



30-MINUTE MEALS
TO COOK THIS WEEK

1

Honey Ginger Tofu Broccoli Stir-Fry

Serves 2 // 20 minutes

Ingredients:

Stir-Fry:

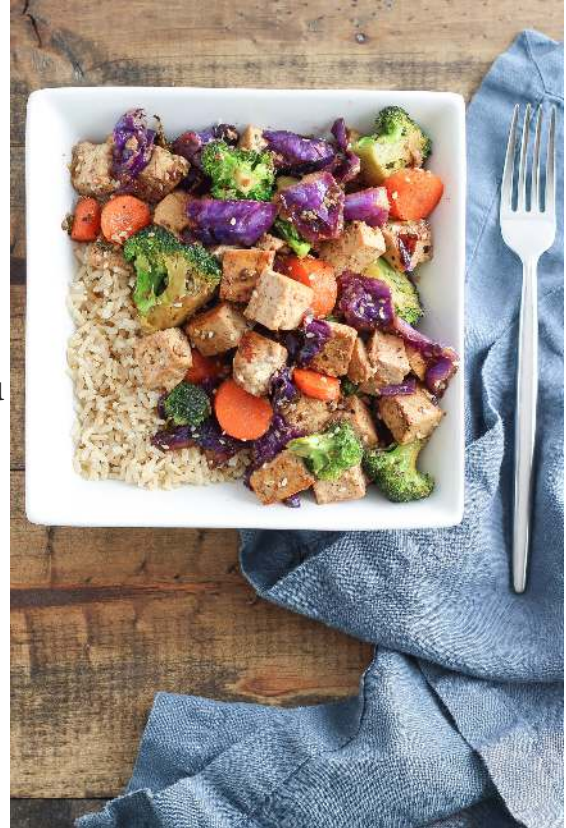
- ¼ cup vegetables broth
- 1 cup broccoli florets
- 1 carrot, diced
- 1 cup chopped purple cabbage
- 2 cloves minced garlic
- 1 teaspoon grated ginger
- 1 block (397 grams) chopped, extra-firm tofu

Sauce:

- 2 tablespoons sesame oil
- 1 tablespoon soy sauce or tamari
- 1 tablespoon rice vinegar
- 1 tablespoon honey (or maple syrup)
- 1 tablespoon sesame seeds

For serving:

- 1 ½ cups cooked brown rice
- Hot sauce to taste (optional)



Instructions:

- Heat broth in a large wok over medium-high heat. Add broccoli, carrot, cabbage, garlic, and ginger, and cook until tender, about 5 minutes.
- In the meantime, prepare the sauce: Whisk together sesame oil, tamari, rice vinegar, and honey.
- Pour sauce over the vegetables in the wok. Add chopped tofu and cook 7-10 minutes, stirring throughout. (Add additional broth to the wok if needed to prevent sticking.)
- Serve with cooked brown rice. Enjoy!

2 Cauliflower Coconut Curry

Serves 2 // 25 minutes

Ingredients:

¼ cup vegetable broth
3 cups cauliflower florets
1 block (397 grams) chopped, extra-firm tofu
1 cup cooked chickpeas
1-13.5 ounce can coconut milk
2 tablespoons tomato paste
1 tablespoon curry powder
Salt and pepper to taste
2 chopped green onions
¼ cup chopped cilantro
1.5 cups cooked brown rice



Instructions:

- Heat broth in a deep, lidded skillet or wok. Add cauliflower and cook until tender, about 5-7 minutes.
- Add tofu, chickpeas, coconut milk, tomato paste, curry powder, and salt and pepper to taste. Simmer 10-15 minutes, remove from heat, and top with green onions and cilantro.
- Serve with cooked brown rice. Enjoy!

Black Bean Tacos with Tropical Salsa

Serves 2 // 25 minutes

Ingredients:

Beans:

2 teaspoons grapeseed oil
¼ cup diced red onion
1 cup cooked black beans
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon soy sauce
2 cloves pressed garlic

Tropical Fruit Salsa:

⅓ cup diced pineapple
⅓ cup diced mango
¼ cup diced red bell pepper
¼ cup diced tomato
½ lime zest and juice
1 minced jalapeño pepper
¼ cup chopped fresh cilantro
Salt to taste

For serving:

6-12 small, street-taco tortillas
1 cup packaged broccoli slaw



Instructions:

- Heat oil in a small saucepan. Add onion, beans, cumin, chili powder, soy sauce, and garlic and cook over medium heat until hot, about 6-8 minutes.
- Combine diced pineapple, mango, bell pepper, tomato, lime, jalapeño, cilantro, and salt in a medium-sized mixing bowl and set aside.
- Warm tortillas if desired and then lay flat for taco assembly. (Use two tortillas per taco if desired.) Top each tortilla with ⅓ broccoli slaw, ⅓ black beans, and ⅓ fruit salsa. Enjoy!

