

PLANT BASED RECIPES

2018



THE BEST OF NATURE COOKING SCHOOL

WELCOME

Welcome to the *2018 Whole-Foods Plant-Based Cooking School* on Tuesdays, October 2, 9, 16 and 23, 2018 from 7:00 to 9:00 pm. It is presented by *The Best of Nature Health Classes* in conjunction with the *South Bay Adventist Church*.

The purpose of this class is to give you information, education, motivation, encouragement and support to show you how a whole food, plant based (WFPB) diet, exercise and other lifestyle changes can help you prevent, reverse and cure heart disease, strokes, diabetes, high blood pressure (hypertension), obesity, ED, and many other lifestyle diseases.

Many current scientists and physicians have published their findings that support what Hippocrates, the father of medicine, said in 431 B.C. "Let food be thy medicine and medicine be thy food."

Most of our health problems are said to be the result of three things: bad food choices, inactivity, and unmanaged stress.

We will help and support you as you make diet and other lifestyle changes. This will result in you living up to 10 years longer, free from lifestyle diseases and the medicines (and side effects) that are prescribed to treat them.

We are not a medically supervised treatment program. You must make all medical decisions in consultation with your medical doctors. Our program is for information and education only.

We have been offering *The Best of Nature Cooking Schools* in the South Bay area since 1996. We have been promoting a WFPB diet since 2009.

We believe that you will experience significant, rapid improvement in your health as you change your diet and lifestyle.

Our best wishes of excellent health and a long, fulfilling life to you!

Susan Jenson, RD, Plant Based Certified, Health Director

John Jenson, Pastor

South Bay Adventist Church

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TABLE OF CONTENTS

Welcome • page 1
Table of Contents • page 2
Presenters • page 3
Salads • page 4
Soups • page 13
Main Dishes • page 14
Desserts • page 21
Substitution Chart • page 29
Nutrition Rainbow • page 30
Health Care Practitioners • page 31
Volunteers • page 32
Sponsors • page 33
Index • page 34
Notes • page 36

Program Schedule
October 2 • Hans Diehl DHSc, MPH & Chef AJ
October 9 • Wes Youngberg, DrPh, MPH & Susan Jenson, RD
October 16 • Richard Taw, MD & Chef Eric Lechasseur & Sanae Suzuki
October 23 • Nathan Gershfeld, DC & Shayda Soleymani

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ABOUT OUR PRESENTERS



Dr. Hans Diehl, DrHSc, MPH, FACN was chosen as "One of America's 20 Super-Heroes of the Health Movement" (Vegetarian Times). He is the founder of the Lifestyle Medicine Institute in Loma Linda and a Clinical Professor of Preventive Medicine at the School of Medicine of Loma Linda University, Loma Linda, CA. He has co-authored 2 books and created the Complete Health Improvement Program (CHIP) which has graduated more than 60,000 people. Reach him at www.ChipHealth.com.



Chef AJ has been devoted to a plant-based diet for almost 40 years. She is the host of the television series *Healthy Living with CHEF AJ* which airs on Foody TV. A chef, culinary instructor and professional speaker, she is author of the new book *The Secrets To Ultimate Weight Loss*, providing you with tips and techniques to begin your weight-loss journey and the secrets to tasty homemade dishes that will fill you up without adding on the pounds. Reach her at www.ChefAJWebsite.com.



Dr. Wes Youngberg, DrPH, MPH, is a lifestyle medicine specialist and a clinical nutritionist. He has authored the books *Goodbye Diabetes*, and *Hello Healthy*, and is speaker for the educational video series *Diabetes Undone*. He is an assistant clinical professor for the Schools of Medicine and Public Health at Loma Linda University. He sees patients at the Youngberg Lifestyle Medicine Clinic in Temecula California. He focuses on treating those with cognitive decline. Reach him at www.DrYoungberg.com.



Susan Jenson, RD, is a Registered Dietitian who received her education at Loma Linda University. She is certified in Plant-Based Nutrition through the T. Colin Campbell Foundation and eCornell University. She has been a life-long vegetarian. She adopted a plant-based diet in 2009. She has taught cooking schools for many years. In her free time she loves to exercise, grow organic food, cook, bake, create new recipes, knit, crochet and play with her grandchildren. Contact her at vivaveggie@aol.com.



Dr. Richard Taw, MD, is a board certified internist, cardiovascular specialist and lipidologist (cholesterol disorders and prevention). He founded and directs the Preventive Cardiology Center in Santa Monica, California that focuses on prevention in the areas of atherosclerosis and its complications (heart attack and stroke), congestive heart failure and arrhythmias. He encourages risk assessment for first-ever stroke and heart attack, and advocates for screening all adults for atherosclerotic vascular disease. He is a strong proponent for a plant-based diet. Reach him at www.PreventiveCardiology.com.



Chef Eric Lechasseur trained as a classical French chef. In 1993 he began his plant-based vegan macrobiotic journey to help his wife, Sanae Suzuki, recover from cancer. He discovered that plant-based vegan macrobiotics was effective for treating his allergies. Soon after, his reputation caught on and he became a celebrity chef extraordinaire sought after by Oprah, Madonna, Tobey Maguire, Jim Carey, Leonardo DiCaprio, and Sting. Eric and Sanae operated an organic vegan macrobiotic restaurant, Seed Kitchen, in Venice, California for 8 years (2008 ~ 2016). Contact them at seedkitchen@gmail.com.



Dr. Nathan Gershfeld, DC, had a life-changing health experience and changed careers from electrical engineering to chiropractics. Following an internship under Dr. Alan Goldhamer, he joined the staff doctors at the True North Health Center in Santa Rosa, California from 2011-2014. Since 2014, Dr. Gershfeld has had a private chiropractic practice in the Orange County/Los Angeles area and recently opened the Fasting Escape, an in-patient fasting center in Yorba Linda, California. Learn more at www.FastingEscape.com. Contact him at dnnathan@fastingescape.com.



Shayda Soleymani is a Healthy Cooking Instructor and Consultant, with a Starch Solution Certificate from Dr. McDougall. She focuses on helping people thrive on a plant-based diet as they learn to prepare meals using fresh, whole foods that are salt, oil and sugar free. It is healthy cooking made delicious and easy. Shayda lost 115+ lbs eating this way and has kept it off for more than 7 years. She no longer takes any medication for cholesterol, diabetes, and high triglycerides. She teaches cooking classes at her house and the Fasting Escape in Yorba Linda. Contact her at shayda.soleymani@yahoo.com.

SALADS



Bodacious Beet Salad

By Chef AJ

My dear friend, Shayda, who lost 100 pounds on my Ultimate Weight Loss Program, gave me this incredible recipe. Originally, it called for cilantro, but I switched it to my favorite herb, mint, and added some red onion.

Salad

8 ounces of steamed or roasted beets

8 ounces of mango

¼ cup finely chopped red onion

Fresh mint - ¼ cup (about ¼ of an ounce, or more, to taste)

Dice beets and mango so they are the same size and place in a bowl. Finely chop the mint and red onion and add. Pour ¼ cup of Barefoot Dressing or House Dressing 2.0 into the bowl and mix evenly. Serve chilled.

You can buy beets already steamed at Trader Joes or Costco. You can also buy diced organic frozen mango at Costco if you don't want to cut your own. Mustards and vinegars vary widely in their taste, so make sure you are using brands you love on their own. If you don't care for mint, substitute another fresh herb like cilantro or Italian parsley.

House Dressing 2.0

By Chef AJ

This is my go-to dressing when I am out of Barefoot Dressing and too lazy to make more.

2 Tablespoons balsamic vinegar
(Use a good quality thick reduced one like Napa Valley Naturals with 4% acidity)

2 tablespoons lime juice or lemon juice

1 tablespoon salt-free mustard

Whisk all ingredients together in a bowl or to make a larger batch use a blender.

You can vary the taste simply by using different flavors of balsamic vinegar.

Broccoli Salad

From hummusapien.com

Dressing

¾ cup raw cashews, soaked
¼ cup water
2 tablespoons pure maple syrup
2 tablespoons lemon juice
½ teaspoon minced garlic
½ teaspoon sea salt

Salad

2 large broccoli crowns (florets only), finely chopped (approximately 4 cups)
1 cup red grapes, halved
¼ cup roasted almonds, finely chopped
¼ cup diced red onion
¼ cup dried cranberries or raisins

Place cashews in a bowl. Cover with water and soak for 2 hours or overnight. If you have a high speed

blender, simply soak them in hot water for 10 minutes.

Drain cashews. Add to blender the rest of the dressing ingredients. Blend until completely smooth and creamy.

Place broccoli, grapes, almonds, red onion, and dried cranberries in a medium or large mixing bowl. Add dressing and toss thoroughly to coat. Serve chilled.

Serves 6.

