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# Well Your Weekend

## Recipe Index List

*This index for members of our live cooking show. Non-members can [sign up here](#).*

*Existing members please log into your [Well Your World account](#) to view the replays.*

### [Episode 1 - Taco Bar](#)

Mexican Rice  
Refried Beans  
Mushroom Taco Meat  
Corn Pico  
Cabbage Slaw  
Pico  
Guac  
Hibiscus Tea  
Red Salsa

### [Episode 2 - Pizza Bar](#)

Pizza  
Pizza Sauce  
Cheesy Sauce

### [Episode 3 - Shepherd's Pie](#)

Cathy Fisher's Shepherd's Pie

### [Episode 4 - Crispy Potatoes & Calorie Density](#)

Shoestring Potato Fries  
Coated Steak Fries  
Hash Browns  
Ketchup

### [Episode 5 - Veggie Paella](#)

Paella

### [Episode 6 - Knife Sharpening](#)

### [Episode 7 - Waffle Iron Potatoes](#)

Potato Waffles

### [Episode 8 - Enchiladas](#)

Enchiladas  
Tortillas  
Enchilada Sauce

### [Episode 9 - Masala Curry Sauce](#)

Masala Curry Sauce (The Sauce!)  
Aloo Gobi  
Chana Masala

### [Episode 10 - Four Holiday Dishes](#)

Brussels Sprouts Kale Salad  
Butternut Squash Soup  
Succotash  
Sweet Potato Apple Bake

### [Episode 11 - Holiday Dips](#)

Walnut Mushroom Pâté  
Roasted Red Pepper Hummus  
Baba Ganoush

### [Episode 12 - Green and Red Tamales](#)

Red Tamales  
Green Tamales  
Red Enchilada Sauce  
Green Tomatillo Sauce

### [Episode 13 - Lentil Soup and Chickpea Salad](#)

Lentil Soup  
Creamy Chickpea Salad

### [Episode 14 - Lasagna](#)

Lasagna  
Marinara Sauce  
Cashew Ricotta

### [Episode 15 - The Caribbean Sauce](#)

The Caribbean Sauce (The Sauce!)

### [Episode 16 - Burgers and Fries](#)

Base Burger Recipe

Fries

Ketchup

### [Episode 17 - Stuffed Bell Peppers](#)

Mexican Stuffed Peppers

Indian Stuffed Bell Peppers

### [Episode 18 - Five Amazing Salsas](#)

Roasted Tomatillo Avocado Salsa

Shitake Mushroom Salsa

Sun Dried Tomato Basil Salsa

Mango Cucumber Cumin Salsa

Pineapple and Red Bell Pepper Salsa

### [Episode 19 - Sweet and Savory Crepes](#)

Sweet Crepes

Savory Crepes

### [Episode 20 - Quesadillas](#)

Breakfast Quesadilla

Dinner Quesadilla

### [Episode 21 - Bravo Express Salads](#)

Chef Bravos' Buckwheat Tabbouleh

Chef Bravo's Edamame Kale Salad

Chef Bravo's Mango Ginger Dressing

### [Episode 22 - Stuffed Portobellos And Collards](#)

Stuffed Portobellos

Stuffed Collards

### [Episode 23 - Egyptian Koshari](#)

Egyptian Koshari

Baharat Spice Blend

Koshari Red Sauce

### [Episode 24 - Veggie Polenta Quiche](#)

Veggie Quiche

Tofu Mix

Polenta

### [Episode 25 - Mediterranean Sweet Potatoes & Caesar Salad](#)

Mediterranean Sweet Potatoes

Caesar Salad

Garlic Herb Sauce

Parsley Pico

### [Episode 26 - Eggplant Cannelloni](#)

Eggplant Cannelloni

Simple Red Sauce

Mashed Potato Corn Filling

### [Episode 27 - Falafel Pita Party](#)

Falafel

Tzatziki

Homemade Pita

### [Episode 28 - Nachos and Tostadas](#)

Taco "Meat"

Refried Beans

Nacho Cheese

Pico De Gallo

Guacamole

### [Episode 29 - Soy Yogurt](#)

Soy Yogurt

### [Episode 30 - Party Food](#)

Carrot Dogs

Spinach Artichoke Dip

Stuffed Jalapenos

### [Episode 31 - Fall Flavors](#)

Potato Leek Cauliflower Soup

Stuffed Acorn Squash

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### [Episode 32 - Chili and Cornbread](#)

