

College & University Toolkit



**THE HUMANE SOCIETY
OF THE UNITED STATES**

A self-operated toolkit



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

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

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

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PHOTO CREDITS

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Why offer more plant-based options?

COMMUNITY HEALTH, SUSTAINABILITY, ANIMAL WELFARE, AND COST SAVINGS

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

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

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

As meat prices are rising and expected to continue rising, reducing meat purchases by increasing plant-based fare can help meet the demand for more plant-based options while saving your dining operation money. Affordable favorites like veggie pot pie and protein-packed 3-bean chili make hearty, protein-rich, inexpensive replacements for meat-based dishes.

“Research suggests that consumers are shifting their eating habits toward more plant-forward foods, with 60% wanting to reduce their meat intake. Nearly three out of four (65%) Gen Zers, specifically, find plant-forward eating appealing and 79% would go meatless, 1-2 times a week now or in the future.

– ARAMARK’S FEBRUARY 2018 PLANT-FORWARD STUDY

Popular protein sources in university programs	Estimated commercial pricing
Beans, ½ cup serving	\$0.15 - \$0.28
Beyond Meat crumbles, 2 ounces	\$0.37 - \$0.42
Beyond Meat chicken-style strips, 2 ounces	\$0.37 - \$0.42
Morningstar Farms black bean burger	\$0.64
American Bean Company falafel, 4 pieces	\$0.53
Vegetarian chili, 1 cup	\$0.51
Dark and white meat chicken, diced, 2 ounces	\$0.33 - \$0.52
Chicken patty, white meat, 4 ounces	\$0.67
Beef crumbles, 2 ounces	\$0.33 - \$0.53
Beef patty, 3 ounces	\$0.53 - \$0.83
Shredded BBQ pork, 3 ounces	\$0.57



How to implement more plant-based foods

This toolkit is specially crafted for self-operated colleges & universities

PREMIER ACCOUNTS

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

→ **EMAIL** the HSUS with any questions at forwardfood@humanesociety.org.

RECIPES

Our team of chefs and dietitians has developed over 100 plant-based recipes that may be found at [this link](#), and we encourage you to use them as they are or as a template that can be modified to best serve your institution.





Host a culinary training

The practical information you need to host a plant-based training yourself

HANDS-ON TRAINING

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

TRAINING VARIATION

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



Additional considerations and resources

Here's what you need to succeed

RECIPE IMPLEMENTATION

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

TRAINING CONSIDERATIONS

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

RESOURCES:

Check out [DefaultVeg!](#)

Check out the [Good Food Institute!](#)

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

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



Appendix

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

Template for self-guided, hands-on, plant-based culinary training	7
Ingredient list for self-guided university culinary trainings	8
Equipment list for self-guided university culinary trainings	11
Station set up	13
Recipe list for self-guided university culinary trainings	14

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

45 minutes	Introduction to HSUS' self-guided plant-based culinary training Pre-recorded webinar, overview of the program, identifying the demand for plant-based foods
3 hours	Hands-on culinary training: groups of 1-4 Crabbyless Crab Cakes, Pulled Jackfruit, Mushroom Street Tacos, Cauliflower Fried Rice, Szechuan Zoodles, Bulgogi Tofu Tacos, Cauliflower Lentil Curry, Spicy Rice Noodles, Chipotle Sweet Potato Skins, Five Spice Barley and Kale, Watermelon Poke Bowl, Hearts of Palm and Cauliflower Ceviche, Bahn Mi, Risotto Croquettes with Marinara Sauce, Mushroom and Cauliflower Bolognese, Butternut Agrodolce, Nacho Cheese, Cheesy Potato Soup, Fire Roasted Corn Chowder, Morning Glory Muffins, Tofu Scramble Flatbread, French Toast Casserole, Carrot Cup Cakes, Chocolate Avocado Mousse, Peanut Butter Chocolate Chip Cookies, Raspberry Bars
1 hour	Recipe presentation & lunch Chefs present the recipes they worked on, everyone tastes the recipes with a lunch buffet
15 minutes	Closing comments & end of program Brief discussion, end of program

OBJECTIVE

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

TRAINING OVERVIEW

Our self-guided plant-based culinary training will include a recorded webinar where an HSUS staff member will discuss the overview of our program and explain why it's important to embrace plant-based menu items.

Participants will work together in teams of 1-4 to execute a total of 26 plant-based recipes, created by HSUS' expert culinary team.

After recipe execution, chefs will present their dishes to the group and everyone will enjoy the dishes for lunch. The discussion at the end is an ideal time for participants to share what they learned and for leadership to walk away with new recipes. This training is designed to be 5 hours long.

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

NEXT STEPS

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

Ingredient list for self-guided university culinary trainings

PRODUCE

- Carrots – 10 pounds
- Cucumber – 5 each
- Garlic, minced (1 tsp = 1 clove) – 2 ½ cups
- Jalapenos – 6 each
- Cilantro – 8 bunches
- Onions, Green – 2 bunches
- Cauliflower – 4 each
- Cauliflower Florets – 6 cups
- Tomatoes, Roma – 6 each
- Onion, Red – 5 pounds
- Green Beans – 1 pound
- Broccoli Florets – 1 pound
- Onions, Yellow or White – 5 lbs
- Ginger – 1 pound
- Zucchini – 5 each
- Yellow Squash – 2 each
- Potatoes, Russets – 6 pounds
- Celery – 1 pound
- Sweet Potatoes – 5 pounds (5 potatoes)
- Oregano – ¼ ounce
- Avocado – 12 each
- Fresh Berries (Raspberries, Blueberries, Blackberries) – 1 pint
- Red Bell Pepper – 5 each
- Green Bell Pepper – 4 each
- Lemons – 3 each
- Shallots – 1 each
- Parsley, Flat Leaf – 2 bunches
- Fresh Corn – 8 ears (if unable to get – 40 oz frozen)

