



# TASTE OF VEGETARIAN

## WELCOME

Welcome to our 18<sup>th</sup> Annual Taste of Vegetarian! Today, we are delighted to serve you delicious samples of a plant-based Thanksgiving dinner.

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](http://www.Chiphealth.com)
- [www.Forksoverknives.com](http://www.Forksoverknives.com)
- [www.Lifestylematters.com](http://www.Lifestylematters.com)
- [www.Newstartclub.com](http://www.Newstartclub.com)



# TASTE OF VEGETARIAN

## APPETIZERS

### 7 Layer Dip

1 can vegetarian refried beans mixed with ¼ packet taco seasoning, or to taste  
Cheeze sauce (recipe below)  
Guacamole  
Favorite salsa or taco sauce  
Chopped red/yellow peppers  
Black olives, chopped  
Chopped cilantro

1. Layer the above ingredients in the order given in a glass pie plate. Serve with tortilla chips.

#### “Cheeze” Sauce

2 cups cubed potatoes	2 teaspoons salt
1 cup cubed carrots	1/3 cup nutritional yeast flakes
½ cup water	1/3 cup unsweetened soy or nut milk
1 Tablespoon lemon juice	1/3 cup oil

1. Cook potatoes and carrots in water until very soft.
2. Put in blender (along with the water).
3. Blend with rest of ingredients; use in 7 layer dip.

### Spinach Dip

1 box Mori Nu Silken Tofu, firm	3 Tablespoons lemon juice
1 envelope Lipton Vegetable Soup Mix, dry	½ teaspoon seasoned salt
1½ cup low fat mayo, regular or soy based	1 pkg. frozen chopped spinach, thawed and squeezed dry
1 small can water chestnuts, chopped, opt.	

1. Blend tofu, mayo, soup mix, lemon juice and salt together in blender until very smooth.
2. Stir in chopped spinach, mixing well.
3. Chill and serve with raw veggies, crackers or chunks of bread.



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### Olive Spread

2 cups cashews, unsalted  
1 cup olives, black or green  
½ cup water

1. Process all ingredients until desired consistency. Serve on crackers or as a sandwich spread.

### Chik Nish Spread

1 pound firm or extra firm water-packed tofu, drained and mashed  
5 teaspoons Bill's Best Chick Nish seasoning  
½ cup black olives, diced small  
About ½ cup low fat mayo, or Vegenaise

1. Mix mashed tofu with rest of ingredients.
2. You want this to be the consistency of egg salad.
3. Great stuffed in lightly salted cherry tomatoes or on Triscuits or toast!

### Fruit Salsa & Cinnamon Chips

1 cup fresh or frozen raspberries	1 can peaches, drained chopped small
2 kiwi, peeled and chopped	1 cup fresh or frozen blueberries
1 teaspoon lime zest	1 large apple, diced small
2 Tablespoons lime juice	2 Tablespoons honey

1. In a large bowl, lightly toss together fruit.
2. Whisk zest, juice and honey together and pour over fruit, mixing well.
3. Serve with cinnamon pita chips (recipe below).

#### Cinnamon Chips:

1. Mix together ¼ cup maple syrup with 1 teaspoon cinnamon.
2. Brush mixture over 6 whole wheat tortillas (both sides).
3. Cut each tortilla into 8 wedges and arrange in a single layer on a baking sheet.
4. Bake at 400° for 12-14 minutes, until crisp and lightly browned.
5. Cool and serve with fruit salsa.



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## SALADS

### Wheat Berry Salad

1 cup wheat berries  
1 red apple, unpeeled, cubed  
1 yellow apple, unpeeled, cubed  
1 cup seedless grapes, halved  
½ cup dried cranberries  
½ cup walnut or pecan pieces, optional

Dressing:  
½ cup frozen orange juice concentrate, thawed  
2 Tablespoons lemon juice  
¼ teaspoon salt  
¼ teaspoon cinnamon  
1 Tablespoon oil

1. Cook wheat berries in 3 cups of water until done but still chewy (about 45 minutes).
2. Combine fruit in large bowl and toss with dressing.
3. Add nuts just before serving.
4. This can be made the day before.

### Oriental Cabbage Salad

1 pkg. shredded green cabbage  
1-2 shredded carrots  
1 pkg. shredded red cabbage  
1-2 cup finely chopped kale  
Trader Joe's Asian Style Spicy Peanut Vinaigrette  
½ -1 cup toasted slivered or sliced almonds

1. Combine cabbage, carrots & kale in large bowl and toss with desired amount of dressing.
2. Mix in toasted almonds just before serving.



