



OUR FAVORITE SUBMISSIONS

The Four Leaf Clovers

COVER LETTER



FAVORITE PGC SUBMISSION #1

DAY 15 GREENEST FOOD WASTE

For Day 15's greenest challenge, our team learned about food waste and food insecurity. We learned about how 22 million pounds of food is wasted in the United States and how BIPOC communities are disproportionately affected by food insecurity due to factors such as redlining. This was one of our favorites due to the reason that it connected several interesting topics such as Climate Justice, Plant Based, and Food. Moreover, we were also able to learn so much about food insecurity and its impact on our own neighborhoods! The challenge also gave us an opportunity to come up with ways we can help others who are not as fortunate as us, which is one of the goals we actively seek to accomplish.





FAVORITE PGC SUBMISSION #2

DAY 14 GREENER SOIL

We loved performing and editing the hilarious skit we created about regenerative organic agriculture! Even though we did not win that challenge, we felt that the laughs we had while making it were definitely worth the time. We also learned a lot about the benefits of organic farming, and we were able to teach others about it too via our skit!



FAVORITE PGC SUBMISSION #3

DAY 11 GREENEST ADVENTURE

Day eleven's challenge was one of our favorite submissions; one of our team members took a five mile hike into nature with her family and dog, spending many hours outside in nature. After sitting indoors for days, this venture into the splendid scenery outdoors was breathtakingly beautiful. While we basked in nature's glory, we were also mindful of ourselves; from the clothes we were wearing to the reusable water bottles we carried, we made a new effort to be sustainable and protect the environment that gives us so much. The sight was like those in stock photos, serene and still at times but raging and vivacious at others. This challenge gave our members the chance to step outside and enjoy the grandiosity of the great outdoors!





FAVORITE PGC SUBMISSION #4

DAY 17 GREENEST WELLNESS

During day 17's greenest we were tasked to create a self-care sanctuary. At first it seemed like a burden, but as time went on and we brainstormed ideas for what would go into the space, the vision came together and we became really excited for it to come together!

As we relaxed and really took the time to enjoy and sink into our relaxing time there, we realized the truth in the saying that we must take care of ourselves before we can take care of others. Our self-care sanctuary is still up today, and we occasionally take a seat and relax!



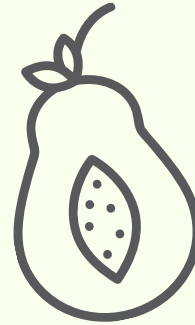
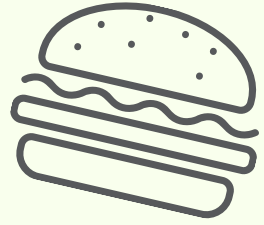
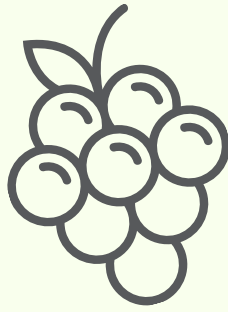
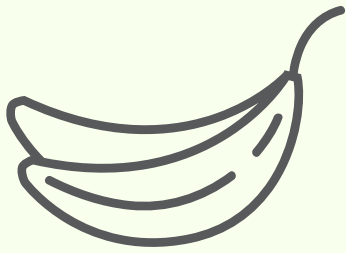


FAVORITE PGC SUBMISSION #5

DAY 12 GREENER FOOD

Day 12 greener challenge was a really interesting and fun challenge to do! Researching and writing about vegan version recipes from their original recipes. Every recipe looked delicious and I have already added them to my recipes. Since we are implementing a meatless day or two every week, we will be sure to use these recipes a lot because they taste amazing.





DAY 15: FOOD WASTE

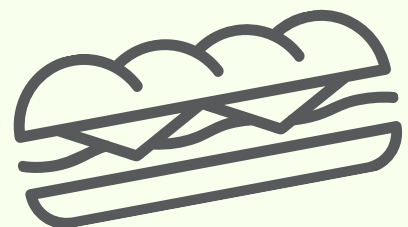
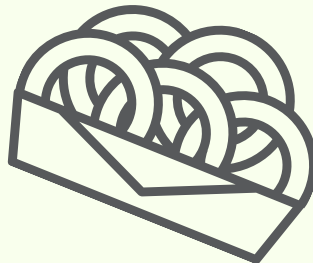
Greenest

Team Name: Four Leaf Clovers

Username: Four Leaf Clovers

Email Address: fourleafcloverspgc@gmail.com

School: Jericho High School



Full Response



Food insecurity, the lack of consistent access to enough food for an active, healthy lifestyle, is a phrase that's rarely spoken at Jericho High School. We, Jericho, is a school district that most others would call "privileged." Just last year, our school district was named #1 in US rankings. Thus, as you can see, most of our students do not have to face the problem of food insecurity. It is postulated that less than 1% of students enrolled in the district suffer from food insecurity. Although we, the Four Leaf Clovers, have never been personally affected by food insecurity, we do know an adequate amount of information about it. We know that this issue disproportionately affects rural, Black, Indigenous, and other PGC communities due to factors such as food apartheid and food deserts. Food apartheid is regarded as "the root of the problem with America's groceries" (Brones). Food deserts are "areas with limited access to affordable and nutritious food due to systemic racism, including redlining and gentrification." Redlining is systematic denial of services by federal agencies and local governments; which, in this case, is used to restrict access to communities with high BIPOC populations. Gentrification causes the same problems as it always had: by "renovating" neighborhoods, gentrification is kicking out low-income residents within that neighborhood by increasing living costs. Living costs include grocery costs, which, in turn, increases the chances of those people facing food insecurity.

