

crispy chickpea & kale salad



INGREDIENTS:

- 3 cups dino kale
- 4-5 radishes
- 1 can garbanzo beans
- 1 cup cooked quinoa
- 1/4 cup pumpkin seeds
- 1 cup (lightly) steamed broccoli
- 6-10 chopped kalamata olives
- 1 tbsp olive oil
- juice from 1/4 lemon
- 2 tbsp liquid aminos
- 1 tsp sea salt



- Wash, cut and massage kale with lemon, olive oil and salt
- Cook chickpeas in pan with liquid aminos until crispy
- Lightly steam broccoli and put in the fridge to cool down
- Chop radishes and add to the kale
- Add beans, broccoli, seeds and olives
- Toss and enjoy!

tempeh pita pocket



INGREDIENTS:

leftover kale salad
tahini dipping sauce
1 8 oz package tempeh
Hummus of choice
2 tbsp liquid aminos
whole wheat pita pockets



- Slice tempeh and cook in pan with liquid aminos
- Heat or toast pita bread
- Spread hummus inside pita
- Pack with leftover salad
- Add tempeh
- Dip or drizzle with tahini and ENJOY
- Great as a lunch to-go!