



# Plant Inspired

**RECIPES**





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# Meeting the demand

Four reasons to serve more plant-based meals

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## 1. **SAVE MONEY**

Meat prices are rising and expected to continue to do so. Reducing meat purchases and increasing plant-based options can save your dining operation money.

According to the American Heart Association, “People who eat less meat tend to consume fewer calories, and foods such as beans are one of the most cost-effective sources of protein available. Meat typically costs more per pound than other protein sources.” Serving more plant-based foods allows operators to save on protein costs. Plant proteins like beans, legumes and quinoa cost less than animal proteins, can be purchased in bulk and have longer shelf lives. Favorites like three-bean chili and black bean and roasted sweet potato burritos make hearty, protein-rich choices that are more affordable than their meat-based counterparts.

*“In San Ysidro School District, we believe that teaching students good eating habits will help raise a healthier generation and socially responsible adults.”*

*Meatless Mondays is a fun and easy way to show children that their daily choices can have an impact in their bodies, their communities, and their planet.”*

—PALOMA PEREZ, DIRECTOR CHILD NUTRITION, SAN YSIDRO SCHOOL DISTRICT

## 2. **MEET GROWING DEMAND**

Plant-based eating is on the rise. From flexitarians to vegetarians to vegans, people everywhere are interested in eating more plant-based foods. According to Vandana Sheth, a registered dietitian and spokesperson for the Academy of Nutrition and Dietetics, “More consumers want to get away from animal protein and are looking for more interesting vegetable-based protein.”

Plant-based eating is popular among all ages, especially millennials. A survey conducted by 210 Analytics found that millennials are increasingly interested in plant-based cuisine, with nearly two thirds eating meat alternatives.

## 3. **LOOK FIT, FEEL GREAT**

Diets rich in vegetables, fruits, whole grains, legumes and nuts are consistently linked to lower obesity rates, blood cholesterol levels and blood pressure. The Academy of Nutrition and Dietetics states that vegetarian and vegan diets are appropriate for all stages of life, including childhood and adolescence.

The American Heart Association writes, “Many studies have shown that vegetarians seem to have a lower risk of obesity, coronary heart disease... high blood pressure, diabetes mellitus and some forms of cancer.” The organization suggests replacing meat with beans or lentils as a way to decrease intake of foods high in saturated fats by keeping one’s “refrigerator and pantry stocked with plant-based alternatives, such as low-sodium canned beans, unsalted nuts, high-fiber whole grains and tofu.”

Furthermore, the American Medical Association warns that the overcrowded, unsanitary and stressful

living environment for animals on factory farms requires the use of massive amounts of antibiotics—many of the same drugs used in human and veterinary medicine—which is leading to antibiotic resistance and the proliferation of superbugs. By serving more plant foods and less meat, we can help reduce the number of animals on factory farms and thus our exposure to unnecessary antibiotics and superbugs.

#### 4. HELP THE PLANET

Animal agriculture is a leading cause of climate change, which is why the United Nations urges people to eat less meat to help the planet.

Animals confined in U.S. factory farms produce three times more waste than the entire U.S. population. This manure can contaminate water supplies and emit harmful gases such as hydrogen sulfide, ammonia and methane.

By choosing to skip meat one day a week, you can save up to 2,541 gallons of water! It takes 388 gallons to create just one pound of chicken. And that's the same amount of water you could use to take a seven minute shower every day for 26 days.

*“If Americans reduced meat consumption by just 20 percent, it would be as though we all switched from a sedan to a hybrid.”*

—THE SIERRA CLUB

## Health Benefits of plant-based foods By Karla Dumas, RDN

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What does a health-promoting, balanced meal pattern look like? According to nutrition and health experts across the world, it's full of plant-based foods like beans, nuts, fruits, vegetables and whole grains with little to no saturated animal fat or cholesterol (which is solely found in meat, eggs and dairy products). Unfortunately, the Standard American Diet does not typically reflect these recommendations. Consider this:

- Ninety percent of Americans regularly don't meet recommended daily servings of fruits and vegetables.
- Two-thirds of our adult population and one-third of the adolescent population are classified as overweight or obese.
- Two of the leading causes of preventable death—heart disease and certain cancers—are strongly associated with diet.

As the understanding of food's role in obesity and chronic disease prevention continues to grow, more experts and public health organizations recommend plant-based eating, including the American Heart Association, National Cancer Institute and World Health Organization, as well as the U.S. dietary guidelines. People who eat completely diets are half as likely to become hospitalized or require medications and have even been documented as living longer.

*“The research shows one thing very clearly: we all need to eat more plants and less meat.”*

—THE AMERICAN INSTITUTE FOR CANCER RESEARCH

Enjoying more plant-based meals, no matter your age, can lead to significant health benefits. People who eat more plant-strong meals have been shown to consume more nutrients, such as vitamins A and C, folate, fiber and iron, and they have a higher intake of fruits and vegetables. Americans typically consume far more protein than they need, and meeting daily protein and unsaturated fat needs with plant-based meals is a cinch. Athletes like Tom Brady and Venus Williams fuel their bodies on primarily plant-based

diets. The great Carl Lewis transitioned to an entirely plant-based diet to prepare for the World Championships, where he said he “ran the best meet of his life.” Plant-based foods like crispy chickpea sliders, lo mein with stir- fried veggies or a hearty garden vegetable lasagna are delicious and filling ways to meet your energy needs. Choosing plant-based meals is an easy, cost-saving and delicious way to promote overall health. Join the millions of Americans in discovering the joys and benefits of eating more plant-based meals. For recipe ideas, visit [forwardfood.org/foodservice](http://forwardfood.org/foodservice).

Plant-based protein	Calories	Total fat (grams)	Protein (grams)	Fiber (grams)
Progresso Lentil Soup (1 can)	320	4	18	10
Lightlife Smart Dog	50	2	7	1
Peanut butter and jelly sandwich	399	18	13	4.5
Gardein Beefless Burger, plain	243	7	20	3.5
Bean and rice burrito with salsa	368	5.5	15	14

Animal-based protein	Calories	Total fat (grams)	Protein (grams)	Fiber (grams)
Progresso Chicken Corn Chowder (1 can)	400	9	14	4
Oscar Mayer Angus Hot Dog	170	15	6	0
Sausage biscuit, fast food style	420	27	11	.5
Hamburger, fast food style, plain	232	9	13	1
Chicken pot pie, frozen entree	616	36	15	3



### Powering up with plant strong foods

Serving more plant-based foods inspires guests to sample dishes that might be new to them, and it presents the opportunity to explore plant-based foods that are full of important nutrients:

**IRON:** Green, leafy vegetables; grains (rice, oats, enriched cereals); soy products (soy milk, tempeh); nuts and dried fruits are all good sources of iron. For best iron absorption, enjoy these foods with others rich in Vitamin C like citrus fruit, strawberries and leafy green vegetables.

**CALCIUM:** Plant-based sources include fortified dairy-free milks (such as soy, rice and almond) and orange juice, greens, beans, nuts and seeds. Fortified dairy-free milks typically contain the same amount of calcium as dairy, but none of the saturated butterfat, cholesterol or lactose, and are a better source of iron.

**OMEGA-3S:** Flaxseeds, walnuts and algae oil DHA supplements are healthy sources of omega-3 fatty acids, without the industrial toxins such as mercury found in fish and fish oil supplements.

**PROTEIN:** Beans, whole grains and nuts are excellent protein sources, free of cholesterol and animal fat. They also contain fiber, folate and dozens of health-promoting phytonutrients



# Asian Sweet and Spicy Cauliflower



**Servings: 4**

## *Ingredients:*

- 6 cups cauliflower florets
- 2 tablespoons toasted sesame oil
- 1 teaspoon kosher salt
- ¼ cup sherry cooking wine
- ¼ cup honey (can sub agave nectar for vegan)
- 2 tablespoons soy sauce or gluten-free tamari
- 1 tablespoon white vinegar
- 2 teaspoons non-GMO cornstarch (can sub arrowroot starch)
- 2 tablespoons high-heat oil
- 1 small fresh yellow onion, finely chopped
- 1 tablespoon minced fresh garlic
- 1 tablespoon Korean-style chili flakes (can sub Aleppo pepper or 1 teaspoon regular crushed red pepper flakes)
- ¼ cup chopped fresh green onions
- 1 tablespoon toasted sesame seeds

## *Instructions:*

1. Preheat your oven to 400°F.
2. In a large bowl, toss the cauliflower, sesame oil, and salt until well coated. Arrange the florets on a lined sheet tray.
3. Bake for 10 to 12 minutes, or until golden brown and tender.
4. In a small bowl, whisk together the cooking wine, honey, soy sauce, vinegar, and starch until the starch and sweetener have dissolved.
5. Heat the high-heat oil in a large non-stick skillet over medium-high heat. Add the yellow onions and garlic and sauté for 2 to 3 minutes, or until golden.
6. Remove the pan from heat and stir in the chili flakes and wine mixture.
7. Return the pan to stove and reduce the heat to medium. Bring the sauce to a simmer, stirring constantly. Continue to cook and stir for 1 to 2 minutes, or until the sauce is thickened.
8. Add the cooked cauliflower to the sauce and stir gently to coat.
9. Transfer the cauliflower with sauce to a serving dish. Top with the green onions and sesame seeds.

\*\*\* Serve over Steamed Rice, Chow Mein, Fried Rice or Garlic Rice in a Bowl

**Original Recipe - <https://www.godairyfree.org/recipes/sweet-spicy-cauliflower-bites>**

## Bang Bang Broccoli



Servings: 2

### *Ingredients:*

#### **Bang Bang Sauce**

- ¼ cup vegan mayo
- 2 tbsp chili paste
- 1 tbsp agave nectar

#### **Batter**

- 1 cup almond milk
- 1 tsp apple cider vinegar
- ¾ cup all purpose flour
- ½ cup cornstarch
- 1 tsp salt
- 2 tsp hot sauce

#### **And the Rest**

- 2 cups panko bread crumbs
- 1 head of broccoli
- Chives garnish

### *Instructions:*

1. Make the sauce, whisk together the mayo, chili paste and agave.
2. Make the batter, in a separate bowl add the apple cider vinegar to almond milk and let sit for a few minutes to make vegan buttermilk. Add the flour, cornstarch, and salt, then add hot sauce and almond milk mixture to the dry ingredients and whisk together until combined.
3. Cut broccoli into florets
4. Dip each floret into the batter and then into panko and coat thoroughly. Drop them into deep fryer for about a minute or until brown and crispy or in a 425 degree oven bake for 15-20 minutes or until brown. Served over rice and drizzle with sauce
5. Garnish with green onion

**Original Recipe - <https://www.rabbitandwolves.com/vegan-bang-bang-broccoli>**

# BBQ Cauliflower Tacos with Pineapple Salsa



Gluten Free and Vegan

**Servings: 8 –10 mini tacos or 6–8 small tacos**

## *Ingredients:*

### **BBQ Cauliflower**

- 1 large head cauliflower (8-inch diameter), cut into small (1-inch) florets
- 1 tablespoon coconut sugar
- 1 tablespoon chili powder
- ½ teaspoon garlic powder
- ⅛ teaspoon cayenne pepper
- ½ cup House Made Sweet & Tangy BBQ Sauce
- ¼ cup water

### **Pineapple Salsa**

- 1 large pineapple, cored and finely diced
- 1 small red onion, finely diced (about 1/2 cup)
- 1/3 cup fresh cilantro, stemmed and chopped
- 2 red chile peppers, seeded and minced\*
- 2 teaspoons apple cider vinegar
- 1/4 teaspoon sea salt or to taste

### **Tacos**

- 10 mini corn tortillas or 8 small corn tortillas, warmed to order
- Fresh cilantro
- 1 lime, cut into wedges (optional, for spritzing)

## *Instructions:*

### **For BBQ Cauliflower**

1. Preheat oven to 400F. Line sheet pan with parchment paper.
2. Spread the cauliflower out over the lined pan. Roast for 25 minutes, or until firm-tender and just beginning to turn golden. Let cool slightly.
3. Transfer the cauliflower to a large mixing bowl. Add the coconut sugar, chili powder, garlic powder, and cayenne pepper, and toss to coat.
4. Heat a large skillet over medium heat and add the seasoned cauliflower. Sauté for 2 to 3 minutes to toast the spices, stirring occasionally.
5. In a small bowl, whisk together the barbecue sauce and water, and pour it over the cauliflower. Reduce the heat to low and simmer, uncovered, for 10 to 15 minutes, or

until most of the barbecue sauce has been absorbed by the cauliflower, stirring occasionally.

**For Pineapple Salsa**

1. In a medium mixing bowl, stir together the pineapple, red onion, cilantro, chile peppers, apple cider vinegar, and sea salt until combined. Refrigerate until serving.

Original recipe - <https://www.blissfulbasil.com/bbq-cauliflower-tacos-pineapple-salsa/>



## Lentil BBQ Meatballs



**Servings: 4**

### *Ingredients:*

- ½ Cup Cooked Brown Rice
- 1 TBSP Ground Flaxseed
- 2 TBSP Water
- 2 TBSP Olive Oil
- ½ Cup Chopped Onion
- 2 Cup Chopped Mushrooms
- 1-1/2 Cup Cooked Lentils
- ¼ Cup Chopped Cilantro
- ½ TSP Kosher Salt
- ¼ TSP Garlic Powder
- 1 TSP Dried Basil
- 2/3 Cup Old Fashion Oats
- 2-3 TBSP House Made BBQ Sauce of your choice
- 2 ½ TBSP Worcestershire Sauce

### *Instructions:*

1. Flax Egg Take a small bowl, add flax seed, water and mix well (set aside)
2. Next add 1 TBSP of Olive Oil to large pan and heat over medium/high heat. Add Chopped Onion and Mushrooms cook until fully translucent (set aside)
3. Put lentils in food processor add veggies, rice, flax egg, oats, cilantro, salt, garlic powder, dried basil, 1 TBSP BBQ Sauce, and Worcestershire sauce. Blend all ingredients together. Taste and add seasonings if needed. If mixture is too wet refrigerate for 30 min.
4. Form your mixture into balls and put on lined sheet pan
5. Bake in a 350 degree oven for 20-25 min once they start to crisp flip them for an even cook. You could even Fry them for 2 min.

(You can serve them as a sandwich, Wrap, Salad or with 2 Side dishes for an entrée)

**Original Recipe - <https://veganwithcurves.com/bbq-lentil-balls/>**

# Blissed-Out Thai Salad w/ Peanut Tempeh



**Servings: 4**

## *Ingredients:*

### **Salad**

- 6 ounces vermicelli noodles
- 2 medium whole carrots,
- 2 stalks green onions (finely chopped)
- 1/4 cup chopped cilantro
- 2-3 Tbsp chopped mint
- 1 cup loosely packed spinach (chopped)
- 1 cup thinly sliced red cabbage
- 1 medium red bell pepper (thinly sliced)
- 1 batch Marinated Peanut Tempeh

### **Dressing**

- 1/3 cup salted creamy peanut butter, almond butter, or sunbutter (plus 1 extra Tbsp as original recipe is written)
- 3 Tbsp gluten-free tamari (or soy sauce if not GF)
- 3 Tbsp maple syrup
- 1 tsp chili garlic sauce (or sub 1 red Thai chili minced // or 1/4 tsp red pepper flake // amounts as original recipe is written)
- 1 medium lime, juiced (yields ~3 Tbsp or 45 ml)
- ~1/4 cup water (to thin)

## *Instructions:*

1. Cook rice noodles according to package instructions, rinse, drain, and set aside to cool.
2. To a large serving bowl, add cooked and cooled noodles, carrots, green onions, cilantro, mint, spinach, cabbage, and red bell pepper and toss loosely to combine. Set aside.
3. Make dressing by adding peanut butter, tamari, maple syrup, chili sauce (or chili or red pepper), and lime juice to a small mixing bowl and whisking to combine. Then add warm water a little at a time until a thick but pourable sauce is achieved.
4. Taste and adjust seasonings as needed, adding more maple syrup for sweetness, chili sauce (chili or red pepper) for heat, lime juice for acidity, or tamari for saltiness. Set aside.

5. Add 1/2 of the tempeh (optional) and 1/2 of the sauce to the salad and toss. Then top with remaining tempeh and sauce. Serve immediately. Leftovers store well in the refrigerator up to 4-5 days, though best when fresh. I find that, if making ahead of time, it's better to leave the salad undressed and store the tempeh separately.

**Original Recipe - <https://minimalistbaker.com/blissed-out-thai-salad-with-peanut-tempeh/>**

## Buffalo Cauliflower Tacos



**Servings: 4**

### *Ingredients:*

#### **FOR THE CAULIFLOWER**

- 1/2 head cauliflower cut in bite sized pieces
- 4 tsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. chili powder
- 3/4 cup buffalo sauce separated
- pepper to taste

#### **FOR THE TACOS**

- 8 taco-sized flour tortillas
- 1 head romaine lettuce chopped
- 1 avocado pitted and diced
- vegan ranch to taste
- cilantro or green onion diced (optional)

### *Instructions:*

1. Preheat oven to 425 degrees and line a baking sheet with foil.
2. In a large bowl combine cauliflower, olive oil, garlic powder, chili powder, pepper and 1/4 cup of buffalo sauce. Stir to combine. Spread evenly on baking sheet and cook for 20 minutes, flipping halfway.\*
3. Five minutes before the cauliflower is done cooking, heat up the remaining buffalo sauce in a saucepan or in the microwave.
4. Remove cauliflower from the oven and place it back in the bowl. Add remaining heated buffalo sauce and stir to combine.
5. To assemble tacos, load each tortilla with romaine, avocado and cauliflower. Drizzle with ranch and top with cilantro or green onions.

**Original Recipe - <https://www.thissavoryvegan.com/vegan-buffalo-cauliflower-tacos/>**

# Cajun Split Pea Po'Boy Sandwich



Servings: 2

## *Ingredients:*

### **Cajun Split Pea Fritters:**

- 1 cup cooked split peas
- ½ cup roughly chopped mushrooms
- ¼ cup roughly chopped green onions
- 2 peeled and roughly chopped cloves garlic
- 2 tablespoons ground flaxseeds
- 1 teaspoon soy sauce substitute with gluten-free tamari/liquid aminos if needed
- 1 teaspoon lemon juice
- 1 teaspoon smoked paprika
- ½ teaspoon black pepper
- 1-2 tablespoons cooking oil of choice I used grapeseed oil or enough to grease pan

### **Spicy Avocado Sauce:**

- ½ ripe avocado
- ½ lemon zest and juice
- Louisiana-style hot sauce to taste
- For Serving:
- 2 hoagie sandwich rolls whole grain preferred, choose gluten-free bread if needed
- Optional sandwich toppings: lettuce sliced tomato, sliced onion

## *Instructions:*

1. In a high-speed blender or food processor, combine cooked split peas, mushrooms, green onions, garlic, flax, soy sauce, lemon, paprika, and pepper. Pulse the mixture 6-8 times or until it sticks together when pressed. Divide into 6 equal parts and roll each into a small fritter the size of a meatball. Use your hands to compress each ball so that they stick together without being held. (Don't be afraid to put a little force into pressing! This will keep them from falling apart during cooking.)
2. Heat oil in a large skillet over medium-high heat and add fritters to the pan once hot. Leave enough space to easily flip halfway through cooking (cook in batches if you can't comfortably fit all of the fritters into the same pan at once.) Cook about 4-5 minutes on one side (or until outside is browned and crispy) before carefully flipping and cooking an additional 4-5 minutes.

3. In the meantime, prepare the avocado sauce. Whisk together avocado, lemon, and hot sauce in a small bowl with a fork until smooth. (You can also use a small blender/food processor for this step if desired.) Set aside.
4. Prepare the sandwiches: Slice rolls in half if needed, lay on a flat surface and top with lettuce, tomato, and onion (if using). Once fritters are cooked, divide them between the sandwich rolls and top with spicy avocado sauce to taste. Sandwiches can be prepared in advance and enjoyed hot or at room temperature.

**Original Recipe - <https://gratefulgrazer.com/home/recipes/split-pea-po-boys/>**

## Crispy Tofu with Hoisin Sauce



**Servings: 4**

### *Ingredients:*

- 14 oz extra-firm tofu drained
- ½ tsp garlic powder
- ¼ tsp powdered ginger
- ½ tsp salt
- ¼ tsp pepper
- 1 TBS peanut oil
- 1 tsp sesame oil
- 1 TBS hoisin sauce\*

### *Instructions:*

1. Place your tofu in a fine-mesh strainer or colander and rinse. Set aside.
2. In a small bowl, mix together garlic powder, powdered ginger, salt and pepper. Set aside.
3. Cut the tofu into 1" cubes.
4. Add peanut oil and sesame oil to a non-stick frying pan and heat over medium heat.
5. Add cubed tofu pieces to the pan and stir to coat with oil.
6. Cook tofu for 5 minutes or until browned on one side.
7. Sprinkle with your seasoning mix and stir until coated.
8. Continue cooking until all sides are light-medium brown. (about 10-15 minutes)
9. Evenly pour hoisin sauce onto the browned tofu pieces and stir until all your cubes are evenly coated with sauce.
10. Cook for 5 more minutes, or until the tofu becomes dark brown and crispy.
11. Remove from heat and serve immediately over stir-fried veggies or your favorite rice/noodles!

**Original Recipe - [https://joyfoodsunshine.com/crispy-hoisin-tofu/#\\_a5y\\_p=5573382](https://joyfoodsunshine.com/crispy-hoisin-tofu/#_a5y_p=5573382)**



## Eggplant Parmesan



**Servings: 8**

### *Ingredients:*

- 1.5-2 lbs eggplant sliced 1/4 inch
- salt
- 1/2 cup flour
- 4 eggs
- 2 cups Italian bread crumbs
- 1/3 cup parmesan cheese shredded
- zest from 1 lemon
- 1/2 teaspoon garlic powder
- 1/2 teaspoon basil
- 26 oz pasta sauce or homemade
- 16 oz mozzarella cheese shredded
- 1/2 cup parmesan cheese shredded
- 1/4 cup fresh parsley or basil chopped

### *Instructions:*

1. Preheat oven to 425 degrees F. Prepare two baking pans with parchment paper and set aside.
2. Slice eggplant about 1/4 inch thick place on a rack or pan. Sprinkle generously with salt. Allow to sit for 20 minutes.
3. Whisk eggs together in a shallow bowl. In a second shallow bowl, add the flour. In a third bowl combine the breadcrumbs, parmesan, lemon zest, garlic powder and basil. Set all three bowls aside.
4. After the eggplant has rested, rinse well under cold running water well and pat dry.
5. Dredge each slice of eggplant first in the flour, then into the egg, and finally in the breadcrumb mixture. Place each slice of eggplant on prepared parchment lined pans. Spray with cooking spray if desired.
6. Bake for 5 minutes, then flip and bake for 5 minutes more or until golden brown. Remove from oven and reduce temperature to 375°F.

7. Spread a thin layer of pasta sauce in the bottom of a 9x13 dish. Layer 1/3 of the eggplant, herbs, mozzarella cheese, parmesan cheese.
8. Repeat layers ending with cheese. Bake 30-35 minutes or until golden and bubbly.

Original Recipe - <https://www.spendwithpennies.com/eggplant-parmesan/>

## Gallo Pinto – Nicaraguan Rice and Beans



**Servings: 6**

### *Ingredients:*

- 1 package (14-16 oz) small dried red beans, such as Central American red beans (not kidney beans). 3 cups cooked beans needed for recipe
- 2 1/2 cups red bean cooking liquid
- 2 cups uncooked long grain white rice
- 1/3 cup vegetable or canola oil
- 1/2 onion finely chopped
- 3 tsp salt, divided

### *Instructions:*

1. Pick through beans to remove any debris and rinse well with water
2. Place beans in a large pot and add enough water to cover by 3-4 inches
3. Bring to a boil
4. Reduce heat to low or medium-low to keep at a slow boil
5. Boil gently, partially covered for about 1 1/2 hours or until beans are tender, but firm "al dente". Check after 1 hour to ensure too much water hasn't evaporated. Add more if needed. Add 2 teaspoons salt during last 30 minutes of cooking time. Once cooked, set pot aside at room temperature and keep beans in their cooking liquid until ready to use.
6. In a wide saucepan with about 2" sides, heat oil over medium heat
7. Add chopped onion and saute for 2-3 minutes, until slightly softened
8. Measure out 3 cups of cooked beans, removing from bean liquid with slotted spoon. Add to oil and onion.
9. Immediately add 2 1/2 cups of bean cooking liquid, 2 cups uncooked rice, and 1 teaspoon salt
10. Bring to a quick boil and then reduce heat to low
11. Cover and cook on low for about 20 minutes or until rice is cooked
12. Adjust salt as needed

**Original Recipe - <https://www.casablancacooks.com/gallo-pinto/>**

## BBQ Hawaiian Tofu Bowl



Servings: 4

### *Ingredients:*

- 1 large red onion, cut into ¼-inch slices
- 1 red bell pepper, seeded and cut into ¼-inch slices
- 1 tablespoon plus 1 teaspoon olive oil, plus more as needed, divided
- 14-ounce block extra-firm tofu, drained and cut into 1-inch cubes
- 20-ounce can sliced pineapple, drained, or 1 pineapple, peeled, cored, and cut into ¼-inch slices
- 1 cup house made BBQ sauce
- 5-ounce package baby spinach
- 1 cup cooked quinoa
- Chopped fresh cilantro, for garnish (optional)

### *Instructions:*

1. Preheat the oven to 425°F. Line a large baking sheet with parchment paper.
2. In a bowl, toss the onion and bell pepper with 1 tablespoon of olive oil. Spread them out on half of the prepared baking sheet. Spread out the tofu cubes on the other half. Bake for 10 minutes, toss with a spatula, and bake for 10 more minutes.
3. While the tofu and vegetables are baking, heat the remaining 1 teaspoon of olive oil in a large skillet over medium-high heat. Add the pineapple slices in batches and sauté until darkly browned on both sides, adding more oil as needed.
4. Toss the baked tofu with the barbecue sauce until thoroughly coated.
5. Divide the spinach and quinoa among 4 bowls. Top with the vegetables, tofu, and pineapple. Garnish with cilantro, if desired.

Original Recipe - <https://www.vegkitchen.com/bbq-hawaiian-tofu-bowl/>

# Lentil Meatballs



**Yield: 18 1-1/2 in meatballs**

## *Ingredients:*

### **For The meatballs**

- 3/4 cup dried green or Red Lentils (cooked)
- 1 1/2 cups house made vegetable broth
- 2 teaspoons olive oil
- 1/2 cup diced yellow onion — *about 1/2 medium onion*
- 1 cup shredded carrots
- 2 cloves garlic — *minced (about 2 teaspoons)*
- 1/2 cup old-fashioned rolled oats— *or quick-cooking oats, do not use instant or steel cut*
- 1/4 cup chopped fresh Italian parsley
- 1 1/2 tablespoons tomato paste
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 large egg

## *Instructions:*

1. Heat the olive oil in a medium skillet over medium-low heat add the onion and cook until onion is translucent and lightly brown. Stir in the carrots and cook for another 2 minutes, then stir in the garlic and cook until fragrant, about 1 additional minute.
2. Place the oats and parsley in the bottom of a food processor then pulse a few times to begin breaking up the oats. Add the cooked lentils, onion mixture, tomato paste, oregano, salt, and pepper. Pulse a few times to start combining the mixture, then crack in the egg. Pulse a few more times until the mixture is combined but the lentils still have some texture. Set aside and let rest for 10 minutes or refrigerate overnight.
3. On a lined sheet pan spray no stick spray. Roll Lentils mixture into balls and arrange in single layers on the sheet pan. Mist each one with non stick spray. Cook at 425 degrees for 10 min then turn and spray non stick on other side and cook for another 8-10 min. Meatballs should be browned and lightly crisp.
4. Serve warm with pasta or vegetable noodles and your famous marinara Pesto or cream sauce.

Original Recipe- <https://www.wellplated.com/lentil-meatballs/>

# Lentil Shepherd's Pie



**Servings: 6**

## *Ingredients:*

- 1 tablespoon oil (olive, canola, vegetable)
- 1 onion, chopped
- 2 carrots, peeled and chopped
- 16 oz mushrooms, sliced
- 4 cloves garlic, minced
- 2 teaspoons dried thyme leaves
- 1 1/2 cups brown or green lentils (or 38oz canned lentils, see notes)
- 3 cups vegetable broth (or 1 vegetable bouillon cube, see notes)
- 1 cup peas, fresh or frozen
- 2 tablespoons soy sauce
- 1/4 cup BBQ sauce (check to make sure it's vegan)
- 1 recipe Vegan Garlic Mashed Potatoes

## *Instructions:*

1. Preheat oven to 425F (220C).
2. Heat the oil in a large frying pan or skillet over medium-high heat. Add in the onion, carrots, mushrooms, garlic, and thyme and sauté for 6 to 8 minutes until softened and bits are browned. Remove from pan, and set aside.
3. Return the pan to heat, add in the lentils, and vegetable broth. Cover, and simmer for 25 - 30 minutes until the broth is absorbed and the lentils are tender. While the lentils cook, prepare the mashed potatoes according to the directions.
4. Add the vegetables back to the pan with the lentils, and add the peas, BBQ sauce, and soy sauce. Heat through. Scoop the mixture into a casserole dish or large skillet and then spread the mashed potatoes on top.
5. Bake for 10 - 15 minutes until the pie is hot and bubbling around the edges.

**Original Recipe - <https://itdoesnttastelikechicken.com/seriously-the-best-lentil-shepherds-pie/>**

## Instant Pot Lentil Tacos



Servings: 16

### *Ingredients:*

- 2 cups dry lentils , green or brown
- 4 cups vegetable stock
- 1/2 cup salsa
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1/2 teaspoon cumin

### **Topping ideas:**

- corn or flour tortillas, for serving
- shredded cheese
- 14.5 ounce can dice tomatoes
- avocado, chopped (or guacamole)
- fresh cilantro
- green onion, chopped
- olives
- sour cream (or plain Greek yogurt)
- house made salsa, or hot sauce

### *Instructions:*

1. Add all ingredients to instant pot and stir to combine.
2. Close the lid and move valve to sealing position.
3. Cook on manual (high pressure) for 15 minutes.
4. Once the timer beeps, cover the valve with a towel and switch it to quick release to release all of the pressure.
5. Open lid and gently stir.
6. Allow to cool while you prepare toppings.
7. Serve warm, inside corn or flour tortillas, with desired toppings.

**Original Recipe - <https://tastesbetterfromscratch.com/instant-pot-lentil-tacos/>**



## Mediterranean Zucchini Noodles



**Servings: 2 large servings**

### *Ingredients:*

- 2 large zucchini or 1 package of store-bought zucchini noodles
- 1 tsp olive oil
- 4 cloves garlic diced
- 10 oz cherry tomatoes cut in half
- 1/2 cup jarred artichoke hearts drained and chopped
- 1/4 cup sun-dried tomatoes drained and chopped
- 2-4 oz plain hummus
- 1 tsp oregano
- 1/2 tsp red wine vinegar plus more to taste
- salt & pepper to taste
- vegan parmesan + fresh basil for topping

### *Instructions:*

1. Cut ends off of zucchini and spiralize. Set aside.
2. Heat olive in a pan over medium heat.
3. Add garlic and cherry tomatoes to the pan and sauté until tomatoes begin to burst (approx. 3-4 minutes).
4. Add zucchini noodles, artichoke hearts, sun-dried tomatoes, hummus, oregano and red wine vinegar to the pan. Sauté for 1-2 minutes, or until zucchini is tender-crisp\* and everything is heated through.
5. Taste and add salt & pepper as needed.
6. Serve immediately\*\* with vegan parmesan and fresh basil.

**Original Recipe - <https://www.thissavoryvegan.com/mediterranean-zucchini-noodles/>**

# Mushroom Stroganoff



**Yield: 4-6**

## *Ingredients:*

- 1 pound wide egg noodles
- 3 tablespoons butter, divided
- 1 small white onion, thinly sliced
- 4 cloves garlic, minced
- 1 pound baby bella mushrooms\*
- 1/2 cup dry white wine
  - cups vegetable stock
- 1 tablespoon Worcestershire sauce (*here is a vegetarian brand*)
- 3 1/2 tablespoons flour
- 3 small sprigs of fresh thyme (*or 1/4 teaspoon dried thyme*)
- 1/2 cup plain Greek yogurt or light sour cream
- Kosher salt and freshly-cracked black pepper
- optional toppings: freshly-grated Parmesan cheese, chopped fresh parsley, extra black pepper

## *Instructions:*

1. Cook egg noodles al dente in boiling, generously-salted water according to package instructions. (For optimal timing, I recommend actually adding the egg noodles to the boiling water at the same time that the vegetable stock is added to the stroganoff.)
2. Melt 1 tablespoon butter in a large sauté pan over medium-high heat. Add onions and sauté for 5 minutes, stirring occasionally. Add the remaining 2 tablespoons butter, garlic and mushrooms, and stir to combine. Continue sautéing for an additional 5-7 minutes, until the mushrooms are cooked and tender. Add the white wine and deglaze the pan by using a wooden spoon to scrape the brown bits off the bottom of the pan. Let the sauce simmer for 3 minutes.
3. Meanwhile, in a separate bowl, whisk together the vegetable stock, Worcestershire and flour until smooth. Pour the vegetable stock mixture into the pan, along with the thyme, and stir to combine. Let the mixture simmer for an additional 5 minutes, stirring occasionally, until slightly thickened. Then, stir in the Greek yogurt (or sour cream) evenly into the sauce. Taste, and season with a generous pinch of two of salt and pepper as needed.

**Original Recipe - <https://www.gimmesomeoven.com/mushroom-stroganoff/>**

## Peanuttty Quinoa Bowl



**Servings: 2**

### *Ingredients:*

- 1/2 cup quinoa
- 1 teaspoon olive oil
- 1 small red bell pepper, seeded and diced
- 1 small broccoli crown, broken into florets
- 2 tablespoons peanut butter
- 1 tablespoon fresh lime juice
- 1 tablespoon water
- 1 teaspoon tamari (or soy sauce)
- 1/2 teaspoon brown sugar or coconut sugar
- 1/2 teaspoon freshly grated ginger
- Salt and pepper to taste
- 4 slices baked tofu
- 2 tablespoons chopped roasted peanuts

### *Instructions:*

1. Cook the quinoa in water or vegetable broth according to package directions. While the quinoa is cooking, heat the olive oil in a medium skillet over medium-high heat. Add the red pepper and cook for about 3 minutes, until softened. Transfer to a large bowl. Add the broccoli to the skillet with 2 tablespoons of water. Cover and steam for about 2 minutes, or until the broccoli is tender. Transfer the broccoli to the bowl with the pepper.
2. Whisk the peanut butter, lime juice, water, tamari, sugar, and ginger in a small bowl. When the quinoa is done, transfer it to the bowl with the veggies and toss everything with the peanut sauce. Season with salt and pepper to taste. Divide the quinoa into 2 bowls, then top each with 2 slices of tofu and a tablespoon of chopped peanuts.

## Baked Tofu



Servings: 2

### *Ingredients:*

- 3 tablespoons tamari (or soy sauce)
- 1 tablespoon maple syrup
- 1 tablespoon olive oil
- 1 clove garlic, minced
- A pinch or two of freshly ground pepper
- 1 (15-ounce) package extra-firm tofu, drained, pressed for 30 minutes, and cut into 8 slices (use a [tofu press](#) for best results)

### *Instructions:*

1. Whisk together the tamari, maple syrup, olive oil, garlic, and pepper in a small baking dish. Place the tofu in the dish and let it marinate for about 30 minutes, flipping the tofu over after about 15 minutes. The tofu should soak up almost all of the marinade.
2. Preheat oven to 400°F. Spray a baking sheet with oil or cooking spray or line it with parchment paper; place the tofu on the baking sheet and bake for about 40 minutes, or until edges are dark and tofu is chewy, turning tofu over halfway through cooking time.

## Portobello Mushroom “Bacon” Vegan



**Servings: 1**

### *Ingredients:*

- 1 tablespoon coconut oil
- One large Portobello mushroom – washed and patted dry
- 1/4 cup maple syrup
- 2 tbsp liquid smoke
- sea salt to taste
- Pepper to taste

### *Instructions:*

1. In a bowl that is large enough to marinate the mushroom slices combine the liquid smoke, maple syrup, salt, and pepper.
2. Cut the mushroom into thin strips, no more than a 1/4 of an inch thick, and marinate both sides in the liquid mixture. At least 15 minutes per side.
3. Heat the oil in a medium skillet and cook the mushrooms for 3 minutes, flip and cook for 3 more minutes. They should be browned and the edges should look crispy.

### **Notes**

For a Bacon Lettuce and Tomato sandwich toast two pieces of whole grain bread. Add lettuce, sliced tomato, the mushroom bacon, and salt and pepper if desired. You can also spread some vegan mayo on the toast for added flavor.

**Original Recipe - <https://www.veganosity.com/portobello-mushroom-bacon-vegan-bacon/>**

## Vegan Portobello Pot Roast



Servings: 4

### *Ingredients:*

- 1/2 cup | 120mls red or white wine , I think red works best
- 4 large portobello mushrooms sliced into 3/4-inch pieces
- 1 large onion sliced
- 2 cloves garlic pressed
- 3 tablespoons flour if sensitive to gluten use gluten-free flour
- 1 teaspoon rubbed sage
- 1 teaspoon dried basil
- 3 cups vegetable broth divided.
- 4 large potatoes quartered
- 4 large carrots cut into 3-inch pieces
- Salt and freshly ground black pepper or lemon pepper to taste
- 2 teaspoons vegan Worcestershire sauce , or 1 tablespoon of soy sauce or tamari
- 4 sprigs fresh thyme
- 1 sprig fresh rosemary

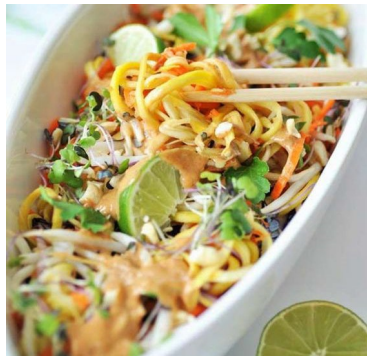
### *Instructions:*

1. Preheat the oven to 350 degrees F (for slow cooker instructions see recipe notes)
2. In a large saucepan (or a large stovetop to oven like a Dutch Oven , heat 1/4 cup of the wine and add the portobello mushroom slices. Allow them to cook through and brown a bit—you'll need to keep moving them around and turning them—and then remove from the pan and set aside.
3. Add the remaining 1/4 cup wine to the pan and add the onion and garlic. Caramelize the onions by stirring them until they wilt and begin to brown. Remove the onions from the pan and set aside.
4. Mix the flour, sage, and basil together in a small bowl. Stir in 1/4 cup of the broth to create a paste, and pour the mixture into the same pan you used for the mushrooms and onions. While stirring constantly over medium heat, very slowly add the rest of the broth so that you create a gravy or sauce.
5. When the mixture just starts to boil, turn the heat off and add any additional seasonings you prefer, such dried herbs and black pepper.

6. Add the potatoes, carrots, salt and pepper, and Worcestershire sauce to the gravy mixture. If more liquid is needed to keep the vegetables from drying out, add more broth.
7. Add the mushrooms and onions to the mixture and ladle into a large ceramic or glass pot or casserole dish with a lid, layering in the sprigs of rosemary and thyme. Place the lid on and put into the oven and bake for 1 hour. Remove from the oven and serve hot.

**Original Recipe - <https://avirtualvegan.com/portobello-pot-roast/>**

# Raw Super Sprouts Pad Thai with Spicy Peanut Sauce



**Servings: 2**

## *Ingredients:*

- 3 medium yellow squash – peeled and spiralized
- 3 medium carrots – peeled and spiralized
- 1 cup of coarsely chopped red cabbage
- 1/2 cup of coarsely chopped cilantro
- 1/2 cup of bean sprouts (blanched)
- 1/2 cup of micro green sprouts (blanched)
- For the Chili Peanut Sauce:
  - 3 tablespoons of natural peanut butter
  - 1 tablespoon of chili paste
  - 3 tablespoons of low sodium soy sauce
  - 3 to 4 tablespoons of water

## *Instructions:*

1. Blanch the sprouts in boiling water for two minutes and then put in ice cold water. Pat dry with a paper towel.
2. Put the squash, carrots, cabbage, cilantro, and sprouts in a large bowl and toss with the chili peanut sauce to coat.
3. To make the sauce:
4. Whisk the peanut butter chili paste, soy sauce, and water in a small bowl with a fork until fully blended and creamy.

**Original Recipe - <https://www.veganosity.com/raw-super-sproutspad-thai-with-spicy-peanut-sauce/>**



# Roasted Teriyaki Mushrooms and Broccolini Soba Noodles



Servings: 4

## *Ingredients:*

### **MUSHROOMS:**

- 3 8 oz containers of button mushrooms
- 1 tbs high heat oil
- 1 tbs rice wine vinegar
- 2 tbs honey
- 2 tbs tamari (gluten free soy sauce) or soy sauce
- 1 tsp grated ginger

### **SOBA NOODLES & VEGETABLES:**

- 1 package of gluten free buckwheat soba noodles
- 1 tbs olive oil
- 2 cloves garlic, minced
- ½ shallot, diced
- 2 bunches broccolini, ends cut off and if the stems are thick cut them in half lengthwise
- 5 stalks kale, cut into shreds

### **SAUCE FOR SOBA NOODLES:**

- ¼ cup tamari (gluten free soy sauce) or soy sauce
- 2 tablespoons olive oil
- Juice of 1 lemon
- 1 tablespoon toasted sesame oil
- 1 tablespoon honey
- 1 teaspoon sriracha
- 1 tsp grated ginger

### **TOPPINGS:**

- sesame seeds

- green onions, chopped
- hot peppers, chopped

### *Instructions:*

1. Preheat oven to 425 and line a baking sheet with parchment paper. Pop stems off the mushrooms, wipe any dirt with a paper towel, cut each mushroom in half, and place them in a large bowl. Whisk together the mushroom glaze ingredients. Pour the glaze over the mushrooms in a bowl and mix until all the mushrooms are evenly coated. Pour the mushrooms onto the parchment lined baking sheet and place them in the preheated oven for 15 minutes. Remove and toss so they cook evenly. Roast for another 15 minutes.
2. Meanwhile, cook soba noodles to package directions and heat a large skillet with 1 tbs olive oil over medium heat. Add minced garlic and diced shallot and cook for 1 minute. Add broccolini, kale, and salt and pepper to taste, and cook until just tender, about 5 minutes.
3. While vegetables and noodles are cooking, whisk together the soba noodle sauce ingredients in a bowl.
4. Add cooked noodles to the pan of broccolini and kale, add the sauce, and stir until all the vegetables and noodles are evenly coated in sauce.
5. Place a portion of noodles and vegetables into bowls and top them with the roasted mushroom. Garnish with sesame seeds, hot peppers, and green onions.

**Original Recipe - <https://www.sobremesa-blog.com/blog/roasted-teriyaki-mushrooms-soba-noodles>**

# Garlic Sesame Noodle Bowl



**Servings: 4**

## *Ingredients:*

- 1 8 oz. package chickpea spaghetti
- 2 tsp vegetable oil
- 1 red bell pepper thinly sliced
- 1 carrot thinly sliced or cut into matchsticks
- 1 head broccoli cut into bite-sized florets
- 2 green onions or scallions thinly sliced (optional, for serving)
- 1 tbsp toasted sesame seeds (optional, for serving)

### **For the sauce**

- 1/4 cup low-sodium soy sauce
- 4 cloves garlic minced
- 2 tbsp coconut sugar (or use brown sugar)
- 1 tbsp chili-garlic sauce (or use sriracha, etc.)
- 1 tbsp hoisin sauce
- 1 tbsp toasted sesame oil

## *Instructions:*

1. Boil a large pot of water. Cook the Explore Cuisine chickpea spaghetti according to package directions until cooked through. Drain and rinse with cold water.
2. Whisk together all of the sauce ingredients in a small bowl. Adjust the seasoning to taste if desired.
3. While the pasta cooks, heat the oil in a large skillet or wok over medium-high heat. Add the bell pepper and carrot. Cook, stirring frequently, until starting to become tender, about 3 minutes. Add the broccoli, and cook for another 2 minutes until the broccoli turns bright green.
4. Add the cooked chickpea noodles and sauce mixture, folding gently to combine. Continue to cook for about 3 more minutes, or until the sauce is thickened slightly and heated throughout. Serve hot, garnished with green onion and sesame seeds if desired.

**Original Recipe - <https://yupitsvegan.com/garlic-sesame-noodles/>**

## Slow Cooked Enchilada Quinoa Bake



### *Ingredients:*

- 1 Tbsp canola oil
- 1 1/4 cups chopped yellow onion (1 medium)
- 1 1/4 cups chopped red bell pepper (1 medium)
- 3 cloves garlic, minced
- 1 1/2 cups dry quinoa
- 2 1/4 cups vegetable broth
- 1 (14.5 oz) can tomatoes with green chilies, undrained
- 1 (8 oz) can tomato sauce
- 2 Tbsp chili powder
- 1 1/2 tsp ground cumin
- Salt and freshly ground black pepper, to taste
- 1 (14.5 oz) can black beans, drained and rinsed
- 1 (14.5 oz) can pinto beans, drained and rinsed
- 1 1/2 cups frozen corn
- 1 1/2 cups cheddar or monterey jack, or Mexican blend cheese

### **For Serving**

- Diced avocados, diced Roma tomatoes, chopped cilantro, lime wedges, chopped green onions (optional)

### *Instructions:*

1. Heat canola oil in a skillet over medium-high heat. Add onion and bell pepper and sauté 3 minutes. Add garlic and saute 30 seconds longer. Pour mixture into a slow cooker.
2. Stir in quinoa, vegetable broth, canned tomatoes, tomato sauce, chili powder and cumin and season with salt and pepper to taste.
3. Cover and cook on HIGH heat about 2 hours 45 minutes - 3 hours 15 minutes (cook time can vary because all slow cookers cook a little differently so just keep an eye on it near the end to make sure it's neither getting soggy or drying out near the edges).

4. Add corn, black beans and pinto beans and toss mixture. Even top then sprinkle with cheese. Cover and cook until heated through and cheese has melted about 10 - 15 minutes longer. Serve warm with desired toppings.

**Original Recipe - <https://www.cookingclassy.com/slow-cooker-enchilada-quinoa-bake/>**

# Southwest Quinoa Power Bowl



**Servings: 2**

## *Ingredients:*

### **FOR THE BOWLS**

- 1/2 cup quinoa
- 1/4 tsp adobo seasoning (or a southwest flavor seasoning)
- 1/4 tsp salt
- 2 tsp olive oil
- 1 medium sweet potato, chopped
- 1/4 cup onion, chopped
- 1/2 cup canned black beans, rinsed
- 1 medium red bell pepper, sliced
- 1 medium avocado, sliced
- cilantro for garnish

### **HONEY LIME DRESSING:**

- 2 TBS canned coconut milk\*
- 1 TBS water
- 1 tsp olive oil
- juice of 1 lime, about 3 TBS
- 1 TBS raw honey (or agave if strictly vegan)
- 1/8 tsp salt, or more to taste

## *Instructions:*

1. **COOK QUINOA:** Rinse quinoa in fine mesh strainer and place in small pot of water with 1 1/2 cups of water. Allow pot to come to a boil, add in your seasoning and simmer for about 15 minutes, until quinoa is tender and water has mostly gone.
2. **COOK SWEET POTATOES:** While the quinoa is cooking, cook your chopped sweet potato and onion in medium pan with olive oil. Add salt and pepper, or more seasoning if you wish. Cook on medium heat until tender, about 10-15 minutes.
3. **MAKE DRESSING:** In a medium bowl whisk together all ingredients
4. **ASSEMBLE BOWLS:** Distribute quinoa, potatoes and onions, black beans, bell pepper, and sliced avocado in bowls. Dress with honey lime dressing and garnish with cilantro

# Spicy Buffalo Chickpea Wrap



Servings: 4

## *Ingredients:*

### **DRESSING + SALAD**

- 1/3 cup house made hummus
- 1 1/2 - 2 Tbsp maple syrup (plus more to taste)
- 1 small lemon, juiced (1 small lemon yields ~2 Tbsp)
- 1-2 Tbsp hot water (if to thin)
- 1 head romaine lettuce (or sub 1 bundle kale)

### **BUFFALO CHICKPEAS**

- 2 cups cooked chickpeas
- 1 Tbsp coconut oil (or sub grape seed or olive oil)
- 4 Tbsp Franks Buffalo Sauce
- 1/4 tsp garlic powder (or sub 1 minced garlic clove per 1/4 tsp powder)
- 1 pinch sea salt

### **FOR SERVING**

- 3-4 vegan-friendly flour tortillas, pita, or flatbread
- 1/4 cup red onion, diced
- 1/4 cup baby tomato, diced
- 1/4 ripe avocado, thinly sliced

## *Instructions:*

1. Make dressing by adding hummus, maple syrup, and lemon juice to a mixing bowl and whisking to combine. Add hot water until thick but pourable.
2. Taste and adjust flavor as needed, then add romaine lettuce or kale, and toss. Set aside.
3. To make chickpeas, add drained, dried chickpeas to a separate mixing bowl. Add coconut oil, 3 Tbsp hot sauce, garlic powder, and a pinch of salt - toss to combine/coat.
4. Heat a metal or cast-iron skillet over medium heat. Once hot, add chickpeas and sauté for 3-5 minutes, mashing a few chickpeas gently with a spoon to create texture (see photo).
5. Once chickpeas are hot and slightly dried out, remove from heat and add remaining 1 Tbsp hot sauce. Stir to combine. Set aside.
6. To assemble, top each wrap with a generous portion of the dressed romaine salad, and top with 1/4 cup buffalo chickpeas and a sprinkle of diced tomatoes, avocado, and/or onion.

