



2017 FALL BODY RESET: WEEK 4 VEGAN PREP GUIDE

MENU

DAY 1

Smoothie

Cashew Cheese Crudité

Quinoa Cauliflower Bowl with Tahini Sauce

Snacks: Chia Pudding & Fruit and Nut Butter

DAY 2

Cinnamon Pear Oatmeal

Quinoa Cauliflower Bowl with Tahini Bowl

Peppered Tofu with Spaghetti Squash

Snacks: Avocado Tomato Salad & Edamame and Apples

DAY 3

Tahini Oat Smoothie

Peppered Tofu & Squash

Bean & Quinoa Soup

Snacks: Fruit and Nut Butter & Tahini and Celery

DAY 4

Cinnamon Pear Oatmeal

Bean & Quinoa Soup

Chickpea & Eggplant Spaghetti

Snacks: Chia Pudding & Avocado Tomato Salad

DAY 5

Smoothie

Chickpea & Eggplant Spaghetti

Zucchini Lasagna

Snacks: Edamame and Apples & Tahini and Celery



2017 FALL BODY RESET: WEEK 4 VEGAN PREP GUIDE

PREP GUIDE

FOR THE WEEK

- Make cashew cheese * *see recipe below*
- Cook spaghetti squash * *see recipe below*
- 2-3 lemons, zested & juiced (6 Tablespoons juice, 2 Tablespoons zest)
- 8 cups cooked quinoa * *see recipe below*
- 6 cups roasted chick peas **see recipe below*

DAY 1

- Make chia pudding for snack * *see Day 1 recipe*
- 4 carrots, sticks
- 4 stalks celery, sticks
- 4 heads cauliflower, florets (16 cups)

DAY 2

- Marinate tofu 1 hour * *see Day 2 for recipe*
- 1 bunch kale, chopped (6 cups)

DAY 3

- 1½ bunches kale, chopped (9 cups)
- 2 yellow onions, diced (2 cups)
- 8 carrots, diced (4 cups)
- 8 stalks celery, diced (4 cups)
- 8 stalks celery, sliced
- 3 zucchini, diced (6 cups)

DAY 4

- Make chia pudding for snack * *see Day 4 recipe*
- 1 yellow onion, chopped (1 cup)

DAY 5

- 8 stalks celery, sliced
- 4 zucchini, sliced thin lengthwise
- 1 bunch kale, chopped (6 cups)

Spaghetti Squash (Days 2, 4 & 5)

3 medium spaghetti squash

1. Heat oven to 400°F.
2. Slice squash in half lengthwise and scoop out seeds. Place squash cut side down on baking sheet and cook for about 45 minutes. Cool slightly and then scrape out the strands (1 squash yields 6 cups cooked).

continued



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Cashew Cheese (Days 1 & 5)

1½ cups raw cashews, soaked for at least 3 hours, preferably overnight then drained and rinsed
3 Tablespoons lemon juice
1 clove garlic, minced
½ teaspoon kosher salt
dash of black pepper
⅓ cup water – plus additional as needed

Put all ingredients, except water, into food processor and pulse repeatedly adding a little water at a time until it is a thick paste. Texture should be slightly thicker than hummus. Makes about 2 cups.

Cooked Quinoa (Days 1,2 & 3)

3 cups dry quinoa, rinsed
6 cups (48 fl oz) vegetable broth
½ teaspoon kosher salt

1. Add all ingredients to a sauce pan and bring to a boil.
2. Lower heat and simmer for 15 minutes.
3. Turn off heat and let stand covered for 5 minutes.

Roast Chickpeas (Days 1,2 & 4)

4 (15 ounce) cans of chick peas, drained and rinsed
4 Tablespoons olive oil
1 teaspoon cumin
1 teaspoon garlic powder
½ teaspoon sea salt

1. Preheat oven to 375°F.
2. Mix all ingredients together.
3. Spread evenly on a lined baking sheet and roast for 35 minutes until golden brown.

