

PUDGE-FREE HOLIDAYS

20 NEW HEALTHY VEGAN RECIPES TO KEEP YOU SKINNY THROUGH THE HOLIDAYS

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Dear Fellow Foodie:

So, I bet you bought this e-cookbook just for my secrets, right? ;) Just kidding; I know you bought this e-cookbook for the awesome fat-free recipes in it. However, before you get started, there are definitely some “tricks to the trade” I want to share with you so your healthy holiday meals come out with sheer perfection!

Baking Rules of Engagement:

#1 Always spoon your flour into your measuring cup. Scooping it or eye-balling it will lead you astray (by about two ounces).

#2 Only stir as much as necessary (“until just combined” is a good general rule) and be gentle about it. Hardcore whipping may burn a few calories, but it will do bad things to your batter.

#3 Baking recipes can only handle a few substitutions. When you do make a change, be sure to think about the big picture: “What does that ingredient do?”

Onion, Garlic, and Spices, Oh My!:

I’m always running out of onion and garlic, so I keep onion powder, onion flakes, and garlic powder on hand. Here’s how the substitutions go (feel free to swap fresh for dry or vice versa in any recipe):

1 garlic clove = 1/8 tsp garlic powder
1 garlic clove = ¼ tsp granulated garlic
1 small onion (1/3 cup) = 1 tsp onion powder
1 small onion (1/3 cup) = 1 tbsp onion flakes

Italian seasoning and pumpkin pie spice are pre-mixed spices. You can find a recipe detailing how to make them at home by searching Google.

From My Head Down to My “Eggs”:

There are numerous ways to replace eggs in recipes (theppk.com offers a great list with tips!). “Flax eggs” and “Ener-G eggs” are my favorites. To make a flax egg, simply combine 2 ½ tbsp of ground flax seeds with 3 tbsp of water. Ener-G egg replacement can be found at most health foods stores and online. Whichever “egg” referenced in the recipe is the one I felt worked best, but my testers and I used a variety of egg replacements when testing these recipes. So, don’t fret if you only have one and not the other. I wouldn’t recommend trying to use an actual egg, however. If you’re in a pinch, substitute ¼ cup of blended Mori-Nu silken tofu per egg.

Soy, Rice, Almond, Oat, Hemp...Milk?:

Because this is a fat-free e-cookbook, I use fat-free soymilk in every recipe. However, you can usually substitute any non-dairy milk you prefer with the exception of recipes that call for adding apple cider vinegar or lemon juice to the soymilk. When either of these are added to soymilk, it creates a mock buttermilk and, unfortunately, the other non-dairy milks don’t have the same effect.

Flour Power:

Whole wheat pastry flour is lighter than whole wheat flour, but still has all the good nutrients. I don’t recommend substituting all-purpose flour for whole wheat pastry flour, both for health reasons and because the few times my testers tried using all-purpose flour, the results weren’t right. Of course, I can’t stop you from trying, but why not give whole wheat pastry flour a chance? You can find it at health food stores, usually in the bulk section and on the shelves, and Bob’s Red Mill (my favorite brand) also sells it by the bag online. Many of my testers used white whole wheat flour or whole wheat flour instead with great success; just be prepared for a more dense baked good. By the way, gluten-free all-purpose blends can always be substituted.

I’m Phat, Not Fat:

Applesauce is my favorite fat replacement and it has never failed me. However, when a recipe calls for shortening specifically, I use Tofutti brand non-hydrogenated cream cheese. It works like a charm; you should try it. (Tofutti cream cheese has 1.3 g of fat per tbsp compared to oil and margarine at 14 g per tbsp.)

If You Can’t Take the Heat:

Generally, you never want to exceed 350 F when baking fat-free goods. Obviously, there are exceptions, but that’s a great “rule of thumb.” Why? Without all the oil, your goodies may burn or dry out at a higher temperature.

Momma Says I’m Sweet Enough:

I only use raw sugar and evaporated cane juice (turned into powdered or brown sugar); no exceptions. However, I respect that not everyone is as fastidious as I am about sugar. If you’re going to use processed white sugar (i.e. Domino), you will probably need to adjust (reduce) the amount of sugar called for in my recipes.

If you’re trying to avoid sugar, you can substitute 1 cup of pure maple syrup for 1 cup of sugar in any recipe; just reduce the liquid by 2 tbsp and add an additional ½ tsp of baking soda. However, artificial sweeteners will not work in my baked goods. Not that you want to eat that stuff anyway.

I’m Rubber and You’re Glue:

“Sticking” was the biggest problem my testers and I faced while cooking fat free. We found that using non-stick pans worked best, but if you don’t have a non-stick pan, use parchment paper or lightly grease your pan and PLEASE spray your paper cup liners with your oil spray can. You will get my “glue” joke in no time otherwise (Although, can we make a peace pact to stop using liners? Be green).

Pumpkin Loaf with Maple Glaze Icing

This sweet bread works as a lovely light dessert or a rich morning treat. Serve it with hot apple cider and your family will love you more than they already do. (A special thanks to Sheree, who brought the idea of pumpkin bread into my world.)

Makes one loaf

Ingredients:

¼ cup fat-free soymilk or other non-dairy milk
¼ tsp apple cider vinegar or lemon juice
1 15 oz. can pure pumpkin
1 cup brown sugar
2 tbsp pure maple syrup
1 tsp vanilla extract
2 tbsp pumpkin pie spice
2 cups whole wheat flour
1 tsp baking soda
½ tsp baking powder

Maple Glaze Icing:

1 cup confectioners' sugar
2 tbsp pure maple syrup
1 tsp cinnamon
1 tsp vanilla extract

Icing Directions: Combine all ingredients in a small bowl. Add more maple syrup for a thinner icing or more sugar for a thicker icing.

Directions:

1. Preheat oven to 350 F.
2. Whisk the soymilk and vinegar until foamy and bubbly.
3. Blend pumpkin, sugar, vanilla, and maple syrup together.
4. In a large bowl, whisk pumpkin pie spice, flour, baking soda, and baking powder together.
5. Re-whisk soymilk mixture until foamy and bubbly.
6. Transfer pumpkin mixture into flour mixture and stir until just combined.
7. Pour combined mixture into a greased or non-stick standard bread pan.
8. Take a large piece of foil, fold it in half, and place over the bread pan, making a large tent.
9. Bake the bread for 1 hour (perhaps longer, depending on your oven and tent size).
10. Carefully check the bread after 50 minutes. Slowly pull the rack out just a bit and open the foil. Touch the center of the bread gently to see if it's firm or wet. If it's firm, stick a fork or toothpick in the center and see if it comes out clean. If so, it is done. If the center is still wet to the touch, bake at least another 5 minutes and check again. Repeat as needed, but be careful! Banging the bread pan on the rack will ruin it.
11. Meanwhile, make icing.

12. Once the bread has cooled (slightly warm is best if you want the icing to be a glaze and run down the side of the bread), slather the icing on the top of the bread. You could also spread the icing on a slice of pumpkin bread like a jam.

