



Tahini Stuffed Dates

1 serving

5 minutes

Ingredients

- 1 tbsp Tahini
- 1/2 cup Pitted Dates (sliced open)
- 1/4 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	301
Fat	9g
Carbs	59g
Fiber	7g
Protein	4g
Calcium	100mg

Directions

- 1 Spread the tahini into the dates and add the sesame seeds on top. Enjoy!

Notes

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

Serving Size: One serving is three stuffed dates.



Curry Tofu & Spinach Chickpea Pasta

2 servings
25 minutes

Ingredients

- 113 grams Chickpea Pasta (dry)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 340 grams Tofu (extra-firm, pressed, crumbled)
- 1 tsp Garlic Powder
- 1 tsp Curry Powder
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Baby Spinach
- 1/3 cup Unsweetened Almond Milk
- 1/3 cup Cilantro (chopped, plus more for garnish)
- 2 tbsps Almonds (toasted, chopped)

Nutrition

Amount per serving	
Calories	520
Fat	31g
Carbs	39g
Fiber	12g
Protein	34g
Calcium	650mg

Directions

- 1 Cook the pasta to al dente according to package directions.
- 2 In a large pan, heat half of the oil over medium heat. Add the tofu and season with garlic powder, curry powder, salt, and pepper. Cook, stirring occasionally, until the tofu is golden and slightly crispy, about five to seven minutes. Add spinach and milk and simmer for two more minutes.
- 3 Add the cooked pasta and cilantro. Toss to coat with the sauce.
- 4 Divide evenly between bowls. Top with almonds and cilantro, and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Try with coconut milk instead of almond milk. Add ginger and fresh garlic.



Sweet Potato Soup

4 servings
50 minutes

Ingredients

- 1/2 Yellow Onion (large, chopped)
- 3 Garlic (large cloves, minced)
- 1 1/2 tbsps Ginger (fresh, minced or grated)
- 7 cups Water (divided)
- 1 tsp Sea Salt
- 1 1/2 tpsps Turmeric
- 2 Sweet Potato (large, peeled and cubed)
- 1/2 head Cauliflower (small, cut into florets)
- 2 Carrot (medium, peeled, and chopped)

Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	23g
Fiber	5g
Protein	3g
Calcium	99mg

Directions

- 1 Heat a large pot over medium-high heat. Add the onion, garlic, and ginger along with enough water to cover the bottom of the pot. Cook for five to six minutes until the onions begin to soften. Stir in the salt and turmeric and continue to cook for another minute.
- 2 Add the sweet potato, cauliflower, carrot, and the remaining water to the pot and stir to combine. Increase the heat slightly to bring the soup to a gentle boil then reduce the heat and simmer for 25 to 30 minutes or until the vegetables are very tender.
- 3 Remove the pot from the heat and use an immersion blender to blend until smooth. Season the soup with additional salt if needed. Divide the soup between bowls and enjoy!

Notes

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

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

More Flavor: Use vegetable broth instead of water. Add other dried herbs and spices.

Sweet Potato: Two large sweet potatoes yields approximately five cups of sweet potato cubes.

Cauliflower: Half a small cauliflower yields approximately three cups of florets.