



HERBS  
*and*  
SPICES

ST. PHILARET ORTHODOX CHURCH  
FAMILY RECIPES

“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.” Matthew 6: 16-18

The following is an **ongoing** collection of recipes, primarily fasting, and resources for Lenten inspiration. This is the first version and God willing there will be more in the future.

A wonderful resource for those on FaceBook is Lenten Recipe Sharing. This is a GOC group started and administered by Panagiota DelMedico, a parishioner at St. John the Forerunner, in Chicago. There are approximately 350 members and they share recipes, products, cooking methods, tips and encouragement throughout fasting periods during the year.

There are links to the websites for most of the recipes in this book. Partly to provide pictures of the completed recipe and cooking tips also many of these websites have additional fasting recipes. The links will not always take you to the specific recipe. Look for a recipe button on the website and search for the specific recipe you are working on or just have fun exploring new recipes.

The table of contents is clickable. Put your cursor on the recipe you want to see and you should see a pop up box asking you to hold down the {Ctrl} button while you click the mouse button. This should take you straight to the recipe. The website links work the same way.

This document can be used with or without internet connection. Obviously without an internet connection you cannot get to the websites but the table of contents should still be clickable.

Please excuse any errors or omissions.

*Thank You to all those who contributed recipes !!*

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## Abbreviations

T = Tablespoon

t = teaspoon

c = cup

oz = ounce

lb = pound

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[F] = freezer friendly

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## Strict Fast Recipes

### Breads

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#### 3-Ingredient Beer Bread

##### Appliance(s)

##### Ingredients

3 cups self-rising flour  
¼ cup sugar

1 (12 oz.) can of beer, at room temperature  
¼ tsp. salt (optional)

##### Instructions

Preheat oven to 350F. spray a 9x5 inch loaf pan with cooking spray and set aside.

In a large bowl, stir together all of the ingredients until just combined.

Transfer dough to the prepared loaf pan and bake for 45 minutes (or until a toothpick inserted in the center comes out clean).

You can omit the sugar if you prefer but it does give the bread a lovely flavor.

You can adapt the flavor of this bread by making it sweet or savory. Try adding raisins or cinnamon for a sweet bread or dried herbs. You can also adapt the flavor by using different types of beer anything from lite beer to stout.

Leftover bread will store well in a cool dry place covered in plastic wrap or foil for up to 5 days or longer.

Anastasia Lagen

Source: [www.theseasonedmom.com](http://www.theseasonedmom.com)

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#### Lenten Paleo Porridge

##### Appliance(s)

##### Ingredients

2 tablespoons unsweetened shredded coconut  
1 tablespoon pumpkin seeds  
1 tablespoon brown flaxseed  
1 tablespoon chia seeds  
¼ cup walnuts, pecans, almonds or any other nuts

1 teaspoon ground cinnamon  
¼ teaspoon Celtic sea salt (I like things salty so you may want to reduce this)  
1 cup boiling water

##### Instructions

Combine dry ingredients in a vitamix blender and blend until finely ground

Pour boiling water into Vitamix blender, cover with lid

Blend very carefully starting on low setting, then moving to high, until porridge is smooth

Transfer porridge to a bowl



Garnish with raisins, sunflower seeds, shredded coconut or add cinnamon, cardamon or other spices.  
Can add nondairy milk or yogurt.

Serves 2.

This Paleo Porridge recipe is based on one from Ricki Heller's blog. According to Ricki, she based her recipe on one by our mutual friend Andrea Nakayama.

I use a full teaspoon of cinnamon in this hot cereal as several studies indicate this spice controls blood sugar, and I also like its flavor. This gluten-free hot cereal would make a quick and healthy breakfast.

Celeste Englehardt  
Source: Elana's Pantry

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## Quick Lenten Blender Porridge Cereal

### **Appliance(s)**

Blender

### **Ingredients**

1/4 c. pumpkin seeds	1/4 - 1/2 c. Fresh or frozen blueberries (any frozen berries will do)
1/4 c unsweetened shredded coconut	Dash of sea salt
2 Tbsp chia seeds	Spices of choice
1 apple sliced	

### **Instructions**

Dump everything into a blender and add about 1 cup boiling water. (May need to add more liquid for desired thickness of porridge.) Blend and serve with dairy free yogurt or milk.

The recipes above can be adapted to your choice. Use various nuts, seeds, dried fruits, spices, etc. Place 1/2 cup of blended dry ingredients into a plastic Ziplock bag, label and store in fridge. Pull out a bag, throw into the blender, add fruits etc. and blend with boiling water.

Great for traveling.

Celeste Englehardt

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## Vegan Overnight Oats

### **Appliance(s)**

### **Ingredients**

1 large ripe/spotty banana, mashed	1/4 teaspoon (1.25 mL) pure vanilla extract (optional)
2 tablespoons chia seeds	
1/4 teaspoon cinnamon	
1/2 cup gluten-free rolled oats	
3/4 cup (180 mL) almond milk	

**Suggested Toppings:**

Granola

Fresh fruit

Coconut flakes

Pure maple syrup

Cinnamon

Nuts and seeds

Banana soft serve

**Instructions**

In a small bowl, mash the banana until almost smooth. Now stir in the chia seeds and cinnamon until combined. Stir in the oats, almond milk, and vanilla (if using). Cover and refrigerate overnight, or a minimum of 2 hours.

In the morning, stir the oat mixture to combine. If your Vegan Overnight Oats have a runny consistency even after they soak, simply stir in an additional 1 tablespoon chia seeds and place the mixture back in the fridge until it has thickened up. If the oat mixture is too thick, simply add a splash of almond milk and stir to combine.

*Recipe Variations*

Not a banana fan? Try swapping the mashed banana for 1/4-1/2 cup of your favorite yogurt and liquid sweetener, if desired.

Anastasia Lagen

Source: <https://ohsheglows.com/>

## Chocolate Raspberry Dreams Breakfast Parfait

**Appliance(s)****Ingredients****For the Raspberry Chia Seed Jam (makes 1 cup):**

1 (300 g/10 oz) bag frozen raspberries

2 tablespoons (20 g) chia seeds

2 tablespoons (30 mL) pure maple syrup, or to taste

1 teaspoon (5 mL) pure vanilla extract or vanilla bean powder (optional)

**For the Chocolate Overnight Oats (makes 3 cups):**

1 cup (100 g) gluten-free rolled oats

1/3 cup (55 g) chia seeds

2 to 3 tablespoons (30 to 45 mL) pure maple syrup, to taste

2 tablespoons (10 g) unsweetened cocoa powder

2 1/2 cups (625 mL) unsweetened almond milk

**For the topping:**Homemade Coconut Whipped Cream or So  
Delicious Coconut Whip\*Fresh or frozen raspberries  
Sliced toasted almonds or hazelnuts**Instructions**

For the Raspberry Chia Seed Jam: Add the frozen raspberries, chia seeds, and maple syrup into a medium pot. Stir to combine. Cook uncovered over medium heat, stirring frequently, for about 7 to 9 minutes, until the raspberries break down. (It will still look a bit runny, but it will thicken as it cools.)

Remove from heat and stir in the vanilla, if using, and additional maple syrup, if desired. Allow the jam to cool on the counter, uncovered, for about a half hour before covering and chilling in the fridge.

For the Chocolate Overnight Oats: In a large container with a lid, whisk together the oats, chia seeds, maple syrup, and cocoa powder until combined. Add the milk and whisk until no clumps of cocoa powder remain. Secure lid and let it sit on the counter for 2 to 3 minutes. After sitting briefly, shake the mixture (or stir) again to combine. This just helps prevent the chia seeds from clumping up. Chill in the fridge for a couple hours, or overnight.

Prepare the Coconut Whipped Cream, or if using, thaw the store-bought coconut whipped cream in the fridge or on the counter. Store in the fridge until ready to use.

When the chia jam and oats are ready, layer them into jars or bowls along with the coconut whipped cream. Add your desired toppings and enjoy! The parfaits can be made in advance and enjoyed for a few days.

**Tips:**

To change up this recipe, feel free to swap the Coconut Whipped Cream for Banana Soft Serve.

Make it nut-free: Swap the almond milk for a nut-free non-dairy milk and omit the nut topping.

Anastasia Lagen  
Source: <https://ohsheglows.com/>

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## **Basic Chia Seed Pudding**

Thrown together in just a couple minutes! Be sure to make this in advance (I like making it before bed) so it has time to thicken up. The thickness of the chia pudding will vary based on the kind of almond milk you use, so don't worry if it looks a bit thick or thin when you first try it out. If your pudding is too thin you can add more chia seeds and let it sit for 30 minutes more; if it's too thick, try adding a touch more almond milk.

### **Ingredients**

#### **For the chia pudding:**

3 cups unsweetened almond milk  
1/2 to 3/4 cup chia seeds, as needed  
1-3 tablespoons of pure maple syrup, to taste (optional)

#### **Suggested toppings:**

Granola  
Fresh fruit  
Coconut flakes  
Pure maple syrup  
Cinnamon  
Nuts and seeds  
Banana Soft Serve

### **Instructions**

Whisk the almond milk, chia seeds, and sweetener together in a large bowl. (For a thin and runny chia pudding, use 1/2 cup chia seeds. For a thick chia pudding, use 3/4 cup chia seeds.) Let sit for 5-10 minutes and then whisk again (this just helps prevent clumping).

Cover and chill in the fridge for 3 hours, or overnight. It helps to stir the mixture every so often during this time, but don't worry if you can't. Stir well before serving. If it's too runny, whisk in more chia seeds and let it sit again until thickened. If it's too thick, thin it with a touch of milk. Portion into bowl(s) and add your desired toppings. Leftovers will keep in an airtight container in the fridge for 3 to 5 days.

Submitted by Anastasia Lagen  
From <https://ohsheglows.com/>

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## Mom's Italian Bread

### Appliance(s)

### Ingredients

1 package (1/4 ounce) active dry yeast	2 teaspoons salt
2 cups warm water (110° to 115°)	5-1/2 cups all-purpose flour
1 teaspoon sugar	

### Instructions

In a large bowl, dissolve yeast in warm water. Add the sugar, salt and 3 cups flour. Beat on medium speed for 3 minutes. Stir in remaining flour to form a soft dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down. Turn onto a floured surface; divide in half. Shape each portion into a loaf. Place each loaf seam side down on a greased baking sheet. Cover and let rise until doubled, about 30 minutes.

Meanwhile, preheat oven to 400°. With a sharp knife, make four shallow slashes across top of each loaf. Bake 20-25 minutes or until golden brown. Remove from pans to wire racks to cool.

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

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## Dutch Oven Bread

### Appliance(s)

Dutch Oven

**\*\* 7-8 hours rising time\*\***

Enjoy this beautiful crusty bread recipe

### Ingredients

3 to 3-1/2 cups (125 grams per cup) all-purpose flour	1 teaspoon salt
1 teaspoon active dry yeast	1-1/2 cups water (70° to 75°)

### Instructions

In a large bowl, whisk 3 cups flour, yeast and salt. Stir in water and enough remaining flour to form a moist, shaggy dough. Do not knead. Cover and let rise in a cool place until doubled, **7-8 hours**.

Preheat oven to 450°; place a Dutch oven with lid onto center rack and heat for at least 30 minutes.

Once Dutch oven is heated, turn dough onto a generously floured surface. Using a metal scraper or spatula, quickly shape into a round loaf. Gently place on top of a piece of parchment.

Using a sharp knife, make a slash (1/4 in. deep) across top of loaf. Using the parchment, immediately lower bread into heated Dutch oven. Cover; bake for 30 minutes. Uncover and bake until bread is deep

golden brown and sounds hollow when tapped, 15-20 minutes longer, partially covering if browning too much. Remove loaf from pan and cool completely on wire rack.

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

#### *Recipe Variations [F]*

1. Stir in cheese, garlic, herbs or dried fruit
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## Applesauce Breakfast Bowl

### **Appliance(s)**

Microwave or saucepan

### **Ingredients**

Applesauce  
Vanilla  
Cinnamon

Toasted Coconut  
Pomegranate seeds  
Walnuts

### **Instructions**

Warm applesauce in a saucepan or microwave. Stir in vanilla and cinnamon to taste. Top with toasted coconut, pomegranate seeds and walnuts. Enjoy!

Despina Souhlas Stanic  
Lenten Recipe Sharing

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## Vegan Biscuits Recipe (Oil-free!)

### **Appliance(s)**

Kitchen scale

### **Ingredients**

1 3/4 cups (224g) **regular all-purpose flour (not gluten-free blends)**  
2 1/2 tsp baking powder  
1/4 tsp baking soda  
1/2 tsp fine sea salt

1/2 cup (120g) room temperature canned lite coconut milk (**shaken well first**)  
3 1/2 Tbsp (53g) room temperature dairy-free plain, unflavored high fat yogurt (Kitehill almond yogurt recommended)  
2 tsp (12g) pure maple syrup OR agave

### **To brush the tops**

1 Tbsp lite coconut milk  
1/2 tsp yogurt (Kitehill brand recommended)

I always recommend using a scale for accuracy when baking, following MY gram weights listed, since we all measure differently. This is especially important here so that your dough is the right moisture level, etc. This greatly improves your chance for success and lessons room for error. You never need cups or to

compare them to the weights, just use the scale and bowl and make sure to zero out in between each ingredient. My recipes are 100% tested specifically using my exact weights.

### Instructions

Preheat the oven to 400°F and line a sheet pan with parchment paper.

To a large bowl, add the flour, baking powder, baking soda and salt and whisk very well.

Add the room temperature coconut milk, yogurt and syrup to the same bowl and very gently mix with a wooden spoon until just mixed into a rough, shaggy-looking dough, as pictured. You do not need to stress about it all looking cohesive and perfect. I'm talking, like about 8- 10 seconds of mixing for it to come together. **Overmixing biscuit dough will result in tough biscuits.**

Now, once it's mixed roughly, lightly flour a work surface. Only a bit of flour is needed. Dump the dough out onto the surface and use your hands (**do not overwork the dough!**)

Overmixing biscuit dough will result in tough biscuits. ***You are using your hands here, don't roll the dough out with a rolling pin, as that flattens out the lightness and air.*** Again, you are only forming it into the shape, not kneading it like you would with pizza dough. You don't want to overwork the dough or add too much flour, or they will be dry. **Form the disc to where it is about 3/4 inch to 1 inch high evenly across.**

Use a 2 3/4 inch biscuit cutter and press down into the dough and slightly twist it and lift up. You should get 4 biscuits the first time. Piece back the excess dough together gently and any loose pieces, just press/pinch back together. Pat it back down to 3/4 to 1 inch to get 6 biscuits total and place the biscuits onto the lined pan. If you make more than 6 biscuits, that means you flattened the dough too much and your biscuits will be thinner. I used a ruler just to make sure my dough was thick enough before cutting. You may have a slightly bit of extra dough. (1 to 2 tbsp worth)

Place each biscuit on the pan, just touching each other, as pictured.

**For the tops:** mix the milk and yogurt together in a small bowl from the "Brush the tops" ingredients until smooth. Use a brush to lightly brush the tops of each biscuit. Alternatively, if you like, you could use vegan butter here, up to you!

Bake for 15 minutes or until risen and have a light golden-brown color on top.

Cool 5 minutes and then serve immediately. Spread vegan butter, jam or eat with vegan sausages or gravy. OR, these would be delicious served with soups or stews as well! Biscuits are best eaten warm and fresh, as they really start to dry out hours later. Of course, you can bring them back to life a bit by slightly warming them in the microwave and adding whatever topping you like. As with traditional biscuits, these are best with a topping of sorts, as I've always found plain biscuits to be a bit dry or boring, so don't skip whatever topping you like. These are of course not going to be as rich as traditional butter-filled biscuits, so keep that in mind, but they are still very delicious, especially for being much lower fat and oil-free.

**Notes Coconut Milk:** Biscuits rely on fat for them to be soft and fluffy. Coconut milk is a much different kind of fat than any other fat. It is buttery and it is richer. It is also low-protein, which means it creates a better, softer, fluffier texture. ***Do not sub this with soy milk*** (which is high protein) or low-fat milk or you will end up with a dry or chewy biscuit. I like Thai Kitchen and Taste of Thai brands, both work great here. **DO NOT use the Polar brand, it is all stabilizers and additives and not pure coconut milk.**

Source: [www.thevegan8.com](http://www.thevegan8.com)

## Oil-free Vegan Biscuits (GF Option)

### Appliance(s)

### Ingredients

1.5 cups flour  
1/2 tsp salt  
2.5 tsp baking power  
1/4 tsp baking soda  
2 tsp dried herbs

1/4 cup mashed sweet potato or mashed potato  
1/3 cup coconut cream  
1/3 cup nondairy milk  
2 tsp lime juice

### Optional add ins:

Vegan cheese shreds, 1 tbsp nutritional yeast, 1/2 tsp garlic powder or minced jalapeno

### Instructions

Preheat the oven to 425 deg F (218 C). Line a thick baking sheet with parchment paper.

Add the flour, salt, baking powder, baking soda, herbs to a shallow bowl. Whisk to mix well.

Mix the lime juice in the nondairy milk and set aside.

Add the chilled sweet potato mash and coconut cream. Use a pastry cutter or fork to mix them in until the flour has some even fat crumbs.

Add the curdled nondairy milk a few tbsp at a time. Use a spatula to mix it in until just about a dough.

Use a tablespoon of flour if needed and quickly bring the dough together into a flat rectangle with the spatula or hands.

Use a 1.5-inch cookie cutter to cut out biscuits. Place biscuits on parchment lined baking sheet just about touching each other. Press the middle of the biscuits lightly with a finger, to make a slight dip.

**(Freeze the shaped biscuits** on a baking sheet. When frozen, store in airtight container or bag. Bake directly from the freezer. You will need to add 3 to 4 mins additional baking time for frozen biscuits)  
Bake for 13 to 15 mins. Take off the sheet when done.

Brush with vegan butter/oil if needed or brush some aquafaba. Serve immediately with gravy of choice. These biscuits are best served warm.

**Notes** Make ahead option in the instructions above to freeze. **Gluten free:** Use a mix of 3/4 cup almond flour, 1/4 cup oat flour (or sorghum), 1/4 cup rice flour, 1/4 cup potato starch. Once baked, cover lightly with a towel immediately to store as gf baked goods lose moisture quickly.

**Coconut Cream:** Refrigerate a can of full fat coconut milk for a few hours. Open and scoop the hard white cream and use.

Source: <https://www.veganricha.com/oil-free-vegan-biscuits/>

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## Kalamata Olive Tapenade

### **Appliance(s)**

Blender or food processor

### **Ingredients**

3 cloves garlic, peeled (I use less) or garlic powder  
1 cup pitted kalamata olives (I use a jar 8-12 oz kalamata olives in brine- drain the brine)  
2 Tbsp. capers, drained

3 Tbsp. chopped fresh parsley  
2 Tbsp. lemon juice (I use 1 Tbsp.)  
2 Tbsp. olive oil (optional)\*\*  
Salt and pepper to taste (using olives in brine I don't add salt and pepper)

### **Instructions**

Place the garlic cloves into a blender or food processor, pulse to mince. Add the olives, capers, parsley, lemon juice, and olive oil if using. Blend until everything is finely chopped.  
Season to taste with salt and pepper.

Serve with Pita bread or Pita chips. On a fish day try this with smoked salmon.

Servings 8; Yield 1 cup

Anastasia Lagen

Source: [www.allrecipes.com](http://www.allrecipes.com)

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## Pickled Garlic

### **Appliance(s)**

Glass jar sealable, heatproof

### **Ingredients**

¾ cup salt  
½ cup water  
½ cup white vinegar

As much fresh garlic as you can pack into your jar, peeled  
Red pepper flakes and dill (optional)  
One heat-proof sealable glass jar

### **Instructions**

Throw the salt, water, and vinegar into a pot. Bring to a boil and simmer for 10 minutes.  
Add your garlic (and other ingredients if you chose to use them) to your jar  
Carefully pour the hot liquid into your jar and screw the lid on tight.  
Place your jar into your pot and cover with water. Boil the pot and water for 10 minutes  
Allow to cool down. Store in the refrigerator.

Katherina Seremetev

Source: the spice and herb website of Nick Polizzi



**Notes** Garlic is another healing food that typically falls below the medicinal radar. But did you know that garlic can significantly reduce your risk of getting sick and cut your recovery time in half if you do? Garlic is so powerfully antiviral and antibacterial that even the aroma of cooking garlic filling a house can purify bacteria in the air.

One of my favorite ways to get my daily dose is with pickled garlic. It's such a simple and delicious way to support your immune system – all you have to do is pop one clove in your mouth daily.

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## Easy Vegan Ranch Dressing

### **Appliance(s)**

Blender

### **Ingredients**

1 cup raw cashews (soaked in hot water 30 min or overnight in cool water)	1 ¼ tsp apple cider vinegar
2/3 cup unsweetened almond milk	½ - 1 tsp maple syrup (or other sweetener of choice)
2 tsp lemon juice	1 Tbsp fresh minced dill
1 clove garlic, peeled	1 Tbsp fresh minced parsley (optional)
½ tsp sea salt (or to taste)	1 tsp fresh chives (or ½ the amount dried chives) (optional)
1 pinch black pepper	
¼ tsp onion powder	

### **Instructions**

Soak cashews in very hot water for 30 min- 1 hour (or overnight in cool water) While cashews are soaking, measure out almond milk and add lemon juice and set aside to curdle (this makes your vegan buttermilk)

Drain and rinse cashews several times and drain again. Then transfer to a small blender and add almond buttermilk, garlic, salt, pepper, onion powder, vinegar, and maple syrup, Blend on high for 1-2 minutes or until very creamy and smooth.

Add herbs and pulse several times to incorporate (you don't want it fully pureed) Taste and adjust flavor as needed.

Use immediately at room temperature or refrigerate for 3-4 hours to chill. It will thicken in the refrigerator, so you can add more almond milk or water later on to thin if needed.

Enjoy with vegetables, salads, cauliflower wings, or pizza. Store leftovers covered in the refrigerator up to 7-10 days. Not freezer friendly

Makes 1 1/3 cups

Despina Souhlas Stanic Lenten Recipe Sharing

Source: [www.minimalistbaker.com](http://www.minimalistbaker.com)

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## Ted's Montana Grill (unofficial) Pickle Recipe

### **Appliance(s)**

Half Gallon jar with lid

**\*\*This is a 4 day recipe\*\***

### **Ingredients**

Kirby cucumbers (mini salad or pickle cucumbers)

Cloves of garlic

½ tsp coriander seeds

½ tsp mustard seeds

½ tsp black peppercorns

3 bay leaves

¼ cup sea salt

Fresh dill

¼ tsp Ball Pickle Crisp Granules (optional)

### **Instructions**

Add 6 cloves garlic, minced to bowl. Dissolve ¼ cup sea salt in 6 cups water – Set aside.

Grind the following in spice grinder, or use a mortar and pestle or place in a plastic baggie and beat with a rolling pin to crush: Coriander seeds, black peppercorns, mustard seeds, bay leaves.

Add ground spices to jar – then pour sea salt water over the top. Cover without over filling- discard any leftover sea salt water. Add a few pieces of fresh dill to the top. Add additional whole coriander seeds and peppercorns (over dill) Be sure cucumbers are completely covered in water and seal the jar.

Put in refrigerator. Let them sit for at least 4 days before eating.

### **Note:**

This recipe is for a half gallon jar. Please make sure you are using this size as it's important for the salt to water ratio. For a crunchy pickle add ¼ tsp Ball Pickle Crisp Granules at the end.

THERE IS NO VINEGAR IN THIS RECIPE – the sea salt water replaces it!

Anastasia Lagen

Source: Good Taste Gwinnett

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## Father John's Simply Irresistible Crab & Lentil Soup

### **Appliance(s)**

### **Ingredients**

2 cans Progresso Lentil Soup (no olive oil)	16 oz. crabmeat
10 oz. white shoepeg corn	salt & pepper
1 can diced tomatoes	

### **Instructions**

Combine all ingredients and simmer for 30 minutes.

Matushka Ruth Hinton

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## 5 Days of Gluten Free Cream Soups & Salads

### **Appliance(s)**

Large Stock Pot (6qt or larger), Blender, containers to store soup base

### **Cauliflower cream base (makes enough for all 5 soups)**

2 whole cauliflower cut up	2 carrot sticks chopped
1 ½ cups whole raw cashews	8-20 cloves of garlic
1 large onion diced	1 Tbsp oregano
7-10 celery sticks chopped	1 Tbsp thyme
	Salt and fresh ground pepper

In a big soup pot. Cover all veggies with water and bring to a boil then simmer until tender. Let it cool then blend and separate in to 5 batches and refrigerate.

### **Day 1-- Lemon Rice Soup**

Lemon juice to taste

Cooked Rice

Heat one batch of soup base. Add lemon juice and rice for creamy lemon rice soup – Can add 1 Tbsp per bowl of olive oil or butter substitute.

### **Day 2 – Cheesy Asparagus Soup**

1 ½ Tbsp Brewers Yeast

1 tsp. mustard powder

Roasted Asparagus, cut into bite size pieces

Heat one batch of soup base. Add Brewers yeast and mustard powder for cheesy flavor. Then add cut up roasted asparagus (we dry roast in toaster oven) for creamy asparagus soup – Can add 1 Tbsp per bowl of olive oil or butter substitute

### **Day 3 – Creamy Broccoli Soup**

1 ½ Tbsp. Brewers Yeast  
1 tsp. mustard powder  
Cooked Broccoli

Heat one batch of soup base. Add broccoli instead of asparagus for creamy broccoli soup. - Can add 1 Tbsp per bowl of olive oil or butter substitute

### **Day 4 – Creamy Potato Leek Soup**

1 ½ Tbsp. Brewers Yeast  
1 tsp. mustard powder  
Potatoes, diced  
Leeks, diced

Heat one batch of soup base. Add small diced potatoes and leek, simmer until potatoes are tender, blend again for creamy potato leek soup - Can add 1 Tbsp per bowl of olive oil or butter substitute.

### **Day 5 – Creamy Curry Soup**

1 Tbsp curry powder	1 ½ cups fresh tomato sauce or 1 jar salsa
1 tsp cumin	1 cup coconut milk
1 tsp turmeric	Fresh green onions sliced for topping
½ tsp mustard powder	Diced potatoes (optional)
3 bay leaves	Corn (optional)
Ground pepper to taste	

Heat one batch of soup base. We like spicy food so I added curry powder, cumin, turmeric, mustard powder, bay leaves, ground pepper, tomato sauce (I use organic jarred sauce or 1 jar Trader Joe's salsa) and coconut milk. Slice fresh green onions on top for creamy curry soup. (Add diced potatoes and corn for more of a stew) Can add 1 Tbsp per bowl of olive oil or butter substitute.

### **5 salads to go with the soups, Mix and match, Salads are bagged from Trader Joe's**

Arugula with shredded carrot and pumpkin seeds and oil free tahini dressing  
Baby kale with beets and sunflower seeds and oil free tahini dressing  
Mixed herb salad with tomatoes and sliced leek and oil free tahini dressing  
Romaine with dill and tomatoes and oil free tahini dressing  
Spinach with shredded carrots, sliced radishes and oil free tahini dressing

Anastasia Lagen

Source: Despina Souhlas Stanic - Lenten Recipe Sharing

## Cucumber Mango Salad

### **Appliance(s)**

### **Ingredients**

2 cucumbers, peeled and sliced (Try using pickle cucumbers)  
1 mango, peeled and cubed

1 tablespoon ume plum vinegar (Asian food aisle or online)

### **Instructions**

Toss mango, cucumber and ume plum vinegar together in a medium bowl. Serve  
Servings: 6

Anastasia Lagen

Source: [www.elanaspantry.com](http://www.elanaspantry.com)

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## Cleansing Detox Soup

### **Appliance(s)**

### **Ingredients**

1/4 cup water (or vegetable broth)  
1/2 of a red onion, diced  
2 cloves garlic, minced  
3 celery stalks, diced  
3 medium carrots, diced  
1 small head of broccoli, florets  
1 cup chopped tomatoes  
1 tablespoon fresh ginger, peeled and minced  
1 teaspoon turmeric (I used powdered)  
1/4 teaspoon cinnamon

1/8 teaspoon cayenne pepper, or to taste (optional)  
fine-grain sea salt and black pepper, to taste  
6 cups water (or 4 cups vegetable broth + 2 cups water)  
2 cups kale, de-stemmed and torn in pieces  
1 cup purple cabbage, chopped  
juice from 1/2 of a small lemon (or a whole lemon, depending on taste)

### **Instructions**

In a large pot, add the water and turn on the heat to medium-high. After it's hot, add the onion and garlic. Sauté for 2 minutes, stirring occasionally. Add the celery, carrots, broccoli, tomatoes and fresh ginger. Stir and cook for 3 minutes, adding in extra water or broth as needed (another 1/4 cup). Stir in the turmeric, cinnamon, and cayenne pepper plus salt and pepper to taste.

Add in the water or vegetable broth and bring to a boil. Reduce heat and simmer for 10-15 minutes or until vegetables are soft. Add in the kale, cabbage and lemon juice near the last 2-3 minutes of simmering.

Enjoy!

Leftovers stay well in the refrigerator for up to 3 days.

Source: <https://www.theglowingfridge.com/cleansing-detox-soup/>

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## Roasted Cauliflower and Lentil Soup

### **Appliance(s)**

Blender, Large Pot

### **Ingredients**

1 large head of cauliflower	1/2 tsp onion powder
a little salt and pepper	1/2 tsp dried parsley
1 cup almond milk	1/4 tsp paprika
5 cups vegetable stock	1/8-1/4 tsp dried thyme
1-2 tbsp nutritional yeast	1 cup cooked lentils
2 tsp soy sauce	1 cup sliced carrots
1 tsp garlic powder	2 cups fresh baby spinach

### **Instructions**

Cut up one large head of cauliflower into florets. Discard the stalk and leaves. Place on a parchment-lined baking sheet and sprinkle with a little salt and pepper. Roast at 400 degrees Fahrenheit for 30 minutes, turning halfway.

Sauté the carrots and cook the lentils while the cauliflower is roasting. Set both aside.

To a large pot, add: roasted cauliflower, almond milk, vegetable stock, nutritional yeast, soy sauce, garlic powder, onion powder, parsley, paprika, and thyme. Warm up the soup a little on medium heat - you don't have to bring it to a simmer, but you want it warm to help it blend up better.

Blend 2 cups of the soup until creamy. Transfer back to pot. (Or use an immersion blender.)

Add in carrots and lentils. Bring to a simmer over medium heat.

Stir in the spinach and simmer for another minute, or until the spinach is wilted. Serve.

Source: <https://www.karissasvegankitchen.com/roasted-cauliflower-lentil-soup/>

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## Savory Bean and Spinach Soup

### **Appliance(s)**

Slow cooker

### **Ingredients**

3 14oz cans vegetable broth	¼ tsp salt
1 15oz can tomato puree	¼ tsp black pepper
1 15oz can small white beans or Great Northern beans, drained and rinsed	2 garlic cloves, chopped
½ cup uncooked brown rice	8 cups coarsely chopped fresh spinach or kale leaves
½ cup finely chopped onion	Finely shredded Parmesan cheese (optional)
1 tsp dried basil	

**Instructions**

In a 3 ½ to 4 quart slow cooker combine vegetable broth, tomato puree, beans, rice, onion, basil, salt, pepper, and garlic.

Cover and cook on low heat setting 5 to 7 hours or on high heat setting 2 ½ to 3 ½ hours.

Just before serving stir in spinach or kale and sprinkle with Parmesan cheese (optional).

Juliana Volkman

[fitnessmagazine.com](http://fitnessmagazine.com)

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## Indian Cucumber and Mint Sauce (Raita)

### **Appliance(s)**

**This works best as make ahead needs to refrigerate a few hours for flavors to blend**

### **Ingredients**

1 cup vegan plain and unsweetened yogurt (Silk or So Delicious brand)	1 Tbsp. minced fresh mint
½ cup vegan sour cream (Kitehill)	¼ tsp. cayenne
½ cup peeled and grated cucumber	½ tsp. ground cumin
3 Tbsp. minced white or yellow onion	½ - 1 tsp. salt to taste

### **Instructions**

Mix everything together in a mixing bowl, starting with ½ tsp. of salt. Taste and adjust seasonings as desired. Works best to make in advance and let flavors blend in the refrigerator for a few hours or overnight.

Serve with Samosas.

Anastasia Lagen

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## Dill Sauce (Vegan)

### **Appliance(s)**

Blender

### **Ingredients**

½ cup raw cashews	1 tsp. ume plum vinegar
⅓ cup water	1 tsp. sea salt
1 Tbl fresh lemon juice	1 Tbl fresh dill, chopped
1 Tbl apple cider vinegar	1 tsp. lemon zest (opt.)
1 garlic clove	

### **Instructions**

In a high-speed blender add the cashews, water, lemon juice, apple cider vinegar, garlic, ume plum vinegar and sea salt. Blend on high for 30 seconds until smooth and creamy. Transfer to a small mixing bowl and toss in fresh dill and lemon zest. Allow to sit for 10-15 minutes and serve when ready.

**Prep Time:** 5 mins **Cook Time:** 5 mins

Serve as a dip for veggies or as sauce for salmon or trout

Matushka Ruth Hinton  
Source: [Healthyjulie.com](https://www.healthyjulie.com)

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## Tofu Cheese

### **Appliance(s)**

### **Ingredients**

1/2 block organic tofu, extra firm  
2 Tablespoons umeboshi vinegar (Asian aisle or buy online)

### **Instructions**

Rinse the tofu, then place in a bowl. Crumble the tofu while also pouring the umeboshi vinegar into the bowl. The texture should remain firm, like crumbled feta cheese.

Preparation time: 5 minutes  
1/2 block tofu makes approximately 2 cups tofu cheese

This is from a macrobiotic cookbook by Denny and Susan Waxman. Try it. It's amazingly tasteful.

Use tofu cheese in salads, in lightly cooked vegetable dishes, or in pasta.

Cara Margaret Bliven

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## Vanilla Extract

### **Appliance(s)**

### **Ingredients**

1 bottle Bourbon Whiskey, Rebel Yell or your favorite brand  
5 Vanilla beans

### **Instructions**

Split open 5 vanilla beans along the long side of the bean to expose the insides.  
Insert the beans one by one and seal the bottle. Let sit for several months. The minimum of 90 days before using in recipes. Enjoy!

Celeste Marko Englehardt  
Family Collection

### **Notes:**

You can purchase quantities of vanilla beans on Amazon for a reasonable price.  
Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes.

You can purchase little bottles and fill them up with the Bourbon Vanilla Extract. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Christmas gifts.

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## Vegan Parmesan

### **Appliance(s)**

### **Ingredients**

1 cup toasted sesame seeds	¼ tsp. garlic powder
¼ cup nutritional yeast flakes	½ tsp. salt
½ tsp. onion powder	

### **Instructions**

Mix all ingredients until combined.

Yield 1 ½ cup

Submitted Anonomously

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## Vegan Cashew Cream

### **Appliance(s)**

Vitamix or other high-powered blender, fine mesh strainer\*

### **Ingredients**

1 1/2 cups raw cashews	
Water to cover the cashews	3 1/2 cups water

### **Instructions**

Place the cashews in a bowl and cover with water. Allow to soak for 3 to 8 hours.

Drain the soaking liquid and rinse the nuts under cold water. You might notice a slight slimy oiliness on the outside of the cashews. Don't worry, a nice rinse will remove it.

Place your cashews and the 3 1/2 cups of fresh water in your blender, and blend on the highest setting for 1 to 2 minutes, depending on the power of your blender. If the cashews are not fully pureed, strain through a fine mesh strainer.

Yield: Approximately 4 cups

### **Notes:**

Cashew cream will keep in the fridge for about 1 week or be frozen for up to 3 months.

Soaking your cashews neutralizes enzyme inhibitors, and promotes the growth of healthy enzymes, which makes nutrients more readily available for your body to absorb and digest. This also makes them easier to blend, especially if you do not have a high-powered blender like a Vitamix.

Don't have time to soak your cashews? No problem! Place them in a large pot of boiling water, and boil for 10 minutes, just like pasta. Drain, and rinse with cold water. While this works in a pinch, I still recommend soaking cashews in cold water, as it is a more delicate process.

If you do not have a Vitamix or high-powered blender, you'll need to blend for closer to 2 minutes. You might also need to strain your cream through a fine mesh strainer to get any residual cashew bits out.

Place the cream into an airtight container or mason jar and refrigerate for 3-4 days. You can also freeze it for up to 6 months.

Anastasia Lagen

Source: <https://www.thechoppingblock.com/>

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## Flax Eggs

### **Appliance(s)**

### **Ingredients**

1 Tbsp flaxseed meal  
2 1/2 – 3 Tbsp water

### **Instructions**

Add flaxseed meal and water to a dish and stir. Let rest for 5 minutes to thicken. Add to recipes in place of 1 egg (as original recipe is written).

It's not an exact 1:1 substitution in every recipe because it doesn't bind and stiffen during baking quite like an egg does. But I've found it to work incredibly well in pancakes, quick breads, brownies, muffins, cookies, and many other recipes.

Note: When using flax eggs in a recipe make them up before starting on recipe so they are properly gelled.

Source: <https://minimalistbaker.com/how-to-make-a-flax-egg/>

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## Creamy Avocado Pasta

### **Appliance(s)**

### **Ingredients**

6 oz pasta (whole wheat Spaghetti)	¼ cup chopped fresh cilantro
1 large ripe avocado, pitted and peeled	½ tsp kosher salt or to taste
1 Tbsp fresh lime juice	Freshly ground black pepper
1 clove garlic, minced	

### **Instructions**

Bring water to a boil in a medium sized pot. Salt the water and add in your pasta, reduce heat to medium, and cook until al Dente about 8-10 minutes

While the pasta is cooking, make the sauce by placing the avocado, garlic, lime juice, cilantro, salt and pepper into a food processor or blender. Process until smooth and creamy.

When pasta is done cooking, drain and place pasta into a large bowl. Add the sauce to the pasta and toss until pasta is well coated. Season with additional salt and pepper if desired, Serve immediately.

Vicki Revel - Lenten Recipe Sharing

Source: [www.twopeasandtheirpod.com/](http://www.twopeasandtheirpod.com/)

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## Cuban Style Tofu

### **Appliance(s)** Grill

### **Ingredients**

½ cup orange juice	¼ tsp pepper
2 Tbsp lime juice	1 (16oz) package extra firm tofu,
2 cloves garlic, minced	drained and cut into 4 pieces, 1/2" slices,
¼ cup chopped fresh cilantro	8 slices Italian bread
1 tsp ground cumin	4 lettuce leaves
¼ tsp salt	4 tomato slices
	Vegan Mayo (optional)

### **Instructions**

Combine orange juice, lime juice, garlic, cilantro, cumin, salt, and pepper in a small bowl. Pour over tofu in large resealable plastic bag. Seal; refrigerate 30 minutes.

Preheat grill to medium-high heat. Remove tofu from bag; discard juice mixture. Grill tofu on a grill rack sprayed with non stick cooking spray over medium-high heat for 5 minutes in each side or until thoroughly heated. Remove from grill; set aside.

Grill bread, 1 to 2 minutes or until lightly toasted. Serve tofu on bread with lettuce, tomato, and Vegan mayo, if desired; serve immediately. Serves 4

Anastasia Lagen

Source: Try-Foods Intl.

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## Healthy Vegan Buffalo Cauliflower Casserole Recipe

### Appliance(s)

### Ingredients

2 Cauliflower Heads (You can definitely only make it with 1 but you'll have a smaller casserole.)  
a handful of kale (around 35g or 2 to 3 individual stalks), roughly chopped  
a handful of spinach (23g), roughly chopped

#### Homemade Spicy Buffalo Cream Sauce:

1/2 cup (76g) of cashews	1/2 teaspoon (2g) of cayenne pepper or more depending on your tolerance to spice.
1 red bell pepper (roughly 153g)	1/2 cup (97g) of sun-dried tomato soak water (you can use regular water, too)
1 tablespoon (12g) apple cider vinegar (ACV)	Optional: 1/4 teaspoon of pink himalayan salt
6 sun-dried tomatoes (31g) (soak for at least 20 minutes, save the water.)	
2 teaspoons of garlic (10g) and onion powder (8g)	

#### Vegan Garlic 'Cheeze' Sauce:

1 cup (123g) cashews	1 tablespoon (11g) of onion powder
2 garlic cloves (9g)	1/4 teaspoon (3g) Himalayan salt
2 tablespoons (25g) of lemon juice	1 cup (219g) of water
3 tablespoons (24g) of tapioca powder	

### Instructions

**Cut up cauliflower into florets** and bring to a boil for 20 to 25 minutes or until tender. In the meantime, preheat the oven to 350F.

**Make the spicy buffalo cream sauce.** Mix all ingredients in a blender until smooth and set aside.

**Drain cauliflower florets** and coat with spicy buffalo cream sauce. Place coated cauliflower in casserole dish and roast in the oven for 20 minutes.

**Make the vegan garlic cheeze sauce.** Mix all ingredients in the blender until smooth, set aside. Chop the kale and spinach if not chopped yet.

**Remove cauliflower from the oven when finished** and top with chopped kale and spinach, and pour vegan garlic cheeze sauce on top of greens. Place casserole dish back in the oven (on the 2nd rack preferably) and roast at 350F for another 10 minutes.

Remove, let cool, and serve.

I had some left over vegan sundried tomato walnut taco meat, and so I sprinkled that on top. You can find the recipe for that here .(<https://sproutingzen.com/vegan-walnuttacomeat/>)

**NOTES** I used a 9x4 glass casserole dish.

Tastes even better the next day, leftovers are perfect for lunch.

For reference: The cauliflowers that I use range in weight between 600g and 800g

Source: <https://sproutingzen.com/easy-healthy-vegan-buffalo-cauliflower-casserole-recipe/>

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## 10-Ingredient Vegan Walnut Taco Meat

### Appliance(s)

Food processor

### Ingredients

1/2 cup of walnuts (soaked for 20 minutes)  
1 cup of DRY almonds  
5 to 6 Oil free Sun Dried Tomatoes (soaked for 20 minutes)  
1 tablespoon chickpea miso\* (or 2 tsp tamari sauce)

1/2 teaspoon paprika  
1/4 teaspoon of each = garlic powder and onion powder  
dash of = salt, black pepper, and cayenne pepper to taste

### Instructions

**Begin by soaking:** Soak walnuts and sun dried tomatoes for at least 20 minutes. You can probably get away with soaking them for less time if you're in a pinch.

**Begin prepping your food processor:** Add the rest of the ingredients to the food processor and once 20 minutes have passed, add walnuts and sun dried tomatoes to food processor and process until crumbly. Try not to 'over-process' because then you will have more of a paste rather than a crumbly consistency.

**If you want to keep the meat 'raw'** – you're finished! Serve and enjoy. **If not 'raw'** – you can go ahead and roast it in the oven at 350F for 20 to 25 minutes for an extra layer of yumness! Try not to be hypnotized by the delicious aroma that will surely immerse your kitchen.

### NOTES

My leftovers usually last up to 3 days in the fridge stored in a glass airtight container. However, very rarely does this goodness last *\*that\** long.

If you don't have access to chickpea miso, you can add 2 tsp of tamari sauce instead.

Source: <https://sproutingzen.com/vegan-walnut-taco-meat/>

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## Vegan Jambalaya

### Ingredients

1 onion  
4 cloves of garlic  
1 stalk of celery  
1/2 red pepper  
1/2 green pepper  
20 button mushrooms  
1 can (14oz) crushed tomatoes  
4 cups vegetable stock  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1 teaspoon dried thyme  
1 teaspoon sweet paprika

2 teaspoons smoky paprika  
1/2 teaspoon cayenne pepper  
2 bay leaves  
2 tablespoons Tabasco sauce  
2 Tbsp soy sauce or gf tamari  
Pepper  
2 cups uncooked long grain white rice  
1 1/2 cups cooked kidney beans  
1 teaspoon salt  
A handful of fresh chopped parsley, green onion or cilantro

### Instructions

Heat a large pan over medium-high heat and add a splash of water (you can use a couple tablespoons of oil if you prefer). Add the onion and garlic and sauté until soft, adding more water as necessary. Add the celery and peppers and sauté until just beginning to soften.

Push the vegetables to the side of the pan and add the mushrooms. Sauté until browned then add the crushed tomatoes, vegetable stock, herbs, spices and sauces (except the salt), rice and beans. Bring to a boil then reduce the heat to low and cover the pan. Simmer gently, giving it a stir from time to time, until the rice is cooked and the liquid is mostly absorbed – 15 to 20 minutes (for brown rice it needs about 40 minutes).

Once the rice is tender add salt if necessary. Serve the jambalaya immediately with fresh chopped herbs sprinkled on top and more Tabasco sauce on the side for those who like it really spicy.

Source: [www.thestingyvegan.com](http://www.thestingyvegan.com)

### Recipe Variations [F]

1. Throw in some cooked shrimp.

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## Veggie Chili

### Appliance(s)

Food Processor

### Ingredients

2 large onions *I use a food processor, chopped*  
1 large red bell pepper *chopped*  
2 chopped serrano peppers  
6 cloves garlic *minced*  
1 can black-eyed peas  
1 can black beans  
1 carton veggie broth  
1.5-2 tsp chili powder  
.5-1 teaspoons ground cumin  
2 teaspoons smoked paprika

1/4-1/2 teaspoon chipotle powder, red pepper,  
or hot smoked paprika *adjust to taste*  
2 15-ounce cans diced tomatoes (I do one  
diced, one crushed)  
1 can of corn  
1/3 cup uncooked quinoa *rinsed*  
Salt and pepper to taste  
Optional: wedges of lime and slices of  
avocado *to serve*

### Instructions

Heat a large, non-stick Dutch oven or chili pot. [For the Instant Pot, press the Sauté button.] Add the onions and cook, stirring, until they soften, about 5 minutes. Add the bell peppers and serrano/jalapeno peppers and cook for another 3 minutes. Add the garlic and cook for another minute. Add the black-eyed peas/beans, broth, and everything up through the tomatoes. In the Instant Pot, lock the lid in place and make sure the vent is set to pressure. Press Manual (I pick the soup option) and use the minus button to set the time to 10 minutes. When the time is up and the pot chimes, press Off.

Carefully turn the pressure release knob to steam, making sure your fingers are not above it. Take chicken out and pull it/shred it, keep to the side.

When the peas are tender, check the seasoning and add more to taste (this is a good time to increase the heat by adding more chipotle powder). Add the corn and quinoa and cook until the quinoa is tender, at least 20 minutes. In the IP, use the Sauté setting and adjust the heat to low by pressing the Adjust button. Keep the lid off.

Add salt and pepper to taste. Serve with a squeeze of lime juice (I put in about half a lime) or slices of avocado, if desired.

Philothea Volkman

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## Mexican Quinoa Stuffed Peppers

### **Appliance(s)**

### **Ingredients**

1 cup quinoa or rice  
2 scant cups vegetable stock  
4 large red, yellow, or orange bell peppers  
1/2 cup salsa  
2 tsp cumin powder  
1 1/2 tsp chili powder

1 1/2 tsp garlic powder  
1 15-ounce can black beans  
1 cup whole kernel corn  
Diced tomatoes and tomato paste to taste  
Sugar to taste

### **Toppings (Optional)**

1 ripe avocado  
Fresh lime juice  
Hot sauce  
Cilantro

Diced red onion  
Creamy Cilantro Dressing (See Sauces)  
Chipotle Red Salsa (or your favorite salsa)

### **Instructions**

Add quinoa and vegetable stock to a saucepan and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy - about 20 minutes.

Preheat oven to 375 degrees F (190 C) and lightly grease a 9x13 baking dish or rimmed baking sheet.

Brush halved peppers with a neutral, high heat oil, such as avocado oil or refined coconut oil.

Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix thoroughly to combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired. Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.

Bake for 30 minutes covered. Then remove foil, increase heat to 400 degrees F (204 C), and bake for another 15-20 minutes, or until peppers are soft and slightly golden brown. For softer peppers, bake 5-10 minutes more.

Serve with desired toppings (listed above) or as is. Best when fresh, though leftovers keep covered in the refrigerator for 2-3 days. Reheat in a 350-degree F (176 C) oven until warmed through - about 20 minutes.

Philothea Volkman

Source: <https://minimalistbaker.com/spanish-quinoa-stuffed-peppers/>

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## Quick Sweet Potatoes and Spinach

### **Appliance(s)**

Microwave

### **Ingredients**

1 lb sweet potatoes

Salt and pepper

¼ cup water

1 bag baby spinach (10oz)

### **Instructions**

Peel and chop sweet potatoes into ½" cubes. In a large microwave safe bowl, combine potatoes, water and ¼ tsp each salt and freshly ground pepper. Cover with vented plastic wrap; microwave on high 9 minutes or until tender, stirring halfway through. Add spinach; re-cover and microwave 2 minutes longer.

Anastasia Lagen

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## Best Vegan Mashed Potatoes

### **Appliance(s)**

Potato masher or mixer

### **Ingredients**

2 1/2 lb. potatoes (russet, Yukon, or red), cut into 1 1/2 – 2-inch cubes

1/4 cup vegan butter (Miyoko's pref.) or extra virgin olive oil, at room temp

3/4 – 1 cup unsweetened non-dairy milk (almond, cashew, oat, soy, etc.), at room temp

salt + pepper, to taste

### **Instructions**

**Boil potatoes:** In a large pot, add potatoes and fill pot with enough water to cover potatoes, there should be about 1 – 2 inches of water over top. Bring to a boil, cover askew, reduce heat to low, and cook over a gentle boil for 15 – 20 minutes. Potatoes are done when fork tender. Remove from heat, carefully drain water.

**Mash:** Add the fat (butter/oil) right away, mash into the potatoes with a potato masher. Pour in the non-dairy milk and continue to mash until fluffy and creamy. Season to taste with salt and pepper.

Serves 4 – 6

**Store:** Leftovers can be stored in the refrigerator for up to 5 – 6 days. For longer storage, freeze for up to 2 – 3 months. Let thaw before reheating.

notes

**Butter + Oil-free:** Use 1/4 cup vegan sour cream in place of butter or oil. Alternatively, omit oil/butter and simply use non-dairy milk or Vegan Cream.

Source: <https://simple-veganista.com/vegan-mashed-potatoes/>

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# Oil-Free Roasted Vegetables

## Appliance(s)

### Ingredients

2 medium whole carrots	2 cups chopped cauliflower
4-5 small red or yellow potatoes	1/2 medium zucchini or yellow squash
1 large sweet potato	~1/2 tsp sea salt
2 cups Brussels sprouts	1 Tbsp curry powder
1 bundle broccolini	
1 cup red or green cabbage	Fresh lemon juice
1 medium bell pepper	Cilantro or parsley
1 small beet	Tahini

### Instructions

Preheat oven to 375 degrees F (190 C) and line two baking sheets with parchment paper.

Place a large pot or rimmed skillet on the stovetop and fill with 1/2 inch water. Bring to a boil over high heat.

Once boiling, lower heat to medium-high (you're going for a low boil) and carefully place a steamer basket inside (I like this one - or sub a small colander or fine mesh strainer that rests over the water but not in the water).

Add the starchy vegetables (carrots, potatoes, sweet potatoes - Brussels sprouts are optional and should only be added if you like more tender Brussels - otherwise, set aside).

Cover pot or skillet and steam the vegetables for 4-6 minutes or until just tender. A knife should easily pierce the vegetables but not easily slide all the way through. You're looking for them to be moist and slightly tender.

Transfer the steamed starchy vegetables to one baking sheet, and arrange the non-starchy vegetables on the other baking sheet. Season to taste with salt and curry powder, and toss to coat.

Bake for a total of 20-30 minutes or to desired doneness. The broccolini seems to require just 15 minutes, while the cabbage, bell pepper, and cauliflower benefit from a longer roast - up to 25-30 minutes. (Once steamed), the starchy vegetables shouldn't need more than 20 minutes in the oven. Steamed Brussels need to be roasted for 15 minutes, while unsteamed Brussels can roast for up to 20-25 minutes. Just watch the oven closely and check for doneness.

At this point, they're ready to serve! However, I find that the vegetables are enhanced with a bit of fresh lemon juice, some herbs, and a drizzle of tahini.

Store leftover vegetables covered in the refrigerator up to 3-4 days. Reheat over a cast-iron skillet or on a parchment-lined baking sheet in a 400-degree F (204 C) oven until hot - about 10 minutes.

**Notes\*** I roasted my favorite vegetables, but this is by no means an exhaustive guide. I tend to find that starchy vegetables (like potatoes) benefit from a short steam before roasting, while non-starchy vegetables (like peppers, broccoli) should be roasted without steaming for best results.

Source: <https://minimalistbaker.com/oil-free-roasted-vegetables/>

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## Strawberries and Honey with Toasted Coconut

### **Ingredients**

2 cups unsweetened Coconut  
2-3 cups Strawberries, sliced

Honey, to taste

### **Instructions**

Spread coconut in an even layer over a large baking sheet and bake at 350F for 8-10 minutes. Stir every 2 minutes. Stir in strawberries and add honey to taste.

Despina Souhlas Stanic  
Source: Lenten Recipe Sharing

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## Applesauce Breakfast Bowl

### **Ingredients**

Applesauce  
Vanilla  
Cinnamon

Toasted Coconut  
Pomegranate seeds  
Walnuts

### **Instructions**

Warm applesauce in a saucepan or microwave. Stir in vanilla and cinnamon to taste. Top with toasted coconut, pomegranate seeds and walnuts. Enjoy!

Despina Souhlas Stanic  
Source: Lenten Recipe Sharing

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## Stuffed Bananas

### **Ingredients**

6 bananas  
¼ cup macadamia nuts finely chopped  
¼ cup honey

1 tsp cinnamon  
A pinch of dried mint  
¼- 1/2 cup raspberries fresh or dried

### **Instructions**

Peel the bananas. Slice the bananas into thirds lengthwise. Place the bananas on a platter. Mix in a small bowl the nuts, cinnamon, honey and mint. With a spoon fill the slits of the bananas with the mix. Sprinkle the raspberries on top and serve.

Mariana Zaharoff Lagen  
Zaharoff Family Recipes

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## **Ginger Infusion Herbal Tea**

### **Appliance(s)**

***\*Important: never use aluminum utensils or containers for your tea extractions. Glass, porcelain, silver, and Pyrex are best!***

### **Ingredients**

3-5 slices of fresh ginger  
1 lemon round

A sprig of fresh thyme (or a 1 tsp of dried)  
Honey to taste

### **Instructions**

Add all ingredients to your largest mug  
Pour water fresh off the boil over the herbs  
Steep for at least 5 minutes, or leave all ingredients in and sip it as the water infuses.

### **Ginger**

Ginger is famous for its ability to calm down nausea and fend off the flu. But did you know that ginger is a digestive ally all around? Ginger tones your GI tract just like gentian does, but has an anti-inflammatory + analgesic aspect that makes ginger your go-to herb no matter the stomach complaint (added bonus... it's delicious!).

Ginger is so powerful that it boosts your immune system and detoxifies your body while regulating your gut! Isn't that incredible?

On top of adding ginger to your cooking whenever possible, I deeply encourage people to regularly drink ginger tea. Tea is one of the simplest and most effective ways to introduce healing herbs to your diet for immediate and long term results.

Give this delicious ginger decoction a try – I could sip this one all day, every day 😊

Katherina Seremetiev  
Source: the spice and herb website of Nick Polizzi

## Sage Tea Recipe

### Appliance(s)

***\*Important: never use aluminum utensils or containers for your tea extractions. Glass, porcelain, silver, and Pyrex are best!***

### Ingredients

1 Quart Water	2 Tablespoons Local Honey
12 Fresh Sage Leaves (Dry is ok too, but fresh is more potent!)	2 Tablespoons Fresh Lemon Juice
	A pinch of Cayenne Pepper

### Instructions

1. In a teapot or saucepan, bring water to a boil.
2. Add the sage leaves and remove the teapot or saucepan from heat.
3. Let steep for 15 minutes.
4. Stir in the remaining ingredients.
5. Pour a cup full, breath in the beautiful aroma, say a healing blessing, and enjoy!

### Sage Tea

Sage is a “super-herb” tea recipe that may be able to turn the tables on your cold or flu, in heroic fashion, It’s also wonderful for sore throats. The leafy celebrity at the heart of this tasty potion is none other than *sage*, the sacred plant many of us burn routinely in our homes for its aromatic energy-clearing powers. Did you know that it also packs a serious wallop for colds, viruses and bacterial infections? Also known as *Salvia officianalis*, sage is an antibacterial, antiviral, antimicrobial, anti-inflammatory, anti... pretty much anti-anything-that-feels-lousy.

This is a highly medicinal herb that is effective for a host of minor ailments like cold and flu, as well as major ones like cancer, Alzheimer’s, and diabetes.

Below is a delicious sage tea recipe that master herbalists swear by because of its fast-acting effects:

Katherina Seremetiev

Source: the spice and herb website of Nick Polizzi

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## Fennel Syrup

### Appliance(s)

***\*Important: never use aluminum utensils or containers for your tea extractions. Glass, porcelain, silver, and Pyrex are best!***

### Ingredients

2 Tbsp fennel seeds  
¼ cup honey

### Instructions

Add fennel to a saucepan and cover with water  
Bring to a boil then lower to a simmer and warm for at least 30 minutes.

Strain out seeds and pour the liquid back into the saucepan  
Add honey and stir until melted.  
Keep refrigerated

### Fennel

This delightful herb is typically known for its culinary flavors and for its affinity for helping new mothers. But if you ever have a bout of gas in your gut (which can sometimes even be painful), fennel is the perfect herb for you.

[Fennel](#) relaxes the muscles and soothes the lining of the gut. Incorporating fennel into your daily life helps your body absorb the nutrients from your food better, develop more regular bowel movements and heal underlying issues like leaky gut or IBS.

Here's an easy recipe that my family and I love for a fennel syrup that you can add to any tea!

Katherina Seremetiev

Source: the spice and herb website of Nick Polizzi

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## Healthy Chocolate Smoothie

**Appliance(s)** Blender

### Ingredients

1½ cup baby spinach or lettuce	2 tbsp chia seeds
1 banana (chopped)	½ cup berries
1 avocado (cut up; or use frozen avocado)	1 cup (or more) coconut milk or non dairy milk
3 tbsp (rounded) cocoa or carob powder	

### Instructions

Blend spinach and milk.  
Add cocoa (or carob) powder, chia seeds, and berries, and blend  
Blend in banana and avocado.  
Add more milk or (water) if needed.

Kathy (Catherine) Prillaman

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## Quick Breakfast Smoothie

**Appliance(s)** Blender

### Ingredients

1 cup or more water or nondairy milk	2 green apples
2 carrots scrubbed and washed	1/2 cup pumpkin seeds
2 stalks celery scrubbed and washed	Honey or real maple syrup (optional)
1 avocado	

**Instructions**

Blend in blender. Thin to desired consistency. Enjoy.

Kathy (Catherine) Prillaman

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## Peanut Butter Banana Smoothie

**Appliance(s)****Ingredients**

2 bananas broken in to chunks	2 Tbsp honey
2 cups milk (almond or coconut milk)	2 cups ice cubes
½ cup peanut butter or sunflower butter	

**Instructions**

Place bananas, milk, peanut butter, honey, and ice cubes in a blender, blend until smooth, about 30 seconds.

Try adding frozen berries for a sweeter taste.

Joanna George - Lenten Recipe Sharing

Source: [www.Allrecipes.com](http://www.Allrecipes.com)

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## Vanilla Vodka

**Appliance(s)****Ingredients**

1 bottle of Vodka, Ciroc or your favorite brand  
5 Vanilla beans

**Instructions**

At the beginning of Great Lent on Meat fare Sunday, split open 5 Vanilla beans down the long side of the bean so to expose the inside of the bean. Insert the 5 beans one by one into the bottle of Vodka, seal the cap and put it a cool place. During Holy Week, on Holy Wednesday or Thursday, place the bottle into the freezer. On Pascha, open the bottle and taste your Vanilla Vodka. The longer the Vodka sits the better the taste.

Some people start their Vanilla Vodka on New Years Day and then open in up on Pascha.  
Enjoy!

**Notes:**

You can purchase quantities of vanilla beans on Amazon for a reasonable price.  
Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes.

You can purchase little bottles and fill them up with the Vanilla Vodka. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Pasha basket and Christmas gifts.

Celeste Marko Englehardt  
Family Collection

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## Protein Shake

**Appliance(s)** Blender

**Ingredients**

1 scoop Raw Organic Meal vanilla	1 frozen banana
1 Tbsp raw cacao	1 full vanilla cashewgurt
2 Tbsp chia seeds	2 dates
2 tbsp hemp seeds	

**Instructions**

Blend

Heather Summers  
Source: Lenten Recipe Sharing

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## Chocolate Banana Breakfast Smoothie

**Appliance(s)** Blender

**Ingredients**

1 banana fresh or frozen	2 heaping Tbsp flax seed
10-12 oz almond or oat milk	2 Tbsp peanut butter
1 scoop ( 2 Tbsp) Orgain brand chocolate vegan protein powder	Frozen fruit of choice

**Instructions**

Blend and serve cold

Panagiota DelMedico  
Source: Lenten Recipe Sharing

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## Chia Lime Aloe Fresca

**Ingredients**

1 ¼ cup filtered water	2 Tbsp maple syrup or stevia to taste
3 Tbsp aloe vera juice	2 tsp chia seeds
2 Tbsp freshly squeezed lime juice	



**Instructions**

In a tall cup, combine the water, aloe vera juice, and lime juice. Stir in the maple syrup. Stir in the chia seeds and let soak until they gelatinize, usually 4 – 5 minutes. Stir while soaking to avoid clumping. Add ice or refrigerate as it is best served cold. Great summer drink for hydrating.

Anastasia Lagen  
Source: Thrive Energy Cookbook

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## Acai Berry Pre-Workout Energizer

**Appliance(s)**

High speed blender/ Vitamix

\*\*Drink 40 minutes before a long or intense workout

**Ingredients**

4 fresh or frozen strawberries

1/3 cup chopped pineapple

¼ cup fresh or frozen blueberries

1 scoop acai berry-flavored Vege Sport Pre-  
Workout Energizer

½ cup coconut water

½ cup acai berry juice

1 Tbsp agave nectar or maple syrup (optional)

About 2 cups ice

**Instructions**

In a blender, combine all the ingredients except the ice. Add ice to about 1 inch above the liquid line. Blend on high speed until smooth.

If using frozen fruit use less ice.

Serves 1; Makes 2 ¼ cups

Anastasia Lagen  
Source: Thrive Energy Cookbook

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## Oil Only Fast Recipes (No Olive Oil)

### Breads

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#### Beer Bread II

**Appliance(s)** 8" Loaf pan

**Ingredients**

3 cups self-rising flour  
½ cup white sugar

1 12 ounce can or bottle of lite beer  
Fat free cooking spray (Pam)

**Instructions**

Preheat oven to 350F.

In a bowl, combine flour, sugar, and beer with whisk. Stir just until all the flour is moist. Grease an 8" loaf pan with cooking spray. Pour ingredients into a loaf pan.

Bake covered for approximately 35 minutes. Tent foil so bread will rise. Test for doneness. If it's done, a knife should come out clean. If not fully cooked, return to oven and continue cooking. Once it's nearly done, uncover it and cook for an additional 3-5 minutes. Remove from oven and cool.

Serves 6

Juliana Volkman

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#### Chewy Soft Pretzels

**Appliance(s)**

**Ingredients**

1 package (1/4 oz.) active dry yeast  
1 ½ cups warm water (110 to 115F)  
1 Tbsp. sugar  
2 tsp. salt  
5 to 6 cups all-purpose flour (may need more  
texture is the deciding factor)

8 cups water  
½ cup baking soda  
Optional toppings: kosher salt, sesame seeds,  
poppy seeds, cinnamon sugar

**Instructions**

Dissolve yeast in warm water. In a large bowl, combine sugar, salt, yeast mixture and 2 cups flour; beat on medium speed until smooth. Stir in enough remaining flour to form a stiff dough.

Turn dough onto a floured surface; knead until smooth and elastic, about 5 minutes. If sticky add more flour until smooth and elastic. Place in a greased bowl, turning once to grease the top. Cover with plastic wrap and put in a warm place until doubled, about 1 hour.

Punch down dough, divide and shape into 12 balls. Roll each into an 18" rope; shape into a pretzel.

Preheat oven to 425F. Place water and baking soda in a large saucepan; bring to a boil. Place pretzels, one at a time, in boiling water for 15 seconds, flip and leave for 15 more seconds. Remove; drain on paper towels.

Place on parchment paper on a baking sheet and spray parchment paper with cooking spray. Add toppings as desired. Bake until golden brown, 12-14 minutes. Remove from pans to wire racks; serve warm.

Total time: Prep: 1 hour + for rising Bake time 15 min. Yield 1 dozen

Tom Lagen  
Source: [www.tasteofhome.com](http://www.tasteofhome.com)

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## Golden Corn Bread

### **Appliance(s)**

### **Ingredients**

1 c corn meal	1/2 tsp salt
3/4 c flour	1 c nondairy or nut milk
1/4 c sugar	1/4 c oil
4 tsp baking powder	

### **Instructions**

Blend ingredients. Bake in an oiled 8" square pan.

A moist cornbread that's quick and easy to make to go with a bean soup or chili during a fast.

Cara Margaret Bliven

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## Chocolate Raspberry Dreams Breakfast Parfait

### **Appliance(s)**

### **Ingredients**

#### **For the Raspberry Chia Seed Jam (makes 1 cup):**

1 (10 oz) bag frozen raspberries	1 teaspoon (5 mL) pure vanilla extract or vanilla bean powder (optional)
2 tablespoons chia seeds	
2 tablespoons pure maple syrup, or to taste	

#### **For the Chocolate Overnight Oats (makes 3 cups):**

1 cup (100 g) gluten-free rolled oats	2 to 3 tablespoons (30 to 45 mL) pure maple syrup, to taste
1/3 cup (55 g) chia seeds	

2 tablespoons unsweetened cocoa powder

2 1/2 cups unsweetened almond milk

**For the topping:**

Homemade Coconut Whipped Cream or So Delicious Coconut Whip\*

Fresh or frozen raspberries

Sliced toasted almonds or hazelnuts

**Instructions**

For the Raspberry Chia Seed Jam: Add the frozen raspberries, chia seeds, and maple syrup into a medium pot. Stir to combine. Cook uncovered over medium heat, stirring frequently, for about 7 to 9 minutes, until the raspberries break down. (It will still look a bit runny, but it will thicken as it cools.)

Remove from heat and stir in the vanilla, if using, and additional maple syrup, if desired. Allow the jam to cool on the counter, uncovered, for about a half hour before covering and chilling in the fridge.

For the Chocolate Overnight Oats: In a large container with a lid, whisk together the oats, chia seeds, maple syrup, and cocoa powder until combined. Add the milk and whisk until no clumps of cocoa powder remain. Secure lid and let it sit on the counter for 2 to 3 minutes. After sitting briefly, shake the mixture (or stir) again to combine. This just helps prevent the chia seeds from clumping up. Chill in the fridge for a couple hours, or overnight.

Prepare the Coconut Whipped Cream, or if using, thaw the store-bought coconut whipped cream in the fridge or on the counter. Store in the fridge until ready to use.

When the chia jam and oats are ready, layer them into jars or bowls along with the coconut whipped cream. Add your desired toppings and enjoy! The parfaits can be made in advance and enjoyed for a few days.

**Tips:**

To change up this recipe, feel free to swap the Coconut Whipped Cream for Banana Soft Serve.

Make it nut-free: Swap the almond milk for a nut-free non-dairy milk and omit the nut topping.

Anastasia Lagen

Source: <https://ohsheglows.com/>

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## Chocolate, Coconut, Blueberry & Raspberry Parfait

This is a great pre-workout (eat 1 hour before) also a yummy dessert

**Ingredients**

½ cup chocolate ganache (See recipe in sauces)

½ cup coconut cream

½ cup gluten free rolled oats

2 Tbsp unsweetened shredded coconut

½ cup raspberries

1 Tbsp cacao nibs

**Instructions**

Spoon the chocolate ganache into a tall glass. Cover with the oats, then the raspberries and blueberries.

Top with the coconut cream and shredded coconut. Garnish with cacao nibs and a few blueberries.

Anastasia Lagen

Source: Thrive Energy Cookbook

## Blueberry Cacao Pre-workout Performance Cereal

\*\*Ideal for workouts that exceed 90 minutes

### Ingredients

1 cup gluten free rolled oats	½ tsp sea salt
½ cup fresh or frozen blueberries	¼ cup virgin coconut oil, melted
3 large Medjool dates, pitted and chopped	¼ cup coconut nectar
½ cup chopped raw almonds	2 Tbsp water
½ cup sunflower seeds	2 Tbsp match green tea powder (turbo charge option)
½ cup ground flaxseed	4 tsp. cayenne pepper (optional- increases blood flow and speeds the uptake of nutrients)
1.2 cup chia seeds	
½ cup unhulled sesame seeds	
2 Tbsp cacao nibs	

### Instructions

Preheat oven to 250F

In a large bowl, combine the oats, blueberries, dates, almonds, sunflower seeds, flaxseed, chia seeds, sesame seeds, cacao nibs, and sea salt. Stir until well combined. In a small bowl. Stir together the coconut oil, coconut nectar, water, green tea powder (if using), and cayenne (if using).

Add the wet ingredients to the dry ingredients. Mix well. Spread evenly on a baking sheet.

Bake, stirring once halfway through, for 50 to 65 minutes, depending on how much crunch you like. Let cool on the baking sheet. Break up before storing. Makes 4 cups/ 5 servings

Top with blackberries or raspberries

Store in an open container, in the refrigerator for up to 2 weeks.

Anastasia Lagen

Source: Thrive Energy Cookbook

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## Paleo Bread (Low Carb, High Protein)

**Appliance(s)** Food Processor

### Ingredients

1/4 cup whole almonds	1/2 teaspoon salt
1/4 cup whole hazelnuts , see Note	3/4 cup nut milk (e.g., almond or cashew. Can use other non-dairy alternative but nut milk has a higher protein content)
1/2 cup pumpkin seeds	1 tablespoon apple cider vinegar
1/4 cup flax seeds	3 eggs (vegans: <b>substitute 3 flax eggs</b> - See recipe in Sauces)
3 tablespoons hulled sesame seeds	1/3 cup coconut oil, melted and slightly cooled
1 1/2 cups almond flour	1 tablespoon raw honey (vegans: agave or syrup of choice)
1/2 cup hazelnut flour , see Note	
2 tablespoons coconut flour	
1 1/2 teaspoons baking soda	

## Instructions

Make up your flax eggs.

Place the whole almonds and hazelnuts in a food processor and pulse until coarsely ground. Add the pumpkin seeds, sesame seeds and flax seeds and pulse until ground. Add the almond meal, hazelnut meal, coconut flour, salt and baking soda and pulse until combined.

In a separate bowl, combine the nut milk, eggs, melted coconut oil, honey and cider vinegar. Pour the mixture into the food processor. Process until the mixture is thoroughly combined. Let the mixture sit for 5 minutes.

Line a 8x4 inch loaf pan with parchment paper. Spread the mixture into the lined loaf pan and use a spoon to smooth down the surface. Sprinkle the top with some extra pumpkin, flax and sesame seeds (I also used sunflower seeds for the top. See NOTE).

Preheat the oven to 350 degrees F. Bake the bread on the middle shelf for 45-50 minutes or until a toothpick inserted into the center of the bread comes out clean. Let the bread cool completely and then remove it from the pan.

Store the bread in the fridge in an airtight container. It keeps for about 4-5 days.

