



## Plant-Based Holiday Recipes & Snacks

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## Fruits

- ☐ 4 Apple
- ☐ 1/2 cup Blueberries
- ☐ 1/2 Lemon
- ☐ 1/3 cup Lemon Juice
- ☐ 1/4 cup Pomegranate Seeds

## Breakfast

- ☐ 1/2 cup All Natural Peanut Butter
- ☐ 1/2 cup Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1 Bay Leaf
- ☐ 1 tbsp Chia Seeds
- ☐ 2 tbsps Everything Bagel Seasoning
- ☐ 1 1/2 tsps Garlic Powder
- ☐ 1 1/2 tbsps Harissa
- ☐ 1/3 cup Hazelnuts
- ☐ 3/4 cup Pecans
- ☐ 1 1/8 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/2 tsps Shawarma Spice Blend
- ☐ 1 1/2 tsps Turmeric
- ☐ 2 tbsps Walnuts

## Frozen

- ☐ 1 cup Frozen Edamame

## Vegetables

- ☐ 6 cups Arugula
- ☐ 2 cups Baby Kale
- ☐ 2 cups Brussels Sprouts
- ☐ 8 1/2 cups Butternut Squash
- ☐ 6 Carrot
- ☐ 1 3/4 heads Cauliflower
- ☐ 2 cups Coleslaw Mix
- ☐ 15 Cremini Mushrooms
- ☐ 1/2 Cucumber
- ☐ 9 Garlic
- ☐ 4 cups Green Beans
- ☐ 1 stalk Green Onion
- ☐ 3 cups Kale Leaves
- ☐ 2 Leeks
- ☐ 3 cups Mixed Greens
- ☐ 1/2 cup Parsley
- ☐ 2 Parsnip
- ☐ 3 cups Purple Cabbage
- ☐ 1 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 1 Sweet Potato
- ☐ 1 tbsp Thyme
- ☐ 3 Yellow Potato
- ☐ 1 Zucchini

## Boxed & Canned

- ☐ 4 ozs Chickpea Pasta
- ☐ 2 1/2 cups Chickpeas
- ☐ 2 cups Dry White Navy Beans
- ☐ 1 cup Farro
- ☐ 1 cup Green Lentils
- ☐ 4 cups Lentils
- ☐ 4 cups Vegetable Broth

## Baking

- ☐ 8 ozs Dark Chocolate
- ☐ 3/4 cup Dark Chocolate Chips
- ☐ 1/3 cup Dried Unsweetened Cranberries
- ☐ 2 2/3 cups Oats
- ☐ 1 1/2 cups Pitted Dates

## Condiments & Oils

- ☐ 2 tbsps Avocado Oil
- ☐ 2 tbsps Balsamic Glaze
- ☐ 2 tbsps Balsamic Vinaigrette
- ☐ 2 tbsps Coconut Oil
- ☐ 1 tsp Dijon Mustard
- ☐ 1 1/16 cups Extra Virgin Olive Oil
- ☐ 1/3 cup Green Olives
- ☐ 1 1/2 tbsps Miso Paste
- ☐ 1/4 cup Pitted Kalamata Olives
- ☐ 2/3 cup Tahini
- ☐ 1 1/2 cups Tomato Sauce
- ☐ 1/3 cup Vegan Caesar Dressing

## Cold

- ☐ 2 tbsps Butter
- ☐ 1/3 cup Cow's Milk, Whole

## Other

- ☐ 1/3 cup Water

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- ☐ 1/2 tsp Pumpkin Pie Spice
  - ☐ 1 tsp Vanilla Extract
  - ☐ 1 cup White Chocolate Chips





## Roasted Veggie & Chickpea Caesar Salad

**3 servings**  
**35 minutes**

### Ingredients

1/2 head Cauliflower (small, cut into small florets)  
1 Zucchini (small, chopped into bite-sized pieces)  
1 Sweet Potato (medium, chopped into bite-sized pieces)  
1 1/2 cups Chickpeas (cooked)  
3 tbsps Extra Virgin Olive Oil  
1 tsp Garlic Powder  
Sea Salt & Black Pepper (to taste)  
6 cups Arugula  
1/3 cup Vegan Caesar Dressing

