

Butternut Squash and Arugula Pasta

Serves 2*

Ingredients:

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|--|---|
| 1 (10 oz) package of fresh store-bought butternut squash noodles | ½ teaspoon crushed red pepper |
| 1 tablespoon olive oil for cooking | ½ teaspoon salt |
| 1 cup of arugula | ½ teaspoon black pepper |
| ½ teaspoon oregano | Optional: |
| ½ teaspoon thyme | 1 pinch of grated Parmesan or dairy-free cheese alternative |

Instructions:

Remove noodles from packaging and sauté over medium heat in olive oil for 4-6 minutes.

While sautéing, add herbs and spices, salt and pepper.

Add arugula to noodles for the last minute of sautéing.

Remove from heat and serve.

Sprinkle a pinch of Parmesan or dairy-free cheese over top (optional).

Kcal: 122

Protein: 1.7 g

Arginine: 73 mg

Methionine: 16 mg

Always consult with your healthcare provider to make sure that these foods are right for you.

*Nutritional information is per serving.

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Jackfruit Tortilla Soup

Serves 8*

Ingredients:

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|---|-------------------------------------|
| 1 tablespoon olive oil | 4 cups vegetable broth |
| 1 onion, chopped | 1 cup corn, frozen |
| 2 large cloves garlic minced | 1 can jackfruit, rinsed and drained |
| 1 (4 oz) can jalapeño | ¼ cup cilantro chopped |
| 1 teaspoon ground cumin (or use 1 packet of taco seasoning instead of cumin and chili powder) | 2 tablespoons lime juice |
| 2 teaspoons chili powder | Optional: |
| 1 (14 ½ oz) can of fire roasted crushed tomatoes | Hot sauce to taste (chipotle) |
| 1 can lime and jalapeño Ro-Tel (or any Ro-Tel if you cannot find this one) | Garnish: |
| | Jalapeños |
| | Cilantro |
| | Crushed Siete tortilla chips |
| | Shredded cheese alternative |

Instructions:

Dry jackfruit and pull apart until shredded.

Heat olive oil in large pot over medium heat. Add onion, garlic and jalapeño and cook until onion is softened.

Add jackfruit and all seasonings and cook, stirring frequently for 5 minutes.

Add remaining ingredients and bring to a boil. Then reduce heat and simmer 20 minutes.

Spoon soup into bowls and top with optional garnishes.

Kcal: 129

Protein: 2.2 g

Arginine: 76 mg

Methionine: 22 mg

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Mango Shortcake

Serves 6*

Ingredients:

- 1 package of 6 angel food (yellow sponge) cake dessert cups (6 per package)
- 2 cups sliced mangos (fresh or frozen)
- 2 tablespoons sugar
- ½ teaspoon vanilla extract
- Reddi-wip whipped cream topping

Instructions:

If using frozen mango, thaw at room temperature for about 30 minutes.

Add mango, sugar, and vanilla extract to a pot.

Heat over medium heat, stirring regularly for about 8-10 minutes until softened and warmed through.

Take off heat and put in bowl.

Put mango mixture into the freezer for 10 minutes.

Build the mango shortcake with dessert shell on bottom, then add 1/6 of mango mixture to each shell.

Add 2 tbsp of Reddi-wip whipped cream on top of each shell.

Serving size: 1 dessert shell with mango mixture plus 2 tablespoons whipped cream on top of each shell

Kcal: 105

Protein: 1.8 g

Arginine: 31 mg

Methionine: 13 mg

(depends on what type of shortcake shell used, some are 2 g each while others are 1 g each)

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The Best Veggie Tacos

Serves 8*

Ingredients:

- 1 (16 oz) package riced cauliflower
 - 1 medium sweet onion
 - 1 (6 oz) package of cremini or white mushrooms, washed and sliced
 - 1 red bell pepper
 - 1 yellow bell pepper
 - 1 (1 oz) package of taco seasoning
 - 1 package hard or soft low-protein taco shells or tortillas
 - 2 tablespoons olive oil
 - ½ cup water
- Optional toppings:**
 Dairy-free cheese alternative
 1 avocado, thinly sliced
 Arugula or shredded lettuce
 Salsa, pico de gallo, or jarred salsa

Instructions:

Preheat oven to 425 degrees. In a large skillet over medium-high heat, add olive oil for cooking onion, sliced mushroom, and bell peppers.

Sauté for about 2 minutes; add cauliflower to vegetable mixture and sauté 1 minute.

Add 1 packet of taco seasoning and ½ cup of water, more if needed.

Sauté for another 2 minutes and turn to low.

Heat shells in oven at 425 degrees for 3 minutes.

Remove from oven and turn off the vegetable mixture.

Spoon the veggie/taco mixture into each shell.

Top with cheese, lettuce, salsa, and avocado.

Serving size: 2 tacos

Kcal: 170

Protein: 3.8 g

Arginine: 104 mg

Methionine: 22 mg

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Warm Apple Cinnamon Cobbler w/ Vanilla Bean Ice Cream

Serves 4*

Ingredients:

- 2 Granny Smith apples, diced
- 1 teaspoon olive oil
- 1 tablespoon cinnamon
- ¼ cup water
- 1 teaspoon honey
- 1 container So Delicious Dairy Free vanilla frozen dessert

Instructions:

In small saucepan, sauté diced green apple and olive oil over medium heat for 2 minutes, stirring often.

Add water and sauté another 2 minutes.

Apples should be soft.

Turn heat to low and drizzle honey over top.

Stir to mix and add more cinnamon, if needed.

Scoop into a dessert bowl and add a scoop of vanilla ice cream. Enjoy!

Kcal: 237

Protein: 0.8 g

Arginine: 3 mg

Methionine: 2 mg

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Zucchini Hummus

Serves 6*

Ingredients:

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|--------------------------------------|----------------------------------|
| 1 cup peeled & diced zucchini | 2 tablespoons olive oil |
| 2 tablespoons tahini | ½ teaspoon sea salt, or to taste |
| 2 to 3 tablespoons fresh lemon juice | 2 teaspoons ground cumin |
| 3 cloves garlic | |

Instructions:

Add garlic to a blender or mini food processor and blend until garlic is diced. Add the lemon juice and tahini.

Blend until smooth and creamy, then add zucchini and olive oil.

Blend just until smooth.

Add cumin and ½ teaspoon salt or as desired to make your perfect dip.

Stir to blend and chill in refrigerator for an hour or overnight.

Serve chilled with your favorite veggies or crackers. Enjoy!

Kcal: 81

Protein: 1.4 g

Arginine: 19 mg

Methionine: 5 mg

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