

2026 EDITION

Bountiful

37 PHYTONUTRIENT-PACKED RECIPES



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BOUNTIFUL: A PHYTONUTRIENT COOKBOOK

Bring on the color! When it comes to nutrition, most people focus on macronutrients (fats, carbohydrates, and proteins) and micronutrients, like vitamins and minerals. But there's a whole class of nutrients called phytonutrients that can add so much diversity and nutritional benefit to your diet.

WHAT ARE PHYTONUTRIENTS?

Plants contain thousands of natural chemicals called phytonutrients. These chemicals help protect plants from sun damage, insects, parasites, fungi, germs, and other potential threats.

Phytonutrients in plant foods have antioxidant and anti-inflammatory properties that can help support a healthy human body. Unlike vitamins and minerals, they aren't essential for life. However, diets rich in them are linked to lower rates of chronic disease.

More than 10,000 phytonutrients have been identified in fruits, vegetables, whole grains, nuts and seeds, beans, and other plant foods.

HEALTH BENEFITS OF PHYTONUTRIENTS

Six of the best-studied groups of phytonutrients in plant foods are carotenoids, ellagic acid, flavonoids, glucosinolates, phytoestrogens, and resveratrol. Some of them, like carotenoids and anthocyanins, are pigments, so a plant's color gives you a helpful clue to which phytonutrients it contains.

CAROTENOIDS

Colors: Yellow, orange, and red

Sources: various squashes, pumpkins, carrots, sweet potatoes, tomatoes, citrus fruits, red peppers, apricots, cantaloupe, mangoes, papaya, avocados

Benefits: Carotenoids have antioxidant activity and play a vital role in eye health. Those your body turns into vitamin A also support the immune system and cell communication.

Types:

- Provitamin A carotenoids include alpha-carotene, beta-carotene, and beta-cryptoxanthin. Our bodies convert these carotenoids into vitamin A. Since our bodies can't make vitamin A from scratch, we need these or vitamin A itself from food. Vitamin A is essential for normal growth and development, immune system function, and eye health.
- Non-provitamin A carotenoids include lycopene, lutein, and zeaxanthin. Lutein and zeaxanthin protect the eyes in a different way. They absorb blue light, which contributes to oxidative damage

that adversely affects vision and health of the eyes. In lab studies, carotenoids also boost production of specific proteins that help neighboring cells communicate with one another.

ELLAGIC ACID

Color: Red

Sources: Strawberries, raspberries, pomegranates, cranberries

Benefits: In lab and animal studies, ellagic acid calms inflammation, slows cancer cell growth, and protects skin from UV damage. Human trials are still lacking, and gut microbes turn much of it into compounds called urolithins.

FLAVONOIDS

Colors: various

Sources: Green tea, citrus fruits, apples, kale, blueberries, bananas, onions, red cabbage, celery, parsley, soy, dark chocolate, fava beans

Benefits: Flavonoids have anti-inflammatory and antioxidant activity. In large studies, flavonoid-rich diets are linked to lower risk of heart disease, type 2 diabetes, and early death.

Types:

- Flavonols, such as quercetin, are being studied for heart health and allergies. In one large study of older adults, people who ate the most flavonols had slower memory decline; lab studies suggest quercetin protects nerve cells, but it hasn't been shown to prevent dementia.
- Flavan-3-ols are found in tea, cocoa, apples, and grapes. Cocoa flavanols help keep blood vessels flexible, and in a large trial a cocoa extract cut heart-related deaths, though not total heart events. Green tea has not been proven to prevent cancer.
- Flavones, like apigenin in parsley and celery, ease inflammation in lab studies.
- Flavanones, found in citrus, are being studied for blood vessel and cholesterol health.
- Isoflavones, mostly from soy, act as weak plant estrogens.
- Anthocyanins are the red, purple, and blue pigments in berries; women eating the most had a lower risk of heart attack in one large study.

GLUCOSINOLATES

Color: Mostly green

Sources: Brussels sprouts, cabbage, kale, broccoli, bok choy, cauliflower, arugula, collard greens, mustard greens, radishes

Benefits: Chopping and chewing break glucosinolates down into compounds such as sulforaphane, which switch on the body's own protective enzymes. Diets high in these vegetables are linked in population studies to lower risk of some cancers.

PHYTOESTROGENS

Color: white, tan or brown

Sources: Soybeans and soy products, flaxseeds, sesame seeds

Benefits: Isoflavones and lignans are the main phytoestrogens. Due to their structure, phytoestrogens mimic estrogen. By binding to estrogen receptors in the body, phytoestrogens have the ability to stimulate or suppress certain enzymes and hormones. They are being studied for bone, heart, and menopause health, with mixed results so far. Whole soy foods are safe for most people, including breast cancer survivors.

RESVERATROL

Colors: Red, purple, and brown

Sources: Grapes and grape juice, berries, peanuts, pistachios, dark chocolate, cocoa powder

Benefits: You may have heard that red wine is good for your health because of its resveratrol. But wine holds very little, and the WHO says no level of alcohol is safe for health. Grapes are a better bet.

Lab studies suggest resveratrol can activate sirtuins, enzymes such as SIRT1 that are linked to how cells age, though whether this happens in people is still debated. Resveratrol also has anti-inflammatory and antioxidant effects, and it is being studied in autoimmune and chronic inflammatory diseases. In some trials, high-dose supplements (300 mg a day or more) modestly lowered blood pressure and blood sugar, far more than food provides.

GETTING MORE NUTRITION IN YOUR DIET

The key to getting more phytonutrients into your diet is eating a variety of plant-based foods. More colors on your plate represent more of the phytonutrients described above. As you “eat the rainbow”, you will enjoy fresh, delicious foods with many beneficial nutrients.

HERE ARE 6 STEPS TO HELP YOU GET MORE PHYTONUTRIENTS IN YOUR DIET:

1. AIM FOR 9-13 SERVINGS A DAY.

Studies link about 10 servings of produce a day to the lowest risk of chronic disease. A serving is about half a cup of cooked vegetables, one cup of raw, leafy vegetables, or a medium sized piece of fruit. Aim to eat 3-4 servings per meal to maximize intake.

2. KNOW THE PHYTONUTRIENT SOURCES.

We often think of vegetables and fruits as the basics: broccoli, kale, apples, oranges. But it can be so much fun to experiment with new varieties and colors. Think of phytonutrients not as just vegetables and fruit, but also nuts, seeds, legumes, herbs, spices, and whole grains.

3. EAT THE RAINBOW OF COLOR.

Most people eat a limited array of brown, yellow, and white. Simply aim to get more color in your diet, and you'll instantly be eating more phytonutrients.

4. VARY THE COLOR CHOICES.

There are thousands of phytonutrients in nature, and yet we tend to eat the same foods over and over again. Each week, aim to try a new food that you've never tried before.

5. MAXIMIZE COMBINATIONS.

Foods of different colors work very well together! Sometimes, eating foods of different colors means that the foods will provide different benefits in combination than when eaten separately.

6. BE CREATIVE!

Have fun and swap out less colorful options for more colorful combinations. Instead of white rice or white potatoes, try black rice, purple potatoes or sweet potatoes. One of my absolute favorite ways to get more phytonutrients is with bowls because you can mix and match so many ingredients. Use the many colorful recipes in this booklet to inspire you to eat more phytonutrients.

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BREAKFAST



STEEL CUT OATS WITH CARAMELIZED BANANAS

This is, by far, the best steel cut oats recipe I have ever eaten. It takes more time and energy than overnight oats, but the result of boiling the oats in almond milk is well worth it. Caramelized bananas are one potential topping, but you could also choose fresh fruit, dried fruit, or even tropical fruit, like passion fruit, and coconut milk. You can also serve the caramelized bananas atop toast and peanut butter.

PREP TIME: 10 minutes

COOK TIME: 30 minutes

YIELD: 4 servings

INGREDIENTS

FOR THE OATMEAL:

3/4 cups steel cut oats

3 cups almond milk

1 tablespoon coconut oil

2 tablespoons agave nectar

1/2 teaspoon cinnamon

1 heaping tablespoon peanut butter

1/8 teaspoon salt

FOR THE CARAMELIZED BANANAS:

2 tablespoons coconut oil

3 tablespoons agave nectar

2 large bananas, cut into 1-inch slices

1/4 cup chopped pecans, divided

INSTRUCTIONS

FOR THE OATMEAL:

1. Place a medium saucepan over high heat and add oats and almond milk and bring to a boil. Whisk well, cover and reduce to a simmer for at least 15 minutes, stirring occasionally.
2. After 15 minutes, stir in coconut oil, agave nectar, cinnamon, peanut butter, and salt. Simmer for another 5 minutes and remove from heat.

FOR THE CARAMELIZED BANANAS:

1. Place a medium skillet over medium heat. Add coconut oil and 3 tablespoons agave nectar. Once melted and shimmering, add bananas, flat side down. Cook flat side down for 3 minutes until caramelized, then add 2 tablespoons chopped pecans and toss. Cook for another 3 minutes until well browned.
2. To serve, divide the oatmeal evenly between bowls and top with caramelized bananas and remaining chopped pecans.



BLUEBERRY BAKE

Depending on the consistency you want, you can either bake this for 30 minutes (as below) to make a crumbly texture, or you can cook longer (40-45 minutes) for more of a bar texture. Be careful with this one! So many people who are addicted to sugar eat way too much. Just because it is fruit doesn't mean that it isn't sugar! You can substitute pumpkin puree for bananas or mix up the berries in the recipe. Try blackberries or strawberries, for example.

