



T. COLIN CAMPBELL
Center for Nutrition Studies

Holiday Favorites Cookbook



Plant-Based Holiday Feast

It can be challenging to prepare healthy meals during the holidays when traditional vegetable dishes are often made with butter, milk, or eggs. But you don't have to compromise your diet or lifestyle to eat and enjoy this season. We have a little something for everyone with the irresistible flavors of fall and winter.

Whether you're planning on making a full plant-based menu for your loved ones or are looking for a dish to bring to someone's celebration, these rich and flavorful recipes are great ideas for any holiday table. They celebrate the season's best ingredients, and offer plant-based versions of holiday classics. The whole family is sure to love this healthy, hearty holiday menu that is free of animal products, processed ingredients, oils, and refined sugar.



SIDES

Festive Green Salad with Raspberries and Roasted Chickpeas

By Evelisse Capó, PharmD

Give yourself the gift of variety! Every bite of this vibrant salad offers something fresh, whether it be the peppery flavor of arugula, the natural sweetness of red raspberries, or the savory warmth of roasted chickpeas.



Prep: 15 minutes

Cooking time: 0 minutes

6-8 servings

What You will Need

6 cups baby arugula

6 cups baby kale

1 cup grapes

2 cups raspberries

1 cup roasted chickpeas (see recipe)

Strawberry balsamic dressing

Strawberry Balsamic Dressing

1 cup strawberries, sliced

¼ cup white balsamic vinegar

½ shallot or ¼ cup red onion, diced

2 tsp fresh thyme leaves or 1 tsp dried

2 tsp Dijon mustard

¼ tsp ground black pepper

Process all dressing ingredients in a blender until smooth.

How to Make It

1. Prepare the roasted chickpeas and let cool inside the oven so they are crunchy.
2. Prepare the dressing and set aside.
3. In a bowl, mix the greens and top with the grapes, raspberries, and chickpeas.
4. Serve with dressing.

Tips:

- Substitute raspberries for strawberries in the dressing.



Roasted Chickpeas

4 cups cooked chickpeas, rinsed and drained

Juice from 1 lime

1 tsp garlic powder

2 tsp chili powder

Sprinkle of chipotle powder

Pinch (about ¼ tsp) sea salt

How to Make It

1. Preheat oven to 425 degrees F.
2. Line a baking sheet with parchment paper and set aside.
3. Pat the chickpeas dry.
4. Place the chickpeas in a bowl and add seasonings.
5. Spread the seasoned chickpeas evenly on the prepared baking sheet.
6. Bake for 15 minutes, stir and cook for another 25 minutes or until crisp but not burned.
7. Turn oven off and allow chickpeas to cool inside the oven.



Garlic and Kale Smashed Potatoes

By Evelisse Capó, PharmD

A delicious twist to traditional mashed potatoes, this is a fantastic (and sneaky) way to incorporate more greens into your diet. This dish revitalizes the “comfort food” you already love by introducing nourishing seasonal ingredients like kale and green onions.



Prep time: 5 minutes

Cooking time: 25 minutes

6-8 servings

What You will Need

- 3 pounds small red potatoes
- ¼ cup non-dairy unsweetened milk
- 1 Tbsp nutritional yeast
- 6 large cloves garlic, crushed
- ½ cup kale, chopped
- 4 green onions (scallions) sliced thin
- ½ tsp sea salt or to taste

How to Make It

1. Place the potatoes in a medium saucepan and cover with water by 1 inch.
2. Bring to a boil over high heat, then reduce the heat to medium-high. Continue cooking until the potatoes are tender, about 15 minutes. To test if the potatoes are done, pierce a small paring knife into the center of one of the larger potatoes.
3. Drain the potatoes in a strainer.
4. Return the empty pot to the stove-top and add the non-dairy milk, garlic, and sea salt. Sauté, stirring frequently, until the garlic is fragrant, about 1 minute.
5. Add kale and sauté for 15 seconds.
6. Remove from the heat and add the green onions and potatoes to the pan.
7. Using the back of a fork or a large spoon, gently press down on each potato until the skin breaks and the potato smashes just a little. Continue until all potatoes are lightly crushed.
8. Gently stir the potatoes and the "butter" mixture until combined. Some of the potatoes will break down but this is okay.
9. Season with salt and pepper to taste and serve.

