



Meatless Mondays

26 VEGETARIAN
ENTREES

- *Volume 1* -



Table of Contents

Salads

SWEET BABY KALE SALAD.....	7
VEGGIE & BASMATI RICE SALAD WITH ZESTY VINAIGRETTE.....	9
ASPARAGUS & MUNG BEAN SPROUT PASTA SALAD.....	11

Bowls, Soups, Stews

QUICK VEGETABLE STIR-FRY BOWL WITH QUINOA.....	15
LOADED VEGETARIAN QUINOA CHILI.....	17
15-MINUTE BUTTERNUT SQUASH SOUP WITH CHICKPEA FUSILLI.....	19
RED LENTIL, BARLEY & VEGETABLE STEW.....	21

Handhelds

MEDITERRANEAN-STYLE SUN-DRIED TOMATO HUMMUS WRAP.....	25
OVEN-BAKED CHICKPEA VEGGIE BURGER.....	27
JAMBALAYA BEAN BURRITOS.....	29
BBQ CAULIFLOWER WINGS WITH VEGAN RANCH DRESSING.....	31
VEGAN FALAFEL CORN DOG.....	33

Pizza

GLUTEN-FREE SPINACH & ARTICHOKE PIZZA.....	37
VEGAN PORTOBELLO PIZZA BITES.....	39

Noodles & Pasta

SWEET POTATO VEGAN MAC AND “CHEESE”.....	43
GLUTEN-FREE & VEGAN VEGGIE LASAGNA.....	45
BAKED BLACK BEAN SPAGHETTI.....	47
VEGAN PAD THAI.....	49
VEGAN BLACK BEAN & OAT “MEATBALLS” WITH ZOODLES.....	51

Family Style

HERBED VEGETABLE MEDLEY CASSEROLE.....	55
SPICY STUFFED PEPPERS.....	57
INDIAN-STYLE CAULIFLOWER & TOFU WITH COCONUT.....	59
LEMON-PEPPER CAULIFLOWER STEAKS & THYME-ROASTED VEGETABLES.....	61
LENTIL “MEATLOAF” WITH ROSEMARY & ONIONS.....	63

Breakfast for Dinner

QUINOA BOWL WITH APPLES & TOASTED COCONUT.....	67
VEGAN OMELETS WITH GARBANZO BEAN FLOUR& VEGGIES.....	69



Salads



SWEET BABY KALE SALAD

Serves 2

INGREDIENTS

- 5 oz. baby kale
- 1 large sweet potato, cut into small chunks
- ½ red onion, sliced
- 4 oz. **dried cranberries**
- 4 oz. **walnuts**
- 4-6 Tbsp. **ginger dressing** or **raspberry vinaigrette**

Add to cart

DIRECTIONS

- 1.** Boil sweet potato chunks and remove skin.
- 2.** Add all ingredients to a bowl and toss in salad dressing.



VEGGIE & BASMATI RICE SALAD WITH ZESTY VINAIGRETTE

INGREDIENTS

Salad

- 1 cup **Bob's Red Mill Brown Basmati Rice**
- 2 medium zucchini, coarsely chopped
- 2 stalks celery, thinly sliced
- 1 medium red bell pepper, coarsely chopped
- 1 large onion, coarsely chopped
- ½ cup crumbled feta
- 2 cloves garlic, minced
- 2-½ cups water
- 2 Tbsp. olive oil
- 2 Tbsp. butter

Vinaigrette

- 2 Tbsp. rice vinegar
- ½ cup olive oil
- 1 tsp. ground cumin
- ½ tsp. ground coriander
- ½ tsp. ground turmeric
- ½ tsp. ground allspice or clove
- ½ tsp. kosher salt
- Freshly ground pepper

Add to cart

DIRECTIONS

- 1.** In large pot, combine rice and water and bring to boil. Lower heat and cook covered for 45-55 minutes until soft. When finished cooking, drain completely and let rice cool.
- 2.** Prepare dressing. In small skillet over low heat, toast cumin, coriander, turmeric and allspice. This will make the spices aromatic. In a small bowl or jar, whisk vinegar, oil, salt, pepper and toasted spices. Set aside.
- 3.** Prepare vegetables. In large skillet over medium heat, melt butter and 2 tablespoons of oil. Raise heat to medium-high and add onion and celery. Cook for about 2 minutes until softened, stirring frequently. Add zucchini and pepper and cook for another 4 minutes. Vegetables should be somewhat soft, but still crisp. Add garlic and cook for 1 more minute. Let cool.
- 4.** In large bowl, combine chilled rice, cooled veggies, feta and vinaigrette. Toss until fully coated. Season with salt and pepper. Serve at room temperature or chilled.