Tips: Be sure not to overfill your bread pan. Leave at least 1 cm for the bread to rise. Also, leave room in your tent for the bread to rise.

Note: You can make muffins or mini loaves using this recipe; just be sure to reduce the cook time.

Spiced Carrot Cake Muffins

If you liked my fat-free carrot cake cupcakes, you will love these muffins. They're the healthier sisters to the cupcakes and a little spicy, too.

Makes one dozen

Ingredients:

1 ½ cups whole wheat pastry flour
1 tsp baking soda
1 tsp baking powder
½ tsp salt
½ tsp allspice – optional
½ tsp ground cinnamon
¼–½ tsp ground cloves
¼ tsp ground nutmeg
½ tsp poppy seeds – optional
½ cup raw sugar
1 ½ cups unsweetened applesauce
1 tsp vanilla extract
1 cup baby carrots, grated

Directions:

1. Preheat oven to 350 F.
2. Lightly grease a muffin pan or spray paper cups with your oil spray can to prevent sticking.
3. Whisk flour, baking soda, baking powder, salt, spices, and optional seeds together.
4. Add applesauce, sugar, vanilla, and carrots to the center of the dry mixture.
5. Mix until combined (it may take several strokes and seem too dry, but it's not; just keep mixing).
6. Spoon the mixture into muffin cups, filling them ¾ of the way.
7. Bake 15–18 minutes, until a toothpick inserted into the center of a muffin comes out clean.

VARIATION: For “**SUGAR-FREE**” **MAPLE MUFFINS**, replace the ½ cup sugar with ½ cup of pure maple syrup and only add applesauce as needed to obtain a moist batter.

Maple-Kissed Sweet Potato Muffins

When you have leftover sweet potatoes, make these wonderfully healthy muffins. I serve the pumpkin version every year for Thanksgiving breakfast and go sweet potato style on New Year's Day.

Makes one dozen

Ingredients:

2 “eggs” (flax or Ener-G eggs)
1 ½ cups whole wheat pastry flour
2 tsp baking powder
1 tsp baking soda
2 tsp pumpkin pie spice or ground cinnamon
A small pinch of sea salt
¾ cup light brown sugar
1 cup mashed sweet potatoes or yams
¾ cup unsweetened applesauce
¼ cup pure maple syrup

Directions:

1. Preheat oven to 350 F.
2. Lightly grease a muffin pan or spray paper cups with your oil spray can to prevent sticking.
3. Prepare “eggs.”
4. Mix flour, baking powder, baking soda, spice, salt, and sugar together.
5. Add sweet potatoes, then mix in “eggs,” applesauce, and maple syrup.
6. Spoon the mixture into muffin cups, filling them ¾ of the way.
7. Bake 15–18 minutes or until a toothpick inserted into the center of a muffin comes out clean.

VARIATION: For **MAPLE-KISSED PUMPKIN MUFFINS**, substitute 1 cup canned pure pumpkin for the sweet potatoes.

Apple Crisp Muffins

Nothing says autumn like a warm apple crisp. If you're looking for a healthy apple crisp recipe, visit my blog (<http://happyherbivore.com/recipes>), but in the meantime, give these tasty muffins a try! They rock the apple and the oat!

Makes one dozen

Ingredients:

1 ½ cups whole wheat pastry flour
½ cup oats
¼ cup dark brown sugar (see note)
½ cup raw sugar
2 tsp baking powder
1 tsp baking soda
2 tsp cinnamon
A few dashes of nutmeg
A few dashes of ground ginger
A pinch of sea salt
¾ cup + 1 tbsp unsweetened applesauce
2 Ener-G eggs
1 heaping cup diced McIntosh apples
¼ cup pure maple syrup
½ cup chopped pecans or walnuts – optional

Optional Toppings:

Brown sugar
Rolled oats

Directions:

1. Preheat oven to 350 F.
2. Lightly grease muffin pan or spray paper cups with your oil spray can to prevent sticking.
1. Make the "eggs."
2. Mix everything together except for the apples and nuts.
3. Gently fold in apples and nuts.
4. Spoon the mixture into muffin cups, filling them ¾ of the way.
5. Sprinkle oats and brown sugar on top if desired.
6. Bake 15–20 minutes, until a toothpick inserted into the center of a muffin comes out clean.

Note: If you don't have brown sugar, add another ¼ cup raw sugar and drizzle in some molasses. I'd say ½ tsp or less.

African Kale & Yams Mash

When I decided to write a holiday cookbook, I knew I wanted to include something for Kwanzaa. Being unfamiliar with both African cuisine and Kwanzaa, I turned to Google for guidance. I noticed spicy yams and kale were popular in many traditional dishes and decided to pair them together for this recipe.

Serves two

Ingredients:

2 cups kale, stems removed
1 medium yam, peeled and cubed
Fat-free soymilk or other non-dairy milk
1 tsp raw agave nectar
1 tsp chili powder
½ tsp ground cumin
¼ tsp garlic powder
A pinch of dried oregano
Red pepper flakes as desired
A pinch of onion flakes – optional
Hot sauce as desired – optional

Directions:

1. Steam kale until dark green and wilted (about 15–17 minutes).
2. Meanwhile, bring a large pot of water to a boil and add yams.
3. Boil yams until fork tender, but not waterlogged (about 8 minutes).
4. Drain yams, return them to the pot, and mash manually or with an electric mixer.
5. Add splashes of soymilk or other non-dairy milk as needed to achieve desired consistency.
6. Cover and set aside, on a warm burner if possible, and prepare kale.
7. If steamed kale is watery, gently press the water out.
8. Transfer kale to a blender and add 1 tbsp water, chili powder, agave, cumin, garlic, oregano, red pepper flakes, and optional onion, and whiz until smooth and paste-like, about 10 seconds.
9. Add the kale mixture to the yam mixture and add hot sauce if using. Stir to combine and serve.

Note: This recipe also works well as a burrito filling when paired with black beans or chickpeas.

Acorn Squash & Apple Soup

There are plenty of delicious butternut squash soup recipes around, but I wanted to let the adorable acorn squash have the spotlight for once. The apples and cinnamon naturally compliment the squash's flavor and the hints of curry and nutmeg help capture the essence of autumn.

Makes six cups

Ingredients:

1 acorn squash
1 cup diced apple of choice
½ tsp mild curry powder or ground ginger
1 ¼ tsp ground cinnamon
¼ tsp ground nutmeg
1 cup water
½ cup fat-free soymilk or other non-dairy milk
2 tbsp pure maple syrup (or brown sugar)

Directions:

1. Cook whole squash in microwave for 8–10 minutes (if you can stab it with a fork easily, it's done).
2. Allow it to cool, so it's safe to handle.
3. Once cool, cut in half, remove and discard the seeds, then scoop out the flesh and transfer it to a medium saucepan.
4. Add apples, spices, and water. Stir to combine.
5. Simmer over low heat until apples are very tender (about 15–20 minutes).
6. Transfer soup to a blender, add soymilk, and purée until smooth and creamy.
7. Add syrup or sugar and blend.
8. Serve garnished with fresh apple slices.

