

JONAS' KITCHEN • JUST GOOD VEGAN FOOD

# The Jonas' Kitchen Cookbook

*Volume Two — Plant Power*

25 high-protein plant-based recipes from Southwest Florida's  
vegan chef. Protein bowls, stir-fries, big salads, and wraps —  
built for people who train, hustle, and refuse to eat boring  
food.

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## A NOTE FROM JONAS

# Protein isn't a problem. It's a plan.

The number one question I get: "But where do you get your protein?" This whole book is my answer. Seitan at 39 grams a plate. Tempeh bowls at 36. Soy curls, tofu, edamame, chickpeas — plants have all the protein you need if you know how to cook them.

These 25 recipes are the highest-protein and freshest dishes from my weekly menus, adapted for your kitchen. Every one serves four. The macros listed are per serving and approximate — brands vary, portions vary, life varies.

Personal trainers put their clients on my meals. Athletes order every week. Nobody's missing anything — except maybe the bloat.

And when a week gets too busy to cook? You know where to find me.

— *Jonas*

**Pantry note:** Soy curls are dried whole-soybean pieces (Butler is the common brand — order online or find at natural markets like Ada's). Seitan and tempeh are in the refrigerated section of most grocery stores now. Check labels if you're avoiding gluten or soy.

# Plant Power

<b>01</b> Sesame Ginger Seitan	39g protein
<b>02</b> Tempeh Protein Bowl with Chipotle Sauce	36g protein
<b>03</b> Crispy Hot Honey Soy Curls	35g protein
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# Sesame Ginger Seitan

High-protein seitan in a bold sesame-ginger sauce over rice. One of the biggest protein plates I make.

4

SERVINGS

25 min

TOTAL

~610

CAL/SERVING

~39g

PROTEIN

## Ingredients

1½ lbs seitan, sliced into strips

3 tbsp neutral oil, divided

2 tbsp cornstarch

Sauce: ¼ cup soy sauce or tamari

2 tbsp maple syrup

1 tbsp rice vinegar

1 tbsp toasted sesame oil

2 tbsp grated ginger

3 cloves garlic, minced

1 tbsp sesame seeds + more to finish

4 green onions, sliced

Steamed rice & broccoli, to serve

## Method

1. Toss the seitan strips in cornstarch — this is what makes the sauce cling and the edges crisp.
2. Sear the seitan in 2 tbsp oil over medium-high until browned and crisp at the edges, 5–6 minutes. Remove.
3. In the remaining oil, cook ginger and garlic 30 seconds. Add soy sauce, maple, vinegar, and sesame oil; simmer 1–2 minutes until glossy.
4. Return the seitan and toss to coat. Finish with sesame seeds and green onions over rice with steamed broccoli.

**Jonas' tip:** Seitan is the protein king — nearly 25g per 100g. If you've only had bad seitan, you've had lazy seitan. Sear it hard.

# Tempeh Protein Bowl with Chipotle Sauce

*Crispy tempeh over grains with a smoky chipotle sauce. My highest-protein bowl.*

<b>4</b>	<b>35 min</b>	<b>~534</b>	<b>~36g</b>
SERVINGS	TOTAL	CAL/SERVING	PROTEIN

## Ingredients

2 blocks (8 oz each) tempeh, cubed

3 tbsp soy sauce

1 tbsp maple syrup

1 tsp smoked paprika

2 tbsp oil

2 cups cooked quinoa or brown rice

1 can (15 oz) black beans, warmed

2 cups shredded red cabbage

1 avocado, sliced

*Chipotle sauce:* ½ cup vegan mayo or cashew cream

2 tsp minced chipotle in adobo

1 tbsp lime juice + pinch of salt

## Method

1. Steam the tempeh cubes 8 minutes (a steamer basket or 2 minutes covered in the microwave with a splash of water). This kills the bitterness — don't skip it.
2. Toss the tempeh with soy sauce, maple, and paprika. Pan-fry in oil over medium-high until deeply browned on all sides, 8 minutes.
3. Whisk the chipotle sauce ingredients.
4. Build bowls: grains, black beans, cabbage, avocado, crispy tempeh, and a heavy drizzle of chipotle sauce.