Signature Chili

Cornbread

Sour Cream

### [Episode 33 - Finger Food](#)

Meatloaf Bites

Deviled Red Potatoes

Potato Salad

Mashed Potato Stuffed Mushrooms

### [Episode 34 - Holiday Desserts](#)

Samoa Cookies

Strawberry Cheesecake

Hygge Apples

### [Episode 35 - Cabbage Rolls](#)

Stuffed Cabbage Roll (Euro-Style)

Stuffed Cabbage Roll (Moroccan-Style)

### [Episode 36 - Holiday Feast](#)

Jingle Balls

Holiday Lights Salad

Easy Root Veggie Mash

Apple Cranberry Relish

### [Episode 37 - Fancy Latin Fare](#)

Chiles Rellenos

Ceviche De Verduras

Tres Leches Cake

### [Episode 38 - Super Bowl Party](#)

Jalapeño Poppers

Cauliflower Bites

Chipotle Sauce

Cayenne Pepper Sauce

Sweet Bean Taquitos

Pina Colada

### [Episode 39 - Valentine's Day](#)

Heart-Beet Salad

Hearty Stuffed Tomatoes

Brownie Batter Hummus

### [Episode 40 - Thai Food](#)

Thai Red Curry Paste

Green Papaya Salad

EZ Tom Yum Soup

Red Coconut Curry

### [Episode 41 - St. Paddy's Day](#)

Irish Soda Bread

Irish Stew

Colcannon

Shamrock Shake

### [Episode 42 - Quarantine Cookery](#)

"Hamburger" Helper

Potatoes Enchilatoes

Chef AJ's Oatmeal Jam Bars

### [Episode 43 - Easter A La Quarantine](#)

Moose Mama's Creamed Spinach

Hashbrown Hot Dish

Bird's Nest Cookies

### [Episode 44 - Game of Rolls](#)

Veggie Sushi

Fresh Spring Rolls

Peanutless Sauce

Sweet and Sour Sauce

Creamy Ginger Dressing

Mango Sticky Rice

### [Episode 45 - Picnic Party](#)

Creamy Chickpea Salad

Walnut Mushroom Pâté

Smoky Hummus Dip

Agua De Hibiscus

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### [Episode 46 - Tapas!](#)

Patatas Bravas  
Champiñones Al Ajillo (Garlic Mushrooms)  
Artichokes Al Ajillo  
Salmorejo (Spanish Gazpacho)

### [Episode 47 - Chinese Takeout](#)

Orange Cauliflower or Tofu  
Eggless Foo Young  
Eggless Egg Rolls  
Sweet and Sour Sauce

### [Episode 48 - Summer Favorites](#)

Lentil Mango Salad  
Pesto Pasta  
Mushroom Sweet Potato Burgers  
Red, White, & Blueberry Popsicles

### [Episode 49 - Hot Weather Hotties](#)

Hasselback Potatoes  
Dill's Delectable Dill Dip  
Curried Peas Dip  
Strawberry Spinach Salad  
Smoky Cheeze Ball  
Cherub Nice Cream

### [Episode 50 - Breakfast In Bed](#)

Oat Carrot Muffins  
San Francisco Oats  
Fruity Chocolatey Crepes

### [Episode 51 - Greek Delights](#)

Greek Lemon Potatoes  
Pastitsio  
Dolmades  
Tzatziki  
Lemon Rice Veggie Soup

### [Episode 52 - Indian Food](#)

Dosa  
Mint Chutney  
Sambar Stew  
Palak Tofu  
Mushroom Makhana Curry

### [Episode 53 - Easy Fast Meal Techniques](#)

Instant Pot Ziti  
Soup'r Stew Formulator  
Nourish Bowl Formulator  
Trader Joe's Lavash Wrap

### [Episode 54 - Big Batch Meal Prep](#)

Meal Prep Formulator  
Red Lentil Chili  
Layered Sweet Potatoes

### [Episode 55 - Native American Starches](#)

Three Sister's Pot Pie  
Tangy Wild Rice Salad

### [Episode 56 - Halloween Special](#)

Puking Pumpkin  
Spider Web Bean Dip  
Spooky Chips  
Cauliflower Skeleton Guts  
Mushroom Eyeballs  
FrankenToast

