

Healthcare Toolkit



**THE HUMANE SOCIETY
OF THE UNITED STATES**

A self-operated toolkit



We're excited to share with you an effective way to showcase new and existing plant-based options, while simultaneously educating patients, guests and staff on health and environmental sustainability efforts.

The following information provides your staff with tools and resources for successfully increasing your plant-based menu options. It's another example of your commitment to focusing on the quality of food served to your guests each and every day.

No matter your reason for helping your customers choose plant-based foods, feel good about your decision knowing that you're making a positive difference in the world. The Humane Society of the United States stands behind you, ready to assist.

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PHOTO CREDITS

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Why offer more plant-based options?

COMMUNITY HEALTH, SUSTAINABILITY, ANIMAL WELFARE, AND COST SAVINGS

Diets rich in vegetables, fruits, whole grains, legumes and nuts are consistently linked to lower cholesterol levels, blood pressure and obesity rates. The Academy of Nutrition and Dietetics says that plant-based diets are appropriate for people in *all* stages of life.

The majority of the meat, milk and eggs produced in the U.S. come from animals confined in factory farms, their lives bearing no resemblance to the way most of us envision farm life. The American Medical Association warns that the overcrowded, unsanitary and stressful living environment for animals on factory farms requires the use of massive amounts of antibiotics—many of the same drugs used in human and veterinary medicine—which is leading to antibiotic resistance and the proliferation of superbugs.

Animal agriculture has been implicated by the United Nations as one of the top contributors to global environmental problems due to its vast use of water, land and fossil fuels and high carbon dioxide and methane emissions.

You can also save money by substituting animal products for tasty plant-based options. As meat prices are rising and expected to continue rising, affordable favorites like veggie pot pie and split-pea soup make for hearty, protein-rich, inexpensive replacements.

“When it comes to American health, the research shows one thing very clearly: We all need to eat more plants and less meat.”

– AMERICAN INSTITUTE
FOR CANCER RESEARCH





How to implement more plant-based foods

This toolkit is specially crafted for self-operated healthcare accounts

PREMIER ACCOUNTS

Due to the increased demand of our resources, we are only able to offer hands-on, in-person expertise for programs that partner with us as a [Premier Account](#). We understand that such commitments are not immediately possible for all programs, so we've put together this Toolkit for Self Ops so that programs can easily utilize our standardized recipes and plant-based culinary trainings on their own. We're happy to jump on a call and walk you through any questions you may have, just shoot us a message!

→ [EMAIL](mailto:forwardfood@humansociety.org) the HSUS with any questions at forwardfood@humansociety.org.

RECIPES

Our team of chefs and dietitians has developed many [plant-based recipes](#) suitable for healthcare operations and we encourage you to use them as they are or as a template that can be modified to best serve your operation.





Host a hands-on culinary training

The practical information you need to host your own plant-based training

HANDS-ON TRAINING

A great way to engage your program staff and get them on board with serving more plant-based food is to provide them with hands-on experience working with delicious, plant-based recipes. As attendees prepare and sample a variety of meals, they explore the ease of making them, tasting how flavorful they are and discussing which options might work best on the menus. This is a great way to spend time during professional learning days, as the staff have a enjoy teaming up to make the food and talk about it.

TRAINING VARIATION

If you're unable to conduct a hands-on culinary training, another option is to have staff participate in professional development training that includes recipe demonstrations and samplings. For this variation, the recipes will need to be prepared beforehand by kitchen staff, which saves time while still offering recipe training and sampling. This variation is ideal when time and space are limited or there will be a large number of attendees without ample kitchen space for hands-on opportunities.



Additional considerations and resources

Here's what you need to succeed

RECIPE IMPLEMENTATION

- Create a goal for what percentage of your meals will be plant-based (aim for 50 percent or more), and select a menu that fits this goal.
- Try highlighting the plant-based options on your serving line and à la carte stations by making them the first options guests see.
- If creating your own plant-based recipes, use descriptive terms that convey the flavor, ethnicity, texture, etc. of the item. For example, “tasty char-grilled tofu bowl with miso ramen”.
- The most effective way to make plant-based food appealing to the majority (not just vegans and vegetarians) is to simply call food what it is and not label it vegan. For example, if serving a meat-free lasagna, simply calling it lasagna goes a long way.
- Highlight and market your plant-based dishes via social media, point of sale signs, tastings, your website, posters and the like.

TRAINING CONSIDERATIONS

- How many attendees will there be?
- Would you like to limit the training to the culinary team or also include the wellness staff?
- How much time do you have? This will help with determining how many recipes to make.
- What type of equipment are your staff accustomed to using? This will help with recipe selection.
- Where will the training be located?
- What is the size and layout of the kitchen? This will help determine how to best set up working stations, which can flow into the cafeteria or other room. Will the kitchen accommodate the entire group or will portable stations be needed in the cafeteria or adjoining space? An example of station set-up may be found [here](#).
- Which recipes would you like to feature?
- Basic food prep the day before or morning of the training might be necessary. This will include cooking rice, opening cans, rinsing produce, etc.
- If giving a presentation, will the location of the training have PowerPoint capabilities, appropriate cables and cords to display the PowerPoint from a computer, speakers, internet access, etc.?
- Would you like to invite media to cover the training?

RESOURCES:

Check out [DefaultVeg!](#)

Check out [Meatless Monday](#) for more marketing resources!

Sign up for our [Forward Food newsletter!](#)



Appendix

Everything you need to host your own hands-on, plant-based culinary training

FOR TRAININGS WITH JUST CHEFS IN ATTENDANCE

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**Resources for trainings with
just chefs in attendance**

Template for self-guided, hands-on, plant-based culinary training

For trainings with just chefs in attendance

45 minutes

Introduction to HSUS' self-guided plant-based culinary training
Pre-recorded webinar, overview of the program

1 hour, 45 minutes

Hands-on culinary training: groups of 2-4

Group 1: Mushroom Cauliflower Bolognese
Sweet Potato Cashew Mac & Cheese
Brussels Sprouts with Farro

Group 2: Beyond Meat and Mushroom Meatloaf Sammy
Pulled Jackfruit Sammy with Slaw
Kale & Potato Enchilada Bake
Bulgogi Tofu Tacos

Group 3: Watermelon Poke Bowl
Morning Tofu Scramble
Szechuan Zoodles
Bibimbap

Group 4: Crabbyless Crab Cakes
Savory Sweet Potato Skins
Delicata Squash with Agrodolce
Cauliflower Fried Rice

1 hour

Recipe sampling & discussion

Recipe presentation, sampling, brief discussion, Q&A, end of program

OBJECTIVE

The Humane Society of the United States (HSUS) is excited to provide this template for a self-guided plant-based culinary training for hospitals and healthcare systems with just chefs in attendance. We hope that you will be able to use this template, along with our free plant-based recipes, to offer an exciting and educational event for your culinary staff. The objective is to educate your food service professionals about the benefits of and demand for plant-based foods. Training participants will learn how to create delicious and healthy plant-based items that customers and patients will love.

TRAINING OVERVIEW

Our self-guided plant-based culinary training will include a recorded webinar where an HSUS staff member will discuss the overview of our program and explain why it's important to embrace plant-based menu items. The webinar will also review the research on plant-based nutrition with a focus on the prevention, treatment and reversal of chronic diseases with a whole foods plant-based diet, as well as explore the environmental impact of our diet choices.

Participants will work together in teams of 2-4 to execute 1-2 recipes per group for a total of 15 recipes. These recipes were created by HSUS' expert culinary team and reviewed by HSUS' team of registered dietitians. After recipe execution, participants will present their dishes to the group and everyone will sample the dishes. The discussion at the end is an ideal time for participants to share what they learned and for leadership to walk away with new recipes. This training is designed to be 2 ½ hours long.

→ **EMAIL** the HSUS to request the pre-recorded webinar at forwardfood@humanesociety.org.

NEXT STEPS

HSUS would love to hear about the success of your self-guided training! We would like to encourage you to share stories, photos, and feedback from your training with us by emailing ForwardFood@humanesociety.org. If you are interested in committing 50% of your menu to plant-based foods, we would love to help support you farther with an in-person training.

Ingredient list for self-guided healthcare culinary trainings

PRODUCE

- Mushrooms, White or Cremini, sliced – 5 pound flat
- Cauliflower, whole – 5 each
- Onion, Yellow – 12 cups or 5 pounds
- Garlic Cloves – 52 cloves or 1 tub
- Parsley, Fresh – 2 bunch
- Lemons – 1 each
- Sweet Potato – 8 medium each
- Shallots – 8 each
- Brussels Sprouts – 8 cups or 2 pounds
- Kale – 8 bunches
- Red Bell Pepper – 6 each
- Green Bell Pepper – 4 each
- Ginger – ¼ cup or 4” piece whole
- Cabbage, green – 2 heads
- Cabbage, red – 1 head
- Radish – 3 bunches
- Cilantro – 1 bunch
- Carrot – 8 cups grated
- Russet Potato – 5 pounds
- Cucumbers, English – 6 each
- Avocado – 7 each
- Watermelon – 2 pounds
- Spinach – 8 cups or 6 ounces
- Onions, Green – 3 bunches
- Zucchini – 8 large each
- Yellow Squash – 3 large each
- Broccoli Florets – 4 cups
- Butternut Squash – 8 pounds
- Fresno or Jalapeno – 2 each
- Limes – 2 each
- Oregano – 1 teaspoon

