

RECIPES

Baked Oatmeal

1 1/2 cups old-fashioned rolled oats

1 1/2 cups unsweetened almond milk

1/2 cup unsweetened applesauce

1/4 cup chopped dried apricots

1/4 cup chopped dates or raisins

1/4 cup chopped pecans or walnuts

1/2 teaspoon cinnamon

1/4 teaspoon salt

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

Yield: 6 servings (serving size: 2 squares)

Recipe Notes:

- Spread almond butter or Date Honey on each serving.
- This recipe can be doubled and baked in a 9 by 13-inch casserole dish.
- To make this soup chunky instead of smooth, put only half the zucchini and half the chickpeas in the food processor.
- Use oregano instead of basil.
- Double the recipe, and freeze half for later use.

Berry Blast Smoothie

1 cup water or any unsweetened non-dairy milk (such as almond, coconut, rice or soy)

1 cup frozen blackberries, blueberries, and raspberries

1 banana, peeled

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Recipe Notes:

- Your smoothie will taste best if either the berries or the banana is frozen. To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.
- To make this a “green” smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale).
- Add 1 tablespoon flaxseed meal for a fiber boost.

Coconut Fig Bars

1/2 cup coconut flour

1/2 cup old-fashioned rolled oats

1 cup unsweetened applesauce

1/4 cup Date Honey

1 cup chopped dried figs

2 tablespoons chopped pecans

1 tablespoon flaxseed meal (optional)

1 tablespoon unsweetened shredded coconut

1/2 teaspoon cinnamon

Preheat oven to 350 degrees. In a large bowl, mix coconut flour, oats, applesauce, and Date Honey until well combined. Stir in figs, pecans, flaxseed meal (optional), coconut, and cinnamon.

Lightly rub an 8 by 8-inch baking dish with olive oil and press mixture into dish. Bake 15 minutes or until top is lightly browned. Cool 10 minutes at room temperature and serve.

Yield: 12 servings (serving size: 1 bar)

Recipe Notes:

Substitute almond flour, oat flour, or whole wheat flour for coconut flour. Increase shredded coconut to 1/4 cup to maintain the coconut flavor.

Tropical Fruit Salad

2 cups sliced strawberries

3 kiwifruit, peeled and quartered

1 1/2 cups orange segments, cut into 1-inch pieces

1 cup red seedless grapes, halved

1 cup fresh pineapple chunks, cut into tidbits

Mix fruit in a large bowl, and chill until ready to serve.

Yield: 6 servings (serving size: about 1 cup)

Recipe Notes:

- Use mandarin oranges instead of regular oranges.
- Top with chopped almonds, macadamia nuts, pecans, and/or walnuts.

White Bean Salad

4 cups torn romaine lettuce, packed

1 cup cannellini beans or great northern beans, rinsed and drained

1 cup chopped sugar snap peas

1 cup halved cherry or grape tomatoes

2 tablespoons chopped red onion

2 tablespoons chopped fresh basil

2 tablespoons chopped fresh parsley

Place lettuce in a large bowl, and add beans, sugar snap peas, tomatoes, onions, basil and parsley. Toss, and serve with choice of dressing.

Recipe Notes:

- Serve with Italian Salad Dressing or Lemon-Tahini Salad Dressing.
- Use spinach or mixed greens instead of romaine lettuce.
- Substitute cooked, cooled green beans or sweet peas for the asparagus.
- Add sunflower seeds.

Italian Salad Dressing

1/2 cup extra-virgin olive oil

2 tablespoons fresh lemon juice

1 clove garlic, minced

1 teaspoon dried basil

1/2 teaspoon dried oregano

1/4 teaspoon salt

Combine all ingredients in a blender. Refrigerate until chilled.

Yield: 8 servings (serving size: 1 tablespoon)

Recipe Notes:

Serve with Quinoa Salad, Spinach Salad, or White Bean Salad.

Roasted Potato Salad

1 pound B size red potatoes, unpeeled

1/2 pound Brussels sprouts, trimmed & halved

1 cup trimmed fresh green beans, cut into 1" pieces

1 1/2 tablespoons extra-virgin olive oil, divided

1/2 teaspoon tarragon

1/2 teaspoon salt

1/8 teaspoon pepper

1/4 cup chopped red onions

1/4 cup finely chopped pecans or walnuts

2 cups chopped romaine lettuce

Scrub potatoes well. Place in a large saucepan, and cover with water. Heat to boiling. Reduce heat slightly to a soft rolling boil, and cook 15 minutes. Drain, and allow to cool slightly.

Preheat oven to 425 degrees. Cut potatoes into quarters, and put in a large bowl, along with Brussels sprouts and green beans. Add 1 tablespoon olive oil, tarragon, salt, and pepper. Stir well to coat. Place vegetables on a baking sheet. Bake 10 minutes, and flip. Cook another 10 minutes, or until vegetables are slightly blackened. Place in a large bowl, and set aside.

Heat 1/2 tablespoon olive oil in skillet over medium heat. Add onions and pecans, and cook until onions are soft and translucent. Mix in with potatoes and vegetables. To serve, place 1/2

cup lettuce on each plate, and top with roasted potato-vegetable mixture. Drizzle a little olive oil over each serving, if desired.

Yield: 4 servings (serving size: about 1 cup)

Marinated Vegetable Salad

1 Marinated Zucchini recipe

2 cups broccoli florets, cut into bite-size pieces

1 1/2 cups diced carrots

2 tablespoons chopped fresh parsley, optional

Prepare Marinated Zucchini as directed and place in a large bowl.

Steam or boil broccoli and carrots until crisp tender. Add broccoli and carrots (drain first, if boiled) to zucchini and stir well. Add parsley, if desired. Cover and let sit at room temperature for 1 hour.

Yield: 8 servings (serving size: about 1/2 cup)

Marinated Zucchini:

2 pounds zucchini, unpeeled

1 ½ tablespoons extra-virgin olive oil

1 clove garlic, minced

1 1/2 teaspoons dried oregano flakes

1/2 teaspoon salt

1/8 teaspoon pepper

1 teaspoon fresh lemon juice

Preheat oven to 475 degrees. Trim ends of zucchini, and cut in half lengthwise. Feed zucchini halves through the tube of a food processor with the slicing disc attached. You may also use a mandoline to cut the zucchini into thin slices or cut them by hand. Place slices in a large bowl.

