

# FORWARD FOOD

A CULINARY EXPERIENCE



FEBRUARY 22-23, 2018

plant-based

## CHEF TRAINING

UNIVERSITY OF GUELPH  
50 STONE RD E, GUELPH, ON N1G 2W1

# Program Day 1

FEBRUARY 22, 2018

time	activity
7:15 a.m.	Check-in Light Continental Breakfast
8:00 a.m.	Welcome <i>Ed Townsley, Executive Director, Hospitality Services University of Guelph</i>
8:15 a.m.	Introduction to Forward Food <i>Riana Topan, Campaign Manager Humane Society International/Canada</i>
8:30 a.m.	Plants on the Plate – Meeting the Demand <i>Ken Botts, Director, Food and Nutrition, Forward Food The Humane Society of the United States</i>
8:45 a.m.	Program Overview <i>Wanda White, Executive Chef, Forward Food The Humane Society of the United States</i>
9:00 a.m.	Pasta, Grains and Rice
10:00 a.m.	Taking It to the Streets
11:00 a.m.	Soup, Sandwiches & Salads
12:00 p.m.	Lunch Buffet – Enjoying What We Prepared
1:00 p.m.	Grand Slam Breakfast
3:30 p.m.	End

# Program Day 2

FEBRUARY 23, 2018

time	activity
7:15 a.m.	Breakfast Buffet Tofu scramble, biscuit bar, and quinoa/oatmeal/fruit parfait
8:00 a.m.	Welcome <i>Ed Townsley, Executive Director, Hospitality Services University of Guelph</i>
8:15 a.m.	Roundtable Chat about Day 1 <i>Wanda White, Executive Chef, Forward Food The Humane Society of the United States</i>
8:45 a.m.	Program Overview <i>Wanda White, Executive Chef, Forward Food The Humane Society of the United States</i>
9:00 a.m.	International Fare & Familiar Favorites
10:20 a.m.	Break
10:30 a.m.	International Fare & Familiar Favorites (continued)
12:00 p.m.	Lunch Buffet – Enjoying What We Prepared
1:00 p.m.	Just Desserts
3:30 p.m.	Closing Comments <i>Ed Townsley, Executive Director, Hospitality Services University of Guelph</i>
4:00 p.m.	Coffee and Dessert Buffet Participant Round-Up

# Sessions Day 1

FEBRUARY 22, 2018

## Pasta, Grains and Rice

It's easy to develop protein-packed meals that can take center stage on the plate as a stand-alone meal. Tossed fresh with sautéed veggies or topped with savory sauces, pasta, grains and rice are hands down a student favorite.

**Recipes:** *Coconut brown rice with baked tofu | Creamy pasta primavera | Creamy polenta with carrot osso bucco | Five spice with barley, kale and tofu | Pasta vermicelli with fresh roma tomato sauce | Pesto pasta | Vegetable lasagna*

---

## Taking it to the Streets

Students love street foods that are fun and easy to eat. Tacos, sliders, tofu fingers and pita wedges are not only popular with students, they're also easy to create. These foods make for great chef demos too! Have some fun with them and generate buzz around the menu to give your students something to celebrate.

**Recipes:** *Garbanzo beans sliders with caramelized onions | Fried green tomato sandwich with roasted red pepper aoli | Mushroom street tacos with cilantro cream | Open faced tamale | Quesadillas | Tofu fingers | Wild mushroom crepes*

---

## Soup, Sandwiches & Salads

Students are often in a hurry and just want to grab something quick between classes. Specialty wraps, fabulous sandwiches, and roll-ups go great with a savory soups and fabulous salad options. These menu items are as popular in the cafeteria as they will be for your grab-n-go program.

**Recipes:** **Sandwiches:** *Chickpea salad sandwich | Homemade focaccia bread | Roasted eggplant, caramelized red onions and fresh greens with roasted red pepper aioli on baguette* | **Salads:** *Black bean salad | Broccoli salad | Carrot raisin salad* | **Soups:** *Butternut squash soup | Minestrone Soup*

# Sessions Day 1

FEBRUARY 22, 2018

## Grand Slam – Breakfast

Your mother was right: Breakfast really is the most important meal of the day. Not only does it give you energy to start a new day, but breakfast is linked to many health benefits, including weight control and improved mental and physical performance. This presentation will take you beyond eggs and bacon.

**Recipes:** *Biscuit bar - tomato gravy, chocolate gravy, cream gravy | Blueberry muffin | Pancakes | Quinoa, oatmeal and fruit parfait | Tofu scramble, English muffin and taco | Zucchini bread*

# Sessions Day 2

FEBRUARY 23, 2018

## International Fare & Familiar Favorites

The key to creating raving fans around a plant-based menu is not to make food special for one group of students; instead make food special for all your students. Creating dishes that are familiar will ensure all your students enjoy the new menu. Favorites like shepherd's pie, stuffed peppers and tamale pie are highly acceptable entrées and so substantial that your diners won't even miss the meat.

**Recipes:** *Bean & leek cassoulet | Cauliflower fried rice | Eggplant parm (without the parm) | Mushroom and asparagus risotto | Quinoa with butternut squash | Spinach enchilada with sour cream green chili sauce | Shepherd's Pie | Spicy potato curry | Stuffed peppers | Tamale pie | Vegetable wellington*

---

## Just Desserts

Yes, you can make great desserts without eggs and cows' milk. Learn to bake the best desserts on campus. Not only will your students love your new desserts, but they may look at them as the beginning of the meal instead of the end.

**Recipes:** *Bananas Foster | Chocolate cake | Empanada dough | Palmier | Tofu chocolate tart | Red velvet cake*

---

# Key Contacts

THESE ARE THE PEOPLE TO KNOW

<b>Riana Topan</b> Campaign Manager Humane Society International/Canada <a href="mailto:rtopan@hsi.org">rtopan@hsi.org</a>	613-315-0775
<b>Ken Botts</b> Director, Food and Nutrition, Forward Food The Humane Society of the United States <a href="mailto:kbotts@humanesociety.org">kbotts@humanesociety.org</a>	240-551-9778
<b>Wanda White</b> Executive Chef, Forward Food The Humane Society of the United States <a href="mailto:wwhite@humanesociety.org">wwhite@humanesociety.org</a>	301-461-5633

# FORWARD FOOD

A CULINARY EXPERIENCE



## RECIPES

HEALTHY ~ DELICIOUS  
MEAT-FREE ~ MEAL IDEAS

**FORWARDFOOD.ORG**



# Apple Strudel

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 6-2oz

Ingredients	Quantity	Measure
Phyllo dough	3	sheets
Earth Balance, Non-Dairy Margarine	4	oz.
<b>Filling</b>		
All-Purpose Flour	½	cup
Old Fashioned Oats	1	cup
Brown sugar	½	cup
Sugar, granulated	½	cup
Cinnamon, ground	1	tsp.
Earth Balance, Non-Dairy Margarine	2	oz.
Fresh or frozen apple slices (you do not have to thaw frozen apples)	1	lb.
<b>Topping</b>		
Earth Balance, Non-Dairy Margarine	2	oz.
Cinnamon, ground	1	tsp.
Sugar, granulated	1	tbsp.

## Preparation

1. Brush one piece of phyllo dough with Earth Balance. Place another sheet on top, brush with Earth Balance. Place the last piece on top and brush with Earth Balance. Dough is ready to fill then.
2. Blend flour, oats, brown sugar, granulated sugar (1/2 cup), and cinnamon together.
3. Work Earth Balance in dry ingredients.
4. Toss apples in dry ingredients with worked-in Earth Balance.
5. Place apple filling on phyllo dough and roll up.
6. Brush with Earth Balance and sprinkle with cinnamon sugar.
7. Bake 350 degree oven for 20-25 minutes until apples become soft.

## Serving Information

Cut log into 6 pieces, place 1 piece on a plate and drizzle with 2 oz. of caramel sauce.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 552    Total Fat: 24g    Saturated Fat: 7g    Carbohydrate: 81g    Protein: 5g    Sodium: 312mg  
Vitamin A: 0%    Vitamin C: 5%    Calcium: 3%    Iron: 4%

# Aquafaba Meringue

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 40-50

Ingredients	Quantity	Measure
Chickpea Brine (liquid left in canned chickpeas)	¾	cup
Sugar, granulated	1	cup
Vanilla	1	Tbsp.

## Preparation

1. Start whipping chickpea brine, slowly adding sugar while continuing whipping.
  2. Add vanilla and continue to whip until stiff.
  3. Using a piping bag, pipe onto cookie sheet lined with parchment paper.
  4. Bake 225 degrees for 2 hours or until dry.
- \*\*option: You can flavor and color the meringue, but flavors and colors must be water based--no oil.

## Serving Information

Serve one meringue cookie with coffee or tea.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 15    Total Fat: 0g    Saturated Fat: 0g    Carbohydrate: 5g    Protein: 0g    Sodium: 163mg

Vitamin A: 0µg RAE    Vitamin C: 0mg    Calcium: 0mg    Iron: 0mg

# Bahn mi

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 4    SERVING SIZE: 1**

Ingredients	Quantity	Measure
Carrots, shredded	½	cup
Cucumber, shredded	½	cup
Mirin or brown rice vinegar	¼	cup
Tofu, firm, drained, cut in 3 sections, then quartered	14	oz.
Garlic, minced	2	cloves
Sesame Oil	2	tbsp.
Tamari	¼	cup
Chili Sauce, like Sriracha	½	tsp.
Fresh Jalapenos, sliced	1	each
Fresh Cilantro, chopped	1	tbsp.
Fresh Green Onions, sliced	1	bunch
Soft Hoagie Rolls	4	each
Lime Juice	1	tbsp.
Just Mayo, vegan mayonnaise	1	tbsp.

## Preparation

1. Marinate the carrots and cucumber in the mirin and refrigerate for 1 hour.
2. In a non-stick pan or on the grill, cook tofu on low heat without oil for 10 minutes, flipping once the sides are brown.
3. Mix the garlic, sesame oil, tamari and chili sauce. Marinate your cooked tofu in sauce for the remainder of the time your vegetables are marinating.

## Serving Information

Assemble the hoagie with marinated vegetables, sauce with tofu, jalapenos, cilantro, and green onions. Squeeze lime juice in mayo and spread on the hoagie bun.

## Nutrition Information \*From USDA Nutrient Database

Calories: 443 Total Fat: 17g Saturated Fat: 3g Carbohydrate: 53g Protein: 19g Sodium: 908mg  
Vitamin A: 122mg Vitamin C: 12mg Calcium: 383mg Iron: 5mg Folic Acid: 197mg

# Bananas Foster

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 12 (4 oz. each)**

Ingredients	Quantity	Measure
Vegan White Cake (see recipe)	½	sheet
Bananas, sliced	6	each
Earth Balance, Non-Dairy Margarine, divided	10	oz.
Brown Sugar	1	lb.
Soy Milk	½	cup
Non-Dairy Whipped Topping	2	cups

## Preparation

1. Melt 8 oz. Earth Balance; add brown sugar cook until caramelized.
2. Add soy milk.
3. Brown bananas in 2 oz. Earth Balance, add to caramel sauce.

## Serving Information

1. Place chunk of cake in 6 oz. shot glass
2. Spoon cooked bananas and sauce over cake.
3. Pipe whipped topping. Serve.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 439    Total Fat: 24g    Saturated Fat: 6g    Carbohydrate: 57g    Protein: 3g    Sodium: 502 mg  
Vitamin A: 1%    Vitamin C: 8%    Calcium: 8%    Iron: 6%

# Bean & Leek Casserole

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 24**

Ingredients	Quantity	Measure
Great Northern Beans, dry	1	lb.
Carrots, chopped	1	lb.
New potatoes, sliced	2 ½	lb.
Leeks, chopped	8	oz.
Onions, medium chopped	1	cup
Fresh Garlic, minced	¼	cup
Frozen mixed vegetables	8	oz.
Salt	1	tsp.
Pepper	1	tsp.
Biscuits		
Self-Rising Flour	4	cups
Vegetable Shortening	12	tbsp.
Soy Milk	3	cups

## Preparation

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

### *Biscuits:*

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

## Serving Information

6 oz. of bean mixture, making sure 1 biscuit is on top. Garnish with fresh chopped parsley.

## Nutrition Information \*From USDA Nutrient Database

Calories: 201 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 33g Protein: 6g Sodium: 171mg  
Vitamin A: 12% Vitamin C: 25% Calcium: 7% Iron: 11%

# Biscuits

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 6-7 servings (6-7 biscuits)**

Ingredients	Quantity	Measure
Self-Rising Flour	1	Cup
Vegetable Shortening	4	tbsp.
Soy Milk	½ to ¾	Cup

## Preparation

1. Blend flour and shortening together to resemble pea-sized lumps.
2. Add soy milk and blend slightly (DO NOT OVER MIX).
3. Roll out (not too thin) and cut.
4. Bake at 400 degrees for 10-15 minutes or until golden brown.

## Serving Information

1 biscuit, serve with 2 oz. of your favorite jam.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 55 Total Fat: 3g Saturated Fat: 1g Carbohydrate: 7g Protein: 1g Sodium: 6 mg

Vitamin A: 1% Vitamin C: 0% Calcium: 1% Iron: 2%

# Black Bean and Sweet Potato Burritos

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8**

Ingredients	Quantity	Measure
Flour Tortilla Shells, 12 inch	8	each
Black Beans	2	cups
Sweet Potatoes, cut into small cubes, roasted in oven until tender	2	cups
Cumin	½	tsp.
Red Bell Pepper, small dice	½	cup
Green Bell Pepper, small dice	½	cup
Fresh Garlic	1	tbsp.
Chili Powder	1	tbsp.
Red Onion, small dice	1	cup

## Preparation

1. Sweat onions, garlic and peppers.
2. Add black beans, sweet potatoes, cumin, and chili powder.
3. Portion ½ cup on each tortilla and roll up.

## Serving Information

Spoon 2 oz. of black bean mixture on 1 flour tortilla, roll up, garnish with 1 tsp. of fresh chopped cilantro.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 143 Total Fat: 1 g Saturated Fat: 0 g Carbohydrate: 30 g Protein: 5 g Sodium: 127 mg

Vitamin A: 30% Vitamin C: 68% Calcium: 6% Iron: 5%

# Black Bean Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8 (4 oz.)**

Ingredients	Weight	Measure
Black Beans, canned, drained and rinsed	15	oz.
Ro*tel, canned tomatoes and chilies (do not drain)	8	oz.
Corn, frozen	1	cup
Green Bell Pepper, small dice	½	cup
Red Bell pepper, small dice	½	cup
Red Onion, small dice	½	cup
Zesty Italian Dressing	1	cup

## Preparation

1. Prepare vegetables; add black beans, corn and Ro\*tel.
2. Toss with dressing and serve.

## Serving Information

4 oz. of salad, garnish with 1 tsp. fresh chopped cilantro

## Nutrition Information

\*From USDA Nutrient Database

Calories: 180 Total Fat: 9 g Saturated Fat: 1 g Carbohydrate: 22 g Protein: 5 g Sodium: 608 mg  
Vitamin A: 1% Vitamin C: 33% Calcium: 4% Iron: 5%



# Blueberry Muffins

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 30 Muffins**

Ingredients	Quantity	Measure/Weight
All-Purpose Flour	16.25	oz.
Baking Powder	.9	oz.
Salt	.6	oz.
Sugar	12	oz.
Soy Milk	2 ¼	cups
Vegetable Oil	6	oz.
Vanilla Extract	½	tbsp.
Blueberries, frozen	3	cups
All-Purpose Flour	4	oz.

## Preparation

1. Blend 16.25 oz. flour, baking powder and salt. Set aside.
2. Toss blueberries with 4 oz. flour. Set aside.
3. Combine sugar, soy milk, vegetable oil, and vanilla. 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.
5. Stir together until the dry ingredients become wet. Do not overmix.
6. Bake at 350 degrees for 15-20 minutes or until an inserted toothpick comes out dry.

## Serving Information

1 muffin

## Nutrition Information \*From USDA Nutrient Database

Calories: 173 Total Fat: 6g Saturated Fat: 0g Carbohydrate: 28g Protein: 2g Sodium: 326mg  
Vitamin A: 9µg Vitamin C: 0mg Calcium: 71mg Iron: 1mg Folic Acid: 56µg

# Broccoli Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8-10**

Ingredients	Quantity	Measure
Fresh broccoli, cut into florets	1	head
Red onion, sliced	½	cup
Plant-based Cheddar Cheese, like Daiya	½	cup
Raisins	½	cup
Plant-based Mayonnaise, like Just Mayo	1	cup
Sugar	¼	cup
Vinegar	2	tbsp.
Almond Milk	1	cup
Cherry Tomatoes, halved	½	cup

## Preparation

1. Toss broccoli, red onion, raisins and cheddar cheese together. Set aside.
2. In a separate bowl whisk mayonnaise, milk, sugar and vinegar. Pour over broccoli mixture. Toss well.
3. Top with cherry tomatoes.

## Serving Information

Enjoy as a side with a grilled vegetable panini.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 243 Total Fat: 19g Saturated Fat: 2g Carbohydrate: 17g Protein: 1g Sodium: 217mg

Vitamin A: 14µg Vitamin C: 32mg Calcium: 25mg Iron: 1mg Folic Acid: 25µg

# Broccoli Tofu Stir Fry

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8 (4 oz.)**

Ingredients	Quantity	Measure
Sesame Oil	1	Tbsp.
Fresh Broccoli, cut into florets	1	lb.
Firm Tofu, drained (cut into small squares)	14	oz.
Soy Sauce	¼	cup
Red Pepper flakes	½	tsp.

## Preparation

1. Warm oil in skillet over medium heat.
2. Add broccoli, sauté for 2 minutes.
3. Gently fold in tofu, sauté for 3 more minutes.
4. Add soy sauce and red pepper flakes. Sauté for 5 more minutes.

