



Dairy Free Vegetarian Recipes from Occasionally Eggs

Summer Salad with Strawberry Vinaigrette

Roasted Carrot Soup with Walnut Parsley Pesto

Swiss Chard Quinoa Patties

Spring Greens Salad with Wild Garlic

Mexican Quinoa Bowl with Quick Pickled Onions

Produce

- butter lettuce (1 small head)
- red lettuce (1 small head)
- avocado (1) (1) (1) (1)
- strawberries (1 1/2 C)
- pea shoots (1 small bunch)
- sunflower shoots (1 small bunch)
- carrots (8 medium)
- onion (1 medium)
- lemon (1 1/2) (2)
- garlic cloves (1) (2) (1)
- swiss chard (3 C)
- red onion (1/2 C) (1/2 C)
- leek (1)
- zucchinis (2 small)
- radish greens or fresh spinach (1 C)
- wild garlic (bunch)
- radishes (5-6)
- kale (2 C)
- corn (1/2 C)
- sweet potatoes (1 C)
- lime (1-2)

jalapeno pepper (1/2)

Herbs

- parsley (1/2 C) (bunch)
- chives (small bunch)

Spices

- hot pepper flakes (1/2 t) (1/4 t)
- garlic powder (1/2 t) (1/2 t)
- cayenne (pinch)

Eggs

- eggs (3 large)

Grains

- quinoa (2 C, cooked) (1 C)
(3/4 C, cooked)

Beans

- french lentils (1 C cooked)
- black beans (1/2 C)

Nuts

- raw pepitas (1/2 C)
- walnuts (1/4 C)

Pantry Items

- olive oil (1/4 C) (1/4 C) (4 T) (1 T)
- balsamic vinegar (2 T)
- dijon mustard (1/2 t) (1/2 t)
- avocado oil (1 T or other oil)
- vegetable stock (3 C)
- maple syrup (1 t) (1/2 t) (1 t)
- dark buckwheat flour (1/3 C)
- tahini paste (2 T)
- coconut oil (1 t)