



2022 NHA CONFERENCE JUNE 24-26

Recipes

Friday Dinner

SALAD BAR

Greens: romaine and mixed baby greens

Toppings: tomato wedges, savory or Napa cabbage, red onion, carrots, jicama, beets, sliced avocado, cucumbers, peppers, and avocado

Beans, salt free: red kidney, black beans

Nuts, raw and unsalted: walnuts, pecans

Seeds, raw and unsalted: sunflower seeds, sesame seeds

Dressings: Creamy Avocado Dressing, Vegan Ranch Dressing

SOUP

Pasta e Fagioli

DINNER BUFFET

Stuffed Peppers with Quinoa, Eggplant and Basil

Green Bean Casserole

Spicy Root Vegetables

Steamed Broccoli

DESSERT

Chocolate Crème Filled Cupcakes

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off), iced water

Creamy Avocado Dressing

Laura (Body2Mind) from DrFuhrman.com

- 2 ripe avocados, peeled, pitted and chopped
- 2 tablespoons nutritional yeast
- ¼ cup unsweetened soy, hemp or almond milk
- 2–3 small shallots, according to taste
- ¼ cup white wine vinegar

1. Blend all ingredients in a high-powered blender until smooth and creamy.

NOTES

You can modify amounts of shallot and non-dairy milk to adjust taste and consistency.

Unlike most fruits, avocados start to ripen only after they are picked. Unripe, firm and green fruit can take four to five days to ripen. A ripe avocado yields to gentle pressure but is still firm. If your avocado is ripe before you are ready to eat it, it can be refrigerated to slow down the ripening process.

NUTRITION PER SERVING

CALORIES 143; PROTEIN 4G; CARBOHYDRATES 9G; SUGARS 1G; TOTAL FAT 10.9G; SATURATED FAT 1.5G; SODIUM 14MG; FIBER 5.8G; BETA-CAROTENE 43UG; VITAMIN C 7MG; CALCIUM 35MG; IRON 0.8MG; FOLATE 64UG; MAGNESIUM 30MG; POTASSIUM 397MG; ZINC 1.4MG; SELENIUM 0.5UG

Vegan Ranch Dressing

Tami Kramer from Nutmeg Notebook

- 12 ounces Silken Tofu—soft
- ½ cup plant milk, unsweetened
- 2 tablespoon apple cider vinegar
- 1 garlic clove
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt substitute—Well Your World Stardust
- 1 tablespoon white chia seeds—can use black too
- Freshly ground black pepper to taste
- 1 Medjool date or 2 Deglet Noor dates soaked in water if needed to make the date soft
- 2 tablespoons chopped fresh dill
- 1 tablespoons chopped fresh Italian parsley
- 1 tablespoons chopped fresh chives

1. In the blender container of a high powered blender put the first 10 ingredients—starting with tofu all the way to the dates. Process until mixture is creamy smooth making sure the date and the chia seeds have been well incorporated.
2. After the mixture is creamy smooth add the fresh herbs to the blender container and pulse gently to incorporate them but not so much that the dressing turns green! No problem if it does but I think it's prettier when the dressing is white with flecks of green herbs through out.
3. Refrigerate the dressing in a container with a lid. It will thicken after it chills and the flavor of the herbs is more prominent after it has been chilled. It will last 5 days in the refrigerator—you'll most likely eat it all before then!

NOTES

You can make it thicker or thinner depending on your personal preferences. Add more or less plant milk to your liking. Feel free to adjust the seasonings to suit your taste preferences.

SUBSTITUTIONS

Tofu can sub 1 can or box of white beans drained—it won't be as creamy but it's still good

Oat milk any unsweetened plant milk—soy milk is over powering

White Chia Seeds black chia seeds

Dates 2 tablespoons raisins

Stardust salt substitute any salt substitute that you prefer

Fresh herbs please don't use dried as they don't work as well

Pasta e Fagioli

The Jaroudi Family

8 oz tempeh, crumbled

1/2 cup onion, chopped

1/2 cup carrot, chopped

1/2 cup celery, chopped

4 cups vegetable broth

1 15-oz can of diced tomatoes

1 15-oz can of kidney beans

1 15-oz can of white beans

1 cup of pasta (ditalini)

3 garlic cloves, minced

1 tbsp Italian seasoning

1 tsp black pepper

Extra vegetable broth as desired

Instant Pot: Add all ingredients into a 6qt Instant Pot and set high pressure for 4 minutes. Quick-Release Instant Pot (this will keep the pasta from overcooking). Add extra vegetable broth as needed.

Slow Cooker: In a large slow cooker add all ingredients except the pasta. Cook on high for two hours or on low for four. Add the dry pasta in 30 minutes before the slow cooker is done.

Stove Top: In a large stockpot add all ingredients except the pasta. Turn the heat to medium-high and simmer for ten minutes. Add pasta and simmer for ten more minutes.

Stuffed Peppers with Quinoa, Eggplant and Basil

D. Ferreri from DrFuhrman.com

1/2 cup dry quinoa

3–4 large bell peppers, cut in half lengthwise, seeds and membranes removed

3 cloves garlic, minced

1 medium onion, minced

1 medium eggplant, diced

1 medium zucchini, diced

8 ounces mushrooms, diced

1 1/2 cups low-sodium or no-salt-added tomato sauce or no-salt-added crushed or diced tomatoes

1 teaspoon Dr. Fuhrman's MatoZest, Italian seasoning or oregano (or to taste)

2 tablespoons fresh basil

1. Place quinoa in a fine-mesh sieve and rinse under cold water for a few seconds.
2. In a saucepan, bring 1 cup water to a boil, add quinoa, turn down the heat to low, cover and simmer gently until all the liquid is absorbed, about 15 minutes. Set aside.
3. Steam bell peppers, cut side down over 1/2 inch boiling water until nearly tender, about 8–10 minutes.
4. Heat 1/8 cup water and saute the garlic and onion. Add the eggplant, zucchini and mushrooms and cook until eggplant and zucchini are soft. Add the cooked quinoa, tomato sauce or crushed tomatoes, seasonings and basil. Spoon vegetable-quinoa mixture into peppers.
5. Serve immediately or bake for 15 minutes at 350°F if desired.

NUTRITION PER SERVING

CALORIES 240; PROTEIN 12G; CARBOHYDRATES 48G; SUGARS 15G; TOTAL FAT 3G; SATURATED FAT 0.5G; SODIUM 27MG; FIBER 13.3G; BETA-CAROTENE 906UG; VITAMIN C 165MG; CALCIUM 86MG; IRON 3.4MG; FOLATE 156UG; MAGNESIUM 130MG; POTASSIUM 1493MG; ZINC 2.2MG; SELENIUM 10.7UG

Green Bean Casserole

StraightUpFood.com

- 1½ cups water or salt-free vegetable broth or stock
- 2 oz. raw, unsalted cashews (about ½ cup)
- 2 tablespoons flour (I used millet flour but any type will work)
- 1 lb. green beans, rinsed, trimmed and halved (about 4 cups)
- 1 medium sweet yellow onion, chopped (about 2 cups)
- ½ lb. white or cremini mushrooms, sliced (3 to 4 cups)
- 1 tablespoon finely chopped garlic (about 3 cloves)
- 1 teaspoon finely chopped fresh rosemary or thyme
- Black pepper to taste
- Dried onions (optional; see Notes)

1. Place the sauce ingredients (water or broth, cashews and flour) into a blender, and blend for 10 seconds. Set aside and we'll come back to this in step 4. Set aside a 1.5–2-quart oven-safe casserole dish.
2. To cook the beans, bring 6 cups of water to a boil in a soup pot. Add the beans and boil on high for 5 to 6 minutes. Drain in a colander, and then transfer the beans to a bowl of ice water (this stops the cooking, and helps to maintain the shape and color). Drain after 5 minutes and set aside.
3. Preheat the oven to 350°F. Heat 1 tablespoon of water in the same soup pot used in step 2 over medium-high heat. When the water starts to sputter, add the onion and mushrooms, and cook while stirring for 3 to 4 minutes, adding a little water, as needed, to prevent sticking. Add the garlic and rosemary, and stir for 1 more minute. Remove from the heat.
4. Blend the sauce ingredients again until smooth. Stir the sauce into the pot of onions and mushrooms, and add the green beans as well. Transfer this to your baking dish. Bake uncovered for 20 minutes. Serve immediately as is or topped ground black pepper and/or dried onions.

Dried onions: My main divergence from the traditional green bean casserole (aside from it being plant-based) is that I am not using French's French-Fried Onions because they contain oil and salt. I tried making my own using a few different methods, and didn't come up with anything I liked. I even dehydrated some onions at home, and just don't think this is a practical route for most people, as dehydrating takes many hours. But if you want to try dehydrating onions for this dish, feel free. I finally ended up just using some dried minced onion and dried shallots from the spice store, which can be added as a garnish over the whole dish or people can add them if they wish.

Mushrooms: I know a lot of people don't like mushrooms, so I think they could be substituted with a favorite vegetable like cauliflower, broccoli, peppers, or even cubed winter squash. The sauce would go well with any of these types of substitutions.

Baking dish: You could easily use an 8x8-inch backing dish for this recipe, or any that are around this size. I baked this recipe in the shallow dish shown in the photos here and it worked great. I preferred it since it would look a bit nicer on the holiday table.

Flour: I usually grind my own flour for my recipes, but for this I used some millet flour from the store, because I wanted it to be a very fine texture since it was going into a sauce. I used millet because that's what I had in my cupboard (and is gluten-free), but any type of flour would work I think, including oat or rice.

