



Gwillimdale Farms Parsnips

Fruits

- 1 Lemon

Breakfast

- 1 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 tps Liquid Smoke
- 1/4 tsp Sea Salt
- 1 tbsp Shawarma Spice Blend

Vegetables

- 1 Beet
- 3 Carrot
- 1 Cucumber
- 1 head Green Lettuce
- 8 cups Kale Leaves
- 2 cups Mixed Greens
- 1/2 cup Onions
- 1 tbsp Parsley
- 13 Parsnip
- 6 cups Purple Cabbage
- 1 cup Red Onion
- 1/2 Tomato

Boxed & Canned

- 1/2 cup Canned Beets
- 5 1/16 cups Chickpeas
- 2 cups Quinoa

Bread, Fish, Meat & Cheese

- 2 ozs Feta Cheese
- 1/2 cup Textured Vegetable Protein
- 1 3/4 lbs Tofu

Condiments & Oils

- 1 1/2 tps Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1 oz Baby Pickles
- 2 tbsps Balsamic Vinaigrette
- 2 tbsps Burger Sauce
- 1/4 cup Extra Virgin Olive Oil
- 1/3 cup Tahini

Cold

- 1 oz Vegan Cheese Shreds

Other

- 1 1/2 cups Water



Vegan Cheeseburger Bowl

2 servings
40 minutes

Ingredients

2 Parsnip (From Gwillimdale Farms. Cut into a fry shape)
1 tbsp Avocado Oil
1/2 cup Textured Vegetable Protein
2 tsps Liquid Smoke
1 head Green Lettuce (shredded)
1/2 cup Red Onion (sliced)
1 oz Baby Pickles
1/2 Tomato (sliced)
1 oz Vegan Cheese Shreds
2 tsps Burger Sauce

Nutrition

Amount per serving	
Calories	296
Fat	11g
Carbs	41g
Fiber	10g
Sugar	12g
Protein	12g
Cholesterol	0mg
Sodium	309mg
Vitamin A	1305IU
Vitamin C	29mg
Calcium	242mg
Iron	3mg

Directions

- 1 In a bowl, toss the parsnips with avocado oil, until evenly coated.
- 2 Air fry at 400°F for 15 minutes, shaking halfway, until golden and crispy.
- 3 Rehydrate the TVP according to package directions. Add liquid smoke. Add this to a frying pan sprayed with avocado oil and brown for 5-8 minutes.
- 4 In a bowl, layer greens, parsnips, veggies and TVP. Top with shredded cheese and pickles.
- 5 Drizzle generously with burger sauce.



Sheet Pan Chickpeas, Cabbage & Parsnips

2 servings
25 minutes

Ingredients

- 1 1/2 cups Chickpeas (cooked)
- 3 cups Purple Cabbage (sliced)
- 2 Parsnip (From Gwillimdale Farms, sliced)
- 1 Carrot (sliced)
- 2 tps Extra Virgin Olive Oil
- 1 1/2 tps Shawarma Spice Blend
- 1/4 tsp Sea Salt
- 1 tbsp Parsley (chopped)

Nutrition

Amount per serving	
Calories	410
Fat	8g
Carbs	74g
Fiber	19g
Sugar	20g
Protein	15g
Cholesterol	0mg
Sodium	558mg
Vitamin A	6778IU
Vitamin C	103mg
Calcium	192mg
Iron	9mg

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, carrots 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.



Maple Parsnip & Tofu Bowl

2 servings
35 minutes

Ingredients

2 Parsnip (From Gwillimdale Farms - medium, cubed)
14 ozs Tofu (firm, cubed)
1 tsp Avocado Oil
1 tbsp Maple Syrup
2 cups Mixed Greens
1/2 cup Onions (thinly sliced)
2 tbsps Balsamic Vinaigrette
1/2 cup Canned Beets

Nutrition

Amount per serving	
Calories	403
Fat	19g
Carbs	43g
Fiber	9g
Sugar	19g
Protein	23g
Cholesterol	0mg
Sodium	199mg
Vitamin A	11IU
Vitamin C	30mg
Calcium	662mg
Iron	6mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Add the parsnips, beets and tofu to the prepared baking sheet. Top with oil and maple syrup. Toss to coat. Bake in the oven for 30 minutes, or until the parsnips are fork tender and starting to brown.
- 3 Place the mixed greens, onions, parsnips, beets and tofu in a bowl. Top with balsamic vinaigrette. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Ingredients are best kept separately.

