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Farro Salad

Serves 4



Prep Time : 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Nutrition:

Adding cooked edamame beans to the salad will bump up the protein content (already present with Farro) to make it a complete meal.

Ingredients:

3 cups cooked farro, from 1 cup dry (available at Tara); cook about 15 min. in boiling salted water. Test at 15, should be chewy)
1 cup arugula
1 cup sliced radicchio
1 Honeycrisp apple, thinly sliced
3 Medjool dates, pitted and chopped
½ cup finely chopped fresh parsley
½ cup chopped walnuts
1 tablespoon fresh thyme leaves
¼ teaspoon sea salt

Directions:

In a large bowl, place the farro, arugula, radicchio, apple, dates, parsley, walnuts, and thyme.

Add half the dressing, the salt, and several grinds of pepper and toss to combine. Season to taste, adding more dressing as desired.

Apple Cider Dressing:

1/4 cup apple cider vinegar

1 garlic clove, minced

Mix all together, then drizzle and whisk in :

1/4 cup olive oil

Farro Tips

Know what kind of farro you

have. Grocery stores typically sell 3 types of farro: pearled, semi-pearled, and whole. The cooking times for each vary widely, ranging from 15 minutes for pearled to 40 minutes for whole. When you buy your farro, make sure you know what kind you have – you don't want it to come out too hard or too mushy! If you don't know what type you have – start tasting it for doneness at 15 the minute mark and go from there.

Batch cook and freeze. Having a stash of cooked grains on hand is a lifesaver when it comes to meal prep. Cooked farro keeps in the fridge for 5 days, but you can freeze it for even longer. To freeze it, spread the grains in a single layer on a baking sheet, and transfer it to the freezer for at least 2 hours. After the grains are frozen, you can store them in a freezer-safe container. Don't skip the initial freeze on the baking sheet, or the grains will freeze in one big clump!

Dress right before serving.

[Farro Salad Recipe - Love and Lemons](#)

Easy Gazpacho

Mexican Soup, Served Cold

10 Servings



Prep Time: 20 min
Chill Time: 2 hrs

Nutrition Facts

Calories: 39
Fat: 0g
Carbohydrates: 9 gm
Protein: 2 g

NOTE: to make this a more complete meal, add 2 cups of Edamame.

Cook the beans according to the directions on the package of frozen beans. Then add to the blender with the other ingredients.

This adds 33 grams of protein to the soup

Ingredients:

4 cups tomato juice
2 cups chopped tomatoes
1 onion, minced
1 green bell pepper, minced
1 cucumber, chopped
2 green onions, chopped
¼ cup chopped fresh parsley
3 tablespoons fresh lemon juice
2 tablespoons red wine vinegar
1 clove garlic, minced
1 teaspoon dried tarragon
1 teaspoon dried basil
1 teaspoon white sugar
salt and pepper to taste

Instructions:

Combine tomato juice, tomatoes, onion, bell pepper, cucumber, green onions, parsley, lemon juice, red wine vinegar, garlic, tarragon, basil, sugar, salt, and pepper in a blender or food processor. Blend until well combined but still slightly chunky.

Pour into a serving bowl and cover. Place in the refrigerator to chill before serving, at least 2 hours.

<https://www.allrecipes.com/recipe/19770/gazpacho/>

GAZPACHO

Spanish soup,
served cold

Serves 6



NOTE: to make this a more complete meal, add 2 cups of Edamame.

Cook the beans according to the directions on the package of frozen beans. Then add to the blender with the other ingredients.

This adds 33 grams of protein to the soup.

