



Spring 30-Day Vegan Challenge

Week Two Recipes

Goji Berry Cacao Smoothie

makes one smoothie

1/4 cup dried goji berries

3/4 cup frozen blueberries

2 tbsp raw cacao powder

1 frozen banana (not frozen is okay too)

1/2 to 1 cup coconut water

Blend all ingredients in blender until smooth. Garnish with cacao nibs and goji berries.

Cracked Farro Porridge

(recipe from the [Lunch Box Bunch blog](#))

serves 3-4

porridge:

1 cup cracked farro

3 cups water

a few pinches salt

Add-in:

2+ Tbsp maple syrup

1/2 cup soy creamer (for pouring over top as desired)

1 cup sliced farmer's market organic berries

1/2 cup crushed raw walnuts

other: additional berries, dried fruits, spices like cinnamon, vanilla..

Add farro to dry soup pot - over high heat. Allow grains to toast in dry pan for about a minute. Tossing around a bit.

Add in water and salt.

Bring to a boil, reduce heat to low and simmer for about 15 minutes. If you simmer covered with a lid be sure to monitor closely - as farro can bubble quite rapidly - spilling over the pot. NOTE: this method is for cracked farro. Whole grain farro will take longer to cook.

When farro has reached a cooked consistency, add ingredients like maple syrup and spices.

Serve in a bowl with soy milk or creamer poured over top - I like a nice amount to loosen the cooked farro.

Add berries and walnuts - and anything else. Serve!



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Massaged Kale Salad with Dulse

(I use Tuscan kale--aka Lacinato--for this salad. It's the dark green variety with the straight leaves. If you have a food processor, use it to shred the carrots. Before you add salt to the greens, taste. Dulse is salty already so you may not need more.)

serves 1-2

1/2 bunch or 4 cups of kale, torn off rib, leaves washed & dried

3 carrots, shredded

a generous sprinkling of dulse

1/4 cup pumpkin seeds

sea salt

1 avocado, sliced

dressing:

1 tbsp tahini

1 tbsp miso

juice of 1/2 or 1 lemon

dash of cayenne pepper

Stir together the dressing in a small bowl. Place kale and carrots in a large salad bowl, stir in dressing and massage well. Add dulse, pumpkin seeds and season with salt and pepper to taste. Add avocado too.

Beta-Beauty Salad

serves 4

3 sweet potatoes, cubed

1 lb carrots, sliced 1/3 inch thick

1 cup cilantro, minced

juice of one orange

1 tsp dijon mustard

1 tbsp olive oil

1 tbsp fresh ginger, minced

1/2 tsp cinnamon

1/4 tsp cayenne pepper

1/4 cup pumpkin seeds (raw or toasted)

Himalayan Pink Salt or high-quality sea salt

Preheat oven to 425°. Toss sweet potatoes and carrots with a drizzle of olive oil (about 2 tbsp) then place on a parchment lined baking sheet. Place in the oven and roast for 30-35 minutes, until tender and



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browning.

While the vegetables are roasting, make the dressing. In a small bowl add fresh orange juice, mustard, olive oil, ginger, cinnamon and cayenne pepper. Stir until emulsified.

When the vegetables are finished cooking, allow them to cool for about 5 minutes. Transfer them to a large mixing bowl. Drizzle on some or all of the dressing (taste to determine how much you want), and toss with the minced cilantro. Serve with fresh black pepper, a dash of sea salt and pumpkin seeds.

FYI Beauty Benefits: Beta-carotene in sweet potatoes and carrots encourages healthy cell growth and turnover, protects from the sun, gives a glow, antioxidant, fights fine lines and wrinkles.

Cilantro is high in antioxidants and helps to remove heavy metal toxins from the body.

Pumpkin seeds deliver zinc, a mineral responsible for promoting a healthy immune system, controlling oil production on the skin and influencing acne hormones.

Mustard, ginger, olive oil, cinnamon, cayenne = antioxidants and anti-inflammatory.

Spring Pea Quinoa Pilaf

serves 3-4

1 cup quinoa

1 shallot, minced

1 tbsp olive oil

1 ½ cup water (or vegetable broth)

½ cup fresh or frozen peas (thawed if frozen)

2 tsp cumin

1 tsp coriander

1/2 cup fresh mint (or other herbs: cilantro, parsley, basil, dill, etc)

1 tsp fresh lemon juice

sea salt & black pepper

dash of cayenne pepper

In a small pot, heat olive oil on medium-high heat. Add the shallots and saute until translucent. Add the quinoa to the pot, and stir. Allow it to toast for a minute or two. Add the water, or broth, and bring to a boil. Allow this to simmer, slightly covered, for 10 minutes. Add the peas, remove from heat, and cover completely. Let the quinoa and peas steam until completely cooked, another 10 minutes. Fluff quinoa with a fork, and stir in the cumin, coriander, salt and pepper to taste, lemon juice and the chopped herbs. Serve immediately.

