

Today, more than ever, we want transparency and simplicity within our food choices. Our wellness and sustainability platform, Food with Purpose, infuses both through our food. We invite you to try some of our favorite recipes curated by our Chefs and Dietitians.

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# Wild Salmon with Arugula Farro Apple Salad

## Ingredients

**STEP 1**  
Farro, Cooked 1 ¼ cup

**STEP 2**  
Canola Oil ½ tsp

Salmon, 4 oz 4 each

Granny Smith Apples, Diced 2 cups

Cilantro, Chopped 3 Tbsp

Jalapeno Pepper, Diced 1 ¼ tsp

**STEP 3**  
Red Onion, Thinly Sliced ¼ cup

Ground Cumin 1 tsp.

Fresh Lime Juice 1 Tbsp

Ground Black Pepper ½ tsp

Baby Arugula 1 cup

## Instructions

### STEP 1: Prepare the Farro

Prepare farro according to package directions, about 1 cup of farro to 3 cups of water or broth. Cool & set aside.

### STEP 2: Cook the Salmon

Rub the salmon with oil, then grill for 5-7 minutes on each side, turning once, until the internal temperature reaches 145°.

### STEP 3: Prepare the Salad

In a large bowl, combine the farro, apples, cilantro, jalapeno, onion, cumin, lime juice, pepper, and arugula. Mix thoroughly.

### STEP 4: Plate the Meal

Serve 1 ½ cup of the farro salad with 1 piece of salmon on top for each serving.



This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: Calories: 260; Fat: 6g; Saturated Fat: 2g; Protein: 26g; Total Carbs: 26g; Fiber 3g; Sodium: 100mg

## Ingredients

<b>STEP</b> 1	Pickle Juice	1 oz
<b>STEP</b> 2	Chicken Breast	1 lbs, 8 oz

## Instructions

### STEP 1: Marinate Chicken

Marinate chicken tenders in pickle juice for 24 hours in a refrigerated covered container

### STEP 2: Cook Chicken

Drain Chicken from Marinade and grill chicken until internal temperature reaches 165 degrees F.

### STEP 3: Serve

Serve hot, portion size 1 serving = 3 tenders



This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: 200 Calories; ; Fat: 4.5 g; Saturated Fat: 1 g; Protein: 38 g; Total Carbs: 0 g; Fiber 0 g; Sodium: 130 mg

# Grilled Chicken with Blueberry Basil Salsa

## Ingredients

<b>STEP</b> 1	Fresh Jalapeno Pepper	1 each
<b>STEP</b> 2	Fresh Green Onions, Bunch	½ each
	Blueberries	1½ cup
	Fresh Cilantro, Chopped	¼ cup
	Kosher Salt	¼ tsp
<b>STEP</b> 3	Lime Juice	2 tbsp
	Olive Oil	¾ tsp
	Red Onion, Finely Chopped	¼ each
	Fresh Basil, Chopped	¼ cup
<b>STEP</b> 4	Chicken Breast, 4 oz.	4 each
	Cayenne Pepper	1/8 tsp

## Instructions

### STEP 1: Grill the Jalapeno Peppers

Preheat grill to medium-high flame. Grill jalapeno pepper until slightly charred, turning frequently. When done, pull off stem and remove skin from pepper. Roughly chop the pepper and set aside.

### STEP 2: Grill the Green Onion

Grill whole green onion for about 4 min, turning frequently. Remove from grill, let cool and chop into small pieces.

### STEP 3: Make the Blueberry Salsa

Place 1 cup of the blueberries in a food processor (you will use the rest later). Pulse until coarsely chopped, then transfer to a medium bowl. Add jalapeno, pinch of salt, lime juice, red onion, ½ cup reserved blueberries, cilantro, basil and oil. Toss to combine.

### STEP 4: Grill the Chicken

Sprinkle chicken breast with a pinch of salt and cayenne pepper. Grill for 4 minutes on each side until 165F.

### STEP 5: Plate the Dish

Serve 1 chicken breast with ½ cup salsa, garnish with grilled green onion.



This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: Calories:200; Fat: 5g; Saturated Fat: 1g; Protein: 33g; Total Carbs: 11g; Fiber 2g; Sodium: 200mg

