



Breakfast - Berry & Flax Baked Oatmeal

6 servings

50 minutes

Ingredients

500 milliliters Oat Milk
120 grams Unsweetened Applesauce
80 grams Maple Syrup
160 grams Oats (rolled porridge oats)
40 grams Ground Flax Seed (linseeds)
1/4 tsp Cinnamon
280 grams Frozen Berries

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 In a mixing bowl combine the oat milk, applesauce, and maple syrup. Stir in the oats, flaxseed, and cinnamon. Fold in the berries.
- 3 Transfer to a baking dish and bake for 40 to 45 minutes or until the oatmeal is spongy to the touch in the center and a toothpick comes out clean.
- 4 Let the baked oatmeal cool slightly before slicing and serving. Enjoy!

Notes

Baking Dish: An 8 x 8-inch baking dish was used to create six servings.

Leftovers: Refrigerate in an airtight container for up to four days or freeze for up to three months.

More Flavour: Add vanilla extract and chopped nuts, like walnuts or pecans.

No Applesauce: Use mashed banana instead.

No Oat Milk: Use almond milk or milk of choice instead.

No Maple Syrup: Use honey instead



Okra & Cornmeal

4 servings

20 minutes

Ingredients

250 milliliters Canned Coconut Milk
300 milliliters Water
50 grams Okra (trimmed, sliced)
120 grams Cornmeal (fine)
15 grams Butter (unsalted)
Sea Salt (to taste)

Directions

- 1 Bring the coconut milk and water to a boil in a medium pot.
- 2 Lower the heat to a simmer and add the okra. Cook until tender, about 10 minutes.
- 3 Stir in the cornmeal, butter, and salt. Reduce the heat to low and cover with a lid. Cook for five minutes.
- 4 Scoop and pack the cornmeal into a bowl. Invert it onto a plate to create a dome. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days, or freeze if longer.

Dairy-Free: Use vegan butter or omit butter completely.

More Flavour: Add fresh thyme, garlic, and onions.

Additional Toppings: Add peas and corn.

No Cornmeal: Use polenta.



Ginger Salmon Patties with Fennel & Cucumber Salad

2 servings

20 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
 1 tbsp Lemon Juice
 1 tbsp Maple Syrup
 1 tsp Sea Salt (divided)
 1 Cucumber (large, thinly sliced)
 1 bulb Fennel (small, thinly sliced)
 1 tsp Fresh Dill (chopped)
 350 grams Salmon Fillet (skinless, chopped into small chunks)
 2 stalks Green Onion (spring onions - chopped)
 1 tbsp Ginger (grated)

Directions

- 1 In a medium bowl, whisk together 3/5 of the oil, the lemon juice, maple syrup, and half of the sea salt. Add the cucumber, fennel, and dill and toss to coat.
- 2 In a separate bowl, add the salmon chunks, green (spring) onions, ginger, and the remaining salt. Mix gently.
- 3 Divide the salmon mixture evenly into equal parts, and form into slightly flattened patties, about three to four inches in diameter.
- 4 Add the remaining oil to a non-stick pan over medium heat. Cook the patties for six to eight minutes, flipping once halfway.
- 5 Divide the salad and salmon patties between plates and enjoy!

Notes

Leftovers: Refrigerate in separate airtight containers for up to three days.

Serving Size: One serving is equal to two patties

More Flavour: Add or swap other fresh vegetables and leafy greens to the salad such as radishes, grated carrots, baby spinach, and kale. Add or swap other chopped fresh herbs like chives, basil, or coriander. Use lime juice instead of lemon juice.

Additional Toppings: Serve with wasabi mayo, mashed avocado, or guacamole.

Prepare in advance: The salmon mixture can be prepared a few hours ahead of time of cooking and kept stored in the refrigerator. The salad can also be prepared in advance and kept stored in the refrigerator.



Baked Chicken Schnitzel & Apple Coleslaw copy

4 servings

20 minutes

Ingredients

500 grams Chicken Breast (patted dry)
 110 grams Mayonnaise (divided)
 Sea Salt & Black Pepper (to taste)
 100 grams Bread Crumbs
 500 grams Coleslaw Mix (grated vegetables)
 2 Apple (small, grated)
 2 tbsps Whole Grain Mustard
 2 tbsps Apple Cider Vinegar

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Cut the chicken breast(s) in half lengthwise. Coat the chicken cutlets with half the mayonnaise, salt, and pepper. Then, coat evenly in the bread crumbs. Bake for 20 minutes in the oven or until cooked through.
- 3 Meanwhile, combine the coleslaw mix, apple, dijon mustard, vinegar, salt, and pepper in a large bowl until well combined. Set aside.
- 4 Divide the baked chicken and coleslaw evenly between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Gluten-Free: Use gluten-free bread crumbs or crushed gluten-free crackers instead of bread crumbs.

More Flavour: Pan fry the chicken prior to baking.

Budget Friendly: Make your own coleslaw mix using your favourite vegetables, e.g. carrots, cabbage, onion, beetroot, radish



Penne with Red Lentil and Beef Sauce

2 servings

40 minutes

Ingredients

1/4 Red Onion (finely chopped)
 1 Garlic (clove, minced)
 1 tbsp Extra Virgin Olive Oil
 1 tsp Oregano
 1/4 tsp Sea Salt
 2 tbsps Tomato Paste
 50 grams Dry Red Lentils (rinsed)
 100 grams Beef Mince
 200 grams Passata
 200 grams Whole Wheat Penne

Directions

- 1 To a pot over medium heat add the onion, garlic and oil. Cook until the onion begins to soften. Add the oregano and salt, then cook for an additional minute.
- 2 Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are tender. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed.
- 3 Meanwhile, cook the pasta according to package directions. Reserve some of the starchy cooking liquid before draining the pasta.
- 4 To assemble, set half of the lentil sauce aside. Stir the reserved cooking liquid into the lentil sauce, adding a little at a time until your desired thickness is reached. Toss the cooked penne noodles with the sauce. Divide the pasta between plates and top with the remaining lentil sauce and nutritional yeast, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Additional Toppings: Top with extra red pepper flakes or fresh basil.

No Penne: Use your favorite noodles or spiralized vegetables instead.