



TASTE OF VEGETARIAN

WELCOME!

Welcome to our 19th Annual Taste of Vegetarian! Today, we are delighted to serve you delicious samples of a plant-based Salads, Tofu & Cashew Dishes, Broccoli “Cheese” Soup, Biscuits & 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 Thanksgiving!

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

| 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 |

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

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



TASTE OF VEGETARIAN

SALADS

Alberto's Cabbage Slaw

(GF)

1 Head of Cabbage, chopped
1 bunch of Cilantro, chopped
1 Vidalia Onion, chopped

1. Mix together the above vegetables and set aside.
2. Juice 1 lime and add to ½ jar of Mayonnaise or Just Mayo or Veganaise. Mix together in bowl.
3. Just before serving, mix the vegetables and mayo mixture together.
4. **Note:** you can make up cabbage, cilantro and onion beforehand, storing it in the refrigerator and add the mayo mixture just before serving to keep the salad feeling fresh and tasty.

Broccoli Raisin Salad

(GF)

2 bunches broccoli, chopped
1/3 cup raisins
1/8 cup sugar
1/3 cup raw sunflower seeds

1 large red onion, chopped
1 cup Just Mayo or Veganaise
1 Tablespoons lemon juice or vinegar
½ cup BacoBits

1. Combine mayo, sugar and lemon juice in a separate bowl and set aside.
2. Mix together broccoli, onions & raisins.
3. Add the mayo mixture to the broccoli mixture.
4. Chill.
5. Before serving, add sunflower seeds & BacoBits.
6. **Note:** Instead of BacoBits, you can use frozen Morning Star Farms Breakfast strips, cooked and crumbled.
7. Yields 10 servings.

Taco Salad

(GF)

2-3 Romaine hearts lettuce, chopped
1 can black beans, drained & rinsed
2 small containers of grape tomatoes, sliced in half
Desired amount of chopped cucumber (optional)
Ranch dressing of choice

1 can corn, drained
1 can black olives, drained & sliced
Desired amount of Cheese (optional)
Desired amount of chopped onion (optional)
1 bag Fritos

1. Mix together everything except for Ranch dressing & Fritos
2. Just before serving, add ranch dressing and Fritos.
3. You can add peppers, taco seasoning & avocado for a larger salad.



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CASHEW DISHES

Joanne's "Cheese" Sauce

(GF)

1 cup water
1 cup raw cashews
1 small sweet red pepper or 1 Tablespoon pimento
2½ teaspoons salt
¼ teaspoon garlic powder

2 cups canned coconut milk
2 Tablespoons nutritional yeast flakes
Juice of 1 lime
1 teaspoon onion powder
2 Tablespoons cornstarch

Blend until smooth. When doubling this recipe, not all coconut milk will fit in blender.

MACARONI & CHEESE:

Cook ½ box of pasta according to box directions and drain. Mix blended cheese sauce and pasta together and place in sprayed casserole dish. Tear a couple pieces of bread into fine pieces and sprinkle over macaroni. Spray top of bread with cooking spray. Bake in oven @350 degrees for 20-30 minutes.

BAKED CHEESEY POTATOES:

Preheat oven @ 350 degrees. Spray a 13x9 dish with cooking spray. Place 1 bag frozen hash browns (shredded or southern style) in dish and cook in oven while it preheats until potatoes are soft. Take out of oven and pour over potatoes one recipe of cheese sauce. Mix briefly. Add favorite veggie sausage if desired. Place back in oven for 20 more minutes or until cheese sauce is thickened and potatoes are cooked.

QUESO:

Thicken on stove in sauce pan and mix with favorite black bean salsa. Serve with favorite chips.



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CASHEW DISHES

Cashew Roast

Sauté 1 chopped onion in a little oil

Add:

1 can mushroom soup

$\frac{3}{4}$ soup can of unsweetened soy, rice or almond milk

1 cup cashew pieces

1 cup chinese noodles

Celery, chopped (optional)

1. Put in oiled casserole dish and bake covered at 350 degrees for 35 minutes
2. Take off cover and bake another 10 minutes.

