



30-MINUTE MEALS

Short on time? This free ebook offers 16 healthy recipes that each take 30 minutes or less to make! Whether you need breakfast, lunch, dinner or a quick snack or appetizer, these recipes show that fast can still be healthy and delicious

CUCUMBER & AVOCADO
GAZPACHO
PG. 15



CONTENTS

LIVENATURALLYMAGAZINE.COM

3

BREAKFAST

Raspberry Coconut Smoothie Bowl

Sunnyside Up Toastie with Avocado, Butter, Mushrooms and Tomatoes

Roasted Poblano and Black Bean Frittata

Banana Oat Muffins

7

LUNCH

Italian Chopped Salad

Mushroom, Celery and Pear Salad with Maple Dressing

Salmon & Kale Quinoa Salad

Lemony Veggies & Pasta

11

DINNER

Grilled Mediterranean Caesar with Capers and Sun-dried Tomatoes

Broccoli, Fennel & Mozzarella Pizza

Pea Pesto Pasta with Basil and Mint

Mushroom-Blended Burger with Roasted Peppers

15

SNACKS & APPS

Cucumber & Avocado Gazpacho

Smokey Truffled Baked Broccoli Fries

Tomato and Watermelon Bruschetta

Zucchini Hummus



SHOP
RECIPES
ON OUR
WEBSITE

Raspberry Coconut Smoothie Bowl

AUTHOR: Noelle Tarr and Stefani Ruper

SERVINGS: 1 - 16 ounce serving

1 banana, peeled, frozen, and sliced

½ teaspoon pure vanilla extract

Chopped nuts, such as walnuts, or pecans, or pumpkin seeds

1 cup canned full-fat coconut milk

Extra Toppings:

Unsweetened coconut flakes

2 tablespoons coconut water

Raspberries, sliced kiwi, or sliced dragon fruit

Freeze-dried fruit chunks

1 cup frozen raspberries

1 tablespoon almond butter

INSTRUCTIONS:

1. To make the smoothie base, place the banana, coconut milk, and coconut water in a blender and pulse until combined. Add the raspberries, almond butter, and vanilla and blend until smooth, scraping down the sides of the blender as necessary.

Notes: From the book, COCONUTS AND KETTLEBELLS: A Personalized 4-Week Food and Fitness Plan for Long-Term Health, Happiness, and Freedom. Copyright 2018 by Noelle Tarr and Stefani Ruper. Reprinted by permission of William Morrow, an imprint of HarperCollins Publishers.

2. Pour the smoothie into a bowl, sprinkle with the desired toppings, and delight in eating a smoothie with a spoon.

3. Change it up: Add 1 scoop grass-fed collagen peptides to the smoothie (while blending) to give it gut-healing properties.



 **SHOP RECIPES ON OUR WEBSITE**

Sunnyside Up Toastie with Avocado, Butter, Mushrooms and Tomatoes

AUTHOR: Kimberly Lord Stewart

SERVES: 2

1 ripe avocado

½ lemon, juiced

Salt and pepper

2 thick slices whole-grain bread, toasted

2 tablespoons butter

10 white button mushrooms, cut in quarters

12 cherry tomatoes, halved

2 teaspoons fresh tarragon, finely chopped

4 cage-free eggs

INSTRUCTIONS:

1. Smash avocado in a bowl, add lemon juice, and season with salt and pepper. Spread avocado butter on toast slices. Place on serving plates.

2. Melt butter in a nonstick skillet over medium-high heat. Add mushroom quarters and sauté 8–10 minutes, until lightly browned. Add tomato halves and tarragon; cook until heated, about 5 minutes. Season with salt and pepper.

3. Poach eggs: Fill a skillet half full with water; bring to a gentle boil. Break each egg one at a time in a small dish and carefully tip into skillet. Simmer uncovered for 3–5 minutes, until whites are completely set. Remove each egg with a slotted spoon.

