



THE  
**PLANTPURE**  
**NATION**  
COOKBOOK

The Official Companion to the Breakthrough Film



with  
Over 150  
Plant-Based  
Recipes



**Kim Campbell**

Foreword by  
**T. Colin Campbell, PhD**  
Coauthor of *The China Study*

THE  
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the 1990s, the number of people with a mental health problem has increased in the UK, and this has led to a corresponding increase in the number of people with a mental health problem who are in contact with the criminal justice system (Mental Health Act Commission 2000).

There are a number of reasons why people with a mental health problem may be involved in the criminal justice system. Some people with a mental health problem may be involved in the criminal justice system because they have committed a crime. Some people with a mental health problem may be involved in the criminal justice system because they are being investigated for a crime. Some people with a mental health problem may be involved in the criminal justice system because they are being treated for a crime.

There are a number of factors that can increase the risk of a person with a mental health problem being involved in the criminal justice system. These factors include: a history of mental health problems, a history of contact with the criminal justice system, a history of substance abuse, and a history of homelessness.

There are a number of ways in which the criminal justice system can be made more effective in dealing with people with a mental health problem. These ways include: providing mental health services to people with a mental health problem, providing support to people with a mental health problem who are in contact with the criminal justice system, and providing training to police officers and other criminal justice professionals on how to deal with people with a mental health problem.

There are a number of challenges that the criminal justice system faces in dealing with people with a mental health problem. These challenges include: the lack of resources, the lack of training, and the lack of coordination between different agencies.

There are a number of ways in which these challenges can be addressed. These ways include: increasing the number of resources, providing training to police officers and other criminal justice professionals, and improving coordination between different agencies.

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with over 150 Plant-Based Recipes**

# **Kim Campbell**

Foreword by T. Colin Campbell, PhD

Photographs by Brian Olson



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*To Nelson and our children,  
Whitney, Colin, and Laura*

# CONTENTS

## *Foreword*

T. Colin Campbell, PhD

## *Introduction*

## GETTING STARTED

Building Your PlantPure Pantry

Helpful Cooking Tools

Making Substitutions

Keeping PlantPure Eating Simple

## RECIPES

### **Breakfast and Brunch**

Baked Apples

Blueberry Muffin Granola

Blueberry Sauce

Breakfast Burrito

Breakfast Casserole

Breakfast Patties

Fluffy Whole Wheat Pancakes

Gingerbread-Blueberry Pancakes

Green Pepper Tofu Scramble

Hot Cinnamon-Apple Cereal

Muesli

Mushroom Hash Browns

Nelson's Grits

Pineapple-Coconut Smoothie

Vanilla-Berry Smoothie

Watermelon Smoothie

## ***The China Study: Sowing the Seeds of Revolution***

### **Breads**

Artisanal Vegan Pizza Dough

Banana Bread

Colin's Blueberry Muffins

Cornbread

Cranberry-Orange Scones

Naan Bread

No-Knead Sweet Raisin Bread

Whole Wheat Sandwich Bread

## ***The Genesis of PlantPure Nation***

### **Snacks and Appetizers**

Asian Spring Rolls

Cauliflower Buffalo Bites

Mushroom Tapenade on Polenta Squares

Polenta

Popcorn, Many Flavors

Potato Chips

Roasted Chickpeas

Warm Spinach-Artichoke Dip

### **Dips and Spreads**

Baba Ghanoush

Basil-Avocado Pesto

Chickpea-Cranberry Salad

Guacamole

Hummus 🌱

Mushroom Pâté

Southwestern Black Bean Dip

Vegan Ricotta Cheese 🌱

## ***The Kentucky Legislature***

## Salads

Artichoke and White Bean Salad

Broccoli Salad

Coleslaw 🌿

Corn Salsa

Creamy Kale Salad

Creamy Potato Salad 🌿

Dixie Caviar

Greek Salad

Marinated Tomato and Cucumber Salad

Mediterranean Barley

Quinoa Tabbouleh Salad

Southwestern Bean Salad

Warm Spinach and Mushroom Salad

## The 10-Day Jumpstart Program





### Sauces, Marinades, and Dressings

Balsamic BBQ Sauce

Balsamic Vinaigrette Dressing

Blue Cheez Dressing 🌱

Caesar Dressing

Cashew Cream

Cauliflower Alfredo Sauce

Cilantro-Wasabi Aioli

Creamy Chipotle and Black Peppercorn Dressing 🌱

Herb Cashew Salad Dressing 🌱

Italian Dressing

Marinara Sauce

Russian Dressing

Sweet Tahini Dressing

Tofu Cashew Mayonnaise 🌱

Tzatziki Sauce 🌱

Vegan Mushroom Gravy 🌱

Vegan Sour Cream 🌱





### Spices and Toppings

- Berbere Spice
- Garam Masala
- Italian Seasoning
- Mexican Spice Blend
- Pumpkin Pie Spice
- Vegan Parmesan Sprinkle

### The Mebane Experiment

#### Sandwiches, Burgers, and Wraps

- Avocado–White Bean Salad Wrap
- BBQ Jackfruit
- Buffalo Tofu Hoagie 🌱
- Easy Black Bean Burger 🌱
- Edamame Burger 🌱
- Eggless Tofu Salad
- French Dip Sandwich

No-Tuna Tempeh Salad

Reuben Sandwich

Sloppy Joes

Stuffed Bagels

Thai Tofu Wraps

## ***PlantPure Nation Profile: Patty Jones***

### **Entrées**

BBQ Black Beans and Corn over Quinoa 🌱

Beanie Veggie Loaf 🌱

Black Bean Enchilada Bake

Buddha Bowl

Buffalo Beans and Greens

Caribbean Quinoa Bowl

Chana Masala

Costa Rican Beans and Rice (Gallo Pinto)

Crunchy Chickpea Tacos

Curried Potatoes

Fettuccine Alfredo with Roasted Vegetables 🌱

Fiesta Lime Taco Bowl

Garden Pizza

Irish Potatoes with Cabbage

Italian Eggplant Casserole 🌱

Jambalaya 🌱

Macaroni and No Cheese

Mushroom Stroganoff 🌱

Orange Stir-Fry

Palak Paneer, Tofu Style

Pesto Pizza

Portobello Mushroom and Broccoli Stir-Fry

Reuben Casserole

Roasted Vegetables

Sesame Noodle Lettuce Wraps ✨  
Spicy Black Beans over Rice  
Spinach and Broccoli Enchiladas ✨  
Spinach Lasagna ✨  
Stuffed Portobello Mushrooms  
Sweet Mayan Burrito ✨  
Thai Curried Vegetables  
Twice-Baked Broccoli Potatoes  
Veggie Balls ✨  
White Veggie Lasagna  
Zucchini Cakes ✨

## **PlantPure Nation Profile: Tommy Privette**

### **Side Dishes**

Brown Rice with Nuts and Raisins  
Cajun-Style Sweet Potato Fries  
Carrot Rice Pilaf  
Cauliflower Risotto  
Green Vegetable Medley with Mustard Sauce  
Mashed Potatoes  
Roasted Asparagus with Sweet Potatoes and Chickpeas  
Roasted Beets and Greens  
Roasted Brussels Sprouts with Potatoes  
Spicy Oven-Baked French Fries ✨

## **The Problem of Food Deserts**

### **Soups and Stews**

Baked Potato Soup ✨  
Burgundy Stew  
Creamy African Stew ✨  
Curried Carrot Soup  
Ethiopian Stew ✨  
Minestrone Soup ✨  
New England Chowder ✨



Split Pea Soup

Sweet Pepper–Coconut Corn Chowder 🌱

White Bean Chili 🌱

## Taking Back Agriculture from Agribusiness

### Desserts and Sweets

Carrot Cake

Chocolate-Avocado Pudding

Chocolate Chip Cookies

Chocolate Power Bites

Creamy Frosting

Date Bars

Date Nut Crust

Hot Fudge Sauce

No-Bake Chocolate Pumpkin Pie

Nut Butter Brownies

Pineapple Sorbet

Strawberry-Rhubarb Crisp





## **APPENDIX**

Dried Beans and Legumes Cooking Chart

Grains Cooking Chart

*Recipe Index*

*Acknowledgments*

*About the Author*

## FOREWORD

In the following pages, Kim Campbell, my wonderful daughter-in-law of twenty-seven years, has shared the kind of recipes that I believe are essential to anyone interested in leading a plant-based lifestyle. I've sat at Kim's table for many an evening, eating the very dishes that are in this book. Kim has cooked this way for more than twenty-five years, and she has perfected the art of plant-based culinary cuisine as well as anyone I know.

These recipes have several characteristics. First, they are *tasty*. Second, they are *affordable*. Third, a substantial number of them have been used in wellness programs organized by my son Nelson and Kim, and have been proven to be *efficacious*. Fourth, they are *quick and easy to prepare*.

After being in the fields of nutrition, biochemistry, and toxicology for so long, after publishing our results in the very best scientific journals, and after being a member of several expert panels to develop national and international food and health information, I have seen much of what is troubling about our health system and what might be done to make it right. I am convinced that the solution begins with food that is tasty, affordable, efficacious, and easy to prepare.

Not only will dining on these recipes create, maintain, and restore personal health, but doing so also benefits our society in so many ways. Controlling health care costs, minimizing environmental degradation, and restoring a sense of stewardship and peace for all sentient beings on our planet come to mind. And on that point, I also encourage you to go, if you have not already, to see the film produced by Kim's husband, Nelson, and his team, including a producer and writer who were key to the production of the highly successful film *Forks Over Knives* (which I also encourage you to watch).

Take this book, put it in a place in your kitchen that catches your eye often, and try these recipes. I am confident that you will love Kim's cooking.

—T. Colin Campbell, PhD

Professor Emeritus of Nutritional Biochemistry, Cornell University, Coauthor of the best-selling book *The China Study*

## INTRODUCTION

I was sixteen years old, in a high school near Cornell and dreaming of studying nutrition, when I met my husband, Nelson Campbell, and his family.

I grew up in a small rural town. My parents were raised on dairy farms and I too lived on a family dairy farm in the beautiful Finger Lakes region of upstate New York, until my father took a job with Cornell Cooperative Extension as a dairy consultant and educator.

At that time, Nelson's father, Dr. T. Colin Campbell, was also at Cornell and in the middle of the research in China that would become the best-selling book *The China Study*. Though Colin often traveled back and forth as he gathered data and compiled results, the first time Nelson brought me home for dinner, he happened to be there.

Colin loves to talk about his research, and I love asking questions. During one of my first visits to their home, Colin spent hours showing me slides of family pictures and his travels around the world doing research. He shared what researchers were learning about the incredible differences in health between those who ate a plant-based diet and those who ate a meat- and dairy-heavy Western diet, discussing his earlier work in the Philippines and at Virginia Tech on the negative effects of animal proteins. This may not have been what Nelson had in mind when he'd invited me—but I was fascinated.


In my teen years, I loved to cook for my parents and siblings. I'd grown up eating a traditional diet of meat and dairy, supplemented by fresh vegetables grown in my father's large gardens, but especially after meeting Nelson's family, I began experimenting with vegetarian and vegan recipes.

I went on to study nutrition at Cornell, but in my classes I met the harsh reality of nutritional instruction during that time. It was the 1980s, and plant-based nutrition was far from mainstream. Despite the incredible findings in China, Colin's colleagues, even those in his own department, were shunning, sometimes even mocking him. I became disillusioned by the ignorance, ego, and cowardice in this field. Though I still earned a minor in nutrition education, I decided on a different career path: childhood education.

As a public school teacher, I brought my passion for helping young people make the right food choices into the classroom. I incorporated food and nutrition into my curriculum any way I could, teaching my students to take responsibility for their diet and health. At home, Nelson and I did the same for our three children, and our family has been cooking and eating primarily plant-based cuisine for more than twenty-five years. But we both felt it was important to spread this knowledge further.

Over the past four years, Nelson has pursued a dream of building a socially conscious company committed to bringing his father's message into the mainstream. This company has developed a foods-based wellness program that brings the benefits of plant-based eating to a larger, more diverse audience. I've been fortunate to play my own part in this effort, providing culinary education and consultation for our clients, and helping in the development and testing of the meals used in the program. It's a role that allows me to apply all the knowledge I've gained over the past twenty-five years, and seeing the differences the program has made in our clients' lives has been nothing short of exhilarating.

*PlantPure Nation*, spearheaded by Nelson, grew directly out of our work in wellness. The film shows the impact plant-based nutrition has had on the health and well-being of the rural North Carolina community of Mebane. It also addresses the larger political issues surrounding the idea of plant-based nutrition, especially why this idea has been suppressed for so long.

The core of the wellness program shown in the film is our two-week Jumpstart program. And it's the meals our clients eat in the Jumpstart program that form the heart of this cookbook—so you can try the program out, and see and feel the results. (Those recipes are marked in the table of contents and on the recipes themselves with this image: )

During our jumpstarts and culinary education classes, it became clear to us that creating a cookbook for the participants would be a perfect addition to our program. The people in our program had diets that were very traditional, and switching to a plant-based diet can feel like a huge change, especially at first. I wanted to provide familiar flavors and recipes that would appeal to entire families, including kids. (We've found that the chances of sticking to a new lifestyle are greatly enhanced if others in the family make the same commitment.) Above all, I wanted to help make plant-based eating both easy and delicious for our Jumpstart clients.

We hoped a cookbook would do the same for those who see *PlantPure Nation* and want to try a plant-based diet, using recipes that are kid-friendly, pleasing to sensitive palates, and diverse in flavors, textures, and spices. I believe plant-based eating should be a pleasure—not just something you do for your health.

Our kids are all grown up now; the oldest is twenty-three and the youngest is seventeen. And the part of our parenting of which I am most proud is the appreciation we instilled in our kids for a plant-based diet. We never took a hard-line approach with our kids when it came to their diets. I simply cooked delicious plant-based meals in our house and always made sure we ate together around the dining room table as a family—the same way my own family did. We educated our kids about the facts of nutrition, inspired by their papa, and ultimately trusted them to embrace a plant-based diet beyond the confines of our cozy home. Being the extreme food police often seems to backfire. Instead, we taught them, modeled the right choices, and helped them practice it.

Research shows that frequent exposure to a wide variety of foods will encourage children to become better eaters later in life. Our kids were known to request food such as

artichokes, beets, broccolini, Brussels sprouts, acorn squash, fennel, daikon radishes, wild mushrooms, and others that their peers wouldn't have dreamed of eating. Today, all three eat a large variety of plant-based foods. They all know how to cook, and, importantly, how to enjoy the process. That is what I hope for your family, and what I hope this cookbook will help you accomplish.

Many cookbook authors spend a great deal of time providing pages of nutrition information and sharing nonrecipe details. For this one, I've assumed you already know the health benefits, and so instead I have focused on the food. I wanted this book to be, first and foremost, about great recipes and delicious food.

However, I do include a few short information sections, on pantry ingredients, useful tools, substitution tips, and how to keep plant-based eating easy. If you already have experience with plant-based cuisine, you may want to skip these next few sections and go right to the recipes. But if you are new to plant-based cuisine, some of the information may be helpful.

I've also worked with Nelson and others behind *PlantPure Nation* to share with you more information on the film in sidebars spread throughout the book.

What you'll see in this cookbook I've learned through trial and error over the past twenty-five years, and also through talking to and learning from other plant-based chefs and experts. My philosophy as I travel the path of plant-based cooking is simple: never stop trying new things or learning from others, and always share what you have learned.

As you, too, travel this path, you should know that cooking need not be a mechanical process of measuring and combining ingredients and following instructions. Cooking done right is an art. There are infinite combinations of ingredients, just as there are infinite ways of combining the colors from a painter's palette. Most of all, though, remember that cooking is a life-giving act from which you should derive joy. When you serve yourself, family, and friends, you are serving good health on a platter.

Cooking is not just a hobby to me, but a way of life. I love building, creating, and revising recipes. I'm not afraid to make mistakes, and I never limit myself to just one idea. I hope that my recipes will become yours, and that you will take them and adjust them to your family's preferences and your own. These are now your recipes—my gift to you! I wish you many joyful mealtimes with the people you love and abundant health.



## BUILDING YOUR PLANTPURE PANTRY

Over the years, I have learned that my best cooking happens when my pantry is filled with a variety of essential spices, beans, sauces, nuts, seeds, flours, and more. For many people, stress in the kitchen happens when you simply don't have the correct ingredients on hand. And switching to a plant-based diet means changing what you think of as pantry staples.

Many of the people I work with want to run out and purchase an entire pantry list immediately. But you don't need to purchase all of these items at once; just try to knock out a little bit each week to build up your pantry. To limit your expense, focus first on the ingredients you need for the recipes you select. Add pantry items as you continue cooking plant-based meals, building your pantry slowly.

There are many products on the market today that are used in plant-based cooking. I have tried to compile an ingredient list of essential items for your pantry connected with the recipes I am sharing in this cookbook, but keep in mind that this is but a subset of a much larger set of possibilities. You should be able to find almost all the ingredients below at a regular supermarket—no specialty or natural food markets required.



## BEANS

You can use either canned or dried beans in your cooking, but be aware that dried beans require soaking and cooking for long periods of time. (If you are adamant about using dried beans, then a pressure cooker is a good investment; see more in “Helpful Cooking Tools,” page 24.)

Black beans

Black-eyed peas

Cannellini beans/white kidney beans

Chickpeas/garbanzos

Great Northern beans/navy beans

Lentils (green, red, yellow, split pea)

Pinto beans

Red kidney beans

## GRAINS, FLOURS, AND OTHER GRAIN PRODUCTS

Store grains and flours in airtight containers in a cool, dark cupboard or other storage unit. An important note: resist the temptation to purchase large quantities of flour. If you purchase more than what you will need you may end up with flour that goes rancid.

**Barley:** Barley is a member of the grass family. It has a nutty flavor and a chewy, pasta-like consistency, and is high in protein and fiber. I like to use it in soups and stews for a bulkier texture.

**Brown Rice:** The main difference between brown rice and white rice is that the bran has not been removed from brown rice. Brown rice is much healthier, with more fiber, nutrients, and necessary fatty acids, and has a nuttier flavor and a chewier texture.

The shape of the rice has much to do with its starch content. Long-grain rice is less sticky and often used in pilafs. Medium-grain rice is relatively sticky and used in paellas and risottos. Short-grain rice is the stickiest kind, and I like to use this rice for sushi. I always suggest that new plant-based eaters try short-grain rice if they are used to the texture of white rice. Our family loves stickier rice, so I almost always use short-grain brown rice.

**Bulgur wheat:** Bulgur wheat is a whole-grain wheat that has been partially cooked, dried, and then cracked. It has a nutty flavor and a chewy texture. I like to use it in stews and dishes where ground beef is usually used. Bulgur cooks quickly and more than doubles in size when cooked.

**Cornmeal:** This grain is used primarily for cornbread, grits, muffins, and polenta. Cornmeal comes in different textures ranging from coarse to fine. It also comes in white, yellow, and blue varieties. Medium and fine grains are most often used in baking, while coarse grains are used for grits and polenta.

**Couscous:** Couscous is a wheat product similar to pasta and is a staple in Moroccan cuisine. It cooks quickly and can be found in both white and whole wheat forms.

**Oats:** Oats are high in protein and fiber and rich in vitamins and minerals. Oats are gluten free and come in many forms: whole oat groats, oat bran, oat flakes, and oat flour.

**Pasta:** Pasta comes in many shapes, colors, sizes, and even flavors. I recommend only 100 percent whole-grain pastas: whole wheat or brown rice pasta. Whole wheat pasta has a firmer texture and a nuttier flavor, but I prefer brown rice pasta because it is less grainy, cooks quicker, and is gluten free.

Please remember that a pasta is not 100 percent whole wheat if one of the first two ingredients says “enriched.” That means the bran has been removed and replaced with artificial vitamin and mineral supplementation.

**Quinoa (white, red):** Quinoa is a small, round grain that is brown to gold in color. It is an excellent source of protein, containing the ideal balance of amino acids. When cooked it remains granular and has a nutty flavor. Quinoa can be used in place of rice or pasta in most dishes and cooks quickly.

**Spelt flour:** This grain is an ancient member of the wheat family but is popular among the gluten-sensitive crowd. Spelt flour contains less gluten than modern wheat flour and can be substituted for it in most recipes. It is also lower in fiber and higher in protein than modern wheat flour, which makes it easier to digest.

**Vital wheat gluten:** This is the protein derived from wheat after the starch is removed. Cooks often use this in breads to make a more uniform loaf. Vegans love to use this in burgers and loaves because it holds the ingredients together like glue. Seitan, for example, is nothing more than water, gluten, and seasonings. Though I've listed vital wheat gluten here, I use little of it in my cookbook because I find it to be highly processed and refined. Gluten is also hard to digest for many people.

**White whole wheat flour:** This is a whole-grain flour that comes from a variety of wheat that is golden rather than red, which gives the flour a lighter color. This flour gives a lighter texture to breads and baked goods.

**Whole wheat flour:** This flour is made from 100 percent whole wheat berries.

**Whole wheat pastry flour:** Pastry flour is ground from soft wheat berries as opposed to the hard wheat berries used for regular whole wheat flour. Whole wheat pastry flour has less gluten and protein than regular whole wheat flour and is much lighter. I use it often for cakes, cookies, pancakes, and most quick breads.

## **NUTS, SEEDS, AND NUT BUTTERS**

Foods from this category can really add to a recipe and enhance sauces. The fat from the nuts helps emulsify ingredients in sauces and dressings. I like to use a handful of nuts in a recipe rather than oil because nuts and seeds are whole foods. But because nuts and seeds are high-fat foods, we need to pay attention to the amount we use in our diets. They are necessary for good health, but the way they are packaged and processed can lead to overconsumption; if you were to eat nuts in their purest form, you would have to be cracking and shelling a great deal. In our house, I keep nuts in the refrigerator for cooking. Rarely do we eat them by the handful.

### **Nuts**

Almonds

Cashews

Peanuts

Pecans

Pine nuts

Walnuts

### **Seeds**

Chia seeds

Flaxseeds (flax meal is ground-up flaxseeds)

Sesame seeds

Sunflower seeds

**Nut butters (Make sure the ingredients have no added oils, salts, or sugars. Use sparingly.)**

Almond butter

Cashew butter

Sesame seed butter/tahini

Sunflower butter

## VINEGARS, CONDIMENTS, AND SAUCES

### Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- Rice vinegar
- White vinegar

### Condiments and Sauces

- Dijon mustard
- Hoisin sauce
- Ketchup, all natural
- Lemon juice
- Lime juice
- Liquid smoke
- Sriracha (my favorite hot sauce)
- Vegan Worcestershire sauce (I like Annie's brand)
- Yellow mustard

### Soy Sauce, Tamari, and Miso Paste

**Soy sauce:** Soy sauce is a salty brown liquid made from fermented soybeans. There are many varieties of soy sauces available, so experiment with a few. I prefer low-sodium versions for my recipes.

**Tamari:** Tamari is a salty brown sauce that, like soy sauce, is made from soybeans. It has a smoother, richer flavor than soy sauce because it contains a higher concentration of fermented soybeans.

**Miso paste:** Miso is a traditional Japanese seasoning paste made from fermented rice, barley, chickpeas, or soybeans. It is used to flavor sauces and spreads and gives a musty flavor to vegan cheeses.

### SWEETENERS

It's important to keep consumption of refined sugars to a minimum. All sweeteners (except Medjool dates) are considered refined and should therefore be used sparingly. I recommend agave nectar more often than not because it has a lower glycemic index than most sweeteners. I personally use these products very infrequently and keep desserts to a minimum, though occasional desserts are fine for special occasions.

**Agave:** Also known as agave nectar, this liquid sweetener is derived from the blue agave plant, which is part of the cactus family. It varies in color from light to dark amber.

Agave is 50 percent sweeter than sugar and has a smooth flavor similar to honey.

**Maple Syrup:** This natural syrup comes from boiling down the sap of maple trees. The flavor is distinctly nutty, roasted, and sweet. I love maple syrup, but it is very expensive.

**Medjool dates:** This is a dried tree fruit that can be purchased without pits. It has a rich caramel-like flavor. If pureed, it makes the perfect natural sweetener for sauces, smoothies, and baked goods.

**Molasses:** This is a dark sweet syrup by-product made during the extraction of sugar from sugarcane. It has a strong flavor and should be used carefully because it can quickly overpower the flavor of any recipe to which it's added.

**Sucanat:** This sweetener has the taste and consistency of brown sugar. It comes from whole unrefined sugarcane that has been freshly cut and crushed. The juice is extracted and heated, and the resulting dark syrup dried to create granules that have the distinct flavor of molasses. I use it as a substitute for brown sugar whenever I bake.

#### **SALT AND SODIUM**

Throughout this cookbook there are portions indicated for salt. However, you should keep salt intake to a minimum by salting very lightly. Over time your taste buds will become more sensitive, enabling you to taste more saltiness with less salt.

To further reduce your sodium intake, always rinse beans before using and buy products with low or reduced sodium. Keep in mind that anything you buy prepared is probably heavily salted. When you buy prepared foods you are at the mercy of the food company. Cooking your own food allows you to be in control of your health.

When selecting a salt, consider the type. Sea salt does not go through the refining and bleaching process that table salt does, so it may be a marginally better choice for that reason. But don't be fooled into believing that sea salt has less sodium than table salt. Too much sodium is harmful to your body whether it comes from table salt or sea salt.

#### **DRIED HERBS AND SPICES**

Ancho chili powder

Basil

Black pepper

Cayenne powder (red pepper)

Chipotle chili powder (provides a smoky flavor)

Chives

Cinnamon, ground

Cloves, ground

Cumin, ground

Curry powder

Dill  
Fennel  
Garam masala (you can make this, see recipe)  
Garlic powder  
Ginger, ground  
Italian seasoning  
Mustard, ground  
Nutmeg, ground  
Old Bay Seasoning  
Oregano  
Paprika  
Parsley  
Red pepper flakes  
Rosemary  
Sage, rubbed  
Tarragon leaves  
Thyme leaves  
Turmeric, ground

#### **TOFU AND TEMPEH**

**Tofu:** Tofu is also called bean curd. It is made by coagulating soy milk and pressing the resulting curds into soft white blocks. Tofu is absorptive and can be marinated to any desired flavor. There are three varieties of tofu:

Extra-firm tofu (great for stir-fries and sautéed dishes)

Firm tofu (slightly softer than extra-firm tofu, with a higher water content)

Silken tofu (soft and creamy, with the highest water content; great for salad dressings and smoothies)

My advice is to buy extra-firm tofu, which gives you more bang for the buck because it contains less water. A firm tofu can be processed down by adding water to it. I rarely buy anything else.

**Tempeh:** Tempeh is made by inoculating soybeans with a special bacterium and incubating them for a period of time. A white fluffy mold develops around the beans, holding them together into a cake. I think of tempeh as soybeans in a cake or patty form.

Tempeh has a firm texture and a pleasant nutty flavor. I like the flavored tempeh, especially the smoked varieties, but again, be careful of your sodium intake, since some

tempeh, as well as tofu, can have lots of added salt.

## MISCELLANEOUS ITEMS

**Canned coconut milk:** Canned coconut milk can be purchased in either lite or regular fat content. The lite coconut milk is slightly lower in fat only because they add water to the ingredients.

**Cornstarch:** Cornstarch is a fine powder made out of corn. It is primarily used as a thickener for soups and sauces. It has twice the thickening power as flour and turns clear after cooking.

Corn (and soy) is one of the top foods genetically engineered, which means the genetic material of the plant has been altered in a way that does not occur naturally. There is growing evidence that foods that have been genetically modified are linked to health problems and environmental hazards. Many countries around the world have restricted and banned the use of genetically modified organisms (GMOs). I highly recommend you buy non-GMO products.

**Ener-G Egg Replacer:** Ener-G Egg Replacer is a dry product made from mainly potato starch and tapioca flour that has the look and feel of cornstarch or a fine flour. It is used as an egg substitute when preparing baked goods.

**Flax meal:** Flax meal is simply flaxseeds ground into a flaky powder. When mixed with water, it makes a great egg substitute. It is also great on cereals and mixed into smoothies. Flax meal is high in fiber and rich in nutrients. Store flax meal in the refrigerator or freezer because it has a tendency to go rancid quickly.

**Nutritional yeast flakes:** Nutritional yeast flakes can be found in the bulk section at most natural food stores. They are rich in B vitamins and protein but low in calories. Nutritional yeast is made of inactive microorganisms and is safe to eat without cooking. It has a mild cheese-like flavor.

Please don't confuse nutritional yeast with brewer's yeast or active dry yeast. Active dry yeast will cause intestinal discomfort and taste terrible.

**Seaweed:** Seaweed is a great way to bring the flavor of the sea into your dishes. Toasted nori sheets are used for sushi rolls, but I use them whenever I want to add the flavor of "fish" to a dish.

**Tomatoes and tomato paste:** Typical canned tomatoes are high in sodium, so look for low-sodium brands. I like to buy diced Pomi brand tomatoes that come in a carton, because their sodium content is much lower than that of other brands.

**Unsweetened cocoa powder:** Cocoa powder is made by pressing chocolate liquor and removing 75 percent of the cocoa butter fat. The solids are then processed and turned into cocoa powder. Unsweetened cocoa powder is bitter and dark, and imparts a rich chocolate flavor to baked goods.

**Vegetable stocks:** Vegetable stocks can be high in sodium, so I recommend you buy low-sodium versions. Concentrated vegetable stocks, which often come in a jar, are



sometimes high in fat and sodium, so it's important to read the ingredients label.

### **FROZEN PRODUCE**

Although frozen foods are not really a pantry item, they are very important foods to have available for easy and quick preparation. Frozen vegetables are the next best thing to fresh vegetables and in many instances better. Fresh vegetables often sit in trucks, in produce racks, and then in our refrigerators for a long time, losing their nutrient quality and freshness along the way. Frozen produce is picked at its peak and flash-frozen immediately. This makes many frozen items more nutritious than their fresher cousins.

Corn

Diced onions

Edamame

Fruits (blueberries, cherries, mangoes, raspberries)

Leeks

Mixed Asian stir-fries

Peas

Roasted mixed peppers

Spinach and greens

## HELPFUL COOKING TOOLS

**E**qually important to having a stocked pantry is having the right cooking tools. There is nothing more frustrating than having a great recipe and all your ingredients, then finding that you are lacking an essential tool. Here are the tools that will make your job of preparing the recipes in this cookbook easier.

**Food processor:** This comes in handy for many of the recipes in this cookbook. Cutting, chopping, shredding, and whipping can all be done in the food processor. This appliance is a must!

**Knives and cutting boards:** Sharp knives and a few different-sized cutting boards are always the first items I pull from the cupboard in preparing for dinner. Not only do they help get the job done, but using a sharp knife and proper technique can also help prevent nasty cuts.

**Pressure cooker:** If you like to cook with dried beans and whole grains, this gadget is a great buy, because it cooks everything much faster. Cooking is more pleasant when you can create your masterpiece without having to stand around for a long time waiting for something to cook.

**Slow cooker:** A slow cooker is essential for those super easy-to-cook meals that you turn to when you don't have the time for anything else. Many times after a busy day at school, I came home to a slow cooker stew, and all I had to do to finish dinner was make a salad and cook some rice.

**Vitamix blender:** People always cringe when I say this because a Vitamix is expensive. Mine is a refurbished one that I received more than five years ago and it still works like a dream. I'm a cook, so I find myself using it at least once daily, if not two or three times. It will truly turn almost anything into a cream, so it's wonderful to use for dressings, sauces, and soups. I have tried other blenders and nothing compares. Having said this, you can use other blenders; just understand that they may require more soaking and pre-chopping of ingredients.

## MAKING SUBSTITUTIONS

Learning how to “veganize” a recipe is important because the people you’re cooking for, especially if they’re new plant-based eaters, may still crave traditional comfort foods. Sometimes you simply can’t make a replacement (try making a pot roast with plants), or the recipe just flops. However, most of the time, a recipe can be easily changed. Over the years I have learned a few tricks and received advice from the pros. Here are just a few.

### EGGS

Eggs are used in recipes to emulsify, bind, leaven, and give structure. Here are a few suggestions for egg replacement.

1 tablespoon flax meal plus

3 tablespoons water (let it sit so it thickens)

1½ teaspoons Ener-G whisked with

2 tablespoons water

¼ cup fruit puree such as applesauce or prune paste

### CHEESE

Cheese is loaded with saturated fats and with casein, the milk protein that research has linked to cancer and disease. Cheese is often hard to replace, but there are a few alternatives.

Fake vegan cheese is an option, but I use very little of these products. In my work with my husband, we have used sparing amounts in our jumpstarts because our participants are typically new to a plant-based diet. At home, I use vegan cheeses mainly when we have nonvegan guests. These products are loaded with oils, so I’m not sure I approve of this as a staple in the diet.

**To replace ricotta:** One of the recipes in this cookbook is a tofu ricotta recipe that tastes even better than real ricotta.

**To replace Parmesan:** Grind up walnuts, bread crumbs, and nutritional yeast using equal ratios.

**To replace cheese sauce:** I have included in this cookbook recipes for a cauliflower Alfredo sauce that is delicious and a macaroni and no-cheese sauce that works well if you are looking for a nacho sauce or a sauce to pour over veggies. You can even make some ahead of time and store it in the refrigerator.

## MILK

This is probably the easiest ingredient to substitute because there are so many choices available. Our house is partial to soy and almond milks, though I had to try many varieties on my kids before we found what worked.

Here are the milk substitutes I recommend:

Almond milk

Hemp milk

Oat milk

Rice milk

Soy milk

## OILS AND BUTTERS

Although oils are vegan, we use absolutely no oils in our house. That is not to say we don't consume oil in our plant foods, because we do. We just don't ingest refined oils—that means olive, sesame, canola, corn, and others. Oil is oil and research like the research done by my father-in-law suggests that they are all unhealthy. We can get all the fat we need if we are eating a whole food plant-based diet.

**Applesauce:** Applesauce is a good replacement in cookies and quick bread.

**Avocados:** An avocado can be a butter replacement that will add natural fat and creaminess to just about anything.

**Bananas:** Bananas are a perfect replacement for fats in cookies or quick breads. But be forewarned: unlike cookies and breads made with applesauce, which doesn't add a strong flavor, those made with bananas will taste like bananas!

**Nut butters:** I use nut butters in my cookies as a fat replacer. They work perfectly.

**Prune puree:** A thick puree made from pitted prunes and a little bit of water is a great substitute for butter when baking.

**Vegetable stock:** I use this to sauté my vegetables—though if vegetable stock is not available, water is also a good option.

## MEATS

I am not a fan of textured vegetable proteins because they often contain isolated soy proteins. I particularly recommend you stay away from these fake meat products because they are very processed, loaded with oils, and hard to digest. Here are some approved meat substitutes.

**Bulgur:** When added to soups, stews, marinara sauces, and salads, this grain's texture is similar to that of hamburger. You can season bulgur with any flavor. I like to add taco seasoning and use it as a filling in tacos.

**Flavored tempeh:** The "fakin' bacon" flavor of tempeh makes it a great replacement for bacon. It's very salty, however, so you may want to rinse it a little before cooking and

limit its use.

**Frozen and thawed tofu:** Freezing and then thawing tofu gives it a more meat-like texture. I freeze tofu prior to marinating so it takes on this firmer texture.

## KEEPING PLANTPURE EATING SIMPLE

Cooking plant-based cuisine can be a joyful experience on many levels. But as soon as this lifestyle becomes too complicated, too time-consuming, or in any other way a chore, the joy begins to fade. This is the biggest reason so many people don't stick with the plant-based diet. Don't be discouraged if dinner is a tomato and avocado sandwich; our best meals are oftentimes the quick and easy ones. So it is important as you embark on this journey to always think about how to live plant-based as simply as possible. As many a philosopher has said, there is freedom in simplicity. Here are a few suggestions:

1. Keep a couple of dips handy in the refrigerator, such as hummus, guacamole, or a bean dip. These can always be used for quick sandwiches and salad toppers.
2. Have some grains and other starches cooked and stored for quick access. This will often make it easier to throw a meal together; you can just mix a grain or starch with your choice of vegetables or salad greens. Baked potatoes, for example, keep nicely in the refrigerator and go perfectly with a salad or mixed vegetables.
3. Keep at least two dressings handy for salads and sandwiches. I prefer to make my salad dressings because my recipes have no added oil and minimal sugars. However, if you prefer to buy them, read the ingredients label to make sure there are no added oils.
4. Keep a variety of raw nuts, frozen fruits, and oatmeal handy for breakfast. I also use boxed cereal but only cereals that are low in sugar, are 100 percent whole grain, and have no or very minimal vitamin supplementation. In our house, breakfast is always a quick meal that can be put together in 5 minutes, especially on weekdays when we may be in a hurry to get out the door. Weekends are often better for more leisurely, planned breakfasts.
5. Always have fresh fruit and veggies on hand. This will help when you get the snack attack. Try reaching for an orange, a banana, or an apple when you crave something sweet. Or grab celery, broccoli, or peppers and dip them in a dressing when you crave something savory. The more you do this, the less you will want fat-laden brownies, cookies, and potato chips.







# BREAKFAST AND BRUNCH

Baked Apples

Blueberry Muffin Granola

Blueberry Sauce

Breakfast Burrito

Breakfast Casserole

Breakfast Patties

Fluffy Whole Wheat Pancakes

Gingerbread-Blueberry Pancakes

Green Pepper Tofu Scramble

Hot Cinnamon-Apple Cereal

Muesli

Mushroom Hash Browns

Nelson's Grits

Pineapple-Coconut Smoothie

Vanilla-Berry Smoothie

Watermelon Smoothie



## BAKED APPLES

This recipe is great for breakfast, but it also could be used as a dessert. These freshly baked apples are stuffed with oatmeal, raisins, Sucanat, and spices.

