



Meal Prep For World Hypertension Day

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Seeds, Nuts & Spices

- 2 1/4 tsps Chili Powder
- 1/2 tsp Garlic Powder
- 3/4 tsp Sea Salt
- 1/2 tsp Turmeric

Vegetables

- 4 cups Baby Kale
- 2 cups Baby Spinach
- 3 cups Cherry Tomatoes
- 1/2 Cucumber
- 2 cups Mini Potatoes
- 2 tbsps Red Onion
- 1 Yellow Bell Pepper

Boxed & Canned

- 4 ozs Chickpea Pasta
- 1/2 cup Chickpeas
- 1 cup Lentils
- 1/2 cup Quinoa

Bread, Fish, Meat & Cheese

- 1 lb Tofu

Condiments & Oils

- 1 tbsp Avocado Oil
- 2 tbsps Balsamic Vinaigrette
- 1 tbsp Extra Virgin Olive Oil

Cold

- 1/2 cup Hummus



Tofu Scramble Veggie Bowl

3 servings
30 minutes

Ingredients

2 cups Mini Potatoes (or fingerling potatoes)
2 cups Cherry Tomatoes
1 lb Tofu
1 tbsp Avocado Oil
1/2 tsp Garlic Powder
2 1/4 tsps Chili Powder
1/2 tsp Turmeric
2 cups Baby Spinach
1/4 tsp Sea Salt (Herbamare Herbed Sea Salt)

Nutrition

Amount per serving	
Calories	275
Fat	13g
Carbs	26g
Fiber	6g
Sugar	5g
Protein	19g
Cholesterol	0mg
Sodium	288mg
Vitamin A	3305IU
Vitamin C	39mg
Calcium	476mg
Iron	5mg

Directions

- 1 Preheat the oven to 400 F. Add the potatoes to a parchment paper lined baking sheet on one side and tomatoes on the other side. Drizzle with oil and the Herbamare sea salt. After 15 minutes, remove the tomatoes and toss potatoes. Cook potatoes for 15 minutes more.
- 2 Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast iron skillet, for 15 minutes.
- 3 While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
- 4 Crumble tofu with a fork. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned. While tofu is cooking, move to one side and add spinach to frying pan. Cook for 2-3 minutes, until wilted.
- 5 Assemble bowls with cooked potatoes, tofu and veggies. Enjoy!



Lentil & Chickpea Pasta Salad

2 servings

15 minutes

Ingredients

4 ozs Chickpea Pasta
1 cup Lentils (from the can, drained and rinsed)
2 tbsps Red Onion (finely chopped)
1 Yellow Bell Pepper (diced)
1/2 Cucumber (diced)
2 cups Baby Kale
2 tbsps Balsamic Vinaigrette
1/3 tsp Sea Salt (Herbamare Herbed Sea Salt)

Nutrition

Amount per serving	
Calories	419
Fat	10g
Carbs	66g
Fiber	19g
Sugar	10g
Protein	26g
Cholesterol	0mg
Sodium	544mg
Vitamin A	273IU
Vitamin C	175mg
Calcium	148mg
Iron	10mg

Directions

- 1 Cook the pasta according to the directions on the package and set aside. Drain, rinse well, and set aside to cool.
- 2 In a large bowl, mix the pasta, lentils, red onion, bell pepper, cucumber and baby kale. Sprinkle on the Herbamare herbed sea salt. Add the dressing and mix well. Top with cheese if desired. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately three cups.

More Flavor: Serve with parmesan cheese and basil leaves.



Mediterranean Roasted Tomato & Chickpea Bowl

2 servings
50 minutes

Ingredients

- 1/2 cup Quinoa (dry, rinsed)
- 1 cup Cherry Tomatoes
- 1/4 tsp Sea Salt (Herbamare Herbed Sea Salt)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/2 cup Chickpeas (cooked)
- 2 cups Baby Kale
- 1/2 cup Hummus

Nutrition

Amount per serving	
Calories	462
Fat	22g
Carbs	54g
Fiber	12g
Sugar	5g
Protein	17g
Cholesterol	0mg
Sodium	581mg
Vitamin A	652IU
Vitamin C	11mg
Calcium	142mg
Iron	6mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Cook the quinoa according to the package directions.
- 3 Meanwhile, place the tomatoes on one side of the baking sheet and toss with the Herbamare herbed sea salt, and half of the oil. On the other side, toss the chickpeas with the remaining oil, salt, and pepper. Cook in the oven for 30 to 40 minutes, until the tomatoes burst and caramelize and the chickpeas are crispy. Let cool slightly.
- 4 To assemble, divide the quinoa and kale evenly between bowls. Top with hummus, cooked tomatoes, chickpeas, mint, and parsley. Sprinkle with everything bagel seasoning and enjoy!

Notes

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

Serving Size: One serving is approximately three cups.

More Flavor: Add a squeeze of lemon juice.

Additional Toppings: Sliced avocado, roasted red peppers, or pickled onions.