### [Episode 57 - Easy Pumpkin Recipes](#)

Cathy Fisher's Pumpkin Curry Soup  
Creamy Pumpkin Alfredo  
Pumpkin Muffins

### [Episode 58 - Thanksgiving Special!](#)

Sauteed Kale Salad  
Scalloped Potatoes  
Rooty Rice Bake  
Glazed Apple Bake

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### [Episode 59 - Hanukkah!](#)

Sweet Potato Kugel  
Spinach Artichoke Latkes  
Carrot Lox  
Smoky Cream Cheese  
Simple Sour Cream

### [Episode 60 - Christmas Feast](#)

Whole Cauliflower  
Chestnut Bake  
Chestnutty Mushrooms  
Sweet Potato Pudding

### [Episode 61 - Sweet Potato Dessert Bar](#)

Baked Sweet Potatoes  
Oatmeal Granola  
Caramel Date Sauce  
Chia Fruit Jam  
Candied Pecans  
Banana Nice Cream Balls

### [Episode 62 - Quick Easy Meals Vol. 2](#)

Butternut Red Lentil Dahl  
Creamy Broccoli Alfredo  
No-Chop Yumbalaya (Jambalaya)

### [Episode 63 - Valentine's Day Fondue](#)

Tomato Soup  
Creamy Fondue  
Polenta Crackers  
Chocolate Fondue

### [Episode 64 - Swedish Delights](#)

Ikea-Style Veggie Balls  
Cream Sauce  
Artsoppa  
Potato Pancakes

### [Episode 65 - Mostly Batchable Recipes](#)

Stuffed Pepper Soup  
Taco Chopped Salad w. Fiesta Chutney  
Butternut Squash Delight

### [Episode 66 - Polenta Palooza](#)

Polenta Breakfast Bars  
Deep Dish Polenta Pizza  
Lemony Asparagus Polenta Delight

### [Episode 67 - Chickpea Shawarma Bowls](#)

Shawarma Roasted Chickpeas  
Muhammara  
Ginger Curry Dressing

### [Episode 68 - Smoothies and Juice](#)

Greens Smoothie  
Greens Juice  
Carrot Apple Juice  
Hippocrates Soup  
Date Balls

### [Episode 69 - Sloppy Joes, Coleslaw & Potato Salad](#)

Sloppy Joes  
Creamy Coleslaw  
Artichoke Potato Salad

### [Episode 70 - Fancy Tacos!](#)

Roasted Portobello Mushroom Tacos  
Roasted Cauliflower Tacos  
Hibiscus Tacos  
Molcajete Roasted Salsa  
Easy Latin Slaw

### [Episode 71 - Lettuce Cups](#)

Basil Guacamole  
Curried Chickpea Lettuce Cups  
Ginger Tempeh Lettuce Cups  
Latin Bean Corn Lettuce Cups

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### [Episode 72 - Sliced!](#)

Cheesy Mexican Mystery Bake  
Tempeh Noodle Salad Surprise

### [Episode 73 - Grillin N' Chillin](#)

Grilled Asparagus/ Green Bean Salad  
Easy Baked Beans  
Smothered Corn on the Cob

### [Episode 74 - 3rd Birthday Bash!](#)

Eggplant Caponata  
Baked Mostaccioli  
Easy Garlic Bread  
Chocolate Brownie Birthday Cake

### [Episode 75 - Summer Salad Formulator](#)

Crispy Quinoa Topper  
Crispy Ramen Topper  
Easy Instant Pot Sorghum  
Visible Mountain Ranch Dressing  
Orange Tangy Dressing  
Asian Peanut Dressing

### [Episode 76 - Noodle Palooza](#)

Thai Red Curry Paste  
Fast Ramen Hot Pot  
Pad Thai Buddha Bowl  
Chimichurri noodles

### [Episode 77 - Breakfast in Bed II](#)

White Bean Scramble  
Chilaquiles  
Chickpea Flour Frittatas  
Pico De Gallo

### [Episode 78 - Polenta Palooza II](#)

Polenta Crackers  
Mushroom Tapenade  
Polenta Benedict  
Polenta Curry  
Always Perfect Brown Rice

### [Episode 79 - Fast Food!](#)

Red Lentil Tortillas  
Cashew Cheese Sauce  
Buffalo Sauce  
Pico  
Lentil Taco Meat  
Crunch Wrap  
Buffalo Taquitos  
Hemp Seed Ranch Dressing

