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Hello from Angela



Hi friends.

There's not much longer to wait until *Oh She Glows for Dinner* hits the shelves! I can't thank you enough for pre-ordering my cookbook. My new cookbook is all about flavourful, dinner-friendly (and lunch-friendly) vegan recipes. With so many of us cooking at home these days, this collection of recipes is going to give you fresh inspiration and so many delicious plant-based dishes to try out. I can hardly believe it's been 3 years since I started working on my third cookbook. I am so ready to have this book out in the world, and for you to be able to cook from it at long last!

I put this bonus bundle together as a special thank-you for your incredible support. I spent time brainstorming what I could include that would be unique and really fun for you. As I sat at my kitchen table (a cup of matcha in hand!), my eyes were drawn to the beautiful, food-inspired art prints hanging on my walls. I instantly knew I had to find a way to incorporate my love for art into this bonus bundle. I started dreaming up ideas, then reached out to a local artist...before I knew it, this art print came to life! It has been a dream of mine for

several years now to have an Oh She Glows print, and I'm pretty smitten with how cute it turned out.

WHAT'S INSIDE THIS BONUS BUNDLE?

4 summer-friendly recipes from Oh She Glows for Dinner, so you can get started cooking right away!

4 artfully-designed *Oh She Glows for Dinner* menus which can be printed and used to adorn your table for special occasions. These menus correspond to menus found in my new cookbook.

A unique, custom-designed *Oh She Glows* "Glow" art print which can be downloaded, printed, framed, and hung on your walls or gifted to friends and family! Hang it in your kitchen, office, bedroom, bathroom, hallway...anywhere you see fit. I'd love to see the print in your home—simply use the hashtag #ohsheglowsfordinner to share it with us online!

4 *Oh She Glows for Dinner* meal plans. I'm thrilled that this book has time-saving meal prep plans for you to cook through, and I'm including the directions in this bundle! You can print them out to have at hand when your cookbook arrives. I love that you can place the printed plans on your counter and cross things out as you go...it's very handy!

I think it's fair to say that 2020 has been a heart-wrenching year, and I'm sure most of us could use a little cheer to brighten our days. I truly hope this bundle brings a smile to your face, and I can't wait to see you cooking all of the delicious recipes in *Oh She Glows for Dinner*! Not much longer to go.

Sending you all my love and gratitude!

Angela xo



Summery Chimichurri Chickpea Pasta Salad



Serves 8 (I cup per serving) • Active prep time 22 minutes • Total time 30 minutes



I batch Easy Chimichurri Sauce (page 272)

2 small or I medium zucchini (300 g)

I tablespoon grapeseed oil or extra-virgin olive oil

II ounces (3½ cups/300 g) dry chickpea fusilli pasta or pasta of choice*

I pint grape tomatoes, halved (I³/₄ cups/ 300 g)

3 large green onions (55 g), thinly sliced $(\frac{3}{4} \text{ cup})$

 $\frac{1}{3}$ cup (65 g) oil-packed unsalted sun-dried tomatoes, drained and finely chopped

I cup (30 g) baby spinach, coarsely chopped (optional)

1/2 teaspoon fine sea salt, or to taste Freshly ground black pepper Red wine vinegar (optional) This pasta salad comes with a warning: Beware! You won't be able to stop eating this! At least, we can't. Many friends and family have deemed this the best pasta salad they've tasted, and all demand the recipe. It's simply irresistible, and it's the best way to use up summer veggies like sun-ripened tomatoes, crunchy green onions, zucchini, parsley, garlic, and more (but hey, I wouldn't stop myself from making it in the dead of winter when I'm majorly craving bright summer flavors!). The Easy Chimichurri Sauce (my secret flavor weapon in this dish) can be made up to 3 days in advance, if you like, then the pasta salad comes together in just over 20 minutes! My best tip for this recipe is to have all your ducks in a row before you begin, as it moves fast and there are a few things going on all at once. You can pretend you're on an episode of Top Chef to make things extra dramatic.

