



A First for the Vegan Advocate:

An Entire Newsletter Dedicated to Easy Whole-Food Plant-Based Recipes

What is Whole-Food Plant-Based (WFPB)?

Eat a variety of whole foods, as close to their natural state as possible, from the Power Plate put forth by the Physicians Committee for Responsible Medicine, pcrm.org: grains, vegetables, fruits and legumes (beans, peas and lentils).

BASIC SHOPPING LIST

To go plant-based, you can easily adapt your usual grocery list.

—Move toward whole grains. Look for bread made from 100% whole grain flour, and pasta made from whole wheat, brown rice, or other whole grain/legume. Choose brown rice instead of white rice, and try whole grains like barley, buckwheat/kasha, farro, millet, oat groats, quinoa ("keen wah"), spelt berries, and wheat berries.

—Try rolled oats or steel-cut oats for oatmeal breakfast. Steel-cut takes longer to cook and is best soaked overnight before cooking.

—Try Ezekiel bread found in the refrigerator or freezer case. It's made from 100% sprouted grains and legumes.

—Canned or dried beans. Drain and rinse canned beans before using. See package for directions on how to cook dried beans from scratch.

—Canned tomato products (whole, diced, crushed, purée, paste) are versatile. Choose no- or low-salt varieties. Make your own spaghetti

sauce with no-oil canned tomato sauce.

—Vegetables: fresh, frozen and/or canned (rinse canned veggies to lower salt)

—Fruits: fresh or frozen

—Nuts and seeds: choose no-oil added varieties. Eat in moderation.

Some items to make your meals special:

—Roasted red peppers in a jar or frozen (no oil)

—Canned artichoke hearts (not the jarred variety, which has an oil-based marinade)

—Bagged sun-dried tomatoes (not the jarred variety, which are packed in oil); reconstitute in hot water before using.

—Fresh lemon juice squeezed on veggies, steamed greens, just about anything.

—All kinds of vinegars. Balsamic vinegar and rice vinegar are mild and good on salad all by themselves.

—Herbs (fresh and dried) are great sources of flavor and are packed with phytonutrients and antioxidants. Use them freely to add different ethnic flavor profiles to basic dishes like Red Beans and Rice (see recipe below).

Mrs. Dash's herb and spice mixes are salt free.

Some new items to add to your pantry:

—Ground Flaxseed (Bob's Red Mill, or grind your own): good source of healthy fats

—Nutritional yeast (available in bulk, or in bag or jar on the shelf under Bob's Red Mill, Bragg's or Red Star brands); adds a delicious cheesy flavor to grains, veggies, popcorn

Breakfast Ideas

OVERNIGHT OATS

½ cup of dry oatmeal (rolled or old-fashioned)
1 medium banana or ½ cup fresh or frozen blueberries (or a combination)
1 tbsp flax meal
¼ tsp cinnamon (optional)
½ cup water or plant milk

Cut or mash the fruit, and place in a 16-oz. sealable jar or container. Add the oatmeal, flax meal, cinnamon and liquid and mix for an even consistency. Store in the refrigerator overnight. Eat cold or warmed. Add up to 1 tbsp of maple syrup or agave.

Lunch and Salad Ideas

EASY HUMMUS

1 can chickpeas, drained (reserve liquid)
2/3 cup roasted red peppers (from a jar is fine) (optional)
1 garlic clove, chopped
2-3 tbsp fresh lemon juice
¼ cup chickpea liquid, more as needed
1 tsp soy sauce or ½ tsp salt

Combine all ingredients in a food processor. Add more chickpea liquid if it's too thick, or if you want to thin it down to use as a salad dressing.

Good served with veggies or whole grain crackers that are whole-grain and oil-free. Here are some good brands:

—Edward & Sons Brown Rice Crackers
—Finn Crisps
—Ryvita Crispbread
—Wasa Crispbread

MUFFULETTA (DIP OR SPREAD)
(Adapted from Devra Gartenstein, *The Accidental Vegan*)

1/3 cup pimiento-stuffed green olives or other green olives
1 can of artichokes, drained (reserve the juice to use in soups or stews)
1 clove garlic, roughly chopped
6 to 8 sun-dried tomatoes (not the oil-packed kind)*, soaked in a small amount of boiling water; add the soaking water as well
1 tbsp red wine vinegar
1/3 cup walnuts
2 tbsp tahini (optional; see below)

Place all ingredients in food processor and blend until smooth. For a slightly richer-tasting end result, or to make a smoother spread for sandwiches, add the tahini.

