

Healthcare Recipes

HEALTHY, DELICIOUS, PLANT-BASED RECIPES



THE HUMANE SOCIETY
OF THE UNITED STATES

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 $\frac{1}{2}$	teaspoons
Almond flour	2	cups
Salt	$\frac{1}{4}$	teaspoon

Preparation

1. In a food processor, blend the dates, until smooth.
2. 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.
3. Roll the mixture into 24 small balls. Roll the bites in the remaining cocoa powder.
4. 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



Avocado Cilantro Cream

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 3 cups

Ingredients	Quantity	Measure
Avocados, fresh, ripe	6	each
Cilantro, fresh, chopped	1	cup
Lime juice	¼	cup
Salt	2	teaspoons

Preparation

In a food processor, blend the avocados, lime juice, and salt. Transfer to a bowl and fold in cilantro.

Serving Information

Serve as a topping for tacos, burritos, or nachos.

Nutrition Information

 *From USDA Nutrient Database

Calories: 501 Total Fat: 42g Saturated Fat: 5.8g Monounsaturated Fat: 26.7g Polyunsaturated Fat: 5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 25.4g Fiber: 18.7g Total Sugar: 1.2g Protein: 5.5g Sodium: 1575mg Vitamin A: 37µg Vitamin C: 31.4mg Calcium: 43mg Iron: 1.8mg Folate: 247µg



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	teaspoons
Tamari	¼	cup
Chili sauce, like Sriracha, or hot sauce	½	teaspoon
*Tofu, firm, drained, pressed, sliced ½ inch thick	14	ounces
Jalapeno, fresh, thinly sliced	1	each
Cilantro, fresh, chopped	1	Tablespoon
Green onions, diced (white and green together)	4	Tablespoons
Lime juice	1	Tablespoon
Soft hoagie rolls, cut in half width and length side	4	each
Egg-free mayonnaise	1	Tablespoon

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.



Bahn Mi Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

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



Beet, Cabbage, and Apple Slaw

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: ½ cup

Ingredients	Quantity	Measure
Fresh Red Beets, peeled and grated	4 large	each
Green or Tart Apple (Granny Smith), grated	4 large	each
Red Cabbage, sliced very thinly (use a mandolin if possible)	1	head
Red Wine Vinegar	¼	cup
Agave or other liquid sweetener (maple syrup)	1	Tablespoon
Dijon Mustard	2	Tablespoons
Extra Virgin Olive Oil	½	cup
Italian Parsley, chopped	1	bunch
Salt and Pepper		to Taste

Preparation

1. Place all ingredients into a large bowl and mix well.

Nutrition Information

 *From USDA Nutrient Database

Calories: 178 Total Fat: 9.7g Saturated Fat: 1.4g Monounsaturated Fat: 6.7g Polyunsaturated Fat: 1.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 20.8g Fiber: 4.7g Total Sugar: 13.3g Protein: 2.1g Sodium: 108mg Vitamin A: 57µg Vitamin C: 55.5mg Calcium: 51mg Iron: 1.1mg Folate: 49µg



Berry Sorbet

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: 1 ½ cups

Ingredients	Quantity	Measure
Blueberries, frozen	2	cup
Raspberries, frozen	2	cup
Strawberries, frozen	2	cup
Agave, or maple syrup	1/4	cup
Lemon juice	1/4	cup
Water	1	cup

Preparation

Place all ingredients in a blender or food processor. Process until smooth and blended. Pour into freezer-safe container. Freeze for at least 2 hours. Serve frozen.

Nutrition Information *From USDA Nutrient Database

Calories: 65 Total Fat: 0.3g Saturated Fat: 0.1g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 15.1g Fiber: 3.3g Total Sugar: 7.6g Protein: 0.5g Sodium: 2mg Vitamin A: 2µg Vitamin C: 24.8mg Calcium: 16mg Iron: 0.6mg Folate: 14µg



Beyond Meat and Mushroom Meatloaf

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 4 ounces (2 slices of 2 ounce each)

Ingredients	Quantity	Measure
Flax seed, ground	3	Tablespoons
Water	1/2	cup
Canola oil, divided	1/2	cup
Mushrooms, sliced	1	pound
Onion, yellow small dice	1	cup
Red bell pepper, small dice	1	cup
Soy sauce	2	Tablespoons
Italian seasoning	2	Tablespoons
Beyond Meat crumbles, regular or feisty	2 1/2	pounds
Panko breadcrumbs	1	cup
Salt	1	Tablespoon
Black pepper	2	teaspoons
Ketchup	1/4	cup
Brown sugar	1	Tablespoon
Apple cider vinegar	1	Tablespoon

Preparation

1. Heat oven to 350 degrees Fahrenheit.
2. In a small bowl, mix the ground flax seed and water together and allow to rest for five minutes. This will allow the mixture to thicken.
3. Using a food processor, process sliced mushrooms until they are minced. Heat a skillet or flat top over medium-high heat and add 1/4 cup oil. Add the mushrooms in a single layer and allow the moisture to evaporate and the mushrooms to caramelize. Flip the mushrooms over and repeat. Once caramelized, remove from the pan and allow to cool. Add the onion, red bell pepper, soy sauce, and Italian seasoning and mix well.
4. In a large bowl or stand mixing bowl, combine the beyond meat and mushroom/vegetable mixture. Add the flax seed mixture and continue to mix until fully combined. Add the panko breadcrumbs, salt, and pepper. The mixture is ready when all ingredients are combined and there are no dry spots in the breadcrumbs.

Beyond Meat and Mushroom Meatloaf

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

5. Prepare two loaf pans with pan spray and parchment paper or use a sheet pan with parchment paper. Place the meatloaf mixture into the loaf pans or divide into two halves and shape into loafs on the sheet pan. Bake for 40 minutes (rotate after 20 minutes) or until internal temperature is 160 degrees.
6. Mix the ketchup, brown sugar, and apple cider vinegar together in a bowl. Pour half of the mixture on each meatloaf and bake for an additional 10 minutes, allowing the glaze to form and set.
7. Remove the meatloaves from the oven and allow to cool for about 5 minutes. Portion the meatloaves by cutting each piece and serve with sides of vegetables and/or mashed potatoes.

Nutrition Information *From USDA Nutrient Database

Calories: 227 Total Fat: 12.9g Saturated Fat: 0.7g Monounsaturated Fat: 6.6g Polyunsaturated Fat: 1.5g
Trans Fat: 0.1g Cholesterol: 0mg Carbohydrate: 12g Fiber: 2.7g Total Sugar: 3.9g Protein: 15.7g Sodium:
1153mg Vitamin A: 22µg Vitamin C: 18.2mg Calcium: 33mg Iron: 3.3mg Folate: 14µg

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	Tablespoons
Mushrooms, sliced	1 ¼	pounds
Soy sauce, reduced sodium, divided	2	Tablespoons
Sesame seed, divided	¼	cup
Water	2	Tablespoons
Garlic, minced	1	Tablespoon
Spinach, fresh	5	cups
Salt	1	teaspoon
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

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.

Bibimbap Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

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



Black and White Bean Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving: 10 Serving Size: 1 cup

Ingredients	Quantity	Measure
Vegetable Stock, divided	8	cups
Yellow Onions, diced	½	cup
Carrots, diced	¼	cup
Celery, diced	¼	cup
Roma Tomatoes, chopped	1	cup
Parsley, chopped	6	sprigs
Garlic, minced	3	cloves
Ground Black Pepper	1	Tablespoon
Thyme, dried	2	teaspoons
Black Beans, canned, drained and rinsed (15 oz can or 1 ¾ cups)	1	can
White Beans, canned, drained, and rinsed (15 oz can or 1 ¾ cups)	1	can
Quinoa, dried	½	cup
Bay Leaves	2	leaves

Preparation

1. In a stockpot, heat ¼ cup vegetable stock. Add the onions, carrots, and celery and sauté (do not allow to brown).
2. Add the tomatoes, parsley, garlic, pepper, and thyme and stir to combine.
3. Add the black and white beans to the pot. Add the quinoa, then add the remaining vegetable stock. Add the bay leaves and bring the contents to a boil.
4. Reduce the heat and allow to simmer until the quinoa is fully cooked, about 15-20 minutes.
5. For a creamier look, remove 2 cups of the soup and place into a blender and blend. Add back to the soup and stir to combine.

Serving Information/Notes

Notes: This soup gets even better the next day, so make a batch and freeze or make ahead to be served in one to two days. It will be a bit “gray”, so you may want to garnish with thin slices of tomato, lemon, and chopped fresh parsley. To make this into a chowder, add diced and cooked potatoes, cut corn, and canned chopped tomatoes that have been drained.

Nutrition Information *From USDA Nutrient Database

Calories: 150 Total Fat: 0.9g Saturated Fat: 0.2g Monounsaturated Fat: 0.2g Polyunsaturated Fat: 0.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 28g Fiber: 6.4g Total Sugar: 4g Protein: 7.4g Sodium: 648.4mg Vitamin A: 30µg Vitamin C: 4.9mg Calcium: 70mg Iron: 2.9mg Folate: 72µg

Black Bean and Sweet Potato Burritos

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving size: 1 burrito

Ingredients	Quantity	Measure
Red Onion, small dice	1	cup
Garlic, Fresh	1	Tablespoon
Red Bell Peppers, small dice	½	cup
Green Bell Pepper, small dice	½	cup
Black Beans, cooked, drained, rinsed	2	cups
Sweet Potatoes, small cubes, roasted until tender	2	cups
Cumin, Ground	½	teaspoon
Chili Powder	1	Tablespoon
12 Inch Flour Tortilla	8	each
Cilantro or Parsley, Fresh, minced	2	Tablespoons

Preparation

1. In a skillet over medium heat, sweat onions, garlic, and peppers until tender.
2. Add black beans, sweet potatoes, cumin, and chili powder and mix well. Remove once all ingredients are warmed through (be careful not to break down the beans or sweet potato)
3. Heat the tortilla until pliable (use a flat top, pan over burner, or microwave). Portion ½ cup of the mixture in each tortilla and roll up.

Serving Information/Notes

Spoon 2 ounces (1/2 cup) of black bean mixture on 1 tortilla, roll up, and garnish with 1 teaspoon of fresh chopped cilantro. Serve with a side of salsa. For a healthier option – use whole wheat flour tortillas. For a gluten-free option -use corn tortillas.

Nutrition Information *From USDA Nutrient Database

Calories: 351 Total Fat: 7.5g Saturated Fat: 3.1g Monounsaturated Fat: .05g Polyunsaturated Fat: .23g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 60.3g Fiber: 7.5g Total Sugar: 5.9g Protein: 10.5g Sodium: 466mg Vitamin A: 512µg Vitamin C: 30.8mg Calcium: 128mg Iron: 4mg Folate: 73µg



Broccoli Tofu Stir-Fry

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving size: 4 ounces

Ingredients	Quantity	Measure
Vegetable broth	1	Tablespoon
Sesame seeds	1	teaspoon
Broccoli, fresh, cut into florets	1	pound
*Tofu, extra-firm, drained, pressed, and cut into ½ inch cubes	1	14 ounce package
Low-sodium soy sauce or Tamari	¼	cup
Red pepper flakes	½	teaspoon
Ginger, fresh, minced	1	teaspoon
Cashews, raw	1	teaspoon

Preparation

*Please see separate page for tofu pressing instructions.

1. In a non-stick skillet, sear the tofu until lightly brown on both sides.
2. Add the broth and sesame seeds.
3. Add broccoli and sauté for 2 minutes.
4. Add soy sauce, red pepper flakes, fresh ginger and raw cashews. Mix well and sauté for 5 more minutes or until the broccoli is tender and all ingredients are mixed well.

Serving Information

Serve over steamed brown rice or quinoa.

Nutrition Information

*From USDA Nutrient Database

Calories: 85 Total Fat: 3.4g Saturated Fat: .7g Monounsaturated Fat: 1.2g Polyunsaturated Fat: 1.2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 6.5g Fiber: 2.4g Total Sugars: 1.7g Protein: 7.1g Sodium: 382mg Vitamin A: 21µg Vitamin C: 61mg Calcium: 140mg Iron: 1.7mg Folate: 55µg



Buddha Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 bowl

Ingredients	Quantity	Measure
Quinoa		
Quinoa	4	cups
Water	2	quart
Salt	1	Tablespoon
Red Pepper Hummus		
Garbanzo beans, canned, dried, rinsed	4 ½	cups
Roasted red pepper, canned	1 ½	cups
Garlic, minced	6	cloves
Tahini paste		½ cup + 1 Tablespoon
Lemon juice	¼	cup
Paprika	1 ¼	teaspoons
Cayenne pepper	1/8	teaspoon
Roasted Garlic Chickpeas		
Garbanzo beans, canned, drained, rinsed	3	cups
Vegetable oil	3	Tablespoons
Garlic, minced	8	cloves
Paprika	2	teaspoons
Salt	½	teaspoon
Pepper	½	teaspoon
Tzatziki Sauce		
Cucumbers, seeded	2	each
*Tofu, extra-firm, drained, pressed	1	cup
Nutritional yeast	1	teaspoon
Lemon juice	¼	cup
Garlic, minced	2	cloves
Vegetable oil	¼	cup
Water	¼	cup
Dill, fresh, finely chopped	¼	cup
Toppings		
Grape tomatoes, halved	1	pint
Kalamata olives, pitted, halved	2	cups
Cucumbers, peeled, seeded, large dice	2	each
Pita bread, quartered, toasted	6	each



Buddha Bowl Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Preparation

1. Rinse quinoa. Bring water to a boil, add salt and quinoa. Cover and reduce the heat to a simmer, and cook till tender, about 15 minutes until the quinoa has absorbed most of the water. (Tiny spirals should appear at the top of the seeds). Once cooked, remove from the heat and leave the lid on for five minutes. Remove lid, fluff with a fork and allow to cool.
2. Red Pepper Hummus: combine all ingredients into a food processor and process until smooth. Scrape sides down as necessary. Adjust the seasoning as needed with salt and pepper (You may need to add some additional water to help smooth out hummus but keep a thick consistency). Place into a container and chill until ready to use.
3. Roasted Chickpeas: Preheat an oven to 400 degrees Fahrenheit. On a sheet pan or other flat container, pat the garbanzo beans dry with paper towels. In a large bowl, combine vegetable oil, garlic, paprika, salt and pepper. Add the chickpeas and toss until coated. Line a sheet pan with parchment paper. Spread the chickpeas out on the sheet pan and bake for 25 minutes, tossing occasionally, until golden brown. Remove from the oven and allow to cool to room temperature.
4. Tzatziki Sauce: finely grate the cucumbers, pat them dry with a paper towel and squeeze out any excess moisture. Set aside. *Please see separate page for tofu pressing instructions. In a blender, add tofu, nutritional yeast, lemon juice, garlic, vegetable oil, water, dill, salt and pepper and blend until completely smooth. Adjust consistency with water as needed. Remove contents from the blender into a medium bowl and add the grated cucumbers. Blend until ingredients are incorporated. Transfer sauce into a squeeze bottle and refrigerate until ready to use.