Serves: 4

Portion Size: 1 Chicken Breast, ½ Cup Salsa, Garnish with Grilled Green Onion



### Ingredients

	Skinless, Boneless Chicken Thigh	10½ oz
	Fish Sauce	¾ tsp
<b>STEP 1</b>	Garlic Cloves, Minced	¾ tsp
	Ginger Root, Minced	¾ tsp
	Canola Oil	1 tsp
	Fresh Onions, Chopped	3 oz
	Fresh Ginger Root, Minced	¼ oz
	Garlic Cloves, Minced	¼ oz
<b>STEP 2</b>	Fresh Apples, Diced	¾ oz
	Red Curry Paste	2/3 oz
	Pineapple Juice, 100%, Canned	½ cup
	Light Coconut Milk	2 ¾ oz
	Light Brown Sugar	1 ¾ tsp
	Banana	1 2/3 oz
	Red Onions, Julienne Sliced	2 oz
	Fresh Eggplant, Sliced	8 oz
<b>STEP 3</b>	Fresh Basil, Chopped	1/3 cup
	Lime Juice	1 Tbsp
	Thai Apple Coconut Red Curry	2 cup
<b>STEP 4</b>	Jasmine Rice	2/3 cup
	Water	1 cup

### Instructions

#### STEP 1: Make the Chicken Marinade

Trim visible fat from the chicken and dice into 1-ounce cubes, about one inch, and place in a bowl. Mix olive oil, fish sauce, garlic and ginger together and add to the chicken. Mix well to thoroughly incorporate. Marinate for at least 2 hours in the refrigerator.

#### STEP 2: Prepare the Curry Sauce

Place onions, ginger, garlic, apples, curry paste and pineapple juice into a sauce pan and bring to a boil. Reduce heat, cover and simmer for 15 minutes until apples are tender. Add coconut milk, bananas and brown sugar and mix. In a blender, puree the sauce until very smooth.

#### STEP 3: Prepare the Stew

In a non-stick skillet, sauté chicken pieces to brown. Add the onions, eggplant, and curry sauce and stir well. Cover pan and simmer until the vegetables and chicken are cooked through, about 15-20 minutes, or until an internal temperature of 165F degrees is reached. Just before service, season with lime juice and fresh chopped Thai basil.

#### STEP 4: Prepare the Rice

Place rice and water into pan and place in steamer uncovered. Cook for 20-25 minutes, until rice is tender. Rest for 10 minutes. Fluff with fork.



This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
 Per Serving: Calories:210 ; Fat: 7 g; Saturated Fat: 2.5 g; Protein: 16 g; Total Carbs: 22 g; Fiber 4 g; Sodium: 280 mg

## Ingredients

	Plant Based Oil	1 tsp
STEP 1	Fresh Leeks	2 ¾ oz
	Minced Garlic	1 tbsp, 1 tsp
	Arborio Rice	1 1/3 cup
	Dry White Wine	2/3 cup
STEP 2 & 3	Vegetable Broth	3 cups
	Kosher Salt	¼ tsp
	Plant Based Oil	1 tsp
STEP 4 & 5	Swiss Chard	8 oz
	Minced Garlic	1 tsp
	Frozen Green Peas	2/3 cup
	Lemon Parsley Salmon, 4 oz.	4 each
STEP 6	Olive Oil	½ tbsp
	Salt and Pepper	¼ tsp
STEP 7	Orange Peel, Fresh, Grated	2 tsp

## Instructions

**STEP 1:** Heat oil in large pan and add the leeks. Sauté over medium heat for 4 minutes. Add garlic and rice and sauté another 2 minutes.

**STEP 2:** Pour in white wine and reduce by half. Stir the risotto often and add hot Asian vegetable broth 1 cup at a time, stirring continuously.

**STEP 3:** Cook risotto until al dente and season with salt.

**STEP 4:** In a separate pan, heat oil and sauté swiss chard and garlic. Squeeze out any excess liquid from the swiss chard and chop.

**STEP 5:** Add swiss chard garlic mixture and peas to hot risotto. Keep warm.

**STEP 6:** Coat salmon fillets with oil and season with salt and pepper. On pre-heated grill or pan (medium-high heat), cook for 5-8 min. on each side or desired doneness and set aside.

**STEP 7:** Stir and cook until heated through. Garnish with orange zest and top with cooked salmon.



This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: Calories: 530; Fat: 14g; Saturated Fat: 1.5g; Protein: 29g; Total Carbs: 62g; Fiber 4g; Sodium: 510mg

## Ingredients

	Kosher Salt	¼ tsp
<b>STEP</b>	Ground Black Pepper	¼ tsp
<b>1</b>	Boneless, Skinless Chicken Breast, 4 oz.	4 each
	Canola Oil	1 T, 1 tsp
	Lemon Juice, Fresh	2 Tbsp
	Shallots, Fresh, Peeled, Chopped	<1/4 each
<b>STEP</b>	Garlic Cloves, Crushed	¾ tsp
<b>2</b>	Kosher Salt	¾ tsp
	Lemon Zest, Grated	1 T, 1 tsp
	Apple Cider Vinegar	2 Tbsp
	Red Quinoa, Cooked	2 cups
	Grilled Chicken Breast, see recipe	4 each
	Lemon Vinaigrette, see recipe	½ cup
<b>STEP</b>	Apple, Fresh, Diced	1 cup
<b>3</b>	Celery, Fresh, Diced	1 cup
	Brussel Sprouts, Sliced	2 cups
	Cranberries, Dried	¼ cup
	Green Onions, Bias Cut	¼ cup

## Instructions

### STEP 1: Grill the chicken

Preheat grill. Brush the chicken with oil and season with salt and pepper. Grill chicken on each side until an internal temperature of 165° F is reached and chicken is cooked through.