Ingredients:

1/2 green pepper, diced
4 - 5 large ripe tomatoes - or a large can of plum tomatoes
1/2 cucumber, diced
8-10 ripe olives, chopped
6 green onions, chopped
1 or 2 large garlic cloves
4 Tbsp olive oil
4 Tbsp red wine vinegar (use half balsamic)
1 1/2 tsp salt
1 tsp sugar
2 - 3 cups V8 juice
2 - 3 slices stale bread
Worcestershire sauce
1 cup ice cubes

Instructions:

1. Dice 1/3 of the tomatoes in a bowl and add diced green pepper, cucumber, olives and green onions
2. **Drop** next 6 ingredients **into** a blender and add remaining tomatoes cut into quarters and any juice from tomatoes, or from can. Blend until smooth.
3. **Break** bread into blender and blend again. Pour over chopped mixture.
4. **Season** with salt Worcester & pepper.
5. **Add** ice,
6. **Cover** & refrigerate

Serve with crusty bread or focaccia.

LENTIL SOUP

Mediterranean
Soup



Prep Time - 15 min
Cook Time - 45 min

Makes 8 cups - 6 servings

Serving: 1 1/3 cup

Calories - 320
Carbohydrates - 52 g
Fiber: 10 g
Protein: 18 g
Fat: 5 g
Saturated fat 0.5 g,
Cholesterol 0 mg
sodium - 650 mg 15%
DV for potassium-15%
DV for calcium - 8%,
DV for iron - 7%

[Lentil Soup Recipe - Love and Lemons](#)

Ingredients:

2 Tbsp olive-oil
1 medium onion, chopped
4 medium carrots, chopped
2 celery stalk, chopped
6 small or 3 large kale leaves, stems finely diced, leaved chopped (8 cups)
Heaping ½ tsp ground cumin
1 ½ tsp sea salt
Freshly ground black pepper
4 garlic cloves, grated
1 (14 oz) can diced tomatoes
¾ cup dry green lentils rinsed
2 Tbsp white wine vinegar
12 fresh thyme sprigs, bundled
6 cups vegetable broth
½ cup chopped fresh parsley
red pepper flakes

Instructions:

- 1.Heat** the olive oil in a large pot over medium heat. Add the onion, carrots, celery, kale stems, cumin, salt, and several grinds of pepper, and cook, stirring occasionally, for 8 minutes, or until the vegetables begin to soften.
- 2.Stir** in the garlic, tomatoes, lentils, vinegar, thyme, and broth. Cover and simmer for 25 to 30 minutes, or until the lentils are tender. Add the kale leaves and cook for 5 minutes, or until wilted.
- 3.Remove** the thyme bundle and season to taste.
- 4.Serve** topped with the parsley and red pepper flakes, if desired.

Sandra's Lentil Soup

Serves 6



Prep Time: 15 min

Cook Time: 30 min

NUTRITION

Serving Size: 1 cup

Calories: 200

Sugar: 5.1 g

Sodium: 608 mg

Fat: 6.4 g

Saturated Fat: 0.9 g

Carbohydrates: 30.3 g

Fiber: 5.4 g

Protein: 8.5 g

Cholesterol: 0 mg

Ingredients:

- 2 Tbsp sunflower or olive oil
- 2 large carrots, chopped
- 1 mild white onion, chopped
- 1 clove garlic, chopped fine
- 1 ½ cups dried red lentils, uncooked and rinsed
- 1.5 L (6 cups) vegetable broth

½ tsp cumin powder

½ tsp coriander powder

2 bay leaves

Salt and pepper, to taste

Lemon juice (fresh)

Garnish: paprika & parsley

Instructions:

1. In a large pot, cook garlic and onion in sunflower oil for about 2 minutes on medium heat.
2. Add carrot and cook for 8-10 minutes. Don't rush this part, it is key to the flavour of the soup.
3. Add all the remaining ingredients except the lemon juice and salt. Stir. Bring soup to a simmer, cover and turn down heat to medium low for about 35 minutes or until the lentils are soft.
4. Remove bay leaves. Using an immersion blender, give the soup 2 or 3 quick blends. Enough to thicken the soup, but still leave it hearty. (You can add a touch more hot vegetable broth or hot water to adjust soup consistency.) Add salt to taste. Add a squeeze of lemon juice to the soup just before serving.
5. Note: Finishing off the soup with lemon gives it a bright flavour.
Garnish with Paprika and Parsley leaves (optional)

