

A top-down view of a light pink ceramic bowl filled with cooked quinoa. The quinoa is coated in a dark chocolate sauce. Several thin, crescent-shaped slices of pear are scattered on top of the quinoa. A silver spoon is partially submerged in the quinoa on the left side of the bowl. The bowl sits on a light-colored, textured surface, possibly a piece of burlap or a wooden table.

CHOCOLATE LOVER'S QUINOA BREAKFAST BOWLS W/ PEARS

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

INGREDIENTS

- 1 1/2 cups quinoa, rinsed and drained
- 1/4 cup unsweetened cocoa powder
- 2 to 3 Tbsp pure maple syrup
- 2 cups plant-based milk, for serving
- 2 large pears, peeled and sliced

DIRECTIONS

1. Cook quinoa according to package directions. Drain, and stir in cocoa powder and maple syrup while hot. Let stand 5 minutes to develop the flavors.
2. Serve warm with milk and sliced pears for breakfast. If serving as a dessert: Stir the milk into the hot quinoa then chill; add sliced pears just before serving.

NOTES

Thank you Calla Shosh for this wonderful recipe!



BANANA SPLIT OATMEAL BOWLS

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- 1 3/4 Cups unsweetened,
unflavored plant milk
- 1 Cup certified gluten-free rolled
oats
- 1 banana, peeled and mashed (1/2
cup)
- 1 Tbsp date paste
- Dash of ground cinnamon
- Sea Salt, to taste
- 1 Cup canned crushed pineapple
in juice
- 2 tsp dairy-free chocolate chips
(optional).

DIRECTIONS

1. In a saucepan bring milk to a boil. Stir in oats, banana, date paster, and cinnamon. Reduce heat to low. Simmer, uncovered, 5 minutes, stirring occasionally. Remove from heat, cover, and let stand 2 minutes. Season with salt.
2. Divide oatmeal between two bowls. Top with strawberries, pineapple, and chocolate chips (if desired). Serve with additional plant milk.

NOTES

Thank you Calla Shosh for this wonderful recipe!



TURKISH LENTIL SOUP

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 1 1/2 oz butter (salted or unsalted)
- 1 onion chopped
- 3/4 Cup dried red lentils
- 1 carrot sliced
- 1 potato cut into chunks
- 1 Tbsp tomato paste
- 1 lemon cut into wedges
- 4 Cups water

DIRECTIONS

1. Melt butter in a saucepan over medium heat. Add the onion and lentils and cook, stirring for 10 minutes or until the onion is aromatic and soft.
2. Add the potato, carrot slices, tomato paste, and 4 cups of water.
3. Cover and let it cook for 20 minutes or until vegetables are tender.
4. If desired, puree the soup in a blender or food processor until smooth.
5. Serve with a lemon wedge for squeezing over

NOTES

Thank you Pomme Larmoyer for this wonderful recipe!



EASY CABBAGE SALAD

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1 head of red or green cabbage
- 1/2 red onion
- 2 Tbsp apple cider vinegar
- 2 Tbsp olive oil
- Salt to taste

DIRECTIONS

1. Roughly chop cabbage and dice the onion. Toss in a bowl with remaining ingredients.
2. Eat as a side or put on a sandwich with turkey lunchmeat, mustard, and bread

NOTES

Thank you Calla Shosh for this wonderful recipe!



EASY MUG TEA CAKE

SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 5 MIN

INGREDIENTS

- 1/3 Cup whole wheat or oat flour
- 1/4 tsp baking soda
- 1 Earl Grey teabag
- 2 Tbsp of sweetener of your choice
(Recommended: honey, maple
syrup, sugar)
- 1 tsp oil of your choice
(Recommended: olive or coconut)
- 1/4 milk of your choice or water

DIRECTIONS

1. Combine all ingredients in a microwave safe mug.
Stir until combined
2. Microwave for two minutes. After two minutes,
remove from microwave and stick a toothpick in the
center. If there are still crumbs sticking to the
toothpick, microwave for 30 more seconds.
3. Repeat until toothpick comes out clean.
4. Enjoy!

NOTES

Thank you Calla Shosh for this wonderful recipe!



