

Forward Food Recipe Packet



Humane
World for
Animals

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Appetizers



Avocado Fries

Photo by Kevin Johnson, University of Windsor

Serving size: 24 | **Prep time:** 12 mins | **Cook time:** 14 mins

Ingredients

- 12 each Avocado, large, pitted and peeled
- 1 1/2 cups (225g) Flour, all-purpose
- 3 cups (750ml) Soymilk
- 3 3/4 cups (930ml) Panko breadcrumbs
- 3 tablespoons (45ml) Cajun seasoning
- 6 tablespoons (90ml) Oil for baking, optional

Directions

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.

Notes

Cost per serving: \$1.06



Baked Tofu Fingers

Recipe by Chef Amy Symington, Photo by CHat Photography

Serving size: Approx 9 tofu fingers | **Prep time:** 5 mins | **Cook time:** 15 mins

Ingredients

- 1-350g block of firm tofu cut into 1/2" cubed strips
- 1/2 cup nutritional yeast
- 3 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 onion powder
- 1/4 tsp iodized salt

Directions

1. Preheat oven to 375C and line baking sheet with parchment paper.
2. In a large bowl add tofu strips.
3. Shake and drizzle the remaining ingredients on to the tofu. Being careful not to break the tofu, gently combine until strips are completely and evenly coated.
4. Evenly distribute the tofu on the baking sheet. Place into the oven and bake for 13-15 minutes, until crispy and slightly browned.



BBQ Tofu with Ranch and Crudité

Photo by Makayla Dewit/Humane World

Serving size: 12 | Prep time: 15 mins | Cook time: 35 mins

Ingredients

2 tbsp (30 ml) Grapeseed oil
2.2 lbs (1 kg) Organic firm tofu, cut into ½" thick, 2.5" long triangles
4 cloves Garlic, finely minced
0.38 oz (10 g) Smoked paprika
0.5 tbsp (3 g) Red chili pepper flakes
5 oz (120 g) Tomato paste
1 cup (250 ml) Water
1/3 cup (87.5 ml) Maple syrup
1/4 cup (62.5 ml) Apple cider vinegar
1 tbsp (15 ml) Soy sauce (or tamari for gluten-free)

Ranch:

5 oz (145 g) Raw sunflower seeds, soaked for 30 minutes
1/2 cup (125 ml) Water
3/4 lemon (30 ml), juiced
1 clove Garlic, minced
1/8 (13 g) Red onion, medium sized, minced

1/2 tbsp (2.5 g) Chives, finely chopped
1/2 tbsp (2.5 g) Parsley, finely chopped
1/2 tbsp (2.5 g) Dill, finely chopped

Garnish:

6 pcs (500 g) Carrots, medium, cut into bâtons
1 head (350 g) Celery stalks, cut into bâtons

Directions

1. In a large sauté pan over medium-high heat add 3 tbsp (45 ml) of oil to the 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 soy sauce/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.



Buttermilk Fried Tempeh

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 42 pieces | **Prep time:** 1 hour 22 mins | **Cook time:** 20 mins

Ingredients

Tempeh:

- 2 cups (500 mL) Non-dairy milk, unsweetened
- 2 tbsp (30 mL) Lemon juice, fresh
- 2 tsp (1 g) Oregano
- 2 tsp (6 g) Paprika
- 1 tsp (5 mL) Garlic powder
- 1 tsp (5 mL) Black Pepper
- 3 ½ cups (450 g) Tempeh, pulled apart into 1-inch cubes

Breading:

- ⅔ cup (80 g) All-purpose flour
- 1 tsp (3 g) Paprika
- 1 tsp (5 mL) Garlic powder
- ¼ tsp (1 g) Cayenne pepper
- 1 tsp (4 g) Salt
- ½ tsp (2 g) Ground black pepper
- 2 tbsp (30 mL) Vegetable oil (if baking)

Oil (if frying)

Directions

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.

Notes

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 per serving: \$1.06

Photos





Cauliflower Buffalo Wings

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 10 | **Prep time:** 16 mins | **Cook time:** 30 mins

Ingredients

Battered Cauliflower:

- 1 cup (120g) Chickpea flour or all-purpose flour
- 1/4 teaspoon (1g) Salt
- 1/4 teaspoon (1ml) Garlic powder
- 1/4 teaspoon (1g) Paprika
- 3/4 cup (190ml) Water
- 6 cups (1.5 litres) Cauliflower, broken into medium-sized florets

Buffalo Sauce:

- 2/3 cup (165ml) Frank's Red Hot Sauce
- 1/4 cup (60ml) Vegetable oil
- 1/2 teaspoon (2ml) Tamari or soy sauce
- 1 tablespoon (15ml) Maple syrup
- 1 teaspoon (3g) Smoked paprika
- 1/4 teaspoon (1ml) Garlic powder
- 1 tablespoon (15ml) Cooking oil spray or vegetable oil

For serving:

2 cups (8 ounces) Non-dairy ranch dressing (see recipe Ranch Dressing/Dip)

Directions

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.

Notes

Cost per serving (1/2 cup): \$0.96

Photos





Cauliflower Flatbread

Photos by Christine Hotz

Serving size: 10 | **Prep time:** 30 mins | **Cook time:** 37 mins

Ingredients

- 2 lbs (908 g) Cauliflower
- ¼ cup (60 mL / 30 g) Flaxseed, ground
- ⅓ cup (85 mL) Warm water
- ¾ cup (190 mL / 65 g) Oat flour or ground oatmeal
- ¼ cup (60 mL / 40 g) Rice flour
- ½ tsp (2.5 mL) Garlic powder
- ½ tsp (2 g) Salt

Directions

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 wring 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 the cauliflower until it forms a coarse mixture, then transfer to a bowl, add remaining ingredients, and stir until well combined and forming a dough.

6. Divide the dough according to the desired size. Roll out dough between two pieces of parchment paper or wax paper (6-8 mm thick), shaping into larger rectangles or circles for cutting slices, or into smaller sizes for individual portions. Transfer the bottom layer of parchment with the dough to a baking sheet.

7. Bake flatbread for 20-25 minutes, flipping once after 15 minutes, until golden brown and slightly crispy.

8. Top with your favorite flatbread toppings and bake until vegetables are cooked, about 10 minutes.

Notes

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 per serving: \$1.39

Photos





Cauliflower and Lentil Fritters

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 27 fritters | **Prep time:** 20 mins | **Cook time:** 20 mins

Ingredients

3 tablespoons (36g) Cornmeal
1 cup and 2 tablespoons (177g) All-purpose flour
3/4 teaspoon (2.3g) Baking powder
1 teaspoon (2.3g) Salt
1 1/2 teaspoons (3.8g) Black pepper, ground
3/4 teaspoon (3.8g) Garlic powder
1 1/2 teaspoons (7.5ml) Chili powder, ground
1 1/2 teaspoons (7.5ml) Garam Masala (or curry powder)
3 tablespoons (16g) Nutritional yeast
3/4 cup (101g) Onion, small dice
3/4 tablespoon (7.5g) Flaxseed, ground
2 1/4 tablespoons (34ml) Water, warm
3/4 cup (93g) Cauliflower, pulsed in a food processor
3/4 cup (143g) Lentils, cooked
3 tablespoons (45ml) Oil for frying (optional)

Soy Buttermilk:

1 cup and 2 tablespoons (282ml) Soy milk

1 tablespoon (17ml) White vinegar

Directions

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 corn meal, flour, baking powder, salt, black pepper, garlic powder, chili powder, garam masala (or curry 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, 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 (preferred method), preheat the deep fryer to 350°F (177°C). Use a size 40 (1 ½ tbsp) portion scoop 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 size 40 (1 ½ tbsp) portion scoop to dip and place batter onto a baking sheet lined with parchment. Repeat until the batter is gone. Flatten the fritters slightly before baking. Bake in a 425°F (220°C) oven until golden brown and crispy, approximately 20 minutes, flipping each fritter halfway through the baking time.
7. Serve 4-6 fritters per serving. Garnish with fresh chives or parsley and serve with barbeque, or tamarind sauce.

Notes

Fritters can also be pan fried in vegetable oil at med-high heat.

Cost per serving size (4 fritters per serving): \$0.48

Photos





Chipotle Sweet Potato Skins

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 20 mins | **Cook time:** 1 hour 15 mins

Ingredients

12 medium Sweet potatoes (12 lbs/5.45 kg), washed
1/4 cup + 1 Tbsp Vegetable oil
2 1/2 Tbsp Olive oil
2 cups Onion, small dice
8 Garlic cloves, minced
7 Chipotle peppers, canned in adobo sauce, small dice
2 1/2 tsp Cumin, ground
2 1/2 Tbsp Chili powder
2 Tbsp Salt
1 Tbsp Black pepper, ground
4 cups (2 - 540 mL cans) Black beans, unsalted, drained & rinsed
1/4 cup + 1 Tbsp Oregano, finely chopped
2-3 Limes, juice and zest (begin with 2)
6 cups (480 g) Plant-based cheddar style shreds

Garnishes

6 cups (1.2 kg) Avocado, halved and cut into slices

3 cups Non-dairy sour cream, optional

6 Green onions, thinly sliced

Directions

1. Preheat oven to 425°F (220°C). Line two full baking sheets with parchment paper.
2. Prep the sweet potatoes by pricking them all over with a fork. Rub the skins lightly with some of the vegetable oil and wrap the potatoes in foil. Place on the baking sheets and bake for 45-55 mins until tender. Rotate the potatoes once halfway through the cook time. When done, remove from the oven and let cool for 10 minutes.
Lower the oven temperature to 400°F (200°C).
3. When the potatoes are halfway through the bake time, heat the olive oil in a large skillet over medium heat.
4. Add the onion to the pan and sauté for 6-8 minutes, until softened and beginning to brown. Next add the garlic and cook for 1-2 minutes, until fragrant.
5. Mix in the chipotle peppers, cumin, chili powder, salt, pepper, and black beans. Cook for 5-7 minutes until everything is combined and heated through.
6. Fold in the oregano, remove from the heat and transfer the mixture to a large mixing bowl.
7. Once the potatoes have cooled, cut each one in half and scoop most of the flesh into the bowl with the bean mixture, leaving a thin layer of potato inside each skin so it keeps its shape.
8. Add 4 cups of the cheddar, lime juice and zest to the bowl with the sweet potato flesh and bean mixture. Combine everything thoroughly, taste and adjust the seasoning as needed, adding more lime juice, zest, salt or pepper.
9. Fill each potato half generously with the black bean and sweet potato mixture. Top with the remaining cheddar shreds and place back into the oven for 10-15 minutes, until the cheese has melted and the stuffed skins are heated through.
10. Garnish each sweet potato half with 2 Tbsp sour cream, 1/4 cup of avocado slices, and a sprinkling of green onion.

Notes

You can use dried oregano in place of fresh. Use 1 Tbsp + 2 tsp of dried oregano. Add it in along with the chipotle peppers and spices

To ensure the cheese shreds on top of the baked potatoes melt, you can spritz the plant-based cheese shred lightly with water if you have a spray bottle on hand. The steam leads to a better melt

Nutrition

Amount per serving

Serving size: 1/2 sweet potato (283 g)



Crabbyless Crab Cakes

Photo by NAIT

Serving size: 24 | **Prep time:** 25 mins | **Cook time:** 15 mins

Ingredients

Crab Cakes:

- 4 14-oz cans Hearts of palm, canned, drained (1.19 kg)
- 2 cups (500ml) Grapeseed oil, divided
- 2 cups (500ml) Onions, small dice
- 2 cups (500ml) Red bell peppers, small dice
- 2 teaspoons (30ml) Garlic, fresh, minced
- 4 teaspoons (20ml) Nori flakes, toasted
- 1 cup (250ml) Egg-free mayonnaise
- 1/2 cup (120ml) Nutritional yeast
- 4 cups (1 litre) Breadcrumbs
- 2 teaspoons (10g) Salt
- 2 teaspoons (10g) Ground black pepper
- 4 tablespoons (60ml) Old Bay seasoning
- 4 tablespoons (60ml) Vegan Worcestershire sauce
- 1 tablespoon (15ml) Tabasco sauce
- 4 cups (1 litre) Panko breadcrumbs

Remoulade Sauce:

- 1 cup (250ml) Egg-free mayonnaise
- 2 tablespoons (30ml) Ketchup
- 2 tablespoons (30ml) Dijon mustard
- 2 teaspoons (10ml) Tabasco sauce
- 2 teaspoons (10ml) Vegan Worcestershire sauce
- 2 tablespoons (30ml) Lemon juice, fresh
- 1/2 teaspoon Sea salt
- 4 teaspoons (20ml) Shallots, minced
- 4 teaspoons (20ml) Capers, minced
- 2 teaspoons (10ml) Parsley, fresh, chopped
- 4 teaspoons (20ml) Red bell pepper, minced

Directions

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 (or into smaller bites, if needed) 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.

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.



Green Chili Jackfruit Nachos

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 12 (290g each) | **Prep time:** 36 mins | **Cook time:** 24 mins

Ingredients

For serving:

12 cups (600 g) Corn tortilla chips, in bulk

½ tbsp (5 ml) Lettuce, trimmed

1 1/2 cups (360 ml) Pickled jalapeños, sliced

Nacho cheese Sauce (see recipe)

Refried Beans (see recipe)

BBQ jackfruit:

2 cans (20 oz each or 591 ml each) Jackfruit, green, in brine

3 tbsp (45 ml) Oil, olive or canola

1 large Onion, diced

6 cloves Garlic, minced

2 tsp (10 ml) Chipotle paste

2 tsp (8 g) Chili powder

1 tbsp (15 ml) Cumin, ground

Pico de gallo:

4 each Tomatoes, cored, diced
¼ cup (60 ml) Onions, diced
2 tbsp (30 ml) Lime juice
1 tsp (5 g) Salt
½ tsp (2.5 g) Ground black pepper

Guacamole:

5 each Avocado, peeled and pitted
¼ cup (60 ml) Onions, diced
3 tbsp (45 ml) Lime juice
1 tsp (5 g) Salt
3 tbsp (45 ml) Cilantro, fresh, chopped
2 cloves (10 ml) Garlic, minced

Directions

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

Notes

Cost per serving: \$2.39

Photos





Imam Bayildi

Recipe by Chef François Murphy. Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 30 mins | **Cook time:** 1 hour 45 mins

Ingredients

- 12 Eggplants, medium, halved lengthwise
- 1/4 cup + 2 Tbsp cup Canola or vegetable oil
- 2 1/2 Tbsp Salt, divided
- 3/4 cup Olive oil, divided
- 6 Onions, medium, halved then sliced very thin
- 18 Garlic cloves, minced
- 18 Tomatoes, medium, medium dice
- 3/4 cup Parsley, flat-leaf, finely chopped
- 1/4 cup + 2 Tbsp Basil, chiffonade
- 2 Tbsp Sugar or pomegranate molasses
- 1/4 cup + 2 Tbsp Lemon juice
- 3/4 cup Water

- 24 whole grain pita, for serving

Directions

1. Preheat the oven to 450°F (232°C). Line 3 full baking sheets with parchment paper and gather 3 - 4" deep steam table pans.
2. Cut slits diagonally into the eggplant flesh from both sides so they overlap and create a diamond pattern, being careful not to cut through the outer skin.
3. Brush the eggplant halves all over with the canola oil and sprinkle them with 1 1/2 Tbsp of the salt. Arrange 8 eggplant halves cut side up on each baking sheet and place into the oven. Roast for 20 minutes, flipping the halves so they are cut side down once after 10 minutes.
4. Remove the eggplants from the oven once they are browned and tender. Transfer the eggplants into perforated steam table pans cut-side down and allow them to drain any excess moisture over a sink while you cook the filling. Alternately you can put them into paper-towel lined regular steam table pans.

Turn the oven temperature down to 400°F (204°C)

5. In a large sauté pan over medium heat warm 6 Tbsp of the olive oil, then add the onions. Sauté, stirring often, until tender, about 5-8 minutes.
6. Add the garlic and sauté until fragrant, 1-2 minutes. Remove from the heat and transfer to a large mixing bowl. Add the tomatoes, parsley, basil, the remaining Tbsp of salt, 1 Tbsp of the sugar, and 3 tbsps of the olive oil to the onions and garlic. Mix everything together.
7. Place the eggplants cut side up in the steam table pans. Fill the eggplants with the onion and tomato mixture.
8. In a medium bowl, whisk together the remaining 3 Tbsp olive oil, sugar, water, and lemon juice. Drizzle over the eggplants and place the pans into the oven. Bake for 1-1.5 hours, basting every 30 minutes and adding water as needed to ensure the pan does not become dry.
9. Cook until the eggplants are flat and the liquid in pan is slightly caramelized. Spoon this juice over the eggplant, remove from pan and serve 1/2 of each eggplant with a whole grain pita.

Notes

Recipe adapted from Martha Rose Shulman in the New York Times

<https://cooking.nytimes.com/recipes/1015148-imam-bayildi>

Advance preparation: You can roast the eggplant through Step 1 and make the filling through Step 2 several hours before assembling and cooking the imam bayildi. Once cooked, the finished dish can sit for several hours.

Nutrition

Amount per serving

Serving size: 1 half eggplant (266 g)

Photos





Pinto Bean Taquitos

Recipe by Chef Amy Symington, Photos by Chef Amy Symington and Laura Bossy/Humane World

Serving size: 24 | **Prep time:** 15 mins | **Cook time:** 30 mins

Ingredients

- 1/2 cup (120ml) Canola oil
- 3 cups (150g) Red onions, diced
- 2 each (280g) Red peppers, diced
- 8 cloves (40g) Garlic, minced
- 2 each (30g) Jalapeno peppers, seeded, minced
- 2-18 ounce cans (2-540ml cans) Pinto beans
- 4 tbsp (20g) Tex Mex spice blend
- 2 each (80 ml) Lime, zested and juiced
- 1 tsp (6g) Salt
- 1/2 tsp (4g) Black pepper
- 24 8" corn tortillas
- 4 Avocados, pitted and sliced

Directions

1. If baking taquitos, preheat the oven to 425F and grease two 9 x 12 baking dishes (for 24 servings).
2. In a large sauté pan over medium heat add oil. Once heated add onions. Sauté until translucent, about 4

minutes.

3. Next add peppers, minced garlic and jalapenos. Sauté until fragrant, about 2 minutes.

4. Add beans and spice blend. Sauté until spices are fragrant and beans are heated through, about 3 minutes.

5. Stir in $\frac{1}{2}$ of the lime zest and juice, $\frac{1}{4}$ tsp of salt and all of the black pepper. Turn off heat, smash beans slightly with a fork and set aside.

6. To roll taquitos. Scoop $\frac{1}{4}$ cup of bean filling on to the centre of a tortilla. Evenly distribute down the centre of the tortilla. Roll tortilla tightly and secure with a toothpick. Repeat with remaining tortillas.

7. If baking, place them in the greased baking dishes and brush with $\frac{1}{4}$ cup of oil. Place in the oven for 16-18 minutes or until taquitos are brown and crispy.

8. If frying, in a large sauté pan over medium high heat add $\frac{1}{4}$ cup of oil. Once heated add first 6 taquitos. Fry 1-2 minutes on each side until golden brown and crispy. Use tongs and a scapula to keep them from unrolling. Repeat with remaining taquitos.

9. Meanwhile, in a small bowl combine avocado, pureed garlic and remainder of the zest, juice and salt.

10. Plating: 3 taquitos per portion, $\frac{1}{4}$ of the avocado and your choice of toppings.

Photos





Risotto Croquettes (Arancini)

Photos and recipe testing by Leah Tamblin/For Humane World

Serving size: 28 servings | **Prep time:** 2 hours 30 mins | **Cook time:** 8 mins

Ingredients

Risotto

- 4.5 litres Low-sodium vegetable broth or stock
- 3/4 cup Plant-based butter, unsalted, divided
- 4 1/2 cups Onion, yellow, small dice
- 12 Garlic cloves, minced
- 3 cups White wine, dry (see Notes)
- 6 cups Arborio rice, dry
- 2 tablespoons Salt, divided
- 1/4 cup + 2 tablespoons Nutritional yeast
- 2 tablespoons Lemon zest
- 1 tablespoon Black pepper, ground
- 3 cups Plant-based mozzarella shreds

Panko Breading

- 3 cups All purpose flour
- 3 cups Non-dairy milk, unflavoured, unsweetened
- 12 cups Panko breadcrumbs

1 1/2 teaspoons Salt

1 1/2 teaspoons Black pepper, ground

For Serving

8 cups Marinara sauce

Directions

Risotto (can be made up to 24 hours in advance)

1. Line 1 full sheet pans with parchment paper.
2. In a large pot over high heat with the lid on, warm the vegetable broth. Once the broth begins to simmer, turn the heat to medium-low and keep covered.
3. In an extra large pot over medium heat, melt a 1/4 cup of the plant-based butter. Add in the onion and cook for 4-5 minutes, until softened and beginning to brown.
4. Add in the garlic and cook for two minutes longer, stirring constantly.
5. Mix in the arborio rice and 3/4 Tbsp of the salt. Cook, stirring frequently for 3-4 minutes, until the grains of rice begin to become translucent.
6. Add the white wine to the pot. Stir frequently until the wine is cooked off, about 2-3 minutes.
7. Add in 3 cups of the warm broth. Stir constantly until all of the stock is absorbed (4-5 minutes).
8. Add in another 3 cups of broth and allow to absorb while stirring frequently (4-5 minutes).
9. Add in the last 6 cups of the broth. Cook, stirring frequently until the rice is tender and the broth is absorbed (8-9 minutes).
10. Remove from the heat. Stir in the remaining plant-based butter, the nutritional yeast, lemon zest, and black pepper. Taste and adjust seasoning as needed with the remaining salt.
11. Evenly divide the risotto onto the two lined sheet pans, spread out into a thin layer on each sheet. Refrigerate for one hour to cool completely. After one hour, place the risotto into a large container or mixing bowl, then fold in the plant-based mozzarella shreds.

Breading & Frying (see notes for a baking option)

12. Line 1 full sheet pan with parchment paper.
13. Form the croquettes into balls (~1/4 cup each, or less for smaller croquettes). Coat the croquettes by rolling them in flour, in non-dairy milk, and then in breadcrumbs. Set onto the sheet pans.
14. Heat a deep-fryer to 350°F. Line two steam table pans with paper towels. Fry the croquettes for 6–8 minutes, until golden brown. Transfer to paper towels to drain.
15. Serve croquettes with marinara sauce on the side.

Notes

To substitute white wine, choose one of these

options

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

If using regular vegetable broth, start by adding 1/2 Tbsp of salt in with the arborio rice. Taste and adjust the salt level once

The risotto can be made up to 24 hours in advance. Once the risotto has cooled on the sheet pans, place it in a covered container and refrigerate. Take the risotto out of the fridge for 20 minutes before working with it the next day

Alternately, the croquettes can be baked at 425°F for 15-20 minutes, flipping once or twice until crispy and golden brown

Credit to Molly Baz for some ingredient changes and method components in this recipe (<https://www.bonappetit.com/recipe/mozzarella-arancini-stuffed-rice-balls>)

Recipe Costing (28 Servings)

Total Cost: \$38.40

Serving Cost: \$1.37

Photos







Spicy Korean Tofu Taquitos

Serving size: 12 | Prep time: 40 mins | Cook time: 32 mins

Ingredients

Tofu

9 2/3 cups Tofu, Extra Firm, drained, pressed, crumbled

1/3 cup Limes, juice

3 tbsp Cilantro, fresh, chopped

3 tbsp Garlic, cloves, peeled, minced

1 1/2 tsp Salt, Kosher

1/2 tsp Pepper, Black, table grind

3 tbsp Seasoning, Taco

3 tbsp Sauce, Gochujang

2 tbsp Oil, Canola

1 cup Onions, Yellow, chopped

1 cup Pepper, Bell, Red, chopped

1/2 tsp Salt, Kosher

1 1/2 cups Tomatoes, fire roasted, canned, diced, in juice

Cilantro Lime Crema

1 1/2 cups Egg-Free Mayonnaise

3 tbsp Limes, juice

3 tsp Vinegar, Apple Cider

1 1/2 tsp Garlic, powder
1/2 tsp Salt, Kosher
3/4 cup Cilantro, fresh, minced

Kimchi Pico

2 cups Vegan Kimchi
3/4 cup Tomatoes, Cherry, small, halved
1/2 cup Onions, Green, sliced thinly on bias
3/4 cup Carrots, peeled, shredded
3 tbsp Peppers, Jalapeño, fresh, chopped

Taquito

36 ea Tortilla, Flour, 6"
1 1/2 cups Guacamole, premade

Directions

1. Tofu mixture: In a large bowl, add crumbled tofu, lime juice, cilantro, garlic, salt, black pepper, taco seasoning, and Gochujang and mix until fully combined and tofu is coated.
2. To a blender, add canola oil, onions, bell peppers, salt, and fire roasted tomatoes and blend on high until mixture forms into a paste. Pour mixture over tofu and toss to combine.
3. To a skillet or flat top on medium-high heat add tofu mixture and cook down for 5-7 minutes stirring constantly until tofu has released its moisture and has slightly browned. Remove from heat and hold hot.
4. Preheat oven to 400°F. Lay tortillas flat. Add 1.5oz of tofu mixture per tortilla, roll tightly with ends folded in and place on a baking sheet lined with parchment paper. Lightly spray taquitos with pan spray and bake for 20-25 minutes or until golden brown.
5. For Cilantro Lime Crema: Combine Egg-Free Mayonnaise, lime juice, apple cider vinegar, garlic powder, and salt in a blender, process until smooth. Add cilantro and pulse until flaked throughout. Cilantro Lime Crema can be stored in a sealed container in cooler until ready for service.
6. For Kimchi Pico: In a medium bowl, combine Vegan Kimchi, cherry tomatoes, green onions, carrots, and jalapenos. Cover and hold in cooler until service.
7. Three taquitos per serving: Place taquitos in center of plate, top each taquito with 1 tablespoon of guacamole, 1 tablespoon of cilantro-lime crema and 1 tablespoon of kimchi pico. Serve.

Nutrition

Amount per serving
Serving size: 3 taquitos
Calories: 714
Total Fat: 30g

Saturated Fat: 6g
Cholesterol: 0mg
Sodium: 1995mg
Total Carbohydrate: 88g
Dietary Fiber: 8g
Sugars: 10g
Protein: 25g

Breakfast + Brunch



Avocado Toast with Roasted Chickpeas and Arugula

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 12 (125g each) | **Prep time:** 25 mins | **Cook time:** 35 mins

Ingredients

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

Directions

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.

Notes

Cost: \$1.53 per serving

Photos





Black Rice Pudding

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 12 | **Prep time:** 5 mins | **Cook time:** 1 hour 5 mins

Ingredients

- 2 cups black rice, uncooked
- 2 400ml cans coconut milk
- 4 cups water
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/2 cup brown sugar
- 1 teaspoon salt
- 4 teaspoons vanilla extract
- Fresh fruit, such as mango and raspberries, for garnish (optional)
- Toasted Coconut flakes, for garnish (optional)

Directions

1. Make sure to soak rice overnight. Rinse and drain before proceeding with recipe.
2. In a medium saucepan over medium-high heat, combine soaked black rice, water and 1 cup of the coconut milk.

3. Bring to boil then turn heat to med-low and bring to a steady simmer, then add the cinnamon, nutmeg, cloves, salt and sugar.
4. Cook for 45-60 mins at medium-low heat, stirring occasionally so rice will not stick to bottom of pot.
5. Once the rice has absorbed the first amount of liquid, begin to add the remaining 1/2 cup of coconut milk, a little at a time, to keep a creamy consistency.
6. Once all the liquid has been absorbed and the rice is tender, remove from the heat, stir in vanilla extract and allow to cool and thicken to desired consistency.
7. Serve 1/2 cup of the rice pudding in a small dessert bowl and garnish with fruit and toasted coconut flakes for serving.

Notes

Black or brown rice can be used in this recipe

If you are unable to soak the rice ahead of time, the cooking time of this recipe must be increased

Nutrition

Amount per serving

Serving size: 1/2 cup (126 g)

Calories: 270

Total Fat: 14g

Saturated Fat: 12g

Cholesterol: 0mg

Sodium: 140mg

Total Carbohydrate: 34g

Dietary Fiber: 3g

Sugars: 10g

Protein: 4g

Photos





Buckwheat Crêpes with Butternut Squash and Béchamel

Photo by Mauro Cencherle

Serving size: 12 | Prep time: 20 mins | Cook time: 15 mins

Ingredients

Squash:

- 1 Butternut squash, small, cut into 1/2" cubes
- 1 tbsp Olive Oil
- 1/8 tsp Nutmeg, ground

Crepes:

- 2 cups (500 ml) Non-dairy milk, unsweetened
- 3 cups (750 ml) Buckwheat groats, raw, untoasted or Buckwheat flour
- 2 tbsp (30 ml) Flax seed, ground
- ¾ cup (190 ml) Water
- 1.5 tsp (8 ml) Salt
- 2 tbsp (30 ml) Olive oil
- 1 can (355 ml) Soda water

Béchamel Sauce:

- 3 tbsp (45 ml) Olive oil
- 2 tbsp (30 ml) All-purpose flour

1 large clove (4 g) Garlic, fresh, finely minced
2 cups (500 ml) Non-dairy milk, unsweetened
1 tsp (5 ml) Tarragon, dried
¾ tsp (3 g) Salt
¼ tsp (1 g) Pepper, ground
1-2 tbsp (15-30 ml) Lemon juice, fresh

Garnish (optional):

1 cup Cherry Tomatoes
1/2 cup Parsley, fresh, chopped
1/2 cup Basil, fresh, chopped
1 each Lemon, cut into wedges

Directions

For the squash:

1. Preheat oven to 400F and line baking sheet with parchment paper.
2. In a medium bowl toss squash, 1 tbsp olive oil and nutmeg together. Evenly distribute on baking sheet. Bake in the oven until tender and slightly brown, about 20-25 minutes.

For the crepes:

1. If beginning with whole untoasted buckwheat groats, place into a high-speed blender and blend for 5 minutes, scraping down the sides every minute or so, until a fine, evenly blended flour is achieved. If using already processed buckwheat flour, begin on step 2.
2. Mix the ground flax seed with 6 Tbsp of the water to make a flax egg. Set aside for 5 minutes to thicken.
3. In a large mixing bowl, whisk together all dry ingredients for the crêpes. Make a well in the center and add in the remaining water, non-dairy milk and olive oil and flax egg. Whisk thoroughly until there are no lumps.
4. Next add in the soda water and combine again, gently. The batter should be uniform, with the consistency of heavy cream. Let sit while you prepare the other recipe components. If after sitting the batter seems too thick, adjust the consistency with 1 tbsp of water at a time.
5. To cook the crêpes, heat a non-stick 9" crêpe pan or a medium non-stick skillet over medium-high heat. Pour ½ cup of the batter into the pan and swirl around quickly to form a thin, even crêpe. Cook for 2 minutes on the first side until bubbles form and the edges start to curl, then flip using a thin, wide silicone spatula, and cook for 1-2 minutes on the second side until golden.

For the béchamel sauce:

1. In a small saucepan over medium heat, warm the olive oil. Add the flour, whisk until thoroughly combined, then add in the minced garlic and cook the mixture for 2-3 minutes.
2. Whisk in the non-dairy milk a few tablespoons at a time. Continue to cook the sauce over medium heat until

thickened enough to coat the back of a spoon.

3. Remove from heat, stir in the tarragon, salt and pepper. Remove from the heat and stir in 1 Tbsp of lemon juice. Taste and season with more lemon juice, pepper or salt if desired. Cover and allow to cool slightly.

Assembly:

1. Place one portion of roasted squash on the edge of each crêpe and roll up. Serve with 2-3 Tbsp of Béchamel per serving.
2. Garnish with any combination of halved cherry tomatoes, fresh parsley, basil, or lemon wedges.

Notes

Depending on the season and availability, you can substitute the squash for asparagus or other vegetables.



Carrot Lox with Cashew Cream Cheese

Recipe by Chef Amy Symington, photos by Christine Hotz

Serving size: 12 | **Prep time:** 40 mins | **Cook time:** 20 mins

Ingredients

Carrot Lox:

- 2 tablespoons (30ml) Grapeseed oil
- 2 tablespoons (30ml) Reduced-sodium tamari
- 2 teaspoons (10ml) Liquid smoke
- 2 teaspoons (10g) Sea kelp seasoning
- 1 teaspoon Sea salt
- 4 each Large carrots, peeled into long, thin strips
- 12 each Chef's choice of bagel
- Chef's choice of garnish (capers, pickled onions, dill, etc.)

Cashew Cream Cheese:

- 2 cups (500ml) Cashews, raw
- 4 tablespoons (60ml) Lemon juice, fresh
- 1 teaspoon (5ml) Salt

Directions

For the carrot lox:

1. Preheat oven to 400F (204C). 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.

For the cashew cream cheese:

3. 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.

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.

Photos







Chia Pudding Power Bowl with Mixed Nuts

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 10 | **Prep time:** 11 mins

Ingredients

pudding:

- 1½ cups (375 mL) chia seeds
- 4½ cups (1125 mL) non-dairy milk
- 1½ tsp (7.5 mL) vanilla extract
- ¾ cup (180 mL) maple syrup
- 1 tsp (5 g) ground cinnamon

Toppings:

- 2 cups (500 mL) fresh blackberries
- 2 cups (500 mL) fresh raspberries
- ½ cup (125 mL) dried cranberries
- ½ cup (125 mL) mixed nuts
- 3 tbsp (45 mL) pumpkin seeds
- 3 tbsp (45 mL) sunflower seeds

Directions

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 $\frac{3}{4}$ 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.

Notes

Cost per serving: \$3.05

Nutrition

Amount per serving
Serving size: 1 bowl (228 g)
Calories: 353
Total Fat: 16g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 47mg
Total Carbohydrate: 47g
Dietary Fiber: 15g
Sugars: 24g
Protein: 10g



Chickpea Omelet

Recipe and photo by Chef Amy Symington

Serving size: 12 | **Prep time:** 10 mins | **Cook time:** 15 mins

Ingredients

Omelet:

- 6 cups (680 g) Chickpea flour
- 1 cup (80 g) Nutritional yeast
- 4 tsp (16 g) Baking powder
- 2 tsp (4 g) Turmeric
- 4 tsp (8 g) Cumin, ground
- 2 tsp (4 g) Onion powder
- 3 tsp (12 g) Black salt
- 12 cloves (48 g) Garlic, puréed
- 6 cups (1.5 L) Soy milk, unsweetened
- ¼ cup (60 mL) Apple cider vinegar
- ½ cup (120 mL) Grapeseed oil

Garnish:

- 12 each (1440 g) Tomatoes, seeds removed, diced
- 6 oz (160 g) Baby spinach
- 2 oz (60 g) Fresh herbs (dill, parsley, chives)

6 oz (180 g) Dairy-free cheese (optional)

Plant-based hollandaise sauce (optional)

Directions

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 optional plant-based hollandaise sauce and top with herbs.

Notes

Cost per serving: \$1.91



Fried Tofu Egg and Tempeh Bacon Sandwich

Recipe by Chef Amy Symington, photo by Joel Barnes

Serving size: 6 | **Prep time:** 10 mins | **Cook time:** 20 mins

Ingredients

Tempeh Bacon:

- 680 g Tempeh
- 1/4 cup and 2 Tbsp (90 mL) Tamari, low sodium
- 1/4 cup (60 mL) Maple syrup
- 2 Tbsp (30 mL) Grapeseed oil
- 2 Tbsp (14 g) Smoked paprika

Tofu Sandwich:

- 400 g Extra firm tofu, sliced 1/4" thick
- 2 Tbsp (30 mL) Olive oil
- 1 tsp (4 g) Black salt (kala namak)
- 2 large Tomatoes, sliced
- 1/4 cup (60 mL) Egg-free mayonnaise
- 1 recipe Tempeh Bacon (see above)
- 6 Whole wheat English muffins, sliced & toasted

Optional Toppings:

1/2 cup Basil leaves
1/4 cup (60 mL) Ketchup
6 slices Dairy-free cheese

Directions

Tempeh Bacon:

1. Preheat oven to 350°F (177°C).
2. Slice the tempeh into long, thin strips.
3. In a large bowl, toss together all tempeh bacon ingredients and evenly arrange on baking sheet.
4. 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.
5. Thinly slice to create "bacon" slivers or leave as strips. Use for sandwiches or to top your favourite salad or soup.

For The Sandwich:

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 half 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.

Notes

Recipe Costing - 6 servings

Total Cost: \$25.47

Serving Cost: \$4.25

Total Cost w/o toppings: \$21.02

Serving Cost w/o toppings: \$3.50

Nutrition Amount per serving

Serving size	1 sandwich w/ all toppings (306 g)
Calories	653
Total Fat	37 g
Sat. Fat	6 g

Cholesterol	0 mg
Sodium	1256 mg
Carbohydrates	49 g
Dietary Fiber	3 g
Sugars	11 g
Protein	42 g

Nutrition

Amount per serving

Serving size: 1 sandwich - no toppings (277 g)

Calories: 627

Total Fat: 36g

Saturated Fat: 5g

Cholesterol: 0mg

Sodium: 1112mg

Total Carbohydrate: 45g

Dietary Fiber: 3g

Sugars: 9g

Protein: 42g



French Toast Casserole

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 12 | **Prep time:** 25 mins | **Cook time:** 2 hours

Ingredients

12 cups (3 L) Baguette, cubed
¼ cup (60 ml) Coconut oil
3 tbsp (60 ml) Flaxseeds, ground
¾ cup (190 ml) Water, warm
3 cups (750 ml) Coconut milk
1 ½ cups (375 ml) Non-dairy milk
½ cup (125 ml) Sugar, granulated
1 ½ tbsp (22.5 ml) Vanilla extract
¼ tsp (5 ml) Cinnamon, ground
½ tbsp (7.5 ml) Salt

Praline Topping:

1/3 cup (85 ml) All-purpose flour
1 ½ cups (375 ml) Light brown sugar
1 ½ cups (375 ml) Pecans, chopped
1/3 cup (85 ml) Coconut oil

Toppings:

Fresh fruit

Maple syrup

Dairy-free whipped cream

Directions

1. In a large bowl, whisk together flaxseed and water. Set aside for 5 minutes.
2. Preheat oven to 350°F (177°C) and prepare a Bain Marie for baking the French toast.
3. Generously spread coconut oil in the bottom of a ½ hotel pan (or 11"x13" pan). Place cubed French bread into the pan.
4. Whisk together flax mixture, creamer, almond milk, granulated sugar, cinnamon, vanilla, and salt.
5. Pour this mixture evenly over the cubed bread.

If bread is very dry, soak it for 15 minutes prior to baking. While the bread mixture is resting, prepare the praline topping.

6. In a medium bowl, whisk together brown sugar and flour. Using a pastry cutter or fork, cut the coconut oil into the brown sugar and flour mixture. Fold in chopped pecans. Set aside.
7. Cover the pan with aluminum foil and place it in a water bath. Bake covered for 1 hour and 15 minutes. Then remove cover and cook another 15 min.
8. Uncover and sprinkle with praline topping, then bake uncovered for an additional 30 minutes.
9. Serve with fresh fruit, maple syrup, and dairy-free whipped cream.

Notes

Cost per serving: \$1.28



Green Goddess Smoothie Bowl

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 24 (1 1/4 cup each) | **Prep time:** 29 mins | **Cook time:** 11 mins

Ingredients

Strawberry Purée:

- 1 pint (568.3 mL) Frozen sliced strawberries
- 2 tbsp (30 mL) Orange juice
- 2 tbsp (30 mL) Maple syrup

Smoothie:

- 6 cups (1.5 L) Avocados, peeled, pitted, chopped
- 12 each Bananas
- 6 cups (1.5 L) Frozen strawberries
- 12 cups (3 L) Fresh spinach, roughly chopped
- 12 cups (3 L) Non-dairy milk

Toppings:

- 1 ½ cups (375 mL) Fresh blueberries
- 1 ½ cups (375 mL) Fresh sliced strawberries
- 6 each Fresh bananas, sliced
- 1 ½ cups (375 mL) Toasted shredded coconut

Directions

Strawberry Purée:

1. In a medium saucepan over medium heat, combine frozen strawberries, orange juice, and maple syrup. Bring to a simmer.
2. Once simmering, reduce heat to medium-low, cover, and simmer for about 15 minutes until the fruit breaks down. Remove from heat.
3. Purée the strawberries using an immersion blender. Return to medium-low heat and cook until slightly thickened. Remove from heat to cool. Strain if desired, then transfer to a squeeze bottle or coronet.

Green Smoothie:

1. Working in batches, add avocado, bananas, frozen strawberries, spinach, and non-dairy milk to a blender. Blend until creamy and smooth, about 1 minute.
2. Transfer the batches to a large bowl and stir to ensure a homogenous mixture. Add extra non-dairy milk if needed to thin out, or more spinach for a brighter green color.

Assembly:

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

Notes

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

Cost per serving: \$1.80

Photos





Pear Bruschetta

Photo by Makayla Dewit

Serving size: 12 | **Prep time:** 10 mins | **Cook time:** 10 mins

Ingredients

Almond ricotta:

- 2 cups almonds, slivered or blanched
- 3 teaspoons nutritional yeast
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 3/4 cup water

Bruschetta:

- 12 baguette slices
- 1/4 cup olive oil
- 5 pears, large, diced
- 1 tbsp lemon juice
- 2 tablespoons basil, fresh
- 2 tablespoons balsamic glaze

Directions

Almond Ricotta:

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

Bruschetta:

1. Place baguette slices on a parchment-lined baking sheet. 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 fruit. Add lemon juice to fruit to prevent browning.
3. Garnish with basil and balsamic glaze.

Notes

If desired, substitute the pears for seasonal fruit, such as strawberries or apples.



Strawberry Bruschetta

Photo by Ralph Sevilla/Sodexo Canada

Serving size: 12 | **Prep time:** 10 mins | **Cook time:** 10 mins

Ingredients

Almond ricotta:

- 2 cups almonds, slivered or blanched
- 3 teaspoons nutritional yeast
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 3/4 cup water

Bruschetta:

- 12 baguette slices
- 1/4 cup olive oil
- 2 cups strawberries, destemmed and chopped
- 1 tbsp lemon juice
- 2 tablespoons basil, fresh
- 2 tablespoons balsamic glaze

Directions

Almond Ricotta:

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

Bruschetta:

1. Place baguette slices on a parchment-lined baking sheet. 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 fruit. Add lemon juice to fruit to prevent browning.
3. Garnish with basil and balsamic glaze.

Notes

If desired, substitute the strawberries for seasonal fruit, such as pears or apples.



Southwest Breakfast Bake

Photos and recipe testing by Leah Tamblin

Serving size: 24 - 1 1/2 cup servings | **Prep time:** 1 hour | **Cook time:** 30 mins

Ingredients

6.5 kg (14.5 cups) sweet potatoes, trimmed, scrubbed, medium dice
1 cup (200 g) vegetable oil, divided
1/4 cup (16 g) chili powder
1 Tbsp + 2 tsp (20 g) salt, divided
1 Tbsp + 2 tsp (10 g) ground black pepper, divided
6 3/4 cups (1.05 kg) plant-based sausage crumbles, optional
6 cups (750 g) yellow onion, medium dice
4 1/2 cups (520 g) green bell pepper, medium dice
4 1/2 cups (520 g) red bell pepper, medium dice
6 3/4 cups (1.02 kg) corn kernels, frozen, thawed
1 cup (230 g) garlic, minced
4-5 medium (120 g) jalapeño peppers, seeded, minced
9 cups (1.6 kg) black beans, canned, unsalted, drained & rinsed
6 cups (480 g) dairy-free cheddar-style cheese shreds, optional

Garnishes

6 cups (900 g) roma tomatoes, fresh, chopped

2 cups cilantro or parsley, chopped
3 limes, cut into 8 wedges each
4 cups avocado, chopped, optional
hot sauce, optional

Directions

1. Preheat oven to 425°F (220°C). Line two full baking sheets with parchment paper.
2. In a large mixing bowl, toss 1/2 of the sweet potato cubes with 1/4 cup + 2 Tbsp of the vegetable oil, 2 Tbsp of the chili powder, and 1/2 Tbsp each of the salt and pepper. Thoroughly combine everything then evenly spread the cubes on the first baking sheet. Repeat with the second half of the potatoes. Roast in the oven for 20-25 minutes, flipping once at the halfway point. Remove from oven to cool on the baking sheet when just fork tender. Turn the oven temperature down to 350°F (177°C).
3. If you are not using plant-based sausage crumbles, move to step 4. While the potatoes cook, preheat a large deep non-stick sauté pan or large scale stockpot over medium-high heat and cook the plant-based sausage crumbles according to the package directions on the stove top. Place the cooked sausage in a dish to the side. Wipe down the pan with clean paper towels.
4. Heat the same pan again over medium-high heat. Add the remaining 1/4 cup of oil. When heated, add the onions, red and green bell peppers. Cook 7-9 minutes until the vegetables soften and onions become translucent.
5. Fold in the corn, garlic, jalapeños, the remaining salt and pepper. Cook for 3-5 minutes, then add the black beans and sausage crumbles. Heat through for another 4-5 minutes.
6. In two full size standard hotel pans, divide the cooked sweet potatoes evenly between the two pans. Layer 1/2 of the cooked vegetable mixture on top of the potatoes in each hotel pan. Gently even out the top of the casseroles using a spatula.
7. Sprinkle 3 cups of cheddar shreds over the top of each dish. Cover each hotel pan with foil and place into the oven. Bake for 12-15 minutes, until the cheese shreds have melted.
8. To serve, use a spatula to score the top of each dish into 12 equal sections. Scoop out each portion and top with chopped Roma tomatoes, cilantro and a lime wedge. Other possible garnishes include chopped avocado, green onions, hot sauce, or warm corn tortillas on the side.

