



PLANT-BASED DISHES

Coconut Curry and Jasmine Rice

3 variety of potatoes peeled
1 red pepper chopped
4 carrots peeled
1 tsp grated ginger or more to taste grated
6 cloves of garlic minced
1/2 onion chopped small
1-2 cups broccoli heads made into bite size pieces
3-4 cups of broth or as needed
1 can of coconut milk
2 cups of sprouted lentils
2 tbs of curry powder
Cilantro bunch for garnish
2 cups of rice

Instructions

1. Cut the carrots, potatoes, and red peppers into similar size pieces to roast first
2. Coat the veggies in olive oil, salt, and curry powder and mix evenly in a large bowl.
3. Place the veggies in the oven at 375°F for 25-30 minutes. (Check to make sure the veggies are tender at the end.)
4. Once the veggies are in the oven, combine 3 1/2 cups of water into a pot with 1/2 cup of coconut milk or half the can. Add a tablespoon of honey. Add the rice and bring to a boil, then cover and simmer until water is almost absorbed. Check on it regularly. Once done let sit for 10 minutes then fluff with a fork. You can add cilantro if you would like - cut up nice and small.
5. While all that is going, in a large sauté pan, add coconut oil, garlic, onions. Cook on medium heat until onions are translucent. Then add 2 cups of veggie stock and lentils. Bring to a boil, then cover for 5 minutes. Add more stock as needed.
6. Add cut up pieces of broccoli and add the 2 tbsp of curry.
7. While that is cooking and the veggies are done in the oven, you can take some veggies aside, 2 cups and add some to the curry.
8. With the veggies on the side put into blender with the other half of can of coconut milk and blend to liquid.
9. Add this to the curry.
10. Taste everything and make sure you like the consistency. You can always add more stock.
11. Serve over rice. Enjoy!

Tex-Mex Salad

1 red pepper roasted
1 large potato roasted
2 carrots roasted
Roma tomatoes
Lettuce of choice
Corn
Black beans

Add any other favorites toppings (avocado, fruit, nuts, etc.). You can get creative.

Cilantro Lime Dressing

1/2 cup of red pepper
1/2 cup of either cilantro, parsley, or dill
2 limes (juice)
2 tsp honey
1/2 tsp coriander
1/2 tsp salt
1/2 cup of soaked cashews

Blend together in a food processor.