

The Best Of Nature Vegan Cooking School

2010 Recipes



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Salads

California Waldorf Salad

3 crisp, tangy apples (Fuji, Winesap,
Granny Smith)
1 tablespoon lemon juice
½ cup celery, chopped

¼ cup raisins
¼ cup chopped walnuts
¼ cup vegan mayonnaise
1 teaspoon sugar

Scrub, core and dice apples, then place into a salad bowl. Add lemon juice and mix. Add celery, raisins, walnuts, vegan mayonnaise and sugar. Mix well. Chill before serving. Serves 6.

Chickenless Salad

2 pkg Trader Joe's Chickenless
Strips, diced
½ cup vegenaïse
2 teaspoon curry powder

¼ cup raisins
¼ cup cashews, chopped
¼ cup green onions tops, chopped
½ teaspoon salt

Mix all ingredients together and serve with crackers or bread.
Makes 4 cups. Serves 6 – 8.

Costa Rican Ceviche

1 14.5 ounce can water-packed
hearts of palm, drained
1/3 cup fresh lime juice (4-5 limes)
2 Tablespoons red onion, diced
2 Tablespoons celery, diced

¼ cup cherry tomatoes, halved
1 small jalapeno, seeded and
minced
¼ cup chopped fresh cilantro

Slice the hearts of palm into bite-sized pieces and place in a bowl. Strain the limejuice and pour over the hearts of palm. Add the remaining ingredients and mix well. Refrigerate at least 2 hours for flavors to blend. Season with a bit of sea salt and freshly ground pepper, if desired. Serves 4



Curried Red Lentil Salad

2 cups red lentils, picked through
2 cups water or vegetable stock
1 onion, sliced thin
2 cloves garlic, minced
 $\frac{1}{4}$ cup water
1-2 tablespoons curry powder, to taste

1 head of cauliflower cut into florets
1 small apple, chopped
 $\frac{1}{4}$ cup currants
1 tablespoon balsamic vinegar
1 tablespoon soy sauce

Cook the lentils in water or vegetable stock until they are tender and still whole, about 15 to 20 minutes. Drain and set aside. Meanwhile, sauté the onions and garlic in water for 3 minutes. Then add the curry powder and cauliflower florets. Cook, stirring, until the cauliflower is tender-crisp. Add the cauliflower mixture to the lentils and mix in the apple and currants. Season with balsamic vinegar and soy sauce. Serve cold. Serves 4-6

Watercress and Bean Salad

4 cups cleaned watercress

$\frac{1}{2}$ cup dry black beans
 $\frac{1}{2}$ cup dry alubias (large navy beans)
 $\frac{3}{4}$ cup corn or corn kernels from one cob
2 Tablespoons cilantro, chopped
 $\frac{1}{4}$ cup purple onion, diced
 $\frac{1}{2}$ red bell pepper, diced

Dressing:

2 Tablespoons red wine vinegar
 $\frac{1}{2}$ Tablespoons yellow mustard
 $\frac{1}{2}$ teaspoon cumin
salt and pepper to taste
1 clove garlic, pressed
 $\frac{1}{4}$ cup olive oil

Soak black beans and alubia beans overnight. Discard water. Add fresh water to cover beans. Bring to a boil then lower the flame and simmer for 2 hours. Drain the beans and rinse with cold water.

In a large bowl mix black beans, alubias, corn, cilantro, onions, red pepper.

In a separate bowl mix dressing ingredients except oil. Add oil slowly and whisk together.

Add dressing to bean mixture and mix well.

Arrange watercress on platter and spread bean salad on top. Serves 4-6



Quick Artichoke Pasta Salad

2 cups whole wheat pasta dry
1 14 oz can artichoke hearts, drained
and quartered
2 cups mushrooms, quartered
2 cup cherry tomatoes, halved
1 3.8 oz can sliced olives
¼ cup chopped fresh parsley
¼ cup chopped fresh basil leaves

Dressing

½ cup lemon juice
¼ cup olive oil
½ tsp italian seasoning
½ tsp salt
pepper to taste

Cook pasta according to package directions; drain well, rinse with cold water, and drain again.

Turn into a large bowl.

Add artichokes, mushrooms, cherry tomatoes, olives, parsley, and basil; toss gently.

Mix dressing ingredients separately then add to pasta mixture and toss gently.

Cover and refrigerate for at least 4 hours or until next day.

Before serving, season with salt and pepper to taste. Makes 6 servings.

Jicama Salad

1 large jicama, peeled and shredded*
2 large carrots, peeled and shredded*
1 red pepper, cut into thin
matchstick slices
1 large cucumber, peeled, seeded
and cut into thin matchstick slices
juice from 3 limes

1 tablespoon lime zest
2 tablespoons rice vinegar
1 tablespoon chili powder
2 tablespoons honey
¼ cup oil
¼ cup fresh cilantro, finely minced
salt to taste

*Jicama and carrots can be shredded using a food processor.

Place all vegetables in a large bowl.

In a separate small bowl, whisk together the lime juice, lime zest, rice vinegar, chili powder, honey and oil. Stir in the cilantro and season with salt.

Pour limejuice mixture over the vegetables. Allow the flavors to marinate for about 15 minutes at room temperature before serving.

Serves 6.



Spicy Thai Noodle Salad

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|---|---|
| 10-12 oz. soba noodles | 2 red bell peppers, sliced thin and long |
| 2 tablespoons sesame oil | 2 cups edamame |
| 3 tablespoons canola oil | 6 green onions, chopped |
| 5 tablespoons honey | 1 cup honey roasted peanuts (leave whole) |
| 5 tablespoons soy sauce | 1 cup cilantro, chopped coarse |
| 5 tablespoons rice vinegar or sushi vinegar | 1 lime, cut in wedges for garnish |
| ½ teaspoon cayenne | |
| 1 tablespoon grated fresh ginger | |

Cook pasta in a large pot of salted water. Check cooking directions, soba noodles can cook literally in minutes. Drain pasta well. Let pasta dry a bit or water on the pasta will dilute the dressing.

Whisk sesame oil, canola oil, honey, soy sauce, vinegar, ginger and cayenne in a small bowl to blend.

Heat a few tablespoons of dressing in a saute pan over medium high heat (be careful, dressing can burn easily).

Add peppers to pan for about 2 - 3 minutes to lightly soften. They should still be crunchy.

Add all other ingredients to pasta along with remaining dressing. Add edamame shortly before serving. Add cooled peppers at the end. Mix salad well, you will probably need to use your hands.

Garnish with lime wedges.

Serve right away or chill as long as overnight.

Serves 6-8.

Tomato Salad with White Beans

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|--|---|
| 1 can or 2 cups Great Northern Beans, fresh cooked or canned, rinsed and drained | 2 tablespoons olive oil |
| 6 cups ripe tomatoes, chopped (retaining the juice and seeds)* | 1 teaspoon salt |
| 1 cup fresh basil leaves, chopped or minced | Fresh ground pepper to taste |
| ½ cup fresh finely chopped parsley | 6 cloves garlic, minced or baked for a milder taste |
| | 2 green onion tops, chopped |
| | Juice of one freshly squeezed lemon |

Mix all ingredients together. Serve with toasted whole grain Italian bread.

*May substitute 4-14.5 oz cans of petite diced tomatoes



Latin Slaw

1 cup finely chopped cilantro
1 red bell pepper, chopped
½ cup olive oil
4 lemons, juiced

½ teaspoon salt
1 large head cabbage, shredded
1 cup tomatoes, chopped

Place the cilantro, red pepper, olive oil, lemon juice and salt in a food processor and process until cilantro and pepper are finely chopped

In a large bowl, gently toss the cilantro mixture, cabbage, and tomatoes.

Refrigerate at least 1 hour before serving.

Serves 8-10

Mexican Bean Salad

1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can cannellini beans, drained and rinsed
1 red bell pepper, chopped
1 (10 ounce) package frozen corn kernels
3 green onions, chopped

1 / 4 cup olive oil
2 tablespoons fresh lime juice
1 tablespoon lemon juice
1 tablespoons sugar
2 teaspoons salt
1 clove crushed garlic
1 / 4 cup chopped fresh cilantro
1 / 2 tablespoon ground cumin
1 dash hot pepper sauce

In a large bowl, combine beans, bell pepper, frozen corn, and onion.

In a small bowl, whisk together olive oil, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin. Season to taste with hot sauce.

Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold. Serves 8

Quinoa Corn Salad

Dressing:

3 Tbsp fresh lemon juice (juice of one lemon)
2 Tbsp olive oil
2 Tbsp fresh cilantro
2 stalks scallions, chopped
1 tsp minced garlic
1 tsp cumin

¼ cup quinoa (rinsed under water)
½ cup vegetable broth
1 can black beans, drained and rinsed
1 tomato, seeded and diced
1 cup frozen corn

Cook quinoa in broth for 12-15 minutes, until liquid is absorbed.

While grain cooks, mix dressing ingredients in a large bowl.

Add drained and rinsed beans, tomato and corn.

Cool grain to room temperature, then mix with other ingredients; chill until ready to eat. Serves 4.



