

Cork & Cashews

12 simple, but special recipes that will always hit the spot



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Dedication & Thank You

This book is dedicated to my wonderful younger brother, Simon, who once asked me for a cookbook of my recipes for his birthday. This book would not exist without your constant optimism and support, and the blog certainly wouldn't either. Thanks for always being my foodie in crime!

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Crowd-pleasing crispy tofu

There isn't a soul on this earth, carnivore or otherwise, that won't love this deliciously savory, sweet, sticky, and oh-so-crispy tofu...

INGREDIENTS

Ingredients are also listed in the recipe itself

- 2 blocks of extra firm tofu
- 2 cups of jasmine rice (or instant rice packages)
- 1/2 cup of cornstarch
- Canola oil (vegetable, safflower, and sunflower oils work too)
- 1 pound of frozen broccoli
- One 12oz. bag of frozen mixed veggies
- 1 cup of store-bought teriyaki sauce
- 2 level tablespoons of cornstarch

RECIPE - SERVES 4-6

1. Press the two blocks of extra-firm tofu either using a tofu press, or by wrapping the blocks in a dish rag and placing a heavy object on top. The longer you press the tofu, the better the texture. Aim for at least 1 hour, but it can also be pressed overnight.
2. Cook two cups of jasmine rice according to package instructions
3. Slice the tofu into bite sized cubes and place in a large mixing bowl with roughly one half cup of cornstarch. Gently mix the tofu until each piece is lightly coated in cornstarch on each side.
4. In a large pan, pour enough canola oil in that the bottom of the pan is completely coated. Heat the oil over medium/high heat until it lightly bubbles.
5. Carefully add your cornstarch-coated tofu pieces to the pan. Be careful as the hot oil can sometimes splash back—if this happens, lower the temperature slightly. Evenly distribute the tofu cubes across the pan and leave them to cook. The more you move them, the less crispy they will be. Once they are browned on one side, gently flip them with a spatula and repeat until every side of each tofu piece is crispy. Once this happens, remove from pan and place on the cubes on a plate covered with paper towel.
6. In the same pan as before, cook one pound of frozen broccoli and one 12oz. bag of mixed veggies until heated through (feel free to add more veggies!).
7. While veggies are cooking, in a small bowl or jar, mix together one cup of store-bought teriyaki sauce and 2 tablespoons cornstarch mixed well until there are not clumps. Heat the sauce mixture on medium until it starts to bubble, then reduce to low until the sauce thickens. Allow sauce to cool slightly once thickened.
8. Once veggies are cooked through and tofu has slightly cooled, coat the tofu pieces and veggies in the thickened sauce and serve over rice.



Unbeatable burritos

Very few things hit the spot like a crispy, pan-fried burrito. Never had one? This recipe is very customizable so it's sure to always hit the mark.

INGREDIENTS

Ingredients are also listed in the recipe itself

- Two 15oz. cans of black beans
- Two tablespoons of taco seasoning
- Two large handfuls of spinach
- Any additional veggies you'd like to add (kale, tomatoes, zucchini, etc.)
- One 15oz. can of corn
- Four large flour tortillas
- 2 tablespoons of vegan mayo
- One half cup of of medium salsa

Optional

- 2-4 slices of vegan cheddar cheese, avocado or guacamole

RECIPE - SERVES 4

1. Drain and rinse two 15oz. cans of black beans and heat in a skillet with a dash of olive oil over medium heat.
2. Add two tablespoons of taco seasoning, two tablespoons of medium salsa, and salt to taste (at least 1-2 teaspoons of salt)
3. Add in two generous handfuls of spinach (you can never add too much) and any other chopped veggies you may want to add, as well as one 15oz. can of rinsed corn. Stir frequently.
4. While the beans and veggies cook, lay your flour tortillas out and spread about a teaspoon of vegan mayo onto one side of each tortilla (or more mayo if you'd like), add a tablespoon or more of medium salsa on top of the mayo. If you're adding cheese, add it now.
5. Once your beans and veggies are warmed through and cooked until the spinach wilts, add a generous helping of the bean mixture onto each tortilla. *Make sure you add the beans right on top of the salsa—so everything should be only on one side of the tortilla, which will make it easier to roll up.*
6. Fold the sides of your tortilla in, and flip over the side full of the mixture first so that you're trapping it inside the tortilla. Continue to fold in the sides and flip the filling section until you form a burrito.
7. Add the burrito back to the pan that you cooked the beans in over medium heat. Cook for about 2 minutes on either side or until a golden brown crust forms on the outside of the burrito.
8. Serve with any additional toppings you'd like and enjoy!