All these factors reveal a deep intersection between food and justice. Ten days ago when we did climate justice, we learned about redlining and the disproportionate climate change effects on BIPOC communities due to systematic racism practices such as redlining. Now, today, with more information on food inequality, we've realized that there is a large intersection between food and justice. This is due to the reason that justice, or rather, the lack of justice, is used to the right to food to many communities through systematic racism. Therefore, the fight for climate justice to end systematic racism will help redlined communities facing food insecurity. The Food Bank for New York City's Campus Pantry Program is a nonprofit organization in our state, New York, that helps students suffering from food insecurity. They provide emergency food to students of all ages in order to help them make balanced, nutritious meals at home. We, the Four Leaf Clovers, can support this work by volunteering at their food banks after the threat of COVID-19 has passed. We can also help by making donations, making their job easier, and from there, indirectly help out students who lack the consistent access to nutritious food that allows them to live a healthy, active lifestyle. We can and we will help, that's a promise.



Response by Section

Is this a problem at our school?

Jericho is a school district that most others would call “privileged.” Just last year, our school district was named #1 in US rankings. Thus, as you can see, most of our students do not have to face the problem of food insecurity. It is postulated that less than 1% of students enrolled in the district suffer from food insecurity.

How does food insecurity interact with identities such as race, gender, sexual orientation, and socioeconomic status?

Rural, Black, Indigenous, and other PGC communities due to factors such as food apartheid and food deserts. Food apartheid is regarded as “the root of the problem with America’s groceries” (Brones). Food deserts are “areas with limited access to affordable and nutritious food due to systemic racism, including redlining and gentrification.”

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Gentrification causes the same problems as it always had: by “renovating” neighborhoods, gentrification is kicking out low-income residents within that neighborhood by increasing living costs. Living costs include grocery costs, which, in turn, increases the chances of those people facing food insecurity.

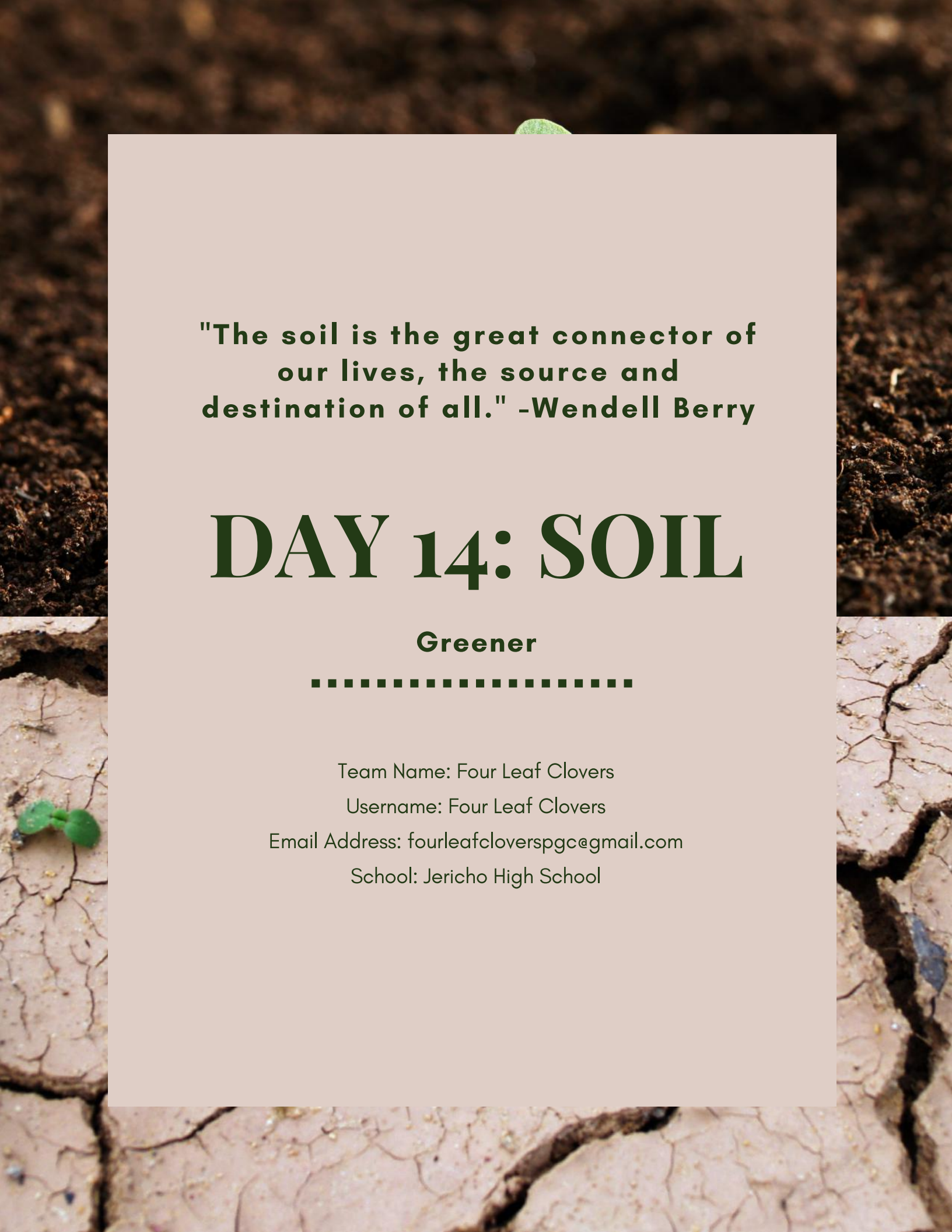
What does this reveal about the intersection between food and justice?

All these reveal a deep intersection between food and justice. Ten days ago when we did climate justice, we learned about redlining and the disproportionate climate change effects on BIPOC communities due to systematic racism practices such as redlining. Now, today, with more information on food inequality, we've realized that there is a large intersection between food and justice. This is due to the reason that justice, or rather, the lack of justice, is used to the right to food to many communities through systematic racism. Therefore, the fight for climate justice to end systematic racism will help redlined communities facing food insecurity.