Courtesy of Bob's Red Mill



ASPARAGUS & MUNG BEAN SPROUT PASTA SALAD

Serves 4

INGREDIENTS

Pasta

- 2 cups cooked **gluten-free brown rice fusilli pasta**
- ½ cup **mung bean sprouts**
- ½ lb. asparagus, cut diagonally
- ½ cup chopped fresh mint
- ½ English cucumber, cubed
- ¼ cup fresh chives, finely chopped

Dressing

- 2 Tbsp. **tahini**
- 2 Tbsp. **whole-grain mustard**
- 2 Tbsp. **flaxseed oil** or extra-virgin olive oil
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. **white vinegar**
- 1 Tbsp. **nutritional yeast**
- 1 clove garlic, minced
- Freshly ground black pepper, to taste
- ½ cup water
- ½ tsp. **kelp granules**, optional

Add to cart

DIRECTIONS

1. Fill colander with asparagus and set in sink.
2. Cook pasta according to package directions. Use colander filled with asparagus to drain pasta (which will cook the cut spears just slightly); let sit for one minute, then rinse with cold water.
3. In large bowl, combine all pasta salad ingredients and set aside.
4. For dressing, in small bowl, use whisk to mix together dressing ingredients except water. Whisk in water slowly.
5. Pour dressing over pasta salad and toss to coat. Refrigerate pasta salad for an hour (or more).

Note: Pasta salad will keep refrigerated for up to three days. Perk it up with lemon juice after storing for a day.

Courtesy of Allison Day (Yummy Beet)



Bowls, Soups & Stews





QUICK VEGETABLE STIR-FRY BOWL WITH QUINOA

Serves 4

INGREDIENTS

- ½ cup **quinoa**
- 4 cups frozen stir-fry vegetables, thawed
- 2 cloves garlic
- 4 Tbsp. **tamari**
- 2 Tbsp. **olive oil**
- 6-8 oz. gluten-free tempeh, diced, optional
- Salt and pepper, to taste

Add to cart

DIRECTIONS

1. Cook quinoa according to package directions.
2. In a large skillet or wok, heat olive oil over medium heat. Add tempeh and cook for a couple minutes. Add vegetables and garlic; cook for about 5 minutes, until vegetables are fully cooked but still crisp. Add tamari and cook another few minutes.
3. In a bowl, stir together cooked quinoa and vegetable mixture.
4. Season with salt and pepper, and serve.



LOADED VEGETARIAN QUINOA CHILI

Serves 4-6

INGREDIENTS

- 1 Tbsp. **Simple Truth Organic™ Extra Virgin Olive Oil**
- 1 medium onion, diced
- 1 red bell pepper, chopped
- 1/3 cup Simple Truth Organic™ Sweet Corn, drained
- 2 garlic cloves, minced
- 2 Tbsp. chili powder
- 1 tsp. cocoa powder
- 1/2 tsp. Simple Truth Organic™ Ground Saigon Cinnamon
- 1/2 tsp. Simple Truth Organic™ Oregano Leaves
- 1/2 tsp. salt
- 1 cup Simple Truth Organic™ Vegetable Broth
- 1 can (15 oz.) **Simple Truth Organic™ Diced Tomatoes in Tomato Juice**
- 1 can (15 oz.) **Simple Truth Organic™ Great Northern Beans, drained**
- 1 can (15 oz.) **Simple Truth Organic™ Red Kidney Beans, drained**
- 1/4 cup quinoa

Add to cart

DIRECTIONS

1. In medium-sized pot over medium heat, start heating oil.
2. Add onion and sauté about 7 minutes.
3. Add red pepper, corn, garlic, chili powder, cocoa, cinnamon, oregano and salt. Sauté another minute.
4. Pour in broth, tomatoes, beans and quinoa. Bring to a full, rolling boil before reducing heat to low and simmering for an hour, covered.
5. Divide chili into bowls and serve with shredded cheese or a dollop of sour cream.

Courtesy of Simple Truth



15-MINUTE BUTTERNUT SQUASH SOUP WITH CHICKPEA FUSILLI

Serves 4

INGREDIENTS

Soup

- 3 cups **butternut squash soup**
- 1 pkg. **Explore Cuisine Organic Chickpea Fusilli**
- 1 tsp. **Redmond Garlic Salt**
- ½ tsp. **Redmond Real Salt**
- 2 tsp. **Bragg Liquid Aminos**
- 2 tsp. **sesame seed oil**
- 4 cups water

Toppings

- 1 cup bean sprouts or pea shoots
- Handful of arugula leaves or fresh parsley
- Dash of cayenne pepper or 1/4 tsp. red pepper flakes
- Sprinkle of sesame seeds

Add to cart

DIRECTIONS

1. Cook pasta according to package directions. Drain and set aside.
2. In large, clean pot, add butternut squash soup and water; bring to boil. Add salt, garlic salt, liquid aminos and sesame seed oil. Simmer for a few minutes.
3. Add cooked fusilli to pot, along with toppings.