*Yields: 4 apples*

*Prep Time: 15 minutes   Cook Time: 35 minutes*

**4 apples (Granny Smith or McIntosh)**

**¼ cup Sucanat**

**¼ cup dry oats (not instant)**

**½ teaspoon ground cinnamon**

**¼ teaspoon ground nutmeg**

**⅛ teaspoon ground cloves**

**¼ cup raisins**

**¼ cup chopped walnuts**

**½ teaspoon orange zest**

1. Preheat oven to 375°F. Line a square baking dish with parchment paper and set aside.
2. Remove the cores of the apples, leaving a layer of apple at the bottom to hold the stuffing. This is easy to do with an apple corer but can also be done with a paring knife.
3. Place the apples in the prepared baking dish.
4. In a small bowl, mix the Sucanat, oats, cinnamon, nutmeg, cloves, raisins, walnuts, and orange zest. Divide this mixture among the apples, packing the wells firmly.
5. Bake for 35–40 minutes, or until the apples are tender when poked with a knife.
6. Serve warm.

### **KIM'S HINTS:**

- You can peel the apples if you don't like the skin.
- If coring takes too much time for you, simply slice an apple in half and remove the core, and then you can fill the apple halves by making a bowl shape with each half.
- You can also reduce the amount of Sucanat because apples are naturally sweet.







## BLUEBERRY MUFFIN GRANOLA

This is a light granola made with your favorite nut butter and almonds. Dried blueberries give it the perfect sweetness. Serve this over soy yogurt or with your favorite nondairy milk.

*Yields: 6–8 servings*

*Prep Time: 10 minutes   Cook Time: 45 minutes*

- 4 cups whole-grain dry oats (not instant)**
- ½ teaspoon sea salt**
- ¼ cup Sucanat**
- ½ cup flax meal**
- 1 cup raw blanched almond slivers**
- ½ cup nondairy milk**
- 2 teaspoons vanilla extract**
- ¼ cup unsweetened applesauce**
- ½ cup nut butter (almond, sunflower, or peanut)**
- ¼ cup agave nectar**
- 1 cup dried blueberries**

- 1.** Preheat oven to 300°F. Line a baking sheet with parchment paper and set aside.
- 2.** Mix together the oats, sea salt, Sucanat, flax meal, and almond slivers in a large bowl. Set aside.
- 3.** Whisk together the milk, vanilla, applesauce, nut butter, and agave.
- 4.** Stir the wet ingredients into the dry ingredients until well combined.
- 5.** Spread the granola evenly on the prepared baking sheet.
- 6.** Bake for 30–45 minutes, stirring every 10 minutes to achieve an even color.
- 7.** Remove from the oven and let cool completely. Stir in the dried blueberries.
- 8.** Serve warm or at room temperature.

### KIM'S HINTS:

- You will need to keep a close eye on the granola, stirring frequently and being careful not to overbake.
- I also like to add a variety of dried fruit at the end using whatever I have on hand.





## BLUEBERRY SAUCE

This sauce is perfect for pancakes or French toast. It brings back memories of eating breakfast at my husband's house, where my mother-in-law had an assortment of different berry sauces to choose from. Pancakes just aren't complete without berries!

**2 cups blueberries (fresh or frozen)**

**½ cup water, divided**

**1 cup orange juice**

**2 tablespoons agave nectar**

**3 tablespoons cornstarch**

**½ teaspoon coconut flavoring**

**¼ teaspoon ground cinnamon**

*Yields: 4 servings*

*Prep Time: 5 minutes   Cook Time: 12 minutes*

1. In a saucepan over medium heat, combine the blueberries, ¼ cup of the water, orange juice, and agave. Stir gently and bring to a boil.
2. In a cup or small bowl, mix together the cornstarch and remaining ¼ cup water.
3. Gently stir the cornstarch mixture into the blueberry sauce. Simmer and stir until thick enough to coat the back of a metal spoon, 3–4 minutes.
4. Remove from the heat and stir in the coconut flavoring and cinnamon. Thin the sauce with water if it is too thick for your liking.

### **KIM'S HINT:**

You can replace the blueberries with mixed berries or any other berry that is in season.



## BREAKFAST BURRITO

This recipe has the best mix of seasonings, hash browns, and vegetables, all wrapped up in a burrito for the perfect breakfast.

*Yields: 6 burritos*

*Prep Time: 15 minutes   Cook Time: 35 minutes*

- 1½ cups frozen hash browns**
- ½ onion, diced**
- 3–4 cloves garlic, minced**
- 1 small poblano pepper, seeded and diced small**
- ½ cup diced red bell pepper**
- ¼ cup low-sodium vegetable stock, for sautéing**
- ¼ teaspoon turmeric powder**
- 1 teaspoon onion powder**
- 1 teaspoon garlic powder**
- 2 tablespoons nutritional yeast flakes**
- ¼ teaspoon black pepper**
- ¼ teaspoon sea salt**
- 2 tablespoons vegan bacon bits**
- 2 tablespoons low-sodium soy sauce**
- One 14-ounce block extra-firm tofu, drained and crumbled**
- 6 whole wheat tortillas**
- ⅓ cup Daiya Mozzarella Style Shreds (optional)**

- 1.** Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside.
- 2.** Place the frozen hash browns on the prepared baking sheet and place in the oven. Bake for 10–15 minutes, until tender and warm but not crispy. Remove hash browns from the oven, keeping the oven heated, and line the baking sheet with new parchment paper.
- 3.** In a skillet over medium-high heat, sauté the onion, garlic, poblano pepper, and bell pepper in vegetable stock until tender.
- 4.** Mix in the dry seasonings and bacon bits until well combined. Stir in the soy sauce and crumbled tofu. Continue cooking for an additional 5 minutes over low heat.
- 5.** In each tortilla, add ½ cup of tofu scramble filling, ¼ cup of cooked hash browns, and a small sprinkle of vegan cheese, if using.
- 6.** Roll the tortilla into a closed burrito, place on the prepared baking sheet seam-side down, and bake in the oven for 15 minutes.
- 7.** Serve hot.

**KIM'S HINT:**

You can use whatever vegetables are in season. I have made these burritos with spinach, kale, mushrooms, and tomatoes. They are so customizable that you will find yourself not using a recipe next time!

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## BREAKFAST CASSEROLE

This casserole is almost like a vegetable sandwich—but soaked in a creamy, flavorful sauce and baked to perfection. It's similar to a scrumptious breakfast or brunch that you would find at a bed and breakfast. I like to serve this when we have guests because I can make it ahead of time and pop it in the oven the next morning.

*Yields: 6 servings*

*Prep Time: 20 minutes Cook Time: 1 hour*

**3 cups nondairy milk**  
**6 ounces silken tofu**  
**3 tablespoons flax meal**  
**¼ teaspoon ground nutmeg**  
**¾ teaspoon black pepper, divided**  
**½ teaspoon ground mustard**  
**2 teaspoons vegan Worcestershire sauce**  
**2 tablespoons minced garlic**  
**8 ounces mushrooms, sliced**  
**10 ounces spinach, chopped**  
**1 onion, diced**  
**1 red bell pepper, seeded and diced**  
**¼ teaspoon sea salt**  
**12 slices whole wheat bread**  
**8 ounces Lightlife Organic Smoky Tempeh Strips**  
**½ cup Daiya Mozzarella Style Shreds (optional)**

1. Preheat oven to 350°F. Line a 9 × 13 inch casserole pan with parchment paper and set aside.
2. Put the milk in a blender with the tofu, flax meal, nutmeg, ½ teaspoon of the black pepper, mustard, and Worcestershire sauce. Blend until completely smooth and set aside.
3. In a skillet over medium-high heat, sauté the garlic, mushrooms, spinach, onion, and bell pepper in a small amount of water. Season with salt and the remaining ¼ teaspoon pepper.
4. Place 6 slices of bread on the bottom of the prepared pan. You may need to cut the bread slices to fit the pan.
5. Arrange the sautéed vegetables, tempeh strips, and cheese, if using, evenly over the top of the bread. You may have to cut or crumble the tempeh to spread evenly.
6. Pour half the milk mixture over the vegetables and tempeh strips.
7. Cover the vegetables and tempeh with the remaining 6 bread slices. (It looks like you are making a casserole sandwich.)

8. Pour the remaining milk mixture over the top of the casserole. Bake uncovered for about 40 minutes, or until golden brown on top. Let cool for 15 minutes and serve warm.

**KIM'S HINT:**

This recipe can be made ahead of time and not baked. Simply assemble the casserole, cover, refrigerate, and then bake before serving.









## BREAKFAST PATTIES

Complete these breakfast patties with shredded potatoes, mushrooms, and peppers. With simple flavors everyone will love, these patties are a great addition to any breakfast.

*Yields: 6 patties*

*Prep Time: 15 minutes Cook Time: 30 minutes*

- 2 tablespoons flax meal**
- 6 tablespoons water**
- 4 green onions, sliced**
- 7 white button mushrooms, chopped**
- ½ cup diced red bell pepper**
- 3 garlic cloves, minced**
- ¼ cup shredded carrot**
- 1½ cups grated potato**
- ½ cup whole wheat bread crumbs**
- ½ teaspoon sea salt**
- ¼ teaspoon black pepper**
- ½ teaspoon fennel seeds**
- 7 ounces extra-firm tofu, drained and crumbled**
- 2 tablespoons vital wheat gluten**

- 1.** Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
- 2.** Mix the flax meal with the water in a small bowl and set aside until thickened.
- 3.** In a skillet over medium-high heat, sauté the green onions, mushrooms, bell pepper, and garlic in a small amount of water until tender.
- 4.** Place the sautéed vegetables and the remaining ingredients (including the flax mixture) in a large mixing bowl and mix thoroughly.
- 5.** Form the mixture into 6 patties.
- 6.** Bake for 20–30 minutes, or until golden brown.
- 7.** Allow the patties to cool and set before serving.

### **KIM'S HINT:**

These patties also freeze very well.



## FLUFFY WHOLE WHEAT PANCAKES

These hot, fluffy pancakes are made with whole wheat pastry flour. We like these pancakes with hot cherry sauce or Blueberry Sauce (page 36).

*Yields: 4 servings*

*Prep Time: 5 minutes Cook Time: 5–10 minutes*

- 1 cup whole wheat pastry flour**
- 1 tablespoon Sucanat**
- 2 teaspoons baking powder, sifted**
- ½ teaspoon sea salt**
- 1 cup nondairy milk**
- 2 tablespoons unsweetened applesauce**

- 1.** Mix all the dry ingredients in a large mixing bowl.
- 2.** In a separate bowl, whisk together the milk and applesauce.
- 3.** Stir the wet ingredients into the dry, being careful not to overmix. Overmixing can lead to tough, gummy pancakes. You will have some lumps, but that's fine.
- 4.** Heat a nonstick griddle pan over medium-high heat. Drop a ¼–½ cup of batter onto the preheated pan.
- 5.** Cook until bubbles appear in the middle of the pancake. Flip and continue cooking for 2–3 minutes.
- 6.** Repeat with the remaining pancake batter.

### **KIM'S HINTS:**

- For a thicker or thinner pancake, simply adjust milk as needed.
- You can also substitute a banana for the applesauce.







# GINGERBREAD-BLUEBERRY PANCAKES

A special treat if you love gingerbread, these are perfect for the holidays!

*Yields: 6 servings*

*Prep Time: 10 minutes Cook Time: 5–10 minutes*

- 2¼ cups white whole wheat flour**
- 1 tablespoon Sucanat**
- 2 teaspoons baking powder**
- 1 teaspoon ground cinnamon**
- ½ teaspoon ground cloves**
- ½ teaspoon ground ginger**
- ½ teaspoon ground nutmeg**
- ¼ teaspoon sea salt**
- 2½ cups nondairy milk**
- 3 tablespoons molasses**
- 1 cup blueberries (fresh or frozen)**

- 1.** Mix all the dry ingredients in a large mixing bowl.
- 2.** In a separate bowl, whisk together the nondairy milk and molasses.
- 3.** Stir the wet ingredients into the dry, being careful not to overmix. Overmixing can lead to tough, gummy pancakes. You will have some lumps, but that's fine.
- 4.** Gently fold in the blueberries.
- 5.** Heat a nonstick griddle pan over medium-high heat. Drop a ¼–½ cup of batter onto the preheated pan.
- 6.** Cook until bubbles appear in the middle of the pancake. Flip and continue cooking for 2–3 minutes.
- 7.** Repeat with the remaining pancake batter.

## **KIM'S HINT:**

For a thicker or thinner pancake, simply adjust milk as needed.





## GREEN PEPPER TOFU SCRAMBLE

The turmeric in this scramble gives the tofu that yolk-yellow look, while the peppers and onions add texture and flavor. It's a quick and easy breakfast that goes nicely with a fruit salad and whole-grain bread or grits.

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 10 minutes*

**1 onion, diced**

**1 green bell pepper, seeded and diced medium**

**½ jalapeño pepper, seeded and minced**

**¼ cup low-sodium vegetable stock, for sautéing**

**¼ teaspoon ground turmeric**

**2 tablespoons nutritional yeast flakes**

**1 tablespoon garlic powder**

**¼ teaspoon sea salt**

**¼ teaspoon black pepper**

**2 tablespoons low-sodium soy sauce**

**One 14-ounce block extra-firm tofu, drained and crumbled**

**3 tablespoons chopped fresh parsley (optional)**

- 1.** In a skillet over medium-high heat, sauté the onion, bell pepper, and jalapeño pepper in the vegetable stock. Cook for 5 minutes, or until the vegetables become tender.
- 2.** Stir in the spices and soy sauce. Continue cooking for 1–2 minutes longer.
- 3.** Add the crumbled tofu and turn the heat to low. Cook for an additional 1–2 minutes.
- 4.** Remove from the heat and stir in the fresh parsley, if using. Serve immediately.





## HOT CINNAMON-APPLE CEREAL

In this recipe, steel-cut oats are cooked with fresh apples with the perfect blend of seasonings for a hearty, healthy breakfast!

*Yields: 4 servings*

*Prep Time: 10 minutes   Cook Time: 30 minutes*

- 1 cup steel-cut oats**
- 1 cup nondairy milk, plus more for serving**
- 1 cup unsweetened applesauce**
- 1 teaspoon ground cinnamon**
- 1/8 teaspoon ground nutmeg**
- 1 apple, peeled, cored, and diced small**
- 2 tablespoons Sucanat**
- 1 cup hot water**
- 1/4 teaspoon sea salt**
- 1 teaspoon vanilla extract**
- Berries or other favorite fruits or nuts, for serving (optional)**

- 1.** Combine all the ingredients in a saucepan over medium heat. Bring to a low simmer and cook for 20–30 minutes, until the oats become tender and the liquid is close to being completely absorbed.
- 2.** Remove from the heat and serve with berries or other favorite fruits, nuts, and additional nondairy milk, if desired.







# MUESLI

I like a mixture of grains, nuts, and dried fruits for an easy breakfast. I prefer muesli to traditional processed cereals.

*Yields: 6 servings*

*Prep Time: 10 minutes Cook Time: 0 minutes*

- 3 cups whole-grain dry oats (not instant)**
- 1 cup wheat or bran flakes**
- ½ cup rye flakes (optional)**
- ¼ cup unsweetened coconut flakes**
- ¼ cup sunflower seeds (raw or roasted)**
- ¼ cup pumpkin seeds**
- 1 cup dried fruit (raisins, blueberries, or cranberries)**
- ½ cup chopped pitted Medjool dates**
- 3 tablespoons flax meal**
- 1 teaspoon ground cinnamon**

- 1.** Mix all the ingredients and store in a sealed container.
- 2.** Serve muesli with your favorite nondairy milk and fresh fruit.

## **KIM'S HINT:**

Any of these ingredients (except the oats) can be replaced or left out. Making a recipe for muesli is easy because I usually dump whatever ingredients I have on hand into a container and shake. You can choose various nuts, dried fruit, flakes, and even spices.





## MUSHROOM HASH BROWNS

These seasoned hash browns are baked, not fried in oil, for a slightly crispy texture. They're a great addition to any breakfast.

*Yields: 4 servings*

*Prep Time: 15 minutes   Cook Time: 20–30 minutes*

**12 ounces frozen hash browns, thawed**  
**1½ tablespoons minced fresh rosemary**  
**1 tablespoon nutritional yeast flakes**  
**2 tablespoons minced garlic**  
**½ teaspoon sea salt, plus more as needed**  
**¼ teaspoon black pepper, plus more as needed**  
**1 onion, diced**  
**1 red bell pepper, seeded and diced**  
**10 ounces mushrooms, sliced**  
**¼ cup low-sodium vegetable stock, for sautéing**

1. Preheat oven to 400°F. Line a baking pan with parchment paper and set aside.
2. Toss the hash browns with the rosemary, nutritional yeast, garlic, salt, and pepper.
3. Spread the seasoned hash browns evenly over the prepared baking pan. Bake for 20 minutes, or until tender and golden brown. Some of the potatoes should get crispy.
4. Meanwhile, in a nonstick frying pan over medium-high heat, sauté the onion, bell pepper, and mushrooms in the vegetable stock until tender. Season with salt and pepper.
5. When the hash browns are done baking, place them in the pan with mushrooms, onion, and pepper, and toss briefly over medium heat. Serve warm.



## NELSON'S GRITS

After having spent a good part of his childhood in the South, and with a mother who hailed from West Virginia, my husband is a huge fan of grits. It's fun to watch him cook grits because he likes to experiment with flavors and sauces. Here is a recipe that we both enjoy.

*Yields: 4 servings*

*Prep Time: 15 minutes   Cook Time: 20 minutes*

- 1 onion, diced**
- 1 jalapeño pepper, seeded and minced**
- 1 poblano pepper, seeded and diced small**
- 1 red bell pepper, seeded and diced**
- ¼ cup low-sodium vegetable stock, for sautéing**
- 4 cups water**
- 1 cup yellow grits**
- 2 tablespoons vegan bacon bits**
- 1 tablespoon nutritional yeast flakes**
- 1 teaspoon garlic powder**
- ½ teaspoon sea salt**
- ¼ teaspoon black pepper**

- 1.** In a skillet over medium-high heat, sauté the onion, jalapeño, poblano, and bell pepper in the vegetable stock until tender.
- 2.** Add the water and bring to a boil. Slowly add the grits, whisking so the mixture does not form lumps.
- 3.** Turn the heat to low and add the bacon bits and seasonings. Cook until the grits are creamy and thick, 5–10 minutes.
- 4.** Serve warm.





## PINEAPPLE-COCONUT SMOOTHIE

This light and refreshing smoothie features coconut milk, bananas, and pineapple.

*Yields: 3 servings*

*Prep Time: 5 minutes Cook Time: 0 minutes*

**1 cup cubed pineapple (fresh or frozen)**

**½ cup coconut milk**

**1 banana**

**1 cup nondairy milk**

**½ teaspoon vanilla extract**

1. Place all the ingredients in a high-powered mixer or blender and process on high speed until smooth and creamy.
2. Serve immediately or chill and save for later.





## VANILLA-BERRY SMOOTHIE

This light and refreshing smoothie makes a healthy breakfast drink or snack.

*Yields: 3 servings*

*Prep Time: 10 minutes Cook Time: 0 minutes*

**1 cup vanilla soy yogurt**

**1 cup nondairy milk**

**1 tablespoon agave nectar**

**½ teaspoon vanilla extract**

**1 cup frozen raspberries**

**¼ cup flax meal**

1. Place all the ingredients in a high-powered mixer or blender and process on high speed until smooth and creamy.
2. Serve immediately or chill and save for later.









## WATERMELON SMOOTHIE

My last pregnancy was hard mainly because I experienced nausea for the entire nine months. Some Chinese people say that watermelon and ginger help with nausea, so during my pregnancy Nelson would trudge to the store in the winter to look for watermelon, which is not an easy or inexpensive task. I thought it was worth it, though— this smoothie really took care of the nausea! I also love this recipe because during the summer, when watermelon is in season, we always have leftover fruit and this is a great way to use it up.

*Yields: 2–4 servings*

*Prep Time: 5 minutes Cook Time: 0 minutes*

**3 cups chopped watermelon**

**2 cups strawberries (fresh or frozen)**

**1 cup orange juice**

**1 tablespoon grated ginger**

1. Place all the ingredients in a blender and blend on high speed until smooth.
2. Serve immediately or chill and save for later.

## THE CHINA STUDY

SOWING THE SEEDS OF REVOLUTION

**BY ANY MEASURE**, *The China Study* by Dr. T. Colin Campbell and his son Tom is a seminal work. Published in 2004, the book details three decades of Dr. Campbell's research at Cornell University on the correlation between the consumption of animal-based foods such as meat, milk, and eggs and the development of cancer, heart disease, type 2 diabetes, and other chronic conditions. Dr. Campbell found that eating a diet of whole, minimally refined plants, such as vegetables, fruits, grains, legumes, and nuts, can prevent, and in some cases even reverse, many of these diseases. It's what Dr. Campbell and others call a whole food, plant-based diet.

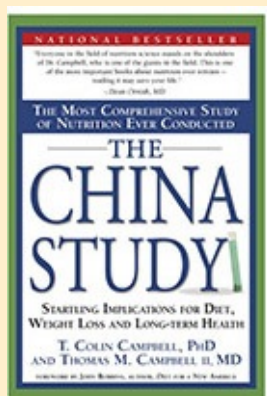


Colin Campbell speaking to the Kentucky House of Representatives

*The China Study's* influence on the modern plant-based nutrition movement can't be overstated. It was the first book to lay out the purely *scientific* case for the

advantages of a plant-based diet. As a result, it reached an audience far beyond the already converted vegan activists who were once the driving force of the movement.

A Google search on *The China Study* produced an impressive three hundred million hits—evidence that the plant-based snowball is rolling inexorably downhill, growing ever bigger by the minute. And *The China Study* is right at its core, and the reason many people see Dr. Campbell as the science father of the plant-based nutrition movement.





Artisanal Vegan Pizza Dough

Banana Bread

Colin's Blueberry Muffins

Cornbread

Cranberry-Orange Scones

Naan Bread

No-Knead Sweet Raisin Bread

Whole Wheat Sandwich Bread





## ARTISANAL VEGAN PIZZA DOUGH

I prefer to bake my pizzas on a pizza stone. This allows the crust to become light and crispy, as if it had been cooked in a wood-burning pizza oven. Homemade pizza crust is time-consuming, but this recipe has been tested to perfection. It's well worth the effort.

*Yields: Two 14- to 15-inch crusts*

*Prep Time: 15 minutes    Cook Time: 1 hour 45 minutes (includes rising)*

**1 tablespoon active dry yeast**

**1 cup warm water**

**¼ cup agave nectar**

**¾ cup nondairy milk**

**1¾ teaspoons Ener-G Egg Replacer mixed with 1 tablespoon water**

**1½ teaspoons sea salt**

**2¼ cups whole wheat flour**

**¾ cup white whole wheat flour**

1. In a large bowl, dissolve the yeast in the warm water. Let stand until frothy.
2. Stir in the agave, milk, egg replacer mixture, salt, and flours to make a soft dough. Knead for 6–8 minutes, until smooth.
3. Place the dough in a bowl and cover with a damp towel. Set aside in a warm place to rise, until the dough doubles in size, about 1 hour.
4. Punch down the dough and allow to double in size again, about 30 minutes.
5. During the second rise, preheat oven to 450°F.
6. Divide the dough in half. On a floured cutting board, roll out each half into a ¼-inch-thick crust. Place the crusts on a pizza pan or stone. Evenly poke the pizza dough with a fork.
7. Bake for 4–6 minutes, until just beginning to brown.
8. To make pizzas, top the crusts with the desired sauces and toppings.
9. Return the pizzas to the oven for another 10–15 minutes, until the sauces and toppings are done to your liking and the crusts are golden brown around the edges, and serve warm.





## BANANA BREAD

This is an unusual yeast bread because most banana breads are leavened with baking powder. I think this bread is lighter, less sweet, and more flavorful than typical quick banana breads. It requires more time to rise, but if you are home, it's well worth the wait.

*Yields: 6 servings*

*Prep Time: 15 minutes Cook Time: 2 hours 15 minutes (includes rising)*

**1 cup nondairy milk, warm**

**¼ cup agave nectar**

**1½ teaspoons active dry yeast**

**2 ripe bananas**

**1½ teaspoons vanilla extract**

**1 teaspoon ground cinnamon**

**½ teaspoon ground nutmeg**

**2½ cups white whole wheat flour**

**¼ teaspoon sea salt**

**½ cup chopped walnuts**

1. Line a bread pan with parchment paper. Silicone bread pans work nicely, too.
2. In a medium bowl, whisk together the warm nondairy milk, agave, and yeast. Let this mixture sit for 10 minutes so the yeast activates.
3. Mash the bananas in a separate bowl (you should have a little over a cup of banana puree) and mix in the vanilla, cinnamon, and nutmeg. Whisk the banana mixture into the yeast mixture.
4. Slowly add the flour and salt and mix for 2 minutes. Add the walnuts. The dough will be very sticky, so kneading is not possible or necessary!
5. Scoop the dough into the prepared bread pan.
6. Cover with plastic wrap and let rise for 90 minutes.
7. While the dough is rising, preheat the oven to 375°F.
8. Uncover the bread and bake for 45 minutes to 1 hour, until an inserted toothpick comes out clean. Tent with aluminum foil after about 20 minutes to keep the top from browning too much.
9. Remove from the oven and cool for 15 minutes, then turn out onto a cooling rack.
10. Cool the bread completely before slicing.



## COLIN'S BLUEBERRY MUFFINS

My son, Colin, loved these muffins, especially with breakfast. These also were a favorite after-school snack in my house.

*Yields: 12 muffins*

*Prep Time: 10 minutes   Cook Time: 20 minutes*

- 1 tablespoon flax meal**
- 3 tablespoons warm water**
- $\frac{3}{4}$  cup nondairy milk**
- $\frac{1}{2}$  cup applesauce**
- 3 tablespoons agave nectar**
- 2 cups whole wheat pastry flour**
- 1 tablespoon baking powder**
- $\frac{1}{4}$  teaspoon sea salt**
- 1 cup blueberries (fresh or frozen)**
- $\frac{1}{2}$  cup chopped walnuts**

- 1.** Preheat oven to 400°F.
- 2.** Combine the flax meal and warm water in a small bowl and set aside.
- 3.** In a separate large bowl, mix the milk, applesauce, and agave. When the flax meal and water has thickened, add it to the milk mixture and stir to combine.
- 4.** Stir in the flour, baking powder, and salt all at once. Only mix until the flour is moistened (the batter will be lumpy).
- 5.** Gently fold in the blueberries and chopped walnuts.
- 6.** Using a silicone muffin pan, divide the batter among the muffin cups. Bake for 15–20 minutes, or until golden brown.







## CORNBREAD

This bread is slightly sweet and very moist. It goes well with a bowl of chili or Mexican-style salads.

*Yields: 8 servings*

*Prep Time: 10 minutes   Cook Time: 20 minutes*

**1 tablespoon Ener-G Egg Replacer**

**2 tablespoons warm water**

**2 cups finely ground cornmeal**

**2 teaspoons baking powder**

**½ teaspoon sea salt**

**1½ cups soy milk**

**¼ cup applesauce**

**2 tablespoons agave nectar**

1. Preheat oven to 375°F. Line a 9 × 9 inch square pan with parchment paper and set aside.
2. In a small bowl, mix the egg replacer with the water. Set aside.
3. In a large bowl, whisk together the cornmeal, baking powder, and salt.
4. Add the milk, applesauce, agave, and egg replacer mixture to the large bowl.
5. Pour the batter into the prepared pan and bake for about 20 minutes, until a toothpick inserted into the center comes out clean. Serve warm.

### **KIM'S HINT:**

I like to add finely diced jalapeños and fresh corn to this recipe for a heartier, spicier version.



## CRANBERRY-ORANGE SCONES

My biggest weakness is a scone from Starbucks or Barnes & Noble. I think this was the last animal-based product I gave up. At times, I have been known to fall off the wagon and find one in my hand.

For my birthday, my daughter Laura made cranberry-orange scones, and they're worth sharing. This recipe is a healthier version, but the scones are rich, so I consider them a treat.

*Yields: 8 scones*

*Prep Time: 10 minutes   Cook Time: 20 minutes*

**2½ cups whole wheat pastry flour, plus more as needed**

**¼ cup Sucanat**

**1 tablespoon baking powder**

**½ teaspoon sea salt**

**1¼ cups coconut milk, cold**

**¼ cup unsweetened applesauce**

**1 cup cranberries (fresh or dried)**

**2 teaspoons orange zest**

**2 tablespoons natural granulated sugar, for garnish (optional)**

1. Preheat oven to 425°F. Line a baking sheet with parchment paper and set aside.
2. In a large mixing bowl, combine the flour, Sucanat, baking powder, and salt. Pour in the coconut milk and applesauce.
3. Gently mix until everything is combined, being careful not to overmix. Overmixing can make your scones tough.
4. Gently fold in the cranberries and orange zest. You may need a bit more flour if your dough is very wet. However, too much flour will make your scones dry.
5. Transfer the dough to a floured surface and shape into a disk about 10 inches in diameter and about 1 inch thick. I use my hands to shape it.
6. Using a sharp knife, cut into 8 wedges, like you would with a pizza.
7. Using a spatula, place the wedges onto the prepared baking sheet. Sprinkle the scones with a small amount of the natural sugar.
8. Bake for 15–20 minutes, or until golden. Serve immediately for best results.









## NAAN BREAD

This Indian-style flatbread can be made ahead and frozen. Its slightly sweet flavor makes it an excellent bread for sandwiches or for dipping. Naan bread is easy to make but requires some time for kneading, rising, and rolling.

*Yields: 18–20 pieces*

*Prep Time: 15 minutes Cook Time: 68 minutes (includes rising)*

**1 tablespoon active dry yeast**

**1 cup warm water**

**½ cup agave nectar**

**¾ cup unsweetened soy milk**

**2¼ teaspoons Ener-G Egg Replacer mixed with 1 tablespoon water**

**½ teaspoon garlic powder**

**1 teaspoon rice vinegar**

**1½ teaspoons sea salt**

**4 cups whole wheat flour, more or less as needed**

1. In a large bowl, dissolve the yeast in the warm water. Let stand until frothy.
2. Stir in the agave, soy milk, egg replacer mixture, garlic powder, vinegar, salt, and flour to make a soft dough. You may have to add more or less flour depending on the type of flour you use. Do NOT use pastry flour because it will produce a gummy dough.
3. Turn out onto a lightly floured surface and knead for 6–8 minutes until smooth. Place the dough in a bowl and cover with a damp towel. Set aside in a warm place to rise until doubled in size, about 1 hour.
4. Punch down the dough and then pinch the dough into 18–20 small nectarine-size balls. Place on a dry tray and allow to double in size, about 30 minutes.
5. Preheat a griddle pan over medium-high heat. On a work surface next to the griddle, roll out one of the dough balls and stretch out the dough to form an uneven roundish shape.
6. Place on the griddle. Cook for 2–3 minutes, until puffy and lightly golden. Do not overcook; you want them to be able to fold without cracking. Turn over and cook the other side.
7. Continue to make all the naan until finished. Naan bread freezes well.



## NO-KNEAD SWEET RAISIN BREAD

This recipe is very similar to the Whole Wheat Sandwich Bread (page 71), except it's slightly sweeter and makes a great breakfast bread. It's delicious with peanut butter and jelly, too.

*Yields: 1 loaf*

*Prep Time: 15 minutes   Cook Time: 2 hours 15 minutes (includes rising)*

**1½ cups warm water**

**¼ cup orange juice**

**¼ cup unsweetened applesauce**

**3 tablespoons molasses**

**2 teaspoons active dry yeast**

**3 cups white whole wheat flour**

**1 teaspoon sea salt**

**1½ teaspoons ground cinnamon**

**1 cup raisins**

1. Line a bread pan with parchment paper and set aside.
2. In a small mixing bowl, whisk together the warm water, orange juice, applesauce, molasses, and yeast. Let stand for 10 minutes so the yeast activates.
3. In a large mixing bowl, mix together the flour, salt, and cinnamon.
4. Add the wet ingredients to the dry ingredients and mix the dough vigorously for about 3 minutes. Add the raisins during this time. You should have a very sticky dough. It won't pour, but it will not be kneadable.
5. Scoop the dough into the prepared bread pan. Cover the pan with plastic wrap and let rise in a warm place for 90 minutes.
6. While the dough is rising, preheat oven to 350°F.
7. Uncover the bread and bake for about 45 minutes, tenting it with aluminum foil after 20 minutes to keep the top from browning too much.
8. Remove from the oven and let cool for 15 minutes, then turn out onto a rack. Cool the bread completely before slicing.

### **KIM'S HINT:**

You can buy silicone bread pans, which don't need to be oiled or lined with parchment paper. Amazon and kitchen supply stores carry several silicone pans to choose from.









## WHOLE WHEAT SANDWICH BREAD

This recipe is oil-free and requires no kneading! I gave away my bread machine after I started making this recipe.

**Yields:** 1 loaf

**Prep Time:** 15 minutes **Cook Time:** 2 hours 15 minutes (includes rising)

**2 cups warm water**

**2 tablespoons agave nectar**

**⅓ cup unsweetened applesauce**

**1½ teaspoons active dry yeast**

**3½ cups whole wheat flour**

**1 teaspoon sea salt**

1. Line a bread pan with parchment paper and set aside.
2. In a small mixing bowl, whisk together the warm water, agave, applesauce, and yeast. Let stand for 10 minutes so the yeast activates.
3. In a large mixing bowl, whisk together the flour and salt. Add the wet ingredients to the dry ingredients and mix the dough vigorously for about 3 minutes. You should have a very sticky dough. It won't pour, but it will be too wet to knead.
4. Scoop the dough into the prepared bread pan. Cover the pan with plastic wrap and let rise in a warm place for 90 minutes.
5. While the dough is rising, preheat oven to 350°F.
6. Uncover the bread and bake for about 45 minutes, tenting it with aluminum foil after 20 minutes to keep the top from browning too much.
7. Remove from the oven and let cool for 15 minutes, then turn out onto a rack. Cool the bread completely before slicing.

### THE GENESIS OF PLANTPURE NATION

**NELSON CAMPBELL DREW** upon a lifetime of experience in conceiving the idea for *PlantPure Nation*. As the son of world-renowned nutritional biochemist Dr. T. Colin Campbell, Nelson had a front-row seat to one of the greatest scientific discoveries ever made: that a whole food, plant-based diet can prevent, and in some cases reverse, serious illnesses like type 2 diabetes, heart disease, and even some forms of cancer. He also witnessed how difficult it was to bring this discovery to light, mainly because of the opposition it aroused from big special interests like agribusiness. That experience also led Nelson to a career as an entrepreneur in health and wellness and a desire to use the skills he gained to help bring his father's health message into the mainstream.



In early 2012, Nelson worked with Representative Tom Riner to draft and introduce legislation in Kentucky that would have instituted a pilot project to demonstrate the efficacy of a plant-based diet. When that legislation failed to pass, it made him realize that if he did the pilot project successfully on his own, then went back to the Kentucky legislature and showed them how incredible the results were, it could be an opportunity to address the political challenge his father has faced his entire career. He also realized it would make a great storyline for a film. And thus, *PlantPure Nation* was born.



Film crew interviewing Kentucky resident Betsy Coffee in front of the capitol building



## SNACKS AND APPETIZERS

Asian Spring Rolls

Cauliflower Buffalo Bites

Mushroom Tapenade on Polenta Squares

Polenta

Popcorn, Many Flavors

Potato Chips

Roasted Chickpeas

Warm Spinach-Artichoke Dip



## ASIAN SPRING ROLLS

These spring rolls can be an appetizer, a lunch, or a side to any entrée. The rolls are filled with fresh mint, thinly sliced vegetables, and light rice noodles. Feel free to add other vegetables that you enjoy. They are beautiful and easy to assemble once you learn the technique. Practice makes perfect!

This recipe includes a spicy, tangy peanut dipping sauce, but if your time is short there are some great sauces available in most grocery stores that have no added oils.

**Yields:** 8 spring rolls

**Prep Time:** 45 minutes **Cook Time:** 5 minutes

### Dipping Sauce

- 2 tablespoons natural creamy peanut butter (no added oils)**
- 2 tablespoons rice vinegar**
- 2 teaspoons agave nectar**
- ½ teaspoon red pepper flakes**
- 2 tablespoons water**

### Filling

- 1½ ounces bean thread noodles, uncooked**
- 1 tablespoon tahini**
- Dash of red pepper flakes**
- ½ cucumber, julienned**
- 1 carrot, shredded**
- ½ red bell pepper, seeded and thinly sliced**
- 1 avocado, pitted and thinly sliced**
- 2 green onions, sliced**
- ½ tablespoon rice vinegar**
- ½ teaspoon agave nectar**
- 1 tablespoon lime juice**

- 8 rice paper wrappers**
- 8 small whole leaves romaine lettuce**
- 2 tablespoons cilantro leaves**
- 3 tablespoons mint leaves**

- 1.** To make the sauce, combine the peanut butter, rice vinegar, agave, red pepper flakes, and water in a small bowl. Mix well and set aside.
- 2.** To make the filling, cook the bean threads according to the package directions. Drain the noodles, put them in a bowl, and toss with the tahini and a dash of red pepper flakes.
- 3.** Combine the cucumber, carrot, bell pepper, avocado, and green onions in a large bowl.

Toss the veggies with rice vinegar, agave, and lime juice.

4. To soften the rice wrappers, place warm water in a cake pan. Immerse each wrapper in the hot water until it softens, about 30 seconds. Place the wet wrapper on a plate or clean countertop. Fill the center of the softened wrapper by laying down one small romaine lettuce leaf. Then lay down 1–2 tablespoons of noodles and a small amount of the veggie mixture. Add cilantro and mint leaves.

5. To roll up your rice wrappers, first fold the top and bottom of the edges of the wrapper over the filling, then fold in the edges toward the center and continue rolling until it is closed and snug. Continue this process with each of the wrappers.