## Serving Information

4 oz. of stir fry, garnish with 1 tsp. toasted almonds

## Nutrition Information

\*From USDA Nutrient Database

Calories: 50 Total Fat: 2 g Saturated Fat: 0 g Carbohydrate: 3 g Protein: 6 g Sodium: 1201 mg  
Vitamin A: 0% Vitamin C: 27% Calcium: 11% Iron: 5%

# Butternut Squash Soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 12**

Ingredients	Quantity	Measure
Olive oil	2	tbsp.
Garlic, minced	2	cloves
Onion, diced	½	cup
Fresh ginger, peeled and minced	1	tbsp.
Butternut squash, roasted whole, peeled and cut into medium pieces	3	cups
Water	½	cup
Vegetable Broth	3	cups
Salt	1	tsp.
Pepper	1	tsp.
Almond Milk	½	cup

## Preparation

1. Rub 1 tbsp. of olive oil on butternut squash. Place squash in hotel pan with ½ cup water and roast 15 minutes on each side in 375 degree oven. Remove from heat, allow to cool to touch, and peel. Cut into medium pieces. Set aside.
2. Put 1 tbsp. olive oil in a pot. Add garlic, onions, ginger, salt and pepper. Sauté for 4-5 minutes on medium-high heat.
3. Add squash and vegetable broth. Cook until tender.
4. Strain, reserving liquid. Puree squash and add liquid as needed to achieve desired soup consistency.
5. Add almond milk as desired for creaminess.

## Serving Information

Serve 4 oz. topped with fresh croutons.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 46 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 6g Protein: 1g Sodium: 387mg  
Vitamin A: 193µg Vitamin C: 8mg Calcium: 40mg Iron: 0mg Folic Acid: 14 µg

# Carrot Cake Cupcakes

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 30**

Ingredients	Quantity	Measure
All-Purpose Flour	10.5	oz.
Baking Powder	1	tsp.
Baking Soda	1.5	tsp.
Cinnamon	1	tsp.
Salt	½	tsp.
Flaxseed, ground	1.2	oz.
Brown Sugar	¾	cup
Sugar, granulated	¾	cup
Water, warm	¾	cup
Vegetable Oil	1	cup
Carrots, grated	2	cups
Vanilla	1	tsp.
<b>Cream Cheese Icing</b>		
Smart Balance, Non-Dairy Margarine	4	oz.
Vegetable Shortening (Crisco)	1	cup
Sugar, powdered	2	lbs.
Vegan Cream cheese	4	oz.
Vanilla	1	tsp.

## Preparation

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

## Icing

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

## Serving Information

Serve as a delicious dessert.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 336 Total Fat: 21g Saturated Fat: 4.5g Carbohydrate: 46g Protein: 1.25g Sodium: 201mg  
Vitamin A: 65µg Vitamin C: 0mg Calcium: 20mg Iron: 1mg Folic Acid: 30µg

# Carrot Osso Buco & Creamy Polenta

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 8 Servings**

Ingredients	Quantity	Measure
Red Pearl Onions	8	oz.
Vegetable Oil	1	tbsp.
Carrots, cut into 1" chunks	4	cups
Curry Powder	1	Tsp.
Dry Red Wine	1	cup
Dry Porcini Mushrooms, processed into powder	1	tbsp.
Fresh Cremini Mushrooms	8	oz.
Prepared Mushroom Broth	1 ½	cups
Parsley Leaves, Flat Leaf	½	cup
Lemon Juice, Fresh	2	tsp.
Salt	1	Tsp.
Pepper	1	tsp.
<b>Polenta:</b>		
Unsweetened Soy Milk	3	cups
Earth Balance, Non-Dairy Margarine	1	tbsp.
Salt	1 ½	tsp.
White Pepper	1	tsp.
Yellow Cornmeal	¾	cup

## Preparation

1. Boil pearl onions for 1 minute.
2. Drain, trim and peel onions.
3. Heat oil in skillet.
4. Add carrots in a single layer, season with salt and pepper. Heat until brown (about 5 minutes), turn and brown other side.
5. Add pearl onions, sprinkle with curry powder, cook and stir until fragrant (about 1 minute).
6. Add wine and simmer on moderate high heat for 3 minutes.
7. Add porcini powder.
8. Add mushroom broth, bring to a boil.
9. Place into oven and braise carrots for about one hour or until tender.
10. While carrots are braising, sauté creminis then toss with carrots.

### *Creamy Polenta:*

1. Heat soy milk and Earth Balance over medium heat.
2. Add salt and pepper then bring to a boil.
3. Add corn meal a little at a time, whisking constantly.
4. Cook until creamy and thick (about 4 minutes).

## Serving Information

Put 4 oz. of polenta on a plate. Top with 4 oz. carrots. Garnish with ½ tsp parsley leaves and 1/8 tsp. lemon juice. Serving size: 8 oz. (4 oz. carrots, 4 oz. polenta).

## Nutrition Information \*From USDA Nutrient Database

Calories: 177 Total Fat: 5g Saturated Fat: 0.5g Carbohydrate: 23g Protein: 5g Sodium: 843mg  
Vitamin A: 600µg RAE Vitamin C: 11mg Calcium: 151mg Iron: 2mg

# Carrot Raisin Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8 (4oz.)**

Ingredients	Quantity	Measure
Carrots, grated	1	cup
Canned Pineapple, crushed, drained	½	cup
Raisins	½	cup
Dressing		
Just Mayo, Vegan Mayonnaise	½	cup
White Vinegar	2	tbsp.
Sugar, granulated	1	tbsp.
Almond Milk	¼	Cup

## Preparation

1. Mix carrots, pineapple and raisins then set aside.
2. Whisk Just Mayo, vinegar, sugar, and almond milk together
3. Toss carrot mixture and dressing together.

## Serving Information

4oz. carrot raisin salad. Top with 1 oz. of chopped toasted walnuts (optional).

## Nutrition Information

\*From USDA Nutrient Database

Calories: 50 Total Fat: 0 g Saturated Fat: 0 g Carbohydrate: 12 g Protein: 1 g Sodium: 14 mg  
Vitamin A: 8% Vitamin C: 3% Calcium: 2% Iron: 0%

# Cauliflower and Golden Lentil Curry

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8    SERVING SIZE: 8 oz.**

Ingredients	Quantity	Measure
Vegetable Oil	2	tbsp.
Onion, chopped	1	cup
Fresh Garlic, minced	1	tbsp.
Fresh Ginger, peeled and minced	1	tbsp.
Cumin	1	tsp.
Curry	2	tbsp.
Turmeric	½	tsp.
Vegetable Stock	1	qt.
Cauliflower, small florets	1	head
Carrots, medium dice	1	cup
Coconut Milk	15	oz.
Golden Lentils	1	lb.
Salt	1	tsp.
Pepper	1	tsp.

## Preparation

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

## Serving Information

Serve with 4 oz. of fresh green beans.

## Nutrition Information

\*From USDA Nutrient Database (Doesn't include green beans)

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



# Cauliflower Buffalo Wings

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8    SERVING SIZE: 8 oz.**

Ingredients	Quantity	Measure
Cauliflower florets	6	cups
Chickpea flour or All-Purpose Flour	1	cup
Garlic Powder	¼	tsp.
Salt	¼	tsp.
Paprika	¼	tsp.
Water	1	cup
Olive Oil	½	cup
Frank's Red Hot Buffalo Wing Sauce	1	cup
Carrot sticks	24	sticks
Celery sticks	24	sticks
Non-Dairy Ranch Dressing	16	oz.

## Preparation

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

## Serving Information

Serve with carrot / celery sticks and ranch dip. Serving size: cauliflower 4 oz., ranch dip 2 oz., carrot stick 1 oz., celery stick 1 oz.

## Nutrition Information \*From USDA Nutrient Database

Cauliflower buffalo wings with carrots and celery

Calories: 195 Total Fat: 5g Saturated Fat: 2g Carbohydrate: 14g Protein: 5g Sodium: 369mg  
Vitamin A: 283µg Vitamin C: 38mg Calcium: 35mg Iron: 1.8mg Folic Acid: 56µg

Dairy-free Ranch, 2 ounces

Calories: 280 Total Fat: 28g Saturated Fat: 2g Carbohydrate: 4g Protein: 1g Sodium: 420mg  
Vitamin A: 0µg Vitamin C: 0mg Calcium: 40mg Iron: 0mg Folic Acid: 0µg

# Cauliflower Fried Rice

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 10-12 Servings**

Ingredients	Quantity	Measure
Fresh cauliflower, small florets	1	medium head
Garlic, minced	1	clove
Shallot, minced	1	shallot
Frozen peas and carrots	½	cup
Frozen corn	½	cup
Fresh zucchini squash, julienne	¼	cup
Fresh yellow squash, julienne	¼	cup
Broccoli, florets	¼	cup
Sesame Oil or Olive Oil	2	tbsp.
Soy Sauce, reduced sodium	2	tbsp.

## Preparation

1. Put cauliflower florets in a food processor and pulverize until small and the texture resembles rice.
2. In a medium skillet, heat the oil over medium-high heat.
3. Add shallots and garlic sauté for 3-4 minutes; add peas, carrots, corn, zucchini, yellow squash and broccoli florets and sauté for 3-4 minutes. Then add cauliflower and continue to cook for 5 minutes while tossing vegetables and cauliflower together.
4. Add soy sauce and cook for 2-3 minutes.
5. Taste and season to your liking.

## Serving Information

Top with red chili pepper flakes for an added kick.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 53 Total Fat: 3g Saturated Fat: 0g Carbohydrate: 6g Protein: 2g Sodium: 130mg  
Vitamin A: 36µg RAE Vitamin C: 29mg Calcium: 17mg Iron: 0mg

# Chickpea Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 3 sandwiches

Ingredients	Quantity	Measure
Chickpeas, canned, drained and rinsed	15	oz.
Celery, diced	2	stalks
Green Onions, thinly sliced	3	each
Dill Pickles, diced small	¼	cup
Red Bell Peppers, diced	¼	cup
Just Mayo, plant-based mayonnaise	3	tbsp.
Garlic, minced	1	clove
Yellow Mustard	1.5	tsp.
Fresh Dill, stems removed, minced (optional)	2	tsp.
Lemon Juice, fresh	1.5-3	tsp.
Sea Salt	¼	tsp.
Black Pepper	¼	tsp.

## Preparation

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in celery, green onions, pickles, bell pepper, mayonnaise and garlic until combined.
3. Stir in the mustard and dill and season with the lemon juice, salt, pepper adjusting the quantities to taste.

## Serving Information

Serve on toasted bread, wraps or on top of basic leafy green salad.

## Nutrition Information (For chickpea salad only; doesn't include bread) \*From USDA Nutrient Database

Calories: 231    Total Fat: 13g    Saturated Fat: 1g    Carbohydrate: 22g    Protein: 8g    Sodium: 505mg  
Vitamin A: 34µg RAE    Vitamin C: 21mg    Calcium: 76mg    Iron: 2 mg

# Chipotle Sweet Potato Skins

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 10 SERVING SIZE: 1 (½ sweet potato)**

Ingredients	Quantity	Measure
Sweet Potatoes, medium-sized potatoes work best	5	lbs.
Chipotle Peppers	3	whole
Garlic, minced	1	tsp.
Onion, minced	½	cup
Vegetable Oil	2	tbsp.
Oregano, fresh	1	tsp.
Cumin Powder	1	tsp.
Chili Powder	2	tsp.
Salt	1	tsp.
Pepper	1	tsp.
Plant-Based chicken strips, like Beyond Meat	30	strips
Black Beans	15	oz.
Plant-based Cheddar Cheese, like Daiya or Follow Your Heart	2	cups
Avocado, sliced (optional)	2	cups
Plant-Based Sour Cream, like Tofutti or Follow Your Heart	1	cup

## Preparation

1. Preheat the oven to 350°F.
2. Prick the sweet potatoes with a fork and bake until tender, about 50 to 60 minutes. Remove from the oven, slice in half lengthwise, and allow to cool for 10 minutes.
3. Change the oven temperature to 400°F.
4. Sauté the chipotle peppers, garlic, and onion in 1 tablespoonful of the vegetable oil until fragrant, about 3 minutes. Add the oregano, cumin, chili powder, salt, and pepper.
5. Add the vegan chicken strips and sauté on medium heat until well cooked, about 8 to 10 minutes.
6. Heat the black beans separately on the stove.
7. Once the potatoes have cooled, scoop out the majority of the flesh, leaving a very thin layer of potato in the skins. You can reserve the scooped-out flesh for another use.
8. Coat the potato skins with the remaining oil. Bake for 5 minutes, remove from the oven.
9. Sprinkle a bit of vegan cheese into the hollowed, slightly crispy potatoes. Add a layer of the vegan chicken, followed by a layer of black beans, then top with more vegan cheese. Repeat this step until all the potato skins are filled.
10. Bake for 10 more minutes, or until the vegan cheese is melted. Garnish with avocado and vegan sour cream.

## Serving Information

Garnish with 1 tsp. of vegan sour cream and 3 slices of fresh avocado. Serving Size: ½ sweet potato, 1 tbsp. vegan cheese, 3 vegan chicken strips, ¼ cup black beans, 1 tbsp. vegan cheese, 3 vegan chicken strips, ¼ cup black beans, 1 tbsp. vegan cheese

## Nutrition Information

\*From USDA Nutrient Database

Calories: 412 Total Fat: 19g Saturated Fat: 4g Carbohydrate: 50g Protein: 17g Sodium: 840mg  
Vitamin A: 558µg Vitamin C: 33mg Calcium: 186mg Iron: 7mg Folic Acid: 7µg

# Chocolate bread pudding

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 12**

**SERVING SIZE: 4 oz.**

Ingredients	Qty	Measure
Stale French bread	1	pound
Egg replacer	3	oz.
Almond or soy creamer	1 ½	quarts
Vanilla extract	2	tbsp.
Granulated sugar	1	cup
Dark chocolate coins (optional)	½	pounds

## Preparation

1. Whisk almond creamer, sugar and egg replacer together.
2. Add vanilla and chocolate coins.
3. Pour over bread and let set over night.
4. Bake at 250 degrees with water bath for 2 hours covered. Uncover and bake for 20-30 minutes until golden brown and set.

## Serving Information

Portion a 4 oz. serving and drizzle with 2 oz. caramel sauce.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 247 Total Fat: 11g Saturated Fat: 6g Carbohydrate: 30g Protein: 6g Sodium: 128mg  
Vitamin A: 63µg Vitamin C: 21mg Calcium: 189mg Iron: 2mg Folic Acid: 34µg

# Chocolate Cake

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: (1) 8" 3 layer cake or 30 cupcakes**

Ingredients	Quantity	Measure
Sugar, granulated	14	oz.
Vegetable Oil	4	oz.
Just Mayo, Plant-Based mayonnaise	6	oz.
All-Purpose Flour	12	oz.
Cocoa Powder (not Dutch)	1.31	oz.
Baking Soda	1	tsp.
Salt	½	tsp.
Water, hot	12	oz.
White Vinegar	1	tsp.
<b>Chocolate Buttercream Icing</b>		
Smart balance, Non-Dairy Margarine	12	oz.
Cocoa powder	1	cup
Karo Syrup, corn syrup	8	tbsp.
Sugar, powdered	2	lbs.
Almond milk (add to above 1 tsp. at a time)	2 (+-)	tbsp.

## Preparation

1. Mix flour, cocoa powder, baking soda and salt (set aside).
2. Blend sugar, vegetable oil, Just Mayo till creamy.
3. Add dry ingredients start beating and add hot water and beat 2-3 minutes.
4. Add vinegar and beat for another 1-2 minutes.
5. Bake 350 degree for 20 minutes, test for springy when touched in center or use toothpick .
6. Use 9X13 pan or 3 eight" rounds or thirty cupcakes.

## Icing

1. Mix smart balance, cocoa powder and Karo syrup until paste.
2. Add all of powdered sugar, slowly mix on low speed.
3. Add almond 1 tsp. at a time till creamy. (Be careful not to make it too soft).

## Serving Information

3 oz. piece, garnish with fresh raspberries.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 390 Total Fat: 18g Saturated Fat: 3.5g Carbohydrate: 56g Protein: 2g Sodium: 215mg  
Vitamin A: 1µg Vitamin C: 0mg Calcium: 9mg Iron: 0mg Folate: 34µg

# Chocolate Chip Cookies

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 30 cookies SERVING SIZE: 2 cookies per serving**

Ingredients	Quantity	Measure
All-Purpose Flour	2	cups
Earth Balance, Non-Dairy Margarine	6	oz.
Sugar, granulated	½	cup
Brown Sugar	¾	cup
Karo Syrup, white corn syrup	2	tsp.
Egg replacer, like ENER-G	4	tsp.
Water, warm	1/3	cup
Salt	¼	tsp.
Baking Soda	1	tsp.
Vanilla	1	tsp.
Dairy-Free Chocolate Chips	12	oz.
Toasted pecans (optional)	1	cup

## Preparation

1. Cream Earth Balance, granulated sugar, brown sugar, vanilla extract and corn syrup.
2. Mix egg replacer with warm water, blend with Earth Balance and sugar mixture.
3. Add all-purpose flour, salt and baking soda to egg replacer and sugar mixture, mix till all dry ingredients are wet.
4. Stir in chocolate chips and nuts (if desired).
5. Bake 375 degrees for 8-10 minutes or till golden brown.

## Serving Information

This recipe yields 60 small cookies; two cookies per serving.