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## SOUPS

### Squash Soup

- |   |  |
|---|--|
| 1 large onion, chopped                                | 3 cloves garlic, minced                                    |
| 2 ribs celery, chopped                                | 1 pinch white pepper                                       |
| 4 cups vegetable broth                                | 1 teaspoon oregano   |
| 2 medium (12-14 ounces) gold potatoes, peeled & diced | 1½ pounds small yellow squash, chopped (or young zucchini) |
| ½ teaspoon turmeric, optional for color               | 2 Tablespoons nutritional yeast (optional)                 |
| 1 Tablespoon tahini (optional)                        |  |

1. In a large pot on medium heat, cook the onion in a little water until it begins to brown, about 5 minutes (add a little water if it tends to stick).
2. Add the garlic and cook for another minute.
3. Add all remaining ingredients, cover and cook until the potatoes are completely tender, about 25-40 minutes.
4. Adjust seasonings to taste.
5. Garnish with slivers of red bell pepper.

### White Bean & Kale Soup

- |                             |  |
|-----------------------------|--|
| 1 Tablespoon oil            | 2- 15 oz. cans white beans (navy or cannellini), undrained |
| 1-2 teaspoons minced garlic | 4 plum tomatoes, chopped (can use 1 small can petite cut)  |
| 1 med. onion, chopped       | 2 teaspoons dried Italian seasoning                        |
| 4 cups finely chopped kale  | 4 cups vegetable broth                                     |
| salt & pepper to taste      |  |

1. In a large pot, sauté onion and garlic in oil until soft. Add kale and sauté until wilted.
2. Add 3 cups of the broth, 2 cups of beans, all of the tomato, seasonings and salt and pepper and simmer 5 minutes.
3. In a blender, process the remaining beans and broth until smooth and stir it into the pot.
4. Simmer 15 minutes and ladle into bowls.



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## BREADS

### Cranberry Bread

1 Tablespoon flax meal mixed with 3 Tablespoon water	3 teaspoon baking powder
1 can whole jellied cranberry sauce	1 teaspoon salt
2 Tablespoon oil	½ teaspoon baking soda
2 cups white whole wheat flour	1 teaspoon cinnamon
½ cup sugar	1 cup chopped nuts, opt.

1. In a mixing bowl, combine flax 'egg' with cranberry sauce and oil.
2. Mix well by hand.
3. Combine dry ingredients in a bowl.
4. Add to wet ingredients and mix just until blended.
5. Put into a sprayed loaf pan (or 2 small ones).
6. Bake at 350° for 45 minutes.

### Cornbread

1/3 cup aquafaba ( <i>water drained from can of chick peas</i> )	1 cup + 2 Tablespoons whole grain cornmeal
½ cup sugar	1½ teaspoons baking powder
1 cup flour, regular or gluten-free	¼ teaspoon salt
¾ cup unsweetened almond or soy milk	½ teaspoon baking soda
1 teaspoon vinegar or lemon juice	
¼ cup canola oil	

1. Put aquafaba in a small bowl and beat with mixer until soft peaks form.
2. Gradually beat in sugar until stiff peaks form.
3. Measure out the milk in a 1 cup measuring cup and add lemon juice or vinegar and let sit a few minutes.
4. Mix all dry ingredients together and set aside.
5. Add the oil, half the milk and half of the dry ingredients to the aquafaba, stirring to combine.
6. Add rest of the milk and dry ingredients, mixing just until combined.
7. Place in sprayed muffin tins and bake at 350° for about 20-25 minutes.



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## ENTREES

### Holiday 'Meat' Loaf

- |  |   |
|--|---|
| 1 carrot, chopped fine                       | 3 Tablespoons soy sauce                 |
| ½ onion, chopped fine                        | 4 Tablespoons catsup                    |
| 1 teaspoon minced garlic                     | 1 Tablespoon Dijon mustard              |
| 1 can garbanzo beans, drained & mashed       | 2 teaspoons dried parsley               |
| 1/3 cup chopped walnuts                      | ½ teaspoon each: thyme, sage & rosemary |
| 1½ cups cooked French green lentils          | ½ teaspoon smoked paprika               |
| 1¼ cups quick oats                           |   |
| ¼ cup aquafaba,* optional (acts as a binder) |   |

1. Sauté carrot & onion in 3 Tablespoon oil or water until tender and place in large bowl.
2. Add rest of ingredients, mixing well. Taste and adjust seasonings.
3. Press into a sprayed loaf pan or form into a loaf on a sprayed cookie sheet.
4. Bake at 350° for 55-60 minutes; turn out loaf pan on serving platter and serve with pan gravy.

Note: This mixture can be made into walnut sized balls and baked or pan fried in a little oil. Serve as an appetizer with BBQ sauce.

\*aquafaba is water drained from a can of chick peas

### Favorite Holiday Bake

- 1 package Pepperidge Farm seasoned stuffing (12 oz.)
- 1 package chopped Gardein (teriyaki) Chick'n Strips (frozen)
- 4 Tablespoons oil
- 1 large onion, diced (about 1 cup)
- 2 stalks celery, diced (about 1 cup)
- 2 cups vegetable broth

1. Sauté onion & celery in oil until tender.
2. Add Chick'n strips (discard or save teriyaki).
3. Add vegetable broth, bring to boil; then add stuffing mix and mix lightly.
4. Bake 350° for 30 minutes.

