



MEXICAN STYLE CHOPPED SALAD

TO SERVE: Separate the rice from the crunchy veggies and warm them on the stove top if desired. Add the salad to a large serving bowl and toss with our house made Goji Chipotle Dressing inspired by Cafe Gratitude, cubed avocado, pepitas and a squeeze of lime if desired



SUMMER HARVEST TORTILLA SOUP

TO SERVE: Serve with diced avocado, a sprinkle of pepitas, and a generous squeeze of lime for some tang. To stretch for the family - serve over jasmine rice, guacamole and tortillas. We love crushing the provided tortilla chips to add on to top or eat as a side with your soup. Pairs nicely with a dollop of this week's cilantro jalapeno pesto



SPICED CAULIFLOWER FRITTERS W ROOT FRIES

TO SERVE: preheat oven to 350. Heat on a baking sheet for 10 - 15 minutes or until fries are crisp. This dish also reheats well in the air fryer if you have one.



SESAME CARROT BUDDHA BOWL

TO SERVE: This dish can be served at room temp or as a warm stir-fry. Shake or stir the dressing - separation is normal. Serve topped with tamari toasted almonds and coconut + fresh mint and scallions.

Note: This dish is perishable. Enjoy at the beginning of the week!



SAVORY THAI NOODLES W BRUSSELS + BUTTERNUT SQUASH

TO SERVE: Simply pop all ingredients into a sauté pan to warm - add a touch coconut oil as needed to loosen noodles + sauce (shouldn't take much!). Garnish with crushed peanuts, a squeeze of lime, cilantro and scallion - and if you like a little spice: a sprinkle of red pepper flakes or a drizzle of sriracha!



CRUDITÉS + DIPS

Chipotle Cashew Queso

It's a dip, filling, topping. Whatever you want it to be! it adds richness, flavor, and protein to any meal or snack.

Cilantro Jalapeño Pesto

Wonderful served on pasta, with eggs, on toasted baguette or with our rainbow of crudités. Pairs well with this week's Mexican Style Chopped Salad,