CABBAGE AND POTATO HASH

SERVINGS: 4

PREPPING TIME: 10 MIN COOKING TIME: 18-45 MIN

INGREDIENTS

2 potatoes, cubed
1/2 onion, diced
1/4 head cabbage, chopped
1 tsp Olive Oil
2 Tbsp water
1/2 Cup corned beef or cooked
chicken or cooked ground beef
(optional)

DIRECTIONS

Microwave Directions:

1. Combine all ingredients in a microwave safe dish
2. Cook in microwave for 18 minutes, stirring every 6 minutes
3. Make sure potatoes are all the way cooked

Oven Directions:

1. Combine all ingredients in an oven safe dish
2. Bake at 350 F for 45 minutes or until potatoes are cooked, make sure to stir halfway through

NOTES

Thank you Calla Shosh for this wonderful recipe!



COLD VEGGIE SALAD

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1 Tomato
- 1 Cucumber
- 1/2 Onion
- 2 Tbsp Olive Oil
- Salt to taste

DIRECTIONS

1. Dice the cucumber, tomato, and onion.
2. Combine with all other ingredients.
3. Serve as a salad or a topping for a bagel with hummus

NOTES

Thank you Calla Shosh for this wonderful recipe!



PESTO NAAN PIZZAS

SERVINGS: 6

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- 12-count pkg naan rounds
- 6 oz jar pesto
- 2 Cups shredded mozzarella
- 3/4 Cup crumbled feta cheese
- 3 Tbsp chopped Kalamata olives

DIRECTIONS

1. Preheat oven to 350 F. Place naan onto a foil lined baking sheet. Spread 1 Tbsp pesto over each piece. Top evenly with cheeses, then sprinkle 1 tsp chopped Kalamata olives over each pizza round
2. Bake 8-10 minutes or until naan is crisp and cheese is melted

Note: Turkey pepperoni, pine nuts, or sun-dried tomatoes are some other topping ideas.

NOTES

Thank you Clayton Keasling for this wonderful recipe!



COOL RANCH CRUNCH WRAP

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- 1 lb lean ground beef
- 1 pkg taco seasoning
- 2/3 cup water
- 16 oz jar salsa con queso
- 1 southwest or avocado Caesar salad kit
- 8 burrito-size flour tortillas
- 9 oz pkg cool ranch tortilla chips (or your favorite flavor)

DIRECTIONS

1. In a large skillet, cook ground beef until browned and crumbly. Add taco seasoning and water. Continue cooking until mixture thickens.
2. Working one at a time, spread 1-2 Tbsp salsa con queso in the center of each tortilla, making sure to leave about 3 inches around the edges to fold. Top with 2-3 Tbsp of taco meat, then place a few tortilla chips on top of meat. Spread another 1-2 Tbsp of queso on top of chips. Top with lettuce and a drizzle of dressing from salad kit. Repeat this process for the remaining tortillas, leaving two remaining.
3. Cut the 2 remaining tortillas into quarters, place 1 quarter on top of lettuce.
4. Fold edges up over the center. Continue to work your way around the tortilla, folding as tight as possible to form a hexagon.
5. Heat large skillet to medium, and spray with cooking spray. Place wrap seam side down, and cook until the underside is golden. Flip and cook about 1-2 minutes longer.

NOTES

Thank you Clayton Keasling for this wonderful recipe!



SLOW COOKER FAJITA CHICKEN

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- 3 lbs boneless, skinless chicken breasts
- 1 large yellow onion
- 2 bell peppers, any color
- 4 Tbsp fajita or taco seasoning
- 15 oz can crushed tomatoes
- salt and pepper to taste

DIRECTIONS

1. Cut onions and peppers in to strips
2. Pour tomatoes into slow cooker then add chicken and vegetables; sprinkle seasoning over top, and stir to combine.
3. Cover and cook on low for 6 hours or high for 4 hours, or until chicken is cooked and vegetables are tender.
4. Uncover, and remove chicken to shred with two forks (or cut into pieces).
5. Add chicken back into slow cooker and stir well. Season with salt and pepper to taste.
6. Serve with tortillas, chips, salad, or rice

NOTES

Thank you Clayton Keasling for this wonderful recipe!



