



TASTE OF VEGETARIAN

WELCOME!

Welcome to our 20th Annual Taste of Vegetarian! Today, we are delighted to serve you delicious samples of a plant-based Salad, Entrées, Soups & yummy desserts.

Eating a whole food, plant-based diet is becoming more popular than ever thanks to ex-presidents, celebrities, best-selling books, and movies such as 'Forks Over Knives.' While vegetarian and vegan diets are defined by what they exclude, a plant-based diet is defined by what it includes — lots of plant foods! This means eating more veggies, fruits, beans, peas, lentils, whole grains, nuts, and seeds instead of animal products and processed foods.

Research has shown that even moderate dietary changes in the direction of a healthful plant-based diet, along with being physically active, can play a significant role in protecting you against life-threatening diseases.

Interested in learning more? Come to our monthly supper club and enjoy learning how to make healthy, plant-based recipes as well as get information on a variety of health related topics.

May each of you enjoy a blessed and happy New Year!

"Beloved, I wish above all things that you may prosper and be in good health, even as your soul prospers." (3 John 2).

Check out the following websites for additional recipes and health information:

- www.Chiphealth.com
- www.Forksoverknives.com
- www.Lifestylematters.com
- www.Newstartclub.com

GLUTEN-FREE CONVERSION CHART				
AMOUNT OF WHEAT FLOUR IN RECIPE	RICE FLOUR	POTATO STARCH	TAPIOCA STARCH	XANTHAM GUM
1/2 C	1/3 C	2 TBSP	1 TBSP	1/4 TSP
1 C	1/2 C	3 TBSP	1 TBSP	1/2 TSP
1-1/4 C	3/4 C	1/3 C	3 TBSP	2/3 TSP
1-1/2 C	1 C	5 TBSP	3 TBSP	3/4 TSP
1-3/4 C	1-1/4 C	5 TBSP	3 TBSP	1 TSP
2 C	1-1/2 C	1/3 C	1/3 C	1 TSP
2-1/2 C	1-1/2 C	1/2 C	1/4 C	1-1/8 TSP
2-3/4 C	2 C	1/2 C	1/4 C	1-1/4 TSP
3 C	2 C	2/3 C	1/3 C	1-1/2 TSP



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SALADS

Superfood Salad with Maple Vinaigrette

(GF)

Salad:

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|------------------------------|--|
| 1 cup cooked quinoa | ½ cup dried cranberries |
| 1 cup broccoli slaw | ½ cup sunflower seeds, or toasted walnuts (or both!) |
| ½ bunch kale, finely chopped | 1 honey crisp apple, diced small, or blueberries |
| 1 cup shredded red cabbage | |

Dressing:

- ½ cup olive oil
- ¼ cup apple cider vinegar
- 2 T. maple syrup
- 1 T. spicy brown mustard
- ¼ t. Salt & a pinch black pepper

Combine and Shake well before pouring over salad.

Vegan Ranch Dressing

(GF)

- 1 small jar Vegenaïse
- 1 ½ Vegetarian Express Saucy Ranch dressing mix or 1 Tablespoon Good seasons Italian seasoning
- 1-2 Tablespoons milk of choice

Instructions:

Add Vegenaïse, Saucy Ranch mix, and milk. Add milk until desired consistency because it will be different if you use it for a dip verses a dressing.

Note: Vegetarian Express Saucy Ranch mix can be found at Apple Valley Natural Foods, or online.



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ENTRÉES

Carol's Fabulous Bean dish

(GF)

4 Cups Cooked Rice	1 large onion chopped
¼ Cup Chopped fresh Cilantro	2-16 oz. Garden Fresh Gourmet "Wild and Mild" Salsa
½ fresh lime	1-8 oz. Dairy-free sour cream (or to taste)
1-48 oz., Randall's mixed beans	1 cup Guacamole or Avocado (or to taste)

Instructions:

Chop and sauté onion. Then add one container of Wild and Mild Salsa and the Randal's bean mix to the sautéed onion. Stir together and allow beans to simmer until liquid is almost gone. Stir occasionally.

Cook the rice, then mix in, ¼ cup chopped cilantro and ½ squeezed lime.

On a platter, spread cooked rice mixture evenly, and top with the cooked beans. Garnish with sour cream, guacamole and the other container of Wild and Mild Salsa, finish with a sprinkle of fresh cilantro on top.

Mexican Lasagna

One Pack of Flour Tortillas (Burrito Size)	2 cans refried beans
2-3 cans of enchilada sauce	2 bags of Morningstar burger Crumbles
8 oz. bag of shredded cheese	3 tsp. Taco seasoning

Instructions:

1. Mix enough enchilada sauce with the beans to make them easy to spread.
2. Cook the Morningstar burger crumbles with taco seasoning.
3. In a 9 x 13 baking dish, layer two tortillas to cover bottom of dish.
4. Spread some of the beans, crumbles, cheese and sauce and layer two more tortillas on top of that.
5. Make as many layers as you can with the ingredients you have, and room left in the dish.
6. The top layer should include two more tortillas, sauce and cheese
7. Bake at 375 degrees for 30 minutes or until brown on top.



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SOUPS

Black Bean Soup (Panera copycat)

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|---------------------------------------|---------------------------------------|
| 1 Medium onion, finely chopped | 2-15 oz. cans Black beans (undrained) |
| 2 Cloves garlic, minced | ½ teaspoon ground cumin |
| 2 Celery stalks, finely chopped | ½ teaspoon salt, if needed |
| ¼ Cup Red Bell pepper, finely chopped | lemon juice (approx. ½ a lemon) |
| 1 Tablespoon Oil | |
| 1 ½ cups Vegetable Broth | |

Instructions:

1. Heat oil in large pot and sauté veggies until translucent.
2. Add broth, beans, and cumin and bring to a boil
3. Reduce Heat and simmer for about 30 minutes, stirring occasionally.
4. Using a potato masher, mash the beans, leaving about half whole.
5. Add lemon juice and simmer about 5 minutes more.

