

Ingredient List

TERIYAKI STIR FRY

- 2 teaspoons olive oil
- 6 cups broccoli florets
- 1/4 teaspoon salt
- 1/3 cup water
- 1 (15 oz) can chickpeas, drained and rinsed
- White rice or cauliflower rice for serving
- **Teriyaki Sauce:**
- 1/3 cup water
- 1/3 cup tamari, I like to use 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 arrowroot starch
- 1 teaspoon toasted sesame seeds

LEMON GARLIC PASTA

- 16 ounces pasta, your favorite kind
- 1/4 cup olive oil
- 3 tablespoons nutritional yeast
- 2 cloves garlic minced
- Zest and juice of 1 lemon
- 2-3 cups diced kale leaves

POLENTA ENCHILADA BAKE

- 3 tsp olive oil, divided
- 1 green bell pepper
- 1 red bell pepper
- 1/2 medium sized onion
- 1 (15 oz) can black beans
- 1 tsp granulated garlic
- 1 tsp paprika
- 1 tsp cumin
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 (18 oz) tube polenta
- 1 (15 oz) can enchilada sauce
- 3/4 cup shredded cheese

SUN-DRIED TOMATO QUESADILLAS

- 1 heaping cup broccoli florets
- 1 cup sun-dried tomatoes
- 2 cloves garlic, roughly chopped
- 1 cup white beans
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 cup shredded cheese
- 4 large tortillas

BBQ CHICKPEA PIZZA

- 3 teaspoons olive oil
- 1 (15 oz) can chickpeas
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1 large pizza crust
 - or 4 personal sized crusts
- 3/4 cup BBQ sauce
- 1 cup vegan shredded cheese
- 1/3 cup thinly sliced red onion
- Fresh cilantro for garnish, if desired