7. Serve immediately. Store leftovers separately in the refrigerator up to 3 days, though best when fresh. You can enjoy the buffalo chickpeas cold, room temperature or heated up.

**Original Recipe - <https://minimalistbaker.com/spicy-buffalo-chickpea-wraps/>**



## Lentil Zucchini Sloppy Joe Sliders



### *Ingredients:*

#### **Lentils:**

- 3/4 cup red lentils quick cooking re/orange/pink lentils, masoor dal
- 2 cups water

#### **Sloppy Joes:**

- 1 tsp oil
- 4 cloves garlic minced
- 1/2 medium onion chopped
- 1 small green bell pepper chopped
- 1 cup shredded carrots
- 1 medium zucchini shredded
- 2 tsp smoked paprika or use half sweet and half smoked paprika
- 1/4 tsp or more cayenne I use about 1/2 tsp
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 to 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp chipotle pepper or cumin for smokier flavor optional and a good pinch of allspice (optional)
- 2 tbsp vegan Worcestershire sauce or use 2 tsp soy sauce (coconut aminos for soyfree, 1 tsp apple cider vinegar, 1/2 tsp tamarind paste, 1 tsp molasses and sugar to taste)
- 3 oz tomato paste
- 1/4 cup ketchup
- 3/4 tsp salt
- sugar or maple if needed
- a dash of lemon
- Other flavor additions: 1 to 2 tsp soy sauce or bbq sauce, or hot sauce

#### **Other:**

- Soft Dinner Rolls or Burger Buns or use gluten-free tortillas
- lettuce or greens
- sliced onions or coleslaw

## *Instructions:*

1. In a saucepan, combine washed and drained red lentils, water and a good pinch of salt and cook over medium heat for 8 to 10 minutes or until al dente. Drain and set aside.
2. Heat oil in a skillet or saucepan over medium heat. Add garlic and cook for 2 minutes or until golden. I usually use a processor to process the onion and bell pepper then transfer to a bowl and process carrots and zucchini and keep ready.
3. Add the onion and bell pepper and cook for 3 minutes, stirring occasionally.
4. Add the shredded carrots, zucchini, the spices and a good dash of salt and black pepper. Cook for 3 to 6 minutes, depending on moisture content of the veggies.
5. Add the lentils, spices+herbs, Worcestershire, tomato paste, ketchup, salt and mix in well. Cook for a minute. Taste and adjust salt, heat and flavor. Add maple for sweetness, lemon for tang. cover and let cook for another minute or longer until the mixture is not too wet. Take off heat and let sit for another few minutes before serving.
6. Prep the buns or tortillas by toasting, layer some greens, the sloppy mix, onions or other crunchy veggies and serve! I love those with fresh pico de gallo and crunchy lettuce or cabbage.

**Original Recipe - <https://www.veganricha.com/2017/07/cajun-spiced-smoky-vegan-sloppy-joes>**

# Spicy Rice Bowl with Korean Marinated Tofu



Servings: 4

## *Ingredients:*

### For the Tofu

- 350g Firm Tofu
- 3 TBSP Gochujang
- 1-1/2 TBSP Soy Sauce
- 1 TBSP Honey
- ½ TBSP Sesame Oil
- 1 TSP Ginger Grated
- 2 Cloves Crushed
- 2 TBSP Rice Bran Oil

### For the Spicy Rice Bowl

- 500g Cooked Rice
- 2 Carrots peeled and chopped into battons
- ½ Cucumber chopped into battons
- 1 Avocado sliced
- Sesame Seed to serve
- Sriracha or favorite hot sauce to serve

## *Instructions:*

1. **Press the tofu:** Put a few sheets of kitchen towels on a plate, put the tofu on top then add a few more sheets of kitchen towel to the top. Put another plate with some tins of food or a heavy skillet on top and leave for at least 10 minutes. You can also use a tofu press for this if you have one.
2. **Marinate the tofu:** Whisk together the gochujang, soy sauce, honey, sesame oil, garlic and ginger. Cut the tofu into cubes and add to the marinade. Gently toss and set aside.
3. **Cook the tofu:** Heat the oil over a medium high heat in a frying pan. Fry the tofu (keeping the leftover marinade for the rice) in a single layer browned on all sides, you might need to do this in batches. Scoop out onto a paper towel lined plate to drain.

4. **Make the rice:** In the same frying pan you cooked the tofu add another drizzle of oil then add the rice and pour over any leftover marinade from the tofu, fry until heated through and coated in the spicy marinade.
5. **Assemble the bowls:** Split the rice between four bowls. Add carrots, cucumber, avocado and cooked tofu. Top with sesame seeds and your favourite hot sauce.

Original Recipe - <https://thecookreport.co.uk/spicy-rice-bowls-korean-marinated-tofu/>

## Baked Sweet and Sour Cauliflower



### *Ingredients:*

- 5-6 cups cauliflower florets
- 3 tablespoons rice bran oil
- 1/3 cup corn starch
- 3-4 cups steamed rice, for serving
- thinly sliced green onions for garnish

### **Sauce**

- 3/4 cup brown sugar
- 1/2 cup apple cider vinegar (may sub white vinegar)
- 2 tablespoons soy sauce
- 1 teaspoon garlic powder
- 1/2 teaspoon onion salt
- 1/4 cup ketchup
- 1 tablespoon cornstarch + 2 tablespoon cold water

### *Instructions:*

1. Toss cauliflower in the oil make sure fully covered add the corn starch and toss until fully coated. Place on a greased sheet pan and bake for 15-20 minutes in a 425 degree oven until cauliflower starts to brown on the bottoms then broil for 3-4 min just until tops start to brown do not burn.
2. Prepare the sauce Add sugar, vinegar, soy sauce, garlic powder, onion salt, and ketchup to a medium sauce pan. Stir and bring to a boil. In a small bowl whisk together the 1 tablespoon corn starch and cold water until dissolved. Add to sauce pan and stir until thickened, then reduce to low heat. (You could also add Bell pepper, Onion and Pineapple if desired)
3. In a large heat-safe bowl combine roasted cauliflower and sauce and toss.
4. Serve over steamed rice, Fried Rice, Chow Mein and top with sliced green onions.

**Original Recipe - <https://www.lecremedelacrumb.com/baked-sweet-sour-cauliflower/>**

# Sweet Potato Chickpea Buddha Bowl



Servings: 3

## *Ingredients:*

### **VEGETABLES**

- 2 Tbsp olive, melted coconut, or avocado oil
- 1/2 medium red onion (sliced in wedges)
- 2 small sweet potatoes (halved)
- 1 bundle broccolini (large stems removed // chopped)
- 2 big handfuls kale (larger stems removed)
- 1/4 tsp each salt + pepper

### **CHICKPEAS**

- 1 15-ounce chickpeas (drained, rinsed + patted dry)
- 1 tsp cumin
- 3/4 tsp chili powder
- 3/4 tsp garlic powder
- 1/4 tsp each salt + pepper
- 1/2 tsp oregano (*optional*)
- 1/4 tsp turmeric (*optional*)

### **TAHINI SAUCE (OPTIONAL)**

- 1/4 cup tahini
- 1 Tbsp maple syrup
- 1/2 medium lemon (juiced)
- 2-4 Tbsp hot water (to thin)

## *Instructions:*

1. Preheat oven to 400 degrees F (204 C) and arrange sweet potatoes and onions on a bare baking sheet. Drizzle both with a bit of oil, making sure the flesh of the sweet potatoes are well coated and placed skin side down on the sheet.
2. Bake for 10 minutes, then remove from oven flip sweet potatoes and add broccolini. Drizzle broccolini with a bit of oil and season with a pinch each salt and pepper.
3. Bake for another 8-10 minutes, then remove from oven and add kale. Drizzle kale with a touch more oil and season with a pinch each salt and pepper. Bake for another 4-5 minutes then set aside.

4. While vegetables are roasting, heat a large skillet over medium heat and add chickpeas to a mixing bowl and toss with seasonings.
5. Once hot, add 1 Tbsp oil (amount as original recipe is written // use half of total amount if altering batch size) and chickpeas and sauté, stirring frequently. If they're browning too quickly, turn down heat. If there isn't much browning going on, increase heat. I found 10 minutes total at slightly over medium heat was perfect.
6. Once the chickpeas are browned and fragrant, remove from heat and set aside.
7. Prepare sauce by adding tahini, maple syrup and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Set aside.
8. To serve: Slice sweet potatoes into bite size pieces. Divide vegetables between 3 serving bowls and top with chickpeas + tahini sauce.
9. Best when fresh, though leftovers will keep for a few days in the fridge.

**Original Recipe - [https://minimalistbaker.com/sweet-potato-chickpea-buddha-bowl/#\\_a5y\\_p=3719282](https://minimalistbaker.com/sweet-potato-chickpea-buddha-bowl/#_a5y_p=3719282)**

## Sweet Potato and Corn Enchiladas



Servings: 6

### *Ingredients:*

- 2 sweet potatoes, peeled and chopped into small cubes
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1 recipe Easy Cheater Vegan Mole Sauce see below
- 6 small corn or flour tortillas
- 2 cups corn, fresh or frozen
- 1 avocado, chopped
- 1 handful cilantro, chopped

### *Instructions:*

1. Preheat your oven to 450F (230C).
2. Spread the sweet potatoes across a large baking sheet, then drizzle the olive oil, chili powder, and salt across the potatoes. Toss well to coat the sweet potatoes. Bake for 12 to 18 minutes, turning every now and then until the potatoes have browned a bit on the outside and are tender all the way through when pierced with a fork. Remove from the oven and set aside.
3. Reduce the oven to 350F (180C).
4. Spread 1/3 of the mole sauce to cover the bottom of an 8" x 11" baking dish. Assemble your enchiladas by filling a tortilla with 1/6 of the sweet potato and 1/6 of the corn (don't worry about trying to make this perfect). Roll it up, and place it in the baking dish, with the seam side down. Repeat with the remaining tortillas until you have filled your dish. If you have any leftover sweet potato or corn, just shove it down the sides. Spread the remaining mole sauce across the top of the enchiladas. Bake for 15 to 20 mins until hot all the way through. Garnish with the avocado and cilantro before serving.

**Original Recipe - <https://itdoesntastelikechicken.com/sweet-potato-corn-enchiladas-with-mole-sauce/>**



## Mole Sauce



### *Ingredients:*

- 1 tablespoon light oil, such as canola or vegetable
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 2 cups vegetable broth
- 2 tablespoon cocoa powder
- 1 1/2 tablespoon all-purpose flour
- 1 tablespoon natural peanut butter
- 2 teaspoons chili powder
- 1 teaspoon oregano
- 1/2 - 1 teaspoon chipotle powder (depending on spice preference)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt

### *Instructions:*

1. Heat the oil in a skillet or large saucepan. When hot, sauté the onion and garlic until the onions turn translucent and begin to brown, about 5 minutes.
2. Add the broth, and use your spoon to scrape off any bits stuck to the bottom of the pan. Now add all the cocoa, flour, peanut butter, all the spices and whisk well to combine. Bring to a simmer and cook for about 5 minutes until it thickens and is very fragrant.
3. Use an immersion blender directly in the pot, or add the sauce to a blender, and blend until completely smooth. Boom! A gorgeous flavor packed mole sauce is ready to go. Serve hot. Store leftovers in an air-tight container in the fridge for up to a week.

**Original Recipe - <https://itdoesntastelikechicken.com/easy-cheater-vegan-mole-sauce/>**

# Thai Tempeh Buddha Bowl



## *Ingredients:*

### **FOR THE BOWL**

- 2 TBS coconut aminos (or tamari/soy sauce)
- 1 tsp sesame oil
- 1 TBS rice vinegar
- 8oz package tempeh
- 1/2 cup uncooked freekeh (or quinoa, wild rice)
- 4 cups mixed greens
- 1/2 red bell pepper, thinly sliced
- 1/2 cup shredded purple cabbage
- 1 small sweet potato, chopped and roasted
- 1 small avocado, pitted, fleshed and chopped

### **CASHEW CURRY SAUCE**

- 1 1/2 TBS cashew butter
- 1 1/2 TBS coconut milk (canned or carton for best consistency)
- 1 TBS coconut aminos (or soy sauce, tamari, etc.)
- 1 tsp rice vinegar
- 1/2 tsp red curry paste

## *Instructions:*

### **PREPARE THE TEMPEH**

- For the tempeh, I like to chop into cubes and let marinate in mixture of 2 TBS coconut aminos (or tamari/soy sauce), 1 tsp sesame oil, and 1 TBS rice vinegar for about 10 minutes. Cook tempeh in medium frying pan on medium heat for about 10 minutes, until golden and crispy.

### **COOK THE FREEKEH**

- While tempeh is marinating, start the freekeh by placing 1/2 cup freekeh and 1 1/2 cups of water in medium saucepan on medium-high heat. Bring mixture to a boil, then cover and simmer for about 20 minutes, until water has evaporated.

### **MAKE THE CURRY SAUCE**

- To make the sauce, add cashew butter, coconut milk, coconut aminos (or tamari/soy sauce), rice vinegar, and red curry paste in a small bowl and whisk vigorously until combined.

### **ASSEMBLE THE BOWLS**

- In a medium serving bowl, add mixed greens, cooked tempeh and freekeh, layer in veggies, and top with curry sauce. This bowl is best eaten fresh, but leftovers will keep in fridge for a couple days.

[Original Recipe - https://www.fitmittenkitchen.com/thai-tempeh-buddha-bowl/](https://www.fitmittenkitchen.com/thai-tempeh-buddha-bowl/)

## Tuscan White Bean Pasta



**Servings: 4**

### *Ingredients:*

- 8 oz linguine or fettuccine
- 1 Tbsp olive oil
- 1 Tbsp butter
- 3 cloves garlic, minced
- 1 pint grape or cherry tomatoes
- 10 cranks freshly ground pepper
- 1/2 tsp salt
- 1/2 tsp dried basil
- 1 15 oz. can cannellini beans
- 4 oz baby spinach
- 3 oz shredded parmesan

### *Instructions:*

1. Fill a large pot with water and place over high heat to bring it to a boil. Once boiling, add the pasta and cook according to the package directions (boil for 7-10 minutes). Drain the pasta in a colander.
2. While you're waiting for the water to boil, mince the garlic. Heat the olive oil and butter in a large skillet over medium-low heat. Add the garlic and sauté for about a minute, or until it has softened and become very fragrant.
3. Add the tomatoes, salt, pepper and basil. Sauté the tomatoes until the skins burst and the tomatoes begin to release their juices. It's important to not have the heat under the skillet too high here or the garlic may burn before the tomatoes break down. You want the garlic to brown and caramelize a bit, but not burn.
4. Once the tomatoes begin to break down, add the spinach and stir it into the tomatoes until it is about half way wilted.
5. Rinse and drain the can of cannellini beans. Add the beans to the skillet and stir until they are heated through. The tomato juices will have created a thick sauce-like mixture

on the bottom of the skillet at this point. Taste the mixture and add a bit more salt if needed. It should be slightly on the salty side in order to properly flavor the pasta.

6. Add the cooked and drained pasta to the skillet. Toss until the pasta is coated in the sticky sauce and everything is combined. Top with shredded parmesan, plus add a bit of Parmesan to the top of each bowl.

**Original Recipe - <https://www.budgetbytes.com/tuscan-white-bean-pasta/>**

# The Ultimate Buffalo Cauliflower Sandwich



**Servings: 4 sandwiches**

## *Ingredients:*

- 1 head cauliflower\* cut in 1/2 inch steaks
- 1 cup buffalo sauce separated
  - 1 tsp garlic powder separated
- 1 tsp chili powder
- 2 tbsp olive oil
- 1 tbsp flax meal
- 3 tbsp water
- 3/4 cup flour
- 3/4 cup sparkling water
- oil for frying
- 4 ciabatta rolls
- Optional Toppings lettuce, tomato, onion, avocado, vegan ranch

## *Instructions:*

1. Preheat oven to 425 degrees and line a baking sheet with parchment paper.
2. Prepare cauliflower by destemming and cutting it into 1/2 inch steaks (from top to bottom).
3. Combine 1/2 cup buffalo sauce, 1 tsp garlic powder, chili powder and olive oil in a bowl.
4. Dip each steak in the sauce and allow excess to drip off. Place on the baking sheet and cook in the oven for 10 minutes. Remove from the oven and flip the steaks. Baste with leftover sauce and cook in the oven for an additional 10 minutes. Remove from the oven and allow to cool while you prepare the batter.
5. Combine flax meal and 3 tbsp (flat) water in a small bowl and set aside for 5 minutes.
6. Add 1/2 cup buffalo sauce, 1/2 tsp garlic powder, flour, sparkling water and flax "egg" to a bowl.
7. IF FRYING: Heat oil in a shallow pan until it reaches 360 degrees. Dip each steak in the batter and allow excess to drip off. Working in batches, carefully add

- battered steaks to the oil and fry until golden on both sides (approx. 4-7 minutes). Remove from the oil and place on paper towel-lined plate until ready to serve.
8. IF BAKING: Place a new sheet of parchment paper on the baking sheet. Dip each steak in the batter and allow excess to drip off. Place steaks on the baking sheet and cook in the oven for 10 minutes. Remove from the oven and flip the steaks. Cook for an additional 10 minutes, or until browned and crispy. Remove from the oven and serve immediately.
  9. For serving, toast the buns and layer with cauliflower steaks, lettuce, tomato, onion, avocado and vegan ranch.

**Original Recipe - <https://www.thissavoryvegan.com/ultimate-vegan-buffalo-cauliflower-sandwich/>**

# Vegan Buffalo Cauliflower Wrap



## *Ingredients:*

### **For the Buffalo Cauliflower**

- 1 head of cauliflower, cut into florets (about 4 cups chopped)
- 3/4 cup brown rice flour
- 3/4 cup unsweetened almond milk
- pinch of black pepper
- 1/2 cup Frank's Buffalo Sauce

### **For the Vegan Ranch Dressing**

- 1 package soft tofu
- 3 tbsp fresh lemon juice
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp sea salt
- handful of fresh parsley, finely chopped

### **For the Wraps**

- finely chopped kale or shredded romaine lettuce
- thinly sliced cucumber
- finely grated carrot
- sliced avocado
- large tortillas

## *Instructions:*

### **Buffalo Cauliflower**

1. Pre-heat the oven to 425 degrees F.
2. Mix the flour, milk and pepper together in a bowl and let sit for 5 minutes. Adjust the liquid if needed to create a thick but slightly drippy batter.
3. Dip the cauliflower florets into the batter and place on a sheet tray lined with parchment paper.
4. Roast for 20-25 minutes until starting to get slightly browned.
5. Remove from the oven and mix with the buffalo sauce.
6. Place back in the oven for another 15-20 minutes until browned.

### **Vegan Ranch Dressing**



1. Blend all ingredients until smooth and creamy.

### **Assemble the Wraps**

1. Layer 4 tortillas with thinly sliced cucumber, chopped kale or shredded lettuce, grated carrot and avocado. Top with the buffalo cauliflower and vegan ranch dressing. You could also serve as a bowl with kale or lettuce topped with the veggies, cauliflower and ranch dressing add a grain or slow bean for protein. If making a salad you can add a little extra water to the ranch dressing to thin it out a bit.

\*\*\*Please note that if you do not make Vegan Ranch Dressing it will be Vegetarian no Vegan

**Original Recipe - <https://runningonrealfood.com/vegan-buffalo-cauliflower-wraps/>**

## Vegan Butter Cauliflower



Servings: 4

### *Ingredients:*

- 1 tablespoon garam masala
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1 tablespoon vegan butter
- 1 medium onion, diced
- 1 tablespoon minced fresh ginger
- 3 cloves garlic, minced
- 1 28oz can crushed tomatoes
- 6 cups cauliflower, chopped into bite-size pieces
- 1/2 cup canned coconut milk
- 1 tablespoon brown sugar
- 1 teaspoon salt
- 1 tablespoon natural peanut butter
- 1 tablespoon vegan butter
- 1-2 tablespoons chopped cashews for serving
- chopped fresh cilantro for serving

### *Instructions:*

1. Mix the garam masala, turmeric, coriander, cumin and chili in a small bowl and set aside.
2. Melt 1 tablespoon of vegan butter in a large pan. Add the onion and cook for about 5 minutes.
3. Stir in the ginger and garlic to the pan and cook for another 1 minute, stirring to prevent burning.
4. Add the spices and cook for a further minute, stirring continuously.
5. Throw in the tomatoes and cauliflower to the onion mixture. Bring to a boil and then lower the heat to medium-low. Cover the pan and simmer for 20-25 minutes until the cauliflower is tender.
6. Stir in the coconut milk, brown sugar, salt, peanut butter and 1 tablespoon vegan butter. Cook for 5-10 minutes until heated through and cauliflower is at the right tenderness. Serve over rice, topped with chopped cashews and cilantro. Enjoy with naan bread.

Original Recipe - <http://makingmyown.com/recipe/indian-butter-cauliflower/>

# Vegan Kung Pao Tofu with Broccoli



Servings: 4

## *Ingredients:*

### **STIR FRY SAUCE**

- 2 tbsp dark soy sauce\*
- 1 tbsp light soy sauce\*
- 1 tbsp Chinese cooking wine, substitute sherry or gin
- 1 tsp toasted sesame oil
- 1/2 tsp ground Sichuan peppercorn
- 1/2 cup broth or water
- 1 tbsp corn starch

### **CRISPY FRIED TOFU**

- 2 tbsp high heat safe oil, like peanut oil
- 2 lb extra firm tofu, cut into ~3/4" cubes
- 1 1/2 tbsp corn starch
- 1/2 tsp salt

### **STIR FRY INGREDIENTS**

- 4-6 dried red chilies
- 3 cloves garlic, minced
- 2 scallions, thinly sliced, white and green parts divided
- 1/2 cup roasted and unsalted peanuts
- 1 head broccoli cut into florets

## *Instructions:*

1. In a small mixing bowl whisk together the dark and light soy sauces (see note for substitution), Chinese wine, toasted sesame oil, and ground Sichuan peppercorn. In a small dish whisk together the broth (or water) and corn starch to make a slurry, then add the slurry to the rest of the sauce and whisk to combine. Set aside.
2. Put the cubed tofu in a large mixing bowl and sprinkle the 1 1/2 tbsp corn starch and 1/2 tsp salt and toss to coat the tofu.

3. Heat a wok or large skillet over high heat. When hot add the 2 tbsp of oil then add the tofu. Fry for 7-8 minutes, flipping every couple of minutes, until golden and crispy on all sides. Remove the tofu and set on a paper towel lined plate to drain.
4. In the wok using the leftover oil add the dried red chilies. Fry for about 15-30 seconds, stirring constantly, until a shade darker and toasted. Add the minced garlic, and white parts of the scallions and sauté for another 30 seconds, stirring constantly. Add the broccoli and stir fry until bright green and charred, about 2-3 minutes. Add the tofu, peanuts, and sauce and fry for 1-2 minutes. Add the scallion greens and turn off the heat.
5. Serve the kung pao tofu with jasmine rice

Original Recipe - <https://www.the curiouschickpea.com/vegan-kung-pao-tofu/>

## Vegan Lentil Meatloaf



**Servings: 8**

### *Ingredients:*

- 1 cup red lentils uncooked
- 3 cups chestnut mushrooms finely chopped
- 1/2 medium aubergine finely chopped
- 1 medium onion finely chopped
- 1 large carrot finely chopped
- 1 large red bell pepper finely chopped
- 3 stalks celery chopped
- 2 tbsp tomato purée
- 1/2 tsp black pepper
- 2 tbsp cranberries chopped
- 3 cloves garlic minced
- 1 small bunch cilantro chopped
- 1 tbsp ground flaxseed
- sea salt, to taste
- 2 tbsp buckwheat flour

### *Instructions:*

1. Preheat oven to 180 degrees C/356 F. Meanwhile, cook the red lentils according to instructions on packaging - this usually takes 10-15 minutes. Make sure they are cooked through but not mushy.
2. Add the mushrooms and aubergines to a baking tray lined with baking paper and roast in the preheated oven for around 10-15 minutes.
3. Meanwhile, add the onion to a non-stick frying pan. Cook over a medium heat for a few minutes. Then, add the bell pepper, carrot, celery, tomato purée and black pepper. Lower the heat and cook, stirring frequently, on a low heat for around 10 minutes.
4. When all the ingredients are ready, add them to a large mixing bowl together with the cranberries, garlic, cilantro and flax egg. Season to taste with salt and pepper. Wait a few minutes until the mixture had cooled down and stir in the buckwheat flour.
5. Transfer the mixture to a loaf tin lined with parchment paper and roast in the oven for 35-40 minutes, making sure it doesn't burn. Serve immediately, or leave in the fridge in an airtight container for up to 5 days.

**Original Recipe - <https://earthofmaria.com/easy-vegan-lentil-loaf/>**

# Vegan Mushroom Bourguignon with Potato Cauliflower Mash



## *Ingredients:*

### **Mushroom Bourguignon:**

- 2 tsp oil
- 1/2 medium onion chopped
- 4 cloves of garlic finely chopped
- 10 oz sliced mushrooms mixed or white or cremini
- 1/4 cup brandy or whiskey or red wine or use broth
- 3/4 cup chopped carrots
- 1 cup chopped celery
- 3/4 tsp dried thyme or 1 tbsp fresh
- 1/4 tsp garlic powder
- 1 tbsp soy sauce, tamari for gluten-free, coconut aminos for soyfree
- 2 tsp tomato paste
- 1/2 cup water or broth
- 1 tbsp cornstarch or arrowroot starch mixed in 3 tbsp water (you can also add 2 tbsp of the mashed potato mixture to thicken)
- 1 cup of spinach or greens

### **Potato Mash:**

- 1 large potato cubed small
- 1 cup cauliflower florets (heaping cup)
- 1 tbsp olive oil
- 2 to 4 tbsp nondairy milk
- 1/4 tsp each salt garlic powder
- black pepper to taste

## *Instructions:*

1. Heat the Instant Pot on Saute. Add oil. When the oil is hot, add the onion, garlic, mushrooms and a good pinch of salt and give them a quick mix. Cook for 3 to 4 minutes until golden on some edges. Add a tbsp of water if browning too quickly.
2. Add the wine and mix well for a few seconds to cook out the alcohol.
3. Add the carrots, celery, thyme and garlic and mix well. Add the soy sauce, tomato paste, 1/3 tsp salt (if using water or unsalted broth) and water/broth and give it a mix. Cancel saute. You can also add in 1 bay leaf and some rosemary for flavor variation at this point.
4. *Place the steamer basket* on top of the mushroom mixture. Add potato and cauliflower to it.
5. Close the Instant Pot lid. Pressure Cook for 9 to 10 minutes (Manual hi pressure). Add a minute if using larger quantity of either mushroom mix or potatoes, or if doubling.
6. Let the pressure release naturally once the cooking is complete. Open the lid and carefully remove the steamer basket.
7. Put the pot on saute, Add cornstarch slurry and give it a mix (you can also add 2 tbsp of the mashed potato mixture to thicken). Add spinach or baby kale and black pepper and mix. Bring the mixture to a boil to thicken, then cancel saute. Taste and adjust salt and flavor.
8. *Meanwhile*. Transfer the steamed potato and cauliflower to a bowl and mash roughly. Add garlic powder, salt, pepper, olive oil, nondairy milk and optionally fresh/dried herbs of choice(e.g. thyme, rosemary, chives) and mash well to preferred consistency.
9. Serve the mash layered with the mushroom bourguignon. Garnish with some fresh thyme or basil and black or white pepper.

## Vegan Shepherd's Pie



**Servings: 6**

### *Ingredients:*

- 1 cup cooked lentils (optional)\*
- 2 cloves garlic
- 1 yellow onion
- 1 Tbsp olive oil
- 3 carrots
- 2 stalks celery
- 8 oz. button mushrooms
- 3/4 tsp salt
- 1 tsp dried thyme
- 1/2 tsp smoked paprika
- Freshly cracked pepper
- 1 Tbsp tomato paste
- 1 Tbsp flour
- 1 cup vegetable broth
- 1 cup frozen peas
- 4 cups mashed potatoes

### *Instructions:*

1. Mince the garlic and dice the onion. Sauté the onion and garlic with olive oil in a large skillet over medium heat until the onions are soft and transparent (3-5 minutes).
2. While the onions and garlic are cooking, peel and dice the carrots, dice the celery, and slice the mushrooms. Once the onions are soft, add the carrots and celery to the skillet and continue to sauté until the celery begins to soften slightly (5 minutes).
3. Finally, add the mushrooms, salt, thyme, smoked paprika, and freshly cracked pepper to the skillet. Continue to sauté until the mushrooms have fully softened (3-5 minutes). Add the tomato paste and flour to the skillet. Stir and cook the vegetables with the flour and tomato paste until the vegetables are coated and the pasty mixture begins to coat the bottom of the skillet (about 2 minutes).
4. Add the vegetable broth to the skillet, stirring to dissolve the flour and tomato paste from the bottom of the skillet. Allow the broth to come up to a simmer, at which point it will



become slightly thicker. Stir in the cooked lentils and frozen peas, and allow to mixture to heat through.

5. Preheat the oven to 400°F. Pour the vegetable mixture into a casserole dish, or use your skillet if it is oven safe. Spread the mashed potatoes out over the surface of the vegetables and gravy. Use your spoon to make a decorative pattern in the mashed potatoes, if desired.
6. Bake the shepherd's pie in the fully preheated oven for 15 minutes, or until everything is heated through. To achieve a browned surface on the mashed potatoes (optional), turn on the oven's broiler (and place the pie under it, if not already), and watch closely until the top has browned to your liking.

**Original Recipe - <https://www.budgetbytes.com/vegetarian-shepherds-pie/>**

# USDA Compliant Recipes for K12 and Childcare Programs



# Amazing Lo Mein with Edamame

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Noodles, Spaghetti, dry weight	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		1 pint		1 quart
Garlic, minced		1/3 cup + 1 Tbsp.		¾ cup
Onion, diced		1 pint		1 quart
Carrots, shredded		1 quart		2 quarts
Vegetables, stir-fry variety, frozen		1 ½ gallons + 1 cup		3 gallons + 1 pint
Soy Sauce, low sodium		1 ½ cups		1 pint + 1 cup
Sugar, granulated		¾ cup		1 ½ cups
Beans, garbanzo, canned, drained OR cooked from dry		¾ gallon + ½ cup OR 1 ¼ - #10 cans		1 ½ gallons + 1 cup OR 2 ½ - #10 cans
Edamame, cooked, shell removed	4 lbs. 12 oz.		9 lbs. 8 oz.	
Cilantro, fresh		garnish		garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Prepare spaghetti al dente; drain and keep warm.
2. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, shredded carrots, and the frozen stir-fry vegetables. Sauté until vegetables are tender but crisp.
3. Add spaghetti, soy sauce, sugar, edamame and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
4. Transfer to serving pans. Garnish each pan with cilantro.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Portion 1 ½ cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and ½ cup other vegetable.

OR

Portion ¾ cups of lo mein per serving.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and ¼ cup other vegetable.

### *Nutrition Information:*

**per 1 ½ cup serving \*From USDA Nutrient Database**

Calories: 480 Total Fat: 14g Saturated Fat: 2g Monounsaturated Fat: 7g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 76g Fiber: 17g Total Sugar: 10g Protein: 20g Sodium: 435mg Vitamin A: 305µg Vitamin C: 6mg Calcium: 100mg Iron: 5mg Folate: 193µg

# Amazing Lo Mein

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Noodles, Spaghetti, dry weight	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		1 pint		1 quart
Garlic, minced		1/3 cup + 1 Tbsp.		¾ cup
Onion, diced		1 pint		1 quart
Carrots, shredded		1 quart		2 quarts
Vegetables, stir-fry variety, frozen		1 ½ gallons + 1 cup		3 gallons + 1 pint
Soy Sauce, low sodium		1 ½ cups		1 pint + 1 cup
Sugar, granulated		¾ cup		1 ½ cups
Beans, garbanzo, canned, drained OR cooked from dry		1 ½ gallons + 1 cup OR 2 ½ - #10 cans		3 gallons + 1 pint OR 5 - #10 cans
Cilantro, fresh		garnish		garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Heat oil in a tilt skillet, kettle or in a large pot using a stove top; add water, bouillon/stock, tomato sauce, sofrito sauce Sazon Goya. Mix and bring to a boil.
2. Add the pigeon peas and dry rice. Stir mixture, cover tightly with a lid.  
\*There will be less liquid than normal to cook rice. Do not add more water at this point.
3. Let simmer on low heat for 20 minutes. Check after 15 minutes and add another pint of water, if the consistency is dry.
4. Transfer to serving pans. Garnish each pan with cilantro.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once

### *Serving Information:*

Portion 1 ½ cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and ½ cup other vegetable.

OR

Portion ¾ cups of lo mein per serving.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and ¼ cup other vegetable.

## *Nutrition Information:*

**per 1 ½ cup serving \*From USDA Nutrient Database**

Calories: 507 Total Fat: 13g Saturated Fat: 2g Monounsaturated Fat: 7g Polyunsaturated Fat:  
2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 84g Fiber: 19g Total Sugar: 11g Protein: 20g  
Sodium: 533mg Vitamin A: 299µg Vitamin C: 6mg Calcium: 96mg Iron: 5mg Folate: 111µg

# Arroz con Gandules (Rice and Pigeon Peas)

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Brown rice, long grain, regular, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
	OR	OR		OR	
	Brown rice, instant, dry	11 lbs. 8 oz.		23 lbs.	
	Water		1 – 1 ¼ gallon(s)		2-2 ½ gallons
	Pigeon Peas, canned, drained, rinsed		3-#10 cans (1 ½ gallons + 1 cup)		6-#10 cans (3 gallons + 1 pint)
	Tomato sauce, reduced sodium		2 ½ cups		1 quart + 1 cup
	Vegetable stock/bouillon		2 ½ Tbsp.		¾ cup
	Olive or vegetable oil		¾ cup		1 ¾ cup
	Sazon Goya seasoning	1.76 oz.		3.5 oz.	
	<b>OR (scratch Sazon Goya)</b>	OR		OR	
	Coriander, ground		1 ½ tsp		1 Tbsp.
	Cumin, ground		1 ½ tsp		1 Tbsp.
	Turmeric		1 ½ tsp		1 Tbsp.
	Garlic powder		1 ½ tsp		1 Tbsp.
	Salt		1 ½ tsp		1 Tbsp.
	Oregano		1 tsp		2 tsp
	Black pepper		1 tsp		2 tsp
	Sofrito Sauce		¾ cup		1 ¾ cup
	<b>OR (scratch Sofrito sauce)</b>		OR		OR
	Bell pepper mix, frozen		¾ cup		1 ¾ cup
	Onion, chopped		¾ cup		¾ cup
	Garlic cloves		7-10 cloves		14-20 cloves
	Cilantro leaves		1/3 cup		¾ cup
	Water		2/3 cup		1 ¾ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Prepare spaghetti al dente; drain and keep warm.
2. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, shredded carrots, and the frozen stir-fry vegetables. Sauté until vegetables are tender but crisp.
3. Add spaghetti, soy sauce, sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
4. Transfer to serving pans. Garnish each pan with cilantro.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Portion 1 ½ cups per serving.

Each serving provides ½ cup starchy vegetable or 2 meat/meat alternates and 2 ounce equivalent grains.

OR

Portion ¾ cups per serving.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and ¼ cup vegetable.

### *Nutrition Information:*

**per 1 ½ cup serving \*From USDA Nutrient Database**

Calories: 334 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 2g

Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 61g Fiber: 9g Total Sugar: 3g Protein: 10g

Sodium: 357mg Vitamin A: 6µg Vitamin C: 24mg Calcium: 60mg Iron: 2mg Folate: 87µg





## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Brown rice, long grain, regular, dry OR Brown rice, instant, dry	6 lbs. 4 oz. OR 11 lb. 8 oz.		12 lbs. 8 oz. OR 23 lbs.	
Water		½ gallon + 1 pint		1 ¼ gallons
Vegetable broth, low sodium		½ gallon + 1 pint		1 ¼ gallons
Garbanzo beans, canned, drained, rinsed		¾ gallon + 1 pint OR 1 ¼ - #10 can		1 ¾ gallons OR 2 ½ - #10 cans
Chicken-free strips, frozen (such as Beyond Meat, Hungry Planet, Morningstar Farms or similar brands)	3 lbs. 12 oz.		7 lbs. 8 oz.	
Corn, frozen OR Corn, canned	5 lbs.	OR 1 ½ - #10 cans	10 lbs. OR	3 - #10 cans
Carrots, fresh, sliced OR Carrots, frozen, sliced OR Carrots, canned, sliced, drained	2 lbs. 8 oz. OR 3 lbs. 12 oz. OR	1 ½ quarts + ¼ cup (1 - #10 can)	5 lbs. OR 7 lbs. 8 oz. OR	¾ gallon + ½ cup (2 - #10 cans)
Peas, canned, drained, rinsed OR Peas, frozen	OR 3 lbs. 12 oz.	1 ½ quarts + ¼ cup (1 - #10 can)	OR 7 lbs. 8 oz.	¾ gallon + ½ cup (2 - #10 cans)
Onion, red, fresh, diced	2 lbs. 12 oz.		5 lbs. 8 oz.	
Garlic, minced OR Garlic powder		¾ cup OR 2 Tbsp.		1 ½ cups OR ¼ cup
Cilantro leaves, fresh, diced OR Cilantro, dried		1 quart + 1 cup OR 1 ⅔ cups		2 ½ quarts OR 3 ⅔ cups
Olive or vegetable oil		3 ⅔ cups		1 ½ quarts + ⅔ cup
Sazon Goya	2.5 oz.		5 oz.	
Black pepper		1/3 cup		2/3 cup
Hot sauce (optional)		⅔ - 1 cup		1 ⅔ - 2 cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### Preparation:

1. Dice chicken-free strips with a knife or vertical cutter mixer (VCM).
2. Heat oil in a tilt skillet, kettle or in a large pot using a stove top.
3. Add the onion, garlic and cilantro, stirring about five minutes over medium heat.

4. Add the rice, garbanzo beans, chicken-free strips, vegetables, vegetable broth, Sazon Goya, water and black pepper and mix to combine.
5. Bring to a boil; then cover and cook on low for 20-25 minutes.
6. If desired, add the hot sauce and stir to combine.
7. Transfer to serving pans.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Portion 2 cups per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and  $\frac{3}{4}$  cup vegetables (1/4 c starchy, 1/8 c red/orange, 1/4 c other).

OR

Portion 1 cup per serving.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and  $\frac{3}{8}$  cup vegetable.

### *Nutrition Information:*

#### **per 2 cup serving \*From USDA Nutrient Database**

Calories: 537 Total Fat: 16g Saturated Fat: 2g Monounsaturated Fat: 9g Polyunsaturated Fat: 3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 78g Fiber: 13g Total Sugar: 9g Protein: 22g Sodium: 314mg Vitamin A: 217µg Vitamin C: 10mg Calcium: 78mg Iron: 4mg Folate: 88µg

# Baja Bean Fajitas

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Ingredients				
Tortilla, 10 inch, whole grain rich		50 each		100 each
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Salsa, canned		1 gallon		2 gallons
Onions, cut in strips	6 lbs.		12 lbs.	
Green peppers, cut in strips	2 lbs.		4 lbs.	
Oil		¼ cup		½ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Sauté onion and pepper strips in tilt skillet or steam kettle in small amount of oil until tender. Do not overcook vegetables.
2. Transfer vegetables to serving pan. Hold in warmer until service.
3. Heat beans in steamer until internal temperature reaches 140°F for 15 seconds. Cover and hold in warmer.
4. Steam tortillas in package for 2 minutes or until pliable.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

On the serving line, place one tortilla on the tray. Spread ½ cup of beans in center of the tortilla. Top beans with ½ cup onion and pepper mixture (customer may refuse). Fold tortilla over beans and vegetables and serve with ¼ cup of salsa in individual cups or in tortilla.

\*Optional- Serve with Caliente Corn Salsa.

Each fajita provides 2 meat/meat alternates, 2 ounce equivalent grains (if 10 inch tortilla provides 2 ounce equivalent grains), ½ cup additional vegetable (when peppers and onions are selected) and 1/4 cup red/orange vegetable (when salsa is selected).

### *Nutrition Information:*

**per serving \*From USDA Nutrient Database**

Calories: 402 Total Fat: 11g Saturated Fat: 4g Monounsaturated Fat: 4g Polyunsaturated Fat:  
2g Trans Fat:0g Cholesterol: 0mg Carbohydrate: 63g Fiber: 16g Total Sugar: 7g Protein: 15g  
Sodium: 687mg Vitamin A:13µg Vitamin C: 45mg Calcium: 250mg Iron: 5mg Folate: 158µg

# Bento Box Combinations

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings	100 Servings
Ingredients	Measure	Measure
<b>Choose two of the following options:</b>		
Rockin' Roasted Chickpeas (recipe)	½ gal + 1 qt + ½ cup (12 ½ cups)	1 ½ gal + 1 cup (25 cups)
Roasted Chickpeas (individually packaged product like Go'Bonzo's)	50 Each	100 Each
Cool Corn & Edamame Salad (recipe)	3 gal + 1 pint	6 ¼ gal
Edamame (individually packaged product like Dr. Praeger's)	50 Each	50 Each
Hearty Hummus (recipe)	¾ gal + ½ cup (12 ½ cups)	1 ½ gal + 1 cup (25 cups)
Prepared Hummus (bulk or individually packaged product, like JTM or Truitt Family Foods)	¾ gal + ½ cup or 50 Each	1 ½ gal + 1 cup or 100 Each
Peanut or Sunflower Spread (individually packaged product like Advance Pierre or Sunbutter brand)	50 Each	100 Each
Peanut/Sunflower Spread & Jam Sandwich (recipe or prepared sandwiches like Sunbutter brand, Advance Pierre or Smucker's)	50 Each	50 Each
Sunflower Seeds & Fruit Mix (individually packaged product like Cal-Tropic Producers)	1 cup	1 pint

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Choose two of the above listed meat alternate products.
2. Prepare recipes as needed.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

### *Serving Information:*

Place meat alternate products in container. Add necessary grain equivalents, fruits and vegetables to build a complete reimbursable bento box meal. Each Bento Box provides 2 meat/meat alternates. Other components are dependent upon school foodservice menu planner.

# Blazin' Buffalo Ranch Wrap

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Ingredients				
Chicken-free strips, 1 ounce= 1 m/ma	6 lbs. 4 oz.		12 lbs. 8 oz.	
Tortilla, 10", whole grain rich		50 each		100 each
Hot wing sauce		1 ½ cups		3 cups
Romaine lettuce, chopped	1 lb. 2 oz.		2 lbs. 4 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Preheat oven to 350°F.
2. Combine chicken-free strips and wing sauce and bake until product reaches an internal temperature of 150°F for 15 seconds. Hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

3. Combine chopped romaine and shredded carrots in a bowl.
4. Portion ½ cup of salad mixture in each tortilla. Fold tortilla in half. Store in cooler until meal service.

HACCP Critical Control Point: Hold at an internal temperature of 41°F or below.

### *Serving Information:*

On serving line, portion 4 pieces of chicken mixture into tortilla.  
Each tortilla provides 2 meat/meat alternates, 2 ounce equivalent grains.

### *Nutrition Information:*

#### per serving \*From USDA Nutrient Database

Calories: 450 Total Fat: 24g Saturated Fat: 4g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 38g Fiber: 9g Total Sugar: 3g Protein: 20g Sodium: 770mg Vitamin A: 108µg Vitamin C: 1mg Calcium: 184mg Iron: 4mg Folate: 78µg



# Breakfast Sushi

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings	100 Servings
<b>Ingredients</b>	<b>Measure</b>	<b>Measure</b>
Bananas, whole, peeled	50 each	100 each
Nut or seed butter	1 ½ quarts + ¼ cup (6 ¼ cups total)	3 quarts + ½ cup (12 ½ cups)
Granola, prepared	3 ⅜ cups	1 ½ quarts + ½ cup (6 ½ cups)
Whole grain rich tortilla, 1 ounce grain equivalent	50 each	100 each

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Spread 2 tablespoons of nut/seed butter on each tortilla.
2. Sprinkle 1 tablespoon of granola over the nut/seed butter.
3. Place one whole peeled banana at the end of the tortilla and roll the banana in the tortilla.
4. With a sharpened knife, cut the tortilla into five to six 2-inch pieces, resembling sushi rolls.

### *Serving Information:*

Each sushi roll provides 1 meat/meat alternates, 1 ounce grain equivalents and ½ cup fruit.

### *Nutrition Information:*

#### per serving \*From USDA Nutrient Database

Calories: 432 Total Fat: 21g Saturated Fat: 5g Monounsaturated Fat: 10g Polyunsaturated Fat: 5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 53g Fiber: 9g Total Sugar: 20g Protein: 13g Sodium: 310mg Vitamin A: 32µg Vitamin C: 11mg Calcium: 108mg Iron: 2mg Folate: 165µg

# Buffalo Cauliflower (Baked)

**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Ingredients				
Cauliflower florets, ready-to-use	5 lbs. 8 oz.		11 lbs.	
OR	OR		OR	
Cauliflower, fresh, whole	8 lbs. 4 oz.		16 lbs. 8 oz.	
Olive oil		1/3 cup		2/3 cup
Garlic powder		2 ½ Tbsp.		3 1/3 cup
Salt		1/2 tsp.		1 tsp.
Black pepper		½ tsp.		1 tsp.
Buffalo “wing” sauce (not hot sauce)		1-2/3 cups		1 pint + 1-1/3 cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure - Wash all produce before starting this recipe.

## *Preparation:*

1. Preheat convection oven to 325°F.
2. If using whole cauliflower, trim into florets.
3. Mix cauliflower florets, olive oil, garlic or garlic powder, salt and pepper in a large bowl until cauliflower is well coated.

**Do not add buffalo sauce here.**

4. Place a single layer of cauliflower on lined sheet pans.
5. Roast in oven for approximately 20 minutes, until cooked through and slightly browned.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

6. Transfer cauliflower to a large bowl or serving pan and toss with hot sauce until evenly coated.
7. If necessary, transfer cauliflower to appropriate serving pans and hold in warmer until meal service.

HACCP Critical Control Point: Hold at 135°F or above.

## *Serving Information:*

Use 4 ounce spoodle to provide ½ cup other vegetable.



## *Nutrition Information:*

**per ½ cup serving \*From USDA Nutrient Database**

Calories: 50 Total Fat: 4g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 4g Fiber: 4g Total Sugar: 2g Protein: 2g Sodium:  
277mg Vitamin A: 1µg Vitamin C: 32mg Calcium: 13mg Iron: 0mg Folate: 32µg

# Buffalo Cauliflower (Steamed)

**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Ingredients				
Cauliflower florets, ready-to-use	5 lbs. 8 oz.		11 lbs.	
OR	OR		OR	
Cauliflower, fresh, whole	8 lbs. 4 oz.		16 lbs. 8 oz.	
Olive oil		1/3 cup		2/3 cup
Garlic powder		2 1/2 Tbsp.		3 1/3 cup
Salt		1/2 tsp.		1 tsp.
Black pepper		1/2 tsp.		1 tsp.
Buffalo “wing” sauce (not hot sauce)		1 2/3 cups		1 pint + 1 2/3 cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure - Wash all produce before starting this recipe.