Add olive oil, and stir to coat. Mix in garlic, oregano, salt, and pepper. Stir again.

Place zucchini on two large 11 x 17-inch baking sheets, trying to separate the pieces as much as possible so they are in a single layer. Roast 10 minutes, flip, and then roast another 5 minutes.

Edges of zucchini should be slightly browned and crispy.

Remove zucchini from oven, and put in a large dish. Stir in lemon juice. Cover, and let sit at least 1-2 hours. Serve at room temperature.

Yield: 8 servings (serving size: about ½ cup)

Basil Zucchini Soup

1 1/2 pounds zucchini, peeled

2 tablespoons extra-virgin olive oil, divided

1/2 cup chopped onions

2 cloves garlic, minced

4 cups water

1 (15-ounce) can chickpeas, rinsed & drained

1/2 tablespoon dried basil

1 teaspoon salt

Toasted sunflower and/or pumpkin seeds

Cut zucchini into 1-inch cubes, and set aside. Heat 1 tablespoon olive oil over medium heat in large saucepan. Add onions and garlic, and cook until onions are soft and translucent. Add zucchini, and stir in 1 tablespoon olive oil. Cook 3-5 minutes, stirring frequently. Pour in water, and bring to a boil. Reduce heat, and simmer 15 minutes. Remove zucchini with a slotted spoon, and place in food processor. Process until mixture is smooth (you may have to do in two batches). Return to saucepan. Place chickpeas in food processor with 1/2 cup of the soup, and process until texture reaches desired consistency. Add chickpea mixture to saucepan. Stir in basil and salt. Simmer another 15 minutes. Serve with toasted sunflower and/or pumpkin seeds.

Yield: 6 servings (serving size = 1 cup)

Recipe Notes:

- To make this soup chunky instead of smooth, put only half the zucchini and half the chickpeas in the food processor.
- Use oregano instead of basil.

Corn Chowder

1/2 tablespoon extra-virgin olive oil

1/2 cup diced onion

4 cups water

1 pound Yukon Gold or Russet potatoes, peeled and diced

(about 3 cups)

1 clove garlic, minced

1 teaspoon dried parsley flakes

1/2 teaspoon salt

1/8 teaspoon pepper

3 1/2 cups fresh corn kernels

1/2 cup unsweetened almond, rice, and soy milk

Heat olive oil in a large saucepan, and add onions. Cook until soft and translucent. Add water, potatoes, garlic, parsley, salt, and pepper. Bring to a boil. Reduce heat and simmer, covered, 15-20 minutes or until potatoes are tender. Add corn and almond milk. Cook, uncovered, over medium-low heat for another 10 minutes. Place 3 cups of soup in a food processor or blender, and process about 15 seconds. Return to saucepan. Stir well, and serve.

Yield: 8 servings (serving size: 1 cup)

Recipe Notes:

- Substitute 2 (14.5-ounce) cans of corn kernels (drained) for fresh corn.
- Add 1/2 cup chopped carrots and celery (1/4 cup each).
- For a southwestern flair, stir in 1 cup of Salsa.

Rosemary Split Pea Soup

1 tablespoon extra-virgin olive oil

1 cup sliced carrots

1 cup diced onion

2 cloves garlic, minced

6 cups water or Vegetable Broth

2 cups dry split peas

1 teaspoon dried crushed rosemary

1 bay leaf

1 teaspoon salt

Empty split peas in a colander, and rinse well. Sort through peas to remove any unwanted particles. Set aside. Heat olive oil in large saucepan or stockpot over medium heat. Add carrots and onions. Cook until onions are soft and translucent. Stir in garlic, and cook 30 seconds, stirring constantly so garlic doesn't burn. Add water or broth, peas, rosemary, bay leaf, and salt. Heat to boiling, and then reduce heat to low. Simmer 30 minutes with lid on and slightly tilted. Remove peas and vegetables, and discard bay leaf. Transfer to a food processor or blender. Process until smooth (you may need to do this in two batches, because filling your processor or blender more than half full could cause the hot soup to pop the lid.) Return to saucepan. Cook 5 more minutes, and serve.

Yield: 6 servings (serving size: about 1 cup)

Rice & Cabbage Casserole

1/2 tablespoon extra-virgin olive oil

1/2 cup chopped onion

2 cloves garlic, minced

1 cup chopped white button mushrooms

1 (15-ounce) can black beans, rinsed and drained

2 (14.5-ounce) cans diced tomatoes

2 tablespoons chopped fresh parsley

1 teaspoon dried oregano

1 teaspoon salt

1/8 teaspoon pepper

4 cups chopped green cabbage

1 cup cooked brown or wild rice

Put diced tomatoes in a food processor or blender, and process until smooth. Set aside. Heat olive oil over medium heat in a large skillet. Add onions, and cook until soft and translucent. Stir in garlic, mushrooms, tomatoes, parsley, oregano, salt, and pepper. Reduce heat to low, and cook 20 minutes, stirring occasionally.

Preheat oven to 350 degrees. Steam cabbage 8-10 minutes or until tender crisp (or add cabbage to boiling water, and cook 5-7 minutes). Lightly spray or rub an 9"x13" baking dish with olive oil, and cover bottom of dish with cooked cabbage. Place rice and beans on top of cabbage. Pour tomato sauce over all. Bake 20 minutes.

Yield: 8 servings (serving size: about 1 cup)

Brown Rice Stir-fry with Orange Sauce

1 tablespoon extra-virgin olive oil

2 cups chopped broccoli (stems and florets) or 1/2 16-ounce bag cut broccoli, cooked

1 cup chopped carrots

1/2 cup chopped onion

1/4 cup Bragg's Liquid Aminos or soy sauce

1/4 cup unsweetened orange juice

1 clove garlic, minced

1 teaspoon fresh grated ginger root or 1/4 teaspoon ground ginger

3 cups cooked brown rice

>1/4 cup toasted chopped walnuts

2 tablespoons chopped green onion

Heat olive oil in a large skillet over medium heat, and add broccoli, carrots, and onions. Cook until vegetables are softened, about 5-7 minutes, stirring occasionally. Increase heat to medium high. Add Bragg's Liquid Aminos, orange juice, garlic, ginger root, brown rice, walnuts, and green onions. Cook another 5 minutes or until heated through, and serve.

