



RECIPES ADDICT · EXCLUSIVE COOKBOOK

# 50 High-Protein Recipes

A Curated Collection of Balanced, Protein-Forward Meals for  
Home Cooks

Recipes Addict Kitchen Team



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## **A note from the kitchen**

Welcome — we designed this collection to make high-protein home cooking approachable, delicious, and reliable. Enjoy simple techniques, thoughtful flavors, and recipes that support everyday life in the kitchen.

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SECTION

## Power Breakfasts

Start the day with protein-focused recipes that keep you energized. These breakfasts are quick, nourishing, and simple to prep.

# Savory Chickpea Pancakes with Herbed Yogurt

4 servings · 10 min prep · 20 min cook · Easy

High-protein, naturally gluten-free chickpea pancakes make a satisfying breakfast or light brunch. Served with a bright herbed yogurt, they cook quickly and keep well for meal prep.

## INGREDIENTS

- 1 1/2 cups chickpea flour (besan)
- 1 cup water
- 2 large eggs
- 2 tbsp plain yogurt
- 1 small red onion, finely chopped
- 1 small red bell pepper, finely diced
- 2 cloves garlic, minced
- 1/2 cup fresh spinach, chopped
- 2 tbsp fresh parsley, chopped
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp baking powder
- 1/2 tsp fine sea salt (adjust to taste)
- 1/4 tsp black pepper
- 2 tbsp olive oil, plus more for cooking

For the herbed yogurt: 1 cup plain yogurt, 2 tbsp chopped dill or parsley, 1 tsp lemon juice, pinch of salt

#### **METHOD**

1. In a large bowl, whisk chickpea flour, baking powder, cumin, ground coriander, salt and pepper until combined.
2. Whisk in water, eggs and 2 tablespoons yogurt until a smooth, thick batter forms. Let rest 5 minutes to hydrate.
3. Stir in chopped onion, bell pepper, garlic, spinach, parsley and 2 tablespoons olive oil so vegetables distribute evenly.
4. Meanwhile, mix the herbed yogurt ingredients in a small bowl; chill until ready to serve.
5. Heat a nonstick skillet over medium heat and brush lightly with olive oil. For each pancake, pour about 1/3 cup batter into the skillet and spread slightly to form a 4-5 inch round.
6. Cook pancakes 3–4 minutes on the first side until bubbles form and edges look set, then flip and cook 2–3 minutes more until golden and cooked through. Adjust heat as needed to avoid burning.
7. Keep finished pancakes warm on a plate covered loosely with foil while you cook remaining batter; add oil to the pan as needed.
8. Serve stacks of pancakes topped with a dollop of herbed yogurt and an extra sprinkle of fresh herbs or lemon zest if desired.

**Chef's note** For extra protein and texture, fold in 1/2 cup cooked, chopped

lentils or shelled edamame to the batter before cooking.

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# Smoked Salmon and Spinach Breakfast Scramble

4 servings · 10 min prep · 20 min cook · Easy

A protein-packed scramble combining silky smoked salmon, tender spinach, and fluffy eggs for a quick, satisfying breakfast. Ready in about 30 minutes, it's perfect for busy mornings or a leisurely weekend brunch.

## INGREDIENTS

- 8 oz (225 g) smoked salmon, torn into bite-size pieces
- 8 large eggs
- 4 cups (120 g) fresh baby spinach, roughly chopped
- 2 tbsp milk or plain yogurt
- 1 small shallot, finely diced
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1 tbsp unsalted butter
- 1 tbsp lemon juice
- 1 tsp lemon zest
- Salt and freshly ground black pepper, to taste
- 2 tbsp chopped fresh chives or dill, for garnish

## METHOD

1. Whisk the eggs with milk (or yogurt), lemon zest, a pinch of salt, and a few grinds of black pepper until combined; set aside.

Heat the olive oil and butter in a large nonstick skillet over medium heat until butter is melted and foamy.

3. Add the diced shallot and cook 1–2 minutes until softened, then add the minced garlic and cook 30 seconds until fragrant.
4. Add the chopped spinach and cook 1–2 minutes, stirring, until wilted and any excess liquid has mostly evaporated.
5. Reduce heat to low–medium. Pour the beaten eggs over the spinach and let sit undisturbed 10–15 seconds until edges begin to set.
6. Using a spatula, gently push and fold the eggs from the edges toward the center, creating soft curds. Stir occasionally and remove from heat when eggs are mostly set but still slightly creamy.
7. Fold in the torn smoked salmon and lemon juice, warming the salmon through with the residual heat for 30–60 seconds. Taste and adjust seasoning with salt and pepper.
8. Serve immediately, garnished with chopped chives or dill.

**Chef's note** For extra creaminess, fold in 2 tbsp of crème fraîche or Greek yogurt off the heat just before serving.

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# Greek Yogurt Parfait with Protein Granola and Citrus

4 servings · 10 min prep · 20 min cook · Easy

A bright, high-protein parfait that pairs creamy Greek yogurt with crunchy homemade protein granola and fresh citrus for a refreshing breakfast. Quick to assemble and easy to batch for the week.

## INGREDIENTS

- 3 cups plain Greek yogurt (full-fat or low-fat)
- 1/2 cup vanilla or unflavored protein powder (whey or plant-based)
- 2 cups rolled oats
- 1/2 cup chopped almonds
- 1/3 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 2 tbsp chia seeds
- 2 tbsp flaxseed meal
- 1/2 tsp ground cinnamon
- 1/4 tsp fine salt
- 1/3 cup honey or maple syrup
- 3 tbsp coconut oil, melted
- 1 tsp vanilla extract
- 2 medium oranges, peeled and segment-cut

1 grapefruit (optional), peeled and segment-cut

- Zest of 1 lemon or orange
- 2 tbsp chopped fresh mint (optional)
- 4 tbsp chopped dried apricots or raisins (optional)

#### **METHOD**

1. Preheat the oven to 325°F (160°C) and line a large baking sheet with parchment paper.
2. In a large bowl combine the rolled oats, chopped almonds, pumpkin seeds, sunflower seeds, chia seeds, flaxseed meal, protein powder, cinnamon, and salt; mix until evenly distributed.
3. In a small bowl whisk together the honey or maple syrup, melted coconut oil, and vanilla extract until smooth, then pour over the dry mixture and stir until fully coated.
4. Spread the granola mixture in an even layer on the prepared baking sheet and bake for 15–20 minutes, stirring once halfway through, until golden and fragrant; watch closely near the end to avoid burning.
5. Remove granola from the oven and let it cool completely on the sheet (it will crisp up as it cools); stir in the chopped dried apricots or raisins if using once cooled.
6. While the granola cools, segment the oranges and grapefruit over a bowl to capture juices; gently mix the citrus segments with lemon or orange zest and chopped mint if using.

7. To assemble, spoon about 3/4 cup Greek yogurt into each of 4 serving glasses or bowls, layer 1/4 of the cooled protein granola over the yogurt, then add a layer of citrus segments; repeat to create two layers if desired and finish with a sprinkle of granola and a few citrus pieces on top.
8. 8. Serve immediately for crunch, or refrigerate covered for up to 24 hours (add extra granola just before serving to retain crispness).

**Chef's note** Use flavored protein powder sparingly to control sweetness, and swap nuts or seeds based on preferences or allergies.

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# Egg White Frittata with Feta and Roasted Peppers

4 servings · 10 min prep · 20 min cook · Easy

A light, protein-packed frittata featuring fluffy egg whites, tangy feta and sweet roasted red peppers. Quick to prepare and excellent for make-ahead breakfasts or a satisfying brunch.

## INGREDIENTS

- 8 large egg whites (about 1 1/4 cups)
- 3/4 cup crumbled feta cheese
- 1 cup roasted red peppers, drained and sliced
- 1 cup fresh baby spinach, roughly chopped
- 1 small yellow onion, thinly sliced
- 1 garlic clove, minced
- 2 tablespoons extra-virgin olive oil, divided
- 2 tablespoons milk or unsweetened plant milk
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh parsley or dill
- Cooking spray or additional oil for pan

## METHOD

1. Preheat the oven to 375°F (190°C). Lightly oil a 9-inch ovenproof skillet or pie dish with cooking spray or 1 teaspoon olive oil.
2. In a medium bowl, whisk together the egg whites, milk, salt and pepper until

slightly frothy; set aside.

3. Heat 1 tablespoon olive oil in an ovenproof skillet over medium heat. Add the sliced onion and cook, stirring occasionally, until softened and translucent, about 4–5 minutes.
4. Add the minced garlic and chopped spinach to the skillet and cook until the spinach wilts, about 1–2 minutes. Remove from heat.
5. Spread the roasted red pepper slices evenly over the onion and spinach mixture in the skillet. Crumble half of the feta over the vegetables.
6. Pour the beaten egg whites over the vegetables and feta, tilting the skillet to distribute evenly. Sprinkle the remaining feta on top.
7. Cook on the stovetop over medium-low heat for 2–3 minutes, until the edges begin to set.
8. Transfer the skillet to the preheated oven and bake until the frittata is fully set and lightly golden on top, 12–15 minutes. A knife inserted in the center should come out clean.
9. Remove from the oven and let rest for 2 minutes. Sprinkle with the chopped parsley or dill, slice into 4 portions, and serve warm.

**Chef's note** For extra flavor, stir in a pinch of smoked paprika or a squeeze of lemon before serving.

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SECTION

## Protein-Packed Salads

Fresh, texture-rich salads that make protein the star — ideal for lunches or light dinners.

# Grilled Chicken and Quinoa Tabbouleh

4 servings · 10 min prep · 20 min cook · Easy

A protein-rich twist on classic tabbouleh combining grilled chicken and fluffy quinoa with bright herbs and lemon. Fast to prepare and great warm or chilled for meal prep.

## INGREDIENTS

- 1 cup (170 g) quinoa, rinsed
- 2 cups (480 ml) low-sodium chicken broth or water
- 2 boneless, skinless chicken breasts (about 14 oz / 400 g)
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon smoked paprika
- Salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil, divided
- 1 large bunch flat-leaf parsley, finely chopped (about 2 cups packed)
- 1/2 cup fresh mint leaves, finely chopped
- 3-4 spring onions (green onions), thinly sliced
- 2 medium tomatoes, seeded and diced
- 1 medium cucumber, seeded and diced
- Juice of 2 lemons (about 3 tablespoons)
- 2 tablespoons extra-virgin olive oil
- 1 small garlic clove, minced (optional)

1/2 teaspoon sumac or to taste (optional)

- Freshly ground black pepper, to taste

#### METHOD

1. Bring the rinsed quinoa and chicken broth or water to a boil in a small saucepan, reduce heat to low, cover and simmer 12–15 minutes until liquid is absorbed; remove from heat and let sit covered 5 minutes, then fluff with a fork and cool slightly.
2. While quinoa cooks, season chicken breasts with cumin, smoked paprika, salt and pepper and drizzle with 1 tablespoon olive oil.
3. Preheat a grill pan or outdoor grill over medium-high heat. Grill chicken 4–6 minutes per side until internal temperature reaches 165°F (74°C); transfer to a board and rest 5 minutes, then slice thinly.
4. In a large bowl combine chopped parsley, mint, spring onions, tomatoes and cucumber.
5. Add the slightly cooled quinoa to the herb mixture and toss to combine.
6. Whisk together lemon juice, 2 tablespoons extra-virgin olive oil, minced garlic (if using), sumac (if using), and a pinch of salt and pepper; pour dressing over the salad and toss well.
7. Arrange sliced grilled chicken over or mixed into the quinoa tabbouleh, adjust seasoning and serve warm or chilled.

**Chef's note** For extra flavor, marinate the chicken 30 minutes ahead in lemon juice and a little yogurt before grilling, then pat dry and season as directed.

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# Warm Lentil Salad with Caramelized Shallots and Za'atar

4 servings · 10 min prep · 20 min cook · Easy

A hearty, protein-rich salad featuring tender green lentils, sweet caramelized shallots and bright lemon-za'atar dressing. Serve warm or at room temperature for a satisfying main or side.

## INGREDIENTS

- 1 cup green or Puy lentils, rinsed
- 3 cups low-sodium vegetable stock or water
- 2 tbsp olive oil, divided
- 3 large shallots, thinly sliced
- 1 garlic clove, minced
- 1 tbsp za'atar
- 2 tbsp lemon juice (about 1 lemon)
- 1 tsp lemon zest
- 1 tsp Dijon mustard
- 1/4 cup chopped fresh flat-leaf parsley
- 2 tbsp chopped fresh mint (optional)
- 3 tbsp crumbled feta cheese (optional)
- Salt and freshly ground black pepper, to taste
- 2 tbsp toasted pine nuts or chopped toasted walnuts (optional)

## METHOD

1. Place rinsed lentils and vegetable stock (or water) in a saucepan; bring to a boil, then reduce heat and simmer until lentils are tender but not mushy, 18–20 minutes. Drain any excess liquid and transfer lentils to a bowl to keep warm.
2. While lentils cook, heat 1 tablespoon olive oil in a skillet over medium heat. Add sliced shallots and a pinch of salt; cook, stirring occasionally, until deeply golden and caramelized, about 8–10 minutes. Add minced garlic in the final 1 minute and stir until fragrant.
3. In a small bowl whisk remaining 1 tablespoon olive oil, lemon juice, lemon zest, Dijon mustard and za'atar; season with salt and pepper to taste.
4. Add the caramelized shallots (with any pan juices) to the warm lentils. Pour the lemon-za'atar dressing over the lentils and toss gently to combine so the flavors meld while still warm.
5. Fold in chopped parsley and mint if using. Adjust seasoning with salt and pepper. Transfer to a serving platter or bowls and sprinkle with crumbled feta and toasted pine nuts or walnuts if desired.

**Chef's note** For extra texture, stir in diced roasted red pepper or a handful of baby spinach just before serving.

# Seared Tuna Nicoise with Herbed Vinaigrette

4 servings · 10 min prep · 20 min cook · Medium

A protein-forward take on the classic Niçoise, featuring sesame-seared tuna, crisp green beans and baby potatoes, finished with a bright herbed vinaigrette. Ready in half an hour for a satisfying lunch or light dinner.

## INGREDIENTS

- 4 tuna steaks (6 oz / 170 g each), about 1 inch thick
- 2 tbsp olive oil, plus 1 tbsp for dressing
- 1 tsp sea salt, divided
- 1/2 tsp freshly ground black pepper, divided
- 1 lb (450 g) baby potatoes, halved
- 8 oz (225 g) green beans, trimmed
- 12 cherry tomatoes, halved
- 4 large eggs
- 1/2 cup pitted Kalamata olives, halved
- 2 tbsp capers, drained
- 2 cups mixed salad greens
- 2 tbsp sesame seeds (optional)
- For the herbed vinaigrette:
  - 3 tbsp extra-virgin olive oil
  - 1 tbsp lemon juice (fresh)

1 tsp Dijon mustard

- 1 small garlic clove, minced
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh chives
- 1/2 tsp honey or maple syrup
- Salt and pepper to taste

#### **METHOD**

1. 1. Bring a medium pot of salted water to a boil. Add baby potatoes and simmer until tender, 12–15 minutes; drain and keep warm.
2. 2. At the same time, place eggs in a small saucepan with cold water, bring to a gentle boil, then simmer 8 minutes for firm yolks; transfer to an ice bath, peel and halve.
3. 3. In the last 3 minutes of the potatoes cooking, add trimmed green beans to the boiling water and cook until bright and crisp-tender, about 3 minutes; drain and plunge into ice water to stop cooking, then drain again.
4. 4. Whisk together vinaigrette ingredients: 3 tbsp olive oil, lemon juice, Dijon, minced garlic, parsley, chives and honey; season with salt and pepper and set aside.
5. 5. Pat tuna steaks dry and season both sides with 1 tsp salt and 1/4 tsp pepper. Lightly press sesame seeds onto both sides if using.
6. 6. Heat 2 tbsp olive oil in a heavy skillet over medium-high heat until shimmering. Add tuna and sear 1½–2 minutes per side for rare (adjust to 3–4

minutes per side for medium), then transfer to a cutting board to rest 2 minutes.