## Nutrition Information \*From USDA Nutrient Database

### Two cookies, no pecans

Calories: 270 Total Fat: 13g Saturated Fat: 3g Carbohydrate: 37g Protein: 3g Sodium: 197mg  
Vitamin A: 390µg Vitamin C: 0mg Calcium: 28mg Iron: 2mg Folic Acid: 49µg

### Two cookies with pecans

Calories: 320 Total Fat: 18g Saturated Fat: 5g Carbohydrate: 44g Protein: 5g Sodium: 197mg  
Vitamin A: 390µg Vitamin C: 0mg Calcium: 33mg Iron: 2mg Folic Acid: 50µg

# Chocolate Cobbler

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 12**

Ingredients	Quantity	Measure
Sugar (divided)	2 ½	cups
All-Purpose Flour	2	cups
Hershey's Cocoa Powder, divided ( <b>not the dark one</b> )	1	cup
Baking Powder	4	tsp.
Salt	½	tsp.
Almond Milk	1	cup
Earth Balance, Non-Dairy Margarine, melted	2/3	cup
Vanilla	1	tbsp.
Light brown sugar, packed	1	cup
Water, hot	2 ½	cups

## Preparation

1. Heat oven 325 degrees.
2. Stir together 1 ½ cups of sugar, flour, 8 Tbsp. cocoa powder, baking powder, and salt.
3. Blend in milk, earth balance and vanilla. Beat until smooth.
4. Pour batter in ½ hotel pan.
5. In a separate bowl stir together 1 cup of sugar, brown sugar and remaining 8 tbsp. of cocoa powder.  
Spread evenly over batter.
6. Pour hot water over top; DO NOT STIR.
7. Bake 30-40 minutes, or until center is almost set, let stand for a few minutes.
8. This is a pudding cake; the cake will rise to top and sauce will settle on the bottom.

## Serving Information

2 oz. of chocolate cobbler. Serve with 2 oz. of vegan ice cream.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 390 Total Fat: 10 g Saturated Fat: 4 g Carbohydrate: 74 g Protein: 3 g Sodium: 370 mg  
Vitamin A: 0% Vitamin C: 0% Calcium: 15% Iron: 11%



# Chocolate Gravy

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8-10**

Ingredients	Quantity	Measure
Sugar, granulated	2	cups
Hershey's Cocoa Powder (not the dark one)	4	tbsp.
All-Purpose Flour	4	tbsp.
Almond Milk	2	cups
Vanilla	1	tbsp.
Earth Balance, Non-Dairy Margarine	2	oz.

## Preparation

1. Blend by hand the sugar, cocoa, and flour; set aside.
2. Pour milk in a pot, add sugar mixture.
3. Cook over medium heat, stirring constantly until thick and bubbly.
4. Remove from heat and then add Earth Balance and vanilla.
5. Stir and serve.

## Serving Information

2 oz. served over 1 biscuit.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 259 Total Fat: 6 g Saturated Fat: 1.5 g Carbohydrate: 50 g Protein: 2 g Sodium: 76 mg  
Vitamin A: 2% Vitamin C: 0% Calcium: 7% Iron: 6%

# Chocolate Tartlets

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 24**

Ingredients	Quantity	Measure/Weight
Tofu, firm, drained	14	oz.
Sugar, granulated	8	oz.
Cocoa	4	tbsp.
Vanilla	1	tsp.
Vinegar	1	tsp.
Phyllo Dough	1	pkg.
Earth Balance, Non-Dairy Margarine	4	oz.
Rich's Non-Dairy Whipped Topping	16	oz.

## Preparation

1. Blend tofu, sugar, cocoa, vanilla and vinegar in a blender until creamy.
2. Melt margarine.
3. Lay out one piece of phyllo, lightly brush with melted margarine, lay another piece on top and lightly brush with margarine, repeat until you have three pieces on top of each other. Cut into squares large enough to fill mini muffin pans.
4. Place prepared phyllo in the mini muffin pans to resemble a bowl, fill with tofu filling and bake at 350 degrees for 10-12 minutes or until dough is golden brown and filling is set.
5. Allow to cool.
6. Pipe non-dairy whipped topping on the top.

## Serving Information

1 Tart

## Nutrition Information

\*From USDA Nutrient Database

Calories: 132.5 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 20g Protein: 3.5g Sodium: 103mg  
Vitamin A: 0µg Vitamin C: 0mg Calcium: 34mg Iron: 0g Folic Acid: 3µg

# Chocolate Thumb Prints

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 24 Cookies**

Ingredients	Quantity	Measure
All-Purpose Flour	2 ½	cups
Sugar, granulated	1 ½	cups
Baking Powder	2	tsp.
Salt	½	tsp.
Cocoa Powder (not the dark one)	¾	cup
Coconut Milk	7	oz.
Vanilla Extract	½	tbsp.
Coconut Oil	6 ½	oz.
Sanding Sugar (for dipping, before baking) <b>Do not use in dough</b>	1	cup
<b>Chocolate Buttercream</b>		
Earth Balance, Non-Dairy Margarine	4	oz.
Cocoa powder	½	cup
Karo Syrup, corn syrup	¼	cup
Sugar, powdered	1	lbs.
Vanilla	½	tsp.
Almond Milk (as needed)	1-2	tsp.

## Preparation

1. Blend flour, baking powder, salt, and cocoa powder. Set aside.
2. Mix sugar, coconut milk, vanilla, and coconut oil.
3. Add flour mixture to the coconut milk mixture. Mix well and scoop into small balls.
4. Use your thumb to make an indentation and roll in sanding sugar.
5. Bake at 350 degrees for 8-10 minutes until done. Do not over bake.
6. Allow to cool for 5 minutes and pipe chocolate buttercream in center of each cookie.

### Chocolate Buttercream

1. Blend Earth Balance, cocoa powder and karo syrup until smooth.
2. Add powdered sugar and blend. If the mixture is stiff, drizzle 1 tsp. of almond milk until desired consistency is reached -- **don't make it too thin.**
3. Add vanilla and beat till creamy.

## Serving Information

1 cookie

## Nutrition Information

\*From USDA Nutrient Database

Calories: 379 Total Fat: 21 g Saturated Fat: 11 g Carbohydrate: 50 g Protein: 3 g Sodium: 206 mg  
Vitamin A: 0% Vitamin C: 0% Calcium: 4% Iron: 11%

# Cinnamon Rolls

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 24**

Ingredients	Quantity	Measure
<b>Dough</b>		
Water, warm	12	oz.
Dry Active Yeast	2.5	tsp.
Bread Flour	21	oz.
Salt	2	tsp.
Sugar, granulated	2	oz.
Soy Milk	1	oz.
Vegetable Shortening	1	oz.
Earth Balance, Non-Dairy Margarine	1	oz.
<b>Filling</b>		
Brown Sugar	1	lb.
Earth Balance, Non-Dairy Margarine, melted, divided	1	cup
Cinnamon, ground	2	tbsp.
<b>Flat Icing</b>		
Sugar, powdered	1	lb.
Almond Milk	¼	cup
Vanilla	1	tsp.

## Preparation

1. Mix warm water and yeast. Set aside for 3-4 minutes.
2. Mix together flour, sugar, soy milk, shortening and margarine.
3. Add activated yeast mixture.
4. Use a dough hook and start in speed 1.
5. When dough is blended add salt and change to speed 2 for 10 minutes.
6. Let rise in warm proof box approximately 45 minutes. Dough should be doubled in size and light and airy.
7. Remove dough and punch down. Let rest for 30 minutes.

## Assembly

1. Roll dough out into a rectangle.
2. Spread with ½ cup melted margarine.
3. Mix brown sugar, cinnamon and other ½ cup of margarine.
4. Spread brown sugar mixture over dough with melted margarine.
5. Roll up and cut into one inch rolls.
6. Proof till double in size.
7. Bake in 350 degree oven until golden brown.
8. Let cool slightly and drizzle with flat icing.

# Cinnamon rolls

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

## Flat Icing

Blend powdered sugar, almond milk and vanilla flavoring.

## Serving Information

Drizzle rolls with flat icing and serve warm.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 284 Total Fat: 6g Saturated Fat: 1.5g Carbohydrate: 54g Protein: 3g Sodium: 557mg

Vitamin A: 3µg Vitamin C: 0mg Calcium: 110mg Iron: 1mg Folic Acid: 88µg

# Coconut Brown Rice & Baked Tofu

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8 - 8oz.**

Ingredients	Quantity	Measure
Brown Rice	1	pt.
Water	1	qt.
Onions, small dice	1	cup
Vegetable Oil	¼	cup
Coconut milk	2	cans
Bay Leaves	2	each
Green Cardamom Pods, crushed	3	each
Cinnamon Stick	1	each
Tofu, firm, drained (cut into squares or slices)	14	oz.
Cajun Seasoning	1	tbs.
Soy Sauce	2	tsp.
Garlic, fresh	1	tsp.
Coconut, toasted	1	cup
Salt	2	tsp.
Pepper	1	tsp.

## Preparation

1. Pour oil in pan, add onions, garlic, and rice. Cook till slightly brown.
2. Add water, bay leaves, cardamom and cinnamon stick. Cook till rice is tender. Remove from heat.
3. Stir in toasted coconut and coconut milk.
4. While rice is cooking, bake tofu in 350 degree oven with oil and cajun seasoning for 10 minutes.
5. Flip over, pour soy sauce over tofu and bake for 10 more minutes.
6. Add to rice.
7. Add salt and pepper and serve.

## Serving Information

8 oz. serving, garnish with 1 oz. of toasted coconut

## Nutrition Information

\*From USDA Nutrient Database

Calories: 548 Total Fat: 39 g Saturated Fat: 26 g Carbohydrate: 45 g Protein: 11 g Sodium: 412 mg  
Vitamin A: 0% Vitamin C: 7% Calcium: 14% Iron: 22%

# Corn Pudding

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD:** ½ hotel pan      **SERVINGS:** 10-12

Ingredients	Quantity	Measure
Yellow Cornmeal	1	cup
All-Purpose Flour	1	cup
Sugar, granulated	¼	cup
Baking Powder	1	tbsp.
Cream Corn, canned	15	oz.
Whole Kernel Corn, canned	15	oz.
Non-Dairy Sour cream, like Tofutti or Follow Your Heart	8	oz.
Earth balance, Non-Dairy Margarine	8	oz.

## Preparation

1. Melt Earth Balance.
2. Blend cornmeal, flour, sugar, baking powder, cream corn, whole kernel corn, sour cream and Earth Balance. Pour into a ½ hotel pan. Be sure to spray with pan spray first.
3. Bake at 350 degrees for 40-45 minutes or until set.

## Serving Information

Serve as a side dish.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 346 Total Fat: 12g Saturated Fat: 5.5g Carbohydrate: 39g Protein: 4g Sodium: 412mg  
Vitamin A: 7µg Vitamin C: 3mg Calcium: 107mg Iron: 2mg Folic Acid: 103µg

# Crabbyless Crab Cakes

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 12 (1 per person)**

Ingredients	Qty	Measure
Nori flakes (toasted)	2	tsp.
Hearts of Palm (canned, drained and pulse in food process till resembles crab meat)	(2) 14	Oz.
Canola oil (divided)	¼	cup
Onions (small diced)	1	cup
Fresh garlic (minced)	1	tsp.
Red bell peppers (small diced)	1	cup
Vegan mayo	1	cup
Nutritional Yeast	¼	cup
Bread crumbs (divided)	3	cup
Salt	1	tsp.
Pepper	1	tsp.
Old Bay	2	tbsp.
Vegan Worcestershire	2	tbsp.
Tabasco	½	tbsp.
<b>Remoulade Sauce</b>		
Vegan Mayo	1	cup
Ketchup	1	Tbsp.
Dijon Mustard	1	Tbsp.
Tabasco	1	tsp.
Vegan Worcestershire	1	tsp.
Fresh lemon juice	1	Tbsp.
Sea salt	¼	tsp.
Shallots (minced)	2	tsp.
Capers (minced)	2	tsp.
Fresh parsley (chopped)	1	tsp.
Red bell pepper (minced)	2	tsp.

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Sauté onions, bell peppers, and garlic with half of the oil. Sauté for 2-3 minutes.
2. In a bowl blend the onion, bell pepper mixture with nori flakes, hearts of palm, other half of oil, vegan mayo, nutritional yeast, 2 cups of the bread crumbs, salt, pepper, old bay, Worcestershire and tabasco.
3. Blend and scoop out into 3 oz. balls.
4. Press into patties.
5. Coat each patty in the remaining 1 cup of breadcrumbs.
6. Pan fry in 2 inch of oil till golden brown.



# Crabbyless Crab Cakes

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

## Remoulade

Put mayo, ketchup, Dijon mustard, tabasco, Worcestershire, lemon juice, salt, shallots, parsley, red bell pepper, and capers in a blender. Blend on high for one minute. Refrigerate for up to one week.

## Serving Information

Serve with 1-2 tsps. Remoulade

## Nutrition Information

\*From USDA Nutrient Database

Calories: 329 Total Fat: 19g Saturated Fat: 2.3g Carbohydrate: 31g Protein: 7g Sodium: 560mg

Vitamin A: 157µg Vitamin C: 40mg Calcium: 55mg Iron: 3mg Folic Acid: 55µg

# Cranberry Whip

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 12**

Ingredients	Quantity	Measure
Sugar, granulated	1	cup
Cranberries, fresh or frozen	1	lb.
Non-Dairy Whipped Topping	16	oz.
Pineapple, crushed	20	oz.
Vegan Mini Marshmallow, like Dandies (optional)	2	cups

## Preparation

1. Put cranberries in food processor and pulse until broken.
2. Put processed cranberries in a bowl with 1 cup sugar. Let set overnight.
3. Stir in pineapples, marshmallows and whipped topping into cranberries with sugar. Blend well.
4. Serve.

## Serving Information

Serve as a side dish to any main course.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 187 Total Fat: 1.3g Saturated Fat: 1g Carbohydrate: 46g Protein: 0g Sodium: 18mg

Vitamin A: 2µg Vitamin C: 4mg Calcium: 7mg Iron: 0mg Folate: 2µg

# Cream Gravy

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 9 Servings**

Ingredients	Quantity	Measure
Earth Balance, Non-Dairy Margarine	2	oz.
All-Purpose Flour	2	oz.
Soy Milk	2	cups
Salt	1	tsp.
Pepper	2	tsp.

## Preparation

1. Make a roux, melt Earth Balance, flour, salt and pepper. Cook until it emits a nutty aroma.
2. Slowly add milk, whisking until thick and bubbly.

## Serving Information

Serve 2oz. on 1 biscuit.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 93 Total Fat: 6 g Saturated Fat: 1.5 g Carbohydrate: 8 g Protein: 2 g Sodium: 333 mg  
Vitamin A: 2% Vitamin C: 0% Calcium: 7% Iron: 6%

# Creamy Ranch Dressing

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 16 Servings**

Ingredients	Quantity	Measure
Just Mayo, Dairy-Free / Egg Free mayonnaise	1	cup
Tofutti, Non-Dairy Sour Cream	½	cup
Vegan Worcestershire sauce, like Annie's or Wizard's	1	tsp.
White vinegar	1	tsp.
Dill	1	tsp.
Chives	1	tbsp.
Italian parsley	¼	cup
Cayenne pepper	1/8	tsp.
Garlic powder	½	tsp.
Black pepper	½	tsp.

## Preparation

1. Combine all ingredients, whisk until smooth and refrigerate.

## Serving Information

Serving size: 1 oz.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 105 Total Fat: 11g Saturated Fat: 1.5g Carbohydrate: 1.5g Protein: 0g Sodium: 42mg

Vitamin A: 3µg RAE Vitamin C: 1mg Calcium: 8mg Iron: 0mg

# Éclair Cake

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 24**

Ingredients	Quantity	Measure
Graham Crackers ( <b>no honey</b> /Nabisco has plain)	16	oz.
Vanilla Pudding, instant	7	oz.
Almond Milk	3	cups
Non-Dairy Whipped Topping	16	oz.
<b>Frosting</b>		
Earth Balance, Non-Dairy Margarine	2	oz.
Cocoa powder	4	tbsp.
Sugar, powdered	8	oz.
Almond milk	2	oz.

## Preparation

1. Mix instant vanilla pudding with 3 cups of almond milk.
2. Fold in whipped cream. Set aside.
3. Line bottom of a 2" half hotel pan with graham crackers.
4. Spread half of pudding over graham crackers.
5. Put another layer of graham crackers on top of pudding.
6. Spread rest of pudding.
7. Lay another layer of graham crackers on top of pudding.
8. Pour chocolate frosting on top and let rest in refrigerator over night (atleast 12 hours).

## Chocolate Frosting

1. Melt 2 oz. of Earth Balance in a small pot. Remove from heat.
2. Add cocoa powdered and stir until blended.
3. Add powdered sugar, stir.
4. Add milk and stir until all ingredients are blended.
5. Pour over graham cracker top.
6. Let rest overnight or at least 12 hours.

## Serving Information

Serve with fresh strawberries.

## Nutrition Information \*From USDA Nutrient Database

Calories: 138 Total Fat: 5g Saturated Fat: 1.5g Carbohydrate: 25g Protein: 2g Sodium: 188mg  
Vitamin A: 22µg Vitamin C: 0mg Calcium: 55mg Iron: 1mg Folic Acid: 9µg

# Eggplant Parmesan

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 10 Servings**

Ingredients	Quantity	Measure
Eggplant, peel and slice round, soak in salt water for 15 minutes	30	slices
All-Purpose Flour	2	cups
Panko Bread Crumbs	1	lbs.
Basil, fresh, chopped	¼	cup
Oregano, fresh, chopped	1	tbsp.
Non-Dairy Mozzarella Cheese, like Daiya or Follow Your Heart	3	oz.
Soy milk	½	gal.
Cajun Seasoning, like Tony Chachere's	½	cup
Oil for frying	35	lbs.

## Preparation

Use standard breading procedure.

1. Dust eggplant in flour (add Tony Chachere's).
2. Dip in soy milk.
3. Mix basil, oregano and mozzarella with panko.
4. Roll eggplant and cover well with panko mixture. Repeat until all eggplant has three coatings.
5. Deep fry, taste and sprinkle with salt if desired.
6. Serve with marinara and vegan mozzarella if desired.