- **1.** Prepare the Easy Chimichurri Sauce. (If prepared in advance and refrigerated, let it sit at room temperature to soften for at least 30 minutes before using.)
- 2. Bring a large pot of water to a boil over high heat. Heat a grill pan (or a greased skillet, if you don't have a grill pan) over medium-high heat.
- 3. Trim the ends of the zucchini and slice the zucchini into long slabs $\frac{1}{4}$ to $\frac{1}{2}$ inch (5 mm to I cm) thick. Brush both sides of each slab with the oil. Place the zucchini on the grill pan and

recipe continues

STORAGE

This pasta is best served fresh if prepared with chickpea pasta, since legume-based pastas can either get mushy or harden during storage, depending on the brand and type of legume. Traditional wheat-based pasta will keep in an airtight container in the fridge for up to 4 days.

TIP

* I love Maria's chickpea fusilli pasta in this dish. It cooks in about 6 minutes and is gluten- and grain-free. Banza chickpea pasta is also a popular brand. Be sure to see the Storage information if using chickpea pasta.

MAKE IT KID-FRIENDLY

The chimichurri sauce might have a little too much *oomph* for some kids. Set aside a kid-sized portion of the pasta and vegetables (without sauce), then stir in a small amount of the sauce or simply add their favorite pasta sauce instead.

grill for 3 to 4 minutes per side, until nicely charred and forktender.

- **4.** Meanwhile, add the pasta to the boiling water and cook according to the package directions.
- **5.** While the pasta and zucchini cook, prep the grape tomatoes, green onions, sun-dried tomatoes, and spinach (if using).
- **6.** Allow the grilled zucchini to cool for a few minutes on a cutting board, then chop it into bite-sized pieces.
- 7. Drain the cooked pasta, quickly rinse, and transfer to a large bowl. Add the zucchini, grape tomatoes, green onions, sundried tomatoes, spinach (if using), and all the chimichurri sauce and stir well to combine. Taste and season with salt and pepper. Add a bit of red wine vinegar if you want more zing. Serve and enjoy!



Easy Chimichurri Sauce



Makes I scant cup • Active prep time 7 minutes • Total time 7 minutes



4 medium garlic cloves (16 g)
I medium/large red chile (15 g), seeded and coarsely chopped*

3/4 cup packed (18 g) fresh flat-leaf parsley (thick stems removed)
I tablespoon dried oregano

1/2 cup extra-virgin olive oil
1/4 cup red wine vinegar
1/4 to 1/2 teaspoon fine sea salt, to taste

Have you heard of chimichurri? It's a thin, herby, piquant sauce native to Argentina and it adds a vivacious kick to many different dishes. Tangy and robust from the fresh parsley, red wine vinegar, and sharp garlic, boy, does this sauce add vibrancy to almost any dish. You must try this sauce in my Summery Chimichurri Chickpea Pasta Salad (page 185) and my Flavor Bomb Chimichurri Guacamole (page 163)—yes, that's another order in this book (I'm getting bossy, sheesh)! It's also lovely drizzled over roasted or grilled veggies, cooked grains, avocado toast, or veggie burgers. The sky is the limit, my friends.

To a food processor or blender, add the garlic and chile and process until minced. Scrape down the sides of the bowl. Add the parsley, oregano, oil, vinegar, and salt to the food processor or blender. Process or blend until smooth, 30 to 60 seconds. The sauce will be very thin and liquidy, but this is normal.

STORAGE

Store in an airtight container in the fridge for up to 5 days, or freeze in a freezer bag with the air pressed out or in an airtight container for up to 2 months.

TIP

^{*} If you don't have a red chile on hand, feel free to omit it. You can add some red pepper flakes or cayenne pepper, to taste, or use ½ green serrano pepper, if you'd like. Leaving the chile's white inner membrane intact will yield a slightly spicier sauce.