Notes

Equipment

2 full baking sheets, parchment paper, kitchen scale, measuring cups and spoons, large mixing bowl, spatula, large deep sauté pan or large scale stockpot, two full hotel pans, foil

Whole thawed plant-based breakfast sausages can be crumbled or cut into pieces and cooked in place of the packaged sausage crumbles

Black beans can be switched out for pinto beans, red beans, or a mixture

Recipe Costing (24 Servings)

Total Cost: \$93.89

Serving Cost: \$3.91

Total Cost (no cheese): \$79.61

Serving Cost (no cheese): \$3.32

Total Cost (no cheese or sausage): \$60.94

Serving Cost (no cheese or sausage): \$2.54

Nutrition

Amount per serving

Serving size: 1 1/2 cups (275 g)

Photos







Spiced Quinoa Oatmeal with Fruit

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 12 servings | **Prep time:** 10 mins | **Cook time:** 30 mins

Ingredients

1 1/2 cups Quinoa, rinsed
3 cups Water
1 1/2 tsp Salt
3 cups Oats, quick-cooking
3 Apples, large, cored & grated
3 cups Non-dairy milk, unsweetened
3/4 cup Dried Cranberries, roughly chopped
1 1/2 tsp Ground Cinnamon
1 1/2 tsp Ground Ginger
1 Tbsp Vanilla extract
3/4 cup Maple syrup

Serving Suggestions

6 Bananas, medium, ripe, sliced
3 cups Berries
1 cup Toasted Coconut, nuts or seeds



Spiced Pancakes

Recipe by Chef Amy Symington

Serving size: 12 | **Prep time:** 10 mins | **Cook time:** 10 mins

Ingredients

Dry Ingredients

- 3 3/4 cups Whole-wheat flour
- 3 Tbsp ground Flax seed
- 1 Tbsp Baking powder
- 1 Tbsp ground Ginger
- 1 Tbsp ground Cinnamon
- 1 1/2 tsp Allspice
- 3/4 tsp Nutmeg

Wet Ingredients

- 6 cups Non-dairy milk, plain, unsweetened

For Cooking

- 2 Tbsp Oil (coconut or grapeseed)

Cranberry Compote (optional)

- 2 cups frozen Cranberries

1 cup Water
2/3 cup Maple syrup

Directions

1. In a large mixing bowl, whisk together all of the dry ingredients until well-combined. Make a well in the middle of the dry ingredients.
2. Pour the milk into the middle of the dry ingredients then whisk everything together until fully combined, with no large lumps of the dry mixture visible (scrape the bottom/sides of the bowl with the whisk to be sure).
3. In a nonstick griddle on medium-high, heat ½ tsp grape seed or coconut oil. Using a level ¼ cup measure of batter per pancake, scoop 3 pancakes onto griddle and cook for 2 minutes, or until bubbles form in the batter. Flip and cook 1 minute more, or until golden brown. Repeat with additional oil and remaining batter.

Cranberry Compote

1. In a saucepan over medium-high heat, combine all of the compote ingredients.
2. Bring to a boil then reduce the heat as needed and simmer for 25 minutes or until a sauce-like consistency is reached.

For Serving:

Plate 3 pancakes per person and serve with 2 Tbsp of the Cranberry Compote, maple syrup or your choice of fresh fruit.

Notes

If you are using the Cranberry Compote, you can make it ahead of time and reheat as needed

The pancakes are delicious served with clementine segments

Recipe Costing (12 Servings - 3 Pancakes + 2 Tbsp Compote)

Total Cost: \$15.82

Serving Cost: \$1.32

Total Cost w/o Compote: \$11.50

Serving Cost w/o Compote: \$0.96

Nutrition information for Cranberry Compote:

Serving size 2 Tbsp (42 g)

Calories 127

Total Fat 0 g

Sat. Fat	0 g
Cholesterol	0 mg
Sodium	6 mg
Carbohydrates	33 g
Dietary Fiber	2 g
Sugars	27 g
Protein	0 g

Nutrition

Amount per serving

Serving size: 3 pancakes (142 g)

Calories: 200

Total Fat: 6g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 45mg

Total Carbohydrate: 31g

Dietary Fiber: 5g

Sugars: 1g

Protein: 9g

Photos





Sweet Potato Pie Parfaits

Recipe by Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper.

Serving size: 30 | **Prep time:** 30 mins | **Cook time:** 1 hour

Ingredients

Granola Topping:

- 10 cups (1.05kg) Whole rolled oats
- 3 3/4 cups (400g) Pecans
- 1 1/4 cups (200g) Pumpkin seeds, raw
- 1 1/4 cups (175g) Hemp seeds
- 1/2 cup and 2 tablespoons (156ml) Maple syrup
- 5 teaspoons (5g) Cinnamon, ground
- 2 1/2 cups (325g) Dates, dried and chopped

Sweet Potato Purée:

- 10 large each (4.25 kg) Sweet potatoes, baked with skins
- 1/2 cup and 2 tablespoons (156ml) Maple syrup
- 5 teaspoons (7.5g) Cinnamon, ground
- 5 teaspoons (25ml) Vanilla extract
- 1 1/4 teaspoons (2.5g) Allspice
- 1 1/4 teaspoons (2.5g) Nutmeg

1/2 teaspoon (1.3g) Cardamom

5 cans (2.4 L) Coconut milk, low fat

Garnish:

7 1/2 cups (1.88 litres) Coconut Yogurt

Directions

1. Preheat oven to 375°F (190°C) and line baking sheets with parchment paper.
2. Cut sweet potatoes in half lengthwise. Arrange on prepared baking sheets and bake 1 hour or until fork tender. Set aside to cool slightly.
3. Meanwhile, in a large bowl, add all topping ingredients and combine until oats and seeds are completely coated in syrup. Evenly distribute on another lined baking sheet and bake in the oven for 18-20 minutes, or until mixture is toasted and slightly brown. Once toasted, remove from oven, allow to cool.
4. In a food processor, add sweet potatoes, maple syrup, and spices. Puree until completely smooth, about 4 to 5 minutes. Remove half of the puree and set aside.
5. Add coconut milk to food processor and process until coconut milk is completely mixed in, about 3 minutes. Remove from processor and set aside.
6. Next in 12-oz mason jars, layer ingredients in the following order and amounts: ¼ cup (60 ml) sweet potato puree, ½ cup (125 ml) coconut potato puree, ¼ cup (60 ml) yogurt. Seal and place into fridge until ready to eat.
7. When ready to serve, top with ½ cup (125 ml) of topping and enjoy.

Tofu Scramble with Whole Grain Bread

Recipe by Chef Amy Symington

Serving size: 12 | Prep time: 20 mins | Cook time: 16 mins

Ingredients

2 tablespoons (30ml) Olive oil
1 each Yellow onions, diced
4 cloves (42 g) Garlic, minced
1 teaspoon (8g) Chili powder
1 teaspoon (8g) Turmeric
1 teaspoon (4g) Basil, dried
2 each Tomatoes, diced
2 each red pepper, diced
1 pound 12 ounces (800g) tofu, medium-firm, crumbled
1/4 cup (20g) nutritional yeast
1/2 lemon (45 mL) lemon juice
1/2 teaspoon (2g) salt
1/2 teaspoon (2g) black salt

Garnish:

1/2 bunch (40 g) green onions, thinly sliced
12 slices whole grain spelt bread

Directions

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.



Vanilla Chai Chia Seed Pudding

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper

Serving size: 24 - 1 cup servings | **Prep time:** 5 mins

Ingredients

16 cups (4 L) non-dairy milk, plain, unsweetened
4 cups (768 g) chia seeds
24 (500 g, pitted weight) dates, dried, pitted, chopped
1 cup (250 mL) maple syrup
2 tsp (10 mL) vanilla extract
1½ tsp (2 g) ground cinnamon
1 tsp ground allspice (or 12 dried allspice berries)
1 tsp ground cloves (or 12 dried whole cloves)
½ tsp ground black pepper
½ tsp ground nutmeg

Optional Garnishes

¾ cup maple syrup (½ Tbsp per serving)
1 pint raspberries or 2 cups fresh seasonal fruit of choice, cut into bite size pieces
1 ½ cups granola (1 Tbsp per serving)

Directions

1. In a blender, add 4 cups of the non-dairy milk, 1 cup chia seeds, 125 g (equal to 6) of the chopped dates, 1/4 cup of maple syrup, 1/2 tsp vanilla extract, 1/4+1/8 tsp cinnamon, 1/4 tsp allspice, 1/4 tsp cloves, 1/8 tsp each black pepper and nutmeg. Blend until completely smooth. Repeat for three more batches with the remaining ingredients.
2. Pour into a food storage container with a fitted lid, and chill for minimum 1 hour (you can use a blast chiller to speed up the process if it is available). When set, thickness can be adjusted with the addition of more non-dairy milk, if desired.
3. When ready to serve, pour into individual bowls, add fresh berries or granola and a drizzle of maple syrup.

Notes

Equipment

High-powered blender, measuring spoons and cups, spatula, food storage container(s) with fitted lid(s), individual serving bowls

You can use any non-dairy milk that is plain and unsweetened to suit your dietary needs and preferences

The pudding can be stored overnight for a fast and easy breakfast treat!

This recipe can be made without a blender. Make sure to use ground spices. Either chop the dates very finely, or omit them and replace with 1 1/2 cups extra maple syrup (omit the extra maple syrup garnish). Stir everything together into well incorporated and leave in the fridge for a few hours or overnight to allow the chia seeds to absorb the liquid. Portion and garnish once set.

Recipe Costing (24 Servings - 1 cup pudding)

Total Cost: \$38.97

Serving Cost: \$1.62

Total Cost w/ garnishes: \$56.01

Serving Cost w/ garnishes: \$2.33

Nutrition

Amount per serving

Serving size: 1 cup (207 g)

Calories: 272

Total Fat: 12g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 121mg
Total Carbohydrate: 39g
Dietary Fiber: 13g
Sugars: 19g
Protein: 7g



Vanilla French Toast with Whipped Aquafaba Cream

Recipe by Chef Amy Symington, Photo by Joel Barnes

Serving size: 6 | **Prep time:** 5 mins | **Cook time:** 20 mins

Ingredients

6 whole grain bread slices
3 cups (750 mL) soy milk, unsweetened
4 Tbsp (30 g) ground flaxseed
1 tsp (3 mL) vanilla extract
1/2 tsp (2 g) ground cinnamon
1/4 tsp (0.5 g) ground nutmeg
1 Tbsp (15 mL) coconut oil

Whipped Aquafaba Cream:

1/4 cup aquafaba (the liquid from about one 15-ounce can no-salt-added chickpeas)
1/4 cup coconut fat (from a can of coconut milk)
1 Tbsp pure maple syrup
1 Tbsp pure vanilla extract

Garnish:

Whipped Aquafaba Cream
1/2 cup maple syrup (or syrup of choice)

1/2 bunch mint, fresh

1 pint (2 cups) berries of choice

Directions

1. In a large bowl whisk together milk, ground flaxseed, vanilla, cinnamon and nutmeg. Set aside and allow to sit for 5-10 minutes to thicken.
2. Meanwhile preheat your griddle to medium. Once heated add 1 tsp oil.
3. Next immerse 2 pieces of bread into batter, flip and immerse again and then place them on the hot greased griddle. Fry for 2 minutes or until golden brown. Flip and then fry for another 2 minutes on the other side. Repeat with remaining oil and bread.
4. Serve with whipped coconut cream, maple syrup, mint, and berries.

Whipped Aquafaba Cream

1. Combine the chickpea liquid, coconut fat, maple syrup, and vanilla in a medium bowl, and beat with an electric mixer on medium to high speed until foamy.
2. Beat on high speed for about 5 minutes more or until stiff peaks with tips form.

Lunch + Dinner Mains



Butternut Squash Mac and Cheese

Recipe and photo by Chef Amy Symington

Serving size: 12 | **Prep time:** 45 mins | **Cook time:** 1 hour

Ingredients

- 2 tablespoons Grapeseed oil
- 4 cups Cubed butternut squash
- 4 each Garlic cloves, minced
- 2 each Large onion, diced
- 2 1/2 cups Unsweetened oat or soy milk
- 1 cup Coconut milk
- 2 tablespoons Lemon juice
- 2 tablespoons White miso
- 4 tablespoons Nutritional yeast
- 2 teaspoons Paprika
- 2 teaspoons Sea salt
- 1 teaspoon Turmeric
- 2 pounds Macaroni of choice, cooked half the time suggested by package
- 1 cup Panko breadcrumbs

Directions

1. Preheat the oven to 400 degrees F.
2. In a large skillet over medium heat add oil. Once heated add the squash, garlic and onion, and sauté until fragrant and onions are translucent, about 2 minutes.
3. Reduce heat to medium-low and cover. Cook, stirring occasionally, until the squash is tender and onions begin to slightly caramelize, about 15 minutes. Turn off the heat and let cool.
4. In a blender add nondairy milk, coconut milk, lemon juice, miso paste, nutritional yeast, paprika, salt, turmeric and the vegetables. Blend until smooth.
5. Bring a large pot of salted water to a boil and cook the macaroni for half the time given on the package directions, about four to five minutes. Drain well. Return to the pot, add the sauce, and stir until combined.
6. In 1 or more greased baking dish (1 per 6 servings), evenly distribute macaroni. Smooth the top. Sprinkle with panko and place into the oven, uncovered and bake until golden brown and bubbling, about 25 minutes. Cool on a rack for 10 minutes before serving.



Cabbage Rolls

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 8 (2 cabbage rolls each) | **Prep time:** 1 hour 30 mins | **Cook time:** 1 hour

Ingredients

- 16 each (1078 g) Green cabbage leaves, large or medium, blanched
- 2 tbsp (30 mL) Olive oil
- 2 cups (339 g) Brown Lentils, cooked
- 6 cups (842 g) Brown rice, cooked
- 4 cups (300 g) Mushrooms, diced
- 3 cups (366 g) Onions, diced
- 1 tbsp (11 g) Garlic, minced
- 1 tbsp (9 g) Caraway seeds, ground
- 1 tbsp (8 g) Paprika
- 2 tbsp (5 g) Thyme, fresh (or 2 tsp dried)
- 2 tbsp (5 g) Dill, fresh (or 2 tsp dried)
- 2 tbsp (7 g) Parsley, fresh (or 2 tsp dried)
- 4 cups (1 L) Tomato Sauce, divided
- 2 tsp (8 g) Salt
- 1.5 tsp (4 g) Black pepper, ground
- 1 cup (103 g) Dairy-free mozzarella style cheese shreds (optional)

Directions

1. Cook rice (2 cups measured dry, rinsed) and lentils (1 cup measured dry, rinsed and picked over) in two pots of boiling salted water. When cooked, drain both and reserve.
2. To blanch cabbage: Bring a large stock pot of salted water to a boil. Carefully cut out core and remove worn outer leaves from the cabbage. Place whole head into boiling water and let cook for about 3 minutes. Check that leaves have begun to come loose with tongs. Gently remove leaves, two at a time, then let the cabbage cook for a few more minutes before removing more leaves. Separate and reserve 16-18 medium to large size leaves total.
3. Preheat oven to 350°F (180°C)
4. Trim the thick part of the cooked cabbage leaves by laying a leaf flat in front on you with the stem end further from you. Carefully shave the stem in half with a paring or chef's knife, moving towards the core end of the leaf, away from you, so the leaf is the same thickness everywhere and easier to roll. Dispose of the excess stem pieces.
5. In a large sauté pan over medium heat, warm oil. Add onions and cook 6-8 mins, until translucent.
6. Add garlic and spices (and herbs if using dried) to onions and cook for 1-2 minutes until fragrant.
7. Add mushrooms and cook on med-high heat and cover with a lid for 4-5 minutes until mushrooms release their liquid. Remove the lid and cook off some of the moisture, for another 3-4 minutes.
8. Add the rice and 2 cups of the tomato sauce. Bring to a simmer until the rice absorbs most of the tomato sauce.
9. Add the lentils, salt, pepper and fresh herbs to the pan and combine. Remove from the heat, taste and adjust seasoning if necessary.
10. On a clean work surface, spread a cabbage leaf out, with the inner surface facing up and the stem end towards you. Place a ½ cup of the filling in the leaf, fold the end over it, then the sides of the leaf, and tightly roll up, like a burrito. Place each leaf seam side down in a large baking dish, in two rows.
11. Top the cabbage rolls with the remaining two cups of tomato sauce and vegan cheese. Cover with foil and bake in the oven for 45 mins, then remove the foil and bake for another 15 mins. Garnish with fresh dill or parsley and serve two cabbage rolls per serving.

Notes

Cost per recipe, 8 servings, 2 cabbage rolls each: \$14.82

Cost per recipe, 8 servings, 2 cabbage rolls each, no cheese: \$12.26

Cost per serving size: \$1.85

Cost per serving size, no cheese: \$1.53

Nutrition

Amount per serving

Serving size: 2 cabbage rolls (468 g)

Calories: 310

Total Fat: 7g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 1180mg

Total Carbohydrate: 54g

Dietary Fiber: 12g

Sugars: 12g

Protein: 11g

Photos





Carrot Osso Bucco with Creamy Polenta

Photo by Colin Hatherill (CHat Photography)/For Humane World

Serving size: 16 | **Prep time:** 15 mins | **Cook time:** 1 hour 20 mins

Ingredients

2 cups (450g) Red pearl onions
2 tablespoons (30ml) Vegetable oil
2 teaspoons (8g) Salt
2 teaspoons (5.5g) Ground black pepper
2 teaspoons (10ml) Curry powder
1 cup (250ml) Dry red wine or vegetable broth
2 tablespoons (30ml) Dry porcini mushrooms, processed into powder
3 cups (750ml) Prepared mushroom broth
8 cups (2 litres) Carrots, cut into 2.5-cm chunks
2 cups (450g) Fresh cremini mushrooms or button mushrooms
1 cup (250ml) Parsley leaves, flat leaf
4 teaspoons (20ml) Lemon juice, fresh

Polenta:

6 cups (1.5 litres) Non-dairy milk, unsweetened
2 tablespoons (30ml) Non-dairy margarine
3 teaspoons (12g) Salt

2 teaspoons (10ml) White pepper
1 1/2 cups (354ml) Yellow cornmeal

Directions

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.



Cheesy Broccoli Rice Skillet

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 12 (1 cup each) | **Prep time:** 14 mins | **Cook time:** 13 mins

Ingredients

- 2 pounds (908g) Broccoli florets
- 2 teaspoons (10ml) Olive oil
- 2 cups (500ml) Onion, medium, chopped
- 2 cups (500ml) Celery, small, chopped
- 4 teaspoons (16g) Chili powder
- 2 teaspoons (6g) Cumin powder
- 2 teaspoons (10ml) Garlic powder
- 2 19-oz can (1.12 L) Black beans, cooked or canned, drained
- 1 can (400 mL) Coconut milk, canned
- 4 cups (1 litre) Brown rice, cooked
- 3 1/2 cups (880ml) Nacho cheese, divided (see recipe)
- 1 teaspoon (4g) Salt
- 2 cups (500ml) Non-dairy cheddar cheese, shredded (optional, for garnish)

Directions

1. In a 4-quart pot, add broccoli and cover with water. Bring to a boil. Cook until tendercrisp (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).

Notes

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 per serving: \$1.91

Photos



Chili Rice Bowl with Tempeh Crumble, Avocado and Fresh Cilantro

Recipe by Chef Amy Symington

Serving size: 12 | Prep time: 15 mins | Cook time: 40 mins

Ingredients

Chili:

2 cups brown rice, uncooked
2 teaspoons grapeseed oil
8 ribs of celery, diced
6 small carrots, diced
4 small onions, diced
6 cloves of garlic, pureed
2 jalapeno peppers, seeded and minced
2 tablespoons cocoa powder
2 tablespoons ground chipotle powder
2 teaspoons ground cumin
6 medium sweet potatoes, peeled and diced
2 796 ml can no salt added, diced tomatoes
500ml low sodium vegetable stock
4 540 ml cans black beans, drained and rinsed
Juice and zest of 2 lime
2 teaspoons salt

Tempeh Crumble:

200g tempeh, crumbled
1 1/2 tablespoons (16ml) grapeseed oil
1 1/2 tablespoons (16ml) tamari
1 teaspoon (2g) smoked paprika
1/2 teaspoon (2g) garlic powder
1/2 teaspoon onion powder
1/4 teaspoon cayenne pepper
1/4 teaspoon sea salt

1/4 teaspoon black pepper

Garnish:

3 avocados, peeled and pitted, cubed

1/2 bunch cilantro, stems removed, chopped

Directions

Chili:

1. Cook rice to package instructions.
2. In another medium stock pot over medium heat add oil.
3. Once heated add celery, carrots and onion and sauté for 5 minutes. Add garlic, jalapeno, cocoa, chipotle and cumin. Sauté until fragrant, about 3 minutes.
4. Add sweet potatoes and sauté for another 3 minutes. Add tomatoes and stock and bring to a boil, then cover.
5. Simmer for 25 minutes or until potato is tender. Add beans, lime juice and zest and heat through. Add salt and incorporate.

Tempeh Crumble:

1. Preheat oven to 350°F (175°C) and line a baking sheet(s) with parchment paper.
2. In a large bowl thoroughly combine all ingredients until tempeh is completely coated.
3. Spread evenly on to baking sheet(s) and bake in oven until fragrant, about 10 to 15 minutes.

Plating:

1. Serve chili and tempeh crumble over rice. Garnish with avocado and cilantro.



Cream of Chickpea Pot Pie

Recipe by Chef Amy Symington, Daniel Bourdages and Chris Do from The Long Table Cookbook: Plant-based recipes for optimal health

Serving size: 6 (6 - 5" pies or 3 - 9" pies) | **Prep time:** 25 mins | **Cook time:** 50 mins

Ingredients

Crust

- 4 cups (450 g) Spelt flour
- 1 tsp (4 g) Baking powder
- 1 tsp (2 g) Onion powder
- 1/2 tsp (3 g) Salt
- 1 cup (250 mL) Coconut oil [scoopable, not liquid]
- 1 1/3 cups (350 mL) Water, cold
- 1 Tbsp (15 mL) Apple cider vinegar

Filling

- 1 3/4 cups (430 mL) Soy milk, plain, unsweetened [reserve 2 Tbsp for brushing the top crusts]
- 1 cup (250 mL) Silken or soft tofu
- 3 Tbsp (45 mL) Lemon juice
- 3 Tbsp (11 g) Nutritional yeast
- 1 1/2 Tbsp (20 mL) Grapeseed oil
- 1 Onion, diced

2 Carrots, diced
1 stalk Celery, diced
1/4 head Garlic, minced
3/4 Tbsp (3 g) dried Thyme
1 tsp (1 g) ground Cumin
1/2 tsp (1 g) ground Turmeric
1 1/2 cups White mushrooms, sliced
1 (540 mL can) Chickpeas, drained, rinsed, and mashed [save chickpea water for another recipe]
1 small head Broccoli, cut into small florets, stems diced
1/4 bunch (15 g) Parsley, washed, chopped
3/4 tsp (4 g) Salt
1/2 tsp (1 g) ground Black pepper

Directions

Crust

1. Preheat oven to 375°F (190°C) and grease each pie plate.
2. In a large bowl combine flour, baking powder, onion powder and salt together.
3. Next, cut in coconut oil until fully incorporated.
4. Make a well in the centre of the mixture and add the water and apple cider vinegar. Combine thoroughly.
5. Knead into dough. To adjust consistency, add additional flour as needed. Cover with a damp cloth, set aside and allow to rest for 15 minutes.
6. See directions below to begin the filling.
7. Next, divide the dough mixture into 6 balls. On a well-floured surface, take 2/3 of each ball and roll out to ¼-inch thickness. Place rolled dough at bottom of pie pans.
8. Fill each pie to the top with 1 cup (250 mL) of the pot pie mixture.
9. Roll out the remaining ⅓ of each ball into a small circle and place on top of each pot pie. Pinch to secure the pastry's edges, and press down with a fork, make 3 slits in the top to release steam and brush with the remaining soy milk. Repeat with the remaining dough and pot pie mixture. Once completed, place the pie plates on a baking sheet and bake in the oven for 25 to 30 minutes until the crust is golden brown.

Filling

1. In a blender, combine the soy milk, tofu, lemon juice and nutritional yeast. Blend until smooth and set aside.
2. In a large stock pot over medium heat warm the oil. Once heated add onions and sauté for 4-6 minutes, or until translucent.
3. Add carrots, celery, garlic, thyme, cumin and turmeric and cook until fragrant, about 2-3 minutes.
4. Add mushrooms and sauté until just softened, about 4 minutes.
5. Add the tofu sauce and chickpeas. Bring to a boil and reduce to a simmer until sauce has thickened about 10 minutes.

6. Add broccoli and cook for another 5 minutes.

7. Next, stir in fresh parsley, salt and pepper and remove from heat. Return to step 7 of the crust directions to finish the pot pies.

Notes

Equipment: 6 - 5" pie plates (or 3 - 9" pie plates), measuring cups and spoons, large mixing bowl, pastry cutter or butter knives, rolling pin, blender, large stock pot, paring knife, pastry brush, baking sheet

Clumps of coconut oil will form when kneading the dough. This is normal and will result in a flaky crust!

For 9" pies: Split the dough into 3 balls. Roll out 2/3 of the first ball and place into a 9-inch pie plate. Roll out the remaining 1/3 of that ball and set aside to use as the top crust. Repeat with the remaining 2 dough balls. Fill each pie with 2 cups (500 mL) of your filling of choice. Place crust on top, pinch to close edges and mark with a fork. Make 3 slits in the top with a paring knife and brush with soy milk. Increase bake time to 45-50 minutes.

Nutrition

Amount per serving

Serving size: 1 - 5" pie (424 g)

Calories: 790

Total Fat: 45g

Cholesterol: 0mg

Sodium: 490mg

Total Carbohydrate: 75g

Dietary Fiber: 16g

Sugars: 5g

Protein: 21g



Dubu Jorim

Serving size: 12 | Prep time: 20 mins | Cook time: 24 mins

Ingredients

- 1/2 cup soy sauce
- 1 tablespoon cornstarch
- 1/4 cup Gochujang sauce
- 1/4 cup rice wine vinegar
- 1/4 cup maple syrup
- 2 tablespoons garlic cloves, peeled, minced
- 1/2 cup canola oil
- 6 1/2 cups extra firm tofu, cut into 2×2" squares
- 15 cups Bok Choy
- 1/4 cup canola oil
- 5 1/2 cups cooked white or brown rice, long grain
- 3/4 cup green onions, sliced thinly on bias
- 1 tablespoon white sesame seeds, optional

Directions

1. In a medium mixing bowl, combine soy sauce and cornstarch. Whisk together until cornstarch is dissolved. Add Gochujang, vinegar, syrup and garlic. Whisk together until completely mixed.
2. In a large sauté pan or rondeau, heat oil over medium-high heat. Add tofu and cook for 3 minutes on both

sides or until golden brown. Remove tofu from pan and set aside. Keep pan with oil for next step.

3. In the same pan or rondeau, pour in sauce mixture. Bring to a boil for 3-5 minutes, until it reaches a syrup-like consistency. Turn heat to low and add tofu back in. Simmer tofu in sauce for 5-10 minutes to absorb flavor. If sauce gets too thick, thin out with a little warm water.

4. In a large sauté pan or flat top, heat up oil over medium high heat. Add in Bok Choy and sauté for 3-5 minutes until vibrant green and tender.

5. To assemble – Place 3 ounces of rice in a bowl, 3 ounces of cooked Bok Choy and 4 ounces of tofu. Garnish with 1 tablespoon of green onion and 1/4 teaspoon of sesame seeds.

Nutrition

Amount per serving

Serving size: 1 serving (312g)

Calories: 552

Total Fat: 19g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 943mg

Total Carbohydrate: 80g

Dietary Fiber: 3g

Sugars: 6g

Protein: 16g



Eggplant Moussaka

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper

Serving size: 12 | **Prep time:** 1 hour 20 mins | **Cook time:** 1 hour

Ingredients

- 1 each (250g) eggplant, sliced into ¼" thick disks
- 1 1/2 teaspoons (6g) sea salt, divided
- 2 x 400 mL can diced tomatoes, liquid drained and reserved
- 1 cup (206g) dry brown lentils
- 3 teaspoons (16ml) extra virgin olive oil, divided
- 1 onion, diced
- 2 tablespoons dried oregano
- 1/2 teaspoon black pepper
- 350g firm tofu, crumbled
- 2/3 cup (110g) unsalted blanched almonds or cashews, soaked in hot water for 1 hour, water discarded
- 1 cup (250ml) water
- 6-8 (20g) cloves garlic, skins removed
- 5 tablespoons (80ml) fresh lemon juice
- 2 (1g) sprigs parsley, finely chopped

Directions

1. Preheat oven to 375°F (190°C) and line baking sheet(s) with parchment paper.
2. Lay eggplants flat on a clean and sanitized counter. Sprinkle slices of eggplant with 1/2 tsp of salt. Allow to sit for 5 minutes then pat dry with a towel. Arrange eggplant in a single layer on prepared baking sheet(s) and brush tops with 1 tsp oil. Place in oven for 10 minutes or until slightly brown. Flip and bake for another 10 minutes.
3. Using the reserved tomato juice, cook lentils according to package directions, using additional water if needed. The lentils should cook to approximately 2 1/2 cups (620 g).
4. In a large sauté pan over medium heat, add remaining oil. Add onions and sauté until translucent, about 3-5 minutes.
5. Next, add cooked lentils and oregano. Sauté until fragrant, about 3 minutes.
6. Next, add tomatoes to the lentil mixture. Sauté until liquid has evaporated, about 5-7 minutes. Season with remaining salt and pepper.
7. Meanwhile, in a food processor add tofu, soaked nuts, water, garlic, lemon zest and juice, and remaining salt. Blend until completely smooth. Set aside.
8. To assemble: in 9"x 13" baking dish(es), evenly distribute and spread the lentil mixture. Next, layer the eggplant and then top with the almond mixture. Cover with foil and bake for 15 minutes. Remove foil and bake for another 30 to 35 minutes or until the topping starts to golden. Garnish with fresh parsley.

Notes

Tips:

1) Alternatively, you can use canned lentils that have been drained and rinsed instead of cooking from dry. Cook onions as directed. Stir in lentils, oregano, and canned tomatoes with their juices. Continue to cook over medium heat until the majority of the liquid has evaporated, about 12-15 minutes. Season with remaining salt and pepper.



Eggplant Parmesan with White Bean Béchamel

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 30 servings | **Cook time:** 25 mins

Ingredients

Breaded Eggplant

90 Slices Eggplant (6-7 Large Eggplants, peeled, 1/4" slices, use larger slices from the middle)

3 Tbsp Salt, divided

6 cups Spelt or whole wheat flour

2 Tbsp Black pepper, ground, divided

6 cups Non-dairy milk, unflavoured, unsweetened

12 cups Panko breadcrumbs

3 Tbsp Italian seasoning blend

Oil cooking spray, as needed

White Bean Béchamel

4 1/2 cups Soft or silken tofu, drained

2 1/4 cups White Cannellini beans, canned, no salt added, drained & rinsed

3 cups Vegetable stock or water

1 1/2 cups Nutritional yeast

9 cloves Garlic, minced

1 1/2 tsp Salt

1 1/2 tsp Black pepper, ground, optional

3 Tbsp Lemon juice, optional

Olive Oil Roux

1/4 cup + 2 Tbsp Olive oil

3 Tbsp Spelt or whole wheat flour

For serving

90 slices Breaded eggplant

2 L Marinara sauce, hot

1 Recipe White Bean Béchamel

3 cups Plant-based Mozzarella or Parmesan style shreds, optional

2 cups Basil leaves (whole small basil leaves or larger leaves torn into pieces just before serving) or parsley

Directions

Breaded Eggplant Cutlets

1. Preheat oven to 400 °F (200 °C). Line 3 full baking sheets with parchment paper.
2. Lay the eggplant slices on a clean surface and salt both sides using 1 Tbsp of the salt.
3. Prepare a breading station with three shallow dishes. In a large bowl mix the flour, 1 Tbsp of the remaining salt and 1 Tbsp of the black pepper together. Get a shallow dish large enough to dip the eggplant in and place one third of the flour mixture in the dish.
4. In a second container or dish large enough to dip the eggplant in, place 2 cups of the non-dairy milk.
5. In a large mixing bowl, combine the Panko breadcrumbs, the Italian seasoning blend, along with the remaining 1 Tbsp each of salt and pepper. Place 1/3 of the Panko crumb mixture in a third container or dish large enough to dip the eggplant in.
6. Dip an eggplant slice in the flour covering both sides, then dip into the non-dairy milk to cover then into the panko mixture to cover both sides completely. Place on the prepared sheet pan. Repeat with the remaining eggplant slices.
7. Using the cooking spray, lightly spray the tops of the eggplant slices. Flip the slices and lightly spray the second side. Place in the oven and bake for 10-12 minutes or until golden brown on the first side. Flip the eggplant slices over again and bake until golden brown on second side, another 10-12 minutes until golden brown.

White Bean Béchamel

8. While the eggplant slices bake, prepare the White Bean Béchamel. In a food processor or high-powered blender, combine the tofu, cannellini beans, vegetable stock, nutritional yeast, garlic, and salt. Process until the sauce is smooth and uniform. Taste and adjust the flavour with the black pepper and lemon juice, as needed. Blend together then set aside.
9. In a large sauté pan over medium heat, add the olive oil and flour to create a white roux. Whisk together and

cook until a smooth paste forms, about 2-3 minutes.

10. Whisk the blended tofu mixture into the roux and cook until the béchamel thickens to the desired consistency. Adjust with additional stock (or water) if necessary.

11. For service, cover and hot hold the marinara and béchamel sauces. Overlap the eggplant slices in one or two hotel pans and sprinkle with the plant-based cheese shreds if using, cover and hot hold. To serve, dish out 1/4 cup of marinara, top with three slices of the breaded eggplant, then top the slices with 1/4 cup of the béchamel sauce. Garnish with the basil and serve immediately.

Notes

You can serve the eggplant parmesan slices along with a side salad, on a toasted sandwich roll or on top of whole grain pasta

Nutrition

Amount per serving

Serving size: 3 slices + 1/4 cup Béchamel + 1/4 cup marinara



Lentil Bolognese with TVP

Recipe by Chef Amy Symington

Serving size: 24 | **Prep time:** 15 mins | **Cook time:** 30 mins

Ingredients

2 cups (140 g) textured vegetable protein (tvp), measured dry
1.6 kg whole wheat pasta (uncooked)

Lentil Bolognese with TVP

1/2 cup (125 mL) olive oil
6 (1.2 kg) onion, diced
6 cups (600 g) cremini mushrooms, diced
20 (120 g) garlic cloves, minced
6 (840 g) yellow bell pepper, diced
1/4 cup + 2 Tbsp (40 g) ground cumin
1/4 cup + 2 Tbsp (40 g) Paprika
1/4 cup + 2 Tbsp (72 g) dried oregano
1 1/2 tsp (3 g) ground black pepper
3/4 cup (180 mL) tamari
4 cups (300 g) brown or green lentils, cooked
15 cups (3.75 L) tomato purée
1 1/2 cups (375 mL) reserved pasta water [see step 2.]

Garnishes, optional

2 cups (240 g) dairy-free parmesan

2 cups (50 g) basil leaves

1/4 cup (21 g) crushed red chili flakes

Directions

1. Bring a medium pot of water to boil over high heat. Once boiling, take off heat and mix in the dry textured vegetable protein. Let soak for 10 minutes, then strain and reserve.
2. While prepping ingredients, boil a large stock pot of water and cook the pasta according to directions. Reserve 1 1/2 cups of the pasta water to use in the tomato sauce later.
3. In a large saucepan (at least 10 qt capacity) over medium heat add the olive oil. Once heated add onions. Sauté until translucent, about 4 minutes.
4. Next add mushrooms and garlic. Sauté until mushrooms start to release their water and garlic is fragrant, about 4 minutes.
5. Next add diced peppers and sauté until slightly soft, about 4 minutes.
6. Add in the rehydrated TVP, herbs and spices. Sauté until herbs and spices are fragrant and TVP is softened and cooked through, about 5 minutes.
7. Next incorporate tamari. Once incorporated, stir in cooked lentils, tomato puree and pasta liquid. Bring to a simmer, about 3 minutes. Allow to simmer for 5 minutes.
8. Meanwhile, divide your pasta into 1 cup portions and plate. Using a 1 cup/8oz ladle or measuring cup, portion 1 cup of sauce on to each serving of pasta. Garnish as desired with fresh basil, chili flakes and dairy-free parmesan, then serve.

Notes

Equipment - measuring cups/spoons, medium pot, large stock pot, large saucepan, spatula, 1 cup/8oz ladle, tongs

Recipe Costing - 24 servings

Total Cost (without garnishes): \$57.20

Serving Cost (without garnishes): \$2.38

Total Cost (with garnishes): \$61.68

Serving Cost (with garnishes): \$2.57

Nutrition

Amount per serving

Serving size: 1 cup sauce + 1 cup pasta (420 g)

Calories: 414

Total Fat: 8g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 482mg

Total Carbohydrate: 74g

Dietary Fiber: 15g

Sugars: 13g

Protein: 19g



Lentil Mushroom Mince Strudel

Photo by Ana Rivera/Sodexo Canada

Serving size: 10 (1 1/2 inch slices) | **Prep time:** 5 mins | **Cook time:** 50 mins

Ingredients

- ½ cup (75 g) Onions, diced
- 1 tsp (2 g) Garlic, minced
- 1 tsp (1 g) Dried thyme
- 1 tsp (0.5 g) Dried oregano
- 2 tsp (1 g) Ground cumin
- 2 cups (400 g) Cooked lentils, drained
- 1 cup (75 g) Mushrooms, diced
- 2 tbsp (30 mL) Olive oil
- Salt & pepper, to taste
- 1 package Puff pastry, thawed

Directions

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 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.



Lentil, Spinach and Onion Pot Pie

Recipe by Amy Symington from *The Long Table Cookbook: Plant-based recipes for optimal health*. Photo by Darren Kemper

Serving size: 6 (6 5-inch pie plates or 3 8-inch pie pans) | **Prep time:** 30 mins | **Cook time:** 1 hour

Ingredients

Crust:

- 4 cups (450g) Spelt Flour
- 1 teaspoon (4g) Baking powder
- 1 teaspoon (2g) Onion powder
- 1/2 teaspoon (2.5g) Salt
- 1 cup (250ml) Coconut oil
- 1 1/3 cups (334ml) Water
- 1 tablespoon (20ml) Apple cider vinegar

Filling:

- 1 tablespoon (15ml) Grapeseed oil
- 1 each (500 g) Onion, large, thinly sliced
- 4 cloves (24 g) Garlic, puréed
- 2 each (1 kg) Russet potatoes, diced
- 3 cups (750ml) Vegetable stock, low sodium
- 1 tablespoon (5g) Tapioca starch

2 cups Brown lentils, cooked
4 1/2 tsp Tamari
5 cups Spinach
1 tbsp Thyme, finely chopped
1/2 teaspoon (1.3g) Salt
1/4 teaspoon (0.5g) Black pepper

Directions

For the crust:

1. Preheat oven to 375°F (190°C) and grease each pie plate.
2. In a large bowl combine flour, baking powder, onion powder and salt together.
3. Next, cut in coconut oil until fully incorporated.
4. Make a well in the centre of the mixture and add the water and apple cider vinegar. thoroughly combine.
5. Knead into dough. To adjust consistency, add additional flour if needed. Cover with a damp cloth, set aside and allow to rest for 15 minutes.
6. See directions below to begin on your filling.
7. Next, divide the dough mixture into 6 balls. On a well-floured surface, take 2/3 of each ball and roll out to ¼-inch thickness. Place rolled dough at bottom of pie pans.
8. Fill each pie to the top with 1 cup (250 ml) of the pot pie mixture.
9. Roll out the remaining ⅓ of ball into a small circle and place on top of each pot pie. Pinch to secure the pastry's edges, and press down with a fork, make 3 slits in the top to release steam and brush with soy milk. Repeat with the remaining dough and pot pie mixture. Once completed, bake in the oven for 45 to 50 minutes until the crust is golden brown.

For the filling:

1. In a medium stock pot over medium high heat, add oil. Once heated add onions and garlic. Sauté until fragrant, about 3 minutes.
2. Next stir in potatoes and 2 cups of stock. Cover with lid and bring to a simmer. Allow to simmer for 15 minutes or until potatoes are tender.
3. Meanwhile whisk together tapioca starch and remaining vegetable stock to form a slurry.
4. Stir in slurry, lentils and tamari. Bring back up to a simmer, about 2 minutes. Cook out tapioca starch and reduce liquid for 10-12 minutes.
5. Next stir in spinach, thyme, salt and pepper and remove from heat.

Notes

- 1) Clumps of coconut oil will form when kneading the dough. This is normal and will result in a flaky crust!
- 2) For the large 8-inch pies: Split dough into 3 balls. Set aside remaining balls. Roll out 2/3 of ball. Place into an

8-inch pie plate. Roll out the remaining 1/3 of that ball. Set aside for top crust. Repeat with the remaining balls.

3) For a variation on this recipe, try 4 cups diced celeriac root or turnip in lieu of potatoes.

4) For ease of making, cooked lentils can be replaced with canned lentils. Ensure that the lentils have been thoroughly rinsed before adding it to the pies.

Nutrition

Amount per serving

Serving size: 1 5-inch pie (450g)

Calories: 790

Total Fat: 41g

Cholesterol: 0mg

Sodium: 500mg

Total Carbohydrate: 87g

Dietary Fiber: 16g

Sugars: 4g

Protein: 17g



Mango Almond Tofu Curry with Brown Rice

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Laura Bossy/Humane World

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 40 mins

Ingredients

5 cups (950g) brown rice, uncooked

Curry:

2 tablespoons (30ml) coconut oil

2 x 350 g packages organic tofu, ½-inch cubes

4 teaspoons (20ml) tamari

5 cups (400g) cubed eggplant

2 1/2 cups (390g) diced carrots

3 cups (400g) diced onions

7 1/2 garlic cloves (48 g), minced

2 1/2 tablespoons (20g) turmeric, ground

1 tablespoon (7.5g) cumin, ground

1 tablespoon (6.5g) ginger, ground

1/2 tablespoon (2g) red chili flakes

1 tablespoon (8g) coriander, ground

1/2 tablespoon (3.5g) ground cinnamon

6 cups (550g) diced green cabbage, approximately 1/2 large cabbage
3 cups (450g) red pepper, diced
2 1/2 cups (400g) mango, 1/2 inch cubed (frozen or fresh)

Sauce:

1 1/4 cups (313ml) almond butter
4 cups (1 litre) water
1/2 cup (125ml) maple syrup
2 teaspoons (10g) sea salt
2 1/2 tablespoons (16g) lime zest
1/2 cup (125ml) lime juice, approximately 4 limes

Garnish:

1/2 bunch (100 g) green onions, thinly sliced
1/2 bunch (30 g) cilantro, stems removed
1 cup (150g) almonds, dry roasted and unsalted, chopped

Directions

1. Cook brown rice according to package instructions.
2. In a large sauté pan over medium high heat, add half of the oil. Once heated, add tofu and fry for 4 minutes on each side or until tofu is crispy.
3. Drizzle tamari over tofu and sauté for another minute, or until tamari has been absorbed. Remove from heat and set aside.
4. In a large stock pot over medium heat add remaining coconut oil. Once heated, add eggplant, carrots, onions and garlic. Sauté for 5-10 minutes or until onions are translucent and garlic is fragrant.
5. Stir in spices and sauté until fragrant, about 2 minutes.
6. In a small bowl, whisk together all sauce ingredients completely combined.
7. Add sauce, cabbage and peppers. Stir to coat all vegetables, and continue to cook for another 5 to 7 minutes.
8. Add mangoes and tofu to heat through, about 4 minutes.
9. Serve with brown rice. Garnish with onions, cilantro and almonds.

Notes

- To increase your fibre, serve the curry over a whole grain like brown rice or quinoa or enjoy with soba or brown rice noodles.
- For 24 servings, depending upon the size of your sauté pan, it may be best to reserve 1 tbsp of coconut oil and sauté the cabbage and red pepper separately and add in with mangoes and

tofu after.



Miso, Mushroom and Edamame Pot Pie

Recipe by Amy Symington from *The Long Table Cookbook: Plant-based recipes for optimal health*, photo by Darren Kemper

Serving size: 6 (6 5-inch pie plates or 3 8-inch pie pans)

Ingredients

Crust:

- 4 cups (450g) Spelt Flour
- 1 teaspoon (4g) Baking powder
- 1 teaspoon (2g) Onion powder
- 1/2 teaspoon (2.5g) Salt
- 1 cup (250ml) Coconut oil
- 1 1/3 cups (334ml) Water
- 1 tablespoon (20ml) Apple cider vinegar

Filling:

- 1 tablespoon (15ml) Grapeseed oil
- 1 each (500 g) Onion, thinly sliced
- 5 cups (350g) Mushrooms, sliced
- 4 cloves (24 g) Garlic, puréed
- 2 each (1 kg) Russet potatoes, diced
- 750ml Vegetable stock, low sodium

3 tablespoons (45ml) Red miso paste
1/4 cup (63ml) Water
2 tablespoons (10g) Tapioca starch
1 1/2 cups (215g) Edamame, shelled
2 tablespoons (31ml) Rice vinegar
1/2 teaspoon (1.3g) Salt
1/4 teaspoon (0.5g) Black pepper
2 sprigs (60 g) Green onions, thinly sliced

Directions

For the crust:

1. Preheat oven to 375°F (190°C) and grease each pie plate.
2. In a large bowl combine flour, baking powder, onion powder and salt together.
3. Next, cut in coconut oil until fully incorporated.
4. Make a well in the centre of the mixture and add the water and apple cider vinegar. thoroughly combine.
5. Knead into dough. To adjust consistency, add additional flour if needed. Cover with a damp cloth, set aside and allow to rest for 15 minutes.
6. See directions below to begin on your filling.
7. Next, divide the dough mixture into 6 balls. On a well-floured surface, take 2/3 of each ball and roll out to ¼-inch thickness. Place rolled dough at bottom of pie pans.
8. Fill each pie to the top with 1 cup (250 ml) of the pot pie mixture.
9. Roll out the remaining 1/3 of ball into a small circle and place on top of each pot pie. Pinch to secure the pastry's edges, and press down with a fork, make 3 slits in the top to release steam and brush with soy milk. Repeat with the remaining dough and pot pie mixture. Once completed, bake in the oven for 45 to 50 minutes until the crust is golden brown.