*Oil-free sun-dried tomatoes are hard to find but worth the effort. California Sun-Dry is one brand; or look in the bulk section of your natural food store.

GEE WHIZ SPREAD (Jo Stepaniak, *The Ultimate Uncheese Cookbook*)

2 cups drained cooked or canned white beans
½ cup roasted red peppers or pimiento pieces
6 - 8 tbsp nutritional yeast flakes
3 tbsp fresh lemon juice
2 to 3 tbsp tahini or cashew butter
½ tsp prepared yellow mustard
½ tsp salt
¼ tsp each: garlic and onion powder

Place all ingredients in a food processor and process until the mixture is completely smooth and evenly colored. Stop processor and scrape down sides of bowl as necessary during processing. Chill thoroughly before serving.

Lower-Fat Variation: Follow the recipe above, but leave out the tahini or cashew butter. If desired, add ½ tsp smoked or regular paprika for a flavor kick.

BLACK BEAN AND CHICKPEA PASTA SALAD (eatingyoualive.com) (GF)

1 16 oz pkg. brown rice spiral pasta
1 large red bell pepper, diced
1 12 oz pkg. frozen corn
1 can black beans, rinsed and drained
1 can chickpeas
1 cup green olives, sliced
¼ cup olive brine (the liquid olives are packed in)
3-4 cloves garlic (minced or pressed)
2-3 tbsp balsamic vinegar

Cook pasta till just done. Rinse in cold water, and refrigerate until cool. Mix together all ingredients except pasta. Gently fold in pasta and mix well.

AZTEC SALAD (Jennifer Raymond, *The Peaceful Palate*)

2 cans black or red beans, rinsed and drained
2 cups frozen corn, thawed
1 red or green bell pepper, finely chopped
1 tomato, diced
½ cup finely chopped red or Vidalia onion (optional)

Dressing: 2 tbsp cider vinegar, juice of 1 lime or lemon, 1 garlic clove, minced or ½ tsp garlic powder, 1 tsp ground cumin, ½ tsp ground coriander, ½ tsp dried oregano, ½ tsp salt, cayenne powder (optional)

Combine salad ingredients in large bowl. Whisk together dressing ingredients and add to salad, stirring to mix.

JANE'S DANCING DRESSING (Jane Esselstyn, from *The Engine 2 Seven-Day Rescue Diet*) (Makes about ½ cup)

"Go ahead, give this dressing a go. I bet you will keep dancing right back to it."

3 tbsp balsamic vinegar
2 tbsp mustard
1 tbsp pure maple syrup*
1 tbsp fresh lemon juice
Chopped fresh dill (optional)

Combine ingredients except dill in a bowl and whisk until uniformly mixed. Add dill if using.

*If you don't like things too sweet, use less maple syrup.

Serve over a green salad, cooked greens, or cooked grains.

LOW-FAT CREAMY DRESSING
(Renée Sawka)

One can white beans, drained
2 tbsp plant milk
1 tbsp lemon juice
2½ tbsp cider or rice vinegar
2 tbsp Dijon mustard

Combine in food processor or blender.

Soup Ideas

BUSY DAY SOUP (Kathy Pollard, sustainablediet.com)

1 cup Busy Day Soup Mix*
1 onion, chopped
2 or 3 cloves garlic, chopped or pressed
3 ribs celery, sliced
3 carrots, peeled and sliced
½ green or red bell pepper, diced
½ cup mushrooms (optional), sliced
1 tomato (optional), diced
1 tbsp all purpose seasoning, or oregano
¼ cup soy sauce
1 tsp pepper
6 cups water or veg broth

Put everything in a pot. Bring to boil on medium heat. Lower heat and simmer for 1½ - 2 hours, or until beans are tender. Stir every once-in-awhile and add a bit more water if needed.

*Busy Day Soup Mix

Make a dry mix of equal parts of the following and store in a jar:

- Green split peas
- Yellow split peas
- Green or brown lentils
- Red lentils
- Hulled barley

Variation: Instead of using dry beans, choose a mix of canned beans. Use 3

cans of rinsed beans and reduce cooking time to 30 - 45 minutes.

\ CUBAN BLACK BEAN SOUP (Jennifer Raymond, *The Peaceful Palate*)

The presentation is flipped on this recipe: instead of serving beans over rice, the rice is served on the bean soup as a garnish. You can also top it with a crisp green salad and/or salsa.

