



# **PLANT BASED RECIPES**

# BRUSSEL SALAD

SERVES: 4

## **What You'll Need:**

- ¼-½ cup pecans (optional)
- 1 pound Brussel sprouts
- ½ cup water
- 5 Medjool dates, pitted and diced
- 1 apple, diced
- 1 lemon, juiced

## **How to Do It:**

Gather all ingredients.

Heat your oven to 350 degrees. Lightly toast the pecans in the oven at for 5 minutes. You will know they're ready when you can smell their sweet aroma. Be careful, they can burn quickly.

Cut the Brussel sprouts in half and then julienne each half. Remove hard core. Note: Your food processor can do tis a lot faster!

In a large non-stick pan, sauté the sliced Brussel sprouts with the water over medium heat.

Stir in the dates. Let simmer for 5-7 minutes, stirring occasionally.

Brussel sprouts are ready when they turn soft and bright green. Turn off the heat. Add the apples and lemon juice. Break the pecans into pieces and stir them into the salad.

Serve immediately.

# Tomato Feta and Garbo Salad

Serves 2-4

## What You'll Need

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon minced shallot
- 1 (15-ounce) can garbonzo beans, drained and rinsed
- 1 pint cherry or grape tomatoes (about 2 cups), halved
- 4 ounces feta cheese, crumbled (about 1 cup)
- 1/2 cup coarsely chopped fresh parsley leaves
- 2 tablespoons chopped fresh basil
- S&P to taste

## How to Make It

Whisk the oil, vinegar, shallot, a big pinch of salt, and a few generous grinds of black pepper together in a large bowl. Add the beans, tomatoes, feta, parsley, and oregano and toss to combine. Taste and add more salt and pepper as needed.

Note: Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

# Summer Corn Salad

*Courtesy of Sheree Clark, Fork in the Road*

Yield: 4-6 servings

## **What You Need:**

- 4 cups fresh uncooked sweet corn, cut from cob ( frozen sweet corn works too)
- 1 cup grape tomatoes, quartered
- 1 cup red bell pepper, diced
- 1 avocado, cubed
- 2/3 cup fresh cilantro, chopped
- 3 cloves garlic, finely minced
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 teaspoon jalapeño, minced (optional)
- To taste unrefined salt and black pepper

## **How to Make It**

Combine ingredients in a mixing bowl. Serve.

# Roasted Acorn Squash

Serves: 4

## **What You'll Need:**

- 2 medium acorn squash
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon fine sea salt, divided
- ½ cup quinoa, rinsed
- 1 cup water
- ¼ cup dried cherries or cranberries (no sugar added)
- ¼ cup chopped pecans
- ¼ cup chopped green onion
- ¼ cup chopped fresh flat-leaf parsley, plus 1 tablespoon for garnish
- 1 clove garlic, pressed or minced
- 1 tablespoon lemon juice
- ¾ cup grated Parmesan cheese (Vegan or regular)
- ½ cup crumbled feta (optional)

## **How to Do It:**

Gather all ingredients.

Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper or aluminum foil for easy clean-up.

With a sharp chef's knife pierce the squash and slice through squash from the tip to the stem. Slice through the other side. Use a large spoon to scoop out the seeds and stringy bits inside, and discard those pieces.

Place the squash halves cut side up on the parchment-lined pan. Drizzle 1 tablespoon of the olive oil over the squash, and sprinkle with ¼ teaspoon of the salt. Rub the oil into the cut flesh. Flip them over and bake until the squash is easily pierced through by a fork, about 30 to 45 minutes. Leave the oven on.

Meanwhile, cook the quinoa: If you have a rice cooker use that! If not...In a medium saucepan, combine the rinsed quinoa and water. Bring the mixture to a boil over medium-high heat, then reduce the heat as necessary to maintain a gentle simmer. Simmer, uncovered, until all of the water is absorbed, 12 to 18 minutes. Remove the pot from the heat and stir in the cranberries. Cover, and let the mixture steam for 5 minutes. Uncover and fluff the quinoa with a fork.

In a medium skillet, toast the pepitas over medium heat, stirring frequently, until the pepitas are turning golden on the edges and making little popping noises, about 4 to 5 minutes. Set aside.

Pour the fluffed quinoa mixture into a medium mixing bowl. Add the toasted pepitas, chopped green onion, parsley, garlic, lemon juice, the remaining  $\frac{1}{4}$  teaspoon salt, and the remaining 1 tablespoon olive oil. Stir until the ingredients are evenly distributed. Taste and add additional salt, if necessary. If the mixture is very hot, let it cool for a few minutes before adding the Parmesan cheese and goat cheese. Gently stir the mixture to combine.

