

# The Best Of Nature Plant Based Cooking School

## 2011 Recipes



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# Salads

## **Bulgur with Cranberries and Walnuts**

1 cup coarse ground bulgur	1 teaspoon grated lemon rind
2 cups cubed, peeled English Cucumber	1/3 cup lemon juice
1 cup dried cranberries	1 tablespoon extra virgin olive oil
1/3 cup thinly sliced green onion	3/4 tsp salt
1 cup chopped parsley	3/4 tsp pepper

Place bulgur in bowl, cover with 2 cups boiling water. Cover, let stand for 30 minutes. Fluff with fork. Add remaining ingredients. Toss gently. Serves 8.

## **Cool Slaw** Copyright © 2011 by Chef AJ

Inspired by Chef Zel Allen "The Nut Gourmet"

2 cups shredded beets	2 cups shredded red cabbage
2 cups shredded carrots	4 red apples, diced

Shred fresh beets, carrots and red cabbage all on the same blade so they are all the same size. Add diced apples and stir in dressing.

## **Mango Dressing** Copyright © 2011 by Chef AJ

One large mango, peeled and pitted	4 dates (or more if mango is not sweet enough)
1/2 cup of orange juice	1/2 teaspoon cinnamon
1/8 cup of fresh lime juice	

Place all dressing ingredients in a high powered blender and blend until smooth. Pour over salad and mix well.



## **Fennel Salad** Copyright © 2011 by Chef AJ

(Raw).

2 bulbs of fennel

1 lemon (juice and zest)

20 dates

Slice the fennel very thin into a bowl. Keep the green top to decorate the salad.

Slice the dates and mixed them with the fennel Pour the lemon juice over this and mix it well.

Chef's Note: You can serve this cold or room temp.

## **Hail to the Kale Salad** Copyright © 2011 by Chef AJ

Salad:

2 large heads of curly kale (about 24 ounces)

chopped almonds

¼ cup fresh lime juice (about 2) and zest

2 cloves garlic

fresh, peeled ginger (approximately 1" or ¾ of an ounce)

Dressing:

1 cup raw almond butter

(unsweetened and unsalted)

1 cup coconut water (or regular water)

2 tablespoons low sodium Tamari

4 pitted dates (soaked in water if not soft)

½ teaspoon red pepper flakes

In a high powered blender combine all ingredients until smooth and creamy.

Remove the thick, larger stems from the kale and place in a large bowl. Pour 2 cups of the dressing over the kale and using an Ulu blade, massage the dressing into the kale while using the Ulu to finely chop the kale. Sprinkle with seeds or nuts before serving, if desired. Like a woman, this only gets better with age. This dressing also makes a delicious dip for fresh veggies but you need to cut way back on the water and add some cilantro. It's also delicious when made with peanut butter and you throw some shredded raw beets and carrots into the salad.



### **Middle-Eastern Eggplant Salad**

2 medium red bell peppers  
1 medium tomato, peeled and seeded  
3 tablespoons no-salt-added tomato paste  
4 tablespoons water, divided  
½ teaspoon salt, divided

Dash of ground red pepper  
3 garlic cloves, thinly sliced  
1 pound eggplant, cut into (1-inch) cubes  
¼ teaspoon freshly ground black pepper

Preheat broiler.

Cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 12 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 10 minutes. Peel and chop.

Place tomato in a blender; process until smooth. Combine tomato puree, tomato paste, 2 tablespoons water, ¼ teaspoon salt, ground red pepper, and garlic in a blender; process until smooth.

Heat 2 Tablespoons of water in a saucepan over medium heat. Add eggplant; cook 30 minutes or until tender, stirring frequently. Stir in bell pepper and tomato mixture. Cook 5 minutes. Stir in remaining ¼ teaspoon salt and black pepper.

### **Minted Lentil and Quinoa Salad**

1 box of Trader Joe's cooked lentils  
1 bag of Trader Joe's arugula, chopped  
½ cup green onion tops, chopped  
½ cup quinoa, cooked

Dressing:  
½ cup raw cashews  
½ cup fresh mint leaves  
½ cup lemon juice

Cook ½ cup quinoa in 1 cup water for 15 minutes.

While quinoa is cooking make dressing. Blend until smooth the cashews, mint leaves and lemon juice. Add water to thin if desired.

Mix cooled quinoa, lentils, onions and arugula. Add dressing and mix well.  
Serves 6-8.



### **Quinoa Salad with Currants and Pistachios** Copyright © 2011 by Chef AJ

- |   |   |
|---|---|
| 1-16 ounce box of quinoa, cooked<br>and cooled (8 cups)   | 1 ounce finely chopped mint                 |
| 1 cup lime juice and zest from limes<br>(approximately 8) | 2 cups currants                             |
| 1 ounce finely chopped scallions                          | 8 ounces of raw pistachios                  |
| 1 ounce finely chopped Italian<br>parsley                 | 1 cup pomegranate seeds (when in<br>season) |

Prepare quinoa according to the directions on the package. Place in large bowl and allow to cool. Juice and zest limes. Pour over quinoa. Add remaining ingredients and mix well. Chill.

