

# EASY VEGAN MEALS FOR THE **WHOLE FAMILY**

## Recipe Manual



### WEEK 1

Southwestern Tofu Scramble	2
Chunky Monkey Smoothie	2
Very Easy Chia Pudding	3

### WEEK 2

Sweet Potato & Lentil Fritters	3
Oatmeal Energy Bites	4

### WEEK 3

Veggie Wraps with Hummus	4
Garlic Roasted Chickpeas	5

### WEEK 4

Vegan Mac & Cheese	5
Lentil Bolognese	6
Easy Tomato Soup & Grilled Cheese	7

### WEEK 5

White Bean Spinach Pasta	8
Vegan Chili	8

### BONUS RECIPES

Blueberry-Spinach Smoothie	9
Mellow Melon Smoothie	9
Hemp Hummus Pita Pocket	9
Spicy Tempeh Hash	10
Tempeh Avocado Sushi	10
Glazed Maple-Mustard Tempeh Strips with Collards	11
Tofu & Cucumber Salad with Sesame-Ginger Dressing	11
Spaghetti & Seitan Meatballs	12
Udon Noodles with Walnuts & Pomegranates	12



*Udon Noodles with Walnuts & Pomegranates*

**vegetarian** *times*

powered by **better**nutrition

# SOUTHWESTERN TOFU SCRAMBLE

TIME: 30 minutes | SERVINGS: 6

## Ingredients

- 1 medium red bell pepper, diced (1 cup)
- 1 small carrot, diced (½ cup)
- 4 green onions, chopped (½ cup)
- 1 clove garlic, minced (1 tsp.)
- ½ tsp. ground cumin
- ¼ tsp. ground turmeric
- 1 14-oz. package medium tofu, drained and crumbled
- ½ tsp. hot sauce
- 2 Tbs. chopped cilantro
- Salsa, for garnish

## Preparation

1. Heat large nonstick skillet over medium heat, and coat with cooking spray.
2. Add bell pepper and carrot, and cook 7 minutes, or until just tender. Stir in green onions, garlic, cumin, and turmeric, and cook 1 minute more.
3. Add tofu and hot sauce, and cook 5 minutes, or until heated through and all liquid has cooked off.
4. Stir in cilantro, and serve with salsa and enjoy!

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## CHUNKY MONKEY SMOOTHIE

TIME: 5 minutes | SERVINGS: 1-2

## Ingredients

- 1 frozen banana
- 1-2 Tbs. cocoa powder
- 1 Tbs. peanut butter (can sub other nut or seed butter)
- 1 Tbs. chia seeds or ground flax
- 1 large handful spinach
- 1 cup soy milk

## Preparation

1. Add all ingredients to a blender and blend until smooth.



# EASY VEGAN CHIA PUDDING

TIME: 5 minutes prep, 4-8 hours rest | SERVINGS: 2

## Ingredients

- 2 cups plant-based milk of choice (Lauren likes oat or soy)
- ¼ cup chia seeds
- 1 Tbs. maple syrup
- 1 tsp. vanilla extract



## Preparation

1. Combine all ingredients in a mason jar or container. Secure with lid, then shake to combine.
2. Place in fridge. Wait 10 minutes, then shake again.
3. Refrigerate for 4-8 hours, or overnight.
4. Enjoy as is, or top with berries, fruit, nuts or seeds!

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# SWEET POTATO & LENTIL FRITTERS

TIME: 30 minutes cook time; 1 hour total | SERVINGS: 10 fritters

## Ingredients

- 1 Tbs. olive oil
- ½ yellow onion, diced
- 1 large sweet potato grated, about 2 cups
- 3 Tbs. ground flax
- ½ cup water
- 2 cups cooked green lentils
- ¼ cup oat flour
- 2 tsp. garlic powder
- ½ cup spinach
- 2 Tbs. lemon juice
- 1 tsp. curry powder (plus more to taste)
- ½ tsp. salt

## Preparation

1. In a small bowl, combine ground flax with water and let sit for about 5 minutes to create a gel.
2. In a large bowl, combine all other ingredients. Mash until about half of the lentil mixture is a mashed consistency. Add the flax gel.
3. Taste the mixture and adjust seasoning based on you and your family's preferences. Place in fridge for about 30 minutes.
4. Form the fritters in ¼ cup patty shapes.
5. Heat a large pan with oil over medium heat. Add patties to the pan and cook on each side until golden brown, about 7-8 minutes each side. Serve and enjoy!



