



ZEN & ZEST

A modern plant-based
recipe collection

Table of Contents

Foreword	3
Green Tea Soba Noodles	4
Chickpea Chopped Salad	5
Shiitake Sushi	6
Lemon Poppy Seed Muffins	7
Quinoa Salad	8
Udon Soup	9
Raspberry Spinach Salad	10
Vegan Congee	11
Cashew Dressing	12
Spinach Quiche	13
Matcha Chia Pudding	14
Miso Mushroom Soup	15
White Bean Soup	16
Broccoli Salad	17
One-Pan Curry Noodles	18
Green Smoothie Bowl	19

Foreword

*In the noise of daily life, food offers
us a chance to return to the present.
Each chop, each stir, each bite
– a moment of intention.*

Zen & Zest is more than a recipe collection.
It's a meditation in motion.
A breath between deadlines.
A reminder that nourishment can be beautiful,
simple, and deeply satisfying.

Inside, you'll find recipes
rooted in plants and balance –
from crisp green salads to savory sushi rolls –
each one chosen to align
body, mind, and palette.

Whether you're lighting a candle before dinner
or brewing tea while rain taps the windows,
these pages invite you to slow down and
reconnect with the joy of cooking.

*Take your time.
Breathe.
And begin.*

Green Tea Soba Noodles

Ingredients

1 package dry cha-soba (green tea soba noodles)
Ice cubes
Sliced cucumbers
Sliced tomatoes
Kinshi tamago
Natto (fermented soybeans)
Wasabi
Chopped scallions
Thinly sliced seaweed (kizami nori)

Instructions

1. Bring a medium pot of water to boil. Add dry cha soba noodles to boiling water and cook for 5 to 6 minutes for al dente noodles or cook an additional 1 to 2 minutes for soft noodles or until your desired tenderness. For soba noodles, however, we recommend al dente noodles for best taste and texture.
2. Using a strainer, drain and rinse noodles with cold water. To quickly chill, add ice cubes to the noodles and allow to continue to drain in strainer.
3. Serve chilled noodles on a plate and dipping sauce in a separate cup. Dip cha soba noodles in sauce with desired garnishes.



Ingredients

1 can chickpeas
1 tablespoon olive oil
1 teaspoon smoked paprika
1 teaspoon garlic powder
½ teaspoon dried oregano
½ teaspoon kosher salt
½ teaspoon freshly cracked black pepper
8 cups butter lettuce, chopped
1 cup grape tomatoes, chopped
⅔ cup chopped cucumber
½ cup castelvetrano olives, pitted and torn
½ cup crumbled goat cheese
1 small shallot, diced
¼ cup red wine vinegar
1 ½ tablespoons honey
¼ teaspoon salt
¼ teaspoon pepper
½ cup extra virgin olive oil

Instructions

1. Preheat the oven to 425 degrees F. Place the chickpeas on a towel and lightly towel dry them so they aren't wet from rinsing. You can remove any loose skins at this time too. Place the chickpeas on a baking sheet and drizzle with the olive oil. Toss to coat, then sprinkle with the paprika, garlic powder, oregano, salt and pepper. Shake the pan a few times to distribute the seasoning. Roast the chickpeas for 15 minutes, then toss and roast for 10 to 15 more.
2. To make the salad, chop the lettuce and place it in a large bowl. Top with the chopped tomatoes, cucumbers, olives and goat cheese. I like to drizzle the dressing on now, so it doesn't take lots of crisp away from the chickpeas. Toss the salad then top with the chickpeas and eat!
3. In a bowl or jar, whisk together the shallot, vinegar, honey, salt and pepper. Stream in the olive oil until emulsified and combined. This stores great in the fridge for a few days.