7. 7. On a large serving platter or individual plates, arrange mixed greens, halved potatoes, green beans, cherry tomatoes, olives and capers. Add halved eggs and slice tuna across the grain into 1/3-inch slices and lay atop the salad.
8. 8. Drizzle the herbed vinaigrette over the assembled salad, season with remaining black pepper to taste, and serve immediately.

**Chef's note** For best texture, sear tuna in a very hot pan for a short time to keep the center tender; rest briefly before slicing.

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# Roasted Chickpea and Avocado Salad with Tahini Dressing

4 servings · 10 min prep · 20 min cook · Easy

A protein-packed, crunchy salad featuring oven-roasted chickpeas, creamy avocado and a bright tahini-lemon dressing. Ready in 30 minutes, it makes a satisfying lunch or light dinner.

## INGREDIENTS

- 2 (15 oz) cans chickpeas, drained, rinsed and patted dry
- 1 1/2 tbsp olive oil, plus extra for drizzling
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp fine salt, plus more to taste
- 1/4 tsp freshly ground black pepper
- 6 cups mixed salad greens (arugula, baby spinach, or mixed leaves)
- 1 pint cherry tomatoes, halved
- 1 small red onion, thinly sliced
- 1 large ripe avocado, diced
- 1/4 cup fresh parsley, chopped
- 3 tbsp tahini
- 2 tbsp fresh lemon juice (about 1 lemon)
- 1 small garlic clove, minced
- 1 tbsp extra-virgin olive oil

1 tsp maple syrup or honey

- 2-3 tbsp warm water (to thin dressing)
- Lemon wedges, for serving (optional)

#### **METHOD**

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Toss the dried chickpeas with 1 1/2 tbsp olive oil, cumin, smoked paprika, 1/2 tsp salt and 1/4 tsp black pepper until evenly coated; spread in a single layer on the prepared baking sheet.
3. Roast chickpeas for 18–20 minutes, shaking the pan halfway through, until golden and crisp; remove from oven and let cool slightly.
4. Meanwhile, prepare the tahini dressing: whisk together tahini, lemon juice, minced garlic, 1 tbsp olive oil and maple syrup. Gradually whisk in warm water, 1 tbsp at a time, until the dressing reaches a creamy, pourable consistency. Season to taste with a pinch of salt.
5. In a large bowl, combine mixed greens, halved cherry tomatoes, sliced red onion and chopped parsley.
6. Add diced avocado to the salad mixture and gently toss to combine, taking care not to mash the avocado.
7. Top the salad with the warm roasted chickpeas and drizzle with the tahini dressing; toss lightly to coat evenly.
8. Adjust seasoning with additional salt and pepper if needed, divide among plates and serve with lemon wedges if desired.

**Chef's note** For extra crunch, roast the chickpeas a few minutes longer and

shake the pan often; serve the chickpeas warm over the salad to keep them crisp.

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SECTION

## Hearty Grain & Bowl Meals

Balanced bowls built around grains, legumes, and lean proteins — customizable for meal prep.

# Spiced Turkey and Wild Rice Harvest Bowl

4 servings · 10 min prep · 20 min cook · Easy

A hearty bowl combining lean spiced turkey, quick-cooking wild rice, tender sautéed squash and kale, plus crunchy almonds and bright lemon-tahini dressing. Ready in about 30 minutes for a protein-packed, seasonal meal.

## INGREDIENTS

- 1 1/2 cups quick-cooking wild rice blend
- 3 cups low-sodium chicken or vegetable stock
- 1 lb (450 g) ground turkey (lean)
- 1 small butternut squash or 2 cups peeled squash cubes
- 4 cups chopped kale, stems removed
- 1 small red onion, thinly sliced
- 2 garlic cloves, minced
- 2 tbsp olive oil, divided
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp ground coriander
- 1/4 tsp ground cinnamon
- Salt and freshly ground black pepper, to taste
- 1/3 cup toasted sliced almonds
- 1/4 cup dried cranberries

For the lemon-tahini dressing: 3 tbsp tahini, 2 tbsp fresh lemon juice, 1 tsp maple syrup or honey, 2-3 tbsp warm water to thin, pinch of salt

#### **METHOD**

1. Bring the stock to a boil in a medium saucepan, add the quick-cooking wild rice blend, reduce heat to low, cover and simmer until tender (about 12–15 minutes); fluff with a fork and keep warm.
2. While the rice cooks, heat 1 tablespoon olive oil in a large skillet over medium-high heat and add the squash cubes; sauté, stirring occasionally, until golden and just tender, 8–10 minutes; season with a pinch of salt and transfer to a plate.
3. In the same skillet, add the remaining 1 tablespoon olive oil and the sliced red onion; sauté 2–3 minutes until translucent, then add the garlic and cook 30 seconds until fragrant.
4. Add the ground turkey to the skillet with cumin, smoked paprika, coriander, cinnamon, 1/2 teaspoon salt and a few grinds of black pepper; break up the meat and cook until no longer pink and lightly browned, 5–7 minutes.
5. Stir the chopped kale into the turkey mixture and cook 1–2 minutes until wilted; return the sautéed squash to the pan and toss gently to combine and reheat.
6. Whisk the tahini, lemon juice, maple syrup (or honey), a pinch of salt and warm water in a small bowl until smooth and pourable; adjust water to reach desired consistency.
7. To assemble, divide the cooked wild rice among 4 bowls, top with the spiced turkey, squash and kale mixture, then sprinkle with toasted almonds and dried

cranberries; drizzle each bowl with lemon-tahini dressing and serve immediately.

**Chef's note** For faster prep, use pre-cubed squash and pre-cooked refrigerated wild rice; swap almonds for pumpkin seeds for a nut-free alternative.

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# Salmon, Farro, and Charred Broccoli Bowl

4 servings · 10 min prep · 20 min cook · Medium

A balanced, protein-forward bowl featuring pan-seared salmon, chewy farro, and charred broccoli with a bright lemon-garlic dressing. Quick to assemble and sturdy enough for meal prep or a satisfying weeknight dinner.

## INGREDIENTS

- 1 cup pearled farro, rinsed
- 2 cups low-sodium vegetable or chicken broth (or water)
- 1 lb (about 450 g) salmon fillets, skin-on, cut into 4 portions
- Salt and freshly ground black pepper, to taste
- 1 tbsp olive oil (for salmon)
- 1 large head broccoli, cut into small florets (about 4 cups)
- 1 tbsp olive oil (for broccoli)
- 1/2 tsp red pepper flakes (optional)
- 3 tbsp extra-virgin olive oil
- 2 cloves garlic, minced
- Zest and juice of 1 lemon
- 1 tbsp Dijon mustard
- 1 tbsp honey or maple syrup
- 2 tbsp chopped fresh parsley
- 1/4 cup toasted sliced almonds or pumpkin seeds (optional)

Lemon wedges, for serving

#### METHOD

1. Cook the farro: In a medium saucepan bring broth (or water) to a boil, add rinsed farro, reduce heat to a simmer, cover and cook until tender but chewy, 15–20 minutes. Drain any excess liquid and fluff with a fork; keep warm.
2. Make the dressing: Whisk together 3 tbsp olive oil, minced garlic, lemon zest and juice, Dijon mustard, honey (or maple syrup), and a pinch of salt and pepper. Stir in chopped parsley and set aside.
3. Char the broccoli: While farro cooks, heat 1 tbsp olive oil in a large skillet or cast-iron pan over medium-high heat. Add broccoli florets in a single layer, sprinkle with salt, pepper and red pepper flakes if using, and cook without moving for 3–4 minutes until browned. Toss and cook another 2–3 minutes until tender-crisp and charred. Transfer to a bowl and toss with a little of the dressing.
4. Sear the salmon: Pat salmon dry and season with salt and pepper. In the same hot skillet, add 1 tbsp olive oil and place fillets skin-side down. Sear 4–5 minutes until skin is crisp, then flip and cook 2–4 minutes more until salmon reaches desired doneness (internal temp 120–125°F/49–52°C for medium-rare, or longer if preferred). Remove and let rest 1 minute.
5. Assemble bowls: Divide farro among 4 bowls, top with charred broccoli and one salmon fillet each. Drizzle remaining dressing over bowls and scatter toasted almonds or pumpkin seeds if using.
6. Serve: Garnish with extra parsley and lemon wedges alongside. Serve warm.



**Chef's note** For extra texture, toss the cooked farro with a handful of baby spinach while still warm so it wilts slightly and adds color.

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# Tofu Teriyaki Bowl with Sesame Brown Rice

4 servings · 10 min prep · 20 min cook · Easy

A balanced, high-protein bowl featuring pan-seared tofu glazed in a savory-sweet teriyaki and served over nutty sesame brown rice with crisp vegetables. Quick to prepare and great for meal prep.

## INGREDIENTS

- 1 1/2 cups long-grain brown rice
- 3 cups low-sodium vegetable broth or water
- 1 tbsp toasted sesame oil
- 14 oz (400 g) extra-firm tofu, pressed and cut into 1-inch cubes
- 2 tbsp neutral oil (canola or sunflower)
- 2 cups broccoli florets, trimmed
- 1 red bell pepper, thinly sliced
- 1 medium carrot, julienned or sliced thin
- 3 green onions, sliced (reserve some for garnish)
- 2 tbsp sesame seeds, toasted
- For the teriyaki sauce:
  - 1/3 cup low-sodium soy sauce or tamari
  - 2 tbsp honey or maple syrup
  - 2 tbsp brown sugar
  - 1 tbsp rice vinegar

1 tsp freshly grated ginger

- 2 garlic cloves, minced
- 1 tsp cornstarch mixed with 2 tbsp cold water (slurry)

#### **METHOD**

1. Rinse the brown rice under cold water, then combine with vegetable broth (or water) in a saucepan; bring to a boil, reduce heat to low, cover and simmer 35–40 minutes until tender and liquid is absorbed (while this rice takes longer, start it first and use the cook\_minutes to prepare the tofu and veggies; alternatively use quick-cook brown rice to fit timing).
2. While rice is cooking, whisk together soy sauce, honey (or maple), brown sugar, rice vinegar, ginger, and garlic in a small bowl; set aside the cornstarch slurry.
3. Press excess water from tofu, pat dry, and toss gently with a pinch of salt and pepper.
4. Heat 1 tbsp neutral oil in a large nonstick skillet over medium-high heat; add tofu in a single layer and sear 3–4 minutes per side until golden all over. Transfer tofu to a plate.
5. In the same skillet, add remaining 1 tbsp oil and the broccoli, bell pepper, and carrot; stir-fry 4–5 minutes until vegetables are crisp-tender.
6. Return tofu to the skillet, pour the teriyaki sauce over, and bring to a simmer. Stir the cornstarch slurry again and add to the pan, cooking 1–2 minutes until sauce thickens and evenly coats the tofu and vegetables.
7. When rice is done, fluff with a fork and stir in 1 tbsp toasted sesame oil and 1

tbsp toasted sesame seeds for flavor.

8. Assemble bowls by dividing sesame brown rice among 4 bowls, topping with tofu and vegetable teriyaki, then garnish with sliced green onions and remaining toasted sesame seeds.

**Chef's note** For a gluten-free version use tamari or coconut aminos and swap honey for maple syrup if desired.

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# Black Bean, Sweet Potato, and Quinoa Power Bowl

4 servings · 10 min prep · 20 min cook · Easy

A balanced, protein-packed bowl combining earthy black beans, roasted sweet potatoes, and fluffy quinoa topped with a zesty lime-tahini dressing. Ready in 30 minutes, it's a satisfying meal for lunch or dinner.

## INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups low-sodium vegetable broth or water
- 2 medium sweet potatoes (about 1 lb), peeled and diced into 1/2-inch cubes
- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- Salt and freshly ground black pepper, to taste
- 1 (15 oz) can black beans, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 small red onion, thinly sliced
- 4 cups baby spinach or mixed greens
- 1 ripe avocado, sliced
- 2 tablespoons chopped fresh cilantro (optional)
- For the lime-tahini dressing:
  - 3 tablespoons tahini

2 tablespoons fresh lime juice (about 1 lime)

- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- 1-2 tablespoons warm water, to thin
- Salt and pepper, to taste
- Optional garnish: sesame seeds or toasted pumpkin seeds

#### **METHOD**

1. 1. Preheat the oven to 425°F (220°C). Toss the diced sweet potatoes with olive oil, cumin, smoked paprika, salt, and pepper on a baking sheet; spread in a single layer.
2. 2. Roast the sweet potatoes for 18-20 minutes, turning once, until tender and lightly caramelized.
3. 3. Meanwhile, bring the rinsed quinoa and vegetable broth (or water) to a boil in a medium saucepan, reduce heat to low, cover, and simmer 12-15 minutes until liquid is absorbed; fluff with a fork.
4. 4. While quinoa cooks, warm the black beans in a small saucepan over low heat for 3-4 minutes or microwave until heated through; season with a pinch of salt and pepper.
5. 5. Whisk together tahini, lime juice, olive oil, minced garlic, and 1 tablespoon warm water; add more water as needed to reach a pourable consistency and season to taste.
6. 6. Assemble bowls: divide quinoa among four bowls, top with roasted sweet potatoes, warmed black beans, cherry tomatoes, red onion, spinach, and avocado slices.

7. Drizzle each bowl with lime-tahini dressing, sprinkle with cilantro and optional seeds, and serve immediately.

**Chef's note** For extra protein, top with a soft-boiled egg or a sprinkle of toasted chickpeas; adjust lime and water in the dressing to balance brightness and creaminess.

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SECTION

## Grill & Skewer Classics

Simple marinades and grilling techniques to deliver juicy protein with smoky char.

# Lemon-Oregano Grilled Chicken Skewers

4 servings · 10 min prep · 20 min cook · Easy

Bright, herb-forward chicken skewers marinated in lemon, oregano, and garlic cook quickly for a protein-rich main. Ideal for grilling or broiling when you want a fast, flavorful dinner.

## INGREDIENTS

- 1 1/2 pounds (700 g) boneless skinless chicken thighs or breasts, cut into 1-inch (2.5 cm) cubes
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons plain yogurt (optional, for tenderness)
- 3 tablespoons fresh lemon juice (about 1 large lemon)
- 1 tablespoon lemon zest
- 2 tablespoons fresh oregano, finely chopped (or 2 teaspoons dried oregano)
- 3 garlic cloves, minced
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon smoked paprika (optional)
- Wood or metal skewers (if using wooden skewers, soak in water 30 minutes before grilling)
- Lemon wedges and chopped parsley, for serving

## METHOD

Combine olive oil, yogurt (if using), lemon juice, lemon zest, oregano, minced garlic, salt, pepper, and smoked paprika in a bowl; whisk until smooth to make the marinade.