RED LENTIL, BARLEY & VEGETABLE STEW

Serves 4

INGREDIENTS

- 2 cups **Bob's Red Mill Red Lentils**
- 1 tsp. dried parsley
- ½ cup **Bob's Red Mill Pearl Barley**
- ½ tsp. minced garlic (about 1 clove)
- 1-½ cups diced onion (about 1 large)
- 1 bay leaf
- 1 cup diced carrot (about 2)
- 8 cups vegetable broth
- ½ cup diced celery (about 2 stalks)
- 2 Tbsp. oil
- ¼ cup chopped cilantro
- 2 Tbsp. lemon juice
- 1-½ tsp. ground cumin

Add to cart

DIRECTIONS

1. In large pot over medium heat, heat oil and add diced onion, carrot and celery. Sauté for 7-10 minutes or until veggies are soft and starting to caramelize.
2. Add garlic and sauté for another 1-2 minutes, until fragrant.
3. Add lentils, barley, cilantro, cumin, parsley, bay leaf and vegetable broth. Bring to boil, cover and reduce heat to simmer. Cook for about 60 minutes, until barley is soft.
4. Remove bay leaf and add lemon juice.



Handhelds





MEDITERRANEAN-STYLE SUN-DRIED TOMATO HUMMUS WRAP

Serves 2

INGREDIENTS

Veggies

- 1 cup cherry tomatoes
- 1 cup sugar snap peas, chopped
- ¼ Vidalia onion
- 2 green onions
- 3 Tbsp. **coconut aminos**
- Any other vegetables of your choice

Hummus

- 2 large tomatoes
- 1 cup **sun-dried tomatoes** (no added ingredients)
- 2 Tbsp. **raw tahini**
- 2 Tbsp. **chia seeds**
- 1 Tbsp. **garlic powder**
- 1 Tbsp. **onion powder**
- 1 Tbsp. **cumin**
- 1 Tbsp. lemon juice
- 2 Tbsp. cilantro, chopped, optional

Wraps

- 2 large handfuls baby arugula
- 2 large chard leaves or **raw coconut wraps**

Add to cart

DIRECTIONS

1. In large bowl with seal-top container, combine all chopped veggies and cover with coconut aminos. Set aside to marinate while you prepare hummus.
2. In food processor or blender, combine hummus ingredients until smooth. (Note: Add tomatoes to food processor first, so they are closest to the blade and blend more easily.)
3. To assemble wraps, place arugula on top of chard wrap, leaving about 2 inches from the bottom. Top arugula with marinated veggies and a dollop of hummus. Tightly roll wrap and enjoy. If eating later, you can stick a toothpick through the wrap to help keep everything tucked in.

Courtesy of Marina Yanay-Triner (Soul in the Raw)



OVEN-BAKED CHICKPEA VEGGIE BURGER

Makes 6 patties

INGREDIENTS

- 1-½ cups (15-oz. can) **chickpeas**, liquid reserved
- ½ tsp. **basil**
- ½ sweet potato, grated
- ½ tsp. **turmeric**
- ½ zucchini, chopped
- ½ tsp. **pink salt**
- ¼ cup **gluten-free bread crumbs**
- 2 Tbsp. aquafaba (chickpea liquid)
- 1 tsp. **ground cumin**

Add to cart

DIRECTIONS

- 1.** Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
- 2.** In food processor, combine all ingredients and blend until well combined.
- 3.** Adjust seasonings, to taste.
- 4.** Scoop out by ½ cup and form into patties.
- 5.** Bake patties for 30 minutes. Remove from oven and serve warm over salad, on bun or in gluten-free pita bread.



JAMBALAYA BEAN BURRITOS

INGREDIENTS

- 1 can (15-oz.) **red beans**
- 1 pkg. **Simply Organic® Jambalaya Seasoning Mix**
- 1 cup **cooked rice**
- 6 tortillas (7 to 8 inches each)
- ½ cup shredded cheddar jack cheese

Add to cart

DIRECTIONS

- 1.** In small saucepan over medium heat, combine beans and seasoning mix. Stir occasionally until beans are thoroughly warmed.
- 2.** Stir in rice. Continue to cook over medium heat until entire mixture is heated.
- 3.** Divide mixture evenly among tortillas. Add cheese and your favorite toppings. Roll into burritos.



