

The Best Of Nature
Plant Based Cooking School

2012 Recipes



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Salads

Bean and Artichoke Salad

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|---|--|
| 3 roma tomatoes (about 2 cups) | 2 tablespoons fresh lemon juice
(2 lemons) |
| 1 red bell pepper, seeded and
chopped (1/2 cup) | 2 tablespoons balsamic vinegar |
| 1 small red onion, chopped (1/2 cup) | 1 ½ teaspoons spicy brown mustard
(or other mustard of your choice) |
| ½ cup chopped cilantro | 1 teaspoon dried basil |
| 1 19-ounce can red kidney beans,
drained and rinsed | 1 teaspoon dried oregano |
| 1 15-ounce can chickpeas, drained
and rinsed | ½ teaspoon dried thyme |
| 1 12-ounce bag frozen artichokes,
thawed and chopped | ½ teaspoon crushed garlic |

Combine first seven ingredients in a large bowl.

Combine remaining ingredients in a small bowl, stir with a whisk, and pour over bean mixture. Mix all together. Chill before serving.

Cauliflower, Carrot and Olive Salad

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|--|---|
| 1 head cauliflower, cut into
bite-sized florets | 2 scallions, thinly sliced |
| 1 cup baby carrots, quartered
lengthwise | ¼ cup vinaigrette, homemade or
store-bought |
| ½ cup sliced olives | 2-3 tablespoons toasted sunflower or
pumpkin seeds |
| ¼ cup minced fresh parsley | |

Place cauliflower in a skillet with a small amount of water. Cover and steam for 3-4 minutes, just until tender crisp.

Transfer the cauliflower to a colander and refresh under cool water. Drain well.

Combine the cauliflower with the remaining ingredients. Toss well. Serve at once, or cover and refrigerate until needed.

Serves 4-6.

Salads

Asian Tempeh Salad

Sliced deglazed tempeh

6 cups chopped romaine lettuce

4 cups finely shredded cabbage

2 cups cooked jasmine rice, cooled

1 ½ cups fresh or defrosted frozen
corn kernels

1 cup chopped green onion

1 cup Sesame Orange Vinaigrette

1 cup loosely packed fresh cilantro
leaves

1 cup red bell pepper, finely diced

Chop or slice the deglazed tempeh. Place in a bowl with the romaine, cabbage, rice, corn, and green onion. Add Sesame Orange Vinaigrette and toss well. Garnish with cilantro leaves, red bell pepper and sesame seeds.

Sesame Orange Vinaigrette

1 cup orange juice

¼ cup rice vinegar

¼ cup maple syrup

2 tablespoons grated ginger

¼ cup safflower or sunflower oil

¼ cup toasted sesame oil

1 teaspoon salt

Puree orange juice, rice vinegar, maple syrup and ginger. With blender on low speed, gradually add oils and salt.

Deglazed Tempeh

1 8 oz. block of tempeh, cut
lengthwise and then in half
crosswise

2-3 tablespoons oil

¼ cup Simple Deglaze

Heat oil in frying pan over moderately high heat. Add tempeh patties. They should sizzle slightly; that tells you oil is hot enough. Sauté until golden about 1-2 minutes. Then turn over and let other side brown.

Pour Simple Deglaze over and around tempeh patties all at once. Lower flame slightly. Remove tempeh when the Simple Deglaze has been absorbed and the tempeh has a nice golden brown color.

Simple Deglaze

2/3 cup water

1/3 cup soy sauce

1 clover garlic, minced

½ teaspoon grated fresh ginger

Salads

Hail to the Kale Salad- Revisited © Chef AJ, 2012

The original version of this called for an entire cup of almond butter. By using beans you can decrease the amount of almond butter to 6 tablespoons, thereby eliminating 1,000 calories and 100 grams of fat.

Salad:

24 ounces of chopped kale

sliced almonds

Dressing:

6 tablespoons of raw almond butter
(unsweetened and unsalted)

1 can of cannellini beans, rinsed and
drained

1 cup water

¼ cup fresh lime juice (about 2) and
zest

4 cloves garlic

Fresh ginger (approximately 1/2 of
an ounce)

2 tablespoons raw coconut aminos

4 pitted dates (soaked in water if not
soft)

½ teaspoon red pepper flakes

In a high-powered blender combine all ingredients until smooth and creamy. Remove the thick, larger stems from the kale and place in a large bowl. Massage the dressing into the kale. Sprinkle nuts before serving, if desired. Like a woman, this only gets better with age. It's also delicious when made with peanut butter and you throw some shredded raw beets and carrots into the salad. This dressing is also delicious on potatoes and cooked veggies.

Jicama Salad

1 large jicama, julienned

1 red bell pepper, finely chopped

1 yellow bell pepper, finely chopped

1 orange bell pepper, finely chopped

1 green bell pepper, finely chopped

½ cup finely chopped red onion

1 large cucumber, chopped (seeds
removed)

1 orange, peeled and sliced in bite-
size pieces

1 avocado, chopped

1 cup chopped fresh cilantro

6-7 limes (¾ cup)

pinch cayenne pepper

pinch paprika

salt, to taste

In a large bowl, toss together jicama, bell peppers, onion, cucumber, orange, avocado, and cilantro. Pour lime juice over all. Sprinkle with cayenne and paprika. Salt to taste. Let sit for 30 minutes before serving.

Serves 6-8

Salads

Kale Salad

1 bag chopped kale	½ red onion, thinly sliced
1 bag shredded green cabbage	1 red pepper, thinly sliced

Mix vegetables together in large bowl.

Dressing

1 cup orange juice	1 teaspoon dijon mustard
¼ cup balsamic vinegar	salt to taste

Mix dressing with vegetables and let stand for 1-2 hours.
Sprinkle toasted sunflower seeds on top just before serving.

Lentil Bruschetta Salad

1 package Trader Joe's steamed lentils	½ bag of baby arugula
1 (14.5 oz.) Trader Joe's Bruschetta Sauce	¼ cup crushed pita chips

Mix lentils and bruschetta together. Distribute arugula evenly on a platter.
Layer lentil/bruschetta mix over arugula. Sprinkle with crushed pita chips.
Serves 6.

