



Autumn Recipes 2021



Lemon Ginger Smoothie

1 serving

5 minutes

Ingredients

165 grams Frozen Mango
121 milliliters Canned Coconut Milk
3 grams Ginger (fresh, grated or minced)
11 grams Honey
1 Lemon (juiced and zested)
10 grams Collagen Powder

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Make it Vegan: Omit the collagen and/or use protein powder instead. Use maple syrup or another liquid sweetener instead of honey.

No Frozen Mango: Use frozen peaches or frozen pineapple instead.

Lemon Juice: One lemon yields three to four tablespoons of lemon juice.



Mango Lassi Smoothie

1 serving

5 minutes

Ingredients

165 grams Frozen Mango
180 milliliters Unsweetened Almond Milk
56 grams Unsweetened Coconut Yogurt
15 milliliters Lemon Juice
500 milligrams Cardamom
650 milligrams Cinnamon
1 milliliter Vanilla Extract

Directions

- 1 Add all the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Nut-Free: Use coconut milk or dairy milk instead.

No Frozen Mango: Use fresh mango instead.

No Coconut Yogurt: Use plain dairy yogurt or Greek yogurt instead.

Likes it Sweet: Add honey or maple syrup to taste.



Apple Cinnamon Waffles

3 servings

30 minutes

Ingredients

160 grams All Purpose Gluten-Free Flour
 9 grams Coconut Sugar
 2 grams Baking Powder
 2 grams Sea Salt
 1 Egg
 240 milliliters Oat Milk
 59 milliliters Coconut Oil (melted, divided)
 1 Apple (large, peeled and cut into small cubes)
 1 gram Cinnamon
 25 grams Pecans (chopped)

Directions

- 1 In a medium bowl, whisk together the flour, sugar, baking powder, and salt. Add in the egg, oat milk, and 3/4 of the oil. Whisk until smooth and set aside.
- 2 In a small saucepan over medium-low heat, add half of the remaining oil. Once melted, add the apple and cinnamon and sauté for eight to 10 minutes, or until softened to your liking, stirring often.
- 3 Coat the waffle maker with a small amount of the remaining oil. Add the batter to cover the bottom of your maker, no more than 1/3 cup at a time.
- 4 Cook the waffles for about four minutes or until golden brown. Repeat the process until all the batter is cooked. To serve, top with apples and pecans. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a toaster or toaster oven.

Serving Size: One serving is two waffles.

No Waffle Maker: Make them into pancakes on a pan instead.

Nut-Free: Omit the pecans.

Additional Toppings: Top with maple syrup.

Egg: This recipe hasn't been tested with an egg replacer.



Apple Cinnamon Yogurt Bowl

2 servings
10 minutes

Ingredients

- 5 milliliters Coconut Oil
- 1 Apple (large, peeled and cut into small cubes)
- 1 gram Cinnamon
- 226 grams Plain Greek Yogurt
- 33 grams Pecans (chopped)

Directions

- 1 In a small saucepan over medium-low heat, add the coconut oil. Once melted, add the apple and cinnamon and sauté for eight to 10 minutes, or until softened to your liking, stirring often.
- 2 Divide the yogurt into bowls and top with the cooked apples and chopped pecans. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use dairy-free yogurt instead.

Nut-Free: Omit the pecans and use pumpkin seeds or granola instead.

Additional Toppings: Top with a drizzle of honey or maple syrup.



Berry & Flax Baked Oatmeal

6 servings
50 minutes

Ingredients

480 milliliters Oat Milk
122 grams Unsweetened Applesauce
80 grams Maple Syrup
162 grams Oats (quick or rolled)
39 grams Ground Flax Seed
3 grams Cinnamon
280 grams Frozen Berries

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 In a mixing bowl combine the oat milk, applesauce, and maple syrup. Stir in the oats, flaxseed, and cinnamon. Fold in the berries.
- 3 Transfer to a baking dish and bake for 40 to 45 minutes or until the oatmeal is spongy to the touch in the center and a toothpick comes out clean.
- 4 Let the baked oatmeal cool slightly before slicing and serving. Enjoy!

Notes

Baking Dish: An 8 x 8-inch baking dish was used to create six servings.

Leftovers: Refrigerate in an airtight container for up to four days or freeze for up to three months.

More Flavor: Add vanilla extract and chopped nuts, like walnuts or pecans.

