

1 Ingredients

- 1.5 cups flour
- 0.75 cups sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 1/3 cup avocado oil
- 1 large egg
- 1/3 cup milk
- 2 teaspoons vanilla extract
- 1 cup blueberries (any berry can work)
- 1 pound 80/20 ground beef
- 4 brioche buns
- 4 slices of cheddar cheese
- pickle chips
- 1 tomato
- 1 red onion
- shredded lettuce
- 1 pound pasta (rigatoni or penne)
- 1 cup mayonnaise
- 1 can black olives
- 1 white onion
- 1/2 cup quinoa
- 1 delicata squash
- 1 package of baby broccoli or broccolini
- 2 tablespoons tahini
- 1 tablespoon maple syrup
- 1/2 teaspoon apple cider vinegar
- 1/8 cup craisins
- 1/8 cup pumpkin seeds
- 1/2 teaspoon ginger
- 3/4 teaspoon paprika
- pinch of cayenne
- pinch of cinnamon, nutmeg, or clove
- olive oil
- salt and paper
- 14 oz Thai stir fry noodles
- 2 limes
- 2 tablespoons tamari (or regular soy sauce)
- 1/4 cup sweet and sour sauce
- 2 bell peppers
- 4 garlic cloves
- 1 package extra-firm tofu
- 1/4 cup roasted peanuts
- 2 eggs

2 Recipe One

Figure 1: Burgers with pasta salad



2.1 Ingredients

- 1 pound 80/20 ground beef
- 4 brioche buns
- 4 slices of cheddar cheese
- pickle chips
- 1 tomato
- 1 red onion
- shredded lettuce
- 1 pound pasta (rigatoni or penne)
- 1 cup mayonnaise
- 1 can black olives
- 1 white onion

2.2 Instructions

1. Boil pasta according to package instructions. Place in a large bowl and cool to room temperature.
2. Dice onion and drain olives.
3. Combine pasta, onion, olives and mayonnaise. Season with salt and pepper to taste.
4. Refrigerate over night.
5. Thinly slice the tomato and red onion.
6. Mix ground beef with salt and pepper.
7. Create 4 evenly-sized patties. Put a dimple in the middle so it cooks to a consistent thickness.
8. Lightly toast the bun.
9. Build the burger by layering the burger, sliced tomato, onion, and pickles. Add ketchup, mustard, and mayonnaise to taste.

3 Recipe Two

Figure 2: Autumn Grain Bowl (Serves 2)



3.1 Ingredients

- 1/2 cup quinoa
- 1 delicata squash
- 1 package of baby broccoli or broccolini
- 2 tablespoons tahini
- 1 tablespoon maple syrup
- 1/2 teaspoon apple cider vinegar
- 1/8 cup craisins
- 1/8 cup pumpkin seeds
- 1/2 teaspoon ginger
- 3/4 teaspoon paprika
- pinch of cayenne
- pinch of cinnamon, nutmeg, or clove
- olive oil
- salt and pepper

