

## Gluten-Free Menu

- Slow-Cooker: serve soup with gluten-free bread or crackers.
- Vegetarian: use gluten-free lasagna noodles to make Veggie Lasagna Roll-Ups. If none available, sub recipe for [Spaghetti Squash Italian Bake](#).
- Savory Grab & Go: use gluten-free crackers for Mini Cracker Pizzas.

## Dairy-Free Menu

- Slow-Cooker: use vegan butter, soy milk, and plant-based cheddar shreds in [Spicy Corn Chowder](#).
- Vegetarian: sub recipe for [Creamy Vegan Mushroom Lasagna](#) in place of Veggie Lasagna Roll-Ups.
- Savory Grab & Go: use plant-based mozzarella shreds for Mini Cracker Pizzas.
- Sweet Breakfast: sub soy or other non-dairy milk in Pumpkin Spice Chia Pudding.
- Sweet Snack: sub soy or coconut yogurt for Flavored Greek Yogurt.

## Vegetarian Menu

- Challenge: sub recipe for [Barbecue Chickpeas](#) in place of Barbecue Chicken Thighs.
- 30-Minute: sub recipe for [Sheet Pan Portobello & Black Bean Fajita Bowls](#) in place of Sheet Pan Chicken Fajita Bowls.
- Sweet Grab & Go: sub recipe for [White Bean, Mango & Avocado Salad](#) in place of Shrimp, Mango & Avocado Salad.

## Vegan Menu

- Challenge: sub recipe for [Barbecue Chickpeas](#) in place of Barbecue Chicken Thighs.
- Slow-Cooker: use vegan butter, soy milk, and plant-based cheddar shreds in [Spicy Corn Chowder](#).
- Vegetarian: sub recipe for [Creamy Vegan Mushroom Lasagna](#) in place of Veggie Lasagna Roll-Ups.
- 30-Minute: sub recipe for [Sheet Pan Portobello & Black Bean Fajita Bowls](#) in place of Sheet Pan Chicken Fajita Bowls.
- Savory Grab & Go: use plant-based mozzarella shreds for Mini Cracker Pizzas.
- Sweet Grab & Go: sub recipe for [White Bean, Mango & Avocado Salad](#) in place of Shrimp, Mango & Avocado Salad.
- Savory Breakfast: sub recipe for [Tofu Veggie Scramble](#) in place of Microwave Egg Omelette.
- Sweet Breakfast: sub soy or other non-dairy milk and use maple syrup in place of honey in Pumpkin Spice Chia Pudding.
- Sweet Snack: sub soy or coconut yogurt for Flavored Greek Yogurt.



# Spaghetti Squash Italian Bake

🕒 1 hour, 15 minutes 🍴 8 servings

## Ingredients

1 Spaghetti squash (medium, about 3-4 lbs.)  
1 tbsp Extra virgin olive oil  
1 White onion (medium)  
4 clove Garlic (minced)  
1 lb Italian pork sausage (choose gluten-free for Celiac-friendly; sub plant-based ground "sausage" for vegetarian option)  
8 oz White mushrooms (sliced)  
1 Zucchini (medium)  
1 tbsp Dried parsley  
1 tsp Dried basil  
1 tsp Oregano  
3 1/2 cup No salt added diced tomatoes (1 3/4 c. = 14.5 oz. can; can substitute fresh tomatoes)  
6 oz Tomato paste  
1/2 cup Water  
2 cup Cottage cheese (2 cup = 16 oz.)  
1 cup Mozzarella cheese  
1/2 cup Shredded parmesan cheese

## Nutrition per serving (estimated)

Calories	399 kcal	Fat	25 g
Carbohydrates	18 g	Protein	24 g
Fiber	5 g	Sugar	12 g
Cholesterol	65 mg	Sodium	920 mg
Vitamin A	915 IU	Vitamin C	25 mg
Calcium	281 mg	Iron	3 mg

## Directions

### Cook Spaghetti Squash

1. Roast spaghetti squash: Heat oven to 400 degrees Fahrenheit. Cut squash in half lengthwise (if you're strong and have a giant chef's knife), scoop out seeds and very stringy innards, and place cut side down in baking dish. Roast for 30-40 minutes until tender. If squash is too tough to cut when raw, poke holes in squash by stabbing with a fork on several sides. Roast for about 20 minutes, then cut in half lengthwise, scoop out seeds, and roast additional 20-30 minutes, cut side up, in baking dish. Squash is completely cooked when can be very easily pierced with a fork.

