



EAT THE RAINBOW

USA COMMUNITY CRAVINGS

RECIPES FROM YOUR COMMUNITY
GARDEN NEIGHBORS

UNIVERSITY STUDENT APARTMENTS



Mexican Street Tacos

Submitted by: Lisa Bishop

Via: damndelicious.net

Ingredients

- 2 tablespoons reduced sodium soy sauce
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons canola oil, divided
- 3 cloves garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 1/2 pounds skirt steak, cut into 1/2-inch pieces
- 12 mini flour tortillas, warmed
- 3/4 cup diced red onion
- 1/2 cup chopped fresh cilantro leaves
- 1 lime, cut into wedges

Directions

1. In a medium bowl, combine soy sauce, lime juice, 1 tablespoon canola oil, garlic, chili powder, cumin and oregano.
2. In a gallon size Ziploc bag or large bowl, combine soy sauce mixture and steak; marinate for at least 1 hour up to 4 hours, turning the bag occasionally.
3. Heat remaining 1 tablespoon canola oil in a large skillet over medium high heat. Add steak and marinade, and cook, stirring often, until steak has browned and marinade has reduced, about 5-6 minutes, or until desired doneness.
4. Serve steak in tortillas, topped with onion, cilantro and lime.

Pico De Gallo

Submitted by: Lisa Bishop

Via: allrecipes.com

Ingredients

- 6 roma (plum) tomatoes, diced
- 1/2 red onion, minced
- 3 tablespoons chopped fresh cilantro
- 1/2 jalapeno pepper, seeded and minced
- 1/2 lime, juiced
- 1 clove garlic, minced
- 1 pinch garlic powder
- 1 pinch ground cumin, or to taste
- salt and ground black pepper to taste

Directions

Stir the tomatoes, onion, cilantro, jalapeno pepper, lime juice, garlic, garlic powder, cumin, salt, and pepper together in a bowl. Refrigerate at least 3 hours before serving.

Homemade Flour Tortillas

Submitted by: Lisa Bishop
Via: thecafesucrefarine.com

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- ⅓ cup extra virgin olive oil, vegetable oil or other fairly neutral flavored oil
- 1 cup warm water

Directions

1. Combine flour, salt and baking powder in a medium-size bowl. Using a sturdy silicone spatula or a sturdy wooden spoon, mix dry ingredients until well combined.
2. Make a well in the center of the dry ingredients and add the oil and water. Stir well from the bottom up, until all dry ingredients are incorporated and the dough begins to come together and form a shaggy ball.
3. Turn dough out onto a lightly floured work surface and knead for 1-2 minutes until the dough is nice and smooth.
4. Transfer dough to a lightly floured work surface. Divide into 16 equal portions. Turn each piece to coat with flour. Form each piece into a ball and flatten with the palm of your hand. Cover flattened balls of dough with a clean kitchen towel and allow to rest for at least 15 minutes (or as much as 2 hours) before proceeding.
5. After the rest period, heat a large pan over medium heat. Roll each dough piece into a rough circle, about 6-7 inches in diameter, keep work surface and rolling pin lightly floured. Don't stack uncooked tortillas on top of each other or they will stick together. (I like to separate my tortillas with parchment paper.)
6. When the pan is hot, place one dough circle into the pan and allow to cook 45 seconds to 1 minute or until the bottom surface has a few pale brown spots and the uncooked surface is bubbly. If browning too fast, reduce the heat a bit. If it's taking longer than a minute to see a few pale golden brown spots on the underside of tortillas, increase the heat a bit. Flip to other side and cook for 15-20 seconds. The tortillas should be nice and soft but have a few small brown spots appear on the surface.
7. Can store in the fridge for up to a week, or freeze for longer.