Note: If you don't have a microwave, you can roast your acorn squash in the oven:

Roasted Acorn Squash:

1. Preheat oven to 400 F.
2. Cut the squash in half lengthwise.
3. Scoop out and discard the seeds.
4. Bring 4 cups of water to a boil.
5. Place the squash cut-side-down on a rectangular baking dish.
6. Pour the water in the dish, about 1" deep.
7. Place the dish in the oven and bake for 20–30 minutes.

Soup à la Pumpkin

This is a wonderfully easy soup with many variations that takes very little effort to whip up. It can be enjoyed as a quick meal with a slice of whole wheat toast or you can serve it as a light appetizer at your holidays meals. It also reheats nicely, so enjoy leftovers for lunch.

Makes four cups

Ingredients:

1 15 oz. can pure pumpkin
2 tsp pumpkin pie spice (or to taste)
1 cup vegetable broth
1 cup fat-free plain or vanilla soymilk
1/3 cup plain or cinnamon applesauce (unsweetened)
¼ tsp coriander
3 tbsp pure maple syrup (or to taste)
Salt to taste

Directions:

1. Combine all ingredients in a medium saucepan.
2. Heat on low and gently stir to evenly combine all ingredients.
3. Cover and leave on low for 20 minutes or until soup is thoroughly warmed.

VARIATIONS: For **SPICY PUMPKIN SOUP**, add cayenne pepper or red pepper flakes as desired. For **PEANUT PUMPKIN SOUP**, add 1–2 spoonfuls of natural peanut butter and garnish with chopped peanuts. For **SPICY PEANUT PUMPKIN SOUP**, add cayenne or red pepper flakes as desired to the peanut soup variation. For **PUMPKIN CURRY SOUP**, add 1–2 tsp mild curry powder. For **PUMPKIN GINGERBREAD SOUP**, add 1 tbsp ground ginger and a dash of cloves or nutmeg. Lastly, for **CREAM OF PUMPKIN SOUP**, replace the 1 cup vegetable broth with another 1 cup of soymilk, add 1 tsp mild curry powder and fresh black pepper to taste.

Mushroom Stroganoff

This dish is straight out of the 1950s except that, unlike traditional beef stroganoff, this mushroom stroganoff is quite nutritious!

Serves four

Ingredients:

1/3 cup finely chopped onion
1 cup vegetable broth
1 garlic clove, minced
2 large carrots, peeled and sliced into rounds
8 oz. crimini (brown) mushrooms, thinly sliced
2 tbsp low-sodium soy sauce
1/4 tsp ground nutmeg
1/2 tsp dried tarragon
1/2 tsp dried thyme
2 tbsp whole wheat flour or other flour
Salt and pepper to taste

8 oz. noodles (cooked per package directions) OR
4 cups creamy mashed potatoes (see p. 8)

Directions:

1. In a large skillet over high heat, sauté onions in broth for 2 minutes.
2. Add garlic and cook another 2 minutes.
3. Add carrots and cook another 5 minutes.
4. Add mushrooms and cook, stirring occasionally.
5. Once mushrooms turn brown and release their juices, add soy sauce and spices.
6. Cook until carrots are tender to your liking, then stir in flour.
7. Allow stroganoff to thicken to desired consistency.
8. Add extra broth if it becomes too thick or extra flour for a thicker stroganoff.
9. Serve over cooked noodles or mashed potatoes.

Note: Sprouted wheat pasta noodles work exceptionally well in this dish. They're thick and soft, very reminiscent of egg noodles, which are traditionally used in stroganoffs.

Baked Macaroni & Cheeze

My family eats mac and cheese as a holiday meal. I don't know if that makes us cool or lazy, but I love it all the same. When I went vegan, I knew I'd have to make an incredible vegan mac to keep family tradition alive and this recipe quickly won over many hearts.

P.S. My hubby says: "Eat the Tex Mex version on Super Bowl Sunday." (He really likes this mac!)

Makes four cups

Ingredients:

1/2 lb. whole wheat macaroni
1 package Mori-Nu lite firm silken tofu, drained
2 tbsp water
1 1/4 cups fat-free soymilk or other non-dairy milk
1/2 cup nutritional yeast
1 tsp yellow mustard
1 tbsp onion flakes
2 tbsp yellow miso
1 tsp garlic powder
1/2 tsp paprika
1/4 tsp turmeric
2 tsp tahini – optional
Salt and pepper to taste

Optional Toppings:

Whole wheat bread crumbs
Vegan parmesan

Directions:

1. Cook pasta until al dente in a large saucepan according to package directions.
2. Meanwhile, combine tofu and water in a food processor or blender and purée until smooth and creamy. Set aside.
3. Once pasta is cooked, drain, rinse with cold water, and set aside.
4. Whisk soymilk, yeast, mustard, onion flakes, garlic, paprika, and turmeric together in the pot and bring to a boil.
5. Once boiling, immediately remove from heat and add pasta, stirring to coat.
6. Add tofu, stirring until evenly mixed.
7. Transfer to an oven-safe glass casserole dish. Top with optional bread crumbs and vegan parmesan.
8. Bake 20–25 minutes or until top is slightly crusty.

Note: If you don't have access to Mori-Nu tofu, use half a package of drained soft or silken tofu.

VARIATIONS: For **TEX MEX CHILI MAC**, add 1 1/2 cups of vegetarian chili (bean-based chili works best). For **BROCCOLI MAC & CHEEZE CASSEROLE**, mix in two cups of cooked, but still crisp (or frozen) broccoli florets. Finally, for **CHEEZEBURGER MAC**, crumble 3–4 vegan burger patties and stir the crumbles into the mac before baking.

Mashed Potatoes Four Ways

I confess: I'm a total potato head. Mashed potatoes are quite possibly my favorite food of all time. I admit there are nights when I have a big bowl of mashed potatoes for dinner and I would eat mashed potatoes every day if I didn't think a well-rounded diet was important. Serve these creamy potatoes next to your Tofurkey, lentil loaf, or stuffed seitan this Thanksgiving.

Serves two as a side

Ingredients:

6 red potatoes (or two brown potatoes)
Fat-free soymilk or other non-dairy milk
2 tbsp garlic powder
1 tbsp onion flakes
Salt and pepper to taste

Directions:

1. Bring a large pot of water to a boil.
2. Meanwhile, cube potatoes (I leave the skin on for added nutrients and texture).
3. Add potatoes to the boiling water and cook until fork tender, but not waterlogged (about 8 minutes).
4. Drain potatoes and return to the pot.
5. Add a splash of soymilk, garlic powder, and onion flakes.
6. Using an electric mixer, whip mashed potatoes, adding more soymilk as needed to achieve desired consistency.
7. Add salt and pepper to taste.

