

PLANT-BASED

RECIPE CONTEST ENTRIES

2019



CHICKPEA DAAL (INDIAN)

Robert Tolleson

INGREDIENTS

2 cups chickpeas (not canned)	1 green onion, chopped
1 1/2 teaspoons salt	6 ounce can tomato paste
1 1/2 large chopped onions	2 small potatoes, cut into chunks
10 garlic cloves	2 teaspoons chana masala (optional)
3 tablespoons butter	1 teaspoon dry crushed red pepper
1 inch chopped ginger (finely chopped or put in food processor)	2 tablespoons garam masala (found in Indian stores or ethnic food section)
2 chopped tomatoes, skins removed (to be processed in 1/2 tomato portions at a time)	1 teaspoon turmeric
	water

DIRECTIONS

1. Wash chickpeas in water. Put chickpeas in fresh water with salt, two parts water to one part chickpeas. Leave overnight to soak.
2. Put chickpeas (with water they were soaked in) into a large pot. Top up water to maintain 2 parts water to 1 part chickpea ratio if necessary. Bring water to a boil.
3. Cover and turn down to medium (level 5) heat, skim off any white foam. Leave to simmer until chickpeas are tender, usually 2 or 3 hours. Take off heat.
4. In a large pot, sauté onions and garlic on high heat, then turn down to (medium-high) level 8. When onions are thoroughly transparent put in ginger. Continue to sauté until mixture is sticking to bottom and brown bits are evident.
5. Put onion mixture in a food processor and mix (not steadily) until smooth. Process tomato, 1/2 tomato portions at a time. Put mixture back into large pot.
6. Add green onion. Heat should be at (medium-high) level 8.
7. When mixture starts to bubble add tomato paste. Stir for 1 to 2 minutes until butter is released and mixture does not stick to pot.
8. Add in potatoes. Add in chana masala. Reduce heat to level 7.
9. Put in chickpeas with a slotted spoon. Water is NOT put in, but put aside for later. Mix for about 2 minutes Add in red pepper, masala. Mix for a further 2 minutes.
10. Add water from chickpeas, additional water can be added to give mixture a watery consistency (mixture should not be too thick looking initially, as mixture will reduce, usually you can add in another cup of water).
11. Add turmeric. Bring mixture to a boiling point on max heat, then reduce heat to level 7. Cover partially and mix infrequently.
12. Once potatoes are tender, the daal is done.

NOTES: This daal is typically eaten with Indian bread- naan or chapati. As with most Indian cooking there is no "true" recipe, the cook decides what the recipe needs (somewhat of a hit and miss strategy, but it works). If you are unable to find garam masala the following can be used: 1/2 teaspoon ground cumin, 1/2 teaspoon paprika, 1/4 teaspoon ground cinnamon, 1/4 teaspoon cayenne, 1/4 teaspoon cracked dried bay leaves, and 1/8 teaspoon ground cloves.

CARAMELIZED SHIITAKE MUSHROOM RISOTTO

Meghan McFadden

INGREDIENTS

Broth

3 1/2 - 4 cups vegetable broth (or store-bought)

Risotto

2 Tbsp avocado or olive oil (if avoiding oil, sub water)

3/4 cup thinly sliced shallot

1/4 tsp each sea salt and black pepper

2 cups sliced Shiitake mushrooms (or other similar mushroom)

1 Tbsp coconut aminos (or tamari // soy sauce)

1 Tbsp chopped fresh thyme (or sub dried)

1 cup arborio rice (works best here - we recommend not subbing other grains)

1/4 cup dry white wine (or omit)

1/4 cup vegan parmesan cheese (plus more for serving // or sub nutritional yeast)

For Serving (optional)