\*You can substitute the hazelnuts for more almonds if you prefer or if you have a hard time finding hazelnut meal\*Do NOT include sunflower seeds inside the bread itself, it causes a chemical reaction that results in the bread turning GREEN (it looks like mold!).

Source: [www.daringgourmet.com](http://www.daringgourmet.com)

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## Vegan Quesadillas

### **Appliance(s)**

Skillet or Quesadilla Maker

### **Ingredients**

Oil or Earth Balance Non Soy Butter Substitute  
Vegetables of choice

Tortillas  
Hellman's Vegan Mayo

### **Instructions**

Simmer any veggies you like in a skillet until fork tender  
Mix in vegan mayo – Hellman's vegan preferred  
Fill tortillas fold over and cook

Kat Chatzigeorgiou  
Source: Lenten Recipe Sharing

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## Cookie Dough Protein Bars

### **Appliance(s)**

### **Ingredients**

1 ¾ cups oat flour  
½ cup Plant Fusion Vanilla Bean Protein Powder  
or you fav  
¼ tsp salt  
¼ tsp baking soda

1/3 cup pure maple syrup  
½ cup cashew butter (or almond butter)  
¼ cup almond milk  
1 tsp vanilla extract

### **Chocolate Topping**

½ cup chocolate chips dairy free  
1 Tbsp coconut oil

Sea salt

### **Instructions**

Line an 8 x 8 inch square baking dish with parchment paper going both ways.  
Place oat flour, protein powder, salt and baking soda in a large mixing bowl, stirring to combine  
Add maple syrup, cashew butter, almond milk, and vanilla. Stir until you have a ball of dough. Using wet hands, press evenly into prepared baking dish.  
Make chocolate coating by placing chocolate chips, coconut oil, and cashew butter in a medium microwave safe bowl. Microwave in 20 second intervals for about a minute or until melted, stirring each time. Pour chocolate over bars and use a spatula to spread evenly.  
Freeze for at least 2 hours before slicing into 9 bars. Top with plenty of sea salt and devour

Store bars in freezer for up to 3 months

Lisa Psaromatis – Lenten Recipe Sharing  
Source: [www.hummusapien.com/cookie-dough-protein-bars/](http://www.hummusapien.com/cookie-dough-protein-bars/)

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## Classic Italian Vegan Stuffed Mushrooms

### **Appliance(s)**

#### **Ingredients**

12 medium/large white button mushrooms	½ Tbsp oregano
1 cup Italian seasoned bread crumbs	½ Tbsp garlic powder
1/3 cup vegan butter	1 Tbsp vegan Parmesan
2 garlic cloves, minced	Salt and pepper to taste
½ Tbsp parsley	3 Tbsp avocado oil, divided
½ Tbsp basil	Fresh parsley to garnish

#### **Instructions**

Clean mushrooms by using a damp rag and removing any dirt. Remove stems from mushrooms and dice the stems. You will use them in the stuffing mixture. Heat up the butter in a fry pan while you mix the breadcrumbs and seasonings together. In a large bowl mix together breadcrumbs and all seasonings such as parsley, basil, oregano, onion powder, garlic powder, vegan Parmesan, and salt and pepper. Pour mixture into frying pan with melted butter. Add 1 Tbsp of avocado oil too. You want the entire breadcrumb mixture to be moist and covered in butter and oil. Cook this on medium heat ensuring even distribution of moistness throughout all of the breadcrumb mixture. Cook this until golden brown and it sticks together well. To test you can pick up some with your hands (be careful it will be hot) and mash it together to see if it stays, which it should. Remove the breadcrumbs from the frying pan and add in the diced mushroom stems to the frying pan. Cook them in the remaining oil and let them get brown. Once done mix in with breadcrumbs. Preheat the oven to 350F and line an 8 x 8 baking dish or cookie sheet with parchment paper. Now its time to stuff the mushrooms. Fill each mushroom up with however much breadcrumb stuffing you'd like. When stuffing them press down with your spoon without breaking the mushrooms and fill to the top letting it come up and out a bit. Drizzle tops of mushrooms with 2 Tbsp of avocado oil, making sure to get some on the tops of each mushroom. Sprinkle tops with extra vegan Parmesan cheese then bake for 20 minutes. Serve right away and enjoy.

Panigiota DelMedico  
Source: Lenten Recipe Sharing

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## Best Hummus

### **Appliance(s)** Food Processor

#### **Ingredients**

1 can (15 oz) chickpeas, rinsed and drained, or 1	1/2 tsp fine sea salt, to taste
1/2 cups cooked chickpeas	1/2 cup tahini
1/2 tsp baking soda (if using canned chickpeas)	2 to 4 Tbsp ice water, more as needed
¼ cup lemon juice (1 ½ to 2 lemons), more to taste	1/2 tsp ground cumin
1 medium-to-large clove garlic, roughly chopped	1 Tbsp extra-virgin olive oil (substitute avocado, sunflower or canola oil)



**Optional garnishes:** drizzle of olive oil or zhoug sauce, sprinkle of ground sumac or paprika, chopped fresh parsley

### Instructions

Place the chickpeas in a medium saucepan and add the baking soda. Cover the chickpeas by several inches of water, then bring the mixture to a boil over high heat. Continue boiling, reducing heat if necessary, to prevent overflow, for about 20 minutes, or until the chickpeas look bloated, their skins are falling off, and they're quite soft. In a fine mesh strainer, drain the chickpeas and run cool water over them for about 30 seconds. Set aside (no need to peel the chickpeas for this recipe!).

Meanwhile, in a food processor or high-powered blender, combine the lemon juice, garlic and salt. Process until the garlic is very finely chopped, then let the mixture rest so the garlic flavor can mellow, ideally 10 minutes or longer.

Add the tahini to the food processor and blend until the mixture is thick and creamy, stopping to scrape down any tahini stuck to the sides and bottom of the processor, as necessary.

While running the food processor, drizzle in 2 tablespoons ice water. Scrape down the food processor, and blend until the mixture is ultra-smooth, pale and creamy. (If your tahini was extra-thick to begin with, you might need to add 1 to 2 tablespoons more ice water.)

Add the cumin and the drained, over-cooked chickpeas to the food processor. While blending, drizzle in the olive oil. Blend until the mixture is super smooth, scraping down the sides of the processor as necessary, about 2 minutes. Add more ice water by the tablespoon if necessary to achieve a super creamy texture.

Taste and adjust as necessary—I almost always add another 1/4 teaspoon salt for more overall flavor and another tablespoon of lemon juice for extra zing.

Scrape the hummus into a serving bowl or platter and use a spoon to create nice swooshes on top. Top with garnishes of your choice and serve. Leftover hummus keeps well in the refrigerator, covered, for up to 1 week.

### NOTES

**How to cook dry chickpeas in a hurry for this recipe:** In a large saucepan, combine 5 ounces (3/4 cup) dried chickpeas and 1/2 teaspoon baking soda, and fill the pot with water. Bring the mixture to a boil over high heat and skim off the surface foam as needed. Continue boiling over medium-high, adding more water if you start running out, until the chickpeas are very mushy and falling apart, about 1 hour to 1 hour 15 minutes. Drain in a fine-mesh colander, rinse under cool running water, and drain well before using. Start the recipe at step 2.

Source: <https://cookieandkate.com/best-hummus-recipe/>

## How to Make the Best Hummus

### 1) Mushy chickpeas

Cook canned or leftover cooked chickpeas according to step 1 below. This only adds 20 minutes to your hummus-making time, and it's my number one tip for making perfect hummus at home.

**Want to cook your chickpeas from scratch?** You sure can—see the recipe notes.

**Can you over-cook your chickpeas in an Instant Pot?** I don't recommend it—you'll end up with a mess of chickpea mash clogging your vent and a puddle of chickpea cooking water surrounding your Instant Pot. I speak from experience.

## 2) Great tahini

All tahini is not created equally. When I was in Israel, Israelis's spoke of tahini, or "t'hina," with reverence. I learned that the best tahini comes from Ethiopia. Store-bought tahini in the U.S. varies widely in flavor, with some of them so bad that they've ruined my hummus.

**My favorite brands of tahini?** I had to try Solomonov's favorite, **Soom**. I found it on Amazon and I have to say that it is worth it. Second favorite? **Trader Joe's organic tahini**, which is made from Ethiopian sesame seeds like Soom's. Whole Foods 365 used to be my go-to, but I encountered a few bad jars that tasted so bad, I'm afraid to try again.

**Don't skimp on the tahini, either**—you need to use 1/2 cup tahini per can of chickpeas for rich and irresistible hummus. I once toured an enormous hummus production facility and learned that they often reduce the cost of producing store-bought hummus by using less tahini. Sneaky!

## 3) Ice-cold water

Why do you always want to mix ice-cold water with tahini? This is another trick that I learned on my trip. I can't find a scientific explanation, but it seems to help make the hummus light and fluffy and lightens the color of the tahini to a pale ivory color.

## 4) Fresh-squeezed lemon juice

Store-bought lemon juice always tastes stale and sad, and it will make your hummus taste stale and sad. Buy lemons and your hummus will taste fresh and delicious. I almost always add another tablespoon of lemon juice to my hummus for extra flavor before I plate it, but I'll leave the tang factor up to you.

## 5) Garlic, mellowed in lemon juice

This is another trick from Solomonov—if you mince the garlic in the food processor or blender with the lemon juice and let that mixture rest for a few minutes, the garlic will lose its harsh, raw bite and mellow out. I tried it before and after, and he's right! Here's [Serious Eats' scientific explanation](#) for why this works.

## 6) Olive oil, blended into the hummus and drizzled on top

Solomonov doesn't blend any olive oil into his hummus, but I think that one tablespoon makes the hummus taste even more luxurious and creamy. I recommend it!

## 7) Ground cumin

The cumin is subtle and offers some "Je ne sais quoi," if you will. It's a common ingredient in plain hummus recipes, and makes the hummus taste a little more special.

### *Recipe Variations [F]*

1. Green goddess hummus: ¾ cup loosely packed fresh, leafy herbs
2. Sun-dried tomato hummus: ¾ cup oil-packed sun-dried tomatoes, rinsed and drained (one 6.7 oz jar)
3. Kalamata olive hummus: ¾ cup pitted Kalamata olives
4. Toasted sesame hummus: ½ teaspoon in the hummus, plus 1 teaspoon drizzled on top

## Energy Bites

### **Appliance(s)**

### **Ingredients**

1 tablespoon coconut oil	1/2 cup + 2 tablespoons old fashioned oats
1/3 cup almond butter or other nut butter	2 tablespoons chia seeds
1/4 cup maple syrup or honey	1/4 cup ground flax

### **Optional** - add the following or anything else you like!

1 tablespoon espresso powder  
2 tablespoons dark chocolate chips

### **Instructions**

Melt coconut oil in a large bowl.  
Stir in the nut butter, maple syrup (or honey) until smooth. Add the oats, chia seeds and ground flax, plus extra add-ins.  
Roll into 1 tablespoon balls and store in the fridge for up to 1 week or the freezer for up to 3 months.

Philothea Volkman

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## Three-Bean Pasta Salad

**Appliance(s)** Blender

### **Ingredients**

#### **Salad:**

10 oz. small pasta shells	½ c. minced celery
¾ lb. green beans (about 2 cups) cut in 1" pieces)	½ c. chopped dill pickles
1 can cooked drained chickpeas	½ c. scallions, chopped
1 can cooked drained kidney beans	2 T. grated radishes (4-6 whole)

#### **Dressing:**

¼ c. canola or other veg. oil	¼ t. dried oregano (½ t. fresh*)
2 T. cider vinegar	2 t. dried dill (1 ½ T. fresh*)
1½ T. Dijon mustard	1½ t. salt
2 T. orange marmalade	ground black pepper to taste

### **Instructions**

\*If using fresh herbs, sprinkle them into the finished salad rather than blending them into the dressing. Bring a large pot of water to a boil, add the pasta, and cook according to package directions. Drain in a colander, gently rinse with cold water, and set aside to drain again.

Meanwhile, simmer or steam the green beans just until tender and still brightly colored. Drain, rinse with cold water, and drain again.

Combine the chickpeas, kidney beans, and green beans in a large serving bowl. Add the celery, pickles, scallions, and radishes and toss gently.

In a blender, combine the oil, vinegar, mustard, orange marmalade, oregano, dill, salt, and if you wish, pepper to taste. Mix until smooth. Add the pasta to the serving bowl, pour on the dressing, and mix well.

Serve immediately or chill for at least 20 minutes and serve cold.

Matushka Ruth Hinton

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## 8 Ingredient Vegan Chunky Potato & Carrot Soup (GF)

**Appliance(s)**

### **Ingredients**

2 large carrots – peeled and cut into 1 to 3 inch pieces	1 Tbsp. Italian seasoning
4 large potatoes – peeled and quartered	Salt to taste
1 Vidalia onion – peeled and diced	Ground black pepper to taste
1 Tbsp. vegan butter	2 to 3 cups of almond milk or until you get the desired consistency (or substitute ½ can

coconut cream and 2 cups broth reserved from vegetables \*\*lime juice goes well with this)

\*\*Optional- dill fresh or dried and or lemon juice to taste

### Instructions

Bring two large pots of water to a boil.

Add the carrots to one pot, cover, and reduce the heat to simmer. Simmer for approximately 15 to 20 minutes or until the carrot is easily pierced with a fork.

(Alternatively, use one one pot and boil the potatoes and onions first for 5 minutes then add the carrots)

Add the onion to the second pot of boiling water. Peel and quarter the potatoes and add them to the pot with the onions. Reduce the heat to simmer and simmer for approximately 20 minutes or until the potatoes are easily pierced with a fork.

When the carrots and potatoes are soft, drain the water in both pots and transfer the carrots to the pot with the potatoes and onions. Mash the carrots, potatoes and onion with a potato masher until the mixture is mostly mashed but there are still chunks of carrot and potatoes. Add the milk (add one cup at a time until you get the consistency that you like), vegan butter, Italian seasoning, salt and pepper and heat on medium low until the soup begins to boil. Remove from the heat. (Stir in lemon juice and dill if using) Serve and enjoy.

Salad and focaccia bread make this a meal.

Anastasia Lagen

Source: Effy Delmedico & Despina Souhlas Lenten Recipe Sharing and [www.veganosity.com](http://www.veganosity.com)

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## Christmas Eve Mushroom Sauerkraut Soup with Garlic Appetizer

### Garlic appetizer

Fresh sliced garlic

Honey

Peel garlic and slice. Dip fresh garlic in honey and use as an appetizer with a piece of freshly baked bread! Then enjoy the soup!

### Soup Ingredients

1 med onion chopped

1 c. baby bella mushrooms chopped

Coconut oil or avocado oil (I use the oils from Trader Joe's)

2-3 cloves of minced garlic

1 tsp salt

1/2 tsp pepper

Dash of paprika

2 bay leaves

4 cups filtered water

1 jar sauerkraut drain juice into measuring cup

Juice from the jar (if you like the soup to be a bit sour, use all the juice, if not use 1/2)

1/2 cup rice

### Instructions

Sauté onion and mushrooms in oil until soft.

Add salt, pepper, paprika, bay leaf, garlic, and sauerkraut to the pot. Sauté for about 3 min. Then add the water and sauerkraut juice. (slowly add the juice to your liking)

Wash 1/2 cup rice well and add the rice to the soup. Simmer until rice is soft. Season to taste with salt, pepper, and paprika and serve with bread. Enjoy!

Celeste Englehardt

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## Lenten Creamy Dairy-Free New England Clam Chowder

**Appliance(s)** Blender

2 ½ cups raw cashews

**BEFORE starting to cook the chowder, soak the 2 1/2 cups raw cashews for 4 - 6 hours in filtered water.** After soaking, drain and rinse the cashews. Add them to a blender with 3 cups filtered water. Blend on high for 2 minutes or until creamy. Set aside.

In a soup pot or instant pot, heat oil on medium heat and saute the onions in oil along with 1/2 tsp salt for about 5 min.

3 tablespoons avocado or coconut oil

1 ¼ cups yellow onion (1 medium onion)

Add the carrots, celery, celery root, and fresh thyme and sauté for an additional 5 min over medium heat, stirring frequently.

2 cups carrots, peeled and small chop

medium celery root)

1 cup celery, small chop

1/2 teaspoon fresh thyme, chopped

2 cups celery root, peeled and small chop (1

When the veggies get tender, add chopped clams, and clam juice to taste. Stir clams around with the veggies. Add in the final salt, garlic and water (or veggie broth). Bring to a gentle simmer. If using an instant pot, skip to below\*\*

2 six ounce cans of clams, drain juice into measuring cup. Chop the claims.

1/2 teaspoon pepper

1 teaspoon freshly minced garlic

4 - 6 tablespoons clam juice (depends on your taste or more) I add all of it.

3 cups of filtered water or veggie broth

1 bay leaf

1/2 teaspoon salt

Immediately add the blended cashews to the pot with the veggies and clams. Stir and allow everything to come to a gentle simmer for 10 minutes, stirring frequently. Scrape the bottom of the pot, making sure the cashew cream does not stick. I use a large wood spoon, a silicone spatula will also work great. The mixture will greatly thicken as it simmers. After the 10 minute simmer, turn the mixture down to low and allow it to continue to warm for 30 minutes, stirring once in a while

After 30 minutes you can serve or turn the heat off and let the mixture to sit. When ready to serve, gently heat through, taking care to not burn the mixture. Upon serving, add in some pepper to taste. Other options include green onions, a lemon wedge, or chopped parsley.

\*\* If using the instant pot, add the blended cashews, stir well. Place the seal into the instant pot lid, place and secure on the lid, turn the valve into lock position, and turn on the pot to cook for 12 minutes. When timer beeps, let rest for 5 min and then cover the valve with a towel, and open the steam valve. Be careful of the hot steam. When the steam is finished, open lid and stir. If the chowder is too thick, you can add additional warm filtered water or veggie broth to thin it out to bring it to the

consistency that you desire.  
Add additional salt and pepper to taste.

Serve with chopped green onions, a lemon wedge, chopped parsley or cilantro or dill.

This is good with crackers or fresh bread and a nice glass of wine! Enjoy!

Celeste Englehardt

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## Manhattan Clam Chowder

### Appliance(s)

### Ingredients

1 1/2 tablespoons oil  
1 large yellow onion, chopped  
1 1/2 celery stalks, chopped  
7 cloves garlic, minced  
Pinch crushed red pepper  
1/4 cup tomato paste (4 T)  
3 sprigs parsley  
½ t. thyme  
1 bay leaf

1 large waxy-style potato (about 3/4 pound),  
diced  
3 cups clam juice (three 8-ounce bottles clam  
juice)  
One 28-ounce can diced tomatoes (with liquid)  
four 6-1/2 ounce cans minced clams with juice  
1 1/2 t. kosher salt or to taste  
Freshly ground black pepper  
2 tablespoons chopped parsley for garnish

### Instructions

Heat the oil in a large pot over medium heat. Add the onion, celery, garlic, and crushed red pepper and cook, covered, stirring occasionally, until soft, about 8 minutes.

Stir in the tomato paste and cook, stirring, for about 1 minute more. Add the parsley, thyme and bay leaf to the pot with the potatoes. Pour in the clam juice and bring to a boil.

Lower the heat and simmer, covered, until the potatoes are tender, about 10 minutes. Stir in the tomatoes and clams. Season with salt & pepper. Cover and bring to a low simmer. Divide among warm soup bowls and sprinkle with the parsley. Serve immediately.

**Prep Time:** 15 min **Cook Time:** 25 min **Servings:** Yield: 4 to 6 servings

Matushka Ruth Hinton  
Source: [Foodnetwork.com](http://Foodnetwork.com)

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## Mushroom Barley Soup

### Appliance(s)

### Ingredients

2 cups sliced fresh button and/or shitake mushrooms (2 small boxes)  
10 baby carrots, sliced  
1 cup pearl barley (may use quick cook)

4 Knorr brand extra large vegetarian vegetable bouillon cubes or 6 small cubes  
2 Tbsp. soy sauce  
Garlic salt to taste  
Olive Oil for stock pot (or other oil of choice)

### Instructions

In a well-oiled stockpot over high heat, add mushrooms and carrots and cook, stirring frequently, until mushrooms begin to brown and soften. Add barley and continue to cook, stirring frequently, until it begins to brown. Sprinkle with salt and pepper. Add 8 cups water and bouillon cubes, cover and bring to a boil. Remove cover and reduce heat to a simmer. Simmer for 20 to 25 minutes, until barley is tender. (Barley absorbs water, so additional water if needed as soup cooks.) Add soy sauce. Adjust salt and pepper is necessary.

Serves 6

Juliana Volkman  
Source: [www.Knorr.com](http://www.Knorr.com)

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## Rudi's Lentil Soup

### Appliance(s)

### Ingredients

2 Tbsp. oil  
1 cup finely chopped onion  
1 Tbsp. oregano  
1 Tbsp. basil  
½ tsp. finely chopped garlic

1 cup lentils  
6 cups water  
¼ cup soy sauce  
1 cup carrots, cut in bite size pieces

### Instructions

Heat oil in a large saucepan. Add onion, oregano, basil, and garlic and cook for 5 minutes, stirring occasionally.  
Add lentils, water, soy sauce, and carrots and bring to a boil. Reduce heat and simmer for one hour.  
Serve with a sprinkle of chopped parsley.

Cara Margaret Bliven  
Source: The Tao of Cooking by Sally Pasley

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## Shrimp & Crab Gumbo

### **Appliance(s)**

#### **Ingredients**

1 lb med. shrimp, shelled	5 T vegetable oil
1 lb crab meat	¼ c thinly sliced scallions (opt)
1 bay leaf	5 T all-purpose flour
½ c chopped celery	1 T creole seasonings
4 c water	1 c chopped onion
½ c rice, cooked	½ c chopped red bell pepper
4 c vegetable broth	1 t salt
1 14.5-oz. can diced tomatoes, drained	

#### **Instructions**

Cook oil and flour in a skillet over medium heat, stirring constantly, until roux is slightly darker than peanut butter (20-30 minutes). Stir in onion, bell pepper, and celery and cook, stirring occasionally, until vegetables are softened.

Combine water and vegetable broth. Stir roux into broth mixture and bring to a boil, stirring. Add rice, tomatoes, creole seasonings, bay leaf, and salt and simmer, stirring occasionally, 12 minutes.

Stir in crab meat and shrimp, and simmer until just cooked through. Stir in scallions if desired. Gumbo may be made 1 day ahead.

Matuska Ruth Hinton

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## Syrian Red Lentil Soup

### **Appliance(s)**

#### **Ingredients**

2 Tbsp. vegetable oil	1 tsp. ground cumin
½ tsp. finely chopped garlic	2 tsp. salt
1 ½ cups split red lentils (found in stores that stock Middle Eastern or Indian foods)	2 Tbsp. flour
6 cups water	¼ cup cold water
2 tsp. thyme	2 or 3 pieces of toasted pita bread (Syrian Flat bread)

#### **Instructions**

Heat oil in a saucepan. Add garlic and cook one minute. Add lentils, water, thyme, cumin, and salt. Bring to a boil, reduce heat and simmer for 1 hour.

Mix flour with cold water until smooth and add to soup. Stir and simmer for another 5 minutes. Taste for seasoning. Serve topped with crumbled, toasted pita bread.

Cara Margaret Bliven

Source: The Tao of Cooking by Sally Pasley

## Whole Foods Spinach Salad

### Ingredients

Spinach  
2 Tbsp Extra virgin olive oil  
1 tsp Lime

Strawberries  
Blueberries  
Hazelnuts

### Instructions

Whisk olive oil and lime juice together. In a bowl combine spinach, berries and nuts. Drizzle olive oil mixture over salad.

Try different combinations of fruit and nuts with spinach. Raspberries and blueberries, dried cranberries, hazelnuts, sunflower seeds, pumpkin seeds, walnuts etc.

Brianna's Poppyseed dressing (Vegan) will give a sweeter flavor to the salad.

Anastasia Lagen

Source: Panagiota DelMedico Lenten Recipe Sharing

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## Mushroom Pho

### Appliance(s)

### Ingredients

2 ½ cups low-sodium vegetable broth  
2 green onions, thinly sliced  
½ Tbsp fresh ginger, peeled and grated  
Salt to taste  
¾ Tbsp olive oil  
2 oz shiitake mushrooms, tough stems removed  
¾ Tbsp hoisin sauce

2 tsp sesame oil  
7 oz rice noodles, cooked per package  
4 ounces bean sprouts  
1 jalapeño peppers, thinly sliced  
Fresh cilantro, basil, lime wedges, hoisin sauce,  
and chili garlic sauce or sriracha for serving

### Instructions

In a large pot, combine the vegetable broth, green onion, grated ginger, and salt. Bring to a full boil, then reduce the heat and simmer for 15 minutes.

While the broth is cooking, warm the olive oil in a large skillet over medium heat. Add the mushrooms and sauté for about 6 minutes, or until tender, stirring frequently.

Stir in the hoisin and sesame oil and cook until the sauce thickens and coats the mushrooms, about 1 minute more. Remove from heat.

Divide the rice noodles between two bowls, then fill each bowl with the ginger broth. Add bean sprouts, sliced jalapeños, shiitake mushrooms, fresh basil, and cilantro and serve with lime wedges, hoisin, and chili garlic sauce. Serves 2

Anastasia Lagen

Source: OCA College Lenten Cookbook

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## Easy Thai Shrimp Soup

**Appliance(s)** Stockpot or Dutch Oven

### **Ingredients**

1 cup uncooked basmati rice	1 Tbsp freshly grated ginger
2 Tbsp unsalted butter or butter substitute	2 Tbsp red curry paste
1 lb. medium shrimp peeled and deveined	1 (12oz) can unsweetened coconut milk
Salt and freshly ground black pepper, to taste	3 cups vegetable stock
2 cloves garlic, minced	Juice of 1 lime
1 onion, diced	2 Tbsp chopped fresh cilantro leaves
1 red bell pepper, diced	

### **Instructions**

In a large saucepan of 1 ½ cups water, cook rice according to package instructions; set aside.  
Melt butter in a large stockpot or Dutch oven over medium high heat. Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes; set aside.  
Add garlic, onion and bell pepper to the stockpot. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in ginger until fragrant, about 1 minute.  
Whisk in curry paste until well combined, about 1 minute. Gradually whisk in coconut milk and vegetable stock, and cook, whisking constantly, until incorporated, about 1-2 minutes.  
Bring to a boil; reduce heat and simmer until slightly thickened, about 8-10 minutes.  
Stir in rice, shrimp, lime juice and cilantro.  
Serve immediately.

Lisa Psaromatis Lenten Recipe Sharing  
[www.damndelicious.net](http://www.damndelicious.net)

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## Endive or Dandelion Salad (Horta)

**Appliance(s)**

### **Ingredients**

2 lbs. Endive or dandelion greens	1 Tbsp olive oil or substitute other oil
½ cup lemon juice	1 pinch of cayenne pepper
2 cloves garlic minced	

### **Instructions**

Cook vegetables until tender and strain. Blend the garlic with cayenne pepper, oil and the lemon juice.  
Pour over vegetables. Serve hot or cold.

Mariana Zaharoff Lagen  
Lagen Family Recipes

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# Mexican Quinoa Salad Cups with Creamy Cilantro Lime Dressing

## Appliance(s)

Blender

## Ingredients

### For the Salad Cups:

2 small heads artisan lettuce (any variety that will form cups/wraps nicely – or sub corn tortillas)

1 15-ounce can unsalted black beans (note: If your beans are salted, omit additional sea salt)

1 large sweet potato (scrubbed, rinsed and cubed)

1/2 tsp each cumin, cinnamon, and sea salt (divided)

3/4 cup dry white or red quinoa (rinsed in a fine mesh strainer)

Olive oil

### For the Dressing:

1/2 small ripe avocado

1 cup chopped cilantro

2-3 small limes, juiced

1/3 cup extra virgin olive or avocado oil

1/4 tsp each sea salt and cumin

1 Tbsp sweetener of choice (such as cane sugar or honey if not vegan)

Water (to thin)

### Other Topping Options:

Hot Sauce

Salsa

Jalapeño slices

## Instructions

Preheat oven to 400 degrees F (204 C) and prep sweet potatoes. Toss in a drizzle of olive oil and 1/4 tsp each cumin, cinnamon and sea salt (amounts as original recipe is written // adjust if altering batch size). Bake for 20-25 minutes or until tender and slightly golden brown.

Rinse quinoa in a fine mesh strainer and place in a small saucepan over medium-high heat to toast. Stir and cook for 2-3 minutes and then add 1 1/2 cups water and stir (amount as original recipe is written // use a 1:2 ratio quinoa: water if altering batch size). Bring to a boil, then reduce heat to simmer, cover and cook for 15 minutes or until tender and the water is fully absorbed. Turn off heat and set aside. In a separate saucepan, bring black beans to a simmer over medium heat and season with 1/4 tsp each sea salt, cumin and cinnamon (amounts as original recipe is written // adjust if altering batch size). If your black beans are already salted, omit additional salt. Once bubbly and warm, turn heat to simmer/low.

Prepare dressing by adding all ingredients (starting with 2 small or 1 large lime(s) as the original recipe is written) besides water to a blender and blending. Add water to thin and scrape down sides as needed. Taste and adjust seasonings as needed, adding more lime, salt, cumin or sweetener as desired. Transfer to serving dish. You will have leftovers, which store well in a covered container in the fridge for up to several days.

Rinse and dry lettuce (or sub corn or flour tortillas) and choose the pieces that are a good “cup” shape to fill with toppings.

Arrange on a serving plate and top with quinoa, black beans and sweet potatoes. You might have leftover toppings depending on how many salad cups you prepare. Leftovers keep well.

Serve with dressing and any additional desired toppings, such as cilantro, salsa, chips or sliced jalapeno.

Source: <https://minimalistbaker.com/mexican-quinoa-salad-cups-with-creamy-cilantro-lime-dressing/>

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## Vanilla Extract

### **Ingredients**

1 bottle Bourbon Whiskey, Rebel Yell or your favorite brand  
5 Vanilla beans

### **Instructions**

Split open 5 vanilla beans along the long side of the bean to expose the insides.  
Insert the beans one by one and seal the bottle. Let sit for several months. The minimum of 90 days before using in recipes. Enjoy!

Celeste Marko Englehardt  
Family Collection

### **Notes:**

You can purchase quantities of vanilla beans on Amazon for a reasonable price.  
Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes.

You can purchase little bottles and fill them up with the Bourbon Vanilla Extract. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Christmas gifts.

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## Vegan Mayo

### **Ingredients**

¼ cup chick pea juice (aquafaba)	½ tsp. sea salt
2 tsp. lemon juice	¾ cup sunflower oil (this is used to thicken, other oils can be substituted)
½ tsp. Dijon mustard	
½ tsp. sugar	

### **Instructions**

Mix well all ingredients except oil. Drizzle the oil slowly over the mix and blend together until desired consistency is reached.

Submitted Anonymously

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## Vegan Parmesan

### Appliance(s)

### Ingredients

1 cup toasted sesame seeds  
¼ cup nutritional yeast flakes  
½ tsp. onion powder

¼ tsp. garlic powder  
½ tsp. salt

### Instructions

Mix all ingredients until combined.

Yield 1 ½ cup

Submitted Anonymously

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## Vegan Pesto

### Appliance(s)

### Ingredients

4 cups flat leaf parsley  
½ cup walnuts  
½ cup vegan parmesan (see recipe above)  
2 garlic cloves

Juice of 1 lemon and zest  
½ cup olive oil (or other oil)  
Salt and pepper to taste

### Instructions

Blend together into a pulp.

Submitted Anonymously

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## Vegan Heavy Cream

### Appliance(s)

Blender

### Ingredients

2/3 c Soy milk  
1/3 c Vegetable oil (or Olive Oil)

### Instructions

Blend soy milk and vegetable oil together a little bit at a time until desired consistency is achieved.

Submitted Anonymously

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## Chocolate Ganache

**Appliance(s)** Blender

### **Ingredients**

1 Avocado, pitted and peeled	1 Tbsp cacao powder
½ cup unsweetened almond milk	1 Tbsp virgin coconut oil, warmed to melt
1 Tbsp maple syrup or coconut nectar	
1 tsp vegan dark chocolate chips	

### **Instructions**

Combine avocado, almond milk, maple syrup, chocolate chips, and cacao powder in a blender. Blend until smooth. While the blender is running, add the coconut oil until emulsified.

Great topping or smoothie ingredient. Keeps in an airtight container refrigerated 2 -3 days.

Anastasia Lagen  
Source: Thrive Energy Cookbook

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## Coconut Cream

**Appliance(s)** Mixer

### **Ingredients**

1 can (14oz) full-fat coconut milk, refrigerated for 6 to 12 hours

### **Instructions**

Chill a medium bowl.

Open the refrigerated can of coconut milk and discard any liquid. Place the thick coconut cream in the chilled bowl- Beat until fluffy.

Use as a topping or stir into soups

Keep in a sealed container, refrigerated up to 1 week.

Anastasia Lagen  
Source: Thrive Energy Cookbook

### *Recipe Variations [F]*

1. Sweetened Coconut Cream – while whipping add 1 tsp vanilla extract and 1 tsp maple syrup or coconut nectar.
  2. Chocolate Coconut Cream – While whipping, add 1 Tbsp cacao powder.
-

## Flax Eggs

### **Ingredients**

1 Tbsp flaxseed meal  
2 1/2 – 3 Tbsp water

### **Instructions**

Add flaxseed meal and water to a dish and stir. Let rest for 5 minutes to thicken. Add to recipes in place of 1 egg (as original recipe is written).

It's not an exact 1:1 substitution in every recipe because it doesn't bind and stiffen during baking quite like an egg does. But I've found it to work incredibly well in pancakes, quick breads, brownies, muffins, cookies, and many other recipes.

DO NOT USE AS A SUBSTITUTE FOR SCRAMBLED EGGS

Note: When using flax eggs in a recipe make them up before starting on recipe so they are properly gelled.

Source: <https://minimalistbaker.com/how-to-make-a-flax-egg/>

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## Creamy Cilantro Lime Dressing

**Appliance(s)** Blender

### **Ingredients**

1/2 small ripe avocado	1/4 tsp each sea salt and cumin
1 cup chopped cilantro	1 Tbsp sweetener of choice (such as cane sugar or honey if not vegan)
2-3 small limes, juiced	Water (to thin)
1/3 cup extra virgin olive or avocado oil	

### **Instructions**

Prepare dressing by adding all ingredients (starting with 2 small or 1 large lime(s) as the original recipe is written) besides water to a **blender** and blending. Add water to thin and scrape down sides as needed. Taste and adjust seasonings as needed, adding more lime, salt, cumin or sweetener as desired. Transfer to serving dish. You will have leftovers, which store well in a covered container in the fridge for up to several days.

Philothea Volkman

Source: <https://minimalistbaker.com/mexican-quinoa-salad-cups-with-creamy-cilantro-lime-dressing/>

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## Bang Bang Shrimp Pasta

### Appliance(s)

### Ingredients

1 pound spaghetti or pasta of choice  
1 ½ pounds medium shrimp, peeled and deveined  
1 ½ Tbsp. oil  
3 cloves garlic, minced  
3 tsp. paprika  
1 Tbsp. fresh parsley  
Black pepper to taste

### Sauce:

½ cup Vegan mayonnaise (Non-Soy Veganeise)  
½ cup Thai sweet chili sauce (in Asian aisle) Try Trader Joes brand  
2 cloves garlic minced  
2 Tbsp. lime juice  
¼ tsp. crushed red pepper flakes  
½ Tbsp. onion powder

### Instructions

In a large bowl, mix all “sauce” ingredients together and set aside.  
Cook pasta and drain. Stir in the oil.  
Place the uncooked shrimp in a medium bowl, add paprika, garlic and pepper.  
In a large skillet, on medium high heat, add the coated uncooked shrimp. Stir constantly while cooking until no longer pink- about 10 minutes. Remove from heat and set aside.  
In a large bowl, combine the pasta, shrimp and sauce mixture and toss thoroughly. Sprinkle with fresh parsley.

Anastasia Lagen

Source: [www.myincrediblerecipes.com](http://www.myincrediblerecipes.com)

### *Recipe Variations [F]*

1. . This can be made a feasting recipe with chicken or shrimp and regular mayonnaise
2. . or use plain yogurt, heavy cream, cream cheese or even sour cream

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## Lemony Bow Ties & Shrimp

### Ingredients:

Bow Tie Pasta (Mini Farfalla (Bow Ties)) or pasta of choice  
1 lb. small to medium cooked shrimp (frozen)  
1 pint cherry or grape tomatoes (halved or quartered)

1 cup fresh basil, finely chopped  
1 tsp lemon zest (grated lemon peel)  
1 Tbsp. oil (Canola)  
2 Tbsp. lemon juice

**Directions:**

Cook pasta. Place shrimp in colander and drain pasta over shrimp. In a bowl toss shrimp pasta mix with halved tomatoes, fresh basil, oil, lemon zest and lemon juice.

This recipe is good warm or cold.

Anastasia Lagen

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## Quinoa with Stir-Fried Vegetable Crunchy Tofu with Coconut Oil

**Ingredients:**

8oz of Quinoa (or rice)	8oz of kale chopped
3oz of firm tofu	5oz of frozen sweet pea
2 large cloves of garlic minced	Handful of pecans (or walnuts)
3 small to medium carrots	Soy sauce
16oz of broccoli (or snap pea)	Coconut oil
	Fresh ginger

**QUINOA**

Bring some water to boil while you wash the quinoa and drain it.

Add 1 tbsp of coconut oil unto a small pan and combine the quinoa with one small chopped carrot and stir a bit. Add 16oz of the boiling water turning the heat down and cover. When quinoa is almost cooked trough add the frozen peas and gently stir. Add another bit of hot water if needed and cover until all is cooked and tender but not saggy. If using rice use the same process of stir-frying the rice with a spoon of coconut oil with a laurel leaf and covering with water until rice is fluffy.

**CRUNCH TOFU**

Add 2 tbsp of coconut oil on medium to large nonstick pan. Cut the tofu in about 1.5 X 1 X.25IN rectangles and place on pan gently. Let fry in high heat for about three minutes and gentle flip to the other side and let it fry about the same time or until is golden. Mince 1 clove of garlic and sprinkle on top of it, grate some fresh ginger and sprinkle **very little soy sauce** (it can get too salty) on top of all, turn the heat all the way down and cover for about 2minutes.

Reserve the tofu and now add another a spoon of coconut oil and stir-fry the cut broccoli and the 2 carrots cut length way al dente and cover in low heat for about 5 minutes. Add a tiny bit of water if needed and mix the kale and cover for about 2 minutes.

Add the tofu and break the nuts in small pieces sprinkling on top of it. Serve with the quinoa.

Serves 4

Licia Handshaw

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## Shrimp Creole with Oil

Servings: 6 servings

### **Ingredients:**

2 pounds frozen, cleaned shrimp, defrosted	1/4 teaspoon dried oregano leaves
3 tablespoons oil	1 bay leaf
1/2 cup small diced or chopped onion	2 teaspoons flour
1 cup small diced or chopped red bell pepper	2 cans diced tomatoes
2 garlic cloves, finely chopped	Salt and freshly ground black or white pepper to taste
3/4 teaspoon dried thyme leaves	

### **Directions:**

Put the oil into a skillet or stew-type pot that's wide and deep enough to hold all the shrimp in about 2 layers with about 2 cups of sauce. Place the skillet over medium-high heat and add the onion and peppers. Cook the vegetables, adjusting the heat if necessary and stirring frequently, until they have become slightly wilted and a little brown, about 5 minutes.

When the vegetables are ready, turn the heat to low and stir in the garlic, thyme, oregano, and bay leaf, cooking for about 30 seconds. Add the flour and continue to stir for about 1 minute more to cook away its raw taste.

Add the tomatoes and simmer the sauce, covered, over very low heat, about 10 minutes, or until the vegetables are almost tender and it's very thick. Stir the sauce once or twice during this period. Season it generously with salt and pepper and set it aside. The sauce can be made 3 or 4 days in advance and refrigerated but be sure to heat it through before continuing with the recipe.

In a separate bowl, season the shrimp well with salt and pepper. Remove about one half of the sauce to a bowl, spreading the remaining sauce evenly over the bottom of the skillet or pot. Distribute the shrimp evenly over the sauce in the skillet and spread the reserved sauce over the top of the shrimp — it won't completely cover.

Place the skillet over medium-high heat and, without stirring, heat the mixture until you see 3 or 4 bubbles at the surface. Reduce the heat to very low, tightly cover the skillet, and gently simmer the mixture until the shrimp are white throughout, 8 to 12 minutes. (If you prefer, you can bake the Creole in a preheated 325°F oven once the bubbles have come to the surface.)

Matushka Ruth Hinton

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## Vegan Breakfast Skillet

### **Appliance(s)**

### **Ingredients**

2 pounds russet potatoes, large diced	½ tsp paprika
1/3 cup vegetable oil	Salt
1 yellow onion, diced	2 cups baby spinach
1 red or green bell pepper	¼ cup freshly chopped parsley
8 oz mushrooms, quartered	1 lemon
½ tsp garlic powder	

### Instructions

Add the potatoes to a pot of boiling salted water and boil them, par-cooking the potatoes for about 3 minutes.

Meanwhile, let the potatoes cool and cook the vegetables. In a heavy pan or skillet over medium heat add 2 Tbsp of oil and the onion and sprinkle with kosher salt. Cook for about 3 minutes and then add the mushrooms and cook for another 5 minutes until the onions are soft and the mushrooms are tender and browned. Add the peppers and cook for 1-2 more minutes. Transfer the vegetables to a separate bowl. Add the remaining oil to the pan and fry the potatoes until golden and tender in the skillet over medium-high heat. Season to taste with kosher salt and the paprika and garlic powder.

Add the vegetables back to the skillet along with the spinach, which should be folded in and will wilt right away.

Squeeze a little lemon juice and season to taste with salt and garnish with parsley. Serve hot.

Sonia Winburne Lenten Recipe Sharing

Source: <https://heatherchristo.com/>

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## Meal Prep Week-Long Power Bowls

### Appliance(s)

I love having prepped food in the fridge, but don't love doing hours of meal prep each week. So I came up with this simple method that takes just 25 minutes of active prep time. The healthy food components can be enjoyed for several days in power bowls, wraps, and even stirred into soups! Power bowls are so fun for family meals because you can switch up the veggies and toppings to suit each palate, giving kids control to build their own bowls. This recipe is also a handy make-ahead option if you're having friends over for a meal. Simply chop all the veggies the night before and refrigerate them in containers. Just before your guests arrive, pop the veggies into the oven, cook the quinoa, and prep the toppings. After cooking, you can all have fun assembling your own power bowls and everyone will be super impressed by the stunning rainbow-colored meal!

### Ingredients

#### For the roasted veggies:

3 small (680 g) sweet potatoes, peeled and chopped (4 cups)  
4 cups (500 g) brussels sprouts, trimmed and halved\*  
1 medium (800 g) cauliflower, chopped into small florets (4 heaping cups)  
1 medium (230 g) red onion, peeled and chopped  
2 large (500 g) red bell peppers, seeded and chopped  
3 tablespoons (45 mL) extra-virgin olive oil, divided  
Salt and pepper, to taste

#### For the quinoa:

2 cups (400 g) uncooked quinoa\*\*

#### For the fresh veggies:

1 medium (370 g) English cucumber, chopped  
1 medium (135 g) bunch green onions, chopped  
2 cups (255 g) grape tomatoes (1 dry pint)

#### For the power bowl toppings:

Chopped lettuce/greens (Romaine, Iceberg, kale, etc)  
Salad dressing\*\*\*  
Ripe avocados

Cooked beans or lentils  
Nuts and seeds (I use hemp hearts and roasted pepitas)

Hummus or pesto

### Instructions

Position two oven racks near the middle of the oven. Preheat the oven to 400°F (200°C) and line two extra-large (15- x 21-inches) rimmed baking sheets with parchment paper. It's important to use extra-large baking sheets so there's enough room for all those healthy veggies.

Divide the chopped, "to-be-roasted" veggies onto the baking sheets. Drizzle 1 1/2 tablespoons of oil over top each sheet and toss the veggies until they're fully coated in the oil. Sprinkle generously with salt and pepper.

Roast the veggies for 30 to 40 minutes (I find 35 minutes is perfect in my oven for lightly charred veggies) until fork tender and golden. There's no need to rotate/move the pans or flip the veggies halfway through baking unless you're particular about even cooking.

While the veggies are roasting, add the quinoa to a large pot along with 3 1/2 cups (875 mL) water. Stir. Bring to a simmer over medium-high heat, then immediately reduce the heat to low-medium, cover with a tight-fitting lid, and cook for 12 to 14 minutes, until the water is absorbed and the quinoa is fluffy. Remove the lid and fluff the cooked quinoa with a fork.

While the quinoa cooks, chop the cucumber and green onions. Rinse the tomatoes (I hold off slicing them until just before serving).

Remove the roasted veggies from the oven. Once mostly cool, transfer all of the veggies and quinoa into containers, seal with airtight lids, and place into the fridge for up to 4 days.

To make the power bowls: Add a couple generous handfuls of chopped lettuce/greens to the bottom of a large shallow bowl. Drizzle with a bit of dressing and toss the lettuce/greens until coated. Top with a couple spoonfuls of your prepped food (quinoa, roasted and fresh veggies)—I always

warm up the quinoa and roasted veggies first! Now, add diced avocado, more salad dressing, cooked beans or lentils, nuts and seeds, and hummus or pesto. Keep the power bowl flavors interesting by changing up the toppings each day!

### Tips:

\* If your brussels sprouts are quite large, quarter them instead of halving.

\*\* If you don't think you'll eat this much quinoa in 4 to 5 days, feel free to halve this amount (use 1 cup uncooked quinoa + 1.75 cups water).

\*\*\* Looking for a delicious homemade dressing? Try my Lemon-Tahini Dressing, Shake-and-Go Balsamic Vinaigrette (*Oh She Glows Every Day*, p.273), or Roasted Garlic and Red Wine Vinaigrette.

Feel free to roast a head of garlic along with the veggies. The roasted cloves are especially delicious thrown into my Roasted Garlic and Red Wine Vinaigrette.

Make it nut-free: Top your bowl with seeds (such as roasted pepita seeds and hemp hearts) instead of nuts and make sure your dressing is nut-free.

Anastasia Lagen

Source: <https://ohsheglows.com/>

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## Cuban Style Tofu

**Appliance(s)** Grill

### **Ingredients**

½ cup orange juice  
2 Tbsp lime juice  
2 cloves garlic, minced  
¼ cup chopped fresh cilantro  
1 tsp ground cumin  
¼ tsp salt

¼ tsp pepper  
1 (16oz) package extra firm tofu, drained and cut into 4 pieces, 1/2" slices,  
8 slices Italian bread  
4 lettuce leaves  
4 tomato slices  
Vegan Mayo (optional)

### **Instructions**

Combine orange juice, lime juice, garlic, cilantro, cumin, salt, and pepper in a small bowl. Pour over tofu in large resealable plastic bag. Seal; refrigerate 30 minutes.

Preheat grill to medium-high heat. Remove tofu from bag; discard juice mixture. Grill tofu on a grill rack sprayed with non stick cooking spray over medium-high heat for 5 minutes in each side or until thoroughly heated. Remove from grill; set aside.

Grill bread, 1 to 2 minutes or until lightly toasted. Serve tofu on bread with lettuce, tomato, and Vegan mayo, if desired; serve immediately.

Serves 4

Anastasia Lagen  
Source: Try-Foods Intl.

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## Quinoa Black Bean Tacos with Creamy Avocado Sauce

**Appliance(s)** fine mesh strainer

### **Ingredients**

1 tablespoon olive oil or other cooking oil  
1 cup chopped red onion  
2 large garlic cloves, pressed or minced  
3 tablespoons tomato paste  
1 teaspoon ground cumin  
1/2 teaspoon ground chili powder

1/2 cup uncooked quinoa, rinsed well in a fine mesh colander  
1 cup vegetable broth or water  
1 (14 ounce) can black beans or 1 1/2 cups cooked black beans, rinsed and drained  
1/4 to 1/2 teaspoon salt, to taste  
Freshly ground black pepper, to taste

### **Avocado sauce**

1 large avocado, sliced into long strips  
1 to 2 medium limes, juiced  
1 medium jalapeño, deseeded, membranes removed and roughly chopped

1 handful fresh cilantro  
1/4 teaspoon salt

### **Everything else**

6 to 8 small, round corn tortillas (GF if necessary)

1 1/2 cups roughly chopped romaine lettuce or spring greens

**Optional garnishes:** pickled jalapeños or radishes, crumbled feta cheese

## Instructions

To make the filling, warm the olive oil in a medium-sized pot over medium heat. Sauté the onion and garlic with a dash of salt for 4 to 5 minutes, until the onions are softened and turning translucent. Add the tomato paste, cumin and chili powder and sauté for another minute, stirring constantly.

Add the rinsed quinoa and 1 cup broth or water. Bring the mixture to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 15 minutes. Remove the quinoa from heat and let it rest, still covered, for 5 minutes. Uncover the pot, drain off any excess liquid and fluff the quinoa with a fork. Stir in the drained black beans and add salt and pepper, to taste. Cover and set aside for a couple of minutes to warm up the beans.

To make the avocado sauce: Simply combine the ingredients as listed in a food processor or blender. Blend well and season with salt, to taste.

In a large skillet over medium heat, warm the tortillas in a single layer, flipping halfway. Wrap the warmed tortillas with a lint-free tea towel until ready to serve. To assemble the tacos, spread quinoa and black bean filling down the center of the tortilla, then top with a generous drizzle of avocado crema, a handful of chopped romaine and any additional garnishes you'd like to add. Eat up!

## NOTES

*Recipe inspired by Picasso Cafe in Oklahoma City and adapted from my roasted cauliflower and lentil tacos and southwestern kale power salad. **Make it vegan/dairy free:** Just don't add cheese! **Make it gluten free:** Be sure to use certified gluten-free corn tortillas. **Make it tomato free:** Skip the tomato paste. **Storage suggestions:** Store individual components separately. Press plastic wrap against the surface of the avocado sauce to prevent oxidation. Warm the tortillas and filling just before serving, then top with avocado sauce and chopped romaine.*

Source: <https://cookieandkate.com/quinoa-black-bean-tacos-recipe/>

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## Quinoa Taco Meat

### Appliance(s)

### Ingredients

1 cup tri-color, white, or red quinoa  
1 cup vegetable broth  
½ cup salsa (slightly chunky is best)  
1 Tbsp nutritional yeast  
2 tsp ground cumin

2 tsp ground chili powder  
½ tsp garlic powder  
½ tsp each sea salt and black pepper  
1 Tbsp olive or avocado oil

### Instructions

Heat a medium saucepan over medium heat. Once hot, add rinsed quinoa and toast for 4-5 minutes stirring frequently. Add vegetable broth and water and bring back to a boil over medium-high heat. Then reduce heat to low, cover with a secure lid, and cook for 15-25 minutes, or until liquid is completely absorbed. Fluff with a fork, then crack lid and let rest for 10 minutes off heat.

Preheat oven to 375F. Add cooked quinoa to a large mixing bowl and add remaining ingredients (salsa, nutritional yeast, cumin, chili powder, garlic powder, salt, pepper, and oil). Toss to combine. Then spread on parchment paper-lined baking sheet. Bake for 20-35 minutes stirring/tossing once at the

halfway point to ensure even baking. The quinoa is done when it's fragrant and golden brown. Be careful not to burn.

This quinoa taco meat goes extremely well in crispy taco shells and soft taco shells, and I also think it would be perfect on nachos, taco salads, tostados and in enchiladas.

Store leftovers in the refrigerator for up to 5 days. Reheat in the microwave in a 350F oven, or in a skillet on the stovetop.

Freeze for up to one month

Sonia Winburne Lenten Recipe Sharing

Source: [www.Minimalstbaker.com](http://www.Minimalstbaker.com)

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## Vegan Gnocchi Mushroom Florentine

### **Appliance(s)**

Ricer or hand mixer if making gnocchi,

### **Ingredients**

#### **Vegan Gnocchi**

3 lbs. Russet potatoes

2 1/2 C. All purpose flour

1 1/2 tsp. Salt

Or substitute readymade Gnocchi and just make the sauce.

#### **Mushroom Florentine Sauce**

10 oz. Baby bella mushrooms, sliced

1 Tbsp. Olive oil (substitute other oil)

3 Cloves Garlic, chopped

1 C. Almond milk, or non dairy milk

1 C. Vegetable broth

3 Tbsp. Corn starch

2 Tbsp. Nutritional yeast

1 tsp. Lemon juice

6 oz. Spinach, fresh

Salt and pepper to taste

Smoked Paprika (optional)

Vegan parmesan (optional)

Balsamic Vinegar (optional)

### **Instructions**

Preheat oven to 375 degrees. Prick potatoes with a fork all around. Then place in the oven, directly on the oven rack. Bake at 375 degrees for 50-75 minutes or until very soft and tender. Remove from oven and let cool.

Once the potatoes are cool, peel the skins off, they should come off really easily. Now you have a few options. Either using a ricer, rice the potatoes into a bowl, or place in a bowl and use a hand mixer to whip the potatoes until they are very smooth.

Once the potatoes are smooth and have no lumps, add in the flour a little at a time, stirring, then kneading until all the flour is incorporated and the dough is no longer sticky. Now add the salt. If the dough is still sticky, you can add up to another half a cup of flour. Continue to knead until you have a smooth ball of dough.

Now, start boiling a large pot of water.

Then, get the sauce started. Add the olive oil to a cast iron skillet and heat on medium high. Now add the mushrooms and garlic. Saute until the mushrooms are cooked through. About 5-7 minutes. Season with salt and pepper.



While the mushrooms are sauteing, cut the dough into four. On a floured surface, roll each piece of dough into a long thin rope. Then cut into 1 inch squares. You can either leave them like this, or roll on a fork to make the lines.

When the water is boiling, add some gnocchi, about 10-15 pieces at a time. Boil until they float, about 2-4 minutes. Remove with a slotted spoon and place in a bowl. Repeat until all the gnocchi is cooked.

Now finish the sauce, mix together the veggie broth, almond milk and corn starch in a bowl. Whisk until fully combined and corn starch has dissolved. Now add to the mushrooms. Reduce to medium low and simmer for about 5-10 minutes until it has thickened. Now add the nutritional yeast, and lemon juice and smoked paprika, if using. Whisk. Season with salt and pepper.

Now add the spinach and stir, just cook until the spinach has wilted. Reduce heat to low. Taste and adjust seasoning.

Once the gnocchi and sauce are done, either toss the gnocchi in the sauce or pour the sauce over the gnocchi. Serve immediately with vegan parmesan or a drizzle of balsamic, or just as is!

### Recipe Notes

Make sure you cook the gnocchi within about 20 minutes of making it, or they will start to stick together and become sticky again.

If you want to prep them, just bake the potatoes ahead of time, and don't mix with flour until ready to cook.

Nickolaos Kontogiannis Lenten Recipe Sharing

Source: [www.rabbitandwolves.com](http://www.rabbitandwolves.com)

### Recipe Variations [F]

1. Use readymade store bought Gnocchi

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## Za'atar Pilaf

### Appliance(s)

Dutch Oven

### Ingredients

2 cups sushi rice  
2 cups raw cashews  
1 cup sunflower seeds  
2 Tbsp za'atar seasoning  
1 (12oz) bottle black ale, stout beer, or mushroom broth  
Olive oil (or oil of choice)  
2 ½ cups water

### Instructions

Brown the rice, and nuts in a Dutch oven with the oil. (I often use expeller-pressed sunflower oil because it complements the flavor of the sunflower seeds) Add the beer or mushroom broth and water, as well as salt and pepper to taste. Bring to a boil, cover, turn down to low and simmer for 20 minutes.

Melissa Naasko, Fasting as a Family

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## Artichokes with Peas

### **Appliance(s)**

### **Ingredients**

10 artichoke hearts	1 Tbsp olive oil or other oil
1 cup green peas	1 diced potato
½ tsp jalapeno pepper minced	½ cup lemon juice
½ tsp caraway	A pinch of dill
½ cup onions diced	

### **Instructions**

Brush a skillet with oil. Place the onions in the skillet and brown. Place the artichokes in a saucepan with all the rest of the ingredients. Simmer until tender. Serve warm or cold.

Good lunch by itself or a companion dish for fish, poultry or veal

Mariana Zaharoff Lagen  
Zaharoff Family Recipes

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## Mexican Quinoa Stuffed Peppers

### **Appliance(s)**

### **Ingredients**

1 cup quinoa or rice	1 1/2 tsp garlic powder
2 scant cups vegetable stock	1 15-ounce can black beans
4 large red, yellow, or orange bell peppers	1 cup whole kernel corn
1/2 cup salsa	Diced tomatoes and tomato paste to taste
2 tsp cumin powder	Sugar to taste
1 1/2 tsp chili powder	

### **Toppings (Optional)**

1 ripe avocado	Diced red onion
Fresh lime juice	Creamy Cilantro Dressing (See Sauces)
Hot sauce	Chipotle Red Salsa (or your favorite salsa)
Cilantro	

### **Instructions**

Add quinoa and vegetable stock to a saucepan and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy - about 20 minutes. Preheat oven to 375 degrees F (190 C) and lightly grease a 9x13 baking dish or rimmed baking sheet. Brush halved peppers with a neutral, high heat oil, such as avocado oil or refined coconut oil.

Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix thoroughly to combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.

Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.

Bake for 30 minutes covered. Then remove foil, increase heat to 400 degrees F (204 C), and bake for another 15-20 minutes, or until peppers are soft and slightly golden brown. For softer peppers, bake 5-10 minutes more.

Serve with desired toppings (listed above) or as is. Best when fresh, though leftovers keep covered in the refrigerator for 2-3 days. Reheat in a 350-degree F (176 C) oven until warmed through - about 20 minutes.

Philothea Volkman

<https://minimalistbaker.com/spanish-quinoa-stuffed-peppers/>

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## Kolokithokeftedes / Squash Fritters

### **Appliance(s)**

### **Ingredients**

2 Tbsp Bob's Red Mill Flax Meal or flax meal of your choice

1/2 cup room temperature water

2 large zucchini (approx 2 lbs or 4 cups shredded/pre-squeezed)

1/2 cup shredded potato (approx 1 medium potato)

1/2 cup shredded carrot (approx 1 medium carrot)

1/2 cup shredded onion (approx 1 small yellow onion)

1/3 cup chopped herbs (I use 2 tbsp each of mint, dill and parsley)

1 Tbsp lemon zest

1/2 cup bread crumbs, fine-crushed and unseasoned

1/2 cup all purpose flour

1 tsp baking powder (or baker's ammonia/traditional Greek levener)

1 tsp salt

1/2 tsp freshly ground black pepper

1/4 tsp ground nutmeg

approx 1/2 cup light olive oil or vegetable oil for frying

### **Instructions**

Shred zucchini into colander and sprinkle with about 2 tsp of salt (this amount is in addition to above 1/2 tsp). Allow to drain over the sink for 20 minutes or so.

Mix flax meal and water until completely combined. Set aside and allow mixture to sit for about 10 minutes as you prepare the rest of your recipe.

Shred onions, carrots and potatoes. Squeeze out liquid from onions and potatoes by ringing them in a clean kitchen/tea towel over the sink. Set aside.

Chop herbs, measure out breadcrumbs and spices (leaving out the AP flour), zest lemon and combine all in large bowl.

When flax meal is ready, mix into large bowl with herbs/crumbs/spices until completely combined.

Rinse (just very lightly) shredded zucchini and ring out any liquid in a kitchen/tea towel, my method of choice. Add all shredded veggies to bowl with flax/herbs/etc mixture and stir to combine completely.

Lastly, add the flour and, now working with your hands, combine everything once more. Set aside to rest for at least 10 minutes on the counter and for up to 3 days, covered in the refrigerator.

Add 3 tbsp oil to shallow frying pan and bring to medium heat. Watch the pan so your oil does not burn! I keep my pan at number 5 on my induction stove and remove pan from heat for about a minute between batches.

When ready to fry, scoop up squash mixture (I use a 1/3 cup measure) and roll into a ball your hands.

Add ball to hot pan and gently pat into a patty.

Make sure there is room around each for you to be able to flip them easily. Depending on the temp of your oil, frying should take about 2-3 minutes per side and come out a nice crispy golden brown. Add 2 tbsp oil to the pan between each batch.

Serve these immediately!

Philothea Volkman

Source: <http://thegreekvegan.com/kolokithokeftedes-squash-fritters/>

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## Peanut Noodles

### **Appliance(s)**

### **Ingredients**

8 oz. spaghetti

1 bunch green onions, sliced (white parts only)

2 Tbsp sesame oil

1 tsp minced fresh ginger root

1/3 cup peanut butter

¼ cup soy sauce

¼ cup hot water

1 Tbsp cider vinegar

1 tsp white sugar

¼ tsp crushed red pepper flakes

### **Instructions**

Cook pasta in a large pot of boiling water until done. Drain

Meanwhile combine oil and onions in a small skillet. Sauté over low heat until tender. Add ginger, cook and stir for 1-2 minutes. Mix in peanut butter, soy sauce, water, vinegar, sugar and red pepper flakes.

Remove from heat. Toss noodles with sauce and serve.

Juliana Volkman

Source: [www.allrecipes.com](http://www.allrecipes.com)

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## Vegan Gyros

### **Appliance(s)**

A food processor

An aluminum loaf type baking pan

A deep sided baking dish that will hold water and the aluminum baking pan

A large baking sheet or tray

Aluminum foil Meat thermometer

First, let me start by saying unequivocally that gyro meat should be cooked on a gas vertical rotisserie. It just should. No, I mean it, it should.

But if you are unlike me and haven't dared to risk the wrath of your spouse by secretly buying one off Amazon (and being singularly unsuccessful at hiding said purchase), then it can be done in an oven...it's just more steps.

Also, This recipe is going to be vegan...but I will give the proportions and directions for doing this non-vegan as well...basically just substitute meat for the "not-meat" in this recipe. The spices and cooking temp will be the same, the only change is to leave out the vegan feta cheese and sauer-kraut juice and to salt the meat 1 hour before mixing to retain moisture.

Finally, this is a vegan version of a delicious meat based recipe...so temper your expectations. It will not taste "exactly like the real thing"...but it is delicious.

I don't know about anyone else, but Greek- American Gyros are one of my favorite foods. I have had the true Greek version with marinated and thinly sliced, crispity juicy pork wrapped in pita bread with tomatoes and lettuce, juices running down your chin when you take a bite and...pardon me a moment, I think I need to make a sammich.

...OK.

Now, as good as the original gyro is, I prefer the Greek-American version, a 75/25 mix of beef to lamb with 80/20 beef to keep juicy. There's just something about these sandwiches...I always get visions of a grinning, swarthy guy with Mediterranean eyebrows and a bushy moustache behind a counter passing me a handful of deliciousness wrapped in paper...

Anyway, to replicate that experience as closely as possible, I use vegan feta crumbles in my "not-meat" mixture...both for salt and for the "gamey" sort of flavor you get with lamb. I also use real salt cured sauer-kraut juice (not the store bought kind with vinegar), but it isn't necessary - leave it out if you don't have it on hand.

The key to making this as close as possible to the real texture of gyro meat is in the use of the food processor, squeezing out the onion to remove the juices before adding it to the mix, cooking slowly then broiling the slices before eating...don't leave any of these steps out or it will not come out right.

### Ingredients

1 pound of Beyond Meat or Impossible Burger	½ tsp of kosher salt
¼ cup Italian bread crumbs (make sure they are vegan)	½ tsp of black pepper
½ of a large white onion finely chopped with juices squeezed out	¾ tsp dried oregano
3 ounces of vegan feta crumbled	2 cloves of chopped fresh garlic
	2 tbsp of olive oil or vegetable oil
	1 tsp of sauer-kraut juice

### Instructions

In a food processor, combine the ground "meat" with the drained onion, kosher salt, black pepper, oregano flakes, Vegan feta, oil, sauer-kraut juice and garlic. Process on pulse and then on regular until you end up with a thick paste. Do this in batches to not overstrain your food processor and to keep the mixture cool.

(\*Note: If using real meat during non-fast, salt the meat one hour before mixing in food processor, increase kosher salt to 1 teaspoon and leave out the feta and sauer-kraut juice).

Scoop mixture into a bowl, mix it together with gloved hands to get everything distributed evenly throughout and let rest for one hour (or up to 4 hours if you want...but I can never wait that long) covered in the refrigerator.

Prepare your aluminum loaf baking pan by lightly coating it with oil.

After waiting as long as you can stand it, remove the mixture from the refrigerator, mix in the bread crumbs very well by hand, doing your best to keep the mixture cold. Put the mixture into the loaf pan and be sure to pack it down tight to remove any air pockets. Make a very shallow indentation in the middle of the loaf all along its length with the side of your hand (or with a spoon for those of you who are fastidious). This will help keep the loaf from swelling up in the center as it cooks.

Cover loaf tightly with aluminum foil and the place in the freezer briefly while your oven heats up. (Don't forget about it and let it freeze...it won't hurt it, or change the taste, but you'll spend a couple agonizing hours waiting for it to thaw).

Pre-heat oven on bake or convection bake to 300 degrees. While oven is pre-heating, line your baking tray with aluminum foil and get out the deep sided baking pan. When oven is hot, remove the loaf pan of mixture from the refrigerator, place in the deep sided dish, and fill with enough water to bring it  $\frac{1}{4}$  of the way up the side of the aluminum loaf pan. Place deep sided dish with loaf pan onto the baking tray, then put in the middle of the oven.

Bake to an internal temp of 155-160 degrees. It's ok to poke a hole in the aluminum foil to check the temp, just try to use the same one each time.

When temp is reached, remove from the oven and let cool to room temp. Don't put in the frig to hurry up the process.

When room temp, THEN put in frig to chill (Yes, I know...but if you put it in hot it gets all manky). When thoroughly chilled, remove from loaf pan. You will notice it is sort of a grey color...but we are going to fix that.

Slice the loaf thinly, then when you are ready, lightly coat the aluminum foil covered baking tray with oil, put the oven on broil, put the slices on the tray and put them on the top shelf of the oven. Watch it closely. You want them to get crispy and brown, not black and smoking. Also, you are not trying to crisp the slices all the way through. You just want to get the surfaces crispy while keeping the meat juicy.

Maybe remove them from the heat a couple times to get them just right and to "taste for doneness"....hey, you've worked hard for this...it's only fair you get to lick the spoon, so-to-speak.

Remove from oven when done, place on pita bread with sliced tomato, sliced red onion, lettuce, vegan feta crumbles, and vegan mayo with dill. Squeeze a little fresh lemon juice over the top and enjoy!!

Giorgi Hart

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## Mac and Cheese

### **Appliance(s)**

#### **Ingredients**

1 cup raw cashews	½ tsp paprika
8 oz whole grain elbow pasta (use gluten-free if necessary)	Pinch of red pepper flakes
2 crowns broccoli, chopped into bite-size florets	2 tbsp lemon juice
½ tbsp oil	1¼ cups water
1 medium onion, diced	¼ cup nutritional yeast
1 tsp garlic powder	2 cups spinach (or greens of choice) chopped into ribbons (optional)
1 tsp salt (more to taste)	½ c. Panko bread crumbs for top (optional)
½ tsp turmeric	

#### **Instructions**

Place cashews in a small bowl and cover with very hot water. Set aside.

Cook pasta according to package directions. When 2-3 minutes are remaining, add broccoli. Once pasta is al dente, drain.

Heat oil in a skillet over medium heat. Add onion and a pinch of salt and cook for 5 minutes, or until translucent. Add garlic powder, salt, turmeric, paprika, and red pepper flakes, stirring for a minute. Carefully transfer onion mixture to a blender and add greens to pan, sautéing for a couple minutes or until wilted.

Add the drained cashews, lemon juice, water, and nutritional yeast to onion mixture in blender and blend until smooth and creamy.

Add pasta and broccoli back to pot along with sauce and toss together. Add greens and stir until combined. Taste and add salt if needed. You can serve immediately or pour into a 9x13in baking dish, top with ½ cup panko bread crumbs, and bake for 15 minutes at 350 for a crisper topping. Serve with hot sauce, if desired.

**Prep Time:** 20 mins **Cook Time:** 10 mins **Servings:** Serves: 4-6

Matushka Ruth Hinton

Source: [www.hummusapien.com](http://www.hummusapien.com)

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## Sweet Potato Casserole

### **Appliance(s)**

#### **Ingredients**

3-4 fresh sweet potatoes baked and peeled	1/3 cup orange juice
3 Tbsp. margarine, softened	¼ cup firmly packed brown sugar
½ tsp. salt	¼ cup chopped pecans
1 8 ounce can crushed pineapple, drained	

**Instructions**

Grease a 1-quart casserole dish. Mash sweet potatoes with the margarine and salt. Add pineapple and orange juice, blend well. Spoon into a casserole dish. Sprinkle with brown sugar and pecans. Bake at 350F for 30 minutes.

Juliana Volkman

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## Quick Harvard Beets

**Appliance(s)****Ingredients**

3 cups sliced raw beets or 2 cans (16 oz each)  
sliced beets  
½ cup sugar  
1 Tbsp all-purpose flour

½ cup white vinegar  
½ tsp salt  
2 Tbsp butter or butter substitute

**Instructions**

In a saucepan, place raw beets and enough water to cook. Cook until tender, 15-20 minutes. Drain, reserving ¼ cup liquid. (If using canned beets, drain and reserve ¼ cup juice)  
In another saucepan, combine sugar, flour, vinegar and reserved beet juice. Cook over low heat until thickened. Stir in beets, salt and butter. Simmer for 10 minutes.

6 servings

Anastasia Lagen

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

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## Honey Roasted Brussel Sprouts

**Appliance(s)****Ingredients**

1 lb Brussel sprouts, cut in half or quartered  
2 Tbsp olive oil  
2 Tbsp honey

1 cup dried cranberries  
½ cup sliced almonds

**Instructions**

Preheat oven to 350F. Put Brussel sprouts and oil in a large bowl. Season with salt and pepper and toss to coat. Spread on a rimmed baking sheet on a single layer, cut side down and roast until tender and edges are starting to brown, about 35 minutes. Drizzle Brussel sprout with honey and sprinkle evenly with cranberries and almonds. Bake until honey has melted and cranberries and almonds are warmed through. About 5 minutes more.

Serves 4

Submitted by Anastasia Lagen

Source: [.allyou.com](http://.allyou.com)



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## Best Vegan Mashed Potatoes

### Appliance(s)

Potato masher or mixer

Recipe is customizable with a healthy butter or oil free option.

### Ingredients

2 1/2 lb. potatoes (russet, Yukon, or red), cut into 1 1/2 – 2-inch cubes

1/4 cup vegan butter (Miyoko's pref.) or extra virgin olive oil, at room temp

3/4 – 1 cup unsweetened non-dairy milk (almond, cashew, oat, soy, etc.), at room temp

salt + pepper, to taste

### Instructions

**Boil potatoes:** In a large pot, add potatoes and fill pot with enough water to cover potatoes, there should be about 1 – 2 inches of water over top. Bring to a boil, cover askew, reduce heat to low, and cook over a gentle boil for 15 – 20 minutes. Potatoes are done when fork tender. Remove from heat, carefully drain water.

**Mash:** Add the fat (butter/oil) right away, mash into the potatoes with a potato masher. Pour in the non-dairy milk and continue to mash until fluffy and creamy. Season to taste with salt and pepper.

Serves 4 – 6

**Store:** Leftovers can be stored in the refrigerator for up to 5 – 6 days. For longer storage, freeze for up to 2 – 3 months. Let thaw before reheating.