2. Add the chicken cubes to the marinade, toss to coat evenly, cover, and refrigerate for at least 15 minutes and up to 2 hours (if short on time, proceed after 15 minutes).
3. Preheat grill to medium-high (about 400°F / 200°C) or heat a grill pan over medium-high heat and oil the grates lightly.
4. Thread marinated chicken onto skewers, leaving a small space between pieces for even cooking.
5. Grill the skewers 4–5 minutes per side, turning once, until exterior is charred in spots and internal temperature reaches 165°F (74°C). Total cook time about 10–12 minutes depending on piece size.
6. Remove skewers from the grill and let rest 3 minutes; sprinkle with chopped parsley and serve with lemon wedges.

**Chef's note** For extra flavor, add a few slices of red onion or bell pepper between chicken pieces before grilling.

# Cumin-Spiced Lamb Kofta with Yogurt Sauce

4 servings · 10 min prep · 20 min cook · Medium

Savory lamb kofta seasoned with warm spices and fresh herbs, grilled until lightly charred and served with a cooling yogurt-cucumber sauce. Ready in about 30 minutes, this skewer dish makes a satisfying protein-forward main for weeknights or gatherings.

## INGREDIENTS

- 500 g (1.1 lb) ground lamb
- 1 small yellow onion, finely grated and excess moisture squeezed out (about 1/2 cup)
- 2 garlic cloves, minced
- 2 tbsp fresh parsley, finely chopped
- 1 tbsp fresh mint, finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/4 tsp ground cinnamon
- 1/4 tsp cayenne pepper (optional)
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1 tbsp olive oil (for brushing)

8 metal or soaked wooden skewers

- 1 cup plain yogurt (Greek or strained)
- 1/2 small cucumber, seeded and finely diced (about 1/3 cup)
- 1 tsp lemon juice
- 1 small garlic clove, grated into yogurt
- 1 tbsp extra-virgin olive oil
- Salt and black pepper to taste
- Lemon wedges and chopped parsley for garnish

#### **METHOD**

1. 1. In a large bowl combine ground lamb, grated onion, minced garlic, parsley, mint, cumin, coriander, smoked paprika, cinnamon, cayenne (if using), salt, and pepper; mix gently until just combined—avoid overworking the meat.
2. 2. Divide mixture into 8 equal portions and shape each portion around a skewer into a 1.5–2 cm thick sausage shape, pressing firmly so they hold together.
3. 3. Cover and chill the skewers for 10 minutes to help them set (optional but recommended for easier grilling).
4. 4. Meanwhile make the yogurt sauce: stir together yogurt, diced cucumber, lemon juice, grated garlic, olive oil, salt, and pepper; taste and adjust seasoning, then refrigerate until serving.
5. 5. Preheat grill or grill pan to medium-high and brush grates with oil; brush each kofta lightly with olive oil before grilling.

6. Grill skewers 3–4 minutes per side, turning to achieve an even char and until internal temperature reaches 70°C (160°F) and juices run clear; total cook time about 10–12 minutes depending on thickness.
7. 7. Remove from grill and let rest 3 minutes on a tray, then transfer to a serving platter.
8. 8. Serve kofta with yogurt sauce, lemon wedges, and a sprinkle of chopped parsley or sumac if desired.

**Chef's note** For a quicker pan-cooked option, sear kofta in a hot cast-iron skillet with a little oil, finishing in a 200°C (400°F) oven for 5–7 minutes to ensure they cook through without drying.

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# Honey-Mustard Grilled Turkey Cutlets

4 servings · 10 min prep · 20 min cook · Easy

Tender turkey cutlets are marinated in a bright honey-mustard glaze and quickly grilled for a juicy, protein-rich main. Ready in about 30 minutes, this dish is perfect for a weeknight barbecue or a simple family dinner.

## INGREDIENTS

- 4 turkey cutlets (about 4–5 oz / 115–140 g each)
- 2 tbsp olive oil
- 3 tbsp Dijon mustard
- 2 tbsp whole-grain mustard
- 2 tbsp honey
- 1 tbsp lemon juice
- 1 garlic clove, minced
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1/2 tsp kosher salt
- Fresh parsley, chopped (for garnish)
- Lemon wedges (for serving)

## METHOD

1. Pat the turkey cutlets dry with paper towels and place them on a large plate or shallow dish.

2. In a bowl, whisk together olive oil, Dijon mustard, whole-grain mustard, honey, lemon juice, minced garlic, smoked paprika, black pepper, and salt until smooth.
3. 3. Pour half of the marinade over the turkey cutlets, turning to coat both sides. Reserve the remaining marinade for basting and serving. Let the cutlets marinate at room temperature for 10 minutes (or refrigerate up to 2 hours).
4. 4. Preheat a grill or grill pan to medium-high heat and oil the grates lightly to prevent sticking.
5. 5. Place the turkey cutlets on the grill and cook for 3–4 minutes per side, brushing once with the reserved marinade, until an instant-read thermometer inserted into the thickest part reads 165°F (74°C) and the cutlets are nicely charred.
6. 6. Transfer the cutlets to a plate and rest for 3 minutes to retain juices.
7. 7. Slice if desired, garnish with chopped parsley, and serve with lemon wedges alongside your choice of sides.

**Chef's note** For even faster results, pound thicker cutlets to an even thickness before marinating so they cook uniformly.

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# Harissa-Rubbed Halloumi and Vegetable Skewers

4 servings · 10 min prep · 20 min cook · Easy

Crisp-edged halloumi pairs with charred vegetables and a smoky harissa rub for vibrant, protein-forward skewers. Quick to assemble and ideal for grilling or broiling, they make a colorful main or shared appetizer.

## INGREDIENTS

- 8 oz (225 g) halloumi, cut into 1-inch (2.5 cm) cubes
- 1 red bell pepper, cut into 1-inch pieces
- 1 yellow bell pepper, cut into 1-inch pieces
- 1 medium zucchini, cut into 1/2-inch rounds
- 1 small red onion, cut into wedges
- 8 cherry tomatoes
- 2 tbsp harissa paste
- 2 tbsp extra-virgin olive oil
- 1 tbsp lemon juice
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- Salt and freshly ground black pepper, to taste
- 8 wooden or metal skewers
- Fresh cilantro or parsley leaves for garnish (optional)
- Lemon wedges for serving (optional)

## METHOD

If using wooden skewers, soak them in water for 15 minutes; preheat grill to medium-high or set oven broiler on high with rack 6 inches from heat.

2. In a bowl, whisk together harissa paste, olive oil, lemon juice, smoked paprika, cumin, and a pinch of salt and pepper to form a rub.
3. Toss halloumi cubes in half of the harissa mixture until evenly coated; set aside to marinate briefly while you prepare vegetables.
4. Toss bell peppers, zucchini, red onion, and cherry tomatoes with the remaining harissa mixture and adjust seasoning.
5. Thread halloumi and vegetables alternately onto skewers, leaving a little space between pieces for even cooking.
6. Grill skewers 3–4 minutes per side, turning gently until vegetables are charred and halloumi is golden and slightly crisp; if broiling, place on a lined baking sheet and broil 3–5 minutes per side, watching closely to avoid burning.
7. Remove skewers from heat and rest 2 minutes, then transfer to a platter and garnish with cilantro or parsley and lemon wedges if using.
8. Serve immediately with extra lemon on the side.

**Chef's note** For extra smoky flavor, add a light sprinkle of sumac before serving or swap cherry tomatoes for halloumi-free guests for a vegetarian-only skewer.

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SECTION

## Vegetarian Protein Mains

Meat-free mains that maximize plant proteins through thoughtful pairing and seasoning.

# Red Lentil and Coconut Curry with Spinach

4 servings · 10 min prep · 20 min cook · Easy

A hearty, protein-rich curry featuring red lentils simmered in coconut milk with warming spices and a handful of fresh spinach. Ready in 30 minutes, it's a simple, satisfying vegetarian main for weeknights or meal prep.

## INGREDIENTS

- 1 cup red lentils, rinsed and drained
- 1 tablespoon vegetable oil or neutral oil
- 1 medium onion, finely chopped (about 1 cup)
- 3 garlic cloves, minced
- 1 tablespoon fresh ginger, grated
- 1 tablespoon tomato paste
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon smoked paprika or mild chili powder
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon fine sea salt, plus more to taste
- 1 can (14 oz / 400 ml) canned diced tomatoes
- 1 can (14 oz / 400 ml) full-fat coconut milk
- 2 cups low-sodium vegetable broth or water

- 4 cups fresh baby spinach (packed)
- 2 tablespoons lemon or lime juice
- 2 tablespoons chopped fresh cilantro (optional, for garnish)
- Cooked basmati rice or naan, for serving

#### **METHOD**

1. 1. Rinse the red lentils under cold water until the water runs clear; drain and set aside.
2. 2. Heat the oil in a large saucepan or Dutch oven over medium heat. Add the chopped onion and a pinch of salt, and sauté until softened and translucent, about 5 minutes.
3. 3. Stir in the minced garlic and grated ginger and cook for 1 minute until fragrant.
4. 4. Add the tomato paste, turmeric, cumin, coriander, smoked paprika, and black pepper; cook, stirring constantly, for 1 minute to bloom the spices.
5. 5. Pour in the diced tomatoes, coconut milk, and vegetable broth, and scrape up any browned bits from the bottom of the pan.
6. 6. Stir in the rinsed lentils, bring the mixture to a gentle boil, then reduce heat to low and simmer uncovered for 12–15 minutes, stirring occasionally, until the lentils are tender and the curry has thickened.
7. 7. Stir in the fresh spinach and cook for 1–2 minutes until wilted. If the curry is too thick, add up to 1/2 cup water or broth to reach desired consistency.
8. 8. Remove from heat and stir in the lemon or lime juice. Taste and adjust

seasoning with additional salt or spices as needed.

9. 9. Serve the curry over basmati rice or with warm naan, and garnish with chopped cilantro if using.

**Chef's note** For extra protein and texture, fold in a cup of cooked chickpeas during step 7 or top servings with roasted spiced cauliflower.

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# Baked Eggplant and Chickpea Moussaka

4 servings · 10 min prep · 20 min cook · Medium

A hearty, protein-rich vegetarian take on classic moussaka featuring roasted eggplant, a spiced chickpea-tomato filling, and a creamy béchamel topping. It assembles quickly and bakes until golden and bubbling for a comforting main course.

## INGREDIENTS

- 2 medium eggplants (about 1.2 lb / 550 g), sliced into 1/2-inch rounds
- 3 tbsp olive oil, divided
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp ground cinnamon
- 1/4 tsp red pepper flakes (optional)
- 1 (14 oz / 400 g) can diced tomatoes
- 1 (15 oz / 425 g) can chickpeas, drained and rinsed
- Salt and freshly ground black pepper, to taste
- 2 tbsp tomato paste
- 1/4 cup chopped fresh parsley
- For the béchamel:

3 tbsp unsalted butter

- 3 tbsp all-purpose flour
- 2 cups milk (whole or 2%)
- 1/4 cup grated Parmesan or a hard vegetarian alternative
- 1 large egg, lightly beaten
- Pinch of ground nutmeg

#### **METHOD**

1. Preheat oven to 425°F (220°C). Line two baking sheets with parchment paper and brush both sides of the eggplant slices with 2 tablespoons olive oil; season lightly with salt. Arrange in a single layer and roast 12–15 minutes, flipping once, until tender and lightly browned. Reduce oven to 375°F (190°C) after roasting.
2. Meanwhile, heat remaining 1 tablespoon olive oil in a large skillet over medium heat. Add the chopped onion and cook 4–5 minutes until softened. Add garlic, cumin, smoked paprika, cinnamon, and red pepper flakes; cook 1 minute until fragrant.
3. Stir in tomato paste and canned diced tomatoes, breaking up larger pieces. Simmer 5 minutes, then add drained chickpeas. Cook 4–5 minutes to meld flavors; season with salt and pepper and stir in chopped parsley. Remove from heat.
4. Prepare the béchamel: melt butter in a small saucepan over medium heat. Whisk in flour and cook 1 minute. Gradually whisk in milk, bringing to a gentle simmer until thickened, about 3–4 minutes. Remove from heat; whisk in grated

cheese, a pinch of nutmeg, and slowly temper in the beaten egg so it blends smoothly.

5. Assemble the moussaka in a 9x9-inch (or similar) baking dish: layer half the roasted eggplant slices to cover the bottom, spread the chickpea-tomato mixture evenly, then top with remaining eggplant slices. Pour the béchamel over the top, smoothing to cover the surface.
6. Bake at 375°F (190°C) for 20–25 minutes, until the top is set and golden. Let rest 10 minutes before slicing to firm up.
7. Serve warm, garnished with extra chopped parsley or a light drizzle of olive oil.

**Chef's note** For a lighter version, swap half the milk for unsalted vegetable stock and use low-fat cheese; for extra richness, sprinkle a little grated cheese on top before baking.

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# Black Lentil Shepherd's Pie with Cauliflower Mash

4 servings · 10 min prep · 20 min cook · Easy

A protein-rich vegetarian twist on a classic comfort dish, using black (beluga) lentils for a hearty filling and a light cauliflower mash topping. Ready in about 30 minutes, it's satisfying, flavorful, and weeknight-friendly.

## INGREDIENTS

- 1 cup dried black (beluga) lentils, rinsed
- 2 cups low-sodium vegetable broth
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 medium carrot, finely diced
- 1 celery stalk, finely diced
- 1 tablespoon olive oil
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon dried thyme
- 1 tablespoon soy sauce or tamari
- 1/2 cup frozen peas
- Salt and black pepper to taste
- 1 small head cauliflower (about 1.5 lb), trimmed and cut into florets

2 tablespoons unsalted butter or olive oil

- 3 tablespoons milk or unsweetened plant milk
- 1/4 teaspoon ground nutmeg (optional)
- 2 tablespoons grated hard cheese (optional)
- Fresh parsley, chopped, for garnish

#### **METHOD**

1. 1. Preheat the oven to 400°F (200°C). Place rinsed lentils and 2 cups vegetable broth in a small saucepan; bring to a simmer, cover, and cook until just tender, about 15 minutes. Drain any excess liquid and set lentils aside.
2. 2. While lentils cook, steam or boil cauliflower florets until very tender, about 8–10 minutes. Drain well and return to the pot.
3. 3. Mash the cauliflower with butter (or olive oil), milk, nutmeg (if using), salt and pepper until smooth or to desired texture; stir in grated cheese if using. Keep warm.
4. 4. In a skillet over medium heat, warm olive oil. Add chopped onion, carrot, and celery and sauté until softened, about 5 minutes. Add garlic and cook 30 seconds more until fragrant.
5. 5. Stir in tomato paste, cumin, smoked paprika, and thyme, cooking 1 minute to bloom the spices. Add cooked lentils, soy sauce, and frozen peas; toss and heat through for 2–3 minutes. Taste and adjust seasoning with salt and pepper.
6. 6. Transfer the lentil-vegetable mixture to an ovenproof baking dish (about 9x9-inch or similar). Spoon the cauliflower mash evenly over the top and

smooth with a spatula.

7. 7. Bake in the preheated oven until the top is lightly golden and the filling bubbles at the edges, about 10 minutes. For a browned top, finish under the broiler 1–2 minutes, watching closely.
8. 8. Remove from oven, let rest 5 minutes, garnish with chopped parsley, then serve warm.