Veggie-loaded pasta

It's just like having a salad for lunch, only better. You know...because it's not actually a salad. You can eat this hot, or let it cool, add some vegan mayo, and take it out for a picnic, pasta-salad style.

INGREDIENTS

Ingredients are also listed in the recipe itself

- 500 grams of pasta (or chickpea pasta for added protein)
- 1 pound of broccoli (can be frozen)
- 2 cups of mixed veggies (pictured: green beans, peas, carrots, but you could also use zucchini, spinach, kale, or any veggie you like)
- 1-2 tablespoons vegan butter (or olive oil)
- Roughly 1/4 cup of sun-dried tomatoes
- 1/2 cup of vegan parmesan
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon nutritional yeast

Optional

- If not using a high protein pasta like chickpea pasta, you could always mix in one 15oz. can of drained chickpeas!

RECIPE - SERVES 4-6

1. Cook 500g of pasta according to package instructions.
2. While pasta is cooking, heat a large pan over medium heat with a splash of oil or some cooking spray.
3. Once the pan is hot, add one pound of chopped broccoli and two cups of chopped mixed veggies. Allow any frozen veggies to thaw completely before moving on to next step.
4. Once pasta is cooked, drain well and add pasta to pan with veggies.
5. Then add all remaining ingredients (one or two tablespoons of vegan butter, one fourth cup sun-dried tomatoes, one half cup of vegan parm, one half teaspoon salt, one half teaspoon pepper, one tablespoon nutritional yeast).
6. Stir well and serve!



Picnic-style chickpea salad

We'll cut to the chase. This will probably be your new favorite go-to lunch. Get ready to have a fridge full of this stuff.

INGREDIENTS

Ingredients are also listed in the recipe itself

- Two 15oz. cans of chickpeas
- 1 cup of shredded carrot
- 1 cup of chopped celery (roughly 4 stalks)
- 4 chopped pickle spears (roughly 1/2 cup chopped)
- 1/4 cup of vegan mayo
- 3 tablespoons of pickle brine (the juice the pickles are in)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 tablespoon dijon mustard (yellow works fine too)
- Juice of 1 lemon (lime works fine too)

RECIPE - SERVES 4-6

1. Drain and rinse two 15oz cans of chickpeas then add to a large mixing bowl and roughly mash.
2. Add remaining ingredients and stir (1 cup of shredded carrot, 1 cup of chopped celery, 4 diced pickle spears, 1/4 cup vegan mayo, 3 tablespoons pickle brine, 1/4 teaspoon each of salt, pepper, garlic powder, onion powder, 1 tablespoon of dijon mustard, and the juice of 1 lemon).
3. Mix well and serve! It works great as a "tuna melt" on some cheesy bread as well, or on top of a salad, or both (as pictured!).



Chickpea & tzatziki Bowl

Honestly, we'll just cut to the chase. This seriously hits the spot. It's hearty but refreshing, and goes great with pita bread too—what more can you ask for?

