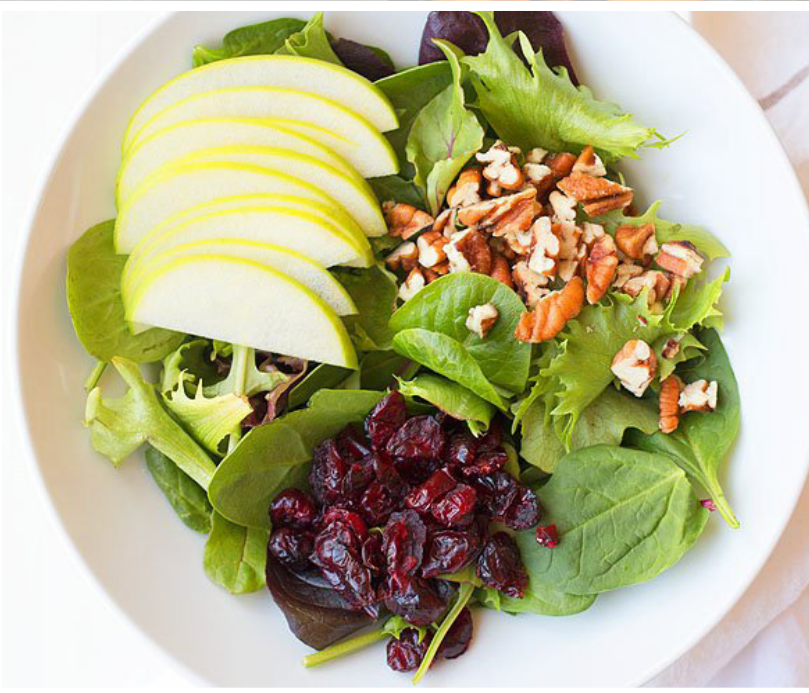




30 MINUTE DINNERS

VEGETARIAN MEAL PLAN 3

DontWastetheCrumbs.com



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All recipes are my own, kid-tested and picky-husband approved. Any inspirations from other amazing recipe developers have been noted.

Every week we're continuously publishing family-friendly recipes, meal planning hacks, grocery budgeting tips, natural living tutorials and grace-filled encouragement for the real food journey on the blog, <https://dontwastethecrumbs.com>. We encourage you to visit us there and join in the conversations!

30 Minute Dinners is an outreach of <https://dontwastethecrumbs.com> and in turn, Crumbs Media, LLC.

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THE MEAL PLAN

Meal 1

Portobello Burgers // Roasted Sweet Potatoes

Suggested Side Dish: Buns

Meal 2

Spinach Artichoke Pasta // Side Salad

Suggested Side Dish: Steamed Veggies

Meal 3

Cauliflower Steaks // Almond Pesto + Butter Beans

Suggested Side Dish: Sauteed Kale

Meal 4

Coconut Curry // Coconut Quinoa

Meal 5

Mediterranean Bean Salad // Coconut Quinoa

Suggested Side Dish: Greens



SHOPPING LIST

Meal 1: Portobello Burgers // Roasted Sweet Potatoes
Suggested Side Dish: Buns

Meal 2: Spinach Artichoke Pasta // Side Salad
Suggested Side Dish: Steamed Veggies

Meal 3: Cauliflower Steaks // Almond Pesto + Butter Beans
Suggested Side Dish: Sauteed Kale