Soups

Chunky Vegetable Chili

- | | |
|--|---|
| 1 medium zucchini, cut into 1/2-inch pieces (1-1/2 cups) | 1 teaspoon dried oregano, crushed |
| 1 medium green sweet pepper, coarsely chopped (1 cup) | 1/2 teaspoon ground cumin |
| 1/2 cup coarsely chopped onion | 2 14-1/2-ounce cans Mexican-style stewed tomatoes |
| 1/2 cup coarsely chopped celery | 1 17-ounce can whole kernel corn |
| 2 cloves garlic, minced | 1 15-ounce can black beans, rinsed and drained |
| 2 to 3 teaspoons chili powder | 1 8-ounce jar Salsa |

In a 3-1/2- or 4-quart crockery cooker combine zucchini, green sweet pepper, onion, celery, garlic, chili powder, oregano, and cumin. Stir in undrained tomatoes, undrained corn, drained beans, and salsa.

Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. To serve, ladle the chili into bowls Makes 4 servings.

Corn Chowder

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| 1 large onion, chopped | 1/8 teaspoon turmeric |
| 5 1/2 cups vegetable broth | 1/8 teaspoon cayenne pepper |
| 5 cups frozen corn | 1/8 teaspoon freshly ground black pepper |
| 1 red pepper, chopped | |
| 1/8 teaspoon curry powder | |

Place 1/2 cup of the vegetable broth in a large pot.

Add the onion and cook, stirring occasionally until onion softens slightly, about 3-4 minutes.

Add the corn and continue to cook until corn softens slightly about 5 minutes.

Add 3 cups of the vegetable broth, bring to a boil, reduce heat, cover and cook for about 15 minutes.

Transfer about half of the corn mixture to a blender and blend until smooth. Return to pan.

Add the remaining vegetable broth as well as the remaining ingredients. Bring back to a boil, reduce heat, cover and simmer for about 10 minutes longer.

Serves 6-8.



The Best of Nature Cooking School Recipes

Curried Red Lentil Soup with Sweet Potatoes and Greens

1/2 cup chopped red onion	2 teaspoons good-quality curry powder, more or less to taste
2 cloves garlic, minced	1/2 teaspoon ground coriander
6 cups water	1/4 teaspoon cinnamon
1 1/2 cups dried red lentils, rinsed and sorted	1/4 teaspoon ground nutmeg
2 large or 3 medium sweet potatoes, peeled and diced	6 to 8 ounces Swiss chard or spinach
1 teaspoon grated fresh ginger	juice of 1 lemon or lime
	salt to taste

Saute onion and garlic and over medium heat until golden, about 10 minutes.

Add the water, followed by the lentils, sweet potatoes, and seasonings. Bring to a rapid simmer, then lower the heat. Cover and simmer gently until the lentils are mushy and the potatoes are done, about 20 to 25 minutes.

Meanwhile, wash the greens, remove stems and midribs, then slice into narrow shreds. Stir into the soup along with the lemon juice. If the soup is too thick, adjust the consistency with a small amount of water.

Continue to simmer gently until the greens are just done, about 5 minutes for spinach and 10 to 15 minutes for chard. Season with salt. Serve at once, or if time allows, let the soup stand off the heat for an hour or two. Heat through before serving. Serves 6 – 8.

Fast Minestrone Soup

3 cups vegetable broth	2 teaspoons parsley flakes
1 14.5-oz. can stewed tomatoes	1/2 teaspoon basil
1/2 cup uncooked small pasta	1/2 teaspoon marjoram
1 15-oz can kidney beans, drained	salt and pepper to taste
1 15-oz can cannellini beans, drained	
1 12-16-oz. package frozen Italian-style mixed vegetables or frozen vegetable soup mix	

Combine all ingredients in a large sauce pot.

Bring to a boil, reduce heat, cover, and simmer for 30 minutes.

Lentil Soup

1 pound dry lentils (2 cups)	1 tablespoons vegetable oil
8 cups water	1 teaspoon vegetarian chicken seasoning
1/2 cup tomato sauce	1 teaspoon salt
1/2 cup frozen chopped spinach	
1/2 cup chopped celery	

Mix everything together and bring to boil. Then simmer at low heat for 60-70 minutes.



Spinach Bean Soup

1 cup packaged peeled baby carrots,
coarsely chopped
1 small onion, chopped
1 tablespoon olive oil or water
2 15-oz. cans cannellini beans (white
kidney beans), rinsed and
drained

1 32-oz. box vegetable broth
2 teaspoons dried Italian seasoning,
crushed
1 5-oz. pkg. or 4 cups baby spinach,
coarsely chopped
1 tsp salt

In 4-quart kettle cook and stir carrots and onion in olive oil or water over medium-high heat 3 minutes. Add beans, broth, and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, 10 minutes, stirring occasionally. Add spinach and cook for 5 more minutes. Serves 4.



Bread

Bread

6 C white unbleached flour	1000 mg vitamin C
2 C whole wheat flour	1 package yeast or 3/4 T yeast
1/2 C rolled oats	1/4 C brown sugar
1/2 C wheat germ	2 1/2 C warm water (not over 105 degrees F)
1/2 C high gluten flour or 1/4 C do pep	1/4 C oil
1 T salt	

First mix yeast and brown sugar in 1 C warm water. Let stand. Thoroughly mix all dry ingredients in large bowl. Add oil, yeast mixture, and 1 1/2 C warm water to dry ingredients. Mix together until it holds together in one lump of dough. Knead 200 times by hand or 7 minutes in machine. Cover with wet cloth and place in warm spot for 45 minutes or until doubled in size. Punch down. Form into loaves. Place in warm spot until slightly less than doubled in size. Spray loaves with heavy mist or water just before baking. Bake in pre-heated oven at 325 degrees F. for 1 hour. Makes 2 large loaves. This recipe may be multiplied for more loaves.

Cornbread

2 tablespoons ground flax seeds	4 teaspoons baking powder
6 tablespoons water	3/4 teaspoon table salt
1 cup all-purpose flour	1 cup soymilk
1 cup cornmeal	1/4 cup canola oil
1/4 cup sugar	

Preheat oven to 425°F

Spray 8-inch-square baking dish with nonstick cooking spray.

Bring the water to a boil in microwave. Add the ground flax seed, and whisk until viscous. Set aside.

In a medium bowl, mix together the flour, cornmeal, sugar, baking powder, and salt until well-combined.

Add the ground flax seed mixture, soymilk, and canola oil to the flour mixture.

Beat just until smooth (do not over beat.)

Turn into prepared baking pan. Bake for 20 to 25 minutes, or until a toothpick inserted in the middle comes out clean.

Cool on wire rack 10 minutes; invert cornbread onto wire rack, then turn right side up and continue to cool until warm, about 10 minutes longer.



Waffles

2 T ground flax seed meal in 6 T	1 C whole wheat flour
warm water – mix and let sit for 5	1/2 C white flour
minutes (this is a substitute for 2	1/2 C rolled oats
eggs)	3 t baking powder
1 C soymilk	1 t sugar
1 C water	1/2 t salt
1/4 C oil	

Heat waffle iron. Mix wet ingredients together first, then add dry ingredients. Mix together until smooth. Spray hot waffle iron with Pam before pouring first waffle into waffle iron. Pour batter from cup on the center of hot waffle iron. Bake until steaming stops, about 3-4 minutes. Makes 3 10-inch waffles.



Entrees

Artichoke Spread

This is delicious as a spread for sandwiches, as a dip for crackers or veggies, or stuffed into pita and topped with chopped tomatoes, cucumbers and sprouts.

Preparation Time: 10 minutes

Servings: Makes about 3 cups

- 2 14 ounce cans artichoke hearts in water, drained and rinsed
- 1 15 ounce can white beans, drained and rinsed

4 tablespoons lemon juice

2 cloves garlic, crushed

4 green onions, chopped

1 tablespoon soy sauce

1/8 teaspoon cayenne pepper

Combine all ingredients in a food processor and process until smooth.

Barbecue Ribs - Homemade Seitan

1 cup vital wheat gluten

2 teaspoons paprika

2 tablespoons nutritional yeast or brewers yeast

2 teaspoons onion powder

1 teaspoon garlic powder

3/4 cup water

2 tablespoons nut butter (peanut butter, tahini, cashew)

1 tablespoon soy sauce

1/2 cup barbecue sauce

Preheat the oven to 350°F and lightly spray an 8x8-inch baking dish with canola oil. (Use a larger dish if you want thinner “ribs”)

Mix the first 5 ingredients together in a large bowl. Mix the water with the nut butter, and soy sauce and add it to the dry ingredients. Stir to mix well in the bowl for a couple of minutes.

Put the dough into the baking dish and flatten it so that it evenly fills the pan.

Take a sharp knife and cut it into strips.

Put it in the oven and bake for 25 minutes.

Remove it from the oven. Turn oven temperature to 400 degrees. Spread 1/4 cup barbecue sauce on the top, then flip the ribs over and spread 1/4 cup barbecue sauce on top. Put in oven and bake for 5 more minutes. When done, remove to a platter and cut or pull apart the individual ribs to serve. Serves 8.



Bean Dip - Seven Layer

2 cans organic refried beans	below*
3 medium ripe avocados, mashed	2 tomatoes, chopped
2 tablespoons lemon juice	1 bunch of green onions, chopped
½ teaspoon salt	3 oz sliced black olives
1 cup Tofutti Supreme sour cream or use tofu sour cream recipe	8 oz Shredded Follow Your Heart Cheddar Cheese (optional)

In a casserole dish spread organic refried beans across the bottom. In a separate bowl mix the avocados, lemon, and salt into a smooth mixture. Layer this on top of the beans. Next, spread the Tofutti Supreme Sour Cream on top of the avocado mixture to make another layer. Sprinkle the tomatoes, olives, and green onions on top of this, each in their own layer. Top off with a layer of shredded Follow Your Heart Cheddar Cheese (optional). Now you are ready to dig in! To spice it up add some jalapenos or spicy salsa on top. Serve with chips.