6. As you finish each roll, place it on a baking sheet and cover the rolls with a damp towel. If desired, slice each roll in half with a sharp knife, or serve the rolls whole, and serve with the peanut sauce on the side.



### **KIM'S HINTS:**

- I like to think of folding a spring roll as folding a closed burrito. The first time I learned how to make these I used a video on YouTube! The visual instruction was perfect.



- Once you learn how to handle the rice wrappers, you can fill them with a variety of fresh vegetables. I love to use fresh salad greens, baked tofu, and avocado for a quick spring roll.





## CAULIFLOWER BUFFALO BITES

These are a crowd-pleaser for any event. Chicken wings are never missed when you can have cauliflower bites. I serve these with celery sticks, carrots, and my plant-based Blue Cheez Dressing (page 125).

*Yields: 6 servings*

*Prep Time: 15 minutes Cook Time: 20 minutes*

**1 cup nondairy milk**  
**1 cup whole wheat pastry flour**  
**1 teaspoon garlic powder**  
**½ teaspoon onion powder**  
**⅛ teaspoon black pepper**  
**1 teaspoon paprika**  
**2 tablespoons nutritional yeast flakes**  
**1 cauliflower head, broken into florets**  
**10 ounces oil-free buffalo wing sauce**  
**1 cup Blue Cheez Dressing (page 125)**  
**Carrot sticks, for serving**  
**Celery sticks, for serving**

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. In a mixing bowl, whisk together the milk, flour, spices, and nutritional yeast.
3. Place all the cauliflower pieces in the milk mixture and coat thoroughly.
4. Spread the cauliflower on the prepared baking sheet.
5. Bake for 20–30 minutes, or until light golden brown.
6. Once the cauliflower florets are crisp and golden, coat them with the buffalo sauce and bake for an additional 5 minutes.
7. Serve with the Blue Cheez Dressing and carrot and celery sticks.



## MUSHROOM TAPENADE ON POLENTA SQUARES

If you love olives and mushrooms as much as my family does, you will enjoy this tapenade. Here, it is spread over polenta squares, but it can also be served over bread for a beautiful and tasty appetizer.

*Yields: 10 servings*

*Prep Time: 30 minutes Cook Time: 10 minutes*

- 1 onion, diced**
- 10 ounces button mushrooms, sliced**
- 4 ounces shiitake mushrooms, sliced**
- 4 garlic cloves, minced**
- 1 teaspoon dried thyme**
- ¼ teaspoon sea salt**
- ¼ teaspoon black pepper**
- ¼ cup dry white wine**
- One 6-ounce can pitted black olives, drained**
- 2 tablespoons capers, drained and rinsed**
- 2 tablespoons chopped fresh basil**
- 1 recipe Polenta (page 79)**

- 1.** In large skillet over medium-high heat, sauté the onion, mushrooms, garlic, thyme, salt, and pepper in a little bit of water for 3–5 minutes, until softened. Stir frequently. Add the wine and cook until absorbed.
- 2.** Transfer the mushroom mixture to a food processor. Add the olives, capers, and basil. Pulse until blended but still chunky.
- 3.** Cut the polenta into 2 × 2 inch squares and top with a spoonful of tapenade.





# POLENTA

Polenta is Italian for cornmeal mush. In this recipe, it is cooled and cut into squares.

*Yields: 6 servings*

*Prep Time: 5 minutes Cook Time: 15–20 minutes*

**4 cups water**

**1½ cups polenta cornmeal**

**½ teaspoon garlic powder**

**3 tablespoons nutritional yeast flakes**

**½ teaspoon sea salt**

**¼ teaspoon black pepper**

1. Line a baking sheet with parchment paper and set aside.
2. Bring the water to a slow simmer in a pot over medium heat.
3. Slowly stir in the cornmeal, about ¼ cup at a time. Cook over low heat for 15 minutes, stirring frequently and scraping the bottom to avoid burning.
4. The cornmeal is done cooking when it is smooth and thick. Stir in the remaining ingredients before removing from the heat.
5. Press the polenta into the prepared baking sheet until it is 1 inch thick.
6. Refrigerate until completely cool.
7. Slice the polenta into the desired shape and top with your favorite sauce or vegetable sauté.

## KIM'S HINTS:

- Polenta takes on the flavors you give it. You can season with different herbs for unique flavors. After you slice the polenta, you can also bake or grill the slices for a roasted texture.
- To save time, you can purchase premade polenta in the grocery store (they sell a variety of flavors). Then your only task is to prepare the tapenade.





# POPCORN, MANY FLAVORS

Popcorn is a healthy and fun snack that goes well with any movie. But it can be oily and extremely unhealthy when purchased at the theater or eaten out of a microwave bag. So try this version!

*Yields: 4 servings or 14–15 cups popcorn*

*Prep Time: 5–10 minutes Cook Time: 2–5 minutes*

**½ cup unpopped popcorn kernels**

## Seasoning Combinations

### Traditional:

**2 tablespoons nutritional yeast flakes, 1 teaspoon sea salt**

### Indian:

**½ teaspoon curry powder,**

**½ teaspoon Garam Masala (page 146),**

**¼ teaspoon chili powder,**

**⅛ teaspoon ground cinnamon,**

**1 teaspoon sea salt**

### Italian:

**1 teaspoon dried basil,**

**1 teaspoon dried parsley,**

**½ teaspoon garlic powder,**

**1 tablespoon nutritional yeast flakes,**

**1 teaspoon sea salt,**

**½ teaspoon black pepper**

### Cajun/Creole:

**1 teaspoon Old Bay Seasoning,**

**½ teaspoon dried lemon zest,**

**1 teaspoon sea salt**

### Mexican:

**2 teaspoons Mrs. Dash Southwest Chipotle**

**Seasoning Blend or Mexican Spice Blend (page 147),**

**1 teaspoon sea salt**

1. Microwave popcorn: Add ½ cup of the popcorn kernels to a large brown lunch bag and fold the top a few times to keep the popcorn from popping out and making a mess. Microwave on high for about 2 minutes or until the popping slows. Repeat with the remaining popcorn. Note that cook times may vary depending on your microwave.
2. Air-popped popcorn: You will need to purchase a fairly inexpensive hot air popper that usually runs about \$20. It's worth the investment if you love popcorn and don't want all the fat. Follow the manufacturer's directions. Note that cook times may vary depending on your hot air popper.
3. Seasoning: Flavor the popcorn with spices when the popcorn is hot, because this will help the spices stick to the surface. Use a very fine sea salt.

### **KIM'S HINT:**

Put Bragg's Liquid Aminos or a vinegar (depending on what you like) in a spray bottle and lightly spray the popcorn. A light mist will help your seasonings stick. Be careful not to spray too much or your popcorn will become soggy.





# POTATO CHIPS

These chips are a fantastic, healthy alternative to store-bought brands. You have total control of sodium and oil intake. The chips take a little more time to prepare and bake, but they are truly delicious!

*Yields: 4 servings*

*Prep Time: 20 minutes Cook Time: 15–20 minutes*

**4 yellow potatoes**

**1 teaspoon sea salt**

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Clean each whole potato and cut into 1/8-inch-thick slices. Try to keep each slice consistent in size to prevent some chips from cooking faster than others.
3. Place the sliced potatoes in cold water to prevent browning and remove excess starch. Let stand in the cold water for 20–30 minutes.
4. Pat the potato slices dry and lay the potato slices in a single layer on the prepared baking sheet. Sprinkle the potatoes with the salt and place in the oven.
5. Bake for 15–20 minutes, or until crisp. This really varies depending on the thickness of your potatoes. I keep a close eye on the potatoes, tossing them every 5–6 minutes if necessary. They can turn from golden brown to black quickly. The first time you make them, I recommend that you keep a close eye on the potatoes and discover the best cook time for your oven.
6. Serve warm out of the oven or cool completely and store in an airtight container.

## **KIM'S HINT:**

I recommend using a mandoline slicer for the potatoes. This will give you thin, evenly cut potatoes. However, it is not a necessity, since I have made this recipe often without a mandoline slicer, but cutting is a bit more tedious.



## ROASTED CHICKPEAS

These guilt-free snacks are full of flavor and satisfying. They take some time to bake but require almost no labor. These are great for a mid-afternoon snack.

*Yields: 6 servings*

*Prep Time: 10 minutes Cook Time: 45–55 minutes*

**Two 15-ounce cans chickpeas, rinsed and drained**

**1 teaspoon garlic powder**

**2 teaspoons chili powder**

**½ teaspoon sea salt**

**2 tablespoons lime juice**

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Place the chickpeas in a gallon-size resealable plastic bag and add the seasonings. Shake well until completely coated.
3. Spread the seasoned chickpeas evenly on the prepared baking sheet.
4. Bake for 45–55 minutes, stirring every 15–20 minutes so the chickpeas cook evenly, until golden brown.
5. Serve warm or cold for an anytime snack.





## WARM SPINACH-ARTICHOKE DIP

This appetizer is usually loaded with cheeses and creams. This vegan version is warm, creamy, and full of spinach and artichokes. Serve with baked chips, pita slices, or veggies.

*Yields: 8 servings*

*Prep Time: 20 minutes   Cook Time: 30 minutes*

- 1 onion, diced**
- 2 tablespoons minced garlic**
- 6 ounces extra-firm tofu, drained**
- ½ cup Tofu Cashew Mayonnaise (page 139)**
- 1 cup canned cannellini beans, drained and rinsed**
- 1 tablespoon lemon juice**
- 2 tablespoons water**
- ¼ teaspoon mustard powder**
- 2 tablespoons nutritional yeast flakes**
- ¼ teaspoon red pepper flakes**
- Large pinch of ground nutmeg**
- ¼ teaspoon sea salt**
- ¼ teaspoon black pepper**
- 6 ounces fresh baby spinach, washed and dried**
- One 14-ounce can artichoke hearts, drained**
- ¼ cup panko bread crumbs**
- ½ teaspoon paprika**

- 1.** Preheat oven to 350°F.
- 2.** In a skillet over medium-high heat, sauté the onion and garlic in a small amount of water until tender. Set aside.
- 3.** In a food processor, blend together the tofu, mayonnaise, cannellini beans, lemon juice, water, mustard, nutritional yeast, red pepper flakes, nutmeg, salt, and pepper until smooth and creamy.
- 4.** Add the spinach and artichokes and pulse 8–10 times; do not puree them.
- 5.** Fold the onion and garlic into the tofu mixture.
- 6.** Place the mixture into a baking dish and sprinkle with the panko bread crumbs and paprika.
- 7.** Bake for 20–30 minutes, or until the bread crumbs are browned.





# DIPS AND SPREADS

Baba Ghanoush

Basil-Avocado Pesto

Chickpea-Cranberry Salad

Guacamole

✦ Hummus

Mushroom Pâté

Southwestern Black Bean Dip

✦ Vegan Ricotta Cheese





# BABA GHANOUSH

This Middle Eastern dip is made with mashed roasted eggplant blended with tahini, chickpeas, lemon juice, and seasonings. It's a perfect spread or dip to complement fresh vegetables and breads.

*Servings: 6*

*Prep Time: 10 minutes Cook Time: 45 minutes*

**1 eggplant**

**One 15-ounce can chickpeas, rinsed and drained**

**3 garlic cloves**

**¼ cup lemon juice**

**3 tablespoons tahini**

**½ teaspoon sea salt**

**¼ cup water**

**2 tablespoons chopped parsley**

- 1.** Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
- 2.** Slice the eggplant in half lengthwise and poke the skin of each half with a fork about 10 times. Lay the eggplant halves on the prepared baking sheet with the skin side facing up. Roast in the oven for approximately 45 minutes, or until the skins become soft and wrinkly.
- 3.** Remove the eggplant from the oven and allow to cool slightly. Scoop out the inside of the eggplant (pulp) with a spoon, discarding the skin.
- 4.** In a blender or food processor, combine the eggplant pulp, chickpeas, garlic, lemon juice, tahini, and salt until smooth. The mixture will be somewhat thick.
- 5.** Add the water slowly until you have your desired consistency. Adjust the amount of water as needed for a thicker or thinner consistency.
- 6.** Mix in the chopped parsley by hand. Best served fresh.



## BASIL-AVOCADO PESTO

Pesto is great on pasta, sandwiches, pizza, and salads. There are many versions of pesto, but they all begin with a handful of fresh basil and pine nuts. I've tried so many vegan pestos, but many of them unfortunately contain large amounts of olive oil. This pesto, without added oils, is rich, creamy, and bursting with flavor.

*Yields: 4–6 servings*

*Prep Time: 10 minutes   Cook Time: 0 minutes*

**2 cups fresh basil**

**¼ cup pine nuts**

**2 tablespoons lemon juice**

**3 garlic cloves**

**½ teaspoon sea salt**

**2 tablespoons nutritional yeast flakes**

**Dash of cayenne pepper**

**⅛ teaspoon black pepper**

**1 fresh avocado, pitted and peeled**

**2 tablespoons water, if needed**

1. Combine all the ingredients in a food processor, Vitamix, or other high-powered blender until smooth.
2. If you like a thinner pesto, simply add more water.

### **KIM'S HINTS:**

Try replacing the pine nuts with walnuts, pecans, or cashews. Or add 5–6 ounces of silken tofu for a creamy pesto sauce. You can also replace the basil with cilantro to make cilantro pesto.









## CHICKPEA-CRANBERRY SALAD

This is a great sandwich filling that doesn't rely on mayonnaise but uses a tahini dressing instead. It's colorful and rich with veggies and herbs. Serve on your favorite bread as a closed or an open-faced sandwich or on a bed of leafy greens. You may even opt to simply enjoy the salad by itself.

*Yields: 6 servings*

*Prep Time: 15 minutes   Cook Time: 0 minutes*

**¼ cup tahini**

**¼ cup rice vinegar**

**¼ cup water**

**2 tablespoons agave nectar**

**½ teaspoon dried dill weed**

**¼ teaspoon red pepper flakes**

**Two 15-ounce cans chickpeas, rinsed and drained**

**½ cup diced celery**

**1 carrot, diced small or shredded**

**½ cup dried cranberries**

**½ cup finely chopped walnuts**

**½ cup diced red onion**

**¼ cup chopped fresh parsley**

**¼ teaspoon sea salt**

**¼ teaspoon black pepper**

- 1.** Start by mixing your dressing. In a small bowl, combine the tahini, vinegar, water, agave, dill, and red pepper flakes. Set aside so the flavors come together. You can play with the flavor of vinegar you like. I like rice vinegar because it's mild.
- 2.** In a medium to large bowl, add the chickpeas and roughly mash with a strong fork or potato masher.
- 3.** Add the celery, carrot, cranberries, nuts, red onion, parsley, salt, pepper, and tahini dressing. Mix well.
- 4.** Serve at room temperature or let chill in the refrigerator for an hour before serving.



## GUACAMOLE

Avocados are pureed to a creamy consistency and combined with tomatoes, onions, and cilantro in this tasty guacamole.

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 0 minutes*

**2 avocados, pitted and peeled**

**¼ cup peas (fresh or frozen)**

**2 tablespoons lime juice**

**1 garlic clove**

**⅛ teaspoon sea salt**

**1 teaspoon ground cumin**

**¼ teaspoon ancho chili powder**

**¼ cup small-diced red onion**

**1 tomato, finely chopped**

**½ jalapeño pepper, seeded and minced**

**1½ tablespoons chopped cilantro**

- 1.** In a food processor, combine the avocados, peas, lime juice, garlic, sea salt, cumin, and chili powder. Pulse, leaving visible chunks.
- 2.** Transfer the guacamole to a large bowl and fold in the onion, tomato, jalapeño, and cilantro. Refrigerate for an hour before serving.







# HUMMUS

This creamy chickpea dip is a delicious addition to sandwiches, vegetables, or baked crackers. Serve with fresh-cut veggies, pita bread or chips, or as a spread for any sandwich.

*Yields: 4–6 servings*

*Prep Time: 15 minutes   Cook Time: 0 minutes*

**¼ cup tahini**

**¼ cup lemon juice**

**¼ cup water**

**1 garlic clove**

**Two 15-ounce cans chickpeas, rinsed and drained**

**⅛ teaspoon ground cinnamon**

**1 tablespoon ground cumin**

**½ teaspoon sea salt**

**¼ cup chopped fresh parsley**

- 1.** Begin by putting the tahini, lemon juice, and water in a food processor or strong blender. Blend thoroughly. This helps emulsify the tahini with the liquids and makes for a creamier texture.
- 2.** Add all the remaining ingredients except the parsley to the same food processor with the lemon and tahini, processing until smooth.
- 3.** Place the hummus in a serving dish and fold in the parsley.

## **KIM'S HINTS:**

I love to play with the flavor and texture of hummus by adding some veggies we enjoy, such as spinach, artichokes, or roasted peppers. You can process the veggies with the chickpeas or fold them in at the last minute for a bit more texture. You can also reduce the tahini and simply add more water if you want this to be lower in fat. Tahini adds a delicious sesame flavor but it also adds extra fat. Note that store-bought hummus uses lots of oil to make the hummus creamy, so beware of store-bought hummus unless it says no added oil.





## MUSHROOM PÂTÉ

A pâté is a firm dip that requires a knife to spread. Traditionally, pâté is a meat-based spread made from duck or goose liver. Mushrooms and walnuts are a healthy and tasty replacement. I like to serve it on a bed of salad greens with small toasted squares or crackers or with raw veggies.

*Yields: 4–6 servings*

*Prep Time: 20 minutes   Cook Time: 5 minutes*

**12 ounces fresh mushrooms, sliced**  
**1 onion, diced**  
**4 garlic cloves, minced**  
**½ cup dry white wine**  
**4 ounces extra-firm tofu**  
**½ cup finely chopped walnuts**  
**3 tablespoons chopped fresh parsley**  
**1 teaspoon dried thyme**  
**½ teaspoon sea salt**  
**¼ teaspoon black pepper**

- 1.** In a skillet, sauté the mushrooms, onion, and garlic over medium heat in the white wine until tender, about 5 minutes.
- 2.** Place the mushroom mixture into a food processor and add the tofu, nuts, and seasonings. Process until smooth.
- 3.** Chill the mixture before serving.

### **KIM'S HINT:**

I place the pâté mixture in a pretty bowl or dish lined with parchment paper. After it chills, simply place it upside down on a bed of greens and pull off the parchment paper. It makes a beautiful appetizer.





*Southwestern Black Bean Dip*



## SOUTHWESTERN BLACK BEAN DIP

This spicy dip is bursting with Mexican flavors. It's great as a dip or sandwich spread.

*Yields: 4–6 servings*

*Prep Time: 10–15 minutes   Cook Time: 0 minutes*

**Two 15-ounce cans black beans, rinsed and drained**

**2 teaspoons minced chipotle (in adobo sauce)**

**1 teaspoon ancho chili powder**

**½ cup low-sodium vegetable stock**

**2 tablespoons smashed roasted garlic**

**¼ cup small-diced roasted red bell pepper**

**¼ cup chopped fresh cilantro**

- 1.** Place all the ingredients except the bell pepper and cilantro in a food processor. Process until smooth.
- 2.** Add the bell pepper and cilantro and then pulse slightly. Do not puree the cilantro and peppers.



## VEGAN RICOTTA CHEESE

I've been making this recipe for more than twenty years but recently found it packaged under the brand name Tofutti. I was immediately disappointed, however, after checking the ingredients label. It was full of processed oils! This recipe is so easy to make and very versatile. It can be used for calzones, lasagna, stuffed shells, and even pizza.

*Yields: 4–6 servings*

*Prep Time: 10 minutes   Cook Time: 0 minutes*

**3 garlic cloves**

**One 14-ounce block extrafirm tofu, drained**

**¼ cup nutritional yeast flakes**

**¼ teaspoon ground nutmeg**

**½ teaspoon onion powder**

**¼ teaspoon cayenne pepper**

**1 tablespoon lemon juice**

**½ teaspoon sea salt**

**¼ teaspoon black pepper**

**1.** Place all the ingredients into a food processor. Blend continuously until smooth and creamy. Store in the refrigerator.

### **KIM'S HINT:**

I also like to add basil to give this a mintgreen color and the flavor of fresh pesto.

## THE KENTUCKY LEGISLATURE

**I**N NOVEMBER 2011, Kentucky State Representative Tom Riner invited Dr. T. Colin Campbell to give a presentation before the Kentucky House of Representatives on the thirty years of pioneering research he has done into the health benefits of a whole food, plant-based diet.

Tom had been following a plant-based diet ever since he and his wife Claudia bought a copy of Dr. Campbell's seminal book, *The China Study*. Said Tom, "It had a life-transforming impact. Within a month my blood pressure had dropped 25 points, my wife's had dropped 20, my cholesterol had dropped 50. I lost about 30 pounds not trying. And we believe that the Lord allowed us to have a tool to show God's love to others—and that is through helping them regain their health or prevent these chronic diseases that have plagued our state for so many years. Kentucky ranks at the very top of the chart when it comes to heart disease, stroke, and diabetes, as well as the other chronic diseases."



The talk was so well received that Dr. Campbell told his son Nelson about it. Nelson then called Tom. Together, Nelson and Tom collaborated on a piece of legislation that, among other things, would create a pilot project documenting that people could experience dramatic improvements in their health within two weeks of going on a plant-based diet. But once the bill went into committee, it was subjected to the most intense agribusiness lobbying attack Tom had seen in thirty years, and the bill was essentially killed.

Undeterred, Nelson resolved to carry out the pilot project anyway, in his own hometown of Mebane, North Carolina. As he said, “They thought they could kill the idea by killing the bill, but that is hard when the idea is based upon a powerful truth.” In the meantime, Tom continued to convert as many of his colleagues as possible by personally going through *The China Study* with them, eventually giving away more than 300 copies of the book.

Both Nelson and Tom’s efforts were so successful that they decided to take another shot at the Kentucky House—this time documenting their attempt on film. Instead of instituting a “top down” approach involving the state government, as they had before, they focused on a resolution wherein the government would acknowledge the truth of plant-based nutrition.

Thanks to Tom’s thirty years as a Kentucky legislator, the *PlantPure Nation* film team was allowed unprecedented access to interview key members of the Kentucky House of Representatives—including Speaker Greg Stumbo. The result is a dramatic, informative, and inspiring film.



The Kentucky House of Representatives in session at the capitol building



Artichoke and White Bean Salad

Broccoli Salad

🌿 Coleslaw

Corn Salsa

Creamy Kale Salad

🌿 Creamy Potato Salad

Dixie Caviar

Greek Salad

Marinated Tomato and Cucumber Salad

Mediterranean Barley

Quinoa Tabbouleh Salad

Southwestern Bean Salad

Warm Spinach and Mushroom Salad





## ARTICHOKE AND WHITE BEAN SALAD

This is a delicious summertime dish that is full of fresh herbs, beans, olives, and artichokes. It's easy to change the vegetables and try seasonal ones, such as tomatoes, avocados, or cucumbers.

*Yields: 4–6 servings*

*Prep Time: 15 minutes   Cook Time: 0 minutes*

**Two 15-ounce cans white beans, rinsed and drained**

**One 14-ounce jar artichoke hearts (packed in water, not oil), drained and chopped**

**1 celery stalk, finely diced**

**1 red bell pepper, seeded and diced**

**¾ cup chopped black olives**

**4 green onions, sliced**

**¼ teaspoon red pepper flakes**

**½ teaspoon ground fennel seeds**

**2 tablespoons chopped fresh basil**

**¼ cup chopped fresh parsley**

**2 tablespoons lemon juice**

**¼ cup red wine vinegar**

**1 teaspoon Dijon mustard**

**½ teaspoon sea salt**

**¼ teaspoon black pepper**

- 1.** Place the beans and vegetables into a large mixing bowl.
- 2.** Add the dry seasonings and fresh herbs and stir to combine.
- 3.** In another bowl, mix together the lemon juice, vinegar, and Dijon. Add this mixture to the beans and vegetables and stir to combine.
- 4.** Add salt and pepper, more or less to taste.



## BROCCOLI SALAD

This sweet and sour green salad is loaded with colorful veggies, seeds, and raisins. I like to have Tofu Cashew Mayonnaise (page 139) on hand for this salad.

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 1 minute*

- 2 broccoli heads, cut into florets**
- 1/3 cup Tofu Cashew Mayonnaise (page 139)**
- 2 tablespoons apple cider vinegar**
- 1 tablespoon agave nectar**
- 4 teaspoons Dijon mustard**
- 1 small red onion, diced small**
- 1/4 cup shredded or julienned carrot**
- 1/2 cup raisins**
- 1/4 teaspoon sea salt**
- 1/8 teaspoon black pepper**
- 1/2 cup sunflower seeds (raw or roasted)**
- 1/4 cup vegan bacon bits**

- 1.** Quickly blanch the broccoli florets in boiling water for 20–30 seconds and then shock in ice water. Once the broccoli is cooled, drain and remove the ice.
- 2.** In a large mixing bowl, whisk together the mayonnaise, vinegar, agave, and Dijon. Add the broccoli, onion, carrot, raisins, salt, and pepper and toss well.
- 3.** Garnish with the sunflower seeds and vegan bacon bits.

### **KIM'S HINT:**

There are vegan mayonnaises available at Whole Foods and some other supermarkets, but they are rich in refined oil. My Tofu Cashew Mayonnaise is perfect for this recipe.







## COLESLAW

This crunchy cabbage and carrot salad is made with Tofu Cashew Mayonnaise (page 139).

*Yields: 6 servings*

*Prep Time: 15 minutes Cook Time: 0 minutes*

**6 cups shredded green cabbage**

**1 carrot, shredded**

**½ cup sliced green onion**

**1 red or orange bell pepper, seeded and diced medium**

**½ cup Tofu Cashew Mayonnaise (page 139)**

**¼ teaspoon smoked paprika**

**½ teaspoon black pepper**

**1 teaspoon celery seed**

**1 teaspoon onion powder**

**¾ teaspoon sea salt**

**2 tablespoons white vinegar**

**2 tablespoons agave nectar**

- 1.** In a large bowl, combine the cabbage, carrot, green onion, and bell pepper.
- 2.** Add the mayonnaise, seasonings, vinegar, and agave and toss thoroughly to coat the vegetables with the sauce mixture until well combined.
- 3.** Chill in the refrigerator before serving.



## CORN SALSA

This recipe is quick and easy to prepare. The unique flavors of sweet and tangy give this dish a fresh and succulent flavor. It's a garden of vegetables both fresh and colorful!

*Yields: 4–6 servings*

*Prep Time: 15 minutes   Cook Time: 0 minutes*

- 12 ounces corn (fresh or frozen)**
- 2 red bell peppers, seeded and diced medium**
- 2 jalapeño peppers, seeded and diced small**
- ½ cup small-diced red onion**
- ½ cup chopped fresh cilantro**
- 2 tablespoons lime juice**
- 2 teaspoons agave nectar**
- ½ teaspoon sea salt**

- 1.** If using frozen corn, thaw it.
- 2.** Combine all the vegetables in a bowl, then add the cilantro, lime juice, agave, and salt. Stir to blend well.
- 3.** Let this dish stand for a least an hour to absorb all the flavors before serving.



## CREAMY KALE SALAD

Chopped kale, shredded carrots, and red bell peppers marinated in an almond dressing make this dish not only delicious but also nutrient dense. Kale has never tasted so good!

*Yields: 4 servings*

*Prep Time: 30 minutes Cook Time: 0 minutes*

**2 bunches curly kale, chopped, with stems removed**

**2 carrots, shredded**

**1 red bell pepper, seeded and diced**

**3 radishes, cleaned and thinly sliced**

**2 tablespoons lime juice**

**2 teaspoons pureed ginger**

**¼ cup almond butter**

**¼ cup diced onion**

**¼ cup water**

**2 garlic cloves**

**2 teaspoons agave nectar**

**¼ teaspoon red pepper flakes**

**¼ teaspoon sea salt**

**2 tablespoons sunflower seeds (raw or roasted)**

- 1.** Place the kale, carrots, bell pepper, and radishes in a bowl and toss until mixed. Set aside.
- 2.** In a Vitamix or other blender, add the lime juice, ginger, almond butter, onion, water, garlic, agave, red pepper flakes, and sea salt. Process until smooth and creamy.
- 3.** Pour the dressing over the vegetables and massage into the mixture with very clean hands for 2–3 minutes.
- 4.** Cover and refrigerate the salad for an hour or two, allowing it to rest and absorb the flavors.
- 5.** Garnish with the sunflower seeds before serving.









## CREAMY POTATO SALAD

This is a traditional potato salad that has the perfect blend of celery, onions, and seasonings. This salad was popular during our Jumpstart program, and the recipe was highly requested.

*Yields: 6 servings*

*Prep Time: 20 minutes Cook Time: 15 minutes*

- 2½ pounds red potatoes, unpeeled**
- 4 celery stalks, thinly sliced**
- ½ red onion, cut in half again and julienned**
- 6 green onions, sliced**
- ½ cup Tofu Cashew Mayonnaise (page 139)**
- 4 teaspoons apple cider vinegar**
- 2 tablespoons Dijon mustard**
- 1 teaspoon agave nectar**
- ½ teaspoon sea salt**
- ¼ teaspoon black pepper**

- 1.** Cut the potatoes into ½- to 1-inch chunks.
- 2.** Place the potatoes in a large pot and cover with water. Bring to a boil over medium-high heat; boil the potatoes for 5–10 minutes, then turn the heat down to medium. Cook until the potatoes are tender.
- 3.** Rinse the potatoes in a colander with cold water until they are room temperature. Place the potatoes in a large mixing bowl.
- 4.** Add the remaining ingredients to the potatoes and gently stir thoroughly.



## DIXIE CAVIAR

This is an easy and delicious recipe that goes nicely as a side salad, a snack with baked tortilla chips, or served over a bed of greens to make a hearty salad.

*Yields: 6 servings*

*Prep Time: 15 minutes Cook Time: 0 minutes*

**Two 15-ounce cans black-eyed peas, drained and rinsed**

**2 cups corn (fresh or frozen)**

**2 tomatoes, finely chopped**

**1 green bell pepper, seeded and diced small**

**1 red bell pepper, seeded and diced small**

**1 red onion, diced small**

**4 green onions, sliced**

**2 jalapeño peppers, seeded and minced**

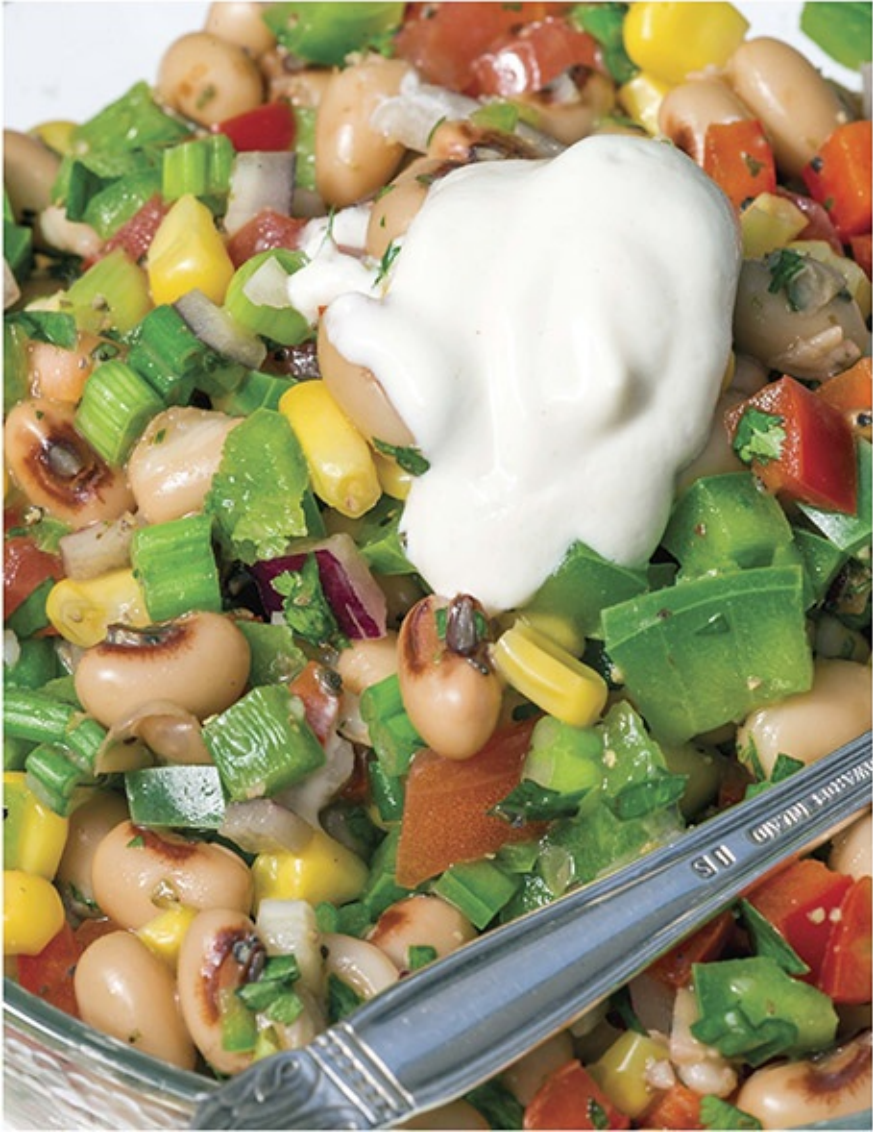
**3 garlic cloves, minced**

**$\frac{3}{4}$  cup Italian Dressing (page 134)**

**$\frac{1}{4}$  cup chopped fresh cilantro**

**$\frac{1}{2}$  cup Vegan Sour Cream (page 144) (optional)**

- 1.** Combine all the ingredients except the cilantro and sour cream and chill for 24 hours.
- 2.** To serve, spoon the mixture into a serving bowl and stir in the cilantro. Top with the vegan sour cream.







## GREEK SALAD

I love Greek salad but mainly because I love the flavor of feta cheese. This tofu feta is a great replacement and has the same tangy flavor of real feta cheese.

*Yields: 4 servings*

*Prep Time: 25 minutes Cook Time: 0 minutes*

**6–8 ounces extra-firm tofu**  
**1 small red onion, thinly sliced**  
**4 tablespoons red wine vinegar, divided**  
**½ teaspoon agave nectar**  
**1½ teaspoons lemon juice**  
**½ teaspoon sea salt, plus more as needed**  
**⅛ teaspoon black pepper, plus more as needed**  
**1 teaspoon dried basil**  
**1 teaspoon dried oregano**  
**⅛ teaspoon dried rosemary**  
**1 tablespoon nutritional yeast flakes**  
**1 tablespoon chopped parsley**  
**4 cups chopped romaine lettuce**  
**2 cucumbers, diced**  
**2 cups halved cherry tomatoes**  
**1 cup kalamata olives**

1. Drain the tofu and crumble. Set aside.
2. Place the onion, 2 tablespoons of the vinegar, and agave in a resealable plastic bag and let marinate in the refrigerator for 2 hours.
3. Mix the remaining 2 tablespoons vinegar, lemon juice, salt, pepper, basil, oregano, rosemary, nutritional yeast, and parsley in a small bowl. Add to the crumbled tofu, toss to combine, set aside, and let rest for 10 minutes.
4. Toss together the lettuce, cucumbers, tomatoes, and olives in a large bowl. Add the marinated onions and tofu feta cheese.
5. Toss gently and season with salt and pepper.





## MARINATED TOMATO AND CUCUMBER SALAD

This is a delicious, fresh salad that is perfect when tomatoes, cucumbers, and basil are in season.

*Yields: 4 servings*

*Prep Time: 15 minutes   Cook Time: 0 minutes*

**4 tomatoes, sliced and halved, or 1 pint cherry tomatoes, halved**

**1 cucumber, peeled and diced**

**1 small red onion, sliced**

**¼ cup chopped fresh basil**

**3 garlic cloves, minced**

**½ cup red wine vinegar**

**1 tablespoon agave nectar**

**½ teaspoon sea salt**

**¼ teaspoon black pepper**

1. Place the vegetables in a mixing bowl.
2. Add the remaining ingredients, mixing gently, and let marinate in the refrigerator for 2–3 hours.





## MEDITERRANEAN BARLEY

This salad of barley, chickpeas, arugula, and a beautiful mixture of vegetables in a balsamic vinegar sauce is a meal in itself.

*Yields: 4 servings*

*Prep Time: 15 minutes   Cook Time: 35 minutes*

**1 cup pearl barley, uncooked**

**2 cups water**

**1 cup arugula leaves or mixed salad greens**

**1 red bell pepper, seeded and diced small**

**¼ cup chopped sun-dried tomatoes, rehydrated in hot water and then drained**

**½ cup small-diced red onion**

**One 15-ounce can chickpeas, rinsed and drained**

**1 cup chopped kalamata olives**

**2 tablespoons lemon juice**

**2 tablespoons balsamic vinegar**

**1 teaspoon sea salt**

**¼ teaspoon red pepper flakes**

**3 tablespoons pistachios, chopped**

- 1.** In a pot, cook the barley in the water according to package directions. Remove from the heat and let cool.
- 2.** Combine the cooked barley, arugula, bell pepper, sun-dried tomatoes, red onion, chickpeas, and olives in a mixing bowl.
- 3.** Sprinkle with the lemon juice, balsamic vinegar, salt, and red pepper flakes and toss well.
- 4.** Top with the pistachios and serve.





## QUINOA TABBOULEH SALAD

Tabbouleh is a Middle Eastern salad that is often made with bulgur wheat. This recipe uses quinoa instead of bulgur, which we love because quinoa is a tender, nutty grain packed full of nutrients. This tabbouleh includes a zesty blend of herbs, fresh vegetables, and seasonings.

