

# Kitchen Sink Tahini Caesar Salad with Maple Tempeh

Tahini caesar dressing will become your new favourite. Not only does it make a creamy and delicious salad dressing, but it also works really well as a dip for veggies or even for the shishito peppers. We call this a kitchen sink salad because the goal is to throw everything but-the-kitchen-sink into it. Clean out your fridge and use up all those veggies you've been meaning to eat. We love to eat this with a maple tempeh but if you're more of a meat eater, we recommend grilled or roasted chicken.

Prep Time  
20 mins

Total Time  
20 mins

Course: Main Course    Servings: 4

## Ingredients

### Salad

- 1/2 head romaine lettuce
- 1/2 cup shredded purple or green cabbage
- 1/2 cup chopped kale
- 2 radishes thinly sliced
- 1/4 red pepper chopped
- 1 celery stalk sliced
- 1/2 - 1 avocado diced
- 1/2 cup crispy chickpeas store-bought or homemade

### Maple Tamari Tempeh

- 1 brick tempeh or grilled chicken sliced into thin 1/4 inch thick strips
- 2 Tbsp maple syrup
- 2 Tbsp extra virgin olive oil
- 2 Tbsp tamari or soy sauce
- 1/2 tsp smoked paprika
- 1/2 tsp sea salt and pinch of pepper

### Tahini Caesar Dressing

- 1/4 cup tahini
- 1/4 cup cold water
- 2 Tbsp lemon juice
- 1/4 tsp apple cider vinegar
- 1 tsp dijon mustard
- 2 Tbsp nutritional yeast or parmesan cheese or 2 tsp chopped capers
- 1 garlic clove
- 1/4 tsp sea salt and pinch of pepper

## Instructions

1. Preheat the oven to 375 F (190 C).
2. Slice the tempeh in strips and place on a baking sheet lined with parchment paper. Mix the marinade ingredients and then pour over the tempeh, let the marinade sit on the tempeh for 15 minutes up to 2

hours. Bake in the oven for 10 minutes. Flip and bake for another 8 minutes.

3. While the tempeh is cooking, start prepping the salad.
4. Prep the dressing by mixing ingredients up in a measuring cup or blitz it in a food processor.
5. Place the tempeh on top of the salad and drizzle the dressing on top.

## Notes

### Substitution Guide:

- Veggies: use what you have in your fridge
- Nutritional Yeast: parmesan, capers or just omit
- Smoked paprika: paprika
- Tempeh: grilled or roasted chicken or protein of choice

### Prep Guide:

- Tempeh can be made a day in advance
- Veggies can be chopped ahead of time and stored in an airtight container in the fridge
- Tahini caesar dressing lasts in the fridge for 4 days - once in the fridge it may need the addition of cold water to loosen it up

## Make Ahead Jarred Meals

If you're working from home, working out of the house, parenting or just need easy lunches these days, you need to start making jar meals. I love using the same ingredients in each (e.g. carrot, cabbage, kale), but mixing it up by choosing different grains (quinoa, soba noodles, rice noodles) and making different dressings like miso, lemon juice or tahini. I make a few of these at the beginning of the week and just stick them in the fridge. When I'm ready to eat, I like to warm them up so I'll put a skillet on the stove with some oil and pour the contents in the pan until heated. Top with the dressing and any other accoutrement (e.g. nuts, chickpeas, seeds), your heart desires. You can make a few of the same or mix it up. You can also add whatever protein you desire like cooked chicken or fish, beans, legumes or tofu.