No Applesauce: Use mashed banana instead.

No Oat Milk: Use almond milk or milk of choice instead.



Peanut Butter Banana Waffles

3 servings

25 minutes

Ingredients

160 grams All Purpose Gluten-Free Flour
9 grams Coconut Sugar
2 grams Baking Powder
2 grams Sea Salt
1 Egg
240 milliliters Oat Milk
59 milliliters Coconut Oil (melted, divided)
1 1/2 Banana (sliced)
48 grams All Natural Peanut Butter

Directions

- 1 In a medium bowl, whisk together the flour, sugar, baking powder, and salt. Add in the egg, oat milk, and 3/4 of the oil. Whisk until smooth and set aside.
- 2 Coat the waffle maker with a small amount of the remaining oil. Add the batter to cover the bottom of your maker, no more than 1/3 cup at a time.
- 3 Cook the waffles for about four minutes or until golden brown. Repeat the process until all the batter is cooked. To serve, top with the banana slices and drizzle with peanut butter. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a toaster or toaster oven.

Serving Size: One serving is two waffles.

No Waffle Maker: Make them into pancakes on a pan instead.

Nut-Free: Use tahini or sunflower seed butter.

Additional Toppings: Top with chocolate chips and/or maple syrup.

Egg: This recipe hasn't been tested with an egg replacer.



Peanut Butter Pear Bites

2 servings

10 minutes

Ingredients

32 grams All Natural Peanut Butter
1 Pear (sliced into circles, seeds removed)
23 grams Dark Chocolate Chips (or chunks)
2 grams Unsweetened Shredded Coconut

Directions

- 1 Spread the peanut butter over each pear slice. Top with chocolate chips and shredded coconut. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Nut-Free: Use tahini, pumpkin seed butter, or sunflower seed butter instead of peanut butter.



Pear with Tahini & Raisins

1 serving
5 minutes

Ingredients

1 Pear (medium, sliced in half, cored)
30 grams Tahini
21 grams Raisins
250 milligrams Cardamom (ground)

Directions

1 Top the pear with tahini, raisins, and cardamom. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Additional Toppings: Maple syrup or honey.



Black Bean Egg White Omelette

1 serving
10 minutes

Ingredients

86 grams Black Beans (cooked and rinsed)
65 grams Salsa
1 gram Cumin (optional)
15 grams Baby Spinach (chopped)
Sea Salt & Black Pepper (to taste)
2 milliliters Extra Virgin Olive Oil
122 grams Egg Whites

Directions

- 1 Add the black beans, salsa, and cumin to a pot over medium. Cook for three to five minutes or until the salsa is simmering and the black beans have warmed through. Add the spinach and cook until wilted. If the sauce becomes too thick add a splash of water. Season with salt and pepper and set aside.
- 2 Heat the oil in a non-stick pan over medium heat. Season the egg whites with salt and pepper then pour into the pan and cook until almost set. Place the black beans on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add red pepper flakes, cilantro, lime juice, or taco seasoning to the black beans.

Additional Toppings: Shredded or feta cheese, avocado slices, hot sauce, or more salsa.

No Spinach: Use another leafy green, like kale or arugula.



Edamame & Soba Noodle Salad

4 servings
15 minutes

Ingredients

200 grams Buckwheat Soba Noodles (dry, uncooked)
310 grams Frozen Edamame
30 milliliters Extra Virgin Olive Oil
36 grams Tamari
30 milliliters Rice Vinegar
20 grams Maple Syrup
2 grams Ginger (fresh, minced)
127 grams Matchstick Carrots
8 grams Cilantro (chopped)

Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the edamame. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the olive oil, tamari, rice vinegar, maple syrup, and ginger in a bowl.
- 3 Place the soba noodles and edamame into a large bowl with the carrots. Add the dressing and toss well to combine. Divide into bowls and top with cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add sriracha to the dressing.

Additional Toppings: Top with sesame seeds or chopped peanuts.