BAKED TOFU

4 SERVINGS



PREP TIME: 30 MIN
BAKE TIME: 30 MIN

INGREDIENTS

- 1 block extra-firm tofu (about 14 ounces)
- 1 Tbsp olive oil
- 1 Tbsp cornstarch
- 1 tsp fine sea salt
- 1/2 tsp garlic powder (optional)
- 1/4 tsp black pepper

Instructions:

Drain the tofu. Slice your block of tofu into 2 or 3 even slabs (depending on the shape of your tofu block, each slab should be about 3/4 to 1-inch thick). Lay some paper towels or a clean tea towel on a flat surface, and place the slabs side by side on top of the paper towels. Cover with *another* layer of tea or paper towels. Then place a cutting board on top of the tofu, and stack a bunch of heavy cans or a cast iron pan or whatever you can safely balance on the cutting board. The idea is to put a lot of pressure/weight on the tofu,

which will help the excess water to press out into the towels. Let the tofu drain for at least 15-30 minutes.

Heat your oven to 400°F.

Cut the tofu. Once the tofu has drained, remove the weights and towels. Use a knife to cut the tofu into your desired shapes.

Coat the tofu. Add your tofu to a large mixing bowl. Drizzle with olive oil, and toss until evenly coated. Sprinkle evenly with cornstarch, salt, garlic powder(if using) and black pepper. Gently toss until the tofu is evenly coated.

Arrange on a baking sheet. Turn the tofu out onto a parchment-covered baking sheet, and arrange it so that the tofu is in an even layer (not touching).

Bake until crispy. Bake for 15 minutes. Then remove the baking sheet from the oven, and flip each of the tofu bites so that they can cook evenly on the other side. Return to the oven for 15-20 more minutes, or until the tofu reaches your desired level of crispiness. Remove baking sheet from the oven.

Serve warm, in a Stir Fry, in Tacos or Wraps, on a Salad, coated in your favourite sauce over rice, and enjoy!

<https://www.gimmesomeoven.com/baked-tofu/>

COCONUT RED LENTIL DAHL

Indian Cuisine

Serves 6



Prep Time: 40 min

Nutrition

Serving: 1/6th of recipe

Calories: 330kcal

Carbohydrates: 49g

Protein: 19g

Fat: 7g

Ingredients

- 1 tbsp coconut oil
- 2 medium yellow onions, diced
- 4 cloves garlic, minced
- 1 tbsp fresh ginger
- 1 tbsp curry powder
- 1 tsp turmeric
- ½ tsp coriander
- ½ tsp black pepper
- 1 tsp sea salt
- ½ tsp red pepper flakes

- 2 cups of dry red lentils
- 1 can of coconut milk
- 3 cups of water or vegetable stock
- Fresh cilantro for serving
- Cooked jasmine or basmati rice

Instructions:

1. Cook onions, ginger and garlic in coconut oil for 5-10 mins over medium heat
2. Add the spices, coconut milk, lentils, and water or stock
3. Bring to a light simmer and cook for 25-30 minutes, uncovered until lentils are soft and it has thickened up
4. Remove from heat and serve topped with cilantro over rice

[Vegan Coconut Red Lentil Dahl](#)
[- Running on Real Food](#)

TIP: GORP

“Good Ol’ Raisins & Peanuts”

Use any combination of seeds, nuts and dried fruits in small containers...keep them handy in the car, your back-pack, the kids’ lunches.