Mediterranean Smashed Chickpea Salad with Tzatziki Aioli



Serves 5 (about 1/3 cup per serving) • Active prep time 20 minutes • Total time 20 minutes



For the Tzatziki Aioli

6 tablespoons vegan mayo 2 large garlic cloves (I2 g), minced I teaspoon lemon zest (optional) 5 to 6 teaspoons fresh lemon juice,

1/4 cup packed (8 g) fresh dill, minced 1/2 medium English cucumber (130 g), unpeeled

For the Chickpea Salad

I (I9-ounce/540 mL) can chickpeas, drained and rinsed*

¾ cup (105 g) finely chopped red onion, rinsed and drained

 $\frac{1}{2}$ cup packed (100 g) jarred roasted red peppers, drained and chopped

 $\frac{1}{3}$ cup (65 g) oil-packed unsalted sun-dried tomatoes, drained and finely chopped

1/2 cup (75 g) finely chopped seeded Roma (plum) tomato (I large)

 $1\frac{1}{2}$ teaspoons dried basil, or to taste

1/4 teaspoon fine sea salt, or to taste

Freshly ground black pepper

Minced fresh dill

Fresh lemon juice

This creamy, crunchy, and tangy salad is a fantastic, easy dinner when you don't feel like cooking but still want a nourishing meal. The base is made with my special Tzatziki Aioli, which adds such a lovely Greek flavor to this dish, and sunny Mediterranean veggies like crunchy red onion, sweet roasted red peppers, tangy sun-dried and fresh tomatoes, savory dried basil, and protein-packed chickpeas. I love that you can serve this salad so many different ways, so it feels fresh every time: Stuff it into wraps or pitas, serve it on top of whole-grain toast or salads, or scoop it up with your favorite crackers! This salad is also wonderful on top of Crispy Roasted Potato Rounds (see page 176). We like to slice the potatoes into substantial 1/4-inch-thick (5 mm) slabs instead of rounds for this dish. This salad is fantastic served with Green Goddess Gazpacho (page 219) for the most refreshing hot-weather meal, and you can use up any leftover fresh dill by making my Rustic Roasted Carrot and Dill Hummus (page 179).

I. Make the Tzatziki Aioli: In a small bowl, stir together the mayo, garlic, lemon zest (if using), lemon juice, and dill. Shred the cucumber on the standard-sized holes (not the very tiny holes) of a box grater. Fold a clean, thick kitchen towel in half (or use layered paper towels) and place $\frac{1}{2}$ cup of the grated cucumber on the towel. Press out as much water as you can (this step is important to keep the cucumber from making the aioli watery). Stir the cucumber into the aioli and set aside.

 $recipe\ continues$

STORAGE

Store leftovers in an airtight container in the fridge for 2 to 3 days. Stir well before serving. If necessary, spruce up the flavors by stirring in a touch more salt, pepper, mayo, or lemon juice, to taste.

TIP

* One 19-ounce (540 mL) can of chickpeas is equivalent to 2 cups cooked chickpeas, if you prefer to cook them from scratch.

MAKE IT SOY-FREE

Use soy-free mayonnaise.

UP THE GLOW

To take this dish to the next level, crumble my Authentic-Tasting Vegan Feta Cheese (page 327) on top. It's an absolute dream!

- **2.** Make the chickpea salad: To a large bowl, add the chickpeas and mash with a potato masher until flaky, leaving about a quarter of the chickpeas whole for texture. Stir in the red onion, roasted red peppers, sun-dried tomatoes, Roma tomato, and basil.
- **3.** Pour all the aioli over the chickpea mixture and stir well to coat and combine. Taste and season with salt, pepper, dill, and lemon juice until the flavors pop to your liking.
- 4. Serve as desired (see the headnote for suggestions!).