1 cup dry black beans
6 cups water or vegetable stock
¼ cup dry wine, sherry or vermouth or more as needed
1 onion, chopped
1 bell pepper, diced
5 garlic cloves, minced
1½ tsp cumin
1½ tsp oregano
2 tbsp cider vinegar
½ tsp salt

Rinse the beans, then soak them in about 5 cups of water for 6-8 hours or overnight. Pour off the soaking water and place the beans in a pot with 6 cups of fresh water or vegetable stock. Simmer until tender, 1 to 1½ hours. While the beans cook, prepare the Marinated Rice; recipe follows.

When the beans are tender, heat the wine, sherry or vermouth in a large skillet and sauté the onion, pepper, garlic, cumin, and oregano for 6 minutes, stirring frequently. Add water if the mixture begins to stick. Add the beans, then cover and simmer 25 minutes. Stir in the cider vinegar and salt. To serve, spoon the soup into individual bowls and top it with about ½ cup of the marinated rice.

MARINATED RICE

2 cups cooked brown rice
½ cup finely chopped Vidalia or other sweet onion
1 garlic clove, pressed or minced
¼ cup cider vinegar
Dash of salt

Combine and let stand about 1 hour.

SPICY CARROT PEANUT SOUP (adapted from *Moosewood Restaurant Daily Specials*)

This is one of the most healthful and delicious soups you can make.

½ cup water, dry vermouth, white wine, or vegetable broth
1 large onion, chopped
6 to 8 cups water
2 lb. carrots, sliced (about 6 cups)
1 or 2 stalks celery, sliced
1 or 2 potatoes, peeled and chopped
1 or 2 cloves garlic, chopped
1 to 2 tsp peeled, chopped fresh ginger (optional)
½ t salt
½ t chili paste or chopped fresh chili pepper (optional and according to taste!—use caution)
2 tbsp natural peanut butter
1 tbsp soy sauce
2 tbsp fresh lime juice (juice of one half lime)
Chopped fresh cilantro (optional)

In a large pot, sauté onion in liquid until transparent. Add water and vegetables, salt and chili paste. Bring to a boil; lower the heat, cover lightly and simmer 25 minutes or until carrots are very tender. Let the soup cool somewhat. Add peanut butter and soy sauce. Use an immersion blender to smoothly blend the mixture; or in the alternative put the soup in cooled batches in the blender or food processor to blend, and then return to pot. Bring the soup to a gentle simmer; stir in lime juice and garnish with cilantro before serving. This soup can also be served cold.

SUCCOTASH (adapted from Mollie Katzen, *The New Moosewood Cookbook*)

1/2 cup sherry or white wine
1 medium onion
2-3 cloves garlic, minced
3 stalks celery, sliced
2 cups water or vegetable broth
1 carrot, sliced (optional if you use mixed vegetables instead of corn)
1 or 2 medium potatoes, peeled and diced

1 tsp dried basil or oregano, or a mix
½ tsp dill
½ tsp thyme
3 cups corn, fresh or frozen, or use a whole 1-pound bag of mixed vegetables (carrots, corn, peas, green beans)
2-3 cups baby lima beans (use frozen)
1 to 2 cups plant milk
¼ tsp salt (taste the soup first)
Black pepper to taste
Parsley (optional)

In a large pot, sauté the onion, garlic and celery in sherry or white wine for 5-7 minutes until tender. Add the 2 cups water or broth, carrot and potatoes, salt and herbs, and the frozen vegetables and lima beans. Bring to a boil, then simmer until the carrots and potatoes are tender, about 15 minutes. Add the plant milk and warm through but no need to bring to a boil. Add pepper and parsley to taste.

SUCCOTASH (Easy Variation)

2 cups water or veg broth
1 or 2 medium potatoes, peeled and diced (optional)
One 1-lb bag of frozen corn or frozen mixed vegetables
2-3 cups frozen baby lima beans
Dried herbs (whatever you like)
Garlic and/or onion powder (optional)
1 to 2 cups plant milk
¼ tsp salt (taste the soup first)
Black pepper to taste

Bring the water or broth to a boil; add the vegetables, and cook until tender. Add the plant milk and warm through, but no need to bring to a boil. Add salt as needed and black pepper to taste. If you don't have time to peel and dice potato(es), feel free to add some leftover potatoes to the soup, even leftover mashed potatoes.

LENTIL OR SPLIT PEA SOUP

Start with 2 cups dried lentils or split peas, any color. Sort through for stones; rinse in colander; place in

large pot and add 10 cups water, chopped onions and garlic and veggies (diced carrots, celery, bell pepper) along with herbs of choice (dried basil, oregano, thyme, etc.). Bring to a boil; reduce heat, partially cover, and simmer until done, about 1 hour (less time for red lentils), checking frequently and adding water as necessary to prevent sticking or burning.