Creamy Zucchini Pasta

From the Kitchen of: Anne Hepworth

Ingredients

- 16 ounces your favorite dry pasta
- 1 ½ pounds zucchini
- ¾ cup good quality extra virgin olive oil
- 1 cup sweet onion diced, such as Vidalia
- Pinch red pepper flakes
- 1 ½ tablespoons fresh garlic, minced
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 4 tablespoons fresh basil, chopped and divided
- 4 tablespoons rosemary, divided
- 2 tablespoons thyme chopped, divided
- 1 cup heavy cream
- ¾ cup freshly grated Parmesan cheese

Directions

- Cook the pasta according to package directions and reserve one cup of the pasta water.
- Cut the zucchinis in half the long way and remove seeds and ends. Shred on large holes of a box grater or use the shredder blade of a food processor. Set aside.
- While pasta is cooking, heat a large skillet over medium high heat and add olive oil and once hot, add the onion and saute for three minutes.
- Add the pepper flakes and garlic and cook one minute then add the zucchini, salt, pepper, half the basil half the rosemary and half the thyme. Bring up to a bubble, cover and reduce heat to medium low and cook for 15 minutes, stirring occasionally and making sure the mixture doesn't stick.
- After 15 minutes, remove the cover and add the cream and the remaining herbs and bring up to heat.
- Add the cheese and if too thick, add some pasta water to thin the sauce, then serve either mixed with the pasta or served on the side.

Gluten-Free Chicken Soup for Body + Soul

Submitted by: Christa Balero
Via: glutenfreegoddessesrecipes.com

Ingredients

- Extra virgin olive oil, as needed
- 3-4 split chicken breasts (free-range organic, if possible), rinsed, patted dry
- 8 cloves fresh garlic, chopped
- Sea salt and freshly ground pepper, to taste- start with less!
- 2 heaping cups thinly shredded cabbage (bagged cole slaw mix is fast and easy)
- 1 green bell pepper, cored, seeded, cut up
- 1 yellow summer squash, cut up
- 2 zucchini squash, cut up
- 6 to 8 baby Yukon Gold potatoes, cut up
- 1 4-oz. can chopped green chiles- mild or hot, to taste
- 1 teaspoon rubbed sage
- 1 teaspoon each of: dried basil, oregano and parsley
- Hot red pepper flakes, shake to taste
- 1 14-oz. can Muir Glen organic fire roasted diced tomatoes
- 2 or more cups organic chicken broth, as needed
- A dash or two of balsamic vinegar to taste

Directions

Drizzle some extra virgin olive oil into the bottom of a Crock Pot or slow cooker. Lay the chicken breasts in the bottom; top with half the chopped garlic. Season with sea salt and pepper.

In a large bowl, combine the shredded cabbage, bell pepper, yellow and zucchini squashes, potatoes, and green chiles; and toss them with a drizzle of extra virgin olive oil. Season with sea salt, ground pepper, herbs and a shake or two of hot red pepper flakes. Toss to coat.

Pour the veggies into the crock in an even layer. Pour on the diced tomatoes. Add the chicken broth and a dash of balsamic vinegar, to taste. The liquid should just about cover the veggies. If you like more of a brothy soup than a stew, add more broth.

Cover and cook on high for 5 to 6 hours, until the chicken is tender and easily breaks apart into pieces with a large spoon (my chicken was very cold when it went into the pot, so adjust your cook time accordingly, if you need to).

Taste test for seasoning adjustments. I added a pinch of brown sugar to mine to balance the tomato-garlic and spice. Stir in any seasoning adjustments and serve.

Garlic Basil Chicken with Tomato Butter Sauce

Submitted by: Christa Balero

Via: pinchofyum.com

Ingredients

- 1 lb. boneless skinless chicken breasts
- salt and pepper
- 1/4 cup olive oil
- 5–6 roma tomatoes, diced
- 3 cloves garlic, minced
- one handful fresh basil, loosely packed, cut into ribbons
- 1/4 cup Salted Butter
- 8 ounces pasta, like spaghetti, linguine, or bucatini

Directions

1. Cover the chicken with plastic wrap and pound each piece to an even thickness, about one inch or so in the thickest parts (this just helps it cook faster and more evenly). Remove the plastic and sprinkle each piece of chicken generously with sea salt and freshly ground pepper.
2. Prep the tomatoes, garlic, and basil and set aside. Make the pasta according to package directions.
3. Heat the olive oil in a large heavy skillet until a drop of water sizzles across the top. Add the chicken and pan-fry for several minutes on each side – the goal here is to get the chicken cooked AND get a nice browning on the outside. When the chicken is done, set aside.
4. Give the oil a few minutes to cool, add the tomatoes, and return to heat (if you add the tomatoes to the hot oil it will be a splatter-fest). Simmer to cook the tomatoes down into a chunky-sauce-like-mixture. Add the garlic and butter and stir to combine until the butter is melted. Add the chicken back in to soak in the sauce for a few minutes.
5. Just before serving, stir in the basil. Top servings of pasta with the chicken and the sauce.

