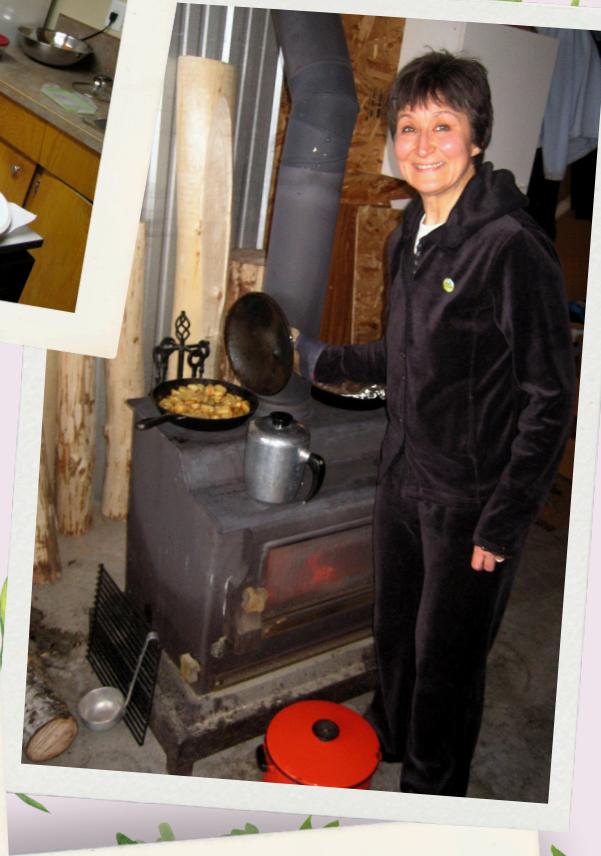


Recipes from
Baba's Kitchen

made with love





Introduction

People become vegetarians for many different reasons – for health, environmental, animal rights, ethical and spiritual reasons. Ken and I have been vegetarians of a sort for almost 40 years. We began as lacto-ovo, eating dairy and eggs with some fish and seafood. Our motivation was primarily health related.

Over our journey, we have gradually adopted a more whole food, plant-based diet. Our impetus for the change was watching the documentary Forks Over Knives, recommended to us by our oldest daughter, Kerry. Time for the kids to start teaching the parents.

Our reasons for a plant heavy diet have also evolved. Although we still consider the plant-based diet as fundamental in our journey to optimum health, ethical and spiritual reasons now also prevail.

Early in 2014, I began facilitating a monthly vegetarian cooking class as a volunteer with the Sant Mat or Know Thyself as Soul Foundation. I enjoyed the monthly sessions and always learned as much from the participants as they did from me. However, moving to the country has put an end to the monthly classes.

I do not claim to be a wonderful cook. But I am adventurous and can read a recipe. Most of the recipes are not my own, but are gleaned from cookbooks and blogs, with a slight modification.

The recipes are a mix of old favourites and newly discovered gems. They require no advanced cooking knowledge or techniques and can be made by anyone. All the recipes are strictly plant-based, with no eggs or dairy. Many are gluten-free. Most are whole food, however, some may use small amounts of oil. In most cases, they are budget minded. In all cases, they are delicious.

I hope you will find the recipes and information helpful in your journey to a more compassionate way of living.

- *Darlene Porter*

Editor's Note

All of the writing and recipes in this cookbook were taken from mom/Darlene's cooking blog ponderosacooks.wordpress.com that she wrote between 2015 and 2019. Reading through her old posts have transported us back into her wood-stove kitchen. She loved to start a conversation with her cooking. We hope that this cookbook will bring you fond memories and many delicious plant-based meals!

- *Christopher & Emily*

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Meal Ideas

Breakfast at my house is usually a simple, do it yourself affair, with granola (pg 8) or overnight oats (pg 10). Occasionally, I will cook up something fancier for breakfast. My favourite is pancakes (pg 7) served with a lightly sweetened fruit sauce (I like blueberry) and even whipped coconut cream.

Lunch can be as simple as a bowl of soup (pg 17-22), a sandwich or a wrap. While there are many plant-based sandwich fillings that are good substitutes for egg, tuna or chicken, save these for your vegan guests. For your omnivore friends, stick with familiar favourites like toasted tomato. Top your bread with a creamy hummus or smashed avocado for a nutritious and delicious option they will love. My grandkids never tire of peanut butter sandwiches. Add a plate of fresh veggies to complete the meal. Leftovers are also a great lunch idea.

Dinner is usually the main event at my house and usually includes a main dish, a salad and a dessert. Good options for your main are pastas, stir fries and bean dishes like chili (pg 17) or tacos (pg 26). I like to ensure that most of my meals include beans of some sort.

There are so many great salads (pg 11-17) that it's easy to make a new one every night. Your guest will be amazed at the delicious, rich, creamy dressings that can be made with whole ingredients like tahini or cashew cream, without any added oils.

If your guests include small kids, pasta coated with cheez sauce (pg 34), simple seasoned chickpeas, veggie burgers (pg 32), and lightly steamed veggies like broccoli work well. Instead of a salad, opt for cut up raw veggies like cucumbers or carrots, and a creamy dressing as a dip.

I love **Desserts**, but not the decadent, fatty, sugary, traditional ones. My favourites are banana nice creams, apple crisp (pg 40), or nutrition packed cookies. In the summer, while strawberries, raspberries and saskatoons are in season, our usual dessert is a bowl of fresh berries with a dollop of whipped coconut cream or a cashew crème fraîche.

Snacks are not something I usually eat, but are a must when you have energetic kids running about. My grandkids were quite easy to please. Hummus (pg 22) is a must. Besides being a great snack with crackers and veggies, it's also great on sandwiches, wraps and pasta.

Green smoothies (pg 5) are a fabulous snack and a great way to get everyone to eat more greens and berries. Freeze your smoothies in popsicle molds for a cool, nutritious treat.

Snack time is also a good time to load up on the veggies. Carrots, tiny tomatoes, cucumber rounds, and peas in the pod are best straight from the garden!

DRINKS

Tropical Green Smoothie

For those new to green smoothies, start with less greens and build up. Same for the ginger and turmeric. Both ginger and turmeric are great spices with lots of antioxidants and anti-inflammatory properties.

Ingredients	Directions
2 cups water / plant-based milk	1. Place water/milk, date and rolled oats in a blender.
1 pitted date	2. Blend until smooth.
½ cup rolled oats	3. Add the remaining ingredients to the blender and process until smooth.
1 banana, fresh or frozen	
1 orange	
1 inch piece fresh ginger (<u>or</u> ¼ to ½ tsp dry)	
½ inch piece fresh turmeric (<u>or</u> ⅛ to ¼ tsp dry)	
1 tbsp ground flax	
1 to 2 cups kale or spinach	
1 cup pineapple chunks	
1 cup frozen mango chunks	

Beet Green Smoothie

Manitoba gardens are bursting with fresh greens. This blueberry beet green smoothie is so delicious you won't even realize there are greens in it. And it has a lovely purple colour.

Ingredients	Directions
2 cups beet leaves	1. Place all ingredients in a blender and blend until smooth.
2 cups water	
1 orange, peeled	
Juice of ½ lemon	
1 frozen banana, peeled	
1 cup frozen blueberries	

Digestive Green Smoothie

I believe one of the most important things you can do to improve your diet is to add more dark leafy greens, and one of the best ways to do that is by consuming a green smoothie every day. Challenge yourself to a 30 day trial and see the difference it makes. This green smoothie uses ingredients that are good for digestion – parsley, pineapple and ginger.

Ingredients	Directions
2 cups parsley	1. Place all ingredients in a blender and blend until smooth.
2 cups water	
1 cup pineapple chunks, fresh or frozen	<i>The parsley makes this a stronger green tasting smoothie, so if you are new to green smoothies, feel free to substitute half the parsley with spinach.</i>
1 cup banana chunks, fresh or frozen	
Juice of 1/2 lemon	
1 tsp grated fresh ginger	

Mango Lassi

Ingredients	Directions
1 can full fat coconut cream	1. Place coconut cream in a blender or food processor.
1 frozen banana	
2 cups frozen mango	2. Add frozen fruit, ginger, and turmeric.
1 tbsp finely grated ginger	3. Blend until smooth.
1/4 tsp turmeric	4. Keep in a freezer until ready to serve.
	5. Best if made 2 to 3 hours before serving. If frozen hard, let sit in the fridge for 1/2 hour before serving.

Substitute other fruit for the mango (blueberry, raspberry, cherry, peaches, etc) or other seasonings for the ginger (cinnamon, nutmeg). For a sweeter dessert, add an extra banana or some date paste.

BREAKFAST

Kelsey's Fluffy Pancakes

I call this recipe Kelsey's Fluffy Pancakes, because she made them for us when we were visiting. It is my current favourite pancake recipe, and it's easy to jazz it up a bit, too.

Ingredients

1 cup flour (I use whole wheat)
1 tbsp baking powder
1 tbsp sugar (I use cane sugar)
½ tsp salt
½ tsp vanilla
1 cup milk
¼ cup water
1 tbsp apple cider vinegar

Directions

1. Mix dry ingredients – flour, baking powder, sugar and salt – in a large bowl.
2. In a blender, combine vanilla, milk, water and apple cider vinegar. Blend until smooth.
3. Add the wet ingredients to dry and mix until just combined. Let sit while you heat up your pan.
4. Add batter ¼ cup at a time to a hot non-stick pan.
5. Once bubbles form, flip and cook the other side. Serve hot.

