



Oat Burgers

3 cups water
¼ cup Bragg's Liquid Aminos
1 Tbsp. McKay's Beef Style Seasoning (or other beef-like seasoning)
1 tsp. Italian Seasoning
1 tsp. garlic powder
½ Tbsp. onion powder
½ tsp. salt
3 Tbsp. nutritional yeast flakes
¼ cup dry onion flakes (or 1 onion, finely diced)
3 cups quick oats
½ cup walnuts or pecans, ground

Preheat oven to 375°F.

Place all ingredients except the oats and nuts in a saucepan. Bring to a boil, and simmer everything together for 3 minutes. Remove from heat and stir in the quick oats and nuts. Allow mixture to cool.

Using an ice cream scoop or your hands, shape the mixture into 6-8 balls, placing them on a nonstick baking sheet. Press down with the palm of your hand to make each patty ¼ inch thick and place them in the oven.

Bake for 25-30 minutes, flipping them after 15 minutes so that both sides are golden brown.

Southwest Salad

2 cups cooked black beans, rinsed and drained or use one 15.5 oz can
1-2 cups corn fresh, frozen, or canned
1 medium tomato, diced
⅓ cup red onion, chopped
2 green onions, sliced green and white parts
¼ cup lime juice
1 Tbsp. olive oil
1 bunch cilantro, finely chopped
½ tsp. salt or to taste
1 medium avocado, diced
1 jalapeño, minced

Mix all ingredients together in a large salad bowl. Serve immediately or refrigerate for a few hours before serving.

For more recipes, visit www.TheNutritionCode.org

Greek Pasta Salad

1. Tofu

Preheat oven to 400°F. Mix the following ingredients in a medium bowl:

- 1 block (14-16 oz) firm tofu, cut in ½ inch cubes
- 2 Tbsp. oil
- 1 tsp. granulated onion
- 1 Tbsp. nutritional yeast flakes
- 2 tsp. McKay's chicken-style seasoning
- ¼ tsp. dried basil

Spread on a nonstick baking sheet, and bake for 20 minutes. Set aside.

2. Pasta

Cook 1 pound shell or bow-tie pasta in salted water. Drain thoroughly and place in a large bowl. Meanwhile, on low heat, sauté the following ingredients:

- ½ cup vegetable oil
- 2 cloves garlic, minced
- ¾ tsp. dried oregano

Remove from heat before garlic browns. Pour oil mixture over pasta and toss.

If needed, the above steps can be done 1-3 days ahead of time. Store pasta and tofu separately in the refrigerator.

3. Veggies

Just before serving, stir the following ingredients into the pasta:

- 4 cups fresh grape tomatoes, whole
- 3 cups diced cucumber
- 1 cup finely diced red onion
- ½ cup chopped fresh basil
- 1 cup whole black olives, well drained
- 2 Tbsp. lemon juice
- 1½ tsp. salt, or to taste
- tofu from above





Raspberry Ice Cream Bars

Crumble into the bottom of a 9 x 13-inch baking dish:

12 Oreo cookies

Place in blender:

1 can (14 oz) coconut cream

¼ cup water

¼ cup cashews

4 large dates, pitted

¼ cup maple syrup

2 tsp. vanilla extract

½ tsp. guar gum (optional)

¼ tsp. salt

Blend until very smooth. Pour half the mixture over the Oreo cookies.

Then add to the blender:

1 cup raspberries, fresh or frozen

Blend briefly to mix, then pour the raspberry mixture into the pan. Stir slightly to swirl the colors. Freeze solid. Run hot water over the bottom of the pan to loosen, if needed. Cut in squares and serve frozen.