BBQ CAULIFLOWER WINGS WITH VEGAN RANCH DRESSING

INGREDIENTS

Cauliflower

- 1 cup **gluten-free white rice flour**
- 1 head cauliflower, cut into florets
- 1-¼ cups water, more as needed
- ½ cup **smoky BBQ sauce**, plus extra for dipping
- Salt & pepper, to taste

Vegan Ranch

- 14 oz. **soft/silken tofu**
- 1 Tbsp. **lemon juice**
- 1 Tbsp. **apple cider vinegar**
- 2 tsp. **dill weed**
- 1 tsp. garlic powder or 1 fresh clove
- 1 tsp. chives
- ½ tsp. **lemon pepper**
- ½ tsp. salt

Add to cart

DIRECTIONS

- 1.** Prepare dip. In high-speed blender, combine all ingredients, except for dill and chives. Process until smooth. Transfer to small container or jar. Mix in dill and chives. Refrigerate dressing to thicken. Store refrigerated for up to 2 weeks.
- 2.** To prepare wings, preheat oven to 450 degrees F. Line large baking sheet with parchment paper.
- 3.** In medium bowl, whisk together flour, salt, pepper and water until it's thick and creamy, like pancake batter.
- 4.** Using fork, dip each piece of cauliflower into batter, tapping off excess. Place coated pieces on baking sheet. Bake for 34-36 minutes, flipping halfway through baking.
- 5.** Remove cauliflower from oven and transfer to large bowl. Pour in BBQ sauce, coating each piece. Place pieces back on baking sheet and bake for additional 15 minutes.

Notes:

- If you'd prefer soy-free ranch, sub cashews soaked overnight for the tofu.
- To make ranch thinner (more like a dressing), add 1/8 to 1/4 cup of water or unsweetened non-dairy milk.



VEGAN FALAFEL CORN DOG

Serves 4

INGREDIENTS

Falafel Batter

- ½ cup **chickpea flour**
- 1 can (15 oz.) **garbanzo beans**, drained
- ¼ cup red onion, diced
- ⅓ cup cilantro, diced
- 2 Tbsp. **nutritional yeast**
- 1 Tbsp. **ground flaxseed**
- 2-3 cloves of garlic, minced
- 1 tsp. cumin
- 1 tsp. turmeric
- 1 tsp. red pepper flakes
- Handful of cilantro or parsley, to taste
- Black pepper, to taste
- **Pink salt**, to taste
- Mustard, to taste, optional

Corn Dogs

- 4 vegan hot dogs
- Wooden sticks

Add to cart

DIRECTIONS

1. In high-speed blender or food processor, process batter ingredients until almost smooth, leaving small chunks.
2. Divide mixture into four equal portions and flatten into a hot dog-length square. Roll each square around one hot dog. Set aside for about 10 minutes.
3. In skillet over medium-high heat, add oil. Cook each falafel corn dog about 4-5 minutes on each side or until golden brown.
4. Line plate with paper towels and set cooked corn dogs on plate to remove excess oil and cool. Once they've cooled enough to touch, insert sticks.
5. Serve with your favorite dipping sauce, such as ketchup, Hickory Smoke BBQ Sauce or Vegan Ranch Dressing.

Notes:

- For a lighter meal, use halved hot dogs instead of full.
- To bake, place falafel corn dog on parchment-lined baking sheet and bake for 10 minutes at 450 degrees F. Flip and bake for 5-10 more minutes.

Courtesy of Margaret Chapman (The Plant Philosophy)

The image features a close-up of two mushroom caps, each topped with a mixture of melted cheese, herbs, and small pieces of vegetables. They are placed on a white, intricately patterned lace doily. The background is a neutral, light-colored surface. A semi-transparent white banner with a teal cursive font is overlaid in the center.