SPICES/OILS

- Vegetable Oil, neutral flavor – 9 cups
- Olive Oil – 1 cup
- Red Chili Flake – 1 teaspoon
- Italian Seasoning – ¼ cup
- Salt – 1 x 3 pound box
- Garlic Powder – ½ cup
- Onion Powder – ½ cup
- Cayenne Pepper – 1/8 teaspoon (dash)
- Black Pepper – ½ cup
- Chili Powder – ¼ cup
- White Pepper – 1 teaspoon
- Cumin, ground – 2 Tablespoon
- Sesame Oil – 1 cup
- Taco Seasoning – ½ cup
- Red Chili Flake – 1 Tablespoon
- Gochujang (Korean Chili Paste) – 1 ¼ cup
- Sesame Seeds – ½ cup
- Turmeric – ¼ cup
- Old Bay Seasoning – 2 Tablespoon
- Tabasco Sauce – 1 bottle
- Vegan Worcestershire Sauce – 1 bottle
- Sage, dried – 1 teaspoon

REFRIGERATED ITEMS

- Beyond Meat Crumbles – 2 ½ pounds
- Tofu, Extra-Firm – 1 case x 14 oz packages

FREEZER ITEMS

- Edamame, Shelled – 8 cups
- Peas and Carrots – 1 cup

Ingredient list for self-guided healthcare culinary trainings

DRY INGREDIENTS

- Tomato Paste – 1 ½ cup
- Nutritional Yeast – 4 cups
- Vegetable Stock – 2 quarts
- Rigatoni Pasta – 2 pounds
- Non-Dairy Parmesan Cheese – ½ cup
- Macaroni Pasta – 1 pound
- Sunflower Seed Kernels, Raw - 2 cups
- Lemon Juice – 1 bottle
- Lime Juice – 1 bottle
- Farro – 4 cups
- Flax Seed, ground – 3 Tablespoons
- Soy Sauce – 1 ½ cups
- Panko Breadcrumbs – 4 cups
- Ketchup – ½ cup
- Dijon Mustard – 1 Tablespoon
- Brown Sugar – 1 ½ cups
- Apple Cider Vinegar – 1 Tablespoon
- Jackfruit, canned in water or vacuumed packed – 6 cups
- Chipotle – 1 can
- Non-Dairy Mayonnaise – 3 cups
- Enchilada Sauce – 15 ounces (1 2/3 cups)
- Tomato Sauce – 15 ounces (1 2/3 cups)
- Corn Tortillas – 36 each
- Rice Wine Vinegar – 3 cups
- Sugar – 1 cup
- Cornstarch – 2 boxes
- Sushi Rice – 2 cups
- Brazil Nuts – 2 ½ ounces
- Nori – 2 packages or 2 cup flakes
- Tamari – 1 cup

DRY INGREDIENTS CONTINUED

- Flour Tortillas – Burrito Size – 12 each
- Brown Rice – 1 ½ cups dry
- Hearts of Palm – 2 x 14 oz cans,
- Capers – 2 teaspoons
- Agave Syrup or Corn Syrup – 1 cup
- White Wine Vinegar – 1 cup
- Pepitas (Pumpkin seeds) – ¼ cup
- White Beans, canned – 5 cups
- Black Beans, canned – 2 cups
- Hamburger Buns – 1 package

Equipment list for self-guided healthcare culinary trainings

There will be 12 stations set up for 24 participants (each station will have two participants). Each station needs the following:

- White or Green Cutting Board (1 per participant)
- Chef Knife (1 per participant)
- Sanitizer, Cleaning Buckets, Compost Container (1 per station)
- Towels for Cleaning

In a central location, please have the following items available:

- Wire Whisks (minimum of 5, more if possible)
- Measuring cups, dry (minimum of 3 sets, more if possible)
- Measuring cups, liquid (various sizes including 4 cups, 8 cups, and gallon size)
- Heat proof spatulas (minimum of 12, more if possible)
- Large spoons (a variety of slotted and non-slotted) for stirring (minimum of 8)
- Metal mixing bowls, medium and large size (minimum 12, more if possible)
- Peeler
- Box grater
- Microplane grater

Small ware equipment (can be where they are normally located within the kitchen):

- ½ sheet pans (minimum 8)
- Medium pots
- Parchment paper/plastic wrap/foil
- High-speed blender (Vitamix)
- ½ hotel pans 2" deep (minimum 12)
- Medium skillets/pans
- Food processor/robot coup
- Small stand mixer (Kitchen aid style with whisk and paddle attachments)

Large equipment and cooking equipment:

- Stove or portable burners (if applicable)
- Grill
- Warming/holding oven
- Convection or conventional ovens
- Fryer

Equipment list for self-guided healthcare culinary trainings continued

Other equipment:

- Plenty of towels and aprons
- Disposable gloves (all sizes)
- Cut resistant gloves (if required)
- Disposable tasting spoons
- Chef hats/hair nets

For the buffet:

- Catering platters and bowls
- Paper plates/napkins/silverware/cups
- Tables or other location for the buffet
- Serving spoons/tongs/spatulas
- Name tents for the food

We will also need the services of a dedicated steward for clean up during and after the event each day.

Station set up



Recipe list for self-guided healthcare trainings

Designed for trainings with just chefs in attendance



Beyond Meat and Mushroom Meatloaf Sammy

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 sandwich

Ingredients	Quantity	Measure
Sandwich Bread (Wheat or White)	24	slices
Aquafaba Mayonnaise or other Non-Dairy Mayonnaise	1 ½	cups
Beyond Meat and Mushroom Meatloaf (see recipe), cooled	12	slices
Beefsteak Tomato or other large slicing tomato	24	slices
Green Leaf Lettuce	12	leaves

Preparation

1. Toast 2 slices of the bread until golden brown (either using a toaster or on a grill). Once toasted, spread 1 tablespoon of the mayonnaise evenly on one side of bread. Using one slice as the bottom of the Sammy, place a 4 ounce slice of meatloaf on top of the mayonnaise side of the bread. Building up from there, place 2 slices of tomatoes on top of the meatloaf and then place one leaf of lettuce on top of the tomatoes. Cover the top of the Sammy with the remaining bread with the mayonnaise side down. Cut in half and serve.

Serving Information/Notes

To make more delicious, increase the mayonnaise to 3 cups and place 1 tablespoon on each side of the bread and place on a grill or flat top to toast. Remove from the grill and follow the instructions as directed with adding 1 tablespoon mayonnaise on the inside of each piece of bread and then continue.

Nutrition Information *From USDA Nutrient Database

Calories: 504 Total Fat: 27.4g Saturated Fat: 2.8g Monounsaturated Fat: 9.6g Polyunsaturated Fat: 9.3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 42g Fiber: 7.5g Total Sugar: 10.9g Protein: 22.4g Sodium: 1500mg Vitamin A: 59µg Vitamin C: 28.9mg Calcium: 241mg Iron: 7.2mg Folate: 27µg

Bibimbap

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

A traditional Korean comfort food. Bibimbap literally means mixed rice. A one bowl wonder, this dish is made with rice, vegetables and tofu with the diverse Korean flavor of gochujang sauce.

Servings: 10

Serving size: 1 bowl

Ingredients	Quantity	Measure
Brown rice, cooked	6 cups cooked (1 ½ cups dry)	
*Tofu, firm, drained, cubed	3	14-ounce packages
Corn starch	1/3	cup
Sesame oil	2	Tbsp.
Mushrooms, sliced	1 ¼	pounds
Soy sauce, reduced sodium, divided	2	Tbsp.
Sesame seed, divided	¼	cup
Water	2	Tbsp.
Garlic, minced	1	Tbsp.
Spinach, fresh	5	cups
Salt	1	tsp.
Gochujang sauce or cayenne pepper	to taste	
Cucumber, diced (English, if available)	2 ½	cups
Radishes, thinly sliced	2/3	cup
Green onions, thinly sliced on a bias	2/3	cup
Carrots, shredded	2 ½	cups

Bibimbap Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Preparation

*Please see separate page for tofu pressing instructions.

1. Check with instructor to be sure rice is already prepared. Keep rice warm.
2. If not, prepare rice using one of the following methods:
 - a. Combine water and rice. Steam covered for approximately 15 minutes.
 - b. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
 - c. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.
3. Roll the tofu cubes in the corn starch in a large bowl.
4. Heat the sesame oil in a large skillet and fry the tofu for about 4 minutes.
5. Add one tablespoon of soy sauce and cook for another minute. Sprinkle with 1 ½ tablespoons of sesame seeds and remove from the pan. Put aside.
6. In the same pan, cook the mushrooms with ½ tablespoon of soy sauce. This will deglaze the mushrooms, meaning the sediments on the bottom of the pan that are full of flavor, are rehydrated using a liquid and heat, while stirring.
7. Add two tablespoons of water to the pan and sauté the garlic with the mushrooms, for 2 minutes.
8. Add the spinach to the garlic and mushrooms and put a lid on the pan. Cook for about 2 minutes or just until the spinach wilts.
9. Season with salt and cayenne pepper and add another ½ tablespoon of soy sauce. Optional: Sprinkle with 1 ½ tablespoons of sesame seeds.
10. See serving instructions below.