For the filling:

1. In a medium stock pot over medium-high heat, add oil. Once heated add onions and mushrooms and sauté until onions are translucent and mushrooms are browned, about 12 minutes.
2. Add garlic and sauté until fragrant, about 3 minutes.
3. Stir in potatoes and vegetable stock. Cover with lid and bring to a simmer. Allow to simmer for 25 minutes or until potatoes are tender.
4. Meanwhile whisk together miso paste, water and tapioca starch to form a slurry and set aside.
5. When potatoes are tender, stir in miso slurry, edamame, rice vinegar, salt and pepper. Bring back to a simmer or until edamame are cooked through, about 5 minutes. Remove from heat and garnish with green onion.

Notes

- 1) Clumps of coconut oil will form when kneading the dough. This is normal and will result in a flaky crust!
- 2) For the large 8-inch pies: Split dough into 3 balls. Set aside remaining balls. Roll out 2/3 of ball. Place into an 8-inch pie plate. Roll out the remaining 1/3 of that ball. Set aside for top crust. Repeat with the remaining balls.

Nutrition

Amount per serving

Serving size: 1 5-inch pie (417g)

Calories: 780

Total Fat: 42g

Cholesterol: 0mg

Sodium: 510mg

Total Carbohydrate: 81g

Dietary Fiber: 13g

Sugars: 5g

Protein: 16g



Mushroom Asparagus Risotto

Photo by Devon Pierce/Sodexo Canada

Serving size: 10 | **Prep time:** 10 mins | **Cook time:** 35 mins

Ingredients

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

Directions

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 ½ 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

Photos





Mushroom and Lentil Stroganoff

Recipe and photos by Chef Amy Symington

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 40 mins

Ingredients

- 2.04 kg Baby or new potatoes
- 3/4 cup (188 mL) Olive oil
- 1/4 cup (17 g) dried Thyme, divided
- 1/2 cup (125 mL) Soy sauce or Tamari, divided
- 3 Tbsp Lemon zest (from 3 lemons), divided
- 3 - 775g heads (2.3 kg) Red or green cabbage, each cored and cut into 8 even, round slices
- 3 large (1 kg) Onions, diced
- 15 cups (1.3 kg) Cremini or white mushrooms, quartered
- 12 cloves (1/4 cup) Garlic, minced
- 1 tsp (2 g) Black pepper
- 3 - 540 mL cans (or 6 cups cooked) Brown lentils, no salt added, drained and rinsed
- 3 - 400 mL cans (4 3/4 cups) Coconut milk

Garnish:

- 1 1/2 cups Parsley, finely chopped

Directions

1. Preheat oven to 400 °F (200 °C) with convection and line 4 full baking sheets with parchment paper.
2. In a large mixing bowl toss the potatoes with 3 tbsp of the oil, 1 Tbsp dried thyme, 1 Tbsp soy sauce and ½ the lemon zest. Mix until potatoes are coated then spread evenly on two of the baking sheets. Set aside.
3. Next evenly distribute the cabbage slices on the other two baking sheets. In a small bowl whisk together 3 tbsp oil, 1 Tbsp soy sauce and the remaining lemon zest. Brush the cabbage slices with the sauce.
4. Place all of the baking sheets into the oven and roast for 30 minutes, or until the potatoes and cabbage slices are fork tender and lightly browned.
5. Meanwhile, over medium-high heat in a large deep sauté pan or pot, add the remaining oil. Once heated add onion. Sauté until translucent and softened, about 4 minutes.
6. Next add the mushrooms, minced garlic and remaining 3 Tbsp thyme. Sauté until the mushrooms have released their liquid and garlic is fragrant, about 7 minutes.
7. Stir in remaining 6 Tbsp soy sauce and let the liquid absorb, about 1 minute.
9. Stir in the lentils and coconut milk. Season with the pepper and bring to a simmer. Allow to simmer for 5 minutes.
10. For each serving, on plate or in a bowl, arrange 1 cup (147 g) roasted potatoes, 2 slices of cabbage and 1 cup of the stroganoff. Top with 2 Tbsp chopped parsley and serve.

Notes

Recipe Costing (12 servings)

Total Cost: \$43.08

Serving Cost: \$3.59

Nutrition

Amount per serving

Serving size: 1/12 recipe (702 g)

Calories: 648

Total Fat: 35g

Saturated Fat: 20g

Cholesterol: 0mg

Sodium: 622mg

Total Carbohydrate: 73g

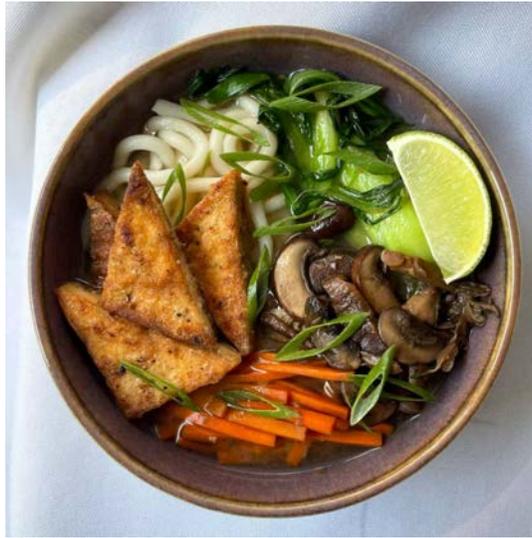
Dietary Fiber: 18g

Sugars: 15g

Protein: 21g

Photos





Mushroom Udon Bowl with Crispy Tofu

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 1 hour | **Cook time:** 50 mins

Ingredients

4 oz (112 g) Dried shiitake mushrooms

1 L Water, hot

4 - 500 g packages Tofu, firm, drained and pressed, cut into 96 even triangles (24 pieces per package)

1 cup Tamari or soy sauce, reduced sodium, divided

Mushroom Miso Broth

9 L (6.5 lbs) Vegetable trimmings and scraps, clean, frozen

16 cloves (128 g) Garlic, smashed

8 Bay leaves

40 Black peppercorns

8 L Water

1 sheet Kombu seaweed, cut into 4 pieces

1 1/4 cups White miso paste

3/4 cup Mirin (or maple syrup)

Crispy Tofu

2 kg Marinated tofu triangles (from first step)

1/2 cup Cornstarch

2 tsp Garlic powder

2 tsp Black pepper, ground

3/4 cup Vegetable oil, divided

Stir-fried Vegetables

1/4 cup Garlic, minced

1/4 cup Ginger, minced

4 lbs Mixed mushrooms, thinly sliced, keep stems for stock (shiitake, oyster, cremini suggested)

Rehydrated shiitake mushrooms, thinly sliced

8 cups Carrots, cut into matchsticks

12 (2 lbs) Baby bok choy, thinly sliced lengthwise

2 cups Green onions, cut thin diagonally, divided

2 tsp Crushed red chili flakes (optional)

Bowl Ingredients

9 L Mushroom Miso Broth

2.9 kg Udon Noodles, cooked (2.4 kg raw weight)

1 recipe Stir-fried Vegetables

1 recipe Crispy Tofu

4 Lime, cut into 6 wedges each

Directions

1. In a large bowl, cover the dried shiitake mushrooms with 1 L of hot water and let them soak for 30 mins.
2. After 30 mins, strain the mushrooms and collect the mushroom soaking water in a clean quart deli container or small pot. Cover and reserve the soaking water to use in the broth. Gently squeeze out any excess moisture from the mushrooms into the container as well. Trim the mushroom stems as needed then slice them into 1/2" strips. Place the sliced mushrooms in a bowl and set aside.
3. Lay the tofu triangles in a large shallow dish or pan and pour 1/2 cup of the tamari all over the pieces. Gently turn the tofu triangles to evenly coat in the soy sauce. Place in a refrigerator to marinate for 20 minutes.

Mushroom Miso Broth

4. Heat an extra large stock pot over medium heat. Add the vegetable scraps, garlic, bay leaves, and black peppercorns. Cook for 3-4 mins, stirring occasionally.
5. Add the 8L of water and the kombu pieces, then raise the heat to high and bring to a boil. Once boiling, turn heat to med-low, cover and gently simmer for 1 hour.

6. In a medium mixing bowl, whisk together the white miso paste, mirin, and the 1 L of reserved mushroom soaking water. Whisk until smooth with no lumps of miso paste, then set aside. Move to step 9 while the stock is simmering.

7. After an hour, remove from the heat, then carefully strain the broth into a second extra large stock pot. If the weight is too great to lift safely, use a spider/skimmer to fish out most of the vegetable scraps, then strain the stock with assistance.

8. Once strained, whisk the miso mixture again, pour into the strained stock and stir together. Taste and adjust seasoning as needed. Keep the broth covered over low heat.

Crispy Tofu

9. Preheat an oven to 200°F (93°C). Line two full baking sheets with parchment paper. In a large bowl, whisk together the cornstarch, garlic powder, and black pepper.

10. Divide out one batch of 24 tofu pieces on a cutting board or large platter. Sprinkle with the cornstarch mixture and make sure both sides of each piece are covered.

11. In a large non-stick pan over medium-high heat, warm 2 Tbsp of the vegetable oil. Fry the tofu pieces on the first side for 5-7 minutes, until golden brown and crispy. Flip the pieces and cook for another 4-5 minutes, until they are done on both sides. Place the fried tofu pieces on one of the lined baking sheets.

12. Repeat steps 10 & 11 with the next three batches of 24 tofu pieces. Place all the pieces on the two lined baking sheets, then, place the baking sheets in the oven to keep warm.

13. Bring a large stock pot of water to a boil for the udon noodles, close to where you will be cooking the vegetables.

Stir-fried Vegetables

14. In a large wok or a deep sauté pan over medium-high heat, warm the remaining 1/4 cup of vegetable oil. Add the garlic and ginger to the pan and cook for two minutes, stirring frequently to avoid burning.

15. Next add in the mixed mushrooms and cook to release all of their water. After about 6-7 minutes, add in the rehydrated mushrooms and the carrots. Stir fry until the mushroom liquid has mostly dried up and the carrots start to become tender, 4-6 minutes.

16. Fold in the baby bok choy, the remaining 1/2 cup of tamari/soy sauce, 1 cup of the green onions, and the crushed chili flakes, if using. Cook a few minutes longer, until the bok choy is bright green and the tamari is absorbed. Taste and adjust seasoning as needed.

17. Cook the udon noodles in according to the package directions. Strain, rinse with cold water and set aside.

Bowl Assembly

18. Place 3/4 cup (122g) of udon noodles in each bowl. Pour 1 1/2 cups of the broth over the noodles. Top with about 1 cup of the stir-fried vegetables. Add four pieces of the crispy tofu on top of the vegetables just before serving, then garnish with some of the remaining green onions and a lime wedge.

Notes

For the stock: Clean carrot, onion trimmings and skins, garlic bits, leek, mushroom pieces and stems, fennel tops, celery, herb stems, and a few lemon peels all provide complementary flavours

You can use a pre-made mushroom or vegetable broth for convenience sake. Heat 8 L, then stir in the mixture of the 1 L mushroom soaking water, miso paste, and mirin

If you accidentally throw out the mushroom soaking water, replace it with 1L of extra water added in to the broth with the kombu

The tofu triangles can be left to marinate covered in a fridge for up to two days before making the rest of the dish. The broth can also be made up to two days ahead of time. Stir in the miso/mirin/mushroom water mixture when you have reheated the broth and are preparing to serve the dish.

Nutrition

Amount per serving
Serving size: 1 bowl (685 g)

Photos







Mushroom Walnut Lentil Balls

Recipe by Amy Symington, *The Long Table Cookbook: Plant-based Recipes for Optimal Health*, photo by Darren Kemper

Serving size: Makes ~40-50 balls | **Prep time:** 25 mins | **Cook time:** 35 mins

Ingredients

2 cups Water
1/4 cup and 2 tablespoons Ground flaxseed
1/4 cup Grapeseed oil
6 cups Mixed mushrooms (Portobello, shiitake, or cremini), stems removed, diced
2 cups Diced onion
8 cloves Garlic, puréed
2 tablespoons Dried basil
4 teaspoons Ground cumin
2 teaspoons Paprika
1/2 teaspoon Cayenne (optional)
2 cups Walnuts, chopped
2 tablespoons Tamari
3 cups Cooked brown lentils
3 cups Whole grain spelt flour
2 tablespoons Lemon juice
2 teaspoons Sea salt

For serving:

2-3 jars marinara sauce

Directions

1. Preheat oven to 375F (190C). Line baking sheet(s) with parchment paper.
2. In a small bowl, mix together water and flaxseed. Set aside and allow to gelatinize, about 10 minutes.
3. Meanwhile in a large sauté pan over medium high heat add 2-3 tbsp oil.
4. Add mushrooms. Sauté until slightly brown, about 10-15 minutes.
5. Next add onions, garlic, basil, cumin, paprika, and cayenne. Sauté until fragrant, about 6 minutes.
6. Next add walnuts and sauté until slightly toasted, about 5 minutes
7. Mix in tamari and remove from heat.
8. In a large mixing bowl add flaxseed mixture, mushroom mixture, cooked lentils, spelt flour, lemon juice, salt, and pepper. Using your hands knead the mixture to form a dough ensuring that the flour and ingredients are fully incorporated.
9. Next, roll dough into balls, approximately 2 tbsp (30 ml) each. Arrange on prepared baking sheets and lightly brush balls with 2-3 tbsp oil.
10. Bake in the oven for 35 minutes until tops are golden brown.
11. Serve with marinara sauce.

Notes

Chef's Tips:

- One serving is 4-5 lentil balls.
- In lieu of baking, use oil to cook balls in a large sauté pan over medium high heat. Cook each side for 3-4 minutes, covering the pan with a lid in between flipping.
- Serve lentil balls over your favourite whole grain pasta with your favourite sauce OR on a whole grain sub bun with onions, marinara and bell peppers.
- Once cooled, freeze balls in a resealable bag or container and keep in the freezer for up to 6 months. When ready to use, remove from freezer and place on to a parchment lined baking sheet and bake in a 375F (190C) oven until balls are heated through, about 20 minutes.



Penne with Sweet Pea Pesto

Photo by Meagan Robinson/Sodexo Canada

Serving size: 12

Ingredients

Sweet Pea Pesto:

4 cups Peas, green, frozen

2 tablespoons Lemon juice

1/2 cup Pine nuts

6 tablespoons Olive Oil

2/3 cup Parsley, fresh, chopped

8 tablespoons Nutritional Yeast

Pasta:

16 cups Penne

1 teaspoon Basil, fresh, chiffonade

24 litres Water

Roasted Tomatoes:

8 each Tomatoes, plum, roasted

4 tablespoons Canola oil

2 teaspoons Salt

- 1 1/2 teaspoons Oregano, dried
- 1 1/2 teaspoons Basil, fresh, chopped
- 1 1/2 teaspoons Parsley, fresh, chopped
- 1 1/2 teaspoons Garlic powder

Directions

Pesto:

1. Blanch peas in boiling water for 2 to 3 minutes. Shock in cold water. Drain well.
2. Combine all ingredients in a food processor. Process until smooth.

Tomatoes:

1. Core the tomatoes and cut in quarters lengthwise.
2. Combine tomatoes with the remaining ingredients until well coated.
3. Spread tomatoes on sheet pan. Roast in a preheated 450F degree oven for 10 minutes or until lightly browned.
4. Drain juices from tomatoes and set aside

Pasta:

1. In a large pot, add water and mix salt, stirring water vigorously.
2. Bring to a boil then add pasta. Stir pasta several times to separate while water returns to full boil.
3. Cook pasta for 5 to 7 minutes or until tender. Taste to test for doneness.
4. Drain and set aside.
5. Return pasta to the empty pot and mix in with pesto.

Assembly:

1. Serve 2 cups of pesto pasta per portion. Garnish with 6 pieces of roasted tomatoes and 1/2 tsp of basil chiffonade.



Pineapple and Tofu Fried Rice

Recipe and photos by Chef Amy Symington

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 40 mins

Ingredients

1/4 cup + 2 Tbsp (90 mL) Sesame oil
3 cups (g) Edamame, shelled
3 large Oranges, zest and juice
1/4 cup + 2 Tbsp (90 mL) Soy sauce or tamari, low-sodium
3 - 350 g blocks (1.05 kg) Tofu, extra firm, cut into 3/4" cubes
4 1/2 cups (about 6 large) Carrots, peeled and diced
12 cloves (1/4 cup) Garlic, minced
3 Tbsp Ginger root, minced
6 cups Pineapple, chopped, with natural juices
12 cups cooked Brown rice
3 cups Sugar snap peas, quartered
1 tsp Salt

Garnish:

6 Green onions, sliced
2 Tbsp Toasted sesame seeds, optional
1 Tbsp Crushed red pepper flakes, optional

Directions

1. In a large wok or large sauté pan over medium heat add 1 Tbsp sesame oil. Once heated add in the edamame. Sauté until the edamame turn bright green, about 3 minutes.
2. Next add ½ of the orange zest and juice, and 1 Tbsp tamari. Allow the liquids to absorb, about 2 minutes. Transfer the edamame mixture from the wok or pan to a large bowl and set aside.
3. Raise the heat to medium-high. In the same large wok (or large sauté pan) add 3 tbsp sesame oil. Once heated add the tofu cubes. Sauté until the tofu is slightly brown and crispy on all sides, about 5 minutes.
4. Drizzle 3 tbsp tamari over the tofu. Cook until all the liquid is absorbed, about 1 minute.
5. Next add the carrots, garlic and ginger. Sauté until fragrant, about 2 minutes.
6. Add the pineapple and its juices. Cook to deglaze the pan, scraping any brown bits from the bottom.
7. Fold in the cooked brown rice, sugar snap peas as well as the remaining sesame oil, orange juice and zest. Sauté until the rice is slightly crispy, about 7 minutes.
8. Stir in the salt, and season with pepper if desired.
9. Plate each portion and garnish optionally with green onions, sesame seeds, chili flakes or chili sauce.

Notes

You can use frozen shelled edamame and frozen pineapple chunks to make the fried rice. Measure then allow the edamame, and especially the pineapple chunks to mostly thaw before using.

Recipe Costing - 12 servings

Total Cost: \$38.44

Serving Cost: \$3.20

Total Cost w/o garnishes: \$37.64

Serving Cost w/o garnishes: \$3.14

Nutrition

Amount per serving

Serving size: 2 1/4 cups (467 g)

Calories: 533

Total Fat: 17g

Saturated Fat: 3g

Cholesterol: 0mg

Sodium: 554mg

Total Carbohydrate: 78g

Dietary Fiber: 9g

Sugars: 13g

Protein: 21g

Photos





Roasted Asparagus and Tomato Pesto Pasta

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 25 mins

Ingredients

Pasta and Vegetables:

- 750 g Fusilli pasta (wholegrain, spelt, gluten-free, etc.)
- 4 tbsp (60 mL) Extra-virgin olive oil, divided
- 4 cups Asparagus, bottoms removed, cut into 1-inch pieces
- 2 pints Cherry tomatoes, halved
- 6 cloves Garlic, minced
- 1 tsp (6 g) Salt
- ½ tsp (2 g) Black pepper

Almond Parmesan:

- ½ cup (125 mL) Ground blanched almonds
- ½ cup (125 mL) Nutritional yeast
- ½ tsp (2 g) Sea salt

Pesto:

- 2 bunches Basil, stems removed

1/2 cup Ground blanched almonds
2 cloves Garlic
2 tsp (20 g) Sea salt
1/2 cup (125 mL) Extra-virgin olive oil or grapeseed oil
1/2 cup (125 mL) Water

Directions

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

Notes

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



Roasted Root Vegetable Tart

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 1 hour 15 mins | **Cook time:** 35 mins

Ingredients

Roasted Root Vegetables

3 cups (774 g) Potatoes, small, washed, 1/4" slices

3/4 cup (174 g) Olive oil, divided

1 Tbsp + 3/4 tsp (15 g) Salt, divided

1 Tbsp (9 g) Black pepper, ground, divided

3 cups (507 g) Beets, small, peeled, 1/4" slices

1 Tbsp (9 g) Paprika

1 1/2 tsp (3 g) Cinnamon, ground

3 Tbsp (9 g) Thyme, fresh, picked

Carrot Sauce

1 1/2 cups (219 g) Onion, small dice

3 Tbsp (30 g) Garlic, minced

1 1/2 cups (267 g) Carrots, small dice

3/4 cup (177g) Water

3 - 1 lb packages (3 x 454g) Puff pastry (no dairy ingredients), thawed

Flour for dusting

Garnishes

3 Tbsp (12 g) Parsley, flat leaf, finely chopped, divided

3/4 cup (195 g) Non-dairy sour cream, divided

1 1/2 tsp (9 g) Lemon zest, divided

Directions

1. Preheat an oven to 350°F (177°C). Line two full baking sheets and two half baking sheets with parchment paper.

Roasted Root Vegetables

2. In a large mixing bowl, toss the potato slices with 3 Tbsp of olive oil, 1 1/2 tsp salt and 1 1/2 tsp black pepper. Spread 2/3 of the slices evenly over half of the first full size baking sheet, and the remaining 1/3 on half of the first half size baking sheet.

3. In the same bowl, toss the beet slices with 3 of Tbsp olive oil, the paprika, cinnamon, and 1 1/2 tsp salt. Spread the beet slices evenly on the empty halves of the baking sheets the potato slices are on.

4. Place the vegetables in the oven and bake for 30 mins. Rotate the tray and flip the slices halfway through the cook time. When the vegetables are done roasting, place the potato slices in a clean medium size bowl and mix with the fresh thyme.

Carrot Sauce

5. In a medium frying pan over medium heat, warm 3 Tbsp of olive oil.

6. Add the onion and sauté for 5 mins, until slightly softened.

7. Add garlic to the skillet and sauté for 1-2 mins, until fragrant.

8. Add the diced carrots to the skillet and sauté for 5 minutes, then add the water to the skillet. Cover and cook for 8 minutes until the carrots soften, then remove the lid and cook for 2-5 more minutes until the water has evaporated. You can add water 1 Tbsp at a time as needed if the pan becomes too dry during the cook time. Season with 3/4 tsp of salt and some of the remaining pepper.

9. Transfer the carrot mixture to a food processor and process until smooth, scraping down the sides as needed. You can add extra water 1 Tbsp at a time to help the mixture to process more easily. Taste and adjust the seasoning level as needed.

Tart Assembly

10. Unroll each package of puff pastry onto a clean, floured surface and roll out to a 13"x13" square. Add extra flour to the surface as needed, especially under the pastries to prevent sticking.

11. Spread 1/3 of the carrot purée evenly on each puff pastry, leaving a 1" border on all sides.

12. Top each pastry with 1 cup of roasted beets and 1 cup of roasted potatoes, overlapping the slices to fit. Sprinkle any of the extra thyme left in the potato bowl and the remaining pepper on top of the vegetables.

13. Gently fold over the edges of the pastry, press together at the corners, and brush with the remaining 3 Tbsp of olive oil.

14. Place two of the tarts onto the second full size baking sheet, with room in between, and place the third on the second half size baking sheet. Place the tarts in the oven and bake for 35-40 mins, until the edges of the pastry are golden brown.

15. Allow the tarts to cool slightly, then garnish each with 1 Tbsp of parsley, 1/4 cup of vegan sour cream (garnish in dollops or pipe for a cleaner presentation), and a 1/2 tsp of lemon zest. Cut each tart into 8 squares and serve immediately.

Notes

If the puff pastry comes in sheets, you can overlap or stack them on top of each other, then roll out

Nutrition

Amount per serving

Serving size: 1/8 tart (93 g)

Photos







Seitan Bourguignon with Mashed Potatoes and Roasted Brussels Sprouts

Recipe by Chef Amy Symington. Photo by Joel Barnes.

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 2 hours

Ingredients

Seitan:

- 2 cups (300g) Vital wheat gluten
- 1/2 cup (40g) Chickpea flour
- 1/2 cup (35g) Nutritional yeast
- 1/2 tablespoon (5.2g) Black pepper
- 1 tablespoon (5.2g) Coriander, ground
- 1 tablespoon (6g) Paprika
- 1 tablespoon (5.2g) Cumin, ground
- 1 teaspoon (5.2g) Salt
- 1 1/2 heads (200 g) Garlic, roasted, skinned and mashed
- 2 tablespoons (30ml) Olive oil
- 2 tablespoons (30ml) Tamari
- 2 cups (500ml) Water

Cauliflower Mash:

2 heads (8 kg) Cauliflower, cut into florets
3 individual (3.6 kg) Russet potatoes, boiled and drained
2 tablespoons (30ml) Olive oil

Brussels Sprouts:

12 cups (1.13kg) Brussel sprouts, ends cut, halved
1/4 cup (63ml) Grapeseed oil
1/2 tablespoon (2.5g) Thyme, dried
1/2 tablespoon (2.5g) Rosemary, dried
1/2 teaspoon (2.5g) Salt
1/4 cup and 2 tablespoons (63g) Sunflower seeds or hemp hearts, ground
1/2 teaspoon (2.5g) Salt

Bourguignon:

1/4 cup (63ml) Olive oil
4 individual (2.6 kg) Onions, thinly sliced
2 individual (560 g) Shallots, minced
1 heads (160 g) Garlic, minced
6 cups (270g) Mushrooms, quartered
2 tablespoons (6g) Thyme, dried
1/4 cup (45g) Tomato paste
2 cups (500ml) Burgundy wine
1/4 cup and 2 tablespoons (90ml) Tamari, low-sodium
2 individual Bay leaves
4 cups (1 litre) Vegetable stock
Seitan (from above recipe)

Directions

1. Preheat oven at 400°F (205°C).

Seitan:

1. In a large bowl, mix together all of the dry ingredients.
2. In a small bowl, stir together the water, garlic, olive oil and soy sauce. Add wet ingredients to dry ingredients and fully incorporate.
3. Shape seitan into 2 loaves on to 2 separate large sheets of aluminum foil. Tightly wrap each of the 2 loaves and then twist the ends to completely enclose the dough.
4. 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.

Cauliflower Mash:

1. 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.
2. 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.

Brussels Sprouts:

1. Preheat oven at 400°F (205°C).
2. In a large bowl, combine Brussel sprouts and oil, thyme, rosemary and salt. Toss together until Brussels sprouts are evenly coated.
3. Distribute 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 15 minutes uncovered or until Brussel sprouts are golden brown and crispy.
4. In a small bowl, combine ground sunflower or hemp hearts and salt.
5. Remove Brussels sprouts from the oven and sprinkle with ground seed mixture and serve with Seitan Bourguignon and cauliflower mash.

Bourguignon:

1. In a large sauce pan over medium heat add oil. Once heated add onions and sauté until soft and translucent, about 6 minutes.
2. Next add shallots, garlic and mushrooms and sauté until fragrant, about 5 minutes.
3. Add thyme and sauté until fragrant, about 2 minutes.
4. Incorporate tomato paste and cook for another 1 minute. Deglaze pan with wine.
5. Next add tamari, bay leaf, vegetable stock and cubed 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.

Notes

Chef's tip: For the nut/seed parmesan, substitute the seeds for ground almonds, if nuts are okay



Shepherd's Pie with Herbed Gravy

By Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper.

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 1 hour 10 mins

Ingredients

1 1/2 cups (375ml) Olive oil, divided
4 cups (210g) Diced onions
1 1/2 tablespoons (27g) Puréed garlic
3 1/2 cups (448g) Diced carrots
3 stalks (450 g) Celery, diced
1 tablespoon (14g) Tomato paste
1 3/4 tablespoons (27g) Dried basil
1 tablespoon (8g) Ground coriander
2 teaspoons (9g) Paprika
2 teaspoons (6.5g) Dried rosemary
2 teaspoons (6g) Dried thyme
1 teaspoon (4.5g) Ground cumin
2 cups (413g) Brown lentils, cooked
1 cup (185g) Quinoa, cooked
2 teaspoons (12g) Sea salt
1/2 teaspoon (2.5g) Black pepper

4 1/2 cups (395g) Cremini mushrooms, halved, depending on size

1 1/2 cups (207g) Green peas (fresh or frozen)

Topping:

8 each (3.660 kg) White potatoes, skin on, quartered, boiled or steamed until fork tender

1 1/2 cups (375ml) Unsweetened soy milk

1/2 heads (42 g) Roasted garlic, peeled

1 teaspoon (3.5ml) Extra-virgin olive oil

1/4 teaspoon (1.5g) Salt

1/4 teaspoon (1g) Black pepper

Garnish:

1/4 bunch (45 g) Fresh parsley, chopped

Gravy:

1/4 cup (62ml) Extra-virgin olive oil

1 cup (87g) Cremini mushrooms, finely chopped

1/3 cup (40g) Flour (i.e. brown rice, whole wheat, spelt)

1 tablespoon (10g) Dried herbs (i.e. basil, thyme, rosemary, etc.)

2 cups (500ml) Water

1 tablespoon (15ml) Tamari

2 cloves (24 g) Garlic, puréed

1/4 teaspoon (1.5g) Salt

1/2 teaspoon (2.5g) Black pepper

Directions

1. Preheat oven to 400F (205C) and grease one 9 x 13-inch baking pan.
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, 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.

10. Remove from oven and sprinkle with fresh parsley.

11. 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.

12. 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.

13. 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.



Sloppy Joe's

Recipe by Chef Amy Symington

Serving size: 6 | **Prep time:** 5 mins | **Cook time:** 20 mins

Ingredients

1/4 cup (60ml) Olive oil
1 1/2 cups (227g) Mushrooms, brown
2 cups (250g) Tempeh, crumbled
2 tablespoons (30ml) Soy sauce
2 teaspoons (8g) Cumin, ground
1 teaspoon (4g) Coriander, ground
1/2 teaspoon (2g) Onion powder
1/2 teaspoon (1g) Black pepper
2 1/2 cups (500g) Brown (or green) lentils, cooked

Assembly ingredients:

6 Whole wheat buns
1/2 cup Maple syrup
1 cup Plant-based BBQ sauce (does not contain Worcestershire sauce)
1 cup Tomato sauce
2 cups Rainbow slaw (see recipe or use slaw of choice)

Directions

1. In a large sauté over medium high heat pan add oil. Once heated add mushrooms. Sauté until ½ of the water has evaporated and mushrooms are fragrant, about 10 minutes. Stir at the 5 minute mark.
2. Increase heat to high and stir in tempeh, soy sauce, cumin, coriander, onion powder and black pepper and sauté until spices are fragrant, about 4-5 minutes. Stir occasionally.
3. Stir in lentils, heat through, about 4 minutes and remove from heat.
4. Add the maple syrup, BBQ sauce, tomato sauce, and stir until combined.
5. Toast the buns and fill each with the sloppy joe mixture. Top with rainbow slaw and serve.

Notes

Recipe Costing

12 sandwiches, no coleslaw

Total Cost : \$36.64

Serving Cost: \$3.05

12 sandwiches w/ 1/4 cup coleslaw garnish

Total Cost: \$37.92

Serving Cost: \$3.16

Nutrition

Amount per serving

Serving size: 1 bun + 1 heaping cup filling (315 g)

Calories: 569

Total Fat: 16g

Saturated Fat: 3g

Cholesterol: 0mg

Sodium: 1177mg

Total Carbohydrate: 88g

Dietary Fiber: 11g

Sugars: 31g

Protein: 24g



Spanakopita with Tofu Feta

Recipe and photos by Chef Amy Symington

Serving size: 24 squares | **Prep time:** 1 hour | **Cook time:** 1 hour 20 mins

Ingredients

Tofu Feta:

- 1050 g (3 x 350 g packages) extra firm tofu, drained, crumbled
- 350 g (1 x 350 g package) soft tofu, mashed
- 2/3 cup (4 lemons) lemon juice (zest lemons and set aside the zest)
- 8 cloves (24 g) garlic, puréed
- 1 cup oregano, fresh, chopped (approximately 1 bunch)
- ¾ cup (180 mL) red wine vinegar
- ½ cup basil, fresh, chopped
- ½ cup (125 mL) olive oil
- 2 tsp (10 g) sea salt
- 1 tsp (2.5 g) black pepper

Filling:

- 454 g spinach, fresh, steamed, drained, excess liquid squeezed out, chopped
- 2 kg tofu feta cheese (see recipe above)
- 1 bunch flat-leaf parsley, stems trimmed, finely chopped
- 1 pc yellow onion, finely chopped, sautéed in 1 tbsp olive oil

2 cloves garlic, minced
6 tbsp (45 g) flax, ground + $\frac{3}{4}$ cup water
1.5 tsp salt
1 tsp black pepper

Pastry:

2.454 kg whole grain phyllo pastry, thawed
 $\frac{1}{2}$ cup extra virgin olive oil

Directions

1. Preheat oven to 325°F (162°C), grease 9.5" x 13" baking dish with extra virgin olive oil and line 2 baking sheets with parchment paper.
2. In a large bowl, combine all tofu feta ingredients. Mix to evenly coat the tofu and allow to marinate for 20 minutes.
3. Filling: Ensure that spinach is well drained before commencing. In a large mixing bowl, add spinach, $\frac{1}{2}$ of the tofu feta and the remainder of the filling ingredients. Stir until well combined.
4. Unroll the phyllo (filo) pastry sheets and cover with slightly damp cloth.
5. To assemble the spanakopita: Line the baking dish using two sheets of phyllo side by side ensuring that the sides of the dish are covered. Brush with olive oil. Repeat until $\frac{1}{2}$ the phyllo is left.
6. Next, evenly spread the filling over the pastry. Then top with remaining tofu feta and place one sheet of pastry lengthwise in the dish. Brush with oil.
7. Continue to layer the phyllo sheets one at a time, brushing with oil until the pastry is gone. Brush the top layer with oil.
8. Trim excess pastry from the sides, crumble and then sprinkle on top of the spanakopita. Drizzle top with any remaining oil.
9. Bake in oven for 1 hour and 15 minutes, or until phyllo pastry is crispy and brown. Remove from oven and allow to sit for 10 minutes before cutting and serving.

Photos





Spinach and Garlic Spanakopita

Photo by Anniina Hyvaettinen/Sodexo Canada

Serving size: 12 | **Cook time:** 25 mins

Ingredients

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

Directions

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.

Photos





Spinach Stuffed Shells

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 25 servings | **Prep time:** 1 hour 20 mins | **Cook time:** 25 mins

Ingredients

128 (736 g) Large pasta shells (see Notes)

Tofu Ricotta

1.58 kg Tofu, firm, drained, excess liquid pressed out, torn into medium chunks

1/2 cup (120 g) Lemon juice

2 tsp (4 g) Lemon zest

1/4 cup (56 g) Olive oil

1/2 cup (32 g) Nutritional yeast

1 Tbsp + 1 tsp (8 g) Oregano, dried

1 Tbsp + 1 tsp (2 g) Basil, dried

2 tsp (8 g) Salt

Shell Filling

4 lbs (1.8 kg) Baby spinach

1/4 cup (56g) Olive oil

4 cups (600 g) Yellow onion, medium dice

1 cup Garlic (152 g), minced

12 cups (1.5 kg) Roma tomatoes, medium dice, excess seeds & liquid removed

2 tsp (8 g) Salt

2 tsp (4 g) Black pepper, ground

8 cups (800 g) Plant-based mozzarella shreds, divided

1 recipe Tofu Ricotta

2 L (1.96 kg) Marinara sauce

3/4 cup Parsley, flat-leaf, finely chopped (optional)

Directions

1. Line two full baking sheets with parchment paper and collect two 4" deep full steam table pans.
2. Cook the pasta shells according to the package directions until "al dente". Drain the shells and coat them with a little oil. Place them on the parchment-lined baking sheets in single layers until needed.

Tofu Ricotta (Process in two batches)

3. In a food processor, combine the tofu chunks, lemon juice, zest, olive oil, nutritional yeast, oregano, basil, and salt. Process 3-4 minutes, until smooth and uniformly blended, scraping down the sides as needed. Taste and adjust seasoning, then set aside.

Shell Filling

4. Rinse the spinach, then place in a large stock pot over medium heat (alternately you can place the spinach in a deep hotel pan and place it in a combination oven using the steam setting). Place a lid on the pot and wilt the spinach down, stirring occasionally.
5. Heat the same large sauté pan over medium heat. When preheated, add the olive oil, then the onion, sauté for 5 mins then add the garlic and cook for another two minutes. Next add in the wilted chopped spinach, tomatoes, salt, and pepper. Cook for two minutes until the tomatoes are slightly softened. Remove from the heat. Pour off any excess liquid from the tomatoes.
6. Stir 4 cups of the plant-based mozzarella and all of the tofu ricotta into the spinach mixture. Taste and adjust seasoning as needed.

Assembly

7. Preheat an oven to 350°F (177°C). Get the 2 steam table pans. Pour 1 L of marinara sauce into the bottom of each pan and spread it evenly across the entire bottom.
8. Stuff the pasta shells with the filling, about 2 Tbsp per shell. Place the shells into the steam table pans on top of the marinara in rows.
9. Once the pasta shells are stuffed, sprinkle the remaining plant-based mozzarella shreds all over the top of the shells. Cover the pans with aluminum foil and place in the oven to bake for 25 minutes.

10. Once the shells are heated through and the cheese is melted, serve 5 shells per serving garnished with some parsley.

Notes

A few extra pasta shells are included here in case some of them are ripped/destroyed while boiling and draining

Nutrition

Amount per serving

Serving size: 5 stuffed shells (366 g)

Photos





Stuffed Acorn Squash with Brussels Sprouts

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 30 mins | **Cook time:** 1 hour 20 mins

Ingredients

Roasted Acorn Squash

12 (9.25 kg) Acorn squash

1/2 cup Olive oil, divided

2 1/2 tsp Salt, divided

Filling

2 cups Brown rice, thoroughly rinsed

2 cups Brown lentils, rinsed

4 L Vegetable broth, divided

4 cups Brussels sprouts, washed, trimmed, bottoms scored with an x

4 cups Mushrooms, small dice

2 cups Onion, small dice

1/2 cup Garlic, minced

1/4 cup Paprika

2 Tbsp + 2 tsp Cumin, ground

2 Tbsp + 2 tsp Parsley, dried

1 Tbsp + 1 tsp Thyme, dried

1 Tbsp + 1 tsp Rosemary, dried
1 Tbsp Black pepper, ground
3 cups Cherry tomatoes, halved, divided

Garnishes

1/4 cup Rosemary, fresh, finely chopped
1/2 cup Balsamic reduction, optional

Directions

1. Preheat oven to 400°F (204°C). Line two full baking sheets with parchment paper.
2. Cut off the stem and bottom of the squashes so the halves will sit level. Next cut the acorn squashes in half horizontally. Leave the seeds inside for now.
3. Rub the squash halves all over with a 1/4 cup of the olive oil. Sprinkle with a 1/2 tsp of the salt, then place them cut side down on the baking sheets. Roast the squash halves face down on the baking sheet for 50 minutes. Check for doneness around 40 mins using a paring knife.
4. At the same time, cook the rice in 1 L of vegetable broth and the lentils 1.5 L of vegetable broth. When the rice and lentils are tender, drain the excess broth and reserve for later use. Set the rice and lentils aside until needed.
5. Once the baking time is finished, take the squash out of the oven and flip them over. Use a spoon to remove the seeds. Lower the oven heat to 350°F (177°C).
6. Bring a large pot filled with the remaining vegetable broth to a boil. Add in the Brussels sprouts. Cook for 8 minutes, then drain, reserving the vegetable broth again. Allow to cool slightly, then cut the Brussels sprouts in half lengthwise. Thinly slice the halves lengthwise. Set aside.
7. In a large pan over medium-high heat, warm the remaining 1/4 cup of olive oil. Add in the onions and mushrooms. Cook stirring frequently until the mushrooms have released their liquid.
8. Mix in the garlic, herbs and spices. Cook for 2 minutes, stirring constantly. Add some of the remaining vegetable broth a Tbsp at a time as needed to prevent the ingredients from sticking or burning.
9. Add the lentils, rice, sliced Brussels sprouts, and a 1/2 cup of the remaining broth to the pan. Heat everything through and let the vegetable stock absorb, 4-5 minutes.
10. Remove the mixture from the heat, stir in 1 1/2 cups of the cherry tomatoes then season with salt and pepper.
11. Fill the squash halves with rice mixture.
12. Place the the squash halves back on the baking sheets and return to the oven at 350°F (177°C). Heat for 10 minutes before serving.
13. Top the squashes with some of the remaining 1 1/2 cups halved cherry tomatoes, 1/2 tsp of fresh rosemary and 1 tsp of balsamic reduction per squash half.

Notes

Cost per recipe (24 servings): \$36.81

Cost per serving (1/2 stuffed squash): \$2.05

Nutrition

Amount per serving

Serving size: 1/2 stuffed squash

Calories: 300

Total Fat: 6g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 27mg

Total Carbohydrate: 60g

Dietary Fiber: 11g

Sugars: 12g

Protein: 8g

Photos





Sweet Potato Sunflower Mac and Cheese

Photo by Colin Hatherill (CHat Photography)/For Humane World

Serving size: 10 | **Prep time:** 15 mins | **Cook time:** 35 mins

Ingredients

- 1 pound Macaroni pasta
- 2 cups Sweet potato, cubed
- 2 cups Sunflower Seed Kernels, raw, soaked in water for 6 hours*
- ¼ cup Lemon juice
- 1 cup Nutritional yeast
- 1 tablespoon Salt
- 4 teaspoons Garlic Powder
- 4 teaspoons Onion Powder
- 3-4 cups Water
- 2 tbsp Red miso (optional)

Directions

1. Prepare macaroni pasta according to package instructions. Drain and set aside.
2. While pasta cooks, place sweet potato cubes on a baking sheet in a single layer. Roast in preheated oven for 20-30 minutes or until tender and slightly browned.
3. Add roasted sweet potatoes, sunflower seed kernels, lemon juice, nutritional yeast, salt, garlic powder, onion

powder, optional red miso, and half of the water to a high-speed blender. Blend until smooth, scraping down sides.

Add more water a little at a time as needed until creamy and smooth cheesy sauce is desired consistency. Taste and add salt as needed.

4. Mix macaroni pasta with cheesy sauce and serve.

Notes

*If short on time, boil sunflower seeds for 10 minutes instead of soaking.

Can sprinkle seasoned breadcrumbs on top and bake if desired.

Nutrition

Amount per serving

Serving size: 1 cup

Calories: 286

Total Fat: 12.5g

Saturated Fat: 1.2g

Cholesterol: 0mg

Sodium: 720mg

Total Carbohydrate: 27.5g

Dietary Fiber: 8g

Sugars: 1.4g

Protein: 16g



Tempeh Bolognese

Recipe and photo by Chef Amy Symington

Serving size: 12 | **Prep time:** 15 mins | **Cook time:** 30 mins

Ingredients

1/4 cup (45ml) Olive oil
3 each (1.6 kg) Onion, diced
3 each (267g) Cremini mushrooms, diced
10 each (160 g) Garlic cloves, minced
3 (1.12 kg) Yellow pepper, diced
1 pound (667g) Tempeh, crumbled
3 tablespoons (53g) Cumin, ground
3 tablespoons (53g) Paprika
3 tablespoons (32g) Oregano, dried
1 teaspoon (5.3g) Black pepper, ground
2 tablespoons (80ml) Tamari
7 cups (1.67 litres) Tomato purée
500g Whole wheat pasta (uncooked)
2/3 cup (160ml) Pasta water, reserved

Directions

1. While prepping ingredients, boil a large pot of water and cook pasta according to directions. Reserve 1 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 tamari. 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 portions and plate.
8. Ladle sauce on to pasta and optionally top with fresh basil, chili flakes and dairy-free parmesan.

Photos





Ultimate Poutine

Photo by Debbie Kopf/Sodexo

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 35 mins

Ingredients

Caramelized Onions & Gravy:

1 tbsp (15ml) Vegetable oil

1/2 cup (125ml) Onions, sliced

1/4 cup (28g) Flour

2 cups (500ml) Vegetable broth

1/4 cup (60ml) Red miso

2 cups (500ml) Mixed greens (kale, spinach, chard, etc.), chopped (optional)

Nacho Cheese:

2 cups (500 ml) White potatoes, peeled, paysanne

1/3 cup (80 ml) Vegetable oil

1 cup (250 ml) Carrots, peeled, paysanne

1/2 cup (125 ml) Reserved liquid from boiled potatoes and carrots

1 tbsp (15 ml) Lemon, juiced

1/2 cup (125 ml) Nutritional yeast

1 tsp (5 g) Salt

1/2 tsp (3 g) Garlic powder

1/2 tsp (2.5 ml) Onion powder

A pinch of Cayenne pepper

Portobello Mushrooms:

2 tsp (10 ml) Vegetable oil

6 each Portobello mushrooms, cleaned, gills removed

1 tsp (5 g) Salt

1 tsp (5 g) Ground black pepper

Fries & Toppings:

3 lbs (1.4 kg) French fries, fried or baked

1 1/2 cups (375 ml) Tomatoes, diced

3/4 cup (180 ml) Green onions, fresh, sliced thinly

1/4 cup (60 ml) Fresh herbs (dill, parsley, chives), chopped (optional)

Directions

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.
2. When done, drain and reserve liquid. Put all nacho cheese ingredients in a blender and 1/2 cup reserved liquid and blend until smooth. If cheese is too thick, add a little more of the reserved liquid to adjust.
3. 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 (1/4 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:

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



Vegetable Alfredo Lasagna

Photos and recipe testing by Leah Tamblyn/For HSI

Serving size: 12 servings | **Prep time:** 30 mins | **Cook time:** 45 mins

Ingredients

1 (375 g) package Lasagna noodles

Vegetable Filling

1/4 cup (55 g) Non-dairy margarine or butter

1 cup Onion (141 g), small dice

2 Tbsp (22 g) Garlic, minced

1 lb (454 g) Broccoli, small florets

2 cups (279 g) Zucchini, medium dice

1/2 tsp (2 g) Salt

1 tsp (4 g) Black pepper, ground

1 lb (454g) Baby spinach

2 Tbsp Lemon juice (28 g)

Alfredo Sauce

1/2 cup (103 g) Non-dairy margarine or butter

1 cup (120 g) All-purpose flour

4 cups (935 g) Non-dairy milk, unflavoured, unsweetened

2 cups (452 g) Water
2/3 cup (54 g) Nutritional yeast
2 tsp (8 g) Salt
2 1/2 tsp (7 g) Black pepper, ground
1 tsp (4 g) Garlic powder
1/4 cup (59 g) Lemon juice

2 cups (200 g) Non-dairy mozzarella style shreds

Directions

1. Preheat oven to 375°F (190°C)
2. Cook the lasagna noodles to just al dente in a large pot of boiling salted water, according to package directions (or use oven-ready noodles if preferred). Drain, coat lightly with oil to prevent sticking, and set aside.
3. In a large sauté pan over med heat, melt the 1/4 cup of margarine. Add the diced onion and sweat for 8-10 minutes, until softened and beginning to take on colour. Add the minced garlic to the pan and cook, stirring frequently for 2 minutes, until fragrant.
4. Add the broccoli, zucchini, salt, and pepper to the pan. Cook 6-8 minutes until the vegetables are tender and bright green. Add the baby spinach to the pan, cover and cook another 3 minutes until wilted. Remove from the heat and stir in the 2 tbsp of lemon juice. Taste and adjust the seasoning level with salt and pepper.
5. For the alfredo sauce: in a large pot over medium heat, melt the margarine. Whisk in the flour a little at a time, combining with the margarine to make a roux. Cook for 3-4 minutes until it emits a nutty aroma. Avoid browning.
6. Whisk in the non-dairy milk, a little at a time to avoid creating lumps. Next whisk in the water, nutritional yeast, salt, pepper, and garlic powder. Combine everything, making sure the sauce is very smooth.
7. Continue to cook, stirring frequently until the sauce is thick and bubbly. Remove from the heat, stir in the lemon juice, and set aside.
8. In a 9"x13" baking dish, spread a generous cup of sauce all over the bottom of the dish.
9. Slightly overlap some lasagna noodles in the bottom of the dish to cover the sauce. Top with half of the vegetable mixture, 1 1/2 cups of the sauce, 1/2 cup of the non-dairy mozzarella shreds, then cover with more overlapping noodles. Repeat to make another layer of vegetables and sauce, ending with noodles on top.
10. Generously layer the top with the remaining sauce and non-dairy mozzarella shreds, then cover the dish tightly with foil.
11. Bake in the oven for 35 mins (25 mins covered, 10 minutes uncovered).
12. Let cool for 15-20 mins before portioning for service.