To assemble

1. Place 1 cup of quinoa into individual serving bowl.
2. Place 2 ounce scoop of red pepper hummus on top of quinoa.
3. Place 2 ounce scoop of roasted garlic chickpeas, 1 ounce scoop of halved grape tomatoes, 1 ounce scoop of Kalamata olives and 1 ounce scoop of cucumbers around the red pepper hummus.
4. Drizzle bowl with 1 ounce of tzatziki sauce.
5. Place 2 pieces of pita bread in the side of the bowl and serve.

Serving Information

Garnish with fresh chopped dill, if desired.

Nutrition Information *From USDA Nutrient Database

Calories: 674 Total Fat: 21.5g Saturated Fat: 2.9g Monounsaturated Fat: 6.2g Polyunsaturated Fat: 10.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 96.5g Fiber: 14.2g Total Sugar: 2.5g Protein: 23.8g Sodium: 1629 mg Vitamin A: 27µg Vitamin C: 27.2mg Calcium: 228mg Iron: 7.1mg Folate: 246µg

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	teaspoon
Bulgogi Tofu		
*Tofu, extra-firm, drained, pressed	2	pounds
Cornstarch	¼	cup
Sesame oil (changed from Canola Oil)	½	cup
Ginger, minced	2	Tablespoons
Garlic, minced	2	Tablespoons
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	Tablespoons
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 ¼ 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: 2µg Vitamin C: 9.1mg Calcium: 285mg Iron: 4.2mg Folate: 86µg



Butternut Squash Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: ½ cup

Ingredients	Quantity	Measure
Olive Oil	1	Tablespoon
Butternut Squash	1	each
Water	½	cup
Vegetable Broth, Low-Sodium, divided	3	cups
Garlic, minced	2	Tablespoons
Onion, Yellow, diced	½	cup
Ginger, Fresh, peeled and minced	1	Tablespoon
White Pepper	½	teaspoon

Preparation

1. Rub the olive oil onto butternut squash. Place squash in hotel pan with ½ cup water and roast for 15 minutes on each side at 375 degrees Fahrenheit. Remove from heat, allow to cool to touch, and peel. Cut into medium pieces. Set aside.
2. Put 1 tablespoon of vegetable broth in a pot. Add garlic, onions, ginger, and pepper. Sauté for 4-5 minutes on medium- high heat.
3. Add squash and the rest of the vegetable broth. Cook until tender.
4. Purée squash as needed to achieve desired soup consistency.

Serving Information/Notes

Serve 4 ounces topped with fresh croutons. Fresh Sweet Potato or Banana Squash may be used instead of Butternut Squash.

Nutrition Information *From USDA Nutrient Database

Calories: 42 Total Fat: 1.2g Saturated Fat: 0g Monounsaturated Fat: .82g Polyunsaturated Fat: .14g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 7g Fiber: 1.4g Total Sugars: 1.6g Protein: .6g Sodium: 329mg Vitamin A: 248µg Vitamin C: 10.5mg Calcium: 31mg Iron: .7mg Folate: 14µg



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	teaspoon
Garlic, minced	1	Tablespoon
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

Chickpea Cauliflower Curry

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving Size: 1 cup

Ingredients	Quantity	Measure
Brown rice, prepared	1	pound
Onion, diced	1	cup
Vegetable broth, divided	½	cup
Garlic, diced	2	Tablespoons
Ginger, diced	1	Tablespoon
Carrots, diced, sliced, or shredded	1	cup
Cauliflower, cut into small florets	1	head
Broccoli, cut into small florets	2	cups
Garbanzo beans, drained and rinsed	4	cups
Coconut milk	1	13.66 fl. Oz. can
Curry powder	2	Tablespoons
Cumin powder	1	teaspoon
Salt	1	teaspoon
Red bell pepper, sliced	2	cups
Cilantro, fresh, chopped	4	Tablespoons

Preparation

1. Prepare rice following package instructions.
2. Over medium heat, dry sauté the onion, using ¼ cup of the vegetable broth as needed to de-glaze the pan. Cook onion until translucent. Add garlic and ginger, continue to sauté for 3 minutes, stirring constantly.
3. Add carrots, cauliflower, and broccoli and let cook for 5 minutes until beginning to become tender. Add garbanzo beans, coconut milk, curry powder, cumin, and salt. Stir to combine and turn heat down. Add red bell pepper.
4. Cover and simmer over low heat for 15-20 minutes until vegetables are tender, stirring occasionally. Taste for seasoning and adjust as needed.
5. Serve curry over rice garnished with cilantro.

Nutrition Information *From USDA Nutrient Database

Calories: 496 Total Fat: 11.8g Saturated Fat: 7.9g Monounsaturated Fat: 1.3g Polyunsaturated Fat: 1.3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 84.1g Fiber: 11.7g Total Sugar: 4g Protein: 13.4g Sodium: 615.2mg Vitamin A: 131µg Vitamin C: 86.9mg Calcium: 105mg Iron: 4.82mg Folate: 154µg

Chickpea of the Sea

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings:10 Serving size: ½ cup

Ingredients	Quantity	Measure
Chickpeas, canned, drained, rinsed	7	cups
Celery, small dice	2	Cups
Onions, green, thinly sliced	½	Cup
Capers	¼	cup
Red bell pepper, small dice	1	cup
Egg-free mayonnaise	1	cup
Garlic, granulated	2	teaspoons
Dijon mustard	2	Tablespoons
Seaweed, nori sheets, dried, crushed	2	cup
Lemon juice	3	Tablespoons
Salt	1	teaspoon
Black pepper	½	teaspoon

Preparation

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in celery, green onions, capers, bell pepper, mayo and garlic until combined.
3. Stir in the mustard and crushed seaweed.
4. Season with the lemon juice, salt and pepper, adjusting quantities to taste.

Serving Information

Serve on toasted bread, in wraps or on top of a leafy green salad.

Nutrition Information

 *From USDA Nutrient Database

Calories: 138 Total Fat: 6g Saturated Fat: 2g Monounsaturated Fat: 0g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 15g Fiber: 5g Total Sugar: 3g Protein: 5g Sodium: 329mg Vitamin A: 21µg
Vitamin C: 13mg Calcium: 49mg Iron: 2mg Folate: 40µg



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	cups
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	Tablespoon
Dill, Fresh, chopped	1	Tablespoon
Lemon Juice, Fresh	1 ½	Tablespoons
Garlic, Granulated	1	teaspoon
Salt	½	teaspoon
Black Pepper	½	teaspoon

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 cup + 2 Tablespoons	
Vanilla Extract	2	Tablespoons
Rolled Oats	½ cup + 2 Tablespoons	
Salt	¼	teaspoon
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



Chocolate Chip Cookies

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 25 Serving Size: 1 cookie

Ingredients	Quantity	Measure
All-purpose flour	2	cups
Baking soda	1	teaspoon
Salt	1/2	teaspoon
Sugar	1/2	cup
Packed brown sugar	1/2	cup
Nondairy milk, such as almond milk	4	Tablespoons
Vegetable oil	4	Tablespoons
Vanilla extract	1	teaspoon
Semi-sweet chocolate chips, vegan	1	cups

Preparation

1. In a large bowl, combine flour, baking soda, and salt. Set aside.
2. In a separate large bowl, combine sugar, brown sugar, almond milk, vegetable oil, and vanilla extract. Mix until smooth. Stir in flour mixture, 1/2 cup at a time, until combined. Stir in chocolate chips.
3. Chill cookie dough in cooler for at least 30 minutes.
4. Once chilled, drop by rounded teaspoons on ungreased baking sheet, 2 inches apart. Bake at 350 degrees Fahrenheit for 10-12 minutes or until golden around edges.

Nutrition Information *From USDA Nutrient Database

Calories: 147 Total Fat: 6.1g Saturated Fat: 4g Monounsaturated Fat: 0.3g Polyunsaturated Fat: 0.1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 21.2g Fiber: 1.6g Total Sugar: 11.6g Protein: 1.7g Sodium: 100mg Vitamin A: 0µg Vitamin C: 0mg Calcium: 10mg Iron: 1.9mg Folate: 3µg



Coconut Lentil Stew

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving size: ½ cup

Ingredients	Quantity	Measure
Vegetable oil spray (pan spray)		as needed
Onion, white or yellow, small dice	1	cup
Garlic, minced	¼	cup
Lentils, grey, red, or green, uncooked	3	cups
Vegetable broth	1 ½	quarts
Coconut milk, unsweetened, lower-fat, carton not canned	1	cup
Cumin, ground	1	teaspoon
Hearty greens (Collard, Swiss Chard, etc.), de-stemmed, shredded	4	cups

Preparation

1. Heat a small stock pot or steam kettle and spray with oil. Add onions and garlic. Cook, stirring, until onions are soft.
2. Add lentils and toast for 1 minute.
3. Add vegetable broth, coconut milk, and cumin.
4. Bring to a fast boil, reduce heat, cover, stirring occasionally, until liquid is absorbed, about 15 minutes.
5. Add shredded greens. Stir and cook over low heat until greens are just wilted.

Serving Information

Serve hot.

Nutrition Information

 *From USDA Nutrient Database

Calories: 248 Total Fat: 1.3g Saturated Fat: 0.7g Monounsaturated Fat: 0.12g Polyunsaturated Fat: .33g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 42g Fiber: 18.5g Total Sugars: 4.6g Protein: 17g Sodium: 415mg Vitamin A: 45µg Vitamin C: 10.3mg Calcium: 54mg Iron: 4.8mg Folate: 284µg



Coconut Tofu and Brown Rice Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving: 10

Serving size: 1 cup

Ingredients	Quantity	Measure
Sweet potatoes, medium to large, peeled, cut into ½ inch cubes	2	each
Salt, divided	1	teaspoon
*Tofu, extra-firm, drained, pressed, cut into ½ inch cubes	2	14 ounce packages
Coconut milk, light, divided	3 ¼	cups
Brown rice flour	½	cups
Unsweetened shredded coconut, ground	1	cup
Water	¼	cup
Onions, small dice	½	cup
Garlic, minced	2	cloves
Soy sauce, low sodium	¼	cup
Cinnamon	1	teaspoon
Cardamom	1	teaspoon
Cumin	1	teaspoon
Onion powder	1	teaspoon
Black pepper	1	teaspoon
Macadamia nuts or peanuts, chopped (optional)	½	cup
Cilantro, chopped	½	cup

Preparation

*Please see separate page for tofu pressing instructions.

1. Preheat oven to 400 degrees Fahrenheit and line a sheet pan with parchment paper. Add sweet potato cubes to the baking sheet, sprinkle with ½ tsp of salt. Bake for 30-40 minutes until tender, flipping halfway through.
2. To prepare tofu, line a baking sheet with parchment paper and set aside. In a medium bowl, combine 1 cup of light coconut milk with brown rice flour and the remaining ½ tsp of salt. Mix well. In a second bowl, add the ground coconut shreds (place shredded coconut into food processor to grind). Dip each piece of cubed tofu into the liquid mixture, roll in the coconut shreds and place onto the sheet pan. Once all pieces are coated, bake at 400 degrees for approx. 30 minutes until slightly brown, flipping halfway through.
3. Make the sauce by heating water in a medium saucepan. Add the diced onions and sauté until translucent, stirring continuously. Once the onions are cooked, add the garlic and sauté until aromatic, stirring continuously. Add the rest of the coconut milk, soy sauce, cinnamon, cardamom, cumin, onion powder and black pepper. Stir and simmer for 10 minutes. Taste and adjust seasoning.
4. To assemble, add brown rice to bottom of bowl, top with fresh spinach, sweet potatoes, and baked coconut tofu. Drizzle sauce over all ingredients and top with macadamia nuts (or peanuts) and cilantro.



Coconut Tofu and Brown Rice Bowl

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving Information

Serve on its own or on a bed of spinach or steamed greens.