WEEK 4 VEGAN



FALL BODY RESET

Meal #	Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
2,4,5	spaghetti squash	3 medium	2 medium	1 medium	\$7.50	
1,2,3	lemons	3-4	2	1	\$2.00	
3,4	yellow onion	3	2	1	\$3.00	
3,5	zucchini	7	4	2	\$7.00	
2,4,5	tomatoes	12	6	3	\$6.00	
1,3	carrots	12	6	3	\$3.00	
1,3,5	celery	28 stalks	14 stalks	7 stalks	\$5.00	
1,5	cauliflower	4 lg heads	2 lg heads	1 lg head	\$8.00	
2,3,4	avocado	6	3	2	\$6.00	
1,2	parsley	1 bunch	1 sm bunch	1 sm bunch	\$1.50	<i>optional - need 4 T. chopped</i>
2,3,5	kale	4 bunches	2 bunches	1 bunch	\$8.00	
4	eggplant	1 small	1 small	1 small	\$2.50	
2,4,5	fresh basil	1 bunch	1 sm bunch	1 sm bunch	\$1.50	
1,2,3,4,5	pears	22	11	6	\$11.00	
1,3,5	banana	9	5	3	\$4.50	
2,5	edamame (frozen, shelled)	4 cups	2 cups	1 cup	\$4.00	
2,5	apples	8	4	2	\$4.00	

Meal #	Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
		Qty				
1,2,3	quinoa	3 cups	1-1/2 cups	3/4 cup	\$3.00	
1,2,4,5	chickpeas	6 (15 oz) cans	3 (15 oz) cans	2 (15 oz) cans	\$9.00	
1,2,4,5	raw cashews	3 cups	1-1/2 cups	3/4 cup	\$9.00	
1,2,4	garlic powder	1 teaspoon	1/2 teaspoon	1/4 teaspoon	\$1.00	
1,5	almonds	2 cups	1 cup	1/2 cup	\$6.00	
1,5	raisins	1/2 cup	1/4 cup	2 Tablespoons	\$1.00	
1,4	chia seeds	2/3 cup	1/3 cup	3 Tablespoons	\$3.00	
1,3	almond butter	3/4 cup	6 Tablespoons	3 Tablespoons	\$3.00	
1,2,3,5	tahini	1-3/4 cups	1 cup	1/2 cup	\$5.00	
2,4	cinnamon	2 teaspoons	1 teaspoon	1/2 teaspoon	\$1.00	
2,4	pumpkin seeds	1/2 cup	1/4 cup	2 Tablespoons	\$3.00	
2	extra firm tofu	3 (14 oz) pkgs	2 (14 oz) pkgs	1 (14 oz) pkg	\$6.00	
3	white beans	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	\$4.50	
5	nutritional yeast	2 Tablespoons	1 Tablespoon	1/2 Tablespoon	\$2.00	

PANTRY INGREDIENTS

olive oil	1-1/4 cups	2/3 cup	1/3 cup	
coconut oil				
balsamic vinegar	3 Tablespoons	1-1/2 Tablespoons	1 Tablespoon	
white wine vinegar				
vegetable broth	11 cups (88 fl oz)	5.5 cups (44 fl oz)	3 cups (24 fl oz)	
garlic cloves	16 cloves	8 cloves	4 cloves	
kosher salt	3 teaspoons	1-1/2 teaspoons	3/4 teaspoon	
black pepper	2 teaspoons	1 teaspoon	1/2 teaspoon	
cayenne pepper				
paprika				
dried oregano				
herbes de provence	1 teaspoon	1/2 teaspoon	1/4 teaspoon	
ground cumin	1 teaspoon	1/2 teaspoon	1/4 teaspoon	
pure maple syrup				
organic tomato paste				
Dijon mustard				
low sodium soy sauce				
raw old fashioned oats	4-1/4 cups	2-1/4 cups	1-1/4 cups	
almond or coconut milk	20 cups (160 fl oz)	10 cups (80 fl oz)	5 cups (40 fl oz)	
brown rice				



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DAY 1

BREAKFAST: Smoothie

½ cup almonds, ground
3 bananas, peeled (frozen if you'd like a thicker smoothie)
2 pears, peeled and cored
¼ cup raisins
2 cups coconut milk (16 fluid oz)
3 cups ice

Blend until smooth. Makes four servings.

