

Plant-based recipes created by Harvard University



**THE HUMANE SOCIETY
OF THE UNITED STATES**

Arroz Con Pollo

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF AKEISHA HAYDE

Servings: 14 Serving Size: 1 Cup

Ingredients	Quantity	Measure
Mexican Fiesta Rice	1	Box
Olive oil	1	Tablespoon
Onion, 1/2" dice	1/2	Cup
Suntan peppers, 1/2" dice	1/2	Cup
Garlic, minced	2	Tablespoons
Black beans	1	Cup
Gardein Chick'n Strips	12	Ounces
Cilantro, chopped	1/4	Cup
Scallions, thinly sliced on bias	1/4	Cup

Preparation

1. Sauté onion, peppers & garlic in olive oil.
2. Add water per rice mix instructions. Stir in seasoning packet and black beans. Bring to broth to a simmer and remove from heat.
3. Dice Gardein Chick'n strips and roast in oven until crisp.
4. In a hotel pan mix broth with rice & Gardein Chick'n. Cover tightly with parchment paper and foil.
5. Bake in 350°f oven until water has been absorbed and rice is cooked through.
6. Fluff rice and spoon into serving dish. Garnish with cilantro and scallions.

Nutrition Information *From USDA Nutrient Database

Calories: 135 Total Fat: 3.6g Saturated Fat: 0.7g Cholesterol: 2mg Trans Fat: 0g Sodium: 158mg Carbohydrate: 2mg Fiber: 3.2g Sugar: 1.7g Protein: 7.6g



Balsamic Glazed Field Roast Italian Sausage & Broccoli Rabe

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF BEN HOWE

Servings: 3 Serving Size: 6 Oz

Ingredients	Quantity	Measure
Field Roast Italian Sausage, sliced 1/2" thick on the bias	4	Each
Balsamic glaze	3	Tablespoons
Spanish onion, Julienne	4	Ounces
Garlic, minced	1	Ounce
Broccoli rabe, trimmed & washed	1	Pound
Local apples, cored & sliced	3	Each
Crushed red pepper	1	Teaspoon
Fresh sage, chopped	2	Tablespoons
Olive oil	3	Tablespoons

Preparation

1. Blanch broccoli rabe in salted water until bright
2. Sauté onions, garlic & crushed red pepper in olive oil until tender.
3. Add field roast Italian sausage and broccoli rabe cooking until heated through.
4. Add in 2 tbsp balsamic glaze, sliced apple and sage. Continuing cooking until balsamic has coated the vegetables and apples are just tender.
5. Season to taste with salt & ground black pepper.
6. Arrange on serving platter and drizzle with remaining balsamic glaze.

Nutrition Information *From USDA Nutrient Database

Calories: 671 Total Fat: 28.4g Saturated Fat: 4g Trans Fat: 0g Cholesterol: 0mg Sodium: 815.3mg
Carbohydrates: 64.4g Fiber: 15g Sugar: 31.9g Protein: 39.5g

Beyond Meat Noodle Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF ANDREW URBANETTI

Servings: 8 Serving Size: 1 Cup

Ingredients	Quantity	Measure
Rice noodles	1	Package
Sesame oil	2	Tablespoons
Rice vinegar, divided	1	Cup
Sweet chili sauce	½	Cup
Shiitake mushrooms, sliced	1	Cup
Beyond Meat	1	Pound
Gochujang – Korean Chili Paste	1/3	Cup
Carrots, shredded	1	Cup
Bean sprouts	½	Cup
Thai basil, chopped	2	Tablespoons
Cilantro, chopped	2	Tablespoons
Scallions, chopped	½	Cup
Limes, cut to wedges	2	Each
Canola oil	1	Tablespoon

Preparation

1. Boil noodles in salted water until tender.
2. While noodles are cooking, whisk together sesame oil, 1/2 cup rice vinegar, and sweet chili sauce.
3. Remove noodles and cool slightly; add sauce and toss to coat evenly. Set aside.
4. In a saucepan over medium heat, cook mushrooms, adding oil as needed. When browned and tender, add 1/4 cup rice vinegar; cook until tight. Remove and cool.
5. Mix beyond meat with remaining rice vinegar and gochujang; roll into meatballs and place in oven until cooked through.
6. Mix noodles with Thai basil, cilantro, scallions, carrots, and bean sprouts.
7. Place in bowl and top with mushrooms and meatballs. Garnish with lime wedges and serve.

Nutrition Information *From USDA Nutrient Database

Calories: 445 Total Fat: 9g Saturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Sodium: 1870mg Carbohydrate: 75g Fiber: 3g Sugar: 24g Protein: 17g

BLT

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF JUSTIN CASSIDY

Servings: 6 Serving Size: 1 Sandwich

Ingredients	Quantity	Measure
Tofurky Smokey Maple Bacon Tempeh	2	Packages
Baby kale	4	Ounces
Whole wheat bread	1	Loaf
Roma tomatoes, sliced	3	Each
Vegenaise Garlic Aioli	½	Cup
Fresh basil, chiffonade	1	Tablespoon

Preparation

1. Combine basil & Vegenaise seasoning to taste with salt & pepper.
2. In olive oil brown both sides of the sliced tofurky
3. Mark bread on grill.
4. Assemble sandwiches: bread, aioli, lettuce, tomato, tofurky maple bacon tempeh, bread.

Nutrition Information

 *From USDA Nutrient Database

Calories: 639 Total Fat: 32.2g Saturated Fat: 2.7g Trans Fat:0g Cholesterol: 0mg Sodium: 558.8mg
Carbohydrates: 68g Fiber: 12.5g Sugar: 4.6g Protein: 19.3g Potassium: 400mg



Bulgogi Stuffed Peppers

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF AKEISHA HAYDE

Servings: 8 Serving Size: 1 Pepper

Ingredients	Quantity	Measure
Suntan peppers	8	Each
Cooked white rice	4	Cups
Shredded carrots	¼	Cups
Bulgogi marinade	1 ½	Cups
Scallions, thinly sliced	1	Tablespoon
Ginger, minced	1	Tablespoon
Garlic, minced	1	Tablespoon
Gardein Beefless Strips	1	Cup
Thai basil, chopped	3	Tablespoons
Olive Oil	1	Tablespoon
Scallions, thinly sliced	½	Cup

Preparation

1. Cut stem end from peppers and remove all seeds and membranes. Trim bottoms of the peppers so they stand flat.
2. Sauté ginger, garlic & scallion in olive oil until fragrant
3. Roast gardein beefless strips in oven until lightly crisped
4. Add bulgogi marinade & gardein beefless strips to aromatics. Lightly simmer mixture to reduce.
5. In a mixing bowl stir together rice, shredded carrots, scallions, Thai basil & bulgogi mixture stirring to combine.
6. Stuff peppers with mixture and roast in 350°F over until pepper are tender and stuffing is heated through.

