



COOKBOOK

Volume I: December 2018

Plant-Based Pittsburgh is an affiliation with
PlantPure Communities



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PLANT-BASED PITTSBURGH, in affiliation with [Plant Pure Communities](#), serves as a hub for the greater Pittsburgh-area. Our purpose is to build a community of health based on the practice of whole food, plant-based (WFPB) nutrition. We offer:

- **MONTHLY MEETINGS** in different Pittsburgh-area locations, with relevant topics for each meeting. At meetings, you'll meet others who are learning and benefiting from plant-centered eating. Whether new or experienced with plant-based lifestyle, all are welcome to attend.
- **MONTHLY NEWSLETTERS** sharing events, recipes, and information for the Pittsburgh-area plant-based community. [Sign up](#) for future newsletters and see [Index of Topics](#) from past newsletters.
- **LOCAL DIRECTORY** listing healthcare practitioners and coaches, instructors, stores, products, and other services related to plant-based nutrition in Western PA.

For information, contact Sally Lipsky at PLANTBASEDEATINGHUB@GMAIL.COM.

Introduction

Members of Plant-Based Pittsburgh provided the 30 recipes in this book. One member, **Judi Carvell**, has an especially powerful plant-based journey. Hopefully, her story will inspire you to try the assortment of delicious and healthful recipes in this book. *ENJOY!!*

CHAPTER 1, JUNE 9, 2013: I was a 2 pack-a-day, 270-lb processed-food junkie and selling life insurance. I was doing a group presentation that day. Afterward, a woman asked me about final expense life insurance (this type of insurance is what you buy when all other insurance companies have turned you down due to poor health). As she told me about her many health issues, I noticed she was using an oxygen mask with one hand and putting a cigarette to her lips with the other. And, she was only 8 years older than me! That was my first “a-ha” movement—I quit smoking that day.



CHAPTER 2, FALL 2013: My cat Neko was very ill with gastrointestinal and liver disease. After many costly, unsuccessful treatments, my veterinarian recommended making him comfortable until the end. Neko’s eyes told me a different story—he wanted to live. I turned to the Internet, came across something called Kefir, and immediately ordered some. My whole family, including Neko, started adopting a healthier lifestyle (though we still ate the Standard American Diet). By spring 2014, I had newfound energy and weighed 8 lbs. less. One day I thought: “Wow, I feel great; I want to walk.” I went to the park and walked 1.1 miles in 20 minutes! I was so proud of myself. I continued for 2 years, averaging 3-4 miles/day. In addition, I started tracking my daily calories on a phone app. I even convinced family members that this was the way to health—a never-ending logging of daily food eaten!

CHAPTER 3, SPRING 2016: Neko was back at the vet, this time with diabetes. I bought insulin and a glucose meter for him. After a few weeks, I decided to check my own blood sugar since I was “genetically predisposed” (my two brothers had type 2 diabetes). Results showed I was pre-diabetic! I was in denial, thinking: “I just took control of my health, quit smoking, started exercising, and calculating everything I eat!!” And then I took my blood pressure, which was above normal as well!

In May 2016, recuperating from dental work done, I watched the documentary, Food Matters. Next, Netflix recommended another documentary, Fork Over Knives. This “plant-based diet” made sense—we can heal ourselves *and* the earth *and* not harm animals—a win, win, win! Hence, my second “a-ha” moment! By June 2016, I was 100% plant-based. I thought I knew what it meant to feel good, but it wasn’t until I went plant-based that I felt *great*. Within 10 days, my brain fog lifted, and I was at my best: my pre-diabetes and indigestion disappeared, blood pressure and cholesterol came back to normal, and my energy increased. I felt an overall peace of mind and well-being. Plus, I maintained a healthy body weight without tracking calories!

CHAPTER 4, SUMMER 2017: My 328-lb., insulin-dependent diabetic brother came from his doctor with a report giving him a life expectancy of 6 years. He and his 216-lb. wife didn’t know what to do. I said, “Give me 21 days and I’ll change your life!” They were skeptical, but I did begin cooking for them. By winter, my brother was under 300 lbs. and off insulin. His doctor said, “You’ve added decades to your life—decades! I don’t know what you are doing, just keep it up!”

CHAPTER 5, DECEMBER 2018: I’ve lost 80 lbs. My brother lost over 100 lbs. His wife, who lost 40-lbs., now admits that I *did* change their lives. Sadly, my Neko recently died, but not before giving us the greatest gift—our health. People say: “You did a lot for Neko, you saved his life.” I reply: “No, he saved *mine*. By researching a cure for him, I learned how to heal myself and help others.”

Thank you, Neko. You’ll be forever in my heart.



