



## Overnight Oats

Makes 1 pint sized mason jar

### Template Ingredients

- 1/2 cup old fashioned rolled oats
- 3/4 - 1 cup plant milk
- 1 Tbsp chia seeds
- 2 tsp maple syrup
- pinch of salt (optional)

### Variations

- Apple Cinnamon (add chopped apple and a sprinkle of cinnamon)
- Lemon Blueberry (add blueberries and lemon zest plus a squirt of lemon juice)
- Mango Coconut (add chopped mango and shredded unsweetened coconut)
- PB&J (add peanut butter and sliced strawberries)

### Directions

1. Add template ingredients to each wide-mouth pint mason jar. If you're short on time in the morning, you can add the variation ingredients the night before).
2. Stir well and refrigerate overnight.
3. Add your variation ingredients and serve right out of the jar.



## Pasta Salad

Serves 4

### Template Ingredients

- 16 oz whole grain pasta of your choice
- 2 cups chopped and/or grated veggies of your choice
- Sauce of your choice - you'll add as much as you prefer but it will be around 1/4 of a cup

### Variations

- Caprese pesto - add pesto (recipe below), halved cherry tomatoes and serve with dollops of Kite Hill ricotta cheese and fresh basil.
- Greek - add halved cherry tomatoes, chopped cucumber, sliced kalamata olives, a drained can of chickpeas and a bottled vinaigrette dressing
- Mexi - add drained black beans, frozen or fresh corn kernels, chopped red pepper and red onion, cilantro, pickled jalapeños and chipotle crema (recipe included in the pasta salad recipe sheet)

### Directions

1. Boil pasta according to package directions. Drain and rinse with cold water, drain well again.
2. Chop all your veggies and add them to the pasta in a large bowl.
3. Stir in your sauce/dressing and mix well.
4. Add any garnishes/herbs/toppings you desire.
5. Serve cold. Most variations do well as leftovers.

## Pesto

Ingredients

- 2 cups packed basil leaves
- 1/4 cup pine nuts (or cashews, sunflower seeds, hemp seeds)
- Juice of half a lemon

- 2 large garlic cloves (more if you like raw garlic)
- 2-3 Tbsp nutritional yeast
- 1/4 tsp salt plus more to taste
- 2 - 3 Tbsp extra virgin olive oil (optional)
- 3 - 6 Tbsp water plus more as needed

#### Directions

1. Add all ingredients to a food processor and blend until a loose paste forms.
2. Add oil (if using) and blend, scraping down sides occasionally.
3. Add water and blend until a thick but pourable consistency.
4. Taste and adjust accordingly.
5. Serve immediately. Can also be frozen for later use. Pour into ice cube tray and freeze till solid. Store the frozen pesto cubes in a sealed container in the freezer for up to 6 months.



## Sheet Pan Tacos

Serves 4

### Template Ingredients

- 1 -2 cans beans (I like seasoned beans) - black beans, pinto beans or chickpeas are all great choices
- 2 cups roughly chopped veggies of choice
  - Mushrooms, asparagus, root veggies, peppers, zucchini, onions, brussels sprouts, broccoli, cauliflower, etc
- 2 Tbsp taco or fajita seasoning mix
- Avocado spray oil (optional)
- 1 package corn tortillas
- Guacamole or chipotle crema (recipes follow)
- Cilantro for garnish

### Directions

1. Preheat oven to 425°.
2. Make your guacamole and/or crema and set aside.
3. To a small saucepan, add the canned beans (don't drain and rinse!) and warm over medium-low heat. Stirring occasionally.
4. Line a large sheet pan or cookie sheet with parchment paper. Spread your veggies out on the sheet pan and spray lightly with oil. Sprinkle taco mix over the veggies and toss well with your hands.
5. Bake for 15-20 minutes (could be more depending on size and type of veggie chunks) or until brown on the edges and tender to your liking.
6. While the veggies are cooking, warm your tortillas one at a time in a skillet over medium high heat until soft. Stack these warmed tortillas inside a kitchen towel to keep warm.
7. Serve the tacos. Add a spoonful of beans (use a slotted spoon to serve), a few of the veggies, some guac and/or crema and a sprinkle of cilantro to a tortilla and eat!

## Guacamole

Serves 4

### Ingredients

- 2 ripe avocados
- Juice of one lime
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- Salt and pepper to taste
- Optional: chopped cilantro, a tbsp or two of pico de Gallo, minced garlic, chopped tomato, hot sauce

### Directions

1. To a medium bowl, add peeled and pitted avocado.
2. Mash with a fork until as smooth as you prefer.
3. Add any optional ingredients and stir.
4. Add salt and pepper to taste.
5. Serve immediately. Keeping the pit mixed into the guac supposedly keeps it from browning.

## Chipotle Crema

Serves 4

### Ingredients

- 1 cup cashews (soaked overnight or softened in boiling water for 15-20 minutes if you don't have a Blendtec or Vitamix)
- 1/2 to 3/4 cup water
- Juice of one lime
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 - 2 chipotle peppers in adobo sauce (these can get pretty spicy. Add part of one of them if you're sensitive to spicy. (If you want to leave this part out, you'll have plain crema which is delicious too!))
- Salt and pepper to taste

### Directions

1. Add all the ingredients, starting with 1/2 cup water to the blender and blend until very smooth, scraping down the sides periodically. Add more water as needed to achieve a thick, pourable consistency.
2. Taste and add salt and pepper to your liking.
3. Serve with tacos, bowls, burritos, salads, etc.