Pizza



GLUTEN-FREE SPINACH & ARTICHOKE PIZZA

INGREDIENTS

Crust

- 1 pkg. [Bob's Red Mill Gluten-Free Pizza Crust Mix](#)
- 1-½ cups warm water
- 2 Tbsp. [olive oil](#)
- 1 tsp. [garlic powder](#)
- ½ tsp. [oregano](#)
- ½ tsp. salt
- ½ tsp. black pepper
- 2 eggs
- Fresh-grated Parmesan cheese

Toppings

- 4 oz. Neufchatel cheese
- ½ cup non-fat, plain Greek yogurt
- 1 cup shredded mozzarella
- ½ can (14-oz.) [quartered artichoke hearts](#)
- 1-½ cups fresh spinach
- ½ - 1 tomato, cubed

Add to cart

DIRECTIONS

1. Preheat oven to 425 degrees F and prepare crust per package directions. (Note: Before baking the first time, add garlic powder, oregano, salt and pepper to the dough, using hands to massage in spices. Once dough is rolled out on greased baking sheet, brush with olive oil and sprinkle with Parmesan cheese.)
2. In small mixing bowl, add Neufchatel cheese and yogurt. Using hand mixer, blend together until smooth and well combined.
3. Remove crust from oven after first round of baking. Spread cheese-yogurt mixture over crust.
4. Top with artichokes, spinach and tomatoes. Season with salt and pepper to taste.
5. Cover toppings with shredded mozzarella and bake another 12-15 minutes.
6. Cut into 8 slices and serve.



VEGAN PORTOBELLO PIZZA BITES

INGREDIENTS

- 6 medium portobello mushrooms, stems removed
- 3 Tbsp. [marinara sauce](#) (or other pizza sauce of your choice)
- 2 cups kale, torn into shreds
- 1 medium tomato, diced
- 1/8 cup yellow onion, diced
- 1/2 Tbsp. [extra virgin coconut oil](#)
- Vegan cheese

Add to cart

DIRECTIONS

1. Preheat oven to 425 degrees F. Line small baking pan with parchment paper.
2. Scrape out insides of mushrooms and bake for 8-10 minutes. When done, use towel or paper towel to absorb juice inside caps.
3. In medium saucepan over medium heat, melt coconut oil. Add tomatoes and onions and cook for a few minutes before adding marinara sauce. Add shredded kale and cook for five minutes more.
4. Scoop the marinara mixture into each mushroom cap. Top each with vegan cheese and any additional toppings you'd like.
5. Broil for 3 minutes or until cheese has melted.



Noodles & Pasta





SWEET POTATO VEGAN MAC AND “CHEESE”

Serves 2-3

INGREDIENTS

- 3 cups cooked **gluten-free elbow pasta**
- 1-½ tsp. **garlic powder**
- ½ sweet potato, roasted and skinned
- 1 tsp. **chili powder**
- ¼ cup **unsweetened coconut milk**
- 1 tsp. **Himalayan pink salt**
- ⅓ cup **nutritional yeast**
- ½ tsp. **onion powder**
- ½ cup vegan Parmesan-style shreds
- 1 Tbsp. extra virgin olive oil

Add to cart

DIRECTIONS

1. In blender or food processor, combine all ingredients except olive oil and pasta. Pulse until smooth (a few small potato bits are OK).
2. In cast-iron skillet over low heat, add olive oil and cooked pasta.
3. Add “cheese” sauce and mix together until heated through.
4. Before serving, sprinkle with extra vegan Parmesan-style shreds and chili powder.

Notes:

- Test your “cheese” sauce before adding to the skillet and adjust seasonings according to taste.
- This recipe yields a relatively thick sauce – to add more gooey goodness, toss a little extra olive oil or non-dairy milk into the skillet.



GLUTEN-FREE & VEGAN VEGGIE LASAGNA

Serves 8

INGREDIENTS

- 16 oz. non-GMO, extra firm sprouted tofu
- 1 Tbsp. **nutritional yeast**
- 2 Tbsp. **olive oil**
- 10 oz. frozen spinach, thawed and excess liquid drained
- 1 tsp. sea salt
- 1 medium zucchini, finely grated
- 1 tsp. dried oregano
- 16 oz. **marinara sauce**
- 2 small cloves garlic, peeled and crushed
- 1 box **gluten free “no-boil” lasagna noodles**

Add to cart

DIRECTIONS

1. Drain tofu by pressing it between paper towels. Pat dry.
2. In food processor, combine tofu, olive oil, sea salt, oregano, crushed garlic and nutritional yeast. Process on high until smooth. Add thawed and drained spinach to tofu mixture and pulse to combine. Set aside.
3. In large bowl, add pasta sauce and stir in shredded zucchini.
4. Preheat oven to 400 degrees F. Pour ½ cup pasta sauce into bottom of 8x8-inch glass pan, enough to cover bottom of pan. Place one layer of lasagna noodles over sauce. Pour ½ cup sauce over noodles, spread evenly. Spoon tofu “ricotta” mixture onto sauce-covered noodles, then spread out in an even layer. Repeat layers, starting with noodles, then sauce and tofu mixture. Last layer should be noodles covered with sauce.
5. Cover glass pan loosely with foil. Bake for 50 minutes or until noodles are soft.
6. Cool for 15 minutes before serving.

