



Recipe list for Forward Food Challenge participants

Participants may use the following suggested plant-based recipes to assist with their plant-forward menu changes for the duration of the Forward Food Challenge. These plant-based recipes should REPLACE a meat-based recipe for the duration of the challenge.

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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

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.

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

Bean & Leek Cassoulet

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Great northern beans, dry	1	pound
Carrots, chopped	1	pound
New potatoes, sliced	2 ½	pounds
Leeks, chopped	8	ounces
Onions, medium, chopped	1	cup
Fresh garlic, minced	¼	cup
Frozen mixed vegetables	1	teaspoon
Salt	1	teaspoon
Pepper	1	teaspoon
Biscuits		
Self-rising flour	4	cups
Vegetable shortening	12	tablespoons
Soy milk	2 ½-3	cups

Preparation

1. Soak beans overnight or two hours prior to preparation, cover beans with water and cook until tender (about 2 hours).
2. Sauté leeks, onions, carrots and garlic.
3. Add potatoes and mixed vegetables to the sautéed vegetables.
4. Add enough water to cover while cooking potatoes and vegetables until tender.
5. Add cooked great northern beans with juice.
6. Divide into two ½ hotel pans, top with biscuits (recipe below). Bake at 400 degrees until golden brown.
7. Brush with margarine.

Biscuits

1. Blend flour and shortening to form pea-sized lumps.
2. Add soy milk and blend slightly.
3. Roll out, not too thin.

Serving Information

6 ounces of bean mixture, making sure 1 biscuit is on top.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 201 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 33g Protein: 6g

Sodium: 171mg Vitamin A: 12% Vitamin C: 25% Calcium: 7% Iron: 11%

Carrot Cake Cupcakes

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 30

Ingredients	Quantity	Measure
Cupcakes		
Flaxseed, ground	1.2	ounces
Water, warm	$\frac{3}{4}$	cup
All-purpose flour	10 $\frac{1}{2}$	ounces
Baking powder	1	teaspoon
Baking soda	$\frac{1}{4}$	teaspoon
Cinnamon	1	teaspoon
Salt	$\frac{1}{2}$	teaspoon
Brown sugar	$\frac{3}{4}$	cup
Sugar, granulated	$\frac{3}{4}$	cup
Vegetable oil	1	cup
Carrots, grated	2	cups
Vanilla	1	teaspoon
Cream Cheese Icing		
Non-dairy margarine	4	ounces
Vegetable shortening	1	cup
Sugar, powdered	2	pounds
Non-dairy cream cheese	4	ounces
Vanilla	1	teaspoon

Preparation

Cupcakes

1. Mix flaxseed and warm water. Set aside.
2. Mix flour, baking powder, baking soda, cinnamon and salt. Set aside.
3. Mix brown sugar, granulated sugar, oil, vanilla and flaxseed mixture together blending well.
4. Add flour mixture and blend well.
5. Fold carrots into batter.
6. Bake at 350 degrees Fahrenheit for 15-20 minutes.
7. Let cool and ice with cream cheese icing (recipe below).

Icing

1. Blend margarine and shortening until creamy.
2. Add powdered sugar, 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: 336 Total Fat: 21g Saturated Fat: 4.5g Carbohydrate: 46g Protein: 1.25g Sodium: 201mg
Vitamin A: 65ug Vitamin C: 0mg Calcium: 20mg Iron: 1mg Folic Acid: 30ug

Carrot Osso Bucco & Creamy Polenta

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving Size: 8 ounces (4 ounces carrots, 4 ounces polenta)

Ingredients	Quantity	Measure
Red pearl onions	8	ounces
Carrots, cut into 1 inch chunks	4	cups
Vegetable oil	1	tablespoon
Salt	1	teaspoon
Black pepper	1	teaspoon
Curry powder	1	teaspoon
Dry red wine, or vegetable broth	½	cup
Dry porcini mushrooms, processed into powder	1	tablespoon
Fresh cremini mushrooms, or button mushrooms	8	ounces
Prepared mushroom broth	1 ½	cups
Parsley leaves, flat leaf	½	cup
Lemon juice, fresh	2	teaspoons
Polenta		
Non-dairy milk, unsweetened	3	cups
Non-dairy margarine	1	tablespoon
Salt	1 ½	teaspoons
White pepper	1	teaspoon
Yellow cornmeal	¾	cup