Sauces and Spreads

NACHO CHEESE SAUCE

by **Brittany Jaroudi** (brittanyjaroudi@gmail.com)

Ingredients

- ½ C. raw cashews
- ¼ C. water (double if having trouble blending)
- 1 large piece roasted red pepper (½ C. chopped)
- 3 T. nutritional yeast
- 1 tsp. miso
- 1 tsp. rice vinegar
- 2 tsp. smoked paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder



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

AVOCADO SPREAD

by **Michael Alfieri** (compassliving7@gmail.com)

Use on toast, as a sandwich spread, on an open-face tomato sandwich, etc.

Ingredients

- 1 ripe avocado
- coarse black pepper
- 2 packets stevia

Directions

1. Slice avocado, remove seed, and dice. Place in a small bowl. Smash and stir until cream-like.
 2. Add coarse black pepper (to taste) and stevia. Stir ingredients with fork.
-

CARROT PÂTÉ

submitted by **Linda Jones** (snaeco126@gmail.com)

(unknown author)

Ingredients

- 2-3 cloves garlic
- 1 slice sweet onion
- 2 carrots
- 1 C. cashews – soak in hot water 15 minutes, drain

Directions: Blend all in food processor. Chill.
(makes 3-4 servings)



BABA GHANOUSH

by **Susan Greenberg** (sirmagreen@earthlink.net)

A mixture of many recipes!

Ingredients

- 2 medium or 1 large eggplant
- ¼ C. tahini paste
- ¼ C. lemon juice
- grated zest of 1 lemon
- 1/4 tsp. cumin
- ground pepper
- 2-3 cloves garlic, minced
- 2 T. chopped mint
- 2 T. minced parsley
- salt (optional)

Directions

1. Cut eggplants in half; cross-cut the flesh side. Roast at 450° for 20-30 minutes (test for doneness). Or, microwave cut sides down on several layers of paper towels. Scoop out flesh; drain excess liquid. Chop/mash pulp or puree, depending on desired texture. Let cool.
2. Combine other ingredients, except parsley; blend with eggplant pulp.
3. Sprinkle parsley on top; refrigerate. Flavors improve after a day.
4. Serve with pita, crackers, or bread of your choice; or as a dip with fresh vegetables.

CASHEW SPREAD

by **Sally Lipsky** (PlantBasedEatingHub@gmail.com)

I've thinned it & made macaroni/cheese sauce with veggies (below). Or, dribble over roasted veggies.

Ingredients

- 1 C. raw cashews soaked in ½ C. water to soften
- ¼ C. nutritional yeast
- 1 slice lemon, with rind
- 1 T. miso
- ¼ tsp. garlic granules
- 1/3 C. sun-dried tomatoes, soaked in warm water



Directions

1. Put first 5 ingredients in high-speed blender. Blend until smooth, adding water if needed. Make the consistency thicker for a spread and thinner for a dressing or sauce.
2. Drain sun-dried tomatoes. Cut into small pieces. Mix into ingredients.

BANANA-APPLE SAUCE

by **Josh Schapiro** (joshua.schapiro@gmail.com)

Ingredients

- 2 bananas
- 2 dates
- 1 tsp. cinnamon
- 2 apples
- small handful of walnuts

Directions: Mix all in a food processor. Adjust amounts according to taste.

Salads

PASTA SALAD WITH OIL-FREE DRESSING

by **Kathy Davis** (www.veginspired.com; kathy@veginspired.com)

Perfect for picnics, potlucks, and summer time!

Ingredients

- 1 lb. whole wheat pasta
- 1 medium cucumber, roughly peeled/chopped
- ½ C. diced red pepper
- 1 can chickpeas, drained/rinsed (keep liquid for dressing)
- ½ T. capers
- 1 C. sliced kalamata olives
- 1 C. quartered grape tomatoes
- ½ medium red onion, diced
- 1 batch **Oil-Free Greek Dressing** (recipe below)
- ½ C. pepperoncini rings



Directions

1. Cook pasta according to package instructions.
2. Drain chickpeas - reserve liquid, rinse.
3. Mix all ingredients in large bowl, mix in dressing.
4. Top with pepperoncini rings and serve.

Oil-Free Greek Salad Dressing

Ingredients

- | | |
|-----------------------------------|------------------------------|
| • 1 T. white miso | • 1 T. lemon juice |
| • 2/3 C. aquafaba/chickpea liquid | • 2 garlic cloves, minced |
| • 1/3 C. red wine vinegar | • ½ T. fresh oregano, minced |

Directions

1. Mix miso and a little aquafaba to a smooth paste, whisking out any lumps in the miso.
2. Whisk together remaining ingredients.

