



TASTE OF VEGETARIAN

WELCOME

Welcome to our 17th Annual Taste of Vegetarian, emphasizing whole food, plant based recipes! Eating more plants and less meat has become more popular than ever thanks to ex-presidents, celebrities, best-selling books, and movies such as [Forks Over Knives](#).

There is sound medical evidence that a plant-based diet contributes to good health and longevity. A balanced, varied plant-based diet is protective:

- It's high in fiber.
- It provides adequate protein for growth and repair.
- It's high in antioxidants that are critical to neutralizing free radicals that cause aging and chronic disease, including cancer.
- It's high in vitamins and minerals.
- It's low in saturated fat that promotes heart disease.

Also, plants have much lower caloric concentration than animal protein overall, which allows for more food volume without excessive weight gain.

Eating a primarily or completely plant-based diet may be one of the best and most practical ways to improve your health and well-being. We can all benefit by making even small changes and moving in this direction. Isn't it fascinating that God's original diet given to Adam & Eve in the Garden of Eden was a plant based diet?! Genesis 1:29 says, "And God said, see I have given every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food"seems like our Creator knows what is best for us!

We hope you enjoy the sampling today. Please feel free to ask questions and enjoy the following informational websites at your leisure.

http://www.youtube.com/watch?v=2JNNLULOYO4&feature=player_embedded

<http://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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ENTREES

Enchilada Casserole

4 c. cooked Jasmine brown rice
6 c. vegetarian chili
1 pkg. Daiya cheddar cheese substitute
1 small can mild green chilies, chopped
2 small cans enchilada sauce, mild.

1. Mix all ingredients together place in a sprayed 9x13 pan. Bake until hot.

Spinach Pesto

4 cups spinach
2 cups fresh basil
1 t. salt
1/3 c. olive oil
1 t. minced garlic
1 T. fresh lemon juice

1. Place the spinach, basil, garlic, garlic, lemon juice, and salt in a food processor or blender and process for 30 seconds.
2. Slowly stream in the olive oil while the machine is running. Don't process until completely smooth.
3. Toss a few tablespoons with prepared pasta and serve.
4. Store rest of the pesto in a jar.



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ENTREES

Mini Veggie Meatloafs

3½ c. water	1 t. minced garlic
¼ c. Bragg's or soy sauce	¼ t. cayenne, opt.
¼ c. nutritional yeast flakes	3½ c. oats
3 T. olive oil	2 T. McKay's Beef seasoning, or vegetable bullion
2 T. onion powder	½ c. catsup
1 T. maple syrup	
1 T. dried sage	

1. Preheat oven to 350 degrees. Spray 16 muffin tin cups with cooking spray.
2. Place all ingredients except oats in a large saucepan and bring to boil. Add oats and remove from heat. Cool for 5 minutes.
3. Divide oatmeal mixture into 16 muffin cups. Top each cup with a spoonful of catsup.
4. Bake for 45 minutes or until browned on edges and solid.

Cashew Holiday Loaf

3 c. raw ground cashew nuts
2 c. vegeburger (or Gardein frozen burger- Meijer's frozen healthy section)
2 T. oil
1 large onion, chopped
1 c. celery, chopped
1 c. breadcrumbs (dried)
½ t. salt
3 t. Ener-G Egg Replacer, mixed with 2 T. water
3 t. McKay's Chicken-Style Seasoning (or your choice)
1 T. Bragg's Liquid Aminos (or soy sauce)
1 c. soymilk, unsweetened

1. In medium bowl, combine all ingredients, adding soy milk last.
2. Place into 8x8 baking pan and bake at 350 degrees for about 1 hour until golden brown on top.



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ENTREES

Pancit

1 pk. (8oz.) Bihon (thin rice noodles)	1½ T. olive oil
½ pk. (5.25oz) Vermicelli	1 t. McKay's chicken seasoning
6 c. water	2 T. Bragg's or soy sauce
½ block firm tofu, cut in cubes	2 t. dried basil
2 t. minced garlic	2 t. parsley flakes
½ medium onion, chopped	1 t. dried, minced onion
1 t. garlic salt	~4 c. fresh vegetables (gr.beans, celery, carrots, Napa)
1 c. precut dried shitake mushrooms, soaked in 2 c. warm water until soft; drain & save water.	

