



Gwillimdale Resistant Starch

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Seeds, Nuts & Spices

- 1 tsp Garlic Powder
- 1 tsp Turmeric

Vegetables

- 1/2 cup Broccoli
- 1 1/2 tps Fresh Dill
- 6 1/2 lbs Gwillimdale Farms Fingerling Potatoes
- 3 cups Mixed Greens
- 2 Red Bell Pepper
- 2 cups Red Onion

Boxed & Canned

- 4 cups Black Beans
- 2 cups Chickpeas

Bread, Fish, Meat & Cheese

- 10 ozs Tofu

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 1 tbsp Dijon Mustard

Cold

- 1/2 cup Soy Yogurt
- 1 oz Vegan Cheese Shreds



Smashed Sheet Pan Potato Nachos

3 servings

1 hour

Ingredients

- 1 tbsp Avocado Oil
- 2 lbs Gwillimdale Farms Fingerling Potatoes
- 1/2 cup Broccoli (steamed & chopped small)
- 1 Red Bell Pepper (diced)
- 1/2 cup Red Onion (diced)
- 2 cups Black Beans
- 1 oz Vegan Cheese Shreds

Nutrition

Amount per serving	
Calories	312
Fat	8g
Carbs	46g
Fiber	14g
Sugar	3g
Protein	13g
Cholesterol	0mg
Sodium	103mg
Vitamin A	1344IU
Vitamin C	66mg
Calcium	131mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F. Place potatoes on baking sheet and coat potatoes with avocado oil. Bake for 30-35 minutes until tender.
- 2 Boil water and steam the broccoli. Cook until soft. Set aside and when cooled a bit, chop small.
- 3 Once potatoes are cooked use the bottom of a cup and smash the potatoes until they are round and flat.
- 4 Top potatoes with vegan cheese, chopped peppers, onion, black beans and broccoli. Place sheet pan back in the oven until cheese is melted, about 4-5 minutes.
- 5 Top with green onions, greek yogurt, and a sprinkle of flaky sea salt. Serve as an appetizer or side dish! Enjoy!



Easy Vegan Potato Salad

3 servings
25 minutes

Ingredients

2 1/2 lbs Gwillimdale Farms Fingerling Potatoes
1/2 cup Soy Yogurt
1 tbsp Dijon Mustard
1 tbsp Apple Cider Vinegar
1 1/2 tsps Fresh Dill (chopped fine)
1/2 cup Red Onion (diced)
2 cups Chickpeas
3 cups Mixed Greens

Directions

- 1 Add the potatoes in a large pot and cover with water. Bring to a boil, and continue to cook for 5 - 10 minutes until potatoes are fork tender. Drain and let cool. Rinsing with cool water will help the potatoes cool faster.
- 2 In a large bowl, mix together the mayonnaise, pickles, vinegar, mustard and dill.
- 3 Add the cooled potatoes along with the red onion and chickpeas and gently toss to coat in the dressing. Serve the vegan potato salad over a bed of mixed greens. Enjoy!

Nutrition

Amount per serving	
Calories	301
Fat	4g
Carbs	49g
Fiber	11g
Sugar	6g
Protein	14g
Cholesterol	0mg
Sodium	81mg
Vitamin A	37IU
Vitamin C	7mg
Calcium	80mg
Iron	4mg



Vegan Breakfast Potato Hash

3 servings
30 minutes

Ingredients

- 1 tbsp Avocado Oil
- 2 lbs Gwillimdale Farms Fingerling Potatoes (diced)
- 2 cups Black Beans
- 1 Red Bell Pepper (diced)
- 1 cup Red Onion (diced)
- 10 ozs Tofu (fork mashed)
- 1 tsp Turmeric
- 1 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	376
Fat	10g
Carbs	48g
Fiber	15g
Sugar	5g
Protein	23g
Cholesterol	0mg
Sodium	10mg
Vitamin A	1250IU
Vitamin C	55mg
Calcium	315mg
Iron	5mg

Directions

- 1 Wash and dice the potatoes into 1/2" cubes. Add them into a medium pot and cover them with water. Bring the pot to a boil and cook for 5 minutes. They should begin to become tender but not fully cooked. Drain.
- 2 In a large skillet over medium heat, add 1 tablespoon of oil. Add in the cubed potatoes and spread them out into an even layer. Cook for about 4-5 minutes without stirring or until browned.
- 3 Mix together the turmeric and garlic powder in a bowl and add a bit of water. Toss with the tofu.
- 4 Add in the onions, bell peppers, tofu, black beans and continue cooking until the potatoes are cooked through about 8-10 minutes.
- 5 Remove from heat and adjust seasonings as needed—season with salt and pepper to taste.
- 6 Serve with a garnish of fresh cilantro or parsley and avocado, along with a side of toasted bread. Enjoy!