VARIATIONS: For **CHEEZY MASHED POTATOES**, add ¼ cup nutritional yeast. For **HERBED MASHED POTATOES**, add a few dashes of chopped fresh parsley, oregano, thyme, and tarragon. For "Fancy Restaurant Style" **DIJON MASHED POTATOES**, omit garlic and onion and add 2-3 tbsp Dijon mustard.

By the way, I love eating green beans with my herbed potatoes and steamed asparagus with my Dijon potatoes. The cheezy version is also a nice compliment to a medley of carrots and peas.

There is also a fantastic recipe for Mock Meatloaf on my blog (<http://happherbivore.com/recipes>) that just begs to be served with creamy mashed potatoes (P.S. It's my omni dad's favorite meal!)

Maple Glazed Vegetables & Tofu

If you want a finicky family member to eat their vegetables, this is the recipe that'll do it! Between the carrots and the maple syrup, this dish just screams autumn. I prefer to use root vegetables such as carrots, parsnips, and potatoes, but my testers tried all sorts of veggies and the glaze also works great with pan-fried tofu.

Serves two as a meal or four as a side

Ingredients:

1 tsp cornstarch
1 tsp cold water
2 cups chopped vegetables
1 cup vegetable broth
2 tbsp pure maple syrup
1 tbsp apple cider vinegar
1 tbsp low-sodium soy sauce
2 tsp lemon juice
1 garlic clove, minced
Black pepper as desired
1 tbsp raw agave nectar - optional
1 tbsp sesame seeds for garnish

Directions:

1. Mix cornstarch with water until dissolved. Set aside.
2. Add broth and vegetables to a large frying pan and bring to a boil.
3. Reduce heat to medium and add maple syrup, apple cider vinegar, soy sauce, lemon juice, garlic, pepper, and agave, if using.
4. Cook for five minutes or until vegetables are cooked, but still crisp (unless you like soft vegetables).
5. Add cornstarch mixture to vegetables.
6. Wait for the sauce to thicken, but keep a watchful eye on the pan!
7. Once the mixture is thick like a glaze, remove from heat.
8. Garnish with sesame seeds.

Leftovers Vegetable Casserole

This is a great way to use up leftover veggies before they go bad or to make a quick, easy, and comforting meal for unexpected guests. By the way, you can also substitute the mushroom and wild rice soup (omitting the rice) for the sauce in this casserole. Like I said, it's leftovers casserole!

Serves two

Ingredients:

Casserole:

1 ½ lbs. assorted vegetables
1 tsp salt
1 ½ cups vegetable broth
1 small onion, chopped
1 garlic clove, minced
1 tbsp whole wheat flour or other flour
1 celery stalk, sliced - optional
1 tsp dried basil
½ tsp rubbed sage
1 cup fat-free soymilk or other non-dairy milk
Salt and pepper to taste

Crumb Topping:

2 slices sprouted or whole wheat bread
1 tbsp Tofutti non-hydrogenated cream cheese
A pinch of salt
A few dashes of pepper
2 tsp onion powder
A dash or two of sage
1-2 tbsp raw walnuts - optional

Directions:

1. Preheat oven to 425 F.
2. Steam or boil vegetables until cooked, but still crisp (think "al dente" style). Once cooked, drain if necessary and transfer to a square casserole dish.
3. Meanwhile, heat ½ cup vegetable broth in a medium or large saucepan.
4. Sauté onions and celery until the onions are translucent.
5. Add the garlic and spices and cook for another two minutes or until most of the broth has evaporated.
6. Remove from heat and add flour, stirring to evenly coat the onions.
7. Transfer the onion mixture to a bowl or small plate and set aside.
8. Bring 1 cup of broth to a boil.
9. Once boiling, add the onion mixture and soymilk and immediately reduce the heat to low. Cover and simmer for five minutes or until the sauce has thickened.
10. Once thick, whisk the sauce until well combined and pour it over the veggies.
11. Transfer to a lightly-greased 9x9" casserole dish.
12. Prepare the topping: Pull the bread apart into pieces and toss it in a food processor or blender with the remaining ingredients.
13. Pulse until crumbs are formed.
14. Add crumb mixture on top of veggies.

15. Bake 15-20 minutes or until casserole is thoroughly warmed and crumbs are slightly crusty.

Creamy Mushroom & Wild Rice Soup

Warm up on a snowy day with this thick and creamy soup and a slice of toast. It's so flavorful, easy, and healthy that you'll never buy the canned version again.

Makes four cups

Ingredients:

1/3 cup uncooked wild rice
3 cups vegetable broth
1 cup thinly sliced crimini (brown) mushrooms
1 tbsp onion flakes
A few dashes of garlic powder
A pinch of dried thyme
A pinch of dried ground rosemary
A pinch of saffron (about 10 strands)
A big pinch of dried parsley flakes
A dash of dried sage
¼ cup nutritional yeast (or more, as desired)
1 ½ cups fat-free soymilk or other non-dairy milk
1 tbsp whole wheat flour or other flour
Salt and pepper to taste
Dried chives, for garnish

Directions:

1. Cook the rice in 2 cups of the broth, according to the package directions.
2. Meanwhile, add mushrooms and remaining broth to a medium saucepan over high heat.
3. Once boiling, add onion, garlic, thyme, rosemary, saffron, parsley, and sage and immediately reduce heat to low.
4. Cover and simmer for 10 minutes or until most of the water has absorbed and the mushrooms are soft and browned.
5. Turn the heat off, then add the nutritional yeast and 1 cup soymilk.
6. Stir to combine.
7. Add flour, increase heat to high, and bring to a boil.
8. Allow the soup to thicken for approximately 3-5 minutes, but keep an eye on it!
9. Once thick, reduce heat to low, and add remaining soymilk.
10. Stir in cooked wild rice.
11. Cook on low until warmed through.
12. Add salt and pepper to taste.
13. Garnish with chives if desired.

Grammy's Meatless Balls

My grandmother was known for her meatballs. While her recipe was FAR from vegan, I know these meatless balls would make her proud. Oh, and by the way, these meatless balls love being tossed into the Spaghetti Soup.

Makes two dozen small meatless balls

Ingredients:

1 package Gimme Lean beef style
½ cup whole wheat bread crumbs
¼ cup fat-free soymilk or other non-dairy milk
2 tbsp ketchup
2 tbsp yellow mustard
1 tsp Italian seasoning
2 tbsp vegan parmesan
½ tsp soy sauce
¼ tsp black pepper
A few light dashes of garlic powder
1 tsp onion flakes – optional

Directions:

1. Allow the Gimme Lean to sit out for 30 minutes to 1 hour (optional).
2. Preheat oven to 350 F.
3. Combine all ingredients together in a large bowl by hand.
4. Mold mixture into a large ball.
5. Break off walnut-sized pieces of the mixture and roll into small balls.
6. Place on a greased or non-stick cookie sheet.
7. Bake for 10 minutes (or until warm and dry on the outside).

