

HALT & Vitalize

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**Whole Food  
Plant-Based  
RECIPES**

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2019

*Compiled by  
Kaiser Permanente Department of Lifestyle Medicine  
South Sacramento*

*\*Please Note – These recipes were submitted by HALT and Vitalize participants. The Lifestyle Medicine Department is not responsible for and does not take credit for these recipes.\**

# Featured Recipes

*The following are just a few of the recipes that received great reviews from HALT and Vitalize participants and the LSM team!*

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# Stuffed Mushrooms

## Ingredients

24 mushrooms with the stems removed

2-3 cups cubed brown bread

Vegetable broth

¼ cup celery

¼ cup carrots

¼ cup onion

¼ cup bell pepper (red and green)

4 cloves garlic

Season to taste with basil, Mexican oregano, red pepper flakes, salt and pepper

## Directions

1. Dampen the brown bread with vegetable broth and set aside.
2. Sauté the celery, carrots, onion, bell pepper, mushroom stems and garlic in vegetable broth until soft.
3. Combine the brown bread and vegetables. Put the mushrooms in a baking pan and stuff them with the brown bread and vegetable mixture.
4. Bake mushrooms in the oven at 400°F for 50-60 minutes (until mushrooms are tender). Cover with foil.
5. Yields about 24 mushroom caps.

# Cactus Salad (Nopales)

## Ingredients

Cactus

Tomatoes

Purple onions

Jalapeno peppers

Cilantro

Lime juice

# Potato Salad

## Ingredients

- 1 lb. Yukon gold or red potatoes
- ¼ cup diced red bell peppers
- ¼ cup diced onion
- 2 stalks of celery, diced
- 3 stalks of green onions, diced – reserve some for garnish
- 3 tablespoons of apple sauce
- 1-3 tsp. relish
- Mustard to taste
- Salt and pepper to taste
- ½ - 1 tsp. parsley (fresh or dry)
- ½ - 1 tsp. thyme
- Paprika (optional)

## Directions

1. Boil potatoes and cut into cubes
2. Place all diced vegetables in a bowl and add potatoes
3. In a separate bowl, combine applesauce, mustard, relish, and spices
4. Combine the applesauce mixture with the diced vegetables and potatoes
5. Garnish with green onions and paprika
6. Potato salad can be served hot or at room temperature

# Sweet Potato Tacos

## Ingredients

3 sweet potatoes

One package of low sodium taco mix

Two cans of black beans

Oil-free tortillas

Lettuce

Tomatoes

Onions

## Directions

1. Preheat oven to 400°F
2. Peel and dice sweet potatoes
3. Place sweet potatoes on a parchment paper-lined cookie sheet. Sprinkle with taco seasoning and stir until well-coated. Place in oven and cook for 30 minutes.
4. Open, drain and rinse black beans. Set aside to drain.
5. Cut up tomatoes, onion, and lettuce. Set aside.
6. When sweet potatoes are done, turn off the oven and remove sweet potatoes. Add beans to sweet potatoes and stir. Place back in oven.
7. Warm the tortillas.
8. Remove sweet potatoes and make your tacos using lettuce, tomatoes and onion.
9. Enjoy!

# Roasted Garlic and Red Pepper Hummus

## Ingredients

- 2 large red bell peppers, seeds removed
- 6 cloves garlic, peel attached
- 2 cups cooked chickpeas (garbanzo beans)
- 1 lemon, juiced
- 1 Tbsp water
- 2 tsp balsamic vinegar
- ½ tsp paprika powder
- ½ tsp Cajun powder (optional)
- ½ tsp salt

### ***Optional garnish:***

- Roasted bell pepper, diced
- Roasted chickpeas
- Paprika powder
- Ground cumin

## Directions

1. Preheat the oven to 400°F. Place the bell pepper and garlic on foil or parchment paper and cook in the oven until the garlic peel is lightly browned and fragrant, and when the bell pepper has developed some black/brown spots, about 25 minutes. When cooked, remove the peel from the garlic cloves.
2. Place all ingredients except chickpeas in a food processor and blend on high until well combined, stopping occasionally to scrape down the sides. Add the chickpeas and blend again creamy.
3. Add to a plate and top with garnish. Serve with oil-free crackers, cut up vegetables, or use as a spread in a sandwich.