NUTRITION PER SERVING

SERVING SIZE: ¼ RECIPE (ABOUT 1 CUP); NOT INCL. DRIED ONION GARNISH;
CALORIES: 111; SUGAR: 5G; SODIUM: 6MG; FAT: 5G; SATURATED FAT: 1G;
CARBOHYDRATES: 15G; FIBER: 4G; PROTEIN: 5G; CHOLESTEROL: 0G

Spicy Root Vegetable Medley

StraightUpFood.com

- 1½ teaspoons ground coriander
- 1½ teaspoons paprika
- 1½ teaspoons ground cumin
- 1 teaspoon garlic powder
- 1½ teaspoons dried sage, minced fine
- 1 medium Yukon Gold potato, cut into 1-inch chunks
- 1 medium red potato, cut into 1-inch chunks
- 1 medium yam, cut into 1-inch chunks
- 1 medium sweet potato, cut into 1-inch chunks
- 1 medium parsnip, peeled, cut into 1-inch chunks
- 1 large carrot, cut into ½-inch rounds
- 15 Brussels sprouts, each cut in half lengthwise
- 2 avocados, sliced lengthwise (optional)

1. Preheat oven to 400°F. Place a large piece of parchment paper on a sheet pan so that the vegetables do not stick (do this in place of oiling the pan).
2. Combine the herbs and spices: coriander, paprika, cumin, garlic powder and sage, in a small bowl.
3. In a large bowl, combine all of the vegetables: potatoes, yam, parsnip and carrot, as well as the Brussels sprouts.
4. Pour the spices and herbs over the vegetables and mix so that all the vegetables are coated with the mixture.
5. Place all of the spiced vegetables on the sheet pan (large enough to accommodate the vegetables in a single layer).
6. Place the pan on a shelf toward the top of the oven and roast for 40 to 45 minutes until tender. (Halfway through cooking, take the pan out and flip the vegetables with a spatula, then return to the oven to finish cooking.)
7. Serve immediately or warm with avocado slices or home-made ketchup.

NUTRITION PER SERVING

SERVING SIZE: ¼ RECIPE WITHOUT AVOCADO (ABOUT 0.75 CUPS); CALORIES: 119;
SUGAR: 4.7G; SODIUM: 55G; FAT: 0.6G; SATURATED FAT: 0.1G; CARBOHYDRATES:
21.4G; FIBER: 5G; PROTEIN: 3.6G; CHOLESTEROL: 0

Chocolate Cream-Filled Cupcakes

Adapted from The Jaroudi Family

CAKE DRY INGREDIENTS

- ¾ cup oat flour (see Notes)
- ¾ cup whole wheat flour (or buckwheat flour for gluten-free)
- 1 tsp baking soda
- 1 tsp baking powder
- ¼ cup cocoa or carob powder
- ½ cup date sugar (or date paste, added with other wet ingredients)

CAKE WET INGREDIENTS

- 1 flax egg (1 tbsp flax meal mixed with 3 tbsp water)
- ½ cup nondairy milk mixed with ½ tsp apple cider vinegar (“buttermilk”)
- ½ cup applesauce
- 1 cup hot coffee (or any coffee replacement like dandy blend/tea)
- ½ tsp vanilla extract
- ½ tsp white miso paste

CREAM FILLING

- ⅓ cup raw cashews
- ⅓ cup white beans, drained and rinsed
- 2 pitted dates
- ¾ teaspoon vanilla extract
- ¼ cup plain nondairy milk (unflavored/unsweetened)
- Dark chocolate minichips (optional)

1. Preheat oven to 350°F. Prepare the flax egg and add the vinegar to milk for the “buttermilk.” If using a nonsilicone cupcake pan, add paper liners.
2. In a high-speed blender, mix together the cream filling ingredients (except chocolate chips) until smooth. Move the filling to a bowl or a zip-top bag (see step 6). If desired, fold in chocolate chips. Set aside.
3. In a large bowl, mix together all of the dry cake batter ingredients.
4. Add in the flax egg, hot coffee, applesauce, nondairy buttermilk, vanilla, miso, and date paste (if using).
5. Add ~3 tablespoons of batter to each cupcake well. I use a medium scoop, plus a bit more.
6. Spoon a dollop of the cream filling into the center of each cupcake. An easy way to do this is to put the filling into a small zip-top bag. Cut off a small triangle of one corner and squeeze the dollops into the cupcakes. Add the remaining batter over top of the cream filling.
7. Bake for 30 minutes. Let the cupcakes cool completely before removing them. (If using a silicone pan, cool for 15-20 minutes, then take them out and let them cool fully on a drying rack.

NOTES

Most combinations of flours to total 1½ cups will work well. Use what you have and like.

The recipe can also be made in a loaf pan. Bake 50–60 minutes.

Saturday Breakfast

Almond milk/unsweetened (Elmhurst is a brand that is only filtered water and almonds). Served in carafes.

FRUIT/SALAD BAR

Fruit: Watermelon, cantaloupe, grapefruit, blueberries, pineapple and bananas

Nuts, raw and unsalted: Cashews and slivered almonds

Seeds, raw and unsalted: Ground flax seeds, hemp seeds and pumpkin seeds

Salad: Romaine, spinach, roasted mushrooms, carrots, celery, peppers, cucumbers and avocado

Beans, unsalted: Garbanzo beans

Dressing: Dijon Date Dressing and Creamy Peach Vinaigrette

BREAKFAST BUFFET

Banana Walnut Pancakes

Steel Cut Oatmeal

Baked Sweet Potatoes

Steamed zucchini and squash

Apple Hemp Muffins

Bumpa Bars

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off), iced water

Dijon Date Dressing

Tami Kramer from Nutmeg Notebook

SERVES: 8

1 cup water

1/3 cup raw cashew butter or 2/3 cup raw cashews*

4 tablespoons balsamic vinegar

1 teaspoon salt free Mrs. Dash Garlic & Herb seasoning blend

2 tablespoons Dijon mustard

1 Medjool date, pit removed, chopped (or to taste the original recipe called for 4-6 dates)

1-2 cloves garlic, minced

1. Blend all ingredients together in a high powered blender or food processor until silky smooth. Store in refrigerator.

* If you soak cashews covered with water overnight it will soften them so they will blend easier. Pour off water before blending.

NUTRITION PER SERVING

PER SERVING: 81.5 CALORIES; 3.6G FAT; 0MG CHOLESTEROL; 54.6G SODIUM; 59.2G POTASSIUM; 12.2 G CARBS; 0.9G FIBER; 1.5G PROTEIN

Creamy Peach Vinaigrette

StraightUpFood.com

MAKES: 1 CUP

1 medium ripe peach (yellow or white), skin on, diced (about 4 oz.)

1/3 cup water

2 tablespoons brown rice vinegar

1 tablespoon raw, unsalted cashews

1 green onion/scallion chopped (white and green portions)

1. Using a high-speed or standard blender, blend all ingredients until smooth (or to your desired consistency).

NUTRITION PER SERVING

SERVING SIZE: 1 RECIPE (ABOUT 1 CUP); CALORIES 110; SUGAR 13.5G; SODIUM 3.2MG; FAT 4.4G; SATURATED FAT 0.8G; CARBOHYDRATES 17.8G; FIBER 2.7G; PROTEIN 2.8G; CHOLESTEROL 0

Banana Walnut Pancakes

Adapted from Brenda Davis

MAKES: 10–12 PANCAKES

- 1½ cups rolled oats
- 3 tablespoons ground flax seeds
- 1½ teaspoons baking powder
- 1 teaspoon cinnamon
- ⅛ teaspoon nutmeg
- 2 ripe bananas (about 1 cup mashed)
- 1½ cups nondairy milk
- ½ teaspoon vanilla
- ⅓ cup coarsely chopped walnuts

1. In a blender, pulse the oats, flax seeds, baking powder, cinnamon, and nutmeg to a flour-like consistency.
2. Put the bananas, nondairy milk, and vanilla in the blender with the oat mix and pulse until the batter is smooth. Add the walnuts and pulse until just mixed into batter. (You want the walnuts to remain in chunks.)
3. Place a large non-stick skillet on medium heat. Make 3 small pancakes using about ¼ cup of the batter per pancake. Spread the batter with a spatula so the pancakes are not too thick. Cook about 2–3 minutes or until pancakes are browned. Flip and cook about 2 minutes on the other side.

Strawberry-Date Syrup

StraightUpFood.com

MAKES: 2 CUPS

- 1½ cups water
- 4 ounces pitted dates (7 to 8 Medjool or 14 to 16 Deglet Noor), chopped
- ½ cup sliced strawberries

1. Place the water, dates, and strawberries into a blender, and set aside for at least 15 minutes (so the dates can soften).
2. Blend until a smooth, pourable consistency is reached (add more water, as needed, to thin, but the syrup will thicken as it sits). Serve over pancakes and waffles.

NOTES

Instead of water, you may also use fruit juice (or a mixture); I love fresh tangerine juice in this syrup.

Instead of strawberries, try raspberries, blueberries, kiwifruit, peaches, and mango.

Use any leftover syrup on fruit or oatmeal.

