



Keep it Simple

EATING MATTERS

NOURISHING RECIPES WITH
5 INGREDIENTS OR LESS



A Note From Jill

We welcome Keep it Simple, a collection of easy-to-follow nourishing recipes with 5 ingredients or less. Simple recipes can help in building a positive relationship with food and a healthy attitude towards eating by promoting a stress-free and more enjoyable cooking experience. With fewer ingredients it's easier to plan meals, shop for groceries, and economize time, without sacrificing deliciousness.

Despite using a fewer number of ingredients, Keep it Simple offers a wide range of options for different tastes and preferences. Whether you favor trendy food, traditional cuisine, or prefer plant based options, our Eating Matters team tried to ensure everyone's needs were addressed.


To create Keep it Simple, our Eating Matters team contributed their own personal favorites to the recipe pool of curated recipes that aligned with our theme and focus. All recipes were tested to ensure they were accurate, yummy, and feasible for home cooking. Keep it Simple includes recipes for breakfast, lunch, and dinner meals. We have included a separate section for plant-based meals that we hope everyone will browse through and enjoy. If you are looking for snacks and dessert recipes, please refer to our Recovery-Minded Cookbook, also nested on this website.

We hope this is a valuable resource in your recovery journey. A special thank you to Amanda Jones MS, RDN, LCA for her awesome work on this project.

Please feel free to give us a feedback by contacting us through this website.



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Cooking Notes

1. Most recipes in this cookbook yield 4 servings and are written to be prepared family style with the exception of some single serving breakfast recipes.

2. Spices are listed in addition to the 5 main ingredients to elevate the flavor of each recipe.

3. Optional toppings are suggested as appropriate pairings for some recipes.

4. Many stove top recipes call for an “oiled skillet”. In this instance, you may use any cooking oil. However, avocado oil is recommended due to its high smoke point and neutral flavor.

5. Feel free to adjust any of the recipes according to your taste and preferences.

Sheet Pan Chicken Fajitas

Recipe by: Food Network

INGREDIENTS:

- ☐ 1 1/2 pounds boneless chicken breast
- ☐ 1 large onion , halved and thinly sliced
- ☐ 1 package of baby bell peppers, halved and seeds removed
- ☐ 2 tablespoons avocado oil

Spice Blend: 1 tablespoon chili powder, 2 teaspoons salt, 1 teaspoon pepper

Serve with corn or flour tortillas or over rice

Optional Toppings: sour cream, salsa, guacamole,

DIRECTIONS:

- Preheat the broiler to high.
- Prepare a foil lined baking sheet.
- Combine the chili powder, salt and pepper in a bowl.
- Place the peppers and onions on the baking sheet. Drizzle with oil and toss with 1/2 the seasoning mixture until well coated. Broil until tender and beginning to char.
- Cut the chicken into 1/4 inch slices and toss with the remaining spice mixture and another drizzle of oil.
- Layer the chicken on top of the peppers and onions and return baking sheet to the broiler about 5-7 minutes or until the chicken is cooked through and golden.



Air Fryer Grilled Cheese

Recipe by: The Cookie Rookie

INGREDIENTS:

- ☐ 4 tablespoons butter at room temperature
- ☐ 8 slices sourdough bread
- ☐ 8 slices cheese
- ☐ 1 cup protein of choice (shredded chicken, pulled pork, sliced steak)
- ☐ 4 Tablespoons, divided sauce of choice (pesto, red pepper jam, ranch, bbq)

DIRECTIONS:

- Preheat air fryer to 365 °F
- Spread butter on one side of each of the bread slices.
- Place two slices of cheese, and spread protein and sauce evenly between the slices of bread with the buttered sides facing out. Repeat to make 4 sandwiches.
- Place the sandwiches in an air fryer basket allowing space between each sandwich. Cooking may have to be done in batches depending on the size of your air fryer.
- Air fry for 2-3 minutes on each side or until golden and crispy.



Egg Roll in a Bowl

Recipe by: The Pajama Marketer

INGREDIENTS:

- ☐ 1 pound ground meat of your choice (pork, beef, or poultry)
- ☐ 1/3 cup soy sauce
- ☐ 1 (14oz) bag coleslaw mix
- ☐ 1/4 cup cilantro chopped
- ☐ 2 cups cooked white rice

Spice(s): salt, pepper, garlic powder, ground ginger

DIRECTIONS:

- Cook rice according to package instructions.
- Heat a large pan over medium heat and cook the meat while breaking up into crumbles until cooked through.
- Add in coleslaw mix, soy sauce, & spices to taste until the cabbage is slightly wilted.
- Layer rice and egg roll mix into a bowl and top with cilantro.



Photo Credit: Happy Healthy Mama

Quick Chicken Pesto Pasta

Recipe by: Kim Manna

INGREDIENTS:

- ☐ 2 tablespoons avocado oil
 - ☐ 1 package of prepared shredded rotisserie chicken breast such as Kevin's, Tyson, or local supermarket brand
 - ☐ 6 ounces pesto
 - ☐ 8 ounces penne pasta, dry
 - ☐ 1/2 cup cherry tomatoes, sliced
- Spice(s): salt, pepper, garlic powder to taste

DIRECTIONS:

- Prepare chicken according to package directions.
- Cook pasta according to package directions.
- Heat oil on low-medium heat in a sauce pan then add tomatoes, chicken, and pesto into the saucepan and allow to simmer on low heat until pasta is ready.
- Once pasta is ready, drain, and combine with pesto, chicken, and tomatoes.



