



## Lifestyle Empowerment Approach for Diabetes Remission

# LEADR Recipes

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# TEACHING KITCHEN: OATMEAL TWO WAYS



## SERVES 2

### INGREDIENTS

- ½ cup dry rolled oats
- 1 cup of water
- ¼ teaspoon cinnamon (or more, depending on taste preference)
- 1 small banana, sliced or chopped into bite-size pieces
- 4 strawberries, sliced
- 2 tablespoons chopped walnuts

**Optional:** 1 teaspoon maple syrup or 1 chopped date to sweeten

## SERVES 4

### INGREDIENTS

- 2 cups cup dry rolled oats
- 4 cups of water
- 1 teaspoon cinnamon (or more, depending on taste preference)
- 4 small bananas, sliced or chopped into bite-size pieces
- 4 strawberries each serving, sliced
- ½ cup chopped walnuts

**Optional:** 1 teaspoon each serving of maple syrup, or 1 chopped date each, to sweeten

## STRAWBERRY BANANA OATMEAL

The ultimate healthy and easy breakfast! Creamy, naturally sweet, and fiber-rich, this oatmeal will keep you feeling full all morning long.

### INSTRUCTIONS

1. In a small saucepan combine oats, water, and cinnamon. Bring to a low boil and then reduce heat to a simmer, stirring often for about 5 minutes.
2. Serve in a bowl topped with the banana, sliced strawberries, and chopped walnuts. Add a splash of unsweetened plant milk if desired.

### NOTES

- Oatmeal is like a blank slate; make this recipe your own! Feel free to top oatmeal with any fruit, other nuts, seeds, or nut butter of your choice
- Want to get some veggies in at breakfast? With step one, add up to ½ cup frozen riced cauliflower, or shredded kale or zucchini



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## SERVES 2

### INGREDIENTS

#### Oats

- 1 banana, mashed
- 1 cup rolled oats
- 2 tbsp chia seeds
- 1 tsp ground cinnamon
- 1 ¾ cup unsweetened plant milk
- 1 banana, sliced

**Optional toppings:** Sliced strawberries, chopped walnuts, chopped peanuts, maple syrup

## SERVES 4

### INGREDIENTS

#### Oats

- 2 bananas, mashed
- 2 cups rolled oats
- 3-4 tablespoons chia seeds
- 1 teaspoon cinnamon (or more, depending on taste preference)
- 3 ½ cups unsweetened plant milk
- 2 bananas, sliced or chopped into bite-size pieces

## OVERNIGHT OATS

Flavorful and filling, these overnight oats are easy to prepare and perfect for busy mornings. Small but mighty, chia seeds are fiber-filled and packed with healthy omega-3 fats, giving these oats some serious staying power.

### INSTRUCTIONS

1. In an airtight container, combine the mashed banana, oats, chia seeds, cinnamon and plant milk. Stir well, then cover and place in the fridge overnight.
2. In the morning, divide oats evenly into two bowls. Top each both with half a sliced banana and any additional toppings, such as sliced strawberries or chopped walnuts.



# TOFU SCRAMBLE TACOS



## SERVES 2

## INGREDIENTS

## Scramble

- ½ package (14-16 oz) organic tofu, extra-firm
- About ½ cup water
- ½ onion, chopped
- 1 garlic clove, minced
- ½ medium zucchini, finely diced
- ½ teaspoon chili powder
- ½ teaspoon cumin (optional)
- ¼ teaspoon turmeric
- Black pepper to taste
- 1 tablespoon reduced-sodium soy sauce

For serving

- ½ avocado, sliced
- Salsa
- Squeeze of lime
- Corn or whole-grain tortillas



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## TOFU SCRAMBLE TACOS

Scrambled tofu loaded with savory spices and fresh vegetables makes for a delicious and hearty breakfast option! Enjoy fresh or make ahead and reheat for an on the go breakfast. *Serves 2*

## INSTRUCTIONS

Press tofu: Pat tofu dry with a clean dishcloth or paper towels and then roll in a clean, absorbent towel. Place something heavy on top, such as a cast-iron skillet, and let sit for 10 to 15 minutes. Chop produce and measure out spices while you wait.