Serving Information

To serve, portion the rice in a large bowl or plate. Top the rice with the spinach and mushroom mix, fried tofu, sliced cucumber, sliced radishes, green onions and shredded carrots. Top with remaining sesame seeds and gochujang sauce, if desired. 1 complete Bibimbap bowl would include ½ cup rice, ½ cup tofu, ¼ cup cucumber, ½ cup spinach and mushroom mixture, ¼ cup shredded carrots, 1 tablespoon of sliced radishes and 1 tablespoon green onions.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 476 Total Fat: 19g Saturated Fat: 3g Monounsaturated Fat: 7g Polyunsaturated Fat: 8g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 60g Fiber: 8g Total Sugar: 4g Protein: 19g Sodium: 361mg Vitamin A: 456µg
Vitamin C: 18mg Calcium: 393mg Iron: 6mg Folate: 142µg

Brussels Sprouts with Farro

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 2 cups

Ingredients	Quantity	Measure
Salt, divided	1	Tbsp.
Farro, uncooked	4	cups
Canola Oil, divided	½	cup
Shallots, thinly sliced whole	2	cups
Onion, Yellow or White, small diced	2	cups
Brussels Sprouts, trimmed, halved	8	cups
Kale, stemmed and chopped	12	cups
Edamame, shelled	4	cups
Lemon Juice	2	Tbsp.
Black Pepper		to taste

Preparation

1. Preheat oven to 400 degrees. In a large pot filled with water, place 2 teaspoons of salt in it and bring to a boil. Add the farro and cook until tender then drain. Reserve the farro.
2. Pan fry the shallots in ¼ cup of oil until crisp. Using a slotted spoon, remove shallots from the pan and drain on a paper towel lined pan. Reserve for garnish.
2. In a large bowl, place the brussels sprouts and 2 tablespoons of oil together. Toss to coat all the brussels sprouts. Place in a single layer on a sheet pan (or two if needed) with cut side down. Place in the oven and roast until cut side is caramelized, about 12-15 minutes. Flip the brussels sprouts and continue to cook until just tender, but not mush.
4. While the brussels sprouts are cooking, heat a large skillet over medium high heat. Add the onions and cook until translucent. Add the cooked farro and continue to cook. Add the kale and wilt and the edamame to heat through.
4. Place the mixture into a hotel pan. Add the brussels sprouts and toss everything together. Season with salt, black pepper, and lemon juice. Garnish with fried shallots.

Serving Information/Notes

If desired, use seasoned All-Purpose Flour, Wondra Flour, or Cornstarch to coat the shallots first before frying for a crunchier exterior.

Nutrition Information

 *From USDA Nutrient Database

Calories: 397 Total Fat: 11.5g Saturated Fat: 1g Monounsaturated Fat: 6g Polyunsaturated Fat: 3.2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 66.3g Fiber: 9g Total Sugars: 36g Protein: 7.1g Sodium: 648mg Vitamin A: 560µg Vitamin C: 151mg Calcium: 143mg Iron: 3mg Folate: 73µg

Bulgogi Tofu Tacos

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24 tacos

Serving size: 2 tacos

Ingredients	Quantity	Measure
Cabbage Slaw		
Red cabbage, shredded	2	cups
Green cabbage, shredded	2	cups
Carrots, shredded	1	cup
Lime juice	½	cup
Salt and pepper		to taste
Cucumber Pickles		
English cucumber, thinly sliced	1	each
Rice wine vinegar	½	cup
Sugar	¼	cup
Red chili flakes	½	tsp.
Bulgogi Tofu		
*Tofu, extra-firm, drained, pressed	2	pounds
Cornstarch	¼	cup
Sesame oil (changed from Canola Oil)	½	cup
Ginger, minced	2	Tbsp.
Garlic, minced	2	Tbsp.
Gochujang (Korean chili paste) (Reduced from 1 cup)	½	cup
Brown sugar	1	cup
Soy sauce	½	cup
Rice wine vinegar	1	cup
Assembly		
Sesame seeds, toasted	2	Tbsp.
Flour tortillas, 6 inch or street food style	24	each

Bulgogi Tofu Tacos Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Preparation

*Please see separate page for tofu pressing instructions.

1. **Cabbage Slaw** – In a large bowl, combine the cabbages, carrots, and lime juice and mix well. Place in the walk-in until all other components are ready. Adjust the seasoning with salt and pepper as needed.
2. **Cucumber Pickles** – In a pot heated over medium high heat, combine the rice vinegar and sugar together and allow to come to a boil, whisking to combine. Add the chili flakes and whisk to combine. Place the cucumbers in a heat resistant bowl and pour the vinegar mixture over the top of the cucumbers. Make sure that the cucumbers are completely submerged and allow to cool to room temperature, then placing them in a cooler to cool completely while all other components are being made.
3. **Bulgogi Tofu** – Using your hands, crumble the tofu into small pieces (alternatively, you can place the tofu in a food processor and pulse until all crumbled). Place tofu into a bowl with the cornstarch and toss to coat evenly. Heat a $\frac{1}{4}$ cup of oil in a large skillet or on a flat top. Add the tofu once the oil shimmers. Cook the tofu until golden brown and crisp. Remove from the skillet and reserve. In the same skillet, add the remaining oil and heat over medium high heat, add the ginger and garlic, and cook until fragrant. Add the gochujang, then the brown sugar and whisk to combine. Add the soy sauce and rice wine vinegar and mix well. Reduce the sauce over medium heat for 2 minutes, then add the cooked tofu and coat well. If needed, add a little water if the sauce and tofu mixture is too thick.
4. **To Assemble** – Heat a tortilla and place on a plate. Add the tofu mixture followed by the cabbage slaw and two pickles. Garnish with sesame seeds.

Nutrition Information *From USDA Nutrient Database

Calories: 543 Total Fat: 18.9g Saturated Fat: 2.9g Monounsaturated Fat: 9.5g Polyunsaturated Fat: 5.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 79g Fiber: 3.9g Total Sugar: 41g Protein: 14g Sodium: 2193mg Vitamin A: 2 μ g Vitamin C: 9.1mg Calcium: 285mg Iron: 4.2mg Folate: 86 μ g

Cauliflower Fried Rice

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 cup

Ingredients	Quantity	Measure
Cauliflower florets, fresh	6	cups
*Tofu, extra-firm, drained, pressed, and crumbled	1	14 ounce package
Canola Oil	¼	cup
Turmeric	1	tsp.
Garlic, minced	1	Tbsp.
Onion, yellow, small dice	½	cup
Peas and carrots, frozen	1	cup
Edamame, frozen, shelled	2	cups
Zucchini, fresh, julienne	1	cup
Yellow squash, fresh, julienne	1	cup
Broccoli florets, fresh, steamed for 4 minutes	1	cup
Soy sauce, reduced sodium, divided	½	cup

Preparation

*Please see separate page for tofu pressing instructions.

1. Put the cauliflower floret in a food processor and process until the texture and size resembles rice. Reserve.
2. Using the back of a fork, crumble tofu into smaller pieces.
3. Heat the oil in a large skillet over medium heat. Cook crumbled tofu with turmeric for 2 minutes.
4. Add garlic and onions and cook over medium-high until tender. Add peas, carrots, edamame, zucchini, yellow squash, broccoli florets, and ¼ cup of the soy sauce.
5. Add the cauliflower to the skillet and continue to cook for 5 minutes, tossing to combine.
6. Add the rest of the soy sauce and cook for 2-3 minutes.

Serving Information

Serve as a hot or cold entrée with a green salad or fruit salad side dish.

Nutrition Information

 *From USDA Nutrient Database

Calories: 161 Total Fat: 9g Saturated Fat: 0.9g Monounsaturated Fat: 3.6g Polyunsaturated Fat: 3.1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 9.9g Fiber: 3.8g Total Sugars: 2.3g Protein: 9.8g Sodium: 389mg Vitamin A: 60µg Vitamin C: 40mg Calcium: 264mg Iron: 2.1mg Folate: 115µg

Crabbyless Crab Cakes

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving Size: 1 crab cake

Ingredients	Quantity	Measure
Canola oil, divided	¼	cup
Red bell pepper, small dice	1	cup
Onion, yellow, small dice	1	cup
Garlic, minced	1	tsp.
Nori flakes, toasted	2	tsp.
Hearts of Palm (canned, drained, rinsed, pulsed in food processor until resembles crab meat)	5 2	cups or 14 oz cans
Egg-free mayonnaise	1	cup
Nutritional yeast	¼	cup
Breadcrumbs, divided	3	cups
Salt	1	tsp.
Pepper	1	tsp.
Old Bay seasoning	2	Tbsp.
Tabasco sauce	2	tsp.
Remoulade Sauce		
Egg-free mayonnaise	1	cup
Ketchup	1	Tbsp.
Dijon mustard	1	Tbsp.
Tabasco sauce	1	tsp.
Vegan Worcestershire sauce	1	tsp.
Lemon juice, fresh	1	Tbsp.
Salt	¼	tsp.
Shallots, minced	2	tsp.
Parsley, fresh, chopped	1	tsp.
Red bell pepper, small dice	2	tsp.
Capers, minced	2	tsp.

Crabbyless Crab Cakes Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Preparation

1. In a sauté pan, heat two tablespoons of oil over medium heat. Sauté onions, bell peppers, and garlic until tender, 2-3 minutes. Remove from the pan and place in a mixing bowl and allow to cool.
2. Blend the onion and bell pepper mixture with nori flakes, hearts of palm, other half of oil, eggless mayonnaise, nutritional yeast, two cups of the breadcrumbs, salt, pepper, old bay seasoning, vegan Worcestershire sauce, and tabasco sauce.
3. Scoop out into 3-ounce balls.
4. Press into patties.
5. Coat each patty in the remaining 1 cup of breadcrumbs.
6. Pan fry in the remaining oil until golden brown.
7. For the Remoulade: Place all the ingredients in a jar of a blender. Blend on high for one minute, or until completely smooth. Scrape the sides and blend again as needed. Remove the sauce from the jar and place into a container and refrigerate.

Serving Information

Serve with 1-2 tablespoons of the Remoulade.

