

Recipes

Breakfast

Pancakes (Makes 6-8 pancakes)

INGREDIENTS

1 cup all-purpose flour
1 ½ tablespoon maple syrup or 1 tablespoon vegan sugar
1 1/2 tablespoons baking powder
¼ teaspoon salt
1 cup soy milk
1 1/2 tablespoons canola oil
½ teaspoon vanilla extract
½ teaspoon cinnamon (optional)
strawberries (washed and chopped in halves)

DIRECTIONS

1. Combine the dry ingredients in a bowl and mix well.
2. Add in the wet ingredients and whisk until the batter is smooth.
3. Pour about ⅓ cup batter onto a hot, oiled skillet. (A light coat of cooking spray also works.)
4. When bubbles appear on the top of the pancake (approximately 2 minutes) turnover with a spatula and cook for about 1 minute more. Repeat with the other pancakes and serve. Drizzle with maple syrup or agave and fresh strawberries.

Your first day as a vegan

We see a lot of people try veganism for the first time by rushing out to buy vegan versions of the food they already eat: soy hot dogs, soy hamburgers, soy cheese, etc.

While it's understandable to indulge in familiar foods every once in a while, being a vegan omnivore isn't the best strategy for kicking off a vegan life.

Think of veganism (in terms of a diet) as a move to a new country. If you traveled to India, would you set out in search for big cups of coffee, drive-throughs, or diners?

More likely you'll take advantage of the new culture by trying Indian food and customs.

Think of the vegan diet the same way. As a vegan, you may be trying new delicious foods and recipes you've never even heard of.

On this sheet, we've listed just a few recipes that don't require living next to corporate health foods stores or spending money having specialty items delivered to you.

Most will find it easy to prepare these dishes via the local supermarket.

Enjoy.

Recipes

Breakfast

Scrambled Tofu

INGREDIENTS

2 teaspoons olive oil, plus more as needed
1 16-ounce container of firm, water packed tofu, rinsed
3 tablespoons nutritional yeast flakes
1/2 teaspoon granulated onion
1 small onion, sliced
Sliced mushrooms
2 cloves garlic
1/2 cup chopped spinach (optional)
Ground white pepper, to taste
1 tablespoons Braggs or soy sauce
1 small avocado (optional) Pitted and sliced

DIRECTIONS

1. Drain the tofu and gently squeeze to extract water. Using paper towels, blot as much moisture from the tofu as possible.
2. Heat a nonstick skillet over medium-high heat. Add a drizzle of olive oil so that the bottom of the skillet is lightly coated.
3. Break the tofu into bite size pieces and add them to the hot skillet.
4. Let the tofu cook, for approximately 5-8 minutes, stirring occasionally, until the tofu turns a golden brown. (Try not to let the tofu stick to the pan; Use the spatula to get under the tofu.)
5. Sprinkle in the nutritional yeast and granulated onion. Combine well with spatula.
6. Add 2 teaspoons of olive oil to the skillet, along with the sliced onion, mushrooms, chopped spinach and garlic. Stir occasionally until the spinach wilts and the mushrooms are tender.
7. Sprinkle with white pepper and a splash of Braggs or soy sauce.
8. When the liquid is absorbed, remove scramble from skillet. (The liquid should be absorbed, but the tofu should not be dry. Add a splash more of water or soy sauce if dry.) Garnish with sliced avocado and serve.

Recipes

Breakfast

Blueberry Smoothie (Serves 1)

INGREDIENTS

1 cup apple juice
1 banana, frozen or room temperature
1 cup frozen wild blueberries*
1 tsp agave syrup (optional)
2 tablespoons of flaxseed (optional) Flaxseed is extremely nutritious providing essential omega 3s.

optional add-ins: chia seeds, handful of greens

DIRECTIONS

1. In blender combine all ingredients. (Add more juice if you prefer a less thick consistency.)
2. Blend until smooth. Add ice for a thicker blend.

