

Forward Food Training Packet

DELICIOUS PLANT-BASED RECIPES

A special thank you to Chef Amy Symington, Chef Francois Murphy, Christine Hotz, Rachel Tomaz and Katherine Sowden for their contributions



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Aquafaba Meringue

Servings: 45

Serving size: 1 Piece (10 g)

Preparation time: 15 minutes

Cook time: 1 hour 45 minutes-2 hours

Total time: 2- 2 hours 15 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Aquafaba (liquid left in canned chickpeas)	¾	cup	190	mL
Sugar, granulated	1	cup	140	g
Vanilla	1	tbsp	15	mL

Preparation:

1. Preheat oven to 225°F (105°C).
2. In a stand mixer, start whipping chickpea brine. After one minute, slowly add the sugar while continuing to whip.
3. Add vanilla and continue to whip until stiff.
4. Using a piping bag with a star tip, pipe onto a baking sheet lined with parchment paper.
5. Bake for 2 hours or until dry.

Notes:

You can flavour and colour the meringue, but flavours and colours must be water-based — no oil.

Cost

Recipe: \$1.55

Per Serving: \$0.03



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Aquafaba Meringue with Lemon Curd

By Amy Symington
 Servings: 24
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Canned chickpea water	¾	cup	175	mL
Sugar	1	cup	140	g
Vanilla extract	1	tbsp	15	mL
Lemon juice	2	tsp	8	mL
Lemon curd				
Tofu, silken	1 ½	cups	300	g
Sugar	1	cup	140	g
Lemon zest	4	tbsp	24	g
Lemon juice	1	cup	250	mL
Spelt flour (or gluten-free flour)	¼	cup	33	g
Tapioca starch (or tapioca flour)	½	cup	54	g
Garnish				
Fresh fruit (optional)				

Preparation:

Aquafaba

1. Preheat oven to 225°F (105°C).
2. In a stand mixer, start whipping chickpea brine. After one minute, slowly add the sugar while continuing to whip.
3. Add vanilla and lemon juice and continue to whip until stiff.
4. Using a piping bag with a star tip, pipe onto cookie sheet lined with parchment paper.
5. Bake for 2 hours or until dry.

Lemon Curd

1. In a blender add all the lemon curd ingredients and combine until smooth.
2. Place a medium saucepan over medium heat. Once heated pour in custard. Whisk until a thick desired consistency has been reached, about 4-5 minutes.

Plating

1. Garnish with fresh fruit and lemon curd for service



Cost

Recipe: \$1.55

Per Serving: \$0.33



Photo Credit: Jason Viglione/Sodexo Canada



Asparagus Buckwheat Crêpes

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Non-dairy milk, unsweetened	1	cup		
All-purpose flour	1	cup	120	g
Buckwheat flour	½	tsp		
Baking powder	1	tsp		
Sugar	1	tbsp	15	g
Salt	1	tsp	4	g
Olive oil	2	tbsp		
Soda water	½	cup		
Asparagus	12	individual		
Béchamel Sauce				
Olive oil	3	tbsp		
All-purpose flour	2	tbsp	24	g
Non-dairy milk, unsweetened	2	cups		
Tarragon	1	tsp	1.5	g
Salt & pepper				

Preparation:

Béchamel Sauce

1. Heat the olive oil in a small saucepan and add the flour. Whisk vigorously.
2. Once the flour and oil have browned and cooked, add the soy milk and continue stirring over a low heat until the sauce has thickened.
3. Add the tarragon and season to taste with salt and pepper then allow to cool.

Crêpes

1. Blanch the asparagus in salted water and set aside.
2. Mix all the flour, sugar, salt, and baking powder in a mixing bowl.
3. Add the non-dairy milk and olive oil and blend thoroughly.
4. Add the soda water.
5. In a non-stick skillet over medium-high heat, pour ¼ cup of batter and spread it to cover the whole skillet.
6. Cook for 1 to 2 minutes until the edges start to curl up then flip and cook again for 1 minute. Repeat the above process until all the batter is used.
7. To assemble the crêpes, lay the crêpes on a table, place 1 piece of blanched asparagus in the center and roll. Drizzle with Béchamel sauce and serve.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Ian Bilodeau/Sodexo Canada



Photo Credit: Boopathi Venkatesan/Sodexo Canada



Photo Credit: Boopathi Venkatesan/Sodexo Canada



Avocado Fries

Servings: 8

Serving size: 4 pieces

Preparation time: 12 minutes

Frying Cook time: 2 minutes

Baking Cook time: 14 minutes

Total time: 14-26 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Avocado, large, pitted and peeled	4	each		
All-purpose flour	½	cup	75	g
Soy milk	1	cup	250	mL
Panko breadcrumbs	1 ¼	cups	310	mL
Cajun seasoning	1	tbsp	15	mL
Oil for baking, optional	2	tbsp	30	mL

Preparation:

1. Preheat oven or deep fryer to 425°F (220°C). If baking, line a baking sheet with parchment paper.
2. Cut each avocado into eight pieces lengthwise.
3. In a medium bowl, combine flour and Cajun seasoning.
4. Set up the remainder of the breading station with flour mix, soy milk and panko breadcrumbs in separate bowls.
5. Next, coat each piece of avocado with flour mix, then soymilk, then panko breadcrumbs ensuring each piece is well coated.
6. Bake or fry until golden brown and crispy.
 - a. If frying, deep fry until golden brown, about 1 ½ to 2 minutes.
 - b. If baking, spray or drizzle each piece with olive oil and bake until golden brown and crispy, approximately 10 minutes, turning halfway through for even browning.

Serving Information

Serve with Cilantro Lime Aioli (see recipe) or Chef's choice of spicy dipping sauce.

Cost

Recipe: \$8.44 Per Serving: \$1.06





Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Avocado Toast with Roasted Chickpeas and Arugula

Servings: 12

Serving size: 1 Piece (125g)

Preparation time: 25 minutes

Cook time: 30 to 35 minutes

Total time: 55 to 60 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Chickpeas, canned, drained, rinsed, and patted dry	2	19-oz cans	1124	mL
Vegetable oil	4	tsp	20	mL
Garlic powder	1	tsp	5	mL
Chili powder	1	tsp	4	g
Cayenne pepper	¼	tsp	1	g
Salt	2 ¼	tsp	9	g
Avocado, quartered and pitted	6	each		
Lime juice, fresh	3	tbsp	45	mL
Olive oil	¼	cup	60	mL
Lemon juice, fresh	3	tbsp	45	mL
Ground black pepper	Pinch			
Arugula	6	cups	1 ½	L
Multigrain bread	12	slices		

Preparation:

1. Preheat oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss together chickpeas, vegetable oil, garlic powder, chili powder, cayenne, and 1 tsp of salt, until chickpeas are well coated.
3. On the baking sheet, evenly distribute the chickpeas. The chickpeas should not overlap or touch.
4. Place in the oven and bake until crispy, about 30 to 35 minutes. Remove from the oven and allow to cool.
5. Meanwhile, in a medium bowl, scoop avocado flesh and add lime juice, 1 tsp salt and black pepper. Mash until thoroughly combined.
6. In a small bowl, whisk together olive oil and lemon juice. Add remaining salt and season with pepper to taste. Toss with arugula.
7. Toast bread.
8. For service: Spread avocado mixture on toast, top with crispy chickpeas then arugula. Repeat with remaining toast.



Cost

Recipe: \$18.39

Per Serving: \$1.53

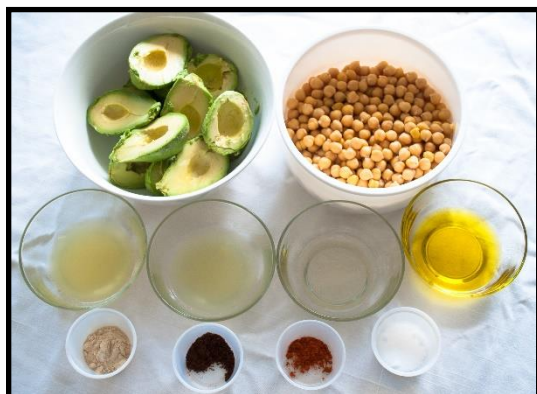


Photo Credit: Christine Hotz

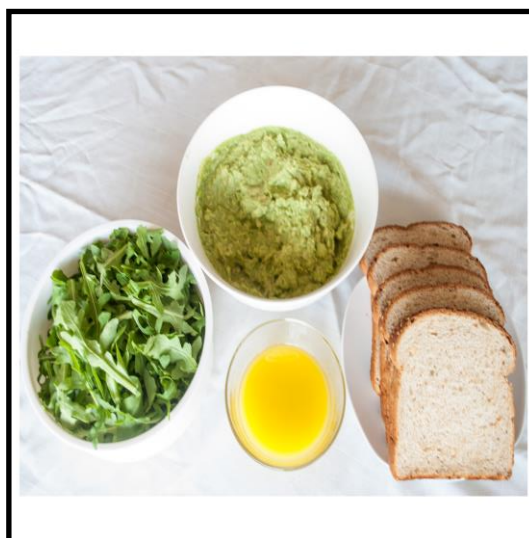


Photo Credit: Christine Hotz

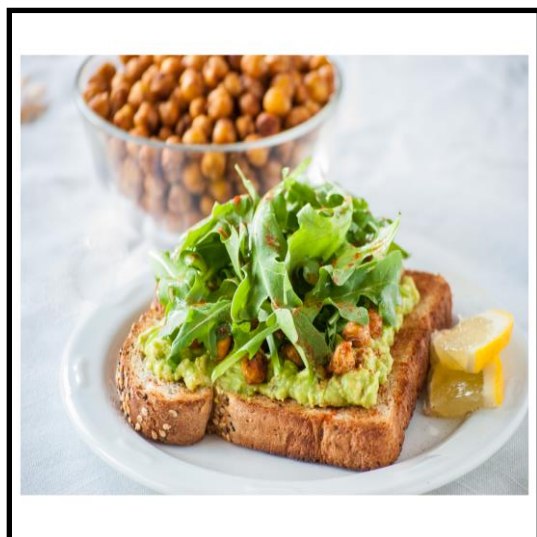


Photo Credit: Christine Hotz



Baked Zucchini Chips

Servings:
 Serving size:
 Preparation time:
 Cook time: 35 minutes
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Zucchini	1	individual		
All-purpose flour	1	tbsp	12	g
Garlic powder	1/2	tsp		
Smoked paprika	1/4	tsp	1	g
Salt	1/2	tsp	2	g

Preparation:

1. Preheat your oven to 350°F (177°C) and lightly oil a baking sheet.
2. Slice the zucchini into thin rounds.
3. Mix the flour, paprika, garlic powder and salt together in a medium bowl.
4. Toss the zucchini coins in the bowl and make sure they are all well coated.
5. Lay the coins down on the baking sheet and bake for 35 minutes, flipping them over once at the halfway point.
6. Let cool on a wire rack.

Cost

Recipe: \$1.07

Per Serving: \$



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Banh Mi

Servings: 4

Serving size: 1 piece (200g)

Preparation time: 45 minutes

Cook time: 10 minutes

Total time: 55 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Carrots, julienne	1	cup	250	mL
Cucumber, julienne	1	cup	250	mL
Mirin	¼	cup	60	mL
Rice vinegar	¼	cup	60	mL
Tofu, firm, drained, cut in 3 sections, then quartered	24	oz	700	g
Garlic, minced	4	cloves		
Sesame oil	¼	cup	60	mL
Tamari	½	cup	125	mL
Chili sauce, like sriracha	1	tsp	5	mL
Jalapeños, fresh, sliced	2	each		
Cilantro, fresh, chopped	2	tbsp	30	mL
Green onions, fresh, sliced	2	stalk		
Lime juice, fresh	2	tbsp	30	mL
Vegan Mayonnaise	½	cup	125	mL
Soft hoagie rolls, sliced in ½	4	each		

Preparation:

1. In a large bowl, add carrots, cucumber, mirin, and vinegar. Allow to marinate in the fridge for 30 minutes.
2. In a medium bowl, whisk together garlic, sesame oil, tamari, and chili sauce. Marinate tofu in sauce for 30 minutes.
3. Over low heat, in a non-stick pan or on the grill, cook tofu without oil for 10 minutes, flipping once, until each side is browned. Reserve marinade.
4. In a small bowl, whisk together lime juice and vegan mayonnaise.
5. To assemble the sandwich: spread 1 tbsp of lime mayonnaise on a bun, then top with the marinated vegetables and tofu with remaining sauce. Garnish with jalapenos, cilantro, and green onions.

Cost

Recipe: \$16.08

Per Serving: \$2.01





Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



BBQ Tofu with Ranch and Crudit 

By Amy Symington

Servings: 24

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Grapeseed oil	¼	cup	60	mL
Organic firm tofu, cut into ½" thick, 2.5" long triangles	4.4	lbs	2	kg
Garlic, finely minced	8	cloves	40	g
Smoked paprika	¾	oz	20	g
Red chili pepper flakes	1	tbsp	6	g
Tomato paste	10	oz	240	g
Water	2	cups	500	mL
Maple syrup	¾	cup	175	mL
Apple cider vinegar	½	cup	125	mL
Soy sauce	2	tbsp	30	mL
Ranch				
Raw sunflower seeds, soaked for 30 minutes	10	oz	290	g
Water	1	cup	250	mL
Lemon, juiced	1 ½	lemons	60	mL
Apple cider vinegar	½	cup	125	mL
Garlic, minced	2	cloves	10	g
Red onion, minced	1 ¼	oz	35	g
Chives, finely chopped	1	tbsp	5	g
Parsley, finely chopped	1	tbsp	5	g
Dill, finely chopped	1	tbsp	5	g
Garnish				
Carrots, medium, cut into b�tons	12	pcs	1	kg
Celery stalks, cut into b�tons	2	heads	700	g



BBQ Tofu with Ranch and Crudité (Cont'd)

Preparation:

1. In 2 large sauté pans over medium-high heat add 3 tbsp (45 mL) of oil to each pan. Once oil is heated add tofu and sear until golden brown, about 5 minutes. Be patient. Do not flip in between as the tofu will stick and fall apart. Once brown carefully flip over and allow to brown on the other side, about 4 minutes. Remove from heat and set aside.
2. Meanwhile in a medium saucepan over medium-high heat add remaining oil. Once heated add garlic, smoked paprika and red chili pepper flakes. Sauté until fragrant, about 2 minutes.
3. Next, whisk in tomato paste and cook out metallic taste of paste, about 3 minutes.
4. Next, whisk in water, maple syrup, cider vinegar and tamari and allow to simmer for 15 minutes. Remove from heat.
5. Dipping sauce: In a high-powered blender, place all ingredients except the fresh herbs and blend until smooth and creamy.
6. Stir in herbs and set aside.
7. When ready to serve, place sauté pans with tofu back over medium heat. Divide BBQ sauce equally between the two pans. Toss tofu in sauce until completely coated. Ensure that the tofu and sauce are warmed through, then serve 5 to 6 pieces with 3 tbsp (45 mL) dipping sauce and 4 carrot and 4 celery bâtons.

Cost

Recipe: \$

Per Serving: \$



Biscuits

Servings: 6

Serving size: 1 piece (43g)

Preparation time: 8 minutes

Cook time: 15 to 20 minutes

Total time: 23 to 28 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Self-rising flour	1 ¼	cup	187	g
Dairy free margarine	¼	cup	60	mL
Non-dairy milk, plain, unsweetened	½	cup	125	mL

Preparation:

1. Preheat oven to 400 °F (205 °C) and line a baking sheet with parchment paper.
2. In a large bowl, add flour, reserving 2 tbsp for dusting and rolling. Cut shortening into flour to form pea-sized lumps.
3. Add non-dairy milk and combine. Do not overmix.
4. Roll out to a thickness of about 3 cm and cut into 6 square biscuits.
5. Bake for 15-20 minutes or until golden brown.

Cost

Recipe: \$1.49

Per Serving: \$0.25



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Black Bean Seitan Burgers with Avocado Lime Mayo

By Amy Symington

Servings: 24

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Extra virgin olive oil	4	tbsp	60	mL
Medium onions, diced	4	each	1.36	kg
Garlic heads, finely minced	2	each	76	g
Dried oregano leaves	¼	cup	12	g
Ground cumin	¼	cup	24	g
Cremini mushrooms, diced	4	cups	312	g
Sunflower seeds	2	cups	274	g
Black beans, cooked, drained & rinsed, divided	4	cups	685	g
Vital wheat gluten	1	cup	120	g
Brown rice, cooked	4	cups	660	g
Soy sauce	1	tbsp	15	mL
Sea salt	1	tsp	6	g
Toppings				
Tomatoes to taste	10 ½	oz	300	g
Red onion to taste	4 ¼	oz	120	g
Iceberg lettuce to taste	4 ¼	oz	130	g
Dill pickles	7	oz	200	g
Desired condiments — ketchup, vegan mayo, mustard				

Preparation:

1. In a large skillet over medium heat add oil. Once heated, add onion and sauté until translucent, about 4 minutes.
2. Add garlic, oregano, cumin and mushrooms and sauté until fragrant, about 3 minutes.
3. Meanwhile, in a food processor add sunflower seeds and pulse until coarsely ground. Add cooked vegetable mixture, half the beans and vital wheat gluten. Pulse until mixture comes together. In a large bowl, combine puréed mixture, remaining beans, rice, soy sauce and salt. Stir until combined.
4. Form mixture into 24, 4-inch patties and transfer to parchment lined baking sheets. Brush with oil and bake for 25-30 minutes or until heated through and crisp on the outside. Meanwhile, prep toppings for burger.
5. To assemble burger: Place burger on bun and top with condiments of choice, tomatoes, onions and lettuce.

Cost

Recipe: \$1.49

Per Serving: \$0.25



Photo Credit: Jeff L'Ecuyer/Sodexo Canada



Photo Credit: Jeff L'Ecuyer/Sodexo Canada



Photo Credit: Jeff L'Ecuyer/Sodexo Canada



Photo Credit: Jeff L'Ecuyer/Sodexo Canada

Blueberry Muffins

Servings: 24 standards size or 12 jumbo size

Serving size: 1 piece (70g Standards) (125g Jumbo)

Preparation time: 16 minutes

Standard cook time: 20 minutes

Jumbo cook time: 32 minutes

Total time standards: 36 minutes

Total time jumbo: 48 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Whole wheat or spelt flour	4	cups	1000	mL
Baking powder	2 ½	tsp	5 ½	mL
Salt	½	tbsp	6	g
Sugar, granulated	1 ½	cups	210	g
Non-dairy milk, preferably soymilk	2 ¼	cups	560	mL
Vegetable oil	¾	cup	190	mL
Apple cider vinegar	1	tbsp	15	mL
Vanilla extract	½	tbsp	7.5	mL
Blueberries, frozen	3	cups	750	mL
All-purpose flour	2	tbsp	24	g

Preparation:

1. Preheat oven to 350°F (177°C) and grease or line muffin tray(s).
2. In a medium bowl, combine whole wheat or spelt flour, baking powder, and salt. Set aside.
3. In a small bowl, whisk together sugar, non-dairy milk, vegetable oil, and vanilla. Stir until combined. Set aside.
4. Gently fold in coated blueberries to the batter until evenly distributed.
5. Using ¼ measuring cup, scoop batter into muffin tray until gone (use ½ cup for jumbo muffins).
6. Bake for 18-20 minutes (30-35 minutes for jumbo size) or until an inserted toothpick comes out clean.

Chef's Tip

These can also be made with all-purpose flour for a lighter, more refined product. Spelt flour will result in a richer taste and colour, but slightly denser muffin.

Cost

Recipe: \$9.58

Per Serving: \$0.40 (\$0.80 for jumbo size)





Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Buttermilk Fried Tempeh

Servings: 7

Serving size: 6 pieces (79g)

Preparation time: 88 minutes

Cook time: Frying 13 minutes and Baking 34 minute

Total time frying: 1 hour 45 minutes

Total time baking: 2 hour 2 minutes

Ingredients Marinated Tempeh	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Non-dairy milk, unsweetened	2	cup	500	mL
Lemon juice, fresh	2	tbsp	30	mL
Oregano	2	tsp	1	g
Paprika	2	tsp	6	g
Garlic powder	1	tsp	5	mL
Pepper	1	tsp	5	mL
Tempeh, pulled apart into 1 inch cubes	3 ½	cups	450	g
Breading				
All-purpose flour	2/3	cup	80	g
Paprika	1	tsp	3	g
Garlic powder	1	tsp	5	mL
Cayenne pepper	¼	tsp	1	g
Salt	1	tsp	4	g
Ground black pepper	½	tsp	2	g
Vegetable oil (if baking)	2	tbsp	30	mL
Oil (if frying)				

Preparation:

1. If baking, preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Over low heat, in a small saucepan, whisk together milk, lemon juice, spices and salt.
3. Bring to a simmer. Allow to simmer 10-12 minutes whisking regularly.
4. Allow to cool and then add tempeh. Allow to marinate for 1 hour.
5. In a medium bowl, combine all breading ingredients. Dip tempeh pieces into breading mixture. Evenly coat tempeh.
6. For baking: Place tempeh cubes on baking sheet and brush or spray with oil. Bake in oven for 20 minutes, flipping after 10 minutes and spray the bottoms with oil. Bake another 10 minutes or until golden brown.
7. For frying: Heat vegetable oil in sauté pan and fry each side until golden brown, about 3 minutes in total.



Chef's Tip

Serve with Chef's choice of savoury/spicy sauce. These tempeh cubes are versatile and can be included as a protein source with noodle or rice-based stir fries.

Cost

Recipe: \$7.42

Per Serving: \$1.06



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Cheese Sauce

Servings: 16

Serving size: ¼ cup

Preparation time:

Cook time: 20 minutes

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Potatoes, peeled	2	cups	500	mL
Carrots	1	cup	250	mL
Salt, divided	1 ½	tsp	7.5	g
Extra virgin olive oil	⅓	cup	79	mL
Water	½	cup	125	mL
Lemon, juiced	1	tbsp	15	mL
Nutritional yeast	½	cup	125	mL
Garlic powder	½	tsp	3	g
Onion powder	½	tsp	2.5	mL
Cayenne	1	dash		

Preparation:

1. In a large stock pot filled with water, add potatoes and carrots with 1 tsp of the salt. Bring to a boil and cook until tender, about 20 minutes.
2. When done, drain and reserve liquid.
3. Put all ingredients (except the reserved liquid) in a blender and blend until smooth.
4. If cheese is too thick add a little of the reserved liquid.
5. Taste and add remaining salt if needed.

Cost

Recipe: \$2.69

Per Serving: \$0.30



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Cheesy Broccoli Rice Skillet

Servings: 6

Serving size: 1 cup

Preparation time: 14 minutes

Cook time: 13 minutes

Total time standards: 27 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Broccoli florets	1	lbs	454	g
Olive oil	1	tsp	5	mL
Onion, medium chopped	1	cup	250	mL
Celery, small chopped	1	cup	250	mL
Chili powder	2	tsp	8	g
Cumin powder	1	tsp	3	g
Garlic powder	1	tsp	5	mL
Black beans, cooked or canned, drained	1	19 oz can	562	mL
Coconut milk, canned	½	can	200	mL
Brown rice, cooked	2	cups	500	mL
Nacho cheese, divided, see additional recipe	1 ¾	cup	440	mL
Salt	½	tsp	2	g
Optional: Non-dairy cheddar Cheese, shredded, to garnish	1	cup	250	mL

Preparation:

1. In a 4-quart pot, add broccoli and cover with water. Bring to a boil. Cook until tender-crisp (should be slightly undercooked). Drain and set aside.
2. Heat olive oil in a skillet over medium-low heat. Sauté onion and celery until softened, about 4 minutes.
3. Add chili, cumin, and garlic powder and sauté until fragrant, about 1 minutes.
4. Add black beans to the skillet and heat through, about 2 minutes. Next, add coconut milk, stir to combine, and bring to a simmer, about 2 minutes.
5. Stir in cooked rice, and 1 cup of nacho cheese. Now add the broccoli and heat through until broccoli is just tender, about 2 minutes.
6. Add salt and adjust seasoning.
7. Serve and top each portion with 2 tbsp of nacho cheese or shredded non-dairy cheddar cheese (optional).

Chef's Tip

This skillet dish can be served as a complete meal. To use as a side dish, simply omit the black beans and reduce serving to ½ cup.

Cost

Recipe: \$11.48

Per Serving: \$1.91



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Chickpea Omelet

By Amy Symington

Servings: 12

Serving size:

Preparation time:

Cook time:

Total time standards:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Chickpea flour	6	cups	680	g
Nutritional yeast	16	tbsp	80	g
Baking powder	4	tsp	16	g
Turmeric	2	tsp	4	g
Cumin, ground	4	tsp	8	g
Onion powder	2	tsp	4	g
Black salt	3	tsp	12	g
Garlic, puréed	12	cloves	48	g
Soy milk, unsweetened	6	cups	1.5	L
Apple cider vinegar	4	tbsp	60	mL
Grapeseed oil	8	tbsp	120	mL
Garnish				
Tomatoes, seeds removed, diced	12	individual	1440	g
Baby spinach	6	oz	160	g
Fresh herbs (dill, parsley, chives)	2	oz	60	g
Vegan cheese (optional)	6	oz	180	g

Preparation:

1. In a large bowl, whisk together dry ingredients and set aside. In a large bowl whisk together the wet ingredients. Whisk the wet into the dry ingredients. Let stand for 5 minutes.
2. Next, in a large cast iron pan over medium heat, add 2 tsp of the oil. Once heated scoop 1 cup of batter and pour into pan.
3. When bubbles appear, about 1-2 minutes, sprinkle on tomatoes, spinach, and fresh herbs and top with cheese. Cover for 1 minute to allow omelet to cook through entirely and for spinach to wilt and cheese to melt.
4. Next gently fold the omelet in half and plate. Drizzle with hollandaise sauce and top with herbs.



Cost

Recipe: \$11.48

Per Serving: \$1.91



Photo Credit: Amy Symington



Cabbage Rolls

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Brown lentils, cooked and drained	4	cups		
Brown rice, cooked and drained	12	cups		
Mushrooms, diced	2	L		
Onions, diced	4	each		
Garlic, diced	2	tbsp		
Caraway, ground	2	tbsp		
Paprika	2	tbsp	16	g
Tomato sauce	2	cup		
Thyme	3	tbsp		
Dill	3	tbsp		
Parsley	2	tbsp		
Salt & pepper, to taste				
Cabbage leaves, blanched	24	each		

Preparation:

1. Cook lentils and rice thoroughly (use the same water if possible). Drain and set aside
2. In a large pot, cook onions in oil until translucent.
 - a. Add spices and herbs to onions and cook until aromatic (approximately 2-3 minutes).
 - b. Add mushrooms and cook on high till mushrooms release liquid.
 - c. Add rice and tomato sauce, lower heat, and simmer to allow rice to absorb sauce.
 - d. Add lentils, mix well and season to taste. Set aside to use as filling.
3. Spread a blanched cabbage leaf onto a slightly dampened work surface. Fill with ½ cup of lentil & rice mixture. Fold the bottom of the leaf over the fillings, firmly tucking them into each other, then fold the sides over the center, and continue rolling until the cabbage roll is seam side down.

Cost

Recipe: \$

Per Serving: \$



Caesar Salad

Servings: 6-8

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Dressing				
Hummus	¼	cup	60	mL
Dijon mustard	2	tsp	10	mL
Lemon juice, fresh	¼	cup	60	mL
Lemon zest	1	tsp	5	mL
Capers (with brine)	2	tbsp	30	mL
Garlic, minced	1-2	cloves		
Olive oil	3	tbsp	45	mL
Cashew parmesan				
Raw cashews	¾	cup	177	mL
Nutritional yeast	3	tbsp	45	mL
Garlic powder	1	tsp	5	mL
Salt	½	tsp	2.5	g
Romaine lettuce, chopped into bite size pieces	1	head		

Preparation:

Dressing

1. In a small mixing bowl, whisk together hummus, Dijon mustard, lemon juice and zest.
2. Remove capers from brine and mince. Add capers and garlic to the bowl whisk thoroughly to combine.
3. Next, gradually whisk in olive oil and brine from capers until desired creaminess is reached.
4. Season with salt and pepper to taste.

Cashew parmesan

1. In a blender or grinder add all ingredients. Pulse 4-5 times or until a parmesan consistency is reached.



Assembly

- 1. Toss dressing romaine lettuce.
- 2. Sprinkle with cashew parmesan and enjoy.

Cost

Recipe: \$10.67

Per Serving: \$1.78



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Caesar Salad with Tempeh Bacon

By Amy Symington

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Tempeh, thinly sliced			350	g
Reduced-sodium tamari	3	tbsp		
Pure maple syrup	2	tbsp		
Grapeseed oil	1	tbsp		
Smoked paprika	1	tbsp	6	g
Dressing				
BPA-free canned cannellini beans, rinsed and drained	2	cups		
Garlic	2	cloves		
Lemon, zested and juiced	1			
Extra virgin olive oil	¼	cup		
Nutritional yeast	¼	cup		
Apple cider vinegar	2	tbsp		
Dijon mustard	2	tsp		
Sea salt, optional	¼	tsp		
Almond parmesan				
Almond flour/meal	¼	cup		
Nutritional yeast	¼	cup		
For serving				
Kale, torn into bite-size pieces	2	heads		
Sun-dried tomatoes, sliced	¼	cup		
Capers, finely chopped	1	tbsp		

Preparation:

1. Preheat oven to 400°F (204°C) and line a large baking sheet with parchment paper.
2. In a large bowl, toss together all tempeh bacon ingredients and evenly arrange on baking sheet. Cover tempeh with any remaining liquid from bowl. Bake for 15 to 18 minutes, or until all liquid has evaporated and tempeh is firm. Let cool. Thinly slice lengthwise to create "bacon" slivers or cut in half. Set aside.
3. In a blender, place all dressing ingredients plus 2 tbsp of water and blend until very smooth. Set aside.
4. In a small bowl, mix almond parmesan ingredients together. Set aside.
5. In a bowl, toss dressing with kale, sun-dried tomatoes, and capers. Top with almond parmesan and tempeh bacon.
6. To store for future use, place kale into a resealable bag with a damp cloth or paper towel, transfer dressing to a Mason jar, and place parmesan and tempeh bacon in separate resealable bags. Refrigerate up to 5 days.

Cost

Recipe: \$

Per Serving: \$



Caesar Potato Salad

By Amy Symington

Servings: 8

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Potatoes — red, Yukon, sweet, purple, cut into 1-inch cubes	3	lbs		
Grapeseed oil	2	tbsp		
Cooked artichokes, thinly sliced	1	cup		
Sun-dried tomatoes, thinly sliced	¼	cup		
Large carrot, small dice	1			
Whole capers	3	tbsp		
Caesar dressing				
Fresh lemon juice (about 1 lemon), plus ¼ tsp lemon zest	½	cup		
Extra-virgin olive oil	2	tbsp		
Ground flaxseed	2	tbsp		
Dijon mustard	2	tsp		
Organic plain unsweetened soy milk	¼	cup		
Nutritional yeast	3	tbsp		
Puréed garlic	½	tsp		
Dulse flakes, optional	¼	tsp		
Pinch sea salt				
Garnish				
Parsley, chopped, approximately ¼ cup packed	¼	bunch		

Caesar Potato Salad (Cont'd)

Preparation:

1. Preheat oven to 375°F (190°C) and line 2 baking sheets with parchment paper.
2. In a large bowl, toss potatoes in oil. Spread potatoes evenly on to baking sheet and bake for 30-35 minutes until fork tender and slightly brown. Remove from oven and set aside.
3. Meanwhile, make the dressing. Add all dressing ingredients into a Mason jar and shake vigorously until thoroughly combined.
4. In a large bowl, add potatoes, dressing, artichokes, sun-dried tomatoes, carrot, and capers and toss until potatoes are completely coated.
5. Garnish with parsley. The salad will last in the fridge for up to 4 days.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Amy Symington



Photo Credit: Amy Symington



Cajun Black-Eyed Peas and Rice

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Black-eyed peas, dry, rinsed	1	lbs	454	g
Vegetable oil	1	tbsp	15	mL
Onion, chopped	½	cup	125	mL
Garlic, fresh, minced	1	tbsp	3	cloves
Vegetable broth	2	qts	1.89	L
Cajun seasoning	1	tbsp	15	mL
Stewed tomatoes, canned	1	15-oz can	425.2	g
Cooked rice, preferably brown	2	cups	500	mL

Preparation:

1. In a medium pot, over medium heat add oil. Once heated add onion and garlic and sauté until soft, about 2 minutes.
2. Add dry black-eyed peas, Cajun seasoning, and vegetable broth, bring to a boil.
3. Once boiling reduce heat to medium heat and cover. Simmer until tender, ensuring that there is still liquid leftover.
4. Add stewed tomatoes and simmer for an additional 5 minutes.
5. Next stir in cooked rice. Taste and adjust seasoning.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada

Cannellini Bean Alfredo Sauce

By Amy Symington

Servings: 3 cups

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Cooked white kidney beans (cannellini beans), drained and rinsed	2	cups		
Lemon zested and juiced	1			
Extra virgin olive oil	¼	cup		
Garlic (add more if you're feeling adventurous)	1-2	large cloves		
Vegetable stock	1	cup		
Salt and pepper to taste				

Preparation:

1. Place all ingredients into a blender and blend until smooth, about 3 minutes.
2. Next, in a sauce pan over medium heat add the cream sauce. Slowly whisk as the sauce begins to heat. Continue to whisk until the sauce is completely heated through, about 4 minutes. Adjust consistency with additional stock or water if needed.
3. Toss in your favourite cooked whole grain pasta or vegetable noodle along with your choice of chopped fresh herbs i.e., dill or basil. Serve.

Chef's Tips

1. If storing for later use, there is no need to heat. Just place into a Mason jar and keep until needed. Follow heating directions when ready to use.
2. For even more fibre and nutrients, add sautéed mushrooms and fresh spinach to the mix!

Cost

Recipe: \$

Per Serving: \$



Carrot Cake Cupcakes

Servings: 12 cupcakes
 Serving size: 1 cupcake
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Flaxseed, ground	1.2	oz	2.4	tbsp
Water, warm	¾	cup	177	mL
All-purpose flour	1.3	cups	160	g
Baking powder	1	tsp	5	mL
Baking soda	¼	tsp		
Cinnamon	1	tsp	5	mL
Salt	½	tsp	2	g
Brown sugar	¾	cup	177	mL
Sugar, granulated	¾	cup	105	g
Vegetable oil	1	cup	250	mL
Carrots, grated	2	cups	500	mL
Vanilla	1	tsp	5	mL
Cream cheese icing				
Non-dairy margarine	4	oz	½	cup
Vegetable shortening or coconut oil	1	cup	250	mL
Sugar, powdered	2	lbs	7.5	cups
Non-dairy cream cheese	4	oz	½	cup
Vanilla	1	tsp	5	mL

Preparation:

Cupcakes

1. Preheat oven to 350°F (177°C) and grease muffin tray.
2. In a small bowl, whisk together flaxseed and warm water. Set aside.
3. In a large bowl, whisk together flour, baking powder, baking soda, cinnamon, and salt. Set aside.
4. In a medium bowl, mix brown sugar, granulated sugar, oil, vanilla, and flaxseed mixture together.
5. Add flour mixture to wet mixture and mix well.
6. Next fold carrots into batter.
7. Using a ¼ cup measuring cup, scoop batter into greased muffin tray. Bake at 350°F (177°C) for 15-20 minutes.
8. Let cool and ice with cream cheese icing.



