

Salt Lake Community College

Human Resources

Employee Wellness Benefit

Mindful Meals Program

Vegetarian/Vegan Version

## Introduction

When was the last time you sat down to eat and gave your full attention to the meal in front of you? For many of us, mealtime is rushed and filled with distractions. Whether we're eating on the run, in front of the TV, or while checking e-mail, few people take the time to focus on eating.

Here's why we want to change that habit.

First, if you love food (like many of us do!), then it makes sense to really taste and enjoy each bite. Second, many people find that eating with distractions causes them to have more food than they were hungry for. Sometimes, they eat so quickly that they miss their body signaling, "Hey, I'm full." Other times, they feel unsatisfied with their meal because they didn't really taste it, so they end up having another serving just to prolong the flavors.

To help us overcome the challenges that come with distracted eating, we can turn to mindfulness. Mindfulness is about being in the present moment and noticing our thoughts, body sensations, and emotions without judgment. We can practice mindful eating by staying in the present moment as we eat. Instead of eating with distractions, mindful eating calls on us to give our full attention to our food and the experience of eating it. One way to eat more mindfully is by savoring. Slowing down and using all of our senses to savor our food can do wonders for helping us to feel more satisfied with our meal. Sometimes, we even learn new things about our food likes and dislikes.

Let's pause here. Instead of reading about the benefits of mindful eating, let's take a few weeks for you to experience it for yourself.

Over the next 10 weeks, this program is going to help you discover the benefits of mindful eating by giving you weekly tips and practices to try. Some of the tips will help you stay in the present moment by clearing away distractions and savoring your meal with different senses. Other tips will help you to eat more intuitively. Intuitive eating is an aspect of mindful eating that helps us listen to and respect our body signals. Instead of counting calories or eating by the clock, we can check in with our feelings of hunger and fullness to help us answer questions of when, what, and how much to eat.

There are ten tips so that you can try a different tip each week of the program. You can go through the tips in order or mix them up. You can also choose whether you want to try all 10 of the tips, or practice one tip for a few weeks before moving on to the next one.

Each time you try a new tip, take a few moments to reflect on your experience by asking yourself:

- Did practicing this tip cause me to eat differently than I usually do? If so, how?
- What was it like to eat mindfully?
- How could following this tip make a positive difference for me?

Keep notes of your experiences, successes, challenges, and questions with each mindful eating session and share your "ah-ha!" moments with your peers.

At the end of every mindful eating session, try checking in with yourself to see how the food made you feel. Do you feel comfortable and focused? Does the food agree with your digestive system? How might this awareness influence your food choices at future meals?

While we have suggested mindful eating tips on specific recipes, any of these mindful eating tips can be used during any meal.

1. Clear away distractions. What kinds of distractions do you have when you eat? Do you check your e-mail, scroll through your phone, watch TV, or eat and drive? This week, create space to focus on your food by clearing away distractions.
2. Check for hunger. Sometimes we eat because we're hungry, and sometimes we eat in response to other cues: It's noon. It's there. We see others eating and start to crave what they're having. This week, focus on eating in response to your body's hunger signals. A mild growl in the stomach, irritability, and light-headedness are common signals that it's time to refuel our body.
3. Ask what you're hungry for. Set yourself up for a satisfying meal by asking yourself what kind of food sounds good right now. Would you prefer something chewy or crunchy? Salty or sour? Hot or cold? As you ask yourself these questions, you may find that some tastes are more appealing to you at certain times of day. For instance, some people like the taste of something sweet for breakfast, while others much prefer a savory start to their morning.
4. Make it special with ambiance. Create a fine dining experience at home by setting the table, using the fancy china, and putting on some relaxing background music. Notice how these details can set the stage for a more enjoyable meal. If you tend to eat while standing up, try sitting down for your meals this week and see how that impacts your satisfaction.
5. Focus on flavor. Our tongue is a key player in tasting our food, yet sometimes we eat so quickly that the food passes right over our tongue and into our stomach before we've had time to taste it. This week, start each meal with three mindful bites. To help you focus on the flavors, try rolling your food around in your mouth, chewing more slowly, and putting your fork down between bites. To focus on flavor even more, try closing your eyes as you chew.
6. Chew a little longer. Consider this: Would you want to purée all of your meals? Probably not, because chewing help us to feel more satisfied. This week, take time to chew your food. Notice how the smell of something delicious can make your mouth water even before you've taken the first bite.
7. Savor with your eyes and nose. Savoring is not limited to our sense of taste. We can also "savor" with our eyes and nose. This week, take time to appreciate the colors, shapes, and aroma of your food. Does the food appeal to your sense of sight?
8. Be present. Mindful eating is about more than clearing away distractions and slowing down – it also involves giving our full attention to our meal. Next time you catch yourself thinking about your to-do list or daydreaming as you eat, note to yourself, "ah, that's wandering," and then bring your attention back to the experience of eating.
9. Pause in the middle to check satisfaction. This week, pause in the middle of your meal and ask yourself, "Am I still enjoying this food?" Consider how the food tastes, along with its texture and temperature. If you're enjoying all of those aspects, then continue to savor your meal. On the other hand, if it doesn't taste as good as you expected, can you choose something else that would be more satisfying? Many people find that food is less appealing when they feel full, so this is also a good time to re-assess how hungry you are.
10. Aim for comfortable fullness. Have you ever felt uncomfortably full or "stuffed" at the end of a meal? Another way to make our meals more enjoyable is by respecting our body's fullness so that we feel well when we're done eating. This week, instead of eating until you are "full," eat until your hunger is gone. You can also think of this as eating until you are 80% full.

