

Plant-Based Potluck Jan 29, 2020

Veggie chili (from EG)

2 onions (about 2 cups) diced
2 tsp chopped fresh garlic
1Tbs oil
2 large bell peppers, diced
4 cups mushrooms chopped
1 cup squash chopped
6 cups fresh chopped or canned tomatoes
2 cups cooked pinto (or black, red, kidney etc) beans
1 cup dry lentils
1.5 tsp chili powder
1 tsp cayenne or to taste
1.5 tsp cumin or to taste
Salt and pepper to taste

Heat oil in skillet. Add the onions and cook over medium heat until translucent. Add the garlic and cook for 1-2 more minutes. Add the peppers and squash and cook for 2 minutes, stirring occasionally. Add the mushrooms, tomatoes, beans and spices. Cover and cook on high heat until the liquid has cooked out of the mushrooms and the chili is soupy. Add the lentils and stir to distribute. Reduce to low heat and simmer for at least 30 minutes (up to 60 minutes) for the flavor to develop to your liking.

Veggie Skewers (From EG)

1 red onion chopped into 1 in cubes
2 large bell peppers chopped into 1 in cubes
8 oz firm tofu (not silken!) pressed and chopped into 1 in cubes
8 oz mushrooms, washed

Marinade:

Juice of one orange
1 tsp sesame oil
Salt and pepper to taste

Sticky orange sauce:

Juice of one orange
1 Tbs corn starch
½ cup water
1 Tbs agave or sugar
3 Tbs tamari or soy sauce

Prepare the marinade by combining all marinade ingredients in a bowl and whisking. Marinate the tofu in the marinade for at least 15 minutes or up to 8 hours.

Make the orange sauce: Combine all the sauce ingredients in a saucepan and whisk to combine. Cook over medium heat until sauce is thick and sticky.

Preheat oven to 415 degrees F. Put the vegetable and tofu cubes on 12-15 bamboo or reusable skewers. Brush on the sticky orange sauce (you will have plenty left over for dipping after they are cooked). Place the skewers on a 9x13inch baking sheet and roast for 20 minutes, rotating the skewers every 5 minutes. Then, broil on high for about 2 minutes each side.

Once broiled, brush on more sauce and serve!

Banana bread (from EG)

2 cups flour or gluten free flour blend
1 tsp baking powder
1 tsp baking soda
½ tsp salt
½ c sugar
½ cup oil or vegetable shortening
1 ½ cups very ripe banana (about 2 bananas)
¾ cup nondairy (almond, soy, oat, rice, etc) milk or water
1 tsp vinegar

Preheat oven to 350 degrees F. Prepare a 9x5 in bread loaf pan by greasing the sides and/or adding a sheet of parchment paper to the bottom. Measure out the nondairy milk and add the vinegar. Whisk briefly and set aside. In a large bowl, sift together the flour, baking powder, baking soda, and salt. Set aside. In a separate bowl, mix together the oil (or shortening) and sugar. Add the banana to the sugar mixture and mash in with a fork or potato masher until combined. Add the dry ingredients to the oil and sugar mix and stir a few times, then add the milk and vinegar mixture. Mix until all the dry ingredients have been incorporated. Spoon the batter into the bread pan and bake for 40-60 minutes. The bread is done when a toothpick is inserted and comes out clean.

Veggie wraps (from Shubhangi)

<https://www.youtube.com/watch?v=ThyWpsf9NnM>

Instead of yogurt, Shubhangi used mozzarella cheese (from cashews) and vegan cheddar cheese (from almond milk).

Gnocchi (from Anne)

For the sauce:

<https://www.bonappetit.com/recipe/kale-pesto-with-whole-wheat-pasta>

Replace parmesan with ~1/4c cashews, ~1/8c nutritional yeast (nooch), and a shake of red pepper flakes
OR vegan parmesan

Use whatever pasta you'd like

Add herbs/spices/lemon if desired

Be sure to add a couple healthy pinches of salt as well

For the mushroom bits:

<https://www.bonappetit.com/story/how-to-make-mushroom-chips>

Chickpea Salad (from Cheryl)

1 can chickpeas
2 celery ribs, finely chopped
2 Tbs Red onion, finely chopped
1 Tbs capers or pickles, diced
2 Tbs Vegan mayonnaise
1 clove garlic
1 tsp lemon juice (or to taste)
Salt and pepper to taste

In a medium bowl, mash the chickpeas. Add the remaining ingredients and mix well to combine. Add to your favorite toasted bread with lettuce and tomatoes, or serve with crackers.

Chocolate Cheezecakes (from Zach)

<https://minimalistbaker.com/no-bake-chocolate-cheesecakes/>

CRUST

- 1 cup packed dates (pitted // if dry, soak in warm water for 10 minutes then drain)
- 1 1/2 cups raw walnuts (or sub almonds or rolled oats)
- 3 Tbsp unsweetened cocoa or cacao powder
- 1 pinch sea salt

FILLING

- 1 1/2 cups raw cashews (soaked in water 4-6 hours, then drained OR pour boiling hot water over the cashews, soak for 1 hour, then drain and blend as instructed)
- 1-2 Tbsp lemon juice (plus more to taste)
- 1/4 cup olive or melted coconut oil (or any neutral-flavored oil)
- 1 14-ounce can full-fat coconut milk (sub light coconut milk or another non-dairy milk for a less creamy result)
- 7 ounces dairy-free dark chocolate (chopped and melted over a double boiler or in microwave in 30 second increments)
- 1/4 cup maple syrup or agave nectar (or honey if not vegan)