Shepherd's Pie

Recipe by: Amanda Jones

INGREDIENTS:

- ☐ 2 lbs Russett potatoes
- ☐ 1/2 cup sour cream
- ☐ 1 pound lean ground beef (90% lean)
- ☐ 1-1/2 cups frozen mixed vegetables

Spice(s): 1 teaspoon each of the following spices: salt, pepper, onion powder, garlic powder, chili powder

DIRECTIONS:

- Peel potatoes and cut into 1-inch pieces and place in a large pot of salted water.
- Bring to a boil over high heat, reduce to medium and let cook about 10 minutes or until fork tender
- Reserve 1/2 cup of the cooking water, drain the remaining water from the pot and mash the potatoes over low heat.
- Stir in the reserved potato water mixing until smooth. Add the sour cream and 1/2 teaspoon of salt and pepper each.
- In a large oiled skillet, cook beef over medium heat for 6-8 minutes until cooked through and broken into crumbles. Season with spices and the remaining salt and pepper.
- Cook mixed vegetables according to package instructions.
- Top the beef with mixed vegetables then potatoes and broil in the oven for 10-15 minutes until potatoes are golden brown.

*If you do not have a skillet that is oven safe and large enough ingredients can be layered into a casserole dish instead.



Crispy Dill Flounder

Recipe by: Taste of Home

INGREDIENTS:

- ☐ 1 cup panko bread crumbs
- ☐ 2 tablespoons avocado oil
- ☐ 2 tablespoons chopped fresh dill
- ☐ 4 flounder fillets (6 ounces each)
- ☐ 2 lemons, (1 juiced & 1 sliced into wedges)

Spice(s): salt, pepper to taste

DIRECTIONS:

- Preheat oven to 400°F.
- Toss the breadcrumbs, oil, spices, and fresh dill together in a bowl.
- Place tilapia on a parchment lined baking sheet.
- Brush each fillet with lemon juice and top with the panko mixture. Patting the mixture will help it stick to the fish.
- Bake, uncovered, on the top oven rack about 12-15 minutes until fish is opaque and just begins to flake with a fork.
- Serve with lemon wedges.



Marinara Meat Sauce Baked Potato

Recipe by: Eating Well

INGREDIENTS:

- ☐ 8 ounces lean ground beef
- ☐ 1 1/3 cup sliced mushrooms
- ☐ 6 ounces pasta sauce
- ☐ 4 medium russet potatoes, baked
- ☐ 4 tablespoons shredded mozzarella cheese

Optional Toppings: chopped fresh chive

DIRECTIONS:

- Preheat oven to 400°F.
- Coat the outside of each potato with oil and place on a baking sheet in the oven for 1 hour.
- Prepare an oiled skillet over medium heat and sauté mushrooms until tender and set aside.
- Add beef to the skillet and cook while breaking up into crumbles until cooked through.
- Combine beef, mushrooms, and pasta sauce and cook until sauce is heated through.
- Remove potatoes from the oven and carefully slice the top open.
- Top potato with meat sauce and cheese.
- Return the loaded potatoes to the oven for 1-2 minutes or until cheese is melted.



Tarragon Roast Chicken

Recipe by: Naigella Lawson

INGREDIENTS:

- ☐ 1 whole chicken, spatchcocked or butterflied
 - ☐ 1/2 cup olive oil
 - ☐ 3/4 cup chopped fresh tarragon
 - ☐ 1 lemon juiced and grated zest
- Spice(s): sea salt to taste

DIRECTIONS:

- Preheat oven to 450°F.
- Combine the olive oil, lemon juice, lemon zest, tarragon and salt in a small mixing bowl.
- Pat the chicken dry, place in a zip lock bag, and pour in the marinade. Make sure the marinade is evenly distributed.
- Allow to marinate at room temperature for 30 minutes.
- Place chicken breast side up in a cast iron pan and pour remaining marinade over the top. Roast for 40 -60 minutes or until done, depending on size of chicken.
- Remove from oven and allow to rest for 10 minutes before slicing.



Air Fryer Steak Bite Dinner

Recipe by: Amanda Jones

INGREDIENTS:

- ☐ 16 ounces Sirloin, Rib Eye, or Flank steak (cut into 1 inch cubes)
- ☐ 12-14 baby golden potatoes
- ☐ 16 ounces fresh spinach
- ☐ 3 tablespoons avocado oil
- ☐ 3 tablespoons fresh parsley, chopped

Spice(s): 1 teaspoon each of the following spices to make a blend: salt, black pepper, garlic powder, onion powder

DIRECTIONS:

- Boil potatoes for about 20 minutes or until fork tender.
- Preheat air fryer to 400 °F.
- Allow potatoes to cool then smash and top with a drizzle of oil and sprinkle of blended spices. Place into air fryer for 10-12 minutes until golden and crispy.
- Heat a tablespoon of oil in a pan over medium heat then add spinach stirring occasionally until all spinach is wilted. Sprinkle in spices.
- Toss cubed steak with a tablespoon of oil and place in air fryer to cook for 4-6 minutes.
- Remove steak from air fryer and toss in spices.
- Plate all 3 items and serve.



