



**Easy Greenhouse Veggie
Summer Appetizers (Protein
Rich!)**

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Fruits

- 2 tbsps Lemon Juice

Seeds, Nuts & Spices

- 2 tbsps Taco Seasoning

Vegetables

- 2 1/2 cups Cherry Tomatoes
- 1/2 Cucumber
- 1 Jalapeno Pepper
- 1 lb Mini Peppers
- 1/3 cup Parsley
- 1/3 cup Red Onion
- 1 White Onion

Boxed & Canned

- 2 1/2 ozs Rice Crackers

Baking

- 1 tsp Nutritional Yeast

Bread, Fish, Meat & Cheese

- 1 cup Textured Vegetable Protein
- 14 ozs Tofu
- 1/2 Cups Vegan Feta
- 2 slices Whole Grain Bread

Condiments & Oils

- 1/2 cup Black Olives
- 1/4 cup Coconut Oil
- 1 tbsps Extra Virgin Olive Oil

Cold

- 1 cup Hummus
- 2 ozs Vegan Cheese Shreds



Loaded Greek Hummus with Crackers

4 servings

15 minutes

Ingredients

1 cup Hummus
 1/2 Cucumber ((DelFrescoPure®)
 medium, finely chopped)
 1/2 cup Cherry Tomatoes
 ((DelFrescoPure®) finely chopped)
 1/2 cup Black Olives (pitted, chopped)
 1/3 cup Red Onion (finely chopped)
 1/2 Cups Vegan Feta (crumbled)
 1/3 cup Parsley (chopped)
 2 1/2 ozs Rice Crackers

Nutrition

Amount per serving	
Calories	266
Fat	15g
Carbs	29g
Fiber	4g
Sugar	2g
Protein	7g
Cholesterol	0mg
Sodium	457mg
Vitamin A	691IU
Vitamin C	11mg
Calcium	62mg
Iron	3mg

Directions

- 1 Add the hummus to a serving platter. Add the cucumber, tomatoes, onion, feta, and parsley on top. Serve with crackers. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 3/4 cup of hummus dip and 1/2 cup of crackers.

Dairy-Free: Use dairy-free cheese or omit the feta.



Loaded Mini Nacho Peppers

4 servings
30 minutes

Ingredients

- 1 lb Mini Peppers (DelFrescoPure® (sliced))
- 1 White Onion (chopped)
- 2 tbsps Taco Seasoning
- 1 cup Textured Vegetable Protein
- 2 ozs Vegan Cheese Shreds
- 1 cup Cherry Tomatoes (DelFrescoPure®)
- 1 Jalapeno Pepper (sliced)

Nutrition

Amount per serving	
Calories	163
Fat	3g
Carbs	23g
Fiber	7g
Sugar	10g
Protein	11g
Cholesterol	0mg
Sodium	531mg
Vitamin A	2683IU
Vitamin C	227mg
Calcium	193mg
Iron	3mg

Directions

- 1 Rehydrate the TVP according to package directions.
- 2 In a large skillet over medium heat, add onion and hydrated TVP until just cooked through, about 7 to 10 minutes. Add taco seasoning and sauté until well combined. Remove from heat.
- 3 Preheat the oven to 400F and line the cookie sheet with parchment paper. Arrange mini peppers in a single layer, cut-side up but very close together.
- 4 Sprinkle with ground TVP mixture and vegan cheese. Bake 5 to 10 minutes, until cheese is melted.
- 5 Remove from the oven and top with chopped tomatoes, jalapeño and any other desired toppings. Serve immediately.



Caprese Toasts

8 servings

10 minutes

Ingredients

14 ozs Tofu
 1 tsp Nutritional Yeast
 2 tbsps Lemon Juice
 1/4 cup Coconut Oil
 1 tbsp Extra Virgin Olive Oil
 1 cup Cherry Tomatoes (Cherry Tomatoes (DelFrescoPure®))
 2 slices Whole Grain Bread

Nutrition

Amount per serving	
Calories	150
Fat	12g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	7g
Cholesterol	0mg
Sodium	43mg
Vitamin A	155IU
Vitamin C	4mg
Calcium	153mg
Iron	1mg

Directions

- 1 Break the tofu into large chunks. Place the tofu, lemon juice, melted coconut oil, nutritional yeast in a food processor and process until smooth and creamy.
- 2 Refrigerate for 30 minutes to help it firm up, or serve immediately.
- 3 Store in a covered container in the refrigerator for up to 1 week.
- 4 Heat a cast iron skillet over medium high heat. Add olive oil and swirl to coat the skillet. Add the tomatoes to the hot skillet and cook for 3 minutes, or until the tomatoes begin to blister.
- 5 Spread the tofu cream cheese on toast and top with tomatoes. Enjoy!