Week 5 Plant Based Vegan Summer Recipe Club

Wellness with Missy
Eat well - Feel good - Be happy

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WELLNESS WITH MISSY, LLC

Hello,
Welcome to your Plant Based Vegan summer recipes week five Ebook! On the next pages, you will find a collection of recipes I put together that are delicious, fun and easy to make. These recipes will keep you inspired this summer season. Please feel free to follow exactly, improvise or to use as inspiration.

This week recipes are all about eggplant.
A few quick shopping tips, when shopping for eggplant look for ones that are;

- Smooth and shiny
- Feel heavy for its size.
- Test for ripeness lightly press your finger against the skin, if it leaves an imprint the eggplant is ripe.
- Smaller size eggplants tend to be sweeter, and have less seeds

Storage Tips

- Store whole fresh eggplant at room temperature.
- It is best to keep the away for other counter top produce and out of direct sunlight
- Cook and enjoy within 3 days
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Let's get started! Be sure to tag me @wellnesswithmissy
with gratitude,
xoxo 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 ebook/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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you should contact a physician for diagnosis and/or treatment. Under no circumstances should you attempt self-diagnosis or treatment based on anything you have seen or read on this website.

Eggplant & Collard Greens Quinoa Soup

6 SERVINGS 45 MINUTES

INGREDIENTS

6 cups Vegetable Broth

2 cups Diced Tomatoes (from the can, drained)

1 Carrot (trimmed, chopped)

1/2 Eggplant (chopped)

2 cups Collard Greens (stems removed, chopped)

1 cup Quinoa (rinsed)

1 tsp Dried Thyme

1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	152	**Carbs**	27g
Fat	2g	**Protein**	6g

DIRECTIONS

01 Combine all ingredients in a large pot. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the quinoa is tender.

02 Season with additional salt if needed.

03 Divide between bowls and enjoy!

Vegan Mini Eggplant Pizzas

4 SERVINGS 30 MINUTES

INGREDIENTS

1 Eggplant (medium)
1/4 cup Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
3/4 cup Tomato Sauce
1/2 tsp Oregano
1/2 tsp Red Pepper Flakes (Optional)
1 oz Vegan Mozzarella Cheese
2 tbsps Basil Leaves (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	184	**Carbs**	11g
Fat	15g	**Protein**	3g

DIRECTIONS

01 Cut the eggplant into equal slices about 1/2 inch thick. Generously brush each side of the eggplant with the oil and season with sea salt and black pepper.

02 Heat a large non-stick pan over medium heat. Cook eggplant in batches until tender and browned about 3 to 5 minutes per side.

03 Meanwhile, turn the broiler on high.

04 Transfer the browned eggplant slices to a baking sheet and top each with tomato sauce, dried oregano and shredded vegan cheese. Broil the eggplant pizzas for 3 to 5 minutes until the vegan cheese is melted, bubbly and browned.

05 Top with red pepper flakes and fresh basil. Enjoy!

Baba Ganoush

4 SERVINGS 20 MINUTES

INGREDIENTS

1 Eggplant (medium, trimmed, sliced into 1/4 inch strips)
3 tbsps Avocado Oil
2 tbsps Tahini
2 tbsps Parsley (fresh, chopped)
1 Lemon (juiced)
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	175	**Carbs**	11g
Fat	15g	**Protein**	3g

DIRECTIONS

01 Adjust oven rack closest to the broiler. Set oven to high broil. Place eggplant on a foil-lined baking sheet and toss in oil. Roast for 10 minutes or until tender and golden brown. Remove from oven.

02 Wrap the eggplant in the foil and let rest for 5 minutes.

03 Remove the skin from the eggplant and discard. Then add the flesh of the eggplant to a food processor or blender. Add the remaining ingredients and blend until creamy. Adjust seasoning as needed.

04 Transfer to a bowl and enjoy!

Eggplant & Crispy Chickpeas with Tahini

2 SERVINGS 40 MINUTES

INGREDIENTS

2 Eggplant (cut in half lengthwise)
2 tbsps Avocado Oil (divided)
1 3/4 cups Chickpeas (cooked)
1/2 tsp Sea Salt (divided)
1/2 tsp Cumin
1 1/2 tbsps Tahini
1 tsp Lemon Juice
1/4 cup Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	568	**Carbs**	75g
Fat	25g	**Protein**	20g

DIRECTIONS

01 Preheat the oven to 425F (218°C) and line a baking sheet with parchment paper. Place the eggplant on the sheet, cut side facing up and brush with half the avocado oil.

02 Lightly dry the chickpeas with paper towel and add to a medium-sized bowl. Toss with half the sea salt and cumin. Add the chickpeas to the baking sheet alongside the eggplant. Bake for 15 minutes. Remove, gently shake the baking sheet and flip the eggplant. Bake for 15 minutes more.

03 Make the tahini dressing by adding the remaining avocado oil, remaining sea salt, tahini and lemon juice to a mason jar. Shake vigorously until all ingredients are combined. If the dressing is too thick, thin with a splash of water.

04 Once the eggplant and chickpeas are finished cooking, add to a plate. Top with tahini dressing and parsley. Serve and enjoy!

Roasted Veggie Pasta

4 SERVINGS 25 MINUTES

INGREDIENTS

1 Eggplant (large, diced into half-inch pieces)
1 Zucchini (medium, chopped)
2 cups Cherry Tomatoes
2 Carrot (medium, sliced)
1/2 cup Red Onion (large, sliced)
3 Garlic (cloves, minced)
2 1/2 tbsps Thyme (fresh)
1/4 tsp Sea Salt (to taste)
10 ozs Chickpea Pasta (dry)
2 tbsps Balsamic Vinegar (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	324	**Carbs**	60g
Fat	5g	**Protein**	21g

DIRECTIONS

01 Preheat the oven to 425°F (220°C). Line your baking sheets with parchment paper.

02 In a large bowl, toss together everything except the pasta and balsamic vinegar. Transfer to the baking sheets and spread the veggies in an even layer. Roast for 20 minutes.

03 Meanwhile, cook the pasta according to the package directions. Drain the water and return the pasta to the pot.

04 Add the roasted veggies to the cooked pasta and stir in the balsamic vinegar. Taste and adjust the salt, thyme, or balsamic vinegar as needed. Enjoy!