## *Preparation:*

1. If using whole cauliflower, trim into florets.
2. Mix cauliflower florets, garlic powder, salt and pepper in a bowl until cauliflower is well coated.

**Do not add wing sauce here.**

3. Place cauliflower in steam table pans, add water and cover with a lid.
4. Steam cauliflower for approximately 5 minutes until cooked.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

5. Remove from steamer and toss with hot sauce until evenly coated.
6. If necessary, transfer cauliflower to appropriate serving pans and hold in warmer until meal service.

HACCP Critical Control Point: Hold at 135°F or above.

## *Serving Information:*

Use 4 ounce spoodle to provide 1/2 cup other vegetable.

## *Nutrition Information:*

**per ½ cup serving \*From USDA Nutrient Database**

Calories: 50 Total Fat: 4g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 4g Fiber: 4g Total Sugar: 2g Protein: 2g Sodium:  
177mg Vitamin A: 1µg Vitamin C: 32mg Calcium: 13mg Iron: 0mg Folate: 32µg



**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Zucchini Squash, diced	3 lbs. 4 oz.		6 lbs. 8 oz.	
	Summer Squash, diced	3 lbs. 4 oz.		6 lbs. 8 oz.	
	Red Onion, diced	1 lb. 8 oz.		3 lbs.	
	Frozen Corn, thawed	1 lb. 8 oz.		3 lbs.	
	Diced Tomatoes, canned, drained		¼ - #10 can		½ - #10 can
	Water		¼ cup		½ cup
	Garlic, fresh, minced (garlic powder)		1 Tbsp.		2 Tbsp.
	Italian Parsley, fresh, chopped		2 Tbsp.		¼ cup
	Oregano, dried		1 ½ tsp.		1 Tbsp.
	Pepper, ground		1 tsp.		2 tsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

*Preparation:*

1. Sauté or steam the onion, garlic and water mixture using steamer, tilt skillet or steam jacketed kettle until onions look translucent, approximately 3-5 minutes.
2. Add zucchini and summer squash; cook for another 2-3 minutes.
3. Add corn, tomatoes, oregano and pepper. Mix until evenly distributed.  
HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.
4. Remove from heat and transfer to appropriate serving pans.
5. Evenly distribute chopped parsley over each pan of vegetables.

HACCP Critical Control Point: Hold at 135°F or higher.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

*Serving Information:*

Portion 1/2 cup per serving. Each serving provides ½ cup other vegetable subgroup.

*Nutrition Information:*

**per ½ cup serving \*From USDA Nutrient Database**

Calories: 38 Total Fat: 1g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 8g Fiber: 2g Total Sugar: 5g Protein: 2g Sodium:  
21mg Vitamin A: 20µg Vitamin C: 29mg Calcium: 31mg Iron: 1mg Folate: 46µg



# Chana Masala

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Pureed tomatoes and sauce, canned		1 gallon		2 gallons
Garbanzo beans, drained	10 lbs. 6 oz.	1 ½ gallons + 1 cup OR 2 ½ -#10 cans	20 lbs. 12 oz.	3 gallons + 1 pint OR 5-#10 cans
Olive or vegetable oil		1 cup		1 pint
Onion, diced	3 lbs.		6 lbs.	
Cumin, ground		½ cup + 1 tsp.		1 cup + 2 tsp.
Salt		¼ cup + ½ tsp.		½ cup + 1 tsp.
Garlic powder		½ cup + 1 tsp.		1 cup + 2 tsp.
Ginger, ground		½ cup + 1 tsp.		1 cup + 2 tsp.
Chili powder		¼ cup		½ cup
Cilantro, dried		1 cup		1 pint
Turmeric, dried		2 Tbsp.		¼ cup
Garam Masala (spice blend)		¼ cup		½ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

#### Rice

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.  
\*Recommended cooking method: Steam covered for approximately 15 minutes.  
Alternative cooking methods:
  - a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
  - b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

#### Chana Masala

2. Heat oven to 350°F.
3. Combine all ingredients, except for garam masala, lemon juice and rice, into a steamtable pan. Stir and cover.
4. Place in oven for approximately 20 minutes, until product is heated.
5. Add garam masala and lemon juice to the chickpea mixture and mix until well combined.
6. Serve over rice.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Serve ½ cup Chana Masala over 1 cup brown rice.  
Each serving provides 2 meat/meat alternates, 2 ounce equivalent grains, and ½ cup red/orange vegetable.

OR

Serve ¼ cup Chana Masala over ½ cup brown rice.  
Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains, and ¼ cup vegetable component.

### *Nutrition Information:*

**per 2 m/ma and 2 equivalent grains \*From USDA Nutrient Database**

Calories: 463 Total Fat: 9g Saturated Fat: 1g Monounsaturated Fat: 5g Polyunsaturated Fat: 2g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 83g Fiber: 13g Total Sugar: 12g  
Protein: 15g Sodium: 780mg Vitamin A: 30µg Vitamin C: 14mg Calcium: 98mg Iron: 5mg Folate:  
101µg



# Cheezy Boats

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings	100 Servings
Ingredients	Measure	Measure
Prepared Nacho Cheez Sauce, warm	1 ½ gallons + 1 cup (25 cups total)	3 gallons + 1 pint (50 cups total)
Whole grain rich tortillas, 1 ounce grain equivalent	50 each	100 each
Paprika	Garnish	Garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Heat oven to 350°F.
2. Grease four to eight muffin tins. Line each muffin tin hole with a tortilla, creating a bowl.
3. Bake for 5 minutes, until lightly crisped.
4. Portion ½ cup of prepared nacho cheese sauce in each tortilla cup.
5. If desired, sprinkle cups with paprika.
6. Hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

### *Serving Information:*

Serve one cheesy boat per serving to provide 1 ounce grain equivalents and ½ cup other vegetable. This recipe is ideal for breakfast or as an after school snack.

### *Nutrition Information:*

#### per serving \*From USDA Nutrient Database

Calories: 273 Total Fat: 10g Saturated Fat: 3g Monounsaturated Fat: 6g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 38g Fiber: 8g Total Sugar: 4g Protein: 8g Sodium: 551mg Vitamin A: 330µg Vitamin C: 8mg Calcium: 107mg Iron: 1mg Folate: 47µg



# Chickpea Biryani

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Biryani is a mixed rice dish popular in Indian cuisine. It's typically made with a variety of spices, rice, beans and vegetables.

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Pureed tomatoes and sauce, canned		1 quart + 1 pint		$\frac{3}{4}$ gallon
Garbanzo beans, drained	10 lbs. 6 oz.	1 $\frac{1}{2}$ gallons + 1 cup	20 lbs. 12 oz.	3 gallons + 1 pint
Olive or vegetable oil		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cup
Onion, diced	3 lbs.		6 lbs.	
Cumin, ground		$\frac{1}{2}$ cup + 1 tsp.		1 cup + 2 tsp.
Potatoes, red, quartered	3 lbs.		6 lbs.	
Cauliflower florets (ready-to-use)	1 lb. 8 oz.		3 lbs.	
Green beans, fresh, trimmed	2 lbs. 8 oz.		5 lbs.	
Salt		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Garlic powder		$\frac{1}{2}$ cup + 1 tsp.		1 cup + 2 tsp.
Ginger, ground		$\frac{1}{2}$ cup + 1 tsp.		1 cup + 2 tsp.
Chili powder		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Cilantro, dried		1 cup		1 pint
Turmeric, dried		2 Tbsp.		$\frac{1}{4}$ cup
Garam Masala (spice blend)		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Vegetable stock		1 $\frac{1}{2}$ gallons + 1 cup		3 gallons + 1 pint
Lemon juice		$\frac{2}{3}$ cup		1- $\frac{1}{3}$ cups
<b>Rice Preparation</b>				
Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		$\frac{1}{2}$ gallon		1 gallon

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

## *Preparation:*

### Rice

Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

\*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

- a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
- b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

## Biryani

1. Heat oven to 350°F.
2. Combine the onion, cauliflower and potatoes in a steamtable pan and toss with oil, salt and pepper. Roast the vegetables for approximately 30 minutes.
3. Meanwhile, combine tomato puree, stock, and remaining ingredients (except the garam masala and lemon) in a large bowl.
4. Once the vegetables are roasted, add the stock, seasonings, chickpeas, green beans and brown rice to the steamtable pans. Stir to combine, cover with a lid and bake for another 20-30 minutes.
5. Add garam masala and lemon juice.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Portion 1 ½ cups of chickpea biryani to provide 2 meat/meat alternates, 2 ounce equivalent grains, and ½ cup vegetable serving.

### *Nutrition Information:*

#### **per serving \*From USDA Nutrient Database**

Calories: 273 Total Fat: 10g Saturated Fat: 3g Monounsaturated Fat: 6g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 38g Fiber: 8g Total Sugar: 4g Protein: 8g Sodium: 551mg Vitamin A: 330µg Vitamin C: 8mg Calcium: 107mg Iron: 1mg Folate: 47µg

# Chili Cheez Boats

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
Prepared chili, heated: Protein-Packed Two Bean Chili Or Super Sweet Potato & Black Bean Chili			3 gallons + 1 pint (50 cups total)		6 ¼ gallons (100 cups total)
	Prepared Nacho Cheez Sauce, heated		1 ½ gallons + 1 cup (25 cups total)		3 gallons + 1 pint (50 cups total)
Whole grain rich tortillas, 1 ounce grain equivalent			100 each		200 each
Paprika			Garnish		Garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Heat oven to 350°F.
2. Grease four to eight muffin tins. Line each muffin tin hole with a tortilla, creating a bowl.
3. Bake for 5 minutes, until lightly crisped.
4. Portion ½ cup of chili in each tortilla cup.
5. Top the chili with ¼ cup of the nacho cheez sauce.
6. If desired, sprinkle cups with paprika.
7. Hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

### *Serving Information:*

Serve two chili boats per serving to provide 2 meat alternates, 2-ounce grain equivalents and ½ cup other vegetable.

OR

Serve one chili boat per serving to provide 1 meat alternate, 1-ounce grain equivalent and ¼ vegetable.

### *Nutrition Information:*

per serving \*From USDA Nutrient Database

**Chili boat using sweet potato chili**

Calories: 482 Total Fat: 11g Saturated Fat: 3g Monounsaturated Fat: 6g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 82g Fiber: 18g Total Sugar: 14g Protein: 17g Sodium: 945mg (sodium content will vary based on ingredients) Vitamin A: 1311µg Vitamin C: 41mg Calcium: 221mg Iron: 5mg Folate: 141µg

**Chili boat using two-bean chili**

Calories: 380 Total Fat: 11g Saturated Fat: 3g Monounsaturated Fat: 6g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 58g Fiber: 15g Total Sugar: 9g Protein: 14g Sodium: 878mg (sodium content will vary based on ingredients) Vitamin A: 430µg Vitamin C: 24mg Calcium: 174mg Iron: 3mg Folate: 92µg

# Chili Cheese Nachos

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings	100 Servings
Ingredients	Measure	Measure
<b>Prepared chili</b> Protein-Packed Two Bean Chili Or Super Sweet Potato & Black Bean Chili	3 gallons + 1 pint (50 cups total)	6 ¼ gallons (100 cups total)
Prepared Nacho Cheez Sauce	1 ½ gallons + 1 cup (25 cups total)	3 gallons + 1 pint (50 cups total)
Corn tortillas chips, bulk OR Corn tortilla chips, individually packaged	6 lbs. 4 oz.  50 each	12 lbs. 8 oz.  100 each
Paprika	Garnish	Garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Top two ounces of nacho chips with 1 cup of prepared chili and ½ cup nacho cheese sauce.
2. If using individually packaged chips, portion 1 cup of chili in a serving bowl or tray and top with ½ cup nacho cheese sauce.
3. If desired, serve with salsa, lettuce and tomato.

### *Serving Information:*

Each serving of nachos provides 2 meat/meat alternates, 2-ounce grain equivalents and ½ cup other vegetable.

OR

Cut the serving amount in half to provide 1 meat alternate, 1-ounce grain equivalent and ¼ vegetable.

### *Nutrition Information:*

per 2 meat alternate, 2 grain serving \*From USDA Nutrient Database

#### **Nachos with sweet potato chili**

Calories: 609 Total Fat: 11g Saturated Fat: 1g Monounsaturated Fat: 6g Polyunsaturated Fat: 3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 111g Fiber: 18g Total Sugar: 13g Protein: 20g

Sodium: 912mg (sodium content will vary based on ingredients) Vitamin A: 1313µg Vitamin C:  
41mg Calcium: 226mg Iron: 5mg Folate:  
116µg

**Nachos with two-bean chili**

Calories: 507 Total Fat: 11g Saturated Fat: 1g Monounsaturated Fat: 6g Polyunsaturated Fat:  
3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 87g Fiber: 15g Total Sugar: 8g Protein: 17g  
Sodium: 848mg (sodium content will vary based on ingredients) Vitamin A: 432µg Vitamin C:  
24mg Calcium: 179mg Iron: 3mg Folate: 67µg

# Citrus Spiced Green Beans & Carrots

**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Green Beans, fresh, trimmed	10 lbs.		20 lbs.	
	Carrots, fresh, julienned	1 lb. 4 oz.		2 lb. 8 oz.	
	Oil, olive or cooking		½ cup		1 cup
	Salt		1 Tbsp.		2 Tbsp.
	Black Pepper, ground		1 tsp		2 tsp
	Garlic, granulated		1 tsp		2 tsp
	Orange juice (fresh or bottled)		½ cup		1 cup
	Orange zest (optional)		2 Tbsp.		¼ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

## *Preparation:*

1. Rinse beans in large colander.
2. Distribute beans and carrots evenly in steamtable pans (½ pan size).
3. Steam uncovered for 5-7 minutes until bright green and al dente.
4. Chill beans completely in ice bath.
5. Combine oil and seasonings with whisk.
6. In a large bowl, combine green beans, carrots, orange juice and seasoned oil. Mix thoroughly.
7. Transfer to appropriate serving pans and serve cool. Sprinkle with orange zest before placing on serving line.

HACCP Critical Control Point: Hold at 40°F or below.

## *Serving Information:*

Use a 4 ounce spoodle or portion approximately 15 beans with tongs, to provide ½ cup other vegetable serving.

## *Nutrition Information:*

per ½ cup serving \*From USDA Nutrient Database

Calories: 47 Total Fat: 2g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 7g Fiber: 3g Total Sugar: 2g Protein: 2g Sodium:  
58mg Vitamin A: 99µg Vitamin C: 28mg Calcium: 40mg Iron: 1mg Folate: 29µg





# Confetti Coleslaw

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Green cabbage, cored	2 lbs. 14 oz.		5 lbs. 12 oz.	
Red cabbage, cored	3 lbs. 14 oz.		7 lbs. 12 oz.	
Onion, white, diced		2 ½ cups		1 quart + 1 cup
Carrots, shredded		3 cups		1 ½ quarts
Bell pepper, red, chopped (optional)		3 cups		1 ½ quarts
Olive oil		⅔ cup		1 ⅓ cups
Apple cider vinegar		1 ¾ cups		3 ½ cups
Sugar, granulated		⅔ cup		1 ⅓ cups
Salt		2 Tbsp.		¼ cup
Water		⅓ cup		⅓ cup
Black pepper		3 Tbsp.		¼ cup + 1 Tbsp.
Dijon mustard		⅓ cup		⅓ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Chop or shred the rinsed and cored cabbage.
2. In a large bowl, combine all ingredients and mix thoroughly.
3. Cover and place in cooler for at least 15 minutes before serving.
4. Transfer to serving pans or individual portion cups.

HACCP Critical Control Point: Hold at internal temperature of 31°F or below.

### *Serving Information:*

Portion 1/2 cup per serving.

Each serving provides ½ cup other vegetable subgroup.

### *Nutrition Information:*

**per ½ cup serving \*From USDA Nutrient Database**

Calories: 60 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 8g Fiber: 2g Total Sugar: 5g Protein: 1g Sodium:  
261mg Vitamin A: 94µg Vitamin C: 45mg Calcium: 27mg Iron: 1mg Folate: 18µg

# Cool Corn & Edamame Salad

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Edamame, shelled (shell removed), cooked, drained (thawed if frozen)	4 lbs. 12 oz.		9 lbs. 8 oz.	
Pepper, bell, green or red variety, diced, fresh	2 lbs. 12 oz.		5 lbs. 8 oz.	
<b>OR</b>		OR		OR
Pepper, bell, green or red variety, diced, frozen	2 lbs. 4 oz.		4 lbs. 8 oz.	
Corn, thawed (if using frozen)	4 lbs. 8 oz.		9 lbs. 4 oz.	
Peas, tempered (thawed if frozen)	5 lbs. 4 oz.		10 lbs. 8 oz.	
Cranberries, dried	3 lbs. 12 oz.		7 lbs. 8 oz.	
Onion, red, minced		½ - 1 each		1-2 Each
Oil, olive or vegetable		1 cup		1 pint
Vinegar, red		1 cup		1 pint
Parsley, dried		1 ½ Tbsp.		3 Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Pepper, black		1 Tbsp.		2 Tbsp.
Basil, dried		1 Tbsp.		2 Tbsp.
Garlic powder		1 Tbsp.		2 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Combine all ingredients in a bowl and stir until well combined.
2. Store in airtight container in cooler until meal service or overnight.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

HACCP Critical Control Point: Hold at internal temperature of 31°F or below.

### *Serving Information:*

Portion 1 cup of the edamame salad onto the plate or pre-portion into bowls. Each 1 cup serving provides 1 meat/meat alternates, ½ cup starchy vegetable, 1/8 cup other vegetable and ¼ cup fruit.

OR

Portion ½ cup of the edamame salad onto the plate or pre-portion into bowls. Each ½ cup serving provides ½ meat/meat alternate, ¼ cup starchy vegetable, and ⅓ cup fruit.

## *Nutrition Information:*

**per 1 cup serving \*From USDA Nutrient Database**

Calories: 209 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 4g Polyunsaturated Fat: 2g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 33g Fiber: 7g Total Sugar: 16g Protein: 8g  
Sodium: 153mg Vitamin A: 59µg Vitamin C: 24mg Calcium: 44mg Iron: 2mg Folate: 164µg

# Crazy Chickpea Salad

**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

<b>YIELD</b>	<b>50 Servings</b>	<b>100 Servings</b>
<b>Ingredients</b>	<b>Measure</b>	<b>Measure</b>
Chickpeas, canned, drained	1 ½ gallons + 1 cup OR 2 ½ - #10 cans	3 gallons + 1 pint OR 5-#10 cans
Eggless mayonnaise	1 ½ pints + 2 Tbsp.	1 ½ quarts + ¼ cup
Red bell pepper, finely diced	1 quart	½ gallon
Carrots, shredded	1 quart	½ gallon
Celery, finely diced	1 quart + 1 cup	½ gallon + 1 pint
Parsley, dried	¼ cup + 1 tsp.	½ cup + 2 tsp.
Dijon mustard	½ cup + 1 ½ tsp.	1 cup + 1 Tbsp.
Salt	1 ½ Tbsp.	3 Tbsp.
Black pepper	1 Tbsp.	2 Tbsp.
Garlic, granulated	1 ¾ Tbsp.	3 ½ Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

## *Preparation:*

1. Grind chickpeas in food processor or Robot Coupe until the beans become small flaky pieces.
2. Combine all ingredients and mix well.
3. Allow to cool in refrigerator prior to meal service.

HACCP Critical Control Point: Hold at 40°F or below.

## *Serving Information:*

Each ½ cup serving of crazy chickpea salad provides 2 meat/meat alternates. Serve on a sandwich or with crackers and vegetables as a grab' n' go platter.

Each ¼ cup serving of crazy chickpea salad provides 1 meat/meat alternates. Serve on a sandwich or with crackers and vegetables as a grab' n' go platter.

## *Nutrition Information:*

**per ½ cup serving \*From USDA Nutrient Database**

Calories: 143 Total Fat: 8g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 14g Fiber: 4g Total Sugar: 3g Protein: 4g  
Sodium: 141mg Vitamin A: 76µg Vitamin C: 13mg Calcium: 40mg Iron: 1mg Folate: 31µg



# Crazy Curry Bowl

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Chicken-free strips, Beyond Meat or similar product	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Water		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups
Curry powder		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup
Garlic powder		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Black pepper, ground		2 Tbsp.		$\frac{1}{4}$ cup
Salt		1 Tbsp.		2 Tbsp.
Coconut milk		1 $\frac{1}{2}$ quarts		3 quarts
Garnish: green onions		1 cup		1 pint
<b>Rice preparation:</b>				
Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		$\frac{1}{2}$ gallon		1 gallon

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

### Preparation:

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.  
\*Recommended cooking method: Steam or bake, covered for approximately 15 minutes.  
Alternative method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. HACCP Critical Control Point: Hold at 135°F or higher.
2. Meanwhile, dice the chicken-free strips with a knife or vertical cutter mixer (VCM).
3. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free strips and water in a steam table pan. Steam for 10 minutes, until vegetables have softened.
4. Combine the coconut milk, curry powder, garlic powder, salt and pepper; mix well and add to the vegetable mixture. Allow mixture to simmer for about 3 minutes.
5. Transfer to a pan, cover and hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

## *Serving Information:*

On serving line, portion  $\frac{2}{3}$  cup of curry on top of one cup of brown rice.  
Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and  $\frac{3}{8}$  cup other vegetable.

OR

Portion  $\frac{1}{3}$  cup of curry on top of  $\frac{1}{2}$  cup of brown rice. Each bowl provides 1 meat alternate, 1 ounce equivalent grain and  $\frac{1}{8}$  cup vegetable.

## *Nutrition Information:*

**per 2 meat alternate/2 oz. grain serving \*From USDA Nutrient Database**

Calories: 357 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 55g Fiber: 10g Total Sugar: 4g Protein: 19g  
Sodium: 557mg Vitamin A: 177 $\mu$ g Vitamin C: 37mg Calcium: 125mg Iron: 2.5mg Folate: 78 $\mu$ g



# Crazy Curry Wrap

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Chicken-free strips, Beyond Meat or similar product	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Water		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups
Curry powder		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup
Garlic powder		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Black pepper, ground		2 Tbsp.		$\frac{1}{4}$ cup
Salt		1 Tbsp.		2 Tbsp.
Coconut milk		1 $\frac{1}{2}$ quarts		3 quarts
Garnish: green onions		1 cup		1 pint
Whole-grain rich tortilla, 2 grain equivalents		50 each		100 each

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Dice the chicken-free strips with a knife or vertical cutter mixer (VCM).
2. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free strips and water in a steam table pan. Steam for 10 minutes, until vegetables have softened.
3. Combine the coconut milk, curry powder, garlic powder, salt and pepper; mix well and add to the vegetable mixture. Allow mixture to steam for about 3-5 minutes.
4. Transfer to a pan, cover and hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

### *Serving Information:*

Portion  $\frac{2}{3}$  cup of curry in one tortilla; garnish with green onions and wrap.  
Each wrap provides 2 meat/meat alternates, 2 ounce equivalent grains and  $\frac{3}{8}$  cup other vegetable.

OR

Portion  $\frac{1}{3}$  cup of curry in one half of a 10-inch tortilla and wrap. Each wrap provides 1 meat alternate, 1-ounce equivalent grain and  $\frac{1}{8}$  cup vegetable.

### *Nutrition Information:*

**Per 2 meat alternate/2 oz. grain serving \*From USDA Nutrient Database**

Calories: 359 Total Fat: 11g Saturated Fat: 4g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 48g Fiber: 13g Total Sugar: 5g Protein: 21g Sodium: 620mg Vitamin A: 177 $\mu$ g Vitamin C: 37mg Calcium: 276mg Iron: 3.5mg Folate: 138 $\mu$ g

# Creamy Chicken-Free Salad

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Chicken-Free Strips, similar to Beyond Meat, thawed	9 lbs. 6 oz.		18 lbs. 12 oz.	
Celery, chopped	1 lb. 4 oz.		2 lbs. 8 oz.	
Onions, chopped	1 lb. 4 oz.		2 lbs. 8 oz.	
Relish, undrained	1 lb.		2 lbs.	
Black pepper		2 tsp.		1 Tbsp. + 1 tsp.
Dry mustard		1 ½ Tbsp.		3 Tbsp.
Mayonnaise, egg free, similar to Hampton Creek Just Mayo	1 lb. 10 oz.		3 lbs. 4 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Chop chicken-free strips by hand or pulse in VCM.
2. Combine chopped chicken-free product, celery, onion, relish, black pepper, dry mustard and egg-free mayonnaise.
3. Mix until well blended.
4. Cover and refrigerate immediately.

HACCP Critical Control Point: Hold at an internal temperature of 41°F or below.

### *Serving Information:*

Portion with 1 - #6 scoop (2/3 cup) on a sandwich or salad.

Each portion of Beyond Chicken Salad provides 2-ounce meat/meat alternate.

### *Nutrition Information:*

#### per serving \*From USDA Nutrient Database

Calories: 203 Total Fat: 10g Saturated Fat: 2g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 4g Fiber: 3g Total Sugar: 2g Protein: 20g Sodium: 479mg Vitamin A: 5µg Vitamin C: 1mg Calcium: 7mg Iron: 1mg Folate: 4µg

# Energizing Edamame & Rice Shaker

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Rockin' Roasted Chickpeas – See separate recipe (optional for early childcare)		½ gal+1 qt+ ½ cup (12 ½ cups total)		1 ½ gal + 1 cup (25 cups total)
Edamame, shelled, cooked, tempered	4 lbs. 12 oz.	OR ¾ gallon + ½ cup	9 lbs. 8 oz.	OR 1 ½ gallons + 1 cup
Rice, Brown, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 gallon + 1 quart		2 ½ gallons
Pepper, bell, green or red variety, diced, fresh or frozen	5 lbs. 4 oz.	OR ¾ gallon + ½ cup	10 lbs. 8 oz.	OR 1 ½ gallons + 1 cup
Corn, frozen, thawed	4 lbs. 8 oz.	OR ¾ gallon + ½ cup	9 lbs. 4 oz.	OR 1 ½ gallons + 1 cup
Mandarin Oranges, canned, drained	8 lbs. 5 oz.	OR ¾ gallon + ½ cup	16 lbs. 10 oz.	OR 1 ½ gallons + 1 cup
<b>Sesame Dressing: Optional</b>				
Olive or Vegetable Oil		1 pint + 1 1/8 cups		1 quart + 2 ¼ cups
Vinegar, rice		1 cup + 2 tsp.		1 pint+ 1 ½ Tbsp.
Sugar		1 cup + 2 tsp.		1 pint + 1 ½ Tbsp.
Soy Sauce, reduced sodium		1 cup		2 cups
Pepper, black		1 Tbsp.		2 Tbsp.
Sesame Oil (optional)		1 Tbsp.		2 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

## *Preparation:*

### Day Before

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.  
\*Recommended cooking method: Steam covered for approximately 15 minutes.  
Alternative cooking methods:
  - a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
  - b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.
2. Cool rice completely.

HACCP Critical Control Point: Hold at 41°F or lower within 4 hours.

3. If preparing the listed salad dressing, combine all ingredients in a pan and heat until sugar is melted; stir frequently. Remove from heat and cool; store in airtight container in cooler.

### Day of

4. Layer ingredients into a 12-oz. or 16-oz. cup as follows:
  - 1 cup rice
  - ¼ cup diced bell peppers
  - ¼ cup drained mandarin oranges
  - ¼ cup corn
  - ¼ cup edamame
  - ¼ cup Rockin´ Roasted Chickpeas
5. Cover the cup with the flat lid.
6. Optional - For prepared salad dressing, portion 1 ounce of dressing in two-ounce soufflé cups. Place the dressing on the flat lid and top with the domed lid.

\*Or serve with individually packaged prepared salad dressings.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

### *Serving Information:*

Serve salad shaker with salsa cup or prepared salad dressing. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, ¼ cup starchy vegetable and ¼ cup other vegetable and ¼ cup fruit. This salad shaker qualifies as a reimbursable meal.

### *Nutrition Information:*

#### **\*From USDA Nutrient Database**

Calories: 405 Total Fat: 9g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 3g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 70g Fiber: 11g Total Sugar: 9g Protein: 14g  
Sodium: 290mg Vitamin A: 47µg Vitamin C: 50mg Calcium: 75mg Iron: 3mg Folate: 182µg

#### **Salad Dressing (per 1 ounce serving)**

Calories: 143 Total Fat: 14g Saturated Fat: 1g Carbohydrate: 5g (0g Fiber) Protein: 0g Sodium:  
201mg

### *Serving Information for Childcare Programs:*

In the classroom, portion ¼-½ cup of rice, ¼ c mandarin oranges, ¼ cup corn and ¼ cup edamame over the rice on each plate. Each serving provides 1 meat/meat alternate, ½ - 1 oz. equivalent grains and ¼ cup vegetable component and ¼ cup fruit component.

# Fiesta Rice & Beans Bowl

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Rice, Brown, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		2 ½ quarts		1 gallon + 1 quart
Corn, frozen or canned, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Salsa, canned		¾ gallon + ½ cup OR 1 ¼-#10 cans		1 ½ gallons + 1 cup OR 2 ½-#10 cans
Black beans, canned, drained or cooked from dry		1 ½ gallons + 1 cup OR 4-#10 cans		3 gallons + 1 pint OR 8-#10 cans
Taco seasoning		1 cup		2 cups
Corn tortilla chips, minimum 1 ounce equivalent grain, individual bags <b>OR</b> Corn tortilla chips, bulk	3 lbs. 2 oz.	50 each	6 lbs. 4 oz.	100 each
<b>Optional Garnishes</b> Romaine lettuce Black olives, drained Jalapenos, sliced, canned Onion, diced Cilantro, fresh		2 lbs. 6 oz. ½ - #10 can ½ - #10 can 2 lbs. garnish		4 lbs. 12 oz. 1 - #10 can 1 - #10 can 4 lbs. garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.  
\*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

- a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
- b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. Combine corn, black beans, salsa and taco seasoning in tilt skillet or steamer, heating thoroughly, about 10 minutes. Transfer to serving pan and keep warm until service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Portion one #8 scoop (1/2 cup) of rice in a bowl and top with two #8 scoops (1 cup) of bean mixture.

Garnish with optional lettuce, olives, jalapenos and/or diced onions and a pinch of fresh cilantro. Serve tortilla chips on the side. Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, 1/4 cup starchy vegetable and 1/8 cup red/orange vegetable.

### *Nutrition Information:*

#### **\*From USDA Nutrient Database**

Calories: 371 Total Fat: 13g Saturated Fat: 4g Monounsaturated Fat: 6g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 61g Fiber: 16g Total Sugar: 15g Protein: 14g Sodium: 755mg Vitamin A: 263µg Vitamin C: 12mg Calcium: 260mg Iron: 5mg Folate: 262µg

#### **Salsa Ranch Dressing**

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg

### *Serving Information for Childcare Programs:*

In the classroom, portion 1/4 cup of rice with 1/2 cup bean and corn mixture over the rice on each plate. Top with optional garnishes and 1/2 ounce crushed tortilla chips. Each serving provides 1 meat/meat alternate, 1 1/2 oz. equivalent grains and 1/4 cup vegetables.

### *Nutrition Information:*

#### **\*From USDA Nutrient Database**

Calories: 186 Total Fat: 6.5g Saturated Fat: 2g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 30g Fiber: 8g Total Sugar: 7.5g Protein: 7g Sodium: 377mg Vitamin A: 132µg Vitamin C: 6mg Calcium: 130mg Iron: 2.5mg Folate: 131µg

#### **Salsa Ranch Dressing**

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg

# Fiesta Rice & Beans Shaker

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Rice, Brown, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		2 ½ quarts		1 gallon + 1 quart
Corn, frozen or canned, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Salsa, canned		¾ gallon + ½ cup OR 1 ¼-#10 cans		1 ½ gallons + 1 cup OR 2 ½ -#10 cans
Black beans, canned, drained or cooked from dry		1 ½ gallons + 1 cup OR 4-#10 cans		3 gallons + 1 pint OR 8-#10 cans
Taco seasoning, low sodium		1 cup		1 pint
Corn tortilla chips, minimum 1 ounce equivalent grain, individual bags <b>OR</b> Corn tortilla chips, bulk	3 lbs. 2 oz.	50 each	6 lbs. 4 oz.	100 each
Romaine, fresh, chopped	2 lbs. 6 oz.		4 lbs. 12 oz.	
<b>Optional Garnishes:</b>				
Black olives, drained		½ - #10 can		1 - #10 can
Jalapenos, sliced, fresh or canned		½ - #10 can		1 - #10 can
Onion, diced		2 lbs.		4 lbs.
<b>Optional Salad Dressing:</b>				
Salsa, canned		1- #10 can		2- #10 cans
Ranch, dairy-free		1 1/8 cups		2 ¼ cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.  
\*Recommended cooking method: Steam covered for approximately 15 minutes.  
Alternative cooking methods:
  - a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
  - b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.
2. Cool rice completely.

HACCP Critical Control Point: Hold at 41°F or lower within 4 hours.

3. Combine corn, black beans, salsa and taco seasoning in a large bowl.
4. Prepare salad dressing by combining the salsa and dairy-free ranch. Portion into 2-ounce soufflé cups, if desired.
5. Layer ingredients into 16-oz cup as follows:
  - ½ cup rice
  - 1 cup bean and corn mixture



- ¼ cup chopped romaine lettuce
  - 1/8 cup of any optional garnishes- onion, jalapenos, olives.
  - 1 ounce crushed tortilla chips
6. Cover the cup with lid.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Serve salad shaker with creamy salsa dressing or salad dressing of customer's choice. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, ¼ cup starchy vegetable and ¼ cup red/orange vegetable and 1/8 cup dark green vegetable.

### *Nutrition Information:*

#### **\*From USDA Nutrient Database**

Calories: 371 Total Fat: 13g Saturated Fat: 4g Monounsaturated Fat: 6g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 61g Fiber: 16g Total Sugar: 15g Protein: 14g Sodium: 755mg Vitamin A: 263µg Vitamin C: 12mg Calcium: 260mg Iron: 5mg Folate: 262µg

#### **Salsa Ranch Dressing**

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg

### *Serving Information for Childcare Programs:*

In the classroom, portion ¼ cup of rice with ½ cup bean and corn mixture over the rice on each plate. Top with optional garnishes and ½ ounce crushed tortilla chips. Each serving provides 1 meat/meat alternate, 1 ½ oz. equivalent grains and ¼ cup vegetables.

### *Nutrition Information:*

#### **\*From USDA Nutrient Database**

Calories: 186 Total Fat: 6.5g Saturated Fat: 2g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 30g Fiber: 8g Total Sugar: 7.5g Protein: 7g Sodium: 377mg Vitamin A: 132µg Vitamin C: 6mg Calcium: 130mg Iron: 2.5mg Folate: 131µg

#### **Salsa Ranch Dressing**

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg

# Herb Roasted Potatoes

**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Red potatoes	12 lbs. 8 oz.		25 lbs.	
Oil, cooking		½ cup		1 cup
Thyme, fresh, chopped		¼ cup		½ cup
<b>OR</b>		<b>OR</b>		<b>OR</b>
Thyme, dried		1 Tbsp.		2 Tbsp.
Oregano, fresh, chopped		1/3 cup		2/3 cup
<b>OR</b>		<b>OR</b>		<b>OR</b>
Oregano, dried		1 ½ tsp.		1 ½ Tbsp.
Italian Parsley, fresh, chopped		1/3 cup		2/3 cup
<b>OR</b>		<b>OR</b>		<b>OR</b>
Parsley, dried		1 ½ tsp.		1 ½ Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Black Pepper, ground		1 tsp.		2 tsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

## *Preparation:*

1. Cut potatoes into quarters lengthwise, then 3-4 times crosswise into cubes.  
\*If using a Manhart, use S14 or D22 blades.  
\*Cut potatoes can be held in water overnight; do not hold in water longer.
2. Preheat oven to 350°F.
3. Toss cubed potatoes with remaining ingredients.
4. Place single layer of potatoes on sheet pans (use parchment paper, if desired).
5. Roast in oven until dark golden brown and tender; approximately 30 minutes. Shake pan or loosen potatoes with a spatula halfway through for even browning.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

6. Transfer to appropriate serving pans and hold in warmer until meal service.

HACCP Critical Control Point: Hold at 135°F or above.

## *Serving Information:*

Use a 4 ounce spoodle to provide ½ cup starchy vegetable.

OR

Use a 2 ounce spoodle to provide ¼ cup vegetable component.

*Nutrition Information:*

**per ½ cup serving \*From USDA Nutrient Database**

Calories: 91 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 16g Fiber: 1g Total Sugar: 1g Protein: 1g  
Sodium: 120mg Vitamin A: 0µg Vitamin C: 6mg Calcium: 9mg Iron: 0mg Folate: 7µg



# Kickin' Kale Salad

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Kale, trimmed, without stem	4 lbs. 4 oz.	3 gallons + 1 pint OR		6 gallons + 1 quart OR 8 lbs. 8 oz.
Olive oil		¼ cup + 1 Tbsp.		½ cup + 2 Tbsp.
Lemon juice		1 ¼ cups		1 pint + ½ cup
Garlic powder		2 ½ Tbsp.		¼ cup + 1 Tbsp.
Salt		2 tsp.		1 ½ Tbsp.
Black pepper		2 tsp.		1 ½ Tbsp.
Avocado		10 Each OR 1 quart + 1 cup (5 cups, mashed)		20 Each OR 2 ½ quarts (10 cups, mashed)

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Peel avocados, remove seed, and in a small bowl, mash the avocados.
2. In a large bowl, combine all ingredients. Use clean gloved hands to massage the avocado and other ingredients into the kale for a few minutes.
3. Transfer to individual serving containers, if desired.

HACCP Critical Control Point: Hold at 40°F or below.

### *Serving Information:*

Use an 8 ounce spoodle or portion 1 cup kale salad to provide ½ cup dark green vegetable.  
OR

Use a 4 ounce spoodle or portion ½ cup kale salad to provide ¼ cup vegetable component.

### *Nutrition Information:*

per 1 cup serving \*From USDA Nutrient Database

Calories: 91 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 4g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 9g Fiber: 3g Total Sugar: 0g Protein: 4g Sodium:  
59mg Vitamin A: 337µg Vitamin C: 85mg Calcium: 105mg Iron: 1mg Folate: 44µg

# Loaded Beach Burger

**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Ingredients				
Veggie burger, purchased, frozen		50 Each		100 Each
Hamburger bun, whole grain rich		50 each		100 each
BBQ sauce, prepared, low sodium		3 1/8 cups		1 1/2 quarts + 1/4 cup
Pineapple ring, canned, drained		50 rings		100 rings
Garnish:				
Romaine lettuce	1 lb.		2 lbs.	
Onion, sliced	1 lb.		2 lbs.	
Pickles, canned, drained		1 quart		2 quarts

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

## *Preparation:*

1. Bake or steam frozen veggies burgers as directed on the package.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

2. Portion one pineapple ring on the burger. Serve 1 Tbsp. BBQ sauce in individual portion cups or on the side. Wrap and serve with optional garnishes.

## *Serving Information:*

Each burger provides 2 meat/meat alternates, 2 ounce equivalent grains.

## *Nutrition Information:*

**per sandwich \*From USDA Nutrient Database**

Calories: 347 Total Fat: 10g Saturated Fat: 1g Monounsaturated Fat: 6g Polyunsaturated Fat: 1.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 56g Fiber: 13g Total Sugar: 23g Protein: 19g Sodium: 965mg Vitamin A: 204µg Vitamin C: 69mg Calcium: 125mg Iron: 3mg Folate: 232µg

# Mediterranean Flatbread with Hummus

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
<b>Pesto Sauce</b>				
Oil, olive or vegetable		1 ½ cup		1 pint + 1 cup
Garlic powder		1 tsp.		2 tsp.
Basil, fresh		1 pint (2 cups)		1 quart (4 cups)
Lemon Juice		1 ½ Tbsp.		3 Tbsp.
<b>Hummus</b>				
Garbanzo beans (chickpeas), drained or cooked from dry		1 ½ gallons + 1 cup OR 2 ½ -#10 cans		3 gallons + 1 pint OR 5 -#10 cans
Onion powder		1 Tbsp.		2 Tbsp.
Garlic powder		1/8 cup		1/4 cup
Salt		1 Tbsp.		2 Tbsp.
Pepper		1 ½ Tbsp.		3 Tbsp.
Parsley, dried		½ cup		1 cup
Basil, dried		½ cup		1 cup
Lemon juice		1-¾ cups		3-½ cups
Hot sauce		1 Tbsp.		2 Tbsp.
Oil, vegetable or olive		1 cup		1 pint
Water or chickpea brine		2/3 cup		1-1/3 cups
Flatbread, whole grain rich		50 each		100 each
<b>Optional garnishes</b>				
Black olives, diced	15 ounces		1 lb. 14 oz.	
Tomatoes, finely diced or sliced	2 lbs. 9 oz.		5 lbs. 2 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Pesto sauce: Add garlic powder, parsley, and lemon juice to oil. Mix well.
2. Hummus: Add beans, onion powder, garlic powder, salt, pepper, basil, lemon juice, hot sauce and oil to vertical cutter mixer (VCM) or blender. Mix until smooth.
3. Place flatbread on an 18"x24"x1" bun pan and brush each flatbread with pesto.
4. Scoop 1-#8 scoop (1/2 cup) of hummus on each flatbread and spread evenly.
5. Bake at 375°F in convection oven for 3-5 minutes or until warm and flatbread is slightly crisp. Do not overbake.
6. Brush each baked flatbread with pesto.
7. Serve 2 Tbsp. diced or 3-4 slices of tomatoes and 2 Tbsp. diced black olives on the side as garnish.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Each whole flatbread provides 2 meat/meat alternates and 2 ounces' equivalent grains.

### *Nutrition Information:*

#### **per flatbread \*From USDA Nutrient Database**

Calories: 362 Total Fat: 16g Saturated Fat: 2g Monounsaturated Fat: 9g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 47g Fiber: 9g Total Sugar: 6g Protein: 12g Sodium: 539mg Vitamin A: 10µg Vitamin C: 8mg Calcium: 53mg Iron: 6mg Folate: 84µg



# Mighty Marinara with Chickpeas

**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Diced tomatoes and sauce, canned		1 gallon		2 gallons
Tomato sauce		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Garbanzo beans, drained or cooked from dry beans		1 ½ gallons + 1 cup OR 2 ½ -#10 cans		3 gallons + 1 pint OR 5-#10 cans
Oil, olive or vegetable		½ cup		1 cup
Oregano, dried		1 ½ Tbsp.		3 Tbsp.
Garlic, granulated		2 Tbsp.		¼ Cup
Basil, dried		2 Tbsp.		¼ cup
Salt		1 Tbsp.		2 Tbsp.
Sugar		½ cup		1 Cup
Parsley, fresh <b>OR</b> Parsley, dried		1 Tbsp. <b>OR</b> 2 Tbsp.		2 Tbsp. <b>OR</b> ¼ cup
Black pepper		1 ½ tsp.		1 Tbsp.
<b>Prepared Grains: Choose one</b>	Dry grain weight:		Dry grain weight:	
Rotini (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Spaghetti (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Penne (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Brown Rice (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

## *Preparation:*

1. Prepare grains accordingly.
2. Stir all ingredient together except for grain item.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

## *Serving Information:*

Using 8-ounce ladle/spoodle, serve 8 ounces marinara sauce over 1 cup cooked spaghetti, penne, rotini noodles or rice.

Each serving provides 2 meat/meat alternates, 2 ounces' equivalent grains, and ½ cup red/orange vegetable.

For a 1 meat/meat alternate sauce, cut measure of garbanzo beans in half.

### *Nutrition Information:*

#### **per serving \*From USDA Nutrient Database**

Calories: 417 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 2g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 77g Fiber: 17g Total Sugar: 13g Protein: 18g  
Sodium: 292mg Vitamin A: 37µg Vitamin C: 11mg Calcium: 107mg Iron: 5mg Folate: 102µg

# Minestrone Soup

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings (3 ½ gallons)		100 Servings (6 ¼ gallons)	
Ingredients	Weight	Measure	Weight	Measure
Oil, olive or vegetable		¾ cup + 1 Tbsp.		¾ cup
Onion, finely diced	2 lbs. 12 oz.		5 lbs. 8 oz.	
Garlic, minced		1 ¼ cups		2 ½ cups
Zucchini, diced, fresh	4 lbs. 4 oz.		8 lbs. 8 oz.	
Carrots, sliced, fresh	4 lbs. 10 oz.		9 lbs. 4 oz.	
OR	OR		OR	
Carrots, sliced, frozen	5 lbs. 2 oz.		10 lbs. 4 oz.	
Beans, cannellini, canned, drained, rinsed		3 ¼-#10 cans (1 ½ gallons + 1 Tbsp.)		6 ½ -#10 cans (3 gallons + 2 Tbsp.)
OR	OR		OR	
Beans, cannellini, cooked from dry	4 lbs.		8 lbs.	
Stewed tomatoes, canned		1 ½-#10 cans (1 ¼ gallons)		3-#10 cans (2 ½ gallons)
Spinach leaves, rinsed	2 lbs.		4 lbs.	
OR	OR		OR	
Spinach, frozen, chopped	9 lbs.		18 lbs.	
Celery, diced	2 lbs.		4 lbs.	
Basil, dried		1 ½ Tbsp.		3 Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Black pepper		1 Tbsp.		2 Tbsp.
Water		1 ¾ gallons + 1 pint (30 cups total)		3 ¾ gallons (60 cups total)
Elbow pasta, dry, whole grain rich		3 lbs. 2 oz. (dry weight)		6 lbs. 4 oz. (dry weight)

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Sauté onions, garlic, basil, oregano, pepper and ½ of the salt in oil for 5 minutes on medium heat in a tilt skillet or steam.
2. Add carrots and celery. Continue to cook for 5 minutes.
3. Add water, canned tomatoes, spinach and beans to the above mixture and bring to a boil in a large pot. Continue to boil for 5 minutes.
4. Meanwhile, cook pasta until al dente, about 8-10 minutes.
5. Taste soup and add the remaining salt if needed.
6. Add pasta to the soup.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Serve one cup of soup over  $\frac{1}{2}$  cup pasta with a piece of fresh garlic toast. Each 8 ounce serving of soup provides 2 ounces meat/meat alternate and  $\frac{1}{2}$  cup red orange vegetable. Each  $\frac{1}{2}$  cup serving of pasta provides 1-ounce grain equivalent.

OR

Serve  $\frac{1}{2}$  cup of soup over  $\frac{1}{4}$  cup pasta. Each 8 ounce serving of soup provides 1-ounce meat alternate and  $\frac{1}{4}$  cup vegetable. Each  $\frac{1}{4}$  cup serving of pasta provides  $\frac{1}{2}$  ounce grain equivalent.

### *Nutrition Information:*

#### **per serving \*From USDA Nutrient Database**

Calories: 224 Total Fat: 3g (12% calories from total fat) Saturated Fat: 0g (0% calories from saturated fat) Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0g  
Carbohydrate: 16g Fiber: 9g Total Sugar: 8g Protein: 11g Sodium: 349mg Vitamin A: 289 $\mu$ g  
Vitamin C: 18mg Calcium: 155mg

# Nacho Cheese

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Potatoes, peeled	8 lbs. 8 oz.		17 lbs.	
Carrots, whole	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		1 pint (2 cups total)		1 quart (4 cups total)
Water		1 ½ cups + 2 Tbsp.		1 ½ pints + ¼ cup (3 ¼ cups total)
Lemon juice		⅓ cup + 1 ¼ Tbsp.		¾ cup + ½ Tbsp.
Salt		2 Tbsp.		¼ cup
Onion powder		2 Tbsp.		¼ cup
Garlic powder		2 Tbsp.		¼ cup
Nutritional yeast		1 ½ cups + 2 Tbsp.		1 ½ pints + ¼ cup (3 ¼ cups total)
Optional: cayenne pepper		1 Tbsp.		2 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Boil potatoes and carrots until tender; about 20 minutes.
2. Reserve 1 quart of the potato water before draining the potatoes and carrots.
3. Put all ingredients in a Robot Coupe or another large food processor or blender.
4. If the cheese is too thick, add the reserved potato liquid one cup at a time until nacho cheese consistency is reached.
5. Transfer to a pan, cover and hold in warmer until meal service, stirring before serving.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

### *Serving Information:*

Each ½ cup serving provides ⅜ cup starchy vegetable and ¼ cup red orange vegetable or a combination of ½ cup other vegetable.