Fruit topping for Pancakes:

2 cups frozen blueberries, mixed berries, cherries or peaches
1 tbsp honey, cane sugar or maple syrup
¼ cup water
1 tbsp arrowroot powder or cornstarch

Optional – add cinnamon, nutmeg or cardamom with an extra boost of flavour.

1. Put frozen fruit in a small saucepan.
2. Add sweetener and heat slowly over medium heat.
3. As the mixture thaws it will provide its own liquid.
4. Heat until hot but not boiling. Remove from heat.
5. Mix arrowroot or cornstarch with water until a smooth paste. Add this mixture to the hot fruit and stir to combine well.
6. Return to the heat and heat until the mixture thickens and comes to a boil. Remove from heat.
7. Serve over pancakes hot, warm or cold.

Scrambled Tofu

Scrambled tofu can be part of a hearty breakfast or lunch (served with pan fried potatoes and veggies) or it can be added to a grain dish like fried rice for an extra protein punch. If used on its own for a meal, a little tofu goes a long way, so be sure to add lots of veggies to tofu.

Ingredients	Directions
350 grams tofu, firm or extra firm ½ cup diced onion 1 red pepper, diced fine 1.5 cups mushrooms, sliced 2 cups kale or spinach, finely chopped 2 cloves garlic, minced ¼ tsp smoked paprika Pinch turmeric ¼ tsp red chili flakes (optional) 1 tbsp nutritional yeast Salt and pepper to taste	<ol style="list-style-type: none">1. Chop the tofu into small cubes and break apart with your hands (or rub on a grater or metal sieve) or a food processor into crumbles (do not puree).2. Sauté onion, pepper, and mushrooms until tender in a frying pan on medium heat.3. Add kale, garlic, smoked paprika, turmeric and chili flakes (if using) and mix well.4. Add crumbled tofu and nutritional yeast and stir well. Season with salt and pepper.

Granola

Ingredients	Directions
1 cup raw almonds ½ cup raw walnuts 1.5 cups old fashioned oats ½ cup raw buckwheat groats 1 cup dried fruit (I usually use a mix of cranberry and raisins) ½ cup raw pumpkin seeds ½ cup raw sunflower seeds ½ cup peanuts ½ cup shredded coconut 1 tbsp cinnamon ¼ cup maple syrup or honey ¼ cup coconut oil, melted 2 tsp vanilla	<ol style="list-style-type: none">1. Preheat the oven to 275° F.2. Place almonds and walnuts in a food processor and blend until they are mostly small pieces.3. Combine all ingredients except cinnamon, maple syrup, coconut oil and vanilla in a large pan.4. In a blender, add cinnamon, maple syrup, coconut oil and vanilla and blend until smooth. Pour over the dry ingredients and mix well.5. Bake for 60 minutes, stirring every 20 minutes. Remove from the oven.6. Let cool completely then store in sealed jars.7. Feel free to mix up the fruit and nut combinations to suit your liking.

French Toast

Ingredients	Directions
6+ slices whole wheat bread 1 cup light coconut milk 1 tbsp maple syrup 1 tsp vanilla extract 2 tbsp flour (I used chickpea flour) 1 tbsp nutritional yeast 1 tsp cinnamon (or more) 1 tbsp ground flaxseed	<ol style="list-style-type: none">1. The night before, leave your bread on the counter to dry out, or you can dry it in a 200° F oven for 5 to 10 minutes. This is a great use for stale bread. (Dry bread absorbs more batter.)2. In the morning, mix the remaining ingredients (coconut milk, maple syrup, vanilla, flour, nutritional yeast, cinnamon, and ground flaxseed) until combined well.3. Pour this batter out into a large, flat container (such as a baking pan) and drop in 2-3 slices of the dry bread. Depending on thickness, give them about 1 minute on each side to absorb as much batter as possible without becoming too soggy.4. Start heating a large non-stick skillet. With the skillet nice and hot, transfer the slices of bread into the pan and cook for at least 3 minutes on each side.5. Once the batter transforms into a golden coating on both sides of the bread, remove from the heat and serve as quickly as possible, preferably with maple syrup and/or sliced fruit.
Maple syrup and/or fruit for serving	

Overnight Oats

Overnight Oats is a signature dish from my favourite recipe blog, *Oh She Glows*. I love every recipe of hers that I have ever tried, and I have tried dozens. However, even though she raved about Overnight Oats, it took me a long time to try it. There is something about cold oatmeal that I didn't think I'd like. However, I was pleasantly surprised to find that it is as delicious as she claims and it has become a weekly breakfast staple in our home. It's an especially good dish for those summer days when it is too hot to cook.

Ingredients	Directions
1 cup rolled oats 2.5 cups plant-based milk 1/4 cup chia seeds 1 large banana 1 tsp cinnamon 1/2 cup raisins, or other dried fruit maple syrup, or other sweetener, to taste	<ol style="list-style-type: none">1. In a small bowl, mash the banana and add oats, milk, chia seeds, cinnamon and dried fruit. Mix together well.2. Cover and refrigerate overnight.3. In the morning, stir the mixture and add a bit of maple syrup, if desired. Serve with a topping of fresh fruit, granola or hemp seed.

Chocolate Peanut Butter Overnight Oats (Variation)

This is an exceptionally good variation and creates a delicious chocolate dish without any additional sugar. No need to say no to chocolate for breakfast anymore.

(base ingredients plus ...)	
1 tbsp cocoa powder	1. Add cocoa powder and peanut butter to the milk and blend before adding to the rest of the ingredients.
2 tbsp peanut butter	2. Leave out the raisins or substitute chocolate chips for a decadent treat.
Crushed peanuts	3. Top with crushed peanuts.

Pumpkin Pie Overnight Oats (Variation)

(base ingredients plus ...)	
3/4 cup of canned pumpkin puree	1. Add pumpkin puree to the plant milk along with the spices and peanut butter.
1 tsp cinnamon	2. Leave out the raisins or substitute cranberries.
1/2 tsp ground ginger	3. Top with pumpkin seeds.
1/4 tsp nutmeg	
1/8 tsp ground cloves	
2 tbsp peanut butter	
Pumpkin seeds	

SALADS

Apple and Kale Salad with Maple Mustard Dressing

The salad is an old favourite of mine and a delicious way to add more kale to your diet. Replacing half of the kale with romaine lettuce is a great way to introduce raw kale to your diet. And massaging your kale will tenderize it as well. The apples, cranberries, pumpkin seeds and red onion add more flavour and nutrition. I love the zippy maple mustard dressing. It's great on all sorts of different salads and is made with cashews and white beans. Hiding beans in your creamy sauces is a sneaky way to add more beans to your diet!

Ingredients

1 bunch of kale
Sprinkle of salt
2 apples, cored, chopped
1/2 cup dried cranberries
1 red onion, sliced
1/4 cup roasted pumpkin seeds

Directions

1. De-stem kale and shred finely.
2. Place kale in a large bowl. Sprinkle with salt. Massage salt into the kale for a few minutes.
3. Add chopped apples, dried cranberries and red onion. Toss.
4. Add dressing to coat and toss well.
5. Top with pumpkin seeds and serve.

You can substitute or mix the kale with romaine lettuce.

Dressing

1/4 cup cashews
1/4 cup cooked white beans
1/2 cup water
2 tbsp maple syrup
2 tbsp Dijon mustard
2 tbsp apple cider vinegar
Juice of 1 lemon
1 clove garlic
1/4 tsp salt
1 tbsp nutritional yeast

1. Soak cashews for 2 to 8 hours. Drain.
2. Place all dressing ingredients in a high-speed blender and blend until smooth.

You can substitute chickpeas for white beans.

Black Bean Salad

This salad is a long time favourite of mine for potlucks. It always gets rave reviews. It makes a great summer supper meal just by adding a baked potato.

If you are not a fan of cilantro or avocados, just leave them out. I like adding the avocado just before serving to keep it from getting mushy or dark coloured. Also, tomatoes taste best when not refrigerated, so I add the tomatoes before serving as well.

Ingredients

32 oz black beans
2 red peppers, chopped
1.5 cup canned or frozen corn
½ red onion, chopped
1 cup celery, chopped
1 bunch cilantro, chopped
1 large mango, diced
2 limes, juice and zest
3 tbsp balsamic vinegar
2 cloves garlic, minced
⅛ to ¼ tsp cayenne pepper
2 tbsp sugar
Dash salt
Dash pepper
1 very large tomato, chopped
2 small avocados, diced

Directions

1. Combine all ingredients except for tomatoes and avocado in a large bowl and mix well.
2. Cover and chill for a few hours or overnight.
3. Take the salad out of the fridge at least 1 hour before serving.
4. Add tomatoes.
5. Right before serving, add avocados and mix gently, being careful not to mash avocados.
6. Garnish with a more chopped cilantro if desired.
7. Serve at room temperature.

Cilantro, mango, and avocado are optional.

Caesar Salad

This salad is a spin off from one in Angela Liddon's Oh She Glows cookbook. She used almonds, but I prefer cashews. I was thrilled to find you can substitute cooked white beans (also called Navy Beans) for part of the cashews. Also, you can add a bit of kale to this classic romaine salad and know one will mind at all. Instead of bacon bits, I like to add sunflower seeds for a nice crunch and boost of protein.