4. Spoon mushrooms and tomatoes over the toast. Top with eggs, season with salt and pepper, and serve right away.



Roasted Poblano and Black Bean Frittata

AUTHOR: Live Naturally Magazine

SERVES: 4

1 poblano pepper

1 tablespoon canola oil

1 shallot, minced

¼ teaspoon sea salt, plus more to taste

¼ teaspoon ground black pepper

½ teaspoon crushed red pepper flakes

¼ teaspoon ground cayenne pepper, or
more to taste

½ cup cooked black beans, drained and
rinsed if using canned

¼ cup grated sharp cheddar cheese

4 eggs, lightly beaten

¼ cup minced cilantro or parsley

Blue corn tortillas, 6-inch size

INSTRUCTIONS:

1. Preheat broiler. Roast the poblano pepper, using tongs to turn carefully until all sides are blackened. Set pepper in a paper bag to steam for 5 minutes. Remove the skin, stem and seeds. Mince, and set aside.

2. Preheat oven to 400°. Heat oil in a small ovenproof 8-inch skillet over medium-high heat. Add shallot; cook until soft. Add poblano pepper, sea salt, black pepper, red pepper flakes and cayenne; stir to combine.

3. Add black beans, and turn heat to low. Sprinkle on cheese; then quickly pour beaten eggs into the skillet. Sprinkle with

cilantro, plus salt to taste. Slide frittata into oven. Bake 7–10 minutes, until eggs have set and frittata has puffed up a bit.

4. While frittata is baking, heat corn tortillas; set aside. Prepare bell pepper pico de gallo, guacamole and jalapeno cream.

5. Slice frittata into 3-inch rectangles and set onto corn tortillas; top with toppings.



Banana Oat Muffins

AUTHOR: Chef Adam Sacks, Chelsea Ring and Sara Walker

MAKES: 12 Muffins

1 cup whole wheat flour

4 teaspoons baking powder

$\frac{3}{4}$ cup soy milk (or milk of your choice)

1 cup all-purpose flour

1 egg

$\frac{1}{2}$ cup mashed, overripe banana

$\frac{1}{2}$ cup evaporated cane syrup (or sugar)

4 tablespoons vegan soy margarine

(roughly 1 banana)

$\frac{1}{2}$ teaspoon salt

(or butter)

$\frac{1}{2}$ cup oats, dry

INSTRUCTIONS:

1. Mix flour with salt and baking powder.
2. Cream butter and sugar. Add egg to butter and sugar mixture, beat well.
3. Add flour mixture alternately with milk, and mix until it forms a smooth batter. Stir in the mashed banana and oats.
4. Fill muffin liners with batter until the halfway point. Spoon 1 tablespoon of red pepper chia seed jam on top of the batter

and then spoon a dollop of batter on top. Sprinkle oats on top, if desired.

5. Bake muffins for about 15 minutes at 350 degrees, or until they are lightly golden on top; the tops spring back to the touch and a toothpick inserted in the center comes out clean.



SHOP
RECIPES
ON OUR
WEBSITE

Italian Chopped Salad

AUTHOR: Genevieve Doll **SERVES:** 4

3 cups bite-sized cauliflower florets

½ medium cucumber

1 (15-ounce) can cannellini beans

6 ounces summer sausage, small dice

½ cup chopped marinated artichokes

½ cup chopped green olives

3 tablespoons olive oil

2 tablespoons lemon juice

2 tablespoons apple cider vinegar

2 tablespoons chopped pepperoncini peppers

1 teaspoon salt

Freshly ground pepper

INSTRUCTIONS:

1. Place 2 inches of water and a steamer basket in a medium pot. Add cauliflower. Cover, and bring to a simmer. Cook 7 minutes, until barely tender. Transfer cauliflower to a bowl to cool slightly.
2. Quarter cucumber lengthwise, and slice into ½-inch pieces.
3. Combine all ingredients in a large bowl. Adjust flavors to taste.

Notes: To save time, purchase cauliflower florets instead of a whole cauliflower. Slice if needed to ensure bite-sized pieces.



Mushroom, Celery and Pear Salad with Maple Dressing

AUTHOR: Kimberly Lord Stewart

SERVES: 4

3 portobello mushrooms; scrape out gills with a spoon, and slice thinly

2 celery stalks, cut into thirds and then lengthwise into batons

1 pear, cored and thinly sliced

3 tablespoons walnuts, broken into large pieces

8-10 leaves butter lettuce, torn into bite-size pieces

1 tablespoon cider vinegar

3 tablespoons extra-virgin olive oil

1 tablespoon maple syrup

Salt and pepper to taste

INSTRUCTIONS:

1. Place mushrooms, celery, pear slices, walnuts and lettuce in a bowl.

2. Whisk cider vinegar, olive oil, maple syrup, salt and pepper. Pour over the salad.

3. Toss and serve.



 SHOP RECIPES ON OUR WEBSITE

Salmon & Kale Quinoa Salad

AUTHOR: Jane Horlebein

1 bunch kale, deveined, torn into bite-sized pieces
¾ cup apple cider vinegar, divided
6 ounce salmon fillet, deboned

½ cup maple syrup, divided
1 cup cooked quinoa
½ cup roasted sunflower seeds
¼ cup crumbled feta cheese

½ red onion, sliced julienne
Salt and pepper to taste
Red pepper flakes for garnish

INSTRUCTIONS:

1. Place kale pieces and ½ cup apple cider vinegar in a pan, and marinate for 20 minutes.

Season with salt and pepper to taste. Garnish with red pepper flakes.

2. Preheat oven to 400°. Place salmon on foil-lined sheet pan, brush with ¼ cup maple syrup and bake for about 15 minutes, until salmon is flaky. Set aside to cool; then flake with a fork.

4. Can be refrigerated and kept for 3-4 days.

3. In a large bowl, toss kale in remaining maple syrup and apple cider vinegar. Add remaining ingredients, and toss.



Lemony Veggies & Pasta

AUTHOR: Pure Blends **SERVES:** 4

12 ounces cavatappi pasta

Oil Plant-Based Butter, divided

¼ cup sliced fresh basil leaves

1 ½ cups heirloom cherry tomatoes, halved

½ pound asparagus spears, cut into bite-size pieces

½ teaspoon grated lemon peel

2 green onions, sliced

1 cup sugar snap peas, halved if large

1 tablespoon fresh lemon juice

6 tablespoons Pure Blends™ Avocado

¼ teaspoon minced garlic

¼ teaspoon salt

Freshly ground black pepper to taste

INSTRUCTIONS:

1. Cook pasta in lightly salted water according to package directions. Drain and return to pot. Add tomatoes, green onions and 3 Tbsp. Pure Blends™ Avocado Oil Plant-Based Butter. Set aside and let cool to warm or room temperature.

minutes. Stir in garlic and cook, stirring, until fragrant about 30 seconds. Add to pasta in pot.

2. Meanwhile, melt 2 Tbsp. Plant-Based Butter in large non-stick skillet over medium heat and cook asparagus and sugar snap peas, stirring occasionally, until crisp-tender, about 3

minutes. Stir in garlic and cook, stirring, until fragrant about 30 seconds. Add to pasta in pot.

3. Stir in remaining 1 Tbsp Plant-Based Butter, basil, lemon peel, lemon juice, salt and pepper. Serve at room temperature.



Grilled Mediterranean Caesar with Capers and Sun-dried Tomatoes

AUTHOR: Kimberly Lord Stewart

SERVES: 4

2 organic whole romaine hearts, cut lengthwise

2 pounds salmon or flank steak

4 tablespoons capers

16 sun-dried tomatoes (oil-packed), drained and thinly sliced

1/8 red onion, thinly sliced

1 lemon, cut into quarters

Dressing:

1 garlic clove, crushed

1 tablespoon lemon juice

1/2 cup plain 2% Greek yogurt

1 teaspoon Dijon mustard

1 teaspoon Worcestershire sauce

1 tablespoon white wine vinegar

1/2 cup grated Parmesan cheese, divided

1/4–1/2 cup extra-virgin olive oil

Salt and pepper, to taste

INSTRUCTIONS:

1. Prepare dressing: Place garlic, lemon juice, yogurt, mustard, Worcestershire sauce and white wine vinegar in a blender or small food processor. Process until smooth. Add half the cheese, and pulse until mixed in. Start with $\frac{1}{4}$ cup olive oil, and puree until smooth. Add more if necessary to thin out dressing. Season with salt and pepper to taste.

2. Brush cut lettuce halves and fish or steak on both sides with dressing.

3. Grill salmon or steak on an outside grill or in a hot skillet on your stovetop to desired internal temperature. During the last 2 minutes of grilling, place the lettuce cut side down on the grill or in another skillet; grill until lightly browned.

4. Place lettuce on a plate, grilled side up. Garnish with capers, sun-dried tomatoes and red onion. Serve with the meat or fish. Drizzle both with the remaining dressing. Serve with extra lemon.