### **Spinach Quinoa Salad**

- |  |   |
|--|---|
| 1 cup cooked quinoa  | 2 teaspoons minced garlic (2 cloves)                        |
| 2 tablespoons lemon juice<br>(approximately juice from ½<br>lemon) | 6 ounce bag baby spinach, chopped                           |
| 3 tablespoons olive oil (optional)                                 | 1 can chickpeas or other white beans,<br>drained and rinsed |

Cook quinoa according to package directions.

In a large salad bowl, mix the lemon juice, oil and garlic together.

Add chopped spinach, beans and quinoa.

Add salt and pepper to taste. Serves 4-6.



## Vegetable Pasta Salad

1/3 c liquid aminos (unfermented soy sauce)  
3 T extra virgin olive oil  
1 large sweet onion sliced into rings  
2 c sliced fresh shiitake mushrooms, stems removed (8-10 mushrooms)

5 zucchini or yellow squash  
2 red sweet bell peppers slice into long thin strips  
2 tsp (2 cloves) minced fresh garlic  
1/2 c (2 stalks) chopped green onions  
2 T lemon juice

In a mixing bowl combine liquid aminos, olive oil and onion rings.  
Add the sliced mushrooms. Set aside to marinate for 2 hours (at least 10 mins.)  
In a large bowl, using a vegetable peeler shave the zucchini into long thin strips with the skin on. When all sides are shaved to the seedy (soft) center, slice the remaining portion into long thin strips.  
Add the remaining ingredients and the marinated onions and mushrooms.  
Combine all ingredients.

### For Sauce:

1/2 c raw pine nuts or  
raw macadamia nut  
1/2 c raw cashew pieces  
1/4 c lemon juice

1 tsp sea salt  
2 cloves garlic  
~1/4 c water, as needed

Blend the above ingredients until smooth and creamy. Add enough water as needed to blend to a smooth consistency. Just before serving, pour sauce over Vegetable Pasta Salad, gently toss and serve. Serves 8-10 (20 if small servings).



# Soups

## **Nutrient Rich Smoky Black Bean Soup** Copyright © 2011 by Chef AJ

- |   |  |
|---|--|
| 12 cups low sodium vegetable broth<br>or water                                | organic  |
| 6 cans salt free black beans  | 2 bags frozen corn, defrosted (16<br>ounces each)                          |
| 2 red onions, peeled  | 2 Tablespoons Sundried Tomato<br>Powder (or more, to taste)                |
| 8 cloves garlic, peeled   | 2 Tablespoon Cumin   |
| 1 pound Cremini mushrooms   | 2 Tablespoon Oregano   |
| 1 pound of baby Bok Choy<br>(approximately 3)                                 | 1 Tablespoon Chipotle Paste (or ¼<br>teaspoon powder) or more, to<br>taste |
| 1 pound chopped greens (kale,<br>collard, mustard, chard or a<br>combination) | Juice and zest of 4 limes  |
| 2 large sweet potatoes, peeled if not   |  |

Place broth in a large soup pot and bring to a boil. Reduce heat and add beans, garlic, onions, sweet potatoes and greens in a large soup pot. Simmer uncovered for 30 minutes. There is no need to cut anything up as the soup will be blended. If you are using salt free beans it is not even necessary to rinse or drain them. Remove from heat and blend soup with an immersion blender. Stir in cumin, oregano, Chipotle Paste, Sundried Tomato Powder, lime juice and corn. Garnish with Pepitas and cilantro, if desired. By blending in 2 pounds of Nutrient Rich greens you get all of the nutrition of the cruciferous vegetables without seeing any green!

## **Rainbow Stew**

- |  |  |
|--|--|
| 1 onion, chopped   | 1 red bell pepper, diced   |
| 5 garlic cloves, minced  | 6 roma tomatoes, quartered   |
| 1 can pinto beans, rinsed and<br>drained                             | 3 small zucchini, quarter lengthwise<br>and cut into ½ inch thick slices |
| 1 eggplant, quartered lengthwise<br>and cut into ½ inch thick slices | 1 cup chopped fresh basil  |
| 1 green bell pepper, diced   | Salt to taste  |

Saute onion and garlic in water. Add the beans and the remaining vegetables except for the basil. Cover and cook over low heat until the vegetables are soft; about 15 minutes. Add and mix in basil at the end of cooking. Add salt to taste.

Serves 6-8.





## Roasted Butternut Squash, Apple, and Farro Chowder

- |   |                                 |
|---|---------------------------------|
| 1/2 lb. peeled butternut squash,<br>diced (4 cups)  | 1/2 teaspoon ground cumin       |
| PAM spray   | 1/2 teaspoon ground coriander   |
| 3 large Jonagold or Golden Delicious<br>apples, peeled, cored, and cut<br>into large dice | 1/4 teaspoon red pepper flakes  |
| 1 cup sliced shallots (4 large)   | 2/3 cup semi-pearled farro      |
|   | 2 tablespoon chopped fresh mint |
|   | 1/2 teaspoon grated lemon zest  |

Preheat oven to 450°F. Line 2 large baking sheets with parchment paper. Spray squash lightly with PAM in a bowl, and season with salt, if desired. Spray apples with PAM in separate bowl, and season with salt, if desired. Arrange squash in single layer on 1 prepared baking sheet, and apples in single layer on other. Roast squash 32 to 36 minutes, or until tender and browned on bottoms. Roast apples 22 to 24 minutes, or until browned.