# OATMEAL ENERGY BITES

TIME: 15 minutes prep; 15 minutes rest | SERVINGS: 12 energy bites



## Ingredients

- 1 cup large flake oats
- ¼ cup chia seeds
- 2 Tbs. maple syrup
- 4 Tbs. peanut butter
- ¼ cup room temp coconut oil
- ¼ cup chocolate chips
- 1 tsp. vanilla extract
- ⅛ tsp. salt

## Preparation

1. Place large flake oats in a blender or food processor. Blend for about 5 seconds, until oats are chopped.
2. Place oats in a large bowl.
3. Add remaining ingredients to the bowl.
4. Mix all ingredients together until combined.
5. Once combined, roll mixture into balls (about 2 Tbs. in each) and place on a plate.
6. Refrigerate balls for at least 15 minutes before eating.

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# VEGGIE WRAPS WITH HUMMUS

TIME: 30 minutes or fewer | SERVINGS: 4

## Ingredients

- 9x11-inch whole-wheat lavash (or whole-wheat tortillas)
- 6 oz. hummus
- ¼ cup chopped kalamata olives
- 1 cup grated carrots
- 2 cups chopped watercress (4 oz.)

## Preparation

1. Place 1 lavash wrap on work surface. Spread lavash with half of cheese and 2 Tbs. chopped olives, leaving 1-inch border around edges. Top with ½ cup carrots and 1 cup watercress. Roll up bread and wrap in waxed paper, twisting ends to hold together. Repeat with remaining ingredients.
2. Just before eating, cut wraps in half crosswise with serrated knife and serve still in waxed paper.

# GARLIC ROASTED CHICKPEAS

TIME: 30 minutes  
SERVINGS: 4 snack-size portions



## Ingredients

- 1 tsp olive oil
- 540 mL (about 2 cups) cooked chickpeas
- 1 tsp. garlic powder
- ½ tsp. smoked paprika
- ½ tsp. oregano
- ¼ tsp. salt

## Preparation

1. Preheat oven to 450 F. Line a baking sheet with parchment paper.
2. Add all ingredients to a large bowl. Mix to combine.
3. Place chickpeas on baking sheet, making sure there is space between the chickpeas.
4. Cook at 450 F for 25-27 minutes, or until golden brown.
5. Remove chickpeas from oven and let sit for 5-10 minutes to cool. Chickpeas will crisp up more as they cool.

# VEGAN MAC & CHEESE

TIME: 30 minutes | SERVINGS: 4

## Ingredients

- 1 cup chopped carrot
- 1 cup chopped potato
- ¼ cup sunflower seeds
- ½ cup nutritional yeast
- 1 cup plant based milk
- 2 Tbs. lemon juice
- ¾ tsp. salt
- 1 tsp. miso paste (can be substituted with more salt)
- 1 tsp. garlic powder
- 1 tsp. dijon mustard
- ¼ tsp. turmeric (optional)
- ½ tsp. ground black pepper
- 1 cup cooked edamame
- 1 pound (454g) pasta

## Preparation

1. Steam carrot and potato until fork tender (about 10 minutes). Meanwhile, cook pasta and edamame as per package instructions.
2. Blend steamed carrot, potato, sunflower seeds, nutritional yeast, plant-based milk, lemon juice, salt, miso paste, garlic powder, dijon mustard, turmeric and black pepper in a high speed blender until smooth. Taste and adjust seasoning as desired, adding more salt for saltiness, more nutritional yeast for cheesiness, or dijon mustard for spiciness.
3. Combine all ingredients and enjoy!