## Serving Information

Serve 3 pieces with 2 oz. marinara sauce.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 425 Total Fat: 13 g Saturated Fat: 2 g Carbohydrate: 65 g Protein: 15 g Sodium: 428 mg  
Vitamin A: 7% Vitamin C: 8% Calcium: 34% Iron: 22%

# Empanadas

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 2 (1/2 hotel pan) - 15 Empanadas**

**24 Servings**

Ingredients	Quantity	Measure
All-Purpose Flour	1 ¾	cup
Earth Balance, Non-Dairy Margarine	4	oz.
Non-Dairy Cream Cheese, like Tofutti or Follow Your Heart	8	oz.
<b>Filling: Savory</b>		
Sun Dried Tomatoes	½	cup
Cilantro (chopped)	1	tbsp.
Vegan cream cheese, like Tofutti	12	oz.
Non-Dairy Shredded Mozzarella, like Daiya or Follow Your Heart	3	oz.
Cayenne Pepper	1	pinch
<b>Filling: Sweet</b>		
Granny Smith Apples, peeled, cut into small cubes	2	lbs.
Flour, all purpose	2	tbsp.
Brown Sugar	1	cup
Lemon juice	2	tbsp.
Cinnamon, ground	1	tsp.
Earth Balance, Non-Dairy Margarine	2	tbsp.

## Preparation

1. In a large mixing bowl, cut margarine and cream cheese into flour until mixture becomes a course meal with lumps no larger than pea-size. Mix to a soft dough.
2. Divide dough into 15 balls of equal portion. Refrigerate four hours.

### Filling: Savory

1. Mix sun dried tomatoes, cilantro, cream cheese, mozzarella and cayenne pepper.
2. Spoon two tablespoons on each circle, fold and press edge with fork to seal.
3. Allow to rest in refrigerator for two hours.

### Filing: Sweet

1. In a medium pot combine apples, lemon juice, cinnamon and Smart Balance. Cook over medium flame until apples release their juice.
2. Blend brown sugar and flour together. Add to apple mixture. Cook and stir until lightly thickened.
3. Reduce heat and continue to cook until apples are tender (20-25 minutes).

### Combine Dough & Filling

1. Roll out dough balls into circles. You may need to sprinkle counter with a little flour for easier rolling.
2. Spoon in one tablespoon filling. Fold and press edge with fork to seal.
3. Deep fry until golden brown.

## Serving Information

Serve each empanada with fresh salsa or pico de gallo.

# Empanadas

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

## **Nutrition Information – Savory Empanada** \*From USDA Nutrient Database

Calories: 188 Total Fat: 12g Saturated Fat: 6g Carbohydrate: 15g Protein: 3g Sodium: 254mg  
Vitamin A: 1 µg Vitamin C: 0 Calcium: 4mg Iron: 1mg Folic Acid: 43µg

## **Nutrition Information – Sweet Empanada** \*From USDA Nutrient Database

Calories: 219 Total Fat: 10g Saturated Fat: 6g Carbohydrate: 30g Protein: 3g Sodium: 157mg  
Vitamin A: 3 µg Vitamin C: 3mg Calcium: 16mg Iron: 1mg Folic Acid: 45µg



# Fire Roasted Corn Chowder

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8    SERVING SIZE: 1 cup**

Ingredients	Quantity	Measure
Fresh Corn	8	ears
Olive Oil	2	tbsp.
Potatoes, russet, diced	2	pounds
Red Bell Peppers, seeded and diced	1	cup
Red onions, diced	2	cups
Garlic, minced	¼	cup
Vegetable Stock	6	cups
Sriracha	½	cup
Fresh Thyme	1	tsp.
Bay Leaves	2	leaves
Soy Creamer	1	cup
Salt	1	tsp.
Pepper	1	tsp.
Smoked Paprika (for garnish)	½	tsp.
Fresh Cilantro tear leaves (for garnish)	½	tsp.
Flat parsley (for garnish)	½	tsp.

## Preparation

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

# Fire roasted corn chowder

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

## Serving Information

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

## Nutrition Information \*From USDA Nutrient Database

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

# Five Spice Barley, Kale & Tofu

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8 – 6 oz.**

Ingredients	Quantity	Measure
Barley (cooked following package instructions)	1	lb.
Kale (leaves only)	3	lbs.
Tofu, firm, drained and cut into small squares	1	lb.
Olive Oil	¼	cup
Cajun spice, like Tony Chachere's	1	tbsp.
Onion, medium dice	1	cup
Five Spice Powder	2	tbsp.
Salt	1	tsp.
Pepper	1	tsp.

## Preparation

1. Sprinkle Cajun season on tofu and brush with oil.
2. Roast in oven for 10 minutes, flipping over and roasting for another 10 minutes/
3. Sweat onions. Add kale and wilt.
4. Add cooked barley and five spice powder.
5. Mix all ingredients together and serve.

## Serving Information

6 oz. serving garnish with 1 oz. fresh chopped parsley.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 245 Total Fat: 4 g Saturated Fat: 1 g Carbohydrate: 45 g Protein: 11 g Sodium: 293 mg  
Vitamin A: 20% Vitamin C: 122% Calcium: 24% Iron: 22%

# Fried Green Tomatoes

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8**

Ingredients	Quantity	Measure
Green Tomatoes	1	lb.
All-Purpose Flour, divided	1	lb.
Cornmeal	8	oz.
Salt	1	tsp.
Pepper	1	tsp.
Soy Milk	24	oz.
Oil for frying		
**Baguette	2	each
Fresh Spinach	1	lb.
<b>Spread for sandwich</b>		
Just Mayo, Non-Dairy / Egg Free mayonnaise	½	cup
Roasted Red Pepper	1	oz.
Garlic	1	clove

## Preparation

1. Wash and slice green tomatoes ¾ inch thickness.
2. Set up standard breading procedure (3 separate pans – 8 oz. flour, soy milk and 8 oz flour and cornmeal mixed together) Add salt and pepper to flour.
3. Dredge tomatoes in flour, then in soy milk and then into the flour cornmeal mixture.
4. Repeat until all slices of tomatoes are covered.
5. Fry until golden brown.

To make the spread:

1. Put mayonnaise, roasted red pepper and garlic in blender, blend till smooth. Taste, if you prefer more garlic, add another clove. Blend till smooth.

## Serving Information

Put spread on both sides of baguette, add spinach, two to three pieces of fried green tomato.

\*\*You can use as a side dish or as a sandwich.

## Nutrition Information- Fried Green Tomatoes & Spread\*From USDA Nutrient Database

Calories: 465 Total Fat: 14g Saturated Fat: 0.5g Carbohydrate: 70g Protein: 11g Sodium: 426 mg  
Vitamin A: 97µg Vitamin C: 40mg Calcium: 134mg Iron: 5mg Folic Acid: 250µg

## Nutrition Information- Fried Green Tomato Sandwich\*From USDA Nutrient Database

Calories: 519 Total Fat: 15g Saturated Fat: 1g Carbohydrate: 80g Protein: 13g Sodium: 548mg  
Vitamin A: 133µg Vitamin C: 42mg Calcium: 157mg Iron: 5mg Folic Acid: 326µg

# Garbanzo Bean Sliders

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 9**

Ingredients	Quantity	Measure
Onion, diced small	1	cup
Fresh garlic, minced	1/8	cup
Garbanzo beans	15	oz.
Walnuts	¼	cup
Cilantro	1	tbsp.
All-Purpose Flour	½	cup
Cumin	¼	tsp.
Olive Oil , divided	½	cup
Salt	1	tsp.
Pepper	1	tsp.

## Preparation

1. Sweat onions and garlic until soft.
2. Drain garbanzo beans, process in food processor until broken. **(Do not overprocess)**
3. Mix in walnuts, cilantro, flour, cumin, oil, salt and pepper.
4. Put ¼ cup oil on griddle. Cook patties until golden brown.

## Serving Information

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

## Nutrition Information

\*From USDA Nutrient Database

Calories: 281 Total Fat: 19 g Saturated Fat: 4 g Carbohydrate: 23 g Protein: 5 g Sodium: 438 mg  
Vitamin A: 0% Vitamin C: 0% Calcium: 4% Iron: 5%

# Green Bean Casserole

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 9x13 pan; 8-10 servings**

Ingredients	Quantity	Measure
Green Beans, canned or fresh	1	30 oz. can or lb.
White Mushrooms, fresh, sliced	1	lb.
Onions, small, diced	½	cup
Vegetable Oil	2	tsp.
All-Purpose Flour	2	tsp.
Salt	1	tsp.
Pepper	1	tsp.
Soy Milk, unsweetened	2	cups
French Fried Onions	6	oz.

## Preparation

1. If using fresh green beans, blanch until tender. If using canned beans, drain and pour into a 1-quart casserole dish.
2. Sauté chopped onion in vegetable oil until translucent. Add mushrooms and cook for 10 minutes.
3. Add flour, salt and pepper to the onion/mushroom mixture. Stir and cook until slightly brown.
4. Slowly pour in milk and stir until thick and bubbly.
5. Pour over green beans and mix well.
6. Top with French fried onions.
7. Bake at 350 degrees for 15-20 minutes.

## Serving Information

Serve with fresh glazed carrots.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 201 Total Fat: 12.5g Saturated Fat: 4.5g Carbohydrate: 18g Protein: 4g Sodium: 503mg  
Vitamin A: 44µg Vitamin C: 5mg Calcium: 94mg Iron: 1mg Folic Acid: 37µg

# Grilled Eggplant Rollatini

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 10**

Ingredients	Quantity	Measure
Eggplants, slice lengthwise, soak in water for 10 minutes	20	slices
Balsamic Vinegar	½	cup
Cajun seasoning, like Tony Chachere's	1	tbsp..
Zucchini sticks	1	cup
Carrot sticks	1	cup
Earth Balance, Non-Dairy Margarine	2	oz.
<b>Red Pepper Hummus</b>		
Garbanzo Beans, drain and reserve juice	15	oz.
Roasted Red Peppers	4	oz.
Olive Oil	4	oz.
Fresh Garlic	¼	cup
Tahini paste	½	cup
Salt	1-2	tsp.

## Preparation

1. Marinate eggplant in balsamic vinegar and Cajun seasoning and grill.
2. Sauté zucchini and carrots slightly (not too soft).

## Hummus

1. In a food processor add beans, oil, garlic, tahini and salt. Blend until smooth. If too thick, add reserved liquid, a little at a time.
2. Put a tablespoon on each eggplant and roll up.
3. Serve on top of zucchini and carrot sticks.

## Serving Information

Lay out grilled eggplant, spread 1 tbsp. of roasted red pepper hummus, and roll up. Serve 1 roll up with 3 carrot sticks and 3 zucchini sticks, top with 1 oz. of micro greens.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 305   Total Fat: 23 g   Saturated Fat: 4 g   Carbohydrate: 21 g   Protein: 6 g   Sodium: 375 mg  
Vitamin A: 8%   Vitamin C: 27%   Calcium: 9%   Iron: 11%

# Homemade Focaccia Bread

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 24**

Ingredients	Quantity	Measure
Sugar, granulated	3 ½	oz.
Water, warm	17 ½	oz.
Dry Active Yeast	4 ½	tsp.
All-Purpose Flour	7	cups
Olive Oil	3 ½	oz.
Salt	2	tsp.
Cornmeal	¼	cup
Topping		
Kosher Salt	1	tbsp.
Fresh Basil, chopped	1	tbsp.
Fresh Oregano, chopped	1	tbsp.
Fresh Rosemary, chopped	1	tbsp.

## Preparation

1. Measure out all ingredients first.
2. Dissolve sugar, warm water (**no hotter than 100 degrees**), and yeast in a mixing bowl allow to sit for 3 to 5 minutes until bubbly.
3. Add flour and olive oil, then mix with dough hook on low speed for about 2 minutes.
4. Add salt, then put mixer on medium speed for 8 minutes.
5. Put in proof box until double in size.
6. Brush sheet pan with olive oil and sprinkle lightly with cornmeal.
7. When doubled, put dough on sheet pan, press out evenly, using fingers to make indentions. Brush with oil and sprinkle with herb topping.

### Topping:

1. Chop herbs and blend with salt.
2. Sprinkle on top of dough.
3. Let rest for 20 minutes.
4. Bake at 400 degrees for 15-20 minutes. Make sure there is plenty of bottom heat for bread to reach a golden brown.

## Serving Information

Cut into 24 squares and use for sandwiches or served as a side with a bowl of soup.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 191   Total Fat: 5 g   Saturated Fat: 1 g   Carbohydrate: 32 g   Protein: 4 g   Sodium: 487 mg  
Vitamin A: 0%   Vitamin C: 0%   Calcium: 1%   Iron: 11%



# Italian Nachos

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8    SERVING SIZE: 6 oz.**

Ingredients	Quantity	Measure
Wonton Wrappers, eggless	16	oz.
Alfredo sauce, sub recipe below		
Black olives, sliced	1	cup
Tomatoes, diced	3	cups
Green onions, sliced	1	cup
Pepperoncini, sliced	1	cup
Jalapenos, sliced	1	cup
Oil for frying		
<b>Alfredo Sauce</b>		
Earth Balance, Non-Dairy Margarine	4	oz.
Yellow Onion, finely chopped	½	cup
Garlic, minced	1	tsp.
All-Purpose Flour	4	oz.
Salt	1	tsp.
Pepper	1	tsp.
Soy Milk, unsweetened	2	cups
Nutritional Yeast	½	cup
Water	1	cup

## Preparation

1. Cut Wonton wrappers in triangles (similar to a tortilla chip shape).
2. Fry Wonton triangles for 2-3 minutes, drain, place into a full size pan and lightly salt.

### Alfredo Sauce

1. Melt Earth Balance.
2. Add onion and garlic, sweat for 3-4 minutes.
3. Add flour, stir until nutty fragrance.
4. Add milk and water stirring constantly until thick and bubbly..
5. Stir in nutritional yeast

## Serving Information

Portion onto individual platters and drizzle Alfredo Sauce on top. Top with olives, tomatoes, green onions, pepperoncini and jalapenos. Each Platter: 2 oz. chips, 2 oz. Alfredo, ½ oz. olives, ½ oz. tomatoes, ½ oz. green onions, ¼ oz. pepperoncini, ¼ oz. jalapenos

## Nutrition Information

\*From USDA Nutrient Database

Calories: 531 Total Fat: 29g Saturated Fat: 4.5g Carbohydrate: 53g Protein: 11g Sodium: 687mg  
Vitamin A: 82µg Vitamin C: 62mg Calcium: 136mg Iron: 4mg Folate: 76µg

# Kale & Potato Enchilada Bake

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 12**

Ingredients	Quantity	Measure
Russet potatoes, sliced	2 ½	lbs.
Kale (leaves only)	3	lbs.
Onion, diced small	1	cup
Fresh Garlic, chopped	¼	cup
Corn tortillas (heat on the flat top/skillet in 1 tbsp. oil)	12	each
Enchilada Sauce	15	oz.
Tomato Sauce	15	oz.
Non-Dairy Shredded Cheddar Cheese, like Daiya or Follow Your Heart	8	oz.

## Preparation

1. Cook potatoes until tender (be sure to salt before cooking).
2. Sauté onion and garlic until translucent. Add kale and continue to sweat until wilted.
3. Blend enchilada sauce and tomato sauce.
4. Layer in ½ hotel pan with sauce on bottom, using 4 corn tortilla, potatoes, and kale. Repeat with 2 more layers.
5. Top with vegan cheddar cheese and bake covered for 20-25 minutes at 350 degrees.

## Serving Information

Cut 3x4 and garnish with fresh chopped cilantro leaves.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 305 Total Fat: 10 g Saturated Fat: 1.5 g Carbohydrate: 48 g Protein: 10 g Sodium: 356 mg

Vitamin A: 41% Vitamin C: 28% Calcium: 22% Iron: 17%

# Lazy Susan Cobbler

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 12**

Ingredients	Quantity	Measure
Self-Rising Flour	2	cups
Sugar, granulated	2	cups
Almond Milk	2	cups
Earth balance, Non-Dairy Margarine, divided	8	oz.
Canned peaches with juice ( <b>do not drain</b> )	30	oz.
Vanilla	1	tbsp.

## Preparation

1. Mix sugar and flour together. Set aside.
2. Melt margarine in 1- half hotel pan. Once melted, add 4 oz. margarine to sugar and flour mix.
3. Pour peaches and juice over remaining 4 oz. of margarine.
4. Pour almond milk over sugar and flour mixture blend until smooth.
5. Add vanilla and blend.
6. Pour batter over peaches in pan. Do not mix.
7. Bake at 350 degrees for 25-30 minutes.

## Serving Information

Serve a slice of cobbler with some non-dairy ice cream.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 345 Total Fat: 1.25g Saturated Fat: 0g Carbohydrate: 75g Protein: 7g Sodium: 333mg  
Vitamin A: 0µg Vitamin C: 3mg Calcium: 133mg Iron: 2mg Folate: 70µg

# Lemon Lush

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD:** ½ hotel pan      **SERVINGS:** 12

Ingredients	Quantity	Measure
All-Purpose Flour	1	cup
Sugar, granulated	3	tbsp.
Pecans, ground	1	cup
Earth Balance, Non-Dairy Margarine	4	oz.
<b>Filling (1)</b>		
Sugar, powdered	1	lb.
Non-Dairy Cream Cheese, like Daiya or Toffuti	4	oz.
Non-Dairy Whipped Topping	4	oz.
<b>Filling (2)</b>		
Lemon Pudding, instant	12	oz.
Almond Milk	¾	qt.
Non-Dairy Topping, whipped	2	cups
Pecans, chopped	½	cup

## Preparation

### Crust

1. Blend flour, sugar, pecans and Smart Balance.
2. Press in bottom of pan.
3. Bake at 325 degrees for 8-10 minutes. Let cool.

