

HEART CREATIVE

Quarantine Cooking



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radical goodness

QUARANTINE COOKING

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QUARANTINE COOKING

(we got you)

Hey, friends. We noticed you're spending more quality time in your kitchens and buying up all the beans and pasta at the store. It's cool. We're in the same boat.

In fact, it's kind of comforting to know we aren't the only ones panicking out there. It's easy to feel powerless when something like this happens—after all, it's an unprecedented global situation that's affecting everything from the way we work to the way we eat—but we thought of something that might bring you joy. Or at least help you get dinner on the table when you haven't been able to stock up on provisions in a while.

At Heart, we think a lot about food. Like, pretty much all the time. So in the face of this pandemic, we stuck with what we know best and put together a collection of super simple pantry-friendly recipes, complete with all the tips and tricks you might need. These recipes are not sexy, but they're darn delicious. Oh, and they're designed to be as versatile as possible because we don't know what goods you've got on hand.

These recipes are also designed to be really affordable, so they're accessible to everybody in our community. In fact, many of the ingredients featured are WIC approved. They're also nutrient-dense and super good for you. As much as we just want to hide under our weighted blankets eating fistfuls of gummy bears and microwave nachos (there's room for that, too!), good nutrition is important. It makes you feel more than full: it makes you feel good and feeds you deeply, not to mention it helps support your body and your immune system during times of stress!

We also tried to give lots of substitutions for those following a plant-based diet, or those with dietary restrictions and allergies. These recipes are for EVERYONE! (We know it's hard to write recipes for everyone, but we tried) Even though we can't all sit down together and share a meal, we can still share a little joy through these recipes.

Please enjoy!

- Megan Scott, Culinary Director

A few notes:

We call for fine sea salt in these recipes. Table salt and Morton's Kosher salt can be substituted without any modifications to the recipe. If you use Diamond Crystal Kosher salt you will need to double the amount you use.

Lots of these recipes call for beans. If you're starting with dried beans, you'll need to cook them first. The easiest way to do that is to rinse them (dried beans can be dirty), put them in a pot, cover them with water by 2", and simmer (don't boil!) until they're tender. The best way to test if your beans are ready? Eat several of them to make sure they're all nice and soft. That's literally all there is to it.

These recipes start with a neutral flavor palette, since we're not sure what spices everyone is working with. But don't let that stop you! Feel free to add whatever spices you have on hand. We trust that you know how to make food taste good.

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WAKEY

WAKEY

EGGS &

BAKEY



Baked Oatmeal with Frozen Fruit

Yes, you can use frozen bananas here! Thaw the banana that gets mashed, and slice the other one while still frozen.

6 SERVINGS

- 2** very ripe bananas, divided
- 2 cups** rolled oats
- 1 ¾ cups** milk or preferred nondairy milk
- 1 cup** frozen berries (blueberries, raspberries, cranberries, etc.)
- 2** large eggs or ¼ cup ground flaxseeds
- 3 tbsp** sugar, brown sugar, honey, or maple syrup
- 2 tbsp** butter or coconut oil, melted
- ½ tsp** fine sea salt

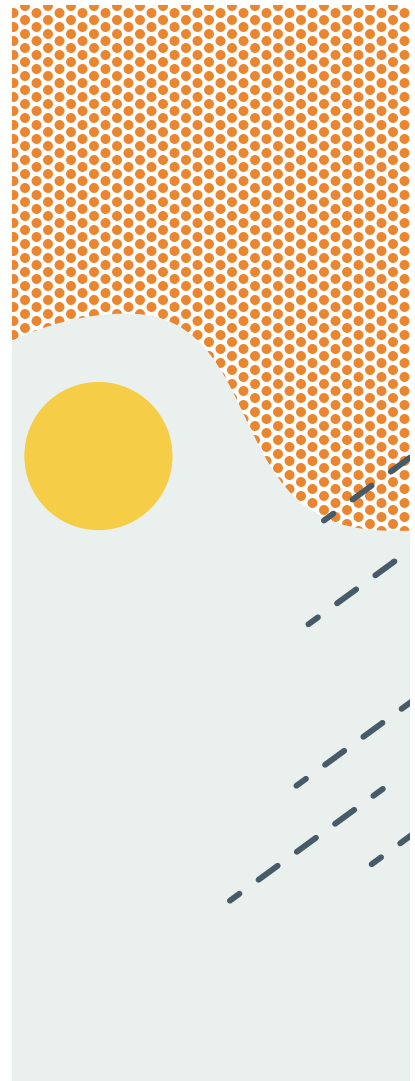
DIRECTIONS:

- 1** Preheat oven to 375°F. Lightly butter or oil an 8 or 9" square baking dish.
- 2** Mash one banana and slice the other. In a mixing bowl, combine the mashed banana, oats, milk, berries, eggs or flaxseed, sugar, butter or oil, and salt.
- 3** Line the bottom of the baking dish with sliced bananas, and pour oat mixture on top. Bake until set and golden brown, about 30 minutes.

NOTES:

Add up to ½ cup chopped toasted nuts or seeds before baking.

Stir a teaspoon of cinnamon or vanilla into the oat mixture for extra flavor.



Baked Frittata Bites



This is a great recipe for using up any leftover cooked or fresh veggies that may go bad soon. You can use: onion, bell pepper, zucchini, squash, potato or sweet potato, greens, corn, broccoli, cauliflower, green beans, etc. (You get the idea).

6 SERVINGS

- 1 tbsp** olive oil, divided (if using cooked vegetables, you only need 2 tsp)
- + 2 tsp** need 2 teaspoons of oil
- 1 cup** chopped leftover fresh or frozen vegetables (for greens, pack the cup full)
- 6** eggs or equivalent in vegan egg replacer
- ½ cup** shredded cheese (cheddar, pepper jack, mozzarella, etc.) or vegan cheese
- (2oz)**
- ½ cup** milk, nondairy milk, or plain yogurt (optional)
- 2 tbsp** chopped fresh herbs (thyme, oregano, basil) or 1 tablespoon dried herbs
- ½ tsp** fine sea salt
- ¼ tsp** black pepper

DIRECTIONS:

- 1** Preheat oven to 400° F. Oil an 8 or 9" square baking dish with 2 teaspoons oil.
- 2** If using fresh or frozen vegetables, heat 1 tablespoon oil in a medium skillet over medium heat. Cook vegetables, stirring occasionally, until softened, and set aside. If using leftover cooked vegetables, skip this step.
- 3** In a medium bowl, whisk together eggs, cheese, milk or yogurt, herbs, salt, and pepper. Stir in cooked vegetables.
- 4** Pour egg mixture into oiled pan. Bake until a knife inserted into the center comes out clean, 15-20 minutes.