Brussel Sprout Salad

From PlantPureNation.com

Bac'n Chick Peas

3 tablespoons low sodium tamari sauce
6 tablespoons nutritional yeast flakes
½ teaspoon liquid smoke
1 teaspoon maple syrup
One 15-ounce can chickpeas, drained and rinsed

Dressing

1 tablespoon Dijon mustard
1 tablespoon maple syrup
3 tablespoons red wine vinegar
1 clove garlic
3 tablespoons sunflower seeds
½ cup water
sea salt and pepper to taste

Salad

1 lb Brussel Sprouts, thinly sliced*
½ cup chopped walnuts or pecans
½ cup red onion, small diced
1 small apple, small diced
½ cup dried fruit (raisins or cranberries)
1 avocado, diced
1 cup cooked quinoa

Preheat oven to 400°F.

Mix the tamari sauce, nutritional yeast flakes, and liquid smoke in a medium sized bowl. Pour the chickpeas into the bowl and mix thoroughly so they are well coated. Place the chickpeas onto a parchment lined baking sheet and bake for 15-20 minutes or until crispy around the edges. Turn the oven off

leaving the chickpeas in the oven until you are ready to add them to the salad.

Place the dressing ingredients into a high powered blender and blend until smooth and creamy.

Place the shredded brussel sprouts (I like to use the slicer in my food processor), walnuts, onions, apple, dried fruit, avocado, and quinoa into a bowl and toss.

Pour the dressing over the salad and toss until fully combined. Top with the roasted bac'n chickpeas and serve.

Serves 4-6.

*Susan's suggestion: Use one 10-ounce bag of Cruciferous Crunch Collection from Trader Joe's instead of the brussel sprouts.



Curried Chickpea Salad

From Simple-Veganista.com

3 cups cooked or 2 15-ounce cans chickpeas/garbanzo beans, drained and rinsed

2 – 3 carrots (about 1 cup), diced

4 – 5 scallions/green onions (about 1 cup), sliced

½ cup raisins, dried currants or chopped dates

½ cup raw or toasted cashews

½ – 1 cup thinned hummus or tahini

juice of one lemon

1 tablespoon curry powder

¾ teaspoon garlic powder

mineral salt & cracked pepper to taste

In a small bowl, combine hummus with lemon juice, curry & garlic powder and a generous pinch of salt. Blend until combined. Set aside. (If adding vinegar or maple syrup as per the notes below, add to the hummus at this time.)

In a medium mixing bowl, add chickpeas and roughly mash about ½ of the beans with the back of a sturdy fork or potato masher. Add in the carrots, scallions, raisins, cashews and hummus, mix well to combine. Taste for flavor adding mineral salt and cracked pepper to taste.

Serves 4 – 6.

You can try tweaking this recipe by adding a tablespoon or so of apple cider or white wine vinegar to the wet mixture. It will give it a slight tang. You may also like to try adding a tablespoon of pure maple syrup or other liquid sweetener of choice to add a little sweetness all around. Adjust curry, adding more or less, to suit your taste.

Try replacing the carrots with diced red bell peppers for color variation.

Kale and Sweet Potato Salad with Dried Cranberries

By Darshana Thacker

Salad

1 medium sweet potato, cut into ¾-inch dice (about 3 cups)
6 ounces kale, shredded (6 cups)
½ cup dried cranberries
2 tablespoons chopped cashews
2 tablespoons finely chopped fresh parsley

Dressing

2 tablespoons tahini
2 tablespoons lemon juice
2 teaspoons smoked paprika
½ teaspoon fresh garlic, minced (1 clove)
sea salt
freshly ground black pepper

Place a steamer insert in a saucepan over 1 to 2 inches of water. Bring water to a boil, add sweet potatoes, cover, and steam for about 20 minutes, until potatoes are very tender when pierced with the tip of a sharp knife. Transfer potatoes to a

large bowl to cool.

To make the dressing, combine the tahini, lemon juice, smoked paprika, garlic, and ½ cup water in a Mason jar. Cover jar with a tight-fitting lid, and shake well to blend the ingredients; taste dressing, add salt and pepper to taste, and shake again. In a large salad bowl, combine the sweet potatoes, kale, cranberries, cashews, and parsley. Pour the dressing over the salad, and mix well. For best results, let the salad stand for 15 to 20 minutes before serving.

Makes 6 cups.



Garlic Lemon Spinach Salad

From TheVegan8.com

Salad

5 ounce package of baby kale (3-4 cups chopped kale) or baby spinach
1 can organic white northern beans, drained and rinsed
1 heaping cup baby carrots, shredded or grated (5.6 oz)

Dressing (makes ½ cup)

3 tablespoons roasted creamy almond butter
¼ cup fresh lemon juice
1 tablespoon pure maple syrup
½ teaspoon garlic powder
3 tablespoons water
½ teaspoon fine sea salt, to desired taste

In a large bowl, add all of the prepared salad ingredients and toss well.

In a cup, add the dressing ingredients and whisk well with a fork. Taste and add any more salt if desired. Drizzle over salad.

Serves 4-6.

French Lentil Quinoa Salad with Pumpkin Seed Dressing

By Sanae Suzuki

For the lentils

½ cup French lentils
1½ cups purified water
1 one-inch piece of kombu kelp
¼ onion, chopped
1 to 2 teaspoons soy sauce or tamari (no wheat)

To make the lentils

Place the lentils in a fine mesh colander, rinse under running water and drain.

In a small saucepan, combine the purified water, lentils, kombu and onion.

Bring to a boil over medium-high flame. Place a flame deflector over flame and reduce heat to low. Cover and simmer for 40 to 45 minutes, or until lentils are tender.

Turn off the flame and allow pan to sit, covered, for 2 minutes.

Stir in the soy sauce, cover for another 2 minutes and set aside.

Lentils are ready to combine with couscous salad, or can be eaten separately as a lentil dish.

For the salad

2 cups purified water for quinoa
1 cup whole grain quinoa, washed
2 pinches sea salt
1½ cups purified water, plus additional water for blanching
3 baby carrots, washed and diced
2 cups sugar snap peas, washed, halved, with ends of pods trimmed off



To make the salad

Add washed quinoa to a pot with water, bring it up to boil and simmer with a lid for 15 ~20 minutes. Turn off the flame and allow pan to sit for 5 minutes.

In a medium sauce pan over high heat, bring water to a boil. Quickly blanch snap peas for about 45 seconds and drain. Transfer snap peas to a bowl and set aside. In the same pan over medium-high heat, combine the purified water, sea salt and carrots. Bring to a boil.

Using a wooden spoon mix lentils and quinoa and add vegetables and dressing. Makes 4 servings.

© Love, Sanae cookbook

Pumpkin Seed Dressing

For the dressing

½ cup pumpkin seeds, hulled
1½ tablespoons umeboshi vinegar (umesu)
½ to ¾ cup purified water or kombu dashi

To make the dressing

Wash the pumpkin seeds. Transfer the seeds to a blender. Add the umeboshi vinegar (umesu), and a small amount of water or dashi and blend until the desired consistency is obtained.

Serve with any salad or vegetables.

Classic Potato Salad

From noracooks.com

Cashew mayo

1 cup raw cashews, soaked in warm water for an hour
2 tablespoons fresh lemon juice (about 1 lemon squeezed)
½ teaspoon salt
2 tablespoons apple cider vinegar
½ teaspoon ground mustard
½ cup water

Potato salad

6 cups diced potatoes (about 5 medium potatoes)
½ red bell pepper, diced
2 green onions, thinly sliced
½ cup finely chopped celery
⅓ cup finely chopped parsley
½ teaspoon salt

Make the cashew mayo

Add soaked and drained cashews and the rest of the cashew mayo ingredients to a blender. Blend on high until smooth. Set aside.

For the potato salad

In a large pot, place the chopped potatoes and enough water to cover them. Bring to a boil and cook for 10-15 minutes, until the potatoes are tender when pierced with a knife. Drain the potatoes in a colander.

In a large bowl, add the potatoes, red pepper, green onions, celery and parsley. Next, add the Cashew Mayo. Mix until well combined with a large wooden spoon.

Cover and refrigerate for a few hours to allow the flavors to blend and to cool. Serves 4-6.



Sesame Purple Cabbage and Carrot Slaw

From How Not to Die Cookbook

Dressing

2 tablespoons tahini
2 tablespoons rice vinegar
2 teaspoons blended peeled lemon (or 2 teaspoons lemon juice)
2 teaspoons date syrup (or 2 teaspoons maple syrup)
1 teaspoon grated fresh ginger
1 teaspoon white miso paste

Slaw

3 cups shredded purple cabbage
1 large carrot, grated
12 snow peas, cut diagonally into thin matchsticks
2 scallions, minced
1 cup red grapes, halved
2 tablespoons chopped fresh cilantro
2 tablespoons sesame seeds

In a small bowl combine all the dressing ingredients with 2 table-

spoons water. Stir well to blend and set aside.

In a large bowl, combine the cabbage, carrot, snow peas, scallions, grapes and cilantro. Pour on the dressing and toss to gently coat. Taste and adjust the seasoning as desired. Sprinkle with the sesame seeds. Refrigerate, covered, until ready to serve.

Serves four 1¼ cup servings.