Meanwhile, heat 1-2 tablespoons of water in Dutch oven over medium-low heat. Add shallots, and season with salt, if desired. Cover, and cook 10 minutes, or until shallots are shrunk, stirring occasionally. Add cumin, coriander, and red pepper flakes, and season with salt, if desired. Cook 30 seconds, or until fragrant. Add farro and 8 cups water, and bring to a boil. Reduce heat to medium-low, and cook 25 minutes, or until farro is tender. Stir in squash and apples, and remove from heat. Stir in 1 Tbs. mint and 1/4 tsp. lemon zest. Serve sprinkled with remaining 1 Tbs. mint and 1/4 tsp. lemon zest. Serves 6.

## Sweet Potato Chili

- |   |  |
|---|--|
| 2 sweet potatoes, peeled and in 1-<br>inch chunks   | 1 red bell pepper, seeded and<br>chopped |
| 1 small onion, diced  | 1 (14.5-ounce) can diced tomatoes        |
| 2 garlic cloves, minced   | 1/2 - 1 teaspoon chili powder            |
| 1 (15-ounce) can red kidney beans or<br>small white beans, drained and<br>rinsed (or 2/3 cup dried beans,<br>soaked overnight and boiled<br>briskly for 10 minutes) | 1/2 - 1 teaspoon chipotle chili powder   |
|   | 1/2 teaspoon kosher salt                 |
|   | 1 cup water                              |
|   | 1/2 cup orange juice                     |

Use a 5-6 quart slow cooker. Peel and chunk the sweet potato and add to the pot. Add diced onion. Follow with the red bell pepper, can of tomatoes, the beans, garlic, and seasonings. Pour in OJ and water. Cover and cook on low for 6-8 hours, or until the onion is translucent and the sweet potato is fork-tender. Serves 4.



# Entrees

## Bean Cuisine

1 medium onion, chopped  
1 tablespoon water  
2 cans (15 oz. each) black beans  
2 medium sweet potatoes, peeled  
and finely chopped  
1 can (14-1/2 oz.) vegetable broth

1 teaspoon minced chipotle pepper  
in adobo sauce  
1/4 teaspoon ground cinnamon  
Whole wheat couscous or quinoa  
cooked according to directions.

In a large skillet, sauté onion in water until tender. Add the beans, sweet potatoes, broth, chipotle and cinnamon. Bring to a boil. Reduce heat; cover and simmer for 25 minutes. Uncover and simmer 5-10 minutes longer or until potatoes are very tender and mixture is thickened, stirring occasionally. Serve black bean mixture over couscous or quinoa. Serves 5.

## Black Bean Burgers

2 slices whole wheat bread  
1 3/4 cups cooked or canned black  
beans, drained and rinsed  
1/2 cup rolled oats (not instant)  
1/4 cup finely chopped carrot  
1/4 cup finely chopped white button  
mushrooms

1/4 cup finely chopped onion  
2 tablespoons salsa, plus more if  
needed  
2 teaspoons nutritional yeast flakes  
2 garlic cloves, minced  
1 teaspoon ground cumin  
1/4 teaspoon cayenne

Toast the bread lightly and tear it into medium-sized pieces. Put the pieces in a food processor and process into fine crumbs. Mash the beans in a large bowl with a fork or potato masher, leaving some chunks. Add the breadcrumbs, oats, carrot, mushrooms, onion, salsa, nutritional yeast, garlic, cumin and cayenne and mix with your hands or fork until well combined. Add more salsa until the desired consistency is achieved. Divide the mixture into 8-10 equal portions and form into thin patties. Heat non-stick pan over medium heat. Put patties in the skillet. Cook for 10 minutes, or until lightly browned on one side. Flip and continue cooking for 10 minutes, or until lightly browned on the other side. Transfer to a plate and cover to keep warm. Repeat this process with the remaining patties. Serves 4-6.



## **Breakfast Burrito**

1 box 12-16 oz firm tofu, mashed  
½ cup corn, frozen  
½ cup zucchini, chopped small  
¼ cup green onion, sliced  
½ cup red bell pepper, diced  
¼ tsp onion powder

¼ tsp garlic powder  
¼ tsp cayenne pepper  
¼ tsp salt  
¼ tsp turmeric  
¼ cup chopped cilantro

Whole wheat tortillas  
Salsa  
Avocado

Saute corn, zucchini, green onion and red pepper in a little water. Cook and stir frequently for a few minutes. Add seasonings and mashed tofu. Cook and stir frequently for a few minutes. Stir in cilantro at the end. Warm tortillas, place ¼ cup scrambled tofu in center of tortilla. Wrap as a burrito. Serve with salsa and avocado. Serves 4.