***Tofu Sour Cream**

1 12.3 ounce package lite silken tofu	2 ½ teaspoons sugar
2 ½ tablespoons lemon juice	dash salt

Use as a substitute for dairy sour cream. Will keep in the refrigerator about 2 weeks.

Combine all ingredients in a food processor and process until smooth. Refrigerate at least 2 hours to allow flavors to blend. Makes 1 ½ cups

Beans and Greens with Polenta

2 cloves garlic, minced	¼ cup chopped fresh basil, plus extra for garnish
1 medium onion, chopped	Salt and freshly ground black pepper, to taste
4 cups chopped Swiss chard, kale, or spinach, or a combination	
1 14-ounce can diced tomatoes with juice	1 tube ready made Polenta
1 15-ounce can white beans	

In a large frying pan sauté onions and garlic in 1-2 tablespoons water. Add the greens and sauté, stirring, until wilted.

Stir in the tomatoes and beans and simmer 15 minutes. Stir in the basil. Season with salt and pepper.

To Serve

Slice polenta in ¼ inch slices. Place on oiled cookie sheet. Grill under broiler 5-6 minutes each side until golden brown. Remove from the heat. Ladle on the bean mixture and top with extra basil. Serves 6.



Bean Curry

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| 1 small onion, chopped | 1 – 15 ounce can black beans,
drained |
| 2-3 cloves garlic, minced | 1 – 15 ounce can black-eyed peas,
drained |
| 2 teaspoon Garam Masala (Indian
Seasoning) | 1 – 8 oz can tomato sauce |
| 1 teaspoon salt (to taste) | |
| 1 – 15 ounce can garbanzo beans,
drained | |

Saute onion, garlic and Garam Masala in a small amount of water.
Add remaining ingredients. May need to add water for desired consistency.
Heat to a boil. Serve over rice.
Serves 6.

Black-Eyed Peas with Greens

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| 12 ounces fresh greens | 1 16-ounce can black-eyed peas,
drained and rinsed |
| ¼ cup onion, thinly sliced | 3 Tbsp balsamic vinegar |

Wash the greens well. Remove and discard the stems. Trim away thick mid-ribs from the leaves. Discard them or slice thinly and use. Chop the leaves coarsely.

In a large soup pot or steep sided stir-fry pan sauté onion in 1-2 tablespoons of water over medium heat until golden. Add the greens, cover and steam until tender. If using Swiss chard, just the water clinging to the leaves is sufficient. For kale and collards, add ¼ to 1/2 cup of water as needed to keep the mixture moist. Allow 3 to 5 minutes to steam Swiss chard; 10 to 15 minutes to steam the other types of greens.

Stir in the black-eyed peas and vinegar. Season to taste with salt and pepper. Cook just until everything is heated through, and serve. Is also tasty served cold. Serves 4.



Cashew Nut Roast with Herb Stuffing

For the Roast:

1 large onion, finely chopped
2 ½ cups un-roasted cashews,
ground
1-½ cups bread crumbs
2 large cloves of garlic, minced
1 cup vegetable broth
½ teaspoon salt
½ teaspoon nutmeg
2 tablespoons lemon juice

For the Stuffing:

3 cups bread crumbs
1 small onion, finely chopped
½ teaspoon each thyme and
marjoram
3 tablespoons parsley, chopped

Preheat oven to 400°F and line a greased 1-lb. loaf pan with a long strip of greased parchment paper.

For the Roast:

Saute onions in water until tender. Mix all Roast ingredients together and blend in food processor until consistency is like a thick paste. Reserve this mixture.

For the Stuffing:

Saute onions in water until tender. Mix all stuffing ingredients together until well moistened. May need to add a little water or vegetable broth to make stuffing hold together.

Put half the cashew mixture into the prepared pan, top with the stuffing. Put the rest of the nut mixture on top and smooth with a spoon.

Bake at 400 degrees F. for 30-40 minutes until firm and lightly browned.

Cool for a minute or two, then slip a knife around the sides, turn roast out, and strip off the paper. Serves 8.

Creamy Pasta Primavera

2 cups vegetable broth
2 cups walnut pieces
1/3 cup packed fresh parsley
1/3 cup packed fresh cilantro
3 teaspoons lemon juice
2 teaspoons chopped fresh garlic
2 teaspoons ground chili paste
¼ teaspoon salt

16 ounces uncooked whole wheat
spiral pasta
3 cups broccoli florets
1 cup red bell pepper strips
1 cup yellow bell pepper strips
½ pound mushrooms, cut into bite
sized pieces
1 cup halved cherry tomatoes

Place the broth, walnuts, parsley, cilantro, lemon juice, garlic, and chili paste and salt into a blender jar. Set aside.

Bring a large pot of water to a boil. Add pasta and cook for about 5 minutes. Add broccoli and peppers to the water and cook for an additional 4-5 minutes, then add the mushrooms and cook for another 2 minutes. Remove from heat and drain. Place in a large bowl. Pour the sauce over and toss to mix. Add the tomatoes and mix again. May be served warm, at room temperature, or chilled. Serves 6-8.



Curried Christmas Timbales With Bell Pepper Relish

½ cup raw Brazil nuts or cashews or walnuts	1 ½ teaspoons curry powder
1 pound firm tofu, rinsed and drained	2 cloves garlic
1 tablespoon rice vinegar	1 teaspoon salt
1 tablespoon freshly squeezed lemon juice	¾ teaspoon ground coriander
	½ teaspoon onion powder
	½ teaspoon turmeric
	¼ teaspoon ground black pepper

To make the timbales, preheat the oven to 350 degrees and line a 6-section muffin pan with paper baking cups. Grind the nuts into a coarse chunky meal in the food processor.

Drain the liquid from the tofu. Add the tofu to the nuts in the food processor along with the remaining ingredients. Process until blended to a creamy consistency. If the mixture is too dry or crumbly, add 1 or 2 teaspoons of water to moisten, and process.

Spoon the Curried Timbale mixture into the prepared muffin pan, packing the mixture down to fill any air spaces. Smooth the tops and place the muffin pan on a baking sheet.

Bake the timbales for 30 minutes. Remove the pan from the oven and cool 10 minutes. Invert the timbales onto an attractive platter and remove the parchment papers. Arrange the timbales in a circle leaving the center open.

Top each timbale with a spoonful of Bell Pepper Relish and decorate the edges of the platter with the remainder of the relish. Fill the center of the platter with Roasted Vegetables and serve. Serves 6.

Bell Pepper Relish

1 red bell pepper, chopped	2 tablespoon water
1 green bell pepper, chopped	Dash cayenne
1 cup chopped onions	Dash hot sauce
¼ cup black raisins	Salt and freshly ground pepper
2 tablespoons pistachios	

To make the relish, combine the peppers, onions, raisins, pistachios, water, and cayenne in a large, deep skillet. Cook and stir over high heat for about 10 minutes, or until the peppers and onions are almost browned.

Add the hot sauce and season lightly with salt and pepper. The relish makes about 2 cups



Easy Mayan Black Beans

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|--|--------------------------------------|
| 1 15 ounce can black beans, drained and rinsed | 3/4 cup frozen corn kernels |
| 1 cup fresh salsa: mild, medium, or hot | 1/4 cup chopped fresh cilantro |
| 1/2 cup green onions, chopped | 1 tube precooked polenta, dairy free |
| | Mango salsa |

Place all the ingredients except the cilantro in a saucepan and bring to a gentle boil.

Reduce heat, cover and cook for about 12 minutes, stirring occasionally. Stir in the cilantro, let rest for 1 minute.

Slice polenta into 1/2 inch thick slices and bake at 375 degrees for 15 minutes.

This may also be grilled on a non-stick griddle. Serve beans over baked polenta and garnish with a spoonful of mango salsa. Serves 2-4

“Egg Salad” – Style Tofu Spread

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| 1 pound firm tofu | 1/2 tsp curry powder |
| 1/3 cup vegenaïse | 1 large celery stalk, finely diced |
| 1 tsp prepared mustard | |

Using your hands, finely crumble the tofu in a serving bowl.

Combine the vegenaïse, mustard, and curry powder in a small bowl and stir together. Pour over the tofu and add the celery. Mix well, season with salt, and serve. Serves 6.

Enchiladas

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|---------------------------------------|--|
| 3 small zucchini, chopped | 1 teaspoon chili powder |
| 1 can corn | 1/2 teaspoon salt |
| 1 can black beans, rinsed and drained | 20 corn tortillas |
| 1 small onion, chopped | 3-4 cups enchilada sauce - canned or home made |
| 2 cloves garlic, minced | 1 small can of sliced black olives |
| 8 ounces tofu, drained and crumbled | |

Saute zucchini, onion, corn and garlic in a small amount of water or oil.

Add tofu and black beans and seasonings. Mix well.

Soften tortillas in microwave or enchilada sauce to make them easier to roll.

Place 1/2 cup of the veggie and tofu mixture in center of tortilla and roll.

Lay them in the pan crease side down and very close to each other.

Cover enchiladas with sauce. Sprinkle olives on top.

Bake for 40 min in a 350 degree oven and enjoy!