Fresh chopped parsley

Vegan Parmesan Cheese

DIRECTIONS

1. In a medium saucepan, heat vegetable broth over medium heat. Once simmering, reduce heat to low to keep warm.
2. In the meantime, heat a large pan* over medium heat. Once hot, add oil and shallot and season with a pinch of salt and pepper. Sauté for 3-4 minutes - stirring frequently. Then add mushrooms and coconut aminos and continue sautéing until the mushrooms are golden brown and caramelized. Optional: remove some of the shiitake mushrooms from the pan and reserve for serving - not necessary, but it makes a nice garnish.
3. Add the thyme and arborio rice and cook for 1 minute, stirring occasionally. Then add dry white wine and stir gently. Cook for 2 minutes or until the liquid is mostly absorbed.
4. Using a ladle, add warmed vegetable stock 1/2 cup (120 ml) at a time, stirring almost constantly, giving the risotto little breaks to come back to a simmer. The heat should be medium, and there should always be a slight simmer (adjust heat as needed). You want the mixture to be cooking consistently but not boiling or it can get gummy and cook too quickly.
5. Continue to add vegetable stock 1 ladle at a time, stirring to incorporate, until the rice is 'al dente' - cooked through but still has a slight bite. This whole process should take about 15-20 minutes.
6. Once the rice is cooked through and al dente, remove from heat and add vegan parmesan cheese. Stir to coat (see photo). Taste and adjust flavor as needed, adding sea salt and pepper to taste or more vegan parmesan to enhance the cheesiness. If dry at this point, add a little more warmed broth.
7. To serve, divide between serving bowls and top with reserved mushrooms, additional vegan parmesan cheese, and a sprinkle of fresh parsley (all optional). Best when fresh, though leftovers will keep covered in the refrigerator for 4-5 days or in the freezer up to 1 month. Reheat on the stovetop with additional (warmed) vegetable broth until hot.

NOTES: Caramelization happens when the mushrooms have plenty of space to touch the pan without overlapping, so use your largest pan or pot to ensure they have plenty of room to swim. Recipe adapted from Food Network.

Nutrition information is a rough estimate for 1 of 4 servings calculated with oil, with lesser measurement of vegetable broth, and without optional ingredients.

QUINOA ENCHILADA CASSEROLE

Susan Robinson

INGREDIENTS

1C cooked Quinoa (cook according to package directions)

1 (10oz) can mild enchilada sauce

1 (4.5oz) can chopped green chiles, drained

1/2 C frozen, canned, or roasted corn kernels

1/2 C canned black beans, drained and rinsed

2 Tbs chopped fresh cilantro leaves*

1/2 tsp cumin

1/2 tsp chili powder

1/2 tsp salt and ground pepper, to taste

1/2 C shredded cheddar cheese, divided

1/2 C shredded mozzarella cheese, divided

1 Avocado, diced

1 Roma tomato, diced

Cooking spray

DIRECTIONS

1. Preheat oven to 375° F.
2. Lightly coat an 8x8 or 2qt baking dish with cooking spray.
3. In a large bowl, combine quinoa, enchilada sauce, green chiles, corn, black beans, cilantro, cumin and chili powder.
4. Season with 1/2 tsp iodized salt and ground pepper, to taste. Stir in 1/4 C of the cheddar cheese and 1/4 C of the mozzarella cheese.
5. Spread mixture into the prepared dish and top with remaining cheeses. Bake in the oven until bubbly and the cheeses have melted, about 15 minutes.
6. Serve immediately, topped with avocado and tomato. Makes 6 servings.

NOTES: To keep your remaining cilantro fresh, place it in a clean glass container, like a bud vase, with water.

VEGETABLE JAMBALAYA

Theresa Bard

INGREDIENTS

1/4 cup extra-virgin olive oil	2 bay leaves
1 medium sweet onion sliced	Kosher salt
2 stalks celery cut into 1/2-inch slices	freshly ground black pepper
2 medium carrots cut into 1/2-inch slices	15- ounce can diced fire-roasted tomatoes
1 medium red bell pepper sliced	1 1/4 cups white rice
3 to 4 cloves garlic minced	2 1/2 cups vegetable broth
1 teaspoon hot smoked paprika	15- ounce can black-eyed peas drained and rinsed
1/8 teaspoon ground cayenne pepper	8- ounces frozen cut okra
2 teaspoons dried oregano	hot pepper sauce
1 teaspoon dried thyme leaves	handful chopped celery leaves or fresh parsley

DIRECTIONS

1. Heat the olive oil in a 10-inch skillet or Dutch-oven over medium-high heat. Add the onion, celery and carrots. Cook, stirring frequently, for about 6 minutes or until the onions become a bit soft. Add the red pepper and continue to cook for about 3 minutes. Add the garlic, paprika, cayenne, oregano, thyme, bay leaves, salt and pepper. Stir to coat and add the tomatoes. Cook for 2 minutes. Add the rice. Stir to coat. Add the vegetable broth and stir.
2. Cover the pot, increase the heat a bit and bring to a boil. Immediately reduce the heat to a simmer. Cook the rice covered for 10 minutes. Add the black-eyed peas and okra just over the top of the rice and cover. Cook for an additional 10 to 15 minutes or until the okra is tender and the rice is cooked. Remove from the heat, keeping the pot covered and allow it to sit for 5 minutes before serving.
3. Stir and fluff the rice with a large fork. Top with your favorite hot sauce and a handful of chopped celery leaves or parsley.