Mango Arugula Salad

5 ounce (1/2 bag) Sorrento Baby Arugula Blend, or other baby arugula	1 ear of white corn cut off the cob (uncooked), or 1 cup frozen Cut White Corn, thawed
6 fresh basil leaves, chopped	1 15-ounce can garbanzo beans, drained and rinsed
1 ripe mango, peeled and cut into chunks	¼ cup white balsamic vinegar
1 cucumber, peeled if not organic, and cut into small chunks	2 tablespoons Raw Blanched Slivered Almonds
1 medium tomato	

In a large bowl, toss all ingredients, and serve. Makes 4 servings.

Salads

Peanut Noodle Salad

8 ounces spaghetti (1/2 box)	1 clove garlic
1/2 cup smooth peanut butter	1/2 teaspoon crushed chili
1/4 cup soy sauce	3 cups thinly sliced red cabbage
2 tablespoons rice vinegar or lemon juice	1 cup thinly sliced snap peas
2 tablespoons brown sugar	1/4 cup chopped green onions
1 teaspoon grated fresh ginger	1/4 cup chopped salted roasted peanuts

Cook the spaghetti according to the package directions.

Meanwhile, in a blender, puree the peanut butter, soy sauce, vinegar, brown sugar, ginger, garlic, chili and 1/2 cup water.

In a large bowl, toss the spaghetti with the peanut sauce, cabbage, snap peas and green onions. Sprinkle with the peanuts.

Serves 4-6.

Quick 6 - Fat-Free Salad Dressing © Chef AJ, 2012

With equal amounts of 6 simple ingredients, this homemade dressing comes together in minutes. You may never eat bottled dressing again!!!

2 Tablespoons water	2 Tablespoons low-sodium miso*
2 Tablespoons lemon juice	2 Tablespoons Nutritional Yeast
2 Tablespoons low-sodium Dijon mustard	2 Tablespoons Date Syrup**

Place all ingredients into a jar and shake until smooth. Keep in the refrigerator.

*Both Cold Mountain and South River make low sodium brands which are available at Whole Foods Markets, Erewhon Natural Foods and on line.

** www.ilovedatelady.com is my favorite brand of date syrup. You can also buy date syrup at ethnic markets but it won't be organic. You can also use whole dates in place of the date syrup but then you need to blend all of the ingredients together in a blender.

For a less sweet, tangy dressing reduce the amount of date syrup or omit entirely.

Serve over Chef AJ's House Salad:

Romaine, shredded beets, cabbage, carrots, chopped scallions, garbanzo and kidney beans.

Salads

Red Quinoa and Black Bean Vegetable Salad

Salad

3-4 cups arugula	1 red bell pepper, chopped
1 cup uncooked Red Quinoa, cooked according to package directions	¼ cup finely chopped cilantro
1 (14 oz.) can black beans, drained and rinsed	1 cup corn
	1 small avocado

Dressing

1 ripe avocado	½ cup chopped cilantro
½ cup corn	¼ teaspoon ground coriander
1-cup vegetable broth	¼ teaspoon ground cumin
½ lime juiced	

Blend all dressing ingredients in a blender until thick and creamy. Add broth to thin if desired.

Salad Assembly Cool quinoa. Distribute arugula evenly on platter. Layer cooled quinoa on top of arugula. Continue layering beans and vegetables. Pour dressing over entire salad. Garnish with finely diced red bell pepper and cilantro. Serves 6.

Sweet Potato-Lime Salad

3 large sweet potatoes and/or yams, cut in bite-size pieces (4 cups)	½ sweet onion, chopped
1 bunch green onions, chopped (about ½ cup)	4 ribs celery, chopped (about 1 cup)
1 red bell pepper, seeded and chopped (1 cup)	2 tablespoons balsamic vinegar
	juice and zest of 1-2 limes (about 2 tablespoons of juice, or to taste)
	½ cup chopped parsley or cilantro

Steam sweet potatoes 10-12 minutes, until tender but still firm, or bake at 400 degrees until just tender. Peel and cube. Place in a bowl.

Add green onions, red pepper, onions, celery, vinegar, lime juice and zest, and parsley. Mix. Serves 4.

Salads

Tofu Feta and Beet Salad

- | | |
|---|---|
| 2 teaspoons vegetable oil | 1 (10 oz.) bag shredded green cabbage |
| ½ (15 oz.) block organic firm tofu, drained and pressed for 10 minutes* | 1 (8 oz.) package Steamed and Peeled Baby Beets, drained and cut into strips, or 6 small beets, peeled, boiled, and cut into strips |
| 1 teaspoon salt | ¼ cup white balsamic vinegar |
| ½ teaspoon dried dill weed | ¼ cup whole walnuts |
| 1 (6 oz.) bag baby spinach | |

In a medium-sized skillet over high heat, heat oil, tofu, salt, and dill, crushing tofu into crumbles and stirring until tofu begins to brown, about 7 minutes. On each of 4 plates, place ¼ of the spinach, followed by ¼ of the cabbage, ¼ of the beets, ¼ of the tofu mixture, 1 tablespoon balsamic, and 1 tablespoon walnuts. Serve immediately. Serves 4.

*Press tofu: Place 6 paper towels on the counter. Drain tofu from package. Place both blocks of tofu on the paper towels, side by side. Place a cutting board or baking sheet on top of the tofu. Place 2 or 3 cans of beans or similar weight on top of the cutting board, and let sit for at least 30 minutes. This process gets excess water out of the tofu, allowing it space to soak in other incredible flavors.

Veggie Tabouli

- | | |
|--|--------------------------------------|
| 1 cup bulgur | 1 English cucumber, diced |
| 1 cup boiling water | 1 small sweet onion, diced |
| 2 large tomatoes, diced | ¼ cup chopped fresh mint |
| 1 cup finely chopped parsley, firmly packed | zest of 1-2 lemons |
| 1 large garlic clove, chopped | ½ cup fresh lemon juice |
| 4 green onions, white and green parts, chopped | ¼ cup balsamic vinegar |
| | Arugula, spinach, or romaine lettuce |

Rinse bulgur in a strainer, place in a large bowl, and cover with boiling water.