### Filling (1)

1. Mix powder sugar and cream cheese. Fold in whipped topping and spread over cooled crust.

### Filling (2)

1. Mix lemon pudding with almond milk and blend until thick and creamy.
2. Pour over cream cheese mixture.
3. Chill for 3 hours.

## Serving Information

Top with non-dairy whipped topping and chopped pecans.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 556 Total Fat: 18g Saturated Fat: 6g Carbohydrate: 92g Protein: 6g Sodium: 516mg

Vitamin A: 64µg Vitamin C: 0mg Calcium: 155mg Iron: 2mg Folate: 73µg

# Lo Mein

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 10-12 Servings**

Ingredients	Qty	Measure
Noodles, spaghetti, prepared, dry weight	1	lb
Oil, olive or vegetable	2	tbsp.
Garlic, minced	2	tbsp.
Onion, diced	½	½ cup
Celery, diced	½	½ cup
Carrots, shredded	½	½ cup
Peppers, red, diced	½	½ cup
Peppers, green, diced	½	½ cup
Fresh broccoli florets	½	½ cup
Fresh zucchini (julienne)	½	½ cup
Fresh yellow squash (julienne)	½	½ cup
Soy sauce, low sodium	½	½ cup
Brown Sugar, optional	1	tbsp.
Beans, garbanzo, canned, drained	15	oz

## Preparation

1. Prepare spaghetti al dente; drain and keep warm.
2. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, diced celery, shredded carrots, diced red and green peppers, broccoli, zucchini, and the yellow squash. Sauté until vegetables are tender but crisp.
3. Add spaghetti, soy sauce, sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
4. Heat thoroughly until the temperature reaches 135°F for 15 seconds.
5. Transfer to serving pans. Garnish each pan with cilantro.

## Serving Information

Portion 1 ½ cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and ½ cup other vegetable.

## Nutrition Information \*From USDA Nutrient Database

Calories: 505 Total Fat: 12g Saturated Fat: 2g Carbohydrate: 78g (16g Fiber) Protein: 20g Sodium: 503mg

# Marinated vegetable salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 6      SERVING: 4 oz.**

Ingredients	Qty	Measure
Cauliflower	2	cups
Carrots, sliced diagonally	$\frac{3}{4}$	cups
Celery, sliced diagonally	1	cup
Red bell pepper, sliced	$\frac{1}{2}$	cup
Black olives, sliced	$\frac{1}{4}$	cup
Artichoke hearts, drained and quartered	14	oz. can
White wine vinegar	$\frac{1}{2}$	cup
Olive oil	2	tsp.
Dried Italian herbs	1	tsp.

## Preparation

1. Arrange cauliflower and carrots in a vegetable steamer over boiling water.
2. Cover and steam 3 minutes or until vegetables are crisp tender. Plunge into cold water, drain.
3. Combine cauliflower mixture, celery and red bell pepper, black olives, artichoke hearts in a bowl, toss gently, and set aside.
4. Combine vinegar, olive oil and Italian herbs in a bowl, stir well. Pour over vegetables, toss gently, cover and chill.

## Serving Information

Serve a slice of cobbler with some non-dairy ice cream.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 110 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 12g Protein: 3g Sodium: 112mg  
Vitamin A: 152µg Vitamin C: 38mg Calcium: 41mg Iron: 1mg Folate: 87µg

# Meatless loaf

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 12 – 6 oz.**

Ingredients	Qty	Measure
Steel Cut Oats (cooked following package instructions)	1.4	lbs
Onions (diced medium)	2	Cups
Celery (diced small)	3	Cups
Red pepper (diced small)	½	Cup
Green pepper (diced small)	½	Cup
Fresh garlic (chopped)	½	Cup
Brown rice (cooked)	2	Cups
Saltine cracker crumbs	1 ½	Cup
Garlic powder	¼	Cup
Chili powder	2	tbsp.
Onion powder	1	tbsp.
Vegan Worcestershire sauce	½	Cup
Tomato paste	1	Cup
Tomato sauce	1	Cup
Salt	1	tbsp.
Pepper	1	tbsp.
Bell pepper, sliced	½	Cup

## Preparation

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

## Serving Information

Serve 6 oz. portion, add 2 oz. fresh green beans and 2 oz. smashed cauliflower

## Nutrition Information

 \*From USDA Nutrient Database

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

# Minestrone soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 40 ounces; 10 (4 oz) servings**

Ingredients	Qty	Measure
Olive oil	2	tsp.
Onion, finely diced	1	cup
Garlic	2	tbsp.
Vegetable stock	3	cups
Zucchini, diced	2	cups
Carrots, diced	1	cup
Cannellini beans, canned and drained	1	cup
Stewed tomatoes, canned	15	oz
Celery, diced	$\frac{3}{4}$	cup
Basil, fresh	$\frac{1}{2}$	tsp.
Oregano, fresh	$\frac{1}{2}$	tsp.
Elbow pasta (small)	2	oz
Salt	$\frac{1}{4}$	tsp.

## Preparation

1. Sauté onions, garlic, basil, oregano and  $\frac{1}{2}$  of the salt in oil for 5 minutes on medium heat.
2. Add carrots and celery. Continue to cook for 5 minutes.
3. Add vegetable stock to the above mixture and bring to a boil. Continue to boil for 5 minutes.
4. Add canned tomatoes, beans and pasta. Cook until pasta is al dente, about 8-10 minutes.
5. Taste and add the remaining salt if needed.

## Serving Information

Serve with a piece of fresh garlic toast.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 86 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 16g Protein: 4g Sodium: 169mg  
Vitamin A: 116µg Vitamin C: 7mg Calcium: 56mg Iron: 2mg Folic Acid: 50µg



# Mushroom Asparagus Risotto

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 8-10 Servings**

Ingredients	Quantity	Measure/Weight
Vegetable Oil, divided	1	tbsp.
Onion, diced	8	oz.
Bell Pepper, diced	4	oz.
Garlic, minced	2	cloves
Mushrooms, sliced	1	lb.
Arborio Rice	$\frac{3}{4}$	lb.
Vegetable Stock, hot	1	pt.
White Wine	3	oz.
Fresh Parsley, finely chopped	1.5	oz.
White Pepper	1	tsp.
Fresh Asparagus, cut in 1" pieces	9	oz.

## Preparation

1. Heat 1  $\frac{1}{2}$  tsp. oil in 4-quart pot.
2. Add onions, peppers, garlic and mushrooms sauté for 3 minutes. Set aside.
3. In a separate pot, heat 1  $\frac{1}{2}$  tsp. oil. Add rice and cook for 3 minutes. Stir in  $\frac{1}{2}$  of the stock, wine, parsley and white pepper.
4. Bring to a simmer and for 10 minutes cook uncovered, stirring constantly.
5. Add remaining stock, vegetable mixture and asparagus. Cook for 10 minutes stirring constantly or until risotto is tender and all the liquid has been absorbed.

## Variation

\*\* Use green peas instead of or in addition to asparagus.

## Serving Information

Serve with 4 oz. roasted root vegetables.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 132 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 26g Protein: 5g Sodium: 170mg  
Vitamin A: 15µg Vitamin C: 11mg Calcium: 19mg Iron: 1mg Folic Acid: 29µg

# Mushroom Street Tacos (with Cilantro Cream Sauce)

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 12**

Ingredients	Quantity	Measure
Portobello Caps, large, cleaned and diced	4	cups
Tamari Sauce	2	tbsp.
Olive Oil	1	tbsp.
Green Bell Pepper, diced	1	cup
Red onion, small diced	½	cup
Corn, fresh, canned or frozen	¼	cup
Corn Tortilla Shells, 4 inch	12	each
Fresh Cilantro, coarsely chopped	½	bunch
Pico de Gallo	1	cup
<b>Cilantro Cream</b>		
Raw Cashews	1	cup
Water (divided)	2.5	cup
Cilantro stems and leaves	½	bunch
Salt	1	tbsp.

## Preparation

1. Clean and dice the portabella mushroom caps, place in a zip lock sandwich bag. Massage tamari into mushroom and let marinate for at least one hour.
2. Dice green pepper and onion.
3. Add oil to a sauce pan and heat over medium heat. When the oil is hot add the mushrooms with tamari sauce. Heat and stir for about 5 minutes.
4. Add bell peppers, onion, and corn and cook for 5 more minutes; remove from heat.
5. After the mushroom, pepper, onion, corn mix is cooked, turn off heat and set aside.
6. Heat a large skillet over a high flame and heat the tortillas about 20 seconds on each side.
7. Assemble tacos with 2 tablespoons of mushroom mixture, then top with cilantro sauce.
8. Top taco with pico de gallo, if desired.

## Cilantro Cream Sauce

1. Place cashews in a container and cover with 1 ½ cups of water (make sure all cashews are covered with water).
2. Cover and refrigerate for at least four hours in refrigerator.
3. Remove from refrigerator. Drain and reserve liquid. Add cashews, 1 cup of reserved liquid, cilantro, and salt. Process until smooth.
4. Refrigerate until ready to use.

# Mushroom Street Tacos (with Cilantro Cream Sauce)

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

## Serving Information

### Prepare Each Taco

1 Corn Tortilla  
2 tbsp. Mushroom Filling  
½ tsp Cilantro Cream Sauce  
1 tsp. Pico De Gallo  
Servings size: 2 tacos

## Nutrition Information \*From USDA Nutrient Database

Calories: 108 Total Fat: 6 g Saturated Fat: 1 g Carbohydrate: 11 g Protein: 3 g Sodium: 173 mg  
Vitamin A: 0% Vitamin C: 17% Calcium: 2% Iron: 5%

# Nacho Cheese

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8    SERVING SIZE: 8 oz.**

Ingredients	Quantity	Measure
Potatoes, peeled	2	cups
Carrots	1	cup
Extra Virgin Olive Oil	$\frac{1}{3}$	cup
Water	$\frac{1}{2}$	cup
Lemon Juice	1	tbsp.
Nutritional Yeast	$\frac{1}{2}$	cup
Salt, divided	1 $\frac{1}{2}$	tsp.
Garlic Powder	$\frac{1}{2}$	tsp.
Onion Powder	$\frac{1}{2}$	tsp.
Cayenne	1	dash

## Preparation

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

## Serving Information

Cook elbow noodles and pour cheese over noodles for mac and cheese.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 123 Total Fat: 7.5g Saturated Fat: 1g Carbohydrate: 12.5g Protein: 5g Sodium: 400mg  
Vitamin A: 135 $\mu$ g Vitamin C: 5mg Calcium: 10mg Iron: 0.5mg Folate: 7 $\mu$ g

# No-Bake Chocolate Oatmeal Cookies

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 24 Servings**

Ingredients	Quantity	Measure
Sugar, granulated	1 ½	cup
Almond Milk	½	cup
Earth Balance, Non-Dairy Margarine	3	oz.
Hershey's Cocoa Powder, not dark	5	tbsp.
Oats, quick cooking	3	cups
Peanut Butter	½	cup
Vanilla	1	tbsp.

## Preparation

1. MEASURE AND SET ASIDE ALL INGREDIENTS BEFORE COOKING.
2. Mix sugar, almond milk, Earth Balance, and coco powder together in a pot and bring to a rolling boil. Allow to boil for 4 minutes.
3. Remove from heat. Add peanut butter and vanilla and stir until peanut butter is smooth.
4. Add oats and stir until thoroughly combined. Using a tablespoon, quickly drop onto a cookie sheet covered with parchment paper. You will have to work quickly so they don't set up in the pot.

## Serving Information

1 cookie accompanied by 1 scoop of vegan ice cream.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 181 Total Fat: 10g Saturated Fat: 2g Carbohydrate: 21g Protein: 4g Sodium: 71mg  
Vitamin A: 3µg RAE Vitamin C: 0mg Calcium: 19mg Iron: 1mg

# Oatmeal Cookies

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 36**

Ingredients	Quantity	Measure
Earth Balance, Non-Dairy Margarine	11	oz.
Light Brown Sugar	11	oz.
Water, warm	3	tbsp.
Ground Flaxseed	1	tbsp.
All-Purpose Flour	12	oz.
Oats	11	oz.
Salt	½	tsp.
Baking Soda	2	tsp.
Orange Juice	1	tbsp.
Optional		
Non-Dairy Chocolate Chips	12	oz.
Walnuts, chopped	2	cups
Raisins	2	cups
Cranberries	2	cups

## Preparation

1. Mix warm water and flaxseed in a small bowl. Let set for 5 minutes.
2. Blend margarine and brown sugar.
3. Add orange juice, warm water and flaxseed mixture, to brown sugar mixture, blend well.
4. Add flour, salt and soda, blend into above mixture.
5. Stir in oats.
6. Stir in any additional options: chocolate chips, raisins, nuts, etc.
7. Bake at (350 commercial ovens/375 home oven) for 8-10 minutes.

## Serving Information

Serve two cookies with a glass of almond milk.

## Nutrition Information

\*From USDA Nutrient Database

Per Cookie

Calories: 263 Total Fat: 12.5g Saturated Fat: 7g Carbohydrate: 47g Protein: 10g Sodium: 503mg

Vitamin A: 0µg Vitamin C: 1mg Calcium: 32mg Iron: 1.5mg Folate: 35µg

# Palmiers

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 16**

Ingredients	Quantity	Measure (each group)
Puff Pastry	1	Sheet
Sugar, granulated	1	Cup
Earth Balance, Non-Dairy Margarine, melted	2	oz.
Water	1/2	Cup

## Preparation

1. Pour ½ cup of sugar on table.
2. Spread out and put pastry on top. Pour the last ½ cup of sugar on top of pastry.
3. Press sugar into pastry sheet, flipping it over and pressing the other side.
4. Begin to fold from each side, using 2 inches of each dough from each side, brush the edge with water to seal onto dough.
5. Repeat until both sides meet in the middle.
6. Fold together to make 1 long thick strip.
7. Allow to rest in refrigerator for 20 minutes.
8. Take out and cut in ½ inch pieces.
9. Put parchment paper on pan and brush with Earth Balance.
10. Put each piece of dough on buttered surface and flatten.
11. Allow to rest in refrigerator for 10 minutes.
12. Bake in 350 degree oven for 10 minutes. Flip and continue baking for another 10 minutes until golden brown.

## Serving Information

1 cookie, serve with 1 cup of coffee.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 133 Total Fat: 7 g Saturated Fat: 3 g Carbohydrate: 12 g Protein: 1 g Sodium: 81 mg  
Vitamin A: 0% Vitamin C: 0% Calcium: 0% Iron: 0%

# Pancake/Waffle Mix

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 6-8**

Ingredients	Quantity	Measure
Vegetable Oil	2	tbsp.
Sugar, granulated	2	tbsp.
Vanilla	1	tsp.
Soy or Almond Milk	1	cup
Water	1	cup
Self-Rising Flour	2	cup

## Preparation

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

## Serving Information

2 pancakes serve with 2 oz. warm syrup.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 204 Total Fat: 5 g Saturated Fat: 0 g Carbohydrate: 32 g Protein: 5 g Sodium: 459 mg  
Vitamin A: 2% Vitamin C: 0% Calcium: 20% Iron: 11%



# Pasta Primavera

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8 (8oz.)**

Ingredients	Quantity	Measure
Penne Pasta	1	lb.
Water	4	cups
Salt	1	tsp.
Oil	1	tbsp.
Zucchini, julienne	1	cup
Yellow Squash, julienne	1	cup
Red Pepper, thinly sliced	1	cup
Fresh Asparagus, small cut	1	cup
Non-Dairy Cream Cheese, like Daiya or Tofutti	6	oz.
Zesty Italian Dressing	½	cup
Vegetable Broth (as needed for creaminess)	1	cup
Non-Dairy Mozzarella Cheese, like Daiya or Follow Your Heart	2	cups

## Preparation

1. Cook pasta with water and salt when done drain and set aside.
2. Saute zucchini, yellow squash, red peppers and asparagus in oil just until tender.
3. Stir in vegan cream cheese and dressing.
4. Mix with pasta. If too dry pour in vegetable broth a little at a time until you reach a smooth consistency.
5. Add mozzarella and bake at 350 degrees until heated through.

## Serving Information

8 oz. serving with 1 piece of focaccia bread and 4 oz. green salad.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 290 Total Fat: 11g Saturated Fat: 2g Carbohydrate: 37g Protein: 11g Sodium: 750mg

Vitamin A: 23.4% Vitamin C: 60% Calcium: 7.1% Iron: 4.7% Folic Acid: 14.6%

# Pasta Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 10 (4oz.)**

Ingredients	Quantity	Measure
Diced tomatoes, canned ( <b>do not drain</b> )	15	oz.
Green Onions, sliced small	½	cup
Red Bell Peppers	½	cup
Green Bell Peppers	½	cup
Carrots, sliced crosswise, slightly cooked	1	cup
Medium Shell Pasta, cooked al dente	1	lb.
Zesty Italian Dressing	1	cup

## Preparation

1. Cook pasta, when ¾ done, add carrots and finish cooking pasta. Drain when done and add to vegetable mixture.
2. Add tomatoes, green onions, red and green peppers, and zesty italian dressing together. Toss with pasta and carrots when done.