Serves 6.

** alternately, you could layer the tortillas for enchilasagna**



Home-style Squash and Pinto Beans

- ¼ cup vegetable broth (or more, as needed, for sautéing)
- ½ cup diced onion
- 2 teaspoons minced seeded jalapeño pepper
- 2 garlic cloves, minced
- 1 cup sliced yellow squash (1/2-inch thick)
- 1 cup sliced zucchini (1/2-inch thick)
- ½ cup fresh or frozen corn kernels
- 1 16-ounce can pinto beans, drained, or 1 ½ cups cooked pinto beans
- 1 14.5-ounce can diced tomatoes, undrained, or 1 ½ cups freshly chopped tomatoes plus ½ cup tomato juice, water, or vegetable broth
- 3 fresh thyme sprigs or ½ teaspoon ground thyme
- 2 cups cooked brown rice or couscous

Heat broth in a large skillet over medium-high heat. Add onion, jalapeño, and garlic and sauté 2 minutes. Stir in squash and zucchini and sauté 2 minutes. Add corn, beans, tomatoes and their liquid, and thyme. Cover, reduce heat, and simmer 10 minutes. Discard thyme. Serve over rice or couscous.

Serves 4.

Hot Tamale Pie

- 1 small onion, finely chopped
- 1 medium yellow, red, or green bell pepper, seeded and finely chopped
- 2 garlic cloves, minced
- 1 16-oz. can tomato sauce
- 1 16-oz. can pinto beans, rinsed and drained
- 1 cup frozen corn
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon salt
- pinch of cayenne pepper
- 3 cups water
- 1 cup yellow stone-ground cornmeal
- 1 tablespoon freshly squeezed lemon juice
- ½ teaspoon salt
- Garnish: sliced black olives and sliced green onions

In a large frying pan sauté the onion, bell pepper, and garlic in 1-2 tablespoons of water and cook until softened, 5-6 minutes.

Remove from the heat and stir in the tomato sauce, pinto beans, corn, chili powder, cumin, salt, and cayenne. Pour into an 8- by 8-inch glass baking dish.

Preheat oven to 350°. Bring the water to a boil in a large saucepan. Add the cornmeal, lemon juice, and salt and whisk until well mixed. Reduce the heat to low and simmer, whisking constantly, until thickened, 2-3 minutes.

Spread the cooked cornmeal over the bean mixture. Top with sliced olives and sliced green onion tops.

Bake for 30 minutes.

Cool for 10 minutes before serving. Makes 8-inch square pie.

Serves 4-6.



I Can't Believe It's Not Tuna by Chef AJ

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|---|--------------------------------|
| 1 cup raw almonds, soaked overnight | 2 scallions, chopped |
| 1 cup raw sunflower seeds, soaked overnight | ½ cup Italian parsley, chopped |
| juice from 2-3 lemons | 2 Tablespoons Kelp powder |
| 2 stalks celery, chopped | 1 tablespoon dried Dill |
| | 1 teaspoon Duls |

Rinse the soaked nuts and seeds and place in food processor fitted with the "S" blade. Process with the lemon juice and only enough water to make it turn easily. Stir in the rest of the ingredients by hand. Chill. Delicious on flax crackers, in Romaine leaves as a lettuce wrap or in Nori rolls.

Kung Pao "Chicken"

- | | |
|---|-------------------------------------|
| 1 to 2 lbs of tofu or seitan or tempeh. | Combine the following with 1/4c |
| 4 cloves garlic, pressed | water for sauce: |
| 1 med. onion, sliced | 1/2c soy sauce or Braggs |
| 1 red bell pepper, sliced | 4 tablespoons lemon juice |
| 1 green bell pepper, sliced | 4 tablespoons sugar |
| 1 cup dry roasted cashews | 4 teaspoons cornstarch or arrowroot |
| | 1 teaspoons crushed red chilies |

Stir fry "meat" and garlic in a sprayed, non-stick skillet or wok for about 3 minutes until "meat" is golden
Add bell peppers and onion. Stir fry for a few minutes.
Add sauce and cook until sauce thickens.
Serve over brown rice! Serves 4-6



McVeggie Burgers

20 ounces firm water-packed tofu,
drained well
12.3 ounces silken tofu
10 ounce package frozen chopped
spinach, thawed
1/2 cup water
1 large onion, chopped
1/2 pound mushrooms, chopped
3 cloves garlic, pressed

3 cups quick oats
2 tablespoons soy sauce
2 tablespoons vegetarian
Worcestershire sauce
2 tablespoons Dijon mustard
1 teaspoon paprika
1 teaspoon lemon juice
1/2 teaspoon ground black pepper

Preheat oven to 350 degrees.

Place both kinds of the tofu in a food processor and process until fairly smooth, stopping several times to scrape down the bowl. Transfer processed tofu to a large bowl and set aside.

Drain the spinach well and press any excess water out with your hands. (Spinach should be very dry.) Set aside.

Place the water, onion, mushrooms and garlic in a large non-stick frying pan. Cook, stirring frequently until onion has softened and all liquid has been absorbed, about 10-12 minutes. Set aside.

Add the oats and the seasonings to the tofu mixture and mix well. Add the spinach and mix in well, using your hands. Add the onion mixture and continue to mix with your hands until all ingredients are well combined. Take a small amount and form into a ball shape (a bit larger than a golf ball), then flatten into a burger-sized patty about 1/4 inch thick and place on a non-stick baking sheet. (If you do not have a good non-stick baking sheet, then lightly oil your baking sheet first.) Repeat this process until all the mixture is used. (It will help to lightly moisten your hands several times during this process.) Bake for 20 minutes, then flip over and bake an additional 10 minutes. Cool on racks after removing from the oven. Serve in a whole wheat bun with your favorite condiments. Servings: makes 16 – 24 burgers



Mexican Lasagna (or Enchilada Casserole)

1/2 large green bell pepper, chopped	1 tsp. chili powder, divided
1/2 large red bell pepper, chopped	1/2 tsp. cumin, divided
2 cloves garlic, minced	1 15 oz. can black beans, rinsed and drained
1 small onion, chopped	1 cup corn
corn tortillas--at least 12	1 cup salsa
3 cups (28 ounces) fatfree refried beans	1 1/2 cups enchilada sauce
2 medium tomatoes, diced	sliced black olives

Preheat oven to 375 F.

In a non-stick pan with a little water (1 tbsp.), sauté the peppers, garlic, and onion for about 3 minutes, or until softened. Set aside.

Spray a 9 X 13-inch baking pan with non-stick spray. Line the bottom with a layer of tortillas (you may cut some of them to fit). Make sure you cover the entire bottom of the pan.

Stir the refried beans and spread half of them evenly over the tortillas. Cover the refried beans with half of the pepper-onion mixture and half of the tomatoes; sprinkle with half of the seasonings and half of the black beans and corn.

Add another layer of tortillas and repeat the layers of the other ingredients.

Spread the cup of salsa over the final layer of black beans. Cover with a final layer of tortillas, pour the enchilada sauce over the top, and sprinkle with black olives. Cover and bake for about 30 minutes or until hot throughout. It will be easier to cut if you allow it to cool for about 10 minutes before serving.

Makes about 8 large servings.

Mussaka

1 pound eggplants (3 long Japanese eggplants or 1 large globe)	1/4 teaspoon nutmeg
1 small onion, sliced thin	1/4 teaspoon cloves
4 cloves garlic, sliced	1 teaspoon salt
1 16-ounce can chickpeas, drained and rinsed	generous pinch of cayenne pepper
1 15-ounce can diced tomatoes	3/4 cup water
1/2 teaspoon cinnamon	1 tablespoon tomato paste
	fresh mint leaves for garnish

Cut eggplant into 1-inch cubes. Sauté the onion in water on medium-high until translucent. Add the garlic and the eggplant, and sauté for about 3 minutes more. Add all the remaining ingredients, except the mint, and bring to a boil.

Turn the heat to low and simmer, covered, for about 30 minutes, until the eggplants are tender.

When it's done, serve it over couscous sprinkled with chopped fresh mint. Serves 6.



No-Huevos Rancheros

1 cup salsa
2 cups mashed pinto beans
8-10 soft corn tortillas

Tofu Scramble:

1 pound firm, water-packed tofu
(not silken)
¼ cup vegetable broth

½ cup chopped green onions
1 tablespoon chopped green chilies
(optional)
1 teaspoon soy sauce
¼ teaspoon turmeric
freshly ground pepper
dash sea salt (optional)

Drain tofu well, mash finely with a bean masher and set aside. Heat the mashed pinto beans in a saucepan. Place the vegetable broth in a large non-stick frying pan, add the green onions and cook, stirring frequently for 3 minutes until softened. Add tofu and the remaining ingredients. Mix well and continue to cook, stirring frequently for 5 more minutes. Set aside.

To assemble:

Heat the tortillas briefly on a dry non-stick griddle to warm and soften them.

Take one tortilla and place on a plate. Spread beans on one side, cover with a second tortilla and spread beans over the top of that tortilla also. Spoon some of the tofu scramble over the tortillas and beans, then top with several spoonfuls of salsa. Repeat process for each serving.