One Pan Shrimp Fried Rice

Recipe Adapted from: The Recipe Critic.

INGREDIENTS:

- ☐ 1 pound large shrimp, peeled and deveined
- ☐ 3 cups cooked rice (day old cooked rice works best)
- ☐ 2 cups frozen peas and carrots, thawed
- ☐ 1/4 cup soy sauce
- ☐ 3 eggs, lightly beaten

Spice(s): 1 teaspoon of the following spices: salt, pepper, garlic powder, onion powder, ground ginger

Optional toppings: chopped scallions, sesame seeds

DIRECTIONS:

- Prepare a large skillet with oil over medium heat and add shrimp with a sprinkle of salt and pepper to the skillet. Cook the shrimp for 2-3 minutes or until opaque. Remove from the skillet and set aside.
- Add peas and carrots and sauté until tender.
- Beat eggs together in a bowl then slide the vegetables to one side of the skillet and eggs onto the other side.
- Scramble the eggs in the skillet then combine with the vegetable mixture.
- Add the rice, shrimp, soy sauce and seasonings into the skillet.
- Stir until heated through and combined.
- Add optional toppings before serving.



Spinach & Artichoke Chicken Flatbread

Recipe adapted from: Delish

INGREDIENTS:

- ☐ 1 1/2 tablespoons olive oil
- ☐ 12 ounces spinach and artichoke dip
- ☐ 16 ounce store-bought pizza dough, room temperature
- ☐ 1 pound chicken, cooked and chopped into bite sized pieces
- ☐ 8 ounces shredded mozzarella cheese

Spice(s): oregano, crushed red pepper flakes, garlic powder

DIRECTIONS:

- Preheat oven to 500°F.
- Gently stretch pizza dough with your fingertips and place on a lightly greased baking sheet stretching the dough to cover entire sheet.
- Spread the top of the dough with oil, spinach and artichoke dip, mozzarella, chicken, and a sprinkle of spices.
- Bake the flatbread about 15 minutes rotating the pan halfway through, until crust is golden brown and crispy.



Simple Salmon Poke Bowl

Recipe by: Asian Inspirations

INGREDIENTS:

- ☐ 3 cups cooked white or brown rice
- ☐ 1 pound sashimi-grade salmon, cubed
- *salmon can be cooked if desired
- ☐ 2 avocados, sliced
- ☐ 1 cup frozen shelled edamame, thawed
- ☐ 8 tablespoons sesame ginger soy dressing

Optional Toppings: spicy mayo, cubed mango, pickled ginger, black sesame seeds

DIRECTIONS:

- Combine salmon and sesame ginger soy dressing together in a bowl and let marinate for 20 mins.
- Assemble the poke bowl by layering ingredients in the following order: rice, avocado, edamame, then salmon.
- Serve with a drizzle of sesame ginger soy dressing and optional toppings of your choice.



Air Fryer Chicken Skewers

Recipe by: @chefwithpalatte

INGREDIENTS:

- ☐ 1 pound boneless chicken (cut in cubes)
- ☐ 2 tablespoons lemon juice
- ☐ 2 tablespoons mayonnaise
- ☐ 2 tablespoons avocado oil
- ☐ 1 tablespoons tomato paste

Spice(s): 1 teaspoon of each of the following: salt, paprika, black pepper, dried parsley, garlic powder, onion powder

DIRECTIONS:

- Combine all ingredients in a large mixing bowl and mix until chicken is evenly coated.
- Place chicken on to skewers.
- Place in air fryer and cook at 400°F for 15 minutes on one side then flip and cook for another 5 minutes.

Chef's Note:

Serve with crispy quinoa

- Preheat oven to 375°F.
- Cook quinoa according to package instructions and allow to cool.
- Once cooled, spread quinoa in a single layer on a large parchment lined baking sheet and bake for 10 minutes.
- Remove quinoa from the oven, drizzle with oil, and bake for 10 more minutes or until crispy.



Sausage & Spinach Gnocchi

Recipe by: Tips in the Kitch

INGREDIENTS:

- ☐ 2 pounds ground spicy Italian sausage
 - ☐ 6 cloves garlic, minced
 - ☐ 2 bags frozen gnocchi
 - ☐ 4-6 handfuls fresh Arugula
 - ☐ 1 cup shaved parmesan cheese
- Spice(s): salt, pepper

DIRECTIONS:

- Preheat oven to 450°F.
- Prepare an oiled skillet over medium heat, add garlic and cook until golden and fragrant.
- Add sausage breaking it up into crumbles until fully cooked.
- Add frozen gnocchi and about a tablespoon of water to the skillet and toss to combine.
- Stir in spinach until it begins to wilt and remove from the heat.
- Top with parmesan, salt, and pepper and bake uncovered for 10-12 minutes until cheese is melted.