1. Add 2 tablespoons of water to a large skillet over high heat. When the water is simmering, add onion and garlic, stirring often, until onion is soft, about 5 minutes. Add a small amount of additional water if needed to prevent sticking.
2. Meanwhile, unwrap the tofu and place it on a cutting board. Use a fork or your hands to crumble the tofu into bite-sized pieces.
3. Add chili powder, cumin, turmeric, and black pepper and let toast for 30 seconds. Add zucchini (or other green veggies such as spinach), and tofu, reduce heat and cook, stirring often, until vegetable is tender, about 5 minutes. Add a small amount of additional water if necessary to prevent sticking.
4. Stir in soy sauce.
5. Serve in corn or whole grain tortillas and topped with salsa. Lime juice and sliced avocado.



## SERVES 4

## INGREDIENTS

- 1 package (14-16 oz) organic tofu, extra-firm
- About 1 cup water
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 medium zucchini, finely diced
- 1 teaspoon chili powder
- 1 teaspoon cumin (optional)
- ½ teaspoon turmeric
- Black pepper to taste
- 3-4 tablespoons reduced-sodium soy sauce

## MY NOTES

# FLUFFY WHOLE GRAIN PANCAKES & BLUEBERRY COMPOTE



## SERVES 2

### INGREDIENTS

#### Pancakes

- 1 cup whole wheat or other whole grain flour
- A little less than 1 cup unsweetened non-dairy milk (7/8 cup, or 1 cup – 2 tablespoons)
- ½ teaspoon vanilla extract
- 2 ½ teaspoons baking powder
- ½ tablespoon apple cider vinegar (1 ½ teaspoons)
- Drizzle of maple syrup or honey per serving
- Pinch of salt

#### For serving, optional

- Blueberry compote
- Sliced bananas, sliced strawberries or raspberries
- ½ teaspoon cinnamon

## FLUFFY WHOLE GRAIN PANCAKES

The fluffiest pancakes you will ever make!  
These pancakes are naturally sweetened, made right in the blender, freezer friendly, and delicious served with blueberry-lemon compote or your favorite fresh fruit.

### INSTRUCTIONS

1. Combine all dry ingredients in a bowl with a whisk, then add wet ingredients and stir until smooth; don't over-mix
2. Allow the batter to rest for 5 minutes or so
3. Heat a non-stick skillet over medium heat
4. Once hot, scoop about ¼ cup of batter per pancake onto the pan. Cook until pancake is not shiny and bubbles start forming on sides until the edges start to brown. Flip and cook for another 1 to 2 minutes.
5. Repeat until all the batter is gone
6. Serve topped with blueberry-lemon compote or fresh fruit

### NOTES

- Add slices or small chunks of banana to batter at the end, after mixing
- For a gluten-free batter, replace flour with your mix of whole flours; we suggest ½ cup gluten-free oat flour + ¼ cup chickpea flour + ¼ cup tapioca flour (use a bit more milk as well)
- Double the batch and freeze leftovers for a festive pancake breakfast any day of the week



## SERVES 4

### INGREDIENTS

#### Pancakes

- 2 cups whole wheat, spelt, or other whole grain flour
- (optional) 1 ¾ cups unsweetened non-dairy milk
- 1 teaspoon vanilla extract
- 1 tablespoon maple syrup or honey
- 1 tablespoon white vinegar or another mild vinegar like rice
- 4 teaspoons baking powder (1 tablespoon + 1 teaspoon)
- Pinch of salt



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# BLUEBERRY COMPOTE



## SERVES 2

### INGREDIENTS

- 1 ½ cups frozen blueberries
- 1 tablespoon lemon juice
- ¼ teaspoon vanilla extract

## SERVES 4

### INGREDIENTS

- 3 cups frozen blueberries
- 2 tablespoons lemon juice
- ½ teaspoon vanilla extract

## BLUEBERRY COMPOTE

This healthy blueberry compote is naturally sweet and bursting with fresh blueberry flavor! All you need is 3 ingredients and 15 minutes to make this antioxidant-packed treat.