Hints: Other toppings could also be added such as shredded soy or rice cheese, and/or tofu sour cream. Sprinkle with some fresh chopped cilantro, if desired. Serves 4-6



Oven Grilled Shish Kabobs

1 lb seitan, or frozen/thawed tofu
cut into 1 inch cubes

2 large cloves garlic, minced
1 Tbs. ginger juice

Marinade:

1 Tbs. Dijon mustard
1 Tbs. rice vinegar or fresh lemon
juice
1/2 cup tamari or soy sauce
1/2 cup apple juice

Kabob Vegetables:

1 large sweet onion
2 bell peppers, red or green.
2 zucchini
8-10 mushrooms

Prepare the marinade by mixing all marinade ingredients together.

Add the seitan to the marinade, cover the dish, and let it sit in the refrigerator for several hours or overnight.

Soak 12 wooden skewers in water overnight so they won't burn in the oven.

Cut vegetables in 1/2 - 1 inch slices or chunks.

To make the shish kabobs, thread the marinated seitan, alternating with the vegetables, onto skewers.

Preheat the oven to 450. Place an oven-proof cooling rack on a baking sheet lined with aluminum foil. This method will work best if the rack sits an inch or so off the pan to allow air to circulate under the rack and cook the food from below. Place the shish kabobs on the rack and bake until done, about 15 minutes. Using an open rack with space beneath for air circulation, there is no need to turn the shish kabobs. Serves 6.

Peanut Satay Stir Fry

2 boxes Trader Joe's Peanut Satay
Noodles and Sauce
1-2 tablespoons soy sauce
1-2 tablespoons Thai Sweet Chili
Sauce
2 large cloves garlic, minced
1 small onion, sliced
1 tablespoon grated fresh ginger

2 cups shredded carrots, loosely
packed
1 bag of broccoli florets
1 bag shredded cabbage
1 - 15 oz box of tofu, drained and
cubed

Heat wok. Add soy sauce and chili sauce. Add onion, garlic and ginger. Stir-fry for 1-2 minutes. Add carrots and broccoli. Stir-fry for 3-4 minutes.

Take noodles from packet and cut block of noodles in quarters. Separate noodles and add to vegetables. Stir-fry 1 minute.

Add cabbage and stir-fry for 1-2 minutes. Add peanut sauce and mix to evenly distribute. Add tofu and heat. Serves 4-6.



Pesto Pasta

3 cups fresh basil (or 2 cups basil and one cup spinach)
3 cloves garlic
¼ cup walnuts, pine nuts, or raw cashews
½ container silken tofu (about 6 ounces)

2 tablespoons water
1 teaspoon salt, or to taste
12 oz. pasta, cooked according to package directions and rinsed with cool water
3 cups broccoli, lightly steamed
additional nuts, to taste

In food processor, chop garlic and nuts until finely minced. Add tofu, water and salt and blend well in food processor.

Toss cooked pasta with pesto sauce. Mix in broccoli, and sprinkle with nuts. Serve immediately or at room temperature. Serves 6.

Potato and Pea Curry

2 large potatoes cut in ½ inch cubes
1 medium onion diced
1 clove garlic
4 oz tomato sauce
½ teaspoon ground coriander powder

½ teaspoon turmeric powder
½ teaspoon vindaloo paste
½ teaspoon salt
water – enough to completely cover potatoes by ½ inch
½ cup frozen peas

Sauté the onion and garlic in a small amount of water for 5 minutes on medium heat. Add tomato sauce and coriander, turmeric and vindaloo paste. Blend together and let simmer on low heat for 3 to 5 minutes. Add potatoes, salt and water. Bring to boil then reduce to medium-low heat for 15 minutes. Add peas and cook for 10 minutes. Serves 4.

Quick Gluten Patties

1 C. tomato juice
1 t. soy sauce
1 C gluten flour

1 T. peanut butter
1/2 small onion, finely chopped

In small sauce pan heat tomato juice. Dissolve peanut butter in tomato juice. Add soy sauce, salt, onion, and gluten flour. Mix thoroughly. Drop spoonfuls in oiled pan.

Cook well over medium heat.

Add gluten patties to desired sauce and simmer 15-20 minutes.

Tomato Sauce
1/2 onion, chopped
Tomato paste

Water
Favorite seasonings



Quick Spinach and Chickpea Curry

- | | |
|--|---|
| 1 small onion, chopped fine | 1 10-oz. package frozen chopped spinach or fresh |
| 1 clove garlic, minced | 2-3 teaspoons garam masala -- (see recipe below, if needed) |
| 1 - 15 oz. can garbanzos, drained | 1 teaspoon salt |
| 1 - 10-oz. can tomatoes with green chilies | |

In a non-stick skillet over medium heat, sauté the onion, stirring constantly, until it is just beginning to brown.

Add the garlic and cook one minute more (you may add a tbsp of water if needed to prevent sticking).

Add the garbanzos, tomatoes, spinach, garam masala, and salt.

Stir and cook for at least 15 minutes to allow flavors to blend.

Serve over rice or other grain. Serves 6.

Garam-Masala (Indian Curry Spice Mix)

- | | |
|------------------------------|----------------------------|
| 4 teaspoons Ground coriander | 1 teaspoon Ground cloves |
| 1 teaspoon Pepper | 1 teaspoon Ground cinnamon |
| 2 teaspoons Ground cumin | |

Mix together. Store in tightly covered jar.

Makes 3 tablespoons.

Savory Tofu and Vegetables over Tomato Couscous

- | | |
|---|--|
| 1 6-oz. jar marinated artichoke hearts (reserve 2 tablespoons liquid) | 4 medium carrots, thinly sliced (1 1/2 cups) |
| 1 14-oz. pkg. extra-firm tofu, drained and cubed | 2 medium leeks, white and light green parts thinly sliced (1 1/2 cups) |
| 1 tsp. ground cumin | 1 14.5-oz. can diced tomatoes |
| 1 tsp. black pepper, divided | 1 cup whole-wheat couscous |
| 2 tablespoons reserved artichoke liquid | 2 cloves garlic, minced (2 tsp.) |

Combine artichokes, tofu, cumin, and 3/4 tsp. pepper in nonstick skillet. Cook over high heat 5 minutes or until liquid evaporates, stirring constantly. Transfer to bowl, and set aside.

Heat reserved artichoke liquid in same skillet over medium-high heat. Add carrots, leeks, and 1/4 tsp. pepper. Cook 10 minutes, or until carrots are tender and leeks are lightly browned.

Meanwhile, bring tomatoes and liquid and 2/3 cup water to a boil in saucepan. Stir in couscous, cover, and remove from heat. Let stand 5 minutes, then fluff with fork.

Add garlic and reserved tofu mixture to vegetable mixture in skillet. Cook 3 minutes over medium heat, or until heated through and garlic is fragrant. Serve tofu and vegetables over tomato couscous. Serves 4-6.



Seitan Log

Dry ingredients--

1 1/2 cups vital wheat gluten
1/4 cup nutritional yeast or brewers yeast
2 teaspoons cumin
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon poultry seasoning

Wet ingredients--

3/4-1 cup water
1 tablespoons toasted sesame oil (regular works fine too)
1 tablespoon Braggs liquid aminos (or soy sauce)
1 teaspoon fresh grated gingerroot
1 minced garlic clove

Preheat oven to 325°.

In a large mixing bowl mix dry ingredients.

Mix the rest of the ingredients (liquid ingredients) in a smaller mixing bowl.

Whisk well until mixed.

Add the liquid ingredients to the dry ingredients. Mix well, then knead for a minute or two. it doesn't need long.

Form into a log (6-8" long), wrap tightly in foil, twisting ends.

Bake for 80 minutes, turning once or twice.

When done baking, unwrap and leave out to cool all the way. Then wrap it foil or plastic and refrigerate.

Slice to use as desired. Serves 10 – 12.

Setian Stew

1 pound seitan, chopped
1 onion, diced
5 cups vegetable broth
2 tablespoons soy sauce
3 cloves garlic, minced
2 tomatoes, diced
3 carrots, diced

3 potatoes, chopped
2 stalks celery, diced
1 teaspoon salt
3/4 teaspoon pepper
4 tbsp cornstarch mixed with 4 tbsp water until smooth

Place all the ingredients in a crock pot or slow cooker.

Cook on low for 6 to 8 hours.

Sautee the seitan in a little bit of olive oil first, if you'd like. If you're pressed for time, you don't need to, but it will give the seitan a bit of extra flavor if you do. Serves 6.



Spicy Rice and Black-Eyed Peas

$\frac{3}{4}$ cup uncooked brown rice	2 cloves of garlic, minced
$\frac{1}{4}$ cup green pepper, chopped.	1 (15 oz) can stewed tomatoes
1 medium onion, chopped ($\frac{1}{2}$ cup)	1 (15 oz) can black-eyed peas, drained
$\frac{1}{4}$ teaspoon salt	$\frac{3}{4}$ cup water
$\frac{1}{4}$ teaspoon red cayenne pepper	
1 teaspoon oregano	

Mix all ingredients in a 10 inch skillet and bring to a boil.
Cover, turn the heat down to low and let simmer for 45 minutes or until the
sauce is incorporated. Serves 4.
Or put all ingredients in a slow cooker and cook 6 hours.

Spicy Sweet Sandwiches

1 15 ounce can kidney beans, drained and rinsed	$\frac{1}{2}$ tablespoon Dijon or spicy mustard
2 tablespoons sweet pickle relish	several twists of fresh ground pepper
1 tablespoon finely chopped onion	
2 tablespoons soy mayonnaise	

Place beans in medium bowl. Mash with bean masher or fork. Combine with
onion, relish, mayonnaise, mustard and pepper. Refrigerate to blend flavors.
Spread on whole wheat bread. Add lettuce and tomatoes, close up and eat.
Makes 4 sandwiches.