**Butter + Oil-free:** Use 1/4 cup vegan sour cream in place of butter or oil. Alternatively, omit oil/butter and simply use non-dairy milk or Vegan Cream.

Source: <https://simple-veganista.com/vegan-mashed-potatoes/>

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## Banana Bread

### **Appliance(s)**

### **Ingredients**

3 ripe bananas, mashed	1 tsp. salt
½ cup oil	1 tsp. baking soda
2 cups all purpose flour	8 tsp. orange or grape juice
1 cup sugar	

### **Instructions**

Mix all ingredients together and bake in greased, floured bread pan at 350F for 60 minutes. May be easily doubled or tripled. Also nice with ½ cup nuts or ½ cup non-dairy chocolate chips added.

Juliana Volkman

Source: Presvytera Anne Laskowski

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## Green Bean Casserole

### **Appliance(s)** Casserole dish

### **Vegetarian Sauce**

#### **Ingredients:**

Reserved liquid from green beans	Water or soy milk
3 Tbsp. margarine or vegan butter	1 vegetable bouillon or 1 tsp. vegetable broth
3 Tbsp. flour	Salt to taste
1/4tsp. pepper	

### **Directions:**

Heat oven to 350F. Melt the butter in a saucepan. Blend in the flour and pepper. Cook over low heat, stirring constantly, until smooth and bubbly. Remove from heat. Stir in reserved liquid from vegetables, vegetable bouillon or vegetable broth, plus enough water or soy milk to make 1 ½ cups until mixture is smooth. Return to heat. Stirring constantly, bring to a boil. Continue stirring for one minute. Taste. Adjust salt, if necessary.

### **Casserole**

#### **Ingredients**

2 cans (16 oz. each) French style green beans	1 tsp. Worcestershire sauce
3 cups Vegetarian sauce (double recipe)	1/8 tsp. onion salt
1 jar (2 ½ oz.) sliced mushrooms	1 can (3oz.) French fried onions
1/2 cup slivered almonds (toasted)	

**Instructions**

Drain and reserve the liquid from the canned green beans. (Use reserved liquid for Vegetarian sauce)  
Combine the green beans, vegetarian sauce, sliced mushrooms, slivered almonds, Worcestershire sauce and onion salt. Mix well. Place in a 1 ½ quart casserole dish and bake until bubbly, 30-35 minutes.  
Remove from oven and top with French fried onions.

Anastasia Lagen

Source: The Nashville Cookbook

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## **Applesauce Cake**

**Appliance(s)****Ingredients**

1 ¾ cups cake flour – sift before measuring	1 tsp. cinnamon
2/3 cups raisins	½ tsp. cloves
2/3 cup dried cranberries	½ cup Miyokos Brand Vegan Butter substitute
2/3 cup walnuts	1 cup white or brown sugar
½ tsp. salt	1 ¼ cup applesauce
2 tsp. baking soda	

**Instructions**

Combine flour, salt, baking soda, cinnamon and cloves together into a small bowl.  
Dust raisins, cranberries, and walnuts with flour  
In a large bowl, cream Miyokos Vegan butter until soft then add sugar and applesauce.  
Sift in flour mixture into cream mix and add fruit and nut mixture.  
Bake in a 7-inch tube pan at 350 F for 45 minutes.

Cara Margaret Bliven

adapted from Joy of Cooking

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## **Nan's Happy Valley Cake**

**Appliance(s)****Ingredients**

1 ½ cup all-purpose flour	5 Tbsp. vegetable oil
1 cup sugar	1 Tbsp. white vinegar
1 tsp. baking soda	1 tsp. vanilla
3 Tbsp. cocoa	1 cup cold water
¾ tsp salt	

**Instructions**

Grease and flour an 8 x 8 pan. Mix all ingredients with a beater. Bake at 350F for 35 minutes.  
Ice with your favorite frosting icing. \*Double recipe for a 9 x 13 pan

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## Honey Cake

### Appliance(s)

### Ingredients

⅔ c. honey	½ c. walnuts, chopped
½ c. sugar	3 c. flour
1 t. baking soda dissolved in 1 c. water	2 t. cinnamon
½ c. vegetable oil	1 t. nutmeg
1 c. walnuts, ground	

### Instructions

Combine honey and sugar. Add baking soda mixture and blend. Add vegetable oil, nuts (ground and chopped), cinnamon, nutmeg and flour. Mix well. Pour into a greased and floured 9x9" pan. LET STAND AT ROOM TEMPERATURE FOR 1 HOUR BEFORE BAKING. Bake for 30 minutes at 325°.

Matushka Ruth Hinton

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## Lenten Apple Berry Crisp

### Appliance(s)

Food processor

### Ingredients

3 apples, <u>peeled, cored, and sliced</u> (Gala, Braeburn or Honeycrisp)	1 tablespoon arrowroot powder
1 pint fresh berries or 1 bag frozen mixed berries (Trader Joe's )	1 cup blanched almond flour (not almond meal)
1 tablespoon lemon juice	¼ teaspoon celtic sea salt
1 tablespoon <u>vanilla extract</u>	¼ teaspoon baking soda
	2 tablespoons coconut oil
	2 tablespoons honey, or maple syrup

### Instructions

In a large bowl, toss together apples, blackberries, lemon juice, vanilla, and arrowroot  
Transfer mixture to an 8 x 8 inch baking dish  
To make topping, in a food processor, combine almond flour, salt, baking soda, oil, and maple syrup  
Crumble topping over apple-blackberry mixture  
Cover with tin foil and bake at 350°F for 60 to 70 minutes until fruit is juicy and bubbling  
Uncover and bake for 10-15 minutes to brown topping  
Enjoy! Serves: 6

Celeste Englehardt  
Source: <https://elanaspantry.com>

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## **Lenten Chocolate Cake**

### **Appliance(s)**

### **Ingredients**

3 c flour	3 T vinegar
2 t baking soda	2 T vanilla
6 T cocoa	¾ c oil
1 t salt	2 c cold water
2 c sugar	

### **Instructions**

Mix flour, baking soda, cocoa, salt, and sugar in a large mixing bowl. Add vinegar, vanilla, oil and water and mix well. Pour batter into greased 9x13" baking pan. Bake at 350° for 45 minutes. Ice with fasting icing.

Matushka Ruth Hinton

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## **Lenten Chocolate Chip Cookie Recipe**

### **Appliance(s)**

### **Ingredients**

2 cups margarine	4 ½ cups unbleached flour
1 cup brown sugar	1 tsp. salt
1 cup sugar	2 tsp. baking soda
½ cup Vanilla Soy Milk	12 ounces semisweet chocolate chips
2 tsp. vanilla	(Ghirardelli semi-sweet are Lenten)

### **Instructions**

Preheat the oven to 350F.

Cream margarine and sugars until light and fluffy. Slowly add soymilk, cream well, then add vanilla.

Combine the dry ingredients in a mixing bowl. Add the dry ingredients to the creamed mixture, then fold in the chocolate chips.

Drop by teaspoons on cookie sheets. Bake at 350F degrees for 8-10 minutes or until edges are golden brown. Let cool 5 minutes before removing from cookie sheets. Serve with ice-cold glasses of soymilk or other nondairy milk.

Yield: approx.. 6 dozen cookies

Juliana Volkman

## Vegan Dark Chocolate Tofu Blender Cake

**Appliance(s)** Blender

### **Ingredients**

1 cup of soymilk	Handful of raisins
½ cup of coconut oil or margarine melted (vegetable oil works)	Handful of grated coconut flakes
4 tbsp of Hershey dark cocoa	1 tsp of vanilla
1 ½ cups of non bleached white flour or your choice of flour	1 tsp of vinegar
2 oz of tofu cut in pieces	2 tsp of baking powder
2/3 cup of granulated sugar	½ tsp salt
Handful of sliced almonds or your choice of nuts	½ tsp of cinnamon
	1 can of coconut milk

### **Instructions**

Place the liquid ingredients in the blender including the tofu and slowly add the flour and almost all the sugar; reserve 2 tbsp. Blend until is all creamy.  
Add the raisins, almonds and coconut flakes and stir. Sprinkle the left sugar and stir.  
Preheat 375F oven  
Oil the baking container and place the creamy but not too runny mixture.  
Bake for about 30 minutes. Cut in squares after cooled down and serve with coconut milk topping.  
About 8 pieces.

Licia Hanshaw

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## Chocolate, Coconut, Blueberry & Raspberry Parfait

**Appliance(s)**

This is a great pre-workout (eat 1 hour before) also a yummy dessert

### **Ingredients**

½ cup chocolate ganache (See recipe in sauces)	½ cup coconut cream
½ cup gluten free rolled oats	2 Tbsp unsweetened shredded coconut
½ cup raspberries	1 Tbsp cacao nibs

### **Instructions**

Spoon the chocolate ganache into a tall glass. Cover with the oats, then the raspberries and blueberries.  
Top with the coconut cream and shredded coconut. Garnish with cacao nibs and a few blueberries.

Anastasia Lagen  
Source: Thrive Energy Cookbook

## Vegan Thick Italian Hot Chocolate

### **Appliance(s)/Tools(s)**

Fine mesh strainer or cheesecloth

### **Ingredients**

6 ounces vegan Dark Chocolate (good quality)  
chopped into small pieces  
¼ - 1/3 cup sugar (can use Truvia sugar  
replacement)  
2 Tbsp. honey  
¼ cup cocoa  
2 cups almond milk  
1 Tbsp. cornstarch

1 - 2 Tbsp. instant coffee granules

1 tsp. vanilla

Pinch of salt

### **Topping**

Vegan cream – coconut, vegan whipped cream,  
whipped aquafaba (water from canned  
chickpeas)

### **Instructions**

Simply pour all ingredients for hot chocolate in heavy bottom pot or skillet. Place over medium heat and stir until thickened. It will not be overly thick. About as thick as heavy cream from a carton. Perhaps a bit thicker. Strain it in a fine mesh sieve. Pour into cups. Top with cream of choice.

2 servings

Anastasia Lagen

Source: Paul Azkoul – Lenten Recipe Sharing

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## Vanilla Vodka

### **Ingredients**

1 bottle of Vodka, Ciroc or your favorite brand

5 Vanilla beans

### **Instructions**

At the beginning of Great Lent on Meatfare Sunday, split open 5 Vanilla beans down the long side of the bean so to expose the inside of the bean. Insert the 5 beans one by one into the bottle of Vodka, seal the cap and put it a cool place. During Holy Week, on Holy Wednesday or Thursday, place the bottle into the freezer. On Pascha, open the bottle and taste your Vanilla Vodka. The longer the Vodka sits the better the taste.

Some people start their Vanilla Vodka on New Years Day and then open in up on Pascha. Enjoy!

### **Notes:**

You can purchase quantities of vanilla beans on Amazon for a reasonable price.

Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes.

You can purchase little bottles and fill them up with the Vanilla Vodka. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Pasha basket and Christmas gifts.

Celeste Marko Englehardt

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## Olive Oil Fast Recipes

### Breads

## Classic Focaccia

### Appliance(s)

### Ingredients

5 cups bread flour  
2 tsp flaky salt  
3 tsp active dry yeast  
1 2/3 cup lukewarm water  
2 tsp sugar  
¼ cup extra virgin olive oil

Topping  
¼ cup extra virgin olive oil  
2 Tbsp water  
Fresh rosemary chopped  
Fresh Thyme chopped

### Instructions

In a large bowl whisk together the flour and salt

In a small bowl dissolve yeast in 2/3 cup water and then add to the flour mixture. Add the oil and the remaining 1 cup water. Combine with a wooden spoon and then knead on a lightly floured surface for about 5-10 minutes until smooth.

Transfer the dough to a lightly oiled bowl. Cover with plastic wrap. Let it rest for about 1 hour at room temperature (warm space) until doubled in size.

On a lightly oiled surface shape the dough into a rectangle and fold in three, rotate, stretch it a bit again and fold in three.

Place the folded dough into the greased bowl, cover and let it rest for another 30 minutes.

Grease a 12 x 16 inch baking sheet with extra virgin olive oil.

Place the dough into the prepared baking sheet and stretch it with your palm to fit the entire pan

Cover and let it rest for 30 minutes.

Meanwhile preheat oven to 425F

Chop fresh rosemary and thyme. In a small bowl combine oil with water.

Use your fingers to create holes in the dough. Pour the oil water mixture over the dough, filling the holes. Sprinkle flaky sea salt and chopped herbs.

Bake for about 25-30 minutes until golden brown. Add some more olive oil if desired right after taking it out of the oven.

Cool slightly before cutting.

Effie DelMedico Lenten Recipe Sharing  
Source: [www.Homecookingadventure.com](http://www.Homecookingadventure.com)

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## Crab Cakes

### Appliance(s)

**This is a make ahead entrée that requires several hours refrigeration before cooking. Makes 6-8 crab cakes.**

### Ingredients

1 pound jumbo lump crab meat (Costco Phillips brand)	1 tsp. Worcestershire sauce
3 Tbsp. breadcrumbs	2-4 Tbsp. Veganaise (just add until desired consistency is reached)
3 green onions thinly sliced	Butter (Earth Balance no soy vegan butter) to coat pan
2 Tbsp. parsley freshly chopped	
1 tsp. Cajun seasoning	
1 tsp. Cayenne (optional)	

### Instructions

Transfer crabmeat to a mixing bowl and pick over for shells or cartilage (throw out) Add next seven ingredients and combine.

Form crabmeat mixture into patties and refrigerate for a few hours. This helps the patties hold their shape while cooking.

Warm butter in a non-stick skillet. Pan fry patties for about 4 minutes or until bottom is golden and crispy. Flip patties and fry for an additional 3-4 minutes or until bottom is golden brown and slightly crispy.

Transfer crab cakes to a plate. Garnish with micro greens, aioli, or spicy Cajun sauce.

Juliana Volkman

Source: The Louisiana Advocate Helana Brigman

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## Potato and Pea Samosas

### Appliance(s)

### Ingredients

#### Pastry:

2 cups all- purpose flour	4 Tbsp. Earth Balance butter substitute non-soy
1 tsp. fine sea salt	6 – 8 Tbsp. water
½ tsp. ajowan seeds (or dried Thyme)	

#### Filling:

1 ½ lbs. potatoes, peeled and cut into 1 inch cubes (2-3 large potatoes)	1 Tbsp. freshly grated gingerroot
1 Tbsp. oil	1 green finger chile, seeded, finely diced (optional)
½ onion finely diced	½ tsp. whole cumin seeds

½ tsp. ajowan seeds (Indian store or online)  
1 tsp. chaat masala (See recipe below)  
½ tsp. fine sea salt  
¼ tsp. freshly ground black pepper

2 Tbsp. roughly chopped fresh cilantro leaves  
½ c. peas (fresh or frozen)  
2 Tbsp. water  
2 Tbsp. Earth Balance non-soy butter

### Instructions

**Pastry:** In a large bowl, combine flour, salt and ajowan. Using your fingers, rub in butter (ghee) until mixture resembles breadcrumbs. Add water 1 Tbsp at a time, until a firm dough forms. Turn out onto a clean surface and knead for 5 minutes, until smooth. Pat into a ball, wrap in plastic wrap, and set aside at room temperature for at least 30 minutes.

**Filling:** In a saucepan of boiling salted water, cook potatoes until fork tender, 20-30 minutes. Drain and set aside.

In a saucepan over medium-high heat, heat oil. Add onion and ginger and saute for 3 minutes, until soft. Add chile, cumin, ajowan, chaat masala, salt and pepper and cook, stirring often, for about 2 minutes, until fragrant.

Add cooked potato, cilantro and peas and cook, stirring often, for about 5 minutes, until potato is well coated with spice mixture and begins to break down. Turn off heat and using a potato masher or large fork, mash gently. Set aside to cool.

Preheat oven to 400 F

Divide prepared dough into 12 equal pieces; keep covered with plastic wrap until ready to use. On a lightly floured work surface, using a rolling pin, roll each piece into a square about 1/16 inch thick. Place a generous Tbsp. of potato mixture in the center of each square. Dip your finger in water and run it around the edge of the pastry, then gently fold it over the filling to make a triangle. Press edges tightly to seal. If desired, use a fork to press a pattern into the sealed edges.

**Note:** You can make the samosas ahead and freeze them uncooked, wrapped tightly in plastic wrap or in a resealable bag for up to 1 month. When ready to enjoy, bring to room temperature before brushing with butter and baking.

Transfer samosas to baking sheet lined with parchment paper. Brush both sides of each samosa with melted butter. Bake in preheated oven for 20-30 minutes, turning once, until pastry is golden and crisp.

Serve immediately.

Makes 12 Samosas

## Chaat Masala

8 tsp. ground cumin  
3 tsp. fine sea salt  
3 tsp. powdered black salt (Indian store or online)  
3 tsp. ground fennel seeds

1 ½ tsp. garam masala  
Pinch asafetida (order online or from Indian spice store)  
Pinch ground red chile (Kashmiri or teja) \*\*  
Optional

Combine ingredients in a bowl and stir well to ensure even distribution. Transfer to an airtight container and store, away from extremes of heat, light and humidity for up to 1 year

Makes 18 ½ teaspoons

Anastasia Lagen

Source: The Spice and Herb Bible

## Kalamata Olive Tapenade

### Appliance(s)

#### Ingredients

3 cloves garlic, peeled (I use less) or garlic powder  
1 cup pitted kalamata olives (I use a jar 8-12 oz kalamata olives in brine- drain the brine)  
2 Tbsp. capers, drained  
3 Tbsp. chopped fresh parsley

2 Tbsp. lemon juice (I use 1 Tbsp.)  
2 Tbsp. olive oil (optional)\*\*  
Salt and pepper to taste (using olives in brine I don't add salt and pepper)

#### Instructions

Place the garlic cloves into a blender or food processor, pulse to mince. Add the olives, capers, parsley, lemon juice, and olive oil if using. Blend until everything is finely chopped.

Season to taste with salt and pepper.

Serve with Pita bread or Pita chips. On a fish day try this with smoked salmon.

Servings 8; Yield 1 cup

Anastasia Lagen  
Source: allrecipes.com

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## Spinach Artichoke Cups

### Appliance(s)

#### Ingredients

45 mini phyllo shells (filo)  
3 cups frozen spinach (measured frozen) thawed, squeezed of excess water & chopped finely  
1 14 oz can artichoke hearts , drained & finely chopped  
1/4 cup vegan mayonnaise  
1/3 cup vegan cream cheese , softened  
2 teaspoons lemon juice , fresh squeezed

1/3 cup panko breadcrumbs  
2-3 tablespoons nutritional yeast (or vegan parmesan)  
3/4 teaspoon garlic powder  
3/4 teaspoon onion powder  
1/2 teaspoon paprika  
1/2 teaspoon crushed red pepper (optional)  
3/4 teaspoon salt, or to taste  
fresh cracked pepper, to taste

#### Instructions

Preheat oven to 375° F (190° C).

To a large mixing bowl, add the spinach, artichoke hearts, mayonnaise, cream cheese, lemon juice, breadcrumbs, nutritional yeast, garlic powder, onion powder, paprika, crushed red pepper, salt, and pepper. Combine well. Taste for seasoning and add as needed.

Fill the mini phyllo shells using a small spoon. Place each one on a large baking tray.

Place in the oven and bake for 10-12 minutes, until filling is heated throughout. Serve immediately. Sprinkle with vegan parmesan if desired.

#### Notes

\*Prep time doesn't include thawing time.

\***Make ahead:** make the dip the 1-2 days before and place in an airtight container. Store in the fridge. When ready, just fill up the frozen phyllo shells and bake as usual.

\***Freeze:** Fill up the phyllo shells and place them back in the trays they came in. Once frozen, they can be stored in an airtight container. Freeze for 2-3 months. Baking time may need to be increased by 5-10 minutes.

\* The amount of spinach going into the bowl should be about 1 cup (a little more is fine). This is after it has been thawed and squeezed of excess water. If you use fresh spinach, just cook it down to that amount as well.

\* For an extra kick, add 1/2 teaspoon of ground cumin.

**Prep Time:** 10 mins + thawing time **Cook Time:** 10 mins **Servings:** Servings: 6

Matushka Ruth Hinton

Source: [Veganhuggs.com](http://Veganhuggs.com)

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## Za'atar Pita Bread

**Appliance(s)** Baking Tray with lip

### **Ingredients**

Pita Bread

Za'atar seasoning (Kroger)

Thyme

Olive Oil

### **Instructions**

Pour olive oil into a large shallow plate. Place pita bread on top of olive oil to soak for approx. 90 seconds. Place dry side of the pita bread onto a baking tray with a lip. Sprinkle Za'atar generously onto pita bread. Lightly sprinkle dried Thyme on the pita. Sprinkle Basil to taste. Bake at 350F for 8-10 minutes.

Notes:

For a Greek twist lightly sprinkle with dried basil, oregano and sea salt and spritz lemon juice on it after it comes out of the oven.

Nick Lagen

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## Vegan Quesadillas

### **Appliance(s)**

Skillet or Quesadilla Maker

### **Ingredients**

Oil or Earth Balance Non Soy Butter Substitute

Vegetables of choice

Tortillas

Hellmans Vegan Mayo

**Instructions**

Simmer any veggies you like in a skillet until fork tender  
Mix in vegan mayo – Hellmans vegan preferred  
Fill tortillas fold over and cook

Kat Chatzigeorgiou  
Lenten Recipe Sharing

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## Greek Avocado Toast

**Appliance(s)****Ingredients**

Avocado	Pepper
2 Tbsp Extra virgin olive oil	¼ tsp Oregano
1 tsp Lemon juice	Crushed red pepper (optional)
Salt	Whole wheat bread

**Instructions**

Toast Bread. Mix olive oil lemon, salt, pepper oregano and crushed red pepper. Spread avocado on toast. Drizzle sauce over toast.

Vicki Revel Lenten Recipe Sharing

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## Avocado Toast

**Appliance(s)****Ingredients**

4 slices whole-grain bread	½ tsp salt
1 avocado, halved and pitted	½ tsp ground black pepper
2 Tbsp chopped fresh parsley	½ tsp onion powder
1 ½ tsp extra virgin olive oil	½ tsp garlic powder
½ lemon, juiced	

**Instructions**

Toast bread in a toaster or toaster oven  
Scoop avocado into a bowl. Add parsley, olive oil, lemon juice, salt, pepper, onion powder, and garlic powder; mash together using a potato masher. Spread avocado mixture into each piece of toast.

Nick Lagen  
Source: allrecipes.com

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# Best Hummus

## Appliance(s)

Food Processor

## Ingredients

1 can (15 ounces) chickpeas, rinsed and drained, or 1 1/2 cups cooked chickpeas  
1/2 teaspoon baking soda (if you're using canned chickpeas)  
¼ cup lemon juice ( 1 ½ to 2 lemons), more to taste  
1 medium-to-large clove garlic, roughly chopped

1/2 teaspoon fine sea salt, to taste  
1/2 cup tahini  
2 to 4 tablespoons ice water, more as needed  
1/2 teaspoon ground cumin  
1 tablespoon extra-virgin olive oil (substitute avocado, sunflower or canola oil)

Any of the following garnishes: drizzle of olive oil or [zhoug sauce](#), sprinkle of ground sumac or paprika, chopped fresh parsley

## Instructions

Place the chickpeas in a medium saucepan and add the baking soda. Cover the chickpeas by several inches of water, then bring the mixture to a boil over high heat. Continue boiling, reducing heat if necessary, to prevent overflow, for about 20 minutes, or until the chickpeas look bloated, their skins are falling off, and they're quite soft. In a fine mesh strainer, drain the chickpeas and run cool water over them for about 30 seconds. Set aside (no need to peel the chickpeas for this recipe!).

Meanwhile, in a food processor or high-powered blender, combine the lemon juice, garlic and salt. Process until the garlic is very finely chopped, then let the mixture rest so the garlic flavor can mellow, ideally 10 minutes or longer.

Add the tahini to the food processor and blend until the mixture is thick and creamy, stopping to scrape down any tahini stuck to the sides and bottom of the processor, as necessary.

While running the food processor, drizzle in 2 tablespoons ice water. Scrape down the food processor, and blend until the mixture is ultra-smooth, pale and creamy. (If your tahini was extra-thick to begin with, you might need to add 1 to 2 tablespoons more ice water.)

Add the cumin and the drained, over-cooked chickpeas to the food processor. While blending, drizzle in the olive oil. Blend until the mixture is super smooth, scraping down the sides of the processor as necessary, about 2 minutes. Add more ice water by the tablespoon if necessary to achieve a super creamy texture.

Taste and adjust as necessary—I almost always add another 1/4 teaspoon salt for more overall flavor and another tablespoon of lemon juice for extra zing.

Scrape the hummus into a serving bowl or platter and use a spoon to create nice swooshes on top. Top with garnishes of your choice and serve. Leftover hummus keeps well in the refrigerator, covered, for up to 1 week.

## NOTES

*Recipe adapted from Michael Solomonov, via [The New York Times](#) and [Bon Appetit](#), and [Yotam Ottolenghi](#).*

**How to cook dry chickpeas in a hurry for this recipe:** In a large saucepan, combine 5 ounces (3/4 cup) dried chickpeas and 1/2 teaspoon baking soda, and fill the pot with water. Bring the mixture to a boil over high heat and skim off the surface foam as needed. Continue boiling over medium-high, adding

more water if you start running out, until the chickpeas are very mushy and falling apart, about 1 hour to 1 hour 15 minutes. Drain in a fine-mesh colander, rinse under cool running water, and drain well before using. Start the recipe at step 2.

Source: <https://cookieandkate.com/best-hummus-recipe/>

## How to Make the Best Hummus

### 1) Mushy chickpeas

Cook canned or leftover cooked chickpeas according to step 1 below. This only adds 20 minutes to your hummus-making time, and it's my number one tip for making perfect hummus at home.

**Want to cook your chickpeas from scratch?** You sure can—see the recipe notes.

**Can you over-cook your chickpeas in an Instant Pot?** I don't recommend it—you'll end up with a mess of chickpea mash clogging your vent and a puddle of chickpea cooking water surrounding your Instant Pot. I speak from experience.

### 2) Great tahini

All tahini is not created equally. When I was in Israel, Israelis's spoke of tahini, or "t'hina," with reverence. I learned that the best tahini comes from Ethiopia. Store-bought tahini in the U.S. varies widely in flavor, with some of them so bad that they've ruined my hummus.

**My favorite brands of tahini?** I had to try Solomonov's favorite, **Soom**. I found it on [Amazon](#) (affiliate link) and I have to say that it is worth it. Second favorite? **Trader Joe's organic tahini**, which is made from Ethiopian sesame seeds like Soom's. Whole Foods 365 used to be my go-to, but I encountered a few bad jars that tasted so bad, I'm afraid to try again.

**Don't skimp on the tahini, either**—you need to use 1/2 cup tahini per can of chickpeas for rich and irresistible hummus. I once toured an enormous hummus production facility and learned that they often reduce the cost of producing store-bought hummus by using less tahini. Sneaky!

### 3) Ice-cold water

Why do you always want to mix ice-cold water with tahini? This is another trick that I learned on my trip. I can't find a scientific explanation, but it seems to help make the hummus light and fluffy, and lightens the color of the tahini to a pale ivory color.

### 4) Fresh-squeezed lemon juice

Store-bought lemon juice always tastes stale and sad, and it will make your hummus taste stale and sad. Buy lemons and your hummus will taste fresh and delicious. I almost always add another tablespoon of lemon juice to my hummus for extra flavor before I plate it, but I'll leave the tang factor up to you.

### 5) Garlic, mellowed in lemon juice

This is another trick from Solomonov—if you mince the garlic in the food processor or blender with the lemon juice and let that mixture rest for a few minutes, the garlic will lose its harsh, raw bite and mellow out. I tried it before and after, and he's right! Here's [Serious Eats' scientific explanation](#) for why this works.

### 6) Olive oil, blended into the hummus and drizzled on top

Solomonov doesn't blend any olive oil into his hummus, but I think that one tablespoon makes the hummus taste even more luxurious and creamy. I recommend it!

### **7) Ground cumin**

The cumin is subtle and offers some "Je ne sais quoi," if you will. It's a common ingredient in plain hummus recipes, and makes the hummus taste a little more special.

#### *Recipe Variations [F]*

1. Green goddess hummus:  $\frac{3}{4}$  cup loosely packed fresh, leafy herbs
  2. Sun-dried tomato hummus:  $\frac{3}{4}$  cup oil-packed sun-dried tomatoes, rinsed and drained (one 6.7 oz jar)
  3. Kalamata olive hummus:  $\frac{3}{4}$  cup pitted Kalamata olives
  4. Toasted sesame hummus:  $\frac{1}{2}$  teaspoon in the hummus, plus 1 teaspoon drizzled on top
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## Black Bean Salad

### Appliance(s)

#### Ingredients

1 cup black beans, soaked  
1-quart water  
1-inch strip kombu (edible kelp- East Asian market or online)  
1 cup frozen corn  
½ sweet red pepper  
2 scallions  
¾ cup finely chopped parsley

¼ cup coarsely chopped walnuts

#### Dressing:

2 Tbsp. olive oil  
2 Tbsp. shoyu (Japanese style soy sauce)  
3 Tbsp. fresh lemon juice  
1 tbsp. prepared mustard  
1 clove garlic, crushed

#### Instructions

Drain the beans. Place them in a medium saucepan with the water and kombu. Bring to a boil, reduce heat, cover, and cook for 2 hours, adding water as needed. The beans should be soft, but not mushy.

Combine dressing ingredients in a jar and set aside.

Boil corn in a little water until tender.

When beans are done, pour them into a large bowl and mix the dressing into the hot beans.

Add corn, scallions, parsley and walnuts and mix well. Allow to sit in the refrigerator at least 1 hour before serving.

Cara Margaret Bliven

Source: Mary Granger

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## Three-Bean Pasta Salad

### Appliance(s)

#### Ingredients

##### Salad:

10 oz. small pasta shells  
¾ lb. green beans (about 2 cups) cut in 1" pieces)  
1 can cooked drained chickpeas  
1 can cooked drained kidney beans

½ c. minced celery  
½ c. chopped dill pickles  
½ c. scallions, chopped  
2 T. grated radishes (4-6 whole)

##### Dressing:

¼ c. canola or other veg. oil  
2 T. cider vinegar  
1½ T. Dijon mustard  
2 T. orange marmalade  
¼ t. dried oregano (½ t. fresh\*)

2 t. dried dill (1 ½ T. fresh\*)  
1½ t. salt  
ground black pepper to taste

### Instructions

\*If using fresh herbs, sprinkle them into the finished salad rather than blending them into the dressing. Bring a large pot of water to a boil, add the pasta, and cook according to package directions. Drain in a colander, gently rinse with cold water, and set aside to drain again.

Meanwhile, simmer or steam the green beans just until tender and still brightly colored. Drain, rinse with cold water, and drain again.

Combine the chickpeas, kidney beans, and green beans in a large serving bowl. Add the celery, pickles, scallions, and radishes and toss gently.

In a blender, combine the oil, vinegar, mustard, orange marmalade, oregano, dill, salt, and if you wish, pepper to taste. Mix until smooth. Add the pasta to the serving bowl, pour on the dressing, and mix well.

Serve immediately or chill for at least 20 minutes and serve cold.

Matushka Ruth Hinton

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## 8 Ingredient Vegan Chunky Potato & Carrot Soup (GF)

### Appliance(s)

### Ingredients

2 large carrots – peeled and cut into 1 to 3 inch pieces

4 large potatoes – peeled and quartered

1 Vidalia onion – peeled and diced

1 Tbsp. vegan butter

1 Tbsp. Italian seasoning

Salt to taste

Ground black pepper to taste

2 to 3 cups of almond milk or until you get the desired consistency (or substitute ½ can coconut cream and 2 cups broth reserved from vegetables \*\*lime juice goes well with this)

\*\*Optional- dill fresh or dried and or lemon juice to taste

### Instructions

Bring two large pots of water to a boil.

Add the carrots to one pot, cover, and reduce the heat to simmer. Simmer for approximately 15 to 20 minutes or until the carrot is easily pierced with a fork.

(Alternatively, use one one pot and boil the potatoes and onions first for 5 minutes then add the carrots)

Add the onion to the second pot of boiling water. Peel and quarter the potatoes and add them to the pot with the onions. Reduce the heat to simmer and simmer for approximately 20 minutes or until the potatoes are easily pierced with a fork.

When the carrots and potatoes are soft, drain the water in both pots and transfer the carrots to the pot with the potatoes and onions. Mash the carrots, potatoes and onion with a potato masher until the mixture is mostly mashed but there are still chunks of carrot and potatoes. Add the milk (add one cup at a time until you get the consistency that you like), vegan butter, Italian seasoning, salt and pepper and heat on medium low until the soup begins to boil. Remove from the heat. (Stir in lemon juice and dill if using) Serve and enjoy.

Salad and focaccia bread make this a meal.

Anastasia Lagen

Source: Effy Delmedico & Despina Souhlas Lenten Recipe Sharing and <https://veganosity.com>

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## Gypsy Soup

### Ingredients

3-4 Tbsp. olive oil	1 ½ cups cooked chickpeas
2 cups chopped onion	3 cups stock or water
2 cloves crushed garlic	Dash of cinnamon
2 cups chopped, peeled sweet potatoes or winter squash	Dash of cayenne
½ cup chopped celery	1 Bay leaf
1 cup chopped fresh tomatoes	1 Tbsp. Tamari (soy sauce)
¾ cup chopped sweet peppers	

### Instructions

**Chick pea prep time 5 hours** prior to mixing recipe. Begin by soaking ¾ cup raw chickpeas at least 3 ½ hours before soup time. (Allow 1 ½ hours for them to cook)

In a soup kettle or large saucepan sauté onions, garlic, celery and sweet potatoes in olive oil for about five minutes. Add seasonings, except tamari, and the stock or water.

Simmer, covered, 15 minutes. Add remaining vegetables and chickpeas.

Simmer another 10 minutes or so until all the vegetables are as tender as you like them.

\*Note – The vegetables used in this soup are flexible. Any orange vegetable can be combined with green...For example, peas or green beans could replace the peppers. Carrots can be used instead of, or in addition to the squash or sweet potatoes. Etc...

4 servings

Cara Margaret Bliven

Source: The Moosewood Cookbook

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## Mushroom Barley Soup

### Ingredients

2 cups sliced fresh button and/or shitake mushrooms (2 small boxes)	4 Knorr brand extra large vegetarian vegetable bouillon cubes or 6 small cubes
10 baby carrots, sliced	2 Tbsp. soy sauce
1 cup pearl barley (may use quick cook)	Garlic salt to taste
	Olive Oil for stock pot (or other oil of choice)

### Instructions

In a well-oiled stockpot over high heat, add mushrooms and carrots and cook, stirring frequently, until mushrooms begin to brown and soften. Add barley and continue to cook, stirring frequently, until it begins to brown. Sprinkle with salt and pepper. Add 8 cups water and bouillon cubes, cover and bring to a boil. Remove cover and reduce heat to a simmer. Simmer for 20 to 25 minutes, until barley is tender. (Barley absorbs water, so additional water if needed as soup cooks.) Add soy sauce. Adjust salt and pepper is necessary.

Serves 6

Juliana Volkman

Source: <https://Knorr.com>

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## Rudi's Lentil Soup

### **Appliance(s)**

#### **Ingredients**

2 Tbsp. oil	1 cup lentils
1 cup finely chopped onion	6 cups water
1 Tbsp. oregano	¼ cup soy sauce
1 Tbsp. basil	1 cup carrots, cut in bite size pieces
½ tsp. finely chopped garlic	

#### **Instructions**

Heat oil in a large saucepan. Add onion, oregano, basil, and garlic and cook for 5 minutes, stirring occasionally.

Add lentils, water, soy sauce, and carrots and bring to a boil. Reduce heat and simmer for one hour. Serve with a sprinkle of chopped parsley.

Cara Margaret Bliven  
Source: The Tao of Cooking by Sally Pasley

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## Shrimp & Crab Gumbo

### **Appliance(s)** Skillet, saucepan or stock pot

#### **Ingredients**

1 lb med. shrimp, shelled	5 T vegetable oil
1 lb crab meat	¼ c thinly sliced scallions (opt)
1 bay leaf	5 T all-purpose flour
½ c chopped celery	1 T creole seasonings
4 c water	1 c chopped onion
½ c rice, cooked	½ c chopped red bell pepper
4 c vegetable broth	1 t salt
1 14.5-oz. can diced tomatoes, drained	

#### **Instructions**

Cook oil and flour in a skillet over medium heat, stirring constantly, until roux is slightly darker than peanut butter (20-30 minutes). Stir in onion, bell pepper, and celery and cook, stirring occasionally, until vegetables are softened.

Combine water and vegetable broth in a saucepan. Stir roux into broth mixture and bring to a boil, stirring. Add rice, tomatoes, creole seasonings, bay leaf, and salt and simmer, stirring occasionally, 12 minutes.

Stir in crab meat and shrimp, and simmer until just cooked through. Stir in scallions if desired. Gumbo may be made 1 day ahead.

Submitted by: Matushka Ruth Hinton

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## Syrian Red Lentil Soup

### Ingredients

2 Tbsp. vegetable oil	1 tsp. ground cumin
½ tsp. finely chopped garlic	2 tsp. salt
1 ½ cups split red lentils (found in stores that stock Middle Eastern or Indian foods)	2 Tbsp. flour
6 cups water	¼ cup cold water
2 tsp. thyme	2 or 3 pieces of toasted pita bread (Syrian Flat bread)

### Instructions

Heat oil in a saucepan. Add garlic and cook one minute. Add lentils, water, thyme, cumin, and salt. Bring to a boil, reduce heat and simmer for 1 hour.

Mix flour with cold water until smooth and add to soup. Stir and simmer for another 5 minutes. Taste for seasoning. Serve topped with crumbled, toasted pita bread.

Cara Margaret Bliven

Source: The Tao of Cooking by Sally Pasley

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## Easy Tom Kha Soup (Vegetarian Thai Coconut soup)

### Ingredients

2 Tbsp extra virgin olive oil	½ tsp pepper or more to taste
½ small yellow onion chopped	¼ tsp salt or more to taste
3 cloves garlic minced	Zest of one lemon
1 cup sliced mushrooms	3 cups vegetable stock
1 cup shredded carrots	2 cans full fat coconut milk (13.66oz)
2 Tbsp low sodium soy sauce or coconut aminos	¼ cup fresh chopped cilantro
1 tsp ground ginger	2 green onions sliced
1 tsp sugar or coconut sugar	Lime wedges
¼ tsp cayenne pepper	

### Instructions

In a Dutch oven or large pot, heat olive oil over medium high heat. Add onion, garlic and mushrooms. Sauté for 3-5 minutes. Add carrots, soy sauce, ginger, sugar, cayenne pepper, salt, pepper, lemon zest, vegetable stock and coconut milk. Bring to a boil then simmer for 15-20 minutes. Taste and adjust seasonings as needed. Serve with lime wedges, top with cilantro and green onions and enjoy!

### Notes

Additional mushrooms are good if you would like a heartier soup. Add up to 5 cups.  
Leftovers can be frozen up to 3 months.

Juliana Volkman

Source: <https://asassyspoon.com/>

### *Recipe Variations [F]*

1. . Add shrimp
2. . Add shredded rotisserie chicken

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## 5 Days of Gluten Free Cream Soups & Salads

### Appliance(s)

Large Stock Pot (6qt or larger), Blender, containers to store soup base

### Cauliflower cream base (makes enough for all 5 soups)

2 whole cauliflower cut up	2 carrot sticks chopped
1 ½ cups whole raw cashews	8-20 cloves of garlic
1 large onion diced	1 Tbsp oregano
7-10 celery sticks chopped	1 Tbsp thyme
	Salt and fresh ground pepper

In a big soup pot. Cover all veggies with water and bring to a boil then simmer until tender. Let it cool then blend and separate in to 5 batches and refrigerate.

### Day 1-- Lemon Rice Soup

Lemon juice to taste

Cooked Rice

Heat one batch of soup base. Add lemon juice and rice for creamy lemon rice soup – Can add 1 Tbsp per bowl of olive oil or butter substitute.

### Day 2 – Cheesy Asparagus Soup

1 ½ Tbsp Brewers Yeast

1 tsp. mustard powder

Roasted Asparagus, cut into bite size pieces

Heat one batch of soup base. Add Brewers yeast and mustard powder for cheesy flavor. Then add cut up roasted asparagus (we dry roast in toaster oven) for creamy asparagus soup – Can add 1 Tbsp per bowl of olive oil or butter substitute

### Day 3 – Creamy Broccoli Soup

1 ½ Tbsp. Brewers Yeast

1 tsp. mustard powder

Cooked Broccoli

Heat one batch of soup base. Add broccoli instead of asparagus for creamy broccoli soup. - Can add 1 Tbsp per bowl of olive oil or butter substitute

### Day 4 – Creamy Potato Leek Soup

1 ½ Tbsp. Brewers Yeast

1 tsp. mustard powder

Potatoes, diced

Leeks, diced

Heat one batch of soup base. Add small diced potatoes and leek, simmer until potatoes are tender, blend again for creamy potato leek soup - Can add 1 Tbsp per bowl of olive oil or butter substitute.

### Day 5 – Creamy Curry Soup

1 Tbsp curry powder	1 ½ cups fresh tomato sauce or 1 jar salsa
1 tsp cumin	1 cup coconut milk
1 tsp turmeric	Fresh green onions sliced for topping
½ tsp mustard powder	Diced potatoes (optional)
3 bay leaves	Corn (optional)
Ground pepper to taste	

Heat one batch of soup base. We like spicy food so I added curry powder, cumin, turmeric, mustard powder, bay leaves, ground pepper, tomato sauce ( I use organic jarred sauce or 1 jar Trader Joe's salsa) and coconut milk. Slice fresh green onions on top for creamy curry soup. (Add diced potatoes and corn for more of a stew) Can add 1 Tbsp per bowl of olive oil or butter substitute.

**5 salads to go with the soups**, Mix and match, Salads are bagged from **Trader Joe's**

Arugula with shredded carrot and pumpkin seeds and oil free tahini dressing

Baby kale with beets and sunflower seeds and oil free tahini dressing

Mixed herb salad with tomatoes and sliced leek and oil free tahini dressing

Romaine with dill and tomatoes and oil free tahini dressing

Spinach with shredded carrots, sliced radishes and oil free tahini dressing

Anastasia Lagen

Source: Despina Souhlas Stanic - Lenten Recipe Sharing

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## Whole Foods Spinach Salad

### Ingredients

Spinach	Strawberries
2 Tbsp Extra virgin olive oil	Blueberries
1 tsp Lime	Hazelnuts

### Instructions

Whisk olive oil and lime juice together. In a bowl combine spinach, berries and nuts. Drizzle olive oil mixture over salad.

Try different combinations of fruit and nuts with spinach. Raspberries and blueberries, dried cranberries, hazelnuts, sunflower seeds, pumpkin seeds, walnuts etc.

Brianna's Poppyseed dressing (Vegan) will give a sweeter flavor to the salad.

Anastasia Lagen

Source: Panagiota DelMedico Lenten Recipe Sharing

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## Asparagus Soup

### **Appliance(s)**

### **Ingredients**

1 Tbsp extra virgin olive oil	15 oz. can cannellini beans
1 medium onion, chopped	4 cups low sodium vegetable broth (or filtered water)
1 clove garlic	Salt and pepper, to taste
2 lbs. asparagus, trimmed, cut in 1-inch pieces	

### **Instructions**

Heat olive oil in a large pot and add onion with a pinch of salt. Sauté onion until it is translucent and tender (not browned) this takes about 5 minutes.

Add in the garlic, asparagus and beans and season with a bit of salt and pepper and give it all a stir.

Pour in the veggie broth and crank the heat to high bringing everything to a boil.

Reduce down to a simmer and cook for 5 minutes or until the asparagus is fork tender. Shut off the heat and let the soup cool for a few minutes before blending.

Working in batches, spoon the soup into your blender, filling the blender no more than  $\frac{1}{4}$  -  $\frac{1}{3}$  of the way up. Place on the lid, leaving it slightly ajar so steam can escape and blend until the soup is rich and creamy. Repeat until you have finished all the soup.

Serve right away. Or, transfer back to the pot to reheat and serve or store in an airtight container in your fridge for up to 5 days.

### **Notes:**

Try drizzling some coconut milk over the top because it's a beautiful presentation.

This soup freezes well. Let it cool completely and then transfer into an airtight, freezer safe container.

This soup will last in your freezer for up to 3 months.

Defrost the soup in the refrigerator for 12 hours and then reheat it on the stovetop over medium heat until hot.

Anastasia Lagen

Source: Despina Souhlas- Lenten Recipe Sharing

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## Tabouleh

### **Appliance(s)**

### **Ingredients**

3 Bunches Fresh Parsley	1/2 Cup Cracked Bulgur
2/3 Cup Lemon Juice	2 Cloves Garlic
1/3 Cup Olive Oil	1/2 Sweet Onion
1 Teaspoon Kosher Salt	3 Tomatoes
1 Teaspoon Pepper	



### Instructions

If you have time, thoroughly rinse the parsley (3 bunches) the night before. Wrap it in paper towels and place it in the fridge. This will make the tabouleh EXTRA crisp! If you don't have time to rinse the night before, be sure to get the parsley as dry as possible.

In a small bowl, combine olive oil (1/3 cup), lemon juice (2/3 cup), salt (1 teaspoon) and pepper (1 teaspoon).

Add cracked bulgur (1/2 cup) to the lemon juice/olive oil and let it sit for 30 minutes – 1 hour, depending on how soft you want the bulgur to be. (I usually do this for 30 minutes while I'm chopping everything else)

Pick the leaves from the stems of the parsley. I do this by grabbing the bunch of parsley and sliding a sharp knife over the top, then picking out any large stems.

Place leaves into the food processor. Pulse the parsley until it is finely chopped using 1 second intervals. Make sure not to pulse too much! Alternatively you can use a knife to chop the parsley.

Add minced sweet onion (1/2), minced tomatoes (3 deseeded), minced garlic (2 cloves) and parsley to the bulgur and stir to combine.

Add more salt/pepper to taste.

Tabouleh is best served after resting in the fridge overnight. Enjoy!

Anastasia Lagen

Source: <https://www.thelittlepine.com>

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## Smoky Two-Bean Vegetarian Chili

### Appliance(s)

Dutch Oven

### Ingredients

1 Tbsp Olive Oil	2 15oz cans black beans drained
4 cloves garlic, finely chopped	1 15oz can pinto beans drained
1 small onion finely chopped (about 1 cup)	1 14.5oz can petite diced tomatoes (do not drain)
1 green bell pepper chopped (about 1 cup)	Salt and pepper
1 tsp ground cumin	
2 tsp finely chopped canned chipotles in adobo sauce	

### Instructions

Heat a Dutch oven or large saucepan over medium high heat . Add oil, garlic onion and bell pepper, cook for 4 minutes. Add cumin, cook , stirring until cumin coats vegetable mixture about 30 seconds. Stir in 1 cup water and all remaining ingredients with 1 tsp salt and ½ tsp pepper. Bring to a boil. Cover reduce heat and simmer for 5 minutes. Remove 1 cup bean mixture from pan with a slotted spoon. Place in a bowl. Mash beans with a fork. Stir mashed beans into chili. Simmer 5 more minutes.

Anastasia Lagen

Source: [allyou.com](http://allyou.com)

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## Jerusalem Salad Recipe

### **Appliance(s)**

### **Ingredients**

2 Tomatoes  
2 Cucumbers  
8 Green Onions  
½ cup Fresh Mint

½ cup Fresh Parsley  
2 tbsp Lemon Juice  
3 tbsp Olive Oil  
½ tsp Salt

### **Instructions**

Dice, slice, and chop all vegetables and place in a large mixing bowl.  
Add the olive oil, lemon juice and salt.  
Stir until all ingredients are well mixed.

Anastasia Lagen

Source: [www.cheftariq.com](http://www.cheftariq.com)

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## Easy Thai Shrimp Soup

### **Appliance(s)**

### **Ingredients**

1 cup uncooked basmati rice  
2 Tbsp unsalted butter or butter substitute  
1 lb. medium shrimp peeled and deveined  
Salt and freshly ground black pepper, to taste  
2 cloves garlic, minced  
1 onion, diced  
1 red bell pepper, diced

1 Tbsp freshly grated ginger  
2 Tbsp red curry paste  
1 (12oz) can unsweetened coconut milk  
3 cups vegetable stock  
Juice of 1 lime  
2 Tbsp chopped fresh cilantro leaves

### **Instructions**

In a large saucepan of 1 ½ cups water, cook rice according to package instructions; set aside.  
Melt butter in a large stockpot or Dutch oven over medium high heat. Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes; set aside.  
Add garlic, onion and bell pepper to the stockpot. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in ginger until fragrant, about 1 minute.  
Whisk in curry paste until well combined, about 1 minute. Gradually whisk in coconut milk and vegetable stock, and cook, whisking constantly, until incorporated, about 1-2 minutes.  
Bring to a boil; reduce heat and simmer until slightly thickened, about 8-10 minutes.  
Stir in rice, shrimp, lime juice and cilantro.  
Serve immediately.

Lisa Psaromatis Lenten Recipe Sharing  
[www.damndelicious.net](http://www.damndelicious.net)

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## Endive or Dandelion Salad (Horta)

### **Appliance(s)**

### **Ingredients**

2 lbs. Endive or dandelion greens  
½ cup lemon juice  
2 cloves garlic minced

1 Tbsp olive oil or substitute other oil  
1 pinch of cayenne pepper

### **Instructions**

Cook vegetables until tender and strain. Blend the garlic with cayenne pepper, oil and the lemon juice. Pour over vegetables. Serve hot or cold.

Mariana Zaharoff Lagen  
Lagen Family Recipes

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## Mexican Quinoa Salad Cups with Creamy Cilantro Lime Dressing

### **Appliance(s)**

Blender

### **Ingredients**

#### **For the Salad Cups:**

2 small heads artisan lettuce (any variety that will form cups/wraps nicely – or sub corn tortillas)  
1 15-ounce can unsalted black beans (note: If your beans are salted, omit additional sea salt)  
1 large sweet potato (scrubbed, rinsed and cubed)  
~1/2 tsp each cumin, cinnamon, and sea salt (divided)  
3/4 cup dry white or red quinoa (rinsed in a fine mesh strainer)  
Olive oil

#### **For the Dressing:**

1/2 small ripe avocado	1/4 tsp each sea salt and cumin
1 cup chopped cilantro	1 Tbsp sweetener of choice (such as cane sugar or honey if not vegan)
2-3 small limes, juiced	Water (to thin)
1/3 cup extra virgin olive or avocado oil	

#### **Other Topping Options:**

Hot Sauce	Jalapeño slices
Salsa	

### **Instructions**

Preheat oven to 400 degrees F (204 C) and prep sweet potatoes. Toss in a drizzle of olive oil and 1/4 tsp each cumin, cinnamon and sea salt (amounts as original recipe is written // adjust if altering batch size). Bake for 20-25 minutes or until tender and slightly golden brown.

Rinse quinoa in a fine mesh strainer and place in a small saucepan over medium-high heat to toast. Stir and cook for 2-3 minutes and then add 1 1/2 cups water and stir (amount as original recipe is written // use a 1:2 ratio quinoa: water if altering batch size). Bring to a boil, then reduce heat to simmer, cover and cook for 15 minutes or until tender and the water is fully absorbed. Turn off heat and set aside.

In a separate saucepan, bring black beans to a simmer over medium heat and season with 1/4 tsp each sea salt, cumin and cinnamon (amounts as original recipe is written // adjust if altering batch size). If your black beans are already salted, omit additional salt. Once bubbly and warm, turn heat to simmer/low.

Prepare dressing by adding all ingredients (starting with 2 small or 1 large lime(s) as the original recipe is written) besides water to a blender and blending. Add water to thin and scrape down sides as needed. Taste and adjust seasonings as needed, adding more lime, salt, cumin or sweetener as desired. Transfer to serving dish. You will have leftovers, which store well in a covered container in the fridge for up to several days.

Rinse and dry lettuce (or sub corn or flour tortillas) and choose the pieces that are a good “cup” shape to fill with toppings.

Arrange on a serving plate and top with quinoa, black beans and sweet potatoes. You might have leftover toppings depending on how many salad cups you prepare. Leftovers keep well.

Serve with dressing and any additional desired toppings, such as cilantro, salsa, chips or sliced jalapeno.

Source: <https://minimalistbaker.com/mexican-quinoa-salad-cups-with-creamy-cilantro-lime-dressing/>

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## Tikka Masala Sauce

### **Appliance(s)**

Instant Pot, Blender

### **Ingredients**

2 Tbsp. unsalted butter or ghee (Earth Balance Vegan butter)  
1 cup onion coarsely chopped  
1 Tbsp. garlic, crushed or minced  
1 Tbsp. ginger, minced or grated  
1 can diced tomatoes, 14.5 oz. can or 4-5 ripe Roma tomatoes  
1/3 cup raw cashews  
½ cup water  
1 tsp. salt  
¾ tsp. turmeric powder

2 tsp. garam masala  
1 Tbsp. coriander powder  
1 ½ tsp. cumin powder  
1 tsp. Kashmiri red chili powder (or sweet paprika for mild curry)  
¼ tsp. cardamom powder

### **After pressure cooking**

2 tsp. dried fenugreek (Kasoori Methi)  
1 tsp. butter or Earth Balance non soy (optional)  
1 tsp. Agave (or honey/sugar) adjust to taste

### **Instructions (Stovetop)**

Heat a heavy bottom pot on medium-high heat, add butter (or ghee) and chopped onions, cook for 3 minutes, till they soften. Add minced garlic, ginger, and sauté for one minute. Add tomatoes, spices, cashews and cook for 2 minutes. Add water and stir well. When the sauce comes to a boil, reduce heat to medium, cover the pot and simmer for 15-20 minutes. Stir a few times to prevent the sauce from sticking to the bottom. If it looks dry, add a little water and continue cooking. Using a hand immersion blender, (or a countertop blender) puree the sauce to a smooth consistency. If using a traditional blender, wait for the sauce to cool down and then blend to a smooth consistency. Add dried fenugreek and butter. Simmer uncovered for 2-3 minutes. Add agave or a little sugar to balance the flavors. If not using immediately, cool and store for later.

### **Instant Pot Method**

Turn on Saute and adjust to High. Wait for 30-40 seconds and add butter (or ghee) and chopped onions, cook for 3 minutes, till they soften. Add minced garlic, ginger and sauté for one minute. Add tomatoes, spices, cashews and cook for 2 minutes. Add water and scrape up any brown bits that have stuck to the bottom. Turn off Saute. Close the lid and pressure cook on High for 5 minutes, followed by a natural pressure release. If in a rush, QR (quick release) after 5 minutes following your cooker instructions. Unlock and open the lid after the pin drops. Using an [immersion blender](#), puree the sauce to a smooth consistency. If using a traditional blender, wait for the sauce to cool down and then blend to a smooth consistency. Add dried fenugreek and butter and simmer (on Saute) for 2-3 minutes. Add agave or honey to balance the flavors, and you're done! If not using immediately, cool and store for later. For Freezing, see 'notes' below.

### **How to Freeze Tikka Masala Sauce**

Cool the sauce completely. Store in an airtight container and refrigerate for 4-5 days, or freeze up to 2 months. To re-use, thaw the sauce, ideally overnight in the refrigerator, and use per instructions.

## Notes:

- There is **no need to worry about slicing and chopping the aromatics** to the right size since the tikka masala will be pureed at the very end. If you do not own an immersion blender, cool the sauce completely and transfer to a blender to puree until smooth.
- If you are making this sauce recipe when tomatoes are in season, **use 4-5 ripe Roma tomatoes for their super fresh flavor.**
- **Can't find dried fenugreek leaves?** Skip it. Many sources suggest maple syrup or mustard as a substitute for fenugreek leaves, but it isn't a perfect match in this recipe. Don't worry, you'll still have a rock-solid sauce to enjoy.
- This recipe has been **tested in a 6 QT Instant Pot.** If making this in an 8 QT size, increase water quantity to meet the requirement.
- If **using the Stovetop method**, stir a few times during simmering to prevent the sauce from sticking to the bottom. If it looks dry, add a little water and continue cooking.

1. **Vegetables:** Add 4 cups vegetables of choice. Adjust pressure cooking time to '0' minutes at LOW pressure, followed by quick pressure release. Alternatively, simmer in a sauce pan for 10-12 minutes at medium-high heat.

2. **Cooked Chickpeas:** Add 2 cans of rinsed and drained chickpeas and adjust pressure cooking time to 2 minutes at LOW pressure, followed by natural pressure release. Alternatively, simmer in a sauce pan for 10-12 minutes at medium-high heat.

3. **Shrimp:** Use 1 lb. extra large thawed shrimp (21-30 count) and turn on Saute. Simmer for 6-8 minutes, or until shrimp are cooked through, turn pink and opaque. Alternatively, simmer in a sauce pan for 6-8 minutes at medium-high heat.

Nick Lagen

Source: [www.spicecravings.com](http://www.spicecravings.com)

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## Vanilla Extract

### Ingredients

1 bottle Bourbon Whiskey, Rebel Yell or your favorite brand

5 Vanilla beans

### Instructions

Split open 5 vanilla beans along the long side of the bean to expose the insides.

Insert the beans one by one and seal the bottle. Let sit for several months. The minimum of 90 days before using in recipes. Enjoy!

Celeste Marko Englehardt  
Family Collection

### Notes:

You can purchase quantities of vanilla beans on Amazon for a reasonable price.

Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes.

You can purchase little bottles and fill them up with the Bourbon Vanilla Extract. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Christmas gifts.

## Vegan Mayo

### Appliance(s)

### Ingredients

¼ cup chick pea juice (aquafaba)  
2 tsp. lemon juice  
½ tsp. Dijon mustard  
½ tsp. sugar

½ tsp. sea salt  
¾ cup sunflower oil (this is used to thicken,  
other oils can be substituted)

### Instructions

Mix well all ingredients except oil. Drizzle the oil slowly over the mix and blend together until desired consistency is reached.

Submitted Anonymously

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## Vegan Parmesan

### Ingredients

1 cup toasted sesame seeds  
¼ cup nutritional yeast flakes  
½ tsp. onion powder

¼ tsp. garlic powder  
½ tsp. salt

### Instructions

Mix all ingredients until combined.

Yield 1 ½ cup

Submitted Anonymously

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## Vegan Pesto

### Ingredients

4 cups flat leaf parsley  
½ cup walnuts  
½ cup vegan parmesan (see recipe above)  
2 garlic cloves

Juice of 1 lemon and zest  
½ cup olive oil (or other oil)  
Salt and pepper to taste

### Instructions

Blend together into a pulp.

Submitted Anonymously

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## Vegan Heavy Cream

### **Appliance(s)**

Blender

### **Ingredients**

2/3 c Soy milk

1/3 c Vegetable oil (or Olive Oil)

### **Instructions**

Blend soy milk and vegetable oil together a little bit at a time until desired consistency is achieved.

Submitted Anonymously

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## Yum Yum Sauce

### **Ingredients**

2 cups Veganaise or Mayonnaise

1 tsp. salt

1/2 cup ketchup

1 tsp. onion powder

3 Tbsp. sugar

1/2 cup water

1 Tbsp. garlic powder

1 tsp. ground pepper

1 Tbsp. paprika

### **Instructions**

Mix together well.

This is a good dipping sauce or can be used on Chinese food like Spring rolls, noodles etc.

Anna Hall

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## Flax Eggs

### **Ingredients**

1 Tbsp flaxseed meal

2 1/2 – 3 Tbsp water

### **Instructions**

Add flaxseed meal and water to a dish and stir. Let rest for 5 minutes to thicken. Add to recipes in place of 1 egg (as original recipe is written). It's not an exact 1:1 substitution in every recipe because it doesn't bind and stiffen during baking quite like an egg does. But I've found it to work incredibly well in pancakes, quick breads, brownies, muffins, cookies, and many other recipes.

DO NOT USE AS A SUBSTITUTE FOR SCRAMBLED EGGS

Note: When using flax eggs in a recipe make them up before starting on recipe so they are properly gelled.

Source: <https://minimalistbaker.com/how-to-make-a-flax-egg/>

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## Creamy Cilantro Lime Dressing

**Appliance(s)** Blender

### **Ingredients**

1/2 small ripe avocado	1/4 tsp each sea salt and cumin
1 cup chopped cilantro	1 Tbsp sweetener of choice (such as cane sugar or honey if not vegan)
2-3 small limes, juiced	Water (to thin)
1/3 cup extra virgin olive or avocado oil	

### **Instructions**

Prepare dressing by adding all ingredients (starting with 2 small or 1 large lime(s) as the original recipe is written) besides water to a **blender** and blending. Add water to thin and scrape down sides as needed. Taste and adjust seasonings as needed, adding more lime, salt, cumin or sweetener as desired. Transfer to serving dish. You will have leftovers, which store well in a covered container in the fridge for up to several days.

Philothea Volkman

Source: <https://minimalistbaker.com/mexican-quinoa-salad-cups-with-creamy-cilantro-lime-dressing/>

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## Quinoa With Stir-Fried Vegetable Crunchy Tofu with Coconut Oil

### Ingredients:

8oz of Quinoa (or rice)	8oz of kale chopped
3oz of firm tofu	5oz of frozen sweet pea
2 large cloves of garlic minced	Handful of pecans (or walnuts)
3 small to medium carrots	Soy sauce
16oz of broccoli (or snap pea)	Coconut oil
	Fresh ginger

### QUINOA

Bring some water to boil while you wash the quinoa and drain it.

Add 1 tbsp of coconut oil unto a small pan and combine the quinoa with one small chopped carrot and stir a bit. Add 16oz of the boiling water turning the heat down and cover. When quinoa is almost cooked trough add the frozen peas and gently stir. Add another bit of hot water if needed and cover until all is cooked and tender but not saggy. If using rice use the same process of stir-frying the rice with a spoon of coconut oil with a laurel leaf and covering with water until rice is fluffy.

### CRUNCH TOFU

Add 2 tbsp of coconut oil on medium to large nonstick pan. Cut the tofu in about 1.5X1X.25IN rectangles and place on pan gently. Let fry in high heat for about three minutes and gentle flip to the other side and let it fry about the same time or until is golden. Mince 1 clove of garlic and sprinkle on top of it, grate some fresh ginger and sprinkle **very little soy sauce** (it can get too salty) on top of all, turn the heat all the way down and cover for about 2minutes.

Reserve the tofu and now add another a spoon of coconut oil and stir-fry the cut broccoli and the 2 carrots cut length way al dente and cover in low heat for about 5 minutes. Add a tiny bit of water if needed and mix the kale and cover for about 2 minutes.

Add the tofu and break the nuts in small pieces sprinkling on top of it. Serve with the quinoa.

Serves 4

Licia Handshaw

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## Medieval Lentils with Olive Oil

### Ingredients:

2 Tbs butter (Earth Balance or other substitute)	3 c vegetable stock
2 Tbs olive oil	1/2 c long grain rice
2 c sliced onions	3/4 tsp salt
1 c lentils	1 tsp sumac (or cumin)
3 c water	1/4 tsp black pepper

**Directions:**

Cook butter olive oil and onions slowly for 20 minutes. Increase heat at the end to brown the onions. Place lentils and water in a saucepan and bring to a boil. Simmer for 20 minutes. Add vegetable stock, rice, salt, sumac, and black pepper to lentils. Add onions reserving ½ cup. Bring to a boil, then reduce heat, cover, and simmer until rice is tender (about 25 minutes)

Spread reserved onions on top and serve with a baked potato and salad.

If using brown rice, I cook the rice with the lentils and adjust the liquid content as needed.

**Note:** This is version of Mjeddah (mi-jed-rah), on one of the most popular dishes of the Middle East. According to biblical scholars, this is the “mess of pottage” for which Esau sold his birthright to Jacob.

Cara Margaret Bliven

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## Awesome Baked Sea Scallops with Olive Oil

**Ingredients:**

16 sea scallops, rinsed and drained  
5 Tbsp. Earth Balance No-Soy butter  
5 cloves garlic, minced  
2 shallots, chopped  
3 pinches ground nutmeg

Salt and pepper to taste  
1 cup breadcrumbs (Panko)  
4 Tbps. Olive oil  
¼ cup chopped parsley  
Lemon wedges for garnish (optional)

**Directions:**

Preheat oven to 425F

Place scallops melted Earth Balance, garlic, and shallots in a bowl. Season with nutmeg, salt, and pepper. Stir gently to combine. Transfer to a casserole dish.

In a separate bowl, combine Panko crumbs and olive oil. Sprinkle on top of scallops.

Bake in preheated oven until crumbs are brown and scallops are done, about 11 to 14 minutes. Top with parsley and serve lemon wedges on the side.

Anastasia Lagen

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## Shrimp or Scallop Stir-Fry with Oil

### **Ingredients:**

2 red bell peppers, seeded and cut into strips  
2 yellow bell peppers, seeded and cut into strips  
10 leaves fresh basil  
2 tablespoons soy sauce  
2 Tbs rice wine vinegar  
1 Tbs peeled and finely chopped garlic  
1 tsp red pepper flakes

1 Tbs Oriental sesame oil and 3 Tbs peanut oil  
(or 1/4 c of whatever oil you have)  
1 pound large shrimp, peeled and deveined, or  
sea scallops, or a mixture  
Salt  
Freshly ground black pepper

### **Directions:**

In a medium bowl, combine the pepper strips, basil leaves, soy sauce, vinegar, garlic and red pepper flakes.

Heat the oils in a large frying pan or wok over medium-high heat. Add the pepper mixture and cook, tossing and stirring, for 3-5 minutes. Add the seafood and cook until done, 3-5 minutes longer. Season to taste with salt and pepper.

This is a very colorful and festive dish. Great for guests, but easy enough for every day. I serve with rice or pasta and a salad.

Cara Margaret Bliven

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## Shrimp Creole with Oil

### **Ingredients:**

2 pounds frozen, cleaned shrimp, defrosted  
3 tablespoons oil  
1/2 cup small diced or chopped onion  
1 cup small diced or chopped red bell pepper  
2 garlic cloves, finely chopped  
3/4 teaspoon dried thyme leaves

1/4 teaspoon dried oregano leaves  
1 bay leaf  
2 teaspoons flour  
2 cans diced tomatoes  
Salt and freshly ground black or white pepper to taste

### **Directions:**

Put the oil into a skillet or stew-type pot that's wide and deep enough to hold all the shrimp in about 2 layers with about 2 cups of sauce. Place the skillet over medium-high heat and add the onion and peppers. Cook the vegetables, adjusting the heat if necessary and stirring frequently, until they have become slightly wilted and a little brown, about 5 minutes.

When the vegetables are ready, turn the heat to low and stir in the garlic, thyme, oregano, and bay leaf, cooking for about 30 seconds. Add the flour and continue to stir for about 1 minute more to cook away its raw taste.

Add the tomatoes and simmer the sauce, covered, over very low heat, about 10 minutes, or until the vegetables are almost tender and it's very thick. Stir the sauce once or twice during this period. Season it generously with salt and pepper and set it aside. The sauce can be made 3 or 4 days in advance and refrigerated but be sure to heat it through before continuing with the recipe.

In a separate bowl, season the shrimp well with salt and pepper. Remove about one half of the sauce to a bowl, spreading the remaining sauce evenly over the bottom of the skillet or pot. Distribute the shrimp evenly over the sauce in the skillet and spread the reserved sauce over the top of the shrimp — it won't completely cover.

Place the skillet over medium-high heat and, without stirring, heat the mixture until you see 3 or 4 bubbles at the surface. Reduce the heat to very low, tightly cover the skillet, and gently simmer the mixture until the shrimp are white throughout, 8 to 12 minutes. (If you prefer, you can bake the Creole in a preheated 325°F oven once the bubbles have come to the surface.

Servings: 6 servings

Matushka Ruth Hinton

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## Lemony Bow Ties & Shrimp with Oil

### **Ingredients:**

Bow Tie Pasta (Mini Farfalle (Bow Ties)) or pasta of choice

1 lb. small to medium cooked shrimp (frozen)

1 pint cherry or grape tomatoes (halved or quartered)

1 cup fresh basil, finely chopped

1 tsp lemon zest (grated lemon peel)

1 Tbsp. oil (Olive or Canola)

2 Tbsp. lemon juice

### **Directions:**

Cook pasta. Place shrimp in colander and drain pasta over shrimp. In a bowl toss shrimp pasta mix with halved tomatoes, fresh basil, oil, lemon zest and lemon juice.

This recipe is good warm or cold.

Anastasia Lagen

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## Greek Baked Stuffed Tomatoes with Rice (Yemista) with Oil

### Ingredients:

5-7 medium vine tomatoes  
Sea Salt  
2 garlic cloves  
Olive oil  
1 small yellow onion finely diced  
1 very small zucchini finely diced

1 very small yellow squash finely diced  
3/4 cup mushrooms finely diced (optional)  
1/2 cup arborio rice or orzo or quinoa  
1 Tbsp. tomato paste  
1 Tbsp. freshly chopped parsley (optional)  
2 – 3 medium potatoes cut into wedges

### Instructions:

Preheat the oven to 375F

Cut the tops off the tomatoes and scoop out the flesh, being careful not to pierce the bottoms. (A grapefruit spoon works well) Season the insides with salt.

Puree the tomato flesh and any of the additional juices with the garlic in a food processor. Set aside.

In a large deep skillet, sauté the onion over medium-high heat in 2 Tbsp. of olive oil until soft, 4 minutes. Add the zucchini, yellow squash and mushrooms if using, and cook a few minutes longer, until the vegetables are just beginning to brown, 3 minutes. Stir in the rice (orzo or quinoa) and cook until pearly white and toasty, 2 minutes. Carefully pour in the tomato mixture and add the tomato paste. Simmer until just thickened, 2 minutes. Remove from the heat and season with 1 tsp. salt and the parsley, if using.

Arrange the tomatoes in a large casserole dish. Spoon the rice mixture into the tomatoes until just shy of full (you will probably have a little extra depending on the size of your tomatoes) Replace the tops and season generously with salt and pepper. Stick the potato wedges in between the tomatoes. Drizzle the vegetables with olive oil. Pour 1 cup water around the tomatoes. Bake in the oven for 1-2 hours, until the tomatoes are caramelized, and the rice is al dente. Serve hot or at room temperature.

Makes 5-7 servings

Submitted by Anastasia Lagen

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## Crab Cakes

### Appliance(s)

**This is a make ahead entrée that requires several hours refrigeration before cooking. Makes 6-8 crab cakes.**

### Ingredients

1 pound jumbo lump crab meat (Costco Phillips brand)  
3 Tbsp. breadcrumbs  
3 green onions thinly sliced  
2 Tbsp. parsley freshly chopped  
1 tsp. Cajun seasoning  
1 tsp. Cayenne (optional)

1 tsp. Worcestershire sauce  
2-4 Tbsp. Veganaise (just add until desired consistency is reached)  
Butter (Earth Balance no soy vegan butter) to coat pan

### Instructions

Transfer crabmeat to a mixing bowl and pick over for shells or cartilage (throw out). Add next seven ingredients and combine. Form crabmeat mixture into patties and refrigerate for a few hours. This helps the patties hold their shape while cooking. Warm butter in a non-stick skillet. Pan fry patties for about 4 minutes or until bottom is golden and crispy. Flip patties and fry for an additional 3-4 minutes or until bottom is golden brown and slightly crispy. Transfer crab cakes to a plate. Garnish with micro greens, aioli, or spicy Cajun sauce.

