

# FFCE Training Packet

**DELICIOUS PLANT-BASED RECIPES INSPIRED BY  
CUISINES FROM ACROSS THE WORLD**



**HUMANE SOCIETY  
INTERNATIONAL**  
CANADA



FRIENDS OF  
**HUMANE SOCIETY  
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# Aquafaba

Ingredients	Quantity	Measure
Aquafaba (liquid left in canned chickpeas)	3/4	cup
Sugar, granulated	1	cup
Vanilla	1	tablespoon

## Preparation

1. In a standing mixer, start whipping chickpea brine. After one minute, slowly add the sugar while continuing whipping.
2. Add vanilla and continue to whip until stiff.
3. Using a piping bag, pipe onto a cookie sheet lined with parchment paper.
4. Bake 225 degrees for 2 hours or until dry.

## Notes

You can flavor and color the meringue, but flavours and colors must be water based--no oil.



# Avocado Fries

Ingredients	Quantity	Measure
Avocados	4	each
All-purpose flour	1	cup
Soymilk	2	cups
Panko breadcrumbs	3	cups
Cajun seasoning	1	tablespoon
Oil for frying, optional		
Aquafaba Chipotle dipping sauce (see recipe)		

## Preparation

1. Cut each avocado into six pieces.
2. Combine flour and Cajun seasoning in a medium bowl
3. Coat each piece of avocado with flour.
4. Dip each piece of flour-coated-avocado in the soymilk.
5. Put in the panko breadcrumbs and coat well.
6. Bake or fry until golden brown and crispy.
  - a. If frying, deep fry until golden brown.
  - b. If baking, bake in a 425-degree oven until golden brown and crispy, approximately 10 minutes.



# Avocado Toast with roasted chickpeas and arugula

Ingredients	Quantity	Measure
Chickpeas, canned, drained, rinsed, and patted dry	2	15-ozcans
Vegetable oil	1 1/3	tablespoons
Garlic powder	1	teaspoon
Chili powder	1	teaspoon
Cayenne pepper	1/4	teaspoon
Salt, divided	1	tablespoon
Avocado, pitted and peeled	6	whole
Lime juice, fresh	3	tablespoons
Lemon juice, fresh	3	tablespoons
Olive oil	1/4	cup
Arugula	1 1/2	quarts
Multigrain bread	12	slices

## Preparation

1. Preheat oven to 425 degrees Fahrenheit.
2. Prepare the chickpeas by tossing the chickpeas with oil, garlic powder, cayenne, and 1 teaspoon salt in a large bowl; mix to coat well. Spread chickpeas onto a full-sized sheet pan. Make sure they are in a single layer and are not touching. Bake until crisp, about 35 minutes. Remove from the oven and cool.
3. Scoop avocado flesh into a medium bowl. Add lime juice and 1 teaspoon of salt. Mash until thoroughly combined.
4. Whisk olive oil and lemon juice together in a small bowl to make a dressing. Season with salt and pepper to taste.
5. Toast bread.



# Banh Mi

Ingredients	Quantity	Measure
Carrots, shredded	½	cup
Cucumber, shredded	½	cup
Mirin or brown rice vinegar	¼	cup
Tofu, firm, drained, cut in 3 sections, then quartered	14	ounces
Garlic, minced	2	cloves
Sesame Oil	2	tablespoon
Tamari	¼	cup
Chili sauce, like Sriracha	½	teaspoon
Fresh jalapenos, sliced	1	each
Fresh cilantro, chopped	1	tablespoon
Fresh green onions, sliced	1	bunch
Soft hoagie rolls	4	each
Lime juice	1	tablespoon
Egg-free mayonnaise	1	tablespoon

## Preparation

1. Marinate the carrots and cucumber in the mirin and refrigerate for 1 hour.
2. Mix the garlic, sesame oil, tamari and chili sauce. Marinate tofu in sauce for 30 minutes.
3. In a non-stick pan or on the grill, cook tofu on low heat without oil for 10 minutes, flipping once, until each side is browned.
4. In a small bowl, combine the lime juice and egg-free mayonnaise; stir to combine.

## Serving Information

Assemble the sandwich by spreading the bun with the lime mayonnaise, then top with the marinated vegetables, tofu with remaining sauce, jalapenos, cilantro, and green onions in the middle of the bread.



# Biscuits

Ingredients	Quantity	Measure
Self-rising flour	1	cup
Vegetable shortening	1/4	cup
Soymilk	1/2 to 3/4	cup

## Preparation

1. Blend flour and shortening together to resemble pea-sized lumps.
2. Add soymilk and blend slightly (DO NOT OVER MIX).
3. Roll out (not too thin) and cut.
4. Bake at 400 degrees for 10-15 minutes or until golden brown.



# Blueberry Muffins

Ingredients	Quantity	Measure
All-purpose flour	20.25	ounces
Baking powder	0.9	ounces
Salt	0.6	ounces
Blueberries, frozen	3	cups
Sugar	12	ounces
Non-dairy milk, preferably soymilk	2 ¼	cups
Vegetable oil	6	ounces
Vanilla extract	1/2	tablespoon

## Preparation

1. Preheat oven to 350 degrees Fahrenheit.
2. Blend 16.25 ounces. flour, baking powder, and salt. Set aside until step 5.
3. Toss blueberries with the remaining 4 ounces flour. Set aside until step 4.
4. Combine sugar, non-dairy milk, vegetable oil, and vanilla. Stir well.
5. Add blueberries to the sugar mixture and mix, being careful not to crush the berries.
6. Add blueberry mixture to the flour mixture.
7. Stir together until the dry ingredients become wet. Do not overmix.
8. Spray muffin tins with pan spray. Fill each cup  $\frac{3}{4}$  of the way with muffin batter.
9. Bake for 15-20 minutes or until an inserted toothpick comes out dry.



# Broccoli Rice Casserole

Ingredients	Quantity	Measure
Broccoli florets	1	pound
Vegetable broth	3	cups
Garlic powder	1	tablespoon
Salt	½	teaspoon
Olive oil	1	teaspoon
Onion, medium chopped	1	cup
Celery, small chopped	1	cup
Coconut milk, canned	½	can
Brown rice, cooked	2	cups
Nacho cheese, prepared, see additional recipe	1	cup
Optional: non-dairy cheddar cheese	1	cup

## Preparation

1. In a 4-quart pot, add broccoli, vegetable broth, garlic powder, and salt. Bring to a boil. Cook until tender.
2. Drain broccoli and reserve liquid.
3. Heat olive oil in a skillet. Sauté onion and celery for 4 minutes.
4. Add broccoli and coconut milk to celery and onions.
5. Stir in cooked rice, nacho cheese, and non-dairy cheddar cheese (if using).
6. Taste and adjust seasoning. Add reserved liquid as needed.





# Carrot Cake Cupcakes

<b>Cupcake Ingredients</b>	<b>Quantity</b>	<b>Measure</b>
Flaxseed, ground	1.2	ounces
Water, warm	$\frac{3}{4}$	cup
All-purpose flour	10 $\frac{1}{2}$	ounces
Baking powder	1	teaspoon
Baking soda	$\frac{1}{4}$	teaspoon
Cinnamon	1	teaspoon
Salt	$\frac{1}{2}$	teaspoon
Brown sugar	$\frac{3}{4}$	cup
Sugar, granulated	$\frac{3}{4}$	cup
Vegetable oil	1	cup
Carrots, grated	2	cups
Vanilla	1	teaspoon
<b>Cream Cheese Icing Ingredients</b>		
Non-dairy margarine	4	ounces
Vegetable shortening	1	cup
Sugar, powdered	2	pounds
Non-dairy cream cheese	4	ounces
Vanilla	1	teaspoon

## Preparation

### *Cupcakes*

1. Mix flaxseed and warm water. Set aside.
2. Mix flour, baking powder, baking soda, cinnamon and salt. Set aside.
3. Mix brown sugar, granulated sugar, oil, vanilla and flaxseed mixture together blending well.
4. Add flour mixture and blend well.
5. Fold carrots into batter.
6. Bake at 350 degrees Fahrenheit for 15-20 minutes.
7. Let cool and ice with cream cheese icing (recipe below).

### *Icing*

1. Blend margarine and shortening until creamy.
2. Add powdered sugar, blend on low speed
3. Add cream cheese and vanilla. Blend until creamy. Do not add any more liquid, cream cheese will make it soft and creamy.



# Carrot Osso Bucco with Polenta

Ingredients	Quantity	Measure
Red pearl onions	8	ounces
Carrots, cut into 1 inch chunks	4	cups
Vegetable oil	1	tablespoon
Salt	1	teaspoon
Black pepper	1	teaspoon
Curry powder	1	teaspoon
Dry red wine, or vegetable broth	½	cup
Dry porcini mushrooms, processed into powder	1	tablespoon
Fresh cremini mushrooms, or button mushrooms	8	ounces
Prepared mushroom broth	1 ½	cups
Parsley leaves, flat leaf	½	cup
Lemon juice, fresh	2	teaspoons
<b>Polenta</b>		
Non-dairy milk, unsweetened	3	cups
Non-dairy margarine	1	tablespoon
Salt	1 ½	teaspoons
White pepper	1	teaspoon
Yellow cornmeal	¾	cup

## Preparation

1. Boil pearl onions for 1 minute.
2. Drain, trim and peel onions.
3. Heat oil in skillet.
4. Add carrots in a single layer, season with salt and pepper. Heat until brown, about 5 minutes, turn and brown the other side.
5. Add pearl onions, sprinkle with curry powder, cook and stir until fragrant, about 1 minute.
6. Add mushroom broth and porcini powder, bring to a boil.
7. Place into oven and braise carrots for about one hour or until tender.  
(see next page)



# Carrot Osso Bucco with Polenta

8. While carrots are braising, sauté the mushrooms and then toss with carrots.
9. When carrots are tender, take them out of the oven. Add in the red wine or vegetable broth, bring to a boil, and then cook for 3 minutes. Then, add sautéed mushrooms.
10. Prepare the polenta as follows:
  - a. Heat non-dairy milk and margarine over medium heat.
  - b. Add salt and pepper then bring to a boil.
  - c. Add corn meal a little at a time, whisking constantly.
  - d. Cook until creamy and thick, about 5-8 minutes.

## Serving Information

Put ½ cup of polenta on a plate. Top with ½ cup of carrots. Garnish with ½ tsp parsley leaves and 1/8 teaspoon lemon juice.



# Cauliflower Flatbread

Ingredients	Quantity	Measure
Cauliflower	2	pounds
Ground flaxseed	1/4	cup
Warm water	3/4	cup
Oat flour or oatmeal ground up in food processor	2/3	cup
Rice flour	1/3	cup
Garlic Powder	1/2	teaspoon
Salt	1/2	teaspoon

## Preparation

1. Cook cauliflower until very tender. Put cauliflower in a towel and ring out until almost dry. You should come out with about 2 cups of cooked cauliflower.
2. Combine ground flaxseed with the warm water in a small bowl. Stir until well combined.
3. Combine cooked cauliflower, flax mixture, oat flour, rice flour, garlic powder and salt in a food processor and pulse until it forms a dough ball.
4. Roll between two pieces of parchment paper or wax paper. Shape into two circles or rectangles.
5. Bake 450 degrees for 25-30 minutes directly on the oven rack or using a perforated/screened pizza pan
6. Top with your favorite pizza toppings and bake until the cheese is melted, and vegetables are cooked.



# Cauliflower & Lentil Fritters

Ingredients	Quantity	Measure
Cornmeal	¼	cup
All-purpose flour	1 ½	cups
Baking powder	1	teaspoon
Salt	1	teaspoon
Black pepper, finely ground	2	teaspoons
Garlic powder	1	teaspoon
Nutritional yeast	¼	cup
Onion, small chop	1	cup
Flax seed, ground	1	tablespoon
Warm water	3	tablespoons
Cauliflower, pulsed in food processor	1	cup
Lentils, cooked	1	cup
Oil for frying, optional		
<b>Soy buttermilk</b>		
Soymilk	1 ½	cups
White vinegar	1 ½	tablespoons

## Preparation

1. Mix ground flaxseed and warm water together in a small bowl. Let sit 5 mins.
2. In a separate bowl, stir together soymilk and white vinegar to create the soy buttermilk. Let sit for 5 min.
3. In a medium bowl add cornmeal, flour, baking powder, salt, black pepper, garlic powder, and nutritional yeast. Stir to combine ingredients well.
4. Add the flaxseed mixture and soy buttermilk to the bowl with the dry ingredients. Stir well to ensure all ingredients are combined.
5. Add cauliflower rice, onion, and cooked lentils to the batter. Cover with a piece of plastic and let rest for 10 minutes.
6. Bake or fry until golden brown and crispy. If frying, use a small portion scoop (walnut size) to dip and put into deep fryer. If baking, bake in a 425-degree oven until golden brown and crispy, approximately 10 minutes.