Quinoa, Chickpea and Spinach Salad

By Susan Jenson

2 cups cooked red quinoa
1 15-ounce can chickpeas, rinsed and drained

1 6-ounce bag baby spinach, chopped
1 cup roughly chopped cilantro leaves
1 teaspoon garlic powder

¾ teaspoon salt
Juice of 2 limes

Mix all ingredients together. Chill and serve.

Amy's 9-layer Veggie Salad

By Amy Esposito

This recipe offers a mixture of raw vegetables alongside some sautéed ones to provide interesting colors, flavors, textures and tastes. The addition of Farro makes this a heartier salad.

1 bag of spring mix lettuce
½ head of purple radicchio
1 bunch of asparagus
2 celery stalks
½ cup Jicama
½ yellow bell pepper
½ orange bell pepper
3 radishes
3 beets (canned, roasted or boiled)
¼ cup of cooked Farro
Handful of diced dates and walnuts

Cook Trader Joe's 10 minute Farro – heat 1 cup of water to boiling, add ½ cup Farro, reduce heat to low, cover and simmer for 10 minutes. Remove from heat, keep covered 5 minutes. Drain off excess liquid. Cut all veggies into bite size pieces. Sauté asparagus and radicchio with a splash of water or vegetable broth for approximately 4-5 minutes. Assemble the ingredients atop lettuce and toss in Italian dressing. Sprinkle with dates and walnuts. Serves two or a hungry one.

Italian Dressing

By Amy Esposito

1 cup of low-sodium vegetable broth
½ cup red wine vinegar
1½ teaspoons agave or simple syrup
3 garlic cloves, minced
1 teaspoon Italian Seasoning (equal parts - oregano, basil rosemary, thyme)
¼ teaspoon sea salt
¼ teaspoon black pepper
⅛ teaspoon paprika
⅛ teaspoon chia seeds

Place all ingredients in blender for 5-10 seconds. Store in glass container and refrigerate.

Peachy Quinoa Salad

By Shayda Soleymani

2 cups cooked tri-colored quinoa
1 15-ounce can no salt kidney beans, rinsed
1 15-ounce can no salt black beans, rinsed
2-3 medium size peaches, diced
1 red bell pepper, diced
1 yellow bell pepper, diced
1 bunch cilantro, chopped
4 persian cucumbers or 1 English cucumber diced
1 10-ounce bag of frozen corn, thawed
1 small red onion
Juice and zest of 8 limes or more to taste
Sliced avocado, (optional)
Chopped, fresh mint (optional)



Prepare quinoa according to the directions on the package. Place Quinoa in a large bowl and allow it to cool completely. Rinse the beans, chop the peaches, bell peppers, cucumbers, onions, mint

and cilantro. Add everything to the quinoa bowl. Add the zest and lime juice to everything and gently toss. Slice the avocado and put it on top of the salad. Refrigerate the salad. Serve when the meal is ready.

Southwest Black Bean Pasta Salad

From VeggieInspired.com

16 ounce rotini noodles (or your favorite noodle, gluten free if desired)
1½ cups cooked black beans (or 1 15-ounce can)
Kernels from 2 ears of fresh corn* (or about 1½ cups - canned or thawed frozen is fine in a pinch)
1 red bell pepper, diced
1 cup diced zucchini
1 cup grape tomatoes, quartered
¼ cup diced red onion
1 avocado, diced
salt/pepper to taste

Creamy Cumin Ranch Dressing

1½ cups raw cashews (soaked for 1-2 hours if you don't have a high speed blender)
1 cup water
Juice of 2 lemons (about ¼ cup)
2 tablespoons apple cider vinegar
2 cloves garlic
1 teaspoon onion powder
2 teaspoons dried dill
1 teaspoon dried oregano
½ teaspoon salt (or to taste)
2 teaspoons cumin
2 teaspoons smoked paprika

Start soaking the cashews for the Creamy Cumin Ranch Dressing. Bring the water for the rotini to a boil and follow the directions on your package of noodles. While the noodles are cooking, prep/chop all the veggies, except the avocado, and place them in a large bowl.

When the noodles are done, let them cool to almost room temp before mixing them into the veggie mix.

Finish making the dressing: Place all the ingredients for the Creamy Cumin Ranch Dressing in a high-speed blender. Puree until smooth. Pour the dressing over the pasta and veggies, using as much or as

little as you like. I like to add just enough to coat at first some of it gets absorbed by the noodles as it sits. Then add more just before serving.

Dice the avocado and add just before serving. You can serve the pasta salad cold or at room temperature. It gets better as it sits!



Anna's Sunflower Salad Dressing

By Anna Evans

1 12-ounce can orange juice concentrate, thawed
1¾ cups filtered water
1 cup raw sunflower seeds

Put all ingredients into a blender and blend until smooth.

Best Ever Dressing

By Anna Evans

2 packages Trader Joe's Avocado's Number Guacamole
4 tablespoons garlic chili paste
Juice of 1 lime

Put all ingredients in a bowl and stir together.

Cilantro Cashew Dressing

From Forks Over Knives

¾ cup cashews, soaked
½ cup water
2 cups fresh cilantro leaves, lightly packed
⅓ cup lemon juice
1 teaspoon crushed garlic
1 teaspoon hot sauce
sea salt, to taste

Blend cashews and ¾ cup water into a creamy texture. Add cilantro, lemon juice, garlic, hot sauce, and salt to taste. Blend until smooth. Makes about 1½ cups.

Cilantro Tahini Dressing

From BadToTheBowl.com

2 cups lightly packed cilantro leaves
⅓ cup lemon juice
⅓ cup water
¼ cup tahini
1 teaspoon cumin
½ teaspoon salt
⅛ teaspoon cayenne
1 teaspoon minced garlic

Place all ingredients in blender, blend until smooth
Makes about 1½ cups.

Ranch Dressing

By Dreena Burton

½ cup soaked raw cashews
1 tablespoon sliced chives or green onion (green portion)
2 tablespoons apple cider vinegar
½ teaspoon Dijon mustard
¼ teaspoon garlic powder
½ teaspoon sea salt
freshly ground black pepper, to taste
⅓ to ½ cup water
2-4 teaspoons pure maple syrup

In a blender, or with an immersion blender in a deep cup, blend the cashews, chives, vinegar, mustard, garlic powder, salt, pepper, ⅓ cup water, and 2 teaspoons maple syrup. If using a high-powered blender, this will smooth out very quickly. If using a standard blender/immersion blender, it will take a few minutes of blending. Once smooth add additional water as desired to thin. Then taste, and season with additional maple syrup, salt, and/or pepper if desired. The dressing will thicken after refrigerating, so just thin with a little water as needed. Makes scant 1 cup.

Ranch Dip/Dressing

By Susan Jensen

1 12-ounce box Silken Firm Tofu
½ cup cashews, soaked
½ teaspoon dried dill
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon salt
2 tablespoons red wine vinegar
Water: thin to desired consistency
Adjust seasonings to taste.

Process all ingredients in a high speed blender until smooth.

SOUPS

Spanish Style Vegetable Soup

By Sandy Spallino

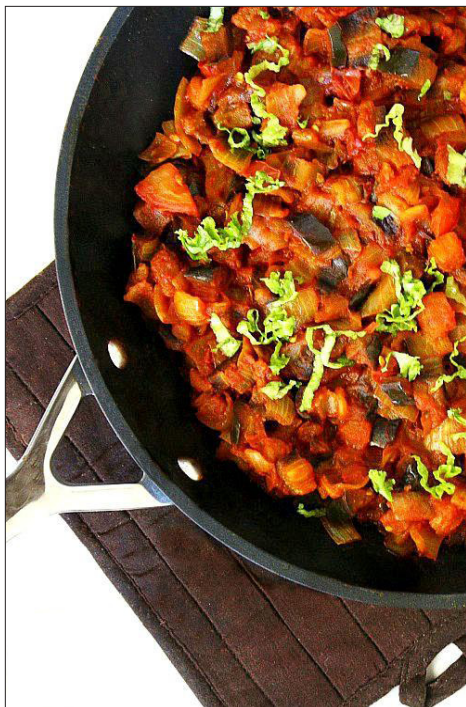
I love to make big pots of soup, especially for company. It can be done the day before and you can just relax when your guests arrive. This soup is a winner! The capers, green olives and pickled jalapenos give it a special flavor.

2 medium white onions, chopped
3 cloves garlic, minced
3 tablespoons chopped, canned, seeded, pickled jalapeño chilies (en escabeche)
¼ cup chopped green olives
3 tablespoons capers, drained and chopped
2 26-ounce boxes or canned chopped tomatoes, "drained very well". You want about two cups drained tomatoes total, without the juice.

