

Quinoa Salad

4 cups Quinoa, cooked & cooled
¼ cup Red Onion
Cilantro & Parsley to taste
1 Roma Tomato
1 small can sliced Olives
1 can Black Beans
½ tsp. Salt
1 Tbsp. Olive Oil
1 Tbsp. Lemon Juice
Mix and serve.



Karen Hackett

Cauliflower Pizza

1 cup raw Cauliflower, grated
1 Egg
½ cup shredded Cheese

Bake at to 425° for 25 minutes. Remove, add sauce, cheese and toppings – return to oven for 10 minutes. Use Silpat or non-stick foil.

Kathy Jones

Green Olive Hummus

1 15oz. can of Garbanzo Beans
1/2 cup Green Olives
1 T Lemon juice fresh squeezed
1 clove Garlic



Blend all ingredients

Yvonne Hoover

Vegan Enchiladas

Pureed in food processor:

2 lbs extra firm tofu
2 tsp salt
½ tsp garlic powder
1 tsp chili powder
1 tsp cumin
1 Onion

Add only enough water for it to puree! You may need to do it in batches.

Fold In:

3 carrots, shredded

1 can black beans, drained and rinsed

Fill corn tortillas w/#16 scoop. 12 enchiladas will fit in a 9x13 pan.

This batch makes approximately 20 enchiladas.

Cover with 1 28 oz. can enchilada sauce.

Dilute with water if necessary to cover enchiladas.

Bake at 350°

Lisa Hainey



Mayo Coba Beans (Peruano)

1 cup dry beans –

makes approx 3 cups cooked beans

1 tsp salt

3-4 cups water

1 whole onion - chopped



Cook in Crock Pot until done. I have cooked them anywhere from 4-8 hours.

Karen Hackett

Baked Penne with Pumpkin & Sausage

- 4 cups or 12 oz penne
- 1 cup 15 oz pumpkin
- 1 T flour
- 1 Tsp garlic powder
- ½ tsp salt
- ¼ tsp nutmeg
- Pinch of Cayenne pepper
- 1 can carnation non-fat milk
- 4 links Vegetarian Italian Sausage
- 1 pkg or 6 oz baby spinach
- 1 cup 4 oz mozzarella cheese
- ½ cup shredded parmesan cheese



Preheat oven to 425°. Spray 4 qt baking dish with non-stick cooking spray. Prepare pasta according to cooking directions. Reserve 1 cup pasta cooking water. Set aside for later use. Meanwhile combine pumpkin, flour, garlic powder, salt, nutmeg, cayenne pepper in medium skillet over medium heat. Slowly add evaporated milk, stirring until smooth. Cook, stirring occasionally for 2-3 minutes or until mixture begins to thicken slightly. Pour over pasta in pot. Add sausage and reserved cooking water. Stir well. Spread ½ of pasta into baking dish. Top with spinach. Cover with remaining pasta mixture. Lightly spray foil with cooking spray. Cover pasta with foil greased side down. Bake for 20 minutes or until heated through. Combine cheeses in small bowl. Remove foil sprinkle with cheese mixture. Bake uncovered for additional 5 minutes or until cheese is melted.

Janet Stott

Tofu Vegetable Stew

- 3 sweet peppers (one each red, green, and yellow), julienned or cut in strips
- 3 carrots, julienned
- 1 T olive oil
- 1 Onion, julienned
- ½ cup fresh cilantro, chopped
- 3 ounces tomato paste
- 2 tomatoes, julienned
- 1 block extra firm tofu, water packed
- 1 cup breadcrumbs, herb seasoned
- 2 bay leaves
- 1 tsp oregano
- 4 cups water
- 1 ½ tsp cumin
- 4 cloves garlic, chopped
- ¼ cup soy sauce



1. Cut or chop all vegetables (peppers, onion, carrots, and cilantro).
2. In a medium to large pot, saute' onions and garlic in olive oil for about a minute. Add chopped cilantro, tomatoes, bay leaves, cumin, oregano, and tomato paste.
3. When mixture is well sautéed, add water and continue cooking over medium heat. Cook soup until it thickens.
4. Rinse and dry block of tofu. Place soy sauce in a medium bowl, and place breadcrumbs on a plate.
5. Slice block of tofu in half, then slice tofu into rectangles. (I prefer the rectangular cut, but you may cut it into any shape.)
6. Dip tofu into soy sauce, then dredge it through seasoned bread crumbs and place it on a greased cookie sheet. You may use parchment paper, as well. Bake at 350°F until brown and firm.
7. Once baked, let tofu cool off a little, then mix it into the stew.

8. Once stew thickens, allow it to simmer for a few more minutes, then serve.
9. Can be served over rice, polenta, cooked barley, mashed potatoes, couscous, millet, pureed plantains, or quinoa.

Kathleen Henning

Quick & Easy Vegan Black Bean Burgers

Water “sauté”:

½ cup chopped onion

2-4 cloves minced garlic

When onions are soft, add:

½ cup green or red pepper, chopped fine

1 large stalk celery, chopped fine

Continue cooking till celery & onions are soft.

Meanwhile in a large mixing bowl, mash 1 cup cooked black beans.

Add:

1 cup unmashed black beans

Stir in ½ cup corn

2 tsp. cumin

1 ½ tsp. paprika

½ tsp smoked paprika

½-1 tsp dry ginger

¼ tsp. cayenne pepper, optional

2 T tahini

1 T Bragg’s liquid aminos or soy sauce

½ cup quick oats

Stir in “sautéed” vegetables & mix well. Add dry bread crumbs (about ¾-1 cup) till mixture is good consistency to form into burgers. Bake @ 350° for 25 min. Turn over & bake an additional 15 min.



Dawn Hainey

Almond Chocolate Chip Cherry Cookies

1/2 cup soy milk, water or apple juice

1/2 cup maple syrup

1/2 cup plain applesauce

1 Tbsp. vanilla

1 Tbsp. almond extract

1 cup unbleached flour

1 cup whole wheat pastry flour

1 tsp. baking powder

1/2 tsp. baking soda

1/4 tsp. salt

¾ cup vegan chocolate chips

1/3 cup dried cherries

1/3 cup sliced almonds (optional)



Whisk together the milk, maple syrup, apple sauce, vanilla and almond extract, and set aside. In large bowl mix both flours, baking soda, baking powder, and salt. Stir well. Add wet ingredients to dry and stir well. Fold the remaining ingredients into the cookie dough. Lightly oil or use parchment paper on 2 cookie sheets. Drop dough by teaspoonfuls spacing 2 inches apart on cookie sheets. Bake at 350 degrees for 10-15 mins or until lightly browned on bottoms and sides. Allow cookies to cool on cookie sheets for a few minutes, then transfer to a rack to cool completely. Repeat with the rest of the dough.

Sydnee McNally