

Made From Scratch



Easy plant-based meals

Plant-based diets offer many health benefits by focusing on foods derived from plants, such as fruits, vegetables, legumes, nuts, seeds, and whole grains.

Cannellini cashew breakfast bars

Ingredients

- 2 1/2 cups old-fashioned oats
- 1/2 cup unsweetened coconut flakes
- 1/2 cup raw unsalted sunflower kernels
- 1 cup roasted unsalted cashews
- 1/2 cup dried cherries
- 1/4 cup mini chocolate chips
- 1 tsp kosher salt
- 1 tsp ground cinnamon
- 1 cup pitted Medjool dates
- 1/2 cup natural creamy cashew butter
- 1 cup canned cannellini beans, drained and rinsed
- 1/2 cup unsweetened applesauce
- 2 tsp pure vanilla extract
- 1/4 tsp flaky sea salt for topping

Directions

1. Preheat the oven to 350°. Lightly coat a 13x9-inch pan with cooking spray. In a large bowl, mix the oats, coconut, sunflower kernels, cashews, dried cherries, chocolate chips, kosher salt, and cinnamon.
2. Place dates, cashew butter, beans, applesauce, and vanilla extract in a food processor and blend until smooth. Add the blended ingredients to the bowl with dry ingredients and stir.
3. Spread onto the prepared pan and sprinkle flaky sea salt. Bake for 20 minutes.
4. Cool completely and slice into 12 bars.



Servings: 12 | **Serving size:** 1 bar | **Nutrition facts per serving:** Calories 358; Total fat 19g; Saturated fat 4g; Sodium 247mg; Carbohydrates 44g; Fiber 6g; Protein 8g

Recipe note: Wrap each bar with plastic wrap and store in an airtight container in the refrigerator for up to one week.

Sauteed okra with onions

Ingredients

- 2 tsp vegetable oil
- 1 small onion, chopped
- 1 lb. okra, ends trimmed, rinsed, and cut into 1/2-in thick slices or 1 (16-oz) package frozen okra
- 1 (14.5-oz) can diced tomatoes
- 1 tsp Soulful seasoning
- 1/2 tsp hot sauce
- 1/4 tsp ground black pepper
- 2 cups cooked brown rice

Directions

1. Heat oil in a large skillet over medium-high heat.
2. Sauté onion until tender, about 3 minutes.
3. Add remaining ingredients and cook for 5 minutes, stirring frequently, until okra is slightly tender but not mushy.
4. Serve 1 cup of sautéed okra over 1/2 cup of brown rice.



Servings: 4 | **Serving size:** 1 1/2 cups | **Nutrition facts per serving:** Calories 182; Total fat 4g; Saturated fat 0g; Sodium 144mg; Carbohydrates 34g; Fiber 7g; Protein 6g

Creamy cauliflower pinto mashed potatoes

Ingredients

- 3/4 cup vegetable broth, divided
- 1/4 cup onion, diced
- 1 (15.5-oz) can pinto beans, drained and rinsed
- 2 cups white potato, chopped into small cubes
- 2 cups fresh or frozen cauliflower florets, chopped
- 1/4 tsp salt
- 1 tsp garlic powder
- 1/4 tsp ground black pepper
- 3 fresh basil leaves, chopped (optional for garnish)



Directions

1. In a small pot over medium heat, warm 1/4 cup vegetable broth. Add onions and beans and stir. Cook for 5 minutes, stirring occasionally, until most of the vegetable broth has evaporated.
2. Meanwhile, place potatoes and cauliflower in a large microwave-safe bowl and mix in the remaining 1/2 cup vegetable broth. Cover and microwave on high for 5 minutes. Let sit covered for 1 minute. Potato and cauliflower should be fork-tender. Microwave for another 1 to 2 minutes, if necessary.
3. Combine potato, cauliflower, beans, and onion in a tall blender or food processor. Blend in batches, if necessary. Add salt, garlic powder, and pepper, then blend to a smooth consistency. If needed, add an extra 1 to 2 tablespoons of water or vegetable broth to achieve desired consistency.
4. When serving, top with chopped basil, if desired.

Servings: 3 | **Serving size:** 1 cup | **Nutrition facts per serving:** Calories 215; Total fat 1g; Saturated fat 0g; Sodium 494mg; Carbohydrates 44g; Fiber 3g; Protein 10g

Recipe note: Pinto beans are a rich plant-based protein source, high in fiber, and contain essential vitamins and minerals.

Chickpea sliders

Ingredients

- 2 (15.5-oz) cans garbanzo beans, rinsed and drained
- 2 Tbsp olive oil
- 3 green onions, finely chopped (about 1/2 cup)
- 1 large carrot, shredded (about 1 cup)
- Sea salt and black pepper, to taste
- 1/3 cup whole wheat flour or garbanzo bean flour
- Mini whole grain burger buns, toasted



Directions

1. In a food processor or with a hand blender, puree beans and oil until smooth.
2. Stir in onions, carrots, salt and pepper. Add in flour until the mixture comes together.
3. Form 12 mini patties. Cook in a skillet or on the grill until each side is browned, about 4 minutes per side.
4. Assemble the burger on a bun with avocado, tomato, and barbecue sauce.

Servings: 12 | **Serving size:** 1 slider | **Nutrition facts per serving:** Calories 90; Total fat 3g; Saturated fat 0g; Sodium 160mg; Carbohydrates 14g; Fiber 3g; Protein 4g

Recipe note: Top your slider with avocado, tomato, and barbecue sauce for added flavor and heart-healthy benefits.