

## Delicious Meals in 6 ingredients or Less!

### Carrot Ginger Soup

Yield: 6 servings

Preparation Time: 35 minutes

1 medium onion, peeled and roughly chopped  
6 cups carrots, unpeeled and roughly chopped  
4 cups water or low sodium vegetable broth  
1 1/2 tablespoons freshly chopped ginger root  
1/2 cup almonds, walnuts or cashews  
1 tablespoon curry powder

Fresh cilantro or parsley (optional)

Instructions:

1. Sauté the onion in 2 tablespoons water for about 7 minutes over medium heat until soft. Add the carrots and sauté for another 5 minutes, adding water as needed to avoid sticking or browning.
2. Pour in the water or stock and nuts. Add the spices. Cover, bring to a boil, and then lower heat to a simmer. Cook until the carrots are softened (about 10-15 minutes).
3. When carrots are soft, set the soup aside to cool for 15 minutes.
4. Carefully blend in a blender in small batches, using a towel over the lid to hold it firmly on and to catch any escaping steam. Or, use a hand-held immersion blender to puree while the soup remains in the pot.
5. Season with optional fresh cilantro or parsley.
6. Serve or refrigerate until needed. Refrigerate all leftovers promptly and discard within 4 days.

### Baked Chickpea Patties (Falafel)

Yields: 5-6 servings

Preparation Time: 45 minutes

4 cups cooked chickpeas (or 2 cans, rinsed well)  
3 cloves garlic  
1 medium onion, diced

4 teaspoons ground cumin  
 1 tablespoon yellow miso paste  
 1 teaspoon ground flax seed meal (added to 2 tablespoons water, and set aside for 5 minutes)  
 1 cup rough chopped parsley  
 black pepper (optional)

Water as needed to blend to cookie dough consistency  
 12 Lettuce leaves for wrapping as “pita”

#### Tsaziki Sauce – OPTIONAL

1 small container non-dairy yogurt, unsweetened  
 ½ cucumber, in a small dice

#### Instructions:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Combine all ingredients (chickpeas, onion, garlic, parsley, arrowroot, cumin, miso and pepper to taste) in a food processor and process, leaving a little texture on the beans.
3. Shape the mixture into patties, using a small ice cream scoop or tablespoon. Place them on the baking sheet and flatten into a patty shape. Bake for 25 minutes.
4. Turn the falafel patties over and bake for about 20 minutes more.
5. Add yogurt to cucumbers in a small mixing bowl.
6. Place 1-2 patties on 1-2 lettuce leaves. Add 2 teaspoons sauce. Wrap leaves around to eat.
7. Serve or refrigerate until needed. Refrigerate all leftovers promptly and discard within 4 days.

## Lemony Quinoa Salad

Yield: 5-6 servings

Preparation Time: 25 minutes

#### Salad Ingredients:

2 cups water  
 1 cup quinoa, uncooked  
 ½ red onion, finely diced  
 1 cup broccoli, chopped  
 2 medium red or yellow bell pepper, seeded and diced  
 2 Roma tomatoes, diced  
 1 15-ounce can black beans, drained and rinsed  
 Parsley, chopped

### Lemony Dressing Ingredients:

1/4 cup tahini paste  
 1 teaspoon miso paste  
 3 tablespoons lemon juice  
 3 tablespoons hot water  
 1 clove garlic  
 2 Medjool dates, soaked in warm water (optional)  
 black pepper to taste

### Instructions:

1. Heat 2 cups water and quinoa until boiling in a medium saucepan over high heat.
2. Reduce heat and simmer until water is absorbed and quinoa is fluffy, about 15 minutes. Quinoa is done when it is tender.
3. Place quinoa in a mixing bowl.
4. Add onion, broccoli, peppers, tomatoes and chick peas.
5. To make the sauce, place all ingredients in a bowl and whisk until well-combined.
6. Add the sauce to the quinoa and vegetables.
7. Garnish with a pinch of cilantro or parsley, if desired.
8. Serve or refrigerate until needed. Refrigerate all leftovers promptly and discard within 4 days.

### Cashew Cheesy Sauce

Yields: 6-8 servings

Preparation Time: 20 minutes

1 cup raw cashews  
 2 tablespoons fresh lemon juice  
 1 1/2 tsp. miso paste  
 2 tablespoon nutritional yeast  
 1 small clove garlic  
 1/8 teaspoon turmeric  
 5 Tablespoons water (or more as needed)

### Instructions:

1. Soak cashews in warm water for 30 minutes. Drain and rinse.
2. Add all ingredients to a blender. Blend until smooth.
3. Add additional water, a tablespoon at a time, until desired thickened sauce consistency
4. Pour cheese sauce over broccoli and serve.
5. Serve or refrigerate until needed. Refrigerate all leftovers promptly and discard within 4 days