270kcal, 5g Protein, 45g Carb, 135mg Sodium, 8g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 33g Sugar, 8% Calcium, 6% Iron

MID-MORNING SNACK: Chia Pudding

½ cup chia seeds, 3 cups (24 fl oz) coconut milk
1 serving = 1½-2 Tablespoons chia seeds & ¾ cup coconut milk

Mix together and let sit at least 2 hours, ideally overnight

210kcal, 4g Protein, 17g Carb, 115mg Sodium, 9g Fiber, 0mg Cholesterol, 16g Fat, 7g Saturated, 5g Sugar, 10% Calcium, 6% Iron

LUNCH: Cashew Cheese Crudité

1 cup cashew cheese * *see prep guide*
4 carrots, sticks
4 stalks celery, sticks
1 small head cauliflower, florets (4 cups)
4 pears, sliced
1 cup almonds

Serve fruit, veggies and nuts with cashew cheese dip.

Snack: 400kcal, 11g Protein, 56g Carb, 170mg Sodium, 15g Fiber, 0mg Cholesterol, 17g Fat, 1.5g Saturated, 28g Sugar, 15% Calcium, 15% Iron

MID-AFTERNOON SNACK: Fruit & Nut Butter

6 Tablespoons almond butter and 2 pears
1 serving = 1½ Tablespoons almond butter & ½ pear

Snack: 200 kcal, 5g Protein, 20g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 11 g Sugar, 8% Calcium, 6% Iron

Each recipe makes four servings unless otherwise noted



2017 FALL BODY RESET: VEGAN WEEK 4

DAY 1

DINNER: Quinoa Cauliflower Bowl with Tahini Sauce

For Cauliflower

3 large heads cauliflower, florets (12 cups)
4 Tablespoons olive oil
5 cloves garlic, minced
¾ teaspoon kosher salt
½ teaspoon black pepper

For Tahini Sauce

¼ cup sesame tahini
3 Tablespoons lemon juice
2 Tablespoons chopped parsley
Water

2 cups cooked quinoa **see prep guide*

2 cups roast chickpeas **see prep guide*

1. Toss cauliflower with oil, garlic, salt, and pepper. Place on a baking sheet and bake at 400°F for about 25 minutes. **Save ¾ of cauliflower (8 cups) for Lunch Day 2 and Dinner Day 5.**
2. For tahini, whisk together all ingredients adding water to thin if necessary.
3. Divide quinoa into 4 serving bowls. Top with roast chickpeas, cauliflower, and tahini sauce.

Quinoa Cauliflower Bowl: 550 kcal, 22g Protein, 69g Carb, 300mg Sodium, 16g Fiber, 0mg Cholesterol, 23g Fat, 3g Saturated, 10g Sugar, 15% Calcium, 40% Iron



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DAY 2

BREAKFAST: Cinnamon Pear Oatmeal

4 pears, diced
2 Tablespoons water
1 teaspoon cinnamon
4 cups (32 fl oz) almond or coconut milk
2 cups old fashioned oats
¼ cup chopped cashews

Heat a medium saucepan over medium heat and add the pears and water and cook until pears are tender, about 5 minutes. Add cinnamon, milk, and oats and bring to a simmer for about 5-8 minutes. Serve with chopped nuts on top.

Oats: 430 kcal, 9g Protein, 58g Carb, 80mg Sodium, 9g Fiber, 0mg Cholesterol, 19g Fat, 10g Saturated, 17g Sugar, 4% Calcium, 15% Iron

MID-MORNING SNACK: Avocado Tomato Salad

1 avocado, diced
1 tomato, diced
½ Tablespoon olive oil
½ Tablespoon balsamic vinegar
¼ cup pumpkin seeds

Toss all ingredients together just before serving.

1 serving = ¼ avocado, ¼ tomato, ¼-½ teaspoon olive oil, ¼-½ teaspoon balsamic vinegar, 1 Tablespoon pumpkin seeds

150kcal, 4g Protein, 7g Carb, 5mg Sodium, 4g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 2 g Sugar, 2% Calcium, 6% Iron

LUNCH: Quinoa Cauliflower Bowl with Tahini Sauce

2 cups cooked quinoa **see prep guide*
2 cups roast chickpeas **see prep guide*
4 cups cooked cauliflower **from Day 1 Dinner*

For Tahini Sauce

¼ cup sesame tahini
3 Tablespoons lemon juice
2 Tablespoons chopped parsley
Water

1. For tahini, whisk together all ingredients adding water to thin if necessary.
2. Divide quinoa into 4 serving bowls. Top with roast chickpeas, cauliflower, and top with tahini sauce.