Meal 4: Coconut Curry // Coconut Quinoa

Meal 5: Mediterranean Bean Salad // Coconut Quinoa
Suggested Side Dish: Greens

Pantry

- | | | |
|------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> cooking spray | <input type="checkbox"/> pasta (rotini), 8 oz | <input type="checkbox"/> coconut oil, 1 Tbsp |
| <input type="checkbox"/> mayo, 2 Tbsp | <input type="checkbox"/> artichoke hearts (14 oz can), 1 | <input type="checkbox"/> coconut milk (14 oz can), 4 |
| <input type="checkbox"/> ketchup, 1 Tbsp | <input type="checkbox"/> olive oil, 1 1/2 Tbsp + 5 Tbsp + 1 1/2 Tbsp | <input type="checkbox"/> vegetable broth, 1 cup |
| <input type="checkbox"/> pickle relish, 1 Tbsp | <input type="checkbox"/> almonds, 1/2 cup | <input type="checkbox"/> quinoa (white), 2 cups |
| <input type="checkbox"/> steak sauce, 4 tsp | <input type="checkbox"/> butter beans (15 oz can), 2 | <input type="checkbox"/> garbanzo beans (15 oz can), 1 |
| <input type="checkbox"/> pickles, 1 jar | <input type="checkbox"/> sherry vinegar (can sub red wine vinegar), 2 tsp | <input type="checkbox"/> black beans (15 oz can), 1 |

Produce

- | | | |
|-----------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> portobello mushroom caps, 4 | <input type="checkbox"/> cucumber, 1 | <input type="checkbox"/> garlic, 1 clove + 2 cloves + 1 clove |
| <input type="checkbox"/> lettuce (Iceberg), 1 cup shredded + 1/2 head | <input type="checkbox"/> lemon, 1 + 1 + 1 | <input type="checkbox"/> onion, 1 small |
| <input type="checkbox"/> tomatoes, 1 + 1/4 | <input type="checkbox"/> parsley, 5 Tbsp + 1/4 cup | <input type="checkbox"/> ginger, 1 inch |
| <input type="checkbox"/> onion (red), 1/2 + 1/2 | <input type="checkbox"/> basil, 1/4 cup | <input type="checkbox"/> broccoli florets, 1/2 cup |
| <input type="checkbox"/> potatoes (sweet), 4 | <input type="checkbox"/> chives, 2 Tbsp | <input type="checkbox"/> carrots, 1 |
| <input type="checkbox"/> spinach, 5 oz | <input type="checkbox"/> cauliflower, 2 heads | <input type="checkbox"/> snow peas, 1/3 cup |

- tomatoes (cherry), 1 pint + 1 cup
- shallots, 2
- mint, 1/4 cup

Cold Case

- American cheese slices, 4
- milk, 3/4 cup
- Parmesan cheese (grated), 1/2 cup
- cream cheese, 4 oz

Spices to Have on Hand

- pepper (all meals)
- garlic powder (meal 2 + meal 3)
- curry powder
- salt (all meals)
- paprika
- cayenne (!)

Suggested Sides

- hamburger buns
- kale, 2 bunches
- lemon juice
- frozen mixed vegetables (16 oz), 1
- olive oil, 2 Tbsp
- fresh cilantro, mint, or basil
- salt
- salt and pepper
- red pepper flakes (!)
- butter, 2 Tbsp

Notes

- Items marked with * can be made from scratch and prepped ahead if you have the time! The recipes can be found at DontWastetheCrumbs.com. Simply search and cook!
- Items marked with (!) are spicy. Feel free to omit if you have sensitive eaters.
- Items marked with (GF/DF) can be substituted for your favorite Gluten Free or Dairy Free ingredient. For easy substitute ideas, check the Gluten and Dairy Substitute Guide in the Resources section on CrumbsUniversity.com.



WEEKLY MEAL PREP: OVERVIEW

Meal 1: Portobello Burgers // Roasted Sweet Potatoes

- Cube the sweet potatoes and bake.

30 minutes

- Mix the Burger sauce.

2 minutes

Meal 2: Spinach Artichoke Pasta // Side Salad

- Chop the spinach for Spinach Artichoke Pasta.

1 minute

- Slice the cucumber for Side Salad.

1 minute

Meal 3: Cauliflower Steaks // Almond Pesto + Butter Beans

- Cut the cauliflower steaks.

1 minutes

- Make the Almond Pesto.

5 minutes

- If desired, chop the kale.

2 minutes

Meal 4: Coconut Curry // Coconut Quinoa

- Dice the vegetables.

