

# VEGAN PLEDGE

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## VEGAN LIVING AND RECIPES GUIDE

Veganism is a wonderful lifestyle choice dedicated to ending domination in the world and spreading respect. This guidebook is here to help you survive in the world. It includes recipes, basic nutrition information, and situations for existing in a non-vegan world.

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### VEGAN SURVIVAL GUIDE

#### Handling parties and other social events

Parties and social outings are meant to be fun, and being vegan doesn't stop that. A few simple modifications are all that is needed to handle social situations with food.

Catered events are becoming increasingly easy to handle as professional chefs likely have experience with preparing special vegan meals when given proper notice. For those chefs who aren't experienced, be ready to offer a few of your favorite recipes, preferably with easy-to-find ingredients, to the chef.

For parties at individuals' homes or similar situations, there are several options. Some folks prefer to eat in advance and focus on socializing at the event. Usually, there will be items like fresh, cut vegetables or chips that are vegan if a little munching is desired. Another alternative is to offer to bring your favorite party food as a contribution to the party. If the host insists on preparing something vegan and you want to be sure the item is, indeed, vegan, ask for the recipe in advance for your own recipe library. Or, ask if the host has had any difficulty finding special ingredients - "Do you need me to get you a vegan Parmesan for the pesto?" or "Do you want me to give you some of my egg replacer for your cookie recipe?"

Dining at restaurants is similar to catered events in that many chefs have experience with vegan meals. Advance notice is helpful as is checking the menu in advance. If a vegan menu is available, great! If not, talk to the chef about what can be made vegan. Ingredients to watch out for include fish sauce at Thai restaurants, dairy at Indian restaurants, lard in beans at Mexican restaurants, hidden ingredients in items like noodles (egg), breads and baked goods (especially items like dairy derivatives, L-cysteine, and eggs), and animal-based stocks in soups.

#### Mixed Households

Being the only vegan in an otherwise non-vegan household can necessitate creativity at times in order to keep everyone happy. If convincing other household members to go vegan hasn't succeeded (yet!), there are solutions for meal time.

Dinner tends to be the meal that brings a families or friends together in a household. Creative dinner ideas that can accommodate everyone include the following:

- **Build-your-own burritos, tacos, wraps** - Build-your-own meals allow for a variety of fillings of each individual's choice. For example, taco night could consist of corn taco shells on one plate with fillings such as refried beans, tomatoes, avocados, shredded lettuce, onions, rehydrated texturized soy protein, a shredded vegan cheese - and nonvegans who insist on animal products may add those separately. By serving these items on the side and allowing everyone to build their own, the vegan can still have his/her vegan meal with relatively little fuss.
- **Vegan sides and an entree choice** - Having the side dishes, starches such as rice or potatoes, various vegetables such as broccoli, carrots, or leafy greens, be completely vegan while offering both a vegan and a non-vegan entree, such as a vegan meatless loaf if non-vegans choose to eat meat loaf, minimizes the need to prepare completely separate meals as only one extra dish needs to be prepared.
- **Personal Pizzas** - Using any of a number of vegan pizza crusts and tomato sauces, pizzas can be topped with a variety of toppings. There are several brands of vegan cheeses that melt well and taste good, and no-miss veggies such as bell peppers, mushrooms, and olives are always great on pizza. Non-vegan toppings can be made available to keep those who

insist on them happy - but only on their pizzas!

- Stir-fry - A vegetable-based stir fry can be prepared completely vegan with the option of adding something vegan like baked tofu strips or something non-vegan for those who insist on it. Again, it's only a little extra preparation instead of preparing completely separate meals.

While the added items for each meal can be made along with the rest of the meal, the chef also has the option of preparing the added items in larger batches and reheating throughout the week as needed. Other meals can be developed to fit the pattern above based on your household's eating style. derivatives, L-cysteine, and eggs), and animal-based stocks in soups.

## VEGAN NUTRITION PRIMER

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The following is a modified excerpt from the Vegetarian Resource Group's "Veganism in a Nutshell" brochure (The Vegetarian Resource Group, P.O. Box 1463, Baltimore, MD 21203; [vrg@vrg.org](mailto:vrg@vrg.org); 410-366-8343; [www.vrg.org](http://www.vrg.org)):

### Vegan Nutrition

The key to a nutritionally sound vegan diet is variety. A healthy and varied vegan diet includes fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes.

### Protein

It is very easy for a vegan diet to meet the recommendations for protein as long as calorie intake is adequate. Strict protein planning or combining is not necessary. The key is to eat a varied diet.

Almost all foods except for alcohol, sugar, and fats provide some protein. Vegan sources include: lentils, chickpeas, tofu, peas, peanut butter, soy milk, almonds, spinach, rice, whole wheat bread, potatoes, broccoli, kale...

### Fat

Vegan diets are free of cholesterol and are generally low in saturated fat. Thus eating a vegan diet makes it easy to conform to recommendations given to reduce the risk of major chronic diseases such as heart disease and cancer. High-fat foods, which should be used sparingly, include oils, margarine, nuts, nut butters, seed butters, avocado, and coconut.

### Vitamin D

Vitamin D is not found in the vegan diet but can be made by the human body with exposure to sunlight. At least ten to fifteen minutes of summer sun on hands and face two to three times a week is recommended for adults so that vitamin D production can occur. Food sources of vitamin D include vitamin D-fortified orange juice and vitamin D-fortified soy milk and rice milk.

### Calcium

Calcium, needed for strong bones, is found in many foods commonly eaten by vegans. Although lower animal protein intake may reduce calcium losses, there is currently not enough evidence to suggest that vegans have lower calcium needs. Vegans should eat foods that are high in calcium and/or use a calcium supplement.

Good sources of calcium include fortified soymilk or rice milk, collard greens, blackstrap molasses, calcium-set tofu, calcium-fortified orange juice, okra, turnip greens, soybeans, tempeh, almond butter, broccoli, bok choy, commercial soy yogurt...

The recommended intake for calcium for adults 19 through 50 years is 1000 milligrams/day.

NOTE: IT APPEARS THAT OXALIC ACID, WHICH IS FOUND IN SPINACH, RHUBARB, CHARD, AND BEET GREENS, BINDS WITH CALCIUM AND REDUCES CALCIUM ABSORPTION. CALCIUM IS WELL ABSORBED FROM OTHER DARK GREEN VEGETABLES.

### Zinc

Vegan diets can provide zinc at levels close to or even higher than the RDA. Zinc is found in grains, legumes, and nuts.

### Iron

Dried beans and dark green leafy vegetables are especially good sources of iron, better on a per calorie basis than meat. Iron absorption is increased markedly by eating foods containing vitamin C along with foods containing iron. Soybeans, lentils, blackstrap molasses, kidney beans, chickpeas, black-eyed peas, Swiss chard, tempeh, black beans, prune juice, beet greens, tahini, peas, bulghur, bok choy, raisins, watermelon, millet, kale are good sources of iron.

### Omega-3 Fatty Acids

In order to maximize production of DHA and EPA (omega-3 fatty acids), vegans should include good sources of alpha-linolenic acid in their diets, such as flaxseed, flaxseed oil, canola oil, tofu, soybeans, and walnuts, and they should minimize sources of alpha-linolenic acid, such as corn oil, safflower oil, and sunflower oil.

### Vitamin B12

The requirement for vitamin B12 is very low. Non-animal sources include Red Star nutritional yeast T6635 also known as Vegetarian Support Formula (around 2 teaspoons supplies the adult RDA). It is especially important for pregnant and lactating women, infants, and children to have reliable sources of vitamin B12 in their diets. Numerous foods are fortified with B12, but sometimes companies change what they do. So always read labels carefully or write the companies. Tempeh, miso, and seaweed are often labeled as having large amounts of vitamin B12, but this is an inactive form of B12 that cannot be used by the body.

## 30 DAY MEAL PLAN

Figuring out what to eat and how to keep from eating the same things every day can be a challenge. We've developed a guide to help you create meals based on themes. Many of the following recipes fit into the themes as noted in the table below.

For those who are limited to only using a microwave, here is a helpful resource :  
 Vegan Microwave Cooking by Nancy Berkoff  
<http://books.google.com/books?id=wZxID5QvPIOC&lpg=PP1&pg=PP1#v=onepage&q&f=false>.  
 Most of the book is available for preview on Google Books by using the above link.

### CHART GUIDE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Scrambled Tofu: Classic Mexican Very Veggie	Muesli: Muesli Oatmeal Granola Bars	Tropical: Black Beans & Rice Pineapple Parfait Mango Ice Cream	Waffle: Oatmeal Waffles Blueberry Waffles Fruit-topped Waffles	Thirsty: Soymilk & Fruit Blueberry Smoothie Juice & Biscuits	Flaxy: Zucchini Muffins Flax & Cereal Flax-Topped Pancake	Smoothie: Green Goddess Very Berry
LUNCH	Salad: Bean Salad Potato Salad Pasta Salad	Mock: Chickpea "Tuna" Chicken-free Salad Eggless Salad	Tangy: Asparagus Linguine Spiced Eggplant Red lentils	Wrap: Hummus Wrap Burrito California Veggie Wrap lettuce wraps	Things: Fresh Spring Rolls Sushi Peanut Sauce & Noodles	Fresh: Veggies & Hummus Rawsome Salad Great Green Salad	Sandwich: Tempeh Rubin Sloppy Joe BBQ Tofu
DINNER	Slow Cooker: Chili Baked Beans Aloo Gobi Mataar	Macaroni: Lasagna Stroganoff Healthy Mac & Cheese	Tempeh/Tofu: Tofu Cutlets Tempeh Terriyaki Tofu Pad Thai	White: Topped Baked potatoes Braised Mushrooms Tuscan Greens & Beans	Ethnic: Tacos Injira and wat Apple Dal	Fast Food: Veggie Burger Veggie Dog "Quesa"-dilla	Soup: Cream of Broccoli Thai Coconut


# VEGAN PLEDGE



## Breakfast

### Classic Tofu Scramble

INGREDIENTS (use vegan versions):

#### CHEEZ SAUCE:

- 1/2 cup flour
- 1/2 cup nutritional yeast
- 1 teaspoon garlic powder
- 2 cups water
- 1 teaspoon yellow mustard
- 4 tablespoons or less of vegan margarine

#### STIR FRY:

- 1/2 onion
- 1/2 green pepper
- 1 tub drained and crumbled extra firm tofu (not silken style)
- cooking oil
- turmeric (optional)
- salt and pepper to taste

DIRECTIONS:

#### MAKE CHEEZ SAUCE:

Mix first 3 ingredients together in sauce pan. Add water and mix thoroughly. Heat on medium until thick and bubbly. Remove from heat and add mustard and margarine. Set aside.

#### STIR FRY:

Saute onion and green pepper in oil. When they are soft, move them to the sides of the pan and form an empty circle in the middle for the tofu. Add more oil to the middle of the pan, then add drained, crumbled tofu. When it starts to get golden, mix in the peppers and onion and keep frying. Add some turmeric for color.

Add the nutritional yeast sauce and mix it all in to coat until that becomes golden brown too. Saute this for another couple of minutes. You might not need all of the sauce. Add salt and pepper to taste (this makes all the difference!)

### Muesli

INGREDIENTS:

- 2 cups rolled oats
- 1/2 cup oat bran
- 1 cup raisins

- 2 T chopped walnuts
- 1 T brown sugar, packed
- 1 T raw sunflower seeds

DIRECTIONS:

In a mixing bowl combine all ingredients. Mix well. Store muesli in an airtight container. It should last several weeks.

### Tropical Mango Breakfast Ice Cream

INGREDIENTS:

- 1/4 cup raw walnuts
- 2 T flax seeds
- 2-3 brazil nuts
- 6 dried dates, pits removed
- 2 cups vanilla soymilk
- 1 1/4 cups filtered water
- frozen fruit (3 bananas, peeled, 2 mangoes, peeled, seeded, and cubed)

DIRECTIONS:

Fruit must be frozen in advance. This recipe is designed for an eight-cup blender pitcher. If your pitcher is smaller or you are making for one person, reduce the recipe.

Blend soymilk, water, nuts and dates in a high-powered blender until milky. Add frozen fruit. Pulse blend (turn it on and off quickly) until mixed. When it's blended enough, turn on high speed until it is completely smooth. The blending should take about a minute total. Do not blend too long or it will heat the ice cream. It should be about the consistency of soft serve ice cream.

### Oatmeal Waffles

(Makes 8, 5 inch waffles)

INGREDIENTS:

- 2 cups rolled oats
- 2 cups water
- 1 banana
- 1 carrot
- 1/2 cup walnuts
- 1 Tablespoon maple syrup
- Vegetable oil – spray or brush with silicon brush

SPECIAL EQUIPMENT: WAFFLE IRON

**DIRECTIONS:**

Preheat a waffle iron. I preheat my until the little light turns off – it’s up to temperature when that happens. Once it’s up to temperature, either spray with the vegetable oil spray or brush with vegetable oil using a silicon brush. The silicon brush can handle the high temperature without burning. If you use a brush with bristles, the bristles might burn.

While the waffle iron is heating, blend the rolled oats, water, banana, carrot, nuts, and maple syrup, in a blender until very smooth. Pour enough of the batter onto the heated waffle iron until it nearly reaches the edges of the waffle iron. It will spread more as the waffle iron closes and flattens it, so do not go all the way to the edge. Cook for a full 10 minutes. Do not lift the lid until the 10 minutes are up; doing so will break apart the waffle.

**Soy milk and fruit salad**

**DIRECTIONS:**

Let’s take is easy today. Grab your favorite fruits. You don’t have to cut them into pieces; you can grab banana, apple, & some grapes, and munch on them at will throughout the morning. Add a glass of soy milk or other non-dairy beverage to go with the fruit or just grab a handful of nuts.

**Zucchini Muffins**

**INGREDIENTS:**

- 4 c flour total
- 2 cups brown rice flour
- ½ cup chickpea flour
- ½ c quinoa flour
- ½ c white rice flour
- ½ cup tapioca flour
- 4 tsp baking powder
- 2 tsp baking soda
- 1 T ARROWROOT
- 2 tsp xanthum gum
- ½ tsp salt
- 4 tbsps flaxseeds
- 1 ½ cups water
- 2/3 cup lemon juice
- 1 cup canola oil
- 1 cup maple syrup
- 2 tsp vanilla extract
- ½ c raisins, optional
- 2 1/2 cups grated zucchini

**DIRECTIONS:**

Preheat oven to 375F. Lightly oil 24 muffin cups. Place flours, xanthum gum, tapioca starch, baking powder, baking soda, and salt in a large mixing bowl and stir with a wire whisk until well combined.

Place flax seeds in a dry blender and grind to a powder. Add 1/2 cup of the water and blend until a gummy mixture is achieved, about 30 seconds.

Add the remaining 1 cup of water, lemon juice, oil, maple syrup, lemon zest, and vanilla, and process until frothy and well blended, between 1 and 2 minutes.

Pour into the flour mixture, add shredded zucchini and mix just until everything is evenly moistened. The batter will be stiff.

Spoon batter into muffin cups, filling each almost to the top (if muffin cups are small like in stoneware, otherwise, fill 3/4 full). Bake on the middle rack of the oven about 18-20 minutes, or until a toothpick inserted in the center of a muffin comes out clean.

Cool in pan on a rack for 2 minutes, then run a knife or thin spatula around the edges, carefully loosen, and turn out onto a rack.