Carrot Cake Cupcakes Cont'd

Icing

1. In a stand mixer or using a hand mixer, combine margarine and shortening until creamy.
2. On low speed, slowly add powdered sugar until completely incorporated.
3. Next add cream cheese and vanilla. Mix until creamy. Do not add any more liquid, the cream cheese will make the icing soft and creamy.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Jessica Brooks/Chartwells Compass Group
Canada, Trent University Food Services

Carrot Lox (Slow Method)

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Carrots, unpeeled	6	each		
Coarse sea salt, divided	4	cups	1	L
Olive oil	2	tbsp	30	mL
Liquid smoke	1	tbsp	15	mL
Vinegar	1	tsp	5	mL

Preparation:

1. Preheat oven to 375°F (190°C).
2. Slow roast the carrots:
 - a. Place one cup of coarse sea salt into a small hotel pan.
 - b. Thoroughly wash and place wet carrots into the salt, making sure that the carrots are nestled in the salt and do not make contact with the bottom of the pan.
 - c. Pour approximately 1 more cup of salt evenly over the carrots and ensure they are fully covered in salt.
3. Place into the oven uncovered to roast for 1 ½ hours.
4. Once done, allow the carrots to cool just enough to be handled. Crack away and brush off any salt, then peel away the skin.
5. Using a mandolin or sharp knife, finely chop the carrots into jagged, thin strips.
6. Marinate the carrots: In a medium bowl, whisk together the olive oil, liquid smoke, and vinegar.
7. Drizzle over the warm carrots and toss well to coat. Place in the refrigerator for 24 hours.
8. Serve on bagels with non-dairy cream cheese.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Carrot Lox (Quick Method)

By Amy Symington

Servings: 6

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Grapeseed oil	1	tbsp	15	mL
Reduced-sodium tamari	1	tbsp	15	mL
Liquid smoke	1	tsp	5	mL
Sea kelp seasoning	1	tsp	5	g
Sea salt	½	tsp		
Large carrots, peeled into long, thin strips	2	each		
Suggested Serving Garnishes				
Cashew Cream Cheese (see recipe)				
Chef's choice of bagel	6	each		
Chef's choice of garnish (capers, pickled onions, dill, etc.)				

Preparation:

1. Preheat oven to 400°F (204°C). In a large bowl, whisk together oil, tamari, liquid smoke, kelp seasoning and salt. Add carrots and coat completely. Marinate for 30 minutes at room temperature.
2. Pour marinade and carrots into a 9 x 13-inch baking dish, ensuring that the carrot strips are laying somewhat flat. Bake for 18 to 20 minutes, until carrots are tender, but firm. Set aside to cool.

Serving Information

To assemble, cut chef's choice of bagel in half. Place cashew cream on 1 side, then add the carrot. Garnish with chef's choice to finish.

Tips:

1. To make this recipe nut free, substitute the cashews for an equal amount of raw sunflower seeds.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Amy Symington



Photo Credit: Amy Symington



Photo Credit: Amy Symington

Carrot Osso Bucco with Polenta

Servings: 8

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients Osso Bucco	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Red pearl onions	8	oz	1	cup
Vegetable oil	1	tbsp	15	mL
Salt	1	tsp	4	g
Ground black pepper	1	tsp	2.75	g
Curry powder	1	tsp	5	mL
Dry red wine or vegetable broth	½	cup	125	mL
Dry porcini mushrooms, processed into powder	1	tbsp	15	mL
Prepared mushroom broth	1 ½	cups	375	mL
Carrots, cut into 2.5-cm chunks	4	cups	1	L
Fresh cremini mushrooms or button mushrooms	8	oz	1	cup
Parsley leaves, flat leaf	½	cup	125	mL
Lemon juice, fresh	2	tsp	10	mL
Polenta				
Non-dairy milk, unsweetened	3	cups	750	mL
Non-dairy margarine	1	tbsp	15	mL
Salt	1 ½	tsp	6	g
White pepper	1	tsp	5	mL
Yellow cornmeal	¾	cup	177	mL

Preparation:

1. Pre-heat oven to 350°F (177°C).
2. In a large stock pot, boil pearl onions for 1 minute.
3. Drain, trim, and peel onions.
4. Place an oven safe skillet over medium heat and add oil. Once heated, add carrots in a single layer. Season with salt and pepper. Heat until brown, about 5 minutes, flip and brown the other side, about 5 minutes.
5. Add pearl onions, sprinkle with curry powder, cook and stir until fragrant, about 1 minute.
6. Add mushroom broth and porcini powder, bring to a boil.
7. Next place into oven and braise carrots for about one hour or until tender. When carrots are tender, remove from oven and place on the stove top on low heat.



8. Meanwhile, in a small pan over medium heat add remaining oil. Once heated, add the fresh mushrooms and sauté until brown, about 5 minutes.
9. Next, add the sautéed mushrooms to the pan with the braised carrots along with red wine or vegetable broth. Bring to a boil. Once boiling, reduce to a simmer. Simmer until mushrooms are tender, about 3 minutes.
10. Meanwhile, prepare the polenta. In a medium pot over medium heat, warm non-dairy milk, and margarine together, about 2 minutes.
11. Next add salt and pepper and bring to a boil. Once boiling reduce to a simmer and add cornmeal a little at a time, whisking constantly.
12. Cook until a creamy and thick consistency is achieved, about 5-8 minutes.

Serving Information

Put ½ cup of polenta on to a plate. Top with ½ cup of carrots. Garnish with ½ tsp parsley leaves and drizzle with ⅛ tsp lemon juice.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Colin Hatherill/Chat Photography



Photo Credit: Vijay Nair/University of Guelph

Cashew Cream Cheese (Plain)

Servings: 10
 Serving size: 2 tbsp
 Preparation time: 5 minutes
 Cook time: n/a
 Total time: 5 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Cashews, raw	2	cups	500	mL
Lemon juice, fresh	¼	cup	60	mL
Salt	1	tsp	4	g
Dill, fresh, chopped	2	tbsp	30	mL

Preparation:

1. In a food processor add cashews, lemon juice, and salt. Process until creamy, about 3 minutes. Use 1 tbsp of water at a time to adjust consistency if needed.
2. Mold cashew cheese to desired shape. Roll in chopped dill or other fresh herbs of choice. Portion and serve.

Chef's Tip

To make this recipe nut-free, use an equal amount of sunflower seeds in place of the cashews.

Cost

Recipe: \$8.40

Per Serving: \$0.84



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Cashew Cream Cheese (Herbed)

By Amy Symington

Servings: 6

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Raw cashews, soaked in water for 45 minutes and drained	2	cups	500	mL
Water	½	cup	125	mL
Chives, fresh, finely chopped	2	tbsp	30	g
Dill, fresh, finely chopped	2	tbsp	30	g
Lemon juice	2	tbsp	30	mL
Sea salt	½	tsp	2.5	g
Ground black pepper	⅛	tsp		

Preparation:

1. In a high-powered blender, add cashews and water and blend until smooth.
2. Transfer nut mixture to bowl, fold in the remaining ingredients. Keep in the fridge in a resealable container. The cream cheese lasts for up to 4 days in the fridge.

Chef's Tip

To make this recipe nut-free, use an equal amount of sunflower seeds in place of the cashews.

Cost

Recipe: \$

Per Serving: \$

Cauliflower Flatbread

Servings: 10

Serving size: 4 x 4" (10 x 10cm)

Preparation time: 30 minutes

Cook time: 37 minutes

Total time: 67 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Cauliflower	2	lbs	908	g
Flax seed, ground	¼	cup	60	mL
Water, warm	1/3	cup	85	mL
Oat flour or oatmeal ground up in food processor or grinder	¾	cup	190	mL
Rice flour	¼	cup	60	mL
Garlic powder	½	tsp	2.5	mL
Salt	½	tsp	2	g

Preparation:

1. Preheat oven to 450°F (230°C).
2. In a medium pot bring water to a boil. Once boiling add cauliflower and cook until very tender, about 12-15 minutes. Allow to cool until it can be handled.
3. Meanwhile, in a small bowl, whisk together the ground flaxseed and warm water. Set aside.
4. Place cauliflower in a towel or cheesecloth and ring out until almost dry. This should yield about 2 cups of cooked cauliflower. Set aside.
5. In a food processor, combine cooked cauliflower, flax mixture, oat flour, rice flour, garlic powder, and salt. Pulse until it forms a large ball of dough. Do not over process – there should still be small pieces of cauliflower intact. Alternatively, pulse cauliflower until forming coarse mixture, then transfer to a bowl, add remaining ingredients, and stir until well combined and forming a dough.
6. Divide dough according to the desired size. Roll out dough between two pieces of parchment paper or wax paper (6-8mm thick), shaping into larger rectangles or circles for cutting slices, or into smaller sizes for individual portions. Transfer bottom layer of parchment with dough to a baking sheet.
7. Bake flatbread 20-25 minutes, flipping once after 15 minutes, until golden brown and slightly crispy.
8. Next, top with your favorite flatbread toppings and bake until vegetables are cooked, about 10 minutes.



Chef's Tips

1. This recipe produces about 160 square inches, or 1000 square centimeters of flatbread. Flatbread can be made ahead and frozen after the initial baking. Remove from freezer, top with Chef's choice of toppings, and bake at 450°F (220°C) for 10-12 minutes or until crispy and toppings are cooked.

Cost

Recipe: \$13.87

Per Serving: \$1.39



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Cauliflower & Lentil Fritters

Servings:
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Cornmeal	¼	cup	60	mL
All-purpose flour	1 ½	cups	180	g
Baking powder	1	tsp	5	mL
Salt	1	tsp	4	g
Black pepper, ground	2	tsp	5.5	g
Garlic powder	1	tsp	5	mL
Nutritional yeast	¼	cup	60	mL
Onion, small chop	1	cup	250	mL
Flax seed, ground	1	tbsp	15	mL
Water, warm	3	tbsp	45	mL
Cauliflower, pulsed in food processor	1	cup	250	mL
Lentils, cooked	1	cup	250	mL
Oil for frying, optional				
Soy buttermilk				
Soy milk	1 ½	cups	375	mL
White vinegar	1 ½	tbsp	22.5	mL

Preparation:

1. In a small bowl, mix ground flaxseed and warm water together. Set aside for 5 minutes.
2. In a separate bowl, whisk together soy milk and white vinegar to create the soy buttermilk. Set aside for 5 minutes.
3. In a medium bowl, add cornmeal, flour, baking powder, salt, black pepper, garlic powder, and nutritional yeast. Stir to combine ingredients well.
4. Add the flaxseed mixture and soy buttermilk to the bowl with the dry ingredients. Stir well to ensure all ingredients are combined.
5. Add cauliflower rice, onion, and cooked lentils to the batter. Cover with a piece of plastic and let rest for 10 minutes.



6. Bake or fry until golden brown and crispy.
 - a. If frying, preheat the deep fryer to 350°F (177°C). Use a small portion scoop (walnut size) to dip and put batter into the deep fryer. Cook the fritters for 2-3 minutes per side (turning them once). The fritters are cooked when they are golden brown in colour. Repeat until the batter is gone.
 - b. If baking, use a small portion scoop (walnut size) to dip and place batter onto a baking sheet lined with parchment. Repeat until the batter is gone. Bake in a 425°F (220°C) oven until golden brown and crispy, approximately 10 minutes.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Amy Frank/Sodexo Canada

Cauliflower Lentil Curry

Servings: 8

Serving size: 1 cup

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Vegetable oil	2	tbsp	30	mL
Onion, chopped	1	cup	250	mL
Garlic, fresh, minced	1	tbsp	15	mL
Ginger, fresh, peeled, minced	1	tbsp	15	mL
Cumin	1	tsp	3	g
Curry powder	2	tbsp	30	mL
Turmeric	½	tsp	1	g
Vegetable stock	1	qt	1	L
Golden lentils	1	lbs	454	g
Cauliflower, small florets	1	head		
Carrots, medium dice	1	cup		
Coconut milk, canned	1	15-oz can	200	mL
Salt	1	tsp	4	g
Ground black pepper	1	tsp	2.75	g

Preparation:

1. In a large pan, over medium-high heat, add 1 tbsp of oil. Once heated, add onions and sauté until soft, about 3 minutes.
2. Add garlic, ginger, cumin, turmeric, curry, and ½ teaspoon of salt and pepper. Cook until fragrant, about 2 minutes.
3. Stir in lentils and pour in stock. Bring to a boil, then reduce to a simmer. Cook for 10 minutes or until tender lentils are tender. DO NOT OVERCOOK.
4. Meanwhile, over medium heat in a large pan, add the remaining oil. Once heated add cauliflower and carrots and cook for 2-3 minutes, until lightly brown.
5. Add cauliflower carrots mix and coconut milk to the lentil mixture.
6. Bring to a gentle simmer and cook until vegetables are tender, about 10 minutes.
7. Taste and adjust seasoning with remaining salt and pepper.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Colin Hatherill/CHat Photography



Cauliflower Buffalo Wings

Servings: 10

Serving size: ½ cup

Preparation time: 16 minutes

Cook time: 30 minutes

Total time: 46 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Battered Cauliflower				
Chickpea flour or all-purpose flour	1	cup	120	g
Salt	¼	tsp	1	g
Garlic powder	¼	tsp	1	mL
Paprika	¼	tsp	1	g
Water	¾	cup	190	mL
Cauliflower, broken into medium-sized florets	6	cups	1500	mL
Buffalo Sauce				
Frank's Red Hot Sauce	2/3	cup	165	mL
Vegetable oil	¼	cup	60	mL
Tamari or soy sauce	½	tsp	2	mL
Maple syrup	1	tbsp	15	mL
Smoked paprika	1	tsp	3	g
Garlic powder	¼	tsp	1	mL
Cooking oil spray or vegetable oil	1	tbsp	15	mL
Non-dairy ranch dressing (or see recipe Ranch Dressing/Dip)	8	oz	2	cup

Preparation:

1. Preheat oven to 450 °F (230 °C) and line a baking sheet with parchment paper.
2. To prepare batter, in a medium bowl whisk together flour, salt, garlic powder, and paprika until combined. Make a well in the center and slowly whisk in the water.
3. Dip cauliflower florets in batter and lay on a wire rack. Allow excess batter to drip.
4. Place cauliflower on baking sheets then spray tops with a bit of oil.
5. Bake for 20-25 minutes or until cauliflower is crisp and browned but still firm. Do not overbake or the cauliflower will turn soft.
6. Toss baked cauliflower with the Buffalo sauce to coat.
7. Serve hot with 1 tbsp of ranch sauce per portion.

Cost

Recipe: \$9.60

Per Serving: \$0.96



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Cauliflower Fried Rice

Servings: 10
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Cauliflower, fresh, cut into florets	4	cups	1	L
Sesame or olive oil	2	tbsp	30	mL
Shallot, minced	1	each		
Garlic, fresh, minced	1	clove		
Peas and carrots, frozen	½	cup	125	mL
Corn, frozen	½	cup	125	mL
Zucchini squash, julienne	¼	cup	60	mL
Yellow squash, julienne	¼	cup	60	mL
Broccoli, florets	¼	cup	60	mL
Soy sauce, reduced sodium	2	tbsp	30	mL

Preparation:

1. In a food processor add cauliflower florets and pulverize until small and the texture resembles rice.
2. In a medium skillet, over medium-high heat add oil. Once heated, add shallots and garlic. Sauté until soft, about 3-4 minutes.
3. Next add peas, carrots, corn, zucchini, yellow squash, and broccoli florets. Sauté until slightly tender, about 3-4 minutes.
4. Next add cauliflower rice to the vegetables. Cook for another 5 minutes. Make sure to toss the mixture to prevent sticking.
5. Next add soy sauce and cook through, about 2 minutes.
6. Taste and adjust seasoning if needed.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HIS Canada



Cheesy Potato Soup

Servings: 6

Serving Size: 1 cup (275g)

Preparation time: 22 minutes

Cook time: 38 minutes

Total time: 60 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Nacho cheese sauce				
Russet potatoes, diced	1	cup	250	mL
Carrots, diced	½	cup	125	mL
Olive oil	3	tbsp	45	mL
Reserved potato water	¼	cup	60	mL
Lemon juice	2	tsp	10	mL
Nutritional yeast	¼	cup	60	mL
Salt, divided	½ + ¼	tsp	3.75	g
Garlic powder	¼	tsp	1	mL
Onion powder	¼	tsp	1	mL
Cayenne	1	pinch		
Soup				
Russet potatoes, peeled, medium dice	4	cups	1	L
Onion, small dice	1	cup	250	mL
Celery, small chop	1	cup	250	mL
Dairy-free margarine or vegetable oil	2	tbsp	30	mL
Vegetable stock or water	2-3	cups	500-750	mL
Salt	1	tsp	5	g
Cayenne pepper	1	pinch		
Coconut milk, canned	1	cup	250	mL
Green onion, sliced	1	stalk		

Cheesy Potato Soup (Cont'd)

Preparation:

1. Prepare nacho cheese sauce. In a medium pot, place potatoes and carrots, cover with water and add ½ tsp of salt. Bring to a boil, reduce to medium heat and cook until tender, about 10 minutes.
2. When done, drain and reserve liquid.
3. Place all nacho cheese ingredients into a blender. Blend until smooth. If cheese is too thick add a little more of the reserved liquid and set aside.
4. In a large pot, over medium heat, melt dairy-free margarine. Once melted, add celery and onions and sauté for 3-4 minutes.
5. Add potatoes and enough stock or water to cover all vegetables. Bring to a boil. Once boiling reduce heat to medium. Next using a potato masher gently mash the potatoes, leaving some chunks.
6. Stir in nacho cheese and coconut milk. Heat through, about 5 minutes.

Chef's Tip

Serve with Chef's choice of savory/spicy sauce. These tempeh cubes are versatile and can be included as a protein source with noodle or rice-based stir fries.

Cost

Recipe: \$5.89

Per Serving: \$0.98



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Cherry & Chocolate Pavlova

Servings:
 Serving Size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Aquafaba (brine from canned chickpeas)	1/2	cup		
Sugar	1	cup	140	g
Apple cider vinegar	1	tsp		
Caster sugar	1/4	cup		
Cherries	1	cup		
Pomegranate molasses	1	tsp		
Coconut milk	2	400-g cans		
Dark chocolate, shaved	1/4	cup		

Preparation:

1. Whisk 1/2 cup aquafaba with hand mixer until very stiff.
2. Continue whisking for another 5 minutes while gradually adding the sugar and apple cider vinegar.
3. Spread out the whipped aquafaba onto a baking sheet and bake in the oven for 75-85 minutes until the top is firm.
4. While the aquafaba is baking, dissolve the 1/4 cup caster sugar in 1/2 cup of water over low heat. Remove the stalks of the cherries and add. Let simmer for 10 minutes.
5. Stir in the pomegranate molasses with the cherries and let cool.
6. Once the aquafaba is out of the oven and cool. Start assembling
7. Open the coconut milk cans and scoop out the thick creamy part, set aside the liquid. Whisk the creamy coconut fat for 2 to 3 minutes into a smooth mix.
8. Gently spread the whipped coconut milk onto the aquafaba.
9. Strain the cherry syrup and add spoonful of cherries on top of the whipped coconut milk.
10. Garnish with dark chocolate shavings and more cherry syrup as desired.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Haleesha Weerasinghe/Sodexo Canada



Photo Credit: Haleesha Weerasinghe/Sodexo Canada

Chia Pudding Power Bowl with Mixed Nuts

Servings: 10

Serving size: 1 ½ cup

Preparation time: 11 minutes + 12 hours set time

Cook time: n/a.

Total time: 12 hours 11 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Chia seeds	1 ½	cups	375	mL
Non-dairy milk	4 ½	cups	1125	mL
Vanilla extract	1 ½	tsp	7.5	mL
Maple syrup	¾	cup	180	mL
Cinnamon, ground	1	tsp	5	g
Topping				
Blackberries, fresh	2	cups	500	mL
Raspberries, fresh	2	cups	500	mL
Cranberries, dried	½	cup	125	mL
Mixed nuts	½	cup	125	mL
Pumpkin seeds	3	tbsp	45	mL
Sunflower seeds	3	tbsp	45	mL

Preparation:

1. In a medium bowl, whisk together chia seeds, milk, vanilla extract, maple syrup, and cinnamon until smooth.
2. Cover mixture and place in refrigerator overnight until set. It should have a thick pudding-like consistency.

Assembly

1. Place ¾ cup of the chia pudding into serving bowl.
2. Garnish with 3 tbsp each of fresh blackberries and raspberries, 1 tbsp each of dried cranberries and mixed nuts, and 1 tsp each of pumpkin seeds and sunflower seeds.
3. Serve cold.

Cost

Recipe: \$24.44

Per Serving: \$3.05





Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Chickpea Salad

Servings:

Serving size: ¼ cup

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Chickpeas, canned, drained, and rinsed	1	15-oz can	200	mL
Celery, diced	2	stalks		
Green onions, thinly sliced	3	each		
Dill pickles, small diced	¼	cup	60	mL
Red bell peppers, medium diced	¼	cup	60	mL
Vegan mayonnaise	3	tbsp	45	mL
Garlic, fresh, minced	1	clove		
Yellow mustard	1 ½	tsp	7.5	g
Dill, fresh stems removed, minced, optional	2	tsp	10	g
Lemon, fresh, juiced	2-3	tsp	10-15	mL
Sea salt	¼	tsp		
Ground black pepper	¼	tsp	1	g

Preparation:

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in celery, green onions, pickles, bell pepper, mayonnaise, and garlic until combined.
3. Stir in the mustard and dill, and season with the lemon juice, salt, and pepper, adjust to taste.
4. Serve ¼ cup on bread, in a wrap or lettuce leaf.

Cost

Recipe: \$

Per Serving: \$





Photo Credit: Vijay Nair/University of Guelph



Photo Credit: Riana Topan/HSI Canada



Chili & Garlic Roasted Chickpeas

Servings:

Serving size:

Preparation time:

Cook time: 35-45 minutes

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Chickpeas, canned, drained, rinsed, and patted dry	2	15-oz cans	200	mL
Vegetable oil	4	tsp	20	mL
Garlic powder	2	tsp	10	g
Chili powder	2	tsp	10	g
Cayenne	¼	tsp		
Salt	1	tsp	5	g

Preparation:

1. Preheat the oven to 425°F (218°C).
2. In a large bowl toss the chickpeas with oil and seasonings. Spread them out onto a full- sized sheet pan with no crowding. Bake until crisp, about 35-45 minutes.
3. Remove from the oven and cool.
4. Sprinkle on salads or in wraps or eat as a snack.

Cost

Recipe: \$

Per Serving: \$



Chipotle Sweet Potato Skins

Servings: 10

Serving size: ½ of a sweet potato

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Sweet potatoes: medium-sized potatoes work best	5	lbs	2.3	kg
Vegetable oil	2	tbsp	30	mL
Chipotle peppers	3	whole		
Garlic, fresh, minced	1	tsp	1	clove
Onion, minced	½	cup	125	mL
Oregano, fresh, finely chopped	1	tsp	5	g
Cumin powder	1	tsp	5	g
Chili powder	2	tsp	10	g
Salt	1	tsp	5	g
Ground black pepper	1	tsp	5	g
Black beans, canned, drained, rinsed	1	15- oz can	200	mL
Non-dairy cheddar cheese	2	cups	500	mL
Avocado, pitted, peeled, sliced, optional	2	cups	500	mL
Non-dairy sour cream, optional	1	cup	250	mL
Green onion, sliced	2	sprigs		



Chipotle Sweet Potato Skins (Cont'd)

Preparation:

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Prep the sweet potatoes by pricking them with a fork. Place on the baking sheet and bake until tender, about 50 to 60 minutes. Remove from the oven and allow to cool for 10 minutes.
3. Increase oven to 400°F (204°C).
4. Meanwhile in a medium sized skillet, add 1 tbsp of oil. Once heated add chipotle peppers, garlic, and onion and sauté until fragrant, about 3 minutes. Add the oregano, cumin, chili powder, salt, and pepper.
5. In a medium size stock pot over medium heat add the black beans. Once heated set aside.
6. 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 and set aside.
7. Coat the potato skins with the remaining oil, place back on to baking sheet and bake for 5 minutes or until slightly crispy. Remove from oven and set aside.
8. Meanwhile in a small bowl, combine the reserved sweet potato flesh, vegan cheese, and black beans.
9. Next, fill each potato skin with black bean and sweet potato filling. Top with more vegan cheese (or prepared nacho cheese) and place back into oven. Bake until cheese has melted, about 5 minutes.
10. Top with sour cream (if using) and sprinkle with green onion.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Chocolate Avocado Pie

By Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*

Servings: 6

Serving size: 1 x 8 inch pie plate

Preparation time:

Cook time:

Total time:

Ingredients Chocolate mousse	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Ripe avocados, large, pitted and skin removed	2	each		
Raw cocoa powder	1/3	cup		
Coconut milk	1/3	cup		
Maple syrup	3	tbsp		
Vanilla extract	1	tbsp		
Fresh lemon juice	2	tbsp		
Agar-agar	1	tbsp		
Date crust				
Walnuts	3/4	cup		
Pitted dates	3/4	cup		
Sea salt	1/8	tbsp		
Garnish				
Sliced blanched almonds	2	tbsp		
Cocoa nibs	2	tbsp		
Fresh fruit				

Chocolate Avocado Pie (Cont'd)

Preparation:

1. In a high-power blender, add all mousse ingredients. Process until completely smooth, about 5 minutes. Transfer mixture into a medium bowl and place in fridge to firm.
2. Meanwhile, in a food processor, add all crust ingredients and process until mealy, about 1 to 2 minutes. If necessary, use a rubber spatula to push down mixture to the center of the processor. Pour mixture into 8" pie pan(s), pressing evenly on the bottom and 1 inch up the walls.
3. Evenly spread the mousse atop the crusts. Garnish with almonds, cocoa nibs and fresh fruit (if using). Use parchment paper to cover the mousse, gently applying the paper directly onto the mousse. Cover completely with aluminum foil and place into freezer to firm for at least 2 hours.
4. Remove pie from freezer 30 minutes before service and allow to thaw on countertop. Slice (each) pie into 6 slices.

Tips:

1. A variety of nuts can be used for the crust in lieu of walnuts.
2. If agar-agar is difficult to find, omit and serve the pie partially frozen.
3. If not available, milk alternatives like soy or almond can be used in lieu of coconut milk.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Darren Kemper



Chocolate Avocado Pudding

Servings: 10

Serving size: ½ cup (129 g)

Preparation time: 17 minutes

Cook time: n/a.

Total time: 17 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Dairy-free chocolate chips, semi-sweet	1	cup	250	mL
Avocados, pitted, peeled	7	each		
Maple syrup	½	cup	125	mL
Cocoa powder, unsweetened	1	cup	250	mL
Vanilla extract	2	tbsp	30	mL
Salt	½	tsp	0.5	g
Non-dairy milk, unsweetened	½	cup	125	mL
Fresh fruit for garnish (e.g. berries, sliced bananas)				

Preparation:

1. Place a medium sized pot of water on the stovetop and bring to the boil. When ready place a heat safe bowl on top, creating a double boiler. Place the chocolate chips in the bowl until chocolate is melted and completely smooth. Set aside.
2. In a food processor add the remaining ingredients, including the melted chocolate. Blend until smooth, scraping the sides as needed. The consistency may vary depending on the size of the avocado used. If consistency is too thick, adjust by adding more non-dairy milk.
3. Cover and refrigerate until set, about 30 minutes.
4. Place the pudding into a piping bag with a star tip. In a small serving bowl, pipe the chocolate pudding and garnish with fresh fruit. Serve cold.

Cost

Recipe: \$16.11

Per Serving: \$1.61





Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Chocolate Cake

Servings: 8" 3-layer cake or 30 cupcakes

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
All-purpose flour	12	oz	340	g
Cocoa powder (not Dutch)	1.31	oz	50	g
Baking soda	1	tsp	5	g
Salt	½	tsp	0.5	g
Sugar, granulated	14	oz	396	g
Vegetable oil	4	oz	125	mL
Egg-free mayonnaise	6	oz	180	mL
Water, hot	12	oz	354.88	mL
White vinegar, distilled	1	tsp	5	mL
Chocolate Buttercream Icing				
Non-dairy margarine	12	oz	375	mL
Cocoa powder	1	cup	250	g
Karo syrup, corn syrup or maple syrup	8	tbsp	120	mL
Sugar, powdered	2	lbs	207.18	g
Non-dairy milk (add to above 1 teaspoon at a time)	2 (+-)	tbsp	30	mL

Preparation:

Cake

1. Preheat oven to 350°F (177°C) and grease either a 9 x 13 pan or 3, 8" rounds or 24 cupcakes/muffin tins.
2. In a medium bowl whisk together flour, cocoa powder, baking soda, and salt. Set aside.
3. In a separate bowl, using a hand mixer, blend sugar, vegetable oil, and egg-free mayonnaise until creamy.
4. While mixing, slowly add the dry ingredients to the wet until completely incorporated.
5. Add hot water and vinegar and continue to beat 2-3 minutes.
6. Evenly distribute the batter into your choice of baking pan or tin. Bake for 45 minutes for 9 x 13 pan, 30 minutes for the 8" rounds or 20-25 minutes for the muffin tins or until an inserted toothpick comes out clean. Remove from oven and allow to cool before icing.

Chocolate Cake (Cont'd)

Icing

1. In a stand mixer, add margarine, cocoa powder and syrup and mix until a paste has formed.
2. Next, add all of the powdered sugar and slowly mix on low speed.
3. Add the non-dairy milk 1 tsp at a time until creamy (be careful not to make it too soft).

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Photo Credit: Riana Topan/HSI Canada

Chocolate Chip Cookies

Servings:
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Non-dairy margarine	6	oz	180	mL
Sugar, granulated	1/2	cup	99	g
Brown sugar	3/4	cup	159.8	g
Applesauce, unsweetened	1/4	cup	60	mL
Karo syrup, white corn syrup	2	tsp	10	mL
Vanilla extract	1	tsp	5	mL
Flaxseed, ground	1	tbsp	15	mL
Water, warm	3	tbsp	45	mL
All-purpose flour	2	cups	240	g
Salt	1/4	tsp	1	g
Baking soda	1	tsp	5	g
Non-dairy chocolate chips	12	oz	360	mL
Optional: toasted pecans	1	cup	250	mL

Preparation:

1. Preheat oven to 375° F (190° C) and line baking sheet with parchment paper.
2. In a stand mixer, blend margarine, granulated sugar, brown sugar, applesauce, vanilla extract, and corn syrup until cream consistency is achieved.
3. Mix flaxseed with warm water and set aside until it becomes gelatinous, 3-5 minutes. Add to margarine and sugar mixture.
4. In a medium bowl, whisk together all-purpose flour, salt, and baking soda. Slowly add this to the flaxseed and sugar mixture and mix until all dry ingredients are incorporated. Remove bowl from stand.
5. Next fold in chocolate chips and nuts (if desired).
6. Scoop out 1 tbsp of cookie dough and place on baking sheet. Repeat with remaining dough ensuring cookies are about 2 inches apart to allow for spreading during baking. Place in oven and bake for 8-10 minutes or until golden brown.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Chocolate Cobbler

Servings: 12

Serving size:

Preparation time:

Cook time: 30-40 minutes

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Sugar, granulated, divided	2 ½	cups	495	g
All-purpose flour	2	cups	240	g
Cocoa powder, natural	1	cup	250	mL
Baking powder	4	tsp	20	g
Salt	½	tsp	0.5	g
Non-dairy milk	1	cup	250	mL
Non-dairy margarine, melted	⅔	cup		
Vanilla extract	1	tbsp	15	mL
Light brown sugar, packed	1	cup	213	g
Water, hot	2 ½	cups	625	mL

Preparation:

1. Pre-heat oven to 325°F (162°C).
2. In a stand mixer, combine 1 ½ cups of sugar, flour, ½ cup cocoa powder, baking powder, and salt.
3. Blend in non-dairy milk, margarine, and vanilla extract. Beat until smooth.
4. Pour batter into a greased ½ hotel pan.
5. In a medium bowl, whisk together 1 cup of granulated sugar, brown sugar, and remaining ½ cup of cocoa powder.
6. Spread evenly over batter.
7. Pour hot water over top; DO NOT STIR.
8. Bake for 30-40 minutes or until center is almost set. Let stand for a few minutes.
9. This is a pudding cake; the cake will rise to the top and the sauce will settle on the bottom.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Cilantro Cream Sauce

Servings:
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Raw cashews	1	cup	150	150
Water, divided	2 ½	cup	600	600
Cilantro stems and leaves			½	½
Salt	1	tbsp	8	g

Preparation:

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.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Amy Symington



Photo Credit: Colin Hatherill/CHAT Photography

Cinnamon Bun Cookies

By Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*

Servings: 24

Serving size:

Preparation time:

Cook time: 12 minutes

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Coconut oil	1	cup		
Maple syrup	½	cup		
Vanilla	1	tsp		
Spelt flour	2 ½	cups		
Ground flaxseed	2	tbsp		
Salt	½	tsp	2	g
Cinnamon filling				
Coconut oil	3	tbsp		
Spelt flour	2	tbsp		
Cinnamon	1	tbsp		
Maple syrup	2	tsp		
Vanilla	1	tsp		
Cashew cream icing				
Cashews	1	cup		
Water	¼	cup		
Maple syrup	3	tbsp		
Coconut oil	2	tbsp		
Vanilla extract	1	tsp		

Cinnamon Bun Cookies (Cont'd)

Preparation:

1. Preheat oven to 375°F (190°C) and line 2 baking sheets with parchment paper.
2. In a medium bowl, using a hand mixer, combine coconut oil, maple syrup, and vanilla. Mix until fully combined, about 2 minutes.
3. Next, in a large bowl whisk together flour, flaxseed and salt. Using the hand mixer, slowly mix the wet ingredients into the dry.
4. Transfer the dough onto a flat, dry, and floured surface. Using a rolling pin, roll out the dough to a 12" x 12" square.
5. Next, in a small bowl, whisk together the cinnamon filling. Using an offset spatula, evenly spread the filling on to the dough covering the entire surface all the way to the edges. Roll the dough into a tight log, wrap in parchment paper and place into the freezer for 20 minutes, until the dough is firm and sliceable.
6. Once the dough is firm, slice the log into 24 even cookies and place on to baking sheets.
7. Bake for 12 minutes or until cookies are golden brown. Remove from oven and allow to cool on a cooling rack.
8. Meanwhile in a food processor add all icing ingredients. Process until smooth and drizzle over cookies.

Tips:

1. If you plan to package these cookies, allow the icing to set beforehand. Alternatively, you can package the cookies and icing separately and ice the cookies prior to eating/service.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Darren Kemper

Cinnamon Rolls

Servings: 16

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Dough				
Water, warm (do not exceed 100F)	12	oz	355	mL
Dry active yeast	½	tsp		
Bread flour	21	oz	593	g
Sugar, granulated	2	oz	50.3	g
Non-dairy milk, preferably soy milk	1	oz	30	mL
Vegetable shortening	1	oz	28	g
Non-dairy margarine	1	oz	28	g
Salt	2	tsp	10	g
Filling				
Non-dairy margarine, melted, divided	½	cup	118	mL
Brown sugar	8	oz	227	g
Cinnamon, ground	2	tbsp	30	mL
Flat icing				
Sugar, powdered	½	lb	230	g
Non-dairy milk	2	tbsp	30	mL
Vanilla	1	tsp	5	mL

Preparation:

1. Preheat oven to 350°F (177°C) and line baking sheet with parchment paper.
2. In a small bowl, whisk together warm water and yeast. Set aside for 3-4 minutes, until bubbles begin to form.
3. In a stand mixer, add flour, sugar, soymilk, shortening, margarine and activated yeast mixture.
4. Using a dough hook, start at speed 1 mixing the dough.
5. When dough is blended, add salt, and change to speed 2 for 10 minutes.
6. When done, place in a warm proof box and let rise for approximately 45 minutes. Dough should double in size and be light and airy.
7. Remove dough and punch down. Let rest for 30 minutes.
8. Roll dough out into a rectangle, about ½-inch thick.
9. In a small saucepan or microwave, melt ½ cup margarine. Spread melted margarine on the dough.

Cinnamon Rolls (Cont'd)

10. Mix brown sugar, cinnamon and the other ½ cup of margarine.
11. Spread brown sugar mixture over dough with melted margarine.
12. Roll up and cut into 1" rolls. On a parchment lined tray, proof the rolls until double in size.
13. Bake for 20-25 minutes or until golden brown.
14. Remove cinnamon rolls from the oven and let cool while preparing the flat icing.
15. In a medium bowl, whisk together the icing ingredients until smooth.
16. Drizzle the cinnamon rolls with flat icing to finish.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Sylvie Felicite Sagna/Sodexo Canada



Photo Credit: Sylvie Felicite Sagna/Sodexo Canada



Photo Credit: Riana Topan/HSI Canada

Classic Red Lentil Dhal

Servings:
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Red lentils, rinsed and drained	2	cups	500	mL
Olive oil	3	tbsp	45	mL
Cumin seeds	2	tsp	10	g
Cinnamon stick	2	each		
Onion, diced	2	cups	500	mL
Garlic, fresh, minced	6	cloves		
Ginger, fresh, minced	1	tbsp	15	mL
Turmeric, ground	2	tsp	4	g
Cardamom, ground	1	tsp	5	mL
Paprika	2	tsp	10	g
Tomatoes, fresh or canned, whatever is available	?	?		
Lemon, fresh, juiced	3	tbsp	45	mL

Preparation:

1. In a medium saucepan, place 3 cups of room temperature water and rinsed lentils. Turn heat to medium, bring to a simmer and allow the lentils to cook until soft, about 20 minutes.
2. Meanwhile, over medium heat in a medium skillet, add oil. Once heated, add cumin seeds and cinnamon stick; cook for 60 to 90 seconds, until fragrant.
3. Add the onion, garlic, and ginger; cook for 4 to 5 minutes until the onions are turning translucent.
4. Add the turmeric, cardamom, paprika, salt, and tomato to the pan. Cook until the tomato begins to fall apart, about 2 to 3 minutes. Discard the cinnamon stick.
5. Once the lentils are cooked, drain off any excess water. Stir the spiced onion mixture into the pot of lentils. Add the lemon juice and stir well. Taste and add salt as needed.

