



Easy, Delicious, Quick Weeknight Dinners

1. Daal Masoor with Rice and Cauliflower

2. Pasta with Cashew Cream Sauce

3. Burrito Bowls

Note:

- Each recipe makes roughly 4 servings and keeps well as leftovers for the next day's lunch or dinner
- Each recipe should take about 30 minutes to make

Daal Masoor with Rice and Cauliflower

I make this at least once a week, usually using whatever veggies we have on hand. If you have an Instant Pot (or a knock off brand like me) I recommend using that for speed and hands-free cooking while you crack on with the other 5 things floating around on your mental to-do list. That being said, this can easily be made in any standard pot. I normally make a big batch of this at the beginning of the week and we eat it as leftovers for dinners and/or lunches over the next few days.

Ingredients:

- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1-15 oz can diced tomatoes
- 2 cups dry red lentils
- 2-3 Tablespoon curry powder
- 4 cups water or broth
- 4 cups (or handfuls) baby spinach
- 1-15oz can full fat coconut milk
- 1 Tablespoon garam masala
- Salt and pepper to taste
- 2 cups Basmati rice
- 4 cups water
- ¼-½ teaspoon garlic powder

Recipe:

Add 1T of olive or coconut oil to a gently warmed pot (or the saute feature on your pressure cooker), then add garlic and onion and saute for a 3-4 minutes. Next, add canned tomatoes, lentils, and curry powder, stirring well and cooking for another 2 minutes. Add water or broth, salt and pepper, and stir. Bring to boil then reduce to a simmer, cover, and cook for ~20 minutes OR if using pressure cooker fasten lid and pressure cook for 10 minutes. Stir in baby spinach and finish with coconut milk and garam masala. Serve with rice, a sprinkling of fresh cilantro, and roasted cauliflower.

For rice, rinse rice thoroughly with water in a fine mesh strainer until water does not come out cloudy. Add water and rice to a small pot, I like to add in ~½ teaspoon salt and ~¼ teaspoon garlic powder for extra flavor, bring to a boil, reduce to a gentle simmer, cover, and cook for ~15 minutes or until water is absorbed and rice is tender.

For cauliflower, cut into florets, toss in ~1T olive oil, salt, pepper, and garlic powder and cook at 400°F for ~25 minutes tossing halfway through.

Serve rice with daal ladeled over top and cauliflower on the side. Garnish with cilantro if you're feeling fancy!

Pasta with Cashew Cream Sauce

I have the ingredients to make this at a moment's notice at all times and it has saved lunch and dinner on many occasions. It tastes rich and decadent but it's packed full of whole food, plant-based goodness.

Ingredients:

1 box pasta--I like chickpea pasta or red lentil pasta best

½ cups cashews

½ teaspoon garlic powder

2 Tablespoon nutritional yeast

Salt and pepper to taste

Vegetable of choice--cremini mushrooms, zucchini, frozen peas

Recipe:

Soak your cashews--if you're in a rush you can soak them in boiling water for ~30 minutes, otherwise you can soak in room temp water for a few hours. If you have a high powered blender like a Vitamix you can get away with not soaking them at all! Boil water for pasta, salt the water (I used to always skip this step but it really makes a difference!) and cook per box instructions. While the pasta is cooking add the drained cashews, ~¼ c boiling water, garlic powder, nutritional yeast, salt and pepper to taste, and blend until smooth. Drain pasta, return back to hot pot. Pour cream sauce over pasta and stir to combine. Turn back on low heat and add in veggie or choice--I like sauteed mushrooms and sauteed zucchini or I just toss in some frozen peas.

Burrito Bowls

The easiest and tastiest dinner to make with pantry staples and a few odds and ends. You can add in any combo of veggies you like but here is a recipe to iterate. I

Ingredients:

1 cup dried grain of choice (I like using any variety of rice or quinoa)
1-15 oz can of black beans, ½ of liquid drained
¼ of a yellow onion, diced
1 teaspoon chili powder
½ teaspoon cumin
½ teaspoon garlic powder
Salt and pepper to taste
2 bell peppers, sliced
½ yellow or red onion, sliced
Olive oil
¼ of a purple cabbage shredded/thinly sliced
Juice of 1 lime or ~½ T apple cider vinegar
1 avocado
½ cup cherry tomatoes
Salsa or hot sauce of choice

Recipe:

Beans--add yellow onion to a saucepan with a splash of water (~1T) and let saute for a few minutes. Next pour in a can of black beans and spices. Let simmer for 5-10 minutes stirring every few minutes. Next use a fork to mash some of the beans--the texture is best when some are mashed and some are left whole

Rice--prepare your favorite rice or grain. Anything works! Brown rice, white rice, quinoa.

Roasted veggies--add bell peppers and onion to a baking sheet (covered with parchment paper if you want easier clean up!), drizzle a little bit (~1T) of olive oil over the top and season with salt and pepper. Roast at 400°F for ~20 minutes tossing halfway through.

Fresh veggies--toss purple cabbage with a squeeze of lime or apple cider vinegar and salt and pepper to taste, chop some cherry tomatoes in half, and slice 1 avocado.

To prepare your bowl scoop in your grain, beans, cabbage, roasted veggies, then top with some fresh tomatoes and sliced avocado. Drizzle your favorite salsa and/or hot sauce on top and enjoy.