INGREDIENTS

Ingredients are also listed in the recipe itself

- 2 cups jasmine rice
- Two 15oz. cans of chickpeas
- 2 zucchinis and/or summer squash
- 1/2 teaspoon of salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 tablespoon of olive oil
- 1 cup plain vegan yogurt
- 1/4 cup plain vegan cream cheese
- 1 tablespoon vegan mayo
- 1 small cucumber
- 1/2 teaspoon pickle juice
- 1 tablespoon chopped dill

Optional

- Pickled red onions (white vinegar, red onion, sugar, salt) and hummus

RECIPE - SERVES 4-6

1. *Note: If you're making the pickled red onions, those need to be made in advance. In a small saucepan, heat 1 cup of white vinegar, 1 cup of water, 2 1/4 teaspoons of sugar, and 1 1/4 teaspoon of salt until dissolved. Chop red onions and place in a jar or bowl, pour liquid over top and refrigerate for at least 4 hours.*
2. Cook 2 cups of jasmine rice according to package instructions or in a rice cooker (could also use instant rice packets instead).
3. Preheat oven to 425 degrees Fahrenheit.
4. Drain and rinse two 15oz. cans of chickpeas, and rinse and chop 2 zucchinis or summer squashes (really any veggie will work).
5. Coat chickpeas and veggies in 1 tablespoon of olive oil, and 1/4 teaspoon each of salt, pepper, garlic powder, and onion powder, before baking in the oven for 20-25 minutes.
6. In a small bowl mix together 1 cup of plain vegan yogurt, 1/4 cup of vegan cream cheese, 1 tablespoon of mayo, 1 finely chopped cucumber, 1 teaspoon of pickle juice, 1 tablespoon of finely chopped fresh dill, and 1/4 teaspoon each of salt, pepper, onion powder, and garlic powder.
7. Once chickpeas and rice have finished cooking, combine rice, chickpeas/veggies, and tzatziki on a plate and serve with any optional toppings you may want.



Spaghetti bolognese (kinda)

We won't pretend it's a traditional Bolognese, but this is still one of our favorite meals to feed to the carnivores in our lives....we bet you they won't even notice that it's plant-based...

INGREDIENTS

Ingredients are also listed in the recipe itself

- 1 pound pasta (any kind will do)
- 2 tablespoons vegan butter
- 12oz. vegan beefless grounds (can be frozen or not)
- 1 pound of marinara sauce (or tomato basil)
- 1 cup of red wine (a table pinot noir, malbec, or zinfandel work best)
- 1/4 teaspoon salt
- 1/4 teaspoon sugar

Optional

- Spinach, basil, sea salt, vegan parmesan, or crushed red pepper flakes to top

RECIPE - SERVES 4-6

1. Boil water in a pot and cook one pound of pasta according to package instructions.
2. While the pasta is cooking, add two tablespoons of vegan butter to a saucepan over medium heat. Once melted add twelve ounces of vegan grounds and stir occasionally until heated (if frozen, cook until thawed)
3. Add one pound of marinara sauce, one cup of red wine, one fourth teaspoon of salt, and one teaspoon sugar.
4. Mix thoroughly and bring to a low boil, before reducing to medium/low heat and allowing to reduce for around fifteen minutes (stir frequently). *Note: If you want to add more veggies to this meal, you could also mix in spinach, zucchini, or your favorite veggies.*
5. Drain pasta once it is finished cooking and add to pot with sauce. Stir until pasta is completely coated, and top with any optional ingredients once plated.



Simi-nachos

You may have noticed this book is dedicated to my brother, Simon. Not sure why, but we've always called him Simi-Nacho. This one's for you, bud!

INGREDIENTS

Ingredients are also listed in the recipe itself

- 12 oz. vegan beefless grounds (can be frozen or not)
- Handful of spinach
- 2 tablespoons of taco seasoning
- 3 avocados
- 10(ish) cherry tomatoes
- 1/2 teaspoon salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- Juice of one lime
- Half a bag of tortilla chips, or enough to cover one baking tray
- One bag of shredded vegan colby jack cheese (Violife is great if you can find it, you can also just cut up vegan cheese slices)
- 8oz. of medium salsa
- 1 bunch cilantro

Optional:

