

ANYBEAN ANYGREEN ANYGRAIN

INGREDIENTS

SAUCE

½ cup raw cashews – soaked in warm water then drained

1 cup unsweetened nut milk (not coconut)

1 tbsp miso paste

¼ cup tahini

juice of ½ lemon

2-3 tbsp nutritional yeast

½ tsp mustard

1 clove garlic

pinch cayenne pepper

DIRECTIONS

SAUCE

Blend all together in a blender

ENTREE

1. Choose a bean: black, kidney, lentils, chick peas, black-eyed peas, northern, cannellini. Heat them up. Add spices if desired (cumin, garlic, smoked paprika...)
2. Pick a green: kale, spinach, collard greens, broccoli, escarole, swiss chard. Sauté in veggie broth, add minced garlic, salt or aminos to taste
3. Pick a grain: brown rice, farro, quinoa, millet, buckwheat, barley, wheat berries. Cook as directed.
4. Make the Creamy Cashew Lemon Sauce and either drizzle over the top, or pool on the plate and put food on top

