LEALOU COOKS

Farmers' Market Recipes

Created by Lealou Cooks

Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini

9 ingredients · 40 minutes · 4 servings

Directions

1. Preheat oven to 375F and line baking sheet(s) with foil.
2. Cook quinoa according to directions on the package and set aside.
3. In a mixing bowl, toss zucchini in 1/3 of the olive oil and season with salt. Transfer to a baking sheet.
4. In the same bowl, combine 1/3 of the olive oil, maple syrup, dijon and tamari. Add the chicken thighs and coat in the marinade. Transfer to a baking sheet and bake both the chicken and zucchini for 30 minutes.
5. After 30 minutes, flip the zucchini and return to oven. Set to broil for 3 minutes and remove from oven.
6. Meanwhile, heat the remaining olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Mix mushrooms with the cooked quinoa.
7. Divide the mushroom quinoa, zucchini and chicken thighs into separate containers and let cool before refrigerating. Reheat when ready to eat.

Ingredients

1 cup	Quinoa (dry)
4	Zucchini (sliced lengthwise, then quartered)
3 tbsps	Extra Virgin Olive Oil (divided)
1/4 tsp	Sea Salt (or more to taste)
2 tbsps	Maple Syrup
1/4 cup	Dijon Mustard
2 tbsps	Tamari
1 lb	Chicken Thighs (boneless)
4 cups	Mushrooms (sliced)

Notes

Storage
Refrigerate in an air-tight container up to 3 days after cooking.

More Flavour
Marinate the chicken overnight, and cook the quinoa with broth instead of water.

No Chicken
Use turkey breast, chickpeas or tofu instead.

No Zucchini
Use bell peppers, carrot, eggplant or any vegetables you have on hand.

No Quinoa
Use rice, cauliflower rice or sweet potatoes instead.

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Roasted Chicken with Zucchini & Olives

6 ingredients · 1 hour 20 minutes · 3 servings

Directions

1. Preheat oven to 375F.
2. Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
3. Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
4. Remove from oven and let stand 15 minutes before serving. Enjoy!

Notes

Leftovers
Keeps well in the fridge for 2 to 3 days.

More Carbs
Serve with rice, quinoa, or roasted potatoes.

Vegetarian/Vegan
Instead of chicken, use 3 cups of chickpeas. Reduce cooking time to 30 minutes and do not broil.

Ingredients

300 grams	Chicken Leg, Boneless with Skin
1/4 tsp	Sea Salt
2	Zucchini (medium, sliced)
1 cup	Green Olives (sliced)
1	Lemon (juiced)
3 tbsps	Extra Virgin Olive Oil

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Maple Roasted Rutabaga

3 ingredients · 1 hour · 4 servings

Directions

1. Preheat oven to 415F.
2. Combine rutabaga, olive oil and maple syrup in a glass baking dish. Toss until evenly coated.
3. Roast for 45 minutes or until soft and slightly browned. Flip the rutabaga about halfway through roasting.
4. Remove from the oven and enjoy!

Notes

Leftovers
Refrigerate in an airtight container up to 3 to 5 days, or freeze if longer.

Sugar-Free
Use your choice of fresh or dried herbs instead of maple syrup.

Rutabaga Tip
We recommend purchasing multiple small or medium rutabagas instead of a single large rutabaga as they can be very difficult to cut.

Ingredients

4 cups	Rutabaga (peeled and diced)
2 tbsps	Extra Virgin Olive Oil
2 tbsps	Maple Syrup

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Zucchini Noodle Bolognese

4 ingredients · 20 minutes · 4 servings

Directions

1. Heat the olive oil in a non-stick skillet. Add the ground chicken, stirring to break it up as it cooks. After about 5 minutes, add the tomato sauce. Cover and let the sauce simmer for 10 minutes.
2. While the sauce is simmering, spiralize the zucchinis and divide between plates or containers.
3. Top the zucchini noodles with the bolognese and enjoy!

Notes

Zucchini Noodles
Can be enjoyed raw or sauteed. If sauteeing, we recommend doing so right before serving, as cooking the noodles will release more moisture.

Leftovers
Keeps well in the fridge for about 3 days. To reheat, add the noodles and sauce together in a pan and heat through.

Vegetarian/Vegan
Use lentils instead of ground chicken.

Ingredients

1 tbsp	Extra Virgin Olive Oil
1 lb	Extra Lean Ground Chicken
2 1/2 cups	Tomato Sauce
4	Zucchini (large)

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Sesame Roasted Green Beans

4 ingredients · 25 minutes · 3 servings

Directions

1. Preheat oven to 400F and line a baking sheet with parchment.
2. Toss the green beans with tamari, sesame oil and sesame seeds. Lay flat on baking sheet and place in oven for 20 minutes.
3. Remove from oven and enjoy!

Notes

Likes it Spicy
Sprinkle with chili flakes after roasting.