GARBANZO BEAN AND QUINOA SALAD

by **Donna Whiteside** (dmwhiteside@att.net)

Ingredients

- 1 15-oz can garbanzo beans, drained
- 1 C. quinoa
- 1 red pepper, chopped
- 1 cucumber, chopped
- 1 C. small tomatoes, halved
- 1 C. Kalamata olives, chopped
- 6 scallions, chopped
- 3 fresh mint leaves, chopped
- 1 T. ground mustard
- 3 T. lemon juice
- 1 T. balsamic vinegar
- ½ tsp. salt



Directions

1. Cook quinoa according to package. Cool.
 2. Add remaining ingredients.
-

BRUSSEL SPROUTS SLAW SALAD

by **Linda Jones** (snaeco126@gmail.com)

Salad Ingredients

- 3-4 C. shaved/chopped raw Brussel sprouts (or, cabbage, zucchini, kale mixtures)
- ½ C. chopped/slivered almonds (toast, if prefer)
- 5-6 Medjool pitted dates, cut/chopped into pieces
- ½ C. sliced scallions

Dressing Ingredients

- | | |
|------------------------|--------------------------------------|
| • 1 T. Dijon mustard | • 3 T. freshly squeezed orange juice |
| • 1T. balsamic vinegar | • 3 T. freshly squeezed lemon juice |

Directions

1. Trim and rinse Brussel sprouts; pat dry. Slice or shave in food processor or by hand. Put in large bowl.
2. In small bowl, whisk dressing ingredients. Pour over sprouts or other cabbage mixture. Gently combine. Gently mix in dates, nuts, and scallions. Refrigerate. Use within a few days.
note: Slaw may turn beige due to balsamic vinegar, but this does not affect taste.

MEXICAN BOWL

by **Linda Swab** (lswab62@gmail.com)

My go-to for lunch or a simple, quick meal. Very versatile!

Ingredients

- corn
- edamame
- multi-colored peppers, chopped
- rice or quinoa
- salsa
- avocado
- black beans

Directions

Mix ingredients. Add hot sauce or chipotle peppers/sauce for heat. Eat warm or cold, as is or on a bed of greens.



EDAMAME NOODLE SALAD BOWLS

by **Linda Askren** (raskren_2k@yahoo.com)

Ingredients

- 8 ounces soba noodles
- 12 oz. frozen shelled edamame
- 2 large handfuls thinly sliced iceberg or other lettuce
- 2 carrots, peeled/halved lengthwise, thinly sliced
- 1 red bell pepper, cored/cubed
- ½ English cucumber, quartered/sliced
- 1 ripe avocado, pitted/peeled/diced
- 1 large handful fresh cilantro, roughly chopped (optional)
- **Peanut Sauce** (below) thinned with a little warm water

Directions

1. Prepare noodles and edamame according to package instructions.
2. Divide noodles among 4 shallow bowls. Top with lettuce, carrots, pepper, cucumber, edamame, and cilantro. Add avocado and thinned Peanut Sauce right before serving.
3. Either keep prepped ingredients separate in fridge and let people compose their own salads or compose bowls in advance. Cover tightly with plastic wrap and refrigerate for up to 1 day.

Peanut Sauce (from [Family Circle.com](http://FamilyCircle.com))

Ingredients

- ½ C. creamy peanut butter
- ¼ C. warm water
- 2 T soy sauce
- 2 T. fresh lime juice
- ½ T. packed brown sugar
- 3 cloves garlic, minced
- 1 T. grated peeled fresh ginger
- Sriracha or hot sauce of choice

Directions: In a small bowl, combine first 7 ingredients, with Sriracha to taste. Whisk, then check seasonings. Keep covered in fridge for up to 1 week. Makes 1 cup.

Soups and Stews

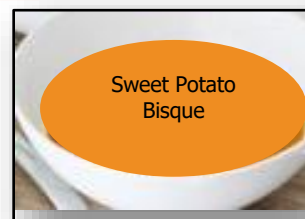
QUICK SWEET POTATO OR SQUASH BISQUE

by **Sally Lipsky** (PlantBasedEatingHub@gmail.com)

Ingredients

- 14-oz. can pureed sweet potatoes or butternut squash
- 14 oz. water, veggie broth, or nondairy milk
- ½ tsp. curry powder

Directions: Blend until smooth. Add, to taste: jarred salsa, diced tomatoes, and other frozen or fresh vegetables. Heat and eat



Susan Greenberg, who has many great recipes in this book, tells about her plant-based journey:

My husband and I are fortunate in that a major disease hasn't led us to WFPB eating. Plant-based eating has been a significant part of our diets for quite some time, but since I joined the WFPB group (after becoming better educated at Sally's seminars), we made the next step to eliminate certain foods from our regular regimen. It's been a journey, to be sure. Giving up animal protein was easy, but giving up dairy was difficult because I loved ice cream and cheese. However, the health effects have been obvious: my gastric reflux symptoms disappeared after many years (no more Tums!) and over the last 3 years, I lost 20 pounds without even trying.

I've always loved to cook, so transitioning to WFPB was just another adventure for me. I didn't have to convince my husband to come on board—he was ahead of me and has enjoyed my new recipes (I use the term "recipes" loosely—I cook with what's in my refrigerator and pantry, always with certain staples, like canned tomatoes, garlic, and onions.) I do enjoy ethnic spices.