- 1/4 cup vegan mayo
- Juice of 1 lime
- 1 teaspoon agave syrup

RECIPE - SERVES 4

1. Preheat oven to 350 degrees Fahrenheit.
2. In a skillet over medium heat, cook 12oz. of beefless grounds with 2 tablespoons of taco seasoning, 1 tablespoon of oil, 2 tablespoons of water, and a large handful of spinach (you can also add additional veggies here if you want!).
3. While the beefless grounds are cooking, mash together 3 avocados, the juice of 1 lime, 1/2 teaspoon salt, 1/4 teaspoon each of onion powder, garlic powder, and pepper, and about 10 diced cherry tomatoes. Congrats, you've just made guac! :)
4. Once the beefless grounds have been heated all the way through, line a baking tray with tortilla chips and cover them with the beefless grounds.
5. Add additional toppings you might have laying around such as corn (or the Trader Joe's Corn Salsa, pictured below), black beans, extra veggies, etc.
6. Then sprinkle the whole tray with 4-8oz. of vegan cheese, to your desired cheesiness.
7. Bake in the oven for 5-8 minutes or until cheese has melted. Keep an eye on the tray while it's in the oven, depending on how hot your oven runs, the cheese could melt faster or slower.
8. Once cheese has melted completely, top with guac, salsa, and chopped cilantro (as desired).
9. *Pro Tip: For an extra indulgent finish, you can mix about a quarter cup of vegan mayo with the juice of one lime and about a teaspoon of agave syrup for a sour & sweet crema topping to drizzle over the top.*



Go-to, heart-warming ramen noodles

Who doesn't love noodles? This take on ramen noodles is a basic recipe that can be fully customized to incorporate your favorite veggies & toppings.

INGREDIENTS

Ingredients are also listed in the recipe itself

- 1/4 cup of teriyaki sauce (we like the Trader Joe's Soyaki, or you could make your own using the crispy tofu sauce recipe)
- 1 block of extra firm tofu
- 2 cartons (2 quarts total) of vegan broth - you can use miso, vegetable broth, or bullion, just make sure it's not heavily tomato based. Our favorite is the Miso broth from Trader Joe's.
- One bag of spinach (5oz or more)
- 8 cakes or 20oz. of rice ramen noodles (our favorite is the Lotus Foods brand, just get two packages)
- Splash of oil (any kind will do)

RECIPE - SERVES 4

1. Fill a large pot with water and bring to a rapid boil.
2. While the water is boiling, marinate 1 block of chopped tofu in the 1/4 cup of teriyaki sauce on a plate or in a bowl and set aside.
3. In a separate pot, heat the two cartons of broth over medium-low heat, once the broth is warmed, add the entire bag of spinach (yes, the entire bag) and stir frequently until the spinach has wilted then reduce the heat under the broth and spinach to low.
4. Add your 20oz of rice ramen noodles to the boiling water (from step 1), allow noodles to cook in boiling water until noodles are at your desired texture (or according to package directions).
5. Add the tofu and any remaining marinade to the broth and spinach and stir in thoroughly.
6. Drain the cooked noodles and rinse them with cold water briefly (this will help prevent the noodles from sticking together), once drained, add the noodles back to their original pot and add a splash of oil and mix through (this also helps the noodles not stick together).
7. In a bowl, scoop out your desired amount of broth/tofu/spinach, and top with a scoop of noodles as well as any optional toppings! Note: You can add all of the noodles to the broth and serve from there, but you won't be able to store the leftovers without the noodles absorbing all the broth, for best results, store the noodles and broth mixture separately for great leftovers!



Classic breakfast (or anytime) sandwich

The one breakfast item you're always in the mood for...breakfast sandwiches. Try our simple, but special take on the timeless on-the-go classic.

INGREDIENTS

Ingredients are also listed in the recipe itself

- 1 box of JUST egg patties or one container of liquid JUST egg
- 4 frozen vegan sausage patties (pictured: Beyond Meat breakfast patties)
- 4 everything bagels (or bagel of choice)
- 4 slices of vegan cheese (pictured: Violife Mature Cheddar slices)
- 2 tablespoons of vegan mayo (pictured: Follow Your Heart)
- 1 teaspoon of sriracha

Optional:

- Spinach, tomatoes, or your favorite veggies!