Nutrition

Amount per serving
Serving size: 3"x3" square (243 g)



Whole Grain Pasta in Béchamel Sauce

Recipe by Chef Amy Symington, Photo by Joel Barnes

Serving size: 6 | **Prep time:** 10 mins | **Cook time:** 10 mins

Ingredients

Sauce

350 g Soft/silken tofu

3/4 cup Raw cashews

1 cup-1 1/2 cups Vegetable stock (or water)

1/2 cup Nutritional yeast

1/4 tsp Salt

3-4 cloves Garlic

1 Tbsp Olive oil

1 Tbsp Whole wheat flour

Pasta

350 g Whole grain/spelt pasta of choice (uncooked)

Garnishes (optional):

1/4 bunch Dill, finely chopped

1/4 Lemon, zest only

1/2 cup Sun-dried tomatoes, thinly sliced

1/2 cup Artichoke hearts, sliced

1/2 cup Black olives, pitted

Directions

1. In a food processor or blender, add tofu, cashews, nutritional yeast, salt, vegetable stock (or water) and garlic. Process until smooth. Set aside.
2. In the meantime, cook and strain your pasta.
3. Over medium heat in a large sauté pan, add oil and flour (roux). Whisk together until smooth.
4. Whisk tofu mixture into roux. Adjust with additional vegetable stock (or water) if necessary.
5. Add sauce to cooked pasta. Toss until noodles are coated. Serve immediately.

Notes

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

Side Dishes



Chili Garlic Roasted Chickpeas

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 12 - 1/2 cup servings | **Prep time:** 10 mins | **Cook time:** 45 mins

Ingredients

- 1.4 kg Chickpeas, canned, drained & rinsed
- 2 Tbsp + 2 tsp Vegetable oil
- 1 Tbsp + 1 tsp Garlic powder
- 1 Tbsp + 1 tsp Chili powder
- 1/2 tsp Ground cayenne pepper
- 2 tsp Salt

Directions

1. Preheat an oven to 425 F (220°C). Do not use any convection. Line a full-size baking sheet with parchment paper.
2. In a large mixing bowl toss the chickpeas with the oil and seasonings. Spread the chickpeas out evenly on the baking sheet.
3. Bake until golden and crisp, 25-35 minutes. Move the chickpeas around for even cooking halfway through the bake time.
4. Remove from the oven and let cool completely before placing into a container for storage, as any condensation will cause the chickpeas to soften.
5. Sprinkle 1/2 cup on salads, in wraps or eat as a snack.

Notes

You can save and freeze the aquafaba (liquid from canned, unsalted chickpeas) to use in other recipes. Portion into 1/2 cup portions, label and freeze for later use

Cost per recipe (12 servings): \$6.12

Cost per serving: \$0.51

Nutrition

Amount per serving

Serving size: 1/2 cup (57 g)

Calories: 200

Total Fat: 6g

Saturated Fat: 0.5g

Cholesterol: 0mg

Sodium: 520mg

Total Carbohydrate: 28g

Dietary Fiber: 8g

Sugars: 5g

Protein: 8g

Photos





Couscous Stuffed Tomatoes

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 12 | **Prep time:** 30 mins | **Cook time:** 54 mins

Ingredients

- 12 Tomatoes (6 lbs), large, halved, seeds scooped out
- 1/4 cup + 2 Tbsp Olive oil
- 4 Garlic cloves, minced
- 2 Shallots, minced
- 2 Carrots (1/2 lb), small dice
- 2 cups Moroccan couscous
- 4 cups (1 L) Vegetable stock (or low-sodium broth)
- 1/2 cup Cilantro, finely chopped
- 1/2 cup Mint, finely chopped
- 2 (3/4 lbs) Zucchini, halved, seeds scooped out, small dice
- 2 Tbsp Ras el Hanout seasoning blend
- 1 Tbsp Salt
- 1/2 Tbsp ground Black pepper
- 1 cup Plant-based mozzarella shreds, optional

Garnish

- 1/2 cup Cilantro or Mint, finely chopped

1 1/2 lemons, cut into 4 wedges each

Directions

1. Preheat oven to 400 °F (200 °C). Spray a full hotel pan with non-stick cooking spray.
2. Brush the inside of the hollow tomatoes halves with 2 Tbsp of the olive oil. Set aside.
3. In a large saucepan, heat the remaining 1/4 cup of olive oil over medium-high heat.
4. Once heated, add the garlic and shallots. Sauté until soft, about 2-3 minutes.
5. Add the carrots and sauté for 4-5 minutes until slightly soft.
6. Next, add the couscous to the pan and toast for 2 minutes.
7. Pour in the vegetable stock and add the salt. Bring to a boil, cover, then turn the heat off. Wait 5 minutes until the couscous is tender. Remove from the heat and fluff with a fork.
8. Stir in the cilantro, mint, Ras el Hanout, chopped zucchini, salt, and pepper. Taste and adjust seasoning as needed.
9. Spoon about a 1/3 cup of the couscous mixture into each tomato half. Place the stuffed tomato halves into the hotel pan, top with the plant-based mozzarella if using (loosely cover the pans with foil so the shreds melt in this case), and bake for 20 minutes.
10. Serve warm garnished with fresh cilantro or mint, and a squeeze of lemon.

Notes

Equipment: full hotel pan, large saucepan

If using vegetable broth instead of stock, start by adding only 1/2 tsp of salt to the dish. Adjust seasoning once the couscous is finished cooking

Nutrition

Amount per serving

Serving size: 1 stuffed tomato (g)

Photos







Fried Cauliflower Rice

Photos and recipe testing by Wing Chee Chan/For Humane World for Animals

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 20 mins

Ingredients

12 cups (1.6 kg) Cauliflower florets
1/4 cup + 2 Tbsp (90 mL) Olive oil
3 Shallots (90 g), minced
3 cloves Garlic (15 g), minced
1 1/2 cups (300 g) frozen Peas & carrots
1 1/2 cups (300 g) frozen Corn kernels
1 1/2 cups (105 g) Broccoli florets
1 1/2 cups (225 g) Yellow lentils, cooked
1 1/2 cups (210 g) Zucchini, small dice
1/4 cup + 2 Tbsp (90 mL) Reduced sodium soy sauce
Salt & Black pepper, to taste

Directions

1. In a food processor, pulse cauliflower florets until they resemble rice. Process in batches as needed.
2. In a large sauté pan over medium-high heat, add oil. Once heated, add shallots and garlic. Sauté until soft, about 2-3 minutes.

3. Add the peas, carrots, corn, zucchini and broccoli. Sauté until slightly tender, about 2-3 minutes.
4. Stir in the riced cauliflower and cooked lentils. Cook for another 5 minutes, tossing frequently to prevent sticking.
5. Add soy sauce and cook through, about 5 minutes. Taste and adjust seasoning if needed.

Notes

Equipment: food processor, spatula, large sauté pan

For more umami flavour, mix in 3 Tbsp of nutritional yeast just before removing the dish from heat.

Recipe Costing (12 servings - 1 cup)

Total Cost: \$14.01

Serving Cost: \$1.17

Nutrition

Amount per serving
Serving size: 1 cup (160 g)
Calories: 170
Total Fat: 8g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 540mg
Total Carbohydrate: 22g
Dietary Fiber: 7g
Sugars: 5g
Protein: 7g

Photos







Kasha

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 20 mins | **Cook time:** 30 mins

Ingredients

- 4 cups (740 g) Buckwheat groats, raw
- 7 cups (1.53 kg) Water
- 2 Tbsp (32 g) Salt, divided
- 1/2 cup (112 g) Olive oil
- 4 cups (528 g) Onion, small dice
- 16 cups (992 g) Oyster mushrooms, shredded into 1/2" pieces
- 4 cups (552 g) Greens peas, frozen, thawed
- 1 cup (48 g) Parsley, fresh, finely chopped, plus extra for garnish
- 1 Tbsp + 1 tsp (8 g) Black pepper, ground

Directions

1. In a large saucepan over medium heat, dry roast your buckwheat for 4-5 minutes, stirring frequently, until it starts to crackle and smell toasty. Remove from the heat and transfer into a bowl.
2. In a large saucepan over high heat, bring the water to a boil. Add the toasted buckwheat and 1 Tbsp of the salt.
3. Cover and cook on low for 18 to 20 minutes until the water is absorbed, then remove from the heat, let sit with the lid on for 10 more minutes, then fluff with a

fork.

4. In a large sauté pan, heat the olive oil. Once the oil is hot, add the onions and cook 7-9 minutes, until translucent and beginning to take on colour.

5. Next add the mushrooms, the remaining salt, and allow them to release then cook off most of the water content.

6. Once the mushrooms have reduced, add in the peas, parsley, and pepper. Heat through for 5-6 minutes and until the peas are bright green.

7. Turn the heat off and mix in the cooked kasha. You may have to transfer everything to a larger container.

8. Taste and adjust seasoning as needed with salt, pepper, or lemon juice to brighten the flavour. Serve one cup as a side or base with stews. Garnish with extra parsley.

Nutrition

Amount per serving

Serving size: 1 cup (186 g)

Photos





Maple Baked Beans

Recipe by Chef Amy Symington, photo by Laura Bossy/Humane World

Serving size: 24 | **Prep time:** 15 mins | **Cook time:** 30 mins

Ingredients

6 tsp (30ml) Grapeseed oil
6 each (1.2kg) Onions, diced
2 heads (120g) Garlic, puréed
3/4 cup (72g) Ginger, minced
15 cups (2.28kg) Cooked aduki beans, drained
3 cups (600g) Tomato purée
1 1/2 cups (360ml) Maple syrup
6 tbsp (96ml) Vegan Worcestershire sauce
6 cups (1.5 litres) Water
3 tbsp (12g) Paprika
1 1/2 tsp (3g) Cayenne (optional)
4 tbsp (72ml) Lemon juice
3 tsp (12g) Salt
1 1/2 tsp (6g) Black pepper

Garnish:

Chives, finely chopped

Directions

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.



Maple Roasted Parsnip and Pears

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 20 | **Prep time:** 16 mins | **Cook time:** 25 mins

Ingredients

- 2 pounds (1.82kg) Parsnips
- 8 each Pears, large
- 1/2 cup (120ml) Olive oil
- 4 tablespoons (60ml) Maple syrup
- 2 tablespoons (20ml) White vinegar
- 2 teaspoons (20g) Smoked paprika
- 2 teaspoons (20g) Sage
- 2 teaspoons (10g) Salt
- 2 teaspoons (10g) Pepper

Directions

1. Preheat oven to 425F (220C) and line a baking sheet with parchment paper.
2. Peel parsnips and cut them into 1-inch pieces. Trim and core the pears then cut them into 1-inch pieces.
3. Toss the parsnips and pears with the oil, maple syrup and vinegar, then add spices and seasoning and toss again.
4. Roast in the oven until golden brown, approximately 25 minutes.

Notes

Cost per serving: \$1.06

Photos





Old-Fashioned Potato Salad with Aquafaba Mayo

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 15 | **Prep time:** 30 mins | **Cook time:** 14 mins

Ingredients

Aquafaba Mayo (optional)

1 cup (250 mL) raw cashews

1/4 cup (60 mL) aquafaba, strained from a can of chickpeas (reserve chickpeas for other use)

1 Tbsp (15 mL) apple cider vinegar

1 Tbsp (15 mL) lemon juice

1/8 tsp (0.5 g) ground black pepper

1/4 tsp dijon mustard

1/2 tsp (3 g) salt

Potato Salad

3 lbs (1.37 kg) russet potatoes, washed and peeled (if desired), medium dice

1 Tbsp + 1/2 tsp (24 g) salt, divided

1 1/2 cups (375 ml) Aquafaba Mayo (or plant-based mayonnaise of choice)

1/2 tsp dijon mustard

3 Tbsp (45 mL) dill pickles, small dice

3/4 cup (188 mL) onion, small dice

1/4 cup + 2 Tbsp (90 mL) celery, small dice

3/4 tsp (3 g) ground black pepper

Directions

Aquafaba Mayo (optional)

1. Soak the cashews in a fridge overnight, or soak in warm water for two hours (for a quick option, boil the cashews for 10 minutes until soft). Drain.
2. In a blender combine the 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.

Potato Salad

1. In a large pot, add the chopped potatoes. Fill the pot with enough water to cover the potatoes by one inch. Add 1 Tbsp of salt.
2. Place the pot on the stovetop and bring the water to a boil over high heat. Reduce the heat to a steady simmer and cook until the potatoes are very tender, about 10 minutes.
3. Drain the potatoes, then evenly spread them on a rimmed baking sheet and let them cool for 15 minutes. Place the cooled potatoes in a large mixing bowl.
4. Add the mayonnaise, Dijon mustard, dill pickles, onion, celery, ½ teaspoon salt, and pepper to the large bowl with the cooked potatoes. Mix until well combined.
5. Taste and adjust seasoning as needed.

Notes

Equipment

Aquafaba Mayo - blender, spatula

Potato Salad - kitchen scale, large pot, large rimmed baking sheet, large mixing bowl, spatula

Feel free to use 1 1/2 cups store-bought plant-based mayonnaise in place of the Aquafaba Mayonnaise

Cost per serving: \$0.34

Potsticker Dumplings

Recipe by Chef Amy Symington

Serving size: 24 | **Prep time:** 45 mins | **Cook time:** 20 mins

Ingredients

2 cups (400g) napa cabbage, finely chopped
2 cups (300g) shitake mushrooms, small diced and sautéed
1 cup (250g) tofu, small diced
1 bunch (200g) green onion, minced
¼ cup (200g) ginger, minced
¼ cup rice vinegar
2 tbsp sesame oil
2 tbsp soy sauce
1 tbsp chili sauce (optional)
72 each dumpling wrappers
3 tbsp grapeseed oil
1 1/2 cups water

Dipping sauce:

1 cup rice vinegar
¼ cup sesame oil
¼ cup soy sauce
2 each garlic cloves, minced

Directions

1. In a large bowl, thoroughly combine cabbage, mushrooms, tofu, green onion, ginger, rice vinegar, sesame oil, soy sauce, and chili sauce, if using.
2. Working with one wrapper at a time, moisten the edge of the wrapper and then put one tablespoon of filling onto the wrapper. Next fold wrapper in half into the traditional half moon shape. Pinch along sides of dumpling to create a wave effect. Transfer each dumpling to baking sheet; cover with a towel.
3. In a large sauté pan over medium high heat add 1 tbsp of oil. Once heated add 24 dumplings bottom side down.
4. When the bottom has turned golden brown, add ½ cup of water to the pan, cover the lid, and cook for another 5 minutes. The steam that rises from the water will cook the top of the dumplings. The lid must be

used, otherwise the tops of the dumplings will not be properly steamed.

5. After 5 minutes, uncover the lid. When the water has completely evaporated, unstick the dumplings from the pan and serve on a plate. The bottoms of the potstickers should be crisp while the top remain moist. Repeat with remaining dumplings.

6. For dipping sauce: In a small bowl whisk together all dipping sauce ingredients. Serve with potstickers.



Poutine with Cheezy Curds and Portobello Gravy

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 30 mins | **Cook time:** 1 hour 20 mins

Ingredients

Portobello Gravy

1/4 cup + 2 Tbsp Olive oil

18 cups (1.8 kg) Onions, halved then thinly sliced

2 Tbsp Oregano, dried

2 Tbsp Thyme, dried

1 1/2 L Water

24 cups (1.93 kg) Portobello mushrooms, halved then thinly sliced crosswise

3/4 cup Non-dairy butter

3/4 cup All-purpose flour

1 1/2 L Non-dairy milk, unflavoured, unsweetened

2 Tbsp Salt

1 Tbsp Black pepper, ground

Cheezy Tofu Curds

3 kg Firm tofu, drained and pressed, patted dry

3/4 cup Nutritional yeast

3/4 cup Lemon juice

2 Tbsp Salt
1/4 cup Onion powder
2 Tbsp Olive oil
1 Tbsp Black pepper, ground

Roasted Potato Wedges

24 Russet potatoes (8.27 kg), medium, washed, halved, the cut into 1/2" wedges
3/4 cup Olive oil
2 Tbsp Salt

1 cup Parsley, finely chopped (optional)

Directions

Portobello Gravy

1. In an extra large stock pot over medium heat, warm 1/4 cup + 2 Tbsp of the olive oil. Add in the onions, oregano, and thyme. Sauté for 10-12 minutes until the onions begin to caramelize.
2. Add the water to the pot, raise the heat to high and bring to a boil. Remove from the heat and let cool for 20 minutes covered.
3. Carefully transfer the mixture into a food processor and process (in several batches if necessary) until relatively smooth, 1-2 minutes. Scrape down the sides as necessary. Move the processed onion water into an appropriately sized container and set aside.
4. In the same pot you sautéed the onions in, over medium heat, melt the non-dairy butter. Add in the mushrooms and sauté until they release water.
6. Add the flour and cook into a roux, 3-5 minutes.
7. Add the onion water and non-dairy milk to the pot.
8. Cook the gravy, stirring frequently, until the desired thickness is reached. Adjust by boiling down or adding water as needed.
9. When you reach your desired consistency, remove from the heat (or keep covered on low heat). Taste and adjust seasoning as needed.

Cheezy Tofu Curds

10. Shred the tofu into 1" curd-like pieces.
11. Toss the chunks with the rest of the ingredients and let marinate for 15 minutes.
12. Spread the tofu onto a full baking sheet lined with parchment paper and and bake at 350 °F (177 °C) for 15 minutes. Flip once halfway through the cooking time.

Roasted Potato Wedges

13. Increase the oven temperature to 400 °F (205 °C). Line two full baking sheets with parchment paper.
14. Toss the potato wedges with the olive oil and salt. Spread onto the baking sheets and roast in the oven for

30 minutes. Flip the wedges once halfway through the cooking time.

Poutine Assembly

15. Measure out a 1/2 lb (225 g) of potato wedges per serving.

16. Top with a 1/2 cup of the tofu cheese curds.

17. Ladle 3/4 cup of the gravy on top of the curds and garnish with some parsley, if desired.

Notes

Cost per recipe (24 servings): \$76.56

Cost per serving (476 g): \$3.19

Nutrition

Amount per serving

Serving size: 476 g

Calories: 400

Total Fat: 15g

Saturated Fat: 3g

Cholesterol: 0mg

Sodium: 36mg

Total Carbohydrate: 55g

Dietary Fiber: 6g

Sugars: 6g

Protein: 16g

Photos







Refried Beans (Frijoles Refritos)

Recipe by François Murphy. Photos by Christine Hotz

Serving size: 12 | **Prep time:** 6 mins | **Cook time:** 17 mins

Ingredients

2 tablespoons (30ml) Olive oil
6 cups (1.5 litres) Black beans, cooked, drained, and rinsed
1 cup (250ml) Onions, diced
2 tablespoons (30ml) Garlic, chopped
2 teaspoons (10ml) Cumin, ground
1/2 teaspoon (2g) Ground black pepper
2 teaspoons (8g) Salt
2 tablespoons (30ml) Lime juice
Cilantro leaves for garnish

Directions

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.

Notes

Cost per serving: \$0.65

Photos





Roasted Apples and Brussels Sprouts with Shiitake Bacon

Recipe by Chef Amy Symington, from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper.

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 50 mins

Ingredients

6 pounds Brussels sprouts, ends removed and halved or quartered depending on size
8 each Large gala apples, large dice
1/2 cup Grapeseed oil
1 teaspoon Thyme, dried
1 teaspoon Rosemary, dried
1 teaspoon Sea salt
6 pounds Shiitake mushrooms, stems removed, thinly sliced
1 3/4 tablespoons (30g) Smoked paprika
1/4 cup and 2 tablespoons Maple syrup
3 tablespoons Tamari

Garnish:

1/4 cup and 2 tablespoons sunflower seeds or hemp hearts, ground
1/2 teaspoon Sea salt

Directions

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 15-17 minutes, or cook the 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 seeds and salt.
6. Remove Brussels sprouts from oven, top with shiitake bacon and sprinkle with ground almond mixture.

Notes

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.
3. If not nut-free, substitute seeds in garnish for ground, blanched almonds.



Wild Rice Pilaf

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 10 mins | **Cook time:** 40 mins

Ingredients

7 1/2 cups Wild rice, rinsed and drained
13 cups Vegetable broth
1 Tbsp Salt, divided (see Notes)
1 Tbsp + 1 tsp Black pepper, ground, divided
1/2 cup Olive oil
4 cups Onion, small dice
1/4 cup + 1 Tbsp Garlic, minced
1/2 cup Thyme, picked, rough chop
5 1/2 cups Green peas, frozen, thawed
1/2 cup Lemon juice
1/2 cup Parsley, finely chopped (see Notes)

Directions

1. In an extra-large pot over high heat, combine the wild rice, vegetable broth, 1 tsp of the salt, and 1 tsp of the black pepper.
2. Bring to a boil, cover the pot, and reduce the heat to low. Simmer for 25-35 minutes, until al dente (aim for

the grains to be tender, but not bursting open). Check for doneness at 25 minutes. If the water is fully absorbed and more tenderness is required, add 1/2 cup more water. When done, remove from the heat and keep covered for 10 minutes.

3. While the rice cooks, in a large deep sauté pan over medium heat, warm the olive oil. Add the onions and cook for 7-9 minutes, until softened and beginning to take on colour.

4. Add the garlic and thyme to the pan. Cook, stirring frequently for 3 minutes longer.

5. Add the green peas, mix everything together. and cook until heated through, 4-6 minutes (if they are still partially frozen allow them to thaw and turn bright green).

6. Add the cooked wild rice to the pan and gently mix (if the volume is too large for the pan, stir the vegetables into the cooked wild rice in the pot, or mix the rice and vegetables in a full 4" deep steam table pan).

7. Remove from the heat and stir in the lemon juice and parsley. Taste and adjust seasoning, then serve.

Notes

If using vegetable stock or water instead of vegetable broth, increase the added salt to 2 1/2 Tbsp. Add 1 1/2 Tbsp to the rice while cooking, and 1 Tbsp in with the vegetables

You can use 1 Tbsp dried thyme if you don't have fresh thyme on hand. Add in along with the garlic

Nutrition

Amount per serving

Serving size: 1 cup

Photos





Soups + Stews



Butternut Squash Soup

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 25 servings | **Prep time:** 40 mins | **Cook time:** 35 mins

Ingredients

Roasted Butternut Squash

- 5-6 (6 kg) Butternut Squash, whole
- 3/4 cup (72 g) Olive oil, divided
- 2 Tbsp + 2 tsp (40 g) Salt, divided

Soup

- 6 cups (900 g) Onion, small dice
- 1/4 cup + 2 Tbsp (60 g) Garlic, minced
- 1/4 cup + 2 Tbsp (66 g) Ginger, minced
- 2 Tbsp Coriander (12 g), ground
- 12 (6 g) Bay leaves
- 30 (2 g) Thyme stems, tied with cooking twine
- 4 1/2 L (4 kg) Roasted Butternut Squash
- 6 L (5.45 kg) Vegetable stock or low-sodium broth (see Notes)
- 3 cups (696 g) Coconut milk, canned, full-fat (or other unsweetened, unflavoured, non-dairy milk)
- 1/4 cup + 2 Tbsp (90 g) White wine vinegar or lemon juice
- 1 1/2 Tbsp (10 g) White pepper, ground, optional

Water, warm, as needed

Garnishes

1 1/2 cups (348 g) Coconut milk, canned, full fat

1/3 cup (19 g) Chives, finely chopped

Directions

Roasting Instructions

1. Preheat oven to 400°F (204°C). Line two full baking sheets with parchment paper.
2. Cut the stems off the butternut squashes, then cut them in half lengthwise and scoop out the seeds. Drizzle then rub 6 tbsp of olive oil all over the skin and flesh of the squash halves, then sprinkle the squash halves all over with 2 tsp of the salt.
3. Place 6 squash halves on each baking sheet cut side down and roast in the oven for 40 mins. Check for doneness using a paring knife. Roast up to 15 mins longer as needed. Remove from the heat, allow to cool enough to handle, then scoop out the flesh, removing any charred bits. Measure out 4 1/2 L (4 kg) into a large bowl and set aside.

Soup

4. In an extra-large stockpot over medium heat, warm the remaining 6 Tbsp of olive oil. Add the onions and sauté for 8-9 minutes until softened and beginning to take on colour. Add the garlic, ginger, coriander, bay leaves, thyme stems, and salt (if using). Cook 2-3 minutes longer, until everything is fragrant.
5. Add the squash and vegetable broth. Raise heat to med-high and bring to a light boil, cover, then turn heat to med-low and simmer for 20 minutes.
6. Turn the heat down low. Carefully blend the soup using an immersion blender, or in batches in a blender (open the steam vent in the blender lid to let steam escape).
7. Return soup to pot and whisk in the coconut milk and white wine vinegar or lemon juice. Taste and adjust seasoning as needed.
8. Serve 1 3/4 cups with 1 Tbsp of coconut milk swirled on top and a 1/2 tsp of chives.

Notes

If using salted broth, only salt the squash prior to roasting with the 2 tsp of salt. Adjust seasoning at the end just before serving

White pepper is used here to preserve the appearance of the soup. Ground black pepper can also be used, reduce to 1 Tbsp

Recipe Costing (25 Servings)

Total Cost: \$43.71

Serving Cost: \$1.75

Nutrition

Amount per serving

Serving size: 1 3/4 cups (404 g)

Calories: 276

Total Fat: 17g

Saturated Fat: 9g

Cholesterol: 0mg

Sodium: 134mg

Total Carbohydrate: 33g

Dietary Fiber: 5g

Sugars: 11g

Protein: 5g

Photos





Cheesy Potato Soup

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 12 (2 cups each) | **Prep time:** 22 mins | **Cook time:** 38 mins

Ingredients

Nacho Cheese Sauce:

- 2 cups (500ml) russet potatoes, diced
- 1 cup (250ml) carrots, diced
- 6 tablespoons (90ml) olive oil
- 1/2 cup (120ml) reserved potato water
- 4 teaspoons (20ml) lemon juice
- 1/2 cup (120ml) nutritional yeast
- 1 + 1/2 tsp (7.5 g) salt, divided
- 1/2 teaspoon (2ml) garlic powder
- 1/2 teaspoon (2ml) onion powder
- 2 pinch cayenne pepper

Soup:

- 8 cups (2 litres) russet potatoes, peeled, medium dice
- 2 cups (500ml) onion, small dice
- 2 cups (500ml) celery, small chop
- 4 tablespoons (60ml) dairy-free margarine or vegetable oil

4 cups-6 cups (1 litre-1.5 litres) vegetable stock or water
2 teaspoons (10g) salt
2 pinch cayenne pepper
2 cups (500ml) canned coconut milk
2 stalk green onion, sliced

Directions

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

Notes

Cost per serving: \$0.98

Photos





Classic Red Lentil Dahl

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 15 - 1 cup servings | **Prep time:** 10 mins | **Cook time:** 36 mins

Ingredients

4 cups Red lentils, rinsed, debris removed
6 cups water, room temperature
1/4 cup + 2 Tbsp Olive oil
4 Cinnamon sticks
1 Tbsp + 1 tsp Cumin seeds
4 cups Onion, small dice
12 Garlic cloves, minced
2 Tbsp Ginger, minced
1 Tbsp + 1 tsp ground Turmeric
1 Tbsp + 1 tsp Paprika
2 tsp ground Cardamom
1 Tbsp Salt
1 tsp Black pepper, ground
2 - 400 mL cans Coconut milk, full fat, shaken
3 cups Tomatoes, medium dice (or canned diced, drained of excess liquid)
1/4 cup + 2 Tbsp Lemon juice, divided

Directions

1. In a large deep sauté pan or sauce pan over medium heat, warm the olive oil. Add the cumin seeds and cinnamon sticks and cook for 1-2 minutes, until fragrant.
2. Add the onion, garlic, and ginger. Cook for 6-8 minutes, until the onions are translucent. You can add water as needed if the pan becomes too dry.
3. Add the turmeric, paprika, cardamom, salt and pepper to the pan and cook the spices for 1-2 minutes longer.
4. Add the lentils and water to the pan and bring to a simmer. Turn heat to medium-low, cover and cook until the lentils have absorbed most of the water, 8-10 minutes.
5. Add the coconut milk and tomatoes, bring back to a simmer and cook for another 7-10 minutes, stirring occasionally, until the lentils are fully cooked and tender. You can add some more water, 1 Tbsp at a time, to adjust the consistency of the dahl.
6. Remove the pan from the heat and stir in 1/4 cup of the lemon juice. Taste and adjust the seasoning with the remaining lemon juice, more salt or pepper.
7. Serve 1 cup of dahl with rice or naan bread and garnish with a lemon wedge, non-dairy yogurt, cilantro or parsley.

Notes

Cost per recipe (15 servings): \$14.40

Cost per serving: \$0.96

Cost per serving (w/ 1/2 cup brown rice): \$1.29

Nutrition

Amount per serving
Serving size: 1 cup (255 g)
Calories: 370
Total Fat: 18g
Saturated Fat: 11g
Cholesterol: 0mg
Sodium: 330mg
Total Carbohydrate: 41g
Dietary Fiber: 8g
Sugars: 3g
Protein: 14g

Photos





Creamy Corn Chowder with Tempeh Chorizo

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Joel Barnes

Serving size: 24 | **Prep time:** 20 mins | **Cook time:** 50 mins

Ingredients

Corn Chowder

- 3 Tbsp (45 mL) grapeseed oil
- 4 cups (1 L) onion, medium dice
- 12 cloves (1 head) garlic, minced
- 4 cups (1 L) carrots, medium dice
- 8 cups (2 L) celery, medium dice
- 3 Tbsp (45 mL) ground cumin
- 3 Tbsp (45 mL) paprika
- 8 cups (2 L) white potatoes, medium dice
- 6 cups (1.5 L) tomatoes, diced [fresh or canned]
- 12 1/2 cups (3.12 L) low-sodium vegetable stock or water
- 6 cups (1.5 L) frozen corn kernels
- 3 - 400 mL cans (1.2 L) coconut milk
- 3 Tbsp (45 mL) lime zest
- 1/2 cup (125 mL) lime juice [from 5 medium limes]
- 1 Tbsp (18 g) salt

1 tsp (4 g) ground black pepper

1 tsp (3 g) cayenne [optional]

Tempeh Chorizo

2 Tbsp (30 mL) grapeseed oil

2 Tbsp (30 mL) tamari

2 tsp (4 g) smoked paprika

1 tsp (3 g) garlic powder

1 tsp (2 g) onion powder

1/2 tsp (3 g) salt

1/2 tsp (2 g) ground black pepper

1/2 tsp (1 g) cayenne

400 g tempeh, crumbled

Garnish

1 cup (250 mL) chives, sliced into 1/2" pieces

Directions

Corn Chowder

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 - 5 minutes.
3. Add cumin and paprika, and sauté until fragrant, about 2 - 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 the chowder to a boil, then lower the heat slightly and continue to cook until potatoes are soft, about 20 to 25 minutes
6. Meanwhile, make the tempeh chorizo (see recipe below)
7. Add the corn kernels to the chowder and cook for another 2 minutes, until kernels are tender.
8. Stir in coconut milk, lime zest and juice, salt, pepper, and cayenne (if using).
9. Remove from heat and top with chives and 1 heaping tablespoon of tempeh chorizo, then serve.

Tempeh Chorizo

1. Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, whisk together all of the ingredients except the tempeh. Using a spatula, fold the tempeh into the marinade until all the pieces are completely coated.
3. Spread the crumbles evenly on to the baking sheet and place into the oven. Bake 10-15 minutes, until fragrant with slightly browned edges.

4. Garnish the chowder with tempeh chorizo when plating.

Notes

Equipment

Measuring cups and spoons, large stock pot, baking sheet, parchment paper, large mixing bowl

French Lentil and Onion Soup

Recipe by Chef Amy Symington

Serving size: 12 | **Prep time:** 15 mins | **Cook time:** 45 mins

Ingredients

1 Tbsp (15 mL) Olive oil
2 1/2 (400 g) Onions, medium, thinly sliced
2 cups (150 g) Mixed mushrooms (cremini, oyster, shiitake), sliced
2 cloves (10 g) Garlic, minced
1 Tbsp (3 g) Thyme, dried
1/4 cup (60 mL) White wine vinegar
1/4 cup (60 mL) Tamari
2 cups (384 g) Brown or green lentils, cooked
4 cups (1 L) Vegetable stock, no salt added
1/2 tsp (3 g) Salt
1 tsp (3 g) ground Black pepper

Optional Garnishes:

2 Tbsp fresh Thyme, chopped
1 cup Whole grain croutons

Directions

1. In a large stock pot over medium high heat add olive oil.
2. Once heated, add onions and sauté until translucent, about 7 minutes.
3. Next add mushrooms and garlic and sauté until fragrant, about 10 minutes.
4. Add thyme and sauté until fragrant, about 5 minutes.
5. Next add vinegar, tamari, lentils and stock. Bring to a boil and then allow to simmer for 20-25 minutes.
6. Add salt and pepper to taste if needed.

Notes

Recipe Costing - 12 servings

Total Cost: \$9.49

Serving Cost: \$0.79

Total Cost w/ garnishes: \$10.43

Serving Cost w/ garnishes: \$0.87

Nutrition

Amount per serving

Serving size: 3/4 cup (149 g)

Calories: 75

Total Fat: 1g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 404mg

Total Carbohydrate: 12g

Dietary Fiber: 3g

Sugars: 2g

Protein: 4g



Ghanaian Red Red Stew (Black-Eyed Peas)

Recipe by Chef Naza Hasebenebi. Photos by Leah Tamblyn/For Humane World

Serving size: 24 servings - 1 1/2 cups per serving | **Prep time:** 1 hour | **Cook time:** 40 mins

Ingredients

- 4 lbs Black-eyed peas, dried, soaked overnight, rinsed and picked through (see notes for options)
- 1 1/2 cups Neutral oil (vegetable, canola or sunflower)
- 4 Yellow onion, large, small dice
- 1/4 cup Ginger, fresh, minced
- 8 Garlic cloves, large, minced
- 4 Habanero or Jalapeño pepper, minced
- 2 Green bell peppers, large, medium dice
- 1/4 cup Paprika
- 1/2 cup Tomato paste
- 3 Tbsp Kosher salt, divided
- 7 cups Diced tomatoes, canned
- 10-12 cups Vegetable stock or water
- 12 Green onions, finely sliced
- 1 Tbsp + 1 tsp Black pepper, ground
- 3/4 cup Parsley, finely chopped

Directions

Black-Eyed Pea Prep

1. Look over the dried peas and remove any rocks or debris, then rinse with cold water thoroughly. Place in a large pot/bowl and add cold water and cover to sit overnight. Ensure there is more than 3 inches of water above the peas as they will expand.
2. The following day, drain, rinse and transfer the peas into a cooking pot on high-medium heat for 45-60 minutes (check regularly so as not to overcook). Peas should be tender to the bite once cooked.
3. Once cooked, drain, and rinse the peas under cold water, then set aside.

Stew

1. Heat a large pot over medium heat, add oil and sauté onions for 5-7 minutes until translucent and soft. Stir frequently to avoid burning.
2. Add the ginger, garlic and habanero pepper/jalapeños and stir for 1 minute.
3. Mix in the green peppers, paprika, tomato paste, 2 Tbsp salt and 1 Tbsp black pepper. Cook for 2-3 minutes. Add the diced tomatoes and 1/2 cup of water or vegetable stock. Combine everything, scraping the bottom and sides of the pot to make sure nothing sticks. Cover the pot with a lid and continue to cook for 7-8 minutes, stirring in between.
4. Uncover the pot and add the peas, green onions, the vegetable stock/water, the remaining salt and pepper. Stir well and, simmer for 15-20 mins until sauce has thickened to desired consistency.
5. Remove from heat, taste and adjust seasoning as needed.
6. This heartwarming stew is traditionally served over rice with a side of fried plantains and roasted peanuts. Garnish with the parsley.

Notes

If using canned black-eyed peas, you will need 9.5lbs (4.3 kg) cooked canned peas. Salt added will need to be adjusted depending on if you use salted or unsalted canned peas

You can add more flavour to this dish by simmering dried peas with aromatics (onions, garlic, vegetable stock scraps)

You can substitute the black-eyed peas with kidney beans or a mix of beans/peas. Swiss chard or sweet potatoes also make nice additions to this stew

12 Large fresh chopped tomatoes can be used in place of the canned diced tomatoes

For more heat, add some seeds from the hot peppers into the stew, for less heat, remove all seeds

Red palm oil is traditionally used for this dish. It is a staple ingredient in West African cuisine which lends

richness and a deeper red hue to the stew, hence the name “Red Red”. This version uses vegetable oil as a cost-effective replacement, and in consideration that most commercially available palm oil is manufactured in ways that lead to the destruction of rainforest and animal habitats. If opting to use palm oil, consider using sustainably produced palm oil from co-operatives and trusted brands from West Africa and South America

Recipe Costing (24 Servings)

Total Cost: \$27.87

Serving Cost: \$1.16

Nutrition

Amount per serving

Serving size: 1 1/2 cups (356 g)

Calories: 363

Total Fat: 15g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 472mg

Total Carbohydrate: 52g

Dietary Fiber: 13g

Sugars: 14g

Protein: 9g



Kuku Paka Vegetable Stew

Recipe by Chef Naza Hasebenebi. Photos by Leah Tamblyn/For Humane World

Serving size: 24 - 1 cup servings | **Prep time:** 1 hour | **Cook time:** 35 mins

Ingredients

- 6 large eggplant, medium dice
- 3 Tbsp salt, divided
- 1/2 cup olive oil, divided
- 1 tsp ground black pepper, as needed
- 6 zucchini, medium, medium dice
- 4 cups sweet potato (about 2 large), medium dice
- 1/4 cup + 2 Tbsp coconut oil
- 2 red onion, small dice
- 8 garlic cloves, large, minced
- 2 Tbsp ginger, minced
- 2 Tbsp ground cumin
- 3 tsp ground turmeric
- 2 tsp chilli powder or cayenne (start with 1 tsp if using cayenne)
- 4 cups brown or white mushrooms, trimmed and halved
- 1 L coconut milk, canned, stirred
- 1 L crushed tomatoes
- 2 green bell pepper, large, large dice

2 red bell pepper, large, large dice
4 cups kale, destemmed, chopped, packed
1 cup cilantro or flat leaf parsley, finely chopped
1/4 cup + 2 Tbsp lemon juice (from 2-3 large lemons)

Directions

Roasted Vegetables

1. Preheat the oven to 425°F (220°C). Line one full baking sheet and two half baking sheets with parchment paper.
2. In two large mesh colanders over two large bowls, place the diced eggplant pieces and sprinkle with 1 tsp of salt per colander, then mix. Set aside for 5-10 minutes until the eggplant releases some water. Dab the water from the pieces with paper towels.
3. Rinse any water from the bowls under the colanders, dry them and use to toss the eggplant cubes with 2 Tbsp olive oil for each 1/2 of the eggplant cubes, then season with pepper as desired. Spread the eggplant pieces over the full baking sheet in a single layer. Reserve one of the bowls.
4. In the reserved bowl, toss the diced sweet potatoes with 2 Tbsp of olive oil, 1 tsp of salt and some pepper. Spread the cubes onto one of the half baking sheets and reserve the bowl again.
5. Toss the diced zucchini in the bowl with 2 Tbsp olive oil and 1 tsp of salt. Spread onto the other half baking sheet.
6. Place the baking sheets into the preheated oven and roast the sweet potatoes and eggplant for 25-30 minutes. Roast the zucchini for 15-20 mins. Gently flip all of the vegetables once after 12 mins for evening browning and rotate the trays as needed. Roast until tender with lightly browned edges. Once the vegetables are done, set aside to cool.

Stew

1. Preheat a large stock/soup pot over medium heat. Warm the coconut oil in the pot, then add the onions and sauté for 4-6 minutes, until translucent. Mix in the garlic and ginger and cook for 2 minutes longer.
2. Add the dry spices and cook for 1 minute. Then fold in the mushrooms and cook for 7-10 minutes. Use splashes of water as needed to deglaze the pot and ensure the aromatics and spices don't burn.
3. Mix in the coconut milk, crushed tomatoes, and 1 Tbsp of the remaining salt. Cover with a lid and cook for 5-7 minutes.
4. Next, add all of the roasted vegetables to the pot along with the bell peppers and kale. Stir well. Turn the heat to medium-low, cover the pot and bring stew to a simmer for an additional 10 minutes.
5. Turn off the heat. Add the cilantro (or parsley) and lemon juice. Taste, adjust seasoning as needed with the remaining 2 tsp salt, some pepper or more lemon juice, then serve.

Notes

Equipment: 1 full baking sheet, 2 half baking sheets, parchment paper, 2 large fine mesh sieve/colander (that can be set over a bowl), 2 large mixing bowls, 1 large stock/soup pot with lid, spatula or wooden spoon

This stew is great served with roti, chapati, rice or quinoa

You can replace sweet potatoes with regular potatoes, butternut squash or green bananas

The vegetables will absorb more moisture once the stew is stored. Add vegetable stock as needed to thin the sauce if reheating or to adjust consistency at the end of cooking.

Recipe Costing (24 servings)

Total Cost: \$73.32

Total Cost w/ 12 cups cooked Brown Rice: \$75.48

Serving Cost: \$3.05

Serving Cost w/ 1/2 cup Brown Rice: \$3.14

Nutrition

Amount per serving

Serving size: 1 cup



Leek and Potato Soup

Photos and recipe testing by Leah Tamblin/For Humane World

Serving size: 24 servings | **Prep time:** 25 mins | **Cook time:** 40 mins

Ingredients

- 3/4 cup (180 g) Olive oil
- 6 cups (660 g) Leeks, white part only, thoroughly cleaned, finely chopped
- 3 cups (486 g) Celery, finely chopped, reserve some leaves for garnish
- 24 cups (3.9 kg) Potatoes, peeled & diced
- 6 L Vegetable stock or low-sodium broth (see Notes)
- 3 L Water
- 2 cups (132 g) Nutritional yeast
- 3 Tbsp Salt
- 2 Tbsp Black pepper, ground
- 6 Bay leaves
- 1 Tbsp Thyme, dried

Directions

1. In an extra large stock pot over medium heat, warm the olive oil. Once heated, add the leeks and celery. Sauté until the leeks have softened, taken on some colour, and the celery is transparent, 7-9 minutes.
2. Add the potatoes, vegetable broth and water. Turn the heat to high and bring to a boil. Once boiling, reduce

heat to a simmer and cook for 25 minutes, until the potatoes are tender.

3. Next, use a hand immersion blender to blend the soup until a smooth uniform texture is achieved. Take precautions as the soup is hot.

4. Whisk in the nutritional yeast, salt, and pepper. Top with celery leaves for garnish.

Notes

If using salted vegetable broth, eliminate the salt from the ingredients and adjust seasoning as needed once the soup is blended

Cost per recipe: \$34.50

Cost per serving: \$1.44

Nutrition

Amount per serving

Serving size: 2 cups (484 g)

Photos





Minestrone Soup

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 17 | **Prep time:** 45 mins | **Cook time:** 28 mins

Ingredients

- 1/4 cup Olive oil
- 2 Yellow Onion, large, small dice
- 3 cups Carrot, medium dice
- 3 cups Zucchini, medium dice
- 2 cups Celery, small dice
- 3 Tbsp Salt
- 10 Garlic cloves, large, minced
- 2 Tbsp Basil, dried
- 2 Tbsp Oregano, dried
- 2 tsp Black pepper, ground
- 4 Bay leaves
- 4 L Vegetable stock or low-sodium broth (see Notes)
- 2 - 796 mL can Crushed tomatoes
- 2 - 398 mL can Diced tomatoes, no salt added
- 2 - 540 mL can Cannellini beans, drained & rinsed
- 2 cups Elbow pasta (small), whole grain
- 8 cups Baby Spinach

1/4 cup + 2 Tbsp Lemon juice, fresh

1 Tbsp + 1 tsp Sugar (optional)

Garnishes

1 cup Parsley, flat-leaf, chopped

2 Tbsp Crushed red chili flakes (optional)

1 cup Plant-based parmesan shreds (optional)

Directions

1. Preheat a large stock pot over medium heat.
2. Add in the olive oil. Once warmed add in the onion, carrots, zucchini, celery, and salt. Sauté until the onion is translucent and the vegetables have started to soften, 7-9 mins.
3. Next add in the garlic, basil, oregano, bay leaves, and black pepper. Combine everything and cook 2-3 mins longer, until fragrant.
4. Add the vegetable stock, crushed tomatoes, and diced tomatoes. Raise the heat to medium-high and bring to a boil.
5. Stir in the diced cannellini beans, and pasta. Bring back to a boil, then lower to a simmer and cook until the pasta is al dente, 7-10 minutes.
6. Take the soup off the heat, stir in the baby spinach and lemon juice. Place the lid on the pot and allow to sit for 5 minutes while the spinach wilts, then taste and adjust seasoning as required (you can add the sugar now, if using, to neutralize any bitterness from the canned tomatoes).
7. Garnish each serving with chopped parsley, plant-based parmesan cheese shreds, or crushed red chili flakes to add heat.