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 340    |
| Fat                | 23g    |
| Carbs              | 41g    |
| Fiber              | 11g    |
| Sugar              | 10g    |
| Protein            | 12g    |
| Cholesterol        | 0mg    |
| Sodium             | 245mg  |
| Vitamin A          | 7250IU |
| Vitamin C          | 67mg   |
| Calcium            | 150mg  |
| Iron               | 4mg    |

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Add the cauliflower, zucchini, sweet potatoes, and chickpeas to the baking sheet. Toss with oil and season with garlic powder, salt, and pepper. Toss to combine. Roast for 20 to 25 minutes or until the vegetables are tender.
- 3 To assemble, evenly divide the arugula, roasted veggies, chickpeas, and dressing into bowls. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Add the dressing when ready to eat.

**Serving Size:** One serving is approximately two cups arugula and one cup of veggies and chickpeas.

**No Vegan Caesar Dressing:** Use another dressing of choice.

**Additional Toppings:** Top with feta cheese or goat cheese.



## Pressure Cooker Creamy Beans

4 servings  
45 minutes

### Ingredients

2 cups Dry White Navy Beans  
4 Garlic (clove, chopped)  
1 Leeks (large, chopped)  
1 tbsp Thyme (fresh, chopped, plus more for garnish)  
4 cups Vegetable Broth  
1 Bay Leaf  
Sea Salt & Black Pepper (to taste)  
1 1/2 tbsps Miso Paste  
2 tbsps Lemon Juice (optional)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 393   |
| Fat                | 2g    |
| Carbs              | 72g   |
| Fiber              | 17g   |
| Sugar              | 7g    |
| Protein            | 25g   |
| Cholesterol        | 0mg   |
| Sodium             | 976mg |
| Vitamin A          | 926IU |
| Vitamin C          | 8mg   |
| Calcium            | 181mg |
| Iron               | 7mg   |

### Directions

- 1 Add the beans, garlic, leek, thyme, broth, and bay leaf to the pressure cooker. Season with salt and pepper.
- 2 Close the lid and set to "sealing". Press manual/pressure cooker and cook for 25 minutes on high pressure.
- 3 Once the cooking time is complete, allow the pressure to naturally release for 10 minutes, then carefully quick release any remaining pressure.
- 4 Remove the bay leaf. Stir in the miso and lemon juice. Stir until the miso is diluted into the broth. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days or freeze for up to three months.

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**More Flavor:** Add cooked protein of choice and/or mixed greens.

**Serve it With:** A drizzle of olive oil, fresh bread, fresh herbs, and/or chili flakes.



## One Pan Turmeric Edamame & Veggies

2 servings  
30 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
1 1/2 tbsps Lemon Juice  
1 1/2 tsps Turmeric  
Sea Salt & Black Pepper (to taste)  
1 cup Frozen Edamame (defrosted)  
2 cups Brussels Sprouts (trimmed and halved)  
1/4 head Cauliflower (chopped into florets)  
2 Carrot (medium, chopped)

### Nutrition

| Amount per serving |         |
|--------------------|---------|
| Calories           | 304     |
| Fat                | 18g     |
| Carbs              | 27g     |
| Fiber              | 11g     |
| Sugar              | 8g      |
| Protein            | 14g     |
| Cholesterol        | 0mg     |
| Sodium             | 92mg    |
| Vitamin A          | 11086IU |
| Vitamin C          | 123mg   |
| Calcium            | 127mg   |
| Iron               | 5mg     |

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a big bowl, mix together the oil, lemon juice, turmeric, salt, and pepper. Add the remaining ingredients and toss to combine.
- 3 Transfer the veggies to the prepared baking sheet. Bake in the oven for 20 to 25 minutes or until everything is cooked through.
- 4 Divide evenly between serving plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 2 1/3 cups.