THAW TIME: 3 hours to overnight

PREP TIME: 15 minutes

COOK TIME: 30 minutes

REST TIME: 15 minutes

YIELD: 8 servings

INGREDIENTS

FOR THE BLUEBERRY FILLING:

2 cups frozen **blueberries**

2 tablespoons ground **flaxseeds**

FOR THE CRUST:

2 medium ripe **bananas**

1 cup **old fashioned oats**

1 cup **oat flour**

2 teaspoons ground **cinnamon**

1/2 teaspoon salt

2 tablespoons **agave nectar**

2 tablespoons finely chopped **walnuts**

2 tablespoons melted **coconut oil**, plus more for greasing pan

Vegan butter, for serving

INSTRUCTIONS

1. Preheat oven to 350°F.
2. To prepare the filling, sprinkle flaxseeds over frozen blueberries in a small bowl and thaw 3 hours, or overnight in the fridge.
3. For the crust, mash bananas with a fork and combine with oats, oat flour, ground cinnamon, salt, agave nectar and oil. Mix well until a loose dough forms. Reserve $\frac{3}{4}$ cup of dough for topping.
4. Rub an 8x8 baking pan with oil and spread banana mixture evenly on the bottom of the pan.
5. Pour blueberry and flaxseed mixture on top.
6. Add walnuts to reserved banana dough. Spread crust over the top.
7. Bake for 30 minutes or until golden brown on top.
8. Once removed from oven, top with butter, and allow to rest for 15 minutes.
9. Store covered in the refrigerator for up to 4 days.



CAST IRON SPINACH, TOMATO, POTATO FRITTATA

This is a great recipe for a weekend brunch or even a hearty lunch or dinner. This one-dish meal is packed with protein, healthy fats and energizing veggies.

PREP TIME: 10 minutes

COOK TIME: 40-45 minutes

YIELD: 4 - 6 servings

INGREDIENTS

3/4 cup baby potatoes, quartered
1 tablespoon olive oil
1 yellow onion, sliced
1/2 cup raw spinach
6 large free range eggs, beaten
3/4 cup hard goat cheese, crumbled
1/4 teaspoon sea salt
1/4 teaspoon fresh cracked black pepper
3/4 cup grape tomatoes, halved

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Start by parboiling the potatoes. Place quartered potatoes in a medium pot and cover with cold water. Place over high heat and bring to a boil. Boil potatoes for 8-10 minutes or until fork tender. Remove and set aside.
3. Heat the oil in a cast iron skillet and cook the onions over a low to medium heat for 15 minutes, stirring occasionally. They should be golden brown and soft when cooked.
4. Add the potatoes to the onions, then the spinach, and cook until the spinach starts to wilt. Turn off the heat.
5. Whisk eggs in a bowl and mix in ½ cup of goat cheese, salt and pepper.
6. Pour the egg mixture over the spinach and potatoes and stir.
7. Place the tomatoes on top, and sprinkle with remaining goat cheese.
8. Bake on the middle shelf for 20-25 minutes, until the center is set (160°F).



PALEO SPICED PEAR MUFFINS

These muffins are good enough to satisfy a craving for sweets, but without the guilt. These make for a great breakfast, snack, or even a healthy dessert. These muffins are even better the day after you make them, and are easier to remove from muffin liners as well!

PREP TIME: 15 minutes

COOK TIME: 30 minutes

YIELD: 18 muffins

INGREDIENTS

4 cups almond flour
2 teaspoons cinnamon
1/2 teaspoon ground ginger
1 teaspoon baking soda
1/2 teaspoon salt
4 eggs
1/2 cup coconut oil, melted
1/2 cup honey
1/4 cup organic coconut sugar
1 teaspoon vanilla extract
2 teaspoons apple cider vinegar
2 pears, peeled, cored, and diced

INSTRUCTIONS

1. Preheat the oven to 350°F. Line 1-2 muffin tins with paper liners.
2. In a large bowl, whisk together almond flour, cinnamon, ginger, baking soda, and salt.
3. In a separate bowl, whisk eggs, coconut oil, honey, coconut sugar, vanilla, and apple cider vinegar.
4. Add dry mixture to wet, and stir until well combined.
5. Fold in pears and divide the batter evenly between muffin cups.
6. Bake for 30 minutes or until the tops of the muffins are firm to the touch.
7. Let cool for 5 minutes in the tins and then transfer to a wire rack to cool.

Contains honey: not for babies under 1 year.



SWEET POTATO BREAKFAST BOWL WITH NUT BUTTER DRIZZLE

These fluffy sweet potato breakfast bowls make a perfect dairy-free breakfast recipe. You can enjoy this dish hot for a warming breakfast, or eat it cold.

PREP TIME: 10 minutes

COOK TIME: 20 minutes

YIELD: 4 servings

INGREDIENTS

FOR THE POTATOES:

2 medium **sweet potatoes**, peeled and diced into ½-inch pieces

1/4-1/2 cup unsweetened **oat milk**

1 teaspoon **vanilla extract**

1 tablespoon **vegan butter**

2 tablespoons **maple syrup**

1/2 teaspoon **cinnamon**

2 tablespoons ground **flax seeds**

FOR THE NUT BUTTER DRIZZLE:

1/2 cup **peanut butter**, **almond butter**, **pecan butter** or other nut butter

3 tablespoons **hot water**

1 tablespoon **maple syrup**

Pinch of **salt**

TOPPINGS:

Cherries

Blueberries

Strawberries

Slivered almonds

Pecans

Walnuts

Coconut flakes

Nut butter

Paleo granola

Plant-based yogurt

INSTRUCTIONS

FOR THE SWEET POTATOES:

1. Add sweet potatoes to a stockpot with enough water to cover. Boil over medium-high heat until tender.
2. Drain, return to pot, add remaining ingredients and mash thoroughly.
3. Serve warm or cold topped with Nut Butter Drizzle and desired toppings.

FOR THE NUT BUTTER DRIZZLE:

1. Combine all ingredients, and stir with a fork until smooth.



CRANBERRY ALMOND LOAF

This recipe is a delicious healthy snack. It's a bit like a cross between a bread and a nutty, fruity snack bar. Loaded with sweet, tart dried fruit and crunchy bites of nuts and seeds, this recipe tantalizes the taste buds and supplies loads of beneficial phytonutrients.

PREP TIME: 20 minutes

COOK TIME: 45 - 50 minutes

YIELD: 1 loaf, 12 - 14 servings

INGREDIENTS

3/4 cup almond or peanut butter, at room temperature
2 tablespoons olive oil
3 large eggs
1/4 cup almond flour
1/4 cup arrowroot powder
1/2 teaspoon salt
1/4 teaspoon baking soda
1/4 cup dried apricots, chopped into 1/4-inch pieces
1/2 cup dried cranberries
1/4 cup raw sesame seeds
1/4 cup sunflower seeds
1/4 cup pumpkin seeds
1/4 cup sliced almonds, plus 2 tablespoons to sprinkle on top
olive oil for greasing

INSTRUCTIONS

1. Preheat oven to 350°F. Grease a loaf pan with olive oil and dust with a bit of almond flour.
2. In a large bowl of a mixer, blend almond butter, olive oil, and eggs until smooth.
3. In a small bowl, combine almond flour, arrowroot powder, salt, and baking soda.
4. Add arrowroot mixture to wet ingredients and mix until thoroughly combined.
5. Fold in apricots, cranberries, seeds, and almonds.
6. Transfer batter into loaf pan and top with remaining sliced almonds.
7. Bake at 350°F for 45-50 minutes or until a knife inserted into center comes out clean.
8. Allow bread to cool in pan for 1 hour before removing.

PALEO GRANOLA

This granola recipe is great for breakfast with almond milk or over your favorite yogurt. It also makes a tasty snack on the go.

PREP TIME: 5 minutes

COOK TIME: 30 minutes

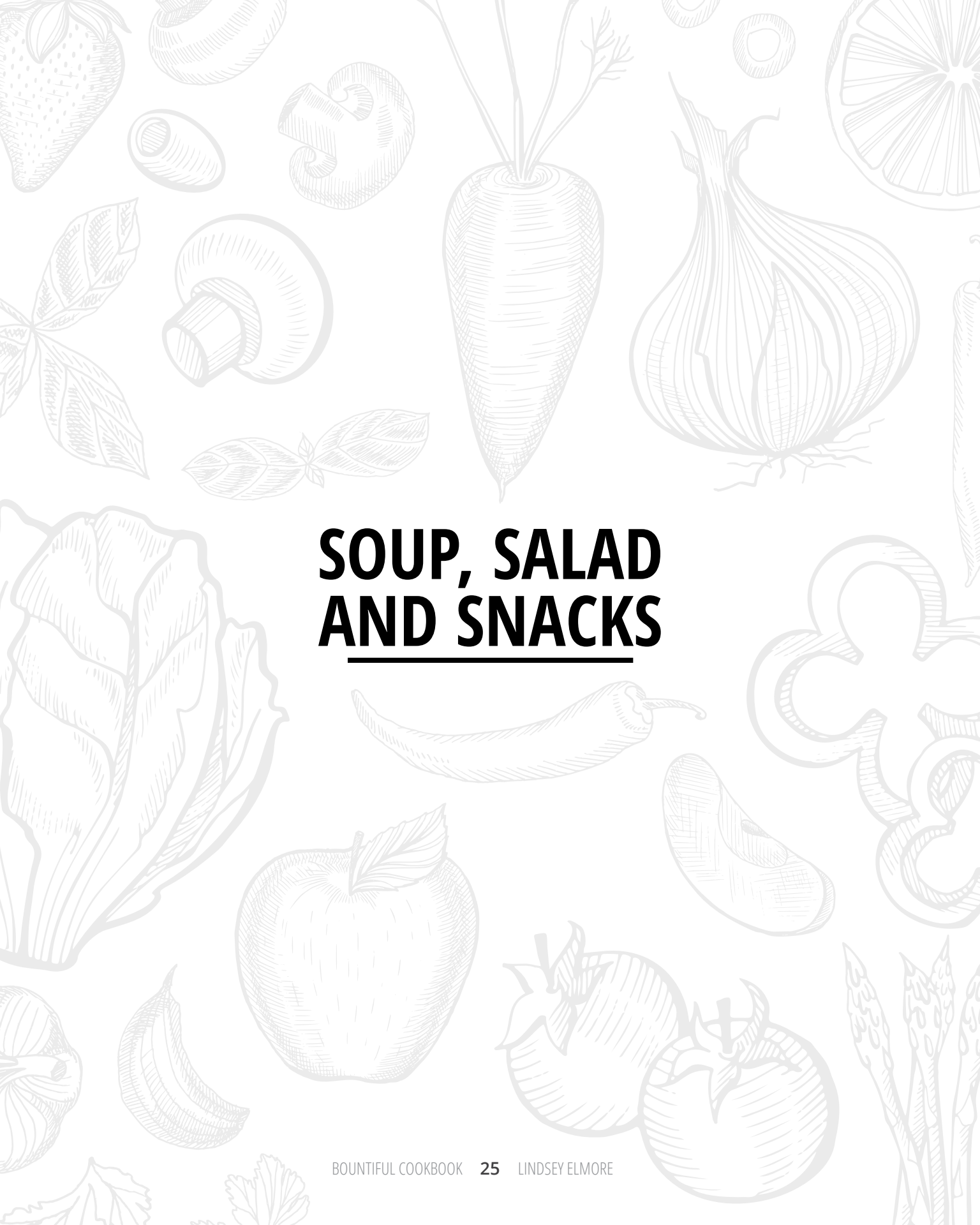
YIELD: 8 cups

INGREDIENTS

2 cups unsweetened coconut flakes
2 cups sliced almonds
1 cup raw sunflower seeds
1 cup raw pepitas
1 cup raisins or unsweetened dried cranberries
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1/3 cup extra virgin coconut oil
1/4 cup honey
2 teaspoons vanilla extract