¾ teaspoon dried oregano
2 small bay leaves
1 pound organic white or Yukon Gold potatoes, cubed
12 ounces cubed butternut squash, cut into small pieces
2 15-ounce cans pinto beans, drained and rinsed or 3 cups home-made pinto beans
1½ quarts light veggie stock
salt to taste
½ cup chopped fresh cilantro to stir into soup
3 limes, cut in wedges, for serving
Oil free tortilla chips on the side and more cilantro for garnish

In a large soup pot heat a few tablespoons of water, then add the onions and a generous pinch of salt. Cook, stirring until the onions are translucent, 6 to 8 minutes. Stir in

the garlic, jalapeños, olives, capers and oregano, and continue to cook a few more minutes. Add the drained tomatoes and cook stirring often about 5 minutes more. Stir in the potatoes, butternut squash, bay leaves and vegetable broth, and bring to a simmer. Cook, stirring occasionally for 15 minutes. Now add the beans and continue cooking for another 15 -20 minutes, until the potatoes and squash are tender. Season with salt to taste. I add about ½ - 1 teaspoon salt here. Stir in the chopped cilantro, and serve the soup with lime wedges on the side. Garnish with additional cilantro and tortilla chips. 1 hour. Serves 6 to 8.



Eggplant, Onion and Tomato Stew

From TheHealthyFamilyandHome.com

2 medium eggplants, unpeeled and diced
3 roma tomatoes, diced
1 small onion, diced
3 cloves garlic, minced
1 15-ounce can chick peas, rinsed and drained
2 cups tomato sauce
½ cup water
1 teaspoon ground cumin powder
pinch cayenne pepper
1 teaspoon sea salt

Place diced eggplant, tomatoes, onion and garlic in a bowl. Set aside.

In a large saucepan or skillet, add the chick peas, tomato sauce, cumin, sea salt, cayenne pepper and water and stir well. Add the veggies and bring to a boil. Reduce heat to simmer. Cover and cook for 20 - 25 minutes or until the eggplant is tender. Add additional water if you want a thinner consistency. Serve plain or over quinoa, rice or your favorite grain.

MAIN DISHES

Anna's Baked Potato Casserole

By Anna Evans

10 medium Russet Potatoes & season of your choice (I like to use garlic and onion powder and Kirkland's No Salt Seasoning)
2 12-ounce containers non-dairy sour cream (I prefer the Tofutti brand)
1 8-ounce bag of Daiya Mozzarella Style Shreds
Coconut Bacon – double recipe (recipe follows)

Bake potatoes in oven. (I like to cook them in my Instant Pot)
In a bowl mash the potatoes by hand. (It's easier to mash potatoes while they are warm)

In a 9" x 15" dish layer half of the potatoes. Sprinkle with seasoning on top of the potatoes. Spread both containers of non-dairy sour cream on top of the potatoes. Layer the rest of the mashed potatoes. Sprinkle seasonings on top of the potatoes. Use half of the 8 ounce bag of non-dairy cheese to cover the potatoes.
Bake for 30 minutes at 350°F. Add coconut bacon to cover top of the potatoes and bake for another 10 minutes.

Coconut Bacon

By Anna Evans

1 cup flaked non-sweetened coconut
1½ teaspoon liquid smoke
1 tablespoon low sodium Tamari
1 tablespoon maple syrup

Add wet ingredients to a bowl and stir well. Add coconut flakes and stir well until all the coconut is well coated. Pour onto parchment paper covered baking sheet and spread out.

Bake for about 6 minutes at 350°F. and turn cookie sheet around. Then bake another 5 minutes or until crispy.

Creamy Bean Casserole

From LaurenCarisCooks.com

1 eggplant (about 4-5 cups)
1 15-ounce can cannellini beans, rinsed and drained
1 15-ounce can chickpeas, rinsed and drained
1 teaspoon dried chilli powder
1½ teaspoons smoked paprika
1 tablespoon tomato paste
2 cans chopped tomatoes
1 tablespoon tahini
salt and pepper to taste

Chop the eggplant into cubes about ¼ inch in diameter. Saute in a large frying pan over a medium heat

with a little water for a few minutes until it starts to turn golden brown.
Add the beans and the spices and mix so everything is evenly coated.
Add the tomato paste, chopped tomatoes and tahini, stir and simmer for 5-7 minutes until everything is completely heated through.
Taste and season with salt and pepper.
Serve with rice or baked potatoes and top with some freshly chopped parsley
Serves: 4-5



Chipotle Bean Burgers

By Chef AJ

Adapted from and inspired by a recipe from the Whole Foods Market website. Everyone who tastes these, even hard-core carnivores, say that these are the best bean burgers they have ever tasted. I'm sure you will want them as part of your weekly rotation.

4 cans salt-free black beans rinsed & drained (or 6 cups cooked beans)
4 cups cooked brown rice
4 cups cooked and mashed sweet potato (I prefer to use the starchier Hannah Yams rather than mushy orange ones)
1 14.5-ounce can Muir Glen Salt-Free Fire Roasted Tomatoes
1 cup red onion, chopped
8 cloves garlic, minced or put through a garlic press
1 red bell pepper finely chopped (approximately 1 cup)
1 large carrot finely chopped (approximately 1 cup)
1 bunch cilantro finely minced
12 tablespoons nutritional yeast
4 tablespoon salt-free chili powder*
1 tablespoon SMOKED paprika (different than regular paprika)
1 tablespoon ground cumin
1 teaspoon chipotle powder

Preheat the oven to 400°F.
Drain the can of tomatoes and sauté the onion in the liquid from the canned tomatoes until soft. You

can purée the tomatoes in a food processor fitted with the "S" blade or leave them whole. Add the chopped carrot, bell pepper, and garlic and sauté until soft and cooked, about 10-15 minutes. Combine all ingredients in a large bowl and stir to mix. I prefer to use latex free food service gloves. Chill several hours or overnight. Make individual patties out of ½ cup of the mixture. Place patties on a baking tray and bake for 30-45 minutes until you are able to flip them over very easily without them sticking. After you flip them, bake for another 20-30 minutes. Makes 24

burgers. These freeze very well.

Serve these flavorful, filling burgers with all the fixings such as sliced tomatoes and onions and salt-free condiments and use large butter lettuce leaves or potato waffles (recipe page 161) as buns. They can also be crumbled and served over a salad or used as a delicious filling for a baked potato. Makes 24 patties

You can watch me make these on Episode 6 of Healthy Living with Chef AJ.



Easy Black Bean Burgers

From SheLikesFood.com

1½ cups cooked quinoa
1 15-ounce can black beans, rinsed and drained (or about 1½ cups)
1 teaspoon ground cumin
1 teaspoon paprika
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoons salt (optional)
¼ cup + 1 tablespoon chunky salsa

¼ cup + 2 tablespoons bread-crumbs, divided

Add all ingredients plus ¼ cup of the bread crumbs to a food processor. Process for 45-60 seconds, until all ingredients are blended together, but still a little bit chunky. Transfer mixture to a medium sized bowl and refrigerate for about ten minutes. Remove from the refrigerator and

stir in the remaining 2 tablespoons of bread crumbs. Form mixture into patties. You will get about 6 patties, depending on the size you make them. Line a large sheet pan with parchment paper and place black bean burgers on. Refrigerator for about 20 minutes. Heat oven to 350°F and bake 15 minutes, then turn burgers and bake for another 10-15 minutes.

Brown Rice and Lentils

By Shayda Soleymani

1 16-ounce bag brown rice medley (from Trader Joe's)
1 cup of green lentils
¾ cup of raisins or currants
15 medjool dates, chopped
¼ teaspoon black pepper
¼ teaspoon cinnamon
½ teaspoon cardamom
⅛ teaspoon cumin
½ teaspoon turmeric
½ teaspoon saffron dissolved in 4 tablespoons of water

Rinse the rice and lentils. Put everything in the rice cooker and follow the instructions that come with your rice cooker. For this dish, fill the insert to the #4 line with water. Then add a little more water until you're at the 4½ mark, between the 4 and 5. Hit the brown rice button and let the rice cook. In a non-stick pan, sauté the chopped dates and raisins with a little saffron water. Set aside. When the rice is ready, add the chopped dates, raisins, the spices and the rest of the saffron

water. Toss gently and close the rice for another 5-10 minutes. Then serve.

Note

If you are avoiding wheat, simply make brown rice in your rice cooker. In a separate pot make your lentils. When the rice has cooked, add the cooked lentils, seasonings, dates and currants to the rice. Toss gently and let it stay in the rice cooker for 10 more minutes for all the flavors to blend together.

Mexican Cauliflower Rice

By Sandy Spallino

This is a great way to get your cruciferous vegetables in. A fun twist on traditional Spanish Rice. 30 minutes, serves 4.

1-pound package of fresh, not frozen cauliflower rice (available at Trader Joes)
1 small finely chopped red onion (about 1 cup chopped)
3 cloves garlic, minced
½ of a large red bell pepper, finely chopped

¾ teaspoon salt
¼ teaspoon ground black pepper
½ teaspoon ground cumin
½ teaspoon paprika
Zest of ½ lime
Juice of ½ lime
2-3 tablespoons tomato paste (add to your liking)
¼ cup chopped fresh cilantro (or more to taste)

Heat a few tablespoons of water in a large sauté pan. Add the chopped onion, and sauté until translucent. Add the garlic and red bell pepper

and sauté until soft. Next add the spices, salt, black pepper, cumin and paprika. Cook a few minutes more.

