

# WELCOME GUIDE

Tips for getting the most out of our site + 5 popular dinner recipes to get started!

## WHO ARE COOKIE AND KATE?

*Cookie catches the crumbs + Kate cooks*

Cookie is a funny adopted mutt who will eat anything but pickles. I create healthy recipes that just-so-happen to be meatless and “accidentally” drop a lot of carrot scraps in the process.

**BEST FRIENDS** since 2009    **BLOGGING** since 2010

**WHERE WE MET** Oklahoma    **CURRENT LOCATION** Kansas City



## WHY SHOULD I EAT THIS WAY?

*Flavor + Health*

I am not a nutritionist. That said, nutrition research overwhelmingly indicates that a diet rich in minimally processed, “whole” foods is one of the key ingredients to a long, healthy life.

Bonus? Vegetables, fruits and whole grains can taste *amazing*.

**DELICIOUS RECIPES** 405    **WHOLESOME RECIPES** 405    **TOTAL RECIPES** 405

## HOW DO I USE THESE RECIPES?

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On the following pages, you will find 5 of my most popular dinner recipes. I hope they are hits in your kitchen, too!

**FOR MORE RECIPES** visit [cookieandkate.com](http://cookieandkate.com)

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# BUTTERNUT SQUASH LINGUINE

*Gluten-Free Option + Vegan*

Spiced and creamy (yet cream-less) butternut squash sauce tossed with whole grain linguine. Top with fried sage for a healthy, comforting main dish. Serve with salad or roasted vegetables.

**YIELDS** 4 servings   **PREP** 15 min.   **COOK** 40 min.   **TOTAL** 55 min.

## SPECIAL DIET NOTES

*\*To make this dish gluten free, substitute your gluten-free pasta of choice.*

*\*\*To make this dish vegan, don't add the optional cheese!*



## INGREDIENTS

2 tablespoons olive oil  
1 tablespoon finely chopped fresh sage  
2 pound butternut or kabocha squash, peeled, seeded, and cut into small 1/2-inch pieces (about 3 cups)  
1 medium yellow onion, chopped  
2 garlic cloves, pressed or chopped  
Pinch red pepper flakes (up to 1/4 teaspoon for spicier pasta sauce)  
Salt  
Freshly ground black pepper  
2 cups vegetable broth  
12 ounces whole grain linguine or fettucine\*  
Optional additional garnishes: Shaved Parmesan or Pecorino\*\* and/or smoked salt

## INSTRUCTIONS

Heat oil in a large skillet over medium heat. Once the oil is shimmering, add the sage and toss to coat. Let the sage get crispy before transferring it to a small bowl. Sprinkle it lightly with sea salt and set the bowl aside.

Add squash, onion, garlic and red pepper flakes to skillet. Season with salt and pepper. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. Add the broth. Bring the mixture to a boil, then reduce heat and simmer until the squash is tender and the liquid has reduced by half, 15 to 20 minutes.

In the meantime, bring a large pot of salted water to a boil and cook the pasta according to package directions, stirring occasionally, until al dente. Drain, reserving 1 cup of the cooking liquid.

Once the squash mixture is done cooking, remove it from heat and let it cool slightly. Transfer the contents of the pan to a blender, but reserve the skillet. Purée the mixture until smooth (beware of hot steam escaping from the top of the blender), then season with salt and pepper to taste.

Combine pasta, squash purée and 1/4 cup cooking liquid in reserved skillet and cook over medium heat, tossing and adding more pasta cooking liquid as needed, until sauce coats pasta, about 2 minutes. Season with salt and pepper, to taste.

Serve pasta topped with fried sage, more black pepper and shaved Parmesan/Pecorino and/or smoked salt, if desired.

# SPAGHETTI SQUASH BURRITO BOWLS

*Gluten-Free + Vegan*

This spaghetti squash burrito bowl recipe is easy to make and so good for you, too! These beautiful vegetarian burrito bowls are also vegan and gluten free, but above all, delicious.

**YIELDS** 4 servings **PREP** 10 min. **COOK** 50 min. **TOTAL** 1 hour

## SPECIAL DIET NOTES

*\*To make this dish vegan, skip the optional feta cheese.*



## ROASTED SPAGHETTI SQUASH

2 medium spaghetti squash (about 2 pounds each), halved and seeds removed  
2 tablespoons olive oil  
Salt and freshly ground black pepper

## CABBAGE + BLACK BEAN SLAW

2 cups purple cabbage, thinly sliced and roughly chopped into 2-inch long pieces  
1 can (15 ounces) black beans, rinsed and drained  
1 red bell pepper, chopped  
1/3 cup chopped green onions, both green and white parts  
1/3 cup chopped fresh cilantro  
2 to 3 tablespoons fresh lime juice, to taste  
1 teaspoon olive oil  
1/4 teaspoon salt

## AVOCADO SALSA VERDE

3/4 cup mild salsa verde, either homemade or store-bought  
1 ripe avocado, diced  
1/3 cup fresh cilantro  
1 tablespoon fresh lime juice  
1 medium garlic clove, roughly chopped  
Optional garnishes: chopped fresh cilantro, crumbled feta\* and/or seasoned toasted pepitas

## INSTRUCTIONS

To roast the spaghetti squash: Preheat the oven to 400 degrees Fahrenheit. Place the halved spaghetti squash on a large baking sheet lined with parchment paper and drizzle with 2 tablespoons olive oil. Rub the olive oil all over each of the halves, adding more if necessary. Sprinkle the insides of the squash with freshly ground black pepper and salt. Turn them over so the insides are face down and roast for 40 to 60 minutes, until the flesh is easily pierced through with a fork.

