

VEGETARIAN

Meatless Mondays

26 VEGETARIAN
ENTREES

- *Volume 2* -



Table of Contents

Salads

TACO SALAD WITH WALNUT MEAT	7
FISH-FREE “TUNA” SALAD	9
VEGAN CEVICHE SALAD WITH ORCA BEANS	11

Bowls, Soups, Stews

CHICKPEA STEW WITH TOMATO, KALE & LEMON	15
ROASTED BUDDHA BOWL WITH KALE PESTO	17
RED THAI CURRY WITH POTATOES & CHICKPEAS	19

Handhelds

RICOTTA & BLACK OLIVE OPEN-FACED SANDWICHES	23
BAKED CARROT FALAFEL WITH GREEN TAHINI DRESSING	25
GRILLED HICKORY SMOKE TEMPEH SLIDERS WITH KALE SLAW	27
LENTIL & SORGHUM SLOPPY JOES	29
VEGAN CARROT DOGS WITH CHEESE & CHILI	31
SWISS CHARD SUSHI	33

Pizza

CAULIFLOWER & POMEGRANATE FLATBREAD WITH TAHINI YOGURT DRESSING	37
RICE CAKE PIZZA WITH WALNUT MEAT	39

Noodles & Pasta

SPELT PASTA WITH ROASTED TURNIPS AND MUSHROOMS	43
SPICY SPAGHETTI “SQUASHTA”	45
VEGAN BLACK BEAN NOODLE BOWL	47
BROCCOLI, ZUCCHINI & KIMCHI NOODLES WITH TAMARI ALMONDS	49

Family Style

CHIPOTLE ZUCCHINI BOATS WITH CASHEW CREAM	53
MILLET & BLACK BEAN STUFFED FIESTA ACORN SQUASH	55
COCONUT-SPICE PAELLA	57
SWEET POTATO & BLACK BEAN VEGAN POT PIE	59
VEGAN GOBHI MUSALLAM	61
TEFF POLENTA WITH GARLICKY CHARD	63

Breakfast for Dinner

TOFU SCRAMBLE TOSTADAS	67
EASY-TO-MAKE RICE PAPER BACON	69

The image is a horizontal collage of various Mexican dishes. At the top, there are two tacos on a wooden board, filled with ground meat, beans, cheese, and lettuce. A whole lime and some cilantro are next to them. In the center, a white bowl is filled with a chunky salsa. Below this, there's a wooden cutting board with a fork and a small bowl of guacamole. To the right, another taco is visible. The word "Salads" is written in a large, green, cursive font across the middle of the image, overlaid on a semi-transparent white background.

Salads



TACO SALAD WITH WALNUT MEAT

Serves 4

INGREDIENTS

Salad

- **Tortilla chips**
- 8 cups mixed greens, such as kale, spinach, lettuce
- 1 avocado, sliced
- 1 Tbsp. **nutritional yeast**

Taco Filling

- 1-½ cups **walnuts**
- 1 cup **sun-dried tomatoes**
- 2 Tbsp. extra virgin olive oil
- 1 tsp. **sage**
- 1 tsp. **fennel seeds**
- 1 tsp. **cumin**
- 1 tsp. thyme
- 1 tsp. rosemary
- 1 tsp. oregano
- 1 tsp. salt
- Pinch black pepper
- Pinch cayenne pepper

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DIRECTIONS

1. In high-speed blender, combine all taco filling ingredients and process until desired texture.
2. To assemble, fill a bowl with tortilla chips and add a layer of greens. Spoon filling on top and add avocado and nutritional yeast.
3. Serve with vegan sour cream or drizzle with olive oil and lemon.

Courtesy of Liana Werner-Gray (The Earth Diet)



FISH-FREE “TUNA” SALAD

INGREDIENTS

- 1-15 oz. can **chickpeas**
- 2 celery stalks, finely diced
- ½ orange or yellow bell pepper, finely diced
- ¼ tsp. **onion powder**
- ¼ tsp. **smoked paprika**
- 1-½ Tbsp. **vegan mayonnaise**
- 2 Tbsp. dill relish
- ½ Tbsp. **mustard**
- Salt & pepper, to taste

Add to cart

DIRECTIONS

- 1.** Using mesh strainer, drain and rinse chickpeas.
- 2.** In mixing bowl, add chickpeas and mash with fork until you reach desired texture.
- 3.** Mix in celery and bell pepper. Add mayo, relish, mustard, onion powder, paprika, salt and pepper; mix until thoroughly incorporated.
- 4.** Serve in lettuce wraps or on a sandwich.

Courtesy of Margaret Chapman (The Plant Philosophy)



VEGAN CEVICHE SALAD WITH ORCA BEANS

INGREDIENTS

Ceviche

- 3 cups cooked **orca beans**
- ½ red onion, sliced thin
- 2 jalapeño peppers, seeds removed, brunoised (extra small dice)
- ½ cucumber, peeled, seeded, finely diced (about 1 cup)
- ½ cup cilantro leaves, roughly chopped

Dressing

- 1 cup orange juice, freshly squeezed
- ¼ cup lemon juice, freshly squeezed
- ¼ cup lime juice, freshly squeezed
- 2 Tbsp. Sriracha hot sauce
- 3 Tbsp. tomato paste
- 2 tsp. **salt**
- ¼ tsp. black pepper

Toppings

- 2 cups popped **popcorn**, salted
- 1 avocado, diced into ½-inch chunks
- 2 Tbsp. extra virgin olive oil

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DIRECTIONS

- 1.** In medium, non-reactive bowl, combine all dressing ingredients. Whisk until fully combined and smooth. If necessary, adjust seasoning.
- 2.** In large, non-reactive bowl, combine ceviche dressing with beans, red onion, diced jalapeño, cucumber and cilantro. Chill mixture until ready to serve.
- 3.** To serve, spoon ceviche into 4-6 chilled bowls and adjust seasonings, if necessary.
- 4.** Garnish each bowl with toppings.



