

A close-up photograph of a light-colored ceramic bowl filled with a variety of roasted vegetables. The vegetables include sliced eggplant with charred edges, whole cherry tomatoes, and chickpeas. The bowl is set on a dark wooden surface. The text is overlaid on the center of the image.

MEATLESS

Monday days

RECIPE GUIDE

VEGGIE INSPIRED RECIPES TO FILL ANY DAY

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RED LENTIL CHILI

SPINACH AND AVOCADO SALAD

Servings: 4

Ingredients

3 Tbsp. red wine vinegar
2 Tbsp. finely chopped shallot
¼ tsp. sea salt
¼ tsp. ground black pepper
1 tsp. poppy seeds
1 Tbsp. extra-virgin olive oil
8 cups fresh baby spinach
¼ cup dried cranberries
2 Tbsp. cup sliced raw almonds, toasted
½ medium avocado, sliced

Instructions

1. Combine vinegar, shallot, salt, pepper, and poppy seeds in a small bowl; whisk to blend.
2. Slowly add oil, whisking continuously, until blended. Set aside.
3. Combine spinach, cranberries, and almonds in a large serving bowl; mix well.
4. Drizzle salad evenly with dressing; toss gently to blend.
5. Top with avocado; serve immediately.



SHAKSHUKA

Servings: 6

Ingredients

1 tsp. olive oil
1 medium onion, chopped
1 medium red bell pepper, chopped
3 cloves garlic, chopped
1 tsp. ground cumin
1 tsp. ground sweet paprika
1 dash ground cayenne pepper
1 can whole tomatoes, coarsely chopped
¼ tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
⅓ cup crumbled goat cheese
6 large eggs
2 Tbsp. finely chopped fresh parsley
Hot pepper sauce (to taste; optional)



Instructions

1. Preheat oven to 375° F.
2. Heat oil in large ovenproof skillet over medium-low heat.
3. Add onion and bell pepper; cook, stirring frequently, for 10 to 15 minutes, or until very soft. Add garlic; cook, stirring frequently, for one minute.
4. Add cumin, paprika, and cayenne pepper; cook, stirring frequently, for one minute.
5. Add tomatoes, salt, and pepper; cook, stirring occasionally, for 10 to 12 minutes, or until sauce has slightly thickened. Add cheese; mix into sauce.
6. Crack eggs separately into sauce; do not mix. Place skillet in oven. Bake for 6 to 10 minutes, or until eggs are cooked to desired doneness.
8. Sprinkle with parsley and pepper sauce (if desired); serve immediately.

SIMPLE EGGPLANT PARMESAN

Servings: 4

Ingredients

Nonstick cooking spray

1 large eggplant, cut into 8 slices

½ tsp sea salt (or Himalayan salt), divided use

4 tsp olive oil, divided use

1 medium onion, finely chopped

4 cloves garlic, finely chopped

1 (15-oz.) can diced tomatoes, no salt added

¼ cup + 1 Tbsp. finely chopped fresh basil, divided use

1 tsp Italian seasoning, divided use

Water

¼ cup grated Parmesan cheese

¼ cup shredded part-skim mozzarella cheese

Instructions

1. Preheat oven to 375° F.

2. Lightly coat medium baking sheet with spray. Set aside.

3. Place eggplant slices on paper towels. Sprinkle with ¼ tsp. salt. Set aside for 30 minutes. While eggplant is sitting, heat 2 tsp. oil in medium nonstick skillet over medium-high heat.

4. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent. Add garlic, cook, stirring frequently, for 1 minute. Add tomatoes, ¼ cup basil, remaining ¼ tsp. salt, and ½ tsp. Italian seasoning. Bring to a boil. Reduce heat to low; gently boil for 10 to 12 minutes. If sauce becomes dry, add 1 to 2 Tbsp. water. Remove from heat. Set aside.

