

GENERAL TIPS AND MEAL IDEAS

Favorite easy meals:

- Pasta with Sauce; Refried Beans with Tacos; Beans N' Greens with Rice or other Grain or Pasta; Stir-Fry
- Canned black beans with chopped sweet onion and salsa
- Hummus, store-bought or homemade
- Vegan sour cream (commercial, or recipe below) with various dip mixes added (especially to serve to skeptical non-vegans)
- Kale rolled up and sliced in ribbons (chiffonade) is more fun and easier to eat than cooked the regular way
- Gravy thickened with rice flour is less likely to be lumpy

Health tips:

- Minimize white sugar, white flour, oil, salt, and processed foods as much as possible
- Cook dry beans from scratch instead of canned beans at least some of the time.
- Choose organic at least some of the time; but some panelists felt it is okay to use non-organic foods, canned beans, etc. some of the time--important thing is to get a variety of whole plant foods in a way that's easy and affordable
- Try low-fat or non-oil cooking in vegetable broth or dry vermouth. Discussion of Better Than Bouillon product which comes in a jar: delicious, but salty so if you use it omit salt elsewhere in the recipe; also be careful to read labels as they make both No-Chicken and Chicken bouillon
- Low-fat baking: instead of oil, use applesauce, pureed pumpkin, date paste (made by pitting dates, soaking in water and putting in blender or food processor)
- Smoked flavor: instead of bottled Liquid Smoke, try smoked paprika, chipotle (dried, canned in adobo, or powder, but be careful as it carries lots of heat!), fire-roasted tomatoes, or steeped Lapsang Souchong tea
- Use herbs and spices liberally for both flavor and health

Cooking tools:

- Vegetable steamer: and use any remaining broth--just drink it or use elsewhere in cooking
- Pressure cooker: good for cooking beans from scratch quickly
- Slow cooker
- Freezer: Several panelists swear by cooking in large batches and freezing the clearly labeled leftovers; fresh vegetables should be quickly steamed or blanched before freezing; freeze fresh herbs to avoid wasting rest of a bunch

Books and other resources:

Use the library! Gives you a chance to try out a book before investing in it. For "quick, easy and inexpensive" try: *Quick-Fix Vegan*, *4-Ingredient Vegan*, *Eat Vegan on \$4 A Day*, and *Vegan On the Cheap*. Our panelists also recommended *The Campbell Plan*, *China Study Cookbook*, *No Meat Athlete*, *Thug Cookbook* (warning--it contains swearing, but has great stuff!), *Appetite for Reduction* and other books by Isa Chandra Moskowitz. One panelist says: Try using the multitude of 3, 4, or 5 ingredient vegan cookbooks, or just regular 3, 4 or 5 ingredient cookbooks, skipping or substituting for the animal ingredients. Newly available online cooking classes offered by Forks Over Knives and the Plantrician Project are selling out quickly but should eventually be available: go to <https://plantrician.rouxbe.com> or <https://>

forksoverknives.rouxbe.com/cooking-courses/fok/seats

Websites: forksoverknives.com; kriscarr.com; nomeatathlete.com; pinterest.com; theppk.com; thugkitchen.com; wholefoodsmarket.com

App: VeganSteven

Attitude and approach:

- Keep track of vegan meals you've made and you and your family have loved. Plan meals for the week: makes shopping and cooking easier and more fun, makes your meals more varied and nutritious.
- Lead by example and by cooking for others. Engage in "bake-tivism" (I. C. Moskowitz's phrase). In some cases "don't tell them what it's not" (or not until they've eaten it and told you how delicious it is).

RECIPES

VEGAN FETTUCCINE 4 ways (Laurie Conrad)

One box of pasta, any type - I use whole grain organic Mezzi Rigatoni or Mama Rosie's Gnocchi. You can also use gluten-free pasta or zucchini noodles (a good way to use all those zucchini from the garden!)*

*There is a tool available at Wegmans for turning zucchini into noodles; cost approx. \$12.