### STEP 2: Make the vinaigrette

In a blender, place all ingredients except the oil and lemon zest. Process until smooth and drizzled in oil to emulsify. Add lemon zest at the end. Lower heat and simmer for about 30 minutes. Strain.

### STEP 3: Prep the produce

Dice apple, celery, and shave brussels sprouts for assembly.

### STEP 4: Assemble

To assemble: Add to bowl, ½ cup quinoa, top with ¼ apples, ½ brussels sprouts, and ¼ cup celery. Garnish with 1 tbsp cranberries, and 1 tbsp green onions. Drizzle with vinaigrette to finish.



This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: Calories: 500 ; Fat: 24g; Saturated Fat: 3.5g; Protein: 33g; Total Carbs: 40g; Fiber 6g; Sodium: 530mg



## Ingredients

<b>STEP 1</b>	Red Bell Peppers, Fresh	½ each
	Diced Tomatoes, Freshly Chopped	1 1/8 cup
	Green Onion, Freshly Sliced	1/3 cup
<b>STEP 2</b>	Lime Juice, Fresh	3 Tbsp
	Lime Zest, Freshly Grated	¾ tsp
	Cilantro, Freshly Chopped	3 Tbsp
	Chili Powder	1 tsp
	Cumin	1 tsp
<b>STEP 3</b>	Tilapia Filets	16 oz
	Kosher Salt	<1/8 tsp
	Black Pepper	<1/8 tsp
	Canola Oil	2 Tbsp
<b>STEP 4</b>	6" Corn Tortillas	8 each
	Romaine Lettuce, Freshly Chopped	1 cup

## Instructions

### STEP 1:

Preheat oven to 350F. Place peppers in roasting pan and roast in oven until skin is bubbly. Remove from oven, place in a bowl and cover with plastic wrap for 10 minutes. Peel, remove seeds and chop the red peppers.

### STEP 2:

In another bowl, combine chopped tomatoes, cilantro (with stems), green onion, lemon zest and lime juice with tomato mixture and diced peppers. Season with salt and pepper.

### STEP 3:

On a parchment lined baking tray, toss fish with chili powder, cumin, canola oil, salt and pepper. Place fish in a single layer on tray and bake for 5-8 minutes.

### STEP 4:

Warm tortillas. To assemble each taco place in one tortilla 3 tbsp salsa, 2 oz. fish and 1 tbsp of lettuce.



This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: Calories: 320 ; Fat: 11g; Saturated Fat: 1g; Protein: 28g; Total Carbs: 31g; Fiber 5g; Sodium: 178mg



## Ingredients

Sweet Thai Chili Sauce	½ tsp
Lemon Juice, Fresh	1 Tbsp
Canola Oil	1½ tsp
Granulated Sugar	1 Tbsp

**STEP 1**

Sriracha Hot Chili Sauce	1 tsp
Ground Coriander	¼ tsp
Kosher Salt	1/8 tsp
Mint Bunch, Chopped	1 Tbsp

Mango, Peeled, Diced	4 oz
Cucumbers, Peeled, Diced	¼ each

Cilantro, Fresh, Chopped	¼ cup
Kosher Salt	¼ tsp

**STEP 2**

Water	1¾ cup
Lime Juice	1 Tbsp
Dry Brown Rice	1 cup

**STEP 3**

Honeydew Melon, ½-inch Cubed	8 oz
Fresh Orange Zest	1/8 tsp
Mint Bunch, Chopped	¼ tsp

**STEP 4**

Sustainably Farmed Salmon Fillet, Fresh	1 lb.
Kosher Salt	¼ tsp
Canola Oil	1 tsp

## Instructions

### STEP 1: For the Cucumber Mango Salsa

Combine chili sauces, lemon juice, oil, sugar, coriander and salt and whisk to combine and dissolve sugar. Put prepared mango, cucumber & mint in a large bowl. Drizzle dressing over salsa. Toss gently to combine. Set aside.

### STEP 2: For the Cilantro Lime Brown Rice

Combine water, salt and rice. Bring to a boil, add rice, cover and simmer on low until tender, about 40 minutes. Fluff rice and fold in lime juice and fresh chopped cilantro (using stems too). Set aside.

### STEP 3: For the Honeydew Mint Salad

Peel and cut melon into 1/2" cubes. Zest orange and chiffonade mint. Toss ingredients together and chill to below 41°F.

