

## Fasting Recipes

This is a collection of recipes and ideas for fasting meals shared by Holy Cross parishioners.

### **Breakfast**

Tofu scramble with spinach and tomato  
Vegan pancakes  
Overnight oats  
Baked oatmeal  
Banana pancakes

### **Lunch/Dinner**

#### **-Soups**

Black bean soup  
French lentil soup with tarragon and thyme  
Red lentil soup with lemon  
Butternut squash soup  
Curried butternut squash soup  
Tortilla soup  
Tunisian vegetable stew  
Russian Beet Soup "Svekolnik"

#### **-Mains and sides**

Thai "chicken" coconut curry  
Falafel  
Baked falafel  
Curried chickpea salad  
Mango lime quinoa tacos  
Chickpea potato curry  
Black bean salad  
Pickled shrimp  
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Quinoa protein bowls  
Salmon salad  
Thai shrimp  
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Walnut lentil salad  
Lentil patties

Marinated lentil salad  
Masoor dal  
Vegetarian lettuce wraps  
Mediterranean lentil salad  
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Serbian vegetarian stuffed cabbage  
Roasted vegetable kabobs  
Honey lime shrimp  
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White bean nicoise salad sandwich  
Ratatouille  
Vegan enchiladas  
Winter fruit salad with honey poppy seed dressing  
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Buckwheat kasha with mushrooms  
Russian potato salad

### **Dips, Sauces, and Condiments**

Vegan sour cream  
Vegan tzatziki  
Curry up lentil dip  
Vegan queso  
Vegan parmesan

### **Desserts**

Vegan caramel sauce  
Cake (from box mix)  
Wacky cake  
Brownies  
Coconut whipped cream  
Baked apples  
Vegan pumpkin bread  
Monastic pie without oil

Pound cake

**Easy Meal Ideas**

**Breakfast**

## **Tofu Scramble with Spinach and Tomato\***

From:

<http://www.thegardengrazer.com/2014/03/tofu-scramble-with-spinach-and-tomato.html>

Ingredients:

1 small onion

3 cloves garlic

2-3 roma tomatoes

1 lb. extra-firm tofu

1 tsp. cumin

1 tsp. smoked paprika

1/4 tsp. turmeric

1/4 cup nutritional yeast

Large handful baby spinach (or more)

Salt to taste

Directions:

Dice onion and mince garlic.

In a large pan over medium heat, saute onion with a little salt for 7-8 minutes.

Meanwhile, crumble tofu and dice tomatoes.

Add garlic to the pan, and cook for 30 seconds. Add crumbled tofu and tomato. Cook about 10 minutes, stirring occasionally. (Some may stick on the bottom but that's normal.)

While the tofu is cooking, put the cumin, paprika, and turmeric in a small bowl. Add 1-2 Tbsp. water, and stir to combine.

Add seasonings and nutritional yeast to the pan. Stir well to combine.

Add spinach and cook another 3 minutes.

\* We change the seasonings and what we mix in to suit different tastes.

## Vegan Pancakes

<http://www.geniuskitchen.com/recipe/5-minute-vegan-pancakes-132263>

### Ingredients:

1 cup flour (whichever kind you prefer)  
1 tablespoon sugar  
2 tablespoons baking powder  
 $\frac{1}{8}$  teaspoon salt  
1 cup soymilk\*  
2 tablespoons vegetable oil

### Directions:

1. Set out all your ingredients.
2. Set a stove element with a pan to medium heat.
3. Combine the 4 dry ingredients (flour, sugar, baking powder -- two Tablespoons, not two Teaspoons as some have suggested, salt) in a bowl.
4. Add the soy milk and vegetable oil to your mixture.
5. Mix until smooth.
6. Now the pan should be ready for your batter, so spoon one pancakes' worth of the mixture into the pan.
7. Flip [carefully] when you see bubbles in the middle of the pancake, or if the edges are looking stiffened.
8. Repeat until the batter is gone, and try not to eat them all while you're cooking them.

\* Rice milk, coconut milk, and almond milk work well also.

## Overnight Oats\*

From: <https://www.evolvingtable.com/maple-brown-sugar-cinnamon-overnight-oats/>

### Ingredients:

- 2 c rolled oats gluten-free
- 1 tsp vanilla
- 2 c almond milk\*\*
- 3 Tbsp brown sugar
- 3/4 tsp cinnamon
- 3 Tbsp pure maple syrup
- 1/4 c pecans coarsely chopped, toasted

### Instructions:

In two mason jars place half of the oats, vanilla and milk in each. Stir to mix well.

In a small bowl, combine brown sugar, cinnamon and maple syrup. Pour half of this mixture in each of the jars over the oats. Stir to combine.

Refrigerate jars for at least 2 hours or overnight.

Just before serving, toast pecans at 325 degrees for 5-7 minutes. Divide pecans and sprinkle in each jar.

Serve with additional cinnamon and maple syrup, if desired, and enjoy!

\*The same proportions can be used with different flavors mixed in. Other ideas include dried cherries, coconut, blueberries, apples, bananas, dried cranberries

\*\* Or other milk substitute, such as rice milk or coconut milk.

## Baked Oatmeal\*

From: <http://eatthehealthyeathappy.com/easy-vegan-baked-oatmeal/>

### Ingredients

2 2/3 c old-fashioned oats (certified GF if needed)  
1/2 c raisins  
4 c unsweetened almond milk\*\*  
1/4 c maple syrup  
1/4 c unsweetened applesauce  
2 tsp cinnamon  
few dashes nutmeg  
1/4 tsp salt  
2 apples, cored and chopped (leave the peel on for nutrients and fiber)  
1/2 c pecans, chopped  
1 tsp vanilla

### Instructions

1. Heat the oven to 350.
2. Combine all the ingredients in a large bowl and stir together.
3. Pour into a 2 quart baking dish.
4. Bake for about 40 minutes. Serve plain or doused with your favorite milk.

\*These basic measurements can be used with different mix-ins to change the flavor.

\*\*or other milk substitute, such as rice milk or coconut milk



## **Banana Pancakes**

3-4 ripe bananas

1/2 cup water or soy/almond milk

about 1 cup flour

Salt

1/2 tea spoonful of baking soda

1 spoonful of vinegar

Peel the bananas, place in a bowl and mash until they turn into puree. Add water (or soy milk or almond milk), a pinch of salt, pour vinegar into the spoon with baking soda and mix into the banana puree. Fold in the flour until it is the consistency of pancake batter. Make pancakes.

## **Lunch and Dinner**

- **Soups**
- **Mains and Sides**

## Black Bean Soup

From: <http://allrecipes.com/recipe/71421/heddys-black-and-red-bean-soup/>

Prep: 15 minutes

Cook: 30 minutes

### Ingredients:

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 stalks celery, chopped
- 2 carrots, chopped
- 6 cloves garlic, chopped
- 1 tablespoon ground cumin
- 2 tablespoons chili powder, or to taste (optional)
- 2 teaspoons maple syrup (optional)
- 1/4 teaspoon ground black pepper
- 4 cups vegetable broth
- 2 (15 ounce) cans black beans, drained and rinsed
- 2 (15.5 ounce) cans canned red beans, drained and rinsed
- 1 (15 ounce) can whole kernel corn, with liquid
- 1 (14.5 ounce) can crushed tomatoes, with liquid

### Directions:

Heat oil in a large pot over medium-high heat. Add the onion, celery, carrots and garlic; cook and stir for a few minutes to release the flavors. Season with maple syrup, cumin, chili powder, and black pepper. Pour in the vegetable broth, black beans, 1 can of red beans, and corn. Bring to a boil.

Meanwhile, combine the remaining can of red beans and crushed tomatoes in the container of a large food processor or blender. Process until smooth. Pour into the soup pot, and stir to blend. Reduce heat to medium, and simmer for 15 minutes.

### Notes from Kristen:

\*\*For a healthier cooking oil alternative, coconut oil is the way to go.

\*\*Adding almond milk makes for a thicker consistency: 1/2 cup is good.

## French Lentil Soup with Tarragon and Thyme

### Ingredients:

1 Tb olive oil  
1 large yellow onion, diced  
1 large carrot, peeled, finely diced  
4 cloves garlic, minced  
2 tsp dried tarragon  
1 tsp dried thyme  
1 tsp paprika  
5 plum tomatoes, seeded and diced  
6 cups water or veg. broth  
2 cups French lentils  
2 bay leaves  
1 1/2 tsp salt  
black pepper

### Directions:

Saute onion and carrot till onions have browned a bit, about 10 minutes.

Add garlic, tarragon, thyme and paprika, saute for 2 more minutes.

Add tomatoes and a little splash of water if necessary, and deglaze the pot. Cover and cook 5 minutes.

Add the water, lentils, bay leaves, salt and pepper. Cover, bring to a boil, lower the heat to a simmer and cook, covered, for 45 minutes or more, until lentils are tender. Adjust seasonings and add water if needed. Serve with good crusty bread.

## Red Lentil Soup With Lemon

<http://cooking.nytimes.com/recipes/1016062-red-lentil-soup-with-lemon>

Cook Time: 45 min | Servings: 4 servings

### Ingredients:

3 tablespoons olive oil, more for drizzling  
1 large onion, chopped  
2 garlic cloves, minced  
1 tablespoon tomato paste  
1 teaspoon ground cumin  
1/4 teaspoon kosher salt, more to taste  
1/4 teaspoon ground black pepper  
Pinch of ground chile powder or cayenne, more to taste  
1 quart chicken or vegetable broth  
1 cup red lentils  
1 large carrot, peeled and diced  
Juice of 1/2 lemon, or to taste  
3 tablespoons chopped fresh cilantro

### Directions:

1. In a large pot, heat 3 tablespoons oil over high heat until hot and shimmering. Add onion and garlic, and sauté until golden, about 4 minutes.
2. Stir in tomato paste, cumin, salt, black pepper and chili powder or cayenne, and sauté for 2 minutes longer.
3. Add broth, 2 cups water, lentils and carrot. Bring to a simmer, then partially cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary.
4. Using an immersion or regular blender or a food processor, purée half the soup then add it back to pot. Soup should be somewhat chunky. (I usually skip this and I like it fine!)
5. Reheat soup if necessary, then stir in lemon juice and cilantro. Serve soup drizzled with good olive oil and dusted lightly with chili powder if desired.

## **Butternut Squash Soup**

From:

<http://www.foodnetwork.com/recipes/food-network-kitchen/butternut-squash-soup-recipe1-1957751>

Ingredients:

One 2- to 3-pound butternut squash, peeled and seeded\*

2 tablespoons unsalted butter

1 medium onion, chopped

6 cups chicken stock\*\*

Nutmeg

Salt and freshly ground black pepper

Directions:

Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.

\*Many grocery stores sell cubed butternut squash.