# 3 Ingredient Healthy Cookies

## Ingredients

- 3 bananas
- 1 ½ cups of rolled oats
- 2 tbsp raisins

## Directions

1. Grind the oats for a few seconds to make an oat powder. It doesn't have to be fine, just broken up a bit.
2. Peel the bananas and then mash them.
3. Mix everything together until combined.
4. Spoon onto a nonstick sheet and spread out to make a cookie biscuit shape. The mixture makes 12 normal sized cookies or 6 large cookies.
5. Bake for 15-20 minutes until golden at 350°F.
6. If you want a chewier biscuit, take them out of the oven as they start to get some color. For a crunchier biscuit, leave until they are golden brown.
7. Because of the fresh banana, the cookies will spoil quickly so it's best to eat them right away. They can be stored in the refrigerator for a few days but they will lose their crunch.

# Baked Flautas

## Ingredients

15 oz can of fat free vegetarian refried beans

12 small corn tortillas

1 tsp cumin

Cayenne pepper to taste

## Directions

1. Combine beans and cumin until well mixed.
2. Warm tortillas in microwave or skillet until pliable.
3. Spread bean mixture in a thin layer on tortillas and roll up.
4. Dust with cayenne pepper.
5. Bake 15-20 minutes or until crisp.

# Smoky Corn Salsa

## Ingredients

5 oz package of frozen corn, thawed

1 cup salsa

1 Tbsp fresh cilantro, finely chopped

½ tsp smoked paprika

Sea salt

## Directions

1. Combine corn, salsa, cilantro, and smoked paprika. Mix well.
2. Add sea salt to taste

# Vegan Cauliflower Fried Rice

## Ingredients

8 oz raw cauliflower, chopped or pre-packaged riced cauliflower

½ red onion, chopped

1 medium carrot, chopped

½ cup frozen or canned peas

½ cup frozen or canned corn kernels

1 Tbsp tamari or soy sauce

## Directions

1. If using a head of cauliflower, place the chopped cauliflower in a food processor and blend until you get a consistency or texture similar to rice. If you don't have a food processor, use a box grater instead.
2. Sauté the cauliflower rice in a frying pan with some vegetable broth or water for about 5-10 minutes, stirring occasionally. Set aside.
3. Add the onion and carrot to the frying pan and sauté them with some vegetable broth or water over medium-high heat until golden brown.
4. Add the peas and corn kernels. If you use them frozen, cook them according to the package directions and then add them to the pan. Stir and cook for a couple of minutes.
5. Finally, add the cauliflower rice and the tamari or soy sauce, stir and cook for 2-3 minutes more. Serve immediately.
6. Keep leftovers in a sealed container in the fridge for about 3-4 days.

# Vegan Stew with Jackfruit

## Ingredients

- 1 onion
- 4 cloves of garlic
- 3 carrots (medium)
- 2 cups canned young green jackfruit (drained)
- 1 celery stalk
- 16 oz potatoes
- ½ cup tomatoes
- 3.5 oz Champion or White Bottom mushrooms
- 2.5 oz fresh spinach leaves
- 2 tsp oregano
- 1 tsp garlic powder
- ½ tsp sriracha (or any other chili paste)
- 2 tsp smoked paprika
- 3 bay leaves
- 10 sprigs fresh thyme
- Salt and pepper to taste

