



EMBER
NUTRITION & TRAINING

February Self Love Lunches

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<https://embernutritionandtraining.com/>



Smoky Lentils & Roasted Vegetables

4 servings

35 minutes

Ingredients

- 4 Sweet Potato (small, cubed and peeled)
- 1/2 head Cauliflower (small, cut into florets)
- 2 tbsps Coconut Aminos
- 3 1/2 cups Vegetable Broth
- 1 Yellow Onion (chopped)
- 4 Garlic (cloves, minced)
- 1 1/3 tbsps Smoked Paprika
- 1 tsp Cumin
- 1 tsp Sea Salt
- 1 cup Dry Green Lentils (rinsed)

Nutrition

Amount per serving	
Calories	340
Fat	1g
Carbs	69g
Fiber	12g
Sugar	13g
Protein	17g
Cholesterol	0mg
Sodium	1398mg
Vitamin A	20062IU
Vitamin C	42mg
Calcium	103mg
Iron	6mg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato and cauliflower to a large bowl. Add the coconut aminos and toss to coat the vegetables. Transfer to the baking sheet and bake for about 30 minutes, stirring halfway through. Season the roasted vegetables with salt, if needed.
- 3 Meanwhile, add a splash of the broth to a pot over medium heat along with the onions and garlic. Bring to a gentle boil and cook until the onions have softened, about 3 to 5 minutes.
- 4 Add the smoked paprika, cumin, and salt to the onion mixture and stir to combine. Cook for another minute. Stir in the lentils and the remaining vegetable broth and let the lentils simmer covered with a lid for about 20 minutes or until tender and the liquid has absorbed. If the lentils are not cooked through add a little more broth and continue to cook for a few more minutes. Season with additional salt, if needed.
- 5 To serve, divide the lentils between bowls and top with the roasted sweet potato and cauliflower. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add chili powder, chipotle chili powder, red pepper flakes, or cayenne pepper for spicier lentils.

Additional Toppings: Fresh herbs like cilantro.

More Veggies: Serve with fresh or wilted greens like spinach.

No Cauliflower: Use broccoli instead.

No Sweet Potato: Use squash instead.



Carrot & Mixed Bean Salad with Tahini Dressing

4 servings

15 minutes

Ingredients

- 1/2 cup Tahini
- 1 1/3 tbsps Maple Syrup
- 3 tbsps Apple Cider Vinegar (to taste)
- 1/4 cup Water
- 2 cups Mixed Beans (cooked)
- 2 stalks Celery (sliced)
- 4 Tomato (small, chopped)
- 1 Carrot (large, shredded)
- 1 Avocado (chopped)
- 1/3 cup Chives (chopped, flowers optional)

Directions

- 1 In a jar, whisk together the tahini, maple syrup, vinegar, and water. Set aside.
- 2 Arrange the beans, celery, tomato, carrot, and avocado in a large salad bowl. Drizzle with the dressing and top with chives. Toss the salad before serving and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add salt and pepper to taste.

Nutrition

Amount per serving	
Calories	419
Fat	24g
Carbs	41g
Fiber	14g
Sugar	6g
Protein	15g
Cholesterol	0mg
Sodium	114mg
Vitamin A	4566IU
Vitamin C	28mg
Calcium	196mg
Iron	6mg



Roasted Red Pepper & Tomato Lentil Soup

4 servings

45 minutes

Ingredients

- 1 2/3 Tomato (cut in half)
- 2 1/3 Red Bell Pepper (halved and seeds removed)
- 3/4 Sweet Onion (coarsley chopped)
- 2 1/3 Garlic (cloves)
- 2 1/3 tsps Extra Virgin Olive Oil
- 3/4 cup Dry Red Lentils (uncooked)
- 2 1/3 cups Water
- 2 1/3 cups Vegetable Broth
- 3/4 tsp Sea Salt
- 1/3 tsp Black Pepper
- 3/4 tsp Oregano
- 3 1/4 tbsps Cashews (raw, unsalted)

Nutrition

Amount per serving	
Calories	273
Fat	7g
Carbs	42g
Fiber	9g
Sugar	8g
Protein	14g
Cholesterol	0mg
Sodium	896mg
Vitamin A	3221IU
Vitamin C	103mg
Calcium	58mg
Iron	5mg

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the tomatoes, red peppers, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes. After 30 minutes, turn the oven to broil and bake for another 5 minutes.
- 2 Meanwhile, add lentils and water to a stockpot. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable broth, sea salt, black pepper and oregano in with the lentils and mix well.
- 3 Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
- 4 Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
- 5 Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

Notes

Add Some Greens: Top with chopped baby spinach.