**Green Goddess Smoothie**

**INGREDIENTS:**

- 1/3 cup raw walnuts, almonds, cashews or other nuts of choice
- 1 TB flax seeds
- 4 dried dates, pits removed
- 2-4 kale leaves, stems removed.
- filtered water, 3 ½ – 4 cups
- frozen fruit (3-4 bananas, peeled and broken into pieces before freezing, 6—8 strawberries, 6-8 cherries, pits removed, 1 – 1 ½ cups blueberries)

**DIRECTIONS:**

**NOTE:**

Fruit should be frozen for at least eight hours, if not a full 24 hours, before being used. Be sure fruit is at the peak of ripeness to maximize flavor. Do not over ripen the bananas. They will actually get yucky really fast after blending if they are over ripe.

Place nuts and flax seeds into a high-powered blender. Grind into a powder. If powder is clumping on the sides, free it with a spoon.

Add water and kale. Blend to mix well. Liquid should have an even, medium green shade with, at most, tiny flecks of green. Add frozen fruit. Blend until smooth pushing down the fruit as necessary. Consistency should be even.

Makes about 8 measured cups

The addition of kale gives this smoothie an extra nutrient boost. Other greens can be substituted, or the greens could be omitted all together for a sweeter result. The nuts give is a creamy base.

**OTHER FRUIT CHOICES:**

Frozen canteloupe yields a super creamy yet delicate flavor in place of bananas.

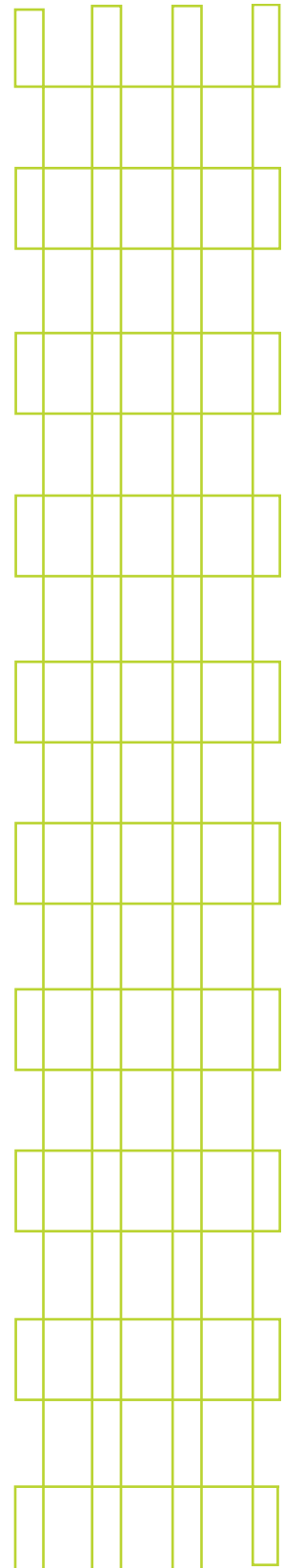
Frozen apples are a great way to sweeten this mix; use a bit less water, though, if using the apples.

Frozen oranges give it a nice kick. Remove skins and seeds, and cut the oranges before freezing them.

**OTHER OPTIONS**

- ½ an avocado
- 1-2 teaspoons cocoa powder
- Coconut milk or shredded coconut to taste

Have fun and experiment to find the flavors you like. This recipe is a great way to get healthy foods into kids. Don’t





push it too far with the greens, though, or the kids will catch on.

**Spicy Tofu Scramble**

INGREDIENTS (use vegan versions):

- 1 cup diced onion
- 1 medium jalapeno, seeded and diced
- ½ green bell pepper, diced
- 1 red bell pepper, diced
- 1 teaspoon soy sauce
- ½ teaspoon turmeric
- Salsa (optional)
- 1 pkg silken tofu, firm

DIRECTIONS:

Sauté onions in large skillet over medium-low heat. Stirring often, let onions soften, about 3 minutes. Add peppers, soy sauce, turmeric, and salsa. And stir to combine to cook for about 2 minutes, then crumble tofu into skillet. Stir to combine, cook 5 minutes or until warmed through.

Serves 2.

**Maple and Brown Sugar Oatmeal**

INGREDIENTS:

- 1 cup rolled oats
- 2 cups water
- Optional - 2 T flax seeds, ground
- 2 T maple syrup
- 1 T brown sugar
- ¼ cup raisins or other fruit.

DIRECTIONS:

Bring 2 cups of water to a boil. Add rolled oats, stir, and cook on low for 7-10 minutes stirring as needed. Remove from heat. Stir in maple syrup, brown sugar, flax seeds, if using, and fruit. Serve promptly.

**Costa Rican Black Beans and Rice**

INGREDIENTS:

- 2 cups dried Black beans soaked in water overnight
- 8-10 sprigs fresh cilantro
- 1 small or medium onion
- ½ small red or yellow bell pepper (optional)
- 3 cups vegetable broth or water
- 2 cups white rice
- ½ teaspoon salt
- 1 Tablespoon vegetable oil
- 1-3 Tablespoon oil to fry

DIRECTIONS:

If beans are dried, cover with water and soak for at least six hours; if they are canned, just rise them off. Drain the beans and add fresh water to an inch (2.5-cm) above the top of the beans, and bring to a boil. Cover the pan and reduce heat to very low simmer until beans are soft (~2 hours – or use a pressure cooker to be done in 45 minutes). Reserve cooking liquid.

Chop cilantro, onion, and bell pepper very finely.

Add 1 Tablespoon oil to a large pan and sauté the dry rice for 2 minutes over medium high flame then add half of

the chopped onion, sweet pepper and cilantro and sauté another 2 minutes. Add water or vegetable broth, bring to a boil, cover and reduce heat to simmer until rice is tender (20-35 minutes – longer if using brown rice).

This is what gives the rice its color and some of its flavor. Sauté the rice, beans reserved chopped onion, sweet pepper and cilantro together in vegetable oil for a few minutes. Add one to two cups of the reserved bean cooking liquid, and simmer gently for 30 minutes adding more cooking liquid if items seem to be drying out. Sprinkle with a little fresh chopped cilantro just before serving.

**Blueberry waffles**

INGREDIENTS:

- 1 cup flour
- 2 teaspoons baking powder
- 1/8 teaspoon salt
- 1 cup vanilla soymilk  
(Use more if needed to get the right consistency.)
- 2 tablespoons vegetable oil
- ½ cup blueberries

DIRECTIONS:

- Combine the 3 dry ingredients in a bowl
- Add the soy milk and vegetable oil to your mixture.
- Mix until smooth.
- Add blueberries
- Pour into waffle maker and follow instructions for waffle maker use.  
(This recipe may be used for pancakes as well – pour batter into oiled pan and flip when bubbles start to pop up)

**Orange Juice & Biscuits**

INGREDIENTS:

- 1 Glass of orange juice
- Biscuits (recipe below)
- 2 cups flour
- 1 tbsp baking powder
- 1/2 tsp salt
- 4 tbsp margarine
- 3/4 cup almond milk (or other non-dairy beverage)

DIRECTIONS:

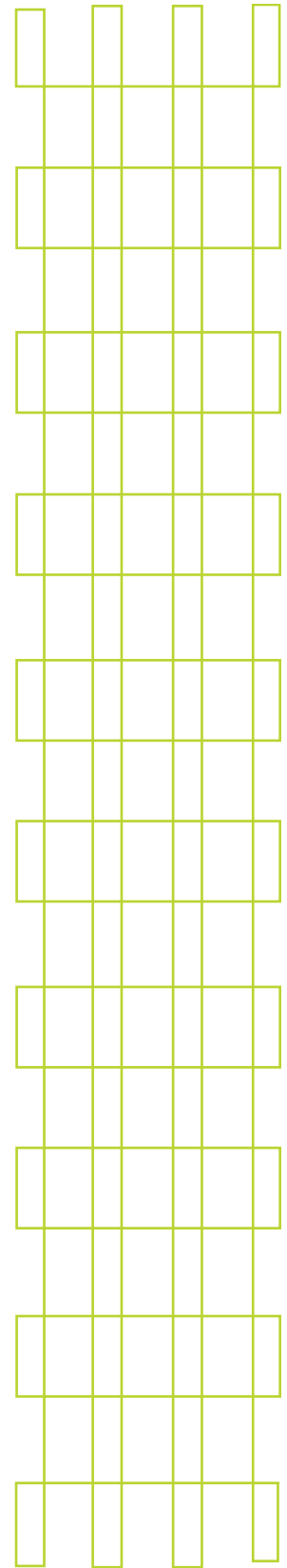
Preheat the oven to 450 degrees. Combine flour, baking powder, and salt in a bowl. Use a fork to blend the margarine into the dry ingredients until the mixture forms fine particles. Stir in the almond milk until the mixture clings together. Turn out onto a floured bread board or countertop and knead for 1 to 2 minutes or until the dough is smooth. If the dough is too sticky, add more flour.

With a rolling pin, roll the dough out to about 1/2 inch thickness. Cut into rounds using a biscuit ring or a drinking glass, place on a cookie sheet and bake for 12 to 15 minutes. Serve hot with cold orange juice.

**Flax and Cereal**

INGREDIENTS:

- 1 bowl of your favorite vegan cereal



Non-dairy beverage of choice to cover cereal  
1 T freshly ground flax seeds

**DIRECTIONS:**

Top the bowl of cereal with the ground flax seeds. Serve promptly.

**Very Berry Smoothie**

**INGREDIENTS:**

Fruit must be frozen in advance. This recipe is designed for an eight-cup blender pitcher. If your pitcher is smaller, reduce the recipe.

- ¼ cup raw walnuts
- 2-3 brazil nuts
- 4 dried dates, pits removed
- 4 cups filtered water
- frozen fruit (3 bananas, peeled and broken into pieces, 6-8 strawberries, green leaves removed, ½ cup raspberries, ½ cup blackberries, ½ cup blueberries)

**DIRECTIONS:**

Blend water, nuts and dates in a high-powered blender until milky. Add frozen fruit. Blend until well blended pushing down fruit as necessary.

**Very Veggie Tofu Scramble**

**INGREDIENTS:**

- 4 ounces extra firm tofu
- 1/4 cup fresh spinach
- 1 teaspoon margarine
- ½ t ground turmeric
- 1/4 ripe avocado, chopped
- 1 T tahini
- 1/2 tomato, chopped, optional
- small handful vegan cheese, shredded
- salt and pepper, to taste

**DIRECTIONS:**

Crumble tofu, and sauté with spinach and margarine, until spinach is limp. Add turmeric and mix. Continue cooking over medium heat 1-2 minutes. Stir in avocado, tahini, and tomato, and top with grated vegan cheese, salt and pepper to taste.

**Granola bars**

**INGREDIENTS:**

- 2 cups rolled oats
- ½ cup chick pea flour
- ½ cup tapioca flour
- 1 cup raisins
- ¾ cup walnuts
- ¼ cup pepitas
- 1/2 cup freeze dried blueberries
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ cup canola oil
- ¾ cup maple syrup
- 2 t vanilla extract

**DIRECTIONS:**

In a blender grind rolled oats to a flour so they will cook

faster. Separately, chop walnuts and pepitas in a blender. Mix oats, flours, raisins, walnuts, pepitas, salt, cinnamon, and blueberries together. Mix maple syrup, vanilla extract, and canola oil together. Pour liquids into solids and mix until dry ingredients are evenly coated. Spread onto a baking sheet lined with parchment paper. Bake at 350 for 25 minutes.

Pour non-dairy milk over cereal. Top with sliced fruit. Serve promptly.

**Pineapple-Kiwi Parfait**

**INGREDIENTS:**

- ½ cup chopped pineapple
- 1 kiwi, peeled and sliced
- 6 ounces vanilla soy or coconut yogurt
- sliced almonds, for garnish

**DIRECTIONS:**

In a glass, layer pineapple, soy yogurt, kiwi, soy yogurt, and repeat. Garnish with sliced almonds. Serve promptly.

**Waffles with Fruit Topping**

**DIRECTIONS:**

Use previous recipe for Oatmeal waffle. Top with your favorite fruit spread instead of maple syrup.

**Berry Smoothie**

**INGREDIENTS:**

- Fruit must be frozen in advance.
- 1/3 cup raw walnuts
- 2-3 brazil nuts
- 4 dried dates, pits removed
- 4 cups filtered water
- frozen fruit (3-4 bananas, peeled, 6—8 strawberries, green leaves removed, 6-8 cherries, pits removed, 1 ½ cups blueberries)

**DIRECTIONS:**

Blend water, nuts and dates in a high-powered blender until milky. Add frozen fruit. Pulse blend (turn it on and off quickly) until mixed. When it's blended enough, turn on high speed until it is completely smooth. The blending should take about a minute total. Do not blend too long or it will heat the ice cream. It should be about the consistency of soft serve ice cream.

**Pancakes topped with Flax Oil and Maple Syrup**

**INGREDIENTS:**

- 1 cup flour
- 2 teaspoons baking powder
- 1/8 teaspoon salt
- 1 cup vanilla soymilk (Use more if needed to get the right consistency.)
- 2 tablespoons vegetable oil + extra for skillet
- Flax oil and maple syrup as needed

**DIRECTIONS:**

Combine the 3 dry ingredients in a bowl. Add the soy milk and vegetable oil to your mixture. Mix until smooth. Cook in a skillet coated with oil on medium heat. Pour batter so that it spread into a proper pancake shape. Allow to





heat until top is covered with air bubbles and rim appears crispy (pancake should flip easily without breaking if it is done enough to flip.). Flip with a spatula and cook for an additional minute or so until the pancake is done. Top each pancake with about 1/2 teaspoon of flax oil and desired amount of a maple syrup.

**Strawberry Delight Smoothie**

**INGREDIENTS:**

- 2 T flax seeds
- 4 dried dates, pits removed
- 3 cups vanilla soymilk
- 3-4 bananas, peeled,
- 2 cups strawberries, green leaves removed

**DIRECTIONS:**

Fruit must be frozen in advance. This recipe is designed for an eight-cup blender pitcher. If your pitcher is smaller, reduce the recipe.

Blend water, nuts and dates in a high-powered blender until milky. Add frozen fruit. Pulse blend (turn it on and off quickly) until mixed. When it's blended enough, turn on high speed until it is completely smooth. The blending should take about a minute total. Do not blend too long or it will heat the ice cream. It should be about the consistency of soft serve ice cream.

**French Toast**

**INGREDIENTS:**

- 2 cups nondairy milk
- 3 tablespoons maple syrup
- 1 teaspoon cinnamon
- 1/8-1/4 teaspoon ground nutmeg
- 1/4 teaspoon pure vanilla extract
- 3 tablespoons chickpea/garbanzo flour
- 3-4 tablespoons rice flour
- 1-2 tablespoons arrowroot powder
- canola oil, as needed
- 4-8 slices of your favorite vegan sliced bread

**DIRECTIONS:**

In a bowl, whisk together the milk, maple syrup, spices, vanilla, flours, and arrowroot until very smooth. It should have a consistency like runny pancake batter; so add more arrowroot (to thicken) or milk (to thin), as needed.

Pour batter into a wide, shallow dish for dipping. Heat a pan on medium heat. Add a few teaspoons of oil and spread it.

While pan is heating, soak the bread for 1-2 minutes; do not let it get mushy. Fry on each side for 1-3 minutes, until it has a golden brown crust and is slightly crispy.

