Well, we hope that’s why you’re here. Our recipes are designed for real, actual, every day life, and we try to focus on real foods and healthy recipes (which honestly means a lot of different things to us, including the perfect chocolate chip cookie and cheese on cheese on cheese, because health is all about balance, right?).

This is the place to find those recipes — everything from our most popular, to meal prep, to Instant Pot recipes, or if you just, like, have some sad greens in your fridge to use up and you need some inspiration.

You’re here! Have fun. We hope you find something (many things) you love.

Food blogs offer readers a way to access delicious recipes and kitchen tips without having to shell out for a cookbook or make a call to a relative for help.

But, what if you want to start one of these yourself?

Recipes

We’ve organized these recipes every way we could think of so you don't have to! Dietary restrictions, weeknight dinners, meal prep recipes, some of our most tried-and-true… no matter how you browse, we’re sure you’ll find just what you were looking for.

**BOWL**

**Crispy Chicken Tikka Bowls with Mint Sauce**

Bringing you these addicting Chicken Tikka Bowls! Crispy bits of chicken tenders, crispy cucumbers, and briny pickled onions, all on a bed of fluffy quinoa with a swoop of cool mint sauce on top. You absolutely cannot go wrong with these bowls.

**Kale Crunch Salad:**

4 large stalks kale, stems removed

half a head of green cabbage

2 small fresno peppers, sliced

1 cup peanuts, chopped

1/2 cup chopped cilantro

1/2 cup chopped green onions

Roasted Peanut Vinaigrette:

1/2 cup roasted peanut oil

2 tablespoons rice vinegar

1 clove garlic

2 1/2 tablespoons sugar

1 teaspoon coarse kosher salt (more to taste)

freshly ground black pepper

Cook Mode Prevent your screen from going dark

INSTRUCTIONS

Make the Roasted Peanut Vinaigrette: Blend all ingredients in a small blender or food processor until smooth. (This is mostly to incorporate the garlic, so if you’d rather, you can grate the garlic into the jar with the other ingredients and shake thoroughly to combine.)

Prep the Salad: Chop your herbs, peanuts, and fresno peppers.

Chop the Kale and Cabbage: Using a food processor, pulse the kale and cabbage in batches until it is very finely chopped, stopping before the greens get too mushy. If they release too much water, just give them a gentle squeeze with a paper towel. Transfer to a large bowl.

Mix and Serve: Toss your kale and cabbage with some of the dressing; massage it together with your hands for a minute to make sure the kale is tender! Add peanuts, peppers, and the rest of the dressing. YUM!

PREP TIME: 15 minutes

CATEGORY: Salad

METHOD: Chop

CUISINE: American

KEYWORDS: peanut salad, kale peanut salad, kale crunch salad

Roasted Peanut Kale Crunch Salad

this salad is so good! Crunchy kale and cabbage, fresh herbs and fresno peppers, chopped peanuts, and a perfect roasted peanut vinaigrette that tucks into all the salad nooks and crannies.

Featured Recipe:[Creamy Garlic Sun-Dried Tomato Pasta](https://pinchofyum.com/creamy-garlic-sun-dried-tomato-pasta)

Pasta Recipes

Ugh, of COURSE we would eat pasta for every single meal if we could. But let's be reasonable, maybe just 8 times per week? Just, like, how do you choose between fork twirly or perfectly chewy or positively smothered in all the best sauces? Oh pasta, we love you so.

Creamy Garlic Sun-Dried Tomato Pasta

Author: [Lindsay](https://pinchofyum.com/about)

Total Time: 25 minutes

Yield: 4 servings 1x

You are thisclose to enjoying Creamy Garlic Sun-Dried Tomato Pasta! Garlicky spirali noodles and tender sun-dried tomatoes in a creamy, luscious sauce with a heavy dusting of Parmesan cheese.

