



# CAULIFLOWER ALFREDO

*vegan alfredo with fresh broccoli*

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

## INGREDIENTS

- 1 lb. pasta
- 2 cups broccoli, florets
- 3 cups cauliflower
- 4 cloves garlic
- 2 shallots, roughly chopped
- 1 cup almond milk
- 3 tbsp. nutritional yeast
- 1 tbsp. oregano
- 2 tsp. red pepper flakes
- salt and pepper to taste

**Notes:** You can use any type of dairy free milk of your choice!

## DIRECTIONS

1. Bring a large pot of salted water to a boil and add the cauliflower florets. Cook florets until fork tender, about 10-12 minutes. Remove the cauliflower, keeping the water in the pot, and add to a food processor or blender.
2. Add the garlic, shallot, almond milk, nutritional yeast, oregano, red pepper flakes, salt and pepper to blender. Blend until a smooth and thick sauce is created.
3. Pour sauce into a large saute pan and cook over low heat for 5-6 minutes.
4. In the large pot of boiling water, add your pasta and cook for according to package directions. When pasta has about 3 minutes left to cook, add your broccoli florets to the same pot to cook.
5. Drain pasta and broccoli, reserving about a 1/2 cup of pasta cooking water, and add to the pan with the sauce. Add the reserved pasta water and toss the pasta with the sauce to coat. Season to taste with salt and pepper.



# TURKEY LETTUCE WRAPS

*Gluten free lettuce wraps*

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

- 1 lb. ground turkey
- 2 cups mushrooms, sliced
- 1 cup water chestnuts,  
roughly chopped
- 1 bunch scallions, sliced
- 1 tbsp. ginger, grated
- 3 cloves garlic, minced
- 1 shallot, minced
- 1 head iceberg lettuce
- 3 tbsp. coconut aminos
- 1/4 cup gluten free hoisin
- 1 tsp. red pepper flakes
- 2 tsp. olive oil

## DIRECTIONS

1. Heat olive oil in a saucepan over medium high heat. Add ground turkey and cook until browned, about 3-5 minutes, making sure to crumble the turkey as it cooks.
2. Stir in garlic, onion, hoisin sauce, coconut aminos, ginger and red pepper flakes and cook until onions have become translucent, about 1-2 minutes.
3. Stir in chestnuts and half of green onions and cook until tender, about 1-2 minutes.
4. To serve, top mixture with reserved green onions and spoon several tablespoons of the turkey mixture into the center of a lettuce leaf, taco-style

**Notes:** You can use ground chicken, tofu, ground pork or even eggs in place of the ground turkey!