INSTRUCTIONS

1. Preheat oven to 300°F. Line a large baking pan with parchment paper.
2. Mix nuts, seeds, and coconut in a big bowl (save the dried fruit). Add cinnamon and nutmeg and stir to coat.
3. In a small pot, melt coconut oil and honey over low heat. Remove from heat and add vanilla.
4. Pour coconut oil mixture over nuts and seeds, and stir to coat. Spread mixture evenly onto prepared baking sheet.
5. Bake about 30 minutes, stirring halfway, until golden. Stir in dried fruit and cool on pan, then pour into a plastic container or bag for storage.



SOUP, SALAD AND SNACKS



CARROT, GINGER AND TURMERIC SOUP

Soup is a quick and easy staple dish that is a great fit for a weeknight. This is a simple recipe that gets a bit of elevation and punch from crispy carrot chips. You can make them as spicy as you like by adjusting the cayenne pepper.

PREP TIME: 10 minutes

COOK TIME: 30 minutes

YIELD: 2 entrée servings or 4 appetizer portions

INGREDIENTS

FOR THE SOUP:

1 tablespoon olive oil

1 medium yellow onion, diced

3 cloves garlic, finely minced

1-inch piece of ginger, finely grated on a microplane

2-inch piece of turmeric, finely grated on a microplane

4 large carrots, peeled and cut into 1-inch pieces

1 teaspoon fresh thyme, chopped

4 cups vegetable stock

Juice of half a lemon

Coconut milk, for garnish

Salt and pepper, to taste

FOR THE CHIPS:

2 large carrots, sliced very thin on a mandolin

1/2 tablespoon coconut oil, melted

1/4 teaspoon salt

1/2 teaspoon ground pepper

1/4-1/2 teaspoon cayenne pepper, to taste

INSTRUCTIONS

FOR THE SOUP:

1. Place a medium stockpot over medium high heat and add olive oil. Add onions and garlic and sauté until translucent, approximately 3 minutes. Add ginger and turmeric and sauté for another 2 minutes. Season with salt and pepper.
2. Add carrots and thyme and cover with broth. Bring to a boil and reduce heat. Simmer for 20-25 minutes until carrots are thoroughly tender.
3. Use an immersion blender to puree soup until smooth. Stir in lemon juice. Taste and season with salt and pepper.
4. Garnish with a swirl of coconut milk and carrot chips. Reserve remaining coconut milk for another recipe.

FOR THE CHIPS:

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. Add sliced carrots to a bowl, drizzle with coconut oil, and season with salt, pepper, and cayenne.
3. Transfer to the baking sheet and arrange in a single layer.
4. Bake for 10-12 minutes, watching carefully.
5. Remove from oven and serve immediately atop soup.



VIETNAMESE SUMMER ROLLS WITH PEANUT DIPPING SAUCE

As you prepare to make these, be sure that you have a pan large enough to dip the rice wrapper in. I use a sheet pan for this, but you can also use a large plate. This is another recipe where every person can build their own version of the summer rolls.

PREP TIME: 30 minutes

REST TIME: 15 minutes

YIELD: 9-16 rolls, depending on size

INGREDIENTS

FOR THE SAUCE:

2 1/2 tablespoons **tamari**

1 teaspoon toasted **sesame oil**

1/4 cup crunchy **peanut butter**

1 tablespoon **German mustard**

1 teaspoon **rice wine vinegar**

1 teaspoon freshly minced **ginger**

2 teaspoons **agave nectar**

1 teaspoon **red chili flakes**

Pinch of **sesame seeds**

FOR THE ROLLS:

1 16-oz. package extra firm **tofu**

1 tablespoon **canola oil**

1 tablespoon plus 1/2 teaspoon salt, divided

2 oz. rice noodles

1 package of rice spring roll wrappers

12 **red leaf lettuce** leaves, ribs removed

1 cup grated **carrot**

1 cup **mung bean sprouts**

1 cup **cucumber**, peeled, seeded and julienned

1/4 cup **mint**, chopped

1/4 cup **cilantro**, chopped

1/4 cup **basil**, chiffonade

1 teaspoon **sesame seeds**

INSTRUCTIONS

1. To make the sauce, whisk together all ingredients except sesame seeds in a medium sized bowl.
Garnish with sesame seeds and set aside.
2. For the rolls, wrap tofu in a clean dish towel for 15 minutes and remove excess water. Cut tofu into small matchsticks.
3. Place a large skillet on medium high heat and add canola oil. Fry tofu on all four sides until thoroughly brown. Add more canola oil, 1/2 teaspoon at a time as needed. Once brown, drain tofu on paper towels, and sprinkle with 1/2 teaspoon salt.
4. Fill a stockpot with water and bring to boil with salt.
5. When water is boiling, break rice noodles into 3-4 inch pieces. Drop rice noodles into boiling water. Boil until softened, per package directions (usually 2-5 minutes). Remove from water.
6. Fill a plate large enough to fit the rice wrappers with enough water to fill the base. A small sheet pan also works.
7. Dip the rice wrapper in water and soak for a few seconds to soften.
8. Remove from water and drip excess water from wrapper.
9. Lay rice wrapper out flat and build the wrap. First lay down red leaf lettuce leaf, and then add tofu, carrot, sprouts (blanch for kids, pregnancy, or weak immunity), cucumber, rice noodles, mint, cilantro, and basil.
10. Wrap like a burrito: flip one side over the mixture, and then roll over once, pulling the mixture tightly as you roll. Flip the ends in toward the center, and then complete the roll.
11. Garnish with sesame seeds.
12. Serve with peanut dipping sauce on the side.



ROASTED GARLIC MISO SOUP WITH GREENS

This soup is the perfect comforting snack or appetizer on a cold day or whenever you're craving garlic and miso.

PREP TIME: 10 minutes

COOK TIME: 1 hour

YIELD: 4 servings

INGREDIENTS

2 heads of **garlic**

2 tablespoons **grapeseed oil**

6 cups **vegetable broth**

3 to 4 tablespoons white miso, to taste

4 cups **kale**, chopped

Firm **tofu**, cubed, optional

Salt or soy sauce, to taste

Lemon slices, optional

Green onions, sliced, optional

Red pepper flakes, optional

INSTRUCTIONS

1. Preheat oven to 400°F. Remove outer layer of skin from bulbs of garlic, leaving the most inner layer so they will stay together. Cut off the tops of the garlic bulbs.
2. Place bulbs cut side up on a large piece of foil and drizzle each one with 1 tablespoon grapeseed oil. Create a tent by gathering foil up around each bulb and folding over the top. Bake for 45–50 minutes. Allow garlic bulbs to cool for 10 minutes.
3. For the miso soup, squeeze meat from garlic bulbs into a large pot and check for pieces of skin. Smash the bulbs with the back of a wooden spoon.
4. Add broth and tofu (if desired) and bring to a boil. Reduce heat to medium-low, add kale and wilt 5 minutes. Off the boil, whisk in miso. Season with salt or soy sauce.
5. Serve as desired.



VEGAN WHITE BEAN AND KALE SOUP

This quick and simple soup is hearty and packed with flavor. You'll be surprised at how a few simple ingredients—canned white beans, carrots, celery, onion, fresh kale, and a few pantry staples—can create such a delicious soup in about 30 minutes. A zesty Italian gremolata adds extra zest and flavor to this hearty soup.

PREP TIME: 10 minutes

COOK TIME: 20 minutes

YIELD: 5 servings

INGREDIENTS

FOR THE SOUP:

2 tablespoons extra virgin **olive oil**
1/2 large **white onion**, about 1 cup diced
2 large **carrots**, diced
2 large **celery stalks**, diced
5 cloves **garlic** finely chopped
2 (15-oz.) cans **diced tomatoes**
2 (15-oz.) cans **cannellini beans**, drained and rinsed
4 cups **vegetable broth**
1/2 teaspoon kosher salt
1/4 teaspoon each dried **oregano**, **parsley**, **basil**
1/4 teaspoon **crushed red pepper**, optional
4 cups **kale**

FOR THE GREMOLATA:

1/2 bunch fresh **parsley**
1/2 bunch fresh **oregano**
1/2 bunch fresh **basil**
1 **lemon**, zested

INSTRUCTIONS

1. In a large stock pot, heat olive oil over medium-high heat for about 2 minutes.
2. Add onions, carrots, celery, and garlic. Sauté vegetables for a few minutes until slightly tender, stirring as needed.
3. Stir in tomatoes, beans, vegetable stock, salt, and seasonings. Bring to a boil; then lower heat and simmer for 10 minutes.
4. While soup simmers, make gremolata: Finely chop parsley, oregano, and basil.
5. Combine herbs and lemon zest in a small bowl and stir to combine.
6. Add kale to soup and continue simmering until wilted, about 5 minutes.
7. Serve soup warm with gremolata garnish.



