



THE APPROACH

THE CLASSICS EDITION

12 COLORFUL, VIBRANT AND
CLASSIC RECIPES

ADAM POTASH

Vegan Buddha Bowl



4 servings



20 minutes

With chickpeas, sweet potato and avocado!



INGREDIENTS

- 1 Can Chickpeas, drained
- 1 Sweet Potato, cubed
- ¼ Cup Olive oil, divided
- 2 tsp Paprika, divided
- 2 tsp Salt, divided
- 2 tsp Black Pepper, divided
- ½ Cup Tahini
- 2 tsp Olive Oil
- ¼ Cup Lemon Juice
- 1 tsp Garlic powder
- 1 tsp Salt
- 1 tsp Black pepper
- 4 Cups Kale, roughly chopped
- 1 Cup Red Cabbage, shredded
- Sesame Seeds, for garnish

DIRECTIONS

1. Preheat the oven to 375°F and line two baking sheets with parchment paper.
2. In a mixing bowl combine the chickpeas, half of the paprika, salt and pepper. Drizzle with half of the olive oil and toss to combine. Spread on one of the baking sheets. Roast in the oven for about 15 minutes or until slightly crispy.
3. In the same mixing bowl combine the sweet potatoes, the rest of the paprika salt and pepper. Drizzle with the other half of the olive oil and toss to combine. Spread in an even layer on top of the second baking sheet. Roast in the oven for about 15-20 minutes or until the potatoes are tender.
4. In a small mixing bowl combine the tahini, olive oil, lemon juice, garlic powder, salt and pepper. Whisk to combine until well incorporated and drizzling.
5. In a bowl arrange the kale, red cabbage, carrots, chickpeas, and sweet potatoes. Drizzle with the tahini dressing and garnish with sesame seeds.

NOTES

Buddha bowls are a great way to create a balanced meal, add some of your favorite ingredients to create more variety. Nuts and seeds are a great addition.

Honey Lime Shrimp



4 servings



60 minutes

This easy and at the same time so flavorful grilled shrimp marinated in honey, lime, and garlic sauce is the best quick weeknight dinner everyone will love!



INGREDIENTS

- 1 lb Medium Shrimp cooked
- 1 tbsp Garlic minced
- 2 Tbsp Lime Juice
- 1/4 Cup Honey
- 1/2 Cup Olive Oil
- 1 Tbsp Sweet Paprika
- 2 Tsp Fresh Ginger minced
- 1 Tsp Salt
- 1 Tsp Black Pepper
- 1/4 Cup Fresh Parsley finely chopped

DIRECTIONS

1. In a large mixing bowl combine all ingredients and toss to combine. Cover and let it sit in the fridge for at least 30 minutes.
2. Heat a large skillet to medium heat and drizzle with olive oil. Add the marinated shrimp and cook for about a minute on each side. It should turn pink and opaque.
3. Transfer to a plate and drizzle with honey or more of the marinade. Serve over cauliflower rice or on top of a salad.

EQUIPMENT

- Mixing bowls
- Largest Skillet you have or a grill

Roasted Sweet Potato



4 servings



40 minutes

Roasted sweet potatoes are loaded with za'atar spiced chickpeas, and roasted veggies, and drizzled with lemon aioli.



INGREDIENTS

- 1 Can Chickpeas drained
- 1/4 Cup Olive Oil
- 2 Tbsp Za'atar Seasoning
- 1/2 Tsp Salt
- 1/4 Tsp Black Pepper
- 1/3 Cup Sour Cream
- 2 Tbsp Lemon Juice plus more to think out the aioli if needed
- 1/2 Tsp Sea Salt
- 1/8 Tsp Black Pepper
- 6 Sweet Potatoes
- 3 Tbsp Olive Oil
- Salt and Pepper

DIRECTIONS

1. Preheat the oven to 375°F.
2. Cut the sweet potatoes in half and pierce with a fork all over. Place them on a roasting sheet pan skin side down and drizzle with olive oil. Season generously with salt and pepper and roast in the oven for about 30-40 minutes or until tender in the middle.
3. Line a roasting sheet pan with parchment paper.
4. In a mixing bowl combine the chickpeas, olive oil, za'atar seasoning, salt, and pepper. Toss to combine and spread over a roasting sheet pan. Roast in the oven for about 15 minutes or until crispy.
5. Meanwhile, in a small mixing bowl combine the sour cream, lemon juice, salt, and pepper. Whisk until smooth. Add more lemon juice or water until it reaches drizzling consistency.
6. Assemble the Loaded Sweet Potato Boats
7. When the sweet potatoes are done roasting ruffle up the flesh with a fork so it is easy to scoop. Load them with spicy chickpeas and drizzle with lemon aioli.