Notes

Begin with half the amount of salt if using low-sodium broth. Hold off on the addition of any extra salt until the end of cooking if using salted vegetable broth

Diced potatoes can be added to make the soup extra hearty, or in place of pasta, and can be added in the last 15 mins of cook time, along with the tomatoes and broth, or at the end with the beans in place of the pasta

Nutrition

Amount per serving

Serving size: 2 cups (477 g)

Photos





Molokhia (Jute Mallow) and Chickpeas

Recipe by Chef Naza Hasebenebi. Photos by Leah Tamblyn/For Humane World

Serving size: 24 servings - 1 cup per serving | **Prep time:** 30 mins | **Cook time:** 40 mins

Ingredients

- 1/4 cup + 3 Tbsp Olive oil or sunflower oil
- 2 Yellow onion, large, small dice
- 2 Tbsp Kosher salt, divided
- 7 Garlic cloves, large, minced
- 6 Tbsp Bebere spice blend
- 2 1/2 Tbsp Ground cumin
- 1/4 cup warm water
- 6 1/2 cups Crushed tomatoes
- 2.8 kg Molokhia, frozen, thawed (see notes for substitutions)
- 5 1/4 cups Chickpeas, canned, drained and rinsed
- 2 Green bell pepper, large, medium dice
- 2 Red bell pepper, large, medium dice
- 4 lemons, cut into 6 wedges each

Directions

1. Heat a large pot over medium-high heat. Add the oil and allow it to warm, then add in the diced onions and 1

tsp of salt. Sauté for 5-7 minutes until onions become translucent.

2. Add in the minced garlic and sauté for 2 minutes.

3. Stir in the berbere, ground cumin and warm water. Cover, lower the heat to medium and cook for 2-3 minutes, adding more water as needed to prevent the spices from burning.

4. Add the crushed tomatoes and 2 tsp of salt to the pot and stir. Cover the pot and allow it to cook for 10-12 minutes, Stir frequently and take caution as sauce may splatter.

5. Next, fold in the thawed molokhia (or spinach) and remaining 1 Tbsp of salt. Cover again and cook for 10 minutes, stirring occasionally.

6. Add the chickpeas and simmer uncovered for 7 minutes longer. Stir in the bell peppers in the last minute of cook time.

7. Remove stew from the heat. Taste and adjust seasoning as needed. Serve with rice, millet, quinoa, injera, or fufu. Garnish with a lemon wedge on the side.

Notes

Frozen chopped spinach can be used in place of molokhia. If using molokhia, the recipe requires 7 - 400g packages

Chickpeas can be substituted with an equal amount of green lentils or rehydrated textured vegetable protein (soy mince)

Garlic powder can provide a deeper flavour in place of fresh garlic, use 2 tsp in place of the fresh garlic if desired, adding in with the berbere and a little extra water

Recipe can be made oil-free or with less oil by sautéing onions in water or vegetable stock

Recipe Costing

Total Cost: \$45.03

Serving Cost: \$1.88

Total Cost w/ Injera: \$66.63

Serving Cost w/ 1/2 Injera flatbread: \$2.78

Photos





Shiro Stew (Eritrean/Ethiopian Ground Spiced Chickpeas)

Recipe by Chef Naza Hasebenebi. Photos by Leah Tamblyn/For Humane World

Serving size: 24 servings - 1 cup per serving | **Prep time:** 25 mins | **Cook time:** 30 mins

Ingredients

- 1 cup Olive Oil, divided
- 4 Yellow onion, large, small dice
- 8 Garlic cloves, large, minced
- 2 Tbsp Ginger, fresh, minced
- 2 1/2 Tbsp Kosher salt, divided
- 2 L Crushed tomatoes (or tomato sauce)
- 4 cups Shiro powder
- 3 L Water, warm

Directions

1. In a large pot preheated over medium heat, add 3/4 cup of the olive oil, then the onions. Sauté onions for 6-8 minutes, stirring frequently, until translucent and beginning to take on colour.
2. Add the garlic, ginger, and 2 Tbsp of the salt to the pot. Sauté for 1-2 minutes.
3. Stir in the crushed tomatoes/tomato sauce and cover the pot for 5 minutes, stirring frequently.
4. In a large mixing bowl, whisk together the shiro powder with the water, until smooth. Once the shiro mixture is ready, set it aside until the tomato mixture is

fully cooked.

5. Slowly add the shiro mixture to the pot and whisk. Take care as the sauce may splatter. Cover the pot, reduce the heat to low and cook for 15-20 minutes, stirring frequently.

6. Taste and adjust with the remaining salt as needed.

7. Garnish each serving of the stew with a 1/2 tsp drizzle of the remaining olive oil and enjoy with injera, rice/ quinoa or pita.

Notes

Shiro stew will thicken as it cooks and cools. You may wish to make the initial Shiro mixture thinner by adding more water. You can also add in more water or vegetable stock to adjust the consistency when reheating

For more kick/spice, add 2-4 whole green chilli peppers to the pot and serve

Recipe Costing

Total Cost: \$24.57

Serving Cost: \$1.02



Sweet Potato and Tahini Soup with Sesame Seed Brittle

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-Based Recipes for Optimal Health*, Photo by Darren Kemper

Serving size: 24 | **Prep time:** 20 mins | **Cook time:** 40 mins

Ingredients

Soup:

- 4 tsp (20 ml) grapeseed oil
- 3 cups (800 g) diced onions
- 12 (48 g) cloves garlic, minced
- 4 (70 g) red chili pepper, minced
- ¼ cup (25 g) ground coriander
- ¼ cup (30 g) ground cumin
- ¼ cup (28 g) paprika
- 20 cups (2.6 kg) peeled and diced sweet potatoes
- 4 L vegetable stock
- 1600 mL light coconut milk
- 2 cups (500 ml) tahini
- ¼ cup (8 g) lime zest
- ¾ cup (180 ml) lime juice
- 2 tsp (10 g) salt

Sriracha Sesame Brittle:

¼ cup (60 ml) coconut oil

2 cups (268 g) sesame seeds

½ cup (125 ml) maple syrup

½ cup (125 ml) sriracha or favourite hot sauce

Cilantro pesto (optional):

16 cups (400 g) cilantro, tightly packed

1 cup ground blanched almonds or sunflower seeds

1 cup nutritional yeast

1 cup (250 ml) extra virgin olive oil

1 cup (250 ml) water

4 limes, juiced

4 cloves garlic

1 tsp (5 g) salt

Directions

1. Line a baking sheet with parchment paper.
2. For soup: In a medium stock pot, over medium high heat add oil. Once heated, add onions and sauté until translucent and fragrant, about 3-5 minutes.
3. Next add garlic, red chili and spices and sauté until fragrant, about 1-2 minutes.
4. Next add sweet potatoes and stock. Bring to a boil, about 5 minutes. Reduce to a simmer and allow to simmer until potatoes are fork tender, about 10-15 minutes.
5. Add remaining ingredients. Using a hand immersion blender, blend ingredients until completely smooth.
6. For sesame brittle: In a small pot over medium heat add coconut oil. Once coconut has completely melted add sesame seeds. Stir and allow sesames to become fragrant, about 3 minutes. Turn off heat and using a spatula fold in maple syrup and hot sauce. Pour on to parchment lined baking sheet. Ensuring that the brittle is approximately 1/4 -inch thick. For 24 servings use 3 parchment paper lined baking sheets. Place into oven for 24 minutes to bake, or until hard (rotating trays half way). Once it cools, the brittle should break easily when bent.
7. For pesto (if using): In a food processor, add all pesto ingredients. Process until smooth, about 4 minutes.
8. For service: Ladle 2 cups of soup into a soup bowl. Top with sesame brittle and a drizzle of pesto (if using).



Thai Gazpacho

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 10 | **Prep time:** 30 mins

Ingredients

- 1 clove Garlic, fresh
- 3 each Green onions, white and pale green parts, cut into 1" pieces
- ½ each Yellow bell pepper, quartered
- ½ each Red bell pepper, quartered
- 1 each Cucumber, cut into 1" pieces
- ½ lbs (227 g) Roma tomatoes, ripe
- 2 cups (500 mL) Tomato juice, low sodium
- 1 cup (250 mL) Vegetable broth
- 1 ½ each Lime, fresh, juiced
- 1 tsp (5 mL) Thai style red curry powder or paste
- 2 tsp (10 mL) Ginger, fresh, minced
- 1 tsp (5 g) Salt
- ¼ tsp (1 g) Ground black pepper

Directions

1. In a food processor, add the garlic and pulse until finely chopped.

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

Notes

Cost per serving: \$1.51

Photos





West African Peanut and Chickpea Stew

Recipe by Chef Naza Hasebenebi. Photos by Leah Tamblyn/For Humane World

Serving size: 24 - 1 1/2 cup servings | **Prep time:** 40 mins | **Cook time:** 33 mins

Ingredients

- 2 Tbsp Olive oil
- 2 Yellow onions, large, small dice
- 2 Tbsp Salt, divided
- 8 Garlic cloves, minced
- 7 cups Diced tomatoes, canned, with juice
- 3 Sweet potatoes, large, peeled, medium dice
- 3 Red bell peppers, large, medium dice
- 3 Green bell pepper, large, medium dice
- 2 cups Peanut butter, natural, smooth, stirred
- 3 L Low-sodium vegetable stock (or water)
- 1 Tbsp + 1 tsp Chilli powder or paprika
- 1 Tbsp Ground cumin
- 2 tsp Black pepper, ground
- 1 tsp Cayenne pepper (add or decrease as needed)
- 7 cups Chickpeas, cooked (or canned, drained and rinsed)
- 5 cups Baby spinach or kale, chopped
- 1 cup Cilantro or Parsley, finely chopped

1 cup Roasted peanuts, chopped (optional)

Directions

1. In a large pot over medium heat, warm the olive oil. Once preheated, add the diced onions and 1 Tbsp of the salt. Sauté for 5-7 minutes until translucent, stirring frequently. Next, add the garlic and cook for 2 minutes.
2. Mix in the diced tomatoes, sweet potatoes, bell peppers and the remaining salt. Increase the heat to medium-high, place the lid on the pot and cook for 6-7 minutes.
3. While the vegetables cook, in a medium mixing bowl, whisk together the peanut butter and 1L of the vegetable stock until smooth.
4. When the vegetables have cooked for 6-7 minutes, stir the peanut butter mixture into the hot pot along with the remaining stock, chilli powder (or paprika), cumin, black pepper, and cayenne pepper.
4. Cover the pot, reduce the heat to medium-low, and cook for 10-15 minutes until the sweet potatoes are tender.
5. Stir in the chickpeas and spinach. Reduce heat to low and simmer for an additional 5 minutes.
6. Taste and make necessary adjustments with salt & pepper, garnish with cilantro or parsley and the roasted peanuts, then serve.

Notes

This stew can be served with fufu, rice, quinoa or on its own

Recipe Costing

Total Cost: \$51.59

Serving Cost: \$2.15

Photos





Yam and Coconut Curry Soup with Red Lentils

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper

Serving size: 24 | **Prep time:** 20 mins | **Cook time:** 1 hour

Ingredients

4 - 400 mL cans (6 cups) chickpeas, no salt added, drained and rinsed
1/2 cup (125 mL) olive oil, divided
2 Tbsp (36 g) salt, divided
2 tsp (10 mL) ground black pepper, divided
2 2/3 cups (660 mL) onions, small dice
2 heads (1/2 cup) garlic, minced
1/2 cup (125 mL) ginger, minced
1/4 cup (60 mL) curry powder
1 Tbsp (15 mL) cayenne
16 cups (4 L) yams or sweet potatoes (8 to 12 medium), peeled, small dice
8 cups (2 L) low-sodium vegetable stock
8 - 400 mL cans (3.2 L) light coconut milk
4 cups (1 L) red lentils, dry, rinsed and picked through

Directions

1. Preheat oven to 400°F (200°C). Line a full baking sheet with parchment paper.
2. Using a clean kitchen towel, pat the chickpeas dry. In a large bowl, toss chickpeas with half each of the oil, salt and pepper.
3. Spread chickpeas evenly on the prepared baking sheet(s). Bake for 55 to 60, stirring halfway through the baking time. Bake until chickpeas are crispy on the outside and slightly soft on the inside. Remove and set aside to cool slightly.
4. Heat a large pot over medium heat then add remaining oil. Once heated, add onions and cook until translucent, about 2 to 3 minutes. Add garlic, ginger, curry powder and cayenne pepper. Sauté until fragrant.
5. Add the yams and vegetable stock and bring to a simmer. Allow to cook until yams are tender, about 10 to 12 minutes. Stir occasionally.
6. Add coconut milk and lentils. Stir once and allow to simmer for 25 minutes, covered.
7. Once lentils are soft, remove the soup from heat and carefully use a hand-held blender to purée soup until completely smooth. (If using a regular blender, work in batches as needed and make sure to take breaks to release the heat from the blender.)
8. Stir in remaining salt and pepper.
9. Top with roasted chickpeas and serve!

Notes

Equipment

Full baking sheet, parchment paper, clean kitchen towel, measuring cups and spoons, large mixing bowl, spatula, 10-12 quart soup or stock pot, hand-held immersion blender or table top blender

Soup may be cooled and refrigerated, covered, for up to two days, then reheated

Nutrition

Amount per serving

Serving size: 1 1/4 cups (415 g)

Calories: 420

Total Fat: 14g

Saturated Fat: 6g

Cholesterol: 0mg

Sodium: 600mg

Total Carbohydrate: 62g

Dietary Fiber: 17g

Sugars: 11g

Protein: 15g



Zesty Cauliflower Lentil Soup

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 16 - 1 1/2 cup servings | **Prep time:** 30 mins | **Cook time:** 40 mins

Ingredients

4 cups Cauliflower, small florets
1/4 cup + 2 Tbsp Olive oil, divided
2 Tbsp Paprika
1 1/2 Tbsp Salt, divided
1 tsp Black pepper, ground, divided
2 Yellow onions, medium size, small dice
4 cups Carrot, medium dice
8 cloves Garlic, minced
1/4 cup Rosemary, finely chopped
1/4 cup Oregano, chopped
1 Tbsp + 1 tsp Lemon zest
1/2 tsp Crushed red chili flakes
4 cups Red lentils, rinsed, debris removed
4 L Vegetable stock or broth (see Notes)
1/2 cup + 2 Tbsp Lemon juice, divided

Directions

1. Preheat oven to 425 °F (218 °C). Line a full baking sheet with parchment paper.
2. Toss the cauliflower florets with 2 tbsp of olive oil, the paprika, 1 tsp of the salt, and 1/2 tsp of black pepper. Spread the pieces apart on the baking sheet and set aside.
3. Heat a large stock pot over medium heat. Warm the remaining olive oil, then add in the onion and sauté for 6–8 minutes until translucent.
3. Add the carrots, garlic, rosemary, oregano, lemon zest and red pepper flakes to the onions. Cook, stirring frequently, for 6-8 minutes, until the carrots begin to soften.
4. While cooking, place the baking sheet into the oven and cook the cauliflower for 25 minutes, flip the pieces once after 15 minutes. Remove from oven and set aside once tender.
5. Once the carrots have softened slightly, add the red lentils to the pot and thoroughly combine with the spices and vegetables.
5. Raise the heat to medium-high. Pour in the stock, stir, and bring the soup to a gentle boil. Lower the heat to medium low and simmer the soup until the lentils are soft and falling apart – about 15 to 20 minutes.
7. When the lentils are cooked, remove the pot from the heat. Stir the roasted cauliflower florets into soup, along with 1/2 cup of the lemon juice. Taste and adjust seasoning with the remaining lemon juice, more salt or pepper as needed.
8. Garnish with more freshly chopped rosemary, oregano, and crushed red chili flakes, as desired.

Notes

If using vegetable broth for this recipe, omit added salt, except for the 1 tsp used to season the cauliflower. Adjust seasoning as needed once the soup is finished cooking.

Cost per recipe: \$17.30

Cost per serving (1 1/2 cups): \$1.08

Nutrition

Amount per serving

Serving size: 1 1/2 cups (370 g)

Calories: 270

Total Fat: 6g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 32mg

Total Carbohydrate: 43g

Dietary Fiber: 8g

Sugars: 5g

Protein: 14g

Photos



Burgers, Wraps + Sandwiches



Banh Mi

Photos and recipe testing by Christine Hotz/For Humane World for Animals

Serving size: 12 | **Prep time:** 45 mins | **Cook time:** 10 mins

Ingredients

Marinated Vegetables

- 3 cups (750 mL) Carrots, julienne
- 3 cups (750 mL) Cucumber, julienne
- 3/4 cup (188 mL) Mirin
- 3/4 cup (188 mL) Rice vinegar

Tofu

- 4 - 500 g packages Firm tofu, drained, cut into 3 sections lengthwise, then quartered [36 pcs total]
- 12 cloves Garlic, minced
- 3/4 cup (188 mL) Sesame oil
- 1 1/2 cups (375 mL) Tamari
- 1 Tbsp (15 mL) Chili sauce [Sriracha or other]

Lime Mayo

- 1 1/2 cups (375 mL) Egg-free mayonnaise
- 6 Tbsp Lime juice (90 mL) [3-4 Limes, medium, juiced]

For Serving

- 3 French Baguettes, full length, each sliced in half then cut into 4 equal sections [or 12 soft hoagie rolls]
- 6 Jalapeños, fresh, sliced
- 1/2 cup (124 mL) Cilantro, chopped
- 6 Green onions, sliced, green part only

Directions

1. In a large bowl, add carrots, cucumber, mirin, and vinegar. Cover and allow to marinate in the fridge for 30 minutes.
2. In a medium bowl, whisk together garlic, sesame oil, tamari, and chili sauce. In a rectangular baking pan, pour the marinade over the tofu pieces and allow to marinate for 30 minutes. After 30 minutes, reserve the extra marinade to brush the pieces as you cook them.
3. To cook the tofu pieces: Preheat a large non-stick pan or grill over medium-low heat. Add the tofu pieces to the pan or grill, in batches to prevent crowding. Cook the tofu pieces for about 10 minutes, flipping once at the 5 minute mark, until each side is browned. Used the reserved marinade to brush the pieces and add extra flavour.
4. In a small bowl, whisk together the egg-free mayonnaise and lime juice.
5. To assemble the sandwiches: Spread 1 tbsp of Lime Mayo on each sliced baguette section, then top with some of the marinated vegetables and tofu with remaining sauce. Garnish with jalapeños, cilantro, and green onions.
6. If smaller bites are required, assemble as an open-faced canapé (see photo for inspiration).

Notes

Equipment - 1 each large/medium/small mixing bowls, whisk, non-stick pan or grill, spatula, tongs

Photos







Black Bean Seitan Burgers with Avocado Lime Mayo

Recipe by Chef Amy Symington, Photo by Jef L'Ecuyer/Sodexo Canada

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 30 mins

Ingredients

2 Tbsp (30 mL) Extra virgin olive oil
2 Onions, medium, diced
1 bulb of garlic, finely minced
2 Tbsp (6 g) Dried oregano leaves
2 Tbsp (12 g) Ground cumin
2 cups (156 g) Cremini mushrooms, diced
1 cup (137 g) Sunflower seeds
2 cups (343 g) Black beans, cooked, drained & rinsed, divided
1/2 cup (60 g) Vital wheat gluten
2 cups (330 g) cooked Brown rice [see Notes]
1 1/2 tsp (7.5 mL) Soy sauce (or tamari for gluten-free)
1/2 tsp (3 g) Salt

Avocado Lime Mayo:

1 Avocado, large, ripe
1/3 cup (83 mL) Egg-free mayonnaise
1 Lime, juiced

Salt & pepper, to taste

12 each Burger buns, plant-based (or 24 slider buns for sliders), toasted if desired

Optional Toppings:

2 Tomatoes, thinly sliced

1 Red onion, thinly sliced

1/2 head Iceberg lettuce, shredded

6 Dill pickles, sliced

Jalapeños, fresh or pickled, sliced

Desired condiments — ketchup, egg-free mayonnaise, mustard

Directions

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 (or tamari) and salt. Stir until combined.
4. Preheat an oven to 350°F (180°C). Form mixture into 12, 4-inch patties (or 24 smaller patties for sliders) 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.
5. While the burgers cook, prep all the toppings for the burgers. For the Avocado Lime Mayo - in a medium mixing bowl, scoop out the avocado flesh and mash with a fork until no large chunks remain. Add the rest of the mayo ingredients to the mashed avocado and whisk until smooth with no lumps remaining.
6. To assemble burgers: Place burger on bun and top with condiments of choice, tomatoes, onions and lettuce. Optionally top with jalapeños.

Notes

Equipment: Measuring cups & spoons, large skillet, spatula, food processor, large mixing bowl, 2 full baking sheets, parchment paper, pastry brush, medium mixing bowl, whisk

Brown Rice - If you need to cook brown rice for this recipe, make the rice as the first step. Thoroughly rinse 1 cup of brown rice in a fine mesh sieve. In a medium sauce pan combine the rice with 2 cups of water and a pinch of salt. Bring to a boil over high heat, then lower to a simmer, cover with a lid & cook for about 40 minutes, until all the water is absorbed. Remove from the heat, let stand for 5 minutes covered, then fluff with a

fork and measure.



Chipotle Baja Sweet Potato and Tofu Tacos

Serving size: 12 | Prep time: 40 mins | Cook time: 1 hour 20 mins

Ingredients

Baked tofu:

6 cups tofu, extra firm, drained, pressed, cubed

5 tablespoons canola oil

2 tablespoons apple cider vinegar

2 tablespoons vegetable stock

4 teaspoons cumin, ground

4 teaspoons chili powder

2 teaspoons garlic powder

2 teaspoons onion powder

2 teaspoons Kosher salt

1 teaspoon smoked paprika, ground

1/2 teaspoon chipotle chili powder

Chipotle sweet potatoes:

6 tablespoons canola oil

2 tablespoons chipotle peppers in adobo sauce, canned, minced

1 tablespoon Kosher salt

1 tablespoon paprika, ground

1 1/2 teaspoons garlic powder

4 1/2 cups sweet potato, peeled, medium dice

Avocado cilantro crema:

3/4 cup egg-free mayonnaise

3/4 cup avocados, fresh, medium dice

3 tablespoons lime juice

1 tablespoon apple cider vinegar

1 teaspoon garlic powder

1/2 teaspoon Kosher salt

3/4 cup cilantro, fresh, leaves

For service:

24 corn tortillas, 6"

1/4 cup red onions, small dice

2 tablespoons cilantro, fresh, chopped

Directions

1. For baked tofu – Preheat oven to 400°F. Cut tofu into 2.5 ounce, 3 inch x 2inch planks. In a medium bowl, combine oil, vinegar, vegetable stock, cumin, chili powder, garlic powder, onion powder, salt, paprika and chipotle chili powder.
2. Bake for 20 minutes then flip each tofu piece. Bake until crispy, about 15 more minutes. Tofu can be held in hotel pans in hot well until ready for tacos.
3. For Chipotle sweet potatoes – Preheat oven to 400°F. Whisk to combine oil chipotle peppers in adobo sauce, salt, paprika and garlic powder. Add sweet potatoes and toss to coat. Spread on lined sheet pan in a single layer.
4. Bake for 40 minutes, until crispy. Chipotle sweet potatoes can be held in hotel pans in hot well until ready for tacos.
5. For avocado cilantro crema – Combine all ingredients in step 5, except cilantro in a blender and process until smooth. Add cilantro and pulse until flaked throughout. Crema can be stored in a sealed container in cooler until ready for service.
6. For tacos – Preheat oven to 400°F. Wrap tortillas in a damp paper towel and microwave for 30-60 seconds or place in steamer for 1 minute. Keep warm as you build tacos to prevent cracking. On a lined sheet pan, add half of a 2.5 ounce tofu plank and 2 tablespoons potatoes to each tortilla. Fold and spray each side with pan spray. Bake for 10 minutes, until crispy.
7. For service – Portion 2 tacos onto a plate, top each with 1/2 teaspoon red onion, 1/4 teaspoon cilantro and 1 tablespoon of drizzled crema.

Nutrition

Amount per serving
Serving size: 2 tacos
Calories: 412
Total Fat: 24g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 737mg
Total Carbohydrate: 42g
Dietary Fiber: 7g
Sugars: 4g
Protein: 12g



Coconut BLT

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 12 servings | **Prep time:** 20 mins | **Cook time:** 8 mins

Ingredients

Coconut Bacon

- 4 cups Coconut flakes, unsweetened, raw
- 2 Tbsp Liquid smoke
- 1 Tbsp Maple syrup
- 2 Tbsp Tamari or soy sauce

Creamy Herb Dressing

- 1 cup Plant-based mayonnaise
- 1 cup Plant-based sour cream
- 1 Lemon, zest and juice
- 2 Tbsp White vinegar
- 1/4 cup Parsley, finely chopped
- 1/4 cup Dill, finely chopped
- 1/4 cup Chives, finely chopped
- 1/2 tsp Salt
- 1/2 tsp Black pepper, ground

BLT Wraps

12 6" Whole wheat tortillas

1 recipe Creamy Herb Dressing

1 Recipe Coconut Bacon

6 cups Iceberg lettuce, cut into 1/2" strips

4 cups Roma tomatoes, 1/4" slices

Directions

Coconut Bacon

1. Pre-heat oven to 350 °F (180 °C). Line a full baking sheet with parchment paper.
2. In a large bowl, gently toss the coconut flakes with the tamari, maple syrup, and liquid smoke.
3. Evenly spread the flakes on the baking sheet, then bake for approximately 6-8 minutes. Mix the pieces around every few minutes for even browning (this is particularly needed if you aren't baking with a convection oven).
4. Remove from the oven once the edges of the flakes are nicely browned. Transfer to a plate and allow to cool.

Creamy Herb Dressing

5. In a medium bowl, whisk together all ingredients. Set aside or store covered in a refrigerator until needed.

BLT Wraps

6. Lay a tortilla down flat and spread generously with 2-3 Tbsp of the dressing, leaving a 1" border around the edge.
7. Top the tortilla in the bottom third with the tomato slices. Layer with the iceberg lettuce shreds and top with the coconut bacon.
8. Fold the bottom of the wrap over the fillings, firmly tucking them in, then fold the sides over the center, "burrito style" and continue rolling until the roll is seam side down.
9. Cut in half and serve with potato wedges for a great grab and go meal or snack.

Notes

This wrap can be made into an even more substantial meal similar to a club wrap with the addition of baked marinated tofu pieces or avocado slices.

Cost per recipe (12 servings): \$19.38

Cost per serving: \$1.61

Nutrition

Amount per serving
Serving size: 6" wrap (140 g)

Photos



Corned Tempeh on Rye with Russian Dressing

Recipe by Chef Amy Symington

Serving size: 24 | Prep time: 30 mins | Cook time: 1 hour 30 mins

Ingredients

Rye bread:

- ½ cup (144 g) dry active yeast
- 4 cups warm water
- 1 cup maple syrup
- 20 cups (2.36 kg) light rye flour
- ¼ cup (48 g) caraway seeds
- 2 tbsp sea salt

Corned tempeh:

- 2 cups (500 ml) fresh pressed beet juice
- 1 1/3 cup apple cider vinegar
- 1 cup tamari
- ½ cup extra virgin olive oil
- 1 cup maple syrup
- ¼ cup Dijon mustard
- 8 tsp (60 g) fresh ginger, minced
- 2 tsp (8 g) ground coriander
- 2 tsp (4 g) red chili pepper flakes
- 1 tsp (4 g) ground black pepper
- 1 tsp (4 g) ground cinnamon
- 1 tsp (2 g) whole cloves
- ½ tsp (2 g) cayenne
- 1 kg tempeh

Russian dressing:

- 2 cups (552 g) soft organic tofu
- ¾ cup (104 g) dill pickles, minced
- ½ cup apple cider vinegar
- ¼ cup (64 g) Dijon mustard

¼ cup (72 g) tomato paste
4 each (16 g) garlic cloves, minced
1 tsp (4 g) horseradish, grated
1 tsp (4 g) red chili pepper flakes
1 tsp (4 g) sea salt
¼ tsp ground black pepper

Directions

1. Preheat oven to 350°F degrees and line 3 baking sheets with parchment paper.
2. For the rye bread: In a large bowl dissolve yeast in water. Stir in maple syrup and set aside for 5 minutes or until yeast foams.
3. In a large mixing bowl add flour, caraway seeds and salt. Add wet to dry and incorporate fully. Knead dough until smooth, about 3 minutes. Form into 4 loaves, place on to parchment lined baking sheets, cover and allow to rise for 45 minutes.
4. Next, bake for 30-35 minutes. Once baked, remove from oven and allow to cool. Once cooled cut into 1/2" slices. Toast bread when ready to assemble sandwich.
5. For the tempeh: In a small bowl whisk together all corned tempeh ingredients, except tempeh.
6. In 3, 9 x 12 baking dishes layer tempeh. Evenly pour marinade over tempeh ensuring that every piece is immersed in the marinade. Allow to marinate for 15 minutes.
7. Next, bake tempeh uncovered in the oven for 45 minutes, until the majority of the liquid has been absorbed by the tempeh.
8. Meanwhile in a food processor add all Russian dressing ingredients and process until smooth.
9. To assemble sandwich, spread 1 tbsp of Russian dressing on each slice of toasted bread, top with 4 slices of tempeh and 2 tbsp sauerkraut. Serve with a pickle.

Notes

Chef's note:

- To lessen the prep and cook times, use premade plant-based rye bread



Curried Chickpea Salad Sandwiches

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper

Serving size: 24 | **Prep time:** 15 mins | **Cook time:** 40 mins

Ingredients

- 4 heads garlic
- 1/2 cup (125 mL) grapeseed oil, divided
- 6 cups (1.5 L) diced sweet potato, cut into 1/2 inch (1.25 cm) cubes
- 1/4 cup (60 mL) curry powder
- 2 Tbsp (30 mL) ground coriander
- 2 Tbsp (30 mL) ground cumin
- 2 Tbsp (30 mL) paprika
- 2 Tbsp (30 mL) ground turmeric
- 12 cups (3 L) unsalted canned chickpeas, drained and rinsed
- 1 cup (250 mL) tahini
- 6 Tbsp (90 mL) nutritional yeast
- 2 Tbsp (30 mL) lemon zest
- 1/2 cup (125 mL) fresh lemon juice
- 4 stalks celery, diced
- 3 cups (750 mL) thinly sliced green onions
- 1/2 bunch parsley, finely chopped

1 cup (250 mL) egg-free mayo
4 tsp (20 mL) salt
1 tsp (5 mL) black pepper
48 slices multigrain bread
2 heads Boston lettuce, leaves separated
4 beefsteak tomatoes, thinly sliced

Directions

1. Preheat the oven to 375F (190C). Line a baking sheet with parchment paper.
2. Cut off the top(s) of the head(s) of garlic. Lightly drizzle with a quarter of the grapeseed oil. Place on the prepared baking sheet. Set aside.
3. Toss sweet potatoes with curry, coriander, cumin, paprika, turmeric and remaining oil. If room permits, spread evenly on same baking sheet with garlic. (If making 24 servings, use an additional lined baking sheet). Roast for 40 minutes, or until sweet potatoes are fork tender and garlic is golden and soft. Allow to cool before removing garlic skins.
4. In a food processor, combine roasted garlic, chickpeas, tahini, nutritional yeast and lemon zest and juice. Pulse 5 to 8 times (or 15 to 18 times if making 24 servings) until ingredients are incorporated and chickpeas are slightly broken down, but still chunky.
5. In a large bowl, mix together sweet potatoes, chickpeas, celery, green onions, parsley and mayo. Add salt and pepper. Cover and refrigerate for 20 minutes, or overnight.
6. Divide among half the bread slices, topping with Boston lettuce, tomatoes and the rest of the bread.



Deviled Tofu Salad Sandwiches

Recipe by Chef Amy Symington, photo by Makayla Dewit/Humane World

Serving size: 24 | **Prep time:** 15 mins

Ingredients

- 1 kg (2 lbs) Medium-firm tofu, drained and crumbled
- 2 cups (100 g) Green onion, finely chopped
- 1 cup (250 mL) Egg-free mayonnaise
- 1/2 cup + 3 Tbsp (165 mL) Dijon mustard
- 1/3 cup (21 g) Nutritional yeast
- 1/4 cup (60 mL) Apple cider vinegar
- 1/4 cup (12 g) Chives, finely sliced
- 1/4 cup (6 g) Dill, chopped
- 2 tsp (8 g) ground Turmeric
- 2 tsp (7 g) Celery seed
- 1 tsp (2 g) ground Black pepper
- 1 tsp (4 g) Garlic powder
- 1/2 tsp (2 g) Paprika, plus extra for sprinkling
- 1/4 tsp (1 g) Black salt [Kala Namak]
- 48 slices of your choice of bread (e.g., sourdough, whole grain, etc.)

Toppings

4 large Tomatoes, sliced
8 Dill pickles, sliced
1 head Iceberg lettuce
2 Red onion, thinly sliced
Sprouts (optional)

Directions

1. In a large mixing bowl add all the Deviled Tofu Salad ingredients and thoroughly mix together using a spatula.
2. Scoop 1/4 cup - 1/3 cup of the tofu mixture on to 1 slice of bread (depending on the size of the slices). Sprinkle with additional paprika and top with your choice of toppings and the second bread slice. Repeat with the remaining bread.

Notes

Equipment: Measuring cups and spoons, large mixing bowl, spatula



Falafel Sliders with Kale Tabbouleh and Papaya Chutney

Recipe by Chef Amy Symington from The Long Table Cookbook: Plant-based recipes for optimal health

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 50 mins

Ingredients

Falafels:

- 2 1/4 tablespoons (12g) Flax seed, ground
- 3 tablespoons (45ml) Water
- 1/2 cup (80g) Onions, finely chopped
- 3 cloves (48g) Garlic cloves, minced
- 1 tablespoon (15ml) Olive oil
- 4 cups (585g) Chickpeas, cooked and drained
- 1/4 cup (63ml) Vegetable stock, low sodium
- 1/4 cup (15g) Parsley, fresh chopped
- 1 cup (100g) Chickpea flour
- 1 teaspoon (4g) Baking powder
- 2 teaspoons (4g) Cumin, ground
- 1/2 teaspoon (2g) Chili powder (optional)
- 3/4 teaspoon (3.5g) Salt
- 1/4 teaspoon (1g) Black pepper

Kale Tabbouleh:

1 cup (40g) Kale, chopped
1 cup (40g) Parsley, chopped
1/4 cup (60g) Red onions, chopped
1/4 cup (60g) Red pepper, diced
1 1/2 tablespoons (20ml) Olive oil
3/4 tablespoon (11ml) Lemon juice
1/2 teaspoon (2.5g) Salt
1/4 teaspoon (1g) Black Pepper

Spicy Tahini Sauce:

1/4 cup and 2 tablespoons (90ml) Tahini
1/4 cup (63ml) Water
1 1/2 tablespoons (23ml) Lemon juice
1 1/2 tablespoons (20ml) Maple syrup
2 cloves (12g) Garlic, puréed
1/4 teaspoon (1.3g) Salt
1/4 teaspoon (1.3g) Cayenne pepper

Papaya Chutney:

2 teaspoons (10ml) Grapeseed oil
6 each (40 g) Garlic cloves, pureed
2 each (60 g) Jalapenos, deseeded and minced
2 teaspoons Coriander seeds, crushed
1 teaspoon Yellow mustard seeds, cracked
2 each Papayas, small, ripe, 1/4-inch dice (approximately 6 cups)
2 tablespoons (9g) Lime zest
2 tablespoons (30ml) Lime juice (approximately 2 limes)
2 tablespoons (30ml) Apple cider vinegar
2 tablespoons (30ml) Fresh ginger, pureed
2 tablespoons (30ml) Maple syrup
3/4 cup (188ml) Water
1/2 teaspoon (1.3g) Salt

Assembly:

12 Whole grain mini pita breads

Directions

1. Preheat oven to 375°F (190°C). Line baking sheet(s) with parchment paper and set aside.
2. In a small bowl, mix ground flaxseed with water. Set aside to allow to thicken.
3. In a medium sauté pan over medium heat, add olive oil. Once heated, add onions. Sauté until soft, about 3-5 minutes. Add garlic and chickpeas and sauté until garlic is fragrant, about 1-2 minutes.
4. In a food processor, add onion and chickpea mixture, flaxseed mixture, and the remaining falafel ingredients. Process until the ingredients are thoroughly combined. For 24 servings you will need to process in batches.
5. Take approximately ¼ heaping cup (72 g) of the mixture and form into balls. Place on lined baking sheet 1 inch apart. Repeat with remaining mixture.
6. Place into the oven and bake for 40 minutes, flipping the falafels after 20 minutes.
7. Meanwhile, in a medium bowl thoroughly combine all kale tabbouleh ingredients. Set aside.
8. For the spicy tahini sauce, in a small bowl whisk together all ingredients until smooth. Set aside.
9. To assemble the falafel sliders, open the mini pitas and spread spicy tahini on the bottom. Layer with kale tabbouleh; a falafel; chutney; and some more spicy tahini sauce.

For the chutney:

1. In a medium-large sauce pot over medium heat add oil. Once heated add garlic, jalapeno, coriander and mustard seeds and sauté until fragrant, about 3 minutes.
2. Next, add the remaining ingredients, except salt, and stir. Bring to boil, reduce heat and allow to simmer for 20 minutes, stirring occasionally.
3. When the chutney has reduced by 1/3 and is thick and viscous, remove from heat and stir in salt.



Fried Tomato Sandwiches

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 16 | **Prep time:** 15 mins | **Cook time:** 20 mins

Ingredients

2 pounds (910g) Tomatoes, green or firm red, sliced into $\frac{3}{4}$ " slices

2 pounds (910g) All-purpose flour, divided

1 pound (448g) Cornmeal

2 teaspoons (10g) Salt

2 teaspoons (10g) Ground black pepper

6 cups (1.5 litres) Non-dairy milk

Oil for frying

4 each Baguettes, sliced lengthwise and then into 16 buns

2 pounds (910g) Fresh spinach

Spread:

1 cup (250ml) Egg-free mayonnaise

2 ounces (56g) Roasted red pepper

2 clove Fresh garlic

Directions

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.

Spread:

1. In a blender, add egg-free 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:

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

Notes

Red or green tomatoes can be used in this recipe.

Cost per serving: \$1.32

Photos





Lentil-Walnut Tacos with Mango Avocado Salsa

Recipe by Chef Amy Symington, Anne Hewitt and Bronwyn Cawker, Photo by Chef Amy Symington

Serving size: 24 tacos | **Prep time:** 10 mins | **Cook time:** 35 mins

Ingredients

Filling:

- 6 cups Dry brown lentils, rinsed and sorted
- 4 tablespoons Olive oil
- 2 cups Red onion, finely chopped
- 16 cloves Garlic, minced
- 1 cup Tomato paste
- 4 tablespoons Cumin
- 8 teaspoons Oregano
- 8 teaspoons Chili powder
- 4 teaspoons Paprika
- 4 teaspoons Salt
- 1 teaspoon Black pepper
- Cayenne pepper, to taste
- 4 teaspoons Red wine vinegar
- 4 cups Walnuts, toasted and finely chopped

Mango avocado salsa:

4 cups Mango, diced
4 cloves Garlic, minced
4 Avocado, diced
1 cup Red onion, finely chopped
4 Jalapeños, seeded and finely chopped
4 cups Cilantro, finely chopped
4 tablespoons Lime zest
12 tablespoons Lime juice, approx. 4 lime
24 6-inch corn tortillas

Directions

1. In medium saucepan, cover lentils with cold water. Bring to a boil, reduce heat and simmer until cooked, about 20 minutes. 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.

Notes

Chef's tip: To make this recipe nut-free, replace the walnuts with crumbled tempeh.



Portobello Mushroom Tacos with Cilantro Cream Sauce

Photo by Colin Hatherill/CHat Photography

Serving size: 24 tacos | **Prep time:** 1 hour 15 mins | **Cook time:** 20 mins

Ingredients

Tacos:

- 4 cups (1 L) Portobello mushroom caps, diced
- 2 tbsp (30 mL) Tamari sauce (gluten-free soy sauce)
- 1 tbsp (15 mL) Olive oil
- 1 cup (250 mL) Green bell pepper, small dice
- ½ cup (125 mL) Red onion, small dice
- ¼ cup (60 mL) Corn (fresh, canned, or frozen)
- 24 each Corn tortilla shells (4-inch)
- ½ bunch Cilantro, fresh, coarsely chopped
- 1 cup (250 mL) Pico de gallo

Cilantro Cream:

- 1 cup (250 mL) Raw cashews
- 2 ½ cups (625 mL) Water, divided
- ½ bunch Cilantro stems and leaves
- 1 tbsp (15 g) Salt

Directions

For the Tacos:

1. Clean and dice the mushroom caps. Place them in a Ziplock bag or shallow pan. Add tamari sauce to the mushrooms and let marinate for at least 1 hour.
2. In a saucepan, heat olive oil over medium heat. Once hot, add the marinated mushrooms and cook for 5 minutes, stirring often.
3. Add the green bell pepper, red onion, and corn. Cook for an additional 5 minutes, then remove the pan from the heat.
4. In a large skillet over high heat, warm the tortillas for approximately 20 seconds on each side.
5. Assemble tacos by placing 2 tbsp of the mushroom mixture in each tortilla, then top with cilantro sauce and pico de gallo.

For the Cilantro Cream Sauce:

1. Place cashews in a container and cover with 1 ½ cups of water (ensuring all cashews are submerged).
2. Cover and refrigerate for at least four hours. After soaking, drain the cashews and reserve the liquid.
3. In a blender, combine the soaked cashews, 1 cup of reserved liquid, cilantro, and salt. Blend until smooth.
4. Refrigerate the cilantro cream sauce until ready to use.

Notes

If portobello mushrooms are not available any type of mushroom may be used as a substitute.



Pulled Jackfruit Sandwiches with Rainbow Slaw

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 12 full sandwiches (or ~24 sliders) | **Prep time:** 10 mins | **Cook time:** 30 mins

Ingredients

- 3 Tbsp (45 mL) Olive oil
- 1 Onion, large medium dice
- 6 cloves Garlic, minced
- 1 Tbsp (15 mL) Ginger, fresh, minced or grated
- 1 tsp (5 mL) Chinese five spice
- 2 - 20 oz (540 g) cans Jackfruit, green, in water or brine, drained [and rinsed if in brine], tough pieces trimmed off, rough chop
- 1/2 cup (125 mL) Low-sodium vegetable stock

Jackfruit Sauce

- 1/4 cup (60 mL) Reduced-sodium soy sauce or tamari
- 2 Tbsp (30 mL) Hoisin sauce
- 1 Tbsp (15 mL) Toasted sesame oil
- 1 Tbsp (15 mL) Maple Syrup [or other sweetener]
- 1 Lime, juice only
- 1-2 Tbsp (15-30 mL) Sriracha, to taste, optional

For Serving:

12 full-size or 24 slider buns (whole grain, plant-based), toasted if desired

1 recipe Rainbow Slaw [Forward Food recipe packet, see Notes]

Directions

1. Preheat oven to 350°F (177°C).
2. Heat a large sauté pan over medium heat and add the olive oil.
3. Add onion and sauté using a spatula for 5 minutes or so, until beginning to soften and brown.
4. Add the garlic, ginger and Chinese five spice. Sauté another 2-3 minutes. Add splashes of water as needed to prevent the spice from burning.
5. Add in the jackfruit and the low-sodium vegetable stock, then raise the heat to medium-high. Sauté the jackfruit for 5 minutes until the stock has mostly evaporated. Use the spatula to shred the jackfruit into strands as it cooks.
6. While cooking the jackfruit, in a small bowl, whisk together all of the sauce ingredients. Once the stock has mostly evaporated from the skillet, mix the sauce into the jackfruit, lower the heat slightly and allow the sauce to simmer and thicken enough to coat the jackfruit pieces. Taste and adjust seasoning with salt or pepper, then remove from the heat.
7. In a 9"x13" rectangular baking dish (line with parchment if desired to prevent sticking), spread the jackfruit in an even layer. Place the dish in the oven and bake for 15-20 minutes, stirring halfway through the cook time, until the jackfruit sauce has thickened more and the edges have browned slightly. Remove from the oven and allow to cool slightly.
8. Serve the jackfruit on a bun (or in a lettuce wrap) with rainbow slaw, or desired toppings.

Notes

Equipment: Large sauté pan, spatula or wooden spoon, small mixing bowl, whisk, 9"x13" (3 Qt) glass or metal baking dish

If serving with the Rainbow Slaw, prepare the slaw first, cover and refrigerate to allow the flavours to combine until needed.

Jackfruit flavour will improve if prepared a day ahead. Reheat for service in a foil-covered pan in the oven at 250°F (121°C) for 25-30 minutes.