Turn the cooked squash halves over so the cut sides are facing up. Divide the mixture evenly between the squash halves with a large spoon. Return the squash to the oven and bake for 15 to 18 minutes, until the cheesy quinoa is turning golden on top.

Sprinkle the stuffed squash with the remaining 1 tablespoon chopped parsley, and serve warm.

Top with vegan parmesan.

# Slow Cooker Vegan Chili

Prep Time: 20 minutes | Cook Time: 4-7 hours

Serves: about. 6-8

## **What You Need**

- 2 TBS extra virgin olive oil
- 2 medium yellow onion, chopped
  - 4 cloves garlic, minced
  - 2 TBS chili powder
- 1 TBS chipotle chili powder
  - 1 tsp smoked paprika
  - 1 TBS dried oregano
  - 2 tsp ground cumin
  - ½ tsp ground cinnamon
  - ½ tsp cayenne pepper,
- 6 ounce can tomato paste
- 2 red bell peppers, seeded and chopped
  - 3 carrots, chopped
- 3-4 cups low sodium vegetable broth
- 1(28 ounce) can crushed fire roasted tomatoes
  - 2 TBS Worcestershire sauce
- 1 can white, black and kidney beans, rinsed and drained
  - S&P to taste

Garnish: Avocado slices, chopped green onions, and cilantro, for garnish

### **How to make It**

Heat the olive oil in a large skillet over medium heat. When the olive oil is warm, add the onion, garlic, chili powder, chipotle chili powder, paprika, oregano, cumin, cinnamon, cayenne, and a pinch of salt and pepper.

Cook 5 minutes, until onions are translucent and fragrant. Stir in the tomato paste, bell peppers, and carrots, cook another 5 minutes.

Remove from the heat and add to the bowl of your crockpot.

To the crockpot, add 2 cups vegetable broth, the tomatoes, Worcestershire sauce, and all 3 types of beans.

Season with a tiny bit of salt and pepper.

Cover and cook on low for 6-7 hours or high for 4-5 hours.

If your chili is too thick, add the remaining broth, a little at a time, to desired consistency.

Ladle the chili into bowls.

Top as desired with avocado, green onions and/or cilantro.



# Vegetarian Nachos

Serves: 4

## **What You'll Need:**

1 cup walnuts  
½ cup sun dried tomatoes  
2 tbsp. olive oil (separated)  
1 tbsp. low sodium soy sauce  
¼ tsp cumin, chili, cayenne and garlic  
1 dozen corn tortillas  
Salt to taste  
Juice of ½ lime  
2 Tomatoes, diced  
Avocado, sliced  
Jalapeno & radish, thinly sliced  
½ cup cheddar or Mexican style cheese  
Salsa

## **How to Do It:**

Gather all ingredients.

Heat oven to 325 degrees.

Cut each tortilla into 8 triangles.

Combine 1 tbsp. oil and lime juice in a mister.

Spread the chips evenly on a baking tray.

Mist the oil/lime juice over the chips.

If you don't have a mister evenly drizzle over the chips

Bake 7 minutes then rotate. Bake additional 7 minutes or until crisp. Don't let them brown.

While the chips are baking to a food processor add Walnuts, sundried tomatoes, 1 tbsp. oil, soy sauce, cumin, chili, cayenne and garlic. Process until chunky (it should look like taco meat).

To finish Layer the walnut "meat", tomatoes, jalapeños, radish and cheese on top of chips

Broil for 30 seconds to 1 minute or until the cheese melts

Serve with salsa and fresh avocado

# Spicy Thai Noodle

Serves 6

## **What you'll need:**

- 1 box of quinoa or brown rice linguini
- 1 red pepper, sliced
- 2 medium carrots sliced
- 1 cup snow peas (I just love them!)
- $\frac{1}{4}$  cup water & natural creamy peanut butter
- 2 Tbs. low sodium soy sauce or Braggs Liquid Aminos
- 2 scallions, chopped
- 1  $\frac{1}{2}$  Tbs. rice wine or white wine vinegar
- 1-2 tsp. Sriracha- depending on your taste
- $\frac{1}{2}$  tsp. sugar
- $\frac{1}{4}$  cup cilantro (optional)

## **How to do it:**

Cook Pasta according to package

In a large bowl combine PB, water, soy, vinegar, Sriracha, and sugar

Add pasta and vegetables. Mix to combine

Garnish with cilantro and Serve

Note: If you don't like your vegetables raw add them to the pasta water for 1 minute before draining.