## Directions

1. Combine all ingredients in a crockpot or in a pot on the stove
2. Allow to cook for about an hour

# Southwest Whole Food Plant-Based Chili

## Ingredients

- 1 large yellow onion
- 1 large red onion
- 2 red bell peppers
- 2 green bell peppers
- 2 tbsp minced garlic
- 1 lb mushrooms
- 1 bag shredded carrots
- 3 cans tomato sauce
- 2 large cans diced tomatoes
- 15 oz can of refried beans (vegetarian fat-free)
- 2 large cans of cut tomatoes
- 2 cans of corn
- 2 cups green lentils
- 1 bag pinto beans
- 2 bags kidney beans
- 1 bag black beans
- 2 cans garbanzo beans
- ¼ cup red wine vinegar
- ¼ cup chili powder
- 2 tsp ground cumin
- 2 tsp oregano
- 1 package Lowry's chili seasoning
- 2 tsp garlic powder
- ½ tsp white pepper
- 1 tsp chipotle chili powder (optional)

## Directions

1. Pre-soak the dry beans.
2. Sauté the onions, bell peppers, garlic, mushrooms, and carrots in a nonstick pan with vegetable broth.
3. In a large stock pot, add the tomato sauce, diced tomatoes, refried beans, cut tomatoes, corn, lentils, red wine vinegar, chili powder, paprika, oregano, garlic powder, and white pepper.
4. Add the pre-soaked dry beans and garbanzo beans.
5. To thicken the chili, add the following:
  - ¼ to ½ cup Masa Harina tamale flour
  - ½ cup garbanzo flour
6. For extra heat/spice, add:
  - Small can of fire roasted peppers
  - Small can of chipotle in adobo
  - 2 tbsp pickled jalapenos with juice

# Portuguese Beans

## Ingredients

### **Beans:**

- 2 lbs pinto beans
- 2 bay leaves
- 1 cinnamon stick
- 8 whole cloves
- 10 allspice berries

### **Sauce:**

- 2 medium onions, diced
- 8 garlic cloves, chopped
- 15 oz tomato sauce
- 3 tbsp cumin
- 2 tbsp chili powder
- 1 tbsp black pepper, freshly ground
- 1 tbsp smoked paprika
- Salt to taste

## Directions

1. Soak beans overnight.
2. Drain and rinse beans. Add to a pan with fresh water to cover the beans.
3. Make a spice packet by adding bay leaves, cinnamon, cloves and allspice to the pot. Cook over medium heat while preparing the sauce. If beans boil, reduce to simmer.
4. Sauce:
  - a. Cook onions – no oil – until golden
  - b. Stir in fresh garlic, cumin, chili powder, black pepper and smoked paprika
  - c. Cook 1-2 minutes – keep stirring constantly – mixture will be dry
  - d. Add tomato sauce and 2 cups of water
  - e. Simmer for 20 minutes, then add to pot of beans

5. Continue cooking beans with sauce until tender (1-2 hours). Keep beans covered with liquid while cooking. Add water if necessary.
6. Serve as soup or delicious on roasted sweet potato topped with greens – burrito bowl with brown rice or quinoa and veggies.

# Mexican Black Bean Quinoa

## Ingredients

- 1 c uncooked quinoa
- 1 c “not chicken” broth, warm
- ½ large onion, diced
- 1 large red onion, diced
- 1 can corn, drained
- 1 can black beans, drained
- 1 can Rotel tomatoes (not drained)
- 1 tsp chili powder
- 3 dashes cumin
- 1 tsp garlic salt
- 1/3 cup salsa

## Directions

1. Soak quinoa in warm broth and set aside
2. Preheat oven to 350°F and line 8” Pyrex with parchment paper
3. In large skillet, dry sauté onion and bell pepper. Lightly salt.
4. Stir in corn, beans, tomatoes, soaked quinoa/broth, and seasonings and salsa.
5. Pour in prepared pan.
6. Bake for 28 minutes. Do not open oven door.
7. Turn off oven and then let sit in oven for additional 25 minutes without opening door.