Juliana Volkman

Source: The Louisiana Advocate Helana Brigman

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## Bang Bang Shrimp Pasta

### Appliance(s)

### Ingredients

1 pound spaghetti or pasta of choice  
1 ½ pounds medium shrimp, peeled and deveined  
1 ½ Tbsp. Earth Balance  
3 cloves garlic, minced  
3 tsp. paprika  
1 Tbsp. fresh parsley  
Black pepper to taste

### Sauce:

½ cup Vegan mayonnaise (Non-Soy Veganeise)  
½ cup Thai sweet chili sauce (in Asian aisle) Try  
Trader Joes brand  
2 cloves garlic minced  
2 Tbsp. lime juice  
¼ tsp. crushed red pepper flakes  
½ Tbsp. onion powder

### Instructions

In a large bowl, mix all “sauce” ingredients together and set aside.  
Cook pasta and drain. Stir in Earth balance non soy butter substitute.  
Place the uncooked shrimp in a medium bowl, add paprika, garlic and pepper.  
In a large skillet, on medium high heat, add the coated uncooked shrimp. Stir constantly while cooking until no longer pink- about 10 minutes. Remove from heat and set aside.  
In a large bowl, combine the pasta, shrimp and sauce mixture and toss thoroughly. Sprinkle with fresh parsley.

Submitted by: Anastasia Lagen

Source: [www.myincrediblerecipes.com](http://www.myincrediblerecipes.com)

### Recipe Variations [F]

1. . This can be made a feasting recipe with chicken or shrimp and regular mayonnaise
2. . or use plain yogurt, heavy cream, cream cheese or even sour cream

## Portobello Steaks with Avocado Chimichurri

### Appliance(s)

#### Mushroom Ingredients

3-4 large portobello mushrooms (stems removed, wiped clean)  
1/3 cup balsamic vinegar  
¼ cup olive oil  
½ tsp cumin

½ tsp black pepper  
¼ tsp smoked paprika  
3 cloves garlic  
1 Tbsp steak sauce (optional)

#### Chimichurri Ingredients

1 ½ cups parsley (finely chopped)  
3 cloves garlic (minced)  
1 medium shallot (minced)  
¼ tsp red pepper flake

3-4 Tbsp extra virgin olive oil  
3 Tbsp lemon juice (or red or white vinegar)  
1 small ripe avocado (cubed)

### Instructions

Add portobello mushrooms to a shallow baking dish or large freezer bag. Set aside.

In a small mixing bowl, whisk together balsamic vinegar, olive oil, cumin, black pepper, paprika, garlic, and steak sauce (optional). Taste and adjust seasonings as needed.

Add sauce to the mushrooms and use a pastry brush to brush on all sides. Marinate on one side for 5 minutes, then the other for 5 minutes.

In the meantime, prepare chimichurri by adding parsley, garlic shallot, red pepper flake, olive oil, lemon, lemon juice, salt and pepper to a medium mixing bowl and whisking to combine. Taste and adjust flavor as needed, adding more lemon juice for acidity, salt for flavor, or red pepper flake for heat. Add avocado and toss to combine. Set aside.

Heat a grill or a large skillet over medium heat. Cook on each side for 2-3 minutes, or until caramelized and deep golden brown. Brush on any remaining marinade while cooking to infuse more flavor.

To serve, top portobello steaks with avocado chimichurri. This makes a great stand-alone meal, but would also pair well with **Pecan Apple salad**, **Pear Walnut salad** or **Vegan Mashed Potatoes**. As well as grilled asparagus and /or cooked quinoa, millet, or brown rice.

Anastasia Lagen

Source: <https://Minimalistbaker.com>

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## Meal Prep Week-Long Power Bowls

### Appliance(s)

I love having prepped food in the fridge, but don't love doing hours of meal prep each week. So I came up with this simple method that takes just 25 minutes of active prep time. The healthy food components can be enjoyed for several days in power bowls, wraps, and even stirred into soups! Power bowls are so fun for family meals because you can switch up the veggies and toppings to suit each palate, giving kids control to build their own bowls. This recipe is also a handy make-ahead option if you're having friends over for a meal. Simply chop all the veggies the night before and refrigerate them in containers. Just before your guests arrive, pop the veggies into the oven, cook the quinoa, and prep the toppings. After



cooking, you can all have fun assembling your own power bowls and everyone will be super impressed by the stunning rainbow-colored meal!

## **Ingredients**

### **For the roasted veggies:**

3 small (680 g) sweet potatoes, peeled and chopped (4 cups)  
4 cups (500 g) brussels sprouts, trimmed and halved\*  
1 medium (800 g) cauliflower, chopped into small florets (4 heaping cups)  
1 medium (230 g) red onion, peeled and chopped  
2 large (500 g) red bell peppers, seeded and chopped  
3 tablespoons (45 mL) extra-virgin olive oil, divided  
Salt and pepper, to taste

### **For the quinoa:**

2 cups (400 g) uncooked quinoa\*\*

### **For the fresh veggies:**

1 medium (370 g) English cucumber, chopped  
1 medium (135 g) bunch green onions, chopped  
2 cups (255 g) grape tomatoes (1 dry pint)

### **For the power bowl toppings:**

Chopped lettuce/greens (Romaine, Iceberg, kale, etc)  
Salad dressing\*\*\*  
Ripe avocados  
Cooked beans or lentils  
Nuts and seeds (I use hemp hearts and roasted pepitas)  
Hummus or pesto

## **Instructions**

Position two oven racks near the middle of the oven. Preheat the oven to 400°F (200°C) and line two extra-large (15- x 21-inches) rimmed baking sheets with parchment paper. It's important to use extra-large baking sheets so there's enough room for all those healthy veggies.

Divide the chopped, "to-be-roasted" veggies onto the baking sheets. Drizzle 1 1/2 tablespoons of oil over top each sheet and toss the veggies until they're fully coated in the oil. Sprinkle generously with salt and pepper.

Roast the veggies for 30 to 40 minutes (I find 35 minutes is perfect in my oven for lightly charred veggies) until fork tender and golden. There's no need to rotate/move the pans or flip the veggies halfway through baking unless you're particular about even cooking.

While the veggies are roasting, add the quinoa to a large pot along with 3 1/2 cups (875 mL) water. Stir. Bring to a simmer over medium-high heat, then immediately reduce the heat to low-medium, cover with a tight-fitting lid, and cook for 12 to 14 minutes, until the water is absorbed and the quinoa is fluffy. Remove the lid and fluff the cooked quinoa with a fork.

While the quinoa cooks, chop the cucumber and green onions. Rinse the tomatoes (I hold off slicing them until just before serving).

Remove the roasted veggies from the oven. Once mostly cool, transfer all of the veggies and quinoa into containers, seal with airtight lids, and place into the fridge for up to 4 days.

To make the power bowls: Add a couple generous handfuls of chopped lettuce/greens to the bottom of a large shallow bowl. Drizzle with a bit of dressing and toss the lettuce/greens until coated. Top with a couple spoonfuls of your prepped food (quinoa, roasted and fresh veggies)—I always

warm up the quinoa and roasted veggies first! Now, add diced avocado, more salad dressing, cooked beans or lentils, nuts and seeds, and hummus or pesto. Keep the power bowl flavors interesting by changing up the toppings each day!

**Tips:**

\* If your brussels sprouts are quite large, quarter them instead of halving.

\*\* If you don't think you'll eat this much quinoa in 4 to 5 days, feel free to halve this amount (use 1 cup uncooked quinoa + 1.75 cups water).

\*\*\* Looking for a delicious homemade dressing? Try my Lemon-Tahini Dressing, Shake-and-Go Balsamic Vinaigrette (*Oh She Glows Every Day*, p.273), or Roasted Garlic and Red Wine Vinaigrette.

Feel free to roast a head of garlic along with the veggies. The roasted cloves are especially delicious thrown into my Roasted Garlic and Red Wine Vinaigrette.

Make it nut-free: Top your bowl with seeds (such as roasted pepita seeds and hemp hearts) instead of nuts and make sure your dressing is nut-free.

Anastasia Lagen

Source: <https://ohsheglows.com/>

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## Jamaican Jerk Shrimp Skewers

**Appliance(s)**

Bamboo skewers, grill

**Ingredients**

2 Tbsp Jamaican Jerk Spice blend

1 lb uncooked shrimp, peeled and deveined

1 Tbsp butter or butter substitute

Bamboo skewers

1 fresh pineapple (or precut pineapple chunks)

Lemon wedges

**Instructions**

Sauté shrimp in butter until fully cooked

Toss cooked shrimp with Jamaican Jerk seasoning. Place in a bowl in the refrigerator and allow the flavors to meld for 2 or more hours (overnight is ideal)

Remove shrimp from the refrigerator.

Cut pineapple into small cubes.

Add ingredients to a skewer, rotating between shrimp and pineapple cubes.

Serve with lemon wedges for additional citrus flavor

Shrimp are cooked and ready to be eaten or you can grill the skewers for added flavor.

A cilantro lime rice would go nicely with this.

Anastasia Lagen

Source: <https://spiceandtea.com>

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## Papou's Spinach and Rice

### **Appliance(s)**

### **Ingredients**

1 16-Oz box vegetable stock	½ - ¾ cup white rice
2 medium sized bags frozen chopped spinach	Juice of 3 lemons
2 cans fire-roasted tomatoes (1 can with garlic, 1 can plain)	Garlic salt
3 yellow onions, sliced	Lemon Pepper
2 Tbsp vegetable oil	Salt

### **Instructions**

Sauté onions in vegetable oil.  
Combine all ingredients (except rice) in a Crock Pot in the morning.  
About 2-3 hours before serving, add rice and a little extra water.

Anastasia Lagen

Source: OCA College Lenten Cookbook

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## Cuban Style Tofu

### **Appliance(s)** Grill

### **Ingredients**

½ cup orange juice	¼ tsp pepper
2 Tbsp lime juice	1 (16oz) package extra firm tofu, drained and cut into 4 pieces, 1/2" slices,
2 cloves garlic, minced	8 slices Italian bread
¼ cup chopped fresh cilantro	4 lettuce leaves
1 tsp ground cumin	4 tomato slices
¼ tsp salt	Vegan Mayo (optional)

### **Instructions**

Combine orange juice, lime juice, garlic, cilantro, cumin, salt, and pepper in a small bowl. Pour over tofu in large resealable plastic bag. Seal; refrigerate 30 minutes.  
Preheat grill to medium-high heat. Remove tofu from bag; discard juice mixture. Grill tofu on a grill rack sprayed with non stick cooking spray over medium-high heat for 5 minutes in each side or until thoroughly heated. Remove from grill; set aside.  
Grill bread, 1 to 2 minutes or until lightly toasted. Serve tofu on bread with lettuce, tomato, and Vegan mayo, if desired; serve immediately.  
Serves 4

Anastasia Lagen

Source: Try-Foods Intl.

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# Quinoa Black Bean Tacos with Creamy Avocado Sauce

## Appliance(s)

## Ingredients

1 tablespoon olive oil or other cooking oil  
1 cup chopped red onion  
2 large garlic cloves, pressed or minced  
3 tablespoons tomato paste  
1 teaspoon ground cumin  
1/2 teaspoon ground chili powder

1/2 cup uncooked quinoa, rinsed well in a fine mesh colander  
1 cup vegetable broth or water  
1 (14 ounce) can black beans or 1 1/2 cups cooked black beans, rinsed and drained  
1/4 to 1/2 teaspoon salt, to taste  
Freshly ground black pepper, to taste

## Avocado sauce

1 large avocado, sliced into long strips  
1 to 2 medium limes, juiced  
1 medium jalapeño, deseeded, membranes removed and roughly chopped

1 handful fresh cilantro  
1/4 teaspoon salt

## Everything else

6 to 8 small, round corn tortillas (certified gluten-free if necessary)  
1 1/2 cups roughly chopped romaine lettuce or spring greens  
Optional garnishes: pickled jalapeños or radishes, crumbled feta cheese

## Instructions

To make the filling, warm the olive oil in a medium-sized pot over medium heat. Sauté the onion and garlic with a dash of salt for 4 to 5 minutes, until the onions are softened and turning translucent. Add the tomato paste, cumin and chili powder and sauté for another minute, stirring constantly. Add the rinsed quinoa and 1 cup broth or water. Bring the mixture to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 15 minutes. Remove the quinoa from heat and let it rest, still covered, for 5 minutes. Uncover the pot, drain off any excess liquid and fluff the quinoa with a fork. Stir in the drained black beans and add salt and pepper, to taste. Cover and set aside for a couple of minutes to warm up the beans.

**To make the avocado sauce:** Simply combine the ingredients as listed in a food processor or blender. Blend well and season with salt, to taste.

In a large skillet over medium heat, warm the tortillas in a single layer, flipping halfway. Wrap the warmed tortillas with a lint-free tea towel until ready to serve. To assemble the tacos, spread quinoa and black bean filling down the center of the tortilla, then top with a generous drizzle of avocado crema, a handful of chopped romaine and any additional garnishes you'd like to add. Eat up!

## NOTES

*Recipe inspired by Picasso Cafe in Oklahoma City and adapted from my roasted cauliflower and lentil tacos and southwestern kale power salad.* **Make it vegan/dairy free:** Just don't add cheese! **Make it gluten free:** Be sure to use certified gluten-free corn tortillas. **Make it tomato free:** Skip the tomato paste. **Storage suggestions:** Store individual components separately. Press plastic wrap against the surface of the avocado sauce to prevent oxidation. Warm the tortillas and filling just before serving, then top with avocado sauce and chopped romaine.

<https://cookieandkate.com/quinoa-black-bean-tacos-recipe/>

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## Lemony Basil Creamy Vegan Pasta with Broccoli and Sundried Tomatoes

### **Appliance(s)**

### **Ingredients**

8 oz whole wheat pasta (rotini or other shaped pasta)  
3 cups broccoli florets  
2 Tbsp olive oil  
1 medium yellow onion, diced  
1 medium red bell pepper, diced  
3 oz sun-dried tomatoes, sliced (not packed in oil)  
4 oz arugula (a few handfuls)

Kosher salt and ground pepper  
Lemon Basil Cashew Cream sauce  
1 cup roasted, unsalted cashews  
3 cloves garlic  
½ lemon, juiced  
1 cup packed fresh basil  
1 cup water  
½ tsp Kosher salt

### **Instructions**

Bring a large pot of water to a boil. Once boiling, generously salt the water. Add in the pasta and cook to al dente, according to package directions. About 2 minutes before the pasta is al dente, add the broccoli florets to the pot to cook with the pasta as the pasta finishes cooking. Reserve 1 cup of the starchy pasta water. Drain the pasta and set aside.

Make the lemon basil cashew cream sauce. Add all listed ingredients to a high-speed blender. Blend until smooth and creamy. Set aside, or store in an airtight container in the refrigerator for up to 1 week. Add the olive oil to a large skillet over medium heat. Once hot, add in the onion and bell pepper. Season with 1 tsp salt and ½ tsp pepper. Cook, stirring occasionally, until the veggies soften slightly 3-4 minutes. Once softened, add the sun-dried tomatoes and arugula to the skillet. Cook, stirring occasionally, until the sun-dried tomatoes soften and the arugula wilts slightly, 1-2 minutes.

Once the veggies are ready, add the drained pasta and broccoli to the skillet. Pour the lemon basil cashew cream sauce over top. Toss to combine, adding a little of the reserved starchy pasta water as you go to reach your desired consistency. Taste and season additionally with salt or a squeeze of fresh lemon juice, as desired. Serve immediately. Enjoy!

Kaliopi Agas Lenten Recipe Sharing  
Source: [www.playswellwithbutter.com](http://www.playswellwithbutter.com)

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## Quinoa Taco Meat

### **Appliance(s)**

### **Ingredients**

1 cup tri-color, white, or red quinoa  
1 cup vegetable broth  
½ cup salsa (slightly chunky is best)  
1 Tbsp nutritional yeast  
2 tsp ground cumin

2 tsp ground chili powder  
½ tsp garlic powder  
½ tsp each sea salt and black pepper  
1 Tbsp olive or avocado oil

### Instructions

Heat a medium saucepan over medium heat. Once hot, add rinsed quinoa and toast for 4-5 minutes stirring frequently. Add vegetable broth and water and bring back to a boil over medium-high heat. Then reduce heat to low, cover with a secure lid, and cook for 15-25 minutes, or until liquid is completely absorbed. Fluff with a fork, then crack lid and let rest for 10 minutes off heat.

Preheat oven to 375F. Add cooked quinoa to a large mixing bowl and add remaining ingredients (salsa, nutritional yeast, cumin, chili powder, garlic powder, salt, pepper, and oil). Toss to combine. Then spread on parchment paper-lined baking sheet. Bake for 20-35 minutes stirring/tossing once at the halfway point to ensure even baking. The quinoa is done when it's fragrant and golden brown. Be careful not to burn.

This quinoa taco meat goes extremely well in crispy taco shells and soft taco shells, and I also think it would be perfect on nachos, taco salads, tostados and in enchiladas.

Store leftovers in the refrigerator for up to 5 days. Reheat in the microwave in a 350F oven, or in a skillet on the stovetop.

Freeze for up to one month

Sonia Winburne Lenten Recipe Sharing

Source: [www.Minimalstbaker.com](http://www.Minimalstbaker.com)

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## Vegan Gnocchi Mushroom Florentine

### Appliance(s)

Ricer or hand mixer if making gnocchi,

### Ingredients

#### Vegan Gnocchi

3 lbs. Russet potatoes

2 1/2 C. All purpose flour

1 1/2 tsp. Salt

Or substitute readymade Gnocci and just make the sauce.

#### Mushroom Florentine Sauce

10 oz. Baby bella mushrooms, sliced

1 Tbsp. Olive oil

3 Cloves Garlic, chopped

1 C. Almond milk, or non dairy milk

1 C. Vegetable broth

3 Tbsp. Corn starch

2 Tbsp. Nutritional yeast

1 tsp. Lemon juice

6 oz. Spinach, fresh

Salt and pepper to taste

Smoked Paprika (optional)

Vegan parmesan (optional)

Balsamic Vinegar (optional)

### Instructions

Preheat oven to 375 degrees. Prick potatoes with a fork all around. Then place in the oven, directly on the oven rack. Bake at 375 degrees for 50-75 minutes or until very soft and tender. Remove from oven and let cool.

Once the potatoes are cool, peel the skins off, they should come off really easily. Now you have a few options. Either using a ricer, rice the potatoes into a bowl, or place in a bowl and use a hand mixer to whip the potatoes until they are very smooth.

Once the potatoes are smooth and have no lumps, add in the flour a little at a time, stirring, then kneading until all the flour is incorporated and the dough is no longer sticky. Now add the salt. If the dough is still sticky, you can add up to another halfa cup of flour. Continue to knead until you have a smooth ball of dough.

Now, start boiling a large pot of water.

Then, get the sauce started. Add the olive oil to a cast iron skillet and heat on medium high. Now add the mushrooms and garlic. Sauté until the mushrooms are cooked through. About 5-7 minutes. Season with salt and pepper.

While the mushrooms are sauteing, cut the dough into four. On a floured surface, roll each piece of dough into a long thin rope. Then cut into 1 inch squares. You can either leave them like this, or roll on a fork to make the lines.

When the water is boiling, add some gnocchi, about 10-15 pieces at a time. Boil until they float, about 2-4 minutes. Remove with a slotted spoon and place in a bowl. Repeat until all the gnocchi is cooked.

Now finish the sauce, mix together the veggie broth, almond milk and corn starch in a bowl. Whisk until fully combined and corn starch has dissolved. Now add to the mushrooms. Reduce to medium low and simmer for about 5-10 minutes until it has thickened. Now add the nutritional yeast, and lemon juice and smoked paprika, if using. Whisk. Season with salt and pepper.

Now add the spinach and stir, just cook until the spinach has wilted. Reduce heat to low. Taste and adjust seasoning.

Once the gnocchi and sauce are done, either toss the gnocchi in the sauce or pour the sauce over the gnocchi. Serve immediately with vegan parmesan or a drizzle of balsamic, or just as is!

### Recipe Notes

Make sure you cook the gnocchi within about 20 minutes of making it, or they will start to stick together and become sticky again.

If you want to prep them, just bake the potatoes ahead of time, and don't mix with flour until ready to cook.

Nickolaos Kontogiannis Lenten Recipe Sharing

Source: [www.rabbitandwolves.com](http://www.rabbitandwolves.com)

### Recipe Variations [F]

1. Use readymade store bought Gnocchi

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## Za'atar Pilaf

### Appliance(s)

Dutch Oven

### Ingredients

2 cups sushi rice

2 cups raw cashews

1 cup sunflower seeds

2 Tbsp za'atar seasoning

1 (12oz) bottle black ale, stout beer, or mushroom broth

Olive oil (or oil of choice)

2 ½ cups water

**Instructions**

Brown the rice, and nuts in a Dutch oven with the oil. (I often use expeller-pressed sunflower oil because it complements the flavor of the sunflower seeds) Add the beer or mushroom broth and water, as well as salt and pepper to taste. Bring to a boil, cover, turn down to low and simmer for 20 minutes.

Melissa Naasko  
Source: Fasting as a Family

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## Artichokes with Peas

**Appliance(s)****Ingredients**

10 artichoke hearts	1 Tbsp olive oil or other oil
1 cup green peas	1 diced potato
½ tsp jalapeno pepper minced	½ cup lemon juice
½ tsp caraway	A pinch of dill
½ cup onions diced	

**Instructions**

Brush a skillet with oil. Place the onions in the skillet and brown. Place the artichokes in a saucepan with all the rest of the ingredients. Simmer until tender. Serve warm or cold.

Good lunch by itself or a companion dish for fish, poultry or veal

Mariana Zaharoff Lagen  
Zaharoff Family Recipes

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## Mexican Quinoa Stuffed Peppers

**Appliance(s)****Ingredients**

1 cup quinoa or rice	1 1/2 tsp garlic powder
2 scant cups vegetable stock	1 15-ounce can black beans
4 large red, yellow, or orange bell peppers	1 cup whole kernel corn
1/2 cup salsa	Diced tomatoes and tomato paste to taste
2 tsp cumin powder	Sugar to taste
1 1/2 tsp chili powder	

**Toppings (Optional)**

1 ripe avocado	Diced red onion
Fresh lime juice	Creamy Cilantro Dressing (See Sauces)
Hot sauce	Chipotle Red Salsa (or your favorite salsa)
Cilantro	



## Instructions

Add quinoa and vegetable stock to a saucepan and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy - about 20 minutes.

Preheat oven to 375 degrees F (190 C) and lightly grease a 9x13 baking dish or rimmed baking sheet.

Brush halved peppers with a neutral, high heat oil, such as avocado oil or refined coconut oil.

Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix thoroughly to combine then taste and adjust seasonings, accordingly, adding salt, pepper, or more spices as desired.

Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.

Bake for 30 minutes covered. Then remove foil, increase heat to 400 degrees F (204 C), and bake for another 15-20 minutes, or until peppers are soft and slightly golden brown. For softer peppers, bake 5-10 minutes more.

Serve with desired toppings (listed above) or as is. Best when fresh, though leftovers keep covered in the refrigerator for 2-3 days. Reheat in a 350-degree F (176 C) oven until warmed through - about 20 minutes.

Philothea Volkman

Source: <https://minimalistbaker.com/spanish-quinoa-stuffed-peppers/>

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## Kolokithokeftedes / Squash Fritters

### Appliance(s)

### Ingredients

2 Tbsp Bob's Red Mill Flax Meal or flax meal of your choice

1/2 cup room temperature water

2 large zucchini (approx 2 lbs or 4 cups shredded/pre-squeezed)

1/2 cup shredded potato (approx 1 medium potato)

1/2 cup shredded carrot (approx 1 medium carrot)

1/2 cup shredded onion (approx 1 small yellow onion)

1/3 cup chopped herbs (I use 2 tbsp each of mint, dill and parsley)

1 Tbsp lemon zest

1/2 cup bread crumbs, fine-crushed and unseasoned

1/2 cup all purpose flour

1 tsp baking powder (or baker's ammonia/traditional Greek levener)

1 tsp salt

1/2 tsp freshly ground black pepper

1/4 tsp ground nutmeg

approx 1/2 cup light olive oil or vegetable oil for frying

### Instructions

Shred zucchini into colander and sprinkle with about 2 tsp of salt (this amount is in addition to above 1/2 tsp). Allow to drain over the sink for 20 minutes or so.

Mix flax meal and water until completely combined. Set aside and allow mixture to sit for about 10 minutes as you prepare the rest of your recipe.

Shred onions, carrots and potatoes. Squeeze out liquid from onions and potatoes by ringing them in a clean kitchen/tea towel over the sink. Set aside.

Chop herbs, measure out breadcrumbs and spices (leaving out the AP flour), zest lemon and combine all in large bowl.

When flax meal is ready, mix into large bowl with herbs/crumbs/spices until completely combined.

Rinse (just very lightly) shredded zucchini and ring out any liquid in a kitchen/tea towel, my method of choice. Add all shredded veggies to bowl with flax/herbs/etc mixture and stir to combine completely.

Lastly, add the flour and, now working with your hands, combine everything once more. Set aside to rest for at least 10 minutes on the counter and for up to 3 days, covered in the refrigerator.

Add 3 tbsp oil to shallow frying pan and bring to medium heat. Watch the pan so your oil does not burn! I keep my pan at number 5 on my induction stove and remove pan from heat for about a minute between batches.

When ready to fry, scoop up squash mixture (I use a 1/3 cup measure) and roll into a ball your hands.

Add ball to hot pan and gently pat into a patty.

Make sure there is room around each for you to be able to flip them easily. Depending on the temp of your oil, frying should take about 2-3 minutes per side and come out a nice crispy golden brown. Add 2 tbsp oil to the pan between each batch.

Serve these immediately!

Philothea Volkman

Source: <http://thegreekvegan.com/kolokithokeftedes-squash-fritters/>

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## Vegan Gyros

### **Appliance(s)**

A food processor

An aluminum loaf type baking pan

A deep sided baking dish that will hold water and the aluminum baking pan

A large baking sheet or tray

Aluminum foil Meat thermometer

First, let me start by saying unequivocally that gyro meat should be cooked on a gas vertical rotisserie. It just should. No, I mean it, it should.

But if you are unlike me and haven't dared to risk the wrath of your spouse by secretly buying one off Amazon (and being singularly unsuccessful at hiding said purchase), then it can be done in an oven...it's just more steps.

Also, This recipe is going to be vegan...but I will give the proportions and directions for doing this non-vegan as well...basically just substitute meat for the "not-meat" in this recipe. The spices and cooking temp will be the same, the only change is to leave out the vegan feta cheese and sauer-kraut juice and to salt the meat 1 hour before mixing to retain moisture.

Finally, this is a vegan version of a delicious meat based recipe...so temper your expectations. It will not taste "exactly like the real thing" ...but it is delicious.

I don't know about anyone else, but Greek- American Gyros are one of my favorite foods. I have had the true Greek version with marinated and thinly sliced, crispity juicy pork wrapped in pita bread with

tomatoes and lettuce, juices running down your chin when you take a bite and...pardon me a moment, I think I need to make a sammich.

...OK.

Now, as good as the original gyro is, I prefer the Greek-American version, a 75/25 mix of beef to lamb with 80/20 beef to keep juicy. There's just something about these sandwiches...I always get visions of a grinning, swarthy guy with Mediterranean eyebrows and a bushy moustache behind a counter passing me a handful of deliciousness wrapped in paper...

Anyway, to replicate that experience as closely as possible, I use vegan feta crumbles in my "not-meat" mixture...both for salt and for the "gamey" sort of flavor you get with lamb. I also use real salt cured sauer-kraut juice (not the store bought kind with vinegar), but it isn't necessary - leave it out if you don't have it on hand.

The key to making this as close as possible to the real texture of gyro meat is in the use of the food processor, squeezing out the onion to remove the juices before adding it to the mix, cooking slowly then broiling the slices before eating...don't leave any of these steps out or it will not come out right.

### Ingredients

1 pound of Beyond Meat or Impossible Burger	½ tsp of kosher salt
¼ cup Italian bread crumbs (make sure they are vegan)	½ tsp of black pepper
½ of a large white onion finely chopped with juices squeezed out	¾ tsp dried oregano
3 ounces of vegan feta crumbled	2 cloves of chopped fresh garlic
	2 tbsp of olive oil or vegetable oil
	1 tsp of sauer-kraut juice

### Instructions

In a food processor, combine the ground "meat" with the drained onion, kosher salt, black pepper, oregano flakes, Vegan feta, oil, sauer-kraut juice and garlic. Process on pulse and then on regular until you end up with a thick paste. Do this in batches to not overstrain your food processor and to keep the mixture cool.

(\*Note: If using real meat during non-fast, salt the meat one hour before mixing in food processor, increase kosher salt to 1 teaspoon and leave out the feta and sauer-kraut juice).

Scoop mixture into a bowl, mix it together with gloved hands to get everything distributed evenly throughout and let rest for one hour (or up to 4 hours if you want...but I can never wait that long) covered in the refrigerator.

Prepare your aluminum loaf baking pan by lightly coating it with oil.

After waiting as long as you can stand it, remove the mixture from the refrigerator, mix in the bread crumbs very well by hand, doing your best to keep the mixture cold. Put the mixture into the loaf pan and be sure to pack it down tight to remove any air pockets. Make a very shallow indentation in the middle of the loaf all along its length with the side of your hand (or with a spoon for those of you who are fastidious). This will help keep the loaf from swelling up in the center as it cooks.

Cover loaf tightly with aluminum foil and the place in the freezer briefly while your oven heats up. (Don't forget about it and let it freeze...it won't hurt it, or change the taste, but you'll spend a couple agonizing hours waiting for it to thaw).

Pre-heat oven on bake or convection bake to 300 degrees. While oven is pre-heating, line your baking tray with aluminum foil and get out the deep sided baking pan. When oven is hot, remove the loaf pan of mixture from the refrigerator, place in the deep sided dish, and fill with enough water to bring it  $\frac{1}{4}$  of the way up the side of the aluminum loaf pan. Place deep sided dish with loaf pan onto the baking tray, then put in the middle of the oven.

Bake to an internal temp of 155-160 degrees. It's ok to poke a hole in the aluminum foil to check the temp, just try to use the same one each time.

When temp is reached, remove from the oven and let cool to room temp. Don't put in the frig to hurry up the process.

When room temp, THEN put in frig to chill (Yes, I know...but if you put it in hot it gets all manky). When thoroughly chilled, remove from loaf pan. You will notice it is sort of a grey color...but we are going to fix that.

Slice the loaf thinly, then when you are ready, lightly coat the aluminum foil covered baking tray with oil, put the oven on broil, put the slices on the tray and put them on the top shelf of the oven. Watch it closely. You want them to get crispy and brown, not black and smoking. Also, you are not trying to crisp the slices all the way through. You just want to get the surfaces crispy while keeping the meat juicy. Maybe remove them from the heat a couple times to get them just right and to "taste for doneness" ....hey, you've worked hard for this...it's only fair you get to lick the spoon, so-to-speak.

Remove from oven when done, place on pita bread with sliced tomato, sliced red onion, lettuce, vegan feta crumbles, and vegan mayo with dill. Squeeze a little fresh lemon juice over the top and enjoy!!

Giorgi Hart

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## Ethiopian Cabbage Dish

### **Appliance(s)**

### **Ingredients**

½ cup olive oil	½ tsp. ground cumin
4 carrots, thinly sliced	¼ tsp. ground turmeric
1 onion, thinly sliced	½ head cabbage, shredded
1 tsp. sea salt	5 potatoes, peeled and cut into 1-inch cubes
½ tsp. ground black pepper	

### **Instructions**

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes. Add the potatoes, cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.

Cara Margaret Bliven

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## Greek Style Green Beans- Fasolakia Lathera

### **Appliance(s)**

### **Ingredients**

½ cup olive oil	8 oz tomato sauce
1 onion chopped	¼ cup chopped parsley
1 lb. green beans (French)	1 tsp. sugar
1 medium potato sliced (1/4 inch thickness- cut in half)	½ tsp. salt
3 medium tomatoes grated or 12-15 oz can diced tomatoes	Freshly ground pepper

### **Instructions**

In a medium pot, heat olive oil at medium to low heat. Sauté onion until soft. Add potatoes and beans and mix until beans and potatoes covered with the olive oil. Heat for 2-3 minutes. Add the tomatoes, parsley, sugar and salt and pepper and mix. Add hot water just enough to half cover the beans. Simmer with the lid on for 40 minutes to an hour. (Do not Boil) The beans are ready once there is no water left and the beans are soft. Enjoy with bread

2-4 servings

Anastasia Lagen

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## Green Bean Casserole

**Appliance(s)** Casserole dish

### **Vegetarian Sauce**

#### **Ingredients:**

Reserved liquid from green beans  
3 Tbsp. margarine or vegan butter  
3 Tbsp. flour  
1/4tsp. pepper

Water or soy milk  
1 vegetable bouillon or 1 tsp. vegetable broth  
Salt to taste

#### **Directions:**

Heat oven to 350F. Melt the butter in a saucepan. Blend in the flour and pepper. Cook over low heat, stirring constantly, until smooth and bubbly. Remove from heat. Stir in reserved liquid from vegetables, vegetable bouillon or vegetable broth, plus enough water or soy milk to make 1 ½ cups until mixture is smooth. Return to heat. Stirring constantly, bring to a boil. Continue stirring for one minute. Taste. Adjust salt, if necessary.

### **Casserole**

#### **Ingredients**

2 cans (16 oz. each) French style green beans  
3 cups Vegetarian sauce (double recipe)  
1 jar (2 ½ oz.) sliced mushrooms  
½ cup slivered almonds (toasted)

1 tsp. Worcestershire sauce  
1/8 tsp. onion salt  
1 can (3oz.) French fried onions

#### **Instructions**

Drain and reserve the liquid from the canned green beans. (Use reserved liquid for Vegetarian sauce)  
Combine the green beans, vegetarian sauce, sliced mushrooms, slivered almonds, Worcestershire sauce and onion salt. Mix well. Place in a 1 ½ quart casserole dish and bake until bubbly, 30-35 minutes.  
Remove from oven and top with French fried onions.

Anastasia Lagen

Source: The Nashville Cookbook

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## Simple Stewed Pinto Beans and Greens

**Appliance(s)**

#### **Ingredients**

1 Tbsp. olive oil  
1 onion, chopped  
3 cloves garlic, minced  
½ tsp smoked paprika  
½ tsp. salt, plus a little extra for cooking the onions  
1 cup vegetable broth

1 pound washed and dried collard greens, sliced into ribbons (apx 1 lg bunch)  
3 cups cooked pinto beans (2 cans pinto beans, drained and rinsed)  
Dash crushed red pepper

**Tahini drizzle (optional):**

¼ cup tahini  
¼ cup water  
2 Tbsp lemon juice

¼ tsp. salt  
1 small garlic clove, finely minced  
Black pepper to taste

**Instructions**

Heat the olive oil in a large sauté pan or skillet (ideally something with a lid) over medium heat. Add the onion and give it a little pinch of salt. Cook for 7-8 minutes, stirring frequently, or until the onion is soft, clear, and lightly golden. Add the garlic, paprika, and the ½ teaspoon salt. Cook for two more minutes.

Add the collards and broth. Cover the pan and allow the collards to wilt down (you might have to do this in batches) Reduce the heat to medium low, uncover the pan, and cook the collards, stirring every so often, for about 10 minutes. Stir in the pinto beans and a dash of red pepper. Season to taste.

If you'd like to make the tahini drizzle, whisk together all of the ingredients while the collards cook.

To serve, divide the greens and the beans into bowls and drizzle with the tahini (if using). You can also scoop them onto a bed of cooked whole grains (brown rice is especially nice), or toast.

4-6 servings

Cara Margaret Bliven

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## Sweet Potato Casserole

**Appliance(s)****Ingredients**

3-4 fresh sweet potatoes baked and peeled  
3 Tbsp. margarine, softened  
½ tsp. salt  
1 8 ounce can crushed pineapple, drained

1/3 cup orange juice  
¼ cup firmly packed brown sugar  
¼ cup chopped pecans

**Instructions**

Grease a 1-quart casserole dish. Mash sweet potatoes with the margarine and salt. Add pineapple and orange juice, blend well. Spoon into a casserole dish. Sprinkle with brown sugar and pecans. Bake at 350F for 30 minutes.

Submitted by: Juliana Volkman

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## Vegan Greek Potatoes

**Appliance(s)****Ingredients**

½ cup Olive Oil  
1 tsp Coarse Sea Salt  
1-2 Lemons

2 tsp Oregano  
4-5 Potatoes cut lengthwise into wedges

### Instructions

Adjust measurements to taste. Mix with a whisk. In a large baking dish pour enough marinade to coat bottom of dish. Put potatoes in a large baking pan. Pour marinade over potatoes and bake in the oven. At 375-400 until fork tender. Turn potatoes, move to top of oven and broil until browned. Watch carefully so they do not burn.

Anastasia Lagen

### *Recipe Variations [F]*

1. Add garlic or garlic powder to taste

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## Vegan Breakfast Skillet

### Appliance(s)

### Ingredients

2 pounds russet potatoes, large diced	½ tsp paprika
1/3 cup vegetable oil	Salt
1 yellow onion, diced	2 cups baby spinach
1 red or green bell pepper	¼ cup freshly chopped parsley
8 oz mushrooms, quartered	1 lemon
½ tsp garlic powder	

### Instructions

Add the potatoes to a pot of boiling salted water and boil them, par-cooking the potatoes for about 3 minutes.

Meanwhile, let the potatoes cool and cook the vegetables. In a heavy pan or skillet over medium heat add 2 Tbsp of oil and the onion and sprinkle with kosher salt. Cook for about 3 minutes and then add the mushrooms and cook for another 5 minutes until the onions are soft and the mushrooms are tender and browned. Add the peppers and cook for 1-2 more minutes. Transfer the vegetables to a separate bowl.

Add the remaining oil to the pan and fry the potatoes until golden and tender in the skillet over medium-high heat. Season to taste with kosher salt and the paprika and garlic powder.

Add the vegetables back to the skillet along with the spinach, which should be folded in and will wilt right away.

Squeeze a little lemon juice and season to taste with salt and garnish with parsley. Serve hot.

Sonia Winburne Lenten Recipe Sharing

Source: <https://heatherchristo.com/>

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## Quick Harvard Beets

### **Appliance(s)**

### **Ingredients**

3 cups sliced raw beets or 2 cans (16 oz each)  
sliced beets  
½ cup sugar  
1 Tbsp all-purpose flour

½ cup white vinegar  
½ tsp salt  
2 Tbsp butter or butter substitute

### **Instructions**

In a saucepan, place raw beets and enough water to cook. Cook until tender, 15-20 minutes. Drain, reserving ¼ cup liquid. (If using canned beets, drain and reserve ¼ cup juice)  
In another saucepan, combine sugar, flour, vinegar and reserved beet juice. Cook over low heat until thickened. Stir in beets, salt and butter. Simmer for 10 minutes.

6 servings

Anastasia Lagen

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

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## Honey Roasted Brussel Sprouts

### **Appliance(s)**

### **Ingredients**

1 lb Brussel sprouts, cut in half or quartered  
2 Tbsp olive oil  
2 Tbsp honey

1 cup dried cranberries  
½ cup sliced almonds

### **Instructions**

Preheat oven to 350F. Put Brussel sprouts and oil in a large bowl. Season with salt and pepper and toss to coat. Spread on a rimmed baking sheet on a single layer, cut side down and roast until tender and edges are starting to brown, about 35 minutes. Drizzle Brussel sprout with honey and sprinkle evenly with cranberries and almonds. Bake until honey has melted and cranberries and almonds are warmed through. About 5 minutes more.

Serves 4

Anastasia Lagen

Source: [allyou.com](http://allyou.com)

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## Baked Potatoes with Artichoke, Olive and Lemon

### Appliance(s)

### Ingredients

4 medium russet potatoes (8 to 10 ounces each)  
1 teaspoon olive oil

1 cup oil-packed artichoke hearts, quartered,  
plus 1/4 of the packing oil  
¼ cup kalamata olives, chopped  
1 ½ teaspoons grated lemon zest

### Instructions

Heat oven to 400° F. Rub the potatoes with the olive oil. Place on a rimmed baking sheet and bake, turning occasionally, until tender and easily pierced with a paring knife, 65 to 75 minutes. In a small bowl, combine the artichokes and their oil, olives, and lemon zest. Split the potatoes and, dividing evenly, top with the artichoke mixture.

Source: <https://www.realsimple.com>

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## Best Vegan Mashed Potatoes

### Appliance(s)

Potato masher or mixer

### Ingredients

2 1/2 lb. potatoes (russet, Yukon, or red), cut into 1 1/2 – 2-inch cubes  
1/4 cup vegan butter (Miyoko's pref.) or extra virgin olive oil, at room temp  
3/4 – 1 cup unsweetened non-dairy milk (almond, cashew, oat, soy, etc.), at room temp  
salt + pepper, to taste

### Instructions

**Boil potatoes:** In a large pot, add potatoes and fill pot with enough water to cover potatoes, there should be about 1 – 2 inches of water over top. Bring to a boil, cover askew, reduce heat to low, and cook over a gentle boil for 15 – 20 minutes. Potatoes are done when fork tender. Remove from heat, carefully drain water.

**Mash:** Add the fat (butter/oil) right away, mash into the potatoes with a potato masher. Pour in the non-dairy milk and continue to mash until fluffy and creamy. Season to taste with salt and pepper.

Serves 4 – 6

**Store:** Leftovers can be stored in the refrigerator for up to 5 – 6 days. For longer storage, freeze for up to 2 – 3 months. Let thaw before reheating.

notes

**Butter + Oil-free:** Use 1/4 cup vegan sour cream in place of butter or oil. Alternatively, omit oil/butter and simply use non-dairy milk or Vegan Cream.

Source: <https://simple-veganista.com/vegan-mashed-potatoes/>

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## Roasted Vegetables

### Appliance(s)

### Ingredients

2 medium whole carrots	1 small beet
4-5 small red or yellow potatoes	1 box white mushrooms
1 large sweet potato	2 cups chopped cauliflower
2 cups Brussels sprouts	1/2 medium zucchini or yellow squash
1 bundle broccolini or broccoli	2-3 Tbsp Olive oil
1 cup red or green cabbage	2 tsp Lawry's Cesaro Total Seasoning
1 medium bell pepper	

### Instructions

Preheat oven to 375 degrees F (190 C) and line two baking sheets with parchment paper.

Place a large pot or rimmed skillet on the stovetop and fill with 1/2 inch water. Bring to a boil over high heat.

Once boiling, lower heat to medium-high (you're going for a low boil) and carefully place a steamer basket inside (I like this one - or sub a small colander or fine mesh strainer that rests over the water but not in the water).

Add the starchy vegetables (carrots, potatoes, sweet potatoes - Brussels sprouts are optional and should only be added if you like more tender Brussels - otherwise, set aside).

Cover pot or skillet and steam the vegetables for 4-6 minutes or until just tender. A knife should easily pierce the vegetables but not easily slide all the way through. You're looking for them to be moist and slightly tender.

Transfer the steamed starchy vegetables to one baking sheet, and arrange the non-starchy vegetables on the other baking sheet. Season both trays to taste with Lawry's Total Seasoning, and olive oil, toss to coat.

Bake for a total of 20-30 minutes or to desired doneness. The broccolini seems to require just 15 minutes, while the cabbage, bell pepper, and cauliflower benefit from a longer roast - up to 25-30 minutes. (Once steamed), the starchy vegetables shouldn't need more than 20 minutes in the oven. Steamed Brussels need to be roasted for 15 minutes, while unsteamed Brussels can roast for up to 20-25 minutes. Just watch the oven closely and check for doneness.

At this point, they're ready to serve!

Store leftover vegetables covered in the refrigerator up to 3-4 days. Reheat over a cast-iron skillet or on a parchment-lined baking sheet in a 400-degree F (204 C) oven until hot - about 10 minutes.

**Notes\*** I roasted my favorite vegetables, but this is by no means an exhaustive guide. I tend to find that starchy vegetables (like potatoes) benefit from a short steam before roasting, while non-starchy vegetables (like peppers, broccoli) should be roasted without steaming for best results.

Source: <https://minimalistbaker.com/oil-free-roasted-vegetables/>

## Applesauce Cake

### **Appliance(s)/ Tools**

Sifter, bread/loaf pan, hand mixer

### **Ingredients**

1 $\frac{3}{4}$ cups cake flour – sift before measuring	1 tsp. cinnamon
2/3 cups raisins	$\frac{1}{2}$ tsp. cloves
2/3 cup dried cranberries	$\frac{1}{2}$ cup Earth Balance butter substitute
2/3 cup walnuts	1 cup white or brown sugar
$\frac{1}{2}$ tsp. salt	1 $\frac{1}{4}$ cup applesauce
2 tsp. baking soda	

### **Instructions**

Combine flour, salt, baking soda, cinnamon and cloves together into a small bowl.

Dust raisins, cranberries and walnuts with flour

In a large bowl, cream shortening until soft then add sugar and applesauce

Sift flour mixture into cream mix and add fruit and nut mixture.

Bake in a 7-inch tube pan at 350 F for 45 minutes.

Cara Margaret Bliven adapted from Joy of Cooking

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## Lenten Chocolate Cake

### **Appliance(s)**

### **Ingredients**

3 c flour	3 T vinegar
2 t baking soda	2 T vanilla
6 T cocoa	$\frac{3}{4}$ c oil
1 t salt	2 c cold water
2 c sugar	

### **Instructions**

Mix flour, baking soda, cocoa, salt, and sugar in a large mixing bowl. Add vinegar, vanilla, oil and water and mix well. Pour batter into greased 9x13" baking pan. Bake at 350° for 45 minutes. Ice with fasting icing.

Matushka Ruth Hinton

# Soft Gingerbread Men Cookies

## Appliance(s)

Cookie Cutters, mixer, gallon ziplock bags

## Ingredients

10 Tbsp. (2/3 cups) Earth Balance (non soy)	1 tsp. baking soda
¾ cup packed light or dark brown sugar	½ tsp. salt
2/3 cup Grandma's Molasses (or unsulphured molasses)	1 Tbsp. ground ginger
¼ cup unsweetened applesauce	1 Tbsp. ground cinnamon
1 tsp. pure vanilla extract	½ tsp. allspice
3 ½ cups all-purpose flour	½ tsp. ground cloves

## Instructions

In a large bowl using a handheld mixer or stand mixer fitted with a paddle attachment, beat the butter for 1 minute on medium speed until completely smooth and creamy. Add the brown sugar and molasses and beat on medium high speed until combined and creamy looking. Scrape down the sides and bottom of the bowl as needed. Next, beat in egg and vanilla on high speed for 2 full minutes. Scrape down the sides and bottom of the bowl as needed. The butter may separate, that's ok.

In a separate bowl, whisk the flour, baking soda, salt, ginger, cinnamon, allspice, and cloves together until combined. On low, speed, slowly mix into the wet ingredients until combined. The cookie dough will be quite thick and slightly sticky. Divide dough in half and place each into a gallon Ziplock bag. Flatten dough with rolling pin or by hand to fill bag and close. Chill bags laid out flat for at least 3 hours or overnight. (overnight works best)

Preheat oven to 350F. Line 2-3 large baking sheets with parchment paper or silicone baking mats.

Remove 1 bag of chilled cookie dough from the refrigerator. Generously flour a work surface, as well as your hands and the rolling pin. Don't be afraid to continually flour the work surface as needed – this dough can be sticky. Roll out dough until ¼ inch thick. Cut into shapes. Place shapes 1 inch apart on prepared baking sheets. Re-roll dough scraps until all the dough is shaped. Repeat with remaining bags of dough.

Bake cookies for about 9-10 minutes. If your cookie cutters are smaller than 4 inches, bake for about 8 minutes. If your cookie cutters are larger than 4 inches, bake for about 11 minutes.

Allow cookies to cool for 5 minutes on the cookie sheet. Transfer to cooling rack to cool completely. Once completely cool, decorate as desired.

## Notes:

Unbaked cookie dough bags freeze well, up to 3 months. Thaw overnight in the refrigerator then continue with step 3.

This cookie dough is NOT sturdy enough for gingerbread houses.

Anastasia Lagen

Source: [www.sallysbakingaddiction.com](http://www.sallysbakingaddiction.com)

## Easy Halva with Raisins

### **Appliance(s)**

Bundt pan

### **Ingredients**

2 cups semolina

1 cup olive oil

4 cups water

1.5 teaspoons ground cinnamon

1/2 teaspoon vanilla extract (powder)

2 teaspoons lemon juice

1 cup sugar

1 cup raisins

### **Instructions**

Add semolina and oil to a non stick pan. Use medium heat and stir continuously until it starts to brown.

Add the rest of the ingredients to a pan, heat up and turn off heat when the sugar has dissolved.

Add the water to the semolina and stir until its firm and doesn't stick to the pan.

Add to a bundt pan or any other decorative pan. Let it rest for at least 5 minutes before eating or put in fridge for later. Turn it on a plate and dust it with cinnamon.

Anastasia Lagen

Source: Effie DelMedico Lenten Recipe Sharing

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## Vanilla Vodka

### **Appliance(s)**

### **Ingredients**

1 bottle of Vodka, Ciroc or your favorite brand  
5 Vanilla beans

### **Instructions**

At the beginning of Great Lent on Meatfare Sunday, split open 5 Vanilla beans down the long side of the bean so to expose the inside of the bean. Insert the 5 beans one by one into the bottle of Vodka, seal the cap and put it a cool place. During Holy Week, on Holy Wednesday or Thursday, place the bottle into the freezer. On Pascha, open the bottle and taste your Vanilla Vodka. The longer the Vodka sits the better the taste.

Some people start their Vanilla Vodka on New Years Day and then open in up on Pascha.  
Enjoy!

### **Notes:**

You can purchase quantities of vanilla beans on Amazon for a reasonable price.  
Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes.

You can purchase little bottles and fill them up with the Vanilla Vodka. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Pasha basket and Christmas gifts.

Celeste Marko Englehardt  
Family Collection

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## Wine & Oil Fast Recipes

### Breads

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## Chocolate Raspberry Dreams Breakfast Parfait

### Appliance(s)

#### Ingredients

##### For the Raspberry Chia Seed Jam (makes 1 cup):

1 (10 oz) bag frozen raspberries	1 teaspoon pure vanilla extract or vanilla bean powder (optional)
2 tablespoons chia seeds	
2 tablespoons pure maple syrup, or to taste	

##### For the Chocolate Overnight Oats (makes 3 cups):

1 cup gluten-free rolled oats	2 tablespoons unsweetened cocoa powder
1/3 cup chia seeds	2 1/2 cups unsweetened almond milk
2 to 3 tablespoons pure maple syrup, to taste	

##### For the topping:

Homemade Coconut Whipped Cream or So	Fresh or frozen raspberries
Delicious Coconut Whip*	Sliced toasted almonds or hazelnuts

#### Instructions

For the Raspberry Chia Seed Jam: Add the frozen raspberries, chia seeds, and maple syrup into a medium pot. Stir to combine. Cook uncovered over medium heat, stirring frequently, for about 7 to 9 minutes, until the raspberries break down. (It will still look a bit runny, but it will thicken as it cools.) Remove from heat and stir in the vanilla, if using, and additional maple syrup, if desired. Allow the jam to cool on the counter, uncovered, for about a half hour before covering and chilling in the fridge.

For the Chocolate Overnight Oats: In a large container with a lid, whisk together the oats, chia seeds, maple syrup, and cocoa powder until combined. Add the milk and whisk until no clumps of cocoa powder remain. Secure lid and let it sit on the counter for 2 to 3 minutes. After sitting briefly, shake the mixture (or stir) again to combine. This just helps prevent the chia seeds from clumping up. Chill in the fridge for a couple hours, or overnight.

Prepare the Coconut Whipped Cream, or if using, thaw the store-bought coconut whipped cream in the fridge or on the counter. Store in the fridge until ready to use.

When the chia jam and oats are ready, layer them into jars or bowls along with the coconut whipped cream. Add your desired toppings and enjoy! The parfaits can be made in advance and enjoyed for a few days.

#### Tips:

To change up this recipe, feel free to swap the Coconut Whipped Cream for Banana Soft Serve. Make it nut-free: Swap the almond milk for a nut-free non-dairy milk and omit the nut topping.

Anastasia Lagen

Source: <https://ohsheglows.com/>



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## Chocolate, Coconut, Blueberry & Raspberry Parfait

This is a great pre-workout (eat 1 hour before) also a yummy dessert

### **Ingredients**

½ cup chocolate ganache (See recipe in sauces)	½ cup coconut cream
½ cup gluten free rolled oats	2 Tbsp unsweetened shredded coconut
½ cup raspberries	1 Tbsp cacao nibs

### **Instructions**

Spoon the chocolate ganache into a tall glass. Cover with the oats, then the raspberries and blueberries. Top with the coconut cream and shredded coconut. Garnish with cacao nibs and a few blueberries.

Anastasia Lagen  
Source: Thrive Energy Cookbook

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## Blueberry Cacao Pre-workout Performance Cereal

Ideal for workouts that exceed 90 minutes

### **Ingredients**

1 cup gluten free rolled oats	½ tsp sea salt
½ cup fresh or frozen blueberries	¼ cup virgin coconut oil, melted
3 large Medjool dates, pitted and chopped	¼ cup coconut nectar
½ cup chopped raw almonds	2 Tbsp water
½ cup sunflower seeds	2 Tbsp match green tea powder (turbo charge option)
½ cup ground flaxseed	4 tsp. cayenne pepper (optional)
1.2 cup chia seeds	
½ cup unhulled sesame seeds	
2 Tbsp cacao nibs	

### **Instructions**

Preheat oven to 250F

In a large bowl, combine the oats, blueberries, dates, almonds, sunflower seeds, flaxseed, chia seeds, sesame seeds, cacao nibs, and sea salt. Stir until well combined. In a small bowl. Stir together the coconut oil, coconut nectar, water, green tea powder (if using), and cayenne (if using).

Add the wet ingredients to the dry ingredients. Mix well. Spread evenly on a baking sheet.

Bake, stirring once halfway through, for 50 to 65 minutes, depending on how much crunch you like. Let cool on the baking sheet. Break up before storing.

Makes 4 cups/ 5 servings

Top with blackberries or raspberries

Cayenne increases the blood flow and speeds the uptake of nutrients

Store in an open container, in the refrigerator for up to 2 weeks.

Anastasia Lagen  
Source: Thrive Energy Cookbook

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## Vegan Quesadillas

### **Appliance(s)**

Skillet or Quesadilla Maker

### **Ingredients**

Oil or Earth Balance Non Soy Butter Substitute  
Vegetables of choice

Tortillas  
Hellmans Vegan Mayo

### **Instructions**

Simmer any veggies you like in a skillet until fork tender  
Mix in vegan mayo – Hellmans vegan preferred  
Fill tortillas fold over and cook

Kat Chatzigeorgiou  
Lenten Recipe Sharing

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## Cookie Dough Protein Bars

### **Appliance(s)**

### **Ingredients**

1  $\frac{3}{4}$  cups oat flour  
 $\frac{1}{2}$  cup Plant Fusion Vanilla Bean Protein Powder  
or you fav  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp baking soda

$\frac{1}{3}$  cup pure maple syrup  
 $\frac{1}{2}$  cup cashew butter (or almond butter)  
 $\frac{1}{4}$  cup almond milk  
1 tsp vanilla extract

### **Chocolate Topping**

$\frac{1}{2}$  cup chocolate chips dairy free  
1 Tbsp coconut oil

Sea salt

### **Instructions**

Line an 8 x 8 inch square baking dish with parchment paper going both ways.  
Place oat flour, protein powder, salt and baking soda in a large mixing bowl, stirring to combine  
Add maple syrup, cashew butter, almond milk, and vanilla. Stir until you have a ball of dough. Using wet hands, press evenly into prepared baking dish.  
Make chocolate coating by placing chocolate chips, coconut oil, and cashew butter in a medium microwave safe bowl. Microwave in 20 second intervals for about a minute or until melted, stirring each time. Pour chocolate over bars and use a spatula to spread evenly.  
Freeze for at least 2 hours before slicing into 9 bars. Top with plenty of sea salt and devour

Store bars in freezer for up to 3 months

**Lisa Psaromatis**

Source: [www.hummusapien.com/cookie-dough-protein-bars/](http://www.hummusapien.com/cookie-dough-protein-bars/)

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## Greek Avocado Toast

### Appliance(s)

### Ingredients

Avocado	Pepper
2 Tbsp Extra virgin olive oil	¼ tsp Oregano
1 tsp Lemon juice	Crushed red pepper (optional)
Salt	Whole wheat bread

### Instructions

Toast Bread. Mix olive oil lemon, salt, pepper oregano and crushed red pepper. Spread avocado on toast. Drizzle sauce over toast.

Vicki Revel Lenten Recipe Sharing

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## Avocado Toast

### Ingredients

4 slices whole-grain bread	½ tsp salt
1 avocado, halved and pitted	½ tsp ground black pepper
2 Tbsp chopped fresh parsley	½ tsp onion powder
1 ½ tsp extra virgin olive oil	½ tsp garlic powder
½ lemon, juiced	

### Instructions

Toast bread in a toaster or toaster oven  
Scoop avocado into a bowl. Add parsley, olive oil, lemon juice, salt, pepper, onion powder, and garlic powder; mash together using a potato masher. Spread avocado mixture into each piece of toast.

Nick Lagen  
Source: allrecipes.com

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## Classic Italian Vegan Stuffed Mushrooms

### Appliance(s)

### Ingredients

12 medium/large white button mushrooms	½ Tbsp oregano
1 cup Italian seasoned bread crumbs	½ Tbsp garlic powder
1/3 cup vegan butter	1 Tbsp vegan Parmesan
2 garlic cloves, minced	Salt and pepper to taste
½ Tbsp parsley	3 Tbsp avocado oil, divided
½ Tbsp basil	Fresh parsley to garnish

## Instructions

Clean mushrooms by using a damp rag and removing any dirt. Remove stems from mushrooms and dice the stems. You will use them in the stuffing mixture. Heat up the butter in a fry pan while you mix the breadcrumbs and seasonings together. In a large bowl mix together breadcrumbs and all seasonings such as parsley, basil, oregano, onion powder, garlic powder, vegan Parmesan, and salt and pepper. Pour mixture into frying pan with melted butter. Add 1 Tbsp of avocado oil too. You want the entire breadcrumb mixture to be moist and covered in butter and oil. Cook this on medium heat ensuring even distribution of moistness throughout all of the breadcrumb mixture. Cook this until golden brown and it sticks together well. To test you can pick up some with your hands (be careful it will be hot) and mash it together to see if it stays, which it should. Remove the breadcrumbs from the frying pan and add in the diced mushroom stems to the frying pan. Cook them in the remaining oil and let them get brown. Once done mix in with breadcrumbs. Preheat the oven to 350F and line an 8 x 8 baking dish or cookie sheet with parchment paper. Now its time to stuff the mushrooms. Fill each mushroom up with however much breadcrumb stuffing you'd like. When stuffing them press down with your spoon without breaking the mushrooms and fill to the top letting it come up and out a bit. Drizzle tops of mushrooms with 2 Tbsp of avocado oil, making sure to get some on the tops of each mushroom. Sprinkle tops with extra vegan Parmesan cheese then bake for 20 minutes. Serve right away and enjoy.

Panigiota DelMedico  
Source: Lenten Recipe Sharing

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## Best Hummus

**Appliance(s)** Food Processor

### Ingredients

1 can (15 ounces) chickpeas, rinsed and drained, or 1 1/2 cups cooked chickpeas	1/2 teaspoon fine sea salt, to taste
1/2 teaspoon baking soda (if you're using canned chickpeas)	1/2 cup tahini
1/4 cup lemon juice (from 1 1/2 to 2 lemons), more to taste	2 to 4 tablespoons ice water, more as needed
1 medium-to-large clove garlic, roughly chopped	1/2 teaspoon ground cumin
Any of the following garnishes: drizzle of olive oil or <a href="#">zhoug sauce</a> , sprinkle of ground sumac or paprika, chopped fresh parsley	1 tablespoon extra-virgin olive oil (substitute avocado, sunflower or canola oil)

### Instructions

Place the chickpeas in a medium saucepan and add the baking soda. Cover the chickpeas by several inches of water, then bring the mixture to a boil over high heat. Continue boiling, reducing heat if necessary, to prevent overflow, for about 20 minutes, or until the chickpeas look bloated, their skins are falling off, and they're quite soft. In a fine mesh strainer, drain the chickpeas and run cool water over them for about 30 seconds. Set aside (no need to peel the chickpeas for this recipe!).

Meanwhile, in a food processor or high-powered blender, combine the lemon juice, garlic and salt. Process until the garlic is very finely chopped, then let the mixture rest so the garlic flavor can mellow, ideally 10 minutes or longer.

Add the tahini to the food processor and blend until the mixture is thick and creamy, stopping to scrape down any tahini stuck to the sides and bottom of the processor, as necessary.

While running the food processor, drizzle in 2 tablespoons ice water. Scrape down the food processor, and blend until the mixture is ultra-smooth, pale and creamy. (If your tahini was extra-thick to begin with, you might need to add 1 to 2 tablespoons more ice water.)

Add the cumin and the drained, over-cooked chickpeas to the food processor. While blending, drizzle in the olive oil. Blend until the mixture is super smooth, scraping down the sides of the processor as necessary, about 2 minutes. Add more ice water by the tablespoon if necessary to achieve a super creamy texture.

Taste and adjust as necessary—I almost always add another 1/4 teaspoon salt for more overall flavor and another tablespoon of lemon juice for extra zing.

Scrape the hummus into a serving bowl or platter and use a spoon to create nice swooshes on top. Top with garnishes of your choice and serve. Leftover hummus keeps well in the refrigerator, covered, for up to 1 week.

## NOTES

*Recipe adapted from Michael Solomonov, via [The New York Times](#) and [Bon Appetit](#), and Yotam Ottolenghi.*

**How to cook dry chickpeas in a hurry for this recipe:** In a large saucepan, combine 5 ounces (3/4 cup) dried chickpeas and 1/2 teaspoon baking soda, and fill the pot with water. Bring the mixture to a boil over high heat and skim off the surface foam as needed. Continue boiling over medium-high, adding more water if you start running out, until the chickpeas are very mushy and falling apart, about 1 hour to 1 hour 15 minutes. Drain in a fine-mesh colander, rinse under cool running water, and drain well before using. Start the recipe at step 2.

Source: <https://cookieandkate.com/best-hummus-recipe/>

## How to Make the Best Hummus

### 1) Mushy chickpeas

Cook canned or leftover cooked chickpeas according to step 1 below. This only adds 20 minutes to your hummus-making time, and it's my number one tip for making perfect hummus at home.

**Want to cook your chickpeas from scratch?** You sure can—see the recipe notes.

**Can you over-cook your chickpeas in an Instant Pot?** I don't recommend it—you'll end up with a mess of chickpea mash clogging your vent and a puddle of chickpea cooking water surrounding your Instant Pot. I speak from experience.

### 2) Great tahini

All tahini is not created equally. When I was in Israel, Israelis's spoke of tahini, or "t'hina," with reverence. I learned that the best tahini comes from Ethiopia. Store-bought tahini in the U.S. varies widely in flavor, with some of them so bad that they've ruined my hummus.

**My favorite brands of tahini?** I had to try Solomonov's favorite, **Soom**. I found it on [Amazon](#) (affiliate link) and I have to say that it is worth it. Second favorite? **Trader Joe's organic tahini**, which is made

from Ethiopian sesame seeds like Soom's. Whole Foods 365 used to be my go-to, but I encountered a few bad jars that tasted so bad, I'm afraid to try again.

**Don't skimp on the tahini, either**—you need to use 1/2 cup tahini per can of chickpeas for rich and irresistible hummus. I once toured an enormous hummus production facility and learned that they often reduce the cost of producing store-bought hummus by using less tahini. Sneaky!

### 3) Ice-cold water

Why do you always want to mix ice-cold water with tahini? This is another trick that I learned on my trip. I can't find a scientific explanation, but it seems to help make the hummus light and fluffy, and lightens the color of the tahini to a pale ivory color.

### 4) Fresh-squeezed lemon juice

Store-bought lemon juice always tastes stale and sad, and it will make your hummus taste stale and sad. Buy lemons and your hummus will taste fresh and delicious. I almost always add another tablespoon of lemon juice to my hummus for extra flavor before I plate it, but I'll leave the tang factor up to you.

### 5) Garlic, mellowed in lemon juice

This is another trick from Solomonov—if you mince the garlic in the food processor or blender with the lemon juice and let that mixture rest for a few minutes, the garlic will lose its harsh, raw bite and mellow out. I tried it before and after, and he's right! Here's [Serious Eats' scientific explanation](#) for why this works.

### 6) Olive oil, blended into the hummus and drizzled on top

Solomonov doesn't blend any olive oil into his hummus, but I think that one tablespoon makes the hummus taste even more luxurious and creamy. I recommend it!

### 7) Ground cumin

The cumin is subtle and offers some "Je ne sais quoi," if you will. It's a common ingredient in plain hummus recipes, and makes the hummus taste a little more special.

#### *Recipe Variations [F]*

1. Green goddess hummus: ¾ cup loosely packed fresh, leafy herbs
2. Sun-dried tomato hummus: ¾ cup oil-packed sun-dried tomatoes, rinsed and drained (one 6.7 oz jar)
3. Kalamata olive hummus: ¾ cup pitted Kalamata olives
4. Toasted sesame hummus: ½ teaspoon in the hummus, plus 1 teaspoon drizzled on top

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## Energy Bites

### Ingredients

1 tablespoon coconut oil  
1/3 cup almond butter or other nut butter  
1/4 cup maple syrup or honey

1/2 cup + 2 tablespoons old fashioned oats  
2 tablespoons chia seeds  
1/4 cup ground flax

**Optional** - add the following or anything else you like!

1 tablespoon espresso powder

2 tablespoons dark chocolate chips

**Instructions**

Melt coconut oil in a large bowl.

Stir in the nut butter, maple syrup (or honey) until smooth. Add the oats, chia seeds and ground flax, plus extra add-ins.

Roll into 1 tablespoon balls and store in the fridge for up to 1 week or the freezer for up to 3 months.

Philothea Volkman

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## Black Bean Salad

### **Appliance(s)**

#### **Ingredients**

1 cup black beans, soaked  
1-quart water  
1-inch strip kombu (edible kelp- East Asian market or online)  
1 cup frozen corn  
½ sweet red pepper  
2 scallions  
¾ cup finely chopped parsley

¼ cup coarsely chopped walnuts

#### **Dressing:**

2 Tbsp. olive oil  
2 Tbsp. shoyu (Japanese style soy sauce)  
3 Tbsp. fresh lemon juice  
1 tbsp. prepared mustard  
1 clove garlic, crushed

#### **Instructions**

Drain the beans. Place them in a medium saucepan with the water and kombu. Bring to a boil, reduce heat, cover, and cook for 2 hours, adding water as needed. The beans should be soft, but not mushy.

Combine dressing ingredients in a jar and set aside.

Boil corn in a little water until tender.

When beans are done, pour them into a large bowl and mix the dressing into the hot beans.

Add corn, scallions, parsley and walnuts and mix well. Allow to sit in the refrigerator at least 1 hour before serving.

Cara Margaret Bliven

Source: Mary Granger

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## Black-eyed Caviar Salad

### **Appliance(s)**

#### **Ingredients:**

2 (15 oz) cans black-eyed peas, drained  
½ cup roasted red pepper packed in oil, drained and finely chopped  
½ cup minced purple onion  
½ cup minced fresh cilantro or parsley  
¼ cup olive oil  
2 Tbsp white wine vinegar

1 tsp ground cumin  
2 tsp coarse-grained mustard  
¼ tsp salt  
2 cloves garlic, minced  
1 yellow or green pepper, seeded and finely chopped

#### **Instructions**

Combine all ingredients in a medium-size bowl; stir well. Cover and chill several hours. Serve at room temperature with pita chips. Yield: 4 ½ cups

Cara Margaret Bliven



## Easy Spinach Salad with Fresh Lemon Dressing

### **Appliance(s)**

### **Ingredients**

5 cups baby spinach or chopped kale  
1-2 tsp. olive oil  
1/8 tsp salt  
2 cups broccoli, chopped  
½ cup almonds, sliced  
½ cheese\* (optional) cheddar or feta  
¼-1/2 cup carrots, shredded  
¼ cup red onion, diced  
¼ cup sunflower seeds  
¼ cup dried cranberries

### **Lemon Dressing:**

¼ cup olive oil  
2 Tbsp fresh lemon juice  
2 tbsp red wine vinegar  
1 Tbsp honey Dijon mustard  
1 clove garlic, minced  
½ tsp. dried oregano  
¼ tsp. salt  
1/8 tsp. ground black pepper  
1 Tbsp. honey, adjust and add to taste

### **Instructions**

First make your dressing by combining ingredients above in a lidded mason jar then shake well to emulsify. Dip a spinach leaf in the dressing and adjust sweetener, salt, and pepper to taste. You can make this dressing as sweet or tart as your heart desires.

If using chopped kale massage with a little olive oil and a pinch of salt. Rub with your fingers until leaves begin to darken and tenderize. This makes it taste great and gives the kale a silky texture.

In a large bowl, combine spinach, broccoli, almonds, cheese, carrots, onion, sunflower seeds, dried cranberries. Shake your dressing once more and pour about 1/3 of the dressing over the salad. Toss to coat and add extra dressing, to taste.

Anastasia Lagen

Source: [www.spendwithpennies.com](http://www.spendwithpennies.com)

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## Three-Bean Pasta Salad

### **Appliance(s)**

### **Ingredients**

#### **Salad:**

10 oz. small pasta shells  
¾ lb. green beans (about 2 cups) cut in 1" pieces)  
1 can cooked drained chickpeas  
1 can cooked drained kidney beans

½ c. minced celery  
½ c. chopped dill pickles  
½ c. scallions, chopped  
2 T. grated radishes (4-6 whole)

#### **Dressing:**

¼ c. canola or other veg. oil  
2 T. cider vinegar  
1½ T. Dijon mustard  
2 T. orange marmalade

¼ t. dried oregano (½ t. fresh\*)  
2 t. dried dill (1 ½ T. fresh\*)  
1½ t. salt  
ground black pepper to taste

### Instructions

\*If using fresh herbs, sprinkle them into the finished salad rather than blending them into the dressing. Bring a large pot of water to a boil, add the pasta, and cook according to package directions. Drain in a colander, gently rinse with cold water, and set aside to drain again.

Meanwhile, simmer or steam the green beans just until tender and still brightly colored. Drain, rinse with cold water, and drain again.

Combine the chickpeas, kidney beans, and green beans in a large serving bowl. Add the celery, pickles, scallions, and radishes and toss gently.

In a blender, combine the oil, vinegar, mustard, orange marmalade, oregano, dill, salt, and if you wish, pepper to taste. Mix until smooth. Add the pasta to the serving bowl, pour on the dressing, and mix well.

Serve immediately or chill for at least 20 minutes and serve cold.

Matushka Ruth Hinton

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## 8 Ingredient Vegan Chunky Potato & Carrot Soup (GF)

### Appliance(s)

### Ingredients

2 large carrots – peeled, cut into 1-3 inch pieces

4 large potatoes – peeled and quartered

1 Vidalia onion – peeled and diced

1 Tbsp. vegan butter

1 Tbsp. Italian seasoning

Salt to taste

Ground black pepper to taste

2 to 3 cups of almond milk or until you get the desired consistency (or substitute ½ can coconut cream and 2 cups broth reserved from vegetables \*\*lime juice goes well with this)

\*\*Optional- dill fresh or dried and or lemon juice to taste

### Instructions

Bring two large pots of water to a boil.