Nutrition Information *From USDA Nutrient Database

Calories: 454 Total Fat: 34.6g Saturated Fat: 23.2g Monounsaturated Fat: 8.3g Polyunsaturated Fat: 0.8g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 23.3g Fiber: 5.6g Total Sugar: 5.9g Protein: 12.4g
Sodium: 482.7mg Vitamin A: 187µg Vitamin C: 5mg Calcium: 175mg Iron: 4.1mg Folate: 36µg



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	teaspoons
Salt	2	teaspoons
Black Pepper	2	teaspoons
Basil, Dried	2	teaspoons
Garlic Powder	2	teaspoons

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



Couscous Stuffed Tomatoes

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving size: ½ stuffed tomato

Ingredients	Quantity	Measure
Tomatoes, Beefsteak, large, cut in half	4	each
Olive oil, divided	3	Tablespoons
Garlic, minced	2	cloves
Shallot, minced	1	each
Carrot, ½ inch dice	1	each
Couscous, Pearl	1	cup
Vegetable stock	2	cups
Cilantro, finely chopped	¼	cup
Mint, finely chopped	¼	cup
Zucchini, seeded, small dice	1	each
Ras el Hanout Blend (Moroccan Spice- see recipe)	1	Tablespoon
Salt	1	teaspoon
Black pepper	½	teaspoon

Preparation

1. Preheat oven to 350 degrees Fahrenheit.
2. Prep tomatoes: cut in half, and scoop out seeds and inside of tomato, drain, chop and set aside.
3. Use one tablespoon of olive oil to brush hollow tomatoes.
4. Heat the remaining two tablespoons of olive oil in a 4 qt. saucepan on medium to high heat.
5. Add garlic and shallot and cook for two minutes or until soft.
6. Add carrots and cook for three minutes more. Add couscous and toast two minutes.
7. Add vegetable stock. Bring to a boil. Reduce heat, cover and simmer until couscous is tender for 12-15 minutes.
8. Stir in cilantro, mint, Ras el Hanout, zucchini, salt, pepper and chopped tomato.
9. Spoon mixture into hollow tomatoes and bake for 20 minutes.
10. Serve warm.

Nutrition Information *From USDA Nutrient Database

Calories: 186 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 4g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 30g Fiber: 4g Total Sugar: 8g Protein: 6g Sodium: 498mg Vitamin A: 95µg
Vitamin C: 19mg Calcium: 47mg Iron: 1mg Folate: 51µg



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	teaspoon
Nori flakes, toasted	2	teaspoons
Hearts of Palm (canned, drained, rinsed, pulsed in food processor until resembles crab meat)		5 cups or 2- 14-ounce cans
Egg-free mayonnaise	1	cup
Nutritional yeast	¼	cup
Breadcrumbs, divided	3	cups
Salt	1	teaspoon
Pepper	1	teaspoon
Old Bay seasoning	2	Tablespoons
Tabasco sauce	2	teaspoons
Remoulade Sauce		
Egg-free mayonnaise	1	cup
Ketchup	1	Tablespoon
Dijon mustard	1	Tablespoon
Tabasco sauce	1	teaspoon
Vegan Worcestershire sauce	1	teaspoon
Lemon juice, fresh	1	Tablespoon
Salt	¼	teaspoon
Shallots, minced	2	teaspoons
Parsley, fresh, chopped	1	teaspoon
Red bell pepper, small dice	2	teaspoons
Capers, minced	2	teaspoons



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



Creamy Alfredo

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 1 ½ cups

Ingredients	Quantity	Measure
*Tofu, silken, drained	3	14-ounce packages
Garlic, fresh, minced	1	Tablespoon
Garlic, powder	2	teaspoons
Onion, powder	1	Tablespoon
White pepper	2	teaspoons
Salt	2	teaspoons
Nutritional yeast	2	Tablespoons
Nondairy milk, unsweetened, divided	2	cups
Lemon juice, fresh	2	Tablespoons
Basil, fresh, finely chopped	2	Tablespoons
Tarragon, fresh, finely chopped	2	Tablespoons
Parsley, fresh, finely chopped	2	Tablespoons
Fettuccini or pasta of choice, cooked and drained (keep warm)	4	quarts
Pasta water	4	cups
Plant-Based Parmesan Cheese (Separate Recipe)	1	cup

Preparation

*Please see separate page for tofu instructions.

1. Place tofu in a blender or food processor. Add the garlic, garlic powder, onion powder, pepper, salt, nutritional yeast and 3/4 cup of the nondairy milk. Blend until very smooth and creamy while scraping the sides occasionally. Add more nondairy milk a little at a time to make the sauce to your desired thickness.
2. Pour the sauce into a medium size saucepan and keep over low heat. Add the lemon and chopped fresh herbs. Do not boil or cook too long (the sauce will turn lumpy and separate).
3. Remove from the stove but keep covered.
4. Place the hot pasta in the sauce with a little bit of water from the pasta and toss with the sauce. Serve immediately.

Nutrition Information

*From USDA Nutrient Database

*Without Plant-Based Parmesan Cheese

Calories: 374 Total Fat: 5.5g Saturated Fat: .5g Monounsaturated Fat: .6g Polyunsaturated Fat: 1.8g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 68.6g Fiber: 1g Total Sugars: 1.7g Protein: 12.6g Sodium: 509mg Vitamin A: 5µg Vitamin C: 2.7mg Calcium: 106mg Iron: 1.5mg Folate: 3µg



Creamy Potato Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving: 8

Serving size: 1 cup

Ingredients	Quantity	Measure
Onions, Sweet Yellow, small dice	2	cups
Potatoes, Russet, diced into one (1) inch cubes	3	cups
Vegetable Broth	4	cups
Broccoli Florets	2	cups
Parsley, Fresh, chopped	2	Tablespoons
Black Pepper	1	Tablespoon

Preparation

1. In a large pot, sauté onions using a little bit of water until they are soft.
2. Add the potatoes and the vegetable broth. Bring to a quick boil. Reduce heat and allow to simmer until potatoes are cooked. ***For a creamy texture, use an immersion blender or blend half of the soup in a food processor.***
3. Add in the broccoli florets, fresh parsley and black pepper.
4. Allow to simmer until flavors are combined and broccoli is cooked (about 30 minutes).

Serving Information/Notes

If you would like to garnish soup with crispy potato skins, you can bake potatoes, scoop out the potato for mashing, and re-bake the skins. Serve the potato skins as a side garnish for the soup. You may want to sauté extra onions and serve them inside the potato skins as a complex garnish.

Nutrition Information *From USDA Nutrient Database

Calories: 78 Total Fat: .3g Saturated Fat: 0.5g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 16.5g Fiber: 2.9g Total Sugars: 2.9g Protein: 2.2g Sodium: 85mg Vitamin A: 11µg Vitamin C: 34.6mg Calcium: 41mg Iron: 1mg Folate: 33µg



Creamy Tetrazzini

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving Size: 3 ounces

Ingredients	Quantity	Measure
Mushrooms, fresh, white or Cremini, sliced	1	pound
White wine (alternative option listed in serving information)	6	ounces
*Tofu, extra-firm, drained, pressed, and cut into ½ inch cubes	1	pound
Spaghetti noodles, dried - cooked, drained	1	pound
Slivered almonds	1 ½	cups
Peas, cooked and drained	1 ½	cups
Pimento red pepper, minced	1	cup
Sauce		
Plant-based butter or margarine	1	cup
Unbleached flour	1 1/3	cup
Vegetable broth	3	cups
Nondairy milk, unsweetened, warmed	1 ¼	cups
White pepper	2	Tablespoons

Preparation

*Please see separate page for tofu pressing instructions.

1. Preheat oven to 350 degrees Fahrenheit.
2. In a braising pan, sauté mushrooms and wine until mushrooms are soft.
3. Gently toss mushrooms, tofu, pasta, almonds, peas, and pimentos together. Cover and place in warmer.
4. In a separate pot, prepare a roux by melting the margarine and adding the flour. Cook the flour until a nutty aroma and turns slightly golden. Add the broth gradually, stirring, until a smooth sauce is formed. Remove from heat and stir in milk. Pour over pasta and mix to combine. Place in baking dish and bake for 20 minutes, uncovered, or until firm and browned on top.

Serving Information

An assortment of fresh or dry, reconstituted mushrooms may be used. If desired, prepare or purchase smoked tofu or herbed tofu for extra flavor. If wine is not desired, use 3 ounces of unsweetened apple juice mixed with 3 ounces of white vinegar.

Nutrition Information

*From USDA Nutrient Database

Calories: 503 Total Fat: 25g Saturated Fat: 3.3g Monounsaturated Fat: 12.6g Polyunsaturated Fat: 7.7g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 53g Fiber: 6.2g Total Sugars: 5.2g Protein: 16.3g Sodium: 212mg Vitamin A: 155µg Vitamin C: 16.7mg Calcium: 138mg Iron: 4.2mg Folate: 235µg



Crunchy Thai Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 2 cups

Ingredients	Quantity	Measure
Dressing		
Lime juice	3/8	cup
Soy sauce	3/8	cup
Garlic, minced	2	Tablespoons
Ginger, ground	1	teaspoon
Brown sugar	2	Tablespoons
White wine vinegar	2	Tablespoons
Canola oil	1/4	cup
Sesame oil	2	Tablespoons
Salt	1/4	teaspoon
Black pepper	1/4	teaspoon
Red pepper flakes	1	sp.
Salad		
Kale, baby, chopped	5	cups
Napa cabbage, thinly sliced	3	cups
Cabbage, red, thinly sliced	3	cups
Carrots, shredded	1	cup
Onions, green, thinly sliced	1	cup
Red bell pepper, thinly sliced	3	cups
Chickpeas, canned, drained, and rinsed	2 1/2	cups
Edamame, shelled	2 1/2	cups
Mandarin oranges, canned and drained	2 1/2	cups
Cilantro, chopped	1	cup

Preparation

1. In a blender place lime juice, soy sauce, garlic, ginger, sugar and vinegar and blend for 30 seconds. With the blender on low, slowly drizzle oil and sesame oil into lime juice mixture. Then pour dressing into a bowl, add a pinch of salt and pepper and red pepper flakes.
2. Combine remaining ingredients in a large bowl. Toss with dressing and serve.

Nutrition Information *From USDA Nutrient Database

Calories: 301 Total Fat: 12.3g Saturated Fat: 1.3g Monounsaturated Fat: 5.5g Polyunsaturated Fat: 4.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 9.5g Total Sugars: 15g Protein: 12g Sodium: 460mg Vitamin A: 472µg Vitamin C: 161mg Calcium: 144mg Iron: 3.3mg Folate: 238µg



Eggplant Parmesan

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 3 slices

Ingredients	Quantity	Measure
Eggplant, peeled and sliced into rounds and soaked in saltwater for 15 minutes	30	slices
Unbleached all-purposed flour	2	cups
Cajun seasoning	½	cup
Non-dairy milk, unsweetened	½	gallon
Panko breadcrumbs	4	cups
Basil, fresh, chopped	¼	cup
Oregano, fresh, chopped	1	Tablespoon
Non-dairy mozzarella cheese (optional)	½	cup
Vegetable oil spray (pan spray)		as needed

Preparation

1. Preheat oven to 450 degrees Fahrenheit.
2. Mix the flour and Cajun seasoning together in one container large enough to dip the eggplant in.
3. Place the non-dairy milk in a second container large enough to dip the eggplant in.
4. Mix the breadcrumbs, basil, oregano, and non-dairy mozzarella cheese together and place into a container large enough to dip the eggplant in.
5. Place the eggplant slice into the flour container, then the non-dairy milk container, and then finally the breadcrumb mixture.
6. Lightly spray eggplant with vegetable oil as needed. Place in oven at 450 degrees for 10 minutes on each side or until golden brown. Remove from oven and sprinkle with salt if desired.

Serving Information

Serve marinara sauce on the side as needed.

Nutrition Information *From USDA Nutrient Database

Calories: 331 Total Fat: 4.7g Saturated Fat: 0.9g Monounsaturated Fat: 0.8g Polyunsaturated Fat: 1.9g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 59.4g Fiber: 5.8g Total Sugars: 11.5g Protein: 12.8g Sodium: 1668mg Vitamin A: 3µg Vitamin C: 1.4mg Calcium: 64mg Iron: 3mg Folate: 48µg



Enchilada Chili

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving size: 1 cup

Ingredients	Quantity	Measure
Vegetable or Canola Oil	2	Tablespoons
Onion, Red, small dice	½	cup
Red Bell Pepper, small dice	1	cup
Mushrooms, Button, diced	4	cups
Garlic, Fresh, minced	2	Tablespoons
Tomatoes, Canned, Diced	2 ½	cups
Vegetable Broth, low sodium	2 ½	cups
Cumin, ground	1	Tablespoon
Paprika	1	Tablespoon
Oregano, dried, ground	1	Tablespoon
Chili Powder	1	Tablespoon
Salt	1	Tablespoon
Black Pepper	1	Tablespoon
Kidney Beans, canned, drained, rinsed	4	cups
Black Beans, canned, drained, rinsed	4	cups
Refried Beans	1	cup
Mild Red Enchilada Sauce	1	cup

Preparation

1. Over medium heat, in a pot, add oil, sauté chopped onion, peppers, mushrooms and garlic for 5 minutes. Add the tomatoes, broth, cumin, paprika, oregano, chili powder, salt and pepper. Cook for 30 minutes, until the vegetables are soft.
2. Add the kidney beans, black beans, refried beans and enchilada sauce, and continue to cook for 1 hour until chili is thick and vegetables and beans are soft.

