

2023 NHA CONFERENCE JUNE 23-25

Recipes

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Recipe Contributors

VITAMIX

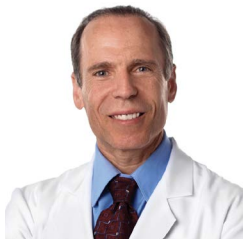


Vitamix is a generous sponsor of the 2023 NHA Conference. They have provided the refreshments served at registration and the food served during the Thursday evening reception. Vitamix is committed to bringing whole food health to our homes. Vitamix blenders are known for its incredible processing speeds to

make complicated recipes, even hot soup recipes, in a matter of minutes. If you can afford to cut your cook times down to small fractions of the original, do something nice for your kitchen (and yourself) and splurge.

[VITAMIX.COM](https://www.vitamix.com)

DR. JOEL FUHRMAN



Joel Fuhrman, M.D. is a family physician, New York Times best-selling author, and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. Dr. Fuhrman is an expert on nutrition and natural healing, and has appeared on hundreds of radio and television shows. Dr. Fuhrman's own

successful PBS television shows, 3 Steps to Incredible Health, Dr. Fuhrman's Immunity Solution, and End Dieting Forever bring nutritional science to homes all across America.

[DRFUHRMAN.COM](https://www.drjoelfuhrman.com)

THE JAROUDI FAMILY



Brittany Jaroudi runs a website and a plant-based cooking channel on YouTube, both named The Jaroudi Family. She has developed hundreds of delicious, easy, and family-friendly recipes focused on a whole-food, plant-based lifestyle. She has a master's degree in education and a certificate in plant-based nutrition from

the T. Colin Campbell Center for Nutrition Studies. Currently she is the co-leader of the Pittsburgh Plant-Based Support Group in partnership with PlantPure Communities, offering free nutrition education classes and cooking courses. Brittany is an NHA Board Member.

[THEJAROUDIFAMILY.COM](https://www.thejaroudifamily.com)

CHEF JULIA DUNAWAY



Chef Julia Dunaway started her chef business in 2009 after graduating from culinary school while still on active duty in the uniformed services. She served for 30 years and retired in 2015. In 2017 she transitioned to a plant-based diet for health reasons and began teaching plant-based cooking classes. 2020 led to on-line opportunities including live streaming, on-line cooking classes,

ebooks and interviews. Now Chef Julia has a YouTube channel with over 190 videos, a devoted social media following, and a social media support group of 6,700 members who follow her 21 day challenges to eat a whole food plant based diet and participate in some form of exercise. By following a healthy whole food plant-based diet since May 2020, Chef Julia has kept off 30 pounds and sustained health benefits. Her purpose in life is to inspire people to adopt a plant-based diet and learn to prepare great tasting food. In 2022 she began conducting intensive 8 hour in-person retreats in Azle, Texas.

[CHEF-JULIA.COM](https://www.chef-julia.com)

CHEF AJ



A chef, culinary instructor, and professional speaker, she is the author of the popular book *Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight*, which chronicles her journey from an obese junk-food vegan faced with a diagnosis of pre-cancerous polyps, to learning how to create foods that nourish and heal the body.

She has also written the bestselling book *The Secrets to Ultimate Weight Loss: A Revolutionary Approach to Conquer Cravings, Overcome Food Addiction and Lose Weight Without Going Hungry* which has received glowing endorsement by many luminaries in the plant-based movement.

[CHEFAJ.COM](https://www.chefaj.com)

DILLON HOLMES



Dillon Holmes began the Well Your World YouTube channel and Facebook group to provide support and camaraderie for people transitioning to and maintaining a health-promoting lifestyle. Although learning how to live this way is obviously very important, what Dillon felt was missing was a place to come together to celebrate our

successes and vent about our challenges. His videos include cooking demos, Q&A sessions, and relaxed chats covering topics such as social pressures and calorie density. He also offers a biweekly LIVE interactive cooking show that you can learn more at WellYourWorld.com. Join him in the Well Your World Facebook group at facebook.com/groups/WellYourWorld. Head to YouTube.com and search Well Your World to enjoy his many videos. Dillon is an NHA Board Member.

WELLYOURWORLD.COM

CATHY FISHER



Cathy Fisher has become a featured recipe expert for the NHA and is the creator of StraightUpFood.com, a blog that offers recipes and information on how to eat a health promoting, plant-based (vegan) diet. Cathy's education and experience are grounded in her work with the McDougall Program (2006–present)

and True North Health Center (2010–present), where she regularly teaches cooking classes to in-patient clients. Cathy graduated with her BA in Psychology, going on to earn a credential in Early Childhood Education and a certification in Nutrition Education. Cathy enjoys presenting to groups and giving people the practical skills they need to successfully shift to a healthier diet.

STRAIGHTUPFOOD.COM

JAMES ROHRBACHER



Chef James is a 35-year veteran of the food service industry, the majority of those years spent managing various restaurants in the Midwest. Chef James has earned certification in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell University, is a featured chef in Dr. Fuhrman's Nutritarian Education

Institute and holds a Food Service Manager Sanitation Certificate for the State of Illinois and the City of Chicago. Chef James also prepares delicious meals in his kitchen and takes orders for you to have them delivered to your kitchen.

CHEFJAMESNUTRITION.COM

TAMI KRAMER



Tami Kramer has been following a whole food plant-based lifestyle since 2013. Through dietary changes she was able to lower her LDL Cholesterol and avoiding taking statins. She was also able to achieve a healthy weight and more importantly she has been maintaining her 50-pound weight loss since 2015.

On her blog and YouTube channel called Nutmeg Notebook, Tami & her husband Tom, share their love of a healthy, whole food plant-exclusive lifestyle. Tami's recipes are salt, oil, and sugar free. She is well known for her "Beautiful Chopped Salads" and her weekly food batch prep.

To help viewers work smarter not harder in the kitchen, she shares her proven tips, recipes, and kitchen shortcuts to make this lifestyle easier.

Tami helps you get healthy and stay healthy, one meal at a time.

NUTMEGNOTEBOOK.COM

CHEF JOHN NOWAKOWSKI



Chef John Nowakowski began his culinary career in 1978 at age 21, and at the age of 24 became the youngest Executive Chef for all of Marriott's hotels and resorts. He began his "healthy cooking" career at Pi's Place Restaurant in Miami. His "Heart Healthy" menu showed thousands of guests how delicious healthy food can taste. Pi's

Place went on to win the "Best Restaurant" award in downtown Miami in successive years. Since 1995 John has been the Executive Chef and health lecturer at the Regency Health Spa in Hollywood, Florida. His healthy vegan fare has been enjoyed by thousands of guests who have lost weight and learned how to apply the hygienic lifestyle upon their return home. John is an NHA Board Member.

NOWAKOWSKIFOODS.COM

KAREN RANZI



Author and lecturer, Karen Ranzi has recently authored her much anticipated new book, *Creating Healthy Children: Through Attachment Parenting and Raw Foods*. She has been interviewed on TV and radio on the topics of vegetarian and raw food parenting.

FEELFABULOUSWITHFOOD.COM

CATHY KATIN-GRAZZINI

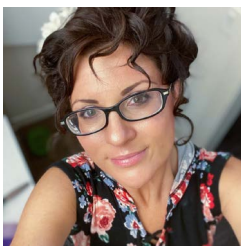


Cathy Katin-Grazzini is a plant-based chef and cookbook author of *Love the Foods that Love You Back*. She is Food Editor for *VEGWORLD* magazine, and manages her blog, *Cathy's Kitchen Prescription*, where she shares her latest recipes and guidance on sustainable, healthy, vegan cooking, nutrition, and lifestyle. Certified in

plant-based nutrition from the T. Colin Campbell Center for Nutrition Studies at Cornell, she went on to complete professional culinary training at Rouxbe Cooking School. Katin-Grazzini is a member of the Physicians Committee for Responsible Medicine (PCRM) and trained as a PCRM Food for Life instructor. She and her husband, Giordano Katin-Grazzini, who photographed the cookbook, live in Ridgefield, Connecticut.

CATHYSKITCHENPRESCRIPTION.COM

LISSA MARIS



Vegan for the animals, raw for health! Lissa has been eating a raw vegan diet and living a vegan lifestyle since 2014. She speaks at summits, events, enjoys creating delicious raw vegan recipes! She has combined her love of photography with food to create recipe books and meal plans to inspire others to choose more raw meals. Her favorite

topics are how to combat cravings and dealing with the mindset shifts needed for healthy choices.

You can find her ebooks here: payhip.com/rawfoodromance and enjoy 40% off with code: **RAWFOOD40**

SOCIATAP.COM/RAWFOODROMANCE

MARK CERKVENIK



Mark is the Founder and Instructor of Let's Eat Great Food is a licensed provider of Food for Life which is an award-winning nutrition education and cooking class program that provides an innovative approach to diet-related chronic diseases. Designed by the Physicians Committee's (pcrm.org) team of physicians, nurses, and

dietitians, Food for Life promotes healthful eating based on the latest scientific research. Since 2001, Food for Life has been a pioneer in delivering hands-on information about how diet can play a pivotal role in health and disease prevention directly to communities around the world.

LETSEATGREAT.COM

DRS. KARIN AND RICK DINA



Drs. Karin and Rick Dina have a private nutrition consulting practice and are dedicated to teaching a functional and scientifically sound approach to plant-based nutrition.

They have been teaching, researching, and practicing raw food nutrition for over 30 years each—that's over 60 years of collective experience between them. Their information is grounded in reliable peer-reviewed research. They are the developers and instructors of the Science of Raw Food Nutrition series of classes, which they taught for 10 years at a raw food culinary school in northern California, and the Mastering Raw Food Nutrition, a 12-month online science- and research-based program. Karin is the author of the *The Raw Food Nutrition Handbook: An Essential Guide to Understanding Raw Food Diets*.

RAWFOODEDUCATION.COM

Thursday—Vitamix® Reception

RECEPTION RECIPES ARE REPRODUCED WITH KIND PERMISSION FROM VITAMIX



Kale and Pear Green Smoothie

This vibrant green smoothie blends the delicious sweetness of fresh fruits with nutrient-packed kale.

