



EASY OVEN-ROASTED ASPARAGUS



INGREDIENTS

- 1 bunch thin asparagus spears, trimmed
- 3 tablespoons olive oil
- 1 clove garlic, minced (Optional)
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 tablespoon lemon juice (Optional)

PREP TIME

10 minutes

COOK TIME

12-15 minutes

TOTAL TIME

25 minutes

DIRECTIONS

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Place asparagus into a mixing bowl; drizzle with olive oil and toss to coat. Sprinkle with garlic, salt, and pepper. Arrange asparagus in a single layer in a baking dish or baking sheet with foil.
3. Bake in the preheated oven until just tender, 12 to 15 minutes depending on thickness.
4. Optional-Sprinkle with lemon juice just before serving.



QUICK AND NUTRITIOUS BLACK BEANS AND RICE



INGREDIENTS

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 (15 ounce) can black beans, undrained
- 1 (14.5 ounce) can stewed tomatoes
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder
- 1 ½ cups whole grain or brown rice

DIRECTIONS

1. Heat oil over medium-high in a large saucepan. Add onion; cook and stir until tender. Add beans, tomatoes, oregano, and garlic powder. Bring to a boil.
2. Stir in rice. Cover; reduce heat and simmer for 5 minutes. Remove from heat; let stand 5 minutes before serving.
3. Optional-add salsa.

PREP TIME

5 minutes

COOK TIME

15 minutes

ADDITIONAL TIME

5 minutes

TOTAL TIME

25 minutes



DELICIOUS BROCCOLI AND CARROT STIR FRY



INGREDIENTS

- 5 ½ cups broccoli florets
- 4 cups baby carrots halved lengthwise
- ½ onion diced or sliced
- ¼ cup water
- 1 teaspoon soy sauce
- 2 tablespoons olive oil

PREP TIME
10 minutes

COOK TIME
6 minutes

TOTAL TIME
16 minutes

DIRECTIONS

1. In a large pot, add water and bring to a boil.
2. Add broccoli and carrots to a steamer and cook covered approx. 2 minutes. Lift steamer out of pot.
3. Preheat olive oil and add onion until slightly transparent.
4. Add broccoli and carrots to olive oil and onion mixture and sauté for 1 minute.
5. Pour soy sauce and cook and stir until vegetables are evenly coated, 1 minute.
6. Optional- serve over brown or whole grain rice.



CINNAMON CARROT RAISIN SALAD



INGREDIENTS

- 2 cups shredded carrots, peeled
- 1 cup shredded red cabbage
- 1 apple, cored, unpeeled, cut into 1-inch matchsticks (about 1 ½ cups)
- ½ cup raisins
- ¼ cup chopped pecans
- 2 tablespoons raw sunflower seed kernels

Dressing

- 1/3 cup unsweetened apple juice
- 1 teaspoon cinnamon

DIRECTIONS

1. Mix carrots, cabbage, apple, raisins, pecans, and sunflower seeds kernels in a large bowl. In a smaller bowl, add apple juice and cinnamon. Use a whisk to combine, and pour over carrot mixture. Stir well to coat.
2. Place in refrigerator 1-2 hours or until cool. Serve chilled.



MEDITERRANEAN BLACK BEAN SALAD



INGREDIENTS

- 2 15-ounce cans black beans, rinsed and drained
- 1 cup chopped green bell peppers
- 1 cup chopped red bell peppers
- 1 cup chopped tomatoes, unpeeled, unseeded
- 1 cup chopped avocado, cut into ½-inch cubes (about 1 medium avocado)
- ½ cup diced onions
- ¼ cup chopped fresh parsley or cilantro

PREP TIME

20 minutes

TOTAL TIME

20 minutes

Dressing

- 2 tablespoons fresh lime juice
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- ½ teaspoon salt

DIRECTIONS

1. Put beans, peppers, tomatoes, avocado, onions, and parsley in a large bowl. In a small bowl, combine lime juice, olive oil, garlic, and salt. Whisk until combined and pour over salad. Toss well to coat.
2. Refrigerate for 2-4 hours to allow flavors to blend and serve.