### *Nutrition Information:*

per ½ cup serving \*From USDA Nutrient Database

Calories: 165 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 5g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 22g Fiber: 5g Total Sugar: 3g Protein: 5g  
Sodium: 369mg Vitamin A: 330µg Vitamin C: 8mg Calcium: 22mg Iron: 0mg Folate: 13µg

# Noodles with Stir-Fried Tofu & Bok Choy

**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Ingredients				
Noodles, Yakisoba or Spaghetti, dry weight	6 lbs. 4 oz.		12 lbs. 8 oz.	
Soy Sauce, reduced sodium		1 pint + 1 cup		1 ½ quarts
Water		1 pint + ¼ cup		1 quart + ½ cup
Apple cider vinegar		1 cup + 2 Tbsp.		1 pint + ¼ cup
Toasted sesame oil		¾ cup		1 ½ cup
Vegetable oil		2 Tbsp.		¼ cup
Bok Choy, chopped	3 lbs. 8 oz.		7 lbs.	
Green Onions, chopped, white and green	4 oz.		8 oz.	
Tofu, cubed, firm, baked, 1 ounce equivalent OR Tofu, cubed, firm, baked, 2 ounce equivalent	7 lbs. OR 14 lbs.		14 lbs. OR 28 lbs.	
Garlic, minced OR Garlic, granulated		2 Tbsp. OR 1 Tbsp.		¼ cup OR 1/8 cup
Ginger, minced OR Ginger, granulated		1 ½ Tbsp. OR 1/3 tsp		3 Tbsp. OR 2/3 tsp
Cilantro, chopped, fresh OR Cilantro, dried		½ cup OR 2 Tbsp.		1 cup OR ¼ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

## *Preparation:*

1. Prepare spaghetti or yakisoba noodles al dente; drain and keep warm.
2. If using tofu not already baked, heat oven to 325°F. Place tofu on a greased or foiled baking sheet. Bake for approximately an hour, flipping the tofu every 15-20 minutes, until a large amount of the liquid is removed. Let cool.
3. Meanwhile, combine soy sauce, water, apple cider vinegar and sesame oil in a large bowl to make the sauce; set aside.
4. Heat vegetable oil in a tilt skillet or wok; add bok choy and stir-fry until it begins to wilt, about 3-5 minutes.
5. Add garlic, ginger, and green onions, and cook another 2-3 minutes until fragrant.
6. Add prepared sauce and cubed tofu to the vegetable mixture and bring to a boil.
7. Add the cooked noodles, toss gently; heat thoroughly until it reaches 150°F for 15 seconds.
8. Transfer to serving pans. Garnish each pan with cilantro.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Portion 1 ½ cups of stir fried noodles using 2 scoops with a 6 ounce spoodle or 2-#6 scoops onto each tray.

Each serving provides 1 meat/meat alternate (or 2 meat/meat alternates if using more tofu), 2 ounce equivalent grains and 1/8 cup dark green vegetable.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

**Per 1 ½ cup serving with 1-ounce tofu**

Calories: 301 Total Fat: 9g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 4g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 45g Fiber: 8g Total Sugar: 2g Protein: 16g  
Sodium: 491mg Vitamin A: 63µg Vitamin C: 13mg Calcium: 194mg Iron: 3mg Folate: 45µg

**Per 1 ½ cup serving with 2 ounces' tofu**

Calories: 344 Total Fat: 11g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat:  
5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 46g Fiber: 9g Total Sugar: 2g Protein: 21g  
Sodium: 491mg Vitamin A: 63µg Vitamin C: 13mg Calcium: 318mg Iron: 4mg Folate: 57µg





# Nutty Noodles

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Noodles, spaghetti, whole grain, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Mixed vegetables, frozen <i>Seasonal, fresh vegetables can be substituted based on availability.</i>	10 lbs. 14 oz.		21 lbs. 12 oz.	
Nut or seed butter, smooth	7 lbs.		14 lbs.	
Ginger, minced <b>OR</b> Ginger, granulated		1½ cups <b>OR</b> 3 Tbsp.		3 cups <b>OR</b> 3/8 cup
Garlic, minced <b>OR</b> Garlic, granulated		1/3 cup <b>OR</b> 1 ½ Tbsp.		2/3 cups <b>OR</b> 3 Tbsp.
Rice wine vinegar		2 quarts		1 gallon
Sugar		1 pint		1 quart
Soy sauce, reduced sodium		1 pint + ½ cup		1 quart + 1 cup
Water		1 quart + ¼ cup		½ gallon + ½ cup
Oil, olive or vegetable		1 cup		1 pint
Pepper, red or cayenne		½ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### Preparation:

1. Prepare spaghetti noodles, drain and cool. Set aside.
2. In blender, food processor or VCM, combine the peanut butter, vinegar, sugar, soy sauce, water, half of the oil, pepper, ginger and garlic until smooth.
3. Heat remaining oil in tilt skillet over medium-high heat.
4. Add vegetables and cook until tender.
5. Add the cooked noodles and peanut sauce to vegetables. Toss gently. 6
6. Transfer to serving pans. Can be served warm or chilled.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above or 40°F or below.

### Serving Information:

Portion 1 ½ cups of noodles for each serving.  
Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and ½ cup other vegetable.  
OR

Portion  $\frac{3}{4}$  cup of noodles onto each tray. Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and  $\frac{1}{4}$  cup vegetable serving.

### *Nutrition Information:*

**per 1  $\frac{1}{2}$  cup serving \*From USDA Nutrient Database**

Calories: 728 Total Fat: 42g Saturated Fat: 8g Monounsaturated Fat: 20g Polyunsaturated Fat: 11g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 69g Fiber: 14g Total Sugar: 15g Protein: 29g Sodium: 533mg Vitamin A: 501 $\mu$ g Vitamin C: 5mg Calcium: 86mg Iron: 4mg Folate: 84 $\mu$ g

# **Outrageous Orange Stir Fry Bowl**

## **A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Chicken-free strips, 1 ounce = 1 M/MA	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Cabbage, sliced	2 lbs. 8 oz.			5 lbs.
Vegetable broth, low sodium or water		1 cup		1 pint
Prepared Zesty Orange Sauce, such as Foothill Farms, Schwan's or similar brands		1 $\frac{1}{2}$ quarts		3 quarts
<b>Grain preparation:</b> Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		$\frac{1}{2}$ gallon		1 gallon
OR				
Whole grain-rich noodles, dry Yakisoba or spaghetti	6 lbs. 4 oz.		12 lbs. 8 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Prepare grain as follows:
  - a. If using noodles, prepare al dente; drain and keep warm. If desired, add a small amount of oil to prevent noodles from sticking.
  - b. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.  
\*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. Meanwhile, chop the chicken-free strips with a knife or vertical cutter mixer (VCM).
3. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free cubes, and vegetable broth/water in a tilt skillet or wok. Sauté for 5-10 minutes, until vegetables are tender.

4. Add the orange sauce to the vegetables; mix to combine. Continue to sauté for another 5 minutes, until heated through.
5. Transfer to a pan, cover and hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

### *Serving Information:*

On serving line, portion 1 cup of stir fry mixture on top of one cup of brown rice or noodles. Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and ½ cup other vegetable.

OR

On serving line or in classroom, portion ½ cup stir fry mixture on top of ½ cup brown rice or noodles.

Each bowl provides 1 meat/meat alternate, 1 ounce equivalent grain and ¼ cup vegetable component.

### *Nutrition Information:*

**per 2 m/ma, 2 grain serving \*From USDA Nutrient Database**

#### **Stir fry with rice**

Calories: 422 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 74g Fiber: 12g Total Sugar: 10g Protein: 21g  
Sodium: 412mg Vitamin A: 255µg Vitamin C: 33mg Calcium: 88mg Iron: 3mg Folate: 99µg

#### **Stir fry with noodles**

Calories: 406 Total Fat: 4g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 72g Fiber: 16g Total Sugar: 10g Protein: 25g  
Sodium: 407mg Vitamin A: 255µg Vitamin C: 33mg Calcium: 92mg Iron: 3mg Folate: 100µg

# **Outrageous Orange Stir Fry Wrap**

**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Chicken-free strips, 1 oz. meat alternate equivalent	3 lbs. 2 oz.		6 lbs. 4 oz.	
	Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
	Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
	Carrots, shredded	1 lb. 8 oz.		3 lbs.	
	Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
	Cabbage, sliced	2 lbs. 8 oz.			5 lbs.
	Vegetable broth, low sodium or water		1 cup		1 pint
	Prepared Zesty Orange Sauce, such as Foothill Farms, Schwan's or similar brands		1 $\frac{1}{2}$ quarts		3 quarts
	Tortilla, whole grain rich, 2 grain equivalent		50 each		50 each

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

## *Preparation:*

1. Chop the chicken-free strips with a knife or vertical cutter mixer (VCM).
2. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free cubes, and vegetable broth/water in a tilt skillet or wok. Sauté for 5-10 minutes, until vegetables are tender.
3. Add the orange sauce to the vegetables; mix to combine. Continue to sauté for another 5 minutes, until heated through.
4. Transfer to a pan, cover and hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

## *Serving Information:*

On serving line, portion 1 cup of stir fry mixture in one tortilla; garnish with green onions and wrap.

Each wrap provides 2 meat/meat alternates, 2 ounce equivalent grains and ½ cup other vegetable.

OR

On serving line or in classroom, portion ½ cup stir fry mixture on top of one tortilla.

Each wrap provides 1 meat/meat alternate, 2 ounces' equivalent grain and ¼ cup vegetable component.

### *Nutrition Information:*

**per 2 m/ma, 2 grain serving \*From USDA Nutrient Database**

Calories: 425 Total Fat: 10g Saturated Fat: 4g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 61g Fiber: 16g Total Sugar: 11g Protein: 23g Sodium: 560mg Vitamin A: 255µg Vitamin C: 33mg Calcium: 239mg Iron: 4mg Folate: 159µg

# Picante Corn Salsa

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Corn, tempered	4 lbs. 8 oz. <b>OR</b>	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	9 lbs. 4 oz. <b>OR</b>	1 $\frac{1}{2}$ gallons + 1 cup
Tomatoes, fresh, diced	5 lbs. 12 oz. <b>OR</b>	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	11 lbs. 8 oz. <b>OR</b>	1 $\frac{1}{2}$ gallons + 1 cup
Red Onion, diced	1 lb. 6 oz.		2 lbs. 12 oz.	
Jalapeno, fresh, seeded, diced (optional)		2 Each		4 Each
Lime Juice		$\frac{1}{2}$ cup		1 cup
Cilantro, fresh, chopped		$\frac{1}{2}$ cup		1 cup
Salt		1 Tbsp.		2 Tbsp.
Black Pepper		1 Tbsp.		2 Tbsp.
Granulated Garlic		1 Tbsp.		2 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Mix all ingredients together thoroughly.
2. Allow to cool in refrigerator prior to meal service.

HACCP Critical Control Point: Hold at 40°F or below.

### *Serving Information:*

Use 4 ounce spoodle to provide  $\frac{1}{4}$  cup starchy vegetable and  $\frac{1}{4}$  cup red/orange vegetable.

\*Salsa can be cupped up individually and offered in cold well.

Use a 2 ounce spoodle to provide  $\frac{1}{4}$  cup vegetable component.

### *Nutrition Information:*

per  $\frac{1}{2}$  cup serving \*From USDA Nutrient Database

Calories: 51 Total Fat: 0g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g  
 Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 12g Fiber: 2g Total Sugar: 4g Protein: 2g  
 Sodium: 83mg Vitamin A: 42µg Vitamin C: 15mg Calcium: 11mg Iron: 0mg Folate: 28µg

# Popeye Pasta Bake

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Whole grain pasta, penne or rotini	3 lbs. 2 oz.		6 lbs. 4 oz.	
Frozen spinach, thawed and drained	3 lbs.		6 lbs.	
Tofu, firm, drained	6 lbs. 14 oz.		13 lbs. 12 oz.	
Sugar		¾ cup		1 ½ cups
Soy Milk		1 pint + 1 cup		1 quart + 1 pint
Lemon Juice		1 cup		2 cups
Garlic powder		1/8 cup		1/3 cup
Basil, fresh, minced		¾ cup		1 ½ cups
<b>OR</b>		<b>OR</b>		<b>OR</b>
Basil, dried		3/8 cup		3/4 cup
Salt		¼ cup		½ cup
Tomato sauce, canned		2 - #10 can		4 - #10 can
Bread crumbs (optional)		1 ½ cups		3 cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Preheat oven to 325°F; cook pasta al dente.
2. Squeeze the spinach dry to remove liquid.
3. Combine tofu, sugar, soy milk, garlic powder, basil, spinach and salt in blender or VCM. Blend until all items are combined; the tofu should resemble a feta or ricotta consistency.
4. Add half of the tomato sauce and cooked pasta to tofu mixture. Stir to distribute evenly.
5. In four steam table pans (12"x20"x4"), per 100 servings, lightly coat with pan release spray.
6. Spread ½ of remaining tomato sauce on bottom of each pan.
7. Divide pasta mixture evenly between four pans. Top each pan with an even amount of tomato sauce and bread crumbs.
8. Tightly cover pans with foil and bake for 45 minutes. Heat to a temperature of 150°F for 15 seconds.
9. Remove from oven and uncover.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



## *Serving Information:*

\*For a 1 meat/meat alternate use half of the tofu listed in ingredients.

Cut each pan 5 x 5 for serving or 2-#8 scoops per serving.

Each serving provides 2 meat/meat alternates, 1 oz. equivalent grains, and ½ cup red/orange vegetable.

## *Nutrition Information:*

**per serving \*From USDA Nutrient Database**

Calories: 371 Total Fat: 9g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 4g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 59g Fiber: 12g Total Sugar: 26g Protein: 16g  
Sodium: 598mg Vitamin A: 223µg Vitamin C: 8mg Calcium: 301mg Iron: 5mg Folate: 87µg



# Pozole de Frijol (Bean, Hominy & Chili Soup)

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Garbanzo beans, canned, drained, rinsed		1 ½ gallons + 1 cup OR 3 - #10 can		3 gallons + 1 pint OR 6 - #10 can
Water		1 ¼ gallons		2 ½ gallons
Vegetable broth, reduced sodium		3 quarts		1 ½ gallons
Olive or vegetable oil		1 cup		1 pint
Onion, diced	4 lbs. 11 oz. OR	1 ¼ gallons	9 lbs. 6 oz.	OR 2 ½ gallons
Diced tomatoes, canned		2 ½ quarts		1 ¼ gallons
Hominy, canned, drained, rinsed		1 ¼ gallons		2 ½ gallons
Garlic, minced OR Garlic powder		1 ½ cups OR 2 ½ tsp		3 cups OR 1 ¾ Tbsp.
Salt		⅓ cup		⅔ cup
Oregano, dried		⅔ cup		1 ⅓ cup
Black pepper		1 Tbsp.		2 Tbsp.
Lime juice, fresh (optional)		¾ cup		1 ½ cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Heat oil in a tilt skillet, kettle or in a large pot using a stove top; add the onion and garlic and sauté for about five minutes on medium heat.
2. Add the tomatoes, salt, black pepper, oregano, water and vegetable broth. Stir mixture and bring to a boil.
3. Add the beans and hominy; bring to a simmer.
4. Let simmer on low heat for 20-30 minutes.
5. Add the lime juice, if using. Stir to combine.
6. Transfer to serving pans.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Portion 1 cup per serving. Each 1 cup serving provides 2 meat/meat alternates or ½ cup bean/legume vegetable subgroup.

OR

Portion ½ cup per serving.

Each serving provides 1 meat/meat alternates or ¼ cup vegetable group.

### *Nutrition Information:*

**per 1 cup serving \*From USDA Nutrient Database**

Calories: 239 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 2g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 39g Fiber: 10g Total Sugar: 8g Protein: 10g  
Sodium: 696mg Vitamin A: 13µg Vitamin C: 12mg Calcium: 88mg Iron: 3mg Folate: 93µg



# Protein Packed Pasta Marinara

**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Diced tomatoes and sauce, canned		1 gallon		2 gallons
Tomato Sauce		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Beefless crumbles <b>OR</b> Great Northern Beans, cooked, drained		1 lb. 10 oz.  OR 1-#10 can		3 lbs. 4 oz.  OR 2-#10 cans
Olive or vegetable oil		½ cup		1 cup
Oregano, dried		1 ½ Tbsp.		3 Tbsp.
Garlic, granulated		2 Tbsp.		¼ cup
Basil, dried		2 Tbsp.		¼ cup
Salt		1 Tbsp.		2 Tbsp.
Sugar		½ cup		1 Cup
Parsley, dried		2 Tbsp.		¼ cup
Pepper		1 ½ tsp.		1 Tbsp.
<b>Bean Pasta</b> Each Serving: 1.4 oz. dry (1/2 cup prepared)	Dry grain weight: 4 lbs. 6 oz.		Dry grain weight: 8 lbs. 12 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

## Preparation:

1. Prepare bean pasta accordingly. Boil for 10-12 minutes, drain and rinse with water. Toss with the vegetable or olive oil.
2. Stir all ingredients together except for pasta and heat thoroughly.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds and hold at internal temperature of 135°F or above.

## Serving Information:

Using a 6-ounce ladle or spoodle, serve 6 ounces of marinara sauce over ½ cup cooked rotini, penne, or elbow noodles. Serve with roll, breadstick or other whole grain rich bread component. \*Each serving of bean pasta and marinara provides 2 ½ meat/meat alternates, ½ cup red/orange vegetable.

## Nutrition Information:

**\*From USDA Nutrient Database**

**With legume marinara**

Calories: 274 Total Fat: 1.5g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 46g Fiber: 13g Total Sugar: 7g Protein: 17g Sodium: 480mg Vitamin A: 37 $\mu$ g Vitamin C: 12mg Calcium: 82mg Iron: 2mg Folate: 36 $\mu$ g

**With beefless crumble marinara**

Calories: 277 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 12g Total Sugar: 7g Protein: 21g Sodium: 465mg Vitamin A: 37 $\mu$ g Vitamin C: 12mg Calcium: 62mg Iron: 2mg Folate: 17 $\mu$ g



# Protein Packed Two Bean Chili

**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Ingredients				
Tomatoes, diced, canned		1 gallon + 3 ¼ cups		2 gallons + ¾ quart
Tomato paste		1 ¾ quarts		2 ½ quarts
Kidney beans, canned, drained, rinsed		1 ½ gallons + 1 cup OR 1 ½ -#10 cans		3 gallons + 1 pint OR 3-#10 cans
Black beans, canned, drained, rinsed		1 ½ gallons + 1 cup OR 2-#10 cans		3 gallons + 1 pint OR 4-#10 cans
Onions, fresh, chopped	2 lbs. 12 oz. OR	1 ½ quarts + ¼ cup	5 lbs. 8 oz. OR	¾ gallon + ½ cup
Green peppers, fresh, diced	8 oz.		1 lb.	
Carrots, shredded	1 lb.		2 lb.	
Corn, tempered	8 oz.		1 lb.	
Salt		2 Tbsp.		¼ cup
Chili powder		½ cup		1 cup
Garlic, granulated		¼ cup		½ cup
Cumin		¼ cup		½ cup
Water (add 1 pint at a time)		1 pint - 1 quart		1 quart - 2 quarts

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation:

1. Sauté onions and peppers.
2. Add tomatoes and tomato paste to onions and peppers. Let simmer until mixture is heated.
3. Add beans, shredded carrots, corn, spices and water. Simmer 1 to 1 ½ hours.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

## Serving Information:

Serve 8 ounces' chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread. Each cup of chili provides 2 meat/meat alternates, and ½ cup red/orange vegetable.

OR

Serve 4 ounces' chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread. Each ½ cup of chili provides 1 meat/meat alternates, and ¼ vegetable component.

### *Nutrition Information:*

**per 1 cup serving \*From USDA Nutrient Database**

Calories: 106 Total Fat: 1g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 20g Fiber: 7g Total Sugar: 5g Protein: 6g  
Sodium: 470mg Vitamin A: 100µg Vitamin C: 16mg Calcium: 67mg Iron: 2mg Folate: 48µg



# Protein Packed Two Bean Chili

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Tomatoes, diced, canned		1 gallon + 3 ¼ cups		2 gallons + ¾ quart
Tomato paste		1 ¾ quarts		2 ½ quarts
Kidney beans, canned, drained, rinsed		1 ½ gallons + 1 cup OR 1 ½ -#10 cans		3 gallons + 1 pint OR 3-#10 cans
Black beans, canned, drained, rinsed		1 ½ gallons + 1 cup OR 2-#10 cans		3 gallons + 1 pint OR 4-#10 cans
Onions, fresh, chopped	2 lbs. 12 oz. OR	1 ½ quarts + ¼ cup	5 lbs. 8 oz. OR	¾ gallon + ½ cup
Green peppers, fresh, diced	8 oz.		1 lb.	
Carrots, shredded	1 lb.		2 lb.	
Corn, tempered	8 oz.		1 lb.	
Salt		2 Tbsp.		¼ cup
Chili powder		½ cup		1 cup
Garlic, granulated		¼ cup		½ cup
Cumin		¼ cup		½ cup
Water (add 1 pint at a time)		1 pint - 1 quart		1 quart – 2 quarts

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

### Preparation:

1. Sauté onions and peppers.
2. Add tomatoes and tomato paste to onions and peppers. Let simmer until mixture is heated.
3. Add beans, shredded carrots, corn, spices and water. Simmer 1 to 1 ½ hours.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### Serving Information:



Serve 8 ounces' chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread. Each cup of chili provides 2 meat/meat alternates, and ½ cup red/orange vegetable.  
OR

Serve 4 ounces' chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread. Each ½ cup of chili provides 1 meat/meat alternates, and ¼ vegetable component.

### *Nutrition Information:*

**per 1 cup serving \*From USDA Nutrient Database**

Calories: 106 Total Fat: 1g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 20g Fiber: 7g Total Sugar: 5g Protein: 6g  
Sodium: 470mg Vitamin A: 100µg Vitamin C: 16mg Calcium: 67mg Iron: 2mg Folate: 48µg



# Pumped Up Pasta Bake

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Pasta, penne, whole grain rich, dry	3 lbs. 4 oz.		6 lbs. 8 oz	
Diced tomatoes, canned		1 gallon + 3 ¼ cups		2¼ gal + 2½ cups
Kidney beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Spaghetti sauce, prepared <b>OR</b> Scratch Sauce: Tomato sauce with the below spices		1 ½ - #10 can <b>OR</b>		3 - #10 can <b>OR</b>
Tomato sauce		1 ½ - #10 cans		3- #10 cans
Oregano, dried		1 Tbsp.		2 Tbsp.
Garlic, granulated		2 Tbsp.		¼ cup
Basil, dried		1 Tbsp.		2 Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Oil, olive or vegetable		½ cup		1 cup
Sugar		¼ cup		½ cup
Parsley, dried		1/8 cup		¼ cup
Pepper		1 ½ tsp		1 Tbsp.
Bread Crumbs		1 ½ cups		3 cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Preheat oven to 350°F.
2. Boil pasta for 5-7 minutes, until cooked but firm. Drain.
3. If preparing scratch spaghetti sauce: Combine all ingredients listed under scratch sauce together. Heat thoroughly to 150°F for a minimum of 15 seconds.
4. Stir diced tomatoes and beans into spaghetti sauce. Add pasta noodles. Stir well to combine.
5. Portion pasta mixture into 2 (for 50) or 4 (for 100) 12 x 20 x 2 ½ inch steamtable pans, sprayed to prevent sticking. Top each pan with evenly distributed bread crumbs.
6. 6. Bake until internal temperature reaches 140°F for a minimum of 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Each pan provides approximately 24 servings using 2 - #8 scoops (1 cup).  
Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, and ½ cup red/orange vegetable.  
For a 1 meat/meat alternate sauce, cut measure of black and kidney beans in half.

### *Nutrition Information:*

**per serving \*From USDA Nutrient Database**

Calories: 287 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 55g Fiber: 14g Total Sugar: 9g Protein: 14g  
Sodium: 641mg Vitamin A: 52µg Vitamin C: 15mg Calcium: 301mg Iron: 5mg Folate: 123µg

# Radical Rice & Bean Enchiladas

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Tortilla, 10 inch, whole grain rich		50 each		100 each
	Rice, brown, dry	2 lbs.		4 lbs.	
	Water		½ gallon		1 gallon
	Kidney beans, canned, drained		¾ gallon + 1 cup		1 ½ gallons + 1 pint
	Black beans, canned, drained		¾ gallon + 1 cup		1 ½ gallons + 1 pint
	Salsa, canned		1 gallon		2 gallons

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Combine rice and water. Cook uncovered in steamer for 20-25 minutes or until water is absorbed.
2. Meanwhile, heat beans in steamer until internal temperature reach 145°F. Cover and hold in warmer.
3. To assemble: Lay tortillas on parchment paper on work surface. Spread ¼ cup rice down center of each tortilla. Spread ½ cup of beans over rice. Spread ¼ cup salsa on beans.
4. Fold into envelope shape and place in 2-inch steam table pan either lined with parchment paper or sprayed.
5. Top each enchilada with remaining salsa.
6. Bake at 350°F until internal temperature reaches 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Use spatula to serve one enchilada.

Each enchilada provides 2 meat/meat alternates, 2.5 ounce equivalent grains (if 10-inch tortilla provides 2 ounce equivalent grains) and 1/4 cup red/orange vegetable.

### *Nutrition Information:*

per serving \*From USDA Nutrient Database

Calories: 398 Total Fat: 8g Saturated Fat: 4g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 68g Fiber: 16g Total Sugar: 5g Protein: 16g  
Sodium: 700mg Vitamin A: 15µg Vitamin C: 2mg Calcium: 230mg Iron: 5mg Folate: 165µg



# Rainbow Hummus Wraps

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
<b>Select a minimum of four vegetable options below:</b>				
Romaine lettuce, chopped	1 lb. 12 oz.		3 lbs. 8 oz.	
Mushrooms, sliced	1 lb. 8 oz.		3 lbs.	
Carrots, shredded	2 lbs.		4 lbs.	
Radishes, sliced	1 lb. 12 oz.		3 lbs. 8 oz.	
Spinach, chopped	2 lbs.		4 lbs.	
Tomatoes, diced	3 lbs. 8 oz.		7 lbs.	
Corn kernels, tempered	2 lbs. 4 oz.		4 lbs. 8 oz.	
Beets, shredded	2 lbs. 4 oz.		4 lbs. 8 oz.	
Zucchini, shredded	2 lbs.		4 lbs.	
Onion, sliced	2 lbs.		4 lbs.	
Celery, diced	2 lbs.		4 lbs.	
<b>Hummus:</b>				
Garbanzo beans, drained or cooked from dry beans		2 ½-#10 cans OR 1 ½ gallons + 1 cup		5-#10 cans OR 3 gallons + 1 pint
Onion powder		1 Tbsp.		2 Tbsp.
Garlic powder		1/8 cup		1/4 cup
Salt		1 Tbsp.		2 Tbsp.
Pepper		1 ½ Tbsp.		3 Tbsp.
Parsley, dried		½ cup		1 cup
Basil, dried		½ cup		1 cup
Lemon juice		1-¾ cups		3-½ cups
Hot sauce		1 Tbsp.		2 Tbsp.
Oil, vegetable or olive		1 cup		1 pint
Water or chickpea brine		2/3 cup		1-1/3 cups
Wrap, whole grain rich, 2 ounce equivalent		50 each		100 each

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Hummus: Add beans, onion powder, garlic powder, salt, pepper, basil, lemon juice, hot sauce, water/chickpea brine and oil to vertical cutter mixer (VCM), blender or food processor. Mix until smooth.
2. Prepare a minimum of four vegetables listed above in the ingredients for the wrap.
3. Scoop 1-#8 scoop (1/2 cup) of hummus on each wrap and spread evenly.
4. Portion 1/8 cup each of the four chosen vegetable options. If using spinach or romaine lettuce, portion ¼ cup of each on the wrap.

5. Roll tortilla widthwise and cut in half. Serve both halves per entrée.

### *Serving Information:*

Alternative serving method: Roll each filled tortilla widthwise and using serrated knife, cut wrap into 1- inch slices for pinwheels.

Each full wrap provides 2 meat/meat alternates, 2 ounce equivalent grains and ½ cup other vegetable. ½ of a wrap provides 1 meat/meat alternate, 1 ounce equivalent grains and ¼ cup vegetable component.

### *Nutrition Information:*

#### **\*From USDA Nutrient Database Per wrap**

Calories: 366 Total Fat: 13g Saturated Fat: 4g Monounsaturated Fat: 6g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 52g Fiber: 13g Total Sugar: 8g Protein: 12g Sodium: 675mg Vitamin A: 261µg Vitamin C: 7mg Calcium: 244mg Iron: 4mg Folate: 151µg

# Rockin' Roasted Chickpeas

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD		50 Servings (1 m/ma)		100 Servings (1 m/ma)	
Ingredients	Weight	Measure	Weight	Measure	
Garbanzo Beans, low-sodium, canned, drained or cooked from dry	5 lbs. 6 oz.	OR ¾ gallon + ½ cup	10 lbs. 12 oz.	OR 1 ½ gallons + 1 cup	
Oil, Olive or Vegetable		¼ cup		½ cup	
Salt		1- 2 Tbsp.		2 - 4 Tbsp.	
Pepper, Red or Cayenne		¾ - 1 tsp.		1 ½ - 2 tsp.	
Rosemary, dried		1/8 cup + 1 tsp.		¼ cup + 2 tsp.	

### *Preparation:*

1. Rinse and drain chickpeas very well in strainer. Allow all excess water to be removed. Optional: Chickpeas can be stored in a cooler overnight to dry. Layer chickpeas on parchment lined sheet pan. Cover chickpeas with another sheet of parchment paper to dry.
2. In a bowl, toss chickpeas with the oil, salt and pepper.
3. Arrange in a single layer on baking sheet.
4. Roast at 350°F for 30-40 minutes, until chickpeas are golden brown and rattle when shaking the baking sheet. HACCP Critical Control Point: Hold at internal temperature of 135°F or above.
5. Transfer the roasted chickpeas to a bowl and toss with rosemary, if using.
6. Cool completely. Store in an airtight container for up to one week.

### *Serving Information:*

Portion ¼ cup roasted chickpeas into individual cups to provide 1 meat/meat alternate or ¼ cup legume vegetable.

### *Nutrition Information:*

**\*From USDA Nutrient Database Per ¼ cup serving**

Calories: 57 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 6g Fiber: 2g Total Sugar: 1g Protein: 2g Sodium: 132mg Vitamin A: 1µg Vitamin C: 0mg Calcium: 17mg Iron: 1mg Folate: 11µg





# Savory Shepherd's Pie

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Black beans, drained, rinsed or prepared from dry		1½ quarts + ¼ cup OR 1-#10 can		¾ gallon + ½ cup OR 2-#10 cans
Lentils, prepared		¾ gal + ½ cup (prepared)		1 ½ gallons + 1 cup (prepared)
Green peas, prepared		1 ½ quarts + ¼ cup		¾ gallon + ½ cup
Vegetable or olive oil		¼ cup		½ cup
Onions, chopped		1 cup		1 pint
Celery, chopped		1 cup		1 pint
Mushrooms, fresh, sliced (optional)	1 lb.		2 lbs.	
Garlic, minced	2 oz.	OR 1 Tbsp. (garlic powder)	4 oz.	OR 2 Tbsp. (garlic powder)
Corn, thawed	2 lbs. 4 oz.		4 lbs. 8 oz.	
Vegetable stock		½ gallon		1 gallon
Flour		1 cup		1 pint
Water		1 cup		1 pint
Salt		3 Tbsp.		½ cup + 1 Tbsp.
Black pepper		¼ cup		½ cup
Mashed potatoes, flakes or granules OR Mashed potatoes, frozen OR Fresh mashed potatoes (recipe below)	1 lb. 8 oz. (dry) OR 10 lbs. 4 oz. OR	1 gallon (reconstituted)	3 lbs. (dry) OR 20 lbs. 8 oz. OR	2 gallons (reconstituted)
Potatoes, fresh, boiled & mashed	9 lbs.		18 lbs.	
Dairy-free margarine, like Earth Balance		½ cup		1 cup
Soy milk, plain, unsweetened		1 pint		1 quart

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### Preparation:

1. Prepare potatoes and set aside. \*If preparing fresh potatoes, boil potatoes for 15-20 minutes, until tender. Mash and mix with the dairy-free margarine and soy milk.
2. Heat oil in tilt skillet or steam jacketed kettle. Add onions, celery and garlic and cook until translucent, about 3-5 minutes. \*Alternative cooking method: combine onions, celery and garlic in a steamtable/hotel pan. Steam for 5 minutes until translucent.
3. Add black beans and lentils. Cook for five minutes, stirring often.
4. With a potato masher, roughly mash about ½ of the bean mixture to thicken.
5. Add the corn, mushrooms, peas, vegetable broth, salt and pepper to the bean mixture and cook for another 10 minutes.

6. While bean mixture is simmering, in a small pan, make a slurry with the flour and water. Add the slurry to the bean mixture and cook until thickened.
7. Portion approximately  $\frac{3}{4}$  gallon mixture into each hotel pan, preparing four total pans. (If preparing 50 servings, only use 2).
8. Top each pan with  $\frac{1}{2}$  gallon mashed potatoes spread on top.
9. Bake at 350°F for 10-15 minutes until the internal temperature reaches 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Cut each pan 5x5 for serving, to provide 25 servings per pan.  
Each serving provides 2 ounces meat/meat alternates,  $\frac{1}{2}$  cup starchy vegetable (3/8 cup potatoes, 1/8 cup corn)

### *Nutrition Information:*

**per serving \*From USDA Nutrient Database**

Calories: 271 Total Fat: 3.5g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 46g Fiber: 10g Total Sugar: 5g Protein: 17g Sodium: 630mg Vitamin A: 14µg Vitamin C: 9mg Calcium: 62mg Iron: 5mg Folate: 123µg

# Sizzling Street Tacos with Cilantro Crema

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Beefless Crumbles (1 oz. = 1 m/ma)	3 lbs. 4 oz.		6 lbs. 8 oz.	
Pinto beans, canned, drained, and rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup (approximately 1 $\frac{1}{2}$ - #10 cans)		1 $\frac{1}{2}$ gallons + 1 cup (approximately 3 - #10 cans)
Water (separated)		1 pint		1 quart
Green chilies, canned (optional)		1 cup		1 pint
Mushrooms, fresh, diced (optional)	1 lb. 8 oz.			3 lbs.
Corn, tempered		1 $\frac{1}{2}$ quarts + 1 cup		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Taco seasoning		$\frac{1}{2}$ cup		1 cup
Tortilla, 10 inch, whole grain rich		50		100
<b>Cilantro lime crema:</b>				
Water		1 $\frac{1}{4}$ cups		2 $\frac{1}{2}$ cups
Lime juice		1 $\frac{1}{4}$ cups		2 $\frac{1}{2}$ cups
Cilantro, fresh, leaves and stems		$\frac{1}{2}$ cup		1 $\frac{1}{4}$ cups
Avocado		2 Each		4 Each
Mayo, eggless, like Just Mayo		$\frac{1}{2}$ cup		1 $\frac{1}{4}$ cups
Pepper, black, ground		1 Tbsp.		2 Tbsp.
Garlic, granulated		1 Tbsp.		2 Tbsp.
Chipotle pepper		1 Tbsp.		2 Tbsp.
Hot sauce		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Green chilies, canned (optional)		2 $\frac{1}{2}$ Tbsp.		$\frac{1}{2}$ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Wash and dice mushrooms, if using as an ingredient.
2. Heat diced mushrooms and half of the water in a steam jacketed kettle, tilt skillet, or stove top 5-7 minutes until soft. (Mushrooms can be steamed approximately 5 minutes until soft.)
3. Add beefless crumbles, pinto beans, taco seasoning, remaining water, corn and green chilies to the mushrooms. Mix and bring to a boil.
4. Reduce heat and simmer for 10 minutes. HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.
5. Hold in warmer until meal service. HACCP Critical Control Point: Hold at internal temperature of 135°F or above. HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.
6. To prepare the cilantro lime sauce. Add all ingredients in a blender or food processor, and blend/process until smooth.

7. Transfer to a serving bowl and hold in cooler until meal service. HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

### *Serving Information:*

Use a #8 scoop (1/2 cup) and serve taco mixture on the tortilla. Top with 1 teaspoon of the cilantro cream sauce.  
Each scoop provides 2 ounces' meat/meat alternate, 2 grain equivalents and ¼ cup vegetable.

### *Nutrition Information:*

**per serving \*From USDA Nutrient Database**

Calories: 245 Total Fat: 9g Saturated Fat: 0g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 30g Fiber: 10g Total Sugar: 2g Protein: 14g  
Sodium: 357mg Vitamin A: 6µg Vitamin C: 6mg Calcium: 78mg Iron: 4mg Folate: 128µg

# Southwest Sweets, Beans & Quinoa Shaker

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Rice, brown, dry	3 lbs. 7 oz.		6 lbs. 14 oz.	
Quinoa, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		1 ½ gallons		3 gallons
Lime Juice		1 pint		1 quart
Cumin		¼ cup		½ cup
Salt		2 Tbsp.		¼ cup
Pepper		3 Tbsp.		3/8 cup
Corn, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Cilantro, fresh		1 pint		1 quart
<b>OR</b>		<b>OR</b>		<b>OR</b>
Cilantro, dried		2/3 cup		1 1/3 cup
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Sweet Potato, fresh, small cubes		5 lbs. 8 oz.		11 lbs.
<b>OR</b>		<b>OR</b>		<b>OR</b>
Sweet Potato, frozen, center cuts, diced		5 lbs. 4 oz.		10 lbs. 8 oz.
Salsa, canned		2 gallons		4 gallons

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

#### Before

1. Prepare rice and quinoa. Recommended cooking method: Steam or bake, covered for approximately 15 minutes or until water is absorbed. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.
2. Cool rice completely. Store in cooler overnight. HACCP Critical Control Point: Cool to 41°F or lower within 4 hours.
3. Roast sweet potatoes the day before.  
 \*For fresh sweet potatoes: Cut potatoes into quarters lengthwise, then 3-4 times crosswise into approximately 1" cubes. If Manhart is available, use the S14 and D22 blades to process the potatoes into approximately 1" cubes.  
 Place potato pieces on parchment lined baking sheets and bake at 375°F for 30-45 minutes or until soft, caramelized, and slightly browned. Potatoes should not be mushy. Cool completely and store in airtight container in cooler overnight.

HACCP Critical Control Point: Cool to 41°F or lower within 4 hours.

#### Day of

1. Combine drained black beans and fresh cilantro in a bowl. Set aside.

2. Add lime juice, cumin, cilantro, salt, and pepper to rice and quinoa mixture.
3. Layer ingredients into 16-oz. cup as follows:
  - 1 cup rice and quinoa blend
  - ¼ cup diced tomatoes or roasted sweet potatoes
  - ½ cup black bean and cilantro mixture
  - ¼ cup corn
4. Cover the cup with lid.
5. Portion ½ cup salsa or prepared salad dressing in appropriate sized soufflé cups.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

### *Serving Information:*

Serve salad shaker with salsa cup or prepared salad dressing. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, ¼ cup starchy vegetable and ¾ cup red/orange vegetable. This salad shaker qualifies as a reimbursable meal.

### *Nutrition Information:*

**per serving \*From USDA Nutrient Database**

Calories: 514 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 2g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 101g Fiber: 17g Total Sugar: 10g Protein: 20g  
Sodium: 696mg Vitamin A: 516µg Vitamin C: 22mg Calcium: 136mg Iron: 6mg Folate: 165µg



# Spanish Rice

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Ingredients				
Brown rice, long grain, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 ½ gallons		3 gallons
Diced Tomatoes, canned with juice		¾ gallon + 1 pint		1 ¾ gallons
Cumin, ground		½ cup		1 cup
Chili Powder		2 ½ Tbsp.		1/3 cup
Oregano, dried		2 ½ Tbsp.		1/3 cup
Garlic Powder		1/2 tsp		1 tsp
Black Pepper, ground		¾ tsp		1 ½ tsp
Cayenne Pepper, ground		¾ tsp		1 ½ tsp

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Combine all ingredients and divide into 4 – 12x20x2 ½ steamtable pans (2 pans for 50 servings).
  2. Cover the pans and steam for 30-40 minutes or until tender.
- Alternative cooking methods
- a. Boil water and pour over rice, tomatoes and spices. Bake covered rice in the oven at 350°F for approximately 30 minutes.
  - b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at 135°F or higher.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Portion rice with 2 - #8 scoops (1 cup) to provide 2-ounce grain equivalents.

OR

Portion rice with 1-#8 scoop (1/2 cup) to provide 1-ounce grain equivalents.

## *Nutrition Information:*

**per 1 cup serving \*From USDA Nutrient Database**

Calories: 241 Total Fat: 2g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 50g Fiber: 5g Total Sugar: 4g Protein: 6g  
Sodium: 114mg Vitamin A: 37 $\mu$ g Vitamin C: 19mg Calcium: 61mg Iron: 2mg Folate: 26 $\mu$ g



# Spectacular Sweet Potato Burrito

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Tortilla, whole grain rich, 2 grain equivalents		50 each		100 each
	Sweet potatoes, peeled, diced OR Sweet potatoes, frozen, cubed	7 lbs. 12 oz. OR 5 lbs. 8 oz.		15 lbs. 8 oz. OR 11 lbs.	
	Onions, fresh, diced	2 lbs. 12 oz. OR	1 ½ quarts + ¼ cup	5 lbs. 8 oz. OR	¾ gallon + ½ cup
	Green peppers, frozen, diced	2 lbs. 4 oz.		4 lbs. 8 oz.	
	Garlic, granulated		¼ cup		½ cup
	Vegetable broth		¼ cup		½ cup
	Pinto beans, canned, drained, rinsed		1 ½-#10 cans OR ¾ gallon + 1 cup		3-#10 cans OR 1 ½ gallons + 1 cup
	Black beans, canned, drained, rinsed		2-#10 cans OR ¾ gallon + ½ cup		4-#10 cans OR 1 ½ gallons + 1 cup
	Salsa, canned (divided)		3-#10 cans OR 1 ½ gallons + 1 cup (25 cups total)		6-#10 cans OR 3 gallons + 1 pint (50 cups total)
	Chili powder		½ cup + 1 ¼ Tbsp.		¾ cup + ½ Tbsp.
	Cumin		1 Tbsp.		2 Tbsp.
	Prepared rice		3 quarts + ½ cup (12 ½ cups total)		1 ½ gallons + 1 cup (25 cups total)

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Preheat oven to 350 degrees Fahrenheit and spread cubed sweet potatoes on sheet pans in one even layer.
2. Bake sweet potatoes for 15-20 minutes, until soft. Remove from oven.
3. While the sweet potatoes are baking, sweat the onions, green peppers and garlic with the vegetable broth in steamer or tilt skillet until onions are translucent.
4. Add the black beans, pinto beans, half of the salsa, chili powder, cumin, and baked sweet potatoes to the onion mixture. Mix thoroughly and allow the mixture to simmer or steam for another 10-15 minutes.
5. To assemble: Lay tortillas on parchment paper on work surface. Spread ¾ cup of bean filling in the center of each tortilla. If desired, add ¼ cup prepared rice on top of filling. Fold each end in and roll to seal. Wrap with foil or appropriate single serving paper.
6. Serve with ¼ cup of salsa on the side.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Each burrito provides 2 meat/meat alternates, 2.25 ounce equivalent grains, ½ cup red/orange vegetable and ¼ cup other vegetable.

### *Nutrition Information:*

**per burrito \*From USDA Nutrient Database**

Calories: 395 Total Fat: 5g Saturated Fat: 2g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 77g Fiber: 16g Total Sugar: 14g Protein: 15g  
Sodium: 695mg Vitamin A: 1001µg Vitamin C: 39mg Calcium: 220mg Iron: 4mg Folate: 101µg

# Spicy Sweet Potato Enchiladas

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Tortilla, 10 inch, whole grain rich		50 each		100 each
Sweet potatoes, fresh, peeled, diced	7 lbs. 12 oz.		15 lbs. 8 oz.	
OR	OR		OR	
Sweet potatoes, frozen, cubed	5 lbs. 8 oz.		11 lbs.	
Onions, fresh, diced	2 lbs. 12 oz. OR	1 ½ quarts + ¼ cup	5 lbs. 8 oz. OR	¾ gallon + ½ cup
Green peppers, frozen, diced	2 lbs. 4 oz.		4 lbs. 8 oz.	
Garlic, granulated		¼ cup		½ cup
Vegetable broth		¼ cup		½ cup
Pinto beans, canned, drained, rinsed		1 ½-#10 cans OR ¾ gallon + 1 cup		3-#10 cans OR 1 ½ gallons + 1 cup
Black beans, canned, drained, rinsed		2-#10 cans OR ¾ gallon + ½ cup		4-#10 cans OR 1 ½ gallons + 1 cup
Salsa, canned		1 ½-#10 cans OR ¾ gallon + ½ cup		3-#10 cans OR 1 ½ gallons + 1 cup
Chili powder		½ cup + 1 ¼ Tbsp.		¾ cup + ½ Tbsp.
Cumin		1 Tbsp.		2 Tbsp.
Enchilada sauce, reduced sodium		1 ½ quarts + ¼ cup		¾ gallon + ½ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Preheat oven to 350 degrees F and spread cubed sweet potatoes on sheet pans in one even layer.
2. Bake sweet potatoes for 15-20 minutes, until soft. Remove from oven.
3. While the sweet potatoes are baking, sweat the onions, green peppers and garlic with the vegetable broth in steamer or tilt skillet until onions are translucent.
4. Add the black beans, pinto beans, salsa, chili powder, cumin, and baked sweet potatoes to the onion mixture. Mix thoroughly and allow the mixture to simmer or steam for another 10-15 minutes.
5. To assemble: Lay tortillas on parchment paper on work surface. Spread ¾ cup of bean filling in the center of each tortilla. Fold each end in and roll to seal. Place in 2 inch steam table pan either lined with parchment paper or no stick cooking spray. Continue until all enchiladas are filled.
6. Top each enchilada with 2 Tbsp. (⅛ cup) of enchilada sauce.
7. Bake at 350°F until internal temperature reaches 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Use spatula to serve one enchilada.

Each enchilada provides 2 meat/meat alternates, 2 ounce equivalent grains (if 10-inch tortilla provides 2 ounce equivalent grains), ½ cup red/orange vegetable and ¼ cup other vegetable.

### *Nutrition Information:*

**per serving \*From USDA Nutrient Database**  
(Sodium content will vary based on ingredients used)

Calories: 425 Total Fat: 8g Saturated Fat: 4g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 73g Fiber: 19g Total Sugar: 10g Protein: 17g  
Sodium: 564mg\* Vitamin A: 521µg Vitamin C: 31mg Calcium: 267mg Iron: 5mg Folate: 193µg



# Spinach & Garlic Sauté

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Ingredients				
Fresh Spinach, ready-to-use	5 lbs.		10 lbs.	
Garlic, fresh, minced	4 oz.		8 oz.	
Salt		1 Tbsp.		2 Tbsp.
Black pepper		1 ½ tsp		1 Tbsp.
Oil, olive or vegetable		½ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Sauté all ingredients in oil using a tilt skillet or steam jacketed kettle until spinach is wilted, approximately 3 minutes. HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.
2. Transfer to appropriate serving pans. HACCP Critical Control Point: Hold at 135°F or higher.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Portion spinach with 1 - #8 scoop or 4 ounce spoodle to provide ½ cup dark green vegetable.

### *Nutrition Information:*

per ½ cup serving \*From USDA Nutrient Database

Calories: 31 Total Fat: 2g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g  
 Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 2g Fiber: 1g Total Sugar: 0g Protein: 1g Sodium:  
 209mg Vitamin A: 203µg Vitamin C: 13mg Calcium: 46mg Iron: 1mg Folate: 84µg

# Sriracha Chikn' Salad

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Chicken-Free Strips, 2 oz. = 2 meat alternates	9 lbs. 6 oz.		18 lbs. 12 oz.	
Celery, chopped	1 lb. 4 oz.		2 lbs. 8 oz.	
Onions, chopped	1 lb. 4 oz.		2 lbs. 8 oz.	
Relish, undrained	1 lb.		2 lb.	
Pepper		2 tsp		1 Tbsp. + 1 tsp
Dry mustard		1 ½ Tbsp.		3 Tbsp.
Mayonnaise, egg-free	1 lb. 10 oz.		3 lbs. 4 oz.	
Sriracha or buffalo wing sauce		1 ½ cup		3 Cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Chop chicken-free product by hand or pulse in VCM.
2. Combine chopped chicken-free product, celery, onion, relish, pepper, dry mustard and egg-free mayonnaise.
3. Mix until well blended.
4. Cover and refrigerate immediately.

