



Nicole Osinga

Harvest Bowls

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Fruits

- 2 Apple

Breakfast

- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Cinnamon
- 1 tsp Garlic Powder

Frozen

- 3 cups Frozen Edamame

Vegetables

- 16 cups Arugula
- 2 cups Brussels Sprouts
- 2 cups Butternut Squash
- 8 cups Kale Leaves
- 2 cups Red Onion
- 2 ozs Roasted Red Peppers
- 2 Sweet Potato

Boxed & Canned

- 1 cup Lentil Orzo
- 8 ozs Whole Wheat Rotini Pasta

Bread, Fish, Meat & Cheese

- 2 ozs Plant-Based Feta
- 14 ozs Tempeh
- 1 1/2 lbs Tofu

Condiments & Oils

- 2 tbsps Avocado Oil
- 1/4 cup Balsamic Vinaigrette
- 1 1/2 tbsps Balsamic Vinegar
- 1/2 cup Pesto
- 1/4 cup Salad Dressing



Butternut Squash Orzo Salad

4 servings
30 minutes

Ingredients

2 cups Butternut Squash (peeled and cubed)
1 tbsp Avocado Oil
1 tsp Cinnamon
14 ozs Tempeh (crumbled)
1 1/2 tbsps Balsamic Vinegar
1 tbsp Maple Syrup
8 cups Kale Leaves (shredded, stems removed)
1 cup Lentil Orzo
1 cup Red Onion (sliced)
1/4 cup Salad Dressing (I used a sweet dijon salad dressing)

Nutrition

Amount per serving	
Calories	514
Fat	23g
Carbs	53g
Fiber	7g
Sugar	9g
Protein	33g
Cholesterol	0mg
Sodium	185mg
Vitamin A	9465IU
Vitamin C	57mg
Calcium	276mg
Iron	4mg

Directions

- 1 Preheat the oven to 400° F. On the baking sheet, toss together the butternut squash with the cinnamon and drizzle with avocado. Scoot the squash to one side of the pan. On the opposite side, toss the sliced tempeh with balsamic vinegar and maple syrup. Bake for 15 minutes, until the tempeh is crisping. Pull out of the oven and toss. Bake for another 5 to 10 minutes, watching closely.
- 2 Meanwhile, cook the lentil orzo as directed on the box.
- 3 In a large salad bowl, combine the kale, orzo, cooked squash, onions and crumbled tempeh. Divide into four containers and add dressing before you're ready to eat. Enjoy!



Autumn Harvest Bowl

4 servings
25 minutes

Ingredients

2 Sweet Potato (peeled and cubed)
2 cups Brussels Sprouts (sliced)
1 tbsp Avocado Oil
1 1/2 lbs Tofu (pressed and cubed)
1 tsp Garlic Powder
8 cups Arugula
2 Apple (sliced)
2 ozs Plant-Based Feta
1/4 cup Balsamic Vinaigrette

Directions

- 1 Preheat the oven to 400 F. Add the prepared sweet potatoes and brussel sprouts to a parchment paper lined baking sheet. Drizzle with avocado oil and roast for 30 minutes, tossing halfway.
- 2 While the veggies are roasting, add the cubed and pressed tofu to a frying pan, drizzled with avocado oil. Pan fry until the tofu is browned. Add garlic powder.
- 3 Assemble the bowls with the arugula, cooked sweet potatoes and brussels, sliced apples, cooked tofu and plant-based feta. Serve with balsamic dressing. Enjoy!

Nutrition

Amount per serving	
Calories	402
Fat	23g
Carbs	37g
Fiber	8g
Sugar	16g
Protein	21g
Cholesterol	0mg
Sodium	136mg
Vitamin A	10552IU
Vitamin C	49mg
Calcium	588mg
Iron	5mg



Autumn Pasta Salad Bowl

4 servings
25 minutes

Ingredients

8 ozs Whole Wheat Rotini Pasta
3 cups Frozen Edamame (thawed)
8 cups Arugula
2 ozs Roasted Red Peppers
1/2 cup Pesto (vegan pesto)
1 cup Red Onion (sliced)

Nutrition

Amount per serving	
Calories	506
Fat	20g
Carbs	61g
Fiber	14g
Sugar	9g
Protein	26g
Cholesterol	0mg
Sodium	256mg
Vitamin A	1972IU
Vitamin C	20mg
Calcium	258mg
Iron	5mg

Directions

- 1 Bring a large pot of salted water to boil for the pasta. Cook the pasta until al dente according to the package directions. Before draining, reserve about 1/2 cup pasta cooking water, then drain and immediately rinse the pasta under cool water to prevent the noodles from sticking together. Transfer the pasta to a large serving bowl.
- 2 Assemble the bowls with the arugula, pasta, edamame, onion, sun dried tomatoes and pesto. Mix well.