Cost

Recipe: \$

Per Serving: \$

Coconut BLT

Servings: 12

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Unsweetened coconut flakes/raw coconut chips	4	cups	1	L
Liquid smoke (if too strong, smoked paprika or a smoker can be used)	2	tbsp	30	mL
Maple syrup	1	tbsp	15	mL
Tamari	2	tbsp	30	mL
Whole wheat tortillas 6"	12	each		
Iceberg lettuce, chopped and washed	6	cups	1500	mL
Italian tomatoes, sliced	4	cups	1	L
Creamy herb dressing				
Vegan mayo	1	cup	250	mL
Vegan sour cream	1	cup	250	mL
Lemon, juiced and zest	1	each		
White vinegar	2	tbsp	30	mL
Parsley, fresh, chopped	¼	cup	60	mL
Dill, fresh, chopped	4	tbsp	60	mL
Chives, fresh, chopped	¼	cup	60	mL
Salt	⅛	tsp	0.5	g
Ground black pepper	⅛	tsp	0.5	g

Preparation:

Coconut Bacon

1. Pre-heat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large bowl, gently toss coconut flakes with tamari, syrup, and liquid smoke.
3. Evenly spread on baking sheet and bake for approximately 6-8 minutes, occasionally mixing them around (this is particularly needed if you aren't baking with a convection oven).
4. Remove from oven once the edges of the flakes are nicely browned, transfer to a plate and allow to cool.

Coconut BLT (Cont'd)

Coconut Herb Dressing

1. In a medium bowl, whisk together all ingredients. Set aside.

BLT Wrap

1. Lay tortilla down flat and generously cover with dressing.
2. Top with lettuce, and sprinkle with coconut "bacon" and top with tomato slices.
3. Fold the bottom of the wrap over the fillings, firmly tucking them into each other, then fold the sides over the center, and continue rolling until the roll is seam side down.
4. Cut in half and serve with potato wedges for a great grab and go meal or snack!

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Jason Dilling/Sodexo Canada



Photo Credit: Riana Topan/HSI Canada

Coconut Nog

By François Murphy

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Non-dairy milk			1	cup
Coconut milk, full fat, skimmed			½	400-mL can
Maple syrup			2	tbsp
Cinnamon, ground			½	tsp
Nutmeg, ground			¼	tsp
Vanilla extract			½	tsp
Cardamom, ground (optional)			⅛	tsp

Preparation:

1. Add all ingredients to a high-speed blender and mix for 1 minute or until ingredients are well blended and mixture is smooth.
2. Taste for sweetness and adjust maple syrup if needed.
3. Serve warm or chilled over ice.

Cost

Recipe: \$

Per Serving: \$



Coconut Brown Rice & Baked Tofu

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Vegetable oil, divided	¼	cup	60	mL
Onions, small dice	1	cup	250	mL
Garlic, fresh, minced	1	each		
Brown rice, dry	2	cups	500	mL
Vegetable broth	1	quart	950	mL
Bay leaves	2	each		
Green cardamom pods, crushed	3	each		
Cinnamon stick	1	each		
Coconut flakes, toasted	1	cup	250	mL
Coconut milk	2	cans		
Tofu, firm, drained, cut into squares or slices	14	oz		
Cajun seasoning	1	tbsp	15	mL
Soy sauce	2	tsp	10	mL
Salt	2	tsp	10	g
Ground black pepper	1	tsp	2.75	g

Preparation:

1. Preheat oven to 350°F (177°C).
2. In a medium size pan over medium high heat add ½ the oil. Once heated, add onions, garlic, and rice, sauté until fragrant and slightly brown, about 7 minutes.
3. Add vegetable broth, bay leaves, cardamom, and cinnamon stick. Cook until rice is tender, about _ minutes. Remove from heat.
4. Stir in toasted coconut and coconut milk.
5. Meanwhile, place tofu in a baking dish. Drizzle with remaining oil and sprinkle with Cajun seasoning. Bake for 10 minutes. Flip tofu over. Pour soy sauce over tofu and bake until liquid has been absorbed, about 10 minutes.
6. When done, add tofu to rice. Season with salt and pepper to serve.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada

Coleslaw (Classic)

Servings: 8

Serving size: 2 oz. (4 tbsp)

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Sugar, granulated or cane/ organic sugar	1	tbsp	15	g
White pepper, ground	¼	tsp		
Celery seed	¼	tsp		
Horseradish	2	tsp	10	mL
Yellow mustard	¾	tsp		
Egg-free mayonnaise	½	cup	120	mL
Apple cider vinegar	1 ½	tbsp	22.5	mL
Green cabbage, shredded	12	oz	342	g
Carrots, matchstick	1	oz	28	g
Onions, yellow, small dice	2	tbsp	30	mL

Preparation:

1. In a medium bowl, whisk together sugar, pepper, and celery seed.
2. Next whisk in horseradish, mustard, mayonnaise, and vinegar. Set aside.
3. In a large bowl, toss together cabbage, carrots, and onions. Drizzle with mayo mixture. Toss until vegetables are completely coated.

Cost

Recipe: \$

Per Serving: \$

Couscous-Stuffed Tomatoes

Servings: 8

Serving size: ½ stuffed tomato

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Large tomatoes, cut in half, deseeded	4	each		
Olive oil, divided	3	tbsp	45	mL
Garlic, finely minced	2	cloves		
Shallot, minced	1	each		
Carrot, cut into ½-inch pieces	1	each		
Moroccan-style couscous	1	cup	250	mL
Vegetable stock	2	cups	500	mL
Cilantro, fine chop	¼	cup	60	mL
Mint, fine chop	¼	cup	60	mL
Zucchini, slice in half, seeded and cut into small cubes	1	each		
Ras el Hanout blend	1	tbsp	15	mL
Salt	1	tsp	5	g
Ground black pepper	½	tsp	1.375	g

Preparation:

1. Preheat oven to 350°F (177°C).
2. Cut tomatoes in half and deseed by scooping out seeds, drain.
3. Use one tablespoon of olive oil to brush hollow tomatoes. Set aside.
4. In a medium saucepan, heat the remaining two tablespoons of olive oil over medium high heat.
5. Once heated, add garlic and shallot. Sauté until soft, about 2 minutes.
6. Add carrots. Sauté for 3 minutes until slightly soft.
7. Next, add couscous and toast, about 2 minutes.
8. Add vegetable stock. Bring to a boil. Reduce heat, cover, and simmer until couscous is tender for 12-15 minutes.
9. Stir in cilantro, mint, Ras el Hanout, zucchini, salt, and pepper.
10. Once done, spoon mixture into hollow tomatoes and bake for 20 minutes.
11. Serve warm.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Crabbyless Crab Cakes

Servings: 12

Serving size: 1 piece

Preparation time:

Cook time:

Total time:

Ingredients Crab Cake Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Hearts of palm, canned, drained	2	14-oz cans	397	g
Canola oil, divided	1	cup	250	mL
Onions, small dice	1	cup	250	mL
Red bell peppers, small dice	1	cup	250	mL
Garlic, fresh, minced	1	tsp	15	mL
Nori flakes, toasted	2	tsp	10	mL
Egg-free mayonnaise	½	cup	125	mL
Nutritional yeast	¼	cup	60	mL
Breadcrumbs	2	cups	500	mL
Salt	1	tsp	5	g
Ground black pepper	1	tsp	5	g
Old Bay seasoning	2	tbsp	30	mL
Vegan Worcestershire sauce	2	tbsp	30	mL
Tabasco sauce	½	tbsp	7.5	mL
Panko breadcrumbs	2	cups	500	mL

Preparation:

Crab Cakes

1. In a food processor, pulse hearts of palm until the consistency resembles crab meat.
2. In a large sauté pan over medium heat, add 2 tbsp of oil. Add onions, bell peppers, and garlic and sauté until soft and fragrant, about 2-3 minutes.
3. Remove from heat and set aside.
4. In a large bowl, combine the onion mixture with the remaining patty ingredients, omitting the panko. Mix well and scoop mixture out into 3-ounce balls on a plate or sheet pan.
5. When done, press into patties and coat each with panko breadcrumbs.
6. In a frying pan, heat remaining oil and pan fry each patty until golden brown, about 2-3 minutes on each side.

Crabbyless Crab Cakes (Cont'd)

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Remoulade Sauce				
Egg-free mayonnaise	½	cup	125	mL
Ketchup	1	tbsp	15	mL
Dijon mustard	1	tbsp	15	mL
Tabasco sauce	1	tsp	5	mL
Vegan Worcestershire sauce	1	tsp	5	mL
Lemon juice, fresh	1	tbsp	15	mL
Sea salt	¼	tsp		
Shallots, minced	2	tsp	10	mL
Capers, minced	2	tsp	10	mL
Parsley, fresh, chopped	1	tsp	5	mL
Red bell pepper, minced	2	tsp	10	mL

Preparation:

Remoulade Sauce

1. In a blender add all ingredients. Blend on high for one minute or until smooth. Scrape sides as needed. Place in a jar and refrigerate for up to one week.

Serving information

1. Place 1-2 tbsp of remoulade sauce with crab cakes. Serve with a lemon wedge and crudité.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Ron Lantz/Sodexo Canada



Photo Credit: Colin Hatherill/CHat Photography

Cranberry & Apple Empanadas

Servings: 12-16

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
All-purpose flour	3	cups	360	g
Vegetable shortening	½	cup	125	mL
Salt	1	tsp	4	g
Water	½	cup	125	mL
Fresh cranberries	1	cup	250	mL
Apples, peeled, diced	2	each		
Sugar	½	cup	99	g
Cornstarch	1 ½	tbsp	22.5	mL

Preparation:

1. Preheat the oven to 375°F (190°C).
2. In a large mixing bowl, whisk together flour, and salt.
3. Next, using a fork or a pastry cutter, cut in shortening until the dough is slightly granular in texture.
4. Add water gradually to the dough and mix well until you have a smooth ball. Add more water if needed.
5. Refrigerate for 30 minutes.
6. Over medium heat, in a medium saucepan, add apples, cranberries, sugar, and cornstarch.
7. Bring to a simmer. Simmer for approximately 5 minutes, stirring occasionally, until apples are soft and cranberries begin to break down. Remove from heat and let cool.
8. On a floured surface, roll out the empanada dough to ⅛-inch thickness then cut into rounds about 3 to 4 inches wide.
9. Spoon 1 tablespoon filling on the center of the round and fold the empanada dough over. Press the edges together using your fork.
10. Brush each empanada with vegetable oil and sprinkle them with sugar.
11. Bake the empanadas for approximately 20 minutes or until golden on top.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Nathaniel Stow/Sodexo Canada



Photo Credit: Nathaniel Stow/Sodexo Canada



Photo Credit: Nathaniel Stow/Sodexo Canada

Cream of Mushroom Soup

Servings:
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Mushrooms, sliced	4	cup		
Potatoes, diced	2	cup		
Onions, diced	½	cup		
Garlic, chopped	1	tbsp		
Thyme	4	tsp		
Basil	2	tsp		
Tarragon	1	tsp	1.5	g
Olive oil	2	tbsp		
Salt & pepper				

Preparation:

1. Preheat oven to 350°F (170°C). Line baking sheet with parchment paper.
2. In a large skillet, over medium heat, add 1 tbsp of olive oil. Once heated add onions and sauté until translucent, about 3 minutes.
3. Add garlic, basil and tarragon and 2 tsp of thyme. Sauté until fragrant, about 2 minutes.
4. Add diced potatoes and cook for another 2 minutes.
5. Add 2 cups of sliced mushrooms. Sauté until brown, about 10 minutes.
6. Add 4 cups of water and bring to a boil. Once boiling, reduce to medium heat and simmer for 20 minutes.
7. Set aside and let cool.
8. Next, in a large bowl, toss the remaining 2 cups of sliced mushrooms with the remaining thyme and olive oil. Add 2 tsp of salt and ½ tsp of black pepper and spread onto a baking sheet. Bake for 20 minutes until crispy. Remove from oven and allow to cool.
9. Next, using a hand immersion blender, blend the boiled mushrooms and potatoes. Season if needed.
10. Add roasted mushrooms.
11. Garnish with fresh herbs and serve with bread.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: François Murphy

Creamy Corn Chowder

By Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*

Servings: 6

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Grapeseed oil	2	tsp		
Onion, diced	1	cup		
Garlic cloves, minced	3			
Carrots, diced	1	cup		
Celery, diced	2	cups		
Cumin	2	tsp		
Paprika	2	tsp	6	g
White potatoes, diced	2	cups		
Tomatoes, diced (fresh or canned)	1 ½	cups		
Low-sodium vegetable stock or water	3	cups		
Corn niblets, fresh or frozen	1 ½	cups		
Coconut milk	1	400-ml can		
Lime zest	2	tsp		
Fresh lime juice	2	tsp		
Salt	¾	tsp	3	g
Black pepper	¼	tsp	1	g
Cayenne (optional)	¼	tsp		
Garnish				
Thinly sliced chives	¼	cup		

Preparation:

1. In a large stock pot over medium-high heat, add oil. Once heated add onion and sauté until translucent, about 3 minutes.
2. Stir in garlic, carrots, and celery, and sauté until soft, about 3 to 5 minutes.
3. Add cumin and paprika, and sauté until fragrant, about 2 to 3 minutes.
4. Stir in potatoes and tomatoes.
5. Pour in vegetable stock or water and scrape the bottom of the pot for any stuck pieces. Bring chowder to a boil and continue to cook until potatoes are soft, about 20 to 25 minutes.
6. Next add the corn niblets and cook for another 2 minutes or until niblets are tender.



7. Stir in coconut milk, lime zest, and juice, and season with salt, pepper, and cayenne (if using).
8. Remove from heat. Top with chives and serve.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Darren Kemper

Creamy Fiddlehead Soup

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Fiddleheads	1	cup		
Salt	1	pinch		
Olive oil	1	tbsp		
Onion, diced	¼	cups		
Garlic, minced	1	tbsp		
Parsley, dried	2	tsp		
Vegetable broth	2	cups		
Arrowroot flour	2	tsp		
Non-dairy milk, unsweetened	1	cup		
Salt and pepper to taste				

Preparation:

1. In a large pot, boil the fiddleheads in lightly salted water for approximately 10 minutes.
2. Remove the fiddleheads, rinse, and let cool. Discard the water.
3. In a large skillet, over medium heat add oil. Once heated add onion and garlic and sauté until fragrant and translucent, about 4 minutes.
4. Next, stir in parsley and sauté until fragrant, about 1-2 minutes.
5. Then stir in vegetable broth.
6. Take 1 cup of the broth with onions & garlic and put in a blender with ½ cup of the fiddleheads and the arrowroot flour. Blend until smooth.
7. Next, in a stock pot, add blended soup, remaining broth, whole fiddleheads and milk.
8. Season to taste.

Cost

Recipe: \$

Per Serving: \$

Creamy Gravy

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Non-dairy margarine	2	oz	56.7	g
All-purpose flour	2	oz	56.7	g
Salt	1	tsp	5	g
Ground black pepper	2	tsp	5.5	g
Non-dairy milk, preferably soymilk	2	cups	500	mL

Preparation:

1. In a small saucepan, over low heat, add margarine. Once heated whisk in flour, salt, and pepper. Cook out, whisking occasionally, until there is a nutty aroma, approximately 3-4 minutes.
2. Slowly add non-dairy milk, whisking until thick and bubbly.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Creamy Ranch Dressing

Servings: 16

Serving size: 1 oz (2 tbsp)

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Vegan mayonnaise	1	cup	250	mL
Non-dairy sour cream	½	cup	125	mL
Vegan Worcestershire sauce	1	tsp	5	mL
White vinegar	1	tsp	5	mL
Dill, fresh	1	tsp	5	mL
Chives, fresh	1	tbsp	15	mL
Italian parsley, fresh, chopped	¼	cup	60	mL
Cayenne pepper	⅛	tsp	0.5	g
Garlic powder	½	tsp	3	g
Ground black pepper	½	tsp	2.5	g

Preparation:

1. In a medium bowl whisk together all ingredients until smooth. Refrigerate.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada

Crispy Broccoli Bites

Servings: 12

Serving size: 3 pieces

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Broccoli, cut into medium florets	1	lbs	455	g
All-purpose flour	1 ¼	cups	150	g
Salt	½	tsp	2.5	g
Garlic powder	1	tsp	3	g
Cayenne pepper	⅛	tsp	0.5	g
Nutritional yeast	¼	cup	60	mL
Water, cold	2	cups	500	mL
Panko breadcrumbs	2	cups	500	mL
Tamari	¼	cup	60	mL
Oil for frying, optional				

Preparation:

1. If baking florets, preheat oven to 425°F (218°C).
2. In a small bowl, whisk together flour, salt, garlic powder, nutritional yeast, and cayenne.
3. Whisk cold water into flour mixture until smooth.
4. Dip broccoli into batter. Coat well.
5. Remove broccoli from batter and shake off excess. Put on a wire rack and let the excess drip off.
6. Roll battered broccoli in panko breadcrumbs.
7. Bake or fry until golden brown and crispy.
 - If frying, heat 1-inch of oil in a deep skillet and fry until golden brown and crispy.
 - If baking, place in oven and bake until golden brown and crispy, approximately 10 minutes.
8. Drizzle with tamari and serve as a side dish. If additional sauce is desired, serve with one of your preference.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Crispy Quinoa Cakes

Servings: 12

Serving size: 3 pieces

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Quinoa, cooked	2	cups		
Breadcrumbs	¾	cup		
Paprika	1	tsp	3	g
Cumin, ground	1	tsp		
Flax seed, ground	2	tbsp		
Water	3	tbsp		
Salt & pepper, to taste				

Preparation:

1. In a small mixing bowl, whisk together the ground flax seed and water. Let rest for 5-10 minutes.
2. In a large mixing bowl, combine quinoa, breadcrumbs, and spices.
3. Once the flax and water mixture has thickened, add it to the quinoa bowl and stir until thoroughly combined.
4. Cover the mixing bowl and refrigerate for 15-20 minutes. Once firm, form the quinoa patties using 3-4 tablespoons of the quinoa and flax mixture.
5. Over medium-high heat in a large frying pan, add ¼ cup oil. Once heated fry quinoa patties.
6. Fry each patty in the oil for approximately 3 minutes per side until crispy and golden brown.

Cost

Recipe: \$

Per Serving: \$

Cucumber Raita

Servings:
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Lemon juice	2	tbsp		
Cashews, raw, soaked in warm water for 30 minutes	½	cup		
Cumin seeds	½	tsp		
Ginger, grated	1	tsp		
Cucumber, grated	1	individual		
Onion, minced	2	tbsp		
Salt & pepper		To taste		
Mint, fresh, chiffonade	2	sprigs		

Preparation:

1. In a blender add cashews, cumin seeds, ginger, and lemon juice. Blend together until smooth. Add water to reach the desired raita consistency if needed.
2. Transfer to a mixing bowl and stir in cucumber, onions and salt and pepper to taste.
3. Garnish with fresh mint.

Cost

Recipe: \$

Per Serving: \$

Dairy-Free Queso

By Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*

Servings: 6 or 24

Serving size:

Preparation time:

Cook time:

Total time:

6 servings

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Whole jalapeño	1			
Garlic, top removed	½	head		
Extra-virgin olive oil, divided	8	tsp		
White potatoes, peeled and roughly chopped	2			
Carrots, peeled and roughly chopped	4	medium		
Chili powder	¾	tsp	3	g
Ground cumin	¾	tsp		
Low-sodium vegetable stock	½	cup		
Nutritional yeast	¼	cup		
Fresh lemon juice	2	tbsp		
Salt	¾	tsp	3	g
Black pepper	⅛	tsp	0.5	g
Garnish				
Chives, chopped	¼	bunch		
Roma tomato, seeded and diced	1			



Dairy-Free Queso (Cont'd)

24 servings

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Whole jalapeño	3			
Garlic, top removed	2	heads		
Extra-virgin olive oil, divided	$\frac{2}{3}$	cup		
White potatoes, peeled and roughly chopped	8			
Carrots, peeled and roughly chopped	16	medium		
Chili powder	1	tbsp	5	g
Ground cumin	1	tbsp		
Low-sodium vegetable stock	2	cups		
Nutritional yeast	1	cup		
Fresh lemon juice	$\frac{1}{2}$	cup		
Salt	1	tbsp	8	g
Black pepper	$\frac{1}{2}$	tsp	1.375	g
Garnish				
Chives, chopped	1	bunch		
Roma tomato, seeded and diced	3			

Preparation:

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Arrange jalapeños and garlic on prepared baking sheet and drizzle $\frac{1}{5}$ of the oil until well coated. Roast until jalapeños are slightly charred and garlic is soft, about 30 minutes for 6 servings and 45 minutes for 24 servings. Remove from oven and allow to cool slightly. Remove the skins from the garlic and mince the jalapeños. Set aside.
3. Fill a large steamer with water, ensuring that the water does not touch or fill the steam basket. Bring water to a boil over medium-high heat. Add potatoes and carrots and allow to steam until soft, about 15 minutes (25 minutes for 24 servings). Set aside.
4. Heat a small sauté pan over medium heat, then add chili powder and cumin and toast until fragrant, about 2 minutes. Set aside.

Dairy-Free Queso (Cont'd)

Preparation:

5. In a high-powered blender, add potatoes, carrots, roasted garlic, spices, vegetable stock, olive oil, nutritional yeast, lemon juice, salt and pepper and blend until smooth, about 8 minutes. Adjust consistency with additional stock or water if necessary. For best results for 24 servings, blend in batches and combine afterwards.
6. Transfer to a serving bowl and top with chives and tomatoes. Serve warm with homemade tortilla chips.
7. To store, keep in a resealable container in the refrigerator and heat before serving. The sauce tends to thicken as it cools, so the queso is best served warm. When reheating, adjust with water or stock if needed to meet the desired consistency of a queso.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Darren Kemper

Deviled Egg Salad Sandwiches

By Amy Symington

Servings: 24

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Medium-firm tofu	1	kg	2.2	lbs
Vegan mayonnaise	1	cup	240	mL
Dijon mustard	$\frac{2}{3}$	cup	160	mL
Celery seed	2	tsp	7	g
Garlic powder	1	tsp	4	g
Turmeric	2	tsp	8	g
Black pepper	1	tsp	3	g
Scallions, chopped	2	cups	100	g
Nutritional yeast	6	tbsp	170	g
Apple cider vinegar	$\frac{1}{4}$	cup	60	mL
Black salt	$\frac{1}{4}$	tsp	1	g
Paprika	$\frac{1}{2}$	tsp	2	g
Sliced chives	$\frac{1}{4}$	cup	12	g
Chopped dill	4	tbsp	6	g
Your choice of bread (e.g. sourdough, whole grain, etc.)	48	slices		
Your choice of toppings/garnish (e.g. tomato slices, dill pickles, iceberg lettuce, red onion, sprouts)				

Preparation:

1. In a large bowl add all ingredients except bread and thoroughly incorporate.
2. Scoop 2 tbsp of tofu mixture on to 1 slice of bread. Repeat with remaining bread.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Laura Bossy/HSI Canada



Photo Credit: Laura Bossy/HSI Canada



Dried Rose Petal Lemonade

By Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*

Servings: 6

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Fresh lemon juice, approximately 8 lemons	1	cup		
Maple syrup	1/4	cup		
Dried rose petals	1/4	cup		
Filtered water of choice, chilled	1	L		
Garnish				
Lemon slices	6			

Preparation:

1. In a large punch bowl, add lemon juice, maple syrup and rose petals.
2. Stir lemonade until maple syrup is completely dissolved and allow to rest in the fridge for 10 to 15 minutes.
3. When ready to serve, stir and pour evenly into glasses. Top with water and garnish with a slice of lemon. Serve on a blazing summer's day.

Tips:

1. For 6 servings, lemonade can be prepared in a large mason jar. Tightly secure the lid and shake vigorously to combine.



Cost

Recipe: \$ Per Serving: \$



Photo Credit: Amy Symington



Photo Credit: Amy Symington

Eggplant Parmesan

Servings: 10

Serving size: 3 pieces

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Eggplant, large, peeled, sliced crosswise and soaked in saltwater for 15 minutes	30	slices		
Basil, fresh, finely chopped	¼	cup	60	mL
Oregano, fresh, finely chopped	1	tbsp	15	mL
Non-dairy mozzarella cheese	3	oz	85	g
Panko breadcrumbs	1	lbs	455	g
All-purpose flour	2	cups	240	g
Cajun seasoning blend	½	cup	125	mL
Non-dairy milk (such as soy or almond milk)	½	gL	2.27	L
Oil for frying		As needed		
Salt		To taste		

Preparation:

1. Soak prepped eggplant in saltwater for 15 minutes. When done remove from water and set aside.
2. In a small bowl combine basil, oregano, non- dairy mozzarella, and breadcrumbs. Set aside.
3. In another small bowl whisk together flour and Cajun seasoning. Dip eggplant in flour mixture. And set aside.
4. Next, dip eggplant in non-dairy milk and roll in breadcrumb mixture. Repeat until all eggplant has three coatings.
5. Deep fry and season with salt to taste.

Cost

Recipe: \$

Per Serving: \$





Photo Credit: Riana Topan/HSI Canada



Five-Spice Barley, Tofu & Kale

Servings: 8

Serving size: 6 ounces

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Barley, dry	1	lbs	455	g
Tofu, firm, drained, and cut into small squares	1	lbs	455	g
Cajun seasoning	1	tbsp	15	mL
Olive oil, divided	¼	cup	60	mL
Onion, medium dice	1	cup	250	mL
Kale, leaves only	3	lbs	1.36	Kg
Five-spice powder	2	tbsp	30	mL
Salt	1	tsp	5	g
Ground black pepper	1	tsp	5	g

Preparation:

1. Preheat oven to 400°F (204°C) and line baking sheet with parchment paper.
2. In a medium pot, cook barley according to package instructions.
3. Lay tofu on to baking sheet and sprinkle with Cajun seasoning.
4. Next brush tofu with 3 tbsp oil.
5. Bake in oven until brown and crispy on one side, about 10 minutes, until crispy. Flip tofu over and bake until brown crispy, about 10 minutes.
6. Meanwhile, in a medium sauté pan over medium heat add remaining oil. Once heated add onions. Sauté until translucent, about 3 minutes.
7. Add kale. Sauté until it wilts, about 2 minutes.
8. Stir in cooked barley, five-spice powder, salt, and pepper. Serve.

Cost

Recipe: \$

Per Serving: \$





Photo Credit: Riana Topan/HSI Canada



Photo Credit: Riana Topan/HSI Canada

French Onion Soup

Servings: 4-6

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Olive oil	4	tbsp		
Onions, sliced	2	cups		
Sugar	1	tsp		
Salt	1/2	tsp	2	g
Pepper	1/2	tsp		
White all-purpose flour	2	tbsp	24	g
Mushroom broth	6	cup		
Vegan Worcestershire sauce	1	tbsp		
Dry white wine	1/4	cup		
Baguette, sliced into 1/2" rounds	1	each		
Vegan cheese, grated	1	cup		

Preparation:

1. Preheat oven to 350°F (177°C) and line a baking sheet with aluminum foil.
2. In a large soup pot over medium-low heat add oil. Once heated add onions and salt. Sauté until caramelized, about 30 minutes.
3. Add 1 teaspoon of sugar and continue cooking for about 50 minutes, stirring frequently.
4. Mix in flour and cook out, about 5 minutes.
5. Add mushroom broth, Worcestershire sauce, wine, and pepper. Bring to a simmer. Allow to simmer for 20 minutes. Adjust salt, pepper, and sugar if necessary.
6. While the soup is cooking, place cheese in the freezer for 20 minutes (so it's easier to shred). Shred cheese and set aside in the fridge.
7. Toast baguette slices until crunchy. Set aside.
8. Place 4-6 oven proof bowls on the baking sheet and ladle the soup into the bowls. Add 3 tbsp grated cheese to each bowl, mix well.
9. Gently place one or two pieces of bread on top of soup and cover bread with 1/4 cup of cheese per bowl. Place the baking sheet in the oven and bake for 10 minutes.
10. Broil for 1-2 minutes, keeping an eye so the bread doesn't burn. Serve immediately.

Cost

Recipe: \$

Per Serving: \$



French Toast Casserole

Servings: 12

Serving size: 4 ounces

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
French bread, cubed	4	cups	1	L
Non-dairy margarine	¼	cup	60	mL
Flaxseeds, ground	3	tbsp	45	mL
Water, warm	½	cup	125	mL
Non-dairy creamer, almond or coconut	1	pt	568.3	mL
Almond milk	1	cup	250	mL
Sugar, granulated	½	cup	99	g
Vanilla extract	1	tbsp	15	mL
Cinnamon, grounded	¼	tsp		
Salt	1	tsp	5	g
Praline topping				
All-purpose flour	¼	cup	30	g
Light brown sugar	1	cup	213	g
Pecans, chopped	1	cup	125	mL
Non-dairy margarine	¼	cup	60	mL
Toppings: fresh fruit, maple syrup and dairy-free whipped cream				

French Toast Casserole (Cont'd)

Preparation:

1. Preheat oven to 350°F (177°C) and prepare a Bain Marie for baking the French toast.
2. In the bottom of ½ hotel pan generously spread the margarine. Place cubed French bread into the bottom. In a large bowl, whisk together flaxseed and water. Set aside for 5 minutes.
3. Next, using a hand mixer whisk together flax mixture, creamer, almond milk, granulated sugar, cinnamon, vanilla, and salt.
4. Pour this mixture over cubed bread, making sure the bread is covered evenly.
5. Cover and refrigerate for two hours. While the bread mixture is resting, prepare the praline topping.
6. In a medium bowl whisk together brown sugar and flour. Next, using a pastry cutter or fork, cut the margarine into the brown sugar and flour mixture. Fold in chopped pecans. Set aside.
7. Cover the hotel pan with aluminum foil and place into water bath. Bake for 2 hours until toast has absorbed the liquid and is firm.
8. Uncover and sprinkle with praline topping and bake uncovered for 15 minutes.
9. Serve with fresh fruit, maple syrup and dairy free whipped cream.

Cost

Recipe: \$23.12

Per Serving: \$1.28

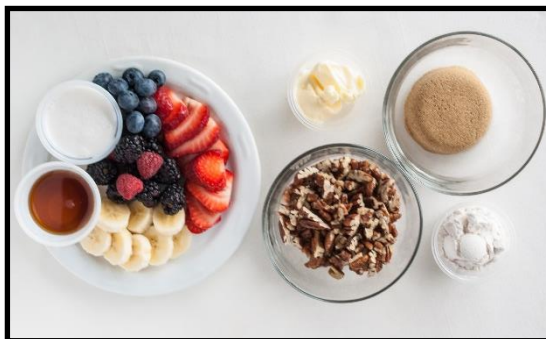


Photo Credit: Christine Hotz

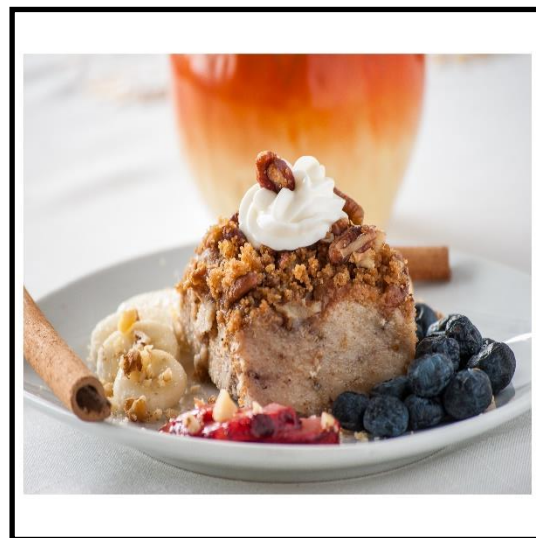


Photo Credit: Christine Hotz

Fried Egg Breakfast Sandwich

By Amy Symington

Servings: 12

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Extra firm tofu, sliced ¼" thick	28	oz	800	g
Olive oil	4	tbsp	60	mL
Black salt	2	tsp	8	g
Tomatoes, sliced	4	each		
Mayonnaise (plant-based)	8	tbsp	120	mL
Whole wheat English muffins	12	each		
Tempeh bacon (see recipe)				
Basil, fresh chopped (for garnish)				
Plant-based cheese slices (optional)				
Ketchup (optional)				
Whole wheat English muffins	12	each		

Preparation:

1. Heat griddle to medium high. Once heated add oil. Once oil is heated add tofu. Fry for about 2 minutes until golden brown.
2. In the meantime, use ½ tsp of the black salt and season the tofu on the side facing up. Once tofu is golden brown flip and repeat on the other side with the remaining salt. Once tofu is golden brown, about 2 minutes, remove from the griddle.
3. Assemble sandwich: English muffin, 2 tsp mayo, basil leaves, tomato slices, 3-4 strips of tempeh bacon, 2-3 slices of tofu and 1 slice of cheese and ketchup (if using). Repeat with remaining ingredients.

Cost

Recipe: \$

Per Serving: \$





Photo Credit: Amy Symington



Photo Credit: Amy Symington

Fried Tomato Sandwiches

Servings: 8
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Tomatoes, green or firm red, slice into ¾" slices	1	lbs	455	g
All-purpose flour, divided	1	lbs	455	g
Cornmeal	8	oz	224	g
Salt	1	tsp	5	g
Ground black pepper	1	tsp	5	g
Non-dairy milk	3	cups	750	mL
Oil for frying				
Baguette, sliced lengthwise and then into 8 buns	2	each		
Spinach, fresh	1	lbs	455	g
Spread				
Vegan mayonnaise	½	cup	125	mL
Roasted red pepper	1	oz	28	g
Garlic, fresh	1	clove		

Preparation:

Fried Tomatoes

1. Set up standard breading procedure (3 separate pans: ½ of the flour with salt and pepper; non-dairy milk; and the other ½ flour, combined with cornmeal).
2. Dredge tomatoes in flour, then in the non-dairy milk, and finally into the flour cornmeal mixture.
3. Repeat until all slices of tomatoes are covered.
4. If frying, use deep fryer or heat oil in a pan or pot and fry until golden brown. If baking, bake at 400°F (204°C) for approximately 15 minutes, flip, and then bake until crispy and brown, about 5 minutes.

Fried Tomato Sandwiches (Cont'd)

Preparation:

Spread

1. In a blender, add vegan mayonnaise, roasted red peppers, and garlic and blend until smooth. Scrape sides down as needed. Taste and adjust seasoning if needed. If you prefer more garlic, add another clove. Blend until smooth. Set aside.

Serving Information

Spread mayo on both sides of baguette. Top with spinach and 2-3 pieces of fried green tomato.

Chef's Tip

Red or green tomatoes can be used in this recipe.

Cost

Recipe: \$10.53

Per Serving: \$1.32



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Garbanzo Bean Sliders with Homemade Focaccia Bread

Servings: 9

Serving size: 1 slider

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Onion, diced small	1	cup	250	mL
Garlic, fresh, minced	1/8	cup	30	mL
Garbanzo beans, drained and rinsed	1	15-oz can	426	g
Walnuts	1/4	cup	60	mL
Cilantro	1	tbsp	15	mL
All-purpose flour	1/2	cup	60	g
Cumin	1/4	tsp		
Olive oil, divided	1/2	cup	125	mL
Salt	1	tsp	5	g
Ground black pepper	1	tsp	5	g
Homemade Focaccia Bread (see recipe in packet) or slider buns	9	each	Use recipe or slider buns	
Toppings of choices: pickles, lettuce, tomatoes, onions, chutneys, etc.				