NOTES:

For a heartier breakfast, add up to ½ cup chopped leftover cooked chicken, canned tuna, or salmon.

The added milk or yogurt gives the frittata a slightly softer, creamier texture, but it is completely optional.

Make this dish ahead of time for breakfast or snacks during the week, or turn it into a quick dinner and serve with a salad.

For cuter frittata bites, portion the egg mixture into an oiled mini muffin tin.



Whole Grain Pancakes

.....
Most leftover cooked grains can be stirred into the pancake batter, including wheat berries, kamut, buckwheat, rice, quinoa, millet, etc.

4 SERVINGS

- 1 cup** whole wheat flour
- ½ cup** rolled oats or leftover cooked grains
- 2 tsp** baking powder
- ¼ tsp** fine sea salt
- 1** large egg or equivalent vegan egg replacer
- 1 cup** milk or preferred nondairy milk
- 1 tbsp** packed brown sugar, sugar, maple syrup, or honey
- 2 tbsp** preferred vegetable oil, plus more for greasing the pan

DIRECTIONS:

- 1** In a mixing bowl, combine flour, oats, baking powder, and salt. In a second bowl, whisk together egg, milk, sugar, and oil. Add wet ingredients to dry, and stir until just combined.
- 2** Heat a large nonstick skillet over medium heat. Using a paper towel, wipe the skillet with a little oil.
- 3** Pour ¼ cup batter into the skillet. Depending on the skillet, you may be able to cook 3-4 pancakes at a time. Cook until bubbles start to form on the top and the underside is brown, then flip and cook until brown on the second side.
- 4** Repeat with remaining batter, and top with Berry Compote (on page 11) to serve.

NOTES:

You can substitute 1 ½ cups all-purpose flour for the whole wheat flour if desired.

If you're feeling fancy, stir in a teaspoon of vanilla.



Eggs

(THE REAL MVP)

THEY'RE MORE AFFORDABLE THAN THEY HAVE ANY RIGHT TO BE.

THEY HAVE A SHELF LIFE OF 1 FREAKING MONTH, Y'ALL! THAT BLOWS ALMOST EVERY OTHER PROTEIN OUT OF THE WATER.

THEY ARE THE DARLINGS OF YOUR BREAKFAST BURRITOS, YOUR CRUSTLESS QUICHES, YOUR STRESS-BAKING PROJECTS.

THEY EMULSIFY, BIND, AERATE, AND GENERALLY MAKE LIFE BETTER. ALSO, THEY'RE PRETTY DARLIN'.

DON'T LET BREAKFAST HAVE ALL THE FUN—EGGS ARE GREAT FOR DINNER, TOO. FRY ONE AND PERCH IT ON A SALAD. HARD BOIL A COUPLE FOR A RICE BOWL. LIVE YOUR BEST LIFE.



Microwave Berry Compote

6 SERVINGS

- 3 cups** fresh or frozen berries
(if using strawberries, chop 'em up first)
- 3 tbsp** orange juice
- 1 tsp** ground cinnamon
- Zest of 1** lemon or orange (optional)

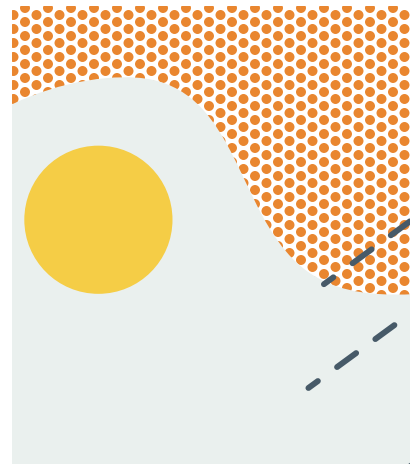
DIRECTIONS:

- In a glass or ceramic bowl, combine fruit, orange juice, and cinnamon. Microwave on high, stirring every 2 minutes, until it becomes a thick sauce. If the fruit is very tart, you may want to add a tablespoon of sugar, brown sugar, or honey. Stir in the optional lemon zest at the end of cooking.
- 1** Serve on pancakes, waffles, yogurt, cottage cheese, oatmeal, chia pudding, toast, or ice cream.

NOTES:

Looking to avoid the added sugar and artificial ingredients in store-bought flavored yogurt? Make your own! Simply buy plain yogurt and stir in a dollop of room temperature or chilled berry compote.

If you don't have a microwave, cook the compote in a saucepan on the stovetop, simmering it until thickened slightly.



Fruit & Yogurt Parfaits



4 SERVINGS

- 1** very ripe banana
- 2 cups** plain yogurt or nondairy yogurt
- 1 tbsp** honey or maple syrup (optional)
- ½ cup** rolled oats
- 2 tbsp** sesame, sunflower, or pumpkin seeds or finely chopped nuts
- ½ cup** chopped fresh or thawed frozen fruit

