

Bonus Vegan Recipe Week 1



Chickpea, Quinoa and Sweet Potato Curry

Yield: 4 servings

Packed with protein and flavor, this vegetarian one pot curry is quick and easy.

INGREDIENTS

- 2 tbsp. coconut oil
- 1 small onion
- 1 clove garlic, chopped
- 1 tbsp. chopped ginger
- 1 tbsp. curry paste, or to taste
- 1 tbsp. garam masala, or to taste
- 2 cups vegetable stock or chicken stock
- 1 cup canned diced tomato
- 2 small to medium sweet potatoes, small dice
- 1 (14-ounce) can chickpeas, rinsed and drained
- Salt and freshly ground black pepper, to taste
- 2/3 cup quinoa
- 1 cup packed baby spinach
- Juice of 1 lime
- 2 tbsp. chopped cilantro

PREPARATION

1. Add coconut oil to large saucepan or Dutch oven over medium heat.
2. Add onion, garlic, ginger, curry paste and garam masala. Cook, stirring occasionally, until onions start to soften, about 3 to 5 minutes.
3. Increase heat to medium high.
4. Add 1 1/2 cups vegetable stock, tomatoes, sweet potatoes, chickpeas, and salt and pepper.
5. Bring to a boil. Reduce heat to simmer.
6. Add quinoa. Stir. Cover and simmer for 20 to 25 minutes until sweet potatoes are tender, adding remaining 1/2 cup stock if curry looks too dry.
7. Right before serving, stir in spinach. Let spinach wilt slightly. Finish with lime juice and fresh cilantro. Serve.

Bonus Traditional Recipe Wk 1



Tomato Spinach Chicken Spaghetti

Yield: 4 servings

Ingredients

- 1/4 cup sun-dried tomatoes, chopped, drained of oil
- 2 tablespoons olive oil, drained from sun-dried tomatoes
- 1/2 pound chicken boneless, skinless (preferably, boneless skinless thighs), chopped
- salt
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 roma tomatoes, chopped
- 1/4 cup fresh basil leaves, chopped
- 8 oz fresh spinach
- 3 garlic cloves, chopped
- 6 oz brown rice spaghetti; angel hair pasta; Spaghetti Squash or Zucchini Noodles

- (OPTIONAL) 3 tablespoons high quality olive oil or oil from the sun-dried tomatoes jar

Instructions

1. Add chopped sun-dried tomatoes and 2 tablespoons of olive oil, drained from sun-dried tomatoes, to a large skillet, on medium-low heat. Add chopped chicken (I used boneless skinless chicken thighs and prefer to use them, but you can use chopped chicken breast, as well), red pepper flakes, and salt & pepper over all of the ingredients in the skillet, and cook on medium heat until chicken is cooked through and no longer pink, about 5 minutes.
2. Add chopped tomatoes, chopped fresh basil leaves, fresh spinach, and chopped garlic to the skillet with chicken, cook on medium heat about 3- 5 minutes until spinach wilts just a little, and tomatoes release some of their juices. Remove from heat. Cover with lid and keep off heat.
3. Cook pasta according to package instructions, until al dente. Drain, and add cooked and drained pasta to the skillet with the chicken and vegetables. Reheat on low heat, mix everything well, add more seasonings (your favorite organic blend of seasoning), if desired. Remove from heat.
4. At this point, when the pasta and vegetables are off heat, you can add more high quality olive oil, which is really tasty. Or you can add more olive oil from the jar from the sun-dried tomatoes.