

Recipes

HEALTHY, DELICIOUS, MEAT-FREE MEAL IDEAS

Bahn Mi

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 4 SERVING SIZE: 1

Ingredients	Quantity	Measure
Carrots, shredded	½	cup
Cucumber, shredded	½	cup
Mirin or brown rice vinegar	¼	cup
Tofu, firm, drained, cut in 3 sections, then quartered	14	oz.
Garlic, minced	2	cloves
Sesame Oil	2	tbsp.
Tamari	¼	cup
Chili Sauce, like Sriracha	½	tsp.
Fresh Jalapenos, sliced	1	each
Fresh Cilantro, chopped	1	tbsp.
Fresh Green Onions, sliced	1	bunch
Soft Hoagie Rolls	4	each
Lime Juice	1	tbsp.
Just Mayo, vegan mayonnaise	1	tbsp.

Preparation

1. Marinate the carrots and cucumber in the mirin and refrigerate for 1 hour.
2. In a non-stick pan or on the grill, cook tofu on low heat without oil for 10 minutes, flipping once the sides are brown.
3. Mix the garlic, sesame oil, tamari and chili sauce. Marinate your cooked tofu in sauce for the remainder of the time your vegetables are marinating.

Serving Information

Assemble the hoagie with marinated vegetables, sauce with tofu, jalapenos, cilantro, and green onions. Squeeze lime juice in mayo and spread on the hoagie bun.

Nutrition Information *From USDA Nutrient Database

Calories: 443 Total Fat: 17g Saturated Fat: 3g Carbohydrate: 53g Protein: 19g Sodium: 908mg
Vitamin A: 122mg Vitamin C: 12mg Calcium: 383mg Iron: 5mg Folic Acid: 197mg

Black Bean Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8 (4 oz.)

Ingredients	Weight	Measure
Black Beans, canned, drained and rinsed	15	oz.
Ro*tel, canned tomatoes and chilies (do not drain)	8	oz.
Corn, frozen	1	cup
Green Bell Pepper, small dice	½	cup
Red Bell pepper, small dice	½	cup
Red Onion, small dice	½	cup
Zesty Italian Dressing	1	cup

Preparation

1. Prepare vegetables; add black beans, corn and Ro*tel.
2. Toss with dressing and serve.

Serving Information

4 oz. of salad, garnish with 1 tsp. fresh chopped cilantro

Nutrition Information

 *From USDA Nutrient Database

Calories: 180 Total Fat: 9 g Saturated Fat: 1 g Carbohydrate: 22 g Protein: 5 g Sodium: 608 mg
Vitamin A: 1% Vitamin C: 33% Calcium: 4% Iron: 5%



Broccoli Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8-10

Ingredients	Quantity	Measure
Fresh broccoli, cut into florets	1	head
Red onion, sliced	½	cup
Plant-based Cheddar Cheese, like Daiya	½	cup
Raisins	½	cup
Plant-based Mayonnaise, like Hellsmans Vegan Mayo	1	cup
Sugar	¼	cup
Vinegar	2	tbsp.
Almond Milk	1	cup
Cherry Tomatoes, halved	½	cup

Preparation

1. Toss broccoli, red onion, raisins and cheddar cheese together. Set aside.
2. In a separate bowl whisk mayonnaise, milk, sugar and vinegar. Pour over broccoli mixture. Toss well.
3. Top with cherry tomatoes.

Serving Information

Enjoy as a side with a grilled vegetable panini.