Cost per serving: \$0.80



Vietnamese Noodle Wrap

Recipe by Chef Amy Symington, Photo by Laura Bossy/Humane World

Serving size: 24 | **Prep time:** 25 mins | **Cook time:** 20 mins

Ingredients

- 3/4 cup (181ml) tamari, divided
- 1/2 cup (126ml) sesame oil, divided
- 1 tablespoon (15ml) ground cinnamon
- 1 tablespoon (15ml) ginger, ground
- 1 tablespoon (15ml) garlic powder
- 12 cups (700g) stemmed and thinly sliced mushrooms
- 3/4 cup (181ml) maple syrup
- 3/4 cup (181ml) rice wine vinegar
- 2 1/2 tablespoons (10g) lime zest
- 5 1/2 tablespoons (80ml) lime juice, approximately 4 limes
- 1.4kg firm tofu, cut into long 1/2-inch thick strips
- 1 1/2 teaspoons (3g) black pepper
- 24 10-inch whole wheat wraps
- 600g brown rice noodles, cooked
- 3 cups (130g) thinly sliced savoy cabbage
- 3 cups (210g) thinly sliced red cabbage
- 2 cups (240g) grated carrots

12 sprigs cilantro, stemmed
8 sprigs basil, stemmed
8 sprigs green onions, thinly sliced
Hot sauce of your choice (optional)

Directions

1. Cook brown rice noodles as per package directions. Toss in a third of each the tamari and sesame oil. Set aside until ready to use.
2. In a small bowl, combine the cinnamon, ground ginger, and garlic powder.
3. In a medium bowl, combine maple syrup, rice wine vinegar, tamari, lime zest and juice. Set aside until ready to use.
4. In a large sauté pan over medium heat, add the remaining sesame oil. Once heated, add tofu to brown, about 4 minutes. Flip and brown other side, about 4 minutes.
5. Next, sprinkle the spice mixture over tofu and sauté until fragrant, about 1 minute.
6. Stir in mushrooms and sauté with tofu until brown, about 7 minutes.
7. Add the prepared sauce to coat tofu and mushrooms. Season with pepper and remove from heat.
8. Store tofu and mushroom mixture separately from garnishes.

To assemble:

Take 1 whole wheat wrap and assemble according to the following quantities:

- ¾ cup (85 g) noodles
- ¾ cup (105 g) tofu-mushroom mixture
- ¼ cup (15 g) red cabbage
- 2 tbsp (10 g) savoy cabbage
- ¼ cup (15 g) carrots
- 1 tbsp (7 g) green onions
- 5 leaves cilantro
- 4 leaves basil

Notes

- Slightly warm the wrap on a dry pan to make folding easier.

Salads, Slaws + Bowls



Bibimbap Bowl

Recipe and photo by Chef Amy Symington

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 15 mins

Ingredients

Bowl:

- 4 tbsp (60 mL) Sesame oil
- 20 oz (568 g) Tempeh
- 6 cloves (30 g) Garlic, minced
- 4 tbsp (60 mL) Tamari
- 4 tbsp (60 mL) Maple syrup
- 3 cups (660 g) Steamed spinach
- 6 cups (630 g) Bean sprouts
- 6 cups (450 g) Shiitake mushrooms, thinly sliced
- 8 cups (500 g) Cooked brown rice
- 6 each (360 g) Carrots, grated
- 1 each (120 g) Cucumber, grated
- ½ each (360 g) Red cabbage, thinly sliced
- ½ cup (20 g) Korean seasoned seaweed, chopped

Sauce:

- ½ cup (120 g) Gochujang paste

4 tbsp (60 mL) Sesame oil
2 tbsp (30 mL) Maple syrup
4 tbsp (60 mL) Water
4 tbsp (36 g) Toasted sesame seeds
6 tbsp (90 mL) Rice vinegar
4 cloves (20 g) Garlic, puréed

Directions

1. In a medium sauté pan over medium-high heat, add 2 tbsp oil. Once heated, add tempeh and sauté until browned, about 3 minutes per side.
2. Add garlic and sauté until fragrant, about 1 minute. Add tamari and maple syrup, then remove from heat.
3. In another sauté pan over medium heat, add oil and sauté mushrooms until browned and fragrant, about 5 minutes.
4. In a small bowl, whisk together all sauce ingredients and set aside.
5. To assemble each bowl: Add $\frac{2}{3}$ cup of rice, $\frac{1}{6}$ th of the tempeh, spinach, bean sprouts, mushrooms, carrot, cucumber, cabbage, and seaweed. Drizzle with 2 tbsp of sauce.

Nutrition

Amount per serving
Serving size: 1 bowl (426 g)
Calories: 624
Total Fat: 18g
Saturated Fat: 3g
Cholesterol: 0mg
Sodium: 553mg
Total Carbohydrate: 91g
Dietary Fiber: 15g
Sugars: 15g
Protein: 30g



Black Bean Salad

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 28 servings | **Prep time:** 30 mins

Ingredients

12 cups Black beans, no salt added, drained and rinsed (6 - 540 mL cans)

6 - 284 mL cans Ro*tel tomatoes & chilis, drained of excess liquid (should equal about 4 1/2 cups)

6 cups Corn kernels, frozen, thawed

3 cups Green bell pepper, small dice

3 cups Red bell pepper, small dice

3 cups Red onion, small dice

Dressing

1 1/2 cups Extra virgin olive oil

2 Tbsp Lime zest

1 1/2 cups Lime juice

1/4 cup + 2 Tbsp Maple syrup

2 Tbsp Garlic, minced

1 Tbsp Ground Cumin

1 Tbsp Smoked Paprika

1 Tbsp Salt

1 Tbsp Black pepper, ground

Garnishes

1 Tbsp Smoked Paprika

1 Tbsp Ground Cumin

1 1/2 cups Cilantro, chopped

Directions

1. In a large bowl, thoroughly combine the black beans, tomatoes & chilis, and prepared vegetables.
2. Whisk together all dressing ingredients. Taste and adjust seasoning as needed.
3. Toss the salad with the dressing.
4. Chill the salad for a few hours before service to improve the flavour, or serve right away if required. Serve 1 cup of salad garnished with a pinch of the remaining smoked paprika, cumin, and some chopped cilantro for freshness.

Notes

This salad can be served as an appetizer, side, or on top of chopped romaine or iceberg lettuce with crushed tortilla chips and vegan cheese shreds, for a quick taco-style salad

If you are unable to locate Ro*tel canned tomatoes with chilis, you can substitute with 2 cups canned diced tomatoes (drain before measuring), or seeded & diced fresh tomatoes, as well as 1/3 cup of jarred pickled jalapeño slices, drained and chopped.

Recipe Costing (28 Servings)

Total Cost: \$47.27

Serving Cost: \$1.69

Nutrition

Amount per serving

Serving size: 1 cup (210 g)

Calories: 224

Total Fat: 12g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 374mg

Total Carbohydrate: 25g

Dietary Fiber: 6g

Sugars: 6g

Protein: 6g

Photos





Broccoli Salad

Photos and recipe testing by Leah Tamblin/For Humane World

Serving size: 15 | **Prep time:** 45 mins | **Cook time:** 55 mins

Ingredients

Tempeh Bacon Crumbles

1/4 cup Tamari (or soy sauce), reduced sodium

3 Tbsp Maple syrup

1 Tbsp + 1 tsp Neutral tasting oil (grapeseed, canola or vegetable)

2 tsp Smoked paprika

2 - 250 g packages Tempeh, crumbled (bacon bit size with some larger bite-size pieces)

Broccoli Salad

2 lbs bite-size Broccoli florets, chopped (see Notes)

1 1/4 cup Red onion, small dice

2 cups Plant-based cheddar-style cheese shreds

2 cups Tempeh Bacon Crumbles

1 cup Dried cranberries or golden raisins, rough chop

1 cup Sunflower seeds, toasted

Dressing

1 1/2 cups Plant-based mayonnaise

2 Tbsp Sugar
1/4 cup Apple Cider Vinegar
1/2 tsp Salt
1 tsp Black pepper, ground

Directions

1. Preheat oven to 350°F (177°C) and line a full baking sheet with parchment paper.
2. Place the tempeh pieces in a large bowl. In a small bowl, whisk together the first four marinade ingredients. Pour over the tempeh crumbles and fold with a spatula until the tempeh is evenly saturated with the marinade.
3. Spread the tempeh out on the lined baking sheet. Place in the oven and bake for 15-20 mins until all liquid has been absorbed and the crumbles are firm. Use a spatula to flip the tempeh once at the 10-minute mark. When done, remove from the oven and set aside to cool.
4. In a small mixing bowl, whisk together all of the dressing ingredients. Set aside.
5. In a large mixing bowl, combine the broccoli, red onion, plant-based cheddar shreds, tempeh bacon crumbles, dried cranberries and toasted sunflower seeds. Mix thoroughly with a spatula.
6. Fold in the dressing and thoroughly mix everything together. Taste and adjust seasoning as needed.
7. Refrigerate for at least an hour, up to overnight for improved flavour and texture, then serve.

Notes

For more texture and to prevent food waste, you can include finely julienned broccoli stalks. Peel away the tough exterior of the broccoli stalks, cut into planks and then into 1/8"x1/8"x2" pieces. Replace up to a 1/2 lb of the chopped florets with julienned stalk pieces

Any remaining tempeh bacon crumbles can be used to top a vegan caesar salad, as a pizza topping, in a vegan omelette or breakfast bake

Nutrition

Amount per serving
Serving size: 1 cup (250 mL)

Photos





Caesar Potato Salad

Recipe and photo by Chef Amy Symington

Serving size: 12 | **Prep time:** 15 mins | **Cook time:** 30 mins

Ingredients

Salad:

- 4 pounds 8 ounces Potatoes — red, Yukon, sweet, purple, cut into 1-inch cubes
- 3 tablespoons Grapeseed oil
- 1 1/2 cups Cooked artichokes, thinly sliced
- 1/4 cup and 2 tablespoons Sun-dried tomatoes, thinly sliced
- 1 1/2 large Carrots, small dice
- 4 1/2 tablespoons Whole capers

Caesar Dressing:

- 3/4 cup Fresh lemon juice (about 1 1/2 lemons), plus 3/4 tsp lemon zest
- 3 tablespoons Extra-virgin olive oil
- 3 tablespoons Ground flaxseed
- 3 teaspoons Dijon mustard
- 1/4 cup and 2 tablespoons Organic plain unsweetened soy milk
- 4 1/2 tablespoons Nutritional yeast
- 3/4 teaspoon Puréed garlic
- 1/2 teaspoon Dulse flakes (optional)

Pinch sea salt

Garnish:

1/4 cup and 2 tablespoons Parsley, chopped, approximately (about 3/8 bunch)

Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the potatoes in oil. Spread the potatoes evenly onto the baking sheets 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 the potatoes, dressing, artichokes, sun-dried tomatoes, carrots, and capers, and toss until the potatoes are completely coated.
5. Garnish with parsley. The salad will last in the fridge for up to 4 days.



Caesar Salad with Tempeh Bacon (Cannellini bean base)

Recipe by Chef Amy Symington

Serving size: 12 | **Prep time:** 20 mins | **Cook time:** 20 mins

Ingredients

Tempeh Bacon

- 1/4 cup + 2 Tbsp (90 mL) Tamari, reduced-sodium
- 1/4 cup (60 mL) Maple syrup
- 2 Tbsp (30 mL) Grapeseed oil
- 2 Tbsp (30 mL) Smoked paprika
- 700 g Tempeh, thinly sliced [similar to cooked bacon]

Caesar Dressing

- 4 cups (720 g) Cannellini beans, canned, no salt added, drained and rinsed
- 4 cloves Garlic, rough chop
- 2 Lemons, zest and juice
- 1/2 cup (125 mL) Extra virgin olive oil
- 1/2 cup (30 g) Nutritional yeast
- 1/4 cup (60 mL) Apple cider vinegar
- 1/4 cup (60 mL) Dijon mustard
- 1/2 tsp Salt (optional)

Seed Parmesan

1/2 cup (75g) Hemp hearts, ground

1/2 cup (30 g) Nutritional yeast

Salad & Garnish

4 heads Kale, torn into bite-size pieces

1/2 cup Sun-dried tomatoes, sliced

2 Tbsp Capers, finely chopped

Directions

1. Preheat oven to 400°F (200°C), make sure convection and steam are turned off. Line a full baking sheet with parchment paper.
2. In a large bowl, whisk together all the Tempeh Bacon marinade ingredients. Gently toss the tempeh slices in the marinade, then evenly arrange on the baking sheet. Pour any remaining liquid from the bowl over the tempeh slices. Bake for 15 to 18 minutes, or until the liquid has evaporated and the tempeh is firm. Set aside to cool.
3. In a blender, combine all Caesar Dressing ingredients and blend until very smooth. Adjust the consistency as needed by adding water, 1 Tbsp at a time. Once the desired consistency is reached, set aside.
4. In a small bowl, mix the Seed Parmesan ingredients together. Set aside.
5. In a large bowl, add the torn kale and toss with the dressing. Top with the sun dried tomatoes, capers, seed parmesan and tempeh bacon and serve.

Notes

Equipment: baking sheet, parchment paper, large & small mixing bowls, blender, spatula

In the seed parmesan, ground almonds can be substituted for the hemp seeds

If prepping ahead: Place the torn kale into resealable container with damp cloths or paper towel. Transfer the dressing to a closed container. Place the parmesan and tempeh bacon in separate resealable bags. Refrigerate all components up to 4 days before assembling.

Recipe Costing (12 servings)

Total Cost: \$53.39

Serving Cost: \$4.45

Total Cost without garnishes: \$52.31

Serving Cost without garnishes: \$4.36

Nutrition

Amount per serving
Serving size: 1 cup (180 g)
Calories: 410
Total Fat: 23g
Saturated Fat: 4g
Cholesterol: 0mg
Sodium: 610mg
Total Carbohydrate: 27g
Dietary Fiber: 7g
Sugars: 5g
Protein: 26g



Chickpea Salad

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 16 | **Prep time:** 25 mins

Ingredients

- 6 cups (1.08 kg) chickpeas, canned, drained and rinsed
- 8 stalks celery, small dice
- 12 green onions, finely chopped
- 1 cup (156 g) dill pickles, small dice
- 1 cup (160 g) red bell pepper, small dice
- 3/4 cup (180 mL) egg-free mayonnaise
- 4 cloves garlic, fresh, minced
- 2 Tbsp (30 mL) yellow mustard
- 1/4 cup (24 g) dill, fresh, minced
- 1/4 cup (60 mL) lemon juice [from 1 lemon]
- 1 tsp (6 g) salt
- 1 tsp (4 g) ground black pepper

For Serving

- 16 slices of whole grain baguette, wraps or lettuce leaves

Directions

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Using a spatula, stir in the celery, green onions, pickles, bell pepper, mayonnaise, and garlic until combined.
3. Next stir in the mustard and dill, then season with the lemon juice, salt, and pepper. Taste and adjust seasoning as needed.
4. Serve 1/2 cup on bread, in a wrap or lettuce leaf and garnish with more dill if desired. Serve 2 Tbsp for a canapé or sample serving.

Notes

Equipment: measuring cups and spoons, large mixing bowl or hotel pan (depending on batch size), potato masher, spatula

Recipe Costing (16 Servings)

Total Cost: \$16.00

Serving Cost: \$1.00

Nutrition

Amount per serving

Serving size: 1/2 cup (130 g)

Calories: 156

Total Fat: 8g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 371mg

Total Carbohydrate: 16g

Dietary Fiber: 5g

Sugars: 3g

Protein: 5g

Photos





Classic Coleslaw

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 30 mins

Ingredients

Coleslaw Dressing

- 1 cup Plant-based mayonnaise
- 1/4 cup Apple cider vinegar
- 2 Tbsp Prepared horseradish
- 1 Tbsp + 1 tsp Yellow mustard
- 1 Tbsp Sugar
- 2 tsp Salt
- 1 tsp Celery seed
- 1 tsp Black pepper

Coleslaw Mix

- 10 cups Green cabbage, shredded
- 2 cups Carrots, julienned
- 1/2 cup Onion, small dice

Directions

1. In a medium bowl, whisk together all of the dressing ingredients. Set aside.
2. In a large mixing bowl, toss together the cabbage, carrots, and onions.
3. Add the dressing to the bowl and use a spatula and some tongs to thoroughly coat the vegetables with the dressing.
4. Allow the coleslaw to marinate covered and refrigerated for a few hours before eating for the best flavour.

Notes

This recipe can be made with green and red cabbage. Replace 4 cups of the green cabbage with red and proceed. Thinly julienned or diced apple is also a nice addition.

Cost per recipe: \$4.58

Cost per serving: \$0.21

Nutrition

Amount per serving

Serving size: 1/2 cup

Photos





Harvest Time Corn Salad

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 16 (1/2 cup each) | **Prep time:** 10 mins | **Cook time:** 10 mins

Ingredients

- 4 cups (1 litre) Frozen corn kernels
- 2 cups (500ml) Cherry tomatoes, halved
- 2 cups (500ml) Cucumber, deseeded, small dice
- 2 cups (500ml) Avocado, peeled, pitted, small dice
- 1 cup (250ml) Red onion, small dice
- 1/2 cup (120ml) Fresh basil, chiffonade
- 1/2 cup (120ml) Fresh lime juice
- 1 teaspoon (4g) Salt
- 1/2 teaspoon (2g) Ground black pepper

Directions

1. Heat a grill pan over medium heat and brush with vegetable oil.
2. Grill the corn kernels until tender and starting to brown. Remove from the pan and allow to cool.
3. In a medium bowl, toss together the grilled corn, cherry tomatoes, cucumber, avocado, and red onion.
4. Add fresh basil and lime juice, then season with salt and pepper. Toss well and serve.

Notes

When in season, substitute frozen corn with fresh corn. Use 4 medium ears of corn, grill, and cut the kernels from the cob.

Serve as a side salad, or use it as a salsa.

Cost per serving: \$0.96

Nutrition

Amount per serving

Serving size: 1/2 cup (102 g)

Calories: 70

Total Fat: 3g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 74mg

Total Carbohydrate: 11g

Dietary Fiber: 3g

Sugars: 2g

Protein: 2g

Photos





Huevos Rancheros Quinoa Bowl

Recipe and photo by Chef Amy Symington

Serving size: 10 | **Prep time:** 15 mins | **Cook time:** 25 mins

Ingredients

Bowl:

- 2 tbsp (30 mL) Grapeseed oil
- 2 (450 g) Onions, diced
- 2 (240 g) Red peppers, diced
- 8 cloves (40 g) Garlic, minced
- 4 tsp (16 g) Ground cumin
- 4 tsp (14 g) Ground coriander
- 2 tsp (10 g) Smoked paprika
- 2 tsp (10 g) Turmeric
- 2 tsp (8 g) Cayenne pepper
- 12 cups (3 L) Water
- 6 cups (820 g) Quinoa, rinsed
- 4 cups (720 g) Cooked and drained black beans
- 1 cup (60 g) Nutritional yeast
- Zest of 2 limes (4 g)
- Juice of 2 limes (60 mL)

Garnish:

2 bunches Cilantro, chopped

Hot sauce (optional)

Directions

1. In a large pot, heat grapeseed oil over medium heat. Add onions and red peppers, sauté until softened, about 5 minutes.
2. Add minced garlic, cumin, coriander, smoked paprika, turmeric, and cayenne pepper. Sauté for 1 minute until fragrant.
3. Add water and bring to a boil. Stir in rinsed quinoa, reduce heat to low, cover, and simmer for 15-20 minutes, or until quinoa is tender.
4. Stir in black beans, nutritional yeast, lime zest, and lime juice. Cook for an additional 2 minutes, just until heated through.
5. Serve in bowls, garnished with cilantro and a drizzle of hot sauce if desired.



Macedonian Salad

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 2 hours 30 mins | **Cook time:** 20 mins

Ingredients

Salad

- 6 (5 lbs) Eggplants, medium
- 6 Tbsp Canola oil
- 6 Tomatoes, medium dice
- 3 Cucumbers, medium dice
- 3 Green bell peppers, medium dice
- 3 Red bell peppers, medium dice
- 1 1/2 cups Parsley, flat-leaf, finely chopped

Marinade

- 6 Garlic cloves, crushed & minced
- 3/4 cup Lemon juice
- 1/4 cup + 2 Tbsp Dry red wine, optional
- 1 1/2 cups Olive oil
- 1 1/2 cups Red wine vinegar
- 1 tsp Thyme, dried
- 1 1/2 tsp Basil, dried

1 1/2 tsp Oregano, dried
1 1/2 Tbsp Salt
1 1/2 tsp Black pepper, ground

48 cups Mixed greens, for serving

Directions

1. Line a full baking sheets with parchment paper. Peel the eggplants and cut into 1" planks. Lightly salt them on both sides and let sit on the baking sheet for 10 minutes. After the time has passed, pat the eggplant slices with paper towels to soak up any moisture that has been released.
2. Heat a bar grill or grill pan over medium-high heat. Brush the eggplant slices lightly with the canola oil, place on the grill and cook until slightly charred, 5-7 minutes per side. Do not overcook. Once finished grilling the slices, cut them into 1/2-inch pieces and set aside in a large mixing bowl.
3. In a medium mixing bowl, combine the marinade ingredients and mix well. Taste and adjust seasoning.
4. Add the marinade to the chopped eggplant and toss. Allow to marinate covered in a fridge for at least 2 hours.
5. After two hours, fold the remaining ingredients, except a 1/2 cup of the parsley, in with the eggplant.
6. Serve 1 1/2 cups of the marinated salad on a bed of 2 cups of mixed greens and garnish with the remaining parsley.

Nutrition

Amount per serving

Serving size: 1 1/4 cups (254 g)

Calories: 170

Total Fat: 14g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 160mg

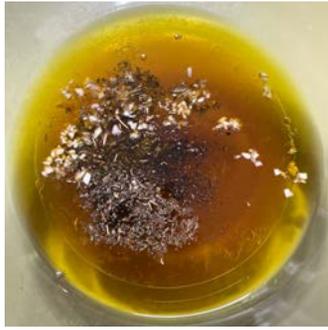
Total Carbohydrate: 11g

Dietary Fiber: 4g

Sugars: 6g

Protein: 2g

Photos





Nutty Squash and Kale Salad

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 12 (3/4 cup each) | **Prep time:** 30 mins | **Cook time:** 22 mins

Ingredients

- 1 each Acorn squash, cubed
- 13 tbsp (195 mL) Olive oil, divided
- 1 ½ tsp (6 g) Salt, divided
- 2 medium Red onions, minced
- 6 tbsp (90 mL) Balsamic vinegar
- 2 tsp (10 mL) Dijon mustard
- ½ tsp (2 g) Ground black pepper
- 2 large bunches Kale, stems removed, coarsely chopped
- 1 ½ cups (354 mL) Roasted almonds, coarsely chopped

Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. In a medium bowl, toss the cubed acorn squash with 2 tbsp (30 mL) of olive oil and ½ tsp (2 g) of salt. Spread the squash on the baking sheet and roast for about 20 minutes, until tender and lightly golden. Remove from oven and let cool.
3. In a small bowl, whisk together 10 tbsp (150 mL) of olive oil, balsamic vinegar, minced onions, Dijon mustard, the remaining 1 tsp (4 g) salt, and black pepper. Set aside.

4. Heat a large sauté pan over medium heat with the remaining 1 tbsp (15 mL) of olive oil. Sauté the chopped kale for 1-2 minutes until bright green and slightly wilted. Remove from heat and let cool.
5. In a large bowl, toss the sautéed kale with the dressing.
6. Gently fold in the roasted acorn squash and chopped almonds.
7. Toss lightly and serve.

Notes

Cost per serving: \$1.43

Photos





Pear, Mint, Tofu Feta and Arugula Salad

Adapted from recipe by Chef Amy Symington from the Long Table Cookbook: Plant-Based Recipes for Optimal Health, Photo by Makayla Dewit/Humane World

Serving size: 24 | **Prep time:** 25 mins

Ingredients

Salad Ingredients:

- 8 each pears
- 2 tablespoons lemon juice
- 2 bunch Mint, cut in chiffonade
- 24 cups (6 litres) Arugula

Dressing:

- 4 packages (350 g each) Extra-firm tofu, drained and crumbled
- 3 1/2 tablespoons (60ml) Lemon zest
- 3/4 cup (180ml) Fresh lemon juice (about 4 lemons)
- 3 cups (750ml) Thinly sliced red onions
- 8 cloves Garlic, puréed
- 1 cup (250ml) Red wine vinegar
- 1 cup (250ml) Basil, fresh, chopped
- 1/2 cup (124ml) Olive oil
- 2 teaspoons (10ml) Black pepper (optional)

4 teaspoons (20ml) Salt

Garnish:

3 cups (750ml) Walnuts, toasted, chopped

Directions

1. Add lemon juice to the pears to prevent them from browning.
2. In a large bowl, combine all salad ingredients and set aside.
3. In a medium bowl, combine all dressing ingredients. Let stand for 20 minutes so tofu can marinate and flavours can meld.
4. When ready to serve, add dressing to salad and toss. Garnish with walnuts.

Notes

Substitute the pear for seasonal fruit, if desired



Quinoa Tabbouleh

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 16 (3/4 cup each) | **Prep time:** 20 mins | **Cook time:** 18 mins

Ingredients

2 cups (500ml) Quinoa, dry, rinsed and drained
5 cups (1.25 litres) Water
2 teaspoons (10g) Salt
2 tablespoons (30ml) Olive oil
1/2 cup (120ml) Red onion, small diced
1/2 cup (120ml) Red bell pepper, small diced
1/2 cup (120ml) Corn kernels, frozen, thawed
1/2 cup (120ml) Parsley, fresh, chopped
1/2 cup (120ml) Mint, fresh, chopped
2 tablespoons (30ml) Garlic, fresh, minced
1/2 cup (120ml) Olive oil
1/2 cup (120ml) Lemon juice, fresh
4 tablespoons (60ml) Lime juice, fresh

Directions

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, ¼ cup olive oil, lemon juice and lime juice. Stir until fully combined.

Notes

Add more herbs to taste.

Cost per serving: \$0.86

Photos





Rainbow Slaw with Lime Dressing

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper

Serving size: 12 | **Prep time:** 20 mins

Ingredients

Slaw

- 1/2 large head Red cabbage, julienned
- 1/2 large head Green cabbage, julienned
- 2 large Carrots, grated
- 1/2 Yellow pepper, julienned
- 1/2 Orange pepper, julienned
- 1/2 Red pepper, julienned

Dressing

- 1/2 cup Extra virgin olive oil
- 2 teaspoons Lime zest
- 2 tablespoons Lime juice
- 2 cloves Garlic, minced
- 3 tablespoons Maple syrup
- 1/2 teaspoon Salt

Garnish

2 sprigs Green onion, thinly sliced

1/4 bunch Cilantro, leaves removed, and stems minced (optional)

Directions

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).

Nutrition

Amount per serving

Serving size: 1 3/4 cups

Calories: 140

Total Fat: 10g

Cholesterol: 0mg

Sodium: 125mg

Total Carbohydrate: 14g

Dietary Fiber: 3g

Sugars: 8g

Protein: 2g



Sweet and Smoky Tempeh Kale Salad

Recipe by Chef Amy Symington, Photos by Laura Bossy/Humane World

Serving size: 12 | **Prep time:** 15 mins | **Cook time:** 15 mins

Ingredients

2 1/2 bunches (1.5 kg) Dinosaur kale, washed, dried, torn into bite-sized pieces

1 1/2 cups (550g) Grape tomatoes, halved

1/2 each (810 g) Red onion, sliced

Tempeh:

750g Tempeh, crumbled

1/4 cup and 2 tablespoons (70g) Soy sauce

1/4 cup (70g) Maple syrup

3 tablespoons (20g) Smoked paprika

Dressing:

3/4 cup (187ml) Grapeseed oil

3/4 cup (187ml) Apple cider vinegar

3 tablespoons (45ml) Dijon mustard

3 cloves (37.5 g) Garlic, minced

1/4 teaspoon (1.5g) Sea salt

Directions

1. Preheat oven to 375F.
2. Plate or box kale, tomatoes and onion into 12 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 in small sealable cups. Add small cups to take out containers. If serving salad immediately, toss salad ingredients together with dressing and top with tempeh.

Photos





Tofu Poke Bowl

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 12 Servings | **Prep time:** 1 hour 10 mins

Ingredients

Marinated Tofu

3/4 cup Soy sauce or gluten-free tamari

9 Green onions (about 1 1/2 cups), thinly sliced on bias, divided

3 Tbsp Rice vinegar

3 Tbsp Toasted sesame oil

1 Tbsp Ginger, grated on microplane

1 Tbsp Garlic, minced

1020 g Tofu, firm, drained, excess moisture removed, cut into 1" cubes

Sriracha Mayo

3/4 cup Plant-based mayonnaise, see notes

3 Tbsp Sriracha sauce

1 Tbsp Lemon juice

1 Tbsp Sugar

Poke Bowl Ingredients

1 recipe Marinated Tofu

6 cups Brown or white rice, cooked
3 cups Mango, ripe, medium dice
3 cups Cucumber, thinly sliced into half moons
3 cups Carrot, julienned or shredded
3 cups Red bell pepper, medium dice
3 cups Avocado, ripe, halved then sliced 1/4" thick (3-4 slices per bowl)
1 recipe Sriracha Mayo
1/4 cup + 2 Tbsp Roasted sesame seeds
1/4 cup + 2 Tbsp Nori seaweed, roasted, thinly sliced for garnish, optional

Directions

1. In a large bowl add the soy sauce, half the sliced green onions (reserve the rest for garnish), the rice vinegar, toasted sesame oil, ginger, and garlic. Mix well then add in the pressed tofu cubes and gently combine with the marinade using a spatula. Marinate in the fridge for at least 30 minutes.
2. In a small bowl, whisk together the plant-based mayonnaise, sriracha, lemon juice and sugar. Using a small spatula, transfer the sauce into a condiment squeeze bottle and refrigerate until needed.
3. For service, place 1/2 cup of rice per bowl.
4. Arrange 85g of marinated tofu and 1/4 cup of each prepared fruit and vegetable around the rice. You can top the the tofu in each bowl with any leftover marinade.
5. Thinly drizzle roughly 1 Tbsp of sriracha mayo over the ingredients in each bowl.
6. Garnish with the remaining green onion, sesame seeds and nori strips.
7. Serve immediately.

Notes

For plant-based mayonnaise: Earth Island Vegenaïse or Hellmann's Vegan Dressing & Sandwich Spread are both widely available options

To remove excess moisture from tofu, arrange the drained blocks in a shallow perforated steam table pan lined with a clean kitchen towel, placed into another deeper standard hotel steam pan, to collect excess water. Place a clean kitchen towel on top of the tofu and one more hotel steam pan on top. Fill the top hotel pan with some heavy cans or other safe weighted objects that will evenly distribute weight and press water out. Leave to press for 10-20 minutes, then remove the tofu, cut into cubes and proceed to the marinating step

If pressed for time, you can press the tofu by hand using gentle pressure in a clean kitchen towel then proceed with the recipe

The tofu marinade can be combined with the tofu in advance for better flavour. Marinating a few hours prior to service or overnight will flavour the tofu more intensely

Nutrition

Amount per serving
Serving size: 381 g
Calories: 529
Total Fat: 23g
Saturated Fat: 3g
Cholesterol: 0mg
Sodium: 1292mg
Total Carbohydrate: 69g
Dietary Fiber: 8g
Sugars: 11g
Protein: 16g

Photos





Traditional Greek Salad with Tofu Feta

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Amy Symington

Serving size: 12 | **Cook time:** 30 mins

Ingredients

Dressing:

2 - 350 g packages Tofu, extra firm, drained, half crumbled and remaining cut in ¼" cubes

¼ cup + 2 Tbsp (90 mL) lemon juice, from 2 ½ lemons

4 cloves Garlic, pureed

½ cup (125 mL) Red wine vinegar

½ cup (9 g) fresh Oregano, chopped

¼ cup (60 mL) Olive oil

1 tsp (5 g) Sea salt

1 tsp Black pepper (optional)

Salad:

10 small Roma tomatoes, cut into 6ths

2 medium Cucumbers, halved and sliced

2 Green bell peppers, thinly sliced

2 Red bell peppers, thinly sliced

1 small Red onion, thinly sliced

1 cup (170g) Kalamata olives, quartered

Directions

1. In a small bowl, combine all dressing ingredients. Mix to evenly coat the tofu and allow to marinate for 20 minutes while preparing the vegetables.
2. Next, combine all salad ingredients into a large salad bowl. When ready to serve, add the dressing to the salad and toss. Serve with toasted whole wheat or multigrain pita.

Notes

You can substitute 2 1/2 Tbsp dried oregano in place of fresh oregano in the dressing if needed

Make it a meal and top this delicious salad with falafel!

This salad is best enjoyed the day it is prepared

Recipe Costing - 12 servings

Total Cost: \$26.70

Serving Cost: \$2.22

Nutrition

Amount per serving

Serving size: 2 cups

Calories: 170

Total Fat: 12g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 400mg

Total Carbohydrate: 11g

Dietary Fiber: 3g

Sugars: 5g

Protein: 7g

Dips, Sauces + Spreads



Cucumber Raita

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 26 servings | **Prep time:** 24 mins

Ingredients

- 1 cup Cashews, raw
- 2 English cucumbers (600 g), medium, grated
- 1/2 cup water, to start
- 1/4 cup Lemon juice
- 2 tsp Ginger, grated on microplane
- 1 tsp Cumin seeds, toasted (or roasted ground cumin, "jeera powder")
- 1/4 cup Onion, minced
- 1 tsp Salt
- 1/2 tsp Black pepper, ground
- 4 sprigs (10 g) Mint, cut into thin ribbons

Directions

1. Place the raw cashews in a pot covered by water. Place on a burner over high heat and bring to a boil, then cover, remove from the heat and allow to sit for 15 minutes. After 15 minutes, drain the cashews and rinse with cold water. Set aside to dry out a bit while you proceed with the recipe.
2. Line a large strainer with cheesecloth or a clean thin kitchen towel and place it balanced over a large bowl. Grate the cucumbers into the strainer. Once grated, gather the edges of the cheesecloth/towel and squeeze as

much water out of the grated cucumber through the strainer into the bowl as possible. Once the cucumber is as compact and dry as possible, place in a clean medium bowl and set aside.

2. In a blender combine the cashews, water, cumin seeds, ginger, and lemon juice. Blend together until smooth. You want the mixture to be thick and smooth as it will thin considerably once you add the cucumber.

3. Transfer to a mixing bowl with the cucumber. Add the onion, salt, and pepper. Thoroughly stir everything together. Taste and adjust seasoning using more lemon juice, salt or pepper. Adjust consistency with more water if the sauce is too thick.

4. Garnish with fresh mint and serve immediately, or cover, refrigerate, and consume within 24 hours.

Notes

You can use other kinds of cucumbers, just make sure they are thin-skinned. Persian cucumbers are one alternative

For another layer of flavour, you can add 1-2 chopped green chilis, without the seeds to the sauce, in place of or along with the black pepper

Raita will thicken with refrigeration, adjust consistency with water as needed

Nutrition

Amount per serving

Serving size: 2 Tbsp (33 g)

Calories: 40

Total Fat: 2.5g

Saturated Fat: 0.5g

Cholesterol: 0mg

Sodium: 90mg

Total Carbohydrate: 3g

Dietary Fiber: 1g

Sugars: 1g

Protein: 1g

Photos





Maple Gravy

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 18 (60ml each) | **Prep time:** 7 mins | **Cook time:** 16 mins

Ingredients

8 tablespoons (120ml) Dairy-free margarine
1/2 cup (60g) All-purpose flour
2 teaspoons (10ml) Garlic powder
2 teaspoons (10ml) Onion powder
1 teaspoon (5ml) Dried sage
4 cups (1 litre) Vegetable stock
1/2 cup (120ml) Maple syrup
1 teaspoon (6g) Salt
1/2 teaspoon (2g) Pepper

Directions

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. Stir in the garlic powder, onion powder and sage. Slowly whisk in the stock and stir until smooth. 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.

Notes

Cost per serving: \$0.32

Photos





Nacho Cheese Sauce

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 18 | **Prep time:** 14 mins | **Cook time:** 10 mins

Ingredients

4 cups (1 litre) Potatoes, peeled
2 cups (500ml) Carrots
3 teaspoons (15g) Salt, divided
2/3 cup (158ml) Extra virgin olive oil
1 cup (250ml) Water
2 tablespoons (30ml) Lemon juice
1 cup (250ml) Nutritional yeast
1 teaspoon (6g) Garlic powder
1 teaspoon (5ml) Onion powder
2 dash Cayenne

Directions

1. In a large stock pot filled with water, add potatoes and carrots with 2 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.

Notes

Cost per serving (1/2 cup/ 70g): \$0.30

Photos





Pumpkin and Sage Alfredo Sauce

Photo by Robert Cairns/Sodexo Canada

Serving size: 24 | **Prep time:** 15 mins | **Cook time:** 25 mins

Ingredients

Sauce:

- 1 cup (250 mL) Shallots, minced
- $\frac{2}{3}$ cup (160 mL) Olive oil
- 2 $\frac{1}{2}$ tbsp (37.5 mL) Garlic, minced
- 4 tsp (20 mL) Sage, ground
- 4 tbsp (60 mL) Arrowroot flour
- 4 cups (1 L) Pumpkin, puréed
- 7 cups (1.75 L) Almond milk, unsweetened
- 1 cup (250 mL) Nutritional yeast
- Salt and pepper (to taste)

Directions

Sauce:

1. In a large pan over medium heat, sauté minced shallots in olive oil until translucent, about 2 minutes.
2. Add minced garlic and sage, sautéing 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 $\frac{1}{4}$ cup of almond milk at a time, stirring slowly to combine.
5. Next, stir in nutritional yeast and let 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 desired consistency. Add additional almond milk if necessary to adjust the texture.
8. Serve with chef's choice of cooked pasta (approximately 24 oz / 680 g, accounting for 1 oz of dry pasta per serving).



Ranch Dressing/Dip

Recipe by Chef Amy Symington, photos by Christine Hotz

Serving size: 2 cups | **Prep time:** 5 mins

Ingredients

- 1 cup Soft silken tofu
- ¼ cup Fresh lemon juice
- ¼ cup Apple cider vinegar
- 2 Dates, soaked in hot water for 15 minutes
- ½ cup Water
- 2 cloves Garlic, minced
- 2 tbsp Red onion, minced
- 1 tbsp Green onions, finely chopped
- 1 tbsp Fresh parsley, finely chopped
- 1 tsp Fresh dill, finely chopped

Directions

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.

Notes

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 per serving (1 tbsp): \$0.11

Photos





Red Lentil Pâté

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 20 slices (96 g per slice) | **Prep time:** 20 mins | **Cook time:** 35 mins

Ingredients

- 4 cups (1 L) Red lentils, washed, drained
- 5 cups (1.25 L) Vegetable stock
- 3/4 cup (180 mL) Vegetable oil, divided
- 1 tbsp (3 cloves) Garlic, fresh, minced
- 1 cup (150 g) Onions, fine diced
- 2 tsp (2 g) Thyme, dried
- 2 tsp (2 g) Basil, dried
- 2 tsp (2 g) Parsley, dried
- 1 ¼ cups (144 g) Walnuts, chopped fine (or breadcrumbs), divided
- 4 tbsp (60 mL) Lemon juice
- 3 tbsp (45 mL) Miso paste
- 1/2 tsp (3 g) Salt
- 1/4 tsp (1g) Black pepper, ground

Directions

1. Preheat oven to 375°F (191°C) and line a loaf pan with parchment paper.

2. Wash lentils quickly, drain, and place the lentils in a medium saucepan.
3. Add stock, bring to a boil, reduce heat to medium, and simmer, covered, for 20 minutes.
4. In a large skillet, heat 1-2 tbsp of 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.
6. Place the walnuts (reserving 2 tbsp for topping) in a processor, pulse to form a meal, then slowly add the remainder of the oil and process to form a paste. Add to the lentil/onion mixture.
7. Season the mix with salt, pepper, lemon juice and miso paste.
8. Pour the lentil mixture into the prepared pan(s). Bake for about 12-15 minutes or until set. Top with the remainder of the walnuts.

Notes

Cost per serving: \$0.54

Photos





Red Pesto

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 15 mins | **Cook time:** 24 mins

Ingredients

2 cups (352 g) Capers, drained, finely minced
3/4 Garlic (116 g), minced
1 cup (128 g) Onion, small dice
1 cup (268 g) Tomato paste
2 cups (240 g) Walnuts, chopped
2 1/2 cups (625 mL) Olive oil, divided
2 Tbsp + 2 tsp (4 g) Parsley, dried
1 Tbsp + 1 tsp (8 g) Oregano, dried
1 Tbsp + 1 tsp (4 g) Basil, dried
1/4 cup (28 g) Smoked paprika
1 Tbsp + 1 tsp (20 g) Sugar
2 tsp (13 g) Salt
1/2 cup (125 mL) Red wine vinegar
2 cups (500 mL) Water, divided

Serving Suggestions

48 cups cooked Pasta of choice

12 cups Arugula or baby spinach
3 cups Plant-based parmesan
Black pepper to taste

Directions

1. Once capers are minced, squeeze out any excess liquid once more.
2. In a large deep pan over medium heat, warm 1/4 cup of the olive oil. Add the onions, garlic, and capers. Cook for 6-8 minutes, until the garlic browns.
3. Add another 1/4 cup of olive oil and the tomato paste. Cook for another 5 minutes.
4. Add the walnuts, parsley, oregano, basil, smoked paprika, sugar, salt, red wine vinegar, water and 1 cup of olive oil. Heat through and simmer for 5 to 10 minutes.
5. Transfer the pesto to a food processor and pulse while streaming in the last cup of olive oil, until the pesto is uniform, with some larger pieces for texture.
6. For a full meal, toss the pesto with cooked pasta of choice (rigatoni or fusilli suggested). Greens or other cooked vegetables can be tossed in at this point. Serve 2 cups of the pasta with 2 Tbsp of plant-based parmesan cheese and a sprinkling of black pepper.

Notes

Chopped sun-dried tomatoes, black olives, roasted zucchini or roasted red peppers would all be complementary additions to this pasta

Nutrition

Amount per serving
Serving size: 1/4 cup sauce (g)

Photos





Baked Goods + Desserts



Apple Strudel

Photos and recipe testing by Leah Tamblin/For Humane World

Serving size: 24 servings - 3 Strudels | **Prep time:** 1 hour | **Cook time:** 35 mins

Ingredients

Apple Filling

3 lbs (1.36 kg) Apples, peeled, thinly sliced, 5-6mm (see Notes)

3 Tbsp (45 g) Lemon juice (zest lemons before juicing)

1 1/2 cup (205 g) Raisins

2 Tbsp (28 g) Vanilla extract

3 Tbsp (39 g) Coconut oil or plant-based butter

1 1/2 cup (168 g) Oats, old-fashioned rolled

1/2 cup + 1 Tbsp (120 g) Sugar, divided

1 Tbsp + 1 tsp (9 g) Ground Cinnamon, divided

1/2 cup + 1 Tbsp (114 g) Brown sugar

1 1/2 tsp (3 g) Lemon zest

3/4 tsp (3 g) Salt

Pastry

21 sheets Phyllo pastry (414 g/1 lb package), thawed in fridge overnight

1 cup (200 g) Vegetable oil, melted vegan butter or cooking spray, plus more as needed

Directions

1. In a large mixing bowl, toss the apple slices with the lemon juice, cover, and set aside.
2. Preheat an oven to 350°F (180°C), making sure there is no convection on, and line a full baking sheet with parchment paper
3. In a medium bowl, soak the raisins in ½ cup warm water for 10 minutes, then drain, place back in the bowl, toss with the vanilla extract and set aside.
4. In a small frying pan over medium heat, melt the vegan butter. Add the oats and toast them for 6-10 minutes until they are golden and fragrant. Set aside.

Preparing the Pastry

5. Unwrap and place the thawed phyllo dough onto a half baking sheet, then cover with a piece of parchment paper slightly larger than the phyllo. Lightly wet a clean kitchen towel, wring it out and lay the damp towel over the wax paper so the phyllo sheets do not dry out.
6. Collect a pastry brush and the vegetable oil or spray. Lay a sheet of parchment paper, big enough to fit three sheets of phyllo side by side lengthwise, on a clean work surface. In a small bowl, mix 1 Tbsp of sugar with 1 tsp of cinnamon and set it where you will be working along with the oil.
7. Lay three sheets of phyllo on the parchment paper side by side vertically, with the shorter sides closest to you/the edge of your work surface.
8. Quickly brush each of the three sheets of phyllo all over with a thin layer of olive oil. Sprinkle a light amount of the sugar/cinnamon mix all over the oiled phyllo.
9. Layer new sheets of phyllo on top of each of the three sheets. Repeat brushing with the oil and sprinkling with a light amount of sugar/cinnamon. Continue with this process until you have 3 separate seven-layered stacks of oiled phyllo side by side. You do not have to sprinkle sugar on the top phyllo sheets, but save some to sprinkle on the top of each strudel once rolled up.

Assembly and Baking

9. In the large mixing bowl with the apples, add the raisins with vanilla extract, toasted oats, the remaining sugar, cinnamon, brown sugar, lemon zest, and salt. Thoroughly combine everything with a spatula.
10. Turn each phyllo stack so the longer sides are parallel to your body/The edge of your work surface. Evenly divide the apple mixture across the three stacked phyllo rectangles leaving a 1" border of pastry on the bottom and sides and a 2" border on the top side, which will be on the bottom of the strudel when you roll it up. Try to flatten and overlap the apples as much as you can so the pastry will be easier to roll up.
11. To roll up each strudel, fold the side edges of the pastry in over the apples, gently pressing them at the top and bottom to keep them in place, then fold the bottom edge up over the apples. Begin to roll the pastry up, tucking everything in as you go, burrito-style. End by rolling so the top edge is on the bottom of the finished strudel. Sprinkle the tops with the remaining sugar/cinnamon mixture.
12. Set the prepared baking sheet next to the pastries, then carefully transfer them over using the parchment paper beneath them, or a dough scraper for support.
13. Place the baking sheet into the oven and bake the strudels for 30-40 minutes, until they are golden and flakey.
14. Allow to cool for 15 minutes, then slice each pastry into 8 equal pieces with a serrated knife and serve.