EQUIPMENT

- Mixing bowls
- Roasting sheet

Lamb Meatballs



4 servings



30 minutes

Lamb Meatballs with Marinated Tomato Salad & Roasted Vegetables



INGREDIENTS

- 1 Lb Ground lamb
- 1 tsp parsley, chopped,
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 1 tsp Salt
- 1 tsp Black Pepper
- 1 Cup Broccoli, chopped into small florets
- 1 Cup Carrots, chopped into chunks
- 1 tbsp garlic, minced
- 2 tsp sea salt
- 1 tsp black pepper
- 1 Cup cherry tomatoes, halved
- 1 tbsp green onion, chopped
- 1 tsp parsley, chopped
- 1 tbsp olive oil
- 2 tsp lemon juice
- 1 tsp sea salt
- 1 tsp black pepper

DIRECTIONS

1. In a mixing bowl combine the beef, parsley, cumin, paprika, salt, and pepper. Mix to combine.
2. Using your hands make the meatballs and line them on a baking sheet with parchment paper.
3. Roast in the oven for about 20 minutes or until the meatballs are cooked through.
4. In a second mixing bowl combine the broccoli, carrots, garlic, salt, and pepper. Drizzle with olive oil and toss to combine.
5. Transfer to a baking sheet with parchment paper. Roast in the oven for about 15-20 minutes.
6. In a small mixing bowl combine the tomato, green onion, parsley, olive oil, lemon juice, salt, and pepper. Toss to combine and set aside until ready to serve.
7. Transfer the meatballs and roasted veggies to a plate. Serve with tomato salad on the side.

NOTES

These are great served as a sharing platter, just adjust the quantity for the amount of guest that you have.

Spring Rolls



4 servings



30 minutes

Spring rolls with healthy peanut sauce



INGREDIENTS

- 1 Carrot, cut into matchsticks
- 1 Red bell pepper, cut into matchsticks
- ½ cucumber, cut into matchsticks
- 8 Butter lettuce leaves
- ¼ cup peanut butter
- 2 tbsp oat milk
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- ½ tsp fish sauce
- ½ tsp ginger
- Scallions, for garnish
- 8 pieces of rice paper

DIRECTIONS

1. Place all the veggies on a platter for easier access. Fill a bowl big enough to fit the rice paper with water.
2. Prepare a cutting board and place the rice paper in the water for about 30 seconds. Transfer the rice paper to the board and layer with the lettuce. Follow by the veggie matchsticks. Make sure everything is in the middle.
3. Fold starting from the bottom making sure everything is tight. Then fold the sides inwards. Finally, roll the entire roll tucking everything in.
4. Using a sharp knife cut in the middle.
5. To make the peanut sauce mix peanut butter, oat milk, sesame oil, rice vinegar, fish sauce, and ginger until well combined and creamy.
6. Serve the spring rolls with the peanut sauce and garnish with scallions.

NOTES

These are great served as a sharing platter, just adjust the quantity for the amount of guests that you have.

Chicken Teriyaki Wrap



4 servings



30 minutes

Chicken Teriyaki Lettuce Tacos with Sriracha Aioli



INGREDIENTS

- 2 LB Ground Chicken
- 1 Onion minced
- 1 Red Bell Pepper minced
- 1 Head Boston Lettuce
- Green onion for garnish
- 1/2 Cup Brown Sugar
- 1 Cup Low Sodium Soy Sauce
- 2 Tbsp Rice Vinegar or any other vinegar
- 1/2 Tsp Fresh Ginger minced
- 4 Tsp Garlic finely minced
- 3 Tbsp Cornstarch or all-purpose flour
- 4 Tbsp Water
- 1 Tbsp Sesame Seeds

DIRECTIONS

1. Heat a large pan on medium heat and drizzle a little olive oil. Add the chicken, onion, and red bell pepper. Cook until the chicken is cooked all the way through and the onion is transparent. About 10 minutes.
2. Add the garlic and cook for additional 3-4 minutes.
3. Add the teriyaki sauce to the pan with the chicken 1/4 cup at a time. Stir until everything is coated. Turn the heat off and transfer to a bowl.