## Serving Information

4 oz. serving along with garbanzo slider.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 257 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 41g Protein: 7g Sodium: 363mg  
Vitamin A: 69µg Vitamin C: 27mg Calcium: 27mg Iron: 2mg Folic Acid: 147µg

# Pasta Vermicelli (with fresh roma tomato sauce)

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8 (8oz.)**

Ingredients	Quantity	Measure
Vermicelli Pasta (cook according to package directions)	1	lb.
Fresh Roma Tomatoes, cut each one into eight pieces	3	lbs.
Onions, medium dice	1	cup
Fresh Garlic, small dice	2	tbsp.
Earth Balance, Non-Dairy Margarine	4	oz.
Fresh Oregano, chopped	¼	cup
Fresh Basil, chopped	¼	cup

## Preparation

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

## Serving Information

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

## Nutrition Information

\*From USDA Nutrient Database

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

# Pecan Masa (Open-Faced Tamales)

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 2 Dozen**

Dough ingredients	Qty	Measure
Masa	12	oz.
Baking Powder	½	tsp.
Salt	1	tsp.
All-Purpose Vegetable Shortening, like Crisco	¼	lb.
Vegetable Broth	3	cups
Pecans, ground	½	cup
Corn Husks, reconstituted	½	pkg.
Filling		
Black Beans, canned and drained	15	oz.
Onion, finely diced	½	cup
Chopped Green Chiles, canned	2	oz.
Garlic, minced	1	oz.
Corn, frozen	½	cup

## Preparation

### Masa

1. Mix masa, baking powder and salt in a bowl.
2. Add the vegetable broth and mix thoroughly with your hands to make soft, moist dough. Set aside.
3. In a separate bowl, whip vegetable shortening until light and fluffy.
4. Add pecans to the masa; continue beating until batter becomes smooth and sticky for several minutes.  
Allow to rest for at least 25 minutes.
5. Put 3 oz. masa in each corn husk. Tie each end to resemble a boat.
6. Steam for 20-25 minutes until firm.

### Filling

1. Sauté onions, garlic and green chilies until onions are translucent. Add black beans and heat until warmed through

## Serving Information

Top with pico de gallo. Drizzle with 1 oz. avocado or green chile sauce.

## Nutrition Information

\*From USDA Nutrient Database Doesn't include toppings

Calories: 247 Total Fat: 14g Saturated Fat: 3g Carbohydrate: 27g Protein: 5g Sodium: 446mg  
Vitamin A: 3µg Vitamin C: 2mg Calcium: 66mg Iron: 3mg Folic Acid: 113µg

# Pesto Pasta

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8 (8oz)**

Ingredients	Quantity	Measure
Penne Pasta	1	lb.
Water	4	cups
Salt	1	tsp.
<b>Pesto</b>		
Fresh Basil Leaves	½	lb.
Walnuts, chopped	1	cup
Olive Oil	2	cups
Fresh Garlic	½	cup
Salt	2	tbsp.

## Preparation

1. Pesto: blend basil, walnuts, garlic, oil and salt until creamy.
2. Taste and adjust seasoning.
3. Cook pasta al dente.
4. Toss pasta and pesto together.
5. Serve.

## Serving Information

8 oz. pesto pasta, along with 4 oz. fresh garden salad.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 659 Total Fat: 7g Saturated Fat: 49g Carbohydrate: 46g Protein: 9g Sodium: 263  
Vitamin A: 44µg Vitamin C: 5mg Calcium: 54mg Iron: 3mg Folic Acid: 177µg

# Phyllo Dough

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 2 rolls    SERVINGS: 24**

Ingredients	Quantity	Measure
All-Purpose Flour	4	cups
Salt	½	tsp.
Water, warm	1 ½	cups
Vegetable Oil	¼ cup plus 3 tbsp.	
White Vinegar	2	tbsp.

## Preparation

1. Blend all ingredients together. Knead for 10 minutes.
2. Wrap in plastic wrap and let rest for 30 minutes in a warm place.
3. Stretch and fill.

## Serving Information

Fill with apple strudel and top with caramel sauce.

## Nutrition Information \*From USDA Nutrient Database

Calories: 111 Total Fat: 4g Saturated Fat: 1g Carbohydrate: 16g Protein: 2g Sodium: 49mg  
Vitamin A: 0µg Vitamin C: 0mg Calcium: 4mg Iron: 1mg Folate: 61µg

# Pie Crust

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 3 pie crusts**

Ingredients	Quantity	Measure
All-Purpose Flour	2	cups
Salt	1	tsp.
All-Purpose Vegetable Shortening	6	oz.
Water, ice cold	6	tbsp.

## Preparation

1. Put water and shortening in freezer for 20 minutes until they are cold.
2. Put flour, salt and shortening in a food processor. Blend until it looks like coarse corn meal.
3. Add one tablespoon of ice cold water at a time. When all six tablespoons are in, pulse until it forms a ball. Let spin two times more.
4. Weigh and divide into three equal balls. Let rest for 20 minutes. Roll out and put into 8-9 inch pie pans.
5. Freeze and use as needed.

## Serving Information

Fill with your favorite pie filling.

## Nutrition Information

 \*From USDA Nutrient Database

Per Pie Crust

Calories: 756 Total Fat: 52g Saturated Fat: 13g Carbohydrate: 64g Protein: 9g Sodium: 780mg  
Vitamin A: 0µg Vitamin C: 0mg Calcium: 14mg Iron: 4mg Folate: 243µg

# Pita Pocket with Raw Vegetables

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 6**

**SERVING SIZE: ½ pita pocket with 4 oz. fresh vegetables**

Ingredients	Quantity	Measure
Pita Pockets, cut in half	3	each
Green Cabbage, thinly sliced	1	cups
Red Cabbage, thinly sliced	1	cups
Green Bell Pepper, thinly sliced	½	cups
Red Bell Pepper, thinly sliced	½	cups
Carrots, peeled and grated	1	cup
Red onions, thinly sliced	½	cup
Balsamic Vinegar	¼	cup
Salt	½	tsp.
Pepper	½	tsp.

## Preparation

1. Toss all vegetables in balsamic vinegar.
2. Stuff in half piece of pita pocket .

## Serving Information

Using ½ pita pocket add 4 oz. of fresh vegetables, serve with 2 oz. pasta salad.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 147 Total Fat: 1g Saturated Fat: 0 Carbohydrate: 31g Protein: 5g Sodium: 562g

Vitamin A: 247µg Vitamin C: 111mg Calcium: 101mg Iron: 2mg Folic Acid: 101µg



# Quesadillas

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 6 Quesadillas, 12 servings**

Ingredients	Quantity	Measure
Flour Tortilla Shells, 12 inch	6	each
Zucchini, sliced thin	1	cup
Red Onions, sliced thin	1	cup
Yellow Squash	1	cup
Frozen Whole Kernel Corn	½	cup
Olive Oil	1	tbsp.
Non-Dairy Shredded Mozzarella Cheese, like Daiya or Follow Your Heart	6	oz.

## Preparation

1. Add oil to pan or griddle and sauté zucchini, red onions and yellow squash until they soften, about 4 minutes.
2. Add corn and cook for 3-4 minutes. Mix with zucchini mixture.
3. Heat tortillas on flat top. Divide the zucchini mixture between 6 of the tortillas.
4. Put one ounce of vegan mozzarella on each of the tortilla and fold the tortilla in half. Continue to cook until golden brown and flip till golden brown.
5. Cut into thirds and serve.

## Serving Information

Cut each quesadilla into four pieces. Serve two quesadilla slices with 1 oz. of vegan sour cream, like Tofutti.

## Nutrition Information per Quesadilla \*From USDA Nutrient Database

Calories: 247 Total Fat: 10g Saturated Fat: 3g Carbohydrate: 32g Protein: 5g Sodium: 503mg  
Vitamin A: 3µg Vitamin C: 3mg Calcium: 86mg Iron: 2mg Folic Acid: 106µg

# Quinoa and Butternut Squash

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8 (8 oz.)**

Ingredients	Quantity	Measure
Red Quinoa	1	cup
Water	1.5	cups
Salt	1	tsp.
Butternut Squash	1	each
Dried Cranberries	½	cup
Pecans, toasted	½	cup
Salt	1	tsp.
Pepper	1	tsp.
Oil, vegetable	1	tsp.

## Preparation

1. Rinse quinoa.
2. Bring water and salt to a boil, add quinoa, and cook until liquid is absorbed, about 15-20 minutes. Fluff with fork.
3. Roast butternut squash in oven 400 degree oven until tender, about 45-60 minutes.
4. Allow to cool to touch, then peel and cut into small pieces. Finish sauteeing until tender in 1 tsp. of oil.
5. Add salt and pepper mix with squash and quinoa, top with cranberries and toasted pecans.

## Serving Information

8 oz. served with 2 oz. roasted root vegetables.

## Nutrition Information \*From USDA Nutrient Database

Calories: 157 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 22g Protein: 3g Sodium: 524mg

Vitamin A: 166µg Vitamin C: 7mg Calcium: 32mg Iron: 1mg Folic Acid: 34µg

# Quinoa, Oatmeal and Fruit Parfait

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 10**

Ingredients	Quantity	Measure
Water	1	cup
Salt	1/2	tsp.
Quinoa	1/2	cup
Oats, raw, quick cooking	1	cup
Fresh Apple, cored, grated	1	whole
Almond Milk	1	cup
Dried Cranberries	1/4	cup
Brown sugar or maple syrup (optional)*	1/4	cup

## Preparation

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

*\*Sliced banana can be used in place of sugar to add a bit of sweetness. Any of the dairy-free milks can be used in place of almond milk.*

## Serving Information

4 oz. garnish with 1 oz. toasted almonds or 1 oz. granola

## Nutrition Information \*From USDA Nutrient Database

Without Almond Garnish

Calories: 101 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 20g (2g Fiber) Protein: 3g Sodium: 133mg  
Vitamin A: 2% Vitamin C: 1% Calcium: 4% Iron: 5% Folate: 4%

With Almond Garnish

Calories: 170 Total Fat: 8g Saturated Fat: 1g Carbohydrate: 22g (3g Fiber) Protein: 5g Sodium: 172mg  
Vitamin A: 2% Vitamin C: 1% Calcium: 8% Iron: 7% Folate: 5%

# Quinoa Tabbouleh

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8

SERVING SIZE: 8 oz.

Ingredients	Quantity	Measure
Quinoa, rinse and drain	1	cup
Water	2 ½	cups
Salt	1	tsp.
Fresh Garlic, minced	1	tbsp.
Red Bell Pepper, small dice	¼	cup
Olive Oil	1	tsp.
Red Onion	¼	cup
Whole Kernel Corn (frozen) <b>Do not cook</b>	¼	cup
Fresh Parsley, chopped	¼	cup
Fresh Mint, chopped	¼	cup
Fresh Lemon Juice	1	each
Fresh Lime Juice	1	each
Olive Oil	¼	cup

## Preparation

1. Heat water till boiling. Add salt and rinsed and drained quinoa.
2. Reduce heat to medium and continue cooking quinoa until it resembles spiral shape and all the water is gone.
3. Sauté red onion in 1 tsp. olive oil until soft, remove from heat.
4. Toss cooked quinoa, red onions, bell pepper, corn, parsley, mint, lemon juice, lime juice and ¼ cup olive oil.

## Serving Information

Serve with toasted pita chips.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 154 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 17g Protein: 3g Sodium: 300mg  
Vitamin A: 18µg Vitamin C: 13mg Calcium: 22mg Iron: 1mg Folate: 37µg

# Raspberry Bars

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 24 Servings**

Ingredients	Quantity	Measure
All-Purpose Flour	2 ½	cups
Sugar, granulated	½	cup
Earth Balance, Non-Dairy Margarine	1	cup
Raspberry Jam	1 ½	cups
<b>Flat Icing</b>		
Sugar, powdered	1	cup
Almond Milk (add slowly)	2	tbsp.
Vanilla	½	tsp.

## Preparation

1. In a large bowl, mix flour, sugar and Earth Balance together.
2. Divide dough into thirds. Press 2/3 in quarter sheet pan.
3. Bake at 350 degrees for 8-10 minutes.
4. Allow to cool slightly. Spread jam on top of bars.
5. Crumble last third of dough on top of bars.
6. Bake at 350 degrees until golden brown, about 10-15 minutes.

## Flat Icing

1. Place powdered sugar in a small mixing bowl. slowly add milk, a little at a time to ensure it doesn't become too thin, and vanilla.
2. Drizzle over cooled bars.

## Serving Information

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

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 187 Total Fat: 4g Saturated Fat: 1g Carbohydrate: 37g Protein: 1g Sodium: 46mg  
Vitamin A: 2µg RAE Vitamin C: 2mg Calcium: 8mg Iron: 1mg Folate: 39 µg

# Raspberry Napoleons

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 20 pieces (4x5) SERVING SIZE: 1 piece**

Ingredients	Quantity	Measure
Puff Pastry	3	sheets
Raspberry Jam	1	cup
Vanilla pudding (instant)	7	ounces
Almond Milk	1 ½	cups
Flat Icing		
Sugar, powdered	1	cup
Almond Milk	1	tbsp.
Vanilla	¼	tsp.

## Preparation

1. Pre-heat oven to 375 degrees.
2. Bake Puff Pastry with 2 sheet pan on top to prevent rising until golden brown.
3. Remove from oven and let cool.

### Vanilla Pudding (pastry cream)

1. Add milk to vanilla pudding.

### Assembly

1. Make 5 layers starting with pastry sheet on bottom.
2. Alternated with pastry cream repeat until pastry sheet with raspberry jam is touching pastry cream on top
3. On the last sheet spread raspberry jam and place on top of pastry cream

### Flat Icing

1. Stir powdered sugar, milk and vanilla until smooth.
2. Spread flat icing on top of Puff Pastry sheet. Refrigerate for two hours.

## Serving Information

Serve with non-dairy whipped topping and fresh raspberries.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 440 Total Fat: 14g Saturated Fat: 5g Carbohydrate: 71g Protein: 8g Sodium: 274mg  
Vitamin A: 101µg Vitamin C: 0mg Calcium: 232mg Iron: 2mg Folate: 18µg

# Red Velvet Cake

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 1 (9x13) or 3 (8 inch layers) or 24 Cupcakes**

Ingredients	Quantity	Measure
Apple Cider Vinegar	1	tbsp.
Almond Milk	1 1/3	cup
Self-Rising Flour	14	oz.
Sugar, granulated	12	oz.
Vegetable Oil	6	oz.
Vanilla	1	tsp.
Natural cocoa powder	1	tbsp.
Vegan Red Food Coloring	2	oz.
<b>Cream Cheese Icing</b>		
Earth Balance, Non-Dairy Margarine	4	oz.
Vegetable Shortening	½	cup
Sugar, powdered	1	lb.
Vegan Cream Cheese	4	oz.
Vanilla	1	tsp.

## Preparation

1. In a large mixing bowl, combine sugar, vinegar, vegetable oil, almond milk, vanilla and red food coloring and mix.
2. Add flour and cocoa powder and mix for 2-3 minutes.
3. Spoon into prepared cake or cupcake pan and bake at 350 degrees for 15-20 minutes or until a toothpick inserted in the center comes out clean. Allow to cool on a wire rack.

## Cream Cheese Icing

1. Using a mixer, blend together Earth Balance and shortening until creamy.
2. Add vanilla extract; blend well.
3. Add powder sugar and start to blend, then add cream cheese; blend until creamy.

**Note: If icing is too soft add ½ cup powder sugar until spreading or piping consistency is achieved.**

## Serving Information

1 (2 inch) piece or cupcake.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 351 Total Fat: 17g Saturated Fat: 4.5g Carbohydrate: 46g Protein: 2g Sodium: 298mg  
Vitamin A: 8µg RAE Vitamin C: 0mg Calcium: 82mg Iron: 1.5mg

# Risotto Croquettes with Marinara Sauce

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 27 (9 servings)    SERVING SIZE: 3**

Ingredients	Quantity	Measure
Onion, fine dice	¼	cup
Earth Balance, Non-Dairy Margarine	1	oz.
Arborio Rice	2	cups
White Wine	½	cup
Vegetable Stock	½	qt.
Nutritional Yeast	2	tbsp.
Non-Dairy Mozzarella Cheese, like Daiya or Follow Your Heart	½	cup
All-Purpose Flour	½	cup
Panko Bread Crumbs	½	cup
Soy Milk, unsweetened	2	cups
Marinara	18	oz.

## Preparation

1. Sauté onions in Earth Balance.
2. Add rice and coat with butter, cook until parched.
3. Add white wine.
4. Add the stock in 3 parts.
5. Cook over low heat and stir frequently until rice is done.
6. Stir in nutritional yeast.
7. Add salt.
8. Transfer rice to sheet pan and allow cooling completely.
9. Form the chilled rice into croquettes and adding mozzarella in center.
10. Coat croquettes rolling them in flour, in soy milk and then in bread crumbs.
11. Deep fry till golden brown.

## Serving Information

Serve with 2 oz. of marinara on top.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 320 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 53g Protein: 8g Sodium: 561mg  
Vitamin A: 47µg Vitamin C: 2mg Calcium: 148mg Iron: 4mg Folate: 162µg



# Roasted Eggplant on Baguette

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8**

Ingredients	Quantity	Measure
Eggplants, soak in water for 15 minutes, cut lengthwise	2	lbs.
Olive Oil	¼	cup
Red Onions, sliced and caramelized	3	cups
Earth Balance, Non-Dairy Margarine	2	tbsp.
Green Cabbage, thinly sliced	1	cup
Fresh Baby Spinach, washed)	2	cups
Romaine Lettuce, chopped	2	cups
Baguette	1	each
<b>Roasted Red Pepper Aioli</b>		
Just Mayo or other Dairy-Free / Egg Free mayonnaise	1	cup
Fresh Garlic	5	cloves
2 pieces of Canned Roasted Red Pepper	1	15 oz. can

## Preparations

1. Brush eggplant with oil and sprinkle with Cajun seasoning (like Tony Chachere's). Roast for 10-15 minutes at 350 degrees.
2. Put Earth Balance in pan. Add onions and cook until tender and brown.
3. Cut baguette lengthways, spread 2 tbsp. of roasted red pepper aioli.
4. Top with 8 pieces of eggplant, vegetables, and onions

## Serving Information

1 piece served with homemade sweet potato chips.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 286 Total Fat: 20g Saturated Fat: 2g Carbohydrate: 24g Protein: 4g Sodium: 327m

Vitamin A: 135µg Vitamin C: 34mg Calcium: 101mg Iron: 2mg Folic Acid: 145µg

# Roasted Root Vegetables

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8-10

SERVING SIZE: 1 cup

Ingredients	Quantity	Measure
Sweet Potatoes	1	lb.
Shallots	1	cup
Carrots, medium chunk	2	cups
Butternut Squash, medium chunk	2	cups
Parsnips, medium chunk	1	cup
Turnips, medium chunk	1	cup
Fresh Garlic, whole cloves	8	cloves
Olive Oil	2	tsp.
Salt	1	tsp.
White Pepper	1	tsp.

