

POTLUCK RECIPES

April 12, 2025

EASY HOLIDAY LASAGNA Serving Size: 8-10 By: The Jaroudi Family

Ingredients:

- 16oz Whole Wheat Lasagna Noodles (cook per direction)
- 24 oz tomato sauce (no oil) *see notes

White Sauce Filling

- 2 cups non-dairy unsweetened milk
- 1/2 cup raw cashews
- 1 tsp lemon juice
- 1 tsp apple cider vinegar
- 3 Tbsp nutritional yeast
- 1 Tbsp white miso
- 1 Tbsp garlic powder
- 1 Tbsp onion powder

Directions:

1. Preheat oven to 350 degrees
2. Add all ingredients of the white sauce in a high-speed blender and blend until smooth.
3. In a large casserole dish, layer tomato sauce, noodle layer, white sauce filling, noodle layer, tomato sauce ... repeat.
4. Bake for 30-40 minutes.

Tips: Make our all-purpose tomato soup recipe for homemade tomato sauce (on our YouTube channel). *

EASY HUMMUS by The Jaroudi Family

Ingredients:

- 1 15 oz can of salt free chickpeas
- 1/2 cups water
- 1/2 cups sesame seeds
- 2 large garlic cloves
- 1 half lemon juiced
- 1 tbsp miso
- 1/2 tbsp cumin
- black pepper to taste

Directions: Blend together until smooth.

PASTA SALAD by Susan Greenberg

Ingredients:

- Pasta of your choice
- 1 8 oz. can crushed pineapple
- 1 C. broccoli florets
- 1 C. cauliflower florets
- 1 whole red pepper

Seasonings:

- Smoked paprika
- Cinnamon
- Cumin chili powder
- Nutritional yeast
- Onion powder
- Garlic powder

Directions: Roast veggies at 375 degrees for 30 min or until they begin to get tender. Blend ingredients and season to taste.

BLUEBERRY QUINOA BAKE by Marty Howell

Ingredients:

- 1 c. quinoa, dry
- 1 T. flaxseeds, ground
- 1 T. chia seeds, ground
- 2 tsp. cinnamon
- 2 tsp. vanilla
- 1½ c. blueberries
- ¼ c. walnuts
- 2⅓ c. soy milk
- ¼ c. date powder or 6 dates

Directions: Mix ingredients together. Bake at 350 degrees for 70 minutes.

"CHEESY" HASH BROWN VEGGIE CASSEROLE by Marty Howell

Ingredients:

- 2½ c. cheese sauce (below)
- 1 bag hash brown potatoes, thawed
- Add ins: onion, bell peppers, green peas, shredded carrots, shredded zucchini, broccoli, cauliflower, kale, beans (black, white, or pinto).

Directions: Mix all together. Baked uncovered at 350° for 45 minutes. Can serve with hot sauce, salsa, or pico.

CHEESE SAUCE:

Ingredients:

- 2 potatoes & 1 carrot, boiled/drained
- ½ c. nutritional yeast
- 1 T. garlic powder
- 1 T. onion powder
- ½ lemon juiced
- 1 T. apple cider vinegar
- Salt/pepper to taste
- ⅓ – ½ c. soy milk

Directions: Blend in high-speed blender, adding soy milk to consistence that you want.

TAHINI CHICKPEA SALAD by [Dianne's Vegan Kitchen](#) brought by Susan Bradley

Ingredients:

- ½ cup tahini
- 2 tablespoons apple cider vinegar
- 2 tablespoons water
- 2 teaspoons Dijon mustard
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ¼ teaspoon sea salt
- 1½ cup cooked chickpeas or a 14-ounce can
- 2 celery stalks diced
- 2 scallions sliced
- 2 carrots diced
- ¼ cup chopped fresh parsley

Directions:

1. In a small bowl, whisk together the tahini, apple cider vinegar, water, mustard, garlic powder, onion powder, and sea salt until smooth and creamy. If too thick, add a little water, a tablespoon at a time. The consistency should be like mayonnaise.
2. In a large bowl, mash the chickpeas with a fork or a potato masher. Add the celery, scallions, carrots, and parsley and gently mix to combine. Gently mix in the tahini dressing.
3. Refrigerate for at least 2 hours before serving, to allow the flavors to combine. Serve on a sandwich, in a wrap, on a fresh salad, or with crackers and cut veggies.

THE BEST VEGAN BREAKFAST BURRITO from [Build Your Bite](#) brought by Linda Askren

Ingredients:

- 1 batch Simple Vegan Breakfast Hash (below)
- 14 oz extra firm tofu
- 8 oz enchilada sauce
- 1 cup roasted salted cashews
- ½ cup medium spicy chunky salsa
- ¼ cup nutritional yeast
- 1 lime, juiced
- ½ teaspoon salt
- 10 tortillas
- chopped cilantro

Directions:

1. Make one batch of the vegan breakfast hash according to the instructions. This will take the longest to cook so you can work on the rest of the recipe while this is in the oven.
2. In a high-speed blender, blend the enchilada sauce, roasted cashews, salsa, and nutritional yeast until completely smooth.
3. Drain the tofu; pat it dry.
4. Add the tofu to a large skillet; use a potato masher to scramble it until it resembles egg like texture.
5. Heat the tofu to medium high and add the sauce from the blender along with the lime juice and salt.
6. Cook the tofu for 10-15 minutes, or until it starts to become a little less soft. The tofu will absorb a lot of the sauce and start to dry out.
7. Warm up tortilla shells in the microwave first to make it easier to roll them up once you add the filling.
8. Assemble the burritos by adding a scoop of the tofu, chopped cilantro, and then top with a scoop of the vegan breakfast hash. Roll them up.
9. Serve immediately or freeze for later.
10. To freeze the burritos, wrap each individual one in foil, then place in an airtight Ziploc bag in the freezer. To reheat, remove from foil; place on a microwave safe plate. Heat 2-3 minutes.

VEGAN BREAKFAST HASH from [Build Your Bite](#)

Ingredients:

Potatoes

- 3 medium russet potatoes, washed/diced
- 1 large sweet potato, peeled/diced
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon dried thyme
- 2 teaspoons salt
- 1 teaspoon pepper

Garlic/Onion Mixture

- 1 medium onion, diced
- 5 cloves garlic, minced
- salt and pepper, to taste

Directions:

1. Combine diced potatoes with onion powder, garlic powder, thyme, salt, pepper in a glass baking dish. Toss the potatoes to combine them with spices.
2. Bake the potatoes at 450° for 40-50 minutes, checking & stirring every 20 minutes, until crispy. Use a hard spatula to unstick the edges of the potatoes from the pan each time you stir to get crispy edges.
3. Once potatoes are close to being done, sauté onion, minced garlic, and a sprinkle of salt and pepper in a skillet. Cook for 5-10 minutes, or until the onion is translucent and begins to brown.
4. When potatoes are crispy, remove them from oven; stir in garlic/onion mixture. Serve immediately.