



Week 3 Plant Based Vegan Summer Recipe Club

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WELLNESS WITH MISSY, LLC

Hello,

Welcome to week three summer club recipe ebook! On the next pages, you will find a collection of delicious recipes I put together that are fun and easy to make. These recipes will keep you inspired this summer season.

HOW TO USE

Follow the recipe exactly, feel free to modify or use it as a form in inspiration.

RECIPE TIPS

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Asparagus is on the clean fifteen list so this one can be bought non organic if you like. I have included the list of "dirty dozen" and "clean fifteen" so you can reference.

I hope enjoy these simple and delicious recipes.

Be sure to tag and follow on instagram <https://www.instagram.com/wellnesswithmissy>

Let's get started.

with gratitude,

Missy

eat well. feel good. be happy.

DIRTY DOZEN™

- Strawberries
- Spinach
- Kale
- Nectarines

- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- + Hot Peppers

CLEAN FIFTEEN™

- Avocados
- Sweet Corn
- Pineapple
- Onions
- Papaya
- Sweet Peas Frozen
- Eggplant
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew Melon
- Kiwi

That being said this recipe book/meal plan is a guideline and not intended to diagnose, treat or prevent any disease. Information and guidelines given are focused on the general public or specific subgroups thereof. Content should not be considered a substitute for professional medical expertise or treatment. You are fully responsible for consulting a qualified health professional for individualized treatment or information regarding health conditions or concerns. Wellness with Missy, LLC can not be held responsible for adverse reactions, effects, or consequences resulting from the use of any recipes provided.

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Strawberry Asparagus Salad with Tahini Dressing

4 SERVINGS 20 MINUTES



INGREDIENTS

- 2 cups Asparagus
- 4 cups Arugula
- 1 cup Radishes (thinly sliced)
- 1 cup Strawberries (thinly sliced)
- 1 cup Frozen Peas (thawed)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1 Lemon (juiced)
- 2 tbsps Water (warm)

NUTRITION

AMOUNT PER SERVING

Calories	171	Carbs	20g
Fat	9g	Protein	7g

DIRECTIONS

- 01 Trim the woody ends from the asparagus and cut the spears in half.
- 02 Fill a steamer pot with water and bring to a boil. Place asparagus in the steaming basket and steam for about 5 to 7 minutes, or until tender. (Note: The thicker the spears, the longer they will need to steam.) Remove the steamer from stovetop and run the asparagus under cold water until completely cool.
- 03 Fill the bottom of a salad bowl with arugula. Top with sliced radishes, strawberries thawed green peas and asparagus.
- 04 In a small jar, combine the tahini, maple syrup, lemon juice and water. Shake well. Add more water to thin if necessary.
- 05 Drizzle desired amount of dressing over top of the salad and serve.

Grilled Asparagus

4 SERVINGS 15 MINUTES



INGREDIENTS

3 cups Asparagus (woody ends trimmed)
1 1/2 tsps Extra Virgin Olive Oil
1/4 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	35	Carbs	4g
Fat	2g	Protein	2g

DIRECTIONS

- 01 Preheat grill over medium-low heat.
- 02 Toss asparagus in the olive oil. Place asparagus directly on the grill or on a grill mat. Grill for 10 to 12 minutes, rolling at the halfway point.
- 03 Remove from grill and season with salt. Enjoy!

Creamy Sun Dried Tomato Pasta

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tbsp Avocado Oil
- 2 Garlic (clove, minced)
- 1 tbsp Arrowroot Powder
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Sun Dried Tomatoes (drained)
- 1 tbsp Nutritional Yeast
- 1/2 tsp Sea Salt
- 1 tbsp Lemon Juice
- 8 ozs Chickpea Pasta
- 1 cup Asparagus (trimmed, cut into bite-sized pieces)
- 1/4 cup Parsley (chopped)
- 1/2 tsp Chili Flakes (optional)

NUTRITION

AMOUNT PER SERVING

Calories	274	Carbs	41g
Fat	8g	Protein	17g

DIRECTIONS

- 01 Heat avocado oil in a pan over medium-low heat and add garlic. Cook for 1 minute. Add the arrowroot powder and cook for another minute. Then add the almond milk and stir to combine. Stir until the milk has thickened.
- 02 Pour the almond milk mixture into a blender along with the sun dried tomatoes, nutritional yeast, sea salt and lemon juice. Blend until smooth and creamy. Add more water to thin if needed. Set aside.
- 03 Meanwhile, cook the pasta according to package directions. Drain and add the pasta back to the pot.
- 04 In a pan over medium heat, add the asparagus and sauté until cooked through, about 5 to 7 minutes. Once cooked through, add the asparagus in with the pasta. Mix in the sun dried tomato sauce. Divide onto plates and top with parsley and chili flakes, if using. Serve and enjoy!

Cream of Celery & Asparagus Soup

4 SERVINGS 25 MINUTES



INGREDIENTS

- 2 tbsps Coconut Oil
- 1 Yellow Onion (chopped)
- 6 stalks Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 cups Water
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Hemp Seeds
- 4 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	222	Carbs	12g
Fat	17g	Protein	10g

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 02 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 03 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Chickpea Omelette with Asparagus

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Chickpea Flour
1/2 cup Water
1 tbsp Nutritional Yeast
1/4 tsp Turmeric
1/8 tsp Sea Salt
1 1/2 tps Extra Virgin Olive Oil
1/2 cup Asparagus (trimmed, chopped)
2 tbsps Fresh Dill (chopped)
1/2 Avocado
1 stalk Green Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	452	Carbs	42g
Fat	25g	Protein	19g

DIRECTIONS

- 01 In a medium bowl, add the chickpea flour, water, nutritional yeast, turmeric and sea salt. Whisk well to combine. Set aside.
- 02 In a skillet over medium heat add the oil and the asparagus. Cook, turning occasionally until the asparagus is fork tender, but still crisp, about 5 to 6 minutes. Remove and set aside.
- 03 In the same skillet, add more oil if necessary. Over medium heat, pour the chickpea omelette mixture and move the pan around to ensure it covers the skillet evenly, in one layer. Let it cook for 3 to 4 minutes until golden brown on the bottom. Add the asparagus to the omelette, then fold in half over the filling.
- 04 Gently, remove the omelette from the skillet and place on a plate. Top with dill, sliced avocado and green onion. Enjoy!