# LENTIL BOLOGNESE

TIME: 20 minutes hands-on time; 1 hour 10 minutes total | SERVINGS: 4

## Ingredients

- 2 tsp. olive oil
- 1 medium onion, diced small (1 cup)
- 1 medium carrot, peeled and diced small (1 cup)
- 2 small celery stalks, diced small (½ cup)
- 1 small fennel bulb, diced small (1½ cups)
- 4 cloves garlic, minced
- 2 Tbs. white wine vinegar
- 2 cups low-sodium vegetable broth
- 1 cup green lentils
- 2½ cups jarred or tetra-packed no-salt-added chopped or crushed tomatoes with juices (about 28 oz)
- 2 tsp. dried oregano
- 2 tsp. dried parsley
- 1 tsp. dried basil
- 8 oz wide whole-wheat pasta noodles such as linguine, fettuccine, tagliatelle or rigatoni
- ¼ tsp. sea salt
- ½ tsp. fresh ground black pepper

## Preparation

1. In a large Dutch oven or saucepot, heat oil on medium-high. Add onion, carrot, celery, fennel and garlic. Cook, stirring often, until released water evaporates and brown bits begin to form on bottom of pot, about 15 minutes. Add vinegar and scrape any brown bits from bottom of pot as liquid evaporates. Stir in broth, 1 cup water, lentils, tomatoes, oregano, parsley and basil. Reduce heat to medium and simmer, partially covered, for 45 minutes, stirring occasionally.
2. Meanwhile, bring a large pot of water to a boil and prepare pasta according to package directions. Drain pasta and set aside.
3. Season with salt and pepper. Divide pasta among 4 bowls and top each with about 1½ cups bolognese.

# EASY TOMATO SOUP & GRILLED CHEESE

TIME: 30 minutes | SERVINGS: 3-4



## Soup Ingredients

- 2 Tbs. olive oil
- 1 medium onion, chopped (1½ cups)
- 1 Tbs. tomato paste
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. sugar
- 1 15-oz. can diced tomatoes
- 1 vegetable bouillon cube (optional)
- 2 tsp. balsamic vinegar
- ½ tsp. dried thyme
- 1 cup cooked white beans

## Grilled Cheese Ingredients

- 2 tsp vegan butter
- 2 slices Whole wheat bread
- 2 slices (about 40g) Vegan cheese of choice (Earth Island, Daiyo, Chao, etc.)

## Preparation

1. For soup: Heat oil in medium saucepan over medium heat. Add onion, and sauté 5 minutes, or until soft and translucent. Stir in tomato paste, garlic, and sugar, and cook 1 minute, or until tomato paste darkens. Stir in diced tomatoes, drained and rinsed white beans, bouillon cube (if using), balsamic vinegar, thyme, and 4 cups water. Cover pan, bring soup to a boil, then reduce heat to medium-low, and simmer, covered, 15 minutes.
2. Remove from heat, and blend soup with immersion blender or in blender or food processor until smooth. Season with salt and pepper, if desired.
3. For grilled cheese: Spread vegan butter on one side of each slice of bread.
4. Place one slice of bread, butter side down, on pan over medium heat. Add vegan cheese on top, and add other slice of bread on top of vegan cheese, butter side up.
5. Add cover and cook over medium heat until golden brown (about 4-5 minutes). Flip and repeat on other side.
6. Using a cookie cutter, cut grilled cheese into whatever shapes you desire!

# WHITE BEAN & SPINACH PASTA

TIME: 25 minutes | SERVINGS: 4



## Ingredients

- 1 tsp. olive oil
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 8 oz (227 g) cremini mushrooms, sliced
- ½ cup sliced sundried tomato
- 1 cup cherry tomatoes
- 2 cups (540 mL) white beans
- ½ cup vegetable broth
- 2 cups spinach
- 3 Tbs. nutritional yeast
- ¼ cup lemon juice (about 1 lemon, juiced)
- 10.5 oz. (300g) pasta
- 1 cup pasta water
- ¼ tsp. salt
- ½ tsp. pepper

## Preparation

1. Cook pasta as per package instructions, minus 1-2 minutes to cook al dente. Reserve 1 cup of the pasta water.
2. Sauté yellow onion and garlic in olive oil in large pan over medium heat until onion is translucent (about 5 minutes).
3. Add cremini mushrooms, sundried tomato, cherry tomatoes, white beans, vegetable broth, salt and pepper to the pan. Sauté for another five minutes.
4. Once pasta is drained, add to pan along with ½ cup of the pasta water, spinach and nutritional yeast. Sauté to combine. If mixture is dry, add additional pasta water as needed. Serve and enjoy!