EASY TOFU TACOS

Mexican

Makes 8 tacos



Prep Time: 10 min

Nutrition: per taco
Calories Per Taco:: 156
11%**Total Fat 8.5g**
Saturated Fat 1.2g
5%**Total Carbohydrate 14.2g**
9%**Dietary Fiber 2.6g**
Sugars 1.5g
14%**Protein 7g**
1%**Vitamin A 13.4µg**
14%**Vitamin C 12.7mg**
5%**Calcium 67.9mg**
7%**Iron 1.3mg**
0%**Vitamin D 0µg**
5%**Magnesium 22.1mg**
5%**Potassium 214.9mg**
6%**Vitamin B6 0.1mg**
0%**Vitamin B12 0µg**

INGREDIENTS

For the Taco Toppings
add red cabbage, lime
wedges, fresh cilantro,
pico de gallo, hot sauce

For the Tofu

12-14 ounce block of tofu
2 tbsp soy sauce
1 tbsp apple cider vinegar
¼ tsp salt
1 tsp garlic powder
1 tsp chili powder
1 tsp cumin
2 tsp smoked paprika
3 tbsp olive oil, divided
INSTRUCTIONS:

Drain the tofu and pat dry, and use your fingers to break up into bite size crumbles. Stir in the soy sauce, vinegar, salt, garlic powder, chili powder, cumin, smoked paprika, and 2 tbsp olive oil

Heat the remaining oil in large skillet and add tofu and cook for 8-10 minutes until browned and lightly crispy

Warm the tortillas, then top with tofu and your favourite toppings

<https://www.acouplecook.com/tofu-tacos/>

FALAFEL

Mediterranean

Serve on salads, in Pitas, in wraps, in protein bowls, with Tahini Sauce



Soak Time	Prep Time	Cook Time
8-12 hrs	45 mins	10 mins
NUTRITION:		
CALORIES: 48 KCAL		
CRBOHYDRATES: 8 G		
PROTEIN: 3 G		
FAT 1 G		
SATURATED FAT: 0.1 G		
POLYUNSATURATED FAT: 0.3 G		
MOMOUNSATURATED FAT: 0.2 G		
SODIUM: 166 MG		
POTASSIUM: 14 MG		
FIBER: 2 G		
SUGAR: 2 G		
VITAMIN A: 359 IU		
VITAMIN C: 7 MG		
CALCIUM: 21 MG		
IRON: 1 MG		

[Most Delicious Falafel Recipe \(Fried or Baked\) | Downshiftology](#)

Ingredients

- 1 cup dried (not canned) chickpeas, soaked overnight
- ½ cup chopped onion
- 1 cup chopped parsley
- 1 cup chopped cilantro
- 1 small green chili pepper serrano or jalapeno pepper
- 3 garlic cloves
- 1 teaspoon cumin
- 1 teaspoon salt
- ½ teaspoon cardamom
- ¼ teaspoon black pepper
- 2 tablespoons chickpea flour (or other flour)
- ½ teaspoon baking soda
- oil for frying

Instructions

- 1. Soak dried chickpeas** overnight or for at least 8 to 12 hours. Note that the chickpeas will triple in size, so cover them with plenty of water. Then drain and rinse them.
- 2. Pulse all the ingredients in a food processor.** Add the chickpeas, onion, parsley, cilantro, garlic, green pepper, and spices to a food processor. I recommend roughly chopping up the onion, herbs, and pepper before adding for the best texture. Then, pulse the food processor but do not blend completely. The final mixture should resemble coarse sand.
- 3. Chill the falafel.** Transfer the falafel mixture to a bowl and add the chickpea flour and baking soda. Stir together,

then cover or add a lid and refrigerate the mixture for 30 minutes to one hour.

4. Shape the falafel Use your hands or an ice cream scoop to form the falafel into balls or patties. If you find the mixture is too wet, you can add another tablespoon of chickpea flour. If it's too dry and crumbly, you can add a teaspoon or two of water or lemon juice.

5. How To Cook Falafel – 4 Different Ways

Deep Fry: Heat about 3 inches of oil in a pot on medium heat to 350°F (175°C). Once the oil has reached temperature, gently drop 6 to 8 balls into the oil at a time. Let them cook for 1 to 2 minutes, or until they're golden on the outside. Use a [skimmer](#) to remove the falafel to a paper towel-lined plate.

Pan-Fry: Heat a few tablespoons of oil in a pan on medium-high heat. Gently place the falafel in the pan and cook each side for 2 to 3 minutes, or until golden. Then transfer to a paper towel-lined plate.