Note: For moister meatless balls, bake in a pan loosely covered with foil (though you may need to bake the meatless balls longer).

Spaghetti Soup

This idea comes from the lovely Ruby Red Vegan. I posted a contest on my blog asking what to do with a spaghetti squash and Ruby suggested throwing it into tomato soup. Smart girl! I call it spaghetti soup because it sort-of looks like the inverse of spaghetti with marinara (instead of a plate of spaghetti with a little sauce, you get a bowl of "sauce" with a few strands of spaghetti).

Makes four cups

Ingredients:

1 14 oz. can whole peeled plum tomatoes
2 cups vegetable broth
1 tbsp onion flakes
A dash of garlic powder
10 good dashes of Italian seasoning
1 bay leaf
1 tbsp white vinegar
2 tbsp sugar – optional
A handful of baby carrots, minced
A dash of red pepper flakes
A dash of celery seed – optional
1 tsp mild curry powder
1–2 cups cooked spaghetti squash
Vegan parmesan – optional
Grammy's Meatless Balls – optional

Directions:

1. Carefully pull the tomatoes out of the can and gently squeeze their juices into a large pot.
2. Gently pull the tomatoes apart and toss the pieces into the pot.
3. Pour remaining liquid from the can into the pot and add the broth, onion, garlic, Italian seasoning, bay leaf, vinegar, sugar, baby carrots, red pepper flakes, and celery seed.
4. Cover and bring to a boil.
5. Once boiling, reduce to low and simmer 25 minutes.
6. Remove bay leaf.
7. Add cooked spaghetti squash.
8. Add salt and pepper to taste.
9. Serve, topped with vegan parmesan if desired.

Note: Canned fire roasted tomatoes work exceptionally well with this recipe.

VARIATION: For **CHEEZY TOMATO SOUP**, whisk in nutritional yeast to taste before serving and omit spaghetti squash (if desired).

Spaghetti Squash Preparation: To roast squash in oven, first cut squash in half lengthwise and scoop out the seeds as you would with a pumpkin or any other squash. Then bake cut-side-down for 30–40 minutes at 375 F. If you prefer, cook whole squash in the microwave for 6–8 minutes until you can easily pierce the flesh with a fork. Be careful not to attempt to handle the hot squash! Once it is cool enough to handle, separate strands by running a fork through the squash in a stem-to-stem direction.

Baked Tofu Parmesan

Most of my family is Italian, so holiday meals usually consist of traditional Italian food. I love pasta and veggie lasagna, but this year, I wanted to create something “meaty.” Behold the amazing Baked Tofu Parmesan!

Makes about 13 cutlets

Ingredients:

1 block extra firm tofu, pressed
½ cup fat-free soymilk or other non-dairy milk
1 tbsp cornstarch
1 cup whole wheat bread crumbs
4 tbsp vegan parmesan
2 tbsp Italian seasoning
2 pinches of sea salt
A few dashes black pepper
Marinara of choice
Vegan parmesan

Directions:

1. Preheat oven to 350 F.
2. Line a cookie sheet with parchment paper.
3. Whisk soymilk and cornstarch together.
4. Grind crumbs, parmesan, and spices to a fine consistency (the finer the better) in a food processor or with a mortar and pestle.
5. Fill a shallow bowl with soymilk mixture.
6. Fill another shallow bowl with ¼ cup of the crumb mixture.
7. Place tofu on its side and cut into ¼ inch slices (approximately squares).
8. Dip tofu cutlets into soymilk (briefly submerging it) then gently push into the crumb mixture.
9. Flip the tofu cutlet over and dredge to coat all sides, repeating as needed and gently pressing coating into cutlets if gaps in the breading form.
10. Repeat with the remaining bread crumb mixture, working in ¼ cup batches.
11. Place breaded cutlets on parchment paper.
12. Bake 12 minutes on each side.
13. Arrange cutlets on a plate and cover with marinara and vegan parmesan.

Tip: Working with ¼ cup batches of the bread crumb mixture prevents the breading from becoming too wet. Wet breading doesn’t stick well to the tofu, so it’s best to work with a little at a time.

Note: I prefer using extra firm, super protein tofu.

Shepherd’s Pie

I didn’t start eating pot pies until I was a vegetarian and living off Bisquick in college. One day, I stuck my beloved mashed potatoes on top and my roommate said, “Oh, you made Shepherd’s pie.” From then on I thought veggie pot pie + mashed potatoes = Shepherd’s pie. It may not be totally authentic, but it’s still delicious.

Serves two

Ingredients:

Cheezy mashed potatoes (see p. 8)
½ cup vegetable broth
1 medium yellow onion, chopped
2 celery stalks, chopped
2 garlic cloves, minced
1 cup sliced crimini (brown) mushrooms
1 tbsp cornstarch
¾ cup fat-free soymilk
Salt and pepper to taste
1 16 oz. bag frozen assorted vegetables

Optional Toppings:

Fried onions
Dried or chopped fresh chives

Directions:

1. Preheat oven to 350 F.
2. Prepare mashed potatoes.
3. Heat broth in a medium or large saucepan over high heat.
4. Once boiling, sauté onions, celery, garlic, and mushrooms until the onions are translucent and the mushrooms are soft (2–3 minutes). Reduce heat to medium.
5. Whisk the cornstarch into the soymilk and add it to the vegetable mixture.
6. Allow to come to a boil and thicken.
7. Once thick, remove from heat and add frozen veggies, stirring to coat. (If it’s soupy, return to stove and continue to cook; you want it wet and casserole-like, but not soupy).
8. Transfer coated veggies to a 9x9” casserole dish.
9. If using a meat substitute (see VARIATION), lightly grease the dish and add meat substitute along the bottom (skip this step otherwise).
10. Transfer veggie mixture to the dish.
11. Top with mashed potatoes, smoothing them to create an even layer.
12. Sprinkle optional fried onions or chives on top.
13. Bake 10 minutes until the tops of the mashed potatoes are slightly browned and crispy.

VARIATION: Add crumbled Gimme Lean sausage style, Gimme Lean beef style, or TVP reconstituted with mock beef broth (or water plus 1–2 tbsp soy sauce) for a **MEATY SHEPHERD’S PIE**.

Southern Cornbread

I am fueled by cornbread. I eat it with jam at breakfast, with vegetable soup at lunch, with vegetarian chili at dinner...

Use your leftover cornbread to make the Cornbread Stuffing with Chorizo (p. 13) and try it Hoppin' John style, too.

