



NUTRITION BY AMY

## Reset: Bonus Plant Based Meals

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## Amy's Chickpea Waldorf Salad

4 servings

15 minutes

### Ingredients

- 1/2 Avocado (or whole avocado if small)
- 1 tbsp Rice Vinegar (or any vinegar)
- 1 tbsp Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Water
- 2 cups Chickpeas (cooked, drained and rinsed)
- 4 stalks Celery (chopped)
- 1 Apple (cored and diced)
- 1 cup Grapes (red, halved)
- 1/4 cup Red Onion (finely diced)
- 1/4 cup Parsley

### Directions

- 1 Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and water. in a blender or food processor. Blend until smooth.
- 2 Combine chickpeas, celery, apple, grapes, onion & parsley in a large bowl. Stir in the dressing and toss until evenly coated.

### Notes

- Extras:** Add walnuts or sunflower seeds.
- Need more?:** Serve in a wrap or with rice.
- Animal Protein:** Use chicken in place of chickpeas.



## Amy's Lentil & Sweet Potato Salad

3 servings  
35 minutes

### Ingredients

2 Sweet Potato (medium, diced)  
1 1/2 tsps Extra Virgin Olive Oil  
1/4 cup Tahini  
1/4 cup Water  
1 tbsp Maple Syrup  
Sea Salt & Black Pepper (to taste)  
4 cups Arugula (or other greens)  
2 cups Lentils (cooked)

### Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
- 3 Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
- 4 Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

### Notes

**No Lentils:** Use chickpeas or ground meat instead.

**No Tahini:** Use sunflower seed butter instead.

**No Arugula:** Use baby spinach, kale or mixed greens instead.

**Likes it Spicy:** Add cajun spice or hot sauce into the tahini dressing.

**Need More?:** Add chicken breast/thighs or use rice as a base



## Vegan Broccoli Slaw with Peanut Sauce

3 servings

15 minutes

### Ingredients

- 1/2 cup All Natural Peanut Butter
- 2 tbsps Tamari
- 2 Lime (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Ginger (peeled and grated)
- 2 Garlic (clove, minced)
- 1/2 cup Water
- 4 cups Broccoli Slaw (10 oz bag )
- 1 Red Bell Pepper (sliced)
- 1 cup Black Beans
- 3 stalks Green Onion (chopped)
- 1/4 cup Cilantro (chopped, optional)
- 1/2 cup Peanuts (chopped)

### Directions

- 1 In a food processor, combine peanut butter, tamari, 1/2 the lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
- 2 In a large salad bowl, combine broccoli slaw, black beans, red pepper and green onion.
- 3 Mix the slaw well with HALF the sauce. To serve top with cilantro, chopped peanuts & additional sauce if desired. Serve with hot sauce if you like it spicy. Enjoy!

### Notes

**Animal Protein:** Add chicken breasts.

**Leftovers:** Store in an airtight container in the fridge up to 3 days, if you have leftover sauce you can freeze this for future use.



## Amy's Mango, Edamame & Cabbage Salad with Peanut Sauce

3 servings  
15 minutes

### Ingredients

2 tbsps Peanut Butter  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Rice Vinegar  
1 1/2 tps Soy Sauce  
1 tbsp Honey  
2 cups Coleslaw Mix (finely sliced)  
1 cup Frozen Edamame (thawed)  
1 Mango (Sliced)  
2 tbsps Peanuts (roughly chopped)

### Directions

- 1 In a large salad bowl, whisk together the peanut butter, olive oil, rice vinegar, soy sauce and honey until well combined.
- 2 Add remaining ingredients and toss until evenly coated. Enjoy immediately or let marinate overnight.

### Notes

**Nut-Free:** Use tahini instead of peanut butter. Top with sesame seeds or hemp hearts instead of peanuts.

**No Coleslaw:** Use cabbage, mixed greens, kale or spinach instead.

**No Rice Vinegar:** Use apple cider vinegar instead.

**Extra Flavour:** Add lime juice, red pepper flakes, minced garlic, grated ginger, sliced carrots and/or chopped cilantro.