### Pasta Sauce

1. While squash is roasting, prepare pasta sauce: Mince garlic and dice onion and add to large saucepan or medium-sized pot with oil. Sauté over medium heat while slicing mushrooms. Set mushrooms aside and add ground sausage to onion and break apart using the edge of a spatula while cooking to avoid large clumps. Once sausage is cooked through, add mushrooms and stir to cook evenly.

2. While mushrooms cook down, dice zucchini. Add zucchini to sausage and mushrooms. Add parsley, basil, and oregano to vegetables and sauté 10-15 minutes over medium-high heat until soft.

3. Once zucchini has cooked down, add tomatoes (including liquid, if using canned) and tomato paste to vegetables. Use water to rinse cans and add this water to sauce. Stir to combine and bring to a boil, then reduce heat to low. Cover with lid and simmer 10-15 minutes. Can simmer up to several hours, adding water as it evaporates, to improve flavor.

### Assemble Italian Bake

1. Reduce oven temperature to 375. Prepare a 9 x 13-inch baking dish by spraying with cooking spray. Once squash is fully cooked and while sauce is simmering, scoop out flesh of squash with a fork to separate spaghetti-like strands. Spread squash evenly in baking dish. Pat squash dry with paper towel or clean dish towel to remove as much liquid as possible.

2. Layer over squash in baking dish: cottage cheese (spread evenly over squash), pasta sauce, mozzarella and Parmesan cheese. Bake, uncovered, at 375 degrees 15 minutes until bubbly and cheese starts to brown.

## Notes

### Total time: 75 min

Prep time: 50-60 min | Cook time: 15-20 min

### Serving Size

1 1/2 cups

### Pro Tip

No time to make homemade sauce? Cook Italian sausage and add pre-sliced mushrooms, then add a jar of your favorite pre-made sauce to reduce the amount of work of this recipe.

## Notes

---

### Cooking Equipment

Cutting board | Chef's knife | Baking dish | Large saucepan or medium pot

### Leftovers

Refrigerate in airtight container up to 5 days. Not recommended to freeze.

### Dice onion

trim top and base off onion, then peel tough outer layers (usually top 1—2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick, then turn a quarter-turn and dice.

### Mince garlic

smash garlic clove: place flat edge of chef's knife on top of clove and press firmly with palm of the hand; remove papery skin. Cut clove into very thin slices. Stack slices and cut into very thin matchsticks. Turn a quarter-turn and mince finely.

### Slice mushrooms

lay mushroom on its side and slice into 1/8-inch slices, including stems.

### Dice zucchini

trim ends of squash and discard. Cut in half lengthwise and lay flat side down. Cut into thin strips lengthwise, then turn a quarter turn and cut perpendicular 1/8-inch slices.

### Dice tomatoes (if using fresh)

using very sharp or serrated knife, slice into 1/4-inch slices lengthwise. Lay slices flat, then slice into 1/4-inch wide strips. Turn a quarter-turn and slice perpendicular to dice.