Add the carrots to one pot, cover, and reduce the heat to simmer. Simmer for approximately 15 to 20 minutes or until the carrot is easily pierced with a fork.

(Alternatively, use one one pot and boil the potatoes and onions first for 5 minutes then add the carrots)

Add the onion to the second pot of boiling water. Peel and quarter the potatoes and add them to the pot with the onions. Reduce the heat to simmer and simmer for approximately 20 minutes or until the potatoes are easily pierced with a fork.

When the carrots and potatoes are soft, drain the water in both pots and transfer the carrots to the pot with the potatoes and onions. Mash the carrots, potatoes and onion with a potato masher until the mixture is mostly mashed but there are still chunks of carrot and potatoes. Add the milk (add one cup at a time until you get the consistency that you like), vegan butter, Italian seasoning, salt and pepper and heat on medium low until the soup begins to boil. Remove from the heat. (Stir in lemon juice and dill if using) Serve and enjoy.

Salad and focaccia bread make this a meal.

Anastasia Lagen

Source: Effy Delmedico & Despina Souhlas Lenten Recipe Sharing and [www.veganosity.com](http://www.veganosity.com)

## Christmas Eve Mushroom Sauerkraut Soup with Garlic Appetizer

### **Appliance(s)**

#### **Garlic appetizer**

Fresh sliced garlic

Honey

Peel garlic and slice. Dip fresh garlic in honey and use as an appetizer with a piece of freshly baked bread! Then enjoy the soup!

#### **Soup Ingredients**

1 med onion chopped

1 c. baby bella mushrooms chopped

Coconut oil or avocado oil (I use the oils from  
Trader Joe's)

2-3 cloves of minced garlic

1 tsp salt

1/2 tsp pepper

Dash of paprika

2 bay leaves

4 cups filtered water

1 jar sauerkraut drain juice into measuring cup

Juice from the jar (if you like the soup to be a  
bit sour, use all the juice, if not use 1/2)

1/2 cup rice

#### **Instructions**

Saute onion and mushrooms in oil until soft.

Add salt, pepper, paprika, bay leaf, garlic, and sauerkraut to the pot. Sauté for about 3 min. Then add the water and sauerkraut juice. (slowly add the juice to your liking)

Wash 1/2 cup rice well and add the rice to the soup. Simmer until rice is soft. Season to taste with salt, pepper, and paprika and serve with bread. Enjoy!

Celeste Englehardt

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## Easy Tuscan Bean Soup

### **Appliance(s)**

#### **Ingredients**

2 Tbsp. extra virgin olive oil

1 medium yellow onion, diced

2 medium carrots, diced

2 stalks celery, diced

1 medium zucchini, diced

4 cloves garlic, pressed

¼ tsp. red pepper flakes

¼ tsp. dried thyme

½ tsp. dried rosemary

1 quart vegetable broth

2 (14 oz) cans cannellini beans, drained and  
rinsed

1 (14 oz) can no salt added diced tomatoes with  
juices

3 cups chopped kale, ribs removed

2 tsp. salt

1 tsp. freshly ground black pepper

1 Tbsp. white sugar

1 Tbsp. white wine vinegar

### Instructions

Heat 2 Tbsp. of olive oil in a 6 quart or larger Dutch oven over medium-high heat. Add the onions, carrots, celery, zucchini, and squash. Sauté for 4 minutes.

Add the garlic, red pepper flakes, thyme and rosemary. Cook 30 seconds.

Stir in the broth, beans, and tomatoes. Bring the contents to a boil then turn the heat down to low and add the chopped kale. Cover the pot and simmer for 15 minutes.

Use an immersion blender (or transfer small amounts to a countertop blender and puree as desired) to partially puree the soup, leaving some chunks of beans and vegetables for texture.

Add the salt, pepper, sugar, and vinegar. Taste and adjust seasonings as needed.

Serve with a side of crusty bread

Anastasia Lagen

Source: [www.thewanderlustkitchen.com](http://www.thewanderlustkitchen.com)

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## Gypsy Soup

### Appliance(s)

### Ingredients

3-4 Tbsp. olive oil

2 cups chopped onion

2 cloves crushed garlic

2 cups chopped, peeled sweet potatoes or winter squash

½ cup chopped celery

1 cup chopped fresh tomatoes

¾ cup chopped sweet peppers

1 ½ cups cooked chickpeas

3 cups stock or water

Dash of cinnamon

Dash of cayenne

1 Bay leaf

1 Tbsp. Tamari (soy sauce)

### Instructions

**Chick pea prep time 5 hours** prior to mixing recipe. Begin by soaking ¾ cup raw chickpeas at least 3 ½ hours before soup time. (Allow 1 ½ hours for them to cook)

In a soup kettle or large saucepan sauté onions, garlic, celery and sweet potatoes in olive oil for about five minutes.

Add seasonings, except tamari, and the stock or water.

Simmer, covered, 15 minutes. Add remaining vegetables and chickpeas.

Simmer another 10 minutes or so until all the vegetables are as tender as you like them.

\*Note – The vegetables used in this soup are flexible. Any orange vegetable can be combined with green...For example, peas or green beans could replace the peppers. Carrots can be used instead of, or in addition to the squash or sweet potatoes. Etc...

4 servings

Cara Margaret Bliven

Source: The Moosewood Cookbook

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# Lenten Creamy Dairy-Free New England Clam Chowder

**Appliance(s)** Blender, stock pot

**BEFORE starting to cook the chowder, soak the 2 1/2 cups raw cashews for 4 - 6 hours in filtered water.** After soaking, drain and rinse the cashews. Add them to a blender with 3 cups filtered water. Blend on high for 2 minutes or until creamy. Set aside.

In a soup pot or instant pot, heat oil on medium heat and saute the onions in oil along with 1/2 tsp salt for about 5 min.

3 tablespoons avocado or coconut oil

1 1/4 cups yellow onion (1 medium onion)

Add the carrots, celery, celery root, and fresh thyme and sauté for an additional 5 min over medium heat, stirring frequently.

2 cups carrots, peeled and small chop

medium celery root)

1 cup celery, small chop

1/2 teaspoon fresh thyme, chopped

2 cups celery root, peeled and small chop (1

When the veggies get tender, add chopped clams, and clam juice to taste. Stir clams around with the veggies. Add in the final salt, garlic and water (or veggie broth). Bring to a gentle simmer. If using an instant pot, skip to below\*\*

2 six ounce cans of clams, drain juice into measuring cup. Chop the clams.

1/2 teaspoon pepper

1 teaspoon freshly minced garlic

4 - 6 tablespoons clam juice (depends on your taste or more) I add all of it.

3 cups of filtered water or veggie broth

1 bay leaf

1/2 teaspoon salt

Immediately add the blended cashews to the pot with the veggies and clams. Stir and allow everything to come to a gentle simmer for 10 minutes, stirring frequently. Scrape the bottom of the pot, making sure the cashew cream does not stick. I use a large wood spoon, a silicone spatula will also work great. The mixture will greatly thicken as it simmers. After the 10 minute simmer, turn the mixture down to low and allow it to continue to warm for 30 minutes, stirring once in a while

After 30 minutes you can serve or turn the heat off and let the mixture to sit. When ready to serve, gently heat through, taking care to not burn the mixture. Upon serving, add in some pepper to taste. Other options include green onions, a lemon wedge, or chopped parsley.

\*\* If using the instant pot, add the blended cashews, stir well. Place the seal into the instant pot lid, place and secure on the lid, turn the valve into lock position, and turn on the pot to cook for 12 minutes. When timer beeps, let rest for 5 min and then cover the valve with a towel, and open the steam valve. Be careful of the hot steam. When the steam is finished, open lid and stir. If the chowder is too thick, you can add additional warm filtered water or veggie broth to thin it out to bring it to the consistency that you desire.

Add additional salt and pepper to taste. Serve with chopped green onions, a lemon wedge, chopped parsley or cilantro or dill. This is good with crackers or fresh bread and a nice glass of wine! Enjoy!

Celeste Englehardt

## Manhattan Clam Chowder

### Appliance(s)

### Ingredients

1 1/2 tablespoons oil	1 large waxy-style potato (about 3/4 pound), diced
1 large yellow onion, chopped	3 cups clam juice (three 8-ounce bottles clam juice)
1 1/2 celery stalks, chopped	One 28-ounce can diced tomatoes (with liquid)
7 cloves garlic, minced	four 6-1/2 ounce cans minced clams with juice
Pinch crushed red pepper	1 1/2 t. kosher salt or to taste
1/4 cup tomato paste (4 T)	Freshly ground black pepper
3 sprigs parsley	2 tablespoons chopped parsley for garnish
1/2 t. thyme	
1 bay leaf	

### Instructions

Heat the oil in a large pot over medium heat. Add the onion, celery, garlic, and crushed red pepper and cook, covered, stirring occasionally, until soft, about 8 minutes.

Stir in the tomato paste and cook, stirring, for about 1 minute more. Add the parsley, thyme and bay leaf to the pot with the potatoes. Pour in the clam juice and bring to a boil.

Lower the heat and simmer, covered, until the potatoes are tender, about 10 minutes. Stir in the tomatoes and clams. Season with salt & pepper. Cover and bring to a low simmer. Divide among warm soup bowls and sprinkle with the parsley. Serve immediately.

**Prep Time:** 15 min **Cook Time:** 25 min **Servings:** Yield: 4 to 6 servings

Matushka Ruth Hinton  
Source: [Foodnetwork.com](http://Foodnetwork.com)

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## Mushroom Barley Soup

### Ingredients

2 cups sliced fresh button and/or shitake mushrooms (2 small boxes)	4 Knorr brand extra large vegetarian vegetable bouillon cubes or 6 small cubes
10 baby carrots, sliced	2 Tbsp. soy sauce
1 cup pearl barley (may use quick cook)	Garlic salt to taste
	Olive Oil for stock pot (or other oil of choice)

### Instructions

In a well-oiled stockpot over high heat, add mushrooms and carrots and cook, stirring frequently, until mushrooms begin to brown and soften. Add barley and continue to cook, stirring frequently, until it begins to brown. Sprinkle with salt and pepper. Add 8 cups water and bouillon cubes, cover and bring to a boil. Remove cover and reduce heat to a simmer. Simmer for 20 to 25 minutes, until barley is tender. (Barley absorbs water, so additional water if needed as soup cooks.) Add soy sauce. Adjust salt and pepper is necessary.

Serves 6

uliana Volkman  
Source: [www.Knorr.com](http://www.Knorr.com)

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## Rudi's Lentil Soup

### **Appliance(s)**

### **Ingredients**

2 Tbsp. oil	1 cup lentils
1 cup finely chopped onion	6 cups water
1 Tbsp. oregano	¼ cup soy sauce
1 Tbsp. basil	1 cup carrots, cut in bite size pieces
½ tsp. finely chopped garlic	

### **Instructions**

Heat oil in a large saucepan. Add onion, oregano, basil, and garlic and cook for 5 minutes, stirring occasionally.

Add lentils, water, soy sauce, and carrots and bring to a boil. Reduce heat and simmer for one hour.

Serve with a sprinkle of chopped parsley.

Cara Margaret Bliven

Source: The Tao of Cooking by Sally Pasley

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## Shrimp & Crab Gumbo

### **Appliance(s)**

### **Ingredients**

1 lb med. shrimp, shelled	5 T vegetable oil
1 lb crab meat	¼ c thinly sliced scallions (opt)
1 bay leaf	5 T all-purpose flour
½ c chopped celery	1 T creole seasonings
4 c water	1 c chopped onion
½ c rice, cooked	½ c chopped red bell pepper
4 c vegetable broth	1 t salt
1 14.5-oz. can diced tomatoes, drained	

### **Instructions**

Cook oil and flour in a skillet over medium heat, stirring constantly, until roux is slightly darker than peanut butter (20-30 minutes). Stir in onion, bell pepper, and celery and cook, stirring occasionally, until vegetables are softened.

Combine water and vegetable broth. Stir roux into broth mixture and bring to a boil, stirring. Add rice, tomatoes, creole seasonings, bay leaf, and salt and simmer, stirring occasionally, 12 minutes.

Stir in crab meat and shrimp, and simmer until just cooked through. Stir in scallions if desired. Gumbo may be made 1 day ahead.

Matushka Ruth Hinton

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## Syrian Red Lentil Soup

### Ingredients

2 Tbsp. vegetable oil	1 tsp. ground cumin
½ tsp. finely chopped garlic	2 tsp. salt
1 ½ cups split red lentils (found in stores that stock Middle Eastern or Indian foods)	2 Tbsp. flour
6 cups water	¼ cup cold water
2 tsp. thyme	2 or 3 pieces of toasted pita bread (Syrian Flat bread)

### Instructions

Heat oil in a saucepan. Add garlic and cook one minute. Add lentils, water, thyme, cumin, and salt. Bring to a boil, reduce heat and simmer for 1 hour.

Mix flour with cold water until smooth and add to soup. Stir and simmer for another 5 minutes. Taste for seasoning. Serve topped with crumbled, toasted pita bread.

Cara Margaret Bliven

Source: The Tao of Cooking by Sally Pasley

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## Easy Tom Kha Soup (Vegetarian Thai Coconut soup)

### Appliance(s)

### Ingredients

2 Tbsp extra virgin olive oil	½ tsp pepper or more to taste
½ small yellow onion chopped	¼ tsp salt or more to taste
3 cloves garlic minced	Zest of one lemon
1 cup sliced mushrooms	3 cups vegetable stock
1 cup shredded carrots	2 cans full fat coconut milk (13.66oz)
2 Tbsp low sodium soy sauce or coconut aminos	¼ cup fresh chopped cilantro
1 tsp ground ginger	2 green onions sliced
1 tsp sugar or coconut sugar	Lime wedges
¼ tsp cayenne pepper	

### Instructions

In a Dutch oven or large pot, heat olive oil over medium high heat. Add onion, garlic and mushrooms. Sauté for 3-5 minutes. Add carrots, soy sauce, ginger, sugar, cayenne pepper, salt, pepper, lemon zest, vegetable stock and coconut milk. Bring to a boil then simmer for 15-20 minutes. Taste and adjust seasonings as needed. Serve with lime wedges, top with cilantro and green onions and enjoy!

**Notes** Additional mushrooms are good if you would like a heartier soup. Add up to 5 cups. Leftovers can be frozen up to 3 months.

Juliana Volkman

Source: <https://asassyspoon.com/>

### *Recipe Variations [F]*

1. . Add shrimp
2. . Add shredded rotisserie chicken



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## Whole Foods Spinach Salad

### Appliance(s)

### Ingredients

Spinach	Strawberries
2 Tbsp Extra virgin olive oil	Blueberries
1 tsp Lime	Hazelnuts

### Instructions

Whisk olive oil and lime juice together. In a bowl combine spinach, berries and nuts. Drizzle olive oil mixture over salad.

Try different combinations of fruit and nuts with spinach. Raspberries and blueberries, dried cranberries, hazelnuts, sunflower seeds, pumpkin seeds, walnuts etc.

Brianna's Poppyseed dressing (Vegan) will give a sweeter flavor to the salad.

Anastasia Lagen

Source: Panagiota DelMedico Lenten Recipe Sharing

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## Asparagus Soup

### Appliance(s)

### Ingredients

1 Tbsp extra virgin olive oil	15 oz. can cannellini beans
1 medium onion, chopped	4 cups low sodium vegetable broth (or filtered water)
1 clove garlic	Salt and pepper, to taste
2 lbs. asparagus, trimmed and cut into 1-inch pieces	

### Instructions

Heat olive oil in a large pot and add onion with a pinch of salt. Sauté onion until it is translucent and tender (not browned) this takes about 5 minutes.

Add in the garlic, asparagus and beans and season with a bit of salt and pepper and give it all a stir.

Pour in the veggie broth and crank the heat to high bringing everything to a boil.

Reduce down to a simmer and cook for 5 minutes or until the asparagus is fork tender. Shut off the heat and let the soup cool for a few minutes before blending.

Working in batches, spoon the soup into your blender, filling the blender no more than  $\frac{1}{4}$  -  $\frac{1}{3}$  of the way up. Place on the lid, leaving it slightly ajar so steam can escape and blend until the soup is rich and creamy. Repeat until you have finished all the soup.

Serve right away. Or, transfer back to the pot to reheat and serve or store in an airtight container in your fridge for up to 5 days.

Notes:

Try drizzling some coconut milk over the top because it's a beautiful presentation.

This soup freezes well. Let it cool completely and then transfer into an airtight, freezer safe container. This soup will last in your freezer for up to 3 months. Defrost the soup in the refrigerator for 12 hours and then reheat it on the stovetop over medium heat until hot.

Anastasia Lagen  
Source: Despina Souhlas Lenten Recipe Sharing

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## Tabouleh

### **Appliance(s)**

### **Ingredients**

3 Bunches Fresh Parsley	1/2 Cup Cracked Bulgur
2/3 Cup Lemon Juice	2 Cloves Garlic
1/3 Cup Olive Oil	1/2 Sweet Onion
1 Teaspoon Kosher Salt	3 Tomatoes
1 Teaspoon Pepper	

### **Instructions**

If you have time, thoroughly rinse the parsley (3 bunches) the night before. Wrap it in paper towels and place it in the fridge. This will make the tabouleh EXTRA crisp! If you don't have time to rinse the night before, be sure to get the parsley as dry as possible. In a small bowl, combine olive oil (1/3 cup), lemon juice (2/3 cup), salt (1 teaspoon) and pepper (1 teaspoon). Add cracked bulgur (1/2 cup) to the lemon juice/olive oil and let it sit for 30 minutes – 1 hour, depending on how soft you want the bulgur to be. (I usually do this for 30 minutes while I'm chopping everything else) Pick the leaves from the stems of the parsley. I do this by grabbing the bunch of parsley and sliding a sharp knife over the top, then picking out any large stems. Place leaves into the food processor. Pulse the parsley until it is finely chopped using 1 second intervals. Make sure not to pulse too much! Alternatively you can use a knife to chop the parsley. Add minced sweet onion (1/2), minced tomatoes (3 deseeded), minced garlic (2 cloves) and parsley to the bulgur and stir to combine. Add more salt/pepper to taste.

Tabouleh is best served after resting in the fridge overnight. Enjoy!

Anastasia Lagen  
Source: <https://www.thelittlepine.com>

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## Smoky Two-Bean Vegetarian Chili

**Appliance(s)** Dutch Oven

### **Ingredients**

1 Tbsp Olive Oil	2 (15oz) cans black beans drained
4 cloves garlic, finely chopped	1 (15oz) can pinto beans drained
1 small onion finely chopped (about 1 cup)	1 14.5oz can petite diced tomatoes (do not drain)
1 green bell pepper chopped (about 1 cup)	Salt and pepper
1 tsp ground cumin	
2 tsp finely chopped canned chipotles in adobo sauce	

### **Instructions**

Heat a dutch oven or large saucepan over medium high heat . Add oil, garlic onion and bell pepper, cook for 4 minutes. Add cumin, cook , stirring until cumin coats vegetable mixture about 30 seconds. Stir in 1 cup water and all remaining ingredients with 1 tsp salt and ½ tsp pepper. Bring to a boil. Cover reduce heat and simmer for 5 minutes. Remove 1 cup bean mixture from pan with a slotted spoon. Place in a bowl. Mash beans with a fork. Stir mashed beans into chili. Simmer 5 more minutes.

Anastasia Lagen  
Source: [allyou.com](http://allyou.com)

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## Jerusalem Salad Recipe

### **Ingredients**

2 Tomatoes	½ cup Fresh Parsley
2 Cucumbers	2 tbsp Lemon Juice
8 Green Onions	3 tbsp Olive Oil
½ cup Fresh Mint	½ tsp Salt

### **Instructions**

Dice, slice, and chop all vegetables and place in a large mixing bowl. Add the olive oil, lemon juice and salt. Stir until all ingredients are well mixed.

Anastasia Lagen  
Source: [www.ChefTariq.com](http://www.ChefTariq.com)

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## Mushroom Pho

### **Appliance(s)**

#### **Ingredients**

2 ½ cups low-sodium vegetable broth	2 tsp sesame oil
2 green onions, thinly sliced	7 ounces rice noodles, cooked according to package instructions
½ Tbsp fresh ginger, peeled and grated	4 ounces bean sprouts
Salt to taste	1 jalapeño peppers, thinly sliced
¾ Tbsp olive oil	Fresh cilantro, basil, lime wedges, hoisin sauce, and chili garlic sauce or sriracha for serving
2 ounces shiitake mushrooms, tough stems removed	
¾ Tbsp hoisin sauce	

#### **Instructions**

In a large pot, combine the vegetable broth, green onion, grated ginger, and salt. Bring to a full boil, then reduce the heat and simmer for 15 minutes.

While the broth is cooking, warm the olive oil in a large skillet over medium heat. Add the mushrooms and sauté for about 6 minutes, or until tender, stirring frequently.

Stir in the hoisin and sesame oil and cook until the sauce thickens and coats the mushrooms, about 1 minute more. Remove from heat.

Divide the rice noodles between two bowls, then fill each bowl with the ginger broth. Add bean sprouts, sliced jalapeños, shiitake mushrooms, fresh basil, and cilantro and serve with lime wedges, hoisin, and chili garlic sauce.

Anastasia Lagen

Source: OCA College Lenten Cookbook

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## Easy Thai Shrimp Soup

### **Appliance(s)**

#### **Ingredients**

1 cup uncooked basmati rice	1 Tbsp freshly grated ginger
2 Tbsp unsalted butter or butter substitute	2 Tbsp red curry paste
1 lb. medium shrimp peeled and deveined	1 (12oz) can unsweetened coconut milk
Salt and freshly ground black pepper, to taste	3 cups vegetable stock
2 cloves garlic, minced	Juice of 1 lime
1 onion, diced	2 Tbsp chopped fresh cilantro leaves
1 red bell pepper, diced	

#### **Instructions**

In a large saucepan of 1 ½ cups water, cook rice according to package instructions; set aside.

Melt butter in a large stockpot or Dutch oven over medium high heat. Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes; set aside.

Add garlic, onion and bell pepper to the stockpot. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in ginger until fragrant, about 1 minute.

Whisk in curry paste until well combined, about 1 minute. Gradually whisk in coconut milk and vegetable stock, and cook, whisking constantly, until incorporated, about 1-2 minutes. Bring to a boil; reduce heat and simmer until slightly thickened, about 8-10 minutes. Stir in rice, shrimp, lime juice and cilantro. Serve immediately.

Lisa Psaromatis Lenten Recipe Sharing  
Source: [www.damndelicious.net](http://www.damndelicious.net)

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## Endive or Dandelion Salad (Horta)

### **Appliance(s)**

### **Ingredients**

2 lbs. Endive or dandelion greens  
½ cup lemon juice  
2 cloves garlic minced

1 Tbsp olive oil or substitute other oil  
1 pinch of cayenne pepper

### **Instructions**

Cook vegetables until tender and strain. Blend the garlic with cayenne pepper, oil and the lemon juice. Pour over vegetables. Serve hot or cold.

Mariana Zaharoff Lagen  
Lagen Family Recipes

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## Mexican Quinoa Salad Cups with Creamy Cilantro Lime Dressing

### **Appliance(s)** Blender

### **Ingredients**

#### **For the Salad Cups:**

2 small heads artisan lettuce (any variety that will form cups/wraps nicely – or sub corn tortillas)  
1 15-ounce can unsalted black beans (note: If your beans are salted, omit additional sea salt)  
1 large sweet potato (scrubbed, rinsed and cubed)

~1/2 tsp each cumin, cinnamon, and sea salt (divided)  
3/4 cup dry white or red quinoa (rinsed in a fine mesh strainer)  
Olive oil

#### **For the Dressing:**

1/2 small ripe avocado  
1 cup chopped cilantro  
2-3 small limes, juiced  
1/3 cup extra virgin olive or avocado oil  
Water (to thin)

1/4 tsp each sea salt and cumin  
1 Tbsp sweetener of choice (such as cane sugar or honey if not vegan)

**Other Topping Options:**

Hot Sauce

Jalapeño slices

Salsa

**Instructions**

Preheat oven to 400 degrees F (204 C) and prep sweet potatoes. Toss in a drizzle of olive oil and 1/4 tsp each cumin, cinnamon and sea salt (amounts as original recipe is written // adjust if altering batch size). Bake for 20-25 minutes or until tender and slightly golden brown.

Rinse quinoa in a fine mesh strainer and place in a small saucepan over medium-high heat to toast. Stir and cook for 2-3 minutes and then add 1 1/2 cups water and stir (amount as original recipe is written // use a 1:2 ratio quinoa: water if altering batch size). Bring to a boil, then reduce heat to simmer, cover and cook for 15 minutes or until tender and the water is fully absorbed. Turn off heat and set aside.

In a separate saucepan, bring black beans to a simmer over medium heat and season with 1/4 tsp each sea salt, cumin and cinnamon (amounts as original recipe is written // adjust if altering batch size). If your black beans are already salted, omit additional salt. Once bubbly and warm, turn heat to simmer/low.

Prepare dressing by adding all ingredients (starting with 2 small or 1 large lime(s) as the original recipe is written) besides water to a blender and blending. Add water to thin and scrape down sides as needed. Taste and adjust seasonings as needed, adding more lime, salt, cumin or sweetener as desired. Transfer to serving dish. You will have leftovers, which store well in a covered container in the fridge for up to several days.

Rinse and dry lettuce (or sub corn or flour tortillas) and choose the pieces that are a good “cup” shape to fill with toppings.

Arrange on a serving plate and top with quinoa, black beans and sweet potatoes. You might have leftover toppings depending on how many salad cups you prepare. Leftovers keep well.

Serve with dressing and any additional desired toppings, such as cilantro, salsa, chips or sliced jalapeno.

Source: <https://minimalistbaker.com/mexican-quinoa-salad-cups-with-creamy-cilantro-lime-dressing/>

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## Lemon Dressing

### **Appliance(s)**

#### **Ingredients**

¼ cup olive oil	½ tsp. dried oregano
2 Tbsp fresh lemon juice	¼ tsp. salt
2 tbsp red wine vinegar	1/8 tsp. ground black pepper
1 Tbsp honey Dijon mustard	1 Tbsp. honey, adjust and add to taste
1 clove garlic, minced	

#### **Instructions**

Make your dressing by combining ingredients above in a lidded mason jar then shake well to emulsify. Dip a spinach leaf in the dressing and adjust sweetener, salt, and pepper to taste. You can make this dressing as sweet or tart as your heart desires.

Anastasia Lagen

Source: [www.spendwithpennies.com](http://www.spendwithpennies.com)

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## Tikka Masala Sauce

### **Appliance(s)**

Instant Pot, Blender

#### **Ingredients**

2 Tbsp. unsalted butter or ghee (Earth Balance Vegan butter)	1 Tbsp. coriander powder
1 cup onion coarsely chopped	1 ½ tsp. cumin powder
1 Tbsp. garlic, crushed or minced	1 tsp. Kashmiri red chili powder (or sweet paprika for mild curry)
1 Tbsp. ginger, minced or grated	¼ tsp. cardamom powder
1 can diced tomatoes, 14.5 oz. can or 4-5 ripe Roma tomatoes	
1/3 cup raw cashews	
½ cup water	
1 tsp. salt	
¾ tsp. turmeric powder	
2 tsp. garam masala	

#### **After pressure cooking**

2 tsp. dried fenugreek (Kasoori Methi)  
1 tsp. butter or Earth Balance non soy (optional)  
1 tsp. Agave (or honey/sugar) adjust to taste

#### **Instructions (Stovetop)**

Heat a heavy bottom pot on medium-high heat, add butter (or ghee) and chopped onions, cook for 3 minutes, till they soften. Add minced garlic, ginger, and sauté for one minute. Add tomatoes, spices, cashews and cook for 2 minutes. Add water and stir well. When the sauce comes to a boil, reduce heat to medium, cover the pot and simmer for 15-20 minutes. Stir a few times to prevent the sauce from sticking to the bottom. If it looks dry, add a little water and continue cooking. Using a hand immersion

blender, (or a countertop blender) puree the sauce to a smooth consistency. If using a traditional blender, wait for the sauce to cool down and then blend to a smooth consistency. Add dried fenugreek and butter. Simmer uncovered for 2-3 minutes. Add agave or a little sugar to balance the flavors. If not using immediately, cool and store for later.

### Instant Pot Method

Turn on Saute and adjust to High. Wait for 30-40 seconds and add butter (or ghee) and chopped onions, cook for 3 minutes, till they soften.

Add minced garlic, ginger and sauté for one minute. Add tomatoes, spices, cashews and cook for 2 minutes. Add water and scrape up any brown bits that have stuck to the bottom. Turn off Saute.

Close the lid and pressure cook on High for 5 minutes, followed by a natural pressure release. If in a rush, QR (quick release) after 5 minutes following your cooker instructions. Unlock and open the lid after the pin drops.

Using an [immersion blender](#), puree the sauce to a smooth consistency. If using a traditional blender, wait for the sauce to cool down and then blend to a smooth consistency.

Add dried fenugreek and butter and simmer (on Saute) for 2-3 minutes. Add agave or honey to balance the flavors, and you're done! If not using immediately, cool and store for later. For Freezing, see 'notes' below. **How to Freeze Tikka Masala Sauce**

Cool the sauce completely. Store in an airtight container and refrigerate for 4-5 days, or freeze up to 2 months.

To re-use, thaw the sauce, ideally overnight in the refrigerator, and use per instructions.

### Notes:

- There is **no need to worry about slicing and chopping the aromatics** to the right size since the tikka masala will be pureed at the very end. If you do not own an immersion blender, cool the sauce completely and transfer to a blender to puree until smooth.
- If you are making this sauce recipe when tomatoes are in season, **use 4-5 ripe Roma tomatoes for their super fresh flavor.**
- **Can't find dried fenugreek leaves?** Skip it. Many sources suggest maple syrup or mustard as a substitute for fenugreek leaves, but it isn't a perfect match in this recipe. Don't worry, you'll still have a rock-solid sauce to enjoy.
- This recipe has been **tested in a 6 QT Instant Pot.** If making this in an 8 QT size, increase water quantity to meet the requirement.
- If **using the Stovetop method**, stir a few times during simmering to prevent the sauce from sticking to the bottom. If it looks dry, add a little water and continue cooking.

1. **Vegetables:** Add 4 cups vegetables of choice. Adjust pressure cooking time to '0' minutes at LOW pressure, followed by quick pressure release. Alternatively, simmer in a sauce pan for 10-12 minutes at medium-high heat.

2. **Cooked Chickpeas:** Add 2 cans of rinsed and drained chickpeas and adjust pressure cooking time to 2 minutes at LOW pressure, followed by natural pressure release. Alternatively, simmer in a sauce pan for 10-12 minutes at medium-high heat.

3. **Shrimp:** Use 1 lb. extra large thawed shrimp (21-30 count) and turn on Saute. Simmer for 6-8 minutes, or until shrimp are cooked through, turn pink and opaque. Alternatively, simmer in a sauce pan for 6-8 minutes at medium-high heat.

Nick Lagen  
Source: [spicecraving.com](http://spicecraving.com)



## Vanilla Extract

### **Ingredients**

1 bottle Bourbon Whiskey, Rebel Yell or your favorite brand

5 Vanilla beans

### **Instructions**

Split open 5 vanilla beans along the long side of the bean to expose the insides. Insert the beans one by one and seal the bottle. Let sit for several months. The minimum of 90 days before using in recipes. Enjoy!

Celeste Marko Englehardt  
Family Collection

### **Notes:**

You can purchase quantities of vanilla beans on Amazon for a reasonable price. Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes. You can purchase little bottles and fill them up with the Bourbon Vanilla Extract. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Christmas gifts.

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## Vegan Mayo

### **Ingredients**

¼ cup chick pea juice (aquafaba)  
2 tsp. lemon juice  
½ tsp. Dijon mustard  
½ tsp. sugar

½ tsp. sea salt  
¾ cup sunflower oil (this is used to thicken, other oils can be substituted)

### **Instructions**

Mix well all ingredients except oil. Drizzle the oil slowly over the mix and blend together until desired consistency is reached.

Submitted Anonymously

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## Vegan Parmesan

### **Ingredients**

1 cup toasted sesame seeds  
¼ cup nutritional yeast flakes  
½ tsp. onion powder

¼ tsp. garlic powder  
½ tsp. salt

### **Instructions**

Mix all ingredients until combined.

Yield 1 ½ cup

Submitted Anonymously

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## Vegan Pesto

### **Ingredients**

4 cups flat leaf parsley  
½ cup walnuts  
½ cup vegan parmesan (see recipe above)  
2 garlic cloves

Juice of 1 lemon and zest  
½ cup olive oil (or other oil)  
Salt and pepper to taste

### **Instructions**

Blend together into a pulp.

Submitted Anonymously

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## Vegan Heavy Cream

**Appliance(s)** Blender

### **Ingredients**

2/3 c Soy milk

1/3 c Vegetable oil (or Olive Oil)

### **Instructions**

Blend soy milk and vegetable oil together a little bit at a time until desired consistency is achieved.

Submitted Anonymously

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## Yum Yum Sauce

**Appliance(s)**

### **Ingredients**

2 cups Veganaise or Mayonnaise  
1/2 cup ketchup  
3 Tbsp. sugar  
1 Tbsp. garlic powder  
1 Tbsp. paprika

1 tsp. salt  
1 tsp. onion powder  
1/2 cup water  
1 tsp. ground pepper

### **Instructions**

Mix together well.

This is a good dipping sauce or can be used on Chinese food like Spring rolls, noodles etc.

Anna Hall

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## Chocolate Ganache

**Appliance(s)** Blender

### **Ingredients**

1 Avocado, pitted and peeled	1 tsp vegan dark chocolate chips
½ cup unsweetened almond milk	1 Tbsp cacao powder
1 Tbsp maple syrup or coconut nectar	1 Tbsp virgin coconut oil, warmed to melt

### **Instructions**

Combine avocado, almond milk, maple syrup, chocolate chips, and cacao powder in a blender. Blend until smooth. While the blender is running, add the coconut oil until emulsified.

Great topping or smoothie ingredient. Keeps in an airtight container refrigerated 2 -3 days.

Anastasia Lagen  
Source: Thrive Energy Cookbook

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## Coconut Cream

**Appliance(s)** Mixer

### **Ingredients**

1 can (14oz) full-fat coconut milk, refrigerated for 6 to 12 hours

### **Instructions**

Chill a medium bowl. Open the refrigerated can of coconut milk and discard any liquid. Place the thick coconut cream in the chilled bowl- Beat until fluffy.

Use as a topping or stir into soups  
Keep in a sealed container, refrigerated up to 1 week.

Anastasia Lagen  
Source: Thrive Energy Cookbook

### *Recipe Variations [F]*

1. Sweetened Coconut Cream – while whipping add 1 tsp vanilla extract and 1 tsp maple syrup or coconut nectar.
  2. Chocolate Coconut Cream – While whipping, add 1 Tbsp cacao powder.
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## Flax Eggs

### **Ingredients**

1 Tbsp flaxseed meal

2 1/2 – 3 Tbsp water

### **Instructions**

Add flaxseed meal and water to a dish and stir. Let rest for 5 minutes to thicken. Add to recipes in place of 1 egg (as original recipe is written).

It's not an exact 1:1 substitution in every recipe because it doesn't bind and stiffen during baking quite like an egg does. But I've found it to work incredibly well in pancakes, quick breads, brownies, muffins, cookies, and many other recipes.

DO NOT USE AS A SUBSTITUTE FOR SCRAMBLED EGGS

Note: When using flax eggs in a recipe make them up before starting on recipe so they are properly gelled.

Source: <https://minimalistbaker.com/how-to-make-a-flax-egg/>

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## Creamy Cilantro Lime Dressing

**Appliance(s)** Blender

### **Ingredients**

1/2 small ripe avocado

1 cup chopped cilantro

2-3 small limes, juiced

1/3 cup extra virgin olive or avocado oil

1/4 tsp each sea salt and cumin

1 Tbsp sweetener of choice (such as cane sugar or honey if not vegan)

Water (to thin)

### **Instructions**

Prepare dressing by adding all ingredients (starting with 2 small or 1 large lime(s) as the original recipe is written) besides water to a **blender** and blending. Add water to thin and scrape down sides as needed.

Taste and adjust seasonings as needed, adding more lime, salt, cumin or sweetener as desired. Transfer to serving dish. You will have leftovers, which store well in a covered container in the fridge for up to several days.

Philothea Volkman

Source: <https://minimalistbaker.com/mexican-quinoa-salad-cups-with-creamy-cilantro-lime-dressing/>

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## Vegan Mushroom Bourguignonne

### Ingredients:

2 Tbsp olive oil divided	1 Tbsp. tomato paste
2 lbs. mushroom caps (preferably baby portobellos, stems off sliced thick)	2 tsp. ground sea salt or to taste
6 large carrots peeled and sliced into 1 inch circles or bagged carrots	2 Tbsp. fresh thyme leaves or 1 Tbsp dried
1 large yellow onion peeled and diced	2 tsp. dried Italian seasoning
1 large shallot peeled and sliced thin	Black pepper to taste
2 garlic cloves peeled and minced	1 Tbsp. + 1 tsp. all-purpose flour or cornstarch to make gluten free
2 cups vegetable broth	1/3 cup water
1 ½ cups red wine (Trader Joe's Merlot is good)	1 1lb package fettucine (or pasta or choice) or mashed potatoes

### Instructions:

Fill a pasta pot with water and heat on medium to warm the water.

Heat a large skillet on medium heat and add 1 Tbsp. of olive oil. When the oil is hot, add the mushrooms and a pinch of salt, sauté for approximately ten minutes or until browned. Remove from the pan and set aside.

Add the remaining olive oil and the carrots. Sauté until they begin to brown then add the onions. Cook the onions until they become translucent then add the shallots. Cook until they are browned and caramelized, approximately 5- 7 minutes. Add the garlic and cook for one minute.

Add the vegetable broth and wine to deglaze the pan. Stir and loosen the pieces of onion and shallot that may have stuck to the pan. Add the tomato paste and stir until it liquifies. Add the salt, thyme, Italian seasonings, and pepper, stir to combine, and reduce the heat to a low simmer. Cover and cook for 20 minutes. Add more seasonings if you prefer a stronger flavor.

In a small bowl, mix the flour (or corn starch for gluten free) and water together until the flour breaks down and the mixture resembles a thick milky substance. There shouldn't be any dry flour or lumps in the mixture. Add it to the wine sauce and stir well to combine. Add the mushrooms a stir to incorporate within the sauce. Cover and simmer on the lowest temperature for 20 minutes. The sauce will thicken into a stew. Be sure to lift the lid and check to make sure it's not sticking to the pan or evaporating. That should not happen if the temperature is low enough, but if it does add a small amount of broth or water and stir.

Turn the heat for the pasta water to high and bring to a boil.

12 minutes before the sauce is done, salt the pasta water (approx.. 1 Tbsp) and add the fettucine to the water. Cook according to the directions on the package.

Divide the fettucine by four and make a nest in the center of each plate. Spoon the mushroom Bourguignonne on top of the fettucine. Garnish with a sprinkle of fresh thyme.

Makes 4 – 6 servings

Anastasia Lagen

Source: Linda Meyer [www.veganosity.com](http://www.veganosity.com)

## **Cuban Shrimp Creole (Enchilada de camarones)**

### **Ingredients:**

2 tablespoons olive oil  
half of a medium onion diced finely (about 1/2 cup)  
half of a green bell pepper diced finely (about 1/2 cup)  
4 large garlic cloves - minced  
8 ounce can of tomato sauce  
1/2 cup water  
1/2 cup white wine  
1/2 teaspoon dried oregano  
1/4 heaping teaspoon salt  
1 pinch black pepper  
1/8 teaspoon ground cumin  
1 and 1/2 pounds medium sized shrimp (peeled, deveined, and tail-off)

1/3 cup green Spanish olives (plus a tablespoon of the brine)

### **Directions:**

Heat a large sauté pan over medium heat and add in the olive oil, onions, and green peppers. Sauté until the onions and peppers soften. Add in the garlic and 2 tablespoons from the can of tomato sauce. Cook for 2 minutes. Add in the remaining tomato sauce, water, white wine, olives, oregano, salt, pepper, and cumin. Bring to a simmer for 5 minutes, uncovered. After the 5 minutes, add in the shrimp and simmer, covered for 10 minutes. Serve immediately over white rice.

Servings: 4 people

Juliana Volkman

Source: <https://www.cocoandash.com/>

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## **Bang Bang Shrimp Pasta**

### **Appliance(s)**

### **Ingredients**

1 pound spaghetti or pasta of choice  
1 ½ pounds medium shrimp, peeled and deveined  
1 ½ Tbsp. Earth Balance  
3 cloves garlic, minced  
3 tsp. paprika  
1 Tbsp. fresh parsley  
Black pepper to taste

### **Sauce:**

½ cup Vegan mayonnaise (Non-Soy Veganeise)  
½ cup Thai sweet chili sauce (in Asian aisle) Try Trader Joes brand  
2 cloves garlic minced  
2 Tbsp. lime juice  
¼ tsp. crushed red pepper flakes  
½ Tbsp. onion powder

### **Instructions**

In a large bowl, mix all “sauce” ingredients together and set aside.  
Cook pasta and drain. Stir in Earth balance non soy butter substitute.  
Place the uncooked shrimp in a medium bowl, add paprika, garlic and pepper.

In a large skillet, on medium high heat, add the coated uncooked shrimp. Stir constantly while cooking until no longer pink- about 10 minutes. Remove from heat and set aside.

In a large bowl, combine the pasta, shrimp and sauce mixture and toss thoroughly. Sprinkle with fresh parsley.

Anastasia Lagen

Source: [www.myincrediblerecipes.com](http://www.myincrediblerecipes.com)

#### *Recipe Variations [F]*

1. . This can be made a feasting recipe with chicken or shrimp and regular mayonnaise
2. . or use plain yogurt, heavy cream, cream cheese or even sour cream

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## Lemony Bow Ties & Shrimp with Oil

### **Ingredients:**

Bow Tie Pasta (Mini Farfalle (Bow Ties)) or pasta of choice  
1 lb. small to medium cooked shrimp (frozen)  
1 pint cherry or grape tomatoes (halved or quartered)

1 cup fresh basil, finely chopped  
1 tsp lemon zest (grated lemon peel)  
1 Tbsp. oil (Olive or Canola)  
2 Tbsp. lemon juice

### **Directions:**

Cook pasta. Place shrimp in colander and drain pasta over shrimp. In a bowl toss shrimp pasta mix with halved tomatoes, fresh basil, oil, lemon zest and lemon juice.

This recipe is good warm or cold.

Anastasia Lagen

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## Rice Salad with Scallops, Cherry Tomatoes and Saffron

### **Ingredients:**

1 c. long-grain white rice or basmati rice  
1 bottle (12 oz.) clam juice  
1½ c. water  
½ t. salt, plus salt to taste  
1 T. plus ½ c. extra-virgin olive oil  
1 lb. shrimp  
freshly ground pepper

3 T. white wine vinegar  
¼ t. saffron threads  
1 clove garlic, minced  
1 T. tomato paste  
2 c. cherry tomatoes, halved  
2 T. chopped fresh parsley

**Directions:**

Rinse rice and drain. In a heavy saucepan, combine the clam juice, the water and the ½ t. salt and bring to a boil. Slowly add the rice, reduce the heat to low, cover and cook, without stirring, for 25 minutes; do not remove the cover. Remove from the heat, fluff the grains with a fork and place in a bowl to cool.

In a frying pan over medium-high heat, warm the 1 T. olive oil. If using sea scallops, add them and saute, turning once, until cooked, about 1½ minutes on each side. If using bay scallops, saute, turning occasionally, about 1 minute. Season to taste with salt and pepper. Set aside to cool.

In a large bowl, whisk together the vinegar, saffron, garlic, tomato paste and the ½ c. olive oil. Add the tomatoes, parsley, scallops, cooled rice, and salt and pepper to taste. Toss together.

**Notes:**

Can substitute shrimp, squid, clams or mussels in the shell.

Matushka Ruth Hinton  
Source: Joy of Cooking

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## Portobello Steaks with Avocado Chimichurri

**Appliance(s)** Grill or skillet

**Mushroom Ingredients**

3-4 large portobello mushrooms (stems removed, wiped clean)  
1/3 cup balsamic vinegar  
¼ cup olive oil  
½ tsp cumin

½ tsp black pepper  
¼ tsp smoked paprika  
3 cloves garlic  
1 Tbsp steak sauce (optional)

**Chimichurri Ingredients**

1 ½ cups parsley (finely chopped)  
3 cloves garlic (minced)  
1 medium shallot (minced)  
¼ tsp red pepper flake

3-4 Tbsp extra virgin olive oil  
3 Tbsp lemon juice (or red or white vinegar)  
1 small ripe avocado (cubed)

**Instructions**

Add portobello mushrooms to a shallow baking dish or large freezer bag. Set aside.

In a small mixing bowl, whisk together balsamic vinegar, olive oil, cumin, black pepper, paprika, garlic, and steak sauce (optional). Taste and adjust seasonings as needed.

Add sauce to the mushrooms and use a pastry brush to brush on all sides. Marinate on one side for 5 minutes, then the other for 5 minutes.

In the meantime, prepare chimichurri by adding parsley, garlic shallot, red pepper flake, olive oil, lemon, lemon juice, salt and pepper to a medium mixing bowl and whisking to combine. Taste and adjust flavor as needed, adding more lemon juice for acidity, salt for flavor, or red pepper flake for heat. Add avocado and toss to combine. Set aside.

Heat a grill or a large skillet over medium heat. Cook on each side for 2-3 minutes, or until caramelized and deep golden brown. Brush on any remaining marinade while cooking to infuse more flavor.



To serve, top portobello steaks with avocado chimichurri. This makes a great stand-alone meal, but would also pair well with **Pecan Apple salad**, **Pear Walnut salad** or **Vegan Mashed Potatoes**. As well as grilled asparagus and /or cooked quinoa, millet, or brown rice.

Anastasia Lagen  
Source: [www.Minimalistbaker.com](http://www.Minimalistbaker.com)

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## Meal Prep Week-Long Power Bowls

### **Appliance(s)**

I love having prepped food in the fridge, but don't love doing hours of meal prep each week. So I came up with this simple method that takes just 25 minutes of active prep time. The healthy food components can be enjoyed for several days in power bowls, wraps, and even stirred into soups! Power bowls are so fun for family meals because you can switch up the veggies and toppings to suit each palate, giving kids control to build their own bowls. This recipe is also a handy make-ahead option if you're having friends over for a meal. Simply chop all the veggies the night before and refrigerate them in containers. Just before your guests arrive, pop the veggies into the oven, cook the quinoa, and prep the toppings. After cooking, you can all have fun assembling your own power bowls and everyone will be super impressed by the stunning rainbow-colored meal!

### **Ingredients**

#### **For the roasted veggies:**

3 sweet potatoes, peeled, chopped (4 cups)  
4 cups brussels sprouts, trimmed and halved\*  
1 medium cauliflower, chopped into small florets (4 heaping cups)

1 medium red onion, peeled and chopped  
2 large red bell peppers, seeded and chopped  
3 tablespoons extra-virgin olive oil, divided  
Salt and pepper, to taste

#### **For the quinoa:**

2 cups uncooked quinoa\*\*

#### **For the fresh veggies:**

1 medium English cucumber, chopped  
1 medium bunch green onions, chopped  
2 cups grape tomatoes (1 dry pint)

#### **For the power bowl toppings:**

Chopped lettuce/greens (Romaine, Iceberg, kale, etc)  
Salad dressing\*\*\*  
Ripe avocados  
Cooked beans or lentils  
Nuts and seeds (I use hemp hearts and roasted pepitas)  
Hummus or pesto

### **Instructions**

Position two oven racks near the middle of the oven. Preheat the oven to 400°F (200°C) and line two extra-large (15- x 21-inches) rimmed baking sheets with parchment paper. It's important to use extra-large baking sheets so there's enough room for all those healthy veggies.

Divide the chopped, "to-be-roasted" veggies onto the baking sheets. Drizzle 1 1/2 tablespoons of oil over top each sheet and toss the veggies until they're fully coated in the oil. Sprinkle generously with salt and pepper.

Roast the veggies for 30 to 40 minutes (I find 35 minutes is perfect in my oven for lightly charred veggies) until fork tender and golden. There's no need to rotate/move the pans or flip the veggies halfway through baking unless you're particular about even cooking.

While the veggies are roasting, add the quinoa to a large pot along with 3 1/2 cups (875 mL) water. Stir. Bring to a simmer over medium-high heat, then immediately reduce the heat to low-medium, cover with a tight-fitting lid, and cook for 12 to 14 minutes, until the water is absorbed and the quinoa is fluffy. Remove the lid and fluff the cooked quinoa with a fork.

While the quinoa cooks, chop the cucumber and green onions. Rinse the tomatoes (I hold off slicing them until just before serving).

Remove the roasted veggies from the oven. Once mostly cool, transfer all of the veggies and quinoa into containers, seal with airtight lids, and place into the fridge for up to 4 days.

To make the power bowls: Add a couple generous handfuls of chopped lettuce/greens to the bottom of a large shallow bowl. Drizzle with a bit of dressing and toss the lettuce/greens until coated. Top with a couple spoonfuls of your prepped food (quinoa, roasted and fresh veggies)—I always warm up the quinoa and roasted veggies first! Now, add diced avocado, more salad dressing, cooked beans or lentils, nuts and seeds, and hummus or pesto. Keep the power bowl flavors interesting by changing up the toppings each day!

**Tips:**

- \* If your brussels sprouts are quite large, quarter them instead of halving.
  - \*\* If you don't think you'll eat this much quinoa in 4 to 5 days, feel free to halve this amount (use 1 cup uncooked quinoa + 1.75 cups water).
  - \*\*\* Looking for a delicious homemade dressing? Try my Lemon-Tahini Dressing, Shake-and-Go Balsamic Vinaigrette (*Oh She Glows Every Day*, p.273), or Roasted Garlic and Red Wine Vinaigrette. Feel free to roast a head of garlic along with the veggies. The roasted cloves are especially delicious thrown into my Roasted Garlic and Red Wine Vinaigrette.
- Make it nut-free: Top your bowl with seeds (such as roasted pepita seeds and hemp hearts) instead of nuts and make sure your dressing is nut-free.

Anastasia Lagen  
Source: <https://ohsheglows.com/>

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## Papou's Spinach and Rice

### Appliance(s)

### Serves 2-3

Difficulty Level: 2

### Ingredients

1 16-Oz box vegetable stock	½ - ¾ cup white rice
2 medium sized bags frozen chopped spinach	Juice of 3 lemons
2 cans fire-roasted tomatoes (1 can with garlic,	Garlic salt
1 can plain)	Lemon Pepper
3 yellow onions, sliced	Salt
2 Tbsp vegetable oil	

**Instructions**

Sauté onions in vegetable oil.

Combine all ingredients (except rice) in a Crock Pot in the morning.

About 2-3 hours before serving, add rice and a little extra water.

Submitted by Anastasia Lagen

Source: OCA College Lenten Cookbook

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## Cuban Style Tofu

**Appliance(s)**

Grill

**Ingredients**

½ cup orange juice

2 Tbsp lime juice

2 cloves garlic, minced

¼ cup chopped fresh cilantro

1 tsp ground cumin

¼ tsp salt

¼ tsp pepper 1 (16oz) package extra firm tofu,

drained and cut into 4 pieces, 1/2" slices,

8 slices Italian bread

4 lettuce leaves

4 tomato slices

Vegan Mayo (optional)

**Instructions**

Combine orange juice, lime juice, garlic, cilantro, cumin, salt, and pepper in a small bowl. Pour over tofu in large resealable plastic bag. Seal; refrigerate 30 minutes.

Preheat grill to medium-high heat. Remove tofu from bag; discard juice mixture. Grill tofu on a grill rack sprayed with non stick cooking spray over medium-high heat for 5 minutes in each side or until thoroughly heated. Remove from grill; set aside.

Grill bread, 1 to 2 minutes or until lightly toasted. Serve tofu on bread with lettuce, tomato, and Vegan mayo, if desired; serve immediately.

Serves 4

Anastasia Lagen

Source: [www.Try-Foods Intl](http://www.Try-Foods Intl).

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# Mushroom and Cauliflower Vegan Shepard Pie

**Appliance(s)** Sauce pan, skillet, casserole dish, food processor

## Ingredients

1 ½ lbs cauliflower	1/4 cup red wine
2 Tbsp olive oil	1 cup vegetable stock
1 onion	salt and pepper
2 medium sized carrots	2 Tbsp olive oil
1 celery stalk	3 Tbsp nutritional yeast
3 cloves garlic	1 Tbsp Dijon mustard
2 ½ tsp dried wild mushrooms	1 tsp salt
1 lb. mushrooms	2 tsp thyme leaves
1 Tbsp thyme leaves	1 pinch ground nutmeg
1 tbs tomato paste	

## Instructions

Preheat the oven to 200 Celsius (400 Fahrenheit).

Chop the cauliflower into roughly equal sized pieces and add to a large saucepan. Cover with water and bring to a boil. Season with salt and cook the cauliflower until tender. Drain.

Place a large frying pan over a medium heat. Add the olive oil, onion, carrots and celery. Cook until slightly golden and caramelized. Add the mushrooms in 6 parts, making sure each batch is cooked before adding the next.

Remove the wild mushrooms from the boiling water, reserving the water, and roughly chop. Add to the mushrooms along with the tomato paste. Increase the heat to medium-high and add the red wine. Cook until the red wine has almost evaporated before adding the mushrooms soaking liquid and vegetable stock. Reduce the heat to low and simmer for 5 to 10 minutes or until roughly half of the liquid has been absorbed. Remove from the heat.

Place the cauliflower in a food processor or high-powered blender along with 2 tbs olive oil, the nutritional yeast, mustard, salt and thyme leaves. Blend until smooth and taste. Adjust seasonings as required and add the nutmeg and blend for a further minute.

Divide the mushrooms between 4 large ramekins and top with the cauliflower mash. Bake for 20 minutes or until lightly golden.

**Notes** Nutritional Yeast (sometimes called savory yeast flakes) is available in health food stores. Make sure you purchase nutritional yeast and NOT brewers yeast as they are very different things. You can also purchase nutritional yeast online from Amazon.

Source: [www.deliciouseveryday.com](http://www.deliciouseveryday.com)

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# Quinoa Black Bean Tacos with Creamy Avocado Sauce

**Appliance(s)** Food processor or blender, skillet

## Ingredients

1 tablespoon olive oil or other cooking oil	1/2 cup uncooked quinoa, rinsed well in a fine mesh colander
1 cup chopped red onion	1 cup vegetable broth or water
2 large garlic cloves, pressed or minced	1 (14 ounce) can black beans or 1 1/2 cups cooked black beans, rinsed and drained
3 tablespoons tomato paste	1/4 to 1/2 teaspoon salt, to taste
1 teaspoon ground cumin	Freshly ground black pepper, to taste
1/2 teaspoon ground chili powder	

## Avocado sauce

1 large avocado, sliced into long strips	1 handful fresh cilantro
1 to 2 medium limes, juiced	1/4 teaspoon salt
1 medium jalapeño, deseeded, membranes removed and roughly chopped	

## Everything else

6 to 8 small, round corn tortillas (certified gluten-free if necessary)  
1 1/2 cups roughly chopped romaine lettuce or spring greens  
Optional garnishes: pickled jalapeños or radishes, crumbled feta cheese

## Instructions

To make the filling, warm the olive oil in a medium-sized pot over medium heat. Sauté the onion and garlic with a dash of salt for 4 to 5 minutes, until the onions are softened and turning translucent. Add the tomato paste, cumin and chili powder and sauté for another minute, stirring constantly. Add the rinsed quinoa and 1 cup broth or water. Bring the mixture to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 15 minutes. Remove the quinoa from heat and let it rest, still covered, for 5 minutes. Uncover the pot, drain off any excess liquid and fluff the quinoa with a fork. Stir in the drained black beans and add salt and pepper, to taste. Cover and set aside for a couple of minutes to warm up the beans.

**To make the avocado sauce:** Simply combine the ingredients as listed in a food processor or blender. Blend well and season with salt, to taste.

In a large skillet over medium heat, warm the tortillas in a single layer, flipping halfway. Wrap the warmed tortillas with a lint-free tea towel until ready to serve. To assemble the tacos, spread quinoa and black bean filling down the center of the tortilla, then top with a generous drizzle of avocado crema, a handful of chopped romaine and any additional garnishes you'd like to add. Eat up!

## NOTES

**Make it vegan/dairy free:** Just don't add cheese! **Make it gluten free:** Be sure to use certified gluten-free corn tortillas. **Make it tomato free:** Skip the tomato paste. **Storage suggestions:** Store individual components separately. Press plastic wrap against the surface of the avocado sauce to prevent oxidation. Warm the tortillas and filling just before serving, then top with avocado sauce and chopped romaine.

Source: <https://cookieandkate.com/quinoa-black-bean-tacos-recipe/>

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## Quinoa Taco Meat

### **Appliance(s)**

### **Ingredients**

1 cup tri-color, white, or red quinoa	2 tsp ground chili powder
1 cup vegetable broth	½ tsp garlic powder
½ cup salsa (slightly chunky is best)	½ tsp each sea salt and black pepper
1 Tbsp nutritional yeast	1 Tbsp olive or avocado oil
2 tsp ground cumin	

### **Instructions**

Heat a medium saucepan over medium heat. Once hot, add rinsed quinoa and toast for 4-5 minutes stirring frequently. Add vegetable broth and water and bring back to a boil over medium-high heat. Then reduce heat to low, cover with a secure lid, and cook for 15-25 minutes, or until liquid is completely absorbed. Fluff with a fork, then crack lid and let rest for 10 minutes off heat.

Preheat oven to 375F. Add cooked quinoa to a large mixing bowl and add remaining ingredients (salsa, nutritional yeast, cumin, chili powder, garlic powder, salt, pepper, and oil). Toss to combine. Then spread on parchment paper-lined baking sheet. Bake for 20-35 minutes stirring/tossing once at the halfway point to ensure even baking. The quinoa is done when it's fragrant and golden brown. Be careful not to burn.

This quinoa taco meat goes extremely well in crispy taco shells and soft taco shells, and I also think it would be perfect on nachos, taco salads, tostados and in enchiladas.

Store leftovers in the refrigerator for up to 5 days. Reheat in the microwave in a 350F oven, or in a skillet on the stovetop.

Freeze for up to one month

Sonia Winburne Lenten Recipe Sharing

Source: [www.Minimalistbaker.com](http://www.Minimalistbaker.com)

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## Lemony Basil Creamy Vegan Pasta with Broccoli and Sundried Tomatoes

### **Appliance(s)**

### **Ingredients**

8 oz whole wheat pasta (rotini or shaped pasta)	Kosher salt and ground pepper
3 cups broccoli florets	Lemon Basil Cashew Cream sauce
2 Tbsp olive oil	1 cup roasted, unsalted cashews
1 medium yellow onion, diced	3 cloves garlic
1 medium red bell pepper, diced	½ lemon, juiced
3 oz sun-dried tomatoes, sliced (not packed in oil)	1 cup packed fresh basil
4 oz arugula (a few handfuls)	1 cup water
	½ tsp Kosher salt

### Instructions

Bring a large pot of water to a boil. Once boiling, generously salt the water. Add in the pasta and cook to al dente, according to package directions. About 2 minutes before the pasta is al dente, add the broccoli florets to the pot to cook with the pasta as the pasta finishes cooking. Reserve 1 cup of the starchy pasta water. Drain the pasta and set aside.

Make the lemon basil cashew cream sauce. Add all listed ingredients to a high-speed blender. Blend until smooth and creamy. Set aside, or store in an airtight container in the refrigerator for up to 1 week. Add the olive oil to a large skillet over medium heat. Once hot, add in the onion and bell pepper. Season with 1 tsp salt and ½ tsp pepper. Cook, stirring occasionally, until the veggies soften slightly 3-4 minutes. Once softened, add the sun-dried tomatoes and arugula to the skillet. Cook, stirring occasionally, until the sun-dried tomatoes soften and the arugula wilts slightly, 1-2 minutes.

Once the veggies are ready, add the drained pasta and broccoli to the skillet. Pour the lemon basil cashew cream sauce over top. Toss to combine, adding a little of the reserved starchy pasta water as you go to reach your desired consistency. Taste and season additionally with salt or a squeeze of fresh lemon juice, as desired. Serve immediately. Enjoy!

Kaliopi Agas Lenten Recipe Sharing  
Source: [www.playswellwithbutter.com](http://www.playswellwithbutter.com)

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## Vegan Gnocchi Mushroom Florentine

### Appliance(s)

Ricer or hand mixer if making gnocchi,

### Ingredients

#### Vegan Gnocchi

3 lbs. Russet potatoes

2 1/2 C. All purpose flour

1 1/2 tsp. Salt

Or substitute readymade Gnocci and just make the sauce.

#### Mushroom Florentine Sauce

10 oz. Baby bella mushrooms, sliced

1 Tbsp. Olive oil

3 Cloves Garlic, chopped

1 C. Almond milk, or non dairy milk

1 C. Vegetable broth

3 Tbsp. Corn starch

2 Tbsp. Nutritional yeast

1 tsp. Lemon juice

6 oz. Spinach, fresh

Salt and pepper to taste

Smoked Paprika (optional)

Vegan parmesan (optional)

Balsamic Vinegar (optional)

### Instructions

Preheat oven to 375 degrees. Prick potatoes with a fork all around. Then place in the oven, directly on the oven rack. Bake at 375 degrees for 50-75 minutes or until very soft and tender. Remove from oven and let cool.

Once the potatoes are cool, peel the skins off, they should come off really easily. Now you have a few options. Either using a ricer, rice the potatoes into a bowl, or place in a bowl and use a hand mixer to whip the potatoes until they are very smooth.

Once the potatoes are smooth and have no lumps, add in the flour a little at a time, stirring, then kneading until all the flour is incorporated and the dough is no longer sticky. Now add the salt. If the dough is still sticky, you can add up to another halfa cup of flour. Continue to knead until you have a smooth ball of dough.

Now, start boiling a large pot of water.

Then, get the sauce started. Add the olive oil to a cast iron skillet and heat on medium high. Now add the mushrooms and garlic. Saute until the mushrooms are cooked through. About 5-7 minutes. Season with salt and pepper.

While the mushrooms are sauteing, cut the dough into four. On a floured surface, roll each piece of dough into a long thin rope. Then cut into 1 inch squares. You can either leave them like this, or roll on a fork to make the lines.

When the water is boiling, add some gnocchi, about 10-15 pieces at a time. Boil until they float, about 2-4 minutes. Remove with a slotted spoon and place in a bowl. Repeat until all the gnocchi is cooked.

Now finish the sauce, mix together the veggie broth, almond milk and corn starch in a bowl. Whisk until fully combined and corn starch has dissolved. Now add to the mushrooms. Reduce to medium low and simmer for about 5-10 minutes until it has thickened. Now add the nutritional yeast, and lemon juice and smoked paprika, if using. Whisk. Season with salt and pepper.

Now add the spinach and stir, just cook until the spinach has wilted. Reduce heat to low. Taste and adjust seasoning.

Once the gnocchi and sauce are done, either toss the gnocchi in the sauce or pour the sauce over the gnocchi. Serve immediately with vegan parmesan or a drizzle of balsamic, or just as is!

### Recipe Notes

Make sure you cook the gnocchi within about 20 minutes of making it, or they will start to stick together and become sticky again.

If you want to prep them, just bake the potatoes ahead of time, and don't mix with flour until ready to cook.

Nickolaos Kontogiannis Lenten Recipe Sharing

Source: [www.rabbitandwolves.com](http://www.rabbitandwolves.com)

### Recipe Variations [F]

1. Use readymade store bought Gnocchi

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## Za'atar Pilaf

### Appliance(s)

Dutch Oven

### Ingredients

2 cups sushi rice  
2 cups raw cashews  
1 cup sunflower seeds  
2 Tbsp za'atar seasoning  
1 (12oz) bottle black ale, stout beer, or mushroom broth  
Olive oil (or oil of choice)  
2 ½ cups water



### Instructions

Brown the rice, and nuts in a Dutch oven with the oil. (I often use expeller-pressed sunflower oil because it complements the flavor of the sunflower seeds) Add the beer or mushroom broth and water, as well as salt and pepper to taste. Bring to a boil, cover, turn down to low and simmer for 20 minutes.

Melissa Naasko, Fasting as a Family

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## Shrimp and Orzo Bake

**Appliance(s)** 8 x 8 baking dish

### Ingredients

1 cup Orzo	1 teaspoon Oregano, Dried
1 tablespoon Olive Oil	1 tablespoon Chives, Dried
1 1/4 cups dice Onion	2 tablespoons Lemon Juice
4 teaspoons mince Garlic, Cloves	1/8 teaspoons Salt
1 teaspoon Red Pepper Flakes	1/8 teaspoons Black Pepper
1/2 cups White Cooking Wine	3/4 pounds Shrimp, Fresh
2 cups dice Tomato	

### Instructions

Cook the orzo according to the directions on the package, until al dente. Drain.  
Heat olive oil in a large pan.  
Cook onion for 5 minutes.  
Add garlic and red pepper flakes, cook 30 seconds.  
Add wine, tomatoes and oregano.  
Bring to a boil and then reduce heat to a simmer, cooking for five minutes.  
Add the chives, lemon juice and season with salt and pepper, to taste.  
Combine shrimp, cooked orzo and tomato mixture.  
Divide among baking dishes.  
Bake at 425 degrees for 15-20 minutes until shrimp are thoroughly cooked.

Philothea Volkman

Source: <https://onceamonthmeals.com/recipes/shrimp-and-orzo-bake/amp/>

### *Recipe Variations [F]*

1. Add Feta cheese with chives and lemon juice
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# Mexican Quinoa Stuffed Peppers

## Appliance(s)

### Ingredients

1 cup quinoa or rice	1 1/2 tsp garlic powder
2 scant cups vegetable stock	1 15-ounce can black beans
4 large red, yellow, or orange bell peppers	1 cup whole kernel corn
1/2 cup salsa	Diced tomatoes and tomato paste to taste
2 tsp cumin powder	Sugar to taste
1 1/2 tsp chili powder	

### Toppings (Optional)

1 ripe avocado	Diced red onion
Fresh lime juice	Creamy Cilantro Dressing (See Sauces)
Hot sauce	Chipotle Red Salsa (or your favorite salsa)
Cilantro	

### Instructions

Add quinoa and vegetable stock to a saucepan and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy - about 20 minutes. Preheat oven to 375 degrees F (190 C) and lightly grease a 9x13 baking dish or rimmed baking sheet. Brush halved peppers with a neutral, high heat oil, such as avocado oil or refined coconut oil. Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix thoroughly to combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired. Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil. Bake for 30 minutes covered. Then remove foil, increase heat to 400 degrees F (204 C), and bake for another 15-20 minutes, or until peppers are soft and slightly golden brown. For softer peppers, bake 5-10 minutes more. Serve with desired toppings (listed above) or as is. Best when fresh, though leftovers keep covered in the refrigerator for 2-3 days. Reheat in a 350-degree F (176 C) oven until warmed through - about 20 minutes.

Philothea Volkman

Source: <https://minimalistbaker.com/spanish-quinoa-stuffed-peppers/>

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## Kolokithokeftedes / Squash Fritters

### Appliance(s)

### Ingredients

2 tbsp Bob's Red Mill Flax Meal or flax meal of your choice  
1/2 cup room temperature water  
2 large zucchini (2 lbs or 4 cups shredded/pre-squeezed)  
1/2 cup shredded potato (1 medium potato)  
1/2 cup shredded carrot (1 medium carrot)  
1/2 cup shredded onion (1 small yellow onion)  
1/3 cup chopped herbs (I use 2 Tbsp each of mint, dill and parsley)  
1 tbsp lemon zest

1/2 cup bread crumbs, fine-crushed and unseasoned  
1/2 cup all purpose flour  
1 tsp baking powder (or baker's ammonia/traditional Greek leaven)  
1 tsp salt  
1/2 tsp freshly ground black pepper  
1/4 tsp ground nutmeg  
approx 1/2 cup light olive oil or vegetable oil for frying

### Instructions

Shred zucchini into colander and sprinkle with about 2 tsp of salt (this amount is in addition to above 1/2 tsp). Allow to drain over the sink for 20 minutes or so.

Mix flax meal and water until completely combined. Set aside and allow mixture to sit for about 10 minutes as you prepare the rest of your recipe.

Shred onions, carrots and potatoes. Squeeze out liquid from onions and potatoes by ringing them in a clean kitchen/tea towel over the sink. Set aside.

Chop herbs, measure out breadcrumbs and spices (leaving out the AP flour), zest lemon and combine all in large bowl.

When flax meal is ready, mix into large bowl with herbs/crumbs/spices until completely combined.

Rinse (just very lightly) shredded zucchini and ring out any liquid in a kitchen/tea towel, my method of choice. Add all shredded veggies to bowl with flax/herbs/etc mixture and stir to combine completely.

Lastly, add the flour and, now working with your hands, combine everything once more. Set aside to rest for at least 10 minutes on the counter and for up to 3 days, covered in the refrigerator.

Add 3 tbsp oil to shallow frying pan and bring to medium heat. Watch the pan so your oil does not burn! I keep my pan at number 5 on my induction stove and remove pan from heat for about a minute between batches.

When ready to fry, scoop up squash mixture (I use a 1/3 cup measure) and roll into a ball with your hands.

Add ball to hot pan and gently pat into a patty.

Make sure there is room around each for you to be able to flip them easily. Depending on the temp of your oil, frying should take about 2-3 minutes per side and come out a nice crispy golden brown. Add 2 tbsp oil to the pan between each batch.

Serve these immediately!

Philothea Volkman

Source: <http://thegreekvegan.com/kolokithokeftedes-squash-fritters/>

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## Pasta with Eggplant Sauce

**Appliance(s)** Slow cooker

### **Ingredients**

1 medium eggplant	2 garlic cloves, chopped
½ cup chopped onion	1 ½ tsp dried oregano
2 12.5 oz cans diced tomatoes	1/3 cup pitted kalamata olives, sliced
1 6 oz can Italian style tomato paste	2 Tbsp chopped fresh parsley
1 4oz can sliced mushrooms drained	Black Pepper
¼ cup dry red wine	Cooked penne pasta
¼ cup water	Shredded Parmesan Cheese (optional)

### **Instructions**

Peel eggplant, cut into 1 inch cubes. In a 3 ½ to 5 quart slow cooker, combine eggplant cubes, chopped onion, canned tomatoes with their juices, tomato paste, sliced mushrooms, red wine, water, chopped garlic and oregano.

Cover, cook on low-heat setting 7 to 8 hours or on high heat setting 3 ½ to 4 hours. Stir in kalamata olives and parsley. Season to taste with pepper. Pour sauce over pasta; sprinkle with Parmesan cheese and serve.

Juliana Volkman

Source: [fitnessmagazine.com](http://fitnessmagazine.com)

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## Dr. Daves Portobello Pot Roast

**Appliance(s)**

### **Ingredients**

½ cup red wine	2 ½ cups vegetable broth, divided
4 large portobello mushrooms sliced into ¾ inch chunks	4 large russet potatoes, quartered
1 large onion, cut into small chunks	5 medium carrots, cut into chunks
4 cloves garlic, minced	Salt and freshly ground black pepper to taste
3 Tbsp gluten-free flour or regular all purpose	2 tsp vegan Worcestershire sauce or 1 Tbsp soy sauce
1 tsp dried sage	4 sprigs fresh thyme
1 tsp dried basil	1 sprig fresh rosemary

### **Instructions**

Preheat the oven to 350 degrees F. In a large saucepan, heat ¼ cup of the wine and add the portobello mushroom slices. Allow them to brown a little and then remove them from the pan and set aside.