Ingredients

2 cups	Green Beans (trimmed)
2 tbsps	Tamari
2 tbsps	Sesame Oil
2 tbsps	Sesame Seeds

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Portobello Veggie Burgers with Goat Cheese

9 ingredients · 25 minutes · 2 servings

Directions

1. Preheat the grill to medium-high heat.
2. In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
3. Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushrooms caps face down on the grill and grill until slightly softened. Flip at the halfway point.
4. Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

Notes

Vegan
Skip the goat cheese and use pesto instead.

Meat Lover
Top the grilled vegetables with thinly sliced grilled steak, chicken or bacon.

Ingredients

1 cup	Red Onion (sliced)
1	Zucchini (sliced into rounds)
1	Yellow Bell Pepper (sliced into strips)
1 tbsp	Extra Virgin Olive Oil
	Sea Salt & Black Pepper (to taste)
4	Portobello Mushroom Caps
1 cup	Lentils (cooked, drained and rinsed)
1/2 cup	Goat Cheese (or feta)
1 cup	Mixed Greens

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Salsa Verde Salmon with Tomatoes and Brown Rice

8 ingredients · 45 minutes · 2 servings

Directions

1. Cook the brown rice according to the directions on the package.
2. About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
3. Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
4. Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

Notes

No Brown Rice
Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.

Leftovers
Keeps well in the fridge for 2-3 days.

No Capers
Use olives instead.

Ingredients

1/2 cup	Brown Rice (dry, uncooked)
2 tbsps	Extra Virgin Olive Oil (divided)
10 ozs	Salmon Fillet
2 cups	Cherry Tomatoes (halved)
1/2 tsp	Sea Salt
1 tbsp	Capers
1/4 cup	Parsley (finely chopped)
1 tbsp	Apple Cider Vinegar

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Summer Salad with Grapefruit Vinaigrette

10 ingredients · 20 minutes · 4 servings

Directions

1. Fill each individual salad bowl with a large handful of arugula. Evenly set the pecans, avocado, strawberries, blueberries and raspberries across all bowls. Sprinkle each bowl with a bit of your chopped basil.
2. Create your dressing by combining your grapefruit juice, olive oil and apple cider vinegar in a bowl and stir. Spoon the dressing evenly over each bowl. Enjoy!

Ingredients

4 cups	Arugula
1/2 cup	Strawberries (sliced)
1/2 cup	Raspberries
1/2 cup	Blueberries
1/2 cup	Pecans (toasted)
1	Avocado (peeled and diced)
1/4 cup	Basil Leaves (chopped)
1/2	Grapefruit (juiced)
2 tbsps	Extra Virgin Olive Oil
2 tbsps	Apple Cider Vinegar

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Spring Vegetable Pasta Salad

11 ingredients · 30 minutes · 4 servings

Directions

1. Create your pesto by combining basil, kale, lemon juice, garlic, olive oil sea salt and sunflower seeds together in a blender or food processor. Blend until smooth.
2. Trim the woody ends from the asparagus. Fill a pot with 2 cups water and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
3. Bring another pot of water to a boil and cook brown rice fusilli as per the instructions on the package. Once cooked, strain and transfer to a bowl. Add in the asparagus, peas and radishes. Toss well with desired amount of pesto. Divide into bowls and enjoy!

Notes

More Protein
Add grilled chicken or roasted chickpeas.

Ingredients

1 cup	Basil Leaves (chopped)
2 cups	Kale Leaves
1	Lemon (juiced)
1	Garlic (clove, chopped)
1/2 cup	Extra Virgin Olive Oil
1/2 tsp	Sea Salt
1/2 cup	Sunflower Seeds
2 cups	Asparagus
1 cup	Frozen Peas (thawed)
1 cup	Radishes (sliced into rounds)
4 cups	Brown Rice Fusilli (cooked)

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BBQ Farmer's Market Salad with Sunbutter Dressing

8 ingredients · 20 minutes · 4 servings

Directions

1. Heat the grill to medium. Brush the zucchini and cabbage with half the olive oil.
2. Place corn and cabbage on the grill. Close the grill and cook for 15-20 minutes. (Flip the cabbage halfway, and turn the corn every 5 minutes.)
3. Place zucchini slices on the grill and cook about 5 minutes, flipping halfway.
4. In a small mason jar, combine sunflower seed butter, remaining olive oil, apple cider vinegar and maple syrup. Close the jar and shake well.
5. Divide corn, cabbage and zucchini onto plates. Top the grilled veggies with dressing and sunflower seeds. Enjoy!

Notes

No Sunflower Seed Butter
Use almond butter, peanut butter or tahini instead. Season with salt to taste.

No Cabbage
Use cauliflower steaks, squash or romaine hearts instead.

No Zucchini
Use asparagus, bell pepper or eggplant instead.

More Protein
Mix in your favourite protein source like hemp seeds, lentils, chickpeas, beans, chicken, turkey or beef.

Ingredients

1	Zucchini (sliced into rounds)
2 cups	Purple Cabbage (sliced into steaks with the stem intact)
2 ears	Corn on the Cob (husked and soaked)
2 tbsps	Sunflower Seed Butter
1/4 cup	Extra Virgin Olive Oil (divided)
1 tbsp	Apple Cider Vinegar
1 tbsp	Maple Syrup
1/4 cup	Sunflower Seeds

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