



Eating a plant-based diet is good for you, and the planet. Studies show that you can reduce your risk of chronic disease and obesity, plus lower your carbon footprint by eating a vegetarian or vegan diet. However, one common stumbling block to eating plant-based meals is that people think they'll have to spend forever in the kitchen. But that's simply not true. You can put together easy, helpful meals as quickly as you can order and pick up takeout!

I collected five of my favorite meals you can put together in under 30 minutes, along with a few tips for making plant-based cooking easy.

- **Don't be afraid to use frozen vegetables**, which can cut your chopping and prep time significantly. Frozen veggies are just as nutritious as fresh.
- **Do some pre-prep the day before.** For example, soak a pot of beans to simmer the next day for an easy meal.
- **Use a crockpot** to make delicious, easy stews, chili, and soups.
- **Rely upon a rice cooker to cook up whole grains**, such as farro, brown rice, and sorghum ahead of time.
- **Cook up a batch of beans and whole grains** at the beginning of the week to use in recipes like salads and casseroles during the week.

Enjoy These 5 Easy Recipes for Starters.



Jackfruit Black Bean Quinoa Tacos (Vegan, Gluten-Free)

Jackfruit is all the rage in the plant-based world. This Southeast Asian fruit has red, stringy fibers, making it a spot on substitute for shredded meats in dishes like tacos, carnitas, and sloppy joes. Jackfruit is rich in vitamin C and fiber, and contains some trace minerals, too. It is often used in sweet desserts, such as jams, juice, and fruit desserts.

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Quinoa Kale Risotto with Pistachios (Vegan, Gluten-Free)

Whip up a fabulous tasting dish in under thirty minutes. Filled with crunchy pistachios, hearty quinoa, and zesty lemon, this is sure to be one recipe that you'll fall in love with.

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Easy Vegetable Tofu Bibimbap Skillet (Vegan, Gluten-Free)

I love *bibimbap*, a Korean dish which means “mixed rice”. Traditionally the dish is served in individual hot bowls, with rice on the bottom, beautifully arranged foods on top, and a savory, spicy sauce over it all. The bottom layer of rice is hot and crispy, and the vegetables (meat and eggs are often used in non-vegetarian versions of this dish) are crisply tender—then you mix it all up at the table.

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Edamame Bok Choy Rice Bowl (Vegan, Gluten-Free)

The savory, umami flavors shine through in this easy, nutritious, plant-based rice bowl. You can whip up this one dish meal with 5 ingredients and your favorite quick-cooking brown rice in under 20 minutes!

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Shirataki Noodle Salad with Ginger Sesame Dressing (Vegan, Gluten-Free)

This nutrient-rich, cool salad packs in flavor for a skinny calorie load. I included green chickpeas for crunchy nutrition, as well as bell pepper, green onions, red cabbage and a ginger-sesame dressing.

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