Nutrition Information *From USDA Nutrient Database

Calories: 227 Total Fat: 3.1g Saturated Fat: 0.4g Trans Fat: 0g Cholesterol: 0mg Sodium: 1070.9mg
Carbohydrate: 44.9g Sugar: 20.6g Protein: 4.7g Vitamin C: 123mg

Cashew Seitan

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 6 oz.

Ingredients	Quantity	Measure
Seitan, Nature's Soy chicken	3	Pounds
Sesame oil, pure, toasted	1	Cup
Onion, white, sliced	2	Pounds
Pepper, julienned	2	Pounds
Hoisin	3	Pounds
Cashew pieces, Raw	0.5	Pound
Ginger, minced	0.25	Cup
Garlic, peeled	0.25	Cup
Scallions, fresh	1	Cup
Black pepper, ground	1	Ounce
Soy sauce, lite	32	Ounces
Corn Starch	0.5	Pound

Preparation

1. Break seitan into strips, slice scallions thinly and mince garlic. Toast cashews.
2. Combine hoisin and soy sauce in a large bowl.
3. Heat wok or tilt skillet to 400 F. Add oil, allow to heat for 15 seconds. Add ginger, garlic and half of scallions. Cook until fragrant, 30 seconds.
4. Add onions, peppers and seitan. Sauté until onions and peppers begin to sweat. Add pepper.
5. Add soy sauce and hoisin and bring just to a simmer. Add half of cashews.
6. Combine corn starch with cold water to creamy consistency and add to simmering sauce, with a whisk.
7. When sauce is thickened to proper nappe, place in serving dish.
8. Garnish with remaining scallions and cashews.

Chicken Kofta Curry

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF DEE THOMAS

Servings: 10 Serving Size: 4 Ounces

Ingredients	Quantity	Measure
Hungry Planet Ground Chicken	2	Pounds
Onion, minced	3	Ounces
Garlic, minced	2	Ounces
Red pepper flakes	1	Tablespoon
Garam Masala	1	Tablespoon
Follow Your Heart Plain Dairy Free Yogurt	2	Ounces
Cornstarch	8	Ounces
Cilantro	1	Bunch
Salt	1	Teaspoon
Ground black pepper	1	Teaspoon
Canola oil	8	Ounces
Monsoon Kitchen Curry Sauce	4	Pounds

Preparation

1. Sauté onions and garlic until tender and fragrant. Mix into hungry planet ground chicken with red pepper flakes, garam masala, follow your heart dairy free yogurt, cornstarch, cilantro, salt & pepper.
2. Form mixture into 1" meatballs
3. Fry balls in canola oil until well browned.
4. Drain meatballs and combine with curry sauce simmering 10-15 minutes to incorporate all the flavors.

Nutrition Information *From USDA Nutrient Database

Calories: 465 Total Fat: 34g Saturated Fat: 11g Trans Fat: 0g Cholesterol: 0mg Sodium: 1726mg
Carbohydrate: 36g Fiber: 1g Sugar: 8g Protein 3.8g



Field Roast Italian Sausage Farfalle

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF BEN HOWE

Servings: 2 Serving Size: 8 ounces

Ingredients	Quantity	Measure
Dry farfalle, bowties	$\frac{3}{4}$	Pound
Field Roast Italian Sausage, sliced $\frac{1}{2}$ " thick	2	Each
Marinara	2	Cups
Onion, julienne	$\frac{1}{4}$	Cup
Garlic, minced	$\frac{1}{2}$	Tablespoon
Fennel, julienne	$\frac{1}{4}$	Cup
Suntan pepper, julienne	$\frac{1}{4}$	Cup
Baby kale	2	Cups
Fresh basil, chiffonade	2	Tablespoons
Fresh oregano, chopped	1	Tablespoon
Olive oil	3	Tablespoons

Preparation

1. Sauté onion, suntan pepper, and fennel in olive oil.
2. When tender, add garlic and sauté until fragrant. Add Field Roast Italian Sausage, marinara, and lightly simmer for 10-15 minutes. Season to taste with salt and pepper.
3. Cook and drain farfalle.
4. Stir farfalle and baby kale into sauce, allowing kale to wilt. Finish with basil and oregano.

Nutrition Information *From USDA Nutrient Database

Calories: 1434 Total Fat: 42.4g Saturated Fat: 3.9g Trans Fat: 0g Cholesterol: 0mg Sodium: 1400.3mg
Carbohydrate: 204.1g Fiber: 23.1g Sugar: 11.4g Protein 59.1g



Field Roast Apple Sage Sausage Stuffing

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF BEN HOWE

Servings: 1 Serving Size: 6 ounces

Ingredients	Quantity	Measure
Field Roast Apple Sage Sausage, 1/2" dice	1	Each
Onion, 1/2" dice	1/4	Cup
Celery, 1/2" dice	1/4	Cup
Mushrooms, sliced	1/4	Cup
Garlic, minced	2	Tablespoons
Apples, 1/2 dice	2	Tablespoons
Sage, chopped	1/2	Teaspoon
Rosemary	1/2	Teaspoon
Parsley	1/2	Teaspoon
Olive Oil	4	Tablespoons
Club white sliced bread	3	Slices
Vegetable broth	1	Cup

Preparation

1. Sauté onions, celery & mushrooms in olive oil until tender.
2. Add in garlic continuing to sauté until fragrant.
3. Add fresh herbs and field roast apple sage sausage.
4. Toast white bread in oven until lightly browned and crisp
5. Add 1/2 cup vegetable broth & apples to the vegetables and season to taste.
6. Combine bread and vegetables adding more broth as necessary to moisten bread.
7. Spread stuffing in an oven safe pan and bake until golden brown.

Nutrition Information

 *From USDA Nutrient Database

Calories: 1006 Total Fat: 66.9g Saturated Fat: 9.2g Trans Fat: 0g Cholesterol: 0mg Sodium: 1541mg
Carbohydrate: 66.7g Fiber: 8.3g Sugar: 12.4g Protein: 34.2g



Field Roast Apple Sage Sausage with Garlic, Pepper, and Onions

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF T.J. GRACEFFA

Servings: 8 Serving Size: 1 Sausage

Ingredients	Quantity	Measure
Field Roast Apple Sage Sausage	8	Each
Green Bell Pepper (Julienne)	1	Each
Red Bell Pepper (Julienne)	1	Each
White Onions (Julienne)	1	Each
Tomatoes (diced)	1	Each
Olive Oil	.25	Cup
Garlic (Minced)	8	Cloves
Fresh Oregano (Chopped)	2	Tablespoon
Salt	1	Tablespoon
Ground Black Pepper	.25	Teaspoon

Preparation

1. Mark sausage on grill. Transfer to sheet pan and into a 350°f oven cooking to an internal temperature of 165° F.
2. Sauté garlic in olive oil until fragrant. Add onion, pepper, tomato and oregano continuing to sauté until tender.
3. Arrange sausage on serving dish. Top with sautéed vegetables.