Serving Information/Notes

Serve with tortilla chips.

Nutrition Information *From USDA Nutrient Database

Calories: 274 Total Fat: 4.6g Saturated Fat: 0.6g Monounsaturated Fat: 2.3g Polyunsaturated Fat: 1.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 43.5g Fiber: 16.2g Total Sugars: 5.7g Protein: 14.6g Sodium: 1690mg Vitamin A: 52µg Vitamin C: 25mg Calcium: 102mg Iron: 4.3mg Folate: 108µg



Energizing Edamame & Orange Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving size: 1 bowl or parfait cup

Ingredients	Quantity	Measure
Almonds, roasted, slivered	5	ounces
Edamame, shelled, cooked	3	cups
Rice, Brown, prepared	1 quart + 1 cup prepared rice (10 ounces dry)	
Pepper, bell, green or red variety, diced, fresh or frozen	3	cups
Corn, frozen, thawed	3	cups
Mandarin oranges, canned, drained	3	cups
Balsamic/Sesame dressing	1	bottle

Preparation

1. Prepare rice and cool completely.
2. Dice bell peppers.
3. Layer all ingredients into a pan or bowl as follows (do not mix to combine ingredients): Rice, diced bell peppers, drained mandarin oranges, thawed corn, edamame. Or layer ingredients into a parfait cup as follows: ½ cup rice, ¼ cup diced bell peppers, ¼ cup drained mandarin oranges, ¼ cup thawed corn, 1/4 cup edamame.
4. Drizzle with balsamic dressing or a dressing of your preference.

Nutrition Information*From USDA Nutrient Database

Calories: 405 Total Fat: 9g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 70g Fiber: 11g Total Sugar: 9g Protein: 14g Sodium: 290mg Vitamin A:
47µg Vitamin C: 50mg Calcium: 75mg Iron: 3mg Folate: 182µg



Falafel Buddha Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: 1 bowl

Ingredients	Quantity	Measure
Carrots, sticks	6	cups
Cauliflower, core cut out and cut into small florets	6	cups
Canola oil	¼	cup
Cumin, ground	2	Tablespoons
Salt	1	teaspoon
Black pepper	1	teaspoon
Baby spinach	10	cups
Red cabbage, shredded	2	cups
Jalapenos, sliced	2	cups
Pistachios, toasted and chopped	2	cups
Tahini Dressing (See Recipe)	3	cups
Falafel (pre-made or homemade – see recipe)	36	pieces

Preparation

1. Preheat oven to 400 degrees Fahrenheit. Place carrot sticks and cauliflower florets in a large container or bowl. Pour the oil and coat all the vegetables. Add the cumin, salt, and pepper to the vegetables and mix well. Remove the vegetables from the container and place on a sheet pan. Roast vegetables until cooked through and caramelized (about 20-30 minutes). Remove from the oven and cool.
2. Mix the baby spinach and red cabbage together.
3. To assemble: Place 1 cup of the spinach and red cabbage mixture in a bowl. Place 1 cup of the carrot/cauliflower mixture on one side of the bowl. Add 3-4 slices of jalapenos to the right of the carrot/cauliflower mixture. Add 2 Tablespoons of pistachios to the right of the jalapenos. Add 3 pieces of falafel to the right of the pistachios to completely cover the top of the bowl. Served with a side of 2 Tablespoons of tahini dressing.

Nutrition Information

*From USDA Nutrient Database

Calories: 601 Total Fat: 37.5g Saturated Fat: 4.7g Monounsaturated Fat: 15.7g Polyunsaturated Fat: 14.2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 47.3g Fiber: 14.8g Total Sugar: 8.3g Protein: 18.5g Sodium: 1608.1mg Vitamin A: 560µg Vitamin C: 61.7mg Calcium: 300mg Iron: 7.8mg Folate: 100µg



Falafel

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 4 Serving size: 3 falafels

Ingredients	Quantity	Measure
Canola Oil	¼	cup
Onion, Yellow, small dice	3	cups
Garlic, Cloves	4	each
Chickpeas, Canned, rinsed and drained	6	cups
Lemon Juice	3	Tablespoons
Curry Powder	3	Tablespoons
Salt	1 ½	teaspoons
Chickpea Flour	1 ½	cup

Preparation

1. Preheat oven to 425 degrees.
2. In a food processor, pulse the onion and garlic into a paste. Add the chickpeas, lemon juice, curry powder, and salt and process again until fully combined. Add the chickpea flour and pulse again until fully combined (the mixture will look like a very thick hummus). Remove and allow to rest for 30-45 minutes to allow the flour to absorb the excess moisture.
3. Using a sheet pan lined with parchment paper and pan spray, portion out a ball the size of 2-3 tablespoons of the mixture. Repeat with remaining dough. Bake in the oven for 25 minutes or until set and golden brown.
4. Remove and allow to cool and use as needed.

Serving Information/Notes

Serve on top of Buddha Bowl.

Nutrition Information *From USDA Nutrient Database

Calories: 659 Total Fat: 21g Saturated Fat: 1.5g Monounsaturated Fat: 9.7g Polyunsaturated Fat: 5.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 92.5g Fiber: 19.7g Total Sugar: 12.7g Protein: 24.9g Sodium: 1929mg Vitamin A: 3µg Vitamin C: 10.5mg Calcium: 98mg Iron: 7.5mg Folate: 160µg



Fiesta Rice & Beans Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving size: 1 bowl or parfait cup

Ingredients	Quantity	Measure
Rice, brown, dry	10	ounces
Water	2 ½	cups
Corn, frozen	2 ½	cups
Salsa, canned	2 ½	cups
Black beans, canned, drained	4	cups
Taco seasoning	3 ½	Tablespoons
Corn tortilla chips, bulk, crushed	10	ounces
Romaine, fresh, chopped	8	ounces
Optional Garnishes		
Black olives, drained	1 ¼	cups
Jalapenos, canned	1 ¼	cups
Onions, diced	1 ¼	cups
Salad Dressing		
Salsa, canned	2 ¾	cups
Ranch, dairy-free	¼	cup

Preparation

1. Prepare rice and cool completely.
2. Combine corn, black beans, salsa and taco seasoning in a bowl.
3. Prepare salad dressing by combining the salsa and dairy-free ranch.
4. Layer all ingredients into a bowl or pan as follows (do not mix or combine ingredients): Rice, bean and corn mixture over the rice, chopped romaine lettuce on the corn mixture, optional garnishes: olives, jalapenos and/or onion, and crushed tortilla chips. Or layer ingredients into a parfait cup as follows: ½ cup rice, 2/3 cup bean and corn mixture over the rice, 1/8 cup chopped romaine lettuce on the corn mixture, optional garnishes: 1/8 cup olives, 1/8 cup jalapenos and/or 1/8 cup onion, and 1/8 cup crushed tortilla chips.
5. Drizzle salsa ranch over the chips or serve the dressing on the side.

Nutrition Information *From USDA Nutrient Database

Calories: 371 Total Fat: 13g Saturated Fat: 4g Monounsaturated Fat: 6g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 61g Fiber: 16g Total Sugar: 15g Protein: 14g Sodium: 755mg Vitamin A: 263µg Vitamin C: 12mg Calcium: 260mg Iron: 5mg Folate: 262µg

Salsa Ranch Dressing:

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg



Five Spice Barley, Kale & Tofu

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: 6 ounces

Ingredients	Quantity	Measure
Cajun spice	1	Tablespoon
*Tofu, extra-firm, drained, pressed, and cut into ½ inch cubes	14	ounces
Olive oil	¼	cup
Onion, yellow or white, medium dice	1	cup
Kale, fresh, stemmed	18 cups (3 pounds)	
Barley, cooked	8 ¾ cups cooked (1 pound dry)	
Chinese Five Spice Powder	2	Tablespoons
Salt	1	teaspoon
Black pepper	1	teaspoon
Parsley, fresh, chopped	8	ounces

Preparation

*Please see separate page for tofu pressing instructions.

1. Brush tofu with oil and sprinkle Cajun spice.
2. Heat oven to 400 degrees Fahrenheit. Roast tofu in oven for 10 minutes, flipping over and roasting for another 10 minutes.
3. Add oil to a pan and sweat onions for 5 minutes. Add kale and wilt.
4. Add cooked barley, Chinese Five Spice Powder, salt and pepper.
5. Toss baked tofu on top of barley mixture and serve.

Serving Information

6 ounce serving garnished with 1 ounce of fresh chopped parsley.

Nutrition Information

*From USDA Nutrient Database

Calories: 422 Total Fat: 11.7g Saturated Fat: 1.8g Monounsaturated Fat: 5.9g Polyunsaturated Fat: 2.9g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 61.7g Fiber: 17g Total Sugars: 5.5g Protein: 17.6g Sodium: 581mg Vitamin A: 1309µg Vitamin C: 206mg Calcium: 368mg Iron: 6mg Folate: 75µg



Fresh Peach Salsa

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: 1 cup

Ingredients	Quantity	Measure
Peaches, Fresh, diced	6	cups
Tomatoes, Roma, diced	3	cups
Red Bell Pepper, diced	1	cup
Jalapeno, minced	3-4	each
Mango, Fresh, diced	2	cups
Onion, Red, finely diced	1	cup
Cilantro, chopped	1	cup
Lime Juice	¼	cup
Salt	1	Tablespoon
Black Pepper	1	teaspoon

Preparation

1. In a large bowl, combine all ingredients and mix well.
2. Serve immediately or cover and chill 2 hours to overnight for a better blend of flavors.

Serving Information/Notes

This salsa works with grilled eggplant, asparagus, or corn. It can also be used as a marinade for vegetables, tofu, seitan, or tempeh that you want to grill.

Nutrition Information *From USDA Nutrient Database

Calories: 74 Total Fat: 0.5g Saturated Fat: 0.1g Monounsaturated Fat: 0.1g Polyunsaturated Fat: 0.1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 15.8g Fiber: 2.8g Total Sugar: 12.6g Protein: 1.7g Sodium: 585.5mg Vitamin A: 69µg Vitamin C: 44.4mg Calcium: 19mg Iron: 0.5mg Folate: 31µg



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	Tablespoon
All-purpose flour	½	cup
Cumin	¼	teaspoon
Olive oil, divided	½	cup
Salt	1	teaspoon
Pepper	1	teaspoon
*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



Grandma's Apple Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving: 6 Serving size: 1 slice

Ingredients	Quantity	Measure
Granny Smith Apples, peeled, cored, and sliced	2	pounds
Unsweetened frozen apple juice concentrate, thawed	12	ounces
Salt	1	teaspoon
Cornstarch, divided	3	Tablespoons
Cinnamon, ground	1	Tablespoon
Nutmeg	1	teaspoon
Plant-based pie crust, prepared, unbaked	2	each

Preparation

1. Preheat oven to 350 degrees Fahrenheit.
2. Soak apples in the thawed apple juice concentrate and salt. Allow to soak for 15 minutes.
3. Drain the apples, reserving the liquid. Add 1 tablespoon cornstarch to the apples and mix well. Place into pie crust, keeping the slices close together.
4. In a small bowl, whisk together $\frac{1}{4}$ cup of the reserved apple liquid and 2 tablespoons cornstarch. Place the remaining reserved apple liquid into a pot and add the cinnamon and nutmeg and whisk well. Bring to a boil. Add the cornstarch slurry and allow to thicken. Once a thick sauce consistency, pour over the apples in the pie crust using a ladle or large spoon to get into bottom of the pie.
5. Add the remaining pie crust to the top of the pie and cut decorated vents for steam to escape. Crimp the edges together.
6. Bake for 30 minutes, or until the apples are cooked through.

Nutrition Information

*From USDA Nutrient Database

Calories: 304 Total Fat: 10.9g Saturated Fat: 2.7g Monounsaturated Fat: 4.6g Polyunsaturated Fat: 2.7g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 48.9g Fiber: 6g Total Sugar: 23g Protein: 2.7g Sodium: 552.4mg Vitamin A: 9 μ g Vitamin C: 18.1mg Calcium: 25mg Iron: 1.26mg Folate: 9 μ g



Hearts of Palm and Cauliflower Ceviche

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: ½ cup

Ingredients	Quantity	Measure
Leche de Tigre		
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	teaspoon
Salt	¼	teaspoon
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.
3. Cover and set in cooler for at least 2 hours, preferably overnight.

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

Homemade Focaccia Bread

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24

Serving size: 1 slice

Ingredients	Quantity	Measure
Sugar, granulated	3 ½	ounces
Water, warm	17 ½	ounces
Dry active yeast	4 ½	teaspoons
All-purpose flour	7	cups
Olive oil	3 ½	ounces
Salt	2	teaspoons
Cornmeal	¼	cup
Topping		Tablespoon
Kosher salt	1	
Fresh basil, chopped	1	Tablespoon
Fresh oregano, chopped	1	Tablespoon
Fresh rosemary, chopped	1	Tablespoon

Preparation

1. Measure out all ingredients first.
2. Dissolve sugar, warm water (no hotter than 100 degrees), and yeast in a mixing bowl allow to sit for 3 to 5 minutes until bubbly.
3. Add flour and olive oil, then mix with dough hook on low speed for about 2 minutes.
4. Add salt, then put mixer on medium speed for 8 minutes.
5. Put in proof box until double in size.
6. Brush sheet pan with olive oil and sprinkle lightly with cornmeal.
7. When doubled, put dough on sheet pan, press out evenly, using fingers to make indentions. Brush with oil and sprinkle with herb topping.