Ingredients	Directions
Romaine lettuce	
Kale	1. Chop kale fine and massage for a few minutes to tenderize.
Cherry tomatoes, cut in half	2. Chop romaine and add to kale.
Red onion, sliced thin	3. Add dressing and toss.
Sunflower seeds	4. Add remaining ingredients and toss again.
Whole grain croutons (optional)	

Dressing

$\frac{1}{4}$ cup raw unsalted cashews	1. Soak cashews for 2 to 8 hours. Drain.
$\frac{1}{4}$ cup cooked white beans	2. Place all dressing ingredients in a blender and blend until smooth.
2 cloves garlic	3. Adjust seasonings to taste.
2 tbsp lemon juice	
$\frac{1}{4}$ cup water	
1 tsp Dijon mustard	<i>If you can't find raw unsalted cashews, you can use roasted unsalted ones as well.</i>
$\frac{1}{2}$ tsp salt	
$\frac{1}{2}$ tsp black pepper	
1 tsp vegan Worcestershire	<i>If you don't have white beans, you can substitute an extra $\frac{1}{2}$ cup of cashews.</i>
2 tbsp nutritional yeast	

Creamy Coleslaw

This coleslaw is packed with cruciferous veggies (cabbage family – red and green cabbage and kale) and full of great colour. The dressing is oil-free and made with cashews which adds good oils, protein, fibre and a whole host of nutrients.

Ingredients

6 cups shredded cabbage
1 cup kale, shredded fine
2 carrots, shredded or julienne
1/2 cup green onions, sliced
1 red pepper, sliced thinly

Directions

1. In a large bowl, combine cabbage, kale, carrot, onion and red pepper.
2. Pour dressing over cabbage mixture. Combine well.

Dressing

1/4 cup raw cashews
1/4 cup water
1/4 tsp smoked paprika
1/2 tsp black pepper
1 tsp celery seed
1 tsp onion powder
2 tbsp white vinegar
1 tbsp apple cider vinegar
2 tbsp cane sugar

1. Soak cashews for 2 to 8 hours. Drain.
2. In a blender, combine drained cashews with remaining ingredients. Blend well.

Chopped Thai Salad

This recipe is an adaptation from *Pinch of Yum*. I removed the oil from the dressing and used tahini instead. Ken's verdict – "Outstanding!"

Ingredients

1 large handful kale
Squeeze of lemon juice
1 cup frozen shelled edamame (optional)
½ head romaine lettuce, chopped
2 large carrots, grated or juliened
2 bell peppers (1 red, 1 yellow), sliced thinly
½ to 1 cup cilantro leaves, roughly chopped
3 green onions (or ¼ cup chopped red or yellow onion)
½ cup cashews or peanuts

Directions

1. Wash the kale, de-stem and chop fine.
2. Massage kale with a squeeze of lemon juice for a few minutes.
3. Cook the edamame by boiling it for 3-5 minutes in a pot of boiling water. Drain and allow it to cool.
4. In a large bowl, mix massaged kale, romaine, cooked edamame (if using), carrots, peppers, chopped cilantro and onion.
5. Toss with just enough dressing to nicely coat all the veggies.
6. Top with cashews or peanuts (the chili lime flavoured ones are great).

Dressing

⅓ cup tahini
3 cloves garlic, peeled
3 tbsp low sodium soy sauce
or 1 tbsp regular soy sauce and
1 tbsp water
2 tbsp water
2 tbsp rice vinegar
2 tbsp honey, agave, maple syrup or sugar
1 tsp finely grated fresh ginger
1 tbsp fresh squeezed lemon or lime juice

1. Puree all the dressing ingredients in a food processor until smooth.
2. Taste and adjust to fit your preferences.

I double the recipe and save the leftovers to use in other salads.

Quinoa Salad

Ingredients

2 cups vegetable broth
1 cup quinoa
1/4 cup currants
1 tsp curry powder
1 tsp cumin, ground
1/2 tsp coriander
1 tsp honey, agave or maple syrup
1/2 tsp salt
1 can chickpeas, drained (2 cups)
1/2 cup red pepper, diced
1/2 cup carrots, grated
1/2 cup green onion, chopped
1/2 cup celery, diced

Directions

1. Rinse quinoa well.
2. In a saucepan, combine broth, quinoa, currants, curry, cumin, coriander, honey and salt.
3. Bring to a boil and simmer for 20 minutes.
4. Let stand for 10 minutes and fluff with a fork. Cool.
5. Combine dressing ingredients in a small bowl.
6. Combine cooked quinoa, with remaining ingredients and dressing.
7. Mix well and refrigerate at least 2 hours before serving.

Dressing

2 tbsp lemon juice
2 tbsp fresh mint
1/4 tsp pepper

SOUPS

Best Chili Ever

This chili is my husband's all time favourite. It's my adaptation from the *Brand New Vegan's* Best Damn Vegan Chili Ever. The flavour is exceptional and always a hit with both vegans and omnivores. We made it with soy curls but it is also good made with finely chopped cauliflower, mushrooms or bulgur wheat. Another great option is using dried shiitake mushrooms that are re-hydrated and then chopped to crumbles in a food processor.

The original recipe for the chili calls for 1 can of pinto beans and 1 can of red kidney beans. My favourite is red chili beans; however it works well with any bean you like, including white navy beans and black beans.

Ingredients

1 onion, diced
1 red pepper, diced
1 green pepper, diced
3 cloves garlic, minced
1/2 tsp garlic powder
1/2 tsp black pepper
1 tsp paprika (or smoked paprika)
1 tsp oregano
2 tsp ground cumin
1/4 cup chili powder (mild)
1 tsp chipotle chili powder
2 cups soy curl crumbs
(or 2 cups cauliflower crumbles
or 2 cups diced mushrooms
or 1/2 cup uncooked bulgur)
2 cups water or broth,
(if using soy curls or bulgur)
3 to 4 cups beans (2 cans) – red
chili, pinto, kidney, or a mixture
28 oz can diced tomatoes
2 tbsp vinegar
1/2 tsp salt

Directions

1. Sauté onion, peppers and garlic, until onion is translucent.
2. Add spices.
3. Add soy curls (bulgur, cauliflower, or mushrooms).
If using soy curls or bulgur, add the 2 cups of water or broth. Sauté a few minutes longer.
If using cauliflower or mushrooms, sauté another 5 minutes, adding water or broth if necessary to prevent sticking.
4. Add beans and diced tomatoes.
5. Simmer for 30 minutes.
6. Add the vinegar and salt to taste.

I make this without the chipotle chili powder and serve it with hot sauce or chili paste on the side so everyone can spice it up to their liking.

It's very good served over a baked potato or whole grain bun with a creamy cole slaw and steam greens.

13 Bean Soup

My Mom gave me a package of 13 Bean Mix (Bob's Red Mill) for Christmas. I have never used a bean mixture before and always wondered how it works with beans that require different cooking times. The result, however, was a delicious full-bodied soup. The faster cooking beans dissolved into the broth making a thick rich broth. I modified the basic recipe on the back of the package. This soup takes some time to make but worked perfectly simmering on the cooler side of my wood cookstove for hours. However, in a traditional kitchen setup, I would suggest using a slow cooker rather than simmering on the stove for hours.

Ingredients	Directions
1 cup 13 Bean mixture	1. Rinse bean mixture and cover with plenty of water (about 2 quarts). Let soak overnight. Drain and rinse.
6 cups water	
1 large onion, chopped	2. In a large pot, add soaked beans and 6 cups of water. Bring to a boil and then simmer until all the beans are tender, about 3 hours. (Or place water and beans in slow cooker and cook on high for 4 to 6 hours or on low for 10 to 12 hours)
2 cloves garlic, minced	
2 carrots, chopped	3. Wash kale and tear leaves from the tough stems and chop roughly.
2 stalks celery, chopped	4. Add veggies, tomatoes, kale greens and spices to the cooked bean mixture and simmer for another 30 minutes or until the veggies are tender. (If using a slow cooker, add to the cooked beans and continue to cook until the veggies are tender, about another 1 to 2 hours).
2 cups canned tomatoes	
1 tsp smoked paprika	5. Adjust seasonings to taste.
1 tbsp chili powder	
2 tbsp dried oregano	
1 bunch of kale	
Salt and pepper to taste	

Note that tomatoes can make beans tough so be sure that beans are fully cooked before adding the tomatoes to the mixture.

Bob's Red Mill 13 Bean Soup Mix includes: navy, black, red, pinto, chickpea, great northern, kidney, baby lima, and large lima beans; black-eyed, yellow split and green split peas; and brown and red lentils

Rosemary Lemon Red Lentil Soup

Our daughter Kelsey made this delicious soup for us. It uses simple ingredients you likely have already in your kitchen and comes together really quickly. Red lentil soups are great for picky eaters, as they dissolve into the soup leaving little evidence of the presence of lentils. And unlike many soup recipes, it does not have a tomato base.

I think using fresh rosemary makes this recipe. However, if you don't have any on hand, you can substitute ground dried rosemary.