Nutrition Information

 *From USDA Nutrient Database

Calories: 460 Total Fat: 33.6g Saturated Fat: 2.2g Monounsaturated Fat: 19.3g Polyunsaturated Fat: 10g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 31.6g Fiber: 4.4g Total Sugars: 3.94g Protein: 7.8g Sodium: 1548mg Vitamin A: 24µg Vitamin C: 24mg Calcium: 99mg Iron: 3.8mg Folate: 258µg

Delicata Squash with Agrodolce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 cup

Ingredients	Quantity	Measure
Delicata Squash (or Acorn or Butternut – See Notes), seeded and cut into ½ inch rounds or semi-rounds	8 (4-6)	Pounds (each)
Canola Oil	½	cup
Agave Syrup or Maple Syrup, divided	1	cup
Salt	1	tsp.
Black Pepper	1	tsp.
Fresno Chili or Jalapeno Chili, seeded and minced	2	each
White Wine Vinegar	1	cup
Lime Zest from whole Limes	2	each
Lime Juice	From	Zested Limes
Sage, dried	1	tsp.
Pumpkin Seeds (Pepitas), toasted	¼	cup

Preparation

1. In a large bowl, toss the squash, oil, and ¼ cup of agave syrup together. Season with salt and pepper and place on an oiled sheet pan. Roast in the oven at 400 degrees for 10-12 minutes on the first side, then flip squash over and roast until tender, about another 8-10 minutes.
2. While the squash is roasting, place the remaining agave syrup, chilies, vinegar, and lime juice in a pot and bring to a boil then simmer until a thick syrup.
3. Remove the squash from the sheet pan and place in hotel pan for service. Pour syrup over the top and toss with lime zest. Sprinkle sage and pumpkin seeds over the top as garnish.

Serving Information/Notes

This recipe works for most winter type squash. May need to peel the squash before roasting due to the thickness of the skin.

Nutrition Information *From USDA Nutrient Database

Calories: 293 Total Fat: 12.5g Saturated Fat: 1.2g Monounsaturated Fat: 6.6g Polyunsaturated Fat: 3.9g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 42g Fiber: 3.7g Total Sugars: 19.4g Protein: 2.8g Sodium: 202mg Vitamin A: 36µg Vitamin C: 30.6mg Calcium: 68mg Iron: 1.8mg Folate: 43µg

Kale & Potato Enchilada Bake

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 enchilada

Ingredients	Quantity	Measure
Russet potatoes, sliced	8 ³ / ₄ cups (2 ¹ / ₂ pounds)	
Onion, yellow or white, small dice	1	cup
Garlic, fresh, minced	¹ / ₄	cup
Kale, fresh, stemmed	18 cups (3 pounds)	
Enchilada sauce	1 ² / ₃ cups (15 ounces)	
Tomato sauce	1 ² / ₃ cups (15 ounces)	
Corn tortillas (heat on a flat top/skillet in 1 tablespoon oil)	12	each
Nacho Cheez (Separate Recipe)	1	cup

Preparation

1. Heat oven to 350 degrees Fahrenheit.
2. Cook potatoes in cold salted water and allow to come to a simmer and cook until tender. Drain and transfer potatoes to a separate bowl. Set aside until step 5.
3. Sauté onion and garlic in a little water until translucent. Add kale and continue to sweat until wilted. Remove from heat and set aside until step 5.
4. While the vegetables are cooking, blend enchilada sauce and tomato sauce in a separate bowl.
5. When all ingredients are ready (including heating the tortillas), layer a ¹/₂ hotel pan with a thin layer of sauce on bottom, then 4 corn tortillas, ¹/₃ of the potatoes, and ¹/₃ of the kale mixture. Repeat with 2 more layers using up all the ingredients.
6. Top with nacho cheez sauce and bake covered for 20-25 minutes.

Nutrition Information

*From USDA Nutrient Database

Calories: 257 Total Fat: 4g Saturated Fat: .6g Monounsaturated Fat: 1.6g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 46.6g Fiber: 8.2g Total Sugar: 6.3g Protein: 8.5g Sodium: 567mg Vitamin A:
882µg Vitamin C: 151mg Calcium: 203mg Iron: 3.5mg Folate: 53µg

Morning Tofu Scramble

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 cup

Ingredients	Quantity	Measure
*Tofu, extra-firm, drained, pressed, and crumbled	6	14-ounce packages
Garlic, minced	3	cloves
Vegetable oil	¼	cup
Vegetable broth	½	cup
Nutritional yeast	¼	cup
Onion powder	1	Tbsp.
Salt	1	Tbsp.
Turmeric	2	tsp.
Black pepper	2	tsp.
Mixed vegetables (cooked bell peppers, onions, spinach, etc.)	3	cups

Preparation

*Please see separate page for tofu pressing instructions.

1. Heat oil in skillet over medium heat. In a large bowl, crumble tofu with your clean, gloved hands breaking apart any big pieces. Add garlic to oil and let cook for 2 minutes or until soft but not browned. Stir in tofu with oil and garlic.
2. Using bowl that tofu was in, mix vegetable broth, nutritional yeast, onion powder, salt, turmeric, and pepper together. Pour over tofu and stir to cover evenly.
3. Continue cooking for another 10-15 minutes until tofu is cooked and seasoning is blended well and the liquid is evaporated, stirring often.
4. Add optional veggies, if using, and stir until cooked.
5. Remove from heat and serve with optional toppings or enjoy as is.

Serving Information

Optional toppings:

Top with vegan ranch, aioli, salsa, or sriracha - whatever you wish!

Add halved cherry tomatoes or tomato wedges to scramble and heat for 30 seconds.

Top with sliced avocado for a creamy and healthy addition.

Nutrition Information

*From USDA Nutrient Database

Calories: 282 Total Fat: 16.6g Saturated Fat: 4.8g Monounsaturated Fat: 9.2g Polyunsaturated Fat: 1.2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 10.5g Fiber: 5.7g Total Sugar: 2.8g Protein: 22.7g Sodium: 65.8mg Vitamin A: 1µg Vitamin C: 3.7mg Calcium: 371mg Iron: 4.5mg Folate: 34µg

Mushroom Cauliflower Bolognese

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 2 cups (1 cup sauce plus 1 cup pasta)

Ingredients	Quantity	Measure
White or Cremini mushrooms, sliced	2	pounds
Cauliflower, whole	2	each
Canola Oil, divided	½	cup
Yellow onion, small dice	2	each
Garlic cloves, minced	12	each
Red chili flake	1	teaspoon
Italian seasoning	2	Tbsp.
Tomato paste	1 ½	cups
Nutritional yeast	2	Tbsp.
Vegetable stock	4	cups
Salt and Pepper		To Taste
Rigatoni pasta, dry	2	pounds
Parsley, fresh and chopped	2	Tbsp.
Non-dairy parmesan cheese	½	cup
Lemon juice, fresh	1	Tbsp.

Preparation

1. Reserve ½ pound of mushrooms. In a robot coupe or food processor, pulse the remaining mushrooms in batches until finely chopped. Remove and place in bowl. Set aside, keeping the sliced and processed mushrooms separate.
2. In a clean robot coupe or food processor, process the cauliflower into a rice size and texture. Reserve in a bowl until needed.
3. Heating a large rondeaux or heavy bottom stock pot over medium high heat, pour 2 tablespoons of oil and heat until hot. Place the sliced mushrooms in a single layer and allow to cook undisturbed until the moisture evaporates and the bottom starts to caramelize. Flip the mushrooms and cook other side, again until the moisture evaporates, and it starts to caramelize. Remove and repeat (start with heating another 2 tablespoons of oil over medium high heat) until all the sliced mushrooms are cooked. Remove and reserve. Heat the remaining oil over medium high heat and cook the remaining processed mushrooms in the same manner. Once caramelized on both sides, add the onions and garlic and cook until translucent and soft. Add the red chili flakes, Italian seasoning and nutritional yeast and cook until fragrant. Add the cauliflower and the tomato paste and cook until slightly darkened and softened. Add the vegetable stock and the reserved sliced mushrooms and allow the sauce to reduce for 10-15 minutes or until the cauliflower is fully cooked and the sauce has thickened.
4. Boil pasta as directed on the package. Reserve 4 cups of the pasta water to help thin the sauce as needed.
5. In a large bowl that will hold both the pasta and the sauce, place the drained pasta in the bowl. Ladle the sauce over the pasta and start to mix. Use the reserved pasta water to help with the consistence of the sauce (pour a little at a time if too thick). Continue with the remaining pasta or until the desired consistency is achieved. Garnish with chopped fresh parsley, non-dairy Parmesan, and a squeeze of lemon juice to brighten the dish.

Mushroom Cauliflower Bolognese

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Notes

**Alternatively, place the drained pasta on a platter and pour the sauce on top (thinning it with reserved pasta water as needed). Garnish with parsley, non-dairy Parmesan cheese, and a squeeze of lemon juice to brighten the dish.

Nutrition Information *From USDA Nutrient Database

Calories: 482 Total Fat: 12.9g Saturated Fat: 0.9g Monounsaturated Fat: 5.5g Polyunsaturated Fat: 2.9g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 75g Fiber: 8g Total Sugar: 12.5g Protein: 16.4g Sodium: 519mg Vitamin A: 28µg Vitamin C: 79.5mg Calcium: 57mg Iron: 5mg Folate: 90µg

Pulled Jackfruit Sammy with Slaw

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Sandwiches

Serving size: 1 sandwich

Ingredients	Quantity	Measure
Jackfruit, Canned in Water or Brine or Vacuumed Packed – unflavored	6	cups
Canola Oil	3	Tbsp.
Onions, Yellow, small dice	2	cups
Garlic, Fresh, minced	2	tsp.
BBQ Sauce, prepared	2	cups
Salt		To Taste
Black Pepper		To Taste
Cabbage Slaw, (See Recipe)	6	cups
Hamburger Buns	12	each

Preparation

1. Preheat oven to 400 degrees Fahrenheit. If using canned jackfruit, drain and rinse. Place in a single layer on a sheet pan and pat dry.
2. Pick out large seeds from the jackfruit, if any. Heat the oil in a large skillet over medium high heat. Add the onions and garlic and sauté until fragrant and soft. Add the jackfruit. Continue to cook until the jackfruit is heated through and is easy to break apart with a back of a spoon. Add the BBQ sauce and lower the heat to allow the mixture to simmer slowly until well combined. Adjust seasoning with salt and pepper.

Serving Information/Notes

To Serve: Scoop ½ cup BBQ Pulled Jackfruit and ½ cup Cabbage Slaw and place into the hamburger buns.