**Jonas' tip:** Steaming tempeh first is the difference between "I don't like tempeh" and "what IS this and why is it so good."

# Crispy Hot Honey Soy Curls

*Soy curls fried crispy and tossed in a sweet-heat glaze. Addictively good — you've been warned.*

4

SERVINGS

30 min

TOTAL

~708

CAL/SERVING

~35g

PROTEIN

## Ingredients

6 oz soy curls (about 4 cups dry)

2 cups hot vegetable broth

½ cup cornstarch

1 tsp garlic powder + 1 tsp smoked paprika

Oil for shallow frying

*Hot honey glaze:* ⅓ cup agave or vegan honey

2 tbsp hot sauce

1 tbsp vegan butter

½ tsp red pepper flakes

Pinch of salt

Rice, slaw, or biscuits to serve

## Method

1. Soak the soy curls in hot broth 10 minutes. Squeeze them dry — hard. Dry curls fry crisp.
2. Toss with cornstarch, garlic powder, paprika, and salt until well coated.
3. Shallow-fry in ¼ inch of hot oil over medium-high, turning until golden and crunchy all over, 6–8 minutes. Drain on a rack.
4. Warm the glaze ingredients in a small pan until melted together. Toss the crispy curls in the glaze and serve immediately.

**Jonas' tip:** Glaze right before serving — the crunch has a half-life. Not that these ever sit around long.

# Soy-Free Chick'n Teriyaki Bowl

*Soy-free plant-based chicken in a classic teriyaki glaze over rice with steamed vegetables.*

4

SERVINGS

25 min

TOTAL

~250

CAL/SERVING

~31g

PROTEIN

## Ingredients

1½ lbs soy-free plant-based chicken  
(pea-protein based)

2 tbsp oil

*Teriyaki:* ⅓ cup coconut aminos

2 tbsp maple syrup

1 tbsp rice vinegar

2 cloves garlic, minced

1 tbsp grated ginger

1 tbsp cornstarch + 3 tbsp water

4 cups steamed broccoli & carrots

Steamed rice, sesame seeds, green  
onion

## Method

1. Sear the plant-based chicken in oil over medium-high until golden, 5–6 minutes.
2. Whisk coconut aminos, maple, vinegar, garlic, and ginger in a small saucepan; bring to a simmer.
3. Stir in the cornstarch slurry and simmer 1 minute until the sauce turns glossy and coats a spoon.
4. Toss the chick'n in the glaze. Serve over rice with the steamed vegetables, sesame seeds, and green onion.

**Jonas' tip:** Coconut aminos keep this 100% soy-free and add a gentle sweetness — use less maple if your brand runs sweet.

# Vegan Bulgogi (Korean BBQ)

*Korean BBQ marinade on plant-based protein with steamed rice and quick-pickled vegetables.*

4

SERVINGS

35 min

TOTAL

~405

CAL/SERVING

~30g

PROTEIN

## Ingredients

1½ lbs plant-based beef strips or seitan

*Marinade:* ¼ cup soy sauce

2 tbsp brown sugar

1 tbsp toasted sesame oil

1 Asian pear or apple, grated

4 cloves garlic, minced

1 tbsp grated ginger

2 tbsp oil for searing

*Quick pickle:* 1 cucumber + 1 carrot, ribboned, in 3 tbsp rice vinegar + 1 tsp sugar + pinch salt

Steamed rice, sesame seeds, green onions, gochujang

## Method

1. Whisk the marinade — the grated pear is the classic bulgogi secret; its enzymes tenderize and sweeten. Marinate the protein 15+ minutes.
2. Meanwhile, toss the cucumber and carrot with vinegar, sugar, and salt; set aside to pickle.
3. Sear the protein in oil over high heat in a single layer — get real char, 4–5 minutes, pouring in leftover marinade at the end to glaze.
4. Serve over rice with the pickles, sesame seeds, green onions, and a smear of gochujang if you like heat.

