

10 Recipe Techniques

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1 Simple Stir Fry

Mix any veggies, nuts, and/or protein* over (cauliflower) rice and toss with ginger and teriyaki sauce.

2 Mexican Fiesta (taco, burrito, bowl)

Use taco seasoning to flavor protein*, roasted veggies, steamed sweet potatoes, and/or sautéed peppers, onions, zucchini, and mushrooms. Add salsa to a side of rice. Try a side of beans, guacamole, or cumin-lime vegan sour cream sauce.

3 Custom Frittata

Add eggs to any sautéed veggies and bake for a meal anytime.

4 Easy Veggie Soup

Sauté any veggies and protein*. Add broth, beans, and herbs to taste.

5 Flexi-Veggie Pasta

Sauté any veggies and protein*. Add to cooked (GF) pasta with a little cooking water to make a sauce or add a jar of your favorite tomato sauce. Add a splash of citrus or vinegar to balance the flavor.

6 Basic Risotto

Follow directions on package and add roasted or sautéed veggies and/or protein*.

7 Grain & Roasted Veggie Bowl

Mix and match your favorite veggies, grains, beans, and protein*.

8 Lettuce Wraps

Sauté any veggies, grains, beans, and protein*. Add water chestnuts for crunch, and toss with rice wine vinegar, soy sauce, and lime juice.

9 Kitchen Sink Salad

Mix anything you have on-hand including roasted veggies, nuts, seeds, and proteins*. Experiment with simple salad dressings.

10 Red or White Chili (meat, veggie, or both)

Use chili powder and taco seasoning to flavor protein*, beans and/or sweet potatoes. Add a variety of veggies and canned tomatoes (for red) or broth (for white).

*protein may include any meat, fish, tofu, tempeh, etc.