Bake: Pre-heat your oven to 425°F (220°C).

Lightly [spray](#) or brush a baking sheet with oil. Place the falafel on the baking sheet, lightly spray or brush the top side with oil, and bake for 25

to 30 minutes, flipping halfway through.

Air fryer, I've had readers tell me that they've had success by air frying them at 400°F (200°C) for about 5 to 6 minutes.

6. Serve immediately, while warm and crispy on the outside. They're delicious served with tahini sauce as well.

Cooking Tips

If your falafel breaks apart, it's probably because the mixture wasn't processed to a fine enough texture. You can pulse the mixture a bit more, or if they're too dry, add more water to help bind them together

If your falafel mixture is still wet after chilling, mix in a bit more chickpea flour before forming into balls.

Freezing & Storage Tips

Freeze the falafel dough: Good news, you can make them ahead of time and freeze raw balls of falafel for up to 3 months, then cook individual portions on demand using the methods listed. No need to thaw the balls beforehand!

Storing leftovers for the week: Any leftovers can be stored in an airtight container in the fridge for 4 to 5 days.

Reheating leftovers: While you can easily reheat cooked falafel in the microwave, they'll be crispier on the outside if you reheat them in a 400° (200°C) oven for about 10 minutes.

HUMMUS

Mediterranean

Basics, Condiment, Dip



Soaking Time – 12 hrs
Prep Time - 5 min
Cook Time – 45 min

Makes 2 cups – 6 servings.

Serving: 1/3 cup

Calories: 261kcal
Carbohydrates: 34g
Protein: 12g
Fat: 10g
Saturated Fat: 1g
Polyunsaturated Fat: 4g
Monounsaturated Fat: 4g
Sodium: 599mg
Potassium: 504mg
Fiber: 9g
Sugar: 6g
Vitamin A: 44IU
Vitamin C: 7mg
Calcium: 72mg
Iron: 4mg

Ingredients:

1 cup dried chickpeas (or 2 cups soaked and cooked or canned)
3 Tbsp lemon juice (fresh!)
1 tsp salt
3 Tbsp tahini (sesame paste)
1 garlic clove
½ cup water

Top with:

1 tsp olive oil
1 tsp parsley
1/8 tsp Sumac (optional)

Instructions:

- 1. Soak** the chickpeas in enough water (2-3x the amount) overnight. The next day, drain and rinse.
- 2. Cook** the chickpeas in an instant pot (beans setting) or simmer them for 45-60 minutes. Then drain and rinse.
- 3. Add** the cooked chickpeas, garlic, tahini, salt, lemon juice, and water to a blender.
- 4. Blend** until smooth. You might have to scrape down the sides or add more water. Then let it chill in the fridge until cold.
- 5. TOP** with olive oil, chopped parsley, and sumac! Enjoy!

NOTES: Adjust the seasonings to your taste and the consistency to your purpose. This is a very versatile staple, keeps in an airtight container for a week in the fridge. Use a thicker version for wraps with sliced cucumber and red peppers, on crackers, or if prefer it thinner, as a dip for veggies or crackers!!

[The Best Hummus made with dried chickpeas | Elephantastic Vegan](#)

Jamie Oliver's Vegetarian Chili Serves 4



Prep Time: 1 hr

Nutrition: (1 serving)

Calories:	369
Fat:	10.1 gm
Saturates	1.6 gm
Sugars:	14.4 gm
Salt:	0.9 gm
Protein:	21.5 gm
Carbs:	58.3 gm
Fiber:	12.9 gm

INGREDIENTS:

2 sweet potatoes (medium-sized, approximately 500g) - Diced
1 tsp cayenne pepper (plus extra for sprinkling)
1 tsp. ground cumin (plus extra for sprinkling)
1 tsp ground cinnamon
ground black pepper (freshly)
olive oil
1 onion, roughly chopped
1 red pepper, chopped
1 yellow pepper, chopped
2 cloves garlic, chopped fine
1 bunch fresh coriander or parsley
1 fresh red chilli
1 green chilli (fresh)
400 grams beans (tinned, such as kidney, chickpea, pinto and cannellini)
400 grams chopped tomatoes (tinned)

INSTRUCTIONS:

Preheat the oven to 400°F. Peel the sweet potatoes and cut into bite-sized chunks. Sprinkle with a pinch each of cayenne, cumin, cinnamon, salt and pepper.