**Chef's note** For added texture, stir a handful of toasted pine nuts or sunflower seeds into the lentil filling before topping with mash.

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# Mushroom and White Bean Ragout over Polenta

4 servings · 10 min prep · 20 min cook · Easy

A hearty, protein-rich vegetarian main featuring earthy mushrooms and creamy white beans in a savory tomato-thyme ragout, served over soft, buttery polenta. Ready in 30 minutes, it's comforting and satisfying for weeknight dinners or guests.

## INGREDIENTS

- 1 cup coarse polenta (cornmeal)
- 4 cups water
- 1 cup milk (dairy or unsweetened plant milk)
- 2 tbsp unsalted butter or olive oil
- 1/2 cup grated Parmesan or nutritional yeast
- 2 tbsp olive oil
- 1 large shallot, finely chopped (about 1/2 cup)
- 3 garlic cloves, minced
- 1 lb (450 g) cremini or button mushrooms, sliced
- 1 tsp kosher salt, divided
- 1/4 tsp black pepper, divided
- 1/2 tsp smoked paprika (optional)
- 1 (14 oz / 400 g) can cannellini or navy beans, drained and rinsed
- 1 cup cherry tomatoes, halved (or 1 cup canned diced tomatoes, drained)
- 1/2 cup vegetable stock or water

1 tsp tomato paste (optional, for depth)

- 1 tsp fresh thyme leaves (or 1/2 tsp dried thyme)
- 1/2 tsp fresh rosemary, minced (or 1/4 tsp dried)
- 1 tbsp lemon juice
- 2 tbsp chopped fresh parsley for garnish
- Salt and pepper to taste

#### **METHOD**

1. Bring 4 cups water to a boil in a medium saucepan. Whisk in the polenta gradually, reduce heat to low and simmer, stirring frequently, until thick and tender, about 6–8 minutes.
2. Stir in milk and 2 tbsp butter or olive oil, then fold in grated Parmesan or nutritional yeast. Season polenta with 1/2 tsp salt and 1/8 tsp black pepper. Keep warm over very low heat, stirring occasionally.
3. While polenta cooks, heat 2 tbsp olive oil in a large skillet over medium-high heat. Add shallot and cook 2 minutes until softened, then add garlic and cook 30 seconds until fragrant.
4. Add sliced mushrooms and 1/2 tsp salt; sauté 6–8 minutes until mushrooms release their liquid and begin to brown. Sprinkle smoked paprika if using and stir to combine.
5. Stir in drained beans, cherry tomatoes, vegetable stock, and tomato paste. Add thyme and rosemary, reduce heat to medium-low, and simmer 4–5 minutes until the sauce thickens slightly and flavors meld.
6. Season ragout with lemon juice, remaining salt and pepper to taste. If the ragout is too dry, add up to 2 tbsp more stock; if too thin, simmer a minute

longer uncovered.

7. Spoon warm polenta into shallow bowls or a platter, top with generous ladles of mushroom and white bean ragout, and drizzle any pan juices over the top.
8. Garnish with chopped parsley and an extra grind of black pepper. Serve immediately.

**Chef's note** For a creamier polenta, substitute half the water with milk and finish with an extra pat of butter; leftovers refrigerate well and reheat with a splash of milk.

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SECTION

## Seafood & Fish

Lean, nutrient-dense seafood dishes that are quick to prepare and full of flavor.

# Cedar-Plank Salmon with Citrus Herb Crust

4 servings · 10 min prep · 20 min cook · Medium

A bright, aromatic salmon baked on a soaked cedar plank for smoky flavor and a crisp citrus-herb crust. Ready in 30 minutes, it's an elegant main that pairs well with steamed greens or herbed couscous.

## INGREDIENTS

- 1 (2 to 2½ lb) center-cut salmon fillet, skin on, pin bones removed
- 1 cedar grilling plank, 12 x 8 inches, soaked in water at least 1 hour
- 2 tbsp extra-virgin olive oil
- 2 tsp Dijon mustard
- 1 garlic clove, minced
- 1 tbsp finely grated lemon zest
- 1 tbsp finely grated orange zest
- 2 tbsp fresh lemon juice
- 2 tbsp chopped fresh flat-leaf parsley
- 1 tbsp chopped fresh dill
- 1/3 cup panko breadcrumbs
- 1/4 tsp sea salt, plus more to season
- 1/4 tsp black pepper
- Lemon wedges, for serving

## METHOD

Preheat oven to 400°F (200°C). Place the soaked cedar plank on a rimmed baking sheet.

2. Pat the salmon dry with paper towels and season skin and flesh lightly with salt and pepper. Place salmon, skin-side down, on the cedar plank.
3. In a small bowl whisk together olive oil, Dijon mustard, minced garlic, lemon zest, orange zest, lemon juice, parsley, dill, and salt and pepper until combined.
4. Stir in panko breadcrumbs until they cling to the herb mixture; the texture should be moist but not runny.
5. Spread the citrus-herb mixture evenly over the top of the salmon, leaving a small border at the edges.
6. Bake on the center oven rack for 18–22 minutes, or until the salmon flakes easily with a fork and the crust is golden. If you prefer a lightly charred finish, place under the broiler for 1–2 minutes, watching closely to avoid burning.
7. Remove the plank from the oven and let rest 3 minutes. Transfer salmon to a serving platter or slice directly on the plank and serve with lemon wedges.

**Chef's note** Soak the cedar plank for at least 1 hour to prevent excessive charring and achieve a gentle smoky aroma; reserve any extra herb mixture for a quick sauce if desired.

# Spicy Prawn and Garlicky Chickpea Stew

4 servings · 10 min prep · 20 min cook · Easy

A vibrant, protein-rich stew combining juicy prawns and hearty chickpeas in a fragrant garlic-tomato base with warming spices. Ready in 30 minutes, it's a simple one-pot dinner that pairs well with crusty bread or steamed rice.

## INGREDIENTS

- 1 lb (450 g) raw prawns, shelled and deveined
- 2 tbsp olive oil
- 1 medium yellow onion, finely chopped (about 1 cup)
- 4 garlic cloves, minced
- 1 (14 oz/400 g) can diced tomatoes
- 1 (14 oz/400 g) can chickpeas, drained and rinsed
- 1 cup low-sodium vegetable stock
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp ground coriander
- 1/4-1/2 tsp red pepper flakes or cayenne (adjust to taste)
- Zest and juice of 1 lemon
- Salt and freshly ground black pepper to taste
- 2 tbsp chopped fresh cilantro or parsley
- Optional: 1 tbsp tomato paste for deeper tomato flavor

## METHOD

1. Heat olive oil in a large skillet or shallow pot over medium heat until shimmering.
2. Add chopped onion and a pinch of salt; cook, stirring occasionally, until softened and translucent, about 5 minutes.
3. Stir in minced garlic, cumin, smoked paprika, ground coriander, and red pepper flakes; cook 30 seconds until fragrant.
4. If using, add tomato paste and cook 1 minute, then pour in diced tomatoes and vegetable stock; bring to a gentle simmer.
5. Add the drained chickpeas, stir to combine, and simmer uncovered for 6–8 minutes to meld flavors and slightly reduce the sauce.
6. Season the prawns with a little salt, pepper, and lemon zest; add them to the simmering stew and cook 3–5 minutes, stirring occasionally, until prawns are opaque and cooked through.
7. Stir in lemon juice and chopped cilantro or parsley; adjust seasoning with salt, pepper, and additional red pepper flakes if desired.
8. Serve hot with crusty bread, steamed rice, or flatbreads to soak up the sauce.

**Chef's note** For extra depth, finish with a drizzle of good olive oil and a sprinkle of toasted cumin seeds just before serving.

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# Seared Swordfish with Tomato-Olive Relish

4 servings · 10 min prep · 20 min cook · Medium

Firm, meaty swordfish steaks are quickly seared to golden perfection and topped with a bright, briny tomato-olive relish. This dish is fast, high in protein, and pairs well with a simple salad or herbed couscous.

## INGREDIENTS

- 4 swordfish steaks (6 oz each), about 1-inch thick
- 2 tbsp extra-virgin olive oil, plus 1 tsp for relish
- 1 tsp kosher salt, divided
- 1/2 tsp freshly ground black pepper, divided
- 1 cup cherry tomatoes, quartered
- 1/2 cup kalamata olives, pitted and halved
- 1 small shallot, finely minced
- 1 garlic clove, minced
- 2 tbsp capers, drained and rinsed
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1/4 tsp crushed red pepper flakes (optional)
- Lemon wedges, for serving

## METHOD

Pat the swordfish steaks dry and season both sides with 1/2 tsp salt and 1/4 tsp black pepper.

2. Heat 2 tbsp olive oil in a large nonstick or cast-iron skillet over medium-high heat until shimmering.
3. Place the steaks in the hot skillet and sear without moving for 3-4 minutes, until a golden crust forms.
4. Flip the steaks and cook 3-4 minutes more for medium doneness (internal temperature 130-135°F / 55-57°C) or longer to your preference. Remove from pan and tent with foil to rest.
5. While the fish cooks, combine cherry tomatoes, olives, shallot, garlic, capers, parsley, lemon juice, lemon zest, 1 tsp olive oil, remaining 1/2 tsp salt, 1/4 tsp black pepper, and red pepper flakes in a bowl; mix gently to combine.
6. Taste the relish and adjust seasoning as needed. Let it sit for 2 minutes to meld flavors.
7. Serve each swordfish steak topped with a generous spoonful of tomato-olive relish and lemon wedges on the side.

**Chef's note** For extra flavor, briefly deglaze the pan with a splash of low-sodium vegetable or chicken stock and spoon over the steaks before adding the relish.

# Baked Cod with Lentil Ragout and Lemon

4 servings · 10 min prep · 20 min cook · Medium

A bright, protein-rich dinner pairing flaky baked cod with a hearty spiced lentil ragout. Quick to assemble and balanced with lemon and fresh herbs for a light finish.

## INGREDIENTS

- 4 cod fillets (about 6 oz / 170 g each), skinless
- Salt and freshly ground black pepper, to taste
- 2 tbsp extra-virgin olive oil, divided
- 1 medium onion, finely chopped (about 1 cup)
- 2 cloves garlic, minced
- 1 medium carrot, diced (about 1/2 cup)
- 1 celery stalk, diced (about 1/2 cup)
- 1 cup dried green or brown lentils, rinsed
- 2 1/2 cups low-sodium vegetable or chicken stock
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1 bay leaf
- Zest and juice of 1 lemon
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh dill or chives
- Freshly ground black pepper, to taste

Lemon wedges, for serving

#### METHOD

1. Preheat the oven to 200°C (400°F). Lightly oil a baking dish and pat the cod fillets dry; season both sides with salt and pepper and drizzle with 1 tablespoon olive oil.
2. Place the cod in the prepared dish and bake for 10–12 minutes, until opaque and just flaky; timing depends on thickness. Remove from oven and keep warm.
3. While the cod bakes, heat the remaining 1 tablespoon olive oil in a medium saucepan over medium heat. Add the onion, carrot, and celery and sauté 5–6 minutes until softened.
4. Add the garlic, cumin, and smoked paprika and cook 1 minute until fragrant. Stir in the lentils, bay leaf, and stock, bring to a simmer, then reduce heat to low.
5. Cover and cook the lentils gently for 18–20 minutes, stirring occasionally, until tender but not mushy. If the ragout becomes too thick, add a splash more stock or water to reach a saucy consistency.
6. Remove and discard the bay leaf. Stir in lemon zest, 2 tablespoons lemon juice (or to taste), chopped parsley, and dill or chives. Season with salt and freshly ground black pepper.
7. To serve, spoon a generous portion of lentil ragout onto each plate and top with a baked cod fillet. Finish with additional lemon juice if desired and serve with lemon wedges.

**Chef's note** For extra texture, stir in a handful of baby spinach just before

serving so it wilts into the warm ragout.

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SECTION

## Legumes & Pulses

Versatile legume dishes that spotlight fiber and protein for satisfying meals.

# Three-Bean Chili with Roasted Pepper

4 servings · 15 min prep · 30 min cook · Easy

A hearty, protein-packed chili featuring three beans and sweet roasted red pepper for depth and color. Ready in under an hour and great for meal prep or a cozy weeknight dinner.

## INGREDIENTS

- 1 tablespoon olive oil
- 1 medium yellow onion, finely chopped (about 1 cup)
- 3 garlic cloves, minced
- 1 medium carrot, diced
- 1 red bell pepper, roasted, peeled, seeded and chopped (or 1 cup store-bought roasted red pepper, drained)
- 1 tablespoon tomato paste
- 1 (14 oz) can crushed tomatoes
- 1 (15 oz) can kidney beans, drained and rinsed
- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can cannellini beans, drained and rinsed
- 1 cup low-sodium vegetable stock
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika

1/4 teaspoon ground coriander

- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon black pepper
- 1 tablespoon lime juice
- 2 tablespoons chopped fresh cilantro (optional, for garnish)

#### **METHOD**

1. If roasting pepper: place whole red bell pepper under broiler or over a gas flame, turning until charred all over; transfer to a bowl, cover, cool 10 minutes, then peel, seed and chop. Otherwise drain and chop store-bought roasted peppers.
2. Heat olive oil in a large pot over medium heat. Add chopped onion and carrot and sauté 5–7 minutes until softened and translucent.
3. Add garlic and tomato paste; cook 1 minute, stirring constantly until fragrant and tomato paste darkens slightly.
4. Stir in crushed tomatoes, roasted red pepper, vegetable stock, chili powder, cumin, smoked paprika, coriander, salt, and pepper. Bring to a gentle simmer.
5. Add the drained kidney beans, black beans, and cannellini beans. Stir to combine and reduce heat to low.
6. Simmer uncovered for 20–25 minutes, stirring occasionally, until flavors meld and chili thickens to desired consistency. Adjust seasoning as needed.
7. Remove from heat and stir in lime juice. Let rest 5 minutes before serving.
8. Serve hot, garnished with chopped cilantro if using. Leftovers refrigerate 3–4

days or freeze for up to 3 months.

**Chef's note** For extra depth, add a splash of soy sauce or a teaspoon of dark molasses while simmering to enhance umami.

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# Curried Split-Pea and Pumpkin Stew

4 servings · 10 min prep · 20 min cook · Easy

A comforting, high-protein stew that combines tender split peas with sweet pumpkin and warming curry spices. Ready in about half an hour, it's a hearty weeknight meal served with rice or flatbread.

## INGREDIENTS

- 1 cup dried split peas (green or yellow), rinsed
- 2 cups pumpkin or butternut squash, peeled and diced (about 2 cups)
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tbsp curry powder
- 1 tsp ground cumin
- 1/2 tsp ground turmeric
- 1/4 tsp cayenne pepper (optional)
- 2 tbsp olive oil
- 4 cups low-sodium vegetable broth
- 1 cup canned coconut milk (light or regular)
- 1 tbsp tomato paste
- 1 tbsp lemon juice
- Salt and black pepper to taste

Fresh cilantro or parsley for garnish

- Cooked rice or warm flatbread, for serving

#### METHOD

1. Heat olive oil in a large pot over medium heat. Add chopped onion and sauté until translucent, about 4 minutes.
2. Stir in minced garlic and grated ginger and cook 1 minute until fragrant.
3. Add curry powder, cumin, turmeric, and cayenne (if using). Toast spices for 30 seconds, stirring constantly.
4. Add rinsed split peas, diced pumpkin, tomato paste, and vegetable broth. Stir to combine and bring to a gentle boil.
5. Reduce heat to a simmer, cover, and cook 15–18 minutes until split peas and pumpkin are tender. Stir occasionally and add a splash of water or extra broth if too thick.
6. Stir in coconut milk and simmer uncovered 2–3 minutes to meld flavors. Season with lemon juice, salt, and black pepper; adjust to taste.
7. If you prefer a smoother texture, lightly mash some of the peas and pumpkin with the back of a spoon or pulse briefly with an immersion blender, keeping some chunks for texture.
8. Ladle stew into bowls, garnish with chopped cilantro or parsley, and serve with rice or warm flatbread.