Quinoa Cauliflower Bowl: 550 kcal, 22g Protein, 69g Carb, 300mg Sodium, 16g Fiber, 0mg Cholesterol, 23g Fat, 3g Saturated, 10 g Sugar, 15% Calcium, 40% Iron

Each recipe makes four servings unless otherwise noted



2017 FALL BODY RESET: VEGAN WEEK 4

DAY 2

MID-AFTERNOON SNACK: Edamame & Apples

2 cups shelled edamame and 4 apples

1 serving = ½ cup edamame & 1 apple

Edamame and fruit: 190kcal, 8g Protein, 34g Carb, 30mg Sodium, 8g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 20g Sugar, 4% Calcium, 10% Iron

DAY 2

DINNER: Peppered Tofu with Spaghetti Squash

For Peppered Tofu

2 Tablespoons olive oil

2 cloves garlic, minced

1 Tablespoon lemon zest

¼ teaspoon kosher salt

¼ teaspoon black pepper

3 (14 ounce) packages of extra firm tofu, drained and cut into 1 inch chunks

For Spaghetti Squash

2 Tablespoons olive oil

1 clove garlic, minced

1 bunch kale, chopped (6 cups)

1 spaghetti squash, cooked and into strands (6 cups) * see prep guide

¼ cup basil, chopped

1 cup cashews, crushed

dash of salt and pepper

For peppered tofu

1. Heat oven to 400°F.
2. Combine all ingredients and add tofu. Marinate for 1 hour. Drain and put tofu on a lined baking sheet. Bake for 20-25 minutes until crisp. **Save half for Lunch Day 3.** Serve with spaghetti squash.

Meanwhile

For spaghetti squash

1. Heat a large non-stick skillet over medium heat and add oil and garlic and sauté for 1 minute.
2. Add kale and cook for about 2-3 minutes then add squash and basil. Stir in cashews to warm through and season with salt and pepper. **Save half the kale and squash for Lunch Day 3.**

Peppered Tofu: 190kcal, 15g Protein, 4g Carb, 80mg Sodium, 2g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 1g Sugar, 10% Calcium, 15% Iron

Spaghetti Squash: 200kcal, 5g Protein, 15g Carb, 105mg Sodium, 4g Fiber, 0mg Cholesterol, 16g Fat, 2.5g Saturated, 4g Sugar, 10% Calcium, 10% Iron

Each recipe makes four servings unless otherwise noted



2017 FALL BODY RESET: VEGAN WEEK 4

DAY 3

BREAKFAST: Tahini Oat Smoothie

¼ cup raw old-fashioned oats
¼ cup tahini
3 bananas, sliced
½ bunch kale, chopped (3 cups)
2 pears, cored
2 cups (16 fl oz) almond or coconut milk
3 cups ice

In a blender or food processor, blend oats then add remaining ingredients and blend until smooth.

Smoothie: 250 kcal, 7g Protein, 53g Carb, 65mg Sodium, 9g Fiber, 0mg Cholesterol, 15g Fat, 6g Saturated, 25g Sugar, 10% Calcium, 10% Iron

MID-MORNING SNACK: Fruit & Nut Butter

6 Tablespoons almond butter and 2 pears
1 serving = 1½ Tablespoons almond butter & ½ pear

200 kcal, 5g Protein, 20g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 11 g Sugar, 8% Calcium, 6% Iron

LUNCH: Peppered Tofu & Squash

Peppered tofu & spaghetti squash, warmed * *from Dinner Day 2*

Tofu: 190kcal, 15g Protein, 4g Carb, 80mg Sodium, 2g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 1g Sugar, 10% Calcium, 15% Iron
Spaghetti Squash: 200kcal, 5g Protein, 15g Carb, 105mg Sodium, 4g Fiber, 0mg Cholesterol, 16g Fat, 2.5g Saturated, 4g Sugar, 10% Calcium, 10% Iron

MID-AFTERNOON SNACK: Tahini & Celery

½ cup tahini with 8 celery stalks, sliced
1 serving = 2 Tablespoons tahini & 2 celery stalks, sliced

