



<http://www.nicoleosinga.com>

**Costco Spring Minimal
Ingredient Prep**

Nicole Osinga

<http://www.nicoleosinga.com>

Fruits

- ☐ 1 Lemon

Breakfast

- ☐ 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- ☐ 3/4 cup Cashews
- ☐ 2 tbsps Dried Basil
- ☐ 1/4 tsp Liquid Smoke
- ☐ 2 1/4 tps Onion Powder
- ☐ 1/2 tsp Paprika
- ☐ 1/2 tsp Sea Salt
- ☐ 1 tsp Turmeric

Vegetables

- ☐ 7 cups Baby Spinach
- ☐ 2 cups Broccoli
- ☐ 2 Garlic
- ☐ 4 cups Mini Potatoes
- ☐ 1/2 cup Radishes
- ☐ 2 Red Bell Pepper
- ☐ 2 cups Red Onion
- ☐ 2 Yellow Bell Pepper
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 2 cups Canned Beets
- ☐ 1 lb Chickpea Pasta
- ☐ 1 1/2 cups Chickpeas
- ☐ 1/4 cup Tomato Paste
- ☐ 1 1/4 cups Vegetable Broth
- ☐ 2 cups Vital Wheat Gluten

Baking

- ☐ 1/2 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 14 ozs Tofu
- ☐ 3/4 Cups Vegan Feta

Condiments & Oils

- ☐ 3 tbsps Avocado Oil
- ☐ 1/4 cup Balsamic Dressing
- ☐ 1 tbsp Soy Sauce
- ☐ 1/4 cup Sun Dried Tomato Pesto



Seitan Sausage and Peppers

4 servings

1 hour

Ingredients

1 Yellow Onion (chopped,)
 3/4 cup Vegetable Broth
 1/4 cup Tomato Paste
 1 tbsp Soy Sauce
 2 tbsps Nutritional Yeast
 1/4 cup Sun Dried Tomato Pesto
 2 tbsps Dried Basil (divided)
 1 tbsp Maple Syrup
 1/4 tsp Liquid Smoke
 2 cups Vital Wheat Gluten
 1 tbsp Avocado Oil
 2 cups Mini Potatoes (sliced)
 1 Red Bell Pepper (sliced)
 1 Yellow Bell Pepper (sliced)
 1/2 cup Red Onion (sliced)

Nutrition

Amount per serving	
Calories	458
Fat	5g
Carbs	50g
Fiber	7g
Sugar	11g
Protein	56g
Cholesterol	2mg
Sodium	544mg
Vitamin A	1384IU
Vitamin C	143mg
Calcium	96mg
Iron	7mg

Directions

- 1 Preheat oven to 400 F.
- 2 Heat the olive oil in a medium frying pan or skillet over medium heat and when hot add the onions. Sauté until the onions turn translucent and begin to brown, about 5 minutes. Remove from heat and set aside.
- 3 In a large bowl whisk together the vegetable broth, tomato paste, and soy sauce until smooth. Now add two tbsp of the sun-dried tomato pesto, nutritional yeast, 1/2 of the dried basil, maple syrup, liquid smoke, and all of the sautéed onions. Lastly, add the vital wheat gluten and combine to make a dough. Knead the dough to make sure it's all combined, but once combined, stop kneading.
- 4 Cut the dough into 6 equal-sized pieces. Take one of the pieces of dough and place it on a sheet of aluminium foil. Shape the dough into a rough sausage shape and wrap the foil around it. Place them in the oven for 40 minutes then remove. Wait until they cool slightly to take them out of the foil and slice into 4-5 pieces.
- 5 Meanwhile, place the potatoes, peppers and onions on parchment lined baking sheet and drizzle with avocado oil and dried basil. Roast for 20 minutes. Remove from heat, add the sliced sausages and toss with the remaining pesto. Place back in the oven for 10-15 minutes then divide into four servings. Enjoy!