NUTRITION PER SERVING

SERVING SIZE: .5 CUP; CALORIES 85; SUGAR 19.9G; SODIUM 4MG; FAT 0.1G; CARBOHYDRATES 45.7G; FIBER 2.3G; PROTEIN 0.7G; CHOLESTEROL 0G

Apple Hemp Muffins

DreenaBurton.com

MAKES: 12 MUFFINS

- 1½ cups whole-grain spelt flour
- 1 cup oat flour
- ⅔–¾ cup hemp seeds
- 2 tsp baking powder
- 1 tsp baking soda
- 1½–1¾ tsp cinnamon
- ¼ tsp ground cardamom can substitute freshly grated nutmeg
- 1 cup unsweetened organic applesauce
- ½ cup pure date syrup
- ¾ cup plain or vanilla non-dairy milk
- 1½ tsp pure vanilla extract
- ⅓ cup raisins

1. Preheat oven to 350°F (176°C).
2. In a large bowl, combine the dry ingredients, sifting in the baking powder and baking soda. Stir through until well combined.
3. In another bowl, combine applesauce, date syrup, non-dairy milk, and vanilla, and mix together.
4. Add the wet mixture to the dry mixture, and gently fold and mix through, until just combined (do not over mix).
5. Spoon the mixture into a muffin pan lined with cupcake liners (this will fill 12 muffins quite full).
6. Bake for 21–23 minutes, or until a toothpick inserted in the center comes out clean.

NOTES

To ensure they don't stick to the muffin liners, try using parchment muffin liners. They do the trick!

Bumpa Bars

Katharine Evans

WET INGREDIENTS

- 1⅓ cups date paste (made with equal volume of dates & water)
- 6 ounces silken tofu, preferably extra firm
- 3 tablespoons ground flax seed
- ½ cup applesauce

DRY INGREDIENTS

- 2⅔ cups of oat flour
- 3 cups rolled oats
- 1⅓ cup chopped fig pieces (330g). Any dried fruit except dates could also work.
- 1⅓ cup chopped pecans
- 1¼ tsp salt
- 1 tsp soda
- 2 tsp vanilla (or 1 tsp powder)

1. Preheat oven to 375°F and line a 9" x 13" pan with parchment paper.
2. Blend all wet ingredients together.
3. Add all the dry ingredients into a large bowl and mix to combine well.
4. Add the wet ingredient mix to the dry ingredients and mix well.
5. Press evenly into the parchment-lined pan.
6. Bake at for 30–35 minutes until a toothpick inserted in the center comes out clean and the bars are beginning to brown.

Saturday Lunch

SALAD BAR

Greens: romaine, bibb lettuce, and microgreens

Toppings: cherry/grape tomatoes, radicchio, shallots, carrots, zucchini, celery sticks, broccoli florets, mushrooms, cucumbers, kale, avocado

Beans, salt free: black beans and kidney beans

Nuts, raw and unsalted: sunflower seeds, ground flax seeds, and hemp seeds

Dressing: Lemon Basil Vinaigrette and Creamy Balsamic Dressing

LUNCH BUFFET

Build your own Burger Bar:

Rodeo Burger

BBQ Sauce

Onion Rings

Mustard and Ketchup

Plant-based Mayo

Fresh sliced onions, fresh sliced tomatoes, butter leaf lettuce

Side dishes:

Mac 'n' Cheese

Southwestern Bean Salad

Coleslaw

Waldorf Salad

Potato Salad

Corn on the Cob

DESSERT

Apple Oat Crisp

Pumpkin Snackles

Watermelon Slices

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off), iced water

Lemon Basil Vinaigrette

DrFuhrman.com

SERVES: 4

2 tablespoons fresh lemon Juice

2 tablespoons balsamic vinegar

½ cup water

¼ cup raw almonds or ⅓ cup raw almond butter

¼ cup raisins

⅓ cup fresh basil leaves

1 teaspoon Dijon mustard

1 clove garlic

1. Blend ingredients in a high-powered blender until smooth.

NUTRITION PER SERVING:

CALORIES 86; PROTEIN 2G; CARBOHYDRATES 11G; SUGARS 2G; TOTAL FAT 4.5G; SATURATED FAT 0.3G; SODIUM 21MG; FIBER 1.5G; BETA-CAROTENE 84UG; VITAMIN C 4MG; CALCIUM 40MG; IRON 0.7MG; FOLATE 8UG; MAGNESIUM 29MG; POTASSIUM 163MG; ZINC 0.3MG; SELENIUM 0.8UG

Creamy Balsamic Dressing

[Tami Kramer from Nutmeg Notebook](#)

SERVES: 6

1 box or can of cannellini beans no salt added rinsed and drained either a 13.4 oz box or 15.5 ounce can

½ cup balsamic vinegar

4 Medjool dates—pitted depends on how sweet you like it—you could use less or more

4 teaspoons Dijon Mustard or no salt added mustard

1 cup unsweetened plant milk

2–3 teaspoons Garlic & Herb no salt seasoning or

2 fresh garlic cloves

1. Mix all the ingredients together in a high power blender like a Blendtec or Vitamix until smooth and creamy. It thickens after chilling in the fridge.
2. Creamy Balsamic Dressing If you have a regular blender you might try soaking the dates in warm water to soften them so they will blend better.
3. I keep it for 5 days in the fridge no problem. Some people tell me they freeze some of it and then when they need more they thaw it out.
4. You can sub date syrup for the dates but remember that the fiber in the dates helps the dressing thicken up.

Rodeo Burger

The Jaroudi Family

- 1 cup rolled oats
- 1 15-oz can of beans rinsed and drained (we used black beans)
- 2 flax eggs (2 tbsp flax meal mixed with 6 tbsp water mixed and set aside for 15 minutes)
- 1 tbsp white miso (optional)
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tbsp smoked paprika
- ¼ cup nutritional yeast

1. Combined all ingredients in a food processor. Blend until the majority of the mixture is well incorporate but you can still see a few whole beans and oats.
2. Move mixture to a bowl and refrigerate for 20–30 minutes.
3. Wet your palms with a tiny bit of water and form burger patties.
4. Add patties to baking sheet lined with parchment paper.
5. Bake at 350°F for 20–25 minutes.

NOTES

Try out the recipe with pinto beans, kidney beans, chickpeas, white beans. Optional add-ins: beets and chopped mushrooms.

Better Ketchup

StraightUpFood.com

MAKES: 1 CUP

- ¾ cup water
- Half of a medium apple, peeled, cored, chopped (about ½ cup)
- 1 can (6 ounces) tomato paste
- 1 tablespoon apple cider vinegar
- ½ teaspoon dried oregano
- ¼ teaspoon granulated garlic

1. Place all of the ingredients (water, apple, tomato paste, vinegar, oregano, and granulated garlic) into a blender, and blend until smooth. Refrigerate for two to three hours for the best flavor.

NOTES

You can substitute ½ cup apple juice for the apple (and decrease the water to ½ cup). You can substitute 1 tablespoon lemon juice for the apple cider vinegar.

NUTRITION PER SERVING:

SERVING SIZE: ¼ RECIPE, ¼ CUP; CALORIES 48; SUGAR 7.6G; SODIUM 27MG; FAT 0.3G; SATURATED FAT 0.1G; CARBOHYDRATES 11.5G; FIBER 2.4G; PROTEIN 1.9G; CHOLESTEROL 0

Easy BBQ Sauce

The Jaroudi Family

- 1 7oz jar of tomato paste
- 2 tsp white miso
- 2 tsp apple cider vinegar
- 1 tsp lemon juice
- 2 gloves of garlic
- 1 tsp onion powder
- 1 tsp smoked paprika
- 3 tbsp date paste
- 1 tbsp molasses

1. Combined ingredients into a blender. Blend until well combined. Sauce should be a thick consistency. If you prefer it thinner, add 1 tbsp of water at a time until you reach desired consistency.
2. Store in the refrigerator for up to 5 days

NOTES

Add an extra clove of garlic for more heat. Swap out garlic cloves for 1 tsp of garlic powder for a milder sauce. This sauce freezes well.

Onion Rings

The Jaroudi Family

- 1 large red onion (any onion will work!)
- 1 cup oat flour (any flour will work!)
- 1 cup whole wheat breadcrumbs (you can use GF breadcrumbs)
- 1½ cup non-dairy, unsweetened milk
- 1 tbsp nutritional yeast
- 1 tbsp garlic powder
- 1 tbsp smoked paprika

1. Slice onion into rings, separate, and set aside.
2. In one large bowl whisk together the oat flour and unsweetened, non-dairy milk to form a batter.
3. Combined seasonings, nutritional yeast, and breadcrumbs in a second large bowl.
4. Dip one onion ring into batter and then into breading mixture.
5. Added coated onion ring to parchment paper.
6. Repeat until all onion rings are coated.
7. Bake at 400°F for 20 minutes.

Plant-Based Mayo

The Jaroudi Family

- 14 oz can white beans (rinsed and drained)
- ½ cup plant milk
- 1 tsp white wine vinegar or rice vinegar
- 1 tsp white miso paste
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp mustard

1. Blend together in a high-speed blender.
2. Store in the refrigerator and mix before serving.

Easy Plant-Based Mac 'n' Cheese

The Jaroudi Family

- 1 16-oz package of whole-wheat noodles

SAUCE

- 2 cups nondairy milk (unsweetened/unflavored)
- ½ cup white beans
- ½ cup raw cashews (or sub for adding in another ½ cup of white beans!)
- 6 tbsp nutritional yeast
- 2 tbsp white miso
- 2 tbsp garlic powder
- 2 tbsp onion powder
- 2 tsp apple cider vinegar
- 2 tsp lemon juice
- 6 tbsp tapioca starch (or corn starch)
- 1 roasted red bell pepper (We use jarred)
- ½ cup whole-wheat breadcrumbs (optional)

1. Preheat oven to 350°F.
2. Cook whole-wheat noodles as per directions.
3. Add to a casserole baking dish.
4. Add all sauce ingredients into a high-speed blender and blend until smooth.
5. Add blended sauce mixture into a medium-size saucepan and cook on medium high for 3–5 minutes stirring constantly until the mixture becomes stretchy.
6. Remove from heat.
7. Pour sauce mixture over whole-wheat noodles.
8. Sprinkle whole wheat breadcrumbs on top of noodles.
9. Bake for 15–20 minutes until brown.