CAULIFLOWER CRUST PIZZA

Christine Fox

INGREDIENTS

1 medium head of cauliflower (6" - 7" wide or 2.5-3 lbs) or 5-6 cups of store bought cauliflower rice

1 egg, large

1 tsp Italian seasoning (dried oregano or basil)

1/8 tsp salt

1/4 tsp ground black pepper

1/2 cup Parmesan or Mozzarella cheese, grated/shredded

Cooking spray (I use Misto)*

DIRECTIONS

1. Add all ingredients except cheese alternative, to slow cooker, stir to combine, then cover and cook on high for 2 1/2 to 3 hours or low for 5 to 6 hours, until the liquid is absorbed and the quinoa is tender.
2. Add half the cheese alternative and stir to combine, use other half to top off dish for serving.

NOTES: Makes a lot so if using a small slow cooker you may want to half the recipe. Simple to prepare. Freezes well. Family friendly.

MEXICAN CASSEROLE

Cynthia Brown

INGREDIENTS

1 medium onion

1 can Rotel

3 cups vegetable broth

1 cup brown lentils

1/2 cup brown rice

1 package taco seasoning (or I make my own)

Dayia cheese (non dairy)

DIRECTIONS

1. Brown the onion, add other ingredients and bake at 350 for 50 minutes
2. Top with Diaya cheese and allow to melt

“NO TUNA” SALAD SANDWICH

Alisha Priddy- from Minimalist Baker

INGREDIENTS

For The Salad

1 (15-ounce) can chickpeas, rinsed and drained
3 tablespoons tahini
1 teaspoon Dijon or spicy brown mustard
1 tablespoon maple syrup or agave nectar
¼ cup diced red onion
¼ cup diced celery
¼ cup diced pickle
1 teaspoon capers, drained and loosely chopped

Healthy pinch each sea salt and black pepper
1 tablespoon roasted unsalted sunflower seeds (optional)

For Serving

8 slices whole-wheat bread
Dijon or spicy brown mustard
Romaine lettuce
Tomato, sliced
Red onion, sliced

DIRECTIONS

1. Place the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole.
2. Add tahini, mustard, maple syrup, red onion, celery, pickle, capers, salt and pepper, and sunflower seeds (if using) to mixing bowl. Mix to incorporate. Taste and adjust seasonings as needed.
3. Toast bread if desired, and prepare any other desired sandwich toppings (such as lettuce, tomato, and onion).
4. Scoop a healthy amount of the chickpea mixture (about ½ cup) onto one slice of bread, add desired toppings and top with second slice of bread. Repeat for additional sandwiches.

SPAGHETTI SQUASH W/CHICKPEAS & KALE

Stephanie Hackney

INGREDIENTS

1 spaghetti squash	2 (packed) cups of chopped kale leaves
1-2 tablespoons olive oil	Juice of ½ a lemon
1 shallot, sliced thinly	¼ cup chopped sun dried tomatoes
1 garlic clove	¼ cup toasted pine nuts
½ tablespoon minced fresh rosemary	Sea salt and freshly ground black pepper
Pinch of chile flakes	Freshly grated parmesan cheese (optional)
½ cup chickpeas, drained and rinsed	

DIRECTIONS

1. Preheat the oven to 400F.
2. Prepare your squash (prep time 5 mins/cook time 35 mins)
3. Preheat the oven to 400°F.
4. Slice the spaghetti squash in half lengthwise and scoop out the seeds and ribbing. Drizzle the inside of the squash with olive oil and sprinkle with salt and pepper.
5. Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes. Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a little bit firm. The time will vary depending on the size of your squash. I also find that the timing can vary from squash to squash.
6. Remove from the oven and flip the squash so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.
7. In a large skillet over medium heat, add enough olive oil to lightly coat the pan, then add the shallot, garlic, rosemary, chile flakes, salt and pepper.
8. Once the shallot starts to soften, add the chickpeas and cook for a few minutes until they turn lightly golden brown. Remove the garlic clove, and add the kale leaves, lemon juice, and then give everything in the pan a good stir.
9. Once the kale is partially wilted, add the squash strands, a little grated cheese, sun dried tomatoes, and more salt and pepper, to taste. Toss to incorporate. Remove from heat and top with toasted pine nuts and extra grated cheese.