Sausage Gravy

(GF if using Beyond Meat)

1½ cups raw cashews, washed

2 teaspoons onion powder

2 cups water

1 teaspoon salt

4 teaspoons cornstarch

1 teaspoon chicken style seasoning

3 Tablespoons nutritional yeast flakes

Favorite Vegetarian Sausage

1. Add above ingredients in a blender, blend gradually then on high for 3 minutes until mixture is very smooth.
2. Add 3 more cups water & blend on high for another couple minutes.
3. Add 1 roll of Worthington Frozen Prosage or desired vegetarian sausage. A good GF option is Beyond Meat's Beyond Beef Crumbles - Beefy
4. Add to a saucepan and cook until thickened.
5. Serve on biscuits, toast or rice.
6. **Note:** Use this recipe for any white sauce recipe for soups or savory cream sauce. You can also use other savory vegetarian meat substitutes
7. If you don't have a VitaMix blender, soak the cashews in hot water until cashews are softened.
8. The gravy itself is gluten free and if you find sausage crumbles that are gluten free, enjoy!



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CASHEW DISHES

Broccoli “Cheese” Soup

(GF)

2 heads broccoli, chopped fine & place in large soup pot in 2 cups water. Turn on medium heat and start cooking. Start on sauce.

Sauce:

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|--------------------------------|--|
| 1½ cups raw cashews, washed | 2 Tablespoons onion powder |
| 2 cups water | 3 teaspoons salt |
| ¼ cup cornstarch | 2 teaspoon chicken style seasoning |
| 1 cup nutritional yeast flakes | ¼ cup olive oil |
| 2 Tablespoons lemon juice | ¼ cup canned sweet red peppers (pimento) |
| ¼ teaspoon garlic powder | |

1. Add above ingredients in a blender, blend gradually then on high for 3 minutes until mixture is very smooth.
2. Add 2 more cups water & blend on high for another couple minutes.
3. Place in large soup pan with broccoli
4. Add 3 more cups of water to soup mixture
5. Stir constantly until soup is warm.

BREAD

Tim’s Biscuits

- | | |
|-------------------------------|--------------------------------|
| 1 cup unbleached white flour | 1 cup whole wheat pastry flour |
| 2½ teaspoons baking powder | ½ teaspoon baking soda |
| ¼ teaspoon salt | 1 Tablespoon sugar |
| ¼ cup Earth Balance margarine | ¾ cup soymilk |
| 1 Tablespoon lemon juice | |

1. Combine dry ingredients in a mixing bowl.
2. Cut in margarine until margarine is like the size of a pea.
3. Combine soymilk & lemon juice together in a measuring cup.
4. Add liquid mixture to dry and mix with a fork.
5. Spoon on an oiled baking sheet or roll out and cut with biscuit cutter.
6. Bake 350 degrees for 15 minutes.
7. Yields 12 biscuits.



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TOFU DISHES

Chinese Fried Rice

2 blocks of water-packed tofu
¼ cup soy sauce
Pepper
5 cutie oranges
Cooked rice

12 oz. sweet & sour sauce (Meijer or your favorite)
Onions
Red Pepper flakes
Olive oil

1. Wrap tofu in thin towel and squeeze out excess water.
2. Cube tofu and sauté until golden brown
3. Add onions & pepper as desired.
4. In a sauce pan, sauté orange peels from 3 cuties in a little olive oil and add 1 jar of sweet & sour sauce, ¼ cup soy sauce, red pepper flakes (desired amount) and juice from 5 cuties.
5. Cook until comes to rolling boil.
6. Mix sauce and tofu together and add to cooked rice.

Barbeque Tofu

2 – 19 oz. block of Extra firm Tofu
1 can pineapple tidbits
1 small red bell pepper
1 – 8 oz. can tomato sauce
1 stalk celery, diced (optional)

1 bottle barbecue sauce
1 large onion
1 small green bell pepper
2 cloves garlic
1 teaspoon Celtic salt

1. Rinse and drain tofu then cut into one inch strips
2. Batter tofu with the barbecue sauce and allow to marinate for at least 30 minutes or overnight in the refrigerator.
3. Sear on a George Forman grill or something similar on both sides.
4. Further cut tofu into squares and place into a large mixing bowl.
5. Add cut onions, bell peppers, chopped garlic, tomato sauce and pineapple tidbits.
6. Mix well and bake at 350 degrees or 30-40 minutes.