Preparation:

1. In a medium sauté pan over medium heat and add oil. Once heated, sweat onions and garlic until soft, about 3 minutes.
2. Next, in a food processor, process until garbanzo beans are flakey and broken up. Do not overprocess.
3. Next, in a medium bowl, add the processed garbanzo beans, cooked onions, garlic, walnuts, cilantro, flour, cumin, oil, salt and pepper. Mix until completely combined.
4. Form 9 patties from the garbanzo bean mixture and set aside.
5. Next, over medium heat, add 1/4 cup oil. Once heated fry patties until golden brown, about 4-5 minutes per side.
6. To serve: Place desired toppings (pickles, lettuce, tomatoes, onions, chutneys, etc.) on each side of the bread, then top with the patty and close.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Photo Credit: Riana Topan/HSI Canada

Green Chili Jackfruit Nachos

Servings: 12

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients For serving	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Corn tortilla chips, in bulk	12	cups	600	g
Lettuce, trimmed	1/3	tbsp	5	mL
Pickled jalapeños, sliced	2	tbsp	30	mL
Cheese Sauce (see recipe)				
Refried Beans (see recipe)				
BBQ jackfruit				
Jackfruit, green, in brine	2	20-oz cans	591	mL
Oil, olive or canola	3	tbsp	45	mL
Onion, diced	1	large		
Garlic, minced	6	cloves		
Chipotle paste	2	tsp	10	mL
Chili powder	2	tsp	8	g
Cumin, ground	1	tbsp	15	mL
Pico de gallo				
Tomatoes, cored, diced	4	each		
Onions, diced	1/4	cup	60	mL
Lime, juiced	2	tbsp	30	mL
Salt	1	tsp	5	g
Ground black pepper	1/2	tsp	2.5	g
Guacamole				
Avocado, peeled and pitted	4	each		
Onions, diced	1/4	cup	60	mL
Lime, juiced	2	tbsp	30	mL
Salt	1	tsp	5	g
Cilantro, fresh, chopped	2	tbsp	30	mL
Garlic, chopped	1	tsp	5	mL

Green Chili Jackfruit Nachos (Cont'd)

Preparation:

Jackfruit

1. Preheat oven to 350°F (177°C).
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 onions and sauté until golden, about 5 minutes.
4. Next add garlic, chipotle, chili, and cumin, sauté another 3 minutes until fragrant.
5. Using a wooden spoon, add jackfruit and 1 cup water or low- sodium vegetable stock. Shred jackfruit while cooking. Bring to a simmer and cook until water mostly evaporates, about 5 minutes.

Pico de Gallo

1. Core and cut tomatoes in half. Then gently squeeze out most of the seeds.
2. Dice the tomatoes into ½" pieces.
3. In a bowl, toss together tomato, onion, cilantro, and jalapeno.
4. Stir in salt and lime juice.

Guacamole

1. In a medium bowl combine all guacamole ingredients together. Mash together until the avocado is smooth, but still lumpy.

Assembly

1. For a single portion of nachos, place 1 cup (50g) of tortilla chips in a serving bowl.
2. Place the following ingredients in order on top chips and serve:
 - ¼ cup BBQ jackfruit, hot
 - ¼ cup Nacho cheese sauce
 - ⅛ cup refried beans, hot
 - ¼ cup shredded iceberg lettuce
 - 1 tbsp guacamole
 - ¼ cup pico de gallo
 - ⅛ cup pickled jalapeño slices

Cost

Recipe: \$28.66

Per Serving: \$2.39



Photo Credit: Christine Hotz

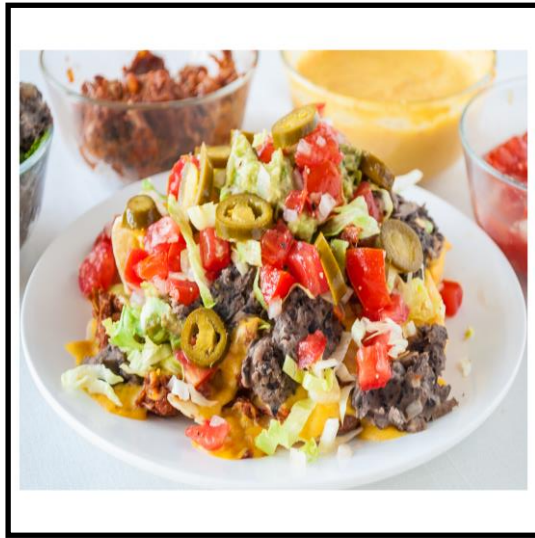


Photo Credit: Christine Hotz

Green Goddess Smoothie Bowl

Servings: 24

Serving size: 1 ¼ cup

Preparation time: 29 minutes

Cook time: 11 minutes

Total time: 40 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Avocados, peeled, pitted, chopped	6	cups	1.5	L
Bananas	12	each		
Strawberries, frozen	6	cups	1.5	L
Spinach, fresh, roughly chopped	12	cups	3	L
Non-dairy milk	12	cups	3	L
Strawberry Purée				
Strawberries, frozen, sliced	1	pt	568.3	mL
Orange juice	2	tbsp	30	mL
Maple syrup	2	tbsp	30	mL
Toppings				
Blueberries, fresh	1 ½	cups	375	mL
Strawberries, fresh, sliced	1 ½	cups	375	mL
Bananas, fresh, sliced	6	each		
Coconut, shredded, toasted	1 ½	cups	375	mL

Preparation:

Strawberry purée

1. In a medium saucepan over medium heat, add strawberries, orange juice, and maple syrup and bring to a simmer. Once simmering, reduce heat to medium-low, cover and simmer for 15 minutes, until fruit has broken down. Remove from heat.
2. Using an immersion blender, purée strawberries. Return to medium-low heat and cook down until slightly thickened. Remove from heat to cool. Strain if desired and transfer to a squeeze bottle or coronet.

Green Goddess Smoothie Bowl (Cont'd)

Green Smoothie

1. In a blender, working in batches, add avocado, bananas, strawberries, spinach, and non-dairy milk. Blend until creamy and smooth, about 1 minute. Transfer to a large bowl and combine all batches to ensure a homogenous mixture.
2. Add additional non-dairy milk if needed to thin out. If desired, add more spinach to smoothie mixture to achieve brighter green colour.

Assembly

1. Place a heaping cup (275 mL) of green smoothie mixture into serving bowl.
2. Garnish with ¼ banana sliced, 1 tbsp (15 mL) sliced strawberries, 1 tbsp (15 mL) blueberries and 1 tbsp (15 mL) toasted coconut.
3. Place 4 to 5 drops of strawberry purée scattered on top of the green smoothie mixture.

Chef's Tips

2. In smoothie form, strawberries can be substituted with other light-coloured fruits such as mango.

Cost

Recipe: \$43.30

Per Serving: \$1.8



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Green Pea & Wild Rice Pilaf

Servings:
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Wild rice	1	cup		
Vegetable broth	1 ¾	cups		
Olive oil	1	tbsp		
Onions, diced	½	cup		
Green peas	¾	cup		
Thyme	1	tsp		
Garlic, minced	2	cloves		
Salt & pepper				

Preparation:

1. Mix rice and vegetable broth in a saucepan and bring to a boil.
2. Add salt & pepper to taste and simmer on low heat for 15-18 minutes.
3. In a separate skillet, add the olive oil and garlic and sauté lightly.
4. Add onions to oil and cook till translucent then add thyme.
5. Add the green peas (if they are frozen allow them to thaw and turn bright green).
6. Add the wild rice and gently mix. Adjust seasonings to taste.

Cost

Recipe: \$

Per Serving:

Grilled Eggplant Rollatini

Servings: 10

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Eggplants, sliced lengthwise, soaked in water for 10 minutes and drained	20	slices		
Balsamic vinegar	½	cup	125	mL
Cajun seasoning	1	tbsp	15	mL
Olive oil	1	tbsp	15	mL
1 large zucchini, cut into sticks	2	cups	500	mL
1 large carrot, cut into sticks	2	cups	500	mL
Red Pepper Hummus				
Garbanzo beans, drain and reserve juice	15	oz	420	mL
Roasted red peppers	2	oz	56	mL
Olive oil	4	oz	115	mL
Garlic, fresh	¼	cup	1	bulb
Tahini	½	cup	125	mL
Salt	1-2	tsp	5-10	g

Preparation:

1. In a medium bowl, marinate eggplant in balsamic vinegar and Cajun seasoning. Set aside.
2. Heat grill to medium. Once heated grill eggplant until colour occurs.
3. In a medium over medium heat add oil. Once heated add zucchini and carrots and sauté until soft, about 5 minutes (do not overcook).

Red Pepper Hummus

1. In a food processor add beans, roasted red peppers, oil, garlic, tahini, and salt. Blend until smooth. Scrape sides if needed. If too thick, add reserved liquid, a little at a time until desired consistency is achieved.

Cost

Recipe: \$

Per Serving:



Photo Credit: Riana Topan/HSI Canada



Harvest Time Corn Salad

Servings: 8

Serving size: ½ cup

Preparation time: 10 minutes

Cook time: 10 minutes

Total time: 20 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Corn kernels, frozen	2	cups	500	mL
Cherry tomatoes, cut in half	1	cup	250	mL
Cucumber, deseeded, small dice	1	cup	250	mL
Avocado, peeled, pitted, small dice	1	cup	250	mL
Red onion, small dice	½	cup	125	mL
Basil, fresh, chiffonade	¼	cup	60	mL
Lime juice, fresh	¼	cup	60	mL
Salt	½	tsp	2	g
Ground black pepper	¼	tsp	1	g

Preparation:

1. Heat grill pan over medium heat and brush with vegetable oil.
2. On a heated grill, cook corn kernels. Once tender and starting to brown, remove from grill pan and allow to cool.
3. In a medium bowl toss together grilled corn kernels, cherry tomatoes, cucumber, avocado, and red onion.
4. Add basil and lime juice, season with salt and pepper, toss, and serve.

Chef's Tips

1. Can substitute fresh corn kernels for frozen when in season. Use 4 medium cobs of corn, grill, and cut kernels from cob.
2. Serve as a side salad. Can also be used as a salsa, such as with Chipotle Sweet Potato Skins or Portobello Mushroom Tacos with Cilantro Cream Sauce (see recipe).

Cost

Recipe: \$7.71

Per Serving: \$0.96





Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Hearts of Palm Ceviche

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Leche de Tigre				
Sunflower seed kernels, raw (soaked overnight)	1	cup		
Lime juice	½	cup		
Lemon juice	¼	cup		
Grapefruit juice (Ruby Red if possible)	¼	cup		
Cilantro, large stems removed and roughly chopped	1	bunch		
Jalapeño, seeded	1	each		
Black pepper	¼	tsp	1	g
Salt	¼	tsp	1	g
Ceviche				
Cauliflower, whole — core removed, cut into florets then thinly sliced	1	each		
Tomatoes, Roma, seeded and small dice	6	each		
Red onion, small dice	1	each		
Jalapeño, seeded and minced	2	each		
Hearts of palm, sliced thinly into coins	2	14-oz can		
Cilantro, chopped	1	bunch		
Salt and pepper		To taste		

Preparation:

1. In a high-speed blender add all the ingredients for the leche de tigre. Blend on high until smooth. Set aside.
2. In a large bowl add cauliflower, tomatoes, red onion, and jalapeno.
3. Next, pour the Leche de Tigre over the mixture and combine well.
4. Fold in the hearts of palm (being careful not to break up too much) and the cilantro. Adjust the seasoning with salt and pepper, 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.

Cost

Recipe: \$

Per Serving: \$

Holiday Roast with Gravy

By François Murphy

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Olive oil	2	tbsp		
Onions, diced	½	cup		
Mushrooms, diced	½	cup		
Thyme, dried	½	tsp		
Oregano, dried	½	tsp	0.25	g
Tarragon, dried	¼	tsp	0.5	g
Cloves, ground	¼	tsp		
Cumin, ground	½	tsp		
Kidney beans, cooked and drained	2	cups		
Nutritional yeast	3	tbsp		
Flaxseeds	1	tbsp		
Oats	3	tbsp		
Maple syrup	2	tbsp		
Soy sauce	4	tbsp		
Arrowroot flour	½	tsp		
Liquid smoke	⅛	tsp		



Preparation:

1. Preheat oven to 375°F (190°C).
2. In a large sauté pan over medium heat add oil. Once heated add onions. Sauté onions, until they start to brown, about 4 minutes.
3. Add mushrooms, spices and herbs. Cook on medium heat until the mushrooms have released their water and it has evaporated.
4. Add in 2 tbsp of soy sauce and kidney beans then cook on low heat for 2 minutes.
5. In a food processor, grind oats and flax seeds together.
6. Add oats, flax, and nutritional yeast to kidney beans and mash into a puree.
7. Roll out a piece of foil approximately 20 inches long and place the mushrooms and kidney beans mixture right at the edge of it, shaping it roughly 8 inches long and 4 inches wide.
8. Roll up the foil and keep rolling it until you reach the end, so that the roast is surrounded by a few layers of foil. Then twist each end tightly shut so the roast firms up into a roll.
9. Gently unroll the foil and place the roast onto a baking sheet.
10. In a small bowl, whisk together the remaining soy sauce, maple syrup, liquid smoke and arrowroot flour. Brush onto the roast making sure to cover the entire roast.
11. Bake for 30 minutes until roast is tender and exterior is slightly crispy.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: François Murphy

Homemade Focaccia Bread

Servings: 24

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Dough				
Sugar, granulated	3 ½	oz	100	g
Water, warm	3	cups	750	mL
Dry active yeast	4 ½	tsp	22.5	g
All-purpose flour	7	cups	840	g
Olive oil	3 ½	oz	100	mL
Salt	2	tsp	10	g
Cornmeal	¼	cup	60	mL
Topping				
Kosher salt	1	tbsp	15	g
Basil, fresh, chopped	1	tbsp	15	mL
Oregano, fresh, chopped	1	tbsp	15	mL
Rosemary, fresh, finely chopped	1	tsp	5	mL

Preparation:

1. Preheat oven to 400°F (204°C).
2. In a medium bowl, mix sugar, warm water (no hotter than 100°F (38°C)), and yeast together. Allow to sit for 3 to 5 minutes until bubbly.
3. In a stand mixer, add flour and olive oil. Using the dough hook on low-speed mix for about 2 minutes or until all flour is incorporated.
4. Add salt and sugar water mix on medium speed for 8 minutes. Add more water if needed.
5. Place the mixing bowl with the dough in a proof box until it doubles in size.
6. Brush a sheet pan with olive oil and sprinkle lightly with cornmeal.
7. When the dough has doubled, transfer the dough onto 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 15-20 minutes or until golden brown. Make sure there is plenty of bottom heat for bread to reach a golden brown.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Photo Credit: Riana Topan/HSI Canada

Homestyle Hash Bowl

Servings: 12

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients Base	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Sweet potatoes, peeled, cubed 1" pieces	12	cups	3	L
Sweet onions, small dice	3	cups	750	mL
Garlic, minced	6	cloves		
Vegetable oil	½	cup	125	mL
Salt	¼	tsp	1	g
Ground black pepper	¼	tsp	1	g
Tofu Scramble				
Tofu, firm, drained	22	oz	624	g
Turmeric	1	tbsp	6	g
Vegetable oil	1	tbsp	15	mL
Creamy Herb Dressing				
Vegan mayonnaise	1	cup	250	mL
Vegan sour cream	1	cup	250	mL
Lemon, zested and juiced	1	each		
White vinegar	2	tbsp	30	mL
Parsley, fresh, chopped	¼	cup	60	mL
Dill, fresh, chopped	4	tbsp	60	mL
Chives, fresh, chopped	¼	cup	60	mL
Salt	⅛	tsp	0.5	g
Ground black pepper	⅛	tsp	0.5	g
Toppings				
Red bell peppers, thin sliced	12	oz	345	g
Mushrooms, white button, thin sliced	12	oz	345	g
Spinach, chiffonade	3	cups	750	mL

Preparation:

1. Preheat oven to 425°F (218°C).
2. Mix sweet potatoes, sweet onions, and garlic in a bowl. Drizzle vegetable oil over the mixture and add salt and pepper. Toss to coat and place on a baking tray lined with parchment paper.
3. Roast sweet potato mixture in oven, stirring frequently, until vegetables are golden brown.
4. Remove from oven, add more salt and pepper to taste, if desired. Set aside.
5. Crumble tofu in a bowl (looking for scrambled egg texture).
6. Heat oil in a saucepan and over medium heat, add turmeric and cook for about 2 minutes.
7. Add tofu and cook for about 10 minutes, remove from heat, set aside.
8. For the dressing, add ingredients to a blender or food processor and blend until smooth (should be light green with visible specks of herbs).
9. Transfer dressing to a squeeze bottle.

Assembly

1. Place 1 cup of roasted sweet potato mixture into serving bowl.
2. Place 2 oz. of tofu scramble on top of roasted sweet potato mixture.
3. Place 1 oz. of sliced red peppers, 1 oz. of sliced white button mushrooms, and 1 oz. of spinach on top of tofu scramble.
4. Drizzle toppings with 1 oz. of creamy herb dressing.
5. Garnish with additional fresh chopped herbs, if desired.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Cody Kashin/Sodexo Canada



Photo Credit: Cody Kashin/Sodexo Canada

Imam Bayildi

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Eggplants, halved lengthwise	4	each		
Onions, sliced thin	2	each		
Garlic, fresh	6	cloves		
Tomatoes	6	each		
Parsley, fresh, chopped	¼	cup	60	mL
Basil, fresh, chopped	2	tbsp	30	mL
Olive oil	¼	cup	60	mL
Sugar, granulated	2	tsp	10	g
Lemon, fresh, juiced	2	tbsp	30	mL
Water	¼	cup	60	mL
Salt		To taste		

Preparation:

1. Preheat the oven to 400°F (204°C).
2. Cut slits into the eggplants down the middle being careful not to cut through the skin.
3. In a large skillet, over medium heat, add 2 tbsp of the olive oil. Cover and fry eggplants for 3-4 minutes on each side until browned. Remove eggplants from the skillet and placed onto a plate lined with paper towel.
4. Next in the same skillet over medium heat add the onions and 2 tbsp olive oil and sauté, stirring often, until tender, about 5-8 minutes.
5. Add the garlic and sauté until fragrant, about 1 minute. Remove from the heat and transfer to a bowl.
6. Next add tomatoes, herbs, salt, 1 tsp of the sugar and 1 tbsp of the remaining oil.
7. In a hotel pan, place eggplants cut side up and season with salt. Fill eggplants with the onion and tomato mixture.
8. In a small bowl add the remaining olive oil, sugar, water, and lemon juice and whisk together. Drizzle over the eggplants and place into the oven. Bake for 1-1.5 hours, basting every 30 minutes and adding water to ensure pan does not become dry, until eggplants are flat and liquid in pan is slightly caramelized. Spoon this juice over the eggplant, remove from pan and serve with flatbread.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Israeli Couscous Salad

Servings:
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Israeli couscous	¾	cup		
Tomatoes, diced and drained	1	cup		
Cucumbers, diced	1	cup		
Red onion, diced	½	cup		
Yellow or red pepper, diced	½	cup		
Carrots, grated	½	cup		
Mint, freshly chopped	3	tbsp		
Parsley, freshly chopped	3	tbsp		
Thyme, dried	1	tbsp		
Lemon juice	¼	cup		
Olive oil	3	tbsp		
Roasted nuts or seeds (optional)	¼	cup		
Salt & pepper		To taste		

Preparation:

1. Bring 2 cups of salted water to a boil and add couscous. Let boil for 12-14 minutes, or until couscous is al dente.
2. Drain and rinse couscous in cold water. Let rest for 10 minutes.
3. In a large bowl, mix remaining ingredients with the couscous. Season with salt and pepper to taste. Garnish with nuts or seeds if desired.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: François Murphy

Kamut Linguine in "Béchamel" Sauce with Fresh Herbs

By Amy Symington

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Kamut flour + extra for rolling	2 ½	cups		
Pinch salt				
Cold water	1	cup		
Olive oil	2	tsp		
Sauce				
Soft tofu	350	g		
Unsalted cashews	¾	cup		
Water or vegetable stock	1- 1 ½	cup		
Nutritional yeast	½	cup		
Oil	1	tbsp		
Garlic cloves	4			
Whole wheat flour	1	tbsp		
Garnish (optional)				
Fresh herbs, chopped (dill, thyme, tarragon recommended)	¾	cup		
Zest of lemon	1			
Pinch salt				
Dill fronds				
Sundried tomatoes, thinly sliced				
Olives				
Artichokes, sliced				

Preparation:

Linguine

1. Combine flour and salt in large bowl. Make a well in the center. Add cold water and olive oil.
2. Knead until dough is smooth. Cover in food wrap and allow to sit at room temperature for 45 minutes or until ready to use. If not using the same day, freeze. Then thaw at room temperature for 2 hours prior to use.
3. When ready, divide dough in half and roll out to 2mm thickness and about 20-25cm in length. Use extra flour (semolina if possible) to prevent sticking.
4. To allow for ease of slicing fold the well-floured dough. Thinly slice into noodles 2.5cm wide. Pull noodles apart and set aside on a baking sheet or hang from a pasta rack. Repeat with other ball.
5. Place all noodles into a well-seasoned pot of boiling water. Cook until al dente.
6. Drain. Set aside.

Sauce

1. In a food processor add tofu, cashews, nutritional yeast, and garlic. Process until smooth. Set aside.
2. Over medium heat in a large sauté pan add oil and flour(roux). Whisk together until smooth.
3. Whisk in tofu mixture to roux. Add water and continue whisking.
4. Whisk in fresh herbs, lemon zest and salt. Adjust with additional water if necessary.
5. Add pasta. Toss until noodles are coated. Serve immediately. Top with dill fronds, sundried tomatoes, olives and/or artichokes.

Chef's Tip

To make this recipe nut-free, use an equal amount of sunflower seeds in place of the cashews.

Cost

Recipe: \$ Per Serving: \$



Photo Credit: Amy Symington



Photo Credit: Amy Symington

Kasha

Servings: 3

Serving size: 1 ½ cups

Preparation time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Buckwheat groats	2	cups	400	g
Water	3 ½	cups	860	mL
Olive oil	2	cups	480	mL
Onions, diced	½	cup	75	g
Oyster mushrooms, shredded	2	cups	150	g
Green peas, frozen	¼	cup	40	g
Parsley, chopped	1	tbsp	2	g

Preparation:

1. In a saucepan, dry roast your buckwheat on low heat for 2-3 minutes on the stove top, until it starts to crackle.
2. Bring water to a boil and add buckwheat with 1 tsp salt.
3. Cover and cook on low for 18 to 20 minutes.
4. In a medium pan, heat 1 tbsp olive oil. Once the oil is hot, add the onions.
5. Shred the oyster mushrooms into ½ inch pieces.
6. Once the onions have turned translucent, add the mushrooms.
7. After the mushrooms have boiled off their water add in the peas and parsley.
8. Add salt and pepper to taste and cook until the peas are bright green.
9. Turn the heat off and mix in 1 ½ cups of the kasha.
10. Serve in a large bowl or individual portions garnished with parsley.

Cost

Recipe: \$ Per Serving: \$

Kidney and Fennel Seitan Sausages

By Amy Symington

Servings: 24

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Red kidney beans, drained and rinsed			2	540 mL cans
Water	4	cups	1	L
Vital wheat gluten	4	cups	590	g
Nutritional yeast	1	cup	55	g
Fennel seeds	2	tbsp	10	g
Black pepper, ground	4	tsp	10	g
Onion powder	4	tsp	10	g
Salt	1	tbsp	12	g
Thyme, dried	1	tsp	4	g
Garlic, minced	2	heads	160	g
Olive oil	¼	cup	60	mL
Tamari	¼	cup	60	mL

Preparation:

1. Preheat oven at 400°F (205°C).
2. In a food processor, combine beans and water and process until completely smooth.
3. In a large bowl, mix dry ingredients together.
4. In a small bowl, stir together the garlic, olive oil and soy sauce. Stir into the bean puree. Add wet ingredients to dry ingredients and fully incorporate.
5. Using a 1/3 cup (80 mL), scoop out dough on to a small sheet of aluminum foil and form into a 5-inch log. Tightly wrap and then twist ends to create a sausage. Repeat with remaining dough.
6. Line the sausages in a single layer on baking sheets. Bake sausages in the oven for 1 hour, or until the outsides of the sausages are browned. Ensure not to disturb the sausages while baking. Remove from oven and set aside to cool slightly.
7. Carefully remove the foil packaging from the sausages and enjoy with tofu scramble, whole grain bread and maple baked beans.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Darren Kemper



Lazy Susan Peach Cobbler

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Self-rising flour	1	cup	113	g
Sugar, granulated	1	cup	198	g
Non-dairy margarine, divided	4	oz	115	mL
Canned peaches with juice, do not drain	30	oz	840	mL
Non-dairy milk	1	cup	250	mL
Vanilla extract	1	tbsp	15	mL

Preparation:

1. Preheat oven to 350°F (177°C).
2. In a medium bowl, combine flour and sugar together. Set aside.
3. In a ½ hotel pan, melt margarine. Reserve 2 oz (4 tbsp) of margarine and add it to dry ingredients.
4. Pour peaches and juice over remaining 2 ounces of margarine. Set aside.
5. Make a well in the sugar and flour mixture and add milk and vanilla. Combine all ingredients until smooth.
6. Pour batter over peaches in pan. Do not mix.
7. Bake for 25-30 minutes, until peaches have slight broken down and batter is fully baked and slightly brown.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



HUMANE SOCIETY
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Leek & Potato Soup

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Leeks, finely chopped	1	cup		
Celery, finely chopped, safe leaves for garnish	½	cup		
Potatoes, peeled and diced	4	cups		
Vegetable Broth	4	cups		
Nutritional Yeast	1/3	cup		
Olive Oil	2	tbsp		
Salt	2	tsp	8	g
Pepper	1	tsp		

Preparation:

1. In a large stock pot, over medium heat, add oil. Once heated, add leeks and celery and sauté until the leeks have wilted and the celery is transparent, about minutes.
2. Add the potatoes, vegetable broth, 2 cups of water and bring to a boil. Once boiling, reduce to a simmer and simmer for 25 minutes, until potatoes are tender.
3. Next, use a hand immersion blender to blend the soup until desired creaminess is achieved taking extra precaution as the soup is hot.
4. Stir in nutritional yeast, salt, and pepper. Top with celery leaves and serve with crusty bread.

Cost

Recipe: \$

Per Serving: \$



Lentil Mushroom Mince Strudel

Servings: 10

Serving size: 1 ½ inch slices

Preparation time: 5 minutes

Cook time: 50 minutes

Total time: 55 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Onions, diced	½	cup	75	g
Garlic, minced	1	tsp	2	g
Thyme, dried	1	tsp	1	g
Oregano, dried	1	tsp	0.5	g
Cumin, ground	2	tsp	1	g
Lentils, cooked, drained	2	cups	400	g
Mushrooms, diced	1	cup	75	g
Olive Oil	2	tbsp	30	mL
Salt & Pepper to		To taste		
Puff pastry, thawed				

Preparation:

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large pan, heat olive oil and add onions and garlic, sauté for 2-3 minutes until soft and translucent.
3. Stir in dried thyme, oregano and cumin and sauté until fragrant, about 3 minutes.
4. Add cooked lentils and cook until the mixture has started to dry.
5. Add mushrooms and continue to cook on low heat until the mushrooms are well cooked through.
6. Remove from heat and season with salt & pepper to taste.
7. Unfold puff pastry onto a floured surface and gently roll with a rolling pin until it is smooth.
8. Cut out 10" x 20" rectangles in the pastry. Add ½ cup of the lentil filling to the center of the rectangle.
9. Roll pastry like a wrap and seal with seam side down. Tuck the ends in making sure the seams of the pastry are underneath.
10. Using a knife, make 3 little incisions on the top of the pastry. Brush with olive oil.
11. Place each strudel on the baking sheet and bake for 30 minutes. After that increase heat to 450°F (203°C) and bake for 10 minutes until pastry is brown and crispy.
12. Serve with your favourite chutney.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Ana Rivera/Sodexo Canada



Lentil Shepherd's Pie with Herbed Tamari Gravy

By Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*

Servings: 6 or 24

Serving size:

Preparation time:

Cook time:

Total time:

6 Servings

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Bottom				
Olive oil, divided	5	tsp		
Diced onions	2	cups		
Puréed garlic	2	tsp		
Diced carrots	1 ¾	cups		
Celery, diced	1 ½	stalks		
Tomato paste	1 ½	tsp		
Dried basil	1	tbsp		
Ground coriander	1 ½	tsp		
Paprika	1	tsp	3	g
Dried rosemary	1	tsp		
Dried thyme	1	tsp		
Ground cumin	½	tsp		
Brown lentils, cooked	1	cup		
Quinoa, cooked	½	cup		
Sea salt	1	tsp		
Black pepper	¼	tsp	1	g
Cremini mushrooms, halved, depending on size	2 ¼	cups		
Green peas (fresh or frozen)	¾	cup		

Topping				
White potatoes, skin on, quartered, boiled or steamed until fork tender	4			
Unsweetened soy milk	$\frac{3}{4}$	cup		
Roasted garlic, peeled	5	cloves		
Extra-virgin olive oil	$\frac{1}{2}$	tsp		
Salt	$\frac{1}{8}$	tsp	0.5	g
Black pepper	$\frac{1}{8}$	tsp	0.5	g
Garnish				
Fresh parsley, chopped	$\frac{1}{8}$	bunch		
Gravy				
Extra-virgin olive oil	2	tbsp		
Cremini mushrooms, finely chopped	$\frac{1}{2}$	cup		
Flour (i.e. brown rice, whole wheat, spelt)	8	tsp		
Dried herbs (i.e. basil, thyme, rosemary, etc.)	1 $\frac{1}{2}$	tsp		
Water	1	cup		
Tamari	1 $\frac{1}{2}$	tsp		
Garlic, puréed	1	clove		
Salt	$\frac{1}{8}$	tsp		
Black pepper	$\frac{1}{4}$	tsp	1	g



24 Servings

Ingredients Bottom	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Olive oil, divided	¼	cup + tbsp		
	3			
Diced onions	8	cups		
Puréed garlic	3	tbsp		
Diced carrots	7	cups		
Celery, diced	6	stalks		
Tomato paste	2	tbsp		
Dried basil	¼	cup		
Ground coriander	2	tbsp		
Paprika	4	tsp	12	g
Dried rosemary	4	tsp		
Dried thyme	4	tsp		
Ground cumin	2	tsp		
Brown lentils, cooked	4	cups		
Quinoa, cooked	2	cups		
Sea salt	4	tsp		
Black pepper	1	tsp	2.75	g
Cremini mushrooms, halved, depending on size	9	cups		
Green peas (fresh or frozen)	3	cups		
Topping				
White potatoes, skin on, quartered, boiled or steamed until fork tender	16			
Unsweetened soy milk	3	cups		
Roasted garlic, peeled	1	head		
Extra-virgin olive oil	2	tsp		
Salt	½	tsp	2	g
Black pepper	½	tsp	1.375	g

Garnish				
Fresh parsley, chopped	1/2	bunch		
Gravy				
Extra-virgin olive oil	1/2	cup		
Cremini mushrooms, finely chopped	2	cups		
Flour (i.e. brown rice, whole wheat, spelt)	2/3	cup		
Dried herbs (i.e. basil, thyme, rosemary, etc.)	2	tbsp		
Water	4	cups		
Tamari	2	tbsp		
Garlic, puréed	4	cloves		
Salt	1/2	tsp	2	g
Black pepper	1	tsp	2.75	g

Preparation:

1. Preheat oven to 400°F (205°C) and grease on 8 x 8-inch baking pan if making 6 servings or two 9 x 13-inch baking pans if making 24 servings.
2. Heat a third of the oil in a large sauté pan over medium heat. Add the onions and sauté until translucent, about 3 to 5 minutes.
3. Add garlic and sauté until fragrant, about 1 to 2 minutes.
4. Add carrots and celery. Sauté until vegetables are tender, about 10 to 12 minutes.
5. Add tomato paste, basil, coriander, paprika, rosemary, thyme, and cumin and cook until fragrant, about 3 to 4 minutes.
6. Remove from heat and pour into a large bowl. Add the lentils, quinoa, salt, and pepper and thoroughly combine. Divide mixture into prepared baking dish(es) and evenly pat down to form the bottom layer of the shepherd's pie(s). Set aside.
7. Using the same sauté pan, heat the remaining oil over medium heat. Add the mushrooms and sauté until golden brown, about 3 to 4 minutes. Remove from heat and evenly distribute over the bottom layer(s), followed by the peas.
8. For the topping, quarter the potatoes and boil or steam until fork tender. Allow to cool slightly.
9. Combine potatoes, milk, garlic, oil, salt, and pepper in a large bowl. Using masher, mash until relatively smooth. Using a rubber spatula,
10. Spread the potato mixture over the pea and mushroom layer. Bake in the oven, uncovered for 40 minutes, until the edges are golden and crispy.
11. Remove from oven and sprinkle with fresh parsley.
12. In the meantime, make the gravy. Heat a saucepan over medium heat, then add oil. Once heated, add mushrooms and sauté until slightly brown, about 4 minutes.

13. Stir in flour and herbs. Sauté for 5 minutes, until fragrant. Switch to a whisk, and slowly whisk in the water, making sure there are no flour clumps. Continue whisking, allowing gravy to gently simmer and thicken, for about 3 to 4 minutes.
14. Whisk in the tamari, garlic, salt, and pepper and simmer until gravy reaches desired consistency. Whisk in more water, 1 tbsp (15 mL) at a time, if needed. Remove from heat and serve 2 tbsp (30 mL) with each serving of shepherd's pie.

Tips:

1. If freezing, do not bake the pie and freeze after assembly. Lay parchment paper on the top and cover tightly with plastic wrap. When ready to eat, remove from freezer, allow to thaw in fridge overnight and bake, covered for 50 minutes.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Darren Kemper



Lentil-Walnut Tacos with Mango Avocado Salsa

By Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*

Servings: 6 or 24

Serving size:

Preparation time:

Cook time:

Total time:

6 Servings

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Dry brown lentils, rinsed and sorted	1 ½	cups		
Olive oil	1	tbsp		
Red onion, finely chopped	½	cup		
Garlic, minced	4	cloves		
Tomato paste	¼	cup		
Cumin	1	tbsp		
Oregano	2	tsp	1	g
Chili powder	2	tsp	8	g
Paprika	1	tsp	3	g
Salt	1	tsp	4	g
Black pepper	¼	tsp	1	g
Cayenne pepper		To taste		
Red wine vinegar	1	tsp		
Walnuts, toasted and finely chopped	1	cup		



Mango Avocado Salad				
Diced mango	1	cup		
Garlic, minced	1	clove		
Avocado, diced	1			
Finely chopped red onion	¼	cup		
Jalapeño, seeded and finely chopped	1			
Cilantro, finely chopped	1	cup		
Lime zest	1	tbsp		
Lime juice, approx. 1 lime	3	tbsp		
6-inch tacos	6	each		

24 Servings

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Filling				
Dry brown lentils, rinsed and sorted	6	cups		
Olive oil	¼	cup		
Red onion, finely chopped	2	cups		
Garlic, minced	16	cloves		
Tomato paste	1	cup		
Cumin	¼	cup		
Oregano	8	tsp	4	g
Chili powder	8	tsp	32	g
Paprika	4	tsp	12	g
Salt	4	tsp	16	g
Black pepper	1	tsp	2.75	g
Cayenne pepper		To taste		
Red wine vinegar	4	tsp		
Walnuts, toasted and finely chopped	4	cups		

Mango Avocado Salad				
Diced mango	4	cups		
Garlic, minced	4	cloves		
Avocado, diced	4			
Finely chopped red onion	1	cup		
Jalapeño, seeded and finely chopped	4			
Cilantro, finely chopped	4	cups		
Lime zest	¼	cup		
Lime juice, approx. 1 lime	¼	cup		
6-inch tacos	24	each		

Preparation:

1. In medium saucepan, cover lentils with cold water. Bring to a boil, reduce heat and simmer until cooked, about 20 for 6 servings and 30 minutes for 24 servings. Drain and set aside.
2. In medium frying pan, heat olive oil over medium heat. Add onion and sauté until translucent, about 5 minutes. Add garlic and sauté until fragrant, about 30 seconds.
3. Add tomato paste and spices. Stir well to combine and cook for 1-2 minutes.
4. Add cooked lentils, vinegar, and walnuts and heat through, adding water if necessary to reach desired "taco meat" consistency.
5. In a small bowl, combine all ingredients for the salsa. Cover and set aside in the fridge.
6. To serve, divide filling between tortillas and top with salsa.