\*\*substitute vegetable broth

## Curried Butternut Squash Soup

From:

<http://www.foodnetwork.com/recipes/coconut-curry-butternut-squash-soup-3415383>

### Ingredients

1 small butternut squash, halved and seeded (about 1 1/2 pounds)  
2 teaspoons olive oil  
1 teaspoon salt, optional  
Pinch ground black pepper  
1/2 cup diced carrots\*  
1/2 cup diced celery\*  
1/2 teaspoon curry powder  
3 cloves garlic, minced  
1/2 small onion, diced  
2 cups unsalted chicken broth\*\*  
6 fluid ounces coconut milk  
1 tablespoon fresh flat-leaf parsley leaves, chopped\*

### Directions

Preheat the oven to 400 degrees F and place a rack in the middle of the oven.

Place the butternut squash halves cut-side up on a baking sheet lined with foil. Rub 1 teaspoon of the oil on the squash. Sprinkle the squash with the salt if using and the black pepper. Roast the squash until fork tender, 50 to 55 minutes.

Cool the squash for 10 minutes. Use a spoon to scoop out the flesh (about 2 cups) and set aside.

Heat the remaining 1 teaspoon oil in a large saucepan set over medium heat. Add the carrots, celery, curry powder, garlic and onions. Cook, stirring occasionally, until the onions are translucent and the carrots are fork tender, about 5 minutes. Add the squash, broth and coconut milk to the saucepan. Bring to a boil, reduce the heat and simmer 5 to 7 minutes.

Working in batches, puree the soup in a blender or food processor until smooth and silky.

Serve warm and garnish with a little chopped parsley.

When blending hot liquid, first let it cool for five minutes or so, then transfer it to a blender, filling only halfway. Put the lid on, leaving one corner open. Cover the lid with a kitchen towel to catch splatters, and pulse until smooth.

Notes from Ana:

\*I often skip the carrots, celery and parsley. I use them only if I already have them, but the soup is great without them.

\*\* Vegetable broth works just as well and is suitable for fast days.

## Tortilla Soup

From: <https://thekitchengirl.com/southwest-vegan-tortilla-soup/>

### Ingredients:

2 Tbsp Extra Virgin Olive Oil  
1/2 cup Red Onion (1/2 small onion, diced)  
1/2 cup Red Bell Pepper (1 medium pepper, diced)  
1/2 cup Carrot (1 large carrot, chopped)  
3 cloves Garlic (finely grated)  
1/4 tsp ground Cumin  
4 cups Reduced-Sodium Vegetable Broth  
1 - 15 oz can Diced Tomatoes or Rotel (with juice)  
1 - 15 oz can Reduced Sodium Black Beans (rinsed and drained)  
1 - 15 oz can Reduced Sodium Pinto Beans (rinsed and drained)  
1 cup Frozen Corn (thawed speeds the cooking time)  
1/2 tsp Oregano  
1/2 tsp Chipotle Powder  
1/4 tsp Salt  
1/8 tsp Black Pepper

### Instructions:

1. In a 5 qt soup pot on medium-high heat, heat OLIVE OIL until it shimmers (about 2 minutes).
2. Add ONION, BELL PEPPER, CARROT, and GARLIC; sauté until fragrant and tender; stirring as needed (about 3 minutes).
3. Stir CUMIN into vegetables and sauté a few minutes until fragrant.
4. Add remaining ingredients; bring just to a boil; lower heat and simmer 10 minutes, stirring as needed; serve warm.

### Notes

Garnish with crumbled tortilla chips or baked tortilla strips (see recipe in blogpost), cilantro, lime, jalapeño, and avocado.



## Tunisian Vegetable Stew

Servings: 4 |

### Ingredients:

1 1/2 cups thinly sliced onions  
2 tablespoons olive oil  
3 cups thinly sliced cabbage  
dash of salt  
1 large green bell pepper cut into thin strips  
2 teaspoons ground coriander  
1/2 teaspoon turmeric  
1/4 teaspoon cinnamon  
1/8 teaspoon cayenne (or to taste)  
3 cups undrained canned tomatoes chopped (28-ounce can)  
1 1/2 cups drained cooked chick peas (16-ounce can)  
1/3 cup currants or raisins (supposedly optional but add them, and I use the currants)  
1 tablespoon fresh lemon juice  
salt to taste

[grated feta cheese - not for fasting days]  
toasted slivered almonds (optional)

### Directions:

In a large skillet (I use a dutch oven), sauté the onions in the olive oil for 5 minutes, or until softened. Add the cabbage, sprinkle with salt, and continue to sauté for at least 3 minutes, stirring occasionally.

Add the bell pepper, coriander, turmeric, cinnamon, and cayenne to the skillet and sauté for another minute or so.

Stir in the tomatoes, chick peas, and optional currants or raisins, and simmer, covered, for about 13 minutes, until the vegetables are just tender.

Add the lemon juice and salt to taste.

Top with feta (if not fasting), and toasted almonds if you like. Serve with Couscous (or rice).

## Russian Beet Soup "Svekolnik"

Vegetable oil for sauteing vegetables

1 big beet with green leaves

2 (32 oz. ) packs of vegetable broth

2-3 medium potatoes

1 medium to big carrot

2/3- 1 whole bell pepper

1 big onion

1 tomato

3 cloves of garlic

1 can pinto beans

1-2 bay leaves

Fresh dill, black pepper, salt, italian seasoning to taste

"Just Mayo" mayonnaise

In a big pot bring the vegetable broth to a boil, add cut potatoes, slightly reduce heat. In a separate pan, heat vegetable oil, add the diced onion, brown. Add the grated carrot, diced pepper, grated beet, diced tomato, salt. Stew the vegetables. When the potatoes in the pot are almost done, put the vegetables from the pan into the pot, add pinto beans, salt,pepper, seasoning, bay leaves, minced garlic, finely cut dill. Wash the beet leaves, cut, and add into the pot, bring to a boil again and serve with a spoonful of egg-less mayonnaise.

## Mains and Sides

## Thai “Chicken” Coconut Curry

### Ingredients:

1 tablespoon of vegetable oil or coconut oil  
1 clove of garlic  
½ red or green bell pepper (or mixture)  
1 tablespoon of minced fresh ginger  
2 tablespoons of red curry paste  
1 teaspoon of chili garlic sauce  
1-14 oz can of unsweetened coconut milk (not lite)  
⅓ cup of water  
1 teaspoon of salt  
1 or 2 teaspoons of fish sauce  
1 teaspoon of brown sugar  
1-10 or 12 oz bag of frozen Quorn Chicken Tenders  
Garnish with fresh cilantro and lime juice (optional but good!)

### Directions:

Heat the oil and add bell pepper to soften, add garlic. Next add everything up to the Quorn. Let it come to a gentle boil and add the frozen Quorn and let it come back to a gentle boil. Cook for about 10 minutes. Serve over jasmine rice

## **Falafel (fried - see also baked falafel below)**

### Ingredients:

2 scallions cut in 1" pieces  
2 cloves garlic  
1/2 cup fresh cilantro  
1/4 cup fresh mint (optional)  
1-15 oz can chickpeas, rinsed and drained  
1/2 cup plain breadcrumbs  
1 teaspoon ground cumin  
1 teaspoon baking powder  
1/2 teaspoon of salt  
1/2 teaspoon of Tabasco (optional)  
Cooking oil

### Directions:

Add scallions, garlic, cilantro, mint to the container of food processor. Pulse till finely chopped. Add all other ingredients through Tabasco. Pulse until mixture has the consistency of cooked oatmeal. May need to add some water. Lightly oil hands and form mixture into patties. Fry patties in small amount of cooking oil for about 4 minutes on each side or until golden brown and crisp. Serve in pita bread with Tzatziki if desired..

### **Vegan Tzatziki:**

1 cup of plain vegan yogurt  
1/2 cucumber shredded or chopped fine  
1 clove minced garlic  
1 tablespoon lemon juice  
1/2 teaspoon dill  
Salt

## Baked Falafel

From:

<https://www.thekitchn.com/how-to-make-baked-falafel-in-the-oven-cooking-lessons-from-the-kitchn-219193>

Ingredients:

2 15-ounce cans chickpeas (see Recipe Note for dry chickpea version)  
1/2 large red onion, roughly chopped (about 1 cup chopped)  
4 cloves garlic, roughly chopped  
1/4 to 1/2 cup loosely packed parsley  
1/4 to 1/2 cup loosely packed cilantro  
2 tablespoons olive oil  
2 tablespoons lemon juice  
2 teaspoons cumin  
2 teaspoons coriander  
1 1/2 teaspoons salt  
2 teaspoons baking powder  
1/4 cup all-purpose flour, optional for binding

To serve:

Pita pockets, store-bought or homemade (or serve over rice or on top of a salad)  
Yogurt or tzatziki (see vegan tzatziki recipe)  
Sliced cucumbers  
Shredded lettuce

Directions:

Preheat the oven to 375°F: Brush or rub a baking sheet with a thin layer of olive oil.  
Combine all the ingredients in a food processor, except baking soda and flour: Add the chickpeas, onion, garlic, 1/4 cup parsley, and 1/4 cup cilantro to the bowl of a food processor. Sprinkle the olive oil, lemon juice, and spices over top.  
Pulse until the ingredients are mixed: Pulse the food processor 10 or 12 times, until the chickpeas are chopped and all the ingredients are mixed.

Taste the mixture: Taste and add more herbs, spices, olive oil, or lemon juice, if you like.  
Add the baking powder: Sprinkle the baking powder and flour, if using, over the mixture.  
Continue pulsing until the mixture forms a ball: Continue to mix the chickpeas in pulses, scraping down the sides of the bowl as needed, until the mixture forms a ball when you

squeeze it in your hand. You can completely puree the mixture if you like, but I prefer to leave it fairly chunky.

Bake the falafel right away or refrigerate for up to 5 days: The falafel mixture can be transferred to an airtight container and refrigerated for up to 5 days. Refrigerating also helps the mixture firm up and be less crumbly when baked.

Roll the falafel into large balls: Using your hands, scoop up some of the mixture and form it into a ball in your hand. The exact amount doesn't matter – just make sure that all your falafel balls are roughly the same size so they bake at the same rate.

Press the balls into patties: Transfer the falafel balls to the baking sheet and gently press into patties roughly 1/2-inch thick. Pressing the patties increases the surface contact with the baking sheet and makes the baked falafels crispier. If the patties break a little as you press them, just pat them back into shape.

Brush the tops with a little more olive oil.

Bake for 25 to 30 minutes, flipping the falafel partway through: The falafel are fairly delicate (especially if you skipped the flour), so be gentle when flipping them. If one does fall apart, just press it back together with the back of your spatula. When finished cooking, the falafel should be golden brown on both sides and feel dry to the touch, but still give a little when you press the middle.

Eat warm or room temperature, or store for up to 5 days: Reheat cooked falafel for 30 seconds in the microwave before serving. Makes 6 servings (or 12 falafel rounds)

#### Recipe Notes:

Stovetop Falafel: If you only need a few falafel for a single serving or for a dinner for two, it's handy to cook the falafel on the stovetop – plus the falafel get a bit crispier! Just warm a large skillet or griddle over medium-high heat, add a little olive oil, and cook the falafel about 5 minutes on each side, until golden.