Broccoli, Fennel & Mozzarella Pizza

AUTHOR: Genevieve Doll **SERVES:** 4

2 cups broccoli florets

2 cups thinly sliced fennel (about 1 medium bulb)

2 tablespoons olive oil

1 tablespoon lemon juice

½ teaspoon salt

Freshly ground pepper

1 medium pizza crust (about 12 inches)

½ cup red sauce

8 ounces fresh mozzarella log, thick-sliced half-moons

½ cup sliced green olives

Red pepper flakes, for garnish

INSTRUCTIONS:

1. Preheat oven to 425°. In a medium bowl, toss broccoli, fennel, olive oil, lemon juice, salt and pepper. Place on a large baking sheet in a single layer. Roast 15 minutes, until vegetables begin to brown.
2. If using raw dough, roll out thinly and place on a baking sheet. Prebake 10 minutes before adding toppings.

3. Spread sauce over crust. Add roasted vegetables, and top with mozzarella and olives.
4. Bake 7–9 minutes, until cheese is bubbling.
5. Sprinkle with red pepper flakes to taste.

Notes: Tip: Any classic red sauce will complement this pizza.



SHOP
RECIPES
ON OUR
WEBSITE

Pea Pesto Pasta with Basil and Mint

AUTHOR: Danielle Cole **SERVES:** 4

1 ½ cups frozen Simple Truth Organic Green Peas, thawed

1/3 cup fresh basil

¼ cup fresh mint

Juice of 1 lemon, about 2 tablespoons

2 tablespoons nutritional yeast

3 tablespoons hemp seeds

1 large or 2 small garlic cloves, finely chopped

¼ teaspoon salt

1-2 tablespoons water or Simple Truth Organic Italian Extra Virgin Olive Oil, to thin

8 ounces Simple Truth Organic Spaghetti Whole Wheat (or substitute Simple Truth Organic Gluten Free Spaghetti for a gluten-free option)

Extra peas and chopped basil and mint, for serving (optional)

Thinly sliced radish, for serving (optional)

INSTRUCTIONS:

1. Bring 2 quarts of salted water to a rapid boil.
2. While waiting for water to boil, add pesto ingredients to a food processor or high-speed blender; start with 1 tablespoon of water or olive oil and increase if needed. Blend until a thick but creamy pesto is achieved.
3. Once water is boiling, add spaghetti and return to a boil. Cook uncovered 9-11 minutes, stirring occasionally.
4. Drain pasta, and reserve some of the water. Return drained pasta to pot.
5. Combine drained spaghetti and pesto sauce in pot. Toss pasta to ensure even coating. Add some of the reserved pasta water if a thinner pesto sauce is desired.
6. To serve, divide pasta among four bowls and add extra peas, chopped basil and mint, and sliced radishes, if using. Enjoy!




SHOP RECIPES ON OUR WEBSITE

Mushroom-Blended Burger with Roasted Peppers

AUTHOR: Kimberly Lord Stewart

SERVES: 4

½ pound cremini or white button mushrooms

3 tablespoons extra-virgin olive oil, divided

1 pound lean ground beef

½ teaspoon salt

1 onion, peeled, cut into eighths

8 sweet mini peppers; tops cut off, seeded and cut in half lengthwise

Salt and pepper to taste

4 tablespoons feta cheese, crumbled

4 whole-grain buns

INSTRUCTIONS:

1. Vegetable grill pan

2. Heat grill to 500°. Finely dice half the mushrooms or gently pulse in food processor. Heat 1 tablespoon olive oil in a skillet, and add mushrooms. Sauté 5–7 minutes, until golden brown and the liquid has cooked down. Remove mushrooms from pan, and place in a medium-sized bowl. Cool 5 minutes.

3. Add ground beef and salt, and mix until combined. Form four patties.

4. Place onions and peppers in the vegetable grill pan, plus remaining half of mushrooms, sliced thick. Set over a large

plate to prevent olive oil from dribbling out. Drizzle with 2 tablespoons olive oil, and season with salt and pepper.

5. Place vegetable grill pan and burgers on grill. Frequently turn the vegetables, and cook until well-roasted and slightly charred.

6. Cook burgers 3–4 minutes on each side for medium well, 5–6 minutes for well done. Top with feta cheese, peppers, onions and sliced mushrooms during the last few minutes.

