

# PANDEMIC RECIPES

from *Plant-Based Pittsburgh* members

April 2020

## Sautéed Cabbage with Miso and Scallions by COOK'S Illustrated, shared by Marie Taylor

- 1 small head green cabbage (1¼ lb), cored/sliced thin
- 1 T. white miso
- 2 tsp soy sauce
- 2 tsp rice vinegar
- 1 tsp toasted sesame oil
- ½ tsp sugar
- 1/8 tsp pepper flakes
- 1 onion, halved/sliced thin
- 1 carrot, peeled/shredded
- Salt
- 1 garlic clove, minced to paste
- 4 scallions, sliced thin
- 1 tsp sesame seeds, toasted



\* Soaking the cabbage gets rid of some of the enzymes that produce sulfurous flavors, so don't skip this step.

1. Place cabbage in large bowl, cover with cold water, let stand for 3 minutes. Drain cabbage well, set aside. Whisk miso, soy sauce, vinegar, sesame oil, sugar, and pepper flakes together in bowl.
2. In skillet, water sauté onion, carrot, & ¼ tsp salt, stirring occasionally until crisp-tender, about 5 minutes. Add garlic, stirring constantly until fragrant, about 30 seconds. Transfer onion mixture to small bowl.
3. Add cabbage to empty skillet, sprinkle with 1/4 tsp salt. Cover and cook, without stirring, until cabbage is wilted and lightly browned on bottom, about 3 minutes.
4. Continue to cook, uncovered, until cabbage is crisp-tender & lightly browned in places, about 4 minutes, stirring once halfway through cooking. Remove skillet from heat. Stir in onion mixture, miso mixture, & scallions. Season with salt to taste, transfer to serving bowl, sprinkle with sesame seeds, and serve.

Note: I added cooked whole wheat pasta, about 12 oz dry. Probably will add white beans, too.

## Cruise Chickpea Burgers from Linda Jones (makes 6-8 burgers)

- 1½ cups canned chickpeas (rinsed/drained)
- 1 small carrot, trimmed
- 1 red onion, peeled
- ½ cup oats, ground into flour *or* quick oats
- 2 dill pickles, chopped small
- 1 T. fig vinegar (or other fruit vinegar)
- 1 T. date syrup or date paste
- 1 T. mustard
- 1 T. white miso

1. Bake chickpeas at 350° F. for 10 minutes. Cool.
2. In small pot of boiling water, blanch carrot & red onion for 30 seconds. When cooler, cut into big chunks.
3. In food processor, add carrot, onion, chickpeas, pickles, and flour. Pulse until well combined.
4. In separate bowl, whisk vinegar, date syrup, mustard, and white miso. Add to food processor with chickpea mixture. Pulse until combined.
5. Line cookie sheet with parchment paper. I use a 1/3 measuring cup to form patties. Put on cookie sheet and flatten slightly with hand.
6. Bake at 400° for 20 minutes. Flip & bake additional 20 minutes. \*Flip carefully—they are VERY soft. If break apart, push together.
7. Let cool on baking sheet, 15-20 minutes. Place on a cooling rack until cool. When cooled, they firm up quite nicely. Can freeze.

### **Tofu Sticks** from ForksOverKnives shared by Kylie Lichtenstein

1. Cut block of tofu into chunky strips, laying them on a cutting board.
2. Sprinkle sesame seeds on them.
3. Place a plate on top of them to press and release excess water for 25 minutes.
4. Air fry for approx. 20 minutes, flipping halfway.



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### **Burger Black Bean** from No Meat Athlete, shared by Nancy De Cecco

- 1 cup of black beans (if canned, rinsed and drained)
- ¼ cup flour and/or rolled oats
- 2-3 T. of BBQ sauce\*, ketchup, mustard, other sauce to help bind it together
- optional: ½ - ¾ cup veggies (pre-cooked diced onions, chopped mushrooms, corn, minced garlic, bell pepper, finely chopped steamed broccoli, salt/pepper/garlic powder, to taste)

\*recommends [Bone Suckin fords Gourmet Foods Bbq Sauce](#) or [Annie's Organic BBQ Original Recipe Sauce](#)

1. Mash beans in bowl with fork or potato masher. Add sauce, flour/oats, opt. veggies; stir until mixed well.
2. Add sauce or flour, if needed. Should be thick enough to make patties in your hand, but slightly sticky.
3. Place burgers in a lightly oiled (I love [Misto!](#)) pan on medium heat. Cook on one side 4–5 minutes. It's ready to flip when you can easily free it from the pan with a spatula.
4. Once flipped, flatten a bit more with your spatula. Cook 4–5 minutes more, flip again. Cook another 2–3 minutes on each side. Your burger should be slightly crispy on outside and heated well through.