Don't add salt till the lentils or peas are fully cooked. If you would like to add diced potatoes, or greens like spinach, cabbage or kale, wait till final half hour of cooking. Add ¼ to ½ tsp. salt just before serving.

Dinner Ideas

BUILDING A BOWL

Start with a grain or a starchy vegetable such as potatoes, sweet potatoes, or winter squash. Add beans. Add vegetables (any kind, but aim to eat lots of dark, leafy greens over the course of the day). Add oil free condiments and flavorings. These can include mild vinegars, such as balsamic vinegar (either white or red), rice vinegar, mustard, ketchup, soy sauce, salsa and hot sauce. Finish your meal with a piece of fruit.

Sample Big Bowl: Start with cooked brown rice (follow recipe on package). Open a can of black beans or kidney beans, rinse and drain. Pile beans on rice. Add some cooked frozen corn or cooked frozen mixed vegetables. Add your favorite salsa and/or hot sauce; choose the level of heat that you like, mild to hot. Have a green salad on the side or on top.

DR VEGGIE'S FAVORITE MEAL

2 to 4 sweet potatoes
1 large head of broccoli

Cut the broccoli into small florets. Don't discard the stem, although you can trim it somewhat if you like, as it's delicious and nutritious. Let the florets sit at room temperature for 30

to 60 minutes; this allows a beneficial phytochemical, sulforaphane, to develop.

Poke holes in the sweet potatoes with a fork. Place the sweet potatoes on a cookie sheet or baking pan. Bake at 400 degrees for about 45 minutes. Towards the end of the baking time, steam the broccoli in a small amount of water for 4 to 5 minutes or to the desired degree of doneness. Serve the veggies hot; if desired, sprinkle some soy sauce and rice vinegar, and some garlic or onion powder, on the broccoli.

RED BEANS AND BROWN RICE

1 medium onion, any color
3 cloves fresh garlic
1 14.5 oz can diced tomatoes (no or low salt preferred)
1½ cups chopped spinach
1 tablespoon nutritional yeast
¼ tsp cayenne pepper (or less if you don't like "heat")
1½ cups or 1 can kidney beans, drained and rinsed
1½ cups cooked brown rice

Sauté onion and add crushed garlic as the onions are cooked. (Use med-low heat with liquid in any pan or high-heat dry sauté in stainless steel). Add the diced tomatoes, spinach, nutritional yeast and cayenne pepper. Simmer for 5 minutes. Add the beans and bring to a slow simmer. Serve over rice.

PASTA FAGIOLI

1 large onion, any color
3 cloves fresh garlic
1 14.5 oz. can diced tomatoes (no or low salt preferred)
½ tsp dried oregano
½ tsp dried basil
3 cups, chopped broccoli
1 cup chopped kale
1½ cups or 1 can white or red kidney or pinto beans, drained and rinsed
2 cups cooked whole wheat pasta

Sauté onion and add crushed garlic as the onions are cooking. (Use med-low

heat with liquid in any pan or high-heat dry sauté in stainless steel). Add the diced tomatoes and herbs. Simmer 5 minutes. Add broccoli, kale and beans. Simmer 5 more minutes. Serve with pasta.

STOVETOP BROCCOLI MAC AND CHEESY (Robin Robertson, *100 Best Vegan Recipes*)

12 ounces elbow macaroni or other bite-sized pasta
4 cups small broccoli florets
¾ cup nutritional yeast
1/3 cup all-purpose flour
2 cups plain unsweetened almond milk
1 tablespoon soy sauce
1 tablespoon fresh lemon juice
Salt and freshly ground black pepper

Cook the macaroni in a pot of boiling salted water, stirring occasionally, until it is *al dente*. During the last 2 or 3 minutes of the cooking time, add the broccoli to the pasta and cook until it is almost tender.

In a saucepan over medium heat, combine the nutritional yeast and flour, and cook, stirring, for 1 minute. Slowly add the almond milk, stirring until smooth. Add the soy sauce, lemon juice, and salt and pepper to taste. Continue stirring until smooth and thickened.

When the pasta and broccoli are cooked, drain and return to the pot. Add the reserved sauce and stir until well mixed. Serve hot.

FETTUCINE WITH SPINACH PESTO (Lorna Sass, *Short-Cut Vegan*)

[With this recipe you can make delicious pesto without fresh basil, using ingredients in your freezer or pantry.]