### STEP 4: For the Salmon

Cut filet into 4 oz. portions, coat with oil and season with salt and pepper. On pre-heated grill, cook for 5-8 minutes on each side or desired doneness and set aside.

### STEP 5:

To assemble, place 1 grilled salmon on each plate and top with 1/4 cup cucumber salad, serve with 1/2 cup honeydew and 3/4 cup brown rice.



This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: Calories: 430 ; Fat: 15g; Saturated Fat: 2.5g; Protein: 24g; Total Carbs: 47g; Fiber 3g; Sodium: 400mg

## Basil Walnut Pesto Shrimp Pasta with Corn, Tomatoes & Green Onion

### Ingredients

STEP 1	Whole Grain Spaghetti	5¾ oz
	Boiling Water	2 qt, 2 2/3 c
STEP 2	Italian Parsley, Chopped	¼ oz
	Fresh Basil, Chopped	½ oz
	Parmesan Cheese, Grated	½ oz
	Garlic Cloves, Chopped	½ each
	Walnut Halves & Pieces	1/3 oz
	Extra Virgin Olive Oil	3 T, 1 tsp
STEP 3	Shrimp, 31/40, Peeled, Deveined , Raw	8 oz
	Green Onions, Bunch, Sliced	1 cup
	Cherry Tomatoes, Halved	1 qt
	Crushed Red Pepper Flakes	½ tsp
STEP 4	Garlic Cloves, Minced	1 T, 1 tsp
	Water	½ cup
	Ground Black Pepper	¼ tsp
	Extra Virgin Olive Oil	1 T, 1 tsp
	Corn, Frozen	2 cups

### Instructions

#### STEP 1: For the Pasta

Cook the pasta in boiling water until al dente, 7 to 10 minutes. Drain pasta and set aside.

#### STEP 2: For the Pesto

Preheat oven to 350°F. Toast walnuts and let cool. Put half of olive oil and remaining ingredients into a blender. Blend to a paste consistency, stopping to scrape down the sides twice. Switch onto a low speed and slowly add remaining oil. Use silicone spatula to remove. Set aside.

#### STEP 3: For the Shrimp

Place shrimp in a perforated hotel pan and steam for 2-3 minutes until shrimp reaches an internal temperature of 145°F. Set aside.

#### STEP 4:

To assemble, in a hot sauté pan, drizzle 1 tsp olive oil. Add garlic, sauté for 30 seconds. Add corn, sauté for 1 minute. Add cherry tomatoes, sauté for 1 minute. Add shrimp, sauté until heated through. Add water to deglaze. Add crushed red pepper and pepper. Mix in cooked pasta and pesto and stir to mix and heat through.



This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: Calories: 470 ; Fat: 20g; Saturated Fat: 3g; Protein: 24g; Total Carbs: 55g; Fiber 9.5g; Sodium: 135mg

## Ingredients

	Smoked Paprika	2 tsp
	Boneless, Skinless Chicken Breasts	4 each
<b>STEP 1</b>	Kosher Salt	½ tsp
	Ground Black Pepper	½ tsp
	Extra Virgin Olive Oil	2 tsp

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	Cilantro, Fresh	2 T, 2 tsp
	Parsley, Fresh	2 T, 2 tsp
	Red Onion, Diced	1 T, 1 tsp

<b>STEP 2</b>	Garlic, Peeled, Fresh	2 each
	Lemon Juice, Fresh	1 tsp
	Ground Black Pepper	½ tsp
	Green Onions, Chopped	1 cup
	Olive Oil	1 T, 1 tsp

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	Red Potatoes	1 lb
	Canola Oil	¼ cup
<b>STEP 3 &amp; 4</b>	Cauliflower	2 lb
	Kosher Salt	½ tsp
	Ground Black Pepper	½ tsp

## Instructions

### STEP 1:

Preheat grill. Season chicken with smoked paprika, salt, pepper, and oil. Grill chicken until internal temperature reached 165°F.

### STEP 2:

Cut the green tops off green onions. Chop the herbs and use the leaves and stems. Add all ingredients except olive oil to food processor. Plus a few times until chopped. Slowly add olive oil. Pulse the mixture until olive oil is combined.

### STEP 3:

Wash and diced potatoes, leaving skin on. Chop the head of cauliflower into florets, similar to the size of potatoes. Reserve leaves.

### STEP 4:

Heat oil in a sauté pan over medium heat. Add diced potatoes and cauliflower. Turn heat to medium high. Season to taste with salt and pepper. Sauté until potatoes are golden and cauliflower is crispy.

### STEP 5:

For cauliflower leaves, heat oil over high heat. Add cauliflower leaves, reduce heat to medium. Fry until crisp, then remove from heat and serve immediately.

### STEP 6:

To serve, place grilled chicken over cauliflower hash and top with green onion sauce and crispy cauliflower leaves.

