



# VEGAN CHICKEN SALAD

**PREP TIME:** 15 minutes **SERVINGS:** 4

## INGREDIENTS

- 1/2 cup raw slivered almonds
- 15 ounce can chickpeas, drained and rinsed
- 2 celery ribs, diced small
- 1/2 cup red grapes, halved
- 1/4 cup dried cherries
- 1/2 cup Vegan Mayo
- 1 tablespoon lemon juice, from about 1/2 lemon
- salt and pepper to taste

## INSTRUCTIONS:

1. In a food processor, pulse the slivered almonds a few times until crumbly, but not so much they turn into a powder or paste.
2. Add the drained and rinsed chickpeas to the food processor with the almonds, and pulse a few times until flaky. You can leave a few beans whole; you don't want to over process and have the mixture become pasty and smooth. Just a few pulses will do.
3. Add the almond/chickpea mixture to a large bowl and mix in the celery, grapes, dried cherries, vegan mayo, lemon juice, and salt and pepper to taste.
4. Refrigerate until ready to serve. It will keep in the refrigerator for up to 5 days. Serve on croissants or bread with lettuce, on a salad or even with crackers. Enjoy!





# VEGETARIAN BUFFALO CHICKPEA WRAPS

**SERVINGS:** 4-6

## INGREDIENTS

- 2 (15 oz) cans chickpeas, drained and rinsed
- 1/2 cup small diced celery
- 1/3 cup thinly sliced green onion, scallions
- 1/3 cup diced red onion
- 2 tablespoons chopped fresh parsley
- 1/3 cup buffalo sauce of choice
- 2 tablespoons tahini
- Small squeeze fresh lemon juice
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4-6 large wraps of choice
- 2 cups shredded romaine lettuce
- Ranch dressing, as much as desired
- Thinly sliced avocado, optional
- Shredded carrots, optional

## INSTRUCTIONS:

1. To a large bowl, add the chickpeas and give them a light mash with a fork. I like to mash most of them, while leaving a few of them whole. Next, add in celery, green onion, red onion, parsley, tahini, buffalo sauce, lemon juice, spices, salt and pepper. Mix everything together well until completely combined.
2. Add the shredded lettuce to a bowl, along with desired amount of ranch dressing and toss together until lettuce is coated.
3. Warm tortilla on the stovetop with a little bit of cooking spray or in the microwave. Lay tortilla on a flat surface. Assemble your wraps by laying down a few slices of avocado in the center, next add a few scoops of the lettuce, followed by a few big scoops of the buffalo chickpea mixture. Carefully use your hands to fold the sides in and then tightly roll the wrap up.
4. If desired, you can place the wrap seam side down in a hot pan to help seal everything in. Cut the wrap in half and enjoy!







# VEGETARIAN STUFFED ACORN SQUASH

## INGREDIENTS

- 1 medium acorn squash
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 3 cloves garlic (minced)
- 1 shallot (minced)
- 1 cup sliced baby bella mushrooms
- 2 cups fresh spinach
- 1 (15 oz) can chickpeas (drained and rinsed)
- 1/4 cup chopped walnuts
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 2 cups cooked wild or brown rice
- The juice and zest of 1 large orange
- 1/2 cup grated parmesan cheese
- 1/2 cup dried cranberries

## INSTRUCTIONS:

- 1 PREP THE SQUASH** Place the squash on its side, use a sharp kitchen knife, place it horizontally across the top of the squash and slice the top off about 3/4 inch below the stem. Then carefully place the knife horizontally in the center of the squash and slice it down the middle. You can cut the squash either vertically or horizontally down the center. Use a spoon to scoop out the seeds and scrape the inside to get it nice and clean.
- 2 ROAST THE SQUASH** Preheat the oven to 375 degrees F, and spray a baking sheet with cooking spray. Brush each half of the squash with some of olive oil and sprinkle each generously with salt and pepper. Place the squash, face-side up onto the baking sheet and bake for 25-30 minutes, remove and let cool.
- 3 MAKE THE FILLING** Heat a skillet to medium heat, and add 1 tablespoon of olive oil. Once hot, add in the minced garlic, minced shallots, and sliced mushrooms. Cook for 4-5 minutes, tossing gently as it cooks until the veggies start to brown.
  - Add in the spinach and sprinkle everything with salt and pepper. Cook until the spinach is slightly wilted. Push the veggies to the side of the pan and pour in the chickpeas and chopped walnuts. Sprinkle the chickpeas with the spices (onion powder, cumin, chili powder) and sprinkle with salt and pepper. Toss and let them cook for 2-3 minutes to get them nice and golden.
  - Add in the cooked wild rice, toss everything together and let cook for 2 minutes. Sprinkle in the parmesan cheese and let it melt into the mixture. Pour in the orange juice and zest and toss. Add in the dried cranberries and let that all cook for 1 minute to get the cranberries slightly plump.
- 4 FILL AND BAKE THE SQUASH** Fill each squash with the filling, I like to fill them with a lot of filling. Store any remaining filling for another meal. Top each stuffed squash with more cheese if desired and bake in the oven at 425 degrees F for 4-5 minutes to get the tops nice and golden brown.
- 5 SERVE** Serve warm and top with fresh herbs like sliced basil or parsley.