Nutrition Information *From USDA Nutrient Database

Calories: 243 Total Fat: 19g Saturated Fat: 2g Carbohydrate: 17g Protein: 1g Sodium: 217mg
Vitamin A: 14µg Vitamin C: 32mg Calcium: 25mg Iron: 1mg Folic Acid: 25µg



Butternut Squash Soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 12

Ingredients	Quantity	Measure
Olive oil	2	tbsp.
Garlic, minced	2	cloves
Onion, diced	½	cup
Fresh ginger, peeled and minced	1	tbsp.
Butternut squash, roasted whole, peeled and cut into medium pieces	3	cups
Water	½	cup
Vegetable Broth	3	cups
Salt	1	tsp.
Pepper	1	tsp.
Almond Milk	½	cup

Preparation

1. Rub 1 tbsp. of olive oil on butternut squash. Place squash in hotel pan with ½ cup water and roast 15 minutes on each side in 375 degree oven. Remove from heat, allow to cool to touch, and peel. Cut into medium pieces. Set aside.
2. Put 1 tbsp. olive oil in a pot. Add garlic, onions, ginger, salt and pepper. Sauté for 4-5 minutes on medium-high heat.
3. Add squash and vegetable broth. Cook until tender.
4. Strain, reserving liquid. Puree squash and add liquid as needed to achieve desired soup consistency.
5. Add almond milk as desired for creaminess.

Serving Information

Serve 4 oz. topped with fresh croutons.

Nutrition Information

 *From USDA Nutrient Database

Calories: 46 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 6g Protein: 1g Sodium: 387mg
Vitamin A: 193µg Vitamin C: 8mg Calcium: 40mg Iron: 0mg Folic Acid: 14 µg



Carrot Raisin Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8 (4oz.)

Ingredients	Quantity	Measure
Carrots, grated	1	cup
Canned Pineapple, crushed, drained	½	cup
Raisins	½	cup
Dressing		
Vegan Mayonnaise like Hellsman's Vegan Mayo	½	cup
White Vinegar	2	tbsp.
Sugar, granulated	1	tbsp.
Almond Milk	¼	Cup

Preparation

1. Mix carrots, pineapple and raisins then set aside.
2. Whisk Just Mayo, vinegar, sugar, and almond milk together
3. Toss carrot mixture and dressing together.

Serving Information

4oz. carrot raisin salad. Top with 1 oz. of chopped toasted walnuts (optional).

Nutrition Information

 *From USDA Nutrient Database

Calories: 50 Total Fat: 0 g Saturated Fat: 0 g Carbohydrate: 12 g Protein: 1 g Sodium: 14 mg
Vitamin A: 8% Vitamin C: 3% Calcium: 2% Iron: 0%



Chickpea Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 3 sandwiches

Ingredients	Quantity	Measure
Chickpeas, canned, drained and rinsed	15	oz.
Celery, diced	2	stalks
Green Onions, thinly sliced	3	each
Dill Pickles, diced small	¼	cup
Red Bell Peppers, diced	¼	cup
Hellsmans vegan mayo, plant-based mayonnaise	3	tbsp.
Garlic, minced	1	clove
Yellow Mustard	1.5	tsp.
Fresh Dill, stems removed, minced (optional)	2	tsp.
Lemon Juice, fresh	1.5-3	tsp.
Sea Salt	¼	tsp.
Black Pepper	¼	tsp.

Preparation

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in celery, green onions, pickles, bell pepper, mayonnaise and garlic until combined.
3. Stir in the mustard and dill and season with the lemon juice, salt, pepper adjusting the quantities to taste.

Serving Information

Serve on toasted bread, wraps or on top of basic leafy green salad.

Nutrition Information (For chickpea salad only; doesn't include bread) *From USDA Nutrient Database

Calories: 231 Total Fat: 13g Saturated Fat: 1g Carbohydrate: 22g Protein: 8g Sodium: 505mg
Vitamin A: 34µg RAE Vitamin C: 21mg Calcium: 76mg Iron: 2 mg

Creamy Ranch Dressing

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 16 Servings

Ingredients	Quantity	Measure
Plant Based Mayo like Hellsmans Vegan Mayo	1	cup
Tofutti, Non-Dairy Sour Cream	½	cup
Vegan Worcestershire sauce, like Annie's or Wizard's	1	tsp.
White vinegar	1	tsp.
Dill	1	tsp.
Chives	1	tbsp.
Italian parsley	¼	cup
Cayenne pepper	1/8	tsp.
Garlic powder	½	tsp.
Black pepper	½	tsp.