Next add the cauliflower to the pan with the lime juice, lime zest and tomato paste and sauté until the cauliflower starts to soften. You don't want it to have a bite, but not be too soft either. To speed up the process cover the pan with a lid. Should take about 10-15 minutes. Lastly, stir in the cilantro. Cook a few more minutes and serve.

Smoky Tomato-Almond “Cheese” Ball

By Dreena Burton

2 cups soaked almonds
1/3 cup sun-dried tomatoes (see note)
3 tablespoons freshly squeezed lemon juice
2 tablespoons chickpea miso or other mild miso
1 1/2 tablespoons natural ketchup
2 teaspoons smoked paprika
1 teaspoon fresh rosemary leaves
1/2 teaspoon garlic powder
1/2 teaspoon sea salt

Coating:

3 tablespoons finely chopped raw or toasted almonds (or other nuts)
1-2 tablespoons chopped fresh chives
pinch sea salt

To make the cheese ball:

In a food processor, pulse the almonds until crumbly. Add the remaining cheese ball ingredients and process until the mixture becomes sticky and forms a mound on the blade. (If mixture isn't coming together, add a teaspoon or two of water, as the almonds may be dry.) Transfer to a container and refrigerate for about an hour.

Combine the coating ingredients on a sheet of parchment. Form the cheese mixture into a ball with your hands (lightly oil your hands to make it easier), and gently roll around the parchment to pick up the coating. Return to the fridge in a covered container until ready to use. Keep in fridge for up to one week.

Sun-Dried Tomato Note:

If using packaged sun-dried tomatoes that are dry, reconstitute in a bowl of boiled water for 5-10 minutes, then drain and pat dry.

Chickpea Flour Mini Veggie Frittatas

From TheMostlyVegan.com

2 cups assorted chopped veggies – red bell pepper, zucchini, mushrooms, asparagus, onions, garlic
1 cup chickpea (garbanzo bean) flour
2 tablespoons nutritional yeast
1/2 teaspoon baking powder
1 teaspoon sea salt
1 teaspoon Italian Seasoning

Preheat oven to 400°F.

Combine chickpea flour, nutritional yeast, baking powder, salt, and Italian Seasoning in a bowl with 1 1/4 cups water. Whisk to combine and set aside while preparing the veggies.

Saute veggies in a small amount of water until veggies soften and cook down.

Mix sautéed veggies with chickpea flour mixture.

Spray a 12 sectioned muffin pan with non-stick spray.

Fill each muffin section with about 1/3 cup of veggie and chickpea flour mixture.

Bake for 30 - 35 minutes, until a toothpick inserted in center comes out clean and frittatas are beginning to brown on top. Remove from oven and allow to cool for 10 minutes (this allows the batter to set) before removing from tin and cooling on a rack. Depending on your muffin tin, you may have to use a knife or offset spatula to gently loosen sides of frittatas before removing from tin.

Serve warm or allow to cool completely before storing in the refrigerator for up to 5 days. Frittatas can be reheated in the microwave but are best when warmed in the oven or toaster oven at 400°F for 10 minutes.



Any variety of veggies and seasonings may be used.

Muffin paper liners may be used, but the frittatas may stick to the paper liner.

Enchilada Casserole

By Anna Evans

1 15-ounce cans black beans, rinsed and drained
1 16-ounce bag Trader Joe's roasted corn, thawed
Stir together and add seasonings of your choice. (I like garlic powder and 21 Seasonings Salute)

1 package Trader Joe's corn tortillas, cut or tear into fourths

1 6-ounce can black olives, drained and sliced
3 12-ounce jars Trader Joe's Salsa Verde

In a 9 x 13 inch glass baking dish pour a little green sauce to cover the bottom of the the dish. Then place a layer of corn tortilla pieces on green sauce. Next, layer bean/corn mixture and then layer with olives. Pour more green sauce on top. Add

another layer of corn tortilla pieces, bean/corn mixture and olives. Pour remainder green sauce to cover top. Spread No Cheese Nacho Sauce on top.

Cover and bake at 350°F. for about 30 minutes. Uncover and bake for another 15 minutes.

When serving cut into squares and top with Best Sour Cream then sprinkle with a few green onions.

No Cheese Nacho Sauce

By Anna Evans

1 15-oz can garbanzo beans, rinsed and drained
1 12-ounce jar fire roasted red peppers with liquid
2 teaspoons onion powder
2 teaspoons garlic powder
½ cup nutritional yeast
1 can diced, mild green chile peppers

1 tablespoon lemon juice

Blend all ingredients in a blender until smooth and creamy.

Best Sour Cream

By Anna Evans

1 cup raw cashews, soaked overnight
¼ cup lemon juice
¼ teaspoon sea salt
1 teaspoon nutritional yeast
½ cup water
Blend all ingredients in a blender until smooth and creamy.

Instant Pot Jackfruit and Potato Curry

From HealthierSteps.com

2 tablespoons curry powder
1 teaspoon paprika
1 teaspoon cumin
1 teaspoon turmeric powder
1 cup onion, finely chopped
4 cloves garlic, minced
1 teaspoon fresh ginger, grated
20 ounce can green jackfruit, drained and rinsed
5 medium potatoes, cubed
2 medium carrots, diced
15 ounce can low fat coconut milk

2 cups low sodium vegetable broth
¼ cup chopped cilantro leaves, or parsley
Salt to taste

Plug in your Instant Pot and press saute mode button. Add 2 tablespoons water, once heated add dry spices, curry powder, paprika, cumin, turmeric and cook for a minute stirring constantly. Add onion, garlic, ginger and cook 2 minutes or until onions are soft. Add jackfruit, potato, carrots and stir to

coat.
Add coconut milk and vegetable broth; stir.
Close Instant Pot lid and press manual mode for 10 minutes. When finished, allow Instant Pot to natural release for 10 minutes. Carefully release the knob to release the remaining pressure. Remove lid, stir in cilantro leaves, crush some of the potatoes to thicken curry and check seasonings.
Serves 8.

Lentil Tacos

By Molly Grupe

½ packet Trader Joe's taco seasoning mix

1 lb. Trader Joe's cooked lentils

1 14-ounce can of tomatoes or tomato sauce

1 medium onion, chopped

Food for Life brand Ezekiel taco size whole grain tortillas or sprouted corn tortillas

Toppings:

Shredded lettuce (romaine, mixed

greens, your choice)

Trader Joe's salsa authentica

Tofu sour cream (see recipe below)

Start with a very hot non-stick pan.

Sauté onions for 2 minutes, using 1 tablespoon of water instead of oil.

Add 1 tablespoon of water at a time to keep onions from sticking to pan.

Add lentils and seasoning mix and sauté for another 2 minutes, adding 1 tablespoon of water as necessary to keep from sticking.

Reduce heat to medium and add

tomatoes or tomato sauce, simmer until thickened, stirring often.

Fill tacos, leaving room for toppings. Add lettuce, salsa, and tofu sour cream.

Tofu Sour Cream

1 package extra firm lite silken tofu, drained

1 tablespoon lemon juice

1 tablespoon red wine vinegar

Combine all ingredients in a blender and puree until smooth and creamy.

Curried Lentils in Tomato Sauce

By Martha Stewart

1 medium onion, finely chopped

1 piece fresh ginger (2 inches long), peeled and finely grated

2 teaspoons curry powder

1 teaspoon garam masala (optional)

¼ teaspoon cayenne pepper

1 26-ounce jar best-quality store-bought tomato sauce

2 20-ounce cans cooked lentils, rinsed and drained or 4 cups cooked lentils

2 tablespoons fresh lime juice (from 1 lime)

½ cup chopped fresh cilantro, plus more for garnish (optional)

Saute onion and ginger in a small amount of water; stirring frequently, until beginning to brown, 5 to 8 minutes.

Add spices; cook, stirring, until fragrant, 30 to 60 seconds.

Add tomato sauce, lentils, and 1 cup water. Simmer until slightly thickened, 5 to 10 minutes. Stir in lime juice and cilantro; season with salt. Serve lentil mixture with rice; garnish with more cilantro, if desired.



Oven-Baked Mexican Quinoa Casserole

From vegangela.com

1 small yellow onion, diced
1 clove garlic, minced
1 cup uncooked quinoa
1 28-ounce can diced tomatoes, with liquid
½ cup water
1 teaspoon cumin
1 teaspoon oregano
1 teaspoon chili powder
½ teaspoon salt
1 15-ounce can black beans, rinsed and drained
1 cup corn, frozen

3 cups baby spinach, chopped
Toppings: avocado, cilantro

Preheat oven to 350°F.
Sauté onion and garlic in a small amount of water until onions are translucent.
Remove from heat; and transfer to oven-safe casserole dish
Add quinoa, diced tomatoes (with juice), water, spices, beans and corn. Stir to combine.
COVER well with foil or a lid and place in oven and bake for 60 minutes.