Tips:

- Do not overcook the garlic or the greens!

Country Style Gravy

By Evelisse Capó, PharmD

Gravy is a must! Add this one to your favorite mashed potatoes, veggie roast, stuffing, or steamed vegetables. The nutritional yeast adds a slightly cheesy note to this creamy holiday mainstay.



Prep time: 2 minutes

Cooking time: 8 minutes

4-6 servings

What You will Need

2 cups water

1 cup organic firm silken Mori-Nu Tofu

1 Tbsp onion powder

½ tsp garlic powder

2 Tbsp low-sodium tamari or soy sauce

1 Tbsp nutritional yeast

1 Tbsp cornstarch

How to Make It

1. Process all the ingredients in a blender until smooth and creamy.
2. Pour mixture into a saucepan and cook on medium heat, stirring constantly, until thickened.

Citrus Ginger Roasted Vegetables

By Evelisse Capo, PharmD

This dish blends the wholesome flavors of the earth with two of the most lively, energetic flavors in the culinary toolbox. The brightness, sweetness, and spiciness of citrus and ginger may be very potent on their own, but together with roasted veggies, the product is delightfully restrained — dynamic, but down to earth.



Prep time: 15 minutes

Cooking time: 60 minutes

6-8 servings

What You will Need

1 large beet, washed and ends cut
6 cups butternut squash, cut into medium cubes
3 medium carrots, sliced thick
Juice and zest from one large orange
1 Tbsp fresh ginger juice
Fresh basil to taste

How to Make It

1. Preheat oven to 425 degrees F.
2. Wrap beet in parchment paper followed by aluminum foil, and bake for an hour or until tender. Set aside.
3. In a small bowl mix the freshly squeezed orange and ginger juice.
4. In a bowl, mix the butternut squash and carrots with 2 Tbsp of the orange juice/ginger marinade.
5. Place the marinated butternut squash and carrots in a baking pan lined with parchment paper.
6. Roast the squash and carrots for 30 minutes or until cooked.
7. Add the rest of the marinade and zest to the cooked veggies, and stir in fresh basil.

Tips:

- To extract ginger juice, use a small strainer, press freshly grated ginger against the mesh with a spoon or your hand and collect ginger juice in a bowl. You can also use a ginger press.

Broccoli Cauliflower Rice Casserole

By Evelisse Capó, PharmD

This simple dish is a great choice for potlucks and holiday dinners. Herbs de Provence gives it an especially fragrant and full-flavored lift, combining the best of thyme, marjoram, rosemary, oregano, and savory in a rustic medley that will have you coming back for seconds.



Prep time: 15 minutes

Cooking time: 60 minutes

6-8 servings

What You will Need

3 cups cooked brown rice

1 cup vegetable broth

1 cup riced broccoli (finely chopped/shredded broccoli)

1 cup riced cauliflower (finely chopped/shredded cauliflower)

1 cup diced red bell pepper

1 ½ cups nutritional yeast

2 tsp onion powder

2 tsp garlic powder

1 Tbsp herbs de Provence
Salt and pepper to taste
Juice of 1 lemon or lime

How to Make It

1. Preheat oven to 350 degrees F
2. Line an 8 x 8 inch baking pan with parchment paper.
3. In a bowl, combine all the ingredients.
4. Pour the mixture into the baking pan and place in the oven.
5. Bake for 45 minutes.

Tips:

- Try cutting the veggies thicker for a chunky variation.