Sheet Pan Nachos

Adapted from: Damn Delicious

INGREDIENTS:

- ☐ 1 pound ground beef
- ☐ 1 large bag tortilla chips
- ☐ 1 1/2 cups shredded cheddar or Mexican blend cheese
- ☐ 1 (15 ounce) jar of cowboy caviar
- ☐ 1 taco seasoning packet

Optional Toppings: avocado, jalapeño, shredded lettuce, sour cream or plain Greek yogurt

DIRECTIONS:

- Preheat oven to 400°F.
- Line a baking sheet with foil.
- Cook ground beef in an oiled skillet over medium heat until beef is fully crumbled and browned. Stir in taco seasoning.
- Place tortilla chips on the baking sheet in a single layer. Top with cheese, ground beef, and cowboy caviar.
- Bake for 5-6 minutes or until cheese is melted.
- Add additional toppings as desired.



Cajun Fish Tacos

Recipe by: Amanda Jones

INGREDIENTS:

- ☐ 12 (4.5inch) tortillas
- ☐ 4 filets of cod (6 ounces each)
- ☐ 4 tablespoons cilantro lime dressing, divided
- ☐ 2 tablespoons Cajun seasoning
- ☐ 1 (8 ounce bag) coleslaw mix

DIRECTIONS:

- Heat a large oiled skillet over medium heat.
- Pat cod dry and sprinkle with Cajun seasoning on both sides of the fish.
- Cook 4-5 minutes on each side until fish is just opaque and charred. Break up into large chunks.
- Heat tortillas in microwave or a pan over low heat
- Assemble tacos by layering ingredients on the tortilla in the following order: fish, slaw mix, cilantro lime dressing,



Bagel Pizza

Recipe by: Eric Cassara

INGREDIENTS:

- ☐ 4 plain bagels, sliced
- ☐ 1 cup marinara sauce
- ☐ 2 cups shredded Mozzarella cheese
- ☐ your choice of toppings: mushrooms, green peppers, black olives, sausage crumbles, pepperoni

DIRECTIONS:

- Preheat oven to 425°F.
- Top each bagel with 2 tablespoons of marinara sauce, 1/4 cup mozzarella cheese and any additional toppings.
- Place on a parchment paper lined baking sheet, and bake 7-8 minutes, until cooked through.

To cook in an air fryer: Place bagels in the basket of an air fryer lined with parchment paper at 400°F for 4-5 minutes.



Tuna Macaroni Salad

Recipe by: Danielle Cheek

INGREDIENTS:

- ☐ 2 pounds elbow macaroni
- ☐ 3 peppers (red, green, orange)
- ☐ 11 ounces wild caught light tuna, drained
- ☐ 10oz mayonnaise

Spice(s): salt, pepper to taste

DIRECTIONS:

- Cook the pasta according to package instructions. Drain pasta and run under cold water to cool.
- Dice the peppers and combine with tuna in a large bowl.
- Add pasta into the bowl with tuna and peppers.
- Add mayonnaise, salt, and pepper and mix thoroughly.
- Cover and place in the refrigerator for at least 1 hour.





Plant-Based

Lentil Tacos

Recipe by: Jill Shaffer

INGREDIENTS:

- ☐ 1/2 large onion, chopped
- ☐ 1 green bell pepper, chopped
- ☐ 16 ounces ready to eat brown lentils
- ☐ 8-six inch tortillas or crunchy taco shells
- ☐ 2 tablespoons taco seasoning

Spice(s): salt, pepper to taste

Optional toppings: avocado, sour cream, fresh cilantro, salsa, shredded cheese

DIRECTIONS:

- Sauté onions in a large oiled skillet over medium heat for 3-5 minutes or until onions begin to soften.
- Add peppers into the skillet and continue to sauté for 3-5 minutes until peppers are softened.
- Add lentils and taco seasoning, mixing until well combined.
- Warm taco shells then assemble with 1/4 cup of lentil filling, and toppings of choice.



Stuffed Sweet Potato with Tzatziki Dressing

Recipe adapted from: Eating Well

INGREDIENTS:

- ☐ 4 large sweet potatoes, scrubbed
- ☐ 3 cups baby spinach
- ☐ 1 can black beans, rinsed
- ☐ 1 cup hummus
- ☐ 4 tablespoons Tzatziki style dressing

Spice(s): cumin (1 teaspoon), salt & pepper to taste

DIRECTIONS:

- Pierce sweet potato with a fork. Microwave on High for 7-10 minutes or until fork tender.
- Add beans, spinach, and cumin to an oiled skillet and about a tablespoon of water. Cook uncovered 1 to 2 minutes until the mixture is hot and spinach is wilted.
- Slice top portion of the cooked sweet potatoes and mash the inside with a fork.
- Mash hummus into the cooked sweet potato.
- Top with bean mixture and a drizzle of tzatziki dressing. Season to taste.



Photo Credit: Eating Well

Caprese Flatbread Pizza

Recipe by: I Heart Vegetables

INGREDIENTS:

- ☐ 2 (12" x 6") store bought flatbread pizza crust
- ☐ 4 large Roma tomatoes, sliced thin
- ☐ 8 ounces fresh Mozzarella cheese
- ☐ 10-12 fresh basil leaves, chopped
- ☐ balsamic glaze, drizzled

Spice(s): salt, pepper, garlic powder, crushed red pepper dried oregano to taste

DIRECTIONS:

- Preheat the oven to 425°F.
- Top the flatbread with mozzarella and sliced tomatoes.
- Bake for 8-9 minutes until cheese is melted.
- Remove from oven and sprinkle with basil leaves.
- Top with a drizzle of balsamic glaze, and a sprinkle of spices.
- Slice into triangle shaped pieces.