**Jonas' tip:** High heat, don't crowd the pan. Char is a flavor.

# High Protein Veggie Wrap

*A high-protein wrap packed with roasted veggies, hummus, and greens. Lunch that actually holds you.*

<b>4</b> SERVINGS	<b>30 min</b> TOTAL	<b>~290</b> CAL/SERVING	<b>~30g</b> PROTEIN
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## Ingredients

4 high-protein wraps (chickpea or protein-fortified)

1 block (14 oz) extra-firm tofu, pressed & sliced

2 tbsp soy sauce + 1 tsp smoked paprika

1 tbsp oil

1 cup hummus

1 red bell pepper, roasted & sliced

1 cup shredded carrots

2 cups baby spinach

½ cup sprouts (optional)

Hot sauce or tahini to finish

## Method

1. Toss the tofu slices with soy sauce and paprika; pan-fry in oil until golden on both sides, 6–8 minutes.
2. Spread each wrap generously with hummus edge to edge — it's the glue.
3. Layer spinach, tofu, roasted pepper, carrots, and sprouts in the lower third.
4. Fold in the sides and roll tight. Sear seam-side down in the dry hot pan 1 minute to seal. Halve on the bias.

**Jonas' tip:** Press the tofu 10 minutes under something heavy. Dense tofu = more flavor per bite and no soggy wrap.

# Best Edamame Salad

*High in plant protein, iron, and omega-3s, with a mouth-watering Asian-inspired dressing.*

4

SERVINGS

20 min

TOTAL

~437

CAL/SERVING

~27g

PROTEIN

## Ingredients

4 cups shelled edamame, cooked

2 cups shredded red cabbage

1 red bell pepper, thin-sliced

1 cup shredded carrots

½ cup sliced almonds, toasted

4 green onions, sliced

¼ cup cilantro

*Dressing:* 3 tbsp rice vinegar

2 tbsp soy sauce

1 tbsp toasted sesame oil

1 tbsp maple syrup

1 tbsp grated ginger + 1 clove garlic

## Method

1. Whisk all the dressing ingredients together.
2. Combine edamame, cabbage, bell pepper, carrots, green onions, and cilantro in a big bowl.
3. Toss with the dressing and let it sit 10 minutes — the flavors need a minute to make friends.
4. Top with toasted almonds right before serving so they stay crunchy.

**Jonas' tip:** This keeps 3 days dressed — the cabbage holds up. It's the meal-prep salad I recommend most.

# Almost Butter Tofu Stir-Fry

*Silky tofu in a rich, buttery sauce with vegetables and jasmine rice. Decadent and balanced.*

4

SERVINGS

35 min

TOTAL

~436

CAL/SERVING

~23g

PROTEIN

## Ingredients

2 blocks (14 oz) extra-firm tofu, cubed

2 tbsp cornstarch

3 tbsp oil, divided

1 onion, diced

4 cloves garlic + 1 tbsp ginger, minced

2 tsp garam masala + 1 tsp turmeric +

1 tsp cumin

1 can (14 oz) crushed tomatoes

1 can (13.5 oz) coconut milk

2 tbsp vegan butter

1 tsp maple syrup

Jasmine rice & cilantro

## Method

1. Toss tofu in cornstarch; pan-fry in 2 tbsp oil until golden on most sides, 8 minutes. Set aside.
2. Soften the onion in the remaining oil. Add garlic, ginger, and spices; bloom 1 minute.
3. Add tomatoes; simmer 5 minutes. Stir in coconut milk, butter, and maple; simmer 8–10 minutes until rich and creamy.
4. Fold in the tofu and let it drink up sauce for 3–4 minutes. Serve over jasmine rice with cilantro.