Spinach-Basil Spread

1 7-oz. pkg. firm tofu, drained	1 clove garlic
4 oz. frozen chopped spinach, thawed and drained (about 1 cup)	$\frac{1}{2}$ 13.75-oz. can artichoke hearts, rinsed and drained
$\frac{1}{2}$ cup fresh basil	2 teaspoons lemon juice

Place tofu between paper towels to absorb any extra water, and set aside.
Pulse spinach, basil and garlic in bowl of food processor.
Add tofu, artichoke hearts and lemon juice, and pulse until ingredients are
coarsely chopped. Season with salt and pepper, and refrigerate until ready to
serve. Serves 4-6



Summer Rolls

Carrots, shredded
Cucumber, thin slices
Red bell pepper, thin slices
Cilantro leaves
Mint leaves
Basil leaves

Lettuce leaves
Green onion, chopped
Bean sprouts
Firm tofu, sliced
Rice paper wrappers

Arrange veggies and tofu on a large platter.
Soften rice paper wrappers in warm water for 10-20 seconds.
Place veggies of choice and tofu on rice wrapper. Roll like a burrito.
Serve with favorite dipping sauce or Peanut Satay Sauce.

Peanut Satay Sauce

1 cup natural creamy peanut butter
 $\frac{1}{4}$ cup rice vinegar or sushi vinegar
 $\frac{1}{4}$ cup soy sauce
 $\frac{1}{4}$ cup Asian garlic-chile sauce

1 teaspoon grated fresh ginger
 $\frac{1}{2}$ cup – 1 cup water for desired consistency

Mix all ingredients well. Serve with summer rolls.

Sweet and Sour “Fish”

10 oz WuChung Vegetarian Mock
Abalone or extra firm tofu, cubed
 $\frac{1}{2}$ onion, sliced
1 green pepper, sliced
1 carrot, sliced
2 tablespoons water

Sauce
4 tablespoons sugar
4 tablespoons white vinegar
4 tablespoons ketchup
1-1/2 cup pineapple chunks with juice
2 tablespoons cornstarch

Saute vegetables in water until tender. Mix together the sauce ingredients. Add sauce to vegetables. Stir until thickened. Add “fish” or tofu pieces. Simmer 5 minutes. Serve with steamed brown rice. Serves 4-6.



Thai Green Curry Rice

1/3 cup vegetable broth	1 cup cauliflower florets
1 onion, chopped	1 cup snap peas
1 red bell pepper, chopped	½ cup soy sauce
1 yellow bell pepper, chopped	4 cups cooked long grain brown rice
2 cloves garlic, minced	1 tomato, chopped
1-2 tablespoons green curry paste	1 tablespoon chopped fresh Thai basil
2 cups chopped Napa cabbage	1 tablespoon chopped fresh cilantro
1 cup broccoli florets	

Place the broth in a large pot along with the onion, bell peppers and garlic.

Cook, stirring occasionally, for 5 minutes. Stir in the curry paste. Add the cabbage, broccoli, cauliflower, peas and soy sauce. Mix well, cover and cook for about 5 minutes, until vegetables are tender. Add the remaining ingredients, mix well and cook until heated through, about 2-3 minutes.

Hint: Curry pastes are quite spicy so you may want to start out with the smaller amount and add more to taste. If you can't find fresh Thai basil, just use the fresh basil found in the produce department of your supermarket. Serves 4.

Tofu Dips

These are easy and delicious dips to have on hand in your refrigerator to use with raw or cooked vegetables, or try these on baked potatoes

Preparation Time: 5 minutes	2 12.3 ounce packages soft silken tofu
Chilling Time: 2 hours	
Servings: variable, makes about 3 cups	1 package seasoning mix (see hints below)

Place the tofu in a food processor and process until very smooth. Scrape the sides of the bowl occasionally. Place processed tofu into a bowl. Stir in a package of seasoning mix, cover and refrigerate at least 2 hours to allow flavors to blend.

Hints: To make this a bit creamier tasting, substitute 1 recipe of Tofu Sour Cream for one of the packages of tofu. Tofu sour cream is made by combining 1 package of soft silken tofu with 2 tablespoons lemon juice, 2 teaspoons sugar, and a dash or two of salt and processing until smooth and creamy. For a spicy dip, use Taco Seasoning Mix made by Bearitos or Hain. For a delicious French Onion Dip, use the one made by Simply Organic. Simply Organic makes a delicious Dill Dip also, as well as several others, including a Southwest Taco. Other packaged mixes may be available in your local natural food stores. Read the labels carefully for healthy ingredients with no added oils or animal products. Simply Organic Foods makes a variety of packaged organic foods. Read labels carefully to find one that are animal product free and oil free. They may be found at www.simplyorganicfoods.com.



Tofu with Peanut-Ginger Sauce

Sauce

5 tablespoons water
4 tablespoons smooth natural peanut butter
1 tablespoon rice vinegar
2 teaspoons reduced-sodium soy sauce
2 teaspoons honey
2 teaspoons minced ginger

2 cloves garlic, minced

Tofu & vegetables

14 ounces extra-firm tofu, water-packed
4 cups baby spinach (6 ounces)
1 ½ cups sliced mushrooms (4 ounces)
4 scallions, sliced (1 cup)

To prepare sauce: Whisk water, peanut butter, rice vinegar (or white vinegar), soy sauce, honey, ginger and garlic in a small bowl.

To prepare tofu: Drain and rinse tofu; pat dry. Slice the block crosswise into eight 1/2-inch-thick slabs. Coarsely crumble each slice into smaller, uneven pieces.

Brown tofu pieces in a large nonstick skillet over high heat. Gently stir and continue cooking until all sides are golden brown, 5 to 7 minutes.

Add spinach, mushrooms, scallions and the peanut sauce and cook, stirring, until the vegetables are just cooked, 1 to 2 minutes more. Serve with brown rice. Serves 4.

Tofu Spinach Manicotti

8 oz. manicotti (10-12 tubes)
16 ounces firm tofu, patted dry and mashed
2 cloves garlic, minced

1 tablespoon lemon juice
salt and pepper to taste
2 tablespoons fresh minced parsley
2 cups chopped fresh spinach
4 cups spaghetti sauce

Pre-heat the oven to 350 degrees.

In a large mixing bowl, stir together the mashed tofu, garlic, lemon juice, salt, pepper, parsley and spinach.

Line a 9x13 inch baking pan with 2 cups of the spaghetti sauce. Stuff each dry manicotti shell with tofu/spinach mixture until they are full. Place the filled manicotti noodles in one layer on top of the spaghetti sauce.

Pour the remaining sauce over the stuffed noodles. Make sure manicotti is well covered with sauce. Cover the pan tightly with aluminum foil and bake for 45 minutes. Remove foil, sprinkle with vegan cheese (optional) and bake uncovered 10 more minutes. Serves 4-6.



Vegetarian Korma

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|---------------------------------------|--------------------------------|
| 1 small onion, diced | 2 teaspoons salt |
| 1 teaspoon minced fresh ginger root | 1 1/2 tablespoons curry powder |
| 4 cloves garlic, minced | 1 cup frozen edamame |
| 2 potatoes, cubed | 1/2 green bell pepper, chopped |
| 4 carrots, cubed | 1/2 red bell pepper, chopped |
| 3 tablespoons ground unsalted cashews | 1 cup lite coconut milk |
| 1 (4 ounce) can tomato sauce | fresh cilantro for garnish |

Saute onion in 1 -2 tablespoons water until tender. Mix in ginger and garlic, and continue cooking 1 minute. Mix in potatoes, carrots, cashews, and tomato sauce. Season with salt and curry powder. Cook and stir 10 minutes, or until potatoes are tender.

Stir in edamame, green bell pepper, red bell pepper, and lite coconut milk into the skillet. Reduce heat to low, cover, and simmer 10 minutes. Garnish with cilantro to serve.

Serves 4-6

Walnut Tofu "Meat" Balls

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| 2 cups coarsely ground walnuts | 1/4 cup soy sauce |
| 2 cups whole wheat bread crumbs (6 or 8 slices of whole wheat bread ground into crumbs) | 3 tablespoons dried parsley |
| 1 lb. extra firm tofu, that has been drained well and the excess water squeezed out | 1 teaspoon sea salt |
| | 1/4 teaspoon sage |
| | 1/4 teaspoon marjoram |
| | 1 teaspoon garlic powder |
| | 1 teaspoon onion powder |

Mash tofu with fork or potato masher until crumbly and as small as you can get it.

Add seasonings and soy sauce to tofu and mix very well.

Add breadcrumbs and walnuts. Mix well.

Form into "meat balls." Make them any size you want.

Place in baking dish that has been sprayed with non-stick spray. Bake at 400 for 20-30 minutes until nicely browned. Cover in brown gravy or spaghetti sauce when they come out of the oven and serve hot. Serves 8-10.



Zucchini and Beans on Pasta

3 cloves garlic, minced

1/4 teaspoon crushed red pepper flakes

2-3 zucchini, halved lengthwise and sliced

1 16-oz can great northern beans, drained and rinsed

1 16-oz can diced tomatoes, undrained

1 teaspoon salt

1/2 cup chopped fresh basil

1 lb bag of whole wheat rigatoni or chunky pasta of your choice, cooked according to package directions and drained.