Cover and let sit while dicing tomatoes.

Drain bulgur well and return to bowl. Add diced tomatoes, mix well with bulgur, and allow bulgur to absorb tomato juices.

Add parsley, garlic, green onions, sweet onions and cucumber to the bulgur mixture.

Add lemon zest, juice and balsamic vinegar and mix well.

Refrigerate overnight if possible, or at least a few hours. Serve on a bed of arugula, spinach or romaine lettuce.

Serves 10.

Salads

Zucchini Salad

2 cans black beans, rinsed and
drained
1 16-ounce bag of frozen corn
1 red bell pepper, diced
4 small zucchini, diced (2 ½ cups)
4-5 green onions, chopped
(½ – ¾ cup)

½ cup chopped cilantro
1 avocado, diced
4 limes, juiced
1 teaspoon cumin
½ teaspoon garlic powder
¼ teaspoon cayenne pepper
½ teaspoon salt

Mix all ingredients together and serve.

Soups

Quick Black Bean Soup

2 cans black beans, rinsed and drained
1 cup salsa

1 cup water
1 teaspoon cumin

Blend together until smooth.
Pour into saucepan.
Add 1 cup frozen corn.
Simmer 5 minutes.
Garnish with cilantro and green onions.
Serves 2-3.

Spinach and Garbanzo Soup

1 medium onion, diced
4 cloves garlic, minced
2 teaspoons fresh grated ginger
2 tablespoons curry powder
1 jalapeno pepper, minced
6-8 cup chopped spinach

2 15-ounce cans garbanzos, rinsed and drained
1 28-ounce can diced tomatoes
3 cups water
½ teaspoon salt

Sauté onion, garlic, ginger and jalapeno in small amount of water.
Add curry powder and sauté for another minute.
Add rest of the ingredients. Simmer for 30 minutes.
Remove from heat and add in the salt.
Serves 4-6.

Vegetable Chili

2 cans petite size diced tomatoes
1 can (8 oz.) tomato sauce
2 cans (15 oz.) kidney beans, drained and rinsed
1 small can diced jalapenos
5-6 cups water
2 cups frozen corn

½ onion, diced
½ cup diced celery
1 small zucchini, diced
1 teaspoon crushed garlic
3-4 cups chopped kale
1 teaspoon cumin
¼ teaspoon cayenne

Mix all together in a large pot. Bring to a boil and simmer for 1 hour.
Serves 8-10.

Soups

Yellow Split Pea Soup with Sweet Potatoes © Chef AJ, 2012

One pound of yellow split peas	6-8 cloves garlic, pressed
One large chopped onion (I use the 10 ounce bag, precut from Trader Joes)	4 teaspoons chopped parsley (dried, not fresh)
One pound carrots, sliced	1-2 Tablespoons salt-free seasoning*
One celery heart, sliced (you can actually buy mirepoix, celery, carrots and onions already chopped at TJ'S)	1 teaspoon basil
2 sweet potatoes, cubed	1 teaspoon rosemary
8 cups boiling water	1 teaspoon oregano
	1 teaspoon celery seed
	1 teaspoon smoked paprika
	1 bay leaf

Place all ingredients in an electric Pressure Cooker. Cook on high for 8 minutes. Tastes even better the next day!

*my favorite is Benson's Table Tasty available at the Pasadena Farmer's Market or at www.BensonsGourmetSeasonings.com

Entrées

Eggplant and Chickpea Curry

1 large eggplant	2 teaspoons ginger paste or minced ginger root or 1 teaspoon ground ginger
1 medium onion, chopped	
½ red bell pepper seeded and diced	¼ teaspoon cayenne or other hot red pepper
½ teaspoon cumin seeds	15 ounces chickpeas, rinsed and drained
1 teaspoon ground coriander	½ cup water
¼ teaspoon turmeric	¼ cup minced parsley or cilantro
1 clove garlic, pressed	
14 ounces diced tomatoes (fire-roasted preferred)	

Preheat oven to 400F. Prick eggplant with a fork several times and place on a baking sheet. Bake for 40-45 minutes, until eggplant is sunken and soft all the way through. Remove from oven and set aside until cool enough to handle. Peel and chop the eggplant flesh.

Heat a non-stick skillet and then spray it lightly with vegetable oil. Add the onion and cook until it begins to turn golden. Add the bell pepper and cook for a few more minutes. Clear a spot in the center of the skillet and sprinkle the cumin seeds directly on the hot surface. Stir and toast them for about a minute, until they become fragrant. Stir them into the onions and peppers and add the coriander, turmeric, garlic, tomatoes, ginger, and red pepper. Add the eggplant and cook over medium heat, pressing eggplant with the back of a spoon to break up large pieces, for about 10 minutes. Add the chickpeas and enough water or chickpea cooking liquid to keep the mixture moist, cover tightly, and turn heat to low. Cook for at least 15 minutes, stirring periodically, until sauce has thickened and flavors have blended. (You can hold this dish on low for up to 45 minutes while you prepare the rest of your meal, but add additional liquid as needed and don't forget to stir, scraping the bottom.)

Just before serving, add parsley (or cilantro), and salt to taste. Serve with rice or Indian bread. Serves 4.

Entrées

Falafel Patties

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|---------------------------------------|------------------------------------|
| 1 15-ounce can garbanzo beans | 1 teaspoon coriander |
| 1 small onion, finely chopped | 1 teaspoon cumin |
| 2-3 cloves garlic, finely chopped | ½ teaspoon dried red pepper flakes |
| ½ cup chopped parsley, loosely packed | 1-½ tablespoons flour |
| 1 lemon, juiced | ½ teaspoon baking powder |

Preheat oven to 375 degrees F. Drain and rinse the garbanzos.

Pulse the garbanzos and garlic in a food processor. Add the onion, parsley and lemon juice and blend until relatively smooth, scraping down the sides frequently.

