

1 Ingredients

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[[1]]
[1] "2 large sweet potato, peeled and cubed"
[2] "1 large sweet onion, chopped"
[3] "1 large red bell pepper, diced"
[4] "2 garlic cloves, minced"
[5] "1 jalapeno pepper, minced"
[6] "1 lb chicken thighs or extra firm tofu"
[7] "1 c medium salsa"
[8] "32 oz chicken broth"
[9] "1 can of black beans"
[10] "1/3 cup creamy peanut butter"

[[2]]
[1] "1 eggplant"
[2] "4 garlic cloves"
[3] "4 ounces shredded mozzarella cheese"
[4] "1/4 cup panko breadcrumbs"
[5] "1 shallot"
[6] "2 tsp Italian seasoning"
[7] "1 can of fire roasted diced tomatoes"
[8] "1 cup couscous"
[9] "1 lemon"
[10] "1 0.25 oz package of fresh basil"

[[3]]
[1] "1/8 tsp chili flakes"           "4 garlic cloves"
[3] "5 oz spinach"                  "1 tsp gochujang"
[5] "3 tsp mayonnaise"              "2/3 cup kimchi"
[7] "4 slices of bread"             "2/3 cup cheddar cheese"
[9] "4 tablespoons everything seasoning."

[[4]]
[1] "1/4 tsp ground cinnamon"      "1/4 tsp ginger paste"
[3] "2 tablespoons pine nuts"       "1 cups rolled oats"
[5] "1 tablespoons maple syrup"    "4 teaspoons fig butter"
[7] "1 plums"                      "1 cups milk"
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2 Recipe One

Figure 1: African Peanut Soup (Serves 4)



- [1] "2 large sweet potato, peeled and cubed"
- [2] "1 large sweet onion, chopped"
- [3] "1 large red bell pepper, diced"
- [4] "2 garlic cloves, minced"
- [5] "1 jalapeno pepper, minced"
- [6] "1 lb chicken thighs or extra firm tofu"
- [7] "1 c medium salsa"
- [8] "32 oz chicken broth"
- [9] "1 can of black beans"
- [10] "1/3 cup creamy peanut butter"

- [1] "Season chicken/tofu with salt and pepper. Cook chicken/tofu, transfer to cutting board, and cut into b
- [2] "Saute potato, onion, red pepper, garlic and jalapeno about 10 minutes in small amount of olive oil."
- [3] "Stir in cooked chicken/tofu, salsa, broth and beans. Simmer for at least 10 minutes."
- [4] "Remove 1 ladle of broth, add peanut butter and mix in small bowl until dissolved. Add peanut butter mi

3 Recipe Two

Figure 2: Eggplant Parmesan



- [1] "1 eggplant"
- [2] "4 garlic cloves"
- [3] "4 ounces shredded mozzarella cheese"
- [4] "1/4 cup panko breadcrumbs"
- [5] "1 shallot"
- [6] "2 tsp Italian seasoning"
- [7] "1 can of fire roasted diced tomatoes"
- [8] "1 cup couscous"
- [9] "1 lemon"
- [10] "1 0.25 oz package of fresh basil"

- [1] "Cut ends off eggplant, peel, and slice eggplant lengthwise into 4 slices. Mince garlic and shallot. Ze
- [2] "Coat eggplant in olive oil and season with salt and pepper. Cook in an oven at 425 degrees for 20 minu
- [3] "Mix half the garlic, and the mozzarella, breadcrumbs and 1 tablespoon olive oil."
- [4] "Cook remaining garlic, shallot in olive oil. Add Italian seasoning and cook until fragrant."
- [5] "Add tomatoes, and a pinch of salt and pepper. Simmer until thickened, about 10 minutes."
- [6] "Cook couscous according to package instructions. Remove from heat and stir in lemon zest and juice, ha
- [7] "Top eggplant with tomato sauce and breadcrumbs, and cook an additional 5-10 minutes."
- [8] "Serve topped with remaining basil and lemon."

4 Recipe Three

Figure 3: Kimchi Grilled Cheese



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|---|--------------------------|
| [1] "1/8 tsp chili flakes" | "4 garlic cloves" |
| [3] "5 oz spinach" | "1 tsp gochujang" |
| [5] "3 tsp mayonnaise" | "2/3 cup kimchi" |
| [7] "4 slices of bread" | "2/3 cup cheddar cheese" |
| [9] "4 tablespoons everything seasoning." | |
- [1] "In a frying pan, heat 2 tablespoons olive oil with chili flakes."
- [2] "Add spinach and cook until wilted."
- [3] "Mix gochujang and mayonnaise in a small bowl and spread on one side of each slice of bread. Sprinkle w
- [4] "Build sandwiches by layering spinach, kimchi, and cheese between two slices of bread."
- [5] "Fry in butter until golden brown on both sides."

5 Breakfast Recipe

Figure 4: Overnight Oats



- [1] "1/4 tsp ground cinnamon" "1/4 tsp ginger paste"
- [3] "2 tablespoons pine nuts" "1 cups rolled oats"
- [5] "1 tablespoons maple syrup" "4 teaspoons fig butter"
- [7] "1 plums" "1 cups milk"

- [1] "Combine milk, cinnamon, and ginger, with a pinch of salt in a 1-pint wide mouthed mason jar."
- [2] "Whisk oats and maple syrup. Cover and refrigerate overnight."
- [3] "Thinly slice plums."
- [4] "Split between two 1-pint wide mouthed mason jars. Top with fig butter, plums and pine nuts."