Authentic-Tasting Vegan Feta Cheese



Makes 3 to 4 cups • Active prep time 10 minutes

Chill time I hour 30 minutes • Total time I hour 40 minutes



I (I2-ounce/350 g) block extra-firm or firm tofu

½ cup refined coconut oil*

2 tablespoons plus 2 teaspoons fresh lemon juice, or more to taste

1½ tablespoons apple cider vinegar, or more to taste

 $1\frac{1}{4}$ to $1\frac{3}{4}$ teaspoons fine sea salt, to taste

2 to 3 teaspoons dried oregano, for garnish

In my early twenties, I had a bit of a feta obsession (I say "a bit," but in fact, I rarely ate a salad without it), and it is something I've missed dearly since committing to a plant-based diet. I'll be the first to admit that tofu-based feta doesn't sound very appealing, but you'll just have to trust me on this one . . . this really does taste eerily similar to dairy-based feta! This tofu feta features protein, B vitamins, omega-3 fatty acids, and more, and it's tangy, salty, and addictive. It's my new favorite topper! It's absolutely delicious served with my Bruschetta Veggie Burgers (page 49), Glow-rious Greek Pasta with Oregano, Basil, and Lemon Zest Parmesan (page 193), and Humble Creamy Mushrooms and Toast (page 122). Try crumbling it over a traditional Greek salad, or even avocado toast with a little sliced cucumber and tomato (out of this world). You can make this feta as mild- or powerful-tasting as you please. If you follow the recipe as written, the flavor will be similar to that of "traditional" feta, but if you prefer a sharper, more intense feta, feel free to add more lemon juice, apple cider vinegar, and salt to suit your taste. Due to the refined coconut oil, this feta will melt when heated, so it's not to be cooked with. When serving it with warm food, I suggest adding it as a garnish right before serving so it doesn't soften too much. A huge thanks to Rob, Ben, and Alex from Virtuous Pie, a popular Canadian vegan restaurant, for inspiring this recipe!

recipe continues

STORAGE

Store in an airtight container in the fridge for up to I week or in the freezer for up to 2 weeks. I like to cube it before freezing, and thaw as many cubes as I need by setting them on the counter for 30 to 45 minutes.

TIP

* Using refined coconut oil ensures there will be no detectable coconut flavor in the feta

- 1. Using a tofu press, press the tofu for 30 minutes. If you don't have a tofu press, wrap the tofu block in a couple of absorbent kitchen towels, place it on a large plate or cutting board, set another plate on top of the tofu, and stack several heavy books on top of the plate.
- **2.** Line an 8- or 9-inch (2 or 2.5 L) square pan with two pieces of parchment paper placed perpendicular to each other, cut to fit the width of the pan with a few inches of overhang on each side.
- 3. In a small pot, melt the coconut oil over low heat.
- **4.** Break the pressed tofu into 6 to 8 chunks and put them in a food processor. Add the melted coconut oil, lemon juice (starting with 2 tablespoons plus I teaspoon), vinegar, and salt (starting with I 4 teaspoons). Process until very smooth, about 45 seconds. The mixture will be thick.
- 5. Taste and add more lemon juice and salt, if desired. (I like to add a bit more lemon juice and vinegar than called for and around 13/4 teaspoons salt.) The feta mixture should taste tangy and salty. Process again to combine.
- **6.** Using a spatula, spoon the feta mixture into the prepared pan. Gently spread it to cover the bottom of the pan. Sprinkle the oregano over the top and press down lightly to adhere.
- **7.** Refrigerate, uncovered, for I hour 30 minutes to 2 hours, until firm to the touch. After chilling, it will be semifirm but still slightly soft. Using the overhanging parchment, remove the feta from the pan. Break up the feta and crumble it with your hands, or simply chop it into tiny cubes.



OH SHE GLOWS 'GLOW' ART PRINT



Download and print our exclusive 'Glow' art print! We recommend using your local print shop for printing or you can use a photo printer if you have one at home.

We'd love to see it in your space - tag your photos with #ohsheglowsfordinner to share it with us online!

Use the download links below to download the print to match your frame size:

8xI0 or I6x20 - https://ohsheglo.ws/28 24 x 36 - https://ohsheglo.ws/29

*For best results, we recommend you set the printer's settings to 'borderless'.



Menus to get your glow on!

