



Plant-Powered Cowboy Caviar



10-15 servings



15 minutes

INGREDIENTS

- 1 can black beans
- 1 can great northern white beans
- 1 can kidney beans
- 1 can organic corn
- 2 roma tomatoes (or roughly 1 cup)
- 1/2 red onion, chopped
- 2 avocados
- 3/4 cup cilantro, chopped

Dressing

- 1-2 limes, juiced
- 1/4 cup olive/avocado oil
- 3/4 tsp salt & pepper
- 2 tsp garlic powder
- 1/4 tsp chili powder
- 1/2 tsp cumin
- 1/4 tsp paprika
- 1/2 tsp oregano

DIRECTIONS

1. Drain and rinse all the beans as well as the corn. Add them to a large bowl.
2. Finely chop the red onion into small pieces and add to the bowl.
3. Dice the tomatoes and avocado into small pieces. Add to the bowl.
4. Thoroughly wash the cilantro and then finely chop. Add to the bowl with the rest of the ingredients.
5. Prepare the dressing by squeezing fresh lime juice into a glass measuring cup or bowl. Add the olive or avocado oil. Then, add the rest of the seasonings: the salt, pepper, garlic powder, chili powder, cumin, paprika, and oregano. Whisk to combine.
6. Pour the dressing into the bowl and toss everything well to combine. Taste and adjust seasonings as needed.
7. Serve immediately and enjoy! Keep refrigerated and enjoy within 4 days.

NOTES:

Other add-in's: jalapenos, bell peppers, pineapple, mango, green onion, cherry tomatoes

Beans: any bean works for this recipe. Feel free to use whatever you prefer or have on hand

Serve with: tortilla chips, crackers, or eat on its own

Serving size: servings are only an estimate and not approximate

Make it a meal: serve over rice, use as filling for a wrap



Plant-Powered Sweet Broccoli Salad



6+ servings



15 minutes

INGREDIENTS

- 1 lb fresh raw broccoli
- 1/2 red onion, chopped
- 1 apple, chopped
- 1/3 cup dried cranberries, unsweetened
- 1/2 cup roasted lightly salted sunflower seeds
- 1/2 cup slivered almonds

Dressing:

- 1 cup non-dairy yogurt, unsweetened
- 1/4 tsp salt & pepper
- 1 tbsp pure maple syrup
- 1 tbsp apple cider vinegar
- 3 tsp dijon mustard
- 1 tsp garlic powder

DIRECTIONS

1. Chop the broccoli into very small bite sized pieces. Add to a large bowl.
2. Finely chop the red onion and dice the apple. Add to the bowl.
3. Add in the dried cranberries, sunflower seeds, and slivered almonds.
4. Prepare the dressing in a glass measuring cup or bowl by combining the yogurt, salt and pepper, maple syrup, apple cider vinegar, dijon mustard, and garlic powder. Whisk to combine and then pour over the broccoli mixture. Taste and adjust seasonings as desired.
5. Toss to coat everything in the dressing. Refrigerate for at least 1 hour before serving. Keep in the refrigerator for 4-5 days.
6. Enjoy!

NOTES:

Apple swaps: pomegranate seeds, mandarin oranges, grapes

Other nuts/seed options: pumpkin seeds/pepitas, walnuts, pecans, whole or sliced almonds

Yogurt swaps: greek yogurt, mayo

Other add-in's: celery, shredded carrots



Plant-Powered Asian Cucumber Salad



6+ servings



15 minutes

INGREDIENTS

- 2 English cucumbers, thinly sliced
- 1/3 cup peanuts, chopped

Dressing:

- 1 tbsp sesame oil
- 1 tbsp sesame seeds
- 1/2 tsp minced garlic
- 1/2 tsp ground ginger
- 3 green onions (scallions), finely chopped
- 2 tbsp liquid aminos
- 1 tbsp sweet chili sauce
- 1-2 tsp honey
- 1/2 tsp salt
- 1/4 cup rice vinegar

DIRECTIONS

1. Thinly slice the cucumbers using a knife or mandolin. Add to a large bowl.
2. Chop the peanuts and add to the bowl.
3. Prepare the dressing in a glass measuring cup or bowl. Combine all dressing ingredients and whisk to combine. Taste and adjust seasonings if desired.
4. Pour dressing over cucumbers and toss to combine. Refrigerate and allow to marinate for at least 1 hour before serving.
5. Enjoy!
6. Store in the refrigerator for 3-4 days.

NOTES:

Cucumbers: may also use regular cucumbers or mini (Persian) cucumbers

No liquid aminos: use coconut aminos, soy sauce, tamari

No green onion: use red or white onion

Peanut swaps: any other nut such as cashews, or simply omit