Easy Peasy Mac & Cheesy

Recipe by: Eric Cassara

INGREDIENTS:

- ☐ 1 pound elbow macaroni
- ☐ 24 ounces evaporated milk
- ☐ 1 1/2 cups cheddar cheese, shredded
- ☐ 1 cup frozen peas, thawed

Spice(s): salt and pepper to taste

DIRECTIONS:

- Bring salted water to a boil in a large pot and cook pasta according to package instructions.
- Drain off pasta water, add evaporated milk to the pot and bring to a boil.
- Add cheese and reduce temperature to low.
- Cook, stirring, until cheese is melted, and sauce is thickened, 1 to 2 minutes.
- Add peas and cook until warmed through.
- Season with salt and pepper to taste



Eggplant Tower

Recipe by: Mostly Mediterranean

INGREDIENTS:

- ☐ 2 large eggplants
- ☐ 1/4 cup olive oil
- ☐ 2 cups tomato sauce
- ☐ 2 cups shredded mozzarella and provolone blend cheese
- ☐ 4 tablespoons Italian seasoned bread crumbs

Optional Toppings: grated parmesan cheese, fresh basil, red pepper flakes

DIRECTIONS:

- Preheat oven to 375°F.
- Slice eggplant into 1/4 inch thick slices, coat each slice with oil, and arrange on a parchment lined baking sheet.
- Bake for 25 minutes flipping halfway through. Remove from oven and set aside.
- Raise the oven temperature to 400°F.
- Coat the bottom of a baking dish (large enough to hold 4 towers) with 1/2 cup of tomato sauce.
- Choose your largest eggplant slice to use as the base and place on top of tomato sauce.
- Spoon more tomato sauce on top, then sprinkle with cheese blend and breadcrumbs. Repeat until you have 3 or 4 layers for each tower.
- Sprinkle the top layer with cheese and bake for 10-15 minutes, or until cheese is melted.



Bean & Cheese Quesadillas

Recipe by: Jill Shaffer

INGREDIENTS:

- ☐ 4 (10 inch) flour tortillas
- ☐ 1 (15 ounce) can black beans
- ☐ 1 cup shredded Mexican four-cheese blend
- ☐ 1 1/2 cup salsa
- ☐ 1 small bunch cilantro, chopped

Spice(s): salt and pepper to taste + 1 teaspoon of the following spices: garlic powder, onion powder, cumin.

Optional toppings: avocado, sour cream or Greek yogurt

DIRECTIONS:

- Place beans in an oiled skillet and partially mash with a fork. Season generously with all listed spices.
- Add salsa to bean mixture and allow to simmer. Add cilantro to the mixture after turning off the heat.
- Place 2 tortillas at a time on a hot griddle and sprinkle entire tortilla with cheese. Allow cheese to melt.
- Place a scoop of the bean mixture onto half the tortilla.
- Fold tortilla in half, press gently to flatten.
- Cook quesadillas on the hot griddle flipping once until golden brown on both sides.
- Serve as is or with additional toppings of your choice.



Portobello Burger

Recipe from: All Recipes

INGREDIENTS:

- ☐ 4 large portobello mushroom caps
- ☐ ¼ cup balsamic vinegar
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon minced garlic
- ☐ 2 ounces crumbled blue cheese

Spice(s): 1 teaspoon dried basil, 1 teaspoon dried oregano, salt and pepper to taste

Optional toppings: roasted red peppers, arugula

DIRECTIONS:

- Prepare an oiled grill pan over medium heat.
- Place mushroom caps smooth side up in a shallow baking dish.
- Whisk balsamic, oil, and spices in a small bowl and pour the mixture over the mushrooms.
- Allow the mushrooms to marinate in the vinegar mixture for at least 15 minutes flipping twice.
- Cook mushrooms on the grill pan for 5 to 8 minutes per side or until tender. Brush with the marinade frequently while cooking.
- Top mushrooms with cheese and continue to cook until cheese is melted.
- Enjoy on a ciabatta roll or your favorite burger bun with optional toppings.



Kale & White Bean Sweet Potato Gnocchi

Recipe adapted from: Mashed

INGREDIENTS:

- ☐ 1 package sweet potato gnocchi
- ☐ 3 cups chopped kale, packed
- ☐ 1 can cannellini beans
- ☐ 1 (6 ounce) jar pesto
- ☐ 1 cup shredded mozzarella

Spice(s): salt and pepper to taste

DIRECTIONS:

- Preheat oven to 350°F.
- Bring a large pot of water to a boil. Add the gnocchi and boil for 3 minutes. Add the kale into the pot for the last 30 seconds of boiling.
- Drain gnocchi and kale then place in an oven-safe baking dish. Add beans and pesto to the baking dish and stir to combine. Top with mozzarella.
- Bake for 15 minutes or until the cheese is melted.