NOTES: Vegan option - skip the cheese

STUFFED GRAPE LEAVES (DOLMA)

Shaymaa Al-Shukri

INGREDIENTS

1 jar of grape leaves, can be substitute with fresh grape leaves soaked in boiled water for 3 minutes

1 and ½ cup of rice, basmati or jasmine, rinsed

1 white or yellow onion, finely chopped

1 cup of walnut, finely chopped

1 bell pepper, finely chopped

1/2 cup of olive oil divided in halves, plus 2 tablespoons of olive oil to sauté the vegetables

1 garlic clove, minced

2 tablespoon lemon juice

1 tablespoon salt

1 teaspoon black pepper

2 table spoon of either fresh or dried mint, minced

1 cup of water, divided in halves

DIRECTIONS

1. Soak grape leaves in water, rinse and leave them aside
2. In a pot, sauté the chopped onions, chopped bell peppers, minced garlic in 2 tablespoon of oil for 5 minutes
3. Add the rinsed rice, ¼ cup olive oil, minced mint, chopped walnut, lemon juice, salt and pepper, mix well
4. Add 1/2 cup of water to the mix and bring to boil, cover and let it simmer for another 10 minutes
5. In non-stick pot, add the other ¼ cup of olive oil
6. To stuff and roll the grape leaves, lay each leaf on a board, scoop a tablespoon of the rice mix into the center of the leaf, fold the sides, and roll it tightly
7. Place the stuffed grape leaves tightly in the pot, add the other ½ cup of water
8. Place a small round plate on top of the grape leaves to hold them down and prevent floating while cooking
9. Cook on medium for 15 minutes, cover and put it on low heat for another 30 minutes
10. Remove from heat, remove the plate, let cool, and serve

NOTES: Can be made a day or two earlier, can be stored in the fridge

CANNELLINI BEAN AND ARTICHOKE PASTA

Lauren Poindexter

How I amended the recipe below

- double the garlic
- add red pepper flakes to the garlic and oil at the beginning
- use any type of pasta
- cut up the artichokes
- omit the bread crumbs
- use dried Italian seasoning herb mix instead of “just” oregano
- add fresh basil
- if I have then, I’ll add toasted pine nuts

INGREDIENTS

3/4 pound fettuccine	1 13.75-ounce can artichoke hearts
1/4 cup, plus 1 teaspoon olive oil	kosher salt and black pepper
2 cloves garlic	1 slice white bread
1 15.5-ounce can cannellini beans, rinsed	1 teaspoon oregano

DIRECTIONS

1. Cook the pasta according to the package directions. Reserve ½ cup of the cooking water. Drain the pasta and return it to the pot.
2. Meanwhile, heat ¼ cup of the oil in a large skillet over medium heat. Add the garlic and cook, stirring, for 1 minute.
3. Add the beans, artichokes, ¾ teaspoon salt, and ¼ teaspoon pepper. Cook until heated through, 3 to 4 minutes.
4. Pulse the bread in a food processor until coarse crumbs form. Add the oregano and the remaining teaspoon of oil and pulse until just combined.
5. Toss the pasta with the artichoke mixture and reserved pasta water. Sprinkle with the bread crumbs.

GRILLED EGGPLANT WITH SAUTÉED VEGGIES

Paula Whitaker

Grilled eggplant with sautéed veggies, fresh mozzarella that my meat eaters absolutely love!

1. Slice eggplant into about 1/2 to 1" rounds, I noticed people tend to like them a bit thinner,
2. Salt and allow to sweat
3. Rinse and grill or roast until quite soft while preparing the veggie topping
4. Vegetable mixture is subject to availability but these are the ones I normally use for this recipe:
5. Veggie proportions equal to each other except onions and garlic should be less as they are flavorings, about half:
6. Sliced baby portabello mushrooms
7. diced red onion
8. Finely chopped garlic
9. Diced fresh tomatoes(adds moisture, canned fire roasted is good too) Corn sliced off the cob (a can or frozen will do to add the necessary sweetness but fresh is best) Fresh spinach chopped Small amount of chopped fresh basil
10. Sauté veggies with olive oil and a small amount of salt, black pepper, white pepper, and, if you have it, a few drops of truffle oil (not too much but adds so much flavor!)

ASSEMBLY

Place a slice of fresh mozzarella on eggplant Spoon veggies on top Sprinkle fresh parmigiana cheese on top Finish in the oven just until parm is melty and just golden

NOTES: SO if you don't need this dish to be vegetarian, I normally put a slice of prosciutto (preferably) or good ham on the eggplant before the mozzarella

ONE PAN MEXICAN QUINOA

Courtney Bryant

INGREDIENTS

1 tablespoon olive oil	1 teaspoon chili powder
2 cloves garlic, minced	1/2 teaspoon cumin
1 jalapeno, minced	Kosher salt and freshly ground black pepper, to taste
1 cup quinoa	1 avocado, halved, seeded, peeled and diced
1 cup vegetable broth	Juice of 1 lime
1 (15-ounce) can black beans, drained and rinsed	2 tablespoons chopped fresh cilantro leaves
1 (14.5 oz) can fire-roasted diced tomatoes	
1 cup corn kernels, frozen, canned or roasted	

DIRECTIONS

1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.
3. Serve immediately.

