

Protein Bars (Vegetarian)

Ingredients

- 4 ounces soy protein powder, approximately 1 cup
- 2 1/4 ounces oat bran, approximately 1/2 cup
- 2 3/4 ounces whole-wheat flour, approximately 1/2 cup
- 3/4-ounce wheat germ, approximately 1/4 cup
- 1/2 teaspoon kosher salt
- 3 ounces raisins, approximately 1/2 cup
- 2 1/2 ounces dried cherries, approximately 1/2 cup
- 3 ounces dried blueberries, approximately 1/2 cup
- 2 1/2 ounces dried apricots, approximately 1/2 cup
- 1 (12.3-ounce) package soft silken tofu
- 1/2 cup unfiltered apple juice
- 4 ounces dark brown sugar, approximately 1/2 cup packed
- 2 large whole eggs, beaten
- 2/3 cup natural peanut butter
- Canola oil, for pan

Preparation

Line the bottom of a 13 by 9-inch glass baking dish with parchment paper and lightly coat with canola oil. Set aside. Preheat the oven to 350 degrees F.

In a large mixing bowl, combine the protein powder, oat bran, wheat flour, wheat germ, and salt. Set aside.

Coarsely chop the raisins, dried cherries, blueberries and apricots and place in a small bowl and set aside.

In a third mixing bowl, whisk the tofu until smooth. Add the apple juice, brown sugar, eggs, and peanut butter, 1 at a time, and whisk to combine after each addition. Add this to the protein powder mixture and stir well to combine. Fold in the dried fruit. Spread evenly in the prepared baking dish and bake in the oven for 35 minutes or until the internal temperature reaches 205 degrees F. Remove from the oven and cool completely before cutting into squares. Cut into squares and store in an airtight container for up to a week.

SERVES 24

Calories: 167

Total Fat: 5 grams

Saturated Fat: 1 grams

Protein: 8 grams

Total carbohydrates: 23 grams

Sugar: 14 grams

Fiber: 3 grams

Cholesterol: 18 milligrams

Sodium: 79 milligrams

Quinoa salad (Vegetarian)

Ingredients

- 1 cup uncooked quinoa, well rinsed
- 1/2 teaspoon salt
- 2 cups water
- 1/3 cup red onion small diced
- 2 Tbsp lime juice
- 1 15-ounce can black beans, drained and rinsed
- 1 cup corn
- 1 cup cherry tomatoes, cut in half
- 5 ounces queso fresco (OPTIONAL)
- 1 jalapeño, seeded and finely chopped
- 1/4 cup chopped cilantro, including tender stems, packed
- 3 Tbsp olive oil

Preparation

Put the rinsed quinoa, salt and water into a pot and bring it to a boil. Cover and simmer gently until the quinoa absorbs all the water, about 10-15 minutes. Remove from heat and let sit for 5 minutes. Place into a large bowl and fluff up with a fork to help it cool more quickly.

While the quinoa is cooking, prepare the rest of the salad. Soak the red onions in the lime juice and set aside. Mix the prepared black beans, corn kernels, tomatoes, cheese, jalapenos, cilantro, and oil into a large bowl.

When the quinoa has cooled, mix it into the bean mixture. Add the red onion and the lime juice and add salt, more oil or lime juice to taste. Serve cold or at room temperature.

Honey Almond Power Bars (Vegetarian)

Ingredients

- 1 cup old-fashioned rolled oats
- 1/4 cup slivered almonds
- 1/4 cup sunflower seeds
- 1 tablespoon flaxseeds, preferably golden
- 1 tablespoon sesame seeds
- 1 cup unsweetened whole-grain puffed cereal (see Note)
- 1/3 cup currants
- 1/3 cup chopped dried apricots
- 1/3 cup chopped golden raisins
- 1/4 cup creamy almond butter
- 1/4 cup turbinado sugar
- 1/4 cup honey
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt

Preparation

Preheat oven to 350°F. Coat an 8-inch-square pan with cooking spray.

Spread oats, almonds, sunflower seeds, flaxseeds and sesame seeds on a large, rimmed baking sheet. Bake until the oats are lightly toasted and the nuts are fragrant, shaking the pan halfway through, about 10 minutes. Transfer to a large bowl. Add cereal, currants, apricots and raisins; toss to combine.

Combine almond butter, sugar, honey, vanilla and salt in a small saucepan. Heat mixture over medium-low heat, stirring frequently, until the mixture bubbles lightly, about 2 to 5 minutes.

Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain. Transfer to the prepared pan. Lightly coat your hands with cooking spray and press the mixture down firmly to make an even layer (wait until the mixture cools slightly if necessary). Refrigerate until firm, about 30 minutes; cut into 8 bars.

Chicken Ceviche

Ingredients

- 2 lbs of roasted shredded chicken, completely deboned
- 1/2 cup of fresh squeezed lime juice
- 1/2 cup of fresh squeezed lemon juice
- 1/2 red onion, finely diced
- 1 cucumber, small dice
- 1 cup of chopped fresh seeded tomatoes
- 1 serrano chili, seeded and finely diced
- Dash of Tabasco or a light pinch of cayenne pepper
- ½ bunch cilantro
- 1 avocado
- 2 teaspoons of salt
- Pinch of fresh oregano

Preparation

Small dice all of the vegetables, toss with the liquids and chicken. Taste for seasoning and adjust.

Vegetable Ceviche (Vegetarian)

Ingredients

- 1 pound of fresh vegetables including the following:
 - Corn off the cob
 - Bell pepper
 - Jicama
 - Radish
 - Zucchini
 - Pea pods
 - Jalapeno
- 1/2 cup of fresh squeezed lime juice
- 1/2 cup of fresh squeezed lemon juice
- 1/2 red onion, finely diced
- 1 cucumber, small dice
- 1 cup of chopped fresh seeded tomatoes
- 1 serrano chili, seeded and finely diced
- Dash of Tabasco or a light pinch of cayenne pepper
- ½ bunch cilantro
- 1 avocado
- 2 teaspoons of salt
- Pinch of fresh oregano

Preparation

Small dice all of the vegetables and chop the herbs, then toss with the liquids. Taste for seasoning and adjust.

Honey Cinnamon Roasted Chickpeas

Ingredients

- 1 (15 ounce can) chickpeas
- 2 teaspoons canola oil
- 1 teaspoon ground cinnamon
- 1 tablespoon granulated sugar
- 1 tablespoon honey

Preparation

Preheat oven to 375 degrees F.

Drain chickpeas and rinse them under cold water until starch is removed. Place chickpeas on a paper towel to dry. You can peel off the skins if you wish.

In a small bowl, whisk together the oil, cinnamon, and sugar. Place chickpeas in bowl and stir until all of the chickpeas are evenly coated. Spread out the chickpeas on a large baking sheet and bake for 35-40 minutes, or until chickpeas are crunchy and no longer soft in the middle.

Place hot, roasted chickpeas in a small bowl and coat evenly with honey. Spread chickpeas back out on baking sheet and allow to dry.