# Split Peas and Barley

## Ingredients

- 8 cups vegetable broth
- 3 cups peas
- ½ cup barley
- 2 onions
- 1 ½ cup chopped celery
- 1 ½ cup chopped carrots
- 3 tsp garlic, crushed
- 2 tsp parsley, dried
- ½ cup Worcestershire sauce

## Directions

1. Put all ingredients in crock pot and when boiling, simmer for 45 minutes.
2. Add more vegetable broth if needed

# Tofu Shish Kabob

## Ingredients (adjust recipe to quantity of kabobs you'll make)

### **For Kabobs:**

Extra firm tofu

Yellow onion

Bell peppers

Mushrooms of choice (can be dried)

Zucchini squash

### **For Marinade:**

½ cup amino teriyaki sauce

½ cup mushroom hoisin sauce (vegetarian and oil-free)

½ - 1 cup liquefied dates for sweetener

## Directions

1. To extract moisture from tofu:
  - a. Wrap extra firm tofu cakes in dish towel
  - b. Place between two cutting boards in a cookie pan to contain the draining moisture
  - c. Evenly balance weights (such as a jug of water) atop cutting board (do not crush tofu)
  - d. Disassemble and change to dry towel after 30 minutes.
  - e. Repeat the steps above until tofu cakes are dry to touch
2. Cube prepared tofu into 1-inch squares
3. Prepare vegetables
  - a. Quarter the yellow onion
  - b. Sliced bell peppers
  - c. If using dried mushrooms, soak them
  - d. Cut the zucchini into 1-inch slices and then cut these slices in half
4. Prepare the marinade (adjust volume according to the amount of vegetables)
  - a. Blend all ingredients, then add to a large Ziplock bag with tofu and vegetables.  
Refrigerate for several hours.
5. Soak skewer sticks for 1 hour prior to use
6. Assemble tofu and vegetables onto skewer sticks
7. Roast at 350°F degrees for 30 minutes or until desired color is achieved – ENJOY!

# Instant Pot Vegan Chili

## Ingredients (use all low sodium)

- 1 large onion
- 1 red bell pepper
- 4 chili peppers
- 3 minced garlic cloves
- 8 oz mushrooms
- ½ tsp garlic powder
- ½ tsp black pepper
- 1 tsp paprika
- 1 tsp oregano
- 1 tsp chipotle chili powder
- 2 tsp ground cumin
- ½ tsp granulated onion powder
- ½ tsp smoked paprika
- 1 – 15 oz can pinto beans
- 2 – 15 oz cans kidney beans
- 1 – 15 oz can black beans
- 3 cups chopped hydrated soy curls
- 1-2 cups vegetable broth/water
- 1 – 6 oz can tomato paste
- 1 – 8 oz can tomato sauce
- 4 tbsp corn flour (or ground polenta)
- Frank's Hot Sauce

## Directions

1. Preheat Instant Pot – using sauté, until “hot” is displayed.
2. Add all vegetables and lightly sauté in small amount of water until softened.

3. Add 1 cup of water and all spices, except polenta (corn meal) flour and stir well.
4. Mix in beans and hydrated chopped soy curls and stir well.
5. Add tomato sauce and diced tomatoes to TOP of stew and DO NOT STIR.
6. Add lip to Instant Pot and set to MANUAL mode for 10 minutes. Allow to naturally vent when completed for 10 minutes before CAREFULLY releasing additional pressure.
7. Stir in tomato paste, hot sauce and corn flour.
8. Let rest for 10 minutes to thicken, stirring occasionally.

# Bean Salad

## Ingredients

- 2 cans kidney or black beans, drained and rinsed
- 2 cans garbanzo beans, drained and rinsed
- 1 onion, chopped (or half of the container of ready-chopped onion)
- Celery to taste, chopped (or half of the container of ready-chopped celery)
- Balsamic vinegar to taste
- Garlic and Italian seasoning to taste

## Directions

1. Mix all ingredients in a bowl
2. Allow the salad to sit overnight and marinate for best flavor

# Mint Lemonade Chickpea Salad

## Ingredients

1 ¼ 15-oz cans of chickpeas

Freshly ground black pepper

¾ cup cherry tomatoes

### ***For Dressing:***

¼ cup fresh lemon juice

2 tbsp fresh mint

2 cloves garlic

Himalayan sea salt

## Directions

1. Place the chickpeas and quartered tomatoes in a medium bowl
2. Whisk the lemon juice, mint, and garlic in a separate bowl; season with a few grinds of fresh Himalayan salt and pepper to taste
3. Add the dressing to the chickpeas and tomatoes and toss
4. Divide salad among plates and serve, garnished with mint and lemon slices

