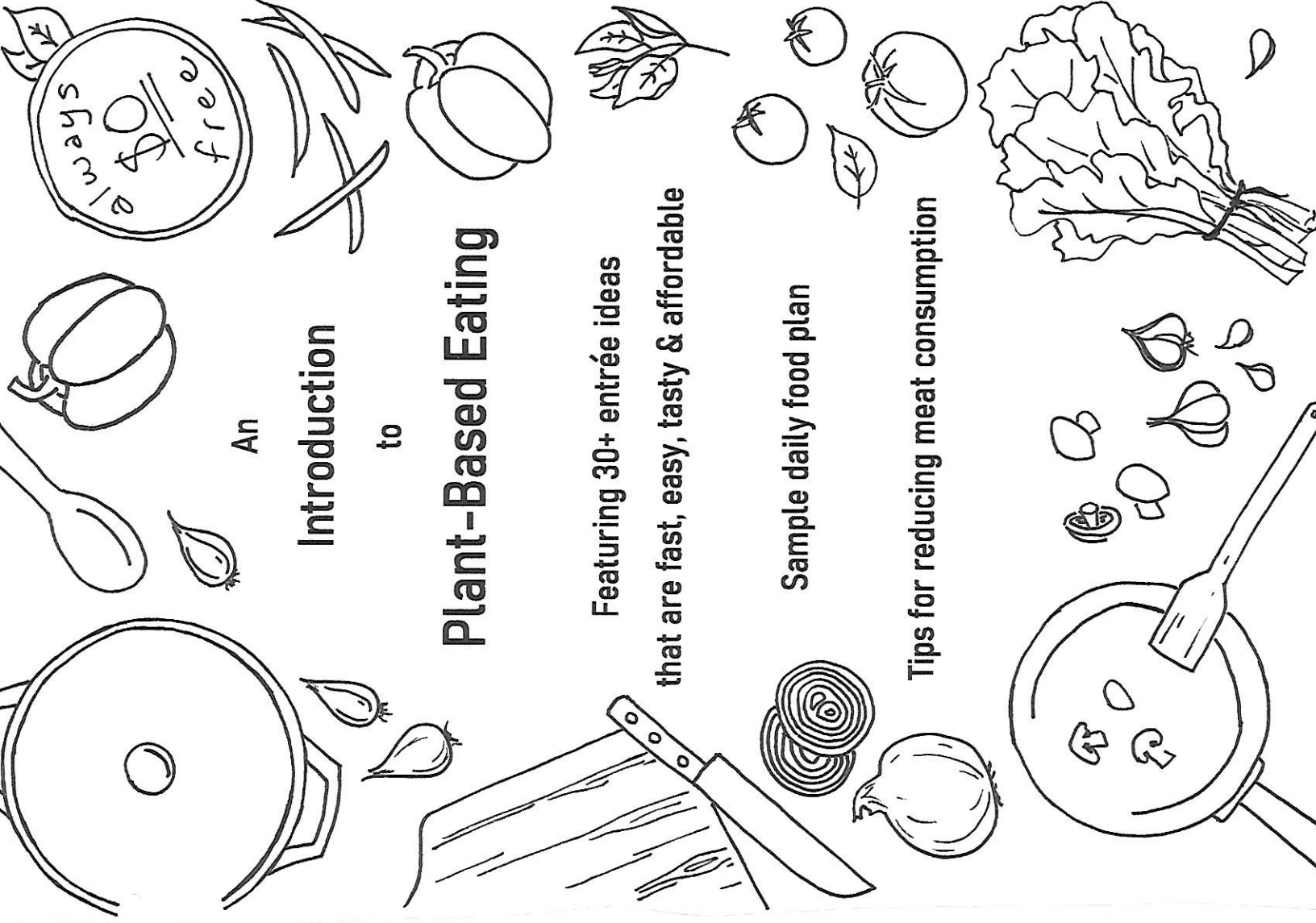


Cooking techniques & notes

- 1) **Sauté vegetables** individually until lightly browned (then remove) in this order (as applicable to recipe). Cut up next thing while first cooks. Preheat pan on medium heat, until drop of water evaporates immediately, then add oil.
 - **Onions/shallots** are sautéed first in 1 T oil with lid on.
 - **Mushrooms** (sliced) need no extra oil, lid off
 - **Peppers / zucchini / asparagus** – oil as needed, lid on
 - **Garlic** – in a little oil, lid off, watch closely
 - **Spinach / bok choy/ chard** – add at end, wet from washing, cover – cooks in 2 min
- 2) **Sauté tofu**, using a little oil in a non-stick pan
- 3) T = tablespoon, t = teaspoon, c = cup
- 4) **Salads** are best if made ahead and chilled at least 30 min
- 5) **Greens** as a side dish –
 - **Kale:** wash, tear into 1 – 2 pieces, par cook still wet greens in micro for 1 min in covered bowl, sauté with oil, garlic powder (or minced garlic) and salt.
 - **Chard, spinach, mustard greens, turnip greens, beet greens** – don't need to par cook, just add to oil and garlic.
 - **Collards** – boil for 8 min. Sauté 2 cloves garlic and 2 T margarine, minced, then add collards and a little bit of water; cook on med heat, adding water as it evaporates, for 20 min.
- 6) **Dry Beans** – sort by sprinkling on a plate, looking for rocks. Soak overnight in water with 1 T salt, cook in slow cooker with 1 t salt and water to cover, 6 hours
- 7) **Lentils** – sort as above, rinse and drain. Simmer 45 min in twice as much liquid as lentils. Good when cooked with veg bouillon.
- 8) **Roasted vegetables** – cut veggies into bite sized pieces. Put in large bowl, drizzle with 1 T (or more) olive oil and stir to coat. Spread in single layer on baking sheet or casserole. Salt if desired. Roast at 400 F for 30 min (use convection setting if you have it, and set to 375).