### INSTRUCTIONS

1. Place the blueberries, lemon juice, and vanilla extract in a small saucepan and over medium-high heat.
2. Bring to a boil, then reduce heat to medium-low and use a wooden spoon to mash the fruit.
3. Continue cooking for 10 to 15 minutes, stirring intermittently.
4. Remove from heat and set aside to cool. The compote will thicken as it cools.
5. Reheat to serve with pancakes, oatmeal, waffles, and more.

### NOTES

- Citrus option: Orange juice or lime juice will also work. Feel free to experiment with other frozen berries! Raspberries, strawberries, and cherries work great as well.

# SWEET POTATO TOAST



## SERVES 2

### INGREDIENTS

- 1 large sweet potato, round in shape

### Optional toppings

- Peanut butter and banana slices
- Sliced avocado, salt, pepper, and fresh lemon juice
- Almond butter, blueberries and cinnamon
- Hummus and sliced cucumber
- Guacamole and sliced tomatoes

## SERVES 4

### INGREDIENTS

- 2 large sweet potato, round in shape

## SWEET POTATO TOAST

Sweet potato toast is a nutritious, warming, and gluten-free breakfast option. In this recipe, you will par-bake sweet potato slices so in the morning all you need to do is toast them and top them with your favorite ingredients.

### INSTRUCTIONS

1. Preheat the oven to 350° F and line a baking sheet with parchment paper to help prevent sticking.
2. Slice the sweet potato lengthwise into even slices, about ¼ to ½ inch-thick. Alternatively, use a mandolin for the most uniform slices. Arrange sweet potato slices on the baking sheet.
3. Bake until tender but not fully cooked, approximately 15-25 minutes depending on size.
4. Allow to completely cool and store in an air-tight container.
5. When ready to eat, heat in a toaster or toaster oven on high heat for one cycle or until cooked through.
6. Top sweet potato toast with desired toppings and enjoy!



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# BEAN BURGERS



## SERVES 4

### INGREDIENTS

- 1 15-oz. can black beans, drained and rinsed
- ¼ cup quick oats
- ¼ cup barbecue sauce
- Optional: salt and pepper to taste, additional herbs and spices (paprika, parsley, chili powder, garlic or powder, cumin, etc.)

## SERVES 8

### INGREDIENTS

- 2 15-oz. cans black beans, drained and rinsed
- ½ cup quick oats
- ½ cup barbecue sauce



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## BEAN BURGERS

A fork, a bowl, and three ingredients - the easiest bean burgers you'll ever make! Hint: make a big batch of these burgers and freeze them. When you're ready to eat them, simply reheat them in the oven or pop them in the toaster until warm throughout.

### INSTRUCTIONS

1. In a large bowl, combine all ingredients and mash with a fork until a chunky dough forms. You want to leave some whole beans, but you want the dough to be mashed enough that it sticks together well. Taste and add salt/pepper/seasonings to your liking. If you have time, refrigerate the dough for 30 minutes.
2. Preheat oven to 400F. Divide and shape dough into 8 patties. Arrange on a parchment paper-lined baking sheet. Bake for 8 minutes, flip, and bake for another 5-6 minutes until a golden brown crust forms.
3. Serve with sliced tomato, pickles, onion, and your other favorite burger toppings. Refrigerate leftovers for up to one week or freeze in an airtight container for up to 3 months.