Note: You can find Gardein products in frozen foods at Meijer.

If you want to be careful with the use of the heating of the oil, use it in your broth and water fry the onions & celery.



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## ENTREES

### Easy Pan Gravy

- 3 Tablespoons oil
- ½ teaspoon thyme
- ¼ cup flour
- 1 teaspoon soy sauce or Braggs
- 2 Tablespoons nutritional yeast flakes
- 2 cups hot vegetable broth

1. Brown flour in pan 1-2 minutes (stirring so it doesn't burn).
2. Add nutritional yeast flakes and oil, whisking until smooth.
3. Add ½ cup of the broth, whisking smooth.
4. Add remaining broth and heat until bubbly and thickened.

Note: This gravy can be frozen for future use.



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## SIDE DISHES

### Rustic Mashed Potatoes

3 lbs. red skin potatoes, scrubbed clean

Salt and pepper to taste

½ teaspoon onion powder

½ - 1 cup unsweetened nut or soy milk

1. Place potatoes in large saucepan and cover with water and boil until potatoes are very soft.
2. Beat potatoes with mixer (beaters will remove about half of the skins, but potatoes will still have a rustic look).
3. Beat in enough milk until creamy.
4. Add salt, pepper & onion powder to taste.

### Stuffed Acorn Squash

1 cup cooked brown rice (cooked in vegetable broth)\*

1 cup cooked wild rice (cooked in vegetable broth)\*

1 teaspoon sage

1 teaspoon thyme

2 celery ribs, chopped

1 Tablespoon olive oil

¾ cup dried cranberries, chopped

½ cup coarsely chopped pecans

1 Tablespoon fresh minced parsley

4 medium acorn squash

1 medium onion, chopped

1. In a large skillet, sauté celery and onion in oil until tender.
2. Stir in brown & wild rice, cranberries, pecans and parsley.
3. Cut squash in half widthwise. Remove and discard seeds and membranes.
4. With a sharp knife, cut a thin slice from the bottom of each half so squash sits flat.
5. Fill squash halves with about ½ cup rice mixture.
6. Place in a greased 15-in. x 10-in. x 1-in. baking pan.
7. Pour 1 cup water into pan.
8. Coat one side of a large piece of heavy-duty foil with cooking spray.
9. Cover pan tightly with foil, coated side down.
10. Bake at 350° for 50-60 minutes or until squash is tender.

\*You may use a prepackaged rice or quinoa mix instead. We used a Far East Quinoa & Brown Rice mix made according to package instructions.



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## SIDE DISHES

### Broccoli & Sweet Potato Couscous

1 sweet potato, peeled and diced	5 Tablespoons pine nuts or slivered almonds
2½ cups fresh broccoli, cut into small florets	1 avocado, peeled and diced
½ cup fresh or frozen corn	1 bunch fresh mint
1 cup whole wheat couscous	2 Tablespoons olive oil
1 cup vegetable broth	1 lemon, juiced, optional

1. Roast sweet potato on a sprayed baking sheet for 15-20 minutes at 200°.
2. Steam or microwave the broccoli and corn.
3. In a sauce pan, bring vegetable broth to a boil;
4. Turn off heat and add the couscous, mix, cover and let sit for 5 minutes;
5. Fluff with a fork and place in large bowl.
6. Mix in broccoli, corn, sweet potato and nuts.
7. Add the diced avocado, mixing carefully.
8. Add mint leaves; drizzle with olive oil & lemon juice and serve.



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## DESSERTS

### Pumpkin Pie

1 small can pure pumpkin  
¼ cup maple syrup  
½ cup brown sugar  
1 teaspoon vanilla extract  
4 Tablespoons cornstarch  
¾ cup coconut milk (canned, not lite—shake can, then measure)

½ teaspoon salt  
2 teaspoons pumpkin pie spice  
½ teaspoon cinnamon

1. Place all ingredients in a blender and process until combined.
2. Pour into your favorite unbaked pie crust.
3. Bake for 60 minutes at 350°.
4. Refrigerate 4 hours or overnight.
5. The center will be a little jiggly after baking, but it will firm up after refrigerating

### Powered-Up Carrot Cake

1 spice cake mix  
½ cup chopped walnuts, opt.  
2 cups grated carrots  
1 cup crushed pineapple, include juice  
2 Tablespoons ground flax seed mixed with 3 Tablespoons warm water and let sit 5 minutes.  
Favorite frosting

1. In a large bowl, combine all ingredients together with mixer.
2. Place in a sprayed 9x13 pan or 2 sprayed cake pans.
3. Bake at 350° for 30 minutes, or until toothpick comes out clean.
4. Cool and frost.