PRODUCE CONTINUED

- Thyme – ¼ ounce
- Kale, Leaves only – 3 pounds
- Radishes – 5 each
- Watermelon, peeled and medium dice – 2 ½ cups or 1 ¼ pounds
- Red Delicious Apple – 1 each
- Cremini Mushrooms – 5 pounds
- Prepared Cole Slaw – 3 cups
- Red Cabbage – 1 head
- Green Cabbage – 1 head
- Butternut Squash – 3 large each
- Limes – 2 each
- Baby Spinach – 1 pound

REFRIGERATED ITEMS

- Tofu, Firm – 3 x 14 oz containers
- Tofu, Extra Firm – 4 x 14 oz containers
- Egg-Free Mayonnaise – 1 ½ cups
- Non-Dairy Margarine – 3 cups
- Non-Dairy Cream Cheese – ½ cup
- Non-Dairy Cheddar Cheese – 2 cups
- Non-Dairy Sour Cream – 1 cup
- Almond Milk or Other Non-Dairy milk, Unsweetened – 8 cups
- Non-Dairy Creamer – 3 cups
- Pico de Gallo – 6 cups
- Non-Dairy Parmesan Cheese – ½ cup
- Non-Dairy Mozzarella – 1 cup

Ingredient list for self-guided university culinary trainings continued

OILS & SPICES

- Sesame Oil – 2 cups
- Cinnamon – 2 tablespoons
- Salt, Kosher – 3-pound box
- Pepper – 3 tablespoons (freshly ground if possible)
- Vegetable Oil – 1 gallon
- Cumin, Ground – 2 tablespoons
- Curry Powder – 2 tablespoons
- Turmeric, Ground – 1 tablespoon
- Cayenne Pepper – 1 teaspoon
- Garlic Powder – 1 tablespoon
- Onion Powder – 1 tablespoon
- Chili Powder – 2 tablespoons
- Bay Leaves – 2 each
- Smoked Paprika – ½ teaspoon,
- Cajun Spice – 1 Tablespoon
- Five Spice Powder – 2 Tablespoon
- Red Pepper Flakes – 1 Tablespoon
- Italian Seasoning – 2 Tablespoon
- Sage, Dried – 1 teaspoon

FROZEN ITEMS

- Sweet Corn – 1 pound
- Peas and Carrots – 1 pound
- Edamame, Shelled – 1 pound
- Plant-Based Chicken Strips – 30 each
- Plant-Based Sausage Crumbles – 10 ounces

DRY GOODS

- Mirin – ¼ cup
- Tamari or Soy Sauce – 4 cups
- Sriracha – 1 bottle
- Soft Hoagie Rolls – 4 each
- Lime Juice – 2 cups
- Lemon Juice – 1 cup
- Grapefruit Juice – 1 cup
- Flaxseed, ground – 32 oz package
- All-Purpose Flour – 5 pounds
- Baking Powder – 8.1 oz container
- Baking Soda – 1-pound container
- Sugar, Brown – 3 pounds
- Sugar, Granulated – 5 pounds
- Vanilla – 4 fluid oz
- Vegetable Shortening – 1 cup
- Sugar, Powdered – 4 pounds
- Cashews, Raw – 3 cups
- Hearts of Palm, 14 oz can – 4 cans
- Peanut Butter, Crunchy – 1-pound container
- Sweet Chili Sauce – 1 bottle (10 fluid oz)
- Vegetable Stock – 1 ½ gallons
- Coconut Milk – 4 cups (3 x 13 oz cans or 1 x #10 can)
- Rice Noodles, Flat – 1 x 16 oz package
- Peanuts – ¼ pound
- Brown Lentils – 1 pound
- Nutritional Yeast – 2 cups or 4 oz

Ingredient list for self-guided university culinary trainings continued

DRY GOODS CONTINUED

- Chipotle Peppers in Adobo – 1 x 7 oz can
- Black Beans, Canned – 1 x 15 oz can
- Dairy-Free Chocolate Chips, Semi-Sweet – 2 cups
- Agave Nectar – 2 cups (if unable to find, light corn syrup is a substitute)
- Cocoa Powder – 1 cup
- Nori Flakes – ½ cup
- Breadcrumbs – 2 cups
- Panko Breadcrumbs – 3
- Vegan Worcestershire Sauce – 4 fluid oz
- Tabasco Sauce – 1 x 5oz bottle
- Ketchup – 1 tablespoon
- Dijon Mustard – 1 tablespoon
- Capers – 2 teaspoons
- Barley, dry – 1 pound
- French Bread, cubed – 6 cups
- Pecans – 1 cup
- Sushi Rice, dry - 2 cups
- Brazil Nuts – ½ cup
- Rice Vinegar – 2 cups
- Walnuts – ½ cup
- Coconut, shredded – ½ cup
- Raisins – ½ cup
- Cornstarch – 1 x 16 oz container
- Corn Tortilla Shells – 24
- Jackfruit, Green, In brine – 2 x 20 oz cans
- Hoisin – 1 cup
- BBQ Sauce – 1 cup
- Raspberry Jam – 1 ½ cup

DRY GOODS CONTINUED

- Arborio Rice, dry – 2 cups
- White Wine – ½ cup
Marinara Sauce – 2 cups
- Gochujang (Korean Chili Paste) – ½ cup
- Sesame Seeds – 2 tablespoons
- Flour Tortillas, 6” street food style – 24 each
- White Wine Vinegar – 1 cup
- Pumpkin Seeds (Pepitas) – ¼ cup
- Tomato Paste – 1 ½ cups
- Rigatoni Pasta, dry – 2 pounds
- Plant-Based Naan – 6 pieces

Equipment list for self-guided university culinary trainings

There will be up to 12 stations set up for 24 participants (each station will have two participants).