5. Pat eggplant dry. Place on prepared baking sheet. Brush with remaining 2 tsp. oil and sprinkle with remaining ½ tsp. Italian seasoning.

6. Bake for 22 to 25 minutes, or until tender but not mushy. Preheat broiler on high. Top each eggplant slice evenly with tomato mixture, Parmesan cheese, and mozzarella cheese. Return to oven for 2 to 3 minutes, or until cheese is melted. Sprinkle with remaining 1 Tbsp. basil before serving.

PAD THAI WITH SPAGHETTI SQUASH

Servings: 6

Ingredients

1 medium spaghetti squash
2 Tbsp. rice wine vinegar
2 Tbsp. fish sauce
1 tsp. raw honey
2-4 Tbsp. water
12 oz. extra-firm tofu, cubed
3 Tbsp. cornstarch
8 tsp. peanut oil, divided use
1 medium onion, thinly sliced
2 large eggs, lightly beaten
4 cloves garlic, finely chopped
3/4 cup fresh bean sprouts
4 medium green onions, chopped
2 Tbsp. chopped peanuts
Lime wedges
Cilantro sprigs
Crushed red pepper



Instructions

1. Preheat oven to 350° F.
2. Place squash on a parchment-lined baking sheet. Poke squash 2 or 3 times with a fork. Bake for 60 to 80 minutes. Cool for 20 to 30 minutes. Cut squash in half lengthwise. Remove seeds. Scrape flesh into stringy noodles. Set aside.
3. To make sauce, heat tamarind paste, fish sauce, honey and water in a small saucepan over medium heat. Cook, stirring constantly, for 1 to 2 minutes. Add additional water if sauce is too tart. Set aside.

PAD THAI WITH SPAGHETTI SQUASH

4. Coat tofu in cornstarch in a small bowl; mix well.
5. Heat a large wok (or skillet) over high heat.
6. Add 2 tsp. oil, swirling to cover surface of pan. Add tofu; cook, stirring constantly, for 2 to 3 minutes, or until all sides of tofu are brown. Remove tofu from pan and place on a large plate. Set aside.
7. Add 2 tsp. oil to pan; cook, over high heat, swirling to cover surface of pan. Add onions; cook, stirring constantly, for 3 to 4 minutes, or until onion are light golden brown. Remove from pan; place on plate with tofu. Set aside.
8. Add 2 tsp. oil to pan; cook, over high heat, swirling to cover surface of pan. Add eggs; cook over medium heat. Do not stir. As eggs set, lift edges, letting uncooked portion flow underneath, creating a very thin omelet. When eggs are set, cut them with your spatula. Remove eggs from pan and place on plate with tofu and onions. Set aside.
9. Add remaining 2 tsp. oil to pan, swirling to cover surface of pan. Add garlic; cook, over medium-high heat, for 1 minute.
10. Add spaghetti squash, spreading squash into a single layer; cook for 30 second, stir and make another single layer. Repeat this 3 to 6 times, cooking for about 3 to 4 minutes, or until squash is warm and golden brown. Add sauce; mix well. Add bean sprouts and green onions; mix well. Add tofu mixture; cook, stirring frequently, for 1 to 2 minutes, or until well mixed and heated through.
11. Transfer to a large serving platter. Top with peanuts, lime wedges, cilantro, and crushed red pepper. Serve immediately.

SICILIAN-STYLE CAULIFLOWER CASSEROLE

Servings: 4

Ingredients

nonstick cooking spray

2 tsp. olive oil

1 medium cauliflower, chopped (about 1½ pounds)

sea salt and ground black pepper

1 Tbsp. capers, chopped

10 kalamata olives, chopped

2 cloves garlic, finely chopped

¼ tsp. crushed red pepper flakes (optional)

3 Tbsp. fresh sage, chopped

½ tsp. finely chopped lemon peel (lemon zest)

¼ cup whole-wheat bread crumbs

2 oz. shredded mozzarella cheese

2 oz. shredded Parmesan cheese

2 Tbsp. chopped flat-leaf parsley (for garnish; optional)

Instructions

1. Heat oven to 350° F. Lightly coat a 2-quart baking dish with spray. Set aside.

2. Heat oil in large nonstick skillet over medium-high heat. Add cauliflower; cook, stirring occasionally, for 5 to 8 minutes, or until cauliflower begins to soften. Add capers, olives, garlic, crushed red pepper (if desired), sage, and lemon peel; mix well.