Nutrition Information *From USDA Nutrient Database

Calories: 272 Total Fat: 7.4g Saturated Fat: 1.6g Monounsaturated Fat: 2.7g Polyunsaturated Fat: 1.1g Trans Fat: 0g Cholesterol: 5mg Carbohydrate: 46g Fiber: 2.2g Total Sugar: 18.6g Protein: 5g Sodium: 435mg Vitamin A: 113µg Vitamin C: 17.6mg Calcium: 33mg Iron: 0.6mg Folate: 27µg

Savory Sweet Potato Skins

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 potato skin

Ingredients	Quantity	Measure
Sweet potatoes	5	lbs.
Yellow or green bell peppers, sliced thin, de-seeded	2	cups
Garlic, minced	1	tsp.
Onion, minced	½	cup
Vegetable oil spray		as needed
Oregano, fresh	1	tsp.
Cumin powder	1	tsp.
Chili powder	2	tsp.
White pepper	1	tsp.
Cooked white beans, drained, rinsed, and mashed	5	cups
Black beans, drained and rinsed	2	cups
Avocado, mashed (fresh or frozen pulp)	2	cups
Cheesy sauce topping		
Sweet potato flesh, scooped out after baked	3	cups
Olive oil	1/3	cup
Water	½	cup
Nutritional yeast	½	cup
Lemon juice	1	Tbsp.
Salt	1	tsp.
Garlic powder	½	tsp.
Onion powder	½	tsp.
Cayenne		Dash

Savory Sweet Potato Skins

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Preparation

1. Preheat the oven to 350 degrees Fahrenheit. Prick the sweet potatoes with a fork and bake until tender, about 50 to 60 minutes on a sheet pan with parchment paper. Remove from the oven, slice in half lengthwise, and allow to cool for 10 minutes. Change the oven temperature to 400 degrees Fahrenheit.
2. While the sweet potatoes are cooking, sauté the peppers, garlic, and onion with vegetable oil spray until tender, about 3 minutes. Add the oregano, cumin, chili powder, and pepper. Add the white beans and sauté on medium heat until well-cooked, about 8 to 10 minutes.
3. In a separate pan, heat the black beans and set aside.
4. Once the potatoes have cooled, scoop out the majority of the flesh, leaving a very thin layer of potato in the skins. Set aside the scooped-out flesh.
5. Place halved skins on sheet pans with parchment paper. Fill the skins with white bean mixture and top with black beans. Bake for 10 more minutes, or until warm.
6. Make cheesy sauce topping by adding the scooped out sweet potato flesh to a high-speed blender. Add the remaining cheesy sauce ingredients and blend on low until well incorporated. Increase speed gradually to high and blend until smooth and completely blended.
7. Top sweet potato skins with cheesy sauce and avocado right before serving.

Nutrition Information *From USDA Nutrient Database

Calories: 541 Total Fat: 15.5g Saturated Fat: 2.2g Monounsaturated Fat: 9.8g Polyunsaturated Fat: 1.9g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 80.2g Fiber: 20.9g Total Sugar: 9.8g Protein: 20.3g Sodium: 753.2mg Vitamin A: 1395µg Vitamin C: 35.3mg Calcium: 171mg Iron: 6.4mg Folate: 169µg

Sweet Potato Cashew Mac & Cheese

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 cup

Ingredients	Quantity	Measure
Macaroni pasta	1	pound
Sweet potato, cubed	2	cups
Cashews, soaked in water for 6 hours*	2	cups
Lemon juice	4	Tbsp.
Nutritional yeast	1	cup
Salt	3	tsp.
Garlic powder	4	tsp.
Onion powder	4	tsp.
Water	3-4	cups

Preparation

1. Preheat oven to 425 degrees Fahrenheit.
2. Prepare macaroni pasta according to package instructions. Drain and set aside.
3. While pasta cooks, place sweet potato cubes on a baking sheet in a single layer. Roast in preheated oven for 20-30 minutes or until tender and slightly browned.
4. Add roasted sweet potatoes, cashews, lemon juice, nutritional yeast, salt, garlic powder, onion powder, and half of the water to a high-speed blender. Blend until smooth, scraping down sides. Add more water a little at a time as needed until creamy and smooth cheesy sauce is desired consistency. Taste and add salt as needed.
5. Mix macaroni pasta with cheesy sauce and serve.

*If short on time, boil cashews for 10 minutes instead of soaking.

Nutrition Information *From USDA Nutrient Database

Calories: 414 Total Fat: 21.2g Saturated Fat: 3.5g Monounsaturated Fat: 10.8g Polyunsaturated Fat: 3.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 36.8g Fiber: 7.2g Total Sugar: 4g Protein: 19g Sodium: 724.6mg Vitamin A: 189µg Vitamin C: 3.4mg Calcium: 32mg Iron: 4.5mg Folate: 17µg

Szechuan Zoodles

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving size: 1 cup

Ingredients	Quantity	Measure
Sesame Oil	1	Tbsp.
Rice Wine Vinegar	1	Tbsp.
Garlic, Fresh, minced	4	Cloves
Ginger, Fresh, grated	1	tsp.
Red Pepper Flakes	½	tsp.
Cornstarch	2	tsp.
Soy Sauce or Tamari	¼	cup
Brown Sugar	2	tsp.
Zucchini, cut into long noodles	4	cups
Carrots, cut into thin strips	2	Cups
Canola Oil	1	Tbsp.
Red Bell Pepper, thinly sliced	1 ¼	cups
Green Bell Pepper, thinly sliced	1 ¼	cups
Onions, Green, thinly sliced	2	Tbsp.

Preparation

1. In a medium bowl, combine sesame oil, rice wine vinegar, garlic, ginger, red pepper flakes, cornstarch and 1 tablespoon of tamari/soy sauce. Set aside.
2. In a small bowl, mix sugar and rest of the tamari/soy sauce. Set aside.
3. Use a mandolin or spiral cutter to ribbon zucchini and carrots. Set aside.
4. In a large hot skillet, add canola oil and stir fry carrots for 2-3 minutes. Add green and red peppers and cook for 2-3 minutes.
5. Add sesame oil mixture to cooked carrots and peppers.
6. Add sugar and tamari mixture to zucchini noodles and sauté for 2-3 minutes on medium heat.
7. Combine all ingredients.
8. Garnish with thinly sliced scallions.

Nutrition Information

*From USDA Nutrient Database

Calories: 71 Total Fat: 4g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 8g Fiber: 2g Total Sugar: 4g Protein: 2g Sodium: 305mg Vitamin A: 165µg
Vitamin C: 46mg Calcium: 26mg Iron: 1mg Folate: 35µg

Watermelon Poke Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Ingredients	Quantity	Measure
Sushi rice, dry	2	cups
Cold water		1 ½ pints (3 cups total)
Salt	½	tsp.
Radishes	5	each
Cucumber	2-3	each
Brazil nuts	2 ½	ounces
Sesame Oil	1 2/3	Tbsp.
Tamari	1/3	cup
Rice vinegar	1/4	cup
Nori, crushed, divided	1/4	cup
Avocado	2-3	each
Watermelon		1 ¼ pints (2 ½ cups total) or 1 ¼ pound

Preparation

1. Combine the sushi rice, cold water and salt to a small saucepan over high heat. Bring water to a boil, reduce heat, cover, and cook the rice until tender, about 20-25 minutes. Remove pan from heat and let stand five minutes.
2. Meanwhile, prepare the toppings. Thinly slice the radishes and cucumbers into rounds. Roughly chop the Brazil nuts. Cube the watermelon. Set toppings aside.
3. In a medium bowl, whisk together the sesame oil, tamari, rice vinegar and HALF of the crushed nori. Season with salt and pepper.
4. Halve the avocados, remove the pits, and thinly slice the flesh.

Serving

1. Fluff the rice with a fork and scoop the rice into a large bowl.
2. Top the rice with the watermelon, radishes, cucumbers, and avocado.
3. Sprinkle the Brazil nuts over the fruit and vegetables.
4. Drizzle the dressing evenly over the toppings and sprinkle with the remaining crushed nori.

Nutrition Information *From USDA Nutrient Database

Calories: 313 Total Fat: 15g Saturated Fat: 2.5g Monounsaturated Fat: 7.6g Polyunsaturated Fat: 3.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 41g Fiber: 11g Total Sugar: 6g Protein: 6.5g Sodium: 766mg Vitamin A: 18µg Vitamin C: 22mg Calcium: 39mg Iron: 2mg Folate: 54µg

The image features two burritos stacked vertically on a white surface. The burritos are wrapped in a light-colored flour tortilla with a decorative orange and white striped pattern. The fillings are visible and include sliced strawberries, avocado, kiwi, green leafy vegetables, and almonds. In the background, a white bowl contains more strawberries. The text "Resources for trainings with both chefs and dietitians in attendance" is overlaid in white, bold font across the center of the burritos.

**Resources for trainings with
both chefs and dietitians in
attendance**

Template for self-guided, hands-on, plant-based culinary training

Designed for hospital and healthcare systems with both chefs and dietitians in attendance

- 45 minutes **Introduction to HSUS' self-guided plant-based culinary training**
Pre-recorded webinar, overview of the program, identifying the demand for plant-based foods, investigating the research on plant-based nutrition with a focus on the prevention, treatment and reversal of chronic diseases with a whole foods plant-based diet, exploring the environmental impact of our diet choices
- 75 minutes **Hands-on culinary training: groups of 2-4**
Group 1: Banh Mi
Group 2: Garbanzo Bean Sliders
Group 3: Walnut Tacos
Group 4: Spicy Potato Curry
Group 5: Cauliflower & Lentil Curry
Group 6: Chickpea Salad, Cool Corn & Edamame Salad
Group 7: Almond Chocolate Bites, Chocolate Chip Cookie Dough Hummus
Group 8: Nacho Cheez, Picante Corn Salsa
Group 9: Crabbyless Crab Cakes
Group 10: Hearts of Palm and Cauliflower Ceviche
- 30 minutes **Recipe sampling & discussion**
Recipe presentation, sampling, brief discussion, Q&A, end of program

OBJECTIVE

The Humane Society of the United States (HSUS) is excited to provide this template for a self-guided plant-based culinary training for hospitals and healthcare systems with both chefs and dietitians in attendance. We hope that you will be able to use this template, along with our free plant-based recipes, to offer an exciting and educational event for your culinary staff. The objective is to educate your food service professionals about the benefits of and demand for plant-based foods. Training participants will learn how to create delicious and healthy plant-based items that customers and patients will love.