Local organization working on addressing food insecurity and how we can help:

The Food Bank for New York City's Campus Pantry Program is a nonprofit organization in our state, New York, that helps students suffering from food insecurity. They provide emergency food to students of all ages in order to help them make balanced, nutritious meals at home. We, the Four Leaf Clovers, can support this work by volunteering at their food banks after the threat of COVID-19 has passed. We can also help by making donations, making their job easier, and from there, indirectly help out students who lack the consistent access to nutritious food that allows them to live a healthy, active lifestyle.

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TEACHING TOOL

We created a **comedic skit** as our teaching tool! We choose this because everybody understands humor and are more likely to pay attention to something funny rather than a boring presentation. We are going to convey our information by presenting informative knowledge in a **funny, humorous, and entertaining** way. So while we retain the audience's attention, we are also educating them with **vital** knowledge on regenerative farming, regenerative agriculture, the **importance** of soil, and climate change.

Sources: <https://www.drbronner.com/all-one-blog/2018/03/heal-soil-heal-planet/>

<https://www.drbronner.com/all-one-blog/2018/01/moving-towards-regenerative-organic-certification/>

OUR VIDEO!



<https://www.youtube.com/watch?v=88LApJU5x94&feature=youtu.be>

INSTAGRAM



Instagram



TEACHING TOOL

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OUR VIDEO!



<https://www.youtube.com/watch?v=88LApJU5x94&feature=youtu.be>



four_leaf_clovers_pgc Soil is one of the most important factors in our environment. Watch our humorous skit to learn more about the importance of soil here! <https://youtu.be/88LApJU5x94> #pgc2020 @turninggreenorg @kisstheground

Sources:

<https://www.drbronner.com/all-one-blog/2018/03/heal-soil-heal-planet/>

<https://www.drbronner.com/all-one-blog/2018/01/>



DAY 11

ADVENTURE

Greenest

TEAM NAME: FOUR LEAF CLOVERS

USERNAME: FOUR LEAF CLOVERS

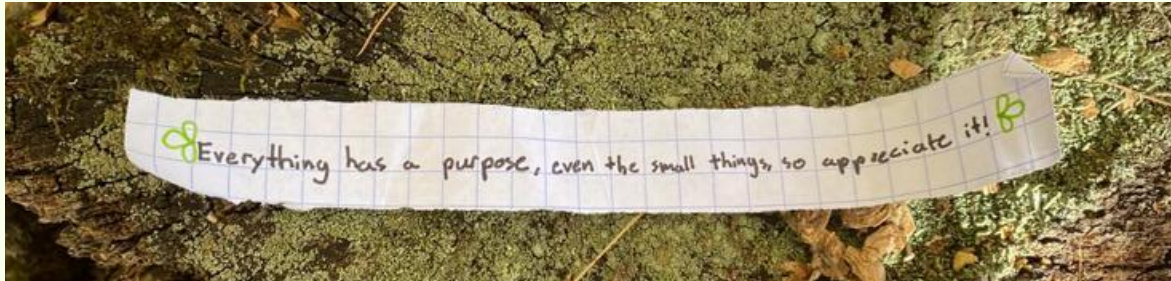
EMAIL ADDRESS:

FOURLEAFCLOVERSPGC@GMAIL.COM

SCHOOL: JERICO HIGH SCHOOL

ADVENTURE

Intention:



"Everything has a purpose, even the small things, so appreciate it!"

Kent Lake, Killington

Kent Lake is a beautiful lake, **quiet** and **pristine**. Small fish leap at the banks of the lake, and birds soar overhead. Tiny trees poke their branches through the layer of leaves on the forest floor, leaves turned towards the sky above.

The rivers feeding into the lake are **gorgeous**, the water surging past scattered rocks and trees. The contrast of the smooth, mirrorlike lake and the rough, flowing river and waterfall was **beautiful**, and we'd **highly recommend a visit** if one happens to be passing by!



Kent Lake, Killington



Kent Lake, Killington



Kent Lake, Killington

Reflection Video:

<https://youtu.be/iJvQity0ERM>

ADVENTURE

Prospect Mountain trail Lake George

A long, strenuous but **beautiful** hike. One curious sight was this! A small pine tree, growing forth from a larger one! The sight made me **appreciate** the purpose of these trees; ever reaching for the sun, growing and eventually dying, allowing for **new life** to spring forth.



*Prospect mountain trail
Lake George*

Also spotted along the trail was an abandoned bee hive honeycomb! The **perfect** hexagons and geometric patterns in nature was very **eye opening**.



*Prospect mountain trail
Lake George*



*Prospect mountain trail
Lake George*

Similarly, this little fungus, had an **intricate pattern** on the underside. **Appreciating the small things** that would've otherwise gone unnoticed was an amazing experience. Would highly recommend the hike, but pack plenty of water!

REFLECT

Reflection On Our Experience

Having the opportunity to explore nature even during these times is a **blessing**, and going into the hike **focusing on the little things** was very **eye opening**. Though the hike was exhausting, the beautiful view and the joy of nature was **well worth the pain**. We enjoyed being able to take some time away from online school and computer screens to really **immerse ourselves in the outdoors**.

Our Intention and Experience

"Everything has a purpose, even the small things, so appreciate it!"

Normally while hiking, all attention goes to the larger, grandiose things. The towering trees, raging rivers, and the sprawling forests. But taking things from a new perspective, **noticing the little things** was entering a whole new world.

Seeing the little things in nature, and how everything we saw had a purpose, was truly a **wonderful** experience.