HACCP Critical Control Point: Hold at an internal temperature of 41°F or below.

### *Serving Information:*

Portion with 1 - #6 scoop (2/3 cup) on a sandwich or salad.  
Each portion of Beyond Chicken Salad provides 2-ounce meat/meat alternate.

### *Nutrition Information:*

per serving \*From USDA Nutrient Database

Calories: 339 Total Fat: 10g Saturated Fat: 2g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 16g Fiber: 4g Total Sugar: 8g Protein: 20g Sodium: 759mg Vitamin A: 17µg Vitamin C: 2mg Calcium: 19mg Iron: 3mg Folate: 7µg

# Sriracha Lime Taco Filling

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Beefless Crumbles	3 lbs. 4 oz.		6 lbs. 8 oz.	
	Beans, black, canned, drained <b>OR</b> Beans, kidney, canned, drained		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup (approximately 2 #10 cans) <b>OR</b> $\frac{3}{4}$ gallon + $\frac{1}{2}$ cup (approximately 1 $\frac{1}{2}$ #10 cans)		1 $\frac{1}{2}$ gallons + 1 cup (approximately 3 $\frac{3}{4}$ #10 cans) <b>OR</b> 1 $\frac{1}{2}$ gallons + 1 cup (approximately 2 $\frac{3}{4}$ #10 cans)
	Water		1 pint		1 quart
	Taco seasoning, low sodium		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups
	Sriracha Sauce		1 cup		1 pint
	Lime Juice (optional)		$\frac{1}{2}$ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Heat beefless crumbles, beans, water and taco seasoning in a steamer, tilt skillet, steam jacketed kettle or stove top. Mix and bring to a boil.
2. Reduce heat and simmer for 15 minutes.
3. Add the sriracha sauce and lime juice, if using. Stir to combine.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Use a #8 scoop ( $\frac{1}{2}$  cup) and serve in taco shell, tortilla or salad.  
Each #8 scoop provides 2 ounces' meat/meat alternate.

### *Nutrition Information:*

**per 2 m/ma serving \*From USDA Nutrient Database**

Calories: 86 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 2g Fiber: 1g Total Sugar: 0g Protein: 13g  
Sodium: 340mg Vitamin A: 1µg Vitamin C: 1mg Calcium: 10mg Iron: 3mg Folate: 1µg



# Super Burger with Chipotle Mayo

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
<b>Ingredients</b>				
Veggie burger, purchased, frozen		50 each		100 each
Hamburger bun, whole grain rich		50 each		100 each
Onion ring, breaded, whole-grain rich		50 each		50 each
<b>Garnish:</b>				
Romaine lettuce	1 lb.		2 lbs.	
Pickles, canned, drained		1 quart		2 quarts
<b>Chipotle Mayo</b>				
Mayo, eggless, like Just Mayo		3 cups		1 ½ quarts
Chipotle chilies in adobo sauce		12 chilies (14 oz.)		24 chilies (1 lb. 12 oz.)
Adobo sauce (save from can of chilies)		1/3 cup		2/3 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Bake or steam frozen veggies burgers as directed on the package. HACCP Critical Control Point: Hold at internal temperature of 135°F or above.
2. Portion 1 onion ring on each burger. Wrap and serve with optional garnishes.
3. If preparing chipotle mayo: Add the eggless mayo, chipotle chilies and adobo sauce to a blender or processor. Blend/process until smooth, creamy consistency. Portion into individual cups or in a squirt bottle with one tablespoon per serving.

### *Serving Information:*

Each burger provides 2 meat/meat alternates, 2 ounce equivalent grains.

### *Nutrition Information:*

per sandwich \*From USDA Nutrient Database

Calories: 233 Total Fat: 7g Saturated Fat: 0g Monounsaturated Fat: 4g Polyunsaturated Fat: 1.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 32g Fiber: 7g Total Sugar: 3 Protein: 16g Sodium: 696mg Vitamin A: 38µg Vitamin C: 2mg Calcium: 60mg Iron: 2mg Folate: 48µg

### *Nutrition Information:*

#### **Chipotle Mayo (2 Tbsp.) \*From USDA Nutrient Database**

Calories: 101 Total Fat: 10g Saturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 1.5g Fiber: 0.5g Total Sugar: 0.5g Protein: 0.5g Sodium: 117mg Vitamin A: 48µg Vitamin C: 10mg Calcium: 0mg Iron: 0mg

# Super Sweet Potato & Black Bean Chili

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Tomatoes, diced, canned		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{4}$ -#10 cans
	Kidney beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{2}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 3-#10 cans
	Black beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 2-#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 4-#10 cans
	Onions, fresh, chopped	2 lbs. 12 oz. OR	1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup	5 lbs. 8 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
	Sweet potatoes, fresh, peeled, diced	15 lbs. 8 oz.		31 lbs.	
	OR Sweet potatoes, frozen, cubed	OR 11 lbs.		OR 22 lbs.	
	Salt		2 Tbsp.		$\frac{1}{4}$ cup
	Chili powder		$\frac{1}{2}$ cup		1 cup
	Garlic, granulated		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
	Cumin		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
	Vegetable broth, divided		1 pint		1 quart
	Water (add 1 pint at a time)		1 pint - 1 quart		1 quart – 2 quarts
	Lime juice, fresh		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Sweat the onions and diced sweet potatoes with half of the vegetable broth in a steam-jacketed kettle, tilt skillet, or stove top, until onions and potatoes soften, about 10 minutes.
2. Add the black and pinto beans, salt, chili powder, garlic, cumin, diced tomatoes, combine and stir for approximately one minute.
3. Add remaining vegetable broth and add 1 cup of water until desired thickness is achieved.
4. Cover and simmer the chili until sweet potatoes are tender, approximately 15-25 minutes. HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.
5. If desired, add the fresh lime juice and stir thoroughly.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Using 8-ounce ladle or spoodle, serve 8 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread.

Each chili serving provides 2 meat/meat alternates, and  $\frac{3}{4}$  cup red/orange vegetable and  $\frac{1}{8}$  cup other vegetable.

OR

Using 4-ounce ladle, serve 4 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread.

Each chili serving provides 1 meat/meat alternates, and  $\frac{3}{8}$  cup vegetable serving.

### *Nutrition Information:*

**per 1 cup serving \*From USDA Nutrient Database**

Calories: 208 Total Fat: 1g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 44g Fiber: 10g Total Sugar: 10g Protein: 9g  
Sodium: 437mg Vitamin A: 981 $\mu$ g Vitamin C: 33mg Calcium: 114mg Iron: 4mg Folate: 94 $\mu$ g

# Sweet Sloppy Joes with Lentils

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Beefless crumbles (1 oz. = 1 m/ma)	3 lbs. 12 oz.		7 lbs. 8 oz.	
	Lentils, dry, rinsed	1 lb. 14 oz.		3 lbs. 12 oz.	
	Water		3 <sup>3</sup> / <sub>5</sub> cups		1 <sup>1</sup> / <sub>2</sub> quarts + <sup>3</sup> / <sub>5</sub> cup
	Vegetable broth, reduced sodium		3 <sup>3</sup> / <sub>5</sub> cups		1 <sup>1</sup> / <sub>2</sub> quarts + <sup>3</sup> / <sub>5</sub> cup
	Hamburger bun, whole grain rich		50 each		100 each
	BBQ sauce, prepared OR Prepare from scratch:		1 <sup>1</sup> / <sub>4</sub> gallons OR		2 <sup>1</sup> / <sub>2</sub> gallons OR
	Vegetable broth, reduced sodium		3 <sup>1</sup> / <sub>4</sub> cups		1 <sup>1</sup> / <sub>2</sub> quarts + <sup>1</sup> / <sub>4</sub> cup
	Onions, dehydrated or fresh, diced	5 oz.		10 oz.	
	Ketchup, low sodium		<sup>3</sup> / <sub>4</sub> gallons + <sup>1</sup> / <sub>2</sub> cup		1 <sup>1</sup> / <sub>2</sub> gallons + 1 cup
	Garlic powder		2 <sup>1</sup> / <sub>2</sub> Tbsp.		<sup>1</sup> / <sub>5</sub> cup
	Brown sugar	1 lb. 9 oz.	OR 3 cups	3 lbs. 2 oz.	OR 1 <sup>1</sup> / <sub>2</sub> quarts

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Prepare lentils: Combine water, vegetable broth and rinsed lentils in a large pot or steam jacketed kettle. Heat on high until lentils have reach a low boil. Reduce heat and simmer, uncovered for 15-20 minutes, until tender. **\*\*Alternative method:** Combine water, vegetable broth and rinsed lentils in a steam table pan and steam approximately 45-60 minutes, until tender. (Lentils can be steamed the day before and kept in the cooler.)
2. Drain remaining liquid from lentils.
3. If preparing barbeque sauce: Simmer vegetable stock and onions over medium heat for five minutes. Add ketchup, garlic powder and brown sugar. Simmer 15-20 minutes, stirring frequently. (Can be made the day before.)
4. Heat crumbles in tilt skillet or steam jacketed kettle for 5 minutes, stirring frequently.
5. Add lentils and barbeque sauce and simmer until meal service.  
**\*\*For even more robust flavor, allow the sloppy joe mix to simmer for at least two hours.**

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

### *Serving Information:*

Use a #8 scoop (½ cup) and serve on hamburger bun.

Each sloppy joe sandwich provides 2 meat/meat alternates, 2 ounce equivalent grains. Use a #16 scoop (¼ cup) and serve on hamburger bun.

Each sloppy joe sandwich provides 1 meat/meat alternates, 2 ounce equivalent grains.

### *Nutrition Information:*

**per 2 m/ma and 2 grain equivalents \*From USDA Nutrient Database**

Calories: 292 Total Fat: 4.5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 51g Fiber: 6g Total Sugar: 22g Protein: 16g Sodium: 467mg Vitamin A: 16µg Vitamin C: 3mg Calcium: 93mg Iron: 3mg Folate: 139µg



## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings (48)		100 Servings (96)	
	Weight	Measure	Weight	Measure
Pizza crust, par-baked, 16 inch, whole grain rich <b>OR</b> Flatbread, individual round or square		6 each <b>OR</b> 50 each		12 each <b>OR</b> 100 each
Meatless sausage-style crumbles, 1 oz. = 1 meat alternate	5 lbs. 2 oz.		10 lbs. 4 oz.	
Oil, olive or vegetable		½ Cup		1 cup
<b>Bean Spread:</b>				
Beans, great northern, cooked, drained <b>OR</b> Beans, garbanzo, cooked, drained		2 ½-#10 cans <b>OR</b> 1 ½ gallons + 1 cup		5-#10 cans <b>OR</b> 3 gallons + 1 pint
Lemon juice		1 ½ Tbsp.		3 Tbsp.
Onion powder		1 Tbsp.		2 Tbsp.
Garlic powder		1/8 cup		1/4 cup
Salt		1 ½ Tbsp.		3 Tbsp.
Pepper, black		1 ½ Tbsp.		3 Tbsp.
Hot Sauce		1 Tbsp.		2 Tbsp.
Oil, olive or vegetable		1 ½ cups		1 pint + 1 cup
Salsa, canned		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Tomatoes, finely diced or sliced	2 lbs.		4 lbs.	
Onions, sliced	2 lbs.		4 lbs.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. To prepare bean spread: Add beans, onion powder, garlic powder, salt, pepper, lemon juice, hot sauce and oil to VCM or food processor. Mix until smooth.
2. Transfer bean mixture to pan, cover and steam until warm.
3. Steam sausage-style crumbles until thawed and warm. Keep in warmer.
4. Place flatbread on sheet pans or pan up pizza crust.
5. Brush each flatbread or pizza with a small amount of oil.
6. Scoop 1-#16 scoop (1/4 cup) of bean spread evenly on each flatbread or 1 pint (2 cups) over each pizza.
7. Spread 1 ounce of sausage crumbles over each flatbread or 8 ounces over 16 inch crust.
8. Top each flatbread or pizza with the tomatoes and onions.

9. Bake at 375°F in convection oven for 5 to 8 minutes or until pizzas reach 145°F for 15 seconds. Do not overbake.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

### *Serving Information:*

Each serving provides 2 meat/meat alternates, 2 ounce equivalent grains, 1/4 red/orange vegetable and 1/8 other vegetable (if onion used).

### *Nutrition Information:*

**per serving \*From USDA Nutrient Database**

Calories: 420 Total Fat: 14g Saturated Fat: 1g Monounsaturated Fat: 6g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 57g Fiber: 11g Total Sugar: 6g Protein: 21g Sodium: 723mg Vitamin A: 23µg Vitamin C: 7mg Calcium: 124mg Iron: 8mg Folate: 83µg





**A HEALTHY, DELICIOUS, PLANT-BASED RECIPE**

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Tortilla, 10 inch, whole grain rich OR		50 each		100 each
	Crunchy Taco Shells, 2 Each		100 each		200 each
	Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
	Salsa, canned		¾ gallon + ½ cup		1 ½ gallons + 1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

*Preparation:*

1. Combine beans and salsa. Heat in steamer until internal temperature reaches 140°F for 15 seconds. Cover and hold in warmer.
2. Steam soft tortillas in package for 2 minutes or until pliable.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

*Serving Information:*

**For Soft Taco**

On the serving line, place one tortilla on the tray. Spread ½ cup of beans in center of the tortilla. Top beans with ½ cup corn salsa (customer may decline) or portion in individual cups and offer on the serving line. Fold tortilla over beans and vegetables and serve with taco sauce.

**For Crunchy Tacos**

On the serving line, place two taco shells on the tray. Scoop ¼ cup of beans in the center of each tortilla.

Top each taco with ¼ cup corn salsa (customer may decline) or portion in individual cups and offer on the serving line.

\*Optional- Serve one crunchy taco with ½ cup of beans and ½ cup corn salsa as listed above. Serve ½ cup Spanish rice or cilantro seasoned rice with the crunchy taco.

Each option listed above provides 2 meat/meat alternates, 2 ounce equivalent grains (if 10 inch tortilla provide 2 ounce equivalents, 2 crunchy tacos, 1 crunchy taco and ½ cup rice) and 1/8 cup red/orange vegetable. Picante corn salsa provides ¼ cup starchy and ¼ cup red/orange vegetable.

## *Nutrition Information:*

**per soft taco \*From USDA Nutrient Database \*Not including Caliente Corn Salsa**

Calories: 292 Total Fat: 6g Saturated Fat: 3g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 49g Fiber: 13g Total Sugar: 4g Protein: 13g  
Sodium: 634mg Vitamin A: 15µg Vitamin C: 1mg Calcium: 194mg Iron: 4mg Folate: 127µg

# Tasty Taco Filling

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Ingredients				
Beefless crumbles, 2 oz. = 2 meat alternates	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 quart		2 quarts
Onion Powder		3 Tbsp.		3/8 cup
Chili Powder		1 ½ Tbsp.		3 Tbsp.
Cumin		1 ½ Tbsp.		3 Tbsp.
Paprika		1 ½ Tbsp.		3 Tbsp.
Garlic Powder		1 ½ Tbsp.		3 Tbsp.
Oregano, dried		1 ½ Tbsp.		3 Tbsp.
Sugar, granulated		1 ½ Tbsp.		3 Tbsp.
Salt		¾ tsp		1 ½ tsp
Pepper, red or cayenne		½ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Heat beefless crumbles in tilt skillet or steam jacketed kettle.
2. Add water and seasonings to the crumbles. Mix and bring to a boil.
3. Reduce heat and simmer for 15 minutes.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Use a #10 scoop (3/8 cup) and serve on taco shell, tortilla or salad.  
Each scoop provides 2 ounces' meat/meat alternate.

### *Nutrition Information:*

**per 2 m/ma serving \*From USDA Nutrient Database**

Calories: 89 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 3g Fiber: 2g Total Sugar: 1g Protein: 13g  
Sodium: 308mg Vitamin A: 26µg Vitamin C: 1mg Calcium: 11mg Iron: 4mg Folate: 2µg



# Teriyaki Bowl

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Chicken-free strips, 1 oz. meat alternate equivalent*	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Cabbage, sliced	2 lbs. 8 oz.			5 lbs.
Vegetable broth, low sodium or water		1 cup		1 pint
Prepared Teriyaki Sauce, such as Foothill Farms, La Choy or Schwan's brands		1 $\frac{1}{2}$ quarts		3 quarts
<b>Grain preparation:</b> Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		$\frac{1}{2}$ gallon		1 gallon
OR				
Whole grain-rich noodles, dry Yakisoba or spaghetti	6 lbs. 4 oz.		12 lbs. 8 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Prepare grain as follows:
  - a. If using noodles, prepare al dente; drain and keep warm. If desired, add a small amount of oil to the noodles to prevent them from sticking.
  - b. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

\*Recommended cooking method:  
Steam or bake, covered for approximately 15 minutes.  
Alternative cooking method:  
Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once.  
Cover and cook an additional 10 minutes over low heat. HACCP Critical Control Point:  
Hold at 135°F or higher.

2. Meanwhile, chop the chicken-free strips with a knife or vertical cutter mixer (VCM).
3. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free cubes, vegetable broth/water in a tilt skillet or wok. Sauté for 5-10 minutes, until vegetables are tender.
4. Add the teriyaki sauce to the vegetables; mix to combine. Continue to sauté for another 5 minutes, until heated through.
5. Transfer to a pan, cover and hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

### *Serving Information:*

Portion 1 cup of teriyaki mixture on top of one cup of brown rice or noodles.  
Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and ½ cup other vegetable.

OR

Portion ½ cup of teriyaki mixture on top of ½ cup of brown rice or noodles.  
Each bowl provides 1 meat/meat alternates, 1 ounce equivalent grains and ¼ cup other vegetable.

### *Nutrition Information:*

**per 2 m/ma, 2 oz. grain serving \*From USDA Nutrient Database**

Calories: 426 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 73g Fiber: 12g Total Sugar: 11g Protein: 23g  
Sodium: 455mg Vitamin A: 255µg Vitamin C: 33mg Calcium: 96mg Iron: 4mg Folate: 102µg



# Teriyaki Wrap

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Chicken-free strips, 1 oz. meat alternate equivalent*	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Cabbage, sliced	2 lbs. 8 oz.			5 lbs.
Vegetable broth, low sodium or water		1 cup		1 pint
Prepared Teriyaki Sauce, such as Foothill Farms, La Choy or Schwan's brands		1 $\frac{1}{2}$ quarts		3 quarts
Tortilla, whole grain rich, 2 grain equivalent		50 each		100 each

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Chop the chicken-free strips with a knife or vertical cutter mixer (VCM).
2. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free cubes, vegetable broth/water in a tilt skillet, wok or steamer. Sauté or steam for 5-10 minutes, until vegetables are tender.
3. Add the teriyaki sauce to the vegetables; mix to combine. Continue to sauté or steam for another 5 minutes, until heated through.
4. Transfer to a pan, cover and hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

### *Serving Information:*

Portion 1 cup of teriyaki mixture on top of each tortilla. Fold in half.

Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and ½ cup other vegetable.

OR

Portion ½ cup of teriyaki mixture on top of 1 oz. equivalent tortilla. Fold in half.

Each bowl provides 1 meat/meat alternates, 1 ounce equivalent grains and ¼ cup other vegetable.

### *Nutrition Information:*

**per 2 m/ma, 2 oz. grain serving \*From USDA Nutrient Database**

Calories: 426 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 73g Fiber: 12g Total Sugar: 11g Protein: 23g  
Sodium: 455mg Vitamin A: 255µg Vitamin C: 33mg Calcium: 96mg Iron: 4mg Folate: 102µg





# Terrific Tabouli

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Bulgur, dry OR brown rice, dry	3 lbs. 4 oz. <b>OR</b>	½ gallon + 1/3 cup	6 lbs. 8 oz. <b>OR</b>	1 gallon + 2/3 cup
	Water		½ gallon		1 gallon
	Olive oil		¾ cup		1 ½ cup
	Tomato, fresh, diced		1 pint + ½ cup		1 quart + 1 cup
	Cucumber, diced (optional)		1 pint + ½ cup		1 quart + 1 cup
	Onion, yellow, diced (optional)		1 pint + ½ cup		1 quart + 1 cup
	Parsley leaves, fresh, minced		1 pint + ½ cup		1 quart + 1 cup
	Lemon juice		1 cup		1 pint
	Garlic, minced		1 ½ Tbsp.		3 Tbsp.
	<b>OR</b>		<b>OR</b>		<b>OR</b>
	Garlic powder		½ cup		1 cup
	Salt		1 ½ Tbsp.		3 Tbsp.
	Black pepper		1 ½ Tbsp.		3 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. In a large bowl, pour the water over the bulgur, cover and let stand for 20-30 minutes until the water is absorbed. Note: The water can be room temperature, warm or boiling. \*If using brown rice, prepare as directed on package.
2. Add the parsley, tomato, cucumber, onion and garlic to the bulgur; mix thoroughly to combine.
3. In a separate bowl, combine the oil, lemon juice and salt; stir to combine.
4. Add the oil mixture to the bulgur (or rice) and evenly coat.
5. Chill in the refrigerator or cooler until meal service. To prepare a day ahead, store tabouli salad in airtight container overnight. HACCP Critical Control Point: Hold at 40°F or below.

### *Serving Information:*

Use a 4 ounce spoodle or #8 scoop to provide one grain equivalent.

### *Nutrition Information:*

**per ½ cup serving \*From USDA Nutrient Database**

Calories: 106 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 16g Fiber: 4g Total Sugar: 1g Protein: 3g  
Sodium: 242mg Vitamin A: 33µg Vitamin C: 12mg Calcium: 21mg Iron: 1mg Folate: 28µg



## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Corn, tempered (thawed)	9 lbs. 8 oz.		19 lbs.	
	Red Bell Pepper, diced	1 lb.		2 lbs.	
	Yellow onion, diced	12 oz.		1 ½ lbs.	
	Oil, olive or vegetable		½ cup		1 cup
	Lemon juice		2 ½ Tbsp.		½ cup
	Salt		1 ½ tsp.		1 Tbsp.
	Cilantro, fresh, chopped		2 ½ Tbsp.		½ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Heat oil in the tilt skillet; sauté red peppers and onions for 2-3 minutes. \*Alternative cooking method: Combine oil, red peppers, onions, corn, salt, pepper and lemon juice in the steamer. Steam for 5-7 minutes until heated. Skip to step 4.
2. Add corn, salt and pepper; sauté for another 1-2 minutes.
3. Add lemon juice; sauté for another 2-3 minutes.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

4. Transfer to appropriate serving pans and top each pan with the chopped cilantro.  
HACCP Critical Control Point: Hold at 135°F or above.

### *Serving Information:*

Portion corn with a 4 ounce spoodle or 1-#8 scoop to provide ½ cup starchy vegetable. OR  
Portion corn with a 2 ounce spoodle to provide ¼ cup vegetable serving.

### *Nutrition Information:*

per ½ cup serving \*From USDA Nutrient Database

Calories: 49 Total Fat: 2g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 8g Fiber: 1g Total Sugar: 2g Protein: 1g Sodium:  
32mg Vitamin A: 17 $\mu$ g Vitamin C: 12mg Calcium: 4mg Iron: 0mg Folate: 13 $\mu$ g

# Tropical Tofu with Pineapple & Rice

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Pineapple tidbits, drained		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{2}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 3-#10 cans
	Onions, chopped		1 pint		1 quart
	Carrots, shredded		1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
	Garlic powder		1-2 Tbsp.		2-3 Tbsp.
	Ginger, granulated		$\frac{2}{3}$ cup		$\frac{2}{3}$ cup
	Crushed red pepper (optional)		1 Tbsp.		2 Tbsp.
	Maple syrup		1 quart		$\frac{1}{2}$ gallon
	Soy sauce, reduced sodium		$\frac{2}{3}$ cup		1 $\frac{1}{4}$ cups
	White vinegar		1 $\frac{1}{4}$ cups		1 pint + $\frac{1}{2}$ cup
	Tofu, cubed, firm, baked (or follow baking instructions below)	7 lbs.		14 lbs.	
	Garbanzo beans, canned, drained and rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
	Cornstarch		1 cup		1 pint
	Water		1 cup		1 pint
	<b>Rice Preparation</b>				
	2 ounce grain equivalent: Brown rice, dried Water		6 lbs. 4 oz. $\frac{1}{2}$ gallon		12 lbs. 8 oz. 1 gallon

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.  
\*Recommended cooking method: Steam or bake, covered for approximately 15 minutes.  
Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. If using tofu not already baked, heat oven to 325°F. Place tofu on a baking sheet with parchment paper or coated with no stick cooking spray. Bake for approximately an hour, flipping the tofu every 15-20 minutes, until a large amount of the liquid is removed. Allow to cool. This step can be done the day before (store in cooler overnight).

3. Combine pineapple, tofu, chickpeas, maple syrup, soy sauce, vinegar, onion, carrots, garlic, ginger and red pepper flakes in a saucepan or steamtable pan. Simmer for 30 minutes, until sauce begins to thicken and the tofu and chickpeas are well coated.
4. In a small bowl, whisk together cornstarch and cold water.
5. Add cornstarch mixture to the sauce, stirring constantly until the cornstarch is fully combined and mixture is thickened, approximately 3-5 minutes. Keep warm until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

for 2 MMA Portion 1 cup of Tropical Tofu and Pineapple mixture over 1 cup of brown rice. Each serving provides 2 ounces' meat/meat alternates, ¼ cup fruit, ⅛ cup red/orange vegetable and 2 ounces' grain equivalents.

### *Nutrition Information:*

**per serving \*From USDA Nutrient Database**

Calories: 471 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 92g Fiber: 9g Total Sugar: 24g Protein: 16g Sodium: 283mg Vitamin A: 117µg Vitamin C: 7mg Calcium: 200mg Iron: 3mg Folate: 70µg

### *Serving Information:*

for 1 MMA Portion ½ cup of Tropical Tofu and Pineapple mixture over ½ cup of brown rice. Each serving provides 1-ounce meat/meat alternates, ⅛ cup fruit, and 1-ounce grain equivalents.

### *Nutrition Information:*

**per serving \*From USDA Nutrient Database**

Calories: 235 Total Fat: 3g Saturated Fat: 0.5g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 46g Fiber: 4.5g Total Sugar: 12g Protein: 8g Sodium: 142mg Vitamin A: 59µg Vitamin C: 3mg Calcium: 48mg Iron: 2.5mg Folate: 56µg

# Very Veggie Chili with Quinoa

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings		
	Ingredients	Weight	Measure	Weight	Measure
	Tomatoes, diced, canned		2 - #10 cans OR 1 $\frac{2}{3}$ gallons		4 - #10 cans OR 3 $\frac{2}{3}$ gallons
	Tomato paste		1 $\frac{1}{2}$ quarts		3 quarts
	Kidney beans, canned, drained, rinsed		1 $\frac{1}{2}$ gallons + 1 cup OR 1 $\frac{1}{2}$ - #10 cans		3 gallons + 1 pint OR 3 - #10 cans
	Black beans, canned, drained, rinsed		1 $\frac{1}{2}$ gallons + 1 cup OR 2 - #10 cans		3 gallons + 1 pint OR 4 - #10 cans
	Onions, fresh, chopped	2 lbs. 12 oz. OR	1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup	5 lbs. 8 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
	Green peppers, fresh, diced	10 oz.		1 lb. 4 oz.	
	Carrots, shredded	1 lb.		2 lb.	
	Vegetable broth, low sodium (for sweating the vegetables)		1 $\frac{1}{4}$ cups		2 $\frac{1}{2}$ cups
	Corn, tempered	8 oz.		1 lb.	
	Salt		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
	Chili powder		$\frac{2}{3}$ cup		1 $\frac{2}{3}$ cups
	Garlic, granulated		$\frac{2}{3}$ cup		$\frac{2}{3}$ cup
	Cumin		$\frac{2}{3}$ cup		$\frac{2}{3}$ cup
	Quinoa	3 lbs. 2 oz. (dry)	OR 1 $\frac{1}{2}$ gallons + 1 cup, prepared	6 lbs. 4 oz. (dry)	3 gallons + 1 pint, prepared
	Water		1 quart		2 quarts
	Vegetable broth, low sodium (add after 30 minutes of simmering)		2 cups – 1 quart		1 quart- 2 quarts

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

### *Preparation:*

1. Prepare quinoa as directed on box/bag.
2. Sweat onions and peppers with vegetable broth on stove top or tilt skillet for five minutes, until onions are translucent.
3. Add remaining ingredients to the onion and pepper mixture. Let simmer for 30 minutes.
4. After 30 minutes, stir chili and add vegetable broth one cup at a time, until desired consistency is reached. Simmer for another 30 minutes to an hour.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### *Serving Information:*

Serve 1 ½ cups chili with one-ounce corn tortilla chips, roll or cornbread.  
Each chili serving provides 2 meat/meat alternates, and ½ cup red/orange vegetable, 1-ounce grain equivalent.

OR

Serve ¾ cup chili with one-ounce corn tortilla chips, roll or cornbread.  
Each chili serving provides 1 meat/meat alternates, and ¼ cup vegetable component and ½ ounce grain equivalent.

### *Nutrition Information:*

**per 1 ½ cup serving \*From USDA Nutrient Database**

Calories: 418 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 2g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 79g Fiber: 22g Total Sugar: 10g Protein: 22g  
Sodium: 780\*mg Vitamin A: 156µg Vitamin C: 32mg Calcium: 166mg Iron: 9mg Folate: 254µg  
\*Sodium content will vary depending on products used. To decrease sodium further, replace vegetable broth with water and use reduced sodium tomato products.



# Wonderful White Beans & Greens

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Turnip greens, raw, chopped (thick stems removed) OR Turnip greens, frozen, chopped leaves	7 lbs. 12 oz. OR 5 lbs. 4 oz.		15 lbs. 8 oz. OR 10 lbs. 8 oz.	
Great northern beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Brown rice, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		¾ cup		1 ½ cups
Cajun seasoning OR Scratch seasoning:		3 Tbsp.		3/8 cup
Salt		2 tsp.		1 Tbsp. + 1 tsp.
Garlic powder		2 tsp.		1 Tbsp. + 1 tsp.
Paprika		1 Tbsp.		2 Tbsp.
Black pepper		1 tsp.		2 tsp.
Onion powder		1 tsp.		2 tsp.
Cayenne pepper		1 tsp.		2 tsp.
Thyme, dried		1 tsp.		2 tsp.
Oregano, dried		1 tsp.		2 tsp.
Tomatoes, canned, diced		1 ½ quarts + 1 cup		3 quarts + 1 pint
Water		3 cups		1 ½ quarts
Balsamic vinegar		½ cup		1 cup
Soy sauce, reduced sodium		½ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Prepare rice by combining with water and cook in steamer or oven. Fluff. Place in warmer until service.
2. Heat oil in tilt skillet or steam jacketed kettle.
3. Add the chopped turnip greens and seasoning to skillet, stir and allow greens to wilt for about 3 minutes.
4. Add beans, tomatoes, water, balsamic vinegar, and soy sauce to greens. Reduce heat and simmer for about 15 minutes until mixture reaches 140°F for 15 seconds and greens are tender.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher

### *Serving Information:*

Plate ½ cup beans and greens over 1 cup rice.

Each 1 ½ cup serving provides 2 meat/meat alternates, 2-ounce grain equivalents, and ¼ dark green vegetable.

OR

Portion ¼ cup beans and greens over ½ cup rice.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and ⅛ cup vegetable serving.

### *Nutrition Information:*

**per 2 m/ma and 2 oz. grain equivalent \*From USDA Nutrient Database**

Calories: 383 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 71g Fiber: 11g Total Sugar: 3g Protein: 15g  
Sodium: 442mg Vitamin A: 247µg Vitamin C: 14mg Calcium: 181mg Iron: 5mg Folate: 100µg

# Zesty Pasta Salad

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Diced tomatoes, canned, drained		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{2}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 3-#10 cans
Great Northern Beans, drained, rinsed		1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup OR 1-#10 can		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 2-#10 cans
Optional: Green onions, diced		1 pint		1 quart
Optional: Green bell peppers, diced		1 $\frac{1}{2}$ pints		1 $\frac{1}{2}$ quarts
Carrots, shredded	1 $\frac{1}{2}$ pounds		3 pounds	
Italian dressing, prepared		1 quart + 1 cup		2 $\frac{1}{2}$ quarts
<b>Bean Pasta</b> Each Serving: 1.4 oz. dry	Dry grain weight: 4 lbs. 6 oz.		Dry grain weight: 8 lbs. 12 oz.	
Olive oil		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

### *Preparation:*

1. Prepare bean pasta accordingly. Boil for approximately 10 minutes and added carrots the water. Cook another 3-5 minutes, until pasta is cooked through.
2. Rinse pasta with cool water and toss with olive oil in a large bowl.
3. Add tomatoes, green onions, green peppers, white beans and Italian dressing to the pasta. Combine thoroughly.
4. Cover and refrigerate until meal service.

HACCP Critical Control Point: Hold at internal temperature of 40°F or below.

### *Serving Information:*

Serve 1 cup of pasta to provide 2  $\frac{1}{2}$  meat/meat alternates and  $\frac{3}{8}$  cup red/orange vegetable. Or Serve  $\frac{1}{2}$  cup pasta to provide 1  $\frac{1}{4}$  meat/meat alternates and  $\frac{1}{8}$  cup vegetable component.

### *Nutrition Information:*

per 1 cup serving \*From USDA Nutrient Database

Calories: 358 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 56g (16g fiber) Protein: 19g Sodium: 335 mg

# Recipes

HEALTHY, DELICIOUS, MEAT-FREE MEAL IDEAS

# Apple Strudel

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 6-2oz.

Ingredients	Quantity	Measure
Phyllo Dough	3	Sheets
Earth Balance, Non-Dairy Margarine	4	Oz.
<b>Filling</b>		
All-Purpose Flour	½	Cup
Old Fashioned Oats	1	Cup
Brown Sugar	1/2	Cup
Sugar, granulated	½	Cup
Cinnamon, ground	1	Tsp.
Earth Balance, Non-Dairy Margarine	2	Oz.
Fresh or Frozen Apple Slices (you do not have to thaw frozen apples)	1	Lb.
<b>Topping</b>		
Earth Balance Non-Dairy Margarine	2	Oz.
Cinnamon, ground	1	Tsp.
Sugar, granulated	1	Tbsp.

### *Preparation:*

1. Brush one piece of phyllo dough with Earth Balance. Place another sheet on top, brush with Earth Balance. Place the last piece on top and brush with Earth Balance. Dough is ready to fill then.
2. Blend flour, oats, brown sugar, granulated sugar (1/2 cup), and cinnamon together.
3. Work Earth Balance in dry ingredients.
4. Toss apples in dry ingredients with worked-in Earth Balance.
5. Place apple filling on phyllo dough and roll up.
6. Brush with Earth Balance and sprinkle with cinnamon sugar.
7. Bake 350-degree oven for 20-25 minutes until apples become soft.

### *Serving Suggestion:*

Cut log into 6 pieces, place 1 piece on a plate and drizzle with 2 oz. of caramel sauce.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 552 Total Fat: 24g Saturated Fat: 7g Carbohydrate: 81g Protein: 5g Sodium: 312mg  
Vitamin A: 0% Vitamin C: 5% Calcium: 3% Iron: 4%



# Aquafaba Meringue

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 40-50

Ingredients	Quantity	Measure
Chickpea Brine (liquid left in canned chickpeas)	$\frac{3}{4}$	Cup
Sugar, granulated	1	Cup
Vanilla	1	Tbsp.

### *Preparation:*

1. Start whipping chickpea brine, slowly adding sugar while continuing whipping.
2. Add vanilla and continue to whip until stiff.
3. Using a piping bag, pipe onto cookie sheet lined with parchment paper. 4. Bake 225 degrees for 2 hours or until dry.  
\*\*option: You can flavor and color the meringue, but flavors and colors must be water based--no oil. Serving Suggestion Serve one meringue cookie with coffee or tea.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 15 Total Fat: 0g Saturated Fat: 0g Carbohydrate: 5g Protein: 0g Sodium: 163mg  
Vitamin A: 0µg RAE Vitamin C: 0mg Calcium: 0mg Iron: 0mg



# Bahn Mi

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

### *Preparation:*

1. Marinate the carrots and cucumber in the mirin and refrigerate for 1 hour.
2. Mix the garlic, sesame oil, tamari and chili sauce. Marinate tofu in sauce for 30 minutes.
3. In a non-stick pan or on the grill, cook tofu on low heat without oil for 10 minutes, flipping once the sides are brown.

### *Serving Suggestion:*

Assemble the hoagie with marinated vegetables, sauce with tofu, jalapenos, cilantro, and green onions. Squeeze lime juice in mayo and spread on the hoagie bun.

### *Nutrition Information:*

#### **\*From USDA Nutrient Database**

Calories: 443 Total Fat: 17g Saturated Fat: 3g Carbohydrate: 53g Protein: 19g Sodium: 908mg  
Vitamin A: 122mg Vitamin C: 12mg Calcium: 383mg Iron: 5mg Folic Acid: 197mg



# Bananas Foster

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12 (4 oz. each)

Ingredients	Quantity	Measure
Vegan White Cake (see recipe)	½	sheet
Bananas, sliced	6	each
Earth Balance, Non-Dairy Margarine, divided	10	oz.
Brown Sugar	1	lb.
Soy Milk	½	cup
Non-Dairy Whipped Topping	2	cups

### *Preparation:*

1. Melt 8 oz. Earth Balance; add brown sugar cook until caramelized.
2. Add soy milk.
3. Brown bananas in 2 oz. Earth Balance, add to caramel sauce.

### *Serving Suggestion:*

1. Place chunk of cake in 6 oz. shot glass
2. Spoon cooked bananas and sauce over cake.
3. Pipe whipped topping. Serve.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 439 Total Fat: 24g Saturated Fat: 6g Carbohydrate: 57g Protein: 3g Sodium: 502 mg  
Vitamin A: 1% Vitamin C: 8% Calcium: 8% Iron: 6%





# Bean & Leek Cassoulet

**A HEALTHY, DELICIOUS, MEAT-FREE RECIPE**

**Servings: 12**

Ingredients	Quantity	Measure
Great Northern Beans, dry	1	Lb.
Carrots, chopped	1	Lb.
New Potatoes, sliced	2 ½	Lb.
Leeks, chopped	8	Oz.
Onions, medium, chopped	1	Cup
Fresh Garlic, minced	¼	Cup
Frozen Mixed Vegetables	1	Tsp.
Salt	1	Tsp.
Pepper	1	Tsp.
<b>Biscuits</b>		
Self-Rising Flour	4	Cups
Vegetable Shortening	12	Tbsp.
Soy Milk	3	Cups

## *Preparation:*

1. Soak beans overnight or two hours prior to preparation, cover beans with water and cook until tender (about 2 hours).
2. Sauté leeks, onions, carrots and garlic.
3. Add potatoes and mixed vegetables to the sautéed vegetables.
4. Add enough water to cover while cooking potatoes and vegetables until tender.
5. Add cooked great northern beans with juice.
6. Divide into two ½ hotel pans, top with biscuits. Bake at 400 degrees until golden brown.
7. Brush with Earth Balance.

### **Biscuits**

1. Blend flour and shortening to form pea-sized lumps.
2. Add milk and blend slightly. 3. Roll out, not too thin.

## *Serving Information:*

6 oz. of bean mixture, making sure 1 biscuit is on top. Garnish with fresh chopped parsley.

## *Nutrition Information:*

\*From USDA Nutrient Database Calories: 201 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 33g Protein: 6g Sodium: 171mg Vitamin A: 12% Vitamin C: 25% Calcium: 7% Iron: 11%



# Biscuits

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 6-7 servings (6-7 biscuits)

Ingredients	Quantity	Measure
Self-Rising Flour	1	Cup
Vegetable Shortening	4	Tbsp.
Soy Milk	½ to ¾	Cup

### *Preparation:*

1. Blend flour and shortening together to resemble pea-sized lumps.
2. Add soy milk and blend slightly (DO NOT OVER MIX).
3. Roll out (not too thin) and cut.
4. Bake at 400 degrees for 10-15 minutes or until golden brown.

### *Serving Suggestion:*

1 biscuit, serve with 2 oz. of your favorite jam.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 55 Total Fat: 3g Saturated Fat: 1g Carbohydrate: 7g Protein: 1g Sodium: 6 mg Vitamin A: 1% Vitamin C: 0% Calcium: 1% Iron: 2%



# Black Bean and Sweet Potato Burritos

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8

Ingredients	Quantity	Measure
Flour Tortilla Shells, 12 inch	8	Each
Black Beans	2	Cups
Sweet Potatoes, cut into small cubes, roasted in oven until tender	2	Cups
Cumin	½	Tsp.
Red Bell Pepper, small dice	½	Cup
Green Bell Pepper, small dice	½	Cup
Fresh Garlic	1	Tbsp.
Chili Powder	1	Tbsp.
Red Onion, small dice	1	Cup

### *Preparation:*

1. Sweat onions, garlic and peppers.
2. Add black beans, sweet potatoes, cumin, and chili powder.
3. Portion ½ cup on each tortilla and roll up.

### *Serving Suggestion:*

Spoon 2 oz. of black bean mixture on 1 flour tortilla, roll up, garnish with 1 tsp. of fresh chopped cilantro.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 143 Total Fat: 1 g Saturated Fat: 0 g Carbohydrate: 30 g Protein: 5 g Sodium: 127 mg  
Vitamin A: 30% Vitamin C: 68% Calcium: 6% Iron: 5%



# Black Bean Salad

**A HEALTHY, DELICIOUS, MEAT-FREE RECIPE**

**Servings: 8 (4 oz.)**

Ingredients	Quantity	Measure
Black Beans, canned, drained, and rinsed	15	Oz.
Rotel Canned Tomatoes and Chilies (do not drain)	8	Oz.
Corn, frozen	1	Cup
Green Bell Pepper, small dice	½	Cup
Red Bell Pepper, small dice	½	Cup
Red Onion, small dice	½	Cup
Zesty Italian Dressing	1	Cup

## *Preparation:*

1. Prepare vegetables; add black beans, corn and Ro\*tel.
2. Toss with dressing and serve.

## *Serving Suggestion:*

4 oz. of salad, garnish with 1 tsp. fresh chopped cilantro

Nutrition Information \*From USDA Nutrient Database Calories: 180 Total Fat: 9 g Saturated Fat: 1 g Carbohydrate: 22 g Protein: 5 g Sodium: 608mg Vitamin A: 1% Vitamin C: 33% Calcium: 4% Iron: 5%



# Blueberry Muffins

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 30 Muffins

Ingredients	Quantity	Measure
All-Purpose Flour	16.25	Oz.
Baking Powder	0.9	Oz.
Salt	0.6	Oz.
Sugar	12	Oz.
Soy Milk	2 ¼	Cups
Vegetable Oil	6	Oz.
Vanilla Extract	½	Tbsp.
Blueberries, frozen	3	Cups
All-Purpose Flour	4	Oz.

### *Preparation:*

1. Blend 16.25 oz. flour, baking powder and salt. Set aside.
2. Toss blueberries with 4 oz. flour. Set aside.
3. Combine sugar, soy milk, vegetable oil, and vanilla. Stir well.
4. Add blueberries to the sugar mixture and mix, being careful not to crush the berries.
5. Add blueberry mixture to the flour mixture.
6. Stir together until the dry ingredients become wet. Do not overmix.
7. Bake at 350 degrees for 15-20 minutes or until an inserted toothpick comes out dry.

### *Serving Suggestion:*

1 muffin

Nutrition Information \*From USDA Nutrient Database Calories: 173 Total Fat: 6g Saturated Fat: 0g Carbohydrate: 28g Protein: 2g Sodium: 326mg Vitamin A: 9µg Vitamin C: 0mg Calcium: 71mg Iron: 1mg Folic Acid: 56µg



# Broccoli Salad

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8-10

Ingredients	Quantity	Measure
Fresh Broccoli, cut into florets	1	Head
Red Onion, sliced	½	Cup
Plant-Based Cheddar Cheese, like Daiya	½	Cup
Raisins	½	Cup
Plant-Based Mayonnaise, like Just Mayo	1	Cup
Sugar	¼	Cup
Vinegar	2	Tbsp.
Almond Milk	1	Cup
Cherry Tomatoes, halved	½	Cup

### *Preparation:*

1. Toss broccoli, red onion, raisins and cheddar cheese together. Set aside.
2. In a separate bowl whisk mayonnaise, milk, sugar and vinegar. Pour over broccoli mixture. Toss well.
3. Top with cherry tomatoes.

### *Serving Suggestion:*

Enjoy as a side with a grilled vegetable panini.

Nutrition Information \*From USDA Nutrient Database Calories: 243 Total Fat: 19g Saturated Fat: 2g Carbohydrate: 17g Protein: 1g Sodium: 217mg Vitamin A: 14µg Vitamin C: 32mg Calcium: 25mg Iron: 1mg Folic Acid: 25µg



# Broccoli Tofu Stir Fry

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8 (4 oz.)

Ingredients	Quantity	Measure
Sesame Oil	1	Tbsp.
Fresh Broccoli, cut into florets	1	Lb.
Firm Tofu, drained (cut into small squares)	14	Oz.
Soy Sauce	$\frac{1}{4}$	Cup
Red Pepper Flakes	$\frac{1}{2}$	Tsp.

### *Preparation:*

1. Warm oil in skillet over medium heat.
2. Add broccoli, sauté for 2 minutes.
3. Gently fold in tofu, sauté for 3 more minutes.
4. Add soy sauce and red pepper flakes. Sauté for 5 more minutes.

### *Serving Suggestion:*

4 oz. of stir fry, garnish with 1 tsp. toasted almonds

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 50 Total Fat: 2 g Saturated Fat: 0 g Carbohydrate: 3 g Protein: 6 g Sodium: 1201 mg  
Vitamin A: 0% Vitamin C: 27% Calcium: 11% Iron: 5%





# Butternut Squash Soup

**A HEALTHY, DELICIOUS, MEAT-FREE RECIPE**

**Servings: 12**

Ingredients	Quantity	Measure
Olive Oil	2	Tbsp.
Garlic, minced	2	Cloves
Onion, diced	½	Cup
Fresh Ginger, peeled and minced	1	Tbsp.
Butternut Squash, roasted whole, peeled and cut into medium pieces <sup>3</sup>	3	Cups
Water	½	Cup
Vegetable Broth	3	Cups
Salt	1	Tsp.
Pepper	1	Tsp.
Almond Milk	½	Cup

## *Preparation:*

1. Rub 1 tbsp. of olive oil on butternut squash. Place squash in hotel pan with ½ cup water and roast 15 minutes on each side in 375-degree oven. Remove from heat, allow to cool to touch, and peel. Cut into medium pieces. Set aside.
2. Put 1 tbsp. olive oil in a pot. Add garlic, onions, ginger, salt and pepper. Sauté for 4-5 minutes on medium-high heat.
3. Add squash and vegetable broth. Cook until tender.
4. Strain, reserving liquid. Puree squash and add liquid as needed to achieve desired soup consistency.
5. Add almond milk as desired for creaminess.

## *Serving Suggestion:*

Serve 4 oz. topped with fresh croutons.

## *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 46 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 6g Protein: 1g Sodium: 387mg  
Vitamin A: 193µg Vitamin C: 8mg Calcium: 40mg Iron: 0mg Folic Acid: 14 µg



# Carrot Cake Cupcake

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 30

Ingredients	Quantity	Measure
All-Purpose Flour	10.5	Oz.
Baking Powder	1	Tsp.
Baking Soda	1/5	Tsp.
Cinnamon	1	Tsp.
Salt	1/2	Tsp.
Flaxseed, ground	1.2	Oz.
Brown Sugar	3/4	Cup
Sugar, granulated	3/4	Cup
Water, warm	3/4	Cup
Vegetable Oil	1	Cup
Carrots, grated	2	Cups
Vanilla	1	Tsp.
<b>Cream Cheese Icing</b>		
Smart Balance, Non-Dairy Margarine	4	Oz.
Vegetable Shortening (Crisco)	1	Cup
Sugar, powdered	2	Lbs.
Vegan Cream Cheese	4	Oz.
Vanilla	1	Tsp.