BLOOD ORANGE, HAZELNUT, AND GOLDEN BEET SALAD

Blood oranges are a bit different than regular oranges. They are rich in anthocyanins, the pigments that give them their reddish hue and have antioxidant activity. In this salad, they combine with the warm colors of red and golden beets to create a dish that is as beautiful and phytonutrient-packed as it is delicious. Composed salads make a beautiful addition to any meal, and this one will have everyone marveling over its unique flavors.

PREP TIME: 20 minutes

COOK TIME: 20 minutes

YIELD: 4 - 6 servings

INGREDIENTS

FOR THE BEETS:

4 medium **red beets**, peeled and cut into bite size wedges

4 medium **golden beets**, peeled and cut into bite size wedges

3 tablespoons **olive oil**

Salt and freshly cracked pepper

4 or 5 sprigs fresh **thyme**

1/4 cup **hazelnuts**

FOR THE DRESSING:

1 **blood orange**

1 small **shallot**, finely diced

2 tablespoons **red wine vinegar**

2 tablespoons extra virgin **olive oil**

Salt and pepper to taste

FOR THE YOGURT:

3/4 cup plain, non-dairy yogurt

Salt and pepper to taste

4 or 5 sprigs fresh **tarragon**, minced

TO SERVE:

3 **blood oranges**

1/2 cup goat cheese, crumbled, optional

INSTRUCTIONS

FOR THE BEETS:

1. Preheat the oven to 425°F.
2. Place red beets in the center of a large piece of foil. Drizzle with olive oil and season with salt and pepper. Add a few sprigs of thyme and make a packet by tightly sealing the foil around the beets. Repeat with golden beets.
3. Place packets on a baking sheet and roast for about 20-25 minutes, or until fork tender. Unwrap and allow to cool slightly.
4. While beets are roasting, toast hazelnuts on a baking sheet for 4 to 6 minutes, or until golden. Place the toasted nuts on a clean towel and rub them against one another to remove skins. Roughly chop the nuts.

FOR THE DRESSING:

1. Juice orange into a medium bowl. Add chopped shallot and red wine vinegar. Whisk in olive oil, and season with salt and pepper.

FOR THE YOGURT:

1. Season yogurt with salt and pepper and add half of tarragon.

TO SERVE:

1. Use a sharp knife to remove the pith and peel from the remaining oranges. Slice into ¼-inch rounds.
2. Toss slightly cooled beets with some of the dressing, making sure to keep golden and red beets separated.
3. Arrange orange slices and beet wedges over the yogurt, and spoon dressing over the top. Sprinkle with chopped hazelnuts and remaining tarragon. Top with goat cheese, if desired.

FRENCH LENTIL SALAD

A salad doesn't have to mean a plate full of leafy greens. This protein-rich salad combines warm lentils and spring vegetables for a hearty meal. A tangy yogurt dressing tops off the dish and pulls all the flavors together. Chopped almonds and feta cheese add more depth and texture to this earthy dish.

PREP TIME: 20 minutes

COOK TIME: 30 - 45 minutes

YIELD: about 4 servings

INGREDIENTS

1 1/2 cups French green lentils, rinsed
1 small yellow onion, quartered
1 large bay leaf
fine sea salt
freshly ground black pepper
1 bunch beets, scrubbed, trimmed, and cut into eighths
1 bunch carrots, scrubbed, trimmed, halved lengthwise
3 tablespoons olive oil, more as needed
1 cup plain full-fat yogurt
1 large clove garlic, minced
1 tablespoon fresh lemon juice, more as needed
1/4 cup parsley, chopped, plus more for garnish
1/4 cup dill, chopped, plus more for garnish
4 oz. crumbled feta cheese
1/2 cup toasted chopped almonds

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Place lentils in a medium saucepan, cover with 3 inches of water, and add onion, bay leaf, and 1 teaspoon salt. Bring to a boil over high heat, then reduce the heat and simmer until lentils are just tender, 20 to 30 minutes. Drain lentils, and discard onion and bay leaf.
3. Meanwhile, toss beets and carrots with 2 tablespoons olive oil and 1/2 teaspoon each salt and pepper. Place on a baking sheet, and roast in the oven until browned and tender, tossing them halfway through cooking, 25 to 30 minutes.
4. To make the dressing, whisk together yogurt, garlic, lemon juice, chopped parsley and dill, 1/4 teaspoon salt, and remaining 1 tablespoon olive oil.
5. To serve, toss lentils with a drizzle of olive oil, a squeeze of lemon, and salt and pepper to taste. Divide lentils among 4 plates and top with roasted vegetables, feta, and almonds. Drizzle with the yogurt sauce and garnish with additional herbs, if desired. Serve warm or at room temperature.



ROASTED BRUSSELS SPROUTS WITH GRAPES

This recipe sounds bizarre: with Brussels sprouts, grapes and shallot, it sounds like a science experiment rather than a dish. But the sweetness of the grapes, the crunchy, fattiness of the pecans and the crunch of the sprouts all meld together beautifully.

PREP TIME: 15 minutes

COOK TIME: 1 hour

YIELD: 4 servings

INGREDIENTS

FOR THE VEGAN PARMESAN:

3 tablespoons **hemp seeds**

3 tablespoons **nutritional yeast**

1 tablespoon **olive oil**

FOR THE BRUSSELS SPROUTS:

1/2 cup whole **red** or **black grapes**

1 large **shallot**, thinly sliced

1 teaspoon plus 2 tablespoons plus 1 teaspoon **olive oil**, divided

Salt and pepper

1/2 cup **pecans**, very roughly chopped

1/2 pound **Brussels sprouts**, trimmed and halved

1 tablespoon vegan butter

1-2 tablespoons **balsamic vinegar**, to taste

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Make vegan Parmesan topping by mixing all ingredients listed until crumbly.
3. On a small rimmed baking sheet, toss the grapes and sliced shallots with 1 teaspoon olive oil. Sprinkle with salt and pepper. Roast for 20 minutes, stirring once or twice throughout cooking.
4. Toss pecans with remaining 1 teaspoon oil on another small-rimmed baking sheet. Put them in the oven with the grapes and shallots for their last 10 minutes of roasting to toast the pecans.
5. Preheat a 12-inch cast-iron skillet over medium-low heat on the stove for 5 minutes. Once warm, add 2 tablespoons olive oil and heat until hot. Add the Brussels sprouts to the pan, cut side down, in a single layer. Increase the heat to medium/medium-high and let Brussels cook, without stirring them, for 7 minutes; you are looking for a nice, deep brown char on them. After 7 minutes, give them a stir, add butter, season with salt and pepper and cook for 3-4 more minutes, stirring often, to caramelize the other sides of the sprouts.
6. Turn off heat, add balsamic vinegar, and toss to coat. Add grapes, shallots, toasted pecans and vegan parmesan to the skillet, and toss to combine. Serve hot.



AVOCADO MANGO SALAD

I love creating colorful salads with different textures and flavors. This Avocado Mango Salad combines creamy avocados, sweet and tangy mangoes, and some spices for an added punch. Once the flavors meld and come together, this salad is delicious any time of the day or even as a salsa.

PREP TIME: 10 minutes

YIELD: 2 - 4 servings, more if used as a salsa

INGREDIENTS

1 ripe **mango**, peeled and diced
2 ripe **avocados**, pitted and diced
1/2 **red pepper**, diced
1/2 cup **red onion**, diced
Juice of one **lime**
1/3 cup **cilantro** leaves, coarsely chopped
1/8 teaspoon ground **cumin**
1/4 teaspoon **chili powder**
1/8 teaspoon **coriander**
Salt and pepper

INSTRUCTIONS

1. Combine the mango, avocado, red pepper, red onion, lime juice and cilantro leaves and mix well.
2. Next, add spices, and then season with salt and pepper to taste.
3. Serve with tortilla chips, over mixed greens, over rice and beans, or alone.



CRISPY TOFU, BROCCOLI AND GREEN BEANS OVER MIDNIGHT GRAINS WITH SESAME-MISO DRESSING

This recipe packs two tasty fermented foods, miso and kimchi, that bring salt, umami, and flavor to the dish. You can even add a third if you have access or make your own fermented tofu. Instead of the same boring cubed tofu that you are used to, this recipe includes tofu torn into shards and roasted until golden brown, and the pointed ends get very crispy in parts. Serve the crispy tofu atop black midnight grains, alongside lemony roasted vegetables and a tangy sesame-miso dressing.

PREP TIME: 5 minutes

COOK TIME: 45 minutes

YIELD: 6 servings

INGREDIENTS

FOR THE CRISPY TOFU, VEGETABLES, AND MIDNIGHT GRAINS:

32 oz. organic, extra-firm **tofu**

1 1/2 cups **midnight grains**

3 1/2 cups of water

2 tablespoons **olive oil**, divided

1 tablespoon ground **coriander** powder

1/4 teaspoon salt

1/4 teaspoon pepper

1 1/2 cups **broccoli** florets

Two handfuls **green beans**, trimmed of stems

3 **lemons**

FOR THE SESAME-MISO DRESSING:

3 tablespoons white miso paste

2 tablespoons **sesame seeds**

3/4 cups **hemp seeds**

6 tablespoons fresh **lemon juice**

1/3 cup water

1/4 cup **olive oil**

Salt, to taste

TO SERVE:

3/4 cup **kimchi**

INSTRUCTIONS

FOR THE CRISPY TOFU, VEGETABLES, AND MIDNIGHT GRAINS:

1. Preheat the oven to 425°F. Open and drain the tofu, and then wrap in a clean towel to remove excess water; set aside. Line 2 sheet pans with parchment paper, and set aside.
2. Place a medium saucepan over high heat, add the midnight grains, water, and salt and cover. Bring to a boil and then reduce to a simmer for 30-35 minutes, until water is absorbed.
3. Remove tofu from cloth and tear into bite sized pieces. Toss with 1 tablespoon olive oil, coriander, and season with salt and pepper. Bake until brown and crispy 30-35 minutes.
4. Add broccoli and green beans to one of the sheet pans and toss with remaining olive oil. Season with salt and pepper. Place in oven with tofu and bake for 20-25 minutes until browned in places.
5. Zest and halve the lemons. Once vegetables are roasted, toss with lemon zest.
6. Make the Sesame-Miso Dressing.