Yield: 4 servings (serving size: about 1 1/4 cups)

Recipe Notes:

- Use a cheese grater for the ginger root.
- Add 1 cup canned chickpeas, drained.

Sesame Vegetables with Rice and Tofu

1 tablespoon extra-virgin olive oil

1 Marinated Tofu recipe, marinade reserved

1 TB extra-virgin olive oil

1 cup chopped onions

2 cups chopped broccoli florets, stems removed

1 cup chopped carrots

1 clove garlic, minced

1/2 tablespoon tahini

1 teaspoon ginger

1/4 cup unsweetened pineapple juice or water

1 1/2 cups cooked wild rice

1/4 cup toasted chopped walnuts

1 tsp sesame seeds

Prepare Marinated Tofu, and set aside. Heat olive oil in a large skillet over medium heat, and add onions. Cook until onions are soft and translucent. Add reserved marinade from tofu, broccoli, carrots, garlic, tahini, and ginger. Cook, covered, for 8-10 minutes or until vegetables are tender crisp, stirring frequently. Add pineapple juice, rice and walnuts, and cook until heated through and juice is nearly absorbed. Sprinkle with sesame seeds. Stir, and serve. Yield:

4 servings (serving size = 1 1/4 cups)

Marinated Tofu:

8 ounces extra-firm tofu, drained

1/4 cup unsweetened pineapple juice

2 tablespoons soy sauce or soy sauce alternative

1 clove garlic, minced

Slice tofu into 1-inch cubes, and place in an 8 x 8-inch baking dish. Mix pineapple juice, soy sauce, and garlic in a small bowl. Use a whisk to combine. Pour over tofu, and put in refrigerator to marinate 30-45 minutes.

Preheat oven to 350 degrees. Bake (in same dish) for 20 minutes or until the outside is a deep, golden brown and slightly crispy.

Yield: 4 servings (serving size: about 2 ounces)

Cinnamon Baked Apples

2 cups thinly-sliced apples, unpeeled (about 2 apples)

1 cup unsweetened apple juice

1/8 teaspoon cinnamon

Preheat oven to 350 degrees. Place sliced apples in an 8 x 8-inch baking dish. In a small bowl, whisk apple juice and cinnamon, and pour over apples. Bake 15 minutes, stir, and bake another 15 minutes. Serve warm.

Yield: 4 servings (serving size: about 1/2 cup)

Recipe Notes:

- Pour over Baked Oatmeal.
- Add sliced bananas, raisins, and chopped nuts.

Oatmeal Raisin Cookies

1 cup old-fashioned rolled oats

1 cup almond flour or oat flour

1 cup creamy cashew butter, almond butter, or peanut butter

1/2 cup applesauce

1/3 cup Date Honey

1/2 cup raisins

2 tablespoons chopped walnuts

1 teaspoon cinnamon

Preheat oven to 350 degrees. Mix oats, almond flour, cashew butter, applesauce, and Date

Honey in a large bowl until well combined. Add raisins, walnuts, and cinnamon. Stir well. Drop by spoonfuls, two inches apart, on an 11 by 17-inch baking sheet. Flatten and shape into circles. Bake 10-12 minutes.

Yield: 18-20 servings (serving size: 1 cookie)

Recipe Notes:

- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (1 cup old-fashioned oats will yield about 3/4 cup ground oats).
- Increase applesauce to 1 cup if you don't use Date Honey.

Coconut-Date Cookies

1/2 cup unsweetened coconut milk

1/2 cup coconut flour

1/2 cup roughly chopped dates

1/4 cup Date Honey

1/4 cup whole almonds

1/4 cup walnut halves and pieces

Preheat oven to 350 degrees. Place all ingredients in a food processor. Process about 10 seconds. Scrape sides of bowl, and process another 15 -20 seconds or until thoroughly mixed. Some of the nuts should still be in large pieces (not finely ground).

Scoop out about two tablespoons of dough and shape into a ball. Place on an 11 x 17-inch cookie sheet. Repeat with remaining dough. Use the palm of your hand to flatten. Bake 15-20 minutes or until slightly browned on the bottom.

Yield: 14 servings (serving size: about 1 cookie)

Recipe Notes:

You can also make these cookies without a food processor. Chop the nuts and dates into smaller pieces, and stir until well combined.

Corn Muffins

1 1/2 cups yellow cornmeal

1/2 cup unsweetened almond or rice milk

1/4 cup water

1 tablespoon Date Honey (optional)

1 tablespoon extra-virgin olive oil

3/4 cup fresh or frozen corn kernels

1/4 cup chopped green onions (green parts only)

1/2 teaspoon salt

Preheat oven to 400 degrees. Mix cornmeal, almond milk, water, Date Honey, and olive oil in a medium bowl. Stir until smooth. Add corn, green onions, and salt. Stir until well combined.

Lightly rub a mini-muffin tin with olive oil. Fill all 24 cups about 3/4 full. Bake 15 minutes. If using a regular muffin tin, fill all 12 cups about 3/4 full and bake 20 minutes.

Yield: 12 servings (serving size: 2 mini-muffins or 1 regular muffin)

Recipe Notes:

Use 1 1/2 tablespoons dried chives instead of green onions.

Great Northern Bean Dip

1 (15.5-ounce) can great northern beans, rinsed and drained

2 tablespoons water

1/4 cup roughly chopped green onions

1 clove garlic, minced

1 tablespoon chopped fresh oregano or 1 teaspoon dried

oregano

1/4 teaspoon salt

Place ingredients in a food processor or blender, and pureé until smooth.

Yield: 8 servings (serving size: 2 tablespoons)

Spinach Artichoke Dip

8 ounces firm tofu, drained

1 cup chopped canned artichokes, drained, reserve 2

tablespoons canned juices

1/2 (10-ounce) package frozen chopped spinach, thawed,
squeezed dry

1 teaspoon dried basil

1 teaspoon salt

1/8 teaspoon pepper

2 teaspoons extra-virgin olive oil

1/4 cup diced onion

2 cloves garlic, minced

Preheat oven to 375 degrees. Place tofu, artichokes, artichoke juice, and spinach in a food processor or blender. Process until smooth. Transfer mixture to a medium-sized bowl. Stir in basil, salt, and pepper. Set aside.

