



Citrus, Edamame & Kale Salad

2 servings
15 minutes

Ingredients

- 2 cups Frozen Edamame
- 4 cups Kale Leaves (finely chopped)
- 1 Carrot (large, grated)
- 1 Grapefruit (peeled, seeded, chopped)
- 1/2 cup Pecans
- 1 tbsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	488
Fat	33g
Carbs	33g
Fiber	14g
Protein	23g
Calcium	248mg

Directions

- 1 Bring a pot of water to a boil. Add the edamame and cook for five minutes. Drain, rinse under cold water, and set aside.
- 2 Add the kale to a large bowl and massage until broken down. Add the carrot, edamame, grapefruit, and pecans. Mix to combine. Add the lemon juice and oil, toss, and season with salt and pepper. Toss once more until well coated. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Serving Size:** One serving is approximately two cups.
- More Flavor:** Add fresh parsley or cilantro.



One Pan Tempeh & Eggplant Stir Fry

2 servings
25 minutes

Ingredients

- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 Eggplant (Japanese, medium, cut into bite-sized pieces)
- Sea Salt & Black Pepper (to taste)
- 227 grams Tempeh (crumbled)
- 2 Garlic (clove, minced)
- 1 1/2 tpsps Ginger (fresh, grated)
- 1 tbsp Rice Vinegar
- 2 tbsps Tamari
- 1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	483
Fat	33g
Carbs	27g
Fiber	9g
Protein	28g
Calcium	163mg

Directions

- 1 Heat a large pan over medium heat. Once hot, add 1/3 of the oil. Add the eggplant and cook, tossing often for eight to nine minutes, until cooked through and slightly browned. Season with salt and pepper, remove from the pan and set aside.
- 2 In the same pan, add half of the remaining oil. Add the tempeh and cook for six to seven minutes, stirring occasionally, until lightly browned. Season with salt and pepper and remove and set aside with the eggplant.
- 3 Reduce the heat to low and let the pan cool off the heat for a minute. Add the remaining oil, garlic, and ginger. Cook, stirring until fragrant, about one minute. Add the vinegar and tamari and let it reduce slightly, about one to two minutes. Scrape up any bits from the pan.
- 4 Add the eggplant and tempeh back to the pan and toss with the sauce until coated and heated through. Divide onto plates and top with green onion. Enjoy!

Notes

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

Serving Size: One serving is about 1 1/2 cups.

More Flavor: Add coconut sugar or brown sugar when adding the vinegar and whisk to combine. Add chili flakes or sriracha for heat.

Additional Toppings: Top with sesame seeds or cilantro. Serve with rice.

Thicker Sauce: For a thicker sauce, whisk together cornstarch or arrowroot into a slurry with water and pour into the sauce.



Mediterranean Chickpea Frittata

2 servings
25 minutes

Ingredients

- 1 cup Chickpea Flour
- 1/4 tsp Baking Powder
- 3/4 cup Water
- 1 Tomato (medium, diced)
- 1 cup Baby Spinach (chopped)
- 1/4 cup Pitted Kalamata Olives (sliced)
- 1/4 cup Basil Leaves (chopped, plus more for garnish)
- 1 tbsp Extra Virgin Olive Oil
- 1 Avocado (medium, sliced)

Nutrition

Amount per serving	
Calories	432
Fat	27g
Carbs	39g
Fiber	13g
Protein	14g
Calcium	117mg

Directions

- 1 In a large bowl, whisk together the chickpea flour, baking powder, and water until smooth. Add the tomatoes, spinach, olives, and basil and mix well.
- 2 Heat the oil in a non-stick pan over medium-high heat. Add the mixture, cover, and cook for eight to 10 minutes until the bottom is golden.
- 3 Cover the pan with a large upside-down plate, place your hand on it, and quickly turn the frittata over on the plate before gently sliding it back onto the pan. Cook for an additional five to eight minutes until fully cooked.
- 4 Top with sliced avocado and garnish with basil, if desired. Enjoy!

Notes

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

Serving Size: A 10-inch (25 cm) pan was used to make two servings. One serving is roughly half of the frittata.