1. Marinate tofu cubes with: ½ T. Bragg's or soy sauce, ½ t. McKay's chicken seasoning, ½ t. basil, ½ t. parsley, & ½ t. garlic salt. Set aside.
2. In a large skillet heat 1 T. olive oil, then add marinated tofu, stirring until brown. Remove from skillet.
3. In same skillet, sauté fresh garlic & onion, then add tofu and veggies. Turn off heat when veggies are done & set aside.
4. In a bowl, soak vermicelli in warm water until soft to cut in 2" pieces. Drain off water.
5. In a wok, add: 4 c. water plus the 1½ c. mushroom water. Bring to a boil, then add ½ t. olive oil, ½ t. parsley flakes, ½ t. basil, ½ t. garlic salt, ½ t. dried onion, ½ t. McKay's chicken seasoning & ½ t. Bragg's or soy sauce. Stir in the Bihon until soft and the water is partly absorbed, then stir in vermicelli until all the water is absorbed and the noodles are cooked.
6. Turn off heat and add the mixed & tofu from the skillet, mixing thoroughly.
7. Serve hot or cold and enjoy the taste of this oriental dish!



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SIDE DISHES

Cauliflower Buffalo “Wings”

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|---|---------------------|
| 1 head cauliflower, broken into bite size piece | ½ t. paprika |
| 1 c. flour (can use brown rice flour for GF) | ½ t. brown sugar |
| 1 c. unsweetened, non- dairy milk | 1 c. BBQ sauce |
| 1 t. garlic powder | hot sauce, to taste |
| 1 t. onion powder | |

1. Preheat oven to 450F.
2. In a medium size bowl, combine all ingredients, except BBQ sauce and hot sauce. Mix thoroughly with a whisk.
3. Dip cauliflower pieces in the batter until coated evenly, then place on a sprayed baking sheet.
4. Bake for 15 minutes.
5. Remove from oven and dip in BBQ sauce (add hot sauce to taste).
6. Bake 5 minutes more and serve.

Macaroni & Cheese

Cashew Cheese:

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| 1 c. raw cashews | 1 t. onion powder |
| 4 T. nutritional yeast flakes | pinch garlic powder |
| 2 T. sesame seeds | ¼ c. lemon juice |
| 1/8 t. celery seed | 1 c. water |
| ¼ c. oil | 4 oz. jar pimentos |

- 1 package firm tofu. Crumble and add mayo to make it look cottage-cheesy
1 lb. pasta, cooked

1. In a blender, process all ‘cheese’ ingredients until very smooth to make the cashew cheese.
2. Combine crumbled tofu plus mayo, the cooked pasta, and the cashew cheese and place in a sprayed 9 x 13 pan.
3. Bake at 350 for 30 minutes.



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SIDE DISHES

Broccoli Rice Casserole

1- 16 oz. packages frozen broccoli pieces, thawed 3 c. cooked brown rice 2 c. 'Cheeze' sauce

Combine all ingredients, cover and bake about ½ hour at 350.

'Cheeze' Sauce:

Boil together:

2 c. potatoes, diced large

1 c. carrots, diced large

Next, blend together the potatoes and carrots with:

½ c. water (use water from boiling the vegetables)

1/3 C. olive oil

2 tsp. salt

1 Tbsp. lemon juice

½ cup nutritional yeast flakes

Add to your favorite cheese dish; or mix with salsa for a good dip.



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SALADS

Kale Salad

3 cups chopped kale
3 sliced radishes
1 bunch green onions
¼ cup black olives
2½ T. sunflower seeds

Dressing:

2½ T. lemon juice
2 T. Braggs or soy sauce
½ t. onion powder
¼ t. garlic powder
2½ T. water
1½ T. olive oil

1. Blend ingredients for dressing and toss with salad ingredients just before serving.

Strawberry Quinoa Salad

Roasted Pecans:

½ c. raw pecan halves
½ T. Olive oil
1 T. brown sugar
Pinch of salt

Dressing:

2 T. olive oil
1-2 T. maple syrup
1/3 c. balsamic vinegar

Salad:

1½ c. quartered strawberries
¼ c. sliced red onion
7 ounces romaine
1/4 c. cooked quinoa

1. Preheat oven to 350 degrees and place pecans on a foil- or parchment-lined baking sheet. Roast for 8 minutes.
2. In the meantime, add oil, sugar, and salt, to a small mixing bowl and whisk to combine.
3. Remove toasted pecans from oven and toss with brown sugar mixture. Spread back onto the baking sheet and toast for another 4-7 minutes or until fragrant and golden brown, being careful not to burn. Set aside to cool.
4. Combine balsamic vinegar, olive oil, maple syrup and salt.
6. Add lettuce, quinoa, strawberries and roasted pecans to a large mixing bowl and toss with 2-3 T. dressing. Serve with additional dressing on side.