# Creamy Vegan Mushroom Lasagna

🕒 1 hour, 15 minutes 🍴 12 servings

## Ingredients

9 sheet Lasagna noodles (use gluten-free noodles for Celiac-friendly)  
1 Yellow onion (diced)  
4 clove Garlic (minced)  
2 tbsp Extra virgin olive oil  
1 lb Extra firm tofu (sub ground beef or ground vegan meat alternative, such as Beyond Beef crumbles, if desired)  
16 oz Sliced white mushrooms (16 ozs = about 6 cups)  
1 tbsp Parsley  
2 tsp Oregano  
2 tsp Dried basil  
1 tsp Fennel seeds  
1/2 tsp Salt  
1/2 tsp Black pepper  
3 cup Marinara sauce (3 cups = 28 oz jar)  
1 3/4 cup No salt added diced tomatoes (1 3/4 cup = 14.5 oz can)  
2 cup Dairy-free ricotta cheese (recommend Kite Hill brand)  
4 cup Vegan mozzarella (shredded; recommend Nurishh, Miyokos, Follow Your Heart, or Daiya brands)

## Nutrition per serving (estimated)

Calories	373 kcal	Fat	17 g
Carbohydrates	35 g	Protein	15 g
Fiber	4 g	Sugar	5 g
Cholesterol	21 mg	Sodium	827 mg
Vitamin A	523 IU	Vitamin C	10 mg
Calcium	162 mg	Iron	3 mg

## Directions

### Cook Lasagna Noodles

1. Heat a large pot of water to cook lasagna noodles according to package instructions. Once cooked, drain water and set aside.

### Tofu Marinara Sauce

1. Dice onion and mince garlic; set aside. Heat a large sauté pan over medium heat. Once hot, add oil, onion, and garlic. Cook, stirring occasionally, about 5 minutes until becoming fragrant.

2. While onion and garlic cook, slice tofu into 5-6 pieces and press water from tofu for 10-15 minutes.

3. Once onion has begun to cook down, add sliced mushrooms to pan with onion. Continue to cook, stirring occasionally, about 10 minutes until mushrooms have begun to cook down.

4. While mushrooms cook and once water has been pressed from tofu, use hands to break apart tofu into small crumbles which resemble the texture of cooked ground beef crumbles.

5. Once mushrooms have cooked down, add prepared tofu crumbles to the pan with vegetables. Add parsley, oregano, basil, salt, and pepper. Stir to combine and cook another 5-10 minutes, stirring occasionally, until tofu begins to brown.

6. Once tofu has begun to brown, add marinara sauce and diced tomatoes. Stir to combine and bring to a simmer. If desired, cover and continue to simmer for several hours to enhance the flavor. Otherwise, remove from heat.

### Assemble Lasagna

1. Preheat oven to 400 degrees Fahrenheit. Prepare an oversized 9x13-inch baking dish by spraying with cooking spray or rubbing a bit of olive oil around the inside of dish.

2. First, set aside 1 cup of mozzarella shreds. Then assemble lasagna in prepared baking dish: add about 1 cup of tofu marinara sauce to the bottom of the pan and spread evenly. Next, layer 3 lasagna noodles on top of sauce, then spread about 1/3 of the ricotta cheese over noodles, followed by 1 cup mozzarella shreds, then 1/3 of marinara sauce (about 2 1/2 cups). Repeat these layers two more times to create three layers. Sprinkle the set aside mozzarella evenly across the top of the lasagna.

3. Cover lasagna with foil and bake 30 minutes. Remove foil and bake another 10-15 minutes until center is bubbly and cheese is melted. Allow to rest 5-10 minutes before slicing into 12 pieces to serve.

## Notes

---

**Total Time: 75-90 min**

Prep time: 30-40 min | Cook time: 45-50 min

**Serving Size**

1 piece (1/12 of original recipe)

**Pro Tip**

The texture of this lasagna is very creamy; for a more traditional "meat sauce" texture, use plant-based ground beef or sausage crumbles instead of tofu crumbles. Add or substitute other vegetables, such as bell peppers, zucchini, eggplant, or spinach.

**Cooking Equipment**

Large pot | Cutting board | Chef's knife | Large sauté pan | Oversized 9×13-inch baking dish

**Leftovers**

Refrigerate in airtight container up to 5 days. If desired, freeze lasagna before baking; to reheat, allow to thaw in refrigerator for 24 hours. When ready to bake, place in cold oven covered with foil; heat oven to 350 degrees and bake lasagna 45-60 minutes with foil on, then remove foil and bake another 10-15 minutes until lasagna starts to brown.