## **Couscous and Beans**

1 cup whole wheat couscous  
1 cup boiling water  
1 ½ cups cooked or canned garbanzo beans, drained and rinsed  
1 cup finely shredded purple or green cabbage or a combination  
½ red or green bell pepper, chopped

¼ cup chopped fresh parsley  
¼ cup golden raisins  
1 carrot chopped  
3 green onions, finely chopped  
Juice of one lemon  
Salt  
½-1 teaspoon curry powder

Put the couscous in a large heatproof bowl. Add the boiling water, stir and cover. Let sit for 5-10 minutes, or until all the water has been absorbed. Fluff with a fork. Stir in the beans, cabbage, bell pepper, parsley, raisins, carrot and green onions. Add and mix in the lemon juice, salt and curry powder. Serve at room temperature or chilled. Serves 6.



## Easy Seitan

1 cup vital wheat gluten	¼ cup soy sauce or Braggs Liquid
1 tablespoon flour	Aminos
2 teaspoons seasonings of choice	8-10 cups vegetable broth for
¾ cup water	cooking

Mix flours and seasonings.

In a measure cup, add soy sauce to the ¾ cup water.

Add liquid ingredients to dry ingredients. Stir until it forms a ball. Knead ball of seitan 2 minutes. Shape into a log and let rest for 5 minutes.

Put 8-10 cups of vegetable broth in large pot and bring to a simmer. A full boil will ruin the seitan.

Slice seitan log into ¼ inch slices. Stretch into thin patty-like cutlet shapes, thinner is better.

Drop the slices of seitan into the broth and simmer for an hour, then let the broth cool on its own.

You can keep the seitan in its broth in the fridge for about 5 days, or freeze it. Makes 24 pieces.

## French Toast From [www.DrMcdougall.com](http://www.DrMcdougall.com)

2 cups cashew milk (see separate recipe)	dash turmeric
3 tablespoons chopped dates	12 slices whole wheat bread
1/8 teaspoon cinnamon	

Place 1 cup of the cashew milk in a blender jar. Add the dates, cinnamon and turmeric. Process until well blended. Add remaining milk and blend again. Pour into a bowl. Dip slices of bread into the cashew mixture, coating well. Brown on a medium-hot non-stick griddle or frying pan, turning once so both sides are evenly browned.

Serve with pure maple syrup or fruit sauces or spread.

Hints: These are easy to store for later use. Place them in individual zip-lock bags and refrigerate.

Reheat in microwave. They may also be frozen and popped into the toaster for reheating. Serves 12.

## Cashew Milk From [www.DrMcdougall.com](http://www.DrMcdougall.com)

½ cup RAW cashews	2 cups water
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Place the cashews in a blender jar with 1 cup of the water. Process until very smooth. Add the remaining water and blend until no large pieces remain. This may take a minute or two. Strain after processing to remove any remaining pieces. Refrigerate until ready to use. If you use a Vita-Mix, no straining needed.



### **Garam Masala Lentils and Potatoes**

- |   |  |
|---|--|
| 1 pound (2 ¼ cups) brown lentils,<br>rinsed and picked over                         | 1 ½ teaspoons garam masala<br>seasoning                              |
| 1 ½ pounds (6 medium) all-purpose<br>potatoes, peeled and cut into ¾<br>inch pieces | ½ teaspoon ground cumin  |
| 1 onion, peeled and chopped   | 1 yellow or red peppers, cored,<br>seeded and cut into 1 inch pieces |
| 1 can (14.5 oz) diced tomatoes  | ½ cup cilantro leaves, chopped                                       |
| 1 teaspoon salt   | ¾ cup toasted slivered almonds                                       |

In a large saucepan, combine 6 cups water, lentils, potatoes, onions, tomatoes, salt, garam masala and cumin. Cover and bring to a boil over high heat. Reduce heat to medium-low and simmer, covered for 35 minutes. Stir occasionally. Add yellow or red peppers and simmer an additional 10 minutes. Stir in cilantro and sprinkle almonds over top. Serves 6 (12 cups).

### **Italian Pasta Primavera** From Jeff Novick's DVD, Fast Food, Vol. 1

- |  |                              |
|--|------------------------------|
| 1 28 oz. can diced tomatoes                              | 1 cup frozen collards        |
| 1 15 oz. can kidney beans, rinsed and<br>drained         | 1 teaspoon crushed garlic    |
| 1 lb. bag frozen broccoli, cauliflower<br>and carrot mix | 1 teaspoon Italian Seasoning |
| ½ cup frozen chopped onion                               | 1 lb. whole grain pasta      |
|  | Nutritional yeast            |

Cook pasta in a separate pot. While pasta is cooking, put all other ingredients into a large pot and simmer for 10 minutes. When pasta is done, rinse, and mix pasta with tomato vegetable mix. Sprinkle with nutritional yeast and enjoy. Serves 4.