Tips:

1. Substitute green, beluga, or Puy lentils for the brown lentils, if desired.
2. To toast walnuts, heat in a dry skillet over medium heat for 2-3 minutes until lightly browned and fragrant. Alternatively, spread nuts on a parchment-lined baking sheet and roast at 350°F (177°C) for 8-10 minutes, stirring occasionally.
3. Filling can be made ahead and reheated gently, adding water as necessary.
4. Cashew sour cream, extra sprigs of cilantro, your favourite hot sauce, or quick pickled onions are great additional topping options!



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Amy Symington



Lo Mein

Servings: 10

Serving size: 1 ½ cups

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Soy sauce, low sodium	½	cup	125	mL
Brown sugar, optional	1	tbsp	13.3	g
Oil, olive or vegetable	2	tbsp	30	mL
Onion, medium dice	½	cup	125	mL
Broccoli, fresh, florets	½	cup	125	mL
Celery, medium dice	½	cup	125	mL
Carrots, shredded	½	cup	125	mL
Peppers, red, medium diced	½	cup	125	mL
Peppers, green, medium diced	½	cup	125	mL
Zucchini, fresh, julienne	½	cup	125	mL
Yellow squash, fresh, julienne	½	cup	125	mL
Chickpeas, canned, drained and rinsed	1	15-oz can	444	mL
Garlic, fresh, minced	2	tbsp	6	cloves
Noodles, spaghetti or egg free Lo Mein noodles, prepared, dry weight	1	lbs	455	g

Preparation:

1. In a large stock pot, over high heat, boil water. Prepare noodles al dente; drain and keep warm.
2. In a small bowl combine soy sauce and sugar and whisk well. Reserve
3. In a large pan or wok, heat oil over medium-high heat. Add onions and broccoli, and sauté for 3-5 minutes or until onions are translucent. Add celery, carrots, red peppers, green peppers, zucchini, and yellow squash. Sauté for another 3-5 minutes or until just fork tender. Add chickpeas and heat through, about 1-2 minutes. Add garlic and cook for another minute or until fragrant.
4. Add soy sauce mixture and cooked noodles, gently toss until combined. In a serving bowl, place 1 cup of cooked noodles on the bottom and ½ cup of vegetable mixture on top.



Garnish suggestions:

1. Sliced green onion and hot sauce

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Maafé

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Measure	Quantity
Olive oil or peanut oil	2	tbsp	30	mL
Onions, diced	1	cup	150	g
Garlic, minced	2	tsp	2	g
Ginger, minced	2	tsp	1	g
Cumin, ground	2	tsp	1	g
Tomato paste or sauce	1	cup	240	mL
Parsley, dried	1	tsp	0.5	g
Hot paprika	2	tsp	1	g
Sweet potato, cut into 1" cubes	1	whole		
Delicatta squash or acorn squash, cut into 1" cubes	1	whole		
Carrot, cut into 1" cubes	1	whole		
Vegetable broth	1	cup	240	mL
Peanut butter	¼	cup	60	mL

Preparation:

1. In a large sauté pan, over medium heat, add oil. Once heated, add onions, garlic, and ginger. Sauté until onions are slightly brown and garlic and ginger are fragrant, about 4 minutes.
2. Lower heat to medium-low and add in cumin, parsley, and thyme. Sauté until fragrant, about 3 minutes.
3. Add sweet potato, squash, carrot, and tomato paste. Heat through, about 2 minutes.
4. Next, increase the heat to medium, add vegetable broth and peanut butter, cover, and cook until vegetables are soft, about 40-45 minutes.
5. Adjust seasoning. Serve on a bed of rice with parsley garnish.

Cost

Recipe: \$

Per Serving: \$



Macedonian Salad

Servings:
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Eggplants, small	2	individual		
Tomatoes	2	individual		
Cucumber	1	individual		
Green pepper	1	individual		
Red pepper	1	individual		
Parsley, fresh	2	tbsp		
Marinade	Quantity	Measure	Quantity	Measure
Garlic cloves, crushed	2	individual		
Lemon juice	¼	cup		
Dry red wine	2	tbsp		
Olive oil	¼	cup		
Safflower oil	¼	cup		
Red wine vinegar	½	cup		
Salt	1	tsp	4	g

Preparation:

1. Peel and slice eggplants. Lightly salt them and let sit on an oiled baking sheet for 10 minutes.
2. Heat a bar grill over medium-high heat. Add eggplant slices and cook until slightly charred, but do not overcook. Remove and cut into ½ inch pieces.
3. In a large mixing bowl, combine marinade ingredients and mix well. Add chopped eggplant and toss. Allow to sit for at least 2 hours.
4. Cut the remaining ingredients into the same bite sized chunks and mix in with the eggplant.
5. Serve on a bed of greens and garnish with parsley.

Cost

Recipe: \$

Per Serving: \$



Mango Curry

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Onion, diced	½	cup		
Green beans, cut into 1in pieces	1 ½	cups		
Zucchini, diced	½	cup		
Red or yellow bell pepper, chopped	1	cup		
Garlic cloves, crushed	3	individual		
Ginger, minced	1	tbsp		
Red Curry Paste	2	tbsp		
Soy Sauce	1	tbsp		
Vegetable Broth	1	cup		
Coconut Milk	½	cup		
Canola Oil	1	tsp		
Lime Juice	2	tbsp		
Mango, diced	1	individual		
Salt		To taste		

Preparation:

1. In a medium soup pot, heat the oil over medium heat and fry the onion.
2. Once the onion is lightly browned, add the green beans, zucchini, and bell pepper.
3. Cook for 3 to 4 minutes until the vegetables start to soften, then add the garlic, ginger, and curry paste. Mix well.
4. Add in the coconut milk, soy sauce and vegetable broth and reduce to a simmer.
5. Once you've reached a gentle simmer, add in the mango, and cook for 6 to 8 minutes.
6. Turn off the heat, add in the lime juice and serve 1 cup on a bed of rice.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Laura Bossy/HSI Canada



Maple Baked Beans

By Amy Symington
 Servings: 8
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Grapeseed oil	2	tsp	10	mL
Onion, diced	2	each	400	g
Garlic, puréed	8	cloves	40	g
Ginger, minced	4	tbsp	24	g
Aduki beans, cooked and drained	5	cups	760	g
Tomato purée	1	cup	200	g
Maple syrup	½	cup	120	mL
Worcestershire sauce (vegan)	2	tbsp	32	mL
Water	2	cup	500	mL
Paprika	3	tsp	4	g
Cayenne (optional)	½	tsp	1	g
Lemon juice	4	tsp	24	mL
Salt	1	tsp	4	g
Black pepper	½	tsp	2	g
Garnish				
Chives, finely chopped				

Preparation:

1. In a large sauce pan over medium heat add oil. Once oil is hot add onions and sauté for 1 minute.
2. Add garlic and ginger. Sauté until fragrant, about 1 minute.
3. Add beans, tomato purée, ½ of the maple syrup, Vegan Worcestershire sauce, water, paprika, and cayenne (if using). Stir and place lid on pan. Turn heat to medium-low and simmer for 20 minutes, stirring occasionally.
4. Next, add lemon juice, the remaining maple syrup, sea salt and black pepper to taste.
5. Stir, plate and top with garnish. Serve with whole grain bread or toast.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Laura Bossy/HSI Canada



Maple Gravy

Servings:
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Margarine	4	tbsp	60	mL
All-purpose flour	¼	cup	30	g
Vegetable stock	2	cups	500	mL
Garlic, powdered	1	tsp	5	mL
Onion, powdered	1	tsp	5	mL
Sage, dried	½	tsp	2.5	mL
Maple syrup	¼	cup	60	mL
Salt		To taste		
Pepper		To taste		

Preparation:

1. In a medium saucepan, melt the margarine over medium-high heat.
2. Slowly whisk in the flour to create a roux. Turn the heat to low. Continue cooking until the roux begins to turn a golden brown and starts to smell nutty, approximately 1- 2 minutes.
3. Slowly whisk in the stock and stir until smooth. Stir in the garlic powder, onion powder and sage. Whisk in the maple syrup. Season with salt and pepper.
4. Turn the heat to high and bring to a boil. Immediately turn the heat to low and simmer until thickened, approximately 1 minute. Transfer to a gravy boat and serve.

Cost

Recipe: \$2.88

Per Serving: \$0.32





Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Maple Roasted Parsnip & Pears

Servings:
 Serving size:
 Preparation time:
 Cook time: 25 minutes
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Parsnips	1	lbs		
Pears	2	individual		
Olive Oil	2	tbsp		
Maple Syrup	1	tbsp		
Smoked Paprika	½	tsp	1.5	g
White Vinegar	½	tbsp		
Sage	½	tsp		
Salt	2	tsp	8	g
Pepper	½	tsp		

Preparation:

1. Preheat oven to 425°F (225°C) and line a baking sheet with parchment paper.
2. Trim and core the pears then cut them into 1-inch pieces.
3. Peel parsnips then cut them into 1-inch pieces.
4. Toss the parsnips and pears with the oil, maple syrup and vinegar, then add spices and toss again.
5. Roast in the oven for approximately 25 minutes.

Cost

Recipe: \$10.55

Per Serving: \$1.06



Mayonnaise (Nut-Free)

By Amy Symington

Servings: 24

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Unsweetened oak milk	1/2	cup		
Ground flaxseed	5	tsp		
Ground dry mustard	1	tsp		
Garlic powder	1	tsp	5	g
Sea salt	1/4	tsp		
White wine vinegar	2	tbsp		
Lemon juice	1	tbsp		
Extra virgin olive oil	1	cup		

Preparation:

1. In a high-powered blender add all the ingredients except oil. Blend on high for 4 minutes until frothy.
2. While blender is on, slowly add in oil. While pouring, give the blender a rest every few minutes. Continue to blend until a thick, spreadable consistency has been reached.

Cost

Recipe: \$

Per Serving: \$



Mayonnaise (Cashew)

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Cashews, raw	1	cup	250	mL
Aquafaba, strained from can of chickpea	¼	cup	60	mL
Apple cider vinegar	1	tbsp	15	mL
Lemon, fresh, juiced	1	tbsp	15	mL
Ground black pepper	⅛	tsp	0.5	g
Mustard	¼	tsp		
Salt	½	tsp	2.5	g

Preparation:

1. Soak cashews overnight, or soak in warm water for two hours.
2. In a blender add aquafaba, soaked cashews, mustard, salt, pepper, apple cider vinegar, and lemon juice.
3. Mix until creamy and smooth. Scraping the sides if necessary. Transfer to a jar and keep in fridge.

Cost

Recipe: \$

Per Serving: \$



Migas

Servings: 8

Serving size: 3 ounces

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Russets potatoes, peeled, medium diced	2	cups	500	mL
Onion, small dice	$\frac{3}{4}$	cup	177	mL
Green bell pepper, small dice	$\frac{3}{4}$	cup	177	mL
Red bell pepper, small dice	$\frac{3}{4}$	cup	177	mL
Roma tomatoes, small dice	$\frac{1}{2}$	cup	125	mL
Jalapeño, fresh, deseeded, small chop	1	each		
Garlic, fresh, minced	3	cloves		
Tofu, firm, drained	14	oz	392	g
Turmeric	$\frac{1}{2}$	tsp	1	g
Vegetable oil, divided	$\frac{1}{2}$	cup	250	mL
Corn tortillas, cut into strips	6	each		
Black beans, drained, rinsed, optional	1	cup	250	mL
Oil for deep frying	2	cups	500	mL
Salt	1	tsp	5	g
Ground black pepper	1	tsp	5	g
Salsa	1	cup	250	mL



Preparation:

1. In a large skillet, Pour $\frac{1}{4}$ cup of the oil over medium heat.
2. Once hot, add half of red and green peppers, onions, and garlic, along with the fresh jalapeño and potatoes. Turn heat down and stir frequently. Cook until tender. When done, remove the skillet from the heat. Set aside.
3. Crumble tofu with gloved hands. Drain to remove excess water.
4. In another skillet on medium heat, pour remaining oil. When hot, add the turmeric and let simmer for about two minutes. Add the remaining red and green peppers, onions, and garlic. Cook for 3-4 minutes and add the crumbled tofu. Continue to cook for 3-4 minutes.
5. While tofu is cooking, deep-fry tortilla strips in vegetable oil.
6. When the potato mixture, crumbled cooked tofu, and fried tortilla strips are ready, combine all items together with the black beans and salsa.
7. Gently toss to combine.
8. Top with fresh chopped tomatoes.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Morning Glory Muffins

Servings: 18

Serving size: 1 muffin

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Flaxseed, ground	3	tbsp	45	mL
Water	9	tbsp	135	mL
All-purpose flour	2	cups	240	g
Salt	½	tsp	2.5	g
Baking soda	2	tsp	10	mL
Cinnamon, ground	2	tsp	10	mL
Carrots, grated	2	cups	500	mL
Red delicious apple, grated	1	large		
Walnuts, optional	½	cup	250	mL
Coconut, shredded	½	cup	250	mL
Raisins	½	cup	250	mL
Brown sugar	¼	cup	852	g
Sugar, granulated	¾	cup	148.5	g
Vegetable oil	⅔	cup	158	mL

Preparation:

1. Preheat oven to 375°F (191°C).
2. In a small bowl, mix flaxseed and water together and let stand for 5 minutes.
3. In a separate bowl, combine all-purpose flour, salt, baking soda, and cinnamon. Mix and set aside.
4. In another bowl, add the grated carrots, grated apple, walnuts, coconut, raisins, brown sugar, and granulated sugar. Mix well. Add the carrot mixture to the flour mixture.
5. Mix flaxseed mixture and oil together. Add to the carrot and flour mixture. Stir together until the dry ingredients become wet.
6. Bake for 15 minutes or until done.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Moroccan Quinoa Power Bowl

By Amy Symington, Josh Sernal, and Leanne Soochan

Servings: 18

Serving size: 6

Preparation time:

Cook time:

Total time:

Ingredients Quinoa	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Quinoa, uncooked	1½	cups	375	mL
Water	1	cup	250	mL
Vegetable stock, low sodium	1½	cups	375	mL
Cinnamon, ground	¼	tsp	1	mL
Turmeric, ground	1½	tsp	3	g
Garam masala or curry powder	1½	tsp	7.5	mL
Kale, chiffonade, tightly packed	¼	cup	60	mL
Parsley, stemmed and finely chopped, divided	¼	bunch		
Mint, finely chopped, divided	⅛	bunch		
Sliced almonds, toasted	2	tbsp	30	mL
Gala apple, diced small	1	each		
Arils from one pomegranate	¼	cup	60	mL
Sea salt	¼	tsp	1	mL
Ground black pepper	⅛	tsp	0.5	g
Roasted Garlic Chickpeas				
Chickpeas, drained and rinsed	1	540 mL-can		
Olive oil	1	tbsp	15	mL
Garlic powder	¾	tsp	3.5	g
Roasted Spicy Cauliflower				
Large head cauliflower, cut into florets	1	each		
Olive oil	1	tbsp	15	mL
Sea salt	¼	tsp	1	mL
Paprika	1½	tsp	4.5	g
Cayenne (optional)	½	tsp	2.5	mL



Moroccan Quinoa Power Bowl (Cont'd)

Fig Dressing				
Dried figs	6	each		
Olive oil	¼	cup	60	mL
Lemon juiced, approximately 1 lemon	⅓	cup	79	mL
Water	6	tbsp	9	mL

Preparation

Quinoa

1. Using a fine mesh sieve, thoroughly rinse quinoa.
2. In a large stockpot, over medium low heat, add uncooked quinoa, water, vegetable stock, cinnamon, and turmeric powder.
3. Bring to a rolling boil then reduce heat to low. Cover and simmer until quinoa is tender and most of the liquid has absorbed, about 15 to 20 minutes.
4. Using a spatula, fold in garam masala to cooked quinoa until well combined. Transfer quinoa to a large bowl or baking sheet and spread to cool, about 20 minutes.
5. Set aside ¼ cup each of parsley and mint, and ½ cup of pomegranate seeds for garnish. Gently fold in kale, almonds, diced apples and the remaining parsley, mint and pomegranate seeds. Set aside until ready to serve.

Roasted garlic chickpeas and sliced almonds

1. Preheat oven to 450°F (230°C). Line two baking sheets with parchment paper and set aside.
2. Spread sliced almonds on one baking sheet, and toast for 5 to 7 minutes, until lightly brown.
3. Meanwhile, rinse chickpeas and blot them dry using a clean towel.
4. In a medium sized mixing bowl, combine the chickpeas with olive oil and garlic powder.
5. Evenly distribute the chickpeas to prepared baking sheet, ensuring they are in a single layer.
6. Bake for 15 minutes. Mix around the chickpeas and continue to bake for an additional 20 to 25 minutes or until chickpeas are golden brown and crispy in texture. Set aside to cool.

Roasted spicy cauliflower

1. In a large mixing bowl, toss together cauliflower olive oil, salt, paprika, and cayenne (if using) until cauliflower is coated.
2. Spread florets evenly on a parchment lined baking sheet. Allow space between the florets to prevent steaming.
3. In the same oven, roast for 25 to 30 minutes or until golden in colour and tender to the touch. Set aside.



Moroccan Quinoa Power Bowl (Cont'd)

Preparation:

Fig dressing

1. In a blender, combine all dressing ingredients and blend until smooth.
2. Strain dressing through a sieve to discard of any lumps that may remain.
3. To serve, in a bowl add 1 cup (250 mL) quinoa with $\frac{3}{4}$ cup (180 mL) spiced cauliflower. Garnish with 2 tbsp (30 mL) roasted chickpeas and 2 tbsp (30 mL) fig dressing. Sprinkle with pomegranate arils, fresh mint, and parsley.

Tips:

1. When toasting almond slices, use a dry pan over medium-low heat until almonds are slightly brown and aromatic, about 1 minute. Keep a close eye while toasting to prevent burning. Set aside until use.
2. Thoroughly wash skins of apples and keep them unpeeled for extra dietary fibre.
3. Avoid chopping the cauliflower into florets that are too small as they are more likely to burn.
4. If a thinner dressing is desired, add additional water $\frac{1}{4}$ cup (60 mL) at a time, until desired consistency is reached.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Darren Kemper

Mushroom Asparagus Risotto

Servings: 10

Serving size: 1 cup

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Vegetable oil, divided	1	tbsp	15	mL
Onion, diced	8	oz	227	g
Bell pepper, diced	4	oz	115	g
Garlic, fresh, minced	2	cloves		
Mushrooms, sliced	1	lbs	455	g
Arborio rice	$\frac{3}{4}$	lbs	340.2	g
Vegetable stock, hot	1	pt	568.3	mL
White wine	3	oz	84	g
Parsley, fresh, finely chopped	1 $\frac{1}{2}$	oz	42	g
White pepper	1	tsp	5	g
Fresh asparagus, cut in 1" pieces	9	oz	252	g

Preparation:

1. In a medium size pot, heat 1 $\frac{1}{2}$ tsp of oil. Add onions, peppers, garlic, and mushrooms. Sauté for 3 minutes. Set aside.
2. In a separate pot, heat the remaining 1 $\frac{1}{2}$ tsp of oil.
3. Once the oil is warm, add rice and cook for 3 minutes. Stir in 1 cup of the stock, wine, parsley, and white pepper.
4. Bring to a simmer and cook uncovered for 10 minutes stirring constantly.
5. Add remaining $\frac{1}{2}$ cup of stock, cooked onion, bell pepper, garlic, sliced mushrooms, and asparagus. Cook for 10 minutes, stirring constantly or until risotto is tender and all the liquid has been absorbed.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Devon Pierce/Sodexo Canada



Photo Credit: Denise Deiana/Sodexo Canada



Photo Credit: Devon Pierce/Sodexo Canada

Mushroom Gravy

Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Onions, sliced	3	cups	750	mL
Olive oil	2	tbsp	30	mL
Oregano, dried	1	tsp	0.5	g
Thyme, dried	1	tsp	5	mL
Portobello mushrooms, sliced thin	4	cups	1	L
Margarine or non-dairy butter	2	tbsp	30	mL
All-purpose flour	2	tbsp	15	g
Water	1	cup	250	mL
Non-dairy milk	1	cup	250	mL
Salt		To taste		
Ground black pepper		To taste		

Preparation:

1. In a large sauté pan, add oil. Once heated add onions and sauté until they begin to caramelize, about 10 minutes.
2. Once caramelized, add oregano and thyme, and sauté until fragrant, about 1 minute.
3. Transfer the mixture to a food processor and add 1 cup of water and process.
4. In the same pan as the onions, over medium-high heat, melt margarine. Once heated add mushrooms and sauté until they release water.
5. Add flour and cook into a roux.
6. Add onion water and non-dairy milk.
7. Season to taste. Adjust thickness by boiling down or adding water.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Nacho Station

Servings: 8

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Guacamole				
Olive oil	1	tbsp	15	mL
Avocados	6	individual	600	g
Garlic, minced	2	tsp	8	g
Tomatoes, diced	4	individual	320	g
Lime zest	3	tbsp	16	g
Lime juice	½	cup	250	mL
Salt	2	tsp	8	g
Black pepper (or cayenne)	½	tsp	1	g
Refried Beans				
Olive oil	1	tbsp	15	mL
Black beans, cooked, drained, and rinsed	3	cups	750	mL
Onions, diced	½	cup	125	mL
Garlic, chopped	1	tbsp	15	mL
Cumin, ground	1	tsp	5	mL
Ground black pepper	¼	tsp	1	g
Salt	1	tsp	4	mL
Lime, juiced	1	tbsp	15	mL
Cilantro leaves for garnish				

Queso sauce				
Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Jalapeno peppers	3	individual	90	g
Garlic	2	heads	100	g
Russet potatoes, chopped	16	individual	1.6	kg
Carrots, peeled and chopped	7	individual	1	kg
Chili powder	3	tsp	8	g
Cumin, ground	3	tsp	7	g
Vegetable stock	2	cups	500	mL
Olive oil	2/3	cup	160	mL
Nutritional yeast	1	cup	55	g
Lemon juice	1/2	cup	125	mL
Salt	1	tbsp	10	g
Pepper	1/2	tsp	2	g

Preparation:

Guacamole

1. In a large bowl, thoroughly mix all ingredients.

Refried Beans

1. In a large skillet over medium heat, add olive oil. Once heated, add onion and sauté until translucent, about 3 minutes.
2. Add garlic, cumin, and black pepper. Cook until fragrant, about 2 minutes.
3. Reduce heat to low, add beans and cover. Cook until beans are heated through, about 5 minutes.
4. Once heated, use a potato masher or fork to mash the beans until you have a nice, smooth consistency.
5. Continue to cook for another 3-4 minutes. Add 1 tbsp water if necessary to keep the mixture from getting too dry.
6. Remove from heat. Stir in lime juice and salt. Adjust seasonings.
7. Garnish with cilantro and serve.

Queso sauce

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Arrange jalapenos and garlic on prepared baking sheet and drizzle 1/5 of the oil until well coated. Roast until jalapenos are slightly charred and garlic is soft, about 30 minutes for 6 servings and 45 minutes for 24 servings. Remove from oven and allow to cool slightly. Remove the skins from the garlic and mince the jalapenos. Set aside.
3. Meanwhile, fill a large stock with water, place a steam basket into ensuring that the water does not touch or fill the basket. Next, over medium-high heat bring water to a boil. Once boiling add carrots and potatoes allow to steam until soft, about 15 minutes for 6 servings and 25 minutes for 24 servings. Set aside.
4. In a small sauté pan over medium heat, toast chili powder and cumin until fragrant, about 2 minutes. Set aside.
5. In a high-powered blender add potatoes, carrots, roasted garlic, spices, vegetable stock, olive oil, nutritional yeast, lemon juice, salt and pepper and blend until smooth, about 8 minutes. Adjust consistency with additional stock or water if necessary.
6. Place into a serving bowl and top with chives and tomatoes and serve with homemade tortilla chips. In a large skillet over medium heat add olive oil. Once heated add onion and sauté until translucent, about 3 minutes.

Cost

Recipe: \$

Per Serving: \$



Nanaimo Bars

Servings: 8

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients Base	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Rolled oats	½	cup	125	mL
Pumpkin seeds, raw	¼	cup	60	mL
Shredded coconut, unsweetened	¼	cup	60	mL
Pitted dates	1 ½	cups	750	mL
Vanilla extract	½	tsp	2.5	mL
Salt	¼	tsp	1	g
Cocoa powder	¼	cup	60	mL
Filling				
Sugar, powdered	¾	cup	85	g
Coconut butter	¾	cup	177	mL
Coconut milk	2	tbsp	30	mL
Vanilla extract	½	tsp	2.5	mL
Salt	1	pinch		
Topping				
Non-dairy chocolate	1	cup	250	mL
Coconut milk	2 ½	tbsp	22.5	mL

Preparation:

Base

1. Line an 8 x 8 baking pan with parchment paper. Set aside.
2. In a blender or food processor, add oats and dates. Process until a chunky paste is created.
3. Next add the cocoa powder, salt, vanilla and keep blending.
4. Add the pumpkin seeds and coconut and keep blending until fully incorporated.
5. Remove from the blender or processor and press evenly into the pan. It should be about ½" thick. Refrigerate.

Middle

1. Meanwhile, in a clean food processor or blender add all middle ingredients and blend until smooth.
2. Spread evenly over the base layer and refrigerate again.



Topping

1. Prepare a double boiler to melt the chocolate and coconut milk together.
2. Once melted, pour over the middle layer, and refrigerate again until set.

Serving

1. Cut into 8 squares or smaller if more appropriate.

Cost

Recipe: \$

Per Serving: \$



Nutty Squash & Kale Salad

Servings: 6

Serving size: ¾ cup

Preparation time: 30 minutes

Cook time: 22 minutes

Total time: 42 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Acorn squash, cubed	½	pc	625	mL
Olive oil, divided	6 ½	tbsp	97.5	mL
Salt, divided	¾	tsp	3	g
Red onion, medium, minced	1	each		
Balsamic vinegar	3	tbsp	45	mL
Dijon mustard	1	tsp	5	mL
Ground black pepper	¼	tsp	1	g
Kale, stems removed, coarsely chopped	1	large bunch		
Almonds, roasted, coarsely chopped	¾	cup	177	mL

Preparation:

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. In a medium bowl, toss squash with 1 tbsp oil and ¼ tsp salt. Transfer squash to the baking sheet and roast until tender and lightly golden, approximately 20 minutes. Remove and let cool.
3. In a small bowl, whisk together 5 tbsp olive oil, vinegar, onion, Dijon mustard, remaining salt, and pepper. Set aside.
4. Heat a large sauté pan over medium heat with remaining oil.
5. Sauté kale until bright green and slightly wilted, 1 to 2 minutes. Remove from heat and let cool.
6. In a large bowl, toss kale in dressing.
7. Mix in squash and almonds and toss lightly to serve.



Cost

Recipe: \$8.57

Per Serving: \$1.43



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Oatmeal Cookies

Servings: 6

Serving size: 1 cookie

Preparation time:

Cook time: 8-10 minutes

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Water, warm	3	tbsp	45	mL
Flaxseed, grounded	1	tbsp	15	mL
Non-dairy margarine	11	oz	308	g
Light brown sugar	11	oz	308	g
Applesauce, sweetened	3	oz	84	g
Orange juice	1	tbsp	15	mL
All-purpose flour	12	oz	338.8	g
Salt	½	tsp	2.5	g
Baking soda	2	tsp	10	g
Vanilla extract	1	tsp	5	mL
Oats	11	oz	308	g
Optional				
Non-dairy chocolate chips	12	oz	336	g
Walnuts, chopped	2	cups	500	mL
Raisins	2	cups	500	mL
Cranberries	2	cups	500	mL

Preparation:

1. Preheat oven to 350°F (177°C).
2. In a small bowl, mix warm water and flaxseed. Let set for 5 minutes.
3. In a mixing bowl, place margarine, brown sugar, sweetened applesauce and mix until combined.
4. Add orange juice, warm water, vanilla, and flaxseed mixture to brown sugar mixture. Blend well.
5. Add flour, salt and soda, blend into the above mixture.
6. Stir in oats and any other additional options: chocolate chips, raisins, nuts, etc.
7. Divide dough equally into 6 portions and form into balls.
8. Bake for 8-10 minutes.

Cost

Recipe: \$8.57

Per Serving: \$1.43



Photo Credit: Riana Topan/HSI Canada



Old-Fashioned Potato Salad

Servings: 10

Serving size: 125 mL (130g)

Preparation time: 22 minutes

Cook time: 14 minutes

Total time: 36 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Russet potatoes, medium dice	2	lbs	910	g
Water	1	qt	964.4	mL
Dill pickles, small dice	1/8	cup	30	mL
Yellow onion, small dice	1/2	cup	125	mL
Celery, small chop	1/4	cup	60	mL
Salt, divided	1	tsp	5	g
Ground black pepper	1/2	tsp	2.5	g
Egg-free mayonnaise	1	cup	250	mL
Yellow mustard	1/8	tsp		

Preparation:

1. To a small sauce pot, add chopped potatoes, water and 1/2 tsp of salt. Bring water to a boil. Boil until potatoes are very tender, about 10 minutes. Drain and place in a large mixing bowl.
2. Add dill pickles, onion, celery, 1/2 teaspoon salt, and pepper to the large bowl with the cooked potatoes.
3. Toss and add mayonnaise and mustard. Mix until well combined.
4. Taste and adjust seasoning as needed.



Cost

Recipe: \$3.44

Per Serving: \$0.34



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Palmiers

Servings: 16

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Sugar, granulated	1	cup	198	g
Puff pastry	1	sheet		
Water	½	cup	125	mL
Non-dairy margarine, melted	2	oz	56	g

Preparation:

1. Preheat oven to 350°F (177°C).
2. Over a large surface, pour ½ cup of sugar. Place pastry on top of the sugar and pour the last ½ cup of sugar on top of pastry.
3. Press sugar into pastry sheet, flipping it over and pressing the other side.
4. Fold in each side 2 inches, brush with water to seal dough.
5. Repeat until both sides meet in the middle.
6. Fold together to make 1 long thick strip.
7. Allow dough to rest in the refrigerator for 20 minutes.
8. Take out and cut in ½ " pieces.
9. Put parchment paper on pan and brush with margarine.
10. Put each piece of dough on buttered surface and flatten.
11. Allow to rest in refrigerator for 10 minutes.
12. Bake in the oven for 10 minutes. Flip and continue baking for another 10 minutes until golden brown.



Cost

Recipe: \$8.57

Per Serving: \$1.43



Photo Credit: Riana Topan/HSI Canada

Pancake/Waffle Mix

Servings: 6-8

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Vegetable oil	2	tbsp	30	mL
Sugar, granulated	2	tbsp	24.75	g
Vanilla extract	1	tsp	5	mL
Non-dairy milk, preferably soy or almond	1	cup	250	mL
Water	1	cup	250	mL
Self-rising flour	2	cups	226	g

Preparation:

1. In a mixing bowl, 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.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Photo Credit: Riana Topan/HSI Canada

Peachy Upside-Down Cake

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
All-Purpose Flour	1 ¾	cups	210	g
Maple Syrup	½	cup		
Baking Soda	1	tsp		
Salt	½	tsp	2	g
Coconut Milk	¾	cups		
Peach Juice (Leftover from canned peaches)	¼	cups		
Vanilla Extract	2	tsp		
Sunflower Oil	¼	cups		
White Vinegar	1	tbsp		
Coconut Oil (melted)	3	tbsp		
Brown Sugar	¼	cups		
Peach Slices	10-12	individual		

Preparation:

1. Melt the Coconut Oil and then spread it out into the bottom of a 9-inch cake pan.
2. Sprinkle the brown sugar over the melted oil and spread it around evenly.
3. Then layer the peach slices along the bottom.
4. Preheat the oven to 350°F (177°C).
5. Sift the flour into a mixing bowl and mix with the baking soda and salt.
6. Then add in the soy milk, peach juice, vanilla, maple syrup, oil and vinegar and whisk together with a hand whisk until just combined.
7. Pour out over the peach slices and smooth down with the back of a spoon.
8. Place into the oven and bake for 55 minutes. After 30 minutes remove from the oven and cover loosely with foil and return to the oven for another 25 minutes
9. Let the cake cool for 10 minutes before inverting it onto a plate or cake stand.
10. To flip it, place a plate or cake stand against the cake pan and then flip it so that the cake pan is upside down on top of the plate or cake stand. Let it sit for a few seconds and then lift the cake pan off.

Chef's Tip

If peaches are not in season, canned pineapple slices and juice can be used instead.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Gabriel Asselin/Sodexo Canada



Photo Credit: Gabriel Asselin/Sodexo Canada



Photo Credit: Riana Topan/HSI Canada

Pineapple Upside Down Cake

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
All-purpose flour	1 ¾	cups	210	g
Maple syrup	½	cups	125	mL
Baking soda	1	tsp	5	mL
Salt	½	tsp	2.5	g
Coconut milk	¾	cups	12.3	mL
Pineapple juice (left over from canned pineapples)	¼	cup	60	mL
Vanilla extract	2	tsp	10	mL
Sunflower oil	¼	cup	60	mL
White vinegar	1	tbsp	15	mL
Coconut oil, melted	3	tbsp	45	mL
Brown sugar	¼	cup	53.25	g
Pineapple slices	10-12	each		

Preparation:

1. Preheat oven to 350°F (177°C).
2. In a small pot, melt the coconut oil and spread it out into the bottom of a 9" cake pan.
3. Sprinkle the brown sugar over the melted oil and spread it around evenly.
4. Layer the pineapple slices along the bottom. Set aside.
5. Sift the flour into a mixing bowl and mix with the baking soda and salt.
6. Add in the soy milk, pineapple juice, vanilla, maple syrup, oil, and vinegar, and whisk together with a hand whisk until just combined.
7. Pour out over the pineapple slices and smooth down with the back of a spoon.
8. Place into the oven and bake for 55 minutes. Bring it out at the 30-minute mark, cover loosely with foil, and return to the oven for another 25 minutes.
9. Let the cake cool for 10 minutes before inverting it onto a plate or cake stand.
10. To flip, place a plate or cake stand against the cake pan and flip it so that the cake pan is upside down on the plate/cake stand. Pat and allow to sit for a few seconds before slowly lifting cake pan off.



Cost

Recipe: \$9.77

Per Serving: \$1.09



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Pecan Sandies

Servings: 40
 Serving size: 2 pieces
 Preparation time: 20 minutes
 Cook time: 40 minutes
 Total time: 60 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Dairy-free margarine	1	cup	250	mL
All-purpose flour	2	cups	240	g
Sugar, granulated	¼	cup	49.5	g
Vanilla extract	2	tsp	10	mL
Pecans, finely ground	2	cups	500	mL
Sugar, powdered	1	lbs	227	g

Preparation:

1. Preheat oven to 300°F (149°C).
2. In a mixing bowl, combine margarine and granulated sugar.
3. Add vanilla; mix well.
4. Add flour and nuts; mix well.
5. Roll in little balls.
6. Place on ungreased baking sheet. Bake for 30-45 minutes.
7. Roll immediately in powdered sugar. Let cool and roll again in powdered sugar before serving.

