

ENGINE 2 EXTRA



E2X EASY MEALS

Simple Ideas for Plant-Strong Living

Kale, brown rice, black beans, avocado, hot sauce	Whole grain pasta, diced tomatoes, basil, mushrooms, garlic	Brown rice, chickpeas, pineapple, green onions, BBQ	Quinoa, kidney beans, lime juice, oregano, cucumber, arugula	Sweet potato, kale, white beans, brown rice
White potato, black beans, tomatoes, corn, spinach, cumin	Quinoa, mixed greens, red beans, cauliflower, basil	Brown rice, chickpeas, zucchini, curry powder turmeric, black powder	White beans, fingerling potatoes, brussels sprouts, garlic	Roasted vegetable mix, quinoa, garlic and herb blend
Lentils, collard greens, brown rice, artichokes and garlic	Potatoes, portobello mushrooms, green beans, spinach, black beans	Whole grain pasta, lentils, crushed tomatoes, garlic, broccoli	Cauliflower soup: cook cauliflower, blend, add chickpeas, curry powder, garlic	Brown rice, salsa, frozen southwestern veggie mix, black beans
Mashed potatoes, lentils with BBQ spices or sauce, steamed green beans	Brown rice, broccoli, red pepper flakes, low sodium tamari, water chestnuts	Whole grain pasta, zucchini, broccoli, peppers, onions, mushrooms, tomatoes	Chop salad: chopped cucumber, celery, carrots, zucchini, tossed with quinoa	Grilled zucchini & mushrooms with oil-free hummus on whole grain bread
Whole grain pasta cooked and chilled, cucumber, tomato, beans, balsamic vinegar	Lentils, chopped tomato, lettuce, spinach, salsa, served on lettuce or served in corn tortillas	Diced potatoes, crumbled tofu, onions, peppers, spinach, black pepper, garlic	Butternut squash, lentils, smokey chipotle seasoning, over red rice with steamed kale	Mashed chickpeas, onion, garlic, chopped celery, cucumber served on whole grain bread
Kamut, pineapple, cilantro, onion, kale, chipotle chili sauce	Sweet potato, topped with black beans, cilantro, salsa	Wild rice, onion, red lentils, greens, sage, rosemary, thyme	Brown rice, black pepper, Asian style frozen veggie mix	Quinoa, black beans, cayenne, cumin, shredded kale
Black beans, green peppers, onions, diced tomatoes, cumin, chili powder = black bean chili	Cauliflower, chickpeas, potatoes, vindaloo curry powder, onions, brown rice	Mushrooms, crushed tomatoes, onions, whole grain macaroni, lentils, garlic, oregano, basil	Roasted potato wedges, plant-strong burgers and a big salad with oil-free dressing	Stuffed ancient grains wrap, hummus, tomatoes, mixed greens, cucumber, onions, sprouts
Mixing bowl Salad: loaded up greens, veggies, beans, balsamic vinegar	Veggie broth, frozen veggies of your choice, spices to your liking = veggie soup	Whole grain pasta, black beans, corn, peppers, nutritional yeast, cumin, cilantro	Mashed sweet potatoes, pinto beans with BBQ, steamed collard greens	Brown rice, diced green onions, cubed tofu, diced carrots, low sodium tamari

No recipe meals, easy ways to whip up dinner. Choose your spices, change the cooking method, rearrange the veggie options: there is no right or wrong way to prepare easy meals. Like carrots better? Switch it! Not a fan of garlic – no problem, pick another spice. Like things hot? Add cayenne. Enjoy playing with the different possibilities. Use your imagination