Bowls, Soups & Stews





CHICKPEA STEW WITH TOMATO, KALE & LEMON

Serves 4

INGREDIENTS

- 28 oz. **canned whole tomatoes**, roughly broken
- 19 oz. **canned chickpeas**, drained and rinsed
- 6 cups lacinato kale, de-stemmed, leaves roughly chopped
- 3 cloves garlic, minced
- 2 Tbsp. **extra-virgin olive oil**
- 1 Tbsp. chopped fresh lemon thyme or regular fresh thyme, plus more for serving
- ½ tsp. **chili flakes**
- ½ tsp. salt
- Zest and juice of 1 sweet, Meyer or regular lemon (2-3 Tbsp. juice)

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DIRECTIONS

- 1.** In large pot over medium heat, add oil. Cook garlic, fresh thyme, chili flakes and salt until fragrant, about 1 minute.
- 2.** Stir in chickpeas, tomatoes lemon juice and zest.
- 3.** Bring to boil and reduce heat to simmer. Cook covered for about 15 minutes.
- 4.** Stir in kale and cook for another 2 minutes, until kale has wilted.
- 5.** To serve, top with more thyme.



ROASTED BUDDHA BOWL WITH KALE PESTO

Serves 2

INGREDIENTS

Pesto

- 1-½ cups roasted **sunflower seeds**
- 1-¼ cups kale
- 2 Tbsp. shallot, diced
- 1-½ Tbsp. **nutritional yeast**
- 1 clove garlic
- 2 Tbsp. chili powder
- 1 tsp. cocoa powder
- 1 lemon, zested and juiced
- **Salt & pepper**, to taste
- ½ cup water

Bowl

- 1 cup dry **quinoa**
- 1 eggplant, halved
- 1 bell pepper, halved
- 1 sweet potato, medium diced
- 1 medium yellow onion, quartered
- ½ pint grape tomatoes, halved
- Salt & pepper, to taste
- 2 cups water
- **Balsamic vinaigrette**, optional

Add to cart

DIRECTIONS

1. Prepare pesto. In food processor or high-speed blender, combine pesto ingredients. Pulse until desired consistency, adjusting the water level as necessary. Transfer to airtight container and refrigerate.
2. To prepare vegetables, heat oven to 400 degrees F. Line one or two large baking sheets with parchment paper.
3. Place eggplant, pepper, sweet potato, onion and tomatoes, cut side down, on prepared baking sheet. Bake 45-55 minutes until browned and tender. When done, slice eggplant diagonally and slice onion and pepper into thin strips.
4. In medium-sized pot over medium heat, combine quinoa and water. Bring to boil, reduce heat to simmer and cover. Steam for 20 minutes or until quinoa is tender.
5. To serve, divide quinoa equally between two bowls. Top with roasted veggies, a dollop of pesto and a drizzle of balsamic vinegar, if desired.

Note: Pesto can be stored in an airtight container and refrigerated for up to 5 days. Keep frozen in an ice cube tray for up to two months.

Courtesy of Margaret Chapman (The Plant Philosophy)



RED THAI CURRY WITH POTATOES & CHICKPEAS

Serves 4-5

INGREDIENTS

- 6 medium russet potatoes, diced into 1-inch cubes
- 2 cups **chickpeas**, cooked
- 3 cloves garlic, minced
- 1 cup yellow onion, diced
- 1/8 cup cilantro or parsley, chopped
- 1 can **coconut milk**
- 1/2 cup aquafaba (chickpea brine) or water
- 2 oz. red curry paste
- 1/2 tsp. **crushed red pepper**
- 1/2 tsp. **smoked paprika**
- 1/4 tsp. **turmeric powder**
- 1/4 tsp. **chili powder**
- Pinch of cinnamon
- Salt & pepper, to taste

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DIRECTIONS

- 1.** In large skillet over medium-high heat, cook potatoes for 5-8 minutes, until browned.
- 2.** Reduce heat to low and add remaining ingredients, except chickpeas.
- 3.** Cook covered for 45 minutes, until potatoes are tender. Add chickpeas when the potatoes are almost tender.
- 4.** Serve with rice, quinoa or other grain.

Notes:

- Aquafaba is the liquid from a can of chickpeas. It packs a lot of flavor and helps thicken the sauce.
- You can also make this with sweet potatoes, bell peppers, extra firm tofu and butternut squash.
- This is a very mild curry. If you like a lot of spice, add chili pepper sauce and more crushed red pepper.