Cost

Recipe: \$10.31

Per Serving: \$0.52



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Plant-Based Bowls: Bibimbap Bowl

By Amy Symington

Servings: 12

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Bowl				
Sesame Oil	4	tbsp	60	mL
Tempeh	20	oz	568	g
Garlic, minced	6	cloves	30	g
Tamari	4	tbsp	60	mL
Maple syrup	4	tbsp	60	mL
Spinach, steamed	3	cups	660	g
Bean Sprouts	6	cups	630	g
Shiitake mushrooms, thinly sliced	6	cups	450	g
Brown Rice, cooked	8	cups	500	g
Carrots, grated	6	each	360	g
Cucumber, grated	1	each	120	g
Red cabbage, thinly sliced	½	each	360	g
Korean seasoned seaweed, chopped	½	cup	20	g
Sauce				
Gochujang paste	½	cup	120	g
Sesame oil	4	tbsp	60	mL
Maple syrup	2	tbsp	30	mL
Water	4	tbsp	60	mL
Sesame seeds, toasted	4	tbsp	36	g
Rice Vinegar	6	tbsp	90	mL
Garlic, puréed	4	cloves	20	g



Preparation:

1. In a medium sauté pan over medium-high heat, add 2 tbsp oil. Once heated add tempeh. Sauté until brown, about 3 minutes. Flip and repeat on other side.
2. Add garlic and sauté until fragrant, about 1 minute. Add soy sauce and maple syrup and remove from heat.
3. In a sauté pan over medium heat, heat oil, add mushrooms and sauté until brown and fragrant, about 5 minutes.
4. In a small bowl whisk together sauce ingredients. Set aside.
5. Assemble bowls: 2/3 cup rice, 1/6th of the tempeh, spinach, bean sprouts, mushrooms, carrot, cucumber, cabbage, seaweed, and drizzle with 2 tbsp sauce.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Amy Symington

Plant-Based Bowls: Huevos Rancheros Styled Quinoa Bowl

By Amy Symington

Servings: 10

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Bowl				
Grapeseed oil	2	tbsp	30	mL
Onion, diced	2	individual	450	g
Red pepper, diced	2	individual	240	g
Garlic, minced	8	cloves	40	g
Cumin, ground	4	tsp	16	g
Coriander, ground	4	tsp	14	g
Smoked Paprika	2	tsp	10	g
Turmeric	2	tsp	10	g
Cayenne Pepper	2	tsp	8	g
Water	12	cups	3	L
Quinoa, rinsed	6	cups	820	g
Black beans, cooked and drained	4	cups	720	g
Nutritional yeast	1	cup	60	g
Lime zest	2	individual	4	g
Lime juice	2	individual	60	mL
Garnish				
Cilantro, chopped	2	bunch		
Hot sauce (optional)				



Preparation:

1. In a large stock pot over medium heat add grapeseed oil. Once heated add onion and sauté until soft, about 3 minutes.
2. Next, add red pepper, garlic, cumin, coriander, paprika, turmeric and cayenne (if using) and sauté until the garlic and spices are fragrant, about 3 minutes.
3. Next stir in the water and the quinoa and bring to a simmer. Cover and allow quinoa to completely cook, stirring occasionally about 15 minutes.
4. Stir in the beans, nutritional yeast, lime zest, juice and salt. Heat through, about 2 minutes.
5. Top with cilantro and hot sauce (if using) and eat!

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Amy Symington

Plant-Based Bowls: Moroccan Chickpea Bowl

By Amy Symington

Servings: 12

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Bowl				
Quinoa, raw	3	cups	550	g
Water	2	cup	500	mL
Vegetable stock	3	cups	750	mL
Cinnamon, ground	½	tsp	4	g
Turmeric	3	tsp	16	g
Garam Masala	3	tsp	16	g
Kale, chopped chiffonade	½	cup	30	g
Parsley, finely chopped	½	bunch	15	g
Mint, finely chopped	¼	bunch	14	g
Almonds, toasted	4	tbsp	30	g
Apple, diced	2	individual	350	g
Pomegranate arils	2	individual	350	g
Salt	½	tsp	3	g
Black pepper	¼	tsp	1	g
Roasted Garlic Chickpeas				
Chickpeas, cooked and drained	2	19oz can		
Olive oil	2	tbsp	30	mL
Garlic powder	1 ½	tsp	8	g

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Roasted Spicy Cauliflower				
Cauliflower florets	2	individual	1200	g
Olive oil	2	tbsp	30	mL
Salt	½	tsp	3	g
Paprika	3	tsp	14	g
Cayenne	1	tsp	8	g
Fig Dressing				
Dried figs	12	individual	180	g
Olive oil	½	cup	120	mL
Lemon juice	2/3	cup	160	mL
Water	12	tbsp	180	mL

Preparation:

Quinoa

1. Using a fine mesh sieve, thoroughly rinse quinoa.
2. In a large stockpot, over medium low heat, add uncooked quinoa, water, vegetable stock, cinnamon, and turmeric powder.
3. Bring to a rolling boil then reduce heat to low. Cover and simmer until quinoa is tender and most of the liquid has absorbed, about 15 to 20 minutes.
4. Using a spatula, fold in garam masala to cooked quinoa until well combined. Transfer quinoa to a large bowl or baking sheet and spread to cool, about 20 minutes.
5. Set aside ¼ cup each of parsley and mint (1 cup for 24 servings), and ½ cup of pomegranate seeds (2 cups for 24 servings) for garnish. Gently fold in kale, almonds, diced apples and the remaining parsley, mint, and pomegranate seeds. Set aside until ready to serve.

Roasted Garlic Chickpeas and Sliced Almonds

1. Preheat oven to 450°F (230°C). Line two baking sheets with parchment paper and set aside.
2. Spread sliced almonds on one baking sheet, and toast for 5 to 7 minutes, until lightly brown.
3. Meanwhile, rinse chickpeas and blot them dry using a clean towel.
4. In a medium sized mixing bowl, combine the chickpeas with olive oil and garlic powder.
5. Evenly distribute the chickpeas to prepared baking sheet, ensuring they are in a single layer.
6. Bake for 15 minutes. Mix around the chickpeas and continue to bake for an additional 20 to 25 minutes or until chickpeas are golden brown and crispy in texture. Set aside to cool.

Roasted Spicy Cauliflower

1. In a large mixing bowl, toss together cauliflower olive oil, salt, paprika, and cayenne (if using) until cauliflower is coated.
2. Spread florets evenly on a parchment lined baking sheet. Allow space between the florets to prevent steaming.
3. In the same oven, roast for 25 to 30 minutes or until golden in colour and tender to the touch. Set aside.

Fig Dressing

1. In a blender, combine all dressing ingredients and blend until smooth.
2. Strain dressing through a sieve to discard of any lumps that may remain.

Bowl

1. To serve, in a bowl add 1 cup (250 mL) quinoa with $\frac{3}{4}$ cup (180 mL) spiced cauliflower. Garnish with 2 tbsp (30 mL) roasted chickpeas and 2 tbsp (30 mL) fig dressing. Sprinkle with pomegranate arils, fresh mint, and parsley.

Cost

Recipe: \$

Per Serving: \$



Portobello Mushroom Tacos with Cilantro Cream Sauce

Servings: 12
 Serving size: 2 tacos
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Portobello mushroom caps, large	4	cups	1	L
Tamari sauce (gluten-free soy sauce)	2	tbsp	30	mL
Olive oil	1	tbsp	15	mL
Green bell pepper, small dice	1	cup	250	mL
Red onion, small dice	½	cup	125	mL
Corn, fresh, canned or frozen	¼	cup	60	mL
Corn tortilla shells, 4 inch	24	each		
Cilantro, fresh, coarsely chopped	½	bunch		
Pico de gallo	1	cup	250	mL
Cilantro Cream				
Raw cashews	1	cup	250	mL
Water, divided	2 ½	cups	625	mL
Cilantro stems and leaves	½	bunch		
Salt	1	tbsp	15	g

Preparation:

1. Clean and dice the mushroom caps and place in a Ziplock bag or shallow pan. Add the tamari to the mushrooms and let marinate for at least 1 hour.
2. In a saucepan, add oil and heat over medium heat. When the oil is hot, add the mushrooms with tamari sauce. Cook for 5 minutes. Stir often.
3. Add bell peppers, onions, corn and cook for 5 more minutes; remove the pan from the heat.
4. In a large skillet over a high heat, heat the tortillas approximately 20 seconds per side
5. Assemble tacos with 2 tbsp of mushroom mixture, then top with cilantro sauce and pico de gallo.

Poutine with “Cheese” Curds and Portobello Gravy

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Portobello Gravy

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Onions, sliced	3	cups	450	g
Olive Oil	1	tbsp	15	mL
Oregano	1	tsp	0.5	g
Thyme	1	tsp	0.5	g
Portobello Mushrooms, sliced thin	4	cup	300	g
Margarine or non-dairy butter	2	tbsp	30	mL
All-purpose flour	2	tbsp	10	g
Water	1	cup	240	mL
Non-dairy milk	1	cup	240	mL
Salt & Pepper		To taste		

Preparation:

1. Sauté onions with oregano and thyme in olive oil until they begin to caramelize.
2. Add 1 cup water. Bring to a boil.
3. Transfer into a food processor and let cool before processing further.
4. Blend onion water mixture.
5. Sauté mushrooms in margarine until they release water.
6. Add flour and cook into a roux.
7. Add onion water and non-dairy milk.
8. Season to taste. Adjust thickness by boiling down or adding water.



Cheezy Tofu Curds

Ingredients	Imperial		Metric	
	Measure	Quantity	Measure	Quantity
Tofu, firm	1	15 oz block	1	425g block
Nutritional Yeast	2	tbsp	2.5	g
Lemon Juice	2	tbsp	30	mL
Onion powder	2	tsp	1	g
Salt	1	tsp	5	g
Olive Oil	1	tsp	5	mL
Black pepper		To taste		

Preparation:

1. Shred tofu into curd size 1" balls.
2. Toss tofu with all the ingredients and let marinate for 15 minutes.
3. Spread tofu onto a baking sheet and bake at 350°F (177°C) for 10 minutes.

Roasted Potatoes

Ingredients	Imperial		Metric	
	Measure	Quantity	Measure	Quantity
Potatoes	4	pcs		
Olive oil	2	tbsp	30	mL
Salt	1	tsp	5	g

Preparation:

1. Cut potatoes into wedges and toss in olive oil and salt.
2. Spread onto a baking sheet and roast in oven at 400°F (205°C) for 30 minutes.

Poutine Assembly

1. Fill small bowls with the potato wedges.
2. Top with tofu cheese curds.
3. Generously ladle the gravy atop the curds

Cost

Recipe: \$

Per Serving: \$



Power Bites

Servings: 48

Serving size: 1 ½ ounce ball

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Peanut butter or other nut/seed butter	1	cup	250	mL
Quick cooking oats, raw	2	cups	500	mL
Non-dairy chocolate chips	6	oz	168	g
Maple syrup	1	oz	20	mL
Applesauce, unsweetened	4	oz	115	g
Pecans, ground, optional	¾	cup	12.3	mL

Preparation:

1. In a medium bowl, add all ingredients and mix well using gloved hands.
2. Portion with a #40 scoop, or about 1 ½ tablespoons and roll out balls.
3. Store in a closed container. Refrigerate up to two weeks.

Notes

You can add any kind of nut or dried fruit to this recipe.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada

Pulled Jackfruit

Servings: 15
 Serving size: 2 tacos
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Jackfruit, green, in water or brine	2	20-ozcans	591.5	mL
Oil, olive	3	tbsp	45	mL
Onion, medium dice	1	large		
Garlic, fresh, minced	6	cloves		
Mexican/BBQ Flavour				
Chipotle paste	2	tsp	10	mL
Chili powder	2	tsp	8	g
Cumin, ground	1	tbsp	15	mL
Asian Flavour				
Soy sauce	1	tbsp	15	mL
Ginger, fresh, minced or grated	1	tbsp	15	mL
Sesame oil	1	tbsp	15	mL

Preparation:

1. Preheat oven to 350°F (177°C).
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 flavour ingredients. Sauté another 3 minutes.
5. 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.
6. Distribute jackfruit evenly in bottom of pan then bake in oven for 10-15 minutes until more dried and slightly crisped.
7. 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.

Cost

Recipe: \$6.37

Per Serving: \$0.80



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Pulled Oyster Mushroom Tacos with Cilantro Cream

By Amy Symington

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients (6 servings)	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Olive or grapeseed oil	3	tbsp		
Large onion, small diced	1			
Oyster mushrooms, peeled	3	cups		
Garlic gloves, minced	6			
Soy sauce or tamari	2	tbsp		
Chili powder	1	tbsp	10	g
Ground cumin	1	tbsp		
Ground ginger	2	tsp		
Smoked paprika (optional)	1	tsp	3	g
Tomato purée	½	cup		
Maple syrup	2	tbsp		
6" soft or hard taco shells	6			
Garnish:				
Coleslaw (Forward Food Coleslaw)				
Cilantro cream (Forward Food Cilantro Cream)				
Fresh cilantro				



Preparation:

1. Over a medium-high heat, in a medium sauté pan add oil. Once heated add onion and sauté until translucent, about 2 minutes.
2. Next, add mushrooms and garlic and sauté until oyster mushroom are soft, but crisp, and garlic is fragrant, about 4 minutes.
3. Next, incorporate soy sauce or tamari until mushrooms are coated.
4. Stir in chili powder, cumin, ginger, and paprika (if using) and toast spices until fragrant, about 1 minute.
5. Then stir in tomato purée and maple syrup. Allow liquid to evaporate and a thick sauce to form, about 4 minutes. Stir occasionally. Season with salt and pepper if needed.
6. Serve on taco shells with slaw, cilantro cream and fresh cilantro.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Amy Symington



Photo Credit: Amy Symington

Pumpkin Brownies

By Amy Symington

Servings: 12

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Coconut oil	1/3	cup		
Unsweetened dark chocolate, chopped	1/2	cup		
Spelt flour or gluten-free flour	1	cup		
Unsweetened cocoa powder	1/4	cup		
Salt	1/2	tsp	2	g
Baking powder	1/4	tsp		
Maple syrup	1	cup		
Flax eggs (2 tbsp ground flax + 4 tbsp water)	2			
Pure vanilla extract	2	tsp		
Pumpkin purée	1 1/2	cups		

Preparation:

1. Preheat oven to 350°F (177°C). With coconut oil and spelt flour grease and flour a 9 x 9 baking dish and set pan aside. In a double boiler add coconut oil and chocolate. Bring water in bottom half to a simmer and stir chocolate mixture constantly until smooth. Remove from heat and set aside.
2. In a separate bowl, whisk together flour, cocoa powder salt and baking powder.
3. In mixing bowl, whisk together maple syrup, eggs, and vanilla. Add melted chocolate and mix until combined. Add flour mixture and blend well. Fold in pumpkin.
4. Pour batter into prepared pan and bake for 35-40 minutes, until a toothpick in the center comes out clean. Remove allow to cool in pan before cutting.

Cost

Recipe: \$

Per Serving: \$





Photo Credit: Amy Symington



Pumpkin Harvest Cookies

Servings: 28 cookies

Serving size:

Preparation time:

Cook time: 25-30 minutes

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Flaxseed	1	tbsp	15	mL
Water	3	tbsp	45	mL
Sugar, granulated	$\frac{3}{4}$	cup	148.5	g
Light brown sugar	$\frac{1}{4}$	cup	53.3	g
Non-dairy margarine	$\frac{1}{2}$	cup	125	mL
Vanilla extract	1	tsp	5	mL
Pumpkin, canned	1	cup	250	mL
All-purpose flour	2	cups	240	g
Cinnamon, ground	$\frac{1}{2}$	tsp	2.5	mL
Cloves, ground	$\frac{1}{4}$	tsp		
Baking soda	1	tsp	5	g
Salt	$\frac{1}{2}$	tsp	2.5	g
Raisins, optional	1	cup	250	mL
Walnuts, optional	1	cup	250	mL

Preparation:

1. Preheat oven to 375°F (191°C).
2. In a small bowl, mix flaxseed and water until well combined and let set for five minutes.
3. Using a mixer, blend granulated sugar, light brown sugar, margarine, flaxseed mixture, vanilla, and pumpkin.
4. Add the flour, cinnamon, cloves, soda, and salt. Blend well.
5. Stir in raisins and nuts if desired.
6. On parchment-lined sheet pans, portion out cookie dough to yield 28 cookies.
7. Bake for 12-15 minutes or until done. These are soft cookies.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Pumpkin Pecan Cobbler

Servings:

Serving size:

Preparation time:

Cook time: 25-30 minutes

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
All-purpose flour or white whole wheat	2 ½	cups	300 or 282.5	g
Sugar, granulated	1 ½	cups	297	g
Baking powder	4	tsp	20	g
Pumpkin pie spice	3	tsp	15	mL
Cinnamon, ground	1	tsp	5	mL
Salt	1	tsp	5	g
Non-dairy milk	1	cup	250	mL
Pumpkin, canned	1	cup	250	mL
Non-dairy margarine, melted	1	cup	250	mL
Vanilla extract	1	tsp	5	mL
Topping				
Brown sugar	1	cup	213	g
Sugar, granulated	1	cup	198	g
Pecans, chopped, optional	1 ½	cups	375	mL
Water, hot	3	cups	750	mL

Preparation:

1. Preheat oven to 350°F (177°C).
2. In a large mixing bowl, combine flour, sugar, baking powder, pumpkin spice, cinnamon, and salt. Stir well.
3. Mix non-dairy milk, pumpkin, vanilla flavoring, and melted margarine into the flour mixture until well blended.

Topping

1. In a medium mixing bowl combine brown sugar, granulated sugar, and chopped pecans (if using). Mix well and set aside.
2. Coat a 2" half hotel pan with non-stick cooking spray. Spread pumpkin batter in the prepared pan.
3. Top with sugar pecan mixture.



4. Pour HOT water over the pecan mixture. DO NOT MIX!
5. Bake for 25-30 minutes. The cobbler will be soft but slightly set. Do not overbake.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Pumpkin & Sage Alfredo Sauce (with chef's choice of pasta)

Servings: 6

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Shallots, minced	¼	cup	60	mL
Olive oil	2	tbsp	30	mL
Garlic, minced	½	tbsp	7.5	mL
Sage, ground	1	tsp	5	mL
Arrowroot flour	1	tbsp	15	mL
Pumpkin, puréed	1	cup	250	mL
Almond milk, unsweetened	1 ¾	cups	427	mL
Nutritional yeast	¼	cup	60	mL
Salt and pepper				
Chef's choice of pasta				

Preparation:

1. Over medium heat, in a large pan, sauté minced shallots in olive oil until translucent, about 2 minutes.
2. Add in minced garlic with sage and sauté until fragrant, about 2 minutes.
3. Stir in arrowroot flour and pumpkin purée. Reduce heat to low and cook until heated through, about 5 minutes.
4. Increase heat to medium and slowly pour in ¼ cup of almond milk at a time, stirring slowly.
5. Next, stir in nutritional yeast and simmer for 10 minutes.
6. Season with salt and pepper and allow to cool for blending.
7. Once cooled enough, blend thoroughly to achieve the right consistency. Add additional almond milk to adjust if necessary.

Cost

Recipe: \$

Per Serving: \$





Photo Credit: Robert Cairns/Sodexo Canada



Photo Credit: Robert Cairns/Sodexo Canada

Quinoa, Oatmeal & Fruit Parfait

Servings: 10

Serving size: ½ cup

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Water	1	cup	250	mL
Salt	½	tsp	2.5	g
Quinoa	½	cup	125	mL
Oats, raw, quick cooking	1	cup	250	mL
Apple, fresh, cored, grated	1	each		
Non-dairy milk	1	cup	250	mL
Dried cranberries	¼	cup	60	mL
Brown sugar or maple syrup, optional		To taste		

Preparation:

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

Notes

Sliced banana can be used in place of sugar to add a bit of sweetness.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Quinoa Tabbouleh

Servings: 8

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

Preparation time: 20 minutes

Cook time: 18 minutes

Total time: 38 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Quinoa, dry, rinsed and drained	1	cup	250	mL
Water	2 $\frac{1}{2}$	cups	625	mL
Salt	1	tsp	5	g
Olive oil	1	tbsp	5	mL
Red onion, small diced	$\frac{1}{4}$	cup	60	mL
Red bell pepper, small dice	$\frac{1}{4}$	cup	60	mL
Corn kernels, frozen, thawed	$\frac{1}{4}$	cup	60	mL
Parsley, fresh, chopped	$\frac{1}{4}$	cup	60	mL
Mint, fresh, chopped	$\frac{1}{4}$	cup	60	mL
Garlic, fresh, minced	1	tbsp	15	mL
Olive oil	$\frac{1}{4}$	cup	60	mL
Lemon, juice, fresh	$\frac{1}{4}$	cup	60	mL
Lime juice, fresh	2	tbsp	30	mL

Preparation:

1. In a large pot, place water, and bring to a boil.
2. Add quinoa and salt to the boiling water. Reduce the heat to medium, cover and continue to cook the quinoa until tender and water is absorbed, about 18 minutes.
3. In a pan over medium heat, heat 1 tsp olive oil and sauté red onion; remove from heat.
4. In a medium bowl, combine cooked quinoa, red onions, red bell pepper, corn, parsley, mint, garlic, $\frac{1}{4}$ cup olive oil, lemon juice and lime juice. Stir until fully combined.

Chef's Tips

1. Add more herbs to taste.
2. Serve as a side salad with Garbanzo Bean Sliders (see recipe)

Cost

Recipe: \$5.15

Per Serving: \$0.86



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Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Rainbow Coleslaw

By Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients (6 servings)	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Red cabbage, julienned	¼	large head		
Green cabbage, julienned	¼	large head		
Large carrot, grated	1			
Yellow pepper, julienned	¼			
Orange pepper, julienned	¼			
Red pepper, julienned	¼			
Dressing				
Extra virgin olive oil	¼	cup		
Lime zest	1	teaspoon		
Lime juice, approximately 1 lime	1	tablespoon		
Garlic, minced	1	clove		
Maple syrup	4 ½	teaspoons		
Salt	¼	teaspoon	1	g
Garnish				
Green onion, thinly sliced	1	sprig		
Cilantro, leaves removed, and stems minced (optional)	⅛	bunch		

Preparation:

1. In a large bowl, toss together all salad ingredients.
2. In a small bowl whisk together dressing ingredients.
3. Add dressing to salad and toss.
4. When ready to serve, garnish with green onions and cilantro (if using).



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Darren Kemper



Ranch Dressing/Dip

By Amy Symington

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients (2 cups)	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Soft silken tofu	1	cup		
Fresh lemon juice	¼	cup		
Apple cider vinegar	¼	cup		
Dates, soaked in hot water for 15 minutes	2			
Water	½	cup		
Garlic, minced	2	cloves		
Minced red onion	2	tbsp		
Green onions finely chopped	1	tbsp		
Finely chopped fresh parsley	1	tbsp		
Finely chopped fresh dill	1	tsp		

Preparation:

1. In a blender, add all ingredients except the fresh herbs. Blend until smooth, about 4 minutes.
2. In a medium bowl pour dressing, stir in remaining ingredients and serve immediately or store in the fridge for up to 2 days.

Tip:

If you wish to store the dressing for a longer period of time (4-5 days), add onion and fresh herbs in before service and swap the fresh garlic for ½ tsp garlic powder.

Cost

Recipe: \$1.78

Per Serving: \$0.11



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Raspberry Bars

Servings: 24

Serving size: 1 bar

Preparation time:

Cook time: 18-25 minutes

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
All-purpose flour	2 ½	cups	300	g
Sugar, granulated	½	cup	99	g
Non-dairy margarine	1	cup	250	mL
Raspberry jam	1 ½	cups	375	mL
Flat Icing				
Sugar, powdered	1	cup	113.5	g
Non-dairy milk	2	tbsp	30	mL
Vanilla extract	½	tsp	2.5	mL

Preparation:

1. Preheat oven to 350°F (177°C).
2. In a large bowl, mix flour, granulated sugar, and non-dairy margarine together.
3. Divide dough into thirds. Press 2/3 in quarter-sheet pan.
4. Bake for 8-10 minutes.
5. Allow to cool slightly. Spread jam on top of bars.
6. Crumble last third of dough on top of bars.
7. Bake until golden brown for 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.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Raspberry Crumble

Servings:

Serving size:

Preparation time:

Cook time: 45 minutes

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Raspberries	3	cups		
Apples, peeled and diced	2	cups		
Maple Syrup	3	tbsp		
Cornstarch	2	tbsp		
Lemon Juice	1	tbsp		
All-purpose Flour	1	cup	120	g
Coconut, shredded	½	cup		
Almonds, chopped	1	cup		
Brown Sugar	½	cup		
Salt	½	tsp	2	g
Vegetable shortening	3	tbsp		

Preparation:

1. Preheat oven to 350°F (177°C).
2. In a large bowl, mix raspberries, apples, maple syrup and cornstarch together.
3. In a separate bowl, mix the remaining ingredients together. Make sure to blend the shortening well and ensure it is evenly spread through the flour.
4. In a well-oiled hotel pan, evenly spread out the raspberry and apple mixture.
5. Top with the almond and flour mixture.
6. Bake for approximately 45 minutes.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Franco Zito/Sodexo Canada



Photo Credit: Franco Zito/Sodexo Canada

Raw Pad Thai Salad

By Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients (6 servings) (salad)	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Green zucchinis, spiralized or peeled into long strips	2			
Medium carrots, spiralized or peeled into long strips	2			
Yellow zucchini, spiralized or peeled into long strips	1			
Red pepper, julienned	1			
Broccoli, cut into small florets & stems diced	½	head		
Basil, chiffonade	½	bunch		
Green onion, thinly sliced	½	bunch		
Dressing				
Raw, natural almond butter	¼	cup		
Tamarind paste	1	tbsp		
Water	¼	cup		
Lime zest	1	tsp		
Lime juice, approximately 1 lime	1	tbsp		
Maple syrup	2	tbsp		
Garnish				
Crushed almonds	2	tbsp		
Cilantro leaves (optional)				

Preparation:

1. In a large salad bowl, add the salad ingredients, toss and set aside.
2. Next, in a small mixing bowl, whisk together dressing ingredients until smooth.
3. When ready to serve, combine the dressing and salad and toss until everything is completely coated.

Tips:

1. This dish is best enjoyed the day it is prepared.
2. For an extra boost of flavour, add 1 julienned green mango!

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Amy Symington

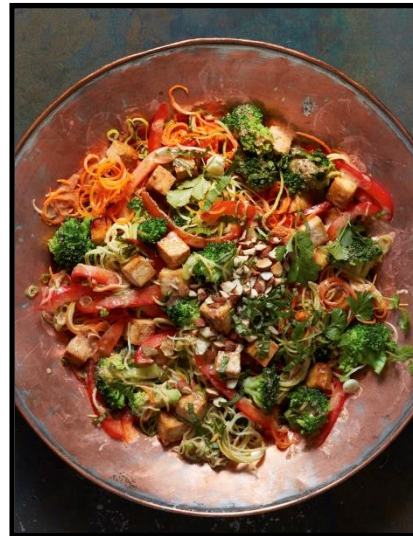


Photo Credit: Darren Kemper

Red Kidney Beans and Rice

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Kidney beans, dark red, dry	1	lbs	454	g
Water, divided	1 ½	qt	1420	mL
Vegetable oil	1	tbsp	15	mL
Onion, medium dice	2	cups	500	mL
Red bell pepper, medium dice	1	cup	250	mL
Green bell pepper, medium dice	1	cup	250	mL
Celery, medium dice	½	cup	125	mL
Garlic, fresh, minced	¼	cup	1	bulb
Creole seasoning	⅛ - ¼	cup		
Vegetable stock	1	qt	946	mL
Rice, cooked according to package directions	2	cups	500	mL

Preparation:

1. In a large pot, place beans and cover with 2 cups of water. Bring to a boil and allow to cook for two minutes.
2. Drain water and set beans aside.
3. In a large pan, put vegetable oil (large enough to allow beans to cook freely). Add onion, red bell pepper, green bell pepper, celery, garlic, and creole seasoning. Sauté for 4 minutes.
4. Add kidney beans, 4 cups of water, and vegetable stock. Bring to a boil and let cook for 15 minutes.
5. Turn heat down to medium heat and simmer until beans are tender, approximately 20-25 minutes.
6. Taste and adjust seasoning if needed.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Red Lentil Pâté

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Red lentils, washed and drained	4	cups	1	L
Water	5	cups	1250	mL
Onions, fine diced	1	cup	250	mL
Garlic, fresh, minced	1	tbsp	3	cloves
Sesame oil	2	tbsp	30	mL
Walnuts, chopped fine (or breadcrumbs)	¼	cup	60	mL
Thyme, dried	1	tsp	5	mL
Basil, dried	1	tsp	5	mL
Parsley, dried	2	tsp	10	mL
Lemon, fresh, juiced	2	tsp	10	mL
Salt		To taste		
Ground black pepper		To taste		

Preparation:

1. Preheat oven to 375°F (191°C).
2. Wash lentils quickly, drain, and place the lentils in a medium saucepan.
3. Add water or stock, bring to a boil, reduce heat to medium, and simmer, covered, for 20 minutes.
4. In a large skillet, heat the oil. Add garlic, onions, and dried herbs and sauté over medium heat, stirring constantly. Cook for approximately 10 minutes or until the onions and garlic are browned and fragrant.
5. Stir the lentils thoroughly into the garlic and onion mixture, then stir in the walnuts/breadcrumbs.
6. Season with salt, pepper, and lemon juice.
7. Oil a shallow baking pan or loaf pan and sprinkle with the other half of the breadcrumbs, completely coating the inside of the pan.
8. Pour the lentil mixture into the prepared pan and bake for about 20 to 30 minutes or until set.



Cost

Recipe: \$5.11

Per Serving: \$0.64



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Red Pesto Rigatoni

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Capers, drained	1/2	cup		
Garlic, minced	3	tbsp		
Onions, diced	1/4	cup		
Tomato Paste	1/4	cup		
Walnuts, chopped	1/2	cup		
Olive Oil	2	tbsp		
Parsley	2	tsp		
Oregano	1	tsp	0.5	g
Basil	1	tsp		
Smoked Paprika	1	tbsp	6	g
Sugar	1	tsp	3.5	g
Salt	1	tsp	4	g
Red Wine Vinegar	2	tbsp		

Preparation:

1. Chop capers into a fine mince. Drain again
2. In a large pan with 1 tbsp olive oil, cook onions, garlic, and capers till garlic browns.
3. Add the remaining olive oil and tomato paste. Cook for another 5 minutes.
4. Add the remaining ingredients and let simmer for 5 to 10 minutes.
5. Transfer to a food processor and pulse lightly to coarsely blend the pesto.
6. Mix with rigatoni or any other pasta.

Cost

Recipe: \$

Per Serving: \$



Red Velvet Cake

Servings: 1 (8×13) or 3 (8 inch layers) or 24 cupcakes

Serving size: 1-2 inch piece or 1 cupcake

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Apple cider vinegar	1	tbsp	15	mL
Non-dairy milk	1 ⅓	cups	329	mL
Sugar, granulated	12	oz	339.4	g
Vegetable oil	6	oz	177.4	mL
Vanilla extract	1	tsp	5	mL
Vegan red food coloring	2	oz	56	g
Self-rising flour	14	oz		g
Natural cocoa powder	1	tbsp	15	mL
Cream cheese icing				
Non-dairy margarine	4	oz	115	g
Vegetable shortening	½	cup	125	mL
Vanilla extract	1	tsp	5	mL
Sugar, powdered	1	lbs	255.4	g
Non-dairy cream cheese	4	oz	115	g

Preparation:

1. Preheat oven to 350°F (177°C).
2. In a large mixing bowl, combine vinegar, non-dairy milk, sugar, vegetable oil, vanilla extract, and red food colouring and then mix using a mixer.
3. Add flour and cocoa powder to the mixing bowl and mix for 2-3 minutes.
4. Spoon into prepared cake or cupcake pan and bake for 15-20 minutes or until a toothpick inserted in the center comes out clean. Allow to cool on a wire rack.

Cream Cheese Icing

1. Using a mixer, blend margarine and shortening until creamy.
2. Add vanilla extract, blend well.
3. Add powder sugar and start to blend, then add cream cheese, blend until creamy.
 - Note: if icing is too soft, add ½ cup powder sugar until spreading or piping consistency is achieved.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Julia Kuziw/Chartwells Compass Group
Canada, Sheridan College

Refried Beans (Frijoles Refritos)

Servings: 6
 Serving size:
 Preparation time: 6 minutes
 Cook time: 17 minutes
 Total time: 23 minutes

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Olive oil	1	tbsp	15	mL
Black beans, cooked, drained, and rinsed	3	cups	750	mL
Onions, diced	½	cup	125	mL
Garlic, chopped	1	tbsp	15	mL
Cumin, ground	1	tsp	5	mL
Ground black pepper	¼	tsp	1	g
Salt	1	tsp	4	g
Lime, juiced	1	tbsp	15	mL
Cilantro leaves for garnish				

Preparation:

1. In a large skillet, over medium heat, add olive oil. Once heated, add onion and sauté until translucent, about 3 minutes.
2. Add garlic, cumin, and black pepper. Sauté until fragrant, about 2 minutes.
3. Reduce heat to low, add beans and cover. Cook until beans are heated through, about 5 minutes.
4. Once heated, use a potato masher or fork to mash the beans until you have a nice, smooth consistency.
5. Continue to cook for another 3-4 minutes. Add 1 tbsp water if necessary to keep from getting too dry.
6. Remove from heat. Stir in lime juice and salt. Adjust seasonings.
7. Garnish with cilantro and serve.

Cost

Recipe: \$6.47

Per Serving: \$0.65



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz



Riceberry Pudding

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Riceberry Black Rice, uncooked	1	cup		
Coconut Milk	1	cup		
Cinnamon, ground	1	tsp		
Nutmeg, ground	1/8	tsp		
Cloves, ground	1/4	tsp		
Brown sugar	2	tbsp		
Fresh fruit for garnish				
Toasted Coconut flakes for garnish				

Preparation:

1. In a double boiler, mix the coconut milk with 2 cups of water and add the rice.
2. Bring to a low heat and add cinnamon, nutmeg, cloves, and sugar.
3. Cook slowly, stirring occasionally for 45 minutes. If the rice becomes too dry, add water (1/4 cup at a time). The pudding should keep a creamy consistency.
4. Once the rice is tender, remove from the heat and allow to cool.
5. Serve 1/2 cup of Riceberry pudding in a small dessert bowl and garnish with colorful fruits and toasted coconut flakes.

Cost

Recipe: \$

Per Serving: \$



Risotto Croquettes with Marinara

Servings: 9

Serving size: 3 croquettes

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Onion, fine dice	¼	cup	60	mL
Non-dairy margarine	1	oz	28	g
Arborio rice	2	cups	500	mL
White wine	½	cup	125	mL
Vegetable stock	½	qt	473	mL
Nutritional yeast	2	tbsp	30	mL
Non-dairy mozzarella cheese	½	cup	125	mL
All-purpose flour	½	cup	60	g
Panko breadcrumbs	½	cup	125	mL
Non-dairy milk, unsweetened	2	cups	500	mL
Marinara	2 ¼	cups	560	mL

Preparation:

1. In a medium pot, sauté onions in margarine.
2. Add rice and coat with margarine; cook until parched.
3. Add white wine.
4. Add the stock in 3 parts.
5. Cook over low heat and stir frequently until rice is done.
6. Stir in nutritional yeast and add salt.
7. Transfer rice to sheet pan and allow cooling completely.
8. Once rice is chilled, fold mozzarella into the chilled rice and form into croquettes. Coat croquettes rolling them in flour, in non-dairy milk and then in breadcrumbs.
9. Deep fry until golden brown.
10. Serve 3 croquettes with ¼ cup of marinara on top.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Roasted Apples & Brussels Sprouts with Shiitake Bacon

By Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*

Servings: 6 or 24

Serving size:

Preparation time:

Cook time:

Total time:

6 Servings

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Brussels sprouts, ends removed and halved or quartered depending on size	3	lbs		
Large gala apples, large dice	4			
Grapeseed oil	¼	cup		
Dried thyme and rosemary	½	tsp each		
Sea salt	½	tsp		
Shiitake mushrooms, stems removed, thinly sliced	3	lbs		
Smoked paprika	1	tbsp	6	g
Maple syrup	3	tbsp		
Tamari	4 ½	tsp		
Garnish				
Blanched ground almonds	3	tbsp		
Sea salt	¼	tsp		

24 Servings

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Brussels sprouts, ends removed and halved or quartered depending on size	12	lbs		
Large gala apples, large dice	16			
Grapeseed oil	1	cup		
Dried thyme and rosemary	2	tsp each		
Sea salt	2	tsp		
Shiitake mushrooms, stems removed, thinly sliced	12	lbs		
Smoked paprika	¼	cup	60	g
Maple syrup	¾	cup		
Tamari	6	tbsp		
Garnish				
Blanched ground almonds	¾	cup		
Sea salt	1	tsp		

Preparation:

1. Preheat oven to 400°F (205°C). Line baking sheets with parchment paper.
2. In a large bowl, combine Brussels sprouts and apples, along with a half of the oil, thyme, rosemary, and salt. Toss together until Brussels sprouts and apples are evenly coated.
3. Distribute the mixture onto a large baking pan(s) and cover with foil. Ensure that the pan(s) are not overcrowded. Bake for 15 minutes. Remove foil and continue to bake for another 35 minutes uncovered or until Brussels sprouts are golden brown and crispy.
4. Meanwhile, place a medium sauté pan over medium-high heat. Once heated add remaining oil and mushrooms. Sauté until crispy and golden brown, about 8 to 10 minutes (or 15-17 minutes for 24 servings or do 24 serving of mushroom in batches). Stir in paprika, maple syrup, and tamari and sauté for another 2 minutes. Remove from heat and set aside.
5. In a small bowl, combine ground almonds and salt.
6. Remove Brussels sprouts from oven, top with shiitake bacon and sprinkle with ground almond mixture.