Makes a 9x9" bread or nine muffins

Ingredients:

1 cup fat-free soymilk
1 tsp lemon juice
1 ½ cups yellow cornmeal
½ cup whole wheat pastry flour
¼ cup raw sugar (or less, to taste)
2 tsp baking powder
2 pinches of sea salt
5 tbsp unsweetened applesauce
2 tbsp pure maple syrup
1 tsp vanilla extract
1 tbsp lemon zest

Directions

1. Preheat oven to 350 F.
1. Whisk soymilk with lemon juice until bubbly. Set aside.
2. In a large bowl, sift cornmeal, flour, sugar, baking powder, and salt.
3. Add applesauce, maple, and vanilla, but do not mix.
4. Re-whisk soymilk until foamy and pour it on top of the other ingredients.
5. Mix about 10 strokes, add zest, and then mix until just combined.
6. Bake bread 30–35 minutes or muffins 10–15 minutes.

VARIATIONS: For **SPICY CORNBREAD**, add 1–2 tsp cayenne or 1–2 tbsp chili powder and subtract lemon zest. For **BLUEBERRY CORNBREAD MUFFINS**, add ½ cup frozen wild blueberries with the lemon zest (you can also use 1 cup cornmeal with 1 cup whole wheat pastry flour for more traditional muffins). For **SOUTHWESTERN CORNBREAD**, add 1–2 tsp chipotle powder and ½ cup grated zucchini and/or frozen corn kernels.

Hoppin' John: A New Year's Day Traditional Dish in the South

In the south, it's traditional to eat collard greens (for money), black-eyed peas (for luck), cornbread (for gold), and rice (for health) on New Year's Day. This dish is sometimes referred to as Hoppin' John and we eat it every year.

This dish gets bonus points from me because it's very easy to put together and after a late night of festivities, that's all I'm capable of!

Serves four

Ingredients:

1 recipe for Southern Cornbread (or a variation)
1 cup short or long grain brown rice
3–4 cups vegetable broth
2 bunches collard greens
1 14 oz. can black-eyed peas, drained and rinsed
BBQ sauce – optional
Hot sauce – optional

Directions:

1. Cook rice in broth (instead of water) according to package directions. You may need to add additional broth if rice seems too dry.
2. Meanwhile, remove stems and chop collards.
3. Steam collards until dark green and wilted.
4. Coat beans with BBQ sauce or leave plain.
5. Toss chopped collards, beans, and cooked rice together, scoop the mixture onto a plate and add hot sauce to the dish as desired (on top of the greens is best).
6. Serve with a big slice of cornbread on top like a pot pie.

Tip: Southerners cook their beans with a ham bone, bacon, or animal fat in general. Thus, for a slightly more complex dish, add crumbled vegan sausage, crumbled tempeh bacon, or other mock bacon (although I wouldn't recommend the optional BBQ sauce if you go these routes).

Note: You can substitute mustard greens for collards. You can also use Carolina rice instead of brown rice, but brown rice is more nutritious.

Cornbread Stuffing with “Chorizo”

I know chorizo (a spicy Latin American pork sausage) isn't a food many of us think of when we conjure memories of comfort food and holiday meals. However, I wanted to be a little edgy this Thanksgiving, so I reinvented a classic dish. I gave stuffing a Mexican-inspired makeover and let's just say that stuffing has never felt so sassy!

Serves four as a side dish

Ingredients:

2 cups cubed Spicy or Southern Cornbread (p. 12)
2–4 slices whole wheat bread (2 cups worth) or another 2 cups cubed Cornbread
12 oz. vegan chorizo
2 ribs of celery, sliced
1 medium yellow onion, diced
½ cup vegetable broth, if necessary

Directions:

1. Leave bread out over night so it becomes stale and hard.
2. Chop stale bread into 1 cm cubes (you want two cups worth).
3. Chop cornbread into 2 cm cubes.
4. Preheat oven to 350 F.
5. Lightly grease a 9x9" pan.
6. Sauté celery and onions in ¼ cup of water in a medium or large frying pan until celery is soft and onions are translucent.
7. Add chorizo to the onion and celery mixture and stir to combine.
8. Transfer chorizo mixture to a large bowl and mix with cornbread and bread cubes.
9. Transfer stuffing mix to pan and bake for 30 minutes.
10. Check every 10 minutes, adding broth as needed (it should be slightly moist, but not soggy, and a little crusty).

Tip: depending on the vegan chorizo you use, you may need little or no broth.

Note: Most store bought vegan chorizo is not fat free. However, there is a recipe for Breakfast Veggie Chorizo in *Vegan with a Vengeance* by Isa Chandra Moskowitz that can be made low fat or fat free. If you have a copy of my e-cookbook *Sneak Peek* you can use the recipe for the BBQ Sammie in lieu of the chorizo; just be sure to use a tangy BBQ sauce.

Traditional Thanksgiving Stuffing

Just in case spicy Mexican food isn't what you're looking to serve for Thanksgiving dinner, here is my basic, healthy version of the traditional dish. I like to serve it with “sausage,” red apples, and mushrooms.

Serves eight as a side dish

Basic Ingredients:

6 cups whole wheat bread cubes (recipe follows)
2 onions, chopped
4 ribs of celery, chopped
¼–1 cup vegetable or mock chicken broth

Optional Ingredients:

1 cup chopped apple of choice
1 cup dried cranberries, soaked in fresh OJ first
1 cup chopped chestnuts or walnuts
1 cup sliced crimini (brown) mushrooms
12 oz. vegan sausage, cooked

Whole Wheat Bread Cubes:

6–10 slices whole wheat bread (6 cups worth)
1 ½ tsp ground sage
1 ½ tsp dried oregano
1 ½ tsp dried thyme
1 ½ tsp dried parsley
1 ½ tsp dried basil

Whole Wheat Bread Cubes Directions:

1. Leave bread out over night so it becomes stale and hard.
2. Chop stale bread into small 1 cm cubes (you want 6 cups worth).
3. Transfer to a plastic bag.
4. Add spices to the plastic bag.
5. Spray cubes once or twice with oil spray can, then shake and toss cubes until evenly coated with spices.
6. Repeat spraying with oil and shaking as needed, until cubes are evenly coated.

Directions:

1. Preheat oven to 350 F.
2. Lightly grease a 9x9" pan.
3. Prepare Whole Wheat Bread Cubes.
4. Sauté celery and onions (and mushrooms if using) in ½ cup water until celery is soft and onions are translucent. Once water has cooked off, set aside.
5. Add cooked sausage and any other optional ingredients to onion mixture.
6. Transfer mixture to a large bowl, add bread cubes, and stir to combine.
7. Transfer to greased pan and drizzle ¼ cup of broth on top.
8. Bake for 30 minutes, checking at 15 minutes, stirring the stuffing and adding additional broth if necessary.
9. The stuffing should be slightly moist, but not soggy, and a little crusty.

Note: I like using Gimme Lean sausage style (it's fat-free) but I have used vegan Italian sausages too.

Crustless Pies: Thanksgiving Pumpkin Pie and Southern Sweet Potato Pie

Every holiday meal has to end with a slice of pie! Here are two ridiculously easy recipes for delicious fat-free pies.