## Preparation

1. Put oil in a hotel pan and coat all vegetables.
2. Add salt and pepper.
3. Cover with foil.
4. Bake at 375 degrees for 40-50 minutes or until vegetables are tender.

## Serving Information

Serve with a fresh green salad.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 119 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 26g Protein: 3g Sodium: 314mg

Vitamin A: 613µg Vitamin C: 19mg Calcium: 70mg Iron: 1mg Folate: 48µg

# Roasted-Vegetable Chiles Rellenos

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 8      SERVING SIZE: 1**

Ingredients	Quantity	Measure
<b>Sauce</b>		
Roma Tomatoes	2	lbs.
Onions, peeled and quartered	1.5	lbs.
Garlic Cloves, unpeeled	½	cup
Vegetable Oil	2	tbsp.
Chipotle Chilies in Adobe Sauce, drained	8	oz.
Water	2	cups
Oregano	1	tsp.
Bay Leaves	2	each
Salt	1	tsp.
Pepper	1	tsp.
Poblano Chilies	8	each
<b>Filling</b>		
Corn, fresh or frozen	2	cups
Zucchini	2	cups
Bread Crumbs, dried	1 ½	cup
Green Onions, thinly sliced	½	cup
Fresh Cilantro, minced	4	tbsp.
<b>Garnish</b>		
Fresh Cilantro, leaves	2	tbsp.
Fresh Chives, chopped	2	tbsp.

## Preparation

1. Remove stems, leaving chilies whole.
2. Place tomatoes, onions and garlic on an oiled pan. Bake at 500 degree for 20-30 minutes (garlic should be lightly browned).
3. Let cool. Peel tomatoes and garlic. Remove core from tomatoes. Place tomatoes, garlic, onions and chipotle chile in food processor. Process till smooth.
4. Strain into a large pot and discard solids.
5. Add water, oregano and bay leaf to pan, bring to a boil. Reduce heat, simmer uncovered for 40 minutes or until reduced to 4 cups. Remove bay leaf. Add salt and pepper. Set aside and keep warm.
6. Combine corn, zucchini, bread crumbs, green onions, minced cilantro.
7. Stuff ¾ cup of this mixture into the Poblano Chiles.
8. Place stuffed chiles on foil lined jelly roll pan. Bake at 500 degree for about 20 minutes or until chiles are blackened, turning after 10 minutes.
9. Peel and spoon 2 tbsp. tomato sauce over each.

# Roasted-Vegetable Chiles Rellenos

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

## Serving Information

Garnish with fresh cilantro leaves and chopped chives.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 220 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 39g Protein: 7g Sodium: 454mg

Vitamin A: 54µg Vitamin C: 115mg Calcium: 89mg Iron: 2mg Folate: 87µg

# Shepherd's Pie

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 11**

Ingredients	Quantity	Measure
Zucchini, sliced	2	cups
Yellow Squash, sliced	2	cups
Carrots, sliced	2	cups
Red onion, sliced	1	cup
Fresh garlic	2	tbsp.
Potatoes (for mashing)	2.5	lbs.
Earth Balance, Non-Dairy Margarine	4	oz.
Soy Milk	2	cups
Mushrooms, sliced	1	lb.
Olive Oil (divided)	2	tbsp.
Salt	2	tsp.
Pepper	2	tsp.

## Preparation

1. Sauté zucchini, yellow squash, carrots, red onions and garlic in 1 tbsp. of olive oil. Set aside.
2. Cook potatoes until tender, mash with Earth Balance and soy milk.
3. Sauté mushrooms in 1 tbsp. olive oil.
4. Finish by layering vegetables in bottom, mushrooms next and mashed potatoes on top.
5. Put in 400 degree oven and bake until potatoes are golden brown.

## Serving Information

6 oz. serving, garnish with chopped fresh parsley.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 94 Total Fat: 0 Saturated Fat: 0 Carbohydrate: 21 Protein: 3 Sodium: 511  
Vitamin A: 159µg Vitamin C: 20mg Calcium: 30mg Iron: 1mg Folic Acid: 40µg

# Southwest Wrap

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 12 Servings**

Ingredients	Quantity	Measure
Tomato or Spinach Wrap, 12 inch	6	each
Black Beans, canned, drained	15	oz.
Roma Tomatoes, chopped	1 ½	cups
Red Bell Pepper, chopped	1	cup
Rotel, drained	1	can
Cilantro, fresh	2	tsp.
Chili Powder	1	tbsp.
Garlic, fresh, chopped	2	tbsp.
Romaine Lettuce, chopped	½	cup

## Preparation

1. Combine black beans, roma tomatoes, red and green bell peppers, Rotel, cilantro, chili powder and fresh garlic.
2. Lay out wraps, spread black bean mixture, top with lettuce and roll up.
3. Cut each wrap in half or as small as needed.

## Serving Information

Serve one half of sandwich with ½ cup of pasta.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 229 Total Fat: 5g Saturated Fat: 1 g Carbohydrate: 39g (6g fiber) Protein: 8g Sodium: 480 mg  
Vitamin A: 8% Vitamin C: 46% Calcium: 11% Iron: 17% Folate: 33%

# Spanakopita

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 24**

Ingredients	Quantity	Measure
Phyllo Dough, thawed	1	box
Spinach (Fresh is preferred, but frozen will work. Just make sure you squeeze out the water thoroughly)	1	lb.
Onion, small dice	1	cup
Garlic, minced	1/8	cup
Dairy-Free Shredded Mozzarella Cheese, like Daiya or Follow Your Heart	½	cup
Earth Balance, Non-Dairy Margarine, divided, melted	10	oz.
Salt	1	tsp.
Pepper	1	tsp.

## Preparation

1. Put 2 oz. of Earth Balance in pan, cook onions and garlic until translucent. Add spinach and then allow to cool.
2. Stir in cheese, salt and pepper.
3. Lay one piece of phyllo, brush with melted Earth Balance. Repeat with two more sheets of phyllo.
4. Cut phyllo in to eight strips.
5. Place a tbsp. of spinach mixture on each strip, roll up into a triangle.
6. Bake in 350-degree oven for 30-40 minutes until golden brown.

## Serving Information

3 each along with 4 oz. of Sweet Potato Vegetable Soup.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 69 Total Fat: 4.5g Saturated Fat: 1g Carbohydrate: 6g Protein: .5g Sodium: 102mg  
Vitamin A: 49µg Vitamin C: 3mg Calcium: 11mg Iron: 0 Folic Acid: 21µg

# Spicy Potato Curry

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 8-10 Servings**

Ingredients	Quantity	Measure
Potatoes, cubed	2	lbs.
Vegetable Oil	2	tbsp.
Onions, small dice	1	cup
Garlic, minced	3	cloves
Cumin	1	tsp.
Cayenne	1	tsp.
Curry Powder	4	tsp.
Garam Masala	4	tsp.
Fresh Ginger Root, peeled and minced	1	oz.
Salt	1	tsp.
Tomatoes, canned, diced	15	oz.
Garbanzo Beans, rinsed, drained	15	oz.
Green Peas, rinsed, drained	15	oz.
Coconut Milk, canned	14	oz.

## Preparation

1. Cook potatoes, just until tender. Set aside.
2. Heat oil in skillet, stir in onion and garlic and cook until translucent.
3. Add cumin, cayenne, curry, garam masala, ginger and salt, and cook for 2 minutes.
4. Add tomatoes, beans, peas and potatoes.
5. Pour in coconut milk and simmer for 10 minutes.

## Serving Information

Serve with 4 oz. of brown rice.

## Nutrition Information – Curry with Rice

\*From USDA Nutrient Database

Calories: 443 Total Fat: 17g Saturated Fat: 11g Carbohydrate: 63g Protein: 12g Sodium: 474mg  
Vitamin A: 43µg Vitamin C: 31mg Calcium: 97mg Iron: 4mg Folic Acid: 75µg



# Spicy Rice Noodles

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 6    SERVING SIZE: 6 oz.**

Ingredients	Quantity	Measure
Peanut Butter, crunchy	3	tbsp.
Sweet Chili Sauce	4	tbsp.
Vegetable Stock	1 ¼	cup
Tamari Sauce (or soy sauce)	2	tbsp.
Coconut Milk	6	tbsp.
Toasted Sesame Seed Oil	3	tbsp.
Flat Rice Noodles	2	cups
Frozen Sweet Corn	¾	cups
Carrots, thinly sliced	1	cup
Red Onion, halved, thinly sliced	1	cup
Green Beans, chopped	⅝	cup
Broccoli, cut into small florets	¾	cup
Garlic, finely chopped	¼	cup
Peanuts, chopped (optional garnish)	½	cup
Coriander Leaves (optional garnish)	¼	cup

## Preparation

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

## Serving Information

Garnish with chopped peanuts and coriander and serve hot.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 342 Total Fat: 21 Saturated Fat: 6g Carbohydrate: 33g Protein: 9g Sodium: 518mg  
Vitamin A: 195µg Vitamin C: 18mg Calcium: 48mg Iron: 1mg Folate: 55µg

# Spinach Enchiladas

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 6**

Ingredients	Quantity	Measure
Baby Spinach, fresh	2	lb.
Onions, small dice	1	cup
Garlic, minced	¼	cup
Roma Tomatoes, chopped	3	cups
Salt	1	tsp.
Pepper	1	tsp
Tortilla Shells, flour or corn	12	each
<b>Vegan Sour Cream &amp; Green Chili Sauce</b>		
Earth Balance, Non-Dairy Margarine	4	oz.
Onion	½	cup
Garlic	1	tbsp.
All-Purpose Flour	4	oz.
Unsweetened Soy Milk	32	oz.
Green Chilies	8	oz.
Non-Dairy Sour Cream, like Tofutti or Follow Your Heart	4	oz.

## Preparation

1. Sauté onions and garlic. Add tomatoes, spinach, salt, and pepper.
2. Spoon into tortilla and roll up.

### Green Chili Sauce

1. Melt Earth Balance, add onions and garlic, sauté.
2. Stir in flour, cook until it emits a nutty aroma.
3. Add 16 oz. of soy milk, stir continuously until creamy. If it's too thick, add more soy milk. You don't want it too thin.
4. Stir in chilies and sour cream.
5. Ladle over enchiladas.

## Serving Information

2 enchiladas; garnish with chopped cilantro.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 478 Total Fat: 23g Saturated Fat: 6.5 Carbohydrate: 58g Protein: 15g Sodium: 1289mg

Vitamin A: 834µg Vitamin C: 65mg Calcium: 414mg Iron: 7mg Folic Acid: 401µg

# Split Pea Soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8 (8oz.)**

Ingredients	Quantity	Measure
Split Peas	2	cups
Water	4	cups
Onions, small dice	2	cups
Carrots, small dice	2	cups
Fresh Garlic, minced	1	tbsp.
Vegetable Oil	¼	cup
Unsweetened Soy Milk	½	cup
Salt	2	tsp.
Pepper	2	tsp.

## Preparation

1. Sweat onions, carrots, and garlic in oil.
2. Add peas.
3. Cover with water, bring to a boil and cook until done, about an hour to an hour and a half.
4. Drain and reserve liquid.
5. Put peas in blender and add reserved liquid as needed for soup consistency.
6. Finish with soy milk.

## Serving Information

8 oz. serving, garnish with 1 oz. fresh homemade croutons.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 215 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 29g Protein: 11g Sodium: 277mg

Vitamin A: 120µg Vitamin C: 3mg Calcium: 44mg Iron: 2mg Folic Acid: 85µg

# Stuffed Red Quinoa Mushrooms

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 24**

Ingredients	Quantity	Measure
Red Quinoa	½	cup
Water	1	cup
Salt	1	tsp.
Button mushrooms (whole with stem removed and reserved)	24	each
Olive Oil	1	oz.
Onion, minced	¼	cup
Garlic, minced	¼	cup
Fresh Parsley	3	tbsp.
Fresh Oregano	¼	cup
Sriracha	½	tbsp.
Salt	1	tsp.
Vegan Cream Cheese	¼	cup
Vegan Shredded Mozzarella Cheese, like Daiya	¼	cup

## Preparation

1. Rinse quinoa, boil water, add salt and quinoa. Cook until water is absorbed, about 15 minutes. Fluff with a fork.
2. Put 1 oz. oil in sauté pan, add chopped stems, onions, and garlic . Allow to cool.
3. Stir in parsley, oregano, sriracha, salt, and cream cheese.
4. Spoon the filling into each mushroom, top with mozzarella.
5. Bake for 10-12 minutes at 350 degrees.

## Serving Information

Garnish with fresh chopped parsley.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 58 Total Fat: 5g Saturated Fat: .5g Carbohydrate: 3.5g Protein: 1g Sodium: 152mg  
Vitamin A: 3µg Vitamin C: 1mg Calcium: 6mg Iron: 0 Folic Acid: 7µg

# Sweet Potato Vegetable Soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8 (8oz)**

Ingredients	Quantity	Measure
Onions, medium dice	2	cups
Celery, medium dice	2	cups
Carrots, sliced	3	cups
Green Cabbage, rough chunks	3	cups
Garlic, fresh, minced	1	tbsp.
Corn, frozen	1	cup
Mixed Vegetables, frozen	1	cups
Sweet Potatoes, small cubes	3	cups
Water	3	qts.
Tomato Sauce	2	cups
Salt	1	tbsp.
Pepper	1	tbsp.

## Preparation

1. Sweat onions, celery, carrots and cabbage.
2. Add corn, mixed vegetables, garlic and sweet potatoes.
3. Add water and continue to cook till sweet potatoes are tender (not mushy).
4. Stir in tomato sauce, bring to a boil and allow to bubble for 2 minutes.
5. Serve.

## Serving Information

8 oz. garnish with fresh chopped parsley.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 119 Total Fat:1g Saturated Fat: 0 Carbohydrate: 25g Protein: 4g Sodium: 281mg  
Vitamin A: 618µg Vitamin C: 31mg Calcium: 71mg Iron: 1mg Folic Acid: 51µg

# Tamale Pie

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 12 (6 oz.)**

Ingredients	Weight	Measure
Dark Red Kidney Beans, canned	15	oz.
Diced Tomatoes with Juice, canned	15	oz.
Dark Chili Powder	¼	cup
Onions, medium dice	1	cup
Red Bell Pepper, diced	1	cup
Green bell pepper, diced	1	cup
Water	4	cups
Steel Cut Oats	1	cup
Tomato Paste	16	oz.
<b>Cornbread</b>		
Cornmeal	1	cup
All-Purpose Flour	1.5	cup
Salt	1	tsp.
Baking Powder	1	tbsp.
Soy Milk	1.5	cup
Earth Balance, Non-Dairy Margarine	4	oz.
Vegetable Oil	4	oz.
Just Mayo, vegan mayonnaise	½	cup

## Preparation

1. Sauté onions, peppers, and garlic.
2. Add beans, tomatoes and chili powder.
3. Add water.
4. Add raw steel cut oats.
5. Bring to a boil, reduce heat to medium and continue to cook for 20 minutes.
6. Add tomato paste, stir, and taste to determine if more chili powder is needed.
7. Pour chili in ½ hotel pan, top with cornbread and bake at 350 degrees until done, about 20 minutes.

## Cornbread

1. Blend all ingredients and pour over chili.
2. Bake in 350 degree oven for 15-20 minutes until golden brown.

## Serving Information

6 oz. serving, garnish with fresh chopped green onions.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 489 Total Fat: 26g Saturated Fat: 4g Carbohydrate: 56g Protein: 11g Sodium: 993mg  
Vitamin A: 16% Vitamin C: 47% Calcium: 17% Iron: 30% Folic Acid: 40%

# Thai Tofu Noodle Soup with Lemongrass

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8    SERVING SIZE: 8 oz.

Ingredients	Quantity	Measure
Boiling Water for Noodles	2	qt.
Rice Noodles	1	lb.
Lemongrass	½	cup
Vegetable Stock	2	qt.
Fresh Ginger, minced	2	tbsp.
Tofu, drained, soft	1	package
Broccoli, small florets	½	lb.
Bok Choy, medium chop	½	lb.
Carrots, small dice	½	lb.
Soy Sauce	1	cup
Coconut Milk	2	cups
Fresh Basil, garnish	½	cup
Sriracha, optional	4	oz.
Lime Zest, optional		

## Preparation

1. Dunk noodles in the hot water and allow soften while preparing soup.
2. Place stock in a soup pot with lemongrass, ginger and carrots. Bring to a boil, and then reduce heat to medium. Allow to simmer while you chop remaining vegetables. Add to stock and allow vegetables to soften but remain bright in color.
3. Reduce heat to low and add coconut milk, stir till dissolved.
4. Gently stir and add tofu. Stir gently to avoid tofu falling apart.
5. Add soy sauce.