Preparation

1. Combine all ingredients, whisk until smooth and refrigerate.

Serving Information

Serving size: 1 oz.

Nutrition Information

 *From USDA Nutrient Database

Calories: 105 Total Fat: 11g Saturated Fat: 1.5g Carbohydrate: 1.5g Protein: 0g Sodium: 42mg
Vitamin A: 3µg RAE Vitamin C: 1mg Calcium: 8mg Iron: 0mg

Fire Roasted Corn Chowder

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8 **SERVING SIZE: 1 cup**

Ingredients	Quantity	Measure
Fresh Corn	8	ears
Olive Oil	2	tbsp.
Potatoes, russet, diced	2	pounds
Red Bell Peppers, seeded and diced	1	cup
Red onions, diced	2	cups
Garlic, minced	¼	cup
Vegetable Stock	6	cups
Sriracha	½	cup
Fresh Thyme	1	tsp.
Bay Leaves	2	leaves
Soy Creamer	1	cup
Salt	1	tsp.
Pepper	1	tsp.
Smoked Paprika (for garnish)	½	tsp.
Fresh Cilantro tear leaves (for garnish)	½	tsp.
Flat parsley (for garnish)	½	tsp.

Preparation

1. Roast 4 ears of the corn over a direct flame (on a preheated grill or over a gas burner) until the corn kernels begin to blacken, turning every few minutes until all sides have roasted.
2. After the roasted ears have cooled, scrape the kernels from the cobs and reserve.
3. Heat the oil in a large Dutch oven over medium heat.
4. Add the bell peppers and onions and cook until softened slightly, 5 to 7 minutes.
5. Meanwhile, scrape the corn kernels from the remaining 4 ears of corn.
6. Add the raw corn kernels and garlic, and cook until the garlic is aromatic, 1 to 2 minutes.
7. Add diced potatoes.
8. Add the vegetable stock, Sriracha, thyme, and bay leaves.
9. Bring to a boil, then lower the heat and simmer for 45 minutes.
10. About 10 minutes before the soup is finished, gently heat the dairy-free creamer over low heat, keeping just below a simmer.
11. Once the soup has cooked for 45 minutes, discard the thyme and bay leaves.
12. Purée the soup using an immersion blender. (A food processor or blender can be utilized with caution, puréeing the hot liquid in small batches.)
13. Mix in the warm cream and add the reserved roasted corn.
14. Cook for an additional 3 to 5 minutes until thoroughly heated.
15. Season with salt and pepper.

Fire Roasted Corn Chowder (continued)

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Serving Information

Ladle the soup into bowls and garnish with a few lines of Sriracha, a generous sprinkle of smoked paprika, and torn cilantro or parsley leaves.

Nutrition Information *From USDA Nutrient Database

Calories: 192 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 33g Protein: 7g Sodium: 1008mg
Vitamin A: 67µg Vitamin C: 36mg Calcium: 71mg Iron: 1mg Folate: 52µg



Fresh Green Chickpea & Leek Soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8 SERVING SIZE: 8 oz.

Ingredients	Qty	Measure
Olive oil	2	Tbsp.
Leeks (chopped, white part only)	2	each
Garlic (minced)	2	cloves
Onion (chopped)	1	cup
Carrots (diced medium)	1	cup
Vegetable broth	1	Qt.
Fresh green chickpeas	2	cups
Basil (chopped)	½	cup
Salt	1	tsp
Pepper	1	tsp

Preparation

1. Put olive oil in a pot and warm over medium heat.
2. Add leeks, garlic, onions and carrots. Sauté for 3-4 minutes.
3. Add broth and bring to a boil.
4. Add chickpeas, basil, salt and pepper. Boil for 5 minutes.
5. Reduce chickpeas to a simmer for another five minutes.
6. Drain and set chickpeas and vegetables aside, reserving broth to thin soup.
7. In a food processor or blender, puree the chickpea vegetable mixture. Add broth until you reach desired consistency.