INGREDIENTS

UNITS USMSCALE1/2x1x2x

8 ounces [DeLallo spirali pasta](https://www.delallo.com/specialty-foods/pasta/) (okay, you don’t have to use spirali, but it is SO FUN)

2 cloves garlic, minced

1/4 cup [DeLallo sun-dried tomatoes packed in oil](https://www.delallo.com/delallo-sun-dried-tomatoes-6-7-oz/), sliced or chopped

about 1/3 cup dry white wine

2/3 – 3/4 cup heavy cream

1 cup spinach, chopped

up to 1/2 cup reserved pasta water

salt and pepper to taste

a big bunch of chopped chives or parsley

parmesan for serving

INSTRUCTIONS

Cook the pasta: Cook the pasta according to package directions.

Sauté the good stuff: Heat a skillet over medium heat. Use a little bit of the oil from the sun-dried tomatoes to sauté the garlic and sun-dried tomatoes until soft and fragrant, 2-3 minutes.

Make the sauce: Add the wine; let it sizzle out and reduce so the flavor gets real good. Add the cream and spinach; bring to a simmer. Season with salt and pepper.

Finish: Stir in the cooked pasta, adding the reserved pasta water as needed to help coat the noodles in the sauce. Finish with chives and Parmesan and a top-up on your glass of wine. SO GOOD.

**Firecracker Vegan Lettuce Wraps**

Total Time: 35 minutes

Yield: 8 large lettuce wraps 1x

**Firecracker Lettuce Wraps** that are happily vegan – with crispy tofu bits, saucy brown rice noodles, and a creamy sesame sauce.

INGREDIENTS

UNITS USMSCALE1/2x1x2x

For the Firecracker Sauce:

1/2 cup peanut butter

1/3 cup low sodium soy sauce

1/3 cup sesame oil

1/4 cup rice vinegar

2 tablespoons chili paste (like sambal oelek) ++ for more firecrackery-ness

2 tablespoons sugar

a small knob of fresh ginger, peeled

a clove of fresh garlic, peeled

For the Lettuce Wraps:

1 block extra firm tofu (see notes)

4 ounces brown rice noodles

1 head butter lettuce for wrapping

1/2 cup peanuts for serving

1/2 cup cilantro for serving

1 lime for serving

INSTRUCTIONS

Noodle Prep: Soak your noodles in a bowl of lukewarm water for at least 30 minutes while prepping the rest of the recipe. You want the noodles to be soft and flexible.

Sauce: Blend all the sauce ingredients together in a small blender or food processor until smooth and creamy.

Tofu: Press the tofu with a few paper towels to get some of the moisture out. Cut the tofu into small pieces. Heat a little oil in a nonstick skillet. Add your tofu. Stir-fry until golden brown. I usually let it sauté for at least 15 minutes. Add about half of the sauce to the pan. Stir-fry for another 3-5 minutes. As the sauce browns, it will form small crispy pieces around the tofu. Yum! Transfer tofu to a bowl.

Noodles: Drain and rinse your noodles. Add another swish of oil to the pan and plop the noodles in. Add about half of the remaining sauce. Stir fry for just a minute or two until coated. Add a splash of water if it’s too sticky. Remove from heat immediately and toss with the tofu.

Lettuce Wrap It Up: Fill your butter lettuce leaves with the noodle/tofu mixture (it’s okay if it’s sticky – you’re just wrapping it up in lettuce). Top with peanuts, cilantro, lime, and more sauce. YUM YUM YUM!

NOTES

Protein Options: It’s super easy to swap out your protein here. My two favorites are tofu (as written) and ground chicken!

Soaking the Noodles: This is important. If you don’t soak the noodles long enough they will require more liquid in the pan to cook, which kind of makes them boil into a big glob. Edible? Yes. Awesome? Not really. Be sure to soak them until they are very, very soft – almost ready to eat soft.