Clean-up: wet w/ soapy water, let sit for 5 min, then wash.
- 9) **Polenta** should always be cooked 30 minutes (regardless of instructions). Add water as needed.



What's the deal with plant-based eating?

You have probably heard about the benefits of reducing meat consumption, but perhaps have been baffled as to how you might actually do it. The good news is that it is easy to eat plant-based foods, without needing to shop at a different store or sacrificing flavor.

This booklet includes some of my family's favorite everyday recipes. We have had a plant-focused approach to eating for over 10 years, so I can affirm that this is do-able, and that we enjoy eating these dishes.

Some common concerns you might have:

Why would I want to eat less meat and dairy?

- Reduces impact of our food consumption on the planet
- Reduces suffering of animals
- More people can be fed
- No hassle of handling raw meat
- Being able to appreciate fresh seasonal produce when it is highlighted in the meal
- Natural way to obtain vitamins and minerals

Will I get enough protein if I don't eat meat?

With planning it is possible to get adequate nutrition without eating animal-derived food. The daily food plan and the dinner ideas in this guide all provide an adequate amount of protein, as well as vitamins and other nutrients that are often missing in the standard American diet. Some individuals may wish to supplement with occasional animal protein, but even so, one can still strive to eat as low on the food chain as possible to minimize environmental impacts (e.g., include eggs and fish rather than red meat).

I'm afraid I'll be hungry

You can make a deal with yourself to eat the recommended foods in this guide, and if you are still hungry, you can eat whatever you want. You may find that you are actually less hungry between meals, since it takes longer to digest complex carbohydrates and fiber.