**Jonas' tip:** The spoon of maple rounds the acidity of the tomatoes — same trick every good butter-sauce cook uses.

# Bangin Beef and Broccoli

*Plant-based beef and crisp broccoli in a bold savory sauce over steamed rice.*

4

SERVINGS

25 min

TOTAL

~223

CAL/SERVING

~21g

PROTEIN

## Ingredients

1 lb plant-based beef strips or seitan

2 tbsp oil, divided

1 large head broccoli, florets

¼ cup water

*Sauce:* ¼ cup soy sauce

2 tbsp brown sugar

1 tbsp rice vinegar

3 cloves garlic + 1 tbsp ginger, minced

1 tbsp cornstarch + 3 tbsp water

½ tsp red pepper flakes

Steamed rice & sesame seeds

## Method

1. Sear the beef strips in 1 tbsp oil over high heat until browned, 4 minutes. Remove.
2. Stir-fry the broccoli in the remaining oil 2 minutes, then add the water and cover 2 minutes to steam-crisp it.
3. Whisk the sauce ingredients; pour into the pan and simmer until glossy, 1–2 minutes.
4. Return the beef, toss everything to coat, and serve over rice with sesame seeds.

**Jonas' tip:** Broccoli should still bite back. If it bends, you've gone too far.

# Power Protein Asian Salad

*A bold Asian-inspired salad packed with plant protein, crunchy veggies, and a punchy dressing.*

<b>4</b> SERVINGS	<b>25 min</b> TOTAL	<b>~386</b> CAL/SERVING	<b>~21g</b> PROTEIN
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## Ingredients

2 cups shelled edamame

1 block (14 oz) extra-firm tofu, baked or pan-fried, cubed

4 cups shredded napa or green cabbage

1 cup shredded carrots

1 red bell pepper, sliced

½ cup crispy chow mein noodles or peanuts

*Dressing:* 3 tbsp peanut butter

2 tbsp rice vinegar + 2 tbsp soy sauce

1 tbsp maple syrup + 1 tsp sriracha

2–3 tbsp warm water to thin

## Method

1. Whisk the dressing until smooth, thinning with warm water until pourable.
2. Combine cabbage, carrots, bell pepper, and edamame in a large bowl.
3. Add the tofu and toss everything with the dressing.
4. Top with crispy noodles or peanuts at the table.

**Jonas' tip:** Between the edamame and tofu you're over 20g of protein in a salad. Anyone who says salads aren't a meal hasn't eaten this one.

# Kung Pao Soy Curls

*Chili, juicy soy curls, peanuts, and that glorious sauce — utterly addictive.*

<b>4</b>	<b>30 min</b>	<b>~268</b>	<b>~20g</b>
SERVINGS	TOTAL	CAL/SERVING	PROTEIN

## Ingredients

4 oz soy curls, soaked & squeezed dry

2 tbsp cornstarch

3 tbsp oil, divided

1 red bell pepper, diced

2 celery stalks, sliced

4–8 dried red chilies

3 cloves garlic + 1 tbsp ginger, minced

½ cup roasted peanuts

*Sauce:* 3 tbsp soy sauce

1 tbsp rice vinegar + 1 tbsp maple

1 tsp toasted sesame oil

1 tsp cornstarch + 2 tbsp water

Rice & green onions

## Method

1. Toss the dried soy curls in cornstarch. Fry in 2 tbsp oil over medium-high until crisp, 6 minutes. Remove.
2. Fry the dried chilies in the remaining oil 30 seconds until fragrant and darkened. Add pepper, celery, garlic, and ginger; stir-fry 2 minutes.
3. Whisk the sauce and pour it in; it will thicken in about a minute.
4. Return the curls with the peanuts and toss hard. Serve over rice with green onions.