Nutrition Information *From USDA Nutrient Database

Calories: 325 Total Fat: 16.9g Saturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Sodium: 603mg
Carbohydrates: 16g Fiber: 4.4g Sugar: 5g Protein 27g



Field Roast Deli Slices & Wild Mushroom Panini

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF BEN HOWE

Servings: 1 Serving Size: 1 each

Ingredients	Quantity	Measure
Field Roast wild mushroom deli slices	3½	ounces
Cremini mushrooms, sliced	¾	cups
Button mushrooms, sliced	¾	cup
Spanish onions, julienned	¾	cup
Sun-dried tomatoes	1	tablespoon
Vegenaise garlic aioli	2	tablespoons
Dijon mustard	1	teaspoon
Baby spinach	2	ounces
Ciabatta roll	1	each
Olive Oil	3	tablespoons

Preparation

1. In food processor combine sun-dried tomato, Vegenaise garlic aioli, Dijon mustard and blend until smooth. Season to taste with salt & pepper.
2. In olive oil caramelize onions until deep brown and sweet. Reserve.
3. In olive oil sauté cremini & mushrooms until very tender and well browned. Combine with onions and season to taste with salt & pepper.
4. Sauté baby spinach in olive oil until just wilted seasoning with salt & pepper.
5. Spilt ciabatta roll in half and spread sun-dried tomato aioli on both sides.
6. Build sandwich: roll, spinach, Field Roast wild mushroom deli slices, mushroom & onion mixture and the other half of the roll.
7. On a flat top toast sandwich on both sides pressing with a heavy pan. Alternatively toast in a panini press.
8. Serve sandwich cut in half on the bias.

Nutrition Information *From USDA Nutrient Database

Calories: 964 Total Fat: 64g Saturated Fat: 7g Trans Fat: 0g Cholesterol: 0mg Sodium: 1870mg
Carbohydrate: 70g Fiber: 10g Sugar: 15g Protein: 27g

Field Roast Frankfurter Mac & ‘Cheese’

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF BEN HOWE

Servings: 2 Serving Size: 8oz

Ingredients	Quantity	Measure
Dry elbow pasta	$\frac{3}{4}$	Pound
Olive oil	2	Tablespoons
Onion, minced	2	Ounces
Garlic, minced	1	Tablespoon
Soy milk	1 $\frac{1}{2}$	Cups
Idaho potato, peeled & grated	$\frac{1}{2}$	Cup
Nutritional yeast	$\frac{3}{4}$	Cup
Red pepper flakes	1	Teaspoon
Field Roast Frankfurters, sliced $\frac{1}{2}$ " thick rounds	2	Each
Frozen peas	1	Cup
Cornstarch		As needed
Salt		To taste
Pepper		To taste
Fresh chives	1.5	Tablespoons

Preparation

1. Sauté onion in olive oil. When onion is tender, add garlic, sautéing until fragrant.
2. Add shredded potato and soy milk. Simmer until potato is completely tender. Add nutritional yeast and red pepper flakes.
3. Puree soy milk mixture with an immersion blender and then pass through a fine mesh strainer.
4. Bring mixture to a simmer. Combine cornstarch and water in equal parts, mixing until completely smooth. Gradually add to simmering sauce until it reaches the desired consistency.
5. Cook elbow macaroni.
6. Steam frozen peas.
7. Sauté Field Roast Frankfurters until lightly browned.
8. Combine pasta, sauce, frankfurters, and peas. Serve garnished with chives.

Nutrition Information *From USDA Nutrient Database

Calories: 1281 Total Fat: 30.6g Saturated Fat: 4.3g Trans Fat: 0g Cholesterol: 0mg Sodium: 900,5mg
Carbohydrate: 178g Fiber: 34.4g Sugar: 17.2g Protein: 73.3g

Field Roast Sausage & Pepper Sliders on Pretzel Buns with Smokey Chili Aioli

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF DAVID SQUILLANTE

Servings: 6 Serving Size: 2 Sliders

Ingredients	Quantity	Measure
Field Roast apple sage sausages	4	each
Yellow pepper	2	each
Red pepper	2	each
Red onion	1	each
Marinara	8	ounces
Fresh thyme, chopped	1½	teaspoons
Pretzel bun	12	each
Vegenaise garlic aioli	1	cup
Chives (sliced)	1	tablespoon
Cayenne pepper	¼	teaspoon
Cumin	½	teaspoon
Chili powder	½	teaspoon

Preparation

1. Sauté peppers, onions, and Field Roast sausages until vegetables are tender.
2. Add marinara sauce & thyme simmering on low to infuse flavors.
3. Combine Vegenaise garlic aioli with chives & spices.
4. Toast the pretzel bun until golden brown.
5. Build sliders: bun, Field Roast sausage pepper & onion mixture, aioli, top bun.
6. Serve garnished with chives.

Nutrition Information *From USDA Nutrient Database

Calories: 1049 Total Fat: 321.8 Saturated Fat: 2.7g Cholesterol: 0mg Sodium: 1994mg Carbohydrate: 140.2
Fiber: 8.5g Sugar: 24.8g Protein 39.6g

Greek Meatloaf with Lemon Tahini Sauce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF ANDREW URBANETTI

Servings: 6 Serving Size: 6 ounces

Ingredients	Quantity	Measure
Beyond Meat	2	Pounds
Cinnamon	2	Teaspoons
Soy protein	2	Teaspoons
Onions, chopped	1	Cup
Garlic, chopped	4	Tablespoons
Oregano, dried	2	Tablespoons
Parsley	4	Tablespoons
Lemons, zest and juice	2	Each
Tahini	½	Cup
White wine vinegar	4	Tablespoons
Olive oil	½	Cup
Honey	2	Teaspoons
Sesame seeds	2	Teaspoons

Preparation

1. Place Beyond Meat in a bowl; add cinnamon and soy protein.
2. Heat olive oil in a pan over medium heat, add onions, garlic, and oregano; cook until soft.
3. Add mix to Beyond Meat, add parsley, lemon zest, and mix until well combined.
4. Place in greased loaf pan and place in the oven at 350 degrees until internal temperature of 145 degrees (approx. 25 minutes).
5. While loaf is cooking, whisk together tahini, vinegar, olive oil, and honey until smooth.
6. Remove loaf, cut, and drizzle with sauce. Sprinkle with sesame seeds and serve.