Tips:

1. For even baking, ensure the Brussels sprouts and apples are similar in size.
2. To achieve the best results for crispy mushrooms, sauté in smaller batches to prevent overcrowding and steaming in the pan.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Darren Kemper



Roasted Asparagus & Tomato Pesto Fusilli

By Amy Symington
 Servings: 6
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients (6 servings)	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Fusilli pasta (wholegrain, spelt, gluten-free, etc.)	375	g		
Extra-virgin olive oil, divided	2	tbsp		
Asparagus, bottoms removed, cut into 1-inch pieces	2	cups		
Cherry tomatoes, halved	1	pint		
Garlic, minced	3	cloves		
Salt	1/2	tsp	2	g
Black pepper	1/4	tsp	1	g
Almond parmesan				
Ground blanched almonds	1/4	cup		
Nutritional yeast	1/4	cup		
Sea salt	1/4	tsp		
Garnish				
Basil leaves				
Pesto				
Basil, stems removed	2	bunches		
Ground blanched almonds	1/2	cup		
Garlic	2	cloves		
Sea salt	2	tsp		
Extra-virgin olive oil or grapeseed oil	1/2	cup		
Water	1/2	cup		

Preparation:

1. Preheat oven to 350°F (177°C) and line 2 baking sheets with parchment paper.
2. Cook pasta according to directions. Once cooked, immerse in a cold-water bath, drain, and place into a large bowl. Drizzle and coat with ¼ of the extra-virgin olive oil. Set aside.
3. In a medium bowl, combine asparagus, tomato halves, garlic and remaining olive oil. Toss until asparagus and tomatoes are coated. Sprinkle with salt and pepper.
4. Evenly distribute onto baking sheets in a single layer and roast for 12 to 14 minutes or until asparagus is tender and slightly brown and tomatoes have softened.
5. Meanwhile, make pesto. In a high-powered blender add all pesto ingredients except oil and water. Pulse 2 to 3 times. Next, while blender is on low speed, slowly add oil and then water. Blend until smooth, about 1 to 2 minutes. This will make enough for 24 servings.
6. In a small bowl, combine parmesan ingredients. Set aside.
7. Add asparagus, tomatoes, ½ of the almond parmesan and then ¼ of the pesto to pasta and toss until pasta is coated (or more if desired).
8. Top with remaining almond parmesan, basil, and serve.

Tips:

1. Freeze the remaining pesto for future use for up to 3 months.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Darren Kemper



Roasted Root Pie

Servings:
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Puff pastry, non-dairy	1	lb		
Beets, sliced	1	cup		
Onion, diced	½	cup		
Garlic, minced	1	tbsp		
Carrots, diced	½	cup		
Potatoes, sliced	¼	cup		
Paprika	1	tsp	3	g
Cinnamon	½	tsp		
Black pepper	1	tsp	2.75	g
Salt	2	tsp	8	g
Olive Oil	2	tbsp		
Thyme	1	tbsp		
Parsley, chopped	1	tbsp		
Lemon zest	½	tsp		
Non-dairy sour cream (optional)	2	tbsp		

Preparation:

1. Thaw the puff pastry (if frozen) and roll out in a 10" x 10" square.
2. Wash the beets and potatoes, cut in ¼ in slices.
3. Toss the beets in 1 tbsp olive oil with paprika, cinnamon & 1 tsp salt.
4. Toss the potatoes in 1 tbsp olive oil, thyme, black pepper & 1 tsp salt.
5. Lay beet and potato slices on a baking sheet & bake at 350°F (177°C) for 30 mins.
6. In an oiled skillet, sauté diced onion and garlic in olive oil for 5 mins.
7. Add diced carrots to onions and sauté for another 5 mins.
8. Add ¼ cup of water (or vegetable broth) to the carrots and simmer for 10-15 minutes or until carrots are quite soft.
9. In a food processor, blend the carrot and onion mixture.
10. Arrange the puff pastry on a well-oiled baking sheet and spread the blended carrots to cover everything but the edges.
11. Top with sliced beets and potatoes.
12. Gently fold over the edges of the pastry and brush with olive oil.
13. Bake at 350°F (177°C) for 35 minutes.
14. Let cool and top with dollops of your flavoured non-dairy sour cream.
15. Garnish with freshly chopped parsley and lemon zest

Cost

Recipe: \$

Per Serving: \$



Photo Credit: François Murphy/HSI Canada



Roasted Root Vegetables

Servings: 8-10
 Serving size: 1 cup
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Sweet potatoes	1	lbs	454	g
Shallots	1	cup	250	mL
Carrots, medium paysanne	2	cups	500	mL
Butternut squash, medium paysanne	2	cups	500	mL
Parsnips, medium paysanne	1	cup	250	mL
Turnips, medium paysanne	1	cup	250	mL
Garlic, fresh	8	cloves		
Olive oil	2	tsp	10	mL
Salt	1	tsp	5	g
Ground black pepper	1	tsp	5	g

Preparation:

1. Preheat oven to 375°F (191°C).
2. Put oil in a hotel pan and coat all vegetables.
3. Add salt and pepper.
4. Cover with foil.
5. Bake for 40-50 minutes or until vegetables are tender.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada

Roasted Veggie Chilies Rellenos

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients (chipotle tomato sauce)	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Poblano chilies	8	each		
Roma tomatoes	2	lbs	907	g
Onions, peeled and quartered	1 ½	lbs	680	g
Garlic, unpeeled cloves	½	cup	2	bulbs
Vegetable oil	2	tbsp	30	mL
Chipotle chilies in adobo sauce, drained	8	oz	227	g
Water	2	cups	500	mL
Oregano, dry	1	tsp	0.5	g
Bay leaves	2	each		
Salt	1	tsp	5	g
Ground black pepper	1	tsp	5	g
Filling				
Corn, fresh or frozen	2	cups	500	mL
Zucchini	2	cups	500	mL
Breadcrumbs, dried	1 ½	cup	375	mL
Green onions, thinly sliced	½	cup	125	mL
Cilantro, fresh, minced	4	tbsp	60	mL
Garnish				
Cilantro, fresh, leaves	2	tbsp	30	mL
Chives, fresh, chopped	2	tbsp	30	mL

Preparation:

Chipotle Tomato Sauce

1. Preheat oven to 500°F (260°C).
2. Remove stems from chilies and leave whole.
3. In an oven tray, toss oil with tomatoes, onions, and garlic. Bake for 20-30 minutes (garlic should be lightly browned).
4. When ready, let cool. Peel tomatoes and garlic. Remove core from tomatoes. In a food processor, place tomatoes, garlic, onions, and chipotle chilies. Process until smooth.
5. Strain into a large pot and discard solids.



6. Add water, oregano, and bay leaf to pot; bring to a boil. Reduce heat; simmer uncovered for 40 minutes or until reduced to 4 cups. Remove bay leaf. Add salt and pepper. Set aside and keep warm.

Filling

1. In a medium bowl, combine corn, zucchini, breadcrumbs, green onions, minced cilantro, and 1 cup of chipotle tomato sauce.
2. Stuff $\frac{3}{4}$ cup of this mixture into each of the poblano chilies.
3. Place stuffed chilies on foil lined jellyroll pan.
4. Bake for about 20 minutes or until chilies are blackened, turning after 10 minutes.
5. Spoon 2 tbs of chipotle tomato sauce over each to serve.

Cost

Recipe: \$17.44

Per Serving: \$2.18



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Samosas

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Phyllo dough	9	sheets		
Olive oil	½	cup	125	mL
Filling				
Potatoes, peeled, diced into ¼" chunks	1 ½	lbs	680	g
Water	1	qt	946	mL
Salt, divided	2	tsp	10	g
Olive oil	2	tbsp	30	mL
Onion, medium chop	1	each		
Garlic, fresh, minced	2	cloves		
Ginger, fresh, peeled, fine chop	½	tsp	2.5	mL
Jalapeño, deseeded, fine chop	2	tsp	10	mL
Peas and carrots, frozen	¾	cup	177	mL
Corn, frozen	¼	cup	60	mL
Garam masala	½	tsp	2.5	mL
Turmeric	½	tsp	1	g
Red chili powder	1	tsp	5	mL
Lemon, fresh, juiced	¼	cup	60	mL
Cilantro, fresh, chopped	1	tbsp	15	mL

Preparation:

Filling

1. Place potatoes in a large pot, cover with water and add 1 tsp of salt. Bring to a boil and cook potatoes until very tender, about 12 minutes.
2. When potatoes are done, drain and mash.
3. Heat oil in a pan over medium heat. Once hot, sauté onions, garlic, ginger, and jalapeño until tender.
4. Add peas, carrots, and corn. Continue to cook for 2 minutes.
5. Add garam masala, turmeric, red chili powder, and 1 tsp of salt. Continue to cook for 3 minutes and then remove from heat.
6. In a large bowl, mix potatoes, heated vegetable mixture, lemon juice, and cilantro.
7. Season to taste. Set aside.



Phyllo dough

1. Preheat oven to 350°F (177°C).
2. Brush one sheet of phyllo with olive oil. Lay another sheet on top of the brushed one and brush second layer with olive oil; lay another sheet on top and brush with oil.
3. Cut into 2" squares.
4. Put 1 tbsp of potato mixture in center of square. Bring the four corners together and twist, making them look like a purse.
5. Place on a parchment lined baking tray and bake for 10-12 minutes or until golden brown.

Cost

Recipe: \$13.94

Per Serving: \$0.77



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Saskatoon Berry Pie

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Saskatoon Berries	4	cups		
Sugar	1/2	cups		
Corn starch	2 1/2	tbsp		
Vegetable Oil	1	tbsp		
Plant-based pie crust				

Preparation:

1. Gently toss together the saskatoon berries with sugar and cornstarch until the berries are coated.
2. Place your bottom crust into the pie plate and fill the berries into the pie crust.
3. Cover with your crust and brush your pie crust with a neutral vegetable oil.
4. Squeeze and seal the pie seams with a fork and cut some vents on the top crust.
5. Bake for 15 minutes at 425°F (218°C), then lower the temperature to 350°F (177°C) and bake for about 50-55 minutes more.
6. Remove from the oven and cool on a baking rack.

Cost

Recipe: \$

Per Serving: \$



Scalloped Potatoes

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Russet Potatoes	8-9	each		
Onion, sliced thin	1	each		
Coconut Milk	3	cups		
Cashews, raw	1	cup		
Dijon Mustard	1	tbsp		
Nutritional Yeast	½	cup		
Onion Powder	1	tsp		
Garlic Powder	1	tsp	5	g
Salt	1	tsp	4	g
Pepper	1	tsp		

Preparation:

1. Preheat oven to 350°F (177°C).
2. Peel and slice the potatoes into very thin rounds. Use a mandolin if possible.
3. Peel and slice onion. Set aside the potatoes and onion slices.
4. Mix all other ingredients into a food processor and blend until smooth.
5. In a medium sized hotel pan, spread a first layer of potato slices on the bottom, add a layer of onion slices on top of the potatoes.
6. Pour half the sauce from the food processor then add another layer of potatoes on top and cover with sauce. Repeat until all potatoes and sauce are used.
7. Cover and bake for approximately 75 minutes.
8. Remove foil and bake for another 30 minutes.
9. Allow to cool and garnish with chives or parsley.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Silvana Parnas/Sodexo Canada



Photo Credit: Ruben Rapetti/Sodexo Canada

Seitan Bourguignon with Mashed Potatoes and Brussels Sprouts

By Amy Symington

Servings: 24

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Seitan				
Vital wheat gluten	4	cups	600	g
Chickpea flour	1	cup	80	g
Nutritional yeast	1	cup	70	g
Black pepper	1	tbsp	10	g
Coriander, ground	2	tbsp	10	g
Paprika	2	tbsp	12	g
Cumin, ground	2	tbsp	10	g
Salt	2	tsp	10	g
Garlic, roasted, skinned and mashed	3	heads	100	g
Olive oil	¼	cup	60	mL
Tamari	¼	cup	60	mL
Water	4	cups	1	L
Cauliflower mash				
Cauliflower florets	4	heads	4	kg
Russet potatoes, boiled and drained	6	individual	1.8	kg
Olive oil	¼	cup	60	mL



Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Bourguignon				
Olive oil	½	cup	125	mL
Onions, thinly sliced	8	each	1.3	kg
Shallots, minced	4	each	280	g
Garlic, minced	2	heads	80	g
Mushrooms, quartered	12	cups	540	g
Thyme, dried	¼	cup	12	g
Tomato paste	½	cup	90	g
Burgundy wine	4	cups	1	L
Tamari, low-sodium	¾	cup	180	mL
Bay leaves	4	each		
Vegetable stock	8	cups	2	L
Seitan (from above recipe)				

Preparation:

1. Preheat oven at 400°F (205°C).
2. For the seitan: In a large bowl, mix all the dry ingredients together.
3. In a small bowl, stir together the water, garlic, olive oil and soy sauce. Add wet ingredients to dry ingredients and fully incorporate.
4. Shape seitan into 4 loaves on to 4 separate large sheets of aluminum foil. Tightly wrap each of the 4 loaves and then twist the ends to completely enclose the dough.
5. Place into a steaming tray for 1.5 hours. Or if at home, place over a boiling pot of water in a steam basket. It should be completely firm and bounce back to the touch. Steam for longer if needed until desired consistency is reached. Remove from steamer.
6. Cauliflower Mash: Add cauliflower to boiling water and cook until very tender, about 10 minutes. Reserve 1 cup of the cooking liquid and then drain well and transfer cauliflower to a large stainless steel bowl.
7. Add oil, potatoes, and reserved water, 2 tbsp at a time and using a masher or food mill, process until smooth. Season with salt and pepper to taste and serve with bourguignon.
8. For Bourguignon: In a large sauce pan over medium heat add oil. Once heated add onions and sauté until soft and translucent, about 6 minutes.
9. Next add shallots, garlic and mushrooms and sauté until fragrant, about 5 minutes. Add thyme and sauté until fragrant, about 2 minutes.
10. Incorporate tomato paste and cook for another 1 minute. Deglaze pan with wine.
11. Next add tamari, bay leaf, vegetable stock and seitan. Bring to a simmer. Once simmering let simmer for 15-20 minutes. Season with black pepper and salt if needed. Serve over mashed cauliflower and with roasted Brussels sprouts (See next recipe)



Cost

Recipe: \$

Per Serving: \$



Shepherd's Pie

Servings: 12
 Serving size: 6 ounces
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Zucchini, sliced	2	cups	500	mL
Yellow squash, sliced	2	cups	500	mL
Carrots, sliced	2	cups	500	mL
Red onion, sliced	1	cup	250	mL
Garlic, fresh, minced	2	tbsp	6	cloves
Potatoes, for mashing	2 ½	lbs	1134	g
Non-dairy margarine	4	oz	115	g
Non-dairy milk, unsweetened	2	cups	500	mL
Mushrooms, sliced	1	lbs	454	g
Olive oil, divided	2	tbsp	30	mL
Salt	2	tsp	10	g
Ground black pepper	2	tsp	10	g

Preparation:

1. Preheat oven to 400°F (204°C).
2. In a medium pan, heat 1 tbsp of olive oil and sauté zucchini, yellow squash, carrots, red onions, and garlic. Set aside.
3. In a medium pot, cook potatoes until tender. Mash with margarine and non-dairy milk.
4. In a medium pan, heat up 1 tbsp of olive oil and sauté mushrooms.
5. In a baking dish, layer the sautéed vegetable mixture on the bottom, top with sautéed mushrooms, and pipe the mashed potatoes over the vegetables.
6. Place in oven and bake until potatoes are golden brown, approximately 10 minutes.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Sorghum Burger

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Butternut Squash	2	individual		
Black Beans, cooked, rinsed and drained	½	cup		
Kidney Beans, cooked, rinsed and drained	½	cup		
Sorghum, cooked	½	cup		
Red Pepper, finely diced	½	cup		
Oat Flour	½	cup		
Green Onions	½	cup		
Olive Oil	1	tbsp		
Cumin, ground	3	tsp		
Smoked Paprika	1	tsp	3	g
Salt	½	tsp	2	g
Black Pepper	½	tsp	1.375	g

Preparation:

1. Mix everything in a large mixing bowl. Adjust salt and pepper and seasonings to taste.
2. Form patties with the mixture, adjust flour if the mix is too wet.
3. In a large frying pan, heat oil, fry patties for 3 minutes per side. Until they are just firm.

Cost

Recipe: \$

Per Serving: \$



Southwest Breakfast Skillet

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Vegetable oil	¼	cup	60	mL
Vegan sausage crumbles, optional	8	oz	227	g
Sweet potatoes, peeled	16	oz	455	g
Yellow onion, diced	6	oz	168	g
Green bell peppers, diced	4	oz	115	g
Red bell peppers, diced	4	oz	115	g
Jalapeño peppers, fresh	1	oz	28	g
Garlic, fresh, minced	2	oz	1	bulb
Corn, frozen	8	oz	227	g
Black beans, canned, rinsed, drained	15	oz	420	g
Roma tomatoes, fresh, small chop	8	oz	227	g
Dairy-free cheddar cheese, optional	8	oz	227	g

Preparation:

1. Preheat oven to 350°F (177°C).
2. On a parchment lined baking tray, roast sweet potatoes for ten minutes on each side; do not overcook. When cooled, cut into small cubes and set aside.
3. Heat large sauté pan and add the oil. Once pan is hot, add onions, red and green bell peppers, and sweet potatoes. Continue to cook until sweet potatoes are fork tender.
4. Add jalapeños, corn, and garlic. Continue to cook for approximately 3 more minutes.
5. Add vegan sausage crumbles (if using). Heat until fully cooked, about 5-7 minutes.
6. Add black beans and cook for 2-3 minutes, just until hot.
7. Top with fresh tomatoes and vegan cheese, and then serve.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Spanakopita

Servings: 24

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Phyllo dough, thawed	½	box		
Spinach, fresh *Frozen spinach can be used but it must be thawed and you must squeeze as much of the water out as possible	1	lbs	454	g
Onion, small dice	1	cup	250	mL
Garlic, fresh, minced	⅛	cup	6	cloves
Non-dairy mozzarella cheese, shredded	½	cup	125	mL
Non-dairy margarine, divided, melted	10	oz	280	g
Salt	1	tsp	5	g
Ground black pepper	1	tsp	5	g

Preparation:

1. Preheat oven to 350°F (177°C).
2. In a pan over low heat, melt 2 oz (4 tbsp) of margarine. Add onions and garlic and cook until translucent. Add spinach and remove from heat after 2-3 minutes to allow mixture to cool.
3. Stir in cheese, salt, and pepper.
4. Lay one piece of phyllo and brush with melted margarine. Repeat with two more sheets of phyllo.
5. Cut phyllo into eight strips.
6. Place 1 tbsp of spinach mixture on each strip and roll up into a triangle.
7. Bake in oven for 30-40 minutes until golden brown.

Cost

Recipe: \$

Per Serving: \$





Photo Credit: Riana Topan/HSI Canada



Spicy Chocolate Dipped Fruit

By Amy Symington

Servings: 24

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Coconut oil	2 ½	cups	625	mL
Ginger, fresh chopped	¾	cup	80	g
Cinnamon, ground	1	tbsp	8	g
Cayenne	½	tsp	1	g
Nutmeg	½	tsp	1	g
Cocoa powder	2	cups	180	g
Maple syrup	1	cup	250	mL
Oranges, peeled and separated	12	each		
Garnish				
Chopped nuts of your choice				

Preparation:

1. Line baking sheet(s) with parchment paper and set aside.
2. Next, in a small sauce pot over medium-low heat, add coconut oil. Once melted, whisk in ginger, cinnamon, cayenne, and nutmeg. Once spices are fragrant, about 2 minutes, slowly whisk in cocoa powder and cook out for about 1-2 minutes.
3. Next, slowly whisk in maple syrup in a steady stream until fully incorporated. Remove from heat.
4. Carefully dip each orange segment into chocolate sauce and place on to parchment paper.
5. Allow to cool in the fridge for 20 minutes before service.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Darren Kemper



Spinach and Garlic Spanakopita

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Spinach, cooked	3 ½	cups		
Olive Oil	2	tbsp		
Onion, diced fine	2	cups		
Parsley, chopped	2	cups		
Dill, chopped	1 ½	cups		
Garlic scapes, minced	½	tbsp		
Tofu	1	block		
Lemon juice	¼	cup		
Nutritional yeast	3	tbsp		
Salt	3	tsp	12	g
Pepper	1	tsp		
Phyllo Pastry	2	packages		

Preparation:

1. Preheat oven to 350°F (177°C).
2. In a pan, cook onions over medium heat until translucent.
3. Add parsley, dill, garlic, and 1 tsp salt and continue cooking for 5 minutes.
4. Add spinach and mix well. Remove from heat.
5. In a mixing bowl, mash the block of tofu into a very fine crumble. Add lemon juice, nutritional yeast, and 1 tsp of salt. Mix well and let sit for 5-10 minutes.
6. Mix the tofu with the cooked spinach and add the remaining salt.
7. Pour into a colander and allow to drain for 15 minutes.
8. Ensure your phyllo pastry is well thawed and remove one sheet at a time.
9. Brush each sheet lightly with olive oil and fold them in half, brush again.
10. Drop 1 tablespoon of the spinach and tofu mixture onto a corner of the sheet and fold into triangles.
11. Once you've folded all the mixture, place the triangles onto an oiled baking sheet and bake in preheated oven for approximately 25 minutes.

Cost

Recipe: \$

Per Serving: \$





Photo Credit: Anniina Hyvaettinen/Sodexo Canada



Photo Credit: Anniina Hyvaettinen/Sodexo Canada

Spicy Potato Curry

Servings: 8-10

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Potatoes, cubed	2	lbs	907	g
Vegetable broth	3	qt	2839	mL
Vegetable oil	2	tbsp	30	mL
Onions, small dice	1	cup	250	mL
Garlic, fresh, minced	3	cloves		
Cumin powder	1	tsp	3	g
Cayenne powder	1	tsp	5	mL
Curry powder	4	tsp	20	mL
Garam masala	4	tsp	20	mL
Ginger, fresh, peeled, minced	1	oz	28	g
Salt	1	tsp	5	g
Tomatoes, canned, diced	1	15-oz can	443.6	mL
Garbanzo beans, rinsed, drained	1	15-oz can	443.6	mL
Green peas, canned, rinsed, drained OR green peas, frozen, thawed	1 ½	cups	375	mL
Coconut milk, canned	1	14-oz can	414	mL

Preparation:

1. In a medium pot, boil potatoes in vegetable broth until just tender. Drain and reserve vegetable broth. Set aside.
2. In a medium skillet, heat oil and stir in onion and garlic. Cook until translucent.
3. Add cumin, cayenne, curry, garam masala, ginger, and salt to the onions and garlic. Cook for 2 minutes.
4. Add tomatoes, beans, peas, potatoes, and coconut milk to the skillet. Barely cover with some of the reserved vegetable broth. Stir to combine and simmer for 10 minutes.
5. Serve alone or over rice.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Photo Credit: Riana Topan/HSI Canada



Spinach-Stuffed Shells

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Large pasta shells	24	each		
Baby spinach	2	lbs	907	g
Onion, medium chop	1	cup	250	mL
Garlic, fresh, minced	¼	cup	1	bulb
Roma tomatoes, small dice	3	cups	750	mL
Non-dairy mozzarella cheese, divided, optional	2	cups	500	mL
Salt	½	tsp	2.5	g
Ground black pepper	½	tsp	2.5	g
Olive oil	1	tbsp	15	mL
Marinara	2	cups	500	mL
Tofu Ricotta				
Tofu, firm, drained	14	oz	397	g
Lemon, fresh, juiced	1	tbsp	15	mL
Garlic powder	1	tbsp	6	g
Salt	½	tsp	2.5	g
Oregano, dried	1	tsp	0.5	g
Basil, dried	1	tsp	5	mL
Extra virgin olive oil	1	tbsp	15	mL

Preparation:

1. Preheat oven to 375°F (191°C).
2. Drain tofu and remove excess liquid.
3. To prepare the tofu ricotta; in a blender add tofu, lemon juice, garlic powder, oregano, basil, extra virgin olive oil, and salt. Blend until smooth and set aside.
4. Cook pasta shells according to package. Cool and set aside.
5. In a medium skillet, heat olive oil. Add onions, garlic, and sauté for 2 minutes.
6. Add tomatoes, spinach, salt, and black pepper to the onions and garlic. Cook for 2 minutes, until vegetables are tender. Drain to remove excess liquid from tomatoes.
7. Stir in 1 cup of dairy-free mozzarella (if using) and tofu ricotta into the spinach mixture.
8. Put a heaping tbsp of spinach mixture in each shell.
9. Top stuffed shells with marinara and mozzarella (if using) and bake for 10 minutes.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada

Spring Rolls

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Spring roll papers	16	each		
Carrots	2	cups	500	mL
Red bell peppers	2	cups	500	mL
Thai basil	½	cup	125	mL
Mint	½	cup	125	mL
Radishes	1	cup	250	mL
Tofu, firm, drained	450	g	1	pack
Soy sauce	⅓	cup	79	mL

Preparation:

1. Cut peppers and carrots into long thin strips and set aside.
2. Thinly slice radishes and set aside.
3. Pick out individual leaves of basil and mint.
4. Quarter tofu block and cut tofu into rectangular strips.
5. Pour hot water into a wide shallow dish and let cool slightly. Then dip one spring roll wrapper in the water and let it soften for 10-12 seconds, until just pliable. If you let it set too long, the paper will get too sticky to work with.
6. Gently spread the wrap onto a slightly dampened work surface, making sure there aren't many creases. Then top with fillings in this order: radish, bell pepper, carrots, tofu, basil, mint. Fold the bottom of the wrapper over the fillings, firmly tucking them into each other, then fold the sides over the center, and continue rolling until the spring roll is seam-side-down.

Cost

Recipe: \$19.40

Per Serving: \$2.42





Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Strawberry Bruschetta

Servings:
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Baguette Slices	12	individual		
Olive Oil	¼	cup		
Strawberries, chopped	2	cups		
Basil, fresh	2	tbsp		
Balsamic Glaze	2	tbsp		
Almond Ricotta				
Almonds, slivered or blanched	3	tbsp		
Nutritional Yeast	3	tsp		
Lemon Juice	2	tbsp		
Salt	1	tsp	4	g
Water	¾	cup		

Preparation:

Almond Ricotta

1. Place all the ingredients into a high-speed blender and blend until creamy.
2. If necessary, add water to achieve desired consistency.
3. Season to taste.

Bruschetta

1. Drizzle olive oil over baguette slices and bake 350°F until the bread is nicely toasted (approximately 10 minutes)
2. Spread each baguette slice generously with almond ricotta then top with strawberries.
3. Garnish with basil and balsamic glaze.

Cost

Recipe: \$

Per Serving: \$





Photo Credit: Elana Mangifesta/Sodexo Canada



Photo Credit: Ralph Sevilla/Sodexo Canada

Stuffed Acorn Squash

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Acorn squash	1	each		
Brown rice, cooked and drained	2	cups	500	mL
Brown lentils, cooked and drained	1	cup	250	mL
Vegetable broth	4	cups	1	L
Mushrooms, diced	1	cup	250	mL
Onions, diced	½	cup	125	mL
Garlic, fresh, minced	2	tbsp	6	cloves
Cumin, ground	2	tsp	10	mL
Paprika powder	1	tbsp	8	g
Tomato sauce	1	cup	250	mL
Thyme, dry	1	tsp	5	mL
Basil, dry	1	tsp	5	mL
Parsley, dry	1	tbsp	15	mL
Salt		To taste		
Ground black pepper		To taste		
Cherry tomatoes	¼	cup	60	mL
Rosemary, fresh	1	sprig		
Roasted nuts (optional)	2	tbsp	30	mL

Preparation:

1. Preheat oven to 400°F (204°C).
2. Cut acorn squash in half. Chop off stems or tails so that it can lay flat.
3. Leaving seeds inside, roast squash halves face down on a baking sheet for 50 minutes.
4. Flip squash over. Then, using a spoon, remove and set aside seeds.
5. In a separate pot, cook rice and lentils in vegetable broth. Drain and reserve liquid.
6. In a large pan, cook onions and mushrooms; cook on high until mushrooms release liquid.
7. Add herbs and spices and cook for 5 minutes.
8. Add lentils, rice, and ½ cup remaining broth.
9. Season with salt & pepper to taste.
10. Fill squash halves with lentil mixture.



11. If desired, add roasted nuts or seeds for crunchy texture and additional protein.
12. Garnish with chopped cherry tomatoes and fresh rosemary.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada

Stuffed Squash & Brussel Sprouts

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Acorn Squash	1	individual		
Brown Rice, cooked and drained	1	cup		
Vegetable Broth	4	cup		
Mushrooms, diced	1	cup		
Onions, diced	½	cup		
Garlic, minced	2	tbsp		
Cumin, ground	2	tsp		
Paprika	1	tbsp	8	g
Tomato Sauce	1	cup		
Thyme	1	tsp		
Rosemary	1	tsp		
Parsley	1	tbsp		
Salt & Pepper		To taste		
Cherry Tomatoes	¼	cup		
Rosemary, fresh	1	sprig		
Brussel Sprouts	1	cup		

Preparation:

1. Cut acorn squash in half. Chop off stems or tails so that it can lay flat.
2. Leaving seeds inside, roast squash halves face down on a baking sheet at 400°F for 50 minutes.
3. Remove and turn right side up to remove seeds and filling.
4. Cook rice in vegetable broth. Drain and reserve liquid.
5. Wash and trim Brussel sprouts, peeling off any tatty outer leaves.
6. Score the underside of the Brussel sprouts.
7. Cook the Brussel sprouts in the leftover vegetable broth for 8 minutes, then drain well and set aside.
8. In a large pan, cook onions and mushrooms and cook on high till mushrooms release liquid.
9. Add herbs and spices and cook for 5 minutes then add the rice.
10. Salt and pepper until mixture is strongly seasoned.
11. Fill squash halves with rice and top with Brussel sprouts.
12. Top with chopped cherry tomatoes and fresh rosemary.
13. Return squash halves to the oven at 350°F (177°C) for 10 minutes before serving.

Cost

Recipe: \$

Per Serving: \$



Sweet and Smoky Tempeh Kale Salad

By Amy Symington
 Servings: 24
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Dinosaur kale, washed, dried, torn into bite sized pieces	5	bunches	1	kg
Grape tomatoes, halved	3	cups	1.1	kg
Red onion, sliced	1	each	540	g
Tempeh, crumbled			1.5	kg
Soy sauce	¾	cup	140	g
Maple syrup	½	cup	140	g
Smoked paprika	6	tbsp	40	g
Grapeseed oil	1.5	cups	375	mL
Apple cider vinegar	1.5	cups	375	mL
Dijon mustard	6	tbsp	90	mL
Garlic, minced	6	cloves	25	g
Sea salt	¾	tsp	3	g

Preparation:

1. Preheat oven to 375°F (190°C).
2. Plate or box kale, tomatoes, and onion into 24 portions.
3. In a large bowl, combine tempeh ingredients until tempeh is completely coated.
4. Next, on a parchment lined baking sheet add tempeh. Bake in oven for 15 minutes or until fragrant and the liquid has been absorbed by the tempeh.
5. In a large bowl, whisk together dressing ingredients.
6. Top salad with tempeh and portion dressing into 24 small sealable cups. Add small cups to take out containers.

Chef's Tip

If serving salad immediately, toss salad ingredients together with dressing and top with tempeh.

Cost

Recipe: \$

Per Serving: \$



Szechuan Zoodles

Servings: 8

Serving size: 1 cup

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Sesame oil	1	tbsp	15	mL
Rice wine vinegar	1	tbsp	15	mL
Garlic, fresh, minced	4	cloves		
Ginger, fresh, grated	1	tsp	5	mL
Red pepper flakes	½	tsp	2.5	mL
Corn starch	2	tsp	10	mL
Tamari or soy sauce, divided	¼	cup	60	mL
Brown sugar	2	tsp	8.7	g
Zucchini, cut into long noodles	3	medium		
Canola oil	1	tbsp	15	mL
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 tbsp of tamari/soy sauce. Set aside.
2. In a small bowl, mix sugar and the 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 to serve.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada



Tempeh Bacon

By Amy Symington

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients (6 Servings)	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Tempeh	24	oz	700	g
Reduced-sodium tamari	6	tbsp	90	mL
Pure maple syrup	4	tbsp	60	mL
Grapeseed oil	2	tbsp	30	mL
Smoked paprika	2	tbsp	60	g

Preparation:

1. Preheat oven to 350°F (177°C).
2. In a large bowl, toss together all tempeh bacon ingredients and evenly arrange on baking sheet.
3. Cover tempeh with any remaining liquid from bowl. Bake for 15 to 18 minutes, or until all liquid has evaporated and tempeh is firm. Let cool.
4. Thinly slice lengthwise to create "bacon" slivers or leave as strips. Use for sandwiches or to top your favourite salad or soup.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Amy Symington



Photo Credit: Amy Symington

Tempeh Bolognese

By Amy Symington

Servings: 8

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Olive oil	9	tsp	34	mL
Onion, diced	2	individual	400	g
Cremini mushrooms, diced	2	cup	200	g
Garlic, minced	8	cloves	40	g
Yellow pepper, diced	2	individual	280	g
Tempeh, crumbled	18	oz	500	g
Cumin, ground	2	tbsp	40	g
Paprika	2	tbsp	40	g
Oregano, dried	2	tbsp	24	g
Black pepper, ground	½	tsp	1	g
Tamari	4	tbsp	60	mL
Tomato purée	5	cups	1250	mL
Whole wheat pasta, cooked	28	oz	750	g
Pasta water, reserved	½	cup	120	mL

Preparation:

1. While prepping ingredients, boil a large pot of water and cook pasta according to directions. Reserve ¼ cup of pasta liquid for tomato sauce.
2. In a large saucepan, over medium heat, add oil. Once heated, add onions. Sauté until translucent, about 4 minutes.
3. Next, add mushrooms and garlic. Sauté until mushrooms have released their water and garlic is fragrant, about 4 minutes.
4. Next, add diced peppers and sauté until slightly soft, about 4 minutes.
5. Add tempeh, herbs, and spices. Sauté until herbs and spices are fragrant and tempeh is cooked through, about 5 minutes.
6. Next, incorporate soy sauce. Once incorporated, stir in tomato puree and pasta liquid. Bring to a simmer, about 3 minutes. Allow to simmer for 5 minutes.
7. Meanwhile, divide your pasta into four portions and plate.
8. Ladle sauce on to pasta and top with fresh basil, chili flakes and vegan parmesan (if using).



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Laura Bossy/HSI Canada



Photo Credit: Amy Symington

Thai Gazpacho

Servings: 10
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Garlic, fresh	1	clove		
Green onions, white and pale green parts cut into 1" pieces	3	each		
Yellow bell pepper, quartered	½	each		
Red bell pepper, quartered	½	each		
Cucumber, cut into 1" pieces	1	each		
Roma tomatoes, ripe	½	lbs	227	g
Tomato juice, low sodium	2	cups	500	mL
Lime, fresh, juiced	½	each		
Thai style red curry powder	1	tsp	5	mL
Ginger, fresh, minced	2	tsp	10	mL
Salt	1	tsp	5	g
Ground black pepper	¼	tsp	1	g

Preparation:

1. In a food processor, add garlic and pulse until finely chopped.
2. Add green onions and peppers to the food processor and pulse again until you get ¼" pieces.
3. Transfer pepper mixture to a medium bowl.
4. In the food processor, pulse the cucumber into small pieces. Transfer to the pepper mixture.
5. Add the tomatoes to the food processor and pulse into small pieces. Add to other vegetables in bowl.
6. Stir in tomato juice, lime juice, fresh ginger, curry powder, salt, and pepper to the chopped vegetable mixture.
7. Refrigerate gazpacho for several hours.
8. Add salt or curry powder to taste. Serve cold.