Nutrition Information *From USDA Nutrient Database

Calories: 97 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 13g Fiber: 3g Total Sugar: 5g Protein: 4g Sodium: 661mg Vitamin A: 173µg
Vitamin C: 20mg Calcium: 45mg Iron: 1mg Folate: 52µg



Fresh Green Chickpea & Walnut Pesto with Salad

SERVINGS: 12

Ingredients	Qty	Measure
Green chickpeas	2	cups
Baby arugula (loosely packed)	4	cups
Bok Choy, chopped	1	head
Walnuts	½	cup
Nutritional yeast	½	cup
Garlic	1	clove
Olive oil	¼	cup
Lemon zest	¾	tsp.
Lemon juice (fresh)	2	tsp.
Salt (divided)	2	tsp.
Pepper	1	tsp.
Cucumber	1	small
Mushrooms	¼	cup
Cherry tomatoes (garnish)	1	pint

Preparation

1. Chop bok choy, mushrooms and cucumbers. Place in bowl and add arugula and toss.
2. Put 1 cup of chickpeas, 2 cups arugula, walnuts, ¼ cup nutritional yeast and garlic in food processor to make the dressing. Process until smooth.
3. While food processor is running, slowly pour in olive oil. Add lemon zest and juice.
4. Add salt and pepper. Continue to process for a few more seconds.
5. Pour dressing into bowl and add remaining chickpeas and mix by hand. Plate the tossed salad. Pour dressing over the salad.
6. If desired, garnish with remaining nutritional yeast and cherry tomatoes.



Harvest Time Corn Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8 **SERVING SIZE: 4 oz.**

Ingredients	Qty	Measure
Fresh corn on the cob	4	each
Cherry tomatoes (cut in half)	1	cup
Cucumber (seeded and diced small)	1	cup
Avocado (diced small)	1	cup
Red onion (chopped small)	½	cup
Fresh basil (chiffonade)	¼	cup
Juice of fresh lemons (juice)	¼	cup

Preparation

1. Grill corn and cut off cob.
2. Toss grilled corn, cherry tomatoes, cucumber, avocado and red onion in a medium bowl.
3. Add basil and lemon juice, toss and serve.

Can also serve on a bed of greens and garnish as desired.

Nutrition Information *From USDA Nutrient Database

Calories: 93 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 16g Fiber: 3g Total Sugar: 4g Protein: 3g Sodium: 4mg Vitamin A: 20µg
Vitamin C: 12mg Calcium: 15mg Iron: 1mg Folate: 36µg



Marinated Vegetable Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 6 **SERVING: 4 oz.**

Ingredients	Qty	Measure
Cauliflower	2	cups
Carrots, sliced diagonally	$\frac{3}{4}$	cups
Celery, sliced diagonally	1	cup
Red bell pepper, sliced	$\frac{1}{2}$	cup
Black olives, sliced	$\frac{1}{4}$	cup
Artichoke hearts, drained and quartered	14	oz. can
White wine vinegar	$\frac{1}{2}$	cup
Olive oil	2	tsp.
Dried Italian herbs	1	tsp.

Preparation

1. Arrange cauliflower and carrots in a vegetable steamer over boiling water.
2. Cover and steam 3 minutes or until vegetables are crisp tender. Plunge into cold water, drain.
3. Combine cauliflower mixture, celery and red bell pepper, black olives, artichoke hearts in a bowl, toss gently, and set aside.
4. Combine vinegar, olive oil and Italian herbs in a bowl, stir well. Pour over vegetables, toss gently, cover and chill.

Serving Information

Serve a slice of cobbler with some non-dairy ice cream.