Transfer the mixture to a mixing bowl. Mix in the coriander, cumin, pepper flakes, flour and baking powder. Mixture should be firm enough to shape into balls. If mixture doesn't seem firm enough add ½ tablespoon of flour and mix well.

Spray a baking sheet with nonstick cooking spray.

Form the mixture into walnut size balls and then flatten a bit into patties. Place on the baking sheet.

Bake 15-18 minutes; they should be browned on the underside. Remove the falafels from the oven, spray them with a little cooking spray, then flip the falafel and bake for 8-10 more minutes.

Makes about 8-10 falafel patties.

Farro Salad with Grilled Veggies

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|---|--|
| 1 ½ cups dry farro | ½ pint grape tomatoes, washed and sliced in half |
| 1 regular eggplant or 3 Japanese eggplants, sliced ½ inch thick | 2 cups chopped arugula |
| 1 red onion, sliced ½ inch thick | ½ cup white balsamic vinegar |

Cook farro in a large pot of boiling water until just tender, about 15 minutes.

Drain well and place in a large bowl.

Grill eggplant and onions on grill-type skillet. Spray skillet and vegetables with non-stick spray. Grill on medium high for 4-5 minutes on each side. Remove from grill and cut into 1 inch pieces. Cool vegetables.

Add all vegetables to cooled farro and toss with vinegar.

Serves 6-8.

Entrées

Fun Veggie Bowls

Curry Sauce

1 can lite coconut milk	¼ cup water
1 cup fresh cilantro leaves, lightly packed	2 garlic cloves
1/8 cup soy sauce	2 tbsp curry powder
1/8 cup maple syrup	1 tbsp ginger, chopped

Place all ingredients in a blender and puree until smooth.

Peanut Sauce

½ cup smooth natural peanut butter	¼-1/2 cup water
1/8 cup Braggs liquid aminos	2 teaspoons Garlic/chili sauce
¼ cup lime juice	

Place all ingredients in a bowl and whisk until smooth.

Tahini Miso sauce

½ cup tahini	½ cup water
1/3 cup white miso	2 small cloves garlic
½ lemon, juiced	

Process all ingredients in a blender or food processor and process until smooth.

Bowl Ingredients

Cooked Brown rice	Cooked Red quinoa
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Steamed Vegetables

Carrots coins	Broccoli flowers
Cauliflower flowers	Kale, chopped

Raw Vegetables

Beets, grated	Yellow bell pepper, thinly sliced
Purple cabbage, thinly sliced	Baby spinach leaves
Edamame	Avocado, diced

Assembly

Put rice or quinoa in a bowl.
Add steamed and raw vegetables of choice.
Pour desired sauce over veggies.
Sprinkle with sunflower or pumpkin seeds and eat!

Entrées

Garbanzo Rice Casserole

½ cup chopped celery
½ onion, chopped
2-3 cups cooked brown rice
1 15 oz. can garbanzos, with broth
¼ cup chopped fresh parsley

1 ½ teaspoons “Chicken” Style
Seasoning
¼ teaspoon sweet basil
1/3 teaspoon oregano

Simmer celery and onion in garbanzo broth, until tender. Combine with remaining ingredients and mix together well. Press into a sprayed, 2 quart casserole dish and bake at 350 degrees F. for 35-45 minutes, uncovered. Serves 5.

Ginger-Miso Yam Wraps

2 small yams or sweet potatoes (1 lb.)
2 tablespoons white miso paste
1 tablespoon smooth peanut butter
2 tablespoons finely chopped shallot
1 tablespoon minced fresh ginger
2 cloves garlic, minced (2 teaspoons)
1 cup frozen shelled edamame

¼ teaspoon cayenne pepper
6 oz. firm silken tofu, crumbled
(1 cup)
2 tablespoons chopped cilantro
8 collard green leaves, stems
removed

Preheat oven to 400°F. Cut thin slice off both ends of yams, and poke skins with knife in several places. Bake 50 minutes, or until soft, turning once. Halve yams, and scoop flesh into bowl. Mash in miso and peanut butter. Meanwhile, coat skillet with cooking spray, and heat over medium heat. Sauté shallot, ginger, and garlic 3 minutes, or until soft. Add edamame, 1/4 cup water, and cayenne; cook 3 minutes more. Remove from heat, and stir in tofu, cilantro, and yam mixture. Cool. Place 1 collard green leaf on work surface. Spoon 1/3 cup yam mixture in center of leaf. Roll bottom edge over mixture; tuck in sides. Roll up to top edge. Place, seam-side down, and repeat with remaining ingredients. Serves 4.

Entrées

Chickpea Teriyaki

1 (15 oz.) can chickpeas, drained and rinsed	1 tablespoon sugar (optional)
¼ cup teriyaki sauce	2 cups cooked brown rice (or cooked greens)
1 tablespoon hot sauce (optional)	Pineapple-Mango salsa

Combine chickpeas, teriyaki sauce, hot sauce and sugar in a large frying pan. Allow to marinate for at least 5 minutes. Cook over medium heat, stirring regularly, until most of the liquid has absorbed, about 10 minutes. Spoon over cooked rice (or cooked greens) and top with salsa. Serves 2.

Pineapple-Mango Salsa

Mix equal parts chopped pineapple and mango with minced red onion, fresh cilantro and lime juice.

Italian Layered Casserole

2 medium eggplants	3 medium zucchini
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Creamy bean filling:

1 15 oz can great northern beans, rinsed and drained	1/8 teaspoon cayenne
1 tablespoon nutritional yeast	½ teaspoon salt
1 teaspoon basil	1 cup spinach, firmly packed
½ teaspoon oregano	1-2 tablespoons water

2 cups favorite spaghetti/marinara sauce

Slice eggplant into ¼ inch slices. Pre-cook the slices until they are partially dehydrated. Place slices on a parchment-covered baking sheet. Bake at 450 degrees F until slices are shriveled but not brown or crispy. Bake about 5 minutes on each side.

While the eggplant is cooking, prepare the bean filling. Place all ingredients into a food processor and process until smooth. Add water to thin as needed.