### NOTES

- Swap the black beans for different beans. Try kidney, pinto, or cannellini beans
- Try adding some chopped veggies, for instance some frozen mirepoix (diced celery, onions, and carrots) or some chopped spinach
- If you don't have thin or quick oats, simply pulse rolled oats in a blender or food processor
- Swap the barbecue sauce for other sauces for an entirely different cuisine. Try peanut sauce, a combination of ketchup and mustard, or a tahini-lemon sauce

# FILLING SALADS BLUEPRINT

- 1

Leafy Greens

Start with a hefty base of leafy greens. 2 to 3 cups
- 2

Vegetables

Add texture and color with a variety of vegetables, raw, steamed, or roasted. *unlimited amount*
- 3

Smart Carbs

Add filling fiber with whole grains, starchy vegetables, and/or fruit. *½ cup*
- 4

Protein

Add healthy plant protein with beans and legumes. *½ cup*
- 5

Toppings

Add crunch and flavor with nuts, seeds, fresh herbs, and/or fermented foods. *1-2 tbsp.*
- 6

Dressing

Add flavor with a squeeze of citrus, a dollop of dip, or a drizzle of dressing.

Baby spinach, chopped kale, Swiss chard, arugula, shredded cabbage, lettuce, spring mix, shaved Brussel sprouts, etc.

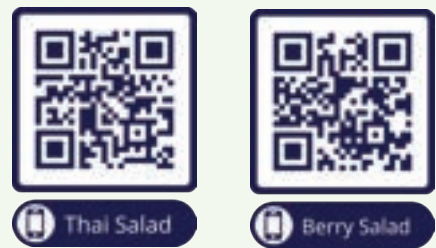
Artichoke hearts, asparagus, bell peppers, broccoli, carrots, cauliflower, cucumber, microgreens, mushrooms, onion, snap peas, summer squash, tomatoes, etc.

Quinoa, brown or wild rice, farro, barley, potatoes, yams, winter squash, corn, peas, mango, apples, berries, citrus segments, pomegranate seeds

Chickpeas, black beans, kidney beans, white beans, green peas, lentils, edamame, organic tofu, organic tempeh

Almonds, walnuts, pistachios, pecans, pumpkin seeds, hemp seeds, nutritional yeast, sundried tomatoes, olives, basil, chives, cilantro, parsley, sauerkraut, kimchi, etc.

A squeeze of lemon, lime or orange juice, guacamole, balsamic vinegar, white wine vinegar, salsa, hummus, oil-free dressing



# HOW TO MAKE A NOURISH BOWL

- 1

Leafy Greens

2-3 handfuls, raw or lightly cooked

arugula, spinach, kale, lettuce, swiss chard, shaved brussel sprouts, spring mix, shredded cabbage
- 2

Vegetables

1 cup, raw, steamed or roasted

artichoke hearts, broccoli, cauliflower, carrots, bell pepper, cucumber, green beans, red onion, zucchini, summer squash, snap peas, tomatoes
- 3

Protein

½ - 1 cup

garbanzo beans, black beans, kidney beans, lentils, edamame, organic tofu, organic tempeh
- 4

Fiber-Rich Carbs

½ - 1 cup

**whole grains:** quinoa, brown rice, millet, farro  
sweet potato, winter squash, corn, peas  
**fruit:** berries, apples, oranges
- 5

Healthy Fats

limit to 1-2 topping options

avocado (¼), olives (5)  
**nuts:** walnuts, almonds, pistachio (1 tbs.)  
**seeds:** pumpkin, hemp, sesame (1 tbs.)  
hummus (2 tbs.), dressing (1 tbs.)
- 6

Toppers

flavor elements

lemon/lime juice  
**fresh herbs:** mint, parsley, cilantro, chives  
nutritional yeast  
**vinegars:** balsamic, apple cider, white  
spice blends  
salsa



# SIMPLE & SATISFYING SALAD DRESSINGS

Never eat a boring salad again! These simple and satisfying dressings will add bright, bold and delicious flavors with whole food ingredients. Not only for salads, feel free to drizzle these dressings on grain bowls and roasted veggies or use them as dips; and as a nourishing bonus, learn a basic hummus recipe to have on hand, to make an instant dressing and have as a dip or spread. Blend all ingredients in a high-powered blender or food processor until nice and creamy.

