



Baked Cauliflower Orange "Chicken"

6 servings

50 minutes

Ingredients

- 1 head Cauliflower
- 2 1/2 cups Bread Crumbs (gluten free or whole grain)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 tbsps Garlic Powder
- 1 tbsp Onion Powder
- 3/4 cup Water
- 3/4 cup All Purpose Gluten-Free Flour
- 1 1/2 cups Orange Juice
- 3 tbsps Liquid Aminos
- 1/2 tsp Ground Ginger
- 3 tbsps Rice Vinegar
- 1/3 cup Coconut Sugar
- 3 Garlic Cloves (minced)
- 1 tsp Sriracha
- 2 tbsps Cornstarch
- 1/4 cup Water

Directions

- 1 Preheat oven 400 F. Line a baking sheet with parchment. Wash and cut the cauliflower into bite sized pieces.
- 2 Make the breadcrumbs by placing bread into a blender or food processor and pulsing until it resembles crumbs. Add the breadcrumbs to a shallow medium to large bowl.
- 3 Prepare the batter by whisking the flour, garlic powder, onion powder, salt, pepper, and water in a separate medium to large shallow bowl.
- 4 While holding the stem of a piece of cauliflower, dip it into the batter coating the top and sides. Tap any excess off and then roll into the breadcrumbs. Place it on the baking sheet. Repeat with the rest of the cauliflower. Bake for 30 minutes until browned and fork tender.
- 5 While the cauliflower is baking, prepare the sauce. Heat a large pan on the stove over medium-high heat and add all the sauce ingredients except the cornstarch and water. Whisk until combined. Allow the sauce to heat for a few minutes.
- 6 Prepare the cornstarch slurry by combining the cornstarch with water and whisking until dissolved. Add to the sauce and turn the heat up to high while whisking constantly for a few minutes and then turn heat down. Sauce should be thickened and coat the back of a spoon. Taste and adjust as needed. Keep the sauce warm over low heat while waiting for the cauliflower.
- 7 Once cauliflower is done, add directly to the pan and stir to coat with the sauce. Enjoy!

Notes

Toppings: Green onion, sesame seeds



Easy Homemade Teriyaki Sauce

8 servings

10 minutes

Ingredients

1/4 cup Liquid Aminos
1 cup Water
2 tbsps Raw Honey
1/4 cup Coconut Sugar
1/2 tsp Ground Ginger
1 1/2 tps Rice Vinegar
3 Garlic Cloves (minced)
2 tbsps Cornstarch
1/4 cup Water

Directions

- 1 In a saucepan over medium heat, combine all the sauce ingredients except the cornstarch and 1/4 cup of water and whisk until combined. Let heat for a few minutes.
- 2 In a small bowl, combine the cornstarch and water. Add the slurry to the saucepan and whisk. Turn the heat up to high just until the sauce boils, continue whisking and then turn heat back down to a medium-low.
- 3 Serve while warm or let it cool completely and transfer to an airtight container. Enjoy!

Notes

No Aminos: Use tamari or soy sauce instead.

No Honey: Sub maple syrup.



Tofu & Veggie Packed Fried Rice

8 servings

35 minutes

Ingredients

2 cups Brown Rice (uncooked, about 4 cups cooked)
14 ozs Tofu (extra-firm)
1 tsp Avocado Oil
Sea Salt & Black Pepper (to taste)
12 ozs Frozen Peas And Carrots
2 cups Frozen Edamame
2 cups Bok Choy (chopped)
8 ozs Mushrooms (sliced)
1 Red Bell Pepper (chopped)
5 stalks Green Onion (chopped, divided)
1 tsp Sesame Oil
1 1/2 tsps Garlic Powder
1/3 cup Easy Homemade Teriyaki Sauce (more or less to taste)

Directions

- 1 Cook the rice according to package directions. Preferably, cook the day before and refrigerate the rice. If rice is still warm, place in the refrigerator or freezer until chilled.
- 2 Drain the tofu and place between two paper towels or a cloth. Gently press to absorb excess liquid. Flip the tofu and repeat with a fresh paper towel or dry side of the towel. Cut the tofu into cubes.
- 3 Heat oil in a pan over medium-high heat. Add the tofu and season with salt and pepper. Cook for 5 to 6 minutes each side or until browned. Transfer to a bowl and set aside.
- 4 To the same pan add the veggies: the peas and carrots, edamame, mushrooms, bok choy, bell pepper, and whites of the green onion. Sauté until tender about 7-10 minutes. Add the tofu back to the pan.
- 5 Add the rice and then season with garlic powder and drizzle with sesame oil. Then, drizzle with the teriyaki sauce (you can do more or less to your taste preference). Stir to combine and evenly coat.
- 6 Sprinkle with the green onions, if desired, and enjoy!

Notes

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

No Teriyaki Sauce: Use soy sauce or coconut aminos instead.

Other Veggies: Feel free to use any other veggies such as zucchini, broccoli, or cauliflower.

No Tofu: Sub scrambled eggs, chicken, or shrimp.



Easy Turkey Lettuce Wraps

4 servings

15 minutes

Ingredients

- 1 tsp Avocado Oil
- 1 lb Extra Lean Ground Turkey
- Sea Salt & Black Pepper (to taste)
- 2 stalks Celery (chopped)
- 3/4 cup Yellow Onion (chopped)
- 2 tbsps Liquid Aminos
- 1/4 cup Hoisin Sauce
- 1 tbsp Rice Vinegar
- 4 Garlic Cloves (minced)
- 2 tsps Ground Ginger
- 2 tsps Sriracha
- 1 head Butter Lettuce (washed and leaves separated)
- 2 Carrot (small, shredded)

Directions

- 1 In a pan over medium heat, add the avocado oil. Once the pan is hot, add the turkey and cook about 10 minutes or until cooked through. Season with salt and pepper to taste. Transfer to a plate and set aside.
- 2 To the same pan, add the celery and onion. Add a touch more oil if needed. Sauté until onions are translucent about 5 minutes. Then, add the turkey back to the pan.
- 3 Add the sauce ingredients to the pan: the hoisin sauce, rice vinegar, liquid aminos, minced garlic, ground ginger, and sriracha. Stir everything together and let cook for a few minutes.
- 4 Scoop the mixture into individual lettuce leaves. Top with shredded carrot. Enjoy!

Notes

Leftovers: Refrigerate each item separately in airtight containers for up to three days.

Additional Toppings: Top with hot sauce, chili flakes, sesame seeds, or green onion.