Makes 3–4 burgers, depending largely on the size of patties and ingredients added. Store in the fridge uncooked or cooked. I serve on Ezekiel roll, topped with lettuce, tomato, dill pickle and mustard.

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### **Butternut Squash and Lentils Sloppy Joes** shared by Nancy De Cecco

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|--|----------------------------------|
| ○ 1¼ cups uncooked green lentils, rinsed/drained | ○ 1 15-oz can tomato sauce       |
| ○ 1 white onion, finely diced                    | ○ 1 15-oz can diced tomatoes     |
| ○ 1 red pepper, finely diced                     | ○ 1½ cups water (more if needed) |
| ○ 1 carrot, thinly sliced                        | ○ 2 T. ketchup                   |
| ○ 3 cloves garlic, minced                        | ○ 1 tsp yellow mustard           |
| ○ 1½ T. chili powder                             | ○ 1 tsp soy sauce                |
| ○ 1 tsp cumin                                    | ○ 1 spaghetti squash, washed     |
| ○ ½ tsp onion powder                             | ○ Salt/pepper, to taste          |
| ○ ¼ tsp cayenne pepper                           |                                  |

1. In a large slow cooker, combine all ingredients except spaghetti squash. Stir.
2. Cut spaghetti squash in half around middle, scoop out seeds. Place squash halves cut-side down in slow cooker on top of lentils. Cover & cook on high for 4 hours or until squash is tender & lentils are cooked completely. If lentils seem dry, stir in added water until it reaches a nice, thick consistency.
3. Remove spaghetti squash, shred inside with a fork. Divide among bowls; add lentil sloppy joe topping.

## Southwest Yam & Quinoa Bowl | [Giant Eagle](#) shared by Judi Carvell



- 2 yams
- 1/2 red onion
- 1 lime
- 2 fresh plum tomatoes
- 1/4 bunch fresh cilantro
- 1 cup black beans
- pepper
- 1 bag frozen white quinoa
- 1 Tbsp. ground cumin
- 1/4 cup pepitas
- 1/2 cup mild salsa

1. Preheat oven to 375°F. Rinse yams; cut into 1/4-inch disks. Dice onion into 1/4-inch pieces; squeeze lime juice over them. Cut tomatoes into 1/4-inch dice. Roughly chop cilantro. Drain/rinse black beans.
2. Lay yams in single layer on sheet pan; roast for 20 minutes in oven.
3. Mix quinoa, black beans, cumin, and pinch of pepper. Taste for seasoning. In a bowl, combine the lime-soaked onions, chopped tomatoes, and cilantro.
4. Build your bowl: Start with quinoa-black bean mixture, top with yams, pepitas, and salsa.

## Roasted Red Pepper Hummus by Judi Carvell



Blend together:

- 2 cups or 1 can chickpeas
- 2 T. tahini
- 3 garlic cloves, roasted
- 3 roasted red peppers
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 1/2 T. lemon juice
- 1/4 tsp Kosher salt

## Sweet Potato Casserole with Herbed Walnut Crumbs adapted from [YepItsVegan](#), from Linda Jones

- 3 large sweet potatoes
- 1 1/2 cups thinly sliced shallot *or* onion (~ 4 shallots or 1 large onion)
- Cooked broccoli (optional)

For walnut crumb topping:

- 1/3 cup chopped walnuts
- 1/4 cup chopped fresh parsley
- 1 T. dried sage
- 2 T. chopped fresh sage
- 3 T. nutritional yeast
- 2 clove garlic, minced
- 1 tsp lemon juice



1. Preheat oven to 425<sup>0</sup> F. Use fork to poke holes over whole, unpeeled sweet potatoes; place on a baking sheet or in a baking dish. Roast until completely tender, about 60 minutes.
2. Meanwhile, water caramelize onion or shallot. Cook over medium-low to low heat, stirring occasionally, until deeply golden and tender, about 40 minutes. Season with a pinch of salt; set aside.
3. Add ingredients for the topping to a food processor, pulse until crumbly.
4. When cooked sweet potato is cool, remove peel. Puree until smooth, season to taste with salt/pepper.
5. Smooth pureed sweet potato in 9x9" prepared pan. Add layer cooked broccoli. Spread caramelized onion on top, then sprinkle on walnut crumb topping.
6. Bake about 20 min. at 350<sup>0</sup> until topping is evenly browned (check regularly—walnuts can burn quickly).