Pantry staples

Having non-perishables on hand lets you be creative when you haven't shopped specifically for a dish. Here are some helpful items:

Canned beans – black, kidney, cannellini, pinto, chickpeas

Dried legumes – lentils, 12-bean mix, types above

Mori-Nu tofu – has shelf stable packaging

Nutritional yeast – nutty flavor, adds protein (not brewer's yeast)

Pasta – rotini, farfalle, ditalini work in many dishes

Rice – brown (short-grain is my favorite), basmati, calrose

Heat & serve Asian noodles – udon, rice noodles, etc

Prepared sauces – curry, marinara, taco

Canned coconut milk

Canned diced tomatoes

Frozen vegetables – broccoli, corn, carrots, spinach, edamame

Onion powder, garlic powder, curry powder, chili powder

Concentrated broth base

Soy sauce

Dried fruit – prunes, apricots, raisins, dates

Nuts & seeds – walnuts, peanuts, almonds, sunflower, pumpkin

Lemon and lime juice

Italian-seasoned panko bread crumbs – crunchy topping without having to bake

Onions (keep in fridge), shallots (in fridge), carrots (in fridge), potatoes, sweet potatoes (technically not non-perishable, but slow to perish)

Things that make life easier:

Rice cooker (Zojurishi recommended)

Slow cooker – convenient, uses less power

Glass storage containers – make extra, freeze ahead

Mark Bittman’s “How to Cook Everything Vegetarian”

Cronometer nutrition tracking website / app

“Plant-based on a Budget” website, fb group & cookbook

The internet has tons of vegan recipes – just google an idea and someone has probably posted a recipe for it

Recommended specialty products:

Truveni protein drink mix (at health food stores and online)

Soy Curls (sub for chicken) and Soy Jerky (online at Butler Foods)

Kelp and Laver dried sea vegetables (online at seaveg.com)

Ezekiel Bread – mild taste, high in protein (at most major stores)

Better than Bouillon – concentrated broth base (at most major stores)

Pre-baked marinated tofu and “tofu bites” (at most major stores)

I’m afraid it will be weird

Humans are amazingly adaptable; after you have eaten something several times it will most likely start to taste good. This is especially true if you eat the new food first thing when you are hungry.

I’ll miss my favorites

There is no need for this to be all or nothing – every little bit helps. Many traditional meat-based dishes can be made with plant-based foods instead. And it may turn out that you discover new favorites.

Will there be gas?

It is true that some foods may cause a bit more gas than you are used to. If so, this is natural and not a health concern, and your digestive system will most likely adapt after a few weeks. Some people find digestive enzymes such as “Beano” to be helpful. Many people do not have an issue with most foods, so please don’t let this put you off.

Does it really matter?

The meat industry is now widely recognized as the top contributor to global warming, and also the leading cause of deforestation and air and water pollution. It will take all of us doing our part to make the change that is needed to avert the massive disaster that awaits if we continue with the status quo.

It can be challenging to do things differently from those around you, especially with our culture being influenced by the meat industry. Fortunately, we are capable of thinking for ourselves, and making choices that align with our values.

I hope that you will give plant-based eating a try. What I’ve included here are suggestions – you can be creative and make substitutions according to your preferences. It is offered in love, not judgement, in hopes that you will discover how easy, tasty and healthy it can be to eat without meat.

Sample Daily Plan for Optimal and Sustainable Nutrition

Each day, try to have protein with each meal, 3 servings of fruit, 1 serving of leafy greens, 1 sweet potato or carrot, 1 serving of cruciferous vegetable, and 2 other servings of vegetables. Eat whole grains rather than refined.

For each meal, eat 1 item from each column (doesn't have to be in same row).

Try to include a variety of protein sources and other foods.

Breakfast

Whole Grain	Protein	Fruit
Oatmeal	Sunflower Seeds	Banana
Ezekiel bread	Pumpkin seeds	Prunes
Cereal	Soy Milk	Apple
	Protein drink	Dried Figs

Lunch

Protein	Leafy Veg	Green	2 nd Veggie	Potato / whole grain	root veg
Bean or lentil soup	Spinach		Frozen mixed veg	Yukon gold potato	
Bean burrito	Kale		Red bell pepper	Sweet potato	
Bean salad	Romaine		Avocado	Ezekiel bread	
Leftovers from dinner	Collards		cucumber	Triscuits	

Time & energy saving tips

Steel cut oats - cook in slow cooker; make 6 servings and refrigerate, then just reheat 1 serving to eat

Cabbage or carrots - Shred whole head of cabbage ahead of time, cook as needed (3 min in microwave), or eat as salad. Same for carrots.