Ingredients	Directions
2 onions	1. Chop onions, carrots, garlic and celery finely (or use a food processor). Place in a large pot.
2 carrots	2. Rinse and drain lentils. Add lentils to the pot.
2 cloves garlic	3. Add the vegetable broth and fresh rosemary. (If using dried rosemary, add to the pot with the lemon at the end).
2 stalks celery	4. Bring to a boil and simmer until lentils and veggies are all tender.
2 cups red lentils	5. Add salt, pepper and lemon.
3 tsp chopped fresh rosemary	6. Adjust seasonings to taste and serve hot.
8 cups vegetable broth	
1/2 tsp salt	
1/4 tsp pepper	
1 lemon, zested and juiced	
Spinach, handful optional	<i>This soup is also really good with a handful or two of chopped spinach added before serving.</i>
Sriracha, optional	<i>If you like a bit of heat in your soups, a squirt of sriracha does the trick nicely.</i>

Wild Rice and Mushroom Chowder

Ingredients

6 cups vegetable stock
2 cups mushrooms, sliced thin
 $\frac{3}{4}$ cup uncooked wild rice, rinsed and drained
 $\frac{1}{2}$ cup thinly sliced leeks (white part only)
1 shallot, chopped (or $\frac{1}{4}$ cup onion)
4 cloves garlic, minced
 $\frac{1}{2}$ cup chopped carrot
1 cup chopped red bell pepper
 $\frac{1}{4}$ cup cooked white beans
 $\frac{1}{4}$ cup cashews
 $\frac{1}{4}$ tsp sea salt
1 tbsp snipped fresh thyme
1 tbsp white wine vinegar

Directions

1. In a large pot, place vegetable stock, mushrooms, wild rice, leeks, shallot, garlic and carrot.
2. Bring to a boil and let simmer for 30 minutes.
3. Add red pepper.
4. Simmer for an additional 15 minutes or until rice is tender (kernels pop open when cooked).
5. In a blender, blend white beans, cashews and salt with 1 cup water. Blend until smooth.
6. Add cashew cream to soup along with thyme and vinegar.
7. Bring back to a slow simmer.
8. If soup is too thick, add additional stock or water to reach desired consistency.
9. Adjust seasonings to taste.

French Onion Soup

Ingredients	Directions
3 large yellow onions 3 cloves garlic, diced ½ cup red wine 4 cups water (<u>or</u> broth) 2 tbsp soy sauce (<u>or</u> miso) 2 tbsp balsamic vinegar 1 bay leaf 2 tsp ground or fresh thyme ½ tsp salt, or to taste ¼ tsp fresh ground pepper	<ol style="list-style-type: none">1. Slice onions into thin crescents.2. In a large pot, sauté onions until onions begin to heavily brown.3. Add minced garlic. Continue to brown the onions for about 3-5 minutes on low heat. Scrape down the bottom of the pan to release all of the flavour of caramelizing onions. Onions should be thickly browning, but not sticking to the bottom.4. Add remaining ingredients to the pot.5. Cover and cook on low for approximately 15-20 minutes.6. Add salt if desired.
Vegan Mozzarella Topping: ¾ cup water ¼ cup raw cashews 1 tbsp white wine vinegar 1 tbsp nutritional yeast 1 tbsp arrowroot powder (or cornstarch or tapioca flour) ½ tsp salt	<ol style="list-style-type: none">1. Add all ingredients to a blender and blend on high until smooth, approximately 2-3 minutes.2. Pour mixture into a saucepan over medium heat and whisk continuously while cooking.3. It will become thick and stretchy in 3-5 minutes.

Assembly:

Sourdough bread

1. Remove bay leaf from soup.
2. Ladle soup into oven-safe crocks.
3. Top with 2 pieces of sourdough bread.
4. Finish off with a large dollop of mozzarella topping (if using).
5. Place the soup crocks on a baking sheet and broil in the oven for approximately 3 minutes, or until the tops are brown and bubbly. Watch closely or they will burn quickly.
6. Serve immediately.

SNACKS

Sweet and Spicy White Bean Hummus

Hummus is another delicious way to add legumes to your diet. $\frac{1}{4}$ cup of hummus is one serving of beans. Add hummus to a wrap or sandwich or try it as a topping on potatoes instead of butter and sour cream. This recipe is my all time favourite hummus. My grandkids love hummus and like to dip pretzels or veggies into it.

Ingredients	Directions
1 large sweet potato <u>or</u> 2 small ones	1. Preheat the oven to 350° F.
2 cups cooked white beans or chickpeas (1 can)	2. Bake the sweet potato until tender. You can bake it whole, or peel and cut in cubes and place in a covered baking dish. It will take 30 to 60 minutes depending on the size. (Or you can bake it in a slow cooker on high for 3 to 4 hours).
3 tbsp tahini	3. Once done, peel off the skin if you baked them whole.
3 cloves garlic, peeled	4. Place all of the other ingredients into a food processor except cayenne.
Juice of 1.5 to 2 lemons	5. Blend well, adding a small amount of water if needed for processing.
Zest of $\frac{1}{2}$ lemon	6. Taste, add salt and cayenne to your taste (I like it with about 1 tsp cayenne but omit the cayenne entirely for kids or those who don't like spicy foods).
Ground sea salt, to taste	7. Serve with crackers, pita wedges or raw veggies or as a topping on a baked potato.
$\frac{1}{8}$ - $1\frac{1}{2}$ tsp cayenne pepper	
$\frac{1}{2}$ tsp smoked paprika <u>(or</u> sweet paprika)	
$\frac{1}{4}$ tsp cumin	

Baked Cauliflower Bites

Ken and I can easily polish off an entire large head of cauliflower in one sitting. Coating the veggies in breadcrumbs and then baking produces a crisp crust without using any oil. These taste as good as any deep fried appetizer, but without any oil. And the same recipe will also work with other veggies, such as breaded eggplant or zucchini sticks. Use whatever spice mix your heart desires.

Ingredients	Directions
1 head cauliflower, cut into florets	
½ cup plant-based milk, plain	1. Preheat the oven to 400° F and line a large baking sheet with parchment paper.
¼ cup chickpea flour	2. Mix milk, flour and spices in a large bowl. Add cauliflower florets and toss until well coated.
½ tsp salt	3. Place breadcrumbs in a small bowl and roll each cauliflower floret in the bread crumbs to coat.
½ tsp onion powder	4. Place florets on a prepared baking sheet. Bake for 15 to 20 minutes until tender.
½ tsp garlic powder	
¼ tsp ground black pepper	
1 cup bread crumbs	
Honey Garlic Dipping Sauce:	
6 tbsp water	1. Whisk water and cornstarch together.
2 tsp cornstarch (or arrowroot)	2. In a small saucepan, mix all ingredients until well combined. Cook over medium heat, stirring constantly until the sauce bubbles and thickens.
4 tbsp honey	3. Remove from heat and serve over the baked cauliflower florets or as a dipping sauce.
(or brown rice syrup)	
4 cloves garlic, minced	
1 tsp onion powder	
1 tbsp soy sauce	
½ tbsp sriracha sauce	

Apricot Coconut Sun Balls

While most energy balls are a mixture of dates and nuts, these little gems are a bit different. They are apricot based and nut-free, using sunflower seeds instead of nuts. They are great for school lunches as peanut butter and nuts are not sometimes not allowed.

Ingredients

1 cup sunflower seeds (raw, unsalted)
1 cup dried apricots
½ cup Medjool dates (pitted)
½ cup shredded coconut
½ tsp vanilla extract

Directions

1. Place sunflower seeds in a food processor and process for a few seconds until chopped.
2. Add remaining ingredients and process until desired consistency. The dough should stick together when pressed with your fingers. (If your dried fruit is too dry, add a tablespoon of water when processing.)
3. Form into balls and freeze.

Dark Chocolate Cherry Bites

These chocolate cherry bites are a long time favourite of mine and I like to include them in my Christmas 'baking'.

Ingredients

1 cup whole raw almonds
8 large Medjool dates, pitted
½ cup dried cherries
3 tbsp small dark chocolate chips, (or cocoa nibs)
1 tsp dried orange rind
¼ cup pecans
2 tbsp cocoa powder (optional)

Directions

1. In a food processor, process almonds until finely chopped. Remove $\frac{1}{3}$ cup and set aside.
2. To the remaining almonds in the food processor, add dates and process until chopped and sticky.
3. Add cherries and process until cherries are chopped slightly.
4. Add chocolate chips, orange rind and pecans and process until they are just chopped up.
5. Add reserved $\frac{1}{3}$ cup almonds and process just until blended.
6. Roll into small balls and optionally coat them in cocoa powder.
7. Freeze.

MAINS

Chickpea and Cauliflower Curry

I have made many different chickpea curries over the years. This one is an adaptation of the one found in Dr. Michael Greger's *How Not To Die Cookbook*.

I find cooking Indian food without oil a bit of a challenge, as the oil is used to temper the spices. I have been experimenting with using coconut milk with the spices as a whole food form of fat to bring out the flavour of the spices.

You can serve your curry with rice or naan. To get more greens, I served the curry over chopped raw spinach. The carrots, red pepper and green peas make for a very colourful plate.

Ingredients	Directions
1 cup vegetable broth 1 onion, red or yellow, diced 2 cloves garlic, minced 1 cup coconut milk 1 jalapeño pepper, seeded and minced (optional) 1.5 tbsp curry powder 6 cups cauliflower, broken into small florets 2 carrots, diced small 2 red peppers, diced small 2 cups diced tomatoes (14.5 oz can) 2 cups green beans, cut into 1 inch pieces 3 tbsp nutritional yeast ½ tsp smoked paprika 15.5 oz can chickpeas, drained and rinsed (or 2 cups cooked chickpeas) 1 to 2 cups frozen green peas (rinsed under hot water to thaw) Chopped fresh spinach Brown rice	<ol style="list-style-type: none">1. In a large pot, bring broth to a boil and add onion and garlic.2. Simmer for about 3 minutes until the onion is tender.3. Add ¼ cup of the coconut milk, the jalapeño and the curry powder and stir well. If the mixture becomes too thick, add a ¼ cup more broth, or as needed.4. Add cauliflower, carrots, red pepper and tomatoes. Return to a boil, then reduce heat and bring to a low simmer for 20 minutes or until the veggies are tender.5. Add green beans, remaining coconut milk, nutritional yeast, smoked paprika and chickpeas. Simmer for 5 to 10 minutes.6. Taste and adjust seasonings – add salt, pepper, or a pinch of hot chilli or cayenne.7. Before serving, stir in green peas.8. Serve on a bed of spinach with a side of rice.