Notes

This is a lightly sweet dessert which can be served with vegan vanilla ice cream or whipped cream for added richness and sweetness

A mixture of sweeter juicier apples with firmer tart apples makes for the best flavour and texture in the filling. Honeycrisp, Gala, Fuji, Pink Lady, Macintosh, and Granny Smith are all good options

The vanilla extract can be replaced with 2 tbsp of dark rum or 1 Tbsp + 1 tsp rum extract for a more traditional flavour profile

For a different texture and flavour in the filling, you can use 1/2 cup of maple syrup in place of the white sugar. Continue to use the 1 Tbsp of granulated sugar between the pastry sheets

Recipe Costing (24 Servings)

Total Cost: \$14.66

Serving Cost: \$0.61

Nutrition

Amount per serving

Serving size: 1/8 strudel (111 g)

Photos







Aquafaba Meringue

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 45 (10g each) | **Prep time:** 15 mins | **Cook time:** 2 hours

Ingredients

3/4 cup (190 mL) Aquafaba (liquid left in canned chickpeas)

1 cup (140 g) Sugar, granulated

1 tbsp (15 mL) Vanilla

Directions

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 per serving: \$0.03

Photos





Bananas Foster Cake

Photos and recipe testing by Leah Tamblin/For Humane World

Serving size: 24 servings | **Prep time:** 1 hour | **Cook time:** 30 mins

Ingredients

Date Caramel Sauce

- 2/3 cup (106g) Medjool Dates, pitted, chopped (see notes)
- 1/2 cup (125 mL/120 g) Non-dairy milk, unsweetened
- 1/4 cup (60 mL/74 g) Maple syrup
- 3 Tbsp (45 mL/36 g) Coconut oil, melted
- 1 Tbsp (15 mL/14 g) Vanilla extract
- 1/4 tsp (1 g) Kosher salt

Banana Cake

- 3 cups (392 g) Spelt flour (or whole wheat pastry flour)
- 1/2 cup (98 g) Sugar
- 2/3 cup (132 g) Brown Sugar
- 2 tsp (4 g) Cinnamon, ground
- 2 tsp (12 g) Baking powder
- 1 tsp (6 g) Baking soda
- 1 tsp (5 g) Kosher salt
- 2 cups (500 mL /476 g) Banana, overripe, mashed (about 6-8 large bananas)

2/3 cup (167 mL / 128 g) Grapeseed oil or canola oil
2/3 cup (167 mL / 156 g) Non-dairy milk, unsweetened
1/4 cup (26 g) Flaxseed meal
1 Tbsp + 1 tsp (20 mL / 22 g) Lemon juice
2 tsp (10 mL/ 12 g) Vanilla extract
2/3 cup (167 mL/ 130 g) Medjool Dates, pitted, chopped small

Caramelized Bananas

1/4 cup + 2 Tbsp (90 mL/ 66 g) Coconut oil
12 Bananas (1 kg), medium size, ripe, peeled, ends trimmed, sliced on bias into 8 equal pieces each
1 tsp (5 mL/ 3 g) Cinnamon, ground

1 can Non-dairy whipped topping, for serving (optional)

Directions

Date Caramel Sauce

1. To make the caramel sauce, place all the listed ingredients into a high-powered blender or small food processor. Process for 4-5 minutes, scraping down the sides as needed every minute or so. Ensure all the pieces of date are broken down, and the sauce is smooth and uniform in texture. If needed, you can add a little more non-dairy milk, 1 tsp at a time.
2. Transfer the sauce into a condiment squeeze bottle and refrigerate it if you will not be using right away.

Banana Cake

3. Preheat oven to 350 °F (180 °C) and make sure convection is off. line two 8" square cake pans with parchment paper and brush the sides lightly with oil, or use non-stick cooking spray.
4. In a medium mixing bowl, combine the mashed banana, oil, non-dairy milk, flaxseed meal, lemon juice, and vanilla. Whisk until thoroughly combined with no large lumps of banana.
5. In a large mixing bowl, whisk together the flour, sugar, brown sugar, cinnamon, baking powder, baking soda, and salt.
6. Make a well in the middle of the dry ingredients and pour in the wet ingredients. Fold together with a spatula until the ingredients are just combined, then divide the batter evenly between the two 8" cake pans.
7. Place the cakes in the oven and bake for 28-35 minutes (averages 30 minutes), until the tops are golden brown and a paring knife or cake tester inserted in the middle comes out clean. Let the cakes cool for 10-20 minutes, then carefully remove from the pans and use a serrated knife to cut each cake into 12 pieces.

Caramelized Bananas

7. Line a large tray or half baking sheet with parchment paper. Collect a small, thin silicone spatula (a small pair of silicone coated tongs are also useful).

8. Heat a large non-stick frying pan over medium-high heat. When hot, add 2 Tbsp of the coconut oil, then add three sliced bananas (24 slices) into the pan. Coat the pieces in the oil and sprinkle them with some cinnamon.
9. Allow the banana slices to caramelize on the first side, this should take 4-6 minutes. Try not to move them around too much so they can brown properly. Once golden brown, flip to the other side, sprinkle with more cinnamon and cook for another 4-5 minutes. Remove the slices from the pan and place on the parchment-lined baking sheet. Keep the baking sheet nearby on top of the cooktop if it's not otherwise in use so the slices will stay warm.
10. Repeat this sequence with the remaining bananas (2 Tbsp oil to 3 sliced bananas plus some cinnamon).

Cake Assembly

11. Serve each piece of cake topped with four overlapping pieces of caramelized banana (see photo) and a drizzle of the date caramel. If desired, top with roughly 2 tablespoons of plant-based whipped cream per serving.

Notes

For the Date Caramel Sauce: if the dates you have on hand are tough, remove the pits, cover and soak them in warm water for 10 minutes (only soak the amount listed for the sauce), then drain and chop. This will make them easier to blend into a uniform sauce

The dates in the cake can be substituted with an equal amount of toasted walnuts or pecans

Date Caramel Sauce based on recipe by Chef Amy Symington

Nutrition

Amount per serving

Serving size: 2"x2.7" piece (g)

Photos







Blackberry Spice Muffins

Recipe by Chef Amy Symington, Photo by Makayla Dewit/Humane World for Animals

Serving size: 24 muffins (or 36 mini muffins) | **Prep time:** 15 mins | **Cook time:** 25 mins

Ingredients

Dry Ingredients

- 6 cups Spelt or quinoa flour
- 1/2 cup ground Flaxseed
- 2 Tbsp Baking powder
- 1/2 tsp Salt
- 2 tsp Cinnamon, ground
- 1 tsp Allspice, ground
- 1/2 tsp Nutmeg, ground

Wet Ingredients

- 1 1/3 cups Grapeseed oil
- 2 cups Maple syrup
- 2 1/2 cups Non-dairy milk, plain, unsweetened
- 2 tsp Vanilla extract

- 2 pints (4 cups) Blackberries
- 1/2 cup Coconut flakes, unsweetened

Garnishes, optional

1 1/2 cups Coconut whipped cream

Directions

1. Preheat oven to 375°F (190°C) and line the muffin tins (or mini muffin tins) with paper liners.
2. In a large mixing bowl whisk together the dry ingredients. Set aside.
3. In a medium mixing bowl whisk together wet ingredients.
4. Add the wet ingredients into the large bowl with the dry ingredients. Using a spatula, mix everything together until just combined with no remaining large lumps of dry ingredients.
5. Fold in ½ of the berries. Using a ¼ cup measure, scoop the batter into the muffin tins. Garnish with remaining berries and sprinkle with coconut.
6. Bake in the oven for 20-25 minutes (10-15 minutes for mini muffins), until a toothpick comes out clean after insertion.
7. Serve with optional whipped coconut cream.

Notes

Equipment: Standard or mini muffin trays, paper cupcake liners, large mixing bowl, medium mixing bowl, whisk, spatula, 1/4 cup measuring cup or disher (2 Tbsp disher for mini muffins)

4 cups of other berries, or any seasonal fruit chopped into bite-size pieces, can be used in lieu of the blackberries

Cost:

\$1.70 per muffin

\$1.90 with coconut whipped cream

Nutrition

Amount per serving

Serving size: 1 muffin (116 g)

Calories: 335

Total Fat: 16g

Saturated Fat: 3g

Cholesterol: 0mg

Sodium: 60mg

Total Carbohydrate: 47g

Dietary Fiber: 6g

Sugars: 16g

Protein: 6g



Blueberry Muffins

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 12 | **Prep time:** 16 mins | **Cook time:** 20 mins

Ingredients

2 cups + 1 tablespoon (265ml) Spelt flour
1 1/4 teaspoons (6.3ml) Baking powder
1/4 tablespoon (3.8ml) Salt
1 1/2 cups (375ml) Blueberries, frozen
3/4 cup (163ml) Sugar
1 cup and 2 tablespoons (280ml) Non-dairy milk, unsweetened (soy milk)
1/4 cup and 2 tablespoons (95ml) Vegetable oil
1/4 tablespoon (3.8ml) Vanilla extract
1/2 tablespoon (7.5ml) Apple cider vinegar

Directions

1. Preheat oven to 350 degrees Fahrenheit.
In a large bowl, blend 2 cups flour, baking powder, and salt. Set aside.
2. In another bowl, toss blueberries with the remaining 1 tbsp flour. Set aside.
3. Combine sugar, non-dairy milk, vegetable oil, vanilla, and apple cider vinegar. Stir well.
4. Add blueberries to the sugar mixture and mix, being careful not to crush the berries.

5. Add blueberry mixture to the flour mixture.
6. Stir together until the dry ingredients become wet. Do not overmix.
7. Oil muffin tins or use muffin liners. Fill each cup $\frac{3}{4}$ of the way with muffin batter, about $\frac{1}{4}$ cup of batter for each muffin. For smaller muffins, use mini muffin tins.
8. Bake for 18-20 minutes (~12 minutes if making mini muffins) or until an inserted toothpick comes out dry.

Notes

Cost per serving: \$0.40

Photos





Butterscotch Squash Coffee Cake

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper

Serving size: 12 | **Prep time:** 25 mins | **Cook time:** 55 mins

Ingredients

Dry Ingredients

- 2 cups (240 g) Spelt flour [or whole grain pastry flour]
- 3 Tbsp (20 g) ground Flaxseed
- 2 tsp (5 g) ground Cinnamon
- 2 tsp (8 g) Baking powder
- 1 tsp (6 g) Baking soda
- 1/4 tsp (.5 g) ground Nutmeg
- 1/4 tsp (.5 g) ground Allspice
- 1/4 tsp (1 g) Salt
- 1/4 cup (40 g) Toasted unsalted pumpkin seeds [or pecans], chopped [optional]

Wet Ingredients

- 1 1/4 cups (300 mL) Butterscotch squash purée [see Notes]
- 1/2 cup (125 mL) Grapeseed oil
- 1/2 cup (125 mL) Maple syrup
- 1/3 cup (80 mL) Water

1 Tbsp (15 mL) Apple cider vinegar
1 Tbsp (15 mL) Ginger purée [peel then grate with a fine grater or microplane]
1 tsp (5 mL) Vanilla extract

Butterscotch Glaze

1/4 cup (60 mL) Coconut oil
1/2 cup (125 mL) Coconut milk, canned
1/4 cup (60 mL) Maple syrup
1 Tbsp (15 mL) Buttercup squash purée
1 tsp (5 mL) Vanilla extract

Garnish

3 Tbsp (30 g) Toasted unsalted pumpkin seeds, pecans, walnuts or seasonal fruit, chopped

Directions

1. Preheat oven to 350°F (180°C). Grease a 9-inch bundt pan.
 2. In a large mixing bowl, combine all of the dry ingredients and mix thoroughly. Make sure the pumpkin seeds (or pecans) are nicely coated in flour to prevent them sinking to the bottom.
 3. In a medium mixing bowl, combine all of the wet ingredients and whisk thoroughly.
 4. Create a well in the center of the dry ingredients. Add the wet ingredients to the dry then use a spatula to fold everything together until just combined, with no large lumps of dry ingredients.
 5. Pour the batter into prepared pan. Bake for 45 to 50 minutes, or until a toothpick inserted into cake comes out clean. Set aside to cool in pan.
2. Prepare glaze: In a medium saucepan over medium heat, melt the coconut oil. Once melted, whisk in remaining glaze ingredients then reduce heat and allow to simmer for 3 to 5 minutes, whisking occasionally to prevent sticking. Set aside and allow to cool for at least 10 minutes.
5. Once the cake and sauce have completely cooled, carefully flip the cake pan over onto your serving plate. Drizzle with the butterscotch glaze then sprinkle with the toasted pumpkin seeds or pecans. Slice the cake into 12 equal pieces and serve.

Notes

Equipment: 9" bundt pan, grater or microplane, whisk, 1 each large/medium/small mixing bowls, medium saucepan, spatula

If you do not have a 9" bundt pan, use a 9" cake pan instead. Line the bottom of the pan with parchment paper and reduce the baking time to 30 minutes.

For the squash purée - peel and roast a buttercup or butternut squash at 425°F (220°C) until tender. Slice into two halves, scrape out the seeds, place in a pan cut side up with a 1/4" of water added, then cover with foil and roast for 35-45 minutes depending on your oven. You can utilize convection to speed up the process if using a commercial oven. When fork tender, scrape out the flesh and purée in a food processor. Feel free to use canned unsweetened butternut squash purée, or canned/fresh pumpkin purée, to cut prep time.

If beginning with raw pumpkin seeds or pecan halves, spread evenly on a lined baking sheet and toast in an oven at 350°F (177°C) for 9-12 minutes, until browned, making sure not to burn. Place on a plate to cool, then chop and add to the cake.



Carrot Cake Cupcakes

Photo by Jessica Brooks/Chartwells Compass Group

Serving size: 12 (or 36 mini cupcakes) | **Prep time:** 20 mins | **Cook time:** 20 mins

Ingredients

Cupcakes:

2 ½ tbsp (1.2 oz / 35 g) ground flaxseed

¾ cup (177 mL) warm water

1⅓ cups (170 g) all-purpose flour

1 tsp (5 mL) baking powder

¼ tsp baking soda

1 tsp (5 mL) cinnamon

½ tsp (2 g) salt

¾ cup (177 mL / 150 g) brown sugar

¾ cup (105 g) granulated sugar

1 cup (250 mL) vegetable oil

2 cups (500 mL) grated carrots

1 tsp (5 mL) vanilla extract

Cream Cheese Icing:

½ cup (4 oz / 115 g) non-dairy margarine

1 cup (250 mL) vegetable shortening or coconut oil

7.5 cups (2 lbs / 900 g) powdered sugar
½ cup (4 oz / 115 g) non-dairy cream cheese
1 tsp (5 mL) vanilla extract

Directions

For the Cupcakes:

1. Preheat oven to 350°F (180°C). Grease or line a 12-cup muffin tray (or 3 12-cup mini muffin trays, if making mini cupcakes).
2. In a small bowl, whisk together 2.5 tbsp ground flaxseed and ¾ cup warm water. Set aside to thicken.
3. In a large bowl, whisk together 1½ cups flour, 1 tsp baking powder, ¼ tsp baking soda, 1 tsp cinnamon, and ½ tsp salt. Set aside.
4. In a medium bowl, mix ¾ cup brown sugar, ¾ cup granulated sugar, 1 cup vegetable oil, 1 tsp vanilla extract, and the thickened flaxseed mixture.
5. Gradually add the dry ingredients into the wet mixture, stirring until combined.
6. Fold in 2 cups grated carrots until evenly distributed in the batter.
7. Using a ¼ cup measuring cup (or ~1 tbsp per mini cupcake), scoop batter into the greased muffin tray(s).
8. Bake at 350°F (177°C) for 15-20 minutes (or 10-12 minutes for mini cupcakes), or until a toothpick inserted in the center comes out clean.

Let cupcakes cool completely before icing.

For the Cream Cheese Icing:

9. In a stand mixer or using a hand mixer, beat ½ cup margarine and 1 cup shortening (or coconut oil) together until creamy.
10. On low speed, gradually add 7.5 cups powdered sugar until fully incorporated.
11. Add ½ cup non-dairy cream cheese and 1 tsp vanilla extract, and mix until smooth and creamy. Avoid adding extra liquid, as the cream cheese will naturally soften the icing.



Cherry and Chocolate Pavlova

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 12 | **Prep time:** 30 mins | **Cook time:** 1 hour 15 mins

Ingredients

- 1 cup Aquafaba (brine from canned chickpeas)
- 2 cups Sugar
- 2 teaspoons Apple cider vinegar
- 1/2 cup Caster sugar
- 2 cups Cherries
- 2 teaspoons Pomegranate molasses
- 4 400-ml cans Coconut milk refrigerated overnight, thick cream only
- 1/2 cup Dark chocolate, shaved
- 2 teaspoons Vanilla extract

Directions

1. Preheat oven to 300°F (150°C)
2. Whisk aquafaba with hand mixer for 8-10 minutes until very stiff, then mix in apple cider vinegar, vanilla and sugar (2 tbsp at a time), until sugar is completely dissolved and meringue looks smooth and shiny with stiff peaks.
3. Spread the whipped aquafaba onto two parchment-lined baking sheets in the shape of two large 1" thick rectangles for two larger meringue, or into 12 - 5" round meringues (place as far apart as possible as they will

spread as they bake). Place in the oven, lower the temperature to 212°F (100°C) and bake for 75-80 minutes until firm.

4. While the meringues are baking, in a small pot dissolve the 1/2 cup caster sugar in 1 cup of water over low heat. Add the cherries, let simmer for 10 minutes.
5. Remove from heat, stir in the pomegranate molasses with the cherries and let cool.
6. When the time is up, do not open the oven door. Turn the heat off and allow the oven to cool with the meringues inside. Let them sit in the oven for one hour up to (ideally) overnight to set before serving.
7. When the meringues have set, begin assembling.
8. Open the coconut milk and scoop out the thick cream. Set aside the liquid for use in a different recipe, like a smoothie. Whisk the creamy coconut fat for 2 to 3 minutes until smooth.
9. Gently spread 3 tablespoons of the whipped coconut milk on top of a meringue.
10. Strain the cherry syrup and add a spoonful of cherries on top of the whipped coconut milk.
11. Garnish with dark chocolate shavings and more cherry syrup as desired.

Notes

Note that beyond the 75 minute cook time, this recipe requires several hours or overnight to dry meringues.

Cost per serving: \$0.68

Photos





Chickpea Blondies

Recipe and photo by Chef Amy Symington

Serving size: 24 | **Prep time:** 15 mins | **Cook time:** 45 mins

Ingredients

Coconut oil or plant-based butter, for greasing

2 (398 mL) cans Chickpeas, unsalted, drained and rinsed

2/3 cup (160 mL) Pure maple syrup

1/4 cup + 2 Tbsp (55 g) Hemp seeds

2 Tbsp (10 g) Ground flaxseed

2 Tbsp + 2 tsp (40 mL) Pure vanilla extract

1 tsp (5 g) Salt

1/2 tsp (2 g) Baking powder

1/2 tsp (2 g) Baking soda

1 cup (130 g) Bittersweet dark chocolate (dairy-free), chopped, divided

Directions

1. Preheat oven to 375°F (190°C). If using a commercial convection oven, make sure the convection and steam settings are both turned off.
2. Lightly grease 2 - 8" square baking pans (or one 9"x13" baking pan) with coconut oil. Line the pans with two

overlapped strips of parchment paper that hang over the sides, so you can easily lift out the blondies once they are baked.

3. In a food processor, add all of the ingredients except the dark chocolate. Process until the batter is smooth, scraping down the sides with a spatula as needed.
4. Using the spatula, scoop the batter from the processor into a large bowl. Fold in half of the dark chocolate.
5. Spread the batter evenly into the prepared pan(s). Bake for 10 to 15 minutes until the edges are slightly browned and a toothpick inserted into the middle comes out clean. The batter may look underdone, but you do not want them to dry out.
6. Sprinkle the top of the blondies with the remaining chocolate and allow to cool in the pans for 30 minutes on a wire rack.
7. Transfer blondies to the refrigerator for another 45 minutes before attempting to cut.

Notes

Equipment

2 - 8" square baking pans (or 1 - 9"x13" rectangular baking pan), dry measuring cups and spoons, parchment paper, food processor, large mixing bowl, spatula, toothpick or paring knife, chef's knife

If you are limited on time, use plastic wrap to cover the blondies and place the semi-cooled pan in a freezer for 25-30 minutes before attempting to cut.



Chocolate Avocado Pie

By Amy Symington from The Long Table Cookbook: Plant-based recipes for optimal health. Photo by Darren Kemper.

Serving size: 6 | **Prep time:** 2 hours 40 mins

Ingredients

Chocolate Mousse:

- 4 each (2.4 kg) Avocado, pitted and peeled, large
- 2/3 cup (80g) Cocoa powder
- 2/3 cup (160ml) Coconut milk
- 1/4 cup and 2 tablespoons (90ml) Maple syrup
- 1 3/4 tablespoons (30ml) Vanilla extract
- 1/4 cup (62ml) Lemon juice
- 1 3/4 tablespoons (24g) Agar agar

Date Crust:

- 1 1/2 cups (142g) Walnuts
- 1 1/2 cups (245g) Dates, pitted
- 1/4 teaspoon Salt

Garnish:

- 1/4 cup (29g) Almonds, sliced and blanched

1 3/4 tablespoons (16g) Cocoa nibs

Fresh fruit (optional)

Directions

1. In a high-power blender, add all mousse ingredients. Process until completely smooth, about 5 minutes. Transfer 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 pans, 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.

Notes

The filling and crust will have to be processed in batches. Make sure to not overheat the blender or food processor.



Chocolate Avocado Pudding

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 20 | **Prep time:** 17 mins

Ingredients

- 2 cups (500ml) Dairy-free chocolate chips, semisweet
- 14 each Avocados, pitted, peeled
- 1 cup (250ml) Maple syrup
- 2 cups (500ml) Cocoa powder, unsweetened
- 4 tablespoons (60ml) Vanilla extract
- 1 teaspoon (1g) Salt
- 1 cup (250ml) Non-dairy milk, unsweetened
- Fresh fruit for garnish (e.g. strawberries, mint, sliced bananas)

Directions

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.

Notes

Cost per serving (½ cup, 129 g): \$1.61

Photos



Chocolate Chia Raspberry Cobblers

Recipe by Chef Amy Symington

Serving size: 6 | **Prep time:** 20 mins | **Cook time:** 30 mins

Ingredients

1 1/4 oz raw unsalted hazelnuts, roughly chopped
1/2 cup rolled oats
1½ cups non-dairy milk (almond, soy or rice)
1/2 cup chia seeds
3 tbsp unsweetened cocoa powder
3 tbsp pure maple syrup
2 tsp pure vanilla extract
2 cups fresh raspberries
2 1/2 oz pitted Deglet Noor dates, roughly chopped

Directions

1. Preheat oven to 375°F and line a baking sheet with parchment paper. On baking sheet, place hazelnuts and oats and bake for 12 minutes, or until oats are lightly toasted and hazelnuts are fragrant. Remove from oven and set aside. (NOTE: You can skip this step by purchasing toasted hazelnuts and using plain granola.)
2. Meanwhile, in a large bowl, whisk together milk, chia seeds, cocoa powder, maple syrup and vanilla, about 2 minutes. Set aside until thick and pudding-like, about 10 minutes.
3. In 6 8-oz Mason jars, layer chocolate-chia seed mixture, oats, hazelnuts, raspberries and dates. Refrigerate until ready to serve. Cobblers will keep up to 3 days in fridge. TIP: Make a double batch for easy grab-and-go breakfasts and afternoon snack attacks.

Nutrition

Amount per serving
Serving size: 1 cobbler
Calories: 229
Total Fat: 9.5g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 100mg
Total Carbohydrate: 34g
Dietary Fiber: 11g

Sugars: 16g
Protein: 5.5g



Chocolate Chip Cookies

Serving size: 24 | Prep time: 20 mins | Cook time: 10 mins

Ingredients

- 6 oz (180 mL) Non-dairy margarine
- ½ cup (100 g) Sugar, granulated
- ¾ cup (160 g) Brown sugar
- ¼ cup (60 ml) Applesauce, unsweetened
- 2 tsp (10 mL) Karo syrup or white corn syrup
- 1 tsp (5 mL) Vanilla extract
- 1 tbsp (15 mL) Flaxseed, ground
- 3 tbsp (45 mL) Water, warm
- 2 cups (240 g) All-purpose flour
- ¼ tsp (1 g) Salt
- 1 tsp (5 g) Baking soda
- 12 oz (360 mL) Non-dairy chocolate chips
- 1 cup (250 mL) Optional: Toasted pecans

Directions

1. Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a stand mixer, blend non-dairy margarine, granulated sugar, brown sugar, applesauce, vanilla extract, and corn syrup until a creamy consistency is achieved.

3. In a separate bowl, mix ground flaxseed with warm water and set aside until it becomes gelatinous (3-5 minutes). Once gelatinous, combine with the 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.
5. Fold in chocolate chips and nuts (if desired).
6. Scoop out 1 tbsp of cookie dough and place it on the baking sheet. Repeat with the remaining dough, ensuring cookies are about 2 inches apart to allow for spreading during baking. Place in the oven and bake for 8-10 minutes or until golden brown.



Chocolate Mousse

Recipe and photos by Chef Amy Symington

Serving size: 12 | **Prep time:** 3 hours 20 mins

Ingredients

- 3 cups (720ml) aquafaba (liquid from canned chickpeas)
- 15 ounces (420g) dark chocolate, 70%, vegan
- 9 tablespoons (135ml) soy milk or other plant-based milk
- 4 1/2 tablespoons (60g) caster sugar
- 3 teaspoons (15ml) lemon juice

Directions

1. Crumble the chocolate into a bowl with the soy/ plant milk. Place the bowl over a water bath (double boiler) and let the chocolate and milk heat slowly. Once melted, stir gently until smooth. Remove from heat and allow it to cool slightly.
2. Open can(s) of chickpeas and drain aquafaba into a large glass bowl. Measure out required amount. Add lemon juice.
3. Using an electric mixer, whip the aquafaba with the lemon juice until stiff peaks form, about 10-15 minutes. Gradually add caster sugar while whipping. (Aquafaba can't be overwhipped, unlike egg whites.)
4. Gently fold the melted chocolate into the whipped aquafaba using a spatula, being careful not to deflate the mixture.
5. Divide the mixture evenly into desired number of glasses. Chill in the fridge for at least 3 hours until set.

Photos





Chocolate Phyllo Tarts

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 1 hour 30 mins | **Cook time:** 12 mins

Ingredients

Non-Dairy Whipped Cream (optional)

1 cup (243 g) Soy milk, unsweetened, unflavoured

1 cup (192 g) Refined coconut oil, melted

1/2 cup (65 g) Icing sugar

1/2 tsp (3 g) Vanilla extract

Chocolate Mousse Filling

2 1/2 cups (446 g) Dairy-free dark or semi-sweet chocolate, divided

4 cups (930 g) Firm silken tofu or soft tofu, drained (see Notes)

2/3 cup (204 g) Maple Syrup

1/4 cup (22 g) Cocoa powder, Dutch-processed/alkalized

2 tsp (10 g) Vanilla extract

1 tsp (1 g) Instant espresso powder

1 tsp Salt (6 g)

Tart Shells

12 (276 g) Phyllo pastry sheets, thawed

3/4 cup (144 g) Coconut oil, melted (or use cooking oil spray)

For Serving

1 recipe Non-Dairy Whipped Cream

1/4 cup (24 g) Dairy-free dark chocolate curls or mini chips

2 cups Mixed berries, small, washed and dried, optional

Directions

Non-Dairy Whipped Cream (Begin the day before you make the tarts)

1. Heat the soy milk in a small pot over medium-low heat until warm (or microwave in a bowl for 30 seconds). Pour the soy milk and coconut oil into a high-powered blender. Blend for one minute until emulsified.
2. Transfer to a clean quart container, cover and chill in the refrigerator overnight (or at least 4 hours).
3. The next day, check that the cream is still emulsified/blended properly. Chill a large bowl that you plan to whip the cream in for half an hour to an hour before whipping the cream.
4. Place the cream in the chilled bowl (using a hand mixer or a stand mixer with the whisk attachment to whip). Start on low speed for a minute, then increase to high speed. It will take 5-10 minutes to start to thicken. When it does begin to thicken, add in the icing sugar and vanilla extract. Scrape down the sides of the bowl as needed.
5. Beat until thick and creamy. Stop once the cream holds firm peaks, as you would with regular whipping cream. Cover and store in the refrigerator until assembling the tarts.

Chocolate Mousse Filling

6. Prepare a double boiler to melt the chocolate. Set aside 1/2 cup of the chocolate, then put the rest in the top of the double boiler. Melt over medium heat stirring frequently until fully melted. Take care not to burn the chocolate.
7. In a high-powered blender or food processor, combine the tofu, melted dark chocolate, maple syrup, cocoa powder, vanilla extract, espresso powder, and salt for 4-5 minutes, until uniform and creamy. Scrape down sides as needed. Place the filling into a container, cover and chill in a refrigerator while you make the tart shells. Keep the double boiler warm over low heat.

Tart Shells

8. Preheat an oven to 350°F (180°C), without convection. Get two standard size muffin tins with 12 muffin molds. Lightly oil the molds or use cooking spray.
9. Unwrap the thawed phyllo onto a half baking sheet and cover with an oversized piece of parchment paper. Lay a damp clean kitchen towel on top of the parchment paper, so the pastry doesn't dry out as you work.
10. On a large cutting board, lay out one sheet of phyllo. Lightly brush the entire sheet with melted oil or spray. Lay another piece directly on top of the first, and lightly brush with oil again. Repeat until you have 6 layers of phyllo. Brush the top layer with oil as well.
11. Cut the layered phyllo into 12 even rectangles. Repeat steps 10-11 with the remains 6 sheets of phyllo.
12. Press and fold the sides of the phyllo squares into the muffin tins to resemble a bowl. Fold over the excess

pastry corners at the top. Place the two muffin tins in the oven and bake for 11-13 minutes, until the dough is golden brown and flaky.

13. Remove the tins from the oven and set on a cooling rack for 10 minutes, then remove the shells from the muffin tins and let them continue to cool.

14. While the shells cool, melt the remaining 1/2 cup of chocolate in the double boiler. Once melted, use a small pastry brush to thinly coat the bottom and sides of each pastry shell.

Tart Assembly

15. Set up a piping bag with a 0.5" or 0.6" plain (round) piping tip, or use a large, clean ziploc bag. Fill the bag with 1/2 of the chocolate mousse. If using a ziploc bag, cut half an inch off the corner you will be piping out of. Pipe about a 1/4 cup of chocolate mousse into each tart shell. Repeat with the second half of the mousse.

16. Next, using a clean pastry bag or ziploc bag again, fitted with a size 0.5" or 0.6" open star piping tip, pipe some non-dairy whipped topping on the top of each tart and garnish with 1/2 tsp of chocolate shavings and a few berries, if using.

17. Serve immediately or refrigerate uncovered for up to 1 hour before serving.

Notes

Silken tofu is shelf-stable and comes in tetrapaks. Mori-Nu is a common silken tofu brand. Soft tofu is refrigerated and usually found with other types of tofu and meat replacements in a section of grocery store produce departments

You can make the whipped cream and the chocolate mousse filling the day before making the finished tarts, both keep well in the fridge, but you will need to stir up the mousse and let the temperature come up slightly before piping it

To reduce the preparation time, you can omit the half cup of melted chocolate used to line the tart shells. The chocolate lining provides textural variation and keep the shells from becoming soggy, but is not necessary if the tarts are served immediately after they are assembled. If omitting the whipped topping, begin with step 6 and skip step 16.

Credit to Nora Taylor for the non-dairy whipped cream component of recipe via <https://www.noracooks.com/heavy-whipping-cream-substitution/>

Recipe Costing (24 Servings)

Total Cost: \$38.41

Serving Cost: \$1.60

Total Cost (No Coconut Whip): \$31.65

Serving Cost (No Coconut Whip): \$1.32

Nutrition

Amount per serving
Serving size: 1 tart (g)

Photos





Chocolate Wacky Cake

Photos and recipe testing by Wing Chee Chan/For Humane World for Animals

Serving size: 9-12 | **Prep time:** 20 mins | **Cook time:** 30 mins

Ingredients

Dry Ingredients

1 1/2 cups (200 g) All-purpose flour or spelt flour

1/2 cup (100 g) Sugar

1/2 cup (40 g) Unsweetened cocoa powder

1 1/2 tsp (12 g) Baking soda

1/2 tsp (4 g) Salt

Wet Ingredients

1 cup (250 mL) Unsweetened soy milk

3/4 cup (188 mL) Unsweetened apple sauce

1/4 cup (60 mL) Canola or Grapeseed oil

1 Tbsp (15 mL) Apple cider vinegar

1 tsp (5 mL) Vanilla extract

Chocolate Frosting

1/2 cup (117 g) Unsalted plant-based butter, softened

1 cup (120 g) Icing sugar

1/4 cup (22 g) Unsweetened cocoa powder

2 Tbsp (30 mL) Unsweetened soy milk

1/2 tsp (2.5 mL) Vanilla extract

Directions

1. Preheat the oven at 350°F (180°C).
2. Spray a an 8" square cake pan with non-stick cooking spray and line with overlapping pieces of parchment paper.
3. In a large mixing bowl, whisk together the flour, sugar, cocoa powder, baking soda and salt.
4. In a medium mixing bowl, whisk together the canola oil, applesauce, apple cider vinegar, vanilla extract and soy milk.
5. Pour the wet ingredients into the dry ingredients and whisk with a spatula just until the mixture is smooth, with no dry flour remaining on the bottom or sides of the bowl. Try not to over-mix.
6. Use a spatula to transfer the batter into the prepared pan. Tap the pan on a counter as needed to even the batter out. Bake for 28-30 minutes, or until a toothpick inserted in the center comes out clean.
7. Let the cake cool completely in the pan on a wire rack.

Chocolate Frosting

8. In a mixing bowl, add the cocoa powder and whisk break up any clumps.
9. Add the softened vegan butter and mix with a hand mixer until smooth and well combined.
10. Add half of the powdered sugar and half of the soy milk. Mix until combined.
11. Add the rest of the icing sugar, soy milk and vanilla extract. Mix starting on low, then beat on high until the frosting is fluffy.
12. Frost the cooled cake using an icing spatula or butter knife.

Notes

Equipment: 8" square cake pan, parchment paper, large and medium size mixing bowls, whisks, spatula, offset spatula for icing

Spelt flour can be used in place of all-purpose flour, to lend more nutrients and a nuttier flavour profile

This cake recipe can be used to yield 12 standard cupcakes. Place cupcake liners in a muffin pan. Fill each cupcake liner 1/2 full and bake for 18-21 minutes.

For an 8"x8" cake, this frosting amount will lightly cover the top. If you want a thicker layer or to frost the sides, you might want to double the frosting recipe

If the frosting is too thick, add more soy milk (1 tbsp at a time). If it's too loose, add more powdered sugar until it holds its shape

Recipe Costing (9-12 servings)

Total Cost: \$2.43

Serving Cost (9 servings): \$0.27

Serving Cost (12 servings): \$0.20

References

Karen. (2024, December 3). Chocolate Wacky cake. Kitchen Treaty. <https://www.kitchentreaty.com/chocolate-wacky-cake/>

Nora. (2025, March 4). The best vegan chocolate cake. Nora Cooks. <https://www.noracooks.com/vegan-chocolate-cake>

Nutrition

Amount per serving

Serving size: 1/9 cake with icing (130 g)

Calories: 370

Total Fat: 18g

Saturated Fat: 7g

Cholesterol: 0mg

Sodium: 560mg

Total Carbohydrate: 50g

Dietary Fiber: 4g

Sugars: 28g

Protein: 5g

Photos







Cinnamon Rolls

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 12 | **Prep time:** 2 hours 30 mins | **Cook time:** 25 mins

Ingredients

Dough:

- 1 pound 9 ounces (710g) Water, warm (follow yeast package directions for temperature)
- 2 packs Dry active yeast
- 5 cups (730g) Unbleached Bread Flour, plus extra for dusting
- 4 cups (520g) Whole grain spelt flour
- 2/3 cup (106g) Sugar, granulated
- 4 tablespoons (60ml) Non-dairy milk, preferably soy milk
- 1/2 cup (102g) Non-dairy margarine/butter, preferably unsalted
- 2 teaspoons (8g) Salt

Filling:

- 1/2 cup (110g) Non-dairy margarine/butter, preferably unsalted, softened, divided
- 1 1/2 cups (318g) Brown sugar, tightly packed
- 4 tablespoons (22g) Cinnamon, ground

Flat Icing:

- 3 1/2 cups (460g) Icing sugar

4 tablespoons (60ml) Non-dairy milk (soy)

2-4 teaspoons (10ml-20ml) Vanilla

4 tablespoons (56g) Non-dairy butter/margarine, preferably unsalted, softened

Directions

1. Line the bottoms and sides of 2 – 9" springform/cake pans, or you can use a hotel pan with the deepest depth available.
2. In a small bowl, whisk together the warm water, yeast and 1 tsp of the sugar. Set aside in a warm place for at least 3-4 minutes, until bubbles form and there is activity on the surface.
3. In a stand mixer (or a large bowl if forming my hand), combine the flour, sugar, soy milk, margarine and activated yeast mixture.
4. Using a dough hook, mix the dough on the first speed. Once all of the ingredients are blended, add in the salt, then increase the mixer speed to 2, for 10 minutes.
5. If kneading by hand, combine all ingredients except salt in the bowl. Knead in the bowl to begin to form a dough. Once all ingredients are combined, add in the salt and combine thoroughly. Move the the dough to a clean, lightly floured work surface then knead for 10 minutes until the dough ball is smooth and bounces back when pressed with a finger.
6. After 10 minutes, form the dough into a smooth ball and place in a lightly oiled bowl. Cover with cling wrap and place in a warm, draft-free space, a proofer or the middle rack in an oven that is turned off, with a baking dish full of boiled water set on the bottom. Allow to proof for 45 minutes. Dough should double in size.
7. Uncover the dough, punch down and allow to rest, covered for 30 minutes.
8. Preheat an oven to 350°F (180°C) and set a baking pan full of boiled water on the bottom or a lower rack (use the same one from proofing if you used that method).
9. In a small bowl, combine the cinnamon and brown sugar.
10. Lightly flour your work surface, dump out the dough and roll into a 24"x12" rectangle that is ½" thick. Add more flour as needed underneath the dough while rolling out to prevent sticking. Follow the remaining steps for each of the three portions of dough.
11. Spread 3 Tbsp of softened butter for the filling onto the pastry, except 1" at the top edge of the pastry, where you will seal the roll.
12. Evenly spread the cinnamon sugar mixture all over the surface, except the 1" border at the top.
13. Roll the dough up starting at the bottom edge (which should be the longer side). Seal the roll at the opposite edge without butter on it, press it closed then place the roll seam-side down.
14. Trim the ends if necessary, then cut the roll into two equal halves. Cut those two pieces in half again, and cut each quarter into 3 equal pieces, to make 12 rolls.
15. Place the rolls in your prepared baking dishes. If using round cake pans, place once roll in the center of each pan evenly surrounded by 5 more. In a hotel pan, arrange rolls in four rows of 3.
16. Cover the rolls again, place in a warm area and allow to double in size, for about 20 minutes.
17. Once ready, brush the tops of the rolls with the remaining 1 Tbsp of butter. Place in the oven and bake for 20-25 minutes. Rotate the pans after 15 minutes. Bake until the tops are just golden brown.
18. Remove rolls from the oven and let cool most of the way before icing or attempting to separate.

19. In a medium bowl, whisk together all the icing ingredients until smooth.

20. Drizzle or spread the rolls with the icing to finish. Rolls are best eaten the day they are made, but can be heated up slightly to improve the texture the next day.

Notes

Per serving size (1 Cinnamon roll + 2 tbsp Icing): \$0.34

Chef's tip: If using salted vegan butter for the recipe, reduce the amount of salt in the cinnamon rolls by a 1 ½ tsp.

Nutrition

Amount per serving

Serving size: 1 cinnamon roll + 2 tbsp icing

Calories: 330

Total Fat: 9g

Saturated Fat: 3.5g

Cholesterol: 0mg

Sodium: 140mg

Total Carbohydrate: 75g

Dietary Fiber: 4g

Sugars: 38g

Protein: 6g

Photos





Cranberry and Apple Empanadas

Photo by Nathaniel Stow/Sodexo Canada

Serving size: 12 | **Prep time:** 40 mins | **Cook time:** 30 mins

Ingredients

- 3 cups (360 g) All-purpose flour
- ½ cup (125 ml) Dairy-free margarine or vegetable shortening
- 1 tsp (5 ml) Salt
- ½ cup (125 ml) Water
- 1 cup (250 ml) Fresh cranberries
- 2 each Apples, peeled, diced
- ½ cup (99 g) Sugar
- 1 ½ tbsp (22.5 ml) Cornstarch

Directions

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. Refrigerate for 30 minutes.
5. Over medium heat, in a medium saucepan, add apples, cranberries, sugar, and cornstarch.

6. 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.
7. On a floured surface, roll out the empanada dough to $\frac{1}{8}$ -inch thickness then cut into rounds about 3 to 4 inches wide.
8. Spoon 1 tablespoon filling on the centre of the round and fold the empanada dough over. Press the edges together using your fork.
9. Brush each empanada with vegetable oil and sprinkle them with sugar. Bake the empanadas for approximately 20 minutes or until golden on top.



Crème Brulée

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 10 mins | **Cook time:** 20 mins

Ingredients

6 cups Silken tofu, firm, drained (see Notes)
2 cups Coconut cream (see Notes)
2 cups Non-dairy milk, unsweetened
2 1/3 cups Sugar, divided
1/2 cup Cornstarch
4 Vanilla beans, split and scraped
Or
2 Tbsp + 2 tsp Vanilla extract
1 tsp Salt
1/4 tsp Turmeric, ground

Directions

1. Place 24 - 4 oz. ramekins on two half baking sheets, 12 per baking sheet.
2. Place the silken tofu, coconut cream, non-dairy milk, 1 1/3 cups of the sugar, the cornstarch, scraped vanilla bean paste or vanilla extract, salt, and turmeric into a high-powered blender. Blend for 1-2 minutes until smooth and uniform, scraping down the sides as needed.

3. In a large pot over medium heat, add the blended mixture and bring to a boil, whisking frequently.
4. Reduce the heat to medium-low and cook for 5-7 minutes, stirring constantly, until the custard noticeably thickens, yet is still a pourable consistency.
5. Remove from the heat. Divide the custard evenly between the 24 ramekins. Tap them on the counter and use a small spatula to even the tops out as needed, then place the baking sheets into a fridge lightly covered, to allow steam to escape but prevent a skin from forming on top.
6. Just before you will serve the custards, remove from the fridge and sprinkle each custard evenly with 2 tsp of sugar. Rotate the ramekins at an angle to make sure the sugar covers the entire top.
7. Use a kitchen torch to melt the sugar. Hold the flame about a 1/4" away from the surface and at an angle. Rotate the ramekins in your hand as you melt the sugar and try not to stay on any spot too long at first. The goal is to first liquify all the sugar, after which you can add more colour as needed by revisiting certain areas. Once the caramelized tops are an even golden-brown, place into the fridge for 5 minutes to set, then serve.

Notes

4 (349 g) packs of shelf stable Mori Nu firm silken tofu will work in this recipe, or 6 cups of refrigerated, soft tofu, drained before measuring.

Place 3 cans of full fat coconut milk in a refrigerator the night before you plan to make this recipe. In the morning, open the cans and scoop out the thick cream that has formed a layer at the top. If the cream is dispersed throughout in chunks, scoop out the thick parts you can, then use the thinner coconut milk to complete the amount needed. Experiment with different brands to find which works best.

Nutrition

Amount per serving
Serving size: 1/2 cup (105 g)
Calories: 215
Total Fat: 10g
Saturated Fat: 7g
Cholesterol: 0mg
Sodium: 77mg
Total Carbohydrate: 26g
Dietary Fiber: 1g
Sugars: 21g
Protein: 6g

Photos



Crème Caramel

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 12 servings | **Prep time:** 10 mins | **Cook time:** 20 mins

Ingredients

Caramel

1 cup Sugar

1/4 cup + 2 Tbsp Water

1/4 tsp Salt (optional)

Custard

4 cups Non-dairy milk, unsweetened

1/2 cup Sugar

1/2 cup Cornstarch

2 tsp Agar powder (not flakes)

1/2 tsp Salt

2 cups Coconut milk, canned, full fat, shaken before opening

1 Tbsp + 1 tsp Vanilla extract

Garnish

3/4 cup Non-dairy whipped cream (1 Tbsp per custard)

Directions

Caramel

1. Place 12 – 4 oz ramekins close to where you will be making the caramel and custard. You will need a whisk as well as a flexible silicone or rubber spatula.
2. In a medium saucepan over high heat, combine the sugar and water. Whisk until the sugar is dissolved and the mixture begins to boil, then do not stir anymore (to avoid grainy, crystallized caramel). If the caramel moves up the sides of the pot, put the lid on the pot for a while until it comes back down.
3. Cook the caramel until it is a medium to deep amber colour, being careful not to burn the sugar, then remove from the heat and quickly divide evenly among the 12 ramekins, swirling the caramel to thinly coat the entire bottom of each ramekin as you go.
4. Evenly divide the 1/4 tsp of salt between the caramel in the 12 ramekins. Let cool while you make the custard.

Custard

5. In a large saucepan over medium-high heat thoroughly whisk together the non-dairy milk, sugar, cornstarch, agar powder, and salt. Stir until the sugar is dissolved, then whisk in the coconut milk and bring to a gentle boil.
6. Reduce heat to medium-low, simmer and continue whisking, occasionally scraping down the sides and bottom of the pot with the spatula to avoid any lumps forming. Cook and stir the custard regularly for 6-8 minutes, until it begins to thicken but is still easily pourable. Remove from the heat and whisk in the vanilla extract.
7. Pour mixture evenly between ramekins and tap the ramekins on the counter to release any bubbles and even out the tops.
8. Loosely cover and refrigerate the custards for minimum 3 hours. They are best left overnight, so the hard caramel has time to soften and turn into a sauce.
9. To serve: carefully run a paring knife blade around the edge of each ramekin, about a 1/2" deep, until you can feel the custard release. Invert the ramekin onto a plate and jiggle as needed to unmold the custard. Serve each custard with a tablespoon of non-dairy whipped topping.