RECIPE - SERVES 4

1. *If using frozen JUST egg patties:* Cook four patties on a pan over medium heat. Flip patties once the first side is warmed through, and add one slice of vegan cheese on each egg patty. Cover with a lid until the cheese melts and the egg patty is lightly browned on each side.
2. *If using liquid JUST egg, there are a few different cooking options:*
 - a. Heat a frying pan over medium/high heat and spray with cooking oil before adding the entire container of liquid. Do not stir. Allow the liquid to cook, like an omelette, until you have one large circular patty. You can then cut the egg into four sections to use on the sandwich.
 - b. You can also use a single-serve egg pan to achieve a circular patty, just pour one fourth of the container in the egg pan at a time.
 - c. You can also use a waffle maker with a pancake attachment! Pour liquid into the circular dividers and leave the lid open while the egg cooks through.
3. Place four sliced everything bagels in the toaster to desired toastiness. *If you did not add the cheese to the just egg patty while cooking, add one slice on the bottom half of each bagel and heat in the microwave for 15-20 seconds on high.*
4. Using a pan over medium heat (can be the same pan as the JUST egg was cooked in), heat four vegan breakfast sausage patties until heated through. Once slightly cooled, carefully cut the patties long ways (hamburger style) so that the patty will cover more surface area on the sandwich. *We don't know why they make them so small either...*
5. In a small dish, combine two tablespoons of vegan mayo and one teaspoon of sriracha and spread on the top half of each bagel.
6. Add the cooked egg patties, cheese, and sausage to the bagel and enjoy.



Tropical green smoothie

It's just like being on vacation. Only homemade, and without any of the delayed flights. This recipe is super duper customizable, so feel free to play around with it.

INGREDIENTS

Ingredients are also listed in the recipe itself

- 2 cups of oat milk or orange juice (orange juice will give you a fresh tropical flavor, and oat milk will give you a creamy piña colada flavor).
- 2 frozen bananas
- 1 handful spinach
- 1 handful kale
- 2 tablespoons hemp hearts

Optional

- You could also add in additional fruits, veggies, and seeds like kiwi, mango, peach, strawberries, flaxseed, chia seed, or frozen zucchini

RECIPE - SERVES 2

1. Add all ingredients to a blender and blend on high for one minute or until smooth.
2. *Tip: If you often end up with larger bits of kale and spinach in your final result, try blending just the liquid and the greens together first before adding everything else to the blender.*



Thick, diner-style blueberry pancakes

These aren't your typical pancakes. These are slow-cooked, bursting with blueberries, and full of all the retro diner feels you could ever want.

INGREDIENTS

Ingredients are also listed in the recipe itself

- 1 tablespoon ground flaxseed
- 3 tablespoons water
- 1 1/2 cups flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoons sugar
- 1 1/4 cups unflavored oat milk
- 3 tablespoons melted vegan butter
- 1 cup frozen blueberries
- Maple syrup for the top (duh)

RECIPE - SERVES 4

1. Heat pan or griddle over medium-low heat and spray with cooking spray of your choice (or melt a small bit of vegan butter in the pan). If your pan is too hot, the pancakes will cook on the outside but still be raw on the inside. Since these are a more rustic style pancake, they're best cooked low and slow!
2. In a small bowl, combine 1 tablespoon of ground flaxseed with 3 tablespoons of water and let sit to the side.
3. Combine 1 1/2 cups of flour, 3 1/2 teaspoons of baking powder, 1 teaspoon salt, and 1 tablespoons sugar in a large bowl and mix thoroughly.
4. To the same bowl, mix in 1 1/4 cups of oat milk, 3 tablespoons of melted vegan butter, and the flaxseed & water mixture (which should have congealed by now), and mix thoroughly.
5. Mix in 1 cup of frozen blueberries until the batter is a vibrant lavender color.
6. Scoop out about a 1/4 of batter and place it on the oiled pan or griddle. The batter should be thick, so you might need to spread it out a bit with a spatula so that it's flatter.
7. Once the bottom side is golden brown and lightly crisped, flip the pancake and cook for an equal amount of time on the other side.
8. You'll know the pancakes are done when the sides (or edges) of the pancakes are cooked and no longer look goeey.