# Napa Kimchi (Spicy Pickled Cabbage)

## Ingredients

5-7 lbs Napa Cabbage

Salt

½ cup rice flour (Mochiko)

1 cup garlic

1 cup chopped yellow onion

1 cup Daikon radish

2 tbsp ginger

2 tbsp sesame seeds

1-2 cups dried chili flakes

Soybean sprouts

Chopped green onion

## Directions

1. Preparing Cabbage:
  - a. Slice cabbage into bite-sized pieces.
  - b. Lightly salt each layer and place into large bowl or pail.
  - c. Cover with heavy plate and add a weight to extract moisture from cabbage.
  - d. Rinse away saltiness three times with fresh water.
  - e. Squeeze liquid from handfuls of cabbage and set aside.
2. Sauce:
  - a. Add 3 cups of water into a saucepan (heat water to warm, not boiling).
  - b. Add rice flour. Stir to dissolve.
  - c. Blend garlic, yellow onion, carrots, Daikon radish, ginger, and sesame seeds in food processor. Add this mixture to the saucepan.
  - d. Add dried chili flakes
3. Add cabbage pieces to sauce
4. Stir by hand, coating every piece (option: wear gloves)
5. Sprinkle on soybean sprouts and chopped green onion
6. Enjoy immediately as a salad or cover and ferment at room temperature for several days (bottle, then refrigerate)

# Red Cabbage and Orange Salad with Cranberries

## Ingredients

- 3 oranges
- 1 can rinsed Mandarin oranges
- 4 cups shredded red cabbage
- ½ cup dried cranberries
- 2 shallots, finely chopped (¼ cup)
- 2 tbsp finely chopped fresh parsley, divided
- 3 tbsp balsamic vinegar
- 1 tbsp pure maple syrup
- Sea salt to taste

## Directions

1. Using a small, sharp knife, slice off the ends of the oranges and stand them on one flat end. Working in sections around the orange, slice off all peel and pith. You will be able to see the membranes that separate each segment. Tip the orange on its side and slice each segment free from the membranes on either side.
2. In a salad bowl, combine the sectioned oranges, mandarin oranges, cabbage, cranberries, and shallots. Add parsley. Mix salad well.
3. In a small bowl, whisk together vinegar, maple syrup, salt, and 2 tablespoons of water. Pour dressing over salad and toss well.
4. Chill the salad for at least an hour before serving. Serve garnished with extra parsley.

# (Almost) Classic Chickpea Vegan Meatloaf

## Ingredients

### ***For meatloaf:***

- 3 1/3 cups chickpeas cooked, drained and rinsed (or 2 cans of 15-oz garbanzos)
- 1 onion, diced
- 2 celery stalks, chopped
- 2 carrots, diced
- 2 garlic cloves, minced
- 2 cups panko breadcrumbs
- ½ cup unflavored soymilk
- 3 tbsp vegan Worcestershire sauce
- 2 tbsp soy sauce or tamari
- 2 tbsp ground flax seeds
- 2 tbsp tomato paste
- 1 tsp liquid smoke
- ¼ tsp black pepper

### ***For Texas BBQ Sauce glaze:***

- 2 cups tomato sauce/puree (not tomato paste)
- ¼ cup pure maple syrup
- 2 tbsp regular molasses (not blackstrap)
- 2 tbsp apple cider vinegar
- 3 tbsp Worcestershire sauce (vegan, Annie's, Whole Foods or Sprouts)
- 2 tbsp liquid smoke
- ¼ tsp regular American chili powder
- 1 tbsp garlic powder
- ½ tsp ground black pepper
- ¼ tsp fine salt

