**Vegan one pot angel hair pasta with winter vegetables**

- 4 ounces vegan spaghetti
- ½ small zucchini
- ¼ eggplant
- ½ red onion
- 1 garlic clove
- 4 ounces cherry tomatoes
- 4 ounces broccoli florets
- 4 ounces kale
- 12 ounces vegetable broth
- 1 tbsp. dried Italian herbs (thyme, basil, rosemary and oregano)

1. Add the vegetables to a large stew pot: chunked zucchini and eggplant; chopped red onion, minced garlic, halved cherry tomatoes, spaghetti and vegetable broth.
2. Season with Italian herb mixture and cook for 12-15 minutes (or until the pasta is soft).
3. Add the broccoli and kale (roughly chopped) 9 minutes into the cooking of the main ingredients.
4. Transition to a bowl and enjoy!

**Balsamic honey chicken thigh with sweet corn and butter penne**

- 1 chicken thigh
- ½ cup balsamic vinegar
- 1 tbsp. honey
- 1 tbsp. tamari
- 1 tsp. dried rosemary
- 4 garlic cloves
- 4 tbsp. olive oil
- 4 ounces corn
- 4 ounces penne

1. In a small bowl, combine the balsamic vinegar, honey, tamari, chopped garlic, rosemary. Add salt and pepper to taste. Whisk until combined. Set aside.
2. Heat a medium sauce pan with water and 1 tbsp. of oil to a boil. Add the pasta. Cook until al dente (about 10 minutes). Drain pasta, return to the pan, add butter, stir to combine, cover and set aside.
3. Season the chicken lightly with olive oil, salt and pepper. Heat a skillet on medium to high heat with 2 tbsp. olive oil. When heated, add the chicken to the pan, skin side down and cook for 5 minutes until the skin is nicely browned. Flip the chicken over, add the balsamic/honey mixture to the skillet, reduce the heat to low. Cover and cook for 15-20 minutes (or until the chicken is thoroughly cooked).
4. While the chicken cooks, add the corn to a small, saucepan with ¼ cup of water, cover and heat on low for about 5 minutes, until warmed.
5. When the chicken is done, transition all ingredients to a plate and enjoy!

**Vegan spanish spinach with chickpeas and white rice**

- 3 tbsp. olive oil
- 3 garlic cloves
- 2 tbsp. sweet paprika
- 2 cups spinach
- 8 ounces cooked chickpeas
- 2 ounces white rice

1. Bring ½ cup of water to a boil. Add the rice, cover and lower heat to a simmer. Cook for about 20 minutes, or until rice is tender and water is absorbed. Remove from heat, let stand 5 minutes.
2. While the rice cooks, in a medium sauce pan on medium heat, add 1 tbsp. olive oil and cook the diced garlic until golden brown.
3. Add 1 tbsp. paprika, stir and add the spinach (finely chopped). Add ¼ cup of water and salt (to taste). Cook for 5 minutes.
4. To the cooked spinach, add the chickpeas, stir and cook for another 5 minutes. You may add the remaining paprika and more salt, but this is flavor preference dependent.
5. Add the rice to a bowl and top with the spinach/chickpea mixture. Enjoy!

**Garlic chicken breast with green peas and spicy tomato sauce penne**

- 1 chicken breast
- 2 tbsp. olive oil
- ½ small onion
- 2 garlic cloves
- ⅛ tsp. oregano
- ⅛ tsp. red pepper flakes
- 1 large tomato
- ¼ bunch basil
- 4 ounces green peas
- 4 ounces penne

1. In medium saucepan, heat water to a boil and add penne. Cook until soft (about 10 minutes). Drain, return to pan, cover and set aside.
2. Cut the chicken breast into strips. Heat half of the oil in a large skillet, season chicken strips with salt and pepper and place in pan. Sauté for 3-4 minutes turning until fully cooked. When chicken is cooked, set aside, covered in foil.
3. Add the remaining olive oil, chopped onion and cook until softened. Stir in the minced garlic, oregano, red pepper flakes, salt and pepper. Cook for 1 minute. Add the diced tomato, ½ cup of water and bring to a boil. Reduce heat and simmer for 8 minutes. Add the peas and cook for another 2 minutes.
4. Nestle the chicken strips into the sauce and spoon the sauce over to coat the chicken. Cooking for 2-3 minutes. Place the pasta into a bowl and transfer the chicken sauce atop the pasta. Enjoy!