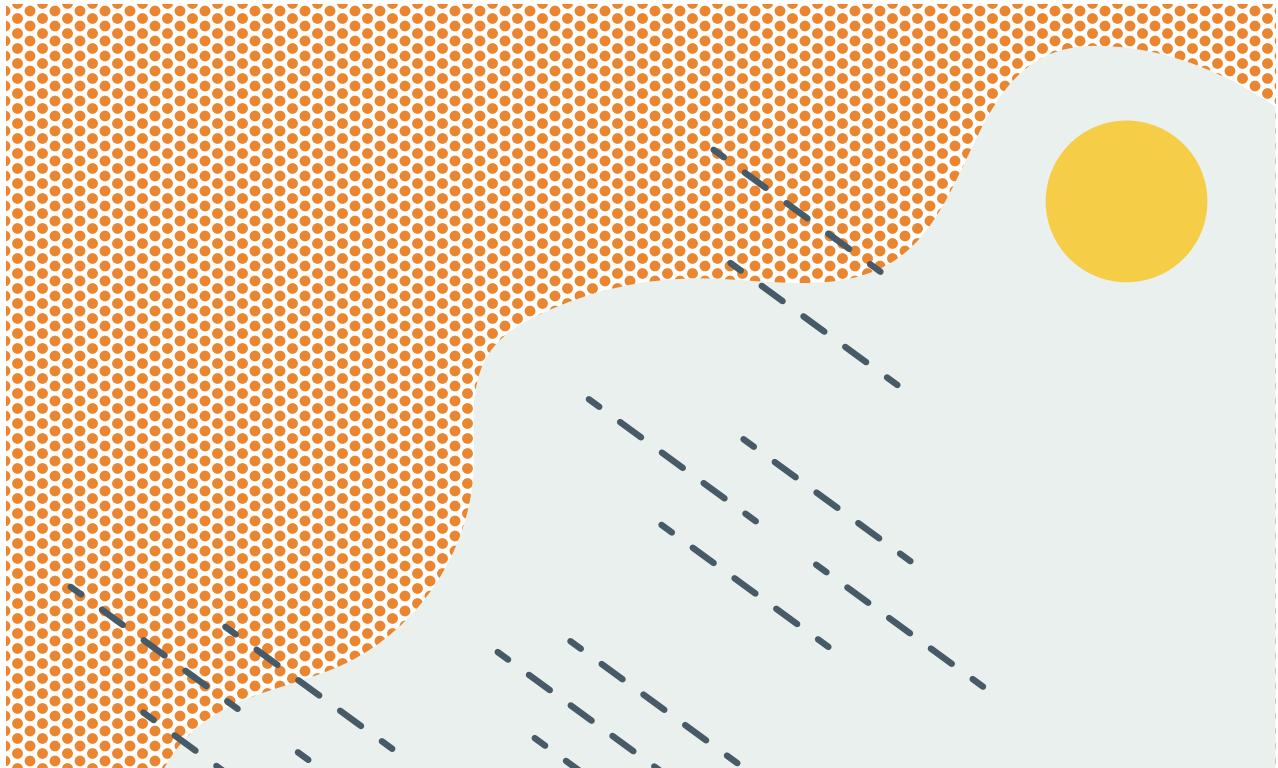
NOTES:

To use a frozen banana, let it thaw (or microwave it to speed up the process) before mashing.

If you already have homemade or store-bought granola, you can substitute that for the oat-seed mixture.

DIRECTIONS:

- 1** In a mixing bowl, mash banana. Stir in yogurt and optional sweetener. Set aside.
- 2** In a dry skillet over medium heat, toast the oats and seeds or nuts, stirring frequently, until fragrant and starting to brown, about 5 minutes.
- 3** To serve, layer the yogurt, then fruit, and top with toasted oat-seed mixture. Repeat layers if desired.



Basic Green Smoothie

2 SERVINGS

- 1½ cups** milk or nondairy milk (or 1 cup water and ½ cup plain yogurt (or non-dairy yogurt))
- 2 cups** packed fresh spinach (or 1 cup frozen spinach)
- 1** orange, peeled and quartered
 - 2** ripe frozen bananas, quartered

DIRECTIONS:

- 1** In a blender, combine milk (or water and yogurt), spinach, orange, and banana. Blend until very smooth.
- 2** Pour into tall glasses to serve.

NOTES:

When your bananas start to brown, cut them into quarters and freeze in a zip-top bag. Then you'll never risk wasting a brown banana, and you'll always have ripe, frozen bananas on hand that are perfect for smoothies.

To mix it up, try other greens, such as baby kale.

Use any frozen fruit you like, from mango to pineapple to blueberries to grapes (frozen grapes also make a tasty snack on their own). We like bananas in smoothies because they lend a creamy texture, but feel free to experiment.

Using the quantities in the recipe above, try the following combinations:

- Spinach, orange, frozen mango, water, and yogurt
- Kale, orange, frozen blueberries, and milk
- Spinach, orange, a combination of frozen grapes and banana, and milk
- Kale, orange, frozen peach slices, water, and yogurt



LUNCH

(what time even is it?)



Beans & Greens Quesadillas

.....
 Feel free to use other types of greens, but sturdier greens like kale should be sauteed until wilted before placing them on the tortillas.

6 SERVINGS

- 1 tbsp** preferred vegetable oil
- 6** large flour tortillas
- 1** (5oz) container baby spinach
- 1 can (15oz)** beans, rinsed and drained (or 1½ cups cooked)
- 1 cup** frozen corn kernels, thawed
- 1½ tsp** chili powder (optional)
- 1½ cups (6 oz)** shredded Monterey Jack, cheddar, or vegan cheese

DIRECTIONS:

- 1** In a large skillet, warm 1 teaspoon oil over medium heat.
- 2** Place one tortilla in the skillet and top with ⅓ of the spinach, ½ cup beans, ⅓ cup corn, ½ teaspoon chili powder, a pinch of salt, and ½ cup cheese.
- 3** Cover with another tortilla and cook, flipping once with a large spatula (you can sandwich the quesadilla between the spatula and your hand to help flip it more easily), until the cheese is melted and the quesadilla is heated through, about 5 minutes total.
- 4** Repeat with the remaining oil, tortillas, and filling.

NOTES:

When you first put the spinach on the tortillas, it might seem like a lot, but it really wilts down as you cook it.

Almost any cooked or canned bean works here. We like pinto, black beans, white beans, or chickpeas best.

To thaw corn kernels quickly, place them in a fine mesh sieve and run hot tap water over them until thawed.



Avocado & Chickpea Salad



4 SERVINGS

- 2 tbsp** lemon juice or apple cider vinegar
- 1** garlic clove, minced
- 2 tbsp** olive oil
- 2** green onions, sliced, or ¼ cup finely diced onion, red onion, or shallot
- ¼ tsp** fine sea salt
- ¼ tsp** black pepper
- 2 cans (15 oz)** (or 3 cups cooked) chickpeas, rinsed and drained
- 1** avocado, pitted and chopped
- ¼ cup** chopped parsley or arugula (optional)

DIRECTIONS:

- In a medium bowl, combine lemon juice or vinegar, garlic, olive oil,
- 1** green onion, salt, and pepper. Add chickpeas, avocado, and optional parsley or arugula, and gently toss to combine
 - 2** Serve in pita pockets, on a bed of fresh greens, or over toast.

NOTES:

If you don't have avocado, lots of other vegetables can be added instead: diced cucumber, chopped celery, diced carrot, or diced bell pepper are some options.

Yes, thanks for asking - you can use pretty much any bean here!

If you already have some store-bought or homemade vinaigrette in the fridge, feel free to use that instead of the lemon juice-olive oil mixture.





Creamy Vegan Tomato Soup

For a different take on this recipe, leave out the beans and stir ½ cup canned coconut milk into the soup right before serving.