11. Bonus: Check-in after the meal. Now that you've finished your meal, there's one more element of mindfulness you can apply: Checking in with how the food made you feel. Do you feel comfortable and focused? Does the food agree with your digestive system? How might this awareness influence your food choices at future meals? There is no magic number to reach – the goal is to get more flavor and enjoyment out of each bite. To bring another element of mindfulness to this activity, notice how the flavors and texture change as you chew.

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VEG=vegetarian; V=vegan



### **Green Smoothie**

Vegan | Prep time: 5 minutes | Cook time: 5 minutes | Servings: 1-2 | Difficulty: Easy

#### **Ingredients:**

- 1 cup non-dairy milk (can add more/less to change consistency)
- Handful of spinach
- Handful of kale, no stems
- 2 frozen bananas
- ¼ cup frozen raspberries
- 1 tablespoon nut butter
- 1 tablespoon hemp seeds
- 1 tablespoon chia seeds
- Handful of ice cubes (can add more/less to change consistency)

#### **Directions:**

1. Combine all ingredients in blender and blend on high until smooth
2. Optional: Can top with additional hemp seeds, chia seeds, and/or other nuts and seeds

**Mindful Eating Tip #1:** Clear away distractions. What kinds of distractions do you have when you eat? Do you check your email, scroll through your phone, watch TV, or eat and drive? This week, create space to focus on your food by clearing away distractions.



### **Pumpkin Chocolate Chip Oatmeal**

Vegan | Prep time: 5 minutes | Cook time: 20 minutes | Servings: 1 | Difficulty: Easy

#### Ingredients:

- 1/3 cup canned pumpkin
- 1 cup non-dairy milk or water
- 1 teaspoon vanilla extract
- ½ cup old-fashioned oats
- 2 tablespoons hemp seeds
- 2 tablespoons chia seeds
- 2 teaspoons pumpkin pie spice
- Handful of chocolate chips of choice

#### Directions:

1. Preheat oven to 400°
2. Combine the pumpkin, non-dairy milk, and vanilla extract and mix until smooth
3. Add the old-fashioned oats, hemp seeds, chia seeds, and pumpkin pie spice, mix until combined. Fold in the chocolate chips
4. Pour mixture into a small oven-safe baking dish and bake for 20 minutes, until set
5. Let cool and top with additional chocolate chips and nut butter



### Chia Pudding

Vegan | Prep time: 5 minutes | Cook time: 5 minutes | Servings: 2 | Difficulty: Easy

#### Ingredients:

- 2 cups non-dairy milk
- ½ cup chia seeds
- 2 teaspoons vanilla extract
- 1-2 tablespoons sweetener of choice (pure maple syrup, turbinado sugar, coconut sugar)
- Favorite berries to top with

#### Directions:

1. Combine all ingredients (besides the berries) in a bowl and mix well. Let sit for 5 minutes
2. After 5 minutes, mix the ingredients again to ensure the chia seeds do not fall to the bottom
3. Cover the mixture and refrigerate for 3-4 hours
4. Spoon into individual bowls and top with your favorite berries

**Mindful Eating Tip #2:** Check for hunger. Sometimes we eat because we're hungry, and sometimes we eat in response to other cues: it's noon, it's there, we see others eating and start to crave what they're having. This week, focus on eating in response to your body's hunger signals. A mild growl in the stomach, irritability, and light-headedness are common signals that it's time to refuel our body.