Topping

1. Chop herbs and blend with salt.
2. Sprinkle on top of dough.
3. Let rest for 20 minutes.
4. Bake at 400 degrees Fahrenheit for 15- 20 minutes. Make sure there is plenty of bottom heat for bread to reach a golden brown.

Nutrition Information

 *From USDA Nutrient Database

Calories: 192 Total Fat: 4.6g Saturated Fat: 0.7g Monounsaturated Fat: 3.1g Polyunsaturated Fat: .6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 33.5g Fiber: 31.4g Total Sugar: 4.3g Protein: 4.2g Sodium: 196mg Vitamin A: 1µg Vitamin C: 0mg Calcium: 11mg Iron: 0.6mg Folate: 28µg



Japanese Udon Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Wood Ear Mushroom, dried	1	3-ounce package
Morel Mushrooms, dried	1	3-ounce package
Water	2 ½	gallons
Vegetable broth	1 ¼	cups
Fresh mushrooms (Shiitake, Oyster, and or Shimeji) trim stems, reserve scraps for broth	3 ¾	cups
Scallions, 1-inch bottom removed and saved for broth, remaining scallions thinly sliced	24	each
Garlic, fresh, smashed	12	cloves
Onions, yellow, sliced in half	8	each
Kombu, 4-inch piece	10	each
Soy sauce, reduced sodium	¾	cup
Mirin	¾	cup
Salt	1	teaspoon
Vegetable oil, divided	½	cup
Napa cabbage, cut into ¾ inch strips	10	cups
Udon noodles, fresh or dried		1 pound fresh OR 12-ounce package dried
Crispy Sriracha Tofu		
*Tofu, firm, drained, cut half then cut across into 6 slices	2	14-ounce packages
Flaxseed, ground	¼	cup
Water, warm	¾	cup
Unbleached all-purpose flour	4	cups
Baking powder	2	Tablespoons
Kosher salt	1	teaspoon



Japanese Udon Bowl Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Preparation

***Please see separate page for tofu pressing instructions.**

1. Combine wood ear mushrooms and morels in a medium saucepan and cover with 2 ½ gallons of water. Bring to a boil over high heat. Lower the heat to allow the mixture to simmer slowly for 10 minutes while mushrooms rehydrate. Remove mushrooms from the water and set aside. Reserve the mushroom broth.
2. Add the vegetable broth, fresh mushrooms scrapes, 1" bottom of scallions, garlic, onions, and kombu to the reserved mushroom broth. Bring to a boil, reduce heat and let it simmer for 20 minutes.
3. Meanwhile remove center of wood ear mushrooms and discard. Slice wood ear and morels in to strips and reserve in a bowl. Slice fresh mushrooms, add to the bowl. Add the thinly sliced scallions and set aside the mixture.
4. When broth is finished, strain through a fine mesh strainer. Return to the pot and discard the solids. Add soy sauce, mirin and salt. You should have about two gallons of broth. Keep warm.
5. Prepare the crispy sriracha tofu as listed below.
6. Heat ¼ cup of vegetable oil in a wok or skillet over high heat, until lightly smoky. Add shitakes, oyster mushrooms and shimeji, stir fry until lightly brown completely tender about 2 minutes. Add ¼ cup vegetable oil, heat until lightly smoking. Add cabbage and stir fry until lightly charred in spots and tender, about 2 minutes. Transfer to plate.
7. Cook Udon noodles in boiling water according to package directions. Strain and divide into 12 bowls (1 oz. of noodles). Pour broth over noodles, top with scallions, wood ears, morels, stir fried mushrooms, cabbage and crispy sriracha tofu.

Preparation for Tofu

1. Mix water and ground flax seed together and let set for 5 minutes.
2. Add sriracha and blend well.
3. Using a standard breading procedure (flour, sriracha flax egg mixture and back into the flour), put each piece of tofu through this three-step process.
4. Pan fry, deep fry, or bake until golden brown. If baking, bake in a 425-degree oven until golden brown.

Nutrition Information *From USDA Nutrient Database

Calories: 366 Total Fat: 14g Saturated Fat: 1.8g Monounsaturated Fat: 7.1g Polyunsaturated Fat: 4.4g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 48.8g Fiber: 6.3g Total Sugar: 8.7g Protein: 11.5g Sodium:
1199mg Vitamin A: 19µg Vitamin C: 38.7mg Calcium: 370mg Iron: 4.3mg Folate: 81µg



Kale & Potato Enchilada Bake

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: 1 enchilada

Ingredients	Quantity	Measure
Russet potatoes, sliced	8 ¾ cups	(2 ½ pounds)
Onion, yellow or white, small dice	1	cup
Garlic, fresh, minced	¼	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 ½ 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



Mediterranean Flatbread with Hummus

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 flatbread

Ingredients	Quantity	Measure
Pesto Sauce		
Oil, olive or vegetable	1/3	cup
Garlic Powder	1/2	teaspoon
Basil, fresh, diced	1/4	cup
Lemon Juice	1	teaspoon
Optional garnishes		
Black olives, diced	1 1/4	cups
Tomatoes, finely diced or sliced	1 1/2	cups
Basil, fresh	1	cup
Flatbread, whole grain rich	10	each
Hummus		
Garbanzo beans, drained or cooked from dry beans		5 cups
Garlic cloves, peeled, crushed	4	cloves
Cumin, ground	1	Tablespoon
Salt	1	teaspoon
Black pepper	1/2	teaspoon
Lemon juice	1/3 cup + 1 1/2 Tablespoon (6 1/2 Tablespoons)	
Olive oil	1/3 cup + 1 1/2 Tablespoon (6 1/2 Tablespoons)	
Water (used for desired consistency)	3/4	cup

Preparation

1. Prepare pesto sauce: Add garlic powder, parsley, and lemon juice to oil. Mix well.
2. Prepare hummus: Add all ingredients to the food processor or blender listed under hummus. Mix until smooth.
3. Place flatbread on a parchment paper covered sheet pan and brush each flatbread with pesto.
4. Scoop 1/2 cup of hummus on each flatbread and spread evenly.
5. Bake at 375 degrees Fahrenheit in convection oven for 3-5 minutes or until warm and flatbread is slightly crisp. Do not overbake.
6. Brush each baked flatbread with pesto and top with olives, tomatoes and basil.
7. Leave one flatbread whole for presentation but cut remaining flatbread into quarters for serving.

Nutrition Information per flatbread *From USDA Nutrient Database

Calories: 362 Total Fat: 16g Saturated Fat: 2g Monounsaturated Fat: 9g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 47g Fiber: 9g Total Sugar: 6g Protein: 12g Sodium: 539mg Vitamin A: 10µg Vitamin C: 8mg Calcium: 53mg Iron: 6mg Folate: 84µg

Minestrone Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving Size: 1 cup

Ingredients	Quantity	Measure
Vegetable oil spray		as needed
Onion, yellow or white, small dice	$\frac{3}{4}$	cup
Garlic, fresh, minced	2	Tablespoons
Basil, dried	$\frac{1}{2}$	teaspoon
Oregano, dried	1	teaspoon
Black pepper	1	teaspoon
Carrots, fresh, small dice	1	cup
Celery, fresh, small dice	$\frac{3}{4}$	cup
Zucchini or summer squash, fresh, small dice	2	cups
Vegetable broth, low sodium	3	cups
Tomatoes, stewed, low sodium, canned	2	cups
Cannellini beans, low sodium, canned	1	cup
Elbow pasta, small, uncooked	$\frac{1}{2}$	cup

Preparation

1. Spray stock pot or steam kettle with vegetable oil. Sauté onions, garlic, basil, oregano, and pepper for 5 minutes on medium heat or until onions are soft.
2. Add carrots, celery, and zucchini. Continue to cook for 5 minutes.
3. Add vegetable broth to the above mixture and bring to a fast boil. Continue to boil for 2 minutes.
4. Lower heat to medium. Add canned tomatoes, beans, and pasta. Cook until pasta is al dente, about 8-10 minutes.

Serving Information

Serve with a piece of fresh garlic toast

Nutrition Information

*From USDA Nutrient Database

Calories: 80 Total Fat: .4g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 16.1g Fiber: 3.4g Total Sugar: 4.4g Protein: 3.1g
Sodium: 101mg Vitamin A: 112µg Vitamin C: 10.1mg Calcium: 53mg Iron: 1.25mg Folate: 20µg



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	Tablespoon
Salt	1	Tablespoon
Turmeric	2	teaspoons
Black pepper	2	teaspoons
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 Asparagus Risotto

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 cup

Ingredients	Quantity	Measure
Soy Curls		
Soy Curls*, like Butler brand, dried	½ 8-ounce package (approx. 2 ½ cups)	
Vegetable Stock	1	pint
Risotto		
Vegetable oil	1	Tablespoon
Onion, diced	1	cup
Bell pepper, diced	½	cup
Garlic, minced	2	cloves
Mushrooms, sliced	1	pound
Arborio rice	1	pound
Vegetable stock, hot	1	pint
White wine**	¼	cup
Fresh parsley, finely chopped	¼	cup
Salt	1	teaspoon
Black pepper	1	teaspoon
Fresh asparagus***, cut in 1-inch pieces	1	cup

Preparation

1. Prepare soy curls by heating 1 quart of vegetable stock then adding dried soy curls to the stock. Let soak for 10 minutes until tender. Drain soy curls and set aside.
2. Begin risotto by heating the oil in a 4-quart pot.
3. Add onions, peppers, garlic, and mushrooms. Sauté for 3 minutes.
4. Add rice. Stir in ½ of the stock, wine, parsley, salt, and black pepper.
5. Bring to a simmer and cook for 10 minutes uncovered, stirring constantly.
6. Add remaining stock, asparagus, and prepared soy curls. Cook for 10 minutes, stirring constantly, or until risotto is tender and all the liquid has been absorbed. Taste for salt and add as needed.



Mushroom Asparagus Risotto Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Variation

*Packaged vegan chicken can be used in place of soy curls

**To substitute white wine, choose one of these options

1. White wine vinegar, same amount
2. Vegetable broth and white vinegar (1 Tbsp white vinegar per 1 cup broth)
3. Lemon juice, dilute 1:1 with water in place of white wine

*** Use green peas instead of or in addition to asparagus

Serving Information

Serve with 4 ounces of roasted root vegetables.

Nutrition Information

 *From USDA Nutrient Database

Calories:245 Total Fat: 2.9g Saturated Fat: 1.2g Monounsaturated Fat: 0.2g Polyunsaturated Fat: 0.1g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 46.6g Fiber: 2.6g Total Sugar: 4.3g Protein: 8g
Sodium: 453.4mg Vitamin A: 30µg Vitamin C: 19.3mg Calcium: 23mg Iron: 1.8mg Folate: 31µg



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	Tablespoons
Tomato paste	1 ½	cups
Nutritional yeast	2	Tablespoons
Vegetable stock	4	cups
Salt and Pepper		To Taste
Rigatoni pasta, dry	2	pounds
Parsley, fresh and chopped	2	Tablespoons
Non-dairy parmesan cheese	½	cup
Lemon juice, fresh	1	Tablespoon

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.



Mushroom Cauliflower Bolognese

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

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.

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



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	Tablespoon
Nutritional yeast	½-1	cup
Salt	1	teaspoon
*Garlic powder	½	teaspoon
*Onion powder	½	teaspoon
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 cheez 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



Overnight Oats with Fruit

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: ½ cup

Ingredients	Quantity	Measure
Dried “old-fashioned” style oatmeal	3	cups
Non-dairy milk, unsweetened	3	cups
Maple syrup	3	Tablespoons
Vanilla extract	1	Tablespoon
Cinnamon, ground	1	teaspoon
Chia seeds	3	Tablespoons
Flaxseed	1	Tablespoon
Peaches, strawberries, apricots, or any preferred fruit, fresh or canned, drained, sliced	3	cups

Preparation

1. In a large bowl or 4” hotel pan, combine the non-dairy milk, maple syrup, vanilla, cinnamon, chia and flaxseed. Mix in oats.
2. Cover and chill overnight in refrigerator.
3. Once chilled, top with fruit slices and serve.

Nutrition Information

 *From USDA Nutrient Database

Calories: 76 Total Fat: 2g Saturated Fat: 0.2g Monounsaturated Fat: 0.1g Polyunsaturated Fat: 1.1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 13.5g Fiber: 2g Total Sugar: 4.9g Protein: 1g Sodium: 39.1mg Vitamin A: 0µg Vitamin C: 0mg Calcium: 145mg Iron: 0.5mg Folate: 2µg



Pasta Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving Size: ½ cup

Ingredients	Quantity	Measure
Shell Pasta, medium size, whole wheat, cooked al dente	9 cups cooked (1 pound dry)	
Tomatoes, cherry	1	cup
Onions, red, sliced	½	cup
Red bell pepper, sliced	1	cup
Green bell pepper, sliced	1	cup
Black olives, pitted, canned, drained	1	cup
Basil, fresh, chiffonade	½	cup
Parsley, fresh, chopped	½	cup
Assorted beans, canned, drained, rinsed (kidney, chickpea, cannellini – one or all)	1	cup
Zesty Italian dressing	1	cup

Preparation

1. Mix all ingredients together in a larger bowl and toss gently until incorporated.

Serving Information/Notes

Suggested pairing of 1/2 cup pasta salad with garbanzo slider.