Chickpea Chopped Salad



Shiitake Sushi

Ingredients

2/3 cup sushi rice
3/4 cup water
3/4 teaspoon salt
1 tablespoon rice vinegar
1 tablespoon sesame oil
1 garlic clove minced
4 large shiitake caps sliced into strips
1/4 cup water
1 tablespoon soy sauce
1/2 teaspoon chili paste
2 nori sheets
Sesame seeds
Soy sauce
Wasabi
Pickled ginger

Instructions

1. Place rice in a strainer and rinse under cold, running water for 1-2 minutes.
2. Place in a small saucepan with other rice ingredients, stir and heat to a simmer. Cover and allow to continue simmering for about 20 minutes. Remove from heat and allow to sit for another 10 minutes, covered.
3. Place sesame oil in medium skillet and over medium heat. Add garlic clove and sautee for 1 minute.
4. Add shiitake caps and cook for five minutes, flip, then cook another five minutes.
5. Caps should be tender and slightly browned at this point. Add water, soy sauce and chili paste. Raise heat to medium-high and simmer for about 2 minutes, or until most of the liquid has evaporated.
6. Cut about 1/3 of the length off of each nori sheet and discard.
7. Place one of your sheets on a bamboo mat.
8. Keep a little bowl of water close. Using wet hands, cover nori with a thin layer of rice.
9. Arrange half of your mushrooms in a single line along the width of nori.
10. Take the bamboo mat and end of nori closest to you and tightly roll it over your mushrooms. Tuck the end of the nori in and continue rolling, using the mat to press your roll tight.
11. Once completely rolled, slice into eighth pieces. Repeat using your other nori sheet.
12. Sprinkle with sesame seeds and serve with soy sauce, wasabi and pickled ginger.

Craving a deeper
dive into plant-based
sushi techniques?



Click here for a full
recipe and tutorial

Lemon Poppy Seed Muffins

Ingredients

2 1/2 cups all purpose flour
1 cup granulated sugar
2 1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 tablespoon poppy seeds
1/2 cup unsalted butter, melted
2 tablespoon vegetable oil
2 large eggs, room temp
1/4 cup sour cream, room temp
2 teaspoon vanilla extract
1/4 teaspoon almond extract (or lemon extract)
2 tablespoon lemon zest (about 2 lemons)
1 tablespoon lemon juice (about 1/2 lemon)
1 cup milk, room temp
1/2 cup fresh lemon juice (about 4 lemons)
1/2 cup granulated sugar
Lemon peel from 1 lemon

Instructions

1. In a large bowl, whisk together the flour, sugar, baking powder, baking soda, salt, and poppy seeds.
2. In another bowl, mix together the melted butter, oil, eggs, sour cream, vanilla extract, almond extract, and lemon zest, lemon juice, and milk.
3. Pour the wet mixture into the dry and use a rubber spatula to combine.
4. Cover the bowl with plastic wrap and rest at room temperature for 1 hour.
5. In the meantime, make the lemon simple syrup.
6. Add the lemon juice and sugar to a saucepan and place over medium heat.
7. Bring to a boil, then simmer for 10 minutes to let the sugar completely dissolve.
8. While that simmers, peel the zest from 1 lemon. Place the zest in a heat safe bowl.
9. Remove the lemon syrup from the heat and pour into the bowl of zest. Let it cool.
10. Preheat the oven to 425F and line a cupcake tin with paper liners.
11. Fill each liner all the way to the top and then some.
12. Bake for 8 minutes. Then change the oven heat setting to 350F and bake for another 8-10 minutes.
13. When the muffins are fresh from the oven, brush with the lemon simple syrup.
14. Allow the muffins to cool in the pan for about 5 minutes, then transfer to a cooling rack to cool for another 15-20 minutes. Sprinkle with more poppy seeds if desired.