4 minutes

Meal 5: Mediteranean Bean Salad // Coconut Quinoa

- n/a



WEEKLY MEAL PREP: STEP-BY-STEP

Mise en Place

Almond Pesto

- 4 Tbsp chopped flat-leaf parsley
- ¼ cup packed fresh basil
- 2 Tbsp chopped fresh chives
- juice of 1 lemon
- 5 Tbsp extra-virgin olive oil

Burger Sauce

- 2 Tbsp mayonnaise
- 1 Tbsp ketchup
- 1 Tbsp relish

Vegetables

- 4 sweet potatoes
- 1 head lettuce
- 4 portobello mushrooms
- 5 oz spinach
- 1 cucumber
- 2 heads cauliflower
- 1 cup broccoli
- 1 cup carrots
- 1 large tomato
- ½ cup snow peas
- 1 onion
- 2 shallots
- 1 head garlic
- ½ inch ginger

Supplies

- Micro grater
- Baking sheet
- Cutting board and a sharp knife

Step 1: Preheat the oven to 450F degrees.

Step 2: Cube your 4 sweet potatoes into ¾ inch chunks. Lay them flat on 2 sheet pans, making sure none are touching. Spray quickly with cooking spray and salt. Place in the oven and set a timer for 15 minutes to toss them.

Step 3: Make the Burger Sauce: Mix 2 Tbsp mayonnaise, 1 Tbsp ketchup, and 1 Tbsp relish in a small bowl for Portobello Burgers.

Step 4: Make your Almond Pesto.

Without a food processor:

- Blend 4 Tbsp chopped flat-leaf parsley, ¼ cup packed fresh basil,
- 2 Tbsp chopped fresh chives, plus more for garnish, juice of 1 lemon, and
- 5 Tbsp extra-virgin olive oil.
- Chop ½ cup of almonds if you don't have a food processor.

OR with a food processor:

Pulse almonds, 4 Tbsp parsley, basil, chives, lemon zest and juice, 2 Tbsp oil and 1/4 tsp salt in a food processor until chopped.

Step 5: Prep the Vegetables

Lettuce

- Shred 1 cup for Portobello Burgers
- Shred the rest of the head for your Side Salad

Portobello mushrooms

- Cut off the caps for Portobello Burgers
- Slice the caps for Coconut Curry

Spinach

- Roughly chop 5 oz for Spinach Artichoke Pasta

Cucumber

- Slice 1 cucumber into coins for Side Salad

Tip: Store cucumber slices back together in its original shape to slow down oxidation. It'll taste fresher. Just spread them back out before serving.

Cauliflower

- Place 2 cauliflower heads on a cutting board, stem-side down. Using a large chef's knife, cut two 1/2-inch-thick slices from the center of each head to make 4 "steaks."
- Shred the rest for Coconut Curry

Broccoli

- Dice 1/2 cup broccoli florets for Coconut Curry

Remember to toss your sweet potatoes when the timer goes off by flipping them over. Set the timer for another 10 minutes!

Carrots

- Dice 1/2 cup carrots for Coconut Curry

Tomato

- Slice 1/2 into 4 slices for Portobello Burgers
- Dice the other half (about 1/4 cup) for Coconut Curry

Snow Peas

- Cut 1/3 cup snow peas into 1" chunks for Coconut Curry

Kale

- Destem and chop 1 head of Kale for Suggested Side Dish: Sauteed Kale.

Tip: Pack the rest of the snow peas in lunches with hummus, peanut butter, ranch, or your favorite dipping sauce!

What to cut last:

Onion

- Dice 1 small onion for Coconut Curry

Shallots

- Mince 2 for Cauliflower Steaks // Almond Pesto + Butter Beans

Garlic

- Mince 1 clove for Cauliflower Steaks // Almond Pesto + Butter Beans
- Mince 4 cloves for Coconut Curry

Ginger

- Grate 1 Tbsp for Coconut Curry

Step 6: When the timer goes off, pull the sweet potatoes out of the oven. The edges will be browned and they are pierced easily with a fork.

See How to Store Your Meal Prep below to divide for storage.