This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: Calories: 460 ; Fat: 24g; Saturated Fat: 3g; Protein: 31g; Total Carbs: 31g; Fiber 5g; Sodium: 570mg



### Ingredients

STEP 1	Tri-Color Quinoa	1 lb, 5 oz
	Boiling Water	1 qt, 2 cup
STEP 2	Beets, Red, Fresh	1 lb, 2 oz
	Olive Oil	1 tbsp
	Ginger Root, Fresh, Minced	1 tbsp
	Kosher Salt	1/8 tsp
	Ground Black Pepper	1/8 tsp
STEP 3	Avocado, Peeled, Cubed	9 oz
	Green Onions, Bunch, Thin Sliced	2 oz
	Cucumbers, Peeled, Fresh, Chopped	3 oz
	Lime Juice, Fresh	3 oz
	Jalapeno Peppers, Fresh Chopped	1 tbsp
	Rice Vinegar, Seasoned	1 tbsp
	Garlic Powder	3/4 tsp
	Crushed Red Pepper Flakes	1 tsp
STEP 4	Kosher Salt	3/4 tsp
	Edamame, Shelled	4 oz
	Carrots, Fresh, Matchstick	3 oz
	Pineapple, Fresh, Diced	5 oz
	Radish, 1/8 Slices	3 oz



### Instructions

#### STEP 1: Prepare Quinoa

Wash all produce before prepping. Bring the first amount of water to a boil and add quinoa, reduce heat to low, cover and simmer for 20 minutes. Remove from heat and stand covered for 10 minutes before fluffing with a fork. Hold hot for the dish.

#### STEP 2: Cook Beets

Preheat oven to 375°F. Wash beets under cold water and cut off the top and bottom. Cut beets in half and toss with olive oil. Lay out a large piece of tinfoil - wrap and seal beets. Roast the foil package for 1 hour or until beets are tender when poked with a fork. Using rubber gloves or paper towels, rub the beets and the skins will just slide right off. Add fresh ginger, salt and pepper, stir until fragrant. Serve cold or hold hot for the dish.

#### STEP 3: Make Dressing

Make dressing: Add avocado, green onions, cucumbers, lime juice, jalapenos, rice vinegar, garlic powder, red pepper flakes and second amount of salt to a high-speed blender. Process on high until blended and creamy. Hold cold.

#### STEP 4: Assemble the Bowl

Add 1 cup (5 ounces) quinoa to bowl. Top clockwise to show each ingredient (do not stack ingredients) with 3 ounces of beets, 1.5 ounces edamame, 0.5 ounce of carrots, 1.5 ounces of pineapple, 0.5-ounce radish. Serve with 2oz. drizzle of Hawaiian poke dressing.

This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
 Per Serving: Calories: 550; Fat: 13g; Saturated Fat: 2g; Protein: 18g; Total Carbs: 94g; Fiber 14g; Sodium: 400mg

# Creamy Mushroom & Herb Sauce Tossed with Rotini Pasta

## Ingredients

	Water to Boil Pasta	
STEP 1	Rotini Pasta, Dry	12 oz
	Minors Sautéed Vegetable Base	¼ oz
	Kosher Salt	¼ tsp
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	White Onions, Finley Chopped	1 cup
	Sliced Portobello Mushrooms	4 each
	Kosher Salt	½ tsp
	Vegan Soy Free Butter	3 tbsp
	Parsley Bunch, Chopped Fine	3 tbsp
STEP 2	Garlic Cloves, Minced	1 tbsp
	All Purpose Flour	2 tbsp
	Lemon Juice, Fresh	1.5 tbsp
	Ground Black Pepper	¼ tsp
	Coconut Milk	14 oz
	Rosemary, Fresh Chopped	1 tsp

## Instructions

### STEP 1: Cook Pasta

Wash all produce before prepping. Cut and prepare all ingredients. In a large pot add water and salt, bring to a boil, add pasta and stir as needed. Cook for 8-10 minutes until al dente. Reserve 2 cups pasta water (amount for yield of 12). Strain well and hold hot. Add vegetable base to reserved pasta water and mix well to dissolve.

### STEP 2: Prepare the Mushroom Sauce

In a large pot or saucepan, melt vegan butter. Once melted, add onion and cook until translucent. Add garlic and cook for 2-3 more minutes. Add mushrooms, salt and pepper. Sauté mushrooms until tender. Once tender, stir in flour and cook for 1-2 minutes. Add coconut milk and reserved pasta water with vegetable base, stir to combine. Add rosemary and lemon juice. Simmer for 30 minutes, stir as needed. Add parsley and mix in.

### STEP 3: Combine Pasta and Sauce

Combine sauce and pasta, mix well to combine and serve hot.