200 kcal, 6g Protein, 13g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 14g Fat, 3g Saturated, 2g Sugar, 2% Calcium, 2% Iron

Each recipe makes four servings unless otherwise noted



2017 FALL BODY RESET: VEGAN WEEK 4

DAY 3

DINNER: Bean & Quinoa Soup

2 Tablespoons olive oil
2 yellow onions, diced (2 cups)
3 cloves garlic, minced
8 carrots, diced (4 cups)
8 stalks celery, diced (4 cups)
3 zucchini, diced (6 cups)
3 (15 oz) cans white beans, rinsed and drained (could also use chickpeas)
5 cups (40 fl oz) low-sodium vegetable broth
5 cups (40 fl oz) water
½ teaspoon black pepper
1 bunch kale, chopped (6 cups)
1 teaspoon Herbes de Provence
4 cups quinoa * *see prep guide*
1 Tablespoon lemon zest
2 avocados, diced

1. Heat a large pot over medium heat and add oil, onions, and garlic and cook for 1 minute.
2. Add carrots and celery and cook for 2 minutes.
3. Add zucchini, beans, broth, water, pepper, kale, and Herbes and bring to a simmer for 10 minutes.
4. Stir in quinoa and warm through.
5. Garnish with lemon zest and top with avocado. **Save ⅓ for Lunch Day 4 and freezer meal.**

Soup and avocado: 420 kcal, 15g Protein, 51g Carb, 190mg Sodium, 17g Fiber, 0mg Cholesterol, 20g Fat, 3g Saturated, 8g Sugar, 15% Calcium, 25% Iron

* *Prepare chia pudding for tomorrows snack.*



2017 FALL BODY RESET: VEGAN WEEK 4

DAY 4

BREAKFAST: Cinnamon Pear Oatmeal

4 pears, diced
2 Tablespoons water
1 teaspoon cinnamon
4 cups (32 fl oz) almond or coconut milk
2 cups old fashioned oats
¼ cup chopped cashews

Heat a medium saucepan over medium heat and add pears and water and cook until pears are tender, about 5 minutes. Add cinnamon, milk, and oats and bring to a simmer for about 5-8 minutes. Serve with chopped nuts on top.

430 kcal, 9g Protein, 58g Carb, 80mg Sodium, 9g Fiber, 0mg Cholesterol, 19g Fat, 10g Saturated, 17g Sugar, 4% Calcium, 15% Iron

MID-MORNING SNACK: Chia Pudding

½ cup chia seeds, 3 cups (24 fl oz) coconut milk
1 serving = 1½-2 Tablespoons chia seeds & ¾ cup coconut milk

Mix together and let sit at least 2 hours, ideally overnight

210kcal, 4g Protein, 17g Carb, 115mg Sodium, 9g Fiber, 0mg Cholesterol, 16g Fat, 7g Saturated, 5g Sugar, 10% Calcium, 6% Iron

LUNCH: Bean & Quinoa Soup

Half the reserved Bean & Quinoa soup, warmed * *from Dinner Day 3*
2 avocados, diced

Serve warmed soup with diced avocado, freeze any remaining soup.

Soup and avocado: 420 kcal, 15g Protein, 51g Carb, 190mg Sodium, 17g Fiber, 0mg Cholesterol, 20g Fat, 3g Saturated, 8g Sugar, 15% Calcium, 25% Iron

MID-AFTERNOON SNACK: Avocado Tomato Salad

1 avocado, diced
1 tomato, diced
½ Tablespoon olive oil
½ Tablespoon balsamic vinegar
¼ cup pumpkin seeds

Toss all ingredients together just before serving.