Serve with maple syrup.

**Zucchini Fritata**

**INGREDIENTS:**

- 2 shallots, minced
- 1/2 14-ounce package extra-firm tofu (not silken), coarsely crumbled
- pinch black salt (optional)

- sprinkle of salt and pepper
- 1 tablespoon (packed) minced fresh oregano (or 1 tsp. dried)
- 1 medium zucchini (about 10-12 ounces), shredded
- 1 12.3-ounce package lite firm or extra-firm silken tofu, drained
- 1/4 cup water or non-dairy milk
- 3 tablespoons nutritional yeast
- 1 tablespoon plus 1 teaspoon cornstarch
- 1 teaspoon tahini
- 1 clove garlic
- 1/4 teaspoon turmeric
- 3/4 teaspoon salt
- generous grating of black pepper
- pinch black salt (optional)

**DIRECTIONS:**

Cut a circle of parchment paper to fit an 8- or 9-inch pie pan. Spray pan with non-stick spray and place parchment in bottom. Preheat oven to 400.

Heat a non-stick pan. Add the shallots and cook, stirring, until they begin to soften but not brown. Add the crumbled tofu, black salt, and a sprinkle of salt and freshly ground pepper. Cook, stirring occasionally, until tofu begins to brown in places. Add oregano and zucchini and continue to cook until zucchini softens, about 5 minutes.

While the zucchini cooks, blend all remaining ingredients well in a blender. When zucchini has softened, remove the pan from the heat and pour in the contents of the blender. Quickly stir well and pour into the prepared pie pan. Be sure to scrape out any tofu that becomes stuck to the pan. Smooth the top and place in the preheated oven. Bake for 25 to 30 minutes, or until center is set and top is not yet browned.

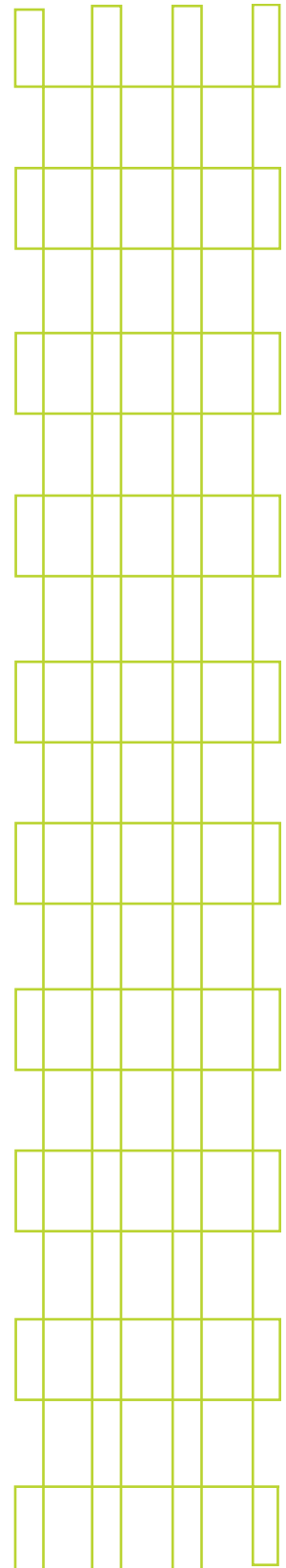
Loosen the frittata around the edges. Place a serving plate on top of the pie pan, and using pot holders, carefully invert the pan so that the frittata falls onto the plate. Slowly peel off the parchment paper from the top. (Use a knife to scrape off any tofu the clings to the paper as you pull it away.) Serve hot, cold, or at room temperature. (From Fat-Free Vegan Blog)

**Coffee Cake**

**INGREDIENTS:**

- CRUMB TOPPING:**
- 1 cup melted vegan "butter"
- 1 cup packed brown sugar (light)
- 2 1/2 cup unbleached all-purpose flour
- 1 1/2 tsp. cinnamon
- CAKE:**
- 3 cup unbleached, all-purpose flour
- 1 cup granulated sugar
- 5 tsp. baking powder
- 1 tsp. salt
- 3 tsp. ener-g egg replacer (equivalent of 2 eggs)
- 4 tbl. warm water
- 1 cup vanilla almond milk (or your fav. vegan milk)
- 1 tbl + 1/2 tsp vanilla extract





1/4 c. canola oil

**DIRECTIONS:**

Preheat oven to 325. Oil and flour a standard round spring form pan, set aside.

**CRUMB TOPPING:**

Prepare crumb topping. Melt butter, set aside to cool. meanwhile, in a medium bowl mix brown sugar, flour and cinnamon together until thoroughly combined. Once combined, pour melted butter into bowl and combine ingredients until sugar mixture is evenly moistened with butter, and large crumbs form. Set aside.

**CAKE:**

Prepare cake. Mix together Ener-g Egg Replacer by placing measured "egg" into bowl or blender/food processor and then add water. Whip/blend until thoroughly mixed and lightly foamy and thick. Set aside.

In a large bowl sift together (3 c.) flour, granulated sugar, baking powder and salt. Whisk together to thoroughly mix all ingredients. Set aside. In a second smaller bowl, whisk egg, almond milk, canola oil and vanilla together. Make a well in the flour mixture and pour wet ingredients into well, stir together until just combined, being careful not to over mix.

Pour cake batter into spring form pan, and gently spread it evenly around pan. Top with crumb topping, evenly spreading crumb over cake batter.

Bake for 50-60 minutes (depending on oven) checking for doneness with a toothpick after 50 minutes.

**Banana Walnut Muffins**

(Makes about a dozen muffins)

**INGREDIENTS:**

- 6 mashed bananas
- 3/4 cup maple syrup
- 1/2 cup canola oil
- 1/2 Tbsp. vanilla extract
- 3 1/2 cups whole wheat pastry flour
- 1 tsp. baking powder
- 2 tsp. baking soda
- 1 cup finely chopped walnuts (optional)
- 1 tsp. (or less) nutmeg (optional)
- 1 tsp. salt

**DIRECTIONS:**

Don't use a mixer or you'll over-mix and make them too cake-like. Preheat the oven to 375°F.

Mix wet ingredients together in a medium bowl. Mix dry ingredients separately in a separate large bowl. Then add wet ingredients to dry ingredients and stir just until mixed. Fill muffin tins 2/3 full. Bake 25-35 minutes.

**Pumpkin Muffins**

**INGREDIENTS:**

- 1 3/4 cups all-purpose flour
- 1 1/4 cups sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt

- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground or freshly grated nutmeg
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground cloves
- 1 cup pureed pumpkin (Fresh or from a can; do not use pumpkin pie mix)
- 1/2 cup soy milk
- 1/2 cup vegetable oil
- 2 tablespoons molasses

**DIRECTIONS:**

Preheat oven to 400°F. Lightly grease a twelve-muffin tin.

Sift together flour, sugar, baking powder, salt, and spices. In a separate bowl, whisk together pumpkin, soy milk, oil, and molasses. Pour the wet ingredients into the dry and mix.

Fill the muffin cups two-thirds full. Bake for 18 to 20 minutes, until a toothpick or knife inserted in the center comes out clean. (From Post Punk Kitchen)

**Nutty Cinnamon Quinoa**

**INGREDIENTS:**

- 1 cup soy milk
- 1 cup water
- 1 cup quinoa
- 2 cups fresh blackberries
- 1/2 teaspoon ground cinnamon
- 1/3 cup chopped pecans, toasted
- 4 teaspoons agave nectar

**DIRECTIONS:**

Combine soy milk, water and quinoa in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes. Stir in blackberries and cinnamon; transfer to four bowls and top with pecans. Drizzle 1 teaspoon agave nectar over each serving.

**Banana Peach Soup**

**INGREDIENTS:**

- 3 bananas
- 2 white peaches
- 2 yellow peaches
- 1 cup water

**DIRECTIONS:**

Blend 2 bananas with 1 yellow and 1 white peach with some water. Slice 1 banana and 1 yellow and 1 white peach into chunks. Put the sliced fruit in a bowl and pour the blended fruit on top.

FROM VEGWEB.COM

**Banana-Coconut Bars**

THESE BARS ARE DENSE AND CHEWY, AND THEY HAVE A TENDENCY TO BE TOUGH ON THE OUTER EDGES OF THE PAN, SO BE CAREFUL NOT TO OVERSTIR THE BATTER, WHICH CAUSES FAT-FREE BAKED GOODS TO TOUGHEN UP, OR TO OVERBAKE THEM.

**INGREDIENTS:**

- 1/4 cup silken tofu, lite or regular

# VEGAN PLEDGE



- 3/4 cup brown sugar or Sucanat
- 1/2 tablespoon vanilla extract
- 1/2 tablespoon rum (or 1/2 teaspoon rum extract)
- 2 large bananas, mashed
- 1 1/2 cups unbleached flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup sweetened flake coconut

**TOPPING:**

- 1/3 cup powdered sugar
- 1 teaspoon cinnamon

**DIRECTIONS:**

Preheat oven to 350F and oil or spray a 13x9-inch baking dish.

Mash or blend the tofu until smooth. Add the sugar and blend with a fork until creamy. Add the vanilla, rum, and mashed bananas, and stir well.

Sift the flour, baking powder, and salt into a large bowl. Stir in the coconut. Make a well in the middle and pour in the banana mixture. Stir only enough to moisten the flour (over-stirring makes them tough). Pour into the baking dish and put into the oven. Bake for 25-30 minutes, until a toothpick inserted in the center comes out dry.

Remove from the oven and while warm, cut into bars. Sprinkle the mixture of powdered sugar and cinnamon over the bars, reserving some to sprinkle onto the serving platter. Remove each bar and put it on the platter.

Enjoy warm or at room temperature.

FROM FATFREEVEGAN.COM

**Tofu Bacon and Toast**

**INGREDIENTS:**

- 1 (7.5 ounce) package smoked firm tofu, frozen and thawed
- 1 tablespoon nutritional yeast
- 1 tablespoon water
- 2 tablespoons maple syrup
- 1 dash liquid smoke flavoring (optional)
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon onion powder

- 1/2 teaspoon garlic powder
- 2 tablespoons vegan margarine
- Bread as desired for toast

**DIRECTIONS:**

Slice the thawed tofu into very thin slices (like bacon). In a medium bowl, stir together the yeast, water, maple syrup, liquid smoke, soy sauce, onion powder and garlic powder. Place the tofu strips into the bowl to marinate for at least 10 minutes.

Heat margarine in a large skillet over medium-high heat. Quickly fry tofu strips until crisp, turning once, about 5 minutes. Drain on paper towels, and serve immediately with your favorite toast.

FROM ALLRECIPES.COM

**Lunches**

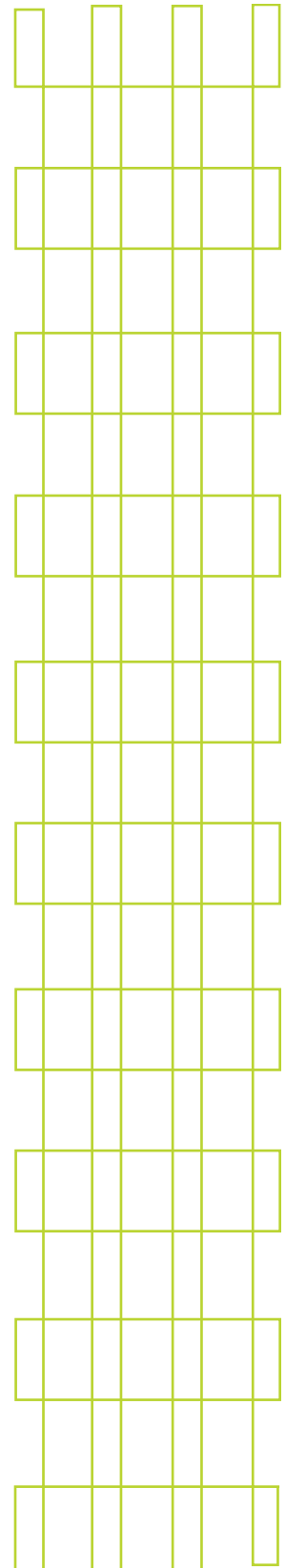
**Three Bean Salad Recipe**

**INGREDIENTS:**

- 1 15-oz can cannellini beans, rinsed and drained
- 1 15-oz can kidney beans, rinsed and drained
- 1 15-oz can garbanzo beans, rinsed and drained
- 2 celery stalks, chopped fine
- 1/2 red onion, chopped fine
- 1 cup fresh, finely chopped flat-leaf parsley
- 1 Tbsp fresh finely chopped rosemary
- 1/3 cup apple cider vinegar
- 1/3 cup granulated sugar
- 1/4 cup olive oil
- 1 1/2 teaspoons salt
- 1/4 teaspoon black pepper

**DIRECTIONS:**

- In a large bowl, mix the beans, celery, onion, parsley and rosemary.
- In a separate small bowl, whisk together the vinegar, sugar, olive oil, salt, and pepper. Add the dressing to the beans. Toss to coat.
- Chill beans in the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing.



Serves 4 to 8.  
**Chickpea “Tuna” Salad**

- INGREDIENTS:**  
1 cup cooked chickpeas  
1-2 slices of avocado  
1 small carrot  
a small piece of celery  
just a little onion  
Mustard – a squirt  
1-2 sheets of roasted/toasted nori  
1 T Veganaise  
a few drops Bragg Liquid Aminos

**DIRECTIONS:**  
Blend in a hand blender or food processor. Blend harder items like carrots and celery first so that they are very tiny. Add soft items like avocado last.  
\*DO NOT OVER BLEND – THIS SHOULD NOT BE COMPLETELY SMOOTH.  
Serve on toasted whole grain bread.

**Tangy Asparagus Linguine**

- INGREDIENTS:**  
2 T. oil  
1/4 c. onion, chopped  
3 cloves garlic, chopped  
8 oz. asparagus, sliced on the diagonal (get rid of any woody parts of stems)  
2 T. dry white wine  
2 T. lemon juice  
Ground pepper  
5 oz. Linguini, cooked and drained  
2 T almonds ground with 2 T nutritional yeast and 3/4 cup shredded vegan mozzarella

**DIRECTIONS:**  
Cook asparagus till almost done. Sauté onion and garlic in 2 T. oil until soft. Add warm cooked asparagus to the onions and cook together for a further 2 minutes. Add the wine, lemon juice and pepper to taste. Cook for one more min mixing gently. In large bowl mix the cooked pasta with the asparagus mixture and sprinkle the vegan cheese and nutritional yeast-almond mix over the top.

**Hummus Wrap**

- INGREDIENTS:**  
Hummus (see recipe below or purchase your favorite brand from the store - check ingredients to make sure it is vegan)  
tortilla shells  
sun-dried or fresh tomatoes  
fresh basil leaves or lettuce  
shredded carrots  
Spread a few tablespoons of hummus onto each tortilla shell. Top with tomatoes, carrots, and lettuce or basil.  
Roll and serve promptly.

- HUMMUS:**  
2 cloves of garlic  
4 cups cooked chick peas  
1/2 cup tahini  
1/4 c lemon juice

- 1/4 cup flax oil  
1/4-1/2 cup water  
3 T ground cumin  
1 T salt (or more, to taste)  
freshly ground black pepper,  
about 1/2 teaspoon or to taste

**DIRECTIONS:**  
Push down ingredients on sides of food processor as necessary throughout. Peel the cloves of garlic. (Crushing/pounding the garlic makes it easier to peel.) Mince them in the food processor. Add the chick peas, and blend. Add remaining ingredients except water. Blend thoroughly adding water a little at a time to make the hummus creamy and spreadable.