### [Episode 80 - Halloween Spooktacular](#)

Mummy Potato Pizzas  
Cauliflower Brains  
Pumpkin Pie Smoothie

### [Episode 81 - Warming Fall Soups](#)

Potato Leek Soup  
Hearty Lentil Veggie Soup  
Goulash

### [Episode 82 - Thanksgiving Special!](#)

Lentil Pancakes  
One-Pot Green Beans and Potatoes  
No-Turkey Salad  
Mushroom Cauliflower Gravy/Soup  
Cranberry Relish

### [Episode 83 - Hanukkah Show!](#)

Mushroom Bourguignon  
Instant Pot Mashed Potatoes  
Kasha Vanishkes  
Chickpea Shabbat Salad  
Gluten Free Apple Fritters

### [Episode 84 - Christmas Special!](#)

Butternut Squash Roast  
Veggie Pie  
Wassail  
Eggnog (Eggnog)  
Caffeine-Free Hot Cocoa  
Reeb's Walnut Cookies

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### [Episode 85 - Noodle Bowls and Knife Skills](#)

Rice Noodle Bowl  
Ginger Peanut Dressing  
Peanutless Sauce  
Creamy Ginger Dressing

### [Episode 86 - 3 Sheet Pan Meals](#)

Tofu Scramble Sheet Pan  
Fajita Sheet Pan  
Mediterranean Sheet Pan

### [Episode 87 - Dips and Wraps](#)

Moroccan Carrot Dip  
Instant Pot Baba Ganoush  
Sheet Pan Tempeh and Veggies  
Raw Veggies and Toppings

### [Episode 88 - 20 Minute Meals Vol. 1](#)

Angie's Quinoa Delight  
Reeb's Burrito Bowl  
Guacamole  
Pico  
Chipotle Corn Salsa  
Creamy Broccoli Pesto Pasta

### [Episode 89 - St. Paddy's Feast](#)

Creamy Colcannon Soup  
Roasted Mushroom Shepherd's Pie  
Easy Cabbage Salad  
Shamrock Shake

### [Episode 90 - Springtime Gathering](#)

Spinach Stuffed Mushrooms  
Crab Cakes  
Sriracha Aioli  
Tempeh Broccoli Salad

### [Episode 91 - 20 Minute Meals Part 2](#)

Mediterranean Pasta  
Mushroom Kidney Bean Curry  
Lentil Stew

### [Episode 92 - 20 Minute Meals Part 3](#)

BiBimBap with Gochujang Sauce  
Smashed Avocado Chickpea Dip  
Creamy Onion and Mushroom Quinoa

### [Episode 93 - Sheet Pan Meals](#)

Teriyaki Tofu Sheet Pan  
BBQ Sweet Potato Sheet Pan  
Butternut Citrus Kale Sheet Pan

### [Episode 94 - Homemade Soy Yogurt Part 1](#)

Homemade Soy Yogurt

### [Episode 95 - Homemade Soy Yogurt Part 2](#)

Breakfast Yogurt with Granola  
Fermented Ranch Dressing  
Sour Cream  
Indian Coriander Chutney  
Cranberry Walnut Cheese  
Garden Veggie Cheese

### [Episode 96 - Backyard BBQ](#)

Collard Greens  
Scalloped Sweet Corn Casserole  
BBQ Jackfruit

### [Episode 97 - 10 Minute Meals](#)

Potato Corn Chowder  
Curried Chickpea Lettuce Cups  
McReebs Wrap  
Peanut Ramen Bowl  
Mexican Buddha Bowl

### [Episode 98 - Camping Meals](#)

Breakfast Potato Scramble  
Veggie Kabobs  
Eggless Egg Salad  
Foil-Pack Mashed Sweet Potatoes  
Campfire Bananas  
Baked Camping Apples  
Spiced Apple Cider

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### [Episode 99 - Blank Canvas Recipes](#)

Red Tamale Pie  
Green Tamale Pie  
Mexican Layered Dip  
Greek Layered Dip  
Indian Layered Dip

### [Episode 100 - 10 Minute Meals](#)

Mexican Fiesta Chili  
Stovetop Wowatouille (Ratatouille)  
Curried Potato Stew  
Pasta Carbonara

### [Episode 101 - Brunch](#)

Quinoa Breakfast Bake  
Asian-Style Savory Oats  
Fall Harvest Oats  
Chickpea Omelet

### [Episode 102 - Oktoberfest](#)

German Potato Hash - Grostl  
Red Cabbage Slaw - Rotkohl  
German Potato Salad  
Oat Schnitzel