Our Greener Planning

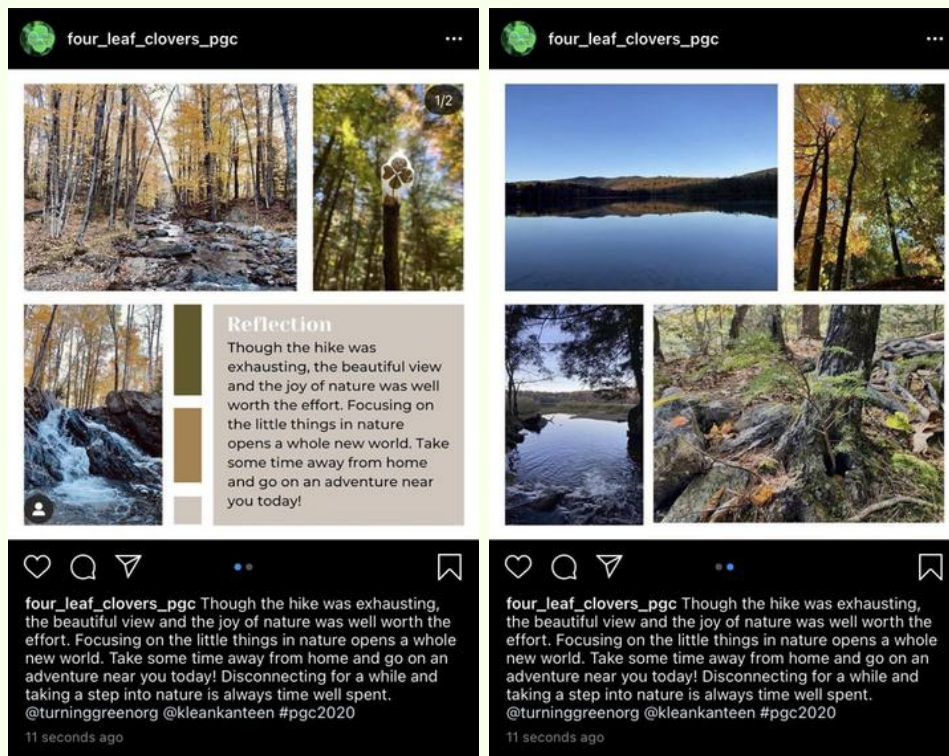
We were able to stick to the plan we made in the Greener challenge **almost perfectly!** We were able to social distance, wear masks, and sanitize ourselves regularly during the hike. Moreover, we were able to **eliminate the use of non-reusable water bottles and containers!** We were able to do this by using reusable water bottles such as **Klean Kanteen** and metal, heat-insulating food containers while hiking. Furthermore, we were able to dress appropriately for the cold weather and made enjoying the view even safer. **Our great planning produced great results!**

Experience, Relationship, Individual and Collective Responsibility

These days we stay indoors more our lives become anchored to our computers. Disconnecting and stepping out into the world of nature was an **awesome break from that life**. We believe connection to nature helps us flourish in our normal

lives, and this endeavor has definitely **strengthened our bond and love** for Earth. Witnessing the **majesty of nature** only reminds us more about why we are doing this challenge, and adds **fuel to the fire** for our **dedication and devotion** towards protecting our planet and our responsibility to preserve it.

INSTAGRAM



REFLECTION VIDEO



<https://youtu.be/iJvQity0ERM>



DAY 17: WELLNESS

Greenest

Team Name: Four Leaf Clovers

Username: Four Leaf Clovers

Email Address: fourleafcloverspgc@gmail.com

School: Jericho High School



COLLAGE: SELFCARE SANCTUARY



Candles

Promote a healing environment



Plants

Purify the air, provide some flowers and greenery

Fairy Lights

Contributes to the overall feel, some warmth and ambiance



Comfy Chair

Comfortable, cozy and relaxing!



Photo wall

Good imagery, uplifting quotes and happy memories



Meditation

Deep breathing, mindfulness, taking a step back



Tea

Health benefits, refreshing and cozy!



Diffuser

Soothing and relaxing, amazing smell and essential oils



Run

A run to clear the mind and release stress



Crafting

Some origami, lets creativity flow!

A MINDFUL DAY

We started the day off with a nice hike to the beach and a serene meditation by the lake. A quick jog through the woods took our minds off the stress of normal daily life. Taking a break from the chaos and workload of the week was a welcome change, and stepping into nature was a great way to relax!



Sagamore Hill



Cold Spring Harbor Fish Hatchery



Cold Spring Harbor Fish Hatchery



Sagamore hill nature trail



Sagamore hill nature trail

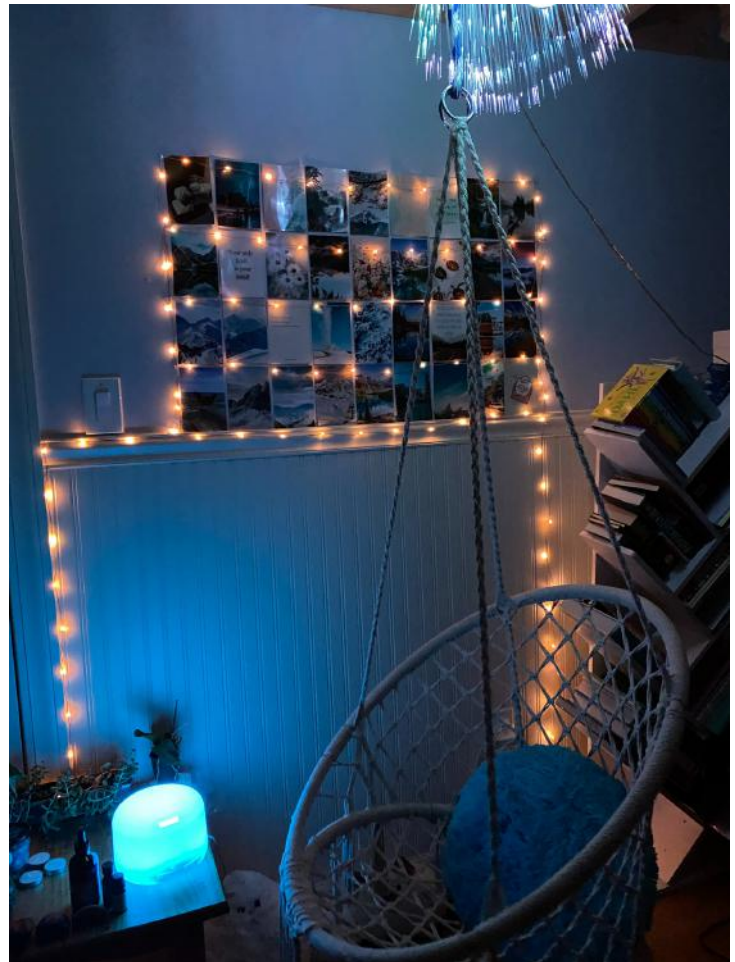
SELFCARE SANCTUARY

The Space

After laying out our ideas for this cozy space, we put it together into this welcoming little corner! With a photo wall, hanging chair, soft color changing lights, and an essential oil diffuser, this space is perfect for some mindful time and meditation.