How to Store Your Meal Prep

Meal 1: Portobello Burgers // Roasted Sweet Potatoes

- Sweet potatoes
- Portobello Burger Sauce
- Shredded lettuce

Meal 2: Spinach Artichoke Pasta // Side Salad

- Spinach
- Shredded lettuce + cucumber

Meal 3: Cauliflower Steaks // Almond Pesto + Butter Beans

- Chopped almonds
- Shallots + garlic
- Chopped kale

Meal 4: Coconut Curry // Coconut Quinoa

- Broccoli, cucumber, cauliflower, snow peas, ginger, + garlic

Meal 5: Mediterranean Bean Salad // Coconut Quinoa

- N/A



MAXIMIZING KITCHEN APPLIANCES

Meal 1: Portobello Burgers // Roasted Sweet Potatoes

- Use a grill to make Portobello Burgers

Meal 2: Spinach Artichoke Pasta // Side Salad

- N/A

Meal 3: Cauliflower Steaks // Almond Pesto + Butter Beans

- Use a grill for Cauliflower Steaks
- Use a food processor for Almond Pesto

Meal 4: Coconut Curry // Coconut Quinoa

- Use an Instant Pot to make Coconut Quinoa

Meal 5: Mediterranean Bean Salad // Coconut Quinoa

- N/A



STEP-BY-STEP: MEAL 1

Portobello Burgers // Roasted Sweet Potatoes

Suggested Side Dish: Hamburger Buns

If desired, serve the Portobello Burgers on buns to make them more filling!

Mise en Place

Burgers

- 4 portobello mushroom caps, gills removed if desired
- cooking spray
- ¼ tsp ground pepper
- 2 Tbsp mayonnaise
- 1 Tbsp ketchup
- 1 Tbsp sweet pickle relish
- 4 tsp steak sauce
- 4 slices American cheese
- 1 cup shredded iceberg lettuce
- 1 large tomato
- 1/2 red onion
- 1 jar of pickles

Potatoes

- 4 sweet potatoes
- salt

Suggested Side: Hamburger Buns

Supplies

- Cast iron skillet
- 2 baking sheets
- Tongs
- Cutting board and a sharp knife

Step 1: Preheat the oven to 450F (or 250F if you already made the sweet potatoes) and heat your cast iron skillet on medium high.

Step 2: Cube your 4 sweet potatoes into $\frac{3}{4}$ inch chunks. Lay them flat on 2 sheet pans, making sure none are touching. Spray quickly with cooking spray and salt. Place in the oven and set a timer for 15 minutes to toss them.

Alternatively, if you've already made your sweet potatoes, preheat the oven to 250 and stick them in for 15 minutes. Set a timer!

Step 3: Cut the caps off and coat 4 Portobello mushrooms with cooking spray and sprinkle with pepper. Add to your cast iron skillet turning occasionally, until tender, 10 to 12 minutes total. Set a timer!

Save the mushroom gills (aka stems) for Coconut Curry.

Step 4: Meanwhile, mix 2 Tbsp mayonnaise, 1 Tbsp ketchup, and 1 Tbsp relish in a small bowl.

Remember to toss your sweet potatoes when the timer goes off by flipping them over. Set the timer for another 10 minutes!

Step 5: Shred your lettuce. Then, slice your tomato and red onion.

Step 6: When the mushrooms are tender, transfer them to a plate and pat dry with paper towels. Brush them each with 1 Tbsp of steak sauce and top the gill side of each mushroom with a slice of cheese. Return the mushrooms to the cast iron skillet and cook until the cheese is just melted, about 1 minute more.

Step 7: Check on sweet potatoes. Turn up if not yet done.

Step 8: Serve the mushrooms on buns with the sauce, lettuce, tomatoes and onion and pickles with half the sweet potatoes on the side.



STEP-BY-STEP: MEAL 2

Spinach Artichoke Pasta // Side Salad

Suggested Side Dish: Steamed Vegetables

Frozen vegetables, like carrots or broccoli, steamed will complement this dish well. They can cook while you prep the salad. Just add salt and butter!

