

Pandemic Recipes: May 2020

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Alexandra Newman from resolvehealthandfitness.com contributed the following two luscious-looking recipes:

Blueberry Pancakes Serves 2

- ½ cup oat flour (see notes)
- ½ spelt flour (see notes)
- 1 tablespoon baking powder
- ½ cup plus 2 tablespoons plant milk (I like oat milk)
- 2 tablespoons maple syrup
- ½ teaspoon vanilla
- ½ cup blueberries (frozen are fine)



1. Heat a non-stick pan or griddle over medium heat.
2. Combine dry ingredients in a medium bowl. Add remaining ingredients; stir until just combined. Don't worry about lumps of flour. Carefully stir in blueberries being careful not to crush or break them open.
3. Drop by ¼ cupful onto hot pan or griddle. Cook until lightly browned on one side, then flip to brown on other side. Serve with additional maple syrup or a berry compote.

Notes: You can grind rolled oats into flour via blender/food processor. If can't find spelt flour, use all oat flour.

Vegan Pasta Bolognese Serves 4

- 12 oz mushrooms, finely chopped (any kind)
- 2 Tbs vegetable broth or water
- 1 large onion, finely chopped
- 2 stalks celery, finely chopped
- 2 large carrots, finely chopped
- 6 garlic cloves, finely chopped
- 2 Tbs tomato paste
- ½ c dry red wine (Cabernet Sauvignon is good)
- 3 c. riced cauliflower (or chopped fine)
- 28 oz can crushed tomatoes
- 1 tsp oregano (or to taste)
- ½ tsp salt, optional
- ¼ tsp pepper
- 1 lb whole grain pasta (I like brown rice pasta - ziti or farfalle is nice)
- 1 cup oat milk (or other plant-based milk)
- 3 Tbs reserved water from pasta
- pinch of red pepper flakes, optional
- 1 Tbs nutritional yeast
- Fresh basil, chopped, to garnish, at least ¼ c.

1. Heat veggie broth or water in large pan over medium-high heat. Add mushrooms; cook, stirring occasionally until golden brown. Add onion, celery, carrots. Cook, caramelizing, until onions are golden brown. Add more water as needed to avoid sticking to pan.
2. Add garlic and tomato paste, stirring occasionally until softened (caramelized) and slightly darkened.
3. Add red wine and cook, deglazing the pan, until all alcohol is evaporated.

4. Add cauliflower and cook until softened (approximately 5 minutes).
5. Add crushed tomato, oregano, salt/pepper, bring to boil. Cover, lower heat to simmer, cook 15 minutes.
6. Meanwhile, cook pasta in a large pot of boiling water, stirring occasionally until al dente. Reserve some of pasta water. Drain, cover and set aside.
7. Uncover sauce, add oat milk and 3 Tbs. reserved pasta water. If desired, add few Tbs. red wine and pinch of red pepper flakes. Stir to combine.
8. Add pasta to pot with sauce; stir to combine. Add nutritional yeast (if desired) and stir.
9. Divide among six bowls and garnish with fresh basil.



Millicent Novic and family started eating whole food, plant-based on March 1. Since then, she has embraced this way of cooking, removing oil from standard vegan recipes. Millicent notes: "I started with practically no recipes in my file and now I'm hard pressed to keep up with all the ones I want to try!" Honoring global cuisines, here are five recipes from Millicent's collection.

Greek Vegan Lentil Soup modified from thegreekvegan.com Serves 4 meal-sized bowls

- 1 c. onions, chopped
- 1/3 c. garlic, chopped
- 2 T. tomato paste, dissolve in 1/2 c. warm water
- 3 T. fresh dill, chopped
- 2 T. dried Greek oregano
- 2 bay leaves
- 1/2 t. each salt & black pepper
- 1 c. brown lentils
- 2 c. potatoes, cubed
- 1 c. carrots, cubed
- 6 c. water
- 1 capful red wine vinegar, optional

1. In a 3 qt. pan, sauté onions in a small amount of water until almost translucent.
2. Add garlic, sauté until just soft being careful not to burn.
3. Add tomato paste mixture and seasonings.
4. Cook gently together for 3-4 minutes, letting flavors come together.
5. Add lentils and cook gently another 3-4 minutes.
6. Add potatoes, carrots, and water.
7. Mix well; bring soup to a low rolling simmer.
8. Cook uncovered for 30-40 minutes or until potatoes and carrots are fork tender. Stir occasionally while cooking. Remove bay leaves before serving. Add red wine vinegar to bowl at table side, if desired.