The Table

- House plants (Succulents)
- Candles
- Music Box
- Painted Rocks
- Essential Oil Diffuser
- Origami Paper
- Da Hong Pao Tea



The Wall

Photos from our travels and quotes to brighten the day, framed in light!



REFLECTION

How did it feel creating a sanctuary?

It felt amazing! Taking the time to stop and focus on doing something for ourselves was new and refreshing. With photos from travels across the globe, beautiful lights, plants, essential oil diffusers and more, it felt so good and relaxing to spend time in this space. The scent of lavender wafts from the little diffuser, and the changing lights bring my attention to the present moment. The gentle swaying of the chair is soothing, and we'd defiantly spend time here again!

How do we plan on using it?

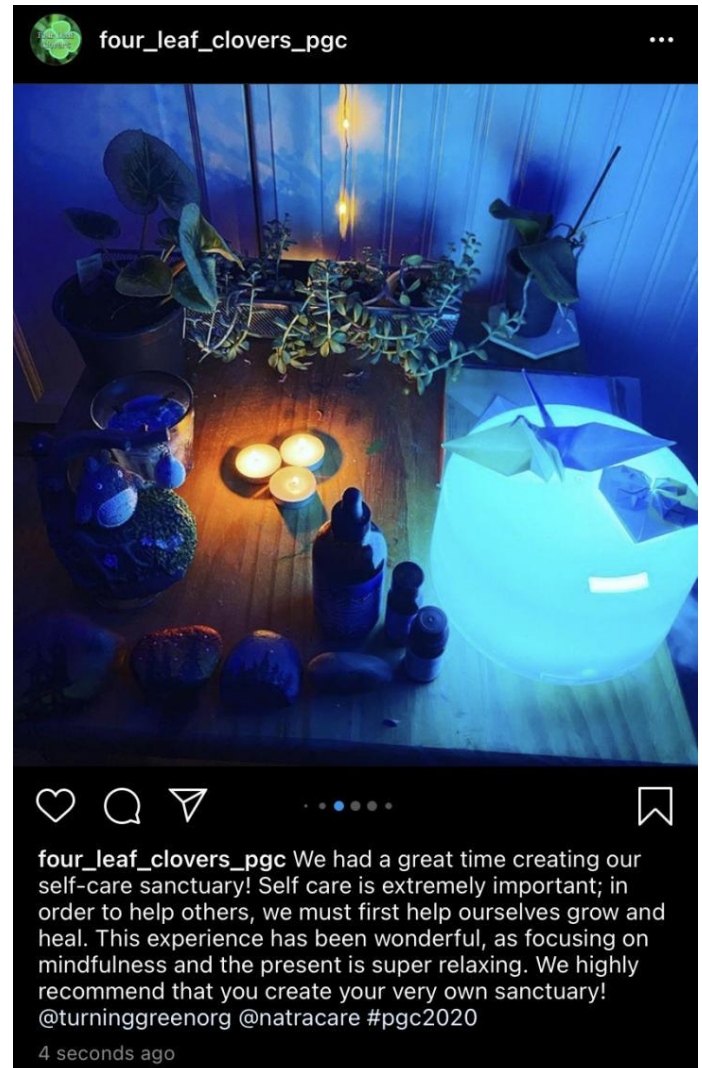
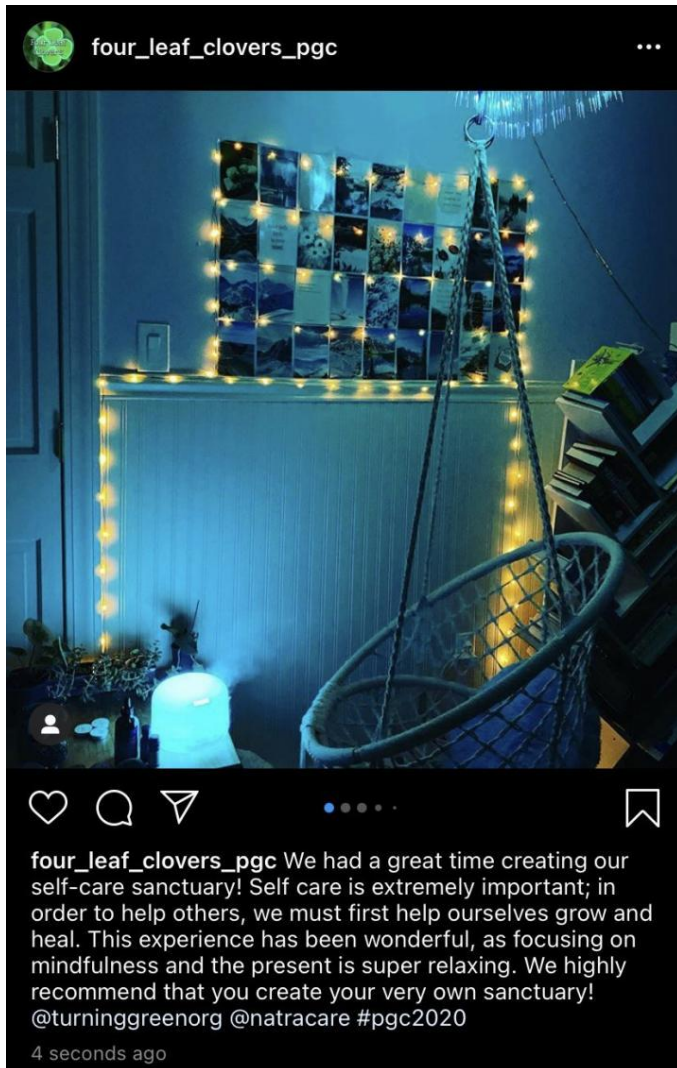
From now on, this little corner will be a safe space for relaxation and mindfulness. To focus on ourselves for some time and to reflect. Having this space now is great, and it'll definitely be seeing a lot of use! From just a normal part of the room to now a beautiful and cozy space, it's an amazing transformation that we're very glad we made the effort to do!