Each station will need the following:

- White or green cutting board (1 per participant)
- Chef Knife (1 per participant)
- Sanitizer, cleaning buckets, compost container (1 per station)
- Towels for cleaning

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

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

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

- ½ sheet pans (minimum 12)
- Medium pots
- Parchment paper/plastic wrap/foil
- High-speed blender
- Muffin tins/muffin papers
- Food processor/robot coup
- Small stand mixer (kitchen aid style) with whisk and paddle attachments

Large equipment and cooking equipment:

- Stove or portable burners (if applicable)
- Grill
- Fryer
- Convection or conventional ovens

Equipment list for self-guided university culinary trainings continued

Other equipment:

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

For the buffet:

- Catering platters and bowls
- Paper plates/napkins/silverware/cups
- ½ hotel pans 2” deep (minimum 12)
- Medium skillets/pan
- Tables or other location for the buffet
- Serving spoons/tongs/spatulas
- Name tents for the food

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

Station set up





Recipe list for self-guided university
culinary trainings

Bahn Mi

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 4 Serving Size: 1 Sandwich

Ingredients	Quantity	Measure
Carrots, shredded	½	cup
Cucumber, shredded	½	cup
Mirin or brown rice vinegar	¼	cup
Tofu, firm, drained, cut in 3 sections, then quartered	14	ounces
Garlic, minced	2	teaspoons
Sesame Oil	2	Tablespoons
Tamari	¼	cup
Chili sauce, like Sriracha	½	teaspoon
Lime juice	1	Tablespoon
Egg-free mayonnaise	1	Tablespoon
Soft hoagie rolls	4	each
Fresh jalapenos, sliced	1	each
Fresh cilantro, chopped	1	Tablespoon
Fresh green onions, sliced	1	bunch

Preparation

1. Marinate the carrots and cucumber in the mirin and refrigerate for 1 hour.
2. Mix the garlic, sesame oil, 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, until each side is browned.
4. In a small bowl, combine the lime juice and egg-free mayonnaise; stir to combine.

Serving Information

Assemble the hoagie by spreading the bun with the lime mayonnaise, then top with the marinated vegetables, tofu with remaining sauce, jalapenos, cilantro, and green onions in the middle of the bread.

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 indicted above in serving information.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 443 Total Fat: 17g Saturated Fat: 3g Trans Fat: 0g Monounsaturated Fat: 3g Polyunsaturated Fat: 5g
Carbohydrate: 53g Fiber: 5g Total Sugars: 11g Protein: 19g Sodium: 908mg Vitamin A: 122mg Vitamin C:
12mg Calcium: 383mg Iron: 5mg Folate: 24 mcg

Bulgogi Tofu Tacos

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24 tacos

Serving size: 2 tacos

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

Bulgogi Tofu Tacos Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Preparation

*Please see separate page for tofu pressing instructions.

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

Nutrition Information *From USDA Nutrient Database

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

Butternut Squash with Agrodolce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 4-6 slices

Ingredients	Quantity	Measure
Butternut Squash, peeled, sliced ¼ inch thick	3	Each (large)
Canola Oil	½	cup
Agave Syrup, Maple Syrup, or Light Corn Syrup, divided	1	cup
Salt	1	tsp.
Black Pepper	1	tsp.
Jalapeno, Fresh, thinly sliced, divided	2	Each (large)
White Wine Vinegar	1	cup
Lime Zest from whole Limes	2	each
Lime Juice	From	Zested Limes
Sage, dried	1	tsp.
Pumpkin Seeds (Pepitas), toasted	¼	cup

Preparation

1. In a large bowl, toss the squash, oil, and ¼ cup of agave syrup together. Season with salt and pepper and place on an oiled sheet pan. Roast in the oven at 400 degrees for 10-12 minutes on the first side, then flip squash over and roast until tender, about another 8-10 minutes making sure that both sides are caramelized and tender but not mush.
2. While the squash is roasting, place the remaining agave syrup, 1 ½ of chilies (reserve a few slices for garnish), vinegar, and lime juice in a pot and bring to a boil then simmer until a thick syrup.
3. Remove the squash from the sheet pan and place in hotel pan for service. Pour syrup over the top and toss with lime zest. Sprinkle sage, pumpkin seeds, and reserved slices of jalapeno over the top as garnish.

Serving Information/Notes

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

Nutrition Information *From USDA Nutrient Database

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

Carrot Cake Cupcakes

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Each Serving Size: 1 Cupcake

Ingredients	Quantity	Measure
Cupcakes		
Flaxseed, ground	2	tablespoons
Water, warm	6	tablespoons
All-purpose flour	2	cups
Baking powder	1	teaspoon
Baking soda	1	teaspoon
Cinnamon, ground	1	teaspoon
Salt	½	teaspoon
Brown sugar	1 ½	cups
Vegetable oil	½	cup
Apple cider vinegar	1	tablespoon
Carrots, grated	1	cups
Vanilla extract	1	teaspoon
Cream Cheese Icing		
Non-dairy margarine	½	cup
Vegetable shortening	1	cup
Powdered sugar	8	cups (2 pounds)
Non-dairy cream cheese	1/2	cup
Vanilla extract	1	teaspoon

Preparation

Cupcakes

1. Preheat oven to 350.
2. Mix flaxseed and warm water in a small bowl. Set aside.
3. Mix flour, baking powder, baking soda, cinnamon and salt in a medium bowl. Set aside.
4. Mix brown sugar, oil, vanilla, vinegar and flaxseed mixture together blending well.
5. Add flour mixture to the sugar mixture and stir to combine.
6. Fold carrots into batter and divide batter evenly into cupcake tins.
7. Bake for 30 minutes or until a toothpick comes out clean.
8. Let cool and ice with cream cheese icing (recipe below).