# Cauliflower Lentil Curry

Ingredients	Quantity	Measure
Vegetable oil	2	tablespoons
Onion, chopped	1	cup
Fresh garlic, minced	1	tablespoon
Fresh ginger, peeled and minced	1	tablespoon
Cumin	1	teaspoon
Curry	2	tablespoons
Turmeric	½	teaspoon
Vegetable stock	1	quart
Golden lentils	1	pound
Cauliflower, small florets	1	head
Carrots, medium dice	1	cup
Coconut milk	1	15-ounce can
Salt	1	teaspoon
Black pepper	1	teaspoon

## Preparation

1. Heat 1 tablespoon of oil in a pan. Once the oil is warm, add onions and sauté until soft.
2. Add garlic, ginger, cumin, turmeric, curry and ½ teaspoon each of salt and pepper. Cook for 2 minutes.
3. Stir in lentils and pour in stock. Bring to a boil, reduce heat and cook for ten minutes until tender. DO NOT OVERCOOK.
4. Meanwhile, heat the remaining 1 tablespoon of oil in a pan. Add cauliflower and carrots. Cook for 2-3 minutes, until lightly brown.
5. Add cauliflower, carrots, and coconut milk to the lentil mixture.
6. Add coconut milk to lentil mixture.
7. Bring to a gentle simmer and cook for 10 minutes or until vegetables are tender.
8. Taste and adjust seasoning with last ½ teaspoon each of salt and pepper.



# Cauliflower Buffalo Wings

Ingredients	Quantity	Measure
Chickpea flour or all-purpose flour	1	cup
Water	¾	cup
Salt	¼	teaspoon
Garlic powder	¼	teaspoon
Paprika	¼	teaspoon
Cauliflower florets	6	cups
Oil cooking spray	as	needed
Frank's Red-Hot buffalo wing sauce	1	cup
Carrot sticks	24	sticks
Celery sticks	24	sticks
Non-dairy ranch dressing (see recipe)	16	ounces

## Preparation

1. Preheat oven to 450 degrees Fahrenheit.
2. Combine flour, water, salt, garlic powder, paprika and whisk until combined.
3. Dip cauliflower in batter and place a wire rack and allow excess batter to drip. Line baking sheets with parchment paper and spray with baking spray. Place cauliflower on baking sheets. Spray the tops with a bit of oil.
4. Bake for 18-20 minutes or until the tops start to get color on them.
5. Pull cauliflower out of the oven and lightly toss with the buffalo wing sauce to coat. Place the cauliflower back into the oven for another 5 minutes to crisp.
6. Remove from oven and serve.



# Cauliflower Fried Rice

Ingredients	Quantity	Measure
Cauliflower, fresh, cut into florets	4	cups
Sesame or olive oil	2	tablespoons
Shallot, minced	1	shallot
Garlic, minced	1	clove
Frozen peas and carrots	1/2	cup
Frozen corn	1/2	cup
Fresh zucchini squash, julienne	1/4	cup
Fresh yellow squash, julienne	1/4	cup
Broccoli, florets	1/4	cup
Soy sauce, reduced sodium	2	tablespoons

## Preparation

1. Put cauliflower florets in a food processor and pulverize until small and the texture resembles rice.
2. In a medium skillet, heat the oil over medium-high heat.
3. Add shallots and garlic sauté for 3-4 minutes.
4. Add peas, carrots, corn, zucchini, yellow squash, and broccoli florets to the shallots and garlic and sauté for 3-4 more minutes.
5. Then add cauliflower rice to the vegetables and continue to cook for 5 minutes while tossing the mixture together.
6. Add soy sauce and cook for 2-3 minutes.
7. Taste and season to your liking.





# Cheesy Potato Soup

Ingredients	Quantity	Measure
Russet potatoes, peeled, medium cubed	4	cups
Onion, small dice	1	cup
Celery, small chop	1	cup
Dairy-free margarine	2	tablespoons
Vegetable stock or water	2-3	cups
Salt	1	teaspoon
Cayenne pepper	1	dash
Coconut milk, canned	1	cup
<b>Nacho cheese sauce</b>		
Russet potatoes	1	cup
Carrots	1/2	cup
Olive oil	1/4	cup
Reserved potato water	1/4	cup
Lemon juice	1 1/2	teaspoons
Nutritional yeast	1/4	cup
Salt, divided	3/4	teaspoon
Garlic powder	1/4	teaspoon
Onion powder	1/4	teaspoon
Cayenne	1	dash

## Preparation

1. Prepare nacho cheese sauce as follows:
  - a. Boil potatoes and carrots with 1 teaspoon of salt until very tender.
  - b. When done, drain and reserve liquid.
  - c. Put all ingredients in a blender. Blend until smooth.
  - d. If cheese is too thick add a little more of the reserved liquid and set aside until step 7.
2. Melt dairy-free margarine in a three-quart stockpot over medium heat.
3. Once melted, add celery and onions and sauté over medium heat for 3-4 minutes.  
(see next page)



# Cheesy Potato Soup

4. Add potatoes and vegetable stock or water, one cup at a time, using enough liquid to barely cover the potato onion mixture.
5. Bring to a boil and cook until potatoes are very tender.
6. When tender, use a potato masher and gently mash the potatoes, leaving some chunks.
7. Remove from the heat, add the nacho cheese and stir.
8. Finish with the coconut milk. Mix well.



# Chickpea Salad

Ingredients	Quantity	Measure
Chickpeas, canned, drained and rinsed	1	15 ounce can
Celery, diced	2	stalks
Green onions, thinly sliced	3	each
Dill pickles, diced small	¼	cup
Red bell peppers, diced	¼	cup
Egg-free mayonnaise	3	tablespoons
Garlic, minced	1	clove
Yellow mustard	1 1/2	teaspoons
Fresh dill, stems removed, minced, optional	2	teaspoons
Lemon juice, fresh	2-3	teaspoons
Sea salt	¼	teaspoon
Black pepper	¼	teaspoon

## Preparation

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in celery, green onions, pickles, bell pepper, egg-free mayonnaise, and garlic until combined.
3. Stir in the mustard and dill and season with the lemon juice, salt, and pepper adjusting the quantities to taste.



# Chili & Garlic Roasted Chickpeas

Ingredients	Quantity	Measure
Chickpeas, canned, drained, rinsed, and patted dry	2	15 oz cans
Vegetable oil	4	teaspoons
Garlic powder	2	teaspoons
Chili powder	2	teaspoons
Cayenne	1/4	teaspoon
Salt	1	teaspoon

## Preparation

1. Preheat the oven to 425 degrees Fahrenheit.
2. Toss the chickpeas with oil and seasonings in a large bowl and then spread them out onto a full-sized sheet pan. Make sure they are in a single layer and not touching. Bake until crisp, about 35-45 minutes.
3. Remove from the oven and cool.



# Chipotle Sweet Potato Skins

Ingredients	Quantity	Measure
Sweet potatoes, medium-sized potatoes work best	5	pounds
Vegetable oil	2	tablespoons
Chipotle peppers	3	whole
Garlic, minced	1	teaspoon
Onion, minced	1/2	cup
Oregano, fresh	1	teaspoon
Cumin powder	1	teaspoon
Chili powder	2	teaspoons
Salt	1	teaspoon
Pepper	1	teaspoon
Black beans	1	15 ounce can
Non-dairy cheddar cheese	2	cups
Avocado, sliced, optional	2	cups
Non-dairy sour cream, optional	1	cup

## Preparation

1. Preheat the oven to 350 degrees Fahrenheit.
2. Prick the sweet potatoes with a fork and bake until tender, about 50 to 60 minutes. Remove from the oven and allow to cool for 10 minutes.
3. Heat the oven temperature to 400 degrees Fahrenheit
4. Sauté the chipotle peppers, garlic, and onion in 1 tablespoon of the vegetable oil until fragrant, about 3 minutes. Add the oregano, cumin, chili powder, salt, and pepper.
5. Heat the black beans separately on the stove.
6. Once the potatoes have cooled, scoop out the majority of the flesh, leaving a very thin layer of potato in the skins. Reserve the scooped-out flesh for step 9.
7. Coat the potato skins with the remaining oil. Bake for 5 minutes, remove from the oven.
8. Combine the reserved sweet potato flesh, vegan cheese, black beans, and vegan chicken (if using). Fill each potato skin with black bean and sweet potato filling. Top with more vegan cheese (or prepared nacho cheese).



# Chocolate Avocado Pudding

Ingredients	Quantity	Measure
Dairy-free chocolate chips, semi-sweet	1	cup
Avocados, peeled, pitted	7	each
Agave nectar	1	cup
Cocoa powder, unsweetened	1	cup
Powdered sugar	¼	cup
Vanilla extract	2	tablespoons
Salt	½	teaspoon
Almond milk, unsweetened	¼	cup
Fresh fruit for garnish		

## Preparation

1. Place chocolate chips in a double boiler, until chocolate is melted and completely smooth. Set aside.
2. Put remaining ingredients into a food processor and add melted chocolate.
3. Blend until smooth, scraping the sides as needed.
4. Cover and place in cooler, preferably to set up overnight.
5. Pipe and serve cold.



# Chocolate Cake

Ingredients	Quantity	Measure
<b>Cake</b>		
All-purpose flour	12	ounces
Cocoa powder (not Dutch)	1.31	ounces
Baking soda	1	teaspoon
Salt	½	teaspoon
Sugar, granulated	14	ounces
Vegetable oil	4	ounces
Egg-free mayonnaise	6	ounces
Water, hot	12	ounces
White vinegar, distilled	1	teaspoon
<b>Chocolate Buttercream Icing</b>		
Non-dairy margarine	12	ounces
Cocoa powder	1	cup
Karo syrup, corn syrup	8	tablespoons
Sugar, powdered	2	pounds
Non-dairy milk (add to above 1 teaspoon at a time)	2 (+-)	tablespoon

## Preparation

### Cake

1. Mix flour, cocoa powder, baking soda, and salt. Set aside.
2. Blend sugar, vegetable oil, egg-free mayonnaise until creamy.
3. Add dry ingredients and start beating and add hot water and beat 2-3 minutes.
4. Add vinegar and beat for another 1-2 minutes.
5. Use 9X13 pan or 3 eight" rounds or thirty cupcakes.
6. Bake at 350 degrees Fahrenheit for 20 minutes, test for springy when touched in center or use toothpick.

### Icing

1. Mix margarine, cocoa powder and Karo syrup until paste.
2. Add all of the powdered sugar and slowly mix on low speed.
3. Add the non-dairy milk one teaspoon at a time until creamy. (Be careful not to make it too soft).



# Chocolate Chip Cookies

Ingredients	Quantity	Measure
Non-dairy margarine	6	ounces
Sugar, granulated	1/2	cup
Brown sugar	3/4	cup
Applesauce, unsweetened	1/4	cup
Karo syrup, white corn syrup	2	teaspoons
Vanilla extract	1	teaspoon
Flax seed, ground	1	tablespoon
Water, warm	3	tablespoons
All-purpose flour	2	cups
Salt	1/4	teaspoon
Baking soda	1	teaspoon
Non-dairy chocolate chips	12	ounces
Optional: toasted pecans	1	cup

## Preparation

1. Cream margarine, granulated sugar, brown sugar, applesauce, vanilla extract, and corn syrup.
2. Mix flax seed with warm water, blend with margarine and sugar mixture.
3. Add all-purpose flour, salt, and baking soda to flax seed and sugar mixture, mix until all dry ingredients are wet.
4. Stir in chocolate chips and nuts (if desired).
5. Bake at 375 degrees Fahrenheit for 8-10 minutes or until golden brown.





# Chocolate Cobbler

Ingredients	Quantity	Measure
Sugar, granulated, divided	2 ½	cups
All-purpose flour	2	cups
Hershey's cocoa powder, divided (not the dark one)	1	cup
Baking powder	4	teaspoons
Salt	½	teaspoon
Non-dairy milk	1	cup
Non-dairy margarine, melted	2/3	cup
Vanilla extract	1	tablespoon
Light brown sugar, packed	1	cup
Water, hot	2 ½	cups

## Preparation

1. Heat oven to 325 degrees Fahrenheit.
2. Stir together 1 ½ cups of sugar, flour, ½ cup cocoa powder, baking powder, and salt.
3. Blend in non-dairy milk, margarine and vanilla extract. Beat until smooth.
4. Pour batter in a ½ hotel pan.
5. In a separate bowl stir together 1 cup of sugar, brown sugar, and remaining ½ cup of cocoa powder.
6. Spread evenly over batter.
7. Pour hot water over top; DO NOT STIR.
8. Bake 30-40 minutes, or until center is almost set, let stand for a few minutes.
9. This is a pudding cake; the cake will rise to top and sauce will settle on the bottom.



# Cinnamon Rolls

Ingredients	Quantity	Measure
<b>Dough</b>		
Water, warm (do not exceed 100 degrees Fahrenheit)	12	ounces
Dry active yeast	½	teaspoon
Bread flour	21	ounces
Sugar, granulated	2	ounces
Non-dairy milk, preferably soymilk	1	ounces
Vegetable shortening	1	ounces
Non-dairy margarine	1	ounces
Salt	2	teaspoons
<b>Filling</b>		
Non-dairy margarine, melted, divided	½	cup
Brown sugar	8	Ounces
Cinnamon, ground	2	Tablespoons
<b>Flat Icing</b>		
Sugar, powdered	1	Pound
Non-dairy milk	¼	Cup
Vanilla	1	Teaspoon

## Preparation

1. Mix warm water and yeast. Set aside for 3-4 minutes.
2. Mix together the flour, sugar, soymilk, shortening and margarine.
3. Add activated yeast mixture.
4. Use a dough hook and start in speed 1.
5. When dough is blended add salt and change to speed 2 for 10 minutes.
6. Let rise in warm proof box approximately 45 minutes. Dough should be doubled in size and light and airy.
7. Remove dough and punch down. Let rest for 30 minutes.