FOR THE MISO-SESAME DRESSING:

1. Combine all ingredients in a VitaMix or high speed blender, and blend until smooth.

TO SERVE:

1. Spread the Miso-Sesame Dressing onto large plates. Top with midnight grains, tofu, vegetables, and kimchi.



STRAWBERRY ARUGULA SALAD

This salad combines peppery arugula, sweet, juicy strawberries, salty feta cheese and crunchy, caramelized nuts. Finished with a sweet and spicy honey dressing, the combination screams summer. Not only is this salad delicious and packed with phytonutrients, it comes together in just a few minutes.

PREP TIME: 10 minutes

YIELD: 4 servings

INGREDIENTS

FOR THE CARAMELIZED WALNUTS:

1 cup **walnut** halves

3 tablespoons brown sugar

1 teaspoon vegan butter

Pinch salt

FOR THE DRESSING:

1/3 cup **walnut** oil

3 tablespoons white balsamic vinegar

1 teaspoon **red pepper flakes**, or use more to your taste

1 teaspoon honey

1/2 teaspoon **mustard**

Salt to taste

FOR THE SALAD:

4 handfuls of fresh **arugula**

1 pint fresh **strawberries**, hulled and halved

1/2 cup crumbled feta cheese

INSTRUCTIONS

FOR THE CARAMELIZED WALNUTS:

1. Combine nuts, sugar, butter, and salt in a small saucepan and cook over medium heat, stirring constantly, until walnuts are coated. Remove from pan onto a piece of parchment paper to cool.
Once cooled, roughly chop the nuts.

FOR THE DRESSING:

1. Place all ingredients for dressing into a mason jar. Use an immersion blender to blend until smooth.
Taste and adjust seasonings to your liking.

FOR THE SALAD:

1. Add arugula to a salad bowl and top with the strawberries.
2. Add dressing and toss to coat evenly. Top with feta cheese and caramelized walnuts.



ENTRÉES



BUFFALO CAULIFLOWER TACOS

Buffalo chicken is an American staple that originated in Buffalo, NY in the 1960s. The zesty combination of vinegar, butter, and cayenne spice is a delicious and addictive game day favorite. This vegan version does not disappoint. The cauliflower holds up to the robust sauce and lends a nice crunch and texture to the tacos. These Buffalo Cauliflower Tacos with Vegan Ranch Dressing will become a staple meal in your home! If wings are your thing, simply cut the cauliflower into larger chunks.

PREP TIME: 10 minutes

COOK TIME: 20 minutes

YIELD: 6 tacos

INGREDIENTS

FOR THE TACOS:

12 corn tortillas

3 tablespoons and 1 teaspoon vegan butter, divided

1 small onion, diced

1 15-oz. can vegetarian refried pinto beans

2/3 cup hot sauce

1 teaspoon white wine vinegar

Large head of cauliflower, cut into small florets

1/4 teaspoon paprika

1 teaspoon garlic powder

Salt and pepper, to taste

1 avocado

1 head romaine lettuce

1 bunch cilantro

1 lime

FOR THE VEGAN RANCH:

1 16-oz. package silken tofu

1/3 cup lemon juice

2/3 cup water

1/2 cup almond milk

2 tablespoons olive oil

1/2 teaspoon salt

1/2 teaspoon agave nectar
1 teaspoon granulated onion
1/4 teaspoon granulated garlic
1 tablespoon each of dried parsley and dried dill
1 teaspoon each of dried chives and dried minced onion

INSTRUCTIONS

1. Preheat oven to 200°F.
2. For the ranch, blend all Vegan Ranch ingredients until smooth; chill until serving.
3. Remove corn tortillas from plastic and wrap in aluminum foil. Place on a sheet pan and place in the oven until ready to serve.
4. Place a small saucepan over medium heat and add 1 teaspoon vegan butter. Add diced onion and sauté until translucent. Add pinto beans and heat through. Once heated, reduce heat to low.
5. In another small saucepan, make buffalo sauce by melting 2 tablespoons vegan butter over medium heat and whisking in hot sauce and vinegar. Whisk vigorously until emulsified.
6. Place a cast iron skillet over medium high heat and add remaining 1 tablespoon vegan butter. Place cauliflower in hot cast iron skillet and add paprika, garlic powder, and salt and pepper. Stir, and then allow to rest so that it can start to brown. Cook until thoroughly tender and blackened.
7. While cauliflower is cooking, thinly slice the avocado and romaine lettuce. Chop cilantro. Cut lime into small wedges.
8. When cauliflower is well browned, add buffalo sauce and remove from heat and take tortillas out of the oven.
9. Build tacos by layering pinto beans, cauliflower and avocado, and then top with romaine lettuce, cilantro, lime juice, and ranch dressing.

SMOKY CHIPOTLE TOFU WITH CHARRED BELL PEPPERS

This Smoky Chipotle Tofu is perfect for your next vegan fiesta. Packed with rich Latin flavor, your guests will be coming back for seconds. This dish is so simple to throw together, it makes a great weeknight dinner as well. Sofrito denotes a sauce base used traditionally in Latin American, Italian, Portuguese, or Spanish cuisine. While there is no one defined set of ingredients, it typically includes a blend of aromatic ingredients like garlic, peppers, onion, herbs and spices. The sauce serves as a base for a variety of dishes.

Here, the same idea flavors chopped tofu: it simmers in a smoky sauce of chipotle chiles in adobo, tomato, and warm spices. This Smoky Chipotle Tofu with Charred Bell Peppers packs in the flavor for a dish that will have you coming back for more!

PREP TIME: 15 minutes

COOK TIME: 50 minutes

YIELD: 4 servings

INGREDIENTS

FOR THE TOFU:

1 tablespoon olive oil

1 16 oz. package extra firm tofu, drained and pressed

FOR THE MARINADE:

1 green bell pepper, roughly chopped

2 cloves garlic, peeled

1 medium tomato, roughly chopped

1/2 yellow onion, roughly chopped

1 teaspoon chili powder

1 teaspoon cumin powder

1/2 teaspoon dried oregano

1 teaspoon red wine vinegar

1 can chiles in adobo sauce

1/2 teaspoon salt

1/4 teaspoon pepper

3/4 cup water, divided, plus additional as needed

FOR THE PEPPERS:

4 bell peppers, any color

FOR SERVING:

Vegan sour cream

Vegan cheese

Gluten-free tortillas

INSTRUCTIONS

FOR THE TOFU:

1. Heat a skillet (preferably cast iron) over medium high heat and add olive oil.
2. Slice the drained and pressed tofu into 8 slices.
3. When the pan is hot, add tofu and cook about 10 minutes, until golden brown.
4. Prepare marinade while tofu is cooking.
5. Remove tofu from pan and drain on paper towels.
6. Chop tofu into 1/4 inch pieces.

FOR THE MARINADE:

1. In a food processor, add bell pepper, garlic, tomato, onion, chili powder, cumin, oregano, vinegar, 2 tablespoons adobo sauce, 2 chiles from the can, salt, pepper and 1/2 cup water. Pulse until combined, but still slightly chunky.
2. Place the chopped tofu in a bowl and pour the marinade on top. Cover and allow to sit for at least 30 minutes, or overnight in the refrigerator.
3. Heat a medium skillet over medium high heat. Add marinated tofu and 1/4 cup water; bring to a boil. Add additional water to desired consistency. Reduce to simmering and cook until the tofu is heated through, approximately 10 minutes.

FOR THE PEPPERS:

1. Preheat oven to 450°F, with a rack in the upper third of the oven.
2. Cut peppers in half and remove stems, seeds and membranes.
3. Lay peppers cut side down on a foil-lined baking sheet.
4. Roast for about 15-20 minutes or until the skins are very dark and have collapsed.
5. Let the peppers cool for a few minutes then peel off the skins and discard. They should slip off easily.
6. Slice peppers into strips.

TO SERVE:

1. Serve the tofu in warm gluten-free tortillas topped with roasted peppers, vegan sour cream, and vegan cheese.



CARAMELIZED ONION, FIG, AND ARUGULA PIZZA

This pizza is so delicious and flavorful, you won't believe it's vegan and gluten-free. Feel free to modify it depending on your mood or what ingredients you have on hand. The crust is so versatile, providing the perfect base for any of your favorite toppings.

Take your time caramelizing the onions. It takes a long time on very low heat to get the sweet, rich flavor we are going for.

PREP TIME: 1.5 hours

REST TIME: 1 hour

COOK TIME: 20 minutes

YIELD: 1 12-inch pizza

INGREDIENTS

FOR THE SOCCA PIZZA CRUST:

1 cup chickpea flour

1 cup water

1/4 cup olive oil, divided

1 to 2 garlic cloves, pressed or minced

1/4 teaspoon sea salt

FOR THE TOPPING:

2 medium sweet onions, thinly sliced

3 tablespoons vegan butter

2 cups fresh arugula

2 tablespoons olive oil

1 tablespoon lemon juice

Salt and pepper

3 large fresh figs, sliced in half

FOR THE BASE:

3/4 cup vegan ricotta

1 tablespoon agave nectar

Pinch of salt

INSTRUCTIONS

FOR THE CRUST:

1. In a bowl, whisk together the chickpea flour, water, 2 tablespoons of the olive oil, garlic, and salt. Let the mixture rest at room temperature for 1 hour.
2. Turn on the broiler with a rack positioned 8 inches from heat. Place a 12-inch ovenproof skillet (preferably cast iron) in the oven to preheat.
3. Once the skillet is hot, carefully remove it from the oven (it's crazy hot, wear oven mitts!). Pour in 1 tablespoon olive oil and swirl the pan around so the oil is evenly distributed. Pour in the chickpea batter and return the skillet to the broiler. Cook for 5 to 8 minutes, until the socca is set and the edges are browning and pulling away from the sides of the pan. Remove from oven, turn off broiler and turn oven to 425°F.