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SOUPS

Vegetable Quinoa Soup

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| 1 c. quinoa | 2 T. olive oil |
| 3 c. water | 2 t. minced garlic |
| 1 lg. can tomato or V8 juice | 2 t. each: oregano & basil |
| 1 -28 oz. can diced tomatoes | 1 – 1 lb. package frozen mixed vegetables |
| 2 T. vegetable bouillon (McKay's) | |

1. Place all ingredients in large pot and simmer until quinoa and veggies are done. Adjust seasonings.

Curried Pumpkin Soup

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|-------------------------|---------------------------|
| 1 onion, diced | 2 bay leaves |
| 3 cloves garlic, minced | 1 T. curry powder |
| 2 T. margarine | 1 t. cumin |
| 1 – 15 oz. can pumpkin | ½ t. ginger |
| 3 c. vegetable broth | 1 c. soymilk, unsweetened |
| ¼ t. salt | |

1. In a large pot, sauté onion and garlic in margarine until soft.
2. Add pumpkin and broth, stir well.
3. Add bay leaves, curry, cumin and ginger
4. Cover and simmer 15 minutes
5. Whisk in soymilk and heat ½ minutes
6. Season with salt and remove bay leaves.

Sweet Potato Black Bean Chili

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|---|--------------------------------|
| 1 medium onion, diced | 1 T. chili powder, or to taste |
| 3 medium sweet potatoes, peeled and diced | 2 t. cumin |
| 1- 16-oz. jar salsa (chunky is best) | ¼ c. cilantro |
| 1- 15-oz. can black beans, slightly drained | 2 t. lime juice |
| 2 cups vegetable stock + 2 cups water | |

1. In a large pot over medium heat, cook onions in 1 T. oil and season with a pinch of salt. Stir and continue cooking on medium heat until onion is translucent and soft.
2. Add sweet potato and spices.
3. Cook for 3 minutes, then add salsa, water and vegetable stock.
4. Bring mixture to a low boil on medium high heat and then simmer.
5. Add black beans, cilantro & lime juice; cover and cook for at least 20-30 minutes, until the sweet potatoes are fork tender and the soup is thickened.



BREADS & MUFFINS

Banana Crumb Topped Muffins

2 eggs or flax eggs equivalent (2 T. flax meal mixed with 5 T. warm water)
4 ripe bananas
½ c. brown sugar, packed
¼ c. margarine or coconut oil, melted
1 t. vanilla extract
2 t. baking soda
½ t. salt
1½ c. whole wheat pastry flour
½ c. rolled oats
¼ c. walnuts, chopped (optional)

Crumb Topping:

¼ cup sugar 5 T. unbleached all-purpose flour 2 T. margarine

1. Preheat oven to 375 degrees F and lightly grease a standard size muffin tin (will make 10-11 muffins)
2. Prepare flax egg in a large mixing bowl. Let set for 5 minutes.
3. Add banana and mash, leaving just a bit of texture.
4. Add brown sugar, baking soda, salt and whisk for one minute.
5. Stir in vanilla, melted margarine and mix.
6. Add flour and oats and stir with a spoon or spatula until just combined. Lastly, fold in walnuts (optional).
7. Divide batter evenly among 10-11 muffin tins, filling a generous ¾ full
8. Quickly wipe your mixing bowl and add crumble ingredients. Prepare crumble top by mashing ingredients together with a fork until crumbly like wet sand. Generously top muffins with crumb topping.
9. Bake for 17-22 minutes or until tops are golden brown and a toothpick or knife comes out clean. Let cool for a few minutes, remove from muffin tin. Once completely cooled, store in a covered container at room temp for several days. Freeze for longer term storage.



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BREADS & MUFFINS

Cornmeal Buns

4 cups water	2 T. yeast
2 t. salt	2 t. honey
1 cup cornmeal	1 cup warm water
1 cup brown sugar	4 cups unbleached white flour
1 cup margarine	4 cups bread flour

1. Make a mush of water, salt & cornmeal and cook until thick.
2. While hot, stir in brown sugar and margarine. Cool.
3. Dissolve yeast and honey in warm water and let stand for 10 minutes.
4. Add yeast mixture to cooled mush.
5. Make sure you have clean fingernails! 😊
6. Knead in flour, adding more if necessary to make soft dough.
7. Place in greased bowl. Cover and let sit until doubled.
8. Roll out ½ inch thick.
9. Cut with round cutter and place on cookie sheet.
10. Let rise on cookie sheet until double.
11. Bake 350 F for 15 minutes or until lightly browned.



