













**Week #2 Vegan Winter
Suggested Recipes**

BEE *collective*
WELLNESS

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	 Crispy Chickpeas & Cauliflower with Yogurt	 Lemony Quinoa Lettuce Wraps	 Warm Lentil & Sweet Potato Salad				
Dinner	 Lentil Tahini Burgers with Sauerkraut	 Slow Cooker Lentil Chili	 Winter Buddha Bowl	 Penne with Red Lentil Bolognese Sauce	 Creamy Potato, Lentil & Kale Casserole	 Chickpea Tikka Masala with Couscous	 Sweet Potato Noodles with Crispy Chickpeas

Fruits

- 4 Avocado
- 3 Lemon
- 2 tbsps Lemon Juice
- 1 1/2 Lime

Seeds, Nuts & Spices

- 1 tbsp Chili Powder
- 1 tbsp Cumin
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 1 1/4 tbsps Garlic Powder
- 1 tsp Oregano
- 1/8 tsp Red Pepper Flakes
- 2 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds
- 1 1/2 tsps Smoked Paprika
- 1/4 cup Sunflower Seeds

Vegetables

- 2 cups Arugula
- 2 cups Baby Spinach
- 1 Beet
- 4 cups Broccoli
- 2 Carrot
- 1 1/2 heads Cauliflower
- 1/4 cup Cilantro
- 1/2 Cucumber
- 1 bulb Fennel
- 11 2/3 Garlic
- 2 tbsps Ginger
- 1/2 head Green Lettuce
- 10 cups Kale Leaves
- 1 1/2 cups Parsley
- 1 Parsnip
- 3 Red Bell Pepper
- 1/2 cup Red Onion
- 1 head Romaine Hearts
- 3 Sweet Potato
- 2 1/3 tbsps Thyme
- 1 Turnip
- 1 1/3 Yellow Onion
- 6 Yellow Potato

Boxed & Canned

- 3 1/3 cups Brown Rice Penne
- 4 cups Canned Coconut Milk
- 8 1/2 cups Chickpeas
- 1/2 cup Couscous
- 1 1/2 cups Crushed Tomatoes
- 3 1/2 cups Diced Tomatoes
- 1 2/3 cups Dry Red Lentils
- 6 2/3 cups Green Lentils
- 2 cups Lentils
- 2 cups Organic Vegetable Broth
- 1 1/2 cups Quinoa
- 1 3/4 cups Red Kidney Beans
- 3 1/3 tbsps Tomato Paste
- 4 1/8 cups Vegetable Broth

Baking

Bread, Fish, Meat & Cheese

- 2 cups Shredded Rotisserie Chicken

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 3 1/3 tbsps Balsamic Vinegar
- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Sauerkraut
- 3/4 cup Tahini
- 2/3 cup Tomato Sauce

Cold

- 2/3 cup Unsweetened Coconut Yogurt

Other

- 1 3/4 cups Water

- 2 1/3 tbsps Nutritional Yeast
- 3 cups Pureed Pumpkin



Crispy Chickpeas & Cauliflower with Yogurt

2 servings

30 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 1 tsp Thyme (dried)
- 1/2 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1 3/4 cups Chickpeas (cooked, rinsed)
- 1 bulb Fennel (cored, thinly sliced)
- 1 1/2 Lime (juiced, divided)
- 1/4 cup Parsley (chopped)
- 2 tsps Sesame Seeds (toasted)
- 1/3 cup Unsweetened Coconut Yogurt

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, add the oil, cumin, garlic powder, thyme and salt and mix well. Add the cauliflower and chickpeas and toss to combine. Add to the baking sheet and set the bowl aside to use in the next step. Cook the cauliflower and chickpeas for 25 to 28 minutes, flipping halfway through.
- 3 Meanwhile, add the fennel, half the lime juice, parsley and sesame seeds in the same bowl used for the chickpeas and toss to combine. Set aside.
- 4 In a small bowl, add the coconut yogurt and the remaining lime juice and stir.
- 5 Divide the chickpeas and cauliflower evenly between plates. Add the fennel and serve with the coconut yogurt. Enjoy!

Notes

Leftovers: For best results, refrigerate all ingredients in separate airtight containers for up to three days.

No Coconut Yogurt: Use another yogurt, such as Greek or another dairy-free type of yogurt.

More Flavor: Add chili flakes or smoked paprika to the cauliflower and chickpea mix.

No Fennel: Use another green or crispy veggie such as peppers or cabbage.