Family Favorite Mac 'n' Cheese Sauce

Jan Ziegler

MAKES: 3½ CUPS

- 1 cup peeled/diced potatoes
- ¼ cup diced carrots
- ⅓ cup chopped onion
- ¾ cup water (use the liquid that the above veggies are boiled in)
- ½ cup raw cashews (soak ahead or just toss them in the cooking water with the vegetables for the last 3–5 minutes)
- ¼ cup plain soy milk or other plain nondairy milk
- 2 tablespoons nutritional yeast
- 1 tablespoons lemon juice
- 2 teaspoons miso
- ¼ teaspoons garlic powder
- 1 pinch paprika
- 1–2 pinches nutmeg

1. Bring several cups of water to a boil in a medium pan. Add chopped vegetables and cook for 8–10 minutes until vegetables are tender and soft enough to blend. The time depends entirely on the size of the vegetable pieces.
2. Use a slotted spoon to remove the vegetables from the cooking water and place them in a blender. Add ¾ cup of the cooking liquid along with the rest of the ingredients.
3. Blend until smooth.

NOTES

For mac 'n' cheese, the full recipe works generously on 10 oz. pasta (good proportions if you plan to bake it) or on 12 oz. if eating it right away.

Also delicious for quesadillas, nachos, grilled cheese, or casseroles. It will thicken some as it cools, but you can also thicken it by using less water for blending.

Southwestern Bean Salad

Adapted from *The PlantPure Nation Cookbook*,
by Kim Campbell

SERVES: 4–6

One 15-ounce can pinto beans, drained and rinsed

One 15-ounce can black beans, drained and rinsed

1 cup frozen corn, thawed

1 red bell pepper, seeded and diced

½ cup diced medium red onion

1 cup halved or quartered cherry tomatoes

1 avocado, pitted and diced

¼ cup red wine vinegar

¼ cup lime juice

1 tablespoon date paste

½ teaspoon miso

½ teaspoon ground cumin

½ teaspoon chili powder

2 teaspoons Sriracha

¼ cup chopped fresh cilantro

1. Combine the beans and vegetables in a large bowl. Don't hesitate to add different vegetables depending on what is in season.
2. Blend the vinegar, lime juice, date paste, miso, cumin, chili powder, and Sriracha in a small bowl. Add more chili powder and Sriracha if you like it spicier!
3. Drizzle over the beans and vegetables and toss to coat.
4. Refrigerate for an hour and then sprinkle with the cilantro before serving.

Coleslaw

Adapted from *The PlantPure Nation Cookbook*,
by Kim Campbell

6 cups shredded green cabbage

1 carrot, shredded

½ cup sliced green onion

1 red or orange bell pepper, seeded and diced medium

½ cup Plant-Based Mayo (page 10)

¼ teaspoon smoked paprika

½ teaspoon black pepper

1 teaspoon celery seed

1 teaspoon onion powder

1 teaspoon miso

2 tablespoons white vinegar

2 tablespoons date paste

1. In a large bowl, combine the cabbage, carrot, green onion, and bell pepper.
2. Blend the mayonnaise, seasonings, miso, vinegar, and date paste and toss thoroughly to coat the vegetables with the sauce mixture until well combined.
3. Chill in the refrigerator before serving.

Waldorf Salad with Chickpeas

Katharine Evans

SALAD INGREDIENTS

Two 15-oz. cans of chickpeas, preferably salt-free, rinsed and drained

Two Granny Smith apples, unpeeled, cut into ½" cubes (about 250g or 2½ cups)

One large Fuji or other sweet, crisp apple, unpeeled, cut into ½" cubes (about 130g or 1¼ cup)

4-5 ribs celery, sliced ¼" thick, to make about 1½ cups (140g)

1½ cups red seedless grapes, sliced in half lengthwise (200g)

1 cup walnut pieces (110g)

½-⅔ cup vegan mayonnaise (recipe below) or other vegan mayo

Pepper to taste

MAYO INGREDIENTS

1 Medjool date, pitted, or two Deglet Noor dates, pitted

12.3 oz extra firm, silken tofu (Mori-Nu)

2 tablespoons cashews or cashew butter (~18g)

1 tablespoon lemon juice

1 teaspoon apple cider vinegar

½ teaspoon dried mustard

1. If not using the already-prepared mayonnaise, make it. Add all ingredients to a high-powered blender and blend until smooth.
2. Mix the salad ingredients together in a large bowl.
3. Add the mayonnaise and combine well. Season to taste with pepper.
4. Chill.
5. Serve on a bed of lettuce.

SOS-free Potato Salad

Based on a recipe by Kim Campbell

YIELDS 6 SERVINGS

2½ pounds red potatoes, unpeeled

4 celery stalks, thinly sliced

½ red onion, cut in thin strips

6 green onions, sliced, including green tops

½ cup vegan mayonnaise

4 teaspoons apple cider vinegar

2 tablespoons Dijon mustard

1 teaspoon date paste

½ teaspoon miso

¼ teaspoon black pepper

1. Cut the potatoes into bite-sized chunks, and place them in a large pot. Cover with water and bring to a boil.
2. Boil the potatoes for 12–15 minutes, until the potatoes are tender.
3. Drain the potatoes and rinse with cold water to cool them down to room temperature.
4. Place the potatoes in a large bowl. Add the celery, red onions, and green onions.
5. Mix the remaining ingredients (mayo, vinegar, mustard, date paste, miso, and pepper) to make the dressing.
6. Add the dressing to the potatoes and gently stir. Mix thoroughly.

Apple Oat Crisp (Gluten Free)

Tami Kramer from Nutmeg Notebook

SERVES: 8

FILLING

- 4 cups apples, peeled, cored, diced or thinly sliced $\frac{1}{8}$ inch (I use 2 Granny Smith & 2 Honey Crisp apples)
- 1 tablespoon lemon juice
- 2 teaspoons cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- 1 tablespoon oat flour
- $\frac{1}{4}$ teaspoon vanilla powder or vanilla extract
- $\frac{1}{4}$ cup raisins
- 2 Tablespoons apple juice unsweetened

TOPPING

- $1\frac{1}{2}$ cups rolled oats, certified gluten free for those who are GF
- $\frac{1}{4}$ cup almond flour or oat flour certified GF oat flour for those who are GF
- 2 teaspoons Apple Pie Spice
- $\frac{1}{4}$ teaspoon vanilla powder or vanilla extract
- 5 Tablespoons Apple Juice unsweetened
- $\frac{1}{4}$ cup date paste

1. Preheat oven to 350°F.
2. For the filling, in a large mixing bowl, combine the apples, lemon juice, cinnamon, nutmeg, oat flour, vanilla powder, raisins and apple juice. Stir until well combined. Place in a 9-inch round or square baking dish.
3. For the topping, in a medium size bowl, combine the rolled oats, oat flour (or almond flour) apple pie spice, vanilla powder or vanilla extract, apple juice and date paste. Using a fork, mix until well combined. Spread it evenly over the apples in the baking dish. It will be lumpy—that's what we want so it will get crispy.
4. Bake in a preheated oven for 30–35 minutes until lightly browned on top and the apples are cooked through.
5. Serving suggestion: serve warm with a scoop of your favorite nice cream. We like using frozen bananas and frozen mango processed in either our Vitamix blender, food processor or Champion Juicer. Give it a little dusting of ground cinnamon for the finishing touch.

NOTES

You can make your own oat flour by putting rolled oats in a food processor or blender.

Pumpkin Snackles

DreenaBurton.com

MAKES: 12–13

- $1\frac{1}{2}$ cups rolled oats use certified gluten-free for that option
- 1 cup oat flour use certified gluten-free for that option
- $\frac{1}{4}$ cup raisins
- $1\frac{1}{4}$ tsp baking powder
- $1\frac{1}{4}$ tsp cinnamon
- $\frac{1}{4}$ tsp freshly grated nutmeg
- $\frac{1}{4}$ tsp allspice
- Pinch cloves optional
- $1\frac{1}{2}$ tbsp ground chia you can buy it pre-ground, or grind seeds in a high-powered blender or coffee/spice grinder
- $\frac{3}{4}$ cup pumpkin puree not pumpkin pie mix, see note
- $\frac{1}{2}$ cup + 2 tbsp pure date syrup
- 3 tbsp unsweetened non-dairy milk
- $\frac{1}{2}$ tbsp freshly squeezed lemon juice
- 1 tsp vanilla
- 2–3 tbsp non-dairy chocolate chips optional

1. Preheat the oven to 350°F.
2. Line a baking sheet with parchment paper.
3. In a large bowl, mix all dry ingredients from rolled oats to pinch of cloves, stirring to mix well.
4. In another bowl, combine the chia with the pumpkin, date syrup, non-dairy milk, lemon juice, and vanilla, whisking through to smooth out the pumpkin puree.
5. Add the wet ingredients to the dry, stirring through until nicely incorporated—and adding the chocolate chips, if using (see note).
6. Use a cookie scoop (or take spoonfuls, about 2 tablespoons in size) to transfer mounds of the batter to the baking sheet.
7. Bake for 13–14 minutes until just firm to the touch (about 14 minutes for a yield of 12 snackles, and 13 minutes for yield of 12).
8. Remove from the oven, and let cool on the pan for about a minute, then transfer to a cooling rack.

NOTES

The consistency of canned pumpkin puree can vary. I use Farmer's Market brand, and it is very thick and dense.