**Jonas' tip:** The chilies flavor the oil — you don't have to eat them. Unless you want to. I won't judge.

# Sweet Potato Buddha Bowl

*Roasted sweet potato over grains with chickpeas, greens, and creamy tahini dressing.*

<b>4</b> SERVINGS	<b>40 min</b> TOTAL	<b>~475</b> CAL/SERVING	<b>~19g</b> PROTEIN
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## Ingredients

2 large sweet potatoes, cubed

1 can (15 oz) chickpeas, drained & dried

3 tbsp olive oil

1 tsp cumin + 1 tsp smoked paprika

3 cups cooked quinoa

4 cups kale, massaged with a little oil & salt

1 avocado, sliced

*Tahini dressing:* ½ cup tahini

Juice of 1 lemon + 1 clove garlic, grated

4–5 tbsp cold water + salt

## Method

1. Toss sweet potatoes and chickpeas with oil and spices on one sheet pan. Roast at 425°F for 25–30 minutes until the potatoes caramelize and the chickpeas crisp.
2. Whisk the tahini dressing until creamy and pourable.
3. Massage the kale for a minute — it goes from tough to tender in your hands.
4. Build bowls: quinoa, kale, sweet potatoes, chickpeas, avocado, and a generous pour of tahini dressing.

**Jonas' tip:** Massaging kale isn't wellness theater — it physically breaks down the fibers. One minute changes everything.

# BBQ Soy Curl Plate

*Savory BBQ soy curls with coleslaw and grilled broccoli. Cookout food, no grill required.*

4

SERVINGS

35 min

TOTAL

~342

CAL/SERVING

~17g

PROTEIN

## Ingredients

5 oz soy curls, soaked & squeezed dry

2 tbsp oil

1 cup BBQ sauce

1 tsp smoked paprika

*Slaw:* 4 cups shredded cabbage & carrot

½ cup vegan mayo

1 tbsp apple cider vinegar + 1 tsp maple

1 head broccoli, big florets

1 tbsp olive oil for broccoli

Salt & pepper

## Method

1. Sear the soy curls in oil over medium-high until browned, 6 minutes. Add paprika and BBQ sauce; simmer 5 minutes until sticky.
2. Toss the slaw: cabbage, carrot, mayo, vinegar, maple, salt.
3. Char the broccoli in a screaming-hot dry pan or under the broiler with oil and salt, 5–6 minutes, until the edges blacken.
4. Plate the three together — saucy, creamy, charred. That contrast is the whole plate.

**Jonas' tip:** Char on broccoli is flavor you can't buy in a bottle. Let it actually blacken in spots.

# Kale & Black Bean Burrito Bowl

Seasoned black beans and kale over rice with all the burrito fixings — without the wrapper.

4

SERVINGS

30 min

TOTAL

~573

CAL/SERVING

~21g

PROTEIN

## Ingredients

2 cans (15 oz) black beans, with some liquid

2 tbsp olive oil

1 onion, diced

3 cloves garlic, minced

2 tsp cumin + 1 tsp chili powder + ½ tsp oregano

1 bunch kale, stemmed & chopped

3 cups cooked rice

1 cup corn, charred in a dry pan

1 avocado + lime

Salsa, cilantro, plant-based cheese

## Method

1. Soften the onion in oil; add garlic and spices, then the beans with a splash of their liquid. Simmer 8 minutes, mashing a few beans to thicken.
2. Pile the kale on top of the beans, cover, and steam 3 minutes; stir through.
3. Char the corn in a dry hot skillet until it pops and blackens in spots.
4. Build bowls: rice, beans and kale, corn, avocado, salsa, cilantro, cheese, and a hard squeeze of lime.

**Jonas' tip:** Bean liquid is free sauce. Never rinse black beans for a bowl like this.

# Mexican Quinoa Stuffed Peppers

*Bell peppers stuffed with seasoned quinoa, black beans, corn, and tomato. Baked until tender.*

4

SERVINGS

55 min

TOTAL

~311

CAL/SERVING

~14g

PROTEIN

## Ingredients

4 large bell peppers, halved & seeded

1½ cups cooked quinoa

1 can (15 oz) black beans, drained

1 cup corn

1 cup salsa + ½ cup tomato sauce

2 tsp cumin + 1 tsp chili powder

1 cup plant-based cheese shreds,  
divided

Cilantro, lime, avocado

Salt & pepper

## Method

1. Roast the empty pepper halves cut-side up at 400°F for 10 minutes to give them a head start.
2. Mix quinoa, beans, corn, salsa, tomato sauce, spices, and half the cheese.
3. Fill the peppers generously, top with the remaining cheese, and bake 25 minutes until the peppers are tender and the tops are golden.
4. Finish with cilantro, avocado, and lime.