Sauté garlic and pepper flakes in a few tablespoons of water or broth, about 1 minute. Add zucchini and sauté about 5 minutes, adding more liquid if needed. Add beans, tomatoes and salt. Simmer 5 minutes. Top with basil and serve on pasta. Serves 4.



Sides

Corn and Shitake Mushrooms

2 tablespoons olive oil
3.5 oz shitake mushrooms, sliced
3 cups frozen corn

3 tablespoons fresh mint, chopped
½ teaspoon salt
pepper to taste

In a large skillet, heat olive oil over medium heat. Add mushrooms and cook, stirring often until softened, about 2 minutes. Add corn and cook for another 3 minutes. Add seasonings and cook for another 2 minutes.
Serves 4.

Green Bean Casserole

2 14.5-oz cans cut green beans (2 – 9
oz pkgs frozen cut green beans or
1# fresh cut green beans)
1 32-oz box vegan creamy portobello
mushroom soup or make your
own*
1 clove minced garlic

1 tbsp. cornstarch
1/2 tsp. pepper
1/4 tsp. marjoram
1/4 tsp. rosemary
1/4 tsp. thyme
6 to 10 large mushrooms, sliced
1 6-oz can French-fried onions

Preheat oven to 350 degrees.

Drain green beans of water and pour into large mixing bowl.

In separate mixing bowl, whisk together the portobello mushroom soup with the cornstarch, garlic, pepper, marjoram, rosemary and thyme.

Add soup mixture, mushrooms and half the can of French-fried onions to green beans, and stir.

Pour into 1 1/2-qt. glass casserole dish.

Bake for 30 to 40 minutes or until desired consistency.

Top the casserole with the other half of the French-fried onions and bake another 5 minutes until golden brown.

*2-3 cups soy milk, 1 vegetable bouillon cube and 2 tablespoons cornstarch blend well and heat until thickened



Roasted Vegetables

- | | |
|---|--------------------------------------|
| ½ medium butternut squash, cubed | 1 tablespoon chopped fresh thyme |
| 1 red bell pepper, seeded and cut in large pieces | 2 tablespoons chopped fresh rosemary |
| 2 sweet potato, peeled and cubed | 1-2 tablespoons olive oil |
| 3 Yukon Gold potatoes, cubed | 3 tablespoons balsamic vinegar |
| 1 red onion, quartered | salt and freshly ground black pepper |

Preheat oven to 475 degrees F. In a large bowl, combine the squash, red bell pepper, sweet potatoes, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.

In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.

Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned. Serves 12.

Vegetable Mix

- | | |
|---|--------------------------------------|
| 1 large red pepper, sliced | 1 small onion, sliced |
| 4 medium zucchini, quartered and sliced | 2-3 cloves garlic, minced or pressed |
| 1 cup mushrooms, sliced | ½ teaspoon salt |
| 2 cups baby spinach | dash of pepper |
| | ½ cup fresh basil, chopped |

Saute red pepper, zucchini, mushrooms, spinach, onions and garlic in 1-2 tablespoons water until cooked. Add salt and pepper and basil. Serve with favorite pasta and sauce. Serves 4.



Wild Rice Stuffed Roasted Squash

2 acorn squash	¼ cup chopped walnuts
1 cup wild rice or Brown Rice Medley from TJ's	1 teaspoon each dried marjoram and sage
2 cups vegetable broth + ½ cup water	½ teaspoon garlic powder
1 yellow onion, diced	½ teaspoon salt
2-3 stalks of celery, diced	ground black pepper to taste

Preheat oven to 375. Cut the squash in half and scoop out the seeds. Put them cut side down in a casserole dish. Roast them for one hour, or until they collapse easily when pushed with a wooden spoon

Cook rice according to package directions, using vegetable broth and water.

Chop the onion, celery, and walnuts. Heat a skillet on medium heat and add some water/broth or pan spray. Put in the onion and sauté it for about 3 minutes, then add the celery and sauté it for around 2 more, then add the walnuts and sauté a little longer until the onion is translucent, the celery is on the soft side, and the walnuts are a little toasted (add more sauté liquid/pan spray as needed).

Add the rice to the pan and then add the spices and continue heating it a little to meld the flavors.

Your squash should be done by now--spoon the rice mixture into the cavities.

Since everything is cooked, you can serve it now, or put it back in the oven to bake it a little more, depending on if you like the "crisp" that will come when the rice is baked...it is up to you! Serves 4-6.



Desserts

AI's Famous Truffles by Chef AI

2 cups of raw nuts (any type)
1-2 cup of pitted dates (or other dried fruit)

In a food processor fitted with the "S" blade, process the nuts until they are a flour like consistency. Do not over process or you will have a nut butter. Add dates, a few at a time, until the mixture clumps together. Stop the machine and if you can easily roll a ball from the mixture and it sticks together you don't need to add anymore dates. Press the crust into a pie plate, tarte pan or Springform Pan. It's great just topped with cut up fresh fruits of any kind. You can even roll the mixture into balls and you have healthy truffles.. Play around with adding raw carob powder or cacao powder, different spices (like cinnamon or nutmeg), different extracts (like vanilla or almond) and the zest and juice of lemons, limes or oranges. Roll into balls. You can also roll the balls in coconut, crushed nuts or raw carob or cacao powder.

Banana Chocolate Chip Muffins

1 3/4 cups Whole Wheat Pastry Flour	1 tablespoon oil
1/4 cup ground flax	1 teaspoon vanilla
1 tablespoon baking powder	4 very ripe bananas
dash salt (optional)	1 cup vegan chocolate chips or use 1 cup sliced almonds, dried fruit and
1/4 cup sugar	nuts, blueberries, shredded coconut or a combination there of.
1/4 unsweetened applesauce (1 snack sized container)	
1/4 cup water	

Preheat oven to 350.

Use paper muffin liners or spray Pam on muffin trays.

In one bowl, combine dry ingredients (flour, flax, baking powder and salt, if using).

In a large mixing bowl w/ electric mixer or stand mixer, beat together wet ingredients (sugar, bananas, applesauce, water, oil and vanilla).

In small batches, add dry ingredients to wet until combined well.

Stir in chocolate chips, dried nuts, etc.

Scoop into prepared muffin trays.

Bake for 25-30 minutes, cool on racks. Makes 12 muffins.



Brownies

2 cups whole wheat pastry flour
½ cup sugar
½ cup cocoa
1 teaspoon baking powder
1 teaspoon salt
1 cup water
½ cup oil

½ cup applesauce
1 teaspoon vanilla
1 tablespoon instant coffee
½ cup chopped nuts
1 cup vegan chocolate chips

Combine the dry ingredients.

Mix separately water, oil, applesauce, vanilla, coffee. Add wet ingredients to dry ingredients. Mix until blended. Stir in nuts and chocolate chips. Put in a greased with a non dairy margarine 9x13 pan. Bake in a 350 degrees oven for 25-30 minutes. Serves 12.

Cheesecake

1 – 12 ounce package firm Silken
Tofu
½ cup soy milk
½ cup sugar

1 tablespoon vanilla
1 tablespoon flour
1 teaspoon lemon juice
*prepared graham cracker crust

In blender, combine the tofu, soymilk, sugar, vanilla, flour and lemon juice.

Blend until smooth.

Pour into pie crust.

Bake at 350 degrees F. for 40 minutes. Remove from oven and allow to cool.

Refrigerate until chilled then serve.

*Make your own graham cracker crust

1 ½ cups graham cracker crumbs
2-3 tablespoons oil
3 tablespoons water
dash salt

Mix all ingredients together in a bowl.

Use fingers or back of a spoon to press the mixture evenly in the pan.



Chocolate Almond Brittle

½ cup vegan margarine (Nucoa)
¾ cup semi-sweet chocolate chips
4 ounces vegan graham crackers
(about 6 rectangles)

1 cup almonds, toasted and chopped

Lightly grease a 9-inch square or round cake pan. In a medium saucepan over low heat, melt the margarine and chocolate. Meanwhile, break up the graham crackers into small pieces (but not crumbs).

Once the margarine and chocolate are melted, remove from heat and stir in the graham crackers and chopped nuts.

Spread mixture into prepared baking pan. Cover and refrigerate for at least two hours or until set. Store in an airtight container.

Chocolate FUNdue by Chef AJ

If you loved Reese's Peanut Butter cups as a kid, you'll love this dip. It's very rich so a little goes a long way when you dip your favorite fresh fruits into it.

1 cup peanut butter (no salt or sugar)
1 cup date paste
1/2 cup raw cacao powder (1/4 cup
more for less sweet dip)
¾-1 cup non-dairy milk(depending
on desired thickness)

1 Tablespoon alcohol-free vanilla
extract
½ teaspoon Caramel Extract
(optional)

Place all ingredients except for the milk in a food processor fitted with the "S" blade and process until ingredients are incorporated, scraping down sides if necessary. Slowly add non-dairy milk, a little at a time until desired consistency is reached. You can eat this immediately or chill for a firmer texture. You can also make this in a high powered blender and it will become heated, like a chocolate fondue. Serve with fresh strawberries, orange segments, pineapple spears, sliced apples and bananas. You can also make fruit skewers.

With the addition of less milk, this also makes a great frosting.

Chef Notes:

If you can't eat peanuts, use unsalted, no sugar sunflower seed butter for a very similar tastes. If you're a raw foodist you can use raw almond or cashew butter.