## Assembly

1. Roll dough out into a rectangle.
2. Melt ½ cup margarine. Spread melted margarine on the dough.
3. Mix brown sugar, cinnamon and other ½ cup of margarine.  
(see next page)



# Cinnamon Rolls

4. Spread brown sugar mixture over dough with melted margarine.
5. Roll up and cut into one-inch rolls.
6. Proof until double in size.
7. Bake in 350-degree oven until golden brown. Remove cinnamon rolls from the oven and let cool while preparing the flat icing.
8. To make flat icing, mix the ingredients listed on page 1 until well combined.
9. Drizzle the cinnamon rolls with flat icing.



# Coconut Brown Rice & Baked Tofu

Ingredients	Quantity	Measure
Vegetable oil, divided	¼	cup
Onions, small dice	1	cup
Garlic, fresh	1	teaspoon
Brown rice, dry	1	pint
Vegetable broth	1	quart
Bay leaves	2	each
Green cardamom pods, crushed	3	each
Cinnamon stick	1	each
Coconut, toasted	1	cup
Coconut milk	2	cans
Tofu, firm, drained, cut into squares or slices	14	ounces
Cajun seasoning	1	tablespoon
Soy sauce	2	teaspoons
Salt	2	teaspoons
Black pepper	1	teaspoon

## Preparation

1. Heat oil in pan; add onions, garlic, and rice. Cook until slightly brown.
2. Add vegetable broth, bay leaves, cardamom and cinnamon stick.  
Cook until rice is tender. Remove from heat.
3. Stir in toasted coconut and coconut milk.
4. While rice is cooking, bake tofu in 350-degree oven with oil and Cajun seasoning for 10 minutes.
5. Flip tofu over. Pour soy sauce over tofu and bake for another 10 minutes.
6. Add tofu to rice.
7. Add salt and pepper and serve.



# Coleslaw

Ingredients	Quantity	Measure
Sugar, granulated or cane/organic sugar	1	tablespoon
White pepper, ground	1/4	teaspoon
Celery seed	1/4	teaspoon
Horseradish	2	teaspoons
Yellow mustard	3/4	teaspoon
Egg-free mayonnaise	1/2	cup
Apple cider vinegar	1 1/2	tablespoons
Green cabbage, shredded	12	ounces
Carrots, matchstick	1	ounces
Onions, yellow, small dice	2	tablespoons

## Preparation

1. Combine sugar, pepper, and celery seed and stir in horseradish and mustard.
2. Add egg-free mayonnaise and mix until well blended. Stir in vinegar.
3. Toss mixture with cabbage, carrots, and onions. Mix well to combine.



# Couscous Stuffed Tomatoes

Ingredients	Quantity	Measure
Large tomatoes, cut in half	4	each
Olive oil, divided	3	tablespoons
Garlic, finely minced	2	cloves
Shallot, finely chopped	1	each
Carrot, cut into ½ inch pieces	1	each
Moroccan style couscous	1	cup
Vegetable stock	2	cups
Cilantro, finely chopped	¼	cup
Mint, finely chopped	¼	cup
Zucchini, slice in half, seed and cut into small cubes	1	each
Ras el Hanout blend, see recipe	1	tablespoon
Salt	1	teaspoon
Black pepper	½	teaspoon

## Preparation

1. Preheat oven to 350 degrees Fahrenheit.
2. Prep tomatoes: cut in half, scoop out seeds and inside of tomato, drain, chop.
3. Use one tablespoon of olive oil to brush hollow tomatoes. Set tomatoes aside until step 9.
4. Heat the remaining two tablespoons of olive oil in a 4-quart saucepan on medium to high heat.
5. Add garlic and shallot and cook for two minutes or until soft.
6. Add carrots and cook for three minutes more. Add couscous and toast two minutes.
7. Add vegetable stock. Bring to a boil. Reduce heat, cover and simmer until couscous is tender for 12-15 minutes.
8. Stir in cilantro, mint, Ras el Hanout, zucchini, salt, and pepper.
9. Spoon mixture into hollow tomatoes and bake for 20 minutes.
10. Serve warm.



# Crabbyless Crabcakes

Ingredients	Quantity	Measure
<b>Crab Cakes</b>		
Hearts of Palm, canned, drained	(2) 14	ounce cans
Canola oil, divided	1	cup
Onions, small diced	1	cup
Red bell peppers, small diced	1	cup
Fresh garlic, minced	1	teaspoon
Nori flakes, toasted	2	teaspoons
Egg-free mayonnaise	1/2	cup
Nutritional yeast	1/4	cup
Breadcrumbs	2	cups
Panko breadcrumbs	2	cups
Salt	1	teaspoon
Black pepper	1	teaspoon
Old Bay seasoning	2	tablespoons
Vegan Worcestershire sauce	2	tablespoons
Tabasco sauce	1/2	tablespoon
<b>Remoulade Sauce</b>		
Egg-free mayonnaise	1/2	cup
Ketchup	1	tablespoon
Dijon mustard	1	tablespoon
Tabasco sauce	1	teaspoon
Vegan Worcestershire sauce	1	teaspoon
Fresh lemon juice	1	tablespoon
Sea salt	1/4	teaspoon
Shallots, minced	2	teaspoons
Capers, minced	2	teaspoons
Fresh parsley, chopped	1	teaspoon
Red bell pepper, minced	2	teaspoons



# Crabbyless Crabcakes

## Preparation

### **Crab Cakes**

1. Pulse drained hearts of palm in a food processor until the consistency resembles crab meat.
2. Heat two tablespoons of the canola oil in a fry pan. Sauté onions, bell peppers, and garlic for 2-3 minutes and then remove from heat.
3. In a bowl, combine the onion mixture with the nori flakes, hearts of palm, two tablespoons of canola oil, egg-free mayonnaise, nutritional yeast, breadcrumbs, salt, pepper, old bay seasoning, Worcestershire sauce, and tabasco sauce.
4. Mix well and scoop mixture out into 3 ounces balls on a plate or sheet pan.
5. Press into patties.
6. Coat each patty in the panko breadcrumbs.
7. Heat remaining oil in a fry pan. Pan fry each patty until golden brown.

### **Remoulade Sauce**

1. Combine all ingredients listed under the remoulade sauce in a blender. Blend on high for one minute. Refrigerate for up to one week.





# Creamy Gravy

Ingredients	Quantity	Measure
Non-dairy margarine	2	ounces
All-purpose flour	2	ounces
Non-dairy milk, preferably soymilk	2	cups
Salt	1	teaspoon
Black pepper	2	teaspoons

## Preparation

1. Make a roux by combining the margarine, flour, salt and pepper in a saucepan over low heat. Cook until there is a nutty aroma, approximately 3-4 minutes.
2. Slowly add non-dairy milk, whisking until thick and bubbly.



# Creamy Ranch Dressing

Ingredients	Quantity	Measure
Egg-free mayonnaise	1	cup
Non-dairy sour cream	1/2	cup
Vegan Worcestershire sauce	1	teaspoon
White vinegar	1	teaspoon
Dill, fresh	1	teaspoon
Chives, fresh	1	tablespoon
Italian parsley, fresh	1/4	cup
Cayenne pepper	1/8	teaspoon
Garlic powder	1/2	teaspoon
Black pepper	1/2	teaspoon

## Preparation

1. Combine all ingredients, whisk until smooth and refrigerate.



# Crispy Broccoli Bites

Ingredients	Quantity	Measure
Broccoli florets	1	pound
All-purpose flour	1 ¼	cups
Salt	½	teaspoon
Garlic powder	1	teaspoon
Cayenne pepper	1/8	teaspoon
Nutritional yeast	¼	cup
Cold water	2	cups
Panko breadcrumbs	2	cups
Tamari	¼	cup
Oil for frying, optional		

## Preparation

1. Cut broccoli into medium florets.
2. In a small bowl, combine flour, salt, garlic powder, nutritional yeast, and cayenne.
3. Add cold water to flour mixture. Using a wire whisk, blend until smooth.
4. Dip broccoli into flour mixture. Coat well.
5. Remove broccoli from batter and shake off excess. Put on a wire rack and let the excess drip off.
6. Roll battered broccoli in panko breadcrumbs.
7. Bake or fry until golden brown and crispy.
8. If frying, heat 1-inch of oil in a deep skillet and fry until golden brown and crispy.
9. If baking, bake in a 425-degree oven until golden brown and crispy, approximately 10 minutes.
10. Drizzle with tamari and serve as a side dish. If additional sauce is desired, serve with the Aquafaba Chipotle sauce or your preference.



# Eggplant Parmesan

Ingredients	Quantity	Measure
Eggplant, peel and slice round, soak in saltwater for 15 minutes	30	slices
All-purpose flour	2	cups
Cajun seasoning, like Tony Chachere's	1/2	cup
Non-dairy milk (such as soy or almond milk)	1/2	gallon
Basil, fresh, chopped	1/4	cup
Oregano, fresh, chopped	1	tablespoon
Non-dairy mozzarella cheese	3	ounces
Panko breadcrumbs	1	pound
Oil for frying	35	pounds

## Preparation

1. Dust eggplant in flour, add Cajun seasoning.
2. Dip in non-dairy milk.
3. Mix basil, oregano and non-dairy mozzarella with the breadcrumbs.
4. Roll eggplant and cover well with panko mixture. Repeat until all eggplant has three coatings.
5. Deep fry, taste and sprinkle with salt, if desired.



# Five Spice Barley, Tofu & Kale

Ingredients	Quantity	Measure
Barley, dry	1	pound
Tofu, firm, drained and cut into small squares	1	pound
Cajun spice	1	tablespoon
Olive oil	¼	cup
Onion, medium dice	1	cup
Kale, leaves only	3	pounds
Five Spice Powder	2	tablespoons
Salt	1	teaspoon
Black pepper	1	teaspoon

## Preparation

1. Cook barley according to package instructions.
2. Sprinkle Cajun seasoning on tofu and brush with oil.
3. Roast in oven for 10 minutes, flipping over and roasting for another 10 minutes.
4. Sweat onions. Add kale and wilt.
5. Add cooked barley and five spice powder.
6. Mix all ingredients together and serve.



# French Toast Casserole

Ingredients	Quantity	Measure
French bread, cubed	4	cups
Non-dairy margarine	¼	cup
Flax seeds, ground	3	tablespoons
Warm water	½	cup
Non-dairy creamer, almond or coconut	1	pint
Almond milk	1	cup
Sugar, granulated	½	cup
Vanilla extract	1	tablespoon
Ground cinnamon	¼	teaspoon
Salt	1	teaspoon
<b>Praline Topping</b>		
All-purpose flour	¼	cup
Light brown sugar	1	cup
Pecans, chopped	1	cup
Non-dairy margarine	¼	cup

## Preparation

1. Generously spread the margarine in the bottom of a ½ hotel pan.
2. Place cubed French bread in ½ hotel pan.
3. In a small bowl, whisk the flax seed and water together. Set aside for 5 minutes.
4. In a large bowl, add flax seed mixture, creamer, almond milk, granulated sugar, cinnamon, vanilla, and salt. Beat with an electric mixer until well blended.
5. Pour this mixture over cubed bread, making sure the bread is covered evenly.
6. Cover and refrigerate for two hours.
7. While the bread mixture is resting, prepare the praline topping. Combine the brown sugar and flour in a mixing bowl. With a pastry blender or fork, blend in the margarine into the brown sugar and flour mixture. Add chopped pecans (if desired). Set aside.
8. Cover the hotel pan with the bread mixture in foil. Put in a water bath and bake at 350 degrees Fahrenheit for two hours.
9. Uncover, put praline topping on and continue to bake for 15 minutes



# Fried Green Tomato Sandwiches

Ingredients	Quantity	Measure
Green tomatoes	1	pound
All-purpose flour, divided	1	pound
Cornmeal	8	ounces
Salt	1	teaspoon
Pepper	1	teaspoon
Non-dairy milk	3	cups
Oil for frying		
Baguette	2	each
Fresh spinach	1	pound
<b>Spread</b>		
Egg-free mayonnaise	½	cup
Roasted red pepper	1	ounces
Garlic	1	clove

## Preparation

1. Wash and slice green tomatoes into  $\frac{3}{4}$  inch slices.
2. Set up standard breading procedure (3 separate pans – 8 ounces flour with salt and pepper; non-dairy milk; and 8 ounces combined flour and cornmeal).
3. Dredge tomatoes in flour, then in the non-dairy milk and finally into the flour cornmeal mixture.
4. Repeat until all slices of tomatoes are covered.
5. Fry until golden brown. Alternatively, you can bake at 400 degrees Fahrenheit for approximately 15 minutes, flip, and then cook another 5 minutes.
6. To make the spread, combine egg-free mayonnaise, roasted red pepper, and garlic in a blender; blend until smooth. Taste and adjust to your preference. If you prefer more garlic, add another clove. Blend until smooth.