**Jonas' tip:** Pre-roasting the empty peppers is the difference between tender and crunchy-raw walls.

# Smashed Chickpea Taco Bowl

*Crispy smashed chickpeas with taco spices, rice, fresh salsa, and all the fixings.*

<b>4</b> SERVINGS	<b>35 min</b> TOTAL	<b>~436</b> CAL/SERVING	<b>~13g</b> PROTEIN
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## Ingredients

2 cans (15 oz) chickpeas, drained & dried well

3 tbsp olive oil

2 tsp chili powder + 1 tsp cumin + 1 tsp smoked paprika + ½ tsp garlic powder

3 cups cooked rice

*Fresh salsa:* 2 tomatoes + ½ red onion + jalapeño + cilantro + lime, all diced

1 avocado

Shredded lettuce

Vegan sour cream or cashew crema

Salt

## Method

1. Spread the chickpeas on a sheet pan and smash each one flat with the bottom of a cup — flat means crispy.
2. Toss with oil, all the spices, and salt. Roast at 425°F for 25 minutes until deeply crisp.
3. Stir the fresh salsa together while they roast.
4. Build bowls: rice, lettuce, crispy chickpeas, salsa, avocado, crema. Eat immediately while the chickpeas crackle.

**Jonas' tip:** Smashing the chickpeas doubles the surface area — that's where the crunch lives.

# Crispy Black Pepper Tofu

Golden crispy tofu with a punchy black pepper sauce. Bold flavor, satisfying texture.

4

SERVINGS

30 min

TOTAL

~332

CAL/SERVING

~11g

PROTEIN

## Ingredients

2 blocks (14 oz) extra-firm tofu,  
pressed, torn into chunks

3 tbsp cornstarch

3 tbsp oil

1 red onion, sliced

4 cloves garlic + 1 tbsp ginger, minced

2 tsp coarsely ground black pepper  
(yes, two)

Sauce: 3 tbsp soy sauce

1 tbsp dark soy or vegan oyster sauce

1 tbsp maple syrup

1 tbsp rice vinegar

Rice & green onions

## Method

1. Tear the tofu instead of cutting it — ragged edges fry crispier. Toss with cornstarch.
2. Fry in oil over medium-high, turning until golden all over, 8–10 minutes. Remove.
3. Stir-fry the onion 2 minutes; add garlic, ginger, and the black pepper — let the pepper toast 30 seconds.
4. Add the sauce, return the tofu, and toss until sticky and coated. Serve over rice.

**Jonas' tip:** Toasting the pepper in oil blooms it — that's where the "black pepper" flavor actually comes from.

# Thai Peanut Noodles

*Rice noodles in a creamy peanut sauce with crunchy vegetables and fresh herbs.*

<b>4</b> SERVINGS	<b>25 min</b> TOTAL	<b>~378</b> CAL/SERVING	<b>~8g</b> PROTEIN
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## Ingredients

10 oz rice noodles

Sauce: ½ cup peanut butter

3 tbsp soy sauce

2 tbsp lime juice

1 tbsp maple syrup

1 tbsp sriracha

1 clove garlic + 1 tsp ginger, grated

⅓ cup warm water

1 red bell pepper, julienned

1 cup shredded carrots + 1 cup  
cucumber ribbons

Crushed peanuts, cilantro, mint, lime  
wedges

## Method

1. Cook the rice noodles per the package; rinse under cold water so they don't clump.
2. Whisk all the sauce ingredients, thinning with warm water until it pours like heavy cream.
3. Toss the noodles with the sauce and all the vegetables.
4. Top with crushed peanuts, herbs, and lime. Serve room temp or chilled — it's great both ways.