Mise en Place

Pasta

- 8 oz whole-wheat rotini
- 1 (5 ounce) package baby spinach, roughly chopped
- 4 oz cream cheese, cut into chunks
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup grated Parmesan cheese, plus more for garnish, if desired
- 2 tsp garlic powder
- $\frac{1}{4}$ tsp ground pepper
- 1 (14 oz) can artichoke hearts, rinsed, squeezed dry and chopped

Side Salad

- $\frac{1}{2}$ head shredded lettuce
- 1 pint cherry tomatoes
- 1 cucumber
- 1 $\frac{1}{2}$ Tbsp olive oil
- 1 lemon, juiced

Suggested Side: Steamed Vegetables

- 1 bag frozen mixed vegetables
- 2 Tbsp butter
- 1 Tbsp salt

Supplies

- Large saucepan
- Cutting board and a sharp knife
- Small bowl
- Salad bowl
- Medium saucepan and steamer basket if desired
- Lemon juicer
- Small wide mouth jar for dressing

Step 1: Bring a large saucepan of water to a boil. Cook 8 oz of pasta according to package directions. Set a timer!

Step 2: If desired, place frozen vegetables in a steamer basket and boil water beneath to cook.

Step 3: Chop your spinach. Prep your side salad by combining shredded lettuce, cherry tomatoes, and slicing a cucumber.

Step 4: For the dressing, whisk 1 ½ Tbsp of olive oil and juice of 1 lemon. Add salt and pepper.

Tip: If you don't have a lemon juicer, you can cut the lemon in half and then use a pair of tongs to squeeze it.

Step 5: Chop cream cheese into 1 inch chunks on the cutting board last.

Step 6: When pasta is complete, drain in a colander. Then, combine spinach and 1 Tbsp water in a large saucepan over medium heat. Cook, stirring occasionally, until just wilted, about 2 minutes. Transfer to a small bowl. Add cream cheese chunks and milk to the pan; whisk until the cream cheese is melted. Add ½ cup of grated Parmesan, 2 tsp garlic powder, and ¼ tsp pepper. To cook, whisk until thickened and bubbling. Drain as much liquid as possible from the spinach. Stir the drained spinach into the sauce, along with artichokes and the pasta. Cook until warmed through.

Step 7: Enjoy with salad on the side and steamed vegetables, if desired.



STEP-BY-STEP: MEAL 3

Cauliflower Steaks // Almond Pesto + Butter Beans

Suggested Side Dish: Sauteed Kale

*Adding another veggie like Sauteed Kale is easy to do for this quick dinner!
Just destem, chop, and cook!*

Mise en Place

- ½ cup almonds
- 5 Tbsp chopped flat-leaf parsley, divided, plus more for garnish
- ¼ cup packed fresh basil, plus more for garnish
- 2 Tbsp chopped fresh chives, plus more for garnish
- Zest & juice of 1 lemon
- 5 Tbsp olive oil
- 1 tsp salt, divided
- 2 large heads cauliflower
- 2 tsp smoked paprika
- 1 tsp garlic powder
- 2 medium shallots, minced
- 1 clove garlic, minced
- 2 15 oz cans butter beans
- ½ cup water
- ¼ tsp ground pepper
- 2 tsp sherry vinegar

Suggested Side: Sauteed Kale

- 2 bunches kale, chopped*
- 2 Tbsp olive oil*
- 1 tsp salt and pepper*

Supplies

- Cast iron skillet
- Cutting board and your largest knife
- Medium saucepan
- Food processor (preferred but a blender can work)

Step 1: Preheat your cast iron skillet to medium high and heat 1 Tbsp olive oil in a medium saucepan over medium heat.

Step 2: Place cauliflower heads on a cutting board, stem-side down. Using a large chef's knife, cut two 1/2-inch-thick slices from the center of each head to make 4 "steaks." (Reserve the remaining cauliflower for Coconut Curry. If you have time tonight, rice the remaining cauliflower with a box shredder or your food processor.)

Step 3: Brush the steaks with 2 Tbsp oil. Combine 2 tsp paprika, 1 tsp garlic powder and 1/2 tsp salt in a small bowl. Sprinkle the mixture on both sides of the steaks.

Step 4: Grill the steaks in the cast iron skillet, turning once, until tender and nicely charred. Set a timer for 6 minutes to see if it's ready to flip.