½ cup (120 ml) water

1 cup (150 g) green grapes

1 (130 g) medium orange, peeled, quartered

1 (100 g) small banana, peeled

½ (90 g) Bartlett pear, cored

1 cup (60 g) kale

2 cups (260 g) ice cubes

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 45 seconds or until desired consistency is reached, using the tamper to press ingredients toward the blades.

NOTES:

This smoothie is a great whole-food breakfast option, packed with nutrients to keep you energized through the morning.

Watermelon Aqua Fresca

CONTAINER: AER

This refreshing summertime drink features watermelon and lemon. Simple variations can be made using other citrus and fresh herbs to make this drink even that much more unique!

4 cup (600 g) watermelon, chopped

1 lemon, or lime, ends trimmed and discarded, remainder cut into 4 equal slices (between ¼ and ½ inch thick)

2 cup (260 g) ice cubes, plus additional as needed for serving

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 1 minute, using the tamper to press the ingredients toward the blades.
3. Serve over extra ice if desired.

NOTES:

Both lemons and limes work equally well in this recipe. Just be sure to use the tamper to get things started. Using the Aer Disc container muddles the ingredients to get a refreshing summertime drink.

Harissa Spice Blend

CONTAINER: STAINLESS STEEL

Unlike some store-bought spice blends, you know exactly what goes into this one. Vitamix has the raw power to pulverize the toughest seeds to create this nice, not overly-spicy harissa seasoning blend.

- 2 Tablespoons cumin seeds
- 2 Tablespoons coriander seeds
- 2 Tablespoons caraway seed
- ½ teaspoon black peppercorns
- 8 (50 g) guajillo chile pepper (or similar dried chile), stems and seeds removed
- 2 Tablespoons paprika
- 1 Tablespoon garlic powder
- 1 Tablespoon minced onion
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano

1. Place cumin seed, coriander seed, caraway seed and black peppercorn into a small skillet set over medium heat. Toast until fragrant, about 2–3 minutes, stirring often, before removing from the pan and allowing to cool completely.
2. Place the guajillo peppers, toasted spice mixture, and the remaining ingredients into the Vitamix container and secure the lid.
3. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 30 seconds, using the tamper to press ingredients toward the blades as needed. Use immediately or store in an airtight container.

NOTES:

The pepper stems and seeds in this recipe are removed for heat, however, they may be kept in if desired. Making a fresh spice blend like this brings you confidence that there's no stabilizers, fillers, or other ingredients you don't actually need in your spice blends. Try making small batches at a time to ensure your spices are used at their peak freshness.

Hummus

CONTAINER: 64 OZ.

Our version of this Middle-Eastern dip contains chickpeas, garlic, and raw sesame seeds. It's traditionally served with flatbread, but veggies and tortilla chips are great, too.

- 2 (850 g) can chickpeas, with liquid from 1 can
- ¼ cup (35 g) sesame seeds
- ½ lemon, peeled
- 1 garlic clove, peeled
- 1 teaspoon ground cumin

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 1 minute, using the tamper to press ingredients toward the blades.

NOTES:

Utilize the Vitamix for pulverizing tough sesame seeds right into your hummus blend, making it an even more accessible treat and saving you from purchasing tahini. Make this recipe your own by adding spices, hot sauce or some of your favorite roasted vegetables.



Brussels Sprout Salad

CONTAINER: FOOD PROCESSOR

'Tis the season for these tasty little cabbage bundles! Combined with the right ingredients and dressing, this salad is perfectly delicious in its raw form.

- 1 cup (150 g) toasted hazelnuts, skins removed
- 2 pounds (908 g) Brussels sprout, trimmed cleaned
- 1 medium (200 g) honeycrisp apple, quartered, seeded
- ½ large (150 g) red onion, peeled
- ¾ cup (125 g) dried cranberries
- 1½ cups Toasted Hazelnut and Pear Dressing

Directions

1. Fit the Food Processor Work Bowl with the Multi-Use Blade.
2. Place the hazelnuts into the Food Processor work bowl and secure the lid. Pulse 3–4 times or until lightly chopped. Remove to a small bowl.
3. Fit the Food Processor Work Bowl with the Thin Slicing Disc Blade. With the machine running, feed the Brussels sprouts through the small food chute. Once all the sprouts have been sliced, remove them to a large work bowl.
4. Slice the apple and red onion in the small food chute. Place into bowl with the sliced Brussels sprouts and add chopped hazelnuts, cranberries and Pear and Hazelnut Dressing. Toss to combine. Cover and refrigerate for 45 to 60 minutes before serving.

NOTES:

Did you know that just ½ cup of Brussels sprouts provides over 50% of your daily needs for vitamin C?! Layer that with all the other nutrient-dense plants in this recipe and you have yourself one hearty, healthy, tasty dish!

This salad can easily be cut in half if you're serving a small group of people. Letting the salad sit under refrigeration for longer allows the dressing to soften the Brussels sprouts, but leaving it too long will make the salad soggy.



Toasted Hazelnut and Pear Dressing

CONTAINER: 20-OZ CUP

A simple and easy autumn dressing that pairs well with our Brussels Sprout Salad. Oil free is an added bonus with plenty of natural oils added from the hazelnuts.

- ¼ cup (60 ml) sherry vinegar
- 1 cup (240 ml) cold water
- 1 (200 g) ripe pear, quartered, seeded
- ½ (15 g) medium shallot, peeled
- 1 garlic clove, peeled
- 6 (40 g) dates, pitted
- 1 teaspoon Dijon mustard
- ½ lemon peeled
- 1 teaspoon Pumpkin Spice
- ½ cup (75 g) toasted hazelnuts

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 1 minute. Refrigerate until chilled before serving.

Matcha Banana Nice Cream

CONTAINER: PURPLE 48 OZ

Matcha and spirulina are the secret ingredients in this bowl that give it a vibrant color and unique flavor.

- ¾ cup (180 ml) almond milk
- 1 Tablespoon matcha green tea powder
- 1½ teaspoon spirulina, optional
- 1½ cups (45 g) baby spinach
- ¾ pound (340 g) frozen bananas
- ¾ pound (340 g) frozen mango chunks

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 45–60 seconds, using the tamper to press ingredients toward the blades.
3. In about 45–60 seconds, the sound of the motor will change and four mounds should form. Stop the machine. Do not over mix or melting will occur. Serve immediately.

NOTES:

The spirulina and matcha really amp up the minerals and antioxidants in this beautifully colored treat.

Friday Dinner

SALAD BAR

Greens: crisp romaine, mixed baby greens, alfalfa sprouts

Toppings: tomato wedges, red cabbage, red onion, carrots, beets, celery, avocado, cucumbers

Beans, salt free: red kidney, black beans

Nuts, raw and unsalted: walnuts, pecans

Seeds, raw and unsalted: sunflower seeds, sesame seeds

Dressings: Vegan Caesar Dressing, Italian Dressing

SOUP

Cauliflower Split Pea Soup

SALAD

Chickpea & Rice Salad with Italian Dressing

DINNER BUFFET

Spiralized Veggie Noodles with Sun-dried Tomato Sauce and Walnut Alfredo Sauce.

Eggplant Cannelloni with Pine Nut Romesco Sauce

Broccoli and Shiitake Mushrooms with Thai Peanut Sauce

Summer Corn and Tomato Sauté

DESSERT

Fresh fruit

Chocolate Cream Cheese Cake

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off at teeccino.com), iced water

Vegan Caesar Dressing

Tami Kramer

SERVES: 8

1 12-ounce box silken tofu

½ cup unsweetened plant milk

1 tablespoon chia seeds, white or black

1 rounded teaspoon kelp granules

2 teaspoons white miso

3 tablespoons apple cider vinegar

2 tablespoons no-salt-added Westbrae mustard

6–8 garlic cloves

2 Medjool dates, 4 Deglet Noor dates, or ¼ cup raisins

½ teaspoon garlic powder

½ teaspoon onion powder

2 tablespoons nutritional yeast

½ teaspoon salt substitute

Freshly ground black pepper to taste

1. Blend all ingredients in a Vitamix high-powered blender for one minute, or until smooth and creamy.

Italian Dressing

The Jaroudi Family

SERVES: 4

½ cup aquafaba

¼ cup red wine vinegar

1 teaspoon lemon juice

1 teaspoon white miso paste

2 teaspoons Italian seasoning

¼ teaspoon turmeric powder

⅛ teaspoon ground black pepper

⅛ teaspoon dry mustard powder

1. In a small container whisk together all ingredients.

2. Store in the refrigerator for around five days.

3. Shake well before serving.

Cauliflower Split Pea Soup

Cathy Katin-Grazzini

SERVES: 8-10

1½ pounds split green peas
1 large head cauliflower, cut into florets
(reserve some for garnish, if you like)
1 large onion, cut in large dice
2 large carrots, cut in large dice
3 stalks celery, cut in large dice
4-6 cups no-sodium vegetable broth
2-3 bay leaves
1 leek, cut in large dice
3 large cloves garlic, minced
2 russet potatoes, cut in large dice
2 large bunches Swiss chard, leaves and stems,
cut in 2-inch slices
Red miso paste to taste (optional for garnish)
Freshly ground white pepper to taste

1. Rinse and soak the split peas for a minimum of 8 hours or to save time, boil them for 2 minutes and steep for 1 hour. Drain and set them aside.
2. If you choose to use cauliflower florets as a garnish, lightly steam or dry roast some cauliflower now (see steps 4 and 5 for presentation ideas).
3. In a large soup pot, dry sauté the onion, carrots, and celery over low heat, stirring occasionally, as the vegetables gently sweat. Add a small amount of the broth as they begin to dry and stick to the pot. Add the bay leaves, leek, and garlic, stir to combine, and cook for a minute. Stir in the cauliflower, potatoes, and soaked split peas, and cook for 1 to 2 minutes. Add enough broth to cover all the vegetables by 1 to 2 inches. Simmer on low for a minimum of 30 minutes, though the longer it cooks the creamier it becomes. Stir occasionally. When the vegetables are nearly tender, toss in the chard and cook for the final 15 minutes. Season with miso to taste, stirring it well to dissolve into the soup.
4. If you're in the mood for a chunky, rustic soup, simply serve the soup as is, with a fresh grind of black pepper, a dusting of nutritional yeast, and some fresh parsley on top.
5. For a creamier texture and formal presentation, blend the soup using an immersion blender (or transfer in batches to a stand blender) before serving.
6. Garnish the soup as desired with steamed or roasted cauliflower florets, a dusting of nutritional yeast, chopped fresh parsley, scallion green strips or chives, or a sprinkle of mild Aleppo chili flakes or shichimi tōgarashi spice blend.