**Dice onion**

trim top and base off onion, then peel tough outer layers (usually top 1—2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick, then turn a quarter-turn and dice.

**Mince garlic**

smash garlic clove: place flat edge of chef's knife on top of clove and press firmly with palm of the hand; remove papery skin. Cut clove into very thin slices. Stack slices and cut into very thin matchsticks. Turn a quarter-turn and mince finely.

**Press tofu**

drain liquid from package and lay a clean towel on a plate. Slice tofu into several pieces and arrange on towel with space in between. Place a second towel on top of tofu and a second plate on top of the towel. Lay something heavy on top of the plate (cast iron skillet or several cans of food) and allow to press 10-15 minutes.

**Slice mushrooms**

lay mushroom on its side and slice into 1/4-inch slices, including stems.



# Barbecue Chickpeas

🕒 30 minutes 🍴 4 servings

## Ingredients

1/2 cup Brown sugar  
6 oz Tomato paste  
1/4 cup Vegan worcestershire sauce  
1 tbsp Liquid smoke  
2 tsp Garlic powder  
1 tsp Salt  
1/2 tsp Red pepper flakes (more for spicier flavor)  
1/2 tsp Nutmeg  
3 1/2 cup Chickpeas (drained and rinsed; 3 1/2 cups = about (14.5 oz) cans)

## Nutrition per serving (estimated)

Calories	395 kcal	Fat	4 g
Carbohydrates	66 g	Protein	15 g
Fiber	13 g	Sugar	41 g
Cholesterol	0 mg	Sodium	1172 mg
Vitamin A	775 IU	Vitamin C	13 mg
Calcium	130 mg	Iron	7 mg

## Directions

1. Add all ingredients except chickpeas to a small saucepan and stir to mix thoroughly.
2. Drain and rinse chickpeas and add to saucepan. Simmer 10-15 minutes, or longer for better flavor - the longer the cook time, the more flavor infused into the chickpeas. Add water if becoming too dry and sticking to the pan.

## Notes

### Total time: 25-30 min

Prep time: 10-15 min | Cook time: 10-15 min

### Serving Size

3/4 cup

### Pro Tip

Make this in the slow-cooker instead; add all ingredients to slow-cooker and cook on high about 2 hours or on low up to 8 hours, adding water for a very long cook time.

### Cooking Equipment

Small saucepan OR Slow-cooker

### Leftovers

Refrigerate in airtight container up to 5 days. Not recommended to freeze.



# Sheet Pan Portobello & Black Bean Fajita Bowls

🕒 30 minutes 🍴 4 servings

## Ingredients

4 piece Portobello mushroom (sliced)  
2 tbsp Extra virgin olive oil (divided)  
2 tsp Cumin (divided)  
2 tsp Chili powder (divided)  
1/2 tsp Salt (for mushrooms and peppers; divided)  
2 Red bell pepper (sliced)  
1 Orange bell pepper (sliced)  
1 Green bell pepper (sliced; limit 1 green pepper or sub yellow or red for low FODMAP)  
3 1/2 cup Black beans (drained and rinsed; 1 3/4 cup = 14.5 oz can)  
1 cup Jasmine rice  
2 cup Water  
1/4 tsp Salt (for rice)  
Fajita toppings as desired: guacamole, sour cream, shredded cheese, tortilla chips, salsa, etc.