Shahi Paneer

4 servings

30 minutes

Ingredients

20 grams Ghee
2 Green Chili Pepper (seeds removed, sliced)
400 grams Red Onion (large, diced)
2 Garlic (cloves, minced)
6 grams Ginger (fresh, grated)
2 grams Coriander (ground)
10 grams Paneer Masala
6 grams Sea Salt (to taste)
363 grams Crushed Tomatoes (from the can)
450 grams Unsweetened Coconut Yogurt
340 grams Paneer Cheese (cubed)

Directions

- 1 Heat the ghee in a pot over medium heat. Add the green chili pepper, onions, garlic, and ginger. Cook for five to eight minutes, or until the onions are translucent.
- 2 Add the coriander, paneer masala, and salt. Cook for one minute, then add the tomatoes. Bring to a gentle simmer and cook for five minutes, covered.
- 3 Stir in the yogurt and paneer, cover, and cook for 15 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three to four days.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add red chili powder, cashew paste, kasoori methi leaves, red bell peppers, peas, cauliflower, or extra chilies.

Additional Toppings: Top with cilantro. Serve it with naan or rice.

No Paneer Masala: Use garam masala instead.

No Coconut Yogurt: Use plain yogurt, coconut milk, or cream instead.



Pesto Zucchini Quesadilla

2 servings
15 minutes

Ingredients

2 Whole Wheat Tortilla (large)
85 grams Cheddar Cheese (shredded)
1 Zucchini (small, sliced)
1 Avocado (sliced)
47 grams Pesto

Directions

- 1 Heat a large nonstick skillet over medium heat. Add the tortilla to the skillet and top with grated cheese, leaving a small border around the edges. Cover with a lid and let it cook for one to two minutes until the cheese is melted.
- 2 Arrange the zucchini, avocado, and pesto to half the tortilla. Fold the tortilla in half and gently press down.
- 3 Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

Notes

Leftovers: For best results, enjoy immediately. Refrigerate in an airtight container for three to four days.

Serving Size: One serving is equal to one quesadilla.

Gluten-Free: Use brown rice tortilla instead of whole wheat tortilla.

Dairy-Free: Use dairy-free cheese instead of cheddar cheese.

More Flavor: Season with chili powder, smoked paprika, and/or salt.

Additional Toppings: Add green onions, jalapeño, bell peppers, and beans. Serve it with yogurt or salsa.



Vegan Lentil Keema

4 servings

25 minutes

Ingredients

474 milliliters Water
424 milliliters Canned Coconut Milk (divided)
2 Yellow Potato (small, cubed)
192 grams Dry Green Lentils
15 milliliters Coconut Oil
4 grams Coriander
4 grams Cumin
3 Garlic (cloves, minced)
1 Yellow Onion (medium, diced)
3 Tomato (medium, halved)
320 grams Frozen Peas
15 milliliters Lime Juice

Directions

- 1 In a large pot, add the water, half the coconut milk, potatoes, and lentils. Bring to a boil, then lower to a simmer. Cook for 20 minutes uncovered, or until tender. Do not drain. Set aside.
- 2 Heat the coconut oil in a skillet over medium heat. Add the coriander, cumin, and garlic, and cook for one minute. Stir in the onions for about five minutes, or until translucent. Add the tomato and cook for another five minutes.
- 3 Stir in the remaining coconut milk. Use a hand-held immersion blender to blend until smooth.
- 4 Add the peas, lime juice, potatoes, and lentils (with the liquid). Gently simmer for about five minutes or until warmed through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: Each serving equals approximately 1 3/4 cups.

More Flavor: Add garlic, chopped bell pepper, cauliflower, or green chilies. Season further with turmeric, cinnamon, cayenne, salt, or pepper to taste.

Additional Toppings: Top with cilantro. Serve with rice or naan.

No Green Lentils: Use brown lentils instead.

No Coconut Oil: Use ghee or butter instead.



Lemon Artichoke Pasta

2 servings
15 minutes

Ingredients

113 grams Gluten-Free Fettuccine (dry)
57 grams Butter (divided)
520 grams Artichoke Hearts (from the can, drained, chopped)
1/2 Lemon (juice and zested)
3 grams Basil Leaves (chopped)
4 grams Parsley (chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the fettuccine according to package directions and set aside.
- 2 Meanwhile, melt half the butter in a non-stick skillet over medium-high heat. Add the artichoke, lemon zest, and lemon juice. Lower to a simmer and cook for five to eight minutes, or until the liquid has reduced by half.
- 3 Stir in the remaining butter, basil, parsley, salt, and pepper. Add the fettuccini and gently toss until well coated. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately two cups.