Chickpea & Rice Salad with Italian Dressing

The Jaroudi Family

SERVES: 4

CHICKPEA AND RICE FILLING:

1 cup brown basmati rice, uncooked
1 15-oz can of chickpeas, rinsed and drained
2¼ cups vegetable broth
1 tablespoon nutritional yeast
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon smoked paprika
¼ teaspoon ground cumin

ITALIAN DRESSING:

See previous page

4 cups mixed greens, chopped

1. If using an Instant Pot, add all ingredients into a 3-quart Instant Pot and set high pressure for 10 minutes. Let the Instant Pot naturally release. If using a stovetop, add all ingredients to a large stockpot. Turn the heat to medium-high and simmer for 30-40 minutes until basmati rice is cooked through.
2. Serve chickpea and rice filling (warm) over chopped greens lastly top with Italian dressing.



Sun-dried Tomato Sauce

Drs. Rick & Karin Dina

- 1 one cup chopped fresh tomato
- 4–5 soaked sun-dried tomato
- 1 Medjool date (pit removed)
- 1 teaspoon dried oregano or 1 teaspoon rosemary
- 2 teaspoons chia seeds
- ¼ clove garlic (optional)
- Basil garnish (optional)

1. Place fresh tomato in a Vitamix high-powered blender, add date, oregano, bell pepper, and optional garlic. Blend until ingredients are homogenous.
2. Add soaked sun-dried tomatoes and chia. Blend mixture until smooth.
3. Serve over spiralized zucchini, gold bar squash, or English cucumbers.

Walnut Alfredo Sauce

Drs. Rick & Karin Dina

- ¼ cup raw walnuts (soak for 8 hours if desired)
- Juice of one medium lemon (3 tablespoons)
- 1 cup chopped peeled zucchini
- ½ cup of water (optional)
- 1 teaspoon chickpea miso (optional)

1. Combine all ingredients in a Vitamix high-powered blender.
2. Serve over spiralized zucchini, gold bar squash, or English cucumbers.

NOTES:

For a thicker consistency and to increase omega 3 content even more, you can cut the amount of walnuts in half to two tablespoons and add chia seeds to taste in place of the subtracted walnuts.

Serving suggestion: Top with chopped tomatoes, red bell peppers, a sprinkle of paprika, and parsley for garnish.

Eggplant Cannelloni with Pine Nut Romesco Sauce

DrFuhrman.com and Chef Martin Oswald

SERVES: 6

EGGPLANT:

- 2 large eggplants, peeled and sliced lengthwise, ½-inch thick
- 2–3 tablespoons water
- 2 medium red bell peppers, seeded and coarsely chopped
- 1 medium onion, coarsely chopped
- 1 cup chopped carrots
- ½ cup chopped celery
- 4 cloves garlic
- 8 ounces baby spinach
- 1 tablespoon Dr. Fuhrman's VegiZest (or other no-salt-seasoning blend, adjusted to taste)
- 1 cup cooked quinoa, kamut or barley
- 2 cups no-salt-added or low-sodium pasta sauce

PINE NUT ROMESCO SAUCE:

- 2 cloves garlic
- ½ cup roasted red bell peppers
- 2 tablespoons water
- 2 tablespoons red wine vinegar
- 2 hot Thai chili peppers
- 2 tablespoons pine nuts or almonds
- ½ tomato, cored
- 2 tablespoons nutritional yeast

1. Preheat oven to 350°F. Arrange eggplant in a single layer in the pan. Bake about 20 minutes or until eggplant is flexible enough to roll up easily. Set aside.
2. Heat 2 tablespoons water in a large pan, add the bell pepper, onion, celery and garlic; sauté until just tender, adding more water if needed. Add the spinach and VegiZest and cook until spinach is wilted. Add the cooked quinoa.
3. Transfer to a mixing bowl. Mix in 2–3 tablespoons of the pasta sauce. Spread about ¼ cup of the pasta sauce in a baking pan. Put some of the vegetable mixture on each eggplant slice, roll up and place in pan. Pour remaining sauce over the eggplant rolls. Bake for 20 minutes, until heated through.
4. To make the romesco sauce, combine all ingredients in a Vitamix high-powered blender and blend until chunky.
5. Serve eggplant with a drizzle of romesco sauce.

NOTES:

Mediterranean pine nuts are best.

NUTRITION:

CALORIES 227; PROTEIN 10G; CARBOHYDRATES 38G; SUGARS 16G; TOTAL FAT 5.3G; SATURATED FAT 0.8G; SODIUM 172MG; FIBER 12G; BETA-CAROTENE 5100UG; VITAMIN C 97MG; CALCIUM 187MG; IRON 3.5MG; FOLATE 175UG; MAGNESIUM 122MG; POTASSIUM 1313MG; ZINC 2.3MG; SELENIUM 5.7UG

Broccoli and Shiitake Mushrooms with Thai Peanut Sauce

DrFuhrman.com

SERVES: 4

THAI PEANUT SAUCE:

- 1½ cups water
- 7 regular dates or 3½ Medjool dates, pitted ⅓ cup no-salt, no-oil peanut butter
- 2 tablespoons unsweetened shredded coconut
- 1 teaspoon minced ginger
- 1 tablespoon lime juice
- 1 teaspoon red curry powder
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon ground turmeric

VEGETABLES:

- 1 cup chopped onions
- 6 cups broccoli florets
- 1 cup thinly sliced red bell pepper strips
- 2 cups trimmed snow peas
- 2 cups sliced shiitake mushrooms

1. To make the sauce, blend water and dates in a Vitamix high-powered blender, then add peanut butter, coconut, ginger, lime juice and spices and blend again until smooth and well-combined.
2. To cook the vegetables, heat ¼ cup water in a large non-stick wok or skillet, then add chopped onions and broccoli, cover and cook for 4 minutes stirring occasionally and adding additional water as needed to prevent sticking. Remove cover and add red bell pepper strips, shiitake mushrooms and snow peas and cook for an additional 4 minutes or until vegetables are crisp-tender.
3. Add desired amount of sauce and continue to stir fry for 1–2 minutes to heat through.

NOTES:

In a rush? Dr. Fuhrman's time-saving bottled sauces are available at drfuhrman.com. Thai Curry Sauce would work well in this recipe.

NUTRITION:

CALORIES 301; PROTEIN 14G; CARBOHYDRATES 38G; SUGARS 19G; TOTAL FAT 14.1G; SATURATED FAT 4G; SODIUM 72MG; FIBER 11G; BETA-CAROTENE 1123UG; VITAMIN C 174MG; CALCIUM 115MG; IRON 3.3MG; FOLATE 137UG; MAGNESIUM 107MG; POTASSIUM 1155MG; ZINC 2.5MG; SELENIUM 11.6UG



Summer Corn and Tomato Sauté

DrFuhrman.com

SERVES: 4

- 2 cups fresh raw corn kernels
- ¼ cup chopped red onion
- 3 medium tomatoes, chopped
- ¼ cup chopped fresh basil
- Freshly ground black pepper to taste

1. Heat 2 tablespoons water in a skillet and sauté corn and onion, stirring occasionally until corn is tender, about 5 minutes. Remove from heat and let stand for 5 minutes.
2. Stir in tomatoes and basil. Season with black pepper.

NUTRITION:

CALORIES 74; PROTEIN 3G; CARBOHYDRATES 16G; SUGARS 3G; TOTAL FAT 1G; SATURATED FAT 0.2G; SODIUM 13MG; FIBER 2.5G; BETA-CAROTENE 131UG; VITAMIN C 8MG; CALCIUM 9MG; IRON 0.5MG; FOLATE 41UG; MAGNESIUM 33MG; POTASSIUM 265MG; ZINC 0.4MG; SELENIUM 0.5UG

Chocolate Cream Cheese Cake

The Jaroudi Family

CAKE BATTER:

- 1 flax egg (1 tablespoon flax meal mixed with 3 tablespoons of water)
- $\frac{3}{4}$ cup oat flour
- $\frac{3}{4}$ cup whole wheat flour (or buckwheat flour for gluten free)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- $\frac{1}{2}$ cup applesauce
- 1 cup hot coffee (or any coffee replacement like Dandy Blend)
- $\frac{1}{2}$ cup nondairy milk mixed with $\frac{1}{2}$ teaspoon apple cider vinegar ("buttermilk")
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon white miso paste
- $\frac{1}{4}$ cup cocoa powder
- $\frac{1}{2}$ cup date paste (or date sugar)

CREAM CHEESE FILLING:

- 1 cup raw cashews
- 1 cup white beans (drained and rinsed)
- 6 pitted dates
- 2 teaspoons vanilla extract
- $\frac{3}{4}$ cup nondairy milk (unflavored/unsweetened)
- Dark chocolate chips (optional)

1. Preheat oven to 350°F.
2. In a Vitamix high-powered blender mix together the cream cheese filling, except chocolate chips, until smooth. Move the filling to a bowl and fold in dark chocolate chips. Set aside.
3. In a large bowl mix together all of the dry cake batter ingredients.
4. Add in the flax egg, hot coffee, applesauce, non-dairy buttermilk mixture, vanilla, and miso. Add half of the batter to a parchment-lined (or silicone) loaf pan.
5. Layer on top the cream cheese filling.
6. Add the remaining batter over top of the cream cheese filling.
7. Bake for 50–60 minutes. Let the loaf pan cool completely before removing it.



