

Ingredient List

BEAN & RICE TACO BAKE

- 3 cups cooked rice)
- 2 (15 oz) cans black beanS
- 1 1/2 cups corn kernels
- 1 (15 oz) can tomatoes
- 1 (8 oz) block cheese, shredded
- 2 teaspoons granulated garlic
- 1 1/2 teaspoons onion powder
- 1 teaspoon paprika
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- 2 – 2 1/2 cups taco sauce

PEANUT BUTTER TOFU

- 1 package super firm or extra firm tofu
- 1 tablespoon tamari
- 1 tablespoon toasted sesame oil
- 1 1/2 tablespoons cornstarch
- Rice for serving, optional
- Cooked veggies for serving, optional
- Green onion and chopped peanuts for garnish
- 1/2 cup creamy peanut butter
- 2 cloves garlic, grated
- 1 teaspoon grated ginger
- 1 1/2 teaspoons chili sauce, such as sambal oekel
- 1 tablespoon tamari
- Juice of 1 lime
- 1 teaspoon toasted sesame oil
- 1 teaspoon pure maple syrup
- 1 teaspoon rice wine vinegar

SUN-DRIED TOMATO PESTO PASTA

- 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
- 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

GREEK CHICKPEA PITAS

- 2 tablespoons olive oil
- 3 teaspoons red wine vinegar
- 1 teaspoon dijon mustard
- 2 (15 oz) cans chickpeas, drained and rinsed (or 3 cups)
- 1/3 cup sliced kalamata olives
- 1/2 cup diced tomato, I used cherry tomatoes
- 1/2 cup diced cucumber
- 1/4 cup diced red onion
- 1 tablespoon chopped parsley
- Salt and pepper, to taste
- 4 pieces of pita bread, cut in half
- Lettuce leaves, if desired
- pitas

TACO PIZZA BAGELS

- 4 plain bagels, cut in half
- 1/2 cup taco sauce, or salsa
- 1/2 cup black beans
- 1/2 cup shredded cheese, vegan cheese if necessary
- Optional toppings: black olives, lettuce, tomato, onion, cilantro, avocado, tortilla chips, jalapeños