EASY FRUIT BOWL



INGREDIENTS

- 2 cups sliced strawberries
- 3 apples, peeled and cut
- 1 1/2 cups orange segments, cut into 1-inch pieces
- 1 cup red seedless grapes, halved
- 1 cup fresh pineapple chunks, cut into tidbits
- 1 banana cut into slices

PREP TIME

10 minutes

TOTAL TIME

10 minutes

DIRECTIONS

1. Mix fruit in a large bowl, and chill until ready to serve.
2. Juice from orange will keep apples from turning, or add lemon juice if you do not use oranges.



DELICIOUS TOMATO & CUCUMBER SALAD



INGREDIENTS

- 1 cucumber peeled and sliced
- 1 cup of cherry tomatoes
- Salt and pepper to taste
- 1 TBS olive oil

PREP TIME
10 minutes

TOTAL TIME
10 minutes

DIRECTIONS

1. Mixe cucumber and tomatoes together.
2. Sprinkle with salt, pepper and olive oil.



TRAIL MIX



INGREDIENTS

- 1 cup whole raw almonds
- 1 cup cashew halves & pieces
- 1 cup walnut halves
- 1/2 cup golden raisins
- 1/2 cup raisins
- 1/4 cup raw sunflower seed kernels
- 1/4 cup raw pumpkin seeds (pepitas)

PREP TIME

5 minutes

TOTAL TIME

5 minutes

DIRECTIONS

- I. Mix ingredients together and store in airtight container.

Notes:

- Use as a topping for fresh fruit.
- Serve with unsweetened almond milk for a quick breakfast dish.
- Other dried fruit options are apricots, bananas, blueberries, dates, or figs.
- Add unsweetened coconut flakes.



REFRESHING FRUIT SMOOTHIE



INGREDIENTS

- 1 cup pineapple or orange juice
- 1 large banana, cut into chunks
- 1 cup frozen strawberries
- 1 cup frozen blueberries

PREP TIME
10 minutes

TOTAL TIME
10 minutes

DIRECTIONS

1. Pour pineapple juice into a blender and add banana, strawberries, and blueberries. Cover and blend until smooth, about 1 minute.



VEGAN BLACK BEAN SOUP



40 DAYS OF PRAYER AND FASTING

LENT

INGREDIENTS

- 1 tbs olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 1 stalk celery, chopped
- 4 cloves garlic, chopped
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 pinch black pepper
- 4 cups vegetable broth
- 4 (15 ounce) cans black beans, undrained, divided
- 1 (15 ounce) can whole kernel corn
- 1 (14.5 ounce) can crushed tomatoes

PREP TIME

10 minutes

COOK TIME

30 minutes

TOTAL TIME

40 minutes

DIRECTIONS

1. Heat olive oil in a large pot over medium-high heat. Sauté onion, carrots, celery, and garlic in hot oil for 5 minutes. Season with chili powder, cumin, and black pepper; cook for 1 minute.
2. Stir in vegetable broth, 2 cans beans, and corn. Bring to a boil.
3. Meanwhile, process remaining 2 cans beans and tomatoes in a food processor or blender until smooth.
4. Stir into boiling soup, reduce heat to medium, and simmer for 15 minutes.



SPICY VEGAN POTATO CURRY



INGREDIENTS

- 4 potatoes, peeled and cubed
- 2 tablespoons vegetable oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 4 teaspoons curry powder
- 4 teaspoons garam masala
- 2 teaspoons ground cumin
- 2 teaspoons salt
- 1 (1 inch) piece fresh ginger root, peeled and minced
- 1 ½ teaspoons cayenne pepper
- 1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
- 1 (15 ounce) can peas, drained
- 1 (14.5 ounce) can diced tomatoes
- 1 (14 ounce) can coconut milk

PREP TIME
20 minutes

COOK TIME
30 minutes

TOTAL TIME
50 minutes

DIRECTIONS

1. Place potatoes into a large pot and cover with salted water. Bring to a boil, then reduce the heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for 1 to 2 minutes.
2. Meanwhile, heat oil in a large skillet over medium heat. Cook and stir onion and garlic in hot oil until onion has softened and turned translucent, about 5 minutes. Season with curry powder, garam masala, cumin, salt, ginger, and cayenne pepper; cook and stir for 2 minutes more.
3. Add cooked potatoes, garbanzo beans, peas, and tomatoes, then pour in coconut milk. Bring to a simmer and continue cooking for 5 to 10 minutes.