

Forward Food

Canadian Recipe Packet

HEALTHY, DELICIOUS, PLANT-BASED MEAL IDEAS



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Asparagus Buckwheat Crepes

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Ingredients	Quantity	Measure
Non-Dairy Milk, unsweetened	1	cup
All-Purpose Flour	1	cup
Buckwheat Flour	1/2	tsp
Baking Powder	1	tsp
Sugar	1	tbsp
Salt	1	tsp
Olive Oil	2	tbsp
Soda Water	1/2	cup
Asparagus	12	individual
Béchamel Sauce		
Olive Oil	3	tbsp
All-purpose Flour	2	tbsp
Non-Dairy Milk, unsweetened	2	cups
Tarragon	1	tsp
Salt & Pepper		

Preparation

Béchamel Sauce

1. Heat the olive oil in a small saucepan and add the flour. Whisk vigorously.
2. Once the flour and oil have browned and cooked, add the soy milk and continue stirring over a low heat until the sauce has thickened.
3. Add the tarragon and salt & pepper to taste then allow to cool.

Crepes

1. Blanch the asparagus in salted water and set aside.
2. Mix all the flour, sugar, salt and baking powder in a mixing bowl.
3. Add the non-dairy milk and olive oil and blend thoroughly.
4. Add the soda water.
5. On a non-stick skillet over medium-high heat, pour ¼ cup of batter and spread it to cover the whole skillet.
6. Cook for 1 to 2 minutes until the edges start to curl up then flip and cook again for 1 minute.
7. Once all the crepes are cooked, roll them up with blanched asparagus. Drizzle with béchamel sauce and serve warm.



Carrot Lox

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Ingredients	Quantity	Measure
Carrots	6	individual
Salt	4	cup
Olive Oil	2	tbsp
Liquid Smoke	1	tbsp
Vinegar	1	tsp

Preparation

1. Preheat oven to 375°F.
2. Slow roast the carrots:
 - Place one cup of coarse sea salt into a small hotel pan.
 - Keeping carrots unpeeled, rinse well and place them wet into the salt, making sure that the carrots are nestled in the salt and do not make contact with the bottom of the pan.
 - Pour about another whole cup of salt evenly over the carrots to ensure they are fully covered in salt.
3. Place into the oven to roast, uncovered, for an hour and a half.
4. Once done, allow the carrots to cool just enough to be handled. Crack away and brush off any salt, then peel away the skin.
5. Using a mandolin or sharp knife, finely chop the carrots into jagged, thin strips.
6. Marinate the carrots:
 - Whisk together the olive oil, liquid smoke and vinegar.
7. Drizzle over the warm carrots and toss well to coat. Place in the refrigerator for 24 hours.
8. Serve on bagels with non-dairy cream cheese.



Creamy Fiddlehead Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Ingredients	Quantity	Measure
Vegetable Broth	2	cups
Fiddleheads	1	cups
Onion, diced	1/4	cups
Garlic, minced	1	tbsp
Olive Oil	1	tbsp
Parsley	2	tsp
Non-dairy Milk	1	cups
Arrowroot flour	2	tsp

Preparation

1. In a large pot, boil the fiddleheads in lightly salted water for approx. 10 mins.
2. Remove the fiddleheads, rinse and let cool. Discard the water.
3. In a large skillet, cook onion and garlic in olive oil for 5 mins.
4. Add parsley and cook another 1-2 mins then add vegetable broth.
5. Take 1 cup of the broth with onions & garlic and put in a blender with ½ cup of the fiddleheads and the arrowroot flour. Blend until smooth.
6. In a soup pot, mix in the blended fiddleheads along with the remaining broth, whole fiddleheads and non-dairy milk.
7. Season to taste.



Green Pea & Wild Rice Pilaf

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Ingredients	Quantity	Measure
Wild Rice	1	cup
Vegetable Broth	1 3/4	cups
Olive Oil	1	tbsp
Onions, diced	1/2	cup
Green Peas	3/4	cup
Thyme	1	tsp
Garlic, minced	2	cloves
Salt & Pepper		

Preparation

1. Mix rice and vegetable broth in a saucepan and bring to a boil.
2. Add salt & pepper to taste and simmer on low heat for 15-18 minutes.
3. In a separate skillet, add the olive oil and garlic and sauté lightly.
4. Add onions to oil and cook till translucent then add thyme.
5. Add the green peas (if they are frozen allow them to thaw and turn bright green).
6. Add the wild rice and gently mix together, adjusting seasonings to taste.



Leek & Potato Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Ingredients	Quantity	Measure
Leeks, chopped fine	1	cup
Celery, chopped fine	1/2	cup
Potatoes, peeled and chopped	4	cups
Vegetable Broth	4	cups
Nutritional Yeast	1/3	cup
Olive Oil	2	tbsp
Salt	2	tsp
Pepper	1	tsp

Preparation

1. In a large skillet, heat olive oil and cook the leeks and celery until the leeks have wilted.
2. Add the potatoes, salt and pepper and cook another 5 minutes on low heat.
3. In a large pot, add vegetable broth and another 2 cups of water. Bring to boil then add the leeks, celery and potatoes.
4. Simmer for 25 minutes then use a blender to process half the stock and stir well until desired creaminess is achieved.
5. Add nutritional yeast and salt and pepper. Season to taste.



