

RECIPES to REVITALIZE PLANT-BASED HABITS!

GRAINS and GREENS SALAD (farro and kale) by Linda Jones

Ingredients: (The measurements are very flexible – change to your liking.)

- 2 c. cooked grains (any type can be used)
- 1 c. greens (any type)
- 3-5 dates, pitted/chopped
- ¼ c. slivered almonds, toasted (or other kind of nut)
- 2-3 cloves garlic, chopped
- ¼ c. green onions, chopped
- sprinkle of red chili flakes

Dressing: 1-2 T. fresh lemon juice (to taste) OR a salad dressing of your choice.

Directions:

1. Before cooking grains, rinse and pat dry (cook in water or low sodium vegetable broth). Drain, if necessary. Let cool, set aside.
2. Chop greens into medium pieces. Add the cooled grains and combine.
3. Add remaining ingredients and gently combine.
4. Add the salad dressing OR lemon juice before serving.

Notes: This recipe is very forgiving. You may increase/decrease amounts as you see fit. I usually aim for half grains and half greens.

NACHO CHEESE SAUCE by The Jaroudi Family

Ingredients:

- 1 c. raw cashews or 1 c. cooked white beans
- 1 c. water
- 2 large pieces roasted red pepper (½ c. chopped)
- 6 Tbsp nutritional yeast
- 2 tsp miso
- 2 tsp rice vinegar
- 4 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder

Directions: Blend together all ingredients in a high-speed blender. Serve Warm

EASY FAT-FREE MARINARA SAUCE by The Jaroudi Family

Ingredients:

- 2½ c. strained tomatoes, canned diced tomatoes, or fresh chopped tomatoes
- 1 pitted date
- 2 tbsp nutritional yeast
- 2 tbsp Italian seasoning
- 1 tsp white miso

Directions: Blend together all ingredients in a high-speed blender. Store in an air-tight container for about five days refrigerator. Freezes well!

Notes: Add more dates or miso to your taste preference. Experiment with spices. Add in garlic cloves. Add red pepper flakes for a kick.

PESTO - TWO WAYS! By The Jaroudi Family

PESTO with PINE NUTS Serves 2

Ingredients:

- 2 c. packed fresh basil
- 1/4 c. raw pine nuts
- 1 tsp lemon juice
- 2-3 garlic cloves
- 1 tbsp white miso
- 1 tbsp nutritional yeast
- 2 tbsp of water (add more for thinner consistency)

Directions: Blend together all of the ingredients in a high-speed blender.

I prefer our pesto with pine nuts more on the chunky side. Add more water to thin out the pesto if you desire. Pour over whole wheat pasta, pizza, roasted veggies, or use a salad dressing.

PESTO with WHITE BEANS Serves 2

Ingredients:

- 2 c. packed fresh basil
- 1/2 c. white beans (drained/rinsed)
- 1 tsp lemon juice
- 2-3 garlic cloves
- 1 tbsp white miso
- 1 tbsp nutritional yeast
- 1/4 c. of water

Directions: Blend together all of the ingredients in a high-speed blender.

I prefer the pesto with white beans on the thinner side. Use less water if you'd like a thicker consistency. Pour over whole wheat pasta, pizza, roasted veggies, or use a salad dressing.

LEMON BLUEBERRY MUFFINS from Melissa Huggins, veganhuggs.com, modified slightly

Ingredients:

- 2 1/4 c. ~~all-purpose~~ white whole wheat flour *or* 1 c. whole wheat + 1 1/4 c. whole wheat pastry
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 c. plant-based milk
- 1/2 c. non-dairy yogurt (*or* 1/2 c. plant-based milk + 2 T. apple cider vinegar)
- ~~3/4 c. granulated sugar~~ 1/2 c. date sugar
- ~~7 T. neutral flavored oil~~ 1/2 c. applesauce
- 1/4 c. lemon juice
- 1 T. lemon zest
- 1 tsp. vanilla extract
- 1 c. blueberries



Directions:

1. Preheat oven to 400°F. Place 12 muffin liners in a standard muffin pan or use silicone pan.
2. In a large bowl, add flour, baking powder, baking soda and salt. Whisk to combine well. Set aside.
3. In a medium bowl, add milk, yogurt, sweetener, applesauce, lemon juice, lemon zest, vanilla. Whisk to combine well. (Or, mix in blender!)
4. Add wet ingredients into dry ingredients—use a spatula to fold batter gently until just combined. Don't overwork it. The batter will be thick and lumps are normal. Gently fold in blueberries.
5. Divide batter evenly into each slot about 3/4 the way full.
6. Bake muffins until they are slightly golden on top, about 18-20 min. Insert toothpick into middle of muffin, if it's mostly clean, then they're ready. Let cool for 5 min. in pan before transferring them to a cooling rack for another 10-15 min.