*Yields: 4 servings*

*Prep Time: 15 minutes   Cook Time: 15 minutes*

- 1 cup red quinoa, uncooked**
- 2 cups water or low-sodium vegetable stock**
- 1 tablespoon smashed and chopped roasted garlic**
- 1 tomato, diced**
- ¼ cup lemon juice**
- 1 teaspoon red wine vinegar**
- 1 cucumber, diced medium**
- ¼ teaspoon red pepper flakes**
- ½ cup sliced green onions**
- ¼ cup chopped fresh parsley**
- 1 tablespoon chopped fresh mint**
- ¼ teaspoon sea salt**
- ⅛ teaspoon black pepper**

- 1.** Rinse the quinoa, which can have a bitter taste if not rinsed thoroughly. Add the quinoa and the water to a pot, bring to a boil over medium-high heat, then reduce the heat to a simmer. Cover and cook until all the liquid is absorbed.
- 2.** Combine all ingredients, including cooked quinoa, in a mixing bowl, folding to blend well.
- 3.** Store in an airtight container and allow to marinate for at least 1 hour to obtain optimum flavors. Serve chilled.









## SOUTHWESTERN BEAN SALAD

This recipe is for bean lovers. Seasoned perfectly to give it a Southwestern flavor, the beans, corn, and avocado also make this a satisfying salad that everyone will love.

*Yields: 4–6 servings*

*Prep Time: 20 minutes   Cook Time: 0 minutes*

**One 15-ounce can pinto beans, drained and rinsed**

**One 15-ounce can black beans, drained and rinsed**

**1 cup frozen corn, thawed**

**1 red bell pepper, seeded and diced**

**½ cup diced medium red onion**

**1 cup halved or quartered cherry tomatoes**

**1 avocado, pitted and diced**

**¼ cup red wine vinegar**

**¼ cup lime juice**

**1 tablespoon agave nectar**

**½ teaspoon sea salt**

**½ teaspoon ground cumin**

**½ teaspoon chili powder**

**2 teaspoons Sriracha**

**¼ cup chopped fresh cilantro**

- 1.** Combine the beans and vegetables in a large bowl. Don't hesitate to add different vegetables depending on what is in season.
- 2.** Blend the vinegar, lime juice, agave, salt, cumin, chili powder, and Sriracha in a small bowl. Add more chili powder and Sriracha if you like it spicier!
- 3.** Drizzle over the beans and vegetables and toss to coat.
- 4.** Refrigerate for an hour and then sprinkle with the cilantro before serving.



## WARM SPINACH AND MUSHROOM SALAD

This salad can be a meal by itself or served as a side dish. It's the perfect combination of raw spinach wilted with hot mushrooms, onions, and seasonings.

*Yields: 4 servings*

*Prep Time: 10 minutes Cook Time: 5–6 minutes*

- 10 ounces fresh baby spinach, washed and dried**
- 6 tablespoons Balsamic Vinaigrette Dressing (page 124)**
- 1 teaspoon Dijon mustard**
- ½ cup low-sodium vegetable stock, for sautéing**
- 6 ounces button mushrooms, sliced**
- ½ red onion, sliced**
- 3–4 cloves garlic, minced**
- ¼ teaspoon sea salt**
- ⅛ teaspoon black pepper**
- ¼ cup slivered almonds, toasted**
- 2 tablespoons vegan bacon bits**

- 1.** Preheat oven to 375°F.
- 2.** In an oven-safe bowl or casserole dish, combine the spinach, balsamic vinaigrette, and Dijon.
- 3.** Heat a sauté pan with a small amount of vegetable stock. Sauté small batches of sliced mushrooms, onion, and garlic until golden, 2–3 minutes.
- 4.** Pour the warm mushrooms and onion into the bowl with the spinach and then toss to coat.
- 5.** Place the bowl into the oven for 3 minutes, then remove and toss the salad again. Season with salt and pepper.
- 6.** Garnish with the toasted almonds and vegan bacon bits.



## THE 10-DAY JUMPSTART PROGRAM

**T**HE JUMPSTART PROGRAM shown in *PlantPure Nation* is a 10-day program designed to allow participants to see and feel the benefits of a plant-based diet. Participants begin by getting a biometric test, including measurements of their weight and cholesterol levels, followed by an education session. Then, for the next 10 days, they are supplied with plant-based lunches and dinners prepared in a fresh production kitchen. On the eleventh day, participants are given the same biometric test so they can see how their numbers have changed.

Typically, the effects are dramatic. And more than 90 percent of the people who go through the program make the commitment to continue a plant-based diet.



Nelson Campbell addresses program participants during the first Jumpstart session in Mebane, North Carolina



# SAUCES, MARINADES, AND DRESSINGS

Balsamic BBQ Sauce

Balsamic Vinaigrette Dressing

✿ Blue Cheez Dressing

Caesar Dressing

Cashew Cream

Cauliflower Alfredo Sauce

Cilantro-Wasabi Aioli

✿ Creamy Chipotle and Black Peppercorn Dressing

✿ Herb Cashew Salad Dressing

Italian Dressing

Marinara Sauce

Russian Dressing

Sweet Tahini Dressing

✿ Tofu Cashew Mayonnaise

✿ Tzatziki Sauce

✿ Vegan Mushroom Gravy

✿ Vegan Sour Cream





## BALSAMIC BBQ SAUCE

This sauce can be used for many dishes. I like to use it for BBQ Jackfruit (page 153) or for marinating vegetables.

*Yields: 1 cup*

*Prep Time: 5 minutes Cook Time: 25 minutes*

**1 cup balsamic vinegar**

**1 cup low-sodium ketchup (no high-fructose corn syrup)**

**½ cup apple cider vinegar**

**¼ cup maple syrup**

**1 tablespoon molasses**

**2 tablespoons whole-grain mustard**

**1½ teaspoons hot sauce**

**2 teaspoons vegan Worcestershire sauce**

**½ teaspoon sea salt**

- 1.** In a saucepan, cook the balsamic vinegar over medium heat until it reduces down by about a third.
- 2.** Reduce heat to low, add the remaining ingredients, and cook for about 20 minutes, until thickened.



## BALSAMIC VINAIGRETTE DRESSING

Dates give this mild dressing the perfect sweetness, while the chia seeds help create a thick consistency.

*Yields: 1¼ cups*

*Prep Time: 5 minutes Cook Time: 0 minutes*

**½ cup balsamic vinegar**

**½ cup water**

**6 Medjool dates, pitted**

**1 garlic clove**

**2 teaspoons Italian Seasoning (page 147)**

**1 tablespoon lemon juice**

**2 teaspoons chia seeds**

**¼ teaspoon sea salt**

1. Place all the ingredients in a Vitamix or other blender and blend thoroughly for 20 seconds.
2. Store in the refrigerator.

### **KIM'S HINTS:**

Chia seeds act as a thickener in this recipe and they add important nutrients. However, if you don't have any available, you can also use a pinch (**1/8** teaspoon) of xanthan gum to thicken the dressing. Xanthan gum gets thick and gummy very quickly, so use only a pinch.



## BLUE CHEEZ DRESSING

This is a crowd-pleaser. It is very rich, so you don't need much! I serve this with Cauliflower Buffalo Bites (page 77), Buffalo Tofu Hoagie (page 154), and Buffalo Beans and Greens (page 185). This dressing is also a great addition to any salad or burger.

*Yields: 1 cup or 4–6 servings*

*Prep Time: 10 minutes Cook Time: 0 minutes*

**½ cup Tofu Cashew Mayonnaise (page 139)**

**1 garlic clove**

**½ teaspoon agave nectar**

**2 tablespoons lemon juice**

**2 teaspoons white miso paste**

**2 teaspoons apple cider vinegar**

**2 tablespoons tahini**

**¼ teaspoon sea salt**

**2 tablespoons finely chopped green onions or parsley**

**¼ cup crumbled extra-firm tofu**

- 1.** Place the mayonnaise, garlic, agave, lemon juice, miso, vinegar, tahini, and salt into a Vitamix or other blender and blend until smooth and creamy.
- 2.** Pour dressing into a bowl, then add the green onions and crumbled tofu, stirring gently with a spoon.
- 3.** If you prefer a thinner dressing, simply add nondairy milk or water.





## CAESAR DRESSING

This creamy dressing is delicious on any salad. A typical Caesar dressing calls for anchovies, which impart a unique flavor. However, I use seaweed, which adds a similar fish taste. This recipe requires a batch of Tofu Cashew Mayonnaise (page 139).

*Yields: 6*

*Prep Time: 5 minutes   Cook Time: 0 minutes*

**½ cup Tofu Cashew Mayonnaise (page 139)**

**1 teaspoon Dijon mustard**

**¾ teaspoon low-sodium soy sauce**

**½ teaspoon nutritional yeast flakes**

**1¾ teaspoons smashed and chopped roasted garlic**

**½ teaspoon dried, finely chopped wakame seaweed or any type of sea seasoning blend**

**½ cup low-sodium vegetable stock**

**1.** Place all the ingredients in a Vitamix or other blender and process until smooth.

### **KIM'S HINTS:**

If you do not have dried wakame, I have used part of a nori sheet ripped into small pieces. Serve this dressing with mixed greens and fat-free croutons.







## CASHEW CREAM

This recipe is for a creamy, cashew-based milk that can be used in various dishes as a thickener and overall flavor enhancer. When traditional recipes call for heavy cream or a soy creamer, I like to use cashew cream. Use this cream sparingly, though, as it is a high-fat plant food.

*Yields: 8 servings*

*Prep Time: 5 minutes   Cook Time: 0 minutes*

**1 cup raw cashews, soaked in water to cover for 2–3 hours, then drained**

**2 cups water**

- 1.** Soaking the cashews in water for a few hours will reduce blending time. If you are not using a Vitamix, I highly recommend soaking the cashews so they blend into a smooth and creamy texture.
- 2.** Place the cashews and 2 cups fresh water (do not use the soaking water) in a Vitamix or other high-powered blender. Blend on high until smooth and creamy.
- 3.** Store in the refrigerator for up to a week.





## CAULIFLOWER ALFREDO SAUCE

Our cashew-based Fettuccine Alfredo (page 197) is always a hit, but if you want a lighter version, this is a great alternative. This sauce is excellent over pastas, steamed veggies, or baked potatoes; as a dip for tortilla chips; or as a spread for sandwiches.

*Yields: 4–6 servings*

*Prep Time: 10 minutes Cook Time: 15 minutes*

**1 cauliflower head, broken into florets**

**½ teaspoon garlic powder**

**1 teaspoon onion powder**

**2 cups nondairy milk**

**¼ cup nutritional yeast flakes**

**1 tablespoon Dijon mustard**

**½ teaspoon sea salt**

**½ teaspoon black pepper**

1. Bring a large pot of water to a boil and add the cauliflower florets. Boil for about 15 minutes, or until tender.
2. Strain the cauliflower and add to a Vitamix or other blender with the remaining ingredients. Add more or less nondairy milk for a thinner or thicker consistency. Blend until smooth and creamy.







## CILANTRO-WASABI AIOLI

I like to think of aioli as a flavored mayonnaise. This aioli is a special combination of wasabi, cilantro, cashews, and tofu. A green delight!

*Yields: 8 servings*

*Prep Time: 10 minutes Cook Time: 0 minutes*

**¼ cup raw cashews, soaked in water to cover for 2–3 hours, then drained**

**¼ cup water**

**¼ cup silken tofu**

**1 clove garlic**

**1 teaspoon wasabi paste**

**1 teaspoon low-sodium soy sauce**

**½ teaspoon lemon juice**

**1 teaspoon pureed ginger**

**1 tablespoon apple cider vinegar**

**1 tablespoon chopped fresh cilantro**

**½ teaspoon sea salt**

- 1.** Soaking the cashews in water for a few hours will reduce blending time. If you are not using a Vitamix, I highly recommend soaking the cashews so they blend into a smooth and creamy texture.
- 2.** Combine all the ingredients in a Vitamix or other high-powered blender and process on high speed until smooth and creamy.
- 3.** Remove from the blender and chill to thicken. Serve chilled.





## CREAMY CHIPOTLE AND BLACK PEPPERCORN DRESSING

This dressing requires that you have a batch of Tofu Cashew Mayonnaise (page 139) on hand. It's a great topping for Easy Black Bean Burgers (page 157). I also use this recipe in a variation of my Creamy Potato Salad (page 109) to give it a unique flavor.

*Yields: 6–8 servings*

*Prep Time: 10 minutes Cook Time: 0 minutes*

- ¾ teaspoon lemon juice**
- 1¼ cups Tofu Cashew Mayonnaise (page 139)**
- 1½ teaspoons apple cider vinegar**
- 1¾ teaspoons Dijon mustard**
- ½ teaspoon low-sodium soy sauce**
- 1 teaspoon onion powder**
- ¾ teaspoon chipotle chili powder**
- 1 tablespoon nutritional yeast flakes**
- 2 tablespoons low-sodium vegetable stock**
- 1 teaspoon black peppercorns**

- 1.** Combine all the ingredients in a blender and blend until smooth.
- 2.** Remove from the blender and chill in an airtight container in the refrigerator for at least 1 hour before using.

### **KIM'S HINTS:**

This dressing can have too much heat for some people. I recommend you add the chipotle chili powder in ¼-teaspoon increments, taste, and add more if desired. About ¾ teaspoon is perfect for me, but I like some heat.





## HERB CASHEW SALAD DRESSING

Here's a plant-based dressing that is better than ranch! The secret: cashews, herbs, and seasonings.

*Yields: 6 servings*

*Prep Time: 5–10 minutes Cook Time: 0 minutes*

**¼ cup raw cashews, soaked in water to cover for 2–3 hours, then drained**

**½ cup water**

**¼ cup chopped fresh parsley**

**½ teaspoon sea salt**

**1 teaspoon tahini**

**1 tablespoon white miso paste**

**¼ teaspoon black pepper**

**1 tablespoon lemon juice**

**½ cup silken tofu**

**¼ cup apple cider vinegar**

1. Soaking the cashews in water for a few hours will reduce blending time. If you are not using a Vitamix, I highly recommend soaking the cashews so they blend into a smooth and creamy texture.
2. Place all ingredients in a Vitamix or other high-powered blender and process on high speed until smooth and creamy.
3. Remove from the blender and chill for 1 hour before using.

### **KIM'S HINT:**

Silken tofu is not always available in the supermarkets, so you can also use a firm tofu and add a little more water. Silken tofu is simply watered-down tofu.





## ITALIAN DRESSING

This easy and quick Italian dressing is oil free and full of flavor.

*Yields: 6 servings*

*Prep Time: 10 minutes Cook Time: 0 minutes*

**1 cup low-sodium vegetable stock**

**¼ cup red wine vinegar**

**1 tablespoon Dijon mustard**

**1½ teaspoons agave nectar**

**3 garlic cloves, minced**

**1 teaspoon Italian Seasoning (page 147)**

**¼ teaspoon sea salt**

**¼ teaspoon black pepper**

**⅛ teaspoon paprika**

**⅛ teaspoon xanthan gum, plus more as needed**

1. Place all the ingredients in a blender and blend on high speed for 5–10 seconds.
2. Add more xanthan gum slowly if you like your dressing thicker. Be careful with xanthan gum; it only requires a pinch to thicken the dressing.

### **KIM'S HINT:**

If you don't have xanthan gum on hand, you also can use 1/2–1 teaspoon of chia seeds to thicken the dressing.







## MARINARA SAUCE

This marinara sauce goes great on pizza, spaghetti, lasagna, or anything Italian. Make it in large batches and freeze it so you never have to buy another jar of marinara sauce!

*Yields: 6 servings*

*Prep Time: 15 minutes   Cook Time: 80 minutes*

**6 garlic cloves, minced**  
**1 onion, diced**  
**3 carrots, diced small**  
**¼ cup low-sodium vegetable stock, for sautéing**  
**1 cup fresh basil, chopped**  
**3 tablespoons tomato paste**  
**1 tablespoon dried oregano**  
**¼ teaspoon red pepper flakes**  
**½ teaspoon sea salt**  
**¼ teaspoon black pepper**  
**Two 14-ounce cans crushed tomatoes**  
**1 cup water**  
**1 tablespoon agave nectar**  
**¼ cup dry red wine**

- 1.** In a large pot over medium-high heat, sauté the garlic, onion, and carrots in the vegetable stock until tender.
- 2.** Add the basil, tomato paste, oregano, red pepper flakes, salt, and pepper. Cook over low heat for 5 minutes.
- 3.** Pour in the crushed tomatoes, water, agave, and wine.
- 4.** Bring to a boil, then lower the heat to a simmer. Simmer for 1 hour, uncovered, stirring occasionally.



## RUSSIAN DRESSING

This dressing is the perfect flavor combination of tomatoes, pickles, and mustard. It goes well on any sandwich or veggie burger.

*Yields: 4 servings*

*Prep Time: 10 minutes Cook Time: 0 minutes*

**¼ cup Tofu Cashew Mayonnaise (page 139)**

**4 teaspoons low-sodium ketchup (no high-fructose corn syrup)**

**2 teaspoons chopped sweet or dill pickle or pickle relish**

**1 teaspoon Dijon mustard**

**1.** Mix all the ingredients together in a small bowl until well combined.





## SWEET TAHINI DRESSING

This mild tahini dressing has a hint of maple syrup and balsamic vinegar.

*Yields: 4–6 servings*

*Prep Time: 10 minutes Cook Time: 0 minutes*

**¼ cup tahini**

**¼ cup water**

**1 tablespoon maple syrup**

**¼ cup balsamic vinegar**

**3 tablespoons lemon juice**

**2 garlic cloves, minced**

**2 tablespoons chopped fresh parsley**

**1 teaspoon white miso paste**

**½ teaspoon sea salt**

**1.** Place all the ingredients in a blender and process until smooth.





## TOFU CASHEW MAYONNAISE

This plant-based mayonnaise is so rich and full of flavor that you will not miss your old egg- and oil-based mayonnaise. This entire recipe only uses  $\frac{1}{4}$  cup of raw cashews, which makes it lower in fat than other commercially prepared vegan mayonnaises. I like to make a batch every week or two to have on hand—consider it part of your pantry! I use this mayonnaise for sandwiches, dressings, and sauces.

*Yields: 2 cups*

*Prep Time: 10 minutes   Cook Time: 0 minutes*

**$\frac{1}{4}$  cup raw cashews, soaked in water to cover for 2–3 hours, then drained**

**7 ounces extra-firm tofu**

**$\frac{1}{2}$  teaspoon sea salt**

**$\frac{1}{2}$  teaspoon tahini**

**4 teaspoons lemon juice**

**$1\frac{1}{2}$  teaspoons white vinegar**

**1 tablespoon Dijon mustard**

**2 tablespoons apple cider vinegar**

**$2\frac{1}{2}$  teaspoons agave nectar**

**2 tablespoons water**

**$\frac{1}{4}$  teaspoon xanthan gum**

1. Soaking the cashews in water for a few hours will reduce blending time. If you are not using a Vitamix, I highly recommend soaking the cashews so they blend into a smooth and creamy texture.
2. Place all the ingredients in a Vitamix or other high-powered blender. Blend until smooth and shiny.

### **KIM'S HINT:**

If you do not have xanthan gum available you can skip this ingredient but the mayonnaise might have a slightly thinner consistency.









## TZATZIKI SAUCE

This is a creamy Greek sauce that is mayonnaise-based. It has a slightly tangy flavor with a fresh taste of cucumbers and dill. This sauce goes perfectly on top of our popular Zucchini Cakes (page 242). You also can use this sauce as a creamy salad dressing.

*Yields: 4 servings*

*Prep Time: 10 minutes Cook Time: 0 minutes*

**¾ cup Tofu Cashew Mayonnaise (page 139)**

**2 teaspoons lemon juice**

**4 teaspoons water**

**½ cucumber, peeled and finely diced**

**2 tablespoons finely diced red onion**

**1 teaspoon dried dill weed**

**1.** Mix all the ingredients thoroughly.



## VEGAN MUSHROOM GRAVY

This rich, flavorful gravy is perfect over potatoes and Beanie Veggie Loaf (page 178). It's easy to prepare and inexpensive.

*Yields: 4 servings*

*Prep Time: 10 minutes Cook Time: 10–15 minutes*

**1 onion, minced**

**6 white button mushrooms, chopped**

**2½ cups low-sodium vegetable stock, divided**

**½ teaspoon minced garlic**

**½ teaspoon dried thyme**

**½ teaspoon dried sage**

**½ teaspoon crushed dried rosemary**

**1 tablespoon cooking sherry**

**2 tablespoons tamari sauce or low-sodium soy sauce**

**1 tablespoon nutritional yeast flakes**

**¼ cup flour**

**⅛ teaspoon sea salt**

**¼ teaspoon black pepper**

- 1.** In a large skillet over medium-high heat, sauté the onion and mushrooms in ½ cup of the vegetable stock.
- 2.** Add the garlic, thyme, sage, rosemary, sherry, tamari, and nutritional yeast, then continue to sauté for just a minute or two over high heat.
- 3.** Pour the remaining vegetable stock into a bowl and whisk in the flour until there are no lumps. Add to the pan with the onion and mushrooms. Simmer over medium heat, stirring, until the gravy has reached its peak thickness, about 10 minutes. Add salt and pepper to taste.





## VEGAN SOUR CREAM

A delightfully cool and creamy addition that complements most Mexican or spicy dishes, this sour cream has more flavor than any store-bought version.

*Yields: 6 servings*

*Prep Time: 5–10 minutes   Cook Time: 0 minutes*

**½ cup raw cashews, soaked in water to cover for 2–3 hours, then drained**

**¼ cup water**

**1 cup silken tofu**

**3 tablespoons lemon juice**

**1 teaspoon agave nectar**

**1 teaspoon white miso paste**

**¼ teaspoon sea salt**

1. Soaking the cashews in water for a few hours will reduce blending time. If you are not using a Vitamix, I highly recommend soaking the cashews so they blend into a smooth and creamy texture.
2. Combine all the ingredients in a Vitamix or other high-powered blender and blend until smooth and creamy.
3. Allow the mixture to chill for 1 hour to become thick.







## SPICES AND TOPPINGS

Berberé Spice

Garam Masala

Italian Seasoning

Mexican Spice Blend

Pumpkin Pie Spice

Vegan Parmesan Sprinkle



## BERBERE SPICE

This is a combination spice used in many Ethiopian recipes. Depending on where you buy this, you can get varied levels of heat. It's not always an easy spice to find, so I did once purchase some online. However, I discovered that simply making my own is cheaper and more adaptable. Here's a mild-heat version.

*Yields: 6–7 tablespoons*

*Prep Time: 5–10 minutes    Cook Time: 0 minutes*

**2 teaspoons ground cumin**

**1 teaspoon ground cardamom**

**½ teaspoon ground allspice**

**1 teaspoon ground fenugreek**

**1 teaspoon ground coriander**

**¼ teaspoon ground cloves**

**1 teaspoon black pepper**

**4 teaspoons red pepper flakes**

**1 teaspoon ground ginger**

**1 teaspoon ground turmeric**

**3 tablespoons paprika**

**½ teaspoon ground cinnamon**

**1.** Mix all the ingredients and store in an airtight container in a cool, dry place.



# GARAM MASALA

This spice blend, a combination of eight different spices, is used in many Indian dishes.

*Yields: 3 tablespoons*

*Prep Time: 5–10 minutes Cook Time: 0 minutes*

**1 tablespoon ground cumin**

**1½ teaspoons ground coriander**

**1½ teaspoons ground cardamom**

**1½ teaspoons black pepper**

**1 teaspoon ground cinnamon**

**½ teaspoon ground cloves**

**½ teaspoon ground nutmeg**

**1 teaspoon ground ginger**

**1.** Mix all the ingredients and store in an airtight container in a cool, dry place.



## ITALIAN SEASONING

This is my favorite blend of Italian seasonings. It's great in marinara sauces, pizzas, and salad dressings. Try sprinkling some on fresh tomatoes and garden vegetables.

*Yields: 5 tablespoons*

*Prep Time: 5 minutes   Cook Time: 0 minutes*

**1 tablespoon dried oregano**

**1 tablespoon dried basil**

**1 tablespoon dried rosemary**

**1 tablespoon dried thyme**

**1 tablespoon dried marjoram**

**1.** Mix all the ingredients and store in an airtight container in a cool, dry place.





## MEXICAN SPICE BLEND

It's much easier to have these types of blends handy instead of pulling spices out and trying to play with their flavors. We love this blend and use it for many dishes.

*Yields: 10–11 tablespoons*

*Prep Time: 5–10 minutes   Cook Time: 0 minutes*

- 2 tablespoons ground cumin**
- 4 tablespoons chili powder**
- 2 tablespoons smoked paprika**
- 1 teaspoon dried oregano**
- 1 tablespoon garlic powder**
- ¼ teaspoon cayenne pepper**
- ¼ teaspoon red pepper flakes**
- 1 teaspoon onion powder**
- 1 tablespoon black pepper**

**1.** Mix all the ingredients and store in an airtight container in a cool, dark place.



## PUMPKIN PIE SPICE

Use this spice blend in pumpkin pie, cakes, cookies, pancakes, and oatmeal.

*Yields: scant ½ cup*

*Prep Time: 5 minutes Cook Time: 0 minutes*

**4 tablespoons ground cinnamon**

**4 teaspoons ground nutmeg**

**4 teaspoons ground ginger**

**1 tablespoon ground allspice**

**1.** Mix all the ingredients and store in an airtight container in a cool, dry place.



## VEGAN PARMESAN SPRINKLE

This rich topping helps bring out a cheesy Italian flavor. I like to put it on spaghetti, pesto pasta, and pizza.

*Yields: 1 cup*

*Prep Time: 5–10 minutes   Cook Time: 0 minutes*

**⅓ cup nutritional yeast flakes**

**¼ cup blanched raw almond slivers**

**¾ cup raw cashews**

**½ teaspoon sea salt**

**¼ teaspoon garlic powder**

**1.** Place all the ingredients in a food processor and grind into a powder. Store in an airtight container in the fridge.

## THE MEBANE EXPERIMENT

**M**EBANE IS A SMALL, rural town in North Carolina with a population just over 12,000. The town traces its beginnings to the early nineteenth century when a post office was established in 1809. The town was named for Brigadier General Alexander Mebane of the North Carolina Militia, who was also a member of Congress in the 1790s. In 1855, the railroad arrived, and Mebane was incorporated in 1881 as the town of Mebanesville. The name was officially changed to Mebane in 1883. In 1881, Mebane's industrial growth began with the establishment of the White Furniture Company, which finally closed its doors for good in 1993 after more than 100 years in business. The economy today is more diversified, and includes companies that make bedsprings and mattresses, fire detection and suppression equipment, and cash-handling machines.



Downtown Mebane, North Carolina

The Mebane experiment in *PlantPure Nation* was conceived by Nelson Campbell to prove that a plant-based diet could be widely appealing to mainstream consumers—even those steeped in the South’s tradition of rich “comfort food.” Many of the people who live in Mebane don’t belong to the demographic that’s often targeted by professional marketing consultants in the wellness business. But Nelson strongly believes that people everywhere—regardless of their socioeconomic status—care about their own and their families’ health.

The experiment was wildly successful. After participating in Nelson’s 10-day Jumpstart program (see “The 10-Day Jumpstart Program” on page 122), the vast majority of Jumpstarters saw significant drops in their total cholesterol, LDL cholesterol, and triglyceride levels, and many shed pounds without any additional exercise. The average total cholesterol generally fell 20 to 25 percent. For example, if a group started out at 200 mg/dL, the average participant’s cholesterol would fall to 150 or so. One person’s cholesterol went down 134 points in 10 days, and two people saw their LDL cholesterol (the “bad” cholesterol) fall by about half. Perhaps most amazing, many people who were on cholesterol-lowering and other medications had the option of getting off those medications at the end of the Jumpstart.

The word spread fast. In only five months, Nelson went from a group of 16 to a group of 130, with many people having to be turned away due to logistical constraints. And in post-Jumpstart questionnaires, more than *90 percent* of participants expressed their desire to continue a plant-based lifestyle. Nelson and his team had irrefutably proved his point: a plant-based diet could indeed be embraced in a mainstream community like Mebane, North Carolina.



# SANDWICHES, BURGERS, AND WRAPS

Avocado–White Bean Salad Wrap

BBQ Jackfruit

✦ Buffalo Tofu Hoagie

✦ Easy Black Bean Burger

✦ Edamame Burger

Eggless Tofu Salad

French Dip Sandwich

No-Tuna Tempeh Salad

Reuben Sandwich

Sloppy Joes

Stuffed Bagels

Thai Tofu Wraps





## AVOCADO–WHITE BEAN SALAD WRAP

This recipe has the perfect combination of beans, avocados, spinach, and carrots. The orange juice and seasonings give this filling a fresh, slightly sweet flavor.

*Yields: 4 wraps*

*Prep Time: 15 minutes Cook Time: 0 minutes*

- 1 avocado, pitted and peeled**
- One 15-ounce can cannellini beans, rinsed and drained**
- ½ cup small-diced red bell pepper**
- 1 small red onion, diced medium**
- 1 carrot, shredded**
- 1 cup thinly sliced spinach**
- 2 tablespoons nutritional yeast flakes**
- 1 tablespoon sunflower seeds (raw or roasted)**
- 1–2 teaspoons Sriracha**
- ¼ teaspoon sea salt**
- ¼ teaspoon black pepper**
- 2 tablespoons lemon juice**
- 1 tablespoon orange juice**
- 1 teaspoon apple cider vinegar**
- 4 large whole-grain tortillas**
- 2 cups sprouts or shredded lettuce**

- 1.** In a medium-size mixing bowl, mash the avocados and beans until creamy with some chunks still remaining.
- 2.** Fold the bell pepper, onion, carrot, and spinach into the avocado mixture.
- 3.** Add the nutritional yeast flakes, sunflower seeds, Sriracha, salt, and pepper; fold to combine.
- 4.** Mix the citrus juices and vinegar in a small cup. Fold this liquid into the avocado–white bean mixture. Continue folding until well combined and the veggies begin to soak into the creamy liquid.
- 5.** Divide the mixture among the whole-grain tortillas, cover each filling with ½ cup sprouts, and wrap.

### **KIM'S HINT:**

I like to add even more Sriracha to our wraps for extra heat.



## BBQ JACKFRUIT

Green jackfruit is often referred to as the vegetarian's meat. It is the fruit of a tree native to South Asia and Southeast Asia. When green jackfruit cooks and softens, it begins to pull apart, taking on an appearance similar to pulled pork. The hardest part of this recipe is finding canned green jackfruit (available in most Asian markets). You can occasionally find fresh green jackfruit, but it's extremely messy, sticky, and difficult to cut.

*Yields: 4–6 servings*

*Prep Time: 5 minutes   Cook Time: 5–7 hours*

**Two 20-ounce cans green jackfruit in water, drained**  
**1½ cups barbecue sauce**  
**1 onion, diced**  
**1 green bell pepper, seeded and diced medium**

1. Rinse the green jackfruit thoroughly.
2. Place all the ingredients in a slow cooker and cook on medium heat for 4–5 hours. Jackfruit will begin to fall apart and have the consistency of pulled pork.
3. After cooking for 4–5 hours, use a fork to pull apart the fruit and stir thoroughly.
4. Turn the slow cooker to low heat and cook for another 1–2 hours.

### **KIM'S HINTS:**

- Make this recipe your own with whatever barbecue sauce you decide to use. It's really up to you, since there are so many barbecue flavors available. Be sure to choose sauces with no added oils and a low sodium content.
- This recipe gets better the longer you cook it. The jackfruit falls apart like tender pulled pork and absorbs flavor perfectly. In fact, we like it better as leftovers!
- Serve this recipe on a whole wheat bun and top with coleslaw. This goes perfectly with baked sweet potato fries!





## BUFFALO TOFU HOAGIE

Nelson and my son, Colin, love buffalo sauce. I also grew up in western New York near the home of the original buffalo wing sauce recipe, so I included three buffalo-style recipes in this cookbook. Just be careful to choose a buffalo sauce for these recipes with no added oils. This sandwich is made from marinated tofu layered with mushrooms, onions, and peppers on a whole wheat hoagie roll. Serve it with our vegan Blue Cheez Dressing and you will have a hit.

*Yields: 6 hoagies*

*Prep Time: 10 minutes Cook Time: 20 minutes*

**One 14-ounce block extra-firm tofu**  
**1 cup oil-free buffalo wing sauce**  
**1 onion, sliced into half rings**  
**8 ounces mushrooms, sliced**  
**1 red or green bell pepper, seeded and sliced**  
**¼ cup low-sodium vegetable stock, for sautéing**  
**Sea salt to taste**  
**Black pepper to taste**  
**1 tomato, sliced**  
**6 whole wheat hoagie rolls, toasted**  
**2 cups fresh sprouts**  
**Blue Cheez Dressing (page 125)**  
**Celery sticks, for serving**

1. Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
2. Drain the tofu and gently press between layers of paper towels to remove excess moisture. Another trick is to freeze and thaw the tofu, causing it to firm up with a sponge-like consistency.
3. Slice the tofu into thin triangles. You should be able to get 16 triangles from one 14-ounce tofu block. I like the look of triangles, but you can choose any cut.
4. Coat the tofu with the buffalo sauce. Save any extra sauce and use it on your hoagie when assembling.
5. Place the tofu on the prepared baking sheet and bake for 10–20 minutes until edges are browned and dried, turning halfway through.
6. In a skillet over medium-high heat, sauté the onion, mushrooms, and bell pepper in the vegetable stock and season with salt and pepper. Cook the vegetables until tender.
7. Place the sliced tomatoes on the toasted hoagie rolls.
8. Layer with the baked tofu triangles, vegetables, sprouts, and any extra buffalo sauce.

9. Serve with the Blue Cheez Dressing and celery sticks.









## EASY BLACK BEAN BURGER

This veggie burger is both easy and quick. I like to make a large batch and freeze the leftovers. They are hearty and wholesome.

*Yields: 6–8 burgers*

*Prep Time: 10 minutes Cook Time: 20–30 minutes*

**Two 15-ounce cans black beans, rinsed and drained**

**1 tablespoon flax meal**

**3 tablespoons hot water**

**¾ cup dry oats**

**½ cup cooked brown rice**

**½ cup minced onion**

**¾ cup corn (fresh or frozen)**

**1 teaspoon ground cumin**

**½ teaspoon sea salt**

**1 teaspoon Mrs. Dash Southwest Chipotle Seasoning Blend or Mexican Spice Blend (page 147)**

**3 tablespoons diced tomato or salsa**

1. Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
2. Mash the beans coarsely with a fork or potato masher in a mixing bowl. You don't want to puree the beans, so leave some half chunks remaining.
3. In a small bowl, soak the flax meal in the water and let sit for 2–3 minutes.
4. Add the flax meal mixture and the remaining ingredients to the mashed beans. Mix everything together with a fork until you have a uniform consistency. This will take a minute or two.
5. Form the bean mixture into the burger sizes that you like. It's helpful to have wet hands when forming the patties. You should get 6–8 burgers.
6. Place the patties on the prepared baking sheet and bake for 20–30 minutes, or until browned.



## EDAMAME BURGER

Fresh edamame and Asian vegetables are used to create a delicious green burger served with a zesty Cilantro-Wasabi Aioli. These unique and popular burgers are wholesome and easy to prepare, and they always get rave reviews.

*Yields: 6 burgers*

*Prep Time: 30 minutes Cook Time: 30 minutes*

**4 cups frozen shelled edamame, cooked**  
**2 cups frozen mixed vegetable stir-fry blend, thawed**  
**1 tablespoon flax meal**  
**2 tablespoons hot water**  
**¼ cup orange juice**  
**¼ teaspoon low-sodium soy sauce**  
**1 tablespoon agave nectar**  
**¼ teaspoon Dijon mustard**  
**1 cup whole wheat bread crumbs**  
**½ teaspoon sea salt**  
**¼ teaspoon black pepper**  
**1 teaspoon lemon juice**  
**6 whole wheat burger buns**  
**6 green-leaf lettuce leaves**  
**1½ cups sprouts**  
**¾ cup Cilantro-Wasabi Aioli (page 131)**

1. Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
2. Place the cooked edamame and thawed stir-fry blend into a food processor. Pulse multiple times until the ingredients are well blended. It should be green and have a fine consistency similar to that of short-grain rice.
3. In a small bowl, combine the flax meal and water. Allow to sit for 2–3 minutes.
4. Remove the vegetable mixture from the food processor and place in a large mixing bowl. Add the flax mixture and fold together.
5. Add the orange juice, soy sauce, agave, Dijon, bread crumbs, salt, pepper, and lemon juice to the vegetables and mix well.
6. Form into 6 patties and place on the prepared baking sheet.
7. Bake for 10–15 minutes. Flip and continue baking for an additional 10–15 minutes. Remove from the oven and allow the burgers to set for about 5 minutes before serving.
8. Serve on a whole wheat bun topped with lettuce, sprouts, and Cilantro-Wasabi Aioli.

### **KIM'S HINT:**

You can use any combination of frozen Asian vegetable stir-fry blend that you have available. Be careful to select one that has no added oils or salts (do not use seasoned veggie blends, for example).









## EGGLESS TOFU SALAD

This tofu salad is an interesting spin on traditional egg salad. I love the fennel and curry powder because it gives the dish a unique flavor. This recipe is also versatile because you can add your favorite vegetables to it.

*Yields: 6 servings*

*Prep Time: 15 minutes Cook Time: 0 minutes*

**One 14-ounce block extra-firm tofu, drained and crumbled**

**¼ cup sliced green onion**

**⅓ cup finely chopped fennel**

**¼ cup Tofu Cashew Mayonnaise (page 139)**

**1 tablespoon Dijon mustard**

**2 tablespoons lemon juice**

**2 tablespoons chopped fresh parsley**

**1 teaspoon curry powder**

**2 teaspoons dried dill weed**

**¼ teaspoon paprika**

**¼ teaspoon ground cumin**

**¼ teaspoon sea salt**

**¼ teaspoon black pepper**

- 1.** Add the crumbled tofu to a large bowl.
- 2.** Add the remaining ingredients and stir until the mixture is well combined.
- 3.** Serve in a sandwich, in a wrap, or as a salad topping.