Icing

1. Blend margarine and shortening until creamy.
2. Add powdered sugar and blend on low speed.
3. Add cream cheese and vanilla. Blend until creamy. Do not add any more liquid, cream cheese will make it soft and creamy.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 331 Total Fat: 15g Saturated Fat: 2.4g Trans Fat: 0g Monounsaturated Fat: 6g Polyunsaturated Fat: 5.4g Carbohydrate: 49g Fiber: 0.7g Total Sugars: 40g Protein: 1.3g Sodium: 73mg Vitamin A: 61mg Vitamin C: 0.4mg Calcium: 18mg Iron: 0.3mg Folate: 4 mcg

Cauliflower & Lentil Curry

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving Size: 1 cup

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

Preparation

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

Nutrition Information per serving *From USDA Nutrient Database

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

Cauliflower Fried Rice

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 cup

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

Preparation

*Please see separate page for tofu pressing instructions.

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

Serving Information

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

Nutrition Information

 *From USDA Nutrient Database

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

Cheesy Potato Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 1 cup

Ingredients	Quantity	Measure
Nacho cheese sauce ingredients:		
Russet potatoes	1	Cup
Carrots	½	cup
Olive oil	2	Tablespoons
Reserved potato water	¼	Cup
Lemon juice	1 ½	Teaspoons
Nutritional yeast	¼	Cup
Salt, divided	¾	Teaspoon
Garlic powder	¼	Teaspoon
Onion powder	¼	Teaspoon
Cayenne pepper	1	Dash
Remaining soup ingredients:		
Dairy-free margarine	2	Tablespoons
Celery, small chop	1	cup
Onion, small dice	1	cup
Russet potatoes, peeled, medium cubed	4	cups
Vegetable stock or water	2-3	cups
Coconut milk, canned	1	cup
Salt	1	teaspoon
Cayenne pepper	1	dash

Preparation

1. Prepare nacho cheese sauce as follows:
 - a. Boil potatoes and carrots with 1 teaspoon of salt until very tender.
 - b. When done, drain and reserve liquid.
 - c. Put all ingredients in a blender. Blend until smooth.
 - d. If cheese is too thick add a little more of the reserved liquid and set aside until step 7.
2. Melt dairy-free margarine in a three-quart stockpot over medium heat.
3. Once melted, add celery and onions and sauté over medium heat for 3-4 minutes.
4. Add potatoes and vegetable stock or water, one cup at a time, using enough liquid to barely cover the potato onion mixture.
5. Bring to a boil and cook until potatoes are very tender.
6. When tender, use a potato masher and gently mash the potatoes, leaving some chunks.
7. Remove from the heat, add the nacho cheese and stir.
8. Finish with the coconut milk, salt and cayenne pepper. Mix well.

Nutrition Information

per serving *From USDA Nutrient Database

Calories: 226 Total Fat: 13g Saturated Fat: 5.5g Monounsaturated Fat: 5g Polyunsaturated Fat: 1.5g

Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 25g Fiber: 3g Total Sugar: 2g Protein: 5g Sodium: 155mg Vitamin

A: 79µg Vitamin C: 8mg Calcium: 35mg Iron: 2mg Folate: 26µg

Chipotle Sweet Potato Skins

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 1/2 sweet potato

Ingredients	Quantity	Measure
Sweet potatoes, medium-sized potatoes work best	5	potatoes
Chipotle peppers	3	whole
Garlic, minced	1	teaspoon
Onion, minced	1/2	cup
Vegetable oil, divided	2	Tablespoons
Oregano, fresh	1	teaspoon
Cumin powder	1	teaspoon
Chili powder	2	teaspoons
Salt	1	teaspoon
Black pepper	1	teaspoon
Plant-based chicken strips, optional	30	strips
Black beans	1 1/2	cups (1 15-ounce can)
Non-dairy cheddar cheese, divided	2	cups
Avocado, sliced	2	cups
Non-dairy sour cream, optional	1	cup

Preparation

1. Preheat the oven to 350°Fahrenheit.
2. Prick the sweet potatoes with a fork and bake until tender, about 50 to 60 minutes. Remove from the oven, slice in half lengthwise, and allow to cool for 10 minutes.
3. Change the oven temperature to 400°Fahrenheit.
4. Sauté the chipotle peppers, garlic, and onion in 1 tablespoon of the vegetable oil until fragrant, about 3 minutes. Add the oregano, cumin, chili powder, salt, and pepper.
5. If using the plant-based chicken strips, add these to the heated pepper mixture and sauté on medium heat until cooked, about 8 to 10 minutes.
6. Heat the black beans separately on the stove.
7. Once the potatoes have cooled, scoop out the majority of the flesh, leaving a very thin layer of potato in the skins. Reserve the scooped-out flesh for step 9.
8. Coat the potato skins with the remaining oil. Bake for 5 minutes, remove from the oven.
9. Combine the reserved sweet potato flesh, 1 cup non-dairy cheddar cheese, black beans and onion with plant-based chicken mixture, if using, otherwise the onion mixture. Fill each potato skin with the mixture and top with non-dairy cheddar cheese. (For more cheese options, please refer to serving information below.)
10. Bake for 10 more minutes, or until the non-dairy cheese is melted. Garnish with avocado and non-dairy sour cream, if desired.

Chipotle Sweet Potato Skins Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving Information

If desired, garnish with 1 teaspoon of vegan sour cream and 3 slices of fresh avocado. The non-dairy cheddar cheese shreds can be replaced with the prepared nacho cheese sauce recipe.)

Nutrition Information per servings *From USDA Nutrient Database

Calories: 403 Total Fat: 21g Saturated Fat: 4.5g Monounsaturated Fat: 6.3g Polyunsaturated Fat: 1.8g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 41g Fiber: 9g Total Sugar: 5g Protein: 16g Sodium: 791mg Vitamin A: 472µg Vitamin C: 7mg Calcium: 92mg Iron: 3.7mg Folate: 89µg

Chocolate Avocado Pudding

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: ½ cup

Ingredients	Quantity	Measure
Dairy-free chocolate chips, semi-sweet	1	cup
Avocados, peeled, pitted	8 ¾	cups (7 each)
Agave nectar	1	cup
Cocoa powder, unsweetened	1	cup
Powdered sugar	¼	cup
Vanilla extract	2	Tablespoons
Salt	½	teaspoon
Almond milk, unsweetened	¼	cup
Fresh fruit for garnish (raspberries, strawberries, etc.)		