Preheat oven to 425 degrees F. Spray a 13 x 9 inch glass baking pan with non-stick spray. Put a thin layer of sauce in the bottom of the dish-just barely enough to cover the bottom. Arrange 1/3 of the eggplant slices over the sauce. Spread ½ of the bean filling over the eggplant, and put half of the zucchini over the filling. Drizzle lightly with sauce. Repeat eggplant, filling, zucchini, and sauce. Place the final layer of eggplant over the top and pour the remaining sauce evenly over it, spreading it to cover the eggplant completely. Bake uncovered 30 minutes. Allow to sit for a few minutes before serving. Sprinkle with chopped parsley as a garnish.

Entrées

Lasagna

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|---|---|
| 1 (16 oz.) block organic firm tofu,
liquid drained | ½ teaspoon salt |
| 1 (16 oz.) bag frozen chopped
spinach, thawed | 1 (28 oz.) can Tuscano Marinara
Sauce |
| 1 (8 oz.) container vegan cream
cheese such as Tofutti Better
Than Cream Cheese | 1 (25 oz.) jar Organic Tomato Basil
Marinara Sauce |
| 1 teaspoon garlic powder | 14.5 oz. lasagna noodles, preferably
whole wheat |

Preheat oven to 350 degrees F.

In a large bowl, crumble tofu and stir in spinach, cream cheese, garlic, and salt

In the bottom of a 9 x 13-inch baking dish, evenly spread half the 28 oz. can of marinara or tomato sauce, and then evenly layer with about 5 lasagna noodles (1 of which will probably be need to be broken into 2 halves to fit)

Spread half the spinach tofu mixture evenly over the lasagna hoodless, and cover the spinach tofu mixture with another layer of about 5 lasagna noodles.

Pour half the jar of Tomato Basil Marinara evenly over lasagna noodles, and then top that layer of sauce with another layer of noodles (about 5).

Spread the other half of the spinach mixture evenly over lasagna noodles, and cover with a final layer of lasagna noodles.

Top final layer of noodles with the remaining half jar of Tomato Basil Marinara and half can of Tuscano Marinara Sauce, spread evenly over top.

Cover tightly with aluminum foil and bake for 1 hour. Stick a knife through the center of the lasagna to make sure the noodles are completely cooked. Let cool for 10 minutes, covered, before serving. Serves 8.

Lentil Loaf

- | | |
|--|-------------------------------------|
| 1 package Trader Joes cooked lentils | ¼ -1/2 teaspoon garlic powder |
| 2 cups quick oats | ¼ -1/2 teaspoon onion powder |
| ½ cup chopped walnuts | ½ teaspoon dried parsley |
| 2 tablespoons flax meal mixed with 6
tablespoons warm water | 1 packet low sodium vegetable broth |

Mix all ingredients together. Spread in loaf pan sprayed with non-stick spray.

Bake at 350 degrees F. for 45-60 minutes until firm. Loosen edges and place a serving plate on top of the loaf pan. Turn over and loaf will fall onto plate.

Garnish with parsley and cherry tomatoes. Serves 6.

Entrées

Lentil Tostadas with Chile-Lime Slaw © Chef AJ, 2012

Lentils

1 – Pound of dried lentils	1 tablespoon oregano
4 cups boiling water	2 tablespoons Chili Powder
10 ounces of sliced mushrooms	2 tablespoons salt-free seasoning
10 ounces of chopped onion	6-8 cloves garlic, pressed
4 teaspoons roasted cumin	

Place all ingredients in an electric pressure cooker. Cook on high for 8 minutes.

Chili-Lime Slaw

Shredded cabbage	1/2 cup lime juice
1/4 cup water	1 teaspoon crushed red pepper
1/4 cup date syrup	flakes (more or less, to taste)

Mix together water, lime juice, date syrup and red pepper flakes. Pour over shredded cabbage and let marinate at least 15 minutes before serving. Drain excess liquid before topping the tostadas.

Tostadas

6 inch corn tortillas made from just corn

Preheat oven to 375 degrees. Place 6 corn tortillas on each baking sheet. Lightly spritz with water. Bake for 10 minutes. Flip over, lightly spritz again with water and bake an additional 10 minutes until crisp.

Assembly

Take one tortilla and lightly swipe with guacamole. Heap on the lentil “meat” and top with the chili lime slaw. Garnish with chopped cilantro or chopped scallions, if desired.

Mushroom Burgers

1 slice whole wheat bread	1 teaspoon garlic powder
8 oz. cremini mushrooms	2 tablespoons liquid aminos or soy sauce
1 (15 oz) can pinto or kidney beans, drained	2 tablespoons BBQ sauce
1 teaspoon paprika	2 tablespoons flaxseed meal mixed with 6 tablespoons water
1 teaspoon onion powder	

Place bread slice in a food processor and process until breadcrumbs form.

Transfer to a mixing bowl.

Place mushrooms in the food processor and pulse until coarsely shredded to the size of slice olives. Add to breadcrumbs in mixing bowl.

Repeat with kidney beans or pinto beans.

Combine all ingredients in mixing bowl.

Use a scoop to form patties. Place patties in heated non-stick skillet. Cook patties 5-8 minutes on each side until lightly browned. Makes about 12 burger patties.

Entrées

Quinoa and Bean Burgers

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|---|--|
| 1 ½ cups cooked quinoa (1/2 cup dry quinoa cooked with 1 cup water according to package instructions) | 2 tablespoons flaxseed meal whisked with 6 tablespoons water |
| 1 (15 oz) can kidney beans, drained, rinsed, and mashed | ¼ cup tomato or marinara sauce |
| 1/3 cup almond meal | 1 tablespoon spicy brown mustard |
| | 2 teaspoons garlic powder |
| | 1 tablespoon dried basil |
| | ½ teaspoon salt |

Mix together all ingredients in a large bowl. Shape into burger patties and place in a large non-stick skillet over medium heat. Cook burgers for 10 minutes on each side until lightly browned.

Let cool 5 minutes after cooking to allow the burgers to firm up. Enjoy warm. Makes 12 burgers.