Courtesy of Margaret Chapman (The Plant Philosophy)



Handhelds



RICOTTA & BLACK OLIVE OPEN-FACED SANDWICHES

Serves 2-4

INGREDIENTS

- 8 **Kalamata olives** (can use Ponentine or Gaeta)
- 4 slices crusty whole grain ciabatta or large oval bread (¼-inch thick)
- 1 cup loosely packed arugula
- ½ cup whole milk ricotta cheese
- 1 large or 2 small field tomatoes, sliced
- 1 clove garlic, halved crosswise
- 1 Tbsp. **extra-virgin olive oil**
- 2 tsp. **balsamic vinegar**
- Ground black pepper & sea salt, to taste

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DIRECTIONS

1. In broiler, on a grill or in a toaster, toast bread until well browned and very crunchy.
2. Rub halved garlic onto one side of each slice of bread and drizzle with olive oil. Set aside on serving plate.
3. In small mixing bowl, combine olives, ricotta cheese and ground black pepper.
4. Scoop olive-cheese mixture onto bread. Add tomato slices and arugula. Drizzle with balsamic vinegar and sprinkle sea salt.
5. If desired, slice bread in half before serving.



BAKED CARROT FALAFEL WITH GREEN TAHINI DRESSING

Makes 10-12 patties

INGREDIENTS

Carrot Falafel

- 2 cups cooked **chickpeas** (or 1 15-oz. can, drained & rinsed)
- 1/3 cup **chickpea flour**
- 2 carrots, roughly chopped
- 2 cloves garlic
- 2 Tbsp. lemon juice
- 1 Tbsp. olive oil or **avocado oil**
- 1 Tbsp. **ground cumin**
- 2 Tbsp. water
- ½ tsp. salt
- Freshly ground black pepper, to taste

Green Tahini Sauce

- 2 cups fresh parsley or cilantro (with stems)
- ¼ cup **tahini**
- ½ cup water
- 2 Tbsp. lemon juice
- 2 Tbsp. **flaxseed oil**
- 1 Tbsp. **tamari**
- 1 Tbsp. **nutritional yeast**

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DIRECTIONS

1. Preheat oven to 425 degrees F. Line baking sheet with parchment paper and lightly grease.
2. In food processor, mince garlic. Add carrots and pulse until finely chopped. Add remaining falafel ingredients and pulse to combine. Let sit for 30 minutes.
3. Shape falafel mixture into patties and arrange on baking sheet. Bake patties for 25 minutes.
4. To make dressing, combine all ingredients in food processor in following order: water, parsley, tahini, oil, lemon juice, nutritional yeast, tamari. Blend mixture until smooth.
5. Serve falafel with bottom side facing up or in a pita. Drizzle with dressing.

Courtesy of Allison Day (Yummy Beet)



GRILLED HICKORY SMOKE TEMPEH SLIDERS WITH KALE SLAW

Serves 4-6

INGREDIENTS

Hickory Smoke BBQ Sauce

- 2 cups **ketchup**
- 1 cup **coconut sugar**
- 1 yellow onion, diced and slightly sautéed
- 1 tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. crushed red pepper
- ½ tsp. paprika
- ¼ tsp. chili powder/
- ½ cup **apple cider vinegar**
- 2 Tbsp. **blackstrap molasses**
- 2 Tbsp. **vegan Worcestershire sauce**
- 2 Tbsp. **mustard**
- 2 tsp. **hickory liquid smoke**
- Pinch of cinnamon
- Salt & pepper, to taste

Kale Slaw

- 4 cups kale leaves, shredded into bite-sized pieces
- 1-½ cups purple cabbage, shredded
- 1-½ cups carrots, shredded
- ⅛ cup fresh lemon juice
- 1 tsp. **sesame oil**
- Agave, to taste
- Salt & pepper, to taste

Sliders

- **Buns**, toasted, if desired
- Tempeh, cut into bun-size squares (choose gluten-free, if necessary)

Add to cart

DIRECTIONS

1. In a large pot, combine BBQ sauce ingredients and mix until combined. Bring to a boil and simmer over low heat for 1 hour (or at least 30 minutes), stirring occasionally.
2. In shallow dish, coat squared tempeh on both sides with BBQ sauce. Set aside to marinate, overnight if possible.
3. In large bowl, massage kale with lemon juice and oil until fully coated and reduced in size. Add cabbage, carrots, agave, salt and pepper, and mix together. Cover and chill.
4. Heat grill or grill pan to medium heat. Lightly grease with oil. Cook tempeh for about 5 minutes on each side.
5. Assemble slider with grilled tempeh, slaw and desired condiments. Add more BBQ sauce, if desired.

Courtesy of Margaret Chapman (The Plant Philosophy)



LENTIL & SORGHUM SLOPPY JOES

Makes 3 cups

INGREDIENTS

- ¾ cup **whole grain sorghum**
- ¾ cup **lentils**
- 3 cups vegetable stock
- 1 medium onion, diced
- 1 medium red bell pepper, diced
- 1 (15-oz.) can tomato sauce
- 1 Tbsp. chili powder
- 2 tsp. garlic powder
- 1 Tbsp. cumin
- 1 Tbsp. **brown sugar** or honey
- ½ tsp. **salt**

Add to cart

DIRECTIONS

- 1.** In large skillet over medium heat, cook bell pepper and onion in olive oil until soft and tender.
- 2.** Add vegetable stock and whole grain sorghum to skillet and bring to boil. Cover, reduce heat to low and simmer for 30 minutes.
- 3.** Stir in lentils and bring mixture to boil again. Cover, reduce heat to low and simmer for 30 additional minutes.
- 4.** Stir in tomato sauce, chili powder, garlic, cumin, brown sugar and salt. Increase heat to medium and simmer for 20-30 additional minutes, stirring frequently to avoid sticking.
- 5.** Serve sloppy joe mixture on gluten-free rolls.