VIDEO



<https://www.youtube.com/watch?v=Aa1BFKl47Bc>

INSTAGRAM





DAY 12: PLANT BASED

GREENER



TEAM NAME: FOUR LEAF CLOVERS

USERNAME: FOUR LEAF CLOVERS

EMAIL ADDRESS:

FOURLEAFCLOVERSPPGC@GMAIL.COM SCHOOL:

JERICO HIGH SCHOOL

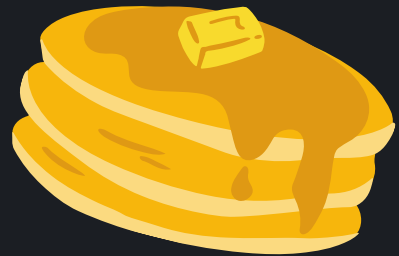
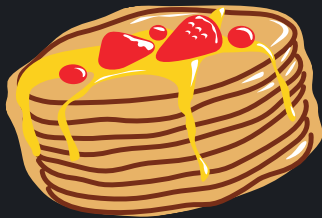
DAILY MENU

Original Menu:

- Pancakes
- Fried rice
- Noodles
- Pizza
- Hamburgers
- Pasta
- Tacos
- Lasagna

Vegan Menu:

- Vegan Pancakes
- Vegan Fried rice
- Vegan Noodles
- Vegan Pizza
- Vegan Hamburgers
- Vegan Pasta
- Vegan Tacos
- Vegan Lasagna

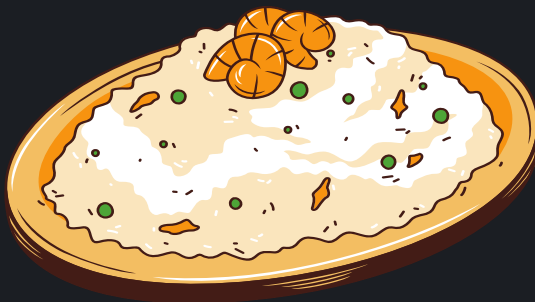


RECPIES

Vegan Pancakes:

- Ingredients
 - 1 cup All-purpose flour
 - 1 tbsp. granulated sugar
 - 1 tbsp. baking powder; 1/4 tsp. salt
 - 1 cup almond milk (or any other non-dairy milk)
 - 2 tbsp. coconut oil
 - Vegetable or coconut oil, for frying
 - Maple syrup, for serving
 - Fresh fruit, for serving (optional)

- Directions
 - In a large bowl, whisk together flour, sugar, baking powder, and salt. Add almond milk and coconut oil and mix until smooth.
 - In a large skillet over medium low heat, heat oil. Using a 1/4 cup measure, pour batter into pan. Cook 2 to 3 minutes, and flip when you see bubbles forming around the edges of the pancakes.
 - Cook 2 to 3 minutes more on the opposite side, until golden. (If making a large batch, preheat oven to 200° and place prepared pancakes on baking sheet in oven.)
 - When all batter has been used, serve with maple syrup and toppings of your choice.



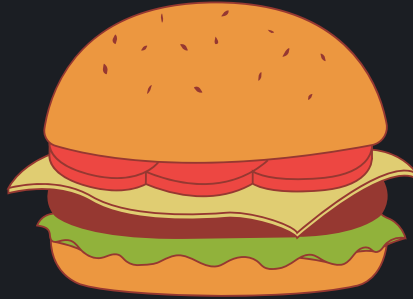
Vegan Fried Rice:

- Ingredients
 - Scrambled tofu
 - 2 tsp avocado oil (or vegetable oil)
 - 1/2 pack of medium-firm tofu (approx 200g)
 - 1/4 tsp turmeric powder 1/4 tsp soy sauce (gluten-free if needed)

- Vegan fried rice with scrambled tofu
 - 1 cup brown rice, cooked according to package directions (can sub any rice)
 - 2 tsp avocado oil
 - 1 onion
 - 2 garlic cloves
 - 1 large carrot, cut into small cubes
 - 1 celery stalk, cut into small cubes
 - 1/2 cup peas (cooked according to package directions)
 - 1 tbsp soy sauce
 - 1 tsp sesame oil
 - 1 tbsp vegetarian oyster sauce (can sub hoisin sauce) 1 tsp sriracha

- Directions
 - Heat the avocado oil in a non-stick pan on medium-high heat.
 - Crumble the tofu with your hands and add to the pan, letting cook for 2-3 minutes on each side.
 - Add the turmeric and soy sauce and toss together.
 - Remove the tofu from the pan and set aside.
 - Heat the remaining 2 tsp avocado oil in a pan, then add the onion and cook for 2 minutes.
 - Next add the garlic, carrot and celery and cook for another 4-5 minutes on medium heat, until the carrots are tender.
 - Add the peas, brown rice, soy sauce, sesame oil, vegetarian oyster sauce, sriracha and scrambled tofu and mix until combined.

- Let sit and cook for 1-2 minutes to allow the bottom layer of rice to get a little crispy.
- Remove from heat and serve.