Preparation

1. Place chocolate chips in a double boiler, until chocolate is melted and completely smooth. Set aside.
2. Put remaining ingredients into a food processor and add melted chocolate.
3. Blend until smooth, scraping the sides as needed.
4. Cover and place in cooler to set up overnight.
5. Pipe ½ cup of pudding into cups and garnish with fresh fruit.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 583 Total Fat: 29g Saturated Fat: 9g Monounsaturated Fat: 12g Polyunsaturated Fat: 2g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 82g Fiber: 13g Total Sugars: 60g Protein: 6g Sodium: 163mg
Vitamin A: 12µg Vitamin C: 23mg Calcium: 47mg Iron: 2.3mg Folate: 116µg

Crabbyless Crab Cakes

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving Size: 1 crab cake

Ingredients	Quantity	Measure
Crab Cakes		
Hearts of Palm, canned, drained	5 ½	cups (2-14 ounce cans)
Canola oil, divided	1	cup
Onions, small diced	1	cup
Red bell peppers, small diced	1	cup
Fresh garlic, minced	1	teaspoon
Nori flakes, toasted	2	teaspoons
Egg-free mayonnaise	½	cup
Nutritional yeast	¼	cup
Breadcrumbs	2	cups
Panko breadcrumbs	2	cups
Salt	1	teaspoon
Black pepper	1	teaspoon
Old Bay seasoning	2	Tablespoons
Vegan Worcestershire sauce	2	Tablespoons
Tabasco sauce	2	Teaspoons
Remoulade Sauce		
Egg-free mayonnaise	½	cup
Ketchup	1	Tablespoon
Dijon mustard	1	Tablespoon
Tabasco sauce	1	teaspoon
Vegan Worcestershire sauce	1	teaspoon
Fresh lemon juice	1	Tablespoon
Sea salt	¼	teaspoon
Shallots, minced	2	teaspoons
Capers, minced	2	teaspoons
Fresh parsley, chopped	1	teaspoon
Red bell pepper, minced	2	teaspoons

Crabbyless Crab Cakes Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Preparation

Crab Cakes

1. Pulse drained hearts of palm in a food processor until the consistency resembles crab meat.
2. Heat two tablespoons of the canola oil in a fry pan. Sauté onions, bell peppers, and garlic for 2-3 minutes and then remove from heat.
3. In a bowl, combine the onion mixture with the nori flakes, hearts of palm, two tablespoons of canola oil, egg-free mayonnaise, nutritional yeast, breadcrumbs, salt, pepper, old bay seasoning, Worcestershire sauce, and tabasco sauce.
4. Mix well and scoop mixture out into 3 ounces balls on a plate or sheet pan.
5. Press into patties.
6. Coat each patty in the panko breadcrumbs.
7. Heat remaining oil in a fry pan. Pan fry each crabbyless cake until golden brown.

Remoulade Sauce

1. Combine all ingredients listed under the remoulade sauce in a blender. Blend on high for one minute. Refrigerate for up to one week.

Serving Information

Serve 1 crab cake with 1-2 teaspoons of remoulade sauce.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 446 Total Fat: 4.4g Saturated Fat: 2g Monounsaturated Fat: 19g Polyunsaturated Fat: 10g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 32g Fiber: 3g Total Sugar: 4g Protein: 8g Sodium: 660mg Vitamin A: 24µg Vitamin C: 24mg Calcium: 99mg Iron: 3.8mg Folate: 91µg

Fire Roasted Corn Chowder

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving Size: 1 cup

Ingredients	Quantity	Measure
Fresh corn	8	ears
Olive oil	2	tablespoons
Potatoes, russet, diced	2	pounds
Red bell peppers, seeded and diced	1	cup
Red onions, diced	2	cups
Garlic, minced	¼	cup
Vegetable stock	6	cups
Sriracha	2	tablespoons
Fresh thyme	1	teaspoon
Bay leaves	2	leaves
Non-dairy creamer	1	cup
Salt	1	teaspoon
Pepper	1	teaspoon
Garnish		
Smoked paprika	½	teaspoon
Fresh cilantro, tear leaves	½	teaspoon
Flat parsley	½	teaspoon

Fire Roasted Corn Chowder Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Preparation

1. Roast 4 ears of the corn over a direct flame (on a preheated grill or over a gas burner) until the corn kernels begin to blacken, turning every few minutes until all sides have roasted.
2. After the roasted ears have cooled, scrape the kernels from the cobs and reserve.
3. Heat the oil in a large Dutch oven over medium heat.
4. Add the bell peppers and onions and cook until softened slightly, 5 to 7 minutes.
5. Meanwhile, scrape the corn kernels from the remaining 4 ears of corn.
6. Add the raw corn kernels and garlic, and cook until the garlic is aromatic, 1 to 2 minutes.
7. Add diced potatoes.
8. Add the vegetable stock, Sriracha, thyme, and bay leaves.
9. Bring to a boil, then lower the heat and simmer for 45 minutes.
10. About 10 minutes before the soup is finished, gently heat the dairy-free creamer over low heat, keeping just below a simmer.
11. Once the soup has cooked for 45 minutes, discard the bay leaves.
12. Purée the soup using an immersion blender. (A food processor or blender can be utilized with caution, puréeing the hot liquid in small batches.)
13. Mix in the warm cream and add the reserved roasted corn.
14. Cook for an additional 3 to 5 minutes until thoroughly heated.
15. Season with salt and pepper.