Nutrition Information

 *From USDA Nutrient Database

Calories: 110 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 12g Protein: 3g Sodium: 112mg
Vitamin A: 152µg Vitamin C: 38mg Calcium: 41mg Iron: 1mg Folate: 87µg

Minestrone Soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 40 ounces; 10 (4 oz) servings

Ingredients	Qty	Measure
Olive oil	2	tsp.
Onion, finely diced	1	cup
Garlic	2	tbsp.
Vegetable stock	3	cups
Zucchini, diced	2	cups
Carrots, diced	1	cup
Cannellini beans, canned and drained	1	cup
Stewed tomatoes, canned	15	oz
Celery, diced	$\frac{3}{4}$	cup
Basil, fresh	$\frac{1}{2}$	tsp.
Oregano, fresh	$\frac{1}{2}$	tsp.
Elbow pasta (small)	2	oz
Salt	$\frac{1}{4}$	tsp.

Preparation

1. Sauté onions, garlic, basil, oregano and $\frac{1}{2}$ of the salt in oil for 5 minutes on medium heat.
2. Add carrots and celery. Continue to cook for 5 minutes.
3. Add vegetable stock to the above mixture and bring to a boil. Continue to boil for 5 minutes.
4. Add canned tomatoes, beans and pasta. Cook until pasta is al dente, about 8-10 minutes.
5. Taste and add the remaining salt if needed.

Serving Information

Serve with a piece of fresh garlic toast.

Nutrition Information

 *From USDA Nutrient Database

Calories: 86 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 16g Protein: 4g Sodium: 169mg
Vitamin A: 116 μ g Vitamin C: 7mg Calcium: 56mg Iron: 2mg Folic Acid: 50 μ g



Old Fashioned Potato Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8

SERVING SIZE: 4 oz.

Ingredients	Qty	Measure
Russet Potatoes (diced medium)	2	Lbs.
Water	1	Qt.
Yellow mustard	¼	cup
Mayo (vegan) like Hellsmans vegan mayo	1	cup
Dill pickles (diced small)	⅛	cup
Yellow onion (diced small)	½	cup
Celery (chopped small)	¼	cup
Salt (divided)	1	tsp
Pepper	½	tsp

Preparation

1. Put chopped potatoes in a 2 quart with one quart of water and ½ tsp of salt. Bring to a boil. Boil until potatoes are very tender, about 10 minutes. Drain and place in a large mixing bowl.
2. Add dill pickles, onion, celery, ½ teaspoon salt and pepper.
3. Toss and add mayo and mustard. Mix together.
4. Taste and adjust seasoning as needed.

Nutrition Information *From USDA Nutrient Database

Calories: 238 Total Fat: 20g Saturated Fat: 2g Monounsaturated Fat: 12g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 12g Fiber: 2g Total Sugar: 1g Protein: 2g Sodium: 584mg Vitamin A: 1µg
Vitamin C: 13mg Calcium: 20mg Iron: 1mg Folate: 15µg

Pasta Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 10 (4oz.)

Ingredients	Quantity	Measure
Diced tomatoes, canned (do not drain)	15	oz.
Green Onions, sliced small	½	cup
Red Bell Peppers	½	cup
Green Bell Peppers	½	cup
Carrots, sliced crosswise, slightly cooked	1	cup
Medium Shell Pasta, cooked al dente	1	lb.
Zesty Italian Dressing	1	cup

Preparation

1. Cook pasta, when ¾ done, add carrots and finish cooking pasta. Drain when done and add to vegetable mixture.
2. Add tomatoes, green onions, red and green peppers, and zesty italian dressing together. Toss with pasta and carrots when done.

Serving Information

4 oz. serving along with garbanzo slider.

