



my 10 favorite 30 minute dinner recipes

Welcome!



A few years ago I was the type of person who would plan elaborate meals and spend hours in the kitchen making dinner. These days I have a husband who works late, a four year old who likes to be entertained and a 1 1/2 year old who loves to be held.

Sometimes 30 minutes is even too long to be in the kitchen! :) For those reasons I have really embraced the concept of a 30 minute dinner and rarely cook a dinner that takes longer than that. Today I'm going to share with you my **TOP 10 FAVORITE 30 MINUTE DINNERS** to get you really excited about easy vegetarian cooking!

If you love 30 minute dinner recipes, make sure you sign up for my [30 MINUTE DINNER CHALLENGE](#) that I host a few times a year!



Sun-Dried Tomato Pesto Pasta

This Sun-Dried Tomato Pesto Pasta is so delicious and flavorful that no one will believe it only took you about 20 minutes to make!



Prep Cook Ready in

10 min

10 min

20 min

Ingredients

- 1 lb pasta, rigatoni or your favorite kind
- 2 cups packed baby spinach leaves
- 1 cup packed fresh basil leaves
- 1 (8 oz) jar sun-dried tomatoes (You will use the entire jar, tomatoes and oil)
- 1/4 cup pinenuts
- 3 tablespoons nutritional yeast
- 2 cloves garlic, roughly chopped
- Juice of 1/2 small lemon
- 1 teaspoon light yellow miso paste (optional)
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Optional toppings: cherry tomatoes, fresh basil, pine nuts

Directions

1. Bring a large pot of water to a boil and cook pasta according to package directions. Reserve about a cup of the pasta liquid and then drain pasta and add back into the pot.
2. While pasta is cooking, add all remaining ingredients (use the entire jar of sun-dried tomatoes, including the oil) to a food processor and blend until a thick sauce is formed.
3. Add the pesto to the pasta, mix together and slowly add the hot pasta water to thin it out a little bit. I prefer to thin the sauce with pasta water rather than adding extra olive oil in.
4. Top with fresh basil, tomatoes, pine nuts and serve immediately. Salt and pepper to taste

NOTES: If you can't find a jar of sun-dried tomatoes or have to use the dry ones, you will need to add 1/4-1/3 cup of olive oil to the pesto to help turn it into a sauce.

Blackened Zucchini Tacos

These Blackened Zucchini Tacos are so flavorful and perfect for a plant based taco night!



Prep **Cook** **Ready in**

10 min

25 min

35 min

Ingredients

- 2-3 medium sized zucchini
- 1 1/2 tablespoons olive oil
- 1/2 teaspoon salt 1/2 teaspoon paprika
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon cumin
- 1/4 teaspoon black pepper
- 1/3 teaspoon herbs de Provence, or dried Italian herbs
- Corn
- tortillas and desired toppings: black beans, avocado, tomato, onion, cilantro, hot sauce, jalapeño, lettuce, cheese, etc...

Directions

1. Pre-heat oven to 425 degrees F. Cut the zucchini into medium sized pieces and place on a large baking sheet. Toss with olive oil and all the spices until zucchini is well coated. Roast zucchini until browned and soft, 20-25 minutes, stirring once.

2. Heat tortillas, if desired, add in a heaping spoonful of the blackened zucchini and then add on your favorite toppings. Enjoy!

Guacamole Tostadas with Black Bean Tortillas

These Guacamole Tostadas are made with delicious black bean tortillas and are perfect for lunch or dinner!