I regret that I haven't convinced the rest of my family to consider WFPB. I accept that I must "encourage" without being obnoxious! In the interests of family harmony, I've learned to lead by example and maybe someday they'll change their approach to eating.

STEW BASICS

by **Susan Greenberg** (sirmagreen@earthlink.net)

This is what I typically add to all my stews; usually thick and hearty!

Ingredients

- | | |
|-----------------------------|------------------------------|
| • 1 large onion, diced | • 1 T. nutritional yeast |
| • 4 cloves garlic, minced | • 1 T. flax seeds |
| • 1 quart vegetable stock | • 1 T. fresh grated ginger |
| • 4-6 C. water | • 1 T. fresh grated turmeric |
| • 26 oz. can diced tomatoes | • 1 t. garam masala |

For each stew, I add a blend of several of these:

- | | |
|------------------------------------|--------------------------|
| • 1 can of beans or 1 C. lentils | • 1 C. uncooked grain |
| • 1 sweet potato, peeled and diced | • 1 C. mushrooms, sliced |

I also add one or two fresh vegetables, depending on what's in season or in my refrigerator: celery, cauliflower, carrots, shredded cabbage, eggplant.

EGGPLANT MUSHROOM VEGETABLE STEW

by **Susan Greenberg** (sirmagreen@earthlink.net)

Ingredients

- 1 large onion, diced
- 1 quart vegetable broth
- 5 cloves garlic, minced
- 2 medium eggplants (or 3 Japanese eggplants) peeled/cubed
- 2 C. mushrooms, sliced
- 2 C. Swiss chard leaves, chiffonade; stems sliced very thin
- 1 sweet potato, peeled/diced
- 1 C. red lentils
- 28-oz. can diced tomatoes (or fresh)
- T. dark soy sauce
- T. apple cider vinegar
- 2 T. flax seeds
- 2 tsp. curry
- 1 T. fresh turmeric (or 1½ tsp. ground)
- 1 T. nutritional yeast
- Assorted herbs of choice

Directions

1. Preheat a large stock pot to medium-high; add diced onion with 2-3 T. vegetable broth. Sauté until onions soften, about 3-5 minutes.
2. Add garlic, eggplant, mushrooms, sweet potato, lentils, and tomatoes; stir to combine.
3. Turn heat to medium; add remaining broth. Cover and simmer about 20 minutes; reduce heat to low if it starts to boil.
4. Add remaining ingredients, stirring to combine. Continue cooking on low for 20 minutes.
5. Serve over grain of choice.

GAZPACHO

by **Susan Greenberg** (sirmagreen@earthlink.net)

This recipe is inspired by Jane Brody and Mark Bittman. I usually make it when there's an overflow of tomatoes from my garden. Out of season, substitute canned or boxed tomatoes. The recipe is simple; the most time-consuming part is cutting the vegetables.



Ingredients

- 2-3 lbs. tomatoes, roughly chopped
- 1 cucumber, peeled/diced
- 2-3 slices stale bread, torn in small pieces
- 1 sweet pepper, cut up
- 1 red onion, coarsely diced
- 3-4 cloves garlic (or more), minced
- 1/3 C. red wine vinegar
- 6 oz. can tomato paste + 3 C. water
- 1 T. flax seeds
- 1 T. nutritional yeast
- dash tabasco or Sriracha sauce
- salt/pepper to taste

Directions

1. Combine all ingredients; process in food processor, leaving some texture.
2. Chill to marry flavors; taste improves overnight.
3. Add more liquid if the consistency seems too thick.
4. Topping: chopped herbs of choice (mint, oregano, basil, etc.)

HUMMUS SOUP

by **Linda Jones** (snaeco126@gmail.com)

I usually double the recipe and freeze in 1- and 2-cup containers.

(adapted from [Dr. Fuhrman](#))

Ingredients

- 1 medium onion, diced
- 3 garlic cloves, minced
- 4 C. veggie broth
- 1 medium head of cauliflower, broken into florets
- 1 can chickpeas, drained
- ¼ C. tahini
- juice of 1 lemon
- 1 T. tamari

Directions

1. Water sauté onion and garlic until soft
2. Add 4 C. broth; bring to a boil. Add cauliflower; simmer 10-15 minutes.
3. Transfer contents to blender. Add remaining ingredients. Blend until smooth. (Use hand blender or stand blender.)

Ever wonder what other plant-based eaters consume during a day? Here's a snapshot from members of the Plant-Based Pittsburgh community.