ROASTED VEGETABLES WITH PESTO

Adrienne Nevola

INGREDIENTS

1 head cauliflower, chopped	For Pesto
2 mesh bags of brussel sprouts, each sprout cut in half length-wise	3 tightly packed cups of cilantro
2 Tbsp olive oil	1 cup pine nuts
Salt and pepper to taste	1 garlic clove
1/4 cup pine nuts, toasted	Juice of 1 lemon
	2 Tbsp nutritional yeast
	3/4 tsp sea salt, or to taste
	1/3 cup olive oil

DIRECTIONS

1. Toss cauliflower and brussel sprouts in olive oil, salt, and pepper
2. Roast vegetables in oven at 400 degrees until slightly brown (for ~40 min), turning halfway through
3. Blend pesto ingredients in food processor
4. Toss roasted vegetables in pesto, top with toasted pine nuts

JASON MRAZ'S CHOCOMOLE PUDDING

Sheila Garcia-Oliver

INGREDIENTS

5 ripe avocados	1 tbsp. vanilla
1-2 cups chopped or blended dates (I USE FIGS)	Agave nectar, to taste (OR STEVIA)
1 soft cup raw cacao (OPTIONAL)	Cocoa powder
1 easy cup raw carob powder (OPTIONAL)	Nuts (OPTIONAL)

DIRECTIONS

In a food processor

1. Mash up avocados.
2. Add dates (or figs), raw cacao, raw carob powder, and vanilla. Stir well. Add a few long pours of agave nectar (honey or stevia) to sweeten to your liking.
3. Mix in $\frac{1}{2}$ cup of cocoa. Keep adding in $\frac{1}{2}$ -cup increments until chocolate taste is right. Careful not to overdo it—if you add too much, it can get bitter.

NOTES: I skip the Cacao and use local honey if I don't have Agave. I sometimes add bananas or apples/applesauce. I use the Special Dark Cocoa powder. Just get RAWLY creative and MIX IT UP!
Rene'

NAVRATAN KORMA

Jagruti Patel

INGREDIENTS

2 tablespoons vegetable oil	1 can tomato sauce
1/3 cup mixed nuts- chopped (cashews, almonds, peanuts- don't put if allergic)	4 ounce paneer, cubed
1/4 cup raisins	1/4 cup milk
1 medium onion, finely chopped or grated	1/4 cup heavy cream
1/2 teaspoon garlic paste	1 cup water
1/2 teaspoon ginger paste	1-2 small pieces of bay leaves
1/2 cup chopped carrots	1 teaspoon cayenne pepper
1/2 cup chopped green beans	1/2 teaspoon ground turmeric
1/2 cup chopped green peas	2 teaspoons ground coriander
1 cup chopped potatoes	1 teaspoon garam masala
1/2 cup chopped green bell pepper	Salt to taste

DIRECTIONS

1. Heat 1 tablespoon oil in a large skillet over medium heat. Place mixed nuts in the skillet, cook and stir until golden brown, and set aside. Stir onion into the skillet, and cook until tender. Mix in garlic paste, ginger paste, and bay leaves, and cook 1 minute. Stir in tomato sauce, cayenne pepper, turmeric, coriander, and garam masala. Pour in water, and mix in raisins, carrots, green bell pepper, beans, peas, and potatoes. Bring to a boil. Reduce heat to low, and simmer 20 minutes, until potatoes are tender.
2. Heat remaining oil in a separate skillet over medium-high heat, and cook the paneer on both sides, until golden brown. Drain on paper towels. Place in a bowl with enough hot water to cover for about 2 minutes to soften, then stir into the skillet with the vegetables.
3. Stir milk and cream into the skillet with the vegetables and paneer. Bring to a boil, and continue cooking 2 to 3 minutes. Season with salt to taste.