Saturday Breakfast

Almond milk/unsweetened (Elmhurst is a brand that is only filtered water and almonds). Served in carafes.

FRUIT/SALAD BAR

Fruit: Watermelon, cantaloupe, pineapple, papaya, strawberries, and blueberries

Nuts, raw and unsalted: Walnuts and almonds

Seeds, raw and unsalted: Ground flax seeds, hemp seeds, and pumpkin seeds

Vegetables: Romaine, carrots, jicama, red and orange peppers, celery, and avocado

Beans, unsalted: Garbanzo beans

Dressing: Orange Sesame Dressing and Balsamic Vinaigrette

BREAKFAST BUFFET

Organic rolled oatmeal

Steamed kale, Swiss chard and bok choy

Tofu Scramble Sheet Pan

Carrot raisin Ezekiel toast

Blueberry Muffins

BEVERAGES

Dandy Blend Frappuccino, decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off at teeccino.com), iced water

Orange Sesame Dressing

DrFuhrman.com

4 tablespoons unhulled sesame seeds, divided

2 navel oranges, peeled

¼ cup Dr. Fuhrman's Blood Orange Vinegar or white wine vinegar

¼ cup raw cashews

1 tablespoon lemon juice, optional

1. Lightly toast the sesame seeds in a dry skillet over medium high heat for about 3 minutes, shaking the pan frequently.
2. In a high-powered blender, combine oranges, vinegar, cashews, lemon juice, if desired and 2 tablespoons of the sesame seeds.
3. Toss with the salad, sprinkling remaining sesame seeds on top.
4. Serving suggestion: Toss with mixed greens, shredded cabbage, tomatoes, red onions and additional diced oranges or kiwi.

Balsamic Vinaigrette

Chef AJ, inspired by Charles Shrewsbury

1 cup of balsamic vinegar (4% acidity preferred)

4 tablespoons of nutritional yeast

3 tablespoons of low-sodium soy sauce, coconut aminos or tamari (Trader Joe's brand has only 465 mg of sodium per tablespoons)

3 tablespoons of date syrup (or date equivalent)

1 tablespoon of Dijon mustard

12 teaspoons xanthan gum

1. Place all ingredients in a blender and blend.
2. Refrigerate any unused portion.

NOTES:

Using a good balsamic makes all the difference in this recipe. Most balsamic vinegars have at least 6% acidity and they are very strong and sharp. Napa Valley Naturals Grand Reserve, available at Whole Foods, has only 4% acidity and is naturally sweet and less sharp.



Tofu Scramble Sheet Pan

Dillon Holmes

- 1 block extra firm tofu, drained
- 1 15-oz can black, pinto, or white beans, drained and rinsed
- ½ bell pepper, diced
- 1 medium gold potato, diced small
- ¼ cup nutritional yeast
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- ¼ teaspoon ground turmeric
- ½ teaspoon Well Your World Chili Lime
- 1 cup steamed spinach
- black pepper, to taste
- Tortillas, lettuce, salsa (optional)

1. Preheat the oven to 400°F.
2. In a large mixing bowl, crumble in the tofu using your hands. Then, add the beans, diced bell pepper, spinach, and diced potato. In the same large mixing bowl, add the nutritional yeast, onion powder, garlic powder, ground turmeric, and black pepper. Stir well to combine and spread evenly across a parchment lined baking sheet.
3. Bake in the oven for about 20 minutes, adding the tortillas in the last two minutes.
4. Remove from the oven. Top the tortillas with a couple spoonfuls of the scramble, lettuce, and your favorite salsa.

NOTES:

Option to serve with or without tortillas. If not using tortillas, place lettuce and salsa on the side.

Blueberry Muffins

Cathy Fisher

MAKES: 12 MUFFINS

8 ounces pitted dates (12–14 Medjool or 24–28 Deglet Noor), chopped

1¼ cups unsweetened nondairy milk

1½ cups old-fashioned rolled oats

¾ cup dry/uncooked millet

2 teaspoons baking powder

½ teaspoon ground cardamom (or see Notes)

½ cup applesauce

1 teaspoon lemon zest (see Notes)

1 cup fresh or unthawed frozen blueberries (to go into batter)

2 ounces walnuts, chopped (about ½ cup; optional)

½ cup fresh or unthawed frozen blueberries (to go on top)

1. Place the dates and nondairy milk into a small bowl, and set aside for at least 15 minutes (so the dates can soften).
2. Preheat the oven to 350°F. Line a standard 12-cup muffin tray with paper cupcake liners (parchment paper liners are preferable).
3. Grind the rolled oats and millet into flour with a blender (30 to 40 seconds; millet is hard). Transfer to a medium bowl, and whisk in the baking powder and cardamom.
4. Pour the soaking dates and milk into the blender, and blend until smooth.
5. Pour the date mixture into the bowl of dry ingredients, add the applesauce and lemon zest, and mix just until all the dry ingredients have disappeared (the batter will be thick).
6. Gently fold in the blueberries and chopped walnuts (if using). Don't overmix or you'll have purple muffins.
7. Fill each muffin cup with an even amount of batter. Use the ½ cup of extra blueberries to top each muffin with a few just before baking (make sure to push them in at least halfway so they won't roll off during rising).
8. Bake for 25 to 30 minutes until the tops have begun to brown. (these are hearty muffins, so they will not rise very much.) Set aside to cool before serving.

NOTES:

If you do not have cardamom, you can use 1½ teaspoons of cinnamon instead.

To zest a lemon, use a very fine-toothed grater (like a microplane), grating or "zesting" only the yellow outer skin, avoiding the white pith below it.

NUTRITION:

SERVING SIZE: 1/12 RECIPE, 1 MUFFIN CALORIES: 187 SUGAR: 16.0G SODIUM: 20MG FAT: 4.8G SATURATED FAT: 0.5G CARBOHYDRATES: 34.8G FIBER: 4.3G PROTEIN: 4.0G CHOLESTEROL: 0

Saturday Lunch

SALAD BAR

Greens: romaine, Boston lettuce, and mixed baby greens

Toppings: cherry tomatoes, red cabbage, red onion, red and orange bell peppers, celery, roasted mushrooms, carrots, artichoke hearts, avocado, and broccoli sprouts

Beans, salt free: cannellini beans and pinto beans

Nuts, raw and unsalted: cashews and pistachios

Seeds, raw and unsalted: chia seeds and pumpkin seeds

Dressing: French Dressing and Vegan Ranch Dressing

Raw option: Romaine Burritos

Soup: Plant-Based Broccoli Cheese Soup

LUNCH BUFFET

Potato Bar and Toppings:

Baked white potatoes and sweet potatoes

Easy Plant-Based Sour Cream

Chili for Baked Potatoes

Smokey Mushrooms

Guacamole

Pico De Gallo Salsa

Chipotle Nacho Cheese Sauce

Chives or green onion

Sides:

Corn on the cob

Steamed green beans

California Quinoa Salad

DESSERT

Fresh Strawberries with Cashew Crème

Baked Apple Oat Crisp

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off at teeccino.com), iced water

French Dressing

Lissa Maris

5 pitted Medjool dates

2 cloves of garlic

1 tablespoon apple cider vinegar

2 tablespoons of lemon juice

½ teaspoon smoked paprika

⅛ teaspoon chipotle powder

1 cup water

1. Blend all ingredients in a high-powered blender until smooth and creamy.

Vegan Ranch Dressing

Tami Kramer

12 ounces soft silken tofu

½ cup plant milk, unsweetened

2 tablespoons apple cider vinegar

1 garlic clove

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon salt substitute (Well Your World Stardust)

1 tablespoon white chia seeds (can use black too)

Freshly ground black pepper to taste

1 Medjool date or 2 Deglet Noor dates soaked in water, if needed to make the date soft

2 tablespoons chopped fresh dill

1 tablespoons chopped fresh Italian parsley

1 tablespoons chopped fresh chives

1. Blend all ingredients in a high-powered blender until smooth and creamy.

Romaine Burritos

Karen Ranzi

BURRITO WRAP:

1 head large romaine leaves

TACO FILLING:

1 cup walnuts, soaked 8 hours, drained and rinsed
Juice of one large lime
¼ cup sun-dried tomatoes, soaked 2 hours, chopped
2 scallions, chopped
1 teaspoon ground cumin
1 teaspoon paprika
¼ cup fresh cilantro, chopped

1. Process all walnut taco ingredients in a food processor using the "S" blade. Process until it becomes the texture of a traditional bean dip. Add sun-dried tomato water if needed.
2. Spread taco filling on romaine lettuce leaves along the middle seam.
3. Top with sliced cherry tomatoes or a tomato or mango salsa.

Easy Plant-Based Sour Cream

The Jaroudi Family

½ cup raw cashews
½ cup silken tofu (or white beans)
2 tablespoons of lemon juice
1 tablespoon apple cider vinegar
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon white miso

1. Blend all ingredients in a Vitamix high-powered blender until smooth.
2. Store in an airtight container in the refrigerator. Keeps for around 5 days.

