

Autumn Chard Wraps

You probably think of summer when you see collard wraps, but we love making veggies wraps in the colder months by using steamed chard leaves (or collards leaves can be used instead). The cooked leaves are much more appealing once the temperatures drop, and this way you can still get a refreshing serving of veggies.

Prep Time	Cook Time	Total Time
20 mins	20 mins	40 mins

Course: Main Course Cuisine: Asian, Healthy Servings: 4

Ingredients

- 1 bunch chard leaves
- 2 carrots cut in thin matchsticks
- 1/2 English cucumber cut in thin matchsticks
- 2 cups purple cabbage shredded

Marinade for Tofu (or chicken)

- 1/2 block tofu cut in rectangle strips OR sub chicken
- 2 Tbsp tamari or coconut aminos
- 2 Tbsp maple syrup (if using coconut aminos, reduce to 1 Tbsp)
- 1 Tbsp avocado oil
- 2 tsp toasted sesame oil

Dipping Sauce

- 1/4 cup almond butter or peanut butter or tahini
- 1 Tbsp tamari
- 1 Tbsp maple syrup
- 1 tsp ginger minced or grated
- 1 small clove garlic minced

Instructions

For the tofu (or chicken)

1. Preheat oven to 375 and line a baking sheet.

2. First you'll want to prep the tofu (or swap in chicken if you prefer). Mix together the marinade ingredients and toss together with the strips of tofu. If you're using chicken, slice the chicken in thin strips before mixing with the marinade.
3. Spread out the marinated tofu or chicken on the baking sheet and roast for around 20 minutes, or until it starts to get crispy on the edges.

For the veggies

1. Steam the chard leaves. Put around 1 cup of water in the bottom of a large pot. If you have a steamer, you can place the chard leaves on it. If you don't have a steamer, don't worry about it, the leaves will steam just fine if you place them right in the water. Bring to a boil, cover and steam for around 3 minutes, or until the leaves are tender.
2. Remove the steamed chard leaves from the pot and spread out on a flat surface. Carefully cut out the stem from each leaf.
3. Chop the other veggies and place them on a plate so it's easy to reach them.
4. Place a chard leaf down on a cutting board and then place a handful of cabbage, cucumber and carrots in the middle. Then add a strip of the cooked tofu or chicken. Roll one end of the chard leaf over the fillings and then fold the left and right sides in and roll over the the other end of the leaf to create a closed roll.
5. You can cut the rolls in half or leave them as is.

Dipping Sauce

1. Whisk together the dipping sauce ingredients in a small bowl. Adjust seasoning if you'd like. If you find that it's thick, add some water to thin out. You can start by adding 2 Tbsp water and then add more gradually one spoonful at a time until you get a good consistency.

Notes

Substitution Guide:

- Almond butter: Tahini and peanut butter
- Chard leaves: Collard leaves
- Purple cabbage: Green cabbage or Napa cabbage

Prep Guide:

- Dipping Sauce: This can be made in advance, it'll keep for several days in the fridge

Easy Go-To Dal

This is by no means a traditional dal recipe, but it's a lightly spiced and cozy version of stewed red lentils that's inspired by the famous Indian dish. We love making a big batch of this at the beginning of the week so that we have a large container in the fridge that provides easy lunches throughout the week. If you want to make it a heartier meal, serve with some rice, quinoa or cauliflower rice.

Prep Time	Cook Time	Total Time
5 mins	30 mins	35 mins

Course: Main Course Cuisine: Healthy, Indian Servings: 4

Ingredients

- 1 Tbsp coconut oil or avocado oil
- 1 small yellow onion diced
- 3 cloves garlic minced
- 1 cup red lentils
- 2 carrots peeled and diced
- 1 parsnip peeled and diced
- 1 Tbsp ginger minced or grated
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 3.5 cups filtered water
- sea salt and pepper to taste

Optional Toppings

- handful cilantro chopped
- squeeze of lime juice
- sprinkle of hemp seeds

Instructions

1. In a medium pot, heat the oil. Once it's hot, add the onion and saute for around 5 minutes. Once the onions are softened, add in the garlic, carrot, parsnips, and all the spices. Stir and saute for 1 minute.
2. Add in the red lentils, water and a pinch of sea salt and pepper.