Courtesy of Pamela Higgins (Total Health Counseling)



BAKED BLACK BEAN SPAGHETTI

Serves 8-10

INGREDIENTS

- 1 pkg. (8 oz.) **black bean spaghetti noodles**
- 8 cups water
- 1 jar (26 oz.) **Vitacost Certified Organic Marinara Pasta Sauce**
- 1 can (14.5 oz.) **organic fire-roasted diced tomatoes**, no salt added
- 2 cups shredded cheese (either mozzarella or a blend)
- ¾ tsp. **organic garlic powder**
- Salt & pepper to taste

Add to cart

DIRECTIONS

- 1.** Preheat oven to 350 degrees F.
- 2.** In medium pot, bring water to a boil. Add spaghetti and lower heat. Let simmer 6-8 minutes, or until noodles are tender. Drain and rinse with cold water.
- 3.** In same pot (without noodles), add pasta sauce and diced tomatoes. Season with garlic, salt and pepper and turn heat to low.
- 4.** In 9x13-inch baking dish, pour in half of sauce. Top with half the spaghetti. Sprinkle about 1 cup cheese over spaghetti. Repeat layers, using up remaining sauce and noodles. Leave off cheese for now.
- 5.** Bake 30 minutes. Remove from oven and top with remaining cheese. Bake another 5 minutes, or until cheese is melted and noodles on top are crisp.
- 6.** Let cool slightly before serving.



VEGAN PAD THAI

INGREDIENTS

- 8-oz. pkg. **rice noodles**
- 3 Tbsp. **coconut oil**
- 4 green onions, diced
- 2 cups bean sprouts
- 1 lime
- 1 Tbsp. **minced garlic**
- 1 Tbsp. **apple cider vinegar**
- 1 Tbsp. **coconut sugar**
- 1 Tbsp. **maple syrup**
- ½ cup roasted peanuts, crushed
- Dash of **cayenne pepper**
(or ¼ tsp. red pepper flakes)

Add to cart

DIRECTIONS

- 1.** In a wok or large frying pan over medium heat, warm coconut oil.
- 2.** Add garlic and half of green onions to pan and stir fry for 40 seconds.
- 3.** Add rice noodles and stir fry for 3 minutes. (Note: Check noodle packaging first, as some may require soaking or cooking before use.)
- 4.** Add coconut sugar, maple syrup, apple cider vinegar, cayenne pepper and bean sprouts. Stir fry for 2 minutes or until noodles are cooked and all ingredients are well blended.
- 5.** To serve, arrange noodles on plates and top with fresh-squeezed lime juice, roasted peanuts and remaining green onions.



VEGAN BLACK BEAN & OAT “MEATBALLS” WITH ZOODLES

Makes 18 “meatballs”

INGREDIENTS

- 1 cup **rolled oats**
- 1 cup **oat flour**
- 1-½ cups **cooked black beans**
- 1-½ Tbsp. **flax meal**
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 1-½ tsp. **Italian seasoning**
- 1 tsp. paprika
- Salt & pepper, to taste
- **Breadcrumbs**, to coat
- Water, as needed to blend
- Zucchini, spiralized (1 per person)
- Pasta sauce

Add to cart

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. In food processor, pulse rolled oats and flax seeds until mostly ground but still chunky. Transfer to large mixing bowl.
3. In food processor, pulse black beans until smooth. Add to mixing bowl.
4. Add oat flour, spices and seasonings to bowl and mix until fully incorporate. Set aside for 5 minutes to thicken.
5. Pour breadcrumbs onto shallow dish. Scoop out 1-inch balls from bean mixture and roll into breadcrumbs to coat. Transfer coated balls to baking sheet.
6. Bake for 14-16 minutes, flipping halfway through.
7. To serve, top noodles with “meatballs” and pasta sauce.

Notes:

- For a quicker method, prep oat-bean mixture ahead of time and freeze until ready to eat. To reheat after being frozen, bake at 425 degrees F for 26-30 minutes, flipping halfway through.
- To fry instead of baking, fry in oil over medium-high heat for about 3-4 minutes on each side.

Courtesy of Margaret Chapman (The Plant Philosophy)

A close-up photograph of a white plate containing a breaded cutlet, green beans, and a potato. The text "Family Style" is overlaid in a yellow script font. The background shows a striped cloth and a fork and knife.