VEGAN CARROT DOGS WITH CHEESE & CHILI

INGREDIENTS

- 4 carrots, cut into bun lengths
- ¼ cup (60 ml) **seasoned rice vinegar**
- ¼ cup (60 ml) water
- 2 Tbsp. (30 ml) **coconut aminos**
- 1 Tbsp. (15 ml) **sesame oil**
- ¼ tsp. **liquid smoke**
- ¼ tsp. **garlic powder** (or ½ clove garlic, minced)
- Pepper, to taste
- Toasted hot dog bun, lettuce or collard leaves, to serve
- **Canned chili** (or **homemade**), to serve
- Cheese sauce or **vegan cheese sauce**, to serve

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DIRECTIONS

- 1.** In large pot, bring water to boil. Reduce heat to medium and add carrots. Cook until slightly softened but still crisp. They should be soft enough that a fork could pierce them, but should still retain their snap. Remove carrots from pot and run under cold water to cool and prevent further cooking.
- 2.** In medium jar with lid, combine vinegar, aminos, sesame oil, liquid smoke, garlic and pepper. Secure lid and shake container until fully combined.
- 3.** In container long enough for carrots to lie flat, toss marinade over carrots and marinate for at least 3 to 4 hours, but no more than 24.
- 4.** Preheat oven to 350 degrees F. Bake carrots 10-15 minutes, or until heated through. Serve carrots in bun or lettuce leaves and top with chili, cheese sauce and diced onions.

Note: When marinating carrots, if they are thin, keep the marinating time short. If the carrots will sit longer than 24 hours, use half the amount of vinegar.



SWISS CHARD SUSHI

Serves 4

INGREDIENTS

- 8 large leaves Swiss chard
- 1 cup cooked **brown** or white rice
- 2 Tbsp. **coconut oil**
- 1 Tbsp. soy sauce or **tamari**
- 2 medium carrots, cut into thin strips
- 2 green onions, green parts cut into thin strips
- ¼ tsp. freshly ground black pepper
- ½ tsp. **crushed red pepper**
- ⅓ cup **ume plum vinegar**
- 2 Tbsp. **toasted sesame oil**
- 1 Tbsp. + ½ tsp. salt

Add to cart

DIRECTIONS

- 1.** To blanch Swiss chard leaves, rinse under cool running water. Fill large bowl with ice water and ½ tablespoon salt; set aside. Fill large saucepan with water and bring to boil; add ½ tablespoon salt. Submerge leaves in boiling water until rib is softened and leaves become limp (about 1 minute).
- 2.** Transfer leaves to prepared ice bath. Drain cooled leaves and stack between paper towels until dry. Cut out rib of each leaf; set leaves aside.
- 3.** Stir coconut oil and soy sauce into cooked rice.
- 4.** Lay prepared Swiss chard leaf on cutting board with vein side up and stalk end pointing toward you. Sprinkle with vinegar and sesame oil.
- 5.** Sprinkle remaining salt, pepper and crushed red pepper over carrots and green onions. Place a few carrot strips, green onions and 2 heaping tablespoons of rice at the end of the leaf.
- 6.** Fold bottom edges of leaf over filling. Roll into a tube shape, until it forms a tight bundle. Repeat with remaining leaves and filling and chill.
- 7.** To make dipping sauce, mix ume plum vinegar and toasted sesame oil together in small dish and serve with rolls.

Note: You can use thinly sliced zucchini, cucumbers, bell peppers or any other crisp veggies in place of, or in addition to, the carrots and green onions.

Courtesy of Angela Shelf Medearis (The Kitchen Diva)



Pizza



CAULIFLOWER & POMEGRANATE FLATBREAD WITH TAHINI YOGURT DRESSING

INGREDIENTS

Flatbread

- [Pre-made flatbread](#)
- [Extra-virgin olive oil](#)

Toppings

- Lemon zest
- Pomegranate arils

Roasted Vegetables

- 1 onion, sliced into thin crescents
- ¼ cauliflower, chopped into flat, bite-sized florets
- 2 tsp. extra-virgin olive oil
- ¼ tsp. ground cinnamon
- ¼ tsp. [chili flakes](#)
- ¼ tsp. [ground cumin](#)
- ¼ tsp. salt

Dressing

- ¼ cup whole milk Balkan-style plain yogurt (not Greek)
- 2 Tbsp. lemon juice
- 1 Tbsp. [tahini](#)
- ¼ tsp. salt
- Ground black pepper, to taste

Add to cart

DIRECTIONS

1. To roast vegetables, preheat oven to 400 degrees F.
2. On large baking sheet, combine veggies, oil and spices. Roast for 25 minutes, or until caramelized.
3. Meanwhile, prepare dressing. In small bowl, combine dressing ingredients and whisk until well incorporated. Cover and set in fridge until ready to be used.
4. When you're ready to assemble the pizza, increase oven temperature to 425 degrees F. Line large-rimmed baking sheet with parchment paper.
5. Drizzle flatbread with oil and top with roasted veggies. Bake for 12-15 minutes, until flatbread is crisp.
6. To serve, place flatbread on large cutting board and slice into fourths. Top with lemon zest, pomegranate and dressing.

