

Black Bean Burgers

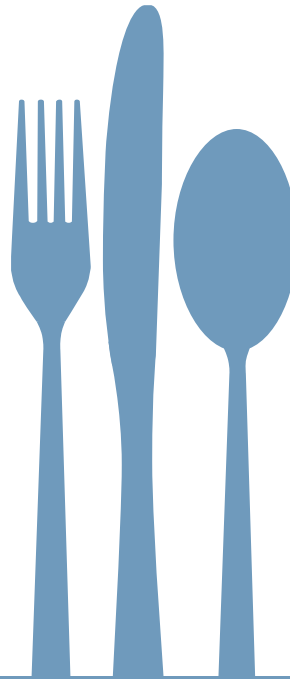
Directions

1. Preheat oven to 375 degrees and place aluminum foil over a baking sheet.
2. Add everything except the breadcrumbs to a food processor. Blend.
3. Stir in breadcrumbs until it holds together, adding more if necessary.
4. Bake 10 minutes on each side.



INGREDIENTS

- 15 ounces spicy black beans (rinsed & drained)
- 1/2 green pepper
- 1/2 onion
- 3 cloves garlic
- 1 egg
- 1 Tbsp. chili powder
- 2 Tbsp. cumin
- 1/2 cup (or more) of bread crumbs



Lentil Quinoa Burgers

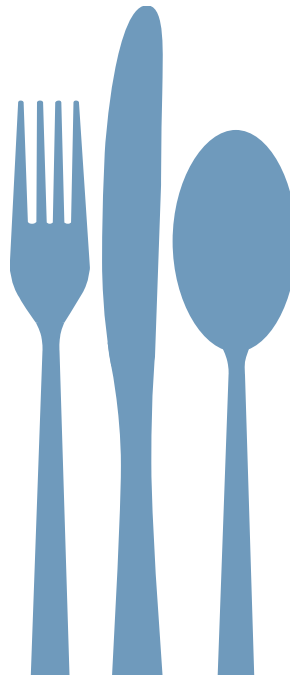
DIRECTIONS

1. Cook the lentils and quinoa according to package.
2. Sauté onion, garlic, jalapeno, celery and carrots. Add spices.
3. Transfer lentils, quinoa, and cooked vegetables to a large bowl, mash with a potato masher or fork.
4. Add in soy sauce, flaxseed, cheese and oats. Use more oats as needed to create right consistency.
5. Heat oil in a skillet and cook 4-6 minutes on both sides or place on a grill.



INGREDIENTS

- 1.5 cups cooked brown lentils
- 1 cup cooked quinoa
- 1 small onion finely diced
- 2 garlic cloves minced
- 1 jalapeno finely diced
- 1/2 cup celery finely diced
- 1/2 cup carrots finely diced
- 1/2 dried tsp. of each: thyme, cayenne pepper, oregano
- 2 tsp. soy sauce
- 2 Tbsp. ground flaxseed
- 2 Tbsp. Parmesan cheese
- 1/2 cup ground oats (more as needed)



Mediterranean Hummus Pasta Salad

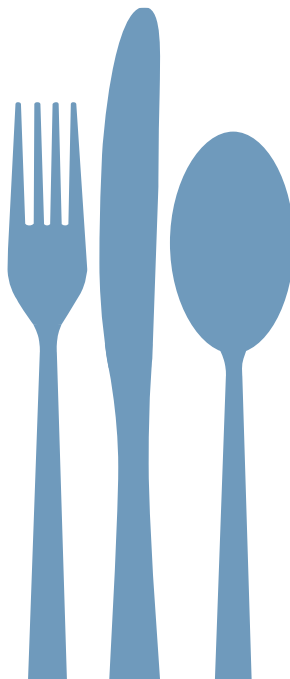
DIRECTIONS

1. Cook pasta according to the package.
2. Combine all ingredients and mix.



INGREDIENTS

- 12 ounces chickpea pasta
- 2 cups chopped broccoli
- 1 diced bell pepper
- 1 diced onion
- 1/2 cup Kalamata olives
- 2/3 cup hummus
- 1 Tbsp. olive oil
- Juice from 1 lemon



Mexican Street Corn Zucchini Dip

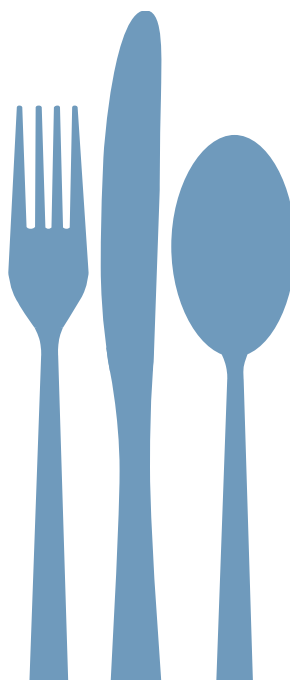
DIRECTIONS

1. Melt butter in a saucepan and add zucchini and red pepper.
2. Add remaining ingredients and stir until combined.



INGREDIENTS

- 2 Tbsp. unsalted butter
- 1 diced zucchini
- 1 diced red bell pepper
- 4 cups corn
- 2 Tbsp. plain Greek yogurt
- 1/2 cup crumbled cojita cheese
- 3/4 tsp. paprika
- 1/2 tsp. chili powder
- 1 clove of minced garlic
- 1 juiced lime



Flavor Boosters

Avocado, Lime and Cilantro Sauce:

- 1 avocado, pitted
- 1 lime, zested and juiced
- 1/2 cup stemmed fresh cilantro
- 1/4 tsp. cayenne pepper
- 2 Tbsp. water

Roasted Garlic Dijon Mustard:

- 1 head of roasted garlic, skins removed
- 2/3 cup apple cider vinegar
- 3 Tbsp. pure maple syrup
- 3 Tbsp. yellow mustard seeds
- 2 Tbsp. brown mustard seeds