Nutrition Information

 *From USDA Nutrient Database

Calories: 302 Total Fat: 9.7g Saturated Fat: 1.9g Monounsaturated Fat: 3.1g Polyunsaturated Fat: 3.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 44g Fiber: 5.9g Total Sugar: 5.2g Protein: 9.2g Sodium: 493mg Vitamin A: 44µg Vitamin C: 38.4mg Calcium: 39mg Iron: 2.3mg Folate: 39µg



Peach Betty

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 9 Serving size: ½ cup

Ingredients	Quantity	Measure
Plant-based butter, divided	1 teaspoon + ½ cup, melted	
Peaches, frozen, thawed, drained (liquid reserved)	3	pounds
Reserved liquid from thawing the peaches	½	cup
Lemon juice	1	Tablespoon
Salt	½	teaspoon
Cinnamon	½	teaspoon
Nutmeg	½	teaspoon
Graham crackers, crushed	2	cups
Splenda granulated sugar substitute (1 for 1 substitution)	½	cup

Preparation

1. Heat an oven to 350 degrees Fahrenheit.
2. Using 1 tablespoon of the plant-based butter, butter a 2” ½ hotel pan.
3. Place the peaches in a bowl. In a measuring cup or other container, mix the reserved liquid, lemon juice, salt, cinnamon, and nutmeg together. Pour over the peaches and toss together.
4. In another bowl, combine the remaining plant-based butter (melted), graham crackers, and Splenda. Spread 1/3 of the graham cracker mixture on the bottom of the ½ hotel pan. Place ½ of the peach mixture on top of that, then another layer of the graham cracker mixture. Place the remaining ½ of the peach mixture on top of that then the remaining graham cracker mixture.
5. Cover with foil and bake for 30 minutes. Remove the foil and continue to bake for another 20-25 minutes until the crust is toasted and the filling is bubbling. Remove from the oven and allow to cool.

Notes

These can be baked in smaller containers for individual portions

Nutrition Information

 *From USDA Nutrient Database

Calories: 207 Total Fat: 4.3g Saturated Fat: 0.8g Monounsaturated Fat: 1.5g Polyunsaturated Fat: 0.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 38.7g Fiber: 1.4g Total Sugar: 8.8g Protein: 3.2g Sodium: 353.5mg Vitamin A: 0µg Vitamin C: 0.5mg Calcium: 31mg Iron: 1.6mg Folate: 0µg

Potato Dumplings

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving: 12

Serving size: 3 dumplings

Ingredients	Quantity	Measure
Onions, diced	1 ½	cup
Garlic, minced	6	cloves
Prepared Mashed Potatoes (made with plant-based ingredients)	6	cups
Nutritional Yeast	¾	cup
Salt	1	Tablespoon
Black Pepper	1 ½	teaspoons
Wonton Wrapper (Vegan)	36	each
Water		As needed

Preparation

1. In frying pan, dry sauté onions until soft (not brown) adding a small amount of water if needed. Add garlic and sauté until soft and aromatic, about 2 more minutes.
2. In a separate bowl, combine mashed potatoes, nutritional yeast, salt, and pepper. Add onion and garlic mixture and mix well.
3. Spoon a small amount of the potato filling into a wonton wrapper, then fold the wonton wrapper and secure the edges with small creases, using a small amount of warm water to help adhere the edges. Repeat with the remaining wontons.
4. In a non-stick frying pan over low-medium heat, add all the dumplings and cook until just the bottoms are light brown. Next, add about ½ cup of water to the pan and cover to steam the dumplings through for about 3 minutes. Once the dumplings are steamed, remove from pan, drain and serve.

Serving Information/Notes

Serve as is or topped with non-dairy butter or with a savory dipping sauce or soy sauce. For more nutritional boost, add chopped spinach or other vegetables to the filling.

Nutrition Information *From USDA Nutrient Database

Calories: 160 Total Fat: 1.7g Saturated Fat: 0.5g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 30.6g Fiber: 3.1g Total Sugar: 1.5g Protein: 5.4g Sodium: 285.5mg Vitamin A: 0µg Vitamin C: 6.4mg Calcium: 28mg Iron: 2.3mg Folate: 1µg



Pulled Jackfruit

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving size: ¼ cup

Ingredients	Quantity	Measure
Jackfruit, green, in water or brine	2	20-ounce cans
Oil, olive or canola	3	Tablespoons
Onion, diced	1	large
Garlic, minced	6	cloves
Mexican/BBQ Flavor		
Chipotle paste	2	teaspoons
Chili powder	2	teaspoons
Cumin, ground	1	Tablespoon
Asian Flavor		
Soy sauce	1	Tablespoon
Ginger, fresh, minced or grated	1	Tablespoon
Sesame oil	1	Tablespoon

Preparation

1. Preheat oven to 350 degrees Fahrenheit
2. Drain jackfruit in a colander. If in brine, rinse lightly to remove some of the salt. Remove seeds and set aside.
3. Heat an oven-proof skillet on medium heat and add oil. Add onion and sauté 5 minutes until golden.
4. Add garlic and flavor ingredients; sauté another 3 minutes. Add jackfruit and 1 cup water or low-sodium vegetable stock. Sauté another 5 minutes until water mostly evaporates, while using a wooden spoon to pull or shred the jackfruit into strands.
5. Distribute jackfruit evenly in bottom of pan then bake in oven for 10-15 minutes until more dried and slightly crisped.
6. Serve in a taco, on a bun or in a lettuce wrap with fresh veggies, coleslaw and fresh cilantro, as well as salsa, barbecue or hoisin sauces as desired.

Nutrition Information *From USDA Nutrient Database

Calories: 84 Total Fat: 4g Saturated Fat: 0.5g Monounsaturated Fat: 2.3g Polyunsaturated Fat: 0.7g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 13g Fiber: 0.5g Total Sugars: 0.6g Protein: 0.5g Sodium: 93mg Vitamin A: 6µg Vitamin C: 6mg Calcium: 33mg Iron: 0.4mg Folate: 9µg



Quinoa, Oatmeal, and Fruit Parfait

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving size: ½ cup

Ingredients	Quantity	Measure
Quinoa	½	cup
Water	1	cup
Salt	½	teaspoon
Oats, quick-cooking, raw	1	cup
Apple, fresh, grated **	1	each
Non-dairy milk	1	cup
Cranberries, dried	¼	cup
Brown sugar or maple syrup or Agave (optional) *	¼	cup
Almonds, slivered, toasted	2	cups

Preparation

1. Rinse quinoa.
2. Bring water to a boil, add salt and quinoa. Cover and continue to boil until tender, about 15 minutes and until the quinoa has absorbed most of the water. Tiny spirals should appear on top of each seed when done. This is the germ separating and curling around the seeds. Leave lid on the pot for at least 5 minutes after removing from heat. Then remove the lid and allow to cool to touch.
3. Fluff the quinoa gently with a fork.
4. Stir in raw oats, apple, non-dairy milk, cranberries, and sweetener (brown sugar, maple syrup, agave) if desired.

Serving Information

*Sliced banana can be used in place of sugar to add a bit of sweetness. Any of the dairy-free milks can be used in place of almond milk.

**Any fruits in season or on hand.

Nutrition Information * From USDA Nutrient Database

Without Almond Garnish

Calories: 77 Total Fat: 1g Saturated Fat: .1g Monounsaturated Fat: .1g Polyunsaturated Fat: .3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 15g Fiber: 1.4g Total Sugar: 3.9g Protein: 1.9g Sodium: 132mg Vitamin A: 1µg Vitamin C: .9mg Calcium: 53mg Iron: .7mg Folate: 16µg



Raspberry Bars

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24 Serving size: 1 bar

Ingredients	Quantity	Measure
Unbleached all-purpose flour	2 ½	cups
Sugar, granulated	½	cup
Non-dairy margarine	1	cup
*Raspberry jam	1 ½	cups

Preparation

1. In a large bowl, mix flour, sugar, and non-dairy margarine together.
2. Divide dough into thirds. Press 2/3 of dough in a quarter sheet pan.
3. Bake at 350 degrees Fahrenheit for 8-10 minutes.
4. Allow to cool slightly. Spread jam on top of bars.
5. Crumble last third of dough on top of bars.
6. Bake again until golden brown, about 10-15 minutes.

Notes

*Sugar-free jam can be used or prepare the jam using thawed frozen raspberries, smash and sweeten with Splenda-like sweetener or preferred sweetener.

Serving Information

Cut into 12 squares and then into 24 triangles. Drizzle with frozen, thawed raspberries.

Nutrition Information

 *From USDA Nutrient Database

Calories: 152 Total Fat: 7.5g Saturated Fat: 1.9g Monounsaturated Fat: 4.4g Polyunsaturated Fat: .9g Trans Fat: 2.3g Cholesterol: 0mg Carbohydrate: 19.8g Fiber: .4g Total Sugars: 10.6g Protein: 1.4g Sodium: 82mg Vitamin A: 96µg Vitamin C: 0mg Calcium: 6mg Iron: .5mg Folate: 0µg



Remoulade

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Aquafaba Mayonnaise (Or other Plant-Based Mayonnaise)	2	cups
Dijon Mustard	3	Tablespoons
Sweet Relish	3	Tablespoons
Plant-Based Worcestershire Sauce	2	teaspoons
Prepared Horseradish	2	teaspoons
Tabasco Sauce	1	teaspoon
Lemon Juice	¼	cup

Preparation

1. Place all the ingredients into a bowl and whisk until well incorporated. Serve with Crabbyless Crab Cakes or other recipes as needed.

Nutrition Information

*From USDA Nutrient Database

Calories: 264 Total Fat: 26.7g Saturated Fat: 1.3g Monounsaturated Fat: 16g Polyunsaturated Fat: 8g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 5.8g Fiber: 0.3g Total Sugar: 1.8g Protein: 0.1g Sodium: 360.3mg Vitamin A: 3µg Vitamin C: 3.3mg Calcium: 3mg Iron: 0.1mg Folate: 4µg



Risotto Croquettes with Marinara Sauce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 27 pieces

Serving size: 3 pieces

Ingredients	Quantity	Measure
Non-dairy margarine	2	Tablespoons
Onions, yellow or white, small dice	¼	cup
Rice, arborio	2	cups
*White wine	½	cup
Vegetable broth	3	cups
Nutritional yeast	2	Tablespoons
Salt	1	teaspoon
Nacho Cheez (Separate Recipe)	1	cup
Unbleached all-purpose flour	½	cup
Panko breadcrumbs	½	cup
Non-dairy milk, unsweetened	2	cups
Marinara sauce	2	cups

Preparation

1. Over medium heat, melt the non-dairy margarine. Sauté the onions until tender.
2. Add the rice and toast the rice for a few moments, but don't let the onions burn.
3. Add the white wine and stir until incorporated. Allow the wine to reduce until almost gone.
4. Add the stock in 3 parts (1 cup at a time). Allow the rice to absorb the first cup before adding the next.
5. Lower the heat to low and stir frequently until the rice is done.
6. Remove from the heat and stir in the nutritional yeast and salt.
7. Transfer the rice to a sheet pan and allow to cool completely.
8. Form the chilled rice into croquettes and mix in the nacho cheez.
9. Coat croquettes rolling them in flour, in non-dairy milk, and then in breadcrumbs.
10. Bake at 450 degrees Fahrenheit for 10 minutes on each side flipping once or until crispy and golden brown.

Variation

*To substitute white wine, choose one of these options

1. White wine vinegar, same amount
2. Vegetable broth and white vinegar (1 Tbsp white vinegar per 1 cup broth)
3. Lemon juice, dilute 1:1 with water in place of white wine



Risotto Croquettes with Marinara Sauce

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving Information

Serve with 2 ounces of marinara on top.

Nutrition Information *From USDA Nutrient Database

Calories: 255 Total Fat: 5g Saturated Fat: .8g Monounsaturated Fat: 2.2g Polyunsaturated Fat: .4g
Trans Fat: .6g Cholesterol: 0mg Carbohydrate: 46g Fiber: 2.9g Total Sugar: 3g Protein: 5.8g Sodium: 460mg
Vitamin A: 276µg Vitamin C: 4.6mg Calcium: 82mg Iron: 1.4mg Folate: 2µg



Roasted Beets with Citrus and Walnuts

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving Size: ½ cup

Ingredients	Quantity	Measure
Red beets, fresh	2	pounds
Oranges, large, peeled and sliced	2	each
Walnuts, toasted and chopped	¼	pound
Salt, divided	1	teaspoon
Black pepper, divided	1	teaspoon
Sauce		
Orange juice	½	cup
Red wine vinegar	2	Tablespoons
Fresh orange zest	1	Tablespoon
Vegetable oil	2	Tablespoons

Preparation

1. To roast beets: Preheat oven to 425 degrees Fahrenheit and line a baking sheet with parchment paper. Wash beets and remove the stem and root ends of the beets. Place beets in a mixing bowl and toss with ½ teaspoon salt and pepper. Wrap each beet in aluminum foil and roast for 40-50 minutes or until beets are tender and offer no resistance when pierced with a knife. Remove from the oven and remove the foil. Allow to cool. Optional: using paper or clean cloth towels, remove the skin from the beets.
2. Once beets have cooled, cut into small wedges.
3. On a platter, arrange the beets and orange slices in a single layer.
4. Sprinkle with walnuts.
5. Prepare the sauce by combining all the ingredients in a bowl and whisking until well blended.
6. Pour sauce over the beet salad and serve.