Quinoa Salad

Ingredients

- 1 cup quinoa
- 1/3 cup slivered almonds
- 1/3 cup chopped fresh mint leaves
- 1/3 cup chopped fresh parsley leaves
- 1/3 cup fresh pomegranate arils
- 1/3 cup dried cranberries or raisins
- 1/3 cup thinly sliced Kalamata olives
- 1/4 cup olive oil
- 1/4 cup fresh lemon juice (about two medium lemons, juiced)
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- Several twists of freshly ground black pepper

Instructions

1. First, rinse the quinoa in a fine mesh colander under running water for a minute or two. In a medium-sized 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. Set it aside to cool.
2. In a small skillet, heat the almonds over medium-low heat, stirring frequently, until they are fragrant and turning golden on the edges. Don't let them burn! Transfer toasted almonds to your serving bowl to cool.
3. To prepare the dressing: Whisk together the olive oil, lemon juice, salt, cinnamon and a generous amount of freshly ground black pepper.
4. Final assembly: In your serving bowl, in addition to the almonds, combine the quinoa, chopped mint and parsley, pomegranate, cranberries and olives or cheese. Drizzle the dressing over the salad and toss to coat. Taste and mix in additional salt, pepper and/or olive oil if necessary. Serve right away or refrigerate for later.

More quinoa recipes you'll keep coming back to



Ingredients

- 2 1/3 cups dashi
- 1 tablespoon mirin
- 1 teaspoon sugar
- 1 1/2 tablespoon soy sauce
- 1/8 teaspoon kosher salt
- 1/3 cup mentsuyu
- 2 1/3 cups water
- 1 tablespoon mirin
- 2 servings udon noodles

Instructions

1. In a medium saucepan, add dashi, mirin, 1 tsp sugar, soy sauce, and kosher salt.
2. Bring the broth to a simmer. Once simmering, remove the pot from the heat. Cover with lid and set aside.
3. Combine the water, mentsuyu, and mirin in a medium saucepan. Bring it to a simmer over medium heat. Once simmering, remove the pot from the heat. Cover with a lid and set aside.
4. Bring a large pot of water to a boil. When the water comes to a full rolling boil, add udon noodles and cook according to the package instructions. Stir the noodles to loosen them up
5. When the noodles are done, drain them in a colander or scoop them up with a fine-mesh strainer. Serve the hot udon noodles in individual bowls.
6. Pour the hot broth over the noodles and top with thinly sliced green onion and shichimi togarashi for a kick.



Udon Soup



Raspberry Spinach Salad

Ingredients

2 medium oranges, divided
1½ tablespoons lemon juice
1 small shallot, finely chopped
1½ teaspoons Dijon mustard
¼ teaspoon salt
¾ cup coarsely chopped walnuts
3 tablespoons extra-virgin olive oil
1 medium avocado, chopped
1 package raspberries
1 package baby spinach

Instructions

1. Suprême 1 orange and set aside. Zest the remaining orange to get ½ teaspoon zest, then juice it to get 2 tablespoons juice; combine the zest and juice in a large bowl. Whisk in 1½ tablespoons lemon juice, chopped shallot, 1½ teaspoons mustard and ¼ teaspoon salt; let stand for at least 10 minutes.
2. Meanwhile, place ¾ cup walnuts in a small skillet. Cook over medium heat, stirring often, until fragrant and brown, 3 to 5 minutes.
3. While whisking the lemon juice mixture constantly, slowly stream in 3 tablespoons oil until combined. Add chopped avocado, 1 (6-ounce) package raspberries, 1 package spinach and the orange segments; gently toss until evenly coated. Sprinkle with the toasted walnuts.



Vegan Congee

Ingredients

1 cup jasmine rice
6 dried shiitake mushrooms
4 cups water, divided
5 cups vegetable broth
2 to 3 stalks lemongrass, sliced into 3 to 4-inch chunks
2-inch piece of ginger, peeled and sliced
2 cloves garlic, smashed
1 teaspoon kosher salt
Soy sauce
Chili oil
Ground white pepper
Furikake
Fried onions
Finely sliced scallions
Youtiao

Instructions

1. Rinse the rice once and drain the rice.
2. Bring 2 cups of water to boil. Pour the hot water into a bowl.
3. Rinse the dried shiitake mushrooms. Next, add the mushrooms to the hot water and let them soak for 30 to 45 minutes.
4. Transfer the rice, shiitake mushrooms, and the water used for soaking the mushrooms to a large pot. Add the remaining 2 cups of water, vegetable broth, lemongrass, ginger slices, and salt.
5. Cover the pot with a lid and bring everything to boil. Then, reduce the heat to low. Let the congee simmer for 1 hour.
6. After an hour, uncover the lid. Give everything a stir. Turn off the heat and cover the pot with the lid again, leaving it slightly ajar. Let the congee cool for 15 to 20 minutes. The congee thickens as it cools.
7. If after 20 minutes, the congee is still looking very watery, turn the heat back on to low and simmer the congee simmer for another 15 minutes.
8. Serve the congee in bowls and add your favorite toppings.