Roast onions - dice and cook with oil in slow cooker – cook on low for 8 – 10 hours, stirring occasionally. (Can put cooker outside to minimize odor)

Cook Potatoes in microwave – poke whole potato with fork, 5 min on high. Works for sweet potatoes and winter squash too.

Favorite Desserts

Fruit cobbler – Preheat to 375F. Filling: combine 4 – 5 cups fruit (e.g., blueberries, diced apples or peaches), ½ c sugar, 2 T flour, (if using apples, use half brown sugar, and add 1 t cinnamon, ½ t nutmeg, dash of cloves); put in 8x8 or 8x10 baking pan at least 2” deep. Dough: combine 1.3 c flour, 3 T sugar, 1.5 t baking powder, ½ t salt. Then stir in ½ c non-dairy milk and 5 T non-dairy butter, melted; stir until just combined. Dot dough on top of fruit. Bake till golden, about 45 min. Cool 15 min before serving.

Chocolate cake – Preheat to 350F. Lightly oil 8x8 pan. Sift together 1.5 c flour, ¾ c sugar, ½ t salt, 1 t baking soda, ¼ c cocoa powder. Make a well and add 1.5 t vanilla, 1/3 c canola oil, 1 T white distilled vinegar, 1 c cold water. Mix until just combined. Pour into pan. Bake until toothpick comes out clean, about 30 min.

Top with ganache: Put 5 oz chocolate chips in bowl. Put ½ can coconut milk in saucepan and heat until steaming with bubbles around edge. Pour over chips and let sit 5 min. Whisk until smooth. Chill 1 hour (ok if longer).

Baking substitutions – Many recipes can be “veganized” with these substitutions. **Milk:** use equal amounts of plant milk. **Butter:** use equal amount of vegan margarine. **Buttermilk** – for 1 c, put 1 T lemon juice or vinegar in measuring cup, then fill remainder with plant milk. **Egg:** ¼ cup silken tofu or fruit puree, can also buy egg replacer.

Super fast / low energy entrees

Pasta fagioli – Prepare ditalini pasta. Combine 2 c marinara sauce with 1 c water and 1 can white beans; heat through. Stir in baby spinach (optional) and serve over pasta.

Spaghetti & meatballs - Gardien meatballs, marinara sauce | sauteed greens w/garlic

Boca burger – with your favorite toppings. Serve with fresh corn, melon, tomatoes if in season

BBQ “chicken” - Gardein stir-fry strips sauteed in bottled BBQ sauce | cole slaw | frozen sweet potato fries

Chinese noodles - Ramen or lo mein noodles with frozen broccoli, red pepper, carrots and tofu in broth. Sauce: vegetable broth, soy sauce, garlic powder, sesame oil, pinch of sugar.

Peanut noodles – Using food processor, blend ¼ c smooth peanut butter, ¼ t garlic powder, 3 T water, 1.5 T rice vinegar, 1 T tamari, 2 t agave nectar, ½ t sesame oil. Slice cucumber, shred carrot. Dice pre-baked tofu. Prepare noodles (ramen, ditalini, etc). Combine all.

Hummus bowl with rice – layer rice, hummus, shredded carrot, cucumber, tomatoes

Sandwiches with plant-based lunchmeat

Bowl of beans – can add olive oil, diced tamed jalapeños, chili powder and/or curry powder. Can make ahead in slow cooker

Macaroni & “beef” – crumbled Boca burger, macaroni, salsa (warmed)

Asian pasta salad - Ditalini pasta, edamame, diced cucumber, orange bell pepper, dressing (2 T oil, 1 T vinegar, ¼ c orange juice (opt), 1 T soy sauce, 1/8 t garlic powder, sesame oil)

Roasted chickpeas in packaged sumac sauce

Refried beans on tortilla or chips

Sweet potato, beans & cabbage – cook sweet potato 5 min in micro, top with shredded cabbage (cooked 3 min in micro), heated black beans, hot sauce.