Remove casserole from oven and stir in spinach. It will wilt from the heat.

Top with diced avocado and/or cilantro and serve.

IF FREEZING: Make full recipe but leave-out the spinach and toppings. Let cool and freeze in airtight container(s). To serve: defrost fully, lightly reheat (in microwave or on stovetop), stir in spinach and add toppings of choice.
Serves 4-6.

One Pot Quinoa Dish

From CrazyVeganKitchen.com

2 garlic cloves, minced
½ white onion, diced
1 small sweet potato, diced
1 red bell pepper, diced
½ teaspoon red chili flakes
1 teaspoon dried mixed herbs
1 15-ounce can chickpeas, rinsed and drained
½ cup sliced green olives
¼ cup chopped sun dried tomatoes
1 cup uncooked white quinoa

2 cups low sodium vegetable broth
3 cups loosely packed baby spinach
1 cup chopped fresh cilantro
Salt and pepper, to taste

Saute garlic, white onion, sweet potato, red bell pepper, red chili flakes and dried herbs in a small amount of water until fragrant and vegetables have softened, about 5 minutes.
To the saucepan, add olives, sun dried tomatoes and drained chickpeas. Stir to combine.

Add uncooked white quinoa to the pot and stir to combine. Pour in vegetable broth and stir for 10 seconds. Bring to a boil, then cover and reduce to simmer for 20 - 25 minutes until liquid has been absorbed.
Once cooked, leave covered for another 10 minutes. After 10 minutes, remove lid and stir in Baby Spinach and Coriander. Let sit for a few minutes to allow spinach time to wilt. Season with salt and pepper as necessary and serve warm.

Chickpea Veggie Burgers

By Susan Jenson

1 can chickpeas, rinsed and drained
½ red or sweet onion, finely diced
1 small zucchini, grated (about 1½ cups)
3 tablespoons finely chopped cilantro
3 tablespoons red wine vinegar
½ - 1 tablespoon sriracha sauce
2 tablespoons natural peanut butter
1 teaspoon cumin
1 teaspoon garlic powder

1 cup quick oats (gluten-free if needed)

Process chickpeas in a food processor until mashed or mash in a bowl with a fork or potato masher.
Keep chickpeas in a separate bowl.
Put cut up onion in a food processor and process until chopped small.
Add onions to chickpeas.
Grate zucchini by hand or in a food processor. Add zucchini to onion and chickpea mixture.

Add all the other ingredients to the bowl.

Use your hands or spoon to mix very well.

Form into 6-8 patties.

Place patties on a cookie sheet lined with parchment paper.

Bake at 400°F. for 15 minutes, flip and then bake another 5 minutes until evenly browned.

DESSERTS



Almost Instant Apple Pie Rice Pudding

By Chef AJ

I love homemade rice pudding but it can take almost an hour for the rice to cook. Using the Instant Pot and leftover rice it takes only five minutes!

4 cups leftover cooked rice (I prefer organic brown Texmati)

4 cups finely chopped apples, 3-4 depending on their size (I prefer Envy or Gala)

3 cups unsweetened non-dairy milk

1 tablespoon Apple Pie Spice* (or 2.5 teaspoons of cinnamon plus ½ teaspoon nutmeg)

1 cup golden raisins

½ teaspoon vanilla powder

¼ teaspoon ground cardamom

Place all ingredients in the Instant Pot and cook on high pressure for 5 minutes. Release pressure and enjoy hot, or chill for a firmer texture. If you don't have a pressure cooker,

then bring the plant milk and spices to a boil. Be careful not to let it boil over. Add the remaining ingredients and return to a boil. Reduce heat and cover. Simmer for about 10 minutes or until most of the liquid is absorbed.

This is delicious served hot, warm, or cold, and is a delightful replacement for your usual oatmeal.

Healthy Chocolate Banana Ice Cream

From EatingBirdFood.com

3 frozen bananas, chopped into chunks
¼ cup chocolate unsweetened plant based milk*
1 tablespoon almond butter
½ tablespoon cacao powder
½ tablespoon cacao nibs or mini chocolate chips (optional)

Place bananas, almond milk, almond butter and cocoa powder into a food processor. Pulse/process until smooth and creamy. You may need to turn off the motor and stir the mixture a couple times while processing. Add in cacao nibs or chocolate chips (if using) and pulse once more. Scoop/spoon ice cream in to a bowl and enjoy!
Serves 2.

*You can use regular plant based milk. You might just need to add more cocoa powder to get the chocolate flavor!

Banana Oatmeal Chocolate Chip Breakfast Bars

From beamingbaker.com

Wet Ingredients

1 medium banana, ripened
¼ cup natural, unsalted creamy peanut butter
2 tablespoons pure maple syrup
1 flax egg (1 tablespoon ground flax + 3 tablespoons water, whisked together, set for 15 minutes)
½ teaspoon pure vanilla extract

Dry Ingredients

1½ cups gluten free rolled oats
¼ teaspoon baking powder
¼ teaspoon baking soda

Add-in Ingredients

¼ cup walnuts, finely chopped

¼ unsweetened flaked coconut
⅓ cup vegan chocolate chips
¼ cup raisins (optional)

Preheat oven to 350°F. Line an 8-inch square baking pan with parchment paper or greased foil. Set aside.

In a large bowl, add peeled banana. Using a sturdy whisk or fork, mash until smooth. Add the remaining wet ingredients: peanut butter, maple syrup, flax egg and vanilla. Whisk until well incorporated.

Add the dry ingredients: oats, baking powder and baking soda. Using a rubber spatula, stir and fold until well incorporated. Fold in chocolate chips, coconut and walnuts.



Pour this mixture into the prepared pan. Using the rubber spatula, smooth into an even layer.

Bake for 12-18 minutes, until just lightly golden around the edges. Cool for about 1 hour. Slice into bars. Enjoy!

Store in an airtight container at room temperature or in the refrigerator for up to 1 week.

Berry Oatmeal Cookie Bars

By Susan Jenson,

⅓ cup cane sugar
1 cup whole wheat pastry flour
¼ teaspoon baking soda
⅛ teaspoon salt
1 cup rolled oats
½ cup unsweetened applesauce
¾ cup berry jam (recipe next page)

Preheat oven to 350°F. Line an 8 inch square pan with parchment paper. Combine sugar, flour, baking soda, salt, and rolled oats. Mix in the applesauce to form a crumbly mixture. Press 2 cups of the mixture into the bottom of the prepared pan. Spread the jam to within ¼ inch of the edge. Sprinkle the remaining

crumb mixture over the top, and lightly press it into the jam. Bake for 350°F. for 40 minutes, or until lightly browned. Allow to cool before cutting into bars.

Berry Jam

2 tablespoons chia seeds
½ teaspoon vanilla

2 cups mixed berries (frozen or fresh)
¼ cup maple syrup

Blend all jam ingredients together in a high speed blender.

Carob Chip Cookies

By Susan Jenson

1¼ cups water
1 cup walnuts or cashews
¾ cup pitted dates
2 teaspoons vanilla
¼ teaspoon salt

1¼ cups whole wheat pastry flour
1 cup oats
1 cup carob chips

Process nuts and water in a blender until very smooth, then add next 3 ingredients and continue blending

until smooth. Pour into a mixing bowl and add remaining ingredients. Mix well. Drop by spoonful onto parchment lined cookie sheets and bake at 350°F for 15-20 minutes.

Divine Cheesecake

By Dreena Burton

Divine aptly describes this dairy-free cheesecake. This is a dessert you can proudly serve to guests!

Crust:

1½ cups rolled oats
¼ cup almond meal
1 cup pitted medjool dates
½ teaspoon pure vanilla extract
⅛ teaspoon sea salt

Filling:

1½ cups soaked raw cashews soaked in advance, see note
1 cup coconut butter not oil
⅓ cup plain or vanilla non-dairy yogurt or unsweetened applesauce
¼ cup freshly squeezed lemon juice
⅓ cup pure maple syrup
¼ teaspoon (scant) sea salt
½ teaspoon lemon zest (optional)
½ teaspoon guar gum (optional, see note)

To prepare the crust:

Add all ingredients to a food processor. Pulse to get moving, and then process until the mixture becomes quite sticky, and will hold when pressed between your fingers.

Transfer mixture to a lightly oiled spring form pan and press around the bottom of the pan (not the sides).

For the filling:

Add all ingredients to a blender (high-powered blender is best). Puree until very, very smooth (stopping to scrape down blender a couple of times as needed). Pour mixture over crust and tip pan back and forth to evenly distribute.

Cover pan with foil and pop in freezer to set (overnight, or 3-4 hours). Then, to serve, remove from freezer to soften at room temperature, about ½ hour. Slice, and serve as is or with berry sauce. Makes one cheesecake, serving 8.

Recipe Notes

Cashew Note: It takes about 3-4 hours to soak cashews. (Simply soak raw cashews in a large bowl

of warm water). It's useful to soak them in batches, and then drain and refrigerate or freeze until ready to use.