Courtesy of Allison Day (Yummy Beet)



RICE CAKE PIZZA WITH WALNUT MEAT

INGREDIENTS

Crust

- 13 **brown rice cakes**
- $\frac{3}{4}$ cup fresh basil, for layering

Cashew Cheese

- 2 cups **cashews**
- 2 Tbsp. **nutritional yeast**
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ cup water
- Juice of 1 small lemon (no more than $\frac{1}{4}$ cup)

Sauce

- 2 medium tomatoes
- 1 cup **sun-dried tomatoes**
- 1 garlic clove
- 1 Tbsp. extra virgin olive oil
- $\frac{1}{4}$ red or yellow onion
- $\frac{1}{4}$ tsp. black pepper
- $\frac{1}{4}$ tsp. **chili flakes** or cayenne pepper
- $\frac{1}{2}$ Tbsp. **dried basil**
- $\frac{1}{2}$ tsp. **dried thyme**
- $\frac{1}{2}$ tsp. **dried parsley**
- $\frac{1}{2}$ tsp. **dried oregano**

Walnut Meat

- 1- $\frac{1}{2}$ cup **walnuts**
- 1 cup sun-dried tomatoes
- 2 Tbsp. olive oil
- 1 tsp. **dried sage**
- 1 tsp. **fennel seeds**
- 1 tsp. thyme
- 1 tsp. rosemary
- 1 tsp. oregano
- 1 pinch black pepper
- 1 pinch cayenne pepper
- 1 pinch salt

Add to cart

DIRECTIONS

1. Prepare the sauce. In blender, add all ingredients and mix until well combined.
2. Prepare cashew cheese. In blender, combine all ingredients until smooth.
3. Prepare the walnut meat. In blender, combine all ingredients for about 5 minutes or until smooth.
4. To assemble pizza, place sauce on each rice cake. Follow with cashew cheese, fresh basil and walnut meat.

Courtesy of Liana Werner-Gray (The Earth Diet)



Noodles & Pasta



SPELT PASTA WITH ROASTED TURNIPS AND MUSHROOMS

INGREDIENTS

- 1 (10-oz.) large turnip, peeled and cut into small cubes
- 4 oz. **spelt spaghetti** (can use whole grain or gluten-free pasta of choice)
- 1 oz. **dried, mixed wild mushrooms**
- ¼ tsp. salt, plus more to taste
- ¼ tsp. **saffron** (hefty pinch)
- ½ cup recently boiled water
- 2 Tbsp. **extra-virgin olive oil**, divided
- 1 Tbsp. **balsamic vinegar**
- Fresh rosemary needles, to serve

Add to cart

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Toss turnips with 1 tablespoon olive oil, saffron and salt. Roast on large-rimmed baking sheet for 30-35 minutes. Turnips should be tender and golden when done.
3. In large bowl, soak mushrooms with boiling water for 15 minutes.
4. Cook pasta according to package directions. Once cooked, drain water and add pasta back to pot.
5. Add remaining 1 tablespoon of oil to pot, along with roasted turnips, mushrooms (including the soaking water) and balsamic vinegar. Add additional salt, if desired.
6. Garnish with rosemary needles. Serve hot.



SPICY SPAGHETTI “SQUASHTA”

Serves 2

INGREDIENTS

- 1 medium-sized spaghetti squash
- 2 Tbsp. **extra virgin olive** oil
- 1 clove garlic, diced
- ½ cup chopped green onion
- 2 Tbsp. **nutritional yeast** flakes
- 1 Tbsp. chopped **parsley**
- 1 Tbsp. chopped **basil**
- 2 Tbsp. **sun-dried tomatoes**, soaked in warm water and sliced
- 1 cup chopped spinach
- 1-2 Tbsp. toasted **pine nuts**
- Freshly ground pepper, to taste
- **Cayenne pepper** or red chili flakes, to taste
- 2 tsp. chopped **oregano leaves**

Add to cart

DIRECTIONS

- 1.** Preheat oven to 325 degrees F. Cut spaghetti squash in half and place in glass casserole dish filled halfway with water. Bake for approximately 25 minutes.
- 2.** Remove squash from oven and let cool. Use fork to shred squash into “noodles.” Place in large bowl and set aside.
- 3.** In sauté pan, heat oil, garlic and green onions; add remaining ingredients except spinach. Cook over low heat for about 10 minutes, adding spinach at the last minute.
- 4.** Add veggie mixture to squash and serve like a spaghetti dish.



VEGAN BLACK BEAN NOODLE BOWL

INGREDIENTS

Noodles

- 8-oz. pkg. **Explore Cuisine Organic Black Bean Spaghetti Pasta**
- 3-½ cups **organic vegetable broth**
- 1 cup carrots, shaved into thin ribbons
- 1 red bell pepper, thinly sliced
- 1 small cucumber, halved lengthwise and thinly sliced
- 2-½ Tbsp. **Coconut Secret Coconut Aminos**
- 2 cloves garlic, minced
- 1 tsp. **Vitacost Ground Ginger**
- 1 tsp. chili powder

Toppings

- **Vitacost Organic Raw Cashews**, crushed
- **Sesame seeds**
- Fresh mixed herbs (such as basil, mint and cilantro), chopped

Add to cart

DIRECTIONS

1. In large pot, bring broth to boil. Add noodles and cook according to package directions.
2. In saucepan over medium heat, coat with oil and add ginger and garlic. Cook 1 minute, stirring constantly. Add ginger-garlic mixture and coconut aminos to pot with broth and noodles; bring to boil again. Simmer 10 minutes.
3. In bowl, mix carrots, bell pepper and cucumber.
4. To serve, distribute noodles evenly among four serving bowls. Top each serving with ¼ vegetable mixture. Pour about ¾ cup stock mixture into each bowl. Sprinkle evenly with sesame seeds, cashews and herbs.