Taco Bar

Tacos make a great weekday meal. Prepare your “taco meat” and sour cream ahead of time (both freeze well) for a fast, delicious, nutritious meal sure to please everyone. Serve it in a taco shell, lettuce wrap, in a burrito shell or as a salad. The taco filling is chock full of herbs and spices for flavour and nutrition.

Ingredients

Taco Meat:

1 cup walnut pieces
1 cup cooked green or brown lentils
1/2 small head of cauliflower
1 tbsp vegan Worcestershire
2 tbsp soy sauce or tamari
2 tbsp chili powder
2 tsp cumin
1 tsp smoked paprika
1 tsp garlic powder or granules
1 tsp onion powder or granules
2 tsp oregano
1/4 tsp black pepper
1/4 tsp salt
1.5 cup beans (1 can) rinsed and drained (black, pinto, chili, etc)
1 cup cooked brown rice

Directions

1. Preheat the oven to 350° F.
2. In a food processor, place walnuts and lentils and pulse until coarsely chopped (about the consistency of rice). Remove and place in a bowl.
3. Place cauliflower florets in the food processor and pulse until about the consistency of rice. Add cauliflower rice to the bowl with the lentils and walnuts.
4. Add tamari and Worcestershire and toss to coat.
5. Mix spices in a small bowl and then add to the taco meat bowl. Toss well to coat.
6. Place mixture on a baking sheet and bake for about 20 minutes.
7. Add the beans and rice to the mixture.

Veggies:

2 peppers, any colour
1 red onion
Salt and pepper to taste

1. Slice peppers and onions in long thin strips.
2. Dry saute in a non-stick pan until onions are translucent. Add water or broth, 1 tbsp at a time if necessary to keep from sticking.
3. Season with salt and pepper.

Cashew Sour Cream:

1 cup raw cashews
1/2 cup cooked white beans
1/2 to 3/4 cup water
2 tbsp fresh lemon juice
2 tsp apple cider vinegar
1/2 tsp salt

1. Soak cashews for 2 to 8 hours. Drain.
2. Place all ingredients in a blender, beginning with 1/2 cup water. Blend until smooth, adding more water as necessary to keep moving.

(continued on next page)

1 to 3 tbsp nutritional yeast
(optional)
1/2 tsp onion powder (optional)
1/2 tsp garlic powder (optional)

Assembly:

Taco shells or wraps
Lettuce or greens
Tomatoes, diced
Avocado, diced
Green onions, sliced
Cilantro, chopped
Sriracha
Salsa
Lime wedges

1. Combine the ingredients in taco shells or burrito wraps.
2. For a Taco Salad – in a large bowl, place a bed of chopped lettuce or greens. Add a layer of the peppers and onions. Sprinkle with the taco meat. Top with tomatoes, avocados, green onion, and cilantro ,as you desire. Add sour cream and Sriracha (if desired) and squeeze some lime juice over it all.

Itsy-Bitsy Teeny-Weeny Polka-Dot Rotini

My sister-in-law Pat made this absolutely delicious dish for me. It comes from The LoonieSpoons Collection by Janet and Greta Podleski. This cookbook was a favourite of my mother's and while it is not a vegetarian cookbook, it has several great vegetarian and vegan recipes. The LoonieSpoons cookbooks are probably best known for their whimsical recipe names. This one is called Itsy-Bitsy Teeny-Weeny Polka-Dot Rotini.

Ingredients

1.5 cup vegetable stock
1 can coconut milk
1 tsp raw sugar
1 tsp ground coriander
1/2 tsp ground cumin
1/2 tsp chili powder
1/4 tsp curry powder
1/4 tsp ground ginger
227 g uncooked whole grain rotini
(about 3 cups dry)
2 cups frozen green peas, thawed
1 red pepper, diced small
1/4 cup dried currants

Directions

1. Combine broth, coconut milk, sugar, spices and pepper in a non-stick saucepan.
2. Bring to a boil, add rotini, reduce heat to a slow simmer and simmer for 6 minutes.
3. Add chopped peppers and currants and simmer for 6 to 7 minutes longer until liquid has been absorbed and pasta is tender. Add peas.
4. Remove from heat and let stand covered for 5 minutes before serving.

Shepherd's Pie and Gravy

This Shepherd's Pie was inspired by my daughter-in-law Megan. When I was visiting she made a lentil Shepherd's Pie and I was blown away by how delicious it was. And she made it without a recipe and with simple basic ingredients. Mashed potatoes, cooked lentils, carrots, peas and gravy. It took me a while to replicate it, but I think this version is pretty close.

Ingredients

Directions

Mashed potato topping:

About 4 large potatoes, diced
2 cloves garlic, minced
1.5 cups cooked white beans
4 to 6 tbsp unsweetened
unflavoured plant-based milk
Salt and pepper

1. Place potatoes in a pot and cover with water. Boil until just tender. Drain.
2. In a blender or food processor, puree beans, garlic and milk until smooth. Add to potatoes and mash well. Season with salt and pepper.

Gravy:

1 onion, diced
6 cloves garlic, chopped
3 cups vegetable broth
1/4 cup tamari or soy sauce
2 tbsp nutritional yeast
1 tsp white wine vinegar
3 tbsp cornstarch or arrowroot
Salt and pepper

1. Sauté onion and garlic in 1 to 2 tbsp of the vegetable broth until soft.
2. Transfer to a blender and add remaining ingredients, except salt and pepper. Blend until smooth.
3. Return to the pan and cook until thickened. Season with salt and pepper.

Filling:

1 onion, diced fine
3 cloves garlic, minced
2 cups mushrooms, diced fine
1 cup carrots, diced small
1.5 cup cooked lentils
1.5 cup gravy
1 cup frozen green peas

1. Saute onion, garlic, mushrooms and carrots in a small amount of water or vegetable broth, until onion is translucent and carrots fork tender.
2. Add lentils and gravy. Mix well and remove from heat. Add peas.

Assembly:

1. Preheat oven to 350° F.
2. Transfer filling to an 8 by 8 baking pan.
3. Top with mashed potatoes.
4. Bake for 30 minutes uncovered, or until bubbly and top is slightly browned.
5. Serve with remaining gravy.

Lasagna

This lasagna is truly the best lasagna I have ever had. It consists of layers of marinara sauce; a cheesy pesto-like filling made with pine nuts or cashews, white beans and spinach; a meaty mushroom filling; and whole grain lasagna noodles topped with faux parmesan. While lasagna is a bit of work, most of it can be done ahead of time.

Ingredients

Pesto-Like Filling:

2 cans cannellini beans, drained
1 cup pine nuts
(or cashews, hemp seeds)
2 cloves garlic
1/4 cup fresh lemon juice
1/4 cup low sodium miso
1/4 cup nutritional yeast
1/8 tsp red pepper flakes
2 ounces fresh basil leaves
2 pounds spinach (or kale)

Directions

1. In a food processor, add the beans, pine nuts, garlic, lemon juice, miso, nutritional yeast and red pepper flakes. Puree until smooth.
2. Add basil and spinach. Process just until blended.

Mushroom Mixture:

1 large red onion, finely diced
2 cloves garlic, minced
2 pounds mushrooms, sliced
1/4 cup low sodium tamari

3. In a large non-stick sauté pan, sauté the onion until translucent, about 8 minutes.
4. Add garlic, mushrooms and tamari and sauté until browned. Taste mixture, adding chopped garlic and more tamari as you like.
5. Cook until mushrooms appear to be glazed and there is no more liquid left in the pan.

Assembly:

6 cups marinara sauce
2 boxes no boil lasagna noodles
Faux Parmesan

6. Preheat the oven to 375° F.
7. Pour 3 cups of the sauce in a 9×13 inch pan.
8. Place one layer of noodles on top.
9. Cover the noodles with half of the pesto-like filling, then with half of the mushroom mixture.
10. Place another layer of noodles and add the remaining half of the pesto-like filling and the remaining half of the mushroom mixture.
11. Place one more layer of noodles and smother evenly with the remaining 3 cups of sauce.
12. Sprinkle with faux Parmesan.
13. Bake uncovered for an hour. Let it sit for 10 minutes before slicing.

Mushroom Stroganoff

This is an excellent company's coming recipe. It's easy to put together and tastes fantastic. Pair it with a simple green salad and you have a meal fit for a king.