Spaghetti Squash Lasagna Boats

Serves 2-4 // 30 minutes

Ingredients:

Lasagna:

1 spaghetti squash, halved and seeded
1 cup canned diced tomatoes

Walnut filling:

2 cups walnuts
1 cup canned diced tomatoes
1 teaspoon crushed rosemary
1 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon dried basil
Salt and pepper to taste

Cashew cheese:

1/2 cup soaked cashews
3 cloves minced garlic
3-4 tablespoons water
1 tablespoon lemon juice
Salt and pepper to taste

Optional toppings:

Crushed red pepper to taste
Chopped fresh parsley to taste



Instructions:

- Preheat the broiler and prepare a pot for steaming. Steam squash halves in a steamer basket over medium-high heat until the squash is tender and easily pulls away from the skin when shredded with a fork.
- In the meantime, prepare the walnut filling. Add walnuts, diced tomato, rosemary, thyme, oregano, basil, and salt and pepper to a food processor or high-speed blender. Pulse the mixture 4-5 times to mix. Set aside.
- Prepare the cashew cheese: Drain cashews and transfer to a blender. Add water, lemon juice, and salt and pepper. Blend on high until smooth, about 2-3 minutes.
- Assemble the lasagna: Place steamed squash halves in a greased baking dish (cut-side facing up). Divide walnut filling between squash halves, and top with diced tomatoes and cashew cheese. Transfer baking dish to the oven and broil until top is golden brown, about 5-7 minutes. Allow to cool slightly before serving. Enjoy!

5 Easy Baked Avocado Tempeh Tostadas

Serves 2-3 // 25 minutes

Ingredients:

6 small/medium tortillas of choice
2 tablespoons canola oil
Salt to taste
1 8 ounce block crumbled tempeh
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon garlic powder
1 teaspoon dry minced onion
2 peeled and pitted avocados
½ lime zest and juice

Optional toppings: diced red onion
sliced purple cabbage, sliced jalapeño, fresh cilantro leaves



Instructions:

- Preheat oven to 400°F and line a baking sheet with foil. Spread tortillas flat on baking sheet. (Tortillas shouldn't touch each other while baking. Cook in batches or use a second sheet if needed.) Brush both sides of each tortilla with oil, sprinkle with salt, and place baking sheet in the oven. Bake 8-12 minutes or until edges are golden brown, pausing after 4-5 minutes to flip the tortillas and rotate the baking sheet.
- In the meantime, prepare the tempeh. Combine crumbled tempeh and spices in a mixing bowl and set aside. In a separate bowl, mash together the avocado and lime and set aside.
- Remove baked tortillas from the oven and allow them to cool and crisp for a 2-3 minutes before spreading one side of each tortilla with mashed avocado and topping with crumbled tempeh. Place baking sheet back into the oven and bake until warm, 3-5 additional minutes. Remove from the oven and serve. Enjoy!

Green Udon Noodle Salad

Serves 3-4 // 15 minutes

Ingredients:

2 bundles dried udon noodles
2 tablespoons toasted sesame oil
2 cups asparagus, thinly sliced on a bias
1 cup frozen shelled edamame
1/4 cup chopped green onions
1 tablespoon sesame seeds
1 tablespoon rice wine vinegar
1 teaspoon maple syrup or honey
1 teaspoon soy sauce or tamari
1/2 teaspoon fresh grated ginger
1 cup packed baby spinach, chopped
Optional toppings: black pepper crushed
red pepper, crumbled seaweed snacks



Instructions:

- Add noodles to boiling water and simmer 5 minutes or until cooked. Drain and rinse noodles with cold water and set aside.
- While noodles are cooking, heat oil in a wok or large skillet. Once hot, add asparagus and cook 3-4 minutes. Add edamame, green onions, vinegar, maple syrup/honey, soy sauce/tamari, and ginger and cook until edamame is warmed through, 3-4 additional minutes.
- Add baby spinach and toss with noodles until mixed and noodles are coated in sauce. Remove from heat and top with black pepper, crushed red pepper, and/or crumbled seaweed snacks as desired.
- Serve hot or allow to cool to room temperature. Noodles can also be chilled and served as a salad. If noodles are sticking together, mix with 1-2 additional teaspoons oil as needed. Enjoy within one week.

7 Make-Ahead Chickpea Grain Salad

Serves 2-3 // 25 minutes

Ingredients:

Salad:

- 2 cup cooked wheat berries (or another grain)
- 1 15-ounce can chickpeas, drained and rinsed
- 1/4 cup chopped dried apricots
- 1/4 cup cashew halves
- 1 cup chopped baby spinach
- 2 tablespoons chopped fresh cilantro (optional)

Dressing:

- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne pepper (optional)
- salt and pepper to taste



Instructions:

- Cook wheat berries according to package instructions. Add cooked grain to large mixing bowl with chickpeas, apricots, cashews, spinach, and cilantro. Set aside.
- In a separate small bowl, whisk together dressing ingredients. Toss dressing with salad in large bowl until mixed.
- Enjoy immediately or transfer salad to jars, store in the fridge, and eat within one week.