Snack

Protein	Root Veg	Fruit	Other veg
Almonds	Sweet potato	apple	Shredded cabbage
soy jerky	Carrots	grapes	Frozen green beans
Smoothie w/protein powder	Beets	Orange	Raw fennel
Walnuts	Jicama	Frozen blueberries	Seaweed
Blueberry/chia/cacao smoothie			Sugar snap peas
Roasted edamame			Avocado (on toast or not)

Dinner

Protein	Cruciferous Veg	2nd veggie	Starch	Fruit
Tofu	Broccoli	Mushrooms	Rice	Dried apricots
Tempeh	Cabbage	Zucchini	potato	Berries
Chickpea pasta	Kale	Marinara sauce	Sweet potato	Raisins
Lentils	Cauliflower	Zucchini	pita	pineapple
“Faux” meat	Brussels sprouts	Green beans	pasta	Dates
Black beans w/rice	Collard greens	Red bell pepper	polenta	mango

See following pages for entrée ideas.

The Cronometer nutrition analysis website and app is an easy way to see if you’ve gotten the nutrition you need for the day.

30+ Meatless and Dairy-Free Entrees

All recipes are for 2 servings, unless otherwise noted.

Each week has 8 dinner ideas, so you can adapt for season, etc.

Week 1

Wild rice stew – Start wild rice 1 hour ahead of time. Prepare lentils in separate pot, with veggie broth, pinch of thyme, pinch of sage, black pepper. Sauté 1 med onion (diced), 12 mushrooms (sliced), 2 carrots (sliced) (see note 1 on back). Cook potato in micro, dice. Combine.

Tacos - Gardien Stir-Fry Strips in Frontera taco or barbacoa sauce, add diced cooked potato | sauteed zucchini, pepper & onion

Ratatouille – sauté onion, diced red pepper, garlic; add 1 can tomatoes and 1 small eggplant, diced (omit if can't find good eggplant). Simmer until eggplant is getting soft, add zucchini. At end add black olives. | Serve with polenta | Gardien Chicken Tenders

Asparagus stir-fry – Sauté mushrooms, asparagus and garlic (see note on back). In non-stick pan, sauté Nasoya teriyaki “tofu bites”. Serve with rice.

Cabbage & beans – Sauté 1 med onion, add shredded red cabbage and 1 t caraway seeds (opt); cover. Cook, stirring occasionally, until cabbage is tender. Add 1 can cannellini beans and heat through | serve with rotini pasta.

Spinach “lasagna” – layer farfalle pasta (cooked al dente), tofu (12 oz Mori-no firm or any tofu, mashed with 1/8 t garlic powder, 1/8 t onion powder, 1/8 t oregano, 1/8 t thyme, 1/8 t black pepper), frozen chopped spinach (thawed), and marinara sauce. Layer order: a little sauce, pasta, tofu, spinach, sauce, pasta, sauce. Bake, covered, 30 min at 350 F. Uncover, sprinkle with vegan mozzarella shreds (opt), bake 2 min more.