**Additional Toppings:** Top with fresh herbs.





## Hazelnut & Pomegranate White Chocolate Bark

6 servings  
40 minutes

### Ingredients

1 cup White Chocolate Chips  
1/4 cup Pomegranate Seeds  
2 tbsps Hazelnuts (chopped)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 236 |
| Fat                | 14g |
| Carbs              | 28g |
| Fiber              | 1g  |
| Sugar              | 25g |
| Protein            | 1g  |
| Cholesterol        | 0mg |
| Sodium             | 0mg |
| Vitamin A          | 1IU |
| Vitamin C          | 1mg |
| Calcium            | 4mg |
| Iron               | 0mg |

### Directions

- 1 Line a baking sheet with parchment paper and set it aside.
- 2 Fill a pot with water and place a heat safe bowl on top. Bring to a boil then reduce to a simmer. Make sure no water is able to get into the bowl.
- 3 Add the chocolate to the bowl. Use a spatula and stir continuously until chocolate has melted.
- 4 Pour the melted chocolate onto the baking sheet. Smooth the chocolate with a spatula into an even layer, about 1/4-inch (6 mm) thick.
- 5 Sprinkle the pomegranate and hazelnuts on top. Transfer to freezer for 30 minutes or until firm.
- 6 Break the chocolate before serving and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week. Freeze for up to three months. Line with parchment paper between the pieces if needed.

**Serving Size:** One serving equals approximately one square 2 1/2-inch (6 cm) piece.

**More Flavor:** Add shredded coconut.

**No Hazelnuts:** Use walnuts or pecans instead.



## Dark Chocolate, Blueberry & Walnut Cups

8 servings  
40 minutes

### Ingredients

1 tbsp Coconut Oil  
8 ozs Dark Chocolate (coarsely  
chopped)  
1 tbsp Chia Seeds  
1/2 cup Blueberries  
2 tbsps Walnuts (finely chopped)

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 209  |
| Fat                | 15g  |
| Carbs              | 15g  |
| Fiber              | 4g   |
| Sugar              | 8g   |
| Protein            | 3g   |
| Cholesterol        | 1mg  |
| Sodium             | 6mg  |
| Vitamin A          | 16IU |
| Vitamin C          | 1mg  |
| Calcium            | 33mg |
| Iron               | 4mg  |

### Directions

- 1 Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a saucepan over low heat, melt the coconut oil and chocolate, continuously stirring. Remove from the heat and stir in the chia seeds.
- 3 Divide the chocolate mixture between the muffin cups. Top each with equal amounts of blueberries and walnuts, gently pressing them into the chocolate.
- 4 Chill in the fridge for at least 30 minutes. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to one chocolate cup.

**Additional Toppings:** Top with cinnamon, flaky salt, and/or your favorite nuts.





## Baked Apples with Oatmeal

4 servings  
30 minutes

### Ingredients

2 tbsps Maple Syrup (divided)  
1 1/2 tbsps Coconut Oil  
1/2 tsp Pumpkin Pie Spice  
1/4 tsp Sea Salt  
2/3 cup Oats (rolled)  
1/4 cup Hazelnuts (chopped)  
2 Apple (halved, cored)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 193   |
| Fat                | 8g    |
| Carbs              | 30g   |
| Fiber              | 4g    |
| Sugar              | 16g   |
| Protein            | 3g    |
| Cholesterol        | 0mg   |
| Sodium             | 151mg |
| Vitamin A          | 51IU  |
| Vitamin C          | 5mg   |
| Calcium            | 34mg  |
| Iron               | 1mg   |

### Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a bowl, whisk together half of the maple syrup, coconut oil, pumpkin pie spice, and salt. Add the oats and hazelnuts and stir well.
- 3 Place the apples on the baking sheet, skin side down. Spoon the oat mixture on top of the apples. Bake in the oven for 20 to 25 minutes or until the apples are soft.
- 4 Drizzle the remaining maple syrup on top and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.  
**Serving Size:** One serving is equal to half of an apple with toppings.  
**No Hazelnut:** Use pecans or walnuts instead.  
**No Pumpkin Pie Spice:** Use cinnamon instead.  
**Serving Options:** Serve with a vanilla ice cream if desired.