Find it online: <https://pinchofyum.com/vegan-lettuce-wraps>

Featured Recipe:[Spicy Peanut Soup with Sweet Potato + Kale](https://pinchofyum.com/sweet-potato-peanut-soup)

Soup Recipes

Soup is the beeeeest! Honestly, it's one of our favorite food groups. There is nothing quite like curling up with a steaming cozy bowl of soup slurped by the spoonful or devoured with crusty bread dips. Yes yes and

Spicy Peanut Soup with Sweet Potato + Kale

Author: [Lindsay](https://pinchofyum.com/about)

Total Time: 35 minutes

Yield: 5-6 (about 1 1/2 cups per serving) 1x

**Spicy Peanut Soup with Sweet Potatoes + Kale!**

Comforting and SUPER nutritious. Naturally vegan, gluten free, refined sugar free, ALL THE GOOD THINGS.

INGREDIENTS

UNITS USMSCALE1/2x1x2x

2 tablespoons olive oil

half an onion, diced

1 jalapeño, minced

2 cloves garlic, minced

3 large sweet potatoes, peeled and cubed

one 14-ounce can fire roasted tomatoes

one 14-ounce can light coconut milk

2 cups water

1 teaspoon salt

1 teaspoon curry and/or turmeric

1/2 cup chopped peanuts

1/4 cup peanut butter

1–2 cups kale, stems removed, chopped

INSTRUCTIONS

Heat the olive oil in a large soup pot over medium heat and add the onion, garlic, and jalapeño. Saute until soft and fragrant.

Add sweet potatoes. I like to brown them a little bit with the aromatics to get them nice and flavorful.

Add tomatoes, coconut milk, water, spices, and peanuts. Simmer until sweet potatoes are fork-tender.

Add peanut butter and kale. Simmer until everything is thick, creamy, and delicious. Top with more peanuts and a little cilantro if you’re obsessed like me.

NOTES

Instant Pot: Cook everything except peanut butter and kale on high pressure for about 3 minutes with a quick release. (Sometimes I reduce the liquid when I make it in the Instant Pot by a cup or so, and then just add more as needed when it’s all done. But that is optional – it should work fine either way.) Stir in the peanut butter and kale after cooking. Voila!

Slow Cooker: Cook everything except peanut butter and kale on low for 6 hours. Stir in the peanut butter and kale. Donezo! Don’t cook the sweet potatoes too long or they’ll fall apart on ya! Just cook until they pierce easily with a fork. If you’re doing [Sugar Free January](https://pinchofyum.com/announcing-sugar-free-january) with us, this is an excellent recipe that has natural sweetness and nutritious fats to keep you full. I like to dip into this with some seedy crackers – you can find our product recommendations [on this post](https://pinchofyum.com/sugar-free-january-product-guide).

One last note. This recipe is inspired by an amazing West African recipe called maafe, or groundnut soup. I did what I always do and changed/added some ingredients based on what I love and what I had on hand (kale, jalapeño, coconut milk, cilantro, etc.) making it more of a cultural mash-up. That’s why I’m not calling it a proper West African peanut soup even though those are its roots. If you want a legit West African version of that soup, here are two sources – a [blog post](https://www.africanbites.com/maafe-west-african-peanut-soup/), and a [video](https://www.youtube.com/watch?v=8ptZQFbjaxk).

Freezer Meal Version

Freeze Together:  
3 cups chopped sweet potatoes, fresh or frozen  
2 jalapeños, minced  
half of an onion, chopped  
4 cloves garlic, minced  
1 teaspoon curry powder  
1 teaspoon turmeric  
1 teaspoon salt  
1 14-ounce can fire roasted tomatoes  
1 14-ounce can coconut milk

Instant Pot Instructions: High pressure 8 mins + 10 mins natural release

Slow Cooker Instructions: High setting 6 hours

Final Step: Stir in 1/4 cup peanut butter, 1/2 cup chopped peanuts, and 1-2 cups chopped kale. Add water to thin to desired consistency.