

Tofu Scramble

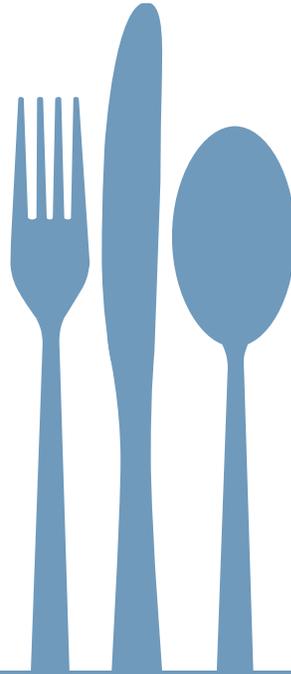
DIRECTIONS

1. Pat tofu dry.
2. Add spices into a container and add enough water to make a sauce.
3. Prep veggies and warm a skillet over medium heat. Cook until softened. Add kale last and cover and steam for 2 minutes.
4. Fork the tofu into bit-sized crumbled pieces.
5. Move vegetables over in pan and add tofu, sauté for 2 minutes then add sauce.
6. Cook for 5 more minutes. Serve warm,



INGREDIENTS

- 8 ounces firm tofu
- Olive oil
- 1/4 red onion, sliced
- Bell pepper, sliced
- 2 cups kale, chopped
- 1/2 tsp. garlic powder
- 1/2 tsp. cumin
- 1/4 tsp. chili powder
- 1/4 tsp. turmeric
- Optional: salsa, cilantro, hot sauce



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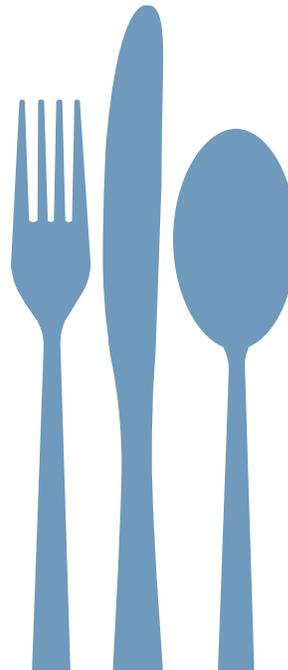
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Garlic & Ginger Bok Choy

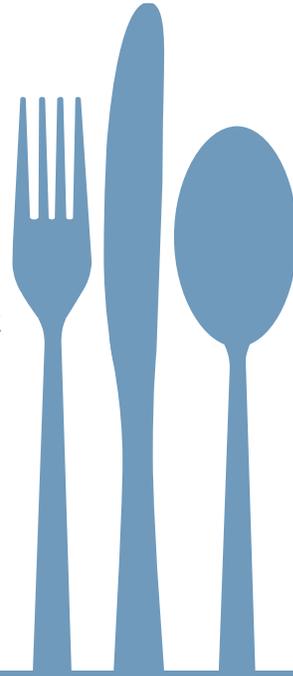
DIRECTIONS

1. Heat sesame oil in wok or large pan.
2. Add ginger and garlic. Add soy sauce/tamari, then the bok choy turning to coat in oil and spices.
3. Add 1/4 cup water and cover pan with lid. Steam until tender (4-5 minutes). Add more water if necessary.
4. Make a slurry of cornstarch + water. Push aside bok choy and add to pan to make a sauce. Mix all back together.
5. Add sesame seeds to garnish.



INGREDIENTS

- 2 tsp. sesame oil
- 1" fresh ginger, grated
- 2 minced garlic cloves
- 2 tbsp. soy sauce or tamari
- 4 baby bok choy, root trimmed, cut in half
- 1/4 cup water (more as needed)
- 1 tbsp. cornstarch
- Sesame seeds



Garlic & Ginger Bok Choy

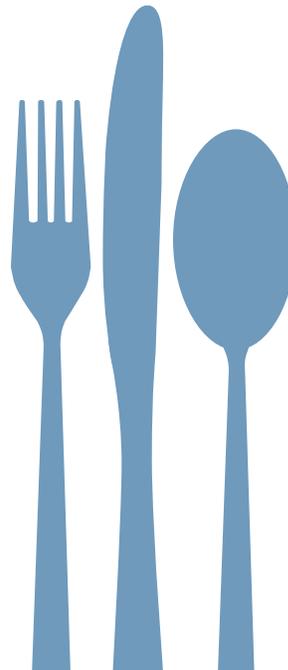
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Spinach & White Bean Soup

DIRECTIONS

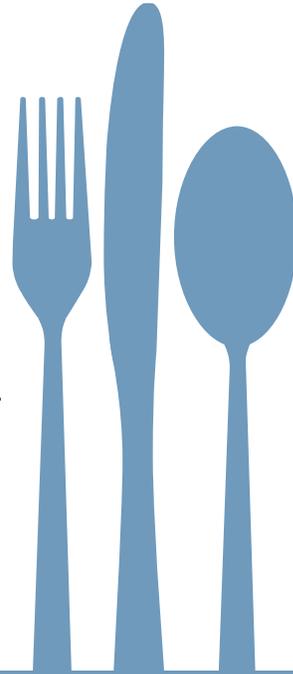
1. Heat olive oil in a large stock pot. Add garlic and onion and stir for 2 minutes. Stir in thyme and basil until fragrant.
2. Whisk in vegetable stock, bay leaves and 1 cup water, bring to boil.
3. Reduce heat and add orzo and cook until tender, about 10 minutes.
4. Stir in spinach and beans until spinach has wilted.
5. Stir in lemon juice and parsley.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