YUM YUM BOWLS

Larissa Clark

INGREDIENTS

(Proportions depend on how many you are serving)

Warm, cooked brown or white rice, quinoa, or other “base” (spaghetti squash, zoodles)

Canned black beans, rinsed and drained (warmed lightly)

Chopped olives

Chopped red, green, yellow or orange peppers

Chopped tomatoes

Chopped or shredded cheddar or Monterey Jack cheese

Chopped avocados

Chopped, fresh cilantro

Sour cream

Salsa

Yum sauce

YUM SAUCE (MAKES 4 CUPS)

1/2 cup avocado, canola, or vegetable oil

1/2 cup slivered almonds

1 cup canned Great Northern or Garbanzo beans, rinsed and drained

1/2 cup water

1/2 cup light coconut milk (from a can)

1/2 cup fresh lemon juice (from about 3 large lemons)

2 garlic cloves, minced

1/2 teaspoon coarse, kosher salt

Pinch of coarsely ground black pepper

1 teaspoon curry powder

1 teaspoon dried oregano

2 to 3 tablespoons chopped fresh cilantro

1/3 cup nutritional yeast

DIRECTIONS

1. For the Yum sauce, add the oil, almonds, beans and water to a blender. Process until very smooth, 1-2 minutes (or as long as needed).
2. Add the coconut milk, lemon juice, garlic, salt, pepper, curry powder, oregano, cilantro and nutritional yeast. Process again until creamy and smooth. Add additional water to thin out the sauce, if needed. Store in the refrigerator until ready to serve (this tastes best after it's had time to rest - even several days - but you can also use it right away).
3. For the Yum Yum Bowls, layer rice or quinoa in the bottom of a bowl. Add black beans and a healthy dollop of Yum sauce and salsa. Follow it with all the toppings desired (peppers, olives, cheese, tomatoes, avocados, fresh cilantro, sour cream, and more salsa and Yum sauce, if desired).

CALIFLOWER

Nathan Johnson

INGREDIENTS

1 large head cauliflower	1.9 tablespoons olive oil
1 teaspoon ground turmeric	Lemon juice, additional olive oil and pomegranate seeds, optional
1/2 teaspoon crushed red pepper flakes	

DIRECTIONS

1. Remove leaves and trim stem from cauliflower. Cut cauliflower into eight wedges. Mix turmeric and pepper flakes. Brush wedges with oil; sprinkle with turmeric mixture.
2. Grill, covered, over medium-high heat or broil 4 in. from heat until cauliflower is tender, 8-10 minutes on each side. If desired, drizzle with lemon juice and additional oil and serve with pomegranate seeds.

VICTORIA GRANOF'S PASTA CON CECI

Margaret Pauly

I use whole wheat macaroni for my small pasta shape.

INGREDIENTS

4 tablespoons extra-virgin olive oil, plus more for drizzling	drained and rinsed)
3 cloves garlic, peeled and smashed	1/2 cup uncooked ditalini pasta (or another small shape, like macaroni)
3 tablespoons good tomato paste	2 cups boiling water
1 teaspoon kosher salt, or more to taste	Crushed red pepper flakes, for serving
1 1/2 cups cooked chickpeas (or one 15-ounce can,	

DIRECTIONS

1. In a large heavy-bottomed pot, heat the olive oil until it shimmers. Add the garlic and cook, stirring until it becomes lightly browned and fragrant.
2. Stir in the tomato paste and salt and fry for 30 seconds or so. Add the chickpeas, pasta, and boiling water. Stir to scrape up any browned bits on the bottom of the pot, lower the heat, and simmer until the pasta is cooked and most of the liquid has been absorbed, about 15 to 20 minutes.
3. Taste and adjust seasoning. To serve, ladle the pasta into shallow bowls, sprinkle with crushed red pepper flakes, and drizzle a bit of extra-virgin olive oil on top.

CHILE-MUSHROOM POSOLE

Heidi Charton

INGREDIENTS

4 fresh Portobello mushrooms
1 teaspoon dried thyme
1 garlic clove, minced
¼ cup olive oil
Kosher salt and freshly ground pepper
¼ cup fresh cilantro, chopped
2 Tbsp. vegetable oil
1 large white onion, diced
1 jalapeno pepper, chopped (remove seeds for less heat - I love the heat, though!)
2 cloves garlic, minced
3 6-oz cans whole green chiles, drained
1 cup fresh cilantro
2 cups veggie broth
2 15-oz cans hominy, drained (I prefer the yellow hominy aesthetically, but it doesn't have much nutritional difference)

For Garnish

4 sliced avocados
Radishes, thin-sliced (the more, the better!)
Baked corn chips

(I personally enjoy it without the corn chips - the radishes give the stew a nice crunchy texture that otherwise the chips provide. It's good either with or without chips. If I were encouraging healthy eating, though, I would serve with avocado and a generous portion of the radish slices. I wouldn't even offer the chips as a garnish.)