**Chef's note** For extra protein, stir in cooked, diced chicken or firm tofu at step 6 and heat through before serving.

# White Bean and Kale Sauté with Crispy Garlic

4 servings · 10 min prep · 20 min cook · Easy

A hearty, protein-rich skillet featuring creamy white beans and tender kale tossed with bright lemon and crunchy garlic. Ready in 30 minutes, it works as a main for two or a side for four.

## INGREDIENTS

- 2 tablespoons extra-virgin olive oil, divided
- 6 large garlic cloves, thinly sliced
- 1 small shallot, finely chopped
- 1/2 teaspoon red pepper flakes (optional)
- 2 (15-ounce) cans cannellini beans, drained and rinsed (about 3 cups)
- 1 large bunch curly kale (about 8 ounces), stems removed and leaves roughly chopped
- 1/2 teaspoon fine sea salt, plus more to taste
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon lemon zest
- 2 tablespoons fresh lemon juice
- 1/4 cup low-sodium vegetable broth or water
- 1 tablespoon chopped fresh parsley (optional)
- 1 tablespoon toasted pine nuts or slivered almonds (optional for crunch)

## METHOD

Warm a large skillet over medium heat and add 1 tablespoon olive oil; when shimmering, add the sliced garlic and cook, stirring, until golden brown and crisp, 1 to 2 minutes—transfer garlic with a slotted spoon to a paper towel-lined plate and reserve.

2. Add the remaining 1 tablespoon olive oil to the skillet, reduce heat to medium-low, and sauté the chopped shallot with red pepper flakes until translucent, about 2 minutes.
3. Stir in the rinsed white beans and heat through for 2 minutes, tossing to coat with oil and shallot.
4. Add the chopped kale, salt, pepper, lemon zest, and the vegetable broth or water; cover and cook until the kale is wilted and tender, 4 to 6 minutes, stirring once or twice.
5. Remove the lid, increase heat to medium, and gently mash about 1/3 of the beans in the skillet with the back of a spoon to thicken the mixture; cook 1 to 2 more minutes to reduce excess liquid.
6. Stir in the lemon juice and adjust seasoning with additional salt and pepper to taste.
7. Transfer to a serving dish, sprinkle with the reserved crispy garlic, chopped parsley, and toasted nuts if using, and serve warm.

**Chef's note** For a creamier texture, mash more of the beans or stir in a spoonful of Greek yogurt just before serving.

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# Smoky Red Bean Burgers with Minted Yogurt

4 servings · 10 min prep · 20 min cook · Medium

Hearty, smoky red bean burgers crisped to golden perfection and served with a bright minted yogurt sauce. Fast to assemble and packed with protein and flavor, they make a satisfying weeknight meal or picnic option.

## INGREDIENTS

- 1 (15 oz) can red kidney beans, drained and rinsed (about 1 1/2 cups)
- 1 small red onion, finely chopped (about 3/4 cup)
- 1 garlic clove, minced
- 1/2 cup cooked brown rice or quinoa
- 1/3 cup fine breadcrumbs (use gluten-free if needed)
- 1 large egg, lightly beaten
- 2 tbsp chopped fresh parsley
- 1 tbsp tomato paste
- 1 tsp ground cumin
- 1 1/2 tsp smoked paprika
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper (optional)
- Salt and freshly ground black pepper, to taste
- 2-3 tbsp olive oil or neutral cooking oil, for frying
- 4 burger buns or flatbreads, toasted
- Lettuce leaves and sliced tomato, for serving

For the minted yogurt:

- 1 cup plain yogurt (Greek or strained)
- 2 tbsp chopped fresh mint
- 1 tbsp lemon juice
- 1/2 tsp honey or agave (optional)
- Salt and pepper, to taste

#### **METHOD**

1. Make the minted yogurt: in a small bowl combine yogurt, chopped mint, lemon juice, optional honey, and a pinch of salt and pepper; refrigerate while preparing patties.
2. In a medium bowl roughly mash the drained red beans with a fork or potato masher, leaving some texture (a few whole beans remaining).
3. Add the finely chopped onion, minced garlic, cooked rice or quinoa, breadcrumbs, beaten egg, tomato paste, parsley, cumin, smoked paprika, ground coriander, and cayenne if using; season with salt and pepper and mix until a cohesive mixture forms.
4. If the mixture feels too wet, add a tablespoon more breadcrumbs; if too dry, add a teaspoon of water or a splash of olive oil. Divide mixture into 4 even portions and shape into compact patties about 3/4-inch thick.
5. Heat 1 tablespoon oil in a large nonstick or cast-iron skillet over medium heat. When hot, add two patties and cook 4–5 minutes per side until deep golden and heated through; add more oil as needed and repeat with remaining patties.
6. Assemble burgers by spreading minted yogurt on the bottom bun or flatbread,

topping with a red bean patty, lettuce, tomato slices, and extra yogurt on top. Serve immediately.

**Chef's note** For firmer patties that hold up on the grill, chill formed patties for 15–20 minutes before cooking.

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SECTION

## Comforting Soups

Warm, restorative soups that are protein-forward without being heavy — perfect for any season.

# Chicken, Chickpea, and Lemon Orzo Soup

4 servings · 10 min prep · 20 min cook · Easy

A bright, protein-rich soup combining shredded chicken, creamy chickpeas and tender orzo, finished with lemon and herbs for comforting, wholesome bowls any night of the week.

## INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion, finely diced (about 1 cup)
- 2 medium carrots, peeled and diced (about 1 cup)
- 2 celery stalks, diced (about 1 cup)
- 3 garlic cloves, minced
- 1 teaspoon dried thyme or 1 tablespoon fresh thyme leaves
- 6 cups low-sodium chicken broth
- 1 15-ounce can chickpeas, drained and rinsed (about 1 1/2 cups)
- 1 cup orzo pasta
- 2 cups cooked shredded chicken (rotisserie or poached), about 10–12 ounces
- Zest and juice of 1 large lemon (about 2 tablespoons juice)
- 1/4 teaspoon crushed red pepper flakes (optional)
- Salt and freshly ground black pepper, to taste
- 2 cups baby spinach or chopped kale (optional)
- 2 tablespoons chopped fresh parsley for garnish

## METHOD

1. Heat the olive oil in a large Dutch oven or soup pot over medium heat until shimmering.
2. Add the diced onion, carrots and celery; cook, stirring occasionally, until the vegetables are softened, about 5–6 minutes.
3. Stir in the minced garlic and thyme and cook for 30 seconds until fragrant.
4. Pour in the chicken broth and bring to a gentle simmer.
5. Add the chickpeas and orzo; simmer, stirring occasionally, until the orzo is tender, about 8–10 minutes.
6. Stir in the shredded chicken and cook just until heated through, about 2 minutes.
7. Remove the pot from the heat and stir in the lemon zest and lemon juice; season with salt, pepper and red pepper flakes if using.
8. If using greens, stir in the spinach or kale until wilted, then taste and adjust seasoning.
9. Ladle into bowls and sprinkle with chopped parsley before serving.

**Chef's note** For deeper flavor, use homemade chicken stock and add a parmesan rind while simmering, removing it before serving.

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# Creamy Lentil and Tomato Soup with Herb Oil

4 servings · 10 min prep · 20 min cook · Easy

A velvety, protein-rich soup that balances earthy red lentils and bright tomatoes, finished with a fragrant herb oil for freshness. Fast to make and comforting year-round.

## INGREDIENTS

- 1 cup red lentils, rinsed
- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 medium carrot, diced
- 1 celery stalk, diced
- 1 (14 oz / 400 g) can crushed tomatoes
- 4 cups vegetable stock (or low-sodium chicken stock)
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt, plus more to taste
- 1/4 teaspoon black pepper
- 1/2 cup plain Greek yogurt (for serving)
- For the herb oil:
  - 1/4 cup extra-virgin olive oil

1/4 cup fresh parsley leaves

- 2 tablespoons fresh basil leaves
- 1 teaspoon lemon zest
- 1/2 teaspoon lemon juice
- Pinch of salt

#### **METHOD**

1. Heat 1 tablespoon olive oil in a large pot over medium heat; add the chopped onion, carrot, and celery and cook until softened, about 5 minutes.
2. Add the minced garlic, ground cumin, and smoked paprika and cook, stirring, until fragrant, about 30 seconds.
3. Stir in the rinsed red lentils, crushed tomatoes, and vegetable stock; bring to a simmer.
4. Reduce heat to medium-low, cover partially, and simmer until lentils are very tender, about 15 minutes.
5. While the soup simmers, prepare the herb oil: combine extra-virgin olive oil, parsley, basil, lemon zest, lemon juice, and a pinch of salt in a blender and pulse until smooth; set aside.
6. When lentils are tender, use an immersion blender to purée the soup until smooth and creamy, or transfer in batches to a blender and return to the pot.
7. Season the soup with salt and black pepper to taste and warm through for 1–2 minutes more.
8. Ladle soup into bowls, drizzle each serving with herb oil and a dollop of plain

Greek yogurt, and serve immediately.

**Chef's note** For extra protein, stir in 1/2 cup cooked white beans or shredded cooked chicken at the final step and adjust seasoning.

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# Spiced Turkey and Butternut Squash Soup

4 servings · 10 min prep · 20 min cook · Easy

A cozy, protein-forward soup that balances lean turkey with sweet roasted butternut and warming spices. Ready in about 30 minutes, it's perfect for a weeknight dinner or meal prep.

## INGREDIENTS

- 1 tbsp olive oil
- 1 medium yellow onion, finely chopped (about 1 cup)
- 2 garlic cloves, minced
- 1 lb (450 g) ground turkey (lean)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp ground coriander
- 1/4 tsp ground cinnamon
- 1/4 tsp red pepper flakes (optional)
- 4 cups butternut squash, peeled and diced (about 1 medium squash)
- 4 cups low-sodium chicken or vegetable stock
- 1 can (14 oz / 400 g) diced tomatoes, undrained
- 1/2 cup plain Greek yogurt (for serving, optional)
- 2 tbsp chopped fresh cilantro or parsley
- Salt and freshly ground black pepper to taste

Juice of 1/2 lemon (about 1 tbsp)

#### METHOD

1. Heat olive oil in a large pot over medium heat. Add the chopped onion and cook until softened, about 4 minutes.
2. Stir in the minced garlic and cook 30 seconds until fragrant. Add the ground turkey and cook, breaking it up with a spoon, until no longer pink, about 5 minutes.
3. Add cumin, smoked paprika, coriander, cinnamon, and red pepper flakes (if using). Cook, stirring, 1 minute to bloom the spices.
4. Stir in the diced butternut squash, diced tomatoes with their juices, and the stock. Bring to a simmer.
5. Reduce heat to medium-low, cover, and simmer until the squash is tender, about 12 minutes.
6. Use an immersion blender to purée the soup to your desired texture, leaving some chunks for body, or transfer two-thirds to a blender and return to the pot.
7. Season with salt, pepper, and lemon juice. Reheat gently if needed and adjust seasoning.
8. Ladle into bowls and garnish with a dollop of Greek yogurt (if using) and chopped cilantro or parsley.

**Chef's note** For deeper flavor, roast the squash at 425°F (220°C) with a drizzle of oil and a pinch of salt for 20 minutes before adding to the soup.

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# Miso Salmon Broth with Silken Tofu and Greens

4 servings · 10 min prep · 20 min cook · Medium

A soothing, protein-rich broth featuring tender salmon, silky tofu, and leafy greens in a warm miso-infused dashi. Quick to assemble, it makes a comforting weeknight meal that's light yet satisfying.

## INGREDIENTS

- 6 cups water
- 1 piece kombu (about 4 x 4 cm)
- 3 dried shiitake mushrooms
- 3 tablespoons white miso paste
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon toasted sesame oil
- 400 g (14 oz) salmon fillets, skin removed and cut into 6-8 bite-size pieces
- 300 g (10 oz) silken tofu, drained and cut into 1-inch cubes
- 4 cups baby spinach or baby bok choy, rinsed
- 1-inch piece fresh ginger, thinly sliced
- 2 scallions, thinly sliced (white and green parts separated)
- 1 small garlic clove, smashed (optional)
- Juice of 1/2 lime (optional)
- Salt and freshly ground black pepper to taste

## METHOD

1. Make a simple dashi: in a medium pot combine water, kombu, and dried

shiitake; bring just to a simmer over medium heat, remove kombu before boiling, and simmer 5 minutes with shiitake.

2. 2. Remove shiitake, slice thin and reserve for the soup; keep the broth on low heat.
3. 3. Whisk miso with 1/2 cup of warm broth in a small bowl until smooth, then stir the miso slurry back into the pot; keep broth warm but do not boil to preserve miso flavor.
4. 4. Add sliced ginger, garlic (if using), soy sauce, and sesame oil to the broth and taste; adjust seasoning with a pinch of salt or pepper.
5. 5. Gently slide salmon pieces into the simmering broth and poach 4–6 minutes until just cooked through, then add silken tofu cubes and reserved shiitake slices and warm 2 minutes more.
6. 6. Add spinach or bok choy and the white parts of the scallions; simmer 1 minute until greens are wilted.
7. 7. Turn off heat, stir in lime juice if using, garnish with scallion greens, and serve immediately in deep bowls.

**Chef's note** For a deeper umami, soak the dried shiitake longer in warm water before making the dashi and add a teaspoon of toasted sesame seeds as garnish.

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SECTION

## Sheet-Pan & One-Tray Dinners

Minimal cleanup, maximum flavor: balanced protein meals roasted together on one sheet pan.

# Za'atar Chicken with Roasted Root Vegetables

4 servings · 10 min prep · 30 min cook · Easy

A simple, high-protein sheet-pan dinner featuring za'atar-spiced chicken and caramelized root vegetables. Ready in about 40 minutes, it's an easy all-in-one meal with bright lemon and garlic notes.

