COOKING SHOW #139 - ASSEMBLY MEALS Assembly Meals



Stuffed Pita

- whole wheat pita
- Lemony Lentil Hummus
- Indian Veggie Sheet Pan
- Starchy Sheet Pan
- cherry or sun-dried tomatoes
- lettuce
- Creamy Italian Dressing
- fresh herbs





Nourish Bowl

- cooked quinoa
- lettuce
- cherry or sun-dried tomatoes
- Lemony Lentil Hummus
- Indian Veggie Sheet Pan
- Starchy Sheet Pan
- Creamy Italian Dressing
- fresh herbs





<u>Meal #4</u>

<u>Salad</u>

- chopped greens
- cooked quinoa
- diced red onion
- cherry or sun-dried tomatoes
- Indian Veggie Sheet Pan
- Starchy Sheet Pan
- Creamy Italian Dressing
- fresh herbs



<u>Pasta</u>

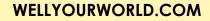
- 1 8oz. box pasta, cooked pasta
- 1 cup Lemony Lentil Hummus + 1 cup pasta cooking water
- sun-dried tomatoes
- Indian Veggie Sheet Pan
- fresh herbs



Loaded Baked Potato

- baked russet or sweet potato
- Lemony Lentil Hummus
- Indian Veggie Sheet Pan
- Starchy Sheet Pan
- Creamy Italian Dressing
- diced red onion
- cherry or sun-dried tomatoes
- fresh herbs





COOKING SHOW #139 - ASSEMBLY MEALS Indian Veggie Sheet Pan

INGREDIENTS

- 1/2 head cauliflower, chopped into florets
- 1 red onion, chopped large
- 1 bunch asparagus, chopped
- 1 bell pepper, chopped
- 1 pint cherry tomatoes, whole
- 1 15 oz. can corn, drained
- 1 jalapeño, diced (optional)
- 1 zucchini, chopped into half moons
- 1 tablespoon dried fenugreek leaves, crushed
- 2 teaspoons grated fresh ginger
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 2 teaspoons garam masala
- 1 lemon, juiced

<u>Chef's Notes</u>

Use any of your favorite veggies in this sheet pan!

Change the flavor profile by swapping the spices and herbs with whatever you like!

METHOD

Preheat the oven to 400°F.

Add all of the ingredients to a large mixing bowl. Mix well to coat evenly and place on two parchment-lined baking sheets.

Bake for 20 minutes or until tender.



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COOKING SHOW #139 - ASSEMBLY MEALS Starchy Sheet Pan

INGREDIENTS

- 1 14-16 oz. block firm tofu, pressed and cubed
- 1-2 medium sweet potatoes, cubed small
- 1 15 oz. can black beans, drained and rinsed
- 1 lemon, juiced
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper black pepper, to taste

METHOD

Preheat the oven to 400°F.

In a large mixing bowl, combine the tofu, potatoes, black beans, and spices. Mix well to coat evenly and place on a parchment-lined baking sheet.

Bake for 30-40 minutes or until tender.

<u>Chef's Notes</u> Try crumbling the tofu for a crispy and crunchy tofu texture!



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COOKING SHOW #139 - ASSEMBLY MEALS

Creamy Italian Dressing

INGREDIENTS

- 1/2 cup cashews
- 1/2 cup water
- 3 tablespoons red wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon Italian seasoning
- 2 teaspoons date powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon mustard powder
- 1/4 teaspoon paprika
- 1/4 teaspoon black pepper
- 1/4 teaspoon crushed red pepper (optional)
- 1/4 teaspoon Italian seasoning

METHOD

Add all of the ingredients to a high-speed blender except the remaining 1/4 teaspoon Italian seasoning. Blend until smooth. Then, add the Italian seasoning and blend on low for a second or two to combine.



Lemony Lentil Hummus

INGREDIENTS

- 1 cup dry brown lentils
- 1 large lemon, juiced
- 2 handfuls fresh kale, chopped
- 1 large roma tomato, chopped
- 2-4 tablespoons tahini
- 1 tablespoon minced garlic
- 1/2 teaspoon ground cumin
- 1/2 teaspoon curry powder
- 1/4 teaspoon black pepper

METHOD

First, cook the lentils by bringing a pot of water to a boil. Add the lentils and simmer for 20 minutes, just like pasta. Strain out the water.

Next, add the lentils and all of the remaining ingredients to a food processor and process until smooth.



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