**Leftovers:** Refrigerate in an air-tight container up to 3 to 4 days.



## Amy's Sweet Potato Black Bean Quinoa Bake

4 servings

55 minutes

### Ingredients

- 3 Sweet Potato (small, peeled and chopped)
- 2 cups Black Beans (cooked, from the can)
- 1 cup Quinoa (dry, uncooked)
- 1 Red Bell Pepper (chopped)
- 3 stalks Green Onion (chopped)
- 1 tbsp Chili Powder
- 1 tbsp Cumin (ground)
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 2 cups Vegetable Broth
- 1 Lime (juiced)
- 1 Avocado (diced)

### Directions

- 1 Preheat oven to 375°F (190°C).
- 2 In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
- 3 Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 4 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

### Notes

**No Green Onion:** Use a white or red onion instead.

**No Red Bell Pepper:** Use a green or yellow bell pepper instead.

**Leftovers:** Keeps well in the fridge for up to four days.

**More Flavor:** Top with chopped cilantro, add hot sauce, salsa or mix in some corn.

**Animal Protein:** Serve with eggs.



## Lentil, Kale & Mushroom Pasta

3 servings  
30 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced, ~1 cup )
- 3 cups Mushrooms (chopped)
- 2 Garlic (cloves, diced)
- 2 cups Pasta Sauce (no added sugar)
- 1 cup Water (more if needed)
- 1 cup Lentils
- 3 cups Kale Leaves (chopped)
- 2 tbsps Nutritional Yeast
- Sea Salt & Black Pepper (to taste)
- 8 ozs Chickpea Pasta

### Directions

- 1 Heat oil in a large pan over low heat, saute onions and mushrooms until soft (~10 mins), add garlic and stir another 2 mins
- 2 Add pasta sauce, water, lentils, kale & nutritional yeast, stir well and let simmer for 20 mins (or more, the longer the better!) when done taste and adjust salt & pepper
- 3 Cook chickpea pasta according to box directions, top with sauce & enjoy!  
(Note: the ratio of pasta to sauce might be different than what you're used to!)

### Notes

**No Kale?:** Use spinach or basil instead (if using basil reduce to 1 cup)  
**No Chickpea Pasta?:** Use lentil pasta or another bean/legume based pasta  
**Feel Okay With Wheat?:** Use whole wheat pasta  
**Feel Okay with Dairy?:** Add some grated cheese or parm on top  
**Extra Veg:** Bell peppers, spinach, carrot, zucchini & tomato all work well here too!  
**Leftover Sauce?:** Freeze it! It's also delicious with a couple eggs cracked in it for breakfast!  
**Meat Lover?:** Use 1/2 lb ground beef instead of lentils.  
**Need More?:** Double the amount of pasta.



## Amy's Roasted Broccoli & Pecans

3 servings

30 minutes

### Ingredients

- 5 cups Broccoli (cut into florets)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Nutritional Yeast
- 1 clove Garlic (diced)
- 1/4 tsp Sea Salt
- 1/3 cup Pecans (chopped)

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Arrange the broccoli florets on the baking sheet and season with olive oil, nutritional yeast and sea salt. Add the pecans and mix well.
- 3 Cook the broccoli in the oven for 15 minutes. Remove from the oven, toss the mixture and cook for 10 minutes more or until the broccoli is slightly browned.
- 4 Remove from the oven and divide between plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to one cup.

**No Pecans:** Use almonds or walnuts instead.

**More Flavor:** Add garlic powder or chilli powder.



## Vegan Blueberry French Toast

1 serving

20 minutes

### Ingredients

- 1/2 Banana (ripe)
- 1 1/2 tsps Chia Seeds
- 1/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 1 1/2 tsps Coconut Oil
- 2 slices Whole Grain Bread (or other bread of choice)
- 1 cup Frozen Blueberries

### Directions

- 1 In a large, shallow bowl mash the banana. Add the chia seeds, almond milk, and cinnamon. Let stand for about 5 minutes. During this time, heat a non-stick skillet over medium heat and grease with coconut oil.
- 2 Dip the bread slices into the banana mixture, making sure each side is coated, then immediately transfer them to the skillet. Cook for about 4 minutes per side, flipping carefully. They're done when they're crispy and brown on both sides.
- 3 While the french toast is cooking, add the frozen blueberries to a small saucepan. Heat over medium-high heat until the berries become soft and the juices are released.
- 4 Divide the french toast between plates and top with blueberry sauce. Enjoy!