**Jonas' tip:** Rinsing rice noodles is mandatory. Skip it once and you'll never skip it again.

# Jennifer Aniston Salad (Bulgur Salad)

*The famous bulgur salad — cucumber, chickpeas, red onion, parsley, and lemon. Yes, it lives up to the hype.*

4

SERVINGS

30 min

TOTAL

~706

CAL/SERVING

~20g

PROTEIN

## Ingredients

1½ cups bulgur wheat

1 can (15 oz) chickpeas, drained

2 cucumbers, diced small

½ red onion, finely diced

1 cup parsley, chopped

½ cup mint, chopped

½ cup roasted pistachios, chopped

*Dressing:* ⅓ cup olive oil

Juice of 2 lemons

1 clove garlic, grated

Salt & pepper

## Method

1. Cook the bulgur: cover with boiling water, lid on, 15 minutes until tender. Fluff and cool.
2. Whisk the dressing.
3. Combine bulgur, chickpeas, cucumber, onion, and herbs. Toss with the dressing.
4. Rest 15 minutes so the bulgur soaks up the lemon, then top with pistachios.

**Jonas' tip:** The pistachios are what people remember. Don't substitute, don't skip.

# Lemon-Garlic Mediterranean Quinoa Salad

*Bright quinoa salad with roasted vegetables, herbs, and a zesty lemon-garlic dressing.*

4

SERVINGS

35 min

TOTAL

~378

CAL/SERVING

~14g

PROTEIN

## Ingredients

1½ cups quinoa, rinsed

1 zucchini + 1 red bell pepper + 1 red onion, chopped

3 tbsp olive oil, divided

1 can (15 oz) chickpeas, drained

1 cup cherry tomatoes, halved

½ cup kalamata olives

½ cup parsley + ¼ cup dill

*Dressing:* Juice of 2 lemons

2 cloves garlic, grated

¼ cup olive oil + 1 tsp oregano

Salt & pepper

## Method

1. Cook the quinoa (1½ cups quinoa, 3 cups water, 15 minutes); fluff and cool slightly.
2. Roast the zucchini, pepper, and onion with 1 tbsp oil at 425°F for 20 minutes.
3. Whisk the dressing.
4. Toss quinoa, roasted vegetables, chickpeas, tomatoes, olives, and herbs with the dressing. Serve warm or cold.

**Jonas' tip:** Dress quinoa while it's still warm — it drinks the lemon in instead of wearing it.

# Favorite Quinoa Salad

*Fresh cucumber, red bell pepper, red onion, chickpeas, parsley, and garlicky olive oil dressing.*

4

SERVINGS

25 min

TOTAL

~205

CAL/SERVING

~6g

PROTEIN

## Ingredients

1 cup quinoa, rinsed

1 cucumber, diced

1 red bell pepper, diced

½ red onion, finely diced

1 can (15 oz) chickpeas, drained

1 cup parsley, chopped

*Dressing:* ¼ cup olive oil

Juice of 1½ lemons

2 cloves garlic, grated

½ tsp Dijon

Salt & pepper

## Method

1. Cook the quinoa (1 cup quinoa, 2 cups water, 15 minutes covered); cool.
2. Whisk the dressing until it emulsifies.
3. Toss everything together and season boldly — cold salads need more salt than you think.
4. Better after 30 minutes in the fridge; great for 3 days of lunches.

**Jonas' tip:** This is my template salad. Swap the veg with whatever's in the crisper — the dressing carries it.

# Crunchy Thai Peanut & Quinoa Salad

*Cabbage, quinoa, and crunchy vegetables in a creamy peanut dressing. From my deli case to your fridge.*

4

SERVINGS

25 min

TOTAL

~340

CAL/SERVING

~11g

PROTEIN

## Ingredients

1 cup quinoa, cooked & cooled

3 cups shredded red cabbage

1 cup shredded carrots

1 red bell pepper, julienned

1 cup edamame

4 green onions + ½ cup cilantro

⅓ cup roasted peanuts

*Peanut dressing:* ¼ cup peanut butter

2 tbsp lime juice + 2 tbsp soy sauce

1 tbsp maple + 1 tsp sriracha + 1 tsp  
ginger

2–3 tbsp warm water

## Method

1. Whisk the dressing smooth, thinning with warm water.
2. Combine quinoa, cabbage, carrots, pepper, edamame, green onions, and cilantro.
3. Toss with the dressing until everything glistens.
4. Top with peanuts. Keeps 3 days dressed — the cabbage just gets better.