Nutrition

Amount per serving

Serving size: 1/2 cup (122 g)

Calories: 227

Total Fat: 9g

Saturated Fat: 7g

Cholesterol: 0mg

Sodium: 132mg

Total Carbohydrate: 33g

Dietary Fiber: 0g

Sugars: 26g

Protein: 3g

Photos





Dark Chocolate and Maple Caramel Pears

Recipe and photo by Chef Amy Symington

Serving size: 12-14 | **Prep time:** 40 mins | **Cook time:** 15 mins

Ingredients

- 12 to 14 small pears (any variety)
- 7 oz dark unsweetened chocolate (70% cocoa or greater)
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1/2 tsp ground nutmeg
- Pinch ground cayenne pepper, optional
- 3/4 cup chopped toasted unsalted walnuts or pumpkin seeds
- 1/4 cup pure maple syrup
- 1/2 tsp pure vanilla extract
- 2 tbsp arrowroot powder

Directions

1. Insert skewers into pears through stem end. Set aside.
2. In a heat-proof bowl set over top of a pot of barely simmering water, add chocolate, cinnamon, ginger, nutmeg and, if desired, cayenne. Stir until chocolate melts. Remove from heat.
3. Holding skewers, immediately dip pears in chocolate to coat; if necessary, use a heat-proof spatula to cover

completely. Shake off excess and sprinkle with walnuts. Transfer pears stem side up to a parchment-lined baking sheet and set aside at room temperature until chocolate hardens, about 20 minutes.

4. In a small saucepan, whisk maple syrup, vanilla and arrowroot. Heat on medium and cook, whisking constantly, until thick, about 5 minutes. Chill in freezer for 5 minutes, then drizzle over pears. Let cool.

High Protein Oatmeal Cookies

Recipe by Chef Amy Symington

Serving size: 50 cookies | **Prep time:** 10 mins | **Cook time:** 15 mins

Ingredients

Dry:

- 4 cups (527 g) Whole grain spelt flour
- 1 cup (160 g) Hemp seeds
- 1 cup (201 g) Cane sugar
- 1 ½ cups (128 g) Old-fashioned rolled oats
- ¼ cup (26 g) Flaxseed meal
- 2 tsp (8 g) baking powder
- 2 tsp (10 g) baking soda
- 1 tsp (6 g) salt

Wet:

- 1 cup (250 ml) unsweetened soy milk
- 1 cup (250 ml) sunflower/melted coconut oil
- ½ cup (125 g) tahini, unsweetened (optional)
- 2 tbsp (30 mL) vanilla extract

Garnish:

- 1 cup (170 g) dark chocolate chips

Directions

1. Preheat oven to 350°F (177°C).
2. In a large mixing bowl, whisk together the dry ingredients.
3. In a small mixing bowl, whisk together the wet ingredients.
4. Using a spatula, fold the wet ingredients into the dry ingredients and thoroughly mix. Fold in 2/3 of the chocolate chips. Set the the remaining 1/3 aside for garnish.
5. Use a ¼ cup measuring cup or ice cream scooper to portion the cookies. Each dough ball should be approximately 37g. Using a fork, slightly flatten each cookie.
6. Top with the remaining chocolate chips and bake for 13-15 minutes.

Notes

Recipe Costing - 50 servings

Total Cost: \$18.40

Serving Cost: \$0.37

Nutrition

Amount per serving

Serving size: 1 cookie (33 g)

Calories: 156

Total Fat: 9g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 108mg

Total Carbohydrate: 17g

Dietary Fiber: 2g

Sugars: 7g

Protein: 4g

Lazy Susan Peach Cobbler

Serving size: 12 | Prep time: 10 mins | Cook time: 30 mins

Ingredients

1 cup (113g) Self-rising flour
1 cup (198g) Sugar, granulated
8 tbsp (115ml) Non-dairy margarine, divided
30oz (840ml) Canned peaches with juice, do not drain
1 cup (250ml) Non-dairy milk
1 tbsp (15ml) Vanilla extract

Directions

1. Preheat oven to 350°F (177°C).
2. In a medium bowl, combine flour and sugar together. Set aside.
3. In a medium baking dish or 1/2 hotel pan, melt margarine. Reserve 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.



Morning Glory Muffins

Photo by Riana Topan/Humane World

Serving size: 18 | **Prep time:** 15 mins | **Cook time:** 25 mins

Ingredients

3 tbsp (45 mL) Ground flaxseed
9 tbsp (135 mL) Water
2 cups (240 g) All-purpose flour
½ tsp (2.5 g) Salt
2 tsp (10 mL) Baking soda
2 tsp (10 mL) Ground cinnamon
2 cups (500 mL) Carrots, grated
1 large Red delicious apple, grated
½ cup (125 mL) Walnuts (optional)
½ cup (125 mL) Shredded coconut
½ cup (125 mL) Raisins
¼ cup (85.2 g) Brown sugar
¾ cup (148.5 g) Granulated sugar
⅔ cup (158 mL) Vegetable oil

Directions

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.



Nanaimo Bars

Recipe by Chef François Murphy. Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 12 (or 16-20 smaller squares) | **Prep time:** 20 mins | **Cook time:** 40 mins

Ingredients

Base

- 3 cups Medjool Dates, pitted and chopped small
- 1 cup Rolled oats
- 1/2 cup Pumpkin seeds, raw
- 1/2 cup Coconut, shredded, unsweetened
- 1/2 cup Cocoa powder
- 1/2 tsp Vanilla extract
- 1/2 tsp Salt

Filling

- 1 1/2 cups Sugar, powdered
- 1 1/2 cups Coconut butter (see Notes)
- 1/2 cup Coconut milk, canned, full fat
- 1 Tbsp + 1 tsp Vanilla extract
- 1/8 tsp Turmeric, ground
- 1/4 tsp Salt

Ganache

2 cups Non-dairy semi-sweet chocolate (see Notes)

1/4 cup + 1 Tbsp Coconut milk, canned, full fat

Directions

1. Line 2 - 8" square baking pans with overlapping strips of parchment paper, set aside.
2. In a food processor, add the oats and dates. Process down into a chunky paste. If the dates are too dry to process effectively, add 1 tsp water so the mixture comes together and forms a malleable base.
3. Next add the pumpkin seeds, coconut, cocoa powder, vanilla, and salt. Process until all the pieces are chopped and evenly incorporated.
4. Divide and press the mixture evenly in the bottom of the lined pans. Using slightly damp fingers to prevent sticking. You can use a spatula or dough scraper to even out the base. It should be about 1/2" thick. Refrigerate while you make the filling.
5. In a clean food processor or blender, add all the filling ingredients and blend until smooth, scraping down the jar as needed. You can add more coconut milk 1 Tbsp at a time if needed.
6. Divide then spread the filling evenly over the base in the two pans and refrigerate again.
7. For the ganache topping, prepare a double boiler. Melt the chocolate and coconut milk together and whisk until completely smooth.
8. Pour equally into each pan over the middle layer, smooth out using a small offset spatula, then refrigerate 1-2 hours, until the chocolate is set.
9. Use the parchment paper to lift the bars out of the pan. Cut each into 16-20 small squares (or 12 rectangular bars if larger portions are required). If the bars are too firm to cut cleanly at first, allow them to sit on the counter for 15-20 minutes before portioning.

Notes

Coconut butter or coconut manna is made from whole ground dried coconut meat. It is usually solid with a grainy/fudgy texture at room temperature, has a slight sweetness, and can be melted down for use in recipes

For chocolate, you can use dairy-free semi-sweet chocolate chips, a chopped chocolate bar or chocolate callets

Credit to Dreena Burton for the recipe this was adapted from <https://dreenaburton.com/vegan-nanaimo-bars/>

Nutrition

Amount per serving

Serving size: 2"x2" square (58 g)

Photos





No-Bake Chocolate Oatmeal Cookies

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 cookies - 1 cookie per serving | **Prep time:** 15 mins | **Cook time:** 10 mins

Ingredients

- 1 1/2 cups Sugar, granulated
- 1/2 cup Non-dairy milk, unsweetened
- 1/4 cup + 2 Tbsp Coconut oil
- 1/4 cup Cocoa powder, dutch-processed
- 3 cups Oats, old-fashioned or quick-cooking
- 2/3 cup Sunflower seed butter or peanut butter, smooth
- 1 Tbsp Vanilla extract
- 1/4 tsp Salt

Directions

1. Gather and measure all ingredients before beginning. A candy or infrared thermometer is required for this recipe, find one to use before beginning.
2. Line a full baking sheet with parchment paper.
3. In a medium saucepan over medium-high heat, whisk together the sugar, non-dairy milk, margarine, and cocoa powder. Bring to a boil. Allow to boil for at least 5 minutes, check the temperature regularly using the thermometer until it reads between 235°F-240°F.
4. Remove from heat. Whisk in nut/seed butter, vanilla, and salt, mixing thoroughly.

5. Fold in the oats with a spatula. Use a size 30 disher (2 1/4 Tbsp) to scoop out twenty four even cookies. Make sure to work quickly so they don't set up in the pot. Flatten slightly with clean lightly dampened fingers.
6. Place in the refrigerator to set for at least 30 minutes before serving.

Notes

Mix in 2/3 cup of mini non-dairy chocolate chips, toasted chopped sunflower seeds or toasted shredded coconut for extra texture and flavour. Add along with the oats

These cookies can be made with a reduced amount of sugar (1 cup), but they will not set-up as firm and would need to be kept frozen until 5 minutes prior to service

Recipe Costing:

Total Cost: \$11.22

Serving Cost: \$0.47

Nutrition

Amount per serving

Serving size: 1 cookie (36g)

Calories: 166

Total Fat: 8g

Saturated Fat: 4g

Cholesterol: 0mg

Sodium: 27mg

Total Carbohydrate: 22g

Dietary Fiber: 2g

Sugars: 13g

Protein: 4g

Photos







Peachy Upside-Down Cake

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 servings | **Prep time:** 40 mins | **Cook time:** 35 mins

Ingredients

Fruit Topping

6 Tbsp Coconut oil, melted

1/2 cup Brown sugar

4 cups Peaches, fresh, 1/4" slices

Dry Ingredients

4 cups Spelt flour (or whole wheat pastry flour)

1 1/2 cups Sugar

2 tsp Baking soda

1 1/2 tsp ground Cinnamon

1 tsp ground Ginger

1 tsp Salt

Wet Ingredients

2 cups Non-dairy milk, unsweetened

2/3 cup Neutral-tasting oil (grapeseed, canola or vegetable)

1/4 cup Lemon juice

1 Tbsp + 1 tsp Vanilla extract

For Serving

1 1/2 cups Plant-based whipped cream (optional)

Directions

1. Preheat your oven to 350°F (177°C). Line the bottom of two 9" springform pans with a fitted round of parchment paper and use a pastry brush to coat the sides lightly with oil or cooking spray. Set both of the pans on a baking sheet.

Fruit Topping

2. Pour 3 Tbsp of the melted coconut oil into the bottom of each springform pan and use the pastry brush to evenly coat the bottom and sides of the pan.

3. Sprinkle 1/4 cup of brown sugar all over the bottom of each springform pan, making sure to break down any larger clumps.

4. Arrange 2 cups of peaches into the bottom of each springform pan in a single layer. Try not to leave too many gaps, overlapping the slices as needed.

Cake

5. In a large mixing bowl, whisk together the spelt flour, sugar, baking soda, cinnamon, ginger, and salt. Set aside.

6. In a medium mixing bowl, whisk together the non-dairy milk, oil, lemon juice and vanilla extract. Set aside.

7. Make a well in the center of the dry ingredients in the large bowl, then pour the wet ingredients into the middle. Using a spatula, fold together the ingredients until just combined. Work quickly to evenly divide the batter between the two springform pans. Use your spatula to gently smooth the batter to the sides and over the peaches. Gently tap the pans on the counter to even the batter and release any bubbles.

8. Place the baking sheet with the pans into the oven and bake for 30-40 minutes (averages 35 mins), until the top is firm and golden and a paring knife or toothpick inserted in the middle comes out clean. Do not open the oven within the first 30 minutes.

9. Remove the baking sheet from the oven and place the sheet with the two pans on a cooling rack for 10 minutes.

Serving Instructions

10. After the pans have cooled slightly, get two plates that are big enough to set the cakes onto, and a paring knife. Loosen the sides of the springform pans. Use the knife to help release any cake or topping that may be stuck to the pan.

12. Place one of the plates on top of the cake (use a piece of parchment paper between the cake and plate if you plan to move it to another platter for serving). With one hand on the plate and one hand on the bottom from the springform pan, quickly flip the cake over so the bottom of the cake is now on top.

13. Place the plate down then wiggle the bottom of the springform pan and use your paring knife if needed to

help release it. Pull the piece away and remove the parchment paper carefully if it is stuck to the top of the cake.

14. If any pieces of fruit are out of place carefully put them back before serving. Cut into 12 equal slices, using a serrated knife to gently cut through the fruit and make clean slices.

14. Serve warm, either on its own, with 1 Tbsp plant-based whipped cream per slice, or some vegan vanilla ice cream.

Notes

This cake can be made with an equal amount of other seasonal fruits. Ripe nectarines, plums, pears, pineapple, cherries, mango slices or a mix could all work. Adjust spices to complement the fruit as you wish

Nutrition

Amount per serving

Serving size: 1 slice (86 g)

Calories: 248

Total Fat: 9g

Saturated Fat: 3g

Cholesterol: 0mg

Sodium: 169mg

Total Carbohydrate: 40g

Dietary Fiber: 3g

Sugars: 25g

Protein: 4g

Photos







Peanut Butter Chocolate Chip Cookies

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 24 cookies - 1 cookie per serving | **Prep time:** 20 mins | **Cook time:** 14 mins

Ingredients

- 1 cup Peanut butter (or sunflower seed butter), natural, creamy, stirred
- 2/3 cup Brown sugar
- 1/2 cup Sugar, granulated
- 1/2 cup Non-dairy milk, unsweetened
- 1/4 cup Coconut oil, melted
- 2 tsp Vanilla extract
- 2 Tbsp Flaxseed meal
- 1 1/2 cups Spelt flour (or whole wheat)
- 2 tsp Baking powder
- 1 tsp Salt
- 1 cup Dairy-free chocolate chips, chunks or chopped chocolate bars

Directions

1. Line a full baking sheet with parchment paper and preheat oven to 350°F (177°C).
2. In a stand mixer, or in a medium bowl by hand with a fork, cream together the peanut butter, brown sugar, sugar, non-dairy milk, coconut oil and vanilla extract until the sugar is broken down and the mixture is smooth,

about 3 minutes. Next add in the ground flaxseed and mix thoroughly for 1 more minute. Allow to stand and thicken for 3 minutes while mixing the dry ingredients.

3. In a large bowl, whisk together the flour, baking powder and salt. Make a well in the middle of the dry ingredients and add the wet mixture in the centre. Fold the dry ingredients in until everything is just combined. If using a stand mixer, add the dry ingredients in on low speed at first. Mix until just combined.

4. Fold in the chocolate pieces.

5. Loosely cover the bowl and place dough in refrigerator to chill for 10 minutes before scooping.

6. Use a medium cookie scoop (size 30 portioner) to measure slightly heaped 2 Tbsp portions (about 2 ¼ Tbsp of dough per cookie). Flatten the cookies slightly with clean fingers as required.

7. Place baking tray in the oven and bake for 12-15 minutes, until slightly golden brown around the edges. Rotate tray after 7 minutes for even baking.

8. Remove from oven and let cool on the baking tray on a cooling rack. Cookies will be soft straight from the oven but will set up during this time. Serve when cool.

Photos





Pecan Sandies

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 40 (2 per serving) | **Prep time:** 20 mins | **Cook time:** 40 mins

Ingredients

- 1 cup (250 mL) Dairy-free margarine
- 2 cups (240 g) All-purpose flour
- ¼ cup (49.5 g) Granulated sugar
- 2 tsp (10 mL) Vanilla extract
- 2 cups (500 mL) Finely ground pecans
- 1 lb (227 g) Powdered sugar

Directions

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 pecans; mix until well combined.
5. Roll dough into small balls.
6. Place on an ungreased baking sheet and bake for 30-45 minutes.
7. Roll immediately in powdered sugar, let cool, and roll again in powdered sugar before serving.

Notes

Cost per serving: \$0.52

Photos





Power Bites

Photo by Kevin Johnson/University of Windsor

Serving size: 48 | **Prep time:** 5 mins

Ingredients

- 1 cup (250ml) Peanut butter or other nut/seed butter
- 2 cups (500ml) Quick cooking oats, raw
- 6 oz (168g) Non-dairy chocolate chips
- 1 oz (20ml) Maple syrup
- 4 oz (115g) Applesauce, unsweetened
- 3/4 cup (12ml) Pecans, ground, optional

Directions

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

Chef's tip: You can add any kind of nut or dried fruit to this recipe.



Pumpkin Brownies

Recipe by Chef Amy Symington

Serving size: 12 | **Prep time:** 15 mins | **Cook time:** 40 mins

Ingredients

- 1/3 cup Coconut oil
- 1/2 cup Unsweetened dark chocolate, chopped
- 1 cup Spelt flour or gluten-free flour
- 1/4 cup Unsweetened cocoa powder
- 1/2 teaspoon (2g) Salt
- 1/4 teaspoon Baking powder
- 1 cup Maple syrup
- 2 Flax eggs (6 tbsp ground flax + 12 tbsp water whisked together, let sit for 5 minutes)
- 3/4 tablespoon Pure vanilla extract
- 1 1/2 cups Pumpkin purée

Directions

1. Preheat oven to 350°F (177°C). With coconut oil and spelt flour grease and flour one 9 x 9 baking dish and set them 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, flax 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 pans before cutting.



Pumpkin Harvest Cookies

Serving size: 28 cookies | **Prep time:** 10 mins | **Cook time:** 15 mins

Ingredients

- 1 tablespoon Flaxseed
- 3 tablespoons Water
- $\frac{3}{4}$ cup Granulated sugar
- $\frac{1}{4}$ cup Light brown sugar
- $\frac{1}{2}$ cup Non-dairy margarine
- 1 teaspoon Vanilla flavoring
- 1 cup Pumpkin, canned
- 2 cups All-purpose flour
- $\frac{1}{2}$ teaspoon Cinnamon
- $\frac{1}{4}$ teaspoon Cloves
- 1 teaspoon Baking soda
- $\frac{1}{2}$ teaspoon Salt
- 1 cup Raisins (optional)
- 1 cup Walnuts (optional)

Directions

1. Preheat oven to 375F.
2. Mix flaxseed and water in a small bowl 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. Stir in raisins and nuts. If desired.
5. On parchment lined sheet pans, portion out cookie dough to yield 28 cookies.
6. Bake at 375F for 12-15 minutes or until done. These are soft cookies.



Raspberry Bars

Photo by Riana Topan/Humane World for Animals

Serving size: 12 bars (or ~24 smaller bars) | **Prep time:** 15 mins | **Cook time:** 25 mins

Ingredients

Base

1 1/4 cups (150 g) Spelt (or all-purpose) flour

1/4 cup (50 g) Sugar

1/2 cup (125 mL) Non-dairy margarine

3/4 cup (187 mL) Raspberry jam

Flat Icing

1/2 cup (60 g) Icing sugar

1 Tbsp (15 mL) Non-dairy milk

1/4 tsp (1.25 mL) Vanilla extract

Directions

Base

1. Preheat oven to 350°F (177°C). Line a 9" square (or 9"x12") baking pan with parchment paper and lightly grease the sides with non-stick cooking spray.

2. In a large bowl, combine the spelt flour, sugar, and non-dairy margarine together.
3. Divide the dough into thirds. Evenly press 2/3 of the dough in the bottom of your prepared pan.
4. Bake for 8-10 minutes.
5. Allow to cool slightly. Spread the raspberry jam on top of the base.
6. Crumble last third of dough on top of the jam layer.
7. Place back in oven and bake until golden brown, about 10-15 minutes. When done, remove from the oven and allow to cool

Flat Icing

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

Notes

Equipment: 9" square or 9"x12" baking pan



Red Velvet Cupcakes with Cream Cheese Icing

Photo by Julia Kuziw/Chartwells Canada

Serving size: 12 cupcakes or 36 mini cupcakes | **Prep time:** 10 mins | **Cook time:** 20 mins

Ingredients

Cupcakes:

- 1/2 tablespoon (7.5ml) Apple cider vinegar
- 2/3 cup (164ml) Non-dairy milk
- 6 ounces (170g) Sugar, granulated
- 3 ounces (89ml) Vegetable oil
- 1/2 teaspoon (2.5ml) Vanilla extract
- 1 ounce (28g) Vegan red food coloring
- 7 ounces (200g) Self-rising flour (see note below for using AP flour)
- 1/2 tablespoon (7.5ml) Natural cocoa powder

Cream Cheese Icing:

- 4 ounces (113g) Non-dairy margarine
- 1/2 teaspoon (2.5ml) Vanilla extract
- 8 ounces (128g) Sugar, powdered
- 2 ounces (57g) Non-dairy cream cheese

Directions

Cupcakes:

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 cupcake pans and bake for 15-20 minutes or until a toothpick inserted in the center comes out clean. If making mini cupcakes, reduce cooking time to 9-14 minutes. Allow to cool on a wire rack.

Cream Cheese Icing:

1. Using a mixer, blend margarine 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.

Notes

To substitute AP flour for self-rising flour: For every 1 cup of all-purpose flour, add 1 1/2 teaspoons baking powder and 1/4 teaspoon fine salt.



Rhubarb Ginger Cobbler

Recipe and photo by Chef Amy Symington

Serving size: 24 | **Prep time:** 15 mins | **Cook time:** 40 mins

Ingredients

- 3 cups whole rolled oats
- 3 cups spelt flour
- 3/4 granulated sugar
- 6 teaspoons baking powder
- 18 cups diced rhubarb (or seasonal fruit of choice)
- 3/4 cup-1 1/2 cups maple syrup (this will depend up on the sweetness of the fruit selected)
- 6 tablespoons minced ginger
- 4 1/2 cups unsweetened soy milk
- 3 tablespoons vanilla extract
- 3/4 cup coconut oil

Directions

1. Preheat oven to 350F and grease one 12 x 8 baking dish if making 8 servings (or three baking dishes for 24 servings) with coconut oil.
2. In a medium bowl, combine oats, flour, sugar and baking powder. Set aside.
3. In a large bowl toss together rhubarb, maple syrup, and ginger until the rhubarb is completely coated with

maple syrup and ginger is evenly dispersed. Evenly distribute mixture into the greased 12 x 8 baking dish.

4. Next make a well in the dry ingredients and add the soy milk and vanilla extract. Combine the wet ingredients into the dry ingredients.

5. Pour batter over the rhubarb. Add dollops of the coconut oil over the topping. Place in oven and bake for 40-45 minutes until crisp and brown. Serve with your favourite plant-based yogurt, whipped cream or ice cream.

Photos





Silken Chocolate Mousse

Photos and recipe testing by Wing Chee Chan/For Humane World for Animals

Serving size: 36 | **Prep time:** 1 hour 10 mins

Ingredients

4 1/2 cups dairy free dark chocolate chips
12 cups silken or soft tofu, drained
2 1/4 cups coconut cream, canned
1 1/2 cups + 3 Tbsp maple syrup
2 1/4 tsp salt

Optional Garnishes

1 1/2 cups raspberries or sliced strawberries
3/4 cup dairy-free mini chocolate chips or chocolate shavings
1 cup (25 g) mint leaves

Directions

1. Melt the chocolate chips in a microwave in 30 second intervals, stirring in between, until melted and smooth. Alternately, you can use a double boiler to melt the chocolate chips.
2. Add all ingredients to a blender (make in two batches if using a blender) or 16-cup food processor. Blend for about 2 minutes, or until completely smooth, scraping down the sides with a spatula as needed.

3. Divide the mousse evenly into 12 small jars or serving bowls. Chill for at least 1 hour to firm up. Before serving, garnish with fresh berries, chocolate or mint leaves, as desired.

Notes

Equipment: microwave or double boiler to melt chocolate, 16 cup blender or food processor, spatula, serving bowls (or small mason jars with lids)

Alternatively, melt the chocolate over a double boiler on the stove top. Let the chocolate cool for 5 minutes.

For smooth texture, the tofu should be at room temperature. Cold tofu may result in grainy mousse.

For the best results, chill the mousse for 1 hour before serving. For a firmer consistency, refrigerate for 2-3 hours. It also stores well for up to 4 days in the refrigerator.

Credit to the Nora Cooks and Sarah's Vegan Kitchen blogs for recipe inspiration

Recipe Costing

Total cost (36 servings): \$58.23

Serving cost: \$1.62

Nutrition

Amount per serving

Serving size: 1/2 cup (132 g)

Calories: 249

Total Fat: 14g

Saturated Fat: 9g

Cholesterol: 0mg

Sodium: 163mg

Total Carbohydrate: 26g

Dietary Fiber: 2g

Sugars: 20g

Protein: 5g

Photos





Spelt Biscuits

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 36 servings | **Prep time:** 15 mins | **Cook time:** 50 mins

Ingredients

- 1 L (936 g) Non-dairy milk, unflavoured, unsweetened
- 1/4 cup (62 g) White vinegar
- 2 1/2 cups (560g) Plant-based butter, divided (see Notes)
- 6 cups (860 g) Spelt flour, plus extra for dusting
- 6 cups (860 g) All-purpose flour
- 1/4 cup + 2 Tbsp (84 g) Baking powder
- 1 Tbsp + 1 tsp Salt
- 1/2 cup (125 mL) Ice water

Directions

1. Place a large metal mixing bowl in a freezer while you measure out the ingredients. Place as many utensils for the recipe in the freezer or fridge as you can, including a pastry cutter and rolling pin, if using.
2. Preheat an oven to 425°F (220°C). Line a full baking sheet with parchment paper.
3. For the vegan butter, place a 1/4 cup (56 g) into a small bowl and set aside. Measure out the remaining 2 1/4 cups (504 g). Cut it into medium-sized chunks in a bowl, then place in the freezer until you begin prepping the biscuit dough.
4. Mix the vinegar with the non-dairy milk and keep refrigerated until needed.

5. In the large cold mixing bowl, thoroughly mix the spelt flour, all-purpose flour, baking powder, and salt.
6. Cut the cold butter into the dry ingredients with a fork, pastry cutter, or your fingers until it is reduced to pea-sized pieces. Work quickly so the butter doesn't warm up too much.
6. Add ½ of the non-dairy milk and fold into the dough with a spatula. Add additional milk, ¼ cup at a time, as needed, until a slightly tacky and moldable dough forms. If the dough is too dry with the full amount of liquid added, add in some of the ice water, 1-2 Tbsp at a time.
7. Turn the dough onto a lightly floured surface. Fold and press the dough over on itself 5 times, turning it 90° clockwise after each fold. Flour the surface as you work to prevent sticking.
8. Use a rolling pin to form the dough into a 1-inch thick rectangular shape.
9. Use a 3" round cookie cutter to cut out biscuits, or use a paring knife to cut 3" square biscuits and place on the baking sheet, with the biscuits just touching each other. Roll out the scrap dough again and form as many biscuits as possible before the dough gets too warm.
9. Brush the tops with the softened vegan butter. Place the baking sheet into the oven and bake for 15-20 mins until the biscuits are fully with golden brown edges.

Notes

Unsweetened soy milk, Earth Balance baking sticks, and Diamond Crystal kosher salt were used in testing

The plant-based butter used needs to be solid and not spreadable out of the fridge. Brands that work include Earth Balance baking sticks or the kind in the tub, Miyoko's, and Melt organic buttery sticks

For a richer biscuit, you can brush the tops with plant-based butter a second time once they come out of the oven

Nutrition

Amount per serving

Serving size: 3" round biscuit (85 g)





Tiramisu

Photos and recipe testing by Leah Tamblyn for HWA

Serving size: 16 | **Prep time:** 1 hour 20 mins | **Cook time:** 25 mins

Ingredients

Cashew Mascarpone

1 cup (140 g) Raw cashews (see notes for a nut-free version)

1 cup (250 mL) Coconut milk, full-fat, canned, refrigerated overnight, hardened cream only (should need 2 - 400 mL cans)

1/2 cup (132 g) Silken tofu

2 tsp (10 mL) Lemon juice

1 tsp (5 mL) Apple cider vinegar

1/4 cup (60 g) Sugar

2 tsp (10 mL) Vanilla extract

1/4 tsp (1 g) Salt

Cake

2 1/2 cups (385 g) All-purpose flour

2 Tbsp (19 g) Cornstarch

1 1/2 cups (327 g) Sugar, granulated

2 tsp (6 g) Baking soda

1 tsp (4 g) Salt

1 1/3 cups (333 mL) Non-dairy milk, plain, unsweetened
2/3 cup (167 mL) Canola oil
2 Tbsp (30 mL) Lemon juice
1 Tbsp (15 mL) Vanilla extract

Coffee Soak

1 1/2 cups (375 mL) Strong brewed coffee
2 Tbsp (27 g) Sugar

Garnish:

1 Tbsp (5 g) Dutch-processed cocoa powder, for dusting

Directions

Cashew Mascarpone

1. If using raw cashews for the mascarpone - bring a small pot of water to boil. Add the raw cashews, boil for 5 mins, turn off the heat and let sit for another 15 mins. Drain and reserve.
2. In a blender or small food processor, blend all the ingredients for the mascarpone until completely smooth and creamy, 3-4 mins, scraping down as needed. Transfer into a container, cover and refrigerate while making the cake.

Cake

3. Preheat an oven to 350°F (180°C). Lightly grease then line two 9"x9" square cake pans with parchment paper and set aside.
4. In a large mixing bowl, combine all the dry ingredients for the cake. In a small mixing bowl, combine all the wet ingredients. Add the wet ingredients into the dry and whisk or fold together the ingredients until the batter is smooth.
5. Divide the batter between the cake pans and place in the oven for 20-25 mins, until the tops are golden and a toothpick inserted in the cake comes out clean. Complete step 7 while the cakes bake.
6. Let the cake cool in the pans for 10 minutes, then lift onto a cooling rack and allow to cool completely, before slicing into 3"x1" wide pieces.

Coffee Drizzle

7. Brew the coffee. Measure 1 1/2 cups into a jar or 1/2 quart deli container. Stir in the sugar, then cover with a lid and refrigerate until needed.

Assembly

7. In a 9" square cake pan or baking dish, arrange a single layer of the cake pieces (with the middle of the cake pieces facing up, to better absorb the coffee drizzle). Try to fit the pieces together as tightly as possible.

8. Using a spoon or small ladle, drizzle half of the strong coffee evenly over the cake pieces.
9. Next, use an offset spatula to gently spread half of the cashew mascarpone on top of the pieces and fill any gaps.
10. Repeat with the remaining cake pieces, coffee drizzle and cashew mascarpone. There will be some cake pieces left over.
11. Cover and refrigerate for at least an hour, up to overnight, to let the flavours meld.

12. When ready to serve, use a fine mesh sieve to dust the cocoa powder evenly over the top of the cake, then slice into 16 squares and serve.

Notes

Equipment:

Nut-Free Version

Substitute 1 cup non-dairy cream cheese, cut into chunks, for the 1 cup of raw cashews. Begin with step 2

In place of full-fat coconut milk, some pre-separated coconut cream brands that work well are Thai Kitchen Coconut Cream and Cha's Organic Coconut Whipping Cream

For a stronger coffee flavour, you can mix 2 tsp instant espresso into the warm brewed coffee before refrigerating

Recipe Costing

Cost per serving (cashews): \$0.78

Cost per serving (non-dairy cream cheese): \$0.82

Vanilla cake recipe adapted from original version by Sam Turnbull/It Doesn't Taste Like Chicken

Nutrition

Amount per serving

Serving size: 2.25" square

Photos





White Cake

Photos and recipe testing by Christine Hotz/For Humane World

Serving size: 10 (1 9x11" cake) | **Prep time:** 12 mins | **Cook time:** 36 mins

Ingredients

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

Directions

1. Preheat the oven to 350°F (177°C).
2. In a large bowl, combine the flour, baking powder, and salt. Set aside.
3. In a medium bowl, combine the non-dairy milk, vegetable oil, sugar, apple sauce, and vanilla. Whisk well.
4. Add the liquid mixture to the dry ingredients and beat for 3 minutes.
5. Spray a ¼ sheet pan (or 9x11") and bake in a convection oven for 20-25 minutes.

Notes

Cost per serving: \$0.20

Photos





Wild Blueberry and Date Pie

Recipe by Chef Amy Symington. Photo by Laura Bossy/Humane World

Serving size: 12 (2 pies) | **Prep time:** 30 mins | **Cook time:** 35 mins

Ingredients

4 cups (480g) Spelt flour
1 teaspoon (4g) Salt
1/4 tablespoon (2g) Baking powder
2 tablespoons (6g) Flaxseed, ground
2 cups (500ml) Coconut oil
1 cup (250ml) Water
2 tablespoons (30ml) Apple cider vinegar
6 cups (900g) Blueberries
2 cups (310g) Dates, pitted and chopped
1/2 cup (120ml) Maple syrup
1 1/4 tablespoons (10g) Cinnamon, ground
1 1/4 tablespoons (16ml) Vanilla extract
1 each (18 g) Lemon, zested

Directions

1. Preheat oven to 350F and grease or line 2 9" pie plates with parchment.

2. In a large bowl add the flour, baking powder, salt and flaxseed and fully incorporate.
3. Next, cut in the coconut oil using a fork or pastry cutter.
4. Next, make a well in the centre 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 into 2 balls. For each ball, divide so that one piece is 1/3 the dough and the other 2/3. Complete the following steps for each of the pies.
5. With the larger piece of dough, 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 2 pie crust shells. Now top with the top crust. Pinch the corners of the crust all around the edges with your fingers or a fork to seal the blueberry mixture in. Using a knife cut three holes in the top crust of the pie.
8. Bake at 350F for 30-35 minutes until the crust is golden brown. Optionally serve with your favourite coconut ice cream.



Zucchini Bread

Photos and recipe testing by Leah Tamblyn/For Humane World

Serving size: 30 servings | **Prep time:** 40 mins | **Cook time:** 38 mins

Ingredients

Dry Ingredients

- 5 1/4 cups Spelt flour or whole wheat pastry flour
- 1 1/2 Tbsp Baking powder
- 1 1/2 tsp Baking soda
- 1 1/2 tsp Salt
- 1 Tbsp + 3/4 tsp Ground Cinnamon
- 3/4 tsp Ground Nutmeg
- 1 1/2 cups Pecans, walnuts or pumpkin seeds, chopped (optional)

Wet Ingredients

- 3/4 cup Sugar, granulated
- 1 1/2 cups Brown sugar
- 3/4 cup Vegetable oil
- 1 cup Applesauce, unsweetened
- 1/2 cup + 1 Tbsp Flaxseed meal
- 1 1/2 Tbsp Vanilla extract
- 4 cups Zucchini, grated, excess moisture squeezed out, packed [see Notes section]

1 1/2 Tbsp Turbinado/raw sugar (optional)

Directions

1. Preheat oven to 350°F (177°C). Make sure convection setting is turned off.
2. Line 3 - 10"x 4.5" loaf pans with parchment paper, then brush or spray lightly with oil, as needed.
3. In a large mixing bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, and nutmeg. Next, add in any nuts or other mix-ins so they are evenly coated in the flour mixture.
4. In a medium mixing bowl, whisk together the granulated and brown sugar, vegetable oil, applesauce, ground flaxseed and vanilla extract until the mixture is smooth and uniform. Let sit for at least 5 minutes to thicken.
5. Use a rubber spatula to fold the grated zucchini into the wet ingredients.
6. Make a well in the middle of the dry ingredients and pour the wet mixture into the center. Use the rubber spatula to fold everything together until just combined. Avoid over-mixing.
7. Distribute the batter evenly between the three prepared loaf pans (they should be 2/3 full). Smooth the tops of the loaves using a spatula and sprinkle with the raw sugar if using.
8. Place loaves on middle rack in oven and bake for 35-40 minutes until the tops are golden brown and a toothpick or paring knife inserted into the middle of the loaf comes out clean.
9. Remove loaves from the oven and leave them in the pans on a cooling rack for 10 minutes. After 10 minutes, remove the loaves from the pans using the parchment paper and allow to cool completely on the rack before slicing into 10 equal pieces each.

Notes

For the zucchini: Grate the zucchini into a fine sieve balanced over an empty pot, bowl or sink. Use your hands to push out as much moisture as you can through the sieve, then transfer the zucchini to a clean kitchen towel or layered paper towels. Squeeze as much water as possible out of the zucchini. Measure the zucchini once all excess moisture has been removed

Grated zucchini can be substituted with an equal amount of grated carrot

Dairy free chocolate pieces or raisins also make a nice addition to this loaf, in place of the nuts/seeds. Use 1 1/2 cups in place of nuts/seeds

To make this sweeter in line with standard bakery quick breads add up to another 3/4 cup granulated sweetener (extra 1/4 cup per loaf) and adjust bake time as needed

Nutrition

Amount per serving

Serving size: 1/10th loaf (69 g)

Calories: 234
Total Fat: 10g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 166mg
Total Carbohydrate: 33g
Dietary Fiber: 4g
Sugars: 17g
Protein: 5g

Photos



Kitchen Staples



Aquafaba Mayo

Photo by Amy Webster/HSUS

Serving size: 8 - 2 Tbsp servings | **Prep time:** 10 mins

Ingredients

- 3 tablespoons Aquafaba (chickpea brine)
- 1 tablespoon Lemon juice
- 1 teaspoon Apple cider vinegar
- ½ teaspoon Maple syrup
- ½ teaspoon Kosher salt
- ¼ teaspoon Mustard powder (can substitute with Dijon Mustard)
- 1 cup Vegetable oil (can substitute another neutral oil, not EVOO)

Directions

1. Add the aquafaba, lemon juice, vinegar, syrup, salt and mustard into a tall container. With an immersion blender, blend to combine. Alternatively, use an upright high-speed blender, and blend on low to medium speed.
2. While blending, slowly stream in the oil (a tablespoon at a time) until it thickens into a white, creamy mayo.
3. Store leftovers in an airtight container in the cooler for up to 1 week.

Nutrition

Amount per serving
Serving size: 2 tbsp
Calories: 250
Total Fat: 27g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 165mg
Total Carbohydrate: 1g
Dietary Fiber: 0g
Sugars: 0.8g
Protein: 0g



Mayonnaise (Cashew)

Photos and recipe testing by Leah Tamblin/For Humane World

Serving size: 16 servings (1 Tbsp) | **Prep time:** 8 mins

Ingredients

- 1 cup Cashews, raw, soaked and drained (see Directions)
- 1/4 cup Aquafaba (Liquid from canned, no-salt added Chickpeas)
- 1 Tbsp Apple cider vinegar
- 1 Tbsp Lemon juice
- 1/2 tsp Salt
- 1/4 tsp Dijon mustard
- 1/8 tsp Black pepper, ground

Directions

1. Soak the cashews overnight before making, in warm water for two hours or boil for 30 minutes on the stove then let sit for 10 minutes before draining and proceeding with recipe.
2. In a high-powered blender or appropriately sized food processor, combine the soaked cashews, aquafaba, apple cider vinegar, lemon juice, salt, dijon mustard and black pepper.
3. Process for 2-4 minutes, scraping down the sides of the blender with a spatula as necessary, until creamy and smooth with no pieces of cashew left.
4. Transfer to a storage container and keep in fridge for 2-3 days.

Notes

Cost per recipe: \$4.41

Cost per serving: \$0.28

Photos





Mayonnaise (Nut-Free)

Recipe by Chef Amy Symington. Photo by Joel Barnes

Serving size: 12 | **Prep time:** 6 mins

Ingredients

1/4 cup Unsweetened oat milk
2 1/2 teaspoons Ground flaxseed
1/2 teaspoon Ground dry mustard
1/2 teaspoon Garlic powder
1/4 teaspoon Salt
1 tablespoon White wine vinegar
1/2 tablespoon Lemon juice
1/2 cup Extra virgin olive oil

Directions

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.



“Beef Chunk” Tofu

Recipe and photo by Chef Amy Symington

Serving size: 24 | **Prep time:** 10 mins | **Cook time:** 20 mins

Ingredients

- 1 1/2 cups (360ml) oil
- 2.1kg extra firm tofu, cut (or ripped for a meatier texture) into 1/2" cubes
- 3/4 cup (180ml) soy sauce
- 3/4 cup (180ml) water
- 2 tablespoons (18g) cumin
- 3 teaspoons (9g) garlic powder
- 3 teaspoons (9g) onion powder
- 1 1/2 teaspoons (3g) black pepper

Directions

1. In a large sauté pan over medium-high add oil. Once heated add tofu. Sear each side until golden brown, about 4-5 minutes per side. Don't worry if pieces stick, they will become unstuck once the liquid is added.
2. Next add soy sauce, water, cumin, garlic powder, onion powder and black pepper and coat tofu. Once coated and heated through, about 1-2 minutes, remove from pan.
3. Set aside for future use in curries, stroganoff, and stir-fries in lieu of or in addition to beef strips.



Lentil, Mushroom and Tempeh Ground (Plant-Based Ground Beef Substitute)

Recipe and photo by Chef Amy Symington

Serving size: 6 | **Prep time:** 5 mins | **Cook time:** 20 mins

Ingredients

- 1/4 cup (60ml) Olive oil
- 1 1/2 cups (110 g) Mushrooms, brown, chopped
- 2 cups (332 g) Tempeh, crumbled
- 2 Tbsp (30ml) Soy sauce
- 2 tsp (4 g) Cumin, ground
- 1 tsp (2 g) Coriander, ground
- 1/2 tsp (1 g) Onion powder
- 1/2 tsp (1 g) Black pepper
- 2 1/2 cups (480 g) Brown (or green) lentils, cooked

Directions

1. In a large sauté over medium high heat pan add oil. Once heated add mushrooms. Sauté until ½ of the water has evaporated and mushrooms are fragrant, about 10 minutes. Stir at the 5 minute mark.
2. Increase heat to high and stir in tempeh, soy sauce, cumin, coriander, onion powder and black pepper and sauté until spices are fragrant, about 4-5 minutes. Stir occasionally.

3. Stir in lentils, heat through, about 4 minutes and remove from heat. Set aside for future use in meatloaf, shepherd's pie, burgers, and pasta sauces in lieu of or in addition to ground beef.

Notes

Recipe Costing

Total Cost: \$11.58

Serving Cost (1 cup): \$1.93

Serving Cost (1/2 cup): \$0.97

Nutrition

Amount per serving

Serving size: 1 cup (153 g)

Calories: 293

Total Fat: 16g

Saturated Fat: 3g

Cholesterol: 0mg

Sodium: 388mg

Total Carbohydrate: 22g

Dietary Fiber: 7g

Sugars: 2g

Protein: 19g



Tofu mozzarella (nut free)

Recipe and photo by Chef Amy Symington

Prep time: 10 mins | **Cook time:** 7 mins

Ingredients

454g silken tofu, excess water in package drained if applicable
2 cups (500 mL) water
1 cup tapioca starch
½ cup nutritional yeast
½ cup olive oil
½ cup refined coconut oil, melted
¼ cup sauerkraut brine (olive brine also works well)
2 tbsp rice vinegar
1 tbsp salt
1 tsp sugar

Directions

1. In a high-powered blender add all ingredients and blend until smooth, about 4-5 minutes.
2. In a medium stock pot over medium high heat add blended ingredients.
3. Continuously whisk until cooked through and has developed a thick melted cheese consistency, about 7 minutes. Remove from heat. Use immediately or store in the fridge for up to 5 days.

4. This recipe is best used when you will be baking or broiling the mozzarella. Use as dollops of mozzarella on pizza, in lasagna or on baked pasta. For best results and to get a nice browning of the cheese, after baking turn on broil for 3-4 minutes.

Notes

1. If refined coconut oil is not available, use all olive oil, 1 cup total.
2. White or yellow miso paste (2 tbsp mixed with $\frac{1}{4}$ cup water) in lieu of sauerkraut or olive brine will also work well.
3. Add 1 tsp garlic powder, onion powder and/or smoked paprika for additional flavour if deemed appropriate for the recipe it will be used with.

Nutrition

Amount per serving

Serving size: $\frac{1}{4}$ cup per person or $\frac{1}{2}$ cup per 9" pizza

Drinks



Ginger Turmeric Latte

Recipe by Chef Amy Symington from *The Long Table Cookbook: Plant-based Recipes for Optimal Health*. Photo by Darren Kemper.

Serving size: 12 | **Prep time:** 5 mins | **Cook time:** 5 mins

Ingredients

3 teaspoons (15ml) Coconut oil
2 tablespoons (30ml) Ground turmeric
3 teaspoons (15ml) Ground ginger (or grated fresh ginger)
1/2 teaspoon (2.5ml) Cardamom
1/2 teaspoon (2.5ml) Black pepper
12 cups (2 7/8 liters) Almond Milk
8 teaspoons (40ml) Maple syrup

Directions

1. In a medium (or large) sauce pan 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!



Green Monkey Smoothie

Recipe by Chef Amy Symington, Photo by Kris Osborne

Serving size: 12 | **Prep time:** 10 mins

Ingredients

- 12 small bananas
- 6 L (24 cups) spinach
- 1.5 cups unsweetened cacao powder, plus additional to taste
- 1.5 cups natural unsalted peanut butter
- $\frac{3}{4}$ cup hemp seeds
- 4.25 L unsweetened almond milk
- 24 large pitted dates, optional
- $\frac{1}{4}$ cup moringa powder, optional

Directions

1. Add all ingredients to blender and blend until smooth. If making a large amount, blend in batches.

Notes

These can also be prepared in advance and frozen prior to blending:

1. To a medium zip-top freezer bag, add all ingredients except milk. Freeze until ready to serve.

2. To serve, empty contents of bag into a blender. Add milk and blend until smooth.



Mango Turmeric Lassi

Recipe by Chef Amy Symington from the Long Table Cookbook: Plant-Based Recipes for Optimal Health, Photo by Darren Kemper

Serving size: 24 | **Prep time:** 15 mins

Ingredients

12 cups (1.68 kg) cubed frozen mango
12 cups (3 L) water
9 cups (2.25 L) non-dairy yogurt
2 tbsp (12 g) turmeric, ground
 $\frac{3}{4}$ tsp cardamom, ground
1 tsp ground black pepper
3 tbsp (45 ml) maple syrup or honey (optional)

Garnish

Pinch of cardamom

Directions

1. In a blender, add all ingredients and blend until smooth (blend in batches for larger quantities).
2. Pour into glasses and garnish with a pinch of cardamom.

Notes

- For easier blending, always fill the bottom of the blender with a liquid first before adding remaining ingredients.
- In lieu of coconut yogurt try almond or cashew for a lower saturated fat version.
- If the mangoes are particularly ripe you may not even require the maple syrup or honey.