Prep Time	Cook Time	Total Time
15 mins	5 mins	20 mins

Course: dinner, lunch, Main Course    Servings: 2

### Ingredients

#### Jar #1 - Tahini Noodle

- shredded cabbage
- sliced carrots
- diced peppers
- soba noodles
- shredded cooked chicken
- 2 Tbsp tahini
- 1 Tbsp sesame oil
- 1 tsp maple syrup

#### Jar #2 - Lemon Quinoa

- cooked quinoa
- shredded cabbage
- chopped carrots
- chopped celery
- sliced radishes
- chopped red pepper
- 3 Tbsp extra virgin olive oil
- 2 Tbsp lemon juice
- 1/4 tsp dried oregano
- 1/4 tsp sea salt and pinch of pepper

#### Jar #3 - Miso Vermicelli

- 1 tsp miso
- 1 tsp tamari
- 2 Tbsp sesame oil
- shredded cabbage
- sliced radishes
- sliced celery

- vermicelli noodles
- sliced carrots
- chopped kale
- hot water or hot broth

## Instructions

1. Each jar is made fairly similarly, except for jar #3.
2. Chop up the veggies that you're going to use and cook the grains and protein, if not already cooked. If you ever make too many grains e.g. too much quinoa, you can also freeze it in batches and take it out when you need it.
3. Layer the veggies, protein and grains inside the jars.
4. You can make the dressings in advance and place them in little dressing cups. Or, if you are eating these at home you can always make the dressing right before you're about to eat it.
5. For Jar #3, place the miso, tamari and sesame oil at the bottom and mix. Then layer it on top. When you're ready to eat pour hot water or hot broth into the jar, mix it up, then enjoy.

## Notes

### Substitution Guide:

There is a lot of freedom with these jars so you can choose whatever veg, grain or proteins you have in stock in your kitchen.

You can also use whatever dressings you like best whether you want to make them yourself or use a store-bought one.

### Prep Guide:

You can slice veggies, cook grains or proteins a day ahead or the morning of.

### Notes:

We didn't put measurements for the veggies, grains or proteins because it depends on the size of your jar and how many you are making, so use your judgement.

# Smashed Cucumber & Peach Salad

This salad is the perfect end-of-summer dish. Especially if you can get your hands on local peaches. My favourite part is smashing the cucumbers, it's a great way to get some tension out ;) Try to find the mini cucumbers if you can. A simple dressing of lime, oil, salt and pepper is all you need.

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Prep Time	Total Time
15 mins	15 mins

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Course: Side Dish    Servings: 4

## Ingredients

- 4 persian cucumbers or 1 hot house cucumber
- 1-2 firm peaches, depending on size sliced into wedges
- 1 lime juiced (about 2-2 1/2 Tbsp)
- 1 Tbsp extra virgin olive oil
- 1 tsp maple syrup
- 1/2 tsp sea salt and pinch of pepper
- 1/2 tsp red pepper flakes (optional)
- 1/4 cup chopped and toasted walnuts
- small handful fresh basil or cilantro roughly chopped

## Instructions

1. Lay the cucumbers out on a cutting board, smash with a rolling pin or the back of a skillet. This part is fun!
2. Then tear them up with your hands and place in a bowl. Add in the sliced peaches.
3. Mix the dressing ingredients in a separate bowl, then toss over the cukes and peaches and mix.
4. Top with fresh basil and toasted walnuts.

## Notes

### Substitution Guide:

- Persian cucumber: hot house cucumber
- Peaches: nectarines
- Walnuts: pistachios, pecans, almonds
- Basil: mint, cilantro
- Lime: lemon

# Creamy Miso Sauteed Brussel Sprouts

The combination of miso, sesame oil and maple syrup is so simple yet so good. I love pairing this combo with veggies, especially garlicky sauteed Brussel sprouts. If you're not into slicing Brussel sprouts you can use the slicing feature on a food processor or just choose a different veggies like green beans or sauteed leafy greens.