**Fresh Spring Rolls**

- INGREDIENTS:**  
**ROLLS:**  
Rice noodles  
Rice paper  
Lettuce (Romaine or red leaf), separated into leaves  
Bean sprouts, blanched  
Fried strips of tofu  
Cucumber, peeled, seeded and sliced into long strips (keep chilled in ice water)  
Mint leaves  
Cilantro sprigs  
**DIPPING SAUCE:**  
Hoisin sauce  
Hot water  
Sesame oil  
Peanuts, roasted and chopped

**DIRECTIONS:**  
Prepare dipping sauce: Place hoisin sauce in small bowl. Thin with some hot water until desired consistency is achieved. Add sesame oil to taste. Garnish with chopped roasted peanuts. Set aside until ready to use.

Cook noodles in boiling water with a splash of sesame oil. Drain in colander and rinse under cold water. Set aside until ready to use.

Wet rice paper: Quickly dunk rice paper in large bowl of water and lay on counter. Alternatively, you can lay rice paper on counter, wet your hand and wipe onto rice paper. Use rice paper when pliable. (Wet several rice papers at once and lay them out. As they are softening, put the fillings on them. When you are all done laying them out and putting the fillings on each, the rice paper should be soft enough.)

In middle of rice paper, lay lettuce leaf, bean sprouts, some rice noodles, tofu, cucumber, mint and cilantro. Fold in sides and roll up from bottom.

Rolls best served immediately with dipping sauce. However, rolls can be covered with wet paper towels until ready to serve.

**Veggies and Hummus**

**INGREDIENTS:**

USE LEFTOVER HUMMUS FROM WEDNESDAY'S LUNCH  
Celery, sliced into manageable dipping pieces  
Red bell pepper, sliced  
carrots, sliced into oblong chips  
Rice cakes or your favorite crackers  
Hummus

**DIRECTIONS:**

Serve veggies and rice cake along with the hummus for dipping.

**Tempeh Rubin**

**INGREDIENTS:**

1- 8oz package of tempeh  
1 - 1 1/2 cups Nasoya Thousand Island Salad Dressing (or mix equal parts Ketchup and Vegenaïse)  
Equivalent of four slices of your favorite vegan cheese  
8 slices GF bread  
1/4 cup GF tamari  
Sauerkraut  
Canola Oil

**DIRECTIONS:**

Slice the tempeh in half. Split each half up the middle so that the tempeh is not as thick. This will give you four equal slices. Pour the Shoyu into a bowl, and dip both sides of each tempeh slice into it. Heat a small amount of canola oil in a skillet. Brown both sides of the tempeh slices.

Spread the thousand island dressing onto each slice of bread so that there will be dressing on both sides of the sandwich when assembled. For each sandwich place the tempeh on one piece of bread. Top it with 2-3 tablespoons of sauerkraut and a slice of the vegan "cheese." Place the other slice of bread on top. Place the entire sandwich on the skillet, and cook until sandwich is warm and both sides are browned (flip after the first side is browned). Repeat for each sandwich. Serve promptly.

**Potato Salad**

**INGREDIENTS:**

2 lbs. potatoes, boiled in jackets, then peeled and cubed  
1/2 cup finely chopped onion  
2T lemon juice  
1 1/2 t salt  
1/4 tsp. dry mustard  
1/4 tsp. pepper  
1/4 cup chopped celery  
1/4 cup chopped green pepper  
1 cups vegan mayonnaise (Vegenaïse, Nayonnaise, etc)

**DIRECTIONS:**

In a bowl, combine hot cubed potatoes with onion, lemon juice, salt, dry mustard, and pepper until potatoes are coated evenly. Cover and refrigerate one hour. Stir in celery, green pepper, and vegan mayonnaise. Chill for several hours.

**Chicken-free Salad on Pita**

**INGREDIENTS:**

2 cups Texturized Soy Protein (TSP - usually gluten-free) or Texturized Vegetable Protein (TVP)

1-3/4 cups vegetable broth  
1 tablespoon Bragg Liquid Aminos  
1 1/4- 1 1/2 c Vegenaïse  
1 teaspoons (or less) mustard powder  
1/2-2/3 cup diced onions  
1/3 cup diced celery  
1/4 c diced carrot  
Pita or other bread for sandwich (For a lower calorie meal, try serving it on leaves of lettuce.)

**DIRECTIONS:**

Combine Bragg and vegetable broth in a pot and bring to a boil. Remove from heat and stir in the TSP to rehydrate. Allow TSP to cool completely. Mix TSP with remaining ingredients except bread. Keep chilled until ready to use. Make sandwiches when ready to serve.

**Tangy Spiced Eggplant Salad**

**INGREDIENTS:**

2 medium eggplants sliced into 1/2 – slices (crosswise)  
2 T olive oil (extra virgin) plus extra for brushing  
2 T flax seed oil  
1/2 cup balsamic vinegar  
2 garlic cloves minced finely  
2 tablespoons fresh lemon juice  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1/2 cucumber thinly sliced  
3 tomatoes thinly sliced  
1/4 cup plain soy yogurt  
salt and pepper to taste

**DIRECTIONS:**

Brush olive oil on eggplant slices and grill (or broil) until golden brown on both sides. The eggplant should be tender. Allow slices to cool before cutting into quarters.

Mix remaining olive oil with garlic, lemon juice, cumin, coriander, and vinegar. Season with salt and pepper then pour into a dish over the warm eggplant. Chill thoroughly. Add cucumber and tomato with chilled eggplant. Top with soy yogurt when serving.

**Pasta Salad**

**INGREDIENTS:**

8 ounces pasta, cooked according to package instructions, then cooled  
2 carrots, shredded or grated  
2 red bell peppers, sliced finely  
1/2 an onion, sliced finely  
1/2 cup sundried tomatoes  
1/3 cup vegan mayonnaise  
1 t prepared mustard  
salt and pepper to taste

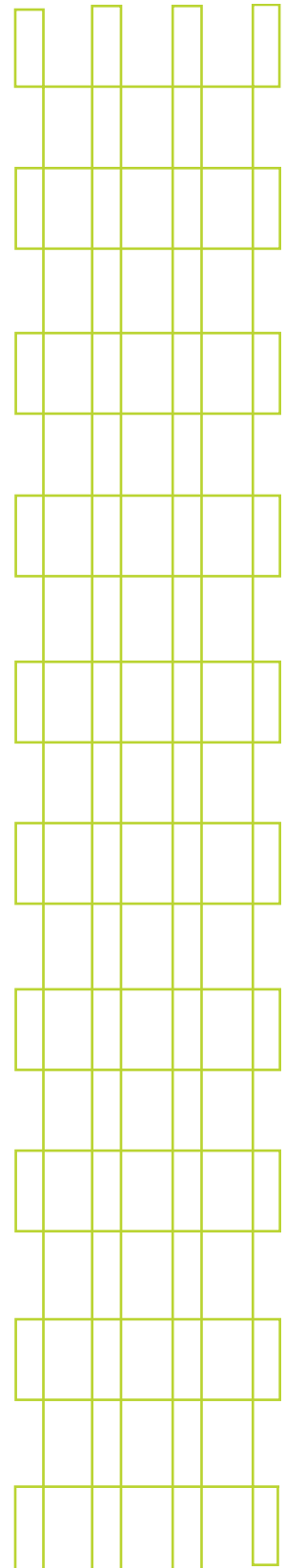
**DIRECTIONS:**

Combine all ingredients. Refrigerate for an hour before serving.

**Eggless Salad Sandwich**

**INGREDIENTS:**

1 pound of firm tofu, diced



2 T tahini  
1 rib of celery, finely diced  
½ onion, finely diced  
1 TB fresh dill, chopped  
½ tsp turmeric  
½ cup of Nayoanise or Vegenaise  
salt and pepper to taste  
Your favorite vegan bread

**OPTIONAL TOPPINGS:**

Lettuce and Tomato

**DIRECTIONS:**

Steam tofu. Mash the tofu thoroughly with the tahini in a bowl. Allow to cool. Mix in all of the other ingredients. Serve on your favorite vegan bread adding optional toppings if desired.

**Tangy Red Lentils**

**INGREDIENTS:**

2 T. olive oil  
2 T. lemon juice  
splash of maple syrup  
1 T. rice vinegar  
1/4 t. turmeric  
pinch salt  
pinch pepper  
2-4 green onions, chopped fine  
2 cups water  
1 cup red lentils, rinsed, picked over, and drained  
1 clove garlic, minced

**DIRECTIONS:**

Combine olive oil, lemon juice, maple syrup, rice vinegar, turmeric, salt, pepper, and green onions. Set aside.

Combine water and lentils in a pot large enough to hold everything. Bring to boil over high heat. Reduce heat to low, and stir. Add garlic. Cover pot and simmer 20 minutes. Lentils should break down. Toss with vinaigrette and serve.

**California Veggie Wrap**

**INGREDIENTS:**

1 tbsp. Tofutti cream cheese  
1 large tortilla or equivalent smaller tortillas  
2 tbsp. shredded carrot  
2 tbsp. thinly sliced red or yellow pepper  
2 tbsp. chopped red onion  
1/4 cup shredded cheddar-style Daiya or Monterey Jack-style Follow Your Heart Vegan Gourmet (or other vegan cheese substitute)  
1/4 avocado, peeled and sliced  
1/4 cup baby spinach leaves or romaine lettuce leaves  
1/4 cup alfalfa sprouts (optional)  
salt and pepper to taste

**DIRECTIONS:**

Spread Tofutti cream cheese over the tortilla to within 1/2 inch of the edges. Arrange all the filling ingredients in a row along the center one-third of the tortilla. Sprinkle with salt and pepper to taste. Roll the tortilla up as tightly as

possible to enclose the filling without tearing the tortilla. Cut in half.

Servings: 1

**Peanut Sauce and Noodles**

**INGREDIENTS:**

8 ounces angel hair pasta, prepared al dente  
1 red bell pepper, thinly sliced  
4 green onions, chopped  
1 teaspoon grated fresh ginger  
½ tofu, cubed  
Oil for cooking  
½ cup creamy peanut butter  
2 tablespoons soy sauce  
1/2 cup vegetable broth

**DIRECTIONS:**

Saute onion, bell pepper, ginger and tofu in oil until vegetables are soft.

In a large sauce pan, mix peanut butter, soy sauce and broth. Heat the mixture, and everything else to it. Serve promptly.

**Great Green Salad with Tahini Dressing**

**INGREDIENTS:**

2-3 tablespoons or white or red wine vinegar  
2 T extra-virgin olive oil  
1 T flax oil  
1/4 teaspoon minced garlic, or more to taste  
Salt and black pepper  
2 celery stalks (preferably from the heart), chopped  
2 carrots, chopped  
1 small red onion, minced  
3 or 4 radishes, chopped  
1 red bell pepper, cored, seeded and sliced  
1-2 large heads of red leaf lettuce, torn into bite-sized pieces.

**DIRECTIONS:**

Combine vinegar, oil, garlic, a large pinch of salt and a smaller one of pepper in a salad bowl. Beat with a fork until combined. Add the vegetables, sprinkle lightly with more salt and pepper, and toss. Taste and adjust seasoning, and serve immediately.

**BBQ Tofu Sandwich**

**INGREDIENTS:**

½ lb of extra-firm tofu, sliced into almost ½" thick slices (should give you at least four slices)  
1 cup of your favorite barbecue sauce  
4 slices of your favorite vegan bread  
Optional: lettuce and tomato for garnishing

**DIRECTIONS:**

Turn oven to broil setting (low, if given that option). Dip tofu slices into barbecue sauce to coat. Place on a cookie sheet lined with parchment paper. Broil for a few minutes until lightly caramelized. Flip tofu and add more sauce if necessary. Broil again until the other side it lightly caramelized.

Meanwhile, toast bread. Place broiled tofu onto bread, garnish with lettuce, tomatoes, and more barbecue sauce, if desired. Serve promptly.

**Cashew Colby**

INGREDIENTS:

- 1 ½ c water
- 5 tablespoons agar flakes
- ½ cup roasted red pepper
- ½ c raw cashew pieces
- ¼ c nutritional yeast flakes
- 3 tablespoons lemon juice
- 2 tablespoons tahini
- 2 teaspoons onion granules
- 1 teaspoon salt
- ¼ teaspoon garlic granules
- 1/8 teaspoon ground dill seed
- 1/8 teaspoon mustard powder

DIRECTIONS:

Place the water and the agar flakes in a small saucepan, and bring to a boil. Reduce the heat and simmer for 5 minutes, stirring often. Place in a blender with the remaining ingredients, and process until completely smooth.

Pour immediately into a lightly oiled, 3-cup rectangular mold, and cool. Cover and chill for several hours.

FROM THE UNCHEESE COOKBOOK BY JO STEPANIAK

**Port Wine Uncheese**

INGREDIENTS:

- 1 can pinto beans (15.5 oz can or 1 ½ c cooked bean)
- ¼ cup red wine or grape juice
- 2 tablespoons sweet white miso
- 3 tablespoons tahini

DIRECTIONS:

Blend all ingredients until very smooth. Chill thoroughly before serving.

FROM THE UNCHEESE COOKBOOK BY JO STEPANIAK

**Cucumber Salad**

INGREDIENTS:

- 1 large cucumber, peeled and sliced
- 2 ripe fresh tomatoes, chopped
- 1 cup beans of choice such as kidney beans, navy beans, etc.
- ¼ of a small red onion, sliced
- 3 tablespoons balsamic vinegar
- 2 tablespoons olive oil or flax oil
- salt and pepper to taste

DIRECTIONS:

Place cucumber, tomatoes, beans and onion in a bowl. Pour in oil and balsamic vinegar. Season with salt and pepper. Toss gently to coat. Refrigerate until ready to serve.

**Aztec Salad**

INGREDIENTS:

- 2 15-ounce can black beans
- ½ cup finely chopped red onion
- 1 green bell pepper
- 1 red or yellow bell pepper, diced
- 2 tomatoes, diced
- 2 cups frozen corn, thawed
- ¾ cup chopped fresh cilantro (optional)
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons apple cider vinegar
- 1 lime or lemon, juiced
- 2 garlic cloves, minced
- 2 teaspoons cumin
- 1 teaspoon coriander
- ½ teaspoon crushed red pepper flakes

DIRECTIONS:

Drain and rinse the beans and place them in a large salad bowl with the onion, peppers, tomatoes, corn, and cilantro. In a small bowl, combine the vinegars, lemon or lime juice, garlic, cumin, coriander, and red pepper flakes. Pour over the salad and toss gently to mix.

FROM THE PEACEFUL PALATE

**Red Potatoes with Kale**

INGREDIENTS:

- 4 red potatoes
- 1 bunch kale
- 1 teaspoon toasted sesame oil
- 1 onion, thinly sliced
- 2 garlic cloves, minced
- ½ teaspoon black pepper
- ½ teaspoon paprika
- 2 tablespoons soy sauce
- 2 tablespoons water

DIRECTIONS:

Scrub potatoes and cut them into 1/2-inch cubes. Steam over boiling water until just tender when pierced with a fork. Rinse with cold water; then drain and set aside.

Rinse the kale and remove stems. Cut or tear the leaves into small pieces.