4 SERVINGS

- 1 tbsp** olive oil or preferred vegetable oil
- 1** onion, diced
- 3** garlic cloves, minced
- 2 cups** vegetable or chicken broth
- 1 (28oz) can** crushed tomatoes or 2 (14.5oz) cans diced tomatoes
- 1 (15oz) can** (or 1½ cups cooked) white beans, drained and rinsed
- 2 tsp** dried basil (optional)
- ½ tsp** fine sea salt

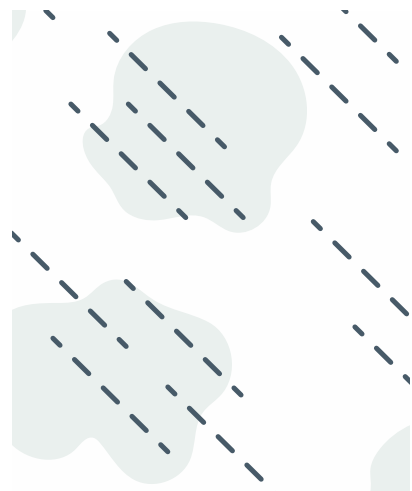
DIRECTIONS:

- 1** In a large saucepan, warm oil over medium heat. Add onions and garlic and cook, stirring frequently, until soft, 6-8 minutes.
- 2** Stir in broth, tomatoes, beans, optional basil, and salt and bring to a boil. Reduce heat and simmer gently for 15 minutes.
- 3** Use an immersion blender to puree, or transfer to a blender and puree, in batches, until smooth.
- 4** Serve with croutons, toast, or grilled cheese sandwiches.

NOTES:

Double the recipe and freeze leftovers in a quart-sized zip-top bag. Once the bag is sealed, lay it flat on a baking sheet in the freezer until it is fully frozen. To thaw, run the bag briefly under hot tap water, then peel off the bag like a glove, allowing the frozen soup to fall into a saucepan. Add a little water, cover the pan, and place over medium heat. Stir occasionally until fully thawed.

If you have fresh basil, first of all, go you! Second of all, you can definitely substitute it for the dried basil, but be sure to use 2 tablespoons of the chopped fresh basil and add it right before pureeing the soup.



Canned Tomatoes

(THE BEST CANNED FOOD?)

I MEAN, IF WE WERE GIVING OUT THE CANNED FOOD AWARDS...JUST SAYIN'

THEY MAKE A MEAN TABLE SALSA

THEY GO WITH YOUR OTHER PANTRY FRIENDS: WITH CHICKPEAS THEY MAKE CHANA MASALA

WITH PASTA...WELL, YOU KNOW WHAT TO DO!

WITH WHATEVER VEGGIES YA GOT THEY MAKE MINISTRONE

WE'RE NOT OBSESSED OR ANYTHING...



**NET WT 28 OZ
(1 LB 12 OZ) 790g**

Sweet Potato Tacos



.....
Leave the sweet potato peels on. It will save you a step and deliver more fiber and nutrients to your meal.

4 SERVINGS

- 2** large sweet potatoes, cubed
- 2 tbsp** preferred vegetable oil
- 2 tsp** ground cumin
- 2 tsp** chili powder
- ½ tsp** fine sea salt
- 8** corn tortillas, warmed to soften
- 3 cups** finely chopped fresh spinach
- 1** ripe avocado, sliced (optional)

DIRECTIONS:

- 1** Preheat oven to 400°F.
- 2** On a large baking sheet, toss sweet potatoes, oil, cumin, chili powder, and salt. Bake for 25 minutes or until tender and lightly browned.

Divide sweet potatoes between tortillas, and top with spinach and avocado.
- 3** If desired, serve with salsa, hot sauce, and plain yogurt or sour cream.

NOTES:

Black beans make a perfect companion for sweet potatoes, offering protein and variety — we recommend heating them up. For extra credit, saute onion and garlic, then add the beans and heat.



DINNER

(a.k.a. the last meal of the day...for quitters)

Lentil Chili



.....
The red lentils break down during cooking, thickening the chili and giving it more body.

6 SERVINGS

- 1 tbsp** preferred vegetable oil
- 1** small onion, diced
- 2 tbsp** chili powder
- 2** garlic cloves, minced or 1 teaspoon garlic powder
- ½ tsp** fine sea salt
- 4 cups** vegetable or chicken broth
- 2 (15oz)** (or 3 cups cooked) mixed beans (kidney, pinto, and/
cans or black), rinsed and drained
- 1 (28oz)**
can crushed tomatoes or 2 (14.5oz) cans diced tomatoes
- 1½ cups** red lentils, rinsed and drained
- 1 cup** frozen spinach or 2 cups packed fresh spinach

DIRECTIONS:

- 1** In a large pot, warm oil over medium heat. Add onions, chili powder, garlic, and salt and cook, stirring frequently, until onions are soft, 6-8 minutes.
- 2** Stir in broth, beans, tomatoes, and lentils and bring to a boil. Reduce heat to medium-low, cover, and simmer until chili thickens, about 30 minutes, stirring occasionally.
- 3** Stir in spinach and cook 5 minutes more.
- 4** Serve chili with desired toppings, including thinly sliced green onion, chopped cilantro, sour cream or plain yogurt, shredded cheddar, and/or crushed tortilla chips.

NOTES:

For more heat, add ½ teaspoon red pepper flakes along with the other spices.

If you only have cans of whole tomatoes, no worries! Just finely chop the tomatoes before adding 'em to the chili.





Veggie Fried Rice

.....
This is a great dish to use up leftover rice and almost any veggies you have on hand before they go to waste.
.....

4 SERVINGS

- 3 tbsp** preferred vegetable oil, divided
- 1** small onion, diced
- 1 bag (12oz)** mixed frozen vegetables, thawed
- 4 cups** cooked white or brown rice
- 2** large eggs, beaten, or vegan egg equivalent
- 2 tbsp** sesame seeds (optional)
- Soy sauce, tamari, or fine sea salt and black pepper to taste
- 2** green onions, thinly sliced

DIRECTIONS:

- 1** In a large nonstick skillet, warm 1 tablespoon oil over medium-high heat. Add onions and a pinch of salt and cook, stirring frequently, until softened, 6-8 minutes. Add vegetables and cook until tender and heated through, 5-8 minutes. Transfer to a bowl.
- 2** In the same skillet, warm remaining 2 tablespoons oil. Add rice, stir briefly, then let sit for 3 minutes. Stir then let sit for 3-6 minutes more or until starting to brown and crisp. Transfer to the bowl with vegetables.
- 3** To the same skillet, add eggs and a pinch of salt. Stir to scramble. When eggs are cooked, stir into the rice and vegetables. Add soy sauce or salt and pepper to taste. Sprinkle with optional sesame seeds and green onions.