Cashew Cream Sauce:

6 ounces raw cashew pieces to make cashew cream

Place cashews in a sauce pan and cover with water, one inch over top of nuts. Place on medium high heat and bring almost to a boil. Remove from heat, cover, let sit for about an hour. The nuts will swell and turn lavender in color when ready to use. Drain off water and rinse cashews. Place in high speed blender (Magic Bullet works best) with water to cover and blend until completely smooth. Add more water if needed. Consistency should be a thick but very pourable cream. This can be made up to 2 days ahead of time and stored in the refrigerator. It will thicken so save out some pasta water and add back to final recipe until sauce reaches desired consistency when preparing this dish.

Variation One: LEMON BASIL (or any herb you like) GARLIC FETTUCCINE

Pour the cashew cream onto cooked pasta or zucchini noodles. Add more water, pasta water if you saved some out, to desired consistency. You can add garlic cloves directly to the cashew cream before blending or roasted garlic after; or use a real garlic salt grinder, Sprinkle fresh or dried basil on top and serve with fresh lemon wedges. We drizzle olive oil over the top for the final finish.

Variation Two: CARBONARA

Pan fry fresh mushrooms in just the tiniest bit of oil so they don't stick to the pan. Cook frozen peas in with the pasta. Combine pasta and peas with cashew cream sauce, add more water, pasta water if you saved some out, to desired consistency. Stir in pan browned mushrooms and serve with Trader Joe's smoke seasoning or any smoked

seasoning you like. We drizzle olive oil over the top and sprinkle on sea salt for the final finish.

Variation Three: FLORENTINE

Cook a whole bag of fresh spinach (or any green you like such as kale or collards or a mix) with the pasta. Drain and add cashew cream. Add more water, pasta water if you saved some out, to reach desired consistency. Top with fresh diced tomato. We finish the dish with a drizzle of olive oil and some sea salt.

Variation Four: PRIMAVERA

Take any fresh vegetables you have on hand such as zucchini, corn, tomatoes, etc. and cook them any way you like such as in a pan with the tiniest amount of oil. Add this to the pasta and cashew cream. We finish the dish with a drizzle of olive oil and some sea salt. Variation: You can substitute gnocchi or zucchini noodles for pasta. Zucchini noodles can be boiled or cooked in a pan.

RAW TACOS (Laurie Conrad)

Chopped nuts - I use walnuts but any nut that isn't very flavorful will work (If you are watching fat you could use any fresh vegetable that can be diced small such as zucchini or carrot)

Taco seasoning to taste or make your own:

(1 tbsp chili powder, ½ tsp garlic powder, ½ tsp paprika, ½ tsp cumin, 1 tsp salt--optional if you are watching your salt)

Olive oil (enough to help the taco seasoning to stick to the nuts)

Simply combine taco seasoning with diced nuts and a drizzle of olive oil so the spices will stick. You will need about two tablespoons of filling for each taco.

Take a leaf such as a collard green leaf or a romaine lettuce leaf, the smaller the better or you can cut them in half, and fill the leaf with the taco mixture. Top with any taco toppings you like such as salsa, diced tomato, black olives or avocado. You can also top this with homemade vegan sour cream. Make a thick version of Cashew Cream Sauce (see VEGAN FETTUCCHINE recipe) and add the juice of one lime and a little bit of sea salt.

WARM MAPLE MUSTARD POTATO SALAD (Laurie Conrad)

Potatoes
Whole grain mustard
Real maple syrup
White wine or white balsamic vinegar
Greens
Olive oil and sea salt (optional)

Steam potatoes, or boil or microwave if you like. Lay bite sized pieces of potato while still warm on a bed of your favorite greens. Top with maple mustard vinaigrette.

Maple Mustard Vinaigrette: Simply combine mustard, vinegar and maple syrup to taste. You may add olive oil and a dash of sea salt but this is optional.

QUINOA & BLACK BEAN SKILLET (Jill Brooks)

Heat small amount of oil in pan, add 3 cloves chopped garlic, 1 diced onion, any chopped peppers you prefer (green, red, jalapeño, poblano, banana pepper), sauté until ½ way cooked. Add ½ cup to ¾ cup uncooked quinoa, twice as much vegetable stock as quinoa. Add preferred seasonings (salt, pepper, cumin, cayenne). Bring to a boil, cover, reduce heat and simmer 20 minutes.

Add a can of black beans, and an optional 1 cup frozen corn, simmer about 5 minutes, until heated through. Serve and top with corn chips or vegan sour cream if you wish! ENJOY!