Breakfast: ½ c. oatmeal + 2 T. gr. flaxseeds + 1 c. berries

Lunch: Big salad— ½ c. kale + ½ c. arugula + 1/3 c. tofu + 1 tomato + ½ c. broccoli sprouts + 1 shredded carrot + Dr. Greger's Caesar dressing

Dinner: lentil loaf + ½ c. baby kale + 1 tomato + 1 shredded carrot + 1 c. brown rice + 1 cut-up apple + handful broccoli sprouts + balsamic-Dijon mustard dressing

Snack: 1 orange - B.J.

Breakfast: oatmeal with apple, cinnamon, 1 T. flaxseed + 1 c. water + ½ c. shredded wheat squares

Lunch (2/3) & Dinner (1/3):
2 c. mixed veggies + ¾ c. beans + 2 c. butternut squash + 1½ c. wheatberries + 1 c. kale + 4 c. potatoes + 1 c. water - P.C.

Breakfast: smoothie w/ spinach + cinnamon + banana + pear

Lunch: 1 c. homemade hummus + fresh veggies (cucumber, zucchini, carrots, celery) + cooked cauliflower

Snack: ¼ c. cashews

Dinner: assorted plant-based appetizers & dips with baked pita chips + cut-up veggies - L.J.

Breakfast: smoothie: 2 c. kale, ½ c. carrot, 1 stalk celery, ½ cucumber, 6 frozen cherries, water + banana + 1 oz. walnuts + 1 c. hot water

Lunch: 1½ c. sautéed zucchini/onions + 1 slice black bean loaf + ¾ c. blueberries + ½ c. chia seed pudding + 1 c. hot water

Dinner: large spinach salad with beets & balsamic vinegar + red pepper hummus with 3 red & orange mini-peppers & 3 stalks celery + 1 c. lentil-barley soup + 1 c. hot water + 1 chocolate snack bar - N.D.

Breakfast: ½ c. oatmeal w/ ½ banana, ½ c. mixed berries, gr. flaxseed, cinnamon + coffee with ½ soy-½ oatmeal milk

Snack: green tea + 2 biscuits + 1 pear

Lunch: 1 large bowl potato & mixed veggie soup + 4 oatmeal bars

Snack: coffee with ½ soy, ½ oatmeal milk + puffed cereal + berries + 2 pieces dark chocolate

Dinner: roasted sweet potatoes + veggies w/ cashew sauce & balsamic dressing

Snack: 1 biscuit + 1 orange - S.L.

Breakfast: 1 c. non-dairy milk (1/3 c. soy & 2/3 c. unsweetened almond) + 1 slice raisin/walnut bread + 1 banana

Dinner: 1 large salad + 3 slices ciabatta bread with vegan spread + 1 bowl potato-leek soup - S.G.

Main Dishes

PINEAPPLE BOATS

by **Neda Hazlett** (nrhmomx3@aol.com)

Ingredients

- 2 whole fresh pineapples
- 2 C. uncooked brown rice
- 1 C. chopped pineapple
- ½ C. chopped red & green peppers
- ¼ C. almond slivers
- 2/3 C. purple onion, chopped
- ½ C. grated coconut
- 1 small can mandarin oranges, drained/chopped
- ¼ C. prepared chutney, such as mango or peach
- 1 tsp. low-sodium soy sauce



Directions

1. At 300° F., toast coconut & almonds on parchment-lined baking sheet 1-2 min. until golden brown.
2. Slice pineapples in half vertically, leaving leaves intact.
3. Scoop out and chop the pineapple.
4. Cook rice according to directions. Add other ingredients, stir and combine. Keep warm.
5. When ready to serve, put mixture in hollowed-out pineapples.

CURRY MUSHROOM DELIGHT

by **Susan Greenberg** (sirmagreen@earthlink.net)

Ingredients

- 1 red onion, sliced
- 1 quart vegetable broth
- 2 C. mushrooms, sliced (shiitake, oyster, cremini)
- 4 cloves garlic, minced
- 2 C. shredded Swiss chard (slice stems thin)
- 1 tsp. Madras curry
- 2 tsp. each nutritional yeast and flax seeds
- ¼ C. balsamic vinegar

Directions

1. Heat large skillet or saucepan to medium-high heat. Sauté onion in 2-3 T. vegetable broth until wilted. Add more liquid if onions begin to stick.
2. Add 2 C. broth to pan; sauté mushrooms, adding more liquid as needed.
3. Add minced garlic and Swiss chard; stir to combine. Lower heat to medium low, cover pan, and let vegetables wilt, approx. 5-8 minutes.
4. Add curry, nutritional yeast, flax seeds, and balsamic vinegar, stirring to combine. Cover and cook gently on low heat for 5 minutes. If mushrooms aren't soft, add more time.
5. Serve over grain of your choice (rice, quinoa, bulgur, etc.)