NOTES:

Turn this into a hearty meal by adding a protein such as chicken, canned salmon, shrimp, Spam, chopped bacon, tofu, or tempeh. Leftover proteins are perfect in fried rice—just reheat them in the skillet. Or, if starting with raw protein, cut it up into bite-sized pieces and cook in the skillet using 1 tablespoon oil.

Extra credit: after cooking the onion, add minced garlic and fresh ginger and cook until fragrant, about 1 minute.

For kimchi fried rice, add up to 1½ cups drained kimchi, coarsely chopped, to the skillet once the rice is browned. Stir it in to coat the rice with kimchi goodness.

Runny yolk fans: Instead of scrambling the eggs and mixing them in with the rice, you can also fry 1 egg per person and serve on top of the fried rice.



Sausage, White Bean, & Kale Soup



4 to 6 SERVINGS

- 1½ tbsp** olive oil or preferred vegetable oil
- 1** onion, diced
- 8oz** bulk chicken or turkey sausage or vegan sausage equivalent
- 8 cups** vegetable or chicken broth
- 2** medium russet potatoes, cubed
- 1 (15oz) can** (or 1½ cups cooked) white beans, drained and rinsed
- 1 tsp** fine sea salt
- ½ tsp** black pepper
- 1** bunch kale, shredded
- 2 tbsp** lemon juice (optional)

DIRECTIONS:

- 1** In a large pot, warm oil over medium heat. Add onions and cook, stirring occasionally, until soft, 6-8 minutes.
- 2** Add sausage, breaking it up with a spoon, and cook until browned, about 5 minutes.
- 3** Add broth, potatoes, beans, salt, and pepper, and bring to a simmer. Cook until potatoes are soft, 15-20 minutes.
- 4** Add kale and simmer 5 minutes more. Stir in optional lemon juice just before serving.

NOTES:

Chicken or turkey sausage links can also be used—just remove the casings and use the meat inside just as you would bulk sausage.

You can use gold, red, or even baby potatoes instead of russets. Russets are nice because they break apart, thickening the soup slightly and adding body, but don't let us tell you what to do.

If you don't have kale, baby spinach, frozen spinach, collards, or Swiss chard also work well here.



Tomato Basil Pasta with Tuna



4 SERVINGS

- 12oz** spaghetti, fettuccine, or linguine
- 2 tbsp** olive oil
 - 1** small onion, diced
 - 2** garlic cloves, minced
- 1 can (14oz)** diced tomatoes
- 2 cans (5-7oz)** albacore tuna, drained
- 1 (5oz)** container fresh spinach or 1 heaping cup frozen spinach
- 1 tbsp** chopped fresh basil or 1 teaspoon dried basil
- Fine sea salt and black pepper to taste

DIRECTIONS:

- 1** Cook pasta in a large pot of boiling salted water according to package directions. Drain.
- 2** In a large pot over medium heat, warm olive oil. Add onions, garlic, and a pinch of salt and cook, stirring occasionally, until onions are soft, 6-8 minutes.
- 3** Stir in tomatoes, tuna, spinach, and basil. Bring to a simmer and cook until hot, about 5 minutes. Add salt and pepper to taste.
- 4** Stir in the cooked pasta until well combined with the sauce.

NOTES:

If using dried basil, add it at the same time as the onions. To spice it up, add ½ teaspoon of red pepper flakes in this step as well.

For a vegan alternative, substitute 1 (15oz) can or 1½ cups cooked white beans for the tuna.



American-Style Enchiladas



.....
 See page 26 for a homemade enchilada sauce!

6 SERVINGS

- 12** large corn tortillas or 6 large flour tortillas
- ½ cup** plain yogurt, sour cream, or vegan sour cream
- 2 tsp** chili powder or ground cumin
- 1 cup** cooked rice
- 1½ cups** leftover shredded or chopped chicken or seitan
- 1 (15oz) can** (or 1½ cups cooked) black, pinto, or white beans, drained and rinsed
- 1 (10oz) jar or can** enchilada sauce or 1 cup Homemade Enchilada Sauce (see next page)
- ½ cup** shredded cheddar or pepper jack cheese, or vegan cheese (optional)

DIRECTIONS:

- 1** Preheat oven to 350° F.
- 2** Wrap tortillas in foil and warm in the oven for 10 minutes.
- 3** In a small bowl, stir together yogurt or sour cream and chili powder or cumin. Spread a thin layer on each tortilla.

Evenly divide rice, chicken or seitan, beans, and any vegetables among the tortillas. Roll them up and lay seam-side down in a 13x9" baking dish. Pour enchilada sauce over top to fully cover, and sprinkle with optional cheese.
- 4**
- 5** Bake until warm and cheese is melted, 15-20 minutes.

NOTES:

This recipe is perfect for using up leftovers or veggies that are about to go bad. Use chopped greens, zucchini, broccoli, cauliflower, bell pepper, corn, etc. Yes, you can use chili powder and cumin. Don't @ me.



Homemade Enchilada Sauce



MAKES 2 CUPS

- 2 tbsp** preferred vegetable oil
- 1 tbsp** all-purpose flour
- 2 tbsp** chili powder
- 1 cup** vegetable or chicken broth
- 1 (8oz) can** tomato sauce

NOTES:

When you have extra time, make a double batch of this sauce and freeze 1-cup portions in zip-top bags. Next time you make enchiladas, simply thaw out a bag in warm water, and you're ready to go!

DIRECTIONS:

- 1** In a saucepan or large skillet over medium heat, warm oil.

Whisk in flour and chili powder, and cook for 2 minutes. Add broth and
- 2** tomato sauce and simmer, stirring occasionally, until thickened, about 15 minutes.





Veggie Flatbread

6 SERVINGS

- 1 (16oz) package** refrigerated pizza dough
- 1 (8oz) can** tomato sauce
- 1½ tsp** dried oregano (optional)
- ½ tsp** red pepper flakes (optional)
- 1 cup (4oz)** shredded mozzarella cheese or vegan cheese
- 3 cups** chopped vegetables (see notes for ideas)

DIRECTIONS:

- 1** Preheat oven to 400° F.

Lightly oil a large baking sheet. Stretch or roll out dough to fill the baking sheet. Spread just enough tomato sauce to cover the dough in a thin layer, leaving a 1" border all the way around. Sprinkle with optional oregano and pepper flakes.
- 2**
- 3** Sprinkle with cheese and top with vegetables. Bake until crust is golden brown and cheese is melted, about 15 minutes.

