

GO-TO
10-MINUTE
VEGETARIAN
RECIPES!



mind over munch®



10-minute vegetarian meal ideas!

AVOCADO TOAST

1-2 slices vessel of choice (toasted bread, English muffin, sweet potato toast)
½-1 avocado, sliced or mashed

TOPPING IDEAS:

1-2 eggs (scrambled, fried, poached)
black pepper
sriracha or hot sauce
everything bagel seasoning
(or sesame seeds + poppy seeds)



- *Toast bread or sweet potato slices to desired crispness/doneness.*
- *Add sliced or mashed avocado, seasoning to taste.*
- *Finish with desired toppings and enjoy!*

OMELET

2-3 eggs, whisked
¼-½ cup cheese of choice
(shredded cheddar, goat cheese, Swiss, etc.)

PAIRING IDEAS:

sliced pear (or fruit of choice)
toast
avocado
side salad

SIMPLE SIDE SALAD

1-2 cups mixed greens, chopped
¼ cup shredded cabbage
2-3 Tbsp shredded carrots
2 Tbsp sunflower seeds
dressing of choice, to taste
(I love [white cheddar dressing!](#))

- *Whisk eggs in a measuring cup and season with salt.*
- *Heat oil in pan over medium heat. Pour in whisked eggs and allow to cook until starting to set around the edges. (2-3 minutes)*
- *Sprinkle desired cheeses onto one half of the omelet, then fold omelet over. Cook an additional 1-2 minutes, until set.*
- *Serve with simple side salad or pairings of choice, and enjoy!*



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OATMEAL

1 cup cooked oatmeal
([I prep this in bulk](#))

BANANA WALNUT FLAVORING:

cinnamon
salt
maple syrup
sliced banana
chopped walnuts

PB&J FLAVORING:

cinnamon
salt
peanut butter
jelly
fresh berries of choice
date syrup
slivered almonds



CHICKPEA CURRY RICE

drizzle of oil
¼ cup onion, chopped
½–¾ cup canned chickpeas,
drained & rinsed
1 cup spinach
1 cup white rice, cooked (I use
frozen microwavable rice)
1-2 Tbsp coconut aminos
curry powder, to taste
turmeric, to taste
garlic powder, to taste
salt, to taste

PAIRING IDEAS:

side salad
fried egg
(or poached, scrambled)

- Heat oil in a pan over medium high heat. Add onion and saute until tender, 1-2 minutes.
- Add canned/cooked chickpeas and spinach, cooking until spinach wilts. (2-3 minutes)
- Add cooked rice and stir to integrate. Season to taste with coconut aminos, curry powder, turmeric, garlic powder, and salt. Mix well.
- Serve with desired accompaniments and enjoy!



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CHICKPEA PASTA

2-3 oz chickpea pasta or mac & cheese, or lentil/edamame pasta (1-2 cups cooked)

sauce of choice (marinara, pesto, cheese sauce, etc.)

optional: cheese, for topping

PAIRING IDEAS:

side salad

roasted veggies

- Cook pasta according to package directions and drain. (I recommend cooking bean pastas ~1-2 minutes less than suggested on the package.)
- Toss cooked and drained pasta in sauce of choice (or cheese sauce for mac & cheese, as directed).
- Serve topped with cheese and paired with desired accompaniments!



VEGGIE SCRAMBLE

2 eggs

salt, to taste

drizzle of oil

½-1 cup chopped veggies of choice (I like to use leftover roasted broccoli & sweet potato)

PAIRING IDEAS:

fruit of choice

toast

½ avocado, sliced

side salad



CHOPPED SIDE SALAD

1-2 cups mixed greens, chopped

¼ cup cherry tomatoes, chopped

¼ cup cucumber, chopped

2-3 Tbsp cooked beets, chopped

2 Tbsp pistachios, chopped

dressing of choice, to taste

(I love [white cheddar dressing](#)!)

- In a measuring cup, whisk together eggs and season to taste.
- Heat oil in a pan over medium high heat. Once warm, add chopped veggies and cook until tender. (If veggies are raw, you will need to cook a bit longer. For leftover roasted veggies, simply cook until warmed through.)
- Pour eggs into pan and fold until cooked as desired. Serve with favorite pairings and enjoy!

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GRILLED HALLOUMI CHEESE

1-2 oz halloumi cheese, sliced
(¼-½ inch thick)
drizzle of oil

PAIRING IDEAS:

side salad
fruit of choice



- Heat a grill pan over medium to medium high heat and drizzle oil. Brush oil to coat pan.
- Once warm, add cheese slices directly onto pan and cook for about 3 minutes per side. (Don't move them until you flip! This will create the best grill marks.) Cheese is done when warm and tender in the middle, with a nice brown exterior.
- Serve warm with your favorite accompaniments and enjoy!

HUGE SALAD

2-3 cups mixed greens, chopped
1-2 cups romaine, chopped
½ cup shredded cabbage
½ cup shredded carrots
½ cup chickpeas, cooked (I used
canned & rinsed)
1-2 boiled eggs, chopped
½ cup cherry tomatoes, sliced
½ cup cucumber, chopped
¼ cup cooked beets, chopped
½-1 avocado, sliced or chopped
½ cup crumbled goat cheese
2-3 Tbsp sunflower seeds
dressing of choice, to taste (I love
[white cheddar dressing](#) and my
[lemon tahini dressing](#)!)

- Add all ingredients to a large bowl and drizzle with dressing.
- Toss well to coat, serve, and enjoy!



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BAGEL + SALAD

1 bagel of choice, toasted

TOPPING & PAIRING IDEAS

cream cheese

everything bagel seasoning

½-1 avocado, sliced or mashed

sliced cherry tomatoes

side salad

fresh fruit of choice

- *Toast bagel as desired, top with spread of choice, and serve with your favorite pairings.*



SMOOTHIE + HODGEPODGE

SMOOTHIE

1 banana, fresh or frozen

1 cup spinach

¼ cup yogurt

¼ cup peanut butter

¼-½ cup milk of choice

HODGEPODGE PLATE IDEAS:

fresh berries (strawberries,

blueberries, raspberries)

baby carrots

sliced mini cucumber

hummus, for dipping

crackers

sliced cheese

- *Add all smoothie ingredients to a blender and blend until smooth.*
- *Serve with hodgepodge plate of your choice!*