### *Preparation:*

1. Mix flaxseed and water. Set aside. 2
2. Mix flour, baking powder, baking soda, cinnamon and salt. Set aside.
3. Mix brown sugar, granulated sugar, oil, vanilla and flaxseed mixture together blending well.
4. Add flour mixture and blend well.
5. Fold carrots into batter.
6. Bake at 350 degrees for 15-20 minutes.
7. Let cool and ice with cream cheese icing.

### **Icing**

1. Blend Smart Balance and shortening until creamy.
2. Add powdered sugar, blend on low speed
3. Add cream cheese and vanilla. Blend until creamy. Do not add any more liquid, cream cheese will make it soft and creamy.

### *Serving Suggestion:*

Serving Suggestion Serve as a delicious dessert.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 336 Total Fat: 21g Saturated Fat: 4.5g Carbohydrate: 46g Protein: 1.25g Sodium:  
201mg Vitamin A: 65µg Vitamin C: 0mg Calcium: 20mg Iron: 1mgFolic Acid: 30µg

# Carrot Osso Buco & Creamy Polenta

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 8 servings

Ingredients	Quantity	Measure
Red Pearl Onions	8	Oz.
Vegetable Oil	1	Tbsp.
Carrots, cut into 1" chunks	4	Cups
Curry Powder	1	Tsp.
Dry Red Wine	1	Cup
Dry Porcini Mushrooms, processed into powder	1	Tbsp.
Fresh Cremini Mushrooms	8	Oz.
Prepared Mushroom broth	1 ½	Cups
Parsley Leaves, flat leaf	½	Cup
Lemon Juice, fresh	2	Tsp.
Salt	1	Tsp.
Pepper	1	Tsp.
<b>Polenta</b>		
Unsweetened Soy Milk	3	Cups
Earth Balance, Non-Dairy margarine	1	Tbsp.
Salt	1 ½	Tsp.
White Pepper	1	Tsp.
Yellow cornmeal	¾	Cup

### *Preparation:*

1. Boil pearl onions for 1 minute.
2. Drain, trim and peel onions.
3. Heat oil in skillet.
4. Add carrots in a single layer, season with salt and pepper. Heat until brown (about 5 minutes), turn and brown other side.
5. Add pearl onions, sprinkle with curry powder, cook and stir until fragrant (about 1 minute).
6. Add wine and simmer on moderate high heat for 3 minutes.
7. Add porcini powder.
8. Add mushroom broth, bring to a boil
9. Place into oven and braise carrots for about one hour or until tender.
10. While carrots are braising, sauté creminis then toss with carrots.

### **Creamy Polenta**

1. Heat soy milk and Earth Balance over medium heat.

2. Add salt and pepper then bring to a boil.
3. Add corn meal a little at a time, whisking constantly.
4. Cook until creamy and thick (about 4 minutes).

### *Serving Suggestion:*

Put 4 oz. of polenta on a plate. Top with 4 oz. carrots. Garnish with ½ tsp parsley leaves and 1/8 tsp. lemon juice. Serving size: 8 oz. (4 oz. carrots, 4 oz. polenta).

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 177 Total Fat: 5g Saturated Fat: 0.5g Carbohydrate: 23g Protein: 5g Sodium: 843mg  
Vitamin A: 600µg RAE Vitamin C: 11mg Calcium: 151mg Iron: 2mg



# Carrot Raisin Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8 (4 oz.)

Ingredients	Quantity	Measure
Carrots, grated	1	Cup
Canned Pineapple, crushed, drained	½	Cup
Raisins	½	Cup
Dressing		
Just Mayo, Vegan Mayonnaise	½	Cup
White Vinegar	2	Tbsp.
Sugar, granulated	1	Tbsp.
Almond Milk	1/4	Cup

## *Preparation:*

1. Mix carrots, pineapple and raisins then set aside.
2. Whisk Just Mayo, vinegar, sugar, and almond milk together
3. Toss carrot mixture and dressing together.

## *Serving Suggestion:*

4oz. carrot raisin salad. Top with 1 oz. of chopped toasted walnuts (optional).

## *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 50 Total Fat: 0 g Saturated Fat: 0 g Carbohydrate: 12 g Protein: 1 g Sodium: 14 mg  
Vitamin A: 8% Vitamin C: 3% Calcium: 2% Iron: 0%

# Cauliflower & Golden Lentil Curry

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8

Ingredients	Quantity	Measure
Vegetable Oil	2	Tbsp.
Onion, chopped	1	Cup
Fresh Garlic, minced	1	Tbsp.
Fresh Ginger, peeled and minced	1	Tbsp.
Cumin	1	Tsp.
Curry	2	Tbsp.
Turmeric	½	Tsp.
Vegetable Stock	1	Qt.
Cauliflower, small florets	1	Head
Carrots, medium dice	1	Cup
Coconut Milk	15	Oz.
Golden Lentils	1	Lb.
Salt	1	Tsp.
Pepper	1	Tsp.

## *Preparation:*

1. Heat 1 tbsp. oil in a pan. Add onions, sauté until soft.
2. Add garlic, ginger, cumin, turmeric, curry, ½ tsp. salt and pepper. Cook for 2 minutes.
3. Stir in lentils and pour in stock. Bring to a boil, reduce heat and cook for ten minutes until tender. DO NOT OVERCOOK.
4. Meanwhile, heat 1 tbsp. of oil in a pan. Add cauliflower and carrots. Cook for 2-3 minutes, until lightly brown.
5. Add cauliflower and carrots to lentil mixture.
6. Add coconut milk to lentil mixture.
7. Bring to a gentle simmer. Cook for 10 minutes or until vegetables are tender.
8. Taste and adjust seasoning with last ½ of salt and pepper.

## *Serving Suggestion:*

Serve with 4 oz. of fresh green beans.

## *Nutrition Information:*

**\*From USDA Nutrient Database**

Doesn't include green beans

Calories: 474 Total Fat: 17g Saturated Fat: 12g Carbohydrate: 60g Protein: 26g Sodium: 690mg  
Vitamin A: 135µg Vitamin C: 43mg Calcium: 97mg Iron: 10mg Folic Acid: 493µg





# Cauliflower Buffalo Wings

**A HEALTHY, DELICIOUS, MEAT-FREE RECIPE**

**Servings: 8    Serving Size: 8 oz.**

Ingredients	Quantity	Measure
Cauliflower florets	6	Cups
Chickpea flour or All-Purpose Flour	1	Cup
Garlic Powder	¼	Tsp.
Salt	¼	Tsp.
Paprika	¼	Tsp.
Water	1	Cup
Olive Oil	½	Cup
Frank's Red hot Buffalo Wing Sauce	1	Cup
Carrot Sticks	24	Sticks
Celery Sticks	24	Sticks
Non-Dairy Ranch Dressing	16	Oz.

## *Preparation:*

1. Preheat oven to 450 degrees.
2. Combine flour, water, salt, garlic powder, paprika and whisk until combined.
3. Dip cauliflower in batter and place baking sheets lined with parchment paper. Spray the tops with a bit of oil.
4. Bake for 18-20 minutes or until the tops start to get color on them.
5. Pull cauliflower out of the oven and lightly dip them into buffalo sauce to coat. Put them back into oven for another 5 minutes to crisp back up.
6. Remove from oven.

## *Serving Suggestion:*

Serve with carrot / celery sticks and ranch dip. Serving size: cauliflower 4 oz., ranch dip 2 oz., carrot stick 1 oz., celery stick 1 oz.

## *Nutrition Information:*

**\* From USDA Nutrient Database**

**Cauliflower Buffalo Wings with carrots and celery**

Calories: 195 Total Fat: 5g Saturated Fat: 2g Carbohydrate: 14g Protein: 5g Sodium: 369mg  
Vitamin A: 283µg Vitamin C: 38mg Calcium: 35mg Iron: 1.8mg Folic Acid: 56µg

**Dairy-free Ranch, 2 ounces**

Calories: 280 Total Fat: 28g Saturated Fat: 2g Carbohydrate: 4g Protein: 1g Sodium: 420mg  
Vitamin A: 0µg Vitamin C: 0mg Calcium: 40mg Iron: 0mg Folic Acid: 0µg

# Cauliflower Fried Rice

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 10-12 servings

Ingredients	Quantity	Measure
Fresh cauliflower, small florets	1	Medium head
Garlic, minced	1	Clove
Shallot, minced	1	Shallot
Frozen peas and carrots	½	Cup
Frozen corn	½	Cup
Fresh Zucchini Squash, julienne	¼	Cup
Fresh Yellow Squash, julienne	¼	Cup
Broccoli, florets	¼	Cup
Sesame Oil or Olive Oil	2	Tbsp.
Soy Sauce, reduced sodium	2	Tbsp.

### *Preparation:*

1. Put cauliflower florets in a food processor and pulverize until small and the texture resembles rice.
2. In a medium skillet, heat the oil over medium-high heat.
3. Add shallots and garlic sauté for 3-4 minutes; add peas, carrots, corn, zucchini, yellow squash and broccoli florets and sauté for 3-4 minutes. Then add cauliflower and continue to cook for 5 minutes while tossing vegetables and cauliflower together.
4. Add soy sauce and cook for 2-3 minutes.
5. Taste and season to your liking.

### *Serving Information:*

Top with red chili pepper flakes for an added kick.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 53 Total Fat: 3g Saturated Fat: 0g Carbohydrate: 6 g Protein: 2 g Sodium: 130mg  
Vitamin A: 36mg Vitamin C: 29mg Calcium: 17mg Iron: 0mg



# Chickpea Salad

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 3 sandwiches

Ingredients	Quantity	Measure
Chickpeas, canned, drained and rinsed	15	oz.
Celery, diced	2	stalks
Green Onions, thinly sliced	3	each
Dill Pickles, diced small	¼	cup
Red Bell Peppers, diced	¼	cup
Just Mayo, plant-based mayonnaise	3	tbsp.
Garlic, minced	1	clove
Yellow Mustard	1.5	tsp.
Fresh Dill, stems removed, minced (optional)	2	tsp.
Lemon Juice, fresh	1.5-3	tsp.
Sea Salt	¼	tsp.
Black Pepper	¼	tsp.

### *Preparation:*

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in celery, green onions, pickles, bell pepper, mayonnaise and garlic until combined.
3. Stir in the mustard and dill and season with the lemon juice, salt, pepper adjusting the quantities to taste.

### *Serving Suggestion:*

Serve on toasted bread, wraps or on top of basic leafy green salad.

### *Nutrition Information:*

#### **\*From USDA Nutrient Database**

For chickpea salad only; doesn't include bread

Calories: 231 Total Fat: 13g Saturated Fat: 1g Carbohydrate: 22g Protein: 8g Sodium: 505mg  
Vitamin A: 34µg RAE Vitamin C: 21mg Calcium: 76mg Iron: 2 mg



# Chipotle Sweet Potato Skins

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 10

Serving Size 1 (1/2 sweet potato)

Ingredients	Quantity	Measure
Sweet Potatoes, medium-sized potatoes work best	5	lbs.
Chipotle Peppers	3	whole
Garlic, minced	1	tsp.
Onion, minced	½	cup
Vegetable Oil	2	tbsp.
Oregano, fresh	1	tsp.
Cumin Powder	1	tsp.
Chili Powder	2	tsp.
Salt	1	tsp.
Pepper	1	tsp.
Plant-Based chicken strips, like Beyond Meat	30	strips
Black Beans	15	oz.
Plant-based Cheddar Cheese, like Daiya or Follow Your Heart	2	cups
Avocado, sliced (optional)	2	cups
Plant-Based Sour Cream, like Tofutti or Follow Your Heart	1	cup

### *Preparation:*

1. Preheat the oven to 350°F.
2. Prick the sweet potatoes with a fork and bake until tender, about 50 to 60 minutes. Remove from the oven, slice in half lengthwise, and allow to cool for 10 minutes.
3. Change the oven temperature to 400°F.
4. Sauté the chipotle peppers, garlic, and onion in 1 tablespoonful of the vegetable oil until fragrant, about 3 minutes. Add the oregano, cumin, chili powder, salt, and pepper.
5. Add the vegan chicken strips and sauté on medium heat until well cooked, about 8 to 10 minutes.
6. Heat the black beans separately on the stove.
7. Once the potatoes have cooled, scoop out the majority of the flesh, leaving a very thin layer of potato in the skins. You can reserve the scooped-out flesh for another use.
8. Coat the potato skins with the remaining oil. Bake for 5 minutes, remove from the oven.
9. Sprinkle a bit of vegan cheese into the hollowed, slightly crispy potatoes. Add a layer of the vegan chicken, followed by a layer of black beans, then top with more vegan cheese. Repeat this step until all the potato skins are filled.
10. Bake for 10 more minutes, or until the vegan cheese is melted. Garnish with avocado and vegan sour cream.

### *Serving Suggestion:*

Garnish with 1 tsp. of vegan sour cream and 3 slices of fresh avocado. Serving Size: ½ sweet potato, 1 tbsp. vegan cheese, 3 vegan chicken strips, ¼ cup black beans, 1 tbsp. vegan cheese, 3 vegan chicken strips, ¼ cup black beans, 1 tbsp. vegan cheese

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 412 Total Fat: 19g Saturated Fat: 4g Carbohydrate: 50g Protein: 17g Sodium: 840mg  
Vitamin A: 558µg Vitamin C: 33mg Calcium: 186mg Iron: 7mg Folic Acid: 7µg



# Chocolate Bread Pudding

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12

Serving Size: 4 oz.

Ingredients	Quantity	Measure
Stale French bread	1	pound
Egg replacer	3	oz.
Almond or soy creamer	1 ½	quarts
Vanilla extract	2	tbsp.
Granulated sugar	1	cup
Dark chocolate coins (optional)	½	pounds

### *Preparation:*

1. Whisk almond creamer, sugar and egg replacer together. 2. Add vanilla and chocolate coins. 3. Pour over bread and let set over night. 4. Bake at 250 degrees with water bath for 2 hours covered. Uncover and bake for 20-30 minutes until golden brown and set.

### *Serving Suggestion:*

Portion a 4 oz. serving and drizzle with 2 oz. caramel sauce.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 247 Total Fat: 11g Saturated Fat: 6g Carbohydrate: 30g Protein: 6g Sodium: 128mg  
Vitamin A: 63µg Vitamin C: 21mg Calcium: 189mg Iron: 2mg Folic Acid: 34µg

# Chocolate Cake

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: (1) 8" 3 layer cake or 30 cupcakes

Ingredients	Quantity	Measure
Sugar, granulated	14	oz.
Vegetable Oil	4	oz.
Just Mayo, Plant-Based mayonnaise	6	oz.
All-Purpose Flour	12	oz.
Cocoa Powder (not Dutch)	1.31	oz.
Baking Soda	1	tsp.
Salt	½	tsp.
Water, hot	12	oz.
White Vinegar	1	tsp.
<b>Chocolate Buttercream Icing</b>		
Smart balance, Non-Dairy Margarine	12	oz.
Cocoa powder	1	cup
Karo Syrup, corn syrup	8	tbsp.
Sugar, powdered	2	lbs.
Almond milk (add to above 1 tsp. at a time)	2 (+)	tbsp.

### *Preparation:*

1. Mix flour, cocoa powder, baking soda and salt (set aside).
2. Blend sugar, vegetable oil, Just Mayo until creamy.
3. Add dry ingredients start beating and add hot water and beat 2-3 minutes.
4. Add vinegar and beat for another 1-2 minutes.
5. Bake 350 degree for 20 minutes, test for springy when touched in center or use toothpick. Use 9X13 pan or 3 eight" rounds or thirty cupcakes.

### **Icing**

1. Mix smart balance, cocoa powder and Karo syrup until paste.
2. Add all of powdered sugar, slowly mix on low speed.
3. Add almond 1 tsp. at a time until creamy. (Be careful not to make it too soft).

### *Serving Suggestion:*

3 oz. piece, garnish with fresh raspberries.

### *Nutrition Information:*



**\*From USDA Nutrient Database**

Calories: 390 Total Fat: 18g Saturated Fat: 3.5g Carbohydrate: 56g Protein: 2g Sodium: 215mg  
Vitamin A: 1µg Vitamin C: 0mg Calcium: 9mg Iron: 0mg Folate: 34µg

# Chocolate Chip Cookies

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 30 cookies Serving Size: 2 cookies per serving

Ingredients	Quantity	Measure
All-Purpose Flour	2	cups
Earth Balance, Non-Dairy Margarine	6	oz.
Sugar, granulated	½	cup
Brown Sugar	¾	cup
Karo Syrup, white corn syrup	2	tsp.
Egg replacer, like ENER-G	4	tsp.
Water, warm	1/3	cup
Salt	¼	tsp.
Baking Soda	1	tsp.
Vanilla	1	tsp.
Dairy-Free Chocolate Chips	12	oz.
Toasted pecans (optional)	1	cup

### *Preparation:*

1. Cream Earth Balance, granulated sugar, brown sugar, vanilla extract and corn syrup.
2. Mix egg replacer with warm water, blend with Earth Balance and sugar mixture.
3. Add all-purpose flour, salt and baking soda to egg replacer and sugar mixture, mix until all dry ingredients are wet.
4. Stir in chocolate chips and nuts (if desired).
5. Bake 375 degrees for 8-10 minutes or until golden brown.

### *Serving Suggestion:*

This recipe yields 60 small cookies; two cookies per serving.

### *Nutrition Information:*

#### **\*From USDA Nutrient Database**

Two cookies, no pecans

Calories: 270 Total Fat: 13g Saturated Fat: 3g Carbohydrate: 37g Protein: 3g Sodium: 197mg  
Vitamin A: 390µg Vitamin C: 0mg Calcium: 28mg Iron: 2mg Folic Acid: 49µg

**Two cookies with pecans**

Calories: 320 Total Fat: 18g Saturated Fat: 5g Carbohydrate: 44g Protein: 5g Sodium: 197mg  
Vitamin A: 390µg Vitamin C: 0mg Calcium: 33mg Iron: 2mg Folic Acid: 50µg



# Chocolate Cobbler

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12

Ingredients	Quantity	Measure
Sugar (divided)	2 ½	cups
All-Purpose Flour	2	cups
Hershey's Cocoa Powder, divided (not the dark one)	1	cup
Baking Powder	4	tsp.
Salt	½	tsp.
Almond Milk	1	cup
Earth Balance, Non-Dairy Margarine, melted	2/3	cup
Vanilla	1	tbsp.
Light brown sugar, packed	1	cup
Water, hot	2 ½	cups

### *Preparation:*

1. Heat oven 325 degrees.
2. Stir together 1 ½ cups of sugar, flour, 8 Tbsp. cocoa powder, baking powder, and salt.
3. Blend in milk, earth balance and vanilla. Beat until smooth.
4. Pour batter in ½ hotel pan.
5. In a separate bowl stir together 1 cup of sugar, brown sugar and remaining 8 tbsp. of cocoa powder.
6. Spread evenly over batter.
7. Pour hot water over top; DO NOT STIR.
8. Bake 30-40 minutes, or until center is almost set, let stand for a few minutes.
9. This is a pudding cake; the cake will rise to top and sauce will settle on the bottom.

### *Serving Suggestion:*

2 oz. of chocolate cobbler. Serve with 2 oz. of vegan ice cream.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 390 Total Fat: 10 g Saturated Fat: 4 g Carbohydrate: 74 g Protein: 3 g Sodium: 370mg  
Vitamin A: 0% Vitamin C: 0% Calcium: 15% Iron: 11%



# Chocolate Gravy

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8-10

Ingredients	Quantity	Measure
Sugar, granulated	2	cups
Hershey's Cocoa Powder (not the dark one)	4	tbsp.
All-Purpose Flour	4	tbsp.
Almond Milk	2	cups
Vanilla	1	tbsp.
Earth Balance, Non-Dairy Margarine	2	oz.

### *Preparation:*

1. Blend by hand the sugar, cocoa, and flour; set aside.
2. Pour milk in a pot, add sugar mixture.
3. Cook over medium heat, stirring constantly until thick and bubbly.
4. Remove from heat and then add Earth Balance and vanilla.
5. Stir and serve.

### *Serving Suggestion:*

2 oz. served over 1 biscuit.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 259 Total Fat: 6 g Saturated Fat: 1.5 g Carbohydrate: 50 g Protein: 2 g Sodium: 76 mg  
Vitamin A: 2% Vitamin C: 0% Calcium: 7% Iron: 6%



# Chocolate Tartlets

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 24

Ingredients	Quantity	Measure
Tofu, firm, drained	14	oz.
Sugar, granulated	8	oz.
Cocoa	4	tbsp.
Vanilla	1	tsp.
Vinegar	1	tsp.
Phyllo Dough	1	pkg.
Earth Balance, Non-Dairy Margarine	4	oz.
Rich's Non-Dairy Whipped Topping	16	oz.

### *Preparation:*

1. Blend tofu, sugar, cocoa, vanilla and vinegar in a blender until creamy.
2. Melt margarine.
3. Lay out one piece of phyllo, lightly brush with melted margarine, lay another piece on top and lightly brush with margarine, repeat until you have three pieces on top of each other. Cut into squares large enough to fill mini muffin pans.
4. Place prepared phyllo in the mini muffin pans to resemble a bowl, fill with tofu filling and bake at 350 degrees for 10-12 minutes or until dough is golden brown and filling is set.
5. Allow to cool.
6. Pipe non-dairy whipped topping on the top.

### *Serving Suggestion:*

1 Tart

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 132.5 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 20g Protein: 3.5g Sodium: 103mg  
Vitamin A: 0µg Vitamin C: 0mg Calcium: 34mg Iron: 0g Folic Acid: 3µg

# Chocolate Thumb Prints

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 24 cookies

Ingredients	Quantity	Measure
All-Purpose Flour	2 ½	cups
Sugar, granulated	1 ½	cups
Baking Powder	2	tsp.
Salt	½	tsp.
Cocoa Powder (not the dark one)	¾	cup
Coconut Milk	6 ½	oz.
Vanilla Extract	½	tbsp.
Coconut Oil	5 ½	oz.
Sanding Sugar (for dipping, before baking) Do not use in dough	1	cup
<b>Chocolate Buttercream</b>		
Earth Balance, Non-Dairy Margarine	4	oz.
Cocoa powder	½	cup
Karo Syrup, corn syrup	¼	cup
Sugar, powdered	1	lbs.
Vanilla	½	tsp.
Almond Milk (as needed)	1-2	tsp.

### *Preparation:*

1. Blend flour, baking powder, salt, and cocoa powder. Set aside.
2. Mix sugar, coconut milk, vanilla, and coconut oil.
3. Add flour mixture to the coconut milk mixture. Mix well and scoop into small balls.
4. Use your thumb to make an indentation and roll in sanding sugar.
5. Bake at 350 degrees for 8-10 minutes until done. Do not over bake.
6. Allow to cool for 5 minutes and pipe chocolate buttercream in center of each cookie.

### **Chocolate Buttercream**

1. Blend Earth Balance, cocoa powder and karo syrup until smooth.
2. Add powdered sugar and blend. If the mixture is stiff, drizzle 1 tsp. of almond milk until desired consistency is reached -- don't make it too thin.
3. Add vanilla and beat until creamy.

### *Serving Suggestion:*

1 cookie

## *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 379 Total Fat: 21 g Saturated Fat: 11 g Carbohydrate: 50 g Protein: 3 g Sodium: 206 mg Vitamin A: 0% Vitamin C: 0% Calcium: 4% Iron: 11%





# Cinnamon Rolls

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 24

Ingredients	Quantity	Measure
<b>Dough</b>		
Water, warm	12	oz.
Dry Active Yeast	2.5	tsp.
Bread Flour	21	oz.
Salt	2	tsp.
Sugar, granulated	2	oz.
Soy Milk	1	oz.
Vegetable Shortening	1	oz.
Earth Balance, Non-Dairy Margarine	1	oz.
<b>Filling</b>		
Brown Sugar	1	lb.
Earth Balance, Non-Dairy Margarine, melted, divided	1	cup
Cinnamon, ground	2	tbsp.
<b>Flat Icing</b>		
Sugar, powdered	1	lb.
Almond Milk	¼	cup
Vanilla	1	tsp.

### *Preparation:*

1. Mix warm water and yeast. Set aside for 3-4 minutes.
2. Mix together flour, sugar, soy milk, shortening and margarine.
3. Add activated yeast mixture.
4. Use a dough hook and start in speed 1.
5. When dough is blended add salt and change to speed 2 for 10 minutes.
6. Let rise in warm proof box approximately 45 minutes. Dough should be doubled in size and light and airy.
7. Remove dough and punch down. Let rest for 30 minutes.

### *Assembly:*

1. Roll dough out into a rectangle.
2. Spread with ½ cup melted margarine.
3. Mix brown sugar, cinnamon and other ½ cup of margarine.
4. Spread brown sugar mixture over dough with melted margarine.
5. Roll up and cut into one inch rolls.

6. Proof until double in size.
7. Bake in 350-degree oven until golden brown.
8. Let cool slightly and drizzle with flat icing.



# Coconut Brown Rice & Baked Tofu

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8-8 oz.

Ingredients	Quantity	Measure
Brown Rice	1	pt.
Water	1	qt.
Onions, small dice	1	cup
Vegetable Oil	¼	cup
Coconut milk	2	cans
Bay Leaves	2	each
Green Cardamom Pods, crushed	3	each
Cinnamon Stick	1	each
Tofu, firm, drained (cut into squares or slices)	14	oz.
Cajun Seasoning	1	tbs.
Soy Sauce	2	tsp.
Garlic, fresh	1	tsp.
Coconut, toasted	1	cup
Salt	2	tsp.
Pepper	1	tsp.

### *Preparation:*

1. Pour oil in pan; add onions, garlic, and rice. Cook until slightly brown.
2. Add water, bay leaves, cardamom and cinnamon stick. Cook until rice is tender. Remove from heat.
3. Stir in toasted coconut and coconut milk.
4. While rice is cooking, bake tofu in 350-degree oven with oil and Cajun seasoning for 10 minutes.
5. Flip over, pour soy sauce over tofu and bake for 10 more minutes.
6. Add to rice.
7. Add salt and pepper and serve.

### *Serving Suggestion:*

8 oz. serving, garnish with 1 oz. of toasted coconut

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 548 Total Fat: 39 g Saturated Fat: 26 g Carbohydrate: 45 g Protein: 11 g Sodium: 412 mg Vitamin A: 0% Vitamin C: 7% Calcium: 14% Iron: 22%



# Corn Pudding

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: ½ hotel pan    Servings: 10-12

Ingredients	Quantity	Measure
Yellow Cornmeal	1	cup
All-Purpose Flour	1	cup
Sugar, granulated	¼	cup
Baking Powder	1	tbsp.
Cream Corn, canned	15	oz.
Whole Kernel Corn, canned	15	oz.
Non-Dairy Sour cream, like Tofutti or Follow Your Heart	8	oz.
Earth balance, Non-Dairy Margarine	8	oz.

### *Preparation:*

1. Melt Earth Balance.
2. Blend cornmeal, flour, sugar, baking powder, cream corn, whole kernel corn, sour cream and Earth Balance. Pour into a ½ hotel pan. Be sure to spray with pan spray first.
3. Bake at 350 degrees for 40-45 minutes or until set.

### *Serving Suggestion:*

Serve as a side dish.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 346 Total Fat: 12g Saturated Fat: 5.5g Carbohydrate: 39g Protein: 4g Sodium: 412mg  
Vitamin A: 7µg Vitamin C: 3mg Calcium: 107mg Iron: 2mg Folic Acid: 103µg



# Couscous Stuffed Tomatoes

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8    Serving Size: 4 oz.

Ingredients	Quantity	Measure
Large tomatoes (cut in half)	4	each
Olive oil (divided)	3	Tbsp.
Garlic (finely minced)	2	cloves
Shallot (finely chopped)	1	each
Carrot (cut into ½ inch pieces)	1	each
Couscous	1	cup
Vegetable stock	2	Cups
Cilantro (finely chopped)	¼	cup
Mint (finely chopped)	¼	cup
Zucchini (slice in half, seed and cut into small cubes)	1	each
Ras el Hanout Blend (Moroccan spice)	1	Tbsp.
Salt	1	tsp
Pepper	½	tsp
Large tomatoes (cut in half)	4	each

### *Preparation:*

1. Preheat oven to 350 degrees.
2. Prep tomatoes: cut in half, and scoop out seeds and inside of tomato, drain, chop and set aside.
3. Use one tablespoon of olive oil to brush hollow tomatoes.
4. Heat the remaining two tablespoons of olive oil in a 4 qt. saucepan on medium to high heat.
5. Add garlic and shallot and cook for two minutes or until soft.
6. Add carrots and cook for three minutes more. Add couscous and toast two minutes.
7. Add vegetable stock. Bring to a boil. Reduce heat, cover and simmer until couscous is tender for 12-15 minutes.
8. Stir in cilantro, mint, Ras el hanout, zucchini, salt, pepper and chopped tomato.
9. Spoon mixture into hollow tomatoes and bake for 20 minutes.
10. Serve warm.

### *Nutrition Information:*

\*From USDA Nutrient Database

Calories: 186 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 4g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 30g Fiber: 4g Total Sugar: 8g Protein: 6g  
Sodium: 498mg Vitamin A: 95µg Vitamin C: 19mg Calcium: 47mg Iron: 1mg Folate: 51µg

# Crabbyless Crab Cakes

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12 (1 per person)

Ingredients	Quantity	Measure
Nori flakes (toasted)	2	tsp.
Hearts of Palm (canned, drained and pulse in food process until resembles crab meat)	(2) 14	Oz.
Canola oil (divided)	¼	cup
Onions (small diced)	1	cup
Fresh garlic (minced)	1	tsp.
Red bell peppers (small diced)	1	cup
Vegan mayo	1	cup
Nutritional Yeast	¼	cup
Bread crumbs (divided)	3	cup
Salt	1	tsp.
Pepper	1	tsp.
Old Bay	2	tbsp.
Vegan Worcestershire	2	tbsp.
Tabasco	½	tbsp.
<b>Remoulade Sauce</b>		
Vegan Mayo	1	cup
Ketchup	1	Tbsp.
Dijon Mustard	1	Tbsp.
Tabasco	1	tsp.
Vegan Worcestershire	1	tsp.
Fresh lemon juice	1	Tbsp.
Sea salt	¼	tsp.
Shallots (minced)	2	tsp.
Capers (minced)	2	tsp.
Fresh parsley (chopped)	1	tsp.
Red bell pepper (minced)	2	tsp.

### *Preparation:*

1. Sautee onions, bell peppers, and garlic with half of the oil. Sautee for 2-3 minutes.
2. In a bowl blend the onion, bell pepper mixture with nori flakes, hearts of palm, other half of oil, vegan mayo, nutritional yeast, 2 cups of the bread crumbs, salt, pepper, old bay, Worcestershire and tabasco.
3. Blend and scoop out into 3 oz. balls.

4. Press into patties.
5. Coat each patty in the remaining 1 cup of breadcrumbs.
6. Pan fry in 2 inch of oil until golden brown.

Remoulade Put mayo, ketchup, Dijon mustard, tabasco, Worcestershire, lemon juice, salt, shallots, parsley, red bell pepper, and capers in a blender. Blend on high for one minute. Refrigerate for up to one week.

### *Serving Suggestion:*

Serve with 1-2 tps. Remoulade

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 329 Total Fat: 19g Saturated Fat: 2.3g Carbohydrate: 31g Protein: 7g Sodium: 560mg  
Vitamin A: 157µg Vitamin C: 40mg Calcium: 55mg Iron: 3mg Folic Acid: 55µg



# Cranberry Whip

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12

Ingredients	Quantity	Measure
Sugar, granulated	1	cup
Cranberries, fresh or frozen	1	lb.
Non-Dairy Whipped Topping	16	oz.
Pineapple, crushed	20	oz.
Vegan Mini Marshmallow, like Dandies (optional)	2	cups

### *Preparation:*

1. Put cranberries in food processor and pulse until broken.
2. Put processed cranberries in a bowl with 1 cup sugar. Let set overnight.
3. Stir in pineapples, marshmallows and whipped topping into cranberries with sugar. Blend well.
4. Serve.

### *Serving Suggestion:*

Serve as a side dish to any main course.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 187 Total Fat: 1.3g Saturated Fat: 1g Carbohydrate: 46g Protein: 0g Sodium: 18mg  
Vitamin A: 2µg Vitamin C: 4mg Calcium: 7mg Iron: 0mg Folate: 2µg



# Cream Gravy

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 9 servings

Ingredients	Quantity	Measure
Earth Balance	2	Oz.
All-purpose flour	2	Oz.
Soy milk	2	Cups
Salt	1	tsp
Pepper	2	tsp

### *Preparation:*

1. Make a roux, melt Earth Balance, flour, salt and pepper. Cook until it emits a nutty aroma.
2. Slowly add milk, whisking until thick and bubbly.

### *Serving Suggestion:*

Serve 2oz. on 1 biscuit

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 93 Total Fat: 6 g Saturated Fat: 1.5 g Carbohydrate: 8 g Protein: 2 g Sodium: 333 mg  
Vitamin A: 2% Vitamin C: 0% Calcium: 7% Iron: 6%



# Creamy Ranch Dressing

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 16 servings

Ingredients	Quantity	Measure
Just Mayo, Dairy-Free / Egg Free mayonnaise	1	cup
Tofutti, Non-Dairy Sour Cream	½	cup
Vegan Worcestershire sauce, like Annie's or Wizard's	1	tsp.
White vinegar	1	tsp.
Dill	1	tsp.
Chives	1	tbsp.
Italian parsley	¼	cup
Cayenne pepper	1/8	tsp.
Garlic powder	½	tsp.
Black pepper	½	tsp.

### *Preparation:*

Combine all ingredients, whisk until smooth and refrigerate.

### *Serving Suggestion:*

Serving size: 1 oz.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 105 Total Fat: 11g Saturated Fat: 1.5g Carbohydrate: 1.5g Protein: 0g Sodium: 42mg  
Vitamin A: 3µg RAE Vitamin C: 1mg Calcium: 8mg Iron: 0mg

# Éclair Cake

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 24

Ingredients	Quantity	Measure
Graham Crackers (no honey/Nabisco has plain)	16	oz.
Vanilla Pudding, instant	10.2	oz.
Almond Milk	4	cups
Non-Dairy Whipped Topping	16	oz.
<b>Frosting</b>		
Earth Balance, Non-Dairy Margarine	2	oz.
Cocoa powder	4	tbsp.
Sugar, powdered	8	oz.
Almond milk	2	oz.

### *Preparation:*

1. Mix instant vanilla pudding with 4 cups of almond milk.
2. Fold in whipped cream. Set aside.
3. Line bottom of a 2" half hotel pan with graham crackers.
4. Spread half of pudding over graham crackers.
5. Put another layer of graham crackers on top of pudding.
6. Spread rest of pudding.
7. Lay another layer of graham crackers on top of pudding.
8. Pour chocolate frosting on top and let rest in refrigerator overnight (at least 12 hours).

### **Chocolate Frosting**

1. Melt 2 oz. of Earth Balance in a small pot. Remove from heat.
2. Add cocoa powdered and stir until blended.
3. Add powdered sugar, stir.
4. Add milk and stir until all ingredients are blended.
5. Pour over graham cracker top.
6. Let rest overnight or at least 12 hours.

### *Serving Suggestion:*

Serve with fresh strawberries.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 138 Total Fat: 5g Saturated Fat: 1.5g Carbohydrate: 25g Protein: 2g Sodium: 188mg  
Vitamin A: 22 $\mu$ g Vitamin C: 0mg Calcium: 55mg Iron: 1mg Folic Acid: 9 $\mu$ g



# Eggplant Parmesan

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 10 servings

Ingredients	Quantity	Measure
Eggplant, peel and slice round, soak in salt water for 15 minutes	30	slices
All-Purpose Flour	2	cups
Panko Bread Crumbs	1	lbs.
Basil, fresh, chopped	¼	cup
Oregano, fresh, chopped	1	tbsp.
Non-Dairy Mozzarella Cheese, like Daiya or Follow Your Heart	3	oz.
Soy milk	½	gal.
Cajun Seasoning, like Tony Chachere's	½	cup
Oil for frying	35	lbs.

### *Preparation:*

Use standard breading procedure.

1. Dust eggplant in flour (add Tony Chachere's).
2. Dip in soy milk.
3. Mix basil, oregano and mozzarella with panko.
4. Roll eggplant and cover well with panko mixture. Repeat until all eggplant has three coatings.
5. Deep fry, taste and sprinkle with salt if desired.
6. Serve with marinara and vegan mozzarella if desired.

### *Serving Suggestion:*

Serve 3 pieces with 2 oz. marinara sauce.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 425 Total Fat: 13 g Saturated Fat: 2 g Carbohydrate: 65 g Protein: 15 g Sodium: 428 mg Vitamin A: 7% Vitamin C: 8% Calcium: 34% Iron: 22%

# Empanadas

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 2 (1/2 hotel pan) – 15 empanadas

Ingredients	Quantity	Measure
All-Purpose Flour	1 ¾	cup
Earth Balance, Non-Dairy Margarine	4	oz.
Non-Dairy Cream Cheese, like Tofutti or Follow Your Heart	8	oz.
<b>Filling: Savory</b>		
Sun Dried Tomatoes	½	cup
Cilantro (chopped)	1	tbsp.
Vegan cream cheese, like Tofutti	12	oz.
Non-Dairy Shredded Mozzarella, like Daiya or Follow Your Heart	3	oz.
Cayenne Pepper	1	pinch
<b>Filling: Sweet</b>		
Granny Smith Apples, peeled, cut into small cubes	2	lbs.
Flour, all purpose	2	tbsp.
Brown Sugar	1	cup
Lemon juice	2	tbsp.
Cinnamon, ground	1	tsp.
Earth Balance, Non-Dairy Margarine	2	tbsp.

### *Preparation:*

1. In a large mixing bowl, cut margarine and cream cheese into flour until mixture becomes a course meal with lumps no larger than pea-size. Mix to a soft dough.
2. Divide dough into 15 balls of equal portion. Refrigerate four hours.

#### **Filling: Savory**

1. Mix sun dried tomatoes, cilantro, cream cheese, mozzarella and cayenne pepper.
2. Spoon two tablespoons on each circle, fold and press edge with fork to seal.
3. Allow to rest in refrigerator for two hours.

#### **Filing: Sweet**

1. In a medium pot combine apples, lemon juice, cinnamon and Smart Balance. Cook over medium flame until apples release their juice.
2. Blend brown sugar and flour together. Add to apple mixture. Cook and stir until lightly thickened.
3. Reduce heat and continue to cook until apples are tender (20-25 minutes).

#### **Combine Dough & Filling**

1. Roll out dough balls into circles. You may need to sprinkle counter with a little flour for easier rolling. Spoon in one tablespoon filling. Fold and press edge with fork to seal.
2. Deep fry until golden brown.

### *Serving Suggestion:*

Serve each empanada with fresh salsa or pico de gallo.

### *Nutrition Information:*

\* From USDA Nutrient Database

#### **Savory Empanada**

Calories: 188 Total Fat: 12g Saturated Fat: 6g Carbohydrate: 15g Protein: 3g Sodium: 254mg  
Vitamin A: 1 mg Vitamin C: 0 Calcium: 4mg Iron: 1mg Folic Acid: 43µg

#### **Sweet Empanada**

Calories: 219 Total Fat: 10g Saturated Fat: 6g Carbohydrate: 30g Protein: 3g Sodium: 157mg  
Vitamin A: 3 mg Vitamin C: 3mg Calcium: 16mg Iron: 1mg Folic Acid: 45µg





# Fire Roasted Corn Chowder

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8    Serving Size: 1 cup

Ingredients	Quantity	Measure
Fresh Corn	8	ears
Olive Oil	2	tbsp.
Potatoes, russet, diced	2	pounds
Red Bell Peppers, seeded and diced	1	cup
Red onions, diced	2	cups
Garlic, minced	¼	cup
Vegetable Stock	6	cups
Sriracha	½	cup
Fresh Thyme	1	tsp.
Bay Leaves	2	leaves
Soy Creamer	1	cup
Salt	1	tsp.
Pepper	1	tsp.
Smoked Paprika (for garnish)	½	tsp.
Fresh Cilantro tear leaves (for garnish)	½	tsp.
Flat parsley (for garnish)	½	tsp.

### *Preparation:*

1. Roast 4 ears of the corn over a direct flame (on a preheated grill or over a gas burner) until the corn kernels begin to blacken, turning every few minutes until all sides have roasted.
2. After the roasted ears have cooled, scrape the kernels from the cobs and reserve.
3. Heat the oil in a large Dutch oven over medium heat.
4. Add the bell peppers and onions and cook until softened slightly, 5 to 7 minutes.
5. Meanwhile, scrape the corn kernels from the remaining 4 ears of corn.
6. Add the raw corn kernels and garlic, and cook until the garlic is aromatic, 1 to 2 minutes.
7. Add diced potatoes.
8. Add the vegetable stock, Sriracha, thyme, and bay leaves.
9. Bring to a boil, then lower the heat and simmer for 45 minutes.
10. About 10 minutes before the soup is finished, gently heat the dairy-free creamer over low heat, keeping just below a simmer.
11. Once the soup has cooked for 45 minutes, discard the thyme and bay leaves.
12. Purée the soup using an immersion blender. (A food processor or blender can be utilized with caution, puréeing the hot liquid in small batches.)
13. Mix in the warm cream and add the reserved roasted corn.
14. Cook for an additional 3 to 5 minutes until thoroughly heated.

15. Season with salt and pepper.

### *Serving Suggestion:*

Ladle the soup into bowls and garnish with a few lines of Sriracha, a generous sprinkle of smoked paprika, and torn cilantro or parsley leaves.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 192 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 33g Protein: 7g Sodium: 1008mg  
Vitamin A: 67µg Vitamin C: 36mg Calcium: 71mg Iron: 1mg Folate: 52µg

# Five Spice Barley, Kale & Tofu

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8-6 oz.

Ingredients	Quantity	Measure
Barley (cooked following package instructions)	1	lb.
Kale (leaves only)	3	lbs.
Tofu, firm, drained and cut into small squares	1	lb.
Olive Oil	¼	cup
Cajun spice, like Tony Chachere's	1	tbsp.
Onion, medium dice	1	cup
Five Spice Powder	2	tbsp.
Salt	1	tsp.
Pepper	1	tsp.

### *Preparation:*

1. Sprinkle Cajun season on tofu and brush with oil.
2. Roast in oven for 10 minutes, flipping over and roasting for another 10 minutes/
3. Sweat onions. Add kale and wilt.
4. Add cooked barley and five spice powder. 5. Mix all ingredients together and serve.

### *Serving Suggestion:*

6 oz. serving garnish with 1 oz. fresh chopped parsley.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 245 Total Fat: 4 g Saturated Fat: 1 g Carbohydrate: 45 g Protein: 11 g Sodium: 293 mg Vitamin A: 20% Vitamin C: 122% Calcium: 24% Iron: 22%



# Fresh Green Chickpea & Leek Soup

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8    Serving Size: 8 oz.

Ingredients	Quantity	Measure
Olive oil	2	Tbsp.
Leeks (chopped, white part only)	2	each
Garlic (minced)	2	cloves
Onion (chopped)	1	cup
Carrots (diced medium)	1	cup
Vegetable broth	1	Qt.
Fresh green chickpeas	2	cups
Basil (chopped)	½	Cup
Salt	1	tsp
Pepper	1	tsp

### *Preparation:*

1. Put olive oil in a pot and warm over medium heat. 2
2. Add leeks, garlic, onions and carrots. Sauté for 3-4 minutes.
3. Add broth and bring to a boil.
4. Add chickpeas, basil, salt and pepper. Boil for 5 minutes.
5. Reduce chickpeas to a simmer for another five minutes.
6. Drain and set chickpeas and vegetables aside, reserving broth to thin soup.
7. In a food processor or blender, puree the chickpea vegetable mixture. Add broth until you reach desired consistency.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 97 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 13g Fiber: 3g Total Sugar: 5g Protein: 4g  
Sodium: 661mg Vitamin A: 173µg Vitamin C: 20mg Calcium: 45mg Iron: 1mg Folate: 52µg

# Fresh Green Chickpea & Walnut Pesto with Penne Pasta

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12

Ingredients	Quantity	Measure
Green chickpeas (fresh)	2	cups
Baby arugula (loosely packed)	2	cups
Walnuts	½	cup
Nutritional yeast	½	cup
Garlic	1	clove
Olive oil	¼	cup
Lemon zest	¾	tsp.
Lemon juice (fresh)	2	tsp.
Salt (divided)	2	tsp.
Pepper	1	tsp.
Penne pasta	1	pound
Water	1	quart
Cherry tomatoes (garnish)	1	pint

### *Preparation:*

1. Put noodles in boiling water with 1 tsp. salt. Cook until tender, about 10-12 minutes. Drain, reserving a cup of pasta water. Set aside.
2. Put 1 cup of chickpeas, arugula, walnuts, ¼ cup nutritional yeast and garlic in food processor. Process until smooth.
3. While food processor is running, slowly pour in olive oil. Add lemon zest and juice.
4. Add salt and pepper. Continue to process for a few more seconds.
5. Toss pasta and pesto together. If too thick, use the reserved water for consistency.
6. If desired, garnish with remaining nutritional yeast and cherry tomatoes.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 316 Total Fat: 13g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 4g Total Sugar: 3g Protein: 10g Sodium: 487mg Vitamin A: 26µg Vitamin C: 14mg Calcium: 36mg Iron: 2mg Folate: 157µg

# Fresh Green Tomatoes

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8

Ingredients	Quantity	Measure
Green Tomatoes	1	lb.
All-Purpose Flour, divided	1	lb.
Cornmeal	8	oz.
Salt	1	tsp.
Pepper	1	tsp.
Soy Milk	24	oz.
Oil for frying		
**Baguette	2	Each
Fresh Spinach	1	lb.
<b>Spread for sandwich</b>		
Just Mayo, Non-Dairy / Egg Free mayonnaise	½	cup
Roasted Red Pepper	1	oz.
Garlic	1	clove

### *Preparation:*

1. Wash and slice green tomatoes  $\frac{3}{4}$  inch thickness.
2. Set up standard breading procedure (3 separate pans – 8 oz. flour, soy milk and 8 oz flour and cornmeal mixed together) Add salt and pepper to flour.
3. Dredge tomatoes in flour, then in soy milk and then into the flour cornmeal mixture.
4. Repeat until all slices of tomatoes are covered.
5. Fry until golden brown. To make the spread Put mayonnaise, roasted red pepper and garlic in blender, blend until smooth. Taste, if you prefer more garlic, add another clove. Blend until smooth.

### *Serving Suggestion:*

Put spread on both sides of baguette, add spinach, two to three pieces of fried green tomato.  
\*\*You can use as a side dish or as a sandwich.

### *Nutrition Information:*

\*From USDA Nutrient Database

Fried Green Tomatoes & Spread

Calories: 465 Total Fat: 14g Saturated Fat: 0.5g Carbohydrate: 70g Protein: 11g Sodium: 426 mg Vitamin A: 97µg Vitamin C: 40mg Calcium: 134mg Iron: 5mg Folic Acid: 250µg

**Fried Green Tomato Sandwich**

Calories: 519 Total Fat: 15g Saturated Fat: 1g Carbohydrate: 80g Protein: 13g Sodium: 548mg Vitamin A: 133µg Vitamin C: 42mg Calcium: 157mg Iron: 5mg Folic Acid: 326µg



# Garbanzo Bean Sliders

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 9

Ingredients	Quantity	Measure
Onion, diced small	1	cup
Fresh garlic, minced	1/8	cup
Garbanzo beans	15	oz.
Walnuts	¼	cup
Cilantro	1	tbsp.
All-Purpose Flour	½	cup
Cumin	¼	tsp.
Olive Oil , divided	½	cup
Salt	1	tsp.
Pepper	1	tsp.

### *Preparation:*

1. Sweat onions and garlic until soft.
2. Drain garbanzo beans, process in food processor until broken. (Do not over process)
3. Mix in walnuts, cilantro, flour, cumin, oil, salt and pepper.
4. Put ¼ cup oil on griddle. Cook patties until golden brown.

### *Serving Suggestion:*

One patty on your choice of bread, top with 1 oz. of caramelized onions.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 281 Total Fat: 19 g Saturated Fat: 4 g Carbohydrate: 23 g Protein: 5 g Sodium: 438 mg Vitamin A: 0% Vitamin C: 0% Calcium: 4% Iron: 5%





# Green Bean Casserole

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 9X13 pan; 8-10 servings

Ingredients	Quantity	Measure
Green Beans, canned or fresh	1	30 oz. can or lb.
White Mushrooms, fresh, sliced	1	lb.
Onions, small, diced	½	cup
Vegetable Oil	2	tsp.
All-Purpose Flour	2	tsp.
Salt	1	tsp.
Pepper	1	tsp.
Soy Milk, unsweetened	2	cups
French Fried Onions	6	oz.