BROCCOLI, ZUCCHINI & KIMCHI NOODLES WITH TAMARI ALMONDS

Serves 2

INGREDIENTS

Noodles

- 2-3 broccoli stalks (8 oz.), peeled and spiralized
- 1 zucchini (6-8 oz.), spiralized
- ½ cup cabbage kimchi, finely chopped
- 1 Tbsp. **apple cider vinegar**
- 1 Tbsp. **avocado oil**
- 2 tsp. tamari
- ½ tsp. honey

Almonds

- ½ cup **almonds**
- 1 tsp. **tamari**
- 1 tsp. **honey**
- ¼ tsp. **chili flakes**, plus more to serve

Add to cart

DIRECTIONS

1. Preheat oven to 350 degrees F. Line large baking sheet with parchment paper.
2. Toss almonds with tamari, honey and chili flakes and place on prepared baking sheet. Bake until browned, about 6-9 minutes. When done, remove from oven and chop once fully cooled. Set aside.
3. In small mixing bowl, mix together vinegar, avocado oil, tamari and honey for noodles.
4. In separate, large bowl, combine broccoli and zucchini noodles with kimchi. Pour oil and vinegar mixture over noodles. Toss until fully coated.
5. To serve, top noodles with almonds.

Courtesy of Allison Day (Yummy Beet)



Family Style



CHIPOTLE ZUCCHINI BOATS WITH CASHEW CREAM

INGREDIENTS

Zucchini Boats

- 6 organic zucchini, cut lengthwise, center scooped out
- 1 yellow bell pepper, diced
- 1 orange bell pepper, diced
- 1 red onion, diced and sautéed in olive or coconut oil
- 2 – 3 Tbsp. **extra virgin olive oil**
- 1 tsp. **cumin**
- ½ tsp. **chipotle powder**, to taste
- ¾ cup cilantro, chopped, to top
- 1 or 2 avocados, diced, to top
- Pinch of sea salt, optional

Cashew Cheese

- 1 cup **raw cashews**, soaked overnight
- ¼ – ½ cup **nutritional yeast**
- Water

Add to cart

DIRECTIONS

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. In pan over medium heat, sauté onions until aromatic and then remove from heat.
3. In mixing bowl, combine onions with peppers, oil and spices.
4. Place zucchini “boats” on baking sheet face-up and fill with vegetable mixture. Bake for 15 minutes.
5. Meanwhile, prepare cashew cheese. In blender, combine drained, soaked cashews, nutritional yeast and a small amount of water. Blend until smooth, adding more water, if needed.
6. Remove zucchini boats from oven, add cashew cheese and bake for another 10-15 minutes until golden brown.
7. Serve with avocado and cilantro.



MILLET & BLACK BEAN STUFFED FIESTA ACORN SQUASH

INGREDIENTS

- 3 small acorn squash, cut in half with stems and seeds removed
- 1-½ cups cooked **black beans**
- 1 cup cooked **millet** or cooked quinoa
- 4 cups mushrooms (button, cremini or shitake), very finely chopped
- 1 clove garlic, minced
- 1 cup finely chopped parsley or cilantro
- ½ jalapeño, seeded and finely diced (use less for milder taste)
- 2 tsp. **cumin**
- ¾ tsp. sea salt
- 2 Tbsp. **avocado oil** or extra virgin olive oil
- 2 Tbsp. **apple cider vinegar**
- ¼ cup water
- Ground pepper, to taste

Add to cart

DIRECTIONS

1. Preheat oven to 350 degrees F. Line baking sheet with parchment paper.
2. Cut a thin slice of the skin from the outer edge of squash, perpendicular to cutting board, so it sits without wobbling. Place squash flesh side down on baking sheet and bake for 45 minutes or until tender. Let cool.
3. To make filling, sauté mushrooms and garlic in water over medium-low heat for 5 minutes, until fully cooked. If needed, add additional water while cooking.
4. In a large bowl, combine remaining ingredients. Stir in mushrooms and garlic.
5. Spoon filling into squash, pressing down mixture slightly.
6. Bake for 20 minutes or until heated through.



COCONUT-SPICE PAELLA

INGREDIENTS

- 1 red bell pepper, diced
- ½ yellow onion, diced
- 8 spears asparagus, cut into 1-inch pieces
- 2 Tbsp. **olive oil**, divided
- 2 cups **short grain brown rice**
- 2 pinches **saffron** (about ½ tsp.)
- ½ tsp. **Himalayan pink salt**
- ½ tsp. black pepper
- 1 tsp. **turmeric**
- 1 can **unsweetened coconut milk**, cream skimmed off and set aside
- 1½ – 2 cups water

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DIRECTIONS

1. In large pan over medium heat, sauté asparagus, onion and pepper in 1 tablespoon olive oil for a few minutes, or until veggies begin to soften.
2. Add rice, coconut milk, half the reserved coconut milk cream, ½ cup water and spices. Mix well, cover and simmer for 20 minutes, stirring occasionally.
3. Add another ½ cup water and remaining coconut milk cream. Stir together, cover again and simmer another 20 – 30 minutes.
4. If rice is still not done (the gummy texture will give it away), add more water, ½ cup at a time. Cover and continue to simmer on low for 5-10 minutes, or until rice is fully cooked.