Falafel with Dry Chickpeas: Soak 1 3/4 cups of dry chickpeas in a bowl of water overnight. They should double in size to give you about 3 1/2 cups of chickpeas. When ready, you should be able to break apart a chickpea with your fingers.

\*see Vegan recipe included

## Curried Chickpea Salad

From: <http://thesimpleveganista.blogspot.com/2014/01/curried-chickpea-salad.html>

### Ingredients:

3 cups cooked or 2 cans (15 oz.) chickpeas (garbanzo beans), drained and rinsed  
2 - 3 carrots (about 1 cup), diced  
4 - 5 scallions/green onions (about 1 cup), sliced  
1/2 cup raisins, dried currants or chopped dates  
1/2 cup raw or toasted cashews  
1/2 - 2/3 cup thinned hummus or tahini, vegan mayo would work too  
juice of one lemon  
1 tablespoon curry powder  
3/4 teaspoon garlic powder  
mineral salt & cracked pepper to taste

### Directions:

In a small bowl, combine hummus with lemon juice, curry & garlic powder and a generous pinch of salt. Blend until combined. Set aside. (If adding vinegar or maple syrup as per the notes below, add to the hummus at this time.)

In a medium mixing bowl, add chickpeas and roughly mash about 1/2 of the beans with the back of a sturdy fork or potato masher. Add in the carrots, scallions, raisins, cashews and hummus, mix well to combine. Taste for flavor adding mineral salt and cracked pepper to taste.

Serve as is, with sliced red bell peppers as scoopers, on a bed of leafy greens, with crackers or made into a sandwich with bread of choice.

Serves 4-6.



## Mango Lime Quinoa Tacos

From: <https://www.simplyquinoa.com/mango-lime-quinoa-tacos/>

### Ingredients:

1 cup cooked quinoa  
3/4 cup fresh diced mango  
1/4 cup spicy jarred salsa  
Juice of 1 lime  
1/2 teaspoon chili powder  
1/4 teaspoon cumin  
1/4 teaspoon garlic powder  
1/4 teaspoon smoked paprika  
1/4 teaspoon salt  
1 package Mango Lime Veggie Fusions  
1/2 - 3/4 cups shredded cabbage  
6 - 8 corn tortillas/hard taco shells  
Cilantro to garnish

### Directions:

Mix together the quinoa, mango, salsa, lime juices, spices and salt. Taste and adjust seasonings as necessary.

Assemble the tacos: spread 1 tablespoon of the Veggie Fusions on the taco, topping that with 1 small bit of cabbage, then 2 - 3 tablespoons of the quinoa mixture. Repeat until all ingredients have been used.

Garnish with chopped cilantro and a touch more fresh lime juice

Preparation 10 mins

Serves 6 - 8 tacos

### Notes from Kristen:

\*\*Quinoa is no tougher to make than rice. It is always better to accidentally have more water and need to drain it with a mesh colander than not enough water!

\*\*I like to replace the shredded cabbage with radish slices.

\*\*Really any guacamole will do just fine.

## Chickpea Potato Curry: Chana Aloo

From: <http://www.recipetineats.com/easy-chickpea-potato-curry-chana-aloo-curry/>

Prep Time: 10 mins

Cook Time: 20 mins

Servings: 4

Calories: 540 kcal

A Caribbean curry from Trinidad that tastes very similar to tomato based Indian vegetable curries. This curry has incredible flavour, and is one of the easiest real curries because you won't need to trek to the speciality store for the spices, you can get everything from the supermarket.

### Ingredients:

3 tbsp cooking oil (I used vegetable)

1 large onion , diced (brown, white, yellow)

2 large garlic cloves , minced

2 tbsp curry powder (Note 5)

1 tsp All Spice powder

1 tsp nutmeg powder (or 1/2 tsp freshly grated nutmeg) (Note 1)

1 1/2 tsp smoked paprika (can substitute with sweet or ordinary paprika)

2 tsp dried thyme leaves (or 3 tsp fresh thyme leaves)

1 tsp cumin powder

3/4 tsp cayenne pepper (Note 2)

1 tsp white pepper (or 1/2 tsp black pepper)

### Curry:

1 1/2 cups potatoes , cut into 1.2cm / 1/2" cubes

28 oz / 800g canned chickpeas (2 x 14oz/400g) , drained

14 oz / 400g canned diced tomatoes (Note 3)

2 cups vegetable or chicken broth/stock

2 scallion/shallot stems , sliced (green & white part)

2 tbsp fresh parsley , finely chopped (plus more for garnish) (Note 4)

Salt to taste

### Directions:

Heat oil in a large pot or very deep skillet over medium high heat.

Add the Flavour Base ingredients and cook for 3 minutes until the onion is translucent.

Add the potatoes and cook for a further 2 minutes. If the spices start to stick to the bottom of the pot, add a tiny splash of water.

Add the chickpeas, tomatoes and vegetable or chicken broth. Bring to simmer then turn down the heat to medium and simmer for 15 minutes, or until the potatoes are cooked and the sauce has thickened.

Adjust salt to taste, stir through scallions/shallots and parsley.

Serve with rice.

#### Recipe Notes:

1. I omitted Nutmeg once and the flavour was still lovely. Could not actually tell it was missing.
2. The original recipe called for 1 scotch bonnet or habanero pepper, finely chopped, to be added to the curry once the liquids have been added. I don't know where to get these chilis where I live (Sydney, Australia) so I just used cayenne pepper instead for heat. I doubt that the flavour has been impacted very much.
3. The original recipe did not call for canned tomatoes. Some Trinidad Chana Aloo Curry recipes do. I added it to create a slightly thicker sauce.
4. Though the original recipe calls for parsley, I often make this with coriander (fresh) because it goes so well with curry!
5. This can be made with any curry powder you have / want. Curry powders differ in spiciness so if you are using a spicy one, adjust the quantity to taste!

#### Notes from Kristen:

\*\*For a healthier cooking oil alternative, coconut oil is the way to go.

\*\*1/3 cup almond or coconut milk adds wonderful flavor and body. If you double the recipe, adding CANNED coconut milk is even better.

\*\*I tend to put double the amount of curry powder called for.

\*\*Instead of Allspice, garam masala ups the ante.

\*\*a couple teaspoons of turmeric does the same.

\*\*Instead of parsley, sometimes I will do cilantro (coriander) to garnish.

\*\*All of my above modifications turn this recipe into something more Indian than Caribbean (regardless of the new-world tomatoes).

\*\*serve over basmati or jasmine rice.

## **Black Bean Salad with Corn, Red Peppers & Avocado With Lime-Cilantro Vinaigrette**

From:

<https://www.onceuponachef.com/recipes/black-bean-salad-with-corn-red-peppers-avocado-lime-cilantro-vinaigrette.html>

Servings: 6-8

Total Time: 30 Minutes

### Ingredients:

2 15-ounce cans black beans, rinsed and drained  
3 ears fresh cooked corn, kernels cut off the cob  
2 red bell peppers, diced  
2 cloves garlic, minced  
2 tablespoons minced shallots, from one medium shallot  
2 teaspoons salt  
1/4 teaspoon cayenne pepper  
2 tablespoons sugar  
9 tablespoons extra virgin olive oil, best quality such as Colavita  
1 teaspoon lime zest (be sure to zest limes before juicing them)  
6 tablespoons fresh lime juice  
1/2 cup chopped fresh cilantro, plus more for garnish  
2 Hass avocados, chopped

### Directions:

Combine all ingredients except for avocados in a large bowl and mix well. Cover and chill for a few hours or overnight. Right before serving, add avocados and mix gently, being careful not to mash avocados. Garnish with a more chopped cilantro if desired. Serve at room temperature.

## White Bean and Kale Salad with Tahini Dressing

A 30-minute kale salad with lemon-herb white beans, garlic croutons, and a creamy tahini dressing. A hearty, flavorful, plant-based side or entree. Serves 4

### Ingredients:

Garlic croutons (optional)

2 cups (~150 g) white or wheat bread, cubed (day old is best)

1/4 cup (60 ml) olive oil (or other neutral oil, such as grape seed or avocado)

1/4 tsp each garlic powder, sea salt + black pepper

### Beans

1 15-ounce (425 g) can white or butter beans, rinsed and drained

1/2 lemon, juiced (1 Tbsp or 15 ml)

1 Tbsp (15 ml) olive oil

1/4 tsp sea salt

1 Tbsp (~4 g) fresh parsley, chopped, plus more for topping

### Salad

10 ounces (283 g) kale, chopped, large stems removed

1 lemon, juiced (2 Tbsp or 30 ml)

1 Tbsp (15 ml) olive oil

1 Tbsp (15 ml) maple syrup

Pinch each sea salt + black pepper

1 clove garlic, minced

### Dressing

1/3 cup (80 g) tahini

1 clove garlic, minced

1 1/2 lemons, juiced (3-4 Tbsp or 45-60 ml)

1-2 Tbsp (15-30 ml) maple syrup

Pinch each sea salt + black pepper

Hot water to thin

### Directions:

If making croutons (optional), preheat oven to 325 degrees F (162 C).

Add bread cubes to a large mixing bowl. In a separate bowl, whisk together oil, garlic powder, sea salt and pepper, and pour over bread. Toss to combine. Season once more with a bit more garlic powder, salt and pepper. Toss once more.

Spread on a bare baking sheet and bake for 15-20 minutes or until golden brown. Flip/stir at the 10-minute mark to ensure even baking. Set aside.

In the meantime, add drained beans to a small mixing bowl and add lemon juice, olive oil, sea salt, and fresh parsley. Toss to combine. Set aside.

Add kale to a large mixing bowl with lemon juice, olive oil, maple syrup, salt, pepper and minced garlic. Use your hands to massage the kale and break down its texture a bit, and to season the salad.

To prepare dressing, add tahini, garlic, lemon juice, maple syrup, sea salt, and pepper to a small mixing bowl. Whisk to combine, then add hot water to thin until pourable. Taste and adjust seasonings as needed. Set aside.

Lastly, add beans, croutons, and 3/4 of the dressing to the kale and toss to combine. Serve with any additional dressing and garnish with vegan parmesan cheese (optional).\* Best when fresh. If serving later, store dressing and croutons separate.

\* See vegan parmesan cheese recipe

## Pickled Shrimp

From:

[http://www.slowtrav.com/blog/annienc/2009/09/sunday\\_small\\_bites\\_pickled\\_shr.html](http://www.slowtrav.com/blog/annienc/2009/09/sunday_small_bites_pickled_shr.html)

Ingredients:

1 cup thinly sliced onions

4 bay leaves, crushed

One 2 oz. bottle capers, drained and coarsely chopped

1/4 cup fresh lemon juice

1 cup cider vinegar

1/2 cup olive oil

1 teaspoon minced fresh garlic

1 teaspoon coarse or kosher salt

1 teaspoon celery seeds

1 teaspoon red pepper flakes

2 pounds large (21-25 count) shrimp, peeled and deveined.