Serving Information

Ladle the soup into bowls and garnish with a few lines of Sriracha, a generous sprinkle of smoked paprika, and torn cilantro or parsley leaves.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 192 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 33g Protein: 7g Sodium: 1008mg
Vitamin A: 67µg Vitamin C: 36mg Calcium: 71mg Iron: 1mg Folate: 52µg

Five Spice Barley, Kale & Tofu

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: 1 cup

Ingredients	Quantity	Measure
Barley, dry	2 ½	cups (1 pound)
Tofu, firm, drained and cut into small squares	1	pound
Cajun spice	1	Tablespoon
Olive oil, divided	¼	cup
Onion, medium dice	1	cup
Kale, leaves only	3	pounds
Five Spice Powder	2	tablespoons
Salt	1	teaspoon
Black pepper	1	teaspoon

Preparation

1. Cook barley according to package instructions.
2. Sprinkle Cajun season on tofu and brush with 3 Tablespoons of oil.
3. Roast in oven for 10 minutes, flipping over and roasting for another 10 minutes.
4. Heat remaining oil in a pan and add onions. Sweat onions for a few minutes. Add kale and wilt.
5. Add cooked barley, five spice powder, salt and black pepper.
6. Mix all ingredients together and serve.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 394 Total Fat: 12g Saturated Fat: 2g Trans Fat: 0g Monounsaturated Fat: 6g Polyunsaturated Fat: 3g
Carbohydrate: 62g Fiber: 17g Total Sugars: 5.5g Protein: 17.6g Sodium: 581mg Vitamin A: 1009mg Vitamin
C: 206mg Calcium: 368mg Iron: 6mg Folate: 75mcg

French Toast Casserole

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving Size: ½ cup

Ingredients	Quantity	Measure
Non-dairy margarine	¼	cup
French bread, cubed	4	cups
Flax seeds, ground	3	Tablespoons
Warm water	½	cup
Non-dairy creamer	1	pint
Non-dairy milk	1	cup
Sugar, granulated	½	cup
Vanilla extract	1	Tablespoon
Ground cinnamon	¼	teaspoon
Salt	1	teaspoon
Praline Topping		
All-purpose flour	¼	cup
Sugar, brown	1	cup
Pecans, chopped	1	cup
Non-dairy margarine	¼	cup

Preparation

1. Generously spread the margarine in the bottom of a ½ hotel pan.
2. Place cubed French bread in ½ hotel pan.
3. In a small bowl, whisk the ground flax seed and water together. Set aside for 5 minutes.
4. In a large bowl, add flax seed mixture, creamer, almond milk, granulated sugar, vanilla extract, cinnamon and salt. Beat with an electric mixer until well blended.
5. Pour this mixture over cubed bread, making sure the bread is covered evenly.
6. Cover and refrigerate for two hours.
7. While the bread mixture is resting, prepare the praline topping. Combine the brown sugar and flour in a mixing bowl. With a pastry blender or fork, blend the margarine into the brown sugar and flour mixture. Add chopped pecans, if desired. Set aside.
8. After two hours remove the casserole from the refrigerator. Cover with plastic wrap and foil. Pour in a water bath and bake at 350 degrees Fahrenheit for two hours.
9. Uncover, top casserole with praline topping and bake uncovered for another 15 minutes.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 417 Total Fat: 19g Saturated Fat: 3g Monounsaturated Fat: 7.5g Polyunsaturated Fat: 4g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 55g Fiber: 3g Total Sugars: 23g Protein: 7g Sodium: 560mg
Vitamin A: 0µg Vitamin C: 0.2mg Calcium: 92mg Iron: 2.4mg Folate: 98µg

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
Olive oil	2	tablespoons
Cilantro, roughly chopped and large stems removed	1	bunch
Jalapeno, seeded	1	each
Black pepper	¼	tsp.
Salt	¼	tsp.
Ceviche		
Cauliflower, fresh, core removed, chopped into small pieces	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. In a bowl, whisk together all leche de tigre ingredients. 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

Morning Glory Muffins

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 18

Serving Size: 1 muffin

Ingredients	Quantity	Measure
Flaxseed, ground	3	Tablespoons
Water	9	Tablespoons
All-purpose flour	2	cups
Salt	½	teaspoon
Baking soda	2	teaspoons
Cinnamon	2	teaspoons
Carrots, grated	2	cups
Red delicious apple, grated	1	large
Walnuts, optional	½	cup
Shredded coconut	½	cup
Raisins	½	cup
Brown sugar	¼	cup
Granulated sugar	¾	cup
Vegetable oil	2/3	cup

Preparation

1. In a small bowl, mix the ground flaxseeds and water together and let set for 5 minutes.
2. In a separate bowl, combine all-purpose flour, salt, baking soda and cinnamon in a bowl. Mix and set aside.
3. In another bowl, add the grated carrots, grated apple, walnuts, coconut, raisins, brown sugar and granulated sugar. Mix well. Add the carrot mixture to flour mixture.
4. Combine flaxseed mixture and oil together. Add to the carrot and flour mixture. Stir together until the dry ingredients become wet.
5. Bake at 375 degrees Fahrenheit for 15 minutes or until done.

Notes

You can substitute ½ cup agave, for the brown and granulated sugar.

Nutrition Information per serving *From USDA Nutrient Database

Muffins without Walnuts

Calories: 209 Total Fat: 9g Saturated Fat: 2g Monounsaturated Fat: 3g Polyunsaturated Fat: 4g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 31g Fiber: 2g Total Sugar: 17g Protein: 2g Sodium: 219mg Vitamin A: 52µg
Vitamin C: 2mg Calcium: 17mg Iron: 1mg Folate: 44µg

Muffins with Walnuts

Calories: 230 Total Fat: 11g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 5g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 31g Fiber: 2g Total Sugar: 17g Protein: 3g Sodium: 219mg Vitamin A: 52µg
Vitamin C: 2mg Calcium: 21mg Iron: 1mg Folate: 47µg

Mushroom Cauliflower Bolognese

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

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

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

Preparation

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

Mushroom Cauliflower Bolognese

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Notes

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

Nutrition Information *From USDA Nutrient Database

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

Mushroom Street Tacos with Cilantro Cream Sauce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving Size: 2 tacos