Heat the oil in a large, non-stick skillet. Add the onion and garlic and saute 5 minutes.

Add the cooked potatoes, peppers, and paprika. Continue cooking until the potatoes begin to brown, about 5 minutes. Use a spatula to turn the mixture gently as it cooks.

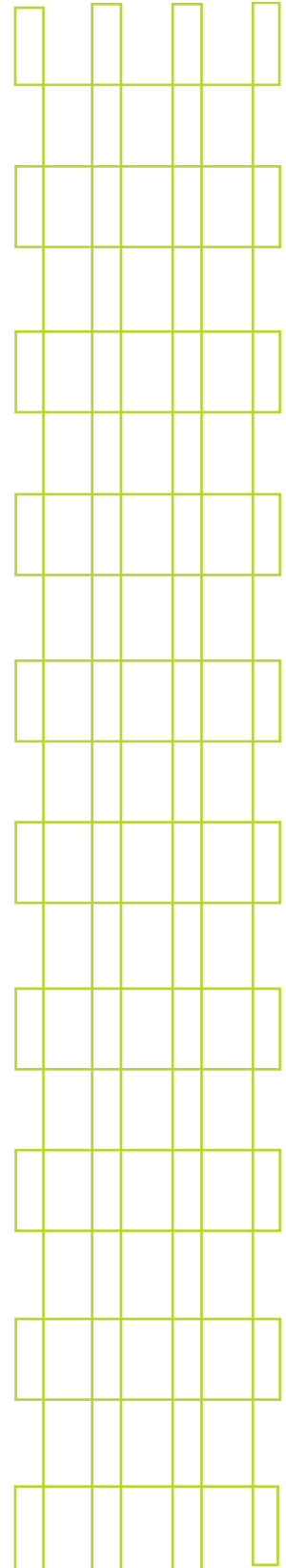
Spread the kale leaves over the top of the potato mixture. Sprinkle with the soy sauce and 2 T of water. Cover and cook, turning occasionally, until the kale is tender, about seven minutes.

**Lentil Salad**

INGREDIENTS:

- PILAF:**
- 1 cup spelt
  - 1 cup lentils
  - 1 teaspoon salt





1 bay leaf  
Extra virgin olive oil

1/4 cup extra virgin olive oil  
2 tablespoons lemon juice  
Salt and pepper

**DIRECTIONS:**

**PILAF:**

Put spelt, 4 cups water, and salt in a medium or large pot. Bring to a boil. Lower heat and simmer, uncovered, until tender but still chewy – about 40 minutes.

Once spelt is on the stove, rinse and sort the lentils. Put in a separate pot with bay leaf and water to cover by about an inch. Bring to a boil. Lower heat and simmer, uncovered, until tender – about 30 minutes.

When farro and lentils are done cooking, drain any excess water. Remove bay leaf from lentils. Combine spelt and lentils into one pot, tossing with a little olive oil.

**SALAD:**

Make the dressing and salad while the farro and lentils are cooking. In a large bowl, whisk olive oil into lemon juice and add salt and pepper to taste. Chop the tomatoes, cucumbers, peppers, and onions into bite-size pieces. Add to the bowl with the oregano and toss to coat with dressing.

To serve, plate the pilaf and then top with the salad. The contrast of warm grains and beans and refreshing salad makes this a particularly good seasonal transition meal, but the dish can also be refrigerated for up to a day and served cold.

FROM THE KITCHN.COM

**Bún Chay**

(Vietnamese Vegetarian Noodle Salad)

**INGREDIENTS:**

Noodles - 4 ounces dried rice sticks or vermicelli  
Tofu - 1/2 pound extra firm tofu  
Vegetable oil  
Greens - 1 1/2 cups shredded lettuce  
1 cup mung bean sprouts  
1/2 cup julienned cucumber  
Large handful of mixed herbs, coarsely chopped or torn (basil, mint, cilantro; if available: rau răm or Vietnamese coriander, tiá tô or Vietnamese perilla)  
Sauce - 2 tablespoons fresh lime juice  
2 tablespoons soy sauce  
2 tablespoons sugar  
4 tablespoons water  
1 clove garlic, crushed  
Garnish - 2 tablespoons peanuts, chopped

**DIRECTIONS:**

**NOODLES:**

Bring a large pot of water to a boil and add rice sticks. Stir and cook until noodles are white and tender but still firm, about 3-5 minutes. Drain in a colander and rinse under cold water, fluffing the noodles to separate the strands. Drain again completely.

**TOFU:**

Cut tofu into bite-size pieces and press between clean kitchen towels or paper towels to rid of excess water. Heat oil in a skillet and fry tofu until crispy and golden. Drain excess oil.

**GREENS:**

Prepare the greens and set aside. (May be prepared ahead of time and kept in the refrigerator.)

**SAUCE:**

In a small bowl, whisk together ingredients for sauce. Set aside. (May be prepared ahead of time kept in the refrigerator.)

**SERVE:**

Divide the noodles between two bowls. Arrange greens and tofu on top and garnish with peanuts. Just before eating, drizzle with sauce to taste and toss.

**Quinoa and Smoked Tofu Salad**

**INGREDIENTS:**

2 cups water  
3/4 teaspoon salt, divided  
1 cup quinoa, rinsed well  
1/4 cup lemon juice  
3 tablespoons extra-virgin olive oil  
2 small cloves garlic, minced  
1/4 teaspoon freshly ground pepper  
1 6- or 8-ounce package baked smoked tofu, diced  
1 small yellow bell pepper, diced  
1 cup grape tomatoes, halved  
1 cup diced cucumber  
1/2 cup chopped fresh parsley  
1/2 cup chopped fresh mint

**DIRECTIONS:**

Bring water and 1/2 teaspoon salt to a boil in a medium saucepan. Add quinoa and return to a boil. Reduce to a simmer, cover and cook until the water has been absorbed, 15 to 20 minutes. Spread the quinoa on a baking sheet to cool for 10 minutes.

Meanwhile, whisk lemon juice, oil, garlic, the remaining 1/4 teaspoon salt and pepper in a large bowl. Add the cooled quinoa, tofu, bell pepper, tomatoes, cucumber, parsley and mint; toss well to combine.

FROM EATINGWELL.COM

**Dinners**

**Chilli Sin Carne**

**INGREDIENTS:**

1 tbsp oil  
1 medium onion, finely diced  
6oz texturized soy protein (TSP or TVP) (3/4 Cup), soaked for 10 minutes in boiling water & drained well before use

# VEGAN PLEDGE



2 medium red peppers, de-seeded and chopped  
1 clove garlic, crushed  
14oz tinned chopped tomatoes  
1 tsp dried mixed herbs  
2 tsp chilli powder  
14oz tinned kidney beans  
Seasoning  
4 cups of cooked American long grain rice

**DIRECTIONS:**

Heat the oil in a large frying pan and fry the onion 2-3 minutes until soft. Add the soya protein & pepper and stir for 2 minutes. Mix in the garlic, tinned tomatoes, dried herbs, chilli powder, kidney beans and seasoning. Bring to the boil, cover, and then simmer the sauce for 20-25 minutes, stirring occasionally. Serve the chilli on a bed of rice or as a filling for jacket potatoes.

Serves 4

**Lasagna**

**INGREDIENTS:**

1 box no boil lasagna noodles  
1 brick tofu  
1 container Tofutti better than cream cheese  
handful of chives (or chopped scallions)  
fresh spinach  
1 head broccoli  
handful of mushrooms  
2 jars tomato sauce  
nutritional yeast

**DIRECTIONS:**

Run chives/scallions through food processor fitted with a grater plate. Replace grater plate with blade and add tofu and Tofutti. blend more. Add spinach, then broccoli and mushrooms. If you want more protein, you can also toss in some thawed vegan meatballs. If you want more veggies, increase the quantity or variety of veggies. Cauliflower works fine in this as well, and if you are missing one of the veggies, it's flexible. Scallions are an okay substitute for the chives. Layer the noodles with the sauce and the filling from the blender. Use lots of sauce, particularly since you're using no boil lasagna noodles, so it won't get dry.

Layer sauce, noodles, filling, sauce, noodles, filling until you run out. Sprinkle nutritional yeast on the top. another option is using a vegan cheese on top. Bake 45-50 minutes at 400. Recipe freezes and re-heats well.

**Tofu Cutlets**

**INGREDIENTS:**

**MARINADE:**

¼ cup Soy Sauce  
2 T sherry wine  
Pinch black pepper  
Three-stage Breading Process  
1 cup All-purpose flour  
1 t garlic powder  
½ teaspoon salt  
Pinch pepper  
1 ½ cups water

**BREAD CRUMB MIXTURE:**

2 ½ cups fresh bread crumbs, unseasoned  
½ cup ground pecans  
¼ cup fresh parsley, minced  
2 t dried basil

**DIRECTIONS:**

Preheat oven to 400 degrees F. Rinse each block of tofu and slice across the narrow width into 8 slices for 20 slices total. Place on paper towel to absorb excess moisture. Combine the marinade ingredients on a sheet pan, then lay the tofu slice into the marinade. Turn the slices once or twice as needed to cover well with the marinade.

In a bowl combine the flour, garlic powder, salt and pepper. Remove ¼ cup flour mixture to another bowl and gradually whisk in water until smooth. In a third bowl combine bread crumb mixture ingredients. Dredge the tofu slices first in the flour mixture. Shake off the excess flour and dip into the flour and water mixture. Shake off excess and dredge in the bread crumb mixture and set on a lightly oiled baking sheet. Bake the cutlets for 10 minutes, then turn them over with a spatula and bake for 8 to 10 minutes longer or until golden.

FROM KEN BERGERON'S PROFESSIONAL VEGETARIAN COOKING

## Baked potatoes with melty white cheese, veggies, and tvp

### INGREDIENTS:

#### POTATOES WITH "CHEEZE", HICKORY BITS & BROCCOLI:

- 6 Baked potatoes
- 1 recipe Melty White Cheeze (from Vegan Vittles)
- 1 Recipe Hickory Bits (from Vegan Vittles)
- 2 cups of broccoli, steamed

#### MELTY WHITE CHEEZE:

- 1 1/2 cups water
- 1/4 cup Nutritional Yeast
- 1/4 cup quick-cooking rolled oats (not instant)
- 2 T tahini
- 1 1/2 T cornstarch
- 2 t fresh lemon juice
- 1 t onion granules
- 3/4 t salt
- 1/4 t garlic granules

#### HICKORY BITS:

- 1/2 cups TVP\* flakes or granules
- 1/3 cup water
- 2 T soy sauce
- 1 t pure maple syrup
- 1/2 to 1 t liquid hickory smoke
- 1 t canola oil

### DIRECTIONS:

#### POTATOES WITH "CHEEZE", HICKORY BITS & BROCCOLI:

Cut into the potatoes width-wise and length-wise without cutting all the way through. Squeeze the potatoes to open them up somewhat. Fill with broccoli, and then top with Hickory Bits and Melty White Cheeze. Recipes below.

#### MELTY WHITE CHEEZE:

Place all ingredients in a blender, and process until completely smooth. Pour the blended mixture into a 1-quart saucepan, and place it over medium-high heat. Cook, stirring constantly with a wire whisk, until the sauce is very thick and smooth.

FROM VEGAN VITTLES BY JOANNE STEPANIAK

#### HICKORY BITS:

Place the TVP in a heatproof bowl. Place the remaining ingredients except the oil in a 1-quart saucepan, and bring them to a boil. Pour the boiling liquid over the TVP. Mix well, and let the mixture stand for 5 minutes. Heat oil in a 9- or 10-inch skillet over medium-high heat. When the oil is hot, add the TVP. Reduce the heat to medium, and cook, stirring constantly, until the moisture has evaporated and the TVP is lightly browned, about 6-8 minutes.

FROM VEGAN VITTLES BY JOANNE STEPANIAK

## Tacos

### INGREDIENTS:

- 1 package of corn tacos (8 shells)
- 2 tomatoes, chopped
- 1/2 an onion, chopped
- 1 avocado, chopped
- black olives, chopped
- salt
- Lettuce, shredded

- Refried beans
- Texturized vegetable protein or texturized soy protein rehydrated with chilli seasoning
- Soy sour cream

### DIRECTIONS:

Heat taco shells according to package instructions. Mix chopped tomatoes, onion, olives and avocado with salt. Place a few spoonfuls of this mixture along with lettuce, refried beans, TVP/TSP chilli, and soy sour cream into each taco shell. Serve and enjoy.  
(Feel free to use whatever topping you want. These are some of my favorites.)

## Veggie Burgers

GREAT JOB THIS WEEK. RELAX WITH A SIMPLE VEGGIE BURGER.

### INGREDIENTS:

- Your favorite vegan veggie burger
- Your favorite vegan bread or roll
- several pieces of lettuce
- 2-3 slices avocado
- Sliced of onion, to taste
- ketchup

### DIRECTIONS:

Cook veggie burger according to package instructions. Serve on bread/roll topped with lettuce, avocado, onion, and ketchup.

## Cream of Broccoli Soup

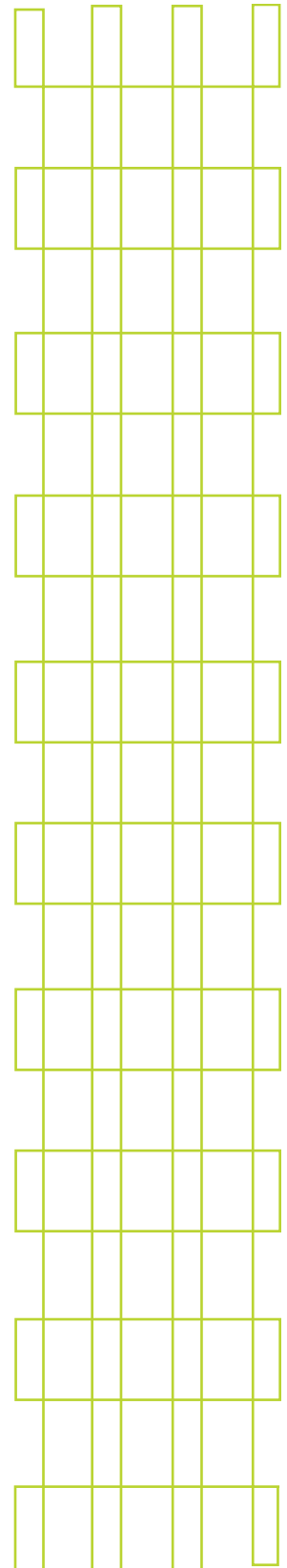
### INGREDIENTS:

- 1 cup raw cashews (add more for increased creaminess)
- 7 cups vegetable broth (or water & vegetable bouillon cubes)
- 4 medium potatoes (peeled, if desired), cut into small cubes
- 2 carrots, diced
- 1 cup red lentils, rinsed thoroughly
- 1/2 medium onion, finely chopped
- 1 bunch broccoli, trimmed and coarsely chopped
- 2 T freshly chopped basil
- 1 T sea salt
- freshly ground pepper, to taste

### DIRECTIONS:

Place 5 cups of the vegetable broth with the potatoes, carrots, red lentils, and onion in a large pot. Bring to a boil, simmer, cover, and cook for 15 minutes – the lentils should be finished cooking and the potatoes should be soft.

