



Vegan Keto Eggplant Lasagna



4 servings



45 minutes

Ingredients

- 1 large eggplant, sliced lengthwise into 1/4-inch thick slices
- 2 cups marinara sauce (check for keto-friendly options)
- 1 cup vegan ricotta cheese
- 1 cup shredded vegan mozzarella cheese
- 1/4 cup nutritional yeast
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste
- Fresh basil leaves for garnish


Enhance the flavors with aromatic basil and savory nutritional yeast.


Method

- Preheat oven to 375°F (190°C).
- Arrange eggplant slices on a baking sheet, brush with olive oil, and season with salt and pepper.
- Bake for 15-20 minutes until tender.
- Mix vegan ricotta and nutritional yeast in a small bowl.
- Sauté minced garlic in olive oil until fragrant.
- Add marinara sauce to the skillet and heat until warmed through.
- Spread a thin layer of marinara sauce on the bottom of a baking dish.
- Layer baked eggplant slices, vegan ricotta mixture, and shredded vegan mozzarella.
- Repeat layers.
- Cover the baking dish with aluminum foil and bake for 20 minutes.
- Remove foil and bake for an additional 10 minutes until cheese is bubbly.
- Garnish with fresh basil leaves before serving. Enjoy!



Grilled Salmon Salad

 4 servings

 20 minutes

Ingredients

- 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 tbsp olive oil
 - 1 tbsp balsamic vinegar
 - Salt and pepper to taste
-

Enhance the flavor of your grilled salmon salad with a zesty squeeze of fresh lemon juice just before serving.

Method

- Start by grilling the salmon until it's cooked through.
- While the salmon is grilling, prepare the vegetables: slice the avocado, halve the cherry tomatoes, dice the onions, chop the cucumber, and rinse the arugula.
- Once the salmon is cooked, let it cool slightly, then flake it into bite-sized pieces.
- In a large salad bowl, combine the arugula, cherry tomatoes, corn, onions, cucumber, and flaked salmon.
- Drizzle with olive oil and season with salt and pepper to taste.
- Toss everything together gently until well combined.
- Serve the salad immediately, garnished with fresh basil leaves if desired. Enjoy!



Thai Basil Chicken Noodle Stir-Fry



4 servings



30 minutes

Ingredients

- 1 pound boneless, skinless chicken breasts, sliced
- 8 oz rice noodles
- 2 tbsp vegetable oil
- 3 cloves garlic, minced
- 1 red and orange bell pepper, sliced
- 1 onion, sliced
- 1 cup fresh basil leaves
- 2 tbsp soy sauce
- 1 tbsp fish sauce
- 1 tbsp oyster sauce
- 1 tbsp chili garlic sauce
- 1 tbsp brown sugar
- Salt and pepper

Method

- Cook rice noodles according to package instructions; set aside.
- Heat vegetable oil in a skillet over medium-high heat; sauté garlic until fragrant.
- Add chicken; cook until no longer pink, about 5-7 minutes.
- Add bell peppers and onion; cook until tender-crisp.
- In a bowl, whisk together soy sauce, fish sauce, oyster sauce, chili garlic sauce, and brown sugar.
- Pour sauce over chicken and vegetables; stir to coat.
- Add cooked noodles; toss until well combined.
- Fold in basil leaves; cook for 1-2 minutes until wilted.
- Season with salt and pepper.
- Serve hot, garnished with extra basil leaves if desired. Enjoy!

Add a splash of lime juice and a sprinkle of chopped cilantro for an extra burst of flavor.



Vegan Butternut Squash Risotto



4 servings



40 minutes

Ingredients

- 1 cup Arborio rice
 - 3 cups vegetable broth
 - 2 cups diced butternut squash
 - 1/2 cup diced onion
 - 2 cloves garlic, minced
 - 1/4 cup chopped fresh sage leaves
 - 1/4 cup nutritional yeast
 - Salt and pepper to taste
 - 2 tablespoons olive oil
 - 1 tablespoon vegan butter
 - 1/4 cup white wine (optional)
-

Elevate the taste with a sprinkle of vegan parmesan cheese just before serving.

Method

- 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 Burrito



4 servings



1 hour & 15 minutes

Ingredients

- 1 lb ground beef
- 1 onion, diced
- 1 bell pepper, diced
- 1 cup cooked rice
- 1 can black beans, drained/rinsed
- 1 cup corn kernels
- 1 cup shredded cheese
- 1/2 cup salsa
- 1 tsp chili powder
- 1 tsp cumin
- Salt and pepper to taste
- 4 large flour tortillas

For extra flavor, top with fresh cilantro, diced tomatoes, avocado slices, and a dollop of sour cream before serving.

Method

- In a skillet, cook the ground beef over medium heat until browned. Add diced onion and bell pepper, and cook until softened.
- Stir in cooked rice, black beans, corn, salsa, chili powder, cumin, salt, and pepper. Cook for 5 minutes until heated through.
- Place a portion of the beef mixture onto each tortilla, then sprinkle with shredded cheese.
- Roll up the tortillas, tucking in the sides to enclose the filling.
- Heat a large skillet over medium heat. Place the burritos seam side down and cook until golden brown on all sides, about 2-3 minutes per side.
- Serve the beef burritos with additional salsa and toppings of your choice. Enjoy!



Roasted Vegetables Pasta

 4-6 servings  35 minutes

Ingredients

- 12 ounces fusilli pasta
- 2 cups mixed vegetables (e.g., bell peppers, zucchini, cherry tomatoes, red onion), chopped
- 2 tablespoons olive oil
- Salt and pepper to taste
- Grated Parmesan cheese (optional)
- Fresh basil leaves, torn (optional)

Enhance the dish with a sprinkle of red pepper flakes for a spicy kick or a drizzle of balsamic glaze for added depth of flavor.

Method

- Preheat your oven to 400°F (200°C).
- Place the chopped mixed vegetables on a baking sheet lined with parchment paper.
- Drizzle olive oil over the vegetables and toss to coat evenly. Season with salt and pepper.
- Roast the vegetables in the preheated oven for 20-25 minutes, or until they are tender and slightly caramelized.
- While the vegetables are roasting, cook the fusilli pasta according to the package instructions until al dente. Drain and set aside.
- In a large mixing bowl, combine the cooked fusilli pasta and roasted vegetables.
- Toss gently to combine and coat the pasta with the roasted vegetable flavors.
- Serve the roasted vegetable pasta hot, garnished with grated Parmesan cheese and torn basil leaves if desired. Enjoy!



Stuffed Bell Peppers with Black Beans



4 servings



45 minutes

Ingredients

- 8 large bell peppers
- 1 cup cooked rice
- 1 can black beans, drained and rinsed
- 1 cup corn kernels
- 1 cup diced tomatoes
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Salt and pepper to taste
- 1 cup shredded cheese (optional)
- Fresh cilantro for garnish

Method

- Preheat oven to 375°F (190°C).
- Prepare bell peppers: cut tops, remove seeds.
- Sauté onion and garlic in olive oil until soft.
- Mix cooked rice, beans, corn, tomatoes, spices.
- Stuff peppers with mixture, top with cheese.
- Bake covered for 25-30 mins.
- Uncover, bake 5 mins to melt cheese.
- Garnish with cilantro before serving. Enjoy!

For an extra burst of flavor, drizzle some lime juice over the stuffed peppers before serving.