This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: Calories: 310; Fat: 20g; Saturated Fat: 14g; Protein: 3g; Total Carbs: 30g; Fiber 3g; Sodium: 330mg

## Ingredients

	Elbow Macaroni Pasta, Dry	1 lb
<b>STEP 1</b>	Boiling Water	1 gal
	Kosher Salt	1/4 tsp
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	Olive Oil	2 tbsp
	Dijon Mustard	1 tbsp
	Kosher Salt	1 tsp
	Nutritional Yeast	2 tbsp
<b>STEP 2</b>	Fresh Lemon Juice	2 tbsp
	Fresh Cauliflower	1 each
	Cashew Halves	1 cup
	Shallots, Fresh Peeled, Minced	1 each
	Garlic Cloves, Fresh Minced	2 each
	Tomato Paste, Canned	1½ tsp



## Instructions

### STEP 1: Cook Pasta

Add water and salt to a stockpot and bring to a boil. Add pasta and stir as needed. Cook for about 8-10 minutes, until al dente. Once cooked, drain pasta and reserve cooking water. Don't rinse the pasta. Hold hot for the dish.

### STEP 2: Prepare Cauliflower

Wash all produce prior to prepping. Cut cauliflower into evenly sized 1" pieces. Use the majority of the stem / core also. Rough chop cashews. In a large skillet over medium-high heat add oil and add shallots. Stir and cook until soft, about 3-5 minutes. Add cauliflower and cook for 3-4 minutes. Add garlic and cook for 2 more minutes while stirring. Add mustard, tomato paste, salt, nutritional yeast, lemon juice, about 3 Tbsp. reserved pasta water per serving and cashews. Cover and reduce heat to medium-low and cook until cauliflower is fork tender, about 15-20 minutes.

### STEP 3: Make Riced Cauliflower

When cauliflower is done, add, in batches, to high-speed blender and blend on low to incorporate then increase speed gradually to high and blend until completely incorporated and smooth. Hold hot for dish.

### STEP 4: Finish and Plating

In a large pot or pan over low heat, add cauliflower cheese sauce to pasta and mix well. Stir well and add reserved pasta water, as needed, to desired thickness. Hold hot until ready to plate.

This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: Calories: 200; Fat: 16g; Saturated Fat: 3g; Protein: 6g; Total Carbs: 12g; Fiber 2g; Sodium: 530mg



### Ingredients

	Cauliflower, Fresh, Chopped	2 lb
	Garbanzo Beans, Low Sodium, Canned, Drained, Rinsed	2 lb, 12 oz
	Chili Powder	2 tbsp
	Ground Cumin	1 tbsp
	Garlic Powder	1 tbsp
STEP 1	Onion Powder	1 tbsp
	Smoked Paprika	1 tbsp
	Cayenne Pepper	¾ tsp
	Kosher Salt	1 tsp
	Canola Oil	2 tsp
	Minors Sautéed Vegetable Base	½ tsp
	Hot Water	½ cup
STEP 2	Canola Oil	2 tsp
	Soft Tofu	12 oz
	Kosher Salt	¼ tsp
	Fresh Cilantro, Chopped	¼ cup
	Lime Juice, Fresh	2 tbsp
STEP 3	Fresh Red Cabbage, Julienne Sliced	6 oz
	Salsa Sauce	¾ cup
	Romaine Lettuce, Chopped	3 oz
	Fresh Cilantro, Chopped	¾ cup
	Whole Wheat Flour Tortilla, 6"	12 each

### Instructions

#### STEP 1: Prepare Cauliflower & Chickpea Filling

Wash all produce before prepping. Preheat oven to 350°F. Cauliflower should be in about 1" pieces. Heat water and dissolve base in it. In a mixing bowl, combine spices, 1st listed salt and broth, mix well and add cauliflower and chickpeas and toss to coat well. Place on a parchment lined baking tray and roast for 10 – 15 minutes. You want a little browning on the cauliflower, but it should still have a bite to it. Hold hot for the dish.

#### STEP 2: Make Tofu Lime Dressing

In a high-speed blender, combine the oil, tofu, second salt listed and lime juice. Blend on high until smooth and creamy. Add first listed cilantro and pulse to combine. Hold cold.

#### STEP 3: Complete & Build Tacos

On a preheated griddle or flattop, heat tortillas for about 30 seconds on each side. Assemble tacos by adding the following for each: 1 hot tortilla, 1 cup roasted cauliflower chickpea mixture and top with 1/2 oz. cabbage, 1/4 oz. lettuce, 1 Tbsp. salsa, 2 Tbsp. dressing, and 1 Tbsp. cilantro.