Dairy-Free: Use vegan butter or your choice of cooking oil.

More Flavor: Add garlic and white cooking wine.

Additional Toppings: Add parmesan, nutritional yeast, pine nuts, red pepper flakes, or more fresh herbs.



Roasted Cabbage, Broccoli & Tofu

4 servings

30 minutes

Ingredients

185 grams Brown Rice (uncooked)
 20 grams Maple Syrup
 18 grams Tamari
 45 milliliters Avocado Oil (divided)
 453 grams Tofu (extra-firm, pressed and cubed)
 12 grams Arrowroot Powder
 Sea Salt & Black Pepper (to taste)
 445 grams Purple Cabbage (sliced in wedges)
 455 grams Broccoli (chopped)

Directions

- 1 Preheat the oven to 425°F (218°C) and line two baking sheets with parchment paper. Cook the rice according to package directions.
- 2 In a bowl, whisk together the maple syrup, tamari, 1/3 of the oil, and salt and pepper. Add the tofu cubes to a bowl and gently toss. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the tofu on a parchment-lined baking sheet.
- 3 On the second baking sheet, arrange the cabbage and broccoli and drizzle with the remaining oil and season with salt and pepper.
- 4 Place both baking sheets in the oven and bake for 25 to 30 minutes, flipping everything halfway through. Bake until the tofu and vegetables are crispy. Divide onto plates with the rice and enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add chili flakes.

Additional Toppings: Serve with a peanut sauce or other dipping sauce on top or on the side.



Black Beans & Plantain Stew

4 servings
20 minutes

Ingredients

593 milliliters Water (divided)
2 Plantain (medium, green, sliced)
1/2 Yellow Onion (medium, diced)
3 Garlic (cloves, minced)
968 grams Fire Roasted Diced Tomatoes (from the can)
2 stalks Green Onion (minced)
344 grams Black Beans (cooked and drained)
Sea Salt & Black Pepper (to taste)
42 grams Kale Leaves (tough stems removed, chopped)

Directions

- 1 Heat 1/3 of the water in a large nonstick pan over medium heat. Add the plantains, cooking two to three minutes per side or until slightly browned, adding more water as needed.
- 2 Add the onions and garlic. Cook until translucent, about five minutes, adding more water as needed.
- 3 Stir in the tomatoes and simmer for five minutes. Add the green onion, black beans, any remaining water, salt, and pepper. Bring to a boil then reduce to a simmer for 10 minutes.
- 4 Stir in the kale and cook until just tender. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add habanero and fresh ginger. Cook the plantain with oil instead of water.

Additional Toppings: Top with yogurt, cheese, or fresh parsley.



Baked Sole with Green Beans & Rice

4 servings
20 minutes

Ingredients

276 grams Jasmine Rice
30 milliliters Extra Virgin Olive Oil
1 Lemon (divided)
1 gram Fresh Dill (chopped)
Sea Salt & Black Pepper (to taste)
454 grams Sole Fillet (boneless)
400 grams Green Beans (trimmed)

Directions

- 1 Cook the rice according to the package directions.
- 2 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone mat.
- 3 In a bowl, combine the olive oil, juice of half the lemon, dill, salt, and pepper.
- 4 Arrange the sole fillets and green beans onto the baking sheet and coat evenly in the lemon-dill mixture. Top with the remaining lemon cut into slices. Bake for 10 to 15 minutes or until the fish is opaque and the asparagus is tender.
- 5 Divide the rice, green beans, and sole fillets onto plates and enjoy!

Notes

Leftovers: Refrigerate in airtight container up to two days.

Serving Size: One serving equals approximately one cup of rice, 4 ounces (113 grams) of sole, and one cup of green beans.

More Flavor: Add garlic and red pepper flakes.