Guar Gum Note: This cheesecake can be made without the guar gum. It lends something to the final texture, but isn't critical. So, "ok" if you don't have it!



Raspberry Dessert Sauce

By Dreena Burton

3 cups fresh or frozen raspberries
(see note)
3 - 4 tablespoons pure maple syrup
½ teaspoon pure vanilla extract
few pinches sea salt

Put berries, maple syrup (starting

with 3 tablespoons), vanilla, and salt in a saucepan over medium heat. Bring mixture to a slow boil, then reduce heat to medium-low and let cook for 15-20 minutes, until raspberries have softened and sauce has thickened slightly. Taste, and add additional maple syrup if desired. Serve sauce warm or cool

(sauce will thicken more after cooling). Serve over "Divine Cheesecake"

Makes about 1 to 1½ cups.

Note: If you'd like to substitute other berries like blueberries or chopped strawberries, go for it!

Chocolate Peanut Butter Zucchini Brownies

By Susan Jenson

1 cup grated zucchini
½ cup peanut butter
¼ cup maple syrup or date syrup
½ teaspoon vanilla
¼ cup chocolate chips

¼ cup cacao powder
¼ cup flour (any kind)

Mix zucchini, peanut butter, syrup, vanilla and chocolate chips together. In a separate bowl mix dry ingredients.

Line a 8 x 8 inch pan with parchment paper.

Mix dry and wet ingredients together. Pour into pan, spread until smooth. Sprinkle with extra chocolate chips. Bake 20-30 minutes at 350°F. Cool then cut and serve.

Anna's Cookie Dough Balls

By Anna Evans

¼ cup rolled oats
1 can garbanzo beans, rinsed and drained
4 tablespoons maple syrup
2 teaspoons vanilla extract
½ cup non-dairy mini chocolate chips

Add oats and garbanzo beans to a food processor and pulse several times until it becomes a fine texture. Add maple syrup and vanilla and pulse several times, stopping to scrape down the sides. Scrape into a bowl then add non-dairy chocolate chips and stir. Refrigerate for about 30 minutes, then roll into balls and place on a

cookie sheet covered with parchment paper.

Refrigerate for a while and then you can add to your storage container. Store in the refrigerator.

If you like, you can also flatten the balls with your hand and bake at 350°F for about 12 minutes.

Jam Dot Holiday Cookies

By Darshana Thacker

¾ cup oat flour
½ cup sorghum flour*
6 tablespoons cane sugar
¼ cup chopped walnuts
2 tablespoons coconut flakes
1 tablespoon ground flaxseed
½ teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon ground cinnamon
1 pinch sea salt
½ cup unsweetened, unflavored plant milk or water
¼ cup fruit-sweetened jam, any flavor

*Can use whole wheat pastry flour, if not gluten restricted

Preheat the oven to 350°F. Line a baking sheet with parchment paper. In a mixing bowl, whisk together the oat flour, sorghum flour, sugar, walnuts, coconut flakes, flaxseed, baking powder, baking soda, cinnamon, and salt. Mix well. Add the plant milk, and use your hands or a spatula to thoroughly mix the dough. Scoop out 1 tablespoon of dough and roll it into a ball. Place on the prepared baking sheet(s) and continue with the remaining dough,

positioning balls about 1½ inches apart. Press the balls into small 1-inch disks, then press the center of each cookie with your thumb or the back of a small spoon to create a well to accommodate ½ teaspoon of jam.

Dollop ½ teaspoon of jam in the center of each cookie.

Bake cookies until lightly golden brown, about 25-30 minutes.

Once cookies are done, transfer the baking sheet to a cooling rack for a few minutes to cool.

Makes 20 (1½-inch) cookies

German Chocolate Bites

By Amy Esposito (adapted from unconventionalbaker.com)

2 cups toasted shredded unsweetened coconut
1 cup toasted pecans
5 tablespoons hemp seeds

10 soft medjool dates
2 tablespoons maple syrup
⅔ cup non-dairy dark chocolate chips

Place all ingredients in a food processor, process for a few seconds

at a time until mixture is combined and starts to form a ball. Shape into balls (1-2 tbsp. at a time) place on a tray lined with parchment paper. Place the balls in the freezer for 10-15 minutes to chill and firm-up. Serve. Keep refrigerated.

Mexican Hot Chocolate Bites

By Molly Grupe

1 cup old-fashioned oats
½ cup walnuts
12 soft pitted Medjool dates (about ¾ cup, soak in warm water if hard)
3 tablespoons cocoa powder (plus more for rolling)
½ teaspoon cinnamon
heaping ⅛ teaspoon cayenne (optional)

⅛ teaspoon salt (optional)
1-2 tablespoons almond milk, as needed

Place oats and walnuts in the bowl of a large food processor. Process until well-combined. Add dates and process for another minute or so, or until well combined.

Add cacao, cinnamon, cayenne, and salt, and process again for another minute. Add a tablespoon

of almond milk as needed to form a "dough ball."

Roll into about 14 bites. Roll each bite in cocoa powder. Store in an air-tight container in the fridge or freezer.

Serves 14.

Mango Pudding Parfait

By Sandy Spallino

This is a light and delicious fruit and pudding parfait that can be eaten as desert or dare I say even breakfast! Presented in a glass bowl this makes a beautiful presentation on your dinner table.

For mango pudding
2 12-ounce containers of Organic Firm Silken Tofu

3 cups frozen mango chunks, thawed (or use fresh)
Zest of one medium sized lemon
5 tablespoons lemon juice
¼ cup maple syrup

Put above ingredients in a blender and blend until perfectly smooth. This is best made the night before or at least 4 hours before serving, so the pudding has some time to firm up, before layering with the fruit.

Fruit for layering
fresh blueberries
fresh sliced strawberries
fresh raspberries
sliced bananas.

In a bowl, or in individual serving cups, layer fruit and chilled pudding, ending with fresh fruit on the top for a nice presentation. Serves 8.

Mint Chocolate Pudding

From VeganYackAttack.com and twoaspberries.com

Mint pudding:

½ cup unsweetened plant based milk
¼ cup baby spinach, firmly packed
¼ cup fresh mint leaves, firmly packed
1-2 tablespoons maple syrup or other sweetener
3 tablespoons chia seeds

Put all the mint pudding ingredients into a blender, except for the chia

seeds and puree until smooth. Place the chia seeds in a small bowl, then pour the mint mixture over them and whisk until combined. Chill in the refrigerator for 45-60 minutes, and stir every 15 minutes for consistent “gelling”.

Chocolate Date Sauce

7-8 pitted medjool dates
1 cup water
1-2 tablespoons cacao or carob powder

Place everything into a small food processor and blend until creamy and smooth.

Makes about 1 cup.

Notes: adjust thickness by adding more or less water/dates; if it's too runny add a couple more dates and if it's too thick add a little more water.

Layer the mint pudding and chocolate sauce and garnish with fresh mint leaves.

Simple Oatmeal Cookies

By Susan Jenson

1 cup water
1 cup raw walnuts
1 cup pitted dates
2 teaspoons vanilla
½ teaspoon salt
1 cup whole wheat pastry flour
1 cup oats
1 cup raisins or chocolate chips

Process nuts and water in a blender until very smooth, then add next 3 ingredients and continue blending until smooth. Pour into a mixing bowl and add remaining ingredients. Mix well. Drop by spoonful onto cookie sheets lined with parchment paper. Bake at 350°F for 20-25 minutes. Yield 40 small cookies.

Coconut Panna Cotta with Caramel Sauce

By Chef Eric Lechasseur

For the Coconut Panna Cotta:

2 cups coconut milk
1 cup cashews, chopped
1 pinch sea salt
1 cup water
1 tablespoon agar flakes
2 tablespoons maple syrup

For the Caramel Sauce:

½ cup almond milk
1 teaspoon kuzu or (arrowroot)
1 cup maple syrup

To make the Coconut Panna Cotta

In a blender, combine the coconut milk, cashews, maple syrup and salt. Mix until smooth.
In a sauce pan, bring the water and the agar to a boil over medium heat.

Reduce heat and simmer until the agar is dissolved.

Slowly add the coconut mixture to the agar, and stir until it all warms up.

Transfer the mixture to a blender and blend until smooth.

Pour into 8 ramekins and refrigerate for a few hours, until set. Makes 8 servings.

To make the Caramel Sauce:

In a sauce pan, heat the almond milk and kuzu over medium heat, while whisking continually, until the mixture thickens. Set aside

In another sauce pan, bring the maple syrup to a boil over medium heat and stir continually for about 2 to 3 minutes, until caramelized. Pay close attention: the syrup will foam, but be careful not to let it burn. The color should darken, and resemble



that of a dark hazelnut.

Turn off the heat and add the almond milk mixture. Mix well. Allow it to cool.

To serve, pour caramel sauce over each coconut mousse.

Anna's Peanut Butter Balls

By Anna Evans

1 15-oz can garbanzo beans, rinsed and drained
1 cup creamy peanut butter
4 tablespoons maple syrup
2 teaspoons vanilla

Put all ingredients into a food processor and pulse until contents start to form a ball.