Maple Roasted Parsnip & Pears

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Ingredients	Quantity	Measure
Parsnips	1	lb
Pears	2	individual
Olive Oil	2	tbsp
Maple Syrup	1	tbsp
Smoked Paprika	1/2	tsp
White Vinegar	1/2	tbsp
Sage	1/2	tsp
Salt	2	tsp
Pepper	1/2	tsp

Preparation

1. Trim and core the pears then cut them into 1-inch pieces.
2. Peel parsnips then cut them into 1-inch pieces.
3. Toss the parsnips and pears with the oil, maple syrup and vinegar, then add spices and toss again.
4. Roast in the oven at 425°F for approximately 25 minutes.



Peachy Upside Down Cake

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Ingredients	Quantity	Measure
All-Purpose Flour	1 3/4	cups
Maple Syrup	1/2	cup
Baking Soda	1	tsp
Salt	1/2	tsp
Coconut Milk	3/4	cups
Peach Juice (leftover from canned pineapples)	1/4	cups
Vanilla Extract	2	tsp
Sunflower Oil	1/4	cups
White Vinegar	1	tbsp
Coconut Oil (melted)	3	tbsp
Brown Sugar	1/4	cups
Peach Slices	10-12	individual

Preparation

1. Melt the Coconut Oil and then spread it out into the bottom of a 9-inch cake pan.
2. Sprinkle the brown sugar over the melted oil and spread it around evenly.
3. Then layer the peach slices along the bottom.
4. Preheat the oven to 350°F.
5. Sift the flour into a mixing bowl and mix with the baking soda and salt.
6. Then add in the soy milk, peach juice, vanilla, maple syrup, oil and vinegar and whisk together with a hand whisk until just combined.
7. Pour out over the pineapple slices and smooth down with the back of a spoon.
8. Place into the oven and bake for 55 minutes. Bring it out at the 30 minute mark and cover loosely with foil and return to the oven for another 25 minutes
9. Let the cake cool for 10 minutes before inverting it onto a plate or cake stand.
10. To flip it, place a plate or cake stand against the cake pan and then flip it so that the cake pan is upside down on top of the plate or cake stand. Let it sit for a few seconds and then lift the cake pan off.



Strawberry Bruschetta

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Ingredients	Quantity	Measure
Baguette Slices	12	individual
Olive Oil	1/4	cup
Strawberries, chopped	2	cups
Basil, fresh	2	tbsp
Balsamic Glaze	2	tbsp
Almond Ricotta		
Almonds, slivered or blanched	3	tbsp
Nutritional Yeast	3	tsp
Lemon Juice	2	tbsp
Salt	1	tsp
Water	3/4	cup

Preparation

Almond Ricotta

1. Add all the ingredients to a high speed blender and blend until creamy.
2. Add water to achieve desired consistency.
3. Season to taste.

Bruschette

1. Drizzle olive oil over baguette slices and bake @ 350F until the bread is nicely toasted (approx. 10 mins)
2. Spread each baguette slice generously with almond ricotta then top with strawberries.
3. Garnish with basil and balsamic glaze.



Stuffed Squash & Brussel Sprouts

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Ingredients	Quantity	Measure
Acorn Squash	1	individual
Brown Rice, cooked and drained	1	cup
Vegetable Broth	4	cup
Mushrooms, diced	1	cup
Onions, diced	1/2	cup
Garlic, minced	2	tbsp
Cumin, ground	2	tsp
Paprika	1	tbsp
Tomato Sauce	1	cup
Thyme	1	tsp
Rosemary	1	tsp
Parsley	1	tbsp
Salt & Pepper, to taste		
Cherry Tomatoes	1/4	cup
Rosemary, fresh	1	sprig
Brussel Sprouts	1	cup

Preparation

1. Cut acorn squash in half. Chop off stems or tails so that it can lay flat.
2. Leaving seeds inside, roast squash halves face down on a baking sheet at 400°F for 50 minutes.
3. Remove and turn right side up to remove seeds and filling.
4. Cook rice in vegetable broth. Drain and reserve liquid.
5. Wash and trim brussel sprouts, peeling off any tatty outer leaves.
6. Score the underside of the brussel sprouts.
7. Cook the brussel sprouts in the leftover vegetable broth for 8 minutes, then drain well and set aside.
8. In a large pan, cook onions and mushrooms and cook on high till mushrooms release liquid.
9. Add herbs and spices and cook for 5 minutes then add the rice.
10. Salt and pepper until mixture is strongly seasoned.
11. Fill squash halves with rice and top with brussel sprouts.
12. Top with chopped cherry tomatoes and fresh rosemary.
13. Return squash halves to the oven at 350°F for 10 minutes before serving.