Lemony Quinoa Lettuce Wraps

4 servings
30 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 2 Lemon (juiced)
- 2 Garlic (clove, small, minced)
- 1 tsp Sea Salt
- 1 cup Parsley (finely chopped)
- 2 Avocado (diced)
- 1/2 Cucumber (finely chopped)
- 1/4 cup Sunflower Seeds
- 1 head Romaine Hearts (leaves separated)

Directions

- 1 Cook the quinoa according to package directions then transfer to a mixing bowl to cool slightly.
- 2 In a small mixing bowl combine the lemon juice, garlic and salt.
- 3 Add the parsley, avocado, cucumber and sunflower seeds to the cooked quinoa. Stir to combine. Add the lemon juice mixture and stir. Season the quinoa salad with additional salt or lemon juice if needed.
- 4 To serve, divide the quinoa salad between lettuce leaves. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Keep the quinoa and lettuce leaves separate.

Serving Size: One serving is approximately three lettuce wraps.

Additional Toppings: Chopped green onion, diced tomatoes, or more herbs.

More Flavor: Add extra virgin olive oil or avocado oil to taste.

More Protein: Add flaked tuna or salmon, cooked chopped chicken or chickpeas.

No Romaine: Use another lettuce instead.



Warm Lentil & Sweet Potato Salad

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 2/3 cup Vegetable Broth (divided)
- 1/2 cup Red Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach
- 2 cups Lentils (cooked, rinsed)
- 2 tbsps Balsamic Vinegar
- 1/4 cup Parsley (chopped, optional)

Directions

- 1 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 2 Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 3 Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 4 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

Serving Size: One serving is equal to approximately 1 1/2 cups of salad.

No Sweet Potato: Use cubed butternut squash instead.



Lentil Tahini Burgers with Sauerkraut

4 servings

30 minutes

Ingredients

2 2/3 cups Green Lentils (cooked, drained and rinsed)
1/4 cup Tahini
1/2 tsp Sea Salt
1 tbsp Apple Cider Vinegar
1/2 head Green Lettuce (separated into leaves and washed)
1/4 cup Unsweetened Coconut Yogurt
1/2 cup Sauerkraut

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor or blender, combine the lentils, tahini, salt and apple cider vinegar.
- 3 Form the mixture into patties using about 1/4 cup of the mixture for each patty. Bake for 20 to 25 minutes or until warmed through and firm.
- 4 Remove the burgers from the oven. Serve on a bed of lettuce and top with coconut yogurt and sauerkraut. Enjoy!

Notes

Leftovers: Refrigerate the burgers in an airtight container for up to 7 days. Freeze for up to two months. Add the toppings just before serving.

Serving Size: One serving is equal to one 5- to 6-inch burger patty.

More Flavor: Add cumin and fresh herbs to the lentil tahini mixture.

Additional Toppings: Caramelized onions, feta, sautéed mushrooms and/or avocado.

No Lettuce: Use whole grain bread, brown rice tortilla wraps, collard greens, swiss chard or omit completely.



Slow Cooker Lentil Chili

4 servings

5 hours

Ingredients

- 1 cup Dry Red Lentils (rinsed, uncooked)
- 1 Yellow Onion (medium, diced)
- 1 Red Bell Pepper (chopped)
- 1 Carrot (chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 3 1/2 cups Diced Tomatoes (from the can with juices)
- 2 tbsps Tomato Paste
- 2 cups Organic Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 2 Avocado (optional, sliced)
- 1/4 cup Cilantro (optional, chopped)

Directions

- 1 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
- 2 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 3 Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 to 2 cups of chili.

Likes it Spicy: Add one chopped jalapeno pepper.

More Flavor: Add the juice of one lime to the slow cooker just before serving.

No Beans: Use lentils only.

Leftovers: Store leftovers in the fridge for up to five days, or freeze for longer.



Winter Buddha Bowl

4 servings
40 minutes

Ingredients

- 1 head Cauliflower (cut into florets)
- 1 Carrot (chopped into 1 inch rounds)
- 1 Beet (chopped into 1 inch pieces)
- 1 Turnip (chopped into 1 inch pieces)
- 1 Parsnip (chopped into 1 inch pieces)
- 1 1/2 cups Chickpeas (drained and rinsed)
- 1/2 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/4 cup Tahini
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 4 cups Kale Leaves
- 2 cups Shredded Rotisserie Chicken

Directions

- 1 Preheat oven to 400°F (216°C).
- 2 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 20 minutes.
- 3 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 5 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 6 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 7 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale, chicken and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

Notes

Make it 'Cheesy': Use the 'cheese sauce' from our Mac n' 'Cheese' recipe.