On parchment lined cookie sheet, roll dough into small balls. Put in the refrigerator for one hour.

Melt 1 10 oz bag plus ¼ cup non-dairy chocolate chips. Use a spoon to dip each ball into the melted chocolate.

Place back on parchment lined cookies sheet and put back in the refrigerator until chocolate hardens.

Sweet Potato Muffins

By Dreena Burton

1 cup precooked and cooled orange sweet potato skins removed, see note

1 cup non-dairy milk

½ cup pure maple syrup

2 tablespoons hemp seeds see note

1 teaspoon vanilla

2 cups spelt flour or 2 cups less 2 tbsp w/w pastry

2 teaspoons baking powder

1½ teaspoons cinnamon

¼ teaspoon ground cardamom can substitute nutmeg or omit

¼ teaspoon baking soda

¼ teaspoon sea salt

¼ cup raisins or miniature non-dairy chocolate chips (optional, can use one/none, or combination of both)

Preheat oven to 350°F and line a muffin pan with muffin liners (parchment liners work best). Add sweet potato, milk, maple syrup, hemp seeds and vanilla to a blender and puree until very smooth. In a large

bowl, add flour, baking powder, cinnamon, cardamom, baking soda, sea salt and chocolate chips or raisins. Stir through until well combined. Add wet mixture to dry and stir through until just well combined. Scoop mixture into muffin pan (I use an ice cream scoop), filling 11-12 muffin cups. Bake for 24-26 minutes (closer to 26 minutes for fewer, bigger muffins; less time if filling full 12). Check doneness around 24 minutes, and let bake another minute or longer, or remove and let cool. Cool for a couple of minutes in the pan, then transfer to a baking sheet to cool more as desired. Then enjoy!

Baked sweet potato is very soft, so you don't need to cube or chop it to measure, rather just remove some pieces/chunks to fit into the measur-



ing cup.

Hemp seed note: The pureed hemp seeds add some fat to the muffin batter, don't omit them. If you don't have them and want to substitute, you can try 2 tablespoons of another seed or 2 tablespoons of a chopped nut.

Zucchini Chocolate Brownies

From texanerin.com

2 flax eggs

1 tablespoon vanilla extract

¾ cup coconut sugar or unrefined sugar

¼ cup unsweetened applesauce

1 cup whole wheat pastry flour

½ cup Dutch-process cocoa powder (using regular cocoa powder may result in cake-like brownies)

1½ teaspoons baking soda

¼ teaspoon salt

2 cups grated zucchini

1 cup semi-sweet chocolate chips plus ¼ cup to sprinkle on top

Preheat the oven to 350°F and line

an 8"x8" pan with parchment paper or spray with baking spray.

In a large bowl, mix together the flax eggs, vanilla, coconut sugar, and apple sauce and let this sit for 5 minutes to let the coconut sugar dissolve.

In a separate medium bowl, mix together the flour, cocoa powder (sifted if lumpy!), baking soda and salt. Make sure there are no clumps before going on to the next step. Add the dry mix to the wet, gently stir until combined. Be sure not to over mix!

Then fold in the zucchini and 1 cup chocolate chips.

Pour the batter into the pan and even the surface with a spatula. Sprinkle ¼ cup chocolate chips on top.

Bake for 30 - 35 minutes or until a toothpick inserted in the middle doesn't come out gooey.

Store in an airtight container for up to 2 days at room temperature or up to one week in the refrigerator.

Ingredient Substitution Chart



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.

Veggie burgers, made of defatted soybeans, provides 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 being marinated in low-fat dressing and then grilled or heated 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 & BUTTER ALTERNATIVES

Sautéing: Water or vegetable broth.

Baking: Applesauce or any variety of mashed beans can be used in place of oil, using a 1:1 ratio. Black beans are easily camouflaged into brownies and white beans into banana bread, as examples.

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 vegan egg replacement powder + 2 tbsp. lukewarm water; follow package directions

1 tbsp. ground flaxseed meal + 3 tbsp. water

1/4 cup mashed white potatoes, sweet potatoes, or pumpkin

2 tbsp. potato starch, cornstarch, or arrowroot

1 tbsp. chia seed + 3 tbsp. water

1/4 cup cooked oats

1 tsp. baking powder

DAIRY ALTERNATIVES

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

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

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

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

Butter: Dairy-free non-hydrogenated margarine, applesauce, nut butters, or hummus for cooking, baking, or spreading.

Ricotta cheese: Firm tofu, drained and crumble with added seasoning.



The Nutrition Rainbow



Tips from Food for Life: The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. The chart below shows the cancer-fighting and immune-boosting power of different-hued foods.

Colors	Foods	Colorful Protective Substances and Possible Actions
Red	Tomatoes and tomato products, watermelon, guava	Lycopene: antioxidant; cuts prostate cancer risk
Orange	Carrots, yams, sweet potatoes, mangos, pumpkins	Beta-carotene: supports immune system; powerful antioxidant
Yellow-orange	Oranges, lemons, grapefruits, papayas, peaches	Vitamin C, flavonoids: inhibit tumor cell growth, detoxify harmful substances
Green	Spinach, kale, collards, and other greens	Folate: builds healthy cells and genetic material
Green-white	Broccoli, Brussels sprouts, cabbage, cauliflower	Indoles, lutein: eliminate excess estrogen and carcinogens
White-green	Garlic, onions, chives, asparagus	Allyl sulfides: destroy cancer cells, reduce cell division, support immune systems
Blue	Blueberries, purple grapes, plums	Anthocyanins: destroy free radicals
Red-purple	Grapes, berries, plums	Resveratrol: may decrease estrogen production
Brown	Whole grains, legumes	Fiber: carcinogen removal



FOOD FOR LIFE
The Power of Food for Health

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Other sources of medical practitioners are: PlantBasedDoctors.org, VegDocs.com, & PlantBasedDocs.com.

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Many thanks to our volunteers. They are the ones who come early and stay late. They work hard to make this cooking school happen. They are absolutely the best!!

Don Born
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INDEX

A

Apple Pie Rice Pudding, Almost Instant 21

B

Baked Potato Casserole, Anna's 14
Banana Oatmeal Chocolate Chip Breakfast Bars 22
Bean Burgers, Chipotle 15
Bean Casserole, Creamy 14
Beet Salad, Bodacious 4
Berry Jam 23
Berry Oatmeal Cookie Bars 22
Black Bean Burgers, Easy 16
Black Bean Pasta Salad, Southwest 11
Broccoli Salad 5
Brown Rice and Lentils 16
Brussel Sprout Salad 5

C

Carob Chip Cookies 23
Cauliflower Rice, Mexican 16
"Cheese" Ball, Smoky Tomato-Almond 17
Chickpea Flour Mini Veggie Frittatas 17
Chickpea Salad, Curried 6
Chickpea Veggie Burgers 20
Chocolate Banana Ice Cream, Healthy 22
Chocolate Bites, German 25
Chocolate Bites, Mexican Hot 25
Chocolate Date Sauce 15
Chocolate Peanut Butter Zucchini Brownies 24
Cilantro Cashew Dressing 12
Cilantro Tahini Dressing 12
Coconut Bacon 14
Coconut Panna Cotta with Caramel Sauce 27
Cookie Dough Balls, Anna's 24

D

Divine Cheesecake 23

E

Eggplant, Onion and Tomato Stew 13
Enchilada Casserole 18

H

House Dressing 2.0 4
Holiday Cookies, Jam Dot 25

I

Italian Dressing 10

J

Jackfruit and Potato Curry, Instant Pot 18

K

Kale and Sweet Potato Salad with Dried Cranberries
7

L

Lentil Quinoa Salad with Pumpkin Seed Dressing,
French 8
Lentils in Tomato Sauce, Curried 19
Lentil Tacos 19

M

Mango Pudding Parfait 26
Mint Chocolate Pudding 26

N

No Cheese Nacho Sauce 18

O

Oatmeal Cookies, Simple 26

P

Peachy Quinoa Salad 10
Peanut Butter Balls, Anna's 27
Potato Salad, Classic 9
Pumpkin Seed Dressing 8

Q

Quinoa Casserole, Oven-Baked Mexican 20
Quinoa, Chickpea and Spinach Salad 9
Quinoa Dish, One Pot 20

INDEX CONTINUED

R

Ranch Dip/Dressing by Susan Jenson 12
Ranch Dressing by Dreena Burton 12
Ranch Dressing, Creamy Cumin 11
Raspberry Dessert Sauce 24

S

Sesame Purple Cabbage and Carrot Slaw 9
Sour Cream, Best 18
Spinach Salad, Garlic Lemon 7
Sunflower Salad Dressing, Anna's 12
Sweet Potato Muffins 28

V

Vegetable Soup, Spanish Style 13
Veggie Salad, Amy's 9-layer 10

Z

Zucchini Chocolate Brownies 28

NOTES

NOTES

NOTES

NOTES

NOTES