8 oz fettuccine, cooked *al dente*
1 10-oz pkg. frozen spinach, thawed
2 heaping tbsp walnut halves
1 tbsp fresh-squeezed lemon juice or 1 to 3 tsp balsamic vinegar
¼ cup fresh basil (if available)

1 tsp Italian herbs
1 small clove garlic
½ tsp salt or to taste, and pepper to taste

Place all the ingredients except the pasta in a food processor and blend for about 30 seconds to create a coarse paste, scraping down the sides of the bowl as necessary. Toss with the hot cooked pasta. Dust with nutritional yeast if desired.

Variation: Add 1½ cups diced plum tomatoes and 1-2 tbsp capers.

LENTIL ARTICHOKE STEW (Serves 6) (kickstart.pcrm.org)

¼ cup vegetable broth
1 onion, chopped
2 large garlic cloves, minced
2 tsp ground cumin
1 tsp ground coriander
1½ cup dry (uncooked) red lentils (4½ cups cooked)
1 bay leaf
2 cups water
Juice of 1 lemon
2 24-oz cans chopped tomatoes, pref. fire-roasted, undrained, or 6 cups chopped fresh tomatoes plus 1 cup tomato juice
1½ cups quartered artichoke hearts (one 9-oz frozen package or one 15-oz can)
¼ tsp crushed red pepper (optional)
¼ tsp salt, or to taste
¼ tsp black pepper, or to taste

Heat broth in a large saucepan. Add onion and sauté on medium heat for about 5 minutes, until golden. Add garlic, cumin, and coriander and cook for 2 minutes, stirring frequently. Add dried lentils, bay leaf, and water to pan and bring to a boil. Lower heat and add lemon juice, tomatoes and their liquid, artichokes, and crushed red pepper, if using. Simmer for about 20 minutes, until the lentils are tender. Remove and discard the bay

leaf. Add salt and black pepper to taste. Good served alone or over brown rice or pasta.

Note: Using fire-roasted tomatoes is not essential, but they will give the stew a delicious smoky flavor.

VERY QUICK BLACK BEAN CHILI (Caldwell Esselstyn, Jr., MD *Prevent and Reverse Heart Disease*) (Serves 4)

1 large onion, chopped (1 cup)
2 -3 garlic cloves, chopped, or 1 tsp garlic powder
Two 15-oz. cans black beans, drained and rinsed
One 16-oz jar salsa
One bunch green onions, white and green parts, chopped
One 16-oz. package frozen corn (about 2 cups)
½ to 1 cup chopped cilantro

Stir-fry the onion in a sauce-pan with ½ cup water over medium heat until soft and beginning to brown. Add garlic and continue cooking 1 minute longer. Add beans, salsa, and green onions. Cover and cook over medium heat about 10 minutes, stirring occasionally. Add corn and cook, stirring, until heated. Add cilantro just before serving so that it stays green. For an especially tasty meal, serve on a bed of steamed spinach topped with chopped green onions and crisped oil-free corn tortillas.

EASY BEAN BURGERS (Jeff Novick)

2 cans kidney beans
1 cup rolled oats
1 cup cooked brown rice
¼ cup tomato sauce (oil-free)
½ tsp each garlic and onion powder
½ tsp Mrs. Dash (optional)

Rinse and drain beans, and pour into a large bowl. Mash with fork or potato masher. Add remaining ingredients and mix well (knead with clean hands if you wish). Shape into

patties. Let sit for 20 minutes so the burgers will “set up” and get firm. Bake on non-stick sheet (350 degrees 10-12 minutes each side) or pan-sear on non-stick pan 10 minutes each side or until browned.

SUPER EASY BEANS AND GREENS

2 cans white kidney beans (cannellini) beans or other beans, drained but not rinsed, liquid reserved
1 bag fresh or frozen chopped greens*
½ tsp garlic or onion powder
¼ tsp salt if desired

In a large pot, start with about ½ cup water, wine, or no-salt veg broth. Bring to a boil, add the package of greens, and cook till it is heated through (frozen greens) or reaches its desired state of tenderness (fresh greens). Add the can of drained beans and garlic or onion powder. Bring to a simmer and heat through. Salt to taste. You can add dried herbs such as ½ tsp of basil, oregano or thyme (any or all) to this dish with the greens.

*You can use any greens for this dish. For a very mild green which is also widely used in Italian cooking, try a bag of chopped escarole. You can also start with a bunch of fresh greens (the greens cost less per pound purchased by the bunch vs. by the bag), but this requires thoroughly rinsing the greens and chopping them. Sometimes it's easier to start with packaged or frozen greens. All are healthy and delicious!

