



ROTINI AGLIO OLIO

WITH KALE AND TOASTED HAZELNUTS

SUMMER RECIPE #32

TIME: 25 MINUTES

SERVINGS: 2

NUTRITION PER SERVING*

CALORIES: 740

FAT: 30 g

CARBOHYDRATES: 96 g

PROTEIN: 40 g

*Calculated with oil

A hazelnut by any other name will still be as tasty. Filberts, cobnuts, or hazelnuts, as they are most often called here in the States, are often paired with sweets such as chocolate or praline, but are truly a delicacy in any dish. Here we toast and roughly chop them to add a bit of crunch throughout this protein packed pasta. We've included coconut oil in this recipe to accentuate the nutty flavor in this decadent (feeling) dish, so enjoy without guilt.

Allergens: Contains tree nuts, soy. Processed and packaged in a facility that packages wheat, peanuts, tree nuts & soy.

ROTINI AGLIO OLIO

WITH KALE AND TOASTED HAZELNUTS

FROM YOUR KITCHEN

- » Salt and pepper

INGREDIENTS

- » 1 box Banza rotini
- » 8 oz curly kale
- » 8 oz carrot
- » 4 garlic cloves*
- » Fresh parsley
- » ½ cup hazelnuts
- » 1 tbsp coconut oil
- » ¼ cup **vegan parmesan***

* Find a head of garlic in the Pomegranate Glazed Tempeh recipe bag.

- * This item will be split between multiple steps.

TOOLS

- » Large pot
- » Large nonstick skillet

CONTACT US

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1 COOK THE PASTA

Rinse and dry the produce. Bring a large pot of **salted water** to a boil. Add the **Banza rotini**, stir, and cook until al dente, about 4 to 5 minutes. Reserve ¾ cup of the **cooking water** and drain the pasta into a colander.

2 PREPARE THE VEGETABLES

Destem the **curly kale** and roughly chop the leaves. Peel the **carrot** and then continue to peel lengthwise to create “noodles” with your peeler. Peel and mince 4 cloves of **garlic**. Finely chop the **parsley leaves**.

3 TOAST THE HAZELNUTES

Place a large nonstick skillet over medium-high heat and add the **hazelnuts**. Cook until fragrant and toasted, about 3 to 5 minutes. Transfer nuts to a cutting board, let cool, and roughly chop.

4 COOK THE VEGETABLES

Return the skillet to medium heat and add the **coconut oil**. Add the **minced garlic** and cook until fragrant, about 30 seconds. Add the **chopped kale** and **carrot ribbons** and cook until kale is bright green and slightly softened, about 2 to 4 minutes.

5 FINISH THE SAUCE

Add the reserved **cooking water** and **rotini** to the skillet. Bring pasta to a simmer, reduce heat to low, and add the **hazelnuts**, **parsley**, and **half the vegan parmesan**. Season **rotini** with **salt** and **pepper** and stir to combine.

6 PLATE THE MEAL

Divide the **rotini aglio olio** between large shallow bowls. Sprinkle with the **remaining vegan parmesan**.



POMEGRANATE GLAZED TEMPEH

WITH DILLY BLACK-EYED PEAS AND GARLIC SAUCE

SUMMER RECIPE #31

TIME: 30 MINUTES

SERVINGS: 2

NUTRITION PER SERVING*

CALORIES: 670

FAT: 29 g

CARBOHYDRATES: 71 g

PROTEIN: 35 g

*Calculated with oil

Sweet pomegranate molasses is common in Middle Eastern cooking, and we want to bring this sweet and tart treat into your home. Marinating the tempeh in the molasses brings a depth of flavor that can't be achieved otherwise. Be sure to shake any excess marinade from the tempeh before adding to the hot skillet, reserving the liquid for a quick toss afterwards. If you'd like a lighter garlic sauce, simply use one clove of garlic instead of two.

Allergens: Contains soy, tree nuts. Processed and packaged in a facility that packages wheat, peanuts, tree nuts & soy.

POMEGRANATE GLAZED TEMPEH

WITH DILLY BLACK-EYED PEAS AND GARLIC SAUCE

FROM YOUR KITCHEN

- » 2 tbsp olive oil
- » 1 tbsp vegetable oil
- » Salt

INGREDIENTS

- » 1 package tempeh
- » 1 tbsp pomegranate molasses
- » 2 tbsp balsamic vinegar
- » 1 tbsp + 1 tsp tamari
- » 1 tbsp agave
- » Fresh dill
- » 2 scallions
- » 1½ cup black-eyed peas
- » 1 lemon
- » 1 tbsp Kite Hill vegan yogurt
- » 1 tbsp Follow Your Heart Vegenaise®
- » 2 garlic cloves*
- » 7 oz green beans
- » 2 oz baby spinach

* The head of garlic in this recipe bag is for all recipes this week.

TOOLS

- » Large nonstick skillet

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1 PREP THE TEMPEH

Cut the **tempeh** into small triangles. In a medium bowl, add the **pomegranate molasses**, **balsamic vinegar**, **tamari**, **agave**, and 1 tsp **olive oil**. Whisk to combine, then add the **tempeh triangles**, tossing well. Marinate for 15 minutes, tossing tempeh every so often.



2 MARINATE THE BLACK-EYED PEAS

Rinse and dry the produce. Chop the **dill** fronds. Thinly slice the **scallions**. In a medium bowl, add the **scallions**, **chopped dill**, **black-eyed peas**, juice from half the **lemon**, and 1 tbsp **olive oil**. Season with **salt** and **pepper** and mix well.



