

Table of Contents

Plant Based

Dinner

Sweet Potatoe Tacos	2
Buffalo Cauliflower Wings (Air Fryer)	3
Cauliflower Gnocchi with Kale Cashew Pesto.....	4
Rainbow Vegetable Edamame Bowls with Teriyaki Sauce.....	5
Balsamic Portobello Burgers with Caramelized Onions & Garlic Aioli.....	6

Sweet Potato Tacos

Modern Proper



6 servings



25 minutes

INGREDIENTS

2 cups sweet potatoes, peeled and cut into 1/2-inch cubes

from 2 sweet medium potatoes

1 Tbsp extra virgin olive oil

1 Tbsp taco seasoning

1 (15 oz) can black beans, drained and rinsed

3 cups quick slaw (recipe below)

6-8 (6 or 8-inch) corn tortillas, warmed

2 oz goat cheese crumbled, optional

queso

guacamole or avocado slices

Quick Slaw

- 2 cups finely shredded, red cabbage
- 2 Tbsp lime, juiced from 1 lime
- 1/2 tsp kosher salt
- 1/3 cup roughly chopped cilantro



INSTRUCTIONS

1. Preheat oven to 375° F.
2. Spread the sweet potatoes out on a rimmed baking sheet. Drizzle with olive oil and taco seasoning, toss until combined. Cook potatoes on center rack until tender, about 25 minutes. While the potatoes are still warm, toss them with the black beans.
3. Meanwhile, in a medium sized bowl, mix all ingredients for the quick slaw.
4. To serve place a scoop of the sweet potato mixture into a warmed tortilla shell. Top with quick slaw, crumbled goat cheese, a scoop of guacamole and a drizzle of vegan queso.

NUTRITIONAL INFORMATION

Calories 494

Fat 12.5g

Protein 21.6g

Sugars 3.3g

Carbohydrates: 75g

Buffalo Cauliflower Wings (Air Fryer)

Tececula Blog

 6 servings  25 minutes

INGREDIENTS

- 1 head cauliflower
- 6 tbsp hot sauce
- 2 tbsp butter melted
- 3/4 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp pepper
- 1 tsp salt or more at the end
- 1 c Panko bread crumbs



INSTRUCTIONS

1. Rinse head. Cut end of cauliflower head off and cut into small to medium sized florets. (the smaller the pcs. the faster they will cook and become tender). Lay on paper towels and wrap up to remove as much water off outside as possible.
2. In a small bowl melt the butter and hot sauce together, stir.
3. Put florets into another bowl and pour hot sauce butter over the top. Toss to coat every piece.
4. Preheat air fryer to 380 degrees F. for 5 minutes.
5. Sprinkle seasonings on top of florets, then sprinkle on Panko bread crumbs and toss so they're nicely coated. If you want a thicker coating put Panko on a plate and dip butter coated florets one by one into bread crumbs.
6. Pour 1/2 of mixture into air fryer basket and spread out so they're not overlapping.
7. Close drawer and cook for 6 – 10 minutes. Timing will depend on how thick your pieces are and how tender you want them to be.
8. Open and test with a fork. If you want them browner and/or more tender then close and add another minute or two until they're how you want them.
9. Remove and enjoy, and then add second half of your batch and cook for the same time as your first batch.

NUTRITIONAL INFORMATION

Calories 100

Fat 5g

Protein 3 g

Sugars 3 g

Carbohydrates: 13g

Cauliflower Gnocchi with Kale-Cashew Pesto

Modern Proper

 4 servings  15 minutes

INGREDIENTS

1 package Trader Joe's Cauliflower Gnocchi

2 tbsp olive oil

1/2 cup Trader Joe's Vegan Kale, Cashew & Basil Pesto

2 cups Organic baby kale

1/2 cup walnuts



INSTRUCTIONS

1. In a large skillet, heat the olive oil over medium-high heat. Add in the frozen cauliflower gnocchi and allow to cook until gnocchi begins to brown. Add in kale along with walnuts and continue cooking until kale has wilted, about 3 minutes. Lastly, stir in pesto and serve warm..

NUTRITIONAL INFORMATION

Calories 282

Fat 23g

Protein 4g

Sugars 1g

Carbohydrates: 18

Rainbow Vegetable Edamame Bowl with Teriyaki Sauce

Minimalist Baker



4 servings



1 hour

INGREDIENTS

Rice

- 1 cup uncooked brown rice (we used short-grain basmati)
- 2 cups water

Veggies

- 2 Tbsp toasted sesame oil, DIVIDED
- 8 oz. mushrooms, sliced (we used baby bella // 8 ounces yield ~3 1/2 cups sliced)
- 1/4 tsp each sea salt and black pepper
- 3 cups chopped stir-fry veggies of choice
- 4 stalks green onion, thinly sliced
- 1 (12-oz.) bag frozen shelled edamame
- 1/3 cup store-bought teriyaki sauce
- 2 large carrots, grated
- 5 tsp rice vinegar, DIVIDED

For serving (optional)