Aloo Gobi

Recipe by: All Recipes

INGREDIENTS:

- ☐ 1 small onion, quartered and sliced
- ☐ 1 serrano chile peppers, minced
- ☐ 2 medium russet potatoes, peeled and cut into 1 inch cubes
- ☐ ½ head cauliflower, cut into florets
- ☐ 2 teaspoons lemon juice

Spice(s): 1/2 teaspoon of the following: cumin seed, salt, turmeric, cayenne, garam masala, paprika, 1/4 teaspoon ginger powder, 2 teaspoons ground coriander

Optional Topping: chopped cilantro

DIRECTIONS:

- Prepare a large well oiled pot over medium-high heat.
- Fry cumin seeds for a few seconds until they turn golden brown and begin to pop then reduce heat to medium.
- Stir in the onion, and cook until lightly browned.
- Stir in serrano pepper and fry for 1 minute.
- Season with coriander, paprika, turmeric, cayenne, ginger, and garam masala; cook for 30 seconds until fragrant.
- Stir potatoes and salt into the pot, cover, and cook for 5 to 7 minutes.
- Add cauliflower, cover, and cook for about 20 minutes or until cauliflower is tender.
- Stir in lemon juice.
- Add a drizzle of oil to the pot. Increase heat to medium-high and fry for 3 to 5 minutes to brown, stirring gently to avoid mashing the cauliflower.
- Garnish with chopped cilantro.



Harvest Bowl

Recipe adapted from: Her Wholesome Kitchen

INGREDIENTS:

- ☐ 2 medium sweet potatoes, cubed
- ☐ 5 cups shredded kale
- ☐ 1 large red apple, diced
- ☐ 1 (15 ounce) can chickpeas
- ☐ 1/2 cup Tahini or Honey Mustard dressing
- Spice(s): 1/2 teaspoon salt, 1 teaspoon cumin

Optional Toppings: pumpkin seeds, crumbled goat cheese, dried cranberries

DIRECTIONS:

- Preheat the oven to 425°F.
- Toss sweet potato with chickpeas on an oiled baking sheet and sprinkle with seasonings. Bake for 20-30 minutes stirring half way through until golden and crispy.
- Add kale to a large bowl and use fingers to massage until tender.
- Top with all ingredients, including optional toppings.
- Drizzle with dressing and toss until well mixed.



Vegeterian Chili

Recipe by: Sweet Simple Vegan

INGREDIENTS:

- ☐ 1 yellow onion, diced
- ☐ 1 bell pepper, diced
- ☐ 2 (20 ounce) cans fire roasted tomatoes
- ☐ 3 (15 ounce) cans tri-blend beans, drained and rinsed
- ☐ 2 medium sized zucchini, diced

Spice(s): 1 teaspoon salt, 1/2 teaspoon pepper, 1-2 tablespoons chili powder

Optional Toppings: shredded cheese, sour cream, chopped cilantro, chopped green onions

DIRECTIONS:

- Prepare an oiled Dutch oven or sauce pot over medium heat. Sauté zucchini until tender and set aside.
- In the same pot, sauté onions and pepper until soft and tender. Add back the zucchini.
- Add tomatoes, beans, and spices to the pot and mix until well combined.
- Bring the mixture to a boil then lower the heat to simmer for 30 minutes.
- Garnish with optional toppings.



Chickpea Mash

Recipe by: Glue and Glitter

INGREDIENTS:

- ☐ 1 (15-ounce) can of chickpeas, drained
- ☐ 1/3 cup mayo
- ☐ 1/4 cup minced celery
- ☐ 1/4 cup minced sweet onion
- ☐ 1/2 cup quartered red grapes

Spice(s): salt, pepper

Optional Toppings: avocado, sprouts

DIRECTIONS:

- Mash the chickpeas with a fork or food processor until the texture is mashed but still chunky.
- Add mayo, celery, and onion, to the mash and stir to combine.
- Gently fold in the grapes until evenly distributed throughout.
- Season with salt and pepper to taste.
- Enjoy scooped over a bed of greens, between two slices of bread, in a pita or wrap, or with a side of crackers for dipping.



Vegetarian Sheet Pan Nachos

Adapted from: Damn Delicious

INGREDIENTS:

- ☐ 1 (15-ounce) can of black beans, drained and rinsed
- ☐ 1 large bag tortilla chips
- ☐ 1 1/2 cups shredded pepper jack cheese
- ☐ 1 (15-ounce) jar of cowboy caviar
- ☐ 2 avocados, sliced

Optional Toppings: sliced jalapeño, shredded lettuce, chopped cilantro, sour cream or plain Greek yogurt

DIRECTIONS:

- Preheat oven to 400°F.
- Line a baking sheet with foil.
- Place tortilla chips on the baking sheet in a single layer. Top with beans, cowboy caviar, and cheese.
- Bake for 5-6 minutes or until cheese is melted.
- Add additional toppings as desired



Baked Lentil Patties

Recipe by: @momnutritionist

INGREDIENTS:

- ☐ 2 cups red lentils
- ☐ 2 onions
- ☐ 2 large golden potatoes
- ☐ 4 carrots
- ☐ 2 bunches parsley

Spice(s): 2 tablespoons cumin, 2 teaspoons, 2 teaspoons salt, 2 teaspoons chili flakes, 1 teaspoon black pepper

DIRECTIONS:

- Preheat oven to 425°F
- Soak red lentils in hot water for 30 minutes to soften, then strain and set aside.
- Grate veggies in a food processor.
- Add grated veggies to an oiled skillet and sauté until soft.
- Pulse the lentils, veggies, and parsley in a food processor until combined but still coarse.
- Add the mixture and seasonings to a large bowl and mix well.
- Refrigerate the mixture for 30 minutes to make it easier to handle.
- Form into patties and bake for 25 minutes or until crispy and golden.