Plant-Based Broccoli Cheese Soup

Chef Julia Dunaway

2 cups diced onions (¼ inch)
3 carrots, diced
2 ribs celery, diced
6 medium Yukon gold potatoes, peeled and diced
6 cloves garlic, chopped
10 cups no-sodium vegetable stock
2 pounds broccoli, mostly browns, chopped into 1-inch pieces
1 medium red bell pepper, diced
10 cremini mushrooms, washed, touch ends removed, chopped
1 or 2 jalapeño peppers, membranes and seeds removed, minced
1½ cups raw cashews, soaked in water for 30 minutes or longer, then drained
½ cup nutritional yeast
2 tablespoons fresh lemon juice
½ teaspoon ground turmeric
1 tablespoon paprika
1 teaspoon no-salt seasoning such as Braggs
No-salt seasoning

1. Add onion, carrots, celery, bell peppers, jalapeño peppers, mushrooms and garlic to two 12-inch skillet heated over medium high heat. Using two large skillet will make this part go a lot faster.
2. Sauté for 5 minutes, adding littler vegetable stock after a couple minutes.
3. Add the diced potatoes and cook for another couple minutes.
4. Put all vegetables in an 8-quart soup pot along with 10 cups of vegetable stock.
5. Bring to a boil, reduce to simmer and cook until potatoes are tender, approximately 20 minutes.
6. While the vegetables and potatoes are cooking, steam the broccoli in a steamer pot for 5 minutes.
7. Set the broccoli aside, turn off the boiling water, until ready to add.
8. When the potatoes are tender, add the broccoli and mix well. Cook for a couple more minutes.
9. In a Vitamix high-powered blender, place the drained cashews, nutritional yeast, lemon juice, turmeric, no-salt seasoning, and paprika and blend until silky smooth.
10. Add this mixture to the soup pot and mix well.
11. Use an immersion blender to blend the soup until it is smoother but still has small chunks.
12. Remove approximately 4 cups of the soup and blend it until very smooth in the high-powered blender.
13. Return the blended soup to the pot and mix well.
14. Serve with minced parsley and Chef Julia's croutons.

Chili for Baked Potatoes

The Jaroudi Family

SERVES: 4

CHILI:

- 1 15-oz can black beans, rinsed and drained
- 1 15-oz can kidney beans, rinsed and drained
- ½ cup red onion, chopped
- 1 bell pepper, chopped

CHILI SAUCE:

- 1 roasted red bell pepper
- ½ cup vegetable broth/stock
- ¼ cup tomato paste
- 2 teaspoons of white miso paste
- ¼–½ teaspoon chili powder
- 1 teaspoon garlic powder

1. Add black beans, kidney beans, chopped onion, and chopped bell pepper to a small pot. In a Vitamix or high-powered blender combine all the chili sauce ingredients and blend until smooth.
2. Pour chili sauce into the small pot with beans, onion, and bell pepper. Simmer on low for 10–15 minutes.

Guacamole

Dillon Holmes

- 6 avacados
- 4 roma tomatoes, seeded/cored and diced
- ½ red onion, diced
- 4 jalapeños, diced
- 1 tablespoon minced garlic
- ½ bunch fresh cilantro, chopped
- 2 limes, juiced

1. Mash the avocado a bit. Then stir everything in to combine.
2. Store in an airtight container in the fridge with a layer of plastic wrap pressed down on to the guac to keep from browning.

Pico de Gallo Salsa

Dillon Holmes

- 6 roma tomatoes, seeded/cored and diced
- ½ red onion, diced small
- 4 jalapeño peppers, cored and diced small
- 1 tablespoon minced garlic
- 2 limes, juiced
- ½ bunch fresh cilantro, chopped

1. Add everything to a big bowl and mix.
2. Let it sit for 30 minutes, stirring every 10 minutes, to allow the flavors to blend.

Smoky Mushrooms

Tami Kramer

SERVES: 6

- 1 pound portobello mushrooms or your favorite mushroom
- ¼ cup smoked hickory balsamic vinegar (see notes)
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ¼ teaspoon chipotle chili powder, optional (see notes)
- ½ teaspoon mustard powder
- Freshly ground black pepper to taste

1. Preheat oven to 400°F. Line a rimmed baking pan with a silpat mat or parchment paper to prevent sticking.
2. Clean and slice the mushrooms and add them to a medium-sized bowl.
3. Mix together all of the seasonings with the balsamic vinegar and stir until combined. Pour over mushrooms and gently stir to coat them well. You can add the freshly ground black pepper to the mixture or add the pepper to the mushrooms once they are on the baking sheet.
4. Spoon mushroom mixture onto prepared pan, spreading them out evenly.
5. Bake for about 20–30 minutes depending on your oven, or until cooked through. Stir after 10 minutes.
6. Serve hot or cold. They shrink a lot during the cooking process. If storing, let mushrooms cool and place them in a container suitable for storing covered in the refrigerator.

NOTES:

Instead of hickory smoked balsamic, use a sweet reduced plain balsamic with 4% acidity and add liquid hickory smoke to taste.

Instead of chipotle chili powder, substitute smoked paprika.

Instead of garlic and onion powder, use a dried herb of your choice.

Instead of baking, you can cook them on the stove top in a skillet, but you have to stir them often and keep an eye on them. I like to use the oven method because I don't have to watch them closely or stir them frequently.

Chipotle Nacho Cheese Sauce

Tami Kramer

2 cups cooked butternut squash, peeled, microwaved, boiled or steamed
1 cup cooked carrots, peeled, microwaved, boiled or steamed
½ cup nutritional yeast
2 cups water
½ cup rolled oats
2 tablespoons lemon juice
2 teaspoons smoked paprika
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon chipotle chili powder—or to taste—cut back if you don't like spicy
½ teaspoon chili powder
½ teaspoon ground cumin
¼ teaspoon jalapeño powder or to taste, or use a fresh jalapeño (optional)

1. Put all ingredients in a Vitamix high-powered blender and blend for 2–3 minutes or until smooth and creamy. If you blend it long enough in a high-powered blender it will get nice and hot!
2. This sauce does firm up when refrigerated and if it gets too thick, thin it with some unsweetened plant milk or water when reheating to make it pourable again.
3. Keep it refrigerated—it will last for 5–6 days. The sauce does get thicker when refrigerated so when reheating you can add a little water or unsweetened plant milk and heat it up in the microwave on 50% power to heat it up gently. Or put it in a small saucepan over low heat, stirring while it heats up. Use a wire whisk to help make it smooth and creamy.
4. I haven't tried freezing it myself but subscribers tell us they have frozen it with it success. If it separates when thawed just put it in the blender to make it all smooth and creamy again.

NOTES:

Optional variation: Use 3 cups cooked butternut squash instead of the potatoes and carrots. I like to use oven roasted butternut squash by cutting a whole squash in half, scooping out the seeds. Then turn it cut side down on a parchment lined rimmed baking sheet. Place in a preheated 400°F oven for 45 minutes or until soft. How long will depend on the size of the squash. Let cool and measure out 3 level cups of squash to use in place of the potatoes and carrots.

California Quinoa Mango Salad

Tami Kramer

MAKES: 14 CUPS

2 cups tricolored quinoa, rinsed and drained, or any color of quinoa
2½ cups water
2 cups organic shelled edamame, cooked according to package directions, cooled
1 red bell pepper, finely diced
½ cup slivered almonds
½ cup dried currants, can sub raisins or dried cranberries
½ cup unsweetened shredded coconut
½ cup fresh cilantro, chopped
1 cup red onion, finely diced
Juice of two limes and the zest
4 tablespoons balsamic vinegar
2½ cups mango diced or pineapple

1. In your pressure cooker, add the 2 cups quinoa and 2½ cups water. Put the lid on, set the cook time for 5 minutes, natural pressure. If you are in a hurry to cool down the quinoa and get the salad made, line a baking sheet with parchment paper or a silpat mat and spread the hot quinoa out on it and put it in the fridge and it will cool down fairly quickly.
2. Once the quinoa has cooled down, transfer it to a large mixing bowl and combine with the rest of the ingredients. Chill before serving.

NOTES:

If you don't have an electric pressure cooker, in a medium-sized saucepan, mix 4 cups water and quinoa over a medium heat. Bring to a boil, reduce to a simmer, cover and cook 10–15 minutes or until all water has been absorbed. Set aside to cool.

Cashew Cream

DrFuhrman.com

SERVES: 6

1 cup raw cashews
⅓ cup hemp seeds
¾ cup unsweetened soy, hemp or almond milk
⅔ cup dates, pitted
½ teaspoon vanilla bean powder or alcohol-free vanilla extract

1. Blend all ingredients together in a Vitamix high-powered blender.

NUTRITION:

CALORIES 227; PROTEIN 7G; CARBOHYDRATES 20G; SUGARS 12G; TOTAL FAT 14.7G; SATURATED FAT 2.2G; SODIUM 27MG; FIBER 2.4G; BETA-CAROTENE 2UG; CALCIUM 81MG; IRON 2.5MG; FOLATE 19UG; MAGNESIUM 138MG; POTASSIUM 386MG; ZINC 2.3MG; SELENIUM 5UG

Apple Oat Crisp Vegan (Gluten Free)

Tami Kramer

SERVES: 8

FILLING:

4 cups apples, peeled, cored, diced or thinly sliced 1/8-inch
(I use 2 Granny Smith & 2 Honey Crisp apples)

1 tablespoons lemon juice

2 teaspoons cinnamon

1/4 teaspoon nutmeg

1 tablespoon oat flour

1/4 teaspoon vanilla powder or vanilla extract

1/4 cup raisins

2 tablespoons apple juice

UNSWEETENED TOPPING:

1 1/2 cups rolled oats, certified gluten free for those who are GF

1/4 cup almond flour or oat flour certified GF oat flour for those
who are GF

2 teaspoons apple pie spice

1/4 teaspoon vanilla powder or vanilla extract

5 tablespoons unsweetened apple juice

1/4 cup date paste (see next recipe)

1. Preheat oven to 350°F.
2. For the filling in a large mixing bowl combine the apples, lemon juice, cinnamon, nutmeg, oat flour, vanilla powder, raisins and apple juice stir until well combined. Place in a 9-inch round or square baking dish.
3. For the topping, in a medium size bowl combine the rolled oats, oat flour (or almond flour) apple pie spice, vanilla powder or vanilla extract, apple juice and date paste using a fork mix until well combined. Spread it evenly over the apples in the baking dish. It will be lumpy—that's what we want so it will get crispy.
4. Bake in a preheated oven for 30–35 minutes until lightly browned on top and the apples are cooked through.
5. Serving suggestion, serve warm with a scoop of your favorite nice cream. We like using frozen bananas and frozen mango processed in either our Vitamix blender, food processor or Champion Juicer. Give it a little dusting of ground cinnamon for the finishing touch.

NOTES:

You can make your own oat flour by putting rolled oats in a food processor or blender.