## FRENCH DIP SANDWICH

This was a favorite traditional recipe that my mother prepared on special occasions. I converted it into a plant-based sandwich and it's amazing. I use mushrooms to replace the beef and a vegan horseradish aioli.

*Yields: 4 sandwiches*

*Prep Time: 15 minutes Cook Time: 10–15 minutes*

### Horseradish Aioli

**1 cup Tofu Cashew Mayonnaise (page 139)**  
**2 garlic cloves, minced**  
**1 teaspoon apple cider vinegar**  
**1 teaspoon vegan Worcestershire sauce**  
**4 green onions, sliced**  
**2 tablespoons prepared horseradish**

### Au Jus Dipping Sauce

**2 cups low-sodium mushroom stock**  
**1 tablespoon cornstarch**  
**1 tablespoon balsamic vinegar**  
**1 tablespoon vegan Worcestershire sauce**  
**Sea salt to taste**  
**Black pepper to taste**

**1 onion, sliced into half rings**  
**4 large portobello mushrooms, sliced**  
**Sea salt to taste**  
**Black pepper to taste**  
**4 whole wheat sub rolls**

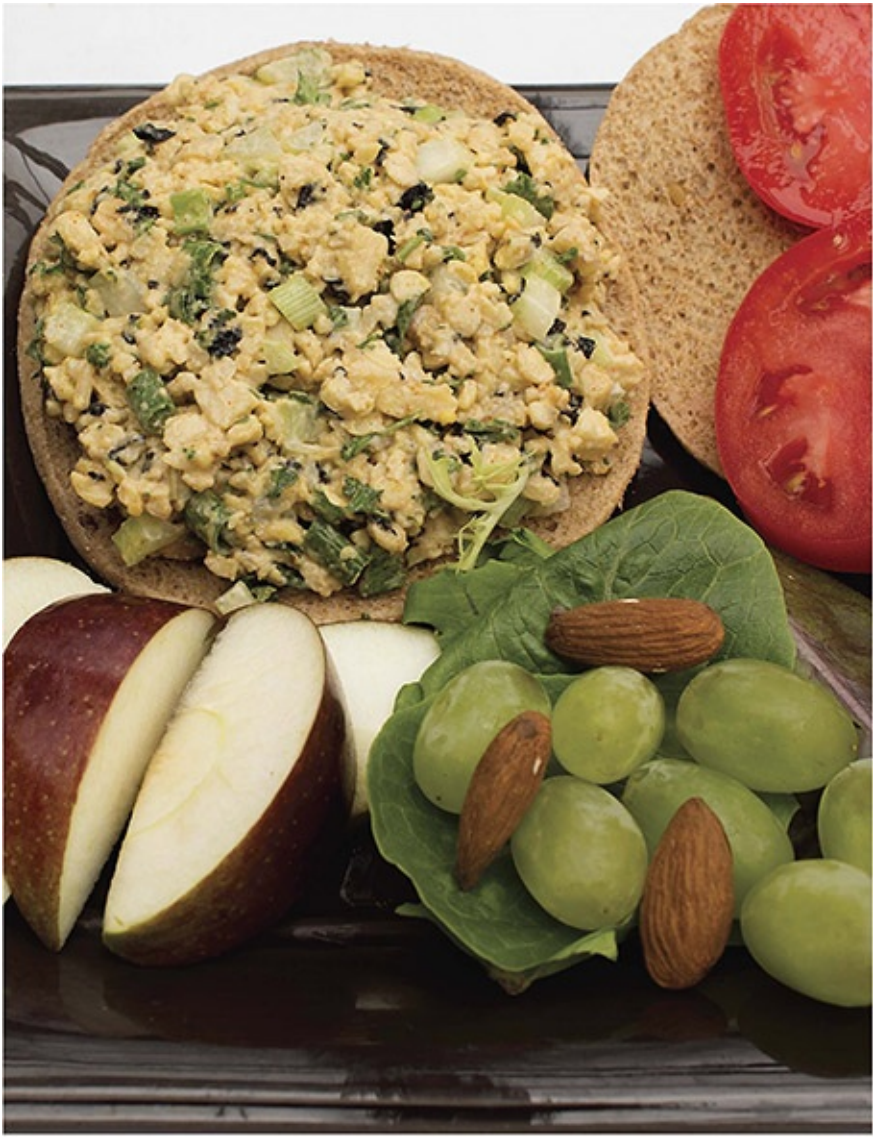
**1.** To make the horseradish aioli, blend the mayonnaise, garlic, vinegar, Worcestershire sauce, green onions, and horseradish using a food processor or mixing by hand in a bowl. Set aside.

**2.** To make the au jus dipping sauce, whisk together the mushroom stock, cornstarch, balsamic vinegar, and Worcestershire sauce in a saucepan over medium heat. Once the cornstarch is absorbed, turn the heat to medium-high. Cook, stirring, until thickened. Season with salt and pepper to taste. Set aside.

**3.** In a nonstick frying pan, sauté onion and mushrooms in  $\frac{1}{4}$  cup of the au jus dipping sauce. Season with salt and pepper to taste.

**4.** Toast the sub rolls and spread the horseradish aioli generously on each bun, then cover with the mushroom mixture. Serve these subs warm with the dipping sauce on the side.







## NO-TUNA TEMPEH SALAD

If you miss tuna sandwiches, this might be the answer. Tempeh is the core ingredient, followed by onions, celery, and parsley. Using nori gives this filling a nice sea flavor.

*Yields: 4 servings*

*Prep Time: 20 minutes Cook Time: 0 minutes*

- 4 ounces tempeh, crumbled**
- 1 celery stalk, finely diced**
- 3 green onions, sliced**
- 2 tablespoons chopped fresh parsley**
- ¼ teaspoon onion powder**
- ¼ teaspoon garlic powder**
- ½ sushi nori sheet, torn into small pieces**
- 1½ teaspoons nutritional yeast flakes**
- ¼ teaspoon paprika**
- ¼ teaspoon sea salt**
- ⅛ teaspoon black pepper**
- 1 teaspoon vegan Worcestershire sauce**
- ¼ cup Tofu Cashew Mayonnaise (page 139)**

- 1.** In a large bowl, stir together all the ingredients except the Tofu Cashew Mayonnaise. Mix thoroughly.
- 2.** Add the mayonnaise and season with additional salt and pepper if desired.
- 3.** Refrigerate until serving.

### **KIM'S HINTS:**

- Eat this salad in a sandwich, as a grilled sandwich, on top of salad greens, or tossed with cooked pasta.
- If tempeh isn't your thing, try a can of coarsely chopped or mashed chickpeas.
- Feel free to add more vegetables to the filling.





## REUBEN SANDWICH

My mother made the best Reuben sandwiches, with plenty of sauerkraut, corned beef, and Swiss cheese. These flavors bring back fond memories of my childhood in upstate New York. I was never a fan of the corned beef, so making a vegan version was easy: I simply replaced the meat with spinach, mushrooms, and tempeh. It's the sauerkraut and dressing that make this a unique sandwich.

*Yields: 4 sandwiches*

*Prep Time: 15 minutes Cook Time: 25–30 minutes*

**6 ounces Lightlife Organic Smoky Tempeh Strips**

**⅓ cup Russian Dressing (page 137)**

**1 cup sauerkraut**

**1 red onion, thinly sliced**

**½ red bell pepper, seeded and sliced**

**6 ounces white button mushrooms, sliced**

**2 cups fresh spinach**

**1 teaspoon black pepper**

**8 slices rye bread**

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Lay out the smoky tempeh strips on the prepared baking sheet and bake for 10–15 minutes or until edges become dry to the touch.
3. In a small mixing bowl, combine the Russian dressing and sauerkraut.
4. Using a very small amount of water, sauté the onion, bell pepper, and mushrooms in a skillet over medium-high heat until the mushrooms are softened. Add the spinach and heat until wilted. Season this mixture with black pepper.
5. Cover 4 slices of the bread with smoky tempeh strips and then top with the spinach mixture. On the remaining 4 slices, smear the Russian dressing mixture and place on top of the sandwiches.
6. Grill in a nonstick panini press or griddle until the desired grill marks are formed.







# SLOPPY JOES

The bulk of this sandwich is wheat bulgur. It gives the filling a meaty texture and absorbs flavor perfectly. I prefer to use wheat bulgur instead of veggie meat products or textured vegetable protein because those products are highly processed and made from isolated soy protein, which is not a healthy whole food.

*Yields: 4 servings*

*Prep Time: 15 minutes   Cook Time: 20 minutes*

- 1¾ cups water, divided**
- ¾ cup wheat bulgur, uncooked**
- 1 onion, diced**
- 6 ounces mushrooms, chopped**
- 1 green bell pepper, seeded and diced medium**
- 1 poblano pepper, seeded and diced small**
- 4 garlic cloves, minced**
- 1 celery stalk, finely diced**
- 1 carrot, diced**
- 1 tablespoon molasses**
- ½ cup low-sodium ketchup (no high-fructose corn syrup)**
- 2 tablespoons prepared yellow mustard**
- 2 tablespoons vegan Worcestershire sauce**
- 1 teaspoon chili powder**
- ½ teaspoon sea salt**
- ¼ teaspoon black pepper**
- 4 whole wheat burger buns**

- 1.** Bring 1½ cups of the water to a boil in a saucepan over medium-high heat. Remove from the heat and stir in the bulgur wheat. Cover and let stand for 20 minutes. Drain any excess liquid.
- 2.** In a skillet over medium-high heat, sauté all the vegetables in the remaining ¼ cup water. When the veggies are tender, add the molasses, ketchup, mustard, Worcestershire sauce, chili powder, salt, pepper, and cooked bulgur wheat and cook over low heat for 15 minutes. Stir often.
- 3.** Serve on the whole wheat burger buns.

## **KIM'S HINT:**

If you want to use more bulgur wheat, just keep the ratio of 2 parts water to 1 part bulgur wheat.



## STUFFED BAGELS

I originally learned about this recipe while watching a Rachael Ray show. I have always enjoyed her recipes because they are simple and quick comfort foods. My challenge is to veganize her recipes. The original stuffed bagel recipe is full of cheese, eggs, and oil. It wasn't too hard to convert it into a plant-based recipe. These remind me of a calzone—only bagel style. They are a bit time-consuming and labor-intensive, but they are great to have on hand for lunches, snacks, or on-the-go meals.

*Yields: 8 bagels*

*Prep Time: 45 minutes   Cook Time: 60 minutes (includes rising)*

**1 cup diced onion**

**6 ounces mushrooms, sliced**

**2 cups fresh spinach**

**2 tablespoons water**

**¼ teaspoon sea salt**

**¼ teaspoon black pepper**

**1 recipe Vegan Ricotta Cheese (page 99)**

**Naan Bread dough (page 67), unbaked**

**¼ cup sesame seeds**

1. Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
2. In a skillet over medium-high heat, sauté the onion, mushrooms, and spinach in the water until tender and spinach is wilted. Season with salt and pepper. Drain thoroughly to remove the excess moisture.
3. In a bowl, fold the vegetables into the vegan ricotta cheese.
4. Divide the naan dough into 8 pieces. Place on a dry tray and allow to double in size, 30 minutes. Roll each piece into a rectangle about 4 × 6 inches.
5. Bring a very large pot of water to a boil over high heat. You will be dropping the bagels into this water, so make sure it is big enough to boil 4 bagels at a time.
6. Spread the ricotta mixture lengthwise down the middle of each rectangle, leaving a 1-inch border all around. Roll these up like you would a burrito, pinching and sealing the dough at the end. The trick here is to make sure you seal firmly by using your fingers to pinch the dough shut so the filling does not leak out. This will work only if there is no filling near the edge.
7. Drop the stuffed bagel into the boiling water and cook for 4 minutes.
8. Remove the bagels from the water with a slotted spoon and place on the prepared baking sheet, seam side down. Repeat with the remaining bagels, bringing the water back to a boil between batches.

9. Sprinkle each stuffed bagel with the sesame seeds. Make 3 small slits to release steam and bake until golden brown, about 20 minutes.



### **KIM'S HINT:**

You can make these cinnamon-apple style by replacing the vegan ricotta cheese filling with chopped apples, cinnamon, Sucanat, raisins, and walnuts.







## THAI TOFU WRAPS

The tofu filling for these wraps is full of Thai flavors, with the perfect combination of peanuts, lime, and cilantro.

*Yields: 6 wraps*

*Prep Time: 15 minutes Cook Time: 0 minutes*

**One 14-ounce block extra-firm tofu**

**¼ cup natural peanut butter (100 percent peanuts)**

**1 tablespoon low-sodium soy sauce**

**1½ tablespoons lime juice**

**¼ teaspoon garlic powder**

**2 teaspoons Sriracha**

**⅓ cup diced red bell pepper**

**¼ cup sliced green onion**

**¼ cup chopped fresh cilantro**

**6 whole wheat tortilla wraps**

**2 cups sprouts**

1. Drain the tofu and gently press between layers of paper towels to remove excess moisture.
2. In a bowl, combine the peanut butter, soy sauce, lime juice, garlic powder, and Sriracha.
3. Add the tofu, bell pepper, green onion, and cilantro. Stir with a fork until well mixed and the tofu is crumbly.
4. Place a portion of the tofu mixture in the center of a whole wheat tortilla wrap, top with sprouts or your favorite veggies, and roll up the tortilla. Repeat with the remaining tortillas.

### **KIM'S HINT:**

You can also serve the Thai tofu filling in a sandwich. For example, try serving it on toasted whole wheat bread with fresh basil.

## **PLANTPURE NATION PROFILE**

PATTY JONES

**P**ATTY JONES, A woman in her late forties, owns and operates two daycare centers. She's energetic and outgoing. But she also had some serious health problems, including high cholesterol and type 2 diabetes. Patty was on two medications for her diabetes, but her condition wasn't improving. In fact, her doctor told her that she would soon need to take insulin as well. But then she heard a presentation at her church given by Nelson

Campbell on the benefits of a plant-based diet. She immediately signed up for the 10-day Jumpstart program.

After five months on a plant-based diet, Patty had totally reversed her type 2 diabetes. Her doctor had given her a statin drug to lower her elevated cholesterol, but Patty trusted her plant-based diet instead, and her cholesterol went down 60 points. She said, “I never opened the bottle. I don’t even know where the medicine is. I didn’t tell [my doctor] that, but it was all because of the plant-based diet. People always say at the end of their rainbow, they plan to find gold. Well at the end of my rainbow, I found the plant-based diet. That was my cure.”





- ✿ BBQ Black Beans and Corn over Quinoa
- ✿ Beanie Veggie Loaf
  - Black Bean Enchilada Bake
  - Buddha Bowl
  - Buffalo Beans and Greens
  - Caribbean Quinoa Bowl
  - Chana Masala
  - Costa Rican Beans and Rice (Gallo Pinto)
  - Crunchy Chickpea Tacos
  - Curried Potatoes
- ✿ Fettuccine Alfredo with Roasted Vegetables
  - Fiesta Lime Taco Bowl
  - Garden Pizza
  - Irish Potatoes with Cabbage
- ✿ Italian Eggplant Casserole
- ✿ Jambalaya
  - Macaroni and No Cheese
- ✿ Mushroom Stroganoff
  - Orange Stir-Fry
  - Palak Paneer, Tofu Style
  - Pesto Pizza
  - Portobello Mushroom and Broccoli Stir-Fry
  - Reuben Casserole
  - Roasted Vegetables
- ✿ Sesame Noodle Lettuce Wraps
  - Spicy Black Beans over Rice
- ✿ Spinach and Broccoli Enchiladas
- ✿ Spinach Lasagna

Stuffed Portobello Mushrooms

✦ Sweet Mayan Burrito

Thai Curried Vegetables

Twice-Baked Broccoli Potatoes

✦ Veggie Balls

White Veggie Lasagna

✦ Zucchini Cakes







## BBQ BLACK BEANS AND CORN OVER QUINOA

A slightly sweet and smoky dish that feels traditional, this recipe is easy to prepare and goes perfectly with nutty quinoa.

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 30 minutes*

- 1 cup quinoa**
- 2 cups water**
- 3 tablespoons Sucanat**
- 2 teaspoons smoked paprika**
- ⅓ cup low-sodium soy sauce**
- ⅓ cup vegan Worcestershire sauce**
- 3 garlic cloves, minced**
- ½ cup low-sodium ketchup (no high-fructose corn syrup)**
- 1 tablespoon dry mustard**
- 1 tablespoon chili powder**
- 1½ teaspoons liquid smoke**
- One 15-ounce can black beans, rinsed and drained**
- 2 cups corn (fresh or frozen)**

- 1.** Rinse the quinoa, which can have a bitter taste if not rinsed thoroughly. Add the quinoa and the water to a pot, bring to a boil over medium-high heat, then reduce the heat to a simmer. Cover and cook until all the liquid is absorbed.
- 2.** In a saucepan over medium heat, combine the Sucanat, paprika, soy sauce, Worcestershire sauce, garlic, ketchup, mustard, chili powder, and liquid smoke. Cook, stirring continuously, for 10–15 minutes. This will reduce and slightly thicken the sauce.
- 3.** Add the beans and corn to the saucepan and allow to simmer for at least 15 minutes.
- 4.** Serve over the quinoa.

### **KIM'S HINT:**

I like to add red bell peppers (my favorite vegetable) or a diced poblano pepper for extra spice.



## BEANIE VEGGIE LOAF

The chickpeas and walnuts help the texture of this dish approximate real meatloaf. Try experimenting with other types of beans to find your perfect combination. This dish is rich in flavors and full of veggies and fiber.

*Yields: 6 servings*

*Prep Time: 15 minutes Cook Time: 35 minutes*

**½ cup low-sodium ketchup (no high-fructose corn syrup)**

**2 tablespoons molasses**

**1 tablespoon Dijon mustard**

**1 teaspoon chili powder**

**¾ cup water, divided**

**3 tablespoons flax meal**

**1 onion, diced**

**3 celery stalks, finely diced**

**3 garlic cloves, minced**

**1 green or red bell pepper, seeded and diced**

**¼ cup vegetable stock, for sautéing, plus more as needed**

**1½ cups canned chickpeas, rinsed and drained**

**1 cup dry oats**

**1 cup whole wheat bread crumbs**

**1 cup shredded carrot**

**¾ cup finely chopped walnuts**

**2 tablespoons chili powder**

**1 teaspoon dried oregano**

**2 tablespoons vegan Worcestershire sauce**

**½ teaspoon sea salt**

**¼ teaspoon black pepper**

- 1.** Preheat oven to 375°F. Line a loaf pan with parchment paper and set aside.
- 2.** In a small bowl, whisk together the ketchup, molasses, Dijon, chili powder, and ¼ cup of the water. This will be your glaze for the top of the bean loaf. Set aside.
- 3.** In another small bowl, combine the flax meal and remaining ½ cup water and let stand while you are preparing the remaining ingredients.
- 4.** Over medium-high heat, sauté the onion, celery, garlic, and bell pepper in the vegetable stock until tender.
- 5.** In a large bowl, smash the chickpeas. Add the sautéed vegetables, the flax mixture, and the remaining ingredients. Mix thoroughly. If you do not have the consistency of “meatloaf,” add more vegetable stock slowly until the mixture is moist and holds together well.

6. Spoon the bean mixture into the prepared loaf pan and even out the mixture with your hands or a spatula.
7. Pour the glaze over the top of the loaf.
8. Bake for 30–35 minutes, or until the glaze is caramelized and the loaf is solid.
9. Let the loaf stand for 20 minutes before slicing.

#### **KIM'S HINTS:**

- This dish is especially delicious the next day.
- We make “bean loaf” sandwiches topped with lettuce, tomatoes, and onions.
- Using parchment paper to line baking pans not only frees your dish of added oils, but it also makes cleanup easier.







## BLACK BEAN ENCHILADA BAKE

This is an easy casserole-style dish that works well if you are cooking for a large crowd. I often refer to this as “Mexican lasagna.”

*Yields: 6 servings*

*Prep Time: 15 minutes Cook Time: 35 minutes*

- 1 onion, diced**
- 1 tablespoon minced garlic**
- 1 jalapeño pepper, seeded and minced**
- 1 cup diced fresh tomatoes**
- 1½ cups frozen corn**
- One 15-ounce can black beans, rinsed and drained**
- 2 tablespoons lime juice**
- ½ teaspoon sea salt**
- ¼ teaspoon black pepper**
- 1 teaspoon chili powder**
- 3 cups chopped fresh spinach**
- 2 cups Mexican-style red salsa (mild or medium heat), divided**
- 8–10 corn tortillas**
- ½ cup Daiya Cheddar Style Shreds, divided (optional)**

- 1.** Preheat oven to 350°F.
- 2.** In a skillet over medium-high heat, sauté the onion, garlic, and jalapeño in a small amount of water until tender. Stir in the fresh tomatoes, corn, black beans, lime juice, salt, pepper, and chili powder. Continue to sauté for 5–10 minutes more.
- 3.** In another saucepan, blanch or steam the spinach in a small amount of water for a minute or two or until wilted and bright green. Drain and set aside.
- 4.** Using a 9 × 13 inch casserole dish, spread about 1 cup of the salsa on the bottom of the pan (this will prevent sticking). On top of the salsa, line the pan with 4–5 corn tortillas—this will depend on the size of the tortillas. It’s fine if there is some overlap.
- 5.** Spoon the sautéed corn and bean mixture over the tortillas and spread evenly. Sprinkle with ¼ cup of the Daiya cheese (this is optional; I make mine without Daiya most of the time). Layer the wilted spinach on top of the vegetables.
- 6.** Cover the filling with 4–5 more tortillas. Spread the remaining 1 cup of salsa on top of the corn tortillas and sprinkle with the remaining ¼ cup Daiya cheese.
- 7.** Cover and bake for 20 minutes. Uncover and bake for an additional 15 minutes, until slightly browned and crisp around the edges.
- 8.** Let stand for 15 minutes so the casserole sets.





## BUDDHA BOWL

This is a simple recipe, just quinoa tossed with veggies and chickpeas. The sauce can make or break a Buddha bowl, and this sauce is amazing!

*Yields: 4 servings*

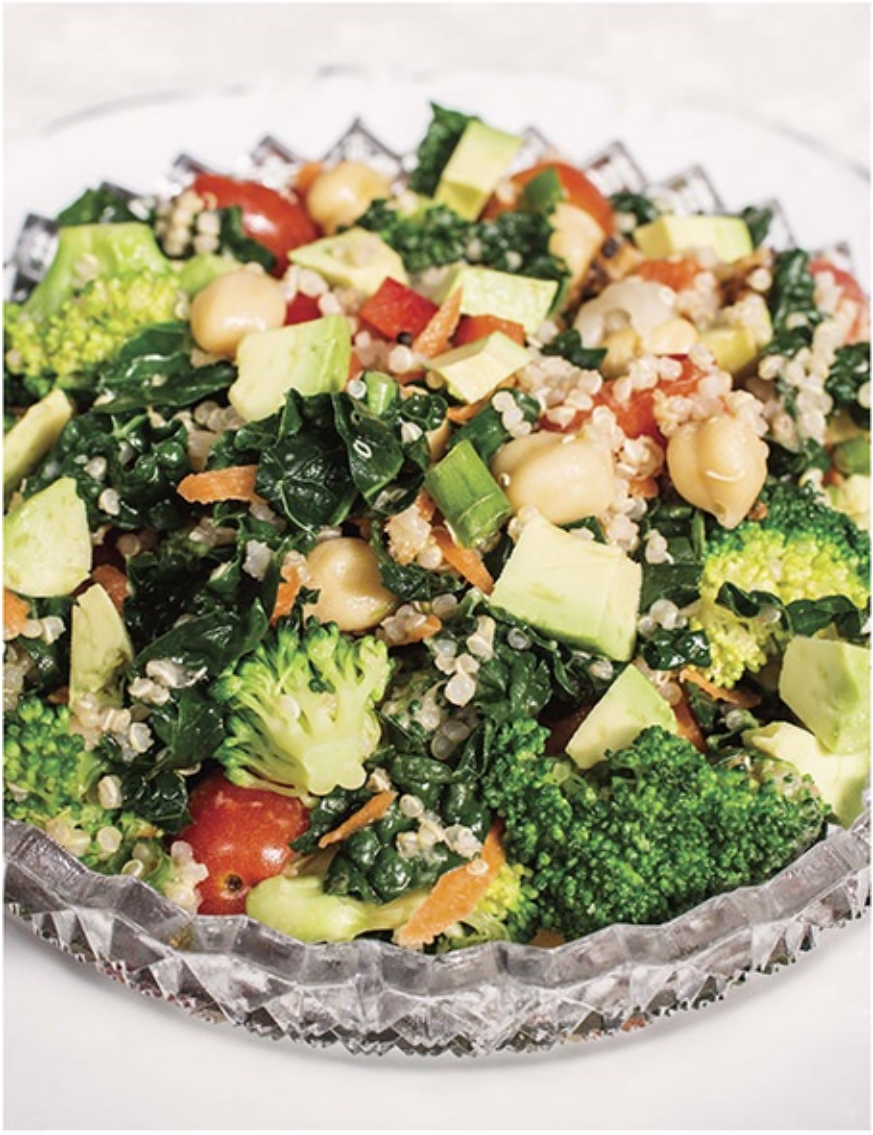
*Prep Time: 15 minutes   Cook Time: 20 minutes*

- 1 cup quinoa**
- 2 cups water**
- 1 cup broccoli, cut into florets**
- 1½ cups chopped dinosaur kale**
- 3 green onions, sliced**
- ½ carrot, shredded**
- 1 avocado, pitted and diced**
- ½ red bell pepper, seeded and diced**
- ½ cup halved cherry tomatoes**
- 1 cup canned chickpeas, rinsed and drained**
- ½ cup Sweet Tahini Dressing (page 138)**

- 1.** Rinse the quinoa, which can have a bitter taste if not rinsed thoroughly. Add the quinoa and the water to a pot, bring to a boil over medium-high heat, then reduce the heat to a simmer. Cover and cook until all the liquid is absorbed.
- 2.** Lightly steam the broccoli and kale in a small amount of water until the colors are bright green.
- 3.** Add the green onions, carrot, avocado, bell pepper, tomatoes, and chickpeas to a large mixing bowl along with the steamed kale and broccoli. Toss to combine.
- 4.** Assemble the Buddha bowl by placing warm cooked quinoa in a bowl and tossing with veggies and chickpeas. Drizzle the tahini dressing over the top and serve.

### **KIM'S HINT:**

A Buddha bowl is a versatile dish. So, if you like, change the veggies, add baked tofu, or use any grain you prefer.







## BUFFALO BEANS AND GREENS

On our last trip to Nashville, Tennessee, we discovered a great vegan restaurant, The Wild Cow. I had their Buffalo Beans and Greens and it was amazing. That experience inspired this recipe. If you are heading to Nashville, check out their menu online.

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 20 minutes*

**One 14-ounce package tempeh or tofu, cubed**

**1 cup oil-free buffalo wing sauce, mixed with  $\frac{1}{4}$  teaspoon liquid smoke, plus more for serving**

**2 bunches kale, sliced, with stems removed**

**Two 15-ounce cans pinto beans, drained and rinsed**

**4 cups cooked brown rice**

**1 cup Blue Cheez Dressing (page 125)**

1. Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
2. In a shallow dish, marinate the tempeh in the buffalo sauce mixture for 1 hour.
3. Remove the tempeh from the marinade and place on the prepared baking sheet. Bake for 10–15 minutes, until edges are browned and dry, turning the tempeh halfway through so it doesn't overcook on one side.
4. Steam the sliced kale in a small amount of water just until wilted. Drain, then add the pinto beans and toss with the kale until warmed through.
5. To assemble each serving, start with 1 cup of rice, then add the kale and beans, and top with the tempeh. Drizzle with the Blue Cheez Dressing. Add more buffalo sauce to the bowl if you like it spicy.



# CARIBBEAN QUINOA BOWL

This recipe is easy to make for any meal. Black beans, salsa, and pineapple give it a sweet Mexican flavor.

*Yields: 4 servings*

*Prep Time: 15 minutes   Cook Time: 10 minutes*

**½ cup quinoa**

**1 cup water**

**4 cups chopped kale**

**1 cup canned black beans, rinsed and drained**

**1 teaspoon ground cumin**

**1 teaspoon chili powder**

**¼ teaspoon sea salt**

**¾ cup salsa (medium heat)**

**½ cup diced pineapple (fresh, canned, or frozen)**

**¾ cup corn (fresh or frozen)**

**1 cup diced avocado**

**¼ cup sliced green onions**

- 1.** Rinse the quinoa, which can have a bitter taste if not rinsed thoroughly. Add the quinoa and the water to a pot, bring to a boil over medium-high heat, then reduce the heat to a simmer. Cover and cook until all the liquid is absorbed. Transfer to a large mixing bowl.
- 2.** Lightly steam the kale until bright green. Add to the bowl with quinoa.
- 3.** Add the beans, cumin, chili powder, salt, salsa, pineapple, and corn. Toss until the ingredients are well mixed.
- 4.** Top with the avocado and green onions and serve immediately.









## CHANA MASALA

This dish tends to be very oily and rich when ordered at a typical Indian restaurant. For this recipe, I have taken out the oil and used a bit of coconut milk. This dish is even better as leftovers because the flavors become more intense the longer it cooks or sits.

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 30 minutes*

**1 onion, diced**  
**5 garlic cloves, minced**  
**2 teaspoons minced fresh ginger**  
**½ cup low-sodium vegetable stock, for sautéing**  
**1 tablespoon curry powder**  
**1 teaspoon ground cumin**  
**⅛ teaspoon cayenne pepper**  
**1 teaspoon paprika**  
**2 teaspoons Garam Masala (page 146)**  
**1 teaspoon sea salt**  
**One 15-ounce can chickpeas, rinsed and drained**  
**3 tablespoons tomato paste**  
**¾ cup coconut milk**  
**Two 14-ounce cans diced tomatoes**  
**2 potatoes, diced small**  
**1½ cups frozen peas**  
**Naan Bread (page 67) or brown rice, for serving**

- 1.** In a skillet over medium heat, sauté the onion, garlic, and ginger in the vegetable stock until tender.
- 2.** Add all the spices and continue to cook over low heat for 1 additional minute.
- 3.** Add the chickpeas, tomato paste, coconut milk, diced tomatoes, potatoes, and peas. Cover and simmer until the potatoes are tender.
- 4.** Serve with Naan bread.



## COSTA RICAN BEANS AND RICE (GALLO PINTO)

This is a staple recipe for Costa Ricans. It's a very simple dish to make that goes well with a green salad or a side dish of roasted vegetables.

*Yields: 4–6 servings*

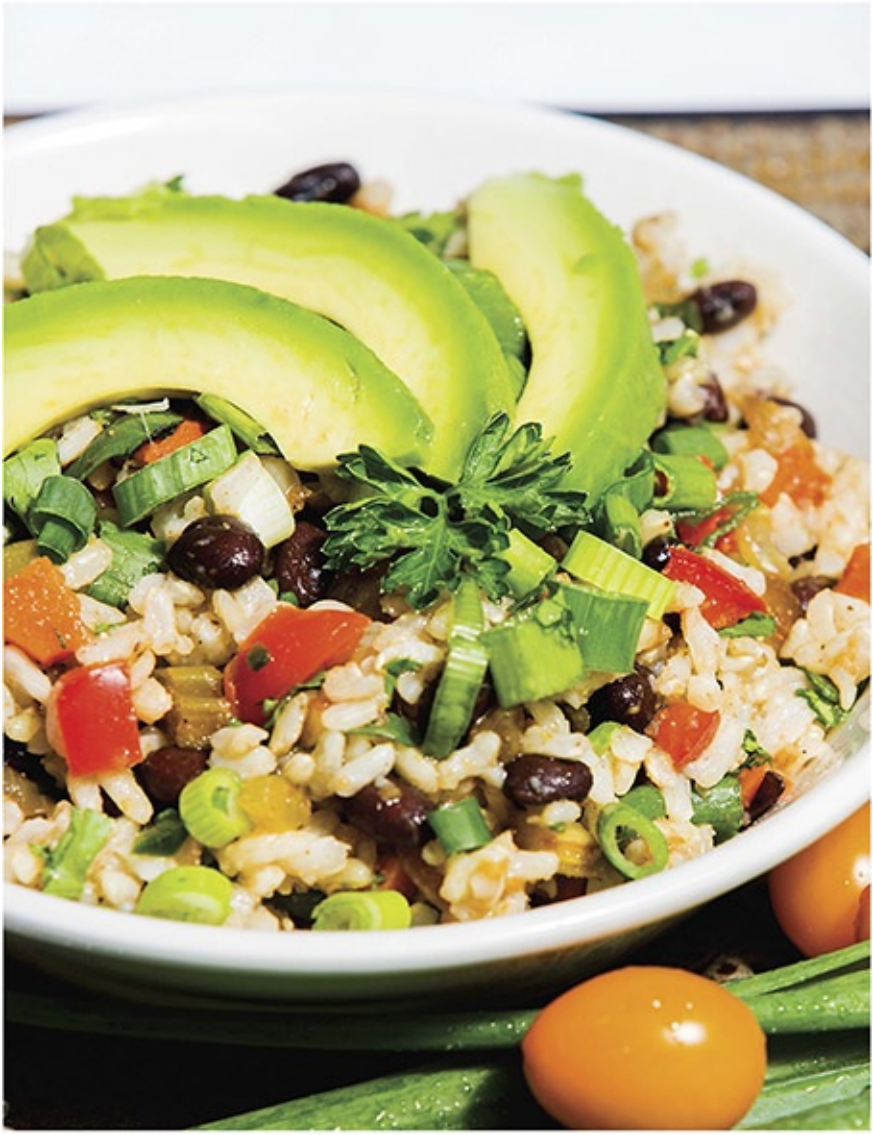
*Prep Time: 15 minutes   Cook Time: 45 minutes*

- 1 onion, diced**
- 5 garlic cloves, minced**
- 1 red bell pepper, seeded and diced**
- 2 tablespoons grated fresh ginger**
- 1 carrot, finely diced**
- 1 celery stalk, finely diced**
- 1 jalapeño pepper, seeded and minced**
- ¼ cup water, for sautéing**
- 3 tablespoons vegan Worcestershire sauce**
- 1 teaspoon ground cumin**
- 1 teaspoon ground coriander**
- ½ teaspoon sea salt**
- ¼ teaspoon black pepper**
- 2 cups canned black beans, rinsed and drained**
- 3 cups cooked brown rice**
- 1 avocado, sliced**
- ¼ cup chopped fresh cilantro**
- 4 green onions, sliced**

- 1.** In a skillet over medium-high heat, sauté the onion, garlic, bell pepper, ginger, carrot, celery, and jalapeño in the water until tender.
- 2.** Add the Worcestershire sauce and spices to the onion mixture and stir to combine.
- 3.** Add the beans and rice, and stir completely, cooking over medium heat until warmed through.
- 4.** Garnish with the avocado, cilantro, and green onions before serving.

### **KIM'S HINT:**

1 cup of brown rice with 2½ cups of water should yield about 3 cups of cooked rice.









## CRUNCHY CHICKPEA TACOS

These tacos have some of the seasonings used in a typical California fish taco— although I must admit that I have never had a real fish taco, only the vegan versions. This recipe uses a hint of lime with cabbage and, of course, chickpeas.

*Yields: 6 tacos*

*Prep Time: 15 minutes Cook Time: 0 minutes*

- 6 corn or flour tortillas**
- One 15-ounce can chickpeas, rinsed and drained**
- ½ teaspoon ancho chili powder**
- 3 cups shredded green cabbage**
- 1 cup shredded carrot**
- ½ cup thinly sliced red onion**
- ½ cup seeded and small-diced poblano pepper**
- ½ cup sliced green onion**
- ¼ cup chopped fresh cilantro**
- ¼ cup Tofu Cashew Mayonnaise (page 139)**
- 2 tablespoons lime juice**
- ¼ teaspoon sea salt**
- 1 avocado, pitted and sliced**
- 1 tablespoon Sriracha (optional)**

- 1.** Preheat the oven to 375°F.
- 2.** Shape the tortillas by placing them in a nonstick oven-safe bowl and baking them in the oven until crispy, 5–10 minutes.
- 3.** In a large mixing bowl, smash the chickpeas with a fork and sprinkle with the chili powder. Add the cabbage, carrot, red onion, poblano pepper, green onion, cilantro, mayonnaise, and lime juice. Mix thoroughly, adding salt last.
- 4.** Divide the salad mixture among the taco bowls and top with the sliced avocado. Add Sriracha if you like your tacos spicy.

### **KIM'S HINT:**

- I use nonstick metal bowls to shape my taco bowls.
- These tortilla bowls are perfect for taco salads as well.



## CURRIED POTATOES

This dish has an Indian flair with its combination of potatoes, curry, coconut milk, and chickpeas. This is a great recipe for the slow cooker, so you can arrive home to the sweet aroma of curried potatoes!

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 30 minutes*

**4 potatoes, peeled and cubed**  
**1 onion, diced**  
**3 garlic cloves, minced**  
**2 teaspoons ground cumin**  
**¼ teaspoon cayenne pepper**  
**1 tablespoon Thai Kitchen Red Curry Paste**  
**4 teaspoons Garam Masala (page 146)**  
**1 teaspoon grated fresh ginger**  
**1 teaspoon sea salt**  
**One 14-ounce can diced tomatoes**  
**One 15-ounce can chickpeas, rinsed and drained**  
**1½ cups frozen peas**  
**⅔ cup lite coconut milk**

- 1.** Place the potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until just tender, 10–15 minutes. Be careful not to overcook the potatoes and create a mushy texture.
- 2.** Drain the potatoes and set aside.
- 3.** Sauté the onion and garlic in a little water until tender, about 5 minutes. Season with the cumin, cayenne, curry paste, garam masala, ginger, and salt; cook for 2 minutes more.
- 4.** Add the tomatoes, chickpeas, frozen peas, and cooked potatoes.
- 5.** Pour in the coconut milk and bring to a simmer. Simmer for 5–10 minutes.