## Serving Information

Serve with 4 oz. of rice noodles. Garnish with fresh basil zest, lime and Sriracha if desired.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 463 Total Fat: 17g Saturated Fat: 13g Carbohydrate: 66g Protein: 14g Sodium: 1700mg  
Vitamin A: 318µg Vitamin C: 80mg Calcium: 186mg Iron: 4mg Folate: 138µg

# Tofu Fingers

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8**

Ingredients	Weight	Measure
Tofu, firm, drained and pressed	14	oz.
Cornmeal	16	oz.
Soy Milk	16	oz.
All-Purpose Flour	8	oz.
Seasoning, like Tony Chachere Cajun	2	tbsp.
Oil for Frying	35	pound

## Preparation

1. Cut tofu in half-length wise, half up and down, then 4 lengthwise, giving you 24 short pieces.
2. Blend flour, cornmeal, Tony Chachere.
3. Toss tofu fingers in flour mixture.
4. Toss tofu fingers in soy milk.
5. Toss tofu fingers in blended flour, cornmeal, Tony Chachere mixture.
6. Fry until golden brown.
7. Lightly salt.

## Serving Information

3 tofu fingers, serve with your favorite sauce (BBQ, Sweet Mustard, etc.)

## Nutrition Information

\*From USDA Nutrient Database

Calories: 457 Total Fat: 13g Saturated Fat: 1g Carbohydrate: 73g Protein: 12g Sodium: 302mg  
Vitamin A: 7 µg Vitamin C: 0 Calcium: 107mg Iron: 5mg Folic Acid: 306 µg



# Tofu Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 9 (4oz)**

Ingredients	Quantity	Measure
Tofu, firm, drained	14	oz.
Celery, small dice	4	stalks
Red Bell Pepper, small dice	½	cup
Green Bell Pepper, small dice	½	cup
Green Onions, thin sliced	1	cup
Soy Sauce	2	cups

## Preparation

1. Prepare vegetables.
2. Toss with soy sauce and serve.

## Serving Information

4 oz. serving, garnish with fresh chopped cilantro.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 70 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 7g Protein: 7g Sodium: 1902mg  
Vitamin A: 22 µg Vitamin C: 20mg Calcium: 110mg Iron: 2mg Folic Acid: 32 µg

# Tofu Scramble

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 24**

Ingredients	Weight	Measure
Tofu, firm, drained	22	oz.
Turmeric	1	tbsp.
Vegetable Oil	1	tbsp.

## Preparation

1. Pour oil in sauté pan.
2. Add turmeric and cook for 2 minutes.
3. Add tofu and cook for 10-15 minutes.
4. Optionally, add chopped red onions, red and green bell peppers and baby spinach.

*Serving variations:*

\*\*Serve atop an English Muffin

\*\*Serve inside flour tortillas

## Serving Information

6 oz. Garnish with fresh spinach, fresh chopped tomatoes, sautéed mushrooms.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 102 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 2g Protein: 5g Sodium: 8mg

Vitamin A: 0 Vitamin C: 0 Calcium: 134mg Iron: 1mg Folic Acid: 13 µg

# Tomato Gravy

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8-10**

Ingredients	Quantity	Measure
Tomato Paste	6	oz.
Water	2	cups
Earth Balance, Non-Dairy Margarine	2	oz.
All-Purpose Flour	2	oz.
Salt	1	tsp.
Pepper	2	tsp.

## Preparation

1. Blend tomato paste and water, set aside.
2. Make a roux with butter and flour. Cook until it reaches a nutty aroma.
3. Pour in tomato mixture, cook until thick and bubbly.

## Serving Information

1 biscuit with 2 oz. of tomato gravy.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 87 Total Fat: 5g Saturated Fat: 1.5g Carbohydrate: 9g Protein: 2g Sodium: 331mg  
Vitamin A: 2% Vitamin C: 6% Calcium: 1% Iron: 0% Folic Acid: 5%

# Vegetable Lasagna

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 12**

Ingredients	Quantity	Measure
Lasagna Noodles	9	each
Water	6	cups
Salt	1	tsp.
Zucchini, rough chopped	2	cups
Baby spinach, rough chopped	1	lb.
Fresh broccoli florets, chopped	1	lb.
Onion, small dice	1	cup
Fresh garlic, minced	2	tbsp.
Earth Balance, Non-Dairy Margarine	2	oz.
Non-Dairy Shredded Mozzarella cheese, like Daiya or Follow Your Heart	1	cup
Salt	1	tsp.
Pepper	1	tsp.
<b>Alfredo Sauce</b>	<b>2</b>	<b>cups</b>
Earth Balance, Non-Dairy Margarine	2	oz.
All-purpose flour	2	oz.
Soy milk	2	cups
Water	1	cup
Salt	2	tsp.
Pepper	2	tsp.

## Preparation

1. Put noodles in boiling water with 1 tsp. salt. Cook till tender, about 10-12 minutes.
  2. Sweat onions and garlic.
  3. Add zucchini, broccoli and baby spinach. Cook for 10 minutes.
  4. Layer with Alfredo on bottom, noodles, and vegetables, repeat with top layer of sauce.
  5. Bake at 350 degrees until the internal temperature reaches 165 degrees.
- Alfredo**
1. Melt Earth Balance.
  2. Add flour and cook until it emits a nutty aroma.
  3. Add soy milk, water, salt, and pepper stir and cook until thick and bubbly.

## Serving Information

6 oz. garnish with ½ oz. fresh chopped herbs (basil, oregano and fresh chopped flat leaf parsley)

## Nutrition Information

\*From USDA Nutrient Database

Calories: 446 Total Fat: 24g Saturated Fat: 7g Carbohydrate: 47g Protein: 10g Sodium: 503mg  
Vitamin A: 212mg Vitamin C: 32mg Calcium: 142mg Iron: 4mg Folic Acid: 219mg

# Vegetable pot pie

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8-10

SERVING SIZE: 5 oz.

Ingredients	Qty	Measure
Potatoes, medium cube	2	lbs.
Onion, chopped	1	cup
Celery, chopped small	1	cup
Carrots, sliced or chunked	2	cups
Green peas, frozen	15	oz.
Fresh mushrooms, sliced and slightly sautéed	1	cup
Green beans, canned	15	oz.
Water or premade vegetable broth	3	qt.
Fresh thyme	3	Tbsp.
Salt	1	tsp.
Pepper	1	tsp.
All-purpose flour	4	oz.
Unsweetened soy milk	1	cup
<b>Crust</b>		
All-purpose flour	2	cups
Salt	1	tsp.
Shortening (all-purpose)	6	oz.
Water ( <b>ICE COLD</b> )	6	Tbsp.

## Preparation

1. Put potatoes, onion, celery, carrots in water; bring to a boil and let cook for 10 minutes. Add salt and pepper.
2. Add peas, mushrooms, green beans and fresh thyme, cook until all vegetables are tender.
3. Make a slurry with the flour and milk. Stir in the cooked mixture. Bring to a boil for 3-5 minutes.
4. Taste and adjust salt.

### Crust

You can make a crust or use puff pastry or premade crust.

1. Put flour in food processor. Add salt and shortening. Process using pulse 2-3 times, not too much. You want the fat to look like peas. Add water 1 tablespoons at a time. Pulse until mixture forms a ball and let spin for 2 times to make sure mixture is blended well. DO NOT OVER MIX.

## Serving Information

Cut into 5 oz. pieces and serve with grilled zucchini and squash.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 392 Total Fat: 17g Saturated Fat: 4g Carbohydrate: 53g Protein: 9g Sodium: 463mg

Vitamin A: 276µg Vitamin C: 13mg Calcium: 92mg Iron: 3mg Folate: 161µg

# Vegetable Wellington

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 1 roll**

Ingredients	Quantity	Measure
Olive oil	2	tbsp.
Leeks, chopped, white parts only	1	large
Celery, diced	2	stalks
Carrots, sliced into coins	1.5	cups
Fresh tarragon, minced	1/2	tsp.
Sage, dried	½	tsp.
Salt	1	tsp.
Pepper	1	tsp.
Vegetable broth	1/3	cup
Walnuts, chopped and toasted	½	cup
Fresh spinach, chopped	1	cup
Phyllo dough	9	sheets
Olive oil	¼	cup

## Preparation

1. Heat 2 tbsp. olive oil in a large skillet. Add leeks, celery and carrots cook for 4 minutes. Add tarragon, sage, salt and pepper cook for 2 minutes.
2. Add broth and bring to a boil. Add the spinach and walnuts and continue to cook until broth evaporates. Remove from heat.
3. Stack two sheets of phyllo dough on top of each other, gently brush top layer with a thin layer of olive oil. Add a thin line of filling on the side of the dough lengthwise, leaving a 2 inch border. Roll up and set aside.
4. Repeat. Roll the dough once over the filling and set the already rolled filling next to it and continue rolling. Continue the process until you have three sheets of dough left.
5. Layer the three sheets of dough to make an extra-long sheet. Brush with olive oil and add the large finished rolled dough on the edge and roll it up. Slice six vents on top with a sharp knife. Place on a cookie sheet lined with parchment paper and bake in 350 degree oven for 20-25 minutes or until golden brown.
6. Allow to cool for five minutes before slicing width-wise.

## Serving Information

Serve with 4 oz. fresh green beans.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 191 Total Fat: 11.5g Saturated Fat: 1g Carbohydrate: 20g Protein: 3g Sodium: 356mg  
Vitamin A: 159µg Vitamin C: 3mg Calcium: 22mg Iron: 1mg Folic Acid: 21µg

# White Cake

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS:** ¼ sheet pan

Ingredients	Quantity	Measure
Cider Vinegar	1	tsp.
Soy Milk	2	cups
All-purpose Flour	2	cups
Sugar	2	cups
Baking Powder	2	tsp.
Baking Soda	½	tsp.
Salt	1	tsp.
Vegetable Oil	8	oz.
Vanilla	1	tsp.

## Preparation

1. Combine vinegar, soy milk, vegetable oil, vanilla and sugar together. Mix well.
2. In separate bowl combine flour, baking powder, baking soda and salt.
3. Add liquid mixture to dry ingredients and beat for 3 minutes.
4. Spray ¼ sheet pan, bake on 325 degrees for 20-25 minutes.

## Serving Information

1 (2 inch) piece. Top with 2 oz. fresh strawberries and 1 oz. non-dairy whipped cream or your favorite icing.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 363 Total Fat: 15g Saturated Fat: 1g Carbohydrate: 53g Protein: 5g Sodium: 365mg  
Vitamin A: 32µg Vitamin C: 0 Calcium: 128mg Iron: 2g Folic Acid: 98 µg

# Wild Mushroom Crepes

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 12 Crepes**

Ingredients	Quantity	Measure
<b>Crepe:</b>		
Soy Milk, unsweetened	1	cup
Water	2/3	cup
Earth Balance, Non-Dairy Margarine	¼	cup
All-purpose flour	1	cup
Salt	1	tsp.
<b>Wild mushroom filling:</b>		
Earth Balance, Non-Dairy Margarine	2	tbsp.
Wild mushrooms, trimmed, thinly sliced	1 ¼	lbs.
Sea salt, fine	½	tsp.
Rosemary, finely chopped	1 ½	tsp.
All-purpose flour	1	tbsp.
Nutmeg, grated	1	tbsp.
Soy Milk, unsweetened	¾	cup
Parsley, finely chopped	3	tbsp.

## Preparation

1. Melt 1 tbsp. of the margarine in a large skillet over medium heat.
2. Add mushrooms and salt. Cook, stirring frequently, until mushrooms are browned, about 10 minutes.
3. Stir in rosemary.
4. Transfer mushrooms to a bowl.
5. Return the skillet to medium heat and melt remaining 1 tbsp. margarine.
6. Stir in flour and cook, continuously stirring for 1 minute.
7. Add soy milk and stir until thickened.
8. Return mushrooms to the skillet and stir in nutmeg and 2 tbsp. of the parsley.
9. Spoon filling into 12 crêpes and roll closed.
10. Place in an oiled 9x13-inch pan and bake at 425°F until heated through, about 10 minutes.
11. Garnish with 1 tbsp. parsley.

### Crepe:

1. Lightly spray crepe pan with oil.
2. Ladle 2 oz. batter in pan.
3. Slightly brown and flip.

## Serving Information

2 crepes; 2 tbsp. filling in each.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 126 Total Fat: 7.5g Saturated Fat: 2.5g Carbohydrate: 13g Protein: 3g Sodium: 366mg  
Vitamin A: 23µg Vitamin C: 2mg Calcium: 52mg Iron: 1mg Folic Acid: 44µg



# Zucchini Bread

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 2 (2 lb. loaves); 24 (2x2 piece) servings**

Ingredients	Quantity	Measure
All-purpose Flour	2 ½	cups
Baking Powder	1	tsp.
Baking Soda	1 ½	tsp.
Salt	1	tsp.
Cinnamon	1	tsp.
Bananas, mashed	8	oz.
Sugar	1 ½	cups
Vegetable Oil	1	cup
Vanilla	1	tsp.
Zucchini, shredded	11	oz.
Pecans or walnuts (optional)	6	oz.

## Preparation

1. In a large bowl, combine flour, baking powder, baking soda, salt and cinnamon. Stir together and set aside.
2. In a medium bowl, combine mashed bananas, sugar, oil, and vanilla. Mix well.
3. Combine flour mixture and banana mixture. Mix only until combined.
4. Fold in zucchini and nuts (if using).
5. Bake at 350 degrees for 35-40 minutes until top is brown and a toothpick inserted comes out clean. (If using a convection oven bake at 325 degrees).

## Serving Information

(1) 2x2 piece

### Nutrition Information without Pecans/Walnuts \*From USDA Nutrient Database

Calories: 199 Total Fat: 10g Saturated Fat: 0.5g Carbohydrate: 28g Protein: 1.5g Sodium: 139mg  
Vitamin A: 2mg Vitamin C: 3mg Calcium: 17mg Iron: 0.5mg Folic Acid: 41mg

### Nutrition Information with Pecans/Walnuts \*From USDA Nutrient Database

Calories: 229 Total Fat: 13g Saturated Fat: 1g Carbohydrate: 29g Protein: 2g Sodium: 139mg  
Vitamin A: 2mg Vitamin C: 3mg Calcium: 20mg Iron: 1mg Folic Acid: 42mg

# Index

## LIST OF RECIPES

Apple Strudel .....	1	Homemade Focaccia Bread .....	48
Aquafaba Meringue .....	2	Italian Nachos .....	49
Bahn Mi .....	3	Kale & Potato Enchilada Bake .....	50
Bananas Foster .....	4	Lazy Susan Cobbler .....	51
Bean & Leek Cassoulet .....	5	Lemon Lush .....	52
Biscuits .....	6	Lo Mein .....	53
Black Bean & Sweet Potato Burrito .....	7	Marinated Vegetable Salad .....	54
Black Bean Salad .....	8	Meatless Loaf .....	55
Blueberry Muffins .....	9	Minestrone Soup .....	56
Broccoli Salad .....	10	Mushroom Asparagus Risotto .....	57
Broccoli Tofu Stir Fry .....	11	Mushroom Street Tacos, Cilantro Cream Sauce.....	58
Butternut Squash Soup .....	12	Nacho Cheese .....	60
Carrot Cake Cupcakes .....	13	No Bake Chocolate Oatmeal Cookie .....	61
Carrot Osso Buco & Creamy Polenta .....	14	Oatmeal Cookies .....	62
Carrot Raisin Salad .....	15	Palimers .....	63
Cauliflower And Golden Lentil Curry .....	16	Pancake & Waffle .....	64
Cauliflower Buffalo Wings .....	17	Pasta Primavera .....	65
Cauliflower Fried Rice .....	18	Pasta Salad .....	66
Chickpea Salad .....	19	Pasta Vermicelli with Fresh Roma Tomatoes .....	67
Chipotle Sweet Potato Skins .....	20	Pecan Masa (Open Faced Tamale).....	68
Chocolate Bread Pudding .....	21	Pesto Pasta .....	69
Chocolate Cake .....	22	Phyllo Dough .....	70
Chocolate Chip Cookies .....	23	Pie Crust .....	71
Chocolate Cobbler .....	24	Pita Pocket with Raw Veggies .....	72
Chocolate Gravy .....	25	Quesadillas .....	73
Chocolate Tartlets .....	26	Quinoa & Butternut Squash .....	74
Chocolate Thumb Prints .....	27	Quinoa Oatmeal & Fruit Parfait .....	75
Cinnamon Rolls .....	28	Quinoa Tabbouleh .....	76
Coconut Brown Rice & Baked Tofu .....	30	Raspberry Bars .....	77
Corn Pudding .....	31	Raspberry Napoleons .....	78
Crabbyless Crab Cakes .....	32	Red Velvet Cake .....	79
Cranberry Whip .....	34	Risotto Croquettes with Marinara Sauce .....	80
Cream Gravy .....	35	Roasted Eggplant on Baguette .....	81
Creamy Ranch Dressing .....	36	Roasted Root Vegetables .....	82
Éclair Cake .....	37	Roasted Vegetable Chiles Rellenos .....	83
Eggplant Parmesan .....	38	Shepherd's Pie .....	85
Empanadas .....	39	Southwest Wrap .....	86
Fire Roasted Corn Chowder .....	41	Spanakopita .....	87
Five Spice Barley, Kale & Tofu .....	43	Spicy Potato Curry .....	88
Fried Green Tomatoes .....	44	Spicy Rice Noodles .....	89
Garbanzo Bean Slider .....	45	Spinach Enchiladas .....	90
Green Bean Casserole .....	46	Split Pea Soup .....	91
Grilled Eggplant Rollatini .....	47	Stuffed Red Quinoa Mushroom .....	92

Sweet Potato Vegetable Soup .....	93
Tamale Pie .....	94
Thai Tofu Noodle Soup with Lemongrass .....	95
Tofu Fingers .....	96
Tofu Salad .....	97
Tofu Scramble .....	98
Tomato Gravy .....	99
Vegetable Lasagna .....	100
Vegetable Pot Pie .....	101
Vegetable Wellington .....	102
White Cake .....	103
Wild Mushroom Crepes .....	104
Zucchini Bread .....	105