Date Paste

Tami Kramer

1 pound dates, pitted

Boiling water

1. Pit the dates and place them in a bowl, cover with boiling water and let soak for at least 30 minutes to an hour to soften dates. How long to soak will depend on how moist the dates are. The dryer they are the more soaking time they will need.
2. Drain dates reserving soaking water.
3. Place soaked dates in the work bowl of a food processor fitted with the "S" blade, or in a Vitamix high-powered blender, add 1 cup of the reserved soaking water and process until smooth, stopping to scrape down the sides when needed. Add more water if it needs to be thinner.

NOTES:

Use the leftover soaking water to make hot tea or add it to your smoothies.

Store in a sealed container in the fridge or in the freezer.

Use in sweet or savory recipes.

You can cut the recipe in half, or you can double it—depending on how much you need.



Saturday Dinner

SALAD BAR

Greens: Crispy romaine, mesclun lettuce, arugula, and bean sprouts

Toppings: Plum tomatoes, cabbage, radishes, broccoli florets, carrots, celery, cucumbers, red and orange peppers, roasted mushrooms, red onion, and avocado

Beans, salt free: Garbanzo beans and edamame beans

Nuts, raw and unsalted: Almonds and Brazil nuts

Seeds, raw and unsalted: Ground flax seeds and sesame seeds

Dressings: Tahini, Avocado Cucumber & Tomato Red Pepper Vinaigrette

Soup: Cuban Black Bean

Raw Entrée: Cruciferous Crunch Salad with Creamy Lemon Dressing

DINNER BUFFET

Roasted Vegetable Paella

Steamed asparagus spears with toasted almonds

Warm Farro & Squash Salad

Baked Sweet Plantains “Maduros”

DESSERT

Mango Cake

Grilled Pineapple with Cinnamon Cashew Crème

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off at teeccino.com), iced water

Chef John's Famous Tahini Dressing

Chef John Nowakowski

YIELD: 2 CUPS

$\frac{2}{3}$ cup water

$\frac{1}{2}$ cup fresh lemon juice

$\frac{1}{2}$ cup Joyva tahini

$\frac{1}{2}$ cup organic date paste

$\frac{1}{4}$ cup stone-ground mustard

2 teaspoons minced garlic

1 tablespoon chopped parsley

dash of cayenne pepper

1. Place all ingredients in a blender and puree until smooth.
2. Once the dressing is chilled it may become thicker. Mix in a little more water if you like a thinner consistency.

Avocado Cucumber Dressing

Chef John Nowakowski

YIELD: 32 OUNCES

2 ripe avocados, cut in half, remove seed, skin and slice

1 small red onion, peeled, cored and quartered

1 large cucumber, peeled, seeded and sliced

$\frac{2}{3}$ cup filtered water

$\frac{1}{4}$ cup fresh lemon juice

1 tablespoon Bragg Liquid Aminos

2 teaspoons fresh minced garlic

dash cayenne pepper

Combine all ingredients in a blender and puree thoroughly. Add more water if a thinner consistency is desired. Adjust spices to taste.

NOTE:

For best quality use within 3 days.

Tomato Red Pepper Salad Dressing

Sandi Greene from DrFuhrman.com

SERVES: 6

6 ounces tomato paste
1 whole roasted pepper
2 tablespoons red wine vinegar
6 tablespoons water
1 clove garlic, chopped
1 teaspoon dried basil

1. Combine all ingredients in a blender. Blend until smooth.
2. Add more water to thin, if desired.

NOTE:

This dressing is fat-free and keeps well in the refrigerator for at least a week.

Cuban Black Bean Soup

Chef John Nowakowski

SERVES: 4–6

2½ quarts purified water
1 pound dry organic black beans
2 bay leaves
1 large yellow onion, diced ½"
1 large red or orange bell pepper, diced
2 tablespoons minced garlic
1 tablespoon ground cumin
Dash of cayenne pepper, to taste
½ cup chopped cilantro

1. Soak black beans in 3 quarts of scalding water 1–2 hours, to help digestion.
2. Bring purified water to a boil. Drain, then rinse beans and add to pot along with the bay leaves. Cover and boil for an hour, while stirring until tender.
3. While the beans are cooking, chop your vegetables and cilantro.
4. Add onions, peppers, cumin, cayenne and garlic, continue cooking until vegetables and beans are tender and the soup is a little creamy in texture.
5. Fold in the cilantro and liquid aminos to taste. Add more hot water if the soup is too thick. Garnish with chopped red onion and cilantro.

Cruciferous Crunch Salad with Creamy Lemon Dressing

The Jaroudi Family

SERVES: 4

2 cups raw broccoli, chopped
1 cup raw cauliflower, chopped
1 cup curly kale, chopped
1 cup Brussels sprouts, shredded
1 cup cabbage, shredded

DRESSING:

1 15-oz can of white beans, drained and rinsed
¼ cup unsweetened plant milk
⅛ cup lemon juice
2 teaspoons white miso paste
1 clove of garlic

GARNISH:

Lemon, sliced

1. In a Vitamix high-powered blender, combine the dressing ingredients. Blend well and set aside.
2. Toss together the salad ingredients in a large bowl. Pour the dressing over and mix well.
3. Serve with fresh lemon.

Roasted Vegetable Paella

Chef John Nowakowski

SERVES: 4–6

- 1 zucchini, split length wise, cut into 1–2" squares
- 1 summer squash, split length wise, cut into 1–2" squares
- 1 small eggplant, cut into 2 inch cubes, leave skin on for more nutrition
- 1 large red or orange bell pepper, cut into 1" cubes
- 1 large yellow onion, cut in half and cut into large 1–2" cubes
- 2 portabella mushrooms, remove stem, scrape out the gills with a spoon, 1" cubed
- 2 large vine ripe tomatoes, chopped
- 2 tablespoons minced garlic
- 2 tablespoons chopped cilantro
- Dash cayenne pepper
- 1 tablespoon liquid aminos, optional
- 2 cups organic brown rice
- 1 quart purified water
- 1 teaspoon turmeric
- 1 cup frozen peas, thawed and drained

1. Preheat oven on the broiler setting. Place all diced vegetables, except the tomatoes, in a large mixing bowl.
2. Puree the tomato, garlic, cayenne, cilantro and aminos until creamy. Toss marinade with the vegetables and place on a large cookie sheet or two.
3. Roast vegetables under the broiler 10–12 minutes or until slightly charred.
4. While vegetables are roasting, cook the rice in listed water with the turmeric while covered, until just tender. Now add in the green peas.
5. Place cooked rice and peas in a large festive bowl and fluff lightly with a fork. Fold in the cooked vegetables and any of the juice that was on the baking pan into the rice and peas. Serve with chopped cilantro garnish.

Warm Farro & Squash Salad

ForksMealPlanner.com

SERVES: 6

- 2¼ cups farro rinsed & drained
- 1 lb + 8 oz pre-cut butternut squash chopped (approx. 6 cups)
- 9 oz kale stemmed & thinly sliced (approx. 9 cups)
- ¾ red onion chopped (approx. ¾ cup)
- ¾ cup golden raisins
- Freshly ground black pepper

ORANGE-MISO DRESSING:

- 1½ cups orange juice
- ⅓ cup white wine vinegar
- 2 tablespoons Dijon mustard
- 2 tablespoons mellow white miso
- 1½ teaspoons ground ginger

1. Prepare farro according to package instructions. Let cool, then fluff farro with a fork.
2. In a steamer insert set over boiling water, steam squash, covered, until tender when pierced with a fork, about 20 minutes.
3. In a small bowl, whisk orange juice, white wine vinegar, Dijon mustard, miso, and ginger.
4. In a large bowl, place kale, followed by cooked farro and squash. Lightly toss until kale is partially wilted. Scatter with red onions and golden raisins.
5. Add orange-miso dressing to salad, tossing to coat. Season with pepper to taste.

NOTES:

Feel free to use any winter squash including acorn, buttercup, Hubbard, or kabocha.

NUTRITION PER SERVING

CALORIES: 507; FAT: 4G; SATURATED FAT: 0G; CARBS: 101G; FIBER: 19G; SUGARS: 24G; PROTEIN 17G; SODIUM: 512MG

Baked Sweet Plantains “Maduros”

Chef John Nowakowski

SERVES: 4–6

2 medium plantains, very ripe, peel and slice into ¾” diagonal slices

1. Preheat oven to 400°F.
2. Line a sheet pan with parchment paper to prevent sticking.
3. Place the sliced plantains flat and side by side on the parchment.
4. Bake on the bottom oven rack 30 minutes or so until the plantains begin to brown. You may turn them over and bake another 15 minutes or so until desired doneness. Serve hot.

Mango Cake

Mark Cerkvenik

WET INGREDIENTS:

1 cup non-dairy milk

¼ cup mango puree

1 teaspoon apple cider vinegar or white vinegar

½ cup of date paste

2 tablespoons of applesauce

1 teaspoon vanilla extract

DRY INGREDIENTS:

1½ cups whole wheat flour

2 teaspoons baking powder

¼ teaspoon baking soda

MANGO LAYER IN BETWEEN AND DRIZZLING:

1½ cups mango puree/pulp (Best result is from pureeing fresh mango in a food processor so you can control the amount of moisture and ensure there is no sugar in the puree.)

1 teaspoon cornstarch or tapioca starch

1. Make the batter: In a bowl, add all the wet ingredients and mix really well until the paste is mixed in.
2. Then add in the whole wheat flour, baking powder, baking soda, to the bowl in that order.
3. Mix the flour, baking powder, baking soda on top before starting to mix into the liquid in the bowl then mix until you get a smooth cake batter. If it's too stiff, add in more milk, one teaspoon at a time. If it is too flowy, then add flour one tablespoon at a time until it is smooth but thick batter. Set aside.