Heat oil in a small skillet, and cook onions and garlic until onions are translucent. Remove from heat, and stir into spinach artichoke mixture. Place in a 3-cup glass or ceramic baking dish that has been rubbed with olive oil. Bake 20 minutes, or until edges start to brown. Serve warm.

Yield: 8 servings (serving size: about 1/4 cup)

Sesame Seed Rice Crackers

1 cup cooked wild rice

1 cup brown rice flour

1/4 cup flaxseed meal

1/4 cup water

2 tablespoons extra-virgin olive oil

1 teaspoon salt

1 teaspoon black sesame seeds

1 teaspoon sesame seeds

Preheat oven to 400 degrees. Add wild rice, rice flour, flaxseed meal, water, olive oil, and salt to a food processor bowl. Process about 30 seconds or until mixture forms a ball and sticks together. Transfer to a larger bowl, and stir in both types of sesame seeds. Use your hands and/or a rolling pin to spread dough out on a lightly-oiled 11 x 17-inch baking sheet (you may need to coat your hands with a little flour). Press dough to edges of sheet. With a knife, score into 1 3/4-inch pieces. Bake 20 minutes. Remove crackers that are done (usually those on the outside edges brown more quickly). Flip remaining crackers, and bake another 8 minutes or until crispy.

Yield: 6 servings (serving size: 9 crackers)

Recipe Notes:

For a sweet-tasting cracker, add 1 teaspoon cinnamon.

Crunchy Kale Chips

6 cups kale, ribs removed and torn into bite-size pieces

1 tablespoon extra-virgin olive oil

1/2 teaspoon garlic powder

1/2 teaspoon salt

Preheat oven to 400 degrees. Lightly oil an 11 x 17-inch baking sheet. Place kale in a large bowl, and add olive oil, garlic powder, and salt. Use your hands to incorporate into leaves so that they are well coated. Spread leaves on baking sheet. Bake 12-15 minutes or until crispy.

Recipe Notes:

- Use 1/2 teaspoon Taco Seasoning or chili powder instead of garlic powder; omit salt.
- Store unused portions in an air-tight container. To reheat, place in a 400-degree oven for about 5 minutes to make crispy.

More recipe ideas: <https://ultimatedanielfast.com/recipes>

RECIPES from the CVAC Bulletin (Christine Eastwood)

Vegan breakfast:

Apple toast: Spread 1 tablespoon nut butter of your choice on 1 slice 100 percent whole-grain or 100 percent whole-wheat toast, then top with several thin slices of apple and sprinkle with cinnamon; ¾ cup bran flakes with sliced banana, blueberries, and nondairy milk or 1 fruit smoothie (300 calories or less, no added sugars) Smith, Ian K. . Plant Power (p. 120). St. Martin's Publishing Group. Kindle Edition.

A Breakfast Idea to Replace French Toast: Berry Good Sweet Potato Toast This sweet potato version is a nice way to mix up French toast; the topping choices are endless. This recipe also includes make-ahead prep for prebaking the sweet potatoes ahead of time... You'll need a sharp knife to cut the potatoes into slabs, or you can use a mandolin for more uniform slices. Makes 10 or 11 slices. 1 large sweet potato, washed and dried; 2 tablespoons almond butter; 20 blueberries. Preheat the oven to 350°F. Place a wire rack on a large rimmed baking sheet; set aside. Trim both ends from the sweet potato using a knife, then slice the potato lengthwise into ¼-inch-thick slabs using a knife or mandolin. Place the slabs onto the wire rack (or directly onto the baking sheet) in a single layer and place them in the middle of the oven. Cook for 15 to 20 minutes, until the potatoes are tender but not fully cooked, checking every 5 minutes to make sure they don't burn. Thinner potatoes will need less cooking time; thicker potatoes will need more. If you aren't using a wire rack, flip the potatoes halfway through. Remove from the oven and allow to cool completely on the wire rack, then transfer to an airtight container and store in the fridge for up to 4 days. When ready to serve, place the sweet potato slices (about 2 slices is a good serving size) in a toaster [Editor's Note: if you're leery of using your toaster like me, use an oven broiler to heat and keep watch until sweet potato edges are crispy] or toaster oven on the medium setting and toast until hot and the edges are crispy not letting them burn. Serve with almond butter and blueberries. Bulsiewicz MD, Will . Fiber Fueled (pp. 226-227). Penguin Publishing Group. Kindle Edition.

Healthful Snacks- 2 frozen fruit bars (no sugar added); 3 cups air-popped popcorn; 10 black olives; ½ cup quinoa or brown rice; 5 baby carrots and 3 tablespoons hummus. Smith, Ian K. Plant Power (p. 64). St. Martin's Publishing Group. Kindle Edition.

Roasted Vegetables are a great way to use up leftover cooked vegetables. If you don't have any, this is an easy go-to recipe. Serves 2. 1 cup chopped asparagus, woody ends removed or substitute zucchini; 1 green bell pepper, chopped; 1 cup broccoli florets, chopped; 2 teaspoons olive oil; pinch salt. Preheat the oven to 400°F. Toss the asparagus or zucchini, bell pepper, and broccoli with olive oil and salt until well coated. Place in a single layer on a rimmed baking sheet. Cook for 20 to 25 minutes, until tender. Bulsiewicz MD, Will . Fiber Fueled (pp. 296-297). Penguin Publishing Group. Kindle Edition.