3. Place cauliflower mixture in baking dish. Top with bread crumbs, mozzarella and Parmesan cheeses. Bake for 15 to 20 minutes, or until cheese is melted and bread crumbs are golden brown; serve immediately.



VEGETARIAN PAELLA

Servings: 3

Ingredients

1 cup dry brown rice
2 cups low-sodium vegetable broth
1 pinch saffron
1 Tbsp. olive oil
4 medium shallots, chopped
2 cloves garlic, finely chopped
1 medium red bell pepper, chopped
1 medium green bell pepper, chopped
1 cup small whole mushrooms
½ cup cubed eggplant
10 medium black olives
10 medium green olives
¼ tsp. sea salt (or Himalayan salt)
Ground black pepper (to taste; optional)
½ tsp. ground cumin
1 lb. medium tomatoes, chopped
½ cup fresh or frozen green peas



Instructions

1. Heat rice, broth, and saffron in medium saucepan over medium-high heat. Bring to a boil. Reduce heat to maintain a gentle boil; cook, covered, for 45 to 50 minutes. Keep covered the entire time or rice will not cook evenly.
2. While rice is cooking, heat oil in a large ovenproof saucepan over medium-high heat. Add shallots, garlic, bell peppers, mushrooms, and eggplant; cook, stirring frequently, for 5 to 6 minutes, or until bell peppers are tender. Add olives, salt, pepper (if desired), and cumin; cook for 1 minute.
3. Preheat oven to 400° F.
4. Add rice, tomatoes, and peas to bell pepper mixture; mix well. Bake for 10 minutes, or until heated through. .

CRUNCHY PEANUT CABBAGE SALAD

Servings: 5

Ingredients

FOR DRESSING:

- 1/3 cup water
- 1/4 cup powdered peanut butter
- 1/4 cup rice vinegar, unseasoned
- 1 Tbsp. reduced-sodium tamari soy sauce
- 1 Tbsp. sriracha sauce
- 2 cloves garlic, finely chopped
- 1 1/2 tsp. ground ginger
- 3 to 4 packets powdered stevia (optional)

FOR SALAD:

- 4 cups shredded green cabbage
- 4 cups shredded red cabbage
- 2 cups shredded carrots
- 1 medium red bell pepper, thinly sliced
- 4 green onions, thinly sliced
- 1/4 cup dry-roasted unsalted peanuts, chopped
- 1/4 cup fresh cilantro (or fresh mint), chopped



Instructions

1. To make dressing, add water, powdered peanut butter, vinegar, soy sauce, sriracha, garlic, ginger, and stevia (if desired) to a large mixing bowl; whisk to combine.
2. To make salad, add green cabbage, red cabbage, carrots, and bell pepper to dressing; mix well.
3. Evenly divide among 5 serving bowls; garnish with green onions, peanuts, and cilantro. Serve immediately, or store refrigerated in an airtight container for up to 4 days.

