



Vegan Cauliflower Alfredo Sauce



4 servings



10 minutes

INGREDIENTS

- 1 cup raw cashews, soaked
- 12oz or 4 cups cauliflower florets, steamed
- 1 lemon, juiced
- 1.5 tbsp onion powder
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 tsp minced garlic
- 2 tsp Italian seasoning
- 1/2 cup nutritional yeast
- 1 cup non-dairy milk, unsweetened
- 1 tbsp arrowroot starch

DIRECTIONS

1. Soak the cashews in hot/boiling water for 10-15 minutes or cold water in the fridge overnight. Drain and rinse after soak time and add to a blender or food processor.
2. Steam the cauliflower florets in the microwave or over the stove in a steamer basket. Steam until fork tender and then add to the blender.
3. Add the seasonings: onion powder, salt, pepper, Italian seasoning, and nutritional yeast. Then add the lemon juice, non-dairy milk, minced garlic, and arrowroot starch.
4. Blend until smooth, using the tamper as needed to push everything down. Taste and adjust any seasonings as needed.
5. Pour the sauce into a pan on the stove and heat over low-medium until hot and thick, stirring occasionally with a whisk. If it seems too thick, add a bit more non-dairy milk.
6. Stir in your pasta noodles of choice. Enjoy!

NOTES:

No arrowroot: swap for cornstarch or omit

Nut-free: use 1 block of soft tofu or 1 can of garbanzo beans

No fresh garlic: sub garlic powder

Non-dairy milk: use any milk you prefer such as oat, almond, soy, or coconut

More lemon flavor: use juice from 2 lemons



Instant Pot Spaghetti Squash Noodles



4 servings



20 minutes

INGREDIENTS

- 1 spaghetti squash, small to medium sized
- 1 cup water

DIRECTIONS

1. Cut the squash in half using a large sharp knife. It can take some time to cut it since the skin is thick so be patient and rock your knife back and forth to gradually cut through it.
2. Use a spoon or ice cream scooper to scoop out the seeds and slimy strings and discard them.
3. Pour the water into your instant pot and place both halves of the squash in the pot. You can use the steamer basket insert if you have it/if it fits, but it is not necessary.
4. Secure the lid and set to pressure cook on high for 8-10 minutes depending on the size of your squash.
5. Once the timer goes off, manually release the pressure and then remove the lid and take the squash out. It should be fork tender.
6. Use a fork to shred the inside of the squash to create "noodles".
7. Add the noodles to your favorite sauce and enjoy!

NOTES:

Squash isn't done: if your squash isn't done after 10 minutes, you can put it back in for another 1-2 minutes, just make sure there is enough water in your pot still.

No Instant Pot: if you don't have an Instant Pot, you can cook your squash in the oven on 400F for 40-60 minutes. Simply place your squash on a baking sheet lined with parchment facing up.

Reminder: the squash will be hot when you take it out so please use caution when handling. It can help to use oven mitts to hold the squash while shredding or use tongs to hold it so you don't touch it.



Baked Turkey & Spinach Meatballs



4 servings



35 minutes

INGREDIENTS

- 1 lb. ground turkey
- 6-8 oz or 1 cup frozen spinach, defrosted and drained
- 1 tsp minced garlic
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 large egg
- 1/2 cup yellow onion, finely chopped
- 1/4 cup breadcrumbs (gluten free if needed)

DIRECTIONS

1. Preheat the oven to 400F and line a baking sheet with parchment or foil.
2. Defrost the spinach in the microwave and then drain and squeeze any excess liquid out. Add the spinach to a large bowl.
3. Finely chop the onion and add to the bowl. Then, add the ground turkey.
4. Next, add in the egg, breadcrumbs, garlic, and seasonings (oregano, basil, salt, pepper). Mix with a wooden spoon until evenly combined.
5. Use a cookie scoop or your hands to form balls. You can choose small or large balls depending on your preference. Place on the baking sheet, leaving space between each.
6. Bake for 20 minutes or until the internal temperature reads 165F.

NOTES:

Other meat options: pork, beef, chicken or use a combination

No spinach: swap for kale. Can also use fresh spinach if you don't have frozen and chop it up.

Other seasonings/herbs: parsley, thyme

No yellow onion: use white onion, sweet onion, or red onion

Egg-free: use a flax "egg" by combining 1 tbsp ground flax with 3 tbsp water and let sit to gel for 10-15 minutes

Likes it cheesy: add a handful of parmesan cheese