### **KIM'S HINT:**

Thai Kitchen curry pastes can almost always be found in the Asian section of most grocery stores. This brand usually carries green and red curry pastes. I consider these ingredients pantry items.







# FETTUCCINE ALFREDO WITH ROASTED VEGETABLES

This creamy white sauce is tossed in fettuccine noodles and topped with seasoned roasted vegetables. It's hard to believe it's dairy free!

*Yields: 4 servings*

*Prep Time: 25 minutes Cook Time: 40–45 minutes*

**1 pound dry fettuccine pasta (brown rice or whole wheat)**

**¾ cup raw cashews**

**1 cup hot water**

**1 cup nondairy milk**

**2 teaspoons lemon juice**

**4 garlic cloves**

**3 tablespoons nutritional yeast flakes**

**½ teaspoon sea salt**

**½ teaspoon black pepper**

**⅛ teaspoon ground nutmeg**

**2 teaspoons Dijon mustard**

**1 red bell pepper, seeded and sliced**

**1 red onion, sliced**

**1 pound asparagus, ends trimmed**

**10 cherry tomatoes, halved**

**2 teaspoons lemon-pepper seasoning**

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Cook the pasta according to the package directions.
3. Place the cashews, water, milk, lemon juice, garlic, nutritional yeast, salt, pepper, nutmeg, and Dijon into a Vitamix or other high-powered blender and blend for 1–2 minutes. The texture should be smooth and creamy.
4. Transfer to a saucepan and cook over medium heat for 5–10 minutes, stirring, until completely thickened.
5. Place the bell pepper, onion, asparagus, and cherry tomatoes on the prepared baking sheet, add the lemon-pepper seasoning, toss to coat, and roast in the oven for 20–25 minutes or until vegetables become tender.
6. Serve the pasta with the Alfredo sauce and top with the roasted vegetables.

## **KIM'S HINTS:**

- If you do not have a Vitamix, I highly recommend you soak the cashews overnight and rinse them before blending. This will reduce the possible grittiness of your cashew cream sauce.

- I like to roast vegetables that are in season. I often use broccoli, zucchini, or mushrooms.
  - Blend basil or spinach into the Alfredo sauce for a beautiful green sauce.
-





## FIESTA LIME TACO BOWL

This whole-grain taco bowl is filled with black beans, red peppers, and onions seasoned with a Mexican-style lime sauce and topped with fresh avocados, salsa, and creamy vegan sour cream.

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 10–15 minutes*

- 4 large whole wheat tortillas**
- ¼ cup diced onion**
- 1 tablespoon garlic, minced**
- 1 cup seeded and diced medium red bell pepper**
- ½ cup low-sodium vegetable stock, divided**
- One 15-ounce can black beans, rinsed and drained**
- ⅛ teaspoon cayenne pepper**
- 2 teaspoons ground cumin**
- ½ teaspoon smoked paprika**
- ¼ teaspoon chipotle chili powder**
- ½ teaspoon sea salt**
- 1 tablespoon lime juice**
- 1 tablespoon chopped fresh cilantro**
- 4 cups mixed salad greens**
- 1 avocado, pitted, peeled, and sliced, divided**
- 2 cups chunky tomato salsa, divided**
- ¼ cup Vegan Sour Cream (page 144), divided**

- 1.** Preheat oven to 375°F.
- 2.** Shape the tortillas into bowls by placing them in a nonstick tortilla bowl maker and baking them in the oven for 8–14 minutes until crispy but not dark brown.
- 3.** In a large saucepan over medium-high heat, sauté the onion, garlic, and bell pepper in ¼ cup of the vegetable stock.
- 4.** Add the black beans, cayenne, cumin, paprika, chili powder, salt, lime juice, and remaining ¼ cup of the vegetable stock. Turn the heat to medium and allow the mixture to heat through for 10–15 minutes. Stir continuously to prevent burning.
- 5.** After the beans and vegetables have cooked down and thickened, remove from the heat and stir in the cilantro.
- 6.** Fill each tortilla bowl with 1 cup of the mixed salad greens and ½ cup of the bean mixture, and then top with ¼ of the avocado slices, ½ cup salsa, and 1 tablespoon vegan sour cream.

**KIM'S HINTS:**

- I love using tortilla bowls to build salads.
- Tortilla bowls can be prepared a day or two ahead of time and stored in bags.
- You can make flour or corn tortilla bowls using any oven-safe bowl. Simply shape the tortilla inside the bowl, place in the oven, and bake until crispy.
- You can also skip the first step and, instead of making tortilla bowls, simply make burritos or wraps.





## GARDEN PIZZA

The key to a great pizza is the dough. I love the artisanal pizza crust in this recipe. I also like to use a pizza stone because it cooks evenly with a perfect, crispy texture. I always make lots of extra pizza because we love having leftovers.

*Yields: Two 14- to 15-inch pizzas*

*Prep Time: 30 minutes Cook Time: 30 minutes*

- 1 red bell pepper, seeded and sliced**
- 1 red onion, sliced**
- 6 ounces mushrooms, sliced**
- 6 garlic cloves, chopped**
- ¼ teaspoon sea salt**
- ¼ teaspoon black pepper**
- 12 ounces fresh spinach**
- 1 recipe Artisanal Vegan Pizza Dough (page 59)**
- 3 cups Marinara Sauce (page 136)**
- One 6-ounce can black olives (not packed in oil), sliced**
- ¼ cup Vegan Parmesan Sprinkle (page 148)**
- 1 teaspoon Italian Seasoning (page 147)**

- 1.** Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
- 2.** In a bowl, combine the bell pepper, onion, mushrooms, garlic, salt, and pepper. Toss well to coat with seasonings.
- 3.** Spread the vegetables on the prepared baking sheet. Roast in the oven for 15 minutes, then remove and set aside, keeping the oven heated.
- 4.** Wilt the spinach briefly in a frying pan using a small amount of water.
- 5.** Roll out the pizza dough (this recipe makes 2 large crusts), poke fork holes in the dough, and bake on a pizza stone or round pizza pan for 5–10 minutes.
- 6.** Remove the pizza crusts from the oven and spread half the marinara sauce on each. Top with the spinach, roasted veggies, sliced olives, vegan Parmesan, and Italian seasoning.
- 7.** Return the pizzas to the oven for 15–20 minutes longer.

### KIM'S HINTS:

- Remember, this recipe is for two large pizza crusts, so if you are only making one pizza you will need to cut the recipe in half.
- Add any variety of roasted vegetables you like. I like to use eggplant, kale, artichokes, sun-dried tomatoes, and broccoli, but it mostly depends on the vegetables I have on hand or what is in season.



## IRISH POTATOES WITH CABBAGE

Hearty mashed potatoes with cabbage and leeks, this dish is a meal by itself!

*Yields: 4–6 servings*

*Prep Time: 20 minutes   Cook Time: 30 minutes*

- 6 medium potatoes, quartered**
- ½ green cabbage, julienned**
- 2 leeks, washed well and julienned**
- 1 onion, diced**
- ¾ cup low-sodium vegetable stock, for sautéing**
- ½ cup nondairy milk**
- 2 tablespoons garlic, minced**
- 3 tablespoons nutritional yeast flakes**
- 2 tablespoons chopped fresh chives**
- ¼ teaspoon sea salt**
- ¼ teaspoon black pepper**

- 1.** Place the potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until just tender, 10–15 minutes. Be careful not to overcook the potatoes and create a mushy texture.
- 2.** Sauté the cabbage, leeks, and onion in the vegetable stock until tender, then strain to remove moisture.
- 3.** In a bowl, mash the potatoes with the milk, garlic, nutritional yeast, and chives.
- 4.** Fold in the cabbage and leek mixture and season with salt and pepper.







# ITALIAN EGGPLANT CASSEROLE

This hearty casserole is layered with breaded eggplant, tofu, and marinara. Serve with pasta and extra marinara sauce.

*Yields: 6 servings*

*Prep Time: 30 minutes Cook Time: 45 minutes*

- 1 eggplant**
- 3 cups whole wheat bread crumbs**
- 2 teaspoons Italian Seasoning (page 147)**
- 1 teaspoon garlic powder**
- ½ teaspoon onion powder**
- 6 tablespoons nutritional yeast flakes, divided**
- 1 cup whole wheat flour**
- 1 cup nondairy milk**
- One 14-ounce block extra-firm tofu**
- 3 garlic cloves**
- ¼ teaspoon sea salt**
- ⅛ teaspoon ground nutmeg**
- 4½ cups Marinara Sauce (page 136), plus more for serving**

- 1.** Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
- 2.** Peel and slice the eggplant into ½-inch-thick rounds.
- 3.** In a bowl, combine the bread crumbs with the Italian seasoning, garlic powder, onion powder, and 3 tablespoons of the nutritional yeast.
- 4.** Place the flour in a small bowl.
- 5.** Pour the milk into another small bowl.
- 6.** Dip each eggplant round into the flour bowl, then the milk bowl, and then coat with the bread crumb mixture.
- 7.** Place the breaded eggplant rounds onto the prepared baking sheet and bake until golden brown, about 25 minutes.
- 8.** While the eggplant is baking, place the tofu, garlic, salt, nutmeg, and remaining 3 tablespoons nutritional yeast in a food processor. Blend until smooth and creamy.
- 9.** Coat the bottom of a 9 × 9 inch baking pan with the marinara sauce. Add a layer of breaded eggplant rounds, a layer of the tofu mixture, and a layer of the marinara sauce. Add another layer of eggplant, tofu mixture, then marinara sauce, and finally top with the remaining bread crumbs from the bowl.
- 10.** Bake for 20 minutes, or until golden brown.







# JAMBALAYA

A delicious taste of a traditionally Southern dish, this jambalaya has lots of flavor and depth to it.

*Yields: 4 servings*

*Prep Time: 30 minutes Cook Time: 70 minutes*

- ¼ cup diced onion**
- ¼ cup sliced celery**
- ¼ cup diced green bell pepper**
- ¼ cup diced yellow bell pepper**
- ¼ cup diced red bell pepper**
- ½ cup sliced frozen okra**
- 1 cup low-sodium vegetable stock, divided**
- 3 tablespoons tomato paste**
- 3 garlic cloves, minced**
- ½ cup chopped fire-roasted tomatoes**
- 3 tablespoons chopped fresh parsley**
- 1 teaspoon dried thyme**
- 1 tablespoon liquid smoke**
- 1 teaspoon smoked paprika**
- 4 ounces tempeh, cubed and sautéed**
- 1 teaspoon sea salt**
- 1 teaspoon black pepper**
- 4 cups cooked long-grain brown rice, for serving**

- 1.** In a large saucepan over medium-high heat, sauté the onion, celery, bell peppers, and okra in a ½ cup of the vegetable stock until the onion is translucent.
- 2.** Add the tomato paste, garlic, and fire-roasted tomatoes. Heat through, stirring.
- 3.** Add the parsley, thyme, and remaining ½ cup of the vegetable stock and bring to a simmer.
- 4.** Add the liquid smoke, paprika, and tempeh. Season with salt and pepper. Cover and cook over low heat for 1 hour.
- 5.** Serve over steamed brown rice.

## **KIM'S HINT:**

I also like to use a slow cooker for this recipe since it requires an hour of low heat to bring out the full flavors.



## MACARONI AND NO CHEESE

This is a great kid-friendly recipe. The cheese sauce is butternut squash and cashew-based, which gives it a slightly sweet flavor. I typically put peas in this dish but have also been known to add onion, spinach, or even a few mushrooms.

*Yields: 6 servings*

*Prep Time: 20 minutes Cook Time: 40 minutes*

- 1 cup cooked and mashed butternut squash**
- ¼ cup raw cashews**
- 1½ cups nondairy milk**
- 2 tablespoons cornstarch**
- ¼ cup nutritional yeast flakes**
- 2 tablespoons Dijon mustard**
- ¾ teaspoon garlic powder**
- ½ tablespoon lemon juice**
- ½ teaspoon sea salt**
- ¼ teaspoon black pepper**
- 12 ounces macaroni noodles (brown rice or whole wheat)**
- 1 cup peas**
- ½ cup panko bread crumbs**

- 1.** Preheat oven to 350°F.
- 2.** Place the cooked butternut squash, cashews, milk, cornstarch, nutritional yeast, Dijon, garlic powder, lemon juice, salt, and pepper in a Vitamix or other high-powered blender. Blend until smooth and creamy.
- 3.** Transfer to a saucepan over medium heat and whisk until thickened. If you prefer it thinner, add water.
- 4.** Cook the pasta noodles according to the package directions.
- 5.** Combine the pasta noodles, sauce, and peas in a casserole dish, and sprinkle with the panko bread crumbs.
- 6.** Bake, uncovered, for 20–30 minutes, or until golden brown and bubbly.

### KIM'S HINTS:

- Using frozen butternut squash is a huge time-saver.
- It's a good idea to soak your cashews for a few hours and rinse if you do not have a high-powered blender such as a Vitamix. This will help give you creamier results.
- You can add other vegetables such as spinach or broccoli.
- Try adding Mexican Spice Blend (page 147) to the sauce and green chiles and

red kidney beans to the macaroni—now you have a chili mac dish!









## MUSHROOM STROGANOFF

This is a creamy mushroom sauce loaded with flavor. I have experimented with many different kinds of mushrooms in this dish and they all work well. Wild mushrooms are a family favorite!

*Yields: 4 servings*

*Prep Time: 20 minutes   Cook Time: 20–30 minutes*

**½ cup dry white wine**

**1 onion, diced**

**5 garlic cloves, minced**

**1 pound fresh button mushrooms, sliced**

**1 tablespoon paprika**

**2 tablespoons low-sodium soy sauce**

**2 tablespoons Dijon mustard**

**1 tablespoon vegan Worcestershire sauce**

**2 tablespoons whole wheat flour**

**2 cups nondairy milk**

**½ cup chopped black olives (not packed in oil) (optional)**

**Sea salt to taste**

**Black pepper to taste**

**4 cups cooked brown rice or whole-grain pasta**

- 1.** Cook the wine, onion, and garlic in a saucepan over medium heat until the onion is softened, about 3 minutes.
- 2.** Add the mushrooms and continue cooking for 5–6 minutes, or until the mushrooms darken in color, soften, and release liquid.
- 3.** Add the paprika, soy sauce, Dijon, and Worcestershire sauce, stirring well.
- 4.** In a small bowl, whisk together the flour and milk until smooth. Add the flour and milk mixture to the mushrooms and turn the heat to low.
- 5.** Simmer until the mixture begins to thicken, 5–8 minutes. Add the chopped black olives, if using, and season with salt and pepper to taste.
- 6.** Serve the stroganoff over brown rice.

### **KIM'S HINT:**

I always add a can of black olives, minced, at the very end of cooking, which gives the entire dish a meaty texture.



## ORANGE STIR-FRY

This dish may require more time and ingredients, but it is well worth it! I love the tangy orange flavor and the crunchy fresh vegetables.

*Yields: 4 servings*

*Prep Time: 45 minutes   Cook Time: 30 minutes*

- 1 cup julienned carrot**
- 3 celery stalks, cut thinly on the bias**
- 1 bok choy bunch, cut thinly on the bias**
- 1 Spanish onion, thinly sliced**
- 2 cups snow peas**
- 1 tablespoon minced fresh ginger**
- 6 garlic cloves**
- 2 tablespoons low-sodium soy sauce**
- 1 tablespoon Sriracha**
- 1½ cups orange juice**
- 3 tablespoons cornstarch**
- One 14-ounce block extra-firm tofu**
- ½ cup low-sodium vegetable stock, for sautéing**
- 3 cups baby spinach**
- 4 cups cooked brown rice, for serving**
- 2 tablespoons sesame seeds**

- 1.** Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
- 2.** Combine the carrot, celery, bok choy, onion, and snow peas in a large bowl and set aside.
- 3.** Combine the ginger, garlic, soy sauce, Sriracha, orange juice, and cornstarch in a saucepan and bring to a simmer over medium-high heat. Cook for 15 minutes, or until thickened.
- 4.** Cut the tofu into ½-inch cubes and toss in ½ cup of the thickened orange sauce.
- 5.** Spread the tofu on the prepared baking sheet. Bake in the oven for 20 minutes, or until golden, flipping halfway through.
- 6.** In a large frying pan or wok, add the vegetable stock. Quickly add the cut vegetables and cook until tender, 5–8 minutes.
- 7.** Add the remaining orange sauce to the pan and stir to coat the vegetables.
- 8.** Add the baked tofu and quickly stir-fry until everything is hot.
- 9.** Add the spinach and cook until wilted.
- 10.** Serve over brown rice and sprinkle with the sesame seeds.









## PALAK PANEER, TOFU STYLE

This creamy spinach dish is full of Indian flavors. I loved the roasted tofu, which is the paneer (cheese) substitute. The tofu is added to a creamy spinach sauce and served over brown rice or with naan.

*Yields: 4 servings*

*Prep Time: 25 minutes Cook Time: 30 minutes*

**One 14-ounce block extra-firm tofu, cut into ½-inch cubes**

**One 13-ounce can lite coconut milk**

**1 teaspoon sea salt, divided**

**1 large onion, diced**

**6 garlic cloves, minced**

**1 tablespoon finely grated ginger**

**1¼ cups water, divided**

**¼ teaspoon ground turmeric**

**1 teaspoon Garam Masala (page 146)**

**1 teaspoon curry powder**

**⅛ teaspoon ground cloves**

**1 teaspoon whole fennel seeds**

**1–2 jalapeño peppers, seeded and minced**

**One 14-ounce can diced tomatoes**

**1 pound chopped frozen spinach**

**4 cups cooked brown rice or Naan Bread (page 67), for serving**

**3 tablespoons chopped cilantro, for garnish**

1. Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
2. In a bowl, toss the cubed tofu in the coconut milk and ½ teaspoon sea salt and let marinate for 1 hour.
3. Strain the tofu from the coconut milk, reserving the coconut milk. Spread the tofu on the prepared baking sheet and bake for 20–25 minutes, tossing every 5–10 minutes.
4. Place the onion, garlic, and ginger in a food processor and grind into a paste. Transfer the paste to a medium-size pot with ¼ cup of the water and cook over medium heat for about 10 minutes, allowing the mixture to slightly caramelize.
5. Turn the heat down to low and add the turmeric, garam masala, curry powder, cloves, fennel seeds, and jalapeño (use 2 if you like it spicier). Simmer for 1–2 minutes. Add the tomatoes and stir to combine.
6. In a separate pan, steam the spinach over medium heat with the remaining 1 cup water until completely heated through.
7. Transfer the spinach to a food processor and puree until smooth. Transfer to the pot

with the tomatoes and spices.

**8.** Allow this mixture to simmer over low heat while your tofu finishes baking. Add the remaining  $\frac{1}{2}$  teaspoon sea salt and stir.

**9.** When the tofu finishes baking, add it to the spinach mixture along with the reserved coconut milk from the tofu marinade.

**10.** Serve over rice, garnished with the cilantro.



## PESTO PIZZA

This pizza is a great alternative to traditional red pizza. It has the fresh garden taste of basil, fresh tomatoes, and sweet red bell peppers. A family favorite!

*Yields: Two 14- to 15-inch pizzas*

*Prep Time: 30 minutes Cook Time: 35–40 minutes*

**2 cups basil**

**½ cup pine nuts (other nuts such as almonds or walnuts may be substituted)**

**1½ cups silken tofu**

**2 tablespoons lemon juice**

**½ teaspoon sea salt**

**2 tablespoons nutritional yeast flakes**

**⅛ teaspoon cayenne pepper**

**¼ teaspoon black pepper**

**1 large red onion, sliced**

**2 red bell peppers, seeded and sliced**

**1 recipe Artisanal Vegan Pizza Dough (page 59)**

**3–4 large fresh tomatoes, thinly sliced**

**One 6-ounce can black olives (not packed in oil), sliced**

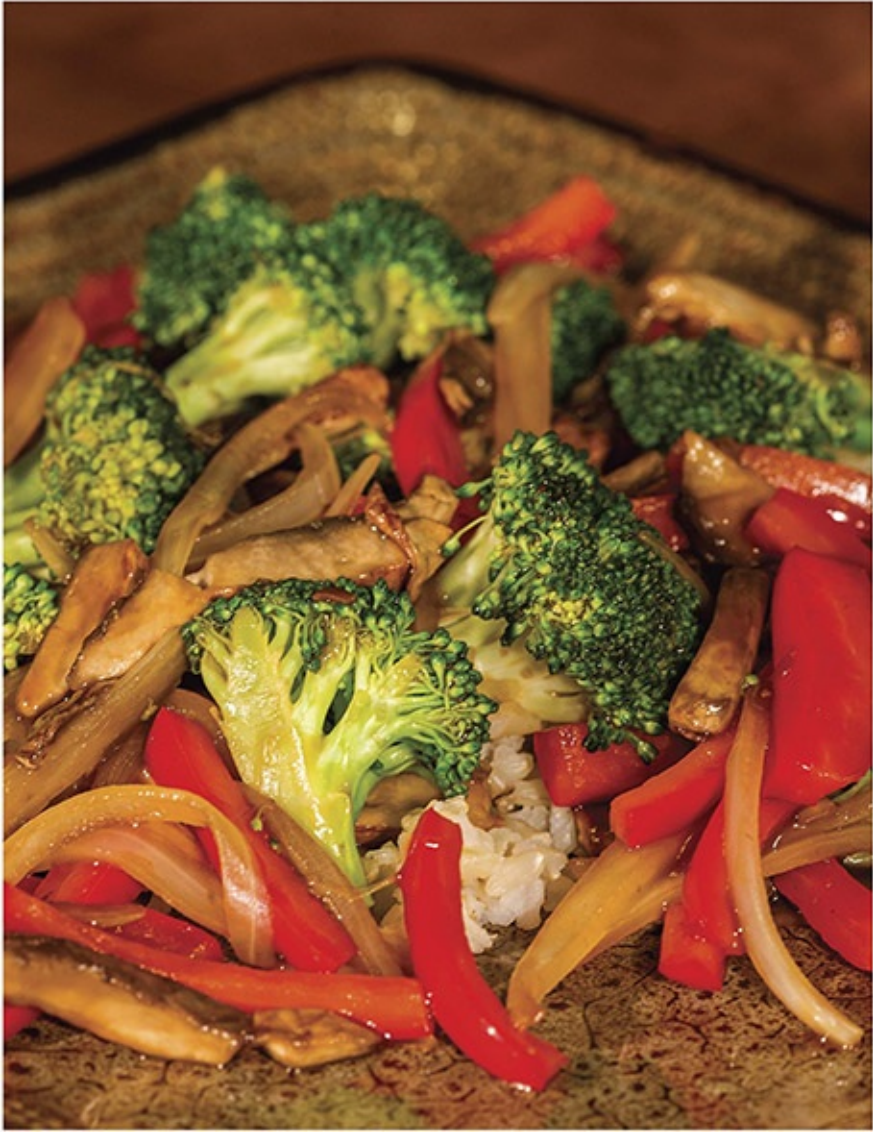
1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Place the basil, pine nuts, tofu, lemon juice, salt, nutritional yeast, cayenne, and black pepper in a Vitamix or other high-powered blender and blend until smooth and creamy.
3. Spread the red onion and bell peppers on the prepared baking sheet and roast in the oven until tender and slightly crisp, about 15 minutes. Remove vegetables from the oven and set aside, keeping the oven heated.
4. Roll out the pizza dough (this recipe makes 2 large-sized crusts), poke fork holes in the dough, and bake on a pizza stone or round pizza pan for 5–10 minutes.
5. Remove the pizza crusts from the oven. Spread half the pesto mixture over each pizza crust.
6. Using thinly sliced tomatoes, cover the pizzas thoroughly. Top the pizzas with the olives and roasted bell peppers and onions.
7. Return the pizzas to the oven and bake for 10–15 minutes longer.

### **KIM'S HINTS:**

- When time is short, you can buy premade whole-grain pizza crusts. Just remember to check the nutrition label to make sure they are 100 percent whole grain and dairy free. Whenever you are buying processed (premade foods), always read the nutrition label.

- Remember, this recipe is for two large pizza crusts, so if you are only making one pizza you will need to cut the recipe in half.







## PORTOBELLO MUSHROOM AND BROCCOLI STIR-FRY

Portobello mushrooms give a meaty texture to this stir-fry. The hoisin sauce is a thick, spicy-sweet sauce made of soybeans. Serve over brown rice or quinoa.

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 10 minutes*

**½ cup water, divided**

**2 tablespoons low-sodium soy sauce**

**2 tablespoons hoisin sauce**

**2 teaspoons cornstarch**

**1 teaspoon agave nectar**

**6 ounces portobello mushrooms, sliced, with gills and stems removed**

**1 onion, thinly sliced**

**1 red bell pepper, seeded and sliced**

**6 ounces fresh broccoli florets**

- 1.** In a small bowl, combine ¼ cup of the water and the soy sauce, hoisin sauce, cornstarch, and agave; stir to combine. Set aside.
- 2.** Place the mushrooms, onion, and bell pepper into a nonstick skillet and add a small amount of water to prevent sticking. Sauté for 3 minutes.
- 3.** Add the broccoli and remaining ¼ cup water and cook for another 3–5 minutes, or until the vegetables are crisp-tender, stirring occasionally.
- 4.** Add the sauce and stir for another 2–3 minutes, or until bubbly and thickened.





## REUBEN CASSEROLE

I love a Reuben sandwich so much that I incorporated the flavors and ingredients into a vegan casserole-style meal. My daughter claims it tastes like a breakfast dish because of the hash browns. Whether you choose it for breakfast or dinner, it's a hit!

*Yields: 4–6 servings*

*Prep Time: 30 minutes Cook Time: 40 minutes*

**One 20-ounce package frozen hash browns (no added oil)**

**6 ounces mushrooms, sliced**

**1 red bell pepper, seeded and diced**

**3 tablespoons nutritional yeast flakes**

**½ teaspoon garlic powder**

**½ teaspoon onion powder**

**3 cups fresh spinach**

**1 cup Russian Dressing (page 137)**

**One 14-ounce can sauerkraut, drained**

**One 6-ounce package Lightlife Organic Smoky Tempeh Strips**

**¾ cup Daiya Cheddar Style Shreds (optional)**

1. Preheat oven to 400°F. Line a 9 × 9 inch casserole dish with parchment paper and set aside.
2. Thaw the frozen hash browns.
3. In a skillet over medium-high heat, sauté the mushrooms and bell pepper in a small amount of water until tender. Add the nutritional yeast, garlic powder, and onion powder, stirring to combine. Add the spinach and cook until it wilts.
4. Press half of the hash browns into the bottom of the prepared pan.
5. Mix the Russian dressing with the sauerkraut and spread on top of the potatoes.
6. Spread the sautéed spinach, mushrooms, and peppers over the sauerkraut.
7. Cut the tempeh strips into small 1-inch pieces and sprinkle over the vegetables.
8. Top with the cheese, if using, and cover with the remaining hash browns.
9. Bake, uncovered, for 20–30 minutes or until potatoes are browned around the edges.







## ROASTED VEGETABLES

This is an extremely simple yet wholesome meal to cook. When my kids were young and I was not able to make dinner, they would chip in and make this recipe for the family. This is one of their first “independently prepared meals.” Potatoes are the center of the recipe, but the veggies can be changed depending on what’s in season. Serve over brown rice or on top of a bed of spinach greens.

*Yields: 4–6 servings*

*Prep Time: 20–25 minutes    Cook Time: 1 hour*

**2 white potatoes, cut into 1- to 2-inch chunks**  
**2 sweet potatoes, cut into 1- to 2-inch chunks**  
**2 carrots, peeled and cut into 1-inch chunks**  
**1 onion, cut into wedges**  
**1 zucchini, cut into 1-inch chunks**  
**12 ounces mushrooms, sliced**  
**2 red bell peppers, seeded and cut into 1-inch chunks**  
**7 ounces extra-firm tofu, cubed**

### **Marinade**

**¼ cup low-sodium soy sauce**  
**2 tablespoons red wine vinegar**  
**1 tablespoon maple syrup**  
**1 teaspoon molasses**  
**½ teaspoon dried thyme**  
**½ teaspoon ground cinnamon**  
**⅛ teaspoon ground cloves**  
**½ teaspoon black pepper**  
**2 teaspoons finely grated ginger**  
**3 garlic cloves, minced**  
**1 jalapeño pepper, seeded and minced**

- 1.** Preheat oven to 375°F.
- 2.** Place the cut vegetables and tofu into a 9 × 13 inch casserole pan.
- 3.** For the marinade, whisk together the soy sauce, vinegar, maple syrup, molasses, dried seasonings, ginger, garlic, and jalapeño in a bowl.
- 4.** Pour the marinade over the vegetables in the pan and toss thoroughly with your hands. Cover with tinfoil and bake until the potatoes are tender, about 40 minutes.
- 5.** Uncover and bake for another 15 minutes, until slightly browned on top.



## SESAME NOODLE LETTUCE WRAPS

Crispy lettuce filled with Thai-flavored noodles, covered with sautéed carrots, peas, broccoli, and red pepper, and then garnished with sesame seeds—delicious!

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 20 minutes*

- 2 tablespoons tahini**
- 3 tablespoons lite coconut milk**
- 1½ teaspoons Sriracha**
- ¼ teaspoon red pepper flakes**
- ½ teaspoon finely grated ginger**
- ½ teaspoon sea salt**
- 1 tablespoon low-sodium soy sauce**
- 1 tablespoon agave nectar**
- 1½ teaspoons lime juice**
- 4 cups cooked whole wheat angel hair pasta**
- 1 cup diced carrot**
- 1 cup frozen peas**
- 2 cups broccoli florets**
- 1 cup seeded and diced red bell pepper**
- ¼ cup low-sodium vegetable stock, for sautéing**
- 8 whole leaves romaine lettuce**
- 1½ teaspoons sesame seeds**

- 1.** In a small bowl, whisk together the tahini, coconut milk, Sriracha, red pepper flakes, ginger, salt, soy sauce, agave, and lime juice. Pour over the cooked pasta and toss to coat. Set aside.
- 2.** In a large sauté pan over medium-high heat, add the carrot, peas, broccoli, bell pepper, and vegetable stock. Cook until the vegetables become tender and heated through. Place in a bowl and cool completely.
- 3.** Once all the ingredients have cooled completely, start to build the lettuce wraps. In each leaf of lettuce, fill with ½ cup of the noodles. Top with ½ cup of the vegetables. Finish with a sprinkle of sesame seeds. Serve chilled.









## SPICY BLACK BEANS OVER RICE

Hearty, delicious beans are heaped over rice. This recipe is simple to prepare and bursting with flavor.

*Yields: 4–6 servings*

*Prep Time: 15 minutes   Cook Time: 40 minutes*

- 1 onion, diced**
- 4 garlic cloves, minced**
- 1 red bell pepper, seeded and diced**
- 1½ cups low-sodium vegetable stock**
- 2 cups ½-inch cubed butternut squash**
- One 14-ounce can diced tomatoes**
- 2 chipotle chiles in adobo sauce, finely chopped**
- ½ teaspoon ground cumin**
- 1 teaspoon dried sage**
- 1 teaspoon dried marjoram**
- ½ teaspoon sea salt**
- 3 cups canned black beans, rinsed and drained**
- ½ cup bulgur, uncooked**
- 4 cups cooked brown rice**
- 2 avocados, pitted and thinly sliced**
- 3–4 tablespoons chopped fresh cilantro**

- 1.** In a skillet over medium-high heat, sauté the onion, garlic, and bell pepper in a small amount of water until tender. Add the vegetable stock and butternut squash and simmer over low to medium heat until the squash is tender.
- 2.** Add the tomatoes, chiles, cumin, sage, marjoram, salt, beans, and bulgur. Simmer over low heat for 30 minutes.
- 3.** Remove from the heat. Serve over brown rice and top with avocado slices and cilantro.

### **KIM'S HINT:**

I love to add all the ingredients (except for the rice and avocados) to a slow cooker and let it cook on low heat for 4–6 hours.



## SPINACH AND BROCCOLI ENCHILADAS

Whole-grain tortillas are filled with a hearty mixture of spinach, broccoli, and a bit of tofu. These enchiladas have an interesting cheesy flavor, perfectly complemented with Southwestern seasonings. Top them with Vegan Sour Cream (page 144) and salsa!

*Yields: 4–6 enchiladas*

*Prep Time: 25 minutes Cook Time: 30 minutes*

**10 ounces chopped frozen spinach**

**1 onion, diced**

**12 ounces broccoli, chopped**

**½ cup water**

**3 cups salsa (medium heat), divided**

**1 teaspoon garlic powder**

**1 teaspoon Mrs. Dash Southwest Chipotle Seasoning Blend or Mexican Spice Blend (page 147)**

**8 ounces extra-firm tofu, drained and crumbled**

**2 tablespoons nutritional yeast flakes**

**2 tablespoons tahini**

**4–6 large whole wheat tortillas**

1. Preheat oven to 350°F.
2. Thaw and drain the frozen spinach.
3. In a large skillet over medium heat, sauté the onion, spinach, and chopped broccoli in the water until tender. Add 1 cup of the salsa, garlic powder, and seasoning blend.
4. Remove from the heat; stir in the crumbled tofu, nutritional yeast, and tahini.
5. Coat a square baking dish with ½ cup of the salsa, which will prevent sticking.
6. Divide the spinach and broccoli mixture among the tortillas, and spoon it down the center of each.
7. Roll up the tortillas and place seam-side down in the salsa-lined baking dish.
8. Spoon the remaining 1½ cups salsa over the top of the tortillas.
9. Cover with tinfoil and bake for 25 minutes, or until heated through.









# SPINACH LASAGNA

This is an easy recipe to prepare ahead of time. In contrast to traditional lasagna recipes, this one is light, filling, and full of delicious vegetables. This dish is easy and versatile!

*Yields: 6 servings*

*Prep Time: 20 minutes Cook Time: 60–80 minutes*

**4–6 garlic cloves, chopped**

**1 onion, diced**

**8 button mushrooms, sliced**

**¼ cup low-sodium vegetable stock, for sautéing**

**10 ounces fresh spinach**

**1 teaspoon Italian Seasoning (page 147)**

**6¼ cups Marinara Sauce (page 136)**

**12 lasagna noodles, uncooked (brown rice or whole wheat)**

**1 recipe Vegan Ricotta Cheese (page 99)**

1. Preheat oven to 375°F.
2. In a small skillet over medium-high heat, sauté the garlic, onion, and mushrooms in the vegetable stock until tender. Add the spinach and cook just until the spinach is wilted. Stir in the Italian seasoning. Set aside.
3. In a 9 × 13 inch casserole dish, assemble your lasagna in this order: ½ cup marinara, 4 noodles, half of the ricotta, half of the spinach-mushroom mixture, 1¾ cup marinara, 4 noodles, remaining ricotta, remaining spinach-mushroom mixture, 1¾ cup marinara, 4 noodles, and marinara. (Lasagna noodles are layered uncooked.)
4. Bake for 60–80 minutes. Brown rice pasta will cook faster than whole wheat pasta.
5. Let stand for 20–30 minutes before serving.

## KIM'S HINTS:

- If I am in a hurry, my cheat version of marinara sauce is a fat-free, low-sodium jar of marinara sauce combined with a box of Pomi chopped tomatoes. I season it with Italian herbs and a little nutritional yeast flakes.
- I make this lasagna with uncooked lasagna noodles, which shortens the prep time. I have used many types of lasagna noodles, but our favorite is the brown rice version.
- Instead of mushrooms, I also often use zucchini and roasted red peppers in the vegetable filling.
- It is also fun to make the vegan ricotta a pesto style by blending fresh basil into the vegan ricotta.
- This dish is even better the next day because the flavors are more pronounced

and the texture is firmer.

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# STUFFED PORTOBELLO MUSHROOMS

When I was growing up, fresh mushrooms were almost unheard of in our small-town grocery store. I never had a fresh mushroom until I was in high school! Now you can find them everywhere in many varieties. They are a fungus and a good source of nutrients. There are many claims that these little fungus treats are very medicinal as well. I love how they absorb flavor and add a meatier texture.

*Yields: 4–6 servings*

*Prep Time: 20 minutes Cook Time: 20 minutes*

- 4 medium-size portobello mushrooms**
- 2 teaspoons balsamic vinegar**
- 1 onion, diced**
- 3 garlic cloves, minced**
- ¼ cup white wine**
- ½ teaspoon dried rosemary**
- 2 tablespoons chopped fresh parsley**
- 4 cups chopped spinach**
- 1½ cups canned cannellini beans, drained and rinsed**
- ½ cup whole wheat bread crumbs, plus extra for sprinkling**
- 2 tablespoons nutritional yeast flakes**
- ½ teaspoon sea salt**
- ½ teaspoon black pepper**

- 1.** Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
- 2.** Wash and remove the stem and gills of each mushroom. I like to chop the stems finely and add them to the sautéed onions later.
- 3.** Brush the mushroom caps with balsamic vinegar and place the mushroom caps, gill-side up, on the prepared baking sheet. Bake in the oven for 10 minutes or until edges become tender.
- 4.** In a large skillet over medium-high heat, cook the onion and garlic in the white wine for 5–10 minutes until slightly brown and fragrant. Add the rosemary and parsley and cook for another 1–2 minutes. Stir in the spinach. Remove from the heat as soon as the spinach begins to wilt.
- 5.** In a large bowl, mix together the onion-spinach mixture, beans, bread crumbs, nutritional yeast, and the sea salt and pepper.
- 6.** Stuff the mushrooms with the vegetable mixture. Sprinkle the tops with a little extra bread crumbs. Bake for another 10–15 minutes, until heated through. Serve hot.

**KIM'S HINT:**

This recipe could be adapted with button mushrooms as well.