Spring Pasta Salad

4 servings

20 minutes

Ingredients

8 ozs Chickpea Pasta
1/2 cup Red Onion (sliced)
1/2 cup Radishes (sliced)
1/2 Cups Vegan Feta
1 1/2 cups Chickpeas (roasted)
1/4 cup Balsamic Dressing
6 cups Baby Spinach

Directions

- 1 Cook the chickpea pasta according to package directions. Place aside.
- 2 Assemble salad with the pasta, roasted, chickpeas, spinach, onions, radishes. Top with vegan feta and serve with balsamic dressing. Enjoy!

Nutrition

Amount per serving	
Calories	357
Fat	6g
Carbs	61g
Fiber	14g
Sugar	14g
Protein	21g
Cholesterol	0mg
Sodium	131mg
Vitamin A	4238IU
Vitamin C	17mg
Calcium	123mg
Iron	8mg



Beet Pasta With Roasted Broccoli

4 servings

15 minutes

Ingredients

2 cups Broccoli
1 tbsp Avocado Oil
2 cups Canned Beets (drained)
3/4 cup Cashews (soaked overnight)
2 Garlic
1/2 cup Vegetable Broth (or water)
1/2 tsp Sea Salt
1 Lemon (juiced)
1/4 Cups Vegan Feta
8 ozs Chickpea Pasta

Directions

- 1 Preheat oven to 425 F. Add broccoli to a parchment-lined baking sheet and drizzle with avocado oil. Roast for 15 minutes, tossing halfway.
- 2 In a blender, combine the cashews, beets, coconut milk, garlic and lemon juice until smooth.
- 3 Boil pasta according to package directions, reserving a 1/3 a cup of pasta water.
- 4 Add the pink sauce to a pan, with the cooked pasta and pasta water, and combine until coated. Serve immediately with vegan feta and roasted broccoli.

Nutrition

Amount per serving	
Calories	420
Fat	20g
Carbs	51g
Fiber	11g
Sugar	12g
Protein	20g
Cholesterol	0mg
Sodium	621mg
Vitamin A	369IU
Vitamin C	49mg
Calcium	89mg
Iron	9mg



Sheet Pan Tofu Scramble

4 servings

40 minutes

Ingredients

14 ozs Tofu
 2 1/4 tps Onion Powder (DIVIDED)
 1/3 cup Nutritional Yeast
 1 tsp Turmeric
 1 Red Bell Pepper (sliced)
 1 Yellow Bell Pepper (sliced)
 2 cups Mini Potatoes (sliced)
 1 cup Red Onion (sliced)
 1/2 tsp Paprika
 1 tbsp Avocado Oil
 1 cup Baby Spinach

Nutrition

Amount per serving	
Calories	262
Fat	9g
Carbs	29g
Fiber	8g
Sugar	4g
Protein	20g
Cholesterol	0mg
Sodium	53mg
Vitamin A	1872IU
Vitamin C	143mg
Calcium	326mg
Iron	5mg

Directions

- 1 Preheat oven to 450F and have ready one large or two smaller baking sheets.
- 2 Using your hands, crumble the tofu into the bowl. Then, add nutritional yeast, 2 teaspoons onion powder, turmeric to the mixing bowl, stirring to coat evenly. Spread mixture out on half of the baking sheet (or one of the smaller ones), and set aside.
- 3 In another mixing bowl, combine bell peppers, potatoes, and red onion, then drizzle the oil over them. Add paprika to the veggies and stir to coat. Then spread them out on the other half of the baking sheet.
- 4 Place baking sheet on the middle rack in the oven, and roast for 15 minutes.
- 5 After the 15 minutes are up, take baking sheet out and stir the tofu scramble and hash around, on their respective sides or baking sheets. Roast for another 10 minutes, then sprinkle the spinach over the top and roast for 5 more minutes, until it has wilted and the potatoes are cooked through.
- 6 Divide scramble and hash between 4 meal prep containers.