Asian Zoodle Salad  
Serves: 8 • Prep time: 20 minutes • Cook time: n/a

Ingredients:

1 garlic clove, finely minced  
½-teaspoon kosher salt  
½-teaspoon ground black pepper  
1-teaspoon fresh chopped ginger  
1-tablespoon fresh Thai Basil  
1-tablespoon lemon juice  
1-tablespoon lime juice  
2-tablespoon seasoned rice wine vinegar  
2-teaspoon Dijon mustard  
1/4 cup extra virgin olive oil  
1/4 cup sesame oil  

2 medium zucchini  
1 seedless cucumber  
3 each scallion, sliced  
1 red bell pepper  
1 cup shredded carrot  
½ cup fresh Thai basil, chiffonade (cut into ribbons)

Directions:

1. In a medium bowl, whisk to combine: garlic, salt, pepper, ginger, Thai basil, lemon juice, lime juice, vinegar, and mustard. Combine oils and gradually drizzle into dressing ingredients, whisking continuously.
2. Make noodles with zucchini and cucumber using a spiralizer, box grater, mandolin, or peeler.
3. In a large bowl, combine the zucchini, cucumber, scallion, peppers, carrots and ½ of the fresh Thai basil chiffonade. Add ½ of the dressing and stir to coat; add more or less as desired. Store remaining dressing in the refrigerator in airtight container for up to 1 week.
4. Garnish with remaining basil and enjoy!
5-Spice Black Bean Quinoa Burgers
Makes: 6-8 burgers        Prep time: 25 minutes       Cook time: 10 minutes

1/3 cup dry quinoa, rinsed and drained
2/3 cup water or broth
1 can black beans, rinsed and drained
1 tablespoon olive oil, plus more for cooking burgers
2 cups sautéed minced vegetables (peppers, onions, carrot, or mushroom)

1 1/3-cup rolled oats
1/3 cup hoisin sauce
2-teaspoons ground ginger
2-teaspoons Chinese 5-spice

Optional toppings:
Pineapple rings
Avocado

Directions:

1. In a small saucepan, combine the quinoa and water; bring to a boil and reduce heat to simmer. Cook until quinoa is tender, 15-20 minutes. Transfer to a bowl and cool.
2. While quinoa is cooking, heat 1-tablespoon oil over medium high heat in a medium sauté pan. Sauté until vegetables are tender. Remove from heat and cool.
3. In a medium bowl, combine the cooked quinoa, black beans and sautéed vegetables and stir to combine. Divide the mixture in half.
4. In a food processor, combine half of the mixture with the oats, hoisin, ginger and five spice. Pulse until well combined.
5. Fold in remaining ingredients and shape into four patties.
6. Heat 1-tablespoon oil over medium high heat in a medium sauté pan and cook patties for about 2-3 minutes per side, or until a golden crust forms.
7. Serve on a bun or lettuce wrap and add toppings and/or condiments as desired.
Pumpkin Protein Muffins
Makes: 12 muffins • Prep time: 10 minutes • Cook time: 20 minutes

Ingredients:

- 2-tablespoons ground flaxseed
- 1/3-cup water
- Cooking spray
- 1-cup all-purpose flour
- 1-cup whole-wheat flour
- 2 scoops protein powder (plain or vanilla) - optional
- 1-tablespoon baking powder
- 1-teaspoon ground cinnamon
- ½-teaspoon ground nutmeg
- 2/3-cup brown sugar
- 2/3-cup milk or milk alternative (rice, almond, soy)
- 1¼-cup canned pumpkin
- ¼-cup coconut oil, melted

Optional add-ins:
- 2-teaspoons orange zest
- ½-cup dried cranberries, roughly chopped
- ½-cup walnuts or other nuts/seeds, roughly chopped

Directions:
1. In a small bowl, combine flaxseed and water. Set aside for about 30 minutes, until a gel has formed.
2. Preheat oven to 400 degrees Fahrenheit.
3. Grease a muffin tin with cooking spray and set aside.
4. In a medium bowl, stir to combine both flours, protein powder if using, baking powder, cinnamon, and nutmeg.
5. In a separate bowl, whisk together the flaxseed mixture, brown sugar, milk, pumpkin, and coconut oil.
6. Create a “well” in the dry ingredient and pour the wet mixture into the dry. Stir with a spoon or spatula in a folding motion until just combined (there may still be some lumps). Fold in add-ins, if using.
7. Fill each muffin tin about ¼ inch from the top (about 2/3 full). Top each muffin with a few pepitas, if using.
8. Bake for 20 minutes, or until a knife inserted into the muffins come out clean. Cool for at least 10 minutes before serving.