TRAINING OVERVIEW

Our self-guided plant-based culinary training will include a recorded webinar where an HSUS staff member will discuss the overview of our program and explain why it's important to embrace plant-based menu items. The webinar will also review the research on plant-based nutrition with a focus on the prevention, treatment and reversal of chronic diseases with a whole foods plant-based diet, as well as explore the environmental impact of our diet choices.

Participants will work together in teams of 2-4 to execute 1-2 recipes per group for a total of 13 recipes. These recipes were created by HSUS' expert culinary team and reviewed by HSUS' team of registered dietitians. After recipe execution, participants will present their dishes to the group and everyone will sample the dishes. The discussion at the end is an ideal time for participants to share what they learned and for leadership to walk away with new recipes. This training is designed to be 2 ½ hours long.

→ **EMAIL** the HSUS to request the pre-recorded webinar at forwardfood@humanesociety.org.

NEXT STEPS

HSUS would love to hear about the success of your self-guided training! We would like to encourage you to share stories, photos, and feedback from your training with us by emailing ForwardFood@humanesociety.org. If you are interested in committing 50% of your menu to plant-based foods, we would love to help support you farther with an in-person training.

Ingredient list for self-guided healthcare culinary trainings

DRY INGREDIENTS

- Soft hoagie rolls, 10 each
- Slider Buns, 20 each
- Tostada shells, corn, 20 each
- Corn tortilla chips, 1 pound
- Walnuts, raw, 5 cups
- All-purpose flour, 1 cup
- Golden lentils, 2 pounds
- Dried cranberries, 6 ounces
- Rolled oats, 1 cup
- Cocoa powder, ½ cup
- Panko breadcrumbs, 1 quart

FROZEN INGREDIENTS

- Green peas, 1 pound
- Corn, 1 ½ pounds

SPECIALTY ITEMS

- Egg-Free Mayo, 2 bottles
- Thousand Island dressing, 1 bottle
- Garam Masala
- Riced cauliflower, 1 cup
- Brown rice (for spicy potato curry)
- Edamame, 8 ounces
- Chocolate chips, 1 cup
- Almond flour, 2 cups
- Dates, 1 pint
- Vanilla coconut milk, ¼ cup
- Nutritional yeast, 2 cups
- Nori flakes, 1 Tbsp.
- Old Bay Seasoning
- Capers, 1 small bottle

CANNED GOODS

- Garbanzo beans, 1 ½ #10 cans
- Diced tomatoes, 1-15 ounce can
- Hearts of palm, 3-15 ounce cans
- Coconut milk, 2-15 ounce can

SPICES/SEASONINGS

- Cumin
- Cayenne pepper
- Curry powder
- Turmeric
- Salt
- Black pepper
- Parsley
- Basil
- Garlic powder
- Granulated garlic
- Taco seasoning (low sodium), ¼ cup

FRESH PRODUCE/REFRIGERATED PRODUCTS

- Tofu, firm, 2- 14 ounce packages
 - Carrots, shredded, 1 pound
 - Carrots, whole, 1 pound
 - Cucumber, 2 each
 - Celery, 4 stalks
 - Radishes, 8 ounces
 - Garlic, 20 cloves
 - Jalapenos, 5 each
 - Ginger root, 1 ounce
 - Cilantro, 5 bunches
 - Parsley, 1 bunch
 - Green onions, 1 bunch
 - Yellow onion, 4 each
 - Red onion, 3 each
 - White onion, 1 each
 - Shallot, 1 each
 - Avocados, ripe, 5 each
 - Limes, 3 each
 - Lemons, 2 each
 - Potatoes, 1 pound
 - White potatoes, 1 pound
 - Cauliflower, 1 head
 - Red bell pepper, 3 each
 - Apples, 6 each
 - Tomatoes, 2 pounds
- ## SAUCES/CONDIMENTS
- Mirin or brown rice vinegar, ½ cup
 - Sesame oil, 1 small bottle
 - Tamari, ½ cup
 - Sriracha, 1 bottle
 - Tabasco sauce, 1 small bottle
 - Olive oil, 1 pint
 - Vegetable oil, 1 pint
 - Lime juice, ½ cup
 - Lemon juice, ¼ cup
 - Vegetable broth, 1 quart
 - Dijon mustard, ¼ cup
 - Red vinegar, ¼ cup
 - Maple syrup, 1 ¼ cups
 - Vanilla extract, ¼ cup
 - Vegan Worcestershire Sauce, 1 small bottle
 - Ketchup, ¼ cup

Prep list for self-guided healthcare culinary trainings

Food preparation needed before each training

Bahn Mi

- ✓ Rinse all produce
- ✓ Shred 1 cup cucumber
- ✓ Marinate shredded carrots and shredded cucumbers in Mirin or brown rice vinegar at least one hour before training.
- ✓ Drain, cut and quarter tofu. Marinate with garlic, sesame oil, tamari and chili sauce 30 minutes before training.
- ✓ Set up portable burner at this station (if using).

Garbanzo Bean Sliders

- ✓ Drain and rinse garbanzo beans, store in a bowl or container
- ✓ Rinse cilantro
- ✓ Set up food processor at this station and portable burner(if using)

Walnut Tacos

- ✓ Soak walnuts in water for at least an hour.
- ✓ Set up food processor(s) at this station.

Spicy Potato Curry

- ✓ Peel and cube potatoes, hold in water overnight.
- ✓ Peel ginger
- ✓ Thaw peas
- ✓ Open and drain garbanzo beans
- ✓ Open canned tomatoes and coconut milk

Cauliflower and Golden Lentil Curry

- ✓ Prepare vegetable stock, if necessary
- ✓ Rinse cauliflower
- ✓ Open coconut milk can

Crazy Chickpea Salad

- ✓ Rinse and drain beans and place in bowl/container in the cooler
- ✓ Rinse fresh vegetables and place in bowl/container

Cool Corn & Edamame Salad

- ✓ Rinse fresh vegetables
- ✓ Thaw corn, peas and edamame
- ✓ Be sure edamame is shelled (shell removed)

Prep list for self-guided healthcare culinary trainings continued

Almond Chocolate Bites

- ✓ Place food processor by the station

Chocolate Chip Cookie Dough Hummus

- ✓ Rinse and drain chickpeas, store in bowl/container
- ✓ Place food processor by the station

Nacho Cheez

- ✓ Rinse fresh vegetables
- ✓ Place food processor by the station

Picante Corn Salsa

- ✓ Rinse fresh vegetables

Crabbyless Crab Cakes

- ✓ Rinse fresh vegetables
- ✓ Place food processor by the station
- ✓ Set up portable burner/fry pan at this station

Palm Hearts & Cauliflower Ceviche

- ✓ Rinse fresh vegetables
- ✓ Open hearts of palm cans

Equipment list for self-guided healthcare culinary trainings

There will be 10 stations set up. Each station needs the following:

- Cutting board – 1 per station
- Measuring cups (dry and liquid)
- Measuring spoons
- Chef knives
- Heat proof spatulas
- Mixing spoon
- Mixing bowl

Small ware and large equipment needs:


- Fry pan- 5
- Sauce pan (large)- 1
- Pot- 3
- Portable burners/stove top burners- 7
- Griddle/large skillet-2 (if available)
- Food processor- 6
- Vegetable peeler-1
- Serrated knives- 3
- Small mixing bowl-3
- Whisks- 1
- Tongs- 1
- Colanders- 2
- Serving spoons- 10
- Serving bowls - 8
- Serving platter- 5
- Pot holders-2
- Scales –2
- Potato masher- 1
- Sheet pan- 1

Additional needs:

- Disposable tasting spoons
- Gloves and hair nets
- Sanitizer and cleaning buckets
- Towels
- Aprons
- Plates, napkins and cutlery for sampling
- Containers or Ziploc bags for leftovers

Station set up





Recipe list for self-guided healthcare culinary trainings

Designed for trainings with both chefs and dietitians in
attendance

Almond Chocolate Bites

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24 Pieces

Ingredients	Quantity	Measure
Medjool dates	2	cups
Cocoa powder, divided	$\frac{3}{4}$	cup
Vanilla coconut milk	1 $\frac{1}{2}$	tsp.
Almond flour	2	cups
Salt	$\frac{1}{4}$	tsp.

Preparation

8. In a food processor, blend the dates, until smooth.
9. In a bowl, combine the date mixture, $\frac{1}{4}$ cup cocoa powder, coconut milk, almond flour, and salt and mix directly with clean, gloved hands.
10. Roll the mixture into 24 small balls. Roll the bites in the remaining cocoa powder.
11. Store in refrigerator for up to a week.