Meanwhile, blend cashews (use 1/2 cup for a lower calorie version; use the full cup if you want to soup extra creamy) with two cups of the vegetable broth in a blender until smooth consistency, about one minute. Add the broccoli and basil to the pot. Cover and cook for about 5 minutes. Stir in the blended cashews, salt, and pepper, and bring to a simmer. Let the mixture cool slightly. Transfer about half of the soup to a blender and lightly puree (or use a stick blender). Stir the blended portion back into the soup. Serve promptly.



## Baked Beans

### INGREDIENTS:

- 2 cups of dried white navy beans, soaked for at least six hours, then drained and rinsed
- 1 1/2 c ketchup
- 2 c water
- 1/4 c molasses
- 1 onion chopped
- 2 T dry mustard
- 2 T salt
- 3 drops liquid smoke
- 2 T maple syrup
- 1/2 c brown sugar

### DIRECTIONS:

This slow cooker recipe could be done stove top to cook the beans and then baked in the oven.

Place all ingredients in slow cooker; cover and cook on high for 2 hours, then reduce to low for 6 hours. Stir a few times, if possible.

## Healthy Mac and “Cheese”

### INGREDIENTS:

- 1 pound macaroni or similar pasta shapes (your favorite vegan type)

### SAUCE:

- 1 1/4 cups water
- 1 cup plain soymilk (may use other non-dairy milk)
- 3/4 cup nutritional yeast
- 1 cup frozen peas
- 1 medium carrot
- 1 small red bell pepper (or half of a large), seeds and stem removed
- 3 tablespoons cornstarch or arrowroot powder
- 1 tablespoon lemon juice
- 1 teaspoon salt (or more to taste)
- 1/2 teaspoon garlic powder
- 1 teaspoon onion powder (add more, if desired)
- 1/2 teaspoon dry mustard powder, (add more, if desired)
- 1/2 teaspoon smoked paprika powder
- 1/2 teaspoon turmeric
- 2 tablespoons tahini
- 1 teaspoon mellow white miso (or additional salt)
- black pepper to taste

### TOPPING:

- 1 1/2 cups bread crumbs

### DIRECTIONS:

Cook and drain pasta according to package instructions so it is al dente. While pasta is cooking, preheat oven to 375 and blend sauce ingredients cutting carrot and bell pepper as needed to blend in your blender. When the pasta is al dente, drain it. Combine cooked pasta and blended sauce mixture in lasagna pan or similar. Stir to mix. Top with bread crumbs and bake for 20 minutes. Let stand five minutes before serving.

## Tempeh Teriyaki Stir Fry

### INGREDIENTS:

- 1 recipe Tempeh Teriyaki (below)
- 1/4 of a medium onion, sliced
- 6-8 button mushrooms, sliced
- 1 clove garlic, minced
- 1 “ piece of ginger, minced
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 head broccoli, cut into pieces
- oil (peanut, canola, or whatever you prefer)
- One recipe tempeh teriyaki sticks
- Extra soy sauce to season as desired

### DIRECTIONS:

Heat oil in a wok over medium-high heat. Add onion and mushrooms to the oil, stirring frequently. Cook for about 5 minutes. Add garlic and ginger, and cook an additional minute, stirring frequently. Add remaining vegetables, and cook for five more minutes or until about finished. Season with soy sauce, stir, and add tempeh.

Serve with cooked rice or quinoa.

## Tempeh Teriyaki

### INGREDIENTS:

- 2 teaspoons mustard powder
- 2 garlic cloves, crushed
- 4 tablespoons pure maple syrup
- 4 tablespoons tamari or soyu (natural soy sauce)
- 2 tablespoons toasted sesame oil
- 1 8 ounce package tempeh (any type)

### DIRECTIONS:

Mix all ingredients except tempeh in a medium bowl. Slice tempeh into 1/2 inch strips. Add tempeh to marinade and stir to coat. Leave to marinate for at least one hour or overnight.

Arrange tempeh on a non-stick baking sheet so pieces are not touching. Broil until crispy and slightly browned, flip, and broil until the other side is browned.

## Burrito

### INGREDIENTS:

- 12 oz of Seitan (preferably Rays Seitan)
- 1/2 cup of your favorite vegan BBQ sauce
- 1 Large Yellow Onion
- 3 Cloves of Garlic (minced)
- 2 TBS Oil
- 1/2 Cup Corn Kernels (frozen or fresh)
- 3 Stalks of Broccoli - florets only
- 1/2 Cup Chopped Carrots
- 1/4 tsp Crushed Red Pepper Flakes
- 1/8 tsp sea salt
- Water
- 6 soft Tortilla shells

## DIRECTIONS:

Drain the liquid from the Seitan package and place in a resealable container with the 1/2 cup of barbecue sauce and refrigerate.  
Remove the Seitan from the refrigerator after 3 hours.  
Heat the oil in a frying pan over medium low heat.  
Add the onions and stir until slightly brown.  
Add the marinated Seitan to the frying pan, stirring occasionally for 3 minutes.  
Add the garlic and fry for 30 seconds.  
Add some oil to the frying pan to prevent the garlic and onions from sticking to the pan.  
Add the carrots and corn to the frying pan, stirring occasionally for 4 minutes.  
Add the broccoli florets and add an additional 3 tbs of barbecue sauce in with the broccoli.  
Add the Crushed Red Pepper Flakes.  
Stir for 3 minutes.  
Turn off the heat and cover the frying pan.  
Meanwhile, heat the tortillas for 1-2 minutes in an oven or toaster oven at 200 degrees.  
Add a small portion of the filling to each tortilla and wrap the tortilla.  
Place a toothpick in the tortilla to hold it together.

## Smokey Braised Portobello Mushrooms

### INGREDIENTS:

#### BRAISING LIQUID:

2 cup apple juice  
2 cup water  
1/2 cup soy sauce  
4 t garlic, crushed  
2 t fresh gingerroot, minced  
2 t maple syrup  
1/2 t liquid hickory smoke  
30 fresh rosemary leaves  
2 pinches ground black pepper

#### OTHER INGREDIENTS:

20 Portobello mushroom caps (5" in diameter)  
4 T olive oil

### DIRECTIONS:

Combine braising liquid ingredients and set aside. Brush a large frying pan with oil and place it over medium-high heat. Place the Portobello caps top side down into the pan and brown.

Turn caps over and for each one, add 3 tablespoons of the braising liquid to the pan, cover and cook for about 5 minutes. Caps are done when they are fork-tender. Thinly slice the caps and fan them out to serve. Serve with any remaining pan juices.

If there seems to be a lot of juice or it is weak in flavor, remove all the cooked mushrooms from the pan and reduce. They may be served hot, at room temperature, or lightly chilled but not too cold as they will have less flavor.

Makes 20 servings.

FROM PROFESSIONAL VEGETARIAN COOKING BY KEN BERGERON

## Sushi

### INGREDIENTS:

Sushi means "vinegared rice" - and the stuff is delicious with vegetable fillings and the perfect dipping sauce.  
Use left-over tempeh teriyaki from Tuesday as one of the fillings.

### DIRECTIONS:

Place the nori with the smooth side down on the bamboo mat keeping it square. Smooth the rice (1 cup) onto the nori leaving at least a 1" lip at the end away from you.

In the middle of the rice, put your fillings so that you have a few lines of each (if using umeboshi, spread a line of this before adding the other fillings). Sprinkle with sesame seeds along the line of fillings.

Wet the lip slightly with water. Begin rolling by first making a little roll before the fillings. Continue rolling right over the filling. As you roll, tuck the mat under slightly; then remove without pulling apart the rolled section of the sushi. Continue until the sushi is completely rolled. Let sit for a minute or two before slicing (roll more sushi in the meantime).

## Injira and wat

### INGREDIENTS:

#### INJIRA:

3/4 cup teff, ground fine  
3 1/2 cups water  
salt  
sunflower or other vegetable oil

### DIRECTIONS:

Mix ground teff with 3 1/2 cups water and let stand in a bowl covered with a dish towel, at room temperature, until it bubbles and has turned sour. This may take as long as 3 days. The fermenting mixture should be the consistency of pancake batter (which is exactly what it is). Stir in salt, a little at a time, until you can barely detect the taste.

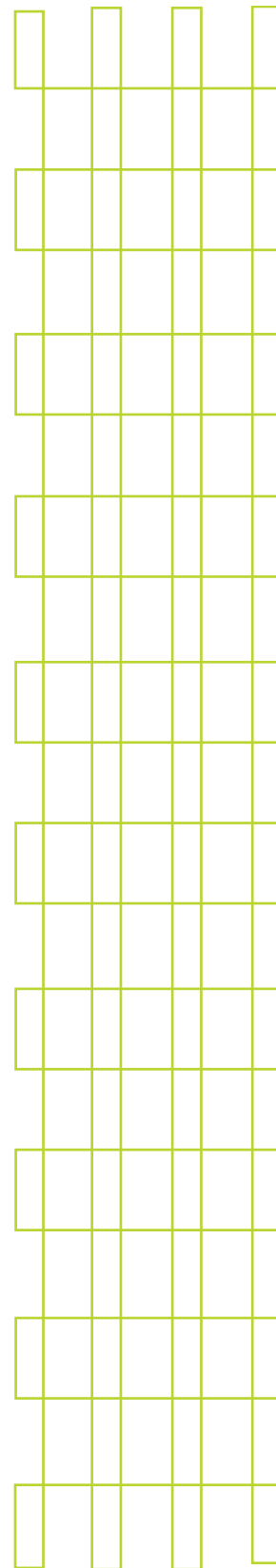
Lightly oil your largest skillet. Heat over medium-high heat. Then proceed as you would with a normal pancake or crepe. Pour in enough batter to cover the bottom of the skillet. About 1/4 cup will make a thin pancake covering the surface of an 8-inch skillet if you spread the batter around immediately by turning and rotating the skillet in the air. This is the classic French method for very thin crepes. Injera is not supposed to be paper thin so you should use a bit more batter than you would for crepes, but less than you would for a flapjack. It should be about 1/3 inch thick.

Cook briefly, until holes form in the injera and the edges lift from the pan. Remove and let cool.

Yields 10 to 12 injeras.

#### WAT:

1 cup dried lentils  
1 cup minced onions  
2 cloves garlic -- minced





1 tablespoon paprika  
 1 teaspoon ground cumin  
 1 teaspoon red wine vinegar  
 1/2 teaspoon red pepper flakes -- to 1 teaspoon  
 pinch ground cardamom  
 pinch ginger  
 pinch ground cloves  
 pinch allspice  
 pinch coriander  
 pinch cinnamon  
 pinch fenugreek seed -- optional  
 28 ounces canned tomatoes -- diced, drained  
 1 cup vegetable broth  
 1/4 cup tomato paste  
 1 cup frozen peas  
 salt -- to taste

**DIRECTIONS:**

Rinse the lentils, cover them with water by about an inch in a medium pot, and bring to a boil. Reduce the heat, cover, and simmer for about 45 minutes, adding more water if necessary.

Meanwhile, in a non-stick pan, sauté the onions and garlic over medium heat until soft. Add the spices and sauté another minute. Add the tomatoes, broth, and tomato paste and simmer 15 minutes. Add the peas and salt. Simmer for 10 minutes more.

Serve with injira.

**Rawsome salad**

**INGREDIENTS:**

1/8 of an onion  
 1 small carrot  
 1/2 of a beet, sliced  
 1/2 bell pepper  
 1 stalk of broccoli (not the stem)  
 1/2 avocado

**OPTIONAL TOPPINGS:**

chopped walnuts or chick peas, ripped sheets of nori  
 favorite vegan salad dressing, to taste

**DIRECTIONS:**

Using a food processor, lightly chop the onion, carrot, and beet. Add bell pepper and broccoli, and chop a little more. Add avocado and any optional toppings, and chop a little more. Do NOT blend until smooth. The salad should only be finely diced.

Serve topped with your favorite dressing or simply use Balsamic vinegar.

**Veggie Dog**

**INGREDIENTS:**

Your favorite vegan veggie dog  
 favorite vegan chili  
 favorite vegan melty cheese  
 Favorite vegan roll or bread

**DIRECTIONS:**

Cook veggie dog according to package instructions. Heat

chili and vegan cheese. Place veggie dog on bun, top with chili and vegan cheese. Serve promptly.

**Sloppy Joe**

**INGREDIENTS:**

2-3 tbsp olive oil  
 1 onion, diced  
 1 green or red bell pepper, diced  
 1 1/2 cups vegetable broth  
 2 1/2 cups favorite vegan tomato sauce  
 1 tbsp chili powder  
 1 tbsp soy sauce  
 dash hot sauce or tabasco sauce (optional)  
 1 tbsp maple syrup  
 1 1/2 cups texturized soy protein (TSP or TVP)  
 salt and pepper to taste  
 5 hamburger buns

**DIRECTIONS:**

In a large skillet, saute the onion and peppers in olive oil for 3 to 5 minutes, or until onions are soft. Reduce heat to medium low and add the remaining ingredients (except buns) and stir well to combine. Allow to simmer for at least 15 more minutes.

Spoon onto hamburger buns and serve hot.

**TVP Sloppy Joes**

**INGREDIENTS:**

2 small-medium green peppers  
 2 medium or 4 small onions  
 1 1/2 cup boiling water  
 2 1/2 cup tomato sauce  
 1 1/2 cup textured soy protein  
 2 tablespoon spicy mustard (or more)  
 2 teaspoon chili powder  
 1/2 teaspoon salt  
 1 tablespoon of soy sauce  
 1/2 teaspoon pepper  
 1 teaspoon sugar  
 (add red beans for texture)

**DIRECTIONS:**

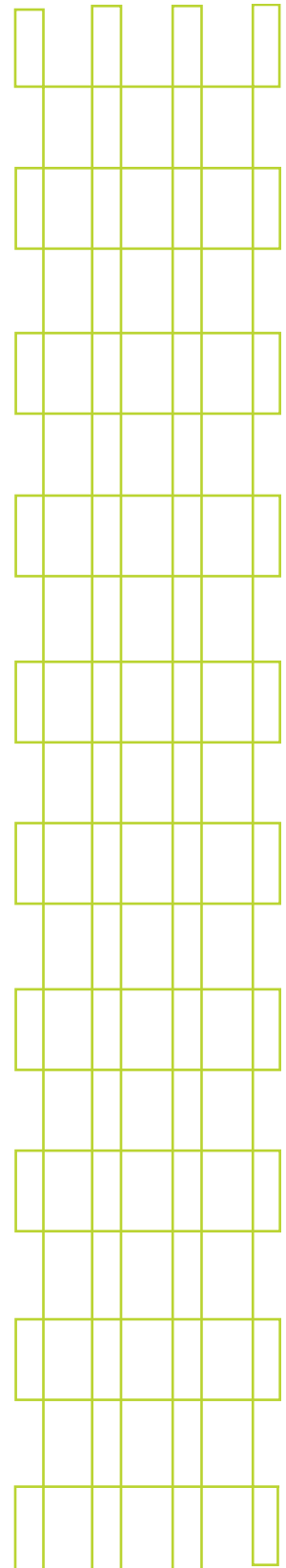
In a very large covered frying pan, saute onions and peppers in water. When mostly cooked, add remaining ingredients and stir well. Cook on medium for 20 minutes, covered, stirring occasionally. When done, serve over toast, english muffins, or rice.