### Notes

**No Blueberries:** Use raspberries, strawberries, blackberries or peaches instead.

**Optional:** Add a small drizzle of maple syrup or coconut whip.

**Too Much?:** Have 1 slice or 1 slice with 2 pieces of turkey bacon.



## Mediterranean Salad with Hummus Dressing (L)

2 servings  
10 minutes

### Ingredients

2 cups Chickpeas (cooked, from the can)  
1 Cucumber (1 cup chopped)  
1 Red Bell Pepper (chopped)  
1/3 cup Red Onion (finely chopped)  
1/2 cup Pitted Kalamata Olives  
1 head Romaine Hearts (chopped)  
1/2 cup Hummus  
1/2 Lemon (1 tbsp juice)  
1 tsp Italian Seasoning  
1/4 cup Extra Virgin Olive Oil  
1/4 tsp Sea Salt

### Directions

- 1 In a large bowl mix together chickpeas, cucumber, red bell pepper, red onion & olives.
- 2 Mix hummus with 1 tbsp water, olive oil, lemon juice, italian seasoning & salt.
- 3 Serve the chickpea mix over romaine and top with hummus dressing.

### Notes

**Need More?:** Add quinoa, rice or serve in a wrap.

**Extras:** Add tomatoes, fresh basil/parsley.

**More Flavour:** Serve with a lemon wedge, black pepper and/or hot sauce.

**No Hummus:** Use guacamole instead.

**Animal Protein:** Top with crumbled feta cheese or sliced chicken breast.



## Amy's Crispy Tofu Bowls + Mango Slaw

2 servings

20 minutes

### Ingredients

- 1/4 cup All Purpose Gluten-Free Flour
- 1/4 tsp Salt (to taste)
- 1/8 tsp Black Pepper
- 14 ozs Extra Firm Tofu (firm, sliced and patted dry)
- 1 1/2 tbsps Sesame Oil
- 3 cups Coleslaw Mix
- 1 tbsp Extra Virgin Olive Oil
- 2 tps Balsamic Vinegar
- 2 tps Soy Sauce
- 2 tps Maple Syrup
- 1 Mango (frozen or fresh, sliced)
- 2 tps Sesame Seeds

### Directions

- 1 Prep Tofu: press out as much moisture as possible with paper towel or a dry dish towel, slice into 1/2 inch thick slices, and press out the moisture again (not essential but this will help your tofu get crispy!)
- 2 Combine flour, salt and pepper in a bowl. Coat tofu slices with the flour mixture, tap off excess and set aside.
- 3 Heat sesame oil in a large pan over medium-high heat. Cook the tofu slices for about 3 to 5 minutes each side, or until golden. Add more sesame oil if necessary. Transfer to a plate lined with paper towel.
- 4 Meanwhile, combine coleslaw, olive oil, balsamic vinegar, soy sauce, maple syrup & mango in a large bowl. Mix well.
- 5 Serve with tofu slices and sprinkle everything with sesame seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 3 to 4 days.

**No Tofu:** Use a protein of your choice instead like diced chicken breast, flaked tuna or roasted chickpeas.



## Mango Black Bean Salad

3 servings

15 minutes

### Ingredients

- 1 cup Black Beans
- 1 Mango (chopped)
- 1 Orange Bell Pepper (chopped)
- 1/2 cup Corn
- 1 stalk Green Onion (chopped)
- 1/2 Tomato (add day of\*)
- 1/4 cup Cilantro (optional)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lime (juice of)
- 1/2 tsp Cumin (ground)
- 1/4 tsp Sea Salt
- Chili Flakes (to taste)

### Directions

- 1 Mix together all ingredients except tomato & cilantro. Place in the fridge.
- 2 Add tomato & cilantro before serving.



## Vegan Penne with Bursted Cherry Tomato Sauce

2 servings

30 minutes

### Ingredients

- 4 ozs Tolerant Lentil Pasta (dry)
- 1/4 cup Extra Virgin Olive Oil
- 3 cups Cherry Tomatoes
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 cup Basil Leaves (chopped)
- 2 tbsps Nutritional Yeast

### Directions

- 1 Cook pasta according to the directions on the package.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

### Notes

Optional: Top with dairy free cheese.