Pizza with Cashew Cheese

- | | |
|---|--|
| 1 bag of wheat pizza dough | |
| 1 small zucchini, sliced | 1 jalapeno, diced |
| ½-1 cup sliced mushrooms | 3 garlic cloves, sliced |
| ½ cup sliced red onion | Any other type of vegetable you desire |
| ½-1 cup chopped asparagus (you can use Trader Joe's frozen grilled asparagus) | ¼ cup Balsamic vinegar |

Marinate vegetables in vinegar overnight or 2-4 hours.

Spread pizza dough to the edges of a pizza pan.

Spread favorite spaghetti sauce over dough.

Place all vegetables on top of sauce.

Put Fiery Cashew Dip in a zip lock bag and cut the corner to create a small hole.

Squeeze cashew cheese out on top of vegetables. Create decorative designs if desired.

Bake at 400 degrees F. for 15-20 minutes until cashew cheese is browned.

Spicy Cashew Dip

- | | |
|---|--|
| 1 cup roasted, unsalted cashew pieces | Green Chiles, or other fire roasted tomatoes |
| 2 tablespoons sesame seeds | 2 tablespoons lemon juice |
| ½ teaspoon garlic powder | 1 teaspoon reduced-sodium soy sauce |
| ½ cup of 14.5 ounce can Diced and Fired Roasted Tomatoes with | |

In a blender or food processor, process cashews, sesame seeds, and garlic powder. Add remaining ingredients and process until smooth. Makes 1 cup.

Entrées

Moussaka Casserole

- | | |
|---|---|
| 1 eggplant, cut lengthwise into ¼ inch slices, and then let sweat for 10 minutes* | 1 ½ teaspoon sea salt |
| 3 tablespoons olive oil, divided | ½ teaspoon black pepper |
| 1 medium onion, diced | 1 large potato, scrubbed, unpeeled, and cut lengthwise into ¼ inch slices |
| 4 cloves garlic, minced | 2 zucchini squash, ends removed and cut lengthwise into ¼ inch slices |
| 1 (28 oz.) can diced tomatoes | ½ cup chopped fresh parsley for garnish |
| 1 teaspoon oregano | |
| ¼ teaspoon cinnamon | |
| ¼ teaspoon allspice | |

Béchamel Sauce

- | | |
|---|--|
| 2 tablespoon olive oil | 12 ounce (1 / 4 block) organic firm tofu |
| 1 / 8 teaspoon nutmeg | 1 ½ teaspoon sea salt |
| 1 cup unsweetened non-dairy milk, such as unsweetened almond milk | |

Preheat oven to 375 degrees F.

In a large skillet over medium-high heat, sauté onion and garlic in 2 tablespoons oil until lightly browned, about 5 minutes. Stir in tomatoes, oregano, cinnamon, allspice, salt, and pepper; continue to cook until heated through, another 3 minutes.

Lightly grease the bottom of a 9 x 13-inch baking dish with 1 tablespoon oil.

Layer bottom with potato slices, then 1 cup of tomato mixture, eggplant slices, another 1 cup of the tomato mixture, zucchini slices and the remaining 1 cup of the tomato mixture.

Cover tightly with aluminum foil and bake for 60 minutes.

Blend together Béchamel Sauce ingredients until smooth. Pour over the baked vegetable mixture and return to the oven, uncovered, to bake for another 20 minutes, until the top is nicely browned. Let sit for 20 minutes and then serve topped with fresh parsley. Serves 8.

Entrées

Tasty Asparagus and Brown Rice

1 14 oz. can of chickpeas, drained
2 cloves garlic, minced (1-2
teaspoons crushed garlic)
1 medium yellow onion, chopped
1 bunch fresh asparagus or 1 12 oz.
bag frozen asparagus, cut into
1-inch pieces

3 cups pre-cooked brown rice, warm
(can use frozen brown rice,
microwaved per package
directions)
1 cup almond slivers, toasted
(reserve 1-2 Tablespoons to
sprinkle on top when done)

Tahini Dressing

1 garlic clove, minced (1/2 - 1
teaspoon crushed garlic)
¼ cup tahini
zest of one lemon

juice of 1-2 lemons
2 tablespoons hot water
½ teaspoon fine grain sea salt
(optional)

Whisk together Tahini Dressing ingredients and set aside.

Sauté chickpeas in a little oil over medium high heat until a little crusty.

Add onion and garlic and a little water. Sauté for a 1-2 minutes.

Stir in asparagus and a sprinkle of salt; cover with lid and steam for a couple of minutes. (may need to add a little water)

Stir in rice and almond slivers and heat through.

Stir in Tahini Dressing and sprinkle with leftover almond slivers. Serves 6.

Entrées

Tempeh Tacos

Tempeh Taco mix:

Steam tempeh 10-15 minutes

Cool and crumble tempeh. Mix with favorite 1-2 tablespoons favorite taco seasoning. Put mix in a fry pan. Brown tempeh taco mix over medium-high heat quickly to avoid drying out. Add water as needed. Ready to serve.

Make flour tortillas bowls: Use oven proof bowls that you can form a bowl in. Spray the bowl with a non-stick spray and press flour tortilla into bowl. Spray the top of the shell lightly with non-stick spray to help it brown. Place in a 375 degree oven. After 5 minutes, check the shell often to make sure it doesn't overcook.

Veggies

Purple cabbage

Lettuce

Salsa

Cilantro

Green onion

Avocado

Cashew Sour Cream

1 ½ cups raw cashews, soaked

1-2 teaspoon apple cider vinegar

water to desired consistency

½ lemon juiced

Cover cashews with water and soak for a few hours, or overnight. Pour off all water, and place nuts in food processor. Add vinegar and lemon juice. Add water to desired consistency. Puree for 3-4 minutes or until completely smooth and creamy in consistency. Use in any recipe that calls for sour cream.

Assembly

Put tempeh taco mix in bottom of tortilla bowl, add veggies and drizzle on some Cashew Sour cream. Garnish with salsa and green onions. Enjoy!