Chili

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|--|--------------------------------------|
| 2 cans Bush's Black Chili Beans | 2 teaspoons onion powder |
| 2 cans Bush's Kidney Chili Beans | 1 teaspoon Garlic Powder |
| 2 Cans Bush's Red Chili beans | 1 Tablespoon Chicken-style Seasoning |
| 1-2 bags Morningstar Burger Crumbles | ½ Cup Nutritional Yeast |
| 3 teaspoons Taco Seasoning | ½ Teaspoon Black pepper |
| 1-28 oz can Diced Tomatoes | 2 Bay leaves |
| 1 Medium onion or 2 Tbsp. dried minced onion | Salt to taste (approx. ½ teaspoon) |
| 1 Tablespoon Chili Powder | 1 Tablespoon Oil |

Instructions:

1. Chop and Sauté Onion with the 1 Tablespoon of oil until see through.
2. Once onions are done, add Burger Crumbles and taco seasoning.
3. On medium heat, let burger crisp a little, and then add the can of tomatoes and two bay leaves.
4. Let stew for approx. 5 minutes, stir occasionally.
5. Add beans and the remaining seasonings. Stir and let simmer for approx. 40 minutes, stirring occasionally.



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BREAD

Cornbread

1 Cup All-Purpose Flour	3 ½ teaspoons baking powder
1 Cup yellow cornmeal	1 ¼ cup Almond Milk
2/3 Cup white sugar	1/3 Cup vegetable oil
1 teaspoon salt	

Instructions:

1. Combine dry ingredients in a bowl.
2. Add wet ingredients and stir.
3. If too thick, add a little almond milk.
4. Bake at 400 F for 20-25 minutes.
5. Check with toothpick to see if it comes out clean.

DESSERTS

Strawberry Frosting Shots (Strawberry Mousse)

(GF)

1 13.5oz can full-fat coconut milk
1-2 fresh strawberries
1/4 tsp pure vanilla extract
A pinch pure stevia, or 2 tablespoon powdered sugar
A tiny pinch salt

Instructions:

1. Open the coconut milk, and if it isn't thick yet, leave the can (or transfer to a bowl) uncovered in the fridge overnight. Don't shake the can before opening. It should get very, very thick. If it doesn't, you've gotten a bad can that won't work for the recipe. I highly recommend Thai Kitchen Organic, or use Coconut Cream instead, for a no-fail option.
2. Once thick, transfer just the thick part to a bowl – leave out the watery bit at the bottom of the can –
3. Blend with all other ingredients. (Use fewer strawberries for a thicker mousse.)
4. Stored uncovered in the fridge, the mixture gets even thicker.



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DESSERTS

4-Ingredient Samoas

- 1 cup pitted medjool dates
- 1 cup unsweetened shredded coconut
- 1/3 cup dark chocolate (chips or a chopped bar)
- 1/2 teaspoon coconut oil

Instructions:

1. Pre-heat oven to 400°F. Spread the shredded coconut onto a baking sheet for toasting. Place in oven for 5-10 minutes, until coconut is a light golden brown color. Make sure to stay in the kitchen watch the coconut, as it can easily go from toasted to burned. Alternately, you can toast the coconut in a pan on the stovetop.
2. Add dates and toasted coconut into the bowl of a food processor (affiliate link). Pulse until mixture is combined and starts to form a ball of dough.
3. Remove from food processor (affiliate link), roll 1-Tablespoon size pieces of dough into a ball and then shape into a round cookie. Using a straw or chopstick punch a hole in the middle of the dough. Move the straw or chopstick around a bit to make the hole wider, if needed. At this point, you will likely need to reshape the cookie a bit.
4. Place all cookies on a sheet lined with parchment and transfer to the freezer to harden up a bit. While cookies are in the freezer, add chocolate and coconut oil to a shallow microwave-safe bowl and melt in 20-30 second increments until the chocolate is melted enough to drizzle.
5. Grab cookies from the freezer and dip each one in the chocolate to coat the bottom. Place cookies on the parchment and use remaining chocolate to drizzle over top the cookies. Transfer cookies back into the freezer for 10-15 minutes to let the chocolate harden. Once they have hardened, you will be able to easily remove the cookies from the parchment paper. If you want to enjoy right away, let them sit out on the counter for a few minutes. For enjoying later, store in a sealed container in the fridge for up to one week.



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DESSERTS

Apple Pie

Crust:

3 Cups All-Purpose flour
1 Cup Oil
¾ Cup Water
1 teaspoon Salt

Instructions:

1. Mix flour and salt together
2. Add in the oil and water.
3. Divide dough into two parts
4. Roll out between wax paper.

Apple Pie mix

9 Apples (peeled and sliced thin)
1 Cup Sugar
2 Tablespoons Flour
1 teaspoon cinnamon

Instructions:

1. Mix together sugar, cinnamon, flour and sliced apples. (mix thoroughly)
2. Place into bottom crust and dab spots of butter (margarine) over apple mixture
3. Cover with top rolled out crust.
4. With a knife, mark top with attractive steam vents.
5. Bake at 350 F until apples are soft when tested with a fork and crust is brown and crispy.

Recommend using Fuji or Honey Crisp apples