Serving Information

This dish can be served as a cold salad or garnish. It can also be a warm dish- have the beets and oranges at room temperature and heat the sauce over low heat until just warm.

Nutrition Information *From USDA Nutrient Database

Calories: 131 Total Fat: 10g Saturated Fat: 1 Monounsaturated Fat: 2.8g Polyunsaturated Fat: 6.3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 17g Fiber: 4.2g Total Sugars: 11.6g Protein: 3.6g Sodium: 72mg Vitamin A: 6µg Vitamin C: 27mg Calcium: 41mg Iron: 1.2mg Folate: 122µg

Savory Noodle Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving size: 1 cup

Ingredients	Quantity	Measure
Vegetable broth, divided	3	quarts
Soy curls*, Butler brand	8 ounces (1 package)	
Onion, diced	½	cup
Garlic, diced	3	cloves
Carrots, sliced or diced	2	cups
Celery, sliced or diced	1	cup
Bay leaves	2	each
Italian seasoning	2	Tablespoons
Nutritional yeast	½	cup
Salt	1 ½	teaspoons
Black pepper	½	teaspoon
Pasta of choice (eggless)	1	pound

Preparation

1. Prepare soy curls by heating 1 quart of vegetable stock then adding dried soy curls to the stock. Let soak for 10 minutes until tender. Drain soy curls and set aside.
2. In a nonstick pan, heat onion over medium heat. Stir continuously and add 1-2 Tbsp of vegetable broth as needed to deglaze and keep from sticking. Add garlic, carrots, and celery. Sauté until carrots are almost cooked through (about 10 minutes), adding 1 Tbsp vegetable broth as needed to keep from sticking.
3. Transfer sautéed vegetables to a large pot and add the remaining vegetable broth (approx. 2 quarts). Stir and add bay leaves, Italian seasoning, nutritional yeast, salt and pepper. Stir and cover. Simmer on low heat for 40 minutes.
4. Meanwhile, cook pasta according to package directions. Drain and add to soup pot. Add soy curls and continue to simmer over low heat for another 20 minutes or until vegetables are tender. Taste for seasoning and adjust as desired.

Variation

*Packaged vegan chicken can be used in place of soy curls

Nutrition Information

 *From USDA Nutrient Database

Calories: 167 Total Fat: 1.7g Saturated Fat: 0.1g Monounsaturated Fat: 0g Polyunsaturated Fat: 0.3g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 28.7g Fiber: 4.6g Total Sugar: 5.3g Protein: 9.1g
Sodium: 1513.8mg Vitamin A: 258µg Vitamin C: mg Calcium: 24mg Iron: 1.7mg Folate: 14µg



Savory Sweet Potato Skins

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 potato skin

Ingredients	Quantity	Measure
Sweet potatoes	5	pounds
Yellow or green bell peppers, sliced thin, de-seeded	2	cups
Garlic, minced	1	teaspoon
Onion, minced	½	cup
Vegetable oil spray		as needed
Oregano, fresh	1	teaspoon
Cumin powder	1	teaspoon
Chili powder	2	teaspoons
White pepper	1	teaspoon
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	Tablespoon
Salt	1	teaspoon
Garlic powder	½	teaspoon
Onion powder	½	teaspoon
Cayenne		Dash

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.



Savory Sweet Potato Skins

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

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



Shepherd's Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 6 ounces

Ingredients	Quantity	Measure
Olive oil, divided	2	Tablespoons
Zucchini, sliced	2	cups
Yellow squash, sliced	2	cups
Carrots, sliced	2	cups
Onions, red, sliced	1	cup
Garlic, fresh, minced	2	Tablespoons
Potatoes, white	5	cups
Non-dairy margarine	8	Tablespoons
Non-dairy milk	2	cups
Mushrooms, button or Cremini, sliced	5	cups
Salt	2	teaspoons
Black pepper	2	teaspoons
Parsley, fresh, chopped	1	Tablespoon

Preparation

1. Heat an oven to 400 degrees Fahrenheit.
2. Over medium-high heat, heat 1 tablespoon olive oil. Sauté the zucchini, yellow squash, carrots, red onions, and garlic. Remove from the heat and reserve. Clean the pan.
3. Over medium-high heat, heat the remaining 1 Tablespoon of olive oil. Sauté the mushrooms until caramelized and flavorful.
4. Cook potatoes until tender in water. Drain and mash with non-dairy margarine and non-dairy milk.
5. To assemble, place the vegetables on the bottom of a casserole dish or ½ pan. Add the mushrooms next. Pipe the mashed potatoes on top to cover.
6. Put in the oven and bake until the potatoes are golden brown.
7. Garnish with chopped fresh parsley.

Nutrition Information

*From USDA Nutrient Database

Calories: 225 Total Fat: 10.8g Saturated Fat: 1.6g Monounsaturated Fat: 5.2g Polyunsaturated Fat: 2.9g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 27g Fiber: 4g Total Sugar: 3.8g Protein: 5g Sodium: 538mg
Vitamin A: 262µg Vitamin C: 17.4mg Calcium: 88mg Iron: 1.6mg Folate: 43µg



Split Pea Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving size: 8 ounces

Ingredients	Quantity	Measure
Canola oil	¼	cup
Onions, yellow or white, small dice	2	cups
Carrots, small dice	2	cups
Garlic, fresh, minced	1	Tablespoon
Split peas, dried	2	cups
Water	1	quart
Non-dairy milk	½	cup
Salt	2	teaspoons
Black pepper	2	teaspoons

Preparation

1. In a large pot, heat the oil over medium heat and sweat onions, carrots, and garlic.
2. Add the split peas and cover with the water. Bring to a boil and cook until done, about an hour to an hour and a half.
3. Drain and reserve liquid.
4. Put peas in blender and add reserved liquid as needed for soup consistency.
5. Finish with non-dairy milk.
6. Adjust the seasoning with salt and black pepper.

Serving Information

8 ounce serving garnished with 1 ounce of fresh homemade croutons.

Nutrition Information *From USDA Nutrient Database

Calories: 275 Total Fat: 7.8g Saturated Fat: 5.7g Monounsaturated Fat: 1g Polyunsaturated Fat: .6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 38g Fiber: 14.4g Total Sugar: 7.6g Protein: 13.4g Sodium: 620mg Vitamin A: 271µg Vitamin C: 7.3mg Calcium: 72mg Iron: 2.5mg Folate: 154µg



Sweet & Spicy Lo Mein

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving size: 1 cup

Ingredients	Quantity	Measure
Lo Mein noodles (or spaghetti noodles)	1	pound
Vegetable stock, divided	5	cups
Soy curls*, like Butler brand	4 cups (1 8-ounce package)	
Onion, julienne cut or chopped	1	cup
Carrots, julienne cut or chopped	1	cup
Broccoli florets	2	cups
Celery, julienne cut or chopped	1	cup
Soy sauce, reduced sodium	¼	cup
Maple syrup	¼	cup
Chili paste	1	Tablespoon
Red bell pepper, Julienne cut or chopped	1	cup

Preparation

1. Prepare Lo Mein noodles (or spaghetti) as directed by package. Set aside and keep warm.
2. Hydrate soy curls by placing them in a large bowl and pouring 4 cups of hot vegetable broth over them. Stir well to ensure that all soy curls are covered. Let hydrate about 10 minutes. Once soy curls are well hydrated, drain and set aside.
3. Over medium heat, dry sauté the onions, using ¼ - ½ cup of the vegetable broth as needed to deglaze the pan (cook off any food that sticks). Cook onion until translucent.
4. Add carrots, broccoli, and celery and let cook for 5 minutes until beginning to become tender. Add remaining ½ cup vegetable stock, soy sauce, maple syrup, and chili paste. Stir to combine and turn heat down. Add red bell pepper and cook until vegetables are tender but crisp, stirring occasionally. Taste for seasoning and adjust as needed.
5. Toss with Lo Mein noodles (or spaghetti) and serve.

Variation

*Packaged vegan chicken can be used in place of soy curls

Nutrition Information

 *From USDA Nutrient Database

Calories: 248 Total Fat: 2.5g Saturated Fat: 0.1g Monounsaturated Fat: 0g Polyunsaturated Fat: 0.1g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 47.6g Fiber: 3.5g Total Sugar: 9.9g Protein: 8.9g
Sodium: 629.7mg Vitamin A: 138µg Vitamin C: 37.5mg Calcium: 37mg Iron: 1.2mg Folate: 27µg

Sweet Potato and Broccoli Slaw

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: $\frac{3}{4}$ cup

Ingredients	Quantity	Measure
Dressing		
Plant-based mayonnaise	$\frac{1}{2}$	cup
Silken tofu or soy yogurt	$\frac{1}{2}$	cup
Orange juice concentrate	3	Tablespoons
Lemon juice	2	Tablespoons
Garlic, fresh, minced	2	teaspoons
Black pepper	2	teaspoons
Slaw		
Sweet potato, raw, shredded	6	cups
Broccoli stalks, raw, shredded	2	cups
Walnuts	$\frac{3}{4}$	cups
Raisins	$\frac{1}{2}$	cup
Lemon zest	1	Tablespoon
Orange zest	1	teaspoon

Preparation

1. In a large bowl, combine all dressing ingredients and mix until well blended.
2. In another bowl, combine all slaw ingredients and toss to combine. Add dressing to slaw and mix until slaw is well-coated.
3. Refrigerate, covered, until ready to serve. Slaw will last up to two days in the refrigerator.

Nutrition Information *From USDA Nutrient Database

Calories: 207 Total Fat: 12.6g Saturated Fat: 1.3g Monounsaturated Fat: 0.8g
Polyunsaturated Fat: 4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 22g Fiber: 3.3g
Total Sugar: 8g Protein: 3.5g Sodium: 100mg Vitamin A: 453 μ g Vitamin C: 19mg
Calcium: 44mg Iron: 1mg Folate: 27 μ g



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	Tablespoons
Nutritional yeast	1	cup
Ground dry mustard	2	Tablespoons
Cumin	1/2	Tablespoon
Salt	1	Tablespoon
Garlic powder	4	teaspoons
Onion powder	4	teaspoons
Cayenne	1	teaspoon
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, ground dry mustard, cumin, salt, garlic powder, onion powder, cayenne, 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: 415 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



Sweet Sloppy Joes with Tempeh

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 25

Serving size: 1 sloppy joe

Ingredients	Quantity	Measure
Water	1 2/3	cups
Vegetables broth	1 2/3	cups
Lentils, dry, rinsed	2 1/3	cups
BBQ Sauce, prepared or from scratch (ingredients listed below)	10	cups
Tempeh	4 1/4	cups
Hamburger buns, whole grain rich	25	each
BBQ Sauce – From Scratch		
Vegetable broth, reduced sodium	1 3/4	cups
Onion, yellow or white, small dice	1	cup
Ketchup low sodium	6 1/4	cups
Garlic powder	1	Tablespoon
Brown sugar	1 1/2	cups

Preparation

1. Prepare lentils: Combine water, vegetable broth and rinsed lentils in a large pot or steam jacketed kettle. Heat on high until lentils have reach a low boil. Reduce heat and simmer, uncovered for 15-20 minutes, until tender.
**Alternative method: Combine water, vegetable broth and rinsed lentils in a steam table pan and steam approximately 45-60 minutes, until tender. (Lentils can be steamed the day before and kept in the cooler.)
2. Drain remaining liquid from lentils.
3. If preparing barbeque sauce: Simmer vegetable stock and onions over medium heat for five minutes.
4. Add ketchup, garlic powder and brown sugar. Simmer 15-20 minutes, stirring frequently. (Can be made the day before.)
5. Crumble or chop tempeh into small pieces.
6. Add lentils, tempeh, and barbeque sauce and simmer until meal service or at minimum 20 minutes.
7. **For even more robust flavor, allow the sloppy joe mix to simmer for at least one hour.
8. Serve 1/4 cup on each hamburger bun.

Nutrition Information *From USDA Nutrient Database

Calories: 507 Total Fat: 7g Saturated Fat: 1.2g Monounsaturated Fat: 0.9 Polyunsaturated Fat: 1.2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 82g Fiber: 8g Total Sugar: 42g Protein: 13g Sodium: 380mg Vitamin A: 0µg Vitamin C: 0.8mg Calcium: 61mg Iron: 2.8mg Folate: 88µg



Szechuan Zoodles

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving size: 1 cup

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

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

Tahini Dressing

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: ¼ cup

Ingredients	Quantity	Measure
Tahini paste	1	pound
Water	2	cups
Garlic, minced	2	Tablespoons
Lemon juice	½	cup
Salt	¼	teaspoon
Parsley, minced	2	Tablespoons

Preparation

1. Place the tahini, water, garlic, lemon juice and salt in a food processor and blend until smooth (add a little more water if needed to reach a dressing-like consistency). Remove from the food processor and adjust the seasoning by adding more lemon juice or salt as needed.
2. Stir in the parsley and portion out as needed.