Add the remaining ¼ cup wine to the pan and add the onion and garlic.

Caramelize the onions and set aside.

Mix the flour, sage, and basil together in a small bowl. Stir in ¼ cup of the broth to create a paste, and pour the mixture in to the same pan you used for the mushrooms and onions. While stirring constantly over medium heat, very slowly add the rest of the broth so that you create a gravy or sauce. When the mixture just starts to boil, turn the heat off.

Next add the potatoes, carrots, salt and pepper, and Worcestershire sauce to the gravy mixture. If more liquid is needed to keep the vegetables from drying out, add more broth.

Now add the mushrooms and onions to the mixture. Pour the mixture in to a large casserole dish with a lid, adding the sprigs of rosemary and thyme.

Place the lid on and put into the oven and bake for 1 hour.

Remove from the oven and serve hot.

Juliana Volkman

Source: <https://drdavedagate.com>

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## Peanut Noodles

### **Appliance(s)**

#### **Ingredients**

8 oz. spaghetti

1 bunch green onions, sliced (white parts only)

2 Tbsp sesame oil

1 tsp minced fresh ginger root

1/3 cup peanut butter

¼ cup soy sauce

¼ cup hot water

1 Tbsp cider vinegar

1 tsp white sugar

¼ tsp crushed red pepper flakes

#### **Instructions**

Cook pasta in a large pot of boiling water until done. Drain

Meanwhile combine oil and onions in a small skillet. Sauté over low heat until tender. Add ginger, cook and stir for 1-2 minutes. Mix in peanut butter, soy sauce, water, vinegar, sugar and red pepper flakes.

Remove from heat. Toss noodles with sauce and serve.

Juliana Volkman

Source: [www.allrecipes.com](http://www.allrecipes.com)

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## Vegan Gyros

### **Appliance(s)**

A food processor

An aluminum loaf type baking pan

A deep sided baking dish that will hold water and the aluminum baking pan

A large baking sheet or tray

Aluminum foil Meat thermometer

First, let me start by saying unequivocally that gyro meat should be cooked on a gas vertical rotisserie. It just should. No, I mean it, it should.

But if you are unlike me and haven't dared to risk the wrath of your spouse by secretly buying one off Amazon (and being singularly unsuccessful at hiding said purchase), then it can be done in an oven...it's just more steps.

Also, This recipe is going to be vegan...but I will give the proportions and directions for doing this non-vegan as well...basically just substitute meat for the "not-meat" in this recipe. The spices and cooking temp will be the same, the only change is to leave out the vegan feta cheese and sauer-kraut juice and to salt the meat 1 hour before mixing to retain moisture.

Finally, this is a vegan version of a delicious meat based recipe...so temper your expectations. It will not taste "exactly like the real thing" ...but it is delicious.

I don't know about anyone else, but Greek- American Gyros are one of my favorite foods. I have had the true Greek version with marinated and thinly sliced, crispity juicy pork wrapped in pita bread with tomatoes and lettuce, juices running down your chin when you take a bite and...pardon me a moment, I think I need to make a sammich.

...OK.

Now, as good as the original gyro is, I prefer the Greek-American version, a 75/25 mix of beef to lamb with 80/20 beef to keep juicy. There's just something about these sandwiches...I always get visions of a grinning, swarthy guy with Mediterranean eyebrows and a bushy moustache behind a counter passing me a handful of deliciousness wrapped in paper...

Anyway, to replicate that experience as closely as possible, I use vegan feta crumbles in my "not-meat" mixture...both for salt and for the "gamey" sort of flavor you get with lamb. I also use real salt cured sauer-kraut juice (not the store bought kind with vinegar), but it isn't necessary - leave it out if you don't have it on hand.

The key to making this as close as possible to the real texture of gyro meat is in the use of the food processor, squeezing out the onion to remove the juices before adding it to the mix, cooking slowly then broiling the slices before eating...don't leave any of these steps out or it will not come out right.

### Ingredients

1 pound of Beyond Meat or Impossible Burger	½ tsp of kosher salt
¼ cup Italian bread crumbs (make sure they are vegan)	½ tsp of black pepper
½ of a large white onion finely chopped with juices squeezed out	¾ tsp dried oregano
3 ounces of vegan feta crumbled	2 cloves of chopped fresh garlic
	2 tbsp of olive oil or vegetable oil
	1 tsp of sauer-kraut juice

### Instructions

In a food processor, combine the ground "meat" with the drained onion, kosher salt, black pepper, oregano flakes, Vegan feta, oil, sauer-kraut juice and garlic. Process on pulse and then on regular until you end up with a thick paste. Do this in batches to not overstrain your food processor and to keep the mixture cool.

(\*Note: If using real meat during non-fast, salt the meat one hour before mixing in food processor, increase kosher salt to 1 teaspoon and leave out the feta and sauer-kraut juice).

Scoop mixture into a bowl, mix it together with gloved hands to get everything distributed evenly throughout and let rest for one hour (or up to 4 hours if you want...but I can never wait that long) covered in the refrigerator.

Prepare your aluminum loaf baking pan by lightly coating it with oil.

After waiting as long as you can stand it, remove the mixture from the refrigerator, mix in the bread crumbs very well by hand, doing your best to keep the mixture cold. Put the mixture into the loaf pan and be sure to pack it down tight to remove any air pockets. Make a very shallow indentation in the middle of the loaf all along its length with the side of your hand (or with a spoon for those of you who are fastidious). This will help keep the loaf from swelling up in the center as it cooks.

Cover loaf tightly with aluminum foil and the place in the freezer briefly while your oven heats up. (Don't forget about it and let it freeze...it won't hurt it, or change the taste, but you'll spend a couple agonizing hours waiting for it to thaw).

Pre-heat oven on bake or convection bake to 300 degrees. While oven is pre-heating, line your baking tray with aluminum foil and get out the deep sided baking pan. When oven is hot, remove the loaf pan of mixture from the refrigerator, place in the deep sided dish, and fill with enough water to bring it  $\frac{1}{4}$  of the way up the side of the aluminum loaf pan. Place deep sided dish with loaf pan onto the baking tray, then put in the middle of the oven.

Bake to an internal temp of 155-160 degrees. It's ok to poke a hole in the aluminum foil to check the temp, just try to use the same one each time.

When temp is reached, remove from the oven and let cool to room temp. Don't put in the frig to hurry up the process.

When room temp, THEN put in frig to chill (Yes, I know...but if you put it in hot it gets all manky). When thoroughly chilled, remove from loaf pan. You will notice it is sort of a grey color...but we are going to fix that.

Slice the loaf thinly, then when you are ready, lightly coat the aluminum foil covered baking tray with oil, put the oven on broil, put the slices on the tray and put them on the top shelf of the oven. Watch it closely. You want them to get crispy and brown, not black and smoking. Also, you are not trying to crisp the slices all the way through. You just want to get the surfaces crispy while keeping the meat juicy. Maybe remove them from the heat a couple times to get them just right and to "taste for doneness" ....hey, you've worked hard for this...it's only fair you get to lick the spoon, so-to-speak.

Remove from oven when done, place on pita bread with sliced tomato, sliced red onion, lettuce, vegan feta crumbles, and vegan mayo with dill. Squeeze a little fresh lemon juice over the top and enjoy!!

Giorgi Hart

## Ethiopian Cabbage Dish

### **Appliance(s)**

### **Ingredients**

½ cup olive oil	½ tsp. ground cumin
4 carrots, thinly sliced	¼ tsp. ground turmeric
1 onion, thinly sliced	½ head cabbage, shredded
1 tsp. sea salt	5 potatoes, peeled and cut into 1-inch cubes
½ tsp. ground black pepper	

### **Instructions**

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes. Add the potatoes, cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.

Cara Margaret Bliven

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## Greek Style Green Beans- Fasolakia Lathera

### **Appliance(s)**

### **Ingredients**

½ cup olive oil	8 oz tomato sauce
1 onion chopped	¼ cup chopped parsley
1 lb. green beans (French)	1 tsp. sugar
1 medium potato sliced (1/4 inch thickness- cut in half)	½ tsp. salt
3 medium tomatoes grated or 12-15 oz can diced tomatoes	Freshly ground pepper

### **Instructions**

In a medium pot, heat olive oil at medium to low heat. Sauté onion until soft. Add potatoes and beans and mix until beans and potatoes covered with the olive oil. Heat for 2-3 minutes. Add the tomatoes, parsley, sugar and salt and pepper and mix. Add hot water just enough to half cover the beans. Simmer with the lid on for 40 minutes to an hour. (Do not Boil) The beans are ready once there is no water left and the beans are soft. Enjoy with bread

2-4 servings

Anastasia Lagen

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## Green Bean Casserole

### **Appliance(s)**

### **Vegetarian Sauce**

#### **Ingredients:**

Reserved liquid from green beans  
3 Tbsp. margarine or vegan butter  
3 Tbsp. flour  
1/4tsp. pepper

Water or soy milk  
1 vegetable bouillon or 1 tsp. vegetable broth  
Salt to taste

#### **Directions:**

Heat oven to 350F. Melt the butter in a saucepan. Blend in the flour and pepper. Cook over low heat, stirring constantly, until smooth and bubbly. Remove from heat. Stir in reserved liquid from vegetables, vegetable bouillon or vegetable broth, plus enough water or soy milk to make 1 ½ cups until mixture is smooth. Return to heat. Stirring constantly, bring to a boil. Continue stirring for one minute. Taste. Adjust salt, if necessary.

### **Casserole**

#### **Ingredients**

2 cans (16 oz. each) French style green beans  
3 cups Vegetarian sauce (double recipe)  
1 jar (2 ½ oz.) sliced mushrooms  
½ cup slivered almonds (toasted)

1 tsp. Worcestershire sauce  
1/8 tsp. onion salt  
1 can (3oz.) French fried onions

#### **Instructions**

Drain and reserve the liquid from the canned green beans. (Use reserved liquid for Vegetarian sauce)  
Combine the green beans, vegetarian sauce, sliced mushrooms, slivered almonds, Worcestershire sauce and onion salt. Mix well. Place in a 1 ½ quart casserole dish and bake until bubbly, 30-35 minutes. Remove from oven and top with French fried onions.

Anastasia Lagen  
Source: The Nashville Cookbook

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## Mac and Cheese

### **Appliance(s)**

#### **Ingredients**

1 cup raw cashews  
8 oz whole grain elbow pasta (use gluten-free if necessary)  
2 crowns broccoli, chopped into bite-size florets  
½ tbsp oil  
1 medium onion, diced  
1 tsp garlic powder  
1 tsp salt (more to taste)  
½ tsp turmeric

½ tsp paprika  
Pinch of red pepper flakes  
2 tbsp lemon juice  
1¼ cups water  
¼ cup nutritional yeast  
2 cups spinach (or greens of choice) chopped into ribbons (optional)  
½ c. Panko bread crumbs for top (optional)

### Instructions

Place cashews in a small bowl and cover with very hot water. Set aside.

Cook pasta according to package directions. When 2-3 minutes are remaining, add broccoli. Once pasta is al dente, drain.

Heat oil in a skillet over medium heat. Add onion and a pinch of salt and cook for 5 minutes, or until translucent. Add garlic powder, salt, turmeric, paprika, and red pepper flakes, stirring for a minute. Carefully transfer onion mixture to a blender and add greens to pan, sautéing for a couple minutes or until wilted.

Add the drained cashews, lemon juice, water, and nutritional yeast to onion mixture in blender and blend until smooth and creamy.

Add pasta and broccoli back to pot along with sauce and toss together. Add greens and stir until combined. Taste and add salt if needed. You can serve immediately or pour into a 9x13in baking dish, top with ½ cup panko bread crumbs, and bake for 15 minutes at 350 for a crisper topping. Serve with hot sauce, if desired.

**Prep Time:** 20 mins **Cook Time:** 10 mins **Servings:** Serves: 4-6

Matushka Ruth Hinton

Source: [Hummusapien.com](http://Hummusapien.com)

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## Red Cabbage with Apples

### Appliance(s)

### Ingredients

2 Tbsp butter or butter substitute

½ cup chopped onion

2 tsp. sugar

1 small head red cabbage, about 1 ¼ lbs.

2 apples, peeled and diced

½ cup vegetable stock or water

2 Tbsp. cider vinegar

3 Tbsp. red wine

### Instructions

Heat butter in a large skillet. Add onions and sugar and cook 2 minutes.

Slice cabbage in ¼ inch thick slices. Add to skillet with apples, stock, and salt. Cover and simmer for 20 minutes.

Add vinegar, red wine, and pepper and simmer for 5 more minutes with cover off. Taste for seasoning.

Cara Margaret Bliven

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## Simple Stewed Pinto Beans and Greens

### **Ingredients**

1 Tbsp. olive oil  
1 onion, chopped  
3 cloves garlic, minced  
½ tsp smoked paprika  
½ tsp. salt, plus a little extra for cooking the onions

1 cup vegetable broth  
1 pound washed and dried collard greens, sliced into ribbons (apx 1 lg bunch)  
3 cups cooked pinto beans (2 cans pinto beans, drained and rinsed)  
Dash crushed red pepper

### **Tahini drizzle (optional):**

¼ cup tahini  
¼ cup water  
2 Tbsp lemon juice

¼ tsp. salt  
1 small garlic clove, finely minced  
Black pepper to taste

### **Instructions**

Heat the olive oil in a large sauté pan or skillet (ideally something with a lid) over medium heat. Add the onion and give it a little pinch of salt. Cook for 7-8 minutes, stirring frequently, or until the onion is soft, clear, and lightly golden. Add the garlic, paprika, and the ½ teaspoon salt. Cook for two more minutes.

Add the collards and broth. Cover the pan and allow the collards to wilt down (you might have to do this in batches) Reduce the heat to medium low, uncover the pan, and cook the collards, stirring every so often, for about 10 minutes. Stir in the pinto beans and a dash of red pepper. Season to taste.

If you'd like to make the tahini drizzle, whisk together all of the ingredients while the collards cook.

To serve, divide the greens and the beans into bowls and drizzle with the tahini (if using). You can also scoop them onto a bed of cooked whole grains (brown rice is especially nice), or toast.

4-6 servings

Cara Margaret Bliven

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## Sweet Potato Casserole

### **Appliance(s)**

### **Ingredients**

3-4 fresh sweet potatoes baked and peeled  
3 Tbsp. margarine, softened  
½ tsp. salt  
1 (8 oz) can crushed pineapple, drained

1/3 cup orange juice  
¼ cup firmly packed brown sugar  
¼ cup chopped pecans

### **Instructions**

Grease a 1-quart casserole dish. Mash sweet potatoes with the margarine and salt. Add pineapple and orange juice, blend well. Spoon into a casserole dish. Sprinkle with brown sugar and pecans. Bake at 350F for 30 minutes.

Juliana Volkman

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## Lenten Greek Potatoes

### Appliance(s)

### Ingredients

½ cup Olive Oil  
1 tsp Coarse Sea Salt  
1-2 Lemons

2 tsp Oregano  
4-5 Potatoes cut lengthwise into wedges

### Instructions

Adjust measurements to taste. Mix with a whisk. In a large baking dish pour enough marinade to coat bottom of dish. Put potatoes in a large baking pan. Pour marinade over potatoes and bake in the oven. At 375-400 until fork tender. Turn potatoes, move to top of oven and broil until browned. Watch carefully so they do not burn.

Anastasia Lagen

### *Recipe Variations [F]*

1. Add garlic or garlic powder to taste

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## Quick Harvard Beets

### Appliance(s)

### Ingredients

3 cups sliced raw beets or 2 cans (16 oz each)  
sliced beets  
½ cup sugar  
1 Tbsp all-purpose flour

½ cup white vinegar  
½ tsp salt  
2 Tbsp butter or butter substitute

### Instructions

In a saucepan, place raw beets and enough water to cook. Cook until tender, 15-20 minutes. Drain, reserving ¼ cup liquid. (If using canned beets, drain and reserve ¼ cup juice)  
In another saucepan, combine sugar, flour, vinegar and reserved beet juice. Cook over low heat until thickened. Stir in beets, salt and butter. Simmer for 10 minutes.

6 servings

Anastasia Lagen

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

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## Jamaican Jerk Shrimp Skewers

**Appliance(s)** Bamboo skewers (soaked in water 2- 3 hours), or metal grill skewers

### **Ingredients**

2 Tbsp Jamaican Jerk Spice blend	Bamboo skewers
1 lb uncooked shrimp, peeled and deveined	1 fresh pineapple (or precut pineapple chunks)
1 Tbsp butter or butter substitute	Lemon wedges

### **Instructions**

Sauté shrimp in butter until fully cooked  
Toss cooked shrimp with Jamaican Jerk seasoning. Place in a bowl in the refrigerator and allow the flavors to meld for 2 or more hours (overnight is ideal)  
Remove shrimp from the refrigerator.  
Cut pineapple into small cubes.  
Add ingredients to a skewer, rotating between shrimp and pineapple cubes.  
Serve with lemon wedges for additional citrus flavor  
Shrimp are cooked and ready to be eaten or you can grill the skewers for added flavor.

A cilantro lime rice would go nicely with this.

Anastasia Lagen

Source: [www.spiceandtea.com](http://www.spiceandtea.com)

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## Honey Roasted Brussel Sprouts

**Appliance(s)**

### **Ingredients**

1 lb Brussel sprouts, cut in half or quartered	1 cup dried cranberries
2 Tbsp olive oil	½ cup sliced almonds
2 Tbsp honey	

### **Instructions**

Preheat oven to 350F. Put Brussel sprouts and oil in a large bowl. Season with salt and pepper and toss to coat. Spread on a rimmed baking sheet on a single layer, cut side down and roast until tender and edges are starting to brown, about 35 minutes. Drizzle Brussel sprout with honey and sprinkle evenly with cranberries and almonds. Bake until honey has melted and cranberries and almonds are warmed through. About 5 minutes more.

Serves 4

Anastasia Lagen

Source: [allyou.com](http://allyou.com)

## Baked Potatoes with Artichoke, Olive and Lemon

### Appliance(s)

### Ingredients

4 medium russet potatoes (8 to 10 oz. each)  
1 teaspoon olive oil

1 cup oil-packed artichoke hearts, quartered,  
plus 1/4 of the packing oil  
¼ cup kalamata olives, chopped  
1 ½ teaspoons grated lemon zest

### Instructions

Heat oven to 400° F. Rub the potatoes with the olive oil. Place on a rimmed baking sheet and bake, turning occasionally, until tender and easily pierced with a paring knife, 65 to 75 minutes. In a small bowl, combine the artichokes and their oil, olives, and lemon zest. Split the potatoes and, dividing evenly, top with the artichoke mixture.

Source: <https://www.realsimple.com>

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## Best Vegan Mashed Potatoes

### Appliance(s)

Potato masher or mixer

### Ingredients

2 1/2 lb. potatoes (russet, Yukon, or red), cut into 1 1/2 – 2-inch cubes  
1/4 cup vegan butter (Miyoko's pref.) or extra virgin olive oil, at room temp  
3/4 – 1 cup unsweetened non-dairy milk (almond, cashew, oat, soy, etc.), at room temp  
salt + pepper, to taste

### Instructions

**Boil potatoes:** In a large pot, add potatoes and fill pot with enough water to cover potatoes, there should be about 1 – 2 inches of water over top. Bring to a boil, cover askew, reduce heat to low, and cook over a gentle boil for 15 – 20 minutes. Potatoes are done when fork tender. Remove from heat, carefully drain water.

**Mash:** Add the fat (butter/oil) right away, mash into the potatoes with a potato masher. Pour in the non-dairy milk and continue to mash until fluffy and creamy. Season to taste with salt and pepper.

Serves 4 – 6

**Store:** Leftovers can be stored in the refrigerator for up to 5 – 6 days. For longer storage, freeze for up to 2 – 3 months. Let thaw before reheating.

**Butter + Oil-free:** Use 1/4 cup vegan sour cream in place of butter or oil. Alternatively, omit oil/butter and simply use non-dairy milk or Vegan Cream.

Source: <https://simple-veganista.com/vegan-mashed-potatoes/>

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# Roasted Vegetables

## Appliance(s)

### Ingredients

2 medium whole carrots	1 small beet
4-5 small red or yellow potatoes	1 box white mushrooms
1 large sweet potato	2 cups chopped cauliflower
2 cups Brussels sprouts	1/2 medium zucchini or yellow squash
1 bundle broccolini or broccoli	2-3 Tbsp Olive oil
1 cup red or green cabbage	2 tsp Lawry's Cesaro Total Seasoning
1 medium bell pepper	

### Instructions

Preheat oven to 375 degrees F (190 C) and line two baking sheets with parchment paper.

Place a large pot or rimmed skillet on the stovetop and fill with 1/2 inch water. Bring to a boil over high heat.

Once boiling, lower heat to medium-high (you're going for a low boil) and carefully place a steamer basket inside (I like this one - or sub a small colander or fine mesh strainer that rests over the water but not in the water).

Add the starchy vegetables (carrots, potatoes, sweet potatoes - Brussels sprouts are optional and should only be added if you like more tender Brussels - otherwise, set aside).

Cover pot or skillet and steam the vegetables for 4-6 minutes or until just tender. A knife should easily pierce the vegetables but not easily slide all the way through. You're looking for them to be moist and slightly tender.

Transfer the steamed starchy vegetables to one baking sheet, and arrange the non-starchy vegetables on the other baking sheet. Season both trays to taste with Lawry's Total Seasoning, and olive oil, toss to coat.

Bake for a total of 20-30 minutes or to desired doneness. The broccolini seems to require just 15 minutes, while the cabbage, bell pepper, and cauliflower benefit from a longer roast - up to 25-30 minutes. (Once steamed), the starchy vegetables shouldn't need more than 20 minutes in the oven. Steamed Brussels need to be roasted for 15 minutes, while unsteamed Brussels can roast for up to 20-25 minutes. Just watch the oven closely and check for doneness.

At this point, they're ready to serve!

Store leftover vegetables covered in the refrigerator up to 3-4 days. Reheat over a cast-iron skillet or on a parchment-lined baking sheet in a 400-degree F (204 C) oven until hot - about 10 minutes.

**Notes\*** I roasted my favorite vegetables, but this is by no means an exhaustive guide. I tend to find that starchy vegetables (like potatoes) benefit from a short steam before roasting, while non-starchy vegetables (like peppers, broccoli) should be roasted without steaming for best results.

Source: <https://minimalistbaker.com/oil-free-roasted-vegetables/>

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## Artichokes with Peas

### **Appliance(s)**

### **Ingredients**

10 artichoke hearts

1 cup green peas

½ tsp jalapeno pepper minced

½ tsp caraway

½ cup onions diced

1 Tbsp olive oil or other oil

1 diced potato

½ cup lemon juice

A pinch of dill

### **Instructions**

Brush a skillet with oil. Place the onions in the skillet and brown. Place the artichokes in a saucepan with all the rest of the ingredients. Simmer until tender. Serve warm or cold.

Good lunch by itself or a companion dish for fish, poultry or veal

Mariana Zaharoff Lagen  
Zaharoff Family Recipes

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## Applesauce Cake

**Appliance(s)/ Tools** Sifter, bread/loaf pan, hand mixer

### **Ingredients**

1 ¾ cups cake flour – sift before measuring	1 tsp. cinnamon
2/3 cups raisins	½ tsp. cloves
2/3 cup dried cranberries	½ cup Earth Balance butter substitute
2/3 cup walnuts	1 cup white or brown sugar
½ tsp. salt	1 ¼ cup applesauce
2 tsp. baking soda	

### **Instructions**

Combine flour, salt, baking soda, cinnamon and cloves together into a small bowl.

Dust raisins, cranberries and walnuts with flour

In a large bowl, cream Earth Balance until soft then add sugar and applesauce

Sift in flour mixture into cream mix and add fruit and nut mixture.

Bake in a 7-inch tube pan at 350 F for 45 minutes.

Cara Margaret Bliven adapted from Joy of Cooking

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## Nan's Happy Valley Cake

**Appliance(s)**

### **Ingredients**

1 ½ cup all-purpose flour	5 Tbsp. vegetable oil
1 cup sugar	1 Tbsp. white vinegar
1 tsp. baking soda	1 tsp. vanilla
3 Tbsp. cocoa	1 cup cold water
¾ tsp salt	

### **Instructions**

Grease and flour an 8 x 8 pan. Mix all ingredients with a beater. Bake at 350F for 35 minutes.

Ice with your favorite frosting icing.

\*Double recipe for a 9 x 13 pan

Juliana Volkman

## Honey Cake

### Appliance(s)

### Ingredients

⅔ c. honey	½ c. walnuts, chopped
½ c. sugar	3 c. flour
1 t. baking soda dissolved in 1 c. water	2 t. cinnamon
½ c. vegetable oil	1 t. nutmeg
1 c. walnuts, ground	

### Instructions

Combine honey and sugar. Add baking soda mixture and blend. Add vegetable oil, nuts (ground and chopped), cinnamon, nutmeg and flour. Mix well. Pour into a greased and floured 9x9" pan. LET STAND AT ROOM TEMPERATURE FOR 1 HOUR BEFORE BAKING. Bake for 30 minutes at 325°.

Submitted by: Matushka Ruth Hinton

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## Lenten Apple Berry Crisp

### Appliance(s) Food processor

### Ingredients

3 apples, <u>peeled, cored, and sliced</u> (Gala, Braeburn or Honeycrisp)	1 tablespoon arrowroot powder
1 pint fresh berries or 1 bag frozen mixed berries (Trader Joe's )	1 cup blanched almond flour (not almond meal)
1 tablespoon lemon juice	¼ teaspoon celtic sea salt
1 tablespoon <u>vanilla extract</u>	¼ teaspoon baking soda
	2 tablespoons coconut oil
	2 tablespoons honey, or maple syrup

### Instructions

In a large bowl, toss together apples, blackberries, lemon juice, vanilla, and arrowroot  
Transfer mixture to an 8 x 8 inch baking dish  
To make topping, in a food processor, combine almond flour, salt, baking soda, oil, and maple syrup  
Crumble topping over apple-blackberry mixture  
Cover with tin foil and bake at 350°F for 60 to 70 minutes until fruit is juicy and bubbling  
Uncover and bake for 10-15 minutes to brown topping  
Enjoy! Serves: 6

Celeste Englehardt  
Source: <https://elanaspantry.com>

## Lenten Chocolate Cake

### Appliance(s)

### Ingredients

3 c flour	3 T vinegar
2 t baking soda	2 T vanilla
6 T cocoa	¾ c oil
1 t salt	2 c cold water
2 c sugar	

### Instructions

Mix flour, baking soda, cocoa, salt, and sugar in a large mixing bowl. Add vinegar, vanilla, oil and water and mix well. Pour batter into greased 9x13" baking pan. Bake at 350° for 45 minutes. Ice with fasting icing.

Matushka Ruth Hinton

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## Lenten Chocolate Chip Cookie Recipe

### Appliance(s)

### Ingredients

2 cups margarine	4 ½ cups unbleached flour
1 cup brown sugar	1 tsp. salt
1 cup sugar	2 tsp. baking soda
½ cup Vanilla Soy Milk	12 ounces semisweet chocolate chips
2 tsp. vanilla	(Ghirardelli semi-sweet are Lenten)

### Instructions

Preheat the oven to 350F.

Cream margarine and sugars until light and fluffy. Slowly add soymilk, cream well, then add vanilla.

Combine the dry ingredients in a mixing bowl. Add the dry ingredients to the creamed mixture, then fold in the chocolate chips.

Drop by teaspoons on cookie sheets. Bake at 350F degrees for 8-10 minutes or until edges are golden brown. Let cool 5 minutes before removing from cookie sheets. Serve with ice-cold glasses of soymilk or other nondairy milk.

Yield: approx.. 6 dozen cookies

Juliana Volkman

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# Soft Gingerbread Men Cookies

**Appliance(s)** Cookie Cutters, mixer, gallon Ziplock bags

## Ingredients

10 Tbsp. (2/3 cups) Earth Balance (non soy)	1 tsp. baking soda
¾ cup packed light or dark brown sugar	½ tsp. salt
2/3 cup Grandma's Molasses (or unsulphured molasses)	1 Tbsp. ground ginger
¼ cup unsweetened applesauce	1 Tbsp. ground cinnamon
1 tsp. pure vanilla extract	½ tsp. allspice
3 ½ cups all-purpose flour	½ tsp. ground cloves

## Instructions

In a large bowl using a handheld mixer or stand mixer fitted with a paddle attachment, beat the butter for 1 minute on medium speed until completely smooth and creamy. Add the brown sugar and molasses and beat on medium high speed until combined and creamy looking. Scrape down the sides and bottom of the bowl as needed. Next, beat in egg and vanilla on high speed for 2 full minutes. Scrape down the sides and bottom of the bowl as needed. The butter may separate, that's ok.

In a separate bowl, whisk the flour, baking soda, salt, ginger, cinnamon, allspice, and cloves together until combined. On low, speed, slowly mix into the wet ingredients until combined. The cookie dough will be quite thick and slightly sticky. Divide dough in half and place each into a gallon Ziplock bag. Flatten dough with rolling pin or by hand to fill bag and close. Chill bags laid out flat for at least 3 hours or overnight. (overnight works best)

Preheat oven to 350F. Line 2-3 large baking sheets with parchment paper or silicone baking mats.

Remove 1 bag of chilled cookie dough from the refrigerator. Generously flour a work surface, as well as your hands and the rolling pin. Don't be afraid to continually flour the work surface as needed – this dough can be sticky. Roll out dough until ¼ inch thick. Cut into shapes. Place shapes 1 inch apart on prepared baking sheets. Re-roll dough scraps until all the dough is shaped. Repeat with remaining bags of dough.

Bake cookies for about 9-10 minutes. If your cookie cutters are smaller than 4 inches, bake for about 8 minutes. If your cookie cutters are larger than 4 inches, bake for about 11 minutes.

Allow cookies to cool for 5 minutes on the cookie sheet. Transfer to cooling rack to cool completely.

Once completely cool, decorate as desired.

## Notes:

Unbaked cookie dough bags freeze well, up to 3 months. Thaw overnight in the refrigerator then continue with step 3.

This cookie dough is NOT sturdy enough for gingerbread houses.

Anastasia Lagen

Source: [www.sallysbakingaddiction.com](http://www.sallysbakingaddiction.com)

## Vegan Dark Chocolate Tofu Blender Cake

**Appliance(s)** Blender

### **Ingredients**

1 cup of soymilk	Handful of raisins
½ cup of coconut oil or margarine melted (vegetable oil works)	Handful of grated coconut flakes
4 tbsp of Hershey dark cocoa	1 tsp of vanilla
1 ½ cups of non bleached white flour or your choice of flour	1 tsp of vinegar
2 oz of tofu cut in pieces	2 tsp of baking powder
2/3 cup of granulated sugar	½ tsp salt
Handful of sliced almonds or your choice of nuts	½ tsp of cinnamon
	1 can of coconut milk

### **Instructions**

Place the liquid ingredients in the blender including the tofu and slowly add the flour and almost all the sugar; reserve 2 tbsp. Blend until is all creamy.

Add the raisins, almonds and coconut flakes and stir. Sprinkle the left sugar and stir.

Preheat 375F oven

Oil the baking container and place the creamy but not too runny mixture.

Bake for about 30 minutes. Cut in squares after cooled down and serve with coconut milk topping.

About 8 pieces.

Licia Hanshaw

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## Easy Halva with Raisins

**Appliance(s)** Bundt pan

### **Ingredients**

2 cups semolina	1/2 teaspoon vanilla extract (powder)
1 cup olive oil	2 teaspoons lemon juice
4 cups water	1 cup sugar
1.5 teaspoons ground cinnamon	1 cup raisins

### **Instructions**

Add semolina and oil to a non stick pan. Use medium heat and stir continuously until it starts to brown.

Add the rest of the ingredients to a pan, heat up and turn off heat when the sugar has dissolved.

Add the water to the semolina and stir until its firm and doesn't stick to the pan.

Add to a bundt pan or any other decorative pan. Let it rest for at least 5 minutes before eating or put in fridge for later. Turn it on a plate and dust it with cinnamon.

Anastasia Lagen

Source: Effie DelMedico Lenten Recipe Sharing

## Chocolate, Coconut, Blueberry & Raspberry Parfait

### **Appliance(s)**

This is a great pre-workout (eat 1 hour before) also a yummy dessert.

### **Ingredients**

½ cup chocolate ganache (See recipe in sauces)	½ cup coconut cream
½ cup gluten free rolled oats	2 Tbsp unsweetened shredded coconut
½ cup raspberries	1 Tbsp cacao nibs

### **Instructions**

Spoon the chocolate ganache into a tall glass. Cover with the oats, then the raspberries and blueberries. Top with the coconut cream and shredded coconut. Garnish with cacao nibs and a few blueberries.

Anastasia Lagen  
Source: Thrive Energy Cookbook

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## Vanilla Vodka

### **Appliance(s)**

### **Ingredients**

1 bottle of Vodka, Ciroc or your favorite brand

5 Vanilla beans

### **Instructions**

At the beginning of Great Lent on Meatfare Sunday, split open 5 Vanilla beans down the long side of the bean so to expose the inside of the bean. Insert the 5 beans one by one into the bottle of Vodka, seal the cap and put it a cool place. During Holy Week, on Holy Wednesday or Thursday, place the bottle into the freezer. On Pascha, open the bottle and taste your Vanilla Vodka. The longer the Vodka sits the better the taste.

Some people start their Vanilla Vodka on New Years Day and then open in up on Pascha. Enjoy!

### **Notes:**

You can purchase quantities of vanilla beans on Amazon for a reasonable price.

Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes.

You can purchase little bottles and fill them up with the Vanilla Vodka. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Pasha basket and Christmas gifts.

Celeste Marko Englehardt  
Family Collection

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## Fish, Wine, & Oil Fast Recipes

### Breads

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## Chocolate Raspberry Dreams Breakfast Parfait

### Appliance(s)

### Ingredients

#### For the Raspberry Chia Seed Jam (makes 1 cup):

1 (10 oz) bag frozen raspberries	1 teaspoon pure vanilla extract or vanilla bean powder (optional)
2 tablespoons chia seeds	
2 tablespoons pure maple syrup, or to taste	

#### For the Chocolate Overnight Oats (makes 3 cups):

1 cup gluten-free rolled oats	2 tablespoons unsweetened cocoa powder
1/3 cup chia seeds	2 1/2 cups unsweetened almond milk
2 to 3 tablespoons pure maple syrup, to taste	

#### For the topping:

Homemade Coconut Whipped Cream or So Delicious Coconut Whip\*  
Fresh or frozen raspberries  
Sliced toasted almonds or hazelnuts

### Instructions

For the Raspberry Chia Seed Jam: Add the frozen raspberries, chia seeds, and maple syrup into a medium pot. Stir to combine. Cook uncovered over medium heat, stirring frequently, for about 7 to 9 minutes, until the raspberries break down. (It will still look a bit runny, but it will thicken as it cools.) Remove from heat and stir in the vanilla, if using, and additional maple syrup, if desired. Allow the jam to cool on the counter, uncovered, for about a half hour before covering and chilling in the fridge.

For the Chocolate Overnight Oats: In a large container with a lid, whisk together the oats, chia seeds, maple syrup, and cocoa powder until combined. Add the milk and whisk until no clumps of cocoa powder remain. Secure lid and let it sit on the counter for 2 to 3 minutes. After sitting briefly, shake the mixture (or stir) again to combine. This just helps prevent the chia seeds from clumping up. Chill in the fridge for a couple hours, or overnight.

Prepare the Coconut Whipped Cream, or if using, thaw the store-bought coconut whipped cream in the fridge or on the counter. Store in the fridge until ready to use.

When the chia jam and oats are ready, layer them into jars or bowls along with the coconut whipped cream. Add your desired toppings and enjoy! The parfaits can be made in advance and enjoyed for a few days.

### Tips:

To change up this recipe, feel free to swap the Coconut Whipped Cream for Banana Soft Serve.  
Make it nut-free: Swap the almond milk for a nut-free non-dairy milk and omit the nut topping.

Anastasia Lagen

Source: <https://ohsheglows.com/>



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## Chocolate, Coconut, Blueberry & Raspberry Parfait

### **Appliance(s)**

This is a great pre-workout (eat 1 hour before) also a yummy dessert

### **Ingredients**

½ cup chocolate ganache (See recipe in sauces)	½ cup coconut cream
½ cup gluten free rolled oats	2 Tbsp unsweetened shredded coconut
½ cup raspberries	1 Tbsp cacao nibs

### **Instructions**

Spoon the chocolate ganache into a tall glass. Cover with the oats, then the raspberries and blueberries. Top with the coconut cream and shredded coconut. Garnish with cacao nibs and a few blueberries.

Anastasia Lagen  
Source: Thrive Energy Cookbook

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## Blueberry Cacao Pre-workout Performance Cereal

**Appliance(s)** Ideal for workouts that exceed 90 minutes

### **Ingredients**

1 cup gluten free rolled oats	½ tsp sea salt
½ cup fresh or frozen blueberries	¼ cup virgin coconut oil, melted
3 large Medjool dates, pitted and chopped	¼ cup coconut nectar
½ cup chopped raw almonds	2 Tbsp water
½ cup sunflower seeds	2 Tbsp match green tea powder (turbo charge option)
½ cup ground flaxseed	4 tsp. cayenne pepper (optional)
1.2 cup chia seeds	
½ cup unhulled sesame seeds	
2 Tbsp cacao nibs	

### **Instructions**

Preheat oven to 250F

In a large bowl, combine the oats, blueberries, dates, almonds, sunflower seeds, flaxseed, chia seeds, sesame seeds, cacao nibs, and sea salt. Stir until well combined. In a small bowl. Stir together the coconut oil, coconut nectar, water, green tea powder (if using), and cayenne (if using).

Add the wet ingredients to the dry ingredients. Mix well. Spread evenly on a baking sheet.

Bake, stirring once halfway through, for 50 to 65 minutes, depending on how much crunch you like. Let

cool on the baking sheet. Break up before storing. Makes 4 cups/ 5 servings

Top with blackberries or raspberries Cayenne increases the blood flow and speeds the uptake of nutrients Store in an open container, in the refrigerator for up to 2 weeks.

Anastasia Lagen  
Source: Thrive Energy Cookbook

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## **Kalamata Olive Tapenade**

### **Appliance(s)**

### **Ingredients**

3 cloves garlic, peeled (I use less) or garlic powder  
1 cup pitted kalamata olives (I use a jar 8-12 oz kalamata olives in brine- drain the brine)  
2 Tbsp. capers, drained

3 Tbsp. chopped fresh parsley  
2 Tbsp. lemon juice (I use 1 Tbsp.)  
2 Tbsp. olive oil (optional)\*\*  
Salt and pepper to taste (using olives in brine I don't add salt and pepper)

### **Instructions**

Place the garlic cloves into a blender or food processor, pulse to mince. Add the olives, capers, parsley, lemon juice, and olive oil if using. Blend until everything is finely chopped.  
Season to taste with salt and pepper.

Serve with Pita bread or Pita chips. On a fish day try this with smoked salmon.

Servings 8; Yield 1 cup

Anastasia Lagen

Source: [www.allrecipes.com](http://www.allrecipes.com)

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## **Vegan Quesadillas**

### **Appliance(s)** Skillet or Quesadilla Maker

### **Ingredients**

Oil or Earth Balance Non Soy Butter Substitute  
Vegetables of choice

Tortillas  
Hellmans Vegan Mayo

### **Instructions**

Simmer any veggies you like in a skillet until fork tender  
Mix in vegan mayo – Hellmans vegan preferred  
Fill tortillas fold over and cook

Kat Chatzigeorgiou

Source: Lenten Recipe Sharing

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## Cookie Dough Protein Bars

### Appliance(s)

### Ingredients

1 ¾ cups oat flour	1/3 cup pure maple syrup
½ cup Plant Fusion Vanilla Bean Protein Powder	½ cup cashew butter (or almond butter)
or you fav	¼ cup almond milk
¼ tsp salt	1 tsp vanilla extract
¼ tsp baking soda	

### Chocolate Topping

½ cup chocolate chips dairy free	Sea salt
1 Tbsp coconut oil	

### Instructions

Line an 8 x 8 inch square baking dish with parchment paper going both ways.  
Place oat flour, protein powder, salt and baking soda in a large mixing bowl, stirring to combine.  
Add maple syrup, cashew butter, almond milk, and vanilla. Stir until you have a ball of dough. Using wet hands, press evenly into prepared baking dish.  
Make chocolate coating by placing chocolate chips, coconut oil, and cashew butter in a medium microwave safe bowl. Microwave in 20 second intervals for about a minute or until melted, stirring each time. Pour chocolate over bars and use a spatula to spread evenly.  
Freeze for at least 2 hours before slicing into 9 bars. Top with plenty of sea salt and devour

Store bars in freezer for up to 3 months

Lisa Psaromatis

Source: [www.hummusapien.com/cookie-dough-protein-bars/](http://www.hummusapien.com/cookie-dough-protein-bars/)

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## Greek Avocado Toast

### Appliance(s)

### Ingredients

Avocado	Pepper
2 Tbsp Extra virgin olive oil	¼ tsp Oregano
1 tsp Lemon juice	Crushed red pepper (optional)
Salt	Whole wheat bread

### Instructions

Toast Bread. Mix olive oil lemon, salt, pepper oregano and crushed red pepper. Spread avocado on toast. Drizzle sauce over toast.

Vicki Revel Lenten Recipe Sharing

## Avocado Toast

### Ingredients

4 slices whole-grain bread	½ tsp salt
1 avocado, halved and pitted	½ tsp ground black pepper
2 Tbsp chopped fresh parsley	½ tsp onion powder
1 ½ tsp extra virgin olive oil	½ tsp garlic powder
½ lemon, juiced	

### Instructions

Toast bread in a toaster or toaster oven

Scoop avocado into a bowl. Add parsley, olive oil, lemon juice, salt, pepper, onion powder, and garlic powder; mash together using a potato masher. Spread avocado mixture into each piece of toast.

Nick Lagen

Source: [www.allrecipes.com](http://www.allrecipes.com)

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## Classic Italian Vegan Stuffed Mushrooms

### Ingredients

12 medium/large white button mushrooms	½ Tbsp oregano
1 cup Italian seasoned bread crumbs	½ Tbsp garlic powder
1/3 cup vegan butter	1 Tbsp vegan Parmesan
2 garlic cloves, minced	Salt and pepper to taste
½ Tbsp parsley	3 Tbsp avocado oil, divided
½ Tbsp basil	Fresh parsley to garnish

### Instructions

Clean mushrooms by using a damp rag and removing any dirt

Remove stems from mushrooms and dice the stems. You will use them in the stuffing mixture. Heat up the butter in a fry pan while you mix the breadcrumbs and seasonings together. In a large bowl mix together breadcrumbs and all seasonings such as parsley, basil, oregano, onion powder, garlic powder, vegan Parmesan, and salt and pepper. Pour mixture into frying pan with melted butter. Add 1 Tbsp of avocado oil too. You want the entire breadcrumb mixture to be moist and covered in butter and oil. Cook this on medium heat ensuring even distribution of moistness throughout all of the breadcrumb mixture. Cook this until golden brown and it sticks together well. To test you can pick up some with your hands (be careful it will be hot) and mash it together to see if it stays, which it should. Remove the breadcrumbs from the frying pan and add in the diced mushroom stems to the frying pan. Cook them in the remaining oil and let them get brown. Once done mix in with breadcrumbs.

Preheat the oven to 350F and line an 8 x 8 baking dish or cookie sheet with parchment paper. Now its time to stuff the mushrooms. Fill each mushroom up with however much breadcrumb stuffing you'd like. When stuffing them press down with your spoon without breaking the mushrooms and fill to the top letting it come up and out a bit. Drizzle tops of mushrooms with 2 Tbsp of avocado oil, making sure to get some on the tops of each mushroom. Sprinkle tops with extra vegan Parmesan cheese then bake for 20 minutes. Serve right away and enjoy.

Panigiota DelMedico  
Lenten Recipe Sharing

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# Best Hummus

**Appliance(s)** Food Processor

## Ingredients

1 can (15 ounces) chickpeas, rinsed and drained, or 1 1/2 cups cooked chickpeas  
1/2 teaspoon baking soda (if you're using canned chickpeas)  
¼ cup lemon juice (from 1 ½ to 2 lemons), more to taste  
1 medium-to-large clove garlic, roughly chopped

1/2 teaspoon fine sea salt, to taste  
1/2 cup tahini  
2 to 4 tablespoons ice water, more as needed  
1/2 teaspoon ground cumin  
1 Tbsp extra-virgin olive oil, EVOO (substitute avocado, sunflower or canola oil)

Any of the following garnishes: drizzle of olive oil or [zhoug sauce](#), sprinkle of ground sumac or paprika, chopped fresh parsley

## Instructions

Place the chickpeas in a medium saucepan and add the baking soda. Cover the chickpeas by several inches of water, then bring the mixture to a boil over high heat. Continue boiling, reducing heat if necessary, to prevent overflow, for about 20 minutes, or until the chickpeas look bloated, their skins are falling off, and they're quite soft. In a fine mesh strainer, drain the chickpeas and run cool water over them for about 30 seconds. Set aside (no need to peel the chickpeas for this recipe!).

Meanwhile, in a food processor or high-powered blender, combine the lemon juice, garlic and salt. Process until the garlic is very finely chopped, then let the mixture rest so the garlic flavor can mellow, ideally 10 minutes or longer.

Add the tahini to the food processor and blend until the mixture is thick and creamy, stopping to scrape down any tahini stuck to the sides and bottom of the processor, as necessary.

While running the food processor, drizzle in 2 tablespoons ice water. Scrape down the food processor, and blend until the mixture is ultra-smooth, pale and creamy. (If your tahini was extra-thick to begin with, you might need to add 1 to 2 tablespoons more ice water.)

Add the cumin and the drained, over-cooked chickpeas to the food processor. While blending, drizzle in the olive oil. Blend until the mixture is super smooth, scraping down the sides of the processor as necessary, about 2 minutes. Add more ice water by the tablespoon if necessary to achieve a super creamy texture.

Taste and adjust as necessary—I almost always add another 1/4 teaspoon salt for more overall flavor and another tablespoon of lemon juice for extra zing.

Scrape the hummus into a serving bowl or platter and use a spoon to create nice swooshes on top. Top with garnishes of your choice and serve. Leftover hummus keeps well in the refrigerator, covered, for up to 1 week.

## NOTES

*Recipe adapted from Michael Solomonov, via [The New York Times](#) and [Bon Appetit](#), and [Yotam Ottolenghi](#).*

**How to cook dry chickpeas in a hurry for this recipe:** In a large saucepan, combine 5 ounces (3/4 cup) dried chickpeas and 1/2 teaspoon baking soda, and fill the pot with water. Bring the mixture to a boil over high heat and skim off the surface foam as needed. Continue boiling over medium-high, adding more water if you start running out, until the chickpeas are very mushy and falling apart, about 1 hour

to 1 hour 15 minutes. Drain in a fine-mesh colander, rinse under cool running water, and drain well before using. Start the recipe at step 2.

Source: <https://cookieandkate.com/best-hummus-recipe/>

## How to Make the Best Hummus

### 1) Mushy chickpeas

Cook canned or leftover cooked chickpeas according to step 1 below. This only adds 20 minutes to your hummus-making time, and it's my number one tip for making perfect hummus at home.

**Want to cook your chickpeas from scratch?** You sure can—see the recipe notes.

**Can you over-cook your chickpeas in an Instant Pot?** I don't recommend it—you'll end up with a mess of chickpea mash clogging your vent and a puddle of chickpea cooking water surrounding your Instant Pot. I speak from experience.

### 2) Great tahini

All tahini is not created equally. When I was in Israel, Israelis's spoke of tahini, or "t'hina," with reverence. I learned that the best tahini comes from Ethiopia. Store-bought tahini in the U.S. varies widely in flavor, with some of them so bad that they've ruined my hummus.

**My favorite brands of tahini?** I had to try Solomonov's favorite, **Soom**. I found it on [Amazon](#) (affiliate link) and I have to say that it is worth it. Second favorite? **Trader Joe's organic tahini**, which is made from Ethiopian sesame seeds like Soom's. Whole Foods 365 used to be my go-to, but I encountered a few bad jars that tasted so bad, I'm afraid to try again.

**Don't skimp on the tahini, either**—you need to use 1/2 cup tahini per can of chickpeas for rich and irresistible hummus. I once toured an enormous hummus production facility and learned that they often reduce the cost of producing store-bought hummus by using less tahini. Sneaky!

### 3) Ice-cold water

Why do you always want to mix ice-cold water with tahini? This is another trick that I learned on my trip. I can't find a scientific explanation, but it seems to help make the hummus light and fluffy, and lightens the color of the tahini to a pale ivory color.

### 4) Fresh-squeezed lemon juice

Store-bought lemon juice always tastes stale and sad, and it will make your hummus taste stale and sad. Buy lemons and your hummus will taste fresh and delicious. I almost always add another tablespoon of lemon juice to my hummus for extra flavor before I plate it, but I'll leave the tang factor up to you.

### 5) Garlic, mellowed in lemon juice

This is another trick from Solomonov—if you mince the garlic in the food processor or blender with the lemon juice and let that mixture rest for a few minutes, the garlic will lose its harsh, raw bite and mellow out. I tried it before and after, and he's right! Here's [Serious Eats' scientific explanation](#) for why this works.

### 6) Olive oil, blended into the hummus and drizzled on top

Solomonov doesn't blend any olive oil into his hummus, but I think that one tablespoon makes the hummus taste even more luxurious and creamy. I recommend it!

### 7) Ground cumin

The cumin is subtle and offers some "Je ne sais quoi," if you will. It's a common ingredient in plain hummus recipes, and makes the hummus taste a little more special.

### *Recipe Variations [F]*

1. Green goddess hummus: ¾ cup loosely packed fresh, leafy herbs

2. Sun-dried tomato hummus:  $\frac{3}{4}$  cup oil-packed sun-dried tomatoes, rinsed and drained (one 6.7 oz jar)
  3. Kalamata olive hummus:  $\frac{3}{4}$  cup pitted Kalamata olives
  4. Toasted sesame hummus:  $\frac{1}{2}$  teaspoon in the hummus, plus 1 teaspoon drizzled on top
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## Energy Bites

### **Appliance(s)**

### **Ingredients**

1 tablespoon coconut oil	1/2 cup + 2 tablespoons old fashioned oats
1/3 cup almond butter or other nut butter	2 tablespoons chia seeds
1/4 cup maple syrup or honey	1/4 cup ground flax

**Optional** - add the following or anything else you like!

1 tablespoon espresso powder  
2 tablespoons dark chocolate chips

### **Instructions**

Melt coconut oil in a large bowl.

Stir in the nut butter, maple syrup (or honey) until smooth. Add the oats, chia seeds and ground flax, plus extra add-ins.

Roll into 1 tablespoon balls and store in the fridge for up to 1 week or the freezer for up to 3 months.

Philothea Volkman

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## Black Bean Salad

### **Appliance(s)**

#### **Ingredients**

1 cup black beans, soaked  
1-quart water  
1-inch strip kombu (edible kelp- East Asian market or online)  
1 cup frozen corn  
½ sweet red pepper  
2 scallions  
¾ cup finely chopped parsley

¼ cup coarsely chopped walnuts

#### **Dressing:**

2 Tbsp. olive oil  
2 Tbsp. shoyu (Japanese style soy sauce)  
3 Tbsp. fresh lemon juice  
1 tbsp. prepared mustard  
1 clove garlic, crushed

#### **Instructions**

Drain the beans. Place them in a medium saucepan with the water and kombu. Bring to a boil, reduce heat, cover, and cook for 2 hours, adding water as needed. The beans should be soft, but not mushy.

Combine dressing ingredients in a jar and set aside.

Boil corn in a little water until tender.

When beans are done, pour them into a large bowl and mix the dressing into the hot beans.

Add corn, scallions, parsley and walnuts and mix well. Allow to sit in the refrigerator at least 1 hour before serving.

Cara Margaret Bliven

Source: Mary Granger

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## Black-eyed Caviar Salad

#### **Ingredients:**

2 (15 oz) cans black-eyed peas, drained  
½ cup roasted red pepper packed in oil, drained and finely chopped  
½ cup minced purple onion  
½ cup minced fresh cilantro or parsley  
¼ cup olive oil  
2 Tbsp white wine vinegar

1 tsp ground cumin  
2 tsp coarse-grained mustard  
¼ tsp salt  
2 cloves garlic, minced  
1 yellow or green pepper, seeded and finely chopped

#### **Instructions**

Combine all ingredients in a medium-size bowl; stir well. Cover and chill several hours. Serve at room temperature with pita chips.

Yield: 4 ½ cups

Cara Margaret Bliven

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## Easy Spinach Salad with Fresh Lemon Dressing

### **Appliance(s)**

### **Ingredients**

5 cups baby spinach or chopped kale  
1-2 tsp. olive oil  
1/8 tsp salt  
2 cups broccoli, chopped  
½ cup almonds, sliced  
½ cheese\* (optional) cheddar or feta  
¼-1/2 cup carrots, shredded  
¼ cup red onion, diced  
¼ cup sunflower seeds  
¼ cup dried cranberries

### **Lemon Dressing:**

¼ cup olive oil  
2 Tbsp fresh lemon juice  
2 tbsp red wine vinegar  
1 Tbsp honey Dijon mustard  
1 clove garlic, minced  
½ tsp. dried oregano  
¼ tsp. salt  
1/8 tsp. ground black pepper  
1 Tbsp. honey, adjust and add to taste

### **Instructions**

First make your dressing by combining ingredients above in a lidded mason jar then shake well to emulsify. Dip a spinach leaf in the dressing and adjust sweetener, salt, and pepper to taste. You can make this dressing as sweet or tart as your heart desires.

If using chopped kale massage with a little olive oil and a pinch of salt. Rub with your fingers until leaves begin to darken and tenderize. This makes it taste great and gives the kale a silky texture.

In a large bowl, combine spinach, broccoli, almonds, cheese, carrots, onion, sunflower seeds, dried cranberries. Shake your dressing once more and pour about 1/3 of the dressing over the salad. Toss to coat and add extra dressing, to taste.

Anastasia Lagen

Source: [www.spendwithpennies.com](http://www.spendwithpennies.com)

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## Basic Tuna Salad

### **Appliance(s)** Food processor

### **Ingredients**

1 can Tuna 12 oz in water (refrigerated)  
Celery 1 or 2 stalks minced  
¼ Onion minced or ¼ tsp Onion Powder

1 heaping Tbsp Soy-Free Veganaise  
2-3 tsp Mustard  
1 ½ Tbsp Dill Relish or Sweet Relish

### **Instructions**

Drain Tuna and put in bowl. Mince celery and onion in food processor and add to tuna. Add Veganaise, mustard (and onion powder if using instead of minced onion). Use fork to drain relish and add to tuna mixture Mix well. These are rough measurements. Adjust them to your taste.

My family prefers dill relish but sweet relish is just as good. I refrigerate the tuna for a few hours as we prefer our tuna salad very cold and usually want to eat this immediately. I also usually double or triple this recipe since it goes quickly at our house.

Anastasia Lagen

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## Fagioli Toscanelli con Tonno

**Appliance(s)** Earthenware bowl

**Ingredients**

1 cup Great Northern or Cannellini beans,  
soaked then cooked in unsalted water for 45  
minutes. Drain  
3 Tbsp. good Olive oil

2 tsp. lemon juice  
Salt and pepper  
Chopped fresh parsley  
1 7oz. can Tuna (preferably packed in olive oil)

**Instructions**

Mix beans while still warm with oil and lemon juice. Season and leave to cool.

Stir in the onion and parsley and pour into a flat earthenware bowl.

Drain the tuna (reserving the olive oil).

Arrange chunks of tuna on top of the beans and pour the olive oil over the salad. If other packing liquid is used for the tuna, discard it.

Cara Margaret Bliven

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## Three-Bean Pasta Salad

**Appliance(s)**

**Ingredients**

**Salad:**

10 oz. small pasta shells  
¾ lb. green beans (about 2 cups) cut in 1"  
pieces)  
1 can cooked drained chickpeas  
1 can cooked drained kidney beans

½ c. minced celery  
½ c. chopped dill pickles  
½ c. scallions, chopped  
2 T. grated radishes (4-6 whole)

**Dressing:**

¼ c. canola or other veg. oil  
2 T. cider vinegar  
1½ T. Dijon mustard  
2 T. orange marmalade

¼ t. dried oregano (½ t. fresh\*)  
2 t. dried dill (1 ½ T. fresh\*)  
1½ t. salt  
ground black pepper to taste

**Instructions**

\*If using fresh herbs, sprinkle them into the finished salad rather than blending them into the dressing. Bring a large pot of water to a boil, add the pasta, and cook according to package directions. Drain in a colander, gently rinse with cold water, and set aside to drain again.

Meanwhile, simmer or steam the green beans just until tender and still brightly colored. Drain, rinse with cold water, and drain again.

Combine the chickpeas, kidney beans, and green beans in a large serving bowl. Add the celery, pickles, scallions, and radishes and toss gently.

In a blender, combine the oil, vinegar, mustard, orange marmalade, oregano, dill, salt, and if you wish, pepper to taste. Mix until smooth. Add the pasta to the serving bowl, pour on the dressing, and mix well.

Serve immediately or chill for at least 20 minutes and serve cold.

Matushka Ruth Hinton

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## 8 Ingredient Vegan Chunky Potato & Carrot Soup (GF)

### **Appliance(s)**

### **Ingredients**

2 large carrots – peeled and cut into 1 to 3 inch pieces

4 large potatoes – peeled and quartered

1 Vidalia onion – peeled and diced

1 Tbsp. vegan butter

1 Tbsp. Italian seasoning

Salt to taste

Ground black pepper to taste

2 to 3 cups of almond milk or until you get the desired consistency (or substitute ½ can coconut cream and 2 cups broth reserved from vegetables \*\*lime juice goes well with this)

\*\*Optional- dill fresh or dried and or lemon juice to taste

### **Instructions**

Bring two large pots of water to a boil.

Add the carrots to one pot, cover, and reduce the heat to simmer. Simmer for approximately 15 to 20 minutes or until the carrot is easily pierced with a fork.

(Alternatively, use one one pot and boil the potatoes and onions first for 5 minutes then add the carrots) Add the onion to the second pot of boiling water. Peel and quarter the potatoes and add them to the pot with the onions. Reduce the heat to simmer and simmer for approximately 20 minutes or until the potatoes are easily pierced with a fork.

When the carrots and potatoes are soft, drain the water in both pots and transfer the carrots to the pot with the potatoes and onions. Mash the carrots, potatoes and onion with a potato masher until the mixture is mostly mashed but there are still chunks of carrot and potatoes. Add the milk (add one cup at a time until you get the consistency that you like), vegan butter, Italian seasoning, salt and pepper and heat on medium low until the soup begins to boil. Remove from the heat. (Stir in lemon juice and dill if using) Serve and enjoy.

Salad and focaccia bread make this a meal.

Anastasia Lagen

Source: Effy Delmedico & Despina Souhlas Lenten Recipe Sharing and veganosity.com

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## Christmas Eve Mushroom Sauerkraut Soup with Garlic Appetizer

### **Appliance(s)**

### **Garlic appetizer**

Fresh sliced garlic

Honey

Peel garlic and slice. Dip fresh garlic in honey and use as an appetizer with a piece of freshly baked bread! Then enjoy the soup!

### **Soup Ingredients**

1 med onion chopped  
1 c. baby Bella mushrooms chopped  
Coconut oil or avocado oil (I use the oils from  
Trader Joe's)  
2-3 cloves of minced garlic  
1 tsp salt  
1/2 tsp pepper

Dash of paprika  
2 bay leaves  
4 cups filtered water  
1 jar sauerkraut drain juice into measuring cup  
Juice from the jar (if you like the soup to be a  
bit sour, use all the juice, if not use 1/2)  
1/2 cup rice

### **Instructions**

Sauté onion and mushrooms in oil until soft.

Add salt, pepper, paprika, bay leaf, garlic, and sauerkraut to the pot. Sauté for about 3 min. Then add the water and sauerkraut juice. (slowly add the juice to your liking)

Wash 1/2 cup rice well and add the rice to the soup. Simmer until rice is soft. Season to taste with salt, pepper, and paprika and serve with bread. Enjoy!

Celeste Englehardt

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## **Easy Tuscan Bean Soup**

### **Appliance(s)**

### **Ingredients**

2 Tbsp. extra virgin olive oil  
1 medium yellow onion, diced  
2 medium carrots, diced  
2 stalks celery, diced  
1 medium zucchini, diced  
4 cloves garlic, pressed  
¼ tsp. red pepper flakes  
¼ tsp. dried thyme  
½ tsp. dried rosemary  
1 quart vegetable broth

2 (14 ounce) cans cannellini beans, drained and rinsed  
1 (14 ounce) can no salt added diced tomatoes with juices  
3 cups chopped kale, ribs removed  
2 tsp. salt  
1 tsp. freshly ground black pepper  
1 Tbsp. white sugar  
1 Tbsp. white wine vinegar

### **Instructions**

Heat 2 Tbsp. of olive oil in a 6 quart or larger Dutch oven over medium-high heat. Add the onions, carrots, celery, zucchini, and squash. Sauté for 4 minutes.

Add the garlic, red pepper flakes, thyme and rosemary. Cook 30 seconds.

Stir in the broth, beans, and tomatoes. Bring the contents to a boil then turn the heat down to low and add the chopped kale. Cover the pot and simmer for 15 minutes.

Use an immersion blender (or transfer small amounts to a countertop blender and puree as desired) to partially puree the soup, leaving some chunks of beans and vegetables for texture.

Add the salt, pepper, sugar, and vinegar. Taste and adjust seasonings as needed.

Serve with a side of crusty bread

Anastasia Lagen

Source: [www.thewanderlustkitchen.com](http://www.thewanderlustkitchen.com)

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## Gypsy Soup

### Appliance(s)

### Ingredients

3-4 Tbsp. olive oil	1 ½ cups cooked chickpeas
2 cups chopped onion	3 cups stock or water
2 cloves crushed garlic	Dash of cinnamon
2 cups chopped, peeled sweet potatoes or winter squash	Dash of cayenne
½ cup chopped celery	1 Bay leaf
1 cup chopped fresh tomatoes	1 Tbsp. Tamari (soy sauce)
¾ cup chopped sweet peppers	

### Instructions

**Chick pea prep time 5 hours** prior to mixing recipe. Begin by soaking ¾ cup raw chickpeas at least 3 ½ hours before soup time. (Allow 1 ½ hours for them to cook)

In a soup kettle or large saucepan sauté onions, garlic, celery and sweet potatoes in olive oil for about five minutes.

Add seasonings, except tamari, and the stock or water.

Simmer, covered, 15 minutes. Add remaining vegetables and chickpeas.

Simmer another 10 minutes or so until all the vegetables are as tender as you like them.

\*Note – The vegetables used in this soup are flexible. Any orange vegetable can be combined with green...For example, peas or green beans could replace the peppers. Carrots can be used instead of, or in addition to the squash or sweet potatoes. Etc...

4 servings

Cara Margaret Bliven

Source: The Moosewood Cookbook

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## Lenten Creamy Dairy-Free New England Clam Chowder

### Appliance(s)

2 ½ cups raw cashews

**BEFORE starting to cook the chowder, soak the 2 1/2 cups raw cashews for 4 - 6 hours in filtered water.** After soaking, drain and rinse the cashews. Add them to a blender with 3 cups filtered water. Blend on high for 2 minutes or until creamy. Set aside.

In a soup pot or instant pot, heat oil on medium heat and saute the onions in oil along with 1/2 tsp salt for about 5 min.

3 tablespoons avocado or coconut oil

1 ¼ cups yellow onion (1 medium onion)

Add the carrots, celery, celery root, and fresh thyme and sauté for an additional 5 min over medium heat, stirring frequently.

2 cups carrots, peeled and small chop	medium celery root)
1 cup celery, small chop	1/2 teaspoon fresh thyme, chopped
2 cups celery root, peeled and small chop (1	

When the veggies get tender, add chopped clams, and clam juice to taste. Stir clams around with the veggies. Add in the final salt, garlic and water (or veggie broth). Bring to a gentle simmer. If using an instant pot, skip to below\*\*

2 six ounce cans of clams, drain juice into measuring cup. Chop the claims.	1/2 teaspoon pepper
4 - 6 tablespoons clam juice (depends on your taste or more) I add all of it.	1 teaspoon freshly minced garlic
	3 cups of filtered water or veggie broth
1/2 teaspoon salt	1 bay leaf

Immediately add the blended cashews to the pot with the veggies and clams. Stir and allow everything to come to a gentle simmer for 10 minutes, stirring frequently. Scrape the bottom of the pot, making sure the cashew cream does not stick. I use a large wood spoon, a silicone spatula will also work great. The mixture will greatly thicken as it simmers. After the 10 minute simmer, turn the mixture down to low and allow it to continue to warm for 30 minutes, stirring once in a while

After 30 minutes you can serve or turn the heat off and let the mixture to sit. When ready to serve, gently heat through, taking care to not burn the mixture. Upon serving, add in some pepper to taste. Other options include green onions, a lemon wedge, or chopped parsley.

\*\* If using the instant pot, add the blended cashews, stir well. Place the seal into the instant pot lid, place and secure on the lid, turn the valve into lock position, and turn on the pot to cook for 12 minutes. When timer beeps, let rest for 5 min and then cover the valve with a towel, and open the steam valve. Be careful of the hot steam. When the steam is finished, open lid and stir. If the chowder is too thick, you can add additional warm filtered water or veggie broth to thin it out to bring it to the consistency that you desire.

Add additional salt and pepper to taste.

Serve with chopped green onions, a lemon wedge, chopped parsley or cilantro or dill.

This is good with crackers or fresh bread and a nice glass of wine! Enjoy!

Celeste Englehardt

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## Manhattan Clam Chowder

### Ingredients

1 1/2 tablespoons oil	1 large waxy-style potato (about 3/4 pound), diced
1 large yellow onion, chopped	3 cups clam juice (three 8-ounce bottles clam juice)
1 1/2 celery stalks, chopped	One 28-ounce can diced tomatoes (with liquid)
7 cloves garlic, minced	four 6-1/2 ounce cans minced clams with juice
Pinch crushed red pepper	1 1/2 t. kosher salt or to taste
1/4 cup tomato paste (4 T)	Freshly ground black pepper
3 sprigs parsley	2 tablespoons chopped parsley for garnish
1/2 t. thyme	
1 bay leaf	

### Instructions

Heat the oil in a large pot over medium heat. Add the onion, celery, garlic, and crushed red pepper and cook, covered, stirring occasionally, until soft, about 8 minutes. Stir in the tomato paste and cook, stirring, for about 1 minute more. Add the parsley, thyme and bay leaf to the pot with the potatoes. Pour in the clam juice and bring to a boil. Lower the heat and simmer, covered, until the potatoes are tender, about 10 minutes. Stir in the tomatoes and clams. Season with salt & pepper. Cover and bring to a low simmer. Divide among warm soup bowls and sprinkle with the parsley. Serve immediately.

**Prep Time:** 15 min **Cook Time:** 25 min **Servings:** Yield: 4 to 6 servings

Matushka Ruth Hinton  
Source: [Foodnetwork.com](http://Foodnetwork.com)

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## Mushroom Barley Soup

### Appliance(s)

### Ingredients

2 cups sliced fresh button and/or shitake mushrooms (2 small boxes)	4 Knorr brand extra large vegetarian vegetable bouillon cubes or 6 small cubes
10 baby carrots, sliced	2 Tbsp. soy sauce
1 cup pearl barley (may use quick cook)	Garlic salt to taste
	Olive Oil for stock pot (or other oil of choice)

### Instructions

In a well-oiled stockpot over high heat, add mushrooms and carrots and cook, stirring frequently, until mushrooms begin to brown and soften. Add barley and continue to cook, stirring frequently, until it begins to brown. Sprinkle with salt and pepper. Add 8 cups water and bouillon cubes, cover and bring to a boil. Remove cover and reduce heat to a simmer. Simmer for 20 to 25 minutes, until barley is tender. (Barley absorbs water, so additional water if needed as soup cooks.) Add soy sauce. Adjust salt and pepper is necessary.

Serves 6

Juliana Volkman  
Source: [www.Knorr.com](http://www.Knorr.com)

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## Rudi's Lentil Soup

### **Ingredients**

2 Tbsp. oil	1 cup lentils
1 cup finely chopped onion	6 cups water
1 Tbsp. oregano	¼ cup soy sauce
1 Tbsp. basil	1 cup carrots, cut in bite size pieces
½ tsp. finely chopped garlic	

### **Instructions**

Heat oil in a large saucepan. Add onion, oregano, basil, and garlic and cook for 5 minutes, stirring occasionally.

Add lentils, water, soy sauce, and carrots and bring to a boil. Reduce heat and simmer for one hour.

Serve with a sprinkle of chopped parsley.

Cara Margaret Bliven

Source: The Tao of Cooking by Sally Pasley

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## Shrimp & Crab Gumbo

### **Appliance(s)**

### **Ingredients**

1 lb med. shrimp, shelled	5 T vegetable oil
1 lb crab meat	¼ c thinly sliced scallions (opt)
1 bay leaf	5 T all-purpose flour
½ c chopped celery	1 T creole seasonings
4 c water	1 c chopped onion
½ c rice, cooked	½ c chopped red bell pepper
4 c vegetable broth	1 t salt
1 14.5-oz. can diced tomatoes, drained	

### **Instructions**

Cook oil and flour in a skillet over medium heat, stirring constantly, until roux is slightly darker than peanut butter (20-30 minutes). Stir in onion, bell pepper, and celery and cook, stirring occasionally, until vegetables are softened.

Combine water and vegetable broth. Stir roux into broth mixture and bring to a boil, stirring. Add rice, tomatoes, creole seasonings, bay leaf, and salt and simmer, stirring occasionally, 12 minutes.

Stir in crab meat and shrimp, and simmer until just cooked through. Stir in scallions if desired. Gumbo may be made 1 day ahead.

Matushka Ruth Hinton

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## Syrian Red Lentil Soup

### Ingredients

2 Tbsp. vegetable oil	1 tsp. ground cumin
½ tsp. finely chopped garlic	2 tsp. salt
1 ½ cups split red lentils (found in stores that stock Middle Eastern or Indian foods)	2 Tbsp. flour
6 cups water	¼ cup cold water
2 tsp. thyme	2 or 3 pieces of toasted pita bread (Syrian Flat bread)

### Instructions

Heat oil in a saucepan. Add garlic and cook one minute. Add lentils, water, thyme, cumin, and salt. Bring to a boil, reduce heat and simmer for 1 hour.

Mix flour with cold water until smooth and add to soup. Stir and simmer for another 5 minutes. Taste for seasoning. Serve topped with crumbled, toasted pita bread.

Cara Margaret Bliven

Source: The Tao of Cooking by Sally Pasley

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## Easy Tom Kha Soup (Vegetarian Thai Coconut soup)

### Ingredients

2 Tbsp extra virgin olive oil	½ tsp pepper or more to taste
½ small yellow onion chopped	¼ tsp salt or more to taste
3 cloves garlic minced	Zest of one lemon
1 cup sliced mushrooms	3 cups vegetable stock
1 cup shredded carrots	2 cans full fat coconut milk (13.66oz)
2 Tbsp low sodium soy sauce or coconut aminos	¼ cup fresh chopped cilantro
1 tsp ground ginger	2 green onions sliced
1 tsp sugar or coconut sugar	Lime wedges
¼ tsp cayenne pepper	

### Instructions

In a Dutch oven or large pot, heat olive oil over medium high heat. Add onion, garlic and mushrooms. Sauté for 3-5 minutes. Add carrots, soy sauce, ginger, sugar, cayenne pepper, salt, pepper, lemon zest, vegetable stock and coconut milk. Bring to a boil then simmer for 15-20 minutes. Taste and adjust seasonings as needed.