Prep Cook Ready in

15 min

10 min

25 min

Ingredients

- 1 cup self rising flour
- 1 cup refried black beans, or pinto
- 2-3 tablespoons water
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon saltOlive oil
- Guacamole, homemade or store-bought
- Optional toppings: cheese, pickled onions, jalapeños, lettuce, tomato, cilantro, salsa, hot sauce

Directions

1. Add the flour and spices to a medium sized bowl and mix. Next, add the refried beans and 2-3 tablespoons water. The amount of water will depend on how watery or dry your beans are. Use a fork to start mixing the beans into the flour and then use your hands to knead the dough and form it into a ball.
 2. Heat a pan over medium heat and add a few teaspoons of olive oil. Pinch off a little bit of the dough and form it into a ball. Place the ball between two pieces of parchment paper and press down with a large glass until you get a circle that is about 1/4 inch thick.
 3. Place the tortilla into the hot pan and cook a few minutes each side, until browned. Remove from the skillet and let cool for a few minutes.
 4. Top with a big spoonful of guacamole, spread over the tortilla and then top with your favorite toppings. Enjoy!
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Easy Sesame Noodles

These Easy Sesame Noodles are so flavorful and only take about 15 minutes to make!



Prep 5 min **Cook** 10 min **Ready in** 15 min

Ingredients

- 8 ounces spaghetti, or long noodle of choice
- 2 tablespoons toasted sesame oil
- 1 tablespoon soy sauce
- 1 1/2 teaspoons pure maple syrup
- 1 1/2 teaspoons rice wine vinegar
- 1/2 teaspoon freshly grated garlic
- 1/2 teaspoon freshly grated ginger
- Sriracha, to taste (optional)
- 1-2 tablespoons toasted sesame seeds
- Thinly sliced green onion, 2-3

Directions

1. Bring a large pot of water to a boil, add pasta and cook according to package directions.
 2. Add sesame oil, soy sauce, maple syrup, vinegar, garlic, ginger and sriracha to a small bowl and whisk until combined.
 3. Drain pasta and add back to the pot. Pour sauce over pasta and cook for 1-2 minutes over low heat. Add in sesame seeds and green onion and serve.
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Easy Rice and Bean Quesadillas

These Rice and Bean Quesadillas are so easy to make and use mostly pantry ingredients!



Prep 10 min **Cook** 10 min **Ready in** 20 min

Ingredients

- 1 teaspoon olive oil
- 1 cup cooked rice, I used basmati rice
- 1 (15 oz) can black beans, drained and rinsed
- 1 teaspoon cumin
- 1 teaspoon paprika
- 3/4 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 4-6 tortillas
- Shredded cheese, I used sharp cheddar

Directions

1. Heat a large pan over medium heat and add olive oil, rice, beans and spices. Cook until heated through, about 3 minutes.

2. Lay your tortilla on a cutting board and sprinkle one half with a small handful of cheese 1/4 - 1/3 cup and then top with an equal amount of rice and bean mixture. Fold tortilla over and place in a lightly greased pan. Cook quesadilla until cheese is melted and each side of the tortilla is golden brown, flipping once.

3. Let quesadillas cool for a few minutes before slicing.

Easy Coconut Curry with Tofu

This Curry is a healthy and delicious vegan dinner! It comes together in just 30 minutes and is made entirely in one pan!



Prep 10 min **Cook** 20 min **Ready in** 30 min

Ingredients

- 1 cup basmati rice, or grain of choice (if using brown rice it will take longer than 30 minutes)
- 1 teaspoon coconut oil
- 1 (14 oz) package extra firm tofu
- 1-2 teaspoons Tamara or soy sauce or about 1/4 teaspoon salt
- 1 small red pepper, diced
- 1 1/2 cups small broccoli florets
- 1 cup small diced carrot 1 clove garlic, minced or grated
- 1 can unsweetened coconut milk, I used full fat
- 2 teaspoons curry powder
- 1 1/2 teaspoons garam masala
- 3/4 teaspoon salt
- Optional toppings: roasted cashews, cilantro, lime wedges, green onion