### *Preparation:*

1. If using fresh green beans, blanch until tender. If using canned beans, drain and pour into a 1- quart casserole dish.
2. Sauté chopped onion in vegetable oil until translucent. Add mushrooms and cook for 10 minutes.
3. Add flour, salt and pepper to the onion/mushroom mixture. Stir and cook until slightly brown.
4. Slowly pour in milk and stir until thick and bubbly.
5. Pour over green beans and mix well.
6. Top with French-fried onions.
7. Bake at 350 degrees for 15-20 minutes.

### *Serving Suggestion:*

Serve with fresh glazed carrots.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 201 Total Fat: 12.5g Saturated Fat: 4.5g Carbohydrate: 18g Protein: 4g Sodium: 503mg Vitamin A: 44µg Vitamin C: 5mg Calcium: 94mg Iron: 1mg Folic Acid: 37µg

# Grilled Eggplant Rollatini

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 10

Ingredients	Quantity	Measure
Eggplants, slice lengthwise, soak in water for 10 minutes	20	slices
Balsamic Vinegar	½	cup
Cajun seasoning, like Tony Chachere's	1	tbsp.
Zucchini sticks	1	cup
Carrot sticks	1	cup
Earth Balance, Non-Dairy Margarine	2	oz.
<b>Red Pepper Hummus</b>		
Garbanzo Beans, drain and reserve juice	15	oz.
Roasted Red Peppers	4	oz.
Olive Oil	4	oz.
Fresh Garlic	¼	cup
Tahini paste	½	cup
Salt	1-2	tsp.

### *Preparation:*

1. Marinate eggplant in balsamic vinegar and Cajun seasoning and grill.
2. Sauté zucchini and carrots slightly (not too soft).

### **Hummus**

1. In a food processor add beans, oil, garlic, tahini and salt. Blend until smooth. If too thick, add reserved liquid, a little at a time.
2. Put a tablespoon on each eggplant and roll up.
3. Serve on top of zucchini and carrot sticks.

### *Serving Suggestion:*

Lay out grilled eggplant, spread 1 tbsp. of roasted red pepper hummus, and roll up. Serve 1 roll up with 3 carrot sticks and 3 zucchini sticks, top with 1 oz. of micro greens.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 305 Total Fat: 23 g Saturated Fat: 4 g Carbohydrate: 21 g Protein: 6 g Sodium: 375 mg Vitamin A: 8% Vitamin C: 27% Calcium: 9% Iron: 11%



# Harvest Time Corn Salad

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8

Servings Size: 4 oz.

Ingredients	Quantity	Measure
Fresh corn on the cob	4	each
Cherry tomatoes (cut in half)	1	cup
Cucumber (seeded and diced small)	1	cup
Avocado (diced small)	1	cup
Red onion (chopped small)	½	cup
Fresh basil (chiffonade)	¼	cup
Juice of fresh lemons (juice)	¼	cup

### *Preparation:*

1. Grill corn and cut off cob.
2. Toss grilled corn, cherry tomatoes, cucumber, avocado and red onion in a medium bowl.
3. Add basil and lemon juice, toss and serve.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 93 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 16g Fiber: 3g Total Sugar: 4g Protein: 3g  
Sodium: 4mg Vitamin A: 20µg Vitamin C: 12mg Calcium: 15mg Iron: 1mg Folate: 36µg



# Homemade Focaccia Bread

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 24

Ingredients	Quantity	Measure
Sugar, granulated	3 ½	oz.
Water, warm	17 ½	oz.
Dry Active Yeast	4 ½	tsp.
All-Purpose Flour	7	cups
Olive Oil	3 ½	oz.
Salt	2	tsp.
Cornmeal	¼	cup
<b>Topping</b>		
Kosher Salt	1	tbsp.
Fresh Basil, chopped	1	tbsp.
Fresh Oregano, chopped	1	tbsp.
Fresh Rosemary, chopped	1	tbsp.

### *Preparation:*

1. Measure out all ingredients first.
2. Dissolve sugar, warm water (no hotter than 100 degrees), and yeast in a mixing bowl allow to sit for 3 to 5 minutes until bubbly.
3. Add flour and olive oil, then mix with dough hook on low speed for about 2 minutes.
4. Add salt, then put mixer on medium speed for 8 minutes.
5. Put in proof box until double in size.
6. Brush sheet pan with olive oil and sprinkle lightly with cornmeal.
7. When doubled, put dough on sheet pan, press out evenly, using fingers to make indentions. Brush with oil and sprinkle with herb topping.

### **Topping**

1. Chop herbs and blend with salt.
2. Sprinkle on top of dough.
3. Let rest for 20 minutes.
4. Bake at 400 degrees for 15- 20 minutes. Make sure there is plenty of bottom heat for bread to reach a golden brown.

### *Serving Suggestion:*

Cut into 24 squares and use for sandwiches or served as a side with a bowl of soup.

## *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 191 Total Fat: 5 g Saturated Fat: 1 g Carbohydrate: 32 g Protein: 4 g Sodium: 487 mg  
Vitamin A: 0% Vitamin C: 0% Calcium: 1% Iron: 11%



# Italian Nachos

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8    Serving Size: 6 oz.

Ingredients	Quantity	Measure
Wonton Wrappers, eggless	16	oz.
Alfredo sauce, sub recipe below		
Black olives, sliced	1	cup
Tomatoes, diced	3	cups
Green onions, sliced	1	cup
Pepperoncini, sliced	1	cup
Jalapenos, sliced	1	cup
Oil for frying		
<b>Alfredo Sauce</b>		
Earth Balance, Non-Dairy Margarine	4	oz.
Yellow Onion, finely chopped	½	cup
Garlic, minced	1	tsp.
All-Purpose Flour	4	oz.
Salt	1	tsp.
Pepper	1	tsp.
Soy Milk, unsweetened	2	cups
Nutritional Yeast	½	cup
Water	1	cup

### *Preparation:*

1. Cut Wonton wrappers in triangles (similar to a tortilla chip shape).
2. Fry Wonton triangles for 2-3 minutes, drain, place into a full size pan and lightly salt.

### **Alfredo Sauce**

1. Melt Earth Balance.
2. Add onion and garlic, sweat for 3-4 minutes.
3. Add flour, stir until nutty fragrance.
4. Add milk and water stirring constantly until thick and bubbly..
5. Stir in nutritional yeast

### *Serving Suggestion:*

Portion onto individual platters and drizzle Alfredo Sauce on top. Top with olives, tomatoes, green onions, pepperoncini and jalapenos. Each Platter: 2 oz. chips, 2 oz. Alfredo, ½ oz. olives, ½ oz. tomatoes, ½ oz. green onions, ¼ oz. pepperoncini, ¼ oz. jalapenos

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 531 Total Fat: 29g Saturated Fat: 4.5g Carbohydrate: 53g Protein: 11g Sodium: 687mg Vitamin A: 82µg Vitamin C: 62mg Calcium: 136mg Iron: 4mg Folate: 76µg

# Kale & Potato Enchilada Bake

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12

Ingredients	Quantity	Measure
Russet potatoes, sliced	2 ½	lbs.
Kale (leaves only)	3	lbs.
Onion, diced small	1	cup
Fresh Garlic, chopped	¼	cup
Corn tortillas (heat on the flat top/skillet in 1 tbsp. oil)	12	each
Enchilada Sauce	15	oz.
Tomato Sauce	15	oz.
Non-Dairy Shredded Cheddar Cheese, like Daiya or Follow Your Heart	8	oz.

### *Preparation:*

1. Cook potatoes until tender (be sure to salt before cooking).
2. Sauté onion and garlic until translucent. Add kale and continue to sweat until wilted.
3. Blend enchilada sauce and tomato sauce.
4. Layer in ½ hotel pan with sauce on bottom, using 4 corn tortilla, potatoes, and kale. Repeat with 2 more layers.
5. Top with vegan cheddar cheese and bake covered for 20-25 minutes at 350 degrees.

### *Serving Suggestion:*

Cut 3x4 and garnish with fresh chopped cilantro leaves.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 305 Total Fat: 10 g Saturated Fat: 1.5 g Carbohydrate: 48 g Protein: 10 g Sodium: 356 mg Vitamin A: 41% Vitamin C: 28% Calcium: 22% Iron: 17%





# Lazy Susan Peach Cobbler

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12

Ingredients	Quantity	Measure
Self-Rising Flour	2	cups
Sugar, granulated	2	cups
Almond Milk	2	cups
Earth balance, Non-Dairy Margarine, divided	8	oz.
Canned peaches with juice (do not drain)	30	oz.
Vanilla	1	tbsp.

### *Preparation:*

1. Mix sugar and flour together. Set aside.
2. Melt margarine in 1- half hotel pan. Once melted, add 4 oz. margarine to sugar and flour mix.
3. Pour peaches and juice over remaining 4 oz. of margarine.
4. Pour almond milk over sugar and flour mixture blend until smooth.
5. Add vanilla and blend.
6. Pour batter over peaches in pan. Do not mix.
7. Bake at 350 degrees for 25-30 minutes.

### *Serving Suggestion:*

Serve a slice of cobbler with some non-dairy ice cream.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 345 Total Fat: 1.25g Saturated Fat: 0g Carbohydrate: 75g Protein: 7g Sodium: 333mg  
Vitamin A: 0µg Vitamin C: 3mg Calcium: 133mg Iron: 2mg Folate: 70µg



# Lemon Lush

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: ½ hotel pan

Servings: 12

Ingredients	Quantity	Measure
All-Purpose Flour	1	cup
Sugar, granulated	3	tbsp.
Pecans, ground	1	cup
Earth Balance, Non-Dairy Margarine	4	oz.
<b>Filling (1)</b>		
Sugar, powdered	1	lb.
Non-Dairy Cream Cheese, like Daiya or Toffuti	4	oz.
Non-Dairy Whipped Topping	4	oz.
<b>Filling (2)</b>		
Lemon Pudding, instant	12	oz.
Almond Milk	¾	qt.
Non-Dairy Topping, whipped	2	cups
Pecans, chopped	½	cup

### *Preparation:*

#### **Crust**

1. Blend flour, sugar, pecans and Smart Balance.
2. Press in bottom of pan.
3. Bake at 325 degrees for 8-10 minutes. Let cool.

#### **Filling (1)**

Mix powder sugar and cream cheese. Fold in whipped topping and spread over cooled crust.

#### **Filling (2)**

1. Mix lemon pudding with almond milk and blend until thick and creamy.
2. Pour over cream cheese mixture.
3. Chill for 3 hours.

### *Serving Suggestion:*

Top with non-dairy whipped topping and chopped pecans.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 556 Total Fat: 18g Saturated Fat: 6g Carbohydrate: 92g Protein: 6g Sodium: 516mg  
Vitamin A: 64µg Vitamin C: 0mg Calcium: 155mg Iron: 2mg Folate: 73µg



## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 10 -12 servings

Ingredients	Quantity	Measure
Noodles, spaghetti, prepared, dry weight	1	Lb.
Oil, olive or vegetable	2	tbsp.
Garlic, minced	2	tbsp.
Onion, diced	½	½ cup
Celery, diced	½	½ cup
Carrots, shredded	½	½ cup
Peppers, red, diced	½	½ cup
Peppers, green, diced	½	½ cup
Fresh broccoli florets	½	½ cup
Fresh zucchini (julienne)	½	½ cup
Fresh yellow squash (julienne)	½	½ cup
Soy sauce, low sodium	½	½ cup
Brown Sugar, optional	1	tbsp.
Beans, garbanzo, canned, drained	15	Oz.

### *Preparation:*

1. Prepare spaghetti al dente; drain and keep warm.
2. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, diced celery, shredded carrots, diced red and green peppers, broccoli, zucchini, and the yellow squash. Sauté until vegetables are tender but crisp.
3. Add spaghetti, soy sauce, sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
4. Heat thoroughly until the temperature reaches 135°F for 15 seconds.
5. Transfer to serving pans. Garnish each pan with cilantro.

### *Serving Suggestion:*

Portion 1 ½ cups of lo mein per serving. Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and ½ cup other vegetable.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 505 Total Fat: 12g Saturated Fat: 2g Carbohydrate: 78g (16g Fiber) Protein: 20g  
Sodium: 503mg

# Marinated Vegetable Salad

**A HEALTHY, DELICIOUS, MEAT-FREE RECIPE**

**Yield: 6      Serving Size: 4 oz.**

Ingredients	Quantity	Measure
Cauliflower	2	cups
Carrots, sliced diagonally	$\frac{3}{4}$	cups
Celery, sliced diagonally	1	cup
Red bell pepper, sliced	$\frac{1}{2}$	cup
Black olives, sliced	$\frac{1}{4}$	cup
Artichoke hearts, drained and quartered	14	oz. can
White wine vinegar	$\frac{1}{2}$	cup
Olive oil	2	tsp.
Dried Italian herbs	1	tsp.

## *Preparation:*

1. Arrange cauliflower and carrots in a vegetable steamer over boiling water. 2. Cover and steam 3 minutes or until vegetables are crisp tender. Plunge into cold water, drain. 3. Combine cauliflower mixture, celery and red bell pepper, black olives, artichoke hearts in a bowl, toss gently, and set aside. 4. Combine vinegar, olive oil and Italian herbs in a bowl, stir well. Pour over vegetables, toss gently, cover and chill.

## *Serving Suggestion:*

Serve a slice of cobbler with some non-dairy ice cream.

## *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 110 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 12g Protein: 3g Sodium: 112mg  
Vitamin A: 152 $\mu$ g Vitamin C: 38mg Calcium: 41mg Iron: 1mg Folate: 87 $\mu$ g



# Meatless Loaf

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12- 6 oz.

Ingredients	Quantity	Measure
Steel Cut Oats (cooked following package instructions)	1.4	Lbs.
Onions (diced medium)	2	Cups
Celery (diced small)	3	Cups
Red pepper (diced small)	½	Cup
Green pepper (diced small)	½	Cup
Fresh garlic (chopped)	½	Cup
Brown rice (cooked)	2	Cups
Saltine cracker crumbs	1 ½	Cup
Garlic powder	¼	Cup
Chili powder	2	tbsp.
Onion powder	1	tbsp.
Vegan Worcestershire sauce	½	Cup
Tomato paste	1	Cup
Tomato sauce	1	Cup
Salt	1	tbsp.
Pepper	1	tbsp.
Bell pepper, sliced	½	Cup

### *Preparation:*

1. Sweat onions, garlic, celery, red and green peppers.
2. Mix brown rice, steel cut oats, cooked onion/pepper mixture, Saltine cracker crumbs, chili powder, garlic powder, onion powder, Worcestershire.
3. Blend the tomato paste and tomato sauce together. Pour half into the rice/oat mixture. Mix well. Reserve the other half of sauce for the top.
4. Line baking pan and spray with pan spray.
5. Taste and form into a loaf. Place in foil-lined loaf pan.
6. Spread rest of tomato paste/sauce on top of loaf, pour water in bottom of pan around loaf.
7. Cover and bake in 350-degree oven for 45 minutes.
8. Uncover and bake 5-10 minutes longer, making sure it has set.
9. Let cool slightly, cut and serve.

### *Serving Suggestion:*

Serve 6 oz. portion, add 2 oz. fresh green beans and 2 oz. smashed cauliflower

## *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 174 Total Fat: 2 g Saturated Fat: 0 g Carbohydrate: 36 g Protein: 6 g Sodium: 1016 mg Vitamin A: 8% Vitamin C: 25% Calcium: 9% Iron: 22%

# Minestrone Soup

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 40 ounces; 10 (4 oz.) servings

Ingredients	Quantity	Measure
Olive oil	2	tsp.
Onion, finely diced	1	cup
Garlic	2	tbsp.
Vegetable stock	3	cups
Zucchini, diced	2	cups
Carrots, diced	1	cup
Cannellini beans, canned and drained	1	cup
Stewed tomatoes, canned	15	Oz.
Celery, diced	$\frac{3}{4}$	cup
Basil, fresh	$\frac{1}{2}$	tsp.
Oregano, fresh	$\frac{1}{2}$	tsp.
Elbow pasta (small)	2	Oz.
Salt	$\frac{1}{4}$	tsp.

### *Preparation:*

1. Sauté onions, garlic, basil, oregano and  $\frac{1}{2}$  of the salt in oil for 5 minutes on medium heat.
2. Add carrots and celery. Continue to cook for 5 minutes.
3. Add vegetable stock to the above mixture and bring to a boil. Continue to boil for 5 minutes.
4. Add canned tomatoes, beans and pasta. Cook until pasta is al dente, about 8-10 minutes.
5. Taste and add the remaining salt if needed.

### *Serving Suggestion:*

Serve with a piece of fresh garlic toast.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 86 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 16g Protein: 4g Sodium: 169mg  
Vitamin A: 116 $\mu$ g Vitamin C: 7mg Calcium: 56mg Iron: 2mg Folic Acid: 50 $\mu$ g





# Morning Glory Muffins

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 18

Serving Size: 1 muffin

Ingredients	Quantity	Measure
All-purpose flour	2	cups
Brown sugar	¼	cup
Granulated sugar	¾	cup
Baking soda	2	Tsp.
Salt	½	Tsp.
Cinnamon	2	Tsp.
Vegetable oil	2/3	cup
Flaxseed (ground)	3	Tbsp.
Water	9	Tbsp.
Red Delicious Apple (grated)	1	Large
Carrots (grated)	2	cups
Walnuts (optional)	½	cup
Shredded coconut	½	cup
Raisins	½	cup

### *Preparation:*

1. Mix flaxseed and water together and let set for 5 minutes.
2. Mix all-purpose flour, salt, baking soda and cinnamon in a bowl. Set aside.
3. Mix grated carrots, grated apple, walnuts, coconut, raisins and both sugars together. Add to flour mixture.
4. Mix flaxseed mixture and oil together. Add to the carrot and flour mixture. Stir together until the dry ingredients become wet.
5. Bake at 375 degrees F for 15 minutes or until done.

\*\* You can substitute ½ cup agave, for the brown and granulated sugar.

### *Nutrition Information:*

\*From USDA Nutrient Database

#### **Muffins without Walnuts**

Calories: 209 Total Fat: 9g Saturated Fat: 2g Monounsaturated Fat: 3g Polyunsaturated Fat: 4g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 31g Fiber: 2g Total Sugar: 17g Protein: 2g  
Sodium: 219mg Vitamin A: 52µg Vitamin C: 2mg Calcium: 17mg Iron: 1mg Folate: 44µg

**Muffins with Walnuts**

Calories: 230 Total Fat: 11g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 31g Fiber: 2g Total Sugar: 17g Protein: 3g Sodium: 219mg Vitamin A: 52µg Vitamin C: 2mg Calcium: 21mg Iron: 1mg Folate: 47µg



# Mushroom Asparagus Risotto

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 8-10 servings

Ingredients	Quantity	Measure
Vegetable Oil, divided	1	tbsp.
Onion, diced	8	oz.
Bell Pepper, diced	4	oz.
Garlic, minced	2	cloves
Mushrooms, sliced	1	lb.
Arborio Rice	$\frac{3}{4}$	lb.
Vegetable Stock, hot	1	pt.
White Wine	3	oz.
Fresh Parsley, finely chopped	1.5	oz.
White Pepper	1	tsp.
Fresh Asparagus, cut in 1" pieces	9	oz.

### *Preparation:*

1. Heat 1 ½ tsp. oil in 4-quart pot.
2. Add onions, peppers, garlic and mushrooms sauté for 3 minutes. Set aside.
3. In a separate pot, heat 1 ½ tsp. oil. Add rice and cook for 3 minutes. Stir in ½ of the stock, wine, parsley and white pepper.
4. Bring to a simmer and for 10 minutes' cook uncovered, stirring constantly.
5. Add remaining stock, vegetable mixture and asparagus. Cook for 10 minutes stirring constantly or until risotto is tender and all the liquid has been absorbed. Variation

\*\* Use green peas instead of or in addition to asparagus.

### *Serving Suggestion:*

Serve with 4 oz. roasted root vegetables.

### *Nutrition Information:*

\*From USDA Nutrient Database

Calories: 132 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 26g Protein: 5g Sodium: 170mg  
Vitamin A: 15µg Vitamin C: 11mg Calcium: 19mg Iron: 1mg Folic Acid: 29µg

# Mushroom Street Tacos with Cilantro Cream Sauce

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12

Serving Size: 2 tacos

Ingredients	Quantity	Measure
Portobello Caps, large, cleaned and diced	4	cups
Tamari Sauce	2	tbsp.
Olive Oil	1	tbsp.
Green Bell Pepper, diced	1	cup
Red onion, small diced	½	cup
Corn, fresh, canned or frozen	¼	cup
Corn Tortilla Shells, 4 inch	12	each
Fresh Cilantro, coarsely chopped	½	bunch
Pico de Gallo	1	cup
<b>Cilantro Cream</b>		
Raw Cashews	1	cup
Water (divided)	2.5	cup
Cilantro stems and leaves	½	bunch
Salt	1	tbsp.

### *Preparation:*

1. Clean and dice the portabella mushroom caps, place in a zip lock sandwich bag. Massage tamari into mushroom and let marinate for at least one hour.
2. Dice green pepper and onion.
3. Add oil to a sauce pan and heat over medium heat. When the oil is hot add the mushrooms with tamari sauce. Heat and stir for about 5 minutes.
4. Add bell peppers, onion, and corn and cook for 5 more minutes; remove from heat.
5. After the mushroom, pepper, onion, corn mix is cooked, turn off heat and set aside.
6. Heat a large skillet over a high flame and heat the tortillas about 20 seconds on each side.
7. Assemble tacos with 2 tablespoons of mushroom mixture, then top with cilantro sauce.
8. Top taco with pico de gallo, if desired.

### **Cilantro Cream Sauce**

1. Place cashews in a container and cover with 1 ½ cups of water (make sure all cashews are covered with water).
2. Cover and refrigerate for at least four hours in refrigerator.

3. Remove from refrigerator. Drain and reserve liquid. Add cashews, 1 cup of reserved liquid, cilantro, and salt. Process until smooth.
4. Refrigerate until ready to use.

### *Serving Suggestion:*

Prepare Each Taco  Corn Tortilla  tbsp. Mushroom Filling  ½ tsp Cilantro Cream Sauce   
1 tsp. Pico De Gallo

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 108 Total Fat: 6 g Saturated Fat: 1 g Carbohydrate: 11 g Protein: 3 g Sodium: 173 mg  
Vitamin A: 0% Vitamin C: 17% Calcium: 2% Iron: 5%



# Nacho Cheese

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 10

Serving Size: 2 oz.

Ingredients	Quantity	Measure
Potatoes, peeled	2	cups
Carrots	1	cup
Extra Virgin Olive Oil	$\frac{1}{8}$	cup
Water	$\frac{1}{2}$	cup
Lemon Juice	1	tbsp.
Nutritional Yeast	$\frac{1}{2}$	cup
Salt, divided	1 $\frac{1}{2}$	tsp.
Garlic Powder	$\frac{1}{2}$	tsp.
Onion Powder	$\frac{1}{2}$	tsp.
Cayenne	1	dash

### *Preparation:*

1. Boil potatoes and carrots with 1 tsp. salt until tender; about 20 minutes.
2. When done, drain and reserve liquid.
3. Put all ingredients in a blender and blend until smooth.
4. If cheese is too thick add a little of the reserved liquid.
5. Taste and add  $\frac{1}{2}$  tsp. salt, if necessary.

### *Serving Suggestion:*

Cook elbow noodles and pour cheese over noodles for mac and cheese.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 113 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 5g Polyunsaturated Fat: 1g  
Cholesterol: 0mg Carbohydrate: 12g Fiber: 2g Total Sugar: 1g Protein: 3g Sodium: 320mg  
Vitamin A: 108 $\mu$ g Vitamin C: 4mg Calcium: 8mg Iron: 0mg Folate: 206 $\mu$ g



# No-Bake Chocolate Oatmeal Cookies

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 24 servings

Ingredients	Quantity	Measure
Sugar, granulated	1 ½	cup
Almond Milk	½	cup
Earth Balance, Non-Dairy Margarine	3	oz.
Hershey's Cocoa Powder, not dark	5	tbsp.
Oats, quick cooking	3	cups
Peanut Butter	½	cup
Vanilla	1	tbsp.

### *Preparation:*

MEASURE AND SET ASIDE ALL INGREDIENTS BEFORE COOKING.

1. Mix sugar, almond milk, Earth Balance, and coco powder together in a pot and bring to a rolling boil. Allow to boil for 4 minutes.
2. Remove from heat. Add peanut butter and vanilla and stir until peanut butter is smooth.
3. Add oats and stir until thoroughly combined. Using a tablespoon, quickly drop onto a cookie sheet covered with parchment paper. You will have to work quickly so they don't set up in the pot.

### *Serving Suggestion:*

1 cookie accompanied by 1 scoop of vegan ice cream.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 181 Total Fat: 10g Saturated Fat: 2g Carbohydrate: 21g Protein: 4g Sodium: 71mg  
Vitamin A: 3µg RAE Vitamin C: 0mg Calcium: 19mg Iron: 1mg



# Oatmeal Cookies

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 36

Ingredients	Quantity	Measure
Earth Balance, Non-Dairy Margarine	11	oz.
Light Brown Sugar	11	oz.
Water, warm	3	tbsp.
Ground Flaxseed	1	tbsp.
Apple Sauce, sweetened	3	oz.
All-Purpose Flour	12	oz.
Oats	11	oz.
Salt	½	tsp.
Baking Soda	2	tsp.
Orange Juice	1	tbsp.
<b>Optional</b>		
Non-Dairy Chocolate Chips	12	oz.
Walnuts, chopped	2	cups
Raisins	2	cups
Cranberries	2	cups

### *Preparation:*

1. Mix warm water and flaxseed in a small bowl. Let set for 5 minutes.
2. Blend margarine, brown sugar and sweetened apple sauce.
3. Add orange juice, warm water and flaxseed mixture to brown sugar mixture. Blend well.
4. Add flour, salt and soda, blend into above mixture.
5. Stir in oats.
6. Stir in any additional options: chocolate chips, raisins, nuts, etc.
7. Bake at (350 commercial ovens/375 home oven) for 8-10 minutes.

### *Serving Suggestion:*

Serve two cookies with a glass of almond milk.

### *Nutrition Information:*

\*From USDA Nutrient Database



Per cookie to include all optional ingredients Calories: 174 Total Fat: 5g Saturated Fat: 1g  
Monounsaturated Fat: 1g Polyunsaturated Fat: 3g Trans Fat: 0g Cholesterol: 0mg  
Carbohydrate: 31g Fiber: 2g Total Sugar: 0g Protein: 3g Sodium: 106mg Vitamin A: 0µg Vitamin  
C: 1mg Calcium: 22mg Iron: 1mg Folate: 35µg

# Old Fashioned Potato Salad

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8

Serving Size: 4 oz.

Ingredients	Quantity	Measure
Russet Potatoes (diced medium)	2	Lbs.
Water	1	Qt.
Yellow mustard	$\frac{3}{8}$	cup
Mayo (vegan)	1	cup
Dill pickles (diced small)	$\frac{3}{8}$	cup
Yellow onion (diced small)	$\frac{1}{2}$	cup
Celery (chopped small)	$\frac{1}{4}$	cup
Salt (divided)	1	Tsp.
Pepper	$\frac{1}{2}$	Tsp.

### *Preparation:*

1. Put chopped potatoes in a 2 quart with one quart of water and  $\frac{1}{2}$  tsp of salt. Bring to a boil. Boil until potatoes are very tender, about 10 minutes. Drain and place in a large mixing bowl.
2. Add dill pickles, onion, celery,  $\frac{1}{2}$  teaspoon salt and pepper.
3. Toss and add mayo and mustard. Mix together.
4. Taste and adjust seasoning as needed.

### *Nutrition Information:*

#### \*From USDA Nutrient Database

Calories: 238 Total Fat: 20g Saturated Fat: 2g Monounsaturated Fat: 12g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 12g Fiber: 2g Total Sugar: 1g Protein: 2g Sodium: 584mg Vitamin A: 1 $\mu$ g Vitamin C: 13mg Calcium: 20mg Iron: 1mg Folate: 15 $\mu$ g



## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 16

Ingredients	Quantity	Measure
Puff Pastry	1	Sheet
Sugar, granulated	1	Cup
Earth Balance, Non-Dairy Margarine, melted	2	oz.
Water	1/2	Cup

### *Preparation:*

1. Pour ½ cup of sugar on table.
2. Spread out and put pastry on top. Pour the last ½ cup of sugar on top of pastry.
3. Press sugar into pastry sheet, flipping it over and pressing the other side.
4. Begin to fold from each side, using 2 inches of each dough from each side, brush the edge with water to seal onto dough.
5. Repeat until both sides meet in the middle.
6. Fold together to make 1 long thick strip.
7. Allow to rest in refrigerator for 20 minutes.
8. Take out and cut in ½ inch pieces.
9. Put parchment paper on pan and brush with Earth Balance.
10. Put each piece of dough on buttered surface and flatten.
11. Allow to rest in refrigerator for 10 minutes.
12. Bake in 350 degree oven for 10 minutes. Flip and continue baking for another 10 minutes until golden brown.

### *Serving Suggestion:*

One cookie, serve with 1 cup of coffee.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 133 Total Fat: 7 g Saturated Fat: 3 g Carbohydrate: 12 g Protein: 1 g Sodium: 81 mg  
Vitamin A: 0% Vitamin C: 0% Calcium: 0% Iron: 0%



# Pancake / Waffle Mix

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 6-8

Ingredients	Quantity	Measure
Vegetable Oil	2	tbsp.
Sugar, granulated	2	tbsp.
Vanilla	1	tsp.
Soy or Almond Milk	1	cup
Water	1	cup
Self-Rising Flour	2	cup

### *Preparation:*

1. Whisk vegetable oil, sugar, vanilla, water and milk together.
2. Add flour.
3. Blend **ONLY** until all dry ingredients are wet. Do not overmix—the batter should be lumpy.

### *Serving Suggestion:*

One pancake serve with 2 oz. warm syrup.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 204 Total Fat: 5 g Saturated Fat: 0 g Carbohydrate: 32 g Protein: 5 g Sodium: 459 mg  
Vitamin A: 2% Vitamin C: 0% Calcium: 20% Iron: 11%



# Pasta Primavera

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8 (8 oz.)

Ingredients	Quantity	Measure
Penne Pasta	1	lb.
Water	4	cups
Salt	1	tsp.
Oil	1	tbsp.
Zucchini, julienne	1	cup
Yellow Squash, julienne	1	cup
Red Pepper, thinly sliced	1	cup
Fresh Asparagus, small cut	1	cup
Non-Dairy Cream Cheese, like Daiya or Tofutti	6	oz.
Zesty Italian Dressing	½	cup
Vegetable Broth (as needed for creaminess)	1	cup
Non-Dairy Mozzarella Cheese, like Daiya or Follow Your Heart	2	cups

### *Preparation:*

1. Cook pasta with water and salt when done drain and set aside.
2. Sauté zucchini, yellow squash, red peppers and asparagus in oil just until tender.
3. Stir in vegan cream cheese and dressing.
4. Mix with pasta. If too dry pour in vegetable broth a little at a time until you reach a smooth consistency.
5. Add mozzarella and bake at 350 degrees until heated through.

### *Serving Suggestion:*

8 oz. serving with 1 piece of focaccia bread and 4 oz. green salad.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 290 Total Fat: 11g Saturated Fat: 2g Carbohydrate: 37g Protein: 11g Sodium: 750mg  
Vitamin A: 23.4% Vitamin C: 60% Calcium: 7.1% Iron: 4.7% Folic Acid: 14.6%



# Pasta Salad

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 10 (4 oz.)

Ingredients	Quantity	Measure
Diced tomatoes, canned (do not drain)	15	oz.
Green Onions, sliced small	½	cup
Red Bell Peppers	½	cup
Green Bell Peppers	½	cup
Carrots, sliced crosswise, slightly cooked	1	cup
Medium Shell Pasta, cooked al dente	1	lb.
Zesty Italian Dressing	1	cup

### *Preparation:*

1. Cook pasta, when  $\frac{3}{4}$  done, add carrots and finish cooking pasta. Drain when done and add to vegetable mixture.
2. Add tomatoes, green onions, red and green peppers, and zesty Italian dressing together. Toss with pasta and carrots when done.

### *Serving Suggestion:*

4 oz. serving along with garbanzo slider.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 257 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 41g Protein: 7g Sodium: 363mg  
Vitamin A: 69µg Vitamin C: 27mg Calcium: 27mg Iron: 2mg Folic Acid: 147µg

# Pasta Vermicelli with Fresh Roma Tomato Sauce

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8 (8 oz.)

Ingredients	Quantity	Measure
Vermicelli Pasta (cook according to package directions)	1	lb.
Fresh Roma Tomatoes, cut each one into eight pieces	3	lbs.
Onions, medium dice	1	cup
Fresh Garlic, small dice	2	tbsp.
Earth Balance, Non-Dairy Margarine	4	oz.
Fresh Oregano, chopped	¼	cup
Fresh Basil, chopped	¼	cup

### *Preparation:*

1. Sweat onions and garlic; add tomatoes cook until slightly broken down (not mushy). Add salt and pepper.
2. Cook pasta until al dente.
3. Serve tomatoes over pasta.
4. Garnish with fresh basil and oregano.

### *Serving Suggestion:*

4 oz. vermicelli top with 2 oz. fresh Roma tomato sauce, garnish with fresh chopped basil.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 312 Total Fat: 11g Saturated Fat: 3g Carbohydrate: 44g Protein: 8g Sodium: 108mg  
Vitamin A: 67µg Vitamin C: 21mg Calcium: 40mg Iron: 2mg Folic Acid: 166µg



# Peanut Butter Chocolate Chip Cookies

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 24

Serving Size: 1 cookie

Ingredients	Quantity	Measure
All-purpose flour	1 ½	cup
Sugar	½	cup
Brown sugar	½	cup
Baking soda	¾	tsp.
Arrowroot powder	1	tsp.
Salt	¼	tsp.
Peanut butter	1	cup
Vanilla	½	tsp.
Vegan margarine (softened)	¼	cup
Almond milk	½	cup
Chocolate chips	6	oz.

### *Preparation:*

1. Preheat oven to 350 degrees.
2. In a stand mixer, blend sugar, brown sugar, peanut butter, vanilla, margarine and almond milk.
3. Add flour, arrowroot powder and salt. Mix until blended.
4. Fold in chocolate chips by hand.
5. Use a portion scoop, divide dough into 24 pieces. Scoop onto a baking sheet atop parchment paper, and flatten slightly.
6. Bake 350 for 10-12 minutes or until lightly brown.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 173 Total Fat: 10g Saturated Fat: 2.5g Monounsaturated Fat: 5g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 19g Fiber: 1g Total Sugar: 12g Protein: 4g Sodium: 125mg Vitamin A: 2µg Vitamin C: 0mg Calcium 21mg Iron 1mg Folate: 32µg



# Pecan Masa (Open-Faced Tamales)

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 2 dozen

Ingredients	Quantity	Measure
<b>Dough</b>		
Masa	12	oz.
Baking Powder	½	tsp.
Salt	1	tsp.
All-Purpose Vegetable Shortening, like Crisco	¼	lb.
Vegetable Broth	3	cups
Pecans, ground	½	Cup
Corn Husks, reconstituted	½	pkg.
<b>Filling</b>		
Black Beans, canned and drained	15	oz.
Onion, finely diced	½	cup
Chopped Green Chiles, canned	2	oz.
Garlic, minced	1	oz.
Corn, frozen	½	cup

### *Preparation:*

#### **Masa**

1. Mix masa, baking powder and salt in a bowl.
2. Add the vegetable broth and mix thoroughly with your hands to make soft, moist dough. Set aside.
3. In a separate bowl, whip vegetable shortening until light and fluffy.
4. Add pecans to the masa; continue beating until batter becomes smooth and sticky for several minutes.
5. Allow to rest for at least 25 minutes.
6. Put 3 oz. masa in each corn husk. Tie each end to resemble a boat.
7. Steam for 20-25 minutes until firm.

#### **Filling**

Sauté onions, garlic and green chilies until onions are translucent. Add black beans and heat until warmed through

### *Serving Suggestion:*

Top with pico de gallo. Drizzle with 1 oz. avocado or green chili sauce.

## *Nutrition Information:*

### **\*From USDA Nutrient Database**

Doesn't include toppings

Calories: 247 Total Fat: 14g Saturated Fat: 3g Carbohydrate: 27g Protein: 5g Sodium: 446mg  
Vitamin A: 3 $\mu$ g Vitamin C: 2mg Calcium: 66mg Iron: 3mg Folic Acid: 113 $\mu$ g



# Pesto Pasta

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8 (8 oz.)

Ingredients	Quantity	Measure
Penne Pasta	1	lb.
Water	4	cups
Salt	1	tsp.
<b>Pesto</b>		
Fresh Basil Leaves	½	lb.
Walnuts, chopped	1	cup
Olive Oil	2	cups
Fresh Garlic	½	cup
Salt	2	tbsp.

### *Preparation:*

1. Pesto: blend basil, walnuts, garlic, oil and salt until creamy.
2. Taste and adjust seasoning.
3. Cook pasta al dente.
4. Toss pasta and pesto together.
5. Serve.

### *Serving Suggestion:*

8 oz. pesto pasta, along with 4 oz. fresh garden salad.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 659 Total Fat: 7g Saturated Fat: 49g Carbohydrate: 46g Protein: 9g Sodium: 263  
Vitamin A: 44µg Vitamin C: 5mg Calcium: 54mg Iron: 3mg Folic Acid: 177µg



# Phyllo Dough

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 2 rolls Servings: 24

Ingredients	Quantity	Measure
All-Purpose Flour	4	cups
Salt	½	tsp.
Water, warm	1 ½	cups
Vegetable Oil	¼ cup plus 3 tbsp.	
White Vinegar	2	Tbsp.

### *Preparation:*

1. Blend all ingredients together. Knead for 10 minutes.
2. Wrap in plastic wrap and let rest for 30 minutes in a warm place.
3. Stretch and fill.

### *Serving Suggestion:*

Fill with apple strudel and top with caramel sauce.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 111 Total Fat: 4g Saturated Fat: 1g Carbohydrate: 16g Protein: 2g Sodium: 49mg  
Vitamin A: 0µg Vitamin C: 0mg Calcium: 4mg Iron: 1mg Folate: 61µg



# Pie Crust

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 3 pie crusts

Ingredients	Quantity	Measure
All-Purpose Flour	2	cups
Salt	1	tsp.
All-Purpose Vegetable Shortening	6	oz.
Water, ice cold	6	tbsp.

### *Preparation:*

1. Put water and shortening in freezer for 20 minutes until they are cold.
2. Put flour, salt and shortening in a food processor. Blend until it looks like coarse corn meal.
3. Add one tablespoon of ice cold water at a time. When all six tablespoons are in, pulse until it forms a ball. Let spin two times more.
4. Weigh and divide into three equal balls. Let rest for 20 minutes. Roll out and put into 8-9-inch pie pans.
5. Freeze and use as needed.

### *Serving Suggestion:*

Fill with your favorite pie filling.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

#### **Per Pie Crust**

Calories: 756 Total Fat: 52g Saturated Fat: 13g Carbohydrate: 64g Protein: 9g Sodium: 780mg  
Vitamin A: 0µg Vitamin C: 0mg Calcium: 14mg Iron: 4mg Folate: 243µg

# Pita Pocket with Raw Vegetables

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 6

Serving Size: ½ pita pocket with 4 oz. fresh vegetables

Ingredients	Quantity	Measure
Pita Pockets, cut in half	3	each
Green Cabbage, thinly sliced	1	cups
Red Cabbage, thinly sliced	1	cups
Green Bell Pepper, thinly sliced	½	cups
Red Bell Pepper, thinly sliced	½	cups
Carrots, peeled and grated	1	cup
Red onions, thinly sliced	½	cup
Balsamic Vinegar	¼	cup
Salt	½	tsp.
Pepper	½	tsp.

### *Preparation:*

1. Toss all vegetables in balsamic vinegar.
2. Stuff in half piece of pita pocket.

### *Serving Suggestion:*

Using ½ pita pocket add 4 oz. of fresh vegetables, serve with 2 oz. pasta salad.

### *Nutrition Information:*

\*From USDA Nutrient Database

Calories: 147 Total Fat: 1g Saturated Fat: 0 Carbohydrate: 31g Protein: 5g Sodium: 562g  
Vitamin A: 247µg Vitamin C: 111mg Calcium: 101mg Iron: 2mg Folic Acid: 101µg

# Pumpkin Harvest Cookies

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 28 total cookies    Serving Size: 2 cookies

Ingredients	Quantity	Measure
Granulated Sugar	$\frac{3}{4}$	cup
Light Brown Sugar	$\frac{1}{4}$	cup
Margarine (plant based)	$\frac{1}{2}$	cup
Flaxseed	1	Tbsp.
Water	3	Tbsp.
Pumpkin (canned)	1	cup
All Purpose Flour	2	cups
Cinnamon	$\frac{1}{2}$	tsp.
Cloves	$\frac{1}{4}$	tsp.
Baking Soda	1	tsp.
Salt	$\frac{1}{2}$	tsp.
Vanilla flavoring	1	tsp.
Raisins (optional)	1	cup
Walnuts (optional)	1	cup

### *Preparation:*

1. Mix flaxseed and water and let set for five minutes.
2. Blend sugar, margarine, flaxseed mixture, vanilla and pumpkin.
3. Add flour, cinnamon, cloves, soda and salt. Blend well.
4. Stir in raisins and nuts. If desired.
5. Bake 375 for 12-15 minutes or until done. These are soft cookies.

### *Serving Suggestion:*

Serve two cookies per serving.

### *Nutrition Information:*

\*From USDA Nutrient Database

#### **2 cookies without raisins and walnuts**

Calories: 104 Total Fat: 3g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 17g Fiber: 3g Total Sugar: 8g Protein: 1g  
Sodium: 148mg Vitamin A: 79µg Vitamin C: 0mg Calcium: 7mg Iron: 1mg Folate: 32µg

**cookies with raisins and walnuts**

Calories: 155 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 4g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 22g Fiber: 3g Total Sugar: 12g Protein: 2g  
Sodium: 148mg Vitamin A: 79µg Vitamin C: 1mg Calcium: 15mg Iron: 1mg Folate: 37µg





# Pumpkin Pecan Cobbler

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 10

Serving Size: 4 oz.

Ingredients	Quantity	Measure
All-purpose flour (or white whole wheat)	2 ½	cups
Granulated sugar	1 ½	cups
Baking powder	4	tsp.
Pumpkin pie spice	3	tsp.
Ground cinnamon	1	tsp.
Salt	1	tsp.
Almond milk	1	cup
Pumpkin (canned)	1	cup
Vegan margarine, such as Earth Balance (melted)	1	cup
Vanilla flavoring	1	tsp.
<b>Topping</b>		
Brown sugar	1	cup
Granulated sugar	1	cup
Pecans (chopped) optional	1 ½	cups
Water (HOT)	3	cups

### *Preparation:*

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, combine flour, sugar, baking powder, pumpkin spice, cinnamon and salt and stir well.
3. Mix milk, pumpkin, vanilla flavoring and melted margarine into the flour mixture until well blended.

### **Topping**

1. In a medium mixing bowl, combine brown sugar, granulated sugar and chopped pecans (if using). Mix well and set aside.
2. Coat a 2" half hotel pan with non-stick cooking spray. Spread pumpkin batter in the prepared pan.
3. Top with sugar pecan mixture.
4. Pour HOT water over the pecan mixture. DO NOT MIX! 5. Bake at 350 degrees for 25-30 minutes. The cobbler will be soft, but slightly set. Do not over bake.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

**With Pecans**

Calories: 592 Total Fat: 23g Saturated Fat: 4g Monounsaturated Fat: 11.5g Polyunsaturated Fat: 7.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 94g Fiber: 3g Total Sugar: 66g Protein: 5g Sodium: 626mg Vitamin A: 201µg Vitamin C: 1mg Calcium: 213mg Iron: 3mg Folate: 98µg

**Without Pecans**

Calories: 497 Total Fat: 12g Saturated Fat: 3g Monounsaturated Fat: 4.5g Polyunsaturated Fat: 3.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 91g Fiber: 2g Total Sugar: 65g Protein: 4g Sodium: 626mg Vitamin A: 200µg Vitamin C: 1mg Calcium: 202mg Iron: 2mg Folate: 94µg



# Quesadillas

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 2 cups

Ingredients	Quantity	Measure
Flour Tortilla Shells, 12 inch	6	each
Zucchini, sliced thin	1	cup
Red Onions, sliced thin	1	cup
Yellow Squash	1	cup
Frozen Whole Kernel Corn	½	cup
Olive Oil	1	tbsp.
Non-Dairy Shredded Mozzarella Cheese, like Daiya or Follow Your Heart	6	oz.

### *Preparation:*

1. Add oil to pan or griddle and sauté zucchini, red onions and yellow squash until they soften, about 4 minutes.
2. Add corn and cook for 3-4 minutes. Mix with zucchini mixture.
3. Heat tortillas on flat top. Divide the zucchini mixture between 6 of the tortillas.
4. Put one ounce of vegan mozzarella on each of the tortilla and fold the tortilla in half. Continue to cook until golden brown and flip till golden brown.
5. Cut into thirds and serve.

### *Serving Suggestion:*

Cut each quesadilla into four pieces. Serve two quesadilla slices with 1 oz. of vegan sour cream, like Tofutti.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

#### **Per Quesadilla**

Calories: 247 Total Fat: 10g Saturated Fat: 3g Carbohydrate: 32g Protein: 5g Sodium: 503mg  
Vitamin A: 3µg Vitamin C: 3mg Calcium: 86mg Iron: 2mg Folic Acid: 106µg



# Quinoa and Butternut Squash

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8 (8 oz.)

Ingredients	Quantity	Measure
Red Quinoa	1	cup
Water	1.5	cups
Salt	1	tsp.
Butternut Squash	1	each
Dried Cranberries	½	cup
Pecans, toasted	½	cup
Salt	1	tsp.
Pepper	1	tsp.
Oil, vegetable	1	tsp.

### *Preparation:*

1. Rinse quinoa.
2. Bring water and salt to a boil, add quinoa, and cook until liquid is absorbed, about 15-20 minutes. Fluff with fork.
3. Roast butternut squash in oven 400-degree oven until tender, about 45-60 minutes.
4. Allow to cool to touch, then peel and cut into small pieces. Finish sautéing until tender in 1 tsp. of oil.
5. Add salt and pepper mix with squash and quinoa, top with cranberries and toasted pecans.

### *Serving Suggestion:*

8 oz. served with 2 oz. roasted root vegetables.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 157 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 22g Protein: 3g Sodium: 524mg  
Vitamin A: 166µg Vitamin C: 7mg Calcium: 32mg Iron: 1mg Folic Acid: 34µg

# Quinoa, Oatmeal and Fruit Parfait

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 10

Ingredients	Quantity	Measure
Water	1	cup
Salt	1/2	tsp.
Quinoa	1/2	cup
Oats, raw, quick cooking	1	cup
Fresh Apple, cored, grated	1	whole
Almond Milk	1	cup
Dried Cranberries	1/4	Cup
Brown Sugar or Maple Syrup (optional)*		

### *Preparation:*

1. Rinse quinoa.
2. Bring water to a boil, add salt and quinoa. Cover and continue to boil until tender, about 15 minutes until the quinoa has absorbed most of the water. Tiny spirals should appear on top of each seed when done. This is the germ separating and curling around the seeds. Leave lid on the pot for at least 5 minutes after removing from heat. Then remove the lid and allow to cool to touch.
3. Fluff the quinoa gently with a fork.
4. Stir in raw oats, apple, almond milk, cranberries, and sweetener (brown sugar, maple syrup, agave) if desired.

\*Sliced banana can be used in place of sugar to add a bit of sweetness. Any of the dairy-free milks can be used in place of almond milk.