## Lemon Tahini Dressing (serves 2-4)

- ¼ cup tahini
- 2 to 4 tbsp water
- 2 to 3 tbsp lemon juice
- 1 garlic clove, minced
- 1 tbsp maple syrup
- ¼ tsp salt

## Lemon Tahini Dressing (serves 4-6)

- ½ cup tahini
- 4- 6 tbsp water
- Juice of 1 lemon
- 2 garlic cloves, minced
- 2 tbsp maple syrup
- ½ teaspoon salt (optional)



Tahini Dressing

## Peanut Sauce or Dressing (serves 2-4)

- ¼ cup natural peanut butter
- 1-2 tbsp gluten-free tamari
- 1 tbsp maple syrup
- 1 tbsp lime juice
- ¼ tsp cayenne (optional)
- Water to thin

## Peanut Sauce or Dressing (serves 4-6)

- ½ cup natural peanut butter
- 3-4 tbsp gluten-free tamari
- 2 tbsp maple syrup
- 2 tbsps lime juice
- ½ teaspoon cayenne (optional)
- Water to thin



Peanut Dressing

## Fresh Raspberry Dressing (serves 2-4)

- ½ cup raspberries, mashed or pureed
- ½ tsp Dijon mustard
- 2 tsp balsamic vinegar
- ½ tsp maple syrup
- Salt and pepper to taste

## Fresh Raspberry Dressing (serves 4-6)

- 1 cup raspberries, mashed or pureed
- 1 teaspoon Dijon mustard
- 4 teaspoons balsamic vinegar
- 1 teaspoon maple syrup
- Salt and pepper to taste



Raspberry Dressing

## Balsamic Dressing (serves 2-4)

- ¼ cup Balsamic vinegar
- 2 tbsp Dijon mustard
- 2 tbsp nutritional yeast
- 1 tsp maple syrup, optional
- ¼ cup water + more to taste
- 1 ½ tsp dried basil or oregano (optional)

## Balsamic Dressing (serves 4-6)

- 6 tablespoons balsamic vinegar (a bit more than 1/3 cup)
- 4 tablespoons Dijon mustard (¼ cup)
- 2 tablespoons maple syrup
- More water to taste (optional)



Balsamic Dressing

## Simple Hummus Dressing (serves 2-4)

- ¼ cup hummus
- Juice of ½ lemon or ~1 tablespoon
- ½ teaspoon garlic powder
- 1 tablespoon maple syrup or honey
- Water to thin

## Simple Hummus Dressing (serves 4-6)

- ½ cup chickpeas
- Juice of 1 small lemon or ~2 tablespoons
- 1 tablespoon + 1 teaspoon tahini
- 1 ¼ teaspoon garlic powder
- 2 tablespoons maple syrup or honey
- Salt, pepper and paprika to taste
- Water to thin



Hummus Dressing

## Cashew Ranch Dressing

- ½ cup raw cashews, soak for 1-hour if you don't have a high speed blender
- ½ cup water
- ½ tbsp lemon juice
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp dried dill or 1 tbsp fresh dill
- ¼ tsp salt, optional

## Cashew Ranch Dressing

- 1cup raw cashews, soak for 1-hour if you don't have a high-speed blender
- 1 cup water
- 1 tablespoon lemon juice
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon dried dill or 1 tablespoon fresh dill
- ½ teaspoon salt (optional)



Cashew Ranch

## TEACHING KITCHEN: EASY VEGGIE STIR FRY



## SERVES 2

## INGREDIENTS

## Tempeh

- 1 package (8 oz) tempeh, cubed
- 2 tbsp reduced-sodium soy sauce (tamari for gluten-free)
- 1 tsp garlic powder

