Whether you’re looking to do the whole Meatless Monday thing or simply want to incorporate more plant-based meals into your diet, we’ve got you covered with 12 recipes to help you eat your veggies—and love every bite.  
  
But… we know Mondays are hard, so if making a homemade meal feels like too much work, it’s Healthy Choice® Power Bowls to the rescue! There are several vegan and vegetarian options, from a White Bean & Feta Salad to a Cauliflower Curry. Sound enticing? Order a bundle of them from Basketful today!   
  
1. Southwest Quinoa Skillet  
  
  
  
Because meatless shouldn’t mean more work. This one-skillet meal calls for ingredients you probably (mostly) have on hand and nothing more than some light chopping, heating, and stirring.  
  
2. Spicy Corn Soup  
  
  
  
Corn is just corn—that is, until you tap jalapeño and a can of RO\*TEL® for some added heat and heavy whipping cream for its silky texture. Top it all off with tortilla chips, Cojita cheese, and cilantro, and you have something truly a-maize-ing.  
  
3. Edamame Burgers with Sriracha Mayo  
  
  
  
Edamame, ginger, spicy mayo… these burgers have all your favorite flavors from sushi night, minus the raw fish. Just a little microwave, food processor, and skillet action and you’re there. Maybe it’s easy being green after all.  
  
4. Chipotle Huevos Rancheros  
  
  
  
Breakfast-for-dinner fans, rejoice! This meatless recipe spares you from an eggs-and-toast rut and shows you how to make smoky huevos rancheros that rival your favorite restaurant’s.  
  
5. Kale, Tomato and Cheese Stuffed Mushrooms  
  
  
  
They may take our meat, but they will never take our cheese! This vegetarian dinner is part naughty, part nice with portobello mushrooms, kale, and beans balancing out ricotta and Parmesan cheese.  
  
6. Zucchini Noodles with Spicy Tomato Sauce  
  
  
  
In case you missed it, zucchini noodles—or zoodles—are all the rage as a lower-carb alternative to traditional pasta. They’re easy to make with a spiralizer or a vegetable peeler, and just like regular noodles, they don’t need more than a great sauce and a few toppings to be a knockout meal.   
  
7. Teriyaki Vegetable Noodle Bowl  
  
  
  
If you’d rather have regular noodles, this recipe will let you slurp away to your heart’s content. Plus, you can sneak in lots of crisp veggies tossed in a sweet and savory teriyaki sauce.  
  
8. Coconut Red-Lentil Curry   
  
  
  
Turn cauliflower into cauli-wower (too far?) with coconut milk and bold Indian spices. Sure, you might have to rummage through your cabinet to find them, but we made everything else easy by keeping this a one-skillet meal.  
  
9. Spicy Sweet Potato Noodle Salad  
  
  
  
This spicy-sweet salad, made from spiralized sweet potatoes, spinach, and corn, will make you rethink what a salad can and should be.  
  
10. Vegetable Pot Pie   
  
  
  
Meet chicken pot pie’s meat-free cousin. This update to the classic comfort food features sophisticated ingredients like pearl onions, baby Portobello mushrooms, parsnips, and asparagus.   
  
11. Baked Falafel with Spicy Tomato-Yogurt Sauce  
  
  
  
Ditch the meat—but keep the protein—with this hearty falafel recipe made from garbanzo beans (aka chickpeas). Plus, we could eat the creamy-spicy yogurt dipping sauce it’s served with by the spoonful.  
  
12. Lentil and Sweet Potato Chili  
  
  
  
This chili is like a warm, comforting hug after making it through Monday, helping you de-stress over a wholesome dinner.