

Visit RAVS Chefs in Their Kitchens

A Program of the Rochester Area Vegan Society

Presented by Zoom, Sunday June 27, 2021 7pm

Please note: The dishes presented are **entirely plant-based and vegan**. They are healthful, delicious, affordable and easy-to-make.

For the most part, these dishes are whole-food plant-based (WFPB), i.e., they don't use any oil or processed foods. In one instance, the recipe mentions a processed food but gives you a recipe option to make a whole-food alternative.

Two of the recipes are very low-fat WFPB, i.e., they are Esselstyn-style and RLMI Jumpstart compliant. The other recipes use some high-fat plant foods.

Bonus: For good sources on gluten-free vegan cooking and baking:

<https://girleatsgreens.com/2014/08/23/my-favorite-vegan-gluten-free-substitutions/>

<https://www.onegreenplanet.org/vegan-food/the-ultimate-gluten-free-vegan-baking-substitution-guide/>



Sandy Baker's Strawberry-Banana Granola Breakfast Wraps



This is a breakfast must-make during early summer strawberry season: easy, delicious and nutritious. They're also a tasty mid-day or midnight snack.

INGREDIENTS

- One burrito wrap (Wegmans Whole Wheat Multi-Grain Tortillas or Ezekiel Organic Sprouted Grain Tortillas)
- Peanut butter (Field Day Organic Smooth unsalted Peanut Butter)
- Granola (Nature's Path Organic Peanut Butter Granola)
- Sliced strawberries (Organic and locally grown, if possible)
- Sliced banana (Organic Fair Trade if possible)
- Maple syrup (Naples Maple) Please note: you can use any liquid sweetener you like, but honey is not vegan, and agave is not a sustainable crop because it is considered to be detrimental to long-nosed bats.

DIRECTIONS

Spread peanut butter on wrap. Sprinkle with granola, then add sliced strawberries and bananas. Drizzle with sweetener of your choice. Wrap. If desired, cut in half.

Enjoy! **Sandy Baker**, Cooking Instructor 1-585-338-2247 Sandy@Bluefrog.com

Big shout-out to Lauren Miceli, member of the Western New York Vegan FB group, for telling us about similar wraps she used to buy at one of the University of Buffalo restaurants in the Ellicott complex in the student union.

Chocolate Mousse or Chocolate Mousse Pie

Serves 8 (generous servings)

Ingredients

1 10-oz. package *Equal Exchange semi-sweet, non-dairy chocolate chips*
1/3 C almond or other non-dairy milk
1 pkg. organic shelf-stable Silken tofu (firm or extra firm; 12.3 oz.)
1/4 to 1/3 cup sweetener of your choice
1/2 t vanilla extract

Directions

Combine the chocolate and non-dairy milk in a microwave-safe bowl and melt, using gentle heat and stirring often. Remove from heat. (My microwave melts it perfectly at medium setting for 2 mins.)

Crumble drained tofu into Vita Mix. Add melted chocolate and non-dairy milk, sweetener, and vanilla extract. Process until completely smooth, pausing the blender or food processor to scrape down the sides and under the blade as necessary.

Chill the mixture in serving bowls--or, if desired, a low-fat graham cracker or cookie crust—for at least 1 hour before serving.

Optional garnish: whipped topping, red raspberries or a sliced strawberry, and fresh mint

By Sandy Baker, adapted from Physicians Committee for Responsible Medicine
Sandy Baker, Nutrition/Cooking Instructor; 585-338-2247 Sandy@Bluefrog.com





[Chickpea, Sweet Potato, and Kale Soup](#) (Renee Bell; adapted from the “Vegan 8” blog)
(photo used by permission from <https://thevegan8.com>)

4 ½ cups no sodium DARK vegetable broth/stock (Kitchen Basics brand recommended)
1 packed cup (160g) finely diced white onion
4 extra large garlic cloves, minced (two tablespoons minced garlic)
1 inch cube fresh ginger, minced (don't skimp on this!)
2 medium sweet potatoes, peeled and cut into 1-inch cubes (about 5 cups)
½ tsp fine sea salt (the recommended broth has NO SODIUM in it, so you may need to adjust/eliminate this if you're using broth with sodium)
¼ teaspoon black pepper
One 15 oz can chickpeas, drained & rinsed
2 tablespoons nutritional yeast
4 heaping cups roughly chopped fresh kale, stems removed
½ teaspoon chili powder (optional)