Ingredients:

½ cup extra firm silken Mori-Nu tofu
1 ½ cups fat-free soymilk or other non-dairy milk
2 tbsp cornstarch
1 tsp vanilla extract
2 cups mashed pumpkin or sweet potatoes/yams
½ cup whole wheat flour
2 tsp baking powder
½ cup light brown sugar
¼ tsp salt

Spices for Sweet Potato Pie:

1 tsp cinnamon
½ tsp nutmeg
¼ tsp ground ginger
¼ tsp salt
A small pinch of cloves

Spices for Pumpkin Pie:

3 tsp pumpkin pie spice

Directions:

1. Preheat oven to 350 F.
2. Spray a 9" glass pie pan with oil-spray can or lightly grease.
3. Combine tofu, soymilk, cornstarch, vanilla, and pumpkin or sweet potatoes in a blender and blend until smooth.
4. Add remaining ingredients and blend for about another minute, until the mixture is uniform and well combined.
5. Pour the mixture into the pie dish and bake for an hour.
6. Allow pie to cool on the counter, away from the hot oven, until room temperature.
7. Cover with plastic wrap and refrigerate overnight or at least 4 hours. Remove just before serving.

VARIATION: For **CHOCOLATE PUMPKIN PIE**, reduce flour to ¼ cup, add ¼ cup cocoa powder, and swirl in vegan chocolate chips, if desired, before baking.

Tips: My gluten-free testers didn't have great success using bean-based flours in place of the whole wheat. However, brown rice flour works okay as a substitute. Heavy whole wheat works best, though.

Similarly, my soy-free testers had mixed success using Ener-G eggs in this recipe. Tofu works best, but you can try to substitute two "eggs" of choice instead of the tofu. It will just come out more like custard than a pie.

Holiday Sugar Cookie Cutouts

No holiday is complete without festive cookie cutters, raw cookie dough, colorful icing, sprinkles, and a big mess on the kitchen table! Plus, with only 6 grams of fat in the entire batch, you can feel good about serving these cookies to your guests.

Makes about 25 cookies

Ingredients:

1 Ener-G egg
5 tbsp non-hydrogenated Tofutti cream cheese
¾ cup raw sugar
1 tsp vanilla extract
½ tsp almond extract
1 2/3 cups whole wheat pastry flour
1 tsp baking powder
¼ tsp salt

Directions:

1. Using an electric mixer on the highest speed, whip Tofutti and sugar until creamy.
2. Add "egg" and vanilla and mix well.
3. In another bowl, whisk flour, baking powder, and salt together.
4. Stir flour mixture into sugar mixture in 3-4 batches, until dough forms.
5. The dough may seem crumbly at first, but that is okay.
6. Using your hands, mold the dough into a ball and wrap the ball in plastic wrap.
7. Refrigerate for 2 hours.
8. Preheat oven to 350 F.
9. Line cookie sheet with parchment paper.
10. On a lightly floured surface, roll out dough to a 1/8-1/4" thickness using a lightly floured rolling pin.
11. Use lightly floured cookie cutters to cut out shapes.
12. Gently toss cutouts back and forth in your hands to remove excess flour (this step is essential!).
13. Fold dough scraps into a ball, re-roll dough, and cut out cookies. Repeat as needed.
14. Place cookies on parchment paper ½-1 inch apart. The cookies won't spread while baking.
15. Bake cookies 5-9 minutes until edges are slightly golden. Be careful not to burn bottoms. Even if the cookies seem a little soft, they will firm up while cooling.
16. Wait 30 seconds before transferring the cookies to a wire cooling rack.
17. Once cool (about 2-3 minutes), ice and decorate as desired.

Note: For **Icing**, combine 1 cup powdered sugar with 2 tsp non-dairy milk and 1 tsp vanilla extract or use 1 tbsp fresh fruit juice instead. Stir to combine. Add more sugar or liquid until it becomes a thick, paste-like consistency. Add food coloring as desired and slather icing onto cookies.

Apple Cake Cupcakes

I asked my testers and friends to suggest Jewish foods they grew up on and/or loved for this cookbook. Apple Cake was the first recipe that caught my eye and I knew it was “the one.” While I know this recipe isn’t Kosher for all of the Jewish holidays, it’s a wonderfully light dessert that is sure to please anyone. You must try it!

Makes six cupcakes

Ingredients:

2 Ener-G eggs
1 ½ cups whole wheat pastry flour
¼ tsp salt
1 ¼ tsp baking powder
¼ to ½ cup light brown sugar
¼ to ½ cup raw sugar
½ cup plain or cinnamon applesauce
2 tbsp fat-free soymilk, fresh OJ, or rum
1 tsp vanilla extract
1 apple, cored, and diced (keep skin on)
1 apple, cored, and sliced (keep skin on)
Ground cinnamon
Additional brown sugar
Raw agave nectar – optional, for drizzling

Directions:

1. Preheat oven to 350 F.
2. Lightly grease a muffin pan or spray paper cups with your oil spray can to prevent sticking.
3. Make “eggs.”
4. Chop apples and sprinkle with cinnamon and sugar as desired.
5. Sift flour, salt, baking powder, and sugars together.
6. Add “eggs,” applesauce, soymilk (or other liquid), diced apples and mix.
7. Spoon the mixture into 6 muffin cups, filling them ¾ of the way.
8. Place one or two apple slices on top.
9. Sprinkle with additional cinnamon and sugar if desired.
10. Bake 12–15 minutes, until a toothpick inserted into the center of a muffin comes out clean.
11. Allow the cupcakes to cool in the pan for three minutes, then transfer them to a wire rack (they can be eaten warm).
12. Drizzle with agave before serving.

Note: If you subscribe to the idea that a cupcake is not a cupcake without icing, use the Maple Glaze Icing recipe on p. 3 or, for a simple glaze, mix 1/2 cup confectioners’ sugar with 1 tsp of soymilk (adding more sugar or milk as needed to achieve a loose paste), and drizzle the icing over the muffins with a fork.

Chocolate Peppermint Cupcakes

Chocolate and mint were made for each other and nothing says Christmas like peppermint candy canes! If Santa had the choice between cookies and these cupcakes, he’d pick these cupcakes. Plus, they’re low fat, so he could have a dozen and still fit down the chimney. *Maybe.* By the way, this recipe was inspired by my lovely tester, Vegyogini. She’s not only a terrific tester, but a great friend and inspiration. If it weren’t for her beloved Luna bars, this idea never would have come to me. I like to call them “Candy Cane Cupcakes.”