VEGAN SOUR CREAM (Jill Brooks)

Soak at least a cup of raw cashews in water at least overnight. Place in high powered blender or food processor with 2-3 tablespoons apple cider vinegar, 1-2 tablespoons lemon juice, pinch or 2 of sea salt. Adjust liquid to your liking. It does set up when refrigerated, more liquid can be stirred in at any time. This works well as a base for lots of the dried dip mixes that can be purchased at festivals!

LOADED PASTA (Jill Brooks)

Put garlic and onions into a pan, sauté, add cut up sundried tomatoes, eggplant, &/or mushrooms. Add a jar of pasta sauce, and a can of kidney beans or chick peas, just before it's done heating up, toss in a bag of spinach, ripped by hand into smaller pieces.

Prepare a bag of pasta, such as quinoa and rice pasta according to package directions. Mix together and enjoy!

SUPER FAST BURRITO (Jill Brooks)

Place a store bought burrito shell (any wrap) on a plate, place a bunch of canned black beans on and mash with a fork, sprinkle with taco seasoning if desired, top with chopped onions, microwave until heated, top with jarred salsa, jalapeños, spinach or lettuce, roll up and chow down!

SCRAMBLED TOFU (Jill Brooks)

Follow any recipe for scrambled tofu; be sure to add not only turmeric or curry powder for color and nutritional yeast for cheesy taste, but also a couple of tbsp. of tahini for a deliciously creamy texture.

PORTOBELLO SANDWICH (French dip-ish) (Jill Brooks; adapted from "PlantPure Nation Cookbook" by Kim Campbell)

Sauté onions, heat up a Portobello cap in a pan with vinegar, vegan Worcestershire*, salt, pepper. Toast a bagel thin or sandwich thin, spread a layer of horseradish on, top with the Portobello and the onions.

*Wizad's is one brand of vegan Worcestershire.

SWEET POTATO MEAL (Jill Brooks)

Fastest meal EVER poke holes in a washed sweet potato or yam, microwave until cooked, split open and top with jarred salsa! (as seen on the Biggest Loser TV show)

SMOOTHIES (Jill Brooks)

Fill ½ blender container with veggies (such as kale, spinach, celery, cucumber, romaine, and always ¼ - ½ avocado); ½ with fruit (such as frozen cherries, mango, berries, canned pineapple, green apple, grapefruit, lime). Top with seeds &/or nuts (chia, hemp, flax, pumpkin, raw almond, walnut, brazil) (fig or date); add 1 cup liquid (aloe vera juice, almond or coconut milk, coconut water, green tea). Hit the button-BLEND! I prefer the NutriBullet; it liquefies everything I've thrown in it!

BAKED TEMPEH IN MUSHROOM CREAM SAUCE (Phyllis Fleischman, from Chloe Coscarelli, *Chloe's Vegan Italian Kitchen*) (Serves 4)

When it's paired with mushrooms and smothered in a luxurious sauce (made with cashews instead of cream), tempeh can seem almost indulgent. Serve with your choice of noodles or over rice or another grain.

Make ahead: The cashews might need a 30-minute soak, depending on what blender you use; see the directions below. The browned tempeh and the cashew cream can be refrigerated for up to 5 days before the dish is baked.

1 tbsp extra-virgin olive oil, plus more for the baking dish and as needed
One 8-ounce block plain tempeh, thinly sliced crosswise
1 cup raw cashews
2 cups water
3 cloves garlic
1 tsp fine sea salt
2 tsp fresh thyme leaves, plus a few sprigs for garnish
2 scallions, trimmed and thinly sliced
8 ounces cremini mushrooms (with stems), cut into ¼-inch slices
Paprika, for garnish

Pour the oil into a large nonstick or cast-iron skillet over medium-high heat. Once the oil shimmers, arrange the tempeh pieces in the skillet, working in batches if needed to avoid overcrowding. Cook until browned on each side, about 5 minutes total, using tongs or a spatula to flip the pieces. (If the pan gets dry between batches, add a little oil.) Transfer to a plate.

Preheat the oven to 350 degrees. Lightly grease a 9-by-13-inch baking dish with a little oil.