Per Serving: Calories: 660; Fat: 17g; Saturated Fat: 3.5g; Protein: 33g; Total Carbs: 102g; Fiber 25g; Sodium: 1580mg

## Ingredients

STEP 1	Quinoa, Dry	3½ oz
	Water	8 oz
STEP 2	Low Sodium Garbanzo Beans, Drained	11 oz
	Red Wine Vinegar	2 tbsp
	Kosher Salt	½ tsp
	Ground Black Pepper	½ tsp
	Garlic Powder	½ tsp
	Kalamata Olives, Pitted, Chopped	1½ oz
	Cherry Tomatoes, Fresh, Quartered	3 oz
	Parsley Bunch, Chopped Fine	2/3 oz
	Red Onions, Minced	2 tbsp
	Lemon Juice, Fresh	2 oz
STEP 3	Zucchini Squash, Fresh	6 each
	Olive Oil	2 tbsp
	Kosher Salt	1 tsp



## Instructions

### STEP 1: Cook the Quinoa

Wash produce before prepping. Pre-heat grill to medium high. Add quinoa to water and bring to a boil on the stove. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let stand for 5 minutes before fluffing with a fork. Chill rapidly to make filling.

### STEP 2: Make the Filling

In a large bowl, combine cooked quinoa with beans, vinegar, salt & pepper, garlic powder, olives, tomatoes, parsley, onion and lemon juice. Mix well. Hold cold.

### STEP 3: Grill the Zucchini

Cut zucchini in half lengthwise, gently scrape seeds out of center. Brush each with oil. Sprinkle each half with salt. Place face down on hot grill. Cook each side for about 5-8 minutes total, until zucchini is tender. Should still have a bite to it. Rapidly chill and hold cold for dish.

### STEP 4: Build Your Boats

To finish, fill the center of each grilled zucchini boat with 2.5 ounces of the quinoa mixture.

Per Serving: Calories: 200; Fat: 8g; Saturated Fat: 1g; Protein: 8g; Total Carbs: 26g; Fiber 6g; Sodium: 670mg

# Southwestern Breakfast Tofu Scramble on Corn Tortillas

## Ingredients

	Tofu	12 oz
	Kosher Salt	1 tsp
	Ground Black Pepper	1 tsp
	Garlic Powder	1 tbsp
<b>STEP 1</b>	Ground Cumin	1 tbsp
	Turmeric	1 ½ tsp
	Water	1/3 c, 2 tsp
	Red Cabbage, Fresh, Julienne Sliced	4 oz
	Lime Juice	1½ tsp
	Canola Oil	1 tbsp
	Onions, Fresh, Finely Diced	2½ oz
<b>STEP 2</b>	Button Mushrooms, Fresh, Sliced	3 oz
	Baby Spinach	2 oz
	Cherry Tomatoes, Fresh, Halved	3 oz
	Black Beans, Canned, Drained, Rinsed	2½ oz
<b>STEP 3</b>	Yellow Corn Tortilla, 6"	12 ea
	Guacamole, Frozen	¾ cup
	Cilantro, Fresh, Chopped	¼ cup

## Instructions

### STEP 1: Prep Tofu and Slaw

Wash all produce before using. Drain and press tofu for at least 15 minutes. In a bowl, combine salt, pepper, garlic powder, cumin, turmeric and water, mix well. Reserve. In a separate bowl, toss cabbage and lime juice. Reserve.

### STEP 2: Make Taco Filling

Heat oil over medium-high heat in a large skillet. Add onions and mushrooms; cook until slightly browned, 2-3 minutes. Add spinach, tomatoes and black beans; cook until spinach wilts, another 2-3 minutes. Remove ingredients from pan and reserve. Place skillet back on the burner and crumble tofu into hot pan. Sauté for 2-3 minutes or until hot and starting to caramelize. Add spiced water and mix with tofu thoroughly. Allow excess liquid to evaporate, 1-2 minutes, add the reserved vegetables and beans back to the pan and toss all ingredients together and heat through. Hold hot for service.

### STEP 3: Build Tacos

To assemble: On a preheated grill or griddle, heat 2 corn tortillas on both sides, then place on vessel of choice. Add 2 ounces of filling per taco. Add 1 Tbsp. of red cabbage, 1 Tbsp. guacamole, and garnish with 1 tsp chopped cilantro.



This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: Calories: 230; Fat: 12g; Saturated Fat: 2g; Protein: 10g; Total Carbs: 24g; Fiber 6g; Sodium: 470mg



# Parmesan Zucchini Noodles with Broccoli Cream

## Ingredients

<b>STEP</b> 1 & 2	Broccoli, Florets and Stalk	1 lb.
	Zucchini	12 oz
	Greek Yogurt, Fat Free, Plain	1/3 cup
	Parmesan Cheese	4 oz
<b>STEP</b> 3	Olive Oil	2 Tbsp
	Garlic Cloves, Minced	2 tsp
	Salt	1/4 tsp
	Black Pepper	1/4 tsp
<b>STEP</b> 4 & 5	Shredded Carrots	1/2 cup
	Parmesan Cheese	2 Tbsp



## Instructions

### STEP 1

Bring a pot of water to a boil, add broccoli and cook for about 5 minutes, remove and place in ice bath to stop cooking. Drain and reserve broccoli for later.