Penne with Red Lentil Bolognese Sauce

4 servings

40 minutes

Ingredients

- 1/3 Yellow Onion (finely chopped)
- 2 2/3 Garlic (clove, minced)
- 2 2/3 tbsps Water
- 1 tsp Oregano
- 1/3 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 2/3 cup Dry Red Lentils (rinsed)
- 1 1/3 tbsps Tomato Paste
- 2 cups Vegetable Broth
- 2/3 cup Tomato Sauce
- 1 1/3 tbsps Balsamic Vinegar (divided)
- 3 1/3 cups Brown Rice Penne
- 1 1/3 tbsps Nutritional Yeast (optional)

Directions

- 1 To a pot over medium heat add the onion, garlic and water. Cook until the onion begins to soften and water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
- 2 Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are tender. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed.
- 3 Meanwhile, cook the pasta according to package directions. Reserve some of the starchy cooking liquid before draining the pasta.
- 4 To assemble, set half of the lentil sauce aside. Stir the reserved cooking liquid into the lentil sauce, adding a little at a time until your desired thickness is reached. Toss the cooked penne noodles with the sauce. Divide the pasta between plates and top with the remaining lentil sauce and nutritional yeast, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

Additional Toppings: Top with extra red pepper flakes or fresh oregano.

No Penne: Use your favorite noodles or spiralized vegetables instead.



Creamy Potato, Lentil & Kale Casserole

8 servings

1 hour

Ingredients

- 6 Yellow Potato (thinly sliced)
- 4 cups Green Lentils (cooked, drained)
- 6 cups Kale Leaves (stems removed, leaves torn)
- 4 cups Canned Coconut Milk (full fat)
- 3 cups Pureed Pumpkin
- 1 tbsp Garlic Powder
- 2 tbsps Thyme (stems removed)
- 2 tsps Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly overtop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
- 3 In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
- 4 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size: A 10 x 13-inch dish was used for 8 servings.



Chickpea Tikka Masala with Couscous

4 servings
45 minutes

Ingredients

- 2 tbsps Ginger (grated)
- 1 tbsp Curry Powder
- 1 tsp Cumin
- 2 tps Garam Masala
- 4 cups Chickpeas
- 4 cups Broccoli (chopped into florets)
- 2 Red Bell Pepper (stem and seeds removed, chopped)
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 cups Vegetable Broth
- 1 tsp Sea Salt
- 1/2 cup Couscous (dry, uncooked)

Directions

- 1 In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
- 2 Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
- 3 Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
- 4 If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!

Notes

Gluten-Free: Omit the couscous and serve with quinoa or brown rice instead.

Storage: Refrigerate in an airtight container up to 5 days.

Make It Creamy: Add coconut milk.



Sweet Potato Noodles with Crispy Chickpeas

3 servings

25 minutes

Ingredients

- 1 1/4 cups Chickpeas (cooked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 tsp Smoked Paprika
- 1/4 tsp Garlic Powder
- 1/2 tsp Sea Salt (divided)
- 1/4 cup Tahini
- 2 tbsps Lemon Juice
- 2 tbsps Water
- 1 tbsp Nutritional Yeast (optional)
- 2 Sweet Potato (large, spiralized into noodles)
- 2 cups Arugula

Directions

1

Pat the chickpeas dry with paper towel as much as possible. Heat a cast-iron pan over medium heat and add half of the oil. Once the pan is hot, add the chickpeas and cook, stirring often until browned on all sides, about 15 minutes total. Remove and add to a large bowl and toss with smoked paprika, garlic powder and half the sea salt.

2

In a blender or food processor, add the tahini, lemon juice, water, nutritional yeast, remaining salt, and remaining oil. Blend on high until smooth and creamy. Set aside.

3

In the same pan as the chickpeas, over medium heat, add the sweet potato noodles and toss. Cook, stirring often for about 4 to 5 minutes, until softened. Then add the arugula and cook for 30 seconds longer, until just wilted. Add to the same bowl as the chickpeas and add the tahini dressing. Toss well to combine. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Leftover tahini dressing can be stored in a separate container in the fridge for up to two weeks.

Serving Size: One serving is equal to about 1 1/2 cups.

More Flavor: Add a clove of garlic to the tahini dressing.

Additional Toppings: Top with fresh herbs such as parsley, or red pepper flakes.