# Garbanzo Bean Sliders

Ingredients	Quantity	Measure
Onion, diced small	1	cup
Fresh garlic, minced	1/8	cup
Garbanzo beans	1	15-ounce can
Walnuts	1/4	cup
Cilantro	1	tablespoon
All-purpose flour	1/2	cup
Cumin	1/4	teaspoon
Olive oil, divided	1/2	cup
Salt	1	teaspoon
Pepper	1	teaspoon
Homemade focaccia bread (see recipe) Or slider buns	1	Recipe or slider buns

## Preparation

1. Sweat onions and garlic until soft.
2. Drain garbanzo beans and process in food processor until broken. (Do not over process)
3. In a medium bowl, combine the process garbanzo beans, cooked onions and garlic, walnuts, cilantro, flour, cumin, oil, salt and pepper. Mix until completely combined.
4. Form 9 patties from the garbanzo bean mixture.
5. Put 1/4 cup oil on griddle and heat.
6. Once oil is hot, cook patties until golden brown, approximately 5-7 minutes on each side.





# Grilled Eggplant Rollatini

Ingredients	Quantity	Measure
Eggplants, sliced lengthwise	20	slices
Balsamic vinegar	½	cup
Cajun seasoning	1	tablespoon
Zucchini sticks	1	cup
Carrot sticks	1	cup
Olive oil	1	tablespoon
<b>Red Pepper Hummus</b>		
Garbanzo beans, drain and reserve juice	15	ounces
Roasted red peppers	2	ounces
Olive oil	4	ounces
Fresh garlic	¼	cup
Tahini paste	½	cup
Salt	1-2	teaspoons

## Preparation

1. Soak sliced eggplant in water for 10 minutes. Drain.
2. Marinate eggplant in balsamic vinegar and Cajun seasoning and grill.
3. Sauté zucchini and carrots in olive oil until slightly softened (do not overcook).
4. To prepare the red pepper hummus, in a food processor add beans, roasted red peppers, oil, garlic, tahini and salt. Blend until smooth. If too thick, add reserved liquid, a little at a time.



# Harvest Time Corn Salad

Ingredients	Quantity	Measure
Corn on the cob, fresh	4	each
Cherry tomatoes, cut in half	1	cup
Cucumber, seeded and diced small	1	cup
Avocado, diced small	1	cup
Red onion, chopped small	½	cup
Fresh basil, chiffonade	¼	cup
Juice of fresh lemons, juice	¼	cup

## Preparation

1. Grill corn and cut off cob.
2. Toss grilled corn, cherry tomatoes, cucumber, avocado and red onion in a medium bowl.
3. Add basil and lemon juice, toss and serve.



# Homemade Focaccia Bread

Ingredients	Quantity	Measure
Sugar, granulated	3 ½	ounces
Water, warm	17 ½	ounces
Dry active yeast	4 ½	teaspoons
All-purpose flour	7	cups
Olive oil	3 ½	ounces
Salt	2	teaspoons
Cornmeal	¼	cup
<b>Topping</b>		
Kosher salt	1	tablespoon
Fresh basil, chopped	1	tablespoon
Fresh oregano, chopped	1	tablespoon
Fresh rosemary, chopped	1	tablespoon

## Preparation

1. Measure out all ingredients first.
2. Dissolve sugar, warm water (no hotter than 100 degrees), and yeast in a mixing bowl. Allow to sit for 3 to 5 minutes until bubbly.
3. Add flour and olive oil to the standing mixer and mix with the dough hook on low speed for about 2 minutes.
4. Add salt and mix on medium speed for 8 minutes.
5. Place the mixing bowl with the dough in a proof box until it doubles in size.
6. Brush sheet pan with olive oil and sprinkle lightly with cornmeal.
7. When the dough has doubled, transfer the dough onto a sheet pan and press out evenly, using fingers to make indentions. Brush dough with oil and sprinkle with herb topping.

## Topping

1. Chop herbs and blend with salt.
2. Sprinkle on top of dough.
3. Let rest for 20 minutes.
4. Bake at 400 degrees for 15- 20 minutes. Make sure there is plenty of bottom heat for bread to reach a golden brown.



# Hoppin' John Cajun Black Beans

Ingredients	Quantity	Measure
Black-eyed peas, dry	1	pound
Vegetable oil	1	tablespoon
Onion, chopped	½	cup
Garlic, minced	1	tablespoon
Vegetable broth	2	quarts
Cajun seasoning	1	tablespoon
Stewed tomatoes, canned	1	15 ounce can
Cooked rice, preferably brown	2	cups

## Preparation

1. Rinse dry black-eyed peas.
2. Heat vegetable oil in a 4-quart pot.
3. Add onion and garlic. Sauté for 2 minutes.
4. Add dry black-eyed peas, Cajun seasoning and vegetable broth. Bring to a boil. Cover and lower to medium heat but, continue to boil. Cook until tender, ensuring there is liquid left in the black-eyed peas.
5. Add stewed tomatoes and simmer for 5 minutes.
6. Mix cooked rice and black-eyed pea mixture together. Taste and adjust seasoning.



# Lazy Susan Peach Cobbler

Ingredients	Quantity	Measure
Self-rising flour	1	cup
Sugar, granulated	1	cup
Non-dairy margarine, divided	4	ounces
Canned peaches with juice, do not drain	30	ounces
Non-dairy milk	1	cup
Vanilla	1	tablespoon

## Preparation

1. Mix sugar and flour together. Set aside.
2. Melt margarine in 1/2 hotel pan. Once melted, add 2 ounces margarine to sugar and flour mix.
3. Pour peaches and juice over remaining 2 ounces of margarine.
4. Pour non-dairy milk over sugar and flour mixture blend until smooth.
5. Add vanilla and blend.
6. Pour batter over peaches in pan. Do not mix.
7. Bake at 350 degrees Fahrenheit for 25-30 minutes.



# Lo Mein

Ingredients	Quantity	Measure
Noodles, spaghetti, prepared, dry weight	1	pound
Oil, olive or vegetable	2	tablespoons
Garlic, minced	2	tablespoons
Onion, diced	½	cup
Celery, diced	½	cup
Carrots, shredded	½	cup
Peppers, red, diced	½	cup
Peppers, green, diced	½	cup
Fresh broccoli florets	½	cup
Fresh zucchini, julienne	½	cup
Fresh yellow squash, julienne	½	cup
Soy sauce, low sodium	½	cup
Brown sugar, optional	1	tablespoon
Beans, garbanzo, canned, drained	1	15-ounce can

## Preparation

1. Prepare spaghetti al dente; drain and keep warm.
2. Heat oil in a pan or wok; add the minced garlic, diced onion, diced celery, shredded carrots, diced red and green peppers, broccoli, zucchini, and the yellow squash. Sauté until vegetables are tender but crisp.
3. Add spaghetti, soy sauce, sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
4. Heat thoroughly and transfer to serving pans.



# Migas

Ingredients	Quantity	Measure
Russets potatoes, peeled, cut into medium chunks	2	cups
Onion, chopped small	¾	cup
Green bell pepper, chopped small	¾	cup
Red bell pepper, chopped small	¾	cup
Roma tomatoes, chopped, small chunks	½	cup
Fresh jalapeno, seeded and chopped small	1	each
Fresh garlic, minced	3	cloves
Firm Tofu (drained)	14	ounces
Turmeric	½	teaspoon
Vegetable oil, divided	1/2	cup
Corn tortillas, cut into strips	6	each
Black beans, drained, rinsed, optional	1	cup
Oil for deep frying	2	cups
Salt	1	Teaspoon
Black pepper	1	Teaspoon
Salsa	1	Cup

## Preparation

1. Pour ¼ cup of the oil in a skillet on medium heat.
2. Add half of red and green peppers, onions, and garlic, along with the fresh jalapeno and potatoes to skillet once the oil is hot. Cook until tender. You may want to turn heat down and stir frequently. When vegetables are tender, remove the skillet from the heat.
3. Crumble tofu with gloved hands. Drain to remove excess water.
4. Pour remaining ¼ cup of oil in another skillet on medium heat. When hot, add the turmeric and let simmer for about two minutes. Add the remaining red and green peppers, onions and garlic. Cook for 3-4 minutes and then add the crumbled tofu. Continue to cook for 3-4 minutes.
5. While tofu is cooking, deep-fry tortilla strips in vegetable oil.
6. When the potatoes mixture, crumbled cooked tofu and fried tortilla strips are ready, combine all items together with the black beans and salsa. Gently toss to combine.
7. Top with fresh chopped tomatoes.



# Morning Glory Muffins

Ingredients	Quantity	Measure
Flaxseed, ground	3	tablespoons
Water	9	tablespoons
All-purpose flour	2	cups
Salt	1/2	teaspoon
Baking soda	2	teaspoons
Cinnamon	2	teaspoons
Carrots, grated	2	cups
Red delicious apple, grated	1	large
Walnuts, optional	1/2	cup
Shredded coconut	1/2	cup
Raisins	1/2	cup
Brown sugar	1/4	cup
Granulated sugar	3/4	cup
Vegetable oil	2/3	cup

## Preparation

1. In a small bowl, mix flaxseed and water together and let set for 5 minutes.
2. In a separate bowl, combine all-purpose flour, salt, baking soda, and cinnamon in a bowl. Mix and set aside.
3. In another bowl, add the grated carrots, grated apple, walnuts, coconut, raisins, brown sugar, and granulated sugar. Mix well. Add the carrot mixture to flour mixture.
4. Mix flaxseed mixture and oil together. Add to the carrot and flour mixture. Stir together until the dry ingredients become wet.
5. Bake at 375 degrees Fahrenheit for 15 minutes or until done.





# Mushroom Asparagus Risotto

Ingredients	Quantity	Measure
Vegetable oil, divided	1	tablespoon
Onion, diced	8	ounces
Bell pepper, diced	4	ounces
Garlic, minced	2	cloves
Mushrooms, sliced	1	pound
Arborio rice	$\frac{3}{4}$	pound
Vegetable stock, hot	1	pint
White wine	3	ounces
Fresh parsley, finely chopped	1 $\frac{1}{2}$	ounces
White pepper	1	teaspoon
Fresh asparagus, cut in 1" pieces	9	ounces

## Preparation

1. Heat 1  $\frac{1}{2}$  teaspoons of oil in 4-quart pot.
2. Add onions, peppers, garlic and mushrooms sauté for 3 minutes. Set aside.
3. In a separate pot, heat the remaining 1  $\frac{1}{2}$  teaspoons of oil.
4. Once the oil is warm, add rice and cook for 3 minutes. Stir in 1 cup of the stock, wine, parsley and white pepper.
5. Bring to a simmer and for 10 minutes cook uncovered, stirring constantly.
6. Add remaining  $\frac{1}{2}$  cup of stock, cooked onion, bell pepper, garlic, sliced mushrooms and asparagus. Cook for 10 minutes stirring constantly or until risotto is tender and all the liquid has been absorbed.



# Mushroom Tacos with Cilantro Cream Sauce

Ingredients	Quantity	Measure
Portobello mushroom caps, large	4	cups
Tamari sauce (gluten-free soy sauce)	2	tablespoons
Olive oil	1	tablespoon
Green bell pepper, diced	1	cup
Red onion, small diced	½	cup
Corn, fresh, canned or frozen	¼	cup
Corn tortilla shells, 4 inch	24	each
Fresh cilantro, coarsely chopped	½	bunch
Pico de Gallo	1	cup
<b>Cilantro Cream</b>		
Raw cashews	1	cup
Water, divided	2 ½	cups
Cilantro stems and leaves	½	bunch
Salt	1	tablespoon

## Preparation

1. Clean and dice the mushroom caps and place in a zip lock bag or shallow pan. Add the tamari to the mushrooms and let marinate for at least 1 hour.
2. Add oil to a saucepan and heat over medium heat. When the oil is hot add the mushrooms with tamari sauce. Cook and stir often for about 5 minutes.
3. Add diced bell peppers, finely chopped onion and corn and cook for 5 more minutes; remove the pan from heat.
4. On a large skillet over a high flame, heat the tortillas approx. 20 seconds per side
5. Assemble tacos with 2 tablespoons of mushroom mixture, then top with cilantro sauce and Pico de Gallo.

## Cilantro Cream Sauce

1. Place cashews in a container and cover with 1 ½ cups of water (make sure all cashews are covered with water).
2. Cover and refrigerate for at least four hours in refrigerator.
3. Remove from refrigerator. Drain and reserve liquid. Add cashews, 1 cup of reserved liquid, cilantro and salt to a blender. Blend until smooth.
4. Refrigerate until ready to use.



# Nacho Cheese

Ingredients	Quantity	Measure
Potatoes, peeled	2	cups
Carrots	1	cup
Extra virgin olive oil	$\frac{1}{3}$	cup
Water	$\frac{1}{2}$	cup
Lemon juice	1	tablespoon
Nutritional yeast	$\frac{1}{2}$	cup
Salt, divided	1 $\frac{1}{2}$	teaspoons
Garlic powder	$\frac{1}{2}$	teaspoon
Onion powder	$\frac{1}{2}$	teaspoon
Cayenne	1	dash

## Preparation

1. Boil potatoes and carrots with 1 teaspoon salt until tender; about 20 minutes.
2. When done, drain and reserve liquid.
3. Put all ingredients in a blender and blend until smooth.
4. If cheese is too thick add a little of the reserved liquid.
5. Taste and add  $\frac{1}{2}$  teaspoon salt, if necessary.



