

Spiced Sweet Potato Stew



SERVINGS

8

TOTAL TIME

30 minutes

1. Sauté the onion in a large saucepan over medium-high heat for 5 minutes. Add water 1 to 2 tablespoons at a time to keep the onion from sticking.
2. Add the garlic, cumin, cinnamon, and orange zest. Sauté for 1 minute.
3. Add the sweet potatoes, black beans, vegetable stock and a pinch of salt. Bring to a boil, decrease heat, and simmer for 15 minutes, until the sweet potatoes are tender.
4. Add the tomatoes, kale, and more stock if needed, and cook for another 5 minutes. Season with additional salt and pepper to taste.
5. Serve garnished with chopped cilantro and jalapeño peppers, with lime wedges on the side. Enjoy stew, paired with the peeled orange (or other piece of fruit).

TIPS

The multiple spices in this dish add layers of warming favors & nutritional benefits. To make the most out of the ingredients, save the orange used for zesting and enjoy the fruit as side or at the end of your meal.

2 limes (quartered)

2 jalapeño pepper (seeded and finely chopped)

1 cup fresh cilantro (chopped)

128-oz can fire roasted tomato

3 cups low-sodium vegetable stock

215-oz cans canned black beans (drained and rinsed)

2 sweet potato (large, peeled and chopped)

1 orange (zested)

1 tsp ground cinnamon

2 tsps ground cumin

3 cloves garlic (minced)

1 onion (diced)

½ bunch kale (washed and chopped - about 2 cups)

Savory Breakfast Grits



- 1.** (For the grits) Add 4 cups water to medium saucepan. Whisk in garlic, nutritional yeast and pepper then bring to a full boil.
- 2.** When boiling, add the grits. Whisk thoroughly and bring back to a boil. Reduce heat to low, cover the pan with a tight fitting lid and cook according to package directions, whisking several times to prevent sticking on the bottom.
- 3.** (For the vegetables) While grits are cooking, measure the nutritional yeast, dried thyme and pepper into a small bowl and set aside.
- 4.** Heat skillet on stove. When hot, add 4 Tbsp. water (it should sizzle). Add onions & sprinkle with seasoning mixture. Stir to coat onions.
- 5.** Cook for 2-4 minutes, or until the onions are softened.
- 6.** Fold in tomatoes & spinach, adding an extra tablespoon or two of water if needed to prevent sticking. Cover the mixture for 1-2 mins or until the spinach is just wilted and tomatoes are softened. Remove from heat.
- 7.** To serve, spoon grits into bowl then top with ½ cup of veggie mixture. Sprinkle with 1 Tbsp. walnuts (if desired). Season with salt + pepper, or add a pinch of seasoning mixture for extra flavor!

SERVINGS

1

TOTAL TIME

20 minutes

GRITS

1 cup grits

¼ cup nutritional yeast

4 cloves garlic

⅛ tsp black pepper

VEGETABLES

**4 cups baby spinach leaves
(tightly packed)**

**1 & ½ cup cherry tomatoes (sliced
in half)**

**1 cup red onion (quartered and
thinly sliced)**

2 tbsps nutritional yeast

1 & ½ tsp dried thyme

¼ tsp black pepper

**4 tbsps walnuts
(optional)**

Creamy Berry Banana Smoothie



SERVINGS

1

TOTAL TIME

5 minutes

1. Blend all ingredients plus 6 oz water on high for 30 to 45 seconds (depending on your blender) or until the smoothie is creamy.

2. If you prefer a more chilled and thick smoothie, add some ice cubes before blending.

TIPS

To maximize your fullness, enjoyment and blood sugar control, sip slowly to make this smoothie last! Feeling adventurous? Here's how to make your own delicious smoothie meal:

- 1.** Start with liquid: 1-1.5 cups of water or unsweetened non-dairy milk. Less liquid for a thicker drink.
- 2.** Optional: 1 big handful of leafy greens for anti-inflammatory phytonutrients.
- 3.** For taste, texture & sustenance: seeds, nuts, nut butter, oats, avocado for protein, fiber and healthy fats.
- 4.** Frozen or fresh whole fruits: 1-2 cups for sweetness, fiber and antioxidants.
- 5.** Top it off with ice: 3-4 cubes will thicken and cool smoothie.
- 6.** Blend it up in a high-speed blender to create silky smooth texture.

½ cup unsweetened non-dairy milk (such as unsweetened almond milk or soy milk)

½ banana (peeled)

½ cup frozen blackberries

¼ bunch kale (stems removed)

¼ cup rolled oats

¼ tsp ground cinnamon

¼ cup walnuts (optional)

Green and Blue Smoothie



SERVINGS

2

TOTAL TIME

5 minutes

1. Blend all ingredients on high for 30 to 45 seconds (depending on your blender) or until the smoothie is creamy.

TIPS

Smoothies are no longer just for breakfast. They also make great emergency lunch and dinner meals when you're in a pinch or even just when you are craving something cool. Smoothie meals are an excellent way to load up on fruits and veggies. When made from whole foods (instead of juice-based or with added sugar), smoothies provide an antioxidant-packed meal that keeps you energized throughout the day! Make smoothies your new BFF:

1. Stock freezer with frozen fruit and greens at all times.
2. Freeze leftovers in ice cube tray or turn them into popsicles.
3. Pack single serving freezer bags with smoothie ingredients for quick meals.

2 cups spinach

½ banana (medium, peeled)

1 cup frozen blueberries (or other frozen berries of choice)

1 cup unsweetened non-dairy milk

2 tbsps flax meal

Roasted Marinated Veggies



SERVINGS

4

TOTAL TIME

85 minutes

1. Preheat oven to 375.
2. Place the cut vegetables and tofu into a 9x13 inch casserole pan.
3. Whisk together the marinade ingredients into a bowl.
4. Pour the marinade over the vegetables in the pan and toss thoroughly with your hands. Season with black pepper, if desired. Cover with tin foil and bake until potatoes are tender, about 40 minutes.
5. Uncover and bake for another 15 minutes, until slightly browned on top.

TIPS

Preparing batch ingredients and meals in advance saves you time and energy during the week—two things we could always use more of. So go ahead and set yourself up for a successful week by batch cooking a main ingredient or a planned-over meal this weekend. Roast extra veggies and pre-portion them into glass containers for the week. Remember that a little sesame oil goes a long way in adding a rich, nutty flavor to the dish!

VEGETABLES

1 onion (cut into wedges)

2 sweet potatoes (cut into 1- to 2-inch chunks)

2 carrots (peeled and cut into 1-inch chunks)

1 head cauliflower (cut into florets)

12 ozs mushrooms (sliced)

1 14-oz block extra-firm tofu (drained and cubed)

MARINADE

1 tsp toasted sesame oil

4 tbsps low-sodium soy sauce (equivalent to 1/4 cup)

2 tbsps rice vinegar (or other vinegar)

3 cloves garlic (minced)