### [Episode 103 - Snack Attack](#)

Un-Fried Zucchini Fritters  
Potato Taquitos  
Sriracha Aioli  
McReebs Sauce  
Crispy Bean Snack  
Chocolate Fudgesicles

### [Episode 104 - Día de los Muertos](#)

Calabacitas  
Enchilada Sauce  
Cashew Crema  
Enchilasagna  
Stuffed Jalapeños  
Mexican Pumpkin Stewp (Stew/Soup)

### [Episode 105 - Warming Fall Soups](#)

Easy Peas-y Soup  
Instant Pot Eggplant Soup  
Creamy Wild Rice Soup  
No-Chicken Noodle Soup

### [Episode 106 - Thanksgiving Special](#)

Whole Stuffed Pumpkins  
Spaghetti Squash Casserole  
Mushroom Gravy  
Brussels Sprout Hash

### [Episode 107 - Easy Indian Food](#)

Indian Eggplant Stew  
Fenugreek Potatoes  
Black Eyed Pea-laf (Pilaf)  
Carrot Halwa Dessert

### [Episode 108 - Holiday Feast](#)

Butternut Lasagna Rolls  
Creamed Sweet Corn  
Creamed Spinach  
Date Glazed Carrots

### [Episode 109 - 10 Minute Meals](#)

Indian Chili  
One Pot Eggplant Bean Delight  
Simple Seasoned Lentils  
Speedy Black Eyed Peas & Greens

### [Episode 110 - Bowl Building](#)

Stovetop Cuban Rice & Beans  
Latin Cabbage Slaw  
Instant Pot Cuban Rice & Beans  
Mango Pico de Gallo  
Reebs' Sautéed Shrooms  
Cilantro Cashew Crema



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### [Episode 111 - Lunches On The Go](#)

Sheet Pan Veggie Salad  
Muhammara  
Bonnie's Pickled Red Onions  
Muhammawrap  
Caesar Dressing  
Starchy Caesar Salad

### [Episode 112 - Mac and Cheese Bar](#)

White Cheese Sauce  
Southwest Succotash  
Air-Fried Broccoli  
Mushroom Bacon  
Buffalo Sauce  
Roasted Pepitas

### [Episode 113 - 10 Minute Meals](#)

Simple Chickpea Bruschetta  
Stir-Fried Rice  
Teriyaki Sauce  
Dillon's Not So Favorite Meal  
Veggie Fajitas  
Ineeda Fajita Sauce

### [Episode 114 - Brunch](#)

Ruth's Eggplant Patties  
Cheesy Hash Brown Casserole  
Sunflower Tofu Pesto

### [Episode 115 - Soup & Salad](#)

Hungarian Mushroom Soup  
Lemon Chickpea Orzo Soup  
Arizona White Bean Stew  
Asian Napa Cabbage Salad  
Ribbioned Zucchini Salad

### [Episode 116 - Caribbean Flavors](#)

Pepper Pot Soup  
Pineapple Pico  
Jerk Tempeh Lettuce Cups  
Jerk Marinade  
Jerk Rubbed Grilled Eggplant  
Jerk Dry Rub  
Grits and Greens

### [Episode 117 - Pasta Palooza](#)

Dilly Orzo Salad  
Easy Hummus Pasta  
Creamy Tomato Pasta  
Ranch Pasta

### [Episode 118 - Backyard BBQ](#)

Taco Pasta  
Grilled Cabbage & Cauliflower  
Grilled Pineapple  
Dove's Cauliflower Salad  
Teenie Weenies

### [Episode 119 - Street Food Favorites](#)

Pizza Taquitos  
Cheese Sauce  
Cauliflower Walnut Crumble  
Potato Nachos  
Walking Tacos  
Onion Bhaji  
Elote Salad

### [Episode 120 - It's Too Hot to Cook](#)

Smoothie Bowl  
Oh Fudge! Overnight Oats  
Blended Bean Soup  
Easy Tomato Cucumber Salad  
Hummus Pesto Pinwheels  
Sun-Dried Tomato Pesto

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### [Episode 121 - 10 Minute Meals](#)

SpaghettiOrzo's  
Caribbean Sweet Potato Bowl  
Better Butter Beans  
Easy BBQ Wrap  
BBQ Sauce  
Ranch