Ingredients	Quantity	Measure
Cremini mushrooms	4	cups
Tamari sauce (gluten-free soy sauce)	2	Tablespoons
Olive oil	1	Tablespoon
Green bell pepper, diced	1	cup
Red onion, small diced	½	cup
Corn, fresh, canned or frozen	¼	cup
Corn tortilla shells, 4 inch	24	each
Cilantro, fresh, coarsely chopped	½	cup
Pico de Gallo	1	cup
Cilantro Cream		
Raw cashews	1	cup
Water, divided	2 ½	cups
Cilantro stems and leaves	½	cup
Salt	1	Tablespoon

Preparation

1. Clean and dice the mushrooms and place in a zip lock bag or shallow pan. Add the tamari to the mushrooms and let marinate for at least one hour.
2. Add oil to a saucepan and heat over medium heat. When the oil is hot add the mushrooms with tamari sauce. Cook and stir often for about 5 minutes.
3. Add bell peppers, onion, and corn and cook for 5 more minutes; remove the pan from heat and stir in chopped cilantro.
4. Heat a clean, large skillet over a high flame and heat the tortillas about 20 seconds on each side.
5. Assemble tacos with 2 tablespoons of mushroom mixture, then top with cilantro sauce and Pico de Gallo.

Cilantro Cream Sauce

1. Place cashews in a saucepan and cover with 1 ½ cups of water (make sure all cashews are covered with water). Bring the water to a boil and once it has reached a rolling boil, remove from heat and cover the cashews for 30 minutes, until softened.
2. After 30 minutes, drain and reserve liquid. Add cashews, 1 cup of reserved liquid, cilantro, and salt to a blender. Blend until smooth.
3. Refrigerate until ready to use.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 249 Total Fat: 11g Saturated Fat: 2g Monounsaturated Fat: 6g Polyunsaturated Fat: 2.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 33g Fiber: 11g Total Sugar: 3.3g Protein: 8g Sodium: 727mg Vitamin A: 19µg Vitamin C: 14mg Calcium: 55mg Iron: 2.3mg Folate: 15µg

Nacho Cheese

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 2 ounces

Ingredients	Quantity	Measure
Potatoes, white, peeled	2	cups
Carrots, peeled	1	cup
Olive oil	$\frac{1}{3}$	cup
Water	$\frac{1}{2}$	cup
Lemon juice	1	Tablespoon
Nutritional yeast	$\frac{1}{2}$	cup
Salt, divided	1 $\frac{1}{2}$	teaspoons
Garlic powder	$\frac{1}{2}$	teaspoon
Onion powder	$\frac{1}{2}$	teaspoon
Cayenne	1	dash

Preparation

1. Boil potatoes and carrots with 1 teaspoon salt until tender; about 20 minutes.
2. When done, drain and reserve liquid.
3. Put all ingredients in a blender and blend until smooth.
4. If cheese is too thick add a little of the reserved liquid.
5. Taste and add $\frac{1}{2}$ teaspoon salt, if necessary.

Nutrition Information

 per serving *From USDA Nutrient Database

Calories: 113 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 5g Polyunsaturated Fat: 1g Cholesterol: 0mg Carbohydrate: 12g Fiber: 2g Total Sugar: 1g Protein: 3g Sodium: 320mg Vitamin A: 108 μ g Vitamin C: 4mg Calcium: 8mg Iron: 0mg Folate: 206 μ g

Peanut Butter Chocolate Chip Cookies

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24

Serving Size: 1 cookie

Ingredients	Quantity	Measure
All-purpose flour	1 ½	cups
Sugar	½	cup
Brown sugar	½	cup
Baking soda	¾	teaspoon
Cornstarch	¾	teaspoon
Salt	¼	teaspoon
Peanut butter	1	cup
Vanilla	½	teaspoon
Non-dairy margarine, softened	¼	cup
Almond milk	½	cup
Chocolate chips	6	ounces

Preparation

1. Preheat oven to 350 degrees.
2. In a stand mixer, blend sugar, brown sugar, peanut butter, vanilla, margarine and almond milk.
3. Add flour, cornstarch, baking soda and salt. Mix until blended.
4. Fold in chocolate chips by hand.
5. Use a portion scoop, divide dough into 24 pieces. Scoop onto a baking sheet atop parchment paper and flatten slightly.
6. Bake 350 for 10-12 minutes or until lightly brown.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 173 Total Fat: 10g Saturated Fat: 2.5g Monounsaturated Fat: 5g Polyunsaturated Fat: 2g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 19g Fiber: 1g Total Sugar: 12g Protein: 4g Sodium: 125mg
Vitamin A: 2µg Vitamin C: 0mg Calcium 21mg Iron 1mg Folate: 32µg

Pulled Jackfruit

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 15 Serving Size: ¼ cup

Ingredients	Quantity	Measure
Jackfruit, green, in water or brine, or vacuum packed	6	cups
Oil, olive or canola	3	Tablespoons
Onion, diced	2	cups
Garlic, fresh, minced	2	Tablespoons
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 and 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 the pan and bake in oven for 10-15 minutes until jackfruit is more dried and slightly crisped. See serving suggestions for plating.
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.

Serving Suggestion

Serve jackfruit in a taco, on a bun or in a lettuce wrap with fresh vegetables, coleslaw and cilantro. The jackfruit can be topped with salsa, barbecue sauce or hoisin sauces, as desired.

Nutrition Information per serving *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

Raspberry Bars

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24

Ingredients	Quantity	Measure
All-purpose flour	2 ½	cups
Sugar, granulated	½	cup
Non-dairy margarine	1	cup
Raspberry jam	1 ½	cups
Flat Icing		
Sugar, powdered	1	cup
Non-dairy milk	2	tablespoons
Vanilla extract	½	teaspoon

Preparation

1. In a large bowl, mix flour, granulated sugar and non-dairy margarine together.
2. Divide dough into thirds. Press 2/3 in 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 at 350 degrees until golden brown, about 10-15 minutes.