## SWEET MAYAN BURRITO

This burrito is filled with sweet potatoes, black beans, and chipotle seasoning, and smothered with salsa and our special sweet vegan sour cream.

*Yields: 4 burritos*

*Prep Time: 15 minutes Cook Time: 25–30 minutes*

**4 cups peeled and cubed sweet potatoes**  
**2 cups canned black beans, rinsed and drained**  
**½ cup diced medium red onion**  
**½ cup seeded and small-diced poblano pepper**  
**1 cup frozen mango chunks, thawed and drained**  
**½ teaspoon chipotle chili powder**  
**½ teaspoon ground cumin**  
**⅛ teaspoon red pepper flakes**  
**¼ cup low-sodium soy sauce**  
**4 whole wheat tortillas**  
**3 cups Mexican-style red salsa (mild or medium), divided**  
**½ cup Vegan Sour Cream (page 144)**

1. Preheat oven to 375°F.
2. Place the sweet potatoes in a large pot and cover with water. Bring to a boil over medium-high heat; boil the sweet potatoes for 5–10 minutes, then turn the heat down to medium. Cook until the sweet potatoes are tender.
3. Drain and mash the sweet potatoes, then reserve for later use.
4. In a large mixing bowl, combine the beans, onion, poblano pepper, mango, chili powder, cumin, red pepper flakes, and soy sauce. Mix until well blended. Do NOT smash the beans. Fold the sweet potatoes into the bean mixture until evenly combined.
5. Fill each tortilla with ½–1 cup of the sweet potato and bean filling, depending on how large your tortillas are. Fold in the sides of each tortilla and then roll into a burrito.
6. Coat a 9 × 9 inch baking pan with 1–2 cups of the salsa. Place each burrito, seam-side down, side by side in the baking pan.
7. Bake for 20–25 minutes. Remove from the oven and allow to cool for 5 minutes.
8. Serve with the remaining salsa and vegan sour cream.



# THAI CURRIED VEGETABLES

This is an easy-to-prepare dish that is full of Thai flavors.

*Yields: 4–6 servings*

*Prep Time: 20 minutes Cook Time: 10–12 minutes*

- 2 tablespoons Thai Kitchen Red Curry Paste**
- 1 cup lite coconut milk**
- ½ cup water, plus more as needed**
- 1 onion, sliced**
- 4 garlic cloves, minced**
- 1 tablespoon minced fresh ginger**
- 1 jalapeño pepper, seeded and minced**
- 1 asparagus bunch, ends trimmed, cut into 2-inch pieces**
- 8 ounces baby spinach**
- 1 bok choy bunch, cut thinly on the bias**
- 1 napa cabbage head, shredded**
- 2 cups mung bean sprouts**
- Sea salt to taste**
- ¼ cup chopped cilantro**
- 4–6 cups cooked brown rice**

- 1.** Whisk together the curry paste, coconut milk, and water in a bowl. Set aside.
- 2.** Sauté the onion, garlic, ginger, and jalapeño in a large skillet over medium-high heat for 1–2 minutes. Add water 1–2 tablespoons at a time to keep the vegetables from sticking.
- 3.** Add the asparagus and cook for another 2 minutes.
- 4.** Add the coconut–curry sauce to this mixture and gently cook for 1–2 minutes over high heat, stirring occasionally.
- 5.** Add the spinach, bok choy, cabbage, and sprouts. Cook only until wilted.
- 6.** Lightly season with sea salt and remove from the heat. Stir in the cilantro. Serve over a bed of brown rice.

## **KIM'S HINTS:**

- I love the Thai Kitchen curries. I always have the green and red curry jars handy in my fridge or pantry.
- Using lite coconut milk makes the dish lighter; you can also reduce the amount of coconut milk and increase the water.







## TWICE-BAKED BROCCOLI POTATOES

These baked potatoes are stuffed with seasoned creamy mashed potatoes and broccoli. They make a hearty dinner when paired with a side vegetable or a green salad. I love it for leftovers and it makes a perfect lunchbox meal!

*Yields: 4–6 servings*

*Prep Time: 15 minutes Cook Time: 1 hour 20 minutes*

**4 medium-size russet potatoes**

**1 cup nondairy milk**

**¼ cup nutritional yeast flakes**

**1 teaspoon sea salt**

**¼ teaspoon black pepper**

**1 onion, diced**

**2 tablespoons roasted and smashed garlic**

**1½ cups frozen broccoli florets, thawed**

**¼ cup vegan bacon bits**

**½ cup Daiya Cheddar Style Shreds (optional)**

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Place the potatoes on the prepared baking sheet and bake for 1 hour, or until tender in the center. Let the potatoes cool completely before cutting.
3. Slice each potato in half lengthwise. Carefully scoop out the pulp with a teaspoon, leaving about ¼ inch of the potato skin and pulp intact.
4. Mash the potato pulp in a bowl with a mixer. Add the milk, nutritional yeast, salt, and pepper. You may need to add more or less milk depending on your desired texture. Gently stir in the onion, garlic, and broccoli until well mixed.
5. Using a large spoon, place enough potato mixture into each potato skin so that it is a rounded, hearty filling.
6. Place the potatoes back on the baking sheet. Sprinkle the top of each potato with bacon bits and cheese, if using.
7. Bake for 15–20 minutes, or until the tops are crispy and slightly golden.
8. Cool for 5–7 minutes before serving.

### **KIM'S HINTS:**

- You can use either fresh or frozen vegetables.
- Make these Mexican style by adding corn instead of broccoli, in addition to pinto beans and chipotle seasoning.





## VEGGIE BALLS

These meatless veggie balls are perfect with Marinara Sauce (page 136) or spaghetti sauce on hot sub sandwiches. The Campbell mothers (Karen, LeAnne, Lisa, and Erin) all have their own special version. Grandmom probably wins for the most popular veggie balls!

*Yields: 6 servings*

*Prep Time: 20 minutes Cook Time: 45 minutes*

**½ cup bulgur wheat**

**1 cup water**

**1 onion, diced**

**1 celery stalk, finely diced**

**½ cup finely chopped walnuts**

**One 14-ounce block extra-firm tofu, drained**

**1 tablespoon tamari**

**1½ cups fresh whole wheat bread crumbs**

**3 garlic cloves, minced**

**1 teaspoon dried thyme**

**¼ cup vital wheat gluten (optional)**

**¼ teaspoon ground nutmeg**

**¼ teaspoon sea salt**

**¼ teaspoon black pepper**

1. Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
2. Place the bulgur in a medium saucepan. Add the water, cover, and bring to a boil over medium-high heat. Reduce the heat and simmer for 10–15 minutes, or until all the water has been absorbed.
3. Sauté the onion and celery in a small amount of water until tender.
4. Meanwhile, coarsely grind the walnuts in a food processor and place them in a medium-size bowl.
5. Place the tofu and tamari in a blender or food processor and blend until smooth and creamy. Use a rubber spatula to push the tofu down onto the blades to ensure it is well blended.
6. In a large bowl, combine the cooked bulgur, sautéed veggies, blended tofu, bread crumbs, ground walnuts, garlic, thyme, wheat gluten (if using), nutmeg, salt, and pepper.
7. Shape the mixture into balls (any size you prefer) and place on the prepared baking sheet.
8. Bake for 30 minutes, or until the veggie balls are browned.

## KIM'S HINTS:

- If you are gluten sensitive, you can omit the wheat gluten, but the veggie balls will be more fragile.
- The veggie balls will keep in the refrigerator for about a week. They can also be frozen, but this will affect the texture slightly.







## WHITE VEGGIE LASAGNA

Loaded with colorful vegetables, this creamy lasagna is guilt free because you can have the creamy texture without the fat. I personally don't add Daiya cheese to this recipe, so I made it optional. This dish takes a bit of time to prepare because of its different components, but it's well worth the effort. It gets better the next day, so make a bunch!

*Yields: 6 servings*

*Prep Time: 40 minutes   Cook Time: 40 minutes*

- 12 lasagna noodles (brown rice or whole wheat)**
- 2 tablespoons minced garlic**
- 1 onion, diced**
- ½ cup low-sodium vegetable stock, for sautéing**
- 3 cups chopped fresh spinach**
- 1 cup shredded carrot**
- 1 cup broccoli florets**
- 1 cup chopped fresh tomatoes**
- 1 red bell pepper, seeded and diced**
- One 14-ounce block extra-firm tofu, crumbled**
- 2 tablespoons nutritional yeast flakes**
- 2 tablespoons tahini**
- 1 teaspoon sea salt**
- ½ teaspoon black pepper**
- ⅛ teaspoon ground nutmeg**
- 1 recipe Cauliflower Alfredo Sauce (page 129)**
- ¾ cup Daiya Mozzarella Style Shreds, divided (optional)**

- 1.** Preheat oven to 375°F.
- 2.** Cook the lasagna noodles according to the package directions. This recipe won't work if you don't precook the lasagna noodles.
- 3.** In a skillet over medium-high heat, sauté the garlic and onion in the vegetable stock until tender. Add the remaining vegetables and cook until tender. Add the crumbled tofu, nutritional yeast, and tahini. Season with salt, pepper, and nutmeg.
- 4.** To assemble the lasagna, spread ½–1 cup of the cauliflower sauce on the bottom of a 9 × 9 × 3 inch glass baking dish. Layer the lasagna noodles on top, then ½–1 cup of the cauliflower sauce, half of the sautéed veggies, ¼ cup of the cheese, if using, ½–1 cup of the cauliflower sauce (I put sauce in each layer twice—once under the veggies and once on top). Repeat one more time, ending with a third layer of the lasagna noodles. Cover the top noodle layer with ½–1 cup of the cauliflower sauce and the remaining cheese, if using.
- 5.** Cover with tinfoil and bake for 25 minutes, or until bubbling along the sides. Remove the cover and bake uncovered for another 10–20 minutes, or until golden brown on top.

6. Let cool to set before cutting and serving.



## ZUCCHINI CAKES

Although made with zucchini, carrots, tofu, and onions, these cakes have a flavor of the sea and a nice baked texture. Serve them over a bed of lettuce and top with Tzatziki Sauce (page 141).

*Yields: 6 servings*

*Prep Time: 30 minutes Cook Time: 40 minutes*

**2 celery stalks, finely diced**

**1 onion, diced small**

**2 carrots, shredded**

**1 red bell pepper, seeded and diced**

**¼ cup chopped fresh parsley**

**¼ cup flax meal**

**½ cup warm water**

**2 small zucchini, shredded**

**One 14-ounce block extra-firm tofu, drained and crumbled**

**2 cups whole wheat bread crumbs**

**1 cup Tofu Cashew Mayonnaise (page 139)**

**2 nori seaweed sheets, finely chopped (kitchen shears work great)**

**1 tablespoon Old Bay Seasoning**

**2 teaspoons dry mustard**

**1 teaspoon sea salt**

**2 cups panko bread crumbs**

- 1.** Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
- 2.** In a skillet over medium-high heat, sauté the celery, onion, carrot, bell pepper, and parsley until soft but still firm.
- 3.** Mix the flax meal and water in a small bowl. Let stand for 5 minutes.
- 4.** In a large bowl, combine the sautéed vegetables, zucchini, tofu, whole wheat bread crumbs, mayonnaise, seaweed, Old Bay, mustard, salt, and flax and water mixture. Mix thoroughly.
- 5.** Shape the mixture into ½-inch-thick cakes. Carefully dredge the cakes in the panko bread crumbs to coat. These patties are delicate and must be handled gently to avoid having them crumble.
- 6.** Place the cakes on the prepared baking sheet and bake for 30 minutes or until golden. Serve warm.





## PLANTPURE NATION PROFILE

TOMMY PRIVETTE

**TOMMY PRIVETTE**, a retired Methodist minister in his early sixties, was first diagnosed with type 2 diabetes when he was twenty-three years old, meaning he'd been taking drugs to control it for more than *thirty-five years*. He also had several other health problems, including obesity, high cholesterol, and high blood pressure, for which he was taking no less than *seven* daily medications. Tommy was suffering terribly from the side effects of his meds. These included painful bloating and swelling.

After four and a half months of eating a plant-based diet, Tommy was totally pain free and completely off five of his seven medications. He'd also lost 40 pounds. Tommy was elated, saying, "I think one of the best things for me is that I finally feel like I have some control of my life, whereas before I was totally out of control with my diet and with my body. And it's very empowering to know that you have a say in it and that you can make good choices."



Before the Jumpstart program, with his daily prescription medicines



After the Jumpstart program



Brown Rice with Nuts and Raisins

Cajun-Style Sweet Potato Fries

Carrot Rice Pilaf

Cauliflower Risotto

Green Vegetable Medley with Mustard Sauce

Mashed Potatoes

Roasted Asparagus with Sweet Potatoes and Chickpeas

Roasted Beets and Greens

Roasted Brussels Sprouts with Potatoes

✦ Spicy Oven-Baked French Fries





## BROWN RICE WITH NUTS AND RAISINS

Plain rice gets boring, so I love to throw things into the pot to add flavor and texture. Here's something that is popular in my house. This recipe uses instant brown rice for quick and easy preparation. You also can use regular brown rice if you have the extra time for cooking.

*Yields: 4 servings*

*Prep Time: 5 minutes   Cook Time: 25 minutes*

**½ cup golden raisins**

**¼ cup dry white wine**

**1 onion, diced**

**4 garlic cloves, chopped**

**2 cups instant brown rice**

**2 cups low-sodium vegetable stock**

**½ teaspoon sea salt**

**¼ teaspoon black pepper**

**¾ cup slivered almonds, toasted**

**½ cup chopped fresh cilantro**

- 1.** Combine the raisins and wine in a small bowl. Set aside.
- 2.** In a skillet over medium-high heat, sauté the onion and garlic in a small amount of water.
- 3.** Add the rice and stir constantly for about 3 minutes, until lightly browned. Add the vegetable stock, salt, and pepper and bring to a boil. Cover, reduce the heat to low, and cook for 10–15 minutes, until the rice is tender and the liquid is absorbed.
- 4.** Add the almonds, cilantro, and raisins and wine mixture to the rice and mix well.



# CAJUN-STYLE SWEET POTATO FRIES

This is a sweet and spicy combination of seasonings and potatoes that goes well with salads and sandwiches.

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 35–45 minutes*

**4 sweet potatoes**

**1 teaspoon paprika**

**½ teaspoon black pepper**

**½ teaspoon onion powder**

**½ teaspoon dried thyme**

**½ teaspoon dried rosemary**

**½ teaspoon garlic powder**

**¼ teaspoon cayenne pepper**

**½ teaspoon sea salt**

1. Preheat oven to 450°F. Line a large sheet pan with parchment paper.
2. Peel the sweet potatoes and cut off the ends. Cut the potatoes French fry style.
3. Put the sweet potatoes into a gallon-size resealable plastic bag. Add the seasonings to the bag, zip it up, and shake well until the potatoes are thoroughly coated.
4. Spread the seasoned fries on the prepared pan. Make sure you spread them out evenly and that they are not overlapping.
5. Bake for a total of 25–30 minutes. After the first 15 minutes, remove the baking sheet from the oven and turn over all the sweet potato pieces. Return to the oven and bake for another 10–15 minutes, or until they are well browned. Let cool for 5 minutes before serving.









# CARROT RICE PILAF

Plain brown rice isn't always exciting if you eat it often, so I like to add flavor and color to my rice. This is a simple yet colorful addition to healthy whole grains.

*Yields: 4 servings*

*Prep Time: 10 minutes Cook Time: 45 minutes*

- 1 small onion, chopped**
- 1 cup coarsely grated carrot**
- 2½ cups low-sodium vegetable stock, divided**
- 1 cup brown rice, uncooked**
- ½ teaspoon sea salt**
- ½ teaspoon black pepper**
- ½ cup chopped fresh parsley**
- ½ cup sliced green onions**

- 1.** In a pan over medium-high heat, sauté the onion and carrot in ¼ cup of the vegetable stock until tender, about 5 minutes.
- 2.** Stir in the rice and cook until the rice browns slightly.
- 3.** Add the remaining 2¼ cups vegetable stock, salt, and pepper. Cover and simmer until the rice is tender, about 45 minutes.
- 4.** Stir in the parsley and green onions just before serving.



# CAULIFLOWER RISOTTO

Made with cauliflower “rice,” this risotto is a light and healthy alternative to traditional rice risotto. This makes a great addition to any entrée.

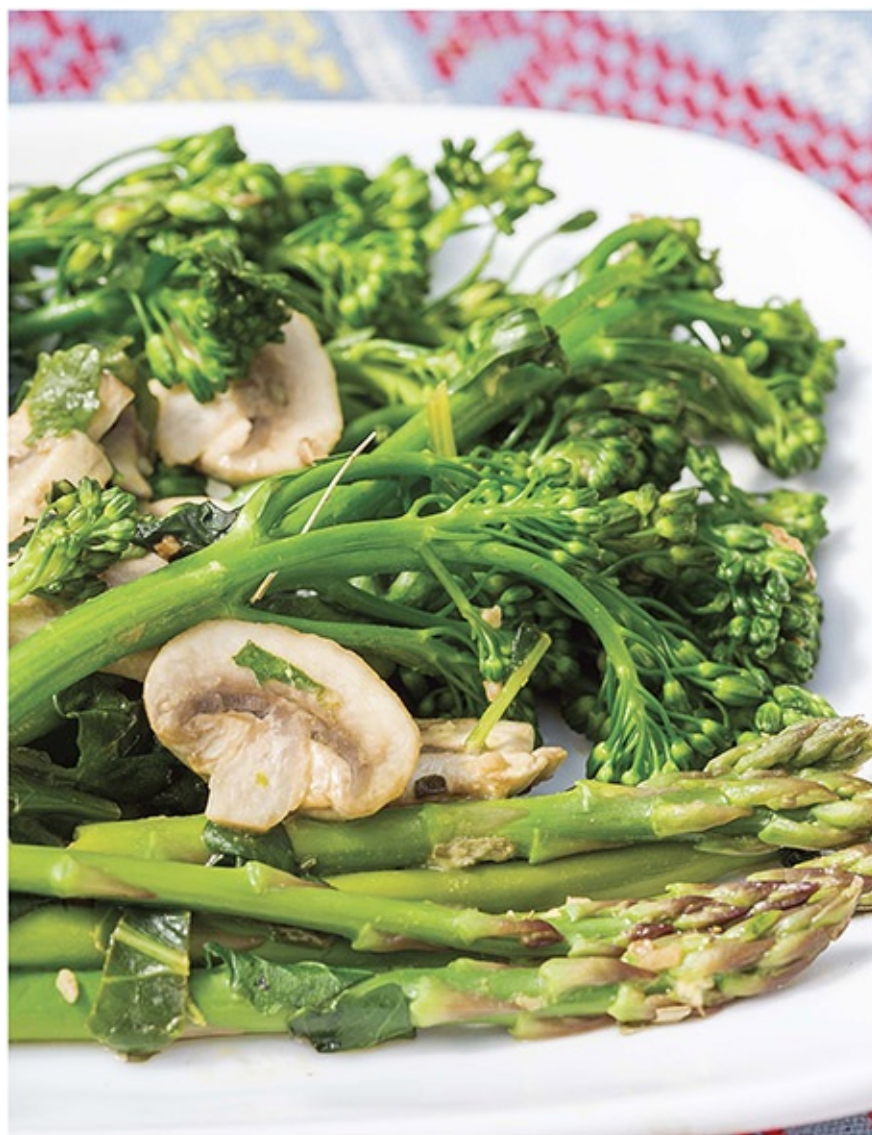
*Yields: 4 servings*

*Prep Time: 20 minutes   Cook Time: 15 minutes*

- 1 cauliflower head, cut into florets**
- 8 ounces mushrooms, chopped**
- 1 leek, washed well and diced small**
- 3 garlic cloves, minced**
- ½ cup and 2 tablespoons low-sodium vegetable stock, divided**
- ¼ cup white wine**
- ⅓ cup pine nuts**
- 3 tablespoons nutritional yeast flakes**
- 1 tablespoon white miso paste**
- 1 tablespoon lemon juice**
- 1 teaspoon dried dill weed**
- ¼ cup chopped fresh parsley**
- ½ teaspoon sea salt**
- ½ teaspoon black pepper**

- 1.** Cut the cauliflower into florets and pulse the florets in a food processor until it forms rice-sized pieces (12–14 pulses).
- 2.** In a skillet over medium-high heat, cook the mushrooms, leek, and garlic in 2 tablespoons of the vegetable stock until tender; transfer to a bowl and set aside.
- 3.** Add the cauliflower “rice” and wine to the skillet and cook for about 5 minutes, until the wine has evaporated.
- 4.** Add the remaining ½ cup vegetable stock, reduce the heat to low, and cover, letting it cook for a few minutes. You want the cauliflower to be “al dente” with a little texture so it isn’t just mush.
- 5.** Meanwhile, pulse together the pine nuts, nutritional yeast, white miso, lemon juice, dill, and parsley until it forms a dry paste-like consistency.
- 6.** Remove the cauliflower from the heat and stir in the nut mixture until well combined. Stir in the mushroom mixture, salt, and pepper until well combined. Serve warm.









# GREEN VEGETABLE MEDLEY WITH MUSTARD SAUCE

This bright dish has the perfect balance of sweet and sour.

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 10 minutes*

**2 teaspoons Dijon mustard**  
**2 teaspoons lemon juice**  
**2 teaspoons agave nectar**  
**2 tablespoons white wine vinegar**  
**2 garlic cloves, minced**  
**1 teaspoon dried tarragon**  
**2 broccolini bunches, trimmed**  
**10 asparagus spears, ends trimmed**  
**6–8 ounces mushrooms, sliced**  
**1 cup water**  
**1 bunch kale, sliced, with stems removed**

- 1.** Whisk together the Dijon, lemon juice, agave, vinegar, garlic, and tarragon in a small bowl. Set aside.
- 2.** In a large pot, steam the broccolini, asparagus, and mushrooms in the water, stirring frequently.
- 3.** When the broccolini and asparagus are tender, 8–10 minutes, add the kale. Cook until the kale is wilted and bright green.
- 4.** Place the vegetables in a serving dish and toss with the mustard sauce. Serve warm.



# MASHED POTATOES

This is a simple and easy recipe, but you can make your mashed potatoes unique by trying different variations.

*Yields: 4–6 servings*

*Prep Time: 15 minutes Cook Time: 35 minutes*

- 4 pounds potatoes, washed and quartered**
- 1 onion, diced**
- 4 garlic cloves, minced**
- ¼ cup low-sodium vegetable stock, for sautéing**
- 1 cup nondairy milk**
- ¼ cup sliced green onion**
- 3 tablespoons nutritional yeast flakes**
- 3 tablespoons chopped fresh parsley**
- ½ teaspoon sea salt**
- ½ teaspoon black pepper**

- 1.** In a large soup or stockpot, cover the potatoes with water and bring to a boil over medium-high heat. Allow to simmer over medium-high heat until potatoes are cooked through, about 30 minutes. Drain, place in a large bowl, and allow to cool slightly.
- 2.** In a separate pan, sauté the onion and garlic in the vegetable stock for 3–5 minutes, until the onion is soft. Remove from the heat.
- 3.** Mash the potatoes with milk until the desired consistency is reached.
- 4.** Add the onion and garlic, sliced green onions, and nutritional yeast, adding a bit more milk if needed.
- 5.** Add the fresh parsley last and mix well. Season with salt and pepper.

## **KIM'S HINTS:**

Here are a few of the variations I use when making mashed potatoes:

- **Parsnip-Horseradish Mashed Potatoes:** Add 3 parsnips to the potatoes while boiling. When mashing the potatoes, add 3 tablespoons of prepared horseradish.
- **Kale Mashed Potatoes:** Add 10 ounces of sliced kale to the sautéed onion and garlic mixture and cook until the kale is wilted. Fold into the mashed potatoes.
- **Carrot Mashed Potatoes:** Add 1 pound of sliced carrots to the potatoes and cook together. Complete the recipe as originally instructed.



# ROASTED ASPARAGUS WITH SWEET POTATOES AND CHICKPEAS

This summer dish is a delicious combination of vegetables. I love to serve it over a bed of mixed greens and make it a dinner salad.

*Yields: 4 servings*

*Prep Time: 20 minutes Cook Time: 35 minutes*

- 2 sweet potatoes, cut into 1- to 2-inch chunks**
- 12 ounces asparagus, ends trimmed, cut into 1-inch pieces**
- 1 onion, sliced**
- 3 garlic cloves, minced**
- ¼ teaspoon sea salt, plus more to taste**
- ¼ teaspoon black pepper, plus more to taste**
- 1 cup canned chickpeas, rinsed and drained**
- ¼ cup Balsamic Vinaigrette Dressing (page 124)**

- 1.** Preheat oven to 425°F. Line 2 baking sheets with parchment paper.
- 2.** Spread the potatoes on one of the prepared baking sheets and bake until tender, about 20 minutes.
- 3.** While the potatoes are cooking, toss the asparagus and onion with the garlic, salt, and pepper in a bowl until well coated.
- 4.** On a separate prepared baking sheet, spread the asparagus mixture evenly and bake until the asparagus is tender yet still crisp, about 15 minutes, stirring halfway through. Remove from the oven.
- 5.** Place the potatoes, asparagus, and chickpeas into a large serving bowl. Pour the balsamic dressing over the mixture and stir gently to combine. Season with more salt and pepper to taste.









## ROASTED BEETS AND GREENS

This is a very simple recipe, but few people think to put the whole plant together in one dish. My mother-in-law always served beets this way, and they have great texture and flavor. The cook time for beets is long, but if you plan ahead it's well worth it. Beets are a superfood!

*Yields: 4 servings*

*Prep Time: 20 minutes   Cook Time: 1 hour 30 minutes*

**1 bunch beets with their greens**

**1 onion, sliced**

**4 garlic cloves, minced**

**5 ounces baby spinach**

**1 tablespoon red wine vinegar**

**2 teaspoons maple syrup**

**½ teaspoon sea salt**

**¼ teaspoon black pepper**

1. Preheat oven to 350°F.
2. Wash the beets thoroughly, leaving the skins on and removing the greens. Rinse the greens, removing any large stems, and set aside.
3. Wrap each beet in tinfoil and place them on a baking sheet. Bake for 1 hour, or until tender. (I poke mine with a sharp knife to check for tenderness.) Remove from the oven and let sit until cool enough to handle.
4. Remove the skin from the beets and cut into 1-inch cubes. Set aside.
5. In a skillet over medium-high heat, sauté the onion and garlic in a small amount of water. Add beet greens and spinach and cook until wilted and tender.
6. Place the beet cubes and cooked greens in a serving bowl and toss well with the red wine vinegar, maple syrup, salt, and pepper. Serve warm.

### KIM'S HINTS:

- Instead of baking, you also can boil the beets, leaving the skins on. When they are tender (check by poking a knife in them), remove the beets from the heat, drain, and soak in cold water. When they are cool, you can remove the skins easily and cut into cubes.
- While handling beets to remove the skins, you may want to wear gloves because the beets will stain your hands.



## ROASTED BRUSSELS SPROUTS WITH POTATOES

My father grew Brussels sprouts in the garden and we cooked them in a variety of ways. They are considered part of the cabbage family and have a very strong smell and flavor. I believe Brussels sprouts are best when roasted with potatoes and seasoned properly to balance the strong flavor. This recipe gives Brussels sprouts that perfect balance.

*Yields: 6 servings*

*Prep Time: 20 minutes   Cook Time: 35–40 minutes*

**1 pound small red potatoes**

**1 pound Brussels sprouts**

**1 red onion, sliced**

**8 garlic cloves, chopped**

**2 tablespoons minced fresh rosemary**

**1 tablespoon agave nectar**

**½ teaspoon sea salt, plus more to taste**

**¼ teaspoon black pepper, plus more to taste**

**¼ teaspoon red pepper flakes**

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper and set aside.
2. Rinse and scrub the potatoes. Cut into quarters and place in a large mixing bowl.
3. Cut off the stem on each Brussels sprout and remove the loose outer leaves. Slice the Brussels sprouts in half. Place in the bowl with the potatoes.
4. To the potatoes and Brussels sprouts, add the red onion slices, chopped garlic, rosemary, agave, salt, pepper, and red pepper flakes. Toss to combine and spread on the baking sheet.
5. Roast for 35–40 minutes, stirring halfway through the baking time. The potatoes will be golden and the Brussels sprouts will be lightly charred when ready.
6. Season with more salt and pepper to taste. Serve immediately.





## SPICY OVEN-BAKED FRENCH FRIES

Homemade French fries are easy to make and so wholesome. Who doesn't love French fries? They are a perfect combination with sandwiches or wraps, and it's fun to add seasonings to make them interesting. This recipe is our family favorite.

*Yields: 4 servings*

*Prep Time: 10–15 minutes Cook Time: 40 minutes*

**4 large potatoes, sliced into thin wedges**

**1½ teaspoons chili powder**

**½ teaspoon sea salt**

**½ teaspoon black pepper**

**1 teaspoon dried oregano**

**1 teaspoon dry mustard**

**¼ teaspoon cayenne pepper**

**½ teaspoon onion powder**

**½ teaspoon smoked paprika**

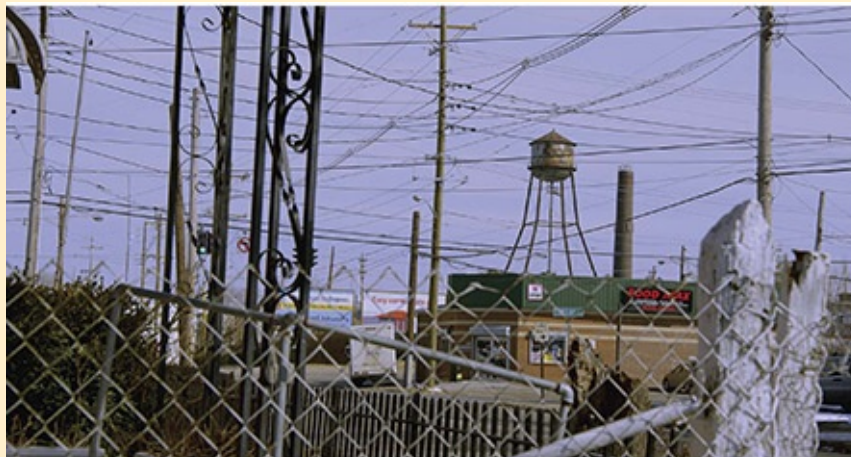
1. Preheat oven to 450°F. Line a baking sheet with parchment paper.
2. Add all the ingredients to a large resealable plastic bag and shake well to coat the potatoes evenly.
3. Spread onto the prepared baking sheet and bake for 30–40 minutes, tossing every 15 minutes, until golden and crispy.

## THE PROBLEM OF FOOD DESERTS

**T**HOUSANDS OF DISADVANTAGED communities across the country have little or no access to healthy, nutritious foods—especially produce. These areas have been referred to as “food deserts.” Large chain supermarkets have abandoned or never entered these communities. Instead, the only food options residents have are small mini-marts that don't stock fresh produce, or fast-food restaurants. Additionally, many of the people who live in these places don't own cars and/or don't have the time or money to travel outside the community to shop at the larger supermarkets that do carry fresh produce. For these people, there's literally no option to acquire healthy foods.

A perfect example of a food desert is an inner-city community in Louisville, Kentucky, nicknamed “Smoketown.” The *PlantPure Nation* film crew met with a group of people who live in Smoketown and discovered that there once was a thriving produce market in the area. Said one resident, “I remember when I was young, downtown was nothing but fresh foods. We would come, and it'd be crowded because you're getting fresh everything.” And what happened to that thriving produce market? “It's a parking lot now.”

But the demand for healthy foods and fresh produce remains strong in Smoketown. Shirley Mae, owner and head chef at a popular local restaurant, put it this way: “It would be great, absolutely wonderful, if we can get our local farmers back growing our vegetables again, and where we can have decent vegetables, and not have to pay an arm and leg for them. We could afford our vegetables, and they’d taste better. Oh, they just melt in your mouth.”



The Smoketown neighborhood in Louisville, Kentucky



# SOUPS AND STEWS

- ✿ Baked Potato Soup
  - Burgundy Stew
- ✿ Creamy African Stew
  - Curried Carrot Soup
- ✿ Ethiopian Stew
- ✿ Minestrone Soup
- ✿ New England Chowder
  - Split Pea Soup
- ✿ Sweet Pepper–Coconut Corn Chowder
- ✿ White Bean Chili





## BAKED POTATO SOUP

This creamy soup is loaded with the flavors of a real baked potato and topped with vegan sour cream and veggie bacon bits. This soup is a hit with our family and friends.

*Yields: 4 servings*

*Prep Time: 20 minutes Cook Time: 30 minutes*

- 4 cups peeled and cubed yellow potatoes**
- 2 celery stalks, diced**
- 1 onion, diced**
- 1 tablespoon roasted and smashed garlic**
- ¼ cup low-sodium vegetable stock, for sautéing**
- ¾ teaspoon sea salt**
- ¼ teaspoon black pepper**
- ¼ cup whole wheat flour**
- 2 tablespoons nutritional yeast flakes**
- 2 cups nondairy milk**
- ½ cup Vegan Sour Cream (page 144)**
- 3 tablespoons vegan bacon bits**
- ½ teaspoon red pepper flakes**

- 1.** Place the potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until just tender, 10–15 minutes. Be careful not to overcook the potatoes and create a mushy texture. Rinse and cool. Set aside.
- 2.** In a saucepot, sauté the celery, onion, and garlic in the vegetable stock until tender.
- 3.** In a separate bowl, whisk together the salt, pepper, flour, nutritional yeast, and milk, making sure there are no lumps.
- 4.** Whisk the milk mixture into the sautéed vegetables. Keep stirring to prevent sticking and cook for an additional 5 minutes, or until thickened.
- 5.** When the milk broth has reached its desired thickness, fold in the potatoes and sour cream. You can add more milk if the consistency is too thick for your liking.
- 6.** Ladle into bowls, sprinkle with the veggie bacon bits and red pepper flakes, and serve hot.



## BURGUNDY STEW

Burgundy stew is an inexpensive French cuisine dish. Beef is braised in red wine and flavored with seasonings and vegetables. This plant-based version is complete with carrots, potatoes, and mushrooms. Serve with rice or pasta.

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 1 hour*

- 6 ounces mushrooms, sliced**
- 3½ cups low-sodium vegetable stock, divided**
- ¼ cup small-diced onion**
- ⅓ cup small-diced carrot**
- ½ cup small-diced sweet potato**
- ⅓ cup small-diced tomato**
- ¾ cup small-diced white potato**
- ½ cup dry red wine**
- 1 tablespoon garlic powder**
- 2 tablespoons vegan Worcestershire sauce**
- 1 bay leaf**
- ½ teaspoon sea salt**
- ¼ teaspoon black pepper**

- 1.** In a saucepot, cook down the mushrooms in 2 cups of the vegetable stock until reduced by half and thickened, 10–12 minutes.
- 2.** Add the onion, carrot, sweet potato, tomato, white potato, wine, and remaining 1½ cups vegetable stock. Cook until the potatoes are softened, 20–30 minutes.
- 3.** Mix in the garlic powder, Worcestershire sauce, and bay leaf. Simmer on low for 15 minutes.
- 4.** Season with salt and pepper, more or less to taste. Remove the bay leaf before serving.

### **KIM'S HINTS:**

- This stew can be thickened or thinned by adjusting the amount of vegetable stock.
- I also like adding baked tofu in small strips for a heartier version.



## CREAMY AFRICAN STEW

This hearty stew is rich with flavors, colors, and nutrients. The coconut, peanut, and curry give this dish an exotic flavor. It's easy to prepare and very inexpensive. Serve as a stew or over brown rice.

*Yields: 6 servings*

*Prep Time: 15 minutes Cook Time: 40–45 minutes*

**2 onions, sliced into half rings**

**1 carrot, diced**

**3 celery stalks, diced**

**2 teaspoons minced garlic**

**2 sweet potatoes, cut into ½-inch cubes**

**1 cup low-sodium vegetable stock**

**One 28-ounce can diced tomatoes**

**1 tablespoon curry powder**

**1 teaspoon sea salt**

**¼ teaspoon black pepper**

**⅓ cup all-natural peanut butter (100 percent peanuts)**

**1 cup lite coconut milk**

**One 15-ounce can chickpeas, rinsed and drained**

**2 cups chopped frozen spinach**

- 1.** Add all the ingredients to a pot and cook over high heat until bubbly, 10–15 minutes.
- 2.** Turn down heat and simmer for 30 minutes, or until the sweet potatoes are tender.

### **KIM'S HINT:**

I like to throw everything into a slow cooker and allow it to cook on medium heat for 2–3 hours. Turn the heat to low until you are ready to serve. The flavors are perfect after they have cooked for the day.









# CURRIED CARROT SOUP

This soup is light and creamy. I love the slight flavor of curry and the sweetness of the carrots blended with coconut milk.

*Yields: 6 servings*

*Prep Time: 10 minutes   Cook Time: 45 minutes*

- 1 onion, diced**
- 4 cups low-sodium vegetable stock, divided**
- 2 pounds carrots, sliced**
- 1 tablespoon minced or finely grated fresh ginger**
- 1 tablespoon curry powder**
- 1 cup lite coconut milk**
- ½ teaspoon sea salt**

- 1.** In a large saucepan over medium heat, sauté the onion in ¼ cup of the vegetable stock. Add the carrots, ginger, and remaining 3¾ cups vegetable stock and stir to combine.
- 2.** Cover and bring to a boil over medium-high heat. Reduce the heat to medium-low and cook until the carrots are tender.
- 3.** Remove from the heat and carefully transfer to a blender. You may have to do this in small batches. Use a pot holder to keep the lid down so the hot soup doesn't explode. Puree until smooth.
- 4.** Return the carrot soup to the pot. Add the curry powder, coconut milk, and salt and cook over low heat for 5–10 minutes to bring the flavors together.