## INGREDIENTS

- 1 1/2 pounds (700 g) boneless skinless chicken thighs (or breasts), trimmed
- 2 tablespoons za'atar
- 1 tablespoon lemon zest
- 2 tablespoons fresh lemon juice
- 3 tablespoons extra-virgin olive oil, divided
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt, plus more to taste
- 1/2 teaspoon freshly ground black pepper
- 3 medium carrots, peeled and cut into 1-inch pieces
- 2 medium parsnips, peeled and cut into 1-inch pieces
- 1 medium sweet potato, peeled and cut into 1-inch cubes
- 1 small red onion, cut into wedges
- 1 red bell pepper, seeded and cut into 1-inch pieces
- 2 tablespoons chopped fresh parsley (optional, for garnish)

Lemon wedges, for serving

#### **METHOD**

1. Preheat the oven to 425°F (220°C) and line a large rimmed baking sheet with foil or parchment for easy cleanup.
2. In a large bowl, whisk together za'atar, lemon zest, lemon juice, 2 tablespoons olive oil, minced garlic, ground cumin, 1 teaspoon salt, and 1/2 teaspoon pepper to form a marinade.
3. Add the chicken to the marinade and toss to coat evenly. Let sit while you prepare the vegetables (5–10 minutes).
4. On the prepared baking sheet, toss carrots, parsnips, sweet potato, red onion, and red bell pepper with the remaining 1 tablespoon olive oil and a pinch of salt and pepper; spread the vegetables in an even layer, leaving space in the center for the chicken.
5. Arrange the marinated chicken pieces in the center of the sheet pan, spooning any remaining marinade over the top of the chicken.
6. Roast in the preheated oven for 25–30 minutes, stirring the vegetables once halfway through and turning the chicken once, until the chicken reaches an internal temperature of 165°F (74°C) and the vegetables are tender and caramelized at the edges.
7. If you prefer crisper chicken skin or more color on the vegetables, broil for 2–3 minutes, watching closely to avoid burning.
8. Remove from the oven, let rest 3–5 minutes, then sprinkle with chopped parsley and serve with lemon wedges.



**Chef's note** For extra protein, serve over a bed of warm quinoa or toss in a handful of roasted chickpeas during the last 10 minutes of cooking for added texture.

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# Garlic Yogurt Marinated Shrimp and Asparagus

4 servings · 10 min prep · 20 min cook · Easy

A quick sheet-pan dinner where tangy garlic-yogurt–marinated shrimp roast alongside crisp-tender asparagus for a protein-rich, vibrant meal ready in 30 minutes.

## INGREDIENTS

- 1 lb (450 g) large raw shrimp, peeled and deveined
- 1 lb (450 g) asparagus, trimmed
- 3/4 cup plain Greek yogurt
- 3 cloves garlic, minced
- 2 tbsp extra-virgin olive oil, divided
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp kosher salt, plus more to taste
- 1/4 tsp freshly ground black pepper
- 1/4 tsp crushed red pepper flakes (optional)
- 1 tbsp chopped fresh parsley or cilantro for garnish
- Lemon wedges, for serving

## METHOD

Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper or lightly oil it.

2. In a bowl, whisk together Greek yogurt, minced garlic, 1 tbsp olive oil, lemon juice, lemon zest, smoked paprika, cumin, 1/2 tsp salt, black pepper, and red pepper flakes if using.
3. Add the shrimp to the yogurt mixture and toss to coat evenly. Let marinate at room temperature for 5–10 minutes while you prepare the asparagus.
4. Toss asparagus with the remaining 1 tbsp olive oil and a pinch of salt and arrange in a single layer on one side of the prepared baking sheet.
5. Place the marinated shrimp in a single layer on the other side of the baking sheet, shaking off excess marinade so shrimp roast rather than steam.
6. Roast for 8–12 minutes, or until shrimp are opaque and just cooked through and asparagus is crisp-tender (thicker asparagus may need up to 14 minutes).
7. Remove from oven, sprinkle with chopped parsley or cilantro, adjust seasoning to taste, and serve immediately with lemon wedges.

**Chef's note** For extra char, broil 1–2 minutes at the end watching closely; adjust roasting time based on shrimp size to avoid overcooking.

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# Maple-Soy Salmon with Brussels Sprouts

4 servings · 10 min prep · 20 min cook · Easy

A simple high-protein sheet-pan dinner featuring tender, maple-soy glazed salmon and caramelized Brussels sprouts. Ready in 30 minutes for an easy weeknight meal with bright lemon and toasted sesame notes.

## INGREDIENTS

- 4 salmon fillets (about 6 oz / 170 g each), skin on or off
- 1 lb (450 g) Brussels sprouts, trimmed and halved
- 2 tbsp extra-virgin olive oil, divided
- 3 tbsp pure maple syrup
- 2 tbsp low-sodium soy sauce
- 1 tbsp freshly grated ginger
- 2 garlic cloves, minced
- 1 tsp Dijon mustard
- 1 tsp rice vinegar or lemon juice
- 1/2 tsp cornstarch mixed with 1 tbsp water (slurry)
- Salt and black pepper, to taste
- 1 lemon, cut into wedges
- 1 tbsp toasted sesame seeds (optional)
- 2 tbsp chopped fresh parsley or cilantro (optional)

## METHOD

Preheat oven to 425°F (220°C) and line a sheet pan with foil or parchment for easy cleanup.

2. Toss halved Brussels sprouts with 1 tablespoon olive oil, salt, and pepper; spread cut-side down on one side of the sheet pan.
3. Whisk together maple syrup, soy sauce, grated ginger, minced garlic, Dijon, and rice vinegar in a small bowl; stir in the cornstarch slurry to slightly thicken the glaze.
4. Pat salmon dry, season lightly with salt and pepper, brush each fillet with 1 tablespoon olive oil, and place them skin-side down (if applicable) on the other side of the sheet pan.
5. Brush half of the maple-soy glaze over the salmon and drizzle a little glaze over the Brussels sprouts; reserve the remaining glaze for serving.
6. Roast for 12–15 minutes, until Brussels sprouts are tender and caramelized at the edges and salmon reaches an internal temperature of 125–130°F (52–54°C) for medium; if desired, broil 1–2 minutes to deepen glaze color, watching carefully to avoid burning.
7. Remove from oven, spoon remaining glaze over salmon, and let rest 2 minutes; garnish with lemon wedges, toasted sesame seeds, and chopped herbs before serving.

**Chef's note** For extra browning, cut a shallow crosshatch into thick salmon fillets so the glaze caramelizes more evenly under the broiler.

# Moroccan-Spiced Lamb with Carrot and Chickpea Tray

4 servings · 10 min prep · 20 min cook · Medium

A bright, protein-rich sheet-pan dinner featuring tender spiced lamb, roasted carrots and hearty chickpeas. Ready in about 30 minutes, it's an easy one-tray meal with bold North African flavors.

## INGREDIENTS

- 1.25 lb (560 g) boneless lamb shoulder or leg, trimmed and cut into 1-inch cubes
- 2 tbsp extra-virgin olive oil, divided
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp smoked paprika
- 1/2 tsp ground cinnamon
- 1/4 tsp ground turmeric
- 1/8-1/4 tsp cayenne pepper (adjust to taste)
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 3 cloves garlic, minced
- 1 large red onion, cut into 1/2-inch wedges
- 1 lb (450 g) carrots, peeled and cut on the bias into 1/2-inch pieces
- 1 (15 oz/425 g) can chickpeas, drained and rinsed

1 tbsp tomato paste

- 2 tsp lemon zest plus 1 tbsp lemon juice
- Fresh cilantro or flat-leaf parsley, chopped, for garnish (about 1/4 cup)
- Optional: 1/4 cup toasted slivered almonds or chopped pistachios for serving

#### **METHOD**

1. Preheat the oven to 425°F (220°C). Line a large rimmed baking sheet with parchment paper or lightly grease it.
2. In a large bowl combine 1 tbsp olive oil, cumin, coriander, smoked paprika, cinnamon, turmeric, cayenne, salt, pepper, minced garlic, lemon zest, and tomato paste; stir to form a paste.
3. Toss the lamb cubes in the spice paste until evenly coated. Set aside to marinate briefly while you prepare the vegetables (5 minutes).
4. In a second bowl toss the carrots, red onion wedges and chickpeas with the remaining 1 tbsp olive oil and a pinch of salt and pepper.
5. Arrange the spiced lamb in a single layer on one side of the baking sheet and spread the carrots, onion and chickpeas on the other side. Keep items in a single layer for even roasting.
6. Roast for 12 minutes, then remove the sheet and stir the vegetables; flip the lamb pieces. Return to the oven and roast another 8–10 minutes until lamb is browned and cooked to medium (internal temp about 145°F/63°C) and carrots are tender-crisp.
7. Remove from the oven, drizzle lemon juice over the tray contents, and gently toss the vegetables and chickpeas with the lamb juices on the sheet.
8. Transfer to a serving platter, sprinkle with chopped cilantro or parsley and

toasted nuts if using, and serve immediately.

**Chef's note** For extra depth, briefly sear lamb cubes in a hot skillet before arranging on the tray to develop a deeper crust without extending bake time.

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SECTION

## Quick Stir-Fries & Skillets

Fast-cooking skillet recipes that lock in texture and flavor for weeknight dinners.

# Ginger-Garlic Beef and Broccoli Stir-Fry

4 servings · 10 min prep · 20 min cook · Easy

A quick, protein-forward weeknight stir-fry featuring tender beef and crisp-tender broccoli in a savory ginger-garlic sauce. Ready in 30 minutes, it pairs well with steamed rice or cauliflower rice for a lower-carb option.

## INGREDIENTS

- 1 lb (450 g) beef sirloin or flank, thinly sliced against the grain
- 1 large head broccoli (about 12 oz/350 g), cut into small florets
- 3 tbsp vegetable oil, divided
- 4 garlic cloves, minced
- 2 tbsp fresh ginger, grated
- 3 scallions, white and green parts separated, thinly sliced
- 3 tbsp low-sodium soy sauce
- 1 tbsp oyster sauce (optional)
- 2 tbsp beef or chicken broth (or water)
- 1 tbsp rice vinegar
- 1 tbsp brown sugar or honey
- 1 tsp sesame oil
- 1 tbsp cornstarch mixed with 3 tbsp cold water (slurry)
- Freshly ground black pepper, to taste
- 1 tbsp toasted sesame seeds (optional, for garnish)

## METHOD

1. Pat the beef dry and toss with 1 tablespoon soy sauce and a pinch of black pepper; set aside to marinate while you prepare the rest.
2. In a small bowl combine the remaining 2 tablespoons soy sauce, oyster sauce (if using), broth, rice vinegar, brown sugar, and sesame oil; stir until sugar dissolves and set aside.
3. Heat 1 tablespoon vegetable oil in a large skillet or wok over high heat. When shimmering, add broccoli and stir-fry 3–4 minutes until bright green and just tender; remove broccoli to a plate.
4. Add the remaining 2 tablespoons oil to the pan. When hot, add the marinated beef in a single layer (work in batches if needed) and sear 1–2 minutes per side until browned but not fully cooked through; transfer beef to the plate with broccoli.
5. Reduce heat to medium, add a splash more oil if the pan is dry, then add garlic, ginger, and the white parts of the scallions; cook 30–45 seconds until fragrant, stirring constantly so they don't burn.
6. Return beef and broccoli to the pan, pour the sauce over, and toss to combine. Bring to a simmer for 1 minute.
7. Stir in the cornstarch slurry and continue to cook 30–60 seconds until the sauce thickens and coats the beef and broccoli evenly.
8. Remove from heat, adjust seasoning with pepper or a touch more soy sauce if needed, and sprinkle with the green scallion slices and toasted sesame seeds before serving.



**Chef's note** Slice the beef very thin (partially freeze for 20 minutes first) for tender, quick cooking; cook in a very hot pan to get a good sear without overcooking.

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# Sichuan Tofu and Green Bean Stir-Fry

4 servings · 10 min prep · 20 min cook · Easy

A quick, protein-forward stir-fry that pairs crisp-tender green beans with golden, seared tofu in a bold, spicy Sichuan-style sauce. Ready in about 30 minutes for a weeknight dinner that keeps well for leftovers.

## INGREDIENTS

- 400 g firm tofu, drained, pressed and cut into 1-inch cubes
- 300 g green beans, trimmed and halved
- 2 tbsp vegetable oil, divided
- 1 tsp Sichuan peppercorns, toasted and lightly crushed
- 4 dried red chilies, halved and seeds optional
- 3 garlic cloves, minced
- 1 tbsp fresh ginger, minced
- 3 scallions, white and green parts separated and sliced
- 1 tbsp Doubanjiang (spicy broad bean paste)
- 2 tbsp light soy sauce
- 1 tbsp dark soy sauce (for color) or extra light soy
- 1 tbsp rice vinegar
- 1 tsp granulated sugar
- 1 tsp cornstarch mixed with 3 tbsp water (slurry)
- 1 tsp toasted sesame oil

Salt and freshly ground black pepper to taste

- 1 tbsp toasted sesame seeds (for garnish, optional)

#### **METHOD**

1. Pat tofu dry, toss gently with a pinch of salt and a light coating of cornstarch if desired; heat 1 tbsp vegetable oil in a large nonstick skillet or wok over medium-high heat and sear tofu cubes until all sides are golden and crisp, about 6–8 minutes; transfer tofu to a plate.
2. Add the remaining 1 tbsp oil to the same pan; add crushed Sichuan peppercorns and dried chilies and stir-fry for 20–30 seconds until fragrant, taking care not to burn them.
3. Add minced garlic, ginger, and the white parts of the scallions; stir constantly for 30–45 seconds until aromatic.
4. Toss in green beans and stir-fry for 4–5 minutes until they start to blister and become bright green but still have some bite; if beans stick, add 1–2 tbsp water and cover briefly for 1 minute.
5. Push vegetables to the side, add Doubanjiang to the hot spot and fry for 20 seconds to bloom its flavor, then mix with the green beans.
6. Return the seared tofu to the pan and pour in light soy sauce, dark soy sauce, rice vinegar, and sugar; gently toss to combine and coat everything evenly.
7. Stir in the cornstarch slurry and cook for 1–2 minutes until sauce thickens and becomes glossy; adjust seasoning with salt and pepper if needed.
8. Finish with toasted sesame oil and the green parts of the scallions, give one final toss, then transfer to a serving dish and sprinkle with toasted sesame

seeds if using.

**Chef's note** For extra smokiness, char the green beans briefly over high heat or use a cast-iron skillet; tofu can be pan-fried or shallow-fried for added crispness.

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# Chicken and Snap Pea Stir-Fry with Lime

4 servings · 10 min prep · 20 min cook · Easy

A bright, high-protein weeknight stir-fry featuring tender chicken, crisp snap peas, and a zesty lime-garlic sauce for a quick, balanced meal.

## INGREDIENTS

- 1.25 lb (560 g) boneless skinless chicken breasts, thinly sliced against the grain
- 1 tbsp cornstarch
- 1/2 tsp fine salt
- 2 tbsp neutral oil (vegetable or canola), divided
- 1 medium onion, thinly sliced
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, finely grated
- 8 oz (225 g) snap peas, ends trimmed
- 1 medium red bell pepper, thinly sliced
- 3 tbsp low-sodium soy sauce
- 1 tbsp oyster sauce (vegetarian oyster sauce or mushroom sauce optional)
- 1 tbsp honey or maple syrup
- 2 tbsp fresh lime juice (about 1 lime)
- 1/4 cup low-sodium chicken broth or water
- 1 tsp toasted sesame oil

2 scallions, sliced on the diagonal

- 1 tbsp toasted sesame seeds
- Fresh cilantro leaves (optional), for garnish

#### **METHOD**

1. Toss the sliced chicken with cornstarch and 1/2 tsp salt until evenly coated; set aside for 5 minutes.
2. Whisk together soy sauce, oyster sauce, honey, lime juice, and chicken broth in a small bowl; set the sauce aside.
3. Heat 1 tbsp neutral oil in a large skillet or wok over medium-high heat. Add the chicken in a single layer and sear without crowding until golden and cooked through, about 3–4 minutes per side depending on thickness. Transfer to a plate.
4. Add the remaining 1 tbsp oil to the pan. Sauté the onion for 1–2 minutes until slightly softened, then add garlic and ginger and cook 30 seconds until fragrant.
5. Add snap peas and red bell pepper; stir-fry 2–3 minutes until vegetables are bright and crisp-tender.
6. Return the chicken to the pan, pour in the prepared sauce, and toss to combine. Cook 1–2 minutes until the sauce thickens slightly and coats the ingredients.
7. Remove from heat and stir in toasted sesame oil. Taste and adjust seasoning with a pinch of salt or extra lime juice if desired.
8. Garnish with sliced scallions, sesame seeds, and cilantro if using. Serve

immediately with rice or noodles.

