



### Fruits

- 1 tbsp Lemon Juice

### Seeds, Nuts & Spices

- 1 tbsp Chili Powder
- 2 tbsps Hemp Seeds
- 2 tsps Italian Seasoning
- 2 tsps Oregano
- 0 Sea Salt & Black Pepper
- 1 1/2 tbsps Taco Seasoning

### Frozen

- 2 cups Frozen Edamame

### Vegetables

- 2 cups Baby Spinach
- 2 cups Bok Choy
- 2 cups Broccoli
- 1 Carrot
- 1 Cucumber
- 1 Garlic
- 1 stalk Green Onion
- 1 1/2 cups Mushrooms
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 2 ozs Roasted Red Peppers
- 1/2 Yellow Onion

### Boxed & Canned

- 3 1/8 lbs Chickpea Pasta
- 2 cups Diced Tomatoes
- 2 cups Red Kidney Beans
- 3 1/2 tbsps Tomato Paste
- 2 3/4 cups Vegetable Broth

### Baking

- 3 tbsps Nutritional Yeast

### Bread, Fish, Meat & Cheese

- 2 1/2 cups Textured Vegetable Protein
- 12 ozs Tofu

### Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Soy Sauce, Low Sodium
- 1/2 cup Sun Dried Tomato Pesto
- 1 1/2 cups Tomato Sauce

### Cold

- 1 cup Hummus
- 3 1/2 cups Unsweetened Almond Milk
- 4 ozs Vegan Cheese Shreds

### Other

- 3/4 cup Water



## Edamame, Broccoli & Chickpea Pasta Salad

4 servings  
25 minutes

### Ingredients

8 ozs Chickpea Pasta (dry)  
2 cups Broccoli (cut into florets)  
1/4 cup Extra Virgin Olive Oil  
2 tbsps Apple Cider Vinegar  
2 tps Italian Seasoning  
2 tbsps Hemp Seeds  
2 tbsps Nutritional Yeast  
2 cups Frozen Edamame (thawed)  
1 Cucumber (medium, sliced)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	475
Fat	24g
Carbs	46g
Fiber	15g
Sugar	9g
Protein	29g
Cholesterol	0mg
Sodium	94mg
Vitamin A	594IU
Vitamin C	47mg
Calcium	129mg
Iron	9mg

### Directions

- 1 Cook the pasta according to package directions. Add the broccoli for the two last minutes of cooking.
- 2 In a large bowl, combine the remaining ingredients. Add the pasta and broccoli and season with salt and pepper to taste. Toss well to coat.
- 3 Serve immediately or chill in the refrigerator for 30 minutes. Enjoy!

### Notes

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

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

**More Flavor:** Add chopped toasted almonds.

**Additional Toppings:** Season with fresh herbs like basil and/or dill.



## Tofu, Bok Choy & Mushroom Pasta

3 servings  
30 minutes

### Ingredients

8 ozs Chickpea Pasta (uncooked)  
1/4 cup Water (reserved from cooking pasta)  
2 cups Bok Choy (thinly sliced)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
1 1/2 cups Mushrooms (chopped)  
12 ozs Tofu (extra-firm, pressed, crumbled)  
1 Garlic (clove, chopped)  
1 1/2 tbsps Tomato Paste  
3/4 cup Vegetable Broth  
2 tbsps Soy Sauce, Low Sodium

### Nutrition

Amount per serving	
Calories	438
Fat	18g
Carbs	49g
Fiber	13g
Sugar	10g
Protein	33g
Cholesterol	0mg
Sodium	626mg
Vitamin A	2339IU
Vitamin C	24mg
Calcium	434mg
Iron	11mg

### Directions

- 1 Cook the pasta according to the package directions. Reserve some pasta water. Add the bok choy to the pot and continue to cook for one minute. Drain and return the pasta and bok choy to the pot.
- 2 Meanwhile, heat 2/3 of the oil in a pan over medium-high heat. Cook the mushrooms for five minutes. Add the tofu and the remaining oil. Cook for another eight minutes until golden, stirring often.
- 3 Add the garlic and the tomato paste. Cook for one minute until fragrant. Add the broth and the soy sauce. Cook for five minutes until slightly thickened.
- 4 Add the tofu sauce to the pasta. Toss to coat, adding the reserved pasta water to thin as needed.
- 5 Divide evenly into bowls or plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 2 2/3 cups of pasta.