# Oatmeal Cookies

<b>Ingredients</b>	<b>Quantity</b>	<b>Measure</b>
Water, warm	3	tablespoons
Flaxseed, ground	1	tablespoon
Non-dairy margarine	11	ounces
Light brown sugar	11	ounces
Apple sauce, sweetened	3	ounces
Orange juice	1	tablespoon
All-purpose flour	12	ounces
Salt	½	teaspoon
Baking soda	2	teaspoons
Vanilla extract	1	teaspoon
Oats	11	ounces
<b>Optional</b>		
Non-dairy chocolate chips	12	ounces
Walnuts, chopped	2	cups
Raisins	2	cups
Cranberries	2	cups

## Preparation

1. Mix warm water and flaxseed in a small bowl. Let set for 5 minutes.
2. Blend margarine, brown sugar and sweetened apple sauce.
3. Add orange juice, warm water, vanilla, and flaxseed mixture to brown sugar mixture. Blend well.
4. Add flour, salt and soda, blend into the above mixture.
5. Stir in oats.
6. Stir in any additional options: chocolate chips, raisins, nuts, etc.
7. Bake at 350 degrees Fahrenheit for 8-10 minutes.



# Old-fashioned Potato Salad

Ingredients	Quantity	Measure
Russet potatoes, diced medium	2	pounds
Water	1	quart
Dill pickles, diced small	1/8	cup
Yellow onion, diced small	1/2	cup
Celery, chopped small	1/4	cup
Salt, divided	1	teaspoon
Black pepper	1/2	teaspoon
Egg-free mayonnaise	1	cup
Yellow mustard	1/8	teaspoon

## Preparation

1. Add chopped potatoes to a 2-quart pot with one quart of water and 1/2 tsp of salt. Bring water to a boil. Boil until potatoes are very tender, about 10 minutes. Drain and place in a large mixing bowl.
2. Add dill pickles, onion, celery, 1/2 teaspoon salt and pepper to the large bowl with the cooked potatoes.
3. Toss and add mayonnaise and mustard. Mix until well combined.
4. Taste and adjust seasoning as needed.



# Palmiers

Ingredients	Quantity	Measure
Sugar, granulated	1	cup
Puff pastry	1	sheet
Water	½	cup
Non-dairy margarine, melted	2	ounces

## Preparation

1. Pour ½ cup of sugar on the table or large cutting board and spread out over the surface.
2. Place pastry on top of the sugar and pour the last ½ cup of sugar on top of pastry.
3. Press sugar into pastry sheet, flipping it over and pressing the other side.
4. Begin to fold from each side, using 2 inches of each dough from each side, brush the edge with water to seal onto dough.
5. Repeat until both sides meet in the middle.
6. Fold together to make 1 long thick strip.
7. Allow dough to rest in the refrigerator for 20 minutes.
8. Take out and cut in ½ inch pieces.
9. Put parchment paper on pan and brush with margarine.
10. Put each piece of dough on buttered surface and flatten.
11. Allow to rest in refrigerator for 10 minutes.
12. Bake in the oven at 350 degrees Fahrenheit for 10 minutes. Flip and continue baking for another 10 minutes until golden brown.



# Pancake/Waffle Mix

Ingredients	Quantity	Measure
Vegetable oil	2	tablespoons
Sugar, granulated	2	tablespoons
Vanilla	1	teaspoon
Non-dairy milk, preferably soy or almond	1	cup
Water	1	cup
Self-rising flour	2	cups

## Preparation

1. Whisk vegetable oil, sugar, vanilla, water and milk together.
2. Add flour.
3. Blend **ONLY** until all dry ingredients are wet. Do not overmix—the batter should be lumpy.



# Pecan Sandies

Ingredients	Quantity	Measure
Dairy-free margarine	1	cup
All-purpose flour	2	cups
Granulated sugar	1/4	cup
Vanilla	2	teaspoons
Pecans, finely ground	2	cups
Powdered sugar	1	pound

## Preparation

1. Cream margarine and granulated sugar.
2. Add vanilla; cream well.
3. Add flour and nuts; mix well.
4. Roll in little balls.
5. Place on ungreased baking sheet. Bake at 300 degrees Fahrenheit for 30-45 minutes.
6. Roll immediately in powdered sugar. Let cool and roll again in powdered sugar before serving.





# Portobello Poutine

Ingredients	Quantity	Measure
<b>Caramelized Onions and Gravy</b>		
Vegetable oil	1	tablespoon
Onions, sliced	½	cup
Vegetable broth	16	ounces
RC Fine Foods Vegan Demi-Glaze Brown Sauce Mix	2	ounces
<b>Nacho Cheese</b>		
White potatoes, peeled	2	cups
Vegetable oil	1/3	cup
Carrots, peeled	1	cup
Reserved liquid	½	cup
Lemon juice	1	tablespoon
Nutritional yeast	½	cup
Salt	1	teaspoon
Garlic powder	½	teaspoon
Onion powder	½	teaspoon
Cayenne pepper		pinch
<b>Portobello mushroom</b>		
Vegetable oil	2	teaspoons
Portobello mushrooms, cleaned, gills removed	6	each
French fries	3	pounds
Salt	1	teaspoon
Black pepper	1	teaspoon
<b>Garnish</b>		
Tomatoes, diced	1 ½	cups
Green onions, sliced thinly	¾	cup



# Portobello Poutine

## Preparation

### Caramelized Onions and Gravy

1. Heat vegetable oil over medium heat in a medium saucepan until hot. Add onions, turn heat to low, cover, and cook until onions are caramelized; about 10-20 minutes.
2. When onions are cooked, add 8 ounces of vegetable broth to the pan, along with 1 ounce of RC Fine Foods gluten-free vegan demi-glaze brown sauce mix, or alternatively, use 4 ounces vegan demi from sub-recipe. Stir constantly with a whisk over medium-low heat until sauce thickens. Thin with water if it gets too thick. Set aside.

### Nacho Cheese

3. Peel carrots and potatoes, chop into medium chunks, cover with water, add 1 teaspoon salt, Boil until tender; about 20 minutes. When done, drain and reserve liquid. Put all nacho cheese ingredients in a blender and blend until smooth. If cheese is too thick, add a little of the reserved liquid. Taste and add ½ teaspoon salt, if necessary. Set aside.

### Portobello

4. Heat grill to medium heat.
5. Add vegetable oil, salt, and pepper to a small bowl. Brush mushrooms with oil mixture and place cap- side down on heated grill to mark. Cook approximately 3 minutes, then turn 90 degrees (1/4 turn) and cook for another 3 minutes to mark cap with crosshatch grill marks.
6. Flip mushroom cap-side up, and cook for another 5-10 minutes, until moisture has leached out, and mushroom is softened and cooked through.
7. Remove mushroom caps from the grill and cut into 1 inch wide strips.

### French Fries

8. Cook according to package



# Power Bites

Ingredients	Quantity	Measure
Peanut butter or other nut/seed butter	1	cup
Quick cooking oats, raw	2	cups
Non-dairy chocolate chips	6	ounces
Maple syrup, real	1	ounces
Applesauce, unsweetened	4	ounces
Pecans, ground, optional	$\frac{3}{4}$	cup

## Preparation

1. Add all ingredients to a bowl and mix well using gloved hands.
2. Portion with a #40 scoop, or about 1 ½ tablespoons.
3. Store in a closed container. Refrigerate up to two weeks.

## Notes

You can add any kind of nut or dried fruit to this recipe.



# Pulled Jackfruit

Ingredients	Quantity	Measure
Jackfruit, green, in water or brine	2	20-oz cans
Oil, olive or canola	3	tablespoons
Onion, diced	1	large
Garlic, minced	6	cloves
<b>Mexican/BBQ Flavor</b>		
Chipotle paste	2	teaspoons
Chili powder	2	teaspoons
Cumin, ground	1	tablespoon
<b>Asian Flavor</b>		
Soy sauce	1	tablespoon
Ginger, fresh, minced or grated	1	tablespoon
Sesame oil	1	tablespoon

## Preparation

1. Preheat oven to 350 degrees Fahrenheit.
2. Drain jackfruit in a colander. If in brine, rinse lightly to remove some of the salt. Remove seeds and set aside.
3. Heat an oven-proof skillet on medium heat and add oil. Add onion and sauté 5 minutes until golden.
4. Add garlic and flavor ingredients and sauté another 3 minutes.
5. Add jackfruit and 1 cup water or low- sodium vegetable stock. Sauté another 5 minutes until water mostly evaporates, while using a wooden spoon to pull or shred the jackfruit into strands.
6. Distribute jackfruit evenly in bottom of pan then bake in oven for 10-15 minutes until more dried and slightly crisped.
7. Serve in a taco, on a bun or in a lettuce wrap with fresh veggies, coleslaw and fresh cilantro, as well as salsa, barbecue or hoisin sauces as desired.



# Pumpkin Harvest Cookies

Ingredients	Quantity	Measure
Flaxseed	1	tablespoon
Water	3	tablespoons
Granulated sugar	$\frac{3}{4}$	cup
Light brown sugar	$\frac{1}{4}$	cup
Non-dairy margarine	$\frac{1}{2}$	cup
Vanilla flavoring	1	teaspoon
Pumpkin, canned	1	cup
All-purpose flour	2	cups
Cinnamon	$\frac{1}{2}$	teaspoon
Cloves	$\frac{1}{4}$	teaspoon
Baking soda	1	teaspoon
Salt	$\frac{1}{2}$	teaspoon
Raisins, optional	1	cup
Walnuts, optional	1	cup

## Preparation

1. Mix flaxseed and water in a small bowl until well combined and let set for five minutes.
2. Using a mixer, blend granulated sugar, light brown sugar, margarine, flaxseed mixture, vanilla and pumpkin.
3. Add the flour, cinnamon, cloves, soda and salt. Blend well.
4. Stir in raisins and nuts. If desired.
5. On parchment lined sheet pans, portion out cookie dough to yield 28 cookies.
6. Bake at 375 degrees Fahrenheit for 12-15 minutes or until done. These are soft cookies.



# Pumpkin Pecan Cobbler

Ingredients	Quantity	Measure
All-purpose flour, or white whole wheat	2 ½	cups
Granulated sugar	1 ½	cups
Baking powder	4	teaspoons
Pumpkin pie spice	3	teaspoons
Ground cinnamon	1	teaspoon
Salt	1	teaspoon
Non-dairy milk	1	cup
Pumpkin, canned	1	cup
Non-dairy margarine, melted	1	cup
Vanilla flavoring	1	teaspoon
<b>Topping</b>		
Brown sugar	1	cup
Granulated sugar	1	cup
Pecans, chopped, optional	1 ½	cups
Water, hot	3	cups

## Preparation

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large mixing bowl, combine flour, sugar, baking powder, pumpkin spice, cinnamon, and salt. Stir well.
3. Mix non-dairy milk, pumpkin, vanilla flavoring, and melted margarine into the flour mixture until well blended.

## Topping

1. In a medium mixing bowl combine brown sugar, granulated sugar, and chopped pecans (if using). Mix well and set aside.
2. Coat a 2" half hotel pan with non-stick cooking spray. Spread pumpkin batter in the prepared pan.
3. Top with sugar pecan mixture.
4. Pour HOT water over the pecan mixture. DO NOT MIX!
5. Bake at 350 degrees Fahrenheit for 25-30 minutes. The cobbler will be soft, but slightly set. Do not overbake.



# Quinoa, Oatmeal & Fruit Parfait

Ingredients	Quantity	Measure
Water	1	cup
Salt	1/2	teaspoon
Quinoa	1/2	cup
Oats, raw, quick cooking	1	cup
Fresh apple, cored, grated	1	whole
Non-dairy milk	1	cup
Dried cranberries	1/4	cup
Brown sugar or maple syrup, optional		to taste

## Preparation

1. Rinse quinoa.
2. Bring water to a boil, add salt and quinoa. Cover and continue to boil until tender, about 15 minutes until the quinoa has absorbed most of the water. Tiny spirals should appear on top of each seed when done. This is the germ separating and curling around the seeds. Leave lid on the pot for at least 5 minutes after removing from heat. Then remove the lid and allow to cool .
3. Fluff the quinoa gently with a fork.
4. Stir in raw oats, apple, non-dairy milk, cranberries, and sweetener (brown sugar, maple syrup, or agave) if desired.

## Notes

Sliced banana can be used in place of sugar to add a bit of sweetness.



# Quinoa Tabbouleh

Ingredients	Quantity	Measure
Quinoa, dry, rinsed and drained	1	cup
Water	2 ½	cups
Salt	1	teaspoon
Fresh garlic, minced	1	tablespoon
Red bell pepper, small dice	¼	cup
Olive oil	1	teaspoon
Red onion	¼	cup
Whole kernel corn, frozen, do not cook	¼	cup
Fresh parsley, chopped	¼	cup
Fresh mint, chopped	¼	cup
Fresh lemon juice	1	each
Fresh lime juice	1	each
Olive oil	¼	cup

## Preparation

1. Boil water.
2. Once water is boiling, add salt and rinsed and drained quinoa. Reduce heat to medium and continue cooking quinoa until it resembles spiral shape and all of the water is gone.
3. In a pan over medium heat, sauté red onion in 1 teaspoon of olive oil until soft; remove from heat.
4. In a medium bowl, combine cooked quinoa, red onions, bell pepper, corn, parsley, mint, lemon juice, lime juice and ¼ cup olive oil. Stir until fully combined.