Directions:

Mix all ingredients except the shrimp in a large heatproof glass or ceramic bowl.

In a stockpot over high heat, bring 4 quarts abundantly salted water to a rolling boil. Add the shrimp and cook until just pink, about 2 minutes. (The shrimp will continue to "cook" in the marinade). Drain and immediately transfer to marinade.

Bring to room temperature, cover tightly, and marinate overnight in the refrigerator.

Transfer to a serving bowl. Serve chilled.

## Shrimp Gumbo

From: <https://food52.com/recipes/3528-shrimp-gumbo>

### Ingredients:

white or brown rice, cooked separately and kept warm  
1 pound medium shrimp, peeled and deveined; shells rinsed and reserved  
2 tablespoons grapeseed oil  
2 tablespoons flour  
2 large onions, chopped fine  
2 stalks celery, chopped fine  
1 clove garlic, put through garlic press  
1 cup chopped tomatoes (fresh is best but since it's winter, I used Pomi chopped tomatoes)  
1/2 teaspoon dried thyme  
1/2 teaspoon dried oregano  
1/2 teaspoon smoked paprika  
1/4 teaspoon cayenne  
juice of 1/2 lemon  
1 tablespoon Worcestershire sauce  
2 tablespoons chopped parsley  
salt and pepper to taste and as described in the recipe  
Tabasco sauce to taste, and to be used as a condiment

### Directions:

First make a roux. In a large cast iron dutch oven, heat the grapeseed oil over medium-low heat. Sprinkle flour over the oil and stir till it's completely blended. Continue cooking, stirring occasionally, over medium low heat, until the flour-oil mixture browns and is dark caramel-colored. (Be careful not to let it burn.)

Stir in onions, celery, and garlic. Sprinkle 1/4 teaspoon of salt and a few turns of ground pepper. Stir. Cover dutch oven and let vegetables cook in roux until softened.

While vegetables are cooking, put shrimp shells into a saucepan and cover with 2 cups of water and good pinch of salt. (Shrimp shells should be barely covered; add more water if they're not.) Bring water to a boil and then reduce heat so that it simmers. Continue to simmer until shells are bright pink.

Add tomato, thyme, oregano, paprika, cayenne, lemon, and Worcestershire sauce to vegetables in oven. Strain shrimp into the soup, stir, and simmer uncovered for 20 minutes. Stir in the shrimp and let simmer in the soup till just firm and cooked through, about 3-5 minutes, depending on size. Taste and adjust seasoning to taste.

Stir in chopped parsley, a couple of drops of Tabasco (a little goes a long way!) and serve in bowls with a large scoop of rice. Serves 2-4



## **Quinoa protein bowls:**

### Ingredients:

2 c quinoa, cooked and fluffed

1 onion, diced

1/2 c kalamata olives, chopped

1/2 c green olives, chopped

1/4 c walnuts, chopped

Salt/pepper/oregano to taste

Mix ingredients while quinoa is still hot. Serve hot or cold.

## **Salmon Salad**

Spinach or Green Leaf Lettuce

Salmon, cooked and chilled

Almond slivers, toasted

capers

honey mustard dressing (favorite: Brianna's)

## **Thai Shrimp**

This recipe is very fast to prepare. It can be done in as fast as 15 minutes if you buy frozen rice and pre-cut vegetables.

Buy Thai Kitchen Red Curry Paste and follow the directions on the side of the jar. We typically buy the following to go with it:

frozen shrimp with no tail

coconut milk in a can (Mexican or Thai both work fine)

fish sauce

raw onion

fresh green or red pepper

mushrooms, carrots, snap peas, or cauliflower (whatever floats your boat)

Serve with Jasmine rice

## **Pasta Night**

Cook enough pasta for the family, drain and return to cooking pot. Add the following to the pot while still steaming hot:

1 jar of high quality garlic pasta sauce (Newman's Own is good)

1 tablespoon of olive oil

3 tbsp of Italian seasoning

sauteed carrots

toasted pine nuts

a quarter cup of wine (if allowed on the calendar)

## Walnut Lentil Salad

For the vinaigrette:

3-4 Tbsp. walnut oil

2-3 tsp. vinegar, to taste

1/2 tsp. salt

Freshly ground black pepper

Whisk together and set aside.

1 cup dried French green lentils (you do have to use this kind specifically; the other ones get too mushy), cooked and drained

1/2 cup walnuts, chopped

1 clove garlic, crushed

1 bunch scallions, trimmed and thinly sliced

1 large, coarsely grated carrot (optional)

Salt & pepper to taste

Stir ingredients together with vinaigrette. Cover and refrigerate until chilled through.

Serves 4.

## Lentil Patties

### Ingredients:

1 glass of green lentils  
1 cup of breadcrumbs (better dried)  
1-2 onions finely chopped  
parsley, dill, to taste  
1-2 cloves of garlic  
1/2 glasses of water  
salt  
pepper

### Directions:

Soak lentils for the night (10 hours) in water. DO NOT COOK THE LENTILS. If it is cooked, the cutlets will fall apart and the taste will be vegetable pâté.

In a blender, pour half a glass of water, grind together the onions, lentils, greens, garlic.

Add the breadcrumbs, salt, pepper to the

mixture. 4. If the liquid mixture has turned out let stand for about 30 minutes, so that the crumbs will absorb the liquid.

Fry as usual cutlets, - first brown one side on high heat, then turn and keep on low heat under the lid, until the second side is browned. During this time, lentils have time to prepare. The taste resembles meat patties.

## Marinated Lentil Salad

Servings: 4

### Ingredients:

3 tablespoons extra-virgin olive oil  
1 cup chopped onion  
1/2 cup chopped carrots  
2 cups vegetable broth  
2 cups water  
1 cup lentils picked over and rinsed  
2 parsley sprigs  
1/4 teaspoon dried thyme leaves  
1 bay leaf  
2 tablespoons red wine vinegar  
1 teaspoon Dijon mustard  
2 tablespoons chopped shallots (about 1 medium) or red onion  
2 tablespoons finely chopped fresh flat-leaf parsley  
8 butter lettuce leaves rinsed and drained  
8 small radicchio leaves rinsed and drained

### Directions:

In a medium stock pot or a large saucepan, heat 1 tablespoon of the oil over medium heat. Add the onion and carrots; cook, stirring often, until softened, about 5 minutes.

Add the broth, water, lentils, parsley sprigs, thyme, bay leaf, salt, and pepper; bring to a boil over medium-high heat. Reduce the heat and simmer gently, partially covered, until the lentils are tender but not mushy, stirring occasionally, 30 to 45 minutes, depending on the age of the lentils.

Drain well, reserving 1/4 cup of the cooking liquid. Transfer the lentil mixture to a medium bowl, Remove and discard the parsley sprigs and bay leaf.

In a small bowl, whisk together the remaining oil, reserved cooking liquid, vinegar, mustard, salt, and pepper. Add to the lentils, along with the shallot. Toss gently yet thoroughly to combine. Cover and refrigerate for at least 3 hours, stirring occasionally.

Just before serving, stir in the chopped parsley.

To serve, arrange 2 butter lettuce leaves and 2 radicchio leaves on each of 4 serving plates. Mound equal portions of the marinated lentils in the center.

Advance Preparation: The marinated lentils can be stored, covered, in the refrigerator for up to two days. Serve chilled.



## Masoor Dal (red lentil dal)

Source: Flavors of India, Shanta Nimbark Sarcharoff, 101 Productions, San Francisco, CA, 1972.

### Ingredients:

1 cup red lentils

4 cups water

1 tsp salt

1/4 tsp each: turmeric powder, cayenne, cumin powder, fresh minced ginger, coriander powder

2 Tb oil

1/4 tsp black mustard seeds

1 dried hot red chili, broken into pieces, seeds removed (or you could use cayenne to taste)

2 tsp lemon juice

1 Tb fresh coriander (cilantro) (optional)

### Directions:

Wash the lentils in warm water and drain.

Bring 4 cups of water to a boil, salt it, add the dal. After it returns to a boil, cook uncovered for 5 minutes, then lower the heat, cover, simmer 15-20 minutes until quite soft. (She said then to add another cup of water, here, but I found this way watery.)

Stir in the seasonings, transfer to a bowl, clean and dry the pot.

Put oil in the pot, heat over low flame, add the mustard seeds and dried chili. When the seeds have stopped popping and splattering, add the cooked dal back to the pot (the "chuum" sound she said is the sound of an authentic Indian cook). Cover, let simmer for 2 minutes.

Stir in lemon juice, top with cilantro leaves if you like.

Note: I love this dish! Some nice Basmati rice and this dal is enough for a meal. But add some sauteed or steamed vegetables, with or without Indian seasonings, maybe some mango chutney on the side, really good!

## Vegetarian Lettuce Wraps | Copycat PF Changs

From: <https://www.wellplated.com/vegetarian-lettuce-wraps/>

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

### Ingredients:

- 3 tablespoons hoisin sauce
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 2 teaspoons canola or grapeseed oil
- 1 (12- to 14-ounce) package extra-firm tofu (do not use silken)
- 8 ounces baby bella (cremini) mushrooms, finely chopped
- 1 (8-ounce) can water chestnuts, drained and finely chopped
- 2 cloves garlic, minced
- 2 teaspoons freshly grated ginger
- 1/4 teaspoon red pepper flakes (omit if sensitive to spice)
- 4 green onions, thinly sliced, divided
- 8 large inner leaves romaine lettuce (from a romaine heart) or butter lettuce leaves
- Optional for serving: grated carrots, additional red pepper flakes

### Directions:

1. In a small bowl, stir together the hoisin, soy sauce, rice vinegar, and sesame oil. Set aside.
2. Press the tofu between paper towels to squeeze out as much liquid as possible. Refresh the paper towels and press again. Heat the 2 teaspoons canola oil in a large nonstick skillet over medium-high. Once the oil is hot, crumble in the tofu, breaking it into very small pieces as it cooks. Continue cooking for 5 minutes, then add the diced mushrooms. Continue cooking until any remaining tofu liquid cooks off and the tofu starts to turn golden, about 3 minutes more. Stir in the water chestnuts, garlic, ginger, red pepper flakes, and half of the green onions and cook until fragrant, about 30 seconds more.
3. Pour the sauce over the top of the tofu mixture and stir to coat. Cook just until you hear bubbling and the sauce is warmed through, 30 to 60 seconds.

4. Spoon the tofu mixture into individual lettuce leaves. Top with remaining green onions, grated carrots, and additional red pepper flakes as desired. Enjoy immediately.
- The tofu filling can be refrigerated for 3 to 5 days. Reheat gently in the microwave with a bit of water or stock to prevent it from drying out or in a skillet over medium heat. Try the leftovers mixed with rice or scrambled with eggs!