Traditional Holiday Stuffing

By Evelisse Capó, PharmD

The Holidays wouldn't be the same without stuffing! Although this plant-based stuffing is fat free, its depth of flavor echoes old family traditions.



Prep: 5 minutes

Cook: 30 minutes

4-6 servings

What You will Need

½ cup vegetable broth

1 tsp low sodium soy sauce or tamari

4 cups gluten-free or whole grain bread, cubed

½ cup onion, diced

½ cup celery, diced

1 Tbsp nutritional yeast

½ tsp poultry seasoning

½ tsp garlic powder

½ tsp dried parsley

How to Make It

1. Preheat oven to 350 degrees F.
2. Add tamari or soy sauce to the vegetable broth and bring to a boil.
3. Place the bread, onions, and celery in a baking pan.
4. Add the spices and seasonings to the bread and mix well.
5. Pour the boiling vegetable broth over the bread/vegetable mixture making sure to coat the bread evenly.
6. Bake covered for 20 minutes.
7. Bake uncovered for another 10 minutes, stir, and serve.

Tips:

- Try adding $\frac{1}{4}$ cup diced carrots.
- I like using Sami's bakery gluten-free sourdough bread to make this stuffing.

MAIN ENTREES

Holiday Hearty Loaf

By Evelisse Capó, PharmD

Hearty and packed with robust ingredients, this loaf carries enough flavor to deserve a spot at the center of any spread. Leftovers make great sandwiches!.



Prep time: 20 minutes

Cooking time: 45 minutes

1 loaf (6 servings)

What You will Need

1/2 cup onion, minced

3 garlic cloves, crushed

2 cups portobello mushroom, finely chopped

1/4 cup carrot, grated

1 cup cooked kidney beans

1 cup cooked brown lentils

1 1/2 cups cooked brown rice

2 Tbsp sun-dried tomatoes, rehydrated and diced
¾ cup oat flour
2 Tbsp nutritional yeast
1 Tbsp garlic powder
2 tsp onion powder
1 tsp sage
1 tsp thyme
1 tsp rosemary
¼ tsp turmeric
1 Tbsp low-sodium tamari or soy sauce
2 Tbsp vegan Worcestershire sauce
½ tsp sea salt or salt free seasoning
Balsamic glaze (optional)

How to Make It

1. Sauté the onions in a large heated skillet for 3-4 minutes. Add vegetable broth or water if needed. Add mushrooms and carrots and cook for another 5 minutes, until softened.
2. Add the rest of the ingredients and use a masher to combine. Don't over-mash; just mash enough so that the mixture comes together. Add a few drops of vegetable broth if the mixture is too dry; if it's too wet, add more oats.
3. Taste the mixture and adjust seasonings to taste.
4. Transfer the mixture to the loaf tin and cook for 40-45 minutes, until the outside develops a crust and the inside is firm.
5. Coat with balsamic glaze or serve with your favorite gravy.

Tips:

- This loaf tastes even better the next day. For best results, cook the day prior and then reheat.
- This loaf pairs well with our Country Style Gravy recipe.
- Make sure to use a balsamic glaze (reduction) that does not contain sugar.
- You can make your own reduction by simmering balsamic vinegar in a pan until thickened.
- Benson's salt free seasoning is very tasty. I order it online.

Portobello Pot Roast

By Evelisse Capó, PharmD

This hearty, delicious pot roast replaces beef with portobello mushrooms but requires no sacrifice of flavor or convenience. As rich as any traditional pot roast but twice as fast to cook, this one-pot meal will satisfy everyone at the holiday table.



