



Five Recipes to a Healthier You

MELISSA WEATHERALL



Sweet Potato Black Bean Quinoa Bake

6 SERVINGS 55 MINUTES



INGREDIENTS

- 3 Sweet Potato (small, peeled and chopped)
- 2 cups Black Beans (cooked, from the can)
- 1 cup Quinoa (dry, uncooked)
- 1 Red Bell Pepper (chopped)
- 3 stalks Green Onion (chopped)
- 1 tbsp Chili Powder
- 1 tbsp Cumin (ground)
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 2 cups Organic Vegetable Broth
- 1 Lime (juiced)
- 1 Avocado (diced)

DIRECTIONS

- 01 Preheat oven to 375°F (190°C).
- 02 In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
- 03 Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 04 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

NOTES

BAKING DISH

Use a 9x13-inch dish for six servings.

NO GREEN ONION

Use a white or red onion instead.

NO RED BELL PEPPER

Use a green or yellow bell pepper instead.

LEFTOVERS

Keeps well in the fridge for up to four days.

MORE FLAVOR

Top with chopped cilantro, shredded cheese, salsa and/or sour cream.

Penne with Bursted Cherry Tomato Sauce

2 SERVINGS 30 MINUTES



INGREDIENTS

113 grams Chickpea Pasta (dry)
1/4 cup Extra Virgin Olive Oil
3 cups Cherry Tomatoes
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Basil Leaves (chopped)
1 tbsp Nutritional Yeast

DIRECTIONS

- 01 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 02 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 03 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

NOTES

NO CHICKPEA PASTA

Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

NO NUTRITIONAL YEAST

Use parmesan or omit completely.

Unstuffed Cabbage Rolls

4 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
3/4 cup Water
1 tbsp Coconut Oil
454 grams Extra Lean Ground Beef
1 Yellow Onion (small, finely diced)
8 cups Green Cabbage (finely sliced)
3 cups Diced Tomatoes
1/2 tsp Sea Salt
1/2 tsp Black Pepper

DIRECTIONS

- 01 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 02 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 03 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 04 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 05 Divide into bowls and enjoy!

NOTES

NO BEEF

Any type of ground meat will work.

VEGETARIAN & VEGAN

Use lentils instead of ground meat.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

Roasted Veggie and Quinoa Bowl

3 SERVINGS 40 MINUTES



INGREDIENTS

- 2 cups Broccoli (chopped into florets)
- 2 Sweet Potato (medium, cut into 1/2-inch cubes)
- 1 cup Chickpeas (cooked)
- 1/4 cup Lemon Juice (divided)
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 2/3 cup Quinoa (uncooked)
- 1 1/2 cups Organic Vegetable Broth
- 2 tbsps Tahini
- 2 tbsps Water (warm)
- 1 1/2 tbsps Maple Syrup
- 1 tbsp Pumpkin Seeds (optional)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
- 03 While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
- 04 While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
- 05 To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

NOTES

LEFTOVERS

Store in the fridge for up to four days.

NO QUINOA

Use rice or cauliflower rice instead.

NO BROTH

Use water instead.

COOKED CHICKPEAS

Use cooked chickpeas from the can to save time.

Pressure Cooker Cashew Chicken

2 SERVINGS 25 MINUTES



INGREDIENTS

- 2 tsp Avocado Oil (divided)
- 2 tbsps Coconut Aminos
- 1 tbsp Sugar Free Ketchup
- 1 tbsp Rice Vinegar
- 1 1/2 tbsps Orange Juice
- 1 Garlic (clove, minced)
- 227 grams Chicken Breast (skinless, boneless, cubed)
- 2 tsp Arrowroot Powder (divided)
- 2 tsp Water
- 1/2 cup Cashews
- 1 stalk Green Onion (optional, sliced)

DIRECTIONS

- 01 In a small bowl, add half the avocado oil, coconut aminos, ketchup, rice vinegar, orange juice and garlic. Whisk to combine.
- 02 Toss the cubed chicken breast with half the arrowroot powder. Turn on the pressure cooker to sauté mode. Add the remaining avocado oil and the chicken then sear for 1 to 2 minutes. Press cancel and then pour the sauce on top. Set to “sealing” then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished, manually release the pressure.
- 03 While the chicken is cooking, whisk the remaining arrowroot powder and water in a small bowl. Remove the lid carefully on the pressure cooker and whisk to combine the arrowroot/water mixture. Add the cashews and stir.
- 04 Divide onto plates and garnish with green onion (optional). Enjoy!

NOTES

SERVE IT WITH

A side of rice, couscous, quinoa or cauliflower rice.

LIKES IT SPICY

Garnish with red pepper flakes.

LEFTOVERS

Keeps well in the fridge for up to three days.