



Easy Veggie & Greens Frittata

5 servings
30 minutes

Ingredients

- 10 Eggs
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 Garlic Cloves (minced)
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Kale Leaves (chopped)
- 1 Red Bell Pepper (chopped)
- 1 cup Cherry Tomatoes (halved)
- 8 ozs Mushrooms
- 1 stalk Green Onion (sliced)

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Whisk the eggs, almond milk, minced garlic, salt and pepper together in a mixing bowl. Set aside.
- 3 Heat the oil in a cast iron skillet over medium heat. Add all the veggies (except green onion and tomatoes) and cook for 5 to 7 minutes, or until the kale is wilted and rest of veggies are tender. Once done cooking, add the tomatoes.
- 4 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Sprinkle with the green onion. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 5 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

Notes

No Kale: Use spinach instead.

Substitutions: This recipe can easily be made with any other veggie you enjoy such as broccoli, asparagus, carrots, etc.

Leftovers: Keep in the fridge for up to 3 days or freeze for longer.



Oven Roasted Kale Chips

4 servings

20 minutes

Ingredients

4 cups Kale Leaves
1 tbsp Avocado Oil (melted)
1/2 tsp Sea Salt
1/4 tsp Black Pepper
1/2 tsp Garlic Powder

Directions

- 1 Preheat oven to 350°F (177°C). Cut or tear kale leaves into medium sized pieces. Don't go too small because they will shrink up some in the oven.
- 2 Spread kale onto baking sheet(s) making sure not to overcrowd. Drizzle with the avocado oil and then use your hands to massage the oil into the kale so it's more evenly distributed.
- 3 Sprinkle with the seasonings and then bake in the oven for 15 minutes or until browned on edges and crispy. Note it could take a few minutes less or more depending on your oven. Keep an eye so they don't burn.
- 4 Remove from oven and let cool for a couple minutes before enjoying! Store in an airtight container.

Notes

Different flavors: Feel free to play with different seasonings. Omit or add things as needed to suit your taste preferences.



Mediterranean Pasta Salad

8 servings

30 minutes

Ingredients

- 1 lb Chickpea Pasta
- 1 cup Cherry Tomatoes (halved)
- 1 Cucumber (chopped)
- 3 cups Arugula
- 1/2 cup Parsley (italian, fresh, chopped)
- 1/2 cup Pitted Kalamata Olives (chopped)
- 1 cup Artichoke Hearts (chopped)
- 1/4 cup Pine Nuts (toasted)
- 1/4 cup Walnuts (chopped, toasted)
- 1/2 cup Avocado Oil
- 5 Garlic Cloves (minced)
- 1 1/4 tsps Dried Basil
- 1/2 tsp Dried Oregano
- 1/4 tsp Dried Thyme
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/2 tsp Red Pepper Flakes
- 1 tbsp Dijon Mustard
- 1 Lemon (zested and juiced)

Directions

- 1 Cook the pasta according to directions. Rinse really well and set aside to cool.
- 2 While the pasta cooks, chop up the tomatoes, cucumber, olives, artichoke hearts, and parsley. Add to a large bowl along with the arugula.
- 3 Heat a small pan over medium heat and add the pine nuts and chopped walnuts to gently toast them for a few minutes. They are ready when they are fragrant and slightly browner. Be careful not to burn. Set aside to cool.
- 4 Prepare the dressing by combining the avocado oil, dried basil, dried thyme, dried oregano, dijon mustard, salt, pepper, lemon, red pepper flakes, and garlic cloves. Whisk together until well combined. Set aside.
- 5 Add the cooled pasta to the bowl with the veggies. Then, add the nuts and the dressing. Toss everything with a large spoon until mixed well and combined evenly.
- 6 Enjoy immediately or refrigerate for a few hours to let flavors marinate. Store in the refrigerator for up to 5 days.

Notes

Add Cheese: This pasta goes well with a sprinkle of cheese on top for serving such as parmesan. For a dairy free/vegan pasta, choose a vegan parmesan such as Violife.



Thai Inspired Chickpea Red Curry

6 servings

30 minutes

Ingredients

2 Red Bell Peppers (chopped)
1 Yellow Onion (chopped)
2 Carrots (chopped)
1 bunch Cilantro (chopped)
3 leaves Thai Basil (chopped, optional)
2 cups Baby Spinach
1 tbsp Maple Syrup
1/4 cup Coconut Aminos (or Bragg Liquid Aminos)
1 tbsp Lime Juice (fresh)
3/4 cup Water (warm)
1 tbsp Coconut Oil (for the pan)
2 Garlic Cloves (minced)
1 1/2 tbsps Thai Red Curry Paste
1/2 tsp Sea Salt (more to taste, if needed)
1/2 tsp Black Pepper
1/2 tsp Turmeric (ground)
1/2 tsp Ginger (ground)
1 can Organic Coconut Milk (13.5 oz)
2 cans Chickpeas (rinsed and drained, low or no sodium)
3 cups Brown Rice (to serve curry over top of)

Directions

- 1 Prepare the brown rice.
- 2 Heat your pan over medium heat and add the coconut oil.
- 3 Add in the onions and saute for a few minutes until translucent.
- 4 Next, add in the bell peppers and carrots. Continue to saute for 7 minutes or until veggies are softened.
- 5 Add the garlic and red curry paste. Mix around in the pan with the veggies. Then, mix in all of the seasonings: turmeric, ginger, salt, pepper as well as the chickpeas.
- 6 Next, add in the coconut milk, water, lime juice, maple syrup, and liquid aminos. Gently stir around the pan and mix everything well.
- 7 Mix in the cilantro (save a small amount for garnish), spinach, and thai basil. Keep heat at medium-low, cover and let everything simmer for about 5-10 min until the greens have wilted. Taste and add more salt or seasonings as needed.
- 8 Serve over warm brown rice and top with a little more fresh cilantro and lime.

Notes

Optional Toppings: Red chili paste, hot sauce, thai chilies, sriracha

No Maple Syrup: Sub raw honey or coconut sugar

No Thai Basil: Omit

More Filling: Increase the amount of veggies or add another can of chickpeas