Greek Spinach and Rice/Spanakorizo modified from thegreekvegan.com Serves: 4-6

- 1 lb. fresh spinach rinsed/chopped *or* 1 c. frozen spinach thawed/drained
- 1 c. chopped onion
- 1/3 c. chopped garlic
- 1/4 c. fresh chopped dill or fresh chopped mint or combination of both
- 1 T. dried Greek oregano
- 1 c. white rice (medium grain)
- 3 c. water
- 1 t. salt
- 1 t. fresh ground black pepper
- Optional: 1/4 c. tomato paste dissolved in 1/2 c. warm water

1. Sauté onions and garlic gently in a little water over low heat.
2. Add salt, pepper, oregano, and dill or mint. Stir to combine well.
3. Optional: add tomato paste and warm water, mix well.
4. Add rice; cook 5 minutes, stirring often. If rice sticks to bottom of the pan, lower heat slightly.
5. Add spinach and 3 cups water to pot, mix well to combine; bring to a low boil, then lower to a gentle simmer and cover. Cook for 25-30 minutes. Check rice for doneness at 25 minutes; see if needs added 5 minutes or so for longer grains.
6. When completely cooked, mix ingredients well, cover and set aside for at least 15 minutes before serving.

Smoky Black-Eyed Peas with Sweet Potatoes

modified from Thug Kitchen Makes 6 servings

- 1½ c. dried black-eyed peas
- 6 medium to large sweet potatoes
- 1 onion, chopped
- 3 ribs celery, chopped
- ¼ t. salt, opt.
- ½ t. allspice
- ½ t. nutmeg
- ½ t. paprika
- 2-3 cloves garlic, minced
- 2-3 chipotle peppers in adobe sauce, chopped
- 3 c. vegetable broth
- 2-3 batches Wilted Greens (recipe below)

1. Rinse peas: put them in large bowl, cover with couple inches of water. Soak overnight and drain.
2. Wash and stab sweet potatoes; roast them in oven at 400° F for 45-60 minutes.
3. Toss rinsed/drained beans into pot with broth; let simmer uncovered until the peas are tender (30-60 minutes). Add water or broth, if needed. Drain if too much liquid.
4. Sauté onions in small amount of water for about 5 minutes.
5. Add celery until it gets soft, about 2 minutes. Add salt and spices; sauté for 30 seconds.
6. Add garlic and chipotles; cook for 30 seconds.
7. Make Wilted Collard Greens before sweet potatoes are done roasting.
8. When sweet potatoes are done, split open lengthwise, fluffing with fork. Pour at least 1 cup of peas over potatoes with 2 cups of greens. Server hot.

Wilted Greens

modified from Thug Kitchen

Serves 2 as a side

- 1 bunch of hearty greens like collard or kale
- 1 T. water
- 2 cloves garlic, minced
- 2 t. lemon juice
- 1 t. soy sauce or tamari

1. Remove tough stems and slice greens in 1x2" strips—should yield about 6 cups, which will cook down.
2. Sauté greens for about 30 seconds, using small amount of water if needed.
3. Add water, garlic, lemon juice, soy sauce—tossing the greens until it cooks down, about 30 seconds.
4. Once wilted, serve them immediately.

