

Nel's Home Restaurant – Good Life Market Inspired Vegan Recipe Book

Hummusouli Wrap (Vegan)

Inspired by Good Life Market's signature wrap.

Ingredients:

- 1 large tortilla (whole wheat or your choice)
- ¼ cup roasted garlic hummus
- ¼ cup tabouli salad (parsley, bulgur, tomatoes, mint, lemon juice, olive oil)
- 2 tbsp shredded carrots
- Handful of fresh lettuce
- Slices of ripe tomato

Instructions:

1. Lay tortilla flat and spread hummus evenly.
2. Layer tabouli salad, carrots, lettuce, and tomato.
3. Roll tightly, slice in half, and enjoy!
4. I always add olives and extra hummus!

I love Goodlife Market so much! I hope to visit soon, but for now I must make the recipes at my Florida home.

Loaded Garden Salad with Lemon-Herb Dressing

Ingredients:

- Mixed greens (spinach, arugula, romaine)
- ½ cucumber, sliced
- 1 carrot, shredded

- 1 tomato, diced
- ¼ cup chickpeas
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 tsp maple syrup
- Salt & pepper to taste

Instructions:

1. Combine greens, cucumber, carrot, tomato, and chickpeas in a large bowl.
 2. Whisk olive oil, lemon juice, Dijon, maple syrup, salt, and pepper to make dressing.
 3. Toss salad with dressing and serve fresh.
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Vegan Pesto Pasta Salad

Ingredients:

- 2 cups cooked pasta (penne or rotini)
- 1 cup fresh basil leaves
- 2 tbsp nutritional yeast
- 2 tbsp pine nuts or walnuts
- 2 tbsp olive oil
- Juice of ½ lemon
- Salt & pepper to taste

Instructions:

1. Blend basil, nutritional yeast, nuts, olive oil, lemon juice, salt, and pepper into pesto.
 2. Toss pesto with cooked pasta.
 3. Chill before serving or enjoy at room temperature.
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Broccoli Raisin Vegan Salad

Ingredients:

- 2 cups broccoli florets, lightly steamed
- ¼ cup raisins
- ¼ cup toasted almonds or tempeh bits
- 2 tbsp vegan mayo
- 1 tbsp apple cider vinegar
- 1 tsp maple syrup
- Salt & pepper to taste

Instructions:

1. In a bowl, combine broccoli, raisins, and almonds.
 2. Whisk vegan mayo, vinegar, maple syrup, salt, and pepper into a dressing.
 3. Toss broccoli mixture with dressing. Chill before serving.
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Cashew “Chicken” & Wild Rice Salad (Vegan)

Ingredients:

- 1 cup cooked wild rice
- ½ cup roasted chickpeas or tempeh cubes
- ¼ cup cashews, lightly toasted
- ¼ cup celery, diced
- ¼ cup dried cranberries
- 2 tbsp vegan mayo
- 1 tbsp lemon juice
- Salt & pepper to taste

Instructions:

1. Combine rice, chickpeas/tempeh, cashews, celery, and cranberries in a bowl.
 2. Mix vegan mayo, lemon juice, salt, and pepper into dressing.
 3. Stir dressing into salad. Serve chilled.
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Vegan Coleslaw

Ingredients:

- 2 cups shredded cabbage
- 1 carrot, shredded
- ¼ cup vegan mayo
- 1 tbsp apple cider vinegar
- 1 tsp maple syrup
- Salt & pepper to taste

Instructions:

1. Combine cabbage and carrot in a bowl.
 2. Whisk vegan mayo, vinegar, maple syrup, salt, and pepper for dressing.
 3. Toss coleslaw mixture with dressing. Chill before serving.
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Creamy Tomato Basil Soup (Vegan)

Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 3 garlic cloves, minced
- 4 cups canned tomatoes
- 2 cups vegetable broth
- 1 cup coconut milk

- ½ cup fresh basil leaves
- Salt & pepper to taste

Instructions:

1. Heat olive oil in pot, sauté onion and garlic until fragrant.
2. Add tomatoes, broth, salt, and pepper. Simmer 15 minutes.
3. Stir in coconut milk and basil. Blend until creamy.
4. Serve hot with bread.