Chickpea Meatballs. Makes 18 meatballs. Meatballs- 1-1/2 tablespoons ground flaxseed; 3 cups canned chickpeas, drained and rinsed; 3/4 cup walnuts; 3/4 cup bread crumbs, plus more as needed; 3 tablespoons olive oil, plus more for drizzling; 1-1/2 teaspoons dried oregano; 1-1/2 teaspoons dried basil; 1-1/2 teaspoons dried parsley; 3/4 teaspoon salt. Pasta Marina- 6 to 8 ounces dried pasta of your choice; 2 cups marinara sauce;

Chickpea Meatball Sub: 6 Chickpea Meatballs. Sandwich-1 cup marinara sauce; 6 Chickpea Meatballs; 2 sub rolls Whole wheat. Preheat the oven to 450°F. Lightly oil a rimmed baking sheet or line it with parchment paper and set aside. Mix together 1/4 cup water and the ground flaxseeds in a bowl and set aside to gel. Place the chickpeas and walnuts in the base of a food processor and pulse until very finely chopped. Remove the chickpea mixture from the food processor and place it in a large bowl. Add the flaxseed mixture, bread crumbs, olive oil, oregano, basil, and parsley. Stir together until the mixture is combined. It should stick together easily. If it's too sticky, add in more bread crumbs. If it's too dry, add a little more oil or water. Add salt to taste. Scoop out 1 tablespoon of the mixture at a time, roll it into a ball, and place it on the prepared baking sheet. Drizzle with more olive oil for crispier meatballs, then bake for 20 minutes, or until golden brown. Warm the sauce and the meatballs, then toss to just combine. Stuff into a toasted (or untoasted) sub roll and enjoy! Bulsiewicz MD, Will . Fiber Fueled (pp. 329-330). Penguin Publishing Group. Kindle Edition.

Lentil Sloppy Joes: Serves 2.

1/4 cup brown or green lentils, rinsed and drained; 1 teaspoon olive oil, 1/4 cup finely chopped onion, 1/2 carrot, finely chopped; 1/2 red bell pepper, finely chopped; 1/4 cup canned diced tomatoes; 2 teaspoons smoked paprika; 1 teaspoon garlic powder; 1 tablespoon tomato paste; 1 teaspoon 100% maple syrup; 1 teaspoon Dijon mustard; 1 teaspoon apple cider vinegar; 1/4 teaspoon salt; 2 whole-grain buns, for serving. Bulsiewicz MD, Will . Fiber Fueled (p. 332). Penguin Publishing Group. Kindle Edition.

Chickpea and Avocado Sandwich Make at night, then pack separately from sliced whole grain bread to assemble right before eating. Serves 2.

1 cup chickpeas, rinsed and drained; 1 large avocado, pitted and roughly chopped; 1/4 cup chopped cilantro; 2 tablespoons finely chopped red onion; 1 teaspoon olive oil; Juice of 1 lime; 1/4 teaspoon salt; 4 slices toasted sourdough bread (or wholegrain) bread, if desired. Place the chickpeas and avocado in a medium bowl and mash together using a fork or potato masher. Add the cilantro, onion, olive oil, lime juice, and salt. Season to taste as desired, then serve between toasted bread and toppings of your choice. Bulsiewicz MD, Will . Fiber Fueled (pp. 334-335). Penguin Publishing Group. Kindle Edition.

Tomato and White Bean Soup: Serves 4 (makes about 6 cups) 1 tablespoon extra-virgin olive oil; 1 yellow onion, chopped; 2 cloves garlic, minced; 1 teaspoon tomato paste; 1 large sprig fresh thyme; 1 small bay leaf; Kosher salt; one 15-ounce can of diced tomatoes, with liquid; one 15-ounce can white beans (cannellini or navy), drained; 1-quart low-sodium vegetable broth. Heat the olive oil in a large saucepan over medium-high heat. Add the onion and garlic and cook until softened, about 4 minutes. Add the tomato paste and cook, stirring, until the paste begins to caramelize, 2 to 3 minutes. Add the thyme, bay leaf, and salt. Add the tomatoes and liquid and bring the mixture to a boil. Cook until most of the liquid evaporates, about 5 minutes. Add the beans and broth and cook until the beans begin to break down, about 10 minutes. Remove the bay leaf and thyme sprig. Carefully transfer about 1 cup of the soup to a food processor, purée, and return the mixture to the saucepan. Season to taste. Serve warm. Smith, Ian K. . Plant Power (pp. 169-170). St. Martin's Publishing Group. Kindle Edition.

Green Drink This tart drink is a mix between a fruit smoothie and a limeade! Very refreshing, it is a great mid-afternoon pick-me-up. Serves two. Ingredients: 2 cups chopped honeydew melon; 4 kiwis, peeled; zest and juice of 1 lime; 10 mint leaves; 2 cups crushed ice. Place the honeydew, kiwi, lime zest, lime

juice, mint, ice, and ½ cup water into a blender and process until smooth. Divide between two glasses and serve. Bulsiewicz MD, Will. Fiber Fueled (p. 309). Penguin Publishing Group. Kindle Edition.

Banana Baked Oatmeal is one of our favorite warm breakfasts. While this one is delicious right out of the pan, we recommend enjoying it warm, topped with cold almond milk, chopped nuts, and extra berries. To prepare ahead, assemble everything the night before to bake in the morning or prep on Sunday and reheat with a little more almond milk as it will dry out slightly in the fridge. Serves four, with leftovers for later in the week. 1 large banana, sliced; 1½ cups quick-cooking oats; 2 tablespoons ground flaxseeds; 1/2 teaspoon ground cinnamon; 1 teaspoon baking powder [editor's note: use Rumford aluminum-free baking powder]; 1/4 teaspoon salt; 3/4 cup almond milk or other dairy-free milk; 1/3 cup 100% maple syrup; 2 tablespoons organic sunflower oil; 1 teaspoon vanilla extract; 1/4 cup chopped walnuts or other chopped nuts.

Preheat the oven to 350°F. Lightly spray an 8 x 8-inch baking dish. Place the sliced bananas in a single row on the bottom of the pan and set aside. In a medium bowl, whisk together the oats, flaxseeds, cinnamon, baking powder, and salt. In a separate medium bowl, whisk together the almond milk, maple syrup, sunflower oil, and vanilla. Add to the oat mixture and stir together until combined. Stir in the chopped nuts and gently top the sliced bananas in the baking dish with the oatmeal. Place in the oven and bake for 30 minutes, or until golden brown and set. Bulsiewicz MD, Will . Fiber Fueled (pp. 320-321). Penguin Publishing Group. Kindle Edition.