4. Make the mango layer; add the mango puree and cornstarch to a skillet over medium heat. Mix really well and continue to cook until the puree has thickened a bit. Depending on the kind of mango puree, this can take anywhere from 2–8 minutes. Let the puree cool completely or at least lukewarm.
5. Add the half of batter to a cake pan or sheet cake pan. Tap the pan so that the batter evens out and there are no bubbles.
6. Then drizzle half of the thickened mango puree over the batter, then the top of it the rest of the batter.
7. Bake at 365°F (185°C) for 27–35 minutes, depending on the cake pan size. The cake is done when a toothpick inserted in the center of the cake comes out clean.
8. Remove the cake from the oven and let it cool for at least 15 minutes before trying to remove from the pan. Remove the cake from the pan.
9. Use the remaining thickened mango puree and drizzle it all over the cake. You can just use a spoon or add the puree to a piping bag. Decorate the cake as needed.
10. Chill for 10 minutes, then slice and serve.
11. Store in the fridge for up to 6 days.

NOTES:

1. This is a very moist cake. The moisture content depends on the mango puree/mango pulp you are using. Make sure the batter does not get too loose and runny. If necessary, cook the puree a few minutes longer so that it thickens.
2. Gluten-free option: use ¾ cup almond flour, ¾ cup oat flour and ⅓ cup potato starch. Mix and add 1½ cups of this mixture to the batter to begin with. Add more as needed. Also use ¾ cup non dairy milk instead of 1 cup. Once you have a thick, just slightly stiff batter, fold in ⅓ cup club soda into it. Mix lightly to incorporate then add to a pan and bake
3. Cupcakes: check at 22 mins. Bake 22–25 mins depending on your pan and oven.

BASED ON A RECIPE FROM VEGAN RICHA (VEGANRICHA.COM)

Cashew Crème

Chef John Nowakowski

MAKES: 2 CUPS

1 cup raw unsalted cashews

1 cups almond, rice or oat milk

1 teaspoon vanilla extract

1 tablespoon organic date paste

½ teaspoon cinnamon

Soak cashews in plant-based milk, vanilla and cinnamon for an hour or so in the refrigerator. Place all ingredients in a blender and puree thoroughly for about one minute, scraping down the sides of the blender cup until creamy. Refrigerate until cold and serve as desired.

Sunday Breakfast

Almond milk/unsweetened (Elmhurst is a brand that is only filtered water and almonds). Served in carafes.

FRUIT/SALAD BAR

Fruit: Watermelon, cantaloupe, mangoes, bananas, papaya, pineapple, strawberries, and blueberries

Nuts, raw and unsalted: Cashews and pistachios

Seeds, raw and unsalted: Ground flax seeds, chia seeds and hemp seeds

Beans: Cannellini beans

Vegetables: Romaine, cherry tomatoes, carrots, roasted mushrooms, celery, and avocados

Dressings: Pineapple-Mango Vinaigrette and Bing Cherry Walnut Vinaigrette

BREAKFAST BUFFET

Raw Option: Ambrosia Salad

Blueberry and Flaxseed Oatmeal

The Jaroudi Family Sheet pan pancakes

Summer Squash and Zucchini Sauté

DESSERT

Cranberry Orange Muffins

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off at teeccino.com), iced water

Pineapple-Mango Vinaigrette

Cathy Fisher

½ cup chopped fresh, ripe pineapple (or if canned, drain and reserve the juice) Fresh pineapple is preferred. If unable to use fresh, please see NOTE below.

½ cup chopped fresh, ripe mango

¼ cup water (or pineapple juice)

¼ cup chopped basil

2 tablespoons vinegar (I like apple cider vinegar)

1. Place all of the ingredients (pineapple, mango, water, basil, and vinegar) into a blender, and blend until smooth but still with tiny specks of basil showing. Add a little water if needed to thin.
2. Store leftover dressing in a covered container in the refrigerator for up to five days and shake before using.

NOTES:

If you use canned pineapple, make sure that no sugar or corn syrup has been added.

NUTRITION:

SERVING SIZE: 1 RECIPE (ABOUT 1 CUP) CALORIES: 118 FAT: 0.6G SATURATED FAT: 0.1G CARBOHYDRATES: 28.6G SUGAR: 23.9G SODIUM: 6.3MG FIBER: 3.2G PROTEIN: 1.7G CHOLESTEROL: 0

Bing Cherry Walnut Vinaigrette

James Rohrbacher from DrFuhrman.com

SERVES: 8

3 cups fresh or thawed frozen cherries.

1 cup 100% tart cherry juice or pomegranate juice

¾ cup walnuts

2 tablespoons ground chia seeds

½ cup balsamic vinegar

¼ cup unsweetened dried Bing cherries (such as Trader Joe's brand)

1. Blend all ingredients in a high-powered blender until smooth and creamy, adding more cherry juice if needed to facilitate blending.

NUTRITION:

CALORIES 156; PROTEIN 3G; CARBOHYDRATES 19G; SUGARS 12G; TOTAL FAT 8.3G; SATURATED FAT 0.8G; SODIUM 8MG; FIBER 2.8G; BETA-CAROTENE 305UG; VITAMIN C 2MG; CALCIUM 42MG; IRON 1MG; FOLATE 21UG; MAGNESIUM 35MG; POTASSIUM 215MG; ZINC 0.6MG; SELENIUM 2UG

Ambrosia Salad

Mark Cerkvenik

- 1 cup chopped fresh pineapple
- 1 cup apples, sliced
- 1 cup orange slices
- 1 cup strawberries, sliced
- 1 cup grapes
- ½ cup shredded coconut
- 1 tablespoon cornstarch
- ⅓ cup lemon juice
- 3 tablespoons date paste
- 3 tablespoons unsweetened orange juice or fresh squeezed
- ½ cup soft (silken) tofu, pureed (or vanilla unsweetened almond yogurt)
- 2 teaspoons grated orange zest
- 1 teaspoon poppy seeds, optional

1. In a large bowl, toss the fruit and coconut until well blended. Refrigerate.
2. Combine the cornstarch with the lemon juice in a medium saucepan and stir until well blended. Place the saucepan over medium heat, and add the date paste and orange juice. Cook, stirring constantly, until the mixture thickens, about 5 to 10 minutes. Remove the saucepan from the stove and allow to cool thoroughly.
3. Fold the pureed tofu orange zest, and poppy seeds if using into the juice mixture and chill for at least 1 hour.
4. Immediately before serving, pour the dressing over the fruit and serve.

Blueberry and Flaxseed Oatmeal

DrFuhrman.com

SERVES: 4

- 1¾ cups water
- 1 cup old-fashioned oats
- 4 dates, pitted and chopped
- ¼ teaspoon coriander
- 2 bananas, sliced
- 1 cup chopped or grated apple
- 1 cup fresh or frozen blueberries
- 2 tablespoons ground flaxseeds

STOVETOP INSTRUCTIONS:

1. In a saucepan, bring water to a boil and stir in all ingredients except blueberries and ground flax seeds. Simmer for five minutes.
2. Stir in blueberries. Sprinkle flaxseeds on top or stir in. Cover for 2–3 minutes before serving.

OVEN INSTRUCTIONS:

1. If desired, this recipe may be made in the oven. Preheat oven to 350°F.
2. In a baking dish, combine all ingredients, except for the bananas, apples, blueberries, and flax seeds. Bake uncovered for 30 minutes.
3. Add the bananas and more water, if desired. Bake another 15 minutes.
4. Stir in apple and blueberries, and sprinkle flaxseeds on top.

Sheet Pan Pancakes

The Jaroudi Family

SERVES: 8

- 2 cups oat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 ½ cups plant milk mixed with 2 tablespoons lemon juice
- 2 flax eggs (2 tablespoons flax meal mixed with 6 tablespoons water)
- 1 teaspoon vanilla extract or ½ teaspoon vanilla powder
- 6 tablespoons date sugar
- ¾ cup of fresh or frozen fruit
- ½ cup of dark chocolate chips (Optional)

1. Make the flax eggs and let the plant milk sit with lemon juice while you measure out the rest of the ingredients.
2. Add all the dry ingredients into a large bowl and slowly pour in the plant milk/lemon juice mixture and the flax egg.
3. Let batter sit for around 10 minutes—it will thicken!
4. Using a 15x10 baking sheet pan lined with parchment paper spread the batter out evenly.
5. Sprinkle over top fresh or frozen fruit and optional dark chocolate chips
6. Bake at 425°F for around 15 minutes.

NOTES:

If using a 13x9 baking sheet the sheet pan pancakes will just be a bit thinner.



Cranberry-Orange Muffins (Gluten Free)

The Jaroudi Family

MAKES: 12 LARGE MUFFINS OR ONE LOAF

½–1 cup fresh or frozen cranberries, chopped
Zest of one large orange

WET INGREDIENTS:

2 mashed ripe bananas
½ cup date paste
½ cup nondairy milk
¼ cup orange juice
1 flax egg (1 tbsp flax meal mixed with 3 tbsp water)

DRY INGREDIENTS:

1½ cup oat flour
1½ cup rolled oats
½ teaspoon baking soda
½ teaspoon baking powder

1. Preheat oven to 350°F.
2. In a large bowl mix together the dry ingredients. Add in wet ingredients until well combined. Fold in chopped cranberries and orange zest.
3. Bake in parchment lined or silicone muffin tins for 20–25 minutes. [The loaf version takes around 25–30 minutes]

OPTIONS:

1. Add in nuts/seeds
2. Swap cranberries for fresh berries or dried fruit
3. Cinnamon, apple pie spice, or pumpkin pie spice are great additions

Summer Squash Sauté

Chef John Nowakowski

SERVES: 3–4

1 large yellow onion, peeled, cut in half and sliced into ¼" slices
2 teaspoons garlic
½ cup purified water
1 medium red pepper, 1 inch diced
2 yellow squash, split lengthwise, bias slice into ½" slices
Add a zucchini for more color, also split lengthwise, bias slice into ½" slices
1 teaspoon fresh chopped oregano
3–4 fresh thyme sprigs, or 1 teaspoon chopped thyme leaves
Dash of cayenne or a sprinkle of fresh ground black pepper for color

1. In a large sauté pan add the onions, garlic and water. Simmer on a medium high heat until the onions start to brown a little.
2. Add the peppers, squash, herbs and spices, cover and simmer until squash is tender and a little golden in color.

