

 COOKING SHOW #121 - 10 MINUTE MEALS

# Spaghetti-orzOs

## INGREDIENTS

- 5 oz. whole wheat orzo
- 1 15 oz. can tomato sauce
- 2 tablespoons soy milk
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 cup nutritional yeast
- 1 tablespoon date powder

## METHOD

Prepare the pasta according to the package directions and set aside.

While the pasta is cooking, add the remaining ingredients to a separate sauce pan, whisk, and slowly bring to a boil. Use a lid to avoid splatter!

Add the pasta to the sauce, stir, simmer for a minute, and enjoy!



Try our unfortified Nooch or versatile Date Powder in this dish!

### Chef's Notes

In the last few minutes of boiling the pasta, I love to throw in chopped broccoli or zucchini to add more variety to this dish.



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# Sweet Potato Caribbean Bowl

## INGREDIENTS

- 1 large sweet potato, cooked, peeled, and cubed
- 2 cups frozen mango, thawed and chopped
- 1 red bell pepper, diced
- 1 15 oz. can black beans, drained and rinsed
- 1 avocado, diced
- 1 jalapeño, seeded and diced (optional)
- 1/2 bunch cilantro, chopped
- 1 lime, juiced
- 1-2 teaspoons WYW Chili Lime Seasoning (optional)
- 1-2 teaspoons WYW Calypso Seasoning Blend (optional)



balsamic vinegar, to taste  
OR  
WYW Balsamic Vinaigrette, to taste

## METHOD

Add all the ingredients to a bowl and drizzle on the balsamic. Toss well to coat all the ingredients.

Enjoy this bowl on its own, in a wrap, on a bed of greens, or with your favorite whole grains!



### Chef's Notes

The WYW Calypso Caribbean Seasoning Blend really makes this dish pop! We made this into a delicious wrap on the show!

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# Better Butter Beans

## INGREDIENTS

### Hummus

- 1 15 oz. can chickpeas
- 1/2 cup aquafaba (bean liquid)
- 1 lemon, juiced
- 4 garlic cloves
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon liquid smoke
- 2 tablespoons tahini (optional)

### Butter Beans

- 1 10 oz. bag frozen chopped onion
- 6-8 mushrooms, chopped (optional)
- 1/2 pint cherry tomatoes
- 3 garlic cloves, minced
- 1/4 teaspoon crushed red pepper (optional)
- 1/4 teaspoon black pepper
- 2 teaspoons date powder
- 1/2 teaspoon liquid smoke (optional)
- 3 tablespoons Hummus
- 2 handfuls baby spinach
- 1 15 oz. can butter beans, drained and rinsed
- 1 lemon, juiced to serve

## METHOD

Add all of the hummus ingredients to a high-speed blender and blend until smooth, using the plunger continuously to push the mixture down on the blade as it blends. Set aside.

Add the onion, mushrooms, and tomatoes to a pan and sauté over medium-high heat for a few minutes, adding a little water or veggie broth as needed to keep from sticking.

Then add the garlic, crushed red pepper, black pepper, date powder, and liquid smoke and continue to sauté for a couple minutes. Next, stir in the hummus and continue to sauté for another minute.

Finally, add in the spinach and butter beans. Once the spinach has wilted, remove from the heat. If you left the tomatoes whole, you can use a potato masher to break them apart.

Stir in the lemon juice and enjoy!



### Chef's Notes

Try our Stardust or Galaxy Dust for additional flavor or just to change it up from time to time.



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# Easy BBQ Wrap

## INGREDIENTS

### Chickpea Filling

- 1 15 oz. can chickpeas, drained and rinsed**
- 1/2 cup fire roasted corn**
- 1/2 cup BBQ Sauce**

### Wrap Ingredients

- whole wheat lavash**
  - chickpea filling**
  - 1-2 ribs celery, sliced thin**
  - 1 red bell pepper, sliced thin**
  - 1 carrot, sliced thin**
  - 1/2 cucumber, sliced thin**
  - 1 avocado, sliced**
- Ranch Dressing, for dipping**



### Chef's Notes

**Make this recipe super simple by using WYW BBQ Sauce instead!**

## METHOD

In a mixing bowl, add the chickpeas, corn, and BBQ sauce. Mash into a coarse texture with a potato masher.

Lay down the whole wheat lavash, add some chickpea filling along with as much of the other wrap ingredients as you like, roll it up, and cut the wrap in half. Use the ranch for drizzling in the wrap and for dipping!

Enjoy this no-heat Summer recipe! This will yield at least a couple wraps. The BBQ Sauce and Ranch Dressing recipes are on the next page.



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## BBQ Sauce

### INGREDIENTS

- 2 tablespoons tomato paste
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/8 teaspoon ground cinnamon
- 2 whole cloves
- 1/4 teaspoon white pepper
- 5 deglet dates
- 1 teaspoon paprika
- 1 teaspoon mustard
- 1/4 teaspoon liquid smoke
- 2/3 cup water
- 1/8 teaspoon celery seed

### METHOD

Add all of the ingredients to a high-speed blender or bullet blender and blend until smooth. If you prefer a sweeter flavor, blend in a few extra dates or date powder.



## Ranch Dressing

### INGREDIENTS

- 1/2 cup hulled hemp seeds/hearts
- 1 lemon, juiced
- 2 garlic cloves
- 1-2 teaspoons fresh dill (or 1/2 tsp dried)
- 1/2 teaspoon ground mustard
- 1/2 teaspoon white pepper
- 1/3 cup water, as needed

### METHOD

Add all of the ingredients to a high-speed blender or bullet blender and blend until smooth, adding only as much water as you need to reach your desired consistency.