Cashew Dressing

Ingredients

½ cup raw cashews
½ cup water
1 tablespoon lemon juice
1 tablespoon tamari
1 tablespoon cilantro leaves
1 small clove garlic

Instructions

1. Put all of the ingredients in the blender and blend until smooth.
2. Enjoy right away on a salad. Or move to a covered container in the refrigerator until ready to use.
3. The dressing will keep in a covered container in the refrigerator for up to 5 days. It will continue to thicken over time.

Did you know?

Cashews are not actually nuts, but rather seeds from the cashew tree, which also produces a fruit called the cashew apple. They are known for their high nutritional value, especially in copper and zinc, and are also a good source of protein, calcium, magnesium, and other minerals. Cashews are native to northeastern Brazil and were introduced to India by Portuguese sailors in the 16th century.

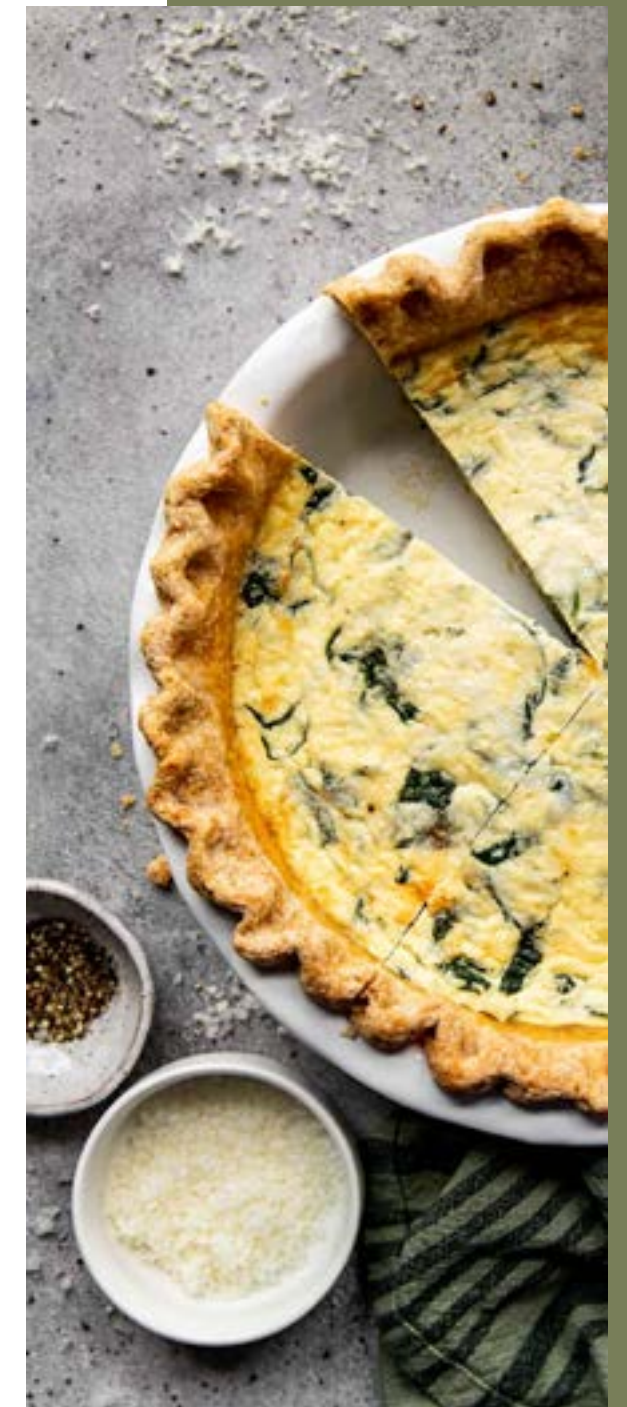
Spinach Quiche

Ingredients

½ cup butter
1 small onion, chopped
3 cloves garlic, chopped
1 package chopped spinach
1 can mushrooms, drained
1 package herb and garlic feta, crumbled
1 package shredded Cheddar cheese
Salt and pepper to taste
1 deep-dish (9-inch) pie crust
4 large eggs
1 cup milk