Teriyaki Tofu & Broccoli Bowl

Recipe adapted from: Allie Carte

INGREDIENTS:

- ☐ 1 (16 ounce) package extra firm tofu , drained
- ☐ 1 large crown broccoli, chopped into bite sized pieces
- ☐ 1 cup teriyaki sauce
- ☐ 2 tablespoons nutritional yeast
- ☐ 2 cups cooked Jasmine rice

Optional Toppings: sesame seeds, chopped green onion

DIRECTIONS:

- Preheat oven to 425°F.
- Press out as much liquid as possible from the tofu by wrapping it in an absorbent towel and placing a cast iron pan on top. Leave the pan on top for about 10 minutes. You may also use a Tofu press.
- Cut tofu into even cubes. Add the cubed tofu to a large bowl and toss with 2 tablespoons teriyaki sauce until evenly coated.
- Add Nutritional Yeast to the bowl and gently mix until coated.
- Spread tofu in a single layer on a parchment lined baking sheet. Bake on the top rack of the oven for 40-50 minutes or until crispy, flipping halfway.
- Place broccoli in a large bowl with 1/2 cup Teriyaki sauce and stir until well combined.
- Transfer broccoli to a parchment lined baking sheet shaking off any excess sauce into the bowl. Bake for 10-15 minutes, flipping halfway.
- Place the cooked broccoli and tofu into the large bowl with the rest of the Teriyaki sauce and toss to coat.
- Serve broccoli tofu mixture over rice and garnish with optional toppings.



Black Bean Smash Burger

Recipe By: @fitgreenmind

INGREDIENTS:

- ☐ 1 onion, roughly chopped
- ☐ 1 (8 ounce) package baby bella mushrooms, halved
- ☐ 1 (15 ounce) can black beans, drained and rinsed
- ☐ 1 1/2 cups plain panko breadcrumbs
- ☐ 4 slices cheddar cheese

Spice(s): 1 teaspoon each of the following spices: salt, paprika, cumin, garlic powder, chili powder

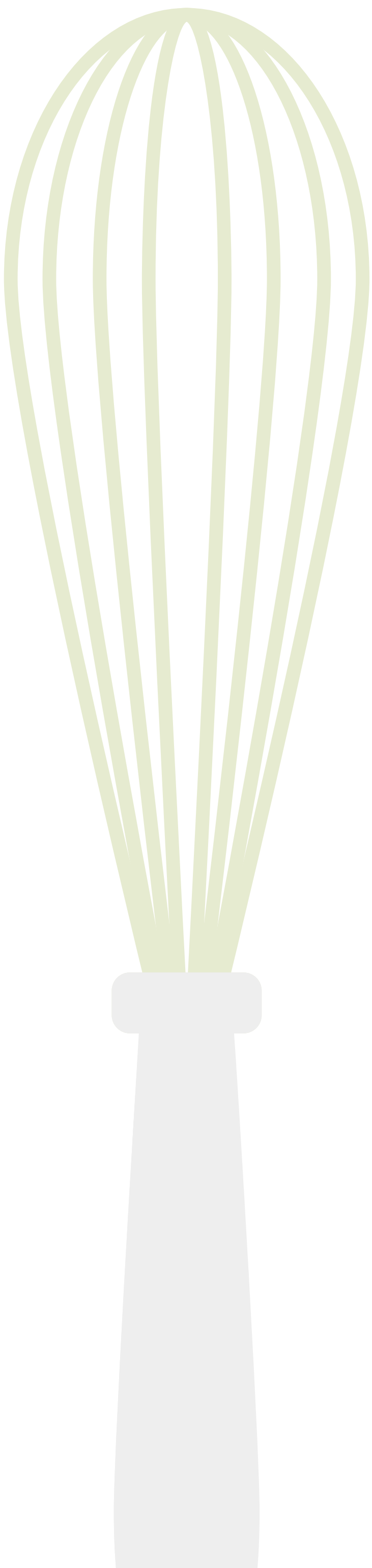
Optional Toppings: avocado, greens, tomato, red onion, mayonnaise

DIRECTIONS:

- Combine onion and mushrooms in an oiled skillet over high heat for 10 minutes or until charred.
- Remove from pan and add to a food processor with beans. Pulse until combined but still chunky.
- Add bean mixture, breadcrumbs, and spices to a large bowl and knead into a firm mix.
- Scoop a heaping 1/2 cup mixture, roll into a ball, and place into a oiled skillet over medium heat.
- Press down on the patty with a spatula to flatten and fry 2-3 minutes on each side.
- Serve on a seeded bun or roll of choice.