- 1 tbsp. olive oil
- 3 cloves minced garlic
- 1 diced onion
- 1/2 tsp. dried thyme
- 1/2 tsp. dried basil
- 4 cups vegetable stock
- 2 bay leaves
- 1 cup uncooked orzo
- 2 cups spinach
- 15 ounce can cannellini beans
- 1 lemon, juiced
- 2 tbsp. fresh chopped parsley



Spinach & White Bean Soup

DIRECTIONS

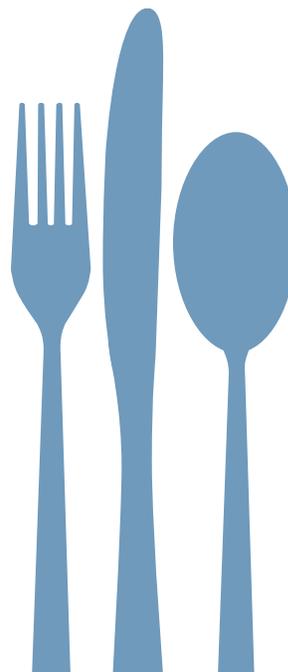
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Cowboy Caviar

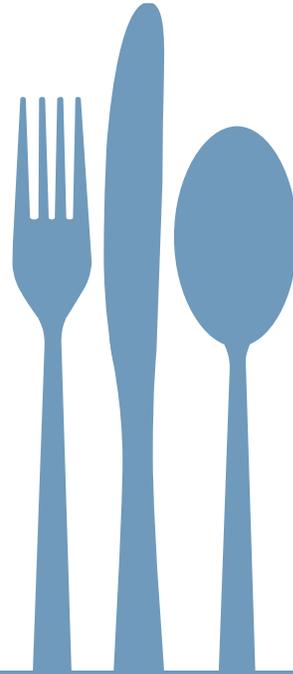
DIRECTIONS

1. Add and mix all ingredients in a large bowl. Serve with tortilla chips or as is.



INGREDIENTS

- 1/2 cup olive oil
- 1/3 cup white wine vinegar
- 1 tsp. chili powder
- 1 pound Roma tomatoes, diced
- 15-ounce can black-eyed peas, rinsed and drained
- 15-ounce can black beans, rinsed and drained
- 11-ounce can corn, rinsed and drained
- 1 red onion, diced
- 1 diced bell pepper
- 1 cup chopped cilantro



Cowboy Caviar

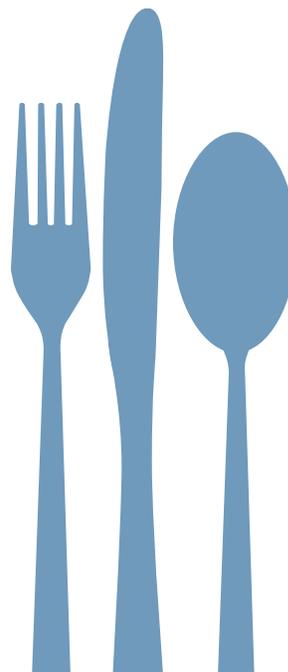
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Rainbow Greens Salad

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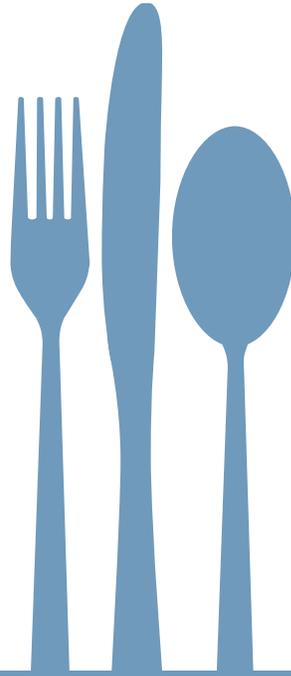
1. Cook quinoa according to package.
2. In a pan, add 1 Tbsp. olive oil, shallot, garlic, and cabbage and sauté.
3. Add in greens and 1 Tbsp. olive oil. Cover for 3 minutes until wilted.
4. Remove from heat and place ingredients into large bowl.
5. Add carrots, quinoa, black eyed peas, and lemon juice. Toss.



CABARRUS
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INGREDIENTS

- 2 cans black eyed peas
- 2 cups chopped purple cabbage
- 5 cups chopped collard greens or kale or mustard greens
- 1 cup cooked quinoa
- 2 tbsp. olive oil
- 1/2 chopped shallot
- 2 minced garlic cloves
- 2 cups shredded carrots
- Lemon juice from 1 lemon



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CABARRUS
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ALLIANCE

INGREDIENTS

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- 2 cups chopped purple cabbage
- 5 cups chopped collard greens or kale or mustard greens
- 1 cup cooked quinoa
- 2 tbsp. olive oil
- 1/2 chopped shallot
- 2 minced garlic cloves
- 2 cups shredded carrots
- Lemon juice from 1 lemon