### Quick & Easy Plant-Powered Dish by Judi Carvell

Mix together:

- Aldi's mild chili beans
- Fresh tomatoes, chopped
- Red onion, chopped
- Red pepper, chopped
- Green onion, chopped
- Aldi's mild salsa
- Frozen corn
- Dash chili powder
- Lime juice



### Cauldron of Veggie Soup by Susan Greenberg

Add in soup pot:

- Canned diced tomatoes
- Onion
- Garlic
- Sweet potatoes
- Carrot
- Celery
- Cabbage
- Green lentils
- Soup pastina
- Quart of vegetable broth
- Water
- Fresh ginger
- Garam masala



### Lundberg's Wild Rice Blend from Susan Greenberg

Add to cooked rice:

- shiitake mushrooms
- roasted red peppers
- red onion, diced
- garlic
- about 1/4 c. V-8 low sodium juice



### Sweet Potato, Oats, Berry Muffins by Brittany Jaroudi

- 2 cups cooked sweet potatoes
- 1 banana, mashed
- 1 cup rolled oats
- 1/2 cup oat flour
- 1 tbsp molasses
- 1 tbsp cinnamon
- 1 tsp vanilla extract
- 1 cup frozen fruit, chopped medium/small



Mix ingredients. Place in a muffin pan. Bake 350 degrees for 35 mins.

### Easy Chocolate Pudding by Brittany Jaroudi

- 2 cup cooked sweet potatoes
- 1 1/4 cup plant-based milk
- 1/2 cup unsweetened cocoa powder
- 4-6 pitted dates

Blend ingredients in high-speed blender until smooth. Chill for at least an hour.



## Yuca Coffee Cake with Walnuts and Orange Zest from ForksOverKnives, shared by Kylie Lichtenstein

- 1 cup plant-based milk
- 2 tbsp date paste
- 2½ tsp almond butter
- 1¼ tsp pure vanilla extract
- 1 ripe banana
- 1½ tsp flaxseed meal
- 1½ tsp apple cider vinegar
- 1 cup yuca flour
- ½ cup pure cane sugar
- ¼ cup rolled oats
- ¼ cup chopped walnuts
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1 tsp zest from oranges



1. Preheat oven to 350°F. Line an 8-inch square baking pan with parchment paper.
2. In blender, combine banana, 1 cup plant-based milk, flaxseed meal, 1½ tsp. almond butter, and apple cider vinegar. Blend until smooth.
3. In bowl, stir next seven ingredients (through cinnamon). Add milk mixture to flour mixture; mix well. Stir in orange zest and remaining vanilla. Pour batter into prepared pan, spreading evenly.
4. Bake 40-50 minutes or until a toothpick inserted in center comes out clean. Cool on wire rack 30 minutes. Cover pan; refrigerate at least 2 hours.
5. Optional before serving, add Drizzle Topping: In blender combine 3 Tbsp. plant-based milk, 2 Tbsp. date paste, 1 tsp. almond butter; and ¼ tsp. vanilla extract. Blend until smooth.

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## Vegan Carrot Cake from [ForksOverKnives](https://www.forksandknives.com) shared by Kylie Lichtenstein

- 1½ cups unsweetened plant milk
- 4½ oz. pitted whole dates, chopped
- ¾ cup raisins, divided
- ½ cup sliced ripe banana
- 1 tsp pure vanilla extract
- 1¾ cups regular rolled oats
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 1 tsp baking soda
- 1 tsp ground nutmeg
- Pinch ground cloves
- 1½ c. finely shredded carrots
- ½ c. chopped walnuts (optional)



1. Combine plant milk, dates, ¼ cup raisins, banana, & vanilla in medium bowl. Let stand for 15 minutes until dates are softened.
2. Preheat oven to 350°F. Line 8-inch square baking pan with parchment paper (or use silicone baking pan).
3. Place oats in a blender. Cover & blend until powder forms. Transfer to a large bowl. Stir in baking powder, cinnamon, baking soda, nutmeg, and cloves.
4. Transfer date mixture to blender. Cover & blend until smooth. Add date mixture to oat mixture in bowl; stir just until combined. Fold in remaining ½ cup of raisins, carrots, and walnuts (if using).
5. Spread batter into prepared baking pan. Bake 40 - 45 minutes until golden. Cool in pan for 10 minutes. Remove from the pan; cool on a wire rack.