### **Mexican Fiesta** From Jeff Novick's DVD, Fast Food, Vol. 1

- |   |   |
|---|---|
| 1 28 oz. can tomato puree                       | 1 cup frozen kale                         |
| 1 15 oz. can pinto beans, rinsed and<br>drained | 1 teaspoon crushed garlic                 |
| 1 lb bag frozen pepper/onion mix                | ½ teaspoon chipotle powder                |
| 1 cup frozen corn                               | 1 large bag Success Instant Brown<br>Rice |

Cook brown rice in a separate pot.  
Place all other ingredients in a pot and simmer for 10 minutes.  
Serve over rice and enjoy. Serves 4.



### **New Orleans Jambalaya** From Jeff Novick's DVD, Fast Food, Vol. 1

1 28 oz. can diced, peeled tomatoes	1 teaspoon crushed garlic
1 15 oz. can Louisiana Style red beans (don't rinse/drain)	½ teaspoon Cajun seasoning
1 cup frozen corn	1 large bag Success Instant Brown Rice
1 lb. bag of Whole Foods Mediterranean Blend Vegetables	

Cook brown rice in a separate pot.  
Place all other ingredients in a pot and simmer 10 minutes.  
Serve over rice and enjoy. Serves 4.

### **Peanut Sauce** Copyright © 2011 by Chef AJ

1 cup peanut butter (no sugar or salt)	4 cloves garlic (more or less to taste)
1 cup date syrup (could use maple syrup or whole dates)	1/2 inch piece of fresh ginger (about 1/2 ounce)
1 cup low sodium soy sauce or coconut aminos	1 teaspoon crushed red pepper flakes
3/4 cup fresh lime juice and zest	

Place all ingredients in blender and blend until smooth. Serve over brown rice and veggies or brown rice pasta and veggies.

### **Perfect Pesto Stuffed Mushrooms** Copyright © 2011 by Chef AJ

(Raw)

12 Crimini mushrooms	1 tablespoon yellow miso
1 cup pine nuts	1 cup fresh basil
2 cloves garlic	juice of one lemon, or to taste

Destem mushrooms and set aside. Remove some of the center if necessary. Place the rest of the ingredients in a food processor fitted with the "S" blade and process until smooth. Fill the mushroom cups and dehydrate 2-4 hours until warm.

Chef's Note: If you don't have a dehydrator, bake in a 350 degrees F oven for 45 minutes or until soft.



## Simple Stir Fry

1 package fresh stir fry vegetables  
from Trader Joe's  
1 package cut up broccoli from  
Trader Joe's  
1 teaspoon crushed garlic  
1 teaspoon crushed ginger

¼ cup Bragg's Liquid Aminos  
1 teaspoon cornstarch and 1  
tablespoon water  
Sesame seeds  
Cashew pieces  
Trader Joe's Frozen brown rice

Mix garlic, ginger, Liquid Aminos, cornstarch mix in wok or large fry pan. Heat wok to medium high heat. Add vegetables and quickly stir fry until desired doneness. Sprinkle with sesame seeds and cashew pieces. Prepare brown rice per instructions. Serve stir fry over brown rice. Serves 4.

## Stuffed Portobello Mushrooms with Farro

6 4-inch diameter Portobello  
mushrooms, stemmed  
PAM spray  
2 leeks, white and pale green parts  
thinly sliced (2 cups)  
6 cloves garlic, minced (2 T)  
1 ½ tablespoons chopped fresh  
thyme

1 lb. fresh baby spinach  
2 tablespoons pine nuts  
1 cup farro  
2 teaspoons grated lemon zest  
2 teaspoons lemon juice

Preheat oven to 400 degrees F. Line rimmed baking sheet with parchment paper. Spray mushroom caps lightly with PAM spray and sprinkle gill sides with salt and pepper, if desired. Arrange mushrooms gill-sides down on prepared baking sheet. Roast 10 minutes, or until mushrooms begin to soften. Turn mushrooms over.

Meanwhile, heat 2 tsp. water in large nonstick skillet over medium heat. Add leeks, garlic, and thyme, and sauté 4 minutes, or until leeks are tender. Add 2 large handfuls of spinach at a time, and cook 8 to 10 minutes, or until spinach is wilted and most liquid has evaporated, stirring often. Stir in pine nuts.

Remove from heat, and season with salt and pepper if desired. Fill mushrooms with spinach mixture, mounding on top and packing filling down with hands. Bake 25 minutes, or until filling browns on top and mushrooms are fork-tender.

Cook farro in large saucepan of boiling salted water 20 minutes, or until just tender, stirring occasionally. Drain. Transfer to large bowl. Stir in lemon zest, lemon juice and remaining 2 tsp of water. Season with salt and pepper, if desired. To serve, spoon ½ cup farro mixture onto each plate; top with 1 stuffed mushroom. Serves 6.



## Thai Curry

1 medium onion, quartered and  
thinly sliced  
4-6 cloves garlic, minced  
3 medium sweet potatoes, peeled  
and diced (or regular potatoes)  
2 cups water  
1 medium red bell pepper, cut into  
narrow strips

1 ½ cups frozen green beans  
1 teaspoon Thai red curry paste  
2 teaspoons minced ginger  
1 stalk lemongrass  
1 13.5 oz can light coconut milk  
2 tablespoons natural peanut butter  
salt to taste

In a soup pot over medium-low heat, sauté onion in water until translucent. Add garlic and continue to sauté for 3 minutes. Add potatoes and water. Bring to a rapid simmer, then lower heat. Cover and simmer 10 minutes.

