



Kimchi Peanut Noodles

4 servings
15 minutes

Ingredients

- 1 cup Kimchi (divided)
- 1/2 cup All Natural Peanut Butter
- 2 tbsps Tamari
- 2 tbsps Lime Juice
- 1/3 cup Water
- 198 grams Buckwheat Soba Noodles
- 2 stalks Green Onion (chopped)
- 1/2 cup Raw Peanuts

Nutrition

Amount per serving	
Calories	541
Fat	27g
Carbs	48g
Fiber	5g
Protein	20g
Calcium	53mg

Directions

- 1 In a blender, combine half the kimchi, peanut butter, tamari, lime juice, and water. Blend until fairly smooth, adding more water if needed to thin. Set aside.
- 2 Cook the soba noodles according to the package directions. Drain and rinse with cold water until completely cooled.
- 3 Transfer the noodles to a large bowl and add the sauce. Toss to combine. Add in the reserved kimchi.
- 4 Divide between bowls and top with green onions and peanuts. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.



Sausage & Sauerkraut Soup

2 servings
45 minutes

Ingredients

- 227 grams Pork Sausage (casing removed)
- 1 Carrot (large, sliced)
- 2 cups Mini Potatoes
- 1 cup Sauerkraut
- 1 tsp Smoked Paprika
- 2 cups Vegetable Broth, Low Sodium
- 1 cup Tomato Purée
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Cilantro (for garnish)

Nutrition

Amount per serving	
Calories	565
Fat	33g
Carbs	49g
Fiber	9g
Protein	20g
Calcium	89mg

Directions

- 1 Heat a large pot over medium-high heat. Once warm, add the sausage. Cook for eight to nine minutes or until browned, breaking it up as it cooks.
- 2 Add the carrot, potatoes, sauerkraut, and paprika. Stir and cook for five more minutes.
- 3 Add the broth and tomato purée. Stir and season with salt and pepper. Cover the pot with a lid, reduce the heat to low, and simmer for about 30 minutes or until everything is cooked through.
- 4 Taste and adjust the seasoning as needed. Divide evenly between bowls and top with cilantro. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add garlic, onion, and/or bell pepper.



Herb & Miso Pesto

4 servings
10 minutes

Ingredients

- 1/4 cup Walnuts
- 2 cups Parsley (chopped)
- 1 cup Fresh Dill (chopped)
- 2 Garlic (clove, peeled)
- 2 tbsps Lemon Juice
- 1 tsp Miso Paste
- 2 tpsps Nutritional Yeast
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	232
Fat	23g
Carbs	5g
Fiber	2g
Protein	3g
Calcium	58mg

Directions

- 1 Add the walnuts, parsley, dill, garlic, lemon juice, miso paste, nutritional yeast, salt, and pepper to a food processor. Pulse until just combined. Scrape down the sides if needed.
- 2 Start the food processor again and while it is running, slowly pour the olive oil in until combined and the consistency is to your liking.
- 3 Add to a bowl and serve. Enjoy!

Notes

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

Serving Size: One serving is approximately three tablespoons.

No Nutritional Yeast: Use parmesan cheese or omit entirely.

No Walnuts: Use sunflower seeds or pine nuts.