Serve as is, or serve it on top of, or on the side with, pasta and sauce. It's hard to find bottled/jarred spaghetti sauce that doesn't have added oil. A recipe for Oil-Free Spaghetti Sauce follows. Serve with “Fake Fake” Parmesan; recipe follows.

OIL-FREE SPAGHETTI SAUCE

Heat a 28-oz can of tomato sauce (check the label: it should have no added oil) and add some garlic and/or onion powder and dried herbs. To add fresh veggies: sauté diced veggies like onion, garlic, mushrooms and bell peppers in white wine, then add to the canned tomato sauce and herbs/spices to simmer.

“FAKE FAKE” PARMESAN

In a food processor, combine ¾ cup walnuts with ½ tsp garlic powder and ¼ tsp salt, and 2 tbsp nutritional yeast, if available.

TOFU SPAGHETTI BALLS (“NEAT BALLS”) (*Vegetarian Cooking for a Better World*)

One 14-16 oz tub firm or extra-firm tofu (not silken)
 ¼ cup walnuts, chopped fine in food processor
 1 onion, minced
 ½ cup oatmeal (optional technique: buzz oatmeal in food processor for a ball with a smoother texture)
 ½ tsp dried basil
 ½ tsp dried dill weed
 ½ tsp dried thyme
 ½ tsp garlic powder
 ½ tsp salt
 1 tbsp soy sauce or Liquid Aminos
 1 tbsp cornstarch
 ½ cup whole wheat or other flour

Drain the tofu and in a large bowl, mash it with a fork or pastry blender. Add all the remaining ingredients and mix together well. Form the mixture into uniformly-sized balls and place them on a non-stick baking sheet.

Bake at 350 degrees for 10 - 12 minutes on one side, then turn them and bake another 10 to 12 minutes. They will be slightly browned when done.

This recipe makes 35-40 small balls, but you can make a smaller number of larger balls if you like; baking time

may be a little longer with the larger size.

You will love the way your kitchen smells when you are baking these “Neat Balls.” They are great served with spaghetti and tomato sauce; or sliced with mustard for a “Neat Ball” sandwich. They can be warmed in the microwave.

SKILLET SPAGHETTI (Lindsay S. Nixon, happyherbivore.com)

2 tbsp onion flakes
 1 tbsp Italian seasoning
 1 tbsp garlic powder
 1 tsp chili powder
 28-ounce can fire-roasted diced tomatoes, undrained
 A dash of red pepper flakes
 7 ounces spaghetti
 1 tbsp nutritional yeast (see below)
 1 tbsp ketchup
 ½ cup fresh basil, minced (optional)

Combine spices and tomatoes, with juice, together in a large, deep skillet or pot. Cover and bring to a boil. Cook for 1 minute, then add 14-oz water (refill one 14-oz can or half of 28-oz can). Stir, then add dry (uncooked) spaghetti. Cover again and bring to a boil.

Reduce heat to low and cook 7-15 minutes, until spaghetti is cooked. Stir in nutritional yeast and ketchup, plus salt and pepper to taste.

Add more Italian seasoning if desired and stir in fresh basil if using.

Chef’s Note: You can also add olives, beans, lentils, mushrooms, cooked broccoli or anything else you have on hand with the nutritional yeast, to fill out this dish.

NO OIL BAKED FRIES

(Evelisse Capó) (The following recipe was reprinted with permission from the T. Colin Campbell Center for Nutrition Studies (nutritionstudies.org))

4 medium-large Yukon gold potatoes
 ½ tsp garlic powder
 Sea salt and pepper to taste

Preheat oven to 425 degrees F. Cut the potatoes in wedges or regular French fry shape about ½ to ¾ inch thick. Place the potatoes in a deep saucepan, cover with water and bring to a boil. Boil for 5 minutes. Drain well and place in a mixing bowl.

Add the seasonings and toss the potatoes so they are evenly coated. Place in a baking dish lined with a silicone liner or parchment paper. Avoid stacking them so they cook evenly. Bake for 35-40 minutes or until crisp.

Tips: These make delicious “home fries” as well! Just cut them in cubes instead of wedges.

ANY COOKED VEGETABLE
 (greens, cauliflower, green beans, broccoli, zucchini, etc.)