I sometimes make these and add chocolate chips to only half the batch. Scoop out about half the batter, then stir in a few chocolate chips, and finish off scooping the batch!

Try adding toasted chopped pecans to these snackles.

Saturday Dinner

SALAD BAR

Greens: Chopped Romaine, Arugula, Watercress

Toppings: Cherry/grape tomatoes, red onions, artichokes, shredded cabbage, jicama, radishes, cauliflower florets, peppers, cucumbers, avocado, broccoli sprouts

Beans, salt free: Shelled Edamame, Cannellini

Nuts, raw and unsalted: Walnuts, Cashews

Seeds, raw and unsalted: Raw pumpkin seeds, Sesame seeds

Dressings: Cashew Hemp Caesar Dressing and Lemon Poppyseed Dressing

Soup: Easy No Chicken Noodle Soup

DINNER BUFFET

Chestnut and Mushroom Loaf and Porcini Mushroom Gravy

Twice Baked Sweet Potatoes and Easy Plant Based Sour Cream

Rustic Mashed Cauliflower with Roasted Garlic and Spinach

Roasted Asparagus

Dijon Steamed Kale and Veggies

Glazed carrots

DESSERT

Mini Raspberry-Lemon Cheesecakes

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off), iced water

Cashew Hemp Caesar Dressing

DrFuhrman.com

SERVES: 4

½ cup raw cashews, soaked in water for at least 1 hour, then drained

½ cup hemp seeds

½ cup water

¼ cup white wine vinegar

¼ cup nutritional yeast

1 clove garlic

½ lemon, juiced and zested

½ tablespoon Dijon mustard

½ teaspoon coconut aminos

½ teaspoon black pepper

1. Place all ingredients into a blender and blend until smooth. Refrigerate any excess.

NUTRITION PER SERVING

CALORIES 132; PROTEIN 7G; CARBOHYDRATES 8G; SUGARS 1G; TOTAL FAT 7.9G; SATURATED FAT 1.4G; SODIUM 46MG; FIBER 2.3G; BETA-CAROTENE 1UG; VITAMIN C 3MG; CALCIUM 17MG; IRON 1.6MG; FOLATE 6UG; MAGNESIUM 63MG; POTASSIUM 131MG; ZINC 2.6MG; SELENIUM 4.1UG

Lemon Poppy Seed Dressing

Chef AJ

1/2 cup lemon juice

1/2 cup water

2 ounces dates (approximately 4 large Medjool dates)

2 tablespoons Westbrae or other salt-freestone-ground mustard

1 tablespoon poppy seeds

2 teaspoons chia seeds

1. Place all ingredients except for the chia seeds in a high-powered blender and blend until smooth.
2. Add the chia seeds and briefly blend again. Refrigerate.

Easy No Chicken Noodle Soup

The Jaroudi Family

SERVES: 4

1 cup carrots chopped
1 cup celery chopped
1 cup red onion diced
2 garlic cloves minced
4 cups vegetable broth
2 bay leaves
1 tsp dried thyme
1 tsp dried oregano
1 tsp dried parsley
1 tbsp lemon juice
1 tsp miso

Black pepper to taste

Whole wheat pasta (cooked separately)

1 cup soy curls shredded, or 1 cup jackfruit shredded

1. Sauté onions, garlic, carrots, and celery in 1 cup of vegetable broth in a large soup pot—bring to a simmer and cook until onions are translucent.
2. Add in the remainder of vegetable broth, bay leaves, seasonings and bring to a simmer. Cook until vegetables are fork tender. (Around 15–20 minutes)
3. After soy curls are rehydrated and shredded OR jackfruit is ready add into your soup mixture.
4. Cook on a simmer for 10 more minutes.
5. Remove from heat and throw away bay leaves.
6. Stir in miso, lemon juice, and black pepper.
7. Serve in a large bowl and add in cooked pasta as desired.

Chestnut and Mushroom Roast

Elspeth Feldman

SERVES 8

2 cups red onions, diced
2 cups carrots, diced
2 cups celery, diced
3 cloves garlic, minced
16 ounces mushrooms, diced
1 tablespoon herbes de Provence or poultry seasoning
2 tablespoons tomato paste
1 cup brown rice, cooked
1 cup wild rice, cooked
1½ tablespoons coconut aminos or salt-free seasoning
1 7.4-ounce jar roasted chestnuts, diced (see note below)
3 ounces fresh baby spinach or Swiss chard

GARNISHES

6–8 small radishes

2 cups Brussels sprouts, halved and steamed

Fresh rosemary sprigs

Fresh thyme sprigs

1 zucchini (optional)

1. Preheat the oven to 350°F.
2. Add the onion, carrots, celery, garlic, and mushrooms to a large sauté pan and cook for 5–6 minutes or until all the vegetables have softened.
3. Add the herbes de Provence, tomato paste, brown rice, wild rice, coconut aminos, chestnuts, and spinach and cook for 3–4 minutes, stirring regularly. Cook until the spinach has wilted down and most of the liquid has cooked off. Adjust the seasoning as needed.
4. Add one cup of the mixture to a small blender and blend it into a paste. Add the paste back into the pan and stir it all together until well combined. (You can skip this step but it does help bind the mixture together.)
5. Add the mixture to a nonstick or silicone pan and press it into the pan. You can use a loaf pan for a rectangular-shaped roast or a bundt pan to make a wreath shape.
6. Cover with foil and bake for 60 minutes.
7. Remove the foil and cook for 15 minutes more. Then turn off the oven, but leave the pan in the oven for another 15 minutes. Run a knife around the edge of the roast to loosen it from the pan. Place a serving platter or cake stand upside down on top of the pan and very carefully flip it over. If any of the mixture gets stuck in the pan, spoon it out and gently press it back in place.
8. Arrange the Brussels sprouts and radishes around the roast and decorate the top with sprigs of fresh rosemary and thyme. For an optional garnish, peel the zucchini very thinly using a vegetable peeler and fashion a bow using the green peel.

NOTES:

Trader Joe's has roasted chestnuts; another brand I have used is La Forestiere. You can prepare this dish in advance and freeze the roast in the pan before roasting in the oven. To cook from frozen, cover with foil and roast for 75 minutes. Then remove the foil and cook for another 15 minutes. Finally, turn off the oven, but leave the pan in the oven for another 15 minutes. Garnish and serve.

Porcini Mushroom Gravy

DrFuhrman.com

SERVES: 6

- ½ cup dried porcini mushrooms
- 1 medium onion, thinly sliced
- 6 cloves garlic, minced
- 1 cup mushrooms, sliced
- 3 tablespoons whole wheat flour
- 2 tablespoons nutritional yeast
- 1 teaspoon coconut aminos
- 1 tablespoon Dr. Fuhrman's VegiZest or other no salt seasoning, adjusted to taste
- 1 cup water
- ½ tablespoon balsamic vinegar
- ⅛ teaspoon dried sage
- ⅛ teaspoon black pepper

1. Soak dried porcini mushrooms in 1 cup very hot water until soft, 10 to 15 minutes. Drain mushrooms, chop finely and reserve soaking water.
2. Heat ½ cup water in a medium saucepan, add onion, garlic and mushrooms, cover and cook over low heat until onions are soft. Add the flour, nutritional yeast, Braggs, and VegiZest. Gradually add 1 cup water along with the mushroom soaking water, stirring constantly. While stirring, bring the gravy to a boil, reduce heat and simmer until thickened. Add vinegar, sage and black pepper.

NUTRITION PER SERVING

CALORIES 45; PROTEIN 3G; CARBOHYDRATES 8G; SUGARS 2G; TOTAL FAT 0.3G; SATURATED FAT 0.1G; SODIUM 30MG; FIBER 1.6G; BETA-CAROTENE 1UG; VITAMIN C 3MG; CALCIUM 23MG; IRON 0.6MG; FOLATE 15UG; MAGNESIUM 16MG; POTASSIUM 135MG; ZINC 0.9MG; SELENIUM 7.6UG

Twice-Baked Sweet Potatoes

Del Sroufe

SERVES: 4

- 4 large sweet potatoes (about 2 lbs). scrubbed
- ½ yellow onion, diced small
- ½ red bell pepper, diced small
- 2 cloves garlic, minced
- 2 teaspoons curry powder
- 1 cup frozen or fresh peas
- 1 cup cooked or canned (and drained and rinsed) chickpeas
- ½ cup toasted cashews
- ½ cup chopped fresh cilantro

1. Preheat the oven to 350°F.
2. Pierce each sweet potato a few times with a fork, then place them on a baking sheet and bake until tender, 45–60 minutes.
3. While the sweet potatoes bake, saute the onions and bell peppers in a skillet over medium heat, stirring frequently, until the onions turn translucent and start to brown, about 8 minutes. Add the garlic and curry powder and cook for 1 more minute. Add the peas, chickpeas, cashews, and cilantro, and cook for 2 to 3 minutes to marry the flavors.
4. When the sweet potatoes are tender, let them cool until they are easily handled. Cut each sweet potato in half lengthwise and scoop out all but a ½-inch wall of the flesh. Add the scooped sweet potato flesh to the skillet with the chickpea mixture. Mix well, then season with sea salt to taste.
5. Spoon the filling into each of the sweet potato halves and place them back on the baking sheet. Bake until the tops of the sweet potatoes start to brown, about 25 minutes. Serve with Easy Plant-Based Sour Cream on page 26.