## Stir-fry

- 2 tsp water or low-sodium vegetable broth
- 1 cup chopped carrots
- 1 cup chopped broccoli
- ½ cup white onion, sliced
- ½ cup sliced white or crimini mushrooms
- 1 bell pepper, sliced
- Salt and pepper to taste

### For serving

- 2 tbsp hoisin sauce, for serving (or another store-bought sauce of choice)
- 1 cup cooked brown rice or quinoa

 Veggie Stir Fry

## EASY VEGGIE STIR FRY

Nutrient-rich stir fry made with colorful vegetables and protein-packed tempeh. This dish comes together quickly for a weeknight meal and is perfect for meal prep. Feel free to switch up the vegetables based on the season.

## INSTRUCTIONS

1. In a small bowl, combine the tempeh, soy sauce, and garlic powder. Mix and set aside.
2. Heat a large skillet or wok over medium-high heat. Add the water or broth, carrot, broccoli, onion, and a pinch of salt. Cook for 4 to 5 minutes, stirring every 30 seconds until the onions are softened.
3. Add the bell pepper and mushrooms and cook for 4-5 minutes until everything is cooked al dente.
4. While the veggies are cooking, place the cubed tempeh on a baking tray and broil in the oven for 5-10 minutes until browned and crispy, stirring once halfway through.
5. Serve the stir-fried veggies in a bowl with cooked brown rice or quinoa, ½ of the tempeh, and 1 tbsp of hoisin sauce.



## SERVES 4

## INGREDIENTS

## Tempeh

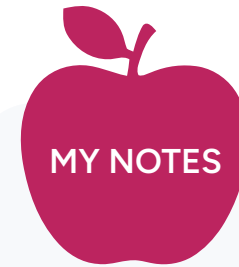
- 2 8-oz packages of tempeh, cubed
- 4 tablespoons reduced-sodium soy sauce (tamari for gluten-free)
- 2 teaspoons garlic powder

## Stir-fry

- 4 teaspoons water or low-sodium vegetable broth
- 2 cups chopped carrots
- 2 cups chopped broccoli
- 1 cup white onion, sliced
- 1 cup sliced white or cremini mushrooms
- 2 small bells peppers or 1 big, sliced
- Salt and pepper to taste

### For serving

- 4 tablespoons hoisin sauce, for serving (or another store-bought sauce of choice)
- 2 cups cooked brown rice or quinoa



## MY NOTES

# COWBOY CAVIAR



## SERVES 2

### INGREDIENTS

- 1 cup canned black beans, drained and rinsed
- ¼ cup corn kernels (canned, thawed from frozen, or fresh)
- ½ tbsp chopped cilantro
- ¼ tsp minced garlic
- 2 tbsp chopped red onion
- 2 tbsp chopped red bell pepper
- ¼ cup salsa
- ¾ tsp chili powder
- ½ tsp cumin
- ¾ tsp lime juice
- Salt to taste

## COWBOY CAVIAR

This fresh and vibrant Cowboy Caviar combines wholesome black beans, crisp vegetables, zesty spices, and zippy cilantro for the ultimate make-ahead dish. The flavors meld over time and are even better the next day. Enjoy as a tasteful snack or salad topper, or double the recipe for your next gathering.

### INSTRUCTIONS

1. In a medium bowl, combine the drained and rinsed black beans, corn, cilantro, garlic, red onion, bell pepper, salsa, chili powder, cumin, and lime juice. Season to taste with salt.
2. For the best flavor, let the mixture marinate for 20 or more minutes.
3. For a tasteful snack or appetizer, serve in romaine or butter lettuce leaves, or with whole-grain crackers.