FOR THE TOPPING:

1. Place a cast iron skillet over medium-low heat and melt butter.
2. Add onion to the pan and stir to coat with butter.
3. Check and stir the onions every 5-10 minutes.
4. Slowly caramelize onions for 50 minutes. If onions begin to burn, lower the heat. Err on the side of too low versus too high.
5. Toss arugula with olive oil, lemon juice, and salt and pepper to taste.
6. Cut figs in half.

FOR THE BASE:

1. Combine ricotta, agave nectar and salt.

ASSEMBLE THE PIZZA:

1. Keep the socca in the skillet; spread with ricotta base, then top with onions and figs.
2. Return the skillet to the oven and bake for 8 to 10 minutes, until socca is crisp.
3. Remove from oven. Carefully remove socca from skillet.
4. Top with arugula and add any additional vegan feta you would like.
5. Cut into slices and serve warm.

Reheat leftovers in the oven at 425°F for 8-10 minutes.



SHEET PAN TIKKA MASALA

Roasted cauliflower, potatoes and chickpeas are tossed with Indian spices and served with cool ginger-garlic and lemon yogurt sauce and creamy, tangy tomato sauce. This one-pan dish is simple to make, and clean-up is a breeze!

PREP TIME: 25 minutes

COOK TIME: 35 minutes

YIELD: 4 - 6 servings

INGREDIENTS

FOR THE TIKKA:

- 2 pounds Yukon Gold potatoes, diced
- 1 (2-pound) head cauliflower, chopped
- 2 tablespoons olive oil
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon turmeric
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne, optional
- 1 15-oz. can chickpeas, drained and rinsed
- 2 jalapeños, seeded and diced
- 1/2 red onion, thinly sliced

FOR THE YOGURT SAUCE:

- 1 cup plain, non-dairy yogurt
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced fresh garlic
- Zest and juice of 1 lemon

FOR THE TIKKA MASALA SAUCE:

1 tablespoon olive oil
5 cloves garlic, minced
4 teaspoons garam masala
1/2 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon ground cayenne
1 15-oz. can tomato sauce
1 15-oz. can coconut milk

TO SERVE:

1 bunch fresh cilantro, chopped, for serving
Hot cooked basmati rice

INSTRUCTIONS

FOR THE TIKKA:

1. Preheat the oven to 425°F. Line 2 baking sheets with parchment paper.
2. Place potatoes and cauliflower on sheet pan, and drizzle with olive oil and season with salt, pepper and spices. Bake for 20 minutes.
3. Remove sheet pan from the oven, and add chickpeas, jalapeño, and red onion. Stir until coated with remaining oil and spices. Bake for another 10-15 minutes.

FOR THE YOGURT SAUCE:

1. In a small bowl, combine yogurt, ginger, garlic and lemon juice and zest. Stir until mixed thoroughly.

FOR THE TIKKA MASALA SAUCE:

1. Heat olive oil in a small saucepan over medium heat. Add garlic and sauté for about 2 minutes. Add spices and sauté for one additional minute.
2. Add tomato sauce and coconut milk and bring to a simmer.
3. Taste and season with salt and pepper.

TO SERVE:

1. Remove sheet pan from oven.
2. Serve warm over rice with tikka masala sauce, cilantro, and yogurt sauce.



SWEET POTATO AND BLACK BEAN BURRITOS

These vegetarian burritos don't disappoint for lunch or dinner. These freeze well, so you can make a double batch and save some for a busy weeknight. Packed full of nutrients from black beans, sweet potato, avocado, and peppers, this recipe is a great way to sneak in some veggies in a tasty way.

PREP TIME: 15 minutes

COOK TIME: 1 hour 15 minutes

YIELD: 4 burritos

INGREDIENTS

1 large sweet potato
3 teaspoons olive oil
1 teaspoon jalapeño, diced
1 mini red pepper, diced or 1/2 red pepper
1 mini orange pepper, diced or 1/2 orange pepper
1/2 cup black beans, rinsed and drained
1/4 cup corn rinsed and drained
1/4 teaspoon each cumin, coriander, oregano, chili pepper
4 flour or gluten-free tortillas, burrito sized
1 cup shredded cheese (cheddar, pepper jack, or vegan cheese)
1/4 cup plant-based sour cream
1 tablespoon non-dairy butter
2 avocados, mashed
Cilantro, lime juice, salsa, and/or sour cream for serving

INSTRUCTIONS

1. Preheat oven to 425°F. Bake sweet potato until very tender, 30-50 minutes. Scoop out flesh and mash.
2. Meanwhile, add olive oil to a skillet over medium-high heat. Add peppers and jalapeño, and cook until tender, about 5-7 minutes. Stir in black beans, corn, and seasonings. Cook for another 3 minutes and set aside.

ASSEMBLE THE BURRITOS:

1. Add sweet potato, bean mixture, avocado, sour cream and cheese to the center of a tortilla. Do not overfill. Roll burrito. (Hint: use a slotted spoon to transfer beans to tortilla, reducing excess fluid.)
2. Preheat a cast iron griddle over medium heat. Melt 1 tablespoon vegan butter on griddle. Place burrito on warm griddle and cook until browned and cheese is melted, about 2-3 minutes.
3. Serve warm with desired toppings.



SHEET PAN MAPLE DIJON SALMON AND BRUSSELS SPROUTS

This sheet pan salmon meal is the best because it is easy, healthy and delicious. Basically all you need to do is mix up the sauce, prep the Brussels sprouts, toss them together and bake in the oven. The salmon provides a healthy dose of omega 3 fatty acids, while Brussels sprouts supply antioxidants, vitamin C, fiber, and glucosinolates.

PREP TIME: 7 minutes

COOK TIME: 20 minutes

YIELD: 2 servings

INGREDIENTS

2 tablespoons **dijon mustard**

2 tablespoons **maple syrup**

1 tablespoon **coconut aminos**

1 pound **brussels sprouts**

2 salmon fillets

1 teaspoon salt

1/2 teaspoon black pepper

INSTRUCTIONS

1. Preheat oven to 400°F, and line a baking sheet with parchment paper.
2. Combine dijon mustard, maple syrup, and coconut aminos in a small mixing bowl.
3. Trim ends off brussels sprouts and cut into quarters.
4. Place salmon fillets and cut brussels sprouts on prepared baking sheet and drizzle with a generous amount of the marinade. Season with salt and pepper.
5. Bake for 12-15 minutes, then broil 2-3 minutes, until sprouts brown and salmon reaches 145°F and flakes easily.



TOFU SUSHI BOWLS WITH UMAMI DRESSING AND SPICY MAYO

This is a great way to get the kids involved. Lay out all of the ingredients and allow every person in the family to make their own interpretation of a sushi bowl. Make it as pretty as you like! You can also add any toppings that you like: edamame, red peppers, cooked mushrooms, green onion, sugar snap peas, and radishes all are great in the bowl!

PREP TIME: 45 minutes

REST TIME: 30 minutes

YIELD: 2 - 3 servings

INGREDIENTS

FOR THE TOFU:

12 oz. extra firm **tofu**

1/2 cup **tamari**

1/4 cup **rice vinegar**

2 tablespoons **agave nectar**

1 clove minced **garlic**

1/2 teaspoon grated **ginger**

1 tablespoon **grapeseed oil**

FOR THE BOWLS:

1 cup **sushi rice**, **white rice**, or **brown rice**

2 teaspoons **rice wine vinegar**, plus a splash

1 **carrot**, outer peel discarded, and then peeled with a vegetable peeler

1 small **cucumber**, peeled, seeded and thinly sliced

1 cup **red cabbage**, roughly chopped or shredded

1 **avocado**, sliced

1/4 cup **microgreens**

FOR THE UMAMI DRESSING:

1/3 cup **liquid aminos**

2 tablespoons **agave nectar**

1 1/2 tablespoons **toasted sesame oil**

2 teaspoons **rice wine vinegar**

FOR THE SPICY MAYONNAISE:

2 tablespoons vegan mayonnaise

Sriracha, to taste

TOPPINGS:

2 tablespoons **pickled ginger**

1 teaspoon **black sesame seeds**

1 teaspoon **nori**, finely crumbled by hand

INSTRUCTIONS

FOR THE TOFU:

1. Open tofu and drain as much water as possible. Wrap in a clean towel and allow to sit for 15 minutes and press out as much water as you can. Once drained, dice tofu into 1/2 inch pieces.
2. Whisk together tamari, rice wine vinegar, agave nectar, garlic and ginger in a large bowl. Add tofu and stir to combine. Allow to marinate for 15 minutes.
3. Drain tofu marinade and discard. Place a large skillet on medium high heat. Add grapeseed oil. Once oil is hot, add tofu and brown thoroughly on all sides.

FOR THE BOWLS:

1. While tofu is marinating, cook rice according to package instructions. When done, toss with rice vinegar.
2. Prepare carrots, cucumber, cabbage, avocado, and microgreens. Add a splash of rice wine vinegar to cabbage to soften.

FOR THE DRESSING:

1. Make dressing by whisking all ingredients together.

FOR THE SRIRACHA MAYONNAISE:

1. Stir together all ingredients.

ASSEMBLE THE DISH:

1. Divide the rice and tofu between 2-3 bowls. Top with dressing.
2. Add carrots, cucumber, red cabbage, avocado, microgreens, and pickled ginger.
3. Drizzle with spicy mayonnaise, and sprinkle with sesame seeds and nori.



MEDI BOWLS WITH CLASSIC HUMMUS

These colorful Mediterranean bowls are as visually appealing as they are delicious. Feel free to customize them according to your taste.