Spinach Chicken Curry (Palak Chicken)

Submitted by: Zeba Mogal

Via: indianambrosia.com

Ingredients

- 3 chicken breasts boneless
- 4 cups chopped spinach
- ¼ cup cooking oil
- 1 medium onion sliced
- 2 tablespoon ginger-garlic paste
- 1 medium tomato chopped
- 12 cashews pureed
- 1 teaspoon cumin seeds
- 1 black cardamom
- 4 cloves
- 1 teaspoon red chilli powder
- 1 teaspoon coriander powder
- ½ teaspoon turmeric powder optional
- salt to taste

Directions

- Cut the chicken into bite-sized pieces.
- Slice the onions and chop the tomatoes.
- Chop the spinach roughly. If using baby spinach, you can forego this step.
- Make the ginger-garlic paste - put 8-10 garlic cloves and an inch long piece of ginger in a blender along with a few tablespoons of water and blend. If making the exact amount needed for this recipe, you can throw in the cashews too for convenience. No need to puree them separately.
- soak the cashews in a little warm water for 15 minutes and blend along with the water to get a smooth puree.
- Heat oil in a pan and add the whole spices. When they change colour, add onions and fry until they caramelize and turn reddish brown.
- Add the ginger-garlic paste, cashew paste, chopped tomatoes, powdered spices and salt. Saute for 8-10 minutes on low to medium heat or until the masala is thick and shiny. Add water as required to keep the masala from burning.
- Add the chicken pieces, 1 cup water and cook on slow heat until tender. Add more water as required.
- Add the chopped spinach leaves and cook for 2 minutes more. Serve palak chicken with Indian bread or rice.

Notes

- The gravy in palak chicken is supposed to be thick. Spinach releases a lot of water, so if you find the gravy getting watery after you've added it, just cook on high heat until most of the liquid gets absorbed.
- If you don't have the whole spices required for this recipe, you can substitute with powdered garam masala. It is available easily in Indian stores and the international aisles of most supermarkets.
- Instapot directions available on indianambrosia.com

Butternut Squash Quinoa Salad

Submitted by: Melisa Eastman

Via: wellplated.com

Ingredients (for the salad)

- 1/2 small red onion *diced*
- 1 small 2-pound butternut squash *peeled, seeded, and cut into 3/4-inch chunks (about 3 1/2 cups)*
- 2 teaspoons extra-virgin olive oil
- 1/2 tablespoon maple syrup
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 1/2 cups reduced-sodium chicken stock *or vegetable stock or water*
- 3/4 cup uncooked quinoa
- 1/2 cup reduced-sugar dried cranberries
- 1/2 cup toasted pepitas *pumpkin seeds, or chopped toasted walnuts or pecans*
- 2 tablespoons chopped fresh thyme *or 1/4 cup chopped fresh parsley*

Ingredients (for the dressing)

- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons apple cider vinegar *or white wine vinegar*
- 2 teaspoons Dijon mustard
- 1 teaspoon maple syrup
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

Directions

- Preheat the oven to 400 degrees F. Place the red onion in a small bowl and cover with water. Set aside. (This keeps the onion's flavor but helps soften its harsh bite...and endless onion aftertaste.)
- Place the butternut squash in the center of a large rimmed baking sheet. Drizzle with olive oil and maple syrup, then sprinkle with 1 teaspoon salt and 1/2 teaspoon pepper. Toss to evenly coat, then spread the squash into a single layer. Bake for 15 to 20 minutes, turning once, until tender. Remove from the oven and set aside.
- While the squash is baking, bring the broth (or water) and quinoa to a boil in a medium pan. If you are using water, add 1/4 teaspoon kosher salt. Once boiling, reduce the heat to a simmer, cover, and let cook 15 minutes, until the water is absorbed. Remove from the heat and let stand with the lid on for 5 minutes. Fluff with a fork, then transfer to a large serving bowl.
- In a small bowl or large measuring cup (or a mason jar with a tight-fitting lid), combine the dressing ingredients: olive oil, vinegar, mustard, maple syrup, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Drizzle enough of the dressing over the warm quinoa to moisten it, then stir to combine.
- Scrape the roasted butternut squash and any pan juices into the bowl with the quinoa. Add the cranberries, pepitas, and thyme. Drain the red onion then add it to the bowl. Toss to combine, adding more dressing as desired. (I like to reserve a little of the dressing for adding to leftovers.) Serve warm or at room temperature.