Meanwhile, to make the slaw: In a medium mixing bowl, combine the cabbage, black beans, bell pepper, green onion, cilantro, lime juice, olive oil and salt. Toss to combine and set aside to marinate.

To make the salsa verde: In the bowl of a blender or food processor, combine the avocado, salsa verde, cilantro, lime juice and garlic. Blend until smooth, pausing to scrape down the sides as necessary.

To assemble, first use a fork to separate and fluff up the flesh of the spaghetti squash. Then divide the slaw into each of the spaghetti squash “bowls,” and add a big dollop of avocado salsa verde. Finish the bowls with another sprinkle of freshly ground black pepper and some extra chopped cilantro (as shown here) and optional crumbled feta or pepitas.

# THAI PINEAPPLE FRIED RICE

*Gluten-Free + Vegan Option*

Thai-style sweet and spicy pineapple fried rice with red bell pepper, cashews and cilantro. This dish comes together very quickly, so be sure to have your ingredients prepped and located near the stove.

**YIELDS** 2 to 4 servings   **PREP** 15 min.   **COOK** 10 min.   **TOTAL** 25 min.

## SPECIAL DIET NOTES

*\*To make this gluten free, be sure to use gluten-free tamari instead of regular soy sauce.*

*\*\*To make this vegan, skip the eggs. Crispy cooked tofu would be a nice addition.*



## INGREDIENTS

2 tablespoons coconut oil or quality vegetable oil, divided  
2 eggs, beaten with a dash of salt\*\*  
1 1/2 cups chopped fresh pineapple  
1 large red bell pepper, diced (about 3/4 cup diced)  
1/2 cup chopped green onions, green and white parts (about 1/2 of a bunch)  
2 cloves garlic, pressed or minced  
1/2 cup chopped raw, unsalted cashews  
2 cups cooked and chilled brown rice, preferably long-grain brown jasmine rice  
1 tablespoon reduced-sodium tamari or soy sauce\*  
1 to 2 teaspoons chili garlic sauce or sriracha  
1 small lime, halved  
Season with salt, to taste  
Garnishes: Handful chopped fresh cilantro leaves, optional chili garlic sauce or sriracha

## INSTRUCTIONS

Heat a large wok, cast iron skillet or non-stick frying pan over medium-high heat and place an empty serving bowl nearby. Once the pan is hot enough that a drop of water sizzles on contact, add 1 teaspoon oil. Pour in the eggs and cook, stirring occasionally, until the eggs are scrambled and lightly set. Transfer the eggs to the empty bowl. Wipe out the pan if necessary with a paper towel (be careful, it's hot!).

Add 1 tablespoon of oil to the pan and add the pineapple and red pepper. Cook, stirring constantly, until the liquid has evaporated and the pineapple is caramelized on the edges, 3 to 5 minutes. Then add the green onion and garlic. Cook, while stirring constantly, until fragrant, about 30 seconds. Transfer the contents of the pan to your bowl of eggs.

Add the remaining two teaspoons of oil to the pan. Pour in the cashews and cook, stirring constantly, until the cashews smell fragrant, about 30 seconds. Add the rice to the pan and stir to combine. Cook, stirring occasionally, until the rice is hot, about 3 minutes.

Pour the contents of the bowl back into the pan and stir to combine. Once the contents are warmed through, remove the pan from heat. Add 1 tablespoon tamari (or soy sauce) and chili garlic sauce or sriracha, to taste. Squeeze the juice of half of a lime over the dish and stir. Season to taste with salt.

Transfer to individual serving bowls and garnish with a sprinkling of torn cilantro leaves, with jars of chili garlic sauce or sriracha on the side.

# SOUTHWESTERN KALE SALAD

*Gluten-Free + Vegan Option*

Healthy kale and quinoa power salad with spicy sweet potato, black beans and creamy avocado sauce. This gluten-free (and easily vegan) salad packs well for lunch, too!