## Directions

1. Preheat oven to 350°F. Lightly oil a 9-inch loaf pan and arrange a strip of parchment paper width-wise along the center, with just a bit hanging over the sides.
2. Working in batches if needed, place all meatloaf ingredients into food processor bowl and pulse until chickpeas are broken up and ingredients are well mixed, stopping to scrape down sides of bowl as needed. Do not over-blend. If working in batches, transfer each batch to a large mixing bowl when complete and then mix by hand.
3. Press mixture into prepared loaf pan and bake 30 minutes.
4. For the BBQ sauce:
  - a. Add all the ingredients to a blender or food processor and process until smooth.
  - b. Add to a pot over medium heat. Once it begins to simmer, cook for 3-5 minutes, whisking continuously until the spices cook through and it is warmed throughout.
  - c. This BBQ sauce is delicious right away, of course, but the flavors truly enhance to amazing flavor by the next day after chilling overnight!
5. Remove loaf from oven after 30 minutes and spoon BBQ sauce over top of loaf. Bake another 20-25 minutes. Remove from oven and allow to cool at least 10 minutes before cutting.
6. The longer the meatloaf sits, the firmer it gets. If it initially feels a bit soft for your liking, let it sit for a few minutes or prep it a day in advance and reheat the day of serving.

# Broccoli and Mushroom Stir Fry

## Ingredients

- 1 red onion, sliced
- 3 cloves of garlic, minced
- 1-inch piece of ginger, minced
- 4 cups broccoli
- 8 oz sliced mushrooms
- 4 tbsp rice wine vinegar
- ½ cup water
- 3 dates
- 2 carrots, shredded
- Braggs Liquid Amino Acid
- Brown rice

## Directions

1. Turn burner on high heat. Add a few tbsp of water to the pan. Add the onions, garlic, and ginger and sauté for a few minutes.
2. Add the broccoli and mushrooms and sauté for about 5 minutes.
3. Add rice wine vinegar, water and dates to a blender and blend until smooth.
4. Add the carrots to the pan.
5. Pour the blended sauce over entire mixture and sauté for just 3 more minutes.
6. Add a couple tbsp Braggs Liquid Amino Acid.
7. Serve over rice or cauliflower rice. Serves 4.

# Instant Pot Vegetable Soup

## Ingredients

- 2 garlic cloves, minced
- 1 small trimmed leek (1 cup), well-rinsed, sliced
- 3 small carrots (6 ounces total, 1 ½ cups), sliced
- 3 stalks of celery with leaves (6 ounces total, 2 cups), sliced
- 8 ounces mushrooms (3 cups), sliced
- 7 cups water
- 2 cubes vegetable bouillon
- 1 tbsp Italian seasoning
- ¼ tsp ground black pepper
- ½ cup dried pearled barley

## Directions

1. Place all ingredients in the container of the Instant Pot and stir well.
2. Cover and close shut.
3. Set it for “Soup” (30 minutes).
4. When the Instant Pot soup setting is done, release pressure by opening the valve, and unlocking the lid.
5. Open lid and allow to cool.
6. Serve immediately.
7. Makes 10 cups, about 10 one-cup servings

# Pressure Cooker Chili

## Ingredients

- ½ cup chopped green bell peppers
- ½ cup chopped yellow bell peppers
- ½ cup chopped red bell peppers
- 1 cup chopped onions
- 1 cup super greens
- ½ cup grated garlic
- 1 can 15.5 oz pinto beans (low sodium)
- 2 cans 15.5 oz kidney beans (low sodium)
- 3 cans 14.5 oz petite diced tomatoes (no salt added)
- 1 can 15 oz black beans (low sodium)
- 2 tbsp chili powder
- 1 tbsp cumin
- 1 tbsp coriander

## Directions

1. Combine all ingredients in the pressure cooker
2. Let cook until all the ingredients are tender

# Butternut Squash Soup

## Ingredients

- 2 cups steamed cauliflower florets
- 1 medium onion, diced
- ½ red & yellow peppers, diced
- 1 tbsp minced garlic
- 1 tsp caraway seeds
- 2 bay leaves
- 5 cups of butternut squash, peeled and cut into 1-inch cubes
- 3 cups plant-based milk
- 4 tbsp red wine vinegar
- Salt and pepper to taste
- Nutmeg and cinnamon to taste

## Directions

1. Steam cauliflower and remove from heat to cool.
2. Heat skillet on high, add a bit of vegetable broth with onions, bell peppers, garlic and caraway seeds until onions are translucent (10-15 minutes).
3. Add bay leaves, butternut squash, and 3 cups of vegetable broth. Cook on medium heat until squash is tender (about 20 minutes).
4. Add cauliflower, plant-based milk, and vinegar. Remove bay leaves and puree the soup with a hand blender.
5. Add salt, pepper, nutmeg, and cinnamon to taste.