Chipotle Chicken Bowl with Avocado Salsa

Submitted by: Maddie Weller
Via: bowlsarethenewplates.com

Ingredients

- 1 lb boneless skinless chicken breasts
- ¼ cup chipotle vinaigrette (see next page for recipe)
- ½ cup chunky avocado (see next page for recipe)
- 1 tbsp olive oil
- 2 large zucchinis spiralized into app 4 cups zoodles

Directions

- Add the chicken breasts to a large plastic bag with the chipotle vinaigrette, allow to marinate for at least 1 hour, or up to 8 hours.
- Before grilling the chicken, prepare the chunky avocado salsa using the recipe link provided above.
- Place in the refrigerator until ready to use.
- Remove the chicken from the marinade and place on a grill preheated to medium high heat.
- Grill the chicken for 5-7 minutes per side, or until the internal temperature reaches 165°F.
- Remove from the grill, loosely cover with foil and let rest for 5-10 minutes.
- Add the olive oil to a large skillet on the stove over medium high heat.
- Add the zucchini noodles and saute for 3-5 minutes.
- Divide the zucchini noodles between two bowls.
- Slice the chicken and add it to each bowl.
- Top the chicken with the chunky avocado salsa.

Notes

- Zucchini noodles can be replaced with cooked white rice, cauliflower rice or quinoa, if desired.
- The chunky avocado salsa can be replaced with pico de gallo or guacamole, if desired.

For previous recipe...

Chipotle Vinaigrette

Submitted by: Maddie Weller
Via: bowlsarethenewplates.com

Ingredients

- 6 tbsp red wine vinegar
- 3 tbsp honey
- 1 tbsp water
- $\frac{3}{4}$ cup extra virgin olive oil or rice bran oil
- $\frac{1}{2}$ tsp dried oregano
- 1 $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp ground black pepper
- 1 tsp ground cumin
- 2 chipotle peppers in adobo sauce
- 2 garlic cloves chopped

Directions

- Add all ingredients to a blender or food processor and puree until smooth.

For previous recipe...

Avocado Salsa

Submitted by: Maddie Weller
Via: bowlsarethenewplates.com

Ingredients

- 3 ripe avocados peeled, seed removed & diced
- 1 pint cherry tomatoes quartered
- 1 cup red onion diced
- 1 jalapeno seeded and minced
- $\frac{1}{4}$ cup lime juice fresh squeezed
- $\frac{1}{4}$ cup fresh cilantro chopped
- 1 tsp kosher salt

Directions

- In a large bowl, **gently** combine the diced avocado, cherry tomatoes, diced red onion and minced jalapenos.
- Add the lime juice, cilantro and salt, gently stir to combine.
- Serve immediately or cover tightly and place in the refrigerator until ready to serve.

Bruschetta

From the kitchen of: Maddie Weller

Ingredients

- 2.5 cups fresh diced tomatoes
- 1/4 cup fresh basil thinly sliced
- 1 tsp Salt
- Pinch of red pepper flakes
- 2-3 TBS Balsamic Vinegar
- Pepper to taste
- 2 cloves minced garlic
- 4 TBS Olive Oil

Directions

- Mix and let sit 30 minutes to overnight. Serve with toasted bread lightly brushed with butter and garlic salt

Bruschetta

Submitted by: Bonnie Wright

Via: cooking.nytimes.com

Ingredients

- 1lb plum tomatoes (about 4-5 large) or any variety of ripe tomatoes
- 1 tsp kosher salt
- 5 tablespoons extra-virgin olive oil
- 2 large garlic cloves, minced
- 8 large basil leaves
- grilled or toasted crusty bread for serving

Directions

- Core and chop tomatoes then transfer to a colander over a bowl or in the sink. Add the salt and gently stir. Let drain for up to 2 hours.
- Meanwhile, make the garlic oil: In a small saucepan, warm the olive oil and garlic over low heat until the garlic is softened and fragrant (about 5 mins). Make sure the garlic doesn't brown. Set aside to cool.
- Roll the basil leaves up and thinly slice crosswise.
- When the oil is cool and the tomatoes well drained, combine tomatoes, garlic oil, and basil in a medium bowl. Season with additional salt to taste. Spoon over toasted bread.