## Nutrition per serving (estimated)

Calories	485 kcal	Fat	9 g
Carbohydrates	66 g	Protein	20 g
Fiber	18 g	Sugar	7 g
Cholesterol	0 mg	Sodium	482 mg
Vitamin A	3327 IU	Vitamin C	138 mg
Calcium	83 mg	Iron	5 mg

## Directions

1. Preheat oven to 425°F.
2. Wash and slice portobello mushrooms (okay to include stems and gills). Distribute evenly on a large baking sheet and toss with half of oil, half of cumin and chili powder, and half of salt for mushrooms and peppers. Place in oven (okay if still preheating) and roast 5-10 minutes while prepping peppers.
3. Slice bell peppers and drain and rinse black beans. Once prepped, remove mushrooms from oven and add bell peppers and beans to baking sheet with remaining oil, remaining cumin and chili powder, and remaining salt for mushrooms and peppers. Toss to combine and return to oven. Bake another 15-20 minutes until mushrooms are soft and peppers have cooked down.
4. While mushrooms and vegetables cook, rinse rice, then add rice, water, and salt for rice to a small saucepan. Cover with lid and bring to a boil, then reduce heat and simmer 10-15 minutes until all water has been absorbed. Turn off heat and let rice sit another 10 minutes, then fluff with a fork and serve.
5. While mushrooms, vegetables, and rice cook, prep additional toppings as desired. Assemble bowls with rice as a base topped with sliced portobello and vegetables, plus toppings as desired: guacamole, sour cream, cheese, salsa, and/or shredded lettuce.

## Notes

### Total Time: 30-35 min

Prep time: 15-20 min | Cook time: 15-20 min

### Serving Size

3/4 cup rice + 2 cups mushrooms & beans

### Pro Tip

Skip the rice and serve mushrooms and vegetables over tortilla chips as nachos for a fun variation. Add other veggies as desired, such as sliced onion or zucchini.

### Cooking Equipment

Cutting board | Chef's knife | Large baking sheet | Small saucepan with lid

### Leftovers

Refrigerate in airtight container up to 5 days. Not recommended to freeze.

### Slice bell peppers

cut pepper in half lengthwise and with a paring knife cut around the stem to remove. Remove seeds and white membranes along inside of pepper. Slice lengthwise into 1/2-inch wide strips.

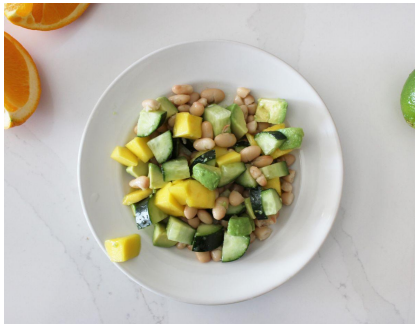
### Slice portobello mushrooms

lay mushroom flat (stem-side down) slice into 1/4—1/2-inch slices, including stems and gills.

### Rinse white rice

Place white rice in a large bowl and add water to completely submerge rice. Stir the rice around with your hand or a spoon, then drain it through a colander or mesh sieve. Repeat once or twice until water is clear when drained.





# White Bean, Mango & Avocado Citrus Salad

🕒 20 minutes 🍴 2 servings

## Ingredients

- 1 Avocado (cubed)
- 1/2 Lime (juiced)
- 1 Cucumber (diced)
- 1 Mango (cubed)
- 1 1/2 cup Canned white beans (1 1/2 cups = 14.5 oz can)
- 1/4 tsp Salt
- 1/2 Navel orange (juiced)

## Nutrition per serving (estimated)

Calories	450 kcal	Fat	16 g
Carbohydrates	48 g	Protein	17 g
Fiber	19 g	Sugar	21 g
Cholesterol	0 mg	Sodium	311 mg
Vitamin A	1469 IU	Vitamin C	78 mg
Calcium	186 mg	Iron	6 mg

## Directions

1. Cube avocado and add to a medium serving bowl. Squeeze lime juice over avocado and stir gently to coat avocado with juice to prevent browning.
2. Dice cucumber, cut mango into cubes, and drain and rinse beans. Add to bowl with avocado and season with salt and juice from orange. Stir gently to combine and serve salad cold.

