PLANT-BASED SUBSTITUTIONS

Use this handy substitution guide to feature plant-based ingredients in your favourite recipes.
Remember: You can make anything plant-based!

Red meat

Replacements for red meat include:
- Lentils
- Mushrooms
- Quinoa
- Walnuts
- Hemp hearts
- Texturized vegetable protein
- Seitan
- Spices and herbs

Chef’s Tip:
Include a fat and appropriate plant-based protein to mimic mouth-feel and season your dish well, by utilizing not only salt and pepper, but other flavour enhancers like cumin, soy sauce or garlic.

In lieu of ground beef try:
In a medium heated pan sauté together 1 tbsp oil + 250g crumbled tempeh (or 1/2 cup lentils and 3/4 cup finely diced mushrooms) + 1 tbsp soy sauce + 1 tsp ground cumin + 1 tsp paprika + 1/4 tsp black pepper. Sauté until spices are fragrant and tempeh is darker brown, about 3 minutes.

Bacon

Replacements for bacon include:
- Eggplant
- Tofu
- Carrot
- Rice paper
- Tempeh
- Coconut flakes
- Mushrooms
- Banana peel

In lieu of bacon, try:
In a shallow dish coat 400 g thinly sliced firm tofu, about 1/4” with 2 tbsp oil + 1 tbsp maple syrup + 1 tbsp soy sauce or tamari + 1 tsp smoked paprika, and allow to marinate for 30 minutes. Next, on a parchment-lined baking sheet lay tofu + marinade flat and bake at 375°F for 10-12 minutes.

Fish

Replacements for seafood include:
- Hearts of palm
- Banana blossoms
- Jackfruit
- Tofu
- Chickpeas

In lieu of smoked salmon, try:
Preheat oven to 400°F. In a bowl, whisk 1 tbsp grapeseed oil, 1 tbsp reduced-sodium tamari, 1 tsp liquid smoke, 1 tsp sea kelp seasoning, and 1/4 tsp sea salt. Add two large carrots (peeled into long thin strips) and coat completely. Marinate for 30 minutes at room temperature. Put carrots and marinade into a 9 x 13-inch baking dish and bake for 18-20 minutes until tender but firm. Let cool and enjoy.

Eggs

Replacements for eggs include:
- Ground flaxseed or whole chia seeds
- Mashed banana
- Applesauce
- Apple cider vinegar and baking soda
- Chickpea flour (besan)
- Silken tofu (baking) or regular tofu (scrambles)

In lieu of eggs for baking, try:
- Flax “egg” (1 tbsp ground flax + 3 tbsp water)
- 1 mashed banana = 1 egg
- 1 tbsp apple cider vinegar + 1 tsp baking soda (use to help with binding)
- Aquafaba - 3/4 cup of chickpea water. In a stand mixer, start shipping aquafaba. After one minute, slowly add 1 cup of sugar while continuing whipping. Add 1 tbsp of vanilla and continue to whip until stiff. Use as you would meringue.

In lieu of eggs for cooking, try:
- Tofu scramble - medium-firm tofu sautéed with nutritional yeast, turmeric, black salt and your choice of toppings
- Chickpea omelette (click for video)

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Dairy

Other replacements for dairy include:

- **Milk**
  - Unsweetened milk alternatives made from soy, oats, coconut, almonds, cashews, macadamia nuts, hemp seeds, flax seeds, sunflower seeds, or rice

- **Cream**
  - Coconut milk or cream
  - Cashew or sunflower cream

- **Butter**
  - Avocado
  - Nut butters
  - Extra virgin olive oil, Grapeseed oil, Avocado oil, Coconut oil
  - Shortening
  - Dairy-free butter or margarine

- **Cheese - a combination of:**
  - Nuts, seeds or coconut oil
  - Orange vegetables
  - Tapioca starch or arrowroot
  - Nutritional yeast
  - Miso paste or salt

**Instead of cream, try:**

Combining 1 cup raw unsalted cashews + 1 cup hot water (+ any flavour enhancers like vanilla, lemon zest, or salt depending upon its use) in a blender until smooth, about 2 minutes.

**Instead of parmesan, try:**

Combining together 1/2 cup ground blanched almonds or hemp seed + 1/2 cup nutritional yeast + 1 tsp salt

**Instead of cheese sauce, try:**

Boiling 2 cups of peeled potatoes and 1 cup of carrots with 1 tsp salt until tender; about 20 minutes. When done, drain and reserve liquid. In a blender, add 1/3 cup of extra virgin olive oil, 1/2 cup water, 1 tbsp of lemon juice, nutritional yeast, 1 1/2 tsp of salt, 1/2 tsp of both garlic and onion powder, and a dash of cayenne. Blend until smooth. If cheese is too thick add a little of the reserved liquid. Taste and add 1/2 tsp salt, if necessary.

**Chef’s Tip:**

In baking items like cakes, cookies, and muffins, use coconut oil or dairy-free margarine in lieu of butter at a 1:1 ratio.

**Photos:** Darren Kemper/The Long Table Cookbook: Plant-based recipes for optimal health

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Are you ready to get more exciting plant-based options on your menu? Please contact us at forwardfoodcanada@hsi.org to get started.
## Cost Savings for Plant-Based Substitutions

<table>
<thead>
<tr>
<th>Animal Protein</th>
<th>Cost per 100 g/ml</th>
<th>Plant-Based Substitute</th>
<th>Cost per 100 g/ml</th>
<th>Total Savings per 100 g/ml</th>
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</thead>
<tbody>
<tr>
<td>Cow's Milk</td>
<td>$0.48</td>
<td>Almond/Soy Milk</td>
<td>$0.41</td>
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<td>Cream</td>
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<tr>
<td>Ground Beef</td>
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<td>Lentils (Brown)</td>
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<tr>
<td>Smoked Salmon</td>
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<tr>
<td>Parmesan</td>
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<td>Nutritional Yeast</td>
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<tr>
<td>Eggs</td>
<td>$0.28/egg</td>
<td>Flax Seed</td>
<td>$0.13/7g (7g=1 flax egg)</td>
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### Additional Plant Proteins (Cost / 100 g)

<table>
<thead>
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<th>Protein</th>
<th>Cost (100 g)</th>
<th>Protein</th>
<th>Cost (100 g)</th>
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<tr>
<td>Almonds</td>
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<td>Green Peas</td>
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<tr>
<td>Pumpkin Seeds</td>
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<td>Lentils</td>
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<td>Hemp Seeds</td>
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<td>Quinoa</td>
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<td>Chia Seeds</td>
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<tr>
<td>Sunflower Seeds</td>
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**Chef’s Tip:**
For best results and to aid in digestion, soak your dried legumes for 1-2 days prior to cooking, swapping out the water after the first day and before cooking.

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