Serving Suggestion 4 oz. garnish with 1 oz. toasted almonds or 1 oz. granola

### *Nutrition Information:*

**\*From USDA Nutrient Database**

#### **Without Almond Garnish**

Calories: 101 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 20g (2g Fiber) Protein: 3g Sodium: 133mg Vitamin A: 2% Vitamin C: 1% Calcium: 4% Iron: 5% Folate: 4%

#### **With Almond Garnish**

Calories: 170 Total Fat: 8g Saturated Fat: 1g Carbohydrate: 22g (3g Fiber) Protein: 5g Sodium: 172mg Vitamin A: 2% Vitamin C: 1% Calcium: 8% Iron: 7% Folate: 5%



# Quinoa Tabbouleh

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8

Serving Size: 8 oz.

Ingredients	Quantity	Measure
Quinoa, rinse and drain	1	cup
Water	2 ½	cups
Salt	1	tsp.
Fresh Garlic, minced	1	tbsp.
Red Bell Pepper, small dice	¼	cup
Olive Oil	1	tsp.
Red Onion	¼	cup
Whole Kernel Corn (frozen) Do not cook	¼	cup
Fresh Parsley, chopped	¼	cup
Fresh Mint, chopped	¼	cup
Fresh Lemon Juice	1	each
Fresh Lime Juice	1	each
Olive Oil	¼	cup

### *Preparation:*

1. Heat water till boiling. Add salt and rinsed and drained quinoa.
2. Reduce heat to medium and continue cooking quinoa until it resembles spiral shape and all the water is gone.
3. Sauté red onion in 1 tsp. olive oil until soft, remove from heat.
4. Toss cooked quinoa, red onions, bell pepper, corn, parsley, mint, lemon juice, lime juice and ¼ cup olive oil.

### *Serving Suggestion:*

Serve with toasted pita chips.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 154 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 17g Protein: 3g Sodium: 300mg  
Vitamin A: 18µg Vitamin C: 13mg Calcium: 22mg Iron: 1mg Folate: 37µg

# Raspberry Bars

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 24 servings

Ingredients	Quantity	Measure
All-Purpose Flour	2 ½	cups
Sugar, granulated	½	cup
Earth Balance, Non-Dairy Margarine	1	cup
Raspberry Jam	1 ½	cups
<b>Flat Icing</b>		
Sugar, powdered	1	cup
Almond Milk (add slowly)	2	tbsp.
Vanilla	½	tsp.

### *Preparation:*

1. In a large bowl, mix flour, sugar and Earth Balance together.
2. Divide dough into thirds. Press 2/3 in quarter sheet pan.
3. Bake at 350 degrees for 8-10 minutes.
4. Allow to cool slightly. Spread jam on top of bars.
5. Crumble last third of dough on top of bars.
6. Bake at 350 degrees until golden brown, about 10-15 minutes.

### **Flat Icing**

1. Place powdered sugar in a small mixing bowl. Slowly add milk, a little at a time to ensure it doesn't become too thin, and vanilla.
2. Drizzle over cooled bars.

### *Serving Suggestion:*

Cut into 12 squares and then into 24 triangles. Drizzle with dark chocolate or flat icing.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 187 Total Fat: 4g Saturated Fat: 1g Carbohydrate: 37g Protein: 1g Sodium: 46mg  
Vitamin A: 2µg RAE Vitamin C: 2mg Calcium: 8mg Iron: 1mg Folate: 39 µg

# Raspberry Napoleons

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 20 pieces (4x5)

Serving Size: 1 piece

Ingredients	Quantity	Measure
Puff Pastry	3	sheets
Raspberry Jam	1	cup
Vanilla pudding (instant)	7	ounces
Almond Milk	1 ½	cups
<b>Flat Icing</b>		
Sugar, powdered	1	cup
Almond Milk	1	tbsp.
Vanilla	¼	tsp.

### *Preparation:*

1. Pre-heat oven to 375 degrees. 2. Bake Puff Pastry with 2 sheet pan on top to prevent rising until golden brown. 3. Remove from oven and let cool.

Vanilla Pudding (pastry cream) 1. Add milk to vanilla pudding.

### *Assembly:*

1. Make 5 layers starting with pastry sheet on bottom.
2. Alternated with pastry cream repeat until pastry sheet with raspberry jam is touching pastry cream on top
3. On the last sheet spread raspberry jam and place on top of pastry cream

#### **Flat Icing**

1. Stir powdered sugar, milk and vanilla until smooth.
2. Spread flat icing on top of Puff Pastry sheet. Refrigerate for two hours.

### *Serving Suggestion:*

Serve with non-dairy whipped topping and fresh raspberries.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 440 Total Fat: 14g Saturated Fat: 5g Carbohydrate: 71g Protein: 8g Sodium: 274mg  
Vitamin A: 101µg Vitamin C: 0mg Calcium: 232mg Iron: 2mg Folate: 18µg



# Red Velvet Cake

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 1 (8x13) or 3 (8 inch layers) or 24 cupcakes

Ingredients	Quantity	Measure
Apple Cider Vinegar	1	tbsp.
Almond Milk	1 1/3	cup
Self-Rising Flour	14	oz.
Sugar, granulated	12	oz.
Vegetable Oil	6	oz.
Vanilla	1	tsp.
Natural cocoa powder	1	tbsp.
Vegan Red Food Coloring	2	oz.
<b>Cream Cheese Icing</b>		
Earth Balance, Non-Dairy Margarine	4	oz.
Vegetable Shortening	½	cup
Sugar, powdered	1	lb.
Vegan Cream Cheese	4	oz.
Vanilla	1	tsp.

### *Preparation:*

1. In a large mixing bowl, combine sugar, vinegar, vegetable oil, almond milk, vanilla and red food coloring and mix.
2. Add flour and cocoa powder and mix for 2-3 minutes.
3. Spoon into prepared cake or cupcake pan and bake at 350 degrees for 15-20 minutes or until a toothpick inserted in the center comes out clean. Allow to cool on a wire rack.

### **Cream Cheese Icing**

1. Using a mixer, blend together Earth Balance and shortening until creamy.
  2. Add vanilla extract; blend well.
  3. Add powder sugar and start to blend, then add cream cheese; blend until creamy.
- Note: If icing is too soft add ½ cup powder sugar until spreading or piping consistency is achieved.

### *Serving Suggestion:*

1 (2 inch) piece or cupcake.

## *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 351 Total Fat: 17g Saturated Fat: 4.5g Carbohydrate: 46g Protein: 2g Sodium: 298mg  
Vitamin A: 8 $\mu$ g RAE Vitamin C: 0mg Calcium: 82mg Iron: 1.5mg

# Rice Pilaf with Red Quinoa & Angel Hair Pasta

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8

Serving Size: 6 oz.

Ingredients	Quantity	Measure
White or yellow rice (cooked)	8	oz.
Red quinoa (rinsed and drained)	1	cup
Water (for cooking quinoa)	2	cups
Salt (for cooking quinoa)	1	tsp
Angel hair pasta (Dry) (broken into small pieces)	4	oz.
Olive oil for sautéing pasta	1	Tbsp.
Water for pasta	½	cup
Red bell pepper (dice small)	½	cup
Green bell pepper, (diced small)	½	cup
Red onion (diced small)	½	cup
Fresh garlic (minced)	1	Tbsp.
Olive oil	1	Tbsp.
Salt	½	tsp
Pepper	½	tsp

### *Preparation:*

1. In a medium pot, bring water for quinoa to a boil. Add salt and rinsed quinoa. Cook until quinoa has a spiral look and all water has been absorbed. Set aside.
2. In a large pot, sauté pasta in 1 Tbsp. of olive oil until browned. Add ½ cup water and cook for 2-3 minutes until tender.
3. In a separate pan, sauté red and green bell pepper, red onion, garlic, salt, and pepper.
4. Combine cooked rice, cooked quinoa, cooked pasta and vegetables in a large bowl.

### *Nutrition Suggestion:*

#### \*From USDA Nutrient Database

Calories: 193 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 31g Fiber: 3g Total Sugar: 2g Protein: 6g  
Sodium: 155mg Vitamin A: 16µg Vitamin C: 20mg Calcium: 23mg Iron: 2mg Folate: 91µg

# Risotto Croquettes with Marinara Sauce

**A HEALTHY, DELICIOUS, MEAT-FREE RECIPE**

**Yield: 27 (9 servings)      Serving Size: 3**

Ingredients	Quantity	Measure
Onion, fine dice	¼	cup
Earth Balance, Non-Dairy Margarine	1	oz.
Arborio Rice	2	cups
White Wine	½	cup
Vegetable Stock	½	qt.
Nutritional Yeast	2	tbsp.
Non-Dairy Mozzarella Cheese, like Daiya or Follow Your Heart	½	cup
All-Purpose Flour	½	cup
Panko Bread Crumbs	½	cup
Soy Milk, unsweetened	2	cups
Marinara	18	oz.

## *Preparation:*

1. Sauté onions in Earth Balance.
2. Add rice and coat with butter, cook until parched.
3. Add white wine.
4. Add the stock in 3 parts.
5. Cook over low heat and stir frequently until rice is done.
6. Stir in nutritional yeast.
7. Add salt.
8. Transfer rice to sheet pan and allow cooling completely.
9. Form the chilled rice into croquettes and adding mozzarella in center.
10. Coat croquettes rolling them in flour, in soy milk and then in bread crumbs.
11. Deep fry till golden brown.

## *Serving Suggestion:*

Serve with 2 oz. of marinara on top.

## *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 320 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 53g Protein: 8g Sodium: 561mg  
Vitamin A: 47 $\mu$ g Vitamin C: 2mg Calcium: 148mg Iron: 4mg Folate: 162 $\mu$ g

# Roasted Eggplant on Baguette

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8

Ingredients	Quantity	Measure
Eggplants, soak in water for 15 minutes, cut lengthwise	2	lbs.
Olive Oil	¼	cup
Red Onions, sliced and caramelized	3	cups
Earth Balance, Non-Dairy Margarine	2	tbsp.
Green Cabbage, thinly sliced	1	cup
Fresh Baby Spinach, washed)	2	cups
Romaine Lettuce, chopped	2	cups
Baguette	1	each
<b>Roasted Red Pepper Aioli</b>		
Just Mayo or other Dairy-Free / Egg Free mayonnaise	1	cup
Fresh Garlic	5	cloves
2 pieces of Canned Roasted Red Pepper	1	15 oz. can

### *Preparation:*

1. Brush eggplant with oil and sprinkle with Cajun seasoning (like Tony Chachere's). Roast for 10-15 minutes at 350 degrees.
2. Put Earth Balance in pan. Add onions and cook until tender and brown.
3. Cut baguette lengthways, spread 2 tbsp. of roasted red pepper aioli.
4. Top with 8 pieces of eggplant, vegetables, and onions

### *Serving Suggestion:*

1 piece served with homemade sweet potato chips.

### *Nutrition Information:*

\*From USDA Nutrient Database

Calories: 286 Total Fat: 20g Saturated Fat: 2g Carbohydrate: 24g Protein: 4g Sodium: 327m  
Vitamin A: 135µg Vitamin C: 34mg Calcium: 101mg Iron: 2mg Folic Acid: 145µg



# Roasted Root Vegetables

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8-10

Serving Size: 1 cup

Ingredients	Quantity	Measure
Sweet Potatoes	1	lb.
Shallots	1	cup
Carrots, medium chunk	2	cups
Butternut Squash, medium chunk	2	cups
Parsnips, medium chunk	1	cup
Turnips, medium chunk	1	cup
Fresh Garlic, whole cloves	8	cloves
Olive Oil	2	tsp.
Salt	1	tsp.
White Pepper	1	tsp.

### *Preparation:*

1. Put oil in a hotel pan and coat all vegetables.
2. Add salt and pepper.
3. Cover with foil.
4. Bake at 375 degrees for 40-50 minutes or until vegetables are tender.

### *Serving Suggestion:*

Serve with a fresh green salad.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 119 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 26g Protein: 3g Sodium: 314mg  
Vitamin A: 613µg Vitamin C: 19mg Calcium: 70mg Iron: 1mg Folate: 48µg

# Roasted-Vegetable Chiles Rellenos

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 8      Serving Size: 1

Ingredients	Quantity	Measure
<b>Sauce</b>		
Roma Tomatoes	2	lbs.
Onions, peeled and quartered	1.5	lbs.
Garlic Cloves, unpeeled	½	cup
Vegetable Oil	2	tbsp.
Chipotle Chilies in Adobe Sauce, drained	8	oz.
Water	2	cups
Oregano	1	tsp.
Bay Leaves	2	each
Salt	1	tsp.
Pepper	1	tsp.
Poblano Chilies	8	each
<b>Filling</b>		
Corn, fresh or frozen	2	cups
Zucchini	2	cups
Bread Crumbs, dried	1 ½	cup
Green Onions, thinly sliced	½	cup
Fresh Cilantro, minced	4	tbsp.
<b>Garnish</b>		
Fresh Cilantro, leaves	2	tbsp.
Fresh Chives, chopped	2	tbsp.

### *Preparation:*

1. Remove stems, leaving chilies whole.
2. Place tomatoes, onions and garlic on an oiled pan. Bake at 500 degrees for 20-30 minutes (garlic should be lightly browned).
3. Let cool. Peel tomatoes and garlic. Remove core from tomatoes. Place tomatoes, garlic, onions and chipotle chilies in food processor. Process until smooth.
4. Strain into a large pot and discard solids.
5. Add water, oregano and bay leaf to pan, bring to a boil. Reduce heat, simmer uncovered for 40 minutes or until reduced to 4 cups. Remove bay leaf. Add salt and pepper. Set aside and keep warm.
6. Combine corn, zucchini, breadcrumbs, green onions, minced cilantro.
7. Stuff ¾ cup of this mixture into the Poblano Chiles.
8. Place stuffed chilies on foil lined jellyroll pan. Bake at 500 degree for about 20 minutes or until chilies are blackened, turning after 10 minutes.



9. Peel and spoon 2 tbsp. tomato sauce over each.

### *Serving Suggestion:*

Garnish with fresh cilantro leaves and chopped chives.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 220 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 39g Protein: 7g Sodium: 454mg  
Vitamin A: 54µg Vitamin C: 115mg Calcium: 89mg Iron: 2mg Folate: 87µg



## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 24

Serving Size: 1 each

Ingredients	Quantity	Measure
Phyllo Dough	9	sheets
Olive oil	½	cup
<b>Filling</b>		
Potatoes (peeled and diced into 1/4 inch chunks)	1 ½	lbs.
Water	1	qt.
Peas and carrots (frozen)	¾	cup
Corn (frozen)	¼	cup
Olive oil	2	Tbsp.
Onion (chopped medium)	1	each
Garlic (minced)	2	clove
Fresh ginger (peeled and finely chopped)	½	tsp.
Jalapeno (seeded and finely chopped)	2	tsp.
Garam Masala	½	tsp.
Turmeric	½	tsp.
Red chili powder	1	tsp.
Salt (divided)	2	tsp.
Lemon juice	¼	cup
Cilantro (chopped)	1	Tbsp.

### *Preparation:*

1. Filling 1. Put potatoes in a pot with 1 tsp. of salt. Add water and bring to a boil, cook potatoes until very tender, about 12 minutes.
2. When potatoes are done, drain and mash.
3. Heat oil in a pan over medium heat, sauté onions, garlic, ginger and jalapeno until tender.
4. Add peas, carrots and corn continue to cook for 1-2 minutes.
5. Add Garam Masala, turmeric, red chili powder and one tsp. of salt. Continue to cook for 2-3 minutes.
6. In a large bowl, mix potatoes, onion, garlic mixture, peas, carrots, corn, lemon juice, cilantro and spice mixture.
7. Taste and adjust seasoning if desired.

### **Phyllo dough**

1. Preheat oven to 350 degrees.

2. Brush one sheet of phyllo with olive oil. Lay another sheet on top of the brushed one and brush second one, lay another sheet on top and brush with oil.
3. Cut into 2-inch squares.
4. Put one tablespoon of potato mixture in center of square. Bring the four corners together and twist, making them look like a purse.
5. Put on a baking sheet pan and bake at 350 degrees for 10-12 or until golden brown.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 274 Total Fat: 17g Saturated Fat: 2g Monounsaturated Fat: 12g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 28g Fiber: 3g Total Sugar: 1g Protein: 4g Sodium: 428mg Vitamin A: 50µg Vitamin C: 12mg Calcium: 12mg Iron: 1mg Folate: 13µg



# Shepherd's Pie

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 11

Ingredients	Quantity	Measure
Zucchini, sliced	2	cups
Yellow Squash, sliced	2	cups
Carrots, sliced	2	cups
Red onion, sliced	1	cup
Fresh garlic	2	tbsp.
Potatoes (for mashing)	2.5	lbs.
Earth Balance, Non-Dairy Margarine	4	oz.
Soy Milk	2	cups
Mushrooms, sliced	1	lb.
Olive Oil (divided)	2	tbsp.
Salt	2	tsp.
Pepper	2	tsp.

### *Preparation:*

1. Sauté zucchini, yellow squash, carrots, red onions and garlic in 1 tbsp. of olive oil. Set aside.
2. Cook potatoes until tender, mash with Earth Balance and soy milk.
3. Sauté mushrooms in 1 tbsp. olive oil.
4. Finish by layering vegetables in bottom, mushrooms next and mashed potatoes on top.
5. Put in 400-degree oven and bake until potatoes are golden brown.

### *Serving Suggestion:*

6 oz. serving, garnish with chopped fresh parsley.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 94 Total Fat: 0 Saturated Fat: 0 Carbohydrate: 21 Protein: 3 Sodium: 511 Vitamin A: 159µg Vitamin C: 20mg Calcium: 30mg Iron: 1mg Folic Acid: 40µg



# Southwest Wrap

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 12 servings

Ingredients	Quantity	Measure
Tomato or Spinach Wrap, 12 inch	6	each
Black Beans, canned, drained	15	oz.
Roma Tomatoes, chopped	1 ½	cups
Red Bell Pepper, chopped	1	cup
Rotel, drained	1	can
Cilantro, fresh	2	tsp.
Chili Powder	1	tbsp.
Garlic, fresh, chopped	2	tbsp.
Romaine Lettuce, chopped	½	cup

### *Preparation:*

1. Combine black beans, roma tomatoes, red and green bell peppers, Rotel, cilantro, chili powder and fresh garlic.
2. Lay out wraps, spread black bean mixture, top with lettuce and roll up.
3. Cut each wrap in half or as small as needed.

### *Serving Suggestion:*

Serve one half of sandwich with ½ cup of pasta.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 229 Total Fat: 5g Saturated Fat: 1 g Carbohydrate: 39g (6g fiber) Protein: 8g Sodium: 480 mg Vitamin A: 8% Vitamin C: 46% Calcium: 11% Iron: 17% Folate: 33%



# Spanakopita

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 24

Ingredients	Quantity	Measure
Phyllo Dough, thawed	1	box
Spinach (Fresh is preferred, but frozen will work. Just make sure you squeeze out the water thoroughly)	1	lb.
Onion, small dice	1	cup
Garlic, minced	1/8	cup
Dairy-Free Shredded Mozzarella Cheese, like Daiya or Follow Your Heart	½	cup
Earth Balance, Non-Dairy Margarine, divided, melted	10	oz.
Salt	1	tsp.
Pepper	1	tsp.

### *Preparation:*

1. Put 2 oz. of Earth Balance in pan, cook onions and garlic until translucent. Add spinach and then allow to cool.
2. Stir in cheese, salt and pepper.
3. Lay one piece of phyllo, brush with melted Earth Balance. Repeat with two more sheets of phyllo.
4. Cut phyllo in to eight strips.
5. Place a tbsp. of spinach mixture on each strip, roll up into a triangle.
6. Bake in 350-degree oven for 30-40 minutes until golden brown.

### *Serving Suggestion:*

3 each along with 4 oz. of Sweet Potato Vegetable Soup.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 69 Total Fat: 4.5g Saturated Fat: 1g Carbohydrate: 6g Protein: .5g Sodium: 102mg  
Vitamin A: 49µg Vitamin C: 3mg Calcium: 11mg Iron: 0 Folic Acid: 21µg

# Spicy Potato Curry

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 8-10 Servings

Ingredients	Quantity	Measure
Potatoes, cubed	2	lbs.
Vegetable Oil	2	tbsp.
Onions, small dice	1	cup
Garlic, minced	3	cloves
Cumin	1	tsp.
Cayenne	1	tsp.
Curry Powder	4	tsp.
Garam Masala	4	tsp.
Fresh Ginger Root, peeled and minced	1	oz.
Salt	1	tsp.
Tomatoes, canned, diced	15	oz.
Garbanzo Beans, rinsed, drained	15	oz.
Green Peas, rinsed, drained	15	oz.
Coconut Milk, canned	14	oz.

### *Preparation:*

1. Cook potatoes, just until tender. Set aside.
2. Heat oil in skillet, stir in onion and garlic and cook until translucent.
3. Add cumin, cayenne, curry, garam masala, ginger and salt, and cook for 2 minutes.
4. Add tomatoes, beans, peas and potatoes.
5. Pour in coconut milk and simmer for 10 minutes.

### *Serving Suggestion:*

Serve with 4 oz. of brown rice.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Curry with Rice Calories: 443 Total Fat: 17g Saturated Fat: 11g Carbohydrate: 63g Protein: 12g Sodium: 474mg Vitamin A: 43µg Vitamin C: 31mg Calcium: 97mg Iron: 4mg Folic Acid: 75µg

# Spicy Rice Noodles

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 6

Serving Size: 6 oz.

Ingredients	Quantity	Measure
Peanut Butter, crunchy	3	tbsp.
Sweet Chili Sauce	4	tbsp.
Vegetable Stock	1 ¼	cup
Tamari Sauce (or soy sauce)	2	tbsp.
Coconut Milk	6	tbsp.
Toasted Sesame Seed Oil	3	tbsp.
Flat Rice Noodles	2	cups
Frozen Sweet Corn	¾	cups
Carrots, thinly sliced	1	cup
Red Onion, halved, thinly sliced	1	cup
Green Beans, chopped	⅝	cup
Broccoli, cut into small florets	¾	cup
Garlic, finely chopped	¼	cup
Peanuts, chopped (optional garnish)	½	cup
Coriander Leaves (optional garnish)	¼	cup

### *Preparation:*

1. Mix the peanut butter, sweet chili sauce.
2. Heat vegetable stock, soy sauce, coconut milk, and 1 tablespoonful of the toasted sesame oil and set aside.
3. Cook the noodles according to the package directions (but a minute less than suggested), then drain in a colander and toss in a little sesame oil to prevent sticking. (The noodles should be al dente, not too soft, as they will be heated again with the vegetables and sauce.)
4. Heat the remaining sesame oil in a large frying pan with deep sides (or a wok or big saucepan). Stir-fry the sweet corn, carrots, red onions, green beans, broccoli, and garlic for about 3 minutes on a medium to high heat.
5. Add the peanut butter mixture and simmer gently until the vegetables are cooked through but still have a good bite to them and are not too soft, about 4 to 5 minutes.
6. Stir in the cooked rice noodles and heat through.

### *Serving Suggestion:*

Garnish with chopped peanuts and coriander and serve hot.



## *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 342 Total Fat: 21 Saturated Fat: 6g Carbohydrate: 33g Protein: 9g Sodium: 518mg  
Vitamin A: 195 $\mu$ g Vitamin C: 18mg Calcium: 48mg Iron: 1mg Folate: 55 $\mu$ g

# Spinach Enchiladas

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 6

Ingredients	Quantity	Measure
Baby Spinach, fresh	2	lb.
Onions, small dice	1	cup
Garlic, minced	¼	cup
Roma Tomatoes, chopped	3	cups
Salt	1	tsp.
Pepper	1	tsp
Tortilla Shells, flour or corn	12	each
<b>Vegan Sour Cream &amp; Green Chili Sauce</b>		
Earth Balance, Non-Dairy Margarine	4	oz.
Onion	½	cup
Garlic	1	tbsp.
All-Purpose Flour	4	oz.
Unsweetened Soy Milk	32	oz.
Green Chilies	8	oz.
Non-Dairy Sour Cream, like Tofutti or Follow Your Heart	4	oz.

### *Preparation:*

1. Sauté onions and garlic. Add tomatoes, spinach, salt, and pepper.
2. Spoon into tortilla and roll up.

### **Green Chili Sauce**

1. Melt Earth Balance, add onions and garlic, sauté.
2. Stir in flour, cook until it emits a nutty aroma. 3. Add 16 oz. of soy milk, stir continuously until creamy. If it's too thick, add more soy milk. You don't want it too thin.
3. Stir in chilies and sour cream.
4. Ladle over enchiladas.

### *Serving Suggestion:*

2 enchiladas; garnish with chopped cilantro.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 478 Total Fat: 23g Saturated Fat: 6.5 Carbohydrate: 58g Protein: 15g Sodium: 1289mg Vitamin A: 834µg Vitamin C: 65mg Calcium: 414mg Iron: 7mg Folic Acid: 401µg



# Split Pea Soup

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8 (8 oz.)

Ingredients	Quantity	Measure
Split Peas	2	cups
Water	4	cups
Onions, small dice	2	cups
Carrots, small dice	2	cups
Fresh Garlic, minced	1	tbsp.
Vegetable Oil	¼	cup
Unsweetened Soy Milk	½	cup
Salt	2	tsp.
Pepper	2	tsp.

### *Preparation:*

1. Sweat onions, carrots, and garlic in oil.
2. Add peas.
3. Cover with water, bring to a boil and cook until done, about an hour to an hour and a half.
4. Drain and reserve liquid.
5. Put peas in blender and add reserved liquid as needed for soup consistency.
6. Finish with soy milk.

### *Serving Suggestion:*

8 oz. serving, garnish with 1 oz. fresh homemade croutons.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 215 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 29g Protein: 11g Sodium: 277mg  
Vitamin A: 120µg Vitamin C: 3mg Calcium: 44mg Iron: 2mg Folic Acid: 85µg

# Stuffed Red Quinoa Mushrooms

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 24

Ingredients	Quantity	Measure
Red Quinoa	½	cup
Water	1	cup
Salt	1	tsp.
Button mushrooms (whole with stem removed and reserved)	24	each
Olive Oil	1	oz.
Onion, minced	¼	cup
Garlic, minced	¼	cup
Fresh Parsley	3	tbsp.
Fresh Oregano	¼	cup
Sriracha	½	tbsp.
Salt	1	tsp.
Vegan Cream Cheese	¼	cup
Vegan Shredded Mozzarella Cheese, like Daiya	¼	cup

### *Preparation:*

1. Rinse quinoa, boil water, add salt and quinoa. Cook until water is absorbed, about 15 minutes. Fluff with a fork.
2. Put 1 oz. oil in sauté pan, add chopped stems, onions, and garlic. Allow to cool.
3. Stir in parsley, oregano, sriracha, salt, and cream cheese.
4. Spoon the filling into each mushroom, top with mozzarella.
5. Bake for 10-12 minutes at 350 degrees.

### *Serving Suggestion:*

Garnish with fresh chopped parsley.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 58 Total Fat: 5g Saturated Fat: .5g Carbohydrate: 3.5g Protein: 1g Sodium: 152mg  
Vitamin A: 3µg Vitamin C: 1mg Calcium: 6mg Iron: 0 Folic Acid: 7µg



# Sweet Potato Vegetable Soup

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8 (8 oz.)

Ingredients	Quantity	Measure
Onions, medium dice	2	cups
Celery, medium dice	2	cups
Carrots, sliced	3	cups
Green Cabbage, rough chunks	3	cups
Garlic, fresh, minced	1	tbsp.
Corn, frozen	1	cup
Mixed Vegetables, frozen	1	cups
Sweet Potatoes, small cubes	3	cups
Water	3	qts.
Tomato Sauce	2	cups
Salt	1	tbsp.
Pepper	1	tbsp.

### *Preparation:*

1. Sweat onions, celery, carrots and cabbage.
2. Add corn, mixed vegetables, garlic and sweet potatoes.
3. Add water and continue to cook till sweet potatoes are tender (not mushy).
4. Stir in tomato sauce, bring to a boil and allow to bubble for 2 minutes.
5. Serve.

### *Serving Suggestion:*

8 oz. garnish with fresh chopped parsley.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 119 Total Fat: 1g Saturated Fat: 0 Carbohydrate: 25g Protein: 4g Sodium: 281mg  
Vitamin A: 618µg Vitamin C: 31mg Calcium: 71mg Iron: 1mg Folic Acid: 51µg



# Szechuan Noodles

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8

Serving Size: 4 oz.

Ingredients	Quantity	Measure
Sesame oil	1	Tbsp.
Rice wine vinegar	1	Tbsp.
Garlic, minced	4	cloves
Fresh ginger, grated	1	tsp.
Red pepper flakes	½	tsp.
Corn starch	2	tsp.
Tamari or soy sauce, divided	¼	cup
Brown sugar	2	tsp.
Zucchini, cut into long noodles	3	medium
Canola oil	1	Tbsp.
Carrots, cut into thin strips	2	each
Red bell pepper, thinly sliced	1	each
Green bell pepper, thinly sliced	1	each
Scallions, thinly sliced	2	each

### *Preparation:*

1. In a medium bowl, combine sesame oil, rice wine vinegar, garlic, ginger, red pepper flakes, cornstarch and 1 tablespoon of tamari/soy sauce. Set aside.
2. In a small bowl, mix sugar and rest of the tamari/soy sauce. Set aside.
3. Use a mandolin or spiral cutter to ribbon zucchini and carrots. Set aside.
4. In a large hot skillet, add canola oil and stir fry carrots for 2-3 minutes. Add green and red peppers and cook for 2-3 minutes.
5. Add sesame oil mixture to cooked carrots and peppers.
6. Add sugar and tamari mixture to zucchini noodles and sauté for 2-3 minutes on medium heat.
7. Combine all ingredients.
8. Garnish with thinly sliced scallions.

### *Nutrition Information:*

\*From USDA Nutrient Database

Calories: 71 Total Fat: 4g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 8g Fiber: 2g Total Sugar: 4g Protein: 2g Sodium:  
305mg Vitamin A: 165µg Vitamin C: 46mg Calcium: 26mg Iron: 1mg Folate: 35µg



# Tamale Pie

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12 (6 oz.)

Ingredients	Quantity	Measure
Dark Red Kidney Beans, canned	15	oz.
Diced Tomatoes with Juice, canned	15	oz.
Dark Chili Powder	¼	cup
Onions, medium dice	1	cup
Red Bell Pepper, diced	1	cup
Green bell pepper, diced	1	cup
Water	4	cups
Steel Cut Oats	1	cup
Tomato Paste	16	oz.
<b>Cornbread</b>		
Cornmeal	1	cup
All-Purpose Flour	1.5	cup
Salt	1	tsp.
Baking Powder	1	tbsp.
Soy Milk	1.5	cup
Earth Balance, Non-Dairy Margarine	4	oz.
Vegetable Oil	4	oz.
Just Mayo, vegan mayonnaise	½	cup

### *Preparation:*

1. Sauté onions, peppers, and garlic.
2. Add beans, tomatoes and chili powder.
3. Add water.
4. Add raw steel cut oats.
5. Bring to a boil, reduce heat to medium and continue to cook for 20 minutes.
6. Add tomato paste, stir, and taste to determine if more chili powder is needed.
7. Pour chili in ½ hotel pan, top with cornbread and bake at 350 degrees until done, about 20 minutes.

### **Cornbread**

1. Blend all ingredients and pour over chili.
2. Bake in 350 degree oven for 15-20 minutes until golden brown.

### *Serving Suggestion:*

6 oz. serving, garnish with fresh chopped green onions.

*Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 489 Total Fat: 26g Saturated Fat: 4g Carbohydrate: 56g Protein: 11g Sodium: 993mg  
Vitamin A: 16% Vitamin C: 47% Calcium: 17% Iron: 30% Folic Acid: 40%



# Thai Gazpacho Shooters

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 10

Serving Size: 1 shooter

Ingredients	Quantity	Measure
Garlic	1	clove
Green onions (white and pale green parts cut into 1 inch pieces)	3	each
Yellow bell pepper (quartered)	½	each
Red bell pepper (quartered)	½	each
Cucumber (cut into 1 inch pieces)	1	each
Roma tomatoes (ripe)	½	pound
Tomato juice (low sodium)	2	cups
Lime juice (fresh)	½	each
Thai style red curry powder	1	tsp
Ginger (fresh minced)	2	tsp
Salt	1	Tsp
Pepper	¼	tsp

### *Preparation:*

1. In a food processor, add garlic and pulse until finely chopped.
2. Add green onions and peppers, pulse and chop until you get ¼-inch pieces.
3. Transfer to a medium bowl.
4. Pulse cucumber into small pieces. Do the same with the tomatoes. Add to other vegetables in bowl.
5. Stir in tomato juice, lime juice, fresh ginger, curry powder, salt and pepper.
6. Refrigerate for several hours.
7. Taste, add salt or curry powder to taste.

### *Nutrition Information:*

#### \*From USDA Nutrient Database

Calories: 26 Total Fat: 0g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 6g Fiber: 1g Total Sugar: 4g Protein: 1g Sodium:  
241mg Vitamin A: 43µg Vitamin C: 36mg Calcium: 19mg Iron: 1mg Folate: 27µg

# Thai Tofu Noodle Soup with Lemongrass

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8

Serving Size: 8 oz.

Ingredients	Quantity	Measure
Boiling Water for Noodles	2	qt.
Rice Noodles	1	lb.
Lemongrass	½	cup
Vegetable Stock	2	qt.
Fresh Ginger, minced	2	tbsp.
Tofu, drained, soft	1	package
Broccoli, small florets	½	lb.
Bok Choy, medium chop	½	lb.
Carrots, small dice	½	lb.
Soy Sauce	1	cup
Coconut Milk	2	cups
Fresh Basil, garnish	½	cup
Sriracha, optional	4	oz.
Lime Zest, optional		

### *Preparation:*

1. Dunk noodles in the hot water and allow soften while preparing soup.
2. Place stock in a soup pot with lemongrass, ginger and carrots. Bring to a boil, and then reduce heat to medium. Allow to simmer while you chop remaining vegetables. Add to stock and allow vegetables to soften but remain bright in color.
3. Reduce heat to low and add coconut milk, stir till dissolved.
4. Gently stir and add tofu. Stir gently to avoid tofu falling apart.
5. Add soy sauce.

### *Serving Suggestion:*

Serve with 4 oz. of rice noodles. Garnish with fresh basil zest, lime and Sriracha if desired.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 463 Total Fat: 17g Saturated Fat: 13g Carbohydrate: 66g Protein: 14g Sodium: 1700mg Vitamin A: 318µg Vitamin C: 80mg Calcium: 186mg Iron: 4mg Folate: 138µg



# Tofu Fingers

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8

Ingredients	Quantity	Measure
Tofu, firm, drained and pressed	14	oz.
Cornmeal	16	oz.
Soy Milk	16	oz.
All-Purpose Flour	8	oz.
Seasoning, like Tony Chachere Cajun	2	tbsp.
Oil for Frying	35	pound

### *Preparation:*

1. Cut tofu in half-length wise, half up and down, then 4 lengthwise, giving you 24 short pieces.
2. Blend flour, cornmeal, Tony Chachere.
3. Toss tofu fingers in flour mixture.
4. Toss tofu fingers in soy milk.
5. Toss tofu fingers in blended flour, cornmeal, Tony Chachere mixture.
6. Fry until golden brown.
7. Lightly salt.

### *Serving Suggestion:*

Three tofu fingers, serve with your favorite sauce (BBQ, Sweet Mustard, etc.)

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 457 Total Fat: 13g Saturated Fat: 1g Carbohydrate: 73g Protein: 12g Sodium: 302mg  
Vitamin A: 7 µg Vitamin C: 0 Calcium: 107mg Iron: 5mg Folic Acid: 306 µg



# Tofu Salad

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 9 (4 oz.)

Ingredients	Quantity	Measure
Tofu, firm, drained	14	oz.
Celery, small dice	4	stalks
Red Bell Pepper, small dice	½	cup
Green Bell Pepper, small dice	½	cup
Green Onions, thin sliced	1	cup
Soy Sauce	2	cups

### *Preparation:*

1. Prepare vegetables.
2. Toss with soy sauce and serve.

### *Serving Suggestion:*

3 oz. serving, garnish with fresh chopped cilantro.

### *Nutrition Information:*

#### \*From USDA Nutrient Database

Calories: 70 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 7g Protein: 7g Sodium: 1902mg  
Vitamin A: 22 µg Vitamin C: 20mg Calcium: 110mg Iron: 2mg Folic Acid: 32 µg



# Tofu Scramble

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 24

Ingredients	Quantity	Measure
Tofu, firm, drained	22	oz.
Turmeric	1	tbsp.
Vegetable Oil	1	tbsp.

### *Preparation:*

1. Pour oil in sauté pan.
2. Add turmeric and cook for 2 minutes.
3. Add tofu and cook for 10-15 minutes.
4. Optionally, add chopped red onions, red and green bell peppers and baby spinach.

### *Serving Variations:*

- \*\*Serve atop an English Muffin
- \*\*Serve inside flour tortillas

### *Serving Suggestion:*

6 oz. Garnish with fresh spinach, fresh chopped tomatoes, sautéed mushrooms.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 102 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 2g Protein: 5g Sodium: 8mg  
Vitamin A: 0 Vitamin C: 0 Calcium: 134mg Iron: 1mg Folic Acid: 13 µg



# Tomato Gravy

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8-10

Ingredients	Quantity	Measure
Tomato Paste	6	oz.
Water	2	cups
Earth Balance, Non-Dairy Margarine	2	oz.
All-Purpose Flour	2	oz.
Salt	1	tsp.
Pepper	2	tsp.

### *Preparation:*

1. Blend tomato paste and water, set aside.
2. Make a roux with butter and flour. Cook until it reaches a nutty aroma.
3. Pour in tomato mixture, cook until thick and bubbly.

### *Serving Suggestion:*

1 biscuit with 2 oz. of tomato gravy.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 87 Total Fat: 5g Saturated Fat: 1.5g Carbohydrate: 9g Protein: 2g Sodium: 331mg  
Vitamin A: 2% Vitamin C: 6% Calcium: 1% Iron: 0% Folic Acid: 5%

# Vegetable Lasagna

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 12

Ingredients	Quantity	Measure
Lasagna Noodles	9	each
Water	6	cups
Salt	1	tsp.
Zucchini, rough chopped	2	cups
Baby spinach, rough chopped	1	lb.
Fresh broccoli florets, chopped	1	lb.
Onion, small dice	1	cup
Fresh garlic, minced	2	tbsp.
Earth Balance, Non-Dairy Margarine	2	oz.
Non-Dairy Shredded Mozzarella cheese, like Daiya or Follow Your Heart	1	cup
Salt	1	tsp.
Pepper	1	tsp.
<b>Alfredo Sauce</b>	<b>2</b>	<b>cups</b>
Earth Balance, Non-Dairy Margarine	2	oz.
All-purpose flour	2	oz.
Soy milk	2	cups
Water	1	cup
Salt	2	tsp.
Pepper	2	tsp.

### *Preparation:*

1. Put noodles in boiling water with 1 tsp. salt. Cook until tender, about 10-12 minutes.
2. Sweat onions and garlic.
3. Add zucchini, broccoli and baby spinach. Cook for 10 minutes.
4. Layer with Alfredo on bottom, noodles, and vegetables, repeat with top layer of sauce.
5. Bake at 350 degrees until the internal temperature reaches 165 degrees.

### **Alfredo**

1. Melt Earth Balance.
2. Add flour and cook until it emits a nutty aroma.
3. Add soy milk, water, salt, and pepper stir and cook until thick and bubbly.

### *Serving Suggestion:*

6 oz. garnish with ½ oz. fresh chopped herbs (basil, oregano and fresh chopped flat leaf parsley)

*Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 446 Total Fat: 24g Saturated Fat: 7g Carbohydrate: 47g Protein: 10g Sodium: 503mg  
Vitamin A: 212mg Vitamin C: 32mg Calcium: 142mg Iron: 4mg Folic Acid: 219mg





# Vegetable Pot Pie

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8-10      Serving Size: 5 oz.

Ingredients	Quantity	Measure
Potatoes, medium cube	2	lbs.
Onion, chopped	1	cup
Celery, chopped small	1	cup
Carrots, sliced or chunked	2	cups
Green peas, frozen	15	oz.
Fresh mushrooms, sliced and slightly sautéed	1	cup
Green beans, canned	15	oz.
Water or premade vegetable broth	3	qt.
Fresh thyme	3	Tbsp.
Salt	1	tsp.
Pepper	1	tsp.
All-purpose flour	4	oz.
Unsweetened soy milk	1	cup
<b>Crust</b>		
All-purpose flour	2	cups
Salt	1	tsp.
Shortening (all-purpose)	6	oz.
Water (ICE COLD)	6	Tbsp.

### *Preparation:*

1. Put potatoes, onion, celery, carrots in water; bring to a boil and let cook for 10 minutes. Add salt and pepper.
2. Add peas, mushrooms, green beans and fresh thyme, cook until all vegetables are tender.
3. Make a slurry with the flour and milk. Stir in the cooked mixture. Bring to a boil for 3-5 minutes.
4. Taste and adjust salt.

### **Crust**

You can make a crust or use puff pastry or premade crust. Put flour in food processor. Add salt and shortening. Process using pulse 2-3 times, not too much. You want the fat to look like peas. Add water 1 tablespoons at a time. Pulse until mixture forms a ball and let spin for 2 times to make sure mixture is blended well. DO NOT OVER MIX.

### *Serving Suggestion:*

Cut into 5 oz. pieces and serve with grilled zucchini and squash.

### *Nutrition Information:*

#### **\*From USDA Nutrient Database**

Calories: 392 Total Fat: 17g Saturated Fat: 4g Carbohydrate: 53g Protein: 9g Sodium: 463mg  
Vitamin A: 276 $\mu$ g Vitamin C: 13mg Calcium: 92mg Iron: 3mg Folate: 161 $\mu$ g

# Vegetable Wellington

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 1 roll

Ingredients	Quantity	Measure
Olive oil	2	tbsp.
Leeks, chopped, white parts only	1	large
Celery, diced	2	stalks
Carrots, sliced into coins	1 ½	cups
Fresh tarragon, minced	½	tsp.
Sage, dried	½	tsp.
Salt	1	tsp.
Pepper	1	tsp.
Vegetable broth	1/3	cup
Walnuts, chopped and toasted	½	cup
Fresh spinach, chopped	1	cup
Phyllo dough	9	sheets
Olive oil	¼	cup

### *Preparation:*

1. Heat 2 tbsp. olive oil in a large skillet. Add leeks, celery and carrots cook for 4 minutes. Add tarragon, sage, salt and pepper cook for 2 minutes.
2. Add broth and bring to a boil. Add the spinach and walnuts and continue to cook until broth evaporates. Remove from heat.
3. Stack two sheets of phyllo dough on top of each other, gently brush top layer with a thin layer of olive oil. Add a thin line of filling on the side of the dough lengthwise, leaving a 2 inch border. Roll up and set aside.
4. Repeat. Roll the dough once over the filling and set the already rolled filling next to it and continue rolling. Continue the process until you have three sheets of dough left.
5. Layer the three sheets of dough to make an extra-long sheet. Brush with olive oil and add the large finished rolled dough on the edge and roll it up. Slice six vents on top with a sharp knife. Place on a cookie sheet lined with parchment paper and bake in 350-degree oven for 20-25 minutes or until golden brown.
6. Allow to cool for five minutes before slicing width-wise.

### *Serving Suggestion:*

Serve with 4 oz. fresh green beans.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 191 Total Fat: 11.5g Saturated Fat: 1g Carbohydrate: 20g Protein: 3g Sodium: 356mg  
Vitamin A: 159µg Vitamin C: 3mg Calcium: 22mg Iron: 1mg Folic Acid: 21µg



# White Cake

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: ¼ sheet pan

Ingredients	Quantity	Measure
All-purpose Flour	2	cups
Baking Powder	1	tsp.
Baking Soda	½	tsp.
Salt	1	tsp.
Non-Dairy Milk	1	cup
Vegetable Oil	4	oz.
Sugar	1 ½	cups
Apple Sauce (sweetened)	½	cup
Vanilla	1	tsp.

### *Preparation:*

1. In a large bowl combine flour, baking powder, baking soda, and salt. Set aside.
2. In a medium bowl combine non-dairy milk, vegetable oil, sugar, apple sauce, and vanilla. Whisk well.
3. Add liquid mixture to dry ingredients and beat for 3 minutes.
4. Spray ¼ sheet pan, bake in 350-degree convection oven for 20-25 minutes.

### *Serving Suggestion:*

One (2 inch) piece. Top with 2 oz. fresh strawberries and 1 oz. non-dairy whipped cream or your favorite icing.

### *Nutrition Information:*

#### **\*From USDA Nutrient Database**

Calories: 363 Total Fat: 15g Saturated Fat: 1g Carbohydrate: 53g Protein: 5g Sodium: 365mg  
Vitamin A: 32µg Vitamin C: 0 Calcium: 128mg Iron: 2g Folic Acid: 98 µg

# Wild Mushroom Crepes

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 12 crepes

Ingredients	Quantity	Measure
<b>Crepe</b>		
Soy Milk, unsweetened	1	cup
Water	2/3	cup
Earth Balance, Non-Dairy Margarine	¼	cup
All-purpose flour	1	cup
Salt	1	tsp.
<b>Wild mushroom filling</b>		
Earth Balance, Non-Dairy Margarine	2	tbsp.
Wild mushrooms, trimmed, thinly sliced	1 ¼	lbs.
Sea salt, fine	½	tsp.
Rosemary, finely chopped	1 ½	tsp.
All-purpose flour	1	tbsp.
Nutmeg, ground	1/8	tsp.
Soy Milk, unsweetened	¾	cup
Parsley, finely chopped	3	tbsp.

### *Preparation:*

1. Melt 1 tbsp. of the margarine in a large skillet over medium heat.
2. Add mushrooms and salt. Cook, stirring frequently, until mushrooms are browned, about 10 minutes.
3. Stir in rosemary.
4. Transfer mushrooms to a bowl.
5. Return the skillet to medium heat and melt remaining 1 tbsp. margarine.
6. Stir in flour and cook, continuously stirring for 1 minute. Return mushrooms to the skillet and stir in nutmeg and 2 tbsp. of the parsley.
7. Spoon filling into 12 crêpes and roll closed.
8. Place in an oiled 9x13-inch pan and bake at 425°F until heated through, about 10 minutes.
9. Garnish with 1 tbsp. parsley.

### **Crepe**

1. Lightly spray crepe pan with oil.
2. Ladle 2 oz. batter in pan.
3. Slightly brown and flip.

### *Serving Suggestion:*

One crepe; 2 tbsp. filling in each.

### *Nutrition Information:*

**\*From USDA Nutrient Database**

Calories: 126 Total Fat: 7.5g Saturated Fat: 2.5g Carbohydrate: 13g Protein: 3g Sodium: 366mg  
Vitamin A: 23µg Vitamin C: 2mg Calcium: 52mg Iron: 1mg Folic Acid: 44µg



# Zucchini Bread

## A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Yield: 2 (2 lb. loaves); 24 (2x2 piece) servings

Ingredients	Quantity	Measure
All-purpose Flour	2 ½	cups
Baking Powder	1	tsp.
Baking Soda	1 ½	tsp.
Salt	1	tsp.
Cinnamon	1	tsp.
Bananas, mashed	8	oz.
Sugar	1 ½	cups
Vegetable Oil	1	cup
Vanilla	1	tsp.
Zucchini, shredded	11	oz.
Pecans or walnuts (optional)	6	oz.

### *Preparation:*

1. In a large bowl, combine flour, baking powder, baking soda, salt and cinnamon. Stir together and set aside.
2. In a medium bowl, combine mashed bananas, sugar, oil, and vanilla. Mix well.
3. Combine flour mixture and banana mixture. Mix only until combined.
4. Fold in zucchini and nuts (if using).
5. Bake at 350 degrees for 35-40 minutes until top is brown and a toothpick inserted comes out clean. (If using a convection oven bake at 325 degrees).

### *Serving Suggestion:*

(1) 2x2 piece

### *Nutrition Information:*

**\*From USDA Nutrient Database**

#### **Without Pecans/Walnuts**

Calories: 199 Total Fat: 10g Saturated Fat: 0.5g Carbohydrate: 28g Protein: 1.5g Sodium: 139mg Vitamin A: 2mg Vitamin C: 3mg Calcium: 17mg Iron: 0.5mg Folic Acid: 41mg

#### **With Pecans/Walnuts**

Calories: 229 Total Fat: 13g Saturated Fat: 1g Carbohydrate: 29g Protein: 2g Sodium: 139mg Vitamin A: 2mg Vitamin C: 3mg Calcium: 20mg Iron: 1mg Folic Acid: 42mg