SWEET POTATO & BLACK BEAN VEGAN POT PIE

Serves 8

INGREDIENTS

Crust

- 1 cup **medium-grind cornmeal**
- ½ cup **garbanzo and fava bean flour**
- ½ tsp. **sea salt**
- 4-6 Tbsp. **coconut oil**
- 1 Tbsp. **ground flaxseed**, mixed with 3 Tbsp. water (mix and set aside 5 minutes)
- 4 Tbsp. cold water

Filling

- 2 tsp. coconut oil
- 1 cup diced onion (about ½ onion)
- ¼ tsp. **dried basil**
- ¼ tsp. **dried thyme**
- ¼ tsp. **turmeric**
- ¼ tsp. sea salt
- ¼ tsp. ground black pepper
- 2 cloves garlic, mashed with garlic press
- 3 cups diced sweet potato (about 2 small)
- 2 cups or 1 can (15-oz.) **black beans**
- 1 Tbsp. **arrowroot powder**
- ½ cup water, divided

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DIRECTIONS

- 1.** Make crust. In medium-sized mixing bowl, add cornmeal, flour and salt. Mix in 4 Tbsp. coconut oil with fork. Add flax mixture, plus cold water; mix thoroughly. Add more coconut oil if dough is dry. Form into ball and wrap in plastic. Refrigerate for at least 30 minutes.
- 2.** Make filling. Heat deep skillet to medium heat, add coconut oil and onion; cook 5 minutes. Add spices and garlic; cook 3 minutes. Add sweet potato and ¼ cup water. Cover and set heat to medium-low; cook 10 minutes. Add beans, arrowroot and ¼ cup water; stir to combine. Adjust seasonings to taste. (Note: Sweet potatoes will soften while baking in pot pie.)
- 3.** Assemble pie. Preheat oven to 425 degrees F. Spoon filling into pie dish.
- 4.** Place dough between two pieces of plastic wrap. Use rolling pin to flatten into pie crust shape.
- 5.** Remove bottom layer of plastic wrap and place crust over pie filling. Remove top layer and press crust into sides of pan. Use knife to cut 4 slits into top.
- 6.** Bake for 20 minutes or until golden brown. Cool for 10 minutes before slicing.



VEGAN GOBHI MUSALLAM

Serves 4

INGREDIENTS

- 1 head cauliflower
- 1 purple onion, coarsely chopped
- 2 tomatoes, coarsely chopped
- 4 cloves garlic, coarsely chopped
- 2 Tbsp. **raw cashews**, soaked for two hours
- 2 Tbsp. **coconut oil**
- ½ tsp. **turmeric**
- ½ tsp. **powdered ginger**
- 1 tsp. **cumin**
- 1 tsp. **coriander**
- 1 tsp. **red chili powder**
- 1 tsp. sea salt
- 1 tsp. **garam masala**
- 1 red chili, de-ribbed, de-seeded and sliced
- 1 tsp. crushed fenugreek leaves
- Chopped cilantro for garnish
- ½ cup water (or more as needed)

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DIRECTIONS

- 1.** Fill stock pot with water, salt and turmeric. Bring to boil over high heat and gently submerge entire head of cauliflower with a slotted spoon. Reduce heat to medium and simmer for 4 minutes, then flip cauliflower and simmer for another 4 minutes. (Use slotted spoon to keep the cauliflower submerged.) Strain and set aside.
- 2.** In large skillet, heat coconut oil over medium heat until shimmering, about two minutes. Add onion, chili pepper and ginger and sauté until the onion softens, about 5 minutes. Add garlic and cumin, coriander, salt and red chili powder; sauté until aromatic, about 30 seconds. Add chopped tomatoes and simmer until tomatoes soften, about 5 minutes.
- 3.** In high-speed blender or food processor, add cooked sauce mixture, soaked cashews and water. Blend until smooth.
- 4.** Return mixture to skillet and simmer over medium-low heat, covered, until darkened, about 10 minutes. Stir in garam masala and crushed fenugreek leaves, cover and simmer for another 5 minutes. (Note: Add water if sauce gets too thick.)
- 5.** Preheat oven to 400 degrees F. Place cauliflower in baking dish and pour sauce over cauliflower.
- 6.** Bake about 30 minutes, until sauce starts bubbling rapidly and cauliflower starts to brown.
- 7.** Garnish with cilantro, slice and serve.