3. Bring the mixture to a boil. Then reduce heat to low, cover and simmer on low heat for 25 minutes, or until the red lentils break down and the mixture has turned into a smoother mixture.
4. Taste and add sea salt and pepper if needed.
5. Top with any toppings that you like.

Notes

Substitution Guide:

- Carrots and Parsnips: You can use other vegetables that you prefer instead. Sweet potato and turnip would be good. But, you could also use something like zucchini and green beans.

Prep Guide:

- Veggies: You can chop this earlier in the day and store in the fridge until ready to use.
- Rice, Quinoa or Cauliflower Rice: This is delicious served over top of rice or the other options, if you want a heartier meal.

One-Pan Baked Ziti

This is the ultimate comfort dish, but without the inflammatory qualities of dairy and pasta. Instead we've made a healthified version of baked ziti with dairy-free cheese and gluten free pasta. One of the perks of this recipe is that there is little to clean up, because it's a one pot dish.

Prep Time	Cook Time	Total Time
10 mins	30 mins	40 mins

Course: Main Course Cuisine: Healthy, Italian Servings: 4

Ingredients

- 1 Tbsp extra virgin olive oil
- 1 shallot diced
- 3 cloves garlic minced
- 8 oz brown cremini mushrooms sliced
- 2 big handfuls chopped kale
- 2 cups vegetable broth
- 1 24 oz jar marinara sauce
- 8 oz gluten free penne
- 8-10 Tbsp cashew cheese
- pinch of sea salt and pepper

Instructions

1. Preheat oven to 375.
2. Heat oil in a cast iron skillet. Once it's hot add the shallot and saute for a minute or two. Add in the garlic and mushrooms and let them sit for around 5 minutes to help the liquid evaporate off. Add a pinch of sea salt and pepper and saute for about 8 more minutes until mushrooms are lightly browned.
3. Add in the kale, broth, marinara sauce and the gluten free penne. Give everything a stir.
4. Place dollops of the cashew cheese over top of the pasta.
5. Then cover the skillet with tin foil or a lid that's large enough.
6. Bake in the oven for 30 minutes. Uncover and let cook for a few extra minutes before serving.

Notes**Substitution Guide:**

- Cashew cheese: Almond ricotta cheese can be used instead. If you do eat dairy, feel free to use ricotta if you like.
- Vegetable broth: Bouillon cube can be used mixed with water

Prep Guide:

- You can chop the veggies in advance so that they're ready to go when you want to make the recipe.

Broccoli Pesto

This broccoli pesto is wonderful for cooler weather - it feels more cozy and comforting than the fresh, herby pesto that we make with summer basil. It's based on a recipe from the new *Oh She Glows* cookbook (Angela Liddon has one of the original vegan food blogs that's been around for ages). We've made a few modifications to the original recipe to make it more our own, but feel free to add more garlic or lemon if you want more zip or zest. If you happen to have any extra pesto (highly unlikely because it's so good), you can use it as a dip or spread with crackers or veggie sticks.

Prep Time	Cook Time	Total Time
15 mins	3 mins	18 mins

Course: Main Course Cuisine: Healthy Servings: 4

Ingredients

- 2 heaping cups broccoli cut in florets
- 1.5 Tbsp chopped oil packed sundried tomatoes, with 1.5 Tbsp of oil from jar can sub regular sundried tomatoes if don't have oil packed
- 1 clove garlic minced
- 5 Tbsp pumpkin seeds roasted
- 2.5 Tbsp lemon juice
- 2 Tbsp nutritional yeast
- pinch sea salt to taste
- 5 Tbsp extra virgin olive oil

Protein of Choice

- 1 lb chicken thighs or breasts boneless, skinless
- 3 cups legume based pasta such as lentil rotini other pasta of choice

Instructions

1. Spread the pumpkin seeds out on a small baking dish or tray and roast in the toaster oven (or regular oven) for 5 minutes at 350. Peek at them and give the pan a little shake to move them around. If they look slightly golden, you're good to go! You can leave them in for another minute or two if needed.
2. Place the broccoli florets in a small pot with around 1/2 cup of water. Cover and bring to a boil. Once the water is boiling, continue to cook for around 2-3 minutes, until the broccoli is bright green, tender and cooked. Then immediately remove from the heat and pour into a colander, run cold water over top to stop the cooking.

