

Recipes: Easy Meal Prep

Need some easy, make ahead recipes to help with your meal prepping and planning?
Here are some of our go-to dishes and sides.



Rosemary-Lemon Baked Tofu

INGREDIENTS

- 16 ounces firm tofu, pressed for 30 minutes
- 1 tsp lemon zest
- 1/4 cup fresh lemon juice
- 2 Tbs soy sauce
- 2 Tbs olive oil
- 1 Tbs fresh rosemary, minced
- 1/4 tsp ground black pepper

DIRECTIONS

- Press tofu for 30 minutes.
- Preheat oven to 375°F.
- Cut tofu into thin slices
- Whisk together marinade ingredients.
- Arrange tofu in single layer on foil lined baking sheet. Pour marinade over tofu.
- Bake for 35-45 minutes, turning once halfway through cooking time.
- Remove from oven. Cool for 10 minutes.

Peanut Sauce

INGREDIENTS

- 1 cup peanut butter
- 6 Tbs rice vinegar
- 6 Tbs soy sauce
- 4 garlic cloves
- 2 Tbs ginger, grated
- 3-6 Tbs toasted sesame seed oil (optional)
- Warm water (if needed)

DIRECTIONS

- In a blender, add all ingredients and secure the lid. Or whisk in a bowl.
- Blend until smooth.
- Makes two cups.



Oven Hard Boiled Eggs

DIRECTIONS

- Preheat the oven to 325°F.
- Put a whole (unopened) egg in each individual cup of a 12-cup muffin pan.
- Bake for 30 minutes.
- Remove and immediately place in an ice water bath.
- Allow the eggs to cool, and then peel.



Roasted Vegetables

DIRECTIONS

Cooking times are for roasting vegetables at 425°F.

- **Root vegetables** (beets, potatoes, carrots): 30-45 minutes
- **Winter squash** (butternut & acorn squash): 20-60 minutes
- **Cruciferous vegetables** (broccoli, cauliflower, brussel sprouts): 15-25 minutes
- **Tomatoes**: 15-20 minutes
- **Soft vegetables** (zucchini, summer squash, bell peppers): 10-20 minutes
- **Thin vegetables** (asparagus, green beans): 10-20 minutes
- **Onions**: 30-45 minutes, depending on how crispy you like them