### STEP 2

Cut zucchini into noodles on spiralizer, lay flat on sheet pan and lightly press with paper towel to remove moisture then set aside.

### STEP 3

Add cooked broccoli to food processor with greek yogurt, parmesan, olive oil, garlic, salt and pepper.

### STEP 4

Stir the broccoli pesto into the zoodles with grated carrots and quick sauté for about 2 minutes until internal temp is hot.

### STEP 5

Top each serving with 2 tsp grated parmesan cheese.

**NOTE:** To save time or if you do not own a spiralizer, buy prepared zucchini noodles at your local grocery store.

Per Serving: Calories: 270; Fat: 16g; Saturated Fat: 6g; Protein: 16g; Total Carbs: 17g; Fiber 3g; Sodium: 800mg

## Ingredients

<b>STEP</b> 1	Chickpea Brine, From Can	¾ cup
	Granulated Sugar	1 cup
<b>STEP</b> 2	Pure Vanilla Extract	1 Tbsp

## Instructions

### STEP 1

Using the whip attachment on your electric mixer, start whipping chickpea brine, slowly adding the sugar while continuously whipping.

### STEP 2

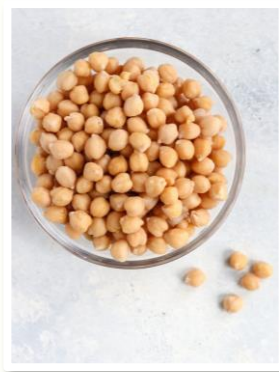
Add vanilla and continue to whip until stiff.

### STEP 3

Using a piping bag, pipe quarter sized mixture onto a cookie sheet lined with parchment paper.

### STEP 4

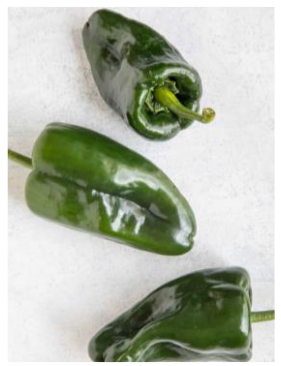
Bake at 225 degrees Fahrenheit for 2 hours or until dry.



This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: Calories: 24; Fat: 0g; Saturated Fat: **XXg**; Protein: 0g; Total Carbs: 5g; Fiber 0g; Sodium: 12mg

## Ingredients

	Ancho Chili Peppers, Dried	1 oz
	Fresh Tomatoes, Diced	12 oz
<b>STEP</b>	Garlic Clove, Peeled	1 each
<b>1</b>	Cumin	½ tsp
	Salt	½ tsp
	Canola Oil	1 Tbsp
<hr/>		
	Water	1 ½ cup
<b>STEP</b>	Quinoa, Dry	2/3 cup
<b>2 &amp; 3</b>	Poblano Peppers	4 each
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	Pinto Beans, Canned	½ cup
	Cheddar Cheese, Shredded	1 oz
<b>STEP</b>	Cumin	1 ½ tsp
<b>4</b>	Fresh Tomatoes, Chopped	4 oz
	Fresh Cilantro, Chopped	2 Tbsp



## Instructions

### STEP 1: Prepare Ancho Chile Sauce

On the grill or in a cast iron pan, toast chili on both sides until fragrant, being careful not to burn, for about 30 seconds to 1 minute each side. Place chili in blender with tomatoes, garlic, cumin and salt. Process until smooth. Strain. Heat olive oil, add blended sauce to the skillet and reduce by half to thicken sauce. Set aside – will hold for one week.

### STEP 2:

In a large pot, bring water to boil, add quinoa. Stir, cover and lower heat. Steam for 15 minutes or until quinoa is tender. Drain if needed.

### STEP 3:

Remove the tops off each poblano and shake out any seeds or excess membrane leaving the chile whole for stuffing.

### STEP 4:

In a large bowl, combine the pinto beans, cheddar cheese, cumin, tomatoes and cilantro. Fold in the cooked quinoa. Fill each poblano with the stuffing. Lay in a single layer on a sheet pan. Cover lightly with foil and bake at 400 degrees for 20 minutes.

### STEP 5:

Remove foil and finish baking until pepper is tender and slightly blistered, about 20 more minutes. Arrange on serving platter. Serve with Ancho sauce, 1 oz per poblano pepper.

This recipe meets our **FIT** Wellness Criteria – Complete FIT Criteria available on our [Dining Website](#)  
Per Serving: Calories: 570; Fat: 19g; Saturated Fat: 2g; Protein: 16g; Total Carbs: 88g; Fiber 11g; Sodium: 585mg