Step 5: Meanwhile, heat the remaining 1 Tbsp oil in a medium saucepan over medium heat. Add shallots and garlic and cook until the shallots start to soften, about 1 minute. Rinse and drain 2 cans of butter beans, 1/2 cup water, 1/4 tsp pepper and the remaining 1/4 tsp salt. Cook, stirring occasionally, until hot, about 5 minutes.

Step 6: If desired, Heat 2 Tbsp olive oil. Destem and chop your kale, if you haven't already, and saute 5-7 minutes per side. Add 1 tsp salt.

Step 7: Meanwhile, to make your pesto blend

- 4 Tbsp chopped flat-leaf parsley, 1/4 cup packed fresh basil,
- 2 Tbsp chopped fresh chives, plus more for garnish, juice of 1 lemon, +
- 5 Tbsp extra-virgin olive oil.

While it blends, chop 1/2 cup of almonds.

OR if you have a food processor:

Pulse almonds, 4 Tbsp parsley, basil, chives, lemon zest and juice, 2 Tbsp oil and 1/4 tsp salt in a food processor until chopped.

Step 8: After 5 minutes, remove the medium saucepan from heat and stir in 2 tsp sherry vinegar and the remaining 1 Tbsp parsley.

Note: You may use red wine vinegar as a substitute. Sherry is a touch sweeter but it will have the same effect.

Step 9: Serve the cauliflower steaks over the beans, topped with the pesto and more herbs, if desired.



STEP-BY-STEP: MEAL 4

Coconut Curry // Coconut Quinoa

Mise en Place

Coconut Curry

- 1 Tbsp coconut oil
- 1 small onion
- 4 cloves garlic
- 1 Tbsp fresh grated ginger
- 1/2 cup broccoli florets
- 1/2 cup diced carrots
- 1/4 cup tomato
- 1/3 cup snow peas (loosely cut)
- 1 Tbsp curry powder
- Reserved cauliflower
- Reserved mushroom stems
- 1 pinch cayenne (!)
- 2 14 oz cans coconut milk
- 1 cup veggie broth
- Sea salt and black pepper (to taste)

Coconut Quinoa

- 2 14 oz cans coconut milk
- 2 cups white quinoa

Optional Garnish

- fresh lemon juice*
- red pepper flakes*
- cilantro, mint, and/or basil*

Supplies

- Medium saucepan
- Large saucepan
- Cutting board and a sharp knife
- Box grater or food processor with shredding blade

Step 1: Add 2 cups quinoa to a medium saucepan over medium heat and toast for 3 minutes. Add 1 can of coconut milk and 1/2 cup water. Bring to a boil, then reduce heat to simmer, cover, and cook for 15 minutes. Set a timer. It should be light, fluffy and the liquid absorbed. Set aside until serving.

Step 2: In the meantime, heat a large saucepan or pot to medium heat and add 1 Tbsp coconut oil.

Step 3: Cut and immediately add the vegetables to the large saucepan in this order: dice 1 small onion, mince 4 cloves garlic, dice 1/2 cup broccoli florets, dice 1/2 cup carrots, dice 1/4 cup tomato, reserved mushroom stems, + cut 1/3 cup snow peas. Grate the reserved cauliflower and grate 1 Tbsp fresh ginger with a microplane or mince it finely.

Step 4: Add all the veggies and a pinch salt and pepper and stir. Cook, stirring frequently, until softened – about 5 minutes.

Step 5: Between stirs, add 1 Tbsp curry powder, a pinch of cayenne, 1 cup veggie stock, 2 cans coconut milk, another healthy pinch of salt and stir. Bring to a simmer then reduce heat slightly and continue cooking for 10 minutes. Set a timer!

Step 6: Add the snow peas and tomatoes when that timer goes off and set it again for 5 minutes so they don't overcook.

Step 7: Serve over coconut quinoa and garnish with fresh lemon juice and herbs. Reserve half the quinoa for tomorrow.



STEP-BY-STEP: MEAL 5

Mediterranean Bean Salad // Coconut Quinoa

Suggested Side Dish: Greens

Serve this dish over whatever greens you have left in the fridge like romaine, spring mix, or spinach.