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APPETIZERS & SPREADS

20 Minute Pumpkin butter

2- 15-ounce cans pumpkin puree (not pumpkin pie filling)

2/3 c. brown sugar

½ c. apple juice

2½ t. pumpkin pie spice*

pinch salt

¼ c. maple syrup

1 T. lemon juice

½ t. Cinnamon

1. Add all ingredients to a large saucepan or pot over medium-high heat and stir to combine.
2. Once it begins bubbling, reduce heat to low and simmer. Cook, uncovered, for 15-20 minutes, stirring occasionally.
3. Taste and adjust seasonings as needed.
4. Once cooled completely, transfer to a large glass container and store in the refrigerator for up to 2 weeks.
5. *If you don't have pumpkin pie spice, use this DIY blend: 2 tsp ground cinnamon, 2 tsp ground ginger, 1 tsp ground nutmeg, ½ tsp ground cloves.

Cranberry Relish

1 orange

2 apples, quartered

1 -16oz. bag fresh cranberries

½ c. pecans, chopped

1/3 c. honey

1. Chop orange, apples and cranberries in food processor until very small. Put in mixing bowl.
2. Add pecans and honey, mixing well. Chill several hours or overnight to blend flavors.

Mexican Pin Wheels

2 large flour tortillas

2/3 c. vegetarian refried beans

½ c. finely diced tomato

½ c. red onion, finely diced

½ ripe avocado, finely sliced or diced

½ c. fresh cilantro, finely chopped

1. Lay one tortilla flat and spread with a 1/3 c. refried beans. Continue layering with ¼ avocado, ¼ cup onion, ¼ cup tomato, and ¼ cup cilantro.
2. Use your hands to flatten all the ingredients down so it's easier to roll. Then tightly roll from one end to the other and place seam side down on a cutting board.
3. Starting in the center of the tortilla, use your hands to form and tighten the roll, moving outward toward the edges. This will help the fillings form together and make slicing easier. Use a serrated knife, and slice into ½ -inch slices - about 8-10.
4. Repeat the process with second tortilla and remaining ingredients. You should have ~20 pinwheels.
5. Serve immediately, or wrap in plastic wrap and refrigerate for up to 2-3 days.



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DESSERTS

Carrot Cake

Dry Ingredients (mix together)

5 c. unbleached flour	½ t. salt
4 T. arrowroot power	¼ t. cinnamon
4 T. baking powder	1 ¾ c. sugar

Wet ingredients (combine together)

¾ c. applesauce	½ c. coconut milk
½ c. oil	1 t. vanilla
1 c. raisins, soaked	3 ½ c. shredded carrots, packed
¾ - 1 c. soy milk	½ c. walnuts, chopped

1. Preheat oven to 350 degrees
2. 2 round cake pans or 1- 9x13 cake pan, sprayed, dusted with flour
3. Combine the dry ingredient mixture and the wet ingredient mixture, just until mixed, do not over mix.
4. Pour mixture into cake pans and bake for 45 minutes to 1 hour. Cake is done when inserted tooth pick comes out clean. Invert cake onto cake plate and cool before frosting.
5. Place plastic wrap over cake to hold in moisture while cake is cooling!

FROSTING

1 lb. powdered sugar
½ c. margarine
1 t. vanilla
2-4 T. soy milk, cold

1. Place powder sugar, Earth Balance and vanilla in a bowl. Using a pastry knife or fork, blend the margarine into the sugar. Add 1 tablespoon at a time, mix until smooth and not runny. Refrigerate until ready to use.

Coconut Cream Pie

1 can coconut milk (Asian aisle)	½ c. cornstarch
2 cups coconut milk (carton)	1 T. vanilla
1 cup sugar	½ t. salt
1/2 cup water	

1. Whisk all ingredients in pan over medium heat, stirring constantly until bubbling and thick. (Approx. 10 to 15 minutes).
2. Pour into prepared graham cracker crusts and top with toasted coconut (opt). Refrigerate.
3. Makes 18 mini pies or 2 regular pies.