Prep time: 10 minutes

Cooking time: 20 minutes

4 servings

What You will Need

- 2 cups vegetable broth
- 1 Tbsp nutritional yeast
- 2 pounds small yellow potatoes
- 3 carrots, sliced thick
- 1 medium onion, sliced
- ½ cup red wine
- 4 garlic cloves, crushed
- 4 large portobello mushrooms, sliced
- 1 Tbsp balsamic vinegar

- 1 Tbsp vegan Worcestershire sauce
- 1 tsp dried sage
- 1 tsp dried rosemary
- 4 sprigs fresh thyme
- 2 sprigs fresh rosemary

How to Make It

1. In a large saucepan, heat vegetable broth and add potatoes.
2. Cover and cook potatoes for 5 minutes.
3. Add carrots and cook for 2 minutes.
4. In a separate hot pan, sauté the onion until tender, for about 3-4 minutes and deglaze with wine.
5. Add the cooked onions and wine, portobello mushrooms and dried herbs to the pan with the potatoes and carrots.
6. Drizzle with Worcestershire sauce and balsamic vinegar, and cook on low to medium heat for 20 minutes or until the vegetables are cooked through.
7. Add the fresh herbs during the last 10 minutes of cooking.

Tips:

- Serve over smashed potatoes or as a stand alone dish.
- If you don't like mushrooms, try using eggplant in place of the portobello.

DESSERTS

Fabulous Chocolate Cupcakes With Mousse Frosting

By Evelisse Capó, PharmD

Care for your sweet tooth without sending it into a sugar crash! These seductive cupcakes are sure to satisfy your cravings for rich chocolate and delicate mousse.



Prep time: 10 minutes

Cooking time: 30 minutes

24 mini cupcakes

What You will Need

Cupcakes

2 flax eggs (see tips)

1 cup dates

1 cup water

1/3 cup cacao powder

1 1/4 cups oat flour

1 Tbsp baking powder

2 tsp baking soda
2 Tbsp applesauce

Mousse Frosting

1 12.3 ounce box of silken tofu, firm or extra firm
2 Tbsp cacao powder
½ tsp vanilla
½ cup date paste

How to Make It

Cupcakes

1. Preheat oven to 350 degrees F.
2. Make the flax eggs by whisking together the flax seeds with the water until well combined, then place in the fridge to set for 10 minutes.
3. In a blender, process the dates and water until smooth.
4. In a bowl, mix the cacao powder, oat flour, baking powder, and baking soda until well combined.
5. Add the date/water paste, flax egg, and applesauce, and mix well.
6. Line a mini muffin pan with silicone liners.
7. Pour the batter evenly into the cupcake liners.
8. Bake for 30 minutes, or until a toothpick comes out clean. Let cool before frosting.

Mousse Frosting

1. Process the tofu, cacao powder, date paste, and vanilla in a blender until smooth.
2. Chill the mousse until thickened.

Tips:

- 2 flax eggs = 2 Tbsp ground flax seeds + 6 Tbsp water.
- Decorate with raspberries or strawberries.

Jammin' Almond Thumbprint Cookies

By Evelisse Capó, PharmD

Sweetened by nature, these holiday treats will melt in your mouth, one after another. They're also great for sharing with friends and family, so make extra!



Prep time: 5 minutes

Cooking time: 30 minutes

20-22 cookies

What You will Need

1 cup oat flour

½ cup almond flour

6 Tbsp date sugar

2 Tbsp ground flaxseed

½ tsp baking powder

¼ tsp baking soda

½ tsp ground cinnamon

Pinch of sea salt

½ cup unsweetened non-dairy milk

¼ cup fruit-sweetened jam

How to Make It

1. Preheat oven to 350 degrees F.
2. Line a baking sheet with parchment paper.
3. In a mixing bowl, whisk together the oat flour, almond flour, date sugar, flaxseed, baking powder, baking soda, cinnamon, and salt.
4. Add the non-dairy milk, and use a spoon or your hands to thoroughly mix the dough. It should be thick but not too sticky. If it is too wet, add a little more oat flour and mix well.
5. Scoop out about 1 Tbsp of dough and roll it into a ball.
6. Place on the baking sheet and continue with the remaining dough, positioning balls about 1-2 inches apart.
7. Press the center of each cookie with your thumb to create a well to accommodate $\frac{1}{4}$ tsp of jam.
8. Fill each thumbprint with jam.
9. Bake cookies until lightly golden brown, about 30 minutes.
10. Transfer the baking sheet to a cooling rack for a few minutes to cool.