Makes twelve cupcakes

Ingredients:

¼ cup unsweetened applesauce
½ cup raw sugar
1 cup chocolate soymilk or other non-dairy milk
1 tsp mint extract
1 ¼ cup whole wheat pastry flour
¼ cup unsweetened cocoa
1 ¼ tsp baking powder
½ tsp salt
½ cup vegan chocolate chips
2 tbsp crushed candy cane pieces – optional
Mint Icing (recipe follows)

Directions:

1. Preheat oven to 350 F.
2. Lightly grease a muffin pan or spray paper cups with your oil spray can to prevent sticking.
3. Combine applesauce, sugar, soymilk, and extract in a large bowl.
4. Whisk flour, cocoa, baking powder, and salt together in a medium bowl.
5. Add flour mixture to wet mixture in 3–4 batches.
6. Add chocolate chips and crushed candy cane pieces, if using.
7. Stir until just combined, using as few strokes as possible.
8. Spoon the mixture into muffin cups, filling them ¾ of the way.
9. Bake 15–20 minutes, until a toothpick inserted into the center of a muffin comes out clean.
10. Meanwhile, prepare icing.
11. Once cupcakes are cool, slather them with icing.
12. Garnish with mint leaves, peppermints, small candy canes, red and green sugar, chocolate or Christmas colored sprinkles, or crushed peppermint pieces.

Peppermint Icing: combine 1 cup powdered sugar with 1 tsp mint extract. Stir to combine. Add more sugar or a little non-dairy milk until it becomes a thick, paste-like consistency. Add food coloring as desired and slather icing onto cupcakes. Be sure to add garnishes while the icing is still wet.

VARIATION: For **PLAIN LOW FAT CHOCOLATE CUPCAKES** with **VANILLA ICING**, replace mint extract with vanilla extract.

To calculate the nutritional values, I used MasterCook Deluxe. Please use this information only as a [general guideline](#). The program uses an "average" for each ingredient, so depending on the brands you use and substitutions you make, it will be different. The nutritional value listed for each recipe includes the "optional" ingredients unless otherwise noted. (Just as reminder, every recipe is cholesterol free).

Pumpkin Loaf (without icing)

Makes 12 servings. Per serving: 137 Calories; 1g Total Fat; 3g Protein; 32g Carbohydrate; 3g Fiber

Glazed Pumpkin Loaf

Makes 12 servings. Per serving: 186 Calories; 1g Total Fat; 3g Protein; 44g Carbohydrate; 3g Fiber

Carrot Cake Muffins

Makes 12 servings. Per serving: 109 Calories; < 1g Total Fat; 2g Protein; 25g Carbohydrate; 3g Fiber

Maple Sweet Potato Muffins

Makes 12 servings. Per serving: 136 Calories; < 1g Total Fat; 2g Protein; 32g Carbohydrate; 3g Fiber

Maple Pumpkin Muffins

Makes 12 servings. Per serving: 121 Calories; < 1g Total Fat; 2g Protein; 29g Carbohydrate; 3g Fiber

Apple Crisp Muffins

Makes 12 servings. Per serving: 141 Calories; 1g Total Fat; 2g Protein; 33g Carbohydrate; 3g Fiber

African Kale & Yams Mash

Makes 2 servings. Per serving: 134 Calories; 1g Total Fat; 4g Protein; 30g Carbohydrate; 5g Fiber

Acorn Squash & Apple Soup

Makes 4 servings. Per serving: 98 Calories; >1g Total Fat; 2g Protein; 24g Carbohydrate; 3g Fiber

Pumpkin Soup (basic recipe)

Makes 4 servings. Per serving: 147 Calories; 1g Total Fat; 4g Protein; 31g Carbohydrate; 5g Fiber

Mushroom Stroganoff (with noodles)

Makes 4 servings. Per serving: 263 Calories; 1g Total Fat; 14g Protein; 54g Carbohydrate; 8g Fiber

Mac-n-Cheeze (without tahini)

Makes 2 servings. Per serving: 646 Calories; 2g Total Fat; 55g Protein; 116g Carbohydrate; 10g Fiber

Mashed Potatoes (basic recipe)

Makes 2 servings. Per serving: 138 Calories; 0g Total Fat; 5g Protein; 31g Carbohydrate; 2g Fiber

Maple Glazed Vegetables

(without sesame seeds or agave)

Makes 2 servings. Per serving: 180 Calories; < 1g Total Fat; 10g Protein; 35g Carbohydrate; 11g Fiber

Leftovers Vegetable Casserole

(without topping)

Makes 2 servings. Per serving: 237 Calories; 1g Total Fat; 18g Protein; 40g Carbohydrate; 18g Fiber

Leftovers Vegetable Casserole

(with topping, without walnuts)

Makes 2 servings. Per serving: 328 Calories; 3g Total Fat; 21g Protein; 55g Carbohydrate; 20g Fiber

Mushroom & Wild Rice Soup

Makes 4 servings. Per serving: 170 Calories; 0g Total Fat; 21g Protein; 23g Carbohydrate; 4g Fiber

Grammy's Meat-less Balls

Makes 4 servings (of 6 meatballs). Per serving: 217 Calories; 1g Total Fat; 15g Protein; 32g Carbohydrate; 2g Fiber

Spaghetti Soup

Makes 4 servings. Per serving: 101 Calories; < 1g Total Fat; 7g Protein; 17g Carbohydrate; 3g Fiber

Baked Tofu Parmesan

(not including marinara)

Makes 4 servings. Per serving: 240 Calories; 2g Total Fat; 13g Protein; 29g Carbohydrate; 4g Fiber

Shepherd's Pie (without toppings)

Makes 2 servings. Per serving: 399 Calories; < 1g Total Fat; 30g Protein; 74g Carbohydrate; 14g Fiber

Southern Cornbread

Makes 9 servings. Per serving: 154 Calories; 1g Total Fat; 3g Protein; 34g Carbohydrate; 3g Fiber

Hoppin' John (without cornbread)

Makes 4 servings. Per serving: 501 Calories; 2g Total Fat; 32g Protein; 90g Carbohydrate; 13g Fiber

Traditional Thanksgiving Stuffing

(basic recipe)

Makes 8 servings. Per serving: 69 Calories; 1g Total Fat; 3g Protein; 13g Carbohydrate; 2g Fiber

Crustless Sweet Potato Pie

Makes 8 servings. Per serving: 147 Calories; < 1g Total Fat; 4g Protein; 33g Carbohydrate; 2g Fiber

Crustless Pumpkin Pie

Makes 8 servings. Per serving: 103 Calories; < 1g Total Fat; 3g Protein; 23g Carbohydrate; 3g Fiber

Holiday Sugar Cookies (without icing)

Makes 8 servings (of 4 cookies). Per serving: 180 Calories; 2g Total Fat; 3g Protein; 38g Carbohydrate; 3g Fiber

Apple Cake Cupcakes (without agave)

Makes 6 servings. Per serving: 256 Calories; < 1g Total Fat; 3g Protein; 61g Carbohydrate; 5g Fiber

Chocolate Peppermint Cupcakes

(without icing)

Makes 12 servings. Per serving: 92Calories; < 1g Total Fat; 2g Protein; 20g Carbohydrate; 2g Fiber

Notes: The Cornbread Stuffing recipe involves too many variables to be calculated correctly. Similarly, the icing for the Holiday Sugar Cookies and Chocolate Peppermint Cupcakes involves too many variables to be calculated correctly.