### **Banana Bread Baked Oatmeal**

Vegan | Prep time: 10 minutes | Cook time: 30-35 minutes | Servings: 4-6 | Difficulty: Intermediate  
Ingredients:

- 2 ripe bananas
- 2 ½ cups non-dairy milk
- ¼ cup pure maple syrup
- 1 teaspoon vanilla extract
- 2 ½ cups old-fashioned oats
- 2 tablespoons flax or chia seeds
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon salt

Directions:

1. Preheat oven to 350°
2. Peel and mash the bananas in a 9x13" baking dish. Add the non-dairy milk, pure maple syrup, and vanilla extract and mix well.
3. Add the old-fashioned oats, flax or chia seeds, cinnamon, baking powder, and salt to the wet ingredients in the 9x13" dish. Mix well and then evenly distribute the mixture in the dish. If desired, top with additional sliced banana.
4. Place on the middle rack of the oven and bake for 30-35 minutes, until set. Serve immediately for softer oatmeal or let cool completely to slice into bars.



### **Vegetarian Breakfast Burrito**

Vegetarian | Prep time: 10 minutes | Cook time: 15 minutes | Servings: 2 | Difficulty: Intermediate  
Ingredients:

- ¼ cup diced onion
- ¼ cup diced bell pepper
- 1 tablespoon neutral oil
- 1 small tomato, diced
- ¼ cup canned black beans, drained
- 4 large eggs, beaten
- 2 whole wheat tortillas
- 4 tablespoons grated cheese of choice
- 1-2 tablespoons fresh herbs of choice
- 1 avocado, sliced

Directions:

1. Add the oil to a frying pan and place over medium heat. Add the diced onion and cook until softened, about 3 minutes
2. Add the diced bell pepper to the pan and cooking for 1 minute, then add the tomato and stir well
3. Add the black beans to the pan and mix well. Stir in the beaten eggs and continue to stir until eggs are cooked through
4. Mix the cheese and fresh herbs into the egg mixture. Warm the tortillas for 15 seconds in the microwave and then place the egg mixture in the center and top with avocado. Roll into a burrito



### **Garden Vegetable Sandwich**

Vegetarian | Prep time: 5 minutes | Cook time: 5 minutes | Servings: 1 | Difficulty: Easy

#### **Ingredients:**

- 1 tablespoon hummus
- ½ avocado, mashed
- 1 tomato, sliced
- ½ cucumber, sliced
- ¼ red onion, sliced
- Small handful alfalfa sprouts
- 1 slice jack cheese
- Salt and pepper to taste
- 2 sliced whole wheat bread

#### **Directions:**

1. Spread the hummus on one slice of bread and the avocado on the other
2. On one slice of bread, layer the tomato, cucumber, red onion, and alfalfa sprouts and top with the slice of jack cheese. Season with salt and pepper, to taste
3. Place the 2<sup>nd</sup> piece of bread on top of the slice with the layered vegetables and slice into two halves



### **Kale and Quinoa Lunch Bowl**

Vegan | Prep time: 30 minutes | Cook time: 30 minutes | Servings: 1 | Difficulty: Intermediate

Ingredients:

- 1 cup cooked quinoa
- ½ cup roasted chickpeas
- 1 cup kale
- 1 cup spinach
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 carrot, thinly sliced
- Fresh herbs
- 1-2 tablespoons creamy avocado dressing

Creamy avocado dressing:

- 1 avocado
- 1 clove garlic, minced
- 2 tablespoons plant-based yogurt
- 2 tablespoons water
- Squeeze of lemon juice

- Salt and pepper, to taste

Directions:

1. Prepare the roasted chickpeas: preheat the oven to 400°. Place the chickpeas on a baking sheet and evenly coat in olive oil, salt, and pepper. Roast in the oven for approximately 30 minutes until golden brown. Remove from oven, set aside, and let cool
2. Prepare the quinoa according to package directions. Set aside and let cool
3. Prepare the creamy avocado dressing: combine all ingredients in a blender and blend until smooth
4. In a separate bowl, massage the olive oil, salt, and pepper into the kale and spinach
5. Assemble the bowl: place the quinoa in a bowl and top with the kale, spinach, roasted chickpeas, sliced carrot, fresh herbs, and creamy avocado dressing

**Mindful Eating Tip #3:** Ask what you're hungry for. Set yourself up for a satisfying meal by asking yourself what kind of food sounds good right now. Would you prefer something chewy or crunchy? Salty or sour? Hot or cold? As you ask yourself these questions, you may find that some tastes are more appealing to you at certain times of day. For instance, some people like the taste of something sweet for breakfast, while others much prefer a savory start to their morning.



### **Chickpea Salad Sandwich**

Vegetarian | Prep time: 5 minutes | Cook time: 15 minutes | Servings: 1-2 | Difficulty: Intermediate  
Ingredients:

- 2 15.5-ounce can chickpeas
- 2 tablespoons celery, minced
- 2 tablespoons yellow onion, minced
- 1-2 tablespoons parsley, roughly chopped
- 3-5 tablespoons mayonnaise
- 3 teaspoon Dijon mustard
- Salt and pepper, to taste
- 2 slices whole wheat bread

Directions:

1. Pour the cans of chickpeas (and the liquid) into a saucepan and simmer over medium heat for approximately 10 minutes. Once cooked, strain the liquid out and place the chickpeas into a medium bowl. Mash with a potato masher or fork until desired consistency is reached
2. Add the celery, onion, parsley, mayonnaise, mustard, salt, and pepper and stir until well combined
3. Sandwich the mixture between the two slices of bread and slice in halves



### **Black Bean Quesadilla**

Vegetarian | Prep time: 5 minutes | Cook time: 10 minutes | Servings: 1-2 | Difficulty: Easy

#### **Ingredients:**

- 2 large tortillas
- ½ cup canned black beans, drained
- ½ cup canned corn, drained
- ¼ cup red onion, diced
- 1 clove garlic, minced
- ¼ cup cilantro, chopped
- 1 cup shredded cheddar cheese
- 3 teaspoons taco seasoning

#### **Directions:**

1. Combined the black beans, corn, onion, garlic, cilantro, shredded cheddar, and taco seasoning in a medium bowl and mix until well combined
2. Even spread the mixture on each tortilla, then fold the tortillas in half
3. Place the filled and folded tortillas on a frying pan placed over medium heat and heat until crispy and the cheese is melted
4. Slice into triangles and serve



### **Peanut Curry Chickpea Wraps**

Vegan | Prep time: 5 minutes | Cook time: 10 minutes | Servings: 2-4 | Difficulty: Easy

#### **Ingredients:**

- 1 15.5 ounce can chickpeas, drained
- 1 tablespoon red curry paste
- 1 tablespoon peanut butter
- 1 tablespoon soy sauce
- 1 tablespoon pure maple syrup
- Juice of half a lime
- ½ teaspoon garlic powder
- ¼ teaspoon ground ginger
- 3 tablespoons water
- 2 scallions, sliced
- 2-4 tortillas

#### **Directions:**

1. In a small bowl, mash the chickpeas to desired consistency
2. In a medium bowl, combine the red curry paste, peanut butter, soy sauce, pure maple syrup, lime juice, garlic powder, and ground ginger and whisk until well combined. While whisking, slowly stream in the water to thin out the sauce
3. Add the mashed chickpeas to the medium bowl with the sauce. Toss to coat
4. Spread the mixture evenly among tortillas and roll into a burrito



### **Spicy Hummus with Sliced Vegetables**

Vegan | Prep time: 10 minutes | Cook time: 10 minutes | Servings: 4-8 | Difficulty: Easy

#### Ingredients:

- 1 15.5 ounce can chickpeas, drained
- ¼ cup tahini
- 2 tablespoons olive oil
- 1 teaspoon sesame oil
- 1 tablespoon lemon juice
- 1 tablespoon garlic, minced
- 1 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1 teaspoon salt
- ½ teaspoon pepper
- Few dashes of hot sauce of choice
- 1-2 tablespoons water
- Favorite sliced vegetables to serve with