DIRECTIONS

- 1 Use a damp or dry cloth to wipe your mushrooms clean. Season the mushrooms with ½ tsp thyme; heat your skillet on medium heat and sauté 1 minced garlic clove in ¼ cup olive oil until garlic is tender. Sauté mushrooms in the pan for 3 minutes, turning once. Mushrooms are cooked when tender and browned. Dust mushrooms with ¼ c fresh cilantro, ¼ tsp salt, 1/8 tsp pepper. Set aside while working on next 3 steps.
2. Heat the vegetable oil in a large saucepan over medium heat. Add the onion, jalapeno, and garlic and cook until soft, about 3 minutes.
3. Transfer to a blender, then add the chiles, cilantro, and the remaining ½ tsp thyme and puree until smooth.
4. Return to the saucepan and cook over medium heat, stirring, until the sauce thickens and turns deep green, about 5 minutes.
5. While the sauce is cooking, dice mushrooms, first slicing off stems which will also be cooked, then dicing.
6. Add the broth, hominy, and mushrooms to the saucepan. Cover and simmer for 5 minutes.
7. Garnish with avocado, radishes, and/or corn chips if desired.

BEAN AND QUINOA NACHO/TACO SKILLET

Joshua Phelps

INGREDIENTS

1 cup of rinsed quinoa	1 (15-ounce) can of (low- or no salt added) large kidney beans (rinsed)
½ white onion (diced)	¾ cup of frozen corn
½ green bell pepper (diced)	½ cup of jarred salsa
3-5 garlic cloves (minced)	¾ cup water
1 4-ounce can of diced green chilis	3 Tablespoons of olive oil (or some other type of cooking oil)
3 teaspoons (or 1 Tablespoon) of chili powder - (I like to use two different kinds of chili powder)	1 cup shredded cheddar cheese
1 teaspoon of cumin	Tortilla chips, taco shells, or flour/corn tortillas (whichever you prefer)
¼ teaspoon ground cayenne pepper	Optional items - fresh cilantro, sour cream, pico de gallo
1 teaspoon of ground black pepper	
1 (14.5-ounce) can of (low- or no salt added) diced tomatoes	
1 (15-ounce) can of (low- or no salt added) black beans (rinsed)	

DIRECTIONS

1. Heat the olive oil in a large (preferably 5-quart, non-stick) skillet on medium-high heat. Add the diced onions and green peppers. Cook for 2 minutes while stirring occasionally.
2. Add the minced garlic and cook for another (1) minute while stirring occasionally.
3. Add the chili powder, cayenne pepper, cumin, and black pepper. Stir around to mix spices and onion/green pepper mixture - cooking for 1 minute.
4. Add the diced green chilis. Stir to mix and cook for 1-2 minutes (enjoy the aroma!).
5. Add in the black beans, kidney beans, corn, and salsa. Stir to thoroughly mix.
6. Add the quinoa and ¾ cup of water - stir to thoroughly mix.
7. Bring to a bubble, cover, and turn down heat to medium-low. Cook covered for approximately 20 minutes. Check for moisture content - cook for an additional 1-2 minutes if needed (depending on the type of skillet used - be careful not burn the bottom of the mixture - better to have a little extra moisture than have it burn). Turn off heat.
8. Stir to remix the contents of the skillet. Sprinkle the cheddar cheese on top of the mixture and replace the cover. Let sit until cheese melts.
9. Serve on top of tortilla chips, in taco shells, or rolled in flour (or corn) tortillas.
10. Other items that could be added when served - fresh cilantro, sour cream, pico de gallo.

FROM PURPLE CARROT

Amy Widner

INGREDIENTS

8 oz Butternut squash	2 tbsp nutritional yeast
¼ cup cashews	¼ tsp oregano
6 oz kale	1 clove garlic
6 oz fusilli pasta	1 lemon
¼ cup pumpkin seeds	