Preparation

1. Boil pearl onions for 1 minute.
2. Drain, trim and peel onions.
3. Heat oil in skillet.
4. Add carrots in a single layer, season with salt and pepper. Heat until brown, about 5 minutes, turn and brown other side.
5. Add pearl onions, sprinkle with curry powder, cook and stir until fragrant, about 1 minute. Add mushroom broth and porcini powder, bring to a boil.
6. Place into oven and braise carrots for about one hour or until tender. While carrots are braising, sauté creminis then toss with carrots.
7. When carrots are tender, take them out of the oven. Add in the red wine or vegetable broth, bring to a boil, and then cook for 3 minutes. Then, add sautéed creminis.
8. Prepare the polenta as follows:
 - a. Heat non-dairy milk and margarine over medium heat.
 - b. Add salt and pepper then bring to a boil.
 - c. Add corn meal a little at a time, whisking constantly.
 - d. Cook until creamy and thick, about 5-8 minutes.

Carrot Osso Bucco & Creamy Polenta Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Serving Information

Put ½ cup of polenta on a plate. Top with ½ cup of carrots. Garnish with ½ tsp parsley leaves and 1/8 teaspoon lemon juice.

Nutrition Information *From USDA Nutrient Database

Calories: 195 Total Fat: 5.5g Saturated Fat: 0.8g Trans Fat: 0g Monounsaturated Fat: 2.4g Polyunsaturated Fat: 1.9g Carbohydrate: 26g Fiber: 4.4g Total Sugars: 8.2g Protein: 6.3g Sodium: 943mg Vitamin A: 570mg Vitamin C: 10mg Calcium: 64mg Iron: 2.2mg Folate: 43mcg



Cauliflower & Lentil Curry

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Ingredients	Quantity	Measure
Vegetable oil	2	tablespoons
Onion, chopped	1	cup
Fresh garlic, minced	1	tablespoon
Fresh ginger, peeled and minced	1	tablespoon
Cumin	1	teaspoon
Curry	2	tablespoons
Turmeric	½	teaspoon
Vegetable stock	1	quart
Golden lentils	1	pound
Cauliflower, small florets	1	head
Carrots, medium dice	1	cup
Coconut milk	1	15-ounce can
Salt	1	teaspoon
Black pepper	1	teaspoon

Preparation

1. Heat 1 tablespoon oil in a pan. Once the oil is warm, add onions and sauté until soft.
2. Add garlic, ginger, cumin, turmeric, curry 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 2-3 minutes, until lightly brown.
5. Add cauliflower, carrots, and coconut milk to the lentil mixture.
6. Add coconut milk to lentil mixture.
7. Bring to a gentle simmer and cook for 10 minutes or until vegetables are tender.
8. Taste and adjust seasoning with last ½ teaspoon each of salt and pepper.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 474 Total Fat: 17g Saturated Fat: 12g Carbohydrate: 60g Protein: 26g Sodium: 690mg
Vitamin A: 135µg Vitamin C: 43mg Calcium: 97mg Iron: 10mg Folic Acid: 493µg

Cauliflower Buffalo Wings

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: 8 ounces (4 ounces cauliflower, 2 ounces ranch, 1 ounce carrot sticks, 1 ounce celery sticks)

Ingredients	Quantity	Measure
Chickpea flour or all-purpose flour	1	cup
Water	$\frac{3}{4}$	cup
Salt	$\frac{1}{4}$	teaspoon
Garlic powder	$\frac{1}{4}$	teaspoon
Paprika	$\frac{1}{4}$	teaspoon
Cauliflower florets	6	cups
Oil cooking spray		As needed
Frank's Red-Hot buffalo wing sauce	1	cup
Carrot sticks	24	sticks
Celery sticks	24	sticks
Non-dairy ranch dressing (see recipe)	16	ounces

Preparation

1. Preheat oven to 450 degrees.
2. Combine flour, water, salt, garlic powder, paprika and whisk until combined.
3. Dip cauliflower in batter and place a wire rack and allow excess batter to drip. Line baking sheets with parchment paper and spray with baking spray. Place cauliflower on baking sheets. Spray the tops with a bit of oil.
4. Bake for 18-20 minutes or until the tops start to get color on them.
5. Pull cauliflower out of the oven and lightly toss them into buffalo sauce to coat. Put them back into oven for another 5 minutes to crisp back up.
6. Remove from oven.