NOTES

All the great flavor with a healthy twist!

Stuffed Avocados



4 servings



30 minutes

Stuffed avocados with shrimp and mango



INGREDIENTS

- 1 Cup Shrimp, cooked
- 1 Mango, cubed
- 1 Jalapeno, chopped
- 1 Avocado, cubed
- 2 tbsp Cilantro, chopped
- 1 tsp Cumin
- 1 tsp Sweet paprika
- 2 tsp Garlic
- ¼ cup Olive oil
- 2 tbsp Lemon juice

DIRECTIONS

1. In a mixing bowl combine the shrimp, mango, jalapeno, cilantro, cumin, sweet paprika, garlic, olive oil, lemon juice. Toss to combine and set aside.
2. Cut the avocado in half and remove the seed. Cut the flesh into small squares and remove using a spoon. Mix the avocado into the shrimp and mango salad.
3. Fill the avocado skins with the shrimp salad and garnish with cilantro.

NOTES

Team with rice if you want to use this recipe to break your fast!

Citrus Glazed Salmon



6 servings



30 minutes

This fresh and delicious salad is gluten-free, and everyone will love it. Add it to a rice bowl, or pasta, or enjoy it as is.



INGREDIENTS

- 1 lb Salmon
- 1 Orange thinly sliced
- 1 Lemon thinly sliced
- 1 Lime thinly sliced
- 3 Tbsp. Olive Oil
- 1/4 Cup Fresh Thyme roughly chopped
- Black Pepper
- Sea Salt
- 2 Avocados cubed
- 1 Orange cubed
- 1/2 Cup Olive oil
- 1/4 Cup Lemon Juice
- 1 Shallot minced
- 2 Tsp Garlic minced
- 1 Tbsp Fresh Thyme

DIRECTIONS

1. Preheat the oven to 375 F. Line a baking sheet with parchment paper. Pat dry the salmon and lay it on top of the parchment paper.
2. Season the salmon with salt and pepper and sprinkle some of the thyme on top. Arrange the orange, lemon, and lime slices on top. Drizzle with olive oil and roast in the oven for 20 minutes or until the salmon is cooked through.
3. Meanwhile, make the dressing. In a small mixing bowl combine the olive oil, lemon juice, thyme, shallots, garlic, salt, and pepper. Stir to combine and set aside.
4. When the salmon is done, take it out of the oven and remove the fruit from the top. Flake with a fork into large pieces.
5. Arrange the orange, avocado, and salmon on a large plate. Drizzle with the citrus dressing and garnish with more thyme.

NOTES

Team with rice if you want to use this recipe to break your fast!

Cauliflower Tacos



4 servings



30 minutes

Tacos are a great way to get a mix of flavors in one bite! This recipe combines cauliflower and sweet potatoes.



INGREDIENTS

- 1 Small Cauliflower, cut into small pieces
- 2 Sweet potatoes, cubed
- Salt and pepper
- ½ Cup Corn
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 tsp paprika
- 8 Corn tortillas
- 2 Avocados, sliced (for garnish)
- 1 Cup Sour cream
- ¼ Lemon juice
- 1 tsp Salt
- 1 tsp Black Pepper
- 2 Avocados, sliced (for garnish)
- Chopped Cilantro, for garnish

DIRECTIONS

1. Preheat the oven to 375 F and line a baking sheet with parchment paper.
2. In a mixing bowl combine the cauliflower and sweet potatoes. Drizzle with olive oil and season with salt and pepper. Toss to combine and layer on the baking sheet.
3. Roast in the oven for about 30 minutes.
4. Heat a non stick pan to medium high heat. Drizzle with olive oil. Add the corn and cook for several minutes until slightly charred. Season with chilli powder, cumin, salt and pepper and stir. Set aside.
5. In a small mixing bowl combine the sour cream, lemon juice, salt and pepper. Stir to combine and set aside.
6. Wrap the tortillas in a damp paper towel and microwave for 30 seconds. Arrange the veggies and corn on top. Drizzle with the cream.