Garlic Butter Chicken Thighs

4 servings

40 minutes

Ingredients

454 grams Chicken Thighs with Skin
5 milliliters Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
12 Cremini Mushrooms (roughly torn)
5 Garlic (cloves, smashed and roughly chopped)
14 grams Butter
177 milliliters Chicken Broth
15 milliliters Lemon Juice
150 grams Baby Spinach

Directions

- 1 Preheat the oven to 425°F (218°C). Pat the chicken dry with a paper towel. Rub the oil on the skin side of the chicken and season with salt and pepper.
- 2 Heat a cast-iron skillet over medium-low heat and once hot, add the chicken skin-side down. Cook for five minutes. Increase the heat to medium and continue cooking skin side down for eight minutes, until browned, flip and cook for two minutes. Transfer to a plate skin side up and set aside, leaving the oil from the chicken in the skillet.
- 3 Toss the mushrooms in the skillet and cook undisturbed for three minutes, over medium heat. Lower the heat to medium-low and add in the garlic and butter and toss to combine. Cook for two to three more minutes.
- 4 Pour in the chicken broth and lemon juice and stir to release any browned bits on the skillet. Place the chicken on top and transfer to the oven and cook for 17 to 20 minutes, until the chicken is cooked through.
- 5 Remove the chicken and set aside. Return the skillet to medium heat and whisk until bubbling and the sauce has thickened, about two minutes. Add the spinach to the skillet and cook until wilted, about one to two minutes.
- 6 Divide the chicken and vegetables onto plates, drizzling the sauce over everything. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Omit the butter.



Chicken Avocado Wrap

1 serving
10 minutes

Ingredients

1/2 Avocado
7 milliliters Lime Juice
1 Whole Wheat Tortilla
Sea Salt & Black Pepper (to taste)
2 leaves Romaine (medium, chopped)
37 grams Cherry Tomatoes (halved or quartered)
75 grams Chicken Breast, Cooked (sliced)

Directions

- 1 In a small bowl, mash the avocado and stir in the lime juice. Spread the mashed avocado in the center of the tortilla. Season with salt and pepper to taste.
- 2 Place the lettuce, tomatoes, and sliced chicken on top of the avocado and fold or roll the tortilla around the filling and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day. For best results assemble wrap just before serving.

Gluten-Free: Use a gluten-free or brown rice tortilla.

Additional Toppings: Cooked bacon, cheese, cucumber, bell pepper, mayonnaise, mustard, or another favorite sandwich topping.

Make it Vegan: Use marinated tofu or chickpeas instead of chicken.

No Lime Juice: Use lemon juice instead.

No Cherry Tomatoes: Omit or use a regular tomato instead.

No Romaine Leaves: Use baby spinach, mixed greens, or leaf lettuce instead.



One Pan Chicken Thighs & Veggies

2 servings

25 minutes

Ingredients

400 grams Chicken Thighs with Skin (bone-in, trimmed)
182 grams Broccoli (cut into florets)
1 Red Bell Pepper (medium, chopped)
75 grams Cherry Tomatoes (whole)
15 milliliters Extra Virgin Olive Oil
533 milligrams Dried Parsley
2 grams Garlic Powder
2 grams Sea Salt

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Place the chicken thighs in the center of the pan and add the broccoli, bell pepper, and cherry tomatoes. Drizzle with the oil and season with parsley, garlic powder, and salt. Toss to coat the vegetables in the seasoning.
- 3 Bake for 20 to 25 minutes or until the chicken is cooked through and the veggies are tender. For crispier skin transfer the chicken thighs to a clean baking sheet and turn the oven to broil. Broil for two to three minutes or until the skins have browned.
- 4 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Extra Virgin Olive Oil: Use avocado oil instead.



Ground Turkey & Veggie Stir Fry

2 servings

20 minutes

Ingredients

92 grams Jasmine Rice
227 grams Extra Lean Ground Turkey
7 milliliters Extra Virgin Olive Oil
1 Green Bell Pepper (medium, diced)
1/2 Yellow Onion (chopped)
2 Garlic (large cloves, minced)
60 grams Baby Spinach
18 grams Tamari

Directions

- 1 Cook the rice according to package directions.
- 2 Add the turkey to a pan over medium heat, breaking it up as it cooks. Once it is cooked through and no longer pink, transfer the turkey to a bowl or plate and drain any excess drippings from the pan. Set aside.
- 3 Adjust the heat to medium-high and add the oil to the same pan. Add the bell pepper and onion and cook, stirring often, for four to six minutes or until the vegetables are just tender.
- 4 Add the garlic and spinach to the pan and continue to cook until the spinach has wilted. Add the cooked turkey back to the pan and stir to combine.
- 5 Add the tamari to the pan and stir well. Continue to cook for another one to two minutes or until the tamari has been absorbed into the meat and vegetables. Divide the rice and stir fry between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately equal to one cup of the turkey mixture and a half cup of rice.