Nutrition Information

 *From USDA Nutrient Database

Calories: 257 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 41g Protein: 7g Sodium: 363mg
Vitamin A: 69µg Vitamin C: 27mg Calcium: 27mg Iron: 2mg Folic Acid: 147µg

Pita Pocket with Raw Vegetables

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 6

SERVING SIZE: ½ pita pocket with 4 oz. fresh vegetables

Ingredients	Quantity	Measure
Pita Pockets, cut in half	3	each
Green Cabbage, thinly sliced	1	cups
Red Cabbage, thinly sliced	1	cups
Green Bell Pepper, thinly sliced	½	cups
Red Bell Pepper, thinly sliced	½	cups
Carrots, peeled and grated	1	cup
Red onions, thinly sliced	½	cup
Balsamic Vinegar	¼	cup
Salt	½	tsp.
Pepper	½	tsp.

Preparation

1. Toss all vegetables in balsamic vinegar.
2. Stuff in half piece of pita pocket .
3. Can add hummus for additional protein, flavor and to provide a mayo substitute if desired.

Serving Information

Using ½ pita pocket add 4 oz. of fresh vegetables, serve with 2 oz. pasta salad.

Nutrition Information

 *From USDA Nutrient Database

Calories: 147 Total Fat: 1g Saturated Fat: 0 Carbohydrate: 31g Protein: 5g Sodium: 562g
Vitamin A: 247µg Vitamin C: 111mg Calcium: 101mg Iron: 2mg Folic Acid: 101µg

Quinoa, Oatmeal and Fruit Parfait

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 10

Ingredients	Quantity	Measure
Water	1	cup
Salt	1/2	tsp.
Quinoa	1/2	cup
Oats, raw, quick cooking	1	cup
Fresh Apple, cored, grated	1	whole
Almond Milk	1	cup
Dried Cranberries	1/4	cup
Brown sugar or maple syrup (optional)*	1/4	cup

Preparation

1. Rinse quinoa.
2. Bring water to a boil, add salt and quinoa. Cover and continue to boil until tender, about 15 minutes until the quinoa has absorbed most of the water. Tiny spirals should appear on top of each seed when done. This is the germ separating and curling around the seeds. . Leave lid on the pot for at least 5 minutes after removing from heat. Then remove the lid and allow to cool to touch.
3. Fluff the quinoa gently with a fork.
4. Stir in raw oats, apple, almond milk, cranberries, and sweetener (brown sugar, maple syrup, agave) if desired.

**Sliced banana can be used in place of sugar to add a bit of sweetness. Any of the dairy-free milks can be used in place of almond milk.*

Serving Information

4 oz. garnish with 1 oz. toasted almonds or 1 oz. granola

Nutrition Information *From USDA Nutrient Database

Without Almond Garnish

Calories: 101 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 20g (2g Fiber) Protein: 3g Sodium: 133mg
Vitamin A: 2% Vitamin C: 1% Calcium: 4% Iron: 5% Folate: 4%

With Almond Garnish

Calories: 170 Total Fat: 8g Saturated Fat: 1g Carbohydrate: 22g (3g Fiber) Protein: 5g Sodium: 172mg
Vitamin A: 2% Vitamin C: 1% Calcium: 8% Iron: 7% Folate: 5%

Roasted Eggplant on Baguette

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8

Ingredients	Quantity	Measure
Eggplants, soak in water for 15 minutes, cut lengthwise	2	lbs.
Olive Oil	¼	cup
Red Onions, sliced and caramelized	3	cups
Earth Balance, Non-Dairy Margarine	2	tbsp.
Green Cabbage, thinly sliced	1	cup
Fresh Baby Spinach, washed)	2	cups
Romaine Lettuce, chopped	2	cups
Baguette	1	each
Roasted Red Pepper Aioli		
Just Mayo or other Dairy-Free / Egg Free mayonnaise	1	cup
Fresh Garlic	5	cloves
2 pieces of Canned Roasted Red Pepper	1	15 oz. can

Preparations

1. Brush eggplant with oil and sprinkle with Cajun seasoning (like Tony Chachere's). Roast for 10-15 minutes at 350 degrees.
2. Put Earth Balance in pan. Add onions and cook until tender and brown.
3. Cut baguette lengthways, spread 2 tbsp. of roasted red pepper aioli.
4. Top with 8 pieces of eggplant, vegetables, and onions

Serving Information

1 piece served with homemade sweet potato chips.