Chocolate chunk cookies

Is there even anything better than sinking your teeth into a fluffy but crispy, gooey but chewy chocolate, chunk cookie? We think not.

INGREDIENTS

Ingredients are also listed in the recipe itself

- 3 tablespoons ground flaxseed
- 8 tablespoons water
- 2 1/2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3/4 cup softened vegan butter
- 3/4 cup sugar
- 3/4 cup brown sugar
- 1 teaspoon vanilla extract
- 6 oz. (3/8 lbs.) of dark chocolate (I recommend buying the pound dark chocolate bar from Trader Joe's and using 3 columns)

Optional

- You could add chopped nuts, dried fruit (cranberries and walnuts would be great!), sprinkles for some color, or coarse sea salt if you want to be fancy

RECIPE - 25 COOKIES

1. In a small bowl, combine 3 tablespoons ground flaxseed and 8 tablespoons water and set aside (this will eventually congeal and act as our egg replacement).
2. Preheat oven to 350 degrees Fahrenheit (or skip this step if you just want the cookie dough).
3. Combine 2 1/2 cups flour, 1 teaspoon baking soda, 1 teaspoon salt in a large bowl and set aside.
4. In a new mixing bowl, mix 3/4 cup of softened vegan butter with 3/4 cup sugar, 3/4 cup brown sugar, 1 teaspoon vanilla extract, and the flaxseed mixture (that should have thickened by now). Mix thoroughly until you get a brown, buttery mixture.
5. Add the flour, baking soda, and salt mixture to the buttery, sugary mixture (or vice versa) and stir well until there is no more flour visible.
6. Roughly chop 6oz. dark chocolate bars and mix it into your cookie dough mixture. If you were just in it for the edible cookie dough, you can stop here and enjoy!
7. Scoop 25 cookie dough balls onto greased baking sheet (or use a silicone baking mat for a nice caramelized finish).
8. Bake for around 12-14 minutes or until brown on bottom, let cool and enjoy.



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at corkandcashews.com.**

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Smokey, Savory Mushroom Avocado Toast