Curry – steamed or roasted cauliflower, carrots, bell pepper, and/or zucchini; chickpeas; jar of curry sauce (e.g. vegan Madras curry) | rice

Potato salad – boil 5 red potatoes; when OK to touch, peel and slice ¼” thick. Add dressing (3 T oil, 3 T vinegar, 1 T Dijon, ½ t salt, 1 t tarragon), green beans (boiled 8 min), diced red pepper, 2 T capers | Tofurky bratwurst

Chana Saag – In small bowl mix 1 T curry powder, ½ t salt, pinch of black pepper, ¼ t fennel seeds, ¼ t garam masala, ½ t cumin. Preheat a 3-qt pot over medium heat and add 1 T coconut oil. Add 2 t minced garlic and 1.5 t minced fresh ginger and sauté for about 30 seconds. Add the spice mix and toss to coat the garlic, letting the spices toast for about a minute. Add 1 can diced tomatoes and 1 can chickpeas. Cover and simmer for 10 min. Add 4 oz frozen chopped spinach; simmer 5 min. Add ½ can coconut milk and heat through. Add 1 T lime juice. Let sit for 10 minutes before serving. Serve over basmati rice.

Rice & bean salad – Cook 2 servings rice, transfer to big bowl. Add 1 c. pinto beans, 1 c. diced fresh tomatoes, 1 c. diced orange bell pepper, ½ c. corn, 1 T diced tamed jalapeños, 3 T chopped cilantro. Mix dressing: ¼ c oil, 1.5 T wine vinegar, 1.5 T Dijon, ¼ t cumin, ½ t onion powder, salt & pepper. Combine all. Chill. Garnish with diced avocado.

Week 5

Minestrone – In large saucepan, sauté 1 med onion, 6 sliced mushrooms, 2 diced carrots, 1 stalk celery (sliced, opt), garlic (see note 1). Add 1 can seasoned diced tomatoes, 1 can kidney beans, 1 cup broth, ½ t thyme, ½ t oregano, ¼ t black pepper. Simmer 5 min (or more). Serve with rolls or bread bowl.

Sushi bowl – Mix 2 T rice vinegar with ¼ t salt and 1 t agave syrup (or 2 t sugar). Cook 2 servings rice, transfer to large bowl, and fold in vinegar mixture gradually, while rice is hot. Stir gently to release steam. Serve as base for diced cucumber, shredded carrots and cubed pre-baked tofu. Optional condiments: cut up nori, sriracha mayo, soy sauce, kimchi

Pasta primavera – sauté shallots or leeks, vegetables (e.g., broccoli, asparagus, mushrooms, red bell pepper) (see note 1). Prepare pasta. Serve with ½ c veggie broth and 2 T nutritional yeast per person.

African peanut stew – Combine 1 sweet potato (diced), 1 red bell pepper (diced), 1 can diced tomatoes, 1 can chickpeas or kidney beans, 2 c veg broth, 2 T smooth peanut butter, 1 T honey, ½ t onion powder, ½ t garlic powder, 1 t cumin, 1/8 t red chili flakes. Simmer until veggies soft. Add spinach (fresh or frozen) at end.

Fried rice – Make rice in advance (1/2 c dry) and put in fridge for a few hours. Mix Sauce: 2 T sherry, 2 T soy sauce, ¼ t garlic powder, 1 t sesame oil. Sauté vegetables separately in peanut or other neutral oil: sliced carrot, shredded cabbage, mushrooms. Concurrently, in non-stick or cast-iron skillet, saute Tofu Bites and remove; scramble 2 eggs (opt) and remove; then heat 1 T oil, and crumble rice into it and sauté for a couple minutes. Add sauce to rice and cook until alcohol cooked off (3 – 5 min). Combine all.

Pad Thai – Saute 1 pkg firm or extra firm tofu (diced) in 1 T neutral oil til golden on several sides; transfer to bowl. Saute 2 small zucchini (cut in ½ circles). In a small saucepan, mix: 1 T tomato paste, 2 T soy sauce, 4 T agave nectar, 3 T lime juice, 2 T miso paste, ¼ T garlic powder, 1/3 cup water. Stir over low heat, till tomato paste and miso are mostly dissolved; remove from burner. Heat 1/2 tbspc peanut oil in nonstick skillet over low heat. Cook premade rice noodles according to package directions. Add the zucchini, tofu, and sauce. Stir till everything is coated evenly and cook till heated through. Serve with chopped roasted peanuts, cilantro (opt), fresh lime wedges (opt), mung bean sprouts (opt).

