



RAVIOLI & VEGETABLE SOUP

You'll Need:

- 1 tbsp olive oil
- 2 cups frozen bell pepper and onion mix
- 2 cloves minced garlic
- 1/4 tsp crushed red pepper
- 1 28 oz can crushed tomatoes
- 1 15 oz. can chicken broth
- 1 1/2 cups hot water
- 1 tsp dried basil
- 1 6 to 9 oz. package of ravioli
- 2 cups diced zucchini
- Salt and pepper to taste

Directions:

1. Heat oil in a large saucepan or Dutch oven over medium heat. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute.
2. Add tomatoes, broth, water and basil, bring to a rolling boil over high heat.
3. Add ravioli and cook for 3 minutes less than the package directions.
4. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

HUEVOS RANCHEROS TACOS

You'll Need:

- 2 medium red bell peppers, thinly sliced
- 2 tsp olive oil
- Salt
- 12 small corn tortillas
- 1 15 oz can black beans, drained and rinsed
- 1 tbsp butter
- 8 large eggs
- Salsa

Directions:

1. Arrange a rack in the middle of the oven and heat to 450°F. Place the bell peppers on a rimmed baking sheet, drizzle with the oil, season with salt, and toss to combine. Spread into an even layer. Roast until softened, about 15 minutes.
2. Warm the black beans and tortillas in the microwave for 1 minute.
3. Melt the butter in a large nonstick skillet over medium heat. Meanwhile, place the eggs in a medium bowl, season with salt, and whisk to combine. Pour into the skillet and cook until the eggs are scrambled.
4. Serve the warm tortillas with the beans, peppers, and eggs. Top with salsa.



LENTIL SOUP

You'll Need:

- 1 onion, chopped
- 1/4 cup olive oil
- 2 carrots, diced
- 2 stalks celery, diced
- 2 cloves garlic, minced
- 1 tsp oregano
- 1 bay leaf
- 1 tsp basil
- 1 15 oz can crushed tomatoes
- 2 cups dry lentils
- 8 cups water
- 1/2 cup spinach
- 2 tbsp vinegar
- salt and pepper to taste

Directions:

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.
2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper, and more vinegar if desired.

SPICY TUNA SALAD WRAPS

You'll Need:

- 2 cans tuna
- 1/3 cup mayonnaise
- 2 1/2 tsp sriracha
- 1 lime (1/2 tsp lime zest and 2 1/2 tbsp lime juice)
- 1 tsp white sugar
- 1 cup matchstick carrots
- 1-2 large avocados
- 1 cucumber
- 1 red bell pepper
- 1 bunch cilantro
- 4 whole-wheat tortillas

Directions:

1. In a bowl, combine the mayo, sriracha, lime zest, lime juice, and white sugar. Add in a pinch of salt and pepper to taste and whisk until smooth.
2. Add in drained tuna and gently stir until combined.
3. Prepare the vegetables: thinly slice the avocados, cut the cucumber into matchsticks, thinly slice the red pepper, and coarsely chop a large handful of cilantro.
4. Divide the tuna mixture evenly among the tortillas.
5. Top the tuna with even amounts of sliced avocado, matchstick carrots, cucumber, red pepper, and cilantro. Roll up tightly and enjoy immediately.





EGG SALAD LETTUCE WRAPS

You'll Need:

- 1/4 cup plain nonfat Greek yogurt
- 1 tbsp mayo
- 1/2 tsp dijon mustard
- Salt and pepper to taste
- 3 hard boiled eggs
- 2 stalks celery, minced
- 2 tbsp minced red onion
- 2-3 large iceberg lettuce leaves
- 1 tbsp basil
- 2 carrots, peeled and cut into sticks

Directions:

1. Whisk yogurt, mayonnaise, mustard, salt and pepper in a medium bowl. Discard one egg yolk. Chop the remaining eggs and transfer to the bowl. Add celery and onion and stir to combine. Cut lettuce leaves in half and double-layer them to make 2 lettuce wraps. Divide the egg salad among the wraps and top with basil. Serve with carrot sticks on the side.

VEGAN BUDDHA BOWL

You'll Need:

- 1 medium sweet potato, cut into 1 inch squares
- 3 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 tbsp tahini
- 2 tbsp water
- 1 tbsp lemon juice
- 1 small clove garlic, minced
- 2 cups cooked quinoa
- 1 firm avocado, diced
- 1 15 oz can of chickpeas
- 1/4 cup fresh parsley or cilantro

Directions:

1. Preheat oven to 425 degrees F
2. Toss sweet potato with 1 tablespoon oil and 1/4 teaspoon each salt and pepper in a medium bowl. Transfer to a rimmed baking sheet. Roast, stirring once, until tender, 15 to 18 minutes.
3. Meanwhile, whisk the remaining 2 tablespoons oil, tahini, water, lemon juice, garlic and the remaining 1/4 teaspoon each salt and pepper in a small bowl.
4. To serve, divide quinoa among 4 bowls. Top with equal amounts of sweet potato, chickpeas and avocado. Drizzle with the tahini sauce. Sprinkle with parsley (or cilantro).



TOMATO SOUP WITH BEANS & GREENS

You'll Need:

- 2 14 oz cans of low-sodium hearty style tomato soup
- 1 tbsp olive oil
- 3 cups chopped kale
- 1 tsp minced garlic
- 1/8 tsp crushed red pepper (optional)
- 1 14 oz can no-salt-added cannellini beans, rinsed
- 1/4 cup grated Parmesan cheese

Directions:

1. Heat soup in a medium saucepan according to package directions; simmer over low heat as you prepare kale.
2. Heat oil in a large skillet over medium heat. Add kale and cook, stirring, until wilted, 1 to 2 minutes. Stir in garlic and crushed red pepper (if using) and cook for 30 seconds. Stir the greens and beans into the soup and simmer until the beans are heated through, 2 to 3 minutes.
3. Divide the soup among 4 bowls. Serve topped with Parmesan.



TORTILLA PEPPERONI PIZZA

You'll Need:

- 1 8-inch whole-wheat tortilla
- 2 tbsp tomato paste
- 1/2 tsp Italian seasoning
- 1/4 tsp garlic powder
- 1/3 cup shredded part-skim mozzarella cheese
- 1/4 green bell pepper, sliced
- 1/2 oz pepperoni (8-10 slices)

Directions:

1. Preheat oven 425 degrees F. Place tortilla on a baking sheet. Combine tomato paste, Italian seasoning and garlic powder in a small bowl. Spread the mixture over the tortilla. Top with mozzarella, bell pepper and pepperoni. Bake until the cheese is melted and the edges of the tortilla are crisp, 8 to 10 minutes.



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