



## Roasted Za'atar Cauliflower

**4 servings**  
30 minutes

### Ingredients

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Avocado Oil
- 2 tsps Za'atar Spice

### Nutrition

Amount per serving	
Calories	99
Fat	7g
Carbs	7g
Fiber	3g
Protein	3g
Calcium	32mg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. If you cannot fit the cauliflower evenly onto one baking sheet, line additional sheets as needed.
- 2 Add the cauliflower florets to the baking sheets and ensure they are evenly spaced for roasting. Toss the cauliflower with the avocado oil and the za'atar. Place in the oven and cook for 25 to 30 minutes, flipping and rotating the pans halfway through. Serve and enjoy!

### Notes

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

**More Flavor:** Season with sea salt as needed.

**Additional Toppings:** Drizzle tahini overtop.



## Whipped Ricotta with Grilled Broccolini

2 servings  
15 minutes

### Ingredients

- 227 grams Broccolini
- 2 grams Avocado Oil Spray
- 1/2 cup Ricotta Cheese
- 1/2 Lemon (juiced, zested)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	125
Fat	7g
Carbs	11g
Fiber	3g
Protein	6g
Calcium	248mg

### Directions

- 1 Preheat the grill to medium heat.
- 2 Spray the broccolini with oil and grill for about ten minutes until lightly charred and cooked through.
- 3 Meanwhile, in a blender, blend together the ricotta, lemon juice, lemon zest, salt, and pepper until smooth.
- 4 Spread the ricotta onto a serving plate. Top with grilled broccolini. Season with salt and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**Additional Toppings:** Top with toasted walnuts and fresh dill.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



## Grilled Eggplant with Couscous

4 servings  
30 minutes

### Ingredients

- 1 1/2 cups Israeli Couscous (dry)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 2 Eggplant (medium, sliced into rounds)
- Sea Salt & Black Pepper (to taste)
- 1/4 Lemon (juiced and zested)
- 1/2 cup Pitted Dates (chopped)
- 1/2 cup Walnuts (toasted)
- 1/3 cup Mint Leaves (chopped)

### Nutrition

Amount per serving	
Calories	503
Fat	21g
Carbs	73g
Fiber	13g
Protein	12g
Calcium	52mg

### Directions

- 1 Cook the couscous according to the package directions. Once it's finished cooking, add the couscous to a large bowl.
- 2 Meanwhile, preheat the grill to medium-high heat.
- 3 Brush half of the oil over eggplant and season with salt and pepper. Grill over medium-high heat for about three minutes per side or until tender.
- 4 In a small bowl, whisk together the remaining oil, lemon juice, lemon zest, salt, and pepper.
- 5 Add the dates and walnuts to the bowl with the couscous and drizzle the dressing over top. Garnish with the mint. Add more lemon zest to taste (optional).
- 6 Divide the eggplant onto plates and serve with the couscous salad on top or on the side. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 3/4 cup couscous and one cup of eggplant.

**Additional Toppings:** Drizzle the eggplant with tahini.

**No Israeli Couscous:** Use regular couscous or quinoa instead.