



## Seafood Paella



4 servings



20 minutes

### Ingredients

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- 1 cup Arborio rice
- 2 cups chicken or vegetable broth
- 1 onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, sliced
- 1 cup frozen peas
- 1 lemon, sliced
- 8-10 large shrimp, peeled and deveined
- 1/2 cup clams
- 2 tablespoons olive oil
- 1 teaspoon paprika
- Salt and pepper to taste
- Fresh parsley for garnish

### Method

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- Start with heating olive oil in a large skillet or paella pan.
- Add onion and garlic, cook until softened.
- Stir in red bell pepper.
- Add Arborio rice, toast lightly.
- Pour in broth, sprinkle with paprika, season.
- Arrange lemon slices, shrimp, clams, and peas on top.
- Cover and cook for 15-20 minutes.
- Remove lid, let sit for a few minutes.
- Garnish with parsley and serve hot. Enjoy!

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For an extra burst of flavor, squeeze some fresh lemon juice over the paella just before serving. Enjoy this delicious Spanish dish with family and friends!



## Grilled Chicken and Avocado Salad



2 servings



20 minutes

### Ingredients

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- 2 boneless, skinless chicken breasts
  - 1 avocado, sliced
  - 4 cups mixed salad greens
  - 1 cup cherry tomatoes, halved
  - 1/4 cup sliced red onion
  - 2 tablespoons olive oil
  - 1 tablespoon balsamic vinegar
  - Salt and pepper to taste
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For an extra burst of flavor, sprinkle some crumbled feta cheese or toasted pine nuts over the salad before serving.

### Method

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- Preheat the grill to medium-high heat.
- Season the chicken breasts with salt and pepper.
- Grill the chicken breasts for 6-8 minutes on each side, or until cooked through.
- Let the chicken rest for a few minutes, then slice it thinly.
- In a large bowl, combine the mixed salad greens, cherry tomatoes, sliced avocado, and red onion.
- In a small bowl, whisk together the olive oil and balsamic vinegar to make the dressing.
- Drizzle the dressing over the salad and toss to coat evenly.
- Divide the salad onto plates and top with the sliced grilled chicken.
- Serve immediately and enjoy!



## Tofu and Vegetable Stir-Fry



4 servings



25 minutes

### Ingredients

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- 1 block firm tofu, pressed and cubed
- 1 cup broccoli florets
- 1 red bell pepper, sliced
- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 1 tablespoon ginger, minced
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tablespoon honey or maple syrup
- Cooked brown rice for serving

### Method

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- Heat sesame oil in a large skillet or wok over medium-high heat.
- Cook cubed tofu until golden brown, about 5-7 minutes. Remove and set aside.
- Sauté minced garlic and ginger for 1 minute.
- Add broccoli and red bell pepper; stir-fry for 3-4 minutes until tender-crisp. (optional: extra veggies)
- Whisk soy sauce, rice vinegar, and honey or maple syrup; pour over vegetables.
- Return tofu to skillet; toss to coat in sauce.
- Serve over cooked brown rice. Enjoy!

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Enhance the flavor by sprinkling sesame seeds over the stir-fry just before serving.



# Vegan Pumpkin Soup with Coconut Cream



4 servings



30 minutes

## Ingredients

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- 2 cups pumpkin puree
  - 1 can coconut milk
  - 1 tablespoon olive oil
  - 1 small onion, chopped
  - 2 cloves garlic, minced
  - 1 teaspoon ground ginger
  - 1/2 teaspoon ground turmeric
  - Salt and pepper to taste
  - Fresh cilantro for garnish
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Enhance the flavor by adding a dash of nutmeg or cinnamon before serving.