Serve with lime wedges, top with cilantro and green onions and enjoy!

### Notes

Additional mushrooms are good if you would like a heartier soup. Add up to 5 cups.  
Leftovers can be frozen up to 3 months.

Juliana Volkman

Source: <https://asassyspoon.com/>

### *Recipe Variations [F]*

1. . Add shrimp
2. . Add shredded rotisserie chicken

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## Whole Foods Spinach Salad

### Appliance(s)

### Ingredients

Spinach	Strawberries
2 Tbsp Extra virgin olive oil	Blueberries
1 tsp Lime	Hazelnuts

### Instructions

Whisk olive oil and lime juice together. In a bowl combine spinach, berries and nuts. Drizzle olive oil mixture over salad.

Try different combinations of fruit and nuts with spinach. Raspberries and blueberries, dried cranberries, hazelnuts, sunflower seeds, pumpkin seeds, walnuts etc.

Brianna's Poppyseed dressing (Vegan) will give a sweeter flavor to the salad.

Anastasia Lagen

Source: Panagiota DelMedico Lenten Recipe Sharing

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## Asparagus Soup

### Appliance(s)

### Ingredients

1 Tbsp extra virgin olive oil	15 oz. can cannellini beans
1 medium onion, chopped	4 cups low sodium vegetable broth (or filtered water)
1 clove garlic	Salt and pepper, to taste
2 lbs. asparagus, trimmed and cut into 1-inch pieces	

### Instructions

Heat olive oil in a large pot and add onion with a pinch of salt. Sauté onion until it is translucent and tender (not browned) this takes about 5 minutes.

Add in the garlic, asparagus and beans and season with a bit of salt and pepper and give it all a stir.

Pour in the veggie broth and crank the heat to high bringing everything to a boil.

Reduce down to a simmer and cook for 5 minutes or until the asparagus is fork tender. Shut off the heat and let the soup cool for a few minutes before blending.

Working in batches, spoon the soup into your blender, filling the blender no more than  $\frac{1}{4}$  -  $\frac{1}{3}$  of the way up. Place on the lid, leaving it slightly ajar so steam can escape and blend until the soup is rich and creamy. Repeat until you have finished all the soup.

Serve right away. Or, transfer back to the pot to reheat and serve or store in an airtight container in your fridge for up to 5 days.

Notes:

Try drizzling some coconut milk over the top because it's a beautiful presentation.

This soup freezes well. Let it cool completely and then transfer into an airtight, freezer safe container. This soup will last in your freezer for up to 3 months.

Defrost the soup in the refrigerator for 12 hours and then reheat it on the stovetop over medium heat until hot.

Anastasia Lagen

Source: Despina Souhlas Lenten Recipe Sharing

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## Tabouleh

### **Appliance(s)**

### **Ingredients**

3 Bunches Fresh Parsley  
2/3 Cup Lemon Juice  
1/3 Cup Olive Oil  
1 Teaspoon Kosher Salt  
1 Teaspoon Pepper

1/2 Cup Cracked Bulgur  
2 Cloves Garlic  
1/2 Sweet Onion  
3 Tomatoes

### **Instructions**

If you have time, thoroughly rinse the parsley (3 bunches) the night before. Wrap it in paper towels and place it in the fridge. This will make the tabouleh EXTRA crisp! If you don't have time to rinse the night before, be sure to get the parsley as dry as possible. In a small bowl, combine olive oil (1/3 cup), lemon juice (2/3 cup), salt (1 teaspoon) and pepper (1 teaspoon). Add cracked bulgur (1/2 cup) to the lemon juice/olive oil and let it sit for 30 minutes – 1 hour, depending on how soft you want the bulgur to be. (I usually do this for 30 minutes while I'm chopping everything else) Pick the leaves from the stems of the parsley. I do this by grabbing the bunch of parsley and sliding a sharp knife over the top, then picking out any large stems. Place leaves into the food processor. Pulse the parsley until it is finely chopped using 1 second intervals. Make sure not to pulse too much! Alternatively you can use a knife to chop the parsley. Add minced sweet onion (1/2), minced tomatoes (3 deseeded), minced garlic (2 cloves) and parsley to the bulgur and stir to combine. Add more salt/pepper to taste.

Tabouleh is best served after resting in the fridge overnight. Enjoy!

Anastasia Lagen

Source: <https://www.thelittlepine.com>

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## Smoky Two-Bean Vegetarian Chili

**Appliance(s)** Dutch Oven

### **Ingredients**

1 Tbsp Olive Oil	2 15oz cans black beans drained
4 cloves garlic, finely chopped	1 15oz can pinto beans drained
1 small onion finely chopped (about 1 cup)	1 14.5oz can petite diced tomatoes (do not drain)
1 green bell pepper chopped (about 1 cup)	Salt and pepper
1 tsp ground cumin	
2 tsp finely chopped canned chipotles in adobo sauce	

### **Instructions**

Heat a dutch oven or large saucepan over medium high heat . Add oil, garlic onion and bell pepper, cook for 4 minutes. Add cumin, cook , stirring until cumin coats vegetable mixture about 30 seconds. Stir in 1 cup water and all remaining ingredients with 1 tsp salt and ½ tsp pepper. Bring to a boil. Cover reduce heat and simmer for 5 minutes. Remove 1 cup bean mixture from pan with a slotted spoon. Place in a bowl. Mash beans with a fork. Stir mashed beans into chili. Simmer 5 more minutes.

Anastasia Lagen  
Source: From allyou.com

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## Jerusalem Salad Recipe

**Appliance(s)**

### **Ingredients**

2 Tomatoes	½ cup Fresh Parsley
2 Cucumbers	2 tbsp Lemon Juice
8 Green Onions	3 tbsp Olive Oil
½ cup Fresh Mint	½ tsp Salt

### **Instructions**

Dice, slice, and chop all vegetables and place in a large mixing bowl.  
Add the olive oil, lemon juice and salt.  
Stir until all ingredients are well mixed.

Anastasia Lagen  
Source: Chef Tariq

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## Mushroom Pho

### Appliance(s)

#### Ingredients

2 ½ cups low-sodium vegetable broth	2 tsp sesame oil
2 green onions, thinly sliced	7 ounces rice noodles, cooked according to package instructions
½ Tbsp fresh ginger, peeled and grated	4 ounces bean sprouts
Salt to taste	1 jalapeño peppers, thinly sliced
¾ Tbsp olive oil	Fresh cilantro, basil, lime wedges, hoisin sauce, and chili garlic sauce or sriracha for serving
2 oz shiitake mushrooms, tough stems removed	
¾ Tbsp hoisin sauce	

#### Instructions

In a large pot, combine the vegetable broth, green onion, grated ginger, and salt. Bring to a full boil, then reduce the heat and simmer for 15 minutes.

While the broth is cooking, warm the olive oil in a large skillet over medium heat. Add the mushrooms and sauté for about 6 minutes, or until tender, stirring frequently.

Stir in the hoisin and sesame oil and cook until the sauce thickens and coats the mushrooms, about 1 minute more. Remove from heat.

Divide the rice noodles between two bowls, then fill each bowl with the ginger broth. Add bean sprouts, sliced jalapeños, shiitake mushrooms, fresh basil, and cilantro and serve with lime wedges, hoisin, and chili garlic sauce.

Serves 2

Anastasia Lagen

Source: OCA College Lenten Cookbook

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## Endive or Dandelion Salad (Horta)

### Appliance(s)

#### Ingredients

2 lbs. Endive or dandelion greens	1 Tbsp olive oil or substitute other oil
½ cup lemon juice	1 pinch of cayenne pepper
2 cloves garlic minced	

#### Instructions

Cook vegetables until tender and strain. Blend the garlic with cayenne pepper, oil and the lemon juice. Pour over vegetables. Serve hot or cold.

Mariana Zaharoff Lagen  
Lagen Family Recipes

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# Mexican Quinoa Salad Cups with Creamy Cilantro Lime Dressing

**Appliance(s)** Blender

## Ingredients

### For the Salad Cups:

2 small heads artisan lettuce (any variety that will form cups/wraps nicely – or sub corn tortillas)  
1 15-ounce can unsalted black beans (note: If your beans are salted, omit additional sea salt)  
1 large sweet potato (scrubbed, rinsed and cubed)  
~1/2 tsp each cumin, cinnamon, and sea salt (divided)  
3/4 cup dry white or red quinoa (rinsed in a fine mesh strainer)  
Olive oil

### For the Dressing:

1/2 small ripe avocado	1/4 tsp each sea salt and cumin
1 cup chopped cilantro	1 Tbsp sweetener of choice (such as cane sugar or honey if not vegan)
2-3 small limes, juiced	Water (to thin)
1/3 cup extra virgin olive or avocado oil	

### Other Topping Options:

Hot Sauce	Jalapeño slices
Salsa	

## Instructions

Preheat oven to 400 degrees F (204 C) and prep sweet potatoes. Toss in a drizzle of olive oil and 1/4 tsp each cumin, cinnamon and sea salt (amounts as original recipe is written // adjust if altering batch size). Bake for 20-25 minutes or until tender and slightly golden brown.

Rinse quinoa in a fine mesh strainer and place in a small saucepan over medium-high heat to toast. Stir and cook for 2-3 minutes and then add 1 1/2 cups water and stir (amount as original recipe is written // use a 1:2 ratio quinoa: water if altering batch size). Bring to a boil, then reduce heat to simmer, cover and cook for 15 minutes or until tender and the water is fully absorbed. Turn off heat and set aside.

In a separate saucepan, bring black beans to a simmer over medium heat and season with 1/4 tsp each sea salt, cumin and cinnamon (amounts as original recipe is written // adjust if altering batch size). If your black beans are already salted, omit additional salt. Once bubbly and warm, turn heat to simmer/low.

Prepare dressing by adding all ingredients (starting with 2 small or 1 large lime(s) as the original recipe is written) besides water to a blender and blending. Add water to thin and scrape down sides as needed. Taste and adjust seasonings as needed, adding more lime, salt, cumin or sweetener as desired. Transfer to serving dish. You will have leftovers, which store well in a covered container in the fridge for up to several days.

Rinse and dry lettuce (or sub corn or flour tortillas) and choose the pieces that are a good “cup” shape to fill with toppings.

Arrange on a serving plate and top with quinoa, black beans and sweet potatoes. You might have leftover toppings depending on how many salad cups you prepare. Leftovers keep well.

Serve with dressing and any additional desired toppings, such as cilantro, salsa, chips or sliced jalapeno.

Source: <https://minimalistbaker.com/mexican-quinoa-salad-cups-with-creamy-cilantro-lime-dressing/>

## Lemon Dressing

### **Appliance(s)**

### **Ingredients**

¼ cup olive oil	½ tsp. dried oregano
2 Tbsp fresh lemon juice	¼ tsp. salt
2 tbsp red wine vinegar	1/8 tsp. ground black pepper
1 Tbsp honey Dijon mustard	1 Tbsp. honey, adjust and add to taste
1 clove garlic, minced	

### **Instructions**

Make your dressing by combining ingredients above in a lidded mason jar then shake well to emulsify. Dip a spinach leaf in the dressing and adjust sweetener, salt, and pepper to taste. You can make this dressing as sweet or tart as your heart desires.

Anastasia Lagen

Source: [www.spendwithpennies.com](http://www.spendwithpennies.com)

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## Dill Sauce (Vegan)

### **Appliance(s)** Blender

### **Ingredients**

½ cup raw cashews	1 tsp ume plum vinegar
½ cup water	1 tsp sea salt
1 Tbsp fresh lemon juice	1 Tbsp fresh dill, chopped
1 Tbsp apple cider vinegar	1 tsp lemon zest (opt.)
1 garlic clove	

### **Instructions**

In a high-speed blender add the cashews, water, lemon juice, apple cider vinegar, garlic, ume plum vinegar and sea salt. Blend on high for 30 seconds until smooth and creamy. Transfer to a small mixing bowl and toss in fresh dill and lemon zest. Allow to sit for 10-15 minutes and serve when ready.

**Prep Time:** 5 mins **Cook Time:** 5 mins

Serve as a dip for veggies or as sauce for salmon or trout

Matushka Ruth Hinton

Source: [Healthyjulie.com](http://Healthyjulie.com)

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# Tikka Masala Sauce

**Appliance(s)** Instant Pot, Blender

## Ingredients

2 Tbsp. unsalted butter or ghee (Earth Balance Vegan butter)  
1 cup onion coarsely chopped  
1 Tbsp. garlic, crushed or minced  
1 Tbsp. ginger, minced or grated  
1 can diced tomatoes, 14.5 oz. can or 4-5 ripe Roma tomatoes  
1/3 cup raw cashews  
½ cup water  
1 tsp. salt  
¾ tsp. turmeric powder  
2 tsp. garam masala

1 Tbsp. coriander powder  
1 ½ tsp. cumin powder  
1 tsp. Kashmiri red chili powder (or sweet paprika for mild curry)  
¼ tsp. cardamom powder

## After pressure cooking

2 tsp. dried fenugreek (Kasoori Methi)  
1 tsp. butter or Earth Balance non soy (optional)  
1 tsp. Agave (or honey/sugar) adjust to taste

## Instructions (Stovetop)

Heat a heavy bottom pot on medium-high heat, add butter (or ghee) and chopped onions, cook for 3 minutes, till they soften. Add minced garlic, ginger, and sauté for one minute. Add tomatoes, spices, cashews and cook for 2 minutes. Add water and stir well. When the sauce comes to a boil, reduce heat to medium, cover the pot and simmer for 15-20 minutes. Stir a few times to prevent the sauce from sticking to the bottom. If it looks dry, add a little water and continue cooking. Using a hand immersion blender, (or a countertop blender) puree the sauce to a smooth consistency. If using a traditional blender, wait for the sauce to cool down and then blend to a smooth consistency. Add dried fenugreek and butter. Simmer uncovered for 2-3 minutes. Add agave or a little sugar to balance the flavors. If not using immediately, cool and store for later.

## Instant Pot Method

Turn on Saute and adjust to High. Wait for 30-40 seconds and add butter (or ghee) and chopped onions, cook for 3 minutes, till they soften.

Add minced garlic, ginger and sauté for one minute. Add tomatoes, spices, cashews and cook for 2 minutes. Add water and scrape up any brown bits that have stuck to the bottom. Turn off Saute.

Close the lid and pressure cook on High for 5 minutes, followed by a natural pressure release. If in a rush, QR (quick release) after 5 minutes following your cooker instructions. Unlock and open the lid after the pin drops.

Using an [immersion blender](#), puree the sauce to a smooth consistency. If using a traditional blender, wait for the sauce to cool down and then blend to a smooth consistency.

Add dried fenugreek and butter and simmer (on Saute) for 2-3 minutes. Add agave or honey to balance the flavors, and you're done! If not using immediately, cool and store for later. For Freezing, see 'notes' below.

## How to Freeze Tikka Masala Sauce

Cool the sauce completely. Store in an airtight container and refrigerate for 4-5 days, or freeze up to 2 months.

To re-use, thaw the sauce, ideally overnight in the refrigerator, and use per instructions.



## Notes:

- There is **no need to worry about slicing and chopping the aromatics** to the right size since the tikka masala will be pureed at the very end. If you do not own an immersion blender, cool the sauce completely and transfer to a blender to puree until smooth.
- If you are making this sauce recipe when tomatoes are in season, **use 4-5 ripe Roma tomatoes for their super fresh flavor.**
- **Can't find dried fenugreek leaves?** Skip it. Many sources suggest maple syrup or mustard as a substitute for fenugreek leaves, but it isn't a perfect match in this recipe. Don't worry, you'll still have a rock-solid sauce to enjoy.
- This recipe has been **tested in a 6 QT Instant Pot.** If making this in an 8 QT size, increase water quantity to meet the requirement.
- If **using the Stovetop method**, stir a few times during simmering to prevent the sauce from sticking to the bottom. If it looks dry, add a little water and continue cooking.

1. **Vegetables:** Add 4 cups vegetables of choice. Adjust pressure cooking time to '0' minutes at LOW pressure, followed by quick pressure release. Alternatively, simmer in a sauce pan for 10-12 minutes at medium-high heat.

2. **Fish/Salmon:** Add fish cut in 2-inch pieces. Turn on Saute and simmer for 6-8 minutes, until the fish cooks through and turns opaque (No pressure cooking required). Alternatively, simmer in a sauce pan for 6-8 minutes, at medium-high heat.

3. **Cooked Chickpeas:** Add 2 cans of rinsed and drained chickpeas and adjust pressure cooking time to 2 minutes at LOW pressure, followed by natural pressure release. Alternatively, simmer in a sauce pan for 10-12 minutes at medium-high heat.

4. **Shrimp:** Use 1 lb. extra large thawed shrimp (21-30 count) and turn on Saute. Simmer for 6-8 minutes, or until shrimp are cooked through, turn pink and opaque. Alternatively, simmer in a sauce pan for 6-8 minutes at medium-high heat.

Nick Lagen

Source: [www.spicecraving.com](http://www.spicecraving.com)

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## Vanilla Extract

### Ingredients

1 bottle Bourbon Whiskey, Rebel Yell or your favorite brand

5 Vanilla beans

### Instructions

Split open 5 vanilla beans along the long side of the bean to expose the insides. Insert the beans one by one and seal the bottle. Let sit for several months. The minimum of 90 days before using in recipes. Enjoy!

Celeste Marko Englehardt  
Family Collection

### Notes:

You can purchase quantities of vanilla beans on Amazon for a reasonable price.

Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes.

You can purchase little bottles and fill them up with the Bourbon Vanilla Extract. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Christmas gifts.

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## Vegan Mayo

### **Ingredients**

¼ cup chick pea juice (aquafaba)  
2 tsp. lemon juice  
½ tsp. Dijon mustard  
½ tsp. sugar

½ tsp. sea salt  
¾ cup sunflower oil (this is used to thicken,  
other oils can be substituted)

### **Instructions**

Mix well all ingredients except oil. Drizzle the oil slowly over the mix and blend together until desired consistency is reached.

Submitted Anonymously

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## Vegan Parmesan

### **Ingredients**

1 cup toasted sesame seeds  
¼ cup nutritional yeast flakes  
½ tsp. onion powder

¼ tsp. garlic powder  
½ tsp. salt

### **Instructions**

Mix all ingredients until combined.  
Yield 1 ½ cup

Submitted Anonymously

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## Vegan Pesto

### **Ingredients**

4 cups flat leaf parsley  
½ cup walnuts  
½ cup vegan parmesan (see recipe above)  
2 garlic cloves

Juice of 1 lemon and zest  
½ cup olive oil (or other oil)  
Salt and pepper to taste

### **Instructions**

Blend together into a pulp.

Submitted Anonymously

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## Vegan Heavy Cream

**Appliance(s)** Blender

**Ingredients**

2/3 c Soy milk

1/3 c Vegetable oil (or Olive Oil)

**Instructions**

Blend soy milk and vegetable oil together a little bit at a time until desired consistency is achieved.

Submitted Anonymously

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## Yum Yum Sauce

**Ingredients**

2 cups Veganaise or Mayonnaise

1/2 cup ketchup

3 Tbsp. sugar

1 Tbsp. garlic powder

1 Tbsp. paprika

1 tsp. salt

1 tsp. onion powder

1/2 cup water

1 tsp. ground pepper

**Instructions**

Mix together well.

This is a good dipping sauce or can be used on Chinese food like Spring rolls, noodles etc.

Anna Hall

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## Chocolate Ganache

**Appliance(s)** Blender

**Ingredients**

1 Avocado, pitted and peeled

½ cup unsweetened almond milk

1 Tbsp maple syrup or coconut nectar

1 tsp vegan dark chocolate chips

1 Tbsp cacao powder

1 Tbsp virgin coconut oil, warmed to melt

**Instructions**

Combine avocado, almond milk, maple syrup, chocolate chips, and cacao powder in a blender. Blend until smooth. While the blender is running, add the coconut oil until emulsified.

Great topping or smoothie ingredient. Keeps in an airtight container refrigerated 2 -3 days.

Anastasia Lagen  
Source: Thrive Energy Cookbook

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## Coconut Cream

**Appliance(s)** Mixer

### Ingredients

1 can (14oz) full-fat coconut milk, refrigerated for 6 to 12 hours

### Instructions

Chill a medium bowl.

Open the refrigerated can of coconut milk and discard any liquid. Place the thick coconut cream in the chilled bowl- Beat until fluffy.

Use as a topping or stir into soups

Keep in a sealed container, refrigerated up to 1 week.

Anastasia Lagen

Source: Thrive Energy Cookbook

### *Recipe Variations [F]*

1. Sweetened Coconut Cream – while whipping add 1 tsp vanilla extract and 1 tsp maple syrup or coconut nectar.
2. Chocolate Coconut Cream – While whipping, add 1 Tbsp cacao powder.

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## Flax Eggs

### Ingredients

1 Tbsp flaxseed meal

2 1/2 – 3 Tbsp water

### Instructions

Add flaxseed meal and water to a dish and stir. Let rest for 5 minutes to thicken. Add to recipes in place of 1 egg (as original recipe is written).

It's not an exact 1:1 substitution in every recipe because it doesn't bind and stiffen during baking quite like an egg does. But I've found it to work incredibly well in pancakes, quick breads, brownies, muffins, cookies, and many other recipes.

DO NOT USE AS A SUBSTITUTE FOR SCRAMBLED EGGS

Note: When using flax eggs in a recipe make them up before starting on recipe so they are properly gelled.

Source: <https://minimalistbaker.com/how-to-make-a-flax-egg/>

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## Main Courses

### Rice Salad with Swordfish Chunks, Cherry Tomatoes and Saffron

#### Ingredients:

1 c. long-grain white rice or basmati rice	3 T. white wine vinegar
1 bottle (12 oz.) clam juice	¼ t. saffron threads
1½ c. water	1 clove garlic, minced
½ t. salt, plus salt to taste	1 T. tomato paste
1 T. plus ½ c. extra-virgin olive oil	2 c. cherry tomatoes, halved
1 lb. chunks of swordfish	2 T. chopped fresh parsley
freshly ground pepper	

#### Directions:

Rinse rice and drain. In a heavy saucepan, combine the clam juice, the water and the ½ t. salt and bring to a boil. Slowly add the rice, reduce the heat to low, cover and cook, without stirring, for 25 minutes; do not remove the cover. Remove from the heat, fluff the grains with a fork and place in a bowl to cool.

In a frying pan over medium-high heat, warm the 1 T. olive oil. If using sea scallops, add them and saute, turning once, until cooked, about 1½ minutes on each side. If using bay scallops, saute, turning occasionally, about 1 minute. Season to taste with salt and pepper. Set aside to cool.

In a large bowl, whisk together the vinegar, saffron, garlic, tomato paste and the ½ c. olive oil. Add the tomatoes, parsley, scallops, cooled rice, and salt and pepper to taste. Toss together.

#### Notes:

Can substitute shrimp, squid, clams or mussels in the shell.

Matushka Ruth Hinton  
Source: Joy of Cooking

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### Fish Florentine

#### Appliance(s)

#### Ingredients

1 cup sliced or chopped tomatoes	8 thin lemon slices (optional)
¼ cup chopped green onions	Steamed Spinach:
2 Tbsp. oil (corn, vegetable or canola)	2 bags (10oz. each) prewashed, trimmed fresh spinach
2 Tbsp. lemon juice	1 Tbsp. butter (Earth Balance No Soy)
1 tsp. dried basil	2 tsp. lemon juice
4 white fish fillets (orange roughy, cod, flounder, sea bass, swai or sole)	¼ tsp. salt
1/8 tsp. salt	¼ tsp. freshly ground black pepper
1/8 tsp. freshly ground black pepper	

### Instructions

Preheat oven to 450F. Combine tomato, green onion, oil, lemon juice and basil in a small bowl. Sprinkle fish with 1/8 tsp. salt and 1/8 tsp. black pepper. (Place 2 lemon slices on top of each fillet if using) Cover and bake fillets 20 – 22 minutes or until fish flakes easily when separated with a fork.

Prepare spinach: Rinse (do not pat dry) and place spinach in a large Dutch oven. Cover and cook over medium heat 5 minutes or until spinach wilts, stirring occasionally. Remove from heat. Combine butter, 2 tsp. lemon juice, ¼ tsp. salt and ¼ black pepper; Pour over spinach, tossing gently.

To serve: Transfer spinach to a serving platter. Arrange tomato and lemon-topped fillets over spinach.

Anastasia Lagen

Source: Family Circle Back to Good Health

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## Greek Style, Lemon Garlic Baked Fish

### Appliance(s)

### Ingredients

1.5 lb Cod fillet pieces (4–6 pieces). I am not crazy about cod so I use white fish or any mild fish.

5 garlic cloves, peeled and minced

1/4 cup chopped fresh parsley leaves

Lemon Juice Mixture:

5 tbsp fresh lemon juice

5 tbsp extra virgin olive oil

2 tbsp melted butter

### For Coating:

1/3 cup all-purpose flour

1 tsp ground coriander

3/4 tsp sweet Spanish paprika

3/4 tsp ground cumin

3/4 tsp salt

1/2 tsp black pepper

### Instructions

Preheat oven to 400 degrees F.

Mix lemon juice, olive oil, and melted butter in a shallow bowl. Set aside

In another shallow bowl, mix all-purpose flour, spices, salt and pepper. Set next to the lemon juice mixture.

Pat fish fillet dry. Dip fish in the lemon juice mixture then dip in the flour mixture. Shake off excess flour. Reserve the lemon juice mixture for later.

Heat 2 tbsp olive oil in a cast iron skillet over medium-high heat (watch the oil to be sure it is shimmering but not smoking). Add fish and sear on each side to give it some color, but do not fully cook (about a couple minutes on each side) Remove from heat.

To the remaining lemon juice mixture, add the minced garlic and mix. Drizzle all over the fish fillets.

Bake in the heated oven for until it begins to flake easily with a fork (10 minutes should do it, but begin checking earlier). Remove from heat and sprinkle chopped parsley.

Serve immediately with Lebanese rice and Mediterranean chickpea salad or traditional Greek salad.

Anastasia Lagen

Source: Paul Azkoul Lenten Recipe Sharing

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## Marinated Grilled Salmon

### Appliance(s)

### Ingredients:

½ cup soy sauce	Juice of 1 lemon
½ cup sherry	3 pounds skinless salmon cut in to 6- 8 oz fillets
¼ cup oil	(or frozen fillets)
5 cloves chopped garlic	

### Directions:

Mix all ingredients. Pour marinade into a zip lock bag and add salmon making sure to coat both sides. (If using frozen fillets, no need to thaw just put in marinade and leave in refrigerator for 24 hours flipping several times to evenly distribute marinade.) During marinating process flip over once for salmon to evenly absorb flavor on both sides. **Marinate salmon overnight or up to 24 hours for best flavor.** Grill salmon.

Yield: enough for approximately 3 pounds of salmon

Juliana Volkman

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## Maple Salmon

### Appliance(s)

### Ingredients:

¼ cup maple syrup	¼ tsp. garlic salt
2 Tbsp low sodium soy sauce	1/8 tsp. ground black pepper
1 clove garlic, minced	1 pound salmon

### Directions:

In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.

Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.

Preheat oven to 400 degrees F

Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

4 servings

Maria Lagen

Source: [www.allrecipes.com](http://www.allrecipes.com)

## Pan-Seared Mahi-Mahi with Pineapple Salsa

### Appliance(s)

### Ingredients

#### For the Pineapple Salsa:

1 cup finely diced pineapple  
2 ½ Tbsp. finely diced onion  
2 ½ Tbsp. finely chopped cilantro leaves  
1 Tbsp. fresh lime juice (half a lime)  
Sea salt to taste  
1 – 2 dashes of cayenne pepper (optional)

#### For the Mahi-Mahi:

2 (6 ounce) skinless Mahi-Mahi fillets, patted dry (thaw first if using previously frozen)  
1 ½ Tbsp. + 1 tsp. oil (canola, avocado etc)  
¼ tsp. sea salt  
½ tsp. black pepper  
½ tsp. granulated garlic (or garlic powder)  
1 ½ tsp. Cajun seasoning (I use "Slap Ya Mama" order online or World Market)  
½ a lime, cut into wedges for serving

### Instructions

Combine all the salsa ingredients in a medium bowl, stir well, and set aside to marinate as you are fixing the fish.

Coat both sides of each Mahi-Mahi fillet with cooking oil (1 tsp total), followed by the sea salt, black pepper, granulated garlic, and Cajun seasoning

Place a 10 to 12 inch heavy bottomed skillet (or cast iron) over medium heat. When the skillet is warm, add the additional 1 ½ Tbsp. of cooking oil (or enough to coat the bottom of the skillet). When the surface of the oil is just starting to simmer, add both fillets (it should sizzle, but the oil shouldn't be smoking)

Cook the fillets about five minutes on the first side (watch the sides and you'll see them go from transparent to opaque halfway up the fish), then flip and cook another 3 – 5 minutes (depending on the thickness of the fillets) or until the mahi-mahi is completely opaque, but not dry.

Promptly remove the fillets from the skillet (they will overcook if left in the pan, even with the heat off), top each fillet with ½ the pineapple salsa and serve immediately with lime wedges and your favorite sides.

Anastasia Lagen

Source: [www.therisingspoon.com](http://www.therisingspoon.com)

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## Seared Salmon with Sweet Potatoes

### Appliance(s)

### Ingredients

1 lb. sweet potatoes  
¼ cup water  
Salt  
Pepper  
1 bag baby spinach  
¼- ½ tsp. cayenne pepper (optional)

4 pieces skinless center cut salmon fillets  
1 lemon  
1 cup dry white wine  
2 tsp. capers  
¼ cup chopped fresh flat leaf parsley



### Instructions

In large microwave-safe bowl, combine potatoes, water, and ¼ tsp. each salt and freshly ground pepper. Cover with vented plastic wrap; microwave on high 9 minutes or until tender, stirring halfway through. Add spinach, recover and microwave 2 minutes longer.

Meanwhile, sprinkle cayenne and 1/8 tsp. salt on salmon. In 12-inch non-stick skillet on medium, cook salmon 10 minutes or until knife pierces center easily (145F), turning over halfway through. Transfer to plate. From lemon, finely grate ½ tsp. peel onto fish; into cup, squeeze 1 Tbsp. juice.

To skillet, add wine and capers. Boil on high 2 minutes or until liquid is reduced by half, scraping browned bits from pan. Remove from heat; stir in lemon juice and parsley.

Divide potato mixture among plates; top with salmon. Spoon sauce over fish.

Serves 4

Anastasia Lagen  
Source: Goodhousekeeping.com

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## Sheet Pan Lemon Herb Tuna Steaks and Potatoes

### Appliance(s)

### Ingredients

4 ¾-inch thick tuna steaks	½ tsp dried thyme, divided
6 Tbsp olive oil, divided	¼ tsp dried basil, divided
Juice of ½ lemon	1 tsp garlic powder, divided
1 tsp. salt, divided	1 ½ pounds baby re potatoes, halved
½ tsp pepper	4 Tbsp Nutritional Yeast (grated parmesan)
½ tsp dried oregano, divided	Additional lemon slices for garnish optional

### Instructions

Preheat oven to 450F. Combine 4 Tbsp olive oil, lemon juice, ½ tsp salt, ¼ tsp pepper, ¼ tsp oregano, ¼ tsp thyme, ¼ tsp basil, and ¼ tsp garlic powder in a large resealable bag along with the tuna steaks. Seal the bag, massage the fillets to rub in the seasonings and distribute all the ingredients. Chill for 15 minutes while you move on to the next step.

In a large bowl combine potatoes and remaining 2 Tbsp olive oil and toss to coat. Stir together remaining salt, pepper, oregano, thyme, basil and garlic powder, sprinkle over potatoes and stir to combine. Arrange potatoes on a greased sheet pan. Bake for 15 minutes.

After 15 minutes, place tuna fillets on the empty half of the sheet pan (add lemon slices if desired), sprinkle Nutritional Yeast (parmesan) over the potatoes and return to the oven for 6 minutes. Flip the tuna fillets and cook for another 6 minutes. Serve and enjoy!

Servings 4

Anastasia Lagen  
Source: Pinterest

## Swordfish with Lemon Caper Sauce

### **Ingredients**

2 – 4 Swordfish fillets, thawed (Trader Joes)      Pepper  
Salt

### **Lemon Caper Sauce:**

1 lemon	1 tsp. chopped fresh thyme or 1/2 tsp. dried
½ cup Veganaise	1 large clove garlic, mashed to a paste with a
2 Tbsp. small capers, drained and coarsely	pinch of salt
chopped	Fresh ground black pepper

### **Instructions**

Finely grate the zest of half the lemon and then juice that half. In a medium bowl mix the Veganaise with the lemon juice and zest, capers, thyme, garlic, pepper and ¼ salt.

Salt and pepper swordfish to taste. Broil swordfish in the oven on high. 5 minutes each side. Top with Aioli sauce and serve.

Make Lemon Caper Sauce ahead of time and refrigerate for several hours for best flavor.

Anastasia Lagen

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## Tuna Casserole Recipe

### **Ingredients**

12 oz. dry noodles or roasted spaghetti squash	2 T dijon mustard
6 tablespoons olive oil	1 1/2 teaspoons sea salt
2 medium onion diced	1/2 cup Veganaise
2 sweet bell pepper finely diced	4 5-oz. cans albacore tuna
4-6 stalks celery finely diced	Topping:
1/2 cup flour	2 cups gluten free breadcrumbs
4 cups unsweetened almond milk	4 tablespoons avocado oil
2 T yellow mustard	4 cloves minced garlic

### **Instructions**

Preheat the oven 350 degrees. In a saucepan, boil noodles until very al dente. Remember they will cook further in the casserole a bit. Alternately, roast your spaghetti squash and cool to shred. Heat a large pan over medium heat. Add olive oil to heat gently. Add the onion, celery, and bell pepper and saute for 5-8 minutes to soften. Mix in the flour and stir to coat the vegetables evenly.

In a glass measuring cup, mix the milk and mustards and pour into the vegetables, stirring to blend.

Continue to stir until the mixture is thick and turn off the heat.

Add the salt and the mayo or cheese. Stir to blend, taste, and add more mustards, mayo, or salt to your taste. Stir in the noodles of choice and the tuna and mix to blend. Pour into a greased 12 x 8 pan.

**Topping:** Mix the breadcrumbs, avocado oil, and minced garlic and sprinkle evenly over the top of the casserole. Bake in the oven until hot, bubbly, and the topping is crispy.

Servings 10

Matushka Ruth Hinton

## Haddock with Roasted Garlic Asparagus and Brussel Sprouts

### Appliance(s)

### Ingredients

4 cloves garlic, minced	Brussel sprouts
2 cups Kalamata olive oil	Asparagus
1 tsp Smoked Paprika, more or less to taste	4 haddock filets
1/3 cup White wine	Salt and pepper

### Instructions

Pre heat oven to 425F. If you have two ovens this is a lot easier. You'll want everything near the top to get more of a broil effect. If you have a broiler use it near the end to get your desired amount of char. To make the garlic mix finely mince about 4 cloves of garlic and soak it in about 2 cups of Kalamata olive oil. Then mix in smoked paprika and white wine. Leave it on the side.

Once you have the mix going start prepping the veggies. Coat them in olive oil on baking sheets and sprinkle them with salt and pepper.

Put the Brussel sprouts in first on the middle shelf. After about 30 minutes coat the fish and the two vegetable trays with the garlic mix. Throw the fish and the asparagus in the oven and rotate the asparagus and Brussel sprouts between the top and middle shelves.

Have the fish cooking on the bottom shelf. It should only cook for about 5 – 8 minutes at this high of a temp. Take it out when it flakes.

Cook the asparagus and sprouts until they are soft. Should be about 15 more minutes. Test with a fork. You can finish them off with a chef torch if you want more char flavor.

Serve with white wine and sprinkle on fresh lemon .

Nikolaos Kontogiannis  
Source: Lenten Recipe Sharing

### *Recipe Variations [F]*

1. If outside the fast coat everything with Hollandaise sauce

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## Salmon Kabayaki

### Ingredients

1 pound salmon, cut into 4 fillets (pat dry to avoid oil splattering)	¼ cup agave nectar or honey
¼ cup ume plum vinegar (can substitute red wine vinegar)	2 tablespoons olive oil or coconut oil

### Instructions

In a small saucepan over medium heat, stir ume plum vinegar and honey  
When sauce begins to bubble turn down heat

Simmer 4-5 minutes until thick enough to coat back of a spoon. Remove from heat. It will thicken more upon cooling.

Place oil in a 9 inch skillet over med to high heat. Place salmon in skillet, do not allow fillets to touch. Cover and cook salmon 2 minutes or until bottoms are browned. Brush the sauce on salmon. Flip salmon and brush other side. Cover and cook for 1-2 minutes until fish flakes easily and is cooked through.

Serve

Source: <https://elanaspantry.com>

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## Jamaican Jerk Shrimp Skewers

### **Appliance(s)**

Bamboo skewers

### **Ingredients**

2 Tbsp Jamaican Jerk Spice blend

1 lb uncooked shrimp, peeled and deveined

1 Tbsp butter or butter substitute

Bamboo skewers

1 fresh pineapple (or precut pineapple chunks)

Lemon wedges

### **Instructions**

Sauté shrimp in butter until fully cooked

Toss cooked shrimp with Jamaican Jerk seasoning. Place in a bowl in the refrigerator and allow the flavors to meld for 2 or more hours (overnight is ideal)

Remove shrimp from the refrigerator.

Cut pineapple into small cubes.

Add ingredients to a skewer, rotating between shrimp and pineapple cubes.

Serve with lemon wedges for additional citrus flavor

Shrimp are cooked and ready to be eaten or you can grill the skewers for added flavor.

A cilantro lime rice would go nicely with this.

Anastasia Lagen

Source: [www.spiceandtea.com](http://www.spiceandtea.com)

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## Quinoa Black Bean Tacos with Creamy Avocado Sauce

### **Appliance(s)**

### **Ingredients**

1 tablespoon olive oil or other cooking oil

1 cup chopped red onion

2 large garlic cloves, pressed or minced

3 tablespoons tomato paste

1 teaspoon ground cumin

1/2 teaspoon ground chili powder

1/2 cup uncooked quinoa, rinsed well in a fine mesh colander

1 cup vegetable broth or water

1 (14 ounce) can black beans or 1 1/2 cups cooked black beans, rinsed and drained

1/4 to 1/2 teaspoon salt, to taste

Freshly ground black pepper, to taste

### Avocado sauce

1 large avocado, sliced into long strips	1 handful fresh cilantro
1 to 2 medium limes, juiced	1/4 teaspoon salt
1 medium jalapeño, deseeded, membranes removed and roughly chopped	

### Everything else

6 to 8 small, round corn tortillas (certified gluten-free if necessary)  
1 1/2 cups roughly chopped romaine lettuce or spring greens

Optional garnishes: pickled jalapeños or radishes, crumbled feta cheese

### Instructions

To make the filling, warm the olive oil in a medium-sized pot over medium heat. Sauté the onion and garlic with a dash of salt for 4 to 5 minutes, until the onions are softened and turning translucent. Add the tomato paste, cumin and chili powder and sauté for another minute, stirring constantly. Add the rinsed quinoa and 1 cup broth or water. Bring the mixture to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 15 minutes. Remove the quinoa from heat and let it rest, still covered, for 5 minutes. Uncover the pot, drain off any excess liquid and fluff the quinoa with a fork. Stir in the drained black beans and add salt and pepper, to taste. Cover and set aside for a couple of minutes to warm up the beans.

To make the avocado sauce: Simply combine the ingredients as listed in a food processor or blender. Blend well and season with salt, to taste.

In a large skillet over medium heat, warm the tortillas in a single layer, flipping halfway. Wrap the warmed tortillas with a lint-free tea towel until ready to serve. To assemble the tacos, spread quinoa and black bean filling down the center of the tortilla, then top with a generous drizzle of avocado crema, a handful of chopped romaine and any additional garnishes you'd like to add. Eat up!

### NOTES

*Recipe inspired by Picasso Cafe in Oklahoma City and adapted from my roasted cauliflower and lentil tacos and southwestern kale power salad.* **Make it vegan/dairy free:** Just don't add cheese! **Make it gluten free:** Be sure to use certified gluten-free corn tortillas. **Make it tomato free:** Skip the tomato paste. **Storage suggestions:** Store individual components separately. Press plastic wrap against the surface of the avocado sauce to prevent oxidation. Warm the tortillas and filling just before serving, then top with avocado sauce and chopped romaine.

Source: <https://cookieandkate.com/quinoa-black-bean-tacos-recipe/>

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## Easy Fish Sandwiches

**Appliance(s)** Cast iron or heavy bottom frying pan

### **Ingredients**

Cod fillets cut to bun size  
Oil for frying  
Cajun seasoning

Sandwich buns  
Lettuce, shredded

### **Vegan Tartar sauce**

2 Tbsp relish  
1 Tbsp lemon juice  
Yellow onion, diced

Salt and Pepper to taste  
Fresh dill (optional)

### **Instructions**

Season cod with S&P and generously with Cajun seasoning. Blacken in a frying pan with lots of oil (I use cast iron). Use whichever buns you like and top with shredded lettuce and vegan tartar sauce (mix together about 1/2 cup mayo, hellmans vegan is better than veganaise, about 2 tbsp relish, 1 tbsp of fresh lemon juice (I usually eyeball to make sure it's not runny), diced yellow onion, and salt & pepper to taste, fresh dill is nice too)

Philothea Volkman

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## Grilled Mahi Mahi With Avocado-Chile Salsa

**Appliance(s)** Grill

### **Ingredients**

#### **Salsa:**

1 ripe avocado, cut into 1/4-to 1/2-inch chunks  
2 plum tomatoes, cut into 1/2-inch chunks  
1 cup minced red onion  
1 jalapeño pepper or serrano chile, seeded and minced

½ cup minced fresh cilantro  
1 lime, juiced  
½ teaspoon kosher salt

#### **Mahi mahi:**

1 ½ pounds mahi mahi, cut into 4 pieces  
1 tablespoon extra-virgin olive oil  
1 lime, juiced

½ teaspoon kosher salt  
½ teaspoon freshly ground black pepper, to taste

### **Instructions**

Combine all of the ingredients in a large, nonreactive bowl (glass, stainless steel, or glazed ceramic), and mix gently with a spoon. Set aside. You can prepare this salsa up to a few hours before serving and store it in the refrigerator in a covered container.

In a deep, nonreactive dish (glass, stainless steel, or glazed ceramic), marinate the fish with the other ingredients for 20-30 minutes before grilling.

Grill over coals or on a grill, or cook under a broiler for 6-8 minutes per side.

Serve the fish with the salsa on top.

This salsa can be served with any grilled seafood, poultry, or meat. Choose the kind of chile you use based on how much heat you like. Serrano chiles are hotter than jalapeño peppers; if you want more kick, don't remove the seeds. Make sure you wear gloves when handling hot peppers.

Philothea Volkman  
Source: [myrecipes.com](https://myrecipes.com) 02/24/2021

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## Ethiopian Cabbage Dish

### **Appliance(s)**

### **Ingredients**

½ cup olive oil	½ tsp. ground cumin
4 carrots, thinly sliced	¼ tsp. ground turmeric
1 onion, thinly sliced	½ head cabbage, shredded
1 tsp. sea salt	5 potatoes, peeled and cut into 1-inch cubes
½ tsp. ground black pepper	

### **Instructions**

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes. Add the potatoes, cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.

Cara Margaret Bliven

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## Greek Style Green Beans- Fasolakia Lathera

### **Appliance(s)**

### **Ingredients**

½ cup olive oil	8 oz tomato sauce
1 onion chopped	¼ cup chopped parsley
1 lb. green beans (French)	1 tsp. sugar
1 medium potato sliced (1/4 inch thickness- cut in half)	½ tsp. salt
3 medium tomatoes grated or 12-15 oz can diced tomatoes	Freshly ground pepper

### **Instructions**

In a medium pot, heat olive oil at medium to low heat. Sauté onion until soft.  
Add potatoes and beans and mix until beans and potatoes covered with the olive oil. Heat for 2-3 minutes.  
Add the tomatoes, parsley, sugar and salt and pepper and mix.  
Add hot water just enough to half cover the beans.  
Simmer with the lid on for 40 minutes to an hour. (Do not Boil)  
The beans are ready once there is no water left and the beans are soft.  
Enjoy with bread.

2-4 servings

Anastasia Lagen



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## Green Bean Casserole

### **Appliance(s)**

### **Vegetarian Sauce**

#### **Ingredients:**

Reserved liquid from green beans  
3 Tbsp. margarine or vegan butter  
3 Tbsp. flour  
1/4tsp. pepper

Water or soy milk  
1 vegetable bouillon or 1 tsp. vegetable broth  
Salt to taste

#### **Directions:**

Heat oven to 350F. Melt the butter in a saucepan. Blend in the flour and pepper. Cook over low heat, stirring constantly, until smooth and bubbly. Remove from heat. Stir in reserved liquid from vegetables, vegetable bouillon or vegetable broth, plus enough water or soy milk to make 1 ½ cups until mixture is smooth. Return to heat. Stirring constantly, bring to a boil. Continue stirring for one minute. Taste. Adjust salt, if necessary.

### **Casserole**

#### **Ingredients**

2 cans (16 oz. each) French style green beans  
3 cups Vegetarian sauce (double recipe)  
1 jar (2 ½ oz.) sliced mushrooms  
½ cup slivered almonds (toasted)

1 tsp. Worcestershire sauce  
1/8 tsp. onion salt  
1 can (3oz.) French fried onions

#### **Instructions**

Drain and reserve the liquid from the canned green beans. (Use reserved liquid for Vegetarian sauce)  
Combine the green beans, vegetarian sauce, sliced mushrooms, slivered almonds, Worcestershire sauce and onion salt. Mix well. Place in a 1 ½ quart casserole dish and bake until bubbly, 30-35 minutes.  
Remove from oven and top with French fried onions.

Anastasia Lagen

Source: The Nashville Cookbook

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## Mac and Cheese

### **Appliance(s)**

#### **Ingredients**

1 cup raw cashews  
8 oz whole grain elbow pasta (use gluten-free if necessary)  
2 crowns broccoli, chopped into bite-size florets  
½ tbsp oil  
1 medium onion, diced  
1 tsp garlic powder

1 tsp salt (more to taste)  
½ tsp turmeric  
½ tsp paprika  
Pinch of red pepper flakes  
2 tbsp lemon juice  
1¼ cups water  
¼ cup nutritional yeast

2 cups spinach (or greens of choice) chopped  
into ribbons (optional)

½ c. Panko bread crumbs for top (optional)

### Instructions

Place cashews in a small bowl and cover with very hot water. Set aside.

Cook pasta according to package directions. When 2-3 minutes are remaining, add broccoli. Once pasta is al dente, drain.

Heat oil in a skillet over medium heat. Add onion and a pinch of salt and cook for 5 minutes, or until translucent. Add garlic powder, salt, turmeric, paprika, and red pepper flakes, stirring for a minute. Carefully transfer onion mixture to a blender and add greens to pan, sautéing for a couple minutes or until wilted.

Add the drained cashews, lemon juice, water, and nutritional yeast to onion mixture in blender and blend until smooth and creamy.

Add pasta and broccoli back to pot along with sauce and toss together. Add greens and stir until combined. Taste and add salt if needed. You can serve immediately or pour into a 9x13in baking dish, top with ½ cup panko bread crumbs, and bake for 15 minutes at 350 for a crisper topping. Serve with hot sauce, if desired.

**Prep Time:** 20 mins **Cook Time:** 10 mins **Servings:** Serves: 4-6

Matushka Ruth Hinton

Source: [Hummusapien.com](http://Hummusapien.com)

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## Red Cabbage with Apples

### Appliance(s)

### Ingredients

2 Tbsp butter or butter substitute

½ cup chopped onion

2 tsp. sugar

1 small head red cabbage, about 1 ¼ lbs.

2 apples, peeled and diced

½ cup vegetable stock or water

2 Tbsp. cider vinegar

3 Tbsp. red wine

### Instructions

Heat butter in a large skillet. Add onions and sugar and cook 2 minutes.

Slice cabbage in ¼ inch thick slices. Add to skillet with apples, stock, and salt. Cover and simmer for 20 minutes.

Add vinegar, red wine, and pepper and simmer for 5 more minutes with cover off. Taste for seasoning.

Cara Margaret Bliven

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## Simple Stewed Pinto Beans and Greens

### **Appliance(s)**

### **Ingredients**

1 Tbsp. olive oil	1 cup vegetable broth
1 onion, chopped	1 pound washed and dried collard greens, sliced into ribbons (apx 1 lg bunch)
3 cloves garlic, minced	3 cups cooked pinto beans (2 cans pinto beans, drained and rinsed)
½ tsp smoked paprika	Dash crushed red pepper
½ tsp. salt, plus a little extra for cooking the onions	

### **Tahini drizzle (optional):**

¼ cup tahini	¼ tsp. salt
¼ cup water	1 small garlic clove, finely minced
2 Tbsp lemon juice	Black pepper to taste

### **Instructions**

Heat the olive oil in a large sauté pan or skillet (ideally something with a lid) over medium heat. Add the onion and give it a little pinch of salt. Cook for 7-8 minutes, stirring frequently, or until the onion is soft, clear, and lightly golden. Add the garlic, paprika, and the ½ teaspoon salt. Cook for two more minutes.

Add the collards and broth. Cover the pan and allow the collards to wilt down (you might have to do this in batches) Reduce the heat to medium low, uncover the pan, and cook the collards, stirring every so often, for about 10 minutes. Stir in the pinto beans and a dash of red pepper. Season to taste.

If you'd like to make the tahini drizzle, whisk together all of the ingredients while the collards cook.

To serve, divide the greens and the beans into bowls and drizzle with the tahini (if using). You can also scoop them onto a bed of cooked whole grains (brown rice is especially nice), or toast.

4-6 servings

Cara Margaret Bliven

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## Sweet Potato Casserole

### **Ingredients**

3-4 fresh sweet potatoes baked and peeled	1/3 cup orange juice
3 Tbsp. margarine, softened	¼ cup firmly packed brown sugar
½ tsp. salt	¼ cup chopped pecans
1 8 ounce can crushed pineapple, drained	

### **Instructions**

Grease a 1-quart casserole dish. Mash sweet potatoes with the margarine and salt. Add pineapple and orange juice, blend well. Spoon into a casserole dish. Sprinkle with brown sugar and pecans. Bake at 350F for 30 minutes.

Juliana Volkman

## Lenten Greek Potatoes

### Appliance(s)

#### Ingredients

½ cup Olive Oil  
1 tsp Coarse Sea Salt  
1-2 Lemons

2 tsp Oregano  
4-5 Potatoes cut lengthwise into wedges

#### Instructions

Adjust measurements to taste. Mix with a whisk. In a large baking dish pour enough marinade to coat bottom of dish. Put potatoes in a large baking pan. Pour marinade over potatoes and bake in the oven. at 375-400 until fork tender. Turn potatoes, move to top of oven and broil until browned. Watch carefully so they do not burn.

Anastasia Lagen

#### *Recipe Variations [F]*

1. Add garlic or garlic powder to taste

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## Quick Harvard Beets

### Appliance(s)

#### Ingredients

3 cups sliced raw beets or 2 cans (16 oz each)  
sliced beets  
½ cup sugar  
1 Tbsp all-purpose flour

½ cup white vinegar  
½ tsp salt  
2 Tbsp butter or butter substitute

#### Instructions

In a saucepan, place raw beets and enough water to cook. Cook until tender, 15-20 minutes. Drain, reserving ¼ cup liquid. (If using canned beets, drain and reserve ¼ cup juice)  
In another saucepan, combine sugar, flour, vinegar and reserved beet juice. Cook over low heat until thickened. Stir in beets, salt and butter. Simmer for 10 minutes.

6 servings

Anastasia Lagen

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

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## Honey Roasted Brussel Sprouts

#### Ingredients

1 lb Brussel sprouts, cut in half or quartered  
2 Tbsp olive oil  
2 Tbsp honey

1 cup dried cranberries  
½ cup sliced almonds

**Instructions**

Preheat oven to 350F. Put Brussel sprouts and oil in a large bowl. Season with salt and pepper and toss to coat. Spread on a rimmed baking sheet on a single layer, cut side down and roast until tender and edges are starting to brown, about 35 minutes. Drizzle Brussel sprout with honey and sprinkle evenly with cranberries and almonds. Bake until honey has melted and cranberries and almonds are warmed through. About 5 minutes more.

Serves 4

Anastasia Lagen  
Source: allyou.com

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## Papou's Spinach and Rice

**Appliance(s)** Crock pot

**Ingredients**

1 16-Oz box vegetable stock	½ - ¾ cup white rice
2 medium sized bags frozen chopped spinach	Juice of 3 lemons
2 cans fire-roasted tomatoes (1 can with garlic,	Garlic salt
1 can plain)	Lemon Pepper
3 yellow onions, sliced	Salt
2 Tbsp vegetable oil	

**Instructions**

Sauté onions in vegetable oil.

Combine all ingredients (except rice) in a Crock Pot in the morning.

About 2-3 hours before serving, add rice and a little extra water.

Serves 2-3

Anastasia Lagen  
Source: OCA College Lenten Cookbook

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## Baked Potatoes with Artichoke, Olive and Lemon

**Ingredients**

4 medium russet potatoes (8 to 10 oz. each)	1 cup oil-packed artichoke hearts, quartered,
1 teaspoon olive oil	plus 1/4 of the packing oil
	¼ cup kalamata olives, chopped
	1 ½ teaspoons grated lemon zest

**Instructions**

Heat oven to 400° F. Rub the potatoes with the olive oil. Place on a rimmed baking sheet and bake, turning occasionally, until tender and easily pierced with a paring knife, 65 to 75 minutes.

In a small bowl, combine the artichokes and their oil, olives, and lemon zest. Split the potatoes and, dividing evenly, top with the artichoke mixture.

Source: <https://www.realsimple.com>

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## Best Vegan Mashed Potatoes

### **Appliance(s)**

Potato masher or mixer

Recipe is customizable with a healthy butter or oil free option.

### **Ingredients**

2 1/2 lb. potatoes (russet, Yukon, or red), cut into 1 1/2 – 2-inch cubes

1/4 cup vegan butter (Miyoko's pref.) or extra virgin olive oil, at room temp

3/4 – 1 cup unsweetened non-dairy milk (almond, cashew, oat, soy, etc.), at room temp  
salt + pepper, to taste

### **Instructions**

**Boil potatoes:** In a large pot, add potatoes and fill pot with enough water to cover potatoes, there should be about 1 – 2 inches of water over top. Bring to a boil, cover askew, reduce heat to low, and cook over a gentle boil for 15 – 20 minutes. Potatoes are done when fork tender. Remove from heat, carefully drain water.

**Mash:** Add the fat (butter/oil) right away, mash into the potatoes with a potato masher. Pour in the non-dairy milk and continue to mash until fluffy and creamy. Season to taste with salt and pepper.

Serves 4 – 6

**Store:** Leftovers can be stored in the refrigerator for up to 5 – 6 days. For longer storage, freeze for up to 2 – 3 months. Let thaw before reheating.

**Butter + Oil-free:** Use 1/4 cup vegan sour cream in place of butter or oil. Alternatively, omit oil/butter and simply use non-dairy milk or Vegan Cream.

Source: <https://simple-veganista.com/vegan-mashed-potatoes/>

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## Roasted Vegetables

### **Appliance(s)**

### **Ingredients**

2 medium whole carrots  
4-5 small red or yellow potatoes  
1 large sweet potato  
2 cups Brussels sprouts  
1 bundle broccolini or broccoli  
1 cup red or green cabbage  
1 medium bell pepper

1 small beet  
1 box white mushrooms  
2 cups chopped cauliflower  
1/2 medium zucchini or yellow squash  
2-3 Tbsp Olive oil  
2 tsp Lawry's Cesaro Total Seasoning

### **Instructions**

Preheat oven to 375 degrees F (190 C) and line two baking sheets with parchment paper.

Place a large pot or rimmed skillet on the stovetop and fill with 1/2 inch water. Bring to a boil over high heat.

Once boiling, lower heat to medium-high (you're going for a low boil) and carefully place a steamer basket inside (I like this one - or sub a small colander or fine mesh strainer that rests over the water but not in the water).

Add the starchy vegetables (carrots, potatoes, sweet potatoes - Brussels sprouts are optional and should only be added if you like more tender Brussels - otherwise, set aside).

Cover pot or skillet and steam the vegetables for 4-6 minutes or until just tender. A knife should easily pierce the vegetables but not easily slide all the way through. You're looking for them to be moist and slightly tender.

Transfer the steamed starchy vegetables to one baking sheet, and arrange the non-starchy vegetables on the other baking sheet. Season both trays to taste with Lawry's Total Seasoning, and olive oil, toss to coat.

Bake for a total of 20-30 minutes or to desired doneness. The broccolini seems to require just 15 minutes, while the cabbage, bell pepper, and cauliflower benefit from a longer roast - up to 25-30 minutes. (Once steamed), the starchy vegetables shouldn't need more than 20 minutes in the oven. Steamed Brussels need to be roasted for 15 minutes, while unsteamed Brussels can roast for up to 20-25 minutes. Just watch the oven closely and check for doneness.

At this point, they're ready to serve!

Store leftover vegetables covered in the refrigerator up to 3-4 days. Reheat over a cast-iron skillet or on a parchment-lined baking sheet in a 400-degree F (204 C) oven until hot - about 10 minutes.

**Notes\***I roasted my favorite vegetables, but this is by no means an exhaustive guide. I tend to find that starchy vegetables (like potatoes) benefit from a short steam before roasting, while non-starchy vegetables (like peppers, broccoli) should be roasted without steaming for best results.

Source: <https://minimalistbaker.com/oil-free-roasted-vegetables/>

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## Artichokes with Peas

### **Appliance(s)**

### **Ingredients**

10 artichoke hearts	1 Tbsp olive oil or other oil
1 cup green peas	1 diced potato
½ tsp jalapeno pepper minced	½ cup lemon juice
½ tsp caraway	A pinch of dill
½ cup onions diced	

### **Instructions**

Brush a skillet with oil. Place the onions in the skillet and brown. Place the artichokes in a saucepan with all the rest of the ingredients. Simmer until tender. Serve warm or cold.

Good lunch by itself or a companion dish for fish, poultry or veal

Mariana Zaharoff Lagen  
Zaharoff Family Recipes

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## Kolokithokeftedes / Squash Fritters

**Appliance(s)** colander, skillet

### **Ingredients**

2 tbsp Bob's Red Mill Flax Meal or flax meal of your choice  
1/2 cup room temperature water  
2 large zucchini (2 lbs or 4 cups shredded/pre-squeezed)  
1/2 cup shredded potato (1 medium potato)  
1/2 cup shredded carrot (1 medium carrot)  
1/2 cup shredded onion (1 small yellow onion)  
1/3 cup chopped herbs (I use 2 tbsp each of mint, dill and parsley)  
1 tbsp lemon zest

1/2 cup bread crumbs, fine-crushed and unseasoned  
1/2 cup all purpose flour  
1 tsp baking powder (or baker's ammonia/traditional Greek levener)  
1 tsp salt  
1/2 tsp freshly ground black pepper  
1/4 tsp ground nutmeg  
approx 1/2 cup light olive oil or vegetable oil for frying

### **Instructions**

Shred zucchini into colander and sprinkle with about 2 tsp of salt (this amount is in addition to above 1/2 tsp). Allow to drain over the sink for 20 minutes or so.

Mix flax meal and water until completely combined. Set aside and allow mixture to sit for about 10 minutes as you prepare the rest of your recipe.

Shred onions, carrots and potatoes. Squeeze out liquid from onions and potatoes by ringing them in a clean kitchen/tea towel over the sink. Set aside.

Chop herbs, measure out breadcrumbs and spices (leaving out the AP flour), zest lemon and combine all in large bowl.

When flax meal is ready, mix into large bowl with herbs/crumbs/spices until completely combined.

Rinse (just very lightly) shredded zucchini and ring out any liquid in a kitchen/tea towel, my method of choice. Add all shredded veggies to bowl with flax/herbs/etc mixture and stir to combine completely.

Lastly, add the flour and, now working with your hands, combine everything once more. Set aside to rest for at least 10 minutes on the counter and for up to 3 days, covered in the refrigerator.

Add 3 tbsp oil to shallow frying pan and bring to medium heat. Watch the pan so your oil does not burn! I keep my pan at number 5 on my induction stove and remove pan from heat for about a minute between batches.

When ready to fry, scoop up squash mixture (I use a 1/3 cup measure) and roll into a ball with your hands.

Add ball to hot pan and gently pat into a patty.

Make sure there is room around each for you to be able to flip them easily. Depending on the temp of your oil, frying should take about 2-3 minutes per side and come out a nice crispy golden brown. Add 2 tbsp oil to the pan between each batch.

Serve these immediately!

Philothea Volkman

Source: <http://thegreekvegan.com/kolokithokeftedes-squash-fritters/>

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## Applesauce Cake

**Appliance(s)/ Tools** Sifter, bread/loaf pan, hand mixer

### **Ingredients**

1 ¾ cups cake flour – sift before measuring	1 tsp. cinnamon
2/3 cups raisins	½ tsp. cloves
2/3 cup dried cranberries	½ cup Earth Balance butter substitute
2/3 cup walnuts	1 cup white or brown sugar
½ tsp. salt	1 ¼ cup applesauce
2 tsp. baking soda	

### **Instructions**

Combine flour, salt, baking soda, cinnamon and cloves together into a small bowl.

Dust raisins, cranberries and walnuts with flour

In a large bowl, cream shortening until soft then add sugar and applesauce

Sift in flour mixture into cream mix and add fruit and nut mixture.

Bake in a 7-inch tube pan at 350 F for 45 minutes.

Cara Margaret Bliven adapted from Joy of Cooking

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## Nan's Happy Valley Cake

**Appliance(s)**

### **Ingredients**

1 ½ cup all-purpose flour	5 Tbsp. vegetable oil
1 cup sugar	1 Tbsp. white vinegar
1 tsp. baking soda	1 tsp. vanilla
3 Tbsp. cocoa	1 cup cold water
¾ tsp salt	

### **Instructions**

Grease and flour an 8 x 8 pan. Mix all ingredients with a beater. Bake at 350F for 35 minutes.

Ice with your favorite frosting icing.

\*Double recipe for a 9 x 13 pan

Juliana Volkman

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## Honey Cake

### Appliance(s)

### Ingredients

⅔ c. honey	½ c. walnuts, chopped
½ c. sugar	3 c. flour
1 t. baking soda dissolved in 1 c. water	2 t. cinnamon
½ c. vegetable oil	1 t. nutmeg
1 c. walnuts, ground	

### Instructions

Combine honey and sugar. Add baking soda mixture and blend. Add vegetable oil, nuts (ground and chopped), cinnamon, nutmeg and flour. Mix well. Pour into a greased and floured 9x9" pan. LET STAND AT ROOM TEMPERATURE FOR 1 HOUR BEFORE BAKING. Bake for 30 minutes at 325°.

Matushka Ruth Hinton

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## Lenten Apple Berry Crisp

### Appliance(s)

Food processor

### Ingredients

3 apples, <u>peeled, cored, and sliced</u> (Gala, Braeburn or Honeycrisp)	1 tablespoon arrowroot powder
1 pint fresh berries or 1 bag frozen mixed berries (Trader Joe's )	1 cup blanched almond flour (not almond meal)
1 tablespoon lemon juice	¼ teaspoon celtic sea salt
1 tablespoon <u>vanilla extract</u>	¼ teaspoon baking soda
	2 tablespoons coconut oil
	2 tablespoons honey, or maple syrup

### Instructions

In a large bowl, toss together apples, blackberries, lemon juice, vanilla, and arrowroot  
Transfer mixture to an 8 x 8 inch baking dish  
To make topping, in a food processor, combine almond flour, salt, baking soda, oil, and maple syrup  
Crumble topping over apple-blackberry mixture  
Cover with tin foil and bake at 350°F for 60 to 70 minutes until fruit is juicy and bubbling  
Uncover and bake for 10-15 minutes to brown topping  
Enjoy! Serves: 6

Celeste Englehardt

Source: <https://elanaspantry.com>

## Lenten Chocolate Cake

### Appliance(s)

### Ingredients

3 c flour	3 T vinegar
2 t baking soda	2 T vanilla
6 T cocoa	¾ c oil
1 t salt	2 c cold water
2 c sugar	

### Instructions

Mix flour, baking soda, cocoa, salt, and sugar in a large mixing bowl. Add vinegar, vanilla, oil and water and mix well. Pour batter into greased 9x13" baking pan. Bake at 350° for 45 minutes. Ice with fasting icing.

Matushka Ruth Hinton

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## Lenten Chocolate Chip Cookie Recipe

### Appliance(s)

### Ingredients

2 cups margarine	4 ½ cups unbleached flour
1 cup brown sugar	1 tsp. salt
1 cup sugar	2 tsp. baking soda
½ cup Vanilla Soy Milk	12 ounces semisweet chocolate chips
2 tsp. vanilla	(Ghirardelli semi-sweet are Lenten)

### Instructions

Preheat the oven to 350F.

Cream margarine and sugars until light and fluffy. Slowly add soymilk, cream well, then add vanilla.

Combine the dry ingredients in a mixing bowl. Add the dry ingredients to the creamed mixture, then fold in the chocolate chips.

Drop by teaspoons on cookie sheets. Bake at 350F degrees for 8-10 minutes or until edges are golden brown. Let cool 5 minutes before removing from cookie sheets. Serve with ice-cold glasses of soymilk or other nondairy milk.

Yield: approx.. 6 dozen cookies

Juliana Volkman

# Soft Gingerbread Men Cookies

**Appliance(s)** Cookie Cutters, mixer, gallon ziplock bags

## Ingredients

10 Tbsp. (2/3 cups) Earth Balance (non soy)	1 tsp. baking soda
¾ cup packed light or dark brown sugar	½ tsp. salt
2/3 cup Grandma's Molasses (or unsulphured molasses)	1 Tbsp. ground ginger
¼ cup unsweetened applesauce	1 Tbsp. ground cinnamon
1 tsp. pure vanilla extract	½ tsp. allspice
3 ½ cups all-purpose flour	½ tsp. ground cloves

## Instructions

In a large bowl using a handheld mixer or stand mixer fitted with a paddle attachment, beat the butter for 1 minute on medium speed until completely smooth and creamy. Add the brown sugar and molasses and beat on medium high speed until combined and creamy looking. Scrape down the sides and bottom of the bowl as needed. Next, beat in egg and vanilla on high speed for 2 full minutes. Scrape down the sides and bottom of the bowl as needed. The butter may separate, that's ok.

In a separate bowl, whisk the flour, baking soda, salt, ginger, cinnamon, allspice, and cloves together until combined. On low, speed, slowly mix into the wet ingredients until combined. The cookie dough will be quite thick and slightly sticky. Divide dough in half and place each into a gallon Ziplock bag. Flatten dough with rolling pin or by hand to fill bag and close. Chill bags laid out flat for at least 3 hours or overnight. (overnight works best)

Preheat oven to 350F. Line 2-3 large baking sheets with parchment paper or silicone baking mats.

Remove 1 bag of chilled cookie dough from the refrigerator. Generously flour a work surface, as well as your hands and the rolling pin. Don't be afraid to continually flour the work surface as needed – this dough can be sticky. Roll out dough until ¼ inch thick. Cut into shapes. Place shapes 1 inch apart on prepared baking sheets. Re-roll dough scraps until all the dough is shaped. Repeat with remaining bags of dough.

Bake cookies for about 9-10 minutes. If your cookie cutters are smaller than 4 inches, bake for about 8 minutes. If your cookie cutters are larger than 4 inches, bake for about 11 minutes.

Allow cookies to cool for 5 minutes on the cookie sheet. Transfer to cooling rack to cool completely.

Once completely cool, decorate as desired.

## Notes:

Unbaked cookie dough bags freeze well, up to 3 months. Thaw overnight in the refrigerator then continue with step 3. This cookie dough is NOT sturdy enough for gingerbread houses.

Anastasia Lagen  
Source: [www.sallysbakingaddiction.com](http://www.sallysbakingaddiction.com)

## Vegan Dark Chocolate Tofu Blender Cake

**Appliance(s)** Blender

### **Ingredients**

1 cup of soymilk	Handful of raisins
½ cup of coconut oil or margarine melted (vegetable oil works)	Handful of grated coconut flakes
4 tbs of Hershey dark cocoa	1 tsp of vanilla
1 ½ cups of non bleached white flour or your choice of flour	1 tsp of vinegar
2 oz of tofu cut in pieces	2 tsp of baking powder
2/3 cup of granulated sugar	½ tsp salt
Handful of sliced almonds or your choice of nuts	½ tsp of cinnamon
	1 can of coconut milk

### **Instructions**

Place the liquid ingredients in the blender including the tofu and slowly add the flour and almost all the sugar; reserve 2 tbs. Blend until is all creamy.  
Add the raisins, almonds and coconut flakes and stir. Sprinkle the left sugar and stir.  
Preheat 375F oven  
Oil the baking container and place the creamy but not too runny mixture.  
Bake for about 30 minutes. Cut in squares after cooled down and serve with coconut milk topping.  
About 8 pieces.

Licia Hanshaw

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## Easy Halva with Raisins

**Appliance(s)** Bundt pan

### **Ingredients**

2 cups semolina	1/2 teaspoon vanilla extract (powder)
1 cup olive oil	2 teaspoons lemon juice
4 cups water	1 cup sugar
1.5 teaspoons ground cinnamon	1 cup raisins

### **Instructions**

Add semolina and oil to a non stick pan. Use medium heat and stir continuously until it starts to brown.  
Add the rest of the ingredients to a pan, heat up and turn off heat when the sugar has dissolved.  
Add the water to the semolina and stir until its firm and doesn't stick to the pan.  
Add to a bundt pan or any other decorative pan. Let it rest for at least 5 minutes before eating or put in fridge for later. Turn it on a plate and dust it with cinnamon.

Anastasia Lagen  
Source: Effie DelMedico Lenten Recipe Sharing

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## Chocolate, Coconut, Blueberry & Raspberry Parfait

### **Appliance(s)**

This is a great pre-workout (eat 1 hour before) also a yummy dessert

### **Ingredients**

½ cup chocolate ganache (See recipe in sauces)

½ cup coconut cream

½ cup gluten free rolled oats

2 Tbsp unsweetened shredded coconut

½ cup raspberries

1 Tbsp cacao nibs

### **Instructions**

Spoon the chocolate ganache into a tall glass. Cover with the oats, then the raspberries and blueberries. Top with the coconut cream and shredded coconut. Garnish with cacao nibs and a few blueberries.

Anastasia Lagen  
Source: Thrive Energy Cookbook

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## Vanilla Vodka

### **Appliance(s)**

### **Ingredients**

1 bottle of Vodka, Ciroc or your favorite brand  
5 Vanilla beans

### **Instructions**

At the beginning of Great Lent on Meatfare Sunday, split open 5 Vanilla beans down the long side of the bean so to expose the inside of the bean. Insert the 5 beans one by one into the bottle of Vodka, seal the cap and put it a cool place. During Holy Week, on Holy Wednesday or Thursday, place the bottle into the freezer. On Pascha, open the bottle and taste your Vanilla Vodka. The longer the Vodka sits the better the taste.

Some people start their Vanilla Vodka on New Years Day and then open in up on Pascha.  
Enjoy!

