

# 1 Ingredients

- 1 cup rice
- 8 oz mushrooms
- 3 garlic cloves
- 8 oz sugar snap peas
- 2 tsp gochujang
- 2 tablespoon mayonnaise
- 3 tsp sesame oil
- 5 oz spinach
- 4 eggs
- 1 cup kimchi
- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan
- 6 garlic cloves
- 2 teaspoon ginger paste
- 1 shallot
- 16 oz turkey
- 1 egg
- 1/2 cup panko breadcrumbs
- 4 medium-to-large carrots
- 1/4 cup General Tso's or Hoisin Sauce
- 1/3 cup chia seeds
- 1 tablespoon maple syrup
- 1 cup almond milk
- 1 cup of vanilla yogurt
- 2 tablespoons apricot jam
- 6 dried apricots
- 1/4 cup pumpkin seeds

## 2 Recipe One

Figure 1: Bibimbap (Serves 4)



### 2.1 Ingredients

- 1 cup rice
- 8 oz mushrooms
- 3 garlic cloves
- 8 oz sugar snap peas
- 2 tsp gochujang
- 2 tablespoon mayonnaise
- 3 tsp sesame oil
- 5 oz spinach
- 4 eggs
- 1 cup kimchi

### 2.2 Instructions

1. Cook 1/2 cup rice according to package instructions.
2. Thinly slice mushrooms, mince garlic. Trim stem ends and strings from snap peas.
3. Combine garlic, gochujang, 1 tsp sesame oil, and mayonnaise. Mix in water 1 tsp at a time until sauce can be drizzled.
4. Cook mushrooms in a bit of oil until lightly browned.
5. Add sugar snap peas and cook for 3-4 minutes.
6. Add spinach and cook until wilted.
7. Add 2 tsp sesame oil and a pinch of salt and pepper.
8. Fry 4 eggs.
9. Divide rice, kimchi, stirfried vegetables, and eggs between bowls. Drizzle with gochujang sauce.

## 3 Recipe Two

Figure 2: Shakshuka



### 3.1 Ingredients

- 1 yellow onion
- 4 cloves of garlic
- 1 red pepper
- 1 14.5oz can crushed fire-roasted tomatoes
- 1/4 oz cilantro
- 4 eggs
- feta cheese
- pitas or naan

### 3.2 Instructions

1. Chop onion and red pepper. Mince garlic.
2. In a frying pan, heat one tablespoon of oil over medium heat and cook onions for about five minutes.
3. Add crushed tomatoes and cook until boiling. Reduce heat and simmer another 5-10 minutes, until the sauce is thickened.
4. Using the back of a spoon, make four indentations in the sauce. Crack an egg in each indentation. Cook seven minutes longer until eggs are just set.
5. Remove from heat, and sprinkle feta and cilantro.
6. Serve in a bowl with toasted pitas or naan.

## 4 Recipe Three

Figure 3: Meatloaf and Baked Carrots



### 4.1 Ingredients

- 6 garlic cloves
- 2 teaspoon ginger paste
- 1 shallot
- 16 oz turkey
- 1 egg
- 1/2 cup panko breadcrumbs
- 4 medium-to-large carrots
- 1/4 cup General Tso's or Hoisin Sauce

### 4.2 Instructions

1. Preheat oven to 450 degrees. Chop shallot and mince garlic.
2. In a small bowl, mix carrots, 2 tablespoons olive oil, and salt and pepper to taste.
3. In a medium bowl, mix turkey, ginger, two-thirds of the garlic, shallot, egg, panko breadcrumbs, a teaspoon of salt, and a pinch of pepper.
4. Form four mini meatloafs using the turkey mixture and generously brush with sauce.
5. Bake meatloaf and carrots on a rimmed baking sheet for 20 minutes. Sprinkle remaining garlic on carrots and let sit for 2-3 minutes.

## 5 Breakfast Recipe

Figure 4: Chia Parfait



### 5.1 Ingredients

- 1/3 cup chia seeds
- 1 tablespoon maple syrup
- 1 cup almond milk
- 1 cup of vanilla yogurt
- 2 tablespoons apricot jam
- 6 dried apricots
- 1/4 cup pumpkin seeds

### 5.2 Instructions

1. Combine chia seeds, syrup, and milk with a pinch of salt in a 1-pint wide mouthed mason jar.
2. Whisk cover and refrigerate overnight.
3. Dice dried apricots.
4. Split between two 1-pint wide mouthed mason jars. Top with yogurt, apricot jam, dried apricots, and pumpkin seeds.