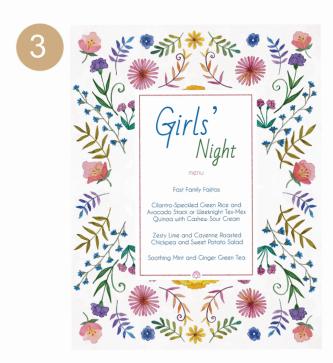
These menus correspond to menus found in Oh She Glows For Dinner. The menu download links are found below. Simply print the menu (in colour, on a nice stock, if possible!) for your special meal. Be sure to select 'print without borders' if your printer provides the option.



Oh She Glows Cookbook Club menu https://ohsheglo.ws/2a



Mother's Day menu https://ohsheglo.ws/2d



Girls' Night menu https://ohsheglo.ws/2c



Date Night menu https://ohsheglo.ws/2b

Glow Getter Meal Plan I

Undercover Roasted Veggie Tomato Pasta (page 93)

Instant Pot Potato and Cauliflower Red Thai Curry (with Stovetop Option!) (page 65)

Mediterranean Smashed Chickpea Salad with Tzatziki Aioli (page II9)

Total time: I hour IO minutes, plus cleanup

MAIN EQUIPMENT:

- o extra-large rimmed baking sheet
- o chef's knife/paring knife/cutting board/peeler
- O Instant Pot or large pot
- o citrus juicer/reamer
- o box grater
- o colander
- o large bowl
- o potato masher
- o high-speed blender
- O airtight storage containers (3 large)

i. Undercover Roasted Veggie Tomato Pasta

- O Complete steps 1 through 4. While the veggies are roasting, move on to the next recipe.
- Once the veggies are roasted, proceed with step 6, and refrigerate the sauce in a large airtight container.
- O When you are ready to reheat the sauce and serve with pasta, follow steps 5 and 7.

ii. Instant Pot Potato and CauliflowerRed Thai Curry (with Stovetop Option!)

O Prepare and cook the curry in full. Chop the greens and place in a medium bowl. Set aside to have on hand when the curry is finished cooking. While the curry cooks, move on to the next recipe. After cooking, allow the curry to cool on the counter, and refrigerate in a large airtight container.

iii. Mediterranean Smashed Chickpea Salad with Tzatziki Aioli

- Prepare the recipe up to step 3. Refrigerate in a large container.
- When you are ready to serve, proceed with step 4.

- Instant Pot Potato and Cauliflower Red Thai Curry (with Stovetop Option!): If you are cooking the stovetop version, be sure to check on it and give it a stir every 5 minutes or so during the cooking process. If using an Instant Pot, remember to listen for the beep that signals the curry is finished cooking, and do a quick release so it doesn't overcook.
- Be sure to check the Storage tip on the recipe pages for storage and reheating instructions.
- Looking for a couple more dinner options for the week? Try my Italian One-Pot Buttery Tomato, White Beans, and Farro (page 96) and Pumpkin Spice and Everything Nice Salad (page 191) as other weeknight options.

Glow Getter Meal Plan 2

Sloppy Glows (page 90)

School Night Tofu Scramble (page 78)

with Roasted Red Pepper and Walnut Dip (page 298)

Green Goddess Gazpacho (page 219)

Total time: I hour, plus cleanup

MAIN EQUIPMENT:

- o chef's knife/paring knife/cutting board
- o large skillet or pot
- o large sieve
- o citrus juicer/reamer
- O high-speed blender
- o airtight storage containers (2 large, 2 medium)

i. Sloppy Glows

- Follow steps 3 (see Tip below) through 5 and step 7. Refrigerate the cooled lentil mixture in a medium airtight container. Clean the skillet or pot.
- For the Cashew Sour Cream (if using): Soak the cashews overnight or for 1 hour in boiling water. When soaking is complete, drain and rinse. Refrigerate the soaked and drained nuts in a medium airtight container.
- When you are ready to reheat and serve the Sloppy Glows, proceed with steps 1 and 2, and steps 6 and 8 (reheating the lentil mixture on the stovetop while the buns toast) through to completion.

ii. School Night Tofu Scramble with Roasted Red Pepper and Walnut Dip

- Follow steps 2 through 5, and remove from heat. Refrigerate the cooled tofu scramble in a large airtight container.
- When you are ready to reheat and serve the tofu scramble, prepare the Roasted Red Pepper and Walnut Dip. Follow the reheating instructions found in the Storage tip, and proceed with step 6.

iii. Green Goddess Gazpacho

 Make the gazpacho in full. Refrigerate in a large airtight container or jar.