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TOFU DISHES

Scrambled Tofu

(GF)

1 lb. extra firm water packed tofu

1+ Tablespoon olive oil

Seasoning:

2 teaspoon chicken-style seasoning

½ teaspoon salt

¼ teaspoon garlic powder

1 heaping Tablespoon nutritional yeast flakes

½ teaspoon onion powder

1/8 teaspoon turmeric

1. Mix seasoning together and set aside
2. Drain tofu and break into small pieces into colander
3. In large skillet, add oil and tofu. Mash tofu with potato masher and cook until crispy, stirring often
4. Sprinkle ½ of seasoning mixture over tofu. When tofu starts getting crispy, turn over and add rest of spices
5. Flip occasionally to get all sides crispy. You will want your tofu relatively dry
6. Test flavor and add any of the above seasonings to your desired flavor
7. If you like vegetables in your tofu, sauté in another pan and add to tofu after it is done cooking.

Irresistible Potato Salad

(GF)

5 lbs. red potatoes

½ small jar of dill pickle relish

Celery Salt or regular salt

2 recipes of Scrambled tofu without vegetables

2 lbs. Extra Firm Water packed tofu

1 jar of Just Mayo or Veganaise

Paprika & Dill Weed

1. Boil potatoes until tender. Cool completely. Dice into small pieces and place in large mixing bowl. Sprinkle with salt or celery salt and toss.
2. Fix the scrambled tofu recipe and set aside
3. Mix scrambled tofu, pickle relish & Mayo with potatoes
4. Garnish with a little paprika & dill weed
5. Serve immediately or chill until ready to serve
6. Potato salad is a little creamier when tofu is warm when mixed with potatoes



DESSERTS

Cheesecake

Crumb Crust for 10" pan:

1½ cups graham cracker crumbs, cinnamon or chocolate ½ cup margarine, melted

2 Tablespoons powdered sugar

1. Mix together
2. Press into pan and refrigerate while preparing filling

Filling:

4 pkgs. Tofutti cream cheese, softened

1 cup sugar

2 teaspoons vanilla

1 cup vanilla Silk creamer

Egg replacer for 4 eggs

1. Blend filling in food processor until very smooth.
2. Place pan of water on bottom rack of oven.
3. Pour in prepared crust & bake on 350 degrees for 1 hour or until just barely done. (A little center jiggle with setup with oven off)
4. Turn oven off and leave in oven while oven cools.
5. Leave in pan while it continues to cool at room temperature.

Different varieties of Cheesecake:

1. Lemon: Add lemon zest and 2 Tablespoons of lemon juice. Use Cinnamon cracker crumbs. Top with raspberry sauce.
2. Chocolate: Melt chocolate chips and add to batter. Use regular or chocolate cracker crumbs.
3. Marble: Melt chocolate chips and stir into 1 cup of batter. Place white filling on chocolate or regular crumb crust. Drop chocolate batter by spoonful's and then run a knife through to marble.

Chocolate Tofu Pudding

(GF)

1 box firm, silken tofu

¾ cup chocolate chips or carob chips

¼ cup pure maple syrup

1. Melt chips with maple syrup in a double boiler or in microwave, 30 seconds at a time, mixing after each 30 seconds
2. Put melted chips in center of blender
3. Drain tofu and place in blender
4. Blend until smooth, adding a small amount of milk if necessary
5. Pudding will thicken as it chills



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DESSERTS

Chocolate Chip Cookies

Cream Together:

- 2 cups softened margarine
- 2 cups white sugar
- 2 cups brown sugar

Add:

- 4 Tablespoons ground flax seed mixed with ½ cup warm water or 4 eggs
- 2 teaspoons vanilla
- 5 cups oatmeal, ground fine
- 4 cups soft or white whole wheat flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1 teaspoon salt

1. Mix well and add 16-24 ounces of your favorite chocolate chips. Dough will be sticky.
2. Refrigerate for 1 hour before rolling into balls.
3. Place on cookie sheet about 2 inches apart
4. Bake 350 degrees for 10-12 minutes
5. Cool on cooling rack.
6. This recipe makes a HUGE batch of cookies. Recipe can be cut in half.