Breakfast



Breakfast Tacos

Recipe by: Kim Manna

INGREDIENTS:

- ☐ 8 (6 inch) tortillas
 - ☐ 8 eggs
 - ☐ 1/2 cup Mexican blend shredded cheese
 - ☐ 1 1/2 cup chopped veggies of choice (options: onion, peppers, tomatoes)
 - ☐ 2 avocados, sliced
- Spice(s): salt and pepper to taste

DIRECTIONS:

- Prepare an oiled skillet over medium heat and sauté vegetables until tender.
- In a separate bowl, whisk eggs with salt and pepper.
- Pour eggs into the pan with vegetables and stir as needed until eggs are cooked through.
- Warm tortillas in a separate pan or in the microwave.
- Build tacos by layering in egg and vegetable blend, shredded cheese, then avocado



Overnight Oats

Recipe by: Jess Bruno

INGREDIENTS:

- ☐ 1/2 cup rolled oats
- ☐ 2/3 cup milk
- ☐ 1/3 cup yogurt
- ☐ 1 tablespoon of brown sugar, maple syrup, OR honey
- ☐ mix-in's such as: nut butter, chocolate chips, chopped fruit

Optional Toppings: chopped nuts, granola, berries, sliced banana, ground flaxseed, chia seeds

DIRECTIONS:

- Combine ingredients and mix-ins into a small jar.
- Seal the jar and refrigerate overnight.
- In the morning, open the jar, stir and add toppings.



On-The-Go Breakfast

Recipe by: Kim Manna

INGREDIENTS:

- ☐ 1 cup whole milk or vanilla soy milk
- ☐ 1 frozen banana
- ☐ 1 packet chocolate Carnation Instant breakfast powder
- ☐ 3 tablespoons dry quick oats
- ☐ 2 tablespoons peanut butter

DIRECTIONS:

- Slice a banana and place in a container, freeze overnight.
- In a blender, combine the frozen banana, peanut butter, packet of chocolate carnation instant breakfast powder, oats, and milk. Blend until smooth.
- If time is limited in the morning, consider making it the night before. If making it the night before, recommend putting the smoothie in a mason jar or shaker-bottle to shake/mix the smoothie again in the morning.



Cottage Cheese Pancakes

Recipe by: Brian Shaffer

INGREDIENTS:

- ☐ 1 cup cottage cheese
 - ☐ 3 eggs, well beaten
 - ☐ 2 tablespoons butter, melted
 - ☐ 1/4 cup flour
 - ☐ 1 teaspoon lemon, zested
- Spice(s): 1/4 teaspoon salt

Optional Toppings: fruit jam, sliced strawberries, blueberries

DIRECTIONS:

- Combine all ingredients and mix until well blended.
- Prepare an oiled skillet or hot griddle over medium heat.
- Scoop desired amount of batter onto pan or griddle. Cook 2-3 minutes then flip.
- Continue to cook until golden brown on both sides



Photo Credit: Moms Dish

Banana Oatmeal

Recipe by: Eating Well

INGREDIENTS:

- ☐ 4 large ripe bananas, divided
- ☐ 3 cups low-fat milk
- ☐ 2 cups old-fashioned rolled oats
- ☐ 3 tablespoons pure maple syrup
- ☐ 1 teaspoon vanilla extract

Spice(s): 3/4 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, 1/8 teaspoon salt

DIRECTIONS:

- Peel and slice 1 banana to use as a topping.
- Mash the remaining 3 bananas in a large saucepan using a fork or wooden spoon.
- Add milk to the pan and bring the mixture to a simmer over medium-high. Scrape the bottom of the pan with a wooden spoon frequently while cooking.
- Stir in oats, maple syrup, vanilla, and spices.
- Reduce heat to medium-low and continue to cook for about 5 minutes or until the mixture is thick and creamy.
- Divide the oatmeal evenly among 4 bowls.
- Top with banana slices and sprinkle with desired spices.



Egg McShaffer

Recipe by: Jill Shaffer

INGREDIENTS:

- ☐ 1-2 eggs
- ☐ 1 slice of your favorite cheese
- ☐ 1 english muffin or 2 slices of favorite bread, toasted
- ☐ 1/2 ripe avocado

Spice(s); salt and pepper to taste

DIRECTIONS:

- Whisk egg(s) in a small cereal bowl.
- Place cheese on top of egg.
- Cook in microwave for approximately 1 minute or until done. Egg should be tender, not soupy or too dry.
- Spread avocado onto toasted bread. Then top with egg.



Lemon Blueberry Waffles

Recipe by: Kim Manna

INGREDIENTS:

- ☐ 8 protein waffles (blueberry or regular)
- ☐ 2 cups lemon yogurt
- ☐ 2 cups blueberries
- ☐ honey or maple syrup to taste

DIRECTIONS:

- Toast waffles according to package instructions.
- Top waffles with yogurt, berries, & honey or syrup.



Photo Credit: The Mad Table

5- Minute Feta Fried Egg

Recipe by: @graceelkus

INGREDIENTS:

- ☐ 1 teaspoon avocado oil
- ☐ 1/3 cup feta cheese
- ☐ 1 egg
- ☐ 1/2 avocado, sliced
- ☐ toast, hash browns, or tortilla

Spice(s): black pepper, red pepper flakes

DIRECTIONS:

- Prepare an oiled skillet over medium heat. Crumble in feta in a medium sized circle.
- Immediately crack an egg into the center and sprinkle with black pepper and red pepper flakes.
- Cover the skillet and cook until the egg white is fully cooked, yolk is still runny, and cheese is extra crispy. If you prefer you can flip the egg to an over easy.
- Serve on toast, with hash browns, or in a tortilla.