Nutrition Information *From USDA Nutrient Database

Calories: 419 Total Fat: 35g Saturated Fat: 6g Trans Fat: 0g Cholesterol: 0mg Sodium: 166mg Carbohydrate: 13g Fiber: 4g Sugar: 3g Protein: 12g

Green Beans & Turnips with Spicy Rarebit Sauce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF T.J. GRACEFFA

Servings: 10 Serving Size: 4oz

Ingredients	Quantity	Measure
Light American style lager (i.e. Coors Lite)	8	Ounces
Vegetable stock	8	Ounces
Plain soy milk	32	Ounces
Daiya Shredded Cheddar Style Cheese	8	Ounces
Follow Your Heart Sour Cream	1	Cup
Daiya American Style Cheese	8	Ounces
Salt	1	Tablespoon
Tabasco sauce	1	Tablespoon
Nutritional yeast	2	Tablespoons
Light brown sugar	1	Tablespoon
Dijon mustard	¼	Cup
Shallots	2	Each
Corn starch	1	Cup
Fresh greens beans	2	Pounds
Turnips, peeled & diced	2	Pounds
Olive oil	4	Ounces
Salt		To taste
Pepper		To taste
Garlic, chopped	2	Tablespoons



Green Beans & Turnips with Spicy Rarebit Sauce Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF T.J. GRACEFFA

Preparation

1. Over medium heat, reduce beer by half.
2. Slice the shallots thinly, dredge in cornstarch and deep fry until golden brown and crisp. Immediately season with salt and drain well on paper towels.
3. Add soy milk and vegetable stock to reduced beer, bringing to a simmer.
4. Mix 1 tablespoon of cornstarch with 1 tablespoon of soy milk, eliminating lumps. Gradually whisk cornstarch slurry into simmering sauce, adding until it is thick enough to coat the back of a spoon.
5. Over low heat, add Daiya Shredded Cheddar Style Cheese, Daiya American Style Cheese, and Follow Your Heart Sour Cream. Allow to fully melt and incorporate.
6. Add salt, tabasco, nutritional yeast, brown sugar, and Dijon mustard to sauce.
7. Adjust seasonings as needed.
8. Steam turnips until lightly tender, then sauté in vegetable oil until lightly caramelized, seasoning with salt and pepper.
9. Sauté green beans on high heat until al dente, seasoning to taste with salt and pepper.
10. Arrange vegetables on serving platter, top with sauce and crispy shallots.

Nutrition Information *From USDA Nutrient Database

Calories: 404 Total Fat: 21g Saturated Fat: 5g Trans Fat: 0g Cholesterol: 8mg Sodium: 539mg Carbohydrate: 45g Fiber: 6g Sugar: 13g Protein: 9g



Kale Caesar Salad with Tofurky Chick'n

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF DEE THOMAS

Servings: 10 Serving Size: 4 ounces

Ingredients	Quantity	Measure
Baby kale	1	Pound
Kalamata olives	3	Ounces
Chickpeas	3	Ounces
Red onion, sliced	2	Ounces
Tahini	3	Ounces
Lemon juice	1	Ounce
Garlic, minced	½	Ounce
Olive oil	2	Ounces
Tofurky Chick'n	8	Ounces
Salt	½	Ounce
Ground black pepper	½	Ounce
Garam masala	1	Ounce

Preparation

1. Toss chickpeas with olive oil, garam masala, salt, and pepper. Toast chickpeas in the oven and cool.
2. Combine tahini, lemon juice, and garlic. Whisk in olive oil to emulsify dressing.
3. Mix kale, kalamata olives, chickpeas, and red onion. Gently toss with dressing.
4. In a sauté pan, lightly brown Tofurky Chick'n.
5. Top salad with Tofurky Chick'n.

Nutrition Information

 *From USDA Nutrient Database

Calories: 282 Total Fat: 15g Saturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Sodium: 950mg
Carbohydrates: 22g Fiber:4g Sugar:4g Protein: 14g



Lentil & Butternut Squash Sandwich

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF BEN HOWE

Servings: 1 Serving Size: 1 Sandwich

Ingredients	Quantity	Measure
Field Roast Lentil Sage Deli Slices	3	Ounces
Butternut squash, diced	$\frac{3}{4}$	Cup
Fresh thyme	$\frac{1}{4}$	Teaspoon
Cranberry sauce	1	Tablespoon
Hummus	1 $\frac{1}{2}$	Tablespoons
Baby kale	1	Cup
Garlic, minced	1	Teaspoon
Multigrain bread	2	Slices
Salt		To taste
Ground black pepper		To taste

Preparation

1. Toss squash with olive oil, salt, pepper, and fresh thyme. Roast until lightly browned and tender.
2. Sauté baby kale in olive oil with garlic, salt, and pepper.
3. Build sandwich: bread, hummus, roasted squash, Field Roast Lentil Sage Deli Slices, baby kale, cranberry sauce, and bread.
4. Toast sandwich on flat top until golden brown and crisp.

Nutrition Information

 *From USDA Nutrient Database

Calories: 469 Total Fat: 9.5g Saturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Sodium: 1059mg
Carbohydrate: 58g Fiber: 13g Sugar: 14g Protein: 38g



Mexican Rice with Morningstar Chorizo

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF DEE THOMAS

Servings: 10 Serving Size: 4 ounces

Ingredients	Quantity	Measure
Long grain rice	1	Pound
Morningstar Chorizo Crumbles	8	Ounces
Onion, ½" dice	2	Ounces
Garlic, minced	1	Ounce
Canned diced tomatoes	4	Ounces
Canned diced green chiles	2	Ounces
Frozen corn	8	Ounces
Cilantro, chopped	2	Tablespoons
Canola oil	4	Ounces
Coriander	1	Teaspoon
Chili powder	1	Teaspoon
Salt	1	Teaspoon
Ground black pepper	1	Teaspoon

Preparation

1. Steam long grain rice.
2. Sauté onions and garlic in oil.
3. Add corn, green chiles, and Morningstar Chorizo Crumbles, continuing to sauté for 4 minutes.
4. Add diced tomatoes, coriander, salt, pepper, and chili powder, and simmer for 8 minutes.
5. Remove from heat and fold the rice and cilantro in with the vegetables.