# Raspberry Bars

Ingredients	Quantity	Measure
All-purpose flour	2 ½	cups
Sugar, granulated	½	cup
Non-dairy margarine	1	cup
Raspberry jam	1 ½	cups
<b>Flat Icing</b>		
Sugar, powdered	1	cup
Non-dairy milk	2	tablespoons
Vanilla extract	½	teaspoon

## Preparation

1. In a large bowl, mix flour, granulated sugar and non-dairy margarine together.
2. Divide dough into thirds. Press 2/3 in quarter sheet pan.
3. Bake at 350 degrees Fahrenheit for 8-10 minutes.
4. Allow to cool slightly. Spread jam on top of bars.
5. Crumble last third of dough on top of bars.
6. Bake at 350 degrees until golden brown, about 10-15 minutes.

## Flat Icing

1. Place powdered sugar in a small mixing bowl. Slowly add non-dairy milk, a little at a time to ensure it doesn't become too thin. Add vanilla extract and stir to combine.
2. Drizzle over cooled bars.



# Red Kidney Beans and Rice

Ingredients	Quantity	Measure
Kidney beans, dark red, dry	1	pound
Water, divided	1 ½	quarts
Vegetable oil	1	tablespoon
Onion, medium, dice	2	cups
Red bell pepper, medium, dice	1	cup
Green bell pepper, medium, dice	1	cup
Celery, medium, dice	½	cup
Fresh garlic, chopped	¼	cup
Creole seasoning	1/8 - ¼	cup
Vegetable stock	1	quart
Rice, cooked according to package directions	2	cups

## Preparation

1. Cover the beans with 2 cups of the water and bring to a boil. Allow to cook for two minutes.
2. Drain water and set beans aside.
3. Put vegetable oil in a large pot (large enough to allow beans to cook freely). Add onion, red bell pepper, green bell pepper, celery, garlic, and creole seasoning. Sauté for 4 minutes.
4. Add kidney beans, 4 cups of water, and vegetable stock. Bring to a boil and let cook for 15 minutes.
5. Turn heat down to medium heat and simmer until beans are tender, approximately 20-25 minutes.
6. Taste and adjust seasoning if needed



# Red Velvet Cake

Ingredients	Quantity	Measure
Apple cider vinegar	1	tablespoon
Non-dairy milk	1 1/3	cup
Sugar, granulated	12	ounces
Vegetable oil	6	ounces
Vanilla extract	1	teaspoon
Vegan red food coloring	2	ounces
Self-rising flour	14	ounces
Natural cocoa powder	1	tablespoon
<b>Cream Cheese Icing</b>		
Non-dairy margarine	4	ounces
Vegetable shortening	1/2	cup
Vanilla extract	1	teaspoon
Sugar, powdered	1	pound
Non-dairy cream cheese	4	ounces

## Preparation

1. In a large mixing bowl, combine vinegar, non-dairy milk, sugar, vegetable oil, vanilla extract and red food coloring and mix using a mixer.
2. Add flour and cocoa powder to the mixing bowl and mix for 2-3 minutes.
3. Spoon into prepared cake or cupcake pan and bake at 350 degrees Fahrenheit for 15-20 minutes or until a toothpick inserted in the center comes out clean. Allow to cool on a wire rack.

## Cream Cheese Icing

1. Using a mixer, blend margarine and shortening until creamy.
2. Add vanilla extract; blend well.
3. Add powder sugar and start to blend, then add cream cheese; blend until creamy. Note: If icing is too soft add 1/2 cup powder sugar until spreading or piping consistency is achieved.



# Risotto Croquettes with Marinara

Ingredients	Quantity	Measure
Onion, fine dice	1/4	cup
Non-dairy margarine	1	ounce
Arborio rice	2	cups
White wine	1/2	cup
Vegetable stock	1/2	quart
Nutritional yeast	2	tablespoons
Non-dairy mozzarella cheese	1/2	cup
All-purpose flour	1/2	cup
Panko breadcrumbs	1/2	cup
Non-dairy milk, unsweetened	2	cups
Marinara	2 1/4	cups

## Preparation

1. Sauté onions in margarine.
2. Add rice and coat with margarine, cook until parched.
3. Add white wine.
4. Add the stock in 3 parts.
5. Cook over low heat and stir frequently until rice is done.
6. Stir in nutritional yeast.
7. Add salt.
8. Transfer rice to sheet pan and allow cooling completely.
9. Once rice is chilled, fold mozzarella into the chilled rice and form into croquettes.
10. Coat croquettes rolling them in flour, in non-dairy milk and then in breadcrumbs.
11. Deep fry till golden brown.
12. Serve 3 croquettes with 1/4 cup of marinara on top.



# Roasted Root Vegetables

Ingredients	Quantity	Measure
Sweet potatoes	1	pound
Shallots	1	cup
Carrots, medium chunk	2	cups
Butternut squash, medium chunk	2	cups
Parsnips, medium chunk	1	cup
Turnips, medium chunk	1	cup
Fresh garlic, whole cloves	8	cloves
Olive oil	2	teaspoons
Salt	1	teaspoon
Black pepper	1	teaspoon

## Preparation

1. Put oil in a hotel pan and coat all vegetables.
2. Add salt and pepper.
3. Cover with foil.
4. Bake at 375 degrees Fahrenheit for 40-50 minutes or until vegetables are tender.



# Roasted-Veggie Chiles Rellenos

Ingredients	Quantity	Measure
<b>Chipotle Tomato Sauce</b>		
Poblano chilies	8	each
Roma tomatoes	2	pounds
Onions, peeled and quartered	1 ½	pounds
Garlic cloves, unpeeled	½	cup
Vegetable oil	2	tablespoons
Chipotle chilies in adobe sauce, drained	8	ounces
Water	2	cups
Oregano	1	teaspoon
Bay leaves	2	each
Salt	1	teaspoon
Pepper	1	teaspoon
<b>Filling</b>		
Corn, fresh or frozen	2	cups
Zucchini	2	cups
Breadcrumbs, dried	1 ½	cup
Green onions, thinly sliced	½	cup
Fresh cilantro, minced	4	tablespoons
<b>Garnish</b>		
Fresh cilantro, leaves	2	tablespoons
Fresh chives, chopped	2	tablespoons

## Preparation

1. Make the Chipotle Tomato Sauce as follows:
  - a. Remove stems, leaving chilies whole.
  - b. Place tomatoes, onions and garlic on an oiled pan. Bake at 500 degrees Fahrenheit for 20-30 minutes (garlic should be lightly browned).
  - c. Let cool. Peel tomatoes and garlic. Remove core from tomatoes. Place tomatoes, garlic, onions, and chipotle chilies in food processor. Process until smooth.
  - d. Strain into a large pot and discard solids.  
(see next page)



# Roasted-Veggie Chiles Rellenos

- e. Add water, oregano and bay leaf to pan, bring to a boil. Reduce heat, simmer uncovered for 40 minutes or until reduced to 4 cups. Remove bay leaf. Add salt and pepper. Set aside and keep warm.
2. Combine corn, zucchini, breadcrumbs, green onions, minced cilantro, and 1 cup of Chipotle Tomato Sauce.
3. Stuff  $\frac{3}{4}$  cup of this mixture into each of the poblano chiles.
4. Place stuffed chiles on foil lined jellyroll pan. Bake at 500 degrees Fahrenheit for about 20 minutes or until chilies are blackened, turning after 10 minutes.
5. Spoon 2 tablespoons of Chipotle Tomato Sauce over each.



# Samosas

Ingredients	Quantity	Measure
Phyllo dough	9	sheets
Olive oil	½	cup
<b>Filling</b>		
Potatoes, peeled and diced into 1/4-inch chunks	1 ½	pounds
Water	1	quarts
Salt, divided	2	teaspoons
Olive oil	2	tablespoons
Onion, chopped medium	1	each
Garlic, minced	2	cloves
Fresh ginger, peeled and finely chopped	½	teaspoon
Jalapeno, seeded and finely chopped	2	teaspoons
Peas and carrots, frozen	¾	cup
Corn, frozen	¼	cup
Garam Masala	½	teaspoon
Turmeric	½	teaspoon
Red chili powder	1	teaspoon
Lemon juice	¼	cup
Cilantro, chopped	1	tablespoon

## Preparation

### Filling

1. Put potatoes in a pot with 1 teaspoon of salt. Add water and bring to a boil, cook potatoes until very tender, about 12 minutes.
2. When potatoes are done, drain and mash.
3. Heat oil in a pan over medium heat. Once hot sauté onions, garlic, ginger and jalapeno until tender.
4. Add peas, carrots, and corn continue to cook for 2 minutes.
5. Add Garam Masala, turmeric, red chili powder and one teaspoon of salt. Continue to cook for 3 minutes and remove from heat.
6. In a large bowl, mix potatoes, heated vegetable mixture, lemon juice, and cilantro.
7. Taste and adjust seasoning if desired.  
(see next page)





# Samosas

## Phyllo dough

1. Preheat oven to 350 degrees Fahrenheit.
2. Brush one sheet of phyllo with olive oil. Lay another sheet on top of the brushed one and brush second layer with olive oil; lay another sheet on top and brush with oil.
3. Cut into 2-inch squares.
4. Put one tablespoon of potato mixture in center of square. Bring the four corners together and twist, making them look like a purse.
5. Put on a baking sheet pan and bake for 10-12 minutes or until golden brown.



# Shepherd's Pie

Ingredients	Quantity	Measure
Zucchini, sliced	2	cups
Yellow squash, sliced	2	cups
Carrots, sliced	2	cups
Red onion, sliced	1	cup
Fresh garlic	2	tablespoons
Potatoes, for mashing	2 1/2	pounds
Non-dairy margarine	4	ounces
Non-dairy milk, unsweetened	2	cups
Mushrooms, sliced	1	pound
Olive oil, divided	2	tablespoons
Salt	2	teaspoons
Black pepper	2	teaspoons

## Preparation

1. Sauté zucchini, yellow squash, carrots, red onions, and garlic in 1 tablespoon of olive oil. Set aside.
2. Cook potatoes until tender, mash with margarine and non-dairy milk.
3. Sauté mushrooms in 1 tablespoon of olive oil.
4. In a baking dish, layer the sautéed vegetable mixture on the bottom, top with sautéed mushrooms and pipe the mashed potatoes over the vegetables.
5. Place in 400-degree oven and bake until potatoes are golden brown, approximately 10 minutes.



# Southwest Breakfast Skillet

Ingredients	Quantity	Measure
Vegetable oil	¼	cup
Vegan sausage crumbles, optional	8	ounces
Sweet potatoes, peeled	16	ounces
Yellow onion	6	ounces
Green bell peppers	4	ounces
Red bell peppers	4	ounces
Fresh jalapeno peppers	1	ounces
Fresh garlic	2	ounces
Frozen corn	8	ounces
Black beans, canned, rinsed and drained	15	ounces
Roma tomatoes, fresh, chopped small	8	ounces
Dairy-free cheddar cheese, optional	8	Ounce

## Preparation

1. Roast sweet potatoes for ten minutes on each side at 350 degrees Fahrenheit; do not overcook. When cooled, cut into small cubes and set aside. Heat large sauté pan and add the oil. Once pan is hot, add onions, red and green bell peppers, and sweet potatoes. Continue to cook until sweet potatoes are fork tender.
2. Add jalapenos, corn, and garlic. Continue to cook for approximately 3 more minutes.
3. Add vegan sausage crumbles (if using). Heat until fully cooked, about 5-7 minutes.
4. Add black beans and cook for 2-3 minutes, until just until hot.
5. Top with fresh tomatoes and vegan cheese and serve.



# Spanakopita

Ingredients	Quantity	Measure
Phyllo dough, thawed	½	box
Spinach, fresh *Frozen spinach can be used but it must be thawed and you must squeeze as much of the water out as possible	1	pound
Onion, small dice	1	cup
Garlic, minced	1/8	cup
Non-dairy mozzarella cheese, shredded	½	cup
Non-dairy margarine, divided, melted	10	ounces
Salt	1	teaspoon
Black pepper	1	teaspoon

## Preparation

1. Melt 2 ounces of margarine in pan over low heat. Add onions and garlic and cook until translucent. Add spinach and remove from heat after 2-3 minutes to allow mixture to cool.
2. Stir in cheese, salt and pepper.
3. Lay one piece of phyllo, brush with melted margarine. Repeat with two more sheets of phyllo.
4. Cut phyllo in to eight strips.
5. Place one tablespoon of spinach mixture on each strip and roll up into a triangle.
6. Bake in 350-degree oven for 30-40 minutes until golden brown.



# Spicy Potato Curry

Ingredients	Quantity	Measure
Potatoes, cubed	2	pounds
Vegetable broth	3	quarts
Vegetable oil	2	tablespoons
Onions, small dice	1	cup
Garlic, minced	3	cloves
Cumin	1	teaspoon
Cayenne	1	teaspoon
Curry powder	4	teaspoons
Garam Masala	4	teaspoons
Fresh ginger root, peeled and minced	1	ounces
Salt	1	teaspoon
Tomatoes, canned, diced	1	15 oz can
Garbanzo beans, rinsed, drained	1	15 oz can
Green peas, canned, rinsed, drained OR Green peas, frozen, thawed		1-15 ounces can OR 1 ½ cups
Coconut milk, canned	1	14 oz can

## Preparation

1. Boil potatoes in vegetable broth just until tender. Drain and reserve vegetable broth. Set aside potatoes and broth until step four.
2. Heat oil in skillet, stir in onion and garlic and cook until translucent.
3. Add cumin, cayenne, curry, Garam Masala, ginger and salt to the onions and garlic. Cook for 2 minutes.
4. Add tomatoes, beans, peas, potatoes and coconut milk to the skillet. Barely cover with some of the reserved vegetable broth. Stir to combine and simmer for 10 minutes.
5. Serve alone or over rice.