Mise en Place

Bean Salad

- 1 15 oz can garbanzo beans, drained and rinsed
- 1 15 oz can black beans, drained and rinsed
- 1 cup cherry tomatoes
- 1 large garlic clove
- ½ cup chopped red onion
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh mint
- 1 ½ Tbsp olive oil
- Juice from 1 lemon
- ½ tsp kosher salt
- ½ tsp black pepper
- Reserved Coconut Quinoa

Supplies

- Large bowl
- Small bowl
- Cutting board and a sharp knife
- Whisk

Step 1: In a large bowl combine:

1 can black beans, 1 can garbanzo beans, 1 cup cherry tomatoes, ½ cup chopped red onion, ¼ cup chopped fresh parsley, + ¼ cup chopped fresh mint.

Step 2: For the dressing, in a small bowl, whisk the 1 ½ Tbsp olive oil and lemon juice from 1 lemon until smooth.

Step 3: Pour the dressing over the beans and veggies, add ½ tsp salt and black pepper to taste and carefully toss with a large metal spoon.

Step 4: If desired, cut up greens for the suggested side dish.

Step 5: Serve over greens if desired and reserved coconut quinoa on the side or mixed in.



RECIPE CARDS

Meal 1 Recipes

Portabello Burgers



Recipe inspired by Eating Well.

INGREDIENTS

4 portobello mushroom caps, gills removed if desired	4 tsp steak sauce
Cooking spray	4 slices American cheese
¼ tsp ground pepper	4 eaches whole-wheat buns, toasted if desired
2 Tbsp mayonnaise	1 cup shredded iceberg lettuce
1 Tbsp ketchup	4 eaches large tomato slices
1 Tbsp sweet pickle relish	4 slices Thinly sliced red onion & pickles

INSTRUCTIONS

1. Preheat grill to medium-high.
2. Coat mushrooms with cooking spray and sprinkle with pepper. Grill, turning occasionally, until tender, 10 to 12 minutes total.
3. Meanwhile, mix mayonnaise, ketchup and relish in a small bowl.
4. Transfer the mushrooms to a plate and pat dry with paper towels. Brush with steak sauce and top the gill side of each mushroom with a slice of cheese. Return the mushrooms to the grill and cook until the cheese is just melted, about 1 minute more. Serve on buns with the sauce, lettuce, tomatoes and onion and pickles, if desired.

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Meal 2 Recipes

Spinach Artichoke Pasta



Recipe inspired by Eating Well.

INGREDIENTS

8 oz whole-wheat rotini	2 tsp garlic powder
1 (5 oz) package baby spinach, roughly chopped	¼ tsp ground pepper
4 oz cream cheese, cut into chunks	1 (14 oz) can artichoke hearts, rinsed, squeezed dry and chopped
¾ cup milk	
½ cup grated Parmesan cheese	

INSTRUCTIONS

1. Bring a large saucepan of water to a boil. Cook pasta according to package directions. Drain.
2. Combine spinach and 1 Tbsp water in a large saucepan over medium heat. Cook, stirring occasionally, until just wilted, about 2 minutes. Transfer to a small bowl. Add cream cheese and milk to the pan; whisk until the cream cheese is melted. Add Parmesan, garlic powder and pepper; cook, whisking until thickened and bubbling. Drain as much liquid as possible from the spinach. Stir the drained spinach into the sauce, along with artichokes and the pasta. Cook until warmed through.

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Meal 3 Recipes

Cauliflower Steaks with Almond Pesto



Find the original recipe here.

INGREDIENTS

½ cup almonds	2 tsp smoked paprika
5 Tbsp chopped flat-leaf parsley, divided, plus more for garnish	1 tsp garlic powder
¼ cup packed fresh basil	2 medium shallots, minced
2 Tbsp chopped fresh chives	1 clove garlic, minced
Zest & juice of 1 lemon	2 (15 ounce) cans no-salt-added butter beans, rinsed
5 Tbsp extra-virgin olive oil, divided	½ cup water
1 tsp salt, divided	¼ tsp ground pepper
2 large heads cauliflower	2 tsp sherry vinegar

INSTRUCTIONS

1. Preheat grill to medium.
2. Pulse almonds, 4 Tbsp parsley, basil, chives, lemon zest and juice, 2 Tbsp oil and 1/4 tsp salt in a food processor until chopped.
3. Place cauliflower heads on a cutting board, stem-side down. Using a large chef's knife, cut two 1/2-inch-thick slices from the center of each head to make 4 "steaks." (Reserve the remaining cauliflower for another use.)