Nutrition Information *From USDA Nutrient Database

Calories: 338 Total Fat: 122g Saturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Sodium: 147mg
Carbohydrate: 45g Fiber: 4g Sugar: 1g Protein: 9g



Morningstar Chorizo Tortilla Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF AKEISHA HAYDE

Servings: 12 Serving Size: 1 Slice

Ingredients	Quantity	Measure
Morningstar Chorizo Crumbles	4	Cups
Canned Black Beans	1	Cups
Frozen Corn	1	Cups
Green Pepper (1/2" dice)	.33	Cups
Yellow Pepper (1/2" dice)	.33	Cups
White Onion (1/2" dice)	.33	Cups
Garlic	4	Cloves
Jalapeno	2	Each
Canned Crushed Tomato	3	Cups
Cilantro (chopped)	.25	Cups
Daiya Shredded Cheddar Style Cheese	5	Cups
Corn Tortillas	24	Each
Cilantro (chopped)	2	Tablespoon
Fresh Avocado	1	Cup
Follow Your Heart Sour Cream	1	Cup
Cilantro (chopped)	1	Teaspoon
Scallion (thinly sliced greens)	1	Teaspoon
Lime Juice	2	Tablespoon
Salt	1	Teaspoon
Fresh Limes	3	Each

Preparation

1. Sauté Morningstar chorizo crumbles in olive oil until lightly crisped. Add onion, pepper, garlic & jalapeno continuing to sauté until tender.
2. Add corn, black beans & crushed tomatoes and simmer
3. In an oven safe serving pan layer sauce, Daiya shredded cheddar style cheese & tortilla to build pie. Repeat for this three more times with the last layer being sauce and the Daiya cheese.
4. Cover pan with parchment paper and aluminum foil. Bake in 350°f oven to an internal temperature of 165°f.
5. Remove from oven and let rest for 10 minutes.
6. Mash avocado. Mix with sour cream, cilantro, scallion, lime juice, salt.
7. Cut pie into wedges garnish with chopped cilantro and serve with avocado crema & limes.

Nutrition Information *From USDA Nutrient Database

Calories: 409 Total Fat: 18g Saturated Fat: 5g Trans Fat:0g Cholesterol: 7mg Sodium: 838mg
Carbohydrates: 50g Fiber: 9g Sugar: 4g Protein: 12g



Morningstar Enchiladas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF ANDREW URBANETTI

Servings: 4 Serving Size: 2 enchiladas

Ingredients	Quantity	Measure
Onions, sliced	2	Cups
Bell peppers, sliced	2	Cups
Morningstar Chorizo Crumble	1	Pound
Cumin, ground	2	Teaspoons
Cilantro, chopped & divided	2	Fluid ounces
Vegan cheddar cheese	1	Cup
6" corn tortillas	16	Each
Onions, diced	½	Cup
Tomatillos, canned	14	Ounces
Red wine vinegar	2	Tablespoons
Canola oil, divided	2	Tablespoons
Vegan sour cream	½	Cup

Preparation

1. Heat 1.5 tablespoons of oil in a pan over medium heat until shimmering; add peppers and onions. Cook until browned.
2. Add Morningstar Crumbles and cumin; cook until well mixed and hot. Add cilantro and remove from heat.
3. While chorizo is cooking, lightly griddle/toast tortillas for 10 seconds per side.
4. Place 1oz. cheddar cheese in tortilla and top with ¼ cup of chorizo mix. Pinch sides and place in a greased casserole dish, tortilla side up.
5. Place in oven at 350 degrees and bake until tortillas are lightly browned.
6. While enchiladas are baking, pulse together diced onions, tomatillos, and vinegar in a food processor; season to taste.
7. Remove enchiladas from oven, top with salsa and vegan sour cream, and serve.

Nutrition Information *From USDA Nutrient Database

Calories: 645 Total Fat: 23g Saturated Fat: 5g Trans Fat: 0g Cholesterol: 5mg Sodium: 795mg Carbohydrate: 79g Fiber: 17g Sugar: 12g Protein: 30g

Orange Teriyaki Meatballs

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF AKEISHA HAYDE

Servings: 4 Serving Size: 3 meatballs

Ingredients	Quantity	Measure
Gardein Meatballs	12	Ounces
Teriyaki glaze	1	Cup
Orange juice	½	Cup
Orange zest	1	Tablespoon
Garlic, minced	1	Tablespoon
Ginger, minced	1	Tablespoon
Scallions, thinly sliced	1	Tablespoon
Vegetable oil	1	Tablespoon
Broccoli rabe	1	Pound
Salt		To taste
Pepper		To taste
Garlic, minced	2	Teaspoons

Preparation

1. Roast Gardein Meatballs in oven until crisp on the outside.
2. In a saucepan, sauté ginger, garlic, and scallions.
3. Add orange juice, zest, and teriyaki glaze, bringing the sauce to a simmer. Reduce until sauce has thickened.
4. Add meatballs to sauce and gently simmer to heat through.
5. Char broccoli rabe on a grill and then season with oil, salt, garlic, and pepper.
6. Arrange broccoli rabe on serving platter, top with meatballs, and drizzle sauce over entire dish.

Nutrition Information *From USDA Nutrient Database

Calories: 319 Total Fat: 11.5g Saturated Fat: 3.6g Cholesterol: 8mg Sodium: 511mg Carbohydrate: 31g
Fiber: 7g Sugar: 8g Protein: 22.5g

Palak Tofu

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 8 oz.

Ingredients	Quantity	Measure
Spinach, triple washed, stemless	5	Pounds
Onions, ¼” dice	2	Pounds
Olive oil, extra virgin	4	Ounces
Garlic, peeled	4	Ounces
Ginger, minced	2	Ounces
Tomato, ¼” dice	1	Pound
Curry powder	2	Ounces
Garam masala	0.5	Ounce
Cumin, ground	2	Ounces
Turmeric	0.5	Ounce
Cinnamon, ground	0.5	Ounce
Chili powder, dark	1	Ounce
Coconut milk	98	Ounces
Salt, kosher	2	Ounces
Black pepper, ground	0.25	Ounce
Sugar, fine, granulated	6	Ounces
Lemon juice, pure, real	0.3	Ounce
Tofu, firm	2	Pounds
Paprika, Spanish	1	Ounce

Preparation

1. Drain and dice tofu into 0.5 inch cubes. Toss with paprika, 0.5 oz of salt and 1 oz olive oil. Roast at 350 F for 12 minutes and cool.
2. Add remaining oil to stock pot and heat. Add ginger, garlic and onions. Sauté for 2 minutes. Add spices except sugar and sauté another 2 minutes.
3. Add coconut milk and sugar to the pot and bring to simmer. Slowly stir in spinach. Once spinach is added and wilted add lemon juice.
4. Allow mixture to simmer for ten minutes, stir frequently. Puree with emulsion blender.
5. Adjust sweetness, salt and spiced as needed.
6. Serve over basmati rice.

Rebillyous Nugget Mozzarella Bites

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY DAVID SQUILLANTE

Servings: 3 Serving Size: 4 Nuggets

Ingredients	Quantity	Measure
Rebillyous nuggets	12	each
Marinara sauce	12½	ounces
Daiya vegan mozzarella style shreds	½	cup
Fresh basil	1½	ounces

Preparation

1. Arrange rebellious nuggets on a parchment paper lined sheet pan.
2. Roast in 350°F oven 8-10 minutes or until golden brown.
3. Top each nugget with marinara sauce and Daiya vegan mozzarella style shreds.
4. Return to oven and bake until cheese has melted and is nicely browned.
5. Serve nuggets garnished with basil.