1. Prepare the sweet potatoes, onion, ginger and garlic.
2. In a large pot, add the broth, onion, ginger, garlic, sweet potatoes, salt and pepper. Stir well and bring to a boil. Once boiling, cover with a lid and turn to simmer for about 15 minutes until the sweet potatoes are almost fully tender.
3. Add the chickpeas (drained & rinsed), nutritional yeast and kale. Return the lid and simmer an additional 10 minutes. If desired, you can add some chili powder for a little heat at the end.

Baked Oatmeal with Bananas and Berries (recipe by Renee Bell)

2 cups rolled oats
2 Tbs chia seeds or ground flaxseed
1 tsp baking powder
½ tsp salt
1 ½ tsp cinnamon
1 ⅔ cups unsweetened plant milk
1 Tbs vanilla
⅓ cup maple syrup
1 to 2 bananas
2 cups berries (frozen or fresh blueberries and raspberries work well)

1. Preheat oven to 375 degrees.
2. Slice the banana into dimes and cover the bottom of an 8x8 baking dish. Top the bananas with 1 cup of berries.
3. In a bowl, mix the oats, chia/flax, baking powder, salt, and cinnamon. Add the maple syrup and vanilla while stirring.
4. Add the oat mixture to the baking dish and distribute evenly. Pour the plant milk over the top of the oat mixture. Top with remaining 1 cup of berries.
5. Bake uncovered for 40 minutes. Let cool 10 minutes before serving. Refrigerate leftovers. Enjoy!

Variation: Add sliced peaches on top instead of or in addition to some of the berries.



Kind Chik'n Salad (recipe by Peg Haust-Arliss)

Ingredients:

- 4 ounces Butler Soy Curls (about half a package)
- 2 celery stalks, diced
- ¼ c red onion, diced
- ¼ c raisins (I had raisins on hand, but you can use grapes!)
- ¼ c chopped raw walnuts
- ½ c *vegan mayonnaise
- 2 tsp lemon juice
- 1 tsp mustard
- *1 tsp poultry seasoning
- ½ tsp salt (or to taste)
- ¼ tsp pepper (or to taste)
- Parsley for garnish

Directions:

1. Place the soy curls in a bowl and cover them with water. Let them soak 10-20 minutes while you prepare the rest of the salad.
2. In a large salad bowl, toss together the celery, onions, raisins and walnuts.
3. In a small bowl or glass measure cup, mix together the mayo, lemon, mustard, poultry seasoning and s/p.
4. Drain the soaked curls and squeeze out excess water. Chop in a food processor.
5. Add the processed curls and mayo mixture to bowl and combine well. Season to taste. Garnish with parsley.
6. Serve as a sandwich with all the fixings or over plain, or lemon or vinegar tossed salad greens.

*You can use prepared vegan mayonnaise or make your own.

*You can use prepared poultry seasoning or make your own.

I have included recipes for each.

Vegan Mayo (From *Healing the Vegan Way*, Mark Reinfeld)

- 1 cup soaked and drained raw cashews
- ¾ cup soy milk
- 2 tsp raw coconut nectar or agave nectar (optional)
- ¾ tsp Dijon mustard
- ¾ tsp sea salt or to taste
- 2 tsp freshly squeezed lemon juice

1. Combine all the ingredients, except the lemon juice, in a blender and blend until smooth.
2. Slowly add the lemon juice through the top while blending, until the mixture thickens.

Note: Some brands of soymilk will emulsify better than others. For best results, shake the soy milk well and use at room temperature.

Poultry Seasoning (Found on Pinterest: My Forking Life with Tanya Harris)

2 Tbsp. ground sage

1 ½ Tbsp. crushed rosemary

1 ½ Tbsp ground thyme

1 Tsp marjoram

1 tsp nutmeg

1 tsp black pepper

Combine spices and store in airtight jar for up to 2-3 years.