If using a high-powered blender such as a Vitamix, puree the cashews, water, garlic and salt until very smooth and emulsified. If using a conventional blender, soak the cashews in heated water for 30 minutes before blending. Stir in the thyme leaves and scallions.

Arrange the mushrooms in the baking dish, then cover with the fried tempeh pieces. Pour the cashew cream evenly over them, then sprinkle with paprika. Cover tightly with aluminum foil; bake for about 30 minutes or until the mixture is bubbling and the mushrooms are soft. Garnish with thyme sprigs; serve hot.

CAULIFLOWER MASHED POTATOES (CAULIPOTS) (Phyllis Fleischman; from Isa Chandra Moskowitz, *Appetite for Reduction*) (Serves 4)

2 russet potatoes, cut into ¾-inch pieces (about 1½ pounds)
½ head cauliflower, cut into florets (1 pound, or about 3 cups)
1 tbsp olive oil
2 to 4 tbsp vegetable broth
½ tsp salt
Several pinches of freshly ground pepper

Place the potatoes in a 4-quart pot in enough cold water to submerge them, making sure there are about 4 inches of extra water on top for when you add the cauliflower. Bring the potatoes to a boil. Once boiling, add the cauliflower and lower the heat to a simmer. Let simmer for about 15 minutes, until the potatoes and cauliflower are tender. Drain them in a colander, return them to the pot, and use a potato masher to mash them a bit. Add the olive oil, 2 tablespoons of broth, and the salt and pepper, and mash a bit more. Use a fork to make sure all the seasonings are mixed well. If needed, add another 2 tablespoons of broth. Taste for salt. Serve warm.

RED LENTIL THAI CHILI (Phyllis Fleischman, from Isa Chandra Moskowitz, *Isa Does It*)

Olive oil (1 tsp to 2 tbsp, however much you want to use)
1 large yellow onion, diced medium
1 red bell pepper, seeded and diced medium
3 cloves garlic, minced
2 tbsp chili powder
1½ lbs sweet potatoes cut into ¾ inch chunks
1 cup red lentils
1 tsp salt
4 cups vegetable broth
2 15 oz cans kidney beans, drained and rinsed
2 tbsp Thai red curry paste
1 15 oz can lowfat coconut milk
28 oz can diced tomatoes
½ cup fresh cilantro, plus extra for garnish
Limes for garnish (optional)

[Warning: This makes a very hot chili. Even ½ tsp of red curry paste is very spicy, let alone 2 tbsp. Also 2 tbsp of chili powder is quite a lot. Start with a very small amount of each unless you already know your preferences for spiciness (i.e. heat).]

Preheat a 4-quart pot over medium heat. Saute onions and pepper in oil with a pinch of salt, for 5 to 7 minutes. Add garlic and saute a minute more.

Add chili powder, sweet potatoes, lentils, salt and vegetable broth. Cover and bring to a boil. Let it boil for 15 to 20 minutes, stirring occasionally to prevent burning. When lentils are cooked and sweet potatoes are tender, add the remaining ingredients and heat through. Taste for salt and seasoning, top with cilantro and lime and serve!

CHICKPEA SALAD (Phyllis Fleischman)

1 15-oz. can chickpeas, rinsed and drained (1½ cups)
1 large carrot, peeled and finely chopped
1 rib celery, finely chopped
1/3 cup vegan mayonnaise (such as Vegemaise)
½ tsp granulated onion
Salt and pepper to taste

In a large mixing bowl mash the chickpeas with a potato masher. Then combine rest of ingredients and mix well.
Variation 1: Use ½ tsp black salt (kala namak - found in Indian grocery stores). This gives it an egg flavor.
Variation 2: Add 1 tbsp kelp or nori crinkles for a seafood flavor. Serve on crackers or on ¼ inch cucumber rounds.

NACHO SWEET POTATO CHEESE (Phyllis Fleischman; from Connoisseurus Veg)

1 med. sweet potato, peeled, diced into ½ -1 in. cubes
¼ cup coconut milk
3 tbsp nutritional yeast flakes
3 tbsp olive oil (or other vegetable oil)
2 tbsp soy sauce
2 tbsp lemon juice
½ to 1 tbsp sriracha sauce
½ tsp garlic powder
¼ tsp salt Instructions

Place sweet potato cubes into medium saucepan and cover with water. Place on stovetop over high heat and bring to a boil. Lower heat and allow to simmer until soft, about 15 minutes. Drain and allow to cool a bit.