7. Serve with peppers and onions on whole-grain buns.



Cucumber & Avocado Gazpacho

AUTHOR: Excerpted from the book The Clean Plate: Eat, Reset, Heal by Gwyneth Paltrow

SERVES: 2

For the Gazpacho:

1 large seedless English cucumber, peeled
¼ avocado
1 large scallion, roughly chopped
1 garlic clove, grated
⅔ cup olive oil

⅔ cup plus 2 tablespoons water

1 teaspoon kosher salt, plus more as needed

2 tablespoons apple cider vinegar

To Garnish:

Finely chopped fresh mint leaves

Apple cider vinegar

Flaky sea salt

1 small shallot, finely diced

Olive oil

Cracked black pepper

INSTRUCTIONS:

1. To make the gazpacho, cut a 2-inch piece off the end of the cucumber and set it aside for garnish. Roughly chop the remaining cucumber and transfer it to a high-speed blender.

2. Add the avocado, scallion, garlic, olive oil, water, kosher salt, and vinegar and blend until smooth. Chill in the fridge for at least 1 hour.

3. For the garnish, finely dice the reserved piece of cucumber and toss in a small bowl with the mint leaves, apple cider vinegar, a pinch of flaky salt, and minced shallot.

4. Remove the gazpacho from the fridge, taste, and season with kosher salt. Divide between two bowls and spoon over the chopped cucumber relish. Drizzle each bowl with olive oil and finish with cracked pepper.



SHOP
RECIPES
ON OUR
WEBSITE

Smokey Truffled Baked Broccoli Fries

AUTHOR: Recipe Courtesy of Da Capo Lifelong Press and Chef Mark Reinfeld of Vegan Fusion and the Doctor and the Chef (www.doctorandchef.com).

SERVING: 12 Fries

3 medium broccoli stalks, peeled and cut into 12, approximately 1/4-inch by 4-inch strips

1 tablespoon melted coconut oil or olive oil

1/8 teaspoon smoked paprika or chipotle powder

1/8 teaspoon salt, or to taste

Pinch ground black pepper

1 teaspoon freshly squeezed lemon juice

1/8 teaspoon truffle oil

1 tablespoon nutritional yeast

INSTRUCTIONS:

1. Preheat toaster oven to 375°F. Place coconut oil, salt, pepper, paprika on a small baking sheet and mix well. Add the broccoli strips and coat well. Bake for 10 minutes, or until just tender. Bake longer for crispier fries.



 **SHOP RECIPES ON OUR WEBSITE**

Tomato and Watermelon Bruschetta

AUTHOR: Chef Elise Wiggins **SERVES:** 8

4 cloves garlic, minced

4 tablespoons extra-virgin olive oil, plus more for drizzling

1 baguette; sliced into $\frac{1}{2}$ -inch slices, about 24 pieces

Sea salt and pepper, to taste

2 pounds heirloom tomatoes; seeds removed, diced

1 baby seedless watermelon, diced into $\frac{1}{4}$ -inch pieces

$\frac{1}{4}$ cup kalamata olives, sliced into slivers

1 cup mascarpone cheese

Zest of 1 orange

4 tablespoons sliced fresh basil leaves

INSTRUCTIONS:

1. Heat a grill to high heat. You can also use a skillet over high heat on your stovetop.

2. Combine olive oil and garlic in a small bowl. Brush mixture on bread slices (called “crostini” in Italian); season with salt and pepper. Place bread oil-side down on grill for 30–60 seconds to make char marks. Remove and set on a wire rack to cool.

3. Gently combine tomatoes, watermelon and olives. Spread mascarpone cheese on each crostini. Top with tomato mixture. Garnish each crostini with pinch of orange zest and a few slices of basil; drizzle with olive oil.



Zucchini Hummus

AUTHOR: Jo Schaalman and Jules Pelaez **SERVING:** 3 cups

2 zucchini, chopped	$\frac{1}{4}$ cup olive oil	2 $\frac{1}{2}$ teaspoons sea salt, to taste
$\frac{3}{4}$ cup tahini	2 cloves garlic	2 tablespoons cumin
$\frac{1}{2}$ cup freshly squeezed lemon juice		

INSTRUCTIONS:

1. In a food processor fitted with an S blade, blend all ingredients until smooth and creamy. Refrigerate in a glass container for up to one week.