# VEGAN CHILI

TIME: 35 minutes | SERVINGS: 10

## Ingredients

- 2 Tbs. olive oil
- 1 medium onion, diced (1½ cups)
- 2 carrots, diced (1 cup)
- 1 small bell pepper, diced (1 cup)
- 4 cloves garlic, minced (4 tsp.)
- 1 28-oz. can crushed tomatoes with juice
- 1 15.5-oz. can kidney beans, rinsed and drained
- 1 12-oz. pkg. veggie crumbles
- 2 Tbs. chili powder
- 1 Tbs. plus 1 tsp. ground cumin
- 1 Tbs. light brown sugar
- 2 tsp. dried oregano
- 1 tsp. red pepper flakes
- 1 10-oz. pkg. frozen corn

## Preparation

1. Heat oil in large pot over medium-high heat. Add onion, and sauté 2 minutes.
2. Add carrots and bell pepper, and cook 2 minutes more.
3. Add garlic, and cook 1 minute, or until fragrant.
4. Stir in 2 cups water and all remaining ingredients except corn, and season with salt and pepper. Reduce heat to medium, and simmer 20 minutes, stirring occasionally.
5. Fold in corn and ½ cup water, and simmer 10 minutes more.



## BLUEBERRY-SPINACH SMOOTHIE

TIME: 30 minutes or less | SERVINGS: 1

### Ingredients

- 4 cup spinach leaves
- ½ cup plain soymilk
- 1¼ cup frozen blueberries
- ½ firm tofu cubes
- 2 Tbs. ground flaxseed
- 2 tsp agave nectar (optional)
- ⅛ tsp ground allspice (optional)



### Preparation

1. Purée baby spinach leaves with plain soymilk in blender.
2. Add frozen blueberries, firm tofu cubes, ground flaxseed, agave nectar (optional), and ground allspice (optional); blend until smooth.

## MELLOW MELON SMOOTHIE

TIME: 30 minutes or less | SERVINGS: 1

### Ingredients

- 1½ cup chilled or frozen cantaloupe chunks
- ½ apple, peeled and chopped
- ½ cup chopped celery
- ¾ cup firm tofu cubes
- 1 Tbs. chia seeds

### Preparation

1. Blend chilled or frozen cantaloupe chunks; apple, peeled and chopped; chopped celery; and firm tofu cubes in blender until smooth.
2. Stir in chia seeds.

## HEMP HUMMUS PITA POCKETS

TIME: 30 minutes or less | SERVINGS: 2

### Hummus Ingredients

- 1½ cup cooked chickpeas
- 2 tsp. minced garlic
- ½ cup water
- 3 Tbs. hemp seeds
- 2 Tbs. lemon juice
- Salt and pepper (optional)

### Cucumber Salad Ingredients

- ½ cup cucumber, finely diced
- ½ cup tomato, finely diced
- ¼ cup green bell pepper, finely chopped
- ¼ cup parsley, finely chopped
- 2 Tbs. green onion, chopped
- 1 Tbs. lemon juice
- ½ tsp olive oil
- Salt and pepper (optional)
- 1 whole-wheat pita for assembly

### Preparation

1. For hummus: Bring cooked chickpeas, minced garlic, and water to a boil in small saucepan. Cook 1 minute, remove from heat, and coarsely mash.
2. Stir in 3 Tbs. hemp seeds and 2 Tbs. lemon juice; season with salt and pepper, if desired. Cool.
1. For cucumber salad: Combine finely diced cucumber and tomato, finely chopped green bell pepper and parsley, chopped green onion, lemon juice, and olive oil in small bowl; season with salt and pepper, if desired.
2. Fill ½ whole-wheat pita with ½ cup hummus and ½ cup cucumber salad.

## SPICY TEMPEH HASH

TIME: 30 minutes or less | SERVINGS: 2



### Ingredients

- 8 oz. cubed tempeh
- ½ cup water
- 1 Tbs. canola oil
- 1 cup onion, chopped
- 1 cup green bell pepper, chopped
- 1 cup potato, diced
- 2 tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 1 pinch cayenne pepper

### Preparation

1. Spread cubed tempeh in bottom of large nonstick skillet. Add water, cover, and bring to a boil. Reduce heat to medium-low, and simmer 5 minutes.
2. Drain in colander, and wipe out skillet.
3. Add canola oil to skillet, and heat over medium-high heat. Return tempeh to pan along with chopped onion, chopped green bell pepper, and diced potatoes. Sauté 5 to 7 minutes, or until beginning to brown.
4. Sprinkle with paprika, garlic powder, onion powder, and cayenne pepper. Sauté 7 to 8 minutes, or until potatoes are browned and tender.