# Spinach Enchiladas

Ingredients	Quantity	Measure
Onion, small dice	1	cup
Garlic, minced	¼	cup
Baby spinach, fresh	2	pounds
Roma tomatoes, chopped	3	cups
Salt	1	teaspoon
Black pepper	1	teaspoon
Tortilla shells, flour or corn	12	each
<b>Green Chili Sauce</b>		
Non-dairy margarine	½	cup
Onion	½	cup
Garlic	1	tablespoon
All-purpose flour	4	ounces
Non-dairy milk, unsweetened	1	quart
Green chilies	8	ounces
Non-dairy sour cream	4	ounces

## Preparation

1. Sauté onions and garlic. Add tomatoes, spinach, salt, and pepper. Continue to cook for 3-4 minutes. Allow to drain.
2. Spoon into tortilla and roll up.

### Green Chili Sauce

1. Melt margarine, add onions and garlic, sauté.
2. Stir in flour, cook until it emits a nutty aroma.
3. Add 2 cups of non-dairy milk and stir continuously until creamy. If it's too thick, add more non-dairy milk. You don't want it too thin.
4. Stir in chilies and sour cream.
5. Ladle over enchiladas.
6. Bake in 350-degree oven 10-15 minutes. Just to warm.



# Spinach Stuffed Shells

Ingredients	Quantity	Measure
Large pasta shells	24	each
Baby spinach	2	pounds
Onion, medium chopped	1	cup
Garlic, minced	¼	cup
Roma tomatoes	3	cups
Non-dairy mozzarella cheese, divided, optional	2	cups
Salt	½	teaspoon
Black pepper	½	teaspoon
Olive oil	1	tablespoon
Marinara	2	cups
<b>Tofu ricotta</b>		
Tofu, firm	14	ounces
Fresh lemon juice	1	tablespoon
Garlic powder	1	tablespoon
Salt	½	teaspoon
Oregano, dried	1	teaspoon
Basil, dried	1	teaspoon
Extra virgin olive oil	1	tablespoon

## Preparation

1. Drain tofu and remove excess liquid
2. To prepare the tofu ricotta, add tofu, lemon juice, garlic powder, oregano, basil, extra virgin olive oil, and salt to a blender. Blend until smooth and set aside.  
Cook pasta shells according to package. Cool and set aside.
3. Heat olive oil in a skillet.
4. Add onions and garlic. Sauté for 2 minutes.
5. Add tomatoes, spinach, salt, and black pepper to the onions and garlic. Cook for 2 minutes, until vegetables are tender. Drain to remove excess liquid from tomatoes.
6. Stir in 1 cup of dairy-free mozzarella (if using) and tofu ricotta into the spinach mixture.
7. Put a large tablespoon of spinach mixture in each shell.
8. Top stuffed shells with marinara and mozzarella (if using).
9. Bake at 375 degrees Fahrenheit for 10 minutes.



# Szechuan Zoodles

Ingredients	Quantity	Measure
Sesame oil	1	tablespoon
Rice wine vinegar	1	tablespoon
Garlic, minced	4	cloves
Fresh ginger, grated	1	teaspoon
Red pepper flakes	½	teaspoon
Corn starch	2	teaspoons
Tamari or soy sauce, divided	¼	cup
Brown sugar	2	teaspoons
Zucchini, cut into long noodles	3	medium
Canola oil	1	tablespoon
Carrots, cut into thin strips	2	each
Red bell pepper, thinly sliced	1	each
Green bell pepper, thinly sliced	1	each
Scallions, thinly sliced	2	each

## Preparation

1. In a medium bowl, combine sesame oil, rice wine vinegar, garlic, ginger, red pepper flakes, cornstarch and 1 tablespoon of tamari/soy sauce. Set aside.
2. In a small bowl, mix sugar and rest of the tamari/soy sauce. Set aside.
3. Use a mandolin or spiral cutter to ribbon zucchini and carrots. Set aside.
4. In a large hot skillet, add canola oil and stir fry carrots for 2-3 minutes. Add green and red peppers and cook for 2-3 minutes.
5. Add sesame oil mixture to cooked carrots and peppers.
6. Add sugar and tamari mixture to zucchini noodles and sauté for 2-3 minutes on medium heat.
7. Combine all ingredients.
8. Garnish with thinly sliced scallions.





# Thai Gazpacho

Ingredients	Quantity	Measure
Garlic	1	clove
Green onions, white and pale green parts cut into 1-inch pieces	3	each
Yellow bell pepper, quartered	½	each
Red bell pepper, quartered	½	each
Cucumber, cut into 1-inch pieces	1	each
Roma tomatoes, ripe	½	pound
Tomato juice, low sodium	2	cups
Lime juice, fresh	½	each
Thai style red curry powder	1	teaspoon
Ginger, fresh, minced	2	teaspoon
Salt	1	teaspoon
Pepper	¼	teaspoon

## Preparation

1. In a food processor, add garlic and pulse until finely chopped.
2. Add green onions and peppers to the food processor and pulse again until you get ¼-inch pieces.
3. Transfer pepper mixture to a medium bowl.
4. In the food processor, pulse the cucumber into small pieces. Transfer to the pepper mixture.
5. Add the tomatoes to the food processor and pulse into small pieces. Add to other vegetables in bowl.
6. Stir in tomato juice, lime juice, fresh ginger, curry powder, salt and pepper to the chopped vegetable mixture
7. Refrigerate gazpacho for several hours.
8. Add salt or curry powder to taste.



# Thai Tofu Noodle Soup with Lemongrass

Ingredients	Quantity	Measure
Boiling water for noodles	2	quarts
Rice noodles	1	pound
Vegetable stock	2	quarts
Lemongrass	½	cup
Fresh ginger, minced	2	tablespoons
Carrots, small dice	½	pound
Broccoli, small florets	½	pound
Bok Choy, medium chop	½	pound
Coconut milk, canned	2	cups
Tofu, drained, cubed	1	14-ounce package
Soy sauce, reduced sodium	1	cup
Fresh basil, garnish	½	cup
Sriracha, optional	4	ounces
Lime zest, optional	as	needed

## Preparation

1. Place stock in a soup pot with lemongrass, ginger and carrots. Bring to a boil, and then reduce heat to medium. Allow to simmer while you chop remaining vegetables.
2. Add chopped Bok Choy and broccoli florets to the stock and allow vegetables to soften but remain bright in color, approximately 8-10 minutes.
3. Reduce heat to low and add coconut milk. Stir until coconut milk is thoroughly combined with the stock.
4. Gently stir and add tofu. Stir gently to avoid tofu falling apart.
5. Add soy sauce. Stir until well combined.
6. Bring water to a boil.
7. Once boiling, remove from heat and add noodles to the hot water. Leave off heat and allow noodles to soften for 5-8 minutes. Drain and set aside until step 7.
8. Add ½ cup rice noodles to a bowl, top with soup and garnish with fresh basil, sriracha sauce, and lime zest if desired.



# Tofu Scramble Flatbread

Ingredients	Quantity	Measure
Tofu, firm, drained	14	ounces
Olive oil, divided	4	tablespoons
Turmeric	2	teaspoon
Onion, chopped small	½	cup
Garlic, minced	1	tablespoon
Red bell pepper, chopped small	½	cup
Baby spinach, rough chop	1	pound
Tamari sauce	1	tablespoon
Non-dairy mozzarella, optional	1	cups
Vegan naan	6	pieces
Vegan sausage crumbles, optional	10	ounces
Salsa, optional	2	cups

## Preparation

1. Press tofu to remove excess liquid as follows.
2. Crumble tofu with clean gloved hands.
3. Heat 1 tablespoon of olive in a medium skillet.
4. Add chopped onions, garlic, and red bell pepper to skillet and sweat for 3-4 minutes.
5. Add chopped spinach and tamari to the onions and peppers.
6. If using the sausage crumbles, add to the vegetable mixture and cook for 2-3 minutes
7. In another skillet heat 1 tablespoon olive.
8. When hot add the turmeric and let sizzle for 2-3 minutes.
9. Add crumbled tofu. Stir occasionally until blended and hot.
10. Add vegetable and sausage mixture to tofu and toss. Remove from heat.
11. Brush naan using 2 tablespoon of olive oil and heat in a 350-degree oven for 2-3 minutes.
12. Remove naan and put ½ cup of tofu mixture on each half of naan.
13. Top with non-dairy mozzarella or alternative cheese option and put back in over for 3-4 minutes.
14. Remove from oven. Top each flat bread with salsa if desired.



# Udon Noodle Bowl

Ingredients	Quantity	Measure
Prepared mushroom broth OR Homemade vegetable broth using the following ingredients:	1 ½	quarts
Vegetable stock for mushroom broth	56	ounces
Fresh shitake, oyster, shimeji, trim stems	12	ounces
Scallions	24	each
Carrots (rough chop)	2	cups
Garlic, fresh, smashed	12	each
Yellow onion, split in half	8	each
Kombu, 4-inch piece (edible dried kelp for seasoning)	10	each
Soy sauce, reduced sodium	¾	cup
Mirin (sweet cooking seasoning)	¾	cup
Salt	1	tablespoon
Vegetable oil, divided	½	cup
Napa cabbage, cut into ¾ inch strips	10	cups
Udon noodles, fresh or dried	12	ounces
<b>Crispy Sriracha Tofu</b>		
Tofu, firm, drained, cut in half and then cut across into 6 slices	2	14-ounce packages
Flax seed, ground	¼	cup
Water, warm	¾	cup
Sriracha	½	cup
All-purpose flour	1	quart
Cornstarch	½	cup
Salt	1	teaspoon



# Udon Noodle Bowl

## Preparation

1. If preparing the broth from scratch, add the vegetable stock, fresh mushrooms scrapes, 1" bottom of scallions, garlic, onions, carrots and Kombu. Bring to a boil, reduce heat and let it simmer for 20 minutes.
2. Slice fresh mushrooms. Finely slice remaining scallion's tops and set aside.
3. When broth is finished, strain through a fine mesh strainer. Return liquid to the pot and discard the solids. Add soy sauce, mirin and a teaspoon of salt. You should have about 48 oz. of broth. Keep warm
4. Heat ¼ cup of vegetable oil in a wok or skillet over high heat, until lightly smoky. Add shitakes, oyster mushrooms and shimeji, stir fry until lightly brown completely tender about 2 minutes. Add ¼ cup vegetable oil, heat until lightly smoking. Add cabbage and stir fry until lightly charred in spots and tender, about 2 minutes. Transfer to plate.
5. Cook Udon noodles in boiling water according to package directions. Strain and divide into 12 bowls (1 ounces of noodles). Pour broth over noodles, top with scallions, wood ears, morels, stir fried mushrooms, cabbage and crispy sriracha tofu.

## Preparation for Tofu

1. Mix water and ground flax seed together and let set for 5 minutes.
2. Add sriracha and blend well.
3. Dust tofu in cornstarch.
4. Using a standard breading procedure (flour, sriracha flax egg mixture and back into the flour). Put each piece of tofu through this three-step process.
5. Pan fry, deep fry, or bake until golden brown. If baking, bake in a 425-degree oven until golden brown.



# Vegetable Lasagna

Ingredients	Quantity	Measure
Lasagna noodles	9	each
Water	6	cups
Salt, divided	2	teaspoon
Onion, small dice	1	cup
Fresh garlic, minced	2	tablespoons
Zucchini, rough chopped	2	cups
Baby spinach, rough chopped	1	pound
Fresh broccoli florets, chopped	1	pound
Non-dairy margarine	1/4	cup
Non-dairy mozzarella cheese, shredded, optional	1	cup
Black pepper	1	teaspoon
<b>Alfredo Sauce</b>		
Non-dairy margarine	1/4	cup
All-purpose flour	2	ounces
Non-dairy milk	2	cups
Nutritional yeast	1/4	cup
Water	1	cup
Salt	2	teaspoons
Black pepper	2	teaspoons

## Preparation

1. Put noodles in boiling water with 1 tsp salt. Cook until tender, about 10-12 mins.
2. Sweat onions and garlic in the margarine.
3. Add zucchini, broccoli and baby spinach. Cook for 10 minutes.
4. Prepare alfredo as follows:
  - a. Melt margarine
  - b. Add flour and cook until it emits a nutty aroma.
  - c. Add non-dairy milk, nutritional yeast, water, salt, and pepper. Stir and cook until thick and bubbly.
5. In a pan, layer with alfredo sauce on the bottom, noodles, and vegetables, repeat with top layer of sauce. Top with mozzarella cheese, if using.
6. Bake at 350 degrees Fahrenheit until the internal temperature reaches 165 degrees, approximately 20-25 minutes.