Add bell pepper, green beans, curry paste and ginger. Cut lemongrass stalk into 3 or 4 pieces and bruise by making long cuts throughout with a sharp knife. Stir into the soup pot. Simmer for 10 minutes longer.

Stir in the coconut milk, peanut butter and salt. Return to a simmer, then cook over very low heat for another 10 minutes or until all the vegetables are tender and the flavors are well integrated. Remove lemongrass pieces. Taste to adjust seasonings, and serve with rice. Serves 6.

## White Bean Dip with Rosemary and Sage

2 tablespoons fresh lemon juice  
2 teaspoons minced fresh rosemary  
2 teaspoons minced fresh sage  
¼ teaspoon freshly ground black  
pepper

2 garlic cloves, chopped  
1 (19-ounce) can cannellini beans or  
other white beans, rinsed and  
drained  
Fresh sage sprig (optional)

Combine all ingredients in food processor and blend until smooth. Garnish with a sage sprig. Serves 8.





# Sides

## **Ratatouille in the Crock Pot**

- |   |                                      |
|---|--------------------------------------|
| 1 large onions, cut in half and sliced                                    | 1 (6 ounce) can tomato paste         |
| 1 medium - large eggplant, sliced,<br>cut in 2 inch pieces                | 1 teaspoon dried basil               |
| 4 small zucchini, sliced  | ½ teaspoon oregano                   |
| 2 garlic cloves, minced   | 1 teaspoon sugar                     |
| 1 large red or green bell peppers, de-<br>seeded and cut into thin strips | 1-2 teaspoons salt                   |
| 1 large tomato, cut into 1/2 inch<br>wedges                               | ½ teaspoon black pepper              |
|   | 2 tablespoons fresh parsley, chopped |
|   | 2 tablespoons olive oil              |
|   | red pepper flakes, to spice it up    |

Layer half the vegetables in a large crock pot in the following order: onion, eggplant, zucchini, garlic, green peppers, tomatoes.

Next sprinkle half the basil, oregano, sugar, parsley, salt and pepper on the veggies.

Dot with half of the tomato paste.

Repeat layering process with remaining vegetables, spices and tomato paste.

Drizzle with olive oil.

Cover and cook on LOW for 7 to 9 hours.

Place in serving bowl and sprinkle with freshly grated Parmesan cheese.

Refrigerate to store. May freeze up to 6 weeks.

## **Sesame Spinach**

- |                             |   |
|-----------------------------|---|
| 1 teaspoon sesame seeds     | 2 tablespoons water                       |
| ½ teaspoon minced garlic    | 1 ½ teaspoons reduced-sodium soy<br>sauce |
| 1 pound baby spinach leaves |   |

Place the sesame seeds in a non stick skillet. Cook over medium-high heat, stirring frequently, for about 2 minutes, or until golden. Remove to a bowl.

Return the skillet to medium-low heat. Add the water and garlic. Cook for 30 seconds, or until fragrant.

Add the spinach, water and soy sauce to the pan; toss with tongs. Cover for about 1 minute, or until the leaves wilt. Serve sprinkled with sesame seeds. Serves 4.



## **Whole Wheat Couscous**

1 cup water  
1 tsp curry powder  
1/4 onion, chopped  
1 clove garlic, minced  
2 cups spinach, chopped

1/2 cup frozen corn  
salt to taste  
1/2 cup whole wheat couscous  
2 Tbsp pine nuts

Bring water to boil in medium saucepan. Season with onion, garlic, salt and curry powder (or favorite broth seasoning). Cook until onion is tender. Add spinach and corn, returning to a boil. Stir in couscous and a few pine nuts. Cover pan and remove from heat. In 5 minutes, stir with fork to fluff grains. Makes 1 serving.



# Desserts

## **Decadent Chocolate Mousse** Copyright © 2011 by Chef AJ

2 boxes (12.2 ounces each) Mori-Nu Silken Tofu – Extra Firm	1 cup raw cacao powder
1 bag (10 Ounces) Sunspire Grain Sweetened dairy free chocolate chips	½ cup unsweetened almond milk
1 cup date syrup	1 tablespoon alcohol-free vanilla extract
	raw cacao nibs, for garnish

In nonstick pan over low heat, melt the chips with the date syrup, stirring so it won't scorch. Place the rest of the ingredients, except for the nibs, in a food processor fitted with the "S" blade and process. Add the melted chocolate mixture and process until smooth and creamy, stirring down sides occasionally. Pour into individual bowls or glasses and garnish with nibs. Chill until firm.

## **Basic No Bake Pie Crust** Copyright © 2011 by Chef AJ

(Raw)

Super easy to make and the varieties are endless

2 cups of raw nuts  
2 cups of pitted dates

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 cookies. Play around with adding different spices (like cinnamon or nutmeg), different extracts (like vanilla or almond) and the zest and juice of lemons, limes or oranges.