Mexican Millet Pilaf



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serves 3-4

1 cup millet
2 cups water
1 sweet potatoes, cubed
4 carrots, sliced
1 can black beans, or 2 cups fresh
1/2 cup red onion, diced
2 limes
1 tsp coconut nectar or agave
1 tbsp chili powder
1 tbsp cumin
1/2 tsp cayenne powder
1 tsp smoked sea salt
2 tbsp olive oil
1 cup cilantro

Preheat oven to 400°. Toss sweet potatoes and carrots with a bit of coconut or olive oil, and spread on a baking sheet. Sprinkle with a bit of salt and pepper, and roast for 30 minutes, while the millet cooks. OR steam the sweet potato and carrots for about 20 minutes.

While the vegetables cook, make the millet. Add millet to a small pot on medium heat. Toast for a 2 minutes. Add 2 cups of water, and bring to a boil. Once boiling, reduce heat to simmer and slightly cover the pot. Cook for 20 minutes, until the millet is tender and the water cooked out.

Meanwhile, in a small bowl stir together the lime, nectar/agave, spices, salt and oil. Set aside and rinse the beans, dice the onions and chop the cilantro.

Once cooked, add the millet to a large mixing bowl, followed by the beans, onions, sauce and cilantro. Toss well, and season with more lime, salt and pepper to taste.

Pomegranate Tabbouleh

serves 3-4

3/4 cup bulgar (or quinoa, millet, rice)
3 cups flat-leaf parsley, stems removed
1 cup chopped cucumber
4 green onions, only white parts chopped
2 roasted peppers, canned or freshly roasted

sauce:



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¼ cup pomegranate molasses
¼ cup balsamic vinegar
1 tsp cumin
½ tsp cayenne pepper
2 tbsp olive oil

Bring 1 ½ cups of water to a boil. Add bulgar and a dash of sea salt. Reduce heat to low, and simmer. Pot should be slightly covered. Cook for about 10-15 minutes, until the bulgar is cooked and fluffy. Place in a large bowl.

While the bulgar cooks, stir together the sauce ingredients. Set aside.

Add cucumber, green onions, roast pepper and parsley to the bulgar. Toss well. Slowly stir in the sauce. Use half of what you made at first, then add more to taste. Season with salt and pepper, and serve.

Anti-Inflammatory Lentil Soup

serves 6

2 cups lentils (any kind will do)
2 tbsp coconut oil, or olive oil
1 onion, diced
4 garlic cloves, minced
8 cups water
2 tbsp fresh ginger, minced
1 tbsp fresh turmeric, minced (or 1 tbsp dried ground turmeric)
5 carrots, chopped
2 vegetable bouillon cubes
2 tsp smoked paprika
black pepper & sea salt to taste

Pour lentils into a large bowl, and check them thoroughly for stones. Those you'll want to remove. Then rinse well.

In a large deep pot, heat oil on medium heat. Add onions and garlic to saute until the onions are translucent. Add the lentils, stir. Pour the water into the pot, and bring to a boil. Once boiling, add ginger and turmeric and reduce the heat to a simmer. Cook until the lentils are tender, about 15 minutes. Add the carrots and cook for another 10-15 minutes. Dissolve the vegetable bouillon cubes in ½ cup of water, and add it to the soup. Add the paprika along with more salt and pepper to taste.



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Quesadillas

serves 2-4

4 soft tortillas (flour or brown rice, if gluten-free)

1 can refried beans (black bean or pinto)

1 red bell pepper

2 cups spinach (or other leafy green like kale)

2 tbsp nutritional yeast

In a large pan heat 1 tablespoon of olive oil, on medium heat. Add the peppers, and saute until soft. Remove from heat, then add the spinach to wilt. If using kale or collards, add them to saute with the peppers for about 5 minutes.

Using a spoon or knife, spread about $\frac{1}{3}$ cup of the refried beans onto half of one tortilla, leaving about a centimeter away from the edges. Then top with the peppers and spinach/kale. Fold in half, and press to flatten. Repeat with the remaining ingredients.

Cook the sin-quesadillas, two at a time, in a cast iron skillet or non-stick pan. Cook each side for about 3 minutes.

Special Additions: Daiya cheese, a drizzle of tahini, cayenne pepper, jalepeño pepper, mushrooms, steamed or roasted veggies (sweet potato, squash, carrots, etc).