



# FRESHSTART

RECIPES FROM WEEK 1

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### **“Check the Boxes Gnocchi”**

**Makes 3 servings**

**1 box DeLallo whole wheat gnocchi**

**1 package frozen green beans**

**1 can black beans**

**15 oz fire roasted tomatoes**

**15 oz diced tomatoes**

**1 medium onion**

**2-3 cloves minced garlic**

**Basil**

**Cook the gnocchi according to package directions. Cook green beans according to package directions. Dry saute (sweat) the onion, add garlic then remaining ingredients including green beans and cook until heated through. Add the cooked gnocchi to the sauce and serve with chopped fresh basil.**



**1 chopped apple**

**½ can pineapple tidbits**

**½ cup black beans**

**Heat in microwave x 30 seconds**





**“check the boxes” tacos -  
chopped spinach, flax seed,  
chopped walnuts, black beans,  
pineapple salsa, corn tortillas**



### **Quinoa bowl**

**1 cup quinoa dry  
1 can of garbanzo beans  
1 sweet potato  
2 cups brussel sprouts  
4 cups spinach  
1 tablespoon turmeric  
2 tablespoon coconut aminos  
2 Avocados**

- 1. Cook quinoa, add turmeric and coconut aminos**
- 2. Microwave sweet potato for 5 min, chop into bite size pieces and sauté with olive oil and salt**
- 3. Clean and chop brussel sprouts, roast for 15 at 400 degrees**
- 4. Mix all ingredients**
- 5. Top with avocado and sriracha**





**Vegetarian Pasta Puttanesca**  
courtesy of Mealime App.

<https://r.mealime.com/2118>

### **Hearty Sweet Potato Cabbage Soup**

- 3 tablespoons of olive oil**
- 6 cups veggie broth**
- 1 medium white onion, finely chopped**
- 2 tablespoons garlic, minced**
- 2 tablespoons apple cider vinegar**
- 3 sweet potatoes, peeled and chopped**
- 1/2 cabbage thinly sliced**
- 3 celery stalks, finely diced**
- 1/2 cup shredded carrot**
- 1 yellow pepper, chopped**
- 1 tablespoon crushed red pepper**
- 2 tablespoons brown sugar**

**salt and pepper, onion powder, and garlic powder to taste**

**1 12 oz package of tempeh, sliced and diced**



- 1. Place large cast iron skillet over medium heat coat with olive oil.**
- 2. Saute the onions with cider vinegar until tender about 3-4 minutes. Add the garlic then saute for a minute. Combine and set aside.**
- 3. Add the yellow peppers and cabbage; saute until tender or for about 7 minutes. Add the potatoes, tempeh, carrots, celery, and crushed red pepper and saute until potatoes are tender about 8 more minutes. Transfer the mixture to a stock pot. Add in sauteed onions and garlic. Add the broth, tomatoes, salt, pepper, and brown sugar. Cover the pot reduce heat to medium and simmer for 20-25 minutes.**



## **Zaffron Restaurant Hummus:**

### **Ingredients**

- 2 15 oz. cans chickpeas, drained but reserve some of the liquid**
- 3-4 cloves garlic, minced**
- 1/3 cup tahini**
- salt**
- 2/3 cup lemon juice**
- 4 tablespoons olive oil (can add more to taste)**
- chickpea can liquid (4-6 tablespoons or to taste-- check for your desired smoothness)**

### **Directions:**

**In a food processor, pulse all ingredients, except olive oil and chickpea water, until somewhat mashed. While running the processor, slowly drizzle in olive oil until combined. Slowly add desired amount chickpea liquid until hummus has reached your preferred consistency.**