**Chef's note** For extra char and flavor, finish under a hot broiler for 1 minute or use a very hot skillet to get a quick sear on the vegetables before tossing with the sauce.

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# Shrimp and Quinoa Fried Rice with Scallions

4 servings · 10 min prep · 20 min cook · Easy

A protein-packed, speedy stir-fry that swaps rice for fluffy quinoa and pairs seared shrimp with crisp scallions and vegetables. Ready in about 30 minutes, it's a balanced one-pan meal for busy weeknights.

## INGREDIENTS

- 1 cup quinoa (uncooked) or 3 cups cooked quinoa (preferably chilled)
- 1 lb (450 g) large shrimp, peeled and deveined
- 2 tbsp neutral oil (vegetable or canola), divided
- 2 large eggs, lightly beaten
- 1 small onion, finely chopped
- 3 cloves garlic, minced
- 1-inch piece ginger, peeled and grated (about 1 tsp)
- 1 cup frozen peas and carrots mix, thawed
- 4 scallions, thinly sliced (separate whites and greens)
- 3 tbsp low-sodium soy sauce
- 1 tbsp toasted sesame oil
- 1 tsp rice vinegar (optional)
- 1/4 tsp black pepper
- Salt to taste
- Lime wedges for serving (optional)

## METHOD

1. 1. If using dry quinoa: rinse 1 cup quinoa, combine with 2 cups water in a pot, bring to a boil, reduce to simmer, cover and cook 15 minutes; fluff and chill. If you have cooked quinoa, skip this step.
2. 2. Pat shrimp dry and season lightly with salt and 1/4 tsp black pepper.
3. 3. Heat 1 tbsp neutral oil in a large skillet or wok over medium-high heat. Add shrimp in a single layer and sear 1-2 minutes per side until pink and opaque. Transfer shrimp to a plate.
4. 4. Add remaining 1 tbsp oil to the pan. Pour in beaten eggs and scramble quickly until just set. Remove eggs and set aside with shrimp.
5. 5. Reduce heat to medium. Add chopped onion, scallion whites, garlic, and ginger to the pan; sauté 2-3 minutes until softened and fragrant.
6. 6. Stir in thawed peas and carrots and cook 1-2 minutes until heated through.
7. 7. Add cooked quinoa to the pan, breaking up any clumps. Toss to combine and warm through, about 2-3 minutes.
8. 8. Return shrimp and scrambled eggs to the skillet. Pour soy sauce, sesame oil, and rice vinegar (if using) over the mixture. Toss well to coat and cook 1-2 minutes more.
9. 9. Taste and adjust seasoning with salt or more soy sauce if needed. Remove from heat and stir in scallion greens.
10. 10. Serve hot with lime wedges for squeezing over, if desired.

**Chef's note** Use chilled, day-old quinoa for best texture; swap shrimp for cubed firm tofu for a vegetarian variation.

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SECTION

## Slow-Cooker & Make-Ahead

Hands-off meals that develop deep flavor over time — ideal for meal planning and batch cooking.

# Slow-Cooked Lamb and Chickpea Tagine

6 servings · 20 min prep · 360 min cook · Medium

A fragrant slow-cooker tagine that yields tender lamb, hearty chickpeas, and warm North African spices — perfect for make-ahead dinners. Serve with couscous or flatbread and a simple herb salad.

## INGREDIENTS

- 1.5 kg (3.3 lb) boneless lamb shoulder, trimmed and cut into 2-inch pieces
- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 4 garlic cloves, minced
- 1 tablespoon tomato paste
- 1 teaspoon ground cinnamon
- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon cayenne pepper (optional)
- 1 teaspoon sea salt, plus more to taste
- 1/2 teaspoon freshly ground black pepper
- 1 cup (240 ml) low-sodium chicken or vegetable stock
- 1 (400 g/14 oz) can diced tomatoes, undrained

- 1 (400 g/14 oz) can chickpeas, drained and rinsed
- 2 medium carrots, peeled and cut into 1/2-inch slices
- 1 red bell pepper, seeded and chopped
- 1 preserved lemon, pulp removed and rind finely chopped (or 1 tablespoon lemon zest + 1 tablespoon lemon juice)
- 1/4 cup (15 g) fresh cilantro, chopped
- 1/4 cup (15 g) fresh flat-leaf parsley, chopped
- 2 tablespoons honey or date syrup
- 1/3 cup (40 g) toasted slivered almonds or chopped toasted almonds (for garnish)

#### **METHOD**

1. Pat the lamb pieces dry and season lightly with 1/2 teaspoon salt and black pepper.
2. In a large skillet over medium-high heat, warm the olive oil. Working in batches, brown the lamb on all sides (2–3 minutes per side). Transfer browned lamb to the slow cooker.
3. Add the chopped onion to the skillet and sauté until soft and translucent, about 5 minutes. Stir in the garlic and tomato paste and cook 1 minute more until fragrant. Transfer onion mixture to the slow cooker.
4. Sprinkle the cinnamon, cumin, coriander, paprika, turmeric, cayenne (if using), and remaining 1/2 teaspoon salt over the lamb. Pour in the stock and diced tomatoes, scraping up any browned bits from the skillet.

Add the carrots, red bell pepper, chickpeas, preserved lemon (or zest and juice), and honey or date syrup to the slow cooker. Stir gently to combine.

6. Cover and cook on LOW for 6–7 hours (or HIGH for 3–4 hours) until the lamb is very tender and the sauce has thickened. Taste and adjust seasoning with salt and pepper.
7. Stir in the chopped cilantro and parsley just before serving. If the sauce is too thin, remove the lid and cook on HIGH for 15–30 minutes to reduce.
8. Serve the tagine over couscous or steamed rice, and sprinkle with toasted almonds for crunch.

**Chef's note** For extra depth, brown a few dried apricots with the onions or stir in chopped apricots during the last hour of cooking.

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# Tomato-Braised Turkey and White Beans

4 servings · 15 min prep · 240 min cook · Easy

A hearty, make-ahead slow-cooker meal that pairs lean turkey with creamy white beans in a bright tomato-herb sauce. Set it and forget it for an easy dinner that reheats beautifully for lunches.

## INGREDIENTS

- 1 lb (450 g) lean ground turkey
- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 (14 oz/400 g) can crushed tomatoes
- 2 tbsp tomato paste
- 1 cup low-sodium chicken broth
- 2 (15 oz/425 g) cans white beans (cannellini or navy), drained and rinsed
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 bay leaf
- Salt and freshly ground black pepper, to taste

1 tbsp lemon juice

- 2 tbsp chopped fresh parsley (for serving)

#### METHOD

1. Heat olive oil in a skillet over medium-high heat. Add ground turkey and cook, breaking up with a spoon, until lightly browned, about 5 minutes; transfer to the slow cooker.
2. In the same skillet, add onion, carrots, and celery and cook until soft, about 4 minutes. Add garlic and cook 30 seconds more; transfer vegetables to the slow cooker.
3. To the slow cooker, add crushed tomatoes, tomato paste, chicken broth, drained white beans, smoked paprika, cumin, oregano, bay leaf, and 1/2 teaspoon salt and a few grinds of black pepper. Stir to combine.
4. Cover and cook on LOW for 4 hours (or HIGH for 2 hours) until flavors meld and vegetables are tender.
5. Remove bay leaf. Stir in lemon juice and adjust seasoning with salt and pepper to taste.
6. Serve hot, sprinkled with chopped parsley. Leftovers keep in the refrigerator up to 4 days and reheat gently on the stove or in the microwave.

**Chef's note** For deeper flavor, brown the turkey well and deglaze the skillet with a splash of broth before adding to the slow cooker.

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# Coconut Black Bean Stew with Sweet Potato

4 servings · 15 min prep · 240 min cook · Easy

A hearty, protein-packed slow-cooker stew that combines creamy coconut, earthy black beans, and tender sweet potato for an easy make-ahead meal. Mildly spiced and naturally filling, it reheats well for lunches or dinners.

## INGREDIENTS

- 2 tablespoons olive oil
- 1 large yellow onion, finely chopped (about 1 1/2 cups)
- 3 garlic cloves, minced
- 1 tablespoon fresh ginger, grated
- 1 large sweet potato (about 1 pound), peeled and cut into 1/2-inch cubes
- 2 (15-ounce) cans black beans, drained and rinsed
- 1 (14-ounce) can diced tomatoes, undrained
- 1 (14-ounce) can full-fat coconut milk
- 1 1/2 cups low-sodium vegetable broth
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground coriander
- 1/4 to 1/2 teaspoon crushed red pepper flakes (adjust to taste)
- 1 tablespoon tomato paste
- 1 tablespoon lime juice

Salt and freshly ground black pepper, to taste

- 2 tablespoons chopped fresh cilantro (plus extra for garnish)
- Cooked brown rice or quinoa, for serving (optional)

#### **METHOD**

1. In a skillet over medium heat, warm the olive oil and sauté the chopped onion until softened and translucent, 4–5 minutes.
2. Add the minced garlic and grated ginger to the skillet and cook, stirring, until fragrant, about 1 minute; transfer the mixture to the slow cooker.
3. Add the cubed sweet potato, black beans, diced tomatoes (with their juices), coconut milk, and vegetable broth to the slow cooker.
4. Stir in the ground cumin, smoked paprika, ground coriander, crushed red pepper flakes, and tomato paste until evenly combined.
5. Cover and cook on high for 3 to 4 hours or on low for 6 to 8 hours, until the sweet potatoes are tender and flavors are well blended.
6. About 15 minutes before serving, stir in the lime juice and chopped cilantro; season with salt and pepper to taste.
7. If you prefer a thicker stew, mash about 1 cup of the mixture against the side of the slow cooker and stir to incorporate, or remove a small amount, mash, and return.
8. Serve hot over cooked brown rice or quinoa and garnish with additional cilantro.



**Chef's note** For extra depth, roast the sweet potato cubes at 425°F for 20 minutes before adding to the slow cooker.

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# Lentil Bolognese for Pasta or Polenta

4 servings · 15 min prep · 240 min cook · Easy

Hearty, protein-rich lentils simmered with tomatoes and aromatics make a satisfying Bolognese that pairs perfectly with pasta or creamy polenta. Make it in a slow cooker for hands-off cooking or prepare ahead and refrigerate for easy weeknight meals.

## INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 1 large yellow onion, finely chopped (about 1 1/2 cups)
- 2 medium carrots, finely diced
- 2 celery stalks, finely diced
- 4 garlic cloves, minced
- 3 tbsp tomato paste
- 1 14-oz can crushed tomatoes
- 1 1/2 cups dried brown or green lentils, rinsed
- 3 cups low-sodium vegetable or chicken stock
- 1/2 cup water (adjust as needed)
- 1 tbsp soy sauce
- 1 tsp dried oregano
- 1 bay leaf
- 1/4 tsp red pepper flakes (optional)
- Salt and freshly ground black pepper, to taste

Fresh basil or parsley, chopped, for serving

- Cooked pasta or polenta, for serving
- Grated Parmesan or Pecorino, for serving (optional)

#### METHOD

1. Heat olive oil in a skillet over medium heat. Add onion, carrot, and celery and sauté until softened, about 6–8 minutes.
2. Add garlic and tomato paste and cook, stirring, 1–2 minutes until fragrant and the paste darkens slightly.
3. Transfer the vegetable mixture to a 4- to 6-quart slow cooker. Add rinsed lentils, crushed tomatoes, stock, water, soy sauce, oregano, bay leaf, and red pepper flakes if using. Stir to combine.
4. Cover and cook on LOW for 4–5 hours until lentils are tender but still hold shape; or on HIGH for 2–3 hours, checking liquid level and adding a splash of water if needed.
5. Remove bay leaf. Using a spoon, mash a small portion of the lentils against the side of the cooker to thicken the sauce, or pulse 1 cup in a blender and return to the pot for a creamier texture.
6. Season with salt and pepper to taste. If the sauce is too acidic, stir in up to 1 tsp sugar or a splash more soy sauce to balance.
7. Serve spooned over warm pasta or creamy polenta, garnished with chopped basil or parsley and grated cheese if desired.

**Chef's note** Leftovers taste better the next day — cool, refrigerate, and gently reheat; add a splash of stock if the sauce has thickened too much.

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SECTION

## Sides, Snacks & Light Proteins

Small plates and snacks to complement meals or serve as protein-rich bites between meals.

# Spiced Roasted Edamame with Lemon Zest

4 servings · 10 min prep · 20 min cook · Easy

Crisp-tender roasted edamame tossed with warm spices and bright lemon zest makes a simple, protein-rich snack or side. Ready in about half an hour, it's fragrant, slightly crunchy, and addictive.

## INGREDIENTS

- 450 g (1 lb) frozen shelled edamame, thawed and patted dry
- 1 tbsp extra-virgin olive oil
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp ground coriander
- 1/4 tsp ground black pepper
- 1/2 tsp fine sea salt, or to taste
- 1/8 tsp cayenne pepper (optional, for heat)
- 1 tsp lemon zest (from 1 lemon)
- 1 tbsp freshly squeezed lemon juice
- 1 tbsp chopped fresh parsley or cilantro (optional, for garnish)

## METHOD

1. Preheat the oven to 220°C (425°F) and line a baking sheet with parchment paper or a silicone mat.
2. In a large bowl, toss the thawed edamame with olive oil until evenly coated.

Combine the cumin, smoked paprika, ground coriander, black pepper, salt, and cayenne (if using) in a small bowl, then sprinkle over the edamame and toss to coat thoroughly.

4. Spread the seasoned edamame in a single layer on the prepared baking sheet, leaving a bit of space between pieces for even roasting.
5. Roast for 12–16 minutes, shaking the pan or stirring once halfway through, until the edamame are golden at the edges and slightly blistered.
6. Remove from the oven, immediately sprinkle with lemon zest and drizzle with lemon juice, then toss to combine while warm.
7. Transfer to a serving bowl, garnish with chopped parsley or cilantro if desired, and serve warm or at room temperature.

**Chef's note** For extra crunch, finish under a hot broiler for 1–2 minutes, watching closely to avoid burning.

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# Smoky Eggplant Dip with Yogurt and Pine Nuts

4 servings · 10 min prep · 20 min cook · Easy

A creamy, smoky dip featuring charred eggplant, tangy yogurt, and crunchy pine nuts. Ready in about 30 minutes, it makes a flavorful accompaniment to flatbread, crudités, or grilled proteins.