Cajun Squash and Shrimp

From the Kitchen of: Baylee Anderson

Ingredients

- 2-3 Yellow or crookneck squash
- 1-2 zucchini (depending on size- Usually you want equal parts of zucchini and yellow squash)
- 1/2 Summer sausage
- 1 cup medium or small shrimp- (tail off).
- Cajun seasoning to taste- We use about a Tablespoon of Weber N'Orleans Cajun Seasoning.
- 1 TB of butter or cooking oil

Directions

- 1. Cube squash and zucchini and cook on a medium low heat with butter in a pan.
- 2. Once squash and zucchini are beginning to soften to liking, cube and add summer sausage and shrimp. Cook for 15 more minutes. We use pre cooked shrimp, but if the shrimp is raw, cook until the shrimp is well done.
- 3. Stir in cajun seasoning to taste and cook for 2-3 more minutes.
- 4. Serve! This is one of our favorite garden meals!

Garden Frittata

From the Kitchen of: Aly Booth

Ingredients

- 1 small yellow summer squash, thinly sliced
 - 1 small zucchini, thinly sliced
 - 1 small onion, chopped
 - 1 cup shredded part-skim mozzarella cheese*
 - 1 medium tomato, sliced
 - 1/4 cup crumbled feta cheese*
 - 4 large eggs
 - 1 cup fat-free milk or unsweetened milk alternative
 - 2 tablespoons minced fresh basil
 - 1 garlic clove, minced
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 1/4 cup shredded Parmesan cheese*
- *optional- may be made dairy free

Directions

- Preheat oven to 375
- Microwave or sauté veggies until tender. Drain well and pat veggies with a towel to remove excess water.
- Transfer to a 9 inch pie plate (or similar dish) coated with oil. Top with mozzarella and feta if desired.
- In a separate bowl, whisk eggs, milk, salt, pepper, garlic, and basil. Pour over the vegetables and top with more Parmesan if desired.
- Bake, uncovered, for 45-50 minutes, until a knife inserted into the center comes out clean. Let rest for 10 minutes before serving.

The Best Homemade Salsa (Fresh for Canning)

Submitted by: Amy Wilson
Via: melskitchencafe.com

Ingredients

- 10 cups peeled, chopped and drained tomatoes (see note)
- 3 cups chopped onion
- 1 3/4 cups chopped green bell pepper
- 5 jalapeños, finely chopped, membranes and seeds removed (leave in for extra spice)
- 7 cloves garlic, finely minced
- 2 1/2 teaspoons ground cumin
- 2 1/2 teaspoons coarsely ground black pepper
- 2 1/2 tablespoons canning or pickling salt (see note)
- 1/3 cup chopped fresh cilantro
- 1/3 cup sugar, *optional, depending on sweetness of tomatoes*
- 1 1/4 cups apple cider vinegar
- 16 oz tomato sauce, *NOT optional - necessary for safe canning/proper pH*
- 12 ounces tomato paste, *optional if you want a thicker salsa*

Directions

- Combine all the ingredients in a large pot and bring to a boil. Reduce the heat and simmer for 10 minutes, stirring often.
- Fill sterilized pint-size canning jars within 1/2-inch of the top. Wipe the rim of the jar clean and seal with a lid and ring.
- Process in a water or steam bath canner for 15 minutes (add 5 minutes if you live at 1,001 to 3,000 feet; add 10 minutes for 3,001 to 6,000 feet; add 15 minutes for 6,001 feet to 8,000 feet).
- Remove the jars carefully from the water or steam bath and let cool to room temperature. Check to make sure the jars have sealed correctly (lightly press the top of the lid; it should be firm - if the center bubbles up and down when you press on it, it hasn't sealed correctly and will need to be refrigerated or re-processed).