Chef's Note: Substitute raw seeds (such as hemp, sesame, pumpkin or sunflower) for all or some of the nuts. Substitute dried fruit (such as apricots, cherries, cranberries, currants, figs, prunes, raisins) for all or some of the dates.



### **Chocolate FUNdue** Copyright © 2011 by Chef AJ

1 cup peanut butter (no salt or sugar)	1 Tablespoon alcohol-free vanilla extract
1 cup date paste	
1/2 cup raw cacao powder	½ teaspoon Caramel Extract (optional)
¾-1 cup non-dairy milk (until desired thickness is reached)	

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.

### **Orange Chocolate Mousse Torte** Copyright © 2011 by Chef AJ

(Raw)

One recipe of Basic Healthy Pie Crust to which 1/4 cup raw cacao powder has been added

Filling	1/2 cup unsweetened coconut
16 ounces of pitted dates soaked in	1 tablespoon alcohol-free vanilla extract
16 ounces of orange juice	
12 ounces of walnuts	1 teaspoon orange extract (optional)
1/2 cup raw cacao powder (or carob powder)	

In a food processor fitted with the “S” blade, process soaked dates and extracts until very smooth. Add cacao powder and process again until smooth. Place this in another bowl. Then process the nuts into a nut butter like consistency. Add coconut and process again. Add this to the date mixture and stir well by hand until all of the ingredients are completely incorporated. Pour over crust and freeze until firm. Garnish with raw cacao nibs and flaked coconut.

Chef’s Note: I prefer to make this in a springform pan and serve it with Raspberry Coulis.



### **Outrageous Brownies** Copyright © 2011 by Chef AJ

15 ounce can salt free Black Beans (rinsed and drained)	½ teaspoon baking soda
1.5 cups date syrup	½ cup raw cacao (Ultimate is my favorite brand)
2 tablespoons ground flax seeds	¾ cup barley flour
1 Tablespoon alcohol-free Vanilla Extract	1 cup non-dairy grain sweetened chocolate chips (Sunspire)
½ teaspoon caramel extract	½ cup finely chopped unsalted pistachios
1 teaspoon baking powder	

Preheat oven to 350. Place beans and date syrup in a food processor fitted with the “S” blade and process until smooth. Add the flax seeds, extracts, baking powder and soda and cacao and process again. Add flour and process very briefly, just until combined. Stir in chocolate chips. Pour batter into an 8 x 8 square silicone baking pan. Sprinkle with nuts. Bake for 30-35 minutes until middle does not jiggle and toothpick inserted comes out clean.

### **Raspberry Coulis** Copyright © 2011 by Chef AJ

(Raw)

One bag frozen raspberries, defrosted	Date paste, to taste
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Puree defrosted fruit and date paste blender until smooth. Add more date paste until desired sweetness is reached. You can also add a teaspoon of alcohol free vanilla extract, a dash of almond extract and a little lemon juice, if desired. Pour into a squeeze bottle and serve over any dessert or use in smoothies.

Chef’s Note: Other frozen fruits like cherries or strawberries are equally delicious. You can also use fresh fruit.



# Other

## **Cashew Basil Dressing/Sauce**

½ cup raw cashew, rinsed	1-2 cloves garlic
1 cup soy milk	1 tablespoon liquid aminos
2 cups loosely packed parsley sprigs	½ teaspoon salt
(one cup parsley and one cup basil)	2 teaspoons food yeast (didn't use)

Combine all ingredients, except lemon juice in a blender. Blend until smooth. Turn off the blender and add lemon juice, just pulsing the blender once to stir the ingredients. Yields about 2 cups.

## **“Cheese” Whiz**

1 cup clean, raw cashews	½ teaspoon salt
1 cup water	pinch garlic powder
2 ounce jar pimentos	pinch thyme (opt.)
½ teaspoon onion powder	2 teaspoons fresh lemon juice

Process all ingredients in a blender, except lemon juice, until very smooth. Cook until thickened, stirring constantly. Remove from heat and stir in lemon juice. Use as a dip or spread. Yields 1 ¾ cups or 14 servings.

## **Easy Cranberry Relish** Copyright © 2011 by Chef AJ

One 12 ounces bag of fresh cranberries  
2 large peeled oranges (zest included)  
dates, to taste

In a food processor fitted with the “S” blade, process all of the ingredients until the desired chunky texture is reached. If you want a sweeter relish, add a bit of date syrup to the mixture. Fresh ginger and lime juice is also a delicious variation.



## The Best of Nature Cooking School Recipes

October 5, 2010

### **It's Easy Being Green Smoothie** Copyright © 2011 by Chef AJ

16 ounces fresh squeezed OJ (or 3-4 fresh oranges)	2 frozen, ripe bananas and 2 cups frozen mango
1 bunch Kale (approximately 12 ounces)	mint leaves to taste (optional)

In high speed blender, blend OJ (or oranges) with Kale. until smooth. Add frozen fruit until completely blended and thick. For a Creamsicle effect, use half unsweetened almond milk and half OJ.

