

 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

Meal #1

Meal #2



Pasta

- 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



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

Meal #3

Meal #4



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



Salad

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

Meal #5

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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

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.



Chef's Notes

Use any of your favorite veggies in this sheet pan!

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

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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

Chef's Notes

Try crumbling the tofu for a crispy and crunchy tofu texture!

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.



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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.

