

# 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 119)

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**Total time:** 1 hour 10 minutes, plus cleanup

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## MAIN EQUIPMENT:

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

### i. Undercover Roasted Veggie Tomato Pasta

- 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.
- When you are ready to reheat the sauce and serve with pasta, follow steps 5 and 7.

### ii. Instant Pot Potato and Cauliflower Red Thai Curry (with Stovetop Option!)

- 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.

## TIPS:

- 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)

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**Total time:** 1 hour, plus cleanup

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## MAIN EQUIPMENT:

- chef's knife/paring knife/cutting board
- large skillet or pot
- large sieve
- citrus juicer/reamer
- high-speed blender
- 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.

## TIPS:

- 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 113) with Sriracha Aioli (page 289)

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**Total time:** 60 minutes, plus cleanup

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## MAIN EQUIPMENT:

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

## i. Fast Family Fajitas

- 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 with Pretty 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.
- 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.

### TIPS:

- 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)

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**Total time:** 1 hour 30 minutes (includes cleanup)

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## MAIN EQUIPMENT:

- medium pot
- chef's knife/cutting board
- citrus juicer/reamer
- food processor
- extra-large rimmed baking sheet
- large skillet
- large sieve
- large mixing bowl
- 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

- 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.
- 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.

### TIPS:

- 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 1 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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