## Method

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- Heat olive oil in a large pot over medium heat. Add the chopped onion and minced garlic, sauté until softened.
- Stir in the ground ginger and turmeric, cook for another minute until fragrant.
- Add the pumpkin puree and coconut milk to the pot, stirring until well combined. Season with salt and pepper to taste.
- Bring the soup to a simmer, then reduce the heat and let it cook for about 15-20 minutes, stirring occasionally.
- Once the soup has thickened slightly and the flavors have melded together, remove it from the heat.
- Serve the soup hot, garnished with fresh cilantro leaves. Enjoy!



## Beef Lasagna



4 servings



1 hour & 15 minutes

### Ingredients

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- 1 pound ground beef
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (14.5 ounces) diced tomatoes
- 1 can (6 ounces) tomato paste
- 2 cups marinara sauce
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- Salt and pepper to taste
- 9 lasagna noodles, cooked according to package instructions
- 3 cups shredded mozzarella cheese
- 1 cup grated Parmesan cheese
- Fresh basil leaves for garnish (optional)

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For an extra burst of flavor, sprinkle some chopped fresh basil over the top of the lasagna before serving.

### Method

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- Preheat oven to 375°F (190°C).
- Brown ground beef, onion, and garlic in a skillet over medium heat.
- Add diced tomatoes, tomato paste, marinara sauce, basil, oregano, salt, and pepper; simmer for 10 minutes.
- Spread thin layer of meat sauce in a 9x13-inch baking dish; add lasagna noodles.
- Layer with meat sauce, mozzarella, and Parmesan cheese; repeat.
- Cover with foil; bake for 25 minutes.
- Uncover and bake an additional 25 minutes until bubbly.
- Let it cool before serving, garnishing with basil leaves. Enjoy!



## Fish Tacos



4 servings



30 minutes

### Ingredients

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- 1 pound white fish fillets (such as cod or tilapia)
- 2 tablespoons olive oil
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- Salt and pepper to taste
- 8 small corn tortillas
- 1 cup shredded cabbage
- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 1 avocado, sliced
- Lime wedges for serving

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Add a zesty kick by drizzling with a tangy lime-cilantro crema sauce before serving.

### Method

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- Preheat the grill or skillet over medium-high heat.
- In a small bowl, mix together olive oil, chili powder, cumin, paprika, salt, and pepper.
- Brush both sides of the fish fillets with the spice mixture.
- Grill or pan-sear the fish for about 3-4 minutes per side, or until cooked through and flaky.
- Warm the corn tortillas on the grill or in a skillet for about 30 seconds on each side.
- To assemble the tacos, place some shredded cabbage on each tortilla, followed by a piece of grilled fish.
- Top with diced red onion, chopped cilantro, and avocado slices.
- Serve with lime wedges for squeezing over the tacos. Enjoy!



## Vegan Lentil Burger



4 servings



30 minutes

### Ingredients

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- 1 cup cooked lentils
- 1 cup cooked quinoa
- 1/2 cup breadcrumbs
- 1/4 cup finely chopped onion
- 2 cloves garlic, minced
- 1 tablespoon ground flaxseed
- 2 tablespoons water
- 1 teaspoon smoked paprika
- 1/2 teaspoon cumin
- Salt and pepper to taste
- Burger buns and desired toppings

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Boost the protein content by incorporating black beans for an extra nutritional punch.

### Method

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- In a large mixing bowl, mash the cooked lentils until they are mostly broken down.
- Add the cooked quinoa, breadcrumbs, chopped onion, minced garlic, smoked paprika, cumin, salt, and pepper to the bowl with the lentils.
- In a small bowl, mix together the ground flaxseed and water. Let it sit for a few minutes to thicken, then add it to the lentil mixture.
- Stir everything together until well combined. If the mixture seems too dry, you can add a splash of water.
- Divide the mixture into equal portions and shape them into burger patties.
- Heat a non-stick skillet or grill pan over medium heat. Cook the lentil burgers for about 4-5 minutes on each side, or until they are golden brown and heated through.
- Serve the lentil burgers on burger buns with your favorite toppings. Enjoy!