DIRECTIONS

1. Cook Squash- Bring a large pot of salted water to a boil for the pasta. Place the butternut squash cubes in a small saucepan and cover with 1 inch water. Boil until fork tender, about 10 to 12 minutes, then drain.
2. Getting started- Place the cashews in a small bowl and cover with 2/3 cup hot tap water. Destem the kale and roughly chop the leaves. Add the fusilli to the large pot of boiling water and stir. Cook until al dente, about 7 to 9 minutes. Once the pasta is done, reserve 1/2 cup of the pasta water. Drain the pasta.
3. Prepare the parmesan- In a blender, combine the pumpkin seeds, just 1 tbsp nutritional yeast, ¼ tsp salt, and a pinch of pepper. Pulse to a coarse mix. Transfer the pepita parmesan to a small bowl, and stir in the oregano.
4. Make the butternut sauce- Add the cashews along with their soaking liquid to the (now empty) blender. Add the remaining nutritional yeast, cooked butternut squash, garlic, 1 tbsp lemon juice, ¼ tsp salt, and a pinch of pepper. Blend butternut sauce until smooth.
5. Saute the kale- Return the (now empty) large pot to medium-high heat with 2 tsp olive oil. Once the oil is hot, add the chopped kale and a pinch of salt and pepper and cook until slightly wilted, about 2 to 3 minutes. Return the fusilli to the pot along with the butternut sauce and stir to combine. Taste and adjust seasoning with salt and pepper.
6. Serve- Set the oven to broil on high. Pour the creamy butternut pasta into an 8x8 baking dish. Sprinkle with the pepita parmesan and broil in the oven until lightly browned, about 2 to 3 minutes. Cut the remaining lemon half into wedges. Scoop onto plates and serve with lemon wedges, **enjoy!**

CHICKPEA PESTO ZOODLES

Katie Poe

INGREDIENTS

1 can drained and rinsed chickpeas

¼ cup pesto

¼ cup low fat feta

1-2 spiralized zucchinis patted dry

½ cup cherry tomatoes

1-2 tablespoons parmesan

DIRECTIONS

1. Heat up chickpeas and pesto sauce in a pan over low heat, add feta, zoodles, and cherry tomatoes.
2. Mix together and heat for only 2-3 minutes making sure that the zoodles stay firm.
3. Top with parmesan.

ORGANIC PLANT-BASED MENU RECIPES

Taryn Sheets

Breakfast

CARROT CAKE OATMEAL

can be served warm or cold

INGREDIENTS

Oats

Almond milk, unsweetened and with or without vanilla (can substitute with oat milk or other nut milk)

Carrots, shredded

Dried cranberries and/or raisins

Maple syrup

Chia seeds

DIRECTIONS

1. Place all ingredients in a container and allow to sit overnight in a refrigerator. Can be served cold or warm the next morning.

Lunch or Dinner

INGREDIENTS

Vegetable broth/stock

Onions, diced

Mushrooms, diced

Bell peppers, diced - green, red, yellow, orange

Creole seasoning to taste

Garlic & Rosemary seasoning to taste

Zucchini, diced

Yellow squash, diced

Fresh spinach, chopped

Tomatoes, diced (can use canned if fresh is not available)

Cilantro, chopped

Nutritional yeast (optional)

Whole grain pasta (or chickpea, spinach, or lentil pasta), cooked

DIRECTIONS

1. Saute' peppers, onions, mushrooms, creole and rosemary garlic seasonings, in organic vegetable stock (you can use organic plant-based vegan butter or organic plant-based shortening but stock decreases amount of added fat) until onions are slightly translucent or caramelized.
2. Add zucchini and squash and continue to saute'. You will want to cook it on medium so it will still maintain some of the crunch - limp zucchini and squash are not as appetizing!
3. Add spinach, tomatoes, and cilantro (if using canned tomatoes, do not drain). Saute' until spinach and cilantro are slightly wilted.
4. Vegetables can be eaten by themselves or served over pasta and sprinkled with nutritional yeast.

NOTES: All ingredients should be organic if at all possible to eliminate or at least decrease the amount of toxic chemicals in our food

VEGETARIAN LETTUCE WRAPS

Brooklyn Pyburn

INGREDIENTS

14 oz extra firm tofu, excess liquid squeezed out	2 cloves garlic, finely chopped
1/4 cup water chestnuts, chopped	4 tbsp hoisin sauce
1 lb mushrooms, finely chopped	1/2 tsp chili sauce (Sriracha)
1 tbsp. reduced sodium soy sauce	green scallions, chopped
1 1/2 tsp sesame oil	Bibb Butterhead Lettuce
1 tbsp rice wine vinegar	

DIRECTIONS

1. Combine soy sauce, 1/2 tsp sesame oil, rice wine vinegar in a bowl.
2. In a wok or large skillet, add remaining sesame oil. Sauté tofu, water chestnuts and mushrooms until mushrooms are tender.
3. Add soy sauce mixture, and garlic, cook for about 5 minutes
4. Add hoisin sauce and chili sauce, cook for 3 minutes
5. To serve, spoon into lettuce leaf. Garnish with scallions and Sriracha

UAMS[®]