

 COOKING SHOW #111 - LUNCH ON THE GO

Sheet Pan Veggie Salad

INGREDIENTS

- 1 cup dry quinoa
- 1 teaspoon ground turmeric

- 1 red bell pepper, chopped
- 3 carrots, diced
- 1/2 head cauliflower, chopped
- 1 zucchini, chopped
- 1 red onion, chopped

- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1/2 teaspoon turmeric
- blak pepper, to taste
- 1 lemon, juiced
- OR
- 1 tablespoon WYW Galaxy Dust plus the lemon juice

- 1 15 oz. can chickpeas, drained and rinsed
- Caesar Dressing, to serve



METHOD

Boil the quinoa like pasta with plenty of water in the pot, adding a teaspoon of turmeric to the water to give some extra color and flavor. Simmer for 12 minutes, strain, and then spread it out on parchment paper to cool so that it doesn't get mushy.

In a large mixing bowl, combine the vegetables and spices. Mix well to evenly coat everything and place on two parchment-lined baking sheets. Bake at 425°F for 30 minutes.

In a large mixing bowl, combine the quinoa, roasted veggies, and chickpeas, and stir to combine.

Drizzle on the Caesar Dressing, or any dressing you like, toss, and enjoy!



 COOKING SHOW #111 - LUNCH ON THE GO

Muhammara

INGREDIENTS

- 3 large red bell peppers**
- 1/2 cup walnuts (toasted, optional)**
- 1 lemon, juiced**
- 3 cloves garlic**
- 1/2 teaspoon sumac**
- 1 tablespoon dried Aleppo chili**
- 1 teaspoon cumin**
- 1/2 teaspoon coriander powder**
- 3 deglet dates**
(or 1 tablespoon WYW Date Powder)

METHOD

Cut the bell peppers in half, remove the core and seeds, and place them open side down on a parchment-lined baking sheet. Broil on high until well-charred on top, about 10 minutes, then remove and enclose in tin foil to steam the skins.

After 10-15 minutes, remove from foil and use a fork to scrape off the skins, leaving behind a delicious roasted red bell pepper. Add the peppers along with everything else to the food processor and process into a coarse spread. You can go as smooth as you like though!



Bonnie's Pickled Red Onions

INGREDIENTS

- 1 medium red onion, sliced thin**
- 1/2 cup water**
- 1/2 cup white vinegar**
- 1/2 teaspoon Mexican oregano**
- 1/2 teaspoon date powder**
- 1/2 teaspoon garlic powder**
- black pepper, to taste**

METHOD

Add the sliced onion to a pint mason jar and set aside.

To a small saucepan add the remaining ingredients, bring to a boil, simmer for 1 minute while whisking well, then remove from heat.

Pour the hot liquid into the jar, close it up, let cool, then refrigerate overnight. Enjoy on everything!

 COOKING SHOW #111 - LUNCH ON THE GO

Muhammawrap

INGREDIENTS

Wrap Ingredients

- **whole wheat lavash**
- **Muhammara**
- **lentils**
- **cabbage slaw**
- **pickled red onions**
- **Caesar Dressing, for dipping**

METHOD

Start with one sheet of whole wheat lavash and spread a generous amount of the Muhammara on. Add a couple scoops of the lentils and the cabbage slaw. Top with the pickled red onions. Roll the wrap up tightly and slice in half.

Use the Caesar Dressing for dipping and enjoy!



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Caesar Dressing

INGREDIENTS

- 1 12-14 oz. box silken tofu (soft)
- 1/2 cup soy milk
- 1 tablespoon chia seeds
- 1 teaspoon kelp granules
- 1 tablespoon capers (optional)
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 2 tablespoons dijon mustard
- 1 tablespoon minced garlic
- 4 deglet dates
- 1/2 teaspoon onion powder
- 2 tablespoons WYW nutritional yeast
- 1 teaspoon WYW Stardust or no-salt seasoning
- 1/2 teaspoon dried parsley
- black pepper, to taste

METHOD

Add all the ingredients to a high-speed blender. Blend until nice and smooth!



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Starchy Caesar Salad

INGREDIENTS

- 1 8 oz. box favorite pasta, cooked
- 1 15 oz. can kidney beans, drained and rinsed
- 1/2 head romaine lettuce, chopped
- 1/2 pint cherry tomatoes, halved
- 1 handful fresh parsley, chopped
- Caesar Dressing, to serve

METHOD

In a large bowl, combine all the ingredients except the dressing and store dry like this for your daily lunches. Before serving add the dressing, toss, and enjoy!