Tofu Chilaquiles with Mixed Vegetables

modified from Thug Kitchen

Makes 4-6 servings

- 12 corn tortillas
- 1 block medium-firm tofu
- 2 T. soy sauce or tamari
- 1 t. garlic powder
- ¼ c. nutritional yeast
- ½ medium onion, chopped
- 1 red, orange, or green bell pepper, chopped
- 1-2 jalapeños, chopped
- 2 cloves garlic, minced
- 2-3 c. spinach
- 2½ c. salsa verde
- ¼ c. vegetable broth or water
- Toppings: avocado, cilantro, jalapenos, pico de gallo

1. Preheat oven 400°F. Cut tortillas into 8 wedges and spread on baking sheet—bake 15-20 minutes to dry out. Be careful they do not burn.
2. Meanwhile, in skillet heat crumbled tofu over medium heat (might be watery and look like runny scrambled eggs). Stir in soy sauce and garlic powder; cook about 2 minutes, until some water cooks off.
3. Stir in nutritional yeast, turn off the heat and pour tofu into a bowl.
4. Add the onions and peppers to skillet, sauté for 3-5 minutes over medium heat, adding water as needed.
5. Add garlic and spinach; cook 30 seconds more.
6. Add half the tortillas to vegetables in skillet. Add half the salsa and half the broth; mix together. Add half the tofu over the skillet ingredients.
7. Layer with rest of tortillas. Top with remaining tofu, salsa, broth. Mix gently to coat the tortillas and make sure layers are coated. Simmer for 5 minutes until tortillas soften and the liquid evaporates.
8. Serve right away topped with sliced avocado, a sprinkle of cilantro, more jalapeños.

Judi Carvell shared the following four easy yet tasty recipes from her cooking repertoire:

Lazy Rosé Sauce A full rich and delicious sauce, but easy on the fat!

- 1 jar marinara sauce (Aldi's carries a brand that is oil free)
- ¼ cup cashews (pre-soaked if not using a high-speed blender)
- ¼ cup nutritional yeast
- 2 Tbs Chardonnay or canned mushroom liquid

Put marinara sauce in blender, add remaining ingredients, blend until smooth. Pour over favorite pasta!

MEXI-CAN

- chili powder
- 1 can pinto beans
- 1 can black beans
- 1 can garbanzo beans
- 1 can white hominy
- 1 can corn
- 1 can chili-flavored tomatoes
- 1 can diced green chiles
- green or red onions, chopped
- optional: fresh cilantro, lime juice for garnish

Rinse canned ingredients, except for tomatoes and chiles. Mix all ingredients together. Eat heated or cold.

Cherry Almond Sweet Potato Milkshake (No Banana required!)

In a blender add:

- Ice cubes
- Vanilla
- 1 Tbs almond butter
- 1 cup plant milk
- pinch of salt

Put above ingredients in blender, blend well. Then add:

- fresh pitted or frozen cherries to blend, then ...
- baked sweet potatoes—slowly add until you reach desired consistency of your milkshake.

* Can heat on stovetop after blending to create a warm pudding-like dessert!

* Change ingredients to make a peanut butter chocolate version!

15-minute Luscious Lockdown Brownies Best enjoyed when warm!

Dry:

- 2 cups oat flour
- ¼ cup cocoa powder
- ¼ cup dry sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp cinnamon
- Pinch cayenne pepper (More or less depending on preference)

Wet:

- 1½ cups plant milk of choice
- 1 tsp vanilla

Mix in:

- ¼ cup of vegan chocolate chips

Stir everything together, mixing thoroughly. Pour batter into silicone or parchment lined 9x9" pan. Bake 350°F for 15 minutes.

Two recipes from Lulu Herold @ lulucooksandtells.blogspot.com.

Jackfruit Asian Bao Filling adapted from this [site](#); refrigerated dough from this [site](#).