**Thai Coconut Soup**

**INGREDIENTS:**

makes 4 bowls  
 4 c broth  
 1 can coconut milk  
 1 bunch chives, chopped (about 1/3 cup when chopped)  
 1-2 carrots, julienned  
 1 clove garlic, chopped  
 1/2" slice of ginger, minced (about 1 T)  
 1 T Thai green or red curry paste  
 1 tomato, diced





**OPTIONAL:**

1 cup texturized soy protein (TSP)  
to make it heartier

**DIRECTIONS:**

Heat all ingredients except TSP. Bring to a simmer and continue simmering on low for about 20 minutes. Add TSP and serve.

**Aloo Gobi Mataar**

**INGREDIENTS:**

28 oz can of tomatoes  
spices: 1/8 t aesophotida, 1 1/2 T cumin seeds, 1 T coriander seeds, 1/2 t mustard seeds, 3/4 t curry leaf powder, 1/4 t black pepper, 1/2 cinnamon stick, 1/4 t cardamom seeds, removed from pods, 1/2 t turmeric, 1/2 t fenugreek seeds  
1-2 jalapenos or other hot pepper, as desired  
3/4 c cashews  
1 onion, chopped into pieces  
1 head of cauliflower, cut into manageable pieces  
2 carrots, sliced thinly  
4-6 potatoes, cut into manageable pieces (peeling optional)  
1/4 cup canola oil  
1 T salt (more or less to taste)  
1 1-lb bag of frozen peas, thawed in the refrigerator or equivalent of fresh peas (not in pods)

**DIRECTIONS:**

Add onion, cauliflower, carrots, potatoes, salt and oil to the pot. Heat on high for an hour.

Blend spices and cashews in blender. Add can of tomatoes, and blend more. Pour into slow cooker pot. Add 2 cups water to the emptied blender, blend to absorb any sauce still in the blender, and add to the pot. Heat on high for 2 hours, then reduce to low for another two hour. Add peas. Heat another hour on low. Allow to cool slightly before serving (should not be piping hot).

**Mushroom Stroganoff**

**INGREDIENTS:**

1 T sesame oil  
1 1/2 cups diced onions  
1 1/2 t minced garlic  
1 T finely chopped parsley  
2 cups mushrooms, sliced  
2 T red miso  
1 1/2 cups water  
1 t gluten-free mustard or mustard powder  
1/4 cup wheat-free tamari  
1/2 cup dry red wine  
1 cup TSP rehydrated with 7/8 cup water  
3 T arrowroot (or kuzu or cornstarch) dissolved in 3 T water  
1/2 cup cashew nuts  
4 1/2 t umeboshi paste  
1/2 pound of your favorite gluten-free pasta, prepared

**DIRECTIONS:**

Heat oil and sauté the onions and mushrooms until onions are translucent and mushrooms are reduced, about six minutes. Add the garlic and parsley. Sauté for three minutes. Dissolve the miso into 1/4 cup of water. Add the miso, another 3/4 cup of water, the mustard, tamari, and wine to the sautéed vegetables. Bring the mixture to a simmer. Add the TSP and simmer for another 5 minutes. Then add the dissolved arrowroot, stirring thoroughly to create a smooth consistency. Blend the cashews with the remaining 1/2 cup of water and the umeboshi paste until smooth, about a minute. Add this mixture to the vegetables and stir well. Heat gently and serve with noodles.

Makes 4 generous servings.

**Thai Basil Tofu**

**INGREDIENTS:**

8 Servings  
12 oz. pack brown rice noodles, cooked vegetable oil  
4 cloves garlic, pressed  
1/4 cup chopped onion  
1 lb extra firm tofu, cut into strips or shredded  
1/2 cup peanut butter (or fresh nuts)  
1 cup fresh bean sprouts  
1 T chili pepper flakes (use more if desired)  
1/2 cup soy sauce  
1/4 cup maple syrup  
1/2 cup of water  
1 cup basil leaves  
Other vegetables as desired

**DIRECTIONS:**

Using a large skillet (preferably a wok) heat the vegetable oil and add in the garlic, onion and tofu. After stirring for 2 minutes, add peanut butter, soy sauce, maple syrup, and peppers stirring the mixture the entire time. Then add in 1/2 cup of water. Add the noodles, and stir constantly so noodles don't stick or burn. Remove from burner, and add the bean sprouts, basil and chives.

**Tuscan Greens and White Beans**

**INGREDIENTS:**

1 tablespoon olive oil  
1 medium yellow onion, chopped  
2 or 3 cloves garlic, pressed  
4 cups coarsely chopped escarole, spinach, or kale  
3 tablespoons non-alcoholic white wine  
1 teaspoon ground sage  
1/2 teaspoon salt  
1/4 teaspoon dried red pepper flakes  
1 can (15 ounces) cannellini or red kidney beans, drained  
1/4 cup chopped fresh basil

**DIRECTIONS:**

In a large saucepan, saute the onion and garlic in oil for 4 minutes. Add the escarole, wine, sage, salt, and red pepper flakes and cook over medium-low heat, stirring frequently, until the greens are wilted, about 5 minutes.

# VEGAN PLEDGE



Stir in the beans and basil and cook for 3 minutes, stirring occasionally. Remove from the heat and serve.

Beans and greens are a dynamic duo. (Serves 4)  
THIS RECIPE IS FROM 150 VEGAN FAVORITES BY JAY SOLOMON

## Curried Sweet Potato-Peanut Soup

### INGREDIENTS:

- 1 large yellow onion, chopped
- 1 clove garlic, chopped
- 28-ounce can crushed tomatoes
- 5 c vegetable stock or water (Test chef used water and added some fresh, chopped parsley and celery.)
- 2 large sweet potatoes, peeled and cut into 1-inch chunks (Test chef used winter squash. Try pumpkin.)
- 3/4 c creamy peanut butter (Almond butter works, if needed.)
- 1 T curry powder
- 1/4 t cayenne
- Salt, to taste

### DIRECTIONS:

Heat the oil in a large pot over medium heat. Add the onion and garlic, cover, and cook until softened, about 5 minutes. Add the tomatoes, stock and sweet potatoes. Bring to a boil, then reduce the heat to low and cook uncovered until the potatoes are soft, about 30 minutes. Stir in the peanut butter, curry powder, cayenne and salt to taste. Remove from the heat and allow to cool.

Puree the mixture in a blender or food processor until smooth, or use an immersion blender to puree the soup right in the pot. Heat the soup over low heat until hot. Serve sprinkled with the chopped peanuts.

Makes 6 servings.

## Vegan Quesadillas

### INGREDIENTS:

- 1 tortilla
- 1/2 C. vegan cheddar cheese, grated
- 1 scallion, sliced
- 1/4 C. tomatoes, seeded, chopped

- 1/4 C. red pepper, chopped
- 1 tbsp. Fresh chives, minced

### DIRECTIONS:

- Prepare filling and toss well in small container
- Heat skillet w/ a slight misting of spray, then wipe pan
- Put tortilla in pan momentarily on one side, then on other, just to soften
- Add filling to one half, fold over and lay in pan, heat turned down to med-low, for one to two minutes on one side, then flip and 2 minutes on other or until cheese is melted.

## Apple Dal

### INGREDIENTS:

- 1 tbsp vegetable oil (optional)
- 1 cup chopped onion
- 1 cup diced carrot
- 1 cup thinly sliced celery
- 1 tbsp minced ginger root
- 2 cloves garlic, minced
- 1 tbsp curry paste
- 1 tsp each salt
- 1/2 cup shredded coconut
- 5 cups water
- optional – 1/2 c red lentil plus 1 cup water
- 2 veggie bullion cubes
- 2 cups cubed butternut (or other winter) squash or sweet potato
- 4 cups diced apples
- 2 cups diced broiled tofu or beans
- 1/4 cup chopped fresh cilantro
- freshly ground black pepper to taste

### DIRECTIONS:

In a stockpot, heat oil over medium high heat (or heat pan for oil-free version). Add onion, carrot and celery; cook, stirring occasionally, until tender but not browned, about 10 minutes. Stir in ginger root, garlic, curry paste, salt and pepper and cook one minute. Pour in water, and bring to a boil. Add bullion cubes, stirring to dissolve, coconut and squash/sweet potatoes, and red lentils, if adding. Reduce heat to simmer for 15 minutes. Add apple and tofu

or beans and cook just until apples are tender but still hold their shape, about 10 minutes more. Sprinkle with cilantro and serve.

I created this recipe to make use of the apples growing on the trees in my yard. I first introduced this at a cooking class. I had many doubters in the audience; they didn't think this recipe was going to taste good. Apples and onions in the same pot? Trust me. It's delicious! The doubters were converted after tasting it. Please do give this a try, especially if you have locally-grown apples you can use.

**Mock Chicken Noodle Soup**

**INGREDIENTS:**

- 1 pound of spaghetti prepared according to package instructions.
- 8 c water (more if needed)
- 4 veggie bullion cubes
- 3 stalks of celery, sliced width-wise
- 4 carrots, sliced into rounds
- 1 an onion, sliced into quarter moons
- 1 cup of TVP/TSP reconstituted with chicken-style vegetarian gravy
- parsley & basil (fresh, if possible)
- Salt and pepper to taste

**DIRECTIONS:**

Bring the water to a boil. Dissolve the bullion cubes in it. Prepare the gravy according to the package instructions. Pour over TVP and let sit. Add reconstituted TVP and remaining ingredients to the water. Simmer for 10 minutes. Serve promptly.

**Dinners**

- Italian Soy Sausage and Peppers
- Cabbage and Lentil Soup
- Mediterranean Pasta Presto Salad
- Rice Pulao
- Burgundy Soup
- Split Pea Soup
- Shepherd's Pie
- Artichoke-Spinach Dip/Sauce
- Black Bean Tamales

**Italian Soy Sausage and Peppers**

**INGREDIENTS:**

- One package of Tofurkey Italian-style soy sausage
- 4 red bell peppers - sliced, seeds removed
- 1 onion, sliced
- 1 jar of your favorite tomato sauce or equivalent of homemade.

**DIRECTIONS:**

Slice the soy sausage into chunks.

In a large pan, saute the onions, soy sausage, and peppers in oil until soy sausage is browned and onions are translucent. Add the tomato sauce. Simer on low for about one hour, stirring as needed to prevent the bottom

from burning.

Serve on rolls.

**Cabbage & Lentil Soup**

**INGREDIENTS:**

- 2 cup dry French lentils
- 2 bay leaves
- 2 cup diced onion
- 4-6 carrots, diced
- 4 cloves garlic, diced
- 1 tablespoon grnd coriander
- 1 tablespoon grnd cumin
- 2 t mustard seeds
- 1 tablespoon fennel seeds
- ¾ teaspoon cayenne pepper
- 28 oz crushed tomatoes
- 1 head of cabbage, chopped
- salt and pepper to taste.

**DIRECTIONS:**

Cover lentils with five cups of water. Add bay leaves. Bring to a boil, and then reduce heat and simmer for 30 minutes or until cooked. Drain, but reserve liquid. Remove bay leaves.

Heat a stock pot. Add onions and carrots, and saute for five minutes. Add garlic, and cook for one minute. Add spices, and cook for two more minutes. Stir in tomatoes, and simmer for 10 minutes. Stir in lentils and three cups of the cooking liquid; simmer on medium heat. Add cabbage, and simmer for five minutes. Add more liquid if needed. Season with salt and pepper to taste.

**Mediterranean Pasta-Presto Salad**

(Serves 6-8)

**INGREDIENTS:**

- 8 oz. Egg-free Pasta spirals
- ¾ cup bottled reduced-fat egg & cheese-free Italian salad dressing
- 2 t Dijon-style mustard
- ½ cup mixture chopped fresh herbs, such as parsley, basil and mint
- 12 yellow or red cherry tomatoes, halved
- 4 scallions, chopped
- 1 cup black olives, pitted and halved
- ½ cup roasted red peppers
- 2 cloves garlic, minced

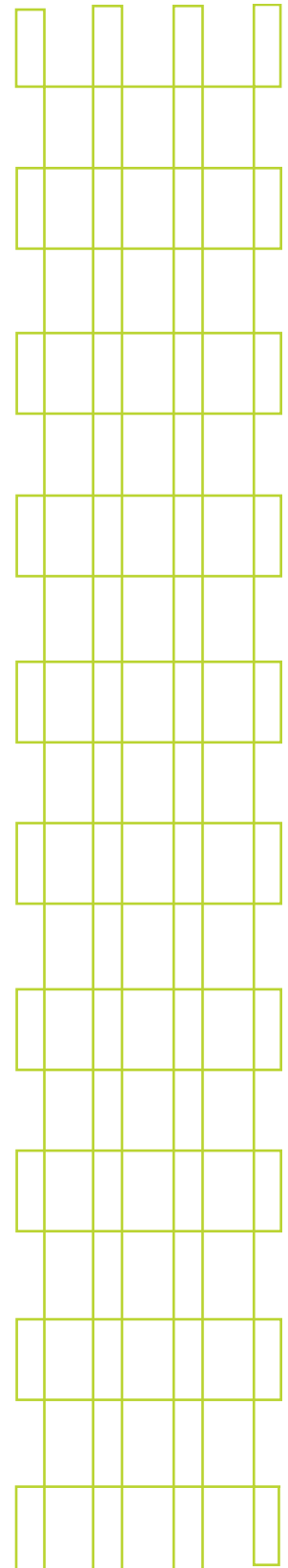
**DIRECTIONS:**

Cook pasta al dente, about 9 - 11 minutes. Drain in colander and rinse under cool water.

In large mixing bowl whisk together salad dressing, mustard, and herbs. Add pasta, tomatoes, scallions, olives, peppers and garlic; toss well. Chill about 1 hour before serving.

Serve salad over leaf lettuce.

**Rice Pulao**



Pulao is the East Indian word for Pilaf. This is a delicious and easy dish.

**INGREDIENTS:**

- 2 cups long grain Basmati Rice (rinsed)
- 4 cups water for cooking
- 2 tablespoons canola oil
- 1 lb. frozen green peas
- 50 raisins soaked in water for 30-60 minutes
- 30-50 cashew nut halves, sautéed & salted
- 4 teaspoons cumin seeds
- 30 whole black pepper corns
- 1 stick cinnamon broken into 4 pieces about 1 inch long
- 2 bay leaves
- 10 cloves
- tiny pinch nutmeg powder
- 1 teaspoon of salt

**DIRECTIONS:**

Heat oil in a pan at medium heat. Fry all spices (except nutmeg & salt), till golden brown & popping noises are heard. Add rice, stir gently & fry for 5 minutes. Add salt, nutmeg powder, water & peas. Cook for 30 minutes covered, until water is absorbed. Garnish with cashew halves & raisins.

**Shepherd's Pie**

**INGREDIENTS:**

**MASHED POTATO LAYER:**

- 5 russet potatoes, peeled and cut into 1-inch cubes
- 1/2 cup vegan mayonnaise
- 1/2 cup soy milk
- 1/4 cup olive oil
- 3 tablespoons vegan cream cheese substitute (such as Tofutti ®)
- 2 teaspoons salt

**BOTTOM LAYER:**

- 1 tablespoon vegetable oil
- 1 large yellow onion, chopped
- 2 carrots, chopped
- 3 stalks celery, chopped
- 1/2 cup frozen peas
- 1 tomato, chopped
- 1 teaspoon Italian seasoning
- 1 clove garlic, minced, or more to taste
- 1 pinch ground black pepper to taste
- 1 (14 ounce) package vegan ground beef substitute
- 1/2 cup shredded Cheddar-style Vegan Gourmet

**DIRECTIONS:**

Place the potatoes in a pot, cover with cold water, and bring to a boil over medium-high heat. Turn the heat to medium-low, and boil the potatoes until tender, about 25 minutes; drain.