Pumpkin Pie

1 (16 ounce) can pumpkin puree
¾ cup sugar
1 teaspoon cinnamon
½ teaspoon ginger
¼ teaspoon clove

1 / 8 teaspoon salt
1 (12 ounce) package firm silken tofu
1 tablespoon flour
1 9 inch pie shell

Cream pumpkin and sugar. Add salt and spices. Process tofu and flour in blender until smooth. Add to pumpkin mixture.

Bake at 425 for 15 minutes, then at 350 for 50 minutes.

Chill and serve. Serves 10-15

Pumpkin Raisin Cookies

2 cups whole wheat pastry flour
1/2 cup brown sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon cinnamon

1 / 4 teaspoon nutmeg
1 cup canned pumpkin
1/2 cup soymilk
1/2 cup raisins
1/2 cup chopped pecans or walnuts
(optional)

Preheat oven to 350°F.

Mix flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg together in a large bowl.

Add pumpkin, milk, raisins, and nuts. Mix completely.

Drop by tablespoonfuls onto an oil-sprayed baking sheet. Bake 15 minutes, until bottoms are lightly browned. Remove from oven and let stand 2 minutes.

Carefully remove from baking sheet with a spatula and place on a rack to cool.

These cookies are plump and moist. Makes 24 3-inch cookies.



Other

Fresh Almond Milk by Chef AJ

Of course, you can buy Almond Milk at the store but why not make your own for just pennies a glass. It's really easy and delicious!!!

1 cup raw almonds (or your favorite nut or seed)

Soak the almonds over night in filtered water. Be sure to cover completely as they expand as they absorb water. In the morning, drain completely and rinse well several times. Place the almonds in a blender with 3 cups of filtered water. Blend on high speed until the almonds are fully incorporated into the liquid. Pour mixture into a paint straining bag (that is new and has not been used for painting!). You can get these at any hardware store for about 99 cents. Strain the milk from the pulp over a bowl until you can't squeeze any more liquid out of the pulp. You can reserve the pulp for another use such as making cookies or crackers. Refrigerate any unused milk. Last about 2-3 days. If you like your nut milk thicker and richer, more like cream, just add less water. For thinner almond milk, add more water. For a sweet version, add a few dates (or date paste) and alcohol free Vanilla extract or almond extract.

Granola

1 – 42 ounce container Regular
Oatmeal (15-16 cups)
1 ½ cup oil
3 cups wheat germ
1 cup sliced almonds
1 cup chopped walnuts
2 cups shredded coconut

½ cup flaxseed meal
¼ cup sesame seeds
1 cup water
2 cups brown sugar
2 teaspoons salt
1 tablespoon vanilla

Mix oats and oil until well blended.

Add wheat germ, nuts, coconut, flax and sesame seeds. Mix well.

In a separate bowl mix water, sugar, salt and vanilla.

Add liquid mixture to oat mixture and mix well.

Spread granola equally in four large pans.

Bake at 250 degrees F. for 1 ½ - 2 hours. Stir every 30 minutes and rotate pans.

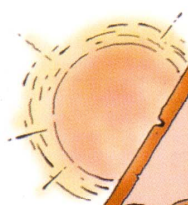
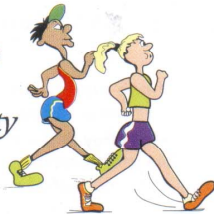


Handouts

VEGAN FOOD GUIDE

DAILY PLAN FOR HEALTHY EATING

Get at least 60 minutes of physical activity each day.



Other Essentials -SOURCES OF:
Omega-3 Fatty Acids
Vitamin B12
Vitamin D

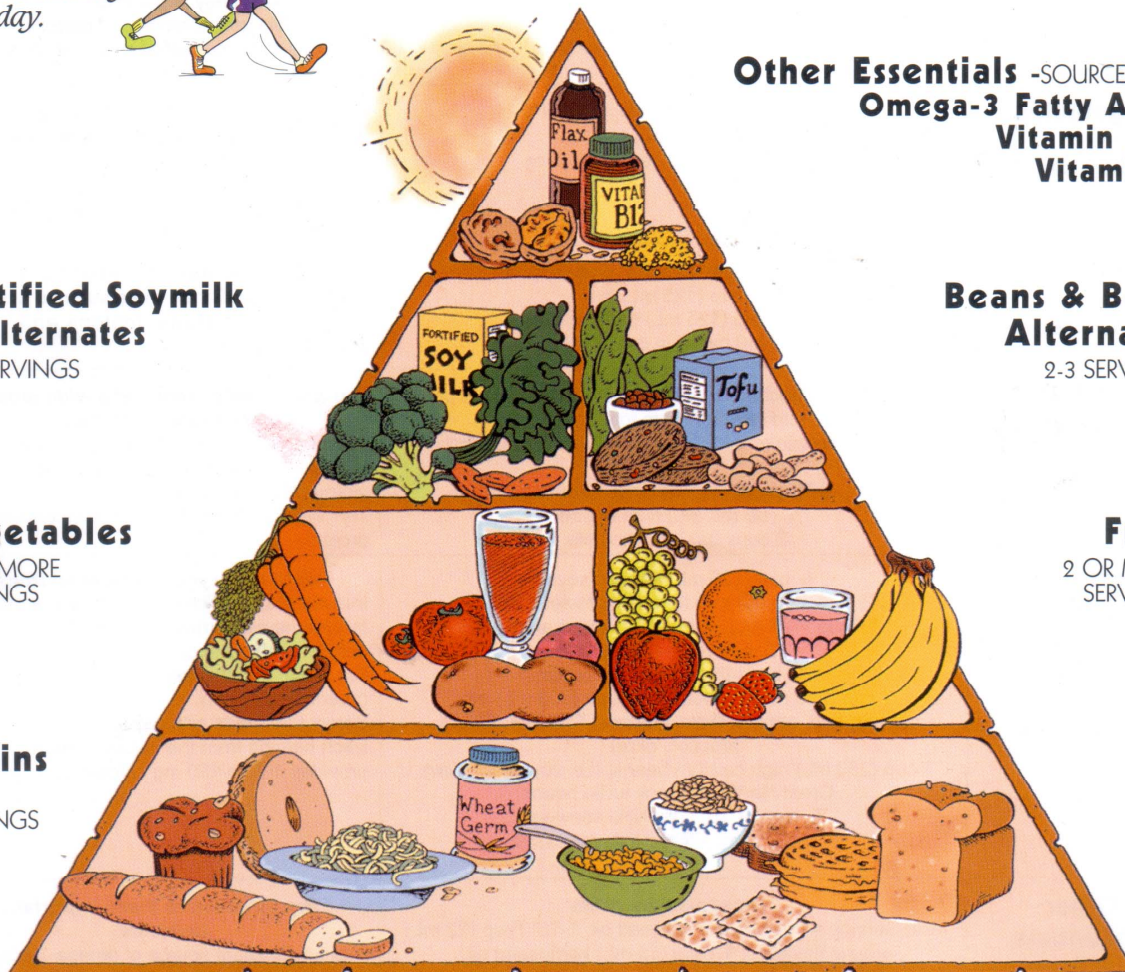
Fortified Soymilk & Alternates
6-8 SERVINGS

Beans & Bean Alternates
2-3 SERVINGS

Vegetables
3 OR MORE SERVINGS

Fruit
2 OR MORE SERVINGS

Grains
6-11 SERVINGS



Artwork by Dave Brousseau

Eat a variety of foods from each of the food groups.
Drink 6-8 glasses of water and/or other fluids each day.
Limit intake of concentrated fats, oils, and added sugars, if used.





Vegan Substitutions

Being a vegan doesn't mean you can never again make any recipes that call for beef broth, eggs, or gelatin. These and many other animal products can be replaced with vegan-friendly ingredients.

Note that these alternatives are chosen mainly for their ability to simulate a similar property or consistency as the animal ingredient. Some of them will give the recipe a different flavor, so experiment to see what works best.

Animal ingredient	Veggie safe alternative(s)
Buttermilk	Curdled soy milk (1 c soy milk + 2 T lemon juice or white vinegar)
Cheese	Soy cheese,* nut cheese
Cottage/Ricotta cheese	Crumbled tofu, tofu cheese
Cream cheese	Tofu cream cheese
Eggs	Puréed tofu, flaxseed, Ener-G egg replacer, arrowroot powder
Gelatin	Agar, arrowroot, corn starch, guar gum, xanthan gum
Honey	Maple syrup, molasses, succanat, Agave nectar
Lard	Olive oil, vegetable oil
Mayonnaise	Tofu mayonnaise
Meat	Eggplant, portobello mushrooms, tofu, beans, seitan, tempeh, textured vegetable protein (TVP), nuts
Meat/Chicken stock	Vegetable stock, garlic broth, water with soy sauce (1-2 T soy sauce per cup liquid)
Milk	Soy milk, rice milk, almond milk, oat milk
Milk chocolate	Carob
Parmesan cheese	Soy Parmesan cheese
Protein sources	Nuts, beans, tofu, tempeh, (TVP)
Sour cream	Tofu sour cream
Sugar	Natural cane sugar, sucanat, fruit juice
Butter	Earth Balance, Smart Balance, Vegetable oil
Yogurt	Soy yogurt

*Not all soy cheese is vegan - it may contain casein so be sure to read the list of ingredients.



Creating a Vegan 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, fettucine, 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



Vegan 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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