Barley Vegetable Soup By Donna Green Goodman, MPH. Ingredients: Olive Oil; 1 medium onion; 2-3 stalks celery; 3-4 cloves garlic; 1 small bell pepper; 2-3 carrots, sliced or diced; 2 cups fresh, coarsely chopped Roma tomatoes; 1 cup of barley; 1 cup of corn; 1 cup of lima beans; 1 cup of green beans; Water; McKay's Chicken Style Seasoning, Basil, Thyme, Parsley to taste; 1 Bay Leaf. Instructions: 1. Pour a small amount of oil [or use a small amount of water] into a large soup pot. 2. Add onion, celery, garlic, bell pepper, and carrots. 3. Sauté for 3-5 minutes. 4. Add other ingredients stirring well. 5. Add 4 cups of water. 6. Season to taste with Chicken style seasoning and herbs; add bay leaf. 7. Let simmer for a few minutes. 8. Add 2-4 cups more water, and bring to a boil. 9. Lower heat and simmer for about 30 minutes until the ingredients are tender. 10. Add more water if necessary. from nadhealth.org

Corn Chowder Soup Ingredients: 1 cup onion, chopped; 2 Tbsp water (for sautéing); 2 stalks celery, chopped; 2 carrots, chopped; 1 cup parsley, chopped; 2 cups sweet corn; 2 cups water; 2 cups plant-based milk; 1 potato chopped; 3 clove garlic, crushed; 1/4 teaspoon nutmeg; salt and pepper to taste. Directions: Sauté onion and garlic in 2 tablespoons water, over medium–high heat until soft. (Note: Sautéing in water is more healthful than oil and tastes the same.) Add 2 cups water, chopped celery, and carrots. Cook for 10 minutes. Add sweet corn, plant milk, chopped potato, parsley, and spices. Continue cooking for another 10 minutes. Serve hot. Enjoy this whole food, hearty soup. From Kathy Yawingu MD, <https://wellnessmdmom.com>

Red Pepper Hummus By Donna Green Goodman, MPH.

Ingredients: 2 cups cooked or canned garbanzos, with liquid; 1/3 cup fresh lemon juice; 1 small red pepper (roast if desired); 1/4 cup tahini (sesame seed butter); 1/2 teaspoon salt; 1/2 teaspoon onion powder; 1/2 teaspoon cumin or to taste; 2 cloves garlic; McKay's NO MSG Chicken Style Seasoning to

taste, optional. Instructions: 1. Pour a small amount of oil [or water] into a large soup pot. 2. Add onion, celery, garlic, bell pepper, and carrots. 3. Sauté for 3-5 minutes. 4. Add other ingredients, stirring well. 5. Add 4 cups of water. 6. Season to taste with Chicken style seasoning and herbs. 7. Let simmer for a few minutes. 8. Add 2-4 cups more water, and bring to a boil. 9. Lower heat and simmer for about 30 minutes until the ingredients are tender. 10. Add more water if necessary. 11. Adjust seasonings to taste. From nadhealth.org

Crunchy Granola

Ingredients

- 2 Tbsp boiling water
- 1½ cups pitted dates (can mix ½ dried pineapple)
- 2 medium-size, speckled bananas
- 1 Tbsp vanilla
- 10 cups rolled oats
- ½ cup unsweetened coconut
- Scant ½ tsp salt

Steps

- Step 1
Preheat the oven to 175 degrees.
 - Step 2
Put the dates and pineapple in a small bowl and pour on the boiling water to soften. Cover with a plate and let set for about 5 minutes.
 - Step 3
Measure the oats, coconut and salt in a bowl.
 - Step 4
Whiz the dates, bananas, and vanilla in a blender until smooth.
 - Step 5
Pour the mix on the oats and stir well. Rub the mix between your hands to coat everything evenly.
 - Step 6
Spread the mixture on 2 large baking pans or cookie sheets to about ½" thick.
 - Step 7
Bake for about 8-9 hours or until thoroughly dry. Rotate pans or stir if desired.
 - Step 8
Allow to cool before storing in airtight containers.
- Serving Option 1:
1. If you'd like it softer: Pour the amount of desire granola into a bowl and cover with non-dairy milk.
 2. Add fresh, frozen, or dried fruit if desired. Cover and chill overnight.
 3. In the morning, add fresh cut fruit, dried fruit, nuts or seeds, and more milk, non-dairy yogurt or unsweetened applesauce as desired.
- Serving Option 2:
4. Put about 1½ cup granola in a bowl, add ½ a can of unsweetened crushed pineapple with some of the juice. Add 1 cup frozen blueberries.
 5. Chill for 24-48 hours. Serve with milk if desired.

Cranana Muffins

Nyse Collins
(TDY16073)
"Take it To-Go"

Ingredients

- 1 cup whole wheat pastry flour
- 1 cup oat bran
- 2 tsp featherweight baking powder
- ¼ cup dried cranberries
- 1 cup mashed ripe bananas
- ¾ cup coconut milk
- ¼ cup agave/honey
- 1 tsp cardamom

Steps

- Step 1
In a medium bowl, combine dry ingredients, including nuts and raisins, and mix well.
 - Step 2
Mix agave and coconut milk. Add to the dry mixture and mix just until moistened.
 - Step 3
Spray muffin tin and fill with batter.
 - Step 4
Bake at 350 degrees for about 30 minutes or until golden.
-

Blazing Bran Muffins

Nyse Collins
(TDY16073)
"Take it To-Go"

Ingredients

- 1 cup whole wheat pastry flour
- 1 cup oat bran
- 2 tsp featherweight baking powder
- ¼ cup chopped pine nuts or nuts of choice
- ¼ cup raisins (optional)
- ¾ cup coconut milk
- ¼ cup agave or honey
- ½ tsp ground coriander

Steps

- Step 1
In a medium bowl, combine dry ingredients, including nuts and raisins, and mix well.
- Step 2
Mix agave and coconut milk. Add to the dry mixture and mix just until moistened.
- Step 3
Spray muffin tin and fill with batter.
- Step 4
Bake at 350 degrees for about 30 minutes or until golden.