## Farro, Squash & Apple Salad

4 servings  
40 minutes

### Ingredients

1 cup Farro (uncooked, rinsed)  
3 cups Butternut Squash (peeled, seeds removed, cubed)  
1/4 cup Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
2 tbsps Lemon Juice  
1 tsp Dijon Mustard  
2 tsps Maple Syrup  
2 Apple (medium, chopped)  
3/4 cup Pecans (chopped)  
3 cups Kale Leaves (chopped, massaged)

### Nutrition

| Amount per serving |         |
|--------------------|---------|
| Calories           | 529     |
| Fat                | 28g     |
| Carbs              | 63g     |
| Fiber              | 10g     |
| Sugar              | 16g     |
| Protein            | 10g     |
| Cholesterol        | 0mg     |
| Sodium             | 38mg    |
| Vitamin A          | 11979IU |
| Vitamin C          | 44mg    |
| Calcium            | 133mg   |
| Iron               | 2mg     |

### Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Cook the farro according to package directions and set aside in a large bowl to let cool slightly.
- 3 Place the squash on the baking sheet and drizzle with 1/4 of the oil and season with salt and pepper. Transfer to the oven and bake for 25 to 30 minutes, flipping halfway through, until cooked through and browned.
- 4 In a small bowl, whisk together the remaining oil, lemon juice, mustard, and maple syrup. Season with salt and pepper.
- 5 Add the apple, pecans, farro, squash, and kale to the bowl. Pour the dressing over top and toss to combine. Serve and enjoy!

### Notes

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

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

**More Flavor:** Cook the farro in broth instead of water.

**Additional Toppings:** Top with parsley, goat cheese, shaved parmesan, or feta cheese.





## Mushroom & Lentil Shepherd's Pie

4 servings

1 hour

### Ingredients

3 Yellow Potato (medium, peeled and cubed)  
1/3 cup Cow's Milk, Whole (plus more if needed)  
2 tbsps Butter (divided)  
Sea Salt & Black Pepper (to taste)  
15 Cremini Mushrooms (medium, sliced)  
2 Carrot (medium, diced)  
4 Garlic (clove, minced)  
2 cups Lentils (cooked)  
1 1/2 cups Tomato Sauce  
1 stalk Green Onion (sliced)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 356    |
| Fat                | 8g     |
| Carbs              | 60g    |
| Fiber              | 14g    |
| Sugar              | 10g    |
| Protein            | 17g    |
| Cholesterol        | 17mg   |
| Sodium             | 57mg   |
| Vitamin A          | 5837IU |
| Vitamin C          | 44mg   |
| Calcium            | 95mg   |
| Iron               | 6mg    |

### Directions

- 1 Preheat the oven to 375°F (190°C). In a large pot of boiling water, cook the potatoes until tender, about 15 minutes. Drain and bring back to the same pot.
- 2 Add the milk and half of the butter to the potatoes. Use a masher and mash or purée until the potatoes are smooth. Add more milk if needed to reach your desired consistency. Season with salt and pepper. Set aside.
- 3 Meanwhile, heat a large skillet over medium-high heat. Add the remaining butter and mushrooms. Sauté until browned. Add the carrot and garlic and sauté for another minute.
- 4 Add the lentils and tomato sauce and season with salt and pepper. Stir well, cover the pot with a lid, and simmer on low heat for about 10 minutes.
- 5 Pour the lentil mixture into a baking dish. Cover the top with mashed potato and bake in the oven for 30 minutes or until browned on top.
- 6 Let cool for about five minutes before serving. Top with green onion and enjoy!

### Notes

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

**Serving Size:** A 9 x 9-inch (23 x 23 cm) square baking dish was used to make four servings. One serving is approximately 1 1/2 cups.

