

## SAMPLE MENU

### **Winter Minestrone Soup**

*Swiss chard, cabbage, escarole, cannellini beans, garlic, celery, carrot, red onion, tomatoes, vegetable broth, rosemary, thyme*

### **Grilled Apple and Pear Salad with Orange Citrus Dressing**

*apples, pears, pecans, arugula, red onion, basil, orange juice, lemon zest, olive oil*

### **Kelp Noodles with Matcha Pistachio Pesto**

*kelp noodles, basil, pistachios, garlic, olive oil, nutritional yeast, matcha, lemon juice*

### **Orange-Cashew Tempeh Stir-Fry**

*tempeh, orange juice, ginger, garlic, tamari, red curry paste, cilantro, carrots, onion, celery, snow peas, cashews, coconut oil*

### **Artichoke Heart Paella**

*artichokes, chickpeas, tomatoes, brown basmati rice, vegetable broth, red wine, lemon juice, parsley*