SAAG TOFU

Servings: 3

Ingredients

1 Tbsp. ghee (organic grass-fed, if possible), divided use
14 oz. extra-firm organic tofu, patted dry, cubed
½ medium red onion, roughly chopped
2-inch piece fresh ginger, roughly chopped
1 tsp. cumin seeds
1 tsp. ground coriander
¾ tsp. sea salt (or Himalayan salt)
½ tsp. ground turmeric
1 pinch ground cayenne pepper
20 oz. frozen chopped spinach, thawed, drained
½ cup reduced-fat (0 or 2%) plain Greek yogurt
¾ cup unsweetened almond milk
3 cups cooked cauliflower rice

Instructions

1. Heat 2 tsp. ghee in a large nonstick skillet over medium-high heat; add tofu. Cook, turning every 2 minutes, for 6 to 10 minutes, or until golden brown on most surfaces. Remove from skillet; set aside.
2. Place onion and ginger in a blender; cover. Pulse for approximately 30 seconds, or until a thick paste forms; set aside.
3. Heat remaining 1 tsp. ghee in same skillet over medium heat; add cumin seeds. Toast, stirring constantly, for 15 seconds, or until fragrant. Add onion mixture; cook, stirring occasionally, for 3 minutes, or until lightly browned. Add coriander, salt, turmeric, and cayenne. Add spinach, yogurt, and half of almond milk; stir until well combined. Slowly add remaining half of almond milk, while stirring to incorporate.
4. Return tofu to pan, gently folding into spinach mixture; cook for 2 minutes, or until heated through.
5. Evenly divide cauliflower rice among 3 serving plates; top evenly with spinach and tofu.

ROASTED VEGGIE TACOS

Servings: 4

Ingredients

1 Tbsp. olive oil
1 tsp. chili powder
½ tsp. garlic powder
½ tsp. ground cumin
¼ tsp. sea salt (or Himalayan salt)
1 cup butternut squash, peeled and cubed
1 cup quartered brussels sprouts
1 cup sliced onion
1 cup sliced poblano chiles, seeded
8 corn tortillas
1 cup chopped avocado
½ cup chopped tomato, seeded
¼ cup torn cilantro leaves
4 lime wedges



Instructions

1. Preheat oven to 425° F.
2. Line a large baking sheet with parchment paper; set aside.
3. Add oil, chili powder, garlic powder, cumin, and salt to a large mixing bowl; whisk to combine. Add squash, brussels sprouts, onion, and chiles; toss to coat. Spread squash mixture on prepared sheet; bake, stirring halfway through, for 20 to 22 minutes, or until tender-crisp.
4. Heat a medium skillet over medium heat. Add tortillas; cook for 1 minute. Flip; cook for 1 additional minute, or until warm.
5. Place 2 tortillas on each of 4 plates; add approximately ¼ cup squash mixture, 2 Tbsp. avocado, 1 Tbsp. tomato, and 1½ tsp. cilantro to each tortilla. Garnish each plate with a lime wedge. Serve warm.

JUMBO CRAB-LESS CRAB CAKES

Servings: 6

Ingredients

FOR PATTIES:

Parchment paper

Nonstick cooking spray

1 cup whole wheat panko breadcrumbs, divided use

1 (15-oz.) can chickpeas, drained

2 jars (14-oz. each) hearts of palm, drained, rinsed, sliced

2 Tbsp. vegan mayonnaise

¼ cup chopped green onions

2 tsp. Old Bay seasoning

½ tsp. ground black pepper

1 medium lemon, cut into wedges

FOR VEGAN TARTAR SAUCE:

3 Tbsp. vegan mayonnaise

½ medium lemon, juiced

1 Tbsp. finely chopped dill pickles

1½ tsp. whole-grain mustard

1 tsp. capers, drained, rinsed, finely chopped

½ tsp. onion powder

½ tsp. garlic powder

Instructions

1. Preheat oven to 400° F. Line a large baking sheet with parchment paper; lightly coat with spray. Set aside.

2. To make patties, place ¾ cup breadcrumbs in a small mixing bowl; set aside.

3. Add chickpeas to a food processor; cover. Pulse until a coarse paste forms. Add hearts of palm; cover. Pulse until hearts of palm are slightly shredded.