Stir the vegan mayonnaise, soy milk, olive oil, vegan cream cheese, and salt into the potatoes, and mash with a potato masher until smooth and fluffy. Set the potatoes aside.

Preheat oven to 400 degrees F, and spray a 2-quart baking dish with cooking spray.

Heat the vegetable oil in a large skillet over medium heat, and cook and stir the onion, carrots, celery, frozen peas, and tomato until softened, about 10 minutes. Stir in the Italian seasoning, garlic, and pepper.

Reduce the heat to medium-low, and crumble the vegetarian ground beef substitute into the skillet with the vegetables. Cook and stir, breaking up the meat substitute, until the mixture is hot, about 5 minutes.

Spread the vegetarian meat substitute mixture into the bottom of the baking dish, and top with the mashed potatoes, smoothing them into an even layer. Sprinkle the potatoes with the shredded Vegan Gourmet.

Bake in the preheated oven until the cheese is melted and slightly browned and the casserole is hot, about 20 minutes.

**Spinach Artichoke Dip**

(for the Slow Cooker)

**INGREDIENTS:**

- 8 oz pack Tofutti Better Than Cream Cheese
- 1/4 cup Parmazano (nutritional yeast and almonds or walnuts blended to a powder)
- 2/3 cup soy creamer
- 1 bag 10-12 oz spinach
- 3 cloves garlic, peeled and minced
- 7 oz artichoke hearts, drained
- 1/3 cup shredded Monterrey Jack Vegan Gourmet

**DIRECTIONS:**

Combine Tofutti, Parmasano, soy creamer, spinach, garlic, and artichoke hearts in a small slow cooker. Cook for two hours on low. Add Vegan Gourmet, and cook for an additional 30 minutes. Serve with salsa on the side.

To make on the stove, simmer everything but the Vegan Gourmet in a double boiler large enough to hold all of the ingredients for 45 minutes, stirring as needed. Add the Vegan Gourmet, stir, and simmer for another 10 minutes.

Dish can be served over noodles and tofu or with bread, tortilla chips, or anything good for dipping.

**Black Bean Tamales**

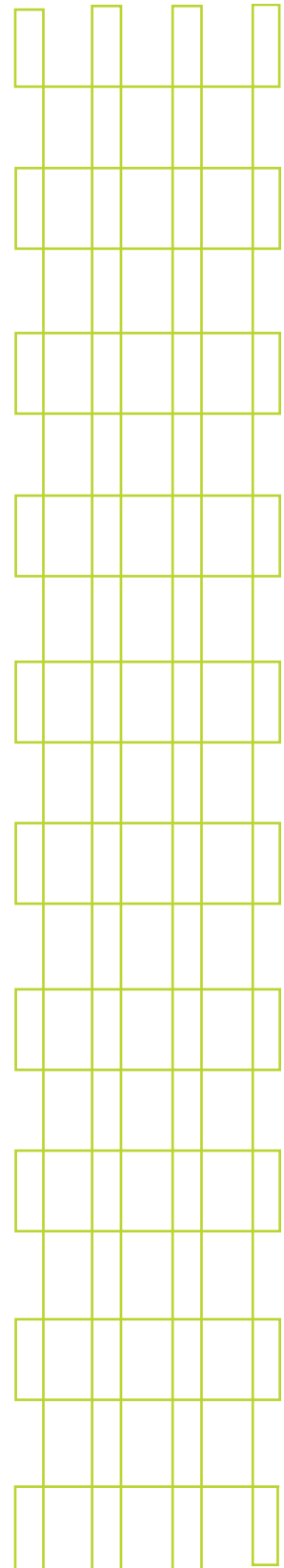
**INGREDIENTS:**

- 4 ounces dried corn husks
- 2 cups instant masa harina
- 1 teaspoon baking powder
- 3/4 teaspoon kosher salt
- 1/2 cup nonhydrogenated shortening
- About 1 1/8 cups warm "no-chicken" or vegetable broth, plus more as needed
- 2 cups refried black beans (or use any canned vegan refried beans)
- Salsar

**DIRECTIONS:**

Start the dried corn husks soaking in a sink full of warm water about 15 minutes before you begin so they can soften (put a lid or plate over the husks to keep them





submerged).

In a small bowl, mix together the masa harina, baking powder, and salt. Set aside.

Using a handheld beater or a stand mixer fitted with the paddle attachment, cream the shortening until it is light and fluffy, about 1 minute. Add the masa to the shortening, alternating with the broth, until a light, nonsticky dough is formed. Use only as much broth as needed. Continue beating for 1 minute more.

To shape the tamales, pat a large corn husk dry and lay it out with the tapered end facing you. Scoop out a 2-inch round ball of masa, and spread it into a 4-inch square in the middle of the husk about 3/4 of an inch down from the top of the husk.

Spread 1 1/2 tablespoons of refried beans down the center of the masa dough. Pick up the sides of the corn husk and fold them in, closing up the refried beans in masa. Fold up the tapered section of the husk to form the sealed bottom of the tamale (the top remains open). Tie up the tamale loosely using kitchen twine or a strip of corn husk.

Set all the tamales upright on their folded bottoms in a large steamer basket with a bit of room between them for the steam to circulate. Steam over boiling water for 40 to 45 minutes, until the tamale dough pulls away easily from the corn husk.

Serve tamales with salsa for dipping.

Tamales refrigerate and freeze well. Reheat by steaming them for a few minutes or popping them in the microwave.

FROM CHOW.COM

## Desserts

### Strawberry Sorbet

#### INGREDIENTS:

- 2 cups Strawberries, frozen for at least 24 hours
- 1/4 cup Sugar
- 1 1/2 cups cold water/ice cubes

#### DIRECTIONS:

Make sure you remove the green leaves from the strawberries before doing this. Place all ingredients into a high-powered blender. Pulse blend until smooth. My son likes to drink it like this. Mix can be placed into pop sickle molds, processed in an ice cream maker, or frozen directly in a container.

### Chocolate Cupcakes

#### INGREDIENTS:

##### CUPCAKE DRY INGREDIENTS:

- 1 3/4 cups rice flour
- 1 1/4 cups arrowroot flour
- 1 tsp. Xanthum gum (Do not skip this ingredient; otherwise, the cake will crumble.)
- 1 1/2 cups sugar
- 1 tsp. Salt

- 2 tsp. Baking soda
- 1/2 cup cocoa powder

##### CUPCAKE WET INGREDIENTS:

- 2 tsp. Gluten-free vanilla (You'll need to read the labels to make sure the one you use is gluten-free.)
- 2/3 cup oil
- 2 tablespoon vinegar
- 2 cups cold water

##### PEANUT BUTTER ICING:

- 1/2 c stick margarine
- 1 c creamy peanut butter
- 3 T soy milk
- 2 c powdered sugar

#### DIRECTIONS:

##### OPTIONAL:

use oil or margarine to coat the side of the cake dish if you're planning to pop the cake out for serving. Otherwise, you can actually use the cake dish as the mixing bowl.

##### CUPCAKES:

Preheat oven to 350 degrees. Combine the dry ingredients thoroughly, sifting as necessary so there aren't any clumps. Add all of the wet ingredients. Don't mix until you've added all of them. Then, mix thoroughly. Pop cake into the oven. Bake for about 30 minutes; cake tester should come out clean after poking the cake.

##### PEANUT BUTTER ICING:

Whip the ingredients together.

Makes 48 mini cupcakes

### Vanilla Cake

#### INGREDIENTS:

- 1 c soy milk
- 1 t apple cider vinegar
- 3/4 c brown rice flour
- 1/2 c tapioca flour
- 2 T arrowroot powder
- 3/4 t xanthum gum
- 3/4 t baking powder
- 1/2 t baking soda
- 1/4 t salt
- 1/2 cup stick margarine, softened (maybe try shortening or coconut oil)
- 3/4 c sugar
- 2 t vanilla extract
- Oil for pan

#### DIRECTIONS:

Preheat oven to 350. Brush oil to coat a cake pan. Mix the soy milk and vinegar in a small bowl or large cup, and set aside while the vinegar curdles the soymilk.

Thoroughly combine the brown rice flour, tapioca flour, arrowroot, xanthum gum, baking powder, baking soda, and salt in a large enough bowl.

In another bowl, mix the softened margarine with the vanilla extract and the sugar for 1-2 minutes using a mixer, stopping to push down the sides as necessary to it blends



thoroughly. Mix until just blended; over-blending will cause the margarine to break down. Add some of the dry ingredient mix and some of the soymilk mix to the margarine mix and mix some more with the mixer. Continue adding some at a time and mixing. Stop to push down the sides and scrape the bottom to be sure everything is mixing completely. Continue until finished. Pour immediately into the cake pan, and bake for about 30 minutes. Test with a cake tester to make sure it is done. Allow to cool slightly. Use a knife to separate sides of cake from pan. Remove cake. Allow to cool completely before icing.

Makes 12 servings.

**Chocolate Mousse Pie**

**INGREDIENTS:**

**PIE FILLING:**

- 1 tub extra firm tofu
- 3/4 cup sugar
- 3/4 can coconut milk
- 1/2 bag chocolate chips
- 1 teaspoon vanilla extract

**PIE CRUST:**

- 1 Pie crust (use recipe below or a store-bought vegan crust)
- 3 cups pastry flour, sifted if necessary
- 1 teaspoon salt
- 3/4 cup vegan margarine
- 5 to 6 tablespoons cold water

**DIRECTIONS:**

**PIE FILLING:**

Pre-bake pie crust and allow to cool before proceeding. Blend all ingredients thoroughly in a high-powered blender. Process on high speed so that the mix warms (to temper the chocolate). Pour into pie crust. Allow pie to cool in refrigerator for at least four hours, preferably overnight.

Alternatively, melt chocolate in a double boiler. Blend the other ingredients in a food processor. While processor is spinning, slowly add the melted chocolate. Pour and cool as above.

**PIE CRUST:**

Preheat oven to 400 degrees.

In a medium bowl with fork, stir together flour and salt. With two knives used scissor fashion, cut in margarine until mixture resembles coarse crumbs. Sprinkle in cold water, a tablespoon at a time, mixing lightly with a fork after each addition until pastry just holds together. With hands, shape pastry into ball. Chill for 30 minutes in the refrigerator. Press crust into pie plate until entire plate is crusted.

Bake in preheated oven for 20-30 minutes until done.

The sweetness of this no-bake pie is NOT overwhelming. Thus, the flavors of the chocolate and coconut come through nicely.

**Strawberry Shortcakes**

**INGREDIENTS:**

- 1 1/3 brown rice flour,
- c arrowroot powder,
- 2/3 c rest tapioca, + 1 t xanthum gum)
- 1 Tbs. baking powder
- 1/2 tsp. salt
- 4 Tbs. cold vegan margarine, cut into small pieces
- 2 Tbs. sugar
- 3/4 cup cold soy milk or soy cream
- 1 pint strawberries (or more, if desired)
- 1 Tbs. sugar
- Soyato or other vegan whipping cream (I made an icing w shortening, arrowroot powder, a little margarine and lots of maple syrup)

**DIRECTIONS:**

To make the shortcake put 2 cups of flour in a large bowl. Add the baking powder, sugar and the salt and mix. Cut the vegan margarine in small pieces into the flour mixture. Pinch or cut the butter well into the flour mixture. (Pinching by hand goes quicker.) When the mixture has become as small pebbles of sand, it is ready to add the soy milk. Stir in soy milk with a fork or large spoon.

Pre-heat the oven to 400 (F).

Place the dough on a lightly floured workspace and gently kneed to a soft consistency. A bit more flour may be needed if it is too wet. Roll or pat the dough to a 3/4-1 inch thickness. Using a circular form, cut out 8-10 nice sized biscuits. Place on a baking sheet lined with baking parchment. Bake in the oven for 15-20 minutes or until lightly golden brown.

Meanwhile, clean the strawberries and save 6 or so nice strawberries as garnish. Chop the rest of the strawberries and add the tablespoon of sugar. Allow the sugar to draw the juices from the strawberries while the biscuits are baking. When the biscuits are ready, remove from the oven and allow to cool.

To serve the short cakes, slice each biscuit in half and place on an individual plate. Place a generous amount of the strawberry sauce on the bottom piece of shortcake. Place the top part on the strawberries, and top with Soya-too or other vegan whipping ream or vegan ice "cream".

Garnish with sliced berries.

**Peanut Butter Rice Crispy Treats**

**INGREDIENTS:**

- 1/2 cup of creamy/smooth peanut butter
- 1/2 cup of brown rice syrup or maple syrup
- 4 cups of brown rice crispy cereal (gluten-free available)
- 1 teaspoon vanilla extract

**DIRECTIONS:**

Place peanut butter, syrup, and extract in a saucepan, and heat ingredients on low heat while stirring frequently. After a few minutes, mixture should be pourable. and homogeneous.



Meanwhile, spread the brown rice crispies in a baking dish. When mix is finished heating, pour over the crispies. Gently stir rice crispies to coat them evenly. Cool. Cut into squares to serve. Keep covered tightly to prevent from going stale.

ingredients to the blender except the chocolate. Blend until completely smooth — at least one minute. Chill for an hour or more.

Freeze in an ice cream maker according to the manufacturer's instructions. Add the chocolate to the frozen mix. Serve promptly or freeze until solid.



**Thin Mint Cookies**

**INGREDIENTS:**

- 2 cups sugar
- 1-1/2 cups vegan margarine
- 3 teaspoons egg replacer powder plus 4 tablespoons water
- 2 teaspoons vanilla
- 3 teaspoons baking powder
- 4 tablespoons coconut milk, divided
- 1-1/2 cups rice flour
- 1 cup tapioca flour
- 1 cup garbanzo bean flour
- 1 teaspoon xanthum gum
- 3/4 cup cocoa powder
- 1-1/2 teaspoons peppermint extract
- 1-1/2 cups powdered sugar
- Optional: 6 small or 2 large candy canes or 20 round peppermint candies

**DIRECTIONS:**

In a large bowl, mix together sugar and margarine; a potato masher is especially helpful for combining items with the margarine. In a small bowl, mix commercial egg replacer and water. Combine egg replacer mixture with sugar mixture, and add vanilla, baking powder, and 1 tablespoon coconut milk. Mix well.

In a large bowl, combine wet ingredients with flour and cocoa powder. Form dough into small balls (about the size of munchin donut holes) and refrigerate for 3 an hour. Flatten the balls into round cookie shapes.

Preheat oven to 350 degrees. Bake cookies in oven 9 to 12 minutes. Transfer from pan to a cooling rack until completely cooled.

For the icing, in a medium bowl, whisk together peppermint extract, powdered sugar, and 3 tablespoons coconut milk. In a food processor or blender, crush candy into small pieces. Using a pastry brush, paint icing onto cooled cookies. Sprinkle crushed candy on top of icing.

**Mint Chocolate Chip Ice “Cream”**

**INGREDIENTS:**

- 1 1/2 cups of cashew pieces
- 1 1/2 cups of water
- 1 cup sugar
- 2 teaspoons peppermint extract
- 1 1/2 teaspoons vanilla extract
- 1/8 teaspoon almond extract
- 1/2 cup small chocolate chips or equivalent of a chocolate bar, chopped and frozen

**DIRECTIONS:**

In a blender, grind cashews into a powder. Add rest of