FILIPINO MENUDO: SLOPPY JOE WITH CAULIFLOWER WALNUT MEAT

by Lulu Herold ([Lulu Cooks and Tells](#); lherold526@aol.com)

Ingredients

- 2 T. water
- 1 onion, chopped
- 1 clove garlic, minced
- ½ C. catsup *or* 1 T. tomato paste in ¼ C. water
- ½ C. raisins
- 1-14 oz can green peas, drained
- ½ C. roasted jarred pimento, chopped
- 1 large potato, baked/cubed
- 1-14 oz can chickpeas, drained/rinsed
- 3 C. cauliflower walnut meat (recipe below)



Directions

1. In pan, sauté onion and garlic in heated water until onion is cooked. Add remaining ingredients until blended and heated through.
2. Serve with rice, or as a sandwich filling.

Cauliflower Walnut Meat *From [Pinch of Yum](#)*

Ingredients

- 1 cauliflower cut into florets
- 2 pieces canned chipotle (about 4 T. chopped)
- 2 C. walnuts
- 1 T. chili powder
- 1 tsp. cumin
- ½ tsp. garlic powder
- 1 tsp. salt

Directions

1. If baking, preheat oven to 375° F.
2. Place all ingredients in a large food processor. If using a medium-sized one, do it in two batches. Pulse until blended and mixture is mealy in texture. You can eat unbaked. *Or*, spread mixture on a sprayed or parchment paper-lined pan; bake for 30 minutes, stirring half way. Makes about 5 cups.

QUINOA MUSHROOM RED PEPPER BITES

by **Lulu Herold** ([Lulu Cooks and Tells; lherold526@aol.com](mailto:lherold526@aol.com))

Adapted from [plantbasedonabudget website](#)

Makes 24 balls or 12 patties (2 balls or 1 patty per serving)

Ingredients

- 2 C. cooked quinoa
- 1 onion, finely chopped
- 1 C. finely chopped mushrooms (6.5 oz can, drained)
- ¼ C. green onions, finely chopped
- 1 fresh red pimento pepper, finely chopped
- ½ tsp. garlic powder
- ½ tsp. cumin
- ¾ C. whole wheat flour
- ¼ tsp. red pepper flakes
- 1 tsp. salt
- 3 T. non-dairy, unsweetened milk
- juice of 1 lime or lemon
- ¾ C. Panko crumbs



Directions

1. Preheat oven to 400° F.
2. Mix quinoa, onion, mushrooms, green onions, red pepper, garlic powder, cumin, flour, red pepper flakes, and salt in a bowl until well blended and thick to the touch.
3. Add lime/lemon juice and milk; mix thoroughly.
4. Roll into small balls (or patties), dredging in panko crumbs.
5. Place on parchment- or silicone-lined pan. For softer bites, bake 20 minutes. For crisper coating, bake 30 minutes.
6. Serve with Vegan Mayo with Sriracha Dressing (below).

Vegan Mayo with Sriracha Dressing

Yield 12 T. (1 T/serving)

Ingredients

- ¾ C. vegan mayonnaise *
- 6 drops of Sriracha

Directions: Mix with a fork until well blended.

** Want to make your own vegan mayonnaise? FromMyBowl.com has an easy recipe with cashews or tofu, lemon juice, vinegar, nutritional yeast, and Dijon mustard.*

Nutritional facts with dressing

Nutrition Facts

Amount Per Serving	
Calories 138	
% Daily Value*	
Total Fat 5.9g	9%
Saturated Fat 0.6g	3%
Cholesterol 0.4mg	0%
Sodium 358.9mg	15%
Total Carbohydrate 18.1g	6%
Dietary Fiber 2.8g	11%
Sugars 1.8g	
Protein 4.2g	8%
Vitamin A 1%	Vitamin C 18%
Calcium 4%	Iron 6%

Side Dishes

Brittany Jaroudi (brittanyjaroudi@gmail.com) is an avid cook—check out more recipes on her [website](#) and [YouTube channel](#). Her stuffing, gravy, and biscuit recipes (below) are perfect for impressing holiday guests!

STUFFING

Ingredients

- 6 C. toasted bread
- 3 celery stalks, chopped
- 2 large carrots, chopped
- 3 green onion stalks, chopped
- 2 T. garlic powder
- 2 T. rosemary
- 1 T. thyme
- 1 T. sage
- 1 T. nutritional yeast
- 1 tsp. black pepper
- 1¼ C. vegetable broth
- 1 T. miso
- 2 pears, chopped
- 2 apples, chopped



Directions

1. Toast bread until crispy
2. Sauté celery, carrots, and green onion in vegetable broth until carrots are slightly soft.
3. Stir bread, vegetables, and chopped fruit in baking dish
4. Mix vegetable broth, miso, and spices until well combined. Pour over stuffing mixture.
5. Bake 350° F. for 25-30 minutes, stirring occasionally.