JUMBO CRAB-LESS CRAB CAKES

4. Add hearts of palm mixture, remaining $\frac{1}{4}$ cup (20 g) breadcrumbs, mayonnaise, green onions, Old Bay seasoning, and pepper to a large mixing bowl; using clean hands, mix well.

7. Form hearts of palm mixture into 6 equal patties; coat evenly in breadcrumbs. Place on prepared sheet; lightly coat with spray. Bake for 25 to 27 minutes, or until golden brown.

8. While patties bake, make tartar sauce by adding mayonnaise, lemon juice, pickles, mustard, capers, onion powder, and garlic powder to a small mixing bowl; stir to combine. Set aside.

9. When patties finish baking, broil for 1 to 2 minutes, or until deep golden brown.

10. Remove from oven; let cool for 1 to 2 minutes. Serve immediately with tartar sauce.



CAULIFLOWER CRUST WHITE PIZZA

Servings: 4

Ingredients

FOR CAULIFLOWER CRUST:

Parchment paper

Nonstick cooking spray

1 large egg

20 oz. frozen cauliflower rice

Cheesecloth (or paper towels)

¼ cup grated Parmesan cheese

1 tsp. garlic powder

1 tsp. onion powder

FOR TOPPINGS:

8 stalks broccoli rabe, roughly chopped

½ cup sliced cremini mushrooms

2 cloves garlic, sliced

1 serving Vegan Alfredo sauce

⅓ cup reduced-fat low-moisture shredded mozzarella cheese

1 pinch red pepper flakes (optional)



Instructions

1. Preheat oven to 375° F. To make cauliflower crust, line a large baking sheet with parchment paper; lightly coat with spray. Set aside.

2. Add egg to a large mixing bowl; lightly beat.

3. Microwave cauliflower rice according to package directions or until soft. Let cool; place cauliflower rice in cheesecloth. Twist and squeeze cloth until almost all liquid has been expressed. Add cauliflower rice, Parmesan cheese, garlic powder, and onion powder to egg; stir to combine.

CAULIFLOWER CRUST WHITE PIZZA

4. Form cauliflower mixture into a ball on center of sheet pan; press and shape into a 9-inch pizza crust. Bake for 17 to 19 minutes, or until top is dry and edges begin to brown. Let cool. Increase oven temperature to 400° F.

5. While cauliflower crust bakes, make toppings by heating a large nonstick skillet over medium heat; lightly coat with spray.

6. Add broccoli rabe, mushrooms, and garlic; cook, stirring occasionally, for 1 to 2 minutes. Remove vegetables from skillet; set aside.

7. Spread sauce over crust, leaving about ½ inch around the edge. Top with mozzarella, vegetable mixture, and red pepper flakes (if desired). Bake for 10 minutes. Slice into 4 pieces. Serve warm.

RED LENTIL CHILI

Servings: 4

Ingredients

2 Tbsp. + 2 tsp. olive oil
1 cup chopped onion
1 cup chopped red bell peppers
3 cloves garlic, finely chopped
3 Tbsp. chili powder
1 Tbsp. + 1½ tsp. ground cumin
2 tsp. ground smoked paprika
1 tsp. garlic powder
1½ cups cooked red lentils
1½ cups cooked unsalted kidney beans, drained, rinsed
1 cup all-natural tomato puree
1 cup water
1 Tbsp. unsweetened cocoa powder
1 Tbsp. pure maple syrup
¾ tsp. sea salt (or Himalayan salt)

Instructions

1. Heat oil in a medium pot over medium heat.
2. Add onion, bell peppers, and garlic; cook, stirring occasionally, for 5 to 7 minutes, or until onion is translucent and bell peppers soften.
3. Add chili powder, cumin, paprika, and garlic powder; cook, stirring continuously, for 30 seconds.
4. Add lentils, beans, tomato puree, water, cocoa powder, maple syrup, and salt; stir to combine. Bring to a gentle boil; reduce heat to medium-low. Gently boil, stirring frequently, for 10 minutes. Enjoy!