Vegan Burgers:

- Ingredients
 - 2 (14 ounce) cans black beans, drained, rinsed, and patted dry
 - 1 Tablespoon extra virgin olive oil
 - 3/4 cup finely chopped bell pepper (1/2 of a pepper)
 - 1 cup finely chopped yellow onion (1/2 of a large onion)
 - 3 garlic cloves, minced (about 1 Tablespoon)
 - 1 and 1/2 teaspoons ground cumin
 - 1 teaspoon chili powder
 - 1/2 teaspoon garlic powder
 - 1/4 teaspoon smoked paprika
 - 1/2 cup bread crumbs or oat flour
 - 1/2 cup feta cheese
 - 2 large eggs
 - 1 Tablespoon Worcestershire sauce
 - 2 Tablespoons ketchup, mayo, or BBQ sauce
 - Pinch salt + pepper

- Directions
 - Preheat oven to 325°F (163°C).
 - Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out.
 - Meanwhile, sauté olive oil, chopped pepper, onion, and garlic over medium heat until peppers and onions are soft, about 5-6 minutes.
 - Gently blot some of the moisture out. Place in a large bowl or in a food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, bread crumbs, cheese, eggs, Worcestershire, ketchup, salt, and pepper).
 - Stir or pulse everything together, then add the black beans.
 - Mash with a fork or pulse the mixture, leaving some larger chunks of beans.
 - Form into patties– about 1/3 cup of mixture in each.
 - To bake: Place patties on a parchment paper lined baking sheet and bake at 375°F (191°C) for 10 minutes on each side, 20 minutes total.
 - To grill: Place patties on greased aluminum foil and grill 8 minutes on each side. Heat temperature is personal preference as all grills differ.
 - Generally, black bean burgers should grill on medium-high heat about 350°F (177°C) – 400°F (204°C).
 - Serve with your favorite toppings. Store leftovers in the refrigerator for up to 5 days.

Garlic Sesame Vegan Noodles:

- Ingredients (For Noodles)
 - 18 oz. package Explore Cuisine chickpea spaghetti
 - 2 tsp vegetable oil
 - 1 red bell pepper thinly sliced
 - 1 carrot thinly sliced or cut into matchsticks
 - 1 head broccoli cut into bite-sized florets
 - 2 green onions or scallions thinly sliced (optional, for serving)
 - 1 tbsp. toasted sesame seeds (optional, for serving)



- Ingredients (For Sauce)
 - 1/4 cup low-sodium soy sauce
 - 4 cloves garlic minced
 - 2 tbsp coconut sugar (or use brown sugar)
 - 1 tbsp chili-garlic sauce (or use sriracha, etc.)
 - 1 tbsp hoisin sauce
 - 1 tbsp toasted sesame oil



- Directions
 - Boil a large pot of water. Cook the Explore Cuisine chickpea spaghetti according to package directions until cooked through. Drain and rinse with cold water.
 - Whisk together all of the sauce ingredients in a small bowl. Adjust the seasoning to taste if desired.
 - While the pasta cooks, heat the oil in a large skillet or wok over medium-high heat. Add the bell pepper and carrot. Cook, stirring frequently, until starting to become tender, about 3 minutes. Add the broccoli, and cook for another 2 minutes until the broccoli turns bright green.
 - Add the cooked chickpea noodles and sauce mixture, folding gently to combine. Continue to cook for about 3 more minutes, or until the sauce is thickened slightly and heated throughout. Serve hot, garnished with green onion and sesame seeds if desired.



Vegan Pizza:

- Ingredients (For No Knead Crust)
 - 1 tsp active yeast
 - 1/2 cup (125 ml) warm water
 - 1 tbsp flour
 - 1 1/4 cup (156.25 g) flour unbleached white or a combination of white and whole wheat
 - 1/3 tsp (0.33 tsp) salt 1 tsp olive oil
 - 1/2 tsp (0.5 tsp) dried oregano or other herbs
 - 1/4 tsp (0.25 tsp) garlic powder optional



- Ingredients (For Pizza Toppings)
 - Red Pizza sauce of choice
 - Sliced bell pepper
 - Sliced red onion
 - Thinly sliced white mushrooms
 - Sliced zucchini or other sliced veggies of choice
 - Sliced kalamata olives
 - 2 cloves of garlic finely chopped
 - 1 tsp extra virgin olive oil
 - Fresh basilvegan parmesan
 - Or use any of my other homemade cheeses like cheddar, feta etc
 - Pepper flakes

- Directions

- In a bowl, mix warm water, yeast and 1 tbsp flour. Let it sit for a few minutes to activate.
- Add 1 cup flour, salt, herbs and garlic and olive oil and mix in. Add another 3 tbsp flour and mix in. Get your hands in there to mix and knead for a few seconds into a soft slightly sticky dough.. Add another tbsp flour if needed. Gather the dough into a ball and let it sit for 15 minutes in a warm place.
- Add a 1/2 tsp oil over the dough and spread with your hands. Gather the dough into a ball and place on parchment lined sheet.
- Use a bit of flour to spread the dough into a 13 to 14 inch size oval. Spread it depending on how thick or thin you want the crust to be. Keep the edges thicker than the center (see video). Let it sit for a few minutes. Preheat the oven to 435 degrees F / 220°C. Spread the pizza sauce on the crust. Distribute the sliced veggies, mushrooms and olives evenly.
- Mix chopped garlic with a tsp of olive oil and a pinch of salt and oregano. Sprinkle over the pizza.
- Sprinkle salt over the veggies. Sprinkle meltable vegan cheese on the veggies if using at this point.
- Bake the pizza for 17 to 18 minutes or until golden on the edges. Sprinkle vegan parm of choice, chopped fresh basil, and pepper flakes. Slice and serve!