- 1 20-oz can of green/young jackfruit, drained/rinsed
- ¼ cup water or vegetable broth
- 2 stalk green onions, sliced
- 4 tsp grated ginger
- 3 garlic cloves, finely chopped
- 3-4 tsp tamari or soy sauce
- 1 tbsp rice vinegar
- 3 tbsp hoisin sauce
- 2 tsp brown sugar
- 1 tbsp sesame oil (optional)
- 1 star anise (optional)
- 1-2 (16-oz) jumbo can refrigerated Grands! Southern Homestyle Original Biscuits—vegan

1. Chop jackfruit into shreds and set aside.
2. Heat vegetable broth or water in skillet; add green onions, ginger, and garlic. Sauté until softened.
3. Add soy sauce, rice vinegar, hoisin sauce, brown sugar, sesame oil, star anise. Mix and heat through. Add jackfruit until coated with the sauce.

4. Separate packaged biscuits into 8 pieces. Press each biscuit to form 4" round shape. Put 1 T. of jackfruit mixture in center of each dough round. Bring biscuit edges toward the center, pinch together.
5. Place each bao on a piece of wax or parchment square paper.
6. In a 5-quart Dutch oven or rice cooker/slow cooker, add 1" water; bring to simmer. Place bao 1" apart on colander or steamer basket or tray; place in Dutch oven or rice cooker/slow cooker. Steam for 10 minutes (from time water starts steaming). Transfer to a plate. Repeat with the remaining bao's.

Vegan Samosas Air-Fried, adapted from this [site](#).

Filling

- 2½ cups potatoes, peeled/diced
 - 1¼ cups diced carrots
 - ¼ cup water or more
 - ½ head cauliflower, chopped
 - 1¼ cups chopped onions
 - 3-4 pcs bottled jalapeño, chopped
 - 1 15-oz can sweet peas drained/rinsed, or frozen
 - 1¼ tablespoons curry powder
 - ½ cup unflavored almond milk
 - sea salt to taste
 - freshly ground black pepper
1. Add the water, potatoes and carrots in a skillet and allow the water to boil until the potatoes and carrots are cooked. You might need to add more water.
 2. Add to the potato carrot mixture, the cauliflower, chopped onions and jalapeno and some more water. Allow the mixture to simmer until the onions are translucent and the cauliflower softened.
 3. Add the sweet peas and curry powder to the vegetable mixture and heat through. Add the almond milk to the mixture until it thickens. Season with salt and black pepper to taste.

Dough and Assembly of Samosa

- ½ cup almond flour
 - ¼ cup cornstarch
 - ¼ cup whole wheat flour
 - ¼ tsp salt
 - 4-5 tbsp. almond milk
1. Combine almond flour, cornstarch, whole wheat flour, salt in bowl. Add half of the milk and mix. Add rest of milk as needed. Knead mixture until stretchy.
 2. On floured surface, roll dough into a large square. With a knife, score smaller squares, about 2x2".
 3. Add about teaspoon of filling along the middle diagonal of each small square of dough. Make the two opposite points meet to form a triangle. Seal the rest of the edges.
 4. Air fry the samosa at 390° F for 5 minutes. Serve as is or with tamarind sauce.



Tamarind Sauce

- 1 tbsp tamarind paste
- 2 tbsp maple syrup
- ½ tsp each: cumin, ginger, garlic powders
- ¼ tsp salt
- 1 tbsp. water

Mix ingredients in a small bowl with a fork.

Brittany Jaroudi @ thejaroudifamily.com shared these three recipes.

Easy Cream of Mushroom Soup Serves 6-8 Makes around 12 cups [Freezes great!]

- 1 medium red onion (chopped)
- 3 minced garlic
- 4 cups vegetable stock
- 16 oz baby bella mushrooms (chopped)
- 3 Tbsp oat flour
- 1 cup nutritional yeast
- 1 tbsp thyme or sage (try Trader Joes 'Herbes de Provence' if you can find it!)
- ½ c raw cashews (or white beans for low-fat)
- 2 cups nondairy milk unsweetened
- 1 Tbsp lemon juice
- [Pepper and miso to taste!]