# Smoky Tofu Bacon

Thinly sliced tofu is dipped in a smoky marinade and baked until chewy to make a tofu “bacon” that’s great for sandwiches and cooking.

## Ingredients

- 8 oz extra-firm or super-firm tofu
- ¼ cup low-sodium soy sauce (use tamari for gluten-free)
- 1 tbsp maple syrup
- 1 tbsp tomato paste
- 1 tbsp liquid smoke
- 1 tsp apple cider vinegar
- ½ tsp ground black pepper
- ¼ tsp smoked paprika
- ¼ tsp onion powder
- ¼ tsp garlic powder

## Directions

1. Drain the tofu. If not using vacuum packed super-firm tofu, wrap it in a clean towel and stack a heavy object (like a cast iron pan) on top of it to press out excess liquid. (Or, use a tofu press if you’ve got one). Leave the tofu to press while you measure out the other ingredients.
2. Preheat the oven to 400°F. Place a metal rack on top of a baking sheet. (If desired, put a piece of parchment on the baking sheet to catch drips, for easy cleanup.)
3. Whisk together the remaining ingredients in a medium sized bowl.
4. Cut the tofu into thin strips, approximately 1/8 inch thick. Take each tofu slice and dip it fully into the marinade, then place it on the prepared baking rack. Repeat until all of the tofu slices are dipped, spacing them out evenly on the rack. Set aside the excess marinade.
5. Bake for 10 minutes. Remove the baking sheet from the oven. Gently flip over each piece of tofu. Brush or dab the tops of each tofu piece with some of the remaining marinade. Return to the oven and bake for another 5 to 10 minutes, or until browning around the edges and starting to take on a firm texture – it can burn quickly so keep a close eye on it. Remove from the oven, let cool, and enjoy!

# Cauliflower and Tofu Ground

## Ingredients

- 1 small head of cauliflower (about 1 ½ cups)
- 4 oz fresh mushrooms
- Tofu (extra firm)
- 2 tbsp soy sauce
- 2 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp ground pepper
- ¼ tsp salt

## Directions

1. Preheat oven to 350°F
2. Lightly pulse the mushrooms in a food processor until you have a rice-like consistency
3. Now, chop the tofu to the same consistency and mix in a large bowl
4. Remove the core and leaves of your cauliflower and cut into small pieces
5. Pulse the cauliflower to the same consistency and add to bowl
6. Stir in soy sauce and mix
7. Stir in spices and mix well, making sure everything is mixed thoroughly
8. Spread mixture onto a parchment-lined baking sheet and bake for 30 minutes
9. Stir lightly and continue baking for an additional 10-15 minutes

# Jackfruit Tacos – Servings for 3

## Ingredients

4 20-oz cans of green, young jackfruit

Fresh lime juice

Mexican oregano

Ground cumin

Sea salt

Organic corn tortillas (Mi Rancho)

## Directions

1. Drain and rinse the jackfruit. Pull apart with a fork.
2. Place everything in a saucepan and mix together.
3. Add sea salt for taste and top with fresh squeezed lime juice and fresh salsa.
4. Fill contents in the corn tortilla.

# Tomatillo (Green Salsa) – Servings for 3

## Ingredients

- 1 ½ lbs of tomatillos (remove the husk)
- ½ cup chopped white onions
- 2 cloves or more of fresh garlic
- ½ cup cilantro
- 1 tbsp fresh lime juice
- 2 jalapeno peppers or 2 serrano peppers
- Sea salt for taste

## Directions

1. Boil the tomatillos until they turn a different color (browning) and toss everything in the food processor or blender for chopping. You will need to determine the thickness and hotness.
2. Add the fresh squeezed lime juice with sea salt for taste.