Nutrition Information

*From USDA Nutrient Database

Calories: 77 Total Fat: 5g Saturated Fat: 0g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 7g Fiber: 2g Total Sugar: 4g Protein: 1g Sodium: 25mg Vitamin A: 1 μ g Vitamin
C: 0mg Calcium: 32mg Iron: 1mg Folate: 6 μ g

Bahn Mi

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: ½ roll

Ingredients	Quantity	Measure
Carrots, shredded	½	cup
Cucumbers, shredded	½	cup
Mirin or rice vinegar	¼	cup
Garlic, minced	2	cloves
Sesame seeds	2	tsp.
Tamari	¼	cup
Chili sauce, like Sriracha, or hot sauce	½	tsp.
*Tofu, firm, drained, pressed, sliced ½ inch thick	14	ounces
Jalapeno, fresh, thinly sliced	1	each
Cilantro, fresh, chopped	1	Tbsp.
Green onions, diced (white and green together)	4	Tbsp.
Lime juice	1	Tbsp.
Soft hoagie rolls, cut in half width and length side	4	each
Egg-free mayonnaise	1	Tbsp.

Preparation

*Please see separate page for tofu pressing instructions.

1. Marinate the carrots and cucumber in the mirin and refrigerate for 1 hour.
2. Mix the garlic, sesame seeds, tamari, and chili sauce. Marinate tofu in sauce for 30 minutes.
3. In a non-stick pan or on the grill, cook tofu on low heat without oil for 10 minutes, flipping once the sides are brown.
4. Combine sliced jalapenos, cilantro, green onions, and lime juice in a small bowl. Set aside.

Serving Information

Each serving uses ½ roll, cut in half vertically and horizontally. Assemble the hoagie with marinated vegetables, tofu and sauce, chili mixture and egg-free mayonnaise.

Recipe Variation

For a cold sandwich, dice tofu and marinate for 30 minutes. Once tofu has marinated, add the jalapenos and green onions to the tofu and stir to combine. Assemble the sandwich as indicated above in serving information.

Nutrition Information

*From USDA Nutrient Database

Calories: 165 Total Fat: 6g Saturated Fat: 1.4g Monounsaturated Fat: 1.6g Polyunsaturated Fat: 2.7g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 23g Fiber: 2.4g Total Sugars: 5.6g Protein: 4.6g Sodium: 408mg Vitamin A: 2µg Vitamin C: 5.5mg Calcium: 151mg Iron: 2.4mg Folate: 12µg

Cauliflower & Lentil Curry

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving Size: 1 cup

Ingredients	Quantity	Measure
Vegetable oil, divided	2	Tablespoons
Onion, chopped	1	cup
Garlic, fresh, minced	1	Tablespoon
Ginger, fresh, peeled and minced	1	Tablespoon
Cumin	1	teaspoon
Turmeric	½	teaspoon
Curry powder	2	Tablespoons
Salt, divided	1	teaspoon
Black pepper	1	teaspoon
Lentils, dry	1	pound
Vegetable stock, prepared	1	quart
Cauliflower, cut into small florets	1	head (4 cups)
Carrots, medium dice	1	cup
Coconut milk	1 ¾	cups (1-15 oz can)

Preparation

1. Heat 1 tablespoon of oil in a pan. Once the oil is warm, add onions and sauté until soft.
2. Add garlic, ginger, cumin, turmeric, curry powder and ½ teaspoon each of salt and pepper. Cook for 2 minutes.
3. Stir in lentils and pour in stock. Bring to a boil, reduce heat and cook for ten minutes until tender. DO NOT OVERCOOK.
4. Meanwhile, heat the remaining 1 tablespoon of oil in a pan. Add cauliflower and carrots. Cook for 3-5 minutes, until lightly brown.
5. Add the cauliflower, carrots, and coconut milk to the lentil mixture.
6. Add the coconut milk to lentil mixture and bring to a gentle simmer. Cook for 10 minutes or until vegetables are tender.
7. Taste and adjust seasoning with last ½ teaspoon each of salt and pepper.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 340 Total Fat: 11g Saturated Fat: 6g Trans Fat: 0g Monounsaturated Fat: 2.7g Polyunsaturated Fat: 1.4g Carbohydrate: 46g Fiber: 20g Total Sugars: 5.7g Protein: 18.4g Sodium: 453mg Vitamin A: 136mg Vitamin C: 41mg Calcium: 75mg Iron: 6.3mg Folate: 327mcg

Chickpea Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 servings

Serving size: ½ cup

Ingredients	Quantity	Measure
Chickpeas, Low-Sodium, canned, drained, and rinsed	3 ½	cup
Celery, small dice	1	cup
Onions, Green, thinly sliced	¼	cup
Red Bell Pepper, small dice	½	cup
Dill Pickles, chopped	½	cup
Eggless Mayonnaise	½	cup
Dijon Mustard	1	Tbsp.
Dill, Fresh, chopped	1	Tbsp.
Lemon Juice, Fresh	1 ½	Tbsp.
Garlic, Granulated	1	tsp.
Salt	½	tsp.
Black Pepper	½	tsp.

Preparation

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in celery, onions, bell pepper, pickles, eggless mayonnaise, Dijon mustard, fresh dill, lemon juice and garlic.
3. Salt and pepper to taste. Allow to chill for at least 30 minutes prior to serving.

Serving Information

1. Serve on toasted bread or in a wrap.
2. Serve on a cold spinach salad.

Nutrition Information (For chickpea salad only; doesn't include bread) *From USDA Nutrient Database
Calories: 128 Total Fat: 5.5g Saturated Fat: 0.3g Monounsaturated Fat: 2.4g Polyunsaturated Fat: 1.2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 15g Fiber: 4g Total Sugars: 2.9g Protein: 4.5g Sodium: 455mg Vitamin A: 22µg Vitamin C: 11.7mg Calcium: 39mg Iron: 1.4mg Folate: 9µg

Chocolate Chip Cookie Dough Hummus

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: ½ cup

Ingredients	Quantity	Measure
Chickpeas, Canned, drained, rinsed	5	cups
Maple Syrup	1 + (2)	cup + (Tbsp.)
Vanilla Extract	2	Tbsp.
Rolled Oats	½ + (2)	cup + (Tbsp.)
Salt	¼	tsp.
Chocolate Chips	¾	cup

Preparation

1. Add chickpeas, maple syrup, vanilla extract, oats and salt to a food processor. Process until a smooth consistency.
2. Fold the chocolate chips into the hummus with a spoon or spatula until well distributed.

Serving Information

Serve with sliced apples or graham crackers.

Nutrition Information

*From USDA Nutrient Database

Calories: 328 Total Fat: 5.5g Saturated Fat: 2.5g Monounsaturated Fat: 0.3g Polyunsaturated Fat: 0.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 63g Fiber: 7g Total Sugar: 29g Protein: 8g Sodium: 420mg Vitamin A: 1µg Vitamin C: 5mg Calcium: 77mg Iron: 2.3mg Folate: 80µg

Cool Corn & Edamame Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 20

Serving size: 1 cup

Ingredients	Quantity	Measure
Edamame, shelled, cooked, drained (thawed and tempered if frozen)	7 ½	cups
Bell Pepper, Green or Red, small dice	3	cups
Corn (thawed and tempered if frozen)	5	cups
Peas (thawed and tempered if frozen)	6	cups
Cranberries, dried	3	cups
Onion, Red, small dice	½	cup
Oil, Olive or Vegetable	¼	cup
Vinegar, Red	½	cup
Parsley, Dried	2	tsp.
Salt	2	tsp.
Black Pepper	2	tsp.
Basil, Dried	2	tsp.
Garlic Powder	2	tsp.

Preparation

1. Combine all ingredients in a bowl and stir until well combined.
2. Store in airtight container in cooler until meal service or overnight.

Nutrition Information

*From USDA Nutrient Database

Calories: 345 Total Fat: 3.7g Saturated Fat: 0.6g Monounsaturated Fat: 2.1g Polyunsaturated Fat: 0.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 74.5g Fiber: 4.7g Total Sugar: 37g Protein: 3.5g Sodium: 216mg Vitamin A: 80µg Vitamin C: 54mg Calcium: 16mg Iron: 1mg Folate: 44µg

Crabbyless Crab Cakes

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving Size: 1 crab cake

Ingredients	Quantity	Measure
Canola oil, divided	¼	cup
Red bell pepper, small dice	1	cup
Onion, yellow, small dice	1	cup
Garlic, minced	1	tsp.
Nori flakes, toasted	2	tsp.
Hearts of Palm (canned, drained, rinsed, pulsed in food processor until resembles crab meat)	5 2	cups or 14 oz cans
Egg-free mayonnaise	1	cup
Nutritional yeast	¼	cup
Breadcrumbs, divided	3	cups
Salt	1	tsp.
Pepper	1	tsp.
Old Bay seasoning	2	Tbsp.
Tabasco sauce	2	tsp.
Remoulade Sauce		
Egg-free mayonnaise	1	cup
Ketchup	1	Tbsp.
Dijon mustard	1	Tbsp.
Tabasco sauce	1	tsp.
Vegan Worcestershire sauce	1	tsp.
Lemon juice, fresh	1	Tbsp.
Salt	¼	tsp.
Shallots, minced	2	tsp.
Parsley, fresh, chopped	1	tsp.
Red bell pepper, small dice	2	tsp.
Capers, minced	2	tsp.

Crabbyless Crab Cakes Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Preparation

1. In a sauté pan, heat two tablespoons of oil over medium heat. Sautee onions, bell peppers, and garlic until tender, 2-3 minutes. Remove from the pan and place in a mixing bowl and allow to cool.
2. Blend the onion and bell pepper mixture with nori flakes, hearts of palm, other half of oil, eggless mayonnaise, nutritional yeast, two cups of the breadcrumbs, salt, pepper, old bay seasoning, vegan Worcestershire sauce, and tabasco sauce.
3. Scoop out into 3-ounce balls.
4. Press into patties.
5. Coat each patty in the remaining 1 cup of breadcrumbs.
6. Pan fry in the remaining oil until golden brown.
7. For the Remoulade: Place all the ingredients in a jar of a blender. Blend on high for one minute, or until completely smooth. Scrape the sides and blend again as needed. Remove the sauce from the jar and place into a container and refrigerate.

