

GREEN GODDESS DINNER

INGREDIENTS

GRAINS/GREENS/BEANS

Anygrain: Cook brown rice or farro or other whole grain of your choice.

Manygreens: Cook a whole bunch of green veggies – at least 3. I like broccoli, swiss chard, avocado, asparagus... and added spinach at the end. Add garlic!

Anybean/PB-Protein: Warm a can of beans or cube up tofu, seitan, or tempeh and add to the cooking veggies.

GREEN GODDESS DRESSING

1 avocado

1 scallion or several chives chopped

1 garlic clove, minced/crushed

¼ cup fresh cilantro

¼ cup fresh parsley

1 tbsp fresh tarragon or 1 tsp dried

2 tbsp rice vinegar

½ of a lemon juiced

1 tbsp nutritional yeast

1 tsp maple syrup

2 tsp miso paste

DIRECTIONS

Blend all together to make a smooth creamy dressing and drizzle over the dinner in a big bowl!

PLATING

Drizzle the Green Goddess Dressing over the grain and veggies in a big wide bowl. Top with toasted pumpkin seeds, walnuts and/or roasted chickpeas.

