



## Miso Mushroom Bowl

Feasting at Home:

[www.feastingathome.com/mushroom-rice-bowl-recipe/](http://www.feastingathome.com/mushroom-rice-bowl-recipe/)

### Ingredients:

1. Sliced mushrooms – sautéed or baked
  2. Shredded red cabbage
  3. Shredded carrot
  4. Shredded daikon radish or cucumber
  5. Edamame
  6. Spinach or garden greens
  7. Sesame Seed and diced scallion to garnish
- Serve over jasmine rice or black rice with Miso  
Ginger Dressing

### Miso Ginger Dressing

1. olive oil - ¼ cup
2. sesame oil - 3 tablespoons
3. rice vinegar - 3 tablespoons
4. maple syrup - 3 tablespoons
5. white miso paste – 2 tablespoons
6. soy sauce - 2 tablespoons
7. water – 2 tablespoons
8. garlic – 1 clove
9. ginger – 2 teaspoons
10. pinch of salt



## Vegan Harvest Bowl

[www.themediterraneandish.com/vegan-green-goddess-dressing/](http://www.themediterraneandish.com/vegan-green-goddess-dressing/)

### Roasted Root Vegetables

1. Sweet Potato
2. Butternut Squash
3. Beets
4. Carrots

### Roasted vegetables

1. Brussel sprouts
2. Cauliflower
3. Broccoli

Serve over rice, quinoa, or over  
greens with Green Goddess  
Dressing



## Fall Harvest Salad (Based on WildFin)

[aseasyasapplepie.com/fall-harvest-salad-with-apple-cider-vinaigrette/](http://aseasyasapplepie.com/fall-harvest-salad-with-apple-cider-vinaigrette/)

1. Roasted butternut squash or sweet potato
2. Chopped kale
3. Chopped apples
4. Dried cranberries, pecans, roasted pumpkin seeds

Serve over quinoa and farro

### Fig balsamic dressing

1. Olive oil – ½ cup
2. Balsamic vinegar – ¼ cup
3. Garlic – 1 clove
4. Fig jam – 2 tablespoons
5. Salt/pepper



## Vegan Green Goddess Dressing with Tahini

### Ingredients

- |  |                              |
|--|------------------------------|
| 1 ½ cups packed fresh parsley, leave and tender stems            | 2 garlic cloves              |
| 1 ½ cups packed fresh cilantro or basil, leaves and tender stems | Kosher salt                  |
| ½ cup packed fresh dill, or 1-2 teaspoons dried dill weed        | Red pepper flakes (optional) |
| 1 green onion, trimmed, white and green parts, chopped           | ½ cup tahini                 |
|  | 2 lemons, juice of           |
|  | Water, ¼ to 1 cup            |

### Green Goddess Dressing Instructions

1. Add the fresh herbs, dried dill weed, green onion, and garlic to the bowl of a large food processor fitted with a blade. Season with a pinch of kosher salt and red pepper flakes. Close the lid and run the processor to finely chop the herbs.
2. Add the tahini and lemon juice. Close the lid and run the processor again until well combined. Stop and scrape the sides down. The mixture will be thick at this point.
3. Run the processor again, this time drizzling water through the top opening. You'll need anywhere from ¼ cup to 1 cup of water until the mixture turns creamy and runny to your liking.
4. Taste and adjust seasoning to your liking.
5. Transfer the green goddess dressing to a 12-ounce mason jar and cover tightly. Store in the fridge for up to 5 days.

#### Options:

Want your green goddess dressing spicy? Add jalapenos. Not a fan of cilantro? Mint, basil, tarragon, and chives would taste amazing instead. Want some briny flavor? Throw in some capers.