#### Directions:

1. Add the chickpeas, tahini, oils, lemon juice, garlic, spices, and hot sauce to a blender and blend until smooth, about 3-5 minutes. Add water to thin out the mixture, as needed
2. Place the blended mixture into a serving bowl and serve with sliced vegetables



### Edamame and Avocado Dip

Vegan | Prep time: 10 minutes | Cook time: 10 minutes | Servings: 4-8 | Difficulty: Easy

#### Ingredients:

- 12 ounces edamame, shelled, cooked, and cooled
- ½ cup cilantro, roughly chopped
- ½ cup plain plant-based yogurt
- 1 avocado, peeled and roughly chopped
- ½ cup water
- ½ cup lemon juice
- Few dashes of hot sauce of choice
- 1 teaspoon sesame oil
- Salt and pepper, to taste
- Pita chips to serve with

#### Directions:

1. Add the edamame to a food processor and pulse for 30 seconds. Add the cilantro and pulse for another 30 seconds. Add the remaining ingredients and blend until smooth and thick
2. Place the blended mixture into a serving bowl and serve with pita chips

**Mindful Eating Tip #4:** Make it special with ambiance. Create a fine dining experience at home by setting the table, using the fancy china, and putting on some relaxing background music. Notice how these details can set the stage for a more enjoyable meal. If you tend to eat while standing up, try sitting down for your meals this week and see how that impacts your satisfaction.



### Zucchini Pizza Bites

Vegetarian | Prep time: 10 minutes | Cook time: 10 minutes | Servings: 12 | Difficulty: Intermediate  
Ingredients:

- 2-3 large zucchini, cut into ¼ inch slices
- 2 tablespoons olive oil
- 1 cup mozzarella cheese
- ½ cup parmesan cheese
- ½ cup marinara sauce
- 1-2 teaspoons oregano or Italian seasoning
- Salt and pepper to taste

Directions:

1. Preheat oven to 400°. Line a baking sheet with aluminum foil or parchment paper and spray with nonstick spray
2. In a small bowl, mix the mozzarella and parmesan cheeses
3. Place the sliced zucchini onto the baking sheet and drizzle with olive oil, salt, and pepper. Place ½-1 teaspoon of marinara sauce on each zucchini slice, top with 1 teaspoon of the cheese mixture, and sprinkle with oregano or Italian seasoning
4. Bake until the cheese is melted and browned, about 8-10 minutes
5. Remove from oven and let cool for 5 minutes and serve



### Goat Cheese and Pistachio Stuffed Dates

Vegetarian | Prep time: 15 minutes | Cook time: 10 minutes | Servings: 12 | Difficulty: Easy

Ingredients:

- 24 large medjool dates, pitted and sliced in half lengthwise
- 4 ounces soft goat cheese, room temperature
- 3 tablespoons pistachios, finely chopped
- ¼ teaspoon smoked paprika
- Salt and pepper, to taste
- 2-3 tablespoons of honey

Directions:

1. Place the halved medjool dates cut side up on a baking sheet. Using a butter knife, smear 1-2 teaspoons of goat cheese on each date
2. Sprinkle the chopped pistachios, smoked paprika, salt, and pepper and top of the goat cheese stuffed dates
3. Drizzle each date with honey and serve

**Mindful Eating Tip #5:** Focus on flavor. Our tongue is a key player in tasting our food, yet sometimes we eat so quickly that the food passes right over our tongue and into our stomach before we've had time to taste it. This week, start each meal with three mindful bites. To help you focus on the flavors, try rolling your food around in your mouth, chewing more slowly, and putting your fork down between bites. To focus on flavor even more, try closing your eyes as you chew.



### **Buffalo Cauliflower “Wings”**

Vegetarian | Prep time: 10 minutes | Cook time: 25 minutes | Servings: 4-6 | Difficulty: Intermediate

Ingredients:

- ½ cup flour
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 teaspoons garlic powder
- ½ teaspoon onion powder
- 1 teaspoon smoked paprika
- ¾ cup buttermilk
- 1 head cauliflower, chopped into florets

Buffalo sauce:

- ½ cup buffalo sauce (such as Frank’s brand)
- 3 tablespoons coconut oil
- 2 tablespoons honey
- ½ teaspoon salt

Directions:

1. Preheat oven to 450° and line a baking sheet with parchment paper and nonstick spray
2. Mix the flour, salt, pepper, garlic powder, onion powder, smoked paprika, and buttermilk and stir until well combined

3. Dip each cauliflower floret into the spiced flour/buttermilk mixture, shake off the extra, and place onto the lined baking sheet
4. Bake for 10 minutes, turn the cauliflower over, and bake for another 10 minutes
5. While the cauliflower is in the oven, prepare the buffalo sauce. Combine the buffalo sauce, coconut oil, honey, and salt in a saucepan and cook over medium heat and bring to a boil, about 2-3 minutes. Remove from heat
6. Take the cauliflower out of the oven and brush each floret with the buffalo sauce mixture. Bake for another 10 minutes
7. Remove from oven and serve with carrots and blue cheese

**Mindful Eating Tip #6:** Chew a little longer. Consider this: Would you want to purée all of your meals? Probably not, because chewing helps us to feel more satisfied. This week, take time to chew your food a little longer. There is no magic number to reach – the goal is to get more flavor and enjoyment out of each bite. To bring another element of mindfulness to this activity, notice how the flavors and texture change as you chew.



### Roasted Vegetables

Vegan | Prep time: 15 minutes | Cook time: 1 hour | Servings: 4 | Difficulty: Easy

#### Ingredients:

- 2 cups Yukon gold potatoes, cubed
- 1 cup carrots, sliced
- ½ cup broccoli, chopped
- ½ cup brussel sprouts, cubed
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 2-3 teaspoons favorite herbs, fresh or dry

#### Directions:

1. Preheat oven to 400°
2. Placed chopped potatoes, carrots, broccoli, and brussel sprouts onto a baking sheet. Drizzle with olive oil, salt, pepper, and herbs and toss evenly to coat
3. Place the baking sheet into the preheated oven and bake for 45 minutes-1 hour, until vegetables are tender
4. Serve immediately



### **Italian Chopped Salad**

Vegetarian | Prep time: 15 minutes | Cook time: 5 minutes | Servings: 4-6 | Difficulty: Easy

#### **Ingredients:**

- 1 head iceberg lettuce, chopped into bite-size pieces
- 1 head radicchio, chopped into bite-size pieces
- Half of red onion, thinly sliced
- 1 pint cherry tomatoes, halved
- 1 15.5 ounce can chickpeas, drained
- 1/3 cup shredded parmesan cheese
- 3 ounces fresh pearl mozzarella, halved
- 1/3 cup pepperoncini, thinly sliced
- ½ cup Italian vinaigrette dressing
- Salt and pepper, to taste

#### **Directions:**

1. Place the iceberg lettuce, radicchio, red onion, cherry tomatoes, chickpeas, cheeses, and pepperoncini into a large bowl and toss to combine
2. Drizzle the Italian vinaigrette and salt and pepper over the mixture and toss to coat
3. Serve immediately



### Vegan Cobb Salad

Vegan | Prep time: 10 minutes | Cook time: 10 minutes | Servings: 1 | Difficulty: Easy

#### Ingredients:

- 1 bag romaine lettuce, roughly chopped
- ½ cup canned corn, drained
- ½ pint cherry tomatoes, halved
- 3 tablespoons red onion, diced
- ½ cup canned chickpeas, drained
- ¼ cup roasted coconut, sliced
- ¼ cup radishes
- ½ cup vegan ranch dressing
- 2 tablespoons fresh herbs of choice
- Salt and pepper to taste

#### Directions:

1. Place the romaine lettuce, corn, tomatoes, red onion, chickpeas, roasted coconut, and radishes into a large bowl and mix to thoroughly combine
2. Drizzle the vegan ranch dressing, fresh herbs, salt, and pepper over the mixture and toss to coat

**Mindful Eating Tip #7:** Savor with your eyes and nose. Savoring is not limited to our sense of taste. We can also “savor” with our eyes and nose. This week, take time to appreciate the colors, shapes, and aroma of your food. Does the food appeal to your sense of sight? How about your sense of smell? Notice how the smell of something delicious can make your mouth water even before you’ve taken the first bite.