Directions

1. Cook rice according to package directions. Once finished cooking remove from heat and keep lid on until ready to eat. Fluff with a fork before serving.
 2. Pat tofu dry (you can press it if you like but that will take longer than 30 minutes) and cut into bite size pieces. Heat a large pan over medium heat and add coconut oil, tofu and tamari or salt. Stir, cover with a lid and let cook until browned, 5-7 minutes, stirring occasionally.
 3. Add the garlic and all the vegetables and cook another 3 minutes. Next, add the coconut milk, curry powder, garam masala and salt. Stir everything together well, cover with a lid and let cook until vegetables are tender, about 5 minutes.
 4. Divide rice into 4 equal portions and top with equal amounts of coconut curry. Add any desired toppings you like and enjoy!
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BBQ Black Bean Tacos

These 20 Minute BBQ Black Bean Tacos are SO easy to make and so delicious! They're perfect for a family weeknight dinner!



Prep Cook Ready in

5 min

15 min

20 min

Ingredients

- 1 teaspoon olive oil
- 1/2 small onion, diced
- 2 small cloves garlic, minced
- 1 cup tomato sauce
- 1 tablespoon ketchup
- 1 tablespoon pure maple syrup
- 2 teaspoons apple cider vinegar
- 1 teaspoon tamari
- 3/4 teaspoon smoked paprika
- 1/2 teaspoon mustard powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 3 (15 ounce) cans black beans drained and rinsed, or about 4 1/2 cups
- Corn or flour tortillas
- Optional toppings: avocado, cabbage, carrot, cilantro, hot sauce

Directions

1. Heat a large pan over medium heat and add olive oil and onion. Cook until softened, 2-3 minutes and then add garlic and cook for another 1-2 minutes.
2. Next, add in all the remaining ingredients, except for the black beans. Mix sauce together and cook for a minute or two. Add in the black beans, stir until they're all coated and cook together for about 10 minutes, until heated through and flavors have developed.
3. For each taco, use about 1/3 cup black beans and top with desired toppings.

Sesame Ginger Noodles with Vegetables

A quick and easy Asian inspired dinner packed with veggies!



Prep 15 min **Cook** 15 min **Ready in** 30 min

Ingredients

- 1 (8 oz) package rice noodles
 - 1 teaspoon toasted sesame oil
 - 1 medium red pepper, thinly sliced
 - 2 medium carrots, grated (1-2 cups)
 - 1 medium handful snow peas
 - 1 1/2 cups thinly sliced purple cabbage
 - 1 (15 oz) can chickpeas, drained and rinsed
 - Cilantro and toasted sesame seeds for garnish, if desired
- Stir Fry Sauce
- 1/3 cup water
 - 1/3 cup tamari, I like low sodium
 - 1/4 cup pure maple syrup
 - 1/4 cup toasted sesame oil
 - 1 clove garlic, finely grated
 - 1 1/2 teaspoons finely grated ginger
 - 1 1/2 teaspoons corn starch
 - 1 teaspoon toasted sesame seeds

Directions

1. Fill a large pot with water and bring to a boil. Add rice noodles and boil until cooked through, 6-8 minutes.
2. While water is coming to a boil, heat a large skillet over medium heat and add sesame oil and veggies. Cook veggies until starting to soften, about 5 minutes.
3. While veggies are cooking, make the sauce by adding all ingredients to a small bowl and whisking until combined.
4. Drain the rice noodles and add them to the pan along with the sauce and chickpeas. Stir to make sure everything is mixed together and then cook over medium heat until sauce has thickened, about 5 minutes.
5. Garnish with cilantro leaves and toasted sesame seeds just before serving, if desired.

NOTES: You can use as many vegetables as you want in this dish. I usually just throw a bunch in without measuring too accurately. Also, feel free to use different veggies if you have some that you prefer.

Instead of chickpeas you could also use tofu or tempeh.

Crispy Baked Black Bean & Sweet Potato Tacos

These crispy tacos are baked in the oven and stuffed with refried beans, sweet potato and cheese for an easy and delicious dinner!