Place sweet potato and all remaining ingredients into food processor bowl. Blend until smooth, stopping to scrape down sides of the bowl as needed. Taste test and adjust seasonings as needed. Blend again. Serve..

Notes: Makes about 2 cups. This makes a thick sauce. If you'd like yours thinner, just add water or unflavored non-dairy milk until desired consistency is reached.

Recipe by Connoisseurus Veg at <http://www.connoisseurusveg.com/2014/10/thats-nacho-sweet-potato-cheese.html>

BEANS N' GREENS (Sue Taylor)

1 package fresh chopped escarole or other green (fresh chard works well)
1 tbsp olive oil or ¼ cup water, vegetable broth, or wine
1 large clove garlic, peeled and minced
¼ cup vegetable broth

1 can (15 oz) cannellini beans, undrained
Bring a large pot of salted water to a boil, add escarole, blanch one minute and drain. Gently squeeze out excess liquid.

Place a large skillet over medium heat and add olive oil (or broth) and garlic. Sauté 1 minute. Add escarole; cook, stirring, 1 minute. Add broth and beans. Simmer, covered, 5 minutes. Add more broth if needed.

“FAKE FAKE” PARMESAN (Sue Taylor; C. Barnett recipe)

In a food processor, combine 1 cup walnuts with ½ tsp garlic powder and ¼ tsp salt, ¼ cup ground flax seed, and 3 tbsp nutritional yeast until just crumbly. Keeps a long time in the fridge. (Sue Taylor says this does not really taste like Parmesan cheese, but it's good; even non-vegans like it.)

Nutritional yeast can be somewhat hard to find: look for it in the bulk section of the natural food store, or in a bag (Bob's Red Mill brand) or jar (Bragg's brand) in Wegmans Nature's Marketplace.

“Fake Fake” is a nutritional powerhouse, containing walnuts (a source of omega-3's, and correlated with heart health), flax seed (also high in omega-3's and a source of cancer-fighting lignans) and nutritional yeast (full of B vitamins and minerals). Fake Fake is delicious on Beans N' Greens (above), minestrone, pasta, potatoes, steamed vegetables, and green salad. Sue Taylor's favorite, and fastest, meal is pasta with bottled sauce, topped with Fake Fake, with a green vegetable like broccoli on the side.

VEGETABLE STIR FRY (Sue Taylor) (Serves 4)

2 tbsp cornstarch
¼ tsp ground ginger
1 can vegetable broth or 2 cups broth made with Better Than Bouillon in a jar (see Health tips on page 1)
1 tbsp soy sauce or Bragg's Liquid Aminos
2 tbsp vegetable oil or ¼ cup water or wine
5 cups cut-up fresh veggies (any or all: broccoli, carrots, bell peppers, green beans, mushrooms, celery, green onions, and snow peas which go really well)
1 clove garlic, minced

Stir together cornstarch, ginger, broth and soy sauce until smooth. Set aside. In a skillet, over medium-high heat, stir fry the veggies with the garlic in the oil or water until tender crisp. Add more liquid if necessary. Add reserved cornstarch mixture and cook until mixture boils and thickens, stirring often. Heat through, stirring often. Serve over brown rice.

“CHEEZY” CAULIFLOWER SAUCE (Sue Taylor)

2 cups water
2 heaping cups small cauliflower florets
1 tsp granulated onion powder
2 cloves garlic, peeled or ½ tsp garlic powder
¼ tsp smoked paprika (this absolutely makes the recipe)
¼ tsp dry mustard powder

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1/8 tsp turmeric
1/4 cup nutritional yeast (see note for FAKE FAKE)
1 tbsp mellow white miso or chickpea miso or a little salt
1 tbsp cornstarch or potato starch
1/2 tbsp lemon juice
Salt to taste (1/4 to 1/2 tsp)

Bring water to boil in a medium saucepan. Add the cauliflower, onion powder, garlic, paprika, mustard and turmeric. Cover tightly and reduce heat to very low. Simmer until cauliflower is so tender that it easily comes apart when poked with a fork (about 15 to 20 minutes). Carefully transfer contents of pan to a blender. Add all remaining ingredients. Cover and blend, starting on low and increasing the speed until highest setting. Blend until sauce is completely smooth. Pour the sauce back into the pan, add salt to taste, and heat until it begins to bubble, stirring occasionally. Allow it to cook and thicken for at least another 2 minutes. Serve hot.