**More Flavor:** Add onion and bell pepper.

**Make it Vegan:** Use plant-based butter and milk.





## Peanut Butter Granola

6 servings

30 minutes

### Ingredients

1/2 cup All Natural Peanut Butter  
1/4 cup Maple Syrup  
1 tsp Vanilla Extract  
1/8 tsp Sea Salt (optional)  
2 cups Oats (rolled)

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 268  |
| Fat                | 13g  |
| Carbs              | 32g  |
| Fiber              | 4g   |
| Sugar              | 11g  |
| Protein            | 8g   |
| Cholesterol        | 0mg  |
| Sodium             | 56mg |
| Vitamin A          | 0IU  |
| Vitamin C          | 0mg  |
| Calcium            | 38mg |
| Iron               | 2mg  |

### Directions

- 1 Preheat your oven to 300°F (148°C) and line a baking sheet with parchment paper.
- 2 In a large pot over medium-low heat, add the peanut butter and maple syrup. Stir together and continue to heat until warm and smooth. Then stir in the vanilla and salt, if using.
- 3 Remove the pot from the heat and stir in the oats. Mix until the oats are well coated in the peanut butter mixture. The mixture should be fairly dry and crumbly. Transfer the oat mixture to the prepared baking sheet and press it into one even layer.
- 4 Bake for 20 to 22 minutes, flipping the granola half way through, being sure to press down into an even layer again after flipping.
- 5 Let it cool completely before breaking it into clusters. It will harden as it cools. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1/2 cup.

**Nut-Free:** Use a seed butter instead.

**More Flavor:** Add cinnamon.

**Additional Toppings:** Stir chocolate chips or chopped peanuts into the cooled granola.

**No Maple Syrup:** Use honey instead.



## Roasted Carrot & Cauliflower Salad

2 servings  
45 minutes

### Ingredients

2 Carrot (large, peeled, chopped)  
1/2 head Cauliflower (small, cut into florets)  
1/4 cup Extra Virgin Olive Oil (divided)  
1/2 tsp Garlic Powder  
Sea Salt & Black Pepper (to taste)  
1/3 cup Red Onion (sliced)  
1/4 cup Parsley (chopped)

### Nutrition

| Amount per serving |         |
|--------------------|---------|
| Calories           | 316     |
| Fat                | 28g     |
| Carbs              | 17g     |
| Fiber              | 5g      |
| Sugar              | 7g      |
| Protein            | 4g      |
| Cholesterol        | 0mg     |
| Sodium             | 93mg    |
| Vitamin A          | 10831IU |
| Vitamin C          | 87mg    |
| Calcium            | 70mg    |
| Iron               | 2mg     |

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the carrots, cauliflower, half of the oil, garlic powder, salt, and pepper to the baking sheet. Toss to combine. Spread out into an even layer. Cook for 25 to 30 minutes or until browned and tender, turning halfway through.
- 3 Add the roasted vegetables to a bowl and mix in the onion and parsley. Add the remaining oil and season with salt and pepper. Divide into bowls or onto plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups.

**More Flavor:** Top with lemon juice. Use your favorite salad dressing or use pesto instead.



## Everything Bagel Seasoned Green Beans

4 servings

15 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
4 cups Green Beans (trimmed)  
1 Garlic (clove, minced)  
2 tbsps Everything Bagel Seasoning

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 92    |
| Fat                | 7g    |
| Carbs              | 7g    |
| Fiber              | 3g    |
| Sugar              | 3g    |
| Protein            | 2g    |
| Cholesterol        | 0mg   |
| Sodium             | 306mg |
| Vitamin A          | 690IU |
| Vitamin C          | 12mg  |
| Calcium            | 38mg  |
| Iron               | 1mg   |

### Directions

- 1 Heat the oil in a pan over medium heat.
- 2 Add the beans and sauté for three to five minutes. Add the minced garlic and sauté for another one to two minutes.
- 3 Sprinkle the everything bagel seasoning all over and use tongs to coat the beans. Sauté for another two minutes or until the beans are tender-crisp or cooked to your liking.
- 4 Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of beans.