Instructions

1. Gather all ingredients. Preheat the oven to 375 degrees F
2. Melt butter in a medium skillet over medium heat. Add onion and garlic and saute until lightly browned, about 7 minutes
3. Stir in spinach, mushrooms, feta, and 1/2 cup Cheddar. Season with salt and pepper.
4. Spoon mixture into prepared pie crust.
5. Whisk eggs and milk together in a medium bowl until combined. Season with salt and pepper.
6. Pour over the spinach mixture in pie crust, allowing egg mixture to thoroughly combine with spinach mixture.
7. Bake in the preheated oven for 15 minutes.
8. Sprinkle the top with remaining Cheddar and bake until set in center, 35 to 40 minutes longer.
9. Allow to cool briefly before slicing and serving, about 10 minutes.



Matcha Chia Pudding

Ingredients

2 teaspoons matcha green tea powder
1 cup dairy-free milk
¼ cup chia seeds
½ tablespoon maple syrup
Toppings: Bananas and blueberries

Instructions

1. In a large bowl, mix the matcha green tea powder with the milk and whisk until smooth and not clumped.
2. Add the chia seeds and the maple syrup. Stir to combine, making sure there are no clumps of chia seeds. Place it in the fridge for 2 hours or overnight to set.
3. Top with fresh fruit, granola and/or nuts.

Substitutes

Instead of plant-based milk, you can use regular milk or coconut water or regular water.
Instead of maple syrup, you can use honey or any other sweetener of choice. You can also skip the sweetener.



Miso Mushroom Soup

Ingredients

3 oz. fresh shiitake mushrooms
3 oz. fresh cremini mushrooms
3 scallions
8 cups filtered water
1 large carrot, cut crosswise into 4–5 pieces
1 (1-inch) piece fresh ginger, cut into ¼-inch-thick slices
1 ½ tablespoons low-sodium tamari
zest from 1 lemon
⅛ teaspoon ground turmeric
½ teaspoon ground black pepper
¼ cup Eden Foods Organic Shiro Miso
1 brick (14 oz.) firm tofu, cut into ¼-inch cubes
4 cups packed baby spinach or green chard

Instructions

1. Rinse the mushrooms, pat them dry, and trim the stems. Separate the stems from the mushrooms and place them in a slow cooker. Slice the mushroom tops into ¼-inch-thick slices and keep them covered and chilled in the refrigerator for later.
2. Trim the roots off the scallions and discard. Toss the white and light green pieces into the slow cooker. Thinly slice the dark green pieces and keep them covered and chilled in the refrigerator for serving.
3. Add filtered water, carrots, ginger, tamari, lemon peel, and turmeric to the slow cooker. Cover and cook on the low setting for six hours.
4. Use a slotted spoon to remove the cooked vegetables.
5. Whisk the miso into the broth then add back in the reserved mushroom tops, tofu, and spinach. Stir to combine, cover, and let sit until vegetables are tender and tofu is warmed through, about 5 to 7 minutes.
6. Serve hot with thinly sliced scallions. Store leftovers in the fridge for 2-3 days and reheat before serving.