Nutrition Information

*From USDA Nutrient Database

Calories: 283 Total Fat: 16g Saturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Sodium: 882mg Carbohydrate: 24g Fiber: 5g Sugar: 5g Protein: 12g



Seitan Tinga

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 8 oz.

Ingredients	Quantity	Measure
Seitan, Nature's Soy chicken	4	Pounds
Garlic, peeled	4	Ounces
Peppers, sliced	3	Pounds
Onions, white, sliced	3	Pounds
Marinara sauce	106	Ounces
Pepper, chipotle	3	Ounces
Onions, white, diced	1	Pound
Oregano, cleaned	3	Ounces
Bay leaf, whole	1	Each
Parsley, Italian	3	Ounces
Cilantro	4	Ounces
Salt, kosher	2	Ounces
Black Pepper, ground	1	Ounce
Olive oil, extra virgin	4	Ounces

Preparation

1. Mince garlic. Pluck oregano from stem. Soak cilantro, shake and let rest on towel to dry. Pluck from stem and rough chop cilantro.
2. In a large stock pot, heat 1 oz of oil. Sauté: 1 oz salt, 0.25 oz pepper diced onions, garlic and bay leaf until onions sweat. Add chipotle.
3. Add sauce to stock pot along with oregano and parsley. Simmer sauce for 30 minutes, stirring frequently. Purée sauce with immersion blender.
4. Adjust sauce to taste with salt and pepper.
5. Pour remaining oil to preheated flat top at 375 F. Add garlic and onion, cook until they begin to sweat. Add peppers and seitan. Season with salt and pepper.
6. When vegetables and seitan are seared and cooked, place in serving dish. Finish with a chipotle tomato sauce.
7. Garnish with cilantro.

Smokey Mushroom & Wild Rice Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF T.J GRACEFFA

Servings: 16 Serving Size: 8 ounces

Ingredients	Quantity	Measure
Wild rice	4	ounces
Olive oil	4	ounces
Spanish onions, 1/4" dice	4	ounces
Cremini mushrooms, cleaned, quartered	1	pound
Shiitake mushrooms, remove stem & julienne	1	pound
Fresh thyme, picked & chopped	1	ounce
Spanish paprika	2	ounces
Sherry wine	4	ounces
Dijon mustard	2	ounces
Oat milk	16	ounces
Nutritional yeast	4	ounces
Vegetable stock	16	ounces
Follow Your Heart smoked gouda style cheese	8	ounces
Cornstarch	2	ounces
Baby arugula	4	ounces
Kosher salt		to taste
Black pepper, ground		to taste

Preparation

1. Cook wild rice in salted water until tender. Drain rice and rinse with cold water. Reserve in refrigeration.
2. In a rondeau over high heat sauté mushrooms in oil until well browned. Add paprika briefly cooked until fragrant.
3. Add onion & garlic to the rondeau cooking until lightly caramelized.
4. Deglaze pan with sherry wine. Add vegetable stock, mustard, oat milk, nutritional yeast & thyme.
5. Bring soup to a simmer and gradually whisk in a cornstarch slurry until soup is thick enough to coat the back of a spoon.
6. Simmer soup for 10-15 minutes.
7. Slowly add Follow Your Heart smoked gouda style cheese stirring constantly over low heat to fully incorporate.
8. Adjust thickness of soup by adding more vegetable stock or more cornstarch slurry.
9. Season to taste with salt and pepper.
10. In a soup bowl start with 1 oz of wild rice and a pinch of arugula. Ladle soup over arugula and rice.
11. **Nutrition Information** *From USDA Nutrient Database

Calories: 212 Total Fat: 12g Saturated Fat: 4g Trans Fat: 0g Cholesterol: 0mg Sodium: 256mg
Carbohydrate: 20g Fiber: 3g Sugar: 3g Protein: 6g

Sweet & Sour Rebellyous Nuggets

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF DAVID SQUILLANTE

Servings: 3 Serving Size: 4 each

Ingredients	Quantity	Measure
Rebellyous nuggets	8	each
Rice wine vinegar	½	cup
Mirin	½	cup
Sesame seed oil	½	cup
Garlic, minced	1	tablespoon
Ginger, minced	1	teaspoon
Cornstarch	1	tablespoon
Scallions, thinly sliced on the bias	½	cup

Preparation

1. Combine rice vinegar, mirin, sesame oil, garlic, ginger & cornstarch. Bring to a simmer to activate cornstarch and thicken the sauce.
2. On a parchment lined sheet pan bake nuggets 8-10 minutes until golden brown.
3. Toss nuggets with sauce and garnish with scallions.

Nutrition Information *From USDA Nutrient Database

Calories: 620 Total Fat: 45g Saturated Fat: 6g Trans Fat: 0g Cholesterol: 0mg Sodium: 170mg Carbohydrate: 47g Fiber: 2g Sugar: 19g Protein: 7g



Szechuan Eggplant with Beyond Meat

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF ANDREW URBANETTI

Servings: 8 Serving Size: 8 fluid ounces

Ingredients	Quantity	Measure
Eggplant, cut to 1" dice	8	cups
Cornstarch	½	cup
Onion, small dice	2	cups
Garlic cloves, chopped	12	each
Ginger, chopped fine	⅓	each
Beyond Meat Crumbles	½	pound
Soy sauce	½	cup
Rice vinegar	4	tablespoons
Mirin	4	tablespoons
Honey	4	tablespoons
Szechuan peppercorns	2	teaspoons
Scallions	1	cup
Canola Oil	½	cup

Preparation

1. Toss eggplant with cornstarch.
2. Heat oil in a pan until shimmering; add eggplant and brown off in batches. Remove from pan and let drain.
3. Add Beyond Meat and cook until browned; remove and set aside.
4. Add small amount of oil back to pan, and add onions, garlic, and ginger. Cook over low heat until soft.
5. Add soy sauce, rice vinegar, mirin, honey, and peppercorns, and cook over high heat until reduced and thickened.
6. Add Beyond Meat, eggplant, and scallions to pan, and toss to coat and heat through; serve.