## TEMPEH AVOCADO SUSHI

TIME: 30 minutes or less | SERVINGS: 6

### Ingredients

- 2 8-oz. pkg. tempeh, cut into 2-inch squares
- 4 tsp. tahini paste
- 2 tsp. agave nectar
- 2 tsp. yellow miso
- 1 tsp. onion powder
- 6 nori sheets
- 2 avocados, cut into wedges
- 8 green onions, white and light green parts thinly sliced
- 2 tsp. low-sodium soy sauce
- 2 Tbs. black sesame seeds

### Preparation

1. Steam tempeh in steamer 10 minutes. Cool to room temperature.
2. Pulse tempeh in food processor until ground into rice-size pieces. Add tahini, agave, miso, and onion powder. Pulse several times until just combined. Transfer to bowl.
3. Place 1 nori sheet on sushi mat or work surface. Spread ⅓ cup tempeh mixture out to sides of sheet, stopping 1½ inches from top edge. Press down mixture to flatten. Place 2 to 3 avocado wedges in center of mixture, and scatter 2 tsp. green onions on top. Roll sushi using a mat or by hand, and seal edge with soy sauce. Cut into 8 pieces with sharp knife. Repeat with remaining ingredients.
4. Sprinkle sushi with sesame seeds and remaining green onions. Serve with soy sauce, wasabi, and pickled ginger.



# GLAZED MAPLE-MUSTARD TEMPEH STRIPS WITH COLLARDS

TIME: 40+ minutes to marinate, cook time 20 minutes | SERVINGS: 6

## Ingredients

- 2 8-oz. pkg. tempeh, sliced into ½ -inch strips
- ⅓ cup maple syrup
- ¼ cup orange juice
- ¼ cup safflower oil, divided
- 2 Tbs. ketchup
- 2 Tbs. Dijon mustard
- 1 Tbs. sriracha sauce
- 1 Tbs. low-sodium tamari
- 1 tsp. freshly ground black pepper
- ¼ tsp. ground cinnamon
- 2 tsp. garlic, minced
- 2 12-oz. bunches collard greens, stems and ribs removed, leaves thinly sliced
- 2 cups frozen fire roasted corn, thawed

## Preparation

1. Place tempeh strips in medium heat-proof bowl. Set aside.
2. Whisk together maple syrup, orange juice, 2 Tbs. oil, ketchup, mustard, sriracha, tamari, pepper, and cinnamon in medium saucepan. Bring to a simmer over medium heat, and cook 5 to 7 minutes, or until slightly thickened. Pour hot mixture over tempeh strips, cover, and let marinate 30 minutes, or overnight.
3. Preheat oven to 350°F. Line baking sheet with foil, and coat with cooking spray. Arrange marinated tempeh strips on prepared baking sheet; reserve marinade. Cover baking sheet tightly with foil, and bake 15 minutes. Remove foil, and flip tempeh pieces. Bake, uncovered, 5 minutes more, or until tempeh is slightly browned. Remove from oven, and brush tempeh with remaining glaze.
4. Meanwhile, heat remaining 2 Tbs. oil in large saucepan over medium-high heat. Add garlic, and cook 30 seconds. Add collard greens in two batches, wilting first batch before adding second. Stir in corn, and season with salt and pepper, if desired. Cook 5 to 7 minutes or until greens are tender, stirring occasionally. Serve topped with tempeh slices.