Ingredients	Directions
1/2 cup raw cashews	1. Soak cashews for 2 to 8 hours. Drain.
2 cups plant-based milk	2. Drain cashews and place in a blender with the plant-based milk. Blend until smooth. Set aside.
1 onion, diced	3. Cook the fettuccine according to the package directions.
5 cloves garlic, minced	4. Place diced onion and garlic in a saucepan. Cook until onions are softened (about 3 minutes).
1 pound mushrooms, sliced	5. Add sliced mushrooms and continue cooking for about another 5 minutes until the mushrooms darken, soften and begin releasing their liquid.
Juice of 1/4 lemon	6. Add the lemon juice, paprika, soy sauce, mustard and Worcestershire sauce and stir until well combined.
1 tsp paprika	7. Add the cashew milk mixture and cook until it begins to bubble. Simmer gently until the sauce thickens and forms a nice creamy sauce.
2 tbsp soy sauce or tamari	8. Serve over noodles. You can add 1 cup of chopped asparagus or frozen peas to the sauce just before serving and heat just until the green veggies are cooked.
1 tbsp Dijon mustard	
1 tbsp vegan Worcestershire	
Fettuccine noodles	

Baked Pinto Beans

This is my whole food plant-based adaptation of a family favourite from my sister-in-law Pat. Serve with steamed greens, a grain (rice, quinoa, barley, buckwheat), baked potato or a whole grain bun.

These beans freeze really well. I like to freeze them in 2 cup portions. That way I can keep a constant supply in the fridge to easily add beans to any meal. And these beans are great for breakfast too.

Ingredients	Directions
4 cups dry pinto beans 1 tsp salt (optional) 1 large onion, diced 1 or 2 carrots, chopped fine 4 cloves garlic, minced 1/4 tsp pepper 1/4 cup molasses 1/2 cup tomato paste 1 tbsp vegan Worcestershire 1/2 cup maple syrup 1/2 cup vinegar 1 tsp Dijon mustard 1/4 tsp cayenne 1/2 tsp salt Couple shakes liquid smoke (optional) 3 cups water	<ol style="list-style-type: none">1. Cover beans with plenty of water (about 12 cups) and let soak overnight. Drain and rinse. Skip this step if using canned beans. Use about 12 cups of cooked beans. Drain and rinse beans. <p>SLOW COOKER METHOD:</p> <ol style="list-style-type: none">2. Place in a slow cooker with salt, if using. Cover beans with water (about 6 cups) and cook on high for 3 to 4 hours, or until just tender. Drain.3. Place the beans in the slow cooker with the remaining ingredients. If necessary, add more water so that the liquid covers the beans. Cook an additional 3 hours on high. Add more water if it becomes too dry. Adjust seasonings to taste. <p>OVEN METHOD:</p> <ol style="list-style-type: none">2. Place the beans in a large pot with salt, if using. Cover beans with water (about 6 cups). Bring to a boil and simmer on the stovetop until just tender, about 1 hour. Drain.3. Place the beans in a large oven safe pan. Add remaining ingredients. If necessary, add more water so that the liquid covers the beans. Cook an additional 1 to 2 hours at 300° F. Check the beans every half hour and add more water if it becomes too dry. Adjust seasonings to taste.

Grillable Veggie Burgers

Summer is burger time, but burgers also make great fast meals any time of the year. This is a great burger as it holds together well, but it is important to let it sit to thicken up. It is best if you make the burger mix and let it sit for at least $\frac{1}{2}$ hour before forming the burgers. If you plan to throw these on the barbecue, I recommend baking ahead of time, then warming on the grill. We made our burgers with grated beets which gave them a real 'meaty' look; however, they are also great with grated carrots.

Ingredients

1 cup cooked brown rice
1 cup raw walnuts
(or sunflower seeds)
1/2 white onion, finely diced
1 beet, grated fine
(or carrot)
1 pepper, diced fine
1 to 2 cups mushrooms, diced fine
1.5 cups (227 g) chickpeas,
cooked, rinsed and drained
1 cup rolled oat
(or bread crumbs)
2 tbsp ground flax
6 tbsp water
4-5 tbsp vegan BBQ sauce
2 tbsp nutritional yeast
1 tbsp chili powder
1 tbsp smoked paprika
1 tsp garlic powder
1 tsp onion powder
1 tsp cumin
1 tsp salt
1/2 tsp black pepper

Directions

1. Cook rice if you don't already have some.
2. Chop walnuts fine in a food processor.
3. In a skillet, over medium heat, sauté onion, beets, pepper, and mushroom for 3-4 minutes or until tender. Remove from heat and set aside.
4. In a food processor, place chickpeas and process until slightly mashed but not a mushy puree. Alternatively you can mash with a fork.
5. In a food processor, pulse the oats into a course flour.
6. In a large bowl, add the ground flax and water and let soak for 5 minutes.
7. Combine cooked rice, walnuts, veggies, chickpeas, oat flour, flax mixture, BBQ sauce, nutritional yeast, seasonings. Mix thoroughly with a wooden spoon for 1-2 minutes, or until a moldable dough forms.
8. If too dry, add extra 1-2 tbsp BBQ sauce. If too wet, add more oats. Taste and adjust seasonings as needed.
9. Let sit in the fridge for several hours or overnight. This is important to make sure the burgers hold together well for grilling.
10. Form into patties using wet hands. I use $\frac{1}{3}$ cup mixture per patty – will make about 14 or 15 burgers.
11. For best grilling results, bake at 350° F for 20 minutes then freeze for later grilling.
12. If grilling, heat the grill at this time and brush the grill surface with oil to ease cooking. Otherwise, cook in a skillet or bake (20 minutes at 350° F).

Chickpea Not-Meat Loaf

This recipe came to me from Shain Brown, my daughter's hair stylist and plant-based chef extraordinaire. As a kid, I loved meatloaf sandwiches, so I was anxious to try it out. Shain did not disappoint. This Not-Meat loaf is moist, 'meaty' and delicious.

Serve the loaf slices with mashed potatoes and gravy for a plant-based version of a very traditional meal. This loaf also makes an excellent sandwich filling. Great with pickle or relish, onion and lettuce.

Ingredients	Directions
2 cups mushrooms 1 cup pecans 1 onion 1.5 cup (1 can) cooked chickpeas, mashed (<u>or</u> substitute cooked lentils) 2 cloves garlic, minced 4 tbsp soy sauce 1/2 tsp ground black pepper 4 tbsp ground flax 3/4 cup water 1 green onion, diced fine 1.5 cups bread crumbs 1 ripe avocado 2 cups veggies, finely shredded or chopped (carrots, celery, peppers, etc) 1/4 cup barbecue sauce (see recipe on pg 35)	<ol style="list-style-type: none">1. Dice mushrooms, pecans and onions small. (Do not use a food processor for the pecans as they will chop too fine.) Put in a bowl and add the chickpeas, garlic, soy sauce and pepper.2. Marinate overnight or for at least 4 hours.3. In a small bowl, mix the flax and water and let sit for at least 30 minutes, until the mixture forms a thick gel.4. Line a loaf pan with parchment paper. In a large bowl mix pecan mixture, flax mixture, green onion, bread crumbs, avocado, veggies and chickpeas, if not already added. Mix until well combined. Taste and adjust the seasonings to your liking, adding more soy sauce or pepper.5. Pack into the prepared loaf pan.6. Top with your favourite barbecue sauce.7. Cover with foil and let sit for 1 hour to allow the dry ingredients to absorb the moisture.8. Preheat the oven to 350° F.9. Bake for 1 hour and 15 minutes uncovered.10. Remove from the oven and let sit a minimum of 15 minutes before serving. The longer the loaf sits the more it will firm up.

SAUCES

Cashew and Bean Cheez Sauce

To add a layer of richness to dishes like Tex Mex casserole or Mac n Cheez, you can whip up a quick and easy cashew and bean cheez to add to it. Adding beans to your cashew cheez sauces is a great way to reduce the amount of nuts used.

Ingredients	Directions
$\frac{1}{2}$ cup cashews, soaked and drained	1. Place all ingredients in a blender and blend until smooth. Add more water if necessary to blend.
$\frac{1}{2}$ cup cooked white beans (<u>or</u> chickpeas)	
Juice of 1 lemon	
$\frac{1}{4}$ cup nutritional yeast	
$\frac{1}{2}$ tsp garlic powder	
$\frac{1}{2}$ tsp onion powder	
$\frac{1}{4}$ tsp salt	
1 tbsp miso (optional)	
$\frac{1}{2}$ cup water	

Spicy Thai Peanut Butter Sauce

Serve raw over zucchini noodles, edamame beans, red pepper, carrot and green onion. Or add more water and serve over stir fried veggies and chickpeas. Garnish with cilantro and peanuts.

Ingredients	Directions
$\frac{1}{2}$ cup peanut butter	1. Mix together all sauce ingredients.
$\frac{1}{4}$ cup tamari (low sodium)	
$\frac{1}{4}$ cup water	
1 tbsp rice vinegar	
1 tbsp maple syrup	
1 tsp garlic, minced	
$\frac{1}{2}$ tsp crushed red chili peppers	

Chinese Brown Sauce

This sauce recipe has become a staple in our household and I often use it for company dinners. I generally triple the recipe and keep a jar in the fridge for fast suppers. It's great with vegetable stir fry and marinated tofu and served alongside rice or noodles.

Ingredients	Directions
$\frac{1}{3}$ cup low-sodium soy sauce $\frac{1}{3}$ cup vegetable stock $\frac{1}{4}$ cup brown rice syrup (or honey, agave, maple syrup) 1 tsp fresh ginger, grated fine 2 cloves garlic, minced 2 tsp arrowroot powder or cornstarch	1. Combine all ingredients in a small saucepan and cook over medium heat until thickened. Store in the fridge in an airtight container for up to 1 week.