Nutrition Information

 *From USDA Nutrient Database

Calories: 316 Total Fat: 15g Saturated Fat: 1.2g Trans Fat: 0g Cholesterol: 0mg Sodium: 1082mg
Carbohydrate: 36.4g Fiber: 4g Sugar: 18g Protein: 8g

Tofurky Sausage Jambalaya

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF JUSTIN CASSIDY

Servings: 16 Serving Size: 8 ounces

Ingredients	Quantity	Measure
Brown rice	1	quart
Vegetable broth	1	pint
Tofurky kielbasa, sliced on the bias	4	each
Tofurky Italian sausage, sliced on the bias	4	each
Black beans, canned	1	cup
Jalapenos, minced	2	each
Bell peppers, 1/2" dice	1	pound
White onion, 1/2" dice	1	pound
Fresh oregano, chopped	2	tablespoons
Crushed tomatoes, canned	2	pounds
Garlic, minced	2	tablespoons
Parsley, chopped	1	tablespoon
Cayenne pepper	1	teaspoon
Salt	1	teaspoon
Black pepper, ground	1	teaspoon
Cajun seasoning	1	teaspoon
Chili powder	1	teaspoon
Ground cumin	1	teaspoon

Preparation

1. Par cook brown rice and then cool.
2. Sauté jalapenos, bell peppers, onion until tender. Add spices & garlic continuing to sauté until very fragrant.
3. Add Tofurky kielbasa & Italian sausage cooking until lightly browned.
4. Add brown rice, black beans, vegetable broth and crushed tomato. Stir well and bring the entire mixture to a simmer.
5. Continue to cook until liquid is absorbed. Season to taste and serve.

Nutrition Information *From USDA Nutrient Database

Calories: 258 Total Fat: 7.2 Saturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Sodium: 544mg Carbohydrate: 30g Fiber: 6g Sugar: 6g Protein: 18g



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Tofu Fried Rice

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 8 oz.

Ingredients	Quantity	Measure
Rice, white	4	Cups
Soy Sauce, lite	4	Ounces
Peas, frozen	1	Pound
Carrots, 1/4" dice	1	Pound
Onions, 1/4" dice	1	Pound
Herb garlic, peeled	2	Ounces
Scallions, fresh	10	Ounces
Sesame oil, toasted	4	Ounces
Tofu, firm	2.5	Pounds
Curry powder	4	Ounces
Ginger, minced	2	Ounces
Salt, kosher	2	Ounces

Preparation

1. Bring 8 cups of water to a boil, add the rice. Return to boil, reduce heat and simmer. Remove from heat when al dente, shock and drain.
2. Mince garlic, slice scallions thin. Combine garlic, ginger and 8 oz of scallions.
3. Drain tofu and crumble. Mix tofu with 1 oz salt and curry powder.
4. On a flattop at 350 F, heat sesame oil. Add ginger, garlic, scallions, carrots and onions. Cook until fragrant.
5. Add rice and tofu, continue to cook. Toss and spread rice to cook rice evenly, roughly 5 minutes.
6. Add peas to the rice. Allow peas to just cook, they should still be bright green.
7. Place in serving dish and garnish with remaining scallions.



Vegan Cassoulet

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 8 oz.

Ingredients	Quantity	Measure
Beans, Great Northern white	2	Pounds
Mushrooms, cremini	1	Pound
Turnip, diced	2	Pounds
Onion, whole, peeled	2	Pounds
Carrot, whole, peeled, fresh	1	Pound
Celery, fresh	1	Pound
Soup base, vegetable, no MSG	4	Ounces
Thyme, fresh	2	Ounces
Parsley, Italian	2	Ounces
Bay leaf, whole	1	Each
Salt, kosher	1	Ounce
Black pepper, ground	0.5	Ounce
Olive oil, extra virgin	4	Ounces
Tomato, 1/4" dice	1	Pound
Garlic, peeled	2	Ounces

Preparation

1. Pluck and chop thyme fine. Clean and rough chop parsley. Dice onions, carrots and celery to 1". Cut in half the long way cremini mushrooms. Mince garlic.
2. Combine vegetable base with one gallon of water, Set aside.
3. Combine mushrooms with 2 oz of olive oil, salt and pepper. Lay on sheet pan and roast at 400 F for 15 minutes or until they begin to caramelize.
4. Heat oil in large stock pot. Sauté garlic, bay leaf and onions until they begin to caramelize.
5. Combine mushrooms, sautéed garlic and onions, vegetable stock and the remaining ingredients into a large roasting pan.
6. Roast the cassoulet in the oven at 350 F until vegetables are tender, 45 minutes to 1 hour.
7. Remove from oven, serve with a slice of grilled baguette.



Vegan Gumbo

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 8 oz.

Ingredients	Quantity	Measure
Soup base, vegetable, no MSG	4	Ounces
Corn starch	1	Ounce
Pepper, red, fresh	2	Pounds
Onion, peeled	2	Pounds
Carrot, whole, peeled	1	Pound
Celery, fresh	1	Pound
Garlic, peeled	2	Ounces
File gumbo	0.5	Ounce
Cumin, ground	0.5	Ounce
Chili powder, dark	0.5	Ounce
Bay leaf, whole	1	Each
Thyme, fresh	0.5	Ounce
Turnip, diced	2	Pounds
Mushrooms, cremini	2	Pounds
Chickpeas, low sodium	1	Pound
Tomato, diced	2	Pounds
Salt, kosher	2	Ounces
Black pepper, ground	0.5	Ounce
Olive oil, extra virgin	3	Ounces
Grain, white	2	Cups
Cayenne, ground	0.1	Ounce
Smoked paprika	1	Ounce

Vegan Gumbo continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Preparation

1. Clean and trim carrots, celery and onions as needed then cut into 1" dice. Mince garlic. Halve cremini mushrooms. Pluck and chop thyme.
2. Hydrate soup base with 64 oz of water.
3. Heat large rondeau, add oil. Sauté bay leaf onions and garlic. Add peppers and carrots. Continue to cook for 2 minutes, add celery.
4. Add the rice and sauté for 2 minutes.
5. Add all of the spices and herbs at this point, continue to sauté another 1 minute.
6. Add the vegetable stock, followed by the turnips, tomatoes and beans. Bring to simmer and allow to cook for 30 minutes.
7. Combine corn starch with cold water. Whisk into gumbo. Allow to simmer another 10 minutes.
8. Adjust seasoning to taste and serve.



Vegan Gyudon

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 8 oz.