TOPPINGS (optional)

- Dairy-free peanut butter cups
- Peanut butter sauce*

- Fresh berries
- [Coconut Whipped Cream](#)
- [Cacao nibs](#)

Instructions

1. Add dates to a [food processor](#) and blend until small bits remain and it forms into a ball. Remove and set aside.
2. Next add nuts, salt and cocoa powder and process into a meal. Then add dates back in and blend until a loose dough forms - it should stick together when you squeeze a bit between your fingers. If it's too dry, add a few more dates through the spout while processing. If too wet, add more almond or walnut meal.
3. Cut out parchment paper into circles the shape of your ramekins, muffin tins or pan (see notes for size options). In addition, to make removing the cheesecakes easier, cut out two strips of parchment paper per ramekin and lay them in an "X" shape at the base. Top with circle shape. This creates little tabs that make removing the cheesecakes easier to pop out once set.
4. Divide crust among serving dishes and carefully press with fingers to distribute. To pack it down, use a small glass or the back of a spoon to and really press it down, allowing some crust to come up the sides. If it sticks, separate the crust and glass with a small piece of parchment paper. Set in fridge or freezer to firm up.
5. Add all filling ingredients to a blender (starting with the lesser amount of lemon juice and working your way up) and mix until very smooth - up to 2-3 minutes. If it won't come together, add a splash more coconut milk as the liquid should help it blend better.
6. Scrape down sides as needed and blend until very creamy and smooth. Taste and adjust flavor/sweetness as needed, adding more maple for sweetness or lemon for tang.
7. Divide filling evenly among the ramekins (or other serving dish). Tap a few times to release any air bubbles, then cover loosely with plastic wrap and refrigerate until set - about 4-6 hours depending on size of dish. Expedite this process by popping them into the freezer for 1-2 hours.
8. Once set, run a butter knife along the edge and gently remove by tugging on the tabs in an upward motion. They should pop right out. If they aren't quite set, pop them in the freezer for 15-20 minutes and they should come out easily.
9. Top with a touch of coconut whipped cream and fresh berries, or as is! See notes for storage.

Best Shredded Kale Salad (from Kim)

<https://ohsheglows.com/2013/11/25/the-best-shredded-kale-salad/>

Ingredients:

For the salad and dressing:

2 medium bunches destemmed lacinato/dinosaur kale, finely chopped (8 to 9 cups/300 to 340 g chopped)

2 large garlic cloves

1/4 cup (60 mL) fresh lemon juice

3 to 4 tablespoons (45 to 60 mL) extra-virgin olive oil, to taste

1/4 teaspoon fine sea salt

1/4 teaspoon freshly ground black pepper (just eyeball it)

1 teaspoon maple syrup (OPTIONAL; or more, if desired) – included in cookbook version but not website version

1/4 to 1/2 cup (35 to 70 g) dried sweetened cranberries, for garnish

For the pecan Parmesan:

1 cup (120 g) pecan halves, toasted

1 1/2 tablespoons nutritional yeast

1 tablespoon extra-virgin olive oil

2 pinches fine sea salt

Directions:

1. Preheat the oven to 300°F. Spread the pecans onto a baking sheet and toast in the oven for 8 to 10 minutes until fragrant and lightly golden.

2. Remove the stems from the kale and discard. (You can save them for smoothies if you are hardcore!) Finely chop the kale leaves (the smaller, the better).

3. Wash the kale and spin dry. Place dried kale into a large bowl.

4. For the dressing: In a mini food processor, process the garlic until minced. Now add the lemon, oil, salt, and pepper and process until combined. Adjust to taste, if desired. Pour the dressing onto the kale and mix it into the kale with your hands or toss with spoons. Keep mixing for about 1 minute to ensure everything is coated perfectly.

5. For the Pecan Parmesan: Rinse out the mini processor and pat dry. Add the pecans into the processor and process until the pecans are the size of peas or a bit larger. Now add in the nutritional yeast, oil, and salt and process again until it has a coarse crumb texture. Be sure not to overprocess—we still want a nice crunchy texture here, not powder.

6. Sprinkle the Pecan Parmesan all over the salad. Toss on a handful or two of dried cranberries. Wrap and place in the fridge for 30 to 60 minutes to soften, or you can simply enjoy it right away. In the past, I've tried letting this salad sit overnight in the fridge and I greatly prefer the flavour of the salad served the day of, so I don't recommend making this salad the day before and letting it sit in the fridge overnight.

Tips:

Instead of a mini processor, you can chop/whisk the dressing and pecan "Parmesan" by hand.

For a nut-free version, try using breadcrumbs instead of pecans.

Pepper salad (From Andrea)

Combine & set aside:

- ½ C Apple Cider Vinegar (I prefer Braggs organic with mother)
- ½ C White Vinegar
- 1 C white sugar (I used Baker's superfine sugar as it dissolves better)
- ½ C Extra Virgin Olive Oil

Combine in LARGE bowl

Cut into small pieces about 1/4" size or smaller (make it small enough to be scooped onto chips).

- 1 each LARGE **Red, Greed & Orange** firm bell peppers (I prefer organic, more flavor)
 - 2 cans water chestnuts
 - 1 medium red onion
- 2 Can (11oz) sweet corn niblets (Green Giants)
- 2 Can (11oz) Shoepeg cord (green giants)

I use less corn & more peppers due to diabetes...