

Powerhouse Plant

Proteins and Fats



Spanish Quinoa & Black Bean Stuffed Peppers

Yields: about 4 servings

Recipe adapted from minimalistbaker.com

For Peppers:

1 cup quinoa or rice, thoroughly rinsed and drained
4 large bell peppers, halved, seeds removed
1-2 tablespoons extra virgin olive oil
1/2 cup ready-made fresh salsa
3 Tbsp shredded cheddar or pepper jack cheese
2 tsp cumin powder
1 1/2 tsp chili powder
1 1/2 tsp garlic powder
1 15-ounce can black beans, drained
1/4 tsp sea salt

Toppings: 1 ripe avocado, sliced, Fresh lime juice, chopped cilantro, Shredded cheese

Preheat oven to 375 degrees F. Bring about 4 cups of salted water to a boil. Add quinoa bring to a simmer. Cook for 12 minutes; drain and set aside.

Lightly oil a 9x13 baking dish or rimmed baking sheet. Brush halved peppers with oil. Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.

Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil. Bake for 30 minutes covered. Then remove foil, increase heat to 400 F, and bake for another 15-20 minutes, or until peppers are soft and slightly golden brown.

Serve with desired toppings (ideas listed above).



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Whole Wheat Pasta with Red Lentils & Spinach

Yields: about 4 servings

Recipe adapted from minimalistbaker.com

1/2 cup dry red lentils, rinsed	Pinch sea salt, plus more to taste
1 Tbsp extra virgin olive oil	1/2 tsp red chili flakes, divided
1 cup diced onion	1-2 Tbsp dried Italian seasoning
3 cloves garlic, minced	4-5 oz spinach
2 carrot, grated	8-10 ounces dry whole wheat pasta
1/4 cup fresh diced tomatoes	Toppings: grated parmesan cheese and fresh
1 25 oz jar pre-made tomato sauce	basil, ground flaxseeds, chia seeds or
2 Tbsp tomato paste	hemp seeds

Bring a pot of water to a boil. Add lentils and bring to a simmer. Cook for 15-20 minutes, until tender. Drain off any excess liquid and season with salt.

While lentils are cooking, heat oil in a large, rimmed sauté pan over medium heat. Once hot, add onions. Sauté until soft. Add garlic, carrots and tomato. Sauté for 1 minutes, stirring frequently.

Add tomato sauce, tomato paste, pinch sea salt, chili flake, Italian seasoning, and stir to combine. Bring to a low simmer and cook for 10-15 minutes, stirring occasionally. Stir in spinach and allow to wilt.

Cook pasta according to package instructions. Drain and set aside. Sample pasta sauce and adjust seasonings as needed. Add more chili flake for heat, salt for saltiness, or more herbs for depth of flavor. If too thick, thin with a little water.

Add the cooked, drained lentils to the sauce and stir to combine. To serve, either spoon sauce over noodles, or add pasta to the sauce and toss to coat.

Serve topped with grated parmesan cheese, fresh basil and a sprinkle of ground flaxseeds, chia seeds and hemp seeds.