





Lentil Meatballs & Pasta

5 servings

35 minutes

Ingredients

- 1/2 cup Dry Green Lentils
- 1 cup Vegetable Broth
- 1/2 tsp Extra Virgin Olive Oil
- 1/3 cup Shallot (chopped)
- 1 tbsp Ground Flax Seed
- 3 tbsps Water
- 1/4 cup Nutritional Yeast
- 1/2 cup Almonds (chopped)
- 3/4 tsp Sea Salt
- 1/2 cup Parsley (divided, chopped)
- 283 grams Chickpea Pasta (shells)
- 2 cups Tomato Sauce

Nutrition

Amount per serving	
Calories	413
Fat	12g
Carbs	58g
Fiber	16g
Protein	28g
Calcium	119mg

Directions

- 1 Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
- 3 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
- 4 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
- 5 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
- 6 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

Notes

Leftovers: For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

Serving Size: One serving is approximately three lentil meatballs balls with roughly one cup of pasta.

More Flavor: Add minced garlic to the shallot mixture. Add tomato paste and/or tamari for more flavor. Top the pasta with red pepper flakes.



Sardine Tacos

2 servings

10 minutes

Ingredients

- 1/4 cup Mayonnaise
- 1 tsp Sriracha
- 4 Corn Tortilla (small)
- 160 grams Sardines (packed in oil, drained)
- 1/2 cup Radishes (thinly sliced)
- 1 cup Purple Cabbage (thinly sliced)
- 2 tbsps Feta Cheese (crumbled)
- 1/4 cup Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	541
Fat	33g
Carbs	33g
Fiber	4g
Protein	24g
Calcium	583mg

Directions

- 1 In a small bowl, combine the mayonnaise and the sriracha.
- 2 Spread the sriracha mayonnaise on each tortilla and top with the sardines, radishes, cabbage, cheese, and cilantro. Enjoy!

Notes

Leftovers: Keep all ingredients refrigerated separately. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to two tacos.

More Flavor: Add more vegetables like cherry tomatoes, coleslaw mix, cucumbers, and bell peppers.

Additional Toppings: Guacamole, sour cream, salsa, shredded cheese, and/or green onions.

No Sardines: Use canned salmon, canned tuna, or any protein of choice.



One Pan Lemon Chicken with Broccoli & Rice

2 servings

45 minutes

Ingredients

- 340 grams Chicken Breast
- 1 tbsp Mediterranean Spice Blend (divided)
- 1 Lemon (juiced, divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Basmati Rice (dry)
- 1/2 cup Water
- 1 1/2 cups Broccoli (florets, chopped)
- 1 cup Cherry Tomatoes

Nutrition

Amount per serving	
Calories	425
Fat	5g
Carbs	49g
Fiber	4g
Protein	45g
Calcium	55mg

Directions

- 1 In a ziplock bag or a bowl, add the chicken breast, half of the Mediterranean spice, and half of the lemon juice. Season with salt and pepper. Let the chicken sit in the marinade for about 15 minutes.
- 2 Preheat the oven to 400°F (205°C). In an oven-safe pan, add the chicken and bake in the oven for about 10 minutes.
- 3 Remove the pan from the oven. Remove the chicken from the pan and place on a plate. Add the rice, water, broccoli, tomatoes, and the remaining Mediterranean spice to the pan. Stir and season with salt and pepper. Place the chicken back in the pan. Cover the pan with a lid or foil and bake in the oven for 20 to 25 minutes or until chicken and rice are cooked through.
- 4 Squeeze the remaining lemon juice on top and enjoy!

Notes

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

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

No Chicken Breast: Use chicken thighs, fish fillets, or pork chops instead.

More Flavor: Add red onion and bell pepper.

No Basmati Rice: Use brown rice or jasmine rice instead.

Make Ahead: Marinate the chicken the night before and refrigerate overnight.



Tofu, Tomato & Zucchini Skewers

2 servings

20 minutes

Ingredients

- 312 grams Tofu (extra firm, drained, pressed and cubed)
- 1 cup Cherry Tomatoes
- 1 Zucchini (chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Herbes de Provence
- 1/4 tsp Sea Salt
- 1 tbsp Lemon Juice

Nutrition

Amount per serving	
Calories	223
Fat	15g
Carbs	9g
Fiber	3g
Protein	18g
Calcium	466mg

Directions

- 1 Preheat the grill to medium-high heat.
- 2 Place the tofu, tomatoes, and zucchini on skewers. Mix the garlic, oil, Herbes de Provence, salt, and lemon juice in a small bowl. Brush the marinade onto the skewers.
- 3 Grill the skewers for three to five minutes on each side until you get noticeable grill marks and the zucchini and tomatoes start to brown. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is approximately two to three 10-inch skewers.

More Flavor: Add fresh thyme to the marinade.

Additional Toppings: Garnish with fresh dill or parsley.



Green Pea & Mint Sunflower Dip

4 servings

10 minutes

Ingredients

2 cups Frozen Peas (thawed)
2 Garlic (cloves, skin removed)
1/4 cup Sunflower Seeds
1/2 cup Mint Leaves
3 tbsps Extra Virgin Olive Oil
2 tbsps Lemon Juice
1/2 tsp Sea Salt

Directions

- 1 Add all ingredients to a food processor and blend for two to five minutes, or until desired consistency. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1/3 of a cup.

Serve it With: Raw veggies for dipping, crackers, flatbread, on sandwiches and/or wraps.

Nutrition

Amount per serving	
Calories	205
Fat	14g
Carbs	15g
Fiber	5g
Protein	6g
Calcium	36mg