Cheesy pepperoni and vegetable pita pizza

1 lavash pita
2 tbsp. tomato sauce
¼ cup mozzarella cheese
1 tsp. olive oil
1/4 red bell pepper
1 tsp. dried herb blend (oregano, garlic and basil)

1 – Preheat oven to 375 degrees. While the oven is heating, slice the bell pepper and onion into thin ¼” slices.
2 – Brush the pita with olive oil and spread the tomato sauce on top of the pita.
3 – Sprinkle with dried herbs, mozzarella cheese and add the variety of toppings you would like.
4 – Place on a baking sheet and bake 5-7 minutes (or until the cheese is melted). Enjoy!

Vegan cilantro lime tofu with sautéed zucchini and brown rice

4 oz. tofu
3 tbsp. olive oil
1 clove garlic, minced
¼ tsp. red pepper flakes
¼ cup vegetable broth
½ tsp. agave
½ lime, halved and juiced and zested to yield ½ tsp. zest
1 small zucchini, halved and cut into ½” pieces
½ bunch cilantro, roughly chopped
4 oz. brown rice

1 – In a bowl combine 2 tbsp. olive oil, garlic, red pepper flakes, 1 tbsp. cilantro, honey, lime juice and lime zest. Add uncooked tofu and marinate for 15 minutes.
2 – While the tofu marinates, in a medium saucepan, allow 1 cup of water to reach a boil and then add rice. Reduce heat, simmer for 15-17 minutes, or until the water is absorbed.
3 – Heat 1 tbsp. olive oil in a pan over medium-high heat, add the tofu (marinade set aside) and cook for 3 minutes. Flip and add the marinade. Cook for 3 minutes and set tofu aside.
4 – In the same skillet used to cook the tofu, add the vegetable broth and simmer for 2 minutes. Add the zucchini and cook until tender (about 4-5 minutes). Add the tofu, stir to combine and season with salt and pepper.
5 – Transfer ingredients to a plate and garnish with cilantro. Enjoy!

Vegan bean and eggplant casserole with white rice

1 eggplant, cut into ¼” cubes
8 oz. cooked cannellini beans
8 oz. chickpeas
½ tsp. chili powder
½ tbsp. tahini
½ cup water
4 oz. brown rice

1 – In a medium sauce pan, bring 2 cups of water to a boil, add rice and reduce heat to a simmer. Cover and cook rice for 9-11 minutes or until water is absorbed.
2 – While rice cooks, over medium heat, add olive oil to a large frying pan and sauté the eggplant, until tender and golden brown. Add the beans and spices to the pan, mix to combine.
3 – To the pan, add the tomato paste, chopped tomatoes, tahini and ½ cup water. Stir to combine all ingredients and allow to simmer 7-9 minutes until everything is heated through. Season with salt and pepper to taste.
4 – Divide cooked rice between two bowls. Top with bean and eggplant mixture. Enjoy!

Baked macaroni and cheese with steamed broccoli

2 oz. elbow macaroni
5 tbsp. butter
½ cup shredded cheddar cheese
1 tbsp. all purpose flour
½ cup bread crumbs
2 tbsp. grated parmesan cheese
1 tsp. paprika
6 oz. whole milk
3 oz. broccoli florets

1 – Preheat oven to 350 degrees. While oven heats, bring 1 quart of water to a boil and add the pasta. Cook for 9 minutes. Drain.
2 – In a medium sauce pan, melt the 3 tbsp. of butter, stir in enough flour to make a roux. Add milk slowly to the roux, stirring constantly. Stir in the cheeses, and cook on low heat until the sauce is slightly thickened.
3 – Place the pasta in a casserole dish. Pour the sauce over the macaroni. Stir well.
4 – In a small skillet, melt 2 tbsp. of butter and add the bread crumbs and brown them. Spread over the top of the macaroni. Sprinkle with paprika. Bake for 20-25 minutes, or until heated fully through and everything is golden atop
5 – While the macaroni bakes, steam the broccoli. Add broccoli to a metal colander, place into medium sauce pan with about ½ cup of water, reduce heat to low and cover. Steam for 5-7 minutes, until tender. (If you do not have a metal colander, you can microwave steam by placing broccoli in a microwave safe bowl with 2-3 tbsp. water. Seal the container tightly with plastic wrap and microwave 4-5 minutes, until tender, but not mushy.)
6 – Remove from macaroni and cheese from the oven, carefully. Transition all ingredients to a plate and enjoy!