**More Flavor:** Add a drizzle of sesame oil, sriracha, or a squeeze of lime before serving.

**Additional Toppings:** Crushed peanuts, chili flakes, sesame seeds, or cilantro.

**Gluten-Free:** Use gluten-free pasta instead.



## One Pot Cheesy Vegan TVP Pasta

4 servings

30 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, diced)
- 2 1/2 cups Textured Vegetable Protein (crumbs)
- 1 tbsp Chili Powder
- 2 tsp Oregano
- 1 1/2 cups Unsweetened Almond Milk
- 1 1/2 cups Tomato Sauce
- 1/2 cup Water (plus more as needed)
- 8 ozs Chickpea Pasta (dry)
- 4 ozs Vegan Cheese Shreds

### Nutrition

Amount per serving	
Calories	484
Fat	15g
Carbs	60g
Fiber	19g
Sugar	17g
Protein	38g
Cholesterol	0mg
Sodium	481mg
Vitamin A	1188IU
Vitamin C	6mg
Calcium	600mg
Iron	12mg

### Directions

- 1 Heat a large pan over medium-high heat. Add the oil and onion and sauté for three to four minutes, until the onion softens. Add the textured vegetable protein. Cook for five minutes until warmed through, stirring often.
- 2 Add the chili powder, oregano, almond milk, tomato sauce, and water. Add the pasta and stir well to combine.
- 3 Bring to a boil, then cover and reduce the heat to a simmer. Cook for six to eight minutes or until the pasta is al dente. Add additional water as needed.
- 4 Remove from the heat. Add the vegan cheese shreds and stir until melted and well combined. Divide evenly onto plates or bowls and enjoy!

### Notes

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

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

**Additional Toppings:** Chopped green onion, parsley, nutritional yeast, and/or crushed red pepper flakes.

**Textured Vegetable Protein:** The textured vegetable protein used in this recipe did not require rehydration. If your TVP requires rehydration before use, place the crumbs in a bowl and cover them with boiling water. Cover the bowl and let it sit for 10 minutes to rehydrate.



## One Pot Vegan Sun Dried Tomato Alfredo

2 servings  
15 minutes

### Ingredients

2 cups Unsweetened Almond Milk  
2 cups Vegetable Broth  
8 ozs Chickpea Pasta (dry)  
1/2 cup Sun Dried Tomato Pesto  
2 cups Baby Spinach (finely chopped)  
1 tbsp Nutritional Yeast

### Nutrition

Amount per serving	
Calories	601
Fat	16g
Carbs	77g
Fiber	22g
Sugar	16g
Protein	38g
Cholesterol	6mg
Sodium	1650mg
Vitamin A	3838IU
Vitamin C	9mg
Calcium	670mg
Iron	14mg

### Directions

- 1 In a pot over medium-high heat, bring the milk and broth to a boil. Add the pasta and stir. Cook over medium heat for four to six minutes, stirring frequently, until the pasta is just cooked to al dente. The pasta will continue to cook in the next steps.
- 2 Stir in the sun dried tomato pesto, spinach, and nutritional yeast. Cook for one to two more minutes, allowing the spinach to wilt and the sauce to thicken.
- 3 Divide onto plates and enjoy!

### Notes

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

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

**Nut-Free:** Use coconut milk, hemp seed milk or oat milk instead of almond milk.

**Chickpea Pasta:** Cooking time may vary depending on the pasta's shape. Check tenderness during cooking.



## Chickpea Pasta Chili

4 servings  
25 minutes

### Ingredients

10 ozs Chickpea Pasta  
1 tbsp Extra Virgin Olive Oil  
1/2 cup Red Onion (chopped)  
1 Carrot (large, diced small)  
1 Red Bell Pepper (large, chopped)  
2 tbsps Tomato Paste  
2 cups Diced Tomatoes (from the can, with juices)  
1 1/2 tbsps Taco Seasoning  
2 cups Red Kidney Beans (cooked)  
1 stalk Green Onion (chopped, plus more for garnish)

### Nutrition

Amount per serving	
Calories	442
Fat	8g
Carbs	73g
Fiber	21g
Sugar	14g
Protein	28g
Cholesterol	0mg
Sodium	403mg
Vitamin A	4224IU
Vitamin C	56mg
Calcium	156mg
Iron	11mg

### Directions

- 1 Cook the chickpea pasta to al dente according to the package directions.
- 2 Meanwhile, heat the oil in a large pot over medium-high heat. Add the onions, carrots, and peppers and cook for three to five minutes or until softened.
- 3 Add the tomato paste and diced tomatoes and stir in the taco seasoning. Bring the mixture to a simmer. Once the mixture is bubbling, add the beans and green onion. Cook until warmed through.
- 4 Add the cooked pasta to the pot. Cook for another minute or until warmed through. Top with green onion and enjoy!

### Notes

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

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

**More Flavor:** Use salsa instead of diced tomatoes.



## Roasted Red Pepper Hummus Pasta

3 servings  
15 minutes

### Ingredients

- 8 ozs Chickpea Pasta (dry)
- 1 tbsp Lemon Juice
- 1 cup Hummus (Roasted Red Pepper)
- 2 ozs Roasted Red Peppers (chopped)

### Nutrition

Amount per serving	
Calories	450
Fat	19g
Carbs	56g
Fiber	15g
Sugar	8g
Protein	25g
Cholesterol	0mg
Sodium	482mg
Vitamin A	271IU
Vitamin C	8mg
Calcium	92mg
Iron	9mg

### Directions

- 1 Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. Reserve 1/2 cup of the pasta water. Place aside.
- 2 Mix together the reserved pasta with the hummus and lemon juice. Mix into the pasta, along with the chopped roasted red pepper. Enjoy!

### Notes

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

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

**Additional Toppings:** Top with chopped parsley and a drizzle of olive oil.