Ingredients	Quantity	Measure
Seitan, Nature's Soy chicken	4	Pounds
Sesame oil, pure, toasted	6	Ounces
Onions, white, sliced	5	Pounds
Mushrooms, shitake	5	Pounds
Ginger, minced	2	Ounces
Garlic, peeled	2	Ounces
Scallions, fresh	8	Ounces
Mirin rice wine	32	Ounces
Miso soy	6	Ounces
Soy sauce, lite	4	Ounces
Sesame seeds, black	1	Ounce
Sesame seeds, whole, hulled	1	Ounce
Salt, kosher	2	Ounces
Olive oil, extra virgin	2	Cups

Preparation

1. Pick stems from mushrooms and slice thin. Mince garlic and slice scallions thin. Toast white sesame seeds. Hydrate miso with 32 oz of water.
2. Coat onions and mushrooms with olive oil and salt, keeping them on separate sheet pans.
3. Roast at 350 F
4. Onions will caramelize and mushrooms will slightly crisp. Remove from oven and let cool.
5. In a large rondeau heat the oil on high heat. Add the ginger, garlic and half of the scallions. Fry until fragrant. Add mirin and reduce.
6. Add miso and soy sauce. Simmer, then add mushroom, onions and seitan. Allow to simmer and adjust salt as needed.
7. Serve over sticky rice, garnish with sesame seeds and scallions. Goes well with seaweed salad where available.



Vegan Sautéed Lentils

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 8 oz.

Ingredients	Quantity	Measure
Lentils, green	3	Cups
Tomato, sangria, heirloom, cherry	2	Pounds
Spinach, triple washed, stemless	2.5	Pounds
Garlic, peeled	1.5	Ounces
Onions, ¼” dice	1	Pound
Celery, fresh	1	Pound
Olive oil, extra virgin	4	Ounces
Salt, kosher	0.5	Ounce
Black pepper, ground	0.25	Ounce
Capers, nonpareil	0.5	Ounce
Olives, kalamata, pitted	8	Ounces

Preparation

1. Bring 9 cups of water to a boil. Add lentils. Boil for 12 minutes. Lentils should be al dente. Drain rinse and cool lentils.
2. Mince garlic and rough chop olives. Trim and thoroughly wash celery. Cut celery on a sharp bias 1/2 inch thick.
3. Heat oil in pan or flat top to 375 F. Add garlic and onions. Sauté 20 second and add tomatoes.
4. When skin on tomatoes begins to blister, add lentils. Continue to sauté another 2 minutes. Add the celery, sauté until celery begins to cook.
5. Add remaining ingredients. Sauté until spinach is just wilted. Taste and adjust salt as needed.



Vegan Sorghum Tahini Sauté

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 8 oz.

Ingredients	Quantity	Measure
Tahini, paste	6	Ounces
Soy sauce, lite	3	Ounces
Kale, clean	5	Pounds
Sorghum	1	Pound
Garlic, peeled	3	Ounces
Onions, white, diced	1	Pound
Peppers, red, fresh	1	Pound
Olive oil, extra virgin	4	Ounces
Salt, kosher	1	Ounce
Black pepper, ground	0.25	Ounce
Tomato, sangria, heirloom, cherry	1	Pound
Summer squash	1	Pound
Ginger, minced	2	Ounces

Preparation

1. Bring 12 cups of water to a boil. Add 4 cups of sorghum. Cover and lower heat. Cook al dente, 45 minutes to 1 hour. Check and adjust cooking time as needed.
2. Drain, rinse and cool sorghum. Set aside.
3. Mince garlic, dice peppers 1/2", dice summer squash 1/2". Heat flat top to 350 F. Add olive oil, once heated add garlic, ginger and onions. Sautee 20 seconds.
4. Add diced peppers, tomatoes and diced squash to flat top. Season with half salt and half peppers.
5. Add sorghum. Sautee until peppers and onions begin to sear. Add tahini. Toss ingredients on grill with spatula to incorporate tahini.
6. Add kale. Cook until kale begins to wilt. Finish with soy sauce. Adjust with remaining salt and pepper as needed.
7. Transfer to serving dish.

Vegan Thai Red Curry Tofu

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 6 oz.

Ingredients	Quantity	Measure
Coconut milk	60	Ounces
Curry paste, red	4	Ounces
Tofu, firm	15	Pounds
Sugar, fine, granulated	8	Ounces
Salt, kosher	2	Ounces
Coconut flakes	1	Ounce
Scallions, fresh	4	Ounces
Cornstarch	1	Tablespoon
Oil, canola	4	Ounces
Oil, canola, pan spray	0.001	Ounce

Preparation

1. Drain tofu. Cut tofu into 4 oz squares roughly 3 in x 2 in x 1 in. Season with half of salt. Slice scallions thin on a bias.
2. Heat flat top to 450 F. Add canola oil to flat top. Place squares in oil and allow them to sear. Roughly 4-5 minutes. Should be a deep gold brown, not burnt.
3. Coat sheet pan with canola spray. Place seared tofu on sheet pan, cool and set aside.
4. Place coconut flakes on a sheet pan. Toast at 325 F for 5 minutes. Remove from oven and cool.
5. In a saucepan combine: coconut milk, half of red curry, sugar and remaining salt. Mix and taste. Adjust seasoning. Should be sweet, savory and moderately spicy.
6. In a small bowl mix corn starch with cold water to a creamy smooth consistency. Bring sauce to simmer and whisk in cornstarch slurry.
7. Allow sauce to simmer for at least 10 minutes.
8. Roast tofu in oven at 350 F until the tofu begins to puff. Internal temperature should be at least 145 F.
9. Shingle tofu on serving platter. Ladle sauce over tofu. Garnish with scallions and toasted coconut.



White Bean & Field Roast Apple Sage Sausage Cassoulet

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF BEN HOWE

Servings: 2 Serving Size: 8 ounces

Ingredients	Quantity	Measure
Cannellini beans	4	ounces
Field Roast apple sage sausage, 1/2" dice	2	each
Celery, 1/2" dice	1	ounce
Onion, 1/2" dice	2	ounces
Carrot, 1/2" dice	1	ounce
Tomato paste	1	teaspoon
Garlic	1	teaspoon
Canned diced tomatoes	1/2	cup
White wine	1	cup
Vegetable broth	1	cup
Nutritional yeast	1	tablespoon
Panko bread crumbs	1	cup
Olive oil	1	tablespoon
Parsley, chopped	1	teaspoon
Thyme, chopped	1	teaspoon
Garlic, minced	1	teaspoon

Preparation

1. Sauté carrots, celery & onions in olive oil until very tender.
2. Add tomato paste & garlic continuing to sauté until lightly browned and fragrant.
3. Deglaze pan with white wine, add field roast apple sage sausage and simmer to reduce liquid by half.
4. Add tomatoes, nutritional yeast, cannellini beans & vegetable broth.
5. Simmer for 30-45 minutes allowing liquid to evaporate and thicken with starches from the beans.
6. Combine panko with olive oil, parsley, thyme & garlic.
7. Season beans & sausage to taste, spoon into an oven safe display pan. Top with panko and bake for 10-20 minutes until panko is well browned.

Nutrition Information

 *From USDA Nutrient Database

Calories: 509 Total Fat: 17g Saturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Sodium: 1191mg
Carbohydrates: 54g Fiber: 11.7g Sugar: 10g Protein: 35g



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