Recipe continues on next card.

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Cauliflower Steaks with Almond Pesto (cont.)



INSTRUCTIONS

4. Brush the steaks with 2 Tbsp oil. Combine paprika, garlic powder and 1/2 tsp salt in a small bowl. Sprinkle the mixture on both sides of the steaks.
5. Grill the steaks, turning once, until tender and nicely charred, 12 to 14 minutes total.
6. Meanwhile, heat the remaining 1 Tbsp oil in a medium saucepan over medium heat. Add shallots and garlic and cook until the shallots start to soften, about 1 minute. Add beans, water, pepper and the remaining 1/4 tsp salt. Cook, stirring occasionally, until hot, about 5 minutes. Remove from heat and stir in vinegar and the remaining 1 Tbsp parsley.
7. Serve the cauliflower steaks over the beans, topped with the pesto and more herbs, if desired.

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Meal 4 Recipes

Coconut Curry



Recipe inspired by Minimalist Baker.

INGREDIENTS

1 Tbsp coconut or olive oil	1/3 cup snow peas, loosely cut
1 small onion, diced	1 Tbsp curry powder
4 cloves garlic, minced	1 pinch cayenne (optional)
1 Tbsp fresh grated ginger	2 14-ounce cans light coconut milk (sub full-fat for richer texture)
1/2 cup broccoli florets	1 cup veggie broth
1/2 cup diced carrots	Sea salt and black pepper (to taste)
1/4 cup diced tomato	

INSTRUCTIONS

1. Heat a large saucepan or pot to medium heat and add coconut oil. Add the onion, garlic, ginger, carrot, broccoli and a pinch each salt and pepper and stir. Cook, stirring frequently, until softened – about 5 minutes.
2. Add curry powder, cayenne (or chili pepper), veggie stock, coconut milk, another healthy pinch of salt and stir. Bring to a simmer then reduce heat slightly and continue cooking for 10-15 minutes.
3. Add the snow peas and tomatoes in the last 5 minutes so they don't overcook.
4. Taste and adjust seasonings as needed. I added another pinch or two of salt.
5. Serve over coconut quinoa and garnish with fresh lemon juice and herbs.

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Coconut Quinoa



Recipe inspired by Minimalist Baker.

INGREDIENTS

1 14-ounce can light coconut milk	1 Tbsp agave nectar (optional)
1 cup white quinoa (rinsed in a fine mesh strainer*)	

INSTRUCTIONS

1. Begin by washing quinoa thoroughly in a fine mesh strainer. Add to a medium saucepan over medium heat and toast for 3 minutes.
2. Add light coconut milk and 1/2 cup water (amount as original recipe is written // adjust if altering batch size).
3. Bring to a boil, then reduce heat to simmer, cover and cook for 15 minutes or until the quinoa is light, fluffy and the liquid is absorbed. Set aside until serving.

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Meal 5 Recipes

Mediterranean Bean Salad



Recipe inspired by Skinny Taste..

INGREDIENTS

1 15.5-ounce can garbanzo beans, drained and rinsed	¼ cup chopped fresh parsley
1 15-ounce can black beans, drained and rinsed	¼ cup chopped fresh mint
1 cup chopped grape tomatoes	1 1/2 Tbsp olive oil
1 large garlic clove, finely minced	Juice from 1 medium lemon
½ cup chopped red onion	½ tsp kosher salt
	Freshly ground black pepper

INSTRUCTIONS

1. In a large bowl, combine the beans, tomatoes, garlic, onion, parsley, and mint.
2. For the dressing, in a small bowl, whisk the olive oil and lemon juice until smooth and emulsified.
3. Pour the dressing over the beans and veggies, add ½ tsp salt and black pepper to taste and carefully toss with a large metal spoon.

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PERSONAL NOTES