Rustic Mashed Cauliflower with Roasted Garlic and Spinach

DrFuhrman.com

SERVES: 4

- 1 bulb garlic
- 1 medium onion, sliced
- 1 medium head cauliflower, cut into chunks
- 10 ounces fresh spinach
- ½ cup raw cashew butter
- 2 tablespoons nutritional yeast
- 2 tablespoons chopped fresh chives
- ¼ teaspoon black pepper or to taste

1. Preheat oven to 350°F. Roast unpeeled garlic in a small baking dish for about 25 minutes or until soft. When cool, squeeze out the soft cooked garlic, removing and discarding the skins.
2. Heat a nonstick skillet and dry saute the onion until lightly browned, about 5 minutes, stirring consistently.
3. Steam cauliflower for about 8 to 10 minutes or until tender. Remove and place in a food processor.
4. Add spinach to the steamer and steam until just wilted. Set aside.
5. Process cauliflower, roasted garlic, cashew butter and nutritional yeast in food processor by pulsing to a chunky-smooth consistency.
6. Stir in sautéed onions, wilted spinach, chives, and black pepper.
7. Place in baking dish and bake at 350°F for 15–20 minutes or until heated through, then broil until just starting to turn golden brown.

NUTRITION PER SERVING

CALORIES 272; PROTEIN 13G; CARBOHYDRATES 25G; TOTAL FAT 16.3G; SATURATED FAT 3.2G; SODIUM 118MG; FIBER 8.2G; BETA-CAROTENE 4040UG; VITAMIN C 102MG; CALCIUM 139MG; IRON 5.1MG; FOLATE 420UG; MAGNESIUM 177MG; ZINC 2.9MG; SELENIUM 5.7UG

Easy Roasted Asparagus (Perfect & Oil-Free)

Shane Martin

SERVES: 4

- 1 lb. fresh asparagus
- 2 tablespoons low-sodium vegetable broth
- 1 teaspoon garlic powder
- Hearty pinch of pepper

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper or aluminum foil.
2. Trim the asparagus and arrange it in a single layer on the baking sheet.
3. Coat the asparagus with the veggie broth then sprinkle with garlic powder, salt, and pepper. Use your hands to lightly toss the pieces until they are evenly coated. Use more broth and seasonings as necessary.
4. Bake for 10–12 minutes until the asparagus is slightly brown and can be pierced with a fork. Cooking time will depend on the thickness of the asparagus.
5. Serve and enjoy! Store any leftovers in the fridge for up to 3 days in an airtight container.

Dijon Steamed Kale and Veggies

DrFuhrman.com

SERVES: 5

- 1 whole onion, chopped
- 5–10 cloves garlic (to taste), peeled and chopped
- 1 bunch kale, broken into bite-sized pieces
- 1 bunch broccoli, chopped
- 1 bell pepper, any color, chopped
- 2–3 other veggies (snow peas, green beans, asparagus, eggplant, etc.)
- 1-2 whole tomatoes, chopped
- 4 tablespoons Dijon mustard (or to taste)
- 4 tablespoons rice vinegar (or to taste)
- 4 tablespoons Dr. Fuhrman's VegiZest
- 1-2 cups cooked black beans
- 1 can artichoke hearts, rinsed to remove brine (optional)
- ¼–½ avocado, chopped (optional)

1. Place all ingredients in a pressure cooker or other pot. For optimal cooking of the vegetables when using a pressure cooker, the best method is to place the things that take longer to cook at the bottom and those that cook quickly at the top: i.e. garlic and onion at the very bottom, then the kale above that, then the broccoli, and so on, moving down the list, placing the spices on top. No addition of water is necessary if using the pressure cooker: Simply put the lid on, lock the cooker, turn on the heat, and wait for the button to pop. Stir, let cool for about 5 minutes, and eat. If using a normal pot, stir occasionally to ensure the vegetables don't burn, until thoroughly cooked and flavors have blended. (Either way approximately 30 minutes.)
2. This recipe can really be done with any mix of vegetables. The black beans and avocado together go particularly well with the Dijon. Another option is to do "Tuscan" Veggies, replacing the Dijon and rice vinegar with 1 can of tomato sauce and adding Italian seasonings, such as oregano, basil, and thyme. Artichokes and cannelloni beans are particularly good with the Tuscan style greens, and a little white wine vinegar and/or lemon juice can add a nice flavor as well. Carrot juice added to either a Dijon or tomato sauce is another option. The variations on the basic recipe are endless.

NUTRITION PER SERVING

CALORIES 342; PROTEIN 23G; CARBOHYDRATES 66G; TOTAL FAT 3.6G; SATURATED FAT 0.5G; SODIUM 416MG; FIBER 25.8G; BETA-CAROTENE 4033UG; VITAMIN C 267MG; CALCIUM 289MG; IRON 7.8MG; FOLATE 426UG; MAGNESIUM 251MG; ZINC 3.2MG; SELENIUM 12UG

Mini Raspberry-Lemon Cheesecakes

StraightUpFood.com

MAKES: 8–9

CHEESECAKES

- 1½ cups cashews (about 7 ounces)
- 6 ounces Medjool dates, pitted and halved (10 to 11 dates.)
- 1 cup lemon juice
- 1 cup water
- ¼ cup dry/uncooked millet
- 2¾ teaspoons vanilla extract
- 1 cup fresh raspberries (optional)

BERRY SAUCE

- 4 ounces fresh raspberries (about 1 cup; plus, a handful extra for garnish)
- ¼ cup water
- 1 ounce Medjool dates, pitted and halved (about 2 dates)

1. Place the cashews, dates, lemon juice, water, millet, and vanilla into a blender jar. Blend for 10 to 20 seconds, then let sit for at least 15 minutes. Preheat the oven to 325°F.
2. Blend the mixture again, until completely smooth (adding a tablespoon of water at a time as needed). Spoon into a muffin tin lined with parchment paper liners (or a silicone muffin pan, or other nonstick mold, like my 2.25-inch heart mold shown below), filling halfway. Push 1 to 2 raspberries into this batter (these make a great little surprise in the center). Finish filling with batter to the top. (If you have extra batter, fill a muffin liner with it and bake alongside the others.)
3. Tap the pan on the counter top many times to release any bubbles in the batter.
4. Bake for 30 minutes on a sheet pan (if using silicone), on the center oven rack. Remove from the oven and place on a cooling rack for 60 minutes. When completely cool, cover and place into the refrigerator.
5. To make the raspberry sauce, blend the raspberries with the pitted dates in a blender until smooth. Drizzle the cheesecakes with raspberry sauce and place a few raspberries on the side of each serving.
6. When ready to serve, remove the pan from the refrigerator and remove the individual cheesecakes while cold. Serve immediately or after sitting for 5 to 10 minutes, as these taste better on the cool side and are firmer.

NUTRITION PER SERVING

SERVING SIZE: 1 MINI HEART (143 G); CALORIES 248; SUGAR 20G; SODIUM 6MG; FAT 11G; SATURATED FAT 2G; CARBOHYDRATES 35G; FIBER 4G; PROTEIN 6G; CHOLESTEROL 0G

Sunday Breakfast

Almond milk/unsweetened (Elmhurst is a brand that only filtered water and almonds). Served in carafes.

FRUIT/SALAD BAR

Fruit: Cantaloupe, fresh papayas, mangoes, organic strawberries, thawed dark red cherries, organic blueberries

Nuts, raw and unsalted: Chopped walnuts and chopped pecans

Seeds, raw and unsalted: Ground flax seeds, hemp seeds, chia seeds and pumpkin seeds

Salad: Apple Bok Choy Salad

BREAKFAST BUFFET

Carrot Cake Oatmeal

Toasted Everything Bagels

Eggless Salad

Banana Cashew Lettuce Wraps

DESSERT

Blueberry Donuts

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off), iced water

Apple Bok Choy Salad

DrFuhrman.com

SERVES: 3

6 cups finely chopped bok choy

1 large apple, shredded

1 large carrot, shredded

½ cup chopped red onion

½ cup unsweetened soy, hemp or almond milk

½ cup raw cashews or ¼ cup raw cashew butter

¼ cup balsamic vinegar

½ cup raisins

1 teaspoon Dijon mustard

1 teaspoon caraway seeds

1. Combine bok choy, apple, carrot and chopped onion in a large bowl.
2. Blend non-dairy milk, cashews, vinegar, raisins, mustard and caraway seeds in a food processor or high-powered blender. Add desired amount to chopped vegetables.

NUTRITION PER SERVING

CALORIES 330; PROTEIN 11G; CARBOHYDRATES 52G; SUGARS 32G; TOTAL FAT 11.7G; SATURATED FAT 2G; SODIUM 246MG; FIBER 7.9G; BETA-CAROTENE 9517UG; VITAMIN C 134MG; CALCIUM 396MG; IRON 4.9MG; FOLATE 204UG; MAGNESIUM 149MG; POTASSIUM 1317MG; ZINC 2.3MG; SELENIUM 6.9UG

Carrot Cake Oatmeal

Author Unknown

4 cups shredded carrots

3 cups oats

1 cup unsweetened applesauce

1 cup oat flour

½ cup raisins

½ cup walnuts (optional)

1½ teaspoons baking powder

2 tablespoons cinnamon (reserve 1 tablespoon cinnamon to sprinkle on top)

1. Mix until well combined and add to 9x13 pan. Sprinkle with remaining cinnamon.
2. Bake at 425°F for 30 minutes for a “scoopable” oatmeal bake or bake 45 minutes for sliceable “cake-like” serving.

Serve with fresh fruit and enjoy while warm.
Refrigerate any leftovers.

Toasted Everything Bagels

Chef AJ

For those who do not eat gluten or flour, your prayers have been answered!