Nutrition Information

 *From USDA Nutrient Database

Calories: 286 Total Fat: 20g Saturated Fat: 2g Carbohydrate: 24g Protein: 4g Sodium: 327m

Vitamin A: 135µg Vitamin C: 34mg Calcium: 101mg Iron: 2mg Folic Acid: 145µg

Southwest Wrap

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 12 Servings

Ingredients	Quantity	Measure
Tomato or Spinach Wrap, 12 inch	6	each
Black Beans, canned, drained	15	oz.
Roma Tomatoes, chopped	1 ½	cups
Red Bell Pepper, chopped	1	cup
Rotel, drained	1	can
Cilantro, fresh	2	tsp.
Chili Powder	1	tbsp.
Garlic, fresh, chopped	2	tbsp.
Romaine Lettuce, chopped	½	cup

Preparation

1. Combine black beans, roma tomatoes, red and green bell peppers, Rotel, cilantro, chili powder and fresh garlic.
2. Lay out wraps, spread black bean mixture, top with lettuce and roll up.
3. Cut each wrap in half or as small as needed.
4. Can add hummus if desired for additional protein or texture.

Serving Information

Serve one half of sandwich with ½ cup of pasta.

Nutrition Information *From USDA Nutrient Database

Calories: 229 Total Fat: 5g Saturated Fat: 1 g Carbohydrate: 39g (6g fiber) Protein: 8g Sodium: 480 mg
Vitamin A: 8% Vitamin C: 46% Calcium: 11% Iron: 17% Folate: 33%

Split Pea Soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8 (8oz.)

Ingredients	Quantity	Measure
Split Peas	2	cups
Water	4	cups
Onions, small dice	2	cups
Carrots, small dice	2	cups
Fresh Garlic, minced	1	tbsp.
Vegetable Oil	¼	cup
Unsweetened Soy Milk	½	cup
Salt	2	tsp.
Pepper	2	tsp.

Preparation

1. Sweat onions, carrots, and garlic in oil.
2. Add peas.
3. Cover with water, bring to a boil and cook until done, about an hour to an hour and a half.
4. Drain and reserve liquid.
5. Put peas in blender and add reserved liquid as needed for soup consistency.
6. Finish with soy milk.

Serving Information

8 oz. serving, garnish with 1 oz. fresh homemade croutons.

Nutrition Information

 *From USDA Nutrient Database

Calories: 215 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 29g Protein: 11g Sodium: 277mg
Vitamin A: 120µg Vitamin C: 3mg Calcium: 44mg Iron: 2mg Folic Acid: 85µg

Sweet Potato Vegetable Soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8 (8oz)

Ingredients	Quantity	Measure
Onions, medium dice	2	cups
Celery, medium dice	2	cups
Carrots, sliced	3	cups
Green Cabbage, rough chunks	3	cups
Garlic, fresh, minced	1	tbsp.
Corn, frozen	1	cup
Mixed Vegetables, frozen	1	cups
Sweet Potatoes, small cubes	3	cups
Water	3	qts.
Tomato Sauce	2	cups
Salt	1	tbsp.
Pepper	1	tbsp.

Preparation

1. Sweat onions, celery, carrots and cabbage.
2. Add corn, mixed vegetables, garlic and sweet potatoes.
3. Add water and continue to cook till sweet potatoes are tender (not mushy).
4. Stir in tomato sauce, bring to a boil and allow to bubble for 2 minutes.
5. Serve.

Serving Information

8 oz. garnish with fresh chopped parsley.