Breakfast “Sausage”

Curtis and Paula Eakins
(TDY#12061)

Ingredients

- 2 c. water
- 5 Tbsp. lite soy sauce
- 2 Tbsp. olive oil
- 1 Tbsp. honey
- 2 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. Italian seasoning
- 1 Tbsp. sage
- 1/2 tsp. sea salt
- 1/4 tsp. cayenne pepper
- 2 c. quick oats
- oil spray

Steps

- Step 1
In a large saucepan, combine water, soy sauce, olive oil and honey. Bring to a boil.
- Step 2
Add onion powder, garlic powder, sage, Italian seasoning, salt and cayenne pepper. Slowly stir in the quick oats.
- Step 3
Reduce heat and simmer, stirring for about 2 minutes, or until thick.
- Step 4
While still hot, place sausage mixture by scoopful onto oiled baking sheet. Allow to cool slightly, then flatten into a patty.
- Step 5
Bake at 350 degrees for 10 – 15 minutes on each side.

How To Make Nut-Free Vegan Mac And Cheese?

1. Prepare cheese sauce in a blender by adding white beans that are drained and rinsed, nutritional yeast flakes, lemon juice, tahini, onion powder, garlic powder, smoked paprika, and salt. Blend sauce until smooth and creamy, set aside.
2. Bring water to boil over medium-high in a large pot. Add 1 teaspoon salt and bring to a boil. Stir in macaroni and cook according to package directions. Remove pot from the stove and drain using a colander. Return pasta to the stovetop. Add prepared vegan cheese sauce and stir to coat the pasta, stirring constantly.
3. Garnish with spring onion and serve.

Vegan Gluten free Oat Pancakes

- 3 tbsp Applesauce
- 2 cups Oats
- 1 1/2 tbsp Baking powder
- 3 tbsp Brown sugar

Liquids

- 1 1/2 cups Water

Skillet Potatoes

Ingredients

- 6 medium **potatoes**, sliced into 1/8 inch slices
- 1 tablespoon **coconut oil**
- 1/2 medium **onion**, sliced
- 3 cloves **fresh garlic**, chopped
- 1/2 **red bell pepper**, cut into slices
- 1 teaspoon **onion powder**
- 1 teaspoon **garlic powder**
- 1/2 teaspoon **ground paprika**
- **salt**, to taste
- 1/4 teaspoon **Cayenne pepper**
- 2/3 cup **vegetable broth**, or water
- 1 teaspoon **dried parsley flakes**, Extra for garnish

Instructions

1. Heat oil in a non-stick skillet. Add onion, garlic, and bell pepper, and saute until onion is soft about 3 minutes.
2. Add potatoes and stir to coat with the oil.
3. Sprinkle potato slices with onion powder, garlic powder, paprika, parsley, salt and stir to coat.
4. Add water or vegetable broth and cover skillet and cook until liquid is absorbed and the potatoes are crisp on the outside, about 15-20 minutes.
5. Remove the cover, carefully turn potatoes over to crisp on the other side, about 2 minutes. Serve immediately.

Ingredients

- 2 cups **certified gluten-free rolled oats**
- 1/4 cup **unsweetened coconut flakes**
- 2 tablespoons **ground flax seeds**
- 2 tablespoons **sesame seeds**
- 1/4 cup plus 2 tablespoons **maple syrup**
- 2 tablespoons **coconut oil**, melted
- 1/2 teaspoon **almond extract**
- 1/2 teaspoon **vanilla**
- 3/4 teaspoon **salt**
- 1/2 cup **almond slices**
- 1/2 cup **dried cranberries**, or raisins

Instructions

1. Preheat oven 300 degrees F. Line a rimmed baking sheet with greased parchment paper. In a large bowl combine oats, coconut flakes, flax seeds, sesame seeds.
2. In a large bowl combine oats, coconut flakes, flax seeds, sesame seeds.
3. Mix maple syrup, coconut oil, almond extract, vanilla and salt.
4. Mix wet ingredients into dry ingredients until oat mixture is evenly coated.
5. Spread on the baking sheet. Press down the granola with the palm of your hands firmly.
6. Bake for 50 minutes to 1 hour turning every 15 minutes.
7. Cool on baking sheet until crunchy. Mix in nuts and dried fruit.
8. Store granola in an airtight container.

Macaroni Salad

- 2 cups **dry elbow macaroni**, I used gluten-free
- 1 cup **vegan mayonnaise**, store bought or see recipe below
- 1 clove **garlic**, minced
- 1/2 teaspoon **dried dill**
- 1/2 teaspoon **sea salt**
- 1 teaspoon **relish**
- 1/2 cup **red bell pepper**, diced or (pimiento peppers)
- 1/2 cup **celery**, diced
- 1/4 cup **red onion**, chopped
- 1/4 cup **sliced**, black olives (optional)
- **Vegan cheddar**, cubed (optional)

Homemade Cashew Mayo

- 1 cup water
- 1 cup **cashews**
- 1/2 cup **non-dairy milk**
- 2 tablespoons **cornstarch**, or tapioca starch
- 1 tablespoon **fresh lemon juice**
- 1 tablespoon **onion**, chopped
- 1 clove **garlic**
- 1 teaspoon **salt**, or to taste

Instructions

For The Macaroni Salad

1. Cook elbow macaroni according to package directions. Drain and rinse under cold water.
2. In a large bowl, mayonnaise, garlic, dill, salt, and relish. Stir in macaroni, red bell pepper, celery, onion, black olives and cheddar cheese cubes. Mix well, cover and chill.

For The Vegan Mayo

1. Blend water, cashews, milk, starch lemon juice, onion, garlic, and salt until creamy.
2. Pour in a medium saucepan over medium-low heat, cook stirring until sauce begins to thicken. Remove from heat and allow to cool. Store in refrigerator. Use in place of mayo in your favorite recipes.