GRILLED DOUBLE BACON CHEESEBURGERS

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

2 lbs ground beef
16 oz pkg bacon
3 Tbsp plus cup BBQ sauce,
divided
8 oz pkg cheddar cheese slices
6 hamburger buns, split and
toasted
salt and pepper to taste

DIRECTIONS

1. In a large skillet, cook bacon over medium heat until crisp; drain on paper towels
2. Preheat grill (or skillet) to medium-high heat. In a large bowl, combine ground beef and 3 Tbsp BBQ sauce. Shape mixture into 12 thin patties; season with salt and pepper to taste
3. Grill patties, covered, 4 minutes per side or until no longer pink. Top each patty with half a slice of cheese.
4. Serve 2 patties on each bun, and top with bacon. Spread remaining BBQ sauce on bun tops to serve

NOTES

Thank you Clayton Keasling for this wonderful recipe!



BLACKENED SHRIMP

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- 2 lbs uncooked medium shrimp,
peeled and deveined
- 2 tps Cajun blackened seasoning
- 2 Tbsp Olive oil
- 2 Tbsp butter

DIRECTIONS

1. Pat shrimp dry with paper towels, and place into a bowl. Sprinkle with Cajun seasoning
2. In a large skillet, heat olive oil and butter together, over medium-high heat. Cook shrimp until opaque, about 1 minute per side
3. Serve with pasta, salad, or on a sandwich

NOTES

Thank you Clayton Keasling for this wonderful recipe!



BROWNIES WITH JENNIE'S JIFFY FROSTING

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

2 boxes Ghirardelli brownie mix

1/2 cup water

3/4 cup vegetable oil

2 large eggs

Frosting

1/2 cup margarine or butter

4 Tbsp cocoa

4 Tbsp milk

1 lb powdered sugar (4 cups)

1 tsp vanilla extract

DIRECTIONS

1. Prepare brownie mixes according to package directions using a 13x9-inch baking dish
2. When done, remove from oven; set aside and let cool
3. Melt margarine or butter in microwave. Stir in cocoa powder and milk until smooth
4. Slowly add powdered sugar into butter mixture, stirring until smooth. Add vanilla extract and mix until no lumps remain
5. Spread frosting over brownies, and cut into squares

NOTES

Thank you Clayton Keasling for this wonderful recipe!



GROUND TURKEY LETTUCE WRAPS

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

1 lb ground turkey
1 onion, finely chopped
Carrots, finely chopped
White mushrooms, finely chopped
Lettuce leaves, washed
Seasonings of your choice
Garlic, minced
Green onions (optional)

Optional Peanut Dipping Sauce:

Tamari soy sauce (gluten-free)
Peanut butter
Garlic, minced

DIRECTIONS

1. Brown the ground turkey in a large pan
2. Add the chopped onions, carrots, and mushrooms to the pan
3. Once the vegetables have softened, add the minced garlic and your chosen seasonings
4. Cook everything until it is aromatic, then set aside
5. For the sauce: Combine peanut butter, minced garlic, and soy sauce in a bowl and stir well
6. Lay lettuce leaves flat, add the filling, and roll them up like a burrito
7. Dip in the peanut sauce (if using) and enjoy!

NOTES

Thank you Gracie Barrett for this wonderful recipe!

Notes: The recipe does not specify the amounts for most ingredients so you can adjust as necessary. Also, while cooking, you can add soy sauce and other seasonings to the ground turkey.



CHICKEN STIR FRY

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

Chicken breast, cut into cubes
Bell peppers, chopped
Onion, chopped
Zucchini, chopped
Carrots, chopped
2 Cups cooked rice
1 Tbsp Olive oil
Seasonings of your choice
Tamari soy sauce, to taste
Minced garlic, to taste
Baking powder

DIRECTIONS

1. Cook the rice according to package directions, and set aside
2. In a bowl, combine the chicken, baking powder, olive oil, soy sauce, minced garlic, and seasoning, and mix well
3. Chill the chicken mixture in the fridge while chopping the vegetables
4. Heat a large frying pan on high heat until very hot
5. Add the chicken to the hot pan and stir occasionally until browned and thoroughly cooked
6. Remove the chicken from the pan and set aside
7. Add a little olive oil to the pan
8. Add the chopped vegetables to the pan and stir frequently until softened
9. Add minced garlic and continue cooking until the zucchini is thoroughly cooked and slightly browned
10. Add your chosen seasonings (such as chicken bouillon) to the vegetables
11. Add the cooked chicken and rice to the pan, stir to combine, and serve

NOTES

Thank you Gracie Barrett for this wonderful recipe!

