

Bonus Vegan Recipe Week 2



Best Ever Vegan Quinoa Chili

Ingredients

- 1 medium yellow or white onion, diced (+ coconut or olive oil)
- 3 small or 2 large sweet potatoes, diced (about 1 pound)
- 1 teaspoon sea salt + more to taste 1 teaspoon garlic powder
- ½ teaspoon black pepper 3 tablespoons chili powder
- 3 teaspoons cumin 4 cups vegetable broth, low sodium, divided
- 1 cup quinoa, uncooked (you will not need to rinse if using Bob's Red Mill quinoa)
- 1 (15ounce) can kidney beans, drained and rinsed
- 1 (15ounce) can black beans, drained and rinsed
- 1 cinnamon stick

Instructions:

1. In a large pot over medium heat, sauté diced onion in about 2 teaspoons oil until translucent and soft.
2. Add diced sweet potato and spices (all are optional). Cover and cook for 5 minutes.
3. Add 3 cups vegetable broth and bring mixture to a low boil on medium high heat, then lower heat to medium low and simmer.
4. Add quinoa, beans, and cinnamon stick; cover and cook for 30 minutes more and until the sweet potatoes are fork tender and the chili is thick.
5. Once chili is done cooking, stir in additional cup of vegetable broth. Taste and add more seasonings as needed. As with all chili and soup recipes, this is best when prepared the night before or has time to sit before serving for a few hours so the flavors blend.
6. Remove cinnamon stick and serve with fresh cilantro, lime juice, and avocado.

Notes:

The quinoa will soak up the liquid of any leftover chili. Before reheating leftover chili, it is recommend to add more vegetable broth or water if needed.

Bonus Traditional Recipe Week 2



Garlic-Crusted Salmon

(serves 4)

Ingredients:

- 4 skinless, thicker-cut salmon fillets
- 2 garlic cloves, pressed with garlic press
- ½ teaspoon sea salt
- ½ teaspoon fresh pepper
- ½ teaspoon paprika
- 1 teaspoon lemon zest
- 1 teaspoon lemon juice
- 1 tablespoon olive oil
- 1 lemon, cut into 4 wedges for garnish

Preparation:

1. Preheat oven to 400 degrees, and line two baking sheets with parchment or foil.
2. In a small dish, combine the garlic, sea salt, pepper, paprika, lemon zest and juice and olive oil, and whisk with a fork to combine
3. Place the salmon fillets onto one of the lined baking sheets, and rub the garlic-oil mixture evenly onto each fillet
4. Set aside to marinate for 35 minutes (while relish, cubed sweet potato and asparagus are prepared)
5. Then broil for 8-9 minutes until moist and flaky inside with golden-brown crust.

Ingredients:

- Fresh Tomato-Basil Relish ½ cup cherry tomatoes, quartered

- 2 garlic cloves, pressed through garlic press
- 1 teaspoon lemon zest
- 1 teaspoon lemon juice
- ¼ teaspoon sea salt
- Pinch fresh pepper
- ¼ cup fresh basil, chopped
- 2 tablespoons olive oil

Preparation:

1. In a small bowl, mix together all ingredients, cover and refrigerate until ready to serve with the salmon.
2. Roasted Cubed Sweet Potatoes

Ingredients:

- 1 pound cubes sweet potatoes
- 2 tablespoons olive oil, divided use
- ½ teaspoon sea salt
- ¼ teaspoon fresh pepper

Preparation:

1. In a medium bowl, toss the sweet potatoes with 1 tablespoon of the olive oil, the salt and pepper; drizzle the remaining 1 tablespoon of olive oil on the other lined baking sheet, and toss the potatoes out onto the sheet;
2. Place into the oven and allow them to roast for about 30-35 minutes, or until golden and tender. (Meanwhile, prepare the asparagus.) Lemon Asparagus

Ingredients:

- 12 ounce bundle/package of fresh, medium-thick asparagus
- 1 tablespoon olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon garlic powder
- Pinch of fresh pepper
- ½ teaspoon fresh lemon juice

Preparation:

1. Trim the asparagus by bending the bottom of the stalks to see where they naturally want to 'snap off', and discard that hard portion
2. In a medium bowl, toss the asparagus with the remaining ingredients, then roast on the baking sheet next to the sweet potatoes for the last remaining 10 minutes of the potatoes' roasting process
3. Remove from oven and keep warm. (At this time, you can broil the salmon.)

To serve:

1. Place a broiled, Garlic-Crusted Salmon fillet on each plate, and equally divide the Sweet Potatoes and the Asparagus among the plates
2. Top each Salmon fillet with a generous spoonful of the fresh tomato-basil relish, and garnish plate with a wedge of lemon.