## Mediterranean Lentil Salad

<http://whfoods.org/genpage.php?tname=recipe&dbid=213>

Prep and Cook Time: Prep: 20 min; Cooking: 25 min; Chill: 1 hr

### Ingredients:

3/4 cup dried green lentils (you want to end up with 2 cups cooked)

2 cups water

3 oz canned/jar roasted bell peppers\*, chopped

2 TBS finely minced onion

2 medium cloves garlic, pressed

1/2 cup chopped fresh basil

1/3 cup coarsely chopped walnuts

3 TBS balsamic vinegar

1 TBS fresh lemon juice

2 TBS + 2 TBS extra virgin olive oil

salt and cracked black pepper to taste

1 bunch young dandelion leaves or arugula, chopped

\* If you prefer, you can roast the bell peppers yourself

### Directions:

Wash lentils, remove any foreign matter, and drain.

Combine lentils and 2 cups lightly salted water in medium saucepan. Bring to a boil. Reduce heat, and cook at low temperature for about 20 minutes, or until lentils are cooked but still firm. Cook gently so lentils don't get mushy. When done, drain any excess water, and lightly rinse under cold water. Continue to drain excess water.

Mince onion and press garlic and let sit for 5 minutes to bring out their hidden health-promoting benefits.

Place lentils in a bowl and add peppers, onion, garlic, basil, walnuts, vinegar, and 2 TBS olive oil. Season with salt and pepper to taste. Marinate for at least 1 hour before serving. Toss dandelion or arugula with 2 TBS olive oil, 1 TBS lemon juice, salt and pepper. Serve on plate with lentils.

Serves 4

If you want to roast your bell peppers yourself, preheat broiler on low and place peppers on sheet pan on rack in middle of the oven. Roast peppers under broiler until blistered on all sides. Do not coat with oil as peppers roast very well when dry. Place in a bowl and cover for about 10 minutes. This will make it easier to peel. Peel and chop.

## Lebanese Green Beans (Lubee)

From: <https://www.acedarspoon.com/lebanese-green-beans-lubee/>

### Ingredients

3 Tablespoons olive oil  
1/2 medium sweet onion, thinly sliced  
3 cloves garlic, minced  
1 lb. green beans (fresh or frozen)  
1 teaspoon cumin  
1 teaspoon cinnamon  
1 - 14.5 oz can diced tomatoes  
Salt and pepper to taste

### Directions

Heat 3 Tablespoons olive oil in a large saute pan over medium high heat. Add the onion and sauté for 3-4 minutes. Add garlic and continue to sauté for 2 minutes [if you are using meat, it can be added here and sautéed for an addition 4 minutes].

Add the green beans, cumin, cinnamon and diced tomatoes and mix together. Bring to a boil, then cover and turn the heat down to low. Simmer for 40-45 minutes, or until green beans [and meat if using it] are tender, stirring occasionally. Adjust seasonings to taste as well as salt and pepper.

Serve warm over rice or quinoa with a side of pita bread and yogurt.

## Greek Potatoes

From:

<https://www.littlecookingtips.com/content/greek-lemon-garlic-roasted-potatoes-patates-fou rnou>

Ingredients:

- 1kg / 2.2lb medium sized potatoes, peeled
- 2-3 garlic cloves, minced
- 2 tablespoons yellow mustard
- 4 tablespoons fresh lemon juice (about 1 lemon)
- 1 tablespoon dry oregano
- 125ml (1/2 cup) extra virgin olive oil
- salt, pepper

Directions:

Preheat the oven to 390 degrees F

Cut the potatoes in half lengthwise, and do the same with the two pieces. Then cut them horizontally to form wedges.

Put the potatoes and all the other ingredients in a heavy baking pan (uncovered casserole dish / ceramic is preferred) .

Mix well with a spoon or your hands.

Cover the pan with foil (be thorough) and put it the oven (middle rack).

Bake for 1 hour, then remove the foil, and keep baking for another 30-40 minutes (depending on how much golden/brown you like the potatoes).

Tips:

1. If you don't like a crispy result on the outside (we never got why some people don't, but then again there's no rule to each one's gastronomical preferences), remove the foil after 1 hour and 15 minutes and then bake for 15-20 minutes more.
2. You can also add 125ml (1/2 cup) of chicken broth if you want to add some meat flavor in the dish

## **Polenta with Toppings of Your Choice**

Ingredients:

1 tube of polenta

Toppings of your choice

Directions:

Slice polenta into 8 slices. Fry lightly or brush with oil and bake at 375 - 400 for a few minutes, flipping over mid-way through frying or baking.

Top and serve.

Topping ideas:

Roasted vegetables

Tomato sauce and olives

Pesto

Mushrooms and caramelized onions

Roasted red pepper spread

Sauteed spinach and onions

For breakfast: mix cinnamon and sugar. Dust each slice of polenta with cinnamon sugar mixture and serve with syrup.

## Serbian Vegetarian Stuffed Cabbage (Posna Sarma) Recipe

From: <https://www.thespruce.com/serbian-vegetarian-stuffed-cabbage-recipe-1136782m>

### Ingredients:

- 1/4 cup oil (vegetable or canola)
- 2 onions ([finely chopped](#))
- 3 carrots (peeled and finely chopped)
- 1 rib celery (finely chopped)
- 3 Cubanelle peppers (or other sweet peppers finely chopped)
- 2 cups rice (long-grain, cooked)
- 2 tomatoes (peeled and chopped)
- 1 teaspoon salt (or to taste)
- 1/2 teaspoon pepper (or to taste)
- 3 cloves garlic (finely chopped)
- 1 (3- to 4-pound) cabbage
- 1 (32-ounce) jar sauerkraut (rinsed and drained)
- 1 (8-ounce) can tomato sauce
- 1 (10-3/4-ounce) can tomato soup

### Directions:

Heat oil in a large skillet. Add onion and sauté until translucent. Add carrots, celery, and peppers and cook for 5 minutes.

Add rice, tomatoes, salt, and pepper. simmer for 5 minutes. Let cool and mix in garlic. Meanwhile, steam [cabbage](#) until leaves are limp and pull away easily. Continue to remove as many leaves as possible.

With a paring knife, remove tough ribs from leaves without damaging leaves. Reserve tougher outer leaves but don't use for rolling.

Heap 2 tablespoons vegetable filling on each leaf, fold the bottom of the cabbage leaf up over filling, then fold sides to the center, and roll away from yourself to encase completely.

Repeat until filling is gone.

Heat oven to 350 F. Discard the cabbage core and coarsely chop any remaining cabbage you have reserved except for the tough outer leaves.

Spread chopped cabbage on the bottom of a large casserole dish or Dutch oven. Add the sauerkraut. Layer on the cabbage rolls, seam side down.

Mix tomato sauce and soup with enough water to make a liquidy consistency. Pour over rolls until mixture is level with rolls but not over the top.

Cover rolls with reserved tough outer leaves.

Cover casserole dish and bake 1 hour. Remove tough outer leaves and discard. Let sit 20 to 30 minutes before serving. Freezes well.



## Roasted Vegetable Kabobs

From: <https://damndelicious.net/2014/08/22/vegetable-kabobs/>

### Ingredients:

2 cups cremini mushrooms  
1 cup cherry tomatoes  
1 red bell pepper, cut into chunks  
1 green bell pepper, cut into chunks  
1 red onion, cut into chunks  
1 zucchini, sliced into thick rounds  
1 yellow zucchini, sliced into thick rounds

### For the marinade

1/4 cup olive oil  
3 cloves garlic, pressed  
Juice of 1 lemon  
1/2 teaspoon dried oregano  
1/2 teaspoon dried basil  
Kosher salt and freshly ground black pepper, to taste

### Directions:

Preheat oven to 400 degrees F.

In a small bowl, whisk together olive oil, garlic, lemon juice, oregano and basil; season with salt and pepper, to taste.

Thread mushrooms, tomatoes, bell peppers, onion and zucchini onto skewers. Place skewers onto a baking sheet. Brush olive oil mixture onto the skewers and let sit for 10-15 minutes.

Place into oven and roast until tender, about 10-12 minutes.\*

Serve immediately.

### Notes:

- You can skip putting the vegetables on skewers and roast them in a single layer.
- You can use different vegetables
- As an alternative to this marinade, you can use olive oil and adobo seasoning.

## Honey Lime Shrimp

From: <https://thedoughwillriseagain.wordpress.com/2012/07/31/honey-lime-shrimp/>

serves 2

### Ingredients:

1/2 pound large shrimp, peeled and deveined  
1/4 cup olive oil  
2 T honey  
juice of one small lime, or half a large lime (2-3 T)  
zest of one small lime, or half a large lime  
2 cloves garlic, smashed  
1/2 tsp kosher salt  
1/4 tsp black pepper  
1/4 tsp red pepper flakes

### Directions:

- 1.) In a large ziploc bag, combine all the marinade ingredients. When everything is well-combined, add the shrimp, squeeze as much air as possible out of the bag, and close it up. Place it in the fridge.
- 2.) Let the shrimp marinate for 30-60 minutes, flipping the bag around once or twice during that time, so that all the shrimp stay evenly covered in the marinade.
- 3.) When you're ready to cook, take the shrimp out of the fridge and let them sit at room temperature for about 10 minutes. Heat a large skillet over medium-high heat; there is no need to add any oil or butter to the pan, as the marinade has enough oil in it to keep the shrimp from sticking to the pan. (If you would prefer to use the grill for these, you can thread them onto skewers and toss them on the grill at this point.)
- 4.) Add your shrimp to the pan in a single layer, making sure they are not too crowded; you can always cook them in more than one batch. Let them cook on one side for about a minute, until they curl up and start to turn pink. Flip them over, and cook for another 30 seconds or so, until the shrimp are opaque. Remove from the pan, and serve immediately!

## Mushroom Risotto\*

<https://lovingitvegan.com/creamy-vegan-mushroom-risotto/>

### Ingredients:

1 Onion (chopped)  
6 cups Vegetable Stock/Broth  
1 Tbsp Olive Oil  
2 Packs (18oz/500g) Brown Mushrooms (sliced)  
1.5 cups (300g) Risotto (Arborio) Rice  
2 Tbsp Vegan Butter  
Sea Salt (to taste)  
Black Pepper (to taste)  
Parsley

### Directions:

Prepare the 6 cups vegetable stock/broth and set aside.

Add the olive oil to a pot, add the onion and saute on medium high for a couple of minutes. Then add in the sliced mushrooms, cover the pot and cook for a couple of minutes until the mushrooms have released some of their water.

Then remove the lid and add the rice and saute it with the onions and mushrooms.

Then add 3 cups of vegetable stock/broth, stir well and then cover and simmer for 20 minutes.

Then add 1.5 cups vegetable stock/broth, stir well again and cover and simmer for 10 minutes.

Then add the last 1.5 cups of vegetable stock/broth, stir well again and cover and simmer for a final 5-10 minutes.