Sides

Chili Sweet Potatoes

4 small sweet potatoes, unpeeled,
scrubbed and cut into chunks
Juice of 2 limes, about 3 tablespoons
1 tablespoon maple syrup

2 teaspoons chili powder
2 teaspoons vegetable oil
¼ teaspoon salt

Preheat oven to 350 degrees F. Place sweet potatoes in a 9 x 9-inch square baking dish. In a small bowl, whisk together lime juice, maple syrup, chili powder, oil and salt. Pour juice mixture over sweet potatoes and stir so all potatoes are well-coated. Bake for 40 minutes, until sweet potato chunks are tender. Makes 3 servings.

Sesame Greens

½ cup water
2 teaspoons toasted sesame oil
5 oz. (1/2 bag) Shredded Carrots, or
2 medium carrots, shredded or
cut into thin strips
1 red bell pepper, cut into thin strips
1 (16 oz.) bag Southern Greens
Blend, or 1 bunch kale, collards,

or other dark leafy greens, ripped
into pieces
1 tablespoon brown rice vinegar
2 teaspoons sesame seeds
3 tablespoons reduced-sodium soy
sauce

In a large pot, steam carrots and red bell pepper in water and sesame oil over medium-high heat, about 2 minutes. Add greens, rice vinegar, and sesame seeds, cover and steam for another 5 minutes until greens are tender. Remove from heat.

Mix using a pasta grabber or tongs. Add soy sauce just prior to serving-it will turn the greens from bright to blah if it sits on them too long. Serve with pasta grabber or tongs so any remaining cooking liquid remains in the pot. Serves 4.

Simple Hummus

1 15 ounce can chickpeas (2 cups
cooked) rinsed and drained
2 garlic cloves, chopped
zest of one lemon
2-3 tablespoons lemon juice

4-6 tablespoons vegetable stock or
water
1 teaspoon low-sodium tamari or
Bragg Liquid Aminos

Combine all ingredients in a food processor and process until smooth. Add more stock/water if too thick.

Desserts

Caramel Apples © Chef AJ, 2012

(Raw)

When I gave up processed and refined sweeteners I never thought I would be able to enjoy a caramel apple again, until I created this. Why wait for the fall or Halloween when you can enjoy this healthy treat any time of year? They look just like the real thing and kids of all ages love them!

Date Paste
Apples

Sticks

Make Date Paste according to the recipe that follows.

Place apple upside down on a flat surface and push stick into the center. Roll the apple in date paste, using your hands, if necessary, to get it to stick over the entire surface of the apple. Roll in your favorite topping such as nuts, cacao nibs, unsweetened coconut or Goji berries or a combination. Chill well before serving.

Chef's Note: Sticks for Caramel Apples can be found at craft stores or cake decorating stores. If you have trouble finding them, slice apple into wedges and make individual dipped apple slices.

Date Paste
(Raw)

Make sure you always have some on hand to create a healthy dessert in no time.

One pound of pitted dates

One cup of liquid (water, unsweetened non-dairy milk, unsweetened juice)

Soak dates in liquid overnight or for several hours until much of the liquid is absorbed. In food processor fitted with the "S" blade, process dates and liquid until completely smooth. Store date paste in the refrigerator.

Desserts

Date Pineapple Bars

1 ½ cups quick oats	¼ cup chopped walnuts
1 ½ cups whole-wheat pastry flour	½ cup unsweetened applesauce
½ cup unsweetened coconut	20 oz. can unsweetened, crushed pineapple
½ cup chopped walnuts	2 cups chopped dates
½ cup chopped dates	
½ cup hot water	

Cook crushed pineapple and 2 cups dates until thickened.
Separately mix together oats, flour, coconut and walnuts.
Soak ½ cup dates in ½ cup hot water.
Blend ½ cup soaked dates, water, nuts and applesauce until smooth.
Add to dry ingredients and mix well.
Press half of oat mixture in a 9 x 12 inch glass pan.
Spread date and pineapple mixture and sprinkle with remaining oat mixture.
Bake at 350 degrees F. for 30 minutes. When cool, cut into bars.

Mango Pie

1 ½ cups Just Almond Meal	4 mangoes, seed removed and cut into chunks. Or 1 (24 oz.) bag frozen Mango Chunks, thawed
6 Fancy Medjool Dates, soaked in warm water for 10 minutes	2 bananas
¼ teaspoon sea salt	

While dates soak, blend mangoes and 1 banana until smooth. Set aside.
In a food processor or blender, process almond meal, soaked dates, and salt until well blended. Press into a freezer-safe pie pan or baking dish.
Pour Mango-banana mixture into pie pan or baking dish and freeze for about 6 hours, until firm.
Let pie sit about 30 minutes at room temperature before serving. Garnish with sliced bananas.

PB & J BITES © Chef AJ, 2012

This tastes like my favorite Lara Bar flavor but without the added salt.

2 cups unsalted peanuts	1 cup unsweetened dried cherries
1 cup pitted dates	1 tablespoon alcohol-free vanilla

In a food processor fitted with the “S” blade, process peanuts into a powder. Add dates and cherries and process until a ball forms. Add vanilla and process again briefly. Roll into balls or place in a silicone brownie mold pan.

Desserts

Sesame Cherry Cookies

1 ¼ cups old-fashioned rolled oats
¾ cup creamy almond butter or
peanut butter
½ cup sesame seeds

½ cup maple syrup
½ cup chopped dried cherries or
dried cranberries

Preheat oven to 375 degrees F.

Mix together all ingredients in a bowl. Drop 1 ½ inch balls onto a cookie sheet.

Lightly press cookies to flatten slightly. Bake 8-10 minutes, until very lightly browned. Watch carefully as these cookies can burn quickly. Cool and store in an airtight container for up to 2 weeks or freeze for up to 3 months. Makes 16-20 cookies.