Steam the chopped fresh vegetable in about 1 inch of boiling water to the desired degree of doneness, or if using frozen veggies, follow package directions. Add the following:

—1 tsp to 1 tbsp soy sauce or Bragg’s Liquid Aminos
 —1 tsp to 1 tbsp rice vinegar (regular or seasoned: seasoned is slightly sweet)
 —Sprinkle of garlic powder or onion powder

Dessert Ideas

BANANA “NICE” CREAM

Start with 2 very ripe bananas (the outside should be spotted). Peel them, cut the bananas in coins and freeze in a labeled container. Freeze at least 12 hours; they last in the freezer indefinitely once frozen. (This is a good use for any overripe bananas.)

Bring the bananas out of the freezer and let them soften 1-2 minutes before making the ice cream. Blend in a food processor with 1 cup of frozen fruit, any type (blueberries or mixed berries are nice). You may need to add ¼ cup or so of plant milk to make

it the right consistency. If you want, you can add 1 tbsp of nut butter, such as almond butter or peanut butter, for added creaminess and richness. Serve right away or spoon it into a container and freeze.

Variation: Use 1 to 2 tbsp cocoa powder and a dash of vanilla extract, instead of or with the frozen fruit.

VEGAN GLUTEN-FREE BLACK BEAN CHOCOLATE BROWNIES (adapted from chocolatecoveredkatie.com)

1½ cups black beans (1 can drained; you can reserve the liquid to use in soup)
2 tbsp unsweetened cocoa powder
½ cup quick oats
1/8 tsp salt
1/3 cup maple syrup or agave*
¼ cup peanut butter, nut butter, or tahini (use natural variety with no added oil or sugar)
1 tsp pure vanilla extract
½ tsp baking powder
½ to 2/3 cup chocolate chips (check label for no milkfat or other milk products; cocoa butter is okay)

Preheat oven to 350 degrees. Combine all ingredients except chocolate chips in a food processor and blend until completely smooth. Stir in the chips, and pour or spoon into a non-stick or lightly oiled 8x 8 inch square pan. Optional; sprinkle more chocolate chips over the top. Bake 15 -18 minutes; let sit at least 10 minutes before trying to cut. If the brownies seem under-cooked, put them in the fridge overnight and they will firm up. (None of the ingredients need to be baked—no raw eggs or raw flour—so don't worry about underbaking the brownies.)

*This recipe might be just as delicious with less sweetener, so feel free to experiment.

PEANUT BUTTER COOKIES (with gluten-free option)

1 cup whole wheat flour plus
1 cup unbleached white flour*
1 tsp baking soda
¼ tsp salt

1 cup natural peanut butter
½ cup maple syrup
About ¼ cup soy milk or other plant milk (only if needed)

Preheat oven to 350 degrees. In a large mixing bowl, stir together the flour, baking soda and salt. Add the peanut butter and maple syrup and blend with the flour, using a pastry blender or fork, until crumbly. Stir the cookie mix and add the soy milk only if needed to make the dough workable. You can either make the cookies right away; or to make later, form the dough into a ball or a few smaller balls, place in a plastic bag or waxed paper bag, and refrigerate.

Assemble two cookie sheets (no need to oil them as this recipe is naturally high in fat). Using the bowl of a tablespoon, form each cookie by filling the bowl, flattening the bottom and gently dislodging it with a knife. To make a larger number of very small cookies for a crowd, use the ½ tbsp measure. You can make the signature crisscross pattern on each cookie with the back of a fork, but it's not necessary. Bake 350 degrees for 10 to 12 minutes, until golden brown. Makes 3 to 6 dozen cookies, depending on the size.

*Other flour options: in place of the whole wheat/unbleached mix, use 2 cups whole wheat pastry flour, or 2 cups gluten-free flour, any type)♦

Many of these recipes are taken from the *Jumpstart Guide* included in RLMI's **15-Day Whole-Food Plant-Based Jumpstart**, which is given every month. For more information, go to: <https://rochesterlifestylemedicine.org/about-jumpstart/>
For a one-hour Zoom meeting that will give you a feeling for the program, sign up for a FREE Jumpstart Info session: <https://rochesterlifestylemedicine.org/events/jumpstart-info-sessions/#!event-list>