- Sloppy Glows: Step 2 says to slice half of the onion into rounds for serving. We find this is best done fresh, right before serving, so the onion slices don't dry out. The soaked and drained cashews can be refrigerated for up to 4 days before making the Cashew Sour Cream.
- Green Goddess Gazpacho: If the weather is cold where you are, feel free to swap the gazpacho for a cooked soup, stew, or curry.
- Be sure to check the Storage tip on the recipe pages for storage and reheating instructions.
- To round out your week, try making my Mega Crunch Sun-Dried Tomato-Pepita Taco Salad (page 204) and Bruschetta Veggie Burgers (page 49) as other weeknight options.

Glow Getter Meal Plan 3

Fast Family Fajitas (page 53)

Crispy Potato Stacks (page 87) with Pretty Parsley-Cilantro Pepita Pesto (page 275) Rebellious Battered Broc-Cauli Burgers (page II3) with Sriracha Aioli (page 289)

Total time: 60 minutes, plus cleanup

MAIN EQUIPMENT:

- high-speed blender or food processor
- o chef's knife/paring knife/cutting board
- o citrus juicer/reamer
- o food processor
- o silicone ice cube tray (optional)
- oruler and pencil (optional)
- O Microplane (optional)
- O airtight storage containers (2 large, 2 medium, 1 or 2 small)

i. Fast Family Fajitas

- O For the Cashew Sour Cream: Soak the cashews overnight or for 1 hour in boiling water. Prepare the Cashew Sour Cream in full, as directed. Alternatively, prepare the 24/7 Avocado-Cilantro Sauce, and rinse out the food processor. Refrigerate the cream or sauce in a medium airtight container.
- Slice the 4 cups (510 g) of fajita veggies and refrigerate the raw sliced veggies in a large airtight container. Do not mince the cilantro, as it's best prepared right before serving.
- Prepare the Tex-Mex Flavor Bombs, and refrigerate the mixture in a small airtight container, or freeze in a silicone ice cube tray. Clean the food processor.
- When you are ready to cook and serve the fajitas, proceed with step 2 of the fajita recipe, following it through to completion. (Don't forget to mince the cilantro at this point, too!)

ii. Crispy Potato Stacks withPretty Parsley-Cilantro Pepita Pesto

- Prepare the Pretty Parsley-Cilantro Pepita Pesto and refrigerate it in a small airtight container.
- When you are ready to cook and serve this recipe, let the pesto sit on the counter to come to room temperature while you prep and roast the potatoes. Proceed with step 1 and follow the recipe through to completion.

iii. Rebellious Battered Broc-Cauli Burgers with Sriracha Aioli

- As detailed in step 3: Chop the broccoli and cauliflower into florets. Refrigerate in a large zip-top bag or airtight container.
- Make the Sriracha Aioli (directly in a small airtight container), secure the lid, and refrigerate.
- O When you are ready to cook and serve the burgers, let the florets come to room temperature, then proceed with steps 1, 2, and 4 through to completion.