It's ready when all the stock/broth has been mostly absorbed by the rice.

Turn off the heat and stir in the 2 Tbsp of vegan butter.

Add sea salt and black pepper to taste.

Serve with chopped parsley and possibly some vegan parmesan too.

\*Note that you can make this with other vegetables instead.

## Vegan Tamale Pie

Serves 6-8

From: <http://www.sheknows.com/food-and-recipes/articles/1000427/vegan-tamale-pie>

### Ingredients:

2 tablespoons olive oil  
1 onion, diced  
1 pound mushrooms, sliced  
1 red bell pepper, seeded and diced  
1 yellow bell pepper, seeded and diced  
3 cloves garlic, minced  
1 to 2 tablespoons chipotle in adobo sauce, chipotles minced  
1 (15 ounce) can fire-roasted diced tomatoes  
1 (15 ounce) can black beans, rinsed and drained  
1/4 cup cilantro, finely chopped  
1 cup coarse-ground cornmeal  
4 cups water  
1 teaspoon salt  
Freshly ground black pepper to taste  
1 teaspoon smoked paprika  
1 cup fresh or frozen (thawed) corn kernels

### Directions:

1. Preheat the oven to 350 degrees F and grease an 11x7-inch baking dish.
2. Heat oil in a large skillet over medium-high heat. Add onion, mushrooms and peppers, and cook, stirring often, until the vegetables are softened.
3. Stir in garlic, chipotle, tomatoes and black beans and cook, stirring often, for 5 minutes.
4. Stir in cilantro and reduce the heat to low and keep warm.
5. Meanwhile, in a large saucepan over high heat, bring cornmeal, water and salt to a boil. Reduce the heat to medium-low and whisk until thickened. Stir in pepper, paprika and corn.
6. Transfer the vegetable mixture to a prepared baking dish, spreading it evenly. Spread the cornmeal mixture over the top.
7. Bake for 30 minutes or until the top is baked and set. Place the baking dish on a wire rack to cool for 10 minutes, then slice and serve.

**White Bean Nicoise Salad Sandwich** (Pan Bagnat) (this can be made as a salad without the bread)

From:

<http://www.simple-veganista.com/2013/11/pan-bagnat-white-bean-nicoise-salad.html>

Ingredients:

1 can (15 oz.) cannellini or chickpeas (garbanzo beans), drained and rinsed well or 1 1/2 cups cooked white beans  
1/2 red bell pepper, thinly sliced  
1/4 cup blanched French green beans, cut into half or thirds  
1 jar artichoke hearts in water, drained and chopped  
1/2 red onion, diced  
3/4 cup kalamata olives, pitted and sliced  
2 tablespoons parsley, finely chopped  
1 - 2 greek pepperoncinis, diced (optional, not a traditional ingredient)  
mineral salt & fresh cracked pepper, to taste

Dressing:

2 - 3 tablespoons extra virgin olive oil  
juice of 1 large lemon (about 2 tablespoons)  
1 heaping teaspoon Dijon mustard

To assemble

1 French baguette, ciabatta loaf, Pain de campagne, boule or artisan loaf of choice (even good sized rolls would be great)  
extra virgin olive oil, to brush  
8 - 10 basil leaves  
1 medium tomato, thinly sliced  
mineral salt & cracked pepper

Cut bread in half lengthwise. Remove some of the insides of each half making a trough for the filling (this will help keep the filling inside the sandwich when eating). Brush both halves with extra virgin olive oil.

In a small bowl, mix the dressing ingredients together until dijon has emulsified. Set aside to let the flavors develop.

In a medium/large mixing bowl, add beans and roughly mash leaving about 2/3 whole beans. Add in dressing to the beans and mix well. Add in the bell pepper, green beans,

artichokes, red onion, olives, parsley, optional pepperoncini and salt & pepper. Mix to combine.

Layer your bottom half of bread with a good serving of the mixed salad. Add tomatoes across the top, then top with basil leaves and salt & pepper. Top with other slice of bread. (You can also vice versa this layer order starting with the basil and tomato on the bottom and salad on top.)

Wrap sandwich tightly in saran wrap and press with a few heavy books/pots for at least an hour to overnight. If overnight, be sure to press in the refrigerator.

When ready to serve, slice in half or make as many slices as you like. Serve chilled or at room temperature.

Store any leftover salad mixture covered in the refrigerator for up to 5 days.

Notes:

The cannellini beans have more protein and fiber than chickpeas so if that is a priority use them. Otherwise use your preferred white bean.

Try adding a splash of red or white wine vinegar to the dressing if you like.

As with all my recipes, add/subtract ingredients to your liking. Try adding a tablespoon or so of capers. I've had someone sub in asparagus for the green beans. Add sliced radishes along the top.

## Ratatouille

From: <https://www.marthastewart.com/332294/ratatouille>

### Ingredients:

1 can (28 ounces) whole peeled tomatoes  
6 tablespoons extra-virgin olive oil  
1 large eggplant (1 pound), cut into 1-inch pieces  
Coarse salt and ground pepper  
2 large yellow onions (1 pound total), diced large  
1 head garlic, cloves smashed and peeled  
2 bell peppers (any color), seeded and diced large  
2 large zucchini (1 pound total), diced large  
1 bay leaf  
1 tablespoon fresh marjoram or oregano leaves  
2 to 3 tablespoons red-wine vinegar

### Directions:

1. Preheat oven to 350 degrees. Place tomatoes and juices on a rimmed baking sheet and use your hands to break tomatoes into 3/4-inch pieces. Drizzle with 2 tablespoons oil and bake until thickened, 30 minutes, stirring every 10 minutes.
2. Meanwhile, in a colander, toss eggplant with 1 1/2 teaspoons salt. Let sit 20 minutes, then squeeze out excess liquid. In a large Dutch oven or heavy pot, heat 4 tablespoons oil over medium. Add onion and cook, stirring occasionally, until translucent, 5 minutes. Add garlic and cook until onions and garlic are soft, 5 minutes. Add peppers and cook, stirring, until crisp-tender, 4 minutes. Season with salt and pepper.
3. Add tomatoes, eggplant, zucchini, bay leaf, and marjoram to pot. Cook, stirring occasionally, until mixture comes to a simmer. Reduce heat to medium-low, partially cover, and cook at a gentle simmer until vegetables are tender but not mushy, 15 minutes. Season to taste with vinegar, salt, and pepper. Remove bay leaf before serving.

## Vegan Enchiladas\*

### Ingredients:

1 onion  
1 red bell pepper  
15 oz. can black beans  
15 oz. can garbanzo beans  
1/2 cup hemp hearts (I use [this brand](#))  
1/3 cup nutritional yeast (I use [this brand](#))  
3 roma tomatoes  
2 tsp. cumin  
1 tsp. smoked paprika  
Salt to taste  
6 large tortillas  
Optional: spinach, chipotle, garlic  
1/2 cup uncooked quinoa  
2 small/medium avocados  
15 oz. can black beans, rinsed and drained  
1 1/2 cups corn (thawed, if frozen)  
4-5 green onions, sliced  
1/2 cup chopped cilantro  
1 tsp. cumin

{For the enchilada sauce} Or use a pre-made sauce available in cans and bottles.

3 cups organic low sodium vegetable broth  
1/4 cup tomato paste  
1/4 cup all purpose flour (or gluten-free flour)  
2 Tbsp. olive oil  
2 tsp. cumin  
1/2 tsp. chili powder  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
Salt/pepper  
Optional: cayenne pepper, ground chipotle, smoked paprika, etc.  
\*Feel free to use different fillings

### Directions:

Dice onion and bell pepper.

In a large skillet over medium heat, saute onion and bell pepper for about 8 minutes.



Meanwhile, dice tomatoes and rinse beans.

When onions are tender, reduce heat and add cumin, paprika, tomatoes, nutritional yeast, hemp hearts, garbanzo and black beans. Stir well. Heat for 4-5 minutes then set aside.

Prepare the enchilada sauce. (\*Directions below if needed.)

Preheat oven to 350.

In a lightly sprayed 9x13 baking dish, cover the bottom with a layer of enchilada sauce.

Distribute bean mixture in the center of tortillas. Roll up, tucking in both ends.

Place in baking dish and top with remaining sauce.

Bake for about 25 minutes.

Can serve topped with avocado, cilantro, hemp hearts, nutritional yeast, etc.

Directions for enchilada sauce (or buy pre-made sauce)

In a small bowl, add flour and spices.

In a medium saucepan, heat olive oil over medium heat.

When hot, carefully add tomato paste, flour, cumin, garlic powder, onion powder, and chili powder.

Cook 1 minute, whisking continuously.

Add broth and whisk well. Increase heat and bring to a light boil.

Reduce to simmer and cook 8 minutes, whisking occasionally. Salt to taste.

## Winter Fruit Salad with Honey Poppy Seed Dressing

From: <https://carlsbadcravings.com/winter-fruit-salad-recipe/#>

### Fruit Salad

- 2 sweet apples, chopped like Honeycrisp or Fuji
- 2 pears, chopped
- 3 kiwis peeled, sliced and quartered
- 2 bananas, sliced
- 1 15 oz. can mandarin oranges in WATER, drained OR 3 mandarin oranges/peeled, separated
- pomegranate arils from 1 pomegranate
- 1/2 cup dried cranberries

### Honey Lime Poppy Seed Vinaigrette

- 2 tablespoons lime juice
- 1 tablespoon honey
- 2 tablespoons olive oil
- 1 1/2 teaspoons poppy seeds

### Directions:

1. Add all of the salad ingredients to a large bowl.
2. In a separate small bowl, whisk together all of the Vinaigrette ingredients.
3. Pour Vinaigrette over dressing and gently toss to coat. Serve immediately.

## Lentil Taco “Meat”

### Ingredients:

1 cup dry lentils or 2 cups cooked lentils  
Nonstick olive oil spray  
1/2 cup chopped onion  
1 packet of taco seasoning  
Water

### Instructions

1. Prepare lentils according to package directions. You do not want them to be soupy.
2. Drain the lentils.
3. Cook onion in a skillet until soft. Add the lentils.
4. Follow the directions on the taco seasoning to cook the lentils and onions as if this were ground beef.

### Notes from Ana:

You can dress this up as much as you would like adding tomatoes, peppers, cilantro or anything else you like

We use this as a starting point for burrito bowls. We pair it with any number of other ingredients, such as: rice, salsa, guacamole, vegetarian refried beans or black beans, diced tomatoes, diced avocados, lime, cilantro, corn.

We also use this as a taco filling or serve it with tortilla chips.