Drizzle with olive oil and toss to coat, then spread out on a baking tray and set aside.

Pick the coriander leaves and put aside, then finely chop the stalks. Deseed and finely chop the chillies.

Place the sweet potatoes in the hot oven for 40 minutes, or until soft and golden.

Meanwhile, put a large pan over a medium-high heat and add a couple lugs of olive oil. Add the onion, peppers and garlic and cook for 5 minutes.

Add the coriander stalks, chilli and spices and cook for another 5 to 10 minutes, or until softened, stirring every couple of minutes. Drain the beans, then tip them into the pan with the tinned tomatoes. Stir well and bring to the boil, then reduce to a medium-low heat and leave to tick away for 25 to 30 minutes, or until thickened and reduced. Add a splash of water if it gets a bit thick.

Stir the roasted sweet potato through your chilli with most of the coriander/parsley leaves. Season with salt and pepper, to taste.

Scatter the remaining leaves over the top, and serve with some vegan sour cream, guacamole and rice or tortilla chips.

[Vegetarian chilli \(jamieoliver.com\)](http://jamieoliver.com)

Phnom-Penh's #1

Tofu with Rice

Thai Cuisine - Serves 4



Prep Time: 10 min

Rice Cook: 20 min

Nutrition: per serving

Calories: 361 kcal

Carbohydrates: 17g

Protein: 13g

Fat: 29g

Saturated Fat: 20g

Polyunsaturated Fat: 3g

Monounsaturated Fat: 5g

Sodium: 610mg

Potassium: 716Mg

Fiber: 3g

Sugar: 9g

Vitamin A: 3345IU

Vitamin C: 107mg

Calcium: 94mg

Iron: 6mg

Spicy? Start with lesser Panang curry paste, 2-3 tablespoons and add more based on your spice preference.

<https://pipingpotcurry.com/vegetarian-panang-curry-tofu/>

Ingredients:

1 lb soft tofu, cubed
1 tbsp red curry paste
2 tbsp peanut butter
1 tbsp cornstarch
 $\frac{3}{4}$ tsp salt
6 cups of chopped bok choy, carrots, celery and broccoli
 $\frac{1}{4}$ c coconut milk
3 kaffir leaves chopped finely
6 basil leaves chopped
Half a cucumber sliced
1 tomato sliced

Instructions:

Steam veggies (bok choy, carrots, celery and broccoli) for 2 minutes in $\frac{1}{4}$ inch of water.

Slowly add 1 cup hot water to curry paste, peanut butter, corn starch and salt until well combined. Then add to veggies and stir until thickened.

Add coconut milk, kaffir, basil, tofu and serve over basmati rice, garnished with tomato and cucumber.

NOTES

Store: You can store this curry in the refrigerator for up to 3 days in an airtight container. The curry thickens as it cools. Add a little water, and reheat in the microwave.

Red Lentil Dahl with Tomato & Spinach

Indian Cuisine

Serves 4

Main Course, Side Dish or
Soup



Prep Time	5 min
Cook Time	20 mins

Nutrition:

1 Serving:

Calories: 458kcal
Carbohydrates: 61g
Protein: 23g | Fat: 15g
Saturated Fat: 13g
Sodium: 799mg
Potassium: 1122mg
Fiber: 25g | Sugar: 9g
Vitamin A: 777IU
Vitamin C: 16mg
Calcium: 94mg
Iron: 9mg

Nutrition is calculated
automatically and
should be used as
estimate.