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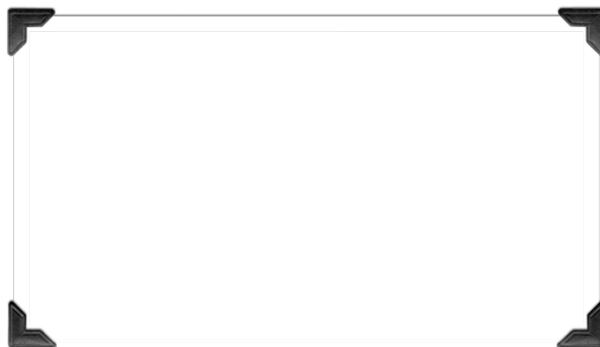
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Dr Veggie's Favorite Meal	4
Easy Bean Burgers	5
Easy Hummus	1
"Fake Fake" Parmesan	6
Fettuccine w/ Spinach Pesto	4
Gee Whiz Spread	2
Hummus	1
Jane's Dancing Dressing	2
Kidney Bean Recipes	4, 5
Lentil Artichoke Stew	5
Lentil Recipes	3, 5
Lentil Soup	3
Mac and "Cheese"	4
Marinated Rice	3
Muffuletta	2
"Neat Balls"	6
"Nice Cream"	6
No Oil Baked Fries	6
Oats, Overnight	1
Oil-Free Spaghetti Sauce	6
Pasta Fagioli	4
Pasta Recipes	2, 4, 5, 6
Potato "Fries"	6
Peanut Butter Cookies	7
Red Beans and Brown Rice	4
Skillet Spaghetti	6
Spaghetti Sauce	6
Spicy Carrot Peanut Soup	3
Split Pea Soup	3
Succotash	3
Tofu Spaghetti Balls	6
Vegetables	6
White Bean Recipes	4, 5

Rochester Area Vegan Society upcoming meetings and events of interest (Times are ET)

- **May 17, 2023** (Wednesday) **6:30 PM FREE Jumpstart Info Session** for June & later Jumpstarts. Sign up [here](#).
- **May 19, 2023** (Friday) **6:00 - 8:00 PM Vegan Potluck** at the **Vegan Center**; [Project Vegan 716](#), LLC, The **Vegan Center, 60 Broad Street, Tonawanda, NY 14150**
- **May 20** (Sat. morning) **through May 25, 2023** (Thurs. evening): **Lectures with Q&A, food sampling and free vegan literature** with **Sarina Farb** at area branch libraries: Penfield, Mendon, Fairport, Gates, and Pittsford. Visit RAVS website for listing, [rochesterveg.org](#) and Monroe County Library to register, [libraryweb.org](#)
- **May 21, 2023** (3rd Sunday) **2:00 PM Meet and Greet** with **Sarina Farb** of [Born Vegan](#), at Brighton Town Park Lodge. Sarina will speak on “Vegan Activism and Persuasion” and lead a discussion. Vegan snacks provided! This event will lead seamlessly into our vegan potluck dinner and lecture (next calendar entry).
- **May 21, 2023** (3rd Sunday)* **Normalized Violence: The Global Impact of Our Daily Choices** with **Sarina Farb** **5:30 PM Vegan Potluck, 7:00 PM Program** This program will be **ASL-interpreted for the deaf**.
- **June 3, 2023** (Sat. to Sat.) **1-3 PM 15-Day Whole-Food Plant-Based Jumpstart**. **Zoom-based program** with medical facilitation, cooking class, and virtual potluck. For medical practitioners: a CME (continuing medical/professional education) program is available based on Jumpstart. Sign up [here](#) or at [roclifemed.org](#)
- **June 11, 2023** (2nd Sunday) **7:00 PM Zoom screening** of PlantPure’s new film **“From Food to Freedom”** You must register to receive Zoom link. Go to [rochesterveg.org](#) and click on Events List, or click [here](#)
- **June 13, 2023** (Tuesday) **7:30 PM Lifestyle as Medicine** lecture by Zoom. **Plant-Powered Protein** with **Brenda Davis, RD** Sign up [here](#) or at [roclifemed.org](#)
- **July 22, 2023** (Saturday) **2:00 PM Summer Picnic** at the home of Kimber Gorall, 15 Peachtree Lane, Pittsford, NY 14534. **Live outdoor event!** Bring a **vegan** dish to pass, a place setting for yourself, and a folding chair if you have one. If rain is threatened, call 585 234-8750, 10 AM or later, or go to [rochesterveg.org](#) to check on status of event.

*Indicates a regular meeting. Unless otherwise indicated, regular meetings are held on the third Sunday of the month at the Brighton Town Park Lodge, 777 Westfall Rd., Rochester, NY 14620. 5:30 PM **Vegan Share-a-Dish Dinner**, 7:00 PM Program. **Brighton Town Park Lodge** is at 777 Westfall Rd., on the south side of Westfall between E. Henrietta Rd. (15A) to the west, and S. Clinton Rd. to the east. Look for the “Brighton Town Park” sign. The driveway leading to the Lodge is called “Haudenosaunee Trail.”

Hear the latest from our events calendar, 24 hours a day! Call 234-8750



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