Serving Information

Serve with 1-2 tablespoons of the Remoulade.

Nutrition Information *From USDA Nutrient Database

Calories: 460 Total Fat: 33.6g Saturated Fat: 2.2g Monounsaturated Fat: 19.3g Polyunsaturated Fat: 10g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 31.6g Fiber: 4.4g Total Sugars: 3.94g Protein: 7.8g Sodium: 1548mg Vitamin A: 24µg Vitamin C: 24mg Calcium: 99mg Iron: 3.8mg Folate: 258µg

Garbanzo Bean Sliders

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 9

Serving size: 1 slider

Ingredients	Quantity	Measure
Onion, diced small	1	cup
Fresh garlic, minced	1/8	cup
Garbanzo beans	1 ½	cups
Walnuts	¼	cup
Cilantro	1	Tbsp.
All-purpose flour	½	cup
Cumin	¼	tsp.
Olive oil, divided	½	cup
Salt	1	tsp.
Pepper	1	tsp.
*Slider buns	9	each

Preparation

1. Sweat onions and garlic for 5 minutes or until soft.
2. Drain garbanzo beans, process in food processor until broken. Do not over process.
3. Mix in walnuts, cilantro, flour, cumin, oil, salt and pepper.
4. Put ¼ cup oil on griddle. Cook patties until golden brown.

Serving Information

One patty on your choice of bread, top with 1 oz. of caramelized onions.

*Can use Homemade Focaccia Bread (see recipe)

Nutrition Information *From USDA Nutrient Database

Calories: 270 Total Fat: 15.5g Saturated Fat: 1.9g Monounsaturated Fat: 9.1g Polyunsaturated Fat: 2.8g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 27.4g Fiber: 3.2g Total Sugar: 3.4g Protein: 5.2g Sodium: 536mg Vitamin A: 1µg Vitamin C: 2.4mg Calcium: 39mg Iron: 1.7mg Folate: 7µg

Hearts of Palm and Cauliflower Ceviche

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: ½ cup

Ingredients	Quantity	Measure
Leche de Tigre		
*Cashews, raw, soaked overnight	1	cup
Lime juice	½	cup
Lemon juice	¼	cup
Grapefruit juice, Ruby Red if possible	¼	cup
Cilantro, roughly chopped and large stems removed	1	bunch
Jalapeno, seeded	1	each
Black pepper	¼	tsp.
Salt	¼	tsp.
Ceviche		
Cauliflower, whole – core removed, cut into florets then thinly sliced	1	each
Tomatoes, Roma, seeded and small dice	6	each
Red onion, small dice	1	each
Jalapeno, seeded and small dice	2	each
Hearts of Palm, sliced thinly into coins	2	14-ounce cans
Cilantro, chopped	1	bunch
Salt		to taste
Black pepper		to taste

Preparation

1. Place all the ingredients for the leche de tigre into a high-speed blender and blend on high until smooth. Reserve.
2. Combine the cauliflower, tomatoes, red onion, and jalapeno in a large bowl. Pour the leche de tigre over the mixture and combine well. Fold in the hearts of palm (being careful not to break it up too much) and the cilantro. Adjust the seasoning with salt and pepper and add more citrus juice if needed for taste or consistency. If dry or flat, add 1 tablespoon of extra virgin olive oil for a better mouth feel.

Quick Soak Method

*Place the cashews in a pot with 6 cups of water and bring to a boil. Turn off the heat and allow the nuts to soak for an hour to soften. Drain and follow the recipe as directed.

Nutrition Information *From USDA Nutrient Database

Calories: 194 Total Fat: 8.7g Saturated Fat: 1.5g Monounsaturated Fat: 4.5g Polyunsaturated Fat: 1.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 22.4g Fiber: 3.5g Total Sugar: 10.8g Protein: 6.4g Sodium: 82mg Vitamin A: 33µg Vitamin C: 54mg Calcium: 38mg Iron: 2.3mg Folate: 64µg

Nacho Cheez

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 16

Serving size: ¼ cup

Ingredients	Quantity	Measure
Potatoes, white, peeled	2	cups
Carrots, whole, peeled	1	cup
Olive oil	1/3	cup
Reserved potato/carrot water	½-2	cups
Lemon juice	1	Tbsp.
Nutritional yeast	½-1	cup
Salt	1	tsp.
*Garlic powder	½	tsp.
*Onion powder	½	tsp.
Taco seasoning	½	cup
Serving options		
Elbow noodles, cooked	1 quart cooked (8 ounces dry pasta)	
Tortilla chips	1	pound
Carrot and celery sticks	32	sticks

Preparation

1. Boil potatoes and carrots until tender; about 20 minutes.
2. When done, drain and reserve liquid.
3. Combine all ingredients in a blender (start with ½ cup of nutritional yeast) and blend until smooth.
4. If cheese is too thick add the reserved liquid ½ cup at a time, until desired consistency is reached.
5. Taste sauce and add more nutritional yeast for a “cheesier” flavor.
6. Serve with pasta, tortilla chips or vegetables.

Serving Variation

*Can use fresh garlic and onion if available for even more flavor.

Add one to two cans of Rotel to the nacho cheez sauce to make a queso-style dip.

Nutrition Information

per serving *From USDA Nutrient Database

Calories: 95 Total Fat: 5g Saturated Fat: .6g Monounsaturated Fat: 3.3g Polyunsaturated Fat: .5g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 9g Fiber: 2.3g Total Sugar: .7g Protein: 3.6g Sodium: 428mg Vitamin A: 152µg
Vitamin C: 8.1mg Calcium: 6mg Iron: .5mg Folate: 6µg

Picante Corn Salsa

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

Yield

10 (1/2 cup) Servings or 20 (1/4 cup) Servings

Ingredients	Weight/Measure
Corn, thawed	15 oz. or 2 ½ cups
Tomatoes, fresh, diced	1 lb. 3 oz. or 2 ½ cups
Red onion, diced	5 oz.
Jalapeno, fresh, seeded, diced, optional	¼-1/2 whole jalapeno
Lime juice	2 tbsp.
Cilantro, fresh, chopped	2 tbsp.
Salt	½ tsp.
Black pepper	½ tsp.
Granulated garlic	½ tsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Mix all ingredients together thoroughly.
2. Allow to cool in refrigerator prior to meal service.

HACCP Critical Control Point: Hold at 40°F or below.

Serving Information

Use 4 ounce spoodle to provide ¼ cup starchy vegetable and ¼ cup red/orange vegetable.

*Salsa can be cupped up individually and offered in cold well.

OR

Use a 2 ounce spoodle to provide ¼ cup vegetable component.

Nutrition Information per 1/2 cup serving *From USDA Nutrient Database

Calories: 51 Total Fat: 0g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 12g Fiber: 2g Total Sugar: 4g Protein: 2g Sodium: 83mg Vitamin A: 42µg

Vitamin C: 15mg Calcium: 11mg Iron: 0mg Folate: 28µg

Spicy Potato Curry

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 8-10 Servings

Ingredients	Quantity	Measure
Potatoes, cubed	2	pounds
Vegetable broth	3	quarts
Vegetable oil	2	tablespoons
Onions, small dice	1	cup
Garlic, minced	3	cloves
Cumin	1	teaspoon
Cayenne	1	teaspoon
Curry powder	4	teaspoons
Garam Masala	4	teaspoons
Fresh ginger root, peeled and minced	1	ounces
Salt	1	teaspoon
Tomatoes, canned, diced	1	15 ounces can
Garbanzo beans, rinsed, drained	1	15 ounces can
Green peas, rinsed, drained OR Green peas, frozen, thawed		1-15 ounces can OR 1 ½ cups
Coconut milk, canned	1	14 ounces can

Preparation

1. Boil potatoes in vegetable broth just until tender. Drain and reserve vegetable broth. Set aside potatoes and broth until step four.
2. Heat oil in skillet, stir in onion and garlic and cook until translucent.
3. Add cumin, cayenne, curry, Garam Masala, ginger and salt to the onions and garlic. Cook for 2 minutes.
4. Add tomatoes, beans, peas, potatoes and coconut milk to the skillet. Barely cover with some of the reserved vegetable broth. Stir to combine and simmer for 10 minutes.
5. Serve by itself or over rice.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 281 Total Fat: 13g Saturated Fat: 8g Monounsaturated Fat: 1.2g Polyunsaturated Fat: 1.8g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 8g Total Sugar: 5g Protein: 9g Sodium: 96mg Vitamin
A: 22µg Vitamin C: 17mg Calcium: 44mg Iron: 3.6mg Folate: 54µg

Walnut Tacos

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 taco

Ingredients	Quantity	Measure
Walnuts	3	cups
Olive oil	1/8	cup
Taco seasoning, prepared	3	Tbsp.
Taco shells, soft or Lettuce leaf	10	each
Avocado Cilantro Sauce		
Avocados, skin and seed removed	2	each
Garlic cloves	3	each
Cilantro, fresh	1	cup
Lime juice	2	each

Preparation

1. Soak walnuts in water for about an hour. Drain thoroughly.
2. In a food processor or blender, grind walnuts to a texture of cooked ground meat.
3. Add the olive oil and taco seasoning. Process again until well combined.
4. Preparing the sauce: combine all ingredients in a blender or food processor and purée until smooth.
5. Portion walnut mixture on tortilla or lettuce leaf and top with avocado cilantro sauce.

Serving Information/Notes

Can add fresh green and red cabbage for a nice crunch!

Nutrition Information

*From USDA Nutrient Database

Calories: 414 Total Fat: 30.8g Saturated Fat: 3g Monounsaturated Fat: 7.8g Polyunsaturated Fat: 17.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 26g Fiber: 6.6g Total Sugar: 1g Protein: 8g Sodium: 198mg Vitamin A: 8µg Vitamin C: 7mg Calcium: 63mg Iron: 1.7mg Folate: 61µg



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