## Notes

### Total Time: 20 min

Prep time: 20 min | Cook time: 0 min

### Serving Size

2 cups

### Pro Tip

Use this simple salad as a make-ahead lunch. Add red pepper flakes for an extra kick of spice or freshly chopped cilantro for more flavor.

### Cooking Equipment

Cutting board | Chef's knife | Paring knife

### Cut avocado into cubes

cut avocado in half lengthwise around pit and carefully remove pit. Hold avocado in non-dominant hand with flesh facing up. Use paring knife to cut flesh of avocado into squares inside shell. Use spoon to scoop out cubes from shell.

### Dice cucumber

trim ends and discard, but do not peel (to retain nutrients). Cut in half lengthwise and lay flat side down. Cut into thin strips lengthwise, then turn a quarter turn and cut perpendicular slices to dice.

### Cut mango from pit

Using a paring knife, cut mango lengthwise in halves off the pit (leaving some mango flesh still on the pit): draw knife down flat side of pit to remove flesh. Peel remaining mango still on pit and cut off into small squares to use, as well.

### Cut mango into cubes

Lay mango on cutting board with skin-side down. Use paring knife to cut flesh into 1/4-inch squares, but don't cut through peel. Turn mango half inside-out (flesh is on outside and skin is on inside). Cut along skin of mango to cut off squares.



# Tofu Veggie Scramble

🕒 25 minutes 🍴 4 servings

## Ingredients

- 1 Yellow onion (medium, diced)
- 4 clove Garlic (minced)
- 1 Red bell pepper (diced)
- 2 tbsp Extra virgin olive oil
- 14 oz Firm tofu
- 2 cup Baby spinach (chopped)
- 2 tbsp Nutritional yeast (sub Parmesan cheese to taste if desired)
- 1/2 tsp Turmeric
- 1/2 tsp Salt

## Nutrition per serving (estimated)

Calories	187 kcal	Fat	12 g
Carbohydrates	7 g	Protein	12 g
Fiber	3 g	Sugar	3 g
Cholesterol	0 mg	Sodium	310 mg
Vitamin A	2339 IU	Vitamin C	45 mg
Calcium	153 mg	Iron	2 mg

## Directions

1. Dice onion and mince garlic. Heat a large sauté pan over medium heat. Once pan is hot, add oil, onion, and garlic and begin to sauté, stirring occasionally.
2. While onion cooks, dice bell pepper. Add to pan and cook 5-7 minutes until starting to become soft.
3. Meanwhile, drain water from tofu but do not press liquid. Place tofu in a medium sized mixing bowl and mash with a fork until it is broken apart but chunks still remain with texture similar to scrambled eggs.
4. Chop spinach while vegetables finish cooking.
5. To pan with vegetables add tofu, spinach, nutritional yeast, turmeric, and salt. Mix well and cook until the spinach wilts and the tofu is heated through.

## Notes

**Total Time: 25-30 min**  
Prep time: 20-25 min | Cook time: 5 min

### Serving Size

1 cup

### Pro Tip

Substitute your favorite veggies or serve with hot sauce, cayenne pepper or chili flakes to mix up the flavors.

### Cooking Equipment

Cutting board | Chef's knife | Large sauté pan | Mixing bowl

### Leftovers

Refrigerate in airtight container 3-5 days. Do not freeze.

### Dice onion

trim top and base off onion, then peel tough outer layers (usually top 1—2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick, then turn a quarter-turn and dice.

### Mince garlic

smash garlic clove: place flat edge of chef's knife on top of clove and press firmly with palm of the hand; remove papery skin. Cut clove into very thin slices. Stack slices and cut into very thin matchsticks. Turn a quarter-turn and mince finely.

### Dice bell peppers

cut pepper in half lengthwise and with a paring knife cut around the stem to remove. Remove seeds and white membranes along inside of pepper. Slice lengthwise into 1/4-inch wide strips, then turn a quarter-turn and slice perpendicular to dice.

### Chop spinach

stack spinach leaves into a pile and using chef's knife cut roughly into uneven bite-sized pieces.