Prep 20 min **Cook** 10 min **Ready in** 30 min

Ingredients

- 1 cup refried black beans
 - 1 cup sweet potato puree, homemade or canned
 - 1 cup grated cheese
 - 8 corn tortillas
 - Olive oil
- Optional Avocado Salsa
- 1 large avocado, diced
 - 1 tomato, small diced
 - 1/4 cup chopped red onion
 - 1 clove garlic, minced
 - 1 tablespoon chopped cilantro
 - Juice of 1 lime
 - Salt, to taste

Directions

1. Pre-heat oven to 450 F. Line a large baking sheet with parchment paper and brush with a small amount of olive oil. If corn tortillas aren't very pliable you may need to warm on the stove or microwave for about 5 seconds each before assembling tacos.
2. Spread about 1 tablespoon of refried beans on half of the tortilla and top with 1 tablespoon sweet potato and a sprinkling of cheese. Fold tortilla over and repeat with remaining ingredients. Brush the top of each taco with a small amount of olive oil and bake for about 10 minutes, flipping once.
3. Make the avocado salsa while tacos are baking. Add all ingredients to a medium sized bowl and mix until combined.
4. Let tacos cool for a few minutes before eating and top with avocado salsa, if desired. Recipe serves 2-3 people but can easily be adapted to make more.

NOTES: I make my sweet potato puree by peeling and dicing a medium sized sweet potato and steaming until fork tender, 15-20 mins. I tend to mash the cooked sweet potato with a fork.

If you want to freeze these, freeze separately on a cookie sheet before baking and then combine into a freezer friendly container. Or, wrap each in plastic wrap and store in a freezer friendly container. Can be frozen for up to 3 months. To bake from frozen: heat oven to 400 degrees F and bake 15-20 minutes, flipping once.

Fajita Gnocchi Skillet with Avocado Salsa

The gnocchi makes this vegetarian fajita skillet filling and gives it nice texture. I add avocado salsa to make this one of the best 30-minute recipes!



Prep 10 min **Cook** 20 min **Ready in** 30 min

Ingredients

- 1 large package gnocchi (I used 2 (12 oz) packages gluten free gnocchi)
 - 1 large red pepper, thinly sliced
 - 1 large green pepper, thinly sliced
 - 1 yellow onion, thinly sliced
 - 1 (15 ounce) can black beans, drained and rinsed
 - Olive oil
 - 2 teaspoons ground cumin
 - 2 teaspoons paprika
 - 1 teaspoon granulated garlic
 - 1 teaspoon salt
 - 1/4 teaspoon black pepper
- Avocado Salsa
- 2 large avocados
 - 1 medium tomato, diced
 - 2 tablespoons chopped onion
 - 2 tablespoons chopped cilantro
 - 1 clove garlic, minced
 - Juice of 1 lime
 - Salt, to taste

Directions

1. Heat a large skillet over medium heat and coat the bottom with olive oil. Add the gnocchi and cook until browned, about 5 minutes.
2. Remove the gnocchi from the pan, add about 2 teaspoons olive oil, peppers, onions and a pinch of salt. Cook the fajita mixture until peppers are tender, about 10 minutes.
3. Add the gnocchi back into the pan along with the black beans, salt, pepper and all the spices. Stir until everything is combined and heated through.
4. Make the avocado salsa while the gnocchi is cooking. Dice the avocados and add them to a large bowl along with all of the other ingredients. Mix until combined and store in the refrigerator until needed.
5. Serve dish immediately and top with a big spoonful of avocado sals

Meal Planner

Dates

BREAKFAST

MONDAY
LUNCH

DINNER

BREAKFAST

TUESDAY
LUNCH

DINNER

BREAKFAST

WEDNESDAY
LUNCH

DINNER

BREAKFAST

THURSDAY
LUNCH

DINNER

BREAKFAST

FRIDAY
LUNCH

DINNER

BREAKFAST

SATURDAY
LUNCH

DINNER

BREAKFAST

SUNDAY
LUNCH

DINNER