### **Maple Nut Granola**

2 cups date pieces (or chopped dates)	$\frac{3}{4}$ teaspoon salt (optional)
$\frac{1}{2}$ cup walnuts, chopped	1 cup chopped nuts
1 $\frac{1}{4}$ cups hot water	$\frac{1}{2}$ cup unsweetened, shredded coconut (optional)
$\frac{1}{2}$ cup apple juice concentrate	12 cups (1 large container) quick rolled oats
1 tablespoon vanilla	
1 teaspoon maple flavoring	

In blender, place dates,  $\frac{1}{2}$  cup walnuts, water, apple juice concentrate, vanilla, maple flavoring and salt. Whiz until very smooth. Place oats, the 1 cup chopped nuts and coconut in a large bowl and mix together. Well. Pour blender ingredients over dry ingredients and mix well. Bake on trays on 150-175 degree F. oven until crisp, dry and golden brown. May take several hours. Stir frequently for even drying and baking. Yields 15 cups or 20-30 servings.

### **Nutrient Rich Chocolate Smoothie** Copyright © 2011 by Chef AJ

8 ounces of unsweetened Almond Milk	Dates (or date paste) to taste
4 ounces of Pomegranate Juice	3 Tablespoons Raw Cacao Powder
6 ounces organic baby spinach	2 cups frozen blueberries
1 banana, frozen	1 Tablespoon Flax seeds

Place all ingredients in a high power blender and process until smooth.

Chefs Notes: When available, AJ likes to use 1 cup or blueberries and one cup of cherries.



### **Parmesan Style Cheese**

It is easy to make your own parmesan cheese substitute. Just mix equal amounts of almond meal or walnut meal and nutritional yeast together in a jar. Shake well, add a small amount of onion powder and salt, if desired, shake again, and it's ready. Store in the refrigerator.





# The Vegan Food Pyramid

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

Use Sparingly

Fortified Dairy Substitutes  
2-3 Servings

Eat Moderately

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

Eat Generously

The Veggie Group  
3-5 Servings

Eat Liberally

The Fruit Group  
2-4 Servings

Eat Liberally

## Water

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

[VeganFoodPyramid.com](http://VeganFoodPyramid.com)



PCRM

## 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.

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

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

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

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

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

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

### OIL ALTERNATIVES

**Sautéing:** Water or vegetable broth.

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

### EGG SUBSTITUTES

*One egg is equal to:*

1/4 cup silken tofu blended

1/2 mashed banana

1/4 cup applesauce or pureed fruit

1/2 cup soy or rice yogurt

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

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

1/4 cup mashed white potatoes or sweet potatoes

2 tbsp. potato starch, cornstarch, or arrowroot

2-3 tbsp. tomato paste

1/4 cup cooked oats

2-3 tbsp. bread crumbs

2-3 tbsp. flour

1 tsp. baking powder

### DAIRY ALTERNATIVES

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

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

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

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

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

**Ricotta cheese:** Firm tofu, drained, and crumbled.



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# 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](http://www.AllRecipes.com)  
[www.ChooseVeg.com](http://www.ChooseVeg.com)  
[www.CompassionateCooks.com](http://www.CompassionateCooks.com)  
[www.CookVeg.com](http://www.CookVeg.com)  
[www.DrMcdougall.com](http://www.DrMcdougall.com)  
[www.FatFreeVegan.com](http://www.FatFreeVegan.com)  
[www.Recipezaar.com](http://www.Recipezaar.com)  
[www.VeganCooking.com](http://www.VeganCooking.com)  
[www.VeganChef.com](http://www.VeganChef.com)  
[www.Vegan-Food.net](http://www.Vegan-Food.net)  
[www.VeganHealth.com](http://www.VeganHealth.com)  
[www.VeganMeat.com](http://www.VeganMeat.com)  
[www.VeganRecipes.com](http://www.VeganRecipes.com)  
[www.VegCooking.com](http://www.VegCooking.com)  
[www.VegetarianTimes.com](http://www.VegetarianTimes.com)  
[www.VegRecipes.com](http://www.VegRecipes.com)  
[www.VegWeb.com](http://www.VegWeb.com)

## *Info:*

[www.CancerProject.org](http://www.CancerProject.org)  
[www.DrMcdougall.com](http://www.DrMcdougall.com)  
[www.GoVeg.com](http://www.GoVeg.com)  
[www.pcrm.org](http://www.pcrm.org)  
[www.SouthBayChurch.net](http://www.SouthBayChurch.net)  
[www.TColinCampbell.org](http://www.TColinCampbell.org)  
[www.Vegetarian-Nutrition.info](http://www.Vegetarian-Nutrition.info)  
[www.VegGuide.org](http://www.VegGuide.org)  
[www.VegNews.com](http://www.VegNews.com)  
[www.VegSource.com](http://www.VegSource.com)  
[www.vrg.org](http://www.vrg.org)

## *How to Find Vegan Restaurants:*

[www.HappyCow.net](http://www.HappyCow.net)  
[www.VegDining.com](http://www.VegDining.com)  
[www.VegGuide.org](http://www.VegGuide.org)  
[www.VegParadise.com](http://www.VegParadise.com)



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# Notes



# Notes