More Flavor: Use sesame oil instead of olive oil.

Additional Toppings: Additional tamari, sriracha or hot sauce, green onion, sesame seeds, or chopped cashews.

No Ground Turkey: Use ground chicken, beef or pork instead.

No Green Bell Pepper: Use red, yellow, or orange bell pepper instead.

No Jasmine Rice: Use brown rice, white rice, or cauliflower rice instead.



Avocado Beef Quesadilla

2 servings

15 minutes

Ingredients

- 2 Whole Wheat Tortilla (large)
- 1 Avocado (sliced)
- 5 milliliters Lime Juice (to taste)
- 170 grams Deli Roast Beef (sliced)
- 160 grams Red Onion (sliced)

Directions

- 1 Heat a large nonstick skillet over medium heat. Add the tortilla to the skillet and spread the avocado on half the tortilla.
- 2 Top with the lime juice, roast beef, and red onion.
- 3 Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

Notes

Leftovers: This is best enjoyed right after cooking, but can be refrigerated for up to three days.

Serving Size: One serving is equal to one quesadilla.

Gluten-Free: Use brown rice tortilla instead of whole wheat tortilla.

Additional Toppings: Add pickles or hot banana pepper slices. Serve it with yogurt or salsa.



Pressure Cooker Pork Ramen

4 servings

1 hour 20 minutes

Ingredients

605 grams Pork Shoulder, Boneless (cut into large chunks)
946 milliliters Chicken Broth
237 milliliters Water
4 Egg
369 grams Gluten-Free Ramen Noodles (dry)
18 grams Fish Sauce
96 grams Tamari (divided)
10 grams Sriracha
30 milliliters Rice Vinegar
218 grams Shiitake Mushrooms (stem removed, sliced)
27 grams Coconut Sugar
4 stalks Green Onion (sliced)

Directions

- 1 Place the pork, chicken broth, and water in your pressure cooker. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 45 minutes on high pressure. Once finished, let it release naturally for 15 minutes and then do a quick release. Remove the pork, leaving the broth inside, and place the pork in a bowl. Shred it with two forks and set aside.
- 2 Meanwhile, bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water. Once cooled, peel the shell and slice down the middle.
- 3 Cook the noodles according to the directions on the package and set aside.
- 4 Pour the fish sauce, 3/4 of the tamari, sriracha, rice vinegar, and mushrooms into the pressure cooker. Bring to a simmer using the "sauté" mode. Let it simmer for ten minutes, then turn off.
- 5 Meanwhile, line a baking sheet with parchment paper and add the pork on top. Pour the remaining tamari and coconut sugar and toss to combine. Broil for five minutes, until browned and charred.
- 6 Ladle the broth and mushrooms into bowls and add the noodles. Top with the crispy pork, soft boiled egg, and green onions. Enjoy!

Notes

Leftovers: Store noodles and broth separately in the fridge for up to two days.

Serving Size: One serving is about two cups of ramen.

Additional Toppings: Top with sesame seeds.



Steak with Oven-Roasted Vegetables

2 servings

25 minutes

Ingredients

340 grams Ribeye Steak, Bone-in (room temperature)
Sea Salt & Black Pepper (to taste)
30 milliliters Extra Virgin Olive Oil (divided)
14 grams Butter
2 Garlic (cloves, smashed)
2 grams Rosemary (fresh, chopped)
176 grams Brussels Sprouts (trimmed and halved)
300 grams Green Beans (washed, trimmed)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat the steak very dry with a paper towel. Season liberally with salt and pepper.
- 3 Heat a cast-iron skillet over medium heat until hot. Add 2/3 of the oil. Place the steak in the middle of the skillet and cook for 13 to 15 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides. Reduce the heat and add the butter, garlic, and rosemary, and spoon over the top of the steak until the garlic is slightly browned. Remove and let rest for at least 10 minutes before slicing.
- 4 Meanwhile, toss the brussels sprouts and green beans with the remaining oil, salt, and pepper. Place in the oven and bake until crispy, about 15 to 18 minutes. Divide the vegetables and steak onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Omit the butter.

Steak Size: This recipe was tested with a 2-inch (5 cm) steak. Adjust the cooking time as needed based on the thickness of the steak.

No Extra Virgin Olive Oil: Use avocado oil.