Nutrition Information *From USDA Nutrient Database

Calories: 119 Total Fat:1g Saturated Fat: 0 Carbohydrate: 25g Protein: 4g Sodium: 281mg
Vitamin A: 618µg Vitamin C: 31mg Calcium: 71mg Iron: 1mg Folic Acid: 51µg

Thai Gazpacho Shooters

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 10

SERVING SIZE: 1 Shooter

Ingredients	Qty	Measure
Garlic	1	clove
Green onions (white and pale green parts cut into 1 inch pieces)	3	each
Yellow bell pepper (quartered)	½	each
Red bell pepper (quartered)	½	each
Cucumber (cut into 1 inch pieces)	1	each
Roma tomatoes (ripe)	½	pound
Tomato juice (low sodium)	2	cups
Lime juice (fresh)	½	each
Thai style red curry powder	1	tsp
Ginger (fresh minced)	2	tsp
Salt	1	Tsp
Pepper	¼	tsp

Preparation

1. In a food processor, add garlic and pulse until finely chopped.
2. Add green onions and peppers, pulse and chop until you get ¼-inch pieces.
3. Transfer to a medium bowl.
4. Pulse cucumber into small pieces. Do the same with the tomatoes. Add to other vegetables in bowl.
5. Stir in tomato juice, lime juice, fresh ginger, curry powder, salt and pepper.
6. Refrigerate for several hours.
7. Taste, add salt or curry powder to taste.

Nutrition Information *From USDA Nutrient Database

Calories: 26 Total Fat: 0g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 6g Fiber: 1g Total Sugar: 4g Protein: 1g Sodium: 241mg Vitamin A: 43µg
Vitamin C: 36mg Calcium: 19mg Iron: 1mg Folate: 27µg

Thai Tofu Noodle Soup with Lemongrass

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8 **SERVING SIZE: 8 oz.**

Ingredients	Quantity	Measure
Boiling Water for Noodles	2	qt.
Rice Noodles	1	lb.
Lemongrass	½	cup
Vegetable Stock	2	qt.
Fresh Ginger, minced	2	tbsp.
Tofu, drained, soft	1	package
Broccoli, small florets	½	lb.
Bok Choy, medium chop	½	lb.
Carrots, small dice	½	lb.
Soy Sauce	1	cup
Coconut Milk	2	cups
Fresh Basil, garnish	½	cup
Sriracha, optional	4	oz.
Lime Zest, optional		

Preparation

1. Dunk noodles in the hot water and allow soften while preparing soup.
2. Place stock in a soup pot with lemongrass, ginger and carrots. Bring to a boil, and then reduce heat to medium. Allow to simmer while you chop remaining vegetables. Add to stock and allow vegetables to soften but remain bright in color.
3. Reduce heat to low and add coconut milk, stir till dissolved.
4. Gently stir and add tofu. Stir gently to avoid tofu falling apart.
5. Add soy sauce.

Serving Information

Serve with 4 oz. of rice noodles. Garnish with fresh basil zest, lime and Sriracha if desired.

Nutrition Information

 *From USDA Nutrient Database

Calories: 463 Total Fat: 17g Saturated Fat: 13g Carbohydrate: 66g Protein: 14g Sodium: 1700mg
Vitamin A: 318µg Vitamin C: 80mg Calcium: 186mg Iron: 4mg Folate: 138µg

Tofu Salad

SERVINGS: 9 (4oz)

Ingredients	Quantity	Measure
Tofu, firm, drained	14	oz.
Celery, small dice	4	stalks
Red Bell Pepper, small dice	½	cup
Green Bell Pepper, small dice	½	cup
Green Onions, thin sliced	1	cup
Soy Sauce	2	cups

Preparation

1. Prepare vegetables.
2. Toss with soy sauce and serve.

Serving Information

3 oz. serving, garnish with fresh chopped cilantro.

Nutrition Information

 *From USDA Nutrient Database

Calories: 70 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 7g Protein: 7g Sodium: 1902mg
Vitamin A: 22 µg Vitamin C: 20mg Calcium: 110mg Iron: 2mg Folic Acid: 32 µg