



Plant Yourself: Understanding Plant-Based Nutrition

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Oven-Roasted Shrimp and Asparagus

Here's a great meal for asparagus season! Prep, cooking and clean-up times are all super-quick. I served it alongside a beet and arugula salad. For a heartier meal, try it over quinoa or pasta - double the vinaigrette recipe and toss the extra vinaigrette with the quinoa.

1 lemon, zest and juice
3 tablespoons finely chopped shallots (about half a shallot)
3 + 2 tablespoons extra virgin olive oil
salt and pepper to taste
1 pound medium-thin asparagus, woody ends trimmed (an average-size bunch)
1 pound large shrimp, peeled
1/3 cup shaved Pecorino Romano (optional)

1. Preheat the oven to 375°F.
2. Grate the zest from the lemon into a small bowl. Squeeze the juice from the lemon into the same bowl - it should be about 3 tablespoons. Add the shallots to the lemon juice bowl, then gradually whisk in 3 tablespoons of olive oil. Season to taste with salt and pepper. Set aside.
3. Toss the asparagus with 2 more tablespoons olive oil on a large rimmed baking sheet; season with salt & pepper.
4. Spread the asparagus on one side of the baking sheet, separating the spears. Roast until they turn a brighter shade of green, about 3 minutes. Meanwhile in a large bowl, toss the shrimp with the half the lemon and olive oil mixture. Remove the pan from the oven and arrange the shrimp on the empty side. Spoon the remaining lemon and olive oil mixture over the asparagus. Return to the oven and roast until the shrimp are almost opaque throughout and the asparagus are crisp-tender, about 5 minutes.
5. Serve immediately, with a little shaved Pecorino, if using.

Chickpea Soup

This is a nutritious, delicious 20-minute meal that's also inexpensive. I always have all these ingredients on hand so when I have nothing planned and I need healthy 'fast food', this soup fits the bill.

4 cups cooked chickpeas or two 15 oz cans (rinsed & drained)
3/4 cup sliced almonds
1 large onion chopped fine
2 cloves garlic, minced
1 tsp cumin
7 cups stock
¼ cup olive oil
sea salt and pepper to taste

1. In a deep skillet, heat olive oil over medium heat. Add onions, garlic, salt and pepper and cook 10 minutes.
2. Stir in almonds and cumin and turn off heat.
3. Add chickpeas and stock. Roughly mash chick peas with a potato masher or the back of a fork.
4. Add stock and cook over med heat until hot.

Black Bean Soup

2 Tbsp Olive oil
4 cloves garlic, minced
1 tsp cumin
3 15 oz can black beans, rinsed and drained
1 cup salsa
4 cup broth or water (add more liquid for a thinner soup)
1 – 2 Tbsp fresh chopped cilantro (optional)

1. In a saucepan over medium heat, sauté garlic and cumin in olive oil, until garlic is golden.
2. Add salsa and cook 1-2 minutes; add beans, broth and cilantro and cook on medium for about 5 minutes until hot.
3. Remove from heat. Blend some (for chunkier texture), or all of the soup (for smooth texture) in a blender or food processor.
4. Garnish with cilantro

Vegan Ground Meat

This is a 100% plant-based vegan meat substitute that you can use as taco meat, pizza topping, in Bolognese sauce and lasagna.

Ingredients

1 medium sized cauliflower chopped into large chunks including the core.

1 Cup Walnuts

5 oz Tomato Paste

1 tbsp Soy Sauce

1 tsp Smoked Paprika

1 tsp salt or to your taste

1/8 tsp black pepper or to your taste

1/4 tsp Chili Flakes

1. Pre-heat oven to 350 ° F.
2. Place all ingredients into a food processor and pulse to a coarse blend (or chop cauliflower and walnuts finely by hand and mix with remaining ingredients in large bowl).
3. Use a parchment lined baking tray and spread mixture evenly over the tray.
4. Place the mixture in oven for 30 minutes. Take it out and stir the mixture before baking again for 15 minutes. Take it out and check again. It may require a further 10 minutes before the crumble is cooked through and the mixture is dry enough. You can cook this much quicker if you spread the mixture over two of trays rather than just one. Adjust according to your oven settings and quantity being made.
5. Once cooked you can store crumble in the fridge for pasta sauces, lasagna, taco meat, pizza toppings, etc.

Nutty Granola

Best granola you'll ever taste AND it is lower in sugar and higher in protein, fiber and healthy fats than any store bought. This recipe is very forgiving and can easily be adapted to be made according to taste. Change up the oil, sweetener, nuts, extract. Omit what you don't like and add more of what you do

1 cup gluten free rolled oats

½ cup crispy brown rice cereal

½ cup raw sunflower seeds

½ cup flax seeds

¾ cup shredded dried unsweetened coconut

½ cup sliced almonds

1 cup whole nuts (I use walnuts, pecans and almonds)

1 T ground cinnamon

1/3 cup coconut oil

1/3 cup maple syrup

½ tsp almond extract (turns out fine without – just not as almond-y)

½ cup raisins, dried cherries or other dried fruit (optional – if using look for unsulphured and no or low sugar)

1. In large bowl, mix dry ingredients together.
2. In medium/small bowl, mix wet ingredients together.
3. Add wet ingredients to dry ingredient and mix well until dry ingredients are evenly coated.
4. Transfer to large roasting pan and spread evenly. I use a 10x16 (measuring the bottom of the pan)
5. Using back of spatula (or your hands) push mixture down into pan so that is even and compact.
6. Bake at 300 until done, about 45 minutes to 1 hour, but maybe more. The granola will still feel very slightly soft and you will really begin to smell it. Sometimes I get impatient and boost the heat a bit to finish it.
7. Allow to cool completely.
8. Use spatula to loosen and break into chunks. Store in airtight container.

Cannellini Bean & Wilted Spinach

2 Tablespoons Dijon mustard

3 Tablespoons red wine vinegar

1/2 cup olive oil

6 shallots, finely chopped

2 fifteen-ounce cans cannellini beans

2 Tablespoons chopped thyme

3 large handfuls chopped spinach (@ 5 cups)

sea salt and freshly ground pepper

1. Combine the mustard and vinegar in a bowl and set aside.
2. Reserve 2 tablespoons of the olive oil and heat the remainder in a wide skillet.
3. Add the shallots and cook over low heat, stirring occasionally for 5 minutes, until softened and translucent.
4. Stir in the cannellini beans and add the mustard-flavored vinegar and the reserved olive oil.
5. Season with salt and pepper and add the thyme and spinach. Cook for a minute or two, just until the spinach has wilted, stirring continuously.