**More Flavor:** Add lemon juice or chili flakes for some heat.





## Cranberry Tahini Coleslaw

2 servings

10 minutes

### Ingredients

2 tbsps Tahini  
2 tbsps Water  
1/2 Lemon (medium, juiced)  
1 1/2 tbsps Maple Syrup  
Sea Salt & Black Pepper (to taste)  
2 cups Coleslaw Mix  
1/4 cup Parsley (chopped)  
1/3 cup Dried Unsweetened Cranberries

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 193    |
| Fat                | 8g     |
| Carbs              | 28g    |
| Fiber              | 5g     |
| Sugar              | 20g    |
| Protein            | 4g     |
| Cholesterol        | 0mg    |
| Sodium             | 52mg   |
| Vitamin A          | 3651IU |
| Vitamin C          | 51mg   |
| Calcium            | 122mg  |
| Iron               | 2mg    |

### Directions

- 1 In a large bowl, whisk together the tahini, water, lemon juice, and maple syrup. Season the dressing with salt and pepper.
- 2 Add the coleslaw mix, parsley, and cranberries to the bowl. Toss everything together and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.  
**Serving Size:** One serving is equal to approximately 1 1/4 cups.  
**More Flavor:** Add red onion.  
**No Parsley:** Add cilantro or dill instead.



## Roasted Leek & Butternut Squash Salad

2 servings  
30 minutes

### Ingredients

1 1/2 cups Butternut Squash (seeds removed, cubed)  
1 Leeks (medium, sliced)  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
3 cups Mixed Greens  
1/3 cup Green Olives (pitted, sliced)  
2 tsps Balsamic Glaze

### Nutrition

| Amount per serving |         |
|--------------------|---------|
| Calories           | 200     |
| Fat                | 9g      |
| Carbs              | 28g     |
| Fiber              | 4g      |
| Sugar              | 11g     |
| Protein            | 3g      |
| Cholesterol        | 0mg     |
| Sodium             | 208mg   |
| Vitamin A          | 11977IU |
| Vitamin C          | 33mg    |
| Calcium            | 127mg   |
| Iron               | 4mg     |

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Add the butternut squash and leeks to the baking sheet. Toss with olive oil, salt, and pepper. Bake in the oven for 20 to 25 minutes or until golden brown.
- 3 Arrange the mixed greens, butternut squash, and leeks on a serving plate. Top with olives and drizzle with balsamic glaze. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Add pecans and chickpeas.



## Chocolate Tahini Dates

9 servings

40 minutes

### Ingredients

- 1 1/2 cups Pitted Dates
- 1/3 cup Tahini
- 1 1/2 tsps Coconut Oil
- 3/4 cup Dark Chocolate Chips
- 1/2 tsp Sea Salt (flaky)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 255   |
| Fat                | 13g   |
| Carbs              | 31g   |
| Fiber              | 3g    |
| Sugar              | 25g   |
| Protein            | 4g    |
| Cholesterol        | 0mg   |
| Sodium             | 143mg |
| Vitamin A          | 9IU   |
| Vitamin C          | 0mg   |
| Calcium            | 52mg  |
| Iron               | 2mg   |

### Directions

- 1 Arrange the dates onto a lined baking sheet with the cut side up. Add tahini into each date, approximately one teaspoon per date. Place in the fridge.
- 2 Add the coconut oil and chocolate chips to a small saucepan over low heat. Continuously stir until the chocolate has melted. Pour it into a shallow bowl and let it cool for five minutes.
- 3 Once the chocolate has slightly cooled, remove the dates from the fridge. Dip each date into the chocolate, making sure it is well coated. Let any excess chocolate drip back into the bowl and then transfer back to the baking sheet.
- 4 Place the baking sheet back into the fridge for 15 to 20 minutes to let the chocolate harden. Remove from the fridge and sprinkle flaky salt all over the dates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to two months. If freezing, thaw for five to ten minutes before eating.