Tofu Veggie Wrap

4 servings

25 minutes

Ingredients

- 1 1/4 lbs Tofu (extra firm, pressed, sliced)
- 1/4 cup Tamari
- 4 Brown Rice Tortilla
- 4 cups Baby Spinach
- 1 Cucumber (julienned)
- 1 Carrot (julienned)
- 2 cups Purple Cabbage (chopped)

Nutrition

Amount per serving	
Calories	316
Fat	10g
Carbs	38g
Fiber	7g
Sugar	8g
Protein	21g
Cholesterol	0mg
Sodium	1229mg
Vitamin A	5936IU
Vitamin C	37mg
Calcium	468mg
Iron	5mg

Directions

- 1 Marinate the tofu slices in tamari for 15 minutes.
- 2 Heat a skillet or cast iron pan over medium heat and add the drained tofu. Cook for 3 to 4 minutes per side, until crispy and browned on each side. Remove and set aside.
- 3 Place the tortilla flat and layer the spinach, cucumber, carrot, cabbage and marinated tofu on top. Tightly roll up the wrap and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

More Flavor: Add additional tamari or sesame oil to the wrap.

Additional Toppings: Sesame seeds, avocado, mushrooms or bell peppers.

No Brown Rice Tortillas: Use whole-wheat tortillas or pita bread.

No Tofu: Use tempeh or edamame.

Extra Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.



Lentil Chickpea Salad

4 servings

30 minutes

Ingredients

- 1 cup Green Lentils (cooked, drained)
- 2 cups Chickpeas (cooked, drained)
- 1/2 cup Red Onion (small, diced)
- 1 Red Bell Pepper (medium, diced)
- 1 Tomato (large, diced)
- 1/4 cup Parsley (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps White Wine Vinegar
- 1/2 tsp Oregano
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	275
Fat	9g
Carbs	37g
Fiber	12g
Sugar	7g
Protein	13g
Cholesterol	0mg
Sodium	170mg
Vitamin A	1695IU
Vitamin C	51mg
Calcium	65mg
Iron	5mg

Directions

- 1 Add all ingredients to a large bowl. Mix well. Taste and adjust flavor if desired.
- 2 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/4 cups.

Additional Toppings: Feta cheese, olives, fresh dill.

No White Wine Vinegar: Use red white vinegar, apple cider vinegar, or lemon juice.



Buffalo Chickpea Wraps

4 servings

25 minutes

Ingredients

- 2 cups Chickpeas (cooked, drained)
- 1/3 cup Hot Sauce (divided)
- 1/3 tsp Sea Salt
- 2/3 head Iceberg Lettuce (small, chopped)
- 1/3 cup Red Onion (small, sliced)
- 1/4 cup Vegan Ranch Dressing
- 4 Whole Wheat Tortilla (small)

Nutrition

Amount per serving	
Calories	344
Fat	13g
Carbs	46g
Fiber	12g
Sugar	7g
Protein	12g
Cholesterol	0mg
Sodium	1015mg
Vitamin A	475IU
Vitamin C	5mg
Calcium	162mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, add the chickpeas and half of the hot sauce. Mix to combine.
- 3 Spread the chickpeas out on the baking sheet and bake for 13 to 15 minutes.
- 4 While the chickpeas are in the oven, in a bowl, combine the lettuce, onions, and ranch dressing.
- 5 Remove the chickpeas from the oven and place them back into the first bowl that was used for mixing. Add the remaining hot sauce and sea salt and mix to combine.
- 6 To assemble, place the tortillas on plates and top evenly with the lettuce mix and chickpeas. Wrap and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Gluten-Free: Use gluten-free tortillas.

More Flavor: Add more hot sauce or ranch dressing.



Egg Salad Wrap

4 servings

25 minutes

Ingredients

- 8 Egg
- 1/4 cup Mayonnaise
- 2 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 4 Whole Wheat Tortilla
- 2 cups Arugula

Nutrition

Amount per serving	
Calories	369
Fat	24g
Carbs	20g
Fiber	4g
Sugar	2g
Protein	17g
Cholesterol	378mg
Sodium	513mg
Vitamin A	788IU
Vitamin C	2mg
Calcium	173mg
Iron	3mg

Directions

- 1 In a medium-sized pot add the eggs and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 2 Remove the eggs and let them cool in an ice bath. Once cooled, peel and add to a bowl. Add the mayonnaise, mustard, salt, and pepper. Mash with a fork to your desired consistency.
- 3 Place the tortilla on a plate and layer with arugula. Add the egg salad on top. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

Notes

- Leftovers:** Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.
- Serving Size:** One serving is equal to one wrap.
- Make it Vegan:** Use crumbled tofu instead.
- More Flavor:** Add a pinch of cayenne.
- Additional Toppings:** Add chives, chopped red onion, or chopped celery to the egg salad.
- Gluten-Free:** Use a gluten-free tortilla.