1. Sauté onions in a large soup pot on your stovetop with 1-2 tbsp of vegetable stock.
2. Once onions are translucent add in minced garlic.
3. Add chopped mushrooms; mix well with onions/garlic. You may need to add 1-2 tbsp of vegetable stock to help mushrooms cook down.
4. After mushrooms are cooked, add thyme seasoning. Sprinkle in 3 T. oat flour; stir until everything is mixed.
5. Add remainder vegetable stock and nutritional yeast. Bring soup to a boil.
6. Blend nondairy milk, cashews, and lemon juice in high-speed blender. (Or, swap white beans for cashews.) Add to soup and mix well.



Optional: Mix in black pepper, miso, or any other seasonings you like!)

Chipotle Butternut Squash Cheesy Sauce from healthspansolution.com

- 1 small butternut squash* (~2 lbs)
- ½ cup raw cashews
- ½ cup nutritional yeast
- ¾ cup unsweetened nondairy milk
- 2 tbsp freshly squeezed lemon juice
- 1 tbsp low-sodium tamari
- ½-¾ tsp ground chipotle powder

1. Preheat oven to 375°F. Line baking sheet with parchment paper or a silicone baking liner. Place squash on the baking sheet (whole); roast until the skin is brown and bubbling, approximately 40 minutes.
2. Cool then peel the squash, remove seeds, and measure out 1½ c. of roasted squash. (Remaining roasted squash can be transferred to an airtight container and refrigerated for later use.)
3. In blender, pulse cashews and nutritional yeast until powdered, 10-20 seconds. Add cooked squash, lemon juice, tamari, and chipotle powder. Purée until smooth, about 60 seconds.

* Can use pre-chopped butternut squash, but cooking time will be decreased significantly, depending on size of cubes, so monitor closely.

Easy Oat Dinner Rolls

- 2 ½ cups oat flour
- 1 tsp salt -- (I want to try it without the salt and see if it will work)
- ¼ tsp active dry yeast
- 1 ¼ cup of hot tap water (as hot as you can get it, but not boiling)
- 1-2 tbsp any seasoning of choice

1. Mix ingredients together well. Cover with saran wrap; let sit on countertop for 3 hours.
2. Knead bread into a large ball—might need extra flour if sticking.
3. Cut dough into 8 pieces and form rolls. Bake at 450°F for 30 minutes.



From Susan Greenberg:

Stuffed Peppers modified from Cosori air fryer email

- 4 sweet peppers, cut in half
- 1 large shallot or small onion, diced
- 2 cloves garlic, minced
- 1 jalapeno pepper, finely diced
- 1 can black beans, drained
- 1 C. frozen corn, thawed
- 2 t. cumin
- 2 t. chili powder
- ½ t. garlic powder
- ½ t. paprika
- ½ t. dried oregano
- 28 oz. can diced tomatoes in juice
- 1 C. cooked rice (or grain of choice)

1. Sauté onion, garlic, jalapeno in several tablespoons of water or broth until soft.
2. Add black beans, corn, spices, tomatoes, salt and pepper to taste; cook to reduce tomato juices.
3. Remove from stove, add rice and combine.
4. Spoon into each half of peppers.
5. Set air fryer temperature to 300°F—press START to PREHEAT.
6. Line basket with aluminum foil. Place filled peppers in basket.
7. Cook 30 minutes at 300°F (if peppers are browning too quickly, reduce cooking time or cover with foil.)



Wheatberry Salad with Orange/Cinnamon Dressing from Sally Lipsky

Salad Ingredients: Mix in bowl.

- 1 cup cooked wheat berries
- 1-2 cup steamed kale, chopped
- ½ cup diced carrots
- ⅓ cup gr. onions, chopped
- ¼ cup dried cranberries
- ¼ cup toasted pecans

Dressing Ingredients: Mix in blender. Pour over salad; you'll likely have extra.

- ¼ cup water
- 3 T. apple cider vinegar
- ¼ cup Dijon mustard
- 1 tsp. cinnamon
- 1 T. maple syrup
- 1 orange slice with peel