Nutrition Information per serving *From USDA Nutrient Database

Cauliflower Buffalo Wings with carrots and celery

Calories: 190 Total Fat: 14.5g Saturated Fat: 2g Monounsaturated Fat: 10g Polyunsaturated Fat: 1.8g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 14g Fiber: 3g Total Sugars: 3.4g Protein: 4.3g Sodium: 840mg
Vitamin A: 80µg Vitamin C: 40mg Calcium: 31mg Iron: 1mg Folate: 102µg

Chipotle Sweet Potato Skins

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size 1 (1/2 sweet potato)

Ingredients	Quantity	Measure
Sweet potatoes, medium-sized potatoes work best	5	pounds
Vegetable oil	2	tablespoons
Chipotle peppers	3	whole
Garlic, minced	1	teaspoon
Onion, minced	½	cup
Oregano, fresh	1	teaspoon
Cumin powder	1	teaspoon
Chili powder	2	teaspoons
Salt	1	teaspoon
Pepper	1	teaspoon
Vegan chicken strips, optional	30	strips
Black beans	1	15 ounce can
Non-dairy cheddar cheese	2	cups
Avocado, sliced, optional	2	cups
Non-dairy sour cream, optional	1	cup

Preparation

1. Preheat the oven to 350°F.
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°F.
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 vegan chicken strips, add these to the heated pepper mixture and sauté on medium heat until well 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, vegan cheese, black beans, and vegan chicken (if using). Fill each potato skin with black bean and sweet potato filling. Top with more vegan cheese (or prepared nacho cheese).
10. Bake for 10 more minutes, or until the vegan cheese is melted. Garnish with avocado and vegan 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.

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



Eggplant Parmesan

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving Size: 3 pieces

Ingredients	Quantity	Measure
Eggplant, peel and slice round, soak in saltwater for 15 minutes	30	slices
All-purpose flour	2	cups
Cajun seasoning	½	cup
Non-dairy milk	½	gallon
Basil, fresh, chopped	¼	cup
Oregano, fresh, chopped	1	tablespoon
Non-dairy mozzarella, cheese, optional	3	ounces
Panko breadcrumbs	1	pound
Oil for frying	35	pounds

Preparation

Use standard breading procedure.

1. Dust eggplant in flour, add Cajun seasoning.
2. Dip in soymilk.
3. Mix basil, oregano and mozzarella with panko.
4. Roll eggplant and cover well with panko mixture. Repeat until all eggplant has three coatings.
5. Deep fry or bake at 425 degrees until golden brown, approximately 15-20 minutes. Taste and sprinkle with salt if desired.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 365 Total Fat: 15.6g Saturated Fat: 2.3g Trans Fat: 0g Monounsaturated Fat: 8.7g Polyunsaturated Fat: 3.1g Carbohydrate: 45g Fiber: 7g Total Sugars: 12g Protein: 11g Sodium: 900mg Vitamin A: 4mg Vitamin C: 3mg Calcium: 70mg Iron: 2.8mg Folate: 64mcg



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 1/2	cups
Walnuts	1/4	cup
Cilantro	1	tablespoon
All-purpose flour	1/2	cup
Cumin	1/4	teaspoon
Olive oil, divided	1/2	cup
Salt	1	teaspoon
Pepper	1	teaspoon
Homemade focaccia bread (see recipe)	1	recipe
Or	or	or
Slider buns	9	slider buns

Preparation

1. Sweat onions and garlic until soft.
2. Drain garbanzo beans and process in food processor until broken. Do not over process.
3. Mix in walnuts, cilantro, flour, cumin, oil, salt and pepper.
4. Form 9 patties from the garbanzo bean mixture.
5. Put 1/4 cup oil on griddle and heat.
6. Once oil is hot, cook patties until golden brown, approximately 5-7 minutes on each side.

Serving Suggestion

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

Nutrition Information per serving *From USDA Nutrient Database

Calories: 276 Total Fat: 15g Saturated Fat: 2g Monounsaturated Fat: 9g Polyunsaturated Fat: 3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 27g Fiber: 3g Total Sugar: 3.4g Protein: 5g Sodium: 536mg Vitamin A: 1µg Vitamin C: 2.4mg Calcium: 39mg Iron: 1mg Folate: 7µg



Homemade Focaccia Bread

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 24

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		
Kosher salt	1	tablespoon
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 to the standing mixer and mix with the dough hook on low speed for about 2 minutes.
4. Add salt and mix on medium speed for 8 minutes.
5. Place the mixing bowl with the dough in a proof box until it doubles in size.
6. Brush sheet pan with olive oil and sprinkle lightly with cornmeal.
7. When the dough has doubled, transfer the dough on to a sheet pan and press out evenly, using fingers to make indentions. Brush dough 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 for 15- 20 minutes. Make sure there is plenty of bottom heat for bread to reach a golden brown.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 193 Total Fat: 5g Saturated Fat: 0.7g Monounsaturated Fat: 3 Polyunsaturated Fat: 0.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 34g Fiber: 4.6g Total Sugar: 4.3g Protein: 4g Sodium: 196mg Vitamin A: 1µg Vitamin C: 0.1mg Calcium: 11mg Iron: 0.6mg Folate: 28µg