### **Pearl Couscous Salad**

Vegan | Prep time: 10 minutes | Cook time: 20 minutes | Servings: 8 | Difficulty: Easy

#### **Ingredients:**

- ¼ cup olive oil
- 2 teaspoons Dijon mustard
- 1 teaspoon honey
- ¼ cup lemon juice
- 1 teaspoon lemon zest
- Salt and pepper, to taste
- 2 cups couscous, cooked and cooled
- 1 cucumber, diced
- ½ pint cherry tomatoes, halved
- ¼ cup fresh herbs, chopped

#### **Directions:**

1. Combine the olive oil, Dijon mustard, honey, lemon juice and zest, salt, and pepper into a large bowl and whisk to combine well
2. Add the cooked couscous to the large bowl with the dressing and toss to coat
3. Add the cucumber, tomatoes, and fresh herbs to the mixture and mix well

**Mindful Eating Tip #8:** Be present. Mindful eating is about more than clearing away distractions and slowing down – it also involves giving our full attention to our meal. Next time you catch yourself thinking about your to-do list or daydreaming as you eat, note to yourself, “ah, that’s wandering,” and then bring your attention back to the experience of eating.



### **Chili and Garlic Green Beans**

Vegan | Prep time: 10 minutes | Cook time: 15 minutes | Servings: 4 | Difficulty: Intermediate

#### **Ingredients:**

- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 teaspoon sesame oil
- 1 teaspoon sugar
- 2 tablespoons vegetable oil
- 1-pound fresh green beans
- 2-3 cloves garlic, minced
- 3 teaspoons chili paste
- 1 teaspoon red pepper flakes
- Sesame seeds

#### **Directions:**

1. In a small bowl, whisk the soy sauce, rice wine vinegar, sesame oil, and sugar
2. Add the vegetable oil and green beans to a large skillet placed over medium-high heat. Sauté them for 4 minutes
3. Add the garlic and chili paste to the pan and sauté for 30 seconds. Add the soy sauce mixture and cook for 2 minutes
4. Remove from heat, garnish with sesame seeds, and serve



### **Minestrone Soup**

Vegetarian | Prep time: 25 minutes | Cook time: 1 hour | Servings: 8 | Difficulty: Intermediate

#### **Ingredients:**

- 4 tablespoons olive oil
- 1 shallot, diced
- 6 cloves garlic, minced
- 3 carrots, diced
- 3 celery stalks, diced
- 7 cups vegetable broth
- 1 28 ounce can diced tomatoes, with juice
- 1 15.5-ounce cannellini beans, drained
- 1 15.5-ounce can green beans, with juice
- 1 ½ teaspoon dried basil
- 1 ½ teaspoon dried oregano
- Salt and pepper to taste
- 1 cup short pasta such as macaroni, shells, or rotelle

#### **Directions:**

1. In a large soup pot, heat the olive oil over medium heat. Add the shallot and cook until translucent, about 5-8 minutes
2. Add the garlic, carrots, and celery to the pot and cook for an additional 4-5 minutes
3. Turn the temperature to high and add the vegetable broth, canned diced tomatoes, cannellini beans, green beans, dried basil, dried oregano, salt, and pepper to the pot. Bring the mixture to

a boil then reduce to a simmer and cook for 20-25 minutes, until the mixture is slightly thickened

4. Add the pasta and stir to combine. Cook for an additional 8-10 minutes
5. Serve the soup and garnish with shredded parmesan cheese and toasted bread

**Mindful Eating Tip #9:** Pause in the middle to check satisfaction. This week, pause in the middle of your meal and ask yourself, “Am I still enjoying this food?” Consider how the food tastes, along with its texture and temperature. If you’re enjoying all of those aspects, then continue to savor your meal. On the other hand, if it doesn’t taste as good as you expected, can you choose something else that would be more satisfying? Many people find that food is less appealing when they feel full, so this is also a good time to re-assess how hungry you are.