Ingredients

1/2 yellow onion, minced
1 Tablespoon olive oil
1 1/2 cups (300g) red lentils,
rinsed
4 1/2 cups (1L) vegetable
broth or water
1 cup canned crushed
tomato*
1 handful cherry tomatoes
5 ounces (150g) fresh baby
spinach
Chili flakes
Salt and freshly ground
pepper

Instructions

In a medium saucepan or
dutch oven, heat up the olive
oil. Melt in the onions, diced,
until soft and translucent.

Add red lentils and cover
with broth or water. Bring to
a boil, cover tightly, reduce
heat and simmer until they
are tender, about 15 minutes,
stirring regularly. Pour
crushed tomatoes (or tomato
sauce) and stir well.

Add cherry tomatoes, fresh
baby spinach and give a good
stir. Season with salt and
freshly ground pepper, add
some chili flakes, and serve
with a side of rice.

[https://www.delscookingtwist.com/
easy-tomato-red-lentil-stew-vegan-
gluten-free/](https://www.delscookingtwist.com/easy-tomato-red-lentil-stew-vegan-gluten-free/)

THAI NUT NOODLE BOWL

Thai Cuisine

Serves 2



Prep; 15 min

Total: 15 min

Nutrition

Serving: 1 serving
Calories: 471kcal
Carbohydrates: 60g
Protein: 19g
Fat: 19g
Saturated Fat: 4g
Polyunsaturated Fat: 5g
Monounsaturated Fat: 9g
Sodium: 619mg
Potassium: 662mg
Fiber: 7g
Sugar: 16g
Vitamin A :5138IU
Vitamin C: 40mg
Calcium: 73mg
Iron: 3mg

Dressing:

Combine in a blender

1 clove garlic
2 Tbsp sesame oil
3 Tbsp peanut butter
3 Tbsp soy sauce

Add to a bowl:
Cooked rice or rice noodles

A mix of vegetables:

1 cup edamame
1 bell pepper, sliced
1 small cucumber, diced
4 green onions, sliced
1 carrot, julienned
(whatever is in your fridge)

Toss veggies with dressing,
and top with chopped Cilantro
and sesame seeds

Notes:

1: This recipe works well with spaghetti noodles (regular or whole wheat), gluten free noodles and rice noodles. Or sub the noodles and mix with cooked quinoa instead for peanut quinoa!

2: Feel free to vary the vegetables as you wish, leaving out what you don't like and adding in what you do or have available.

3: Peanut noodles will keep for 3-4 days in the refrigerator. They don't freeze well.

Apple Cranberry Crumble

Serves 8

Prep time: 15 min

Bake time: 1 hour



Nutrition (estimate)

Calories: 403kcal

Carbohydrates: 77g

Protein: 2g

Fat: 11g

Saturated Fat: 2g

Polyunsaturated Fat: 3g

Monounsaturated Fat: 5g

Trans Fat: 2g

Sodium: 167mg

Potassium: 182mg

Fiber: 4g

Sugar: 57g

Vitamin A: 64IU

Vitamin C: 7mg

Calcium: 34mg

Iron: 1mg

Topping ingredients:

1 cup of rolled oats

1 tsp Cinnamon

3/4 cup of Brown Sugar

1/2 cup of melted Coconut Oil

1/2 cup of Almond Flour

1/2 cup of whole wheat flour

1/4 tsp Salt

1/2 cup of nuts , pecans or cashews

Mix all ingredients together well in a bowl and spread over base ingredients

Base ingredients:

5 large apples cut in thin wedges

2 cups of frozen cranberries

1 cup of peaches wedged

1/4 cup of lemon juice

1/2 cup Brown sugar

1 1/2 tsp Cinnamon

3 tsp corn starch

3/4 tsp grated ginger root

Mix all ingredients well in a bowl and spread over bottom of 9x13 baking dish

Heat oven to 250 degrees Fahrenheit and bake for 1 hr .