Nutrition Information

 *From USDA Nutrient Database

Calories: 247 Total Fat: 20.4g Saturated Fat: 2.8g Monounsaturated Fat: 7.7g Polyunsaturated Fat: 8.9g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 9.2g Fiber: 3.6g Total Sugar: 0.5g Protein: 6.6g Sodium: 92.6mg Vitamin A: 4µg Vitamin C: 0.5mg Calcium: 165mg Iron: 3.5mg Folate: 40µg



Tamale Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: 1 square

Ingredients	Quantity	Measure
Onions, yellow or white, medium dice	1	cup
Red bell pepper, small dice	1	cup
Green bell pepper, small dice	1	cup
Dark red kidney beans, canned, low sodium, drained and rinsed	1 $\frac{3}{4}$	cups
Diced tomatoes, canned, low sodium	1 $\frac{3}{4}$	cups
Chili powder	2	Tablespoons
Water	5	cups
Oats, steel-cut, raw	1	cup
Tomato paste	1	cup
Cornbread		
Cornmeal	1	cup
Unbleached all-purpose flour	1 $\frac{1}{2}$	cups
Baking powder	1	Tablespoon
Non-dairy milk, unsweetened	1 $\frac{1}{2}$	cups
Non-dairy margarine	$\frac{1}{2}$	cup
Plant-based (egg-free) mayonnaise	$\frac{1}{2}$	cup

Preparation

1. Preheat oven to 350 degrees Fahrenheit.
2. Sauté onions and peppers with a little water until tender.
3. Add beans, tomatoes, and chili powder and stir. Add the water.
4. Add raw steel cut oats.
5. Bring to a boil, stirring. Reduce heat to medium and continue to cook and stir for 20 minutes or until oatmeal is softened.
6. Add tomato paste and stir, continue to cook for 5 minutes.
7. While the chili is cooking, make the cornbread. In a large bowl, mix the dry ingredients (cornmeal, flour, and baking powder). In a separate bowl, combine the wet ingredients. Pour the wet ingredients into the dry and mix until all incorporated (do not over mix). Set aside.
8. Pour chili in $\frac{1}{2}$ hotel pan, top with cornbread, and bake at 350 degrees Fahrenheit until cornbread is set, about 20 minutes.

Nutrition Information

 *From USDA Nutrient Database

Calories: 479 Total Fat: 26g Saturated Fat: 4g Monounsaturated Fat: 10.7g Polyunsaturated Fat: 9g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 50g Fiber: 8.6g Total Sugar: 8.9g Protein: 10.4g Sodium: 948mg Vitamin A: 186 μ g Vitamin C: 40.7mg Calcium: 195mg Iron: 3.7mg Folate: 38 μ g



Thai Lime-Onion Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: 1 ½ cups

Ingredients	Quantity	Measure
Vegetable or mushroom stock	1	gallon
Onions, yellow or white, thinly sliced into rings	7	cups
Soy sauce, low sodium	1	cup
Lime juice	½	cup
Ginger, ground	2	Tablespoons
Chilies, fresh (Jalapeno, Serrano, Thai), seeded and minced	¼	cup
*Tofu, extra-firm, drained, pressed, cubed into 1” pieces	3	14 ounce packages
Cilantro, fresh, chopped	½	cup
Lime wedges	12	pieces

Preparation

*Please see separate page for tofu pressing instructions.

1. In a stock pot, heat stock and bring to a simmer.
2. Add onions, soy sauce, lime juice, ginger, and chilies. Simmer for 5-7 minutes or until onions are just soft.
3. To assemble: place 2 ounces of tofu and 1 teaspoon of cilantro in each soup bowl. Pour soup over tofu and garnish with lime slice.

Serving Information

For a milder flavor, reduce the amount of chilies used or use red/green bell pepper

Nutrition Information

 *From USDA Nutrient Database

Calories: 50 Total Fat: 0.2g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 10g Fiber: 2g Total Sugars: 3g Protein: 2g Sodium: 1091mg Vitamin A: 3µg Vitamin C: 7mg Calcium: 41mg Iron: 2mg Folate: 4µg



Tofu Fingers

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: 2 tofu fingers

Ingredients	Quantity	Measure
*Tofu, extra-firm, drained and pressed	2	14 ounce packages
Dijon mustard	¼	cup
Ketchup	¼	cup
Non-dairy milk	1	Tablespoon
Panko breadcrumbs	2	cups
BBQ chips, crushed	2	cups
Onion powder	2	teaspoons
Salt	1	teaspoon
Paprika	1	teaspoon
Vegetable pan spray	1	can
Plant-based ranch, BBQ Sauce, Blue Cheese or dipping other sauce	1	cup

Preparation

*Please see separate page for tofu pressing instructions.

1. Preheat oven to 400 degrees Fahrenheit.
2. Slice the tofu into finger-sized pieces (½ inch x ½ inch x 3 inches).
3. Set up the breading station. In a bowl, whisk together the Dijon mustard, ketchup, and the non-dairy milk. Place the breadcrumbs and BBQ chips into a food processor and blend until finely broken down. Remove from the food processor and place into a bowl. Add the onion powder, salt, and paprika and mix well.
4. Spray a sheet pan with the vegetable pan spray. Take a slice of tofu and place in the Dijon mixture, coating well with a pastry brush or hands. Remove and place into the container with the breadcrumb mixture. Coat very well, making sure there are no bare spots. Place the tofu on the sheet pan and repeat with remaining tofu (can do multiple pieces at once as needed). Once all the tofu is on the sheet pan, spray with vegetable spray and place in the oven and cook for 10-15 minutes, then flip and spray once again. Bake again for another 10-15 minutes or until golden brown on all sides. Remove from the sheet pan and allow to cool.

Serving Information

The Tofu can be cut into different shapes to mimic different “Chicken” products such as nuggets or other pieces

Nutrition Information

 *From USDA Nutrient Database

Calories: 273 Total Fat: 17.8g Saturated Fat: 2.1g Monounsaturated Fat: 9.3g Polyunsaturated Fat: 3.4 g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 18.6g Fiber: 1.5g Total Sugar: 3.6g Protein: 9.6g
Sodium: 625.1mg Vitamin A: 7µg Vitamin C: 3.2mg Calcium: 138mg Iron: 1.8mg Folate: 14µg



Tofu Scramble Breakfast Burrito

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: 1 burrito

Ingredients	Quantity	Measure
Olive oil	4	Tablespoons
Scallions, finely chopped	6	each
Kale, fresh, chopped	2	cups
Bell pepper, red, chopped	1	each
Water	9	Tablespoons
Turmeric	1	teaspoon
Cayenne Pepper	2	teaspoons
Black Salt (optional)	2	teaspoons
Salt	2	teaspoons
Garlic, finely chopped	4	cloves
Nutritional yeast	3	Tablespoons
*Tofu, extra-firm, drained and pressed	24	ounces
Black beans, canned, drained, rinsed	1	cup
Tortilla, whole grain, 10 inch	12	each

Preparation

*Please see separate page for tofu pressing instructions.

1. Heat 3 Tbsp of olive oil in a frying pan over a medium-high heat.
2. Add the scallions and cook for two minutes.
3. Dice bell pepper into medium-sized pieces and add to scallions. De-stem kale, coarsely chop, and add to scallions and bell peppers in the pan.
4. In a small bowl, combine the water, turmeric, cayenne pepper, salt and garlic clove.
5. Crumble the tofu into the pan and then pour the spice mixture over the tofu, stirring with a spatula to make sure the tofu is evenly coated with the spice mix.
6. Cook tofu and vegetables for about 5 minutes, stirring frequently to ensure it does not stick to the bottom of the pan.
7. Drain and rinse black beans and add to the pan.
8. Add the nutritional yeast and stir to combine.
9. Cook until the liquid is evaporated, stirring frequently—about 5 – 10 minutes.
10. Fill each tortilla with about 1/2-3/4 cup of the mixture, fold tortilla in on each side and roll into a burrito.
11. Take a clean pan and heat 1 Tbsp of olive oil or enough to lightly coat the pan and place rolled burrito in pan to sear on each side. Repeat with all 12 burritos. To save on time, roll all burritos and add several to the pan at once.

Nutrition Information *From USDA Nutrient Database

Calories: 521 Total Fat: 11.7g Saturated Fat: 1g Monounsaturated Fat: 7.8g Polyunsaturated Fat: 2.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 21.2g Fiber: 11g Total Sugar: 1.2g Protein: 16.4g Sodium: 804mg Vitamin A: 111µg Vitamin C: 29mg Calcium: 231mg Iron: 3.5mg Folate: 35µg



Vegetable Pot Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 5 ounces

Ingredients	Quantity	Measure
Potatoes, White, medium dice	7	cups
Onions, Yellow or White, small dice	1	cup
Celery, small dice	1	cup
Carrots, small dice	2	cups
Vegetable Broth	12	cups
Green Peas, Frozen	3	cups
Mushrooms, Canned, drained and sliced	1	cup
Green Beans, Frozen, thawed	3	cups
Thyme, Dried	1	Tablespoon
Unbleached All-Purpose Flour	$\frac{3}{4}$	cup
Non-dairy milk, Unsweetened	1	cup
Salt	1	teaspoon
Black Pepper	1	teaspoon
Crust		
Unbleached All-Purpose Flour	2	cups
Salt	1	teaspoon
Shortening (Vegetable)	$\frac{3}{4}$	cup
Water (ICE COLD)	6	Tablespoons

Preparation

1. Heat oven to 350 degrees.
2. Put potatoes, onion, celery, and carrots in water. Bring to a boil and let cook for 10 minutes. Add salt and pepper.
3. Add peas, mushrooms, green beans, and fresh thyme. Cook until all vegetables are tender.
4. Make a slurry with the flour and non-dairy milk. Stir in the cooked mixture. Bring to a boil for 3-5 minutes.
5. Taste and adjust salt.
6. While the mixture is cooking, make the crust. Put the flour, salt, and shortening into a bowl of a food processor. Pulse a few times to mix. Add water 1 Tablespoon at a time and pulse until the mixture forms a ball. Pulse a couple more times to make sure the mixture is blended well. DO NOT OVER MIX.
7. Remove the dough ball from the food processor and wrap in plastic. Cool until needed.
8. Pour pot pie mixture into $\frac{1}{2}$ pans. Roll out the crust and cover the pan with dough. Slice vents in the middle to allow the mixture to steam and bake until golden brown.



Vegetable Pot Pie Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving Information

Cut into 5 oz pieces and serve with grilled zucchini and squash.

Nutrition Information

 *From USDA Nutrient Database

Calories: 459 Total Fat: 18g Saturated Fat: 2.8g Monounsaturated Fat: 10g Polyunsaturated Fat: 4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 62.6g Fiber: 10.5g Total Sugar: 6.4g Protein: 11.2g Sodium: 1393mg Vitamin A: 271µg Vitamin C: 32.4mg Calcium: 154mg Iron: 8.6mg Folate: 83µg



Walnut Pesto with Penne Pasta

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving size: ¾ cup

Ingredients	Quantity	Measure
Penne Pasta, Dried (Reserve 1 cup of the cooking liquid)	1	pound
Chickpeas, Canned, drained, rinsed	1	cup
Baby Arugula	2	cups
Walnuts, toasted	½	cup
Nutritional Yeast, divided	½	cup
Garlic, Fresh	1	clove
Olive Oil	¼	cup
Lemon Zest	¾	teaspoon
Lemon Juice, Fresh	2	teaspoons
Salt, divided	2	teaspoons
Black Pepper	1	teaspoon
Tomatoes, Cherry	2	cups

Preparation

1. Put noodles in boiling water with 1 teaspoon salt. Cook until tender, about 10-12 minutes. Drain, reserving a cup of pasta water. Set aside.
2. Put chickpeas, arugula, walnuts, ¼ cup nutritional yeast and garlic in food processor. Process until smooth.
3. While food processor is running, slowly pour in olive oil. Add lemon zest and juice.
4. Add salt and pepper. Continue to process for a few more seconds.
5. Toss pasta and pesto together. If too thick, use the reserved water for consistency.
6. If desired, garnish with remaining nutritional yeast and cherry tomatoes. Adjust seasoning and add remaining salt if needed.

Nutrition Information

 From USDA Nutrient Database

Calories: 316 Total Fat: 13g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 4g Total Sugar: 3g Protein: 10g Sodium: 487mg Vitamin A: 26µg Vitamin C: 14mg Calcium: 36mg Iron: 2mg Folate: 157µg



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	Tablespoons
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



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	teaspoon
Radishes	5	each
Cucumber	2-3	each
Brazil nuts	2 ½	ounces
Sesame Oil	1 2/3	Tablespoons
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

Zucchini Bread

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24 Serving size: 1 slice or 1 muffin

Ingredients	Quantity	Measure
All-purpose flour	3	cups
Baking powder	1	teaspoon
Baking soda	1	teaspoon
Salt	1	teaspoon
Cinnamon	4	teaspoons
Bananas, mashed	2	cups
Applesauce, unsweetened	1	cup
Maple syrup (or agave)	½	cup
Vanilla extract	2	teaspoons
Zucchini, grated	2	cup
Walnuts (optional)	2	cups

Preparation

1. Preheat oven to 350 degrees.
2. In a large bowl, combine flour, baking powder, baking soda, salt, and cinnamon. Set aside.
3. In a medium bowl, combine mashed bananas, applesauce, maple syrup, and vanilla extract. Mix well.
4. Fold in grated zucchini and optional walnuts.
5. Pour into bread pans or muffin tins. Bake for 35-40 minutes or until top is brown and toothpick inserted comes out clean.

Nutrition Information *From USDA Nutrient Database

Calories: 154 Total Fat: 6.6g Saturated Fat: 0.7g Monounsaturated Fat: 0.9g Polyunsaturated Fat: 4.7g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 20g Fiber: 2.3g Total Sugar: 3.7g Protein: 3.5g Sodium: 166.3mg Vitamin A: 2µg Vitamin C: 5.8mg Calcium: 53mg Iron: 0.72mg Folate: 19µg



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