Yukon Gold potatoes, nicely rounded and the size of a bagel
Salt-free “everything bagel” seasoning of your choice

1. Steam potatoes and chill for several hours or overnight. I cook them in a pressure cooker in a basket for 5 minutes and immediately release the pressure, then refrigerate them.
2. When fully cooled, slice the potatoes in half and make a round hole in the center using an apple corer.
3. Place the seasoning in a small bowl and dredge the cut side of the potato in the seasoning until fully covered with spices.
4. Place them face up on a tray and air fry or bake at 400°F for 20–30 minutes.

NOTES

Let Chef AJ know if you need help sourcing a salt-free everything bagel seasoning. This may be a mixture that is easier to make than source.

Eggless Salad

The Jaroudi Family

SERVES: 4–6

SALAD

- 14 oz extra firm tofu (or 15 oz can drained chickpeas mashed)**
- ½ cup celery, chopped**
- ½ cup carrots, chopped**
- ½ tsp turmeric powder**
- ⅛ tsp black pepper**
- 1 tsp white miso paste mixed with 2 tbsp water**
- 1 tbsp Dijon mustard, (optional)**

PLANT-BASED MAYO (MAKES 2 BATCHES FOR THIS RECIPE)

- 14 oz can white beans (rinsed and drained)**
- ½ cup plant milk**
- 1 tsp white wine vinegar or rice vinegar**
- 1 tsp white miso paste**
- 1 tsp garlic powder**
- 1 tsp onion powder**
- 1 tsp Dijon mustard**

1. If you are using tofu for this recipe, crumble the block of extra firm tofu on a baking sheet lined with parchment paper. Bake at 250°F for 30 minutes. Remove from the oven and let the tofu cool completely.
2. In a large bowl combine the cooked tofu (or mashed chickpeas), celery, carrots, turmeric, pepper, mixed miso, and the optional Dijon mustard.
3. Add ½ of the plant-based mayo recipe (¾ cup). Mix together gently.
4. Serve eggless salad mixture chilled on a salad, sandwich, lettuce cup, etc!

NOTES

Add in chopped shallots or chives!

Banana Cashew Lettuce Wraps

DrFuhrman.com

SERVES: 2

- ¼ cup raw cashew butter
- 12 romaine lettuce leaves
- 2 bananas, thinly sliced (see note)

1. Spread about 1 teaspoon cashew butter on each lettuce leaf.
2. Lay a few banana slices on the butter and roll up like a burrito.

NOTES

Apple slices with raisins or sliced organic strawberries can be substituted for the bananas.

NUTRITION PER SERVING

CALORIES 321; PROTEIN 9G; CARBOHYDRATES 41G; SUGARS 16G; TOTAL FAT 16.7G; SATURATED FAT 3.3G; SODIUM 19MG; FIBER 7.2G; BETA-CAROTENE 8810UG; VITAMIN C 17MG; CALCIUM 75MG; IRON 3.5MG; FOLATE 274UG; MAGNESIUM 138MG; POTASSIUM 1012MG; ZINC 2.2MG; SELENIUM 5.5UG

Blueberry Donuts

StraightUpFood.com

MAKES: 12 DONUTS

8 ounces pitted dates (12–14 Medjool or 24–28 Deglet Noor), chopped

1 ¼ cups unsweetened nondairy milk

1 ½ cups old-fashioned rolled oats

¾ cup dry/uncooked millet

2 teaspoons baking powder

½ teaspoon ground cardamom (or see Notes)

½ cup applesauce

1 teaspoon lemon zest (see Notes)

1 cup fresh or unfrozen frozen blueberries (to go into batter)

2 ounces walnuts, chopped (about ½ cup; optional)

½ cup fresh or unfrozen frozen blueberries (to go on top)

1. Place the dates and nondairy milk into a small bowl, and set aside for at least 15 minutes (so the dates can soften).
2. Preheat the oven to 350°F. If making muffins instead of donuts, line a standard 12-cup muffin tray with paper cupcake liners (parchment paper liners are preferable).
3. Grind the rolled oats and millet into flour with a blender (30 to 40 seconds; millet is hard). Transfer to a medium bowl, and whisk in the baking powder and cardamom.
4. Pour the soaking dates and milk into the blender, and blend until smooth.
5. Pour the date mixture into the bowl of dry ingredients, add the applesauce and lemon zest, and mix just until all the dry ingredients have disappeared (the batter will be thick).
6. Gently fold in the blueberries and chopped walnuts (if using). Don't over mix or you'll have purple muffins.
7. Fill each donut or muffin cup with an even amount of batter. Use the ½ cup of extra blueberries to top each donut with a few just before baking (make sure to push them in at least halfway so they won't roll off during rising).
8. Bake for 25 to 30 minutes until the tops have begun to brown. (these are hearty, so they will not rise very much.) Set aside to cool before serving.

NOTES

If you do not have cardamom, you can use 1½ teaspoons of cinnamon instead.

To zest a lemon, use a very fine-toothed grater (like a Microplane), grating or "zesting" only the yellow outer skin, avoiding the white pith below it.

NUTRITION PER SERVING

SERVING SIZE: 1/12 RECIPE OR 1 DONUT; CALORIES 187; SUGAR 16.0G; SODIUM 20MG; FAT 4.8G; SATURATED FAT 0.5G; CARBOHYDRATES 34.8G; FIBER 4.3G; PROTEIN 4.0G; CHOLESTEROL 0

Sunday Lunch

SALAD BAR

Greens: Chopped boston lettuce, mixed baby greens and arugula

Toppings: Tomato wedges, shredded red cabbage, roasted mushrooms, shredded carrots, diced celery, diced leeks, diced peppers, corn, peas, and diced avocado

Nuts, raw and unsalted: Pistachios and hazelnuts

Seeds, raw and unsalted: Hemp seeds, flax seeds, and chia seeds

Dressings: Cucumber Avocado Vinaigrette and Tahini Dill Dressing

Soup: Southwest Stew

BUILD YOUR OWN MEXICAN BOWL

Shredded Lettuce

Mexican Rice

Sweet Bean Taquitos

Easy Sheet Pan Fajitas

Fryless Refried Beans

Pico De Gallo Salsa

Guacamole

Salsa Verde

Sour Creme

Chipotle Nacho Cheese Sauce

Sliced Limes

DESSERT

Mexican Chocolate Brownies served with strawberries

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off), iced water

Cucumber-Avocado Vinaigrette

StraightUpFood.com

MAKES: 1 CUP

½ cup diced cucumber, peeled (about ½ of a medium cucumber or 3 oz.)

¼ of an avocado (1 oz.)

¼ cup water

1½ tablespoons brown rice vinegar

1 tablespoon chopped parsley (any type)

1 tablespoon chopped shallot

1 teaspoon Dijon or stone-ground mustard

⅛ teaspoon black pepper

1. Using a high-speed or standard blender, blend all ingredients until smooth (or to your desired consistency).

NUTRITION PER SERVING:

SERVING SIZE: 1 RECIPE (ABOUT 1 CUP); CALORIES 71.9; SUGAR 6.7G; SODIUM 127.2MG; FAT 4.8G; SATURATED FAT 0.6G; CARBOHYDRATES 6.7G; FIBER 3.2G; PROTEIN 1.7G; CHOLESTEROL 0G

Tahini Dill Dressing

Author Unknown

¼ cup tahini

⅓ cup lemon juice (add zest if using fresh)

¾ cup water

¾ of an ounce of pitted dates (approximately 1 Medjool or 3 Deglet Noor)

1 tablespoon dried dill

1. Place all ingredients in a blender and blend until smooth.

Southwest Stew

StraightUpFood.com

SERVES: 6–8

- 6 medium white or cremini mushrooms, sliced (about 2½ cups)
- 1 medium yellow or white onion, chopped (about 2 cups)
- 1 small red bell pepper, seeded and chopped (about 1 cup)
- 1 tablespoon chili powder
- 1 tablespoon dried oregano
- 2 teaspoons granulated garlic
- 2 teaspoons ground cumin
- 4½ cups water
- ¾ pound white potatoes, peeled and cut into ½-inch thick chunks (about 2 cups)
- 1 can cooked black beans (15 ounces; about 1½ cups), drained and rinsed
- 1 can cooked pinto beans (15 ounces; about 1½ cups), drained and rinsed
- 1½ cups corn kernels
- 1 can diced tomatoes (14.5 ounces; about 1½ cups), undrained
- ⅓ cup tomato paste (half of a 6-ounce can)
- 4 cups coarsely chopped collard greens (or other greens)
- 1½ cups loosely packed cilantro, chopped (plus extra for garnish)

1. Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add the onion, bell pepper, and mushrooms, and cook while stirring, for 5 to 8 minutes, adding a little water as needed.
2. Add the chili powder, oregano, granulated garlic, and cumin, and cook while stirring for 1 minute more, adding water as needed.
3. Stir in the water, potatoes, black beans, pinto beans, corn, diced tomatoes, and tomato paste, and bring to a boil, uncovered. Reduce the heat to medium-low, cover, and cook for 10 minutes, stirring once or twice.
4. Stir in the greens, and cook covered for 10 to 15 minutes more, or until the potatoes are tender. Stir in the cilantro, and serve as is or garnished with more chopped cilantro.

NOTES

I like to use a half can (⅓ cup) of tomato paste in this stew, since it delivers a milder tomato flavor. But feel free to use the whole can (⅔ cup) if you like a richer tomato zing.

Tasty additions: Add a small peeled and chopped sweet potato (or yam) in step 3, or serve the final dish over baked sweet potatoes (or yams). Add ¼ cup of dry/uncooked quinoa in step 3. A little chopped avocado on top adds a touch of richness.