Flat Icing

1. Place powdered sugar in a small mixing bowl. Slowly add non-dairy milk, a little at a time to ensure it doesn't become too thin. Add vanilla extract and stir to combine.
2. Drizzle over cooled bars.

Serving Suggestion

Cut into 12 squares and then into 24 triangles. Drizzle with flat icing.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 174 Total Fat: 7.5g Saturated Fat: 2g Trans Fat: 0g Monounsaturated Fat: 4.4g Polyunsaturated Fat: 1g
Carbohydrate: 25g Fiber: 0.4g Total Sugars: 16g Protein: 1.4g Sodium: 83mg Vitamin A: 96mg Vitamin C:
0mg Calcium: 9mg Iron: 0.5mg Folate: 0mcg

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	Tbsp.
Onions, yellow or white, small dice	¼	cup
Rice, arborio	2	cups
*White wine	½	cup
Vegetable broth	5	cups
Nutritional yeast	2	Tbsp.
Salt	1	tsp.
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

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

Spicy Rice Noodles

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 6

Serving Size: 6 ounces

Ingredients	Quantity	Measure
Peanut butter, crunchy	3	tablespoons
Sweet chili sauce	4	tablespoons
Vegetable stock	1 ¼	cup
Tamari sauce, or soy sauce	2	tablespoons
Coconut milk	6	tablespoons
Toasted sesame seed oil	3	tablespoons
Flat rice noodles	2	cups
Frozen sweet corn	¾	cups
Carrots, thinly sliced	1	cup
Red onion, halved, thinly sliced	1	cup
Green beans, chopped	¾	cup
Broccoli, cut into small florets	¾	cup
Garlic, finely chopped	¼	cup
Peanuts, chopped, optional garnish	½	cup
Coriander leaves(cilantro), optional garnish	¼	cup

Preparation

1. In a small bowl, combine the peanut butter and sweet chili sauce.
2. Heat vegetable stock, tamari or soy sauce, coconut milk, and 1 tablespoonful of the toasted sesame oil in a large saucepan and set aside. Add the peanut butter mixture and stir to combine. Set aside
3. Cook the noodles according to the package directions (but a minute less than suggested), then drain in a colander and toss in 1 tablespoon of sesame oil to prevent sticking. (The noodles should be al dente, not too soft, as they will be heated again with the vegetables and sauce.)
4. Heat the remaining sesame oil in a large frying pan with deep sides (or a wok or big saucepan). Stir-fry the sweet corn, carrots, red onions, green beans, broccoli, and garlic for about 5 minutes on a medium to high heat until vegetables are tender but not overcooked.
5. Add the peanut butter mixture and simmer gently until the vegetables are cooked through but still have a good bite to them and are not too soft, about 4 to 5 minutes.
6. Stir in the cooked rice noodles and heat through.
7. Garnish with chopped peanuts and coriander and serve hot.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 439 Total Fat: 21g Saturated Fat: 5.5g Trans Fat: 0g Monounsaturated Fat: 8g Polyunsaturated Fat: 6.4g Carbohydrate: 56g Fiber: 6g Total Sugars: 10g Protein: 10g Sodium: 456mg Vitamin A: 191mg Vitamin C: 15mg Calcium: 53mg Iron: 2.6mg Folate: 54mcg

Szechuan Zoodles

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: 4 ounces

Ingredients	Quantity	Measure
Sesame oil	1	tablespoon
Rice wine vinegar	1	tablespoon
Garlic, minced	4	cloves
Fresh ginger, grated	1	teaspoon
Red pepper flakes	½	teaspoon
Corn starch	2	teaspoons
Tamari or soy sauce, divided	¼	cup
Brown sugar	2	teaspoons
Zucchini, cut into long noodles	3	medium
Canola oil	1	tablespoon
Carrots, cut into thin strips	2	each
Red bell pepper, thinly sliced	1	each
Green bell pepper, thinly sliced	1	each
Scallions, thinly sliced	2	each

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

per serving *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

Tofu Scramble Flatbread

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Tofu, firm, drained and crumbled with a gloved hand	14	ounces
Olive oil, divided	4	tablespoons
Turmeric	2	teaspoon
Onion, yellow, chopped small	½	cup
Garlic, minced	1	tablespoon
Red bell pepper, chopped small	½	cup
Baby spinach, rough chop	1	pound
Tamari sauce	1	tablespoon
Non-dairy mozzarella, shredded, optional	1	cups
Vegan naan or flatbread	6	pieces
Vegan sausage crumbles, optional	10	ounces
Salsa, optional	2	cups

Preparation

1. Heat 1 tablespoon of olive in a medium skillet.
2. Add chopped onions, garlic, and red bell pepper to the skillet and sweat for 3-4 minutes.
3. Add chopped spinach and tamari to the onions and peppers.
4. If using the sausage crumbles, add to the vegetable mixture and cook for 2-3 minutes
5. In another skillet heat 1 tablespoon olive.
6. When hot add the turmeric and let sizzle for 2-3 minutes.
7. Add crumbled tofu. Stir occasionally until blended and hot.
8. Add vegetable and sausage mixture to tofu and toss. Remove from heat.
9. Brush naan or flatbread using the 2 tablespoon of olive oil and heat in a 350-degree oven for 2-3 minutes.
10. Remove naan or flatbread and put ½ cup of tofu mixture on each half.
11. Top with non-dairy mozzarella or alternative cheese option and put back in over for 3-4 minutes.
12. Remove from oven. Top each flat bread with salsa if desired.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 272 Total Fat: 11.5g Saturated Fat: 2.3g Monounsaturated Fat: 4.5g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 32g Fiber: 3.8g Total Sugar: 4g Protein: 12g Sodium: 628mg Vitamin A: 194µg Vitamin C: 21mg Calcium: 168mg Iron: 4mg Folate: 86µg

Watermelon Poke Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

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

Preparation

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

Serving

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

Nutrition Information

*From USDA Nutrient Database

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



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