### [Episode 122 - Breakfast in Bed](#)

Tater Cakes  
White Gravy  
Mango Chia Seed Pudding  
Pizza Oatmeal Bake  
Sunrise Skillet

### [Episode 123 - Comfort Food](#)

Cornbread Pot Pie  
Pasta Bolognese  
Chipotle Corn Chowder

### [Episode 124 - Asian Fusion](#)

Indonesian Gado Gado  
Chestnut Gado Gado Sauce  
Savory Tofu Bites  
Vietnamese Pho  
Instant Pot Soy Bean Curry

### [Episode 125 - Latin Cuisine](#)

Picadillo  
Calabacitas Soup  
Simple Salsa  
Empanadas

### [Episode 126 - Moroccan Flavors](#)

Zaalouk  
Casablanca Crumble  
Tabbouleh  
Moroccan Slaw  
Rockin' Moroccan Wrap

### [Episode 127 - Simple Snacks & Kid Food](#)

Chickpea McNuggets  
Tater Tots  
McDillon Sauce  
Secret Veggie Soup  
Carob 'Bout You Smoothie

### [Episode 128 - Pumpkin Palooza](#)

Pumpkin Pasta  
Pumpkin Spice Tofu Crumble  
Darn Gourd Soup  
Chunky Pumpkin Chili

### [Episode 129 - Soup & Salad](#)

Instant Pot Split Pea Soup  
Creamy Fajita Soup  
Fall Harvest Salad  
Well Your Waldorf Salad  
Creamy Artichoke Dressing

### [Episode 130 - Thanksgiving](#)

Sweet Potato Casserole  
Cornbread Stuffing  
Stuffed Portobello Mushrooms  
Garlic Herb Sauce  
No-Bake Pumpkin Pie

### [Episode 131 - Casserole Crazy](#)

Mexican Quinoa Casserole  
Moussaka  
Plant Powered Pepita Pesto Pasta Casserole

### [Episode 132 - Holiday Show](#)

Holly Jolly Bean Salad  
Texas Pecan Rice  
Cranberry Pico  
Hasselback Butternut Squash  
Banana Cream Pie

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### [Episode 133 - 10 Minute Meals](#)

African Peanut Stew  
Stuffed Sweet Potatoes  
MBLT Wrap  
Dillapeño Sauce  
Mushroom Stroganoff

### [Episode 134 - Deconstructed Recipes](#)

Tamale Bowl  
Cabbage Roll Soup  
Deconstructed Shepherd's Pie

### [Episode 135 - Game Day Grub](#)

Cheesy Broctatas  
Pizza Dip  
Crackers  
Onion Rings

### [Episode 136 - Brunch & Mocktails](#)

Instant Pot Mashed Potatoes  
Country Gravy  
Country Fried Portobello  
Blackened Tofu  
Southern Comfort Brunch  
Reeberry Shrub  
Sweet Potato Latte

### [Episode 137 - Mushroom Madness](#)

Mushroom Boscaiola  
Mushroom Cacciatore  
Mushroom Rice Casserole

### [Episode 138 - Easter](#)

Easter Oatmeal Bake  
Primavera Pilaf  
Crabless Salad  
Pineapple Cucumber Agua Fresca

### [Episode 139 - Assembly Meals](#)

Indian Veggie Sheet Pan  
Starchy Sheet Pan  
Creamy Italian Dressing  
Lemony Lentil Hummus

### [Episode 140 - Soy Curls!](#)

No Butter Chicken  
Deconstructed Cabbage Roll Casserole  
Soy Curl Asada  
Instant Pot Refried Beans  
Taco Bowl

### [Episode 141 - Travel & School Lunch](#)

Roasted Crudité  
Secret Veggie Sauce  
English Muffin Pizzas  
Tofu Pepperoni  
Tami's Falafels  
Sweet Potato Quesadillas

### [Episode 142 - Italian Fusion](#)

Mangia Minestrone  
Roasted Chickpea Orzo Salad  
Chipotle Pasta

### [Episode 143 - The Perfect Lunch](#)

Assembly Lunch Bowl  
Perfect Lunch Bowl  
Easy Saucy Lentils  
Summer Sheet Pan  
Chopped Salad  
Walnut Pesto Dressing

### [Episode 144 - Sizzle and Salsa](#)

Not Your Average Fruit Salad  
Grilled Corn Salad  
Sizzlin' Portobello & Poblano Tacos  
Quick Cabbage Slaw  
Fire Roasted Red Salsa