Notes: Choose the right

apples: Combining sweet and tart apples (like Honeycrisp and Granny Smith) is the best way to create a more full-bodied, balanced flavor.

Time-saving tip: Use a mandoline/food processor slicing disk to slice the apple quickly.

For a crisper crumble

topping: Chill it in the freezer for 15 minutes (or fridge for 30 minutes). This will hold the larger crumbs together and make for a crispier topping

CHOCOLATE PUDDING

This is delicious,
old-fashioned
chocolate pudding,
great for dessert or
kids' lunches



Prep time – 5 min
Cook time – 15 min

Makes 4 servings

Serving: ½ cup

NOTE: Depends on
type of plant milk
used and the brand
Soy milk is highest in
protein (close to
cow's milk)

Calories 35 – 50
Protein: 0 -3.5 gm

Ingredients:

2 cups oat milk (or any
plant milk)
3 tablespoons cocoa
3 tablespoons cornstarch
½ cup sugar
1 teaspoon vanilla
1/8 teaspoon salt

Instructions:

1. **Blend or whisk** all the ingredients together until smooth.
2. **Cook** over medium heat, stirring constantly, until the pudding comes to a boil.
3. **Continue cooking** 30 seconds, stirring constantly.
4. **Pour** into a bowl or individual serving dishes and cover with plastic wrap, pressed to the top of the pudding to prevent a film from forming
5. **Chill** for 1-2 hours, less if in individual serving jars.

Herbed Cheese

Charcuterie Board, Snack



Prep Time: 15 min

Chill: 4 hours or overnight

Editorial comment: "My pledge this October is to sample and include Vegan cheeses in my menus. I see that they are surprisingly simple to make, and their ingredients are increasingly easy to find. I will enjoy this next phase of my diet's transformation!" Claudette, Plantiful Working Group member

Note: you can get agar flakes and nutritional yeast at Tara Natural Foods or Sigrid's

Ingredients

- 1 1/2 cups water
- 5 Tbsp agar flakes
- 1/2 cup pimento pieces, drained (or roasted red pepper)
- 1/2 cup raw cashew pieces
- 1/4 cup nutritional yeast flakes
- 3 Tbsp lemon juice (optional)
- 2 Tbsp tahini
- 2 tsp onion powder
- 1 tsp salt
- 1/4 tsp garlic powder
- 1 Tbsp dill, oregano or chili powder (pick your flavor)
- 1/8 tsp mustard powder

Instructions

1. Place water and agar flakes in a small saucepan and bring to a boil.
2. Reduce the heat and simmer for 5 minutes, stirring often.
3. Place in a blender with the remaining ingredients and process until completely smooth. Mixture will be thick.
4. Pour immediately into a lightly oiled 3 cup rectangular or round glass container and cool.
5. Cover and chill for several hours or overnight.

6. To serve, turn out of mold and slice.

Tzatziki Sauce

Mediterranean

Sauce, for dipping or to serve with Falafels, Broiled Vegetables



Prep Time: 10 min

INGREDIENTS:

Step 1:

- 1/2 cucumber
- 1/2 handful of dill

Step 2:

- 150g cashew nuts
- 100ml water
- 1 clove of garlic
- 3 tbsp lemon juice
- 2 tbsp apple cider vinegar
- 1/2 - 3/4 tsp salt

INSTRUCTIONS:

Step 1:

- Finely cube 1/2 a medium size cucumber and then chop up some dill
- Put aside.

Step 2:

- Add all ingredients from step 2 into a smoothie blender and then blend for 1 minute or until everything is super smooth. You don't need to soak the cashews unless you have a super weak blender (it's an urban legend that you need to do it - if you do it then you may need to reduce the water content in the recipe, otherwise it may be too runny).

Step 3:

- Pour the blended mixture into a medium size bowl, add the cucumber and dill and mix together.
- Drizzle some olive oil on top (optional) and serve with sliced veggies like carrots or peppers or with toasted bread like pita bread.
- Enjoy!

[Easy vegan tzatziki :: Exceedingly vegan](#)