Family Style



HERBED VEGETABLE MEDLEY CASSEROLE

Serves 4

INGREDIENTS

- 2 cups broccoli, chopped
- 1 cup cauliflower, chopped
- 1 cup zucchini, chopped
- 1 cup carrots, grated
- ½ onion, diced
- 2 cloves garlic
- 1 pkg. (12.3-oz) **tofu**
- ¼ cup low-fat cottage cheese
- 3 egg whites
- 1 Tbsp. water
- 1 tsp. **rosemary**
- 1 tsp. **allspice**
- 1 tsp. **oregano**
- ½ tsp. salt
- ½ tsp. pepper
- **Non-stick cooking spray**

Add to cart

DIRECTIONS

- 1.** Preheat oven to 350 degrees F.
- 2.** In medium-sized skillet sprayed with cooking spray, brown garlic and onion.
- 3.** Add broccoli, cauliflower, zucchini, carrots and water. Cook until vegetables are tender.
- 4.** In blender, combine tofu, cottage cheese, egg whites and spices; blend for two minutes.
- 5.** Spread vegetable mixture into baking dish; spread tofu mixture over vegetables.
- 6.** Bake casserole for 30 to 35 minutes, or until top is browned.

Courtesy of Hydroxycut



SPICY STUFFED PEPPERS

INGREDIENTS

Peppers

- 4 bell peppers, cut in half
- 3 zucchini, diced
- 1 cup toasted **pumpkin seeds** (pepitas)
- 1 cup cooked **black beans** or pinto beans
- 1 avocado, diced, to top
- **Salsa** or pico de gallo, to top
- Cilantro, for garnish

Spicy Cashew “Cheeze”

- 1 cup **cashews**, soaked for 1 hour or overnight
- ¼ cup water
- 3 Tbsp. **cilantro**
- ½ tsp. **chipotle powder**
- Juice of ½ lemon
- 1 Tbsp. fresh parsley
- ¼ cup **nutritional yeast**
- 1-2 cloves garlic
- ¼ cup green onion, chopped

Add to cart

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a high-speed blender, combine “cheeze” ingredients and blend to desired consistency, adding more water if necessary. Adjust seasonings to taste.
3. Place cut peppers face-up on baking sheet. Spoon beans and zucchini into peppers and top with “cheeze” and pumpkin seeds.
4. Bake for 15-20 minutes or enjoy raw.
5. Serve with avocado, salsa and cilantro.



INDIAN-STYLE CAULIFLOWER & TOFU WITH COCONUT

INGREDIENTS

- 2 cups bite-sized cauliflower florets (½ head)
- 1 pkg. **extra-firm tofu**, cubed (or 2 cups cooked chickpeas)
- 1 Tbsp. **coconut oil**
- 3 cloves garlic, minced
- 4 cups chopped tomatoes (about 2 large)
- 1 onion, chopped
- 1 cup chopped carrots
- ⅓ cup **coconut flakes**
- 1 tsp. pink peppercorns
- 2 tsp. sea salt
- ½ cup water
- 1 Tbsp. **lemon juice**
- Fresh mint, chopped, to serve
- Cooked rice or quinoa, to serve

Spice Mix

- ¼ tsp. **chili flakes**
- 1 tsp. **ground cumin**
- ½ tsp. **ground cardamom**
- ½ tsp. black pepper
- 2 tsp. **garam masala**
- ½ tsp. **smoked paprika**

Add to cart

DIRECTIONS

1. In small bowl, combine spices to make spice mix; set aside.
2. In large pot over medium heat, heat coconut oil. Add garlic, tomatoes, onion, carrots, coconut and spice mix and sauté for 10 minutes. Pour in water and bring to boil; reduce heat to medium and cook, covered, for 20 minutes, until vegetables are tender.
3. Transfer cooked mixture to blender or food processor and puree until smooth. Return mixture to pot.
4. Add cubed tofu or chickpeas, cauliflower, lemon juice and pink peppercorns to pot; bring to boil, reduce heat to medium and cook, covered, for 15 minutes or until cauliflower is tender. Add additional salt to taste.
5. Serve over rice or quinoa, garnished with chopped mint.