NOTES:

This is another great recipe for using up leftover veggies. Almost any cooked vegetable will work on a flatbread. You can also use fresh greens, bell peppers, onion, mushrooms, zucchini, or corn without pre-cooking because they cook in such a short time.

Try one of these combinations:

- Fresh spinach, corn, and diced red pepper
- Cooked cubed potatoes and thinly sliced onion
- Roasted cubed sweet potato and shredded kale
- Chopped roasted broccoli, minced garlic, and diced zucchini
- Thinly sliced tomato or halved cherry tomatoes and canned albacore tuna
- White beans, minced garlic, and shredded kale

TO MAKE YOUR OWN DOUGH

- 1** Mix together 1½ cups warm water and 1 envelope active dry yeast. Let sit for 5 minutes. Your yeast should bubble and fizz gently - if there's no action, you might have dead yeast (check the expiration date on your package). Next, stir in 3¾ cups all-purpose flour, 2 tablespoons olive oil, and 1¼ teaspoons fine sea salt.
- 2** Knead for 5 minutes, then let rise, covered, until almost doubled, 1 to 1½ hours.
- 3** Divide the dough in half and let rest for 10 minutes before stretching out. Note that this recipe will make 2 not-quite-full baking sheets worth of flatbread, or about 6 servings.



Broccoli Mac

4 SERVINGS

- 2 cups (8oz)** elbow pasta
- 1 (12oz) package** frozen broccoli florets
- 1 tbsp** butter, vegan butter, or olive oil
- 1 tbsp** all-purpose flour
- 1 cup** milk or preferred unsweetened nondairy milk
- 1 cup (4oz)** shredded cheddar cheese or vegan cheese
- ½ tsp** fine sea salt

DIRECTIONS:

- 1** Cook pasta according to package directions. For the last 3 minutes of cooking, add broccoli. Drain pasta and broccoli, and transfer to a large bowl.
- 2** In a small saucepan over medium heat, melt butter or heat oil. Whisk in flour for 1 minute. Slowly pour in milk, whisking constantly, until the sauce is thick, about 5 minutes. Remove from heat and whisk in cheese and salt until melted. Toss sauce with prepared noodles and broccoli.

NOTES:

For kimchi mac, stir 1 cup kimchi, drained and chopped, into the cheese sauce before pouring it over the pasta. Garnish with chopped green onions.

You can use other types of pasta if you don't have elbows. Mini shells, rotini, and cavatappi work well. Just measure them by weight, not volume, if you can. Or eyeball it.





Curried Lentils

4 SERVINGS

- 2 tbsp** preferred vegetable oil
- 1** onion, diced
- 2** carrots, diced
- 3** garlic cloves, minced
- 1 tbsp** curry powder or garam masala
- 1½ cups** green lentils
- 4 cups** vegetable or chicken broth
- ½ tsp** fine sea salt
- 2 cups** packed fresh spinach or shredded kale (optional)

DIRECTIONS:

- 1** In a large pot over medium heat, warm oil. Add onion and carrot and cook, stirring occasionally, until soft, 6-8 minutes. Stir in garlic and curry powder and cook 2 minutes more.
- 2** Add lentils, broth, and salt, and bring to a boil. Cover, reduce the heat and simmer until lentils are tender, about 30 minutes.
- 3** Stir in optional spinach or kale and cook 2 minutes more. If desired, top with sliced green onions and a dollop of plain yogurt to serve.

NOTES:

Serve over rice or baked sweet potatoes.

For a creamy version, add a cup of coconut milk at the end of cooking.





Lentils

**(BEANS GOT ALL THE HYPE
BUT LET'S TALK LENTILS)**

**LENTILS ARE SUSTAINABLE, CHEAP, FILLING, AND
HECKIN' TASTY**

**THE BLACK OR FRENCH ONES REALLY KNOW
HOW TO HOLD THEIR SHAPE. USE 'EM IN SALADS.**

**THE GREEN/BROWN ONES WANT TO FALL APART—LET
THEM AND THEY WILL REWARD YOU BY THICKENING
UP YOUR SOUPS, STEWS, AND VEGGIE BURGERS.**

**YELLOW AND RED LENTILS ARE GREAT FOR DAL: JUST
ADD SPICE!**

**AS LONG AS LENTILS ARE IN YOUR LIFE, YOU'LL
NEVER BE HUNGRY.**

Mediterranean Baked Fish



6 SERVINGS

- 1 tbsp** olive oil
- 1** onion, diced
- 2** garlic cloves, minced
- 1 ½ tsp** dried oregano
- ½ tbsp** red pepper flakes
- 1 can (28oz)** crushed tomatoes or 2 (14.5oz) cans diced tomatoes
- ½ cup** pitted kalamata olives, roughly chopped
- ½ tsp** fine sea salt
- 2 lb** cod or rockfish fillets
- ½ cup (2oz)** crumbled feta

DIRECTIONS:

- 1** Preheat oven to 350°F.
- 2** In a large skillet over medium heat, warm oil. Add onions and cook, stirring frequently, until soft, 6-8 minutes. Stir in garlic, oregano, and pepper flakes and cook 2 minutes more. Add tomatoes, olives, and salt and bring to a simmer for 5 minutes.
- 3** Place fish in a 13x9" baking dish. Pour tomato sauce over fish, and sprinkle with feta. Cover the dish with foil, and bake for 20 minutes.

NOTES:

Serve over rice or another grain or serve with bread to soak up the sauce.

You can use frozen fish instead of fresh. Either thaw the fish before cooking or bake for longer, until the center of the fish fillets reaches 145°F.



A top-down view of a white bowl filled with popcorn, some of which is coated in a golden-brown sauce. The bowl is set against a light blue-grey background. Several pieces of popcorn are scattered around the bowl. Overlaid on the center of the bowl is a white rectangular box containing the text 'MUNCHIES + SIDES' in a bold, dark blue, sans-serif font. The plus sign is centered between the two words and is set against a yellow square background.

MUNCHIES + SIDES



Popcorn

2 SERVINGS

- 2 tbsp** preferred vegetable oil
- ½ cup** popcorn kernels
- ½ cup** toasted pumpkin seeds (optional)
- Fine sea salt to taste

DIRECTIONS:

- 1** In a large saucepan with a lid, heat oil and 3 kernels of popcorn over medium-high heat. When kernels pop, add the rest of the kernels. Cover the pot and shake it well. Place back on the heat, shaking occasionally, until the popping stops, 2-3 minutes.
- 2** Pour popcorn into a large bowl and toss with salt and seeds. If desired, add one of the flavorings below.