**Serving Size:** One serving is two dates.

**No Tahini:** Use other nut or seed butter of choice.





## Roasted Harissa Cauliflower & Squash with Lentils

4 servings  
40 minutes

### Ingredients

2 tbsps Avocado Oil  
1 1/2 tbsps Harissa  
1 tbsp Maple Syrup  
4 cups Butternut Squash (cut into wedges)  
1/2 head Cauliflower (large, cut into florets)  
Sea Salt & Black Pepper (to taste)  
3 tbsps Tahini  
1/4 cup Water  
1 tbsp Lemon Juice  
1 cup Green Lentils (cooked)

### Nutrition

| Amount per serving |         |
|--------------------|---------|
| Calories           | 281     |
| Fat                | 14g     |
| Carbs              | 36g     |
| Fiber              | 9g      |
| Sugar              | 9g      |
| Protein            | 9g      |
| Cholesterol        | 0mg     |
| Sodium             | 43mg    |
| Vitamin A          | 14894IU |
| Vitamin C          | 67mg    |
| Calcium            | 148mg   |
| Iron               | 4mg     |

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 2 In a large bowl, combine the oil, harissa, and maple syrup. Working in batches, toss in the squash and cauliflower to coat all over. Spread out on the baking sheet(s). Season with salt and pepper.
- 3 Transfer the baking sheet(s) to the oven and bake for 30 to 35 minutes, until cooked through and browned on the edges.
- 4 In a small bowl, whisk together the tahini, water, and lemon juice. Season with salt and pepper.
- 5 Combine the veggies and lentils on a plate and drizzle the dressing on top. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups.

**Additional Toppings:** Top with roasted pumpkin seeds and/or fresh herbs such as parsley or cilantro.



## Lentil & Chickpea Pasta Salad

2 servings

15 minutes

### Ingredients

4 ozs Chickpea Pasta  
2 cups Lentils (from the can, drained and rinsed)  
2 tbsps Red Onion (finely chopped)  
1 Red Bell Pepper (diced)  
1/2 Cucumber (diced)  
1/4 cup Pitted Kalamata Olives (finely chopped)  
2 cups Baby Kale  
2 tbsps Balsamic Vinaigrette  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the pasta according to the directions on the package and set aside. Drain, rinse well, and set aside to cool.
- 2 In a large bowl, mix the pasta, lentils, red onion, bell pepper, cucumber, olives, and baby kale. Add the dressing and mix well. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.  
**Serving Size:** One serving is equal to approximately three cups.  
**More Flavor:** Serve with parmesan cheese and basil leaves.

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 544    |
| Fat                | 12g    |
| Carbs              | 85g    |
| Fiber              | 27g    |
| Sugar              | 15g    |
| Protein            | 35g    |
| Cholesterol        | 0mg    |
| Sodium             | 276mg  |
| Vitamin A          | 2013IU |
| Vitamin C          | 82mg   |
| Calcium            | 176mg  |
| Iron               | 14mg   |





## Sheet Pan Chickpeas, Cabbage & Parsnips

3 servings  
25 minutes

### Ingredients

- 1 cup Chickpeas (cooked)
- 3 cups Purple Cabbage (sliced)
- 2 Parsnip (sliced)
- 2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Shawarma Spice Blend
- 1/4 tsp Sea Salt
- 1 tbsp Parsley (chopped)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 220    |
| Fat                | 5g     |
| Carbs              | 40g    |
| Fiber              | 10g    |
| Sugar              | 11g    |
| Protein            | 8g     |
| Cholesterol        | 0mg    |
| Sodium             | 356mg  |
| Vitamin A          | 1115IU |
| Vitamin C          | 67mg   |
| Calcium            | 108mg  |
| Iron               | 5mg    |

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, toss the chickpeas, cabbage, and parsnips with oil and the shawarma spice blend. Spread out on the baking sheet and cook for 15 to 20 minutes or until the chickpeas are crispy and the vegetables start to brown on the edges.
- 3 Season with the salt and garnish with the parsley. Enjoy!

### Notes

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

**Serving Size:** One serving is about 1 1/4 cup.

**More Flavor:** Serve with yogurt. Add nigella/black cumin seeds.