## Smashed Chickpea Salad Wrap

1 serving  
10 minutes

### Ingredients

- 3/4 cup Chickpeas
- 1 tsp Dijon Mustard
- 1/4 Lemon (1 tbsp juice)
- 1 tbsp Mayonnaise
- 1 tbsp Red Onion (finely chopped)
- 2 tbsps Parsley (finely chopped)
- 1/8 tsp Sea Salt (to taste)
- 1/8 tsp Black Pepper
- 1 Whole Wheat Tortilla (large)
- 2 leaves Romaine (chopped)

### Directions

- 1 Add the chickpeas, mustard, lemon juice, mayo, red onion, parsley, salt & pepper to a bowl and roughly mash with a fork.
- 2 Transfer the chickpea salad to the center of the tortilla leaving at least 2 inches around the edges. Place the romaine on top of the chickpea salad and roll the tortilla tightly while folding the ends in. Enjoy!

### Notes

**Leftovers:** Store components separately in the fridge until ready to assemble and serve.

**Gluten-Free:** Use a gluten-free or brown rice tortilla.

**Serving Size:** One serving is equal to one wrap.



## Curried Chickpea & Carrot Burgers

4 servings

1 hour

### Ingredients

1 tbsp Extra Virgin Olive Oil  
2 Carrot (2 cups chopped or shredded)  
1/2 Yellow Onion (1/2 cup diced)  
1 1/2 cups Chickpeas (drained & rinsed, 19oz can)  
1 tbsp Curry Powder  
1 tsp Cumin  
1 tsp Smoked Paprika  
1/2 tsp Garlic Powder  
1 tsp Sea Salt (to taste)  
1/2 cup Rolled Oats  
2 Egg  
1/3 cup Basmati Rice (1 cup cooked)  
3 tbsps Avocado Oil

### Directions

- 1 If rice isn't cooked yet, cook rice.
- 2 Heat oil in a large pan, add carrots, onion, chickpeas and all spices & salt, stirring well to combine. Saute 5-10 mins or until veggies are soft.
- 3 In a food processor pulse oats (you don't want a flour, but close, there should be some chunks).
- 4 Add eggs & veggie to the food processor and pulse a few times. You want to keep some chunkiness.
- 5 Pour mixture into a bowl and add the rice. Combine and place in the fridge to let it cool.
- 6 Roll mixture into balls then press into patties.
- 7 Heat avocado oil in a pan over medium heat (should cover the bottom), cook patties ~10 mins per side waiting until they're golden brown to flip.

### Notes

**Time Saver:** This recipe is a bit more complicated than most of mine, so if you're using it in a meal plan & are short on time, it's fine to buy veggie burgers instead and make this another time!

**Freeze:** Leftovers.

**Prep:** Prep your rice ahead of time.



## Lemon Quinoa Chickpea Salad

3 servings

40 minutes

### Ingredients

- 1 cup Quinoa (uncooked)
- 2 cups Water
- 1 cup Chickpeas
- 1/2 Cucumber (1 cup chopped)
- 1 Red Bell Pepper (chopped)
- 1/4 Red Onion (finely diced)
- 1 cup Parsley (finely chopped)
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juice + zest)
- 1 tbsp Honey
- 1 Garlic Cloves (minced)
- 3/4 tsp Sea Salt
- 1/4 tsp Black Pepper (to taste)

### Directions

- 1 Cook quinoa according to package directions (if no directions: combine quinoa & water, bring to a boil, reduced to simmer and cook covered for 15 mins, fluff with a fork).
- 2 In a large bowl combine the chickpeas, cucumber, bell pepper, onion and parsley.
- 3 In a small bowl or jar mix the olive oil, lemon juice & zest, honey, garlic, salt & pepper.
- 4 Mix in 3 cups quinoa (if you have more save it for your soup!) with veggies & dressing.

### Notes

**Optional Add-Ins:** Feta, sundried tomato, additional lemon juice or sea salt.

**Need More?:** Add avocado, more chickpeas or feta cheese.

**Serving Size:** About 2 cups.