Dandy Blend Frappuccino

Dillon Holmes

2 tablespoons Dandy Blend
3 tablespoons of Well Your World Date Powder
OR 6 deglet noor dates
¼ teaspoon vanilla powder
1½ teaspoons cinnamon
1½ cups ice
1 cup plant milk

Add all of the ingredients to a Vitamix high-powered blender and blend until smooth. Pour into a Starbucks cup for nostalgia.

Sunday Lunch

SALAD BAR

Greens: Cut romaine, spring lettuce blend, sprouts or microgreens

Toppings: Cherry tomatoes, cabbage blend, cucumber, red onion, carrots, shallots, celery, roasted mushrooms, avocado, bell peppers, zucchini

Beans, salt free: Kidney beans and navy beans

Nuts, raw and unsalted: Walnuts and pecans

Seeds, raw and unsalted: Hulled hemp seeds and ground flax seeds

Dressings: Sweet Catalina Dressing & Vitamix Cashew Ranch

Soup: White Bean Soup with Escarole

Raw food options: Avocado gazpacho and Mango Salsa Lettuce Wraps

BUFFET

Shepherd's pie with curried lentils, wild mushroom sauce on the side

Roasted Root Vegetables

Mixture of steamed brown and wild rice

Steamed carrots, broccoli, cauliflower, and onion pearls

DESSERT

Chewy Fudgy Brownies with Raspberry Jam on the side

Papaya slices, assorted berry blend

BEVERAGES

Decaffeinated herbal tea, Teeccino herbal coffee (use coupon code WFPB for 10% off at teeccino.com), iced water

Sweet Catalina Dressing

Karen Ranzi

SERVES: 1-2

1¼ cup filtered water

1 medium tomato

½ cup sun-dried tomatoes

½ cup chopped red bell pepper

6 pitted medjool dates

2 teaspoons apple cider vinegar

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon paprika

Pinch of cayenne

1. Add the above to a Vitamix high-powered blender. Mix until smooth.
2. Serve immediately or chill in the refrigerator.

Cashew "Ranch"

Matt Dugan, Vitamix Executive Chef

SERVES: 15 (YIELDS 1¼ CUPS)

1 cup water

¼ cup fresh lemon juice

1 cup raw cashews

1½ teaspoon dried dill weed

1 teaspoon onion powder

1¼ teaspoon garlic powder

⅛ teaspoon ground black pepper

1 teaspoon nutritional yeast

1. Place all ingredients in the order listed into the 32-ounce immersion blending jar, or an appropriate container.
2. Blend the above ingredients in a Vitamix blender until desired consistency is achieved.

NOTES:

You may store this for up to one week under refrigeration. To make a more traditional ranch, substitute out the water and cashews for sour cream.

NUTRITION:

1 SERVING (30G) CALORIES: 60 KCAL, PROTEIN: 2 G, TOTAL FAT: 4 G, CARBOHYDRATES: 3 G, CHOLESTEROL: 1 MG, DIETARY FIBER: 1 G, SATURATED FAT: 1 G, SODIUM: 20 MG, SUGAR: 1 G

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White Bean Soup with Escarole

Chef John Nowakowski

SERVES: 6–8

4 quarts filtered water
1 pound each organic navy & lima beans
2 bay leaves
dash cayenne pepper
2 tablespoons minced garlic
24 ounce can organic diced tomatoes
4 organic carrots, diced
2 large yellow onion diced
2 red peppers, diced
2 tablespoons chopped basil
1 head chopped escarole lettuce
1½ tablespoons organic yellow miso
½ cup water

1. While the beans are soaking, in a separate large pot add the water, bay leaf, cayenne and garlic. When the water comes to a boil add the strained beans, cover and cook for about one hour until tender. Cut the vegetables while beans cook.
2. Add the diced tomatoes and continue cooking until beans are almost tender. Add the carrots, onions and peppers and stir while cooking.
3. When the carrots and beans are tender add the basil and escarole, cover and reduce heat to low.
4. In a small bowl whip the miso into the water. Fold into soup turn off the heat, adjust seasonings and serve.

Avocado Gazpacho

Chef John Nowakowski

SERVES: 8–10

1 yellow squash cut in half, scoop out seeds and dice
1 zucchini, split in half, scoop out center and dice
1 small red pepper diced
1 jalapeño finely chopped
1 small red onion diced or 2 tablespoons of sliced chives
3 avocados, split remove seed and slice
3–4 cups cold water
2 tablespoons lime juice
2 teaspoons hot sauce
2 teaspoons Bragg's Liquid Aminos, optional

GARNISH

⅔ cup corn kernels
1 tablespoon chopped cilantro

1. Place all chopped ingredients in a large bowl.
2. Puree remaining five ingredients (avocados through Bragg's) in a blender until creamy and medium thick in texture.
3. Fold all ingredients together, adjust spices and chill before serving.

Mango Salsa Lettuce Wraps

Karen Ranzi

SERVES: 2

Lettuce cups
1 cup mango, chopped
¼ cup edamame
Bean sprouts for topping

SALSA:

½ cup onion, chopped
1 clove garlic, chopped
1 10-oz. can diced tomatoes with green chilies
1 14-oz. can fire-roasted diced tomatoes
¼ teaspoon white miso paste
¼ teaspoon ground cumin
2 teaspoons lime juice
Optional: one jalapeño, chopped

1. In a food processor, add in all of the salsa ingredients. Pulse a few times for chunky salsa or longer if you like a smooth salsa.
2. Assemble the lettuce cups. Add mango, salsa, and top with edamame and bean sprouts.
3. Keep lettuce cup items separate until ready to enjoy.

NOTES:

You can use fresh or frozen (thawed) mango.

Shepherd's Pie

Chef John Nowakowski

SERVES: 4–6

1 cup organic green lentils
3 cups water
1 large carrot, diced ¼"
1 tablespoon garlic
1 teaspoon curry powder
½ teaspoon garam masala
½ cup frozen green peas, thawed and drained
3 large organic russet potatoes, peeled and 1–2" diced
2 quarts filtered water
1 cup plant-based milk, heated
Dash cayenne pepper
½ teaspoon granulated garlic
2 teaspoons yellow miso, optional
Paprika

1. Place water in a sauce pot, cook lentils, carrots, garlic and curry spices until lentils are tender and most of the liquid has evaporated. Fold in the peas.
2. Cook the potatoes and drain in a colander. Place milk, cayenne, garlic and miso in the potato pot and heat while whipping in the miso until dissolved. Set aside hot milk mixture, place potatoes back into the pot and mash. Fold in the milk mixture slowly and mash again until creamy but thick.
3. Preheat oven to 400°F. Spread lentils into the bottom of a loaf pan or 8" square casserole dish. Carefully spread the mash potato mixture over the lentils with a rubber spatula. Sprinkle with paprika and bake 30–40 minutes until golden on top or the mixture is bubbly hot. Remove and let casserole rest for 10 minutes or so before cutting and serving.
4. Top with Wild Mushroom Sauce served on the side.

Wild Mushroom Sauce

Chef John Nowakowski

YIELDS: 1–2 CUPS

½ cup filtered water
1 medium yellow onion, chopped
1 tablespoon chopped garlic
8 oz. sliced baby Bella mushrooms or 3 oz. sliced shiitake mushrooms or both
1 tablespoon balsamic vinegar
1 teaspoon liquid aminos, optional
1 teaspoon thyme leaves and chopped basil
Dash cayenne pepper
2 tablespoons filtered water
1–2 tablespoons cornstarch or arrowroot powder

1. Add water, onions and garlic into a large sauté pan or pot and simmer 5 minutes or so.
2. Add the mushrooms, balsamic, liquid aminos and herbs, cover and simmer until mushrooms are tender. Add more water if necessary.
3. While the mushroom liquid is slowly boiling, combine the water and cornstarch in a small bowl with a wire whisk, until fully dissolved. Slowly drizzle in the cornstarch mixture until the mushroom sauce is to your desired thickness. If the sauce is too thick add more water, if it is too thin add more starch mixture, cover and simmer.

Roasted Root Vegetables

Chef John Nowakowski

SERVES: 4–6

1 large sweet potato, peeled and cut into 1" cubes
1 red beet, peeled and cut into 1" cubes
2 golden potatoes, 1" diced with skin on
1 medium yellow onion, 1" diced
1 tablespoon minced garlic
1 cup fresh orange juice
1 teaspoon minced ginger
2 teaspoons toasted sesame seeds
1 teaspoon thyme leaves or other herbs
1 teaspoon low-sodium tamari or liquid aminos (optional)

1. Combine diced potatoes, beets, and onions in a large bowl.
2. Preheat oven to 425°F.
3. Puree the orange juice, garlic, ginger, sesame seeds, tamari, and herbs until creamy.
4. Combine the potatoes and OJ sauce and mix thoroughly.
5. Place vegetables evenly on a parchment-lined baking pan and roast for 40–45 minutes until golden and tender.

Chewy Fudgy Brownies

The Jaroudi Family

SERVES: 12

1½ cups of cooked cannellini beans

1 cup oat flour

1 cup date paste

½ cup cocoa powder

1 teaspoon vanilla powder

1 teaspoon baking powder

1 teaspoon baking soda

Dark chocolate chips

1. Preheat the oven to 350°F.
2. Blend all ingredients except the chocolate chips in a food processor until smooth. Stir in the chocolate chips by hand.
3. In a 13x9 glass baking dish lined with parchment paper, spread the batter inside evenly.
4. Bake for around 30 minutes. Cut into squares and enjoy!



Raspberry Jam

The Jaroudi Family

12 oz (1½ cups) frozen or fresh raspberries (or any fruit)

2 tablespoons date paste

1 teaspoon lemon juice

Lemon zest (optional)

2 tablespoons chia seeds

1. In a medium pot add in your raspberries.
2. Cook on medium-high heat and mix in date paste.
3. Make sure you stir often and bring the mixture to a simmer.
4. Once the fruit is cooked down (around three minutes) turn off heat.
5. Add in the lemon juice (and optional zest) and chia seeds. Stir until well combined.
6. Let cool completely and store in the refrigerator for one week.



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