## Fried Rice

From: <https://minimalistbaker.com/easy-vegan-fried-rice/>

### Ingredients:

- 1 cup (~250 g | 8 ounces) extra-firm tofu\*
- 1 cup (185 g) long- or short-grain brown rice\*, rinsed thoroughly in a fine mesh strainer
- 4 cloves (12 g) garlic, minced
- 1 cup (100 g) chopped green onion
- 1/2 cup (72 g) peas
- 1/2 cup (64 g) carrots, finely diced
- SAUCE (or use a ready made stir fry sauce)
- 3 Tbsp (45 ml) tamari or soy sauce, plus more for veggies + to taste
- 1 Tbsp (16 g) peanut butter
- 2 -3 Tbsp (27-41 g) organic brown sugar, muscovado sugar, or maple syrup
- 1 clove (3 g) garlic, minced
- 1-2 tsp chili garlic sauce (more or less depending on preferred spice)
- optional: 1 tsp toasted sesame oil (or sub peanut or grape seed oil)

### Instructions:

1. Preheat oven to 400 degrees F (204 C) and line a baking sheet with parchment paper (or lightly grease with non-stick spray).
2. In the meantime wrap tofu in a clean, absorbent towel and set something heavy on top (such as a cast iron skillet) to press out the liquid.
3. Once the oven is preheated, dice tofu into 1/4-inch cubes and arrange on baking sheet. Bake for 26-30 minutes. You're looking for golden brown edges and a texture that's firm to the touch. The longer it bakes, the firmer and crispier it will become, so if you're looking for softer tofu remove from the oven around the 26-28 minute mark. I prefer crispy tofu, so I bake mine the full 30 minutes. Set aside.
4. While the tofu bakes prepare your rice by bringing 12 cups of water to a boil in a large pot. Once boiling, add rinsed rice and stir. Boil on high uncovered for 30 minutes, then strain for 10 seconds and return to pot removed from the heat. Cover with a lid and let steam for 10 minutes\*.
5. While rice and tofu are cooking, prepare sauce by adding all ingredients to a medium-size mixing bowl and whisking to combine. Taste and adjust flavor as needed, adding more tamari or soy for saltiness, peanut butter for creaminess, brown sugar for sweetness, or chili garlic sauce for heat.
6. Once the tofu is done baking, add directly to the sauce and marinate for 5 minutes, stirring occasionally.

7. Heat a large metal or cast iron skillet over medium heat. Once hot, use a slotted spoon to scoop the tofu into the pan leaving most of the sauce behind. Cook for 3-4 minutes, stirring occasionally, until deep golden brown on all sides (see photo). Lower heat if browning too quickly. Remove from pan and set aside.
8. To the still hot pan add garlic, green onion, peas and carrots. Sauté for 3-4 minutes, stirring occasionally, and season with 1 Tbsp (15 ml) tamari or soy sauce.
9. Add cooked rice, tofu, and remaining sauce and stir. Cook over medium-high heat for 3-4 minutes, stirring frequently.
10. Serve immediately with extra chili garlic sauce or sriracha for heat (optional).  
Crushed salted, roasted peanuts or cashews make a lovely additional garnish.  
Leftovers keep well in the refrigerator for 3-4 days, though best when fresh. Reheat in a skillet over medium heat or in the microwave.

#### Notes

- \*If you don't like tofu, you can sub 1 cup fresh or frozen edamame - add in with vegetables.
- \*For the rice, you can also substitute a comparable amount of quinoa.
- \*Rice cooking method from [Saveur!](#) Literally, the perfect brown rice.

## Salsa Salad

Version 1:

1 can black beans

1 can corn

1 can diced tomatoes and chilis (such as Rotel) (or an equivalent amount of salsa)

Optional: cilantro, diced peppers, lime juice,

Version 2:

1 can black beans

1 can corn

1-2 cups diced jicama

1 diced avocado

1 red pepper, diced

Cilantro (optional)

Lime dressing or lime-cilantro dressing (store bought)

Mix ingredients and serve with tortilla chips or alone or on a bed of lettuce.

## Sweet and Sour Fasting Coleslaw

From:

<https://orthodoxfastingrecipes.wordpress.com/2010/04/01/sweet-and-sour-coleslaw-fasting/>

Ingredients:

1/2 medium head cabbage, finely shredded (4 cups)

2 large carrots, grated (1 cup)

1 medium bell pepper, chopped (optional)

4 medium green onions, sliced thinly (1/4 cup)

1/4 cup sugar

1/2 cup white vinegar

1/4 cup vegetable or olive oil

2 tsp yellow mustard

1/2 tsp celery seed and 1/2 tsp salt OR 1 tsp celery salt

Directions:

Step 1. Lord, bless my work.

Step 2. In a large bowl, whisk together sugar, vinegar, oil, mustard, and celery salt.

Step 3. Add all vegetables to the bowl and toss thoroughly to coat. Rest three hours for best flavor.

## **Buckwheat Kasha with Mushrooms**

2 cups buckwheat

3 cups Water/vegetable broth (for 1 part of buckwheat, 1.5 part of liquid is needed)

1/2-3/4 lb. Fresh mushrooms

Vegetable oil for sauteing

1 medium onion

1 medium carrot

salt

Black pepper

1 small bay leaf

In a non-stick pot, combine vegetable broth with buckwheat, add a bay leaf, bring to a boil, then reduce heat. After about 20 min, when most of water is gone, remove from heat, cover the pot with a towel and let sit until buckwheat is done. In a separate pan, saute the onion and grated carrot, then add sliced or diced mushrooms. Add salt and pepper, cook until done. Combine buckwheat and mushrooms, salt to taste and serve.



## Russian Potato Salad

3 large potatoes

1/2 onion

2-3 whole dill pickles

1 can sweet peas

"Just Mayo" mayonnaise

1 small can mushrooms (optional)

Salt

Boil the potatoes, drain the water and chill, then dice. Dice the pickles, the onion, drain and cut the mushrooms into smaller pieces. Drain the peas. Mix all the vegetables, add the mayonnaise, salt to taste.

## Dips, Sauces, and Condiments

## **Vegan Sour Cream**

From: [https://healthyblenderrecipes.com/recipes/tonys\\_vegan\\_tofu\\_sour\\_cream](https://healthyblenderrecipes.com/recipes/tonys_vegan_tofu_sour_cream)

### Ingredients:

- 1 (12.3oz/349g) pack organic firm silken tofu
- 2 tablespoons fresh lemon juice, plus more to taste
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon apple cider vinegar, plus more to taste
- 1 teaspoon Dijon mustard, plus more to taste
- 1 teaspoon Celtic sea salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 tablespoon finely chopped chives or green onions

### Directions:

Throw all of the ingredients (except the chives or green onions) into your blender, and blast on high for 30 to 60 seconds until smooth and creamy. Tweak the lemon juice, vinegar, and mustard to taste.

Stir the chives or green onions through (if desired) and serve.

### **Vegan Tzatziki:**

1 cup of plain vegan yogurt

1/2 cucumber shredded or chopped fine

1 clove minced garlic

1 tablespoon lemon juice

1/2 teaspoon dill

Salt

## Curry Up Lentil Dip

- 1 cup lentils
- 2 teaspoons curry powder
- 1 teaspoon sea salt
- 1 small yellow onion, chopped
- 1 tablespoon virgin coconut oil, divided

In a medium saucepan, combine the lentils with the curry powder, salt, and 3 cups of water. Bring to a boil, then reduce to a simmer and cook for 20 minutes, until the lentils are cooked to baby food consistency and all the water has been absorbed. Set aside to cool. Heat 2 teaspoons of the coconut oil in a large skillet over medium- high heat and add the onion. Saute for 5 minutes until translucent. Let cool. Combine the cooked lentils and onion in a blender or food processor and process until smooth. Serve the dip warm with crudites or chill until ready to serve. The dip will keep in the refrigerator, covered, for 3 days.

## Vegan Queso (nut-free)

From: <https://minimalistbaker.com/cashew-less-vegan-queso/>

### Ingredients

7-9 rounds of eggplant, sliced 1/4-inch thick (-half of a medium eggplant)

Olive oil

Sea salt

1 1/2 - 2 cups unsweetened original almond milk

2-3 Tbsp nutritional yeast (see instructions)

1/4 tsp finely minced fresh garlic (I used crushed garlic from Trader Joe's)

1 tsp cumin

1 tsp chili powder

2 tsp cornstarch (optional for thickening | sub another thickener if desired)

1/4 cup chunky medium salsa, slightly drained (OR 1/4 10-ounce can of Rotel original diced tomatoes and green chilies)

optional: Smoked paprika and hot sauce for added color and flavor upon serving.

### Directions:

1. Slice your eggplant into thin rounds just under 1/2 inch (not quite 1/4 inch). Then sprinkle both sides of the flesh with a little sea salt and arrange in a colander to help draw out some of the moisture and bitterness. Let set for 10-15 minutes. Then rinse with cool water and thoroughly pat dry between two clean towels.
2. Preheat oven to high broil and place an oven rack near the top of the oven. Arrange the dried eggplant rounds on a baking sheet lightly spritzed with non-stick spray and drizzle both sides of the eggplant with a little olive oil. Sprinkle with a very small amount of salt.
3. Broil on high for 4-5 minutes on each side, watching carefully as to not let them burn. Flip at the halfway point to ensure even cooking. Once the eggplant appears tender and both sides have golden brown color, remove from the oven and wrap loosely in foil to steam.
4. After a few minutes, unwrap and peel the eggplant skin away. It should come right off. If you pack your roasted eggplant into a 1-cup measuring cup, it will be almost 1 cup.
5. Place eggplant in a blender with the 1.5 cups (to start) almond milk, 2 Tbsp nutritional yeast, minced garlic, cumin, chili powder and cornstarch and blend on high until smooth and creamy. Taste and adjust seasonings as needed. I added a pinch more sea salt and a little more nutritional yeast. To thin, add more almond milk.

6. Transfer to a small saucepan and warm over medium to medium heat until slightly thickened and bubbly - about 5 minutes. The longer you go the thicker it will become.
7. NOTE: If it isn't looking as thick as you want, thicken with a slurry of cornstarch by adding an additional 1 tsp cornstarch to a small bowl with a little almond milk and 2-3 Tbsp of the cheese mixture. Whisk to combine and then stir back into the pot. This should thicken it right up.
8. Once hot and thickened, remove from heat and stir in DRAINED salsa or Rotel. Don't put the liquid in or it will make it runny. Pour into a serving dish and top with a little smoked paprika and hot sauce for flavor/color.
9. Serve with chips, crackers or veggies. Keep warm in a mini crockpot or over a tea light warmer if you have one. Microwaves well.
10. NOTE: When this dip sits out for a long time it loses its orange hue. It doesn't affect the flavor but it doesn't look as appetizing, so it's really best when fresh!
11. Refrigerate and cover leftovers. Reheats extremely well in the microwave or in a saucepan. Will keep for up to a few days, but best when fresh.

## **Vegan Parmesan**

From: <https://lovingitvegan.com/vegan-parmesan-cheese>

1 cup (150g) Raw Cashews

1/4 cup (15g) Nutritional Yeast

1/2 tsp Garlic Powder

3/4 tsp Sea Salt

Add the ingredients to the food processor and pulse it on the S blade until it reaches a fine consistency.