PREP TIME: 10 minutes

COOK TIME: 15 - 20 minutes

YIELD: 4 servings

INGREDIENTS

FOR THE HUMMUS:

1 15-oz. can chickpeas

3 tablespoons lemon juice

2 tablespoons tahini

1-2 garlic cloves

1/2 teaspoon salt

1/4 cup olive oil

Water, as needed

FOR THE SPINACH:

2 tablespoons olive oil

2 tablespoons red wine vinegar

Salt and pepper to taste

2 cups baby spinach

FOR THE CHICKPEAS:

1 cup chickpeas

2 tablespoons olive oil

FOR ASSEMBLY:

1 cup cooked quinoa

1/2 red onion, sliced

1/2 pint grape tomatoes, quartered

1/2 English cucumber, sliced

1/2 cup olives, pitted and chopped

Chopped parsley, to garnish

Crumbled feta cheese, to garnish

Olive oil, to serve

INSTRUCTIONS

FOR THE HUMMUS:

1. Drain and rinse chickpeas and transfer to a food processor. Add the lemon juice, tahini, garlic, salt, and turn on. Drizzle in olive oil and water to desired consistency. Blend until smooth, about 5 minutes. Taste and adjust seasoning.

FOR THE SPINACH:

1. In a small bowl, combine olive oil, red wine vinegar, salt, and pepper. Toss with spinach.

FOR THE ROASTED CHICKPEAS:

1. Preheat oven to 425°F. Drain and rinse chickpeas and add to a lined baking sheet. Drizzle with olive oil and season with salt and pepper. Roast in the oven for 15-20 minutes, until browned.

ASSEMBLE:

1. Add quinoa, hummus, spinach, onion, tomatoes, cucumber, chickpeas, and olives to a bowl. Garnish with parsley, feta cheese, and a drizzle of olive oil.



PAD THAI WITH SHRIMP

Bring this popular Thai street food to your dining table to wow your family or guests. You just can't beat the combination of chewy noodles, crunchy peanuts, and sweet and spicy sauce that is pad thai. Add in cubes of tender tofu and/or spicy shrimp to make it a full meal.

PREP TIME: 25 minutes

COOK TIME: 30 minutes

YIELD: 4 servings

INGREDIENTS

FOR THE SHRIMP:

- 1 pound uncooked shrimp, shelled, deveined, tail-on
- 2 cloves **garlic**, minced
- 1/3 cup **Thai sweet chili sauce**
- 1 tablespoon **lime juice**
- 1 tablespoon chopped **cilantro**
- 1 pinch salt

FOR THE SAUCE:

- 1 1/2 tablespoons **tamarind paste**
- 2 tablespoons vegan fish sauce
- 1 tablespoon **soy sauce**
- 2 teaspoons **coconut sugar**
- 2 teaspoons **lime juice**

FOR THE PAD THAI:

- 1 package (8 oz.) rice noodles
- 1 block firm **tofu**
- 2 tablespoons **coconut oil**
- 1/2 tablespoon **sriracha**
- 1/2 tablespoon **soy sauce**
- 1 **onion**, sliced
- 2 **garlic** cloves, crushed
- 1 large **carrot**, shredded
- 2 handfuls **bean sprouts**

2 eggs, whisked
1 bunch **cilantro**, chopped (reserve 1 tablespoon for shrimp)
1/3 cup roasted **peanuts**, crushed
2 **scallions**, sliced
Chili flakes to taste

INSTRUCTIONS

FOR THE SHRIMP:

1. Combine garlic, Thai chili sauce, lime juice, cilantro, and salt. Add shrimp and marinate in the refrigerator for 30 minutes to 1 hour.

FOR THE PAD THAI:

1. To prepare the pad Thai sauce, add sauce ingredients to a small mixing bowl and stir to combine.
2. Prepare rice noodles according to package instructions. Drain and rinse with cold water. Set aside.
3. Prepare tofu: Open tofu and drain as much water as possible. Wrap in a clean towel and allow to sit for 15 minutes and press out as much water as you can. Dice tofu into 1/2 inch pieces. Heat coconut oil in a frying pan on medium-high heat and add tofu chunks. Brown tofu on all sides, and add sriracha and soy sauce.
4. Turn the heat to high and add onion. Cook for 3-4 minutes and add garlic. Stir for one more minute and add prepared pad Thai sauce, noodles, shredded carrot and bean sprouts. Stir to combine all ingredients.
5. Move all the ingredients to one side of the pan and add shrimp to the other side. Cook shrimp 3-4 minutes, until pink and opaque. Move shrimp with the other ingredients and add whisked eggs. Cook for 2 minutes before combining with the rest of the ingredients.
6. Once eggs are fully cooked, stir with noodles, remove from heat and add cilantro, crushed peanuts, scallions, and chili flakes.



WHOLE ROASTED CAULIFLOWER WITH TAHINI SAUCE AND PARSLEY-SPINACH PESTO

Cauliflower lends itself to so many different recipes, from soups and sauces, to side dishes galore, to this recipe, where it is the main attraction. Food that is visually appealing just tastes better. Your brain sees beautiful food and automatically prepares your taste buds for an exquisite meal. This whole roasted cauliflower is so quick and simple to make, and the cauliflower stays juicy and provides a great receptacle for the spicy sauce, and the finished product is as visually appealing as it is delicious.

PREP TIME: 20 minutes

COOK TIME: up to 1 hour

YIELD: 2 - 3 servings

INGREDIENTS

FOR THE CAULIFLOWER:

- 1 large head cauliflower
- 1/2 cup olive oil
- 3 tablespoons water
- 2 teaspoons paprika
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon each of dried oregano, dried basil, dried parsley, garlic powder, and cumin
- 1/8 teaspoon cayenne pepper

FOR THE PESTO:

- 1/4 cup pine nuts
- 2 garlic cloves
- 3 cups fresh spinach
- 2 cups fresh parsley
- 1/4 cup vegan parmesan, such as Violife
- 1 lemon, zested and juiced
- 1/2 teaspoon salt
- 1/3 cup + 1 tablespoon olive oil, divided

FOR THE TAHINI SAUCE:

1/4 cup olive oil

3 tablespoons tahini

1 tablespoon apple cider vinegar

2 teaspoons lemon juice

Salt and black pepper, to taste

TO SERVE:

Fresh parsley, chopped

INSTRUCTIONS

FOR THE CAULIFLOWER:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Cut off bottom stalk of cauliflower while leaving head intact. Peel off the green leaves. Place upside down on baking sheet.
3. Next, whisk together olive oil, water, and spices. Pour 2/3rds of oil mixture into crevices of upside down cauliflower. Flip right side up and brush the top evenly with remaining oil.
4. Bake until fork pierces cauliflower easily, 35-55 minutes.

FOR THE PESTO:

1. In a food processor or blender first chop up the pine nuts and garlic, pulsing several times.
2. Add the spinach, parsley, vegan cheese, lemon zest and juice and salt. Blend until smooth stopping to scrape down the sides of the bowl, if necessary.
3. Slowly drizzle in 1/3 cup of olive oil while blending. You may want to add more depending on how thick you want the sauce. I added in one extra tablespoon, but do what feels right.

FOR THE TAHINI SAUCE:

1. Whisk together all the tahini sauce ingredients until smooth.

TO SERVE:

1. Smear the pesto on the bottom of a platter.
2. Place whole cauliflower on top.
3. Pour tahini sauce over cauliflower, garnish with fresh parsley, stab with a steak knife, and serve warm.



MEXICAN SWEET POTATO SKINS

Sweet potatoes are so versatile. They lend themselves to many sweet and savory dishes as the main course, a side dish, or an appetizer. These Mexican Sweet Potato Skins work great as a starter and are filling enough to be the main attraction.

PREP TIME: 30 minutes

COOK TIME: 1 hour

YIELD: 8-10 servings

INGREDIENTS

4-5 medium **sweet potatoes**

Olive oil

Salt and pepper to taste

1 cup **shiitake mushrooms**, sliced

1/2 cup vegan sour cream

1 tablespoon vegan butter

1/4 cup **oat milk**

1 cup non-dairy cheese, divided

1 **yellow onion**, finely chopped

1/2 **red bell pepper**, diced

1/2 can **black beans**, drained and rinsed

1/2 bag frozen **corn**, thawed

Chopped **cilantro**, chopped **scallions**, diced **avocado**, **lime** wedges, **salsa**, sour cream, and **pico de gallo**, to serve

INSTRUCTIONS

1. Preheat oven to 475°F. Line a sheet pan with parchment paper. Scrub potatoes, cut in half lengthwise, and prick several times with a fork. Rub with olive oil and season with salt and pepper. Bake sweet potato halves for 30-45 minutes, until fork tender.
2. Meanwhile, heat 1-2 tablespoons of oil in a medium skillet over medium heat. Add mushrooms and cook, tossing occasionally, until golden brown and slightly crispy, 8-10 minutes. Remove from heat and set aside.
3. Once potatoes are baked, allow to cool 10-15 minutes. Scoop potato out of skins into a large bowl. Add sour cream, butter and milk and mash until smooth. Fold in 1/2 cup vegan cheese. Season with salt and pepper.
4. Next, stuff the potato mixture back into the skins. Top with mushrooms, onion, red bell pepper, black beans, corn and remaining cheese.
5. Loosely cover with aluminum foil and place back in the oven. Bake 10-15 minutes, until warmed through and cheese is mostly melted.
6. Turn the broiler up to high and melt the cheese. Be careful not to let cheese burn!
7. To serve, top with cilantro, scallions, avocado, sour cream, lime, salsa, pico de gallo, or any other desired toppings.



DESSERTS

PUMPKIN OAT COOKIES

These cookies are soft and lightly sweet. They are so simple and quick and make for a great snack, breakfast on the go, or a small treat without the guilt.

PREP TIME: 5 minutes

COOK TIME: 10 minutes

YIELD: 12 cookies

INGREDIENTS

2.5 cups rolled or quick oats

1 cup pure pumpkin puree

2–3 tablespoons maple syrup, agave nectar or coconut sugar

1 teaspoon pumpkin pie spice or cinnamon, optional but recommended

1/2 cup dairy-free chocolate chips, optional but recommended

INSTRUCTIONS

1. Preheat oven to 350°F. Place a piece of parchment paper on a cookie sheet.
2. Combine all ingredients in a medium bowl to form a thick dough. Adjust maple syrup to desired sweetness.
3. Using a cookie scoop or spoon, form 12 uniform balls. Place on a prepared cookie sheet and press down slightly with a fork. The cookies will not spread or change shape during baking.
4. Bake for 10 minutes. Remove from oven and transfer cookies to a wire rack to cool.