Prep Time 10 mins	Cook Time 15 mins	Total Time 25 mins
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Course: Side Dish    Servings: 4

## Ingredients

- 2 tsp extra virgin olive oil
- 6 garlic cloves thinly sliced
- 2 1/2 cups shredded brussel sprouts
- 1/4 tsp sea salt and pinch of pepper
- 1 tsp maple syrup
- 1 tsp tamari
- 2 Tbsp white miso
- 1 tsp sesame oil
- 2 tsp maple syrup
- small handful sesame seeds

## Instructions

1. Wash the brussel sprouts. Slice the bottoms off and then cut into slices/strips, you can also do this in the food processor.
2. Heat large wide skillet over medium, add 2 tsp of oil and toss in the garlic.
3. When it starts to slightly cook add in the Brussel sprouts and toss around. If you need to add a splash more oil, go for it. Season with a pinch of salt and pepper.
4. Let them sit for a few minutes and then toss again. Add in 1 tsp of tamari and 1 tsp of maple syrup, toss until wilted and browned, this will take between 7-10 minutes.

## Notes

### Substitution Guide:

- Brussel Sprouts: green beans, kale, collards, swiss chard, zucchini
- Miso: tahini

### Prep Guide:

- Slice the Brussel sprouts a day or two in advance. Store in an airtight container in the fridge.

# Blistered Shishito Peppers with Lemon Yogurt Sauce

Shishito peppers are the perfect snack or side dish. Once baked they become silky and take on flavour so well. They originate from Japan, but are fairly spice-less, for those who don't like heat. They are grown locally this time of year, but if you can't find them in a typical supermarket, you can try an Asian grocer or a farmer's market. Simply roasted or even cooked on the stove top, all they need is a good hit of salt and oil.

Prep Time 3 mins	Cook Time 10 mins	Total Time 13 mins
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Course: Appetizer, Side Dish, Snack

## Ingredients

- 1 lb shishito peppers (about 2 cups)
- 2 tsp extra virgin olive oil or avocado oil
- 1/4 tsp sea salt
- 1 tsp black and white sesame seeds
- 2 Tbsp dairy or dairy-free plain, unsweetened yogurt
- 2 tsp lemon juice
- pinch salt and pepper

## Instructions

1. Preheat oven to 400 F (204 C)
2. Place shishito peppers on a baking tray and drizzle with oil and salt.
3. Bake for 10 minutes total, turn halfway. When they come out immediately sprinkle with sesame seeds.
4. Mix the yogurt, lemon juice, salt and pepper together. Dip the shishito peppers into the yogurt mixture and enjoy. You can also eat them dip-less.

## Notes

### Substitution Guide:

Shishito Peppers: Cuban peppers or Italian frying peppers

# Chocolate Chip Cookie Pie

This is an incredibly indulgent recipe. It's gooey in the center and so rich, even when you use sweetener alternatives like coconut sugar or monk fruit sweetener. We made this in the morning and by 2pm it was completely devoured. If you're having a small, safe gathering this is definitely the dessert to make.

Prep Time 5 mins	Cook Time 13 mins	Total Time 18 mins
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Course: Dessert    Servings: 6

## Ingredients

- 1 egg
- 1/4 cup butter or coconut oil softened
- 1/2 cup coconut sugar
- 1 tsp vanilla
- 1 cup almond flour
- 1/4 tsp sea salt
- 1/2 tsp baking soda
- 1/2 cup chopped dark chocolate (or chocolate chips) + plus a little extra to scatter on top

## Instructions

1. Preheat oven to 350 F (177 C). Oil an oven-safe skillet (like cast iron) and place it in the oven while it preheats. It should be between 5 - 8 inches, ideally. But, use what you got.
2. Beat the egg in a large bowl. Then add in the softened coconut oil, coconut sugar and vanilla and mix well, until fully combined. It's ok if you have a few small pieces of coconut oil but not many.
3. Then add the almond flour, baking soda and salt to the bowl and mix until a sticky, wet-ish batter forms.
4. Fold in the chocolate chips.
5. Carefully take the skillet out of the oven and press the cookie dough in. Top with additional chocolate, if desired.
6. Bake for 11-13 minutes.
7. When you take it out it will be slightly browned on the edges and very soft in the middle. Give it a few minutes to set. Then enjoy and if you like, put a scoop of your favourite ice cream or yogurt on top (dairy or not).

## Notes

r, granulated date sugar or monk fruit sweetener