## SERVES 4

### INGREDIENTS

- 1 can black beans, drained and rinsed
- ½ cup corn kernels (canned, thawed from frozen, or fresh)
- 1 tablespoon chopped cilantro
- ½ teaspoon minced garlic
- ¼ cup diced red onion
- ¼ cup chopped red bell pepper
- ½ cup salsa
- 1 ½ teaspoons chili powder
- 1 teaspoon cumin
- ½ lime juice, or 2 teaspoons
- 1 or 2 tablespoons diced jalapeno (optional)

# POTATO CHICKPEA CURRY



## SERVES 1

### INGREDIENTS

#### Curry

- 1 large potato, diced
- ½ cup cooked or canned chickpeas, drained
- 1 cup tomatoes, diced
- 1 carrot, diced
- 1 cup fresh or frozen broccoli, chopped
- ½ teaspoon curry powder, or to taste
- ¼ cup homemade yogurt (see recipe, below)

#### Homemade soy yogurt

- 1/2 cup of yogurt from previous batch (for first batch, use 1 probiotic capsule per 1 cup milk OR ½ cup store-bought soy yogurt as a 'starter')
- 4 cups soy (or plant-based) milk

## POTATO CHICKPEA CURRY

This is a simple yet hearty staple recipe, easy to make and great to have on hand as leftovers. The flavoring is very forgiving and can be altered with herbs and spices to suit your and your family's taste.

### INSTRUCTIONS

1. Mix together all ingredients except yogurt, and cook until soft. Stir in yogurt, or top, to serve.

### YOGURT

1. Preheat oven to 200 degrees F (or lowest setting if it doesn't go that low)
2. Mix soy milk and starter together well and pour into an empty jar or heatproof container.
3. Turn oven off. Place container in oven for 8 hours, then refrigerate before serving.

## SERVES 4

### INGREDIENTS

#### Curry

- 3-4 potatoes, diced
- 2 cups cooked or canned chickpeas, drained
- 1 large 28 ounce jar of diced tomatoes, or 4 cups fresh, diced
- 3-4 carrots, diced
- 4 cups fresh or frozen broccoli, chopped
- 2 teaspoons curry powder, or to taste
- 1 cup homemade yogurt



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# LOADED VEGGIE SANDWICH



## SERVES 1

### INGREDIENTS

- 2 slices whole grain bread
- ¼ cup hummus
- 2 slices heirloom tomato
- ½ cup spinach
- ¼ cup grated carrot
- 4 slices cucumber
- ¼ cup alfalfa sprouts, optional

### For serving, optional

- Baby carrots, celery sticks, sliced bell pepper
- Apple, peach, melon, grapes

## SERVES 4

### INGREDIENTS

- 8 slices whole grain or sprouted bread
- 1 cup hummus
- 2 heirloom tomato cut into 8 slices
- 2 cups spinach
- 1 cup grated carrot
- 1 cucumber, sliced
- 1 cup alfalfa sprouts (optional)
- Siracha (optional)

# LOADED VEGGIE SANDWICH

The best loaded sandwich made with tomatoes, cucumbers, carrots and sprouts, layered between creamy hummus for a simple and delicious meal. Serve with fresh fruit or additional sliced vegetables for even more plant-power.

### INSTRUCTIONS

1. Prepare all of the veggie fixings. Toast slices of bread or leave untoasted.
2. Spread a hearty layer of hummus onto each slice of bread.
3. Top one slice with a layer of tomatoes, spinach, carrots, cucumbers and alfalfa sprouts, if using. Place the second slice of bread hummus-side down on top of the veggie fixings.
4. Slice in half and serve with a side of fruit or sliced vegetables, if desired.



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# CHICKPEA OF THE SEA



## SERVES 2

### INGREDIENTS

- 1 (15 ounces) can low-sodium chickpeas, drained and rinsed
- 1 tbsp Dijon mustard
- ¼ cup hummus or plain plant-based yogurt
- ¼ tsp old bay seasoning
- 1 large carrot, diced
- 1 celery stalk, diced
- ¼ cup red onion, diced
- ¼ cup diced celery
- ¼ cup toasted sunflower seeds
- Salt and pepper to taste

### For serving, optional

- 2 romaine lettuce leaves or 2 slices whole-grain bread, lightly toasted
- Sliced red onion, tomato, avocado and/or lettuce



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# CHICKPEA OF THE SEA

This flavorful chickpea salad only takes 5 minutes to make and there is no cooking involved, making it the perfect recipe for healthy lunches!