Tips:

- If you need to make sure these cookies are gluten-free you can buy oat flour that is labeled as gluten-free or make your own flour at home with gluten-free oats.
- To prevent the dough from sticking, have a small bowl with water available to moisten your hands before rolling the dough into balls and pressing the thumbprint.

Stuffed Baked Apples

By Ana Negrón, MD

This simple, comforting dessert celebrates the Holiday season with the abundant fragrance of baked apples, pecans, and a dusting of cinnamon and allspice. Be sure to make enough for everyone: the enticing aroma will fill your home with watering mouths.



Prep time: 15 minutes

Cooking time: 30 minutes

4-8 servings

What You will Need

4 apples

½ cup chopped pitted dates

¼ cup chopped pecans

1 tsp vanilla extract

Sprinkle cinnamon

Sprinkle allspice

How to Make It

1. Preheat oven to 400 degrees F.
2. Cut apples in half and scoop out the seeds.
3. Combine the dates, pecans, and vanilla extract in a bowl.
4. Stuff the apples with the filling and sprinkle the cinnamon and allspice on top.
5. Bake for 20-30 minutes or until the apples are soft. Be careful not to burn the nuts.

Tips:

- Try pears instead of apples.
- Use walnuts instead of pecans.
- The best apples for this recipe include Granny Smith, Fuji, Honeycrisp, and Pink Lady. I don't recommend using Red Delicious apples as their flavor is too mild and the apple texture doesn't hold up well when heated.

Eggnog Chai Latte

By Evelisse Capó, PharmD

Rich and creamy, this eggnog chai latte is fresher and tastier than any store bought variety. The cinnamon and nutmeg add a slightly sweet and nutty flavor with a woody aroma that recalls holiday nights passed by the fireside. And it's easy, too — settle in with this delicious holiday tea within minutes.



Prep time: 2 minutes

Cooking time: 10 minutes

1 serving

What You will Need

1 cup oat milk

¼ cup almondmilk unsweetened creamer

1 Tbsp date paste

½ tsp cinnamon

¼ tsp nutmeg

1 bag naturally decaffeinated chai tea bag

How to Make It

1. Process the oat milk, almondmilk creamer, date paste, cinnamon, and nutmeg in a blender until smooth.
2. Transfer milk mixture to a pan and bring to a boil.
3. Turn off heat, add tea bag, cover, and let steep for 10 minutes.
4. Transfer to a mug and serve hot or chilled.

Tips:

- To make date paste, process 1 cup pitted dates and 1 cup of water in a blender until smooth.

Non-Alcoholic Sangria Punch

By Evelisse Capó, PharmD

Blending multiple types of fruit, this non-alcoholic sangria punch has a pleasantly varied, balanced, and full-bodied sweetness that no highly processed artificial sweetener could ever duplicate. Garnish with extra fruit or mint for another dimension. Your tastebuds will thank you!



Prep time: 5 minutes 6-8 servings

What You will Need

- 1 cup frozen mixed berries
- ½ cup frozen cherries
- ½ cup grapes
- 2 oranges, peeled and diced
- 1 cup chilled sparkling water
- 1 cup non-alcoholic chilled kombucha
- 1 apple, diced
- Additional berries for topping

How to Make It

1. Place the mixed frozen berries, cherries, grapes, one orange and chilled sparkling water in a blender and process until smooth.
2. Pour blended mix into a pitcher and add the kombucha. Decorate with diced apple, remaining orange, and additional berries.
3. Serve immediately.

Tips:

- You can substitute kombucha with an unsweetened sparkling tea.
- Add a cup of unsweetened hibiscus tea to this punch for a nice twist.