Serving Size: One serving is equal to approximately 2 1/4 cups.

Additional Toppings: Microgreens, fresh herbs, black beans, and/or nuts and seeds.



Tahini, Quinoa & Roasted Veggie Bowl

4 servings
40 minutes

Ingredients

14 ozs Tofu (cooked, drained and rinsed)
2 Parsnip (From Gwillimdale Farms - chopped into 1 inch pieces)
2 Carrot (chopped into 1 inch rounds)
1 Beet (chopped into 1 inch pieces)
1 cup Quinoa (uncooked)
1 1/2 cups Water
1/4 cup Tahini
3 tbsps Avocado Oil
1 Lemon (juiced)
4 cups Kale Leaves

Nutrition

Amount per serving	
Calories	509
Fat	27g
Carbs	52g
Fiber	11g
Sugar	8g
Protein	21g
Cholesterol	0mg
Sodium	81mg
Vitamin A	6129IU
Vitamin C	37mg
Calcium	470mg
Iron	6mg

Directions

- 1 Preheat the oven to 420°F (215°C).
- 2 Place the carrots, beet, tofu and parsnip in a large mixing bowl and drizzle with a splash of avocado oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 3 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Create your dressing by combining tahini, avocado oil, lemon juice in a mason jar. Add 3 tbsps warm water. Shake well and set aside.
- 5 Place the kale in a bowl and massage with a bit of avocado oil.
- 6 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted vegetables, tofu and kale. Drizzle desired amount of dressing over the bowl. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, refrigerate the ingredients separately.



Shawarma Spiced Chickpea Bowl

2 servings
25 minutes

Ingredients

- 1 1/2 cups Chickpeas (cooked)
- 3 cups Purple Cabbage (sliced)
- 2 Parsnip (From Gwillimdale Farms, sliced)
- 2 tpsps Extra Virgin Olive Oil
- 1 1/2 tpsps Shawarma Spice Blend
- 1 Cucumber (sliced)
- 1/2 cup Red Onion (sliced)
- 2 tpsps Tahini
- 1 tpsps Water

Nutrition

Amount per serving	
Calories	524
Fat	17g
Carbs	83g
Fiber	21g
Sugar	23g
Protein	19g
Cholesterol	0mg
Sodium	263mg
Vitamin A	1692IU
Vitamin C	106mg
Calcium	278mg
Iron	11mg

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 Divide the cooked veggies into bowls and top with cucumber and onions. Mix together tahini with water and drizzle on top.

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.



Roasted Veggie Quinoa Salad

4 servings
1 hour 10 minutes

Ingredients

- 1 cup Quinoa (cooked)
- 3 Parsnip (From Gwillimdale Farms - chopped into ¼ - ½ inch chunks)
- 2 cups Chickpeas (drained and rinsed)
- 4 cups Kale Leaves
- 1 1/2 tsps Apple Cider Vinegar
- 2 tsps Maple Syrup
- 3 tbsps Extra Virgin Olive Oil
- 2 ozs Feta Cheese

Nutrition

Amount per serving	
Calories	520
Fat	19g
Carbs	74g
Fiber	14g
Sugar	12g
Protein	17g
Cholesterol	13mg
Sodium	193mg
Vitamin A	1098IU
Vitamin C	36mg
Calcium	231mg
Iron	6mg

Directions

- 1 Preheat oven to 425°F.
- 2 Toss parsnips chunks with enough olive oil to coat and season liberally with salt and pepper. Roast veggies at 425°F for about 20 minutes.
- 3 After 20 minutes, add your kale and chickpeas to the roasting pan. Add a bit more oil, salt and pepper, if needed and toss. Roast for another 15 minutes. Stirring the veggies around at least once during the roasting process.
- 4 Once your veggies are tender, remove from the oven and combine them with the quinoa. Crumble feta and add to the quinoa and vegetable mixture.
- 5 In a small bowl, whisk together lemon juice, vinegar and maple syrup. Gently stir in oil, and add salt, pepper and crushed red pepper flakes to taste.
- 6 Pour dressing over quinoa/vegetable mixture and toss to combine. Taste and season with more salt and pepper before serving, if needed.