**Jonas' tip:** This is one of my best-selling deli items for a reason: crunch + peanut sauce is undefeated.

# Black Rice & Beans Salad with Mango

*Nutty black rice with beans, sweet mango, crunchy peanuts, and a citrus dressing.*

4

SERVINGS

45 min

TOTAL

~373

CAL/SERVING

~9g

PROTEIN

## Ingredients

1½ cups black rice

1 can (15 oz) black beans, drained

1 large ripe mango, diced

1 red bell pepper, diced

½ red onion, finely diced

½ cup cilantro

½ cup roasted peanuts

*Dressing:* Juice of 2 limes + 1 orange

3 tbsp olive oil

1 tsp maple + pinch of cayenne

Salt

## Method

1. Cook the black rice (about 30–35 minutes in salted water); drain and cool.
2. Whisk the citrus dressing.
3. Combine rice, beans, mango, pepper, onion, and cilantro; toss with the dressing.
4. Finish with peanuts. The black rice pops against the mango — this one's a looker.

**Jonas' tip:** Black rice ("forbidden rice") is chewy, nutty, and full of the same antioxidants as blueberries. And it makes every plate look expensive.

# Asparagus Salad

*Tender asparagus with fresh greens, herbs, and a bright lemon vinaigrette.*

4

SERVINGS

20 min

TOTAL

~300

CAL/SERVING

~12g

PROTEIN

## Ingredients

2 bunches asparagus, trimmed

2 tbsp olive oil

5 oz arugula or mixed greens

1 cup shelled edamame or white beans

½ cup sliced almonds, toasted

¼ cup shaved red onion

*Vinaigrette:* 3 tbsp olive oil

Juice + zest of 1 lemon

1 tsp Dijon + 1 tsp maple

Fresh dill & chives, salt & pepper

## Method

1. Sear the asparagus in oil in a hot skillet, 3–4 minutes — blistered outside, snappy inside. Season, then cut into thirds.
2. Whisk the vinaigrette.
3. Toss the greens, edamame, onion, and warm asparagus with the dressing — the warmth gently wilts the greens.
4. Top with toasted almonds and herbs.

**Jonas' tip:** Snap one asparagus spear by hand — where it breaks naturally is where the whole bunch wants to be trimmed.

# Carrot and Spinach Crunch Wrap

*Crispy crunch wrap filled with spiced carrots, fresh spinach, and a tangy dressing.*

4

SERVINGS

30 min

TOTAL

~270

CAL/SERVING

~8g

PROTEIN

## Ingredients

4 large flour tortillas + 4 small (or tortilla chips)

3 cups shredded carrots

1 tbsp olive oil

1 tsp cumin + 1 tsp smoked paprika

3 cups fresh spinach

½ cup hummus

½ cup plant-based cheese shreds

*Tangy dressing:* ⅓ cup vegan mayo

1 tbsp lemon juice + 1 tsp hot sauce +  
1 tsp maple

Salt

## Method

1. Sauté the carrots with oil, cumin, and paprika until just softened, 4 minutes.
2. Whisk the dressing.
3. Build each crunch wrap: hummus on the large tortilla, then spiced carrots, spinach, cheese, dressing, and a small tortilla (or a layer of chips) in the center. Fold the edges in pleats around it.
4. Toast seam-side down in a dry hot pan, pressing with a spatula, 2–3 minutes per side until golden and sealed.

**Jonas' tip:** The center tortilla (or chip layer) is structural — it's what gives a crunch wrap its crunch and keeps the fold together.

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