**YIELDS** 4 servings   **PREP** 20 min.   **COOK** 20 min.   **TOTAL** 40 min.

## SPECIAL DIET NOTES

*\*To make this salad vegan, just skip the optional feta cheese!*



## QUINOA & KALE

1 cup quinoa, rinsed  
1 bunch kale, ribs removed and chopped into very small, bite-sized pieces  
2 tablespoons olive oil  
1 medium lime, juiced  
1/2 teaspoon salt

## SWEET POTATOES

2 medium sweet potatoes (about 1 1/2 pounds total), sliced into small, 1/4-inch cubes  
2 tablespoons olive oil  
2 teaspoons ground cumin  
1 teaspoon smoked paprika  
1 1/2 teaspoons salt

## AVOCADO SAUCE

2 avocados, sliced into long strips  
2 limes, juiced  
2 tablespoons olive oil  
1 medium jalapeño, seeded and chopped  
1 handful cilantro leaves  
1/2 teaspoon ground coriander, optional  
Salt, to taste

## EVERYTHING ELSE

1 can (15 ounces) black beans, rinsed and drained  
1/3 cup crumbled feta\*  
1/4 cup pepitas (green pumpkin seeds), toasted

## INSTRUCTIONS

To cook the quinoa: In a medium pot, combine the rinsed quinoa and 2 cups water. Bring the mixture to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 15 minutes. Remove the quinoa from heat and let it rest, still covered, for 5 minutes. Uncover the pot, drain off any excess water and fluff the quinoa with a fork.

To cook the sweet potatoes: In a large skillet, warm the olive oil over medium heat. Add the chopped sweet potatoes and toss to coat, then add the cumin, smoked paprika and salt. Stir to combine. Once the pan is sizzling, add a scant 1/4 cup water, then cover the pan and reduce heat to low to avoid burning the contents. Cook, stirring occasionally, until the sweet potato is tender and cooked through, about 10 minutes. Uncover the pan, raise the heat back to medium and cook until the excess moisture has evaporated and the sweet potatoes are caramelizing on the edges, about 3 to 7 minutes (add another little splash of olive oil if the potatoes start sticking to the pan). Set aside to cool.

To prepare the dressing: Whisk together 2 tablespoons olive oil, the juice of 1 lime and 1/2 teaspoon salt. In a large mixing bowl, combine the warm quinoa and kale and drizzle with dressing. Toss to coat.

To make the avocado sauce: Combine the ingredients in a food processor or blender. Blend well and season with salt.

Divide the kale and quinoa mixture into four large salad bowls. Top with sweet potatoes, black beans, a big dollop of avocado sauce, and a sprinkle of feta and toasted pepitas.

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# EASY MUSHROOM RISOTTO

*Gluten-Free + Vegan Option*

Creamy, delicious, healthier baked risotto with minimal stirring required! This recipe is designed for brown arborio/short grain brown rice; white arborio rice will only need to be baked for 40 to 45 minutes.

**YIELDS** 4 to 6 servings   **PREP** 20 min.   **COOK** 60 min.   **TOTAL** 1 hour 20 min.

## SPECIAL DIET NOTES

*\*To make this dish gluten free, be sure to use a gluten-free tamari or omit the soy sauce.*

*\*To make this dish vegan, skip the Parmesan and add a vegan butter substitute or some extra olive oil, to taste, in place of the butter.*



## INGREDIENTS

3 tablespoons olive oil, divided  
1 small yellow onion, chopped  
2 cloves garlic, pressed or minced  
4 cups (32 ounces) vegetable broth, divided  
1 1/2 cups brown arborio/short-grain brown rice  
12 to 14 ounces sliced Cremini (baby portobello) mushrooms, debris rinsed from mushrooms and drained  
1 cup freshly grated Parmesan cheese  
1/2 cup dry white wine, optional  
3 tablespoons unsalted butter, diced  
2 teaspoons tamari (for extra flavor, optional)\*  
1 teaspoon sea salt, more to taste  
Freshly ground black pepper, to taste  
4 sprigs fresh oregano, leaves removed from stems and larger leaves torn into small pieces

## INSTRUCTIONS

Make sure your oven rack is in the middle position. Preheat oven to 375 degrees Fahrenheit.

Heat 1 tablespoon olive oil in a medium Dutch oven over medium heat until shimmering. Add onion and a pinch of salt. Cook, stirring occasionally, for 10 minutes, then add the minced garlic. Cook for another 2 to 4 minutes, until the onions are well browned.

Add 3 cups broth and 1 cup water, cover, and bring to a boil over medium-high heat. Remove from heat and stir in the rice. Cover the pot and bake until rice is tender and cooked through, about 65 to 70 minutes. It will seem pretty dry when you take off the lid, but don't worry!

During the last 20 minutes of baking time, prepare the mushrooms. Warm 2 tablespoons olive oil in a large skillet until shimmering. Add the cleaned, sliced mushrooms to the pot with a dash of salt. Cook, stirring occasionally, until the mushrooms are darker in color, fragrant and have soaked up most of their own juices, about 13 minutes.

Remove the pot from the oven. Pour in the remaining cup of broth, the Parmesan, wine, butter, tamari, salt, and a generous amount of pepper. Stir vigorously for 2 to 3 minutes, until the rice is thick and creamy. Stir in the mushroom mixture and any remaining juices. Season to taste with salt and pepper, divide into bowls and top with a generous sprinkling of torn, fresh oregano leaves.