VEGAN CHOCOLATE ZUCCHINI CAKE

This gluten-free chocolate cake might become your new favorite dessert. The texture is fudgy, moist, and chocolatey! Your family will never guess it contains zucchini and sweet potato!

PREP TIME: 30 minutes

COOK TIME: 45 minutes

YIELD: 12 servings

INGREDIENTS

FOR THE CAKE:

1 1/2 cup brown rice flour
1 cup coconut sugar
3/4 cup unsweetened cocoa powder
2 tablespoons ground flax seeds or ground chia seeds
3/4 cup shredded unsweetened coconut
2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1 1/3 cup canned coconut milk
3-4 tablespoons maple syrup or agave nectar
2 cups grated zucchini

FOR THE FROSTING:

2 small sweet potatoes, cooked and peeled
1 cup sunflower butter
1/3 cup maple syrup or agave nectar
4 tablespoons unsweetened cocoa powder
1/4 to 1/2 cup canned coconut milk
1/2 tablespoon vanilla extract
Pinch of salt

INSTRUCTIONS

FOR THE CAKE:

1. Preheat oven to 375°F. Grease a 7- or 8-inch springform pan with some oil, or line it with parchment paper.
2. Add brown rice flour, coconut sugar, cocoa powder, flax or chia seeds, coconut flakes, baking powder, baking soda, and salt to the bowl of a food processor. Process for about 30 seconds to combine. Transfer to a large bowl.
3. In a small bowl, whisk together coconut milk and maple or agave nectar.
4. Add mixture to dry ingredients and stir to incorporate. Stir in grated zucchini.
5. Pour batter into prepared springform and bake for 35-45 minutes, or until a toothpick inserted in the center of the cake comes away clean.
6. Remove cake from the oven and place on a wire rack to cool for at least 30 minutes. Use a sharp knife or a long piece of dental floss to cut cake into 2 layers.

FOR THE FROSTING:

1. Combine all ingredients for the frosting in the bowl of a food processor or high-speed blender. Start with ¼ cup coconut milk, and add more as needed. Process for several minutes, until you have a thick, creamy frosting.
2. Frost cooled cake and enjoy.



CHICKPEA COOKIE DOUGH

This easy Chickpea Cookie Dough comes together in MINUTES and tastes incredible! You can't even taste the beans.

PREP TIME: 6 minutes

COOK TIME: None (no-bake)

YIELD: 14 servings

INGREDIENTS

- 1 15-oz. can chickpeas
- 1/2 cup creamy peanut butter or nut butter of choice
- 1/4 cup pecans
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon kosher salt
- 1/4 cup maple syrup
- 1 tablespoon vanilla extract
- 1/3 cup dark chocolate chips

INSTRUCTIONS

1. Soak chickpeas in cold water for 10 minutes. Drain and add to the bowl of a food processor fitted with a steel blade. Add remaining ingredients except chocolate chips.
2. Process until smooth, creamy, and completely combined. Stop and scrape down the bowl several times as needed. Depending upon your food processor, this may take several minutes and several scrape-downs.
3. Taste the mixture and adjust sweetness.
4. Transfer dough to a mixing bowl and fold in chocolate chips.
5. Enjoy immediately or transfer to an airtight container and refrigerate until ready to serve, up to 5 days.



FRUIT POPSICLES

Nothing is more fun and more refreshing than a fruity popsicle. Unfortunately, many brands are loaded with refined sugar, corn syrup, and artificial colors and flavors. The good news is that it is so easy to make your own healthy fruit popsicles at home. Have fun experimenting with different fruit combinations!

PREP TIME: 5 minutes

FREEZE TIME: 4-6 hours

YIELD: 6 servings

INGREDIENTS

1 cup water

1/3 cup organic, raw honey

1 cup fresh fruit

Pinch of salt

Contains raw honey: not for babies under 1 year.

INSTRUCTIONS

1. Puree water, honey, fruit and salt.
2. Pour into popsicle molds or paper cups, and place in freezer.
3. When partially firm, place craft sticks in the center. Freeze until very firm.

FRUIT COMBINATION IDEAS:

Here are some fruit combos, but don't be afraid to mix it up and try seasonal fruits too:

- Peaches with 1/4 cup fresh mint leaves
- Blackberries with 1/2 teaspoon almond extract
- Strawberries with 1 teaspoon lemon, lime or orange zest
- Mangoes
- Pineapple and Lime
- Mixed berry and coconut



SMOOTHIES



BERRY BLAST

This is not your average boring berry smoothie. The creaminess from the sunflower butter complements the sweet berries and hint of lime perfectly.

PREP TIME: 5 minutes

YIELD: 2 servings

INGREDIENTS

1/4 cup sunflower butter

1 tablespoon flax meal

1 1/2 cups plant milk

1 cup mixed berries

1/2 cup spinach

1 tablespoon lime juice

2/3 teaspoon freshly grated ginger

Stevia, to taste

INSTRUCTIONS

1. Combine all ingredients in a high speed blender and blitz on high for 30-45 seconds until combined.



CINNAMON CARDAMOM

This creamy, spicy smoothie will give you that fall flavor, sweetened only with dates and fruit juice.

PREP TIME: 5 minutes

YIELD: 2 servings

INGREDIENTS

1/2 cup sunflower butter

1 tablespoon flax meal

2 cups almond milk

2 tablespoons coconut milk

1/4 teaspoon cinnamon

1/4 teaspoon cardamom

1/2 teaspoon vanilla extract

3 dates

1/2 cup pomegranate juice

Pinch of salt

INSTRUCTIONS

1. Combine all ingredients in a high speed blender and blitz on high for 30-45 seconds until combined.



CHERRY CHOCOLATE

This rich, filling smoothie will satisfy a chocolate craving while providing a dose of vitamins from the cherries and sweet potato.

PREP TIME: 5 minutes

YIELD: 2 servings

INGREDIENTS

2 cups almond milk

1 tablespoon raw cacao powder

30 frozen cherries

1/2 medium sweet potato, cooked until very tender and peeled

3 dates

1 tablespoon coconut oil

Pinch of salt

INSTRUCTIONS

1. Combine all ingredients in a high speed blender and blitz on high for 30-45 seconds until combined.



MOCHA PROTEIN SMOOTHIE

Missing that calorie- and sugar-laden drink from your favorite coffee shop? How about a healthier version that contains a dose of plant-based protein?

PREP TIME: 5 minutes

YIELD: 2 servings

INGREDIENTS

2 **bananas**, frozen

1 tablespoon **cacao powder**

1 teaspoon **vanilla extract**

1 cup strong **coffee**, cooled

1 cup plant-based milk

2 tablespoons **pea protein powder**

INSTRUCTIONS

1. Combine all ingredients in a high speed blender and blitz on high for 30-45 seconds until combined.



GREEN JUICE

This Green Juice is so simple and one I have been making for years. When you drink it, it feels fresh, bright, and energizing. Add in lemon juice for a bit of extra punch.

PREP TIME: 5 minutes

YIELD: 1 serving

INGREDIENTS

1 cucumber

1 green apple

1/2 head kale

2 stalks celery

Juice of 1/2 lemon, optional

INSTRUCTIONS

1. Add ingredients one at a time to juicer. Drink immediately.

5 WAYS TO INCREASE YOUR PHYTONUTRIENTS

Eating more colorful plant foods is a great habit, linked to lower risk of chronic diseases such as type 2 diabetes, heart disease and some cancers. The more nutrients you pack into your day, the better you'll look and feel. So check out these tips to add more nutrition to your diet for a boost in energy and overall wellness.

1. AIM FOR 9-13 SERVINGS OF PLANT FOODS DAILY.

A typical serving is about 1/2 cup of cooked vegetables, 1 cup of raw leafy vegetables, or a medium-sized piece of fruit.

2. BOOST THE COLOR!

Adding various colors to your diet adds a better variety of nutrients.

3. KNOW THE COMMON PHYTONUTRIENT SOURCES.

As outlined in this book, phytonutrient-rich foods are limitless. Experiment with new varieties and colors from the following sources: fruits, vegetables, whole grains, legumes, nuts, seeds, herbs and spices.

4. GO FOR VARIETY.

Don't get stuck in the rut of eating the same foods day after day. We all have our favorites, but challenge yourself to eat at least one new food per week.

5. KEEP TRACK.

Use the following chart to keep a record of your phytonutrient intake. Challenge yourself to increase your consumption of plant foods each week.

PHYTONUTRIENT SPECTRUM CHECKLIST

RED

Apples	Kidney Beans	Raspberries
Cayenne Pepper	Paprika	Red Bell Peppers
Cherries	Pomegranate	Strawberries
Chili Powder	Radishes	Tomato

WEEKLY SERVINGS:

SUN	MON	TUES	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

ORANGE

Apricots	Carrots	Papaya
Bell Peppers	Mango	Peaches
Butternut Squash	Nectarine	Pumpkin
Cantaloupe	Orange	Sweet Potato

WEEKLY SERVINGS:

SUN	MON	TUES	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

YELLOW

Banana	Golden Beets	Spaghetti Squash
Bell Peppers	Lemon	Starfruit
Corn	Pineapple	Succotash
Ginger	Popcorn	Yellow Squash

WEEKLY SERVINGS:

SUN	MON	TUES	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

GREEN

Asparagus	Cabbage	Kale
Avocado	Celery	Lettuce
Broccoli	Cucumbers	Olives
Brussels Sprouts	Green Beans	Spinach

WEEKLY SERVINGS:

SUN	MON	TUES	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

BLUE/PURPLE

Black Rice	Figs	Purple Cabbage
Blackberries	Grapes	Purple Carrots
Blueberries	Plums	Raisins
Eggplant	Potatoes	Red Onion

WEEKLY SERVINGS:

SUN	MON	TUES	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

WHITE/TAN

Beans	Legumes	Onions
Cauliflower	Mushrooms	Seeds
Garlic	Nut Butters	Shallots
Hummus	Nuts	Tahini

WEEKLY SERVINGS:

SUN	MON	TUES	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

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