Five Spice Sauce:

$\frac{1}{2}$ cup Chinese Brown Sauce $\frac{3}{4}$ tsp Chinese Five Spice $\frac{1}{4}$ tsp crushed red chillies	1. Combine spices with the brown sauce.
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Quick BBQ Sauce

Ingredients	Directions
$\frac{1}{4}$ cup ketchup 1 tsp apple cider vinegar 1 tsp molasses 1 tbsp Dijon mustard $\frac{1}{2}$ tsp smoked paprika Sriracha, squirt	1. Whisk all ingredients together until combined.

BREADS

Whole Wheat Bread

Making bread is not hard, but it is a fairly lengthy process. And unless you have a bread maker or electric mixer with bread hooks, it will also require muscles for kneading the bread. Since we are living off the grid, when the sun is not shining, I need to roll up my sleeves and knead by hand. There is nothing like kneading dough to take away your troubles and put you in touch with the simple pleasures in life. And there is nothing quite like the taste of bread fresh from the oven.

Ingredients

1 tbsp raw sugar
½ cup warm water
1 tbsp regular dry yeast
(not fast rising)
2 tbsp ground flax
½ cup warm water
6 cups whole wheat flour
2 cups hot water
(tap hot, not boiling)
½ cup honey or raw sugar
½ cup oil (I use olive oil)
1 tbsp salt
Unbleached white flour (optional)

Directions

1. Dissolve the 1 tablespoon of raw sugar in ½ cup of warm water, then sprinkle on the yeast and stir to dissolve. Let sit in a warm place for 5 minutes until foamy.
2. In a separate container, mix ground flax with ½ cup of warm water and let it stand for about 5 minutes.
3. Place 3 cups of whole wheat flour in a large bowl and add the hot water.
4. Using a wooden spoon, mix until well combined. Add honey, oil, salt and flax mixture. Mix in well.
5. Add the yeast mixture and combine well.
6. Slowly add additional whole wheat flour and mix in until the dough becomes too stiff to work with the wooden spoon. (Note: When kneading by hand, using unbleached white flour for the remainder of the process will result in a lighter textured dough.)
7. Continue adding flour and kneading in by hand until the dough forms a nice ball and is soft but not too sticky. Continue to knead for 10 minutes on a floured surface, adding just enough flour to keep the dough from sticking to the surface and your hands.
8. Place the dough in an oiled bowl and cover with a damp cloth. Let rise in a warm place until double in bulk (about 1 hour).

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9. Turn the dough out onto an oiled surface and form into 2 loaves of bread.
10. Place in lightly greased bread pans. Cover with a damp cloth and let rise until doubled in a warm place, about 45 minutes.
11. Preheat the oven to 350° F.
12. Bake about 30 to 40 minutes for bread (it should be a nice golden colour and produce a hollow sound when tapped).
13. Remove from the pan and let cool on a wire rack. (If the bread is sticking to the pan, let it sit for 5 minutes to steam up and then it should slide out easily.) Let bread cool completely then enjoy.

Pumpkin Bread

Ingredients

1.75 cup whole wheat flour
 $\frac{3}{4}$ cup coconut sugar
 (or brown sugar)
 1 tsp baking soda
 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{4}$ tsp salt
 2 tsp ground ginger
 2 tsp ground cinnamon
 1 tsp ground allspice
 $\frac{1}{8}$ tsp ground cloves
 $\frac{1}{2}$ tsp nutmeg
 $\frac{2}{3}$ cup dried cranberry, packed
 $\frac{1}{2}$ cup pumpkin seeds
 1 cup pumpkin puree
 $\frac{1}{2}$ cup plant-based milk

Directions

1. Preheat the oven to 350° F and line a loaf pan with parchment paper.
2. Add all dry ingredients to a large bowl and stir to combine.
3. Add wet ingredients (pumpkin and milk) to a small bowl and combine.
4. Add wet to dry and mix until just combined. Will be a very stiff dough.
5. Bake for 55 minutes or until the toothpick comes out clean.
6. Cool completed before cutting.

DESSERTS

Pineapple Whip

Ingredients	Directions
1 ripe pineapple (or frozen) 1 can full fat coconut milk 1 heaping tbsp agave or honey 2 tbsp grated fresh ginger (optional) Toasted coconut for topping	<ol style="list-style-type: none">1. Peel and core the pineapple. Chop and freeze on a cookie sheet overnight.2. Place the can of coconut milk in the fridge overnight.3. Open the bottom of the coconut milk can and pour off coconut water.4. Place coconut milk solids, honey and ginger, if using, in a high powered blender. Blend until well combined.5. With the blender running, slowly add frozen pineapple until the mixture is thick and creamy, about the consistency of soft ice cream.6. Transfer to a shallow container, cover and place in the freezer to firm up for 2 to 4 hours.7. Serve with toasted coconut on top.

Note: If your blender is not powerful enough to handle the frozen pineapple, thaw slightly before using and add a bit of pineapple juice to keep the mixture moving. Can also be made in a food processor.

Sweet Potato Brownies

I came across this recipe from Bosh TV and it has quickly become one of our favourite everyday desserts. It's not too sweet and loaded with nutrition, I like to think of it as part of the meal, not dessert. It is sweetened with a mixture of dates and maple syrup. For those of you who like things a little sweeter, you can increase the amount of maple syrup used. The original recipe calls for coconut oil, but I substituted almond milk instead with great results.

Ingredients	Directions
4 medium sized sweet potatoes 1.5 cups oats 10 medjool dates, pitted & chopped (about 1 cup) 1.5 cups ground almonds 1 cup cocoa (or cacao) powder ½ cup maple syrup 5 tbsp almond milk	<ol style="list-style-type: none">1. Preheat the oven to 350° F.2. Cube the sweet potatoes and roast for 35 mins. You need about 2 cups mashed.3. Make oat flour by blending the rolled oats in a blender or food processor until fine. Remove it from the blender or processor.4. Add dates, sweet potatoes, maple syrup and almond milk to the machine. Blend until smooth.5. Add ground almonds, oat flour and cocoa and blend until smooth. (If your machine won't handle this thick mixture, mix the dry ingredients in by hand).6. Spread the batter on a rimmed baking sheet (cookie pan) lined with parchment paper.7. Smooth top and bake for 45 minutes.8. Remove and cool to room temperature.

Icing:

½ cup maple syrup ½ cup nut butter ¼ cup dark chocolate chips ¼ cup cocoa powder	<ol style="list-style-type: none">1. Place the maple syrup, nut butter (I use almond or peanut), and chocolate chips in a small pan and heat over low heat until the chips are melted. Stir in cocoa powder.2. Spread over brownies. Refrigerate until icing is set. Slice into squares and freeze.
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Apple Crisp

Apple Crisp is a classic autumn recipe and is a great way to use apples from your tree. Even though this recipe easily serves 8 to 10 people, I often make it for Ken and myself and consume it over the week. And since it is healthy, you can even enjoy leftovers for breakfast.

Ingredients

Filling:

10 to 12 heaping cups of apples,
chopped but not peeled
1 tbsp arrowroot powder or
cornstarch
½ cup coconut palm sugar
1 tbsp chia seeds
1 tsp cinnamon
1 tbsp lemon juice

Topping:

1 cup rolled oats
1 cup thinly sliced almonds
½ cup almond meal
¼ cup maple syrup
¼ cup coconut oil
¼ cup unsweetened shredded
coconut
1 tsp cinnamon

Directions

1. Preheat oven to 375° F. Lightly grease a 11 by 9 inch baking dish with coconut oil, or line with parchment paper.
2. Make filling. Place chopped apples in a large bowl and sprinkle arrowroot powder on top. Toss well to combine. Add the sugar, chia seeds, cinnamon and lemon juice and combine well. Pour into the prepared pan and smooth top out evenly.
3. Make topping: Place all ingredients in the same bowl you used for the apples and combine well. Sprinkle evenly over the apples in the prepared pan.
4. Cover the dish with foil and poke a couple air holes in the foil. Bake for 35 to 45 minutes, until the apples are just fork tender.
5. Uncover the dish and bake for 10 to 15 minutes more until the topping is nicely browned.
6. Serve hot or cold, your preference. Great with a scoop of vegan ice cream.

Ginger Molasses Cookies

I like to add some fresh grated ginger for a more intense ginger taste. Rather than rolling the cookie dough balls in cane sugar, I opted to press them flat with the bottom of a glass coated with sugar (moisten the bottom of the glass first so the sugar sticks). These cookies are quite soft.

Ingredients	Directions
1/2 cup almond butter	1. Preheat the oven to 350° F.
1/2 cup apple sauce	2. Combine almond butter, apple sauce, coconut sugar, and molasses in a large bowl and beat until smooth.
1/3 cup coconut sugar	3. Add lemon juice, ginger, cinnamon, vanilla and salt and beat until combined. Add the baking soda.
1/4 cup molasses	4. Mix coconut flour and tapioca starch together. Stir into the wet mixture and stir until combined.
1 tbsp lemon juice	5. The dough should be able to form into balls, if not add a tablespoon or 2 more of coconut flour.
1 tsp baking soda	6. Drop them by spoonfuls onto your baking sheet.
1 tsp ground ginger (plus fresh ginger for stronger flavour, if desired)	7. Press the balls flat with a sugar coated glass, if desired.
1 tsp ground cinnamon	8. Bake for 12 minutes.
1 tsp vanilla	9. Let cool on the baking tray before removing.
Pinch salt	
1/2 cup coconut flour	
1/2 cup tapioca starch	
Cane sugar for rolling (optional)	

UKRAINIAN CHRISTMAS EVE DINNER

I grew up in a Ukrainian family, following most of the old traditions. Ukrainians have lots of great traditional food, but the Christmas Eve supper has always been my very favourite holiday feast. When I became vegetarian at age 20, it became the only holiday where I could eat the traditional meal, as the Christmas Eve supper is meatless and dairy-free. How perfect, celebrating the birth of Christ without killing any of his companions from the stable.