White Bean Soup

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 rib celery, chopped
- 1 clove garlic, minced
- 2 cans white cannellini beans
- 1 can chicken broth
- ¼ teaspoon ground black pepper
- ⅛ teaspoon dried thyme
- 2 cups water
- 1 bunch fresh spinach
- 1 tablespoon lemon juice

Instructions

1. Heat oil in a large soup pot over medium-low heat. Add onion and celery; cook and stir until tender, about 5 to 8 minutes. Add garlic, and cook for 30 seconds, continually stirring.
2. Stir in beans, chicken broth, pepper, thyme, and 2 cups water. Bring to a boil, reduce heat, and simmer for 15 minutes.
3. Use a slotted spoon to remove 2 cups of bean and vegetable mixture from soup; set aside.
4. Blend remaining soup in small batches in a blender at low speed until smooth — it helps to remove the center piece of the blender lid to allow steam to escape.
5. Pour blended soup back into pot; stir in reserved beans.
6. Bring soup to a boil, occasionally stirring. Stir in spinach and until spinach is wilted, about 1 minute.
7. Stir in lemon juice and remove from heat. Serve soup with freshly grated Parmesan cheese on top.

Broccoli Salad

Ingredients

- 8 cups broccoli florets
- ⅓ cup diced red onion
- ½ cup dried cranberries
- ¼ cup sunflower seeds
- ½ cup bacon bits
- 1 cup mayonnaise
- 3 tablespoons apple cider vinegar
- 2 tablespoons granulated sugar
- salt and black pepper to taste

Instructions

1. Whisk together dressing ingredients in a medium bowl. Set aside.
2. In a large bowl, combine broccoli, onion, cranberries, sunflower seeds, and bacon bits. Pour the prepared dressing over and mix well.
3. Refrigerate for at least one hour before serving.

Notes

Broccoli Salad can be made ahead & kept in the fridge (at least an hour but up to 24 hours) until ready to serve. Leftovers will last about 4-5 days in the fridge. Dry broccoli very well so moisture doesn't water down the dressing. Broccoli does not need to be cooked for this recipe.

51 Best Salad Recipes



One-Pan Curry Noodles

Ingredients

- 2 packs ramen noodles
- 1 red bell pepper, sliced
- 1 yellow onion, sliced
- 1 cup edamame, thawed
- 1 cup broccoli florets, chopped
- 1 cup cashews
- 1 teaspoon curry powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 cup vegetable broth
- 1 cup coconut milk
- 1 tablespoon soy sauce
- 1 tablespoon maple syrup

Instructions

1. In a large deep pan, add the squares of ramen noodles, bell pepper, onion, edamame, broccoli, cashews and spices.
2. Turn the pan to medium heat, and add the vegetable broth, coconut milk, soy sauce and maple syrup.
3. Add the lid to the pan, and bring to a low simmer. After 2 to 3 minutes, open the lid and stir until the noodles are starting to soften and the spices and sauces are combined.
4. Add the lid back on and allow to simmer for an additional 3 to 5 minutes, until the noodles are cooked through the vegetables are soft.
5. Taste, and adjust seasonings as desired. Serve immediately, with fresh cilantro and lime juice.



Ingredients

- 1/4 ripe avocado
- 2 medium ripe bananas
- 1 cup fresh or frozen mixed berries
- 2 large handfuls spinach
- 1 small handful kale
- 2 cups unsweetened non-dairy milk
- 1 tablespoon flaxseed meal
- 2 tablespoon creamy almond butter

Instructions

1. Add all smoothie ingredients to a blender and blend until creamy and smooth. Add more almond milk to thin.
2. Taste and adjust flavor as needed, adding more ripe banana for added sweetness, more spinach for a bright green hue, or almond milk for creaminess.
3. For more protein, add nut butter! This enhances the natural sweetness of the smoothie.
4. Divide between 2 serving bowls and top with desired toppings!
5. Best when fresh, though leftovers can be kept in jars in the fridge for up to 1-2 days.

Green Smoothie Bowl



ZEN & ZEST

A modern plant-based
recipe collection

Inside this collection, you'll find more than just meals – you'll find a rhythm. A breath. A return to simplicity.

With 15 calming, vibrant recipes rooted in plants and intention, Zen & Zest brings balance to your plate and presence to your process.

Whether you're rolling sushi or sipping a green smoothie, this book is your invitation to slow down, savor the moment, and cook with a little more peace.