# Whole-Wheat Berry Muffins

## Ingredients

- 2/3 cup unsweetened almond milk
- 1 tbsp ground flaxseeds
- 1 tsp apple cider vinegar
- 2 cups whole-wheat pastry flour
- 2 tsp baking powder
- ¼ tsp baking soda
- ¾ tsp salt
- ½ cup unsweetened applesauce
- ½ cup pure maple syrup
- 1 ½ tsp pure vanilla extract
- 1 cup frozen blueberries
- 5 drops butter flavor emulsion

## Directions

1. Preheat the oven to 350°F. Line a 12-cup muffin pan with parchment paper
2. In a large measuring cup, use a fork to vigorously mix together the plant-based milk, flaxseeds, and vinegar. Mix for about a minute, until it appears foamy. Set aside.
3. In a medium mixing bowl, sift together the flour, baking powder, baking soda, and salt. Make a well in the center and pour in the milk mixture. Add the applesauce, maple syrup, vanilla, and butter flavoring to the well and stir together. Incorporate the dry ingredients into the wet ingredients until the dry ingredients are moistened (do not overmix). Fold in the berries.
4. Fill each muffin cup three-quarters full and bake for 26 minutes, or until a knife inserted through the center of the muffin comes out clean.
5. Let the muffins cool completely, about 20 minutes, then carefully run a knife around the edges of each muffin to remove them from the pan. After 20 minutes, the parchment paper will peel off easily.

# Tabbouleh

## Ingredients

- 1 cup Bob's Red Mill Red Bulgur
- 1 cup boiling water
- 3 cups finely chopped fresh parsley
- ¼ cup finely chopped mint
- ¼ cup minced scallions
- 2 medium tomatoes, seeded and diced
- 1 medium cucumber, seeded and diced
- ½ tsp salt (optional)
- ¼ tsp ground cumin
- ¼ tsp ground black pepper
- 3 tbsp fresh lemon juice
- 3 tbsp aquafaba (liquid from a can of chickpeas/garbanzo beans)

## Directions

1. Combine bulgur and boiling water and soak for 1 hour. Drain well and squeeze out any excess water.
2. In a large bowl, combine bulgur, parsley, mint, scallions, tomatoes, cucumber, red bell pepper, salt, cumin, black pepper and lemon juice. Chill for 1 hour.
3. Immediately before serving, add aquafaba and toss well.

# Autumn Blend with Sweet Potatoes and Kale

## Ingredients

- ¼ cup white onion, small diced
- 2 large carrots, peeled and small diced (about 1 cup)
- ½ lb sweet potato and yam, peeled and diced into ¼ inch cubes (about 1 cup)
- ½ lb yam, peeled and diced into ¼ inch cubes (about 1 cup)
- 1 clove garlic, minced
- 1 tsp cumin
- ½ tsp all spice
- 1 cup Pereg Gourmet Autumn Blend Lentils (from the Nugget) – picked through and rinsed well
- 3 1/3 cup vegetable stock
- 3 cups dinosaur kale, washed well, de-stemmed and cut into pieces
- Salt to taste
- ½ cup cilantro, minced
- Oil-free pita bread for serving

## Directions

1. Heat a heavy saucepan over medium heat. Sauté onion, carrot, and sweet potato with ¼ tsp salt using some of the vegetable broth. Cook until onions are translucent and carrots and sweet potatoes are slightly soft, stirring occasionally, about 7 minutes. Add garlic, cumin and all spice, stir and cook for one more minute.
2. Add lentils and stock and bring to a boil. Lower heat to medium low and simmer uncovered for 20-30 minutes or until lentils are tender and have absorbed most of the liquid. Add extra stock if needed. Season with salt to taste. Stir in kale and cook until kale wilts.
3. Garnish with cilantro and serve with oil-free pita bread.
4. Serves: 4, 1 ¼ cup servings