Other simple breakfast options:

Fruit salad

Toast with jam

Bagel (Bagels are usually vegan. A shiny glaze is an indicator that it probably was glazed with egg.) vv

Oatmeal made with non dairy milk

Vegan cold cereal with non dairy milk

Recipes

Breakfast
Bean Salad

INGREDIENTS

1/2 cup Italian salad dressing
1 15-ounce can kidney beans, drained and rinsed
1 15-ounce can pinto beans, drained and rinsed
1 15-ounce can black-eyed peas, drained and rinsed
1 cup frozen corn, thawed completely
1/2 medium red onion, diced
1 large red bell pepper, seeded and diced
1 teaspoon salt, or to taste
1 teaspoon black pepper, or to taste

DIRECTIONS

Toss all ingredients together. Serve.
Store in the refrigerator for two to three days.

Recipes

Lunch

Bean Salad

INGREDIENTS

2 slices of vegan bread
1 small avocado
1 small tomato
1/4 cup hummus
handful of sprouts (optional)
1 lemon wedge (optional)
sea salt to taste (optional)

DIRECTIONS

1. Spread both slices of bread liberally with hummus and set aside.
2. Cut the avocado in half and remove the pit.
3. Scoop out the avocado and cut into slices.
4. Slice the tomato and add the avocado and tomato to bread.
5. Drizzle fresh lemon onto the veggies.
6. Cut and serve. Enjoy!

Recipes

Lunch

Chili and Baked Potato

INGREDIENTS

1 can of vegan chili or 1 can of pinto beans seasoned to taste with chili powder and salt.

1 Baked Potato

Chopped leafy lettuce and spinach or steamed greens.

DIRECTIONS

1. Bake potato in oven at 425 for 50 minutes or microwave for 5-6 minutes.
2. Heat beans.
3. Pour beans over potato and serve with some leafy greens.

Recipes

Dinner

Makes 4 burritos

INGREDIENTS

1 15-ounce can black beans, drained
1/4 cup salsa
1 cup cooked brown rice
4 flour tortillas
1 cup shredded spinach or leafy lettuce
1/4 onion diced
1 tomato diced
1 avocado pitted and sliced (optional)

DIRECTIONS

1. Combine the cooked brown rice, black beans and salsa, in a saucepan and simmer for 3-4 minutes, stirring occasionally.
2. Remove from heat, cover, and let sit for a few minutes.
3. In an ungreased skillet, heat a tortilla until soft and warm, then spread the bean mixture down the center.
4. Top with lettuce, tomato, onions, avocado slices and more salsa, if desired.
5. Roll the tortilla around the filling. Repeat with the remaining tortillas.

Recipes

Dinner

Pasta Primavera (serves two)

INGREDIENTS

1/2 lb (8 oz) whole wheat pasta or spinach pasta
1 1/2 tablespoons olive oil or vegan margarine
2 tablespoons minced garlic
1/3 cup chopped onion
2 teaspoon fresh oregano (dried will also work)
1/2 large zucchini sliced and halved
4 large mushrooms, sliced
1/4 cup red or orange bell pepper, chopped coarsely
2 medium tomatoes chopped
20 fresh basil leaves, torn into pieces
salt to taste

DIRECTIONS

1. Fill large pot with water for the pasta. While the water is coming to a boil, start chopping the vegetables.
2. In a large pan, heat the olive oil or margarine over medium heat just until the bottom is coated.
3. For about 1 minute, saute the garlic, onion, oregano and salt.
4. The large pot of water should be boiling about now. Add pasta.
5. While the pasta cooks, add the zucchini to the sauteing vegetables and cook for another minute.
6. Add in the mushrooms and continue to sauté until they are 1/2 cooked.
7. Add in the bell peppers and continue to saute.
8. When pasta is almost done, add the basil and the tomatoes to the saute saute and gently mix. The basil should be wilted before serving.
9. Drain the pasta and immediately serve with the mixed vegetables. Mix and serve.

