

Ingredient List

GARLIC PARMESAN PASTA

- 1 lb (16 oz) dried pasta
- 4–6 cup small chopped broccoli
- 1/2 cup grated parmesan cheese
- 1/4 cup olive oil
- 2–3 cloves garlic
- 1 tablespoon soy sauce
- 1/2 teaspoon dried oregano

RED BEANS & CAULI RICE

- 1/3 cup chopped white onion
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1 large head of cauliflower
- 3 (15 ounce) cans red beans
- 2 teaspoons ground cumin
- 1 teaspoons paprika
- 1 teaspoons granulated garlic
- 1 teaspoons chili powder
- 1 teaspoons Italian seasoning

ORANGE GINGER ZUCCHINI

- 2 large zucchinis
- 1 (15 oz) can chickpeas
- 1 cup rice, uncooked
- Olive oil
- Salt
- Sesame seeds for garnish
- Chopped green onion for garnish
- Orange Ginger Sauce:
 - 1/2 cup orange juice
 - 1/4 cup water
 - 2 tablespoons tamari, or soy sauce
 - 1 tablespoon toasted sesame oil
 - 1 clove garlic, grated finely
 - 1/2 teaspoon fresh ginger
 - 1 1/2 teaspoons corn starch

CHOPPED SALAD PITAS

- 1 small head romaine lettuce
- 1 (15 ounce) can chickpeas
- 1 small cucumber, diced
- 1 small red pepper, diced
- 1/2 small red onion, diced
- 3/4 cup chopped kalamata olives
- 3/4 cup feta crumbles
- 2 tablespoons chopped fresh dill
- Pita bread, for serving
- 1/4 cup olive oil
- 2 tablespoons red wine vinegar
- 1/2 teaspoon dried Italian seasoning

CHICKN PARMESAN SLIDERS

- 4 vegetarian chicken patties
- 12 oz package rolls
- 1 (8oz) package sliced mozzarella cheese
- 1 cup marinara sauce
- 3 tablespoons butter
- 1/4 teaspoon granulated garlic
- 1/4 teaspoon dried oregano
- Pinch red pepper flakes