POPCORN FLAVORINGS

- Up to 1 tablespoon smoked paprika, chili powder, or curry powder or garam masala
- Up to ½ teaspoon cayenne pepper or ground cumin
- 2 tablespoons minced fresh herbs such as rosemary or thyme
- 2 garlic cloves, minced
- 2 tablespoons honey and 1 teaspoon ground cinnamon
- ¼ cup nutritional yeast

NOTES:

To make sure the flavor of these toppings is evenly distributed on the popcorn, heat 2 tablespoons oil over medium heat. Stir in flavoring of choice (including herbs or garlic), and cook until fragrant. Pour over the popcorn and toss well.

Feel free to mix and match different seasonings, such as herbs and garlic or paprika and nutritional yeast.

For the honey and cinnamon topping, briefly microwave (or heat in a small skillet) honey and cinnamon together until pourable and pour over the popcorn. Toss to coat.

Cucumber Yogurt Dip

8 SERVINGS

- 2 cups** plain Greek yogurt
- 2 tbsp** olive oil
- 1 cup** finely chopped cucumber
- ½ cup** finely chopped tomatoes or quartered cherry tomatoes
- 1** garlic clove, minced
- 1 tsp** dried dill (optional)
- ½ tsp** ground cumin (optional)
- ¼ tsp** fine sea salt

DIRECTIONS:

- 1** In a medium bowl, stir to combine yogurt, oil, cucumber, tomatoes, garlic, optional dill and/or cumin, and salt.
- 2** Serve as a dip with pita or fresh vegetables, or use as a quick sauce to serve with chicken, salmon, or brown rice.



NOTES:

This is a good place to toss in any fresh herbs you have on hand, such as parsley or cilantro.

For a creamy vegan dip, puree silken tofu, add lemon juice to taste, then stir in the remaining ingredients.



Spicy Black Bean Dip

6 SERVINGS

- 2 (15oz)** (or 3 cups cooked) black beans, drained and rinsed
- 2 tbsp** olive oil
- 1** jalapeño pepper, minced (remove seeds and ribs for less heat)
- 1 tbsp** lime juice
- 1** garlic clove, minced or ½ teaspoon garlic powder
- 1 tsp** ground cumin
- ¼ tsp** fine sea salt

DIRECTIONS:

- 1** In a medium bowl, mash beans. Stir in oil, jalapeño, lime juice, garlic, cumin, and salt.
- 2** Serve with pita or tortilla chips, Roasted Sweet Potato Wedges (see page 27), or vegetables (carrots, celery, zucchini rounds, etc.).



Plain Yogurt

**(YOGURT DID NOT COME
TO PLAY, IT CAME TO SLAY!)**

**BUY THE PLAIN KIND. YOU CAN ADD YOUR OWN
FRUIT AND SH*T.**

**GREEK YOGURT IS A DECENT STAND-IN FOR
SOUR CREAM.**

**IT'S WHAT YOU WANT IN YOUR SMOOTHIES,
YOUR DIPS, YOUR SALAD DRESSINGS.**

**DILUTE IT WITH A LITTLE WATER AND IT MOONLIGHTS
AS MILK IN LOTS OF BAKING RECIPES (THINK
PANCAKES, QUICK BREADS, AND SOME CAKES).**

OH, DID SOMEONE SAY PROBIOTICS?

**YOGURT CAN BE WHATEVER YOU WANT IT TO BE. IT'S
COOL LIKE THAT.**

Salmon Spread

4 SERVINGS

- 1 (14oz) can** salmon, drained
- ½ cup** plain yogurt
- 1 tbsp** lemon juice
- 2 tsp** dried dill or 2 tablespoons minced fresh dill
- 1** garlic clove, minced
- fine sea salt and black pepper, to taste

DIRECTIONS:

- 1** In a bowl, flake salmon with a fork (if desired, remove bones, though they are edible). Stir in yogurt, lemon juice, dill, garlic, and salt and pepper until well combined.
- 2** Serve on toast, crackers, or cucumber rounds.



NOTES:

You can add a variety of fresh herbs, such as parsley or chives, or thinly sliced green onion.



Chili-Roasted Sweet Potato Wedges

4 SERVINGS

- 3** large sweet potatoes, each cut lengthwise into 8 wedges
- 2 tbsp** preferred vegetable oil
- 2 tbsp** chili powder
- 1 tsp** fine sea salt
- 1** lime, juiced (optional)

DIRECTIONS:

- 1** Preheat oven to 425°F.
- 2** On a large baking sheet, toss potato wedges with oil, chili powder, and salt. Arrange wedges cut-side down and roast until browned and tender, about 20 minutes.
- 3** While still warm, sprinkle potato wedges with optional lime juice.

Notes:

Try using curry powder or garam masala instead of chili powder.

For a quick dipping sauce, mix together plain yogurt with Dijon or stone-ground mustard and a little honey.

Roasted Cauliflower Four Ways

4 SERVINGS

- 1 large head of cauliflower (about 2 pounds)
- 2 **tbsp** olive oil
- ½ **tsp** fine sea salt
- one seasoning blend, see below

DIRECTIONS:

- 1 Preheat oven to 425°F.
- 2 Cut cauliflower into florets. On a large rimmed baking sheet, toss florets with oil, seasonings, and salt. Roast until browned, 20-25 minutes.

THE FOUR WAYS

Honey-Mustard Cauliflower

Combine 1 tablespoon honey and 2 tablespoons Dijon or stone-ground mustard. Decrease cooking time to 15 minutes.

Southwestern Roasted Cauliflower

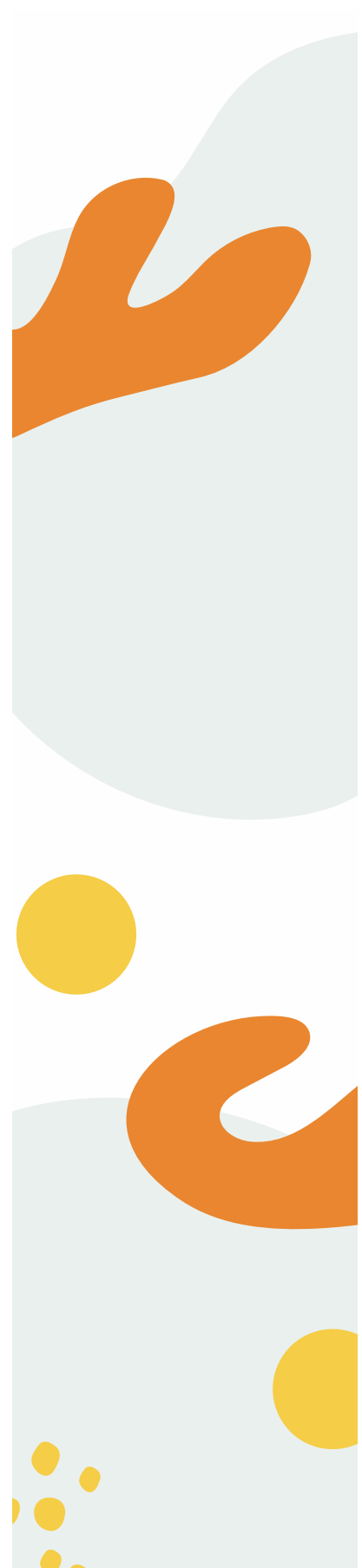
Add 2 teaspoons chili powder and 1 teaspoon ground cumin. Sprinkle cauliflower with 1 tablespoon lime juice after roasting.

