



# DAY 9

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<b>Breakfast</b>	Hash
<b>Lunch</b>	Lemon Kale and Avocado Salad
<b>Dinner</b>	Falafel with Avocado Spread

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## HASH

Prep time: 15 min

Cook time: 45 min

### Ingredients

For The Potatoes:

3 Medium Russet Potatoes, Peeled And Diced

1 Large Sweet Potato, Peeled And Diced

1 Tablespoon Onion Powder

1 Tablespoon Garlic Powder

1 Teaspoon Dried Thyme

2 Teaspoons Sea Salt

1 Teaspoon Pepper

1/4 Cup Olive Oil

### For skillet mixture

1 Medium Onion, Diced

5 Cloves Of Garlic, Finely Diced Or Minced

1 Teaspoon Olive Oil

Sprinkle Of Sea Salt & Pepper

### Instructions:

1. Combine diced potatoes with spices and 1/4 cup of olive oil, mix well. Bake in a glass casserole dish at 450° F for 40-50 minutes, checking and stirring ever 20 minutes, until crispy
2. Use a spatula to unstick potatoes from the pan each time you stir
3. Sautee onion, garlic, 1 teaspoon of olive oil, and a sprinkle of sea salt and pepper in a skillet. Cook for 5-8 minutes, or until browned
4. Once potatoes are crispy, remove from oven and stir in the garlic and onion skillet mixture until combined



## LEMON KALE AND AVOCADO SALAD

Prep time: 15 min

### Ingredients

#### For lemon vinaigrette

3 tablespoon Lemon Juice about 2 lemons, juiced

1 clove Garlic minced

1/4 teaspoon Kosher Salt

1/8 teaspoon Black Pepper

1/4 cup Extra Virgin Olive Oil

Maple Syrup

For the kale salad:

10 oz Fresh Kale about 8 cups

1 15 oz can Chickpeas rinsed and drained

1 Avocado pitted and diced

### Instructions

*For the lemon vinaigrette:*

1. In a bowl, whisk together lemon juice garlic salt, and pepper
2. Slowly drizzle in olive oil, whisking until creamy. Cover and refrigerate until ready to serve.
3. Add Maple Syrup to adjust the flavor.

*For the kale salad:*

1. Pour lemon vinaigrette over kale and firmly massage until kale begins to soften and all surfaces are coated.
2. Gently fold in the chickpeas and avocado; serve immediately.

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## FALAFEL WITH AVOCADO SPREAD

### Ingredients

#### Patties

1 (15-ounce) can pinto beans, rinsed and drained

1/4 cup finely crushed baked tortilla chips (about 3/4 ounce)

2 tablespoons finely chopped green onions

1 tablespoon finely chopped cilantro

1/8 teaspoon ground cumin

1 vegan egg substitute

1 1/2 teaspoons canola oil

#### Spread

1/4 cup mashed peeled avocado

2 tablespoons finely chopped tomato

2 tablespoons finely chopped red onion

2 tablespoons fat-free sour cream

1 teaspoon fresh lime juice

1/8 teaspoon salt

#### Remaining ingredients

2 (6-inch) pitas, each cut in half crosswise

4 thin red onion slices, separated into rings

Microgreens

### Instructions

1. To prepare patties, place pinto beans in a medium bowl; partially mash with a fork. Add next 5 ingredients (through vegan egg white); stir until well combined. Shape bean mixture into 4 (1/2-inch-thick) oval patties.
2. Heat oil in a large nonstick skillet over medium-high heat. Add patties to pan; cook 3 minutes on each side or until patties are browned and thoroughly heated.
3. To prepare spread, combine avocado and next 5 ingredients (through salt), stirring well. Place 1 patty in each pita half. Spread about 2 tablespoons avocado spread over patty in each pita half; top with onions and greens.



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