**More specific canning notes can be found on the website (melskitchencafe.com (search: Best Homemade Salsa))

Allergy Friendly

Avocado Pesto Pasta Salad

Via: minimalistbaker.com

Ingredients (for Pasta)

- Water for boiling
- 1 Tbsp salt (for seasoning the water)
- 12 oz. dry gluten-free pasta (we like Trader Joe's Brown Rice & Quinoa Fusilli)

Ingredients (for Sauce)

- 1/4 cup tightly packed fresh parsley (loosely chopped before measuring)
- 1/4 cup loosely packed fresh basil leaves (loosely chopped before measuring)
- 3 Tbsp loosely packed fresh chives (loosely chopped before measuring (if you don't have chives, sub more of the other herbs))
- 3 Tbsp lemon juice
- 1/2 cup ripe mashed avocado
- 1/3 cup water (plus more as needed)
- 3 large cloves garlic
- 1 tsp **coconut aminos** (for depth of flavor or sub half the amount of tamari)
- 1/2 tsp sea salt
- 1 pinch black pepper
- 1 Tbsp olive oil (**optional** for more earthy, floral flavor)

*optional for serving

- 1/4 cup sun-dried tomatoes, diced
- 1/4 cup **vegan parmesan cheese**

Directions

- In a large pot, bring 2 quarts (~1.9 liters) of water to a boil, and add 1 Tbsp salt to season pasta water (amounts written as original recipe // adjust as needed if adjusting serving size).
- While water is coming to a boil, make the sauce. To a **small blender** or food processor, add parsley, basil, chives, lemon juice, avocado, water, garlic, coconut aminos, salt, pepper, and olive oil (optional). Blend until smooth, scraping down sides as needed. Sauce may seem a little thick but will loosen when it's added to the pasta.
- Once water is boiling, cook gluten-free pasta according to package directions. Then drain pasta and immediately transfer to a medium serving bowl. Pour sauce over pasta and mix thoroughly. Taste and adjust, adding more salt if needed, lemon for more zing, or chopped basil for more herbiness.
- Serve immediately. Option to garnish with veggies of choice (such as chopped sun-dried tomatoes – rehydrated if fully dry), **vegan parmesan cheese**, and fresh lemon juice. Best served fresh at room temperature. Store leftovers in the refrigerator for up to 2 days. Not freezer friendly.

Peanut Chicken Zucchini Noodles

Via: sallysbakingaddiction.com

Ingredients

- 2 Tablespoons **sesame oil** (you'll need more for the peanut sauce below)
- 2 teaspoons minced or chopped **garlic**
- 1 cup shredded **carrots**
- 1 cup thinly sliced **cabbage** (I use red)
- 1 large **bell pepper**, thinly sliced (I use red)
- 3 large **zucchini**, spiralized into noodles*
- 2 large **chicken breasts**, cooked & shredded (about 2–3 cups)*
- **Optional Toppings:** 1 Tablespoon sesame seeds, handful of chopped cilantro, 1/2 cup peanuts, 1 Tablespoon chopped green onion

Ingredients (for Sauce)

- 1/2 cup creamy **peanut butter**
- 1/3 cup **honey**
- 1/3 cup **soy sauce** (I use reduced sodium)
- 2 Tablespoons **sesame oil**
- 2 Tablespoons **rice vinegar***
- 2 teaspoons **fresh ginger**, minced
- 1–2 teaspoons **Sriracha** or any hot chile sauce

Directions

1. Heat 2 Tablespoons of sesame oil and the garlic in a large skillet over medium heat. Add the carrots, cabbage, and pepper slices. Cook for about 5 minutes until the vegetables are a little tender. (I usually begin the peanut sauce, step 2, during this time.) Once tender, add the zucchini noodles and shredded chicken to the skillet. Cook and stir for about 3 minutes until the zucchini is a little softer and chicken is warm. Turn off the stove and remove from heat. Set aside. (*If your skillet isn't quite big enough, you can do this step in batches.)
2. Combine all of the peanut sauce ingredients in a small saucepan over low heat. Whisk constantly until the peanut butter has melted and everything is combined. I usually use 2 teaspoons of Sriracha, but use the amount of heat you like.
3. Once the sauce is heated through, pour over chicken/vegetables. Toss everything around until combined. Place on a serving dish (or not!) and top with sesame seeds, cilantro, peanuts, and green onion. Serve immediately.