Courtesy of Allison Day (Yummy Beet)



LEMON-PEPPER CAULIFLOWER STEAKS & THYME-ROASTED VEGETABLES

Serves 2-3

INGREDIENTS

Cauliflower Steaks

- 1 head cauliflower, sliced into flat “steaks”
- 2 Tbsp. **vegetable stock**
- 2 cloves garlic, minced
- ½ tsp. **vegan Worcestershire**, optional
- 1 lemon, juiced & zested
- Salt & pepper, to taste
- Green onions, diced to garnish

Roasted Vegetables

- 16-18 small potatoes, halved
- 12 baby carrots
- ⅓ cup pearl onions, optional
- 2 Tbsp. vegetable stock
- ½ tsp. **onion powder**
- ½ tsp. **garlic powder**
- Fresh thyme, to taste
- Salt & pepper, to taste

Add to cart

DIRECTIONS

1. Preheat oven to 425 degrees F and line large baking sheet with parchment paper.
2. In small bowl, mix steak ingredients (except for cauliflower and green onions), adjusting salt and pepper to taste.
3. Place sliced cauliflower into shallow dish or pan and coat with marinade. (Reserve part of the marinade for later.)
4. In large bowl, toss halved potatoes and baby carrots with vegetable stock, onion powder, garlic powder, thyme, salt and pepper.
5. Place cauliflower, potatoes and carrots on prepared baking sheet in flat, single layer.
6. Bake for 30 minutes. Remove from oven and flip, coating cauliflower with more marinade. Add pearl onions and bake for another 15-20 minutes or until potatoes are soft.
7. To serve, drizzle any remaining marinade on steaks. Garnish with green onions.

Courtesy of Margaret Chapman (The Plant Philosophy)



LENTIL “MEATLOAF” WITH ROSEMARY & ONIONS

INGREDIENTS

“Meatloaf”

- 1-½ cups **Bob's Red Mill Gluten-Free Quick Cooking Oats**
- 1 cup **Bob's Red Mill Lentils**
- ½ cup dried shiitake mushrooms
- ¼ cup **Bob's Red Mill Chia Seeds**
- 2 Tbsp. fresh, chopped rosemary
- 1 tsp. garlic powder
- ½ tsp. salt
- ¼ tsp. pepper
- 4 cups water
- ¾ cup salsa

Toppings

- 1 Tbsp. **Bob's Red Mill Brown Sugar**
- ½ cup sautéed red onion, sliced
- ⅓ cup organic ketchup

Add to cart

DIRECTIONS

1. In large pot, combine lentils and mushrooms with water and bring to boil. Reduce heat to simmer and cook for about 20 minutes or until lentils are tender. Drain any leftover water.
2. Add oats, chia seeds, rosemary, garlic powder, salt, pepper and salsa to pot and mix until combined. Place pot in fridge to cool.
3. Once completely cooled, preheat oven to 400 degrees F.
4. In small bowl, combine ketchup and brown sugar for topping. Set aside.
5. Remove lentil mixture from fridge and portion it out equally into three miniature loaf pans. Top lentil mixture with ketchup topping.
6. Bake for 30 minutes and remove; top loaves with onions and bake for 20-30 more minutes.



Breakfast for Dinner



QUINOA BOWL WITH APPLES & TOASTED COCONUT

Serves 4

INGREDIENTS

- 1 cup **red quinoa**, rinsed
- 2 cups water
- 2 medium apples, peeled, cored and chopped
- 1 Tbsp. **raw honey**
- 2 Tbsp. (per bowl) **toasted coconut chips**
- Pinch **pink salt**

Add to cart

DIRECTIONS

1. In cooking pot, combine quinoa with 2 cups water. Add chopped apple and salt and bring to boil.
2. Reduce heat to simmer, cover and cook quinoa and apples for about 15 minutes; drizzle mixture with honey.
3. Serve warm (or cold) with toasted coconut chips on top.



VEGAN OMELETS WITH GARBANZO BEAN FLOUR & VEGGIES

Makes 3 small omelets

INGREDIENTS

- 1 cup **garbanzo bean flour**
- 1 cup water
- Mixed veggies, diced
(zucchini, cherry tomatoes and red onions)
- 1 tsp. **apple cider vinegar**
- ½ tsp. **garlic powder**
- ⅛ cup red onion, optional
- ½ tsp. **baking powder**
- Fresh chives, optional
- ½ tsp. **baking soda**
- Salt & pepper, to taste

Add to cart

DIRECTIONS

1. Over medium heat, grease 6-inch non-stick skillet.
2. In medium bowl, combine garbanzo bean flour, baking powder, baking soda, garlic powder, salt and pepper. Add water and apple cider vinegar. Mix until well combined and smooth.
3. Fold diced veggies into batter. (Or, you can sprinkle them onto the batter after it is poured onto the skillet.)
4. Use ⅓ cup, scoop out batter and pour onto the greased skillet. Cook for 4-5 minutes, flip and repeat. Repeat until remainder of batter is used. Try to keep skillet greased between rounds to avoid sticking.
5. Serve hot with diced fresh chives, if you desire.