### **Jackfruit "Pulled Pork" Sliders**

Vegetarian | Prep time: 15 minutes | Cook time: 30 minutes | Servings: 4-6 | Difficulty: Easy

#### **Ingredients:**

- 3 tablespoons olive oil
- 1 small yellow onion, diced
- 1 20-ounce can young green jackfruit in brine, drained
- 1 cup barbeque sauce
- ½ cup water
- 1 ½ cups coleslaw
- 12-pack of slider buns

#### **Directions:**

1. In a large skillet, heat the olive oil over medium heat. Add the onion and cook until softened, about 8 minutes
2. While the onions are cooking, use your hands to separate the jackfruit into smaller pieces, creating a shredded effect
3. After the onions are softened, add the prepared jackfruit to the skillet and cook for 5 minutes, stirring occasionally
4. Add half of the barbeque sauce and the ½ cup of water to the skillet and stir to combine. Turn the heat to low, cover, and simmer the mixture for about 20 minutes. Remove the lid and add the remaining barbeque sauce
5. Evenly separate the barbeque jackfruit onto slider buns and top with the coleslaw and any other desired toppings such as pickles or jalapeños



### **Kale Pesto Pasta**

Vegetarian | Prep time: 10 minutes | Cook time: 15 minutes | Servings: 4 | Difficulty: Easy

#### Ingredients:

- 1 large bunch kale, ribs and stems removed
- 4-6 quarts water
- 12 ounces spaghetti
- 1/3 cup raw pistachios
- 1 garlic clove
- ¼ cup olive oil
- 2 ounces parmesan cheese, shredded
- 2 tablespoons butter

#### Directions:

1. In a large pot, bring 4-6 quarts of water to a boil
2. Add the kale leaves to the boiling water and cook for approximately 30 seconds, until bright green. Drain the excess water and set aside to cool
3. In the same water you used to blanch the kale, cook the pasta according to the directions
4. While the pasta is cooking, add the pistachios, garlic, and olive oil to a food processor and blend until smooth. Add the parmesan cheese, cooked kale, and 1 tablespoon of water to the food processor and blend until smooth, adding 1 tablespoon of water at a time, as needed
5. Transfer the pesto to a large bowl and using tongs, add the cooked pasta and 1/3 cup of the pasta water. Toss to evenly coat
6. Serve and top with more parmesan cheese and pepper

**Mindful Eating Tip #10:** Aim for comfortable fullness. Have you ever felt uncomfortably full or “stuffed” at the end of a meal? Another way to make our meals more enjoyable is by respecting our body’s fullness so that we feel well when we’re done eating. This week, instead of eating until you are “full,” eat until your hunger is gone. You can also think of this as eating until you are 80% full.



### **Tofu Stir Fry**

Vegan | Prep time: 10 minutes | Cook time: 15 minutes | Servings: 4-6 | Difficulty: Easy

#### **Ingredients:**

- 1 tablespoon vegetable oil
- 2 14-ounce packages extra firm tofu, drained and cubed
- 4 tablespoons soy sauce
- 3 cloves garlic, minced
- Large handful baby spinach
- Large handful broccoli
- 1 red bell pepper, diced
- Sesame seeds, sliced green onion, and rice to serve with

#### **Directions:**

1. Heat a large skillet over medium heat and add the cubed tofu. Cook for 8-10 minutes, until the tofu is browned and crispy. About mid-way through, add the soy sauce and garlic
2. Place the tofu to the side and in the same skillet, add the spinach, broccoli, and red bell pepper and cook until slightly softened, about 5 minutes
3. Add the tofu back to the skillet and stir to combine. Add the sesame seeds and green onion and stir to coat
4. Serve the stir fry by itself or on top of a single serving of rice



### **Vegan Tempeh Egg Roll Bowl**

Vegan | Prep time: 10 minutes | Cook time: 10 minutes | Servings: 4 | Difficulty: Easy

#### **Ingredients:**

- 3 tablespoons vegetable oil
- 12 ounces tempeh, crumbled
- 1 red bell pepper, diced
- 2 green onions, thinly sliced
- 12-ounce package vegetable slaw
- ½ cup teriyaki sauce
- 2 teaspoons sesame oil
- Cooked rice
- Sesame seeds and sliced green onion to top

#### **Directions:**

1. In a large skillet placed over medium-high heat, combine 2 tablespoons of the oil and tempeh, and cook until brown, about 6 minutes. Once golden, remove from skillet and place to the side
2. Add the remaining 1 tablespoon of oil to the skillet along with the red bell pepper and green onion and cook until softened, about 3 minutes. Add the slaw and cook for another 5 minutes. Add the teriyaki sauce to the skillet and cook for 3-5 minutes
3. Add the sesame oil and tempeh to the skillet and stir everything to combine. Cook for 1-2 minutes and remove from the heat
4. Evenly separate the tempeh mixture into 4 and serve over rice. Top with sesame seeds and green onions