The BEST Quinoa Salad

Via: twohealthykitchens.com

Quinoa

- 2/3 cup water
- 1/3 cup quinoa

Dressing

- 6 tablespoons lemon juice
- **1/4 cup reduced-sodium soy sauce** or coconut aminos for a deeper smokier flavor
- 2 tablespoons smooth dijon mustard
- 2 tablespoons olive oil

Salad

- 3 cups frozen corn
- 1 (15-ounce or 16-ounce) can black beans
- 1 1/2 cups frozen, shelled edamame
- 1 cup chopped red pepper
- 1/2 cup chopped cilantro
- 6 green onions, chopped
- 4 garlic cloves, minced

Directions

1. Place water and quinoa in a small saucepan and prepare according to package directions (which will probably indicate that you will bring them to a boil and then simmer, covered, for about 10-15 minutes or until the water is absorbed). NOTE: If your quinoa is not pre-rinsed, then before you add it to the saucepan, you will need to rinse it in a sieve, swishing it with your fingers until the water runs clear.
2. Meanwhile, in a colander, rinse and drain the corn, black beans and edamame, just to wash away the liquid from the beans and help the edamame and corn to begin thawing. Transfer to a large mixing bowl.
3. Add red pepper, cilantro, green onions, garlic and prepared quinoa.
4. To prepare the vinaigrette, combine lemon juice, soy sauce, mustard and olive oil in a medium bowl. Whisk well to combine and then pour over vegetable mixture.
5. This is best if chilled for an hour or two before serving, to allow the flavors to combine.

The BEST Dairy-Free Mac'n Cheese

Via: veggieinspired.com

Ingredients

- 12 ounces package small macaroni noodles cooked according to package directions (use gluten free noodles, if desired)
- 1/2 cup reserved pasta cooking liquid or from the squash/onion...either one will work)
- 1 1/2 cups peeled, cubed butternut squash
- 1/2 large sweet onion peeled and chopped
- 1/4 cup raw cashews
- 1 tablespoon fresh lemon juice
- 1 teaspoon salt
- 1/2 teaspoon dijon mustard
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/8 teaspoon smoked paprika
- 1/8 teaspoon turmeric
- 1/8 teaspoon nutmeg

Directions

- Add butternut squash, onions and cashews to a pot and cover with water by at least an inch or two. Bring to a boil, turn down heat to medium and simmer until vegetables are tender (about 15 minutes or so).
- Meanwhile, cook macaroni noodles according to package directions. Reserve 1/2 cup cooking liquid once noodles are done cooking and before draining. Place noodles back in pot and set aside.
- When squash and onions are tender, drain and add them to a high speed blender with the cashews, lemon juice, salt, dijon, garlic powder, black pepper, smoked paprika, turmeric, nutmeg and reserved cooking liquid from the noodles. Blend until completely smooth. Use a tamper if necessary to push ingredients to the bottom of the blender.
- Add butternut squash sauce to the macaroni noodles and stir, making sure every noodle is covered in sauce. Warm through if needed.

Notes

*Use raw cashews. They blend up super creamy and have a mild sweet flavor that complements the other flavors of the butternut squash mac and cheese. Roasted salted cashews will be too strong.

*For an extra "cheesy" flavor, try adding 1 tablespoon of mellow white miso (note: contains soy) or 2 tablespoons of nutritional yeast. Blend into the sauce until smooth.

Beetroot and Feta Salad

Via: scambledchefs.com

Ingredients (for Salad)

- 4 medium beetroots
- 60 grams feta cheese
- 2 tablespoon roughly chopped parsley
- lemon vinaigrette

Ingredients (for dressing)

- 3 tablespoons lemon juice
- 3 tablespoons olive oil
- 2 garlic cloves - minced
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt (or to taste)

Directions

1. Boil the beetroot on medium heat for 45 mins or until it can be easily pierced through with a knife.
2. The skin will easily peel off. After removing the skin of the beetroots, chop the beetroot into cubes and do the same with the feta cheese.
3. Roughly chop the parsley.
4. Combine beetroot, feta cheese, parsley with the lemon vinaigrette and serve.

For Lemon Vinaigrette

1. Mix all ingredients together in a bowl and whisk slightly.