Cost

Recipe: \$15.05

Per Serving: \$1.51



Photo Credit: Christine Hotz



Photo Credit: Christine Hotz

Thai Tofu Noodle Soup with Lemongrass

Servings: 8

Serving size: 8 ounces

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Vegetable stock	2	qt	2273	mL
Lemongrass	½	cup	125	mL
Ginger, fresh, minced	2	tbsp	30	mL
Carrots, small dice	½	lbs	227	g
Broccoli, small florets	½	lbs	227	g
Bok choy, medium chop	½	lbs	227	g
Coconut milk, canned	2	cups	500	mL
Tofu, drained, cubed	1	14-oz package	397	g
Soy sauce, reduced sodium	1	cup	250	mL
Lime, fresh, zest	1	tsp	5	mL
Boiling water for noodles	2	qt	2273	mL
Rice noodles	1	lb	454	g
Basil, fresh, garnish	½	cup	125	mL
Sriracha, optional	4	oz	115	g

Preparation:

1. In a medium stock pot, place stock with lemongrass, ginger, and carrots. Bring to a boil and then reduce heat to medium. Allow to simmer while you chop remaining vegetables.
2. Add chopped Bok choy and broccoli florets to the stock and allow vegetables to soften but remain bright in colour, approximately 8-10 minutes.
3. Reduce heat to low and add coconut milk. Stir until coconut milk is thoroughly combined with the stock.
4. Gently stir and add tofu. Stir gently to avoid tofu falling apart.
5. Add soy sauce and lime zest. Stir until well combined.
6. Next, in another pot, bring water to a boil. Once boiling remove from heat.
7. Next, add noodles to the hot water. Leave off heat and allow noodles to soften for 5- 8 minutes. Drain and set aside.
8. Add ½ cup rice noodles to a bowl, top with soup and garnish with fresh basil and sriracha sauce.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada

Three Sisters Relish

By Chef David Wolfman, adapted from "Cooking with the Wolfman" — Douglas and McIntyre publisher

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

The Haudenosaunee (Iroquois, or Six Nations) traditionally cultivated corn, beans and squash together, which came to be known as the legendary "three sisters", their staple foods. Corn stalks provide a natural pole for the bean vines to climb. Beans fertilize and strengthen the corn to withstand winds, and the squash (zucchini) acted as a mulch to keep weeds at bay and retain soil moisture. To this day, gardeners find this combination of plants to be practical and sustainable.

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Sweet corn (with husk), grilled			½	pc
Yellow onion, diced			60	g
Zucchini, diced			85	g
Red pepper, diced			30	g
Green pepper, diced			20	g
Kosher salt			14	g
Canned black beans, drained and rinsed			90	g
Granulated sugar			125	g
White vinegar			150	mL
Ground nutmeg			0.5	g
Ground turmeric			0.5	g
Fresh horseradish, grated			7	g
Jalapeño pepper, with seeds, diced			2	g

Preparation:

1. Heat barbecue to high heat to get it hot and then turn it down to medium-high (325°F/160°C). Barbecue the corn in the husk for 15 minutes. Let cool. Remove husk and corn silk. Slice corn kernels off cob with a sharp knife.
2. Combine corn, onion, zucchini, peppers, and salt in a mixing bowl, stirring well. Cover and let stand for 2 hours. Strain mixture, rinse and let drain.
3. In a stockpot, combine zucchini mixture with black beans, sugar, vinegar, nutmeg, turmeric, horseradish, and jalapeño. Bring to a simmer and cook for 30 to 40 minutes, stirring occasionally, but do not let all the liquid evaporate.
4. Serve as is or can make ahead and store in the refrigerator. Use within 5 days.

Cost

Recipe: \$

Per Serving: \$



Tiramisu

Servings:
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Mascarpone				
Silken Tofu	½	cup		
Coconut Milk, full fat	¼	cup		
Lemon Juice	1	tbsp		
Nutritional Yeast	1	tsp		
Maple Syrup	2	tbsp		
Salt	¼	tsp	1	g
Cake				
All purpose flour	1 ¼	cup	136	g
White sugar	¾	cup	135	g
Baking Soda	1	tsp		
Salt	½	tsp	2	g
Non-dairy Milk	2/3	cup		
Canola oil	1/3	cup		
Lemon juice	1	tbsp		
Vanilla extract	2	tsp		
Cake				
Coffee, very strong	½	cup		
Water	3	cups		

Preparation:

- Mix all the ingredients for the vegan mascarpone together in a blender and blend until creamy smooth. Refrigerate for 1 hour.
- While the mascarpone is refrigerating, whisk together all the dry ingredients for the cake in a mixing bowl. Preheat your oven to 350°F (177°C).
- Mix the wet ingredients for the cake in a separate bowl and then add in the dry ingredients.
- Lightly oil a 9-inch cake pan and pour the batter into it.
- Bake in preheated oven for 20 to 25 minutes or until a toothpick inserted in the center comes out clean.
- Let the cake cool completely then slice into 1-inch wide cookies.
- Oil a 8x12 baking dish and line the cake pieces in a single layer.
- Mix the coffee and water and pour half of the mixture over the first layer.
- Spread a layer of mascarpone atop of the coffee and cookie mixture and repeat with another layer of cookie, coffee, and mascarpone.
- Cover and refrigerate overnight.
- Serve sprinkled with cocoa powder.

Cost

Recipe: \$

Per Serving: \$



Tofu Feta

By Amy Symington

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients (6 servings)	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Package of extra firm tofu, drained and crumbled	350	g		
Lemon zest	1	tbsp		
Fresh lemon juice, approximately 1 lemon	¼	cup		
Thinly sliced red onion	¾	cup		
Garlic, puréed	2	cloves		
Red wine vinegar	¼	cup		
Chopped fresh basil	¼	cup		
Olive oil	3	tbsp		
Black pepper (optional)	½	tsp	1.375	g
Salt	1	tsp	4	g

Preparation:

1. In a medium bowl, combine all ingredients. Allow to marinate for 20 minutes.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Amy Symington



Photo Credit: Amy Symington



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Tofu Scramble Flatbread

Servings: 12
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Tofu, firm, drained, pressed (if needed) and crumbled	14	oz	397	g
Olive oil, divided	4	tbsp	60	mL
Turmeric	2	tsp	4	g
Onion, small chop	½	cup	125	mL
Garlic, fresh, minced	1	tbsp	3	cloves
Red bell pepper, small chop	½	cup	125	mL
Baby spinach, rough chop	1	lbs	454	g
Tamari sauce	1	tbsp	15	ml
Non-dairy mozzarella, optional	1	cups	250	mL
Vegan naan	6	each		
Vegan sausage crumbles, optional	10	oz	283.5	g
Salsa, optional	2	cups	500	mL

Preparation:

1. Preheat oven to 350°F (177°C).
2. Press tofu to remove excess liquid as follows.
3. In a medium skillet, heat 1 tbsp of olive oil.
4. Add chopped onions, garlic, and red bell pepper to skillet and sweat for 3-4 minutes.
5. Add chopped spinach and tamari to the onions and peppers.
6. If using the sausage crumbles, add to the vegetable mixture and cook for 2-3 minutes.
7. In another skillet, heat 1 tbsp of olive oil.
8. When hot, add the turmeric and let sizzle for 2-3 minutes.
9. Add crumbled tofu. Stir occasionally until blended and hot.
10. Add vegetable and sausage mixture to tofu and toss. Remove from heat. Set aside.
11. Brush naan using the remaining 2 tablespoons of olive oil and heat in oven for 2-3 minutes.
12. Remove naan and put ½ cup of tofu mixture on each half of naan.
13. Top with non-dairy mozzarella or alternative cheese option and put back in oven for 3-4 minutes.
14. Remove from oven. Top each flat bread with salsa if desired.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada

Tofu Scramble with Whole Grain Spelt Bread

By Amy Symington

Servings: 24

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Olive oil	4	tbsp	60	mL
Yellow onions, diced	2	individual	800	g
Garlic, minced	8	cloves	42	g
Chili powder	2	tsp	16	g
Turmeric	2	tsp	16	g
Basil, dried	2	tsp	8	g
Tomatoes, diced	4	individual	600	g
Red pepper, diced	4	individual	600	g
Tofu, medium-firm, crumbled	3 ½	lbs	1.6	kg
Nutritional yeast	½	cup	40	g
Lemon juice	1	lemon	45	mL
Salt	1	tsp	4	g
Black salt	1	tsp	4	g
Garnish				
Green onions, thinly sliced	1	bunch	40	g
Whole grain spelt bread	24	slices		

Preparation:

1. In a large sauté pan over medium-high heat add oil. Once heated, add onion and sauté until translucent, about 4 minutes.
2. Next, add garlic, chili powder, turmeric, and basil and sauté until fragrant, about 3 minutes.
3. Add tomatoes and red peppers and cook until the tomatoes have released their juices, about 2 minutes.
4. Stir in tofu and nutritional yeast and cook until tofu has absorbed the juices from the tomatoes and peppers, about 5 minutes. Ensure that the tofu is completely coated in the spices. It should have a yellow hue to it without any white.
5. Stir in lemon juice and salts and remove from heat. Top with green onions and serve with whole grain bread.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada

Turmeric Latté

By Amy Symington

Servings: 24

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Coconut oil	2	tbsp	30	mL
Turmeric	¼	cup	20	g
Ginger, ground or grated	2	tbsp	12	g
Cardamom, ground	1 ½	tsp	2	g
Black pepper	1 ½	tsp	2	g
Almond milk	24	cups	6	L
Maple Syrup	6	tbsp	90	mL

Preparation:

1. In a medium saucepan over medium heat, add coconut oil.
2. Once melted, whisk in turmeric, ginger, cardamom, and pepper. Toast until fragrant, about one minute.
3. Next, whisk in almond milk. Bring to a simmer, about 3 minutes. Allow to simmer for an additional 3 minutes.
4. Sweeten with maple syrup and enjoy!

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Darren Kemper

Udon Noodle Bowl

Servings: 12
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Prepared mushroom broth OR homemade vegetable broth	1 ½	qt	1420	mL
Vegetable stock for mushroom broth	56	oz	1656	mL
Fresh mushrooms, shiitake, oyster, shimeji; trimmed, stems	12	oz	340	g
Scallions	24	each		
Carrots, rough chop	2	cups	500	mL
Garlic, fresh, smashed	12	cloves	1	bulb
Yellow onion, split in half	8	each		
Kombu, 4" piece (edible dried kelp for seasoning)	10	each		
Soy sauce, reduced sodium	¾	cup	178	mL
Mirin (sweet cooking seasoning)	¾	cup	178	mL
Salt	1	tbsp	15	g
Vegetable oil, divided	½	cup	125	mL
Napa cabbage, cut into ¾ " strips	10	cups	2.5	L
Udon noodles, fresh or dried	12	oz	340	g
Crispy Sriracha Tofu				
Tofu, firm, drained, cut in half and then cut across into 6 slices	2	14 oz package	794	g
Flaxseed, grounded	¼	cup	60	mL
Water, warm	¾	cup	178	mL
Sriracha	½	cup	125	mL
All-purpose flour	1	qt	480	g
Cornstarch	½	cup	125	mL
Salt	1	tsp	5	g

Preparation:

1. If preparing the broth from scratch; In a large stock pot, add the vegetable stock, fresh mushrooms scraps, 1" bottom of scallions, garlic, onions, carrots, and kombu. Bring to a boil, reduce heat, and let it simmer for 20 minutes.
2. Slice fresh mushrooms and finely slice remaining scallion's tops and set aside.
3. When broth is finished, strain through a fine mesh strainer. Return liquid to the pot and discard the solids. Add soy sauce, mirin, and a tsp of salt. You should have about 48 oz. of broth. Keep warm
4. In a wok or a skillet, heat ¼ cup of vegetable oil over high heat, until lightly smoky. Add shiitakes, oyster mushrooms, and shimeji; stir fry until lightly brown and completely tender, about 2 minutes. Add ¼ cup vegetable oil, heat until lightly smoking. Add cabbage and stir fry until lightly charred in spots and tender, about 2 minutes. Transfer to plate.
5. Cook udon noodles in boiling water according to package directions. Strain and set aside.

Crispy sriracha tofu

1. In a small bowl, mix water and ground flaxseed together. Let set for 5 minutes.
2. Add sriracha and blend well.
3. Dust tofu in cornstarch.
4. Using a standard breading procedure (flour, sriracha flax egg mixture and back into the flour), put each piece of tofu through this three-step process.
5. Pan fry, deep fry, or bake until golden brown. If baking, bake in a 425F°F (218°C) oven until golden brown.

Assembly

1. Divide noodles into 12 bowls (1 oz of noodles). Pour broth over noodles, top with scallions, wood ears, morels, stir fried mushrooms, cabbage, and crispy sriracha tofu.

Cost

Recipe: \$

Per Serving: \$



Ultimate Poutine

Servings: 12

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Caramelized onions and gravy				
Vegetable oil	1	tbsp	15	mL
Onions, sliced	½	cup	125	mL
Flour	¼	cup	28	g
Vegetable broth	2	cups	500	mL
Red miso	¼	cup	60	mL
Mixed greens (kale, spinach, chard, etc.), chopped (Optional)	2	cups	500	mL
Nacho Cheese				
White potatoes, peeled, paysanne	2	cups	500	mL
Vegetable oil	⅓	cup	80	mL
Carrots, peeled, paysanne	1	cup	250	mL
Reserved liquid	½	cup	125	mL
Lemon, juiced	1	tbsp	15	mL
Nutritional yeast	½	cup	125	mL
Salt	1	tsp	5	g
Garlic powder	½	tsp	3	g
Onion powder	½	tsp	2.5	mL
Cayenne pepper		pinch		
Portobello Mushrooms				
Vegetable oil	2	tsp	10	mL
Portobello mushrooms, cleaned, gills removed	6	each		
Salt	1	tsp	5	g
Ground black pepper	1	tsp	5	g

Fries and Toppings				
French fries, fried or baked	3	lbs	1.4	kg
Tomatoes, diced	1 ½	cups	375	mL
Green onions, fresh, sliced thinly	¾	cup	180	mL
Fresh herbs (dill, parsley, chives), chopped (Optional)	¼	cup	60	mL

Preparation:

Caramelized onions and gravy

1. In a medium saucepan over medium heat, add vegetable oil. Once heated, add onions, lower heat, cover, and cook until onions are caramelized; about 10-20 minutes.
2. When onions are cooked, whisk in flour and cook out, about 2 minutes.
3. Next, whisk in vegetable broth and red miso. Whisk constantly until sauce thickens. Adjust consistency with water or a flour slurry if needed.
4. Stir in greens (if using) and allow to slightly wilt. Set aside.

Nacho cheese

1. In a large stock pot over medium heat, add carrots and potatoes. Cover with water, add salt and boil until tender, about 20 minutes. When done, drain and reserve liquid. Put all nacho cheese ingredients in a blender and ½ cup reserved liquid and blend until smooth. If cheese is too thick, add a little more of the reserved liquid to adjust. Taste and adjust seasoning if needed. Set aside.

Portobello Mushrooms

1. Preheat grill to medium.
2. In a small bowl add vegetable oil, salt, and pepper. Brush mushrooms with oil mixture and place cap-side down on heated grill to mark. Cook approximately 3 minutes, then turn 90 degrees (¼ turn) and cook for another 3 minutes to mark cap with crosshatch grill marks.
3. Flip mushroom cap-side up, and cook for another 5-10 minutes, until moisture has leached out, and mushroom is soft and cooked through.
4. Remove mushroom caps from the grill and cut into 1-inch-wide strips.

French Fries

1. Cook according to package directions or bake or fry your own.

Assembly

Lay down a bed of fries, top with mushrooms, followed by cheese sauce and gravy. Garnish with tomatoes, herbs (optional), and green onions.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Debbie Kopf/Sodexo Canada



Photo Credit: Debbie Kopf/Sodexo Canada

Vegetable Lasagna

Servings: 12
 Serving size: 6 ounces
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Lasagna noodles	9	each		
Water	6	cups	1.5	L
Salt, divided	2	tsp	10	g
Onion, small dice	1	cup		
Garlic, fresh, minced	2	tbsp	6	cloves
Zucchini, rough chop	2	cups	500	mL
Baby spinach, rough chop	1	lbs	454	g
Fresh broccoli florets, rough chop	1	lbs	454	g
Non-dairy margarine	¼	cup	60	mL
Non-dairy mozzarella cheese, shredded, optional	1	cup	250	mL
Ground black pepper	1	tsp	5	g
Alfredo Sauce				
Non-dairy margarine	¼	cup	60	mL
All-purpose flour	2	oz	56	g
Non-dairy milk	2	cups	500	mL
Nutritional yeast	¼	cup	60	mL
Water	1	cup	250	mL
Salt	2	tsp	10	g
Ground black pepper	2	tsp	10	g

Preparation:

1. Preheat oven to 350°F (177°C).
2. In large pot boil water with 1 tsp of salt. Once the water is boiling add the noodles and cook until tender, about 10-12 minutes.
3. In a saucepan, melt margarine then add onions and garlic. Sweat onions and garlic.
4. Add zucchini, broccoli, and baby spinach. Cook for 10 minutes.
5. To prepare alfredo, grab a large pot and begin to melt the margarine. Add flour and cook until it emits a nutty aroma. Add non-dairy milk, nutritional yeast, water, salt, and pepper. Stir and cook until thick and bubbly. Set aside.

6. In a pan, layer with alfredo sauce on the bottom, noodles, and vegetables; repeat with top layer of sauce. When layers are done, top with mozzarella cheese, if using.
7. Bake in the oven until the internal temperature reaches 165°F (74°C), approximately 20-25 minutes.

Cost

Recipe: \$

Per Serving: \$



Vegetable Wellington

Servings:

Serving size: 1 roll

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Olive oil	2	tbsp	30	mL
Leeks, chopped, white parts only	1	large		
Celery, diced	2	stalks		
Carrots, sliced into coins	1 ½	cups	375	mL
Tarragon, fresh, minced	½	tsp	2.5	mL
Sage, dried	½	tsp	2.5	mL
Salt	1	tsp	5	g
Ground black pepper	1	tsp	5	g
Vegetable broth	⅓	cup	79	mL
Walnuts, chopped and toasted	½	cup	125	mL
Spinach, fresh, chopped	1	cup	250	mL
Phyllo dough	9	sheets		
Olive oil	¼	cup	60	mL

Preparation:

1. Preheat oven to 350°F (177°C).
2. In a large skillet, heat 2 tbsp of olive oil. Add leeks, celery, carrots and cook for 4 mins. Add tarragon, sage, salt, and pepper, and cook for another 2 minutes.
3. Add broth and bring to a boil.
4. Once boiling, add the spinach and walnuts and continue to cook until the broth evaporates. Remove from heat and set aside.
5. Layer one sheet of phyllo dough on a cutting board and gently brush with a thin layer of olive oil. Layer another sheet on top of the oiled sheet and gently brush a thin layer of oil on top of the second sheet. Add a thin line of the spinach filling at the top, roll two times, and add another thin line of filling. Roll until there is only 1" of phyllo dough left. Set aside. Repeat 2 more times, having 3 rolls in total.
6. Layer 3 sheets of phyllo dough. Brush the bottom, the middle, and the top with olive oil. Take your three single rolls and roll them together to make 1 big roll.



7. 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 oven for 15-20 minutes.
8. Allow to cool for five minutes before slicing widthwise.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Julia Kuziw/Chartwells Compass Group
Canada, Sheridan College

Waldorf Salad with Pistachios and Fresh Strawberries

By Amy Symington

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients (6 servings)	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Thinly sliced purple or green cabbage	¾	head		
Granny Smith apples, diced	2			
Sliced strawberries	2	cups		
Chopped pistachios	¼	cup		
Chopped walnuts	⅓	cup		
Fresh mint, chiffonade	¾	bunch		
Fresh parsley, chopped	½	bunch		
Dijon mustard	3	tbsp		
Maple syrup	3	tbsp		
Fresh lemon zest	1	tbsp		
Fresh lemon juice, approximately 1 lemon	¼	cup		
Salt	¼	tbsp	2	g

Preparation:

1. In a large salad bowl, combine cabbage, apple, strawberries, pistachios, walnuts, mint, and parsley.
2. In a small bowl, whisk together the remaining ingredients.
3. When ready to serve, add dressing to salad bowl and toss.

Tip:

Replace heads of cabbage with pre-cut slaw mixes for convenience.



Cost

Recipe: \$

Per Serving: \$



Photo Credit: Amy Symington



Photo Credit: Amy Symington

Waldorf Salad with Pomegranate and Pistachio

By Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*

Servings: 6 or 24

Serving size:

Preparation time:

Cook time:

Total time:

6 Servings

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Thinly sliced purple or green cabbage	¾	head		
Granny Smith apples, diced	2			
Pomegranate arils, approximately 1 pomegranate	2	cups		
Chopped pistachios	¼	cup		
Chopped walnuts	⅓	cup		
Fresh mint, chiffonade	¾	bunch		
Fresh parsley, chopped	½	bunch		
Dijon mustard	3	tbsp		
Maple syrup	3	tbsp		
Fresh lemon zest	1	tbsp		
Fresh lemon juice, approximately 1 lemon	¼	cup		
Salt	¼	tsp	1	g

24 Servings

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Thinly sliced purple or green cabbage (1 head each)	40	cups		
Granny Smith apples, diced	8			
Pomegranate arils, approximately 3 pomegranate	4	cups		
Chopped pistachios	1	cup		
Chopped walnuts	1 ⅓	cups		
Fresh mint, chiffonade	3	bunches		
Fresh parsley, chopped	2	bunches		
Dijon mustard	¾	cup		
Maple syrup	¾	cup		
Fresh lemon zest	¼	cup		
Fresh lemon juice, approximately 4 lemons	1	cup		
Salt	1	tsp	4	g

Preparation:

1. In a large salad bowl, combine cabbage, apple, pomegranate seeds, pistachios, walnuts, mint, and parsley.
2. In a small bowl, whisk together the remaining ingredients.
3. When ready to serve, add dressing to salad bowl and toss.

Tips:

1. Replace heads of cabbage with pre-cut slaw mixes for convenience.

Cost

Recipe: \$

Per Serving: \$



White Cake

Servings: ¼ sheet pan

Serving size: 1-2 inch piece

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
All-purpose flour	2	cups	240	g
Baking powder	1	tbsp	15	g
Salt	1	tsp	5	g
Non-dairy milk	1	cup	250	mL
Vegetable oil	4	oz	119	mL
Sugar, granulated	1 ½	cups	180	g
Apple sauce, sweetened	½	cup	125	mL
Vanilla extract	1	tsp	5	mL

Preparation:

1. Preheat oven 350°F (177°C).
2. In a large bowl, combine flour, baking powder, and salt. Set aside.
3. In a medium bowl, combine non-dairy milk, vegetable oil, sugar, apple sauce, and vanilla. Whisk well.
4. Add liquid mixture to dry ingredients and beat for 3 minutes.
5. Spray ¼ sheet pan, bake in convection oven for 20-25 minutes.

Cost

Recipe: \$2.35

Per Serving: \$0.20



Photo Credit: Christine Hotz

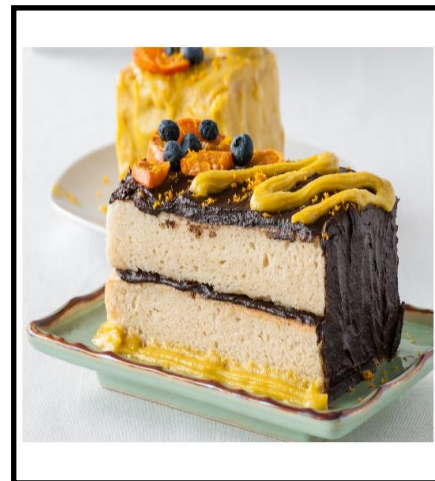


Photo Credit: Christine Hoz

Wild Blueberry and Date Pie

By Amy Symington

Servings: 6

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Spelt flour	2	cups	240	g
Salt	½	tsp	2	g
Baking powder	½	tsp	1	g
Flaxseed, ground	1	tbsp	3	g
Coconut oil	1	cup	250	mL
Water	½	cup	125	mL
Apple cider vinegar	1	tbsp	15	mL
Blueberries	3	cups	450	g
Dates, pitted and chopped	1	cup	155	g
Maple syrup	¼	cup	60	mL
Cinnamon, ground	2	tsp	5	g
Vanilla extract	2	tsp	8	mL
Lemon zest	½	individual	3	g

Preparation:

1. Preheat oven to 350°F (177°C).
2. In a large bowl add the flour, baking powder, salt and flaxseed and fully incorporate.
3. Cut in the coconut oil using a fork or pastry cutter and fully incorporate.
4. Next, make a well in the center of the mixture and add the water and vinegar. Using your hands knead the dough until all the liquid is completely incorporated. Divide the dough so that one piece is 1/3 the dough and the other 2/3.
5. Next with the larger piece, on a well-floured surface using a well-floured rolling pin roll out the dough into a 1" thick crust. Place into a 9" pie plate. Trim edges if needed.
6. Roll out the remaining dough into a 9" top crust. Set aside.
7. Next in a large bowl add the remaining ingredients and mix. Evenly distribute the blueberry mixture into the pie crust shell. Now top with the top crust. Pinch the corners of the crust all around the edges to seal the blueberry mixture in. Using a knife cut three holes in the top crust of the pie.
8. Bake for 30-35 minutes until the crust is golden brown. Serve with your favourite coconut ice cream.

Cost

Recipe: \$

Per Serving: \$



Photo Credit: Laura Bossy/HSI Canada



Wild Mushroom Miso Gravy

By Amy Symington

Servings:

Serving size:

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Olive oil	¼	cup		
Wild mushrooms, chopped	4	cups		
Spelt flour or brown rice flour	⅓	cup		
Water	3	cups		
Tamari	¼	cup		
Garlic, purée	1	clove		
Red miso paste	1	tbsp		
Lemon juice	1	tbsp		

Preparation:

1. In a medium saucepan, over medium-high heat, add oil.
2. Once heated, add mushrooms and sauté until golden brown, about 7 minutes. Turn heat down to medium.
3. Next add flour and fully incorporate. Allow flour to absorb oil and toast slightly, then add water.
4. Next whisk in tamari and garlic and allow to boil, whisking periodically.
5. Whisk in more flour, 1 tbsp at a time, if necessary.
6. Once gravy has come to your desired consistency whisk in lemon juice and miso.
7. Serve with lentil loaf, your favourite seitan roast, biscuits, or over mashed potatoes.

Cost

Recipe: \$

Per Serving: \$

Wild Rice, Fruit and Nut Salad with Balsamic Vinaigrette

By Chef David Wolfman, adapted from "Cooking with the Wolfman" — Douglas and McIntyre publisher

Servings: 4

Serving size:

Preparation time:

Cook time:

Total time:

Wild rice, a grass that grows in water, is cultivated by Indigenous communities from Manitoba to the Atlantic Ocean. The traditional way to harvest manoomin (wild rice) is to use a long stick to knock the kernels into canoes while paddling through the water. Wild rice stewardship has been passed from one generation to the next, and some nations in the U.S. and Canada continue to be rice producers today.

This colourful, high-fibre salad is even better made a day ahead, allowing flavours to blend.

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Water			1	L
Wild rice, rinsed			170	g
Bay leaves			2	pc
Salt, divided			3	g
Dried apricots			75	g
Dried cranberries			50	g
Orange zest			2	g
Red pepper, diced			100	g
Yellow pepper, diced			100	g
Green onion, chopped			25	g
Walnuts (or pecans), chopped			200	g
Fresh salad greens (i.e. spinach, arugula, Boston lettuce)			300	g
Orange, cut into segments, to garnish			1	pc
Balsamic Vinaigrette				
Balsamic vinegar			30	mL
Shallots, minced			6	g
Dijon mustard			2.5	g
Extra-virgin olive oil			30	mL
Ground black pepper			0.5	g

Wild Rice, Fruit and Nut Salad with Balsamic Vinaigrette (Cont'd)

Preparation:

1. For the salad: In a medium saucepan, bring the water to a boil over high heat. Add rice, bay leaves and 1.5 g of the salt. Cover and reduce heat to medium- low. Cook for 40-50 minutes or until the rice is tender and the water is absorbed.
2. Discard bay leaves. Transfer rice to a large bowl, fluff with a fork and chill.
3. Cut dried apricots into small pieces and blanch, along with the cranberries, in a pot of boiling water for 3 minutes; drain and set aside.
4. Combine the rice, apricots, cranberries, orange zest, peppers, green onion, and walnuts together in a large bowl and mix well.
5. For the vinaigrette: Place all ingredients in a small bowl with remaining salt and whisk vigorously or use a hand blender to combine.
6. Pour vinaigrette over the salad and mix well.
7. Divide greens among 4 plates, top with wild rice salad and garnish with orange segments.

Cost

Recipe: \$

Per Serving: \$



Zesty Cauliflower Lentil Soup

Servings: 4
 Serving size:
 Preparation time:
 Cook time:
 Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
Red lentils, rinsed and drained	2	cups		
Vegetable broth	8	cups		
Carrots, chopped	4	individual		
Onion, chopped	1	individual		
Garlic cloves	4	individual		
Rosemary	2	tbsp		
Oregano	2	tbsp	6	g
Red pepper flakes	¼	tsp		
Lemon zest	2	tsp		
Lemon juice	5	tbsp		
Cauliflower florets	1	cups		
Olive oil	3	tbsp		
Paprika	1	tbsp	8	g

Preparation:

1. Chop onion and sauté in 2 tbsp olive oil in a large soup pot until soft and translucent.
2. Add diced carrots, garlic, rosemary, oregano, lemon zest and red pepper flakes to onions – cook until the carrots begin to soften
3. Stir in lentils, coating with oil and veggies
4. Pour in stock, stir, and bring to a gentle simmer until lentils are soft and falling apart – about 25 to 30 minutes, then remove from heat.
5. Preheat oven to 350°F (177°C).
6. Toss cauliflower florets with 1 tbsp Olive oil, paprika, salt and pepper
7. On a lined baking sheet spread the cauliflower out evenly. Roast in the oven for 15 mins.
8. Mix in cauliflower florets into soup along with lemon juice

Cost

Recipe: \$

Per Serving: \$



Zucchini Bread

Servings: 24

Serving size: 1 slice or 1 muffin

Preparation time:

Cook time:

Total time:

Ingredients	Imperial		Metric	
	Quantity	Measure	Quantity	Measure
All-purpose flour	2 ½	cups	300	g
Baking powder	1	tsp	5	g
Baking soda	1 ½	tsp	7.5	g
Salt	1	tsp	5	g
Cinnamon, grounded	1	tsp	5	mL
Bananas, mashed	8	oz	227	g
Sugar, granulated	1 ½	cups	297	g
Vegetable oil	1	cup	250	mL
Vanilla extract	1	tsp	5	mL
Zucchini, shredded	11	oz	308	g
Pecans or walnuts, optional	6	oz	168	g

Preparation:

1. Preheat oven to 325°F (163°C).
2. In a large bowl, combine flour, baking powder, baking soda, salt, and cinnamon. Stir together and set aside.
3. In a medium bowl, combine mashed bananas, sugar, oil, and vanilla. Mix well.
4. Combine flour mixture and banana mixture. Mix only until combined.
5. Fold in zucchini and nuts (if using).
6. Bake for 35-40 minutes until top is brown and a toothpick inserted comes out clean.



Cost

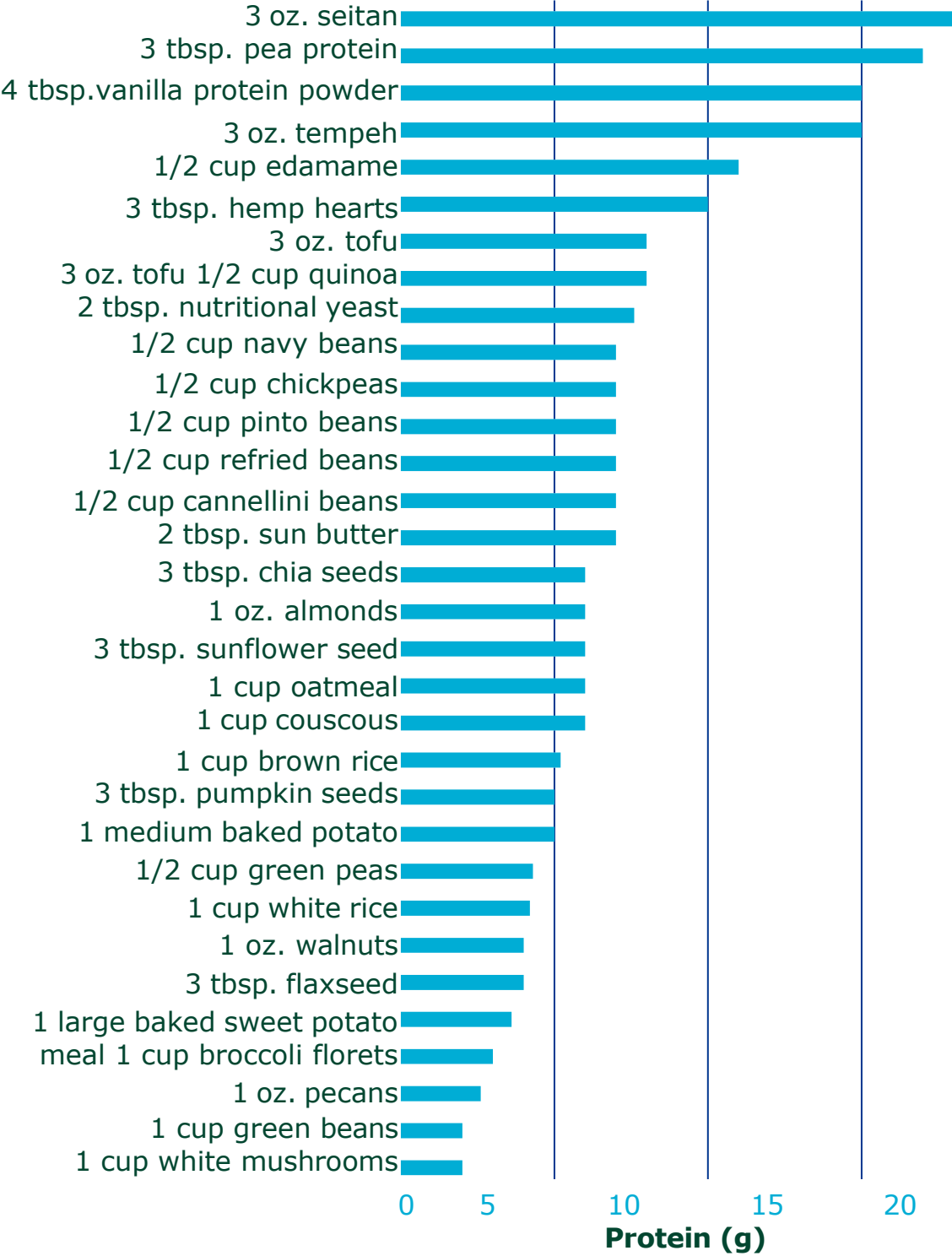
Recipe: \$

Per Serving: \$



Photo Credit: Riana Topan/HSI Canada

Plant-Based Protein Sources



Common Conversions

Common Liquid Measures

1 cup = 8 fluid oz = 16 tablespoons
0.5 cup = 4 fluid oz = 8 tablespoons
1 tablespoon = 0.5 fluid oz = 3 teaspoons
1 pint = 2 cups = 16 fluid oz = 32 tablespoons
2 pints = 4 cups = 1 quart = 32 fluid oz
1 gallon = 16 cups = 4 quarts = 128 fluid oz

Common Dry Measures

1 oz = approx. 28 grams (28.35 g)
4 oz = approx. 115 grams = 0.25 lb
8 oz = approx. 227 grams = 0.5 lb
16 oz = approx. 455 grams = 1 lb

Flours

All-Purpose Flour	1 cup	4.25 oz	120 g
Bread Flour	1 cup	4.25 oz	120 g
Self-Rising Flour	1 cup	4 oz	113 g
<i>(1 cup All-Purpose Flour + 1.5 teaspoon Baking Powder + .25 teaspoon Salt)</i>			
Whole Wheat Flour	1 cup	4 oz	113 g
Pastry Flour	1 cup	4 oz	113 g

Sugars

Sugar, Granulated White	1 cup	7 oz	198 g
	2/3 cup	4.75 oz	135 g
Sugar, Brown (Packed)	1 cup	7.5 oz	213 g
Sugar, Confectioners'	2 cup	8 oz	227 g
Splenda	1 cup	0.875 oz	25 g



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