NOTES

Tacos are a great option when cooking for a large group of people. Just adjust the quantities accordingly.

Chicken Caesar Salad



4 servings



20 minutes

An exciting twist on a classic!



INGREDIENTS

- 1 Chicken Breast, cut into cubes
- 1 tsp Paprika
- 1 tsp Italian seasoning
- 1 tsp Salt
- 1 tsp Black Pepper
- ½ Cup Olive oil
- 2 tbsp Lemon juice
- 1 Anchovies, minced
- 1 tsp Dijon mustard
- 1/2 tsp Worcestershire sauce
- ¼ Cup Parmesan, grated
- 2 Cups Kale, roughly chopped

DIRECTIONS

1. In a mixing bowl combine the chicken, paprika, Italian seasoning, parsley, salt, and pepper. Drizzle with olive oil and toss to combine.
2. Heat a medium skillet over medium heat and add the chicken. Cook on all sides until the chicken is cooked through - about 10-15 minutes. Transfer to a plate.
3. In a small mixing bowl combine the olive oil, lemon juice, anchovies, dijon mustard, worcestshire sauce, and parmesan. Stir to combine and set aside.
4. To assemble the salad toss the kale with the caesar dressing and top with the chicken and sweet potatoes. Drizzle more of the dressing and garnish with parmesan cheese.

NOTES

Using kale for this recipe gives an exciting twist to a classic dish!

Homemade Hummus



4 servings



20 minutes

Nothing beats a homemade hummus to accompany a snack or to add to your main meal!



INGREDIENTS

- 1 can chickpeas
- ¼ cup tahini
- 1 tbsp garlic, minced
- Juice from 1 Lemon
- 1 tsp cumin
- 1 tsp smoked paprika
- 2 tbsp olive oil

DIRECTIONS

1. Add all ingredients to a food processor. Blend until everything is well combined and smooth.
2. Transfer to a plate and garnish with olive oil, paprika, and parsley.

NOTES

You will need a good food processor for this dish!

Zucchini Noodles



4 servings



20 minutes

Zucchini noodles with lemon pepper chicken



INGREDIENTS

- 2 boneless skinless chicken breasts, cut into small cubes
- ¼ cup extra-virgin olive oil
- 2 tbsp Lemon juice
- 1 tbsp Italian seasoning
- 2 tsp lemon pepper
- 1 tbsp garlic, minced
- ½ cup cherry tomatoes
- 2 cups zucchini spirals (2 zucchini)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste
- ¼ Cup basil, chopped

DIRECTIONS

1. In a mixing bowl combine the chicken, olive oil, lemon juice, Italian seasoning, sea salt, lemon pepper, and garlic. Toss to combine and cover the bowl with plastic wrap. Refrigerate for at least 30 minutes.
2. Preheat a large cast iron skillet to medium heat and drizzle with olive oil.
3. Add the chicken and cook until it is cooked through, about 10-15 minutes.
4. When ready, remove from the skillet and transfer to a large mixing bowl. Set aside.
5. Using a spiralizer create zucchini spaghetti (always read the directions as they vary by brand). *Suppose you don't have a spiralizer use a regular vegetable peeler to vertically peel long, thin strips of the zucchini. This will form a wider "noodle" from the zucchini, like fettuccini.
6. Heat one tablespoon of olive oil in a large skillet over medium-high heat. Once hot, add zucchini noodles and cook for about 2 to 3 minutes until zucchini noodles are tender but still retain some crunch.
7. Transfer the zucchini noodles to the mixing bowl with the chicken and add the tomatoes, olive oil, lemon juice, salt, and pepper. Toss to combine. Transfer to a plate and garnish with basil.

NOTES

- You will need a vegetable spiralizer, large skillet and mixing bowls