GRAVY

Ingredients

- 8 oz cooked mushrooms
- 1 C. vegetable broth
- 1 T. miso
- ½ C. raw cashews
- 1 T. onion powder
- 1 T. garlic powder
- 2 T. nutritional yeast
- ¼ tsp. sage
- ¼ tsp. thyme



Directions: Blend ingredients in a high-speed blender. Serve warm.

BISCUITS

Ingredients

- 1 C. unsweetened plant-based milk
- 1 T. apple cider vinegar
- 1½ C. oat flour *or* whole-wheat flour
- ½ C. almond meal
- 1 T. baking powder
- ¼ tsp. baking soda
- 1 tsp. miso



Directions

1. Preheat oven to 450° F.
2. Mix plant milk with apple cider vinegar; let sit for 10 minutes.
3. Mix the dry ingredients.
4. Mix the "butternut milk mixture" with miso. Blend until well combined.
5. Scoop out biscuit batter; place on parchment paper.
6. Bake 10-12 minutes, until lightly brown.

SWEET AND SMOKY BAKED BLACK BEANS

Recipe from [Klunker's Kitchen](#). This dish was a winner at a recent potluck event!

shared by **Philip Ciarelli** (philciarelli@gmail.com)

Ingredients

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| • 2 14.5-oz cans black beans, drained/rinsed | • ½ tsp. each salt/pepper (optional) |
| • 1 lb. mushrooms, cleaned/sliced thin | • 1 tsp. dried oregano |
| • ½ large red onion, sliced thin | • ½ tsp. dried mustard powder |
| • 3 cloves garlic, peeled/chopped fine | • 2 T. apple cider vinegar |
| • 1 medium red bell pepper, cleaned/seeded/chopped small | • 2 tsp. liquid smoke |
| • ¼ C. dark brown sugar | • 2 T. bourbon |
| | • ¼ C. ketchup |
| | • 1 T. smoked paprika |

Directions

1. In a warmed, large pan, sauté onions and garlic for 5 minutes.
2. Add red pepper, mushrooms, salt, and pepper. Sauté another 5 minutes.
3. Remove from heat; add everything else except black beans. Mix together well.
4. Add black beans. Mix together well.
5. Spread mixture into baking dish.
6. Bake, uncovered, for 45-60 minutes. Take from oven, stir, then eat!

SWEET AND SALTY CARROTS

by **Linda Jones** (snaeco126@gmail.com)

Ingredients

- 2-3 lbs. carrots, peeled and cut in 4"-long, wide pieces (will be cut into sticks later)
- 10-15 dates, each cut into 3-4 pieces
- 15 Kalamata olives – cut into half or thirds
- balsamic vinegar
- black pepper
- veggie broth
- parsley

Directions

1. Coat carrots with veggie broth; grill until soft but crunchy. Remove from heat; cut thinner. Sprinkle with balsamic vinegar, parsley and pepper.
 2. In a separate bowl, combine cut dates and cut olives. Then, combine with carrots.
 3. After tasting, can add more vinegar, parsley &/or pepper. Serve warm or room temperature.
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STUFFED MUSHROOM CAPS

by **Judi Carvell** (judicarvell@gmail.com)

Ingredients

- ½ C. quinoa
- ½ C. onion, diced
- 2 garlic cloves, minced
- 1 C. celery, diced
- 2-3 C. raw spinach
- 1-2 C. whole wheat Italian bread crumbs
- ½ tsp. sea salt
- ½ tsp. freshly ground black pepper
- Approx. 2 lbs. medium-sized mushrooms, washed with stems removed



Directions

1. Combine quinoa and 1 C. water in small pot; bring to boil over high heat. Reduce heat to low, cover, simmer 15-20 minutes. Remove from heat. When cool, fluff the quinoa with fork.
2. Preheat large skillet to medium heat. Sweat onions for about 7 minutes, stirring often, until they turn translucent. Add water or vegetable broth, 1-2 T. at a time to keep onions from sticking to pan.
3. Add garlic, celery, salt, pepper to taste. Cook 5 minutes, stir occasionally, until celery is soft.
4. Turn off heat and stir quinoa with vegetable mixture.
5. In a food processor, pulse spinach into small pieces; add quinoa/vegetable mixture. Pulse until textured, but not too smooth.
6. Place in large bowl; add breadcrumbs until mixture is dry, but still sticky.
7. Fill mushroom caps. Bake 350° F. for 15-20 minutes.