3. Place all of the ingredients into a food processor- the sundried tomatoes, garlic, toasted pumpkin seeds, nutritional yeast and lemon juice, as well as the cooked broccoli. Add a pinch of salt and the extra virgin olive oil.
4. Pulse the mixture a few times and then scrap down any mixture from the sides of the bowl of the food processor.
5. Blend on high for 1-2 minutes, until you have a creamy, smooth pesto. If you prefer a chunkier pesto, you don't have to blend for as long.
6. Taste and adjust seasoning if needed. If you like more lemon, add more lemon juice. You can also add more garlic if you like or more sea salt. If you prefer the mixture is a little thinner, you can add more olive oil or a few spoonfuls of water.

Protein of choice

1. If you're making a legume based pasta, prepare according to package instructions. Once it's ready, toss together with the pesto and serve!
2. If you're making the chicken, we recommend searing it in a skillet before spreading the broccoli pesto over top. Heat some extra virgin olive oil in a skillet and season the chicken with sea salt and pepper. Once the oil is hot, add the chicken and sear on one side for around 4 minutes, until lightly browned. Then flip and sear on the second side until chicken is cooked through completely. Spread broccoli pesto over top before serving.

Notes**Substitution Guide:**

- Pumpkin seeds: You can use sunflower seeds or nuts such as almonds or cashews.

Prep Guide:

- The pesto can be made in advance and then combined with the legume pasta or chicken when ready to serve. It'll keep in the fridge for several days.

Pumpkin Spice Sweet Potato Fries

If you're a pumpkin spice lover, than you're going to love these! Sweet potato works just as well as with pumpkin pie spice as pumpkins do. These fries are delicious on their own as a snack, you'll gobble them up!

Prep Time	Cook Time	Total Time
10 mins	25 mins	35 mins

Course: Side Dish, Snack Cuisine: American, Healthy Servings: 4

Ingredients

- 2 large sweet potatoes cut in fry shapes
- 2 Tbsp avocado oil
- 2 tsp pumpkin pie spice
- pinch sea salt and pepper to taste

Instructions

1. Preheat oven to 400 F (204 C) and line a baking sheet with parchment paper.
2. Spread out the sweet potato and toss with oil and spices. Make sure the sweet potato pieces lay flat, so that they can crisp on the edges (if they are laying on top of each other they won't get crispy).
3. Roast for 25 minutes, or until the sweet potato fries are crispy on the edges.

Notes

Substitution Guide:

- Pumpkin Pie Spice: If you don't have the blend, you can use 1 tsp cinnamon, 1/2 tsp ground ginger, 1/4 tsp ground cloves, and a pinch of ground nutmeg.

Homemade Cranberry Sauce

I have an obsession with cranberry sauce as soon as we hit October on the calendar every year. With Canadian Thanksgiving so early in the month, I start making cranberry sauce then, and continue until American Thanksgiving at the end of November. If you think that cranberry sauce is just for the festive meal, I hope you'll give it a chance as so much more. I love adding leftover cranberry sauce on top of oatmeal, chia pudding or pancakes at breakfast. It's also good mixed with a little bit of yogurt as a snack, or on it's own!

Prep Time	Cook Time	Total Time
2 mins	10 mins	12 mins

Course: Snack Cuisine: American Servings: 4

Ingredients

- 12 oz fresh cranberries
- 1/4 cup coconut sugar
- 1/2 cup filtered water

Optional

- 1 orange zested
- 1 apple peeled and diced

Instructions

1. Combine all of the ingredients in a small pot and bring to a boil. If you're adding orange zest or apple, you can add them at this point too.
2. Once it's boiling, turn the heat down to low, cover and simmer for 10 minutes. The cranberries will break apart and turn mushy. Check on them at the halfway mark and stir with a spoon- you can also use the back of the spoon to mash them down.