



COURGETTE PULAO CHETNA MAKAN

INGREDIENTS

4 SERVINGS

- 1 Tbsp. olive oil
- 1 tsp. cumin seeds
- 1 onion, finely chopped
- 1 small green chili, finely chopped
- 2 garlic cloves, grated or minced
- 2 zucchinis (courgettes), sliced
- 1 tsp. garam masala
- ½ tsp. chilli powder
- 1 ½ tsp salt
- 2 cups basmati rice
- 2 ½ cups boiling water

DIRECTIONS

1. Heat the oil in a pan over medium heat and add the cumin seeds. When they start to sizzle, add the onion and cook for 5 minutes, until it begins to change color. Add the chili and the garlic and cook for 1 minute.
2. Add the courgettes and cook for 10 minutes, stirring occasionally, until they turn slightly golden. Add the remaining spices and salt and mix well.
3. Stir in the rice and boiling water. Cover and cook on low heat for 12-13 minutes.
4. Turn off the heat and let the pulao rest for a minute before seasoning with salt and pepper to taste and serving.

● Vegetarian ● Vegan ● Gluten-free ● Dairy-free

CAESAR SALAD

INGREDIENTS

2-4 SERVINGS

SALAD

- 1 bunch of kale
- 1 head of romaine lettuce or other mixed greens
- Toppings of choice: try microgreens, Parmesan, croutons, roasted chickpeas

DRESSING

- 1 cup of cashews or walnuts, soaked overnight
- ½ cup water (use the nut soaking water)
- ½ cup olive oil
- ½ cup nutritional yeast
- ½ cup lemon juice
- 1 ½ Tbsp. mustard
- ½ cup capers and liquid
- 2 garlic cloves, minced

DIRECTIONS

1. Wash and shake or spin dry the kale and other mixed greens. De-stem the kale by pinching the stem from the bottom and ripping upward. Roll a handful of kale leaves up together and slice the roll to make strips. Make 2-3 long, parallel cuts into the head of romaine, leaving the root intact, then cut perpendicular slices for perfect chopped romaine. Wash and spin dry (or shake and spread on a clean kitchen towel) the romaine.
2. Blend all of the dressing ingredients together until smooth. Season with salt and pepper to taste. Store in the fridge.
3. Toss greens with desired amount of dressing, starting with ½ cup, until greens are evenly coated. Season with salt and pepper to taste.
4. Serve with toppings of choice.

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<https://mountainwise.org/producerx/>

4 SERVINGS

SAY CHEESE? VEGGIE SOUP/SAUCE

TIP: Double/triple this recipe and freeze it for a quick soup or sauce

INGREDIENTS

- 2 Tbsp. olive oil
- 1 onion, roughly chopped
- 5 garlic cloves, roughly chopped
- 3 stalks celery, roughly chopped
- 3 medium carrots, roughly chopped
- 1 head of broccoli & stem, roughly chopped
- 1 sweet potato, roughly chopped
- 6 cups vegetable broth
- ¼ cup of nutritional yeast (or cheddar cheese)
- ¼ tsp. cayenne pepper
- Splash of vinegar (white wine/apple cider) or lemon juice

DIRECTIONS

1. In a large pot, sauté garlic and onion over medium heat until softened.
2. Add the chopped vegetables and sauté for 5 minutes.
3. Add the broth and simmer for 15 minutes until vegetables are tender.
4. Remove from heat. Blend with an immersion blender/blender until smooth.
5. Stir in the vinegar/lemon juice, nutritional yeast (or cheese), and salt and pepper to taste.
6. Serve topped with pepitas, microgreens, croutons, or nutritional yeast/cheese. This soup doubles as a creamy pasta sauce.

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NUTRITIONAL YEAST

Also known as **nooch**, nutritional yeast has a taste of savory **umami** ("deliciousness," in Japanese).

Nutritional yeast is the same type of yeast (*Saccharomyces cerevisiae*) used to bake bread and brew beer. However, this form is "deactivated" and **fortified with vitamins** (especially **B vitamins**, which can be challenging to get from vegan diets).

TIPS

- Replace some or all of the shredded cheese in a recipe with 2-6 Tbsp. of nutritional yeast
- Whisk into salad dressings
- Sprinkle on popcorn with salt and butter/oil

CHORIZO & GRITS BREAKFAST BOWL

JENNI TIDWELL

6 SERVINGS

INGREDIENTS

- 2 teaspoons olive oil
- 1 package (12 ounces) fully cooked chorizo sausages or flavor of choice, sliced
- 1 large zucchini, chopped
- 3 cups water
- ¾ cup quick-cooking grits
- 1 can (15 ounces) black beans, rinsed and drained
- ½ cup shredded cheddar cheese (or 6 Tbsp nutritional yeast for dairy-free)
- 6 large eggs
- Toppings of choice: try pico de gallo, chopped fresh cilantro, microgreens

DIRECTIONS

1. In a large skillet, heat oil over medium heat. Add sausage; cook and stir until lightly browned, 2-3 minutes. Add zucchini; cook and stir until tender, 4-5 minutes longer. Remove from pan; keep warm.
2. Meanwhile, bring water to a boil in a pot. Stir in grits. Reduce heat to medium-low; cook, covered, until thickened, stirring occasionally, about 5 minutes. Stir in beans and cheese. Remove from heat.
3. Wipe skillet clean; coat with cooking spray and place over medium heat. Fry eggs sunny-side up to desired doneness.
4. To serve, divide grits mixture among 6 bowls. Top with chorizo mixture, eggs and, if desired, pico de gallo, cilantro, and microgreens.

● Gluten-free ● Dairy-free