NUTRITION PER SERVING

SERVING SIZE: 1/8 RECIPE, 1.25 CUPS CALORIES: 194 SUGAR: 7.1G SODIUM: 66MG
FAT: 1.4G SATURATED FAT: 0.2G CARBOHYDRATES: 39.2G FIBER: 10.4G PROTEIN: 9.6G
CHOLESTEROL: 0

Mexican Rice

Chef Katie Mae

MAKES: 4 CUPS

- 1 cup brown rice, soaked for 20 minutes
- ½ yellow onion, diced
- 6 cloves garlic, minced (or 1½ teaspoons garlic granules)
- 1 tablespoon ground cumin
- 1 cup tomato sauce, no added salt (8 ounces)
- 1¾ cup water
- 1 cup frozen peas, thawed
- 2 tablespoons fresh cilantro, minced

1. Place brown rice in a non-stick pan on low-medium heat, stirring occasionally. Cover with lid to keep moisture in the pan. Cook for 5 minutes. Add onion, garlic, and cumin. Cook for another 5 minutes with lid on. Stir frequently. If the onions and rice start to stick, add a couple tablespoons of water.
2. Stir in tomato sauce and water turn heat up to medium. Cover and bring to a boil. Once boiling, reduce heat to low-medium. Let simmer for 50–60 minutes or until all the water is absorbed. The rice should be fully cooked.
3. If the rice is not done at this time, continue to let it simmer. If there is little to no moisture in the pan, you'll need to add ¼ cup of water. When the rice is done, stir in peas and cilantro. Remove from heat. Garnish with cilantro before serving.

Sweet Bean Taquitos

Well Your World

- 1–2 medium sweet potatoes, peeled and chunked
- 1 teaspoon ground cumin
- 1 tablespoon granulated garlic
- ½ cup soy milk
- ½ lime, juiced
- ¼ cup nutritional yeast
- ½ red onion, diced
- 1 can black beans, drained and rinsed
- ½ bunch cilantro, chopped
- 12 corn tortillas

1. Preheat the oven to 425°F.
2. Cook the sweet potatoes in the pressure cooker on high pressure with a trivet and one cup of water for 10 minutes (or steam them on the stove until done).
3. Add the sweet potatoes, cumin, garlic, soy milk, lime juice, and nutritional yeast to a large bowl, and mash well with a potato masher.
4. Add the red onion, black beans, and cilantro and mix well. Using a spoon, dollop a bit of mix to the center of each tortilla. Roll the tortilla and place on a parchment-lined baking sheet with the flap face down, so they don't unroll.
5. Bake for 30 minutes, flipping halfway.

Fry-Less Refried Beans

Chef Katie Mae

MAKES: 3½ CUPS

- 1 yellow onion, chopped
- 2 jalapeño peppers, seeded and chopped
- 2 cans (30 ounces) pinto beans, drained and rinsed (or 3 cups)
- 1 cup water
- ½ tablespoon garlic granules or powder

1. Place a non-stick pan or stainless steel saucepan over low-medium heat. Add onion and jalapeños. Cover with lid to keep moisture in the pan. Stir occasionally to prevent sticking.
2. After 5 minutes, transfer the onions and jalapeños to a food processor or blender. Add beans and water to the food processor. Pulse until beans have a not quite creamy consistency. Blending fully will work if you like your refried beans smooth.
3. Transfer the blended bean mixture to a sauce pan. Cook on low-medium heat for 25 minutes, stirring occasionally. Take care not to turn the heat too high because air pockets will form, pop, and splash pinto beans. The beans will thicken as they cook—the cooking time will depend on your desired consistency. Serve in tacos or as a side dish.

Easy Sheet Pan Fajitas

The Jaroudi Family

SERVES: 6

- 1 cup sliced mushrooms
- 1 15-oz can of beans (drained and rinsed)
- 2 medium peppers, sliced
- 1 cup corn (frozen or fresh)
- 1 small onion, sliced

SEASONING

- 1 tsp chili powder
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tbs smoked paprika
- ¼ tsp cumin

1. Preheat oven to 350°F.
2. Toss the seasoning mixture with sliced mushrooms, beans, peppers, onions, and corn.
3. Spread out evenly on a baking pan lined with parchment paper.
4. Bake for 15–20 minutes. Serve with corn tortillas, over a cooked whole-grain, or on a salad.

NOTES

We like to serve this family style with the fajita mixture in a large bowl, warmed tortillas, sliced lime, and making fun toppings such as our sour cream/guacamole recipe. You can also add in shredded soy curls the fajita mixture for a different texture and more protein.

Pico de Gallo Salsa

Well Your World

- 6 roma tomatoes, chopped
- ½ red onion, diced
- 4 jalapeños, diced
- 1 tablespoon minced garlic
- ½ bunch cilantro, chopped
- 2–3 limes, juiced

1. Add everything to a big bowl and mix. Let it sit for 30 minutes, stirring every 10 minutes, to allow the flavors to blend.

Easy Plant-Based Sour Cream

The Jaroudi Family

- ½ cup raw cashews
- ½ cup silken tofu (or white beans!)
- 2 tbsp lemon juice
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp white miso

1. Blend all ingredients in a high-speed blender until smooth.
2. Store in an airtight container in the refrigerator. Keeps for around 5 days.

Gauacamole

Well Your World

- 6 avocados
- 4 roma tomatoes, chopped
- ½ red onion, diced
- 4 jalapeños, diced
- 1 tablespoon minced garlic
- ½ bunch cilantro, chopped
- 2 limes, juiced

1. Mash the avocado a bit. Then stir everything to combine and enjoy!

Salsa Verde

StraightUpFood.com

MAKES: 1¾ CUPS

- 4 tomatillos
- ½ medium yellow or white onion
- 1 poblano pepper (about 3½ ounces)
- 2 small-medium cloves garlic
- ½ cup cilantro leaves (loosely packed)
- ½ teaspoon ground cumin
- 2 tablespoons lime juice (from ½ to 1 lime)

1. Preheat the oven to 400°F. Prepare a rimmed baking sheet by lining it with parchment paper or a silicone oven-proof mat.
2. To prepare the roasted vegetables, remove the papery husks from the tomatillos (discard) and then rinse well. Cut the half onion in half again. Remove the paper sheaths from each garlic clove. Now, place everything on the baking sheet, along with the whole poblano pepper (see photo below). Roast for 25 minutes. Remove from the oven and set aside to cool a bit.
3. While the vegetables are roasting, place the cilantro, ground cumin, and lime juice into a blender.
4. Add to the blender: the roasted tomatillos, onion, and garlic. Remove the stem and seeds from the roasted poblano pepper, and add it to the blender too. Blend until fairly smooth (a little texture is good, like a coarse puree). Refrigerate in a sealed container for up to 5 days.

NOTES

Poblano peppers are on the mild side, so if you want more heat, use a spicier pepper (in whole or part of what's called for), like a jalapeño or serrano. Anaheim peppers are also mild and can be used in place of the poblano.

Chipotle Nacho Cheese Sauce

Tami Kramer from Nutmeg Notebook

SERVES: 10

- 2 cups cooked white potato; peeled, microwaved, boiled, or steamed
- 1 cup cooked carrots; peeled, microwaved, boiled, or steamed
- ½ cup nutritional yeast
- 2 cups water
- ½ cup rolled oats
- 2 tablespoons lemon juice
- 2 teaspoons smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon chipotle chili powder
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon jalapeno powder or to taste or use a fresh jalapeno

1. Put all ingredients in a high powered blender and blend for 2–3 minutes or until smooth and creamy. If you blend it long enough in a Vitamix or Blendtec blender it will get nice and hot!
2. This sauce does firm up when refrigerated and if it gets too thick thin it with some unsweetened plant milk or water when reheating to make it pourable again.
3. Keep it refrigerated—it will last for 5–6 days. The sauce does get thicker when refrigerated so when reheating you can add a little water or unsweetened plant milk and heat it up in the microwave on 50% power to heat it up gently. Or put it in a small saucepan over low heat, stirring while it heats up. Use a wire whisk to help make it smooth and creamy.

NOTES

Optional Variation: Use 3 cups cooked butternut squash instead of the potatoes and carrots. I like to use oven roasted butternut squash by cutting a whole squash in half, scooping out the seeds. Then turn it cut side down on a parchment lined rimmed baking sheet. Place in a preheated 400°F oven for 45 minutes or until soft. How long will depend on the size of the squash. Let cool and measure out 3 level cups of squash to use in place of the potatoes and carrots.

Mexican Chocolate Brownies

ForksMealPlanner.com

MAKES: 16 BROWNIES

- ¾ cup no-salt-added canned black beans, rinsed and drained
- ¾ cup unsweetened applesauce
- 3 oz. unsweetened chocolate, chopped
- 1 cup date sugar
- ¼ cup unsweetened cocoa powder
- 2 teaspoons pure vanilla extract
- ½ cup white whole wheat flour
- ½ teaspoon baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon baking soda
- ⅛ teaspoon cayenne pepper

1. Preheat oven to 350°F. Line a 9-inch square baking pan with nonstick foil, extending foil over edges.
2. In a food processor combine beans, applesauce, and chopped chocolate. Cover and process until smooth. Add date sugar, , cocoa powder, and vanilla; cover and process until combined.
3. In a small bowl stir together the next six ingredients (through cayenne pepper). Add flour mixture to chocolate mixture. Cover and process just until combined.
4. Spread batter in the prepared baking pan. Bake 20 minutes or just until center is firm and edges are slightly puffed. Cool in pan on a wire rack.



healthscience.org