INGREDIENTS

Ingredients are also listed in the recipe itself

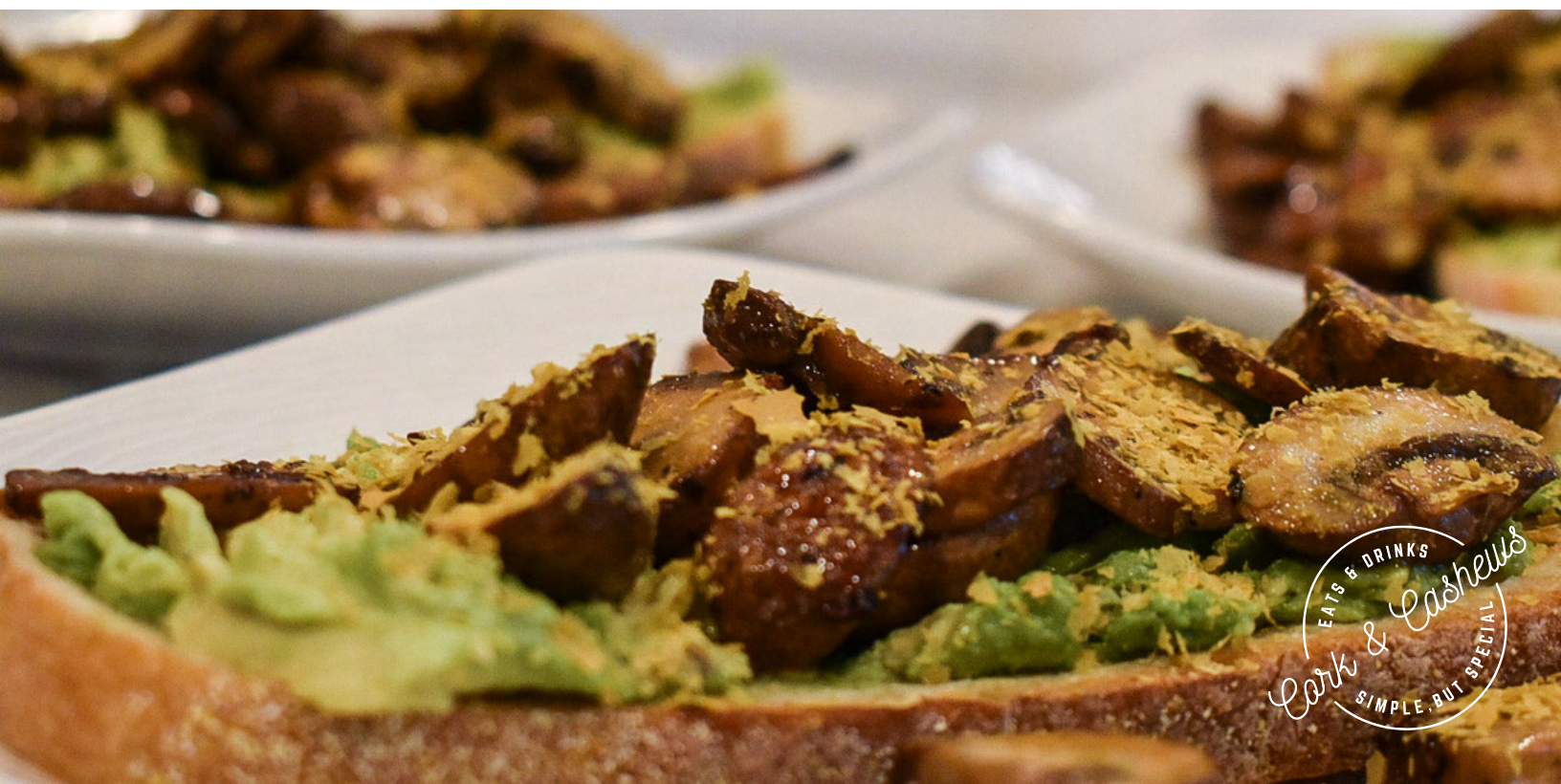
- 4 slices of sourdough bread
- 2 avocados
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon thyme
- 1.5 tablespoons soy sauce (or tamari, or coconut aminos)
- 1 tablespoon olive oil
- 16oz. baby bella “cremini” mushrooms

Optional

- For a cheesy finish: Nutritional yeast to sprinkle on top
- For extra veggies: A handful of spinach to mix in with mushrooms
- For a brighter finish: 8-10 cherry tomatoes to mix in with the mushrooms

RECIPE - MAKES 4 LARGE SLICES OF TOAST

1. Rinse and roughly chop 16oz of baby bella “cremini” mushrooms and place on a pan over medium heat with 1 tablespoon of olive oil
2. Let mushrooms cook for a few minutes before stirring in 1/4 teaspoon of pepper, thyme, and garlic powder, and 1.5 tablespoons of soy sauce (or soy sauce substitute)
3. While the mushrooms are reducing in the sauce mixture, place sourdough bread in toaster to desired level of “toastiness”
4. Continue to stir mushrooms occasionally until most (if not all) of the liquid & seasonings are absorbed (It might feel like a lot of liquid and a lot of mushrooms at first, but it will reduce quickly)
5. Note: If you’re mixing in spinach or cherry tomatoes, add them in now and mix in with mushrooms thoroughly
6. Once your bread is toasted to your liking, cut open the avocado and use a fork to roughly smash 1/2 of an avocado on each of the 4 slices of toast
7. Top each slice of the avocado toast with 1/4 of the mushroom mixture (Optional: sprinkle with nutritional yeast to finish)