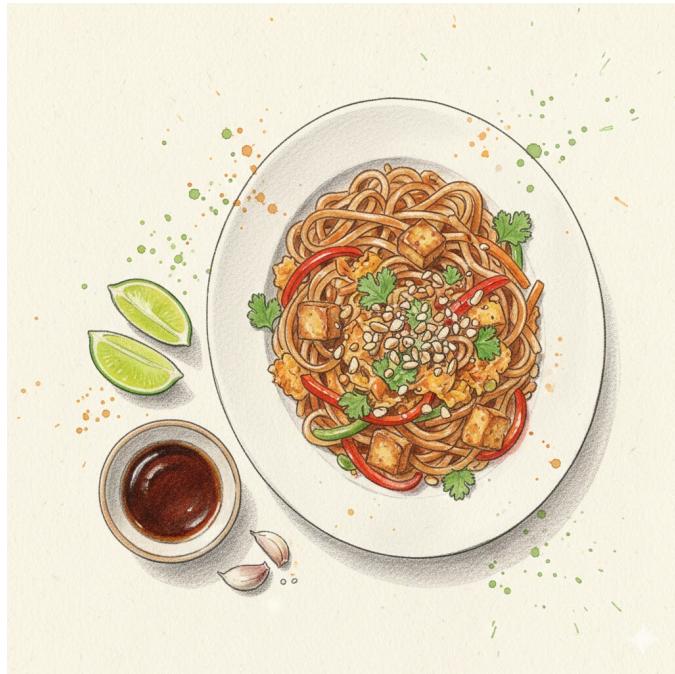
3.2 Instructions

1. Preheat oven to 425F.
2. Cut squash in half lengthwise and dig out seeds. Cut cleaned squash in half moons about 1/2 inches thick. Place half moons in a bowl with 1 tablespoon of olive oil, ginger, paprika, cayenne, cinnamon, and salt and pepper to taste. Stir to spread seasoning and then place on 1/2 of an oiled baking sheet.
3. Cut broccoli into single stems. Place on the other half of the oiled baking sheet and drizzle with olive oil and add salt and pepper.
4. Put baking sheet in the preheated oven for 15 minutes.
5. Combine 1 cup of water with quinoa and some salt. Bring to a boil, lower heat, cover, and cook until water absorbs.
6. Take baking sheet out of oven, flip squash and bake 5 more minutes.
7. Mix tahini, maple syrup, vinegar, 1 tablespoon of water.

8. Top quinoa with broccoli and squash. Sprinkle craisins and pumpkin seeds on top, and drizzle with tahini sauce.

4 Recipe Three

Figure 3: Pad Thai



4.1 Ingredients

- 14 oz Thai stir fry noodles
- 2 limes
- 2 tablespoons tamari (or regular soy sauce)
- 1/4 cup sweet and sour sauce
- 2 bell peppers
- 4 garlic cloves
- 1 package extra-firm tofu
- 1/4 cup roasted peanuts
- 2 eggs

4.2 Instructions

1. Boil Thai noodles according to package instructions. Rinse under cold water and coat with oil.
2. Drain tofu, cut into bite-sized pieces, and season with salt and pepper.
3. Thinly slice peppers, mince garlic, chop peanuts.
4. Squeeze 2 tablespoons lime juice into a small bowl. Mix in tamari and sweet and sour sauce.
5. Heat oil in a frying pan over medium heat. Cook tofu until golden brown (5-10 minutes). Move to a paper towel lined plate.
6. In the same pan, add oil and cook bell peppers until tender. Add to the plate with the tofu.
7. In the same pan, add oil and garlic. Cook 1-2 minutes until browned.
8. Add noodles and sauce and cook about 3-5 minutes, until noodles absorb some sauce.
9. Move noodles to one side of the pan. Add a little oil and two eggs. Scramble the eggs until almost set, then stir them into the noodles.
10. Mix in tofu, peppers, and peanuts.
11. Season with salt and pepper to taste. Serve with lime wedges.

5 Breakfast Recipe

Figure 4: Breakfast Muffins



5.1 Ingredients

- 1.5 cups flour
- 0.75 cups sugar
- 2 tsp baking powder
- 1/4 tsp salt
- 1/3 cup avocado oil
- 1 large egg
- 1/3 cup milk
- 2 teaspoons vanilla extract
- 1 cup blueberries (any berry can work)

5.2 Instructions

1. Preheat oven to 400 degrees and grease muffin pan.
2. Whisk flour, sugar, baking powder, and salt in a large bowl.
3. Whisk avocado oil, egg, milk, and vanilla in a medium bowl.
4. Mix the wet ingredients into the dry ingredients and then gently stir in the berries.
5. Divide the batter between muffin cups and bake 15-20 minutes, until the internal temperature reaches 207 or a toothpick comes out clean.