Keep it in a sealable jar in the refrigerator where it will keep for weeks!

Sprinkle it on pastas, pizzas, casseroles, salads and anywhere else you can possibly think of!



## Desserts

## Vegan Caramel Sauce

From: <https://leelalicious.com/vegan-caramel-sauce/>

### Ingredients:

1 cup coconut/palm sugar (see notes)  
1 cup coconut cream  
1/4 teaspoon sea salt  
1-2 teaspoons vanilla extract

### Directions:

1. Place palm sugar paste, coconut cream, and salt in a small sauce pan. Heat slowly while stirring to dissolve the coconut sugar.
2. Once mixture is boiling, reduce to a simmer. Simmer for 10-15 minutes. The sauce will thicken further as it cools.
3. To test the consistency, I take the saucepan off the heat, spread a little sauce on a saucer (or similar) and place in the freezer for a few minutes. If the caramel doesn't thicken (enough), I simmer the sauce for a little longer.
4. Stir vanilla extract into finished caramel sauce. Fill into an airtight container.
5. The coconut caramel sauce may harden as it cools. To make it pourable or dippable again, warm it a little in a water bath or in the microwave.

### Notes

I used the soft palm sugar paste, that you'll find in Asia. Granulated coconut sugar works as well, but will produce a darker caramel sauce.

### **Cake (from box mix)**

1 box non-dairy cake mix

1 15 ounce can of pumpkin OR 1 12 ounce can of soda

Mix cake mix and pumpkin OR soda. (This replaces the eggs, oil, and water called for on the box.)

Pour into greased cake pan

Bake according to package directions

## Wacky Cake (from scratch) (AKA: Depression Era Cake)

<https://www.browneyedbaker.com/wacky-cake/print/>

A chocolate cake with vanilla frosting – the recipe, which uses no butter, eggs or milk, was popular during WWII when rationing was prevalent.

Ingredients:

For cake:

- 1½ cups (213 grams) all-purpose flour
- 1 cup (198) granulated sugar
- 4 rounded tablespoons (22 grams) unsweetened cocoa powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 tablespoon white vinegar
- 1 teaspoon vanilla extract
- 6 tablespoons vegetable oil
- 1 cup (240 ml) water

For the Vanilla Frosting:

- 1 cup (227 grams) unsalted butter, at room temperature
- 2½ cups (283 grams) powdered sugar
- 1 tablespoon vanilla extract or vanilla bean paste

Directions:

1. Make the Cake: Preheat oven to 350 degrees F.
2. In an ungreased glass or ceramic 8-inch square pan (do not use metal), add the flour, sugar, cocoa powder, baking soda and salt, and stir to combine with a fork.
3. Make three wells in the mixture and to those wells add the vinegar, vanilla extract and vegetable oil. Pour the water over the entire mixture and mix with a fork until thoroughly combined and no dry ingredients remain.
4. Bake until a toothpick inserted in the center comes out clean, 26 to 30 minutes. Place the pan on a wire rack to cool completely before frosting.
5. Make the Vanilla Frosting: Using the wire whisk attachment of your stand mixer, whip the butter on medium-high speed for 5 minutes, stopping to scrape the bowl once or twice. Reduce the speed to low and gradually add the powdered sugar. Once all of the powdered sugar is incorporated, increase the speed to medium-high and add the vanilla, mixing until incorporated. Whip at medium-high speed until light and fluffy, about 2 minutes, scraping the bowl as needed.
6. Using a spatula, spread the vanilla frosting evenly over the top of the cake. The cake can be stored, covered with plastic wrap, at room temperature, for up to 4 days

## **Brownies**

From:

<http://allrecipes.com/recipe/237100/brownie-mix-black-bean-brownies/print/?recipeType=Recipe&servings=24&isMetric=false>

Ingredients:

- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup water
- 1 package brownie mix
- 1 cup chocolate chips, divided

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
2. Blend black beans and water together in a blender until smooth; pour into a bowl. Stir brownie mix into black bean mixture until batter is smooth; fold in 1/2 cup chocolate chips. Pour batter into prepared baking dish. Sprinkle remaining 1/2 cup chocolate chips over batter.
3. Bake in the preheated oven until a toothpick inserted 2 inches from the side of the pan comes out clean, 25 to 27 minutes. Cool brownies completely on a wire rack before cutting into squares.

Note: Consider replacing the water with brewed coffee to bring out the chocolate flavor.

## Coconut Whipped Cream

### Ingredients:

- 1 (14 ounce) can unsweetened coconut milk (do not use the light version; must be the full fat version or coconut cream)
- 2 tablespoons white sugar, or to taste
- 1 teaspoon vanilla extract

### Directions:

1. Refrigerate can of coconut milk, 8 hours or overnight. Stand the can upright in the fridge and do not move it.
2. Ideally, chill a metal mixing bowl and beaters for an hour. (If you don't have time, don't worry.)
3. Open can of coconut milk without shaking or tipping it. Scoop out the solid contents. Leave the liquid in the can. You can use the liquid for something else or discard it.
4. Beat the coconut cream with an electric mixer on medium and then on high. Beat until stiff peaks form. This might take 5-10 minutes. Add sugar and vanilla and beat for another minute.

## **Baked Apples**

From: <https://happyhealthymama.com/simple-baked-apples.html>

### Ingredients:

5-6 medium apples, peeled and cut into chunks

2 tablespoons butter or coconut oil, melted

1 teaspoon cinnamon

### Instructions:

1. Preheat the oven to 350 degrees.
2. Put the apples in a small to medium baking dish. Mix the melted butter or coconut oil together and then dump it on the apples. Toss well to coat all the apples evenly with the cinnamon mixture.
3. Bake in the preheated oven until the apples are soft, about 20-30 minutes. Stir once during the baking time. Enjoy!

## Vegan Pumpkin Bread

### Ingredients:

1 cup flour  
3/4 cup whole wheat flour  
1 cup dark brown sugar  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1/2 teaspoon nutmeg  
1/2 teaspoon cinnamon  
1/2 teaspoon allspice  
1/4 teaspoon cloves  
1 cup pumpkin puree  
1/2 cup oil  
3 tablespoons water  
1/2 cup chopped walnuts or pepitas

### Directions:

Preheat oven to 350

Grease and flour a loaf pan

In a large bowl, mix together flours, sugar, soda, baking powder, salt and spices.

In a small bowl, whisk together pumpkin, oil, syrup and water

Add wet mixture to dry; combine until just moistened. The batter will be very thick. Don't worry

Fold in nuts

Pour into prepared pan and bake 45-50 minutes or until top is browned and a toothpick inserted in the center comes out clean

Let cool 20 minutes; use a butter knife to gently loosen the bread from the sides of pan, then invert onto a cooling rack



## **Monastic PIE WITHOUT OIL (Serbian recipe).**

### Ingredients:

- 500 g of flour;
- 100 g of sugar;
- 6 tablespoons apricot jam;
- 1 glass of crushed dates, walnuts and raisins;
- juice and grated orange peel;
- 500 ml of warm water;
- 0.5 teaspoons baking powder;
- 0.5 teaspoon cinnamon;
- 1 teaspoon of soda;
- grated lemon peel.

### For lubrication:

- 3 tablespoons apricot jam;
- 3 tablespoons of ground walnuts.

### Directions:

In a deep bowl, mix the ingredients and add water, mix well and pour into a mold pre-covered with baking paper. The oven at a temperature of 180 degrees, half an hour. Then get the cake, grease with jam and sprinkle with ground nuts - and return to the oven for another 10 minutes.

### MY CHANGES:

- I took about 2/3 of all the ingredients, often by eye - but it seemed that the recipe is too much water. I did not add all the water, otherwise the dough would be too liquid.
- Dried fruits and nuts for the filling can be safely taken less.
- My husband and I do not like too sweet - sugar is put three times less, but next time I think not to put it at all. So it turns out sweetly because of jam, raisins, dates. And to lubricate also less jam took.
- Impressions in general - a very tasty and fragrant pie! It turned out better than I expected.

## Pound Cake

From: <https://recipes.sparkpeople.com/recipe-detail.asp?recipe=1097299>

### Ingredients:

1/2 cup vegan butter, softened (I like Earth Balance)  
1 1/2 cups granulated or raw sugar (I use granulated)  
6 ounces plain or low fat Silken firm tofu (blending or processing first assures no lumps)  
2 cups unbleached cake flour  
1/2 cups water  
2 teaspoons vanilla extract  
1 teaspoon almond extract  
2 teaspoons baking powder

Preheat oven to 350 degrees. Lightly grease a 5 x 9" loaf pan. Cream together butter and sugar with an electric mixer on medium speed until fluffy. Beat in tofu until well combined. Add 1 cup flour and, with mixer on low, mix just until incorporated. Add water and extracts and do the same. End with remaining cup of flour and baking powder. Increase speed to medium and beat for 1-2 minutes. Spoon mixture into pan and lightly smooth the top. Place on the center rack of the oven and bake for 55 minutes.

Serves 16

## Easy Meal Ideas

These are not recipes but rather ideas people shared about things they do to prepare quick and easy fasting meals.

Vegan soups in a can or box - there are many good quality soups that are vegan

Nut butters and jelly or honey -on bread, tortillas, apple slices

Pre-packaged rice and pre-packaged lentils - there are a number of brands of rice and lentils (separately) in bags. These are ready in about 1 minute in the microwave. The lentils also work well served over a baked potato.

Vegan wraps - tortilla with hummus and sliced fresh or roasted vegetables

Frozen vegan meatballs with pasta or on rolls with sauce to make meatball sandwiches

Frozen hash brown patties

Veggie burgers (store bought)

Smoothies

Waffles (with syrup, or peanut butter, or sunbutter, or jam, or honey and bananas etc)

Oatmeal

Zatarain boxes of beans and rice and similar things by other companies. You can't get a lot simpler, or fussing less about preparing food, than opening a box, pouring it into a pot, adding some water, and half an hour later, you're eating. They're simple, reasonably tasty, add a little salad and you have a lenten meal that's healthy, didn't require much fuss or time, and the beans provide some protein.

PB&J/Soup Night

We often like to make a super fast meal that pleases all. The adults and older kids have a high quality lenten soup (we keep cans of Amy's Organics lentil soup -there's a few varieties- or Thai Coconut soup around the house). And the younger ones have peanut

butter and jelly for dinner. We put out raw carrots for a vegetable. It's super fast and easy when you have to be somewhere and don't have much time to prep or eat dinner. We have also been known to pack it "bento-box" style with a juice box and bring it in the car on the way to Pre-Lenten Vespers when the kids were too young to fast.

Vegan chili

Cereal with rice milk, coconut milk, almond milk, soy milk or another milk substitute

Serve some combination of store bought "snacks" such as olives, nuts, hummus, red pepper spread, stuffed grape leaves.

Many Lara Bars and Clif Bars have no dairy and taste great.