CREAMY GOLDEN GRAVY (Sue Taylor) (Makes 2 cups)

This gravy is made with brown rice flour instead of wheat flour. The great thing about using rice flour instead of wheat flour is that it doesn't form lumps the way that wheat flour often does.

2 cups vegetable broth
2 tbsp low-sodium soy sauce
2 tbsp tahini (sesame butter; found in natural food store or section, or in international section--Middle Eastern)
1/4 cup brown rice flour (found in Gluten-Free section)
Freshly ground black pepper

Put the broth, soy sauce, tahini, and flour into a small saucepan. Stir well to mix. Cook over medium-low heat, stirring occasionally, until smooth and thick. Season with black pepper to taste.

RAD RAINBOW RAW PAD THAI (Mitch Ehrenberg and Ruth Goldberg; from ohsheglows.com)

Yield: 2 large servings + scant 2/3 cup dressing

1 medium zucchini, julienned or spiraled*
2 large carrots, julienned
1 red pepper, thinly sliced
1 cup thinly sliced red cabbage
3/4 cup frozen edamame, thawed (or try tofu)
3 green onions, thinly sliced
1 tablespoon hemp seeds
1 teaspoon sesame seeds

*Tool sold at Wegmans for this. See note to 1st recipe.

For the dressing (adapted from Spicy Peanut Lime Sauce):

1 garlic clove
1/4 cup raw almond butter (or try peanut butter)
2 tablespoons fresh lime juice
2 tablespoons low-sodium tamari

2 tablespoons water
2 1/2 teaspoons pure maple syrup (or other sweetener)
1/2 tablespoon toasted sesame oil
1 teaspoon freshly grated ginger

1. Prep vegetables. Add the zucchini, carrots, pepper, and cabbage into one or two large bowls. Toss with hands to combine.
2. Prepare the dressing by processing all dressing ingredients in a mini processor (or simply whisk by hand). The dressing may seem a bit thin at first, but it thickens as it sits.
3. Top bowls with edamame (or tofu), green onion, hemp seeds, and sesame seeds. Pour on dressing and enjoy!

Recipe from ohsheglows.com; read more at: <http://ohsheglows.com/2013/07/01/rad-rainbow-raw-pad-thai/#ixzz3d4Fbbzsg>

OAT BURGERS (June and Phil MacArthur; from G. Eisman, *The Most Noble Diet*)

2 cups rolled oats
2 cups water
2 tbsp tamari or other soy sauce
1 small onion, chopped
1/2 tsp crushed garlic or garlic powder
2 tbsp sunflower seeds or chopped walnuts
2 tbsp sesame seeds

Combine first three ingredients in saucepan and bring to a boil. Reduce heat and simmer 5 minutes. Let stand until cool. Add remaining ingredients. Form into patties, place on non-stick or lightly oiled cookie sheet, and bake at 325 degrees for 35 minutes. Turn them over after the first 20 minutes.

VEGETARIAN "REFRIED" BEANS (from *Dr. Neal Barnard's Program for Reversing Diabetes*)

4 1/2 cups cooked or 3 cans (15 oz. each) black, small red, kidney or pinto beans, drained
1 small onion, finely chopped
2 tbsp red wine vinegar
1 tsp salt
1 tsp ground cumin
1 tsp dried oregano
1 tsp dried garlic granules or garlic powder
1 tsp chili powder
Hot pepper sauce to taste (optional)
A few dashes of liquid smoke (optional)

Place all ingredients in a food processor. Blend for several minutes or until very smooth. Transfer to a serving bowl, cover, and refrigerate.

Serve over rice, in a tortilla or other wrap, or on a taco or tostada. Good with avocado, salsa, black olives, lettuce, chopped sweet onion or vegan sour cream toppings--any or all. For a hot dip, microwave on high for about 3 minutes or heat in a skillet, stirring constantly. ❖