Courtesy of Russ Crandall (The Domestic Man)

TEFF POLENTA WITH GARLICKY CHARD

Serves 4-6



INGREDIENTS

Polenta

- 1 cup **Bob's Red Mill Teff**
- 1 cup grated Parmesan cheese
- ½ tsp. garlic powder
- ½ tsp. dried thyme
- ½ tsp. dried basil
- ¼ tsp. dried oregano
- 4 cups vegetable broth
- 2 Tbsp. olive oil
- 1 Tbsp. unsalted butter
- Salt & pepper, to taste
- Shaved Parmesan cheese, optional
- Balsamic vinegar, optional

Sautéed Chard

- 1 bunch rainbow chard, leaves cut into 1-inch wide strips and stems/ribs cut into 1-inch pieces
- 3 cloves garlic, minced
- 1 medium onion, diced
- 1 Tbsp. butter
- 1 Tbsp. olive oil
- ¼ tsp. **salt**
- ⅛ tsp. pepper

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DIRECTIONS

1. Prepare polenta. In large pot over medium-high heat, bring vegetable broth and spices to boil. Whisk in teff, reduce heat to low and cook covered about 15-20 minutes, until liquid has been absorbed. Stir occasionally. Remove from heat, add butter and cheese. Season with salt and pepper.
2. Transfer teff mixture to 8x8-inch pan coated with non-stick spray, smoothing out top. Let cool to room temperature, then refrigerate for at least 2 hours.
3. Once polenta is ready to cook, slice into 4-6 small squares. Heat a non-stick skillet over medium heat. Add olive oil and sauté the polenta squares until golden, about 3-4 minutes.
4. Prepare chard. In large, heavy pot over medium heat, add oil and butter. Once they start to foam, add garlic and onions. Reduce heat to low and cook covered for 8 minutes, stirring occasionally.
5. Add chard ribs and stems to pot. Season with salt and pepper and cook covered for about 10 minutes, stirring a couple of times. Add leaves and cook until wilted, about 5 minutes.
6. After 10 minutes, add leaves and cook until wilted, about 5 minutes.
7. To serve, place polenta squares onto 4 or 6 plates. Use a slotted spoon to scoop chard and top each square. Drizzle each serving with balsamic and sprinkle with cheese, if desired.

Courtesy of Bob's Red Mill



Breakfast for Dinner





TOFU SCRAMBLE TOSTADAS

INGREDIENTS

Tostadas

- 4 tostada shells
- Shredded lettuce
- Lime wedges
- **Hot sauce**

Black Bean Hummus

- 1-½ cups **canned chickpeas**, rinsed and drained
- 1-½ cups **canned black beans**, rinsed and drained
- 2 tsp. **chili powder** or cumin
- 1 tsp. **garlic powder** or 2 cloves
- 3 Tbsp. **tahini**
- 3 Tbsp. water
- 1 lime, juiced and zested
- Salt & pepper, to taste

Tofu Scramble

- 1 block **extra firm tofu**, pressed for 5-10 minutes
- 1 zucchini, diced
- 1 yellow or orange bell pepper (or half of each)
- ½ yellow onion, diced
- ¼ cup cauliflower, small diced
- 1 tsp. **cumin** or chili powder
- 1 tsp. garlic powder
- 1 tsp. olive oil, for sautéing
- ½ tsp. **turmeric powder**, optional
- Salt & pepper, to taste

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DIRECTIONS

1. Prepare hummus. In blender or food processor, combine all hummus ingredients. Process until combined and smooth, adding water a tablespoon at a time to reach desired consistency. Transfer to airtight container and let cool in fridge until ready to use.
2. Preheat oven to 375 degrees F.
3. Prepare tofu scramble. In large skillet over medium heat, sauté diced onion in olive oil for 5 minutes or until translucent. Add in tofu, cumin, garlic and turmeric and cook for 5 minutes, breaking tofu into crumbles. Taste and season mixture with salt and pepper. Add zucchini, bell pepper and cauliflower and cook for 8-10 or until veggies are tender.
4. To assemble, spread two tablespoons hummus on tostada shell, then top with shredded lettuce, ¼ cup tofu scramble and hot sauce, if desired. Squeeze lime juice on top to serve.



EASY-TO-MAKE RICE PAPER BACON

Makes about 20 strips

INGREDIENTS

- 8 sheets **rice paper**, white or brown
- 1 Tbsp. **nutritional yeast**
- 2 Tbsp. **coconut aminos**
- 2 tsp. **liquid smoke**
- 2 Tbsp. **vegan Worcestershire**
- Salt & pepper, to taste
- ½ Tbsp. **maple syrup**

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DIRECTIONS

1. Preheat oven to 375 degrees F.
2. To make marinade, combine all ingredients (except rice paper).
3. Gently wet rice paper and arrange on nonstick surface. Coat with marinade and layer with second wet sheet of rice paper. Once softened, use a sharp knife to cut into strips. Repeat with remaining rice paper. (Each strip should be made of 2 sheets.)
4. Holding each end, dunk strip into marinade, using thumb and pointer finger to remove excess. Arrange strips on baking sheet. Bake for 12-14 minutes on center rack. Watch carefully, they burn easily.
5. Remove sheet from oven and cool for 1-2 minutes before serving.

Notes:

- Undercooking is better than overcooking. Otherwise it may resemble more of a bacon “chip” instead of being chewy.
- Make in bulk and store leftovers in airtight container to add to meals throughout the week. Reheat in oven at 350 degrees F for a few minutes.
- Serve on the side of **Tofu Scramble Tostadas**. Download **Meatless Monday Volume 1** and add rice paper bacon strips to Chickpea Veggie Burger (pg. 27) or cut it into bite-size pieces and top Sweet Baby Kale Salad (pg. 7) or Veggie & Basmati Rice Salad (pg. 9).

Courtesy of Margaret Chapman (The Plant Philosophy)