Borscht

Borscht is a beet soup, and in my family, it was never made with meat or meat stock. Since Christmas Eve was dairy-free, the borscht was served as a rich red tomato based soup. Now I generally add cashew cream to the borscht. The recipe below makes enough to feed about 16 people, so you need a big stock pot to make, but you can half the recipe for a smaller batch.

Ingredients	Directions
6 cups beets	1. Peel and grate your beets with the biggest grater size.
2 cups carrots	2. Peel and chop your carrots in a fine dice (or in the food processor, but not too fine).
2 onion, diced	3. In a large pot place carrots, beets, onions and garlic. Cover with water or broth to about 1/2 inch above the level of the veggies.
3 cloves garlic	4. Bring to a boil and simmer for about 20 minutes.
12 cups water and or broth	5. Peel and chop potatoes to 1/2 inch cubes.
2 tbsp lemon juice or vinegar	6. Add lemon juice or vinegar.
2 cups red potatoes	7. Add potatoes and cook for 10 minutes.
<i>(use red or banana potatoes as the white russets will fall apart)</i>	8. Add green beans and cook for another 5 minutes, until all veggies are tender.
1 cup green beans, chopped	9. Add tomato juice to taste.
8 cups tomato juice	10. Place about 1 cup of the white beans in a blender and blend until smooth with added water or tomato juice. Add to the soup to thicken it. Add remaining white beans.
3 cups small white beans, cooked	11. Taste and adjust seasonings adding dill, salt, pepper, tomato (juice or paste) and vinegar until it is to your liking.
2 tbsp dried dill, or 1/4 cup fresh	12. Add peas at the very end, just before removing from the stove.
1/2 tsp black pepper	
Salt, to taste	
2 cups green peas	

Optional cream sauce:

1/4 cup cashews
1 cup water
1 onion, diced
1 clove garlic, minced
Salt and pepper

1. Soak cashews for 2 to 8 hours. Drain.
2. Sauté onion in a small amount of water until tender.
3. Drain cashews. Place soaked cashews in a blender with 1 cup of water. Blend until smooth.
4. Add cashew cream to onions along with garlic. Bring to almost a boil and simmer until thick.
5. Season with salt and pepper to your taste. Add to the borscht before serving for a cream borscht.

Lazy Cabbage Rolls

Holubtsi, or cabbage rolls, are filled with rice or buckwheat for Christmas Eve. The trickiest part of making holubtsi is getting the cabbage leaves soft enough to roll. This is a lazy version that doesn't involve any rolling.

Ingredients

1 large onion, chopped
1 tbsp oil
3 lbs cabbage, coarsely chopped
14 oz tomato sauce
28 oz diced tomatoes
1 cup brown rice, uncooked
1.25 cups water
2 tsp salt
Black pepper, to taste
Fresh herbs (dill, parsley, green onions)

Directions

1. Preheat a large deep non-stick skillet on medium heat and swirl oil to coat.
2. Add onion and cook for a few minutes, stirring occasionally.
3. Add cabbage, cover and let it cook for a few minutes.
4. Add tomato sauce, diced tomatoes, rice, water, salt, pepper and stir well.
5. Bring to a boil, cover, reduce heat to low and cook for 55 - 60 minutes. Do not open!
6. Check if rice is cooked and if not add 1/4 cup water, cover and cook for another 5 - 10 minutes.
7. Serve warm topped with sour cream and herbs.

Vegan Perogies

Perogies are everyone's favourite Ukrainian food. Until recently, I seldom indulged as the traditional dough contains oil plus they are served smothered in butter. However, the discovery of an oil-free, whole grain perogy dough was a game changer for me.

Ingredients

4 cups of pastry flour
1 tbsp of seed or nut butter (e.g. peanut, cashew, sunflower seed)
1 cup of warm water
1 tbsp of salt

Directions

1. Use a hand mixer, mix the warm water with the nut or seed butter.
2. In a big bowl put 3 cups of the flour and the salt.
3. Make a well in the center and add the puree and the water and nut butter mix.
4. Start mixing with a spoon and then with your hands until a dough is formed. Add more flour as needed to make a nice soft dough. Knead on a floured table until smooth and elastic.
5. Let the dough rest for 30 minutes before rolling.
6. Roll to $\frac{1}{8}$ inch thick and cut discs with a round cutter. The diameter of the discs should be around 3.5 inches, but it really depends on the size you want for your pierogi.
7. Heat a pan and add 4 tablespoons of water (or vegetable broth). Add the leek and cook for about one minute, stirring constantly.
8. Add the mushrooms and continue to stir for about 3 more minutes. Add more water (or broth), one tablespoon at the time if dry.
9. Let cool to room temperature.
10. Mix the leeks and mushrooms with the drained sauerkraut and reserve.
11. Take one pierogi dough disc, wet half the border, add one teaspoon of filling and close in half, bringing the border together and folding it in your preferred way.
12. Cook the pierogi in boiling water for about 4 minutes.
13. Serve immediately with vegan sour cream, onions sautéed in broth, or vegan gravy.

Sauerkraut and mushroom filling:

1/2 cup leeks, chopped
4 tbsp of water or broth
1 cup portobello mushrooms, diced to $\frac{1}{4}$ inch cubes
1 cup sauerkraut

Assembly:

Kolach

Traditionally the kolach is three braided rings of bread, stacked one on top of the other. It is placed in the center of the table with a candle in it and is not generally eaten until the following day.

Most kolach recipes call for eggs, but I make mine from any whole grain bread recipe I like.

Ingredients	Directions
2 cups almond milk, warm	1. Mix 2 tsp sugar with 1 cup of warm almond milk. Sprinkle on yeast and let proof for 5 to 10 minutes until frothy and doubled.
2 tsp sugar	
2 tsp yeast, traditional	
2 tbsp brown sugar	2. Mix remaining milk (1 cup), sugar, salt and pumpkin.
1/4 tsp salt	3. Add gluten and whole wheat flour and mix well.
1/2 cup pumpkin puree	4. Once yeast has proofed, add to the flour mixture and mix in well.
1 tbsp gluten	5. Add additional whole wheat or unbleached flour as needed to make a nice soft dough.
2 cups whole wheat flour	6. Let rise in a warm place until doubled in size (1 to 1.5 hours).
Whole wheat or unbleached flour, as needed	7. Punch down dough, divide into 3. Roll each dough ball into a long rope. Braid into a long braid.
	8. Place in a round baking pan, lined with parchment paper, tucking the ends under.
	9. Let rise until it doubles in size.
	10. Preheat the oven to 350° F.
	11. Bake for 30 to 45 minutes or until browned and hollow when tapped.

Cooking for Guests

My best advice when cooking for a crowd for an extended period is (1) simplify, (2) prepare a few basics ahead of time, (3) get your company involved in the kitchen, and (4) utilize your leftovers.

It's fun to cook up fancy, gourmet meals once in a while, but if you try to do it every day, your days will be an endless cycle of cooking, dishes, cooking and dishes. By keeping your meals simple, you will have more time to enjoy time outside the kitchen with your guests.

Before your guests arrive, try to get a few basics prepared. I like to make sure my freezer is stocked with a variety of cooked beans. It's also a good idea, if you have room in your freezer, to have a few basics like burgers, baked beans, cheez sauce and a few casseroles ready for a quick no fuss meal. And don't forget some cookies and energy balls for a fast snack or dessert.

Involve everyone in meal preparation and cleanup, or you will find yourself burning out before the visit is over. Besides, a lot of good quality conversations can be had while chopping veggies or washing dishes. And if your guests are not vegan/plant-based, they are often more open to trying new foods that they helped prepare, especially children. And be sure to ask for their opinion when seasoning, "Taste this. Do you think it needs more salt/spice/sweetness?"

Once your guests are familiar with the kitchen setup, try letting them take on a meal, with or without your help. Let them browse your stock of vegan cookbooks or the internet for a new meal idea. Katie and Ty, my grandkids, offered to do dessert one evening. They wanted to do parfaits, so I gave them suggestions and then let them go at it. They had a blast acting as waiters and serving up a delicious dessert. It went so well they did it again the next evening.

In my house, if you don't help cook, you help clean. Give the cook(s), even yourself, a pass at cleanup chores. My kids are all great at pitching in to help with the meals. And even the little ones like to help.

And don't forget the leftovers. When you have guests, you like to cook something different everyday, but when your guests are there for more than a few days, you can quickly end up with a fridge full of leftovers. Every few days, empty your fridge of leftovers. Let everyone mix and match and choose what they want for lunch.

Figuring out what to feed guests over an extended period can be intimidating, especially when your guests are not used to a plant-based diet. The best advice I can give you is to relax, enjoy the company and don't stress over food. Keep it simple and adjust it to suit your guests. Have a few basics made ahead, some ideas for possible meals and a well stocked pantry. I find it best not to make a whole meal plan. Things seldom go as you planned and you need to roll with the punches. Involve your guests in both the planning and the preparation. The ideal would be that they leave knowing that a plant-based diet is delicious and not complicated, even if it's not their cup of tea.





*In Loving Memory
of Darlene Porter*