- Sliced avocado
- Sesame seeds



INSTRUCTIONS

1. **RICE:** In a medium saucepan, combine the rice and water and bring to a boil over medium-high heat. Once boiling, reduce the heat to low, cover, and cook for 30-45 minutes, or until the water is absorbed and the grains are tender.
2. **VEGGIES:** While the rice cooks, add half the sesame oil (1 Tbsp (15 ml) // adjust amount if altering number of servings) and all of the mushrooms to a large rimmed skillet and turn to medium heat. Sprinkle with salt and pepper and toss to coat. Cook the mushrooms for 10-15 minutes, stirring occasionally, or until reduced in size, lightly browned, and most of the moisture has cooked off. Transfer the mushrooms to a small bowl and set aside.
3. To the now empty skillet, add the remaining sesame oil (1 Tbsp (15 ml) // adjust amount if altering number of servings) with your stir-fry veggies and about 2/3 of the green onions. Cook for 3-4 minutes on medium heat, or until the vegetables are bright and begin to soften. Turn the heat to medium-low and add the frozen, shelled edamame. Toss to combine, then add the teriyaki sauce and cover. Steam for 6-8 minutes, stirring occasionally, until the edamame is softened and warmed through.
4. While your veggies steam, combine the shredded carrots, remaining green onion, and 3 tsp of rice vinegar in a small mixing bowl. Toss gently and set aside.
5. Check on the rice, fluff it with a fork, add the remaining 2 tsp of rice vinegar, mix well, and cover.
6. Stir the mushrooms into the cooked veggies to warm them. To assemble the bowls, divide the rice between serving bowls and top with edamame stir-fry mix and carrot slaw. Optionally, garnish with more teriyaki sauce and green onion. Sliced avocado and sesame seeds are also delicious! Enjoy!
7. Best when fresh. Leftovers will keep stored in the refrigerator for 3-4 days. Not freezer friendly.

NUTRITIONAL INFORMATION

Calories 379

Fat 12.3g

Protein 15.7g

Sugars 10.9g

Carbohydrates: 55.6g

Balsamic Portobello Burgers with Caramelized Onions & Garlic Aioli

Minimalist Baker



4 servings



1 hr 25 mins

INGREDIENTS

Garlic Aioli

- 1 head garlic (to roast)
- 3/4 cup raw cashews
- 2 cloves garlic, minced
- 1 Tbsp avocado or olive oil
- 1/3 cup water
- Salt + pepper (to taste)

Burgers

- 4 medium-large portobello mushrooms
- 3 Tbsp avocado or olive oil
- 1/4 cup balsamic vinegar
- 1 Tbsp Italian seasoning
- 2 cloves garlic, minced (2 cloves yield ~1 Tbsp or 6 g)
- 1 healthy pinch each salt and black pepper

Caramelized Onions

- 1 Tbsp avocado or olive oil
- 1 medium white or yellow onion, peeled + sliced into 1/4-inch rings

For Serving

- 4 whole wheat hamburger buns (ensure vegan-friendly as needed // sub lettuce wraps or GF buns for gluten-free)
- 2 ripe tomatoes, sliced (optional // organic when possible)
- Lettuce or greens of choice (optional)



INSTRUCTIONS

1. Preheat oven to 400 degrees F (204 C) and cut off the very top of a head of garlic. Drizzle with a little oil, sprinkle with sea salt, and loosely wrap in foil. Set directly on an oven rack and bake for 1 hour.
2. In the meantime, place cashews in a bowl and cover with just boiling water. Let sit uncovered for 1 hour. Then drain and rinse thoroughly.
3. While cashews are soaking, use a damp washcloth or paper towel to clean the mushrooms by wiping away any dirt and removing the stems. Place stem side up on a rimmed baking sheet or 9x13-inch baking dish.
4. To a small mixing bowl, add avocado oil, balsamic vinegar, Italian seasoning, minced garlic, salt, and pepper. Whisk to combine, then pour over the mushrooms and use a pastry brush to distribute the marinade. Flip the mushrooms over and brush the other side, then flip back over to stem-side-up position. Set aside, uncovered at room temperature, to marinate.
5. Add your drained, soaked cashews to a small blender. Take your roasted head of garlic and press out the softened garlic by squeezing from the base up until all of the garlic is extracted.
6. To the blender also add fresh garlic, avocado oil, water, and a pinch each salt and pepper. Blend on high until creamy and smooth, scraping down sides as needed. Taste and adjust seasonings as needed. Transfer to a serving dish and set aside.
7. Caramelize onions, heat a large skillet over medium heat. Once hot, add 1-2 Tbsp avocado oil, the sliced onion, and a pinch of salt. Sauté, stirring frequently, until light golden brown and very soft. Remove from skillet and set aside.
8. Return the skillet to the stovetop. Once hot, add portobello mushrooms and sauté for about 3-6 minutes on each side, or until the mushrooms are deep golden brown on the edges and softened/reduced in size. While cooking, brush with any leftover marinade for extra flavor.

9. At this time, prepare any serving items, such as browning hamburger buns on the skillet (or grill), slicing tomato, or chopping greens.
10. To serve, add a generous spoonful of garlic aioli to each bun and top with aioli, then tomato, lettuce (or greens), mushrooms, onions, and more aioli on top of the bun.
11. Enjoy immediately. Store leftover mushrooms separately in the refrigerator up to 2-3 days, though best when fresh. Aioli will keep in the refrigerator for 7-10 days.

NUTRITIONAL INFORMATION

Calories 465

Fat 29.6g

Protein 13.2g

Sugars 9.1g

Carbohydrates: 40.6g