## INGREDIENTS

- 2 medium globe eggplants (about 1.2 lb / 550 g)
- 2 tablespoons extra-virgin olive oil, divided
- 3/4 teaspoon fine sea salt, divided
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 2 garlic cloves, minced
- 1 cup plain Greek yogurt (200 g)
- 1 tablespoon tahini (optional)
- 1 tablespoon fresh lemon juice
- 2 tablespoons chopped fresh parsley
- 2 tablespoons toasted pine nuts
- Freshly ground black pepper, to taste
- Extra olive oil, for drizzling
- Pita wedges or vegetable sticks, for serving

## METHOD

Preheat oven to 220°C (425°F) or prepare a hot gas flame for charring; prick each eggplant several times with a fork to prevent bursting.

2. Roast or char the eggplants: place on a baking sheet and roast 20 minutes, turning once, until skins are blistered and flesh is very soft (or hold over a gas flame, turning until evenly charred and collapse).
3. Transfer eggplants to a bowl and cover with a plate or plastic wrap for 5 minutes to steam (this helps loosen skins), then peel off skins and discard stems; scoop flesh into a sieve or colander and let drain 5 minutes to remove excess liquid.
4. Place drained eggplant flesh on a cutting board and chop roughly, then transfer to a mixing bowl and mash with a fork or pulse briefly in a food processor for a smoother texture.
5. Stir in 1 tablespoon olive oil, minced garlic, cumin, smoked paprika, 1/2 teaspoon salt, lemon juice, and tahini (if using); mix until combined and taste, adjusting salt, lemon, or spices as needed.
6. Fold in Greek yogurt until creamy and well incorporated; transfer dip to a serving bowl and smooth the top.
7. Finish: drizzle with remaining olive oil, sprinkle with toasted pine nuts, chopped parsley, and a grind of black pepper; serve warm or at room temperature with pita wedges or vegetable sticks.

**Chef's note** For extra smoke, char the eggplants directly over an open flame or use a small amount of liquid smoke sparingly; always toast pine nuts briefly in a dry skillet until golden for best flavor.

# Baked Falafel with Fresh Herb Salsa

4 servings · 10 min prep · 20 min cook · Easy

Crisp-on-the-outside, tender-on-the-inside baked falafel paired with a bright herb-and-tomato salsa. A lighter, oven-friendly take on a classic that's perfect as a side, snack, or light protein.

## INGREDIENTS

- 1 (15 oz) can chickpeas, drained and rinsed (or 1 1/4 cups cooked chickpeas, well drained)
- 1/2 cup fresh parsley, packed
- 1/2 cup fresh cilantro, packed
- 1 small yellow onion, roughly chopped
- 2 cloves garlic
- 2 tbsp chickpea flour or all-purpose flour
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp baking powder
- 1 tsp fine sea salt
- 1/4 tsp black pepper
- 2 tbsp olive oil (plus extra for brushing)
- 1 tbsp sesame seeds (optional)
- For the Fresh Herb Salsa:

1 cup cherry tomatoes, quartered

- 1/2 cup cucumber, small dice
- 1/4 cup red onion, finely diced
- 1/2 cup mixed fresh parsley and cilantro, chopped
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

#### **METHOD**

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper and lightly brush with olive oil.
2. In a food processor, combine chickpeas, parsley, cilantro, chopped onion, garlic, chickpea flour, cumin, coriander, baking powder, salt, and pepper. Pulse until mixture is coarse and holds together when pressed; do not over-process to a paste.
3. Transfer mixture to a bowl and stir in 2 tablespoons olive oil. If mixture is too loose, add up to 1 tablespoon more flour. Chill 5 minutes if needed to firm up.
4. Form the mixture into 12–16 small patties or balls (about 1.5 inches each) and place on prepared sheet. Lightly brush tops with olive oil and sprinkle sesame seeds if using.
5. Bake for 10 minutes, then flip each falafel, brush again with a little oil, and bake another 8–10 minutes until golden and crisp.
6. While falafel bake, make the herb salsa: combine cherry tomatoes, cucumber,

red onion, chopped herbs, olive oil, lemon juice, salt, and pepper in a bowl. Toss and adjust seasoning.

7. Serve baked falafel warm with fresh herb salsa on top or alongside for dipping.

**Chef's note** For extra crispness, finish under a hot broiler for 1–2 minutes—watch closely to avoid burning.

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# Herbed Cottage Cheese and Cucumber Toasts

4 servings · 10 min prep · 5 min cook · Easy

Bright, protein-rich toasts that come together quickly for breakfast, a light lunch, or an easy snack. Creamy cottage cheese is enlivened with fresh herbs and lemon and paired with crisp cucumber on toasted whole-grain bread.

## INGREDIENTS

- 8 slices whole-grain or sourdough bread
- 2 cups low-fat cottage cheese
- 1 small lemon, zested and juiced
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons finely chopped fresh dill
- 1 tablespoon finely chopped fresh chives
- 1/2 teaspoon flaky sea salt, divided
- 1/4 teaspoon freshly ground black pepper, divided
- 1 medium English cucumber, thinly sliced
- 1 small garlic clove, halved (optional)
- 1 tablespoon toasted sesame seeds or chopped toasted almonds (optional)
- Fresh baby arugula or microgreens for garnish (optional)

## METHOD

1. Toast the bread slices until golden and crisp using a toaster or under a broiler, about 2–4 minutes depending on intensity.

If using garlic, rub the cut side of the halved garlic over the warm toast for a subtle aromatic note.

3. In a bowl, combine cottage cheese, lemon zest, 1 tablespoon lemon juice, olive oil, chopped dill, chives, 1/4 teaspoon salt, and 1/8 teaspoon pepper; stir until smooth but slightly chunky.
4. Taste the cottage cheese mixture and adjust seasoning with remaining lemon juice, salt, or pepper as needed.
5. Arrange cucumber slices on a work surface and lightly sprinkle with the remaining pinch of salt and pepper to draw out a bit of water, blot with paper towel if excess moisture appears.
6. Spread a generous layer of the herbed cottage cheese over each toast, top with overlapping cucumber slices, and finish with a scattering of sesame seeds or almonds and a few arugula leaves or microgreens if using.
7. Serve immediately so the toast remains crisp; leftover topping can be refrigerated for up to 2 days.

**Chef's note** For extra protein and texture, add a thin layer of mashed avocado under the cottage cheese or top with a soft-boiled egg sliced thinly.

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SECTION

## Protein-Forward Desserts

Sweet finishes that incorporate protein without sacrificing indulgence — thoughtful portions and real ingredients.

# Greek Yogurt Cheesecake Jars with Berry Compote

4 servings · 10 min prep · 20 min cook · Easy

Creamy, protein-forward cheesecake jars layered with a bright berry compote make an elegant dessert that's quick to assemble. These individual portions use Greek yogurt and a light cream cheese base, set with agar for a fridge-friendly finish.

## INGREDIENTS

- 1 1/2 cups graham cracker crumbs or digestive biscuit crumbs (about 10–12 crackers)
- 3 tbsp melted unsalted butter or coconut oil
- 8 oz (225 g) cream cheese, softened
- 2 cups (480 g) plain Greek yogurt, full-fat or 2%
- 1/3 cup (80 ml) honey or maple syrup, plus 1 tbsp for compote
- 1 tsp vanilla extract (alcohol-free)
- zest of 1 lemon
- 1 tbsp fresh lemon juice
- 1 tbsp agar-agar powder
- 1/4 cup (60 ml) cold water
- 1 1/2 cups mixed berries (fresh or frozen; e.g., strawberries, blueberries, raspberries)

Optional: fresh mint leaves for garnish

#### **METHOD**

1. Prepare crust: combine graham cracker crumbs and melted butter in a bowl until evenly moistened; divide and press about 2–3 tbsp into the bottom of four 8-oz (240 ml) jars to form a compact base.
2. Make berry compote: in a small saucepan, combine mixed berries, 1 tbsp honey (or maple), and 1 tbsp lemon juice; cook over medium heat, stirring occasionally, until berries break down and mixture thickens, about 6–8 minutes; remove from heat and let cool slightly.
3. Bloom agar: stir agar-agar powder into 1/4 cup cold water in a small saucepan and let sit 1 minute, then heat gently, stirring, until agar fully dissolves and mixture comes to a simmer (about 2–3 minutes); keep warm.
4. Prepare filling: beat softened cream cheese in a bowl until smooth, then add Greek yogurt, 1/3 cup honey, vanilla, lemon zest, and lemon juice; mix until smooth and homogeneous.
5. Combine agar with filling: slowly whisk the warm dissolved agar into the cream cheese–yogurt mixture until fully incorporated and smooth (work quickly; agar begins to set as it cools).
6. Assemble jars: spoon or pipe about half of the filling over the crusts in the jars, add a tablespoon of berry compote, then top with remaining filling to create a layered effect; smooth tops.
7. Chill to set: refrigerate jars until the filling is firm, about 20 minutes (agar sets quickly when cooled); once set, spoon remaining compote over each jar

and chill 5 more minutes if needed.

8. 8. Serve: garnish with fresh mint if desired and serve chilled.

**Chef's note** For a lighter crust, substitute crushed almonds or oats for the crackers and reduce butter slightly; ensure the agar is fully dissolved for a smooth, stable set.

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# Almond-Protein Chocolate Pots with Sea Salt

4 servings · 15 min prep · 10 min cook · Easy

Rich, creamy chocolate pots boosted with almond and protein make a satisfying, portion-controlled dessert that doubles as a post-workout treat. They set silky with agar for a clean, vegetarian finish and a bright sprinkle of sea salt for contrast.

## INGREDIENTS

- 200 g dark chocolate (70%), finely chopped
- 3 tbsp smooth almond butter
- 1 cup plain Greek yogurt (full-fat or 2%)
- 1/2 cup unsweetened almond milk
- 2 scoops (about 40 g) vanilla protein powder (whey or plant-based)
- 2 tbsp unsweetened cocoa powder, sifted
- 3 tbsp maple syrup or honey
- 1 tsp vanilla extract (alcohol-free)
- 1 tsp powdered agar-agar
- 2 tbsp hot water
- Flaky sea salt, for finishing
- Sliced toasted almonds, for garnish (optional)

## METHOD

1. Place the chopped dark chocolate and almond butter in a heatproof bowl.

Warm the almond milk in a small saucepan over low heat until steaming (do not boil), then pour over the chocolate and almond butter. Let sit 1 minute, then whisk until smooth and glossy.

3. In a separate bowl, whisk together Greek yogurt, protein powder, cocoa powder, maple syrup, and vanilla extract until smooth and lump-free.
4. Dissolve the agar-agar in 2 tbsp hot water, stir until fully hydrated, then add to the warm chocolate mixture and return to low heat, stirring for 1–2 minutes to activate the agar.
5. Remove the chocolate mixture from heat and fold it into the yogurt-protein mixture until fully combined and silky.
6. Divide the mixture evenly among four small ramekins or jars. Let cool at room temperature 15 minutes, then refrigerate at least 2 hours, or until set.
7. Just before serving, scatter a few flakes of sea salt over each pot and garnish with sliced toasted almonds if desired.

**Chef's note** For firmer pots, increase agar-agar to 1 1/4 tsp; for a lighter texture, switch to low-fat Greek yogurt and add an extra tablespoon of sweetener if needed.

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# Lemon Ricotta and Oat Parfaits

4 servings · 10 min prep · 20 min cook · Easy

Bright, protein-rich parfaits layered with creamy lemon-scented ricotta and crunchy toasted oat crumble. Ready in about 30 minutes, they make a satisfying high-protein dessert or snack.

## INGREDIENTS

- 1 1/2 cups whole-milk ricotta
- 1/2 cup plain Greek yogurt
- 2 tbsp honey or maple syrup, plus extra to taste
- 1 tsp pure vanilla extract
- Zest of 2 lemons
- 2 tbsp fresh lemon juice
- 1 cup rolled oats
- 2 tbsp almond flour
- 2 tbsp chopped almonds (or mixed nuts)
- 2 tbsp coconut oil or unsalted butter, melted
- 1 tbsp brown sugar or coconut sugar
- 1/4 tsp ground cinnamon
- Pinch of salt
- 1/2 cup mixed berries (fresh or thawed frozen) for layering
- Optional: 1 scoop (about 25 g) vanilla whey or plant-based protein powder

## METHOD

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Make the oat crumble: In a bowl combine rolled oats, almond flour, chopped almonds, brown sugar, cinnamon, and a pinch of salt. Stir in melted coconut oil (or butter) until mixture is evenly moistened.
3. Spread the oat mixture in an even layer on the prepared baking sheet and bake for 12–15 minutes, stirring once halfway, until golden and crisp. Remove and cool.
4. While the oats bake, whisk together ricotta, Greek yogurt, honey (or maple), vanilla, lemon zest, and lemon juice in a bowl until smooth. If using protein powder, whisk it in until fully incorporated; thin with a teaspoon or two of water or extra yogurt if needed.
5. Taste the ricotta mixture and adjust sweetness or lemon to preference.
6. Assemble the parfaits: spoon a layer of the lemon ricotta mixture into four glasses or jars, add a layer of mixed berries, then a layer of toasted oat crumble. Repeat to create 2–3 layers, finishing with a sprinkle of crumble and a few berries on top.
7. Chill the parfaits for at least 10 minutes to meld flavors, or serve immediately for extra crunch. Store leftovers covered in the refrigerator up to 2 days.

**Chef's note** For extra texture, fold in 2 tablespoons of chopped toasted pistachios into the ricotta layer or swap almonds for your preferred nut.

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# Date-Sweetened Chickpea Brownies

8 servings · 15 min prep · 20 min cook · Medium

Dense, fudgy brownies made with pureed chickpeas and Medjool dates for natural sweetness and added protein. They deliver a rich chocolate flavor with a tender, protein-forward crumb—perfect for a healthier dessert option.

## INGREDIENTS

- 1 can (15 oz / 425 g) cooked chickpeas, drained and rinsed
- 10 Medjool dates, pitted (about 1 cup packed)
- 3 large eggs
- 1/3 cup unsweetened cocoa powder
- 1/4 cup unflavored protein powder (whey or plant-based)
- 1/4 cup almond flour
- 1/4 cup almond butter (or other nut butter)
- 2 tbsp coconut oil, melted
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- 1/4 tsp fine sea salt
- 1/3 cup dark chocolate chips (dairy or plant-based), plus extra for topping
- Optional: 2 tbsp chopped toasted walnuts or pecans

## METHOD

1. Preheat the oven to 350°F (175°C). Line an 8x8-inch (20x20 cm) baking pan with parchment paper, leaving an overhang for easy removal.

Place the pitted dates in a small bowl and cover with hot water; let soak 5 minutes to soften, then drain.

3. In a food processor or high-speed blender, combine the drained chickpeas, soaked dates, eggs, almond butter, melted coconut oil, and vanilla; process until completely smooth, stopping to scrape down the sides as needed.
4. Add the cocoa powder, protein powder, almond flour, baking powder, and salt to the chickpea-date mixture; pulse until fully incorporated and thick. Stir in 1/3 cup chocolate chips by hand.
5. Pour the batter into the prepared pan and spread evenly with a spatula. Sprinkle a few extra chocolate chips and the optional chopped nuts over the top.
6. Bake for 18–22 minutes, or until the edges are set and a toothpick inserted near the center comes out with a few moist crumbs (avoid overbaking to keep fudgy texture).
7. Cool completely in the pan on a wire rack, then lift out using the parchment overhang and transfer to a cutting board. Cut into 8 squares and serve.

**Chef's note** For extra fudginess chill the brownies for 30 minutes before slicing; store airtight in the fridge up to 4 days.



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## Thank you

We hope these recipes bring joy to your table.

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