Week 2

Sweet beans - sauté 1 med sweet onion, diced, add 1 can kidney beans and 6 prunes, diced. Simmer 5 min, add baby spinach (opt). | Serve with rice, cornbread, or potatoes | sauteed greens if not added above

“Chicken”, potatoes & green beans - Gardein “Chikn Tenders” | mashed potatoes (with unsweetened soymilk) | green beans (boil 8 min), diced fresh tomatoes, garlic (sauteéd minced garlic, add cooked beans & tomatoes)

Coconut rice – cook 2 servings white rice using ½ can coconut milk for part of the usual water. Cut sweet potato in ½” dice and roast per note 8. In saucepan, simmer 1 can black beans with ¼ t thyme and ¼ t cumin. Combine all, adding 4 t fresh lime juice and zest of ½ lime, and chopped cilantro (opt).

“Cheesy” pasta twists – For each serving: cook ¾ c (dry measure) rotini/fusilli pasta. Transfer to bowl. Add 1 T margarine and stir. Add 1 T nutritional yeast and 1.5 t lemon juice; stir. Add 1 T Italian-seasoned panko crumbs; stir. | **Spinach salad** with diced pre-baked tofu, tomatoes, grated carrot, ginger-soy dressing (or other).

Matar “paneer” – Sauté ½ med onion, 1 clove garlic, at end add ½ t garam masala, ¼ t cinnamon, 1/8 t red pepper powder, ¼ t cumin, and sauté 30 sec. Add 1 can tomatoes, 2 servings diced firm tofu, 1 c frozen peas, ½ can coconut milk. Serve with basmati rice.

Lentils & rice – Cook lentils per instructions, adding veggie broth powder. Roast cauliflower, carrots, onion per note 8 on back. Serve over cooked brown rice.

Chickpeas & veggies – sautééd onions, garlic; add canned diced tomatoes, ½ t cumin, a little hot sauce, steamed sweet potato cubes; add fresh baby spinach at end. Serve with couscous or bulgar.

Italian bean salad (Garbanzo beans, diced red pepper, diced garlic (or garlic powder), olive oil, lemon juice, oregano, black pepper) | **Gazpacho:** Combine 2 c tomato juice, 1 c diced fresh tomato, ½ c diced green pepper, ½ cucumber (diced), 1 t lemon juice, 1 t lime juice, dash of hot sauce, ¼ t garlic powder, ¼ t onion powder, ½ t sugar, 2 T chopped parsley, 1 t basil. Chill 2 hours. | Serve with good bread

Week 3

Burrito bowl – Cook rice. Simmer 1 can black beans with 2 t smoked chipotle chili powder. Sauté onion, red pepper, zucchini. Serve with diced avocado or **guacamole** (per 1 avocado: 2 t lime juice, 1/8 t onion powder, 1/8 t garlic powder, 2 pinches salt, 1 T pickled diced tamed jalapeños)

Udon noodle stir fry – soak 6 dried shitake mushrooms to soften, then slice and sauté in non-stick pan. In large pan, Sauté 2 c thinly sliced red cabbage in 1 T toasted sesame oil, covered. Add 1 small zucchini, sliced. Push veggies aside, add 1 t oil and 2 cloves of garlic (minced) and 1 T minced fresh ginger; toss for a few seconds then mix with rest of veggies. Add diced pre-baked tofu, warmed. Add 2 T soy sauce, 3 T prepared broth, 1 t or hot sauce; toss and cook 1 min. Add 1 12-oz pkg precooked udon noodles, warmed in micro.

Pizza – Use premade pizza crust and pizza sauce. Add toppings as desired: sautéed or raw onions, mushrooms, bell pepper, Tofurky Italian sausage. Cook per crust instructions. At end, add shredded vegan mozzarella.