Lemony Basil Creamy Vegan Pasta with Broccoli & Sundried Tomatoes:

- Ingredients

- 8 ounces whole wheat pasta (see Recipe Notes)
- 3 cups broccoli florets
- 2 tablespoons olive oil
- 1 medium yellow onion, diced
- 1 medium red bell pepper, diced
- 3 ounces sun-dried tomatoes, sliced (see Recipe Notes)
- 4 ounces arugula (a few handfuls)Kosher salt and ground black pepper



- Directions

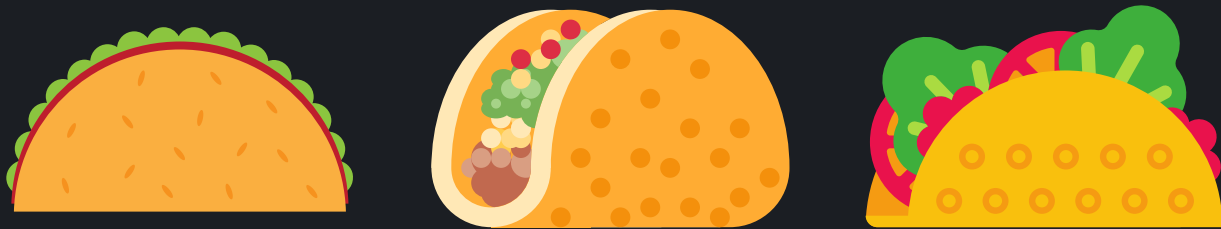
- Boil the pasta: Bring a large pot of water to a boil. Once boiling, generously salt the water. Add in the pasta and cook to al dente, according to package directions. About 2 minutes before the pasta is al dente, add the broccoli florets to the pot to cook with the pasta as the pasta finishes cooking. Reserve 1 cup of the starchy pasta water. Drain the pasta and set aside.

- Make the lemon basil cashew cream sauce: Add all listed ingredients to a high-speed blender. Blend until smooth and creamy. Set aside, or store in an airtight container in the refrigerator for up to 1 week
- Cook the veggies: Add the olive oil to a large skillet over medium heat. Once hot, add in the onion and bell pepper. Season with 1 teaspoon Kosher salt and ½ teaspoon ground black pepper. Cook, stirring occasionally, until the veggies soften slightly, 3-4 minutes. Once softened, add the sun-dried tomatoes and arugula to the skillet. Cook, stirring occasionally, until the sun-dried tomatoes soften and the arugula wilts slightly, 1-2 minutes
- Finish the creamy vegan pasta: Once the veggies are ready, add the drained pasta & broccoli to the skillet. Pour the lemon basil cashew cream sauce over top. Toss to combine, adding a little of the reserved starchy pasta water as you go to reach your desired consistency. Taste and season additionally with salt or a squeeze of fresh lemon juice, as desired. Serve immediately. Enjoy!



Vegan Tacos:

- Ingredients
 - 1/2 Onion (Chopped)
 - 1 Tbsp Olive Oil
 - 1 tsp Crushed Garlic
 - 1/4 tsp Cayenne Pepper
 - 1/4 tsp Chili Flakes
 - 1/2 tsp Ground Cumin
 - 1 15oz (425g) Can Black Beans (Drained) Salt and Pepper (to taste)
 - 2–3 cups Shredded Lettuce
 - 2 Avocados (Peeled and Chopped)
 - 12–16 Corn or Wheat Tortillas*



- Directions
 - If you're making the vegan taco meat, then start off with that since it has to bake for 30 minutes. So make that according to the linked recipe and get that in the oven and then start on your black beans.
 - Add the chopped onion to a pan along with the olive oil, crushed garlic, cayenne pepper, chili flakes and ground cumin and sauté until the onions are softened. Add in the black beans and sauté with the onions and spices until heated through. If it's getting too dry in the pan then add in a little water. Add salt and pepper to taste.

- Prepare your pico de gallo and your tahini sauce according to the linked recipes.
- Prepare your shredded lettuce and chopped avocado.
- Heat your tortillas via your preferred method, or by lightly frying in a pan or stacking them up and covering in foil and baking in the oven at 350°F (180°C) for around 15 minutes until heated through.
- Assemble by adding some shredded lettuce to a tortilla, followed by some vegan taco meat then black beans then pico de gallo, then chopped avocado and top with a drizzle of tahini sauce.



Vegan Lasagna:

- Ingredients
 - 12 whole grain lasagna noodles
 - 1 tbsp extra virgin olive oil 1 medium zucchini, chopped (optional)
 - 8oz pkg sliced mushrooms
 - 12oz pkg frozen spinach, thawed
 - 1 cup frozen peas, thawed (optional)
 - 7–10 cups marinara sauce

- 2-14oz pkg extra firm tofu, drained and pressed
- 10oz tub roasted garlic hummus (1 heaping cup)
- 1/2 cup nutritional yeast
- 1/4 cup fresh basil, finely chopped (optional)
- 1 tsp fine sea salt
- 1 tsp garlic powder



- Directions
 - Preheat oven to 350F. Bring a large pot of salted water to a boil. Add noodles and cook just until al dente. Drain and rinse with cold water.
 - Meanwhile, heat oil over medium heat in a large skillet. Once hot, add zucchini, mushrooms, and a pinch of salt and pepper. Sauté for 5 minutes or until softened. Add spinach and peas and sauté for another 5 minutes. Remove pan from heat.
 - Place drained tofu in a large bowl. Crumble with hands. Add hummus, nutritional yeast, basil, salt, and garlic powder. Stir together with your hands until it's semi-smooth and resembles ricotta.

- Place about 1 1/2 cups of marinara in the bottom of a 9x13in baking dish. Top with 4 noodles (3 lengthwise and 1 widthwise to cover the gap at the end). Next add half of the ricotta mixture and half of the vegetable mixture. Top with a heaping 1 1/2 cups or more of sauce. Repeat with more noodles, tofu mixture, and veggies. Then top with one last layer of noodles and another 1 1/2 cups or more of sauce; I went heavy on the sauce because I love sauce! Top with a sprinkle of nutritional yeast.
- Cover with foil and bake for 30 minutes.



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