



SERVING SIZE
Recipe makes 4 servings

Vegan Stuffed Shells

SQUASH INGREDIENTS

- 1 tbsp olive oil
- ½ tsp kosher salt
- ½ tsp black pepper
- 1 ½ cups cubed butternut squash

CASHEW CREAM INGREDIENTS

- 1 ½ cups raw cashews
- 1 cup water
- 3 tbsp lemon juice
- ½ tsp ground sea salt
- ½ tsp black pepper

FILLING INGREDIENTS

- 1 tablespoon olive oil
- ½ teaspoon ground sea salt
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon red pepper flakes
- 1 shallot, diced
- 4 cups baby spinach
- 1 cup crumbled firm tofu
- 2 teaspoons lemon juice
- 16 pasta shells

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Combine the olive oil, salt and pepper, in a large bowl. Toss squash well in the seasoned olive oil.
3. Spread in a single layer on a large, rimmed baking sheet. Bake for 25 minutes, or until golden brown. Reserve.
4. Combine the cashews, water, lemon juice, salt and pepper, in a very high-powered blender. Process until creamy, reserve.
5. Bring a large pot of salted water to a boil over medium heat. Cook pasta shells according to package directions. Drain and reserve.
6. In a large frying pan, heat olive oil over medium heat until it shimmers. Add the shallot, salt, red pepper flakes, garlic powder, and onion powder. Sauté for 1 minute. Add in the spinach, and toss with tongs until wilted, about 2 minutes. Add in the cooked squash, tofu, and lemon juice. Cook until warmed through, about 2 minutes.
7. Spread each shell with a bit of the cashew cream. Reserve the remaining cashew cream for a later use. Divide spinach mixture between shells.
8. Enjoy!

FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras



SERVING SIZE

Recipe makes 6 servings

Chicken Cordon Bleu Casserole

INGREDIENTS

- 8 oz. rotini pasta
- 1 tbsp olive oil
- 1 medium red onion, diced
- ½ tsp ground sea salt
- ½ tsp black pepper
- 3 tbsp all-purpose flour
- 2 cups unsweetened almond milk
- 1 cup shredded Swiss cheese
- 2 cups frozen broccoli florets
- 2 cups diced rotisserie chicken
- 1 cup diced all-natural deli ham
- 1 tbsp dijon mustard
- 1 cup panko bread crumbs
- 2 tbsp unsalted room temperature butter

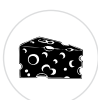
INSTRUCTIONS

1. Cook pasta according to package directions, drain and rinse under cold water. Reserve.
2. In a large frying pan heat olive oil over medium heat, until it shimmers. Add the onion, and season with salt and pepper. Sauté for 5 minutes.
3. Add the flour, and stir for 1 minute.
4. Pour in milk, and bring to a light simmer. Adding cheese by the handful, whisk until melted. Repeat until cheese is gone.
5. Add in the broccoli florets, and cook until bright green and warmed though. Add the chicken, ham, and dijon. Stir well.
6. Add cooked pasta to the pan, and stir well.
7. Grease a 9x13 baking dish with cooking spray. Spoon mixture into the pan, and top with panko breadcrumbs. Dot with butter.
8. Cover with aluminum foil, and bake for 15 minutes. Uncover, and bake until golden brown, about 15 minutes.

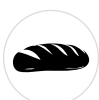
FOOD PLATE SECTIONS FULFILLED



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ENTREES

Crockpot Lasagna Soup

INGREDIENTS

- 2 tsp olive oil
- 1 lb. ground beef
- 1 large red onion, diced
- ½ tsp ground sea salt
- ½ tsp black pepper
- 1 clove garlic, diced
- 1 (28 oz.) can crushed tomatoes
- 1 (14.5 oz.) diced tomatoes
- 32 oz. chicken broth
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 2 tsp dried basil
- 2 tsp dried oregano
- 2 cups baby spinach
- 6 oz. broken lasagna noodles
- Parmesan cheese, to taste

INSTRUCTIONS

1. Heat olive oil in a large frying pan over medium heat, until it simmers. Add beef and onion to the pan. Season with salt and pepper, and break up into small pieces. Cook until the meat is no longer pink and the onions are softened, about 8 minutes. Stir in garlic, and cook for 2 minutes.
2. Spoon the meat mixture into the bottom of a 4-5 quart slow cooker. Add in canned tomatoes, chicken broth, bell peppers, basil, and oregano.
3. Cover, and cook on high for 3-4 hours, or on low for 7-8 hours.
4. Stir in spinach, and cover. Cook until wilted, about 5 minutes.
5. Cook the broken lasagna noodles in a medium pot of salted, boiling water for 8-10 minutes, or until cooked through. Drain, and stir into the slow cooker.
6. Sprinkle on cheese if desired and enjoy.

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Easy Lemon Parmesan Risotto

INGREDIENTS

- 5 cups chicken stock
- 1 ½ cups water
- 3 tbsp ghee
- 1 small red onion, diced
- ½ tsp ground sea salt
- ½ tsp black pepper
- 1 garlic clove, diced
- 2 cups arborio rice, drained and rinsed
- 1 cup good white wine
- ½ cup shredded parmesan cheese
- 2 tsp lemon juice
- 1 tsp dried parsley

INSTRUCTIONS

1. Bring the broth and water to a boil in a large saucepan. Cover, and reduce the heat to a simmer.
2. In a medium saucepan, heat the ghee over medium heat. Add the onion, and season with salt and pepper. Sauté for 5 minutes.
3. Add the garlic clove, and cook for 2 minutes.
4. Stir in the rice, and cook for 1 minute.
5. Pour in the wine and stir until liquid is absorbed, about 3-5 minutes.
6. Pour in 5 cups of the broth mixture, cover, and reduce heat to medium-low. Cook for 18-20 minutes, stirring twice.
7. Stir in remaining broth mixture, with lemon juice.
8. Add the parmesan, and stir well until melted.
9. Top with parsley, and serve immediately.

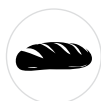
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Apple Dip

INGREDIENTS

- 2 (6 oz.) containers plain Greek yogurt
- ¼ cup room temperature almond or peanut butter
- 2 tsp organic honey
- ¼ tsp ground cinnamon

INSTRUCTIONS

1. Place all the ingredients in a bowl, and stir well.
2. Serve with apples or other fruit.

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