“Fish” & chips - Gardein “fish” (use “quick” instructions, bake on foil) | Potatoes: slice white or sweet potatoes ¼” thick, put in big bowl, drizzle with 2 T oil, put on sheet pan, sprinkle with salt and roast at 400 F until lightly browned (about 30 min). | Cole slaw: shred cabbage with food processor. Add diced apples, sunflower seeds, dressing.

Beans, greens & pasta – sauté kale with garlic (see note 5), add 1 can cannellini beans, drained. Serve over pasta with a little broth. Sprinkle with nutritional yeast and Italian-seasoned panko bread crumbs.

Chili – sauté onion, bell pepper. Add 1 can chili beans, 1 can diced tomatoes, ½ c chunky salsa, 2 t cumin, 1 t chili powder. Simmer 10 min (or more). Add ½ c frozen corn and simmer 1 min more. Serve with polenta or cornbread.

Rice pilaf with roasted vegetables - roast peppers, mushrooms, potatoes, carrots, zucchini per note 8 | Rice pilaf – sauté onion, add rice and stir, add broth and chickpeas. Cook rice as usual. Add raisins, chopped almonds.

Greek salad – diced cucumber, halved cherry tomatoes, diced green bell pepper, pitted kalamata olives, diced avocado. Dressing: olive oil, lemon juice, Dijon mustard, onion powder, oregano, salt, pepper | **pita** | **hummus**

Week 4

Creole stew – 1 can seasoned diced tomatoes, 1 can kidney beans, red bell pepper (diced), okra (sliced ½”) and/or chard (add at end), hot sauce, a few drops liquid smoke, vegan Italian sausage (heat in micro, then slice and add at end). Simmer 15 min. Serve over rice.

Cuban black bean soup - sauté ½ med onion, ½ green pepper, 2 cloves garlic. Add 1 can black beans, and mash some of the beans with fork. Add 2 t vinegar, 2 t sherry, 2 t sugar or agave syrup, pinch of oregano, pinch of pepper, 1 T olive oil. Simmer 5 min (or more). | sautéed greens | sweet potato

“Risotto” with mushrooms, asparagus – prepare ½ c Calrose rice using “chicken” broth. Sauté 1 large shallot (diced) (covered), then 6 sliced mushrooms (uncovered), then asparagus, cut up and rinsed (covered). Puree 1 package soft Mori-Nu tofu with, 2 T nutritional yeast, 1/4 t salt, 1 c prepared “chicken” broth, and grated lemon zest from 1 lemon. Simmer sauce in separate pan 5 min. Combine all.

Eggplant parmesan – peel eggplant, slice ½” thick, spread both sides with thin layer of coconut oil, place on baking sheet and broil 8” from heating element until lightly browned, then turn and broil other side. Arrange eggplant in baking dish, top with marinara sauce, and bake at 350 F for 30 min. Top with vegan mozzarella shreds at end. Serve with pasta and faux chicken

Tofu with bok choy and mushrooms over brown rice – sauce of vegetable broth, soy sauce, garlic powder, sesame oil, pinch of sugar. Use pre-baked marinated tofu, cubed, warmed in micro. (see note 1 on back)

Sloppy Jo potato – Put potatoes in 400F oven to bake (about 45 min). Cook ½ c lentils per note 7. Sauté ¼ c onion (diced), ¼ c green bell pepper (diced) per note 1. Combine all with 2 t vinegar, 2 t brown sugar, 2 T ketchup, 6 oz tomato sauce, 2 t Worcestershire sauce, pinch black pepper. Split and smush potatoes, and serve sauce over.

Black bean salad – Combine 1 can black beans (drained), red bell pepper (diced), 1/2 c frozen corn, cherry tomatoes (cut in half), 1 T diced tamed jalapeños. Dressing: 2 T vinegar, 1 T lime juice, ½ t onion powder, ¼ t cumin. Add 2 T cilantro (chopped) and diced avocado just before serving. Serve with corn chips.