**Vegan Breakfast Bowl with Tofu and Kale**

Serves 4

1- 12-14oz block extra-firm or firm tofu, pressed & crumbled
3 tablespoon nutritional yeast flakes
3 tablespoon water
½ teaspoon turmeric
Salt and pepper to taste
1 tablespoon olive oil
1 small onion diced
2 cloves garlic, minced
1 teaspoon dried oregano
1 cup sliced mushrooms
2 cups chopped kale
1 cup cooked brown rice

Toppings;
1 avocado, sliced
Salsa
Scallions
Cilantro

1. Crumble the tofu into scramble egg size pieces and set side.
2. In a small bowl combine the water, nutritional yeast and turmeric, mix well and set aside.
3. Heat a nonstick pan over medium high heat, once hot, coat the pan with oil.
4. Add onions and garlic into and saute for 1 minutes, then add mushrooms and oregano and cook until mushrooms release their liquid and being to brown.
5. Add kale into the pan and cook until the kale wilts.
6. Crumble the tofu into the pan and drizzle the turmeric mixture over the top, mix well and cook just to heat the tofu through. Taste and adjust the seasoning to your desire.
7. To serve; placetofu scramble over some brown rice and drizzle with salsa, scallions, cilantro and avocado.

**Greek Grilled Chicken and Hummus Wrap**

4 chicken thighs or 1 chicken breast
1 tsp cumin
1 tsp paprika or chili powder
1 tsp garlic or onion powder
2 teaspoon black pepper
2 teaspoon salt
2 teaspoon oil canola, corn, vegetable, or olive oil
4 medium flour tortilla wraps
4 tablespoons hummus
1/2 cup jarred pepperoncini (drained of excess liquid)
1 can black olives (roughly chopped)
1 jar artichoke hearts (drained and quartered)

Toppings
Romain lettuce chopped into big pieces
2 small tomatoes sliced
0.5 small red onion sliced
2 tablespoon feta cheese optional
Cucumber

Instructions
To cook chicken: Heat grill or heavy duty pan to high heat. Pour oil into pan or brush grill with a coat of oil. Season meat with the spices and place on grill or pan. Cook for 3-5 minutes on each side, if you are using thighs cook for 5-7 minutes on each side. Remove chicken from heat and allow to cool for 5 minutes then shred or cut into big chunks. To assemble: While the chicken is cooking go ahead and prepare the toppings. Cut veggies, spread a thick layer of hummus (about 1 tablespoon) on tortilla or pita bread, then top with chicken and veggies. Wrap tightly then wrap again in aluminum foil if desired. Serve with a small bowl of hummus or your favorite dip. Enjoy!

Miso Salmon with Edamame Fried “Cauliflower” rice

For Salmon
1/3 cup mirin
¼ cup sake
1 tablespoon sugar
2 teaspoons sesame oil
3 tablespoons miso paste
4 salmon fillets about 6-8 oz each

1. In a small pot, combine mirin with sake and sugar, cook until sugar dissolves, remove from heat and whisk in miso paste and sesame oil, set aside and allow to cool.
2. Once miso sauce is cool enough to handle, coat salmon with the mixture and then wrap each piece of salmon in saran wrap. Marinade for 2-3 hours, preferably overnight.
3. Heat your broiler and then line a sheet pan with foil. Remove the salmon from the marinade, wipe of any excess marinade, and place fish on foil. Place sheet pan about 6 inches from the heat source and broil for 2-3 minutes on each side. You can also bake it in a 450-degree oven. The time will vary based on the thickness of the fish; it is done when the fish flakes when touched with a fork.

Cauliflower Fried Rice
Serves 4
1 tablespoon oil, enough to coat your pan
1 small onion, diced small
4 garlic cloves
1 teaspoon ground turmeric (optional)
1 15 oz can chickpeas/ garbanzo beans (or any bean!)
2 egg (optional)
½ cup frozen peas and carrots, or leftover veggies
1 medium head, about 24 oz cauliflower, rinsed, or 24 oz frozen riced cauliflower
2 cup baby spinach, roughly chopped, or other leafy green like kale
4 scallions/ green onions
2-4 tablespoon soy sauce, tamari or coconut aminos, more to taste, salt is ok too!
pepper
1 tablespoon sesame oil (optional)

Tools:
1. To make riced cauliflower; Chop cauliflower into florets, and pulse in a food processor until the cauliflower is about the size of rice. You can also chop by hand or even use a box grater! Set cauliflower aside.

2. Heat a pan, preferably nonstick, over medium-high heat, once the pan is hot coat with oil, once oil is hot add in onion and garlic cloves, cook until onions turn translucent and are soft.

3. Add turmeric, beans, and frozen veggies into the pan and cook to heat through the beans, about 2-3 minutes.

4. Add cauliflower into pot and mix well, cover pot if possible and cook for 5-6 minutes or until cauliflower is cooked to your desired texture, it should be slightly crisp on the outside and tender in the middle.

5. Push all the ingredients to the side of the pan and then add more oil if desired and scramble the egg in the middle of the pan, once the egg is cooked, mix everything and stir in spinach, green onions and soy sauce. Cook just until spinach wilts and then turn off the heat and stir in sesame oil, serve immediately.