3 MAKE THE GARLIC SAUCE

Add the **Kite Hill vegan yogurt** and **Vegenaise®** to a small bowl. Peel and, using a microplane, grate the 2 **cloves of garlic** into the bowl. Add the juice from remaining **lemon** half. Whisk **garlic sauce** until smooth.



4 COOK THE GREEN BEANS

Trim the **green beans**. Place a large nonstick skillet over medium-high heat with 2 tsp **olive oil**. Once hot, add the green beans and cook until crisp-tender and browned in places, stirring occasionally, about 3 to 5 minutes. Sprinkle with **salt** and **pepper** and transfer to a plate.



5 COOK THE TEMPEH

Return the large nonstick skillet to medium-high heat and add 1 tbsp **vegetable oil**. Shake the excess marinade off the **tempeh triangles** (save the marinade!) and cook until browned on both sides, about 3 to 5 minutes per side. Sprinkle tempeh with **salt** and then add the **reserved marinade**. Cook, tossing occasionally, until marinade thickens and glazes the tempeh, about 2 to 4 minutes more.



6 SERVE AND ENJOY

Divide the **baby spinach** and **dilly black-eyed peas** between large plates or bowls. Top with **green beans** and **pomegranate glazed tempeh**. Drizzle everything with **garlic sauce**.



BUTTER BEAN GRATIN

WITH PARMESAN BREADCRUMBS AND PATTY PAN SQUASH

SUMMER RECIPE #33

TIME: 35 MINUTES

SERVINGS: 2

NUTRITION PER SERVING*

CALORIES: 630

FAT: 27 g

CARBOHYDRATES: 74 g

PROTEIN: 23 g

*Calculated with oil

When we think of gratin, we think crispy buttery crust, so we've taken panko breadcrumbs and tossed them with vegan parmesan before browning the dish under the broiler. If your broiler has a heat setting, set it to low and watch the gratin carefully. The patty pan squash, a tender variety of summer squash, can be sliced or diced. Just be sure to get the skillet nice and hot and season them well with salt and pepper for best results.

Allergens: Contains soy. Processed and packaged in a facility that packages wheat, peanuts, tree nuts & soy.

BUTTER BEAN GRATIN

WITH PARMESAN BREADCRUMBS AND PATTY PAN SQUASH

FROM YOUR KITCHEN

- » 4 tsp olive oil
- » Salt and pepper

INGREDIENTS

- » 1 can fire roasted diced tomatoes
- » 1 tbsp vegan butter
- » Fresh oregano*
- » 2 garlic cloves*
- » 2 tbsp nutritional yeast
- » ¼ cup gluten free panko breadcrumbs
- » ¼ cup vegan parmesan
- » 1 can butter beans
- » 4 oz Swiss chard
- » 6 oz patty pan squash

* Find a head of garlic in the Pomegranate Glazed Tempeh recipe bag.

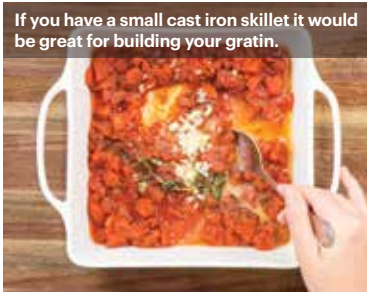
* These items will be split between multiple steps.

TOOLS

- » 8x8 baking dish
- » Large skillet

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1 ROAST THE TOMATOES

Preheat oven to 375°F. Rinse and dry the produce. In an 8x8 baking dish, add the **fire roasted tomatoes**, **vegan butter**, **1 sprig fresh oregano** (do not pick off leaves), and a pinch of **salt** and **pepper**. Peel and mince 2 cloves of **garlic**, add to tomatoes, and sprinkle everything with **1 tbsp nutritional yeast**. Bake tomatoes for 10 minutes, remove from the oven, and gently stir.

2 PREPARE THE BREADCRUMBS

In a medium bowl, combine the **gluten free panko breadcrumbs**, **vegan parmesan**, **remaining nutritional yeast**, and 2 tsp **olive oil**. Finely chop the **remaining oregano leaves** and add them to the bowl along with a pinch of **salt** and **pepper**. Stir to combine.

3 COOK THE BEANS AND GREENS

Drain and rinse **butter beans**. Chop the **Swiss chard** keeping the stems and the leaves separate. Place a large skillet over medium-high heat with 1 tsp **olive oil**. Once hot, add the **stems** and cook until bright and tender, about 3 to 5 minutes. Add the **leaves** and cook for 1 minute. Add **butter beans** to the skillet, toss, and season with **salt** and **pepper**.

4 BUILD THE GRATIN

Set oven to broil. Remove **oregano sprig** from the **tomatoes** and top with **butter bean mixture**. Top with **butter bean mixture** and sprinkle with **parmesan breadcrumbs**. Broil until golden brown, about 3 to 5 minutes.

5 COOK SQUASH

Trim and dice the **patty pan squash**. Return the large skillet to medium-high heat with 1 tsp **olive oil**. Once hot, add the squash and cook until just tender, about 4 to 6 minutes. Sprinkle with **salt** and **pepper**.

6 GRATIN TIME

Divide **butter bean gratin** between your plates. Serve alongside the sautéed **patty pan squash**.