Desserts

DELICATA TOFU CHOCOLATE PIE

by **Judi Carvell** (judicarvell@gmail.com)

Ingredients

Filling

- 9 oz. silken tofu
- 9 oz Delicata squash
- 9 oz bag vegan chocolate chips
- 1 tsp. vanilla extract
- pinch of salt
- 1/8 tsp. or pinch of xanthan gum (optional)

Crust (*adapted from Forks Over Knives chocolate pie*)

- 1¼ C. rolled oats
- ¼ C. nuts (I mix 2 T. walnuts + 2 T. cashew)
- ¼ C. sorghum
- ½ C. pure maple syrup or agave (I mix 50/50: ¼ C. each)
- 1 T. vanilla extract



Directions

Crust:

1. Preheat oven to 350°F. Line bottom of 9-inch pie plate with parchment paper. In food processor, combine oats, nuts, flour, and salt. Cover; process until finely ground. Add maple syrup and vanilla. Cover; pulse until mixture starts to come together.
2. Press half of mixture onto bottom of prepared pie plate; use moistened or floured fingers if sticky. Press remaining mixture up sides, building edge up slightly. Prick crust in several places with a fork. Bake 20-30 minutes or until light brown. Cool on a wire rack.

Filling:

1. Cook/steam squash until soft and tender. Allow to cool. Then, blend with tofu.
2. Blend tofu and squash on low heat, slowly add chocolate chips to melt. (Or, microwave chips to melt, and add to mixture.)
3. Add vanilla, salt, and xanthan gum.
4. For best results, refrigerate filling before adding to pie crust. Once assembled, you can freeze pie to let it set—this makes the tofu creamier.

Peanut Butter Aquafaba Topping (optional)

Ingredients

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| • ¼ C. chickpea liquid | • 2 T. peanut butter powder |
| • 1 T. liquid sweetener | • 1 T. powdered sugar |
| • 1 T. vanilla extract | • 1/8 tsp. or pinch of xanthan gum (optional) |

Directions: Whip with hand mixer or immersion blender until creamy and fluffy

CHOCOLATE BERRY SMOOTHIE

by **Susan Greenberg** (sirmagreen@earthlink.net)

Ingredients

- 1 frozen ripe banana
- 1 C. frozen berries of choice
- 1 C. plant milk
- 3 T. unsweetened cocoa

Directions

Place all ingredients in blender, and blend until smooth. It's very thick, so use a spoon or wide-diameter straw.

EASY NICECREAM SANDWICH

by **Brittany Jaroudi** (brittanyjaroudi@gmail.com)

note: You'll find **Chef'n SweetSpot Mini Ice Cream Sandwich Maker** on Amazon.

Almond Cookie:

Ingredients

- ½ C. almond meal
- ½ C. rolled oats
- ¼ C. almond butter
- 2 T. date syrup
- 1 T. cinnamon

Directions: Bake at 375⁰ F. for 10-12 minutes.



Nice Cream:

Ingredients

- 2-3 large frozen bananas
- 1 T. vanilla
- 1 T. cinnamon
- ½ C. unsweetened almond milk

Directions:

1. Blend the ingredients.
2. Place in freezer for 1 hour.
3. Assemble the nice cream sandwiches.
4. Freeze 3-4 hours. Eat and enjoy!

4-INGREDIENT GRANOLA BARS OR NO-BAKE PIE CRUST

by **Linda Jones** (snaeco126@gmail.com)
(modified from original: itdoesnttastelikechicken.com)

Ingredients

- 1 C. Medjool dates, pitted
- ¼ C. nut butter
- 1¼ C. old fashioned rolled oats
- 1 C. nuts (I used pumpkin seeds)

Optional add-ins:

- ½ C. chocolate chips or dried fruit
- ½ tsp. vanilla extract, cinnamon, or pumpkin pie spice



Granola Bar Directions

1. (*optional*) At 350° F., toast oats (or seeds) for 10-15 minutes, until golden.
2. Line tray with parchment paper or plastic wrap. Leave excess hanging over sides so you can pick up the bars when done.
3. Add dates to a food processor; pulse until it forms a paste ball. (If dates are hard or dry, soak in hot water for 10 minutes beforehand. You want gooey, sticky dates.)
4. In small pan, heat nut butter until heated through and runny.
5. In large bowl, combine date paste, warmed nut butter, nuts (or seeds), and oats. Mix well. If adding chocolate chips, let mixture cool slightly before adding.
6. Scoop granola mixture on parchment-lined pans. Smooth and *firmly* pack into bottom of pan, making sure mixture holds together. Freeze at least 20 minutes, or until set.
7. Pop out of pan and cut into bar shapes with a sharp knife. Store in airtight container in fridge or freezer.

No-Bake Pie Crust Directions

1. (*optional*) At 350° F., toast oats (or seeds) for 10-15 minutes, until golden.
2. Line tray with parchment paper or plastic wrap. Leave excess hanging over sides so you can pick up the bars when done.
3. Add dates to a food processor; pulse until it forms a paste ball. (If dates are hard or dry, soak in hot water for 10 minutes beforehand. You want gooey, sticky dates.)
4. In small pan, heat nut butter until heated through and runny.
5. Add all ingredients (dates, nut butter, oats, pumpkin seeds, vanilla extract, cinnamon) to the food processor and combine. Pat *firmly* into pie pan. Freeze at least 20 minutes, or until set.
6. Add a no-bake filling of your choice.