Recipes

Dinner

Mushroom And Pea Risotto (Serves 4)

INGREDIENTS

2 tablespoons extra-virgin olive oil
2 medium onions, coarsely chopped
4 cloves garlic, finely chopped
1 cup thinly chopped mushrooms (Discard tips of stems)
1 2/3 cups risotto rice (arborio or carnaroli)
2 lemons, washed and dried
4 cups of hot stock (Add two vegan bouillons to water to create stock.)
1 1/2 cups frozen peas
Salt to taste
1 teaspoon ground black pepper
1 tablespoon fresh parsley

DIRECTIONS

1. Heat the oil in the large pot.
2. Saute the onions and garlic in the pot for about 3 minutes.
3. Stir in the rice and mushrooms and saute for 3 more minutes, stirring frequently.
4. Take the lemons and finely grate the outer layer of the peels. (Lemon Zest) Add to the pot.
5. Squeeze the juice of the lemons into a separate small pot and put aside.
6. Add a little of the stock to the rice and heat to a simmer. Little by little, add in the stock making sure to keep the mixture at a simmer as the rice absorbs the stock.
7. After about 11 minutes, add the peas and return to a simmer. Stir well.
8. After another 11 minutes, check to see if the rice has absorbed all the stock and is tender.
9. Stir in the lemon juice and heat for 1 minute.. Add salt and pepper to taste. Garnish with fresh parsley and serve.

Recipes

Dinner

Mushroom And Pea Risotto (Serves 4)

INGREDIENTS

2 tablespoons extra-virgin olive oil
2 medium onions, coarsely chopped
4 cloves garlic, finely chopped
1 cup thinly chopped mushrooms (Discard tips of stems)
1 ⅔ cups risotto rice (arborio or carnaroli)
2 lemons, washed and dried
4 cups of hot stock (Add two vegan bouillons to water to create stock.)
1 ½ cups frozen peas
Salt to taste
1 teaspoon ground black pepper
1 tablespoon fresh parsley

DIRECTIONS

1. Heat the oil in the large pot.
2. Saute the onions and garlic in the pot for about 3 minutes.
3. Stir in the rice and mushrooms and saute for 3 more minutes, stirring frequently.
4. Take the lemons and finely grate the outer layer of the peels. (Lemon Zest) Add to the pot.
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8. After another 11 minutes, check to see if the rice has absorbed all the stock and is tender.
9. Stir in the lemon juice and heat for 1 minute.. Add salt and pepper to taste. Garnish with fresh parsley and serve.

Recipes

Dessert

Chocolate Chip Cookies (Makes around 22-24 cookies)

INGREDIENTS

Tip: Oven thermometers are recommended for baking.

2 cups unbleached all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1/2 cup unrefined sugar
1/2 teaspoon sea salt
2/3 cup pure maple syrup
1/2 teaspoon blackstrap molasses
1 teaspoon pure vanilla extract
1/2 cup canola oil
2/3 cup non-dairy chocolate chips.

DIRECTIONS

1. Preheat oven to 350°F.
2. Line baking sheet with parchment paper.
3. Sift the flour, baking powder, and baking soda into a large bowl.
4. Stir in the sugar and salt until well combined.
5. In a separate small bowl, mix the maple syrup with the molasses and vanilla, then stir in the oil until well combined. -Add the wet mixture to the dry.
6. Fold in the chocolate chips, and gently stir until well combined. Be careful not to overmix.
7. Place generous spoonfuls of the batter on the lined baking sheet. (Flatten slightly) Cookies should be about 1 inch apart.
8. Bake for 11 minutes. The cookies should be golden in color. Let cool on the sheet for 1 minute before transferring to a cooling rack.

Recipes

Dessert

Cinnamon Icing Glaze

INGREDIENTS

1/2 cup organic confectioners' sugar
1/2 tsp ground cinnamon
2 tbsp. soy milk
2 Tbsp. vegan margarine, melted
1/2 tsp. vanilla extract

DIRECTIONS

1. Combine sugar and cinnamon in a small mixing bowl. Add the soy milk, margarine and vanilla and mix with a fork. Stir until smooth. Keep at room temperature.
2. Cut a tiny hole in the corner edge of a plastic sandwich bag. Pipe glaze in swirls and or zigzags. Enjoy!