Broccoli Salad

- 4 cups **broccoli florets**
- 2 teaspoons **olive oil**
- 1/2 **avocado**, chopped
- 1/4 teaspoon **salt**
- 1/4 cup **red onion**, chopped
- 2 tablespoons **sunflower seeds**

Creamy Avocado Basil Dressing

- 3/4 cup water
- 1/2 medium **avocado**, chopped
- 2 tablespoons **lemon juice**
- 2 tablespoons **olive oil**
- 1/2 teaspoon **maple syrup**, (optional)
- 1/4 cup **basil leaves**, packed
- 1 clove **garlic**
- 1/2 teaspoon **sea salt**
- 1/4 teaspoon **ground cayenne pepper**

Instructions

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper, and set aside.
2. Place the broccoli florets in a large bowl, and toss with the olive oil and salt. Place the broccoli florets in a single layer on the prepared baking sheet, and bake for 20 minutes or until the broccoli is tender.
3. While the broccoli is roasting, prepare the dressing. In a high speed blender, add all the dressing ingredients and process until smooth.
4. When the broccoli is finished roasting, remove it from the oven and transfer into a large bowl. Add the avocado, onion, and sunflower seeds. Stir in dressing to coat, and serve immediately.

Ingredients

- 1 pound **cauliflower florets**
- 1/4 cup **vegan mayonnaise**
- 3 tablespoons **brown rice flour**, or your favorite gluten free flour
- 1 tablespoon **nutritional yeast flakes**
- 1 teaspoon **onion powder**
- 1/2 teaspoon **garlic powder**
- 1/2 teaspoon **ground paprika**
- 1 teaspoon **Italian seasoning**
- Pinch **turmeric powder**
- **sea salt**, to taste

Instructions

1. Preheat oven 400°F. Line baking sheet with parchment paper and set aside.
2. Place cauliflower florets in a bowl, toss with mayonnaise and set aside
3. In a small bowl combine breading ingredients brown rice flour, yeast flakes, onion powder, garlic powder, paprika, Italian seasoning, turmeric powder and mix well.
4. Dip cauliflower florets in breading and place on baking sheet, repeat until all florets are coated.
5. Bake for 30 minutes turning halfway. Delicious served with ketchup or barbecue sauce.

Ingredients

- 1 pound **extra-firm tofu**, pressed and cut into cubes
- 1 tablespoon **Bragg's liquid aminos**
- 3 tablespoons **curry powder**, divided
- 2 tablespoons **coconut oil**, or more if needed
- 1 small **onion**, finely chopped
- 3 cloves **garlic**, minced
- 1 teaspoon **freshly grated ginger**
- 2 **green onion**, sliced
- 1/2 medium **bell pepper**, diced
- 2 sprigs **fresh thyme**, or 1/2 teaspoon dried
- 1/4 teaspoon **allspice powder**
- 3 cups **cauliflower florets**
- 1 cup **coconut milk**
- 1 cup water
- 1 **vegan bouillon**, or salt to taste
- 1 whole **Scotch Bonnet pepper**, or 1/4 teaspoon Cayenne pepper

Instructions

1. Place tofu cubes in a bowl, toss with Bragg's Liquid Aminos, and 1 tablespoon curry powder.
2. Heat oil in a large saucepan over medium-high heat. Add tofu and cook until golden brown and crispy, about 3 minutes, turn with a spatula and cook for another 3 minutes or until crispy.

3. Using a slotted spoon, remove the tofu, and set aside.
4. You might need to add extra oil, add the remaining 2 tablespoons curry powders and cook until dark brown but not black. Make sure you are stirring constantly!
5. Add the onion, garlic, ginger, green onion, bell pepper, thyme, and vegan bouillon. Cook for about 1 minute, stirring constantly.
6. Add cauliflower florets and stir to coat.
7. Stir in the coconut milk, cover saucepan and bring to a boil, reduce heat to simmer and cook for about 20 minutes or until cauliflower florets are tender.
8. Stir in sauteed tofu and serve.

Ramen Noodle Salad

- 1 pack (8oz) [ramen noodles](#) cooked, just slightly al dente*
- 3 cups red cabbage shredded
- 1 cup carrot grated
- 5 scallion stalks sliced
- ¼ cup [slivered almonds](#)

Dressing

- 3 Tablespoons warm water
- ¼ cup [smooth peanut butter](#) (room temp pb makes it easier to whisk)
- ½ lime juiced
- 3 Tablespoons [apple cider vinegar](#)
- 2 Tablespoons [maple syrup](#)
- 2 Tablespoons [tamari](#) or soy sauce if not gf
- ½ teaspoon [garlic powder](#)
- ½ teaspoon [onion powder](#)

Instructions

Add all salad ingredients to a large bowl.

In a separate bowl, whisk salad dressing ingredients. If the dressing is too thick for your liking, feel free to add a little more warm water until you get the consistency you desire.

Notes

* I used non-fried brown rice ramen but you can use any kind you would like

**If you pre-cook the noodles, add a little olive oil to them before putting them in the fridge so they don't stick together.

Nutrition

Calories: 185.5kcal | Carbohydrates: 20.8g | Protein: 6.4g | Fat: 9g | Fiber: 3.5g | Vitamin A: 7500IU | Vitamin C: 37.1mg | Calcium: 70mg | Iron: 1.3mg

Creamy Chickpea Salad Sandwiches

Ingredients

2 14-oz cans chickpeas, drained/rinsed (garbanzo beans)
3/4 cup savory cashew cream ([recipe here](#), nut-free option available)
3/4 teaspoons salt, to taste
1/4 teaspoon black pepper, plus more to taste
2-4 tablespoons lemon juice, to taste
1 to 1.5 cups mix-ins of choice (see below for pictured combo)

2/3 cup diced celery
1/2 cup toasted, chopped walnuts
1/4 cup fresh tarragon leaves, chopped (2 tbs chopped)

For Serving

bread of choice
fresh romaine lettuce

To Make

In a mixing bowl, crush chickpeas until they just begin to turn to a paste holds together slightly (see photos). I use a pastry cutter or a potato masher for this task, but you can also use a fork or meat mallet.

Add mix-ins of choice and stir to combine. Add cashew or sunflower seed cream plus salt, pepper and lemon juice. Need it creamier? Add a small splash or water to loosen the dressing consistency.

Divide fresh romaine lettuce and chickpea salad onto sandwiches.

Notes

Use any binder you want instead of the homemade cashew/sunflower seed cream. Mayo and yogurt are good options, both also come in vegan versions. You'll need less mayo/yogurt than my "cream" so add a little at a time to achieve desired consistency.

I added 4 tablespoons lemon juice (1/4 cup, 1 lemon). For a subtler lemon flavor reduce to 2 tablespoons.