# Vegetable Wellington

Ingredients	Quantity	Measure
Olive oil	2	tablespoons
Leeks, chopped, white parts only	1	large
Celery, diced	2	stalks
Carrots, sliced into coins	1 ½	cups
Fresh tarragon, minced	½	teaspoon
Sage, dried	½	teaspoon
Salt	1	teaspoon
Black pepper	1	teaspoon
Vegetable broth	1/3	cup
Walnuts, chopped and toasted	½	cup
Fresh spinach, chopped	1	cup
Phyllo dough	9	sheets
Olive oil	¼	cup

## Preparation

1. Heat 2 tablespoons of olive oil in a large skillet. Add leeks, celery, and carrots cook for 4 mins. Add tarragon, sage, salt and pepper and cook for another 2 mins.
2. Add broth and bring to boil.
3. Once boiling, add the spinach and walnuts and continue to cook until the broth evaporates. Remove from heat.
4. Layer one sheet of phyllo dough on a cutting board and gently brush with a thin layer of olive oil. Layer another sheet on top of the oiled sheet and gently brush a thin layer of oil on top of the second sheet. Add a thin line of the spinach filling at the top, roll two times, add another thin line of filling. Roll until there is only 1-inch of phyllo dough left. Set aside.
5. Repeat step 4 two times, making 3 single rolls.
6. Layer 3 sheets of phyllo dough. Brush the bottom, the middle, and the top with olive oil. Take your three single rolls, roll them together to make 1 roll. Place on top of the three brushed sheets of phyllo dough. Roll up. Brush with olive oil. Place on a cookie sheet lined with parchment paper and bake in a 350-degree oven for 15-20 minutes.
7. Allow to cool for five minutes before slicing widthwise.



# White Cake

Ingredients	Quantity	Measure
All-purpose flour	2	cups
Baking powder	1	tablespoon
Salt	1	teaspoon
Non-dairy milk	1	cup
Vegetable oil	4	ounces
Sugar	1 ½	cups
Apple sauce, sweetened	½	cup
Vanilla	1	teaspoon

## Preparation

1. In a large bowl combine flour, baking powder, and salt. Set aside.
2. In a medium bowl combine non-dairy milk, vegetable oil, sugar, apple sauce, and vanilla. Whisk well.
3. Add liquid mixture to dry ingredients and beat for 3 minutes.
4. Spray ¼ sheet pan, bake in 350-degree convection oven for 20-25 minutes.





# Zucchini Bread

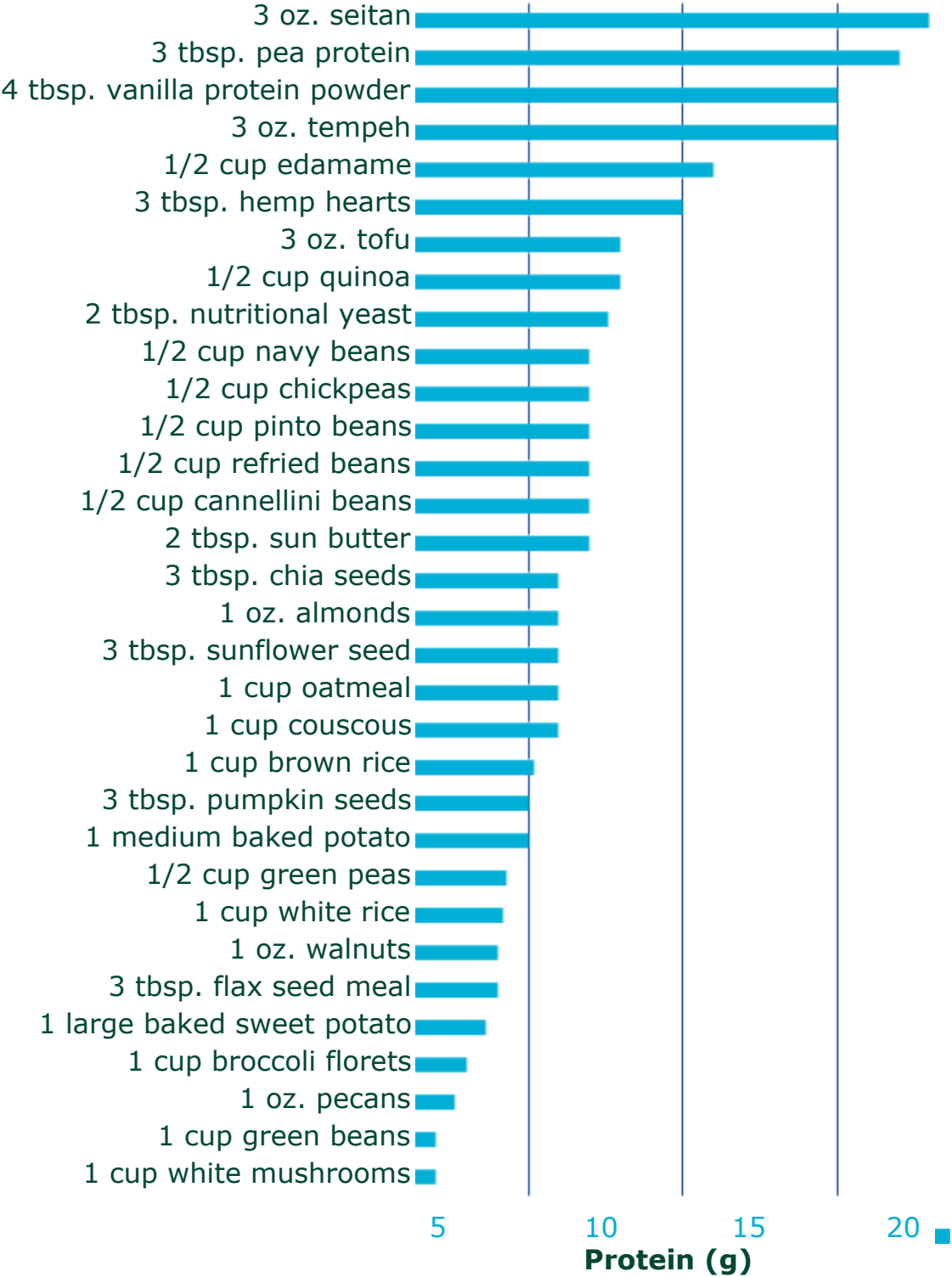
Ingredients	Quantity	Measure
All-purpose flour	2 ½	cups
Baking powder	1	teaspoon
Baking soda	1 ½	teaspoons
Salt	1	teaspoon
Cinnamon	1	teaspoon
Bananas, mashed	8	ounces
Sugar	1 ½	cups
Vegetable oil	1	cup
Vanilla	1	teaspoon
Zucchini, shredded	11	ounces
Pecans or walnuts, optional	6	ounces

## Preparation

1. In a large bowl, combine flour, baking powder, baking soda, salt and cinnamon. Stir together and set aside.
2. In a medium bowl, combine mashed bananas, sugar, oil, and vanilla. Mix well.
3. Combine flour mixture and banana mixture. Mix only until combined.
4. Fold in zucchini and nuts (if using).
5. Bake at 325 degrees Fahrenheit for 35-40 minutes until top is brown and a toothpick inserted comes out clean.



# Plant-Based Protein Sources



# Common Conversions

## Common Liquid Measures

1 cup = 8 fluid oz = 16 Tablespoons  
0.5 cup = 4 fluid oz = 8 Tablespoons  
1 Tablespoon = 0.5 fluid oz = 3 teaspoons  
1 Pint = 2 cups = 16 fluid oz = 32 Tablespoons  
2 Pints = 4 cups = 1 Quart = 32 fluid oz  
1 Gallon = 16 cups = 4 Quarts = 128 fluid oz

## Common Dry Measures

1 oz = approx. 28 grams (28.35 g)  
4 oz = approx. 115 grams = 0.25 lb  
8 oz = approx. 227 grams = 0.5 lb  
16 oz = approx. 455 grams = 1 lb

## Flours

All Purpose Flour	1 cup	4.25 oz	120 g
Bread Flour	1 cup	4.25 oz	120 g
Self-Rising Flour	1 cup	4 oz	113 g
<i>(1 cup All Purpose Flour + 1.5 teaspoon Baking Powder + .25 teaspoon Salt)</i>			
Whole Wheat Flour	1 cup	4 oz	113 g
Pastry Flour	1 cup	4 oz	113 g

## Sugars

Sugar, Granulated White	1 cup	7 oz	198 g
	2/3 cup	4.75 oz	135 g
Sugar, Brown (Packed)	1 cup	7.5 oz	213 g
Sugar, Confectioners'	2 cup	8 oz	227 g
Splenda	1 cup	0.875 oz	25 g



# Table of Contents

Aquafaba .....	2
Avocado Fries.....	(contains gluten; soy) 3
Avocado Toast with roasted chickpeas and arugula.....	(contains gluten) 4
Banh Mi.....	(contains gluten; soy) 5
Biscuits.....	(contains gluten; soy) 6
Blueberry Muffins.....	(contains gluten; soy) 7
Broccoli Rice Casserole.....	8
Carrot Cake Cupcakes.....	(contains gluten; soy; seeds) 9
Carrot Osso Bucco with Polenta.....	(contains soy) 10
Cauliflower Flatbread.....	(contains seeds) 12
Cauliflower & Lentil Fritters.....	(contains seeds; soy) 13
Cauliflower Lentil Curry.....	14
Cauliflower Buffalo Wings.....	15
Cauliflower Fried Rice.....	(contains soy) 16
Cheesy Potato Soup.....	(contains soy) 17
Chickpea Salad.....	(contains soy) 19
Chili & Garlic Roasted Chickpeas.....	20
Chipotle Sweet Potato Skins.....	(contains soy) 21
Chocolate Avocado Pudding .....	22
Chocolate Cake.....	(contains gluten; soy) 23
Chocolate Chip Cookies.....	(contains gluten; soy; seeds) 24
Chocolate Cobbler .....	(contains gluten; soy) 25
Cinnamon Rolls .....	(contains gluten; soy) 26
Coconut Brown Rice & Baked Tofu .....	(contains soy) 28
Coleslaw .....	(contains soy) 29
Couscous Stuffed Tomatoes .....	30
Crabbyless Crabcakes .....	(contains gluten; soy) 31
Creamy Gravy .....	(contains gluten; soy) 33
Creamy Ranch Dressing .....	(contains soy) 34
Crispy Broccoli Bites .....	(contains gluten; soy) 35
Eggplant Parmesan.....	(contains gluten; soy) 36



Five Spice Barley, Tofu & Kale.....	(contains soy) 37
French Toast Casserole .....	(contains gluten; nuts; soy; seeds) 38
Fried Green Tomato Sandwiches .....	(contains gluten; soy) 39
Garbanzo Bean Sliders .....	(contains gluten; nuts) 40
Grilled Eggplant Rollatini .....	41
Harvest Time Corn Salad.....	42
Homemade Focaccia Bread .....	(contains gluten) 43
Hoppin' John Cajun Black Beans.....	44
Lazy Susan Peach Cobbler .....	(contains gluten; soy) 45
Lo Mein .....	(contains gluten; soy) 46
Migas.....	(contains soy) 47
Morning Glory Muffins .....	(contains gluten; nuts; seeds) 48
Mushroom Asparagus Risotto.....	49
Mushroom Tacos with Cilantro Cream Sauce .....	(contains soy) 50
Nacho Cheese .....	51
Oatmeal Cookies .....	(contains gluten; nuts; soy; seeds) 52
Old-fashioned Potato Salad .....	(contains soy) 53
Palmiers .....	(contains gluten; soy) 54
Pancake/Waffle Mix .....	(contains gluten; soy) 55
Pecan Sandies .....	(contains gluten; nuts; soy) 56
Portobello Poutine .....	57
Power Bites.....	(contains nuts) 59
Pulled Jackfruit .....	60
Pumpkin Harvest Cookies .....	(contains gluten; nuts; soy; seeds) 61
Pumpkin Pecan Cobbler .....	(contains gluten; nuts; soy) 62
Quinoa, Oatmeal & Fruit Parfait .....	(may contain soy) 63
Quinoa Tabbouleh.....	64
Raspberry Bars .....	(contains gluten; soy) 65
Red Kidney Beans and Rice .....	66
Red Velvet Cake.....	(contains gluten; soy) 67
Risotto Croquettes with Marinara .....	(contains gluten; soy) 68
Roasted Root Vegetables.....	69
Roasted-Veggie Chiles Rellenos.....	(contains gluten) 70
Samosas.....	(contains gluten) 72



Shepherd’s Pie.....(contains soy) 74

Southwest Breakfast Skillet..... 75

Spanakopita.....(contains gluten; soy) 76

Spicy Potato Curry..... 77

Spinach Enchiladas.....(contains gluten; soy) 78

Spinach Stuffed Shells .....(contains gluten; soy) 79

Szechuan Zoodles .....(contains soy) 80

Thai Gazpacho..... 81

Thai Tofu Noodle Soup with Lemongrass .....(contains soy)  
82

Tofu Scramble Flatbread.....(contains gluten; soy) 83

Udon Noodle Bowl .....(contains gluten; seeds; soy) 84

Vegetable Lasagna .....(contains gluten; soy) 86

Vegetable Wellington.....(contains gluten) 87

White Cake.....(contains gluten; soy) 88

Zucchini Bread .....(contains gluten; nuts) 89