1 serving = ¼ avocado, ¼ tomato, ¼-½ teaspoon olive oil, ¼-½ teaspoon balsamic vinegar, 1 Tablespoon pumpkin seeds

150 kcal, 4g Protein, 7g Carb, 5mg Sodium, 4g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 2 g Sugar, 2% Calcium, 6% Iron

Each recipe makes four servings unless otherwise noted



2017 FALL BODY RESET: VEGAN WEEK 4

DAY 4

DINNER: Chickpea & Eggplant Spaghetti

3 Tablespoons olive oil
1 yellow onion, chopped (1 cup)
2 cloves garlic, minced
1 small eggplant, peeled & diced (4 cups)
6 large tomatoes, diced (3 cups)
2 Tablespoons balsamic vinegar
dash of salt and pepper
½ cup chopped basil

2 cups roast chickpeas, warmed * *see prep guide*
6 cups spaghetti squash, warmed * *see prep guide*

Heat a large skillet over medium heat and add oil, onions, and garlic and sauté for 1 minute. Add eggplant and cook for about 3-5 minutes then add tomatoes and balsamic vinegar and cook for another 5 minutes. Add salt, pepper, and basil. **Save half for Lunch Day 5.** Serve with spaghetti squash topped with chickpeas.

Chickpea & Eggplant: 350 kcal, 9g Protein, 42g Carb, 230mg Sodium, 11g Fiber, 0mg Cholesterol, 18g Fat, 2.5g Saturated, 14g Sugar, 10% Calcium, 20% Iron



2017 FALL BODY RESET: VEGAN WEEK 4

DAY 5

BREAKFAST: Smoothie

½ cup almonds, ground
3 bananas, peeled (frozen if you'd like a thicker smoothie)
2 pears, peeled and cored
¼ cup raisins
2 cups (16 fl oz) coconut milk
3 cups ice

Blend until smooth. Makes four servings.

Smoothie: 270kcal, 5g Protein, 45g Carb, 135mg Sodium, 8g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 33g Sugar, 8% Calcium, 6% Iron

MID-MORNING SNACK: Edamame & Apples

2 cups shelled edamame and 4 apples
1 serving = ½ cup edamame & 1 apple

Edamame/fruit: 190kcal, 8g Protein, 34g Carb, 30mg Sodium, 8g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 20g Sugar, 4% Calcium, 10% Iron

LUNCH: Chickpeas & Eggplant Spaghetti

6 cups spaghetti squash * *see prep guide*
Chickpeas & Eggplant sauce * *from Dinner Day 4*

Can be served warm or cold.

Chickpea & Eggplant: 350 kcal, 9g Protein, 42g Carb, 230mg Sodium, 11g Fiber, 0mg Cholesterol, 18g Fat, 2.5g Saturated, 14g Sugar, 10% Calcium, 20% Iron

MID-AFTERNOON SNACK: Tahini & Celery

½ cup tahini with 8 celery stalks, sliced
1 serving = 2 Tablespoons tahini & 2 celery stalks, sliced

Snack: 200 kcal, 6g Protein, 13g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, 14g Fat, 3g Saturated, 2g Sugar, 2% Calcium, 2% Iron

Each recipe makes four servings unless otherwise noted

2017 FALL BODY RESET: VEGAN WEEK 4

DAY 5

DINNER: Zucchini Lasagna

Roasted cauliflower (4 cups) * *from Dinner Day 1*

1 cup cashew cheese * *see prep guide*

¼ cup water or vegetable broth

2 (15 ounce) cans chickpeas, drained and rinsed

2 Tablespoons nutritional yeast

1 Tablespoon water, more if needed

2 Tablespoons olive oil

2 cloves garlic, minced

1 bunch kale, chopped (6 cups)

4 tomatoes, pureed

dash of salt and pepper

¼ cup chopped basil

4 zucchini, sliced thin lengthwise

1. Heat oven to 375°F.
2. Puree cauliflower and cashew cheese to the consistency of ricotta cheese, using broth or water if necessary.
3. In a food processor, combine chickpeas, nutritional yeast, and water until chunky.
4. Heat a non-stick skillet over medium heat and add the oil and garlic and cook for 1 minute. Add kale and cook for 2 minutes. Add pureed tomatoes, salt, and pepper and simmer for 2-4 minutes. Add basil.
5. Lightly oil an 8x11 baking pan. Layer a little sauce, zucchini strips, cauliflower mixture, and chickpea mixture and repeat until all ingredients are used. Cover and bake about 25 minutes.

Zucchini Lasagna: 490 kcal, 26g Protein, 66g Carb, 600mg Sodium, 26g Fiber, 0mg Cholesterol, 17g Fat, 2.5g Saturated, 15g Sugar, 40% Calcium, 35% Iron