### **Notes:**

You can purchase quantities of vanilla beans on Amazon for a reasonable price.  
Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes.

You can purchase little bottles and fill them up with the Vanilla Vodka. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Pasha basket and Christmas gifts.

Celeste Marko Englehardt  
Family Collection

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## Dairy (Cheesefare) Fast Recipes

### Breads

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#### Applesauce Cake

##### Appliance(s)

##### Ingredients

1 ¾ cups cake flour – sift before measuring	1 tsp. cinnamon
2/3 cups raisins	½ tsp. cloves
2/3 cup dried cranberries	½ cup butter or shortening
2/3 cup walnuts	1 cup white or brown sugar
½ tsp. salt	1 ¼ cup applesauce
2 tsp. baking soda	

##### Instructions

Combine flour, salt, baking soda, cinnamon and cloves together into a small bowl.

Dust raisins, cranberries and walnuts with flour

In a large bowl, cream butter until soft then add sugar and applesauce

Sift in flour mixture into cream mix and add fruit and nut mixture.

Bake in a 7 inch tube pan at 350 F for 45 minutes.

Cara Margaret Bliven adapted from Joy of Cooking

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#### Dutch Oven Bread

##### Appliance(s) Dutch Oven

**\*\* 7-8 hours rising time\*\*** Enjoy this beautiful crusty bread recipe

##### Ingredients

3 to 3-1/2 cups (125 grams per cup) all-purpose flour	1 teaspoon salt
1 teaspoon active dry yeast	1-1/2 cups water (70° to 75°)

##### Instructions

In a large bowl, whisk 3 cups flour, yeast and salt. Stir in water and enough remaining flour to form a moist, shaggy dough. Do not knead. Cover and let rise in a cool place until doubled, **7-8 hours**.

Preheat oven to 450°; place a Dutch oven with lid onto center rack and heat for at least 30 minutes.

Once Dutch oven is heated, turn dough onto a generously floured surface. Using a metal scraper or spatula, quickly shape into a round loaf. Gently place on top of a piece of parchment.

Using a sharp knife, make a slash (1/4 in. deep) across top of loaf. Using the parchment, immediately lower bread into heated Dutch oven. Cover; bake for 30 minutes. Uncover and bake until bread is deep



golden brown and sounds hollow when tapped, 15-20 minutes longer, partially covering if browning too much. Remove loaf from pan and cool completely on wire rack.

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

#### *Recipe Variations [F]*

1. Stir in cheese, garlic, herbs or dried fruit
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## 8 Ingredient Vegan Chunky Potato & Carrot Soup (GF)

### Appliance(s)

### Ingredients

2 large carrots – peeled and cut into 1-3 inch pieces  
4 large potatoes – peeled and quartered  
1 Vidalia onion – peeled and diced  
1 Tbsp. vegan butter  
1 Tbsp. Italian seasoning  
Salt to taste

Ground black pepper to taste  
2 to 3 cups of almond milk or until you get the desired consistency (or substitute ½ can coconut cream and 2 cups broth reserved from vegetables \*\*lime juice goes well with this)  
\*\*Optional- dill fresh or dried and or lemon juice to taste

### Instructions

Bring two large pots of water to a boil.  
Add the carrots to one pot, cover, and reduce the heat to simmer. Simmer for approximately 15 to 20 minutes or until the carrot is easily pierced with a fork.  
(Alternatively, use one one pot and boil the potatoes and onions first for 5 minutes then add the carrots)  
Add the onion to the second pot of boiling water. Peel and quarter the potatoes and add them to the pot with the onions. Reduce the heat to simmer and simmer for approximately 20 minutes or until the potatoes are easily pierced with a fork.  
When the carrots and potatoes are soft, drain the water in both pots and transfer the carrots to the pot with the potatoes and onions. Mash the carrots, potatoes and onion with a potato masher until the mixture is mostly mashed but there are still chunks of carrot and potatoes. Add the milk (add one cup at a time until you get the consistency that you like), vegan butter, Italian seasoning, salt and pepper and heat on medium low until the soup begins to boil. Remove from the heat. (Stir in lemon juice and dill if using) Serve and enjoy.  
Salad and focaccia bread make this a meal.

Anastasia Lagen

Source:: Effy Delmedico & Despina Souhlas Lenten Recipe Sharing and [www.veganosity.com](http://www.veganosity.com)

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## Easy Thai Shrimp Soup

### Ingredients

1 cup uncooked basmati rice  
2 Tbsp unsalted butter or butter substitute  
1 lb. medium shrimp peeled and deveined  
Salt and freshly ground black pepper, to taste  
2 cloves garlic, minced  
1 onion, diced  
1 red bell pepper, diced

1 Tbsp freshly grated ginger  
2 Tbsp red curry paste  
1 (12oz) can unsweetened coconut milk  
3 cups vegetable stock  
Juice of 1 lime  
2 Tbsp chopped fresh cilantro leaves

**Instructions**

In a large saucepan of 1 ½ cups water, cook rice according to package instructions; set aside.  
Melt butter in a large stockpot or Dutch oven over medium high heat. Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes; set aside.  
Add garlic, onion and bell pepper to the stockpot. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in ginger until fragrant, about 1 minute.  
Whisk in curry paste until well combined, about 1 minute. Gradually whisk in coconut milk and vegetable stock, and cook, whisking constantly, until incorporated, about 1-2 minutes.  
Bring to a boil; reduce heat and simmer until slightly thickened, about 8-10 minutes.  
Stir in rice, shrimp, lime juice and cilantro.  
Serve immediately.

Lisa Psaromatis Lenten Recipe Sharing  
Source: [www.damndelicious.net](http://www.damndelicious.net)

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## Savory Bean and Spinach Soup

**Appliance(s)**

Slow cooker

**Ingredients**

3 14oz cans vegetable broth	¼ tsp salt
1 15oz can tomato puree	¼ tsp black pepper
1 15oz can small white beans or Great Northern beans, drained and rinsed	2 garlic cloves, chopped
½ cup uncooked brown rice	8 cups coarsely chopped fresh spinach or kale leaves
½ cup finely chopped onion	Finely shredded Parmesan cheese
1 tsp dried basil	

**Instructions**

In a 3 ½ to 4 quart slow cooker combine vegetable broth, tomato puree, beans, rice, onion, basil, salt, pepper, and garlic.  
Cover and cook on low heat setting 5 to 7 hours or on high heat setting 2 ½ to 3 ½ hours.  
Just before serving stir in spinach or kale and sprinkle with Parmesan cheese.

Juliana Volkman  
Source: [www.fitnessmagazine.com](http://www.fitnessmagazine.com)

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## Tikka Masala Sauce

**Appliance(s)** Instant Pot, Blender

### **Ingredients**

2 Tbsp. unsalted butter or ghee (Earth Balance Vegan butter)  
1 cup onion coarsely chopped  
1 Tbsp. garlic, crushed or minced  
1 Tbsp. ginger, minced or grated  
1 can diced tomatoes, 14.5 oz. can or 4-5 ripe Roma tomatoes  
1/3 cup raw cashews  
½ cup water  
1 tsp. salt  
¾ tsp. turmeric powder  
2 tsp. garam masala

1 Tbsp. coriander powder  
1 ½ tsp. cumin powder  
1 tsp. Kashmiri red chili powder (or sweet paprika for mild curry)  
¼ tsp. cardamom powder

### **After pressure cooking**

2 tsp. dried fenugreek (Kasoori Methi)  
1 tsp. butter or Earth Balance non soy (optional)  
1 tsp. Agave (or honey/sugar) adjust to taste

### **Instructions (Stovetop)**

Heat a heavy bottom pot on medium-high heat, add butter (or ghee) and chopped onions, cook for 3 minutes, till they soften. Add minced garlic, ginger, and sauté for one minute. Add tomatoes, spices, cashews and cook for 2 minutes. Add water and stir well. When the sauce comes to a boil, reduce heat to medium, cover the pot and simmer for 15-20 minutes. Stir a few times to prevent the sauce from sticking to the bottom. If it looks dry, add a little water and continue cooking. Using a hand immersion blender, (or a countertop blender) puree the sauce to a smooth consistency. If using a traditional blender, wait for the sauce to cool down and then blend to a smooth consistency. Add dried fenugreek and butter. Simmer uncovered for 2-3 minutes. Add agave or a little sugar to balance the flavors. If not using immediately, cool and store for later.

### **Instant Pot Method**

Turn on Saute and adjust to High. Wait for 30-40 seconds and add butter (or ghee) and chopped onions, cook for 3 minutes, till they soften.

Add minced garlic, ginger and sauté for one minute. Add tomatoes, spices, cashews and cook for 2 minutes. Add water and scrape up any brown bits that have stuck to the bottom. Turn off Saute. Close the lid and pressure cook on High for 5 minutes, followed by a natural pressure release. If in a rush, QR (quick release) after 5 minutes following your cooker instructions. Unlock and open the lid after the pin drops.

Using an [immersion blender](#), puree the sauce to a smooth consistency. If using a traditional blender, wait for the sauce to cool down and then blend to a smooth consistency.

Add dried fenugreek and butter and simmer (on Saute) for 2-3 minutes. Add agave or honey to balance the flavors, and you're done! If not using immediately, cool and store for later. For Freezing, see 'notes' below.

### How to Freeze Tikka Masala Sauce

Cool the sauce completely. Store in an airtight container and refrigerate for 4-5 days, or freeze up to 2 months.

To re-use, thaw the sauce, ideally overnight in the refrigerator, and use per instructions.

#### Notes:

- There is **no need to worry about slicing and chopping the aromatics** to the right size since the tikka masala will be pureed at the very end. If you do not own an immersion blender, cool the sauce completely and transfer to a blender to puree until smooth.
- If you are making this sauce recipe when tomatoes are in season, **use 4-5 ripe Roma tomatoes for their super fresh flavor.**
- **Can't find dried fenugreek leaves?** Skip it. Many sources suggest maple syrup or mustard as a substitute for fenugreek leaves, but it isn't a perfect match in this recipe. Don't worry, you'll still have a rock-solid sauce to enjoy.
- This recipe has been **tested in a 6 QT Instant Pot.** If making this in an 8 QT size, increase water quantity to meet the requirement.
- If **using the Stovetop method**, stir a few times during simmering to prevent the sauce from sticking to the bottom. If it looks dry, add a little water and continue cooking.

1. **Paneer (Indian Cottage Cheese):** Add 10-12 oz. cubed paneer. Turn on Saute and simmer for 4-5 minutes, until the paneer becomes soft (No pressure cooking required). Alternatively, simmer in a sauce pan for 10 minutes at medium-high heat.

2. **Vegetables:** Add 4 cups vegetables of choice. Adjust pressure cooking time to '0' minutes at LOW pressure, followed by quick pressure release. Alternatively, simmer in a sauce pan for 10-12 minutes at medium-high heat.

3. **Fish/Salmon:** Add fish cut in 2-inch pieces. Turn on Saute and simmer for 6-8 minutes, until the fish cooks through and turns opaque (No pressure cooking required). Alternatively, simmer in a sauce pan for 6-8 minutes, at medium-high heat.

4. **Cooked Chickpeas:** Add 2 cans of rinsed and drained chickpeas and adjust pressure cooking time to 2 minutes at LOW pressure, followed by natural pressure release. Alternatively, simmer in a sauce pan for 10-12 minutes at medium-high heat.

5. **Shrimp:** Use 1 lb. extra large thawed shrimp (21-30 count) and turn on Saute. Simmer for 6-8 minutes, or until shrimp are cooked through, turn pink and opaque. Alternatively, simmer in a sauce pan for 6-8 minutes at medium-high heat.

Nick Lagen

Source: [www.spicecravings.com](http://www.spicecravings.com)

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## Vanilla Extract

### Appliance(s)

### Ingredients

1 bottle Bourbon Whiskey, Rebel Yell or your favorite brand

5 Vanilla beans

**Instructions**

Split open 5 vanilla beans along the long side of the bean to expose the insides.  
Insert the beans one by one and seal the bottle. Let sit for several months. The minimum of 90 days before using in recipes. Enjoy!

Celeste Marko Englehardt  
Family Collection

**Notes:**

You can purchase quantities of vanilla beans on Amazon for a reasonable price.  
Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes.

You can purchase little bottles and fill them up with the Bourbon Vanilla Extract. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Christmas gifts.

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## Yum Yum Sauce

**Appliance(s)****Ingredients**

2 cups Veganaise or Mayonnaise	1 tsp.salt
1/2 cup ketchup	1 tsp.onion powder
3 Tbsp. sugar	1/2 cup water
1 Tbsp. garlic powder	1 tsp. ground pepper
1 Tbsp. paprika	

**Instructions**

Mix together well.

This is a good dipping sauce or can be used on Chinese food like Spring rolls, noodles etc.

Anna Hall

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## Homemade Alfredo Sauce

**Appliance(s)****Ingredients**

1/3 c butter	1 tsp Italian seasoning
1 1/2 cups Heavy whipping cream	¼ tsp garlic powder
1/2 package of cream cheese	salt and pepper to taste

**Instructions**

Warm a large skillet over medium heat, and melt butter

Pour the heavy whipping cream, and add the cream cheese in small pieces as it warms.  
Stir constantly, whisking the cream cheese so it melts  
Add seasonings  
Stir frequently, adjusting the heat as needed if it starts to bubble up  
Continue pushing the sauce around as it thickens, about 15 minutes, until it has reached desired thickness

Serve over pasta for the perfect Alfredo dinner! Enjoy!

By the Britt Family

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## Medieval Lentils with butter

### **Ingredients:**

2 Tbs butter	3 c vegetable stock
2 Tbs olive oil	1/2 c long grain rice
2 c sliced onions	3/4 tsp salt
1 c lentils	1 tsp sumac (or cumin)
3 c water	1/4 tsp black pepper

### **Directions:**

Cook butter, olive oil and onions slowly for 20 minutes. Increase heat at the end to brown the onions. Place lentils and water in a saucepan and bring to a boil. Simmer for 20 minutes. Add vegetable stock, rice, salt, sumac, and black pepper to lentils. Add onions reserving ½ cup. Bring to a boil, then reduce heat, cover, and simmer until rice is tender (about 25 minutes) Spread reserved onions on top and serve with a baked potato and salad. If using brown rice, I cook the rice with the lentils and adjust the liquid content as needed.

**Note:** This is version of Mjeddah (mi-jed-rah), on one of the most popular dishes of the Middle East. According to biblical scholars, this is the “mess of pottage” for which Esau sold his birthright to Jacob.

Cara Margaret Bliven

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## Awesome Baked Sea Scallops with Butter

### **Ingredients:**

16 sea scallops, rinsed and drained	Salt and pepper to taste
5 Tbsp. Earth Balance No-Soy simulated strict-fast butter )	1 cup bread crumbs (Panko)
5 cloves garlic, minced	4 Tbps. Olive oil
2 shallots, chopped	¼ cup chopped parsley
3 pinches ground nutmeg	Lemon wedges for garnish (optional)

### **Directions:**

Preheat oven to 425F

Place scallops, melted butter, garlic, and shallots in a bowl. Season with nutmeg, salt, and pepper. Stir gently to combine. Transfer to a casserole dish. In a separate bowl, combine Panko crumbs and olive oil. Sprinkle on top of scallops. Bake in preheated oven until crumbs are brown and scallops are done, about 11 to 14 minutes. Top with parsley and serve lemon wedges on the side.

Anastasia Lagen

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## Bang Bang Shrimp Pasta

### Appliance(s)

#### Ingredients

1 pound spaghetti or pasta of choice  
1 ½ pounds medium shrimp, peeled and deveined  
1 ½ Tbsp. Butter  
3 cloves garlic, minced

3 tsp. paprika  
1 Tbsp. fresh parsley  
Black pepper to taste

#### Sauce:

½ cup Mayonnaise (or yogurt, heavy cream, cream cheese or sour cream)  
½ cup Thai sweet chili sauce (in Asian aisle) Try Trader Joes brand

2 cloves garlic minced  
2 Tbsp. lime juice  
¼ tsp. crushed red pepper flakes  
½ Tbsp. onion powder

#### Instructions

In a large bowl, mix all “sauce” ingredients together and set aside.

Cook pasta and drain. Stir in butter.

Place the uncooked shrimp in a medium bowl, add paprika, garlic and pepper.

In a large skillet, on medium high heat, add the coated uncooked shrimp. Stir constantly while cooking until no longer pink- about 10 minutes. Remove from heat and set aside.

In a large bowl, combine the pasta, shrimp and sauce mixture and toss thoroughly. Sprinkle with fresh parsley.

Anastasia Lagen

Source: [www.myincrediblerecipes.com](http://www.myincrediblerecipes.com)

#### *Recipe Variations [F]*

1. . This can be made a feasting recipe with chicken or shrimp and regular mayonnaise
2. . or use plain yogurt, heavy cream, cream cheese or even sour cream

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## Slow cooker Enchilada Quinoa

### Appliance(s)

#### Ingredients

1 15 oz can black beans, drained and rinsed  
1 15oz can yellow corn, drained and rinsed  
2 15 oz cans mild or medium red enchilada sauce , divided  
1 15oz cn diced fire roasted tomatoes and green chiles  
1 cup uncooked quinoa

½ cup water  
4 oz cream cheese  
Salt and pepper to taste ( 1 tsp salt, ¼ tsp pepper  
1 cup shredded Mexican style cheese  
Optional chopped cilantro, diced tomatoes, diced avocado, sour cream

**Instructions**

Add beans, corn, 1 can of enchilada sauce, diced tomatoes and chiles, quinoa, water, cream cheese, and salt and pepper to the slow cooker. Stir everything together.

Pour remaining can of enchilada sauce in top, then sprinkle with shredded cheese. Cover and cook 4 – 5 hours on high or 5-7 hours on low.

Uncover, top with tomatoes, avocados, sour cream and chopped cilantro and serve.

For added flavor add 1 tsp each cumin, and garlic powder.

Georgenei Votzakos Lenten Recipe Sharing

Source: [www.Lecremedelacrumb.com](http://www.Lecremedelacrumb.com)

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## Shrimp and Orzo Bake

**Appliance(s)** 8 x 8 baking dish

**Ingredients**

1 cup Orzo	1 teaspoon Oregano, Dried
1 tablespoon Olive Oil	1 tablespoon Chives, Dried
1 1/4 cups dice Onion	4 ounces Feta Cheese Crumbles, Fat Free
4 teaspoons mince Garlic, Cloves	2 tablespoons Lemon Juice
1 teaspoon Red Pepper Flakes	1/8 teaspoons Salt
1/2 cups White Cooking Wine	1/8 teaspoons Black Pepper
2 cups dice Tomato	3/4 pounds Shrimp, Fresh

**Instructions**

Cook the orzo according to the directions on the package, until al dente. Drain.

Heat olive oil in a large pan.

Cook onion for 5 minutes.

Add garlic and red pepper flakes, cook 30 seconds.

Add wine, tomatoes and oregano.

Bring to a boil and then reduce heat to a simmer, cooking for five minutes.

Add the chives, feta, and lemon juice and season with salt and pepper, to taste.

Combine shrimp, cooked orzo and tomato mixture.

Divide among baking dishes.

Bake at 425 degrees for 15-20 minutes until shrimp are thoroughly cooked.

Philothea Volkman

Source: <https://onceamonthmeals.com/recipes/shrimp-and-orzo-bake/amp/>

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## Pasta with Eggplant Sauce

### **Appliance(s)**

Slow cooker

### **Ingredients**

1 medium eggplant	2 garlic cloves, chopped
½ cup chopped onion	1 ½ tsp dried oregano
2 12.5 oz cans diced tomatoes	1/3 cup pitted kalamata olives, sliced
1 6 oz can Italian style tomato paste	2 Tbsp chopped fresh parsley
1 4oz can sliced mushrooms drained	Black Pepper
¼ cup dry red wine	Cooked penne pasta
¼ cup water	Shredded Parmesan Cheese (optional)

### **Instructions**

Peel eggplant, cut into 1 inch cubes. In a 3 ½ to 5 quart slow cooker, combine eggplant cubes, chopped onion, canned tomatoes with their juices, tomato paste, sliced mushrooms, red wine, water, chopped garlic and oregano.

Cover, cook on low-heat setting 7 to 8 hours or on high heat setting 3 ½ to 4 hours. Stir in kalamata olives and parsley. Season to taste with pepper. Pour sauce over pasta; sprinkle with Parmesan cheese and serve.

Juliana Volkman

Source: [www.fitnessmagazine.com](http://www.fitnessmagazine.com)

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## Red Cabbage with Apples

### **Appliance(s)**

### **Ingredients**

2 Tbsp butter or butter substitute	2 apples, peeled and diced
½ cup chopped onion	½ cup vegetable stock or water
2 tsp. sugar	2 Tbsp. cider vinegar
1 small head red cabbage, about 1 ¼ lbs.	3 Tbsp. red wine

### **Instructions**

Heat butter in a large skillet. Add onions and sugar and cook 2 minutes. Slice cabbage in ¼ inch thick slices. Add to skillet with apples, stock, and salt. Cover and simmer for 20 minutes. Add vinegar, red wine, and pepper and simmer for 5 more minutes with cover off. Taste for seasoning.

Cara Margaret Bliven

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## Paul's Hashbrown Potatoes

### **Appliance(s)**

### **Ingredients**

1 ½ bags shredded potatoes	¾ cup onion
1 can mushroom soup	2- 3 Tbsp. butter
16 ounces sour cream	1 cup shredded sharp cheddar cheese

### **Instructions**

Sauté onions in butter. Mix all ingredients together in a bowl. Place in a casserole dish and bake at 350F for 1 hour and 15 minutes.

Juliana Volkman

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## Ukrainian Potato Salad

### **Appliance(s)**

### **Ingredients**

4 lbs potatoes, peeled & cubed	1/8 - 1/4 cup pickle juice
4 medium fresh beets	8 tbsp lemon juice
1 large onion, diced	1 cup mayonnaise
2 stalks celery, chopped	salt & pepper to taste
6 large hard boiled eggs, diced	fresh parsley for garnish
6-8 dill pickle spears, chopped	

**Instructions**

Wash and boil whole beets with skins on to preserve color. In a separate pot, boil potatoes. After beets are cooked, remove skins and cube. In a large container, add beets, potatoes, onions, celery and pickles together with lemon and pickle juice. Add eggs and mayonnaise and mix well until color is uniform throughout. Add additional mayonnaise or pickle juice if necessary or desired. Season with salt & pepper. Refrigerate overnight or at least 4 - 6 hours. Mix again before serving as beets will continue to bleed, giving the salad a wonderful color. Sprinkle with fresh chopped parsley or garnish with parsley sprigs before serving.

Yields about 8 lbs of salad

Celeste Marko Englehardt  
Source: the Marko family collection

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## Quick Harvard Beets

**Appliance(s)****Ingredients**

3 cups sliced raw beets or 2 cans (16 oz each)	½ cup white vinegar
sliced beets	½ tsp salt
½ cup sugar	2 Tbsp butter
1 Tbsp all-purpose flour	

**Instructions**

In a saucepan, place raw beets and enough water to cook. Cook until tender, 15-20 minutes. Drain, reserving ¼ cup liquid. (If using canned beets, drain and reserve ¼ cup juice)  
In another saucepan, combine sugar, flour, vinegar and reserved beet juice. Cook over low heat until thickened. Stir in beets, salt and butter. Simmer for 10 minutes.

6 servings

Anastasia Lagen  
Source: [www.tasteofhome.com](http://www.tasteofhome.com)

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## Microwave Fudge

### **Appliance(s)**

### **Ingredients**

12 oz bag of REAL chocolate chips  
1 can sweetened condensed milk

1 tsp vanilla  
1/2 Cup chopped nuts (optional)

### **Instructions**

Melt chips and condensed milk in microwave. Take out and stir in vanilla and nuts. Spread in 8x8 pan and refrigerate.

NOTE: Peanut butter chips do NOT work with this recipe.

Anna Hall

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## Delicious Peaches and Cream Pie Recipe

### **Appliance(s)**

Pie Pan, Mixer

### **Ingredients**

6 soft peaches (or more depending on the size of the pie pan)  
1/2 c. blueberries  
1/2 c sugar  
4 Tbsp flour  
1/2 tsp cinnamon

1 tsp almond extract  
1 cup whipping cream  
1/3 c. Or about a handful of sliced almonds  
1 pie crust (Trader Joes has one of the best ready made pie crusts on the market with wholesome ingredients and no preservatives.)

### **Instructions**

Slice peaches in half and remove the pits. Arrange them on the bottom of the lined pie pan. Fill in the spaces with smaller slices of the peaches. Sprinkle the blueberries and sliced almonds over the peaches. Mix together the sugar, flour, cinnamon, whipping cream, and almond extract until smooth.

Pour cream mixture over the fruit and bake at 375 ° for about 45 min or until the cream mixture bubbles. If the pie crust turns brown and the cream hasn't bubbled yet, cover the pie crust edge with foil and bake until bubbly.

Let cool on a cooling rack for about an hour or 2 until the pie is thoroughly cooled before slicing. If the pie is still warm, the cream will not firm up and it will be runny. Refrigerate.

Celeste Marko Englehart Family collection

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## Vanilla Vodka

### **Appliance(s)**

### **Ingredients**

1 bottle of Vodka, Ciroc or your favorite brand  
5 Vanilla beans

### **Instructions**

At the beginning of Great Lent on Meatfare Sunday, split open 5 Vanilla beans down the long side of the bean so to expose the inside of the bean. Insert the 5 beans one by one into the bottle of Vodka, seal the cap and put it a cool place. During Holy Week, on Holy Wednesday or Thursday, place the bottle into the freezer. On Pascha, open the bottle and taste your Vanilla Vodka. The longer the Vodka sits the better the taste.

Some people start their Vanilla Vodka on New Years Day and then open in up on Pascha.  
Enjoy!

### **Notes:**

You can purchase quantities of vanilla beans on Amazon for a reasonable price.  
Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes.

You can purchase little bottles and fill them up with the Vanilla Vodka. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Pasha basket and Christmas gifts.

Celeste Marko Englehardt  
Family Collection

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## Non-Fasting Meatfare Feast Recipes

### Breads

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#### Applesauce Cake

##### Appliance(s)

##### Ingredients

1 ¾ cups cake flour – sift before measuring	1 tsp. cinnamon
2/3 cups raisins	½ tsp. cloves
2/3 cup dried cranberries	½ cup butter or shortening
2/3 cup walnuts	1 cup white or brown sugar
½ tsp. salt	1 ¼ cup applesauce
2 tsp. baking soda	

##### Instructions

Combine flour, salt, baking soda, cinnamon and cloves together into a small bowl.  
Dust raisins, cranberries and walnuts with flour  
In a large bowl, cream butter until soft then add sugar and applesauce  
Sift in flour mixture into cream mix and add fruit and nut mixture.  
Bake in a 7 inch tube pan at 350 F for 45 minutes.

Cara Margaret Bliven adapted from Joy of Cooking

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#### Paleo Bread (Low Carb, High Protein)

##### Appliance(s) Food Processor

##### Ingredients

1/4 cup whole almonds	1/2 teaspoon salt
1/4 cup whole hazelnuts , see Note	3/4 cup nut milk (e.g., almond or cashew. Can use other non-dairy alternative but nut milk has a higher protein content)
1/2 cup pumpkin seeds	1 tablespoon apple cider vinegar
1/4 cup flax seeds	3 eggs
3 tablespoons hulled sesame seeds	1/3 cup coconut oil, melted and slightly cooled
1 1/2 cups almond flour	1 tablespoon raw honey (vegans: agave or syrup of choice)
1/2 cup hazelnut flour , see Note	
2 tablespoons coconut flour	
1 1/2 teaspoons baking soda	



## Instructions

Place the whole almonds and hazelnuts in a food processor and pulse until coarsely ground. Add the pumpkin seeds, sesame seeds and flax seeds and pulse until ground. Add the almond meal, hazelnut meal, coconut flour, salt and baking soda and pulse until combined.

In a separate bowl, combine the nut milk, eggs, melted coconut oil, honey and cider vinegar. Pour the mixture into the food processor. Process until the mixture is thoroughly combined. Let the mixture sit for 5 minutes.

Line a 8x4 inch loaf pan with parchment paper. Spread the mixture into the lined loaf pan and use a spoon to smooth down the surface. Sprinkle the top with some extra pumpkin, flax and sesame seeds (I also used sunflower seeds for the top. See NOTE).

Preheat the oven to 350 degrees F. Bake the bread on the middle shelf for 45-50 minutes or until a toothpick inserted into the center of the bread comes out clean. Let the bread cool completely and then remove it from the pan.

Store the bread in the fridge in an airtight container. It keeps for about 4-5 days.

\*You can substitute the hazelnuts for more almonds if you prefer or if you have a hard time finding hazelnut meal\*Do NOT include sunflower seeds inside the bread itself, it causes a chemical reaction that results in the bread turning GREEN (it looks like mold!).

Source: [www.daringgourmet.com](http://www.daringgourmet.com)

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## Easy Tom Kha Soup (Vegetarian Thai Coconut soup)

### Appliance(s)

### Ingredients

2 Tbsp extra virgin olive oil	½ tsp pepper or more to taste
½ small yellow onion chopped	¼ tsp salt or more to taste
3 cloves garlic minced	Zest of one lemon
1 cup sliced mushrooms	3 cups vegetable stock
1 cup shredded carrots	2 cans full fat coconut milk (13.66oz)
2 Tbsp low sodium soy sauce or coconut aminos	¼ cup fresh chopped cilantro
1 tsp ground ginger	2 green onions sliced
1 tsp sugar or coconut sugar	Lime wedges
¼ tsp cayenne pepper	

### Instructions

In a Dutch oven or large pot, heat olive oil over medium high heat. Add onion, garlic and mushrooms. Sauté for 3-5 minutes. Add carrots, soy sauce, ginger, sugar, cayenne pepper, salt, pepper, lemon zest, vegetable stock and coconut milk. Bring to a boil then simmer for 15-20 minutes. Taste and adjust seasonings as needed.  
Serve with lime wedges, top with cilantro and green onions and enjoy!

### Notes

Additional mushrooms are good if you would like a heartier soup. Add up to 5 cups.  
Leftovers can be frozen up to 3 months.

Juliana Volkman  
Source: <https://asassyspoon.com/>

### *Recipe Variations [F]*

1. . Add shrimp
  2. . **Add shredded rotisserie chicken**
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## Tikka Masala Sauce

### **Appliance(s)**

Instant Pot, Blender

### **Ingredients**

2 Tbsp. unsalted butter or ghee (Earth Balance Vegan butter)  
1 cup onion coarsely chopped  
1 Tbsp. garlic, crushed or minced  
1 Tbsp. ginger, minced or grated  
1 can diced tomatoes, 14.5 oz. can or 4-5 ripe Roma tomatoes  
1/3 cup raw cashews  
½ cup water  
1 tsp. salt  
¾ tsp. turmeric powder  
2 tsp. garam masala

1 Tbsp. coriander powder  
1 ½ tsp. cumin powder  
1 tsp. Kashmiri red chili powder (or sweet paprika for mild curry)  
¼ tsp. cardamom powder

### **After pressure cooking**

2 tsp. dried fenugreek (Kasoori Methi)  
1 tsp. butter or Earth Balance non soy (optional)  
1 tsp. Agave (or honey/sugar) adjust to taste

### **Instructions (Stovetop)**

Heat a heavy bottom pot on medium-high heat, add butter (or ghee) and chopped onions, cook for 3 minutes, till they soften. Add minced garlic, ginger, and sauté for one minute. Add tomatoes, spices, cashews and cook for 2 minutes. Add water and stir well. When the sauce comes to a boil, reduce heat to medium, cover the pot and simmer for 15-20 minutes. Stir a few times to prevent the sauce from sticking to the bottom. If it looks dry, add a little water and continue cooking. Using a hand immersion blender, (or a countertop blender) puree the sauce to a smooth consistency. If using a traditional blender, wait for the sauce to cool down and then blend to a smooth consistency. Add dried fenugreek and butter. Simmer uncovered for 2-3 minutes. Add agave or a little sugar to balance the flavors. If not using immediately, cool and store for later.

### **Instant Pot Method**

Turn on Saute and adjust to High. Wait for 30-40 seconds and add butter (or ghee) and chopped onions, cook for 3 minutes, till they soften.

Add minced garlic, ginger and sauté for one minute. Add tomatoes, spices, cashews and cook for 2 minutes. Add water and scrape up any brown bits that have stuck to the bottom. Turn off Saute. Close the lid and pressure cook on High for 5 minutes, followed by a natural pressure release. If in a rush, QR (quick release) after 5 minutes following your cooker instructions. Unlock and open the lid after the pin drops.

Using an immersion blender, puree the sauce to a smooth consistency. If using a traditional blender, wait for the sauce to cool down and then blend to a smooth consistency.

Add dried fenugreek and butter and simmer (on Saute) for 2-3 minutes. Add agave or honey to balance the flavors, and you're done! If not using immediately, cool and store for later. For Freezing, see 'notes' below.

## How to Freeze Tikka Masala Sauce

Cool the sauce completely. Store in an airtight container and refrigerate for 4-5 days, or freeze up to 2 months.

To re-use, thaw the sauce, ideally overnight in the refrigerator, and use per instructions.

### Notes:

- There is **no need to worry about slicing and chopping the aromatics** to the right size since the tikka masala will be pureed at the very end. If you do not own an immersion blender, cool the sauce completely and transfer to a blender to puree until smooth.
- If you are making this sauce recipe when tomatoes are in season, **use 4-5 ripe Roma tomatoes for their super fresh flavor.**
- **Can't find dried fenugreek leaves?** Skip it. Many sources suggest maple syrup or mustard as a substitute for fenugreek leaves, but it isn't a perfect match in this recipe. Don't worry, you'll still have a rock-solid sauce to enjoy.
- This recipe has been **tested in a 6 QT Instant Pot.** If making this in an 8 QT size, increase water quantity to meet the requirement.
- If **using the Stovetop method**, stir a few times during simmering to prevent the sauce from sticking to the bottom. If it looks dry, add a little water and continue cooking.

1. **Chicken (thigh/breast):** Add 1-1.5 lbs. chicken and pressure cook at LOW pressure for 5 minutes, followed by natural pressure release. Alternatively, simmer in a sauce pan for 15-20 minutes at medium-high heat.
2. **Paneer (Indian Cottage Cheese):** Add 10-12 oz. cubed paneer. Turn on Saute and simmer for 4-5 minutes, until the paneer becomes soft (No pressure cooking required). Alternatively, simmer in a sauce pan for 10 minutes at medium-high heat.
3. **Vegetables:** Add 4 cups vegetables of choice. Adjust pressure cooking time to '0' minutes at LOW pressure, followed by quick pressure release. Alternatively, simmer in a sauce pan for 10-12 minutes at medium-high heat.
4. **Fish/Salmon:** Add fish cut in 2-inch pieces. Turn on Saute and simmer for 6-8 minutes, until the fish cooks through and turns opaque (No pressure cooking required). Alternatively, simmer in a sauce pan for 6-8 minutes, at medium-high heat.
5. **Cooked Chickpeas:** Add 2 cans of rinsed and drained chickpeas and adjust pressure cooking time to 2 minutes at LOW pressure, followed by natural pressure release. Alternatively, simmer in a sauce pan for 10-12 minutes at medium-high heat.
6. **Shrimp:** Use 1 lb. extra large thawed shrimp (21-30 count) and turn on Saute. Simmer for 6-8 minutes, or until shrimp are cooked through, turn pink and opaque. Alternatively, simmer in a sauce pan for 6-8 minutes at medium-high heat.

Nick Lagen

Source: [www.spicecraving.com](http://www.spicecraving.com)

## Vanilla Extract

### **Appliance(s)**

### **Ingredients**

1 bottle Bourbon Whiskey, Rebel Yell or your favorite brand  
5 Vanilla beans

### **Instructions**

Split open 5 vanilla beans along the long side of the bean to expose the insides.  
Insert the beans one by one and seal the bottle. Let sit for several months. The minimum of 90 days before using in recipes. Enjoy!

Celeste Marko Englehardt  
Family Collection

### **Notes:**

You can purchase quantities of vanilla beans on Amazon for a reasonable price.  
Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes.

You can purchase little bottles and fill them up with the Bourbon Vanilla Extract. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Christmas gifts.

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## Greek Meat Marinade

### **Appliance(s)**

works on lamb, pork, chicken and potatoes

### **Ingredients**

1 cup Olive Oil	2-3 Lemons
1 Tbsp Coarse Sea Salt	1 Tbsp Oregano

### **Instructions**

Adjust measurements to taste. Mix with a whisk. Marinate for 3 hours or more hours turning meat once to coat meat on both sides. Marinate overnight for best flavor. Bake, Broil, Grill or even by crock pot.  
(Low and slow)  
Add potatoes to meat for a one dish meal.  
Goes great with a Greek salad!

Anastasia Lagen

### *Recipe Variations [F]*

1. Add garlic or garlic powder to taste

## Homemade Alfredo Sauce

### **Appliance(s)**

### **Ingredients**

1/3 c butter	1 tsp Italian seasoning
1 1/2 cups Heavy whipping cream	¼ tsp garlic powder
1/2 package of cream cheese	salt and pepper to taste

### **Instructions**

Warm a large skillet over medium heat, and melt butter  
Pour the heavy whipping cream, and add the cream cheese in small pieces as it warms.  
Stir constantly, whisking the cream cheese so it melts  
Add seasonings  
Stir frequently, adjusting the heat as needed if it starts to bubble up  
Continue pushing the sauce around as it thickens, about 15 minutes, until it has reached desired thickness

Serve over pasta for the perfect Alfredo dinner! Enjoy!

The Britt Family

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## Volkman Barbeque Sauce

### **Appliance(s)**

### **Ingredients**

1 cup vinegar	1 tsp. chili powder
1 cup water	1 tsp. allspice
1 cup catsup	1 tsp. black pepper
1 cup sugar	

### **Instructions**

Mix ingredients and baste meat while grilling.

Juliana Volkman

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## Aunt Michelle's Sausage/Potato/Sauerkraut Casserole

### Appliance(s)

### Ingredients

1 lb Eckrich sausage sliced into bite size pieces	1/2 stick butter
8 medium potatoes sliced	½ cup onion chopped
1/2 to 1 can sauerkraut (drained and rinsed)	All purpose seasoning (to taste)
1 can cream of celery soup	Paprika (to taste)
½ cup milk	

### Instructions

Melt butter with onion in microwave.  
Mix with soup, milk & sauerkraut.  
Precook potatoes (boil then drain).  
Mix all ingredients and place into 2 quart casserole dish.  
Bake for 1 hour - 350 degrees

Celeste Engelhart  
Aunt Michelle Moran

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## Bavarian Pot Roast

### Appliance(s)

### Ingredients

1 boneless beef chuck pot roast (about 3 pounds)	1 tablespoon vinegar
2 tablespoons canola oil	2 teaspoons salt
1-1/4 cups water	1 teaspoon ground cinnamon
3/4 cup beer or beef broth	1 bay leaf
1 can (8 ounces) tomato sauce	1/2 teaspoon pepper
1/2 cup chopped onion	1/2 teaspoon ground ginger
2 tablespoons sugar	Optional: Cornstarch and water

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### Instructions

In a Dutch oven, brown roast in hot oil. Combine water, beer, tomato sauce, onion, sugar, vinegar, salt, cinnamon, bay leaf, pepper and ginger. Pour over meat and bring to a boil. Reduce heat; cover and simmer until meat is tender, 2-1/2-3 hours.  
Remove meat. Discard bay leaf. If desired, thicken juices with cornstarch and water.

**Freeze option:** Place sliced pot roast in freezer containers; top with cooking juices. Cool and freeze. To use, partially thaw in refrigerator overnight. Microwave, covered, on high in a microwave-safe dish until heated through, gently stirring and adding a little broth if necessary.

Juliana Volkman

Source: <https://www.tasteofhome.com/>

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## Bowtie Pasta

**Appliance(s)** Instapot

Copy Cat Recipe taken from Disney Cruise Line Brunch Menu comes this Chef's Recommendation for Bowtie Pasta with Sautéed Mushrooms, Sun-dried Tomatoes in a light Italian Cream Sauce

### Ingredients

8 oz Bowtie Pasta Farfalla Pasta  
1 cup mushrooms  
2 tbs butter or Olive Oil  
1/4 cup Sun-dried Tomatoes  
1 3/4 Cups Chicken Broth or Water  
1/2 Cup Heavy Cream

1/4 Cup Prosecco sparkling wine  
1 tsp garlic  
1/4 tsp Pepper  
1/2 tsp Onion Powder  
1/3 - 1/2 Cup shredded Parmesan Cheese

### Instructions

Wash and dice mushrooms to small bite size piece  
Heat Instant Pot to saute' and wait until it reads "Hot"  
Add butter or Olive Oil and allow to get hot  
Add Mushrooms to saute' for a few minutes  
Turn off Instant Pot  
Add Broth or Water and deglaze pot if needed  
Add Garlic, Pepper, Onion Power, Cream and Prosecco and give a quick stir  
Add Pasta and make sure pasta is evenly distributed  
Close lid and set to Manual (Pressure Cook) for 4 minutes. Allow for a 4 minute Natural Release. Cook 1 minute more if you want your pasta more tender.  
Quick Release the remaining pressure and open lid  
Add Sun-dried tomatoes and Parmesan Cheese and stir.  
Sauce will thicken as it cools.

### Notes

Substitutions:  
Substitute Half and Half for heavy cream  
Substitute Chicken Broth for Prosecco

Juliana Volkman

Source: <https://www.devourdinner.com>

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## Busy Day Paprikash

### Appliance(s)

### Ingredients

1 lb. skinless boneless chicken breast cut into 1 inch chunks  
1 medium onion chopped  
2 tsp. olive oil  
2 tsp. paprika

1 can condensed cream of chicken soup  
1/4 cup water  
1/4 cup sour cream or yogurt  
Hot cooked noodles

### Instructions

In large skillet, sauté chicken and onion in oil until chicken is browned. Sprinkle with paprika. Stir in soup and water. Simmer for about 10 minutes. Stir in sour cream. Heat, do not boil. Serve over noodles.  
Makes 4 servings

Celeste Marko Englehardt  
Source: the Marko Family Collection

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## Chicken Paprikash

### Appliance(s)

### Ingredients

2 Tbsp Vegetable Oil  
2 Tbsp Whole Butter  
2 Lbs. Chicken Thighs & Leg meat diced in ½" pieces  
1 tsp fresh ground black pepper  
2 tsp salt

3 Tbsp sweet Paprika "Hungarian"  
2 cloves fresh garlic minced  
1 yellow onion diced ¼" pieces  
2 Tbsp flour  
2 cups chicken stock  
2 cups sour cream

### Instructions

In a thick bottom soup or stock pot over medium high heat add the oil and butter. When the butter stops fizzling add the diced chicken meat and brown off. Add the garlic and onions and continue to cook until the onions begin to turn translucent. Reduce the heat down to medium low then add the seasonings and flour and cook for 3 more minutes. Stir in the chicken stock and bring it back to a simmer. Finish by stirring in sour cream. You can serve over egg noodles and garnish with a dollop of sour cream.

Tom Lagen  
Source: Bush Gardens Wine and Food Festival

### *Recipe Variations [F]*

1. Venison in place of chicken diced into ½" pieces
2. Cup back the chicken stock to 1 cup and add 1 cup red wine

## Chicken Marsala

### **Appliance(s)**

### **Ingredients**

¼ cup all-purpose flour for coating	4 tablespoons butter
½ teaspoon salt	4 tablespoons olive oil
¼ teaspoon ground black pepper	1 cup sliced mushrooms
½ teaspoon dried oregano	½ cup Marsala wine
4 breast half, bone and skin removed (blank)s	¼ cup cooking sherry
skinless, boneless chicken breast halves - pounded 1/4 inch thick	

### **Instructions**

In a shallow dish or bowl, mix together the flour, salt, pepper and oregano. Coat chicken pieces in flour mixture.

In a large skillet, melt butter in oil over medium heat. Place chicken in the pan, and lightly brown. Turn over chicken pieces and add mushrooms. Pour in wine and sherry. Cover skillet; simmer chicken 10 minutes, turning once, until no longer pink and juices run clear.

Enjoy!!!

The Kouzmanov Family

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## Crockpot Mississippi Pot Roast

(aka Juliana's Pot Roast)

### **Appliance(s)**

Crock pot/Slow Cooker

### **Ingredients**

1 – 3 pound chuck roast or boneless chicken breast and thighs	1 packet ranch dressing mix
2 Tbsp. olive oil or vegetable oil	1 packet dry onion soup mix
Salt and pepper to taste	½ cup salted butter (1 stick)
	8 pepperoncini peppers

### **Instructions**

Heat up a large skillet on high. Add oil to hot skillet. You want it really hot here to brown or sear the beef quickly.

Take a paper towel and make sure you dry both sides of the pot roast. Season with a little bit of salt and pepper. Once the skillet is nice and hot, add the roast.

Using tongs, flip the meat over and sear the other side of the roast for another 2-3 minutes.

Transfer meat to slow cooker. Sprinkle packets of dry ranch dressing and onion soup mixes over pot roast.

Top with a stick of butter then place peppers on and around roast.

Cover and cook on low for 8 hours.

Take two forks and start shredding the meat. Discard any big fatty pieces.

Serve with mashed potatoes.

**Notes:**

You can skip the browning step if you are in a rush, or just don't feel like it. If you prefer, you can cut up the peppers and stir those into the meat mixture for an extra kick of flavor.

My college kids like to use chicken breast instead of beef. The leftover meat works great for tacos, burritos, and quesadillas so they have food for a busy week without a lot of cooking.

Ananstasia Lagen

Source: Juliana Volkman and [www.thecountrycook.net](http://www.thecountrycook.net)

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## Sloppy Joe

**Appliance(s)**

**Ingredients**

1 ½ pounds hamburger

¾ tsp. salt

¼ tsp. pepper

¾ cups chopped onion

¼ cup chopped green pepper

1 12-ounce can tomato sauce

½ cup water

¼ cup ketchup

2 Tbsp. Worcestershire sauce

½ Tbsp. prepared mustard

2 Tbsp. packed brown sugar

**Instructions**

Fry hamburger, onion, and green pepper till browned. Drain off fat. Return hamburger mixture to pan and add the rest of the ingredients. Simmer for 15 minutes.

Juliana Volkman

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## Tamale Skillet Pie

**Appliance(s)**

Cast Iron skillet or heavy bottom skillet

**Ingredients**

1 lb ground beef

1 (6oz) pkg Mexican Style Cornbread Mix

1 (14.5 oz) can diced tomatoes w/green chilies

1 can black beans (optional)

1 (11 oz) can whole kernel corn w/red and green bell peppers

1/2 Cup water

2 Tbsp chili powder (less if want it "milder")

8 oz (2 cups) cheese

1 egg

3/4 Cup milk

**Instructions**

Heat oven to 375 deg F.

In 10 1/2-inch cast iron skillet brown beef over medium heat for 8-10 minutes or till thoroughly cooked, drain excess fat. Stir in 1 Tablespoon of the cornbread mix, tomatoes, corn, black beans (opt), water and chili powder.

Bring to boil, remove from heat, stir in 1 cup cheese

In medium bowl, beat egg, add milk and cornbread mix. Stir in remaining cheese. Pour cornbread mixture over beef mixture. Bake 375F for 25-30 minutes till golden brown.

Anna Hall

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## Paul's Hashbrown Potatoes

### **Appliance(s)**

#### **Ingredients**

1 ½ bags shredded potatoes	¾ cup onion
1 can mushroom soup	2- 3 Tbsp. butter
16 ounces sour cream	1 cup shredded sharp cheddar cheese

#### **Instructions**

Sauté onions in butter. Mix all ingredients together in a bowl. Place in a casserole dish and bake at 350F for 1 hour and 15 minutes.

Juliana Volkman

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## Ukrainian Potato Salad

### **Appliance(s)**

#### **Ingredients**

4 lbs potatoes, peeled & cubed	1/8 - 1/4 cup pickle juice
4 medium fresh beets	8 tbsp lemon juice
1 large onion, diced	1 cup mayonnaise
2 stalks celery, chopped	salt & pepper to taste
6 large hard boiled eggs, diced	fresh parsley for garnish
6-8 dill pickle spears, chopped	

#### **Instructions**

Wash and boil whole beets with skins on to preserve color. In a separate pot, boil potatoes. After beets are cooked, remove skins and cube. In a large container, add beets, potatoes, onions, celery and pickles together with lemon and pickle juice. Add eggs and mayonnaise and mix well until color is uniform throughout. Add additional mayonnaise or pickle juice if necessary or desired. Season with salt & pepper. Refrigerate overnight or at least 4 - 6 hours. Mix again before serving as beets will continue to bleed, giving the salad a wonderful color. Sprinkle with fresh chopped parsley or garnish with parsley sprigs before serving.

Yields about 8 lbs of salad

Celeste Marko Englehardt  
Source: The Marko family collection

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## Halushki

### Appliance(s)

### Ingredients

1 full 16 oz. Bag wide egg noodles	1 medium onion minced
1 large 24 oz. container cottage cheese	Pepper & salt to taste
1 large 16 oz. container sour cream	Optional - garlic and onion powder
1&1/2 sticks butter	

### Instructions

Melt butter on stove and add minced onion - sauté - add seasonings Salt and lot of pepper (1/2 teaspoon or more depending on personal taste or you can use the garlic and onion powder instead of salt).

Boil noodles in a 5 or 6 quart stockpot - about 15 minutes- drain.

Return drained noodles back to pot. Add butter and onion mixture, cottage cheese, and sour cream. Mix together. May add more seasonings at the end if needed. If serving is not hot enough after adding the cottage cheese and sour cream may heat serving portion in microwave for about 30 seconds.

Celeste Marko Englehardt

Source: The Marko collection of recipes

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## Quick Harvard Beets

### Appliance(s)

### Ingredients

3 cups sliced raw beets or 2 cans (16 oz each)	½ cup white vinegar
sliced beets	½ tsp salt
½ cup sugar	2 Tbsp butter or butter substitute
1 Tbsp all-purpose flour	

### Instructions

In a saucepan, place raw beets and enough water to cook. Cook until tender, 15-20 minutes. Drain, reserving ¼ cup liquid. (If using canned beets, drain and reserve ¼ cup juice)

In another saucepan, combine sugar, flour, vinegar and reserved beet juice. Cook over low heat until thickened. Stir in beets, salt and butter. Simmer for 10 minutes.

6 servings

Anastasia Lagen

Source: [www.tasteofhome.com](http://www.tasteofhome.com)

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## Grain-free Apple Tart

### **Appliance(s)**

Food processor/blender, tart pan, parchment paper

### **Ingredients for filling**

7 – 8 organic apples, sliced  
Cinnamon  
Dash nutmeg  
¼ cup raisins

### **Ingredients for glaze**

2 Tbsp leftover apple juice from cooking  
¼ tsp gelatin

### **Ingredients for crust**

2 cups crispy pecans  
1/4 cup coconut flour  
2 tsp vanilla  
2 Tbsp honey or monk fruit  
¼ tsp stevia  
2 Tbsp ghee or butter  
1/2 tsp sea salt

### **Instructions for the crust**

In a food processor or blender, process the pecans until they are tiny pieces, not a nut butter.  
Add in the honey, (or monk fruit) vanilla and salt and mix  
Add in the coconut flour in small increments as you may need less than 1/4 cup  
Add in small pieces of the butter or ghee while the processor is running to just mix with the batter  
Small pieces of the butter or ghee may still be seen and that is OK  
Oil the tart dish with coconut oil or ghee and place a circle of parchment paper at the bottom and grease the paper  
Take the dough and press into the 9 " tart pan  
Press the dough into the sides and as evenly as you can on the bottom  
Bake in a 300 degrees F oven for 15 – 20 minutes or until browned  
Remove from the oven and let cool

### **Instructions for the filling**

Heat the fry pan to a medium low and melt some ghee or butter  
Add the apple slices to the pan with the raisins and cinnamon and cook gently to soften them (about 25 minutes) turning them occasionally with care to maintain shape  
Remove from pan and cool

When the crust is cool place the cooled sliced apples around the edges and in the middle in a decorative pattern

**To glaze** – put 2 Tbsp juice in a small bowl and sprinkle the gelatin — let sit for 5 minutes  
With the pastry brush, brush on the glaze all over the apples. Refrigerate for an hour before serving.  
Slice and serve or refrigerate.

Celeste M. Englehardt

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## Lime Yogurt Pie

### **Appliance(s)**

### **Ingredients**

- |                                       |   |
|---------------------------------------|---|
| 1 3-ounce package lime gelatin        | 1 8-ounce carton frozen whipped topping, thawed |
| 2 6-ounce cartons key lime pie yogurt | 1 9-inch graham cracker crust                   |

### **Instructions**

In a bowl, combine gelatin powder and yogurt. Fold in whipped topping spread into graham cracker crust. Refrigerate **several** hours before serving.

Juliana Volkman

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## Delicious Peaches and Cream Pie Recipe

### **Appliance(s)** Pie Pan, Mixer

### **Ingredients**

- |   |  |
|---|--|
| 6 soft peaches (or more depending on the size of the pie pan) | 1 cup whipping cream   |
| 1/2 c. blueberries  | 1/3 c. Or about a handful of sliced almonds  |
| 1/2 c sugar   | 1 pie crust (Trader Joes has one of the best ready made pie crusts on the market with wholesome ingredients and no preservatives.) |
| 4 Tbsp flour  |  |
| 1/2 tsp cinnamon  |  |
| 1 tsp almond extract  |  |

### **Instructions**

Slice peaches in half and remove the pits. Arrange them on the bottom of the lined pie pan. Fill in the spaces with smaller slices of the peaches. Sprinkle the blueberries and sliced almonds over the peaches. Mix together the sugar, flour, cinnamon, whipping cream, and almond extract until smooth. Pour cream mixture over the fruit and bake at 375 ° for about 45 min or until the cream mixture bubbles. If the pie crust turns brown and the cream hasn't bubbled yet, cover the pie crust edge with foil and bake until bubbly. Let cool on a cooling rack for about an hour or 2 until the pie is thoroughly cooled before slicing. If the pie is still warm, the cream will not firm up and it will be runny. Refrigerate.

Celeste Marko Englehart Family collection



## Vanilla Vodka

### **Appliance(s)**

### **Ingredients**

1 bottle of Vodka, Ciroc or your favorite brand  
5 Vanilla beans

### **Instructions**

At the beginning of Great Lent on Meatfare Sunday, split open 5 Vanilla beans down the long side of the bean so to expose the inside of the bean. Insert the 5 beans one by one into the bottle of Vodka, seal the cap and put it a cool place. During Holy Week, on Holy Wednesday or Thursday, place the bottle into the freezer. On Pascha, open the bottle and taste your Vanilla Vodka. The longer the Vodka sits the better the taste.

Some people start their Vanilla Vodka on New Years Day and then open in up on Pascha.  
Enjoy!

### **Notes:**

You can purchase quantities of vanilla beans on Amazon for a reasonable price.  
Buy extra and store in freezer until ready to use. Fresh vanilla beans have an excellent taste in recipes.

You can purchase little bottles and fill them up with the Vanilla Vodka. Seal them and tie a little ribbon around the neck of the bottle. They make wonderful Pasha basket and Christmas gifts.

Celeste Marko Englehardt  
Family Collection

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## The Lenten Pantry

### Dairy Substitutions

- Refrigerated nut milks (coconut, cashew, almond)
- Canned coconut milk
- Non-dairy creamer
- Non-hydrogenated Margarine
- Non-hydrogenated shortening (palm shortening)
- Coconut Oil
- Sunflower, Canola, vegetable oil
- Olive oil
- Avocados
- Vegan Mayo
- Tahini (refrigerate after opening)

### Egg Substitutes

- Egg replacers
- Flax Meal
- White chia meal

### Protein

- Canned and dried beans, garbanzo (chickpea), butter beans (large lima), black beans, cannellini, kidney, navy, pinto, vegetarian baked beans (Bushs)
- Lentils
- Nuts, cashews (raw) almonds, walnuts, hazelnuts, peanuts – for snacking and cooking
- Nut butters, almond, sunflower
- Prepared Seitan – wheat meat substitute
- Quinoa
- Canned shellfish, crab meat, clams
- Tuna, salmon

### Grains and Seeds

- Whole chia seeds
- Flaxseed
- Hemp seeds
- Pumpkin seeds
- Sunflower seeds
- Amaranth flour – use in combination with spelt or buckwheat flour- use as a secondary flour
- Oatmeal
- Rice – Jasmine, Basmati, White, sprouted, Wild
- Pasta – protein pasta, whole wheat pasta, rice noodles pearlized couscous

## **Flavor Enhancers**

Shoyu or Tamari sauce

Nutritional Yeast

Garbanzo bean miso

Dijon Mustard

Soy miso

Mushroom broth

Vegetable broth

Curry powder

Red curry paste

Hot sauces

Nori (dried seaweed)

Pickled foods – capers, pimentos, olives, artichoke hearts, beets, pickles, chow-chow, giardiniera, banana peppers, 3 bean salad

Liquid smoke

Smoked Paprika

Salsa

Vegan Bagels

Vegan English muffins

Tortillas

Crackers

Trail Mix

Granola bars

Fruit Leather

Oyster crackers

Pretzels

Dried Fruit

Mixed Nuts

Chips

Soy Sauce substitutions – Coconut Secrets (coconut aminos)/ 1Tbsp crumbled Nori in 1 cup very hot water. Cool.

Silken Tofu substitutions – Vegan nut milk yogurt, 1 cup cannellini beans + 1 Tbsp nut milk combined in food processor.

Cashew cream with equal parts water and cashews

Firm Tofu – Canned butter beans for marinated and baked recipes using larger pieces

Canned cannellini and garbanzo beans for recipes using diced pieces

Seitan slices

Garbanzo beans for scrambled tofu recipes

## **Lunch box Ideas**

jam or apple butter sandwiches  
peanut butter and jelly sandwiches  
peanut butter and banana on rice cakes  
Peanut butter and celery  
Baby carrots & vegan ranch dip  
Cherry tomatoes  
Apple slices dipped in lemon juice to prevent browning w/ or w/o peanut butter  
Grapes (Try frozen)  
Cracker and hummus  
Crackers and olive tapenade  
Pretzel chips and vegan ranch dip, or fav dip  
Peanut butter and bananas on rice on plain rice cakes  
Avocado toast/rice cake  
Luna protein bars  
Cliff bars  
BelVita minis  
Veggie Straws/Chips  
Bagged popcorn  
  
Veggies and hummus  
Pita chips (plain or cinnamon sugar)  
Cut up fruit and berries  
Dried fruit – raisins, cranberries, apricots, dried fruit mixes  
A thermos of vegan soup with oyster crackers  
A thermos of favorite pasta with marinara sauces and nutritional yeast flakes

## Vegan Websites with Recipes

<https://www.kopiaste.org/2009/03/nistisimes-syntages-food-for-the-soul-lenten-recipes/>  
<https://miakouppa.com/category/nistisimo/>  
<https://miakouppa.com/2020/03/01/mia-kouppa-lenten-meal-plan-2020/>  
<https://www.dimitrasdishes.com/tag/nistisimo/>  
<https://akispetretzikis.com/en/tags/nhstisima>  
<http://thegreekvegan.com/tag/nistisima/>  
<http://thegreekvegan.com/recipes-by-category-2/>  
<https://stseraphimboise.org/recipes>  
[http://www.orthodox.net/recipes/lenten\\_main\\_dishes.html](http://www.orthodox.net/recipes/lenten_main_dishes.html)  
<https://www.thespruceeats.com/greek-lenten-recipes-1705831>  
<https://recipes.sparkpeople.com/cookbooks.asp?cookbook=2433>  
<https://www.theenduringhome.com/orthodox-menu-plan-march-2016/>  
<https://www.lentenchef.com/about-us/>  
<https://www.mygreekdish.com/category/collections/traditional-greek-easter-lent-recipes/>  
<https://stuffedveggies.blogspot.com/2016/02/40-day-lenten-menu-for-people-who-hate.html>  
<http://stuffedveggies.blogspot.com/2013/03/menu-for-first-week-of-orthodox.html>  
<http://stuffedveggies.blogspot.com/2015/02/a-month-of-lenten-menus-with-links-17.html>  
<http://stuffedveggies.blogspot.com/2014/02/menu-for-every-day-of-great-lent.html>  
<https://www.greekboston.com/category/food/fasting-lenten/>  
<https://vegantrekker.com/2019/02/top-5-vegan-bulgarian-dishes-you-must-try.html>  
<http://www.altours-bg.com/top-20-bulgarian-cooking-recipes/>  
<https://visitmybulgaria.com/bulgarian-must-eat-foods-12-delicacies-not-to-be-missed/>  
<https://ohsheglows.com/categories/recipes-2/>  
<https://minimalistbaker.com/>  
[https://minimalistbaker.com/recipe-index/?fwp\\_special-diet=vegan/](https://minimalistbaker.com/recipe-index/?fwp_special-diet=vegan/)  
<https://www.hummusapien.com>  
<https://www.theseasonedmom.com/recipe-index/>

<https://www.allrecipes.com/>  
<https://elanaspantry.com/recipes/>  
<https://www.twopeasandtheirpod.com/>  
<https://www.tasteofhome.com/recipes/>  
<https://www.veganosity.com/category/vegan-recipes/vegan-meal-plans/>  
<https://myincrediblerecipes.com/>  
<https://heatherchristo.com/collections/>  
<https://www.southernliving.com/recipes>  
<https://veganhuggs.com/>  
<https://asassyspoon.com/>  
<https://www.spiceandtea.com/recipes.html>  
<https://sallysbakingaddiction.com/recipes/>  
<https://www.spendwithpennies.com/>  
<https://thewanderlustkitchen.com/>  
<https://www.thelittlepine.com/recipes/>  
<https://spicecravings.com/>  
<https://www.cocoandash.com/>  
<https://www.therisingspoon.com/>  
<https://www.goodhousekeeping.com/contenttype/recipes/>  
<https://www.tessadomesticdiva.com/indexes/recipes/>  
<https://www.lecremedelacrumb.com/>  
<https://www.devourdinner.com/>  
<https://www.forksoverknives.com/recipes/vegan-menus-collections/you-wont-believe-these-tasty-vegan-recipes-are-totally-oil-free/>  
<https://www.karissasvegankitchen.com/oil-free-vegan-recipes/>  
<https://cheftariq.com>

## Lenten Menu Plans

IF you want to observe Lent, but hate to cook, check out this post, which has ideas for Lent-Friendly restaurant fare, frozen meals, and deli meals, as well as some of my simplest recipes: [40 Day Lenten Menu for People Who Hate To Cook](#)

Here's the menu:

- 1 Green Monday, [Family Favorite Lentil Soup](#), [Homemade Yeast Bread](#)  
(as leftovers, this dish is delicious over Spaghetti!)
- 2 [Indian Lemon Rice with Peas](#) (go ahead and make the double seasoning packet - pop the other half in the freezer for the Lemony Dal to come later)
- 3 [Minestrone](#) with [Homemade Yeast Bread](#) and [Super Simple Salad](#)
- 4 [Szechuan Green Beans](#) over [Rice](#)
- 5 [Pasta & Sauce](#) with Garlic Bread and [Super Simple Salad](#)
- 6 [Black Bean Enchiladas](#), Chips & [Salsa](#)
- 7 [Tabouli](#), Dolmades (Stuffed Grape Leaves from a Can), Olives, [Hummus with Capers](#), [White Bean Salad](#)
- 8 [Greek Green Beans \( Fasolakia Yachni \)](#) with Salad & Bread
- 9 [Stuffed Eggplant](#) with Dolmades (Stuffed Grape Leaves from a can)
- 10 [Alphabet Soup \( Pasta e Fagioli \)](#), [Lentil & Rice Salad](#)
- 11 [Greek Chickpea Stew \( Revythia \)](#) with Chopped Raw Veggies
- 12 [Red Lentil Soup - Sephardic Style](#) with Salad (if you want, go ahead and double the batch as the link describes, seasoning the second half with Moroccan seasonings to serve on day 50)
- 13 [Orzo Pilaf](#) with [Black-Eyed Pea Salad](#)
- 14 [Tofu Tamale Pie](#) with Chips & Salsa
- 15 [Greek Style Black-Eyed Peas \( Louvia \)](#) topped with chopped raw veggies. [Bread](#)
- 16 [Greek Bean Soup \( Fasolia Yachni \)](#), [Bread](#)
- 17 [Lemony Dal](#) & [Whole Wheat Naan](#)
- 18 [Fill Your Own Tortilla Night](#) with Chips & [Salsa](#)
- 19 [Chili Cornbread Casserole](#) & [Better than Coleslaw](#)
- 20 [Bulgur Pilaf \( Pourgouri \)](#) with Chopped Raw Veggies
- 21 [Peas & Artichokes Yachni](#)
- 22 [Turnovers](#) with Salad
- 23 [Eggplant Stew](#) (if desired, use leftovers to top pizza on day 25)
- 24 [Curried Chickpeas over Rice](#)
- 25 [Pizza](#) with Salad
- 26 [Greek Giant Beans \( Gigantes \)](#)
- 27 [Mediterranean Chickpeas & Vegetables](#) over rice or quinoa with Salad
- 28 [Split Pea Soup](#) with Salad
- 29 [Stuffed Manicotti](#) with Salad
- 30 [Greek Okra & Tomato Stew \( Bamies Yachni \)](#), Bread, Salad
- 31 [Barbecue](#), [Rice](#), [Cornbread or Corn Muffins](#), Succotash (Lima Beans & Corn), Slaw
- 32 [Confetti Spaghetti](#)
- 33 [Black Bean Soup \(Slow Cooker\)](#), Chips & Guacamole
- 34 [Burgers & Fries Vegan Style](#), [Fruit Salad](#)

- 35 [Lentil & Rice Salad](#), Dolmades (purchased), [Baba Ganoush \( Eggplant Dip \)](#), Fruit
- 36 [Vegan Sausage Patties](#) for Sandwiches & Baked Potato Chips
- 37 [Jambalaya](#), [Better than Coleslaw](#)
- 38 [Pad Thai, Simple Vegan](#)
- 39 [Moujendra \( Mejadra \)](#) with veggies
- 40 [Chili-Topped Potatoes](#), Salad
- 41 [Greek Stuffed Veggies \( Gemista \)](#) with Salad
- 42 [Teriyaki Veggies over Rice](#)
- 43 [Spiced Blackeye Peas over Rice](#), [Carrot Raisin Salad](#)
- 44 [Lentil Shepherd's Pie](#)
- 45 [Philippine Style Fried Rice](#) with Salad
- 46 [Vegan Mock Crab Cakes](#) with [Oven Fries](#)
- 47 [Tofu Creole](#), Salad, Bread
- 48 [Chickpeas in Ginger Sauce](#) over [Rice](#), Slaw, Bread
- 49 [Mushroom Barley Soup](#), (use Brown Rice in place of Barley for GF Option) and Bread
- 50 [Moroccan Lentil Soup](#), Salad, Bread

Appliances I recommend for those who hate to cook:

A microwave oven. And

[Microwave Rice Cooker](#), OR

[Electric Rice Cooker](#) (an electric rice cooker is as easy to operate as a toaster - just put in rice and water & push down the button - when it's done, the button pops up! : ). AND

[Slow Cooker](#) (the brand name of my favorite brand is Crock Pot). Slow Cooker recipes are often very easy, super quick -taking about 10 minutes of hands on time - and very hard to mess up - not only that, but when you come home at the end of the day, the dreaded cooking is already done!

An [Immersion Blender](#) is good for pureeing quick soups. If you don't have one, you can use a regular blender, but it's more of a hassle, as it can be hard not to splash yourself with hot soups. Most any brand is good - I got mine at the thrift store : )

So, on to the 40 Day menu:

1. Veggie Pad Thai at the Local Thai Restaurant (be sure to ask them to omit any Fish Sauce) or [Homemade](#).
2. [Asian Peanut Wrap using rice from your freezer and my 3-minute Peanut Sauce](#).
3. [Easy Chili or a Can of Vegan Chili from the Grocery](#)
4. [Bean Burrito Fresco Style at Taco Bell](#)
5. [Szechuan Green Beans over Rice](#) - either homemade or at your favorite Chinese Place.
6. [Trader Joe's Vegetable Biryani](#)  
(Our Trader Joe's has a handout available that lists all their Vegan items to make shopping easier )
7. [Hummus](#) with Veggies & Bread for dipping- either grocery store bought or homemade. To make this even easier, buy pre-cut, Fresh "Stir Fry Veggies" from the produce section in the



grocery store.

8. [Wendy's Baked Potato with Broccoli](#) - ask them to leave off the Cheese Sauce. Or [Slow Cooker Baked Potatoes at home with some fill-your own options.](#)
9. [Vacation Soup](#)
10. [Veggie Sushi](#) - store bought or homemade
11. [Boca Burgers from the grocery, microwaved. Add some bread & toppings from the Salad Bar. A baked frozen potato, such as Tatertots can be a nice addition.](#)
12. [Subway Veggie Delight without Cheese ordered on one of their Vegan Breads.](#)
13. [Amy's Indian Vegetable Korma](#) from the Grocery Freezer Section or dinner out at your favorite Indian place that serves Vegan entrees.
14. [Taco Bell 7-Layer Burrito without Cheese or Sour Cream](#)
15. [Claire's Southern Delight over Rice](#)
14. [Confetti Spaghetti](#)
16. [Split Pea Soup in the Slow Cooker](#)
17. Stir Fry Veggies, with or without Tofu from your favorite Chinese Restaurant or [Homemade](#)
18. [Amy's Roasted Vegetable No Cheese Pizza](#) from the Grocery Freezer Section
19. [Simple Pasta & Sauce](#)
20. Veggie Fajitas from your Favorite Mexican Place (double check that they don't use Lard, and ask them to leave out any Cheese or Sour Cream) or [Homemade](#)
21. [Greek Style Black-Eyed Peas](#)
22. Veggie Lo Mein from your Favorite Chinese Place.
23. [Mexican Haystacks](#) with all store-bought ingredients
24. [Family Favorite Lentil Soup in the Slow Cooker \(this is also great over Spaghetti the next day\)](#)
25. [Veggie & Olive Sandwich](#)
26. [Asian Peanut Noodles made with cooked spaghetti from your freezer and my 3-minute Peanut Sauce.](#)
27. [Vegan Pizza](#) - order delivery OR use Flatbread & Pizza Sauce from the Grocery, top with veggies (such as mushrooms, olives & peppers) from the Salad bar, and heat in Toaster Oven.
28. [Build-Your-Own Rice Bowl](#)
29. [Black Bean Soup in the Slow Cooker](#)
30. Good, Old Fashioned Peanut Butter & Jelly with Baby Carrots, Baked Potato Chips & Grapes
31. Homestyle Tofu from your Favorite Chinese Restaurant.
32. [Broccoli Soup](#)
33. [Homemade Freezer Bean Burritos with Refried Beans, Rice & Salsa, or freezer Bean Burritos from the Grocery.](#)
34. Skyline Black Beans & Rice over Spaghetti, or [Homemade](#)
35. Potato & Onion Pierogies from the Supermarket Freezer Section (I buy Aunt Helena's Brand)
36. [Amy's Vegetable Pot Pie](#) from your Grocer's Freeze
37. [Black Bean and Corn Salad](#) (also good wrapped in a tortilla with a little lettuce)
38. [No Cook Tabouli](#) (or Tabouli from the Deli at the grocery) with Stuffed Grape leaves in a Can from the Supermarket, and Olives with Pita Bread
39. [Morningstar Farms Riblets.](#) Rice, Corn (microwaved from freezer or can)
40. Dinner out at Chipotle, Currito, or Qdobo