



Mushroom & Lentil Bolognese

6 SERVINGS | PREP TIME 10 minutes | COOK TIME 30 minutes

Ingredients

- 1 tablespoon olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- $\frac{3}{4}$ cup water, divided
- 1 $\frac{1}{2}$ cup mushrooms (any variety), coarsely chopped
- 1 tablespoon low-sodium tamari
- 1 can (28 oz.) low-sodium fire-roasted crushed tomatoes
- 1 can (8 oz.) no salt added tomato sauce
- $\frac{1}{3}$ cup dry red wine (optional)
- 1 $\frac{1}{2}$ teaspoon dried basil
- 1 $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon crushed red pepper
- 2 cup cooked lentils
- 1 tablespoon nutritional yeast
- Salt & freshly ground black pepper, to taste

For serving

- Pasta (i.e., whole grain, chickpea)
- Cooked vegetable (i.e., broccoli, green beans, asparagus)

Instructions

1. Heat the olive oil in a large pot over low-medium heat. Add the diced onions and cook, stirring occasionally, until the onion is translucent, about 4 to 5 minutes.
2. Add the garlic, mushrooms, and tamari and cook for 3 to 4 minutes, until the mushrooms are starting to brown.
3. Add the tomatoes, tomato sauce, water, wine (optional), basil, oregano, and red pepper flakes. Stir to combine, then cover and decrease the heat to low. Simmer for 10 to 15 minutes.
4. Add the lentils and nutritional yeast and stir until evenly distributed and warmed through, another 3 to 4 minutes. Season with salt and pepper to taste.
5. When the sauce is nearly done, bring a large pot of water to a boil. Once boiling, add the pasta and cook according to package instructions.
6. Once the pasta is finished cooking, drain it and divide between serving bowls. Top with your desired amount of sauce and garnish with fresh basil (optional).

Notes

- For convenience, use pre-cooked lentils. For example, Trader Joe's vacuum sealed lentils or Westbrae Natural canned lentils. If you prepare them yourself, use brown or green lentils.

Nutrition Facts (without pasta): 170 calories, 3 grams total fat, 2.5 grams unsaturated fat, 0.5 grams saturated fat, 579 mg sodium, 29 grams carbohydrates, 8 grams fiber, 11 grams protein



Mashed Chickpea Salad

4 SERVINGS | PREP TIME 15 minutes

- 1 can (15-ounce) chickpeas, drained and rinsed
 - 1/4 cup diced red onion
 - 1/4 cup diced celery
 - 1/4 cup diced carrots
 - 1/3 cup hummus
 - 1 tablespoon Dijon mustard
 - Juice of 1/2 lemon
 - 1/4 teaspoon garlic powder
 - 1/4 cup toasted sunflower seeds, optional
 - Salt and pepper to taste
- Instructions**
1. In a medium bowl, mash drained and rinsed chickpeas with a fork.
 2. Add remaining ingredients and fold until incorporated.
 3. Serve on a salad or sandwich or serve as a dip with sliced vegetables and crackers.

Nutrition Facts: 208 calories, 9 grams total fat, 8 grams unsaturated fat, 353 mg sodium, 6 grams fiber, 10 grams protein

Recipe adapted from Minimalist Baker



Date-Sweetened Chocolate Pudding

8 SERVINGS | PREP TIME 30 minutes | CHILL TIME 1 hour

Chocolate Pudding

- 1 cup raw cashews
- 1 cup canned black beans, drained and rinsed
- 1 1/2 cups unsweetened almond milk
- 1/2 cup unsweetened cocoa powder
- 8 Medjool dates, pitted
- 1/4 teaspoon salt
- 1 teaspoon pure vanilla extract

Toppings

- Diced strawberries

Instructions

1. Add raw cashews to a mixing bowl and cover with boiling-hot water. Let soak for 30 minutes, then rinse and drain thoroughly.
2. Add drained and rinsed black beans to high-powered blender along with cashews and remaining ingredients. Blend until creamy and smooth, scraping down the sides as needed.
3. Taste and adjust sweetness as needed.
4. Divide pudding amongst serving containers (small ramekins or mini stemless wine glasses work great). Cover with plastic wrap, then chill in the refrigerator until cold and thickened, at least 1 hour.
5. To serve, top each with 1/4 cup of sliced strawberries or other berries of your choice.
6. Leftovers will last in the fridge for up to 3 days.

Nutrition Facts: 192 calories, 8 grams total fat, 6 grams unsaturated fat, 146 mg sodium, 30 grams carbohydrates, 5 grams fiber, 6 grams protein

Recipe adapted from The Minimalist Baker