### INSTRUCTIONS

1. In a medium bowl, mash drained and rinsed chickpeas with a fork. Add the remaining ingredients and stir to combine.
2. Prepare desired toppings, such as sliced red onion, tomato or avocado.
3. If serving as a sandwich, toast bread and serve between slices with toppings.
4. If serving with romaine lettuce leaves, top leaves with chickpea mixture and toppings

## SERVES 4

### INGREDIENTS

- 1 can low-sodium chickpeas, (15 ounces), drained and rinsed
- 1 tablespoon Dijon mustard
- 2 teaspoons lemon juice
- ¼ cup hummus or plain plant-based yogurt
- 1 tablespoon lemon juice
- ½ teaspoon cajun seasoning
- 1 carrot, diced
- 1 celery stalk, diced
- 2 table cup red onion, diced
- ¼ cup toasted sunflower seeds
- Salt and pepper to taste
- 1 tbspn of capers (optional)
- Sprinkle in crumbled nori flakes for a tuna fish taste (optional)

## SWEET POTATO & BLACK BEAN QUESADILLAS



## SERVES 2

## INGREDIENTS

- 1 medium sweet potato, cubed
- ¼ cup of salsa
- 1 tsp chili powder
- 1 tsp cumin
- ½ juice of one lime
- 2 tbsp nutritional yeast, optional
- 1 ½ cup cooked black beans, drained and rinsed (1 15 oz can)
- Salt and pepper to taste
- 4 whole-wheat tortillas

For serving, optional

- Guacamole
- Salsa
- Non-dairy plain yogurt
- Sliced bell peppers



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## SWEET POTATO & BLACK BEAN QUESADILLAS

Perfectly seasoned, simple to prepare, and absolutely delicious. These quesadillas are protein-packed, fiber-rich, and the perfect addition to your weeknight rotation.

## INSTRUCTIONS

1. Place the cubed sweet potatoes in a saucepan with enough water to cover. Bring to a boil, then reduce heat, cover and simmer until fork-tender.
2. Transfer cooked sweet potatoes to a mixing bowl and add salsa, chili powder, lime juice, and nutritional yeast. With a fork, smash and mix until well-combined. Fold in black beans. Add salt and pepper to taste.
3. Heat a grill or grill pan over medium heat. Spread a heaping ½ cup of the sweet potato mixture onto a tortilla. Top with a second tortilla and gently press it down. Repeat with remaining tortillas.
4. Place quesadillas on the heated grill and cook for about 3 minutes on each side, until they are golden brown and grill marks form.
5. Slice into triangles and serve with guacamole, salsa, and/or non-dairy plain yogurt for dipping. To round out the meal, pair with sliced bell peppers.

## NOTES

For a spicier quesadilla:

- Choose a spicy salsa
- Add 1 tablespoon of green chilis
- Serve with hot sauce.

For a milder quesadilla:

- Choose mild salsa
- If you don't have a grill, you can make these quesadillas on a stove top.
- Feel free to substitute the boiled sweet potato for an equal amount of roasted sweet potato.

## SERVES 4

## INGREDIENTS

- 2 medium sweet potatoes, cubed
- ½ cup salsa (or more)\*
- 3 teaspoons chili powder
- 1-2 teaspoons cumin (optional)
- Juice from 1 large lime, or two small
- 4 tablespoons nutritional yeast (optional)
- 2 cans cooked black beans, drained and rinsed
- Salt and pepper to taste
- 8 whole-wheat tortillas



Find all LEADR Recipes on YouTube:  
<https://bit.ly/LEADRRECIPES>



## MY NOTES



with support from Full Plate Living and the Ardmore Institute of Health



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