The Vegan Food Pyramid

Vegetable Oils and Fats
Some sweets, salt,
spices, Nuts,
Use Sparingly

Fortified Dairy Substitutes
2-3 Servings

Eat Moderately

Whole Grains, Bread
Rice and Pasta, Cereal Group
6-11 Servings

Eat Generously

The Veggie Group
3-5 Servings

Eat Liberally

The Fruit Group
2-4 Servings

Eat Liberally

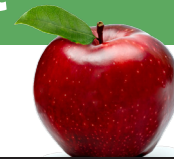
Legumes, Seeds
Beans Group
2-3 Servings

Eat Moderately

VeganFoodPyramid.com

Water

8-10 Glasses a day. If you are active, drink more!



MEAT SUBSTITUTES

Legumes, beans, peas, and lentils are an all-natural, high-fiber protein source that can easily be used as the main course or in place of meat in recipes.

Vegetarian burgers, made from a variety of plant foods including vegetables, grains, and soy, provide a meat-like taste and texture and can substitute for ground meat.

Tempeh, made from fermented soybeans, has a distinct flavor and meaty texture that can be used in place of ground meat and works well in curries, chilis, and stir-fries.

Seitan, made from wheat gluten, is well-suited for shaping into roasts or for replacing strips or chunks of meat in recipes such as fajitas, stews, or stir-fries.

Portobello mushrooms have a savory flavor for filling a meat layer in a dish or as "burgers" at your next barbecue, especially after marinating in low-fat dressing and then grilling or heating in a frying pan.

Tofu, a curd made from soybeans, is mild in taste and easily absorbs the flavor of any recipe. Soft tofu works well in soups, sauces, and desserts, and firmer varieties work well in stir-fries and other recipes requiring tofu to hold its shape. For a denser texture, freeze tofu, thaw, and squeeze out excess water before using it in your recipe.

Textured vegetable protein (TVP), made of defatted soybeans, provides a substitute for ground meat.

OIL ALTERNATIVES

Sautéing: Water or vegetable broth.

Baking: Applesauce, or low-fat liquids such as plant milk or water.

EGG SUBSTITUTES

One egg is equal to:

1/4 cup silken tofu blended

1/2 mashed banana

1/4 cup applesauce or pureed fruit

1/2 cup soy or rice yogurt

1 1/2 tsp. of Ener-G Foods Egg Replacer +
2 tbsp. lukewarm water

1 tbsp. ground flaxseed meal + 3 tbsp. water + 1 tbsp.
oil + 1 tsp. baking powder + 1 tsp. potato
or cornstarch

1/4 cup mashed white potatoes or sweet potatoes

2 tbsp. potato starch, cornstarch, or arrowroot

2-3 tbsp. tomato paste

1/4 cup cooked oats

2-3 tbsp. bread crumbs

2-3 tbsp. flour

1 tsp. baking powder

DAIRY ALTERNATIVES

Milk: Equal portion of almond, oat, soy-, hazelnut, or rice milk.

Creams: Almond milk (or any nut milk), soymilk, coconut milk, mashed potato, pureed garbanzo beans, pureed tofu, soy sour cream, soy whipping cream, or soy creamer.

Parmesan cheese: Nutritional yeast, garlic powder, and/or chopped walnuts or almonds.

Cheese: Soy-, rice-, nut-based cheese alternatives, or nutritional yeast.

Butter: Dairy-free non-hydrogenated margarine for cooking, baking, or spreading. Some good brands include Earth Balance and Spectrum.

Ricotta cheese: Firm tofu, drained, and crumbled.

Creating a Plant Based Pantry

NON-PERISHABLE DRY GOODS

Beans, canned and dry

Black beans
Black-eyed peas
Chickpeas (garbanzos)
Great northern beans (cannellini)
Pink beans
Pinto beans
Red or kidney beans

Chilies, green
Artichokes
Canned corn
Natural peanut butter
Lite Coconut milk

Grains:

Bulgur
Couscous
Rice, brown,
Quinoa
Wild rice

Herbs and spices, dried:

Curry powder
Cumin
Garlic powder
Onion powder
Sage
Vegetable broth packets
Chili powder
Cayenne
Italian seasoning

Oils:

Extra-virgin olive oil
Vegetable oil

Whole wheat pasta: angel hair, spirals, ziti, penne, fettuccine, spaghetti

Asian noodles: udon, soba, rice vermicelli

Tomato products, canned:

Diced, Crushed or pureed
Tomato sauce

Dried Fruit: raisins, dates, apricots

PREPARED CONDIMENTS, SAUCES, AND SUCH

Barbecue sauce
Pasta (marinara) sauce
Salad dressings
Salsas
Thai peanut sauce
Stir-fry sauce
Soy sauce
Asian garlic/chili sauce
Rice vinegar

PANTRY VEGETABLES

Garlic
Onions (yellow or red)
Potatoes, white
Potatoes, sweet

REFRIGERATOR STAPLES

Vegan margarine
Ketchup
Vegan Mayonnaise
Soy milk
Tofu- in various forms
Lemons/limes
Fresh fruits and vegetables

FREEZER STAPLES

Edamame
Tortillas, corn and flour
Vegetables (corn kernels, green beans, green peas, and chopped spinach)
Nuts: walnuts, almonds, pecans, cashews
Burgers/Patties
Cornmeal

Plant Based Resources

Recipes:

www.AllRecipes.com
www.ChooseVeg.com
www.CompassionateCooks.com
www.CookVeg.com
www.DrMcdougall.com
www.FatFreeVegan.com
www.Recipezaar.com
www.VeganCooking.com
www.VeganChef.com
www.Vegan-Food.net
www.VeganHealth.com
www.VeganMeat.com
www.VeganRecipes.com
www.VegCooking.com
www.VegetarianTimes.com
www.VegRecipes.com
www.VegWeb.com

Info:

www.CancerProject.org
www.DrMcdougall.com
www.GoVeg.com
www.pcrm.org
www.SouthBayChurch.net
www.TColinCampbell.org
www.Vegetarian-Nutrition.info
www.VegGuide.org
www.VegNews.com
www.VegSource.com
www.vrg.org

How to Find Vegan Restaurants:

www.HappyCow.net
www.VegDining.com
www.VegGuide.org
www.VegParadise.com

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