Sticky Teriyaki Chicken & Veggie Stir Fry

INGREDIENTS

Ingredients are also listed in the recipe itself

- 1 head of broccoli (or one 16oz bag of frozen broccoli)
- 2 packages of Lightlife Smart Tenders (see notes for substitutions and grocery vendors)
- 2 cups of rice (brown or white, can be dry, frozen, or instant, see notes for more)
- 1/2 cup teriyaki sauce (see notes for great pre-made sauce options)
- 1 tablespoon cornstarch (or substitute flour)

Optional:

- For a fancy finish: Green onion and sesame seeds to garnish
- For extra veggies: A handful of spinach or two zucchinis to mix in with the teriyaki sauce

RECIPE - SERVES 2-4

1. If you're using dry rice, cook your rice using package instructions while you prepare the rest of the meal
2. Add 1 head (or one 16oz. frozen bag) of roughly cut broccoli to a skillet over medium heat with a dash of olive oil, or any oil you have on hand. Note: if you're using frozen broccoli, wait until broccoli is almost entirely defrosted before moving to next step.
3. Roughly chop 2 packages Lifestyle Smart Tenders, add them to the skillet and toss with spatula. Note: If you're adding extra veggies, stir those in now as well.
4. Combine 1/2 cup of teriyaki sauce and 1 tablespoon of cornstarch (or flour) to a small bowl and whisk until the cornstarch or flour has fully dissolved into the teriyaki sauce
5. Pour the teriyaki mixture into the pan and toss with your spatula until everything is well coated. Note: If you're using instant (microwavable) rice, or frozen rice, microwave it now while the chicken and veggies are sautéing).
6. Let the chicken and veggies cook on the skillet for 5 or so minutes, stirring occasionally until the sauce thickens
7. Divide the rice onto 2-4 plates and top with the chicken & veggie mixture and any optional garnishes



Chocolate-Covered Peanut Butter Dates

INGREDIENTS

Ingredients are also listed in the recipe itself

- 20 large Medjool dates
- 1 cup dark chocolate chips
- 1 teaspoon olive oil (can also use any neutral oil like canola, safflower, vegetable)
- 1 1/2 cups of crunchy peanut butter
- Coarse sea salt (for sprinkling on top)

Optional

- 1/2 cup of strawberry jelly or jam to make PB&J stuffed chocolate-covered dates.
- Silvered almonds, crushed peanuts, or shredded coconut for sprinkling on top (pictured: silvered almonds that have been roughly crushed)

RECIPE - MAKES 20 DATES

1. Lay out a large plate or baking tray and place wax paper or a silicone mat down. This tray will eventually go in the fridge so make sure you pick one that will fit.
2. Remove the seed from each Medjool date and replace with roughly a tablespoon of crunchy peanut butter (or more if you're a big PB fan), if you're adding strawberry jelly as well then add about a teaspoon now as well.
3. Close the date securely around the filling and lay it out on the lined tray. Repeat with the rest of the dates.
4. Once all of the dates are stuffed, place 1 cup of dark chocolate chips in a large bowl and thoroughly mix in 1 teaspoon of olive oil (or neutral oil of choice).
5. Microwave on high for 30 seconds then mix for about 30 seconds with a spatula. Continue microwaving in 30 second increments and mixing with a spatula until all of the chocolate has melted. Note: If you try to rush this and melt all of your chocolate in one long microwave run, you will have burnt chocolate and that won't be nearly as fun to lick out of the bowl afterwards.
6. Once the chocolate has melted, drop one stuffed date into the chocolate bowl and use two forks to roll the date around until it's fully covered in chocolate. Once covered, remove from the bowl and place back on the tray. Repeat with the remaining stuffed dates.
7. Before the chocolate has completely cooled, sprinkle sea salt (to your liking) across all of the dates. Sprinkle on any additional toppings now as well.
8. Refrigerate until chocolate has completely hardened and serve. Note: These need to stay refrigerated or they'll melt, but once the chocolate has hardened completely you can place them in a Tupperware with wax paper separating the different layers so that they're easier to store.