Roasted Cauliflower With Herbs and Garlic

Add 2 teaspoons dried herbs (such as thyme and oregano) or 2 tablespoons chopped fresh herbs and 3 garlic cloves, minced. Sprinkle with 1 tablespoon lemon juice before serving.

Buffalo Cauliflower

Combine ½ cup Buffalo-style hot sauce (like Frank's Red Hot) and 2 tablespoons butter or vegan butter, melted. If available, serve sprinkled with blue cheese crumbles.





Treat Yo'Self



Fruit Popsicles

MAKES ABOUT 15 SMALL POPSICLES

- 4 cups** any fresh or frozen thawed fruit (berries, banana, mango, pineapple, peach, etc.)
- 1 cup** coconut water, milk, preferred nondairy milk, or water
- half** orange or lemon, juiced
- 1 tbsp** honey, maple syrup, or agave syrup if needed
- Extra handful of berries or chopped fruit (optional)

NOTES:

To avoid a blender, use very soft, ripe fruits that can be mashed in a bowl, such as banana, peach, or ripe berries.

Many ripe fruits will be sweet enough on their own, so before adding honey, taste mixture for sweetness.

DIRECTIONS:

- 1** In a blender, puree fruit, liquid, citrus juice, and sweetener. Taste and adjust the flavor with more citrus juice and/or sweetener if needed. The mixture should be a little too tart and sweet, since the flavors will be muted once frozen.
- 2** Pour mixture into small, 3-ounce paper cups (or ice cube trays) set in a baking dish. Divide the optional berries or chopped fruit between the molds, pushing down into the mixture to submerge.
- 3** Cover tightly with plastic wrap, and use a paring knife to poke a hole above each cup. Stick a toothpick, popsicle stick, or short skewer into each hole.
- 4** Place baking sheet in the freezer until popsicles are frozen solid, at least 2 hours.

Orange Creamsicle Ice Pops

MAKES ABOUT 11 SMALL POPSICLES

- 2 cups** orange juice
- 2 cups** plain or vanilla yogurt or nondairy yogurt
- 1 tsp** vanilla

DIRECTIONS:

- 1** Whisk together orange juice, yogurt, and vanilla and pour into molds. Freeze as directed in the recipe above.

Berry Yogurt Pops

MAKES ABOUT 15 SMALL POPSICLES

- 2 cups** plain yogurt
- ¼ cup** honey, maple syrup, or agave syrup
- ½ tsp** vanilla (optional)
- 2 cups** fresh or frozen berries (if using strawberries, roughly chop)

DIRECTIONS:

- 1** Whisk together yogurt, honey, and vanilla. Layer the yogurt mixture with the berries in paper cups or ice cube trays. Freeze as directed in the recipe above.



Frozen Fruit

(COOL AND FRESH)

FROZEN FRUIT IS WHAT FRESH FRUIT WANTS TO BE WHEN IT GROWS UP.

I MEAN, FRESH FRUIT IS GREAT AND ALL BUT THE FROZEN STUFF IS PICKED AT PEAK RIPENESS AND FLASH FROZEN SO DON'T @ ME.

THAW IT AND TURN IT INTO A SAUCE FOR YOGURT, OATMEAL, OR ICE CREAM.

KEEP IT FROZEN AND STIR IT INTO MUFFIN OR PANCAKE BATTER.

MAKE A FRUIT CRISP WITH IT. I DARE YOU.

BEST PART? IT'S FROZEN, SO IT'S NOT GOING TO GO ALL MOLDY ON YOU LIKE FRESH FRUIT DOES *GIVES FRESH FRUIT THE SIDE EYE*.

Easy Fruit Crisp

.....
Frozen fruit is fair game in this recipe.
.....

6 SERVINGS

- 2½ lb** tart apples, peeled, cored, and cut into 1" chunks; berries; pitted cherries; chopped rhubarb; pitted and chopped peaches or plums; or a combination
- ¼ cup** sugar
- 2 tbsp** lemon juice
- 2 tbsp** cornstarch or tapioca starch
- ¾ cup** all-purpose flour
- ½ cup** packed brown sugar
- 1 tsp** ground cinnamon or cardamom
- ½ tsp** fine sea salt
- 1 stick** cold unsalted butter or vegan butter, cut into small pieces
- ½ cup** rolled oats

DIRECTIONS:

- 1** Preheat oven to 375°F.
- 2** Spread the fruit evenly in a baking dish and toss with sugar, lemon juice, and starch.

In a medium bowl or a food processor, stir or pulse to combine flour, brown sugar, cinnamon or cardamom, and salt. Add butter and rub into flour or pulse until butter is in pea-sized pieces. Briefly mix or pulse in oats.
- 3**
- 4** Sprinkle oat topping over fruit and bake until golden brown and bubbling, 50-55 minutes for apples, 40-45 minutes for tender fruits and berries.



Pb&J Thumbprint Cookies

MAKES 24 COOKIES

- 1 cup** unsweetened creamy peanut butter
- 1** large egg or vegan egg replacer
- 2 tbsp** packed brown sugar
- 2 tbsp** all-purpose or whole wheat flour
- ¼ cup** jam or preserves

DIRECTIONS:

- 1** Preheat oven to 325 °F.
- 2** In a medium bowl, mix together peanut butter, egg, brown sugar, and flour until well combined.

Roll dough into 1" balls. Place 2" apart on a baking sheet. Using your finger or knuckle, press an indentation into the middle of each ball of dough. Fill with ½ teaspoon jam.
- 3**
- 4** Bake until lightly browned and set, 10-15 minutes. Let cool on the baking sheet.



**Stay safe &
Bon Appetit!**

— Heart Creative