Notes: You can chop the vegetables to your desired size. Make sure chicken is fully cooked before removing it from pan, you can cut into a piece or use a meat thermometer



MARRY ME CHICKPEAS

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- 2 cans chickpeas, drained and rinsed
- 1 shallot, chopped
- 2 cloves garlic, minced
- 1/4 tsp red pepper flakes (optional)
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- 2 Tbsp unsalted butter (or vegan butter)
- 1 Tbsp tomato paste
- 1/4 cup chopped sun-dried tomatoes
- 1 cup low-sodium vegetable broth
- 1/2 cup heavy cream (or full-fat coconut milk)
- 1/4 cup grated Parmesan cheese
- 1 cup fresh spinach
- Fresh basil to garnish

DIRECTIONS

1. In a large saucepan, melt the butter over medium heat
2. Add the shallot and garlic and cook until softened about 2-3 minutes
3. Stir in the sun-dried tomatoes, red pepper flakes, oregano, and thyme
4. Whisk in the tomato paste, chickpeas, vegetable broth, Parmesan cheese, and cream
5. Bring to a boil, then reduce heat to a low simmer for 5-6 minutes or until the sauce thickens slightly
6. Stir in spinach and basil
7. Serve warm, garnish with more basil

NOTES

Thank you Gracie Barrett for this wonderful recipe!



SHEPHERD'S PIE

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

INGREDIENTS

- 1 Tbsp Olive Oil
- 1 yellow onion, chopped
- 1 lb 90% lean ground beef
- 1 tsp dried parsley
- 1 tsp dried thyme
- 2 cloves garlic, minced
- Salt and pepper to taste
- 1 Cup gluten-free beef broth
- 1 cup gluten-free Worcestershire sauce
- 1 Tbsp cornstarch
- 2 Tbsp water
- 1 cup frozen mixed vegetables
- 2 lbs russet potatoes, peeled and cubed
- 1/4 cup unsalted butter (or plant-based butter)
- 1/4 cup sour cream (or dairy-free alternative)
- 1/4 cup heavy cream (or dairy-free alternative)
- 1/4 cup grated Parmesan cheese (or nutritional yeast)
- 1/4 tsp garlic powder

DIRECTIONS

1. Preheat oven to 400 F. Spray a 9" x 11" baking dish with nonstick cooking spray
2. Sauté the onion in olive oil until softened
3. Add ground beef, parsley, thyme, garlic, salt and pepper; cook until browned
4. Stir in beef broth, tomato paste, and Worcestershire sauce. Simmer over low-medium heat
5. In a small cup, dissolve cornstarch in water; add to the beef mixture and simmer until thickened.
6. Stir in frozen vegetables and simmer until softened
7. Transfer the meat mixture to the prepared baking dish
8. Boil potatoes until softened; drain and mash with butter
9. Mix in sour cream, heavy cream, Parmesan cheese, garlic powder, salt and pepper until smooth
10. Spread mashed potatoes evenly over the meat mixture
11. Bake until potatoes are golden brown
12. Serve hot and enjoy!

NOTES

Thank you Gracie Barrett for this wonderful recipe!

Food safety tips

Ensure kitchen and equipment is clean

- Clean and sanitise all food preparation benches, equipment and utensils
- Protect the kitchen and food from insects, pests, and other contaminants



Wash hands regularly

- Wash hands thoroughly before handling food and often during food preparation
- Use soap and warm running water and dry thoroughly with a single use paper towel



Separate raw and ready-to-eat foods

- Separate raw meat, poultry and seafood from other ready-to-eat foods when storing and preparing
- Ensure food is stored in covered containers



Cook high risk food thoroughly

- Cook poultry, minced meats, hamburgers, rolled or stuffed meats and sausages right through until they reach 75°C and juices run clear
- Reheat cooked food until steaming hot



Keep hot food hot ($\geq 60^{\circ}\text{C}$) and cold food cold ($\leq 5^{\circ}\text{C}$)

- Cool cooked food rapidly to below 5°C in less than 6 hours
- Thaw frozen food in the fridge or microwave, not at room temperature
- Adhere to the 2-hour/4-hour rule