Meaty Oat Loaf

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving Size: 6 ounces

Ingredients	Quantity	Measure
Steel cut oats, cooked following package instructions	1.4	pounds
Onions, diced medium	2	cups
Celery, diced small	3	cups
Red pepper, diced small	½	cup
Green pepper, diced small	½	cup
Fresh garlic, chopped	½	cup
Brown rice, cooked	2	cups
Saltine cracker crumbs	1 ½	cup
Garlic powder	¼	cup
Chili powder	2	tablespoons
Onion powder	1	tablespoon
Vegan Worcestershire sauce	½	cup
Tomato paste	1	cup
Tomato sauce	1	cup
Salt	1	tablespoon
Pepper	1	tablespoon
Bell pepper, sliced	½	cup

Preparation

1. Sweat onions, garlic, celery, red and green peppers.
2. Mix brown rice, steel cut oats, cooked onion/pepper mixture, Saltine cracker crumbs, chili powder, garlic powder, onion powder, Worcestershire.
3. Blend the tomato paste and tomato sauce together. Pour half into the rice/oat mixture. Mix well. Reserve the other half of sauce for the top.
4. Line baking pan and spray with pan spray.
5. Taste and form into a loaf. Place in foil-lined loaf pan.
6. Spread rest of tomato paste/sauce on top of loaf, pour water in bottom of pan around loaf.
7. Cover and bake in 350-degree oven for 45 minutes.
8. Uncover and bake 5-10 minutes longer, making sure it has set.
9. Let cool slightly, cut and serve.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 174 Total Fat: 2 g Saturated Fat: 0 g Carbohydrate: 36 g Protein: 6 g Sodium: 1016 mg
Vitamin A: 8% Vitamin C: 25% Calcium: 9% Iron: 22%

Morning Tofu Scramble

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Tofu, extra-firm or firm, drained and pressed, 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

1. Heat oil in skillet over medium heat. In a large bowl, crumble tofu with your fingers 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 Street Tacos with Cilantro Cream Sauce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12 Serving Size: 2 tacos

Ingredients	Quantity	Measure
Portobello mushroom caps, large	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
Fresh cilantro, coarsely chopped	½	bunch
Pico de Gallo	1	cup
Cilantro Cream		
Raw cashews	1	cup
Water, divided	2 ½	cups
Cilantro stems and leaves	½	bunch
Salt	1	tablespoon

Preparation

1. Clean and dice the mushroom caps and place in a zip lock bag. Add the tamari to the mushrooms and let marinate for at least one hour.
2. Dice the green pepper and onion.
3. 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.
4. Add bell peppers, onion, and corn and cook for 5 more minutes; remove the pan from heat.
5. Heat a clean, large skillet over a high flame and heat the tortillas about 20 seconds on each side.
6. 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 container and cover with 1 ½ cups of water (make sure all cashews are covered with water).
2. Cover and refrigerate for at least four hours in refrigerator.
3. Remove from refrigerator. Drain and reserve liquid. Add cashews, 1 cup of reserved liquid, cilantro, and salt to a blender. Blend until smooth.
4. Refrigerate until ready to use.

Mushroom Street Tacos with Cilantro Cream Sauce Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

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



Pancake/Waffle Mix

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 6-8

Ingredients	Quantity	Measure
Vegetable oil	2	tablespoons
Sugar, granulated	2	tablespoons
Vanilla	1	teaspoon
Non-dairy milk, preferably soy or almond	1	cup
Water	1	cup
Self-rising flour	2	cup

Preparation

1. Whisk vegetable oil, sugar, vanilla, water and milk together.
2. Add flour.
3. Blend ONLY until all dry ingredients are wet. Do not overmix—the batter should be lumpy.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 160 Total Fat: 4g Saturated Fat: 0.3g Monounsaturated Fat: 2.3g Polyunsaturated Fat: 1.3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 27g Fiber: 1.2g Total Sugar: 4.3g Protein: 3g Sodium: 336mg Vitamin A: 0µg Vitamin C: 0mg Calcium: 88mg Iron: 1.5mg Folate: 5µg



Pasta Vermicelli with Fresh Roma Tomato Sauce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: 8 ounces

Ingredients	Quantity	Measure
Vermicelli pasta, cooked according to package directions	1	pound
Fresh Roma tomatoes, cut each one into eight pieces	3	pounds
Onions, medium dice	1	cup
Fresh garlic, small dice	2	tablespoons
Olive oil	1	tablespoon
Salt	1	teaspoon
Pepper	1	teaspoon
Garnish		
Fresh oregano, chopped	¼	cup
Fresh basil, chopped	¼	cup

Preparation

1. Sweat onions and garlic in olive oil; add tomatoes cook until slightly broken down, not mushy. Add salt and pepper.
2. Cook pasta until al dente.
3. Serve tomatoes over pasta.
4. Garnish with fresh basil and oregano.