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# TOFU & CUCUMBER SALAD WITH SESAME-GINGER DRESSING

TIME: 30 minutes or less | SERVINGS: 2

## Dressing Ingredients

- ⅓ cup reduced-fat vegan mayonnaise
- ¼ cup unseasoned rice vinegar
- 3 Tbs. minced fresh ginger
- 2 Tbs. toasted sesame seeds
- 4 tsp. tamari or low-sodium soy sauce
- 2 tsp. mirin (rice wine)
- 1½ tsp. sugar

## Cucumber Salad Ingredients

- 1 16-oz. package soft tofu, drained
- 3 Japanese cucumbers, (or 1 English cucumber, or 2 garden cucumbers, thinly sliced)
- 1 avocado, halved and sliced
- 2 oz. daikon radish sprouts, trimmed
- 6 green onions, thinly sliced
- 4 tsp. veg furikake seasoning, such as Eden Shake

## Preparation

1. For dressing: Blend all ingredients in blender 1 minute. Chill.
2. For cucumber salad: Cut tofu into 12 rectangular slices. Lay 3 slices of tofu, overlapping slightly, on each of 4 plates. Arrange cucumber slices around tofu, and fan avocado slices on plates. Scatter sprouts, then green onions over vegetables. Drizzle dressing over salad. Sprinkle with furikake seasoning.

**Note:** Furikake, a Japanese rice seasoning, adds subtle taste and texture to this salad. To make your own furikake, crumble 1 sheet of nori (toasted seaweed used to wrap sushi) and toss with 2 tsp. toasted sesame seeds and ¼ tsp. sea salt.

# SPAGHETTI & SEITAN MEATBALLS

TIME: 1 hour or less | SERVINGS: 6

*These “meatballs” are perfect with pasta, but they’re also tasty in a sandwich.*

## Tomato Sauce Ingredients

- 1 15-oz. can diced tomatoes
- 3 Tbs. olive oil
- 3 cloves garlic, minced (1 Tbs.)
- 2 tsp. dried basil

## Seitan Meatballs Ingredients

- 1 16-oz. package seitan, drained
- ½ cup pecans
- ½ cup whole-wheat breadcrumbs
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh basil
- 2 Tbs. olive oil, divided
- 3 cloves garlic, minced (1 Tbs.)
- 1 tsp. low-sodium soy sauce
- ⅛ tsp. dried oregano
- 1 tsp. egg-replacer powder
- 16 oz. whole-wheat spaghetti
- Nutritional yeast for sprinkling (optional)

## Preparation

1. For tomato sauce: Simmer all ingredients in partially covered saucepan 25 minutes. Season with salt and pepper, if desired.
2. For meatballs: Preheat oven to 400°F. Coat baking sheet with cooking spray.
3. Blend seitan in food processor until crumbly. Add pecans, and pulse until combined.
4. Transfer to bowl. Stir in breadcrumbs, herbs, 1 Tbs. oil, garlic, soy sauce, and oregano.
5. In small bowl, whisk egg replacer with ¼ cup water until frothy. Fold egg replacer into seitan mixture.
6. Shape mixture into 18 balls. Place on prepared baking sheet, and brush with 1 Tbs. remaining oil. Bake 20 minutes, turning once, or until crusty and lightly browned. Meanwhile, prepare pasta according to package directions. Drain, and divide among serving bowls. Top with sauce and meatballs, sprinkle with nutritional yeast, if using, and serve.



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# UDON NOODLES WITH WALNUTS & POMEGRANATES

TIME: 30 minutes or less | SERVINGS: 6

*This pasta is the perfect example of how a few pomegranate seeds can make a simple dish spectacular.*

## Ingredients

- 1 10.25-oz. package dried udon noodles
- 1 lb. broccoli, cut into small florets (3 cups)
- 1 small red bell pepper, diced (1 cup)
- 2 Tbs. toasted walnut oil, divided
- 1 12-oz. package extra-firm tofu, drained and cubed
- 2 cloves garlic, minced (about 2 tsp.)
- ¼ cup chopped walnuts
- 1 Tbs. maple syrup
- 1 cup fresh pomegranate seeds
- 5 green onions, white and green parts chopped (⅓ cup)

## Preparation

1. Add broccoli and bell pepper, and simmer 2 minutes more. Drain.
2. Heat 1 Tbs. oil in skillet over medium heat. Add tofu cubes, and cook 10 minutes, or until browned, turning occasionally. Remove from heat, add garlic, and stir 30 seconds, or until garlic is fragrant. Stir in walnuts, maple syrup, and remaining walnut oil.
3. Toss pasta mixture with tofu mixture, pomegranate seeds, and green onions.