- Fast Family Fajitas: The raw sliced fajita veggies can be stored up to 4 days before you cook and serve the fajitas.
- Crispy Potato Stacks with Pretty Parsley-Cilantro Pepita Pesto: You can change up the pesto by swapping in my Lemony Dill Protein Pesto (page 297), Perfect Basil Pesto (page 294), or Boom! Broccoli Pesto (page 276). After storing, I like to refresh the flavors of the pesto with a squeeze of lemon, if needed.
- Rebellious Battered Broc-Cauli Burgers with Sriracha Aioli: The raw broccoli and cauliflower florets and Sriracha Aioli can be refrigerated up to 3 days before you cook and serve the recipes.
- Be sure to check the Storage tip on the recipe pages for storage and reheating instructions.
- Do you have leftover broccoli and cauliflower to use up? Consider making my Cauliflower "Potato" Salad (page 203) or Charred Broccoli Quinoa Salad with Apple Honey–Dijon Dressing (page 187).
- Looking for a couple more dinner options for the week? Why not make my Glow-rious Greek Pasta with Oregano, Basil, and Lemon Zest Parmesan (page 193) and Weeknight Tex-Mex Quinoa with Cashew Sour Cream (page 75) to round out the week?

Glow Getter Meal Plan 4

Glow Green 30-Minute Pesto Pasta (page 55)
Smoky Black Bean and Brown Rice Veggie Burgers (page 131)
Creamy Buffalo Cauli Tacos (page 67)

Total time: I hour 30 minutes (includes cleanup)

MAIN EQUIPMENT:

- o medium pot
- o chef's knife/cutting board
- o citrus juicer/reamer
- o food processor
- o extra-large rimmed baking sheet
- o large skillet
- o large sieve
- o large mixing bowl
- o airtight storage containers (3 large, 4 medium, 1 small)

i. Glow Green 30-Minute Pesto Pasta

- Before starting the pesto pasta, cook the rice that's called for in the burger recipe below.
 While the rice is cooking, proceed with the pasta recipe.
- Slice or chop the mushrooms, zucchini, and broccoli. Refrigerate in 1 large and 1 medium airtight container.
- Prepare the double batch of Pretty Parsley-Cilantro Pepita Pesto. Refrigerate in 1 medium airtight container. Clean the food processor.
- When you are ready to cook and serve the pasta, place the pesto on the counter. Follow step 1 through to completion.

ii. Smoky Black Bean and Brown Rice Veggie Burgers

- O Prepare the veggie burgers through step 10. While the burgers are cooking, move on to the next recipe. Refrigerate the cooled patties in 1 large airtight container and the OSG House Sauce in 1 small airtight container.
- When you are ready to reheat and serve the burgers, follow the directions for reheating found in the recipe's Storage tip.

iii. Creamy Buffalo Cauli Tacos

- In step 4, chop the cauliflower as directed but do not mix in the oil. Refrigerate the raw florets in 1 large airtight container.
- O Soak the cashews for the Creamy Buffalo Sauce. Also, soak the cashews for the Cashew Sour Cream (or soak the sunflower seeds for the Creamy Cashew or Sunflower Aioli). For both recipes, you can do the 1-hour quick soak in boiling water, or you can soak overnight—your call! After soaking, drain, rinse, and refrigerate separately in 2 medium airtight containers.
- When you are ready to cook and serve the tacos, place the refrigerated cauliflower florets on the counter and proceed with step 2, following the recipe through to completion. Don't forget to mix the cauliflower florets with the 2 tablespoons oil before adding the Buffalo sauce.

- Glow Green 30-Minute Pesto Pasta: The raw sliced or chopped veggies and pesto can be refrigerated for up to 2 days before cooking and serving the recipes. The pesto flavors tend to dilute a bit while storing, so you may need a bit more lemon juice than called for in step 5 of the Glow Green 30-Minute Pesto Pasta recipe.
- Creamy Buffalo Cauli Tacos: The raw cauliflower florets and soaked and drained cashews/seeds can be refrigerated for up to 3 days before cooking and serving the recipes.
- Be sure to check the Storage tip on the recipe pages for storage and reheating instructions.
- This plan's timing includes cleanup while the other meal plans do not. This is because at the end of this meal plan there is downtime while you are waiting for the burgers to finish cooking. You can clean up during this downtime, and wrap up the whole shebang (including cleanup completion) around the I hour 30 minute mark.
- To round out your week, try making my Cozy Butternut Squash, Sweet Potato, and Red Lentil Stew (page 215) and Dreamy Peanut Butter Crunch Veggie Noodle Bowls (page 127).



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