Serving Information

4 ounces vermicelli top with 2 ounces fresh Roma tomato sauce, garnish with fresh chopped basil.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 312 Total Fat: 11g Saturated Fat: 3g Carbohydrate: 44g Protein: 8g Sodium: 108mg
Vitamin A: 67µg Vitamin C: 21mg Calcium: 40mg Iron: 2mg Folic Acid: 166µg



Shepherd's Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 11

Serving Size: 6 ounces

Ingredients	Quantity	Measure
Zucchini, sliced	2	cups
Yellow squash, sliced	2	cups
Carrots, sliced	2	cups
Red onion, sliced	1	cup
Fresh garlic	2	tablespoons
Potatoes, for mashing	2 1/2	pounds
Non-dairy margarine	4	ounces
Non-dairy milk, unsweetened	2	cups
Mushrooms, sliced	1	pound
Olive oil, divided	2	tablespoons
Salt	2	teaspoons
Black pepper	2	teaspoons

Preparation

1. Sauté zucchini, yellow squash, carrots, red onions and garlic in 1 tablespoon of olive oil. Set aside.
2. Cook potatoes until tender, mash with margarine and non-dairy milk.
3. Sauté mushrooms in 1 tablespoon of olive oil.
4. In a baking dish, layer the sautéed vegetable mixture on the bottom, top with sautéed mushrooms and pipe the mashed potatoes over the vegetables.
5. Place in 400-degree oven and bake until potatoes are golden brown, approximately 10 minutes.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 253 Total Fat: 12g Saturated Fat: 2g Trans Fat: 0g Monounsaturated Fat: 6g Polyunsaturated Fat: 3.6g Carbohydrate: 32g Fiber: 12g Total Sugars: 12g Protein: 7g Sodium: 577mg Vitamin A: 285mg Vitamin C: 19mg Calcium: 52mg Iron: 2mg Folate: 55mcg



Vegetable Wellington

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 1 roll

Ingredients	Quantity	Measure
Olive oil	2	tablespoons
Leeks, chopped, white parts only	1	large
Celery, diced	2	stalks
Carrots, sliced into coins	1 ½	cups
Fresh tarragon, minced	½	teaspoon
Sage, dried	½	teaspoon
Salt	1	teaspoon
Black pepper	1	teaspoon
Vegetable broth	1/3	cup
Walnuts, chopped and toasted	½	cup
Fresh spinach, chopped	1	cup
Phyllo dough	9	sheets
Olive oil	¼	cup

Preparation

1. Heat 2 tablespoons of olive oil in a large skillet. Add leeks, celery, and carrots cook for 4 minutes. Add tarragon, sage, salt and pepper and cook for another 2 minutes.
2. Add broth and bring to a boil.
3. Once boiling, add the spinach and walnuts and continue to cook until the broth evaporates. Remove from heat.
4. Meanwhile, position one sheet of phyllo dough on a cutting board and gently brush with a thin layer of olive oil. Position another sheet on top of the oiled sheet of phyllo dough. Gently brush a thin layer of oil on top of the second sheet of phyllo dough. Add a thin line of the spinach filling at the top, roll two times, add another thin line of filling. Roll until there is only 1-inch of phyllo dough left. Set aside.
5. Repeat step 4 two times, making 3 single rolls.
6. Layer 3 sheets of phyllo dough. Brush the bottom, the middle, and the top with olive oil. Take your three single rolls, roll them together to make 1 roll. Place on top of the three brushed sheets of phyllo dough. Roll up. Brush with olive oil. Place on a cookie sheet lined with parchment paper and bake in a 350-degree oven for 15-20 minutes.
7. Allow to cool for five minutes before slicing widthwise.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 222 Total Fat: 16g Saturated Fat: 2.2g Trans Fat: 0g Monounsaturated Fat: 9g Polyunsaturated Fat: 5g Carbohydrate: 17g Fiber: 2g Total Sugars: 2g Protein: 3.2g Sodium: 457mg Vitamin A: 230mg Vitamin C: 4mg Calcium: 34mg Iron: 1.4mg Folate: 59mcg

