



HGG MEMBER RECIPE CLUB

april week three

RECIPE 1: BREAKFAST

lemon detox green smoothie

MAKES 2 SERVINGS

INGREDIENTS:

1 small cucumber, sliced
1 cup spinach
1 tablespoon lemon juice
1 apple, diced
1 serving plant-based protein powder
1 cup water (or non-dairy milk)
1 cup ice

DIRECTIONS:

Add all ingredients to a high speed blender and blend until smooth.

RECIPE 2: LUNCH

asian cucumber sesame salad

MAKES 2 SERVINGS

INGREDIENTS:

1 cup brown rice, cooked
1 cucumber
1 large carrot
1/4 purple cabbage, chopped
2 green onions, sliced
1 tablespoon parsley, chopped
1/2 tablespoon sesame seeds

Dressing:

1 tablespoon coconut aminos
1 tablespoon maple syrup
1 teaspoons sesame oil
1/2 lime, squeezed

DIRECTIONS:

Cook rice according to directions. Whisk together dressing and set aside. Cut off ends of cucumber and spiralize using spiralizer or julienne peeler. Do the same with the carrot. Chop cabbage, green onions and parsley. Place all veggies in a bowl and top with sesame seeds and dressing. Toss to combine. Enjoy your side of brown rice!



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RECIPE 3: DINNER

veggie lasagna

MAKES 8 SERVINGS

INGREDIENTS:

- 1 (25-ounce) jar of tomato sauce
- 1 (10-ounce) package of lasagna noodles
- 1 medium eggplant, thinly sliced
- 2 medium zucchini, thinly sliced
- 1 (14-ounce) can of artichoke hearts in water
- 1 (2.5-ounce) can of sliced olives

Cashew cream sauce:

- 2 cups cashews
- 4 cups water
- 1 tsp Sea salt

DIRECTIONS:

Preheat oven to 350 Fahrenheit. To make sauce, add cashews into a bowl and fill with water. Let sit for 30 mins or overnight. Drain cashews and then add to high speed blender with water and salt and blend until creamy. Using a large baking dish, layer lasagna: tomato sauce, noodles, eggplant, cashew cream, noodles, artichokes & olives, tomato sauce, noodles, zucchini, cashew cream, noodles, cashew cream, tomato sauce. Cover with parchment & foil then bake for 1 hour.

NUTRITION + SHOPPING TIPS:

what's in season...

- Parsley
- Artichokes
- Spinach

how to...

When picking out lasagna noodles, look for a brand that you do not need to cook ahead of time. One kind we like is the gluten-free pasta noodles by De Boles.

did you know...

Eggplant is rich in vitamins and minerals including vitamin K, vitamin C, vitamin B6, magnesium and fiber. The fiber in eggplant may aid in digestion, lowering cholesterol and reducing the risk of heart disease.

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april week three grocery list

PRODUCE

2 zucchini
2 cucumbers
1 cup spinach
1 head purple cabbage
1 eggplant
1 large carrot
1 bunch green onions
1 bunch parsley
1 lemon
1 lime
1 apple

DRY, BULK, PANTRY

1 (25-ounce) jar tomato sauce
1 (10-ounce) package lasagna noodles
1 (14-ounce) can artichoke hearts
1 (2.5-ounce) can sliced olives
1/2 tablespoon sesame seeds
1/3 cup dry brown rice
2 cups cashews
Non-dairy milk

OILS AND CONDIMENTS

Coconut liquid aminos
Sesame oil
Maple syrup

HERBS & SPICES

Sea salt

ADDITIONAL GROCERIES

Plant-based protein powder