## ETHIOPIAN STEW

This is an easy slow-cooked or one-pot dish. It is slightly spicy, sweet, and rich in flavors. This recipe uses berbere spice, which is a key ingredient in many Ethiopian dishes. It's a combination of more than ten individual spices. It can be difficult to locate, but you can make your own (page 146). I also have purchased berbere through Amazon.

*Yields: 4 servings*

*Prep Time: 15 minutes Cook Time: 45–60 minutes*

- 1½ cups dried lentils**
- 4 garlic cloves, minced**
- 3 tablespoons tomato paste**
- 1½ tablespoons Berbere Spice (page 146)**
- 5 cups low-sodium vegetable stock**
- 1 red onion, diced medium**
- 2 cups diced butternut squash**
- ½ teaspoon sea salt**
- ½ tablespoon agave nectar**
- 2 tablespoons pureed ginger**
- 2 cups chopped frozen spinach**

- 1.** Put all the ingredients in a pot and simmer until the lentils are tender, 45–60 minutes. Do not overcook because the lentils will turn to mush.
- 2.** Add water if necessary to thin the stew. I sometimes like to add extra tomato paste for a richer flavor.







## MINISTRONE SOUP

This is a thick Italian vegetable soup packed with vegetables, beans, and pasta. It's easy to alter by adding more beans, less pasta, and more veggies ... and it comes out perfectly every time.

*Yields: 6 servings*

*Prep Time: 30 minutes Cook Time: 1 hour 30 minutes*

- 1 onion, diced**
- 2 celery stalks, diced**
- 2 carrots, diced**
- 4¼ cups low-sodium vegetable stock, divided**
- 1 zucchini, diced**
- One 15-ounce can cannellini beans, rinsed and drained**
- 1 cup thinly sliced green cabbage**
- Two 15-ounce cans stewed tomatoes**
- 1 tablespoon tomato paste**
- 1 cup diced medium potato**
- 2 cups chopped frozen spinach**
- 4 garlic cloves, minced**
- 2 teaspoons dried parsley**
- ½ teaspoon dried oregano**
- 1 bay leaf**
- ¼ cup nutritional yeast flakes**
- 1 teaspoon sea salt**
- ½ teaspoon black pepper**
- 1½ cups uncooked elbow macaroni (brown rice or whole wheat)**

- 1.** In a large stockpot over medium-high heat, sauté the onion, celery, and carrots in ¼ cup of the vegetable stock until tender.
- 2.** Add the zucchini, beans, cabbage, tomatoes, tomato paste, potato, spinach, remaining 4 cups vegetable stock, garlic, parsley, oregano, bay leaf, nutritional yeast, salt, and pepper to the pot. Bring to a boil, cover, and reduce the heat.
- 3.** Simmer for approximately 1 hour. Add the pasta and simmer for 30 minutes more. Remove the bay leaf before serving.





## NEW ENGLAND CHOWDER

This chowder has the flavor of traditional clam chowder. I use sushi nori sheets to get that sea flavor and mushrooms in place of clams. It's creamy and full of flavor, and the texture is perfect.

*Yields: 6–8 servings*

*Prep Time: 20 minutes Cook Time: 30 minutes*

- 2 quarts and ½ cup low-sodium vegetable stock, divided**
- 1 onion, diced**
- 3 leeks, washed well and white and green parts cut small**
- 3 celery stalks, diced**
- 1 carrot, diced**
- ⅛ teaspoon red pepper flakes**
- 3 large Yukon gold potatoes, diced medium**
- ¼ cup water**
- ¼ cup whole wheat flour**
- 2 cups Cashew Cream (page 128)**
- 10 ounces button mushrooms, chopped**
- 1 tablespoon lemon juice**
- 2 sushi nori sheets, torn into small pieces (kitchen shears work great)**
- ½ cup nutritional yeast flakes**
- ½ teaspoon sea salt**
- ½ teaspoon black pepper**
- 2 tablespoons vegan bacon bits, for garnish**

- 1.** In a large soup pot over medium-high heat, add ½ cup of the vegetable stock and sauté the onion, leeks, celery, and carrot until tender. Add the red pepper flakes and cook briefly.
- 2.** Add the remaining 2 quarts vegetable stock and the potatoes, bringing them to a boil. Turn down the heat to medium and cook the potatoes until tender.
- 3.** In a separate bowl, combine the water and flour and whisk until smooth. Add to the soup mixture.
- 4.** Add the Cashew Cream, mushrooms, lemon juice, nori pieces, nutritional yeast, salt, and pepper. Simmer until the flavors are well blended and the consistency is creamy, stirring frequently.
- 5.** Garnish with vegan bacon bits.

### **KIM'S HINT:**

Most grocery stores carry sushi nori sheets in the Asian section. I tear the sheets into small pieces. This will add that sea flavor to your soup.







# SPLIT PEA SOUP

This soup has a sweet, creamy texture with the perfect balance of spices. My children ate this soup often when they were babies and to this day love this soup with garlic bread or seasoned pasta.

*Yields: 4–6 servings*

*Prep Time: 15 minutes Cook Time: 2 hours*

**6–8 cups low-sodium vegetable stock (begin with 6 cups)**

**2 cups dried green split peas, rinsed**

**1 onion, diced**

**1 potato, diced**

**2 carrots, diced**

**2 celery stalks, diced**

**4 garlic cloves, minced**

**½ teaspoon dried marjoram**

**½ teaspoon dried basil**

**¼ teaspoon ground cumin**

**1 bay leaf**

**1 teaspoon sea salt**

**½ teaspoon black pepper**

1. Place all the ingredients except the salt and pepper in a pot and bring to a boil over medium-high heat.
2. Reduce the heat and simmer until the split peas are tender, about 2 hours. You do not want split pea soup to have a crunchy texture, so be sure to give it plenty of time to cook. You may have to add more water or vegetable stock throughout the cooking if it gets too thick.
3. Add salt and pepper. Remove the bay leaf before serving.

## **KIM'S HINTS:**

- When making this recipe, you will need to plan ahead because the dried split peas require a good deal of cook time.
- I have used my slow cooker for this recipe, and a pressure cooker works beautifully, too.
- Adding a couple of cups of chopped fresh or frozen baby spinach a few minutes before serving makes this soup even more delicious and nutritious.
- I sometimes use sweet potatoes instead of white potatoes.



## SWEET PEPPER–COCONUT CORN CHOWDER

My niece, Kelly, went to Africa as a volunteer nurse. She quickly discovered that the local population did not have heart disease, diabetes, and cancer at the rates prevalent in our own country. It was during that time she decided to become a plant-based eater. She brought this recipe back and shared it with us, and it has been a family favorite ever since. Every time I cook this recipe, I think of Kelly's passion to practice preventive medicine. She is a nurse practitioner today in Pennsylvania. Thank you, sweet Kelly!

*Yields: 6 servings*

*Prep Time: 20 minutes Cook Time: 35 minutes*

**2 leeks, washed well and sliced**

**3 carrots, diced**

**3 garlic cloves, minced**

**1 jalapeño pepper, seeded and minced**

**2 red bell peppers, seeded and diced**

**1 cup water**

**2 cups frozen corn**

**One 14-ounce can lite coconut milk**

**3 tablespoons nutritional yeast flakes**

**¼ teaspoon black pepper**

**1 teaspoon sea salt**

**Two 14-ounce cans chickpeas, rinsed and drained**

- 1.** In a stockpot over medium-high heat, sauté the leeks, carrots, garlic, jalapeño pepper, and bell peppers in the water until tender.
- 2.** Add the remaining ingredients and simmer for 10 minutes.
- 3.** Scoop out one-third of the mixture and process in a blender until smooth. Add the mixture from the blender back to the pot and simmer for another 10 minutes.

### **KIM'S HINTS:**

- If you prefer the chowder thinner, add more water.
- Serve this colorful dish with brown rice and a mixed green salad for a perfect meal.









## WHITE BEAN CHILI

This is a nice alternative to red chili. It has a Southwestern flair and is chock-full of vegetables and beans. A true crowd-pleaser!

*Yields: 4–6 servings*

*Prep Time: 20 minutes Cook Time: 30 minutes*

**Two 15-ounce cans cannellini beans, rinsed and drained, divided**

**2 cups vegetable stock, divided**

**1 celery stalk, diced**

**1 onion, diced**

**4 garlic cloves, minced**

**1 jalapeño pepper, seeded and minced**

**1 red bell pepper, seeded and diced**

**2 tablespoons chopped fresh cilantro**

**1 cup frozen corn**

**1½ cups canned white hominy, rinsed and drained**

**½ teaspoon ground cumin**

**½ teaspoon ground coriander**

**1 teaspoon chili powder**

**2 tablespoons nutritional yeast flakes**

**2 teaspoons lime juice**

**One 8-ounce can green chili peppers**

**¾ teaspoon sea salt**

**¼ teaspoon black pepper**

1. Place half of the cannellini beans in a blender with 1 cup of the vegetable stock and blend until smooth and creamy.
2. In a large soup pot over medium-high heat, sauté the celery, onion, garlic, jalapeño, and bell pepper in ½ cup of the vegetable stock.
3. To the pot of vegetables, add the remaining ½ cup vegetable stock, the remaining half of the beans, the creamy bean mixture, and the remaining ingredients. Cook over medium heat for 20–30 minutes or until vegetables are tender and broth is creamy.

### TAKING BACK AGRICULTURE FROM AGRIBUSINESS

**AN IMPORTANT POINT** made in *Plant-Pure Nation* is the idea that plant-based nutrition could help regenerate the small family farm. Nothing used to be as all-American as the family farm. In 1935, their number peaked at 6.8 million. Today, less than a third—about two million—remain, and of these many are part-time or hobby farms. Much of the land that once belonged to small family farmers has been lost to

development or to large agribusiness, now the dominant form of agriculture in America.



Because this type of farming is built on economies of scale—efficiencies improve with size—it's capital intensive, requiring large amounts of money to buy the land and equipment necessary to start and keep these operations running. One aspect of this is mono-cropping, where big corporate farms grow huge amounts of a single crop—such as corn—that is often used to feed the livestock that support our modern diet of animal-based foods as well as in the production of processed foods. Federal farm subsidy policies also have evolved to favor the large agribusiness operations and their crops at the expense of the small family farmer and a more diverse agricultural output.

With the wider adoption of a plant-based diet, *PlantPure Nation* argues, communities would start to reverse the ratio of their consumption of produce to animal-based products, increasing their total produce consumption from 5 to 10 percent to perhaps 50 percent or more. This much larger demand for produce would then create a viable business model for smaller, local farmers to supply this fresh produce to local markets. Because of their proximity to the market, small local farms can deliver fresher and healthier food more effectively than can the more distant agribusiness operations.

Comments from plant-based eaters indicate that when they start eating this way, they begin to think more seriously about where their food comes from. They want fruits and vegetables free of chemicals. And they want high-quality produce. They don't want green, juiceless tomatoes that turn red in transit from a distant location. And they don't want corporations manipulating the DNA of fruits and vegetables behind closed doors where no one can see what they are doing. This is why you see growth in farmers' markets, increased interest in organic and non-GMO foods, and the farm-to-table movement.

So imagine if people in a community increased their produce consumption by 5 to 10 times. Imagine the opportunities for small farmers, distributors, produce markets, and food processors. The free market would jump into action to create a system for small farmers to supply into. In this system, a small local farm could beat the corporate farm from afar. This may be the ultimate David-versus-Goliath story of our time.



## DESSERTS AND SWEETS

Carrot Cake

Chocolate-Avocado Pudding

Chocolate Chip Cookies

Chocolate Power Bites

Creamy Frosting

Date Bars

Date Nut Crust

Hot Fudge Sauce

No-Bake Chocolate Pumpkin Pie

Nut Butter Brownies

Pineapple Sorbet

Strawberry-Rhubarb Crisp





## CARROT CAKE

This traditional moist carrot cake has no added oils and plenty of healthy carrots, applesauce, walnuts, and raisins. Top it with fresh fruit or soy yogurt and now you have a delicious treat!

*Yields: 8 servings*

*Prep Time: 15 minutes Cook Time: 25 minutes*

**3 tablespoons flax meal**  
**9 tablespoons (just over ½ cup) hot water**  
**1 cup Sucanat**  
**½ cup unsweetened applesauce**  
**1 cup nondairy milk**  
**1 teaspoon vanilla extract**  
**2 cups finely processed or shredded carrots**  
**2 cups whole wheat pastry flour**  
**½ teaspoon sea salt**  
**2 teaspoons baking powder**  
**½ teaspoon baking soda**  
**2 teaspoons Pumpkin Pie Spice (page 148)**  
**½ cup finely chopped walnuts**  
**½ cup raisins**

1. Preheat oven to 350°F. Line a 9 × 12 inch pan with parchment paper and set aside.
2. In a small bowl, mix together the flax meal and water. Let stand for 1–2 minutes.
3. In a mixing bowl, combine the Sucanat, applesauce, milk, vanilla, carrots, and flax meal mixture.
4. In another bowl, combine the flour, salt, baking powder, baking soda, and pumpkin pie spice. Add to the applesauce mixture along with the walnuts and raisins. Gently mix until all the ingredients are wet. Do not overmix.
5. Pour the cake batter into the prepared pan, smoothing the top with the back of a spoon.
6. Bake for 20–25 minutes, or until a toothpick inserted into the center comes out clean.

### **KIM'S HINT:**

I like this carrot cake by itself, but for guests I will often frost it with my Creamy Frosting (page 291).







## CHOCOLATE-AVOCADO PUDDING

Avocado gives this rich pudding that creamy gel-like structure. I don't recommend you skimp on the dates and agave because they mask the flavor of the avocado and allow the chocolate to shine through. Most people never know they are eating avocado! Top with fresh fruit and unsweetened coconut.

*Yields: 4 servings*

*Prep Time: 10 minutes   Cook Time: 0 minutes*

**2 Medjool dates, pitted**  
**2 fresh avocados, pitted and peeled**  
**½ cup unsweetened cocoa powder**  
**¼ cup agave nectar**  
**½ cup nondairy milk**  
**2 teaspoons vanilla extract**  
**Pinch of sea salt**

1. Place the dates in a bowl with warm water to cover and let sit for 15 minutes to soften. Drain.
2. Place all the ingredients in a blender or food processor and blend until smooth.
3. Divide among 4 bowls and serve.

### **KIM'S HINT:**

The sea salt is added in this recipe because a small amount of salt helps the flavors "burst." You don't need much, just a pinch.



# CHOCOLATE CHIP COOKIES

These are a family favorite. I use a small amount of peanut butter (or any nut butter I have on hand) along with applesauce instead of butters or oils. These have more of a cake-like texture instead of the crisp traditional cookies. They never last long and many young people have requested them from our kitchen.

*Yields: 18–20 cookies*

*Prep Time: 10 minutes   Cook Time: 10–12 minutes*

**1 tablespoon flax meal**

**3 tablespoons warm water**

**¼ cup all-natural peanut butter (100 percent peanuts)**

**½ cup unsweetened applesauce**

**2 tablespoons nondairy milk**

**1 tablespoon vanilla extract**

**⅔ cup Sucanat**

**½ teaspoon baking soda**

**¼ teaspoon sea salt**

**1¾ cups whole wheat pastry flour**

**½ cup vegan chocolate chips or carob chips**

- 1.** Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
- 2.** In a small bowl, mix the flax meal and water. Let stand until thickened.
- 3.** In a large mixing bowl, mix the peanut butter, applesauce, milk, vanilla, and Sucanat. When the flax meal is thickened, add it to the wet ingredients.
- 4.** In a separate bowl, combine the baking soda, salt, and flour. Add to the wet ingredients along with the chocolate chips. Stir until the flour is absorbed.
- 5.** Drop the cookie dough onto the prepared baking sheet.
- 6.** Bake for 10–12 minutes, or until dry to the touch.







*Chocolate Power Bites*



## CHOCOLATE POWER BITES

These are no-bake cookies that I refer to as “bites” because I make them small. They are naturally sweet from the dates and loaded with chocolate and walnuts. They taste like you’re eating a candy bar without all the butter, sugar, and artificial flavors.

*Yields: 24 bites*

*Prep Time: 15 minutes Cook Time: 0 minutes*

**1 cup walnuts**

**1 cup pitted Medjool dates**

**¼ cup unsweetened cocoa powder**

**1 teaspoon vanilla or coconut extract**

**¼ cup unsweetened coconut flakes, for garnish**

- 1.** Line a 9 × 9 inch pan with parchment paper.
- 2.** Place the all ingredients except coconut flakes into a food processor and blend until a thick dough forms. You may need to add a small amount of water here if the consistency is too dry.
- 3.** Press the chocolate mixture into the prepared pan.
- 4.** Refrigerate for 1 hour.
- 5.** Cut into 24 bites and serve. Garnish the tops of the bites with coconut flakes.



## CREAMY FROSTING

This is a rich, “buttery” frosting that uses cashews and tofu as the base. Use sparingly and refrigerate.

*Yields: 1¼ cups*

*Prep Time: 10 minutes Cook Time: 0 minutes*

**7 ounces extra-firm tofu**

**½ cup raw cashews or cashew butter**

**¼ cup agave nectar**

**¼ cup water**

**½ teaspoon vanilla extract**

**⅛ teaspoon sea salt**

1. Place all the ingredients into a Vitamix or other high-powered blender and blend until smooth and creamy.
2. Refrigerate for 1–2 hours so the frosting will thicken.

### **KIM'S HINTS:**

- This can easily be made into a chocolate frosting by adding ¼ cup or so of unsweetened cocoa powder. How much depends on how dark and rich you want the chocolate flavor.
- If you do not have a high-powered blender, you may want to soak the cashews beforehand or use cashew butter instead of raw cashews.



## DATE BARS

This is probably the most requested cookie/bar in my house—sweet dates cooked to perfection, sandwiched between a nutty oatmeal crumble. They are wholesome and rich in flavor. I like to prepare these during the holidays.

*Yields: 12 bars*

*Prep Time: 10 minutes Cook Time: 30 minutes*

- 2 cups instant oatmeal**
- 4 tablespoons agave nectar, divided**
- ½ cup unsweetened applesauce**
- 9 tablespoons water, divided**
- ½ teaspoon ground cinnamon**
- ½ teaspoon baking soda**
- ¼ teaspoon sea salt**
- 1 pound pitted Medjool dates, chopped**
- 3 tablespoons chopped walnuts**
- 1 tablespoon lemon juice**
- 1 teaspoon almond extract**

1. Preheat oven to 400°F. Line a 9 × 9 inch pan with parchment paper and set aside.
2. In a large bowl, mix the oatmeal, 3 tablespoons of the agave, applesauce, 4 tablespoons of the water, cinnamon, baking soda, and salt. This should have a thick consistency.
3. Firmly press half the oatmeal mixture into the prepared pan. Reserve the remaining oatmeal crumble for the top.
4. In a saucepan over low heat, combine the dates, walnuts, remaining 1 tablespoon agave, remaining 5 tablespoons water, lemon juice, and almond extract, stirring constantly until thickened, about 10 minutes.
5. Spread the thickened date mixture evenly over the oatmeal crumble mixture using a spatula. Top with the remaining oat mixture and press lightly.
6. Bake until golden brown, 25–30 minutes.
7. Cool thoroughly and cut into 12 bars.

### KIM'S HINTS:

- Silicone pans will not stick and you won't need to use parchment paper. Amazon and kitchen supply stores sell silicone baking mats, bread pans, muffin molds, and casserole pans that are very inexpensive. I highly recommend them if you bake often.
- Before cutting into bars, I like to drizzle a light coating of powdered sugar and water over the top for a garnish. This is not necessary and adds extra sugar, so

special occasions only!







*Hot Fudge Sauce*



## DATE NUT CRUST

Made from dates and walnuts, this is the perfect pie crust for a raw or refrigerated pie. I love to use this recipe and fill the crust with my [Chocolate-Avocado Pudding](#) (page 287).

*Yields: 1 pie crust*

*Prep Time: 15 minutes Cook Time: 0 minutes*

**1 cup pitted Medjool dates**

**1½ cups walnut pieces**

**1 teaspoon vanilla extract**

**½ cup shredded unsweetened coconut**

**½ teaspoon ground cinnamon**

- 1.** Blend all the ingredients in a food processor at high speed until you have a sticky consistency.
- 2.** Press the mixture into a pie pan and chill until ready to fill.



## HOT FUDGE SAUCE

This guilt-free chocolate sauce goes nicely on plant-based ice cream or fruit. You can make it less sweet by cutting back on the agave.

*Yields: 4 servings*

*Prep Time: 5–10 minutes   Cook Time: 3 minutes*

**½ cup unsweetened cocoa powder**

**2 tablespoons cornstarch**

**1½ cups nondairy milk, divided**

**5 tablespoons agave nectar**

**½ teaspoon vanilla extract**

**Pinch of sea salt**

- 1.** In a small saucepan over medium heat, whisk together the cocoa, cornstarch, and ½ cup of the milk until blended.
- 2.** Add the remaining 1 cup milk and the agave to the saucepan and continue to whisk until thoroughly combined.
- 3.** Cook the mixture over medium heat, whisking constantly, for 2–3 minutes, or until it forms a thick sauce.
- 4.** Remove the saucepan from the heat and whisk in the vanilla and sea salt.
- 5.** Serve warm over your favorite dessert.



## NO-BAKE CHOCOLATE PUMPKIN PIE

This easy no-bake pie with the perfect amount of pumpkin pie spice will remind you of the holidays.

*Yields: 8 servings*

*Prep Time: 30 minutes Cook Time: 0 minutes*

**1 cup vegan semisweet chocolate chips**

**¼ cup unsweetened cocoa powder**

**One 15-ounce can pumpkin puree**

**¼ cup maple syrup**

**¼ teaspoon ground cinnamon**

**⅛ teaspoon ground nutmeg**

**⅛ teaspoon ground cloves**

**¼ teaspoon sea salt**

**1 Date Nut Crust (page 295)**

**Fruit, nuts, or chocolate shavings, for garnish**

- 1.** Melt the chocolate chips either in a double boiler on the stove or in a microwave-safe bowl in the microwave.
- 2.** Place the melted chocolate, cocoa, pumpkin puree, maple syrup, cinnamon, nutmeg, cloves, and salt into a food processor and blend until smooth.
- 3.** Pour into the date nut crust and refrigerate for at least 4 hours. This pie gets firmer the longer it sits.
- 4.** Garnish the top with fruit, nuts, or chocolate shavings.









## NUT BUTTER BROWNIES

These are extra-moist brownies that are whole grain and have no added oil. The nut butter and applesauce give it a fudge-like texture for an extra-special chocolate treat.

*Yields: 12 brownies*

*Prep Time: 15 minutes Cook Time: 30 minutes*

- 2 tablespoons flax meal**
- 6 tablespoons warm water**
- ½ cup Sucanat**
- ½ cup agave nectar**
- 1 teaspoon vanilla extract**
- ¼ cup nut butter**
- ½ cup unsweetened applesauce**
- ¾ cup whole wheat pastry flour**
- ⅓ cup unsweetened cocoa powder**
- ½ teaspoon baking powder**
- ¼ teaspoon sea salt**
- ½ cup vegan semisweet chocolate chips**

- 1.** Preheat oven to 350°F. Line a 9 × 9 inch pan with parchment paper and set aside.
- 2.** In a small bowl, mix together the flax meal and water. Let stand for 2 minutes.
- 3.** In a separate bowl, blend the Sucanat, agave, vanilla, nut butter, applesauce, and flax meal mixture until smooth.
- 4.** In a third bowl, combine the flour, baking cocoa, baking powder, and salt. Add to the Sucanat mixture and stir to combine.
- 5.** Fold in the vegan chocolate chips.
- 6.** Spoon the batter into the prepared pan.
- 7.** Bake for 30–35 minutes, or until a toothpick inserted into the center comes out clean.
- 8.** Let cool on a wire rack before slicing.



## PINEAPPLE SORBET

If you have ever tried Pineapple Whip at Disneyland or the Dole Plantation in Hawaii, then you will be familiar with this recipe. This sorbet is a plant-based, healthy version that is creamy, refreshing, and satisfying. It's my new favorite dessert.

*Yields: 4 servings*

*Prep Time: 5 minutes   Cook Time: 0 minutes*

**1 ripe pineapple**

**½ cup nondairy milk**

**1 tablespoon agave nectar**

**¼ cup lite coconut milk**

- 1.** Peel and cut up the pineapple, making sure to take out all the core. Freeze overnight. If you don't have time, you can use store-bought frozen pineapple.
- 2.** Place all ingredients in a high-powered blender (a Vitamix works best). Blend until creamy. If needed, add more milk to get your blades spinning smoothly.
- 3.** Divide among 4 bowls and serve immediately.





## STRAWBERRY-RHUBARB CRISP

Rhubarb is a springtime vegetable that my dad grew in our garden. You cut and cook only the stalks, which are reddish to light green in color. Rhubarb stalks are very sour and cannot be eaten without cooking them down and adding a sweetener. Strawberries and rhubarb both come into season at the same time, making them the perfect dessert pair!

*Yields: 6 servings*

*Prep Time: 20 minutes   Cook Time: 40 minutes*

**3 cups diced rhubarb**

**1 pound strawberries, hulled and sliced**

**½ cup and ¼ cup Sucanat, divided**

**½ cup and 2 tablespoons whole wheat pastry flour, divided**

**¼ cup pitted and chopped Medjool dates**

**½ cup whole-grain rolled oats**

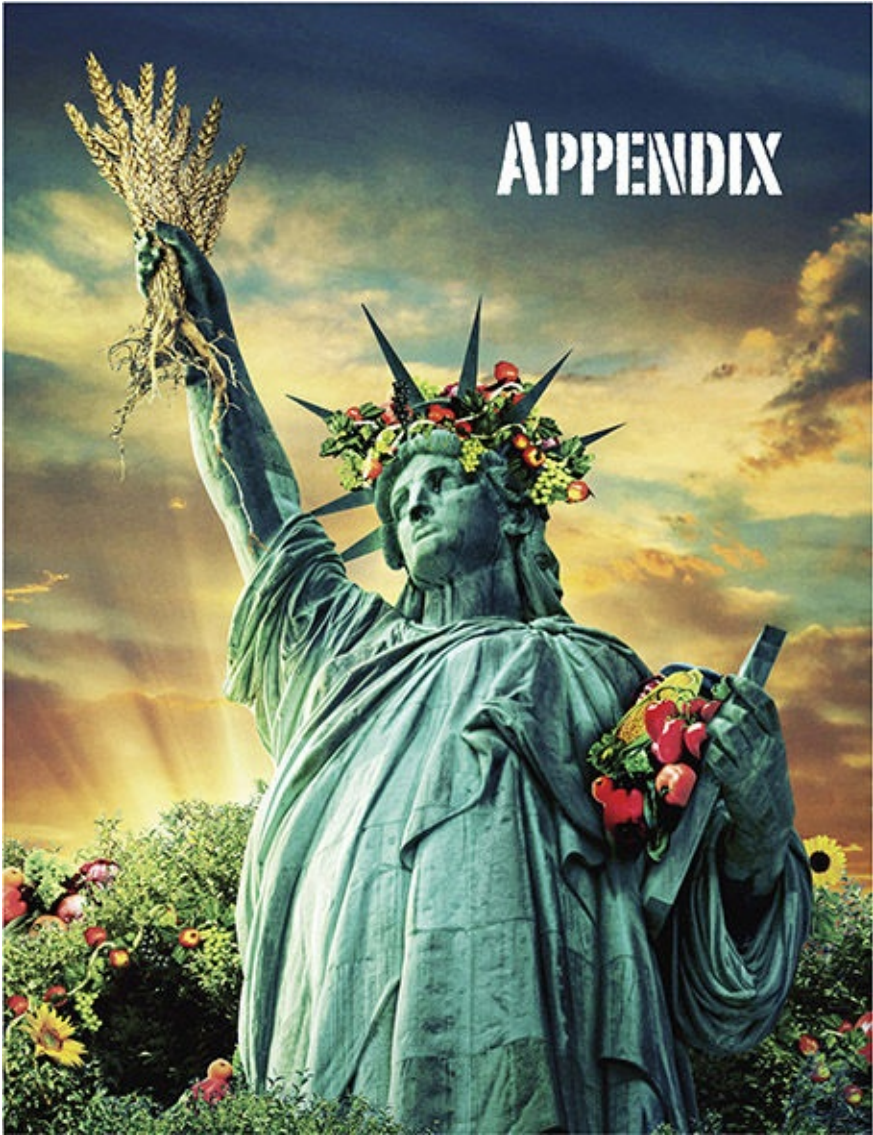
**½ cup finely chopped walnuts**

**3 tablespoons apple or orange juice**

1. Preheat oven to 375°F. Line a 9 × 9 inch baking pan with parchment paper and set aside.
2. In a large bowl, mix together the rhubarb, strawberries, 1/3 cup of the Sucanat, 2 tablespoons of the flour, and the dates.
3. In a separate bowl, mix together the rolled oats, remaining ½ cup flour, remaining ¼ cup Sucanat, walnuts, and apple juice.
4. Evenly spread the strawberry-rhubarb mixture into the prepared pan. Top with the oats mixture, spreading evenly.
5. Bake for 35–40 minutes, until golden brown and bubbly. Spoon into bowls and serve warm.







## DRIED BEANS AND LEGUMES COOKING CHART

Beans (1 cup dry)	Cups Water	Cook Time	Cups Yield
Black	4	90 minutes	2¼
Black-eyed peas	4	90 minutes	2
Chickpeas	4	120 minutes	2
Lentils	3	45 minutes	2
Navy	4	90 minutes	2¼
Pinto	4	90–120 minutes	2¼
Red kidney	4	90–120 minutes	2¼
Split peas	6	90 minutes	2

Cooking dried beans is not difficult, just time-consuming. It can take anywhere from 1 hour to 3 hours (and sometimes longer) for them to become tender. Cook time depends on the type of bean and the amount of time you soak them.

### Directions for Cooking Dried Beans

1. Wash and discard beans that are shriveled and discolored. Remove any rocks or debris.
2. Soak the beans. This helps cut down your cook time and allows the beans to cook more evenly. I recommend soaking them overnight (10–14 hours). Cover the beans with a few inches of water and leave them on the counter.
3. After soaking, the beans will double in size and absorb most of the water. Drain and gently rinse them in water.
4. Cover the rinsed beans with an inch of water in a saucepan and bring to a boil.
5. Simmer the beans gently for the indicated cook time.
6. Because salt can prevent the starches in the beans from breaking down, add salt in the last hour of cooking.

# GRAINS COOKING CHART

Grains (1 cup dry)	Cups Water	Cook Time	Cups Yield
Barley, pearled	3	50–60 minutes	4
Bulgur	2	15 minutes	3
Cornmeal (coarse)	4–4½	20–25 minutes	2½
Couscous, whole wheat	1	5 minutes	2
Farro, pearled	3	45–55 minutes	4
Oats, rolled	1½	8–10 minutes	1½
Oats, steel cut	2½	30 minutes	2½
Quinoa	2	15–20 minutes	4
Rice, brown, long grain	2½	45–55 minutes	3
Rice, brown, short grain	2½	45–55 minutes	3
Rice, brown, quick	1¼	10 minutes	2
Rice, wild	3	50–60 minutes	4

## Directions for Cooking Grains

1. Put grain and water into a saucepan, cover, and bring to a boil over high heat. Turn the heat down to low and steam for the recommended cook time. Lift the lid and test the grains for tenderness. If the grain needs more time, cover the saucepan and steam for 5–10 minutes longer. If the grain needs more cook time and all the water has been absorbed, add up to ¼ cup of water, cover, and continue steaming.
2. Once tender, turn off the heat and allow the grains to rest and fluff for 5–10 minutes before serving.

## RECIPE INDEX

### A

**African Stew, Creamy**, 266

#### **Aioli**

Cilantro-Wasabi, 131

Horseradish, 162

**Alfredo Sauce, Cauliflower**, 129

#### **Almonds**

Blueberry Muffin Granola, 35

**Appetizers.** *See* Snacks and appetizers

#### **Apple(s)**

Baked, 32

-Cinnamon Cereal, Hot, 47

#### **Artichoke**

Salad, White Bean and, 103

-Spinach Dip, Warm, 84

**Artisanal Vegan Pizza Dough**, 59

Garden Pizza, 200

Pesto Pizza, 214

#### **Arugula**

Mediterranean Barley, 115

**Asian Spring Rolls**, 74

#### **Asparagus**

Fettuccine Alfredo with Roasted Vegetables, 197

Green Vegetable Medley with Mustard Sauce, 255

Roasted, with Sweet Potatoes and Chickpeas, 257

Thai Curried Vegetables, 234

## **Avocado**

-Basil Pesto, 88

Buddha Bowl, 182

Caribbean Quinoa Bowl, 186

-Chocolate Pudding, 287

Costa Rican Beans and Rice (Gallo Pinto), 190

Fiesta Lime Taco Bowl, 198

Guacamole, 92

Southwestern Bean Salad, 119

Spicy Black Beans over Rice, 225

-White Bean Salad Wrap, 152

## **B**

**Baba Ghanoush**, 87

**Bagels, Stuffed**, 170

**Baked Apples**, 32

**Baked Potato Soup**, 264

**Balsamic BBQ Sauce**, 124

**Balsamic Vinaigrette Dressing**, 124

Warm Spinach and Mushroom Salad, 120

## **Banana**

Bread, 60

Pineapple-Coconut Smoothie, 52

**Barley, Mediterranean**, 115

## **Basil**

-Avocado Pesto, 88

Pesto Pizza, 214

**BBQ Black Beans and Corn over Quinoa**, 177

**BBQ Jackfruit**, 153

**BBQ Sauce, Balsamic**, 124

**Bean(s)**. *See also individual types of beans*

and Greens, Buffalo, 185  
and Rice, Costa Rican (Gallo Pinto), 190  
Salad, Southwestern, 119

**Beanie Veggie Loaf**, 178

**Beets, Roasted, Greens and**, 259

**Berberé Spice**, 146

**Berry-Vanilla Smoothie**, 53

**Black Bean(s)**

BBQ, and Corn over Quinoa, 177  
Burger, Easy, 157  
Caribbean Quinoa Bowl, 186  
Costa Rican Beans and Rice (Gallo Pinto), 190  
Dip, Southwestern, 99  
Enchilada Bake, 181  
Fiesta Lime Taco Bowl, 198  
over Rice, Spicy, 225  
Southwestern Bean Salad, 119  
Sweet Mayan Burrito, 233

**Black-eyed peas**

Dixie Caviar, 110

**Black Peppercorn and Creamy Chipotle Dressing**, 132

**Blueberry**

Blueberry Muffin Granola, 35  
-Gingerbread Pancakes, 45  
Muffins, Colin's, 61  
Sauce, 36

**Blue Cheez Dressing**, 125

Buffalo Beans and Greens, 185  
Cauliflower Buffalo Bites, 77

**Bok choy**

Orange Stir-Fry, 210

Thai Curried Vegetables, 234

## **Bread**

Banana, 60

Colin's Blueberry Muffins, 61

Cornbread, 63

Cranberry-Orange Scones, 64

Naan, 67

No-Knead Sweet Raisin, 68

Whole Wheat Sandwich, 71

## **Breakfast and brunch**

Baked Apples, 32

Blueberry Muffin Granola, 35

Blueberry Sauce, 36

Breakfast Burrito, 37

Breakfast Casserole, 38

Breakfast Patties, 41

Fluffy Whole Wheat Pancakes, 42

Gingerbread-Blueberry Pancakes, 45

Green Pepper Tofu Scramble, 46

Hot Cinnamon-Apple Cereal, 47

Muesli, 49

Mushroom Hash Browns, 50

Nelson's Grits, 51

Pineapple-Coconut Smoothie, 52

Vanilla-Berry Smoothie, 53

Watermelon Smoothie, 55

**Breakfast Burrito, 37**

**Breakfast Casserole, 38**

**Breakfast Patties, 41**

## **Broccoli**

Buddha Bowl, 182

Enchiladas, Spinach and, 226  
and Portobello Mushroom Stir-Fry, 217  
Potatoes, Twice-Baked, 237  
Salad, 104  
Sesame Noodle Lettuce Wraps, 222  
White Veggie Lasagna, 241

### **Broccolini**

Green Vegetable Medley with Mustard Sauce, 255

### **Brownies, Nut Butter, 299**

### **Brown Rice**

Buffalo Beans and Greens, 185  
Carrot Rice Pilaf, 251  
Costa Rican Beans and (Gallo Pinto), 190  
Jambalaya, 205  
Mushroom Stroganoff, 209  
with Nuts and Raisins, 247  
Orange Stir-Fry, 210  
Palak Paneer, Tofu Style, 213  
Spicy Black Beans over, 225  
Thai Curried Vegetables, 234

### **Brussels Sprouts, Roasted, with Potatoes, 260**

### **Buddha Bowl, 182**

### **Buffalo Beans and Greens, 185**

### **Buffalo Bites, Cauliflower, 77**

### **Buffalo Tofu Hoagie, 154**

### **Bulgur**

Sloppy Joes, 169  
Veggie Balls, 238

### **Burger**

Easy Black Bean, 157  
Edamame, 158



**Burgundy Stew**, 265

## **Burrito**

Breakfast, 37

Sweet Mayan, 233

## **Butternut squash**

Ethiopian Stew, 270

Macaroni and No Cheese, 206

Spicy Black Beans over Rice, 225

## **C**

## **Cabbage**

Coleslaw, 106

Irish Potatoes with, 201

Minestrone Soup, 273

Thai Curried Vegetables, 234

**Caesar Dressing**, 126

**Cajun/Creole Popcorn**, 80

**Cajun-Style Sweet Potato Fries**, 248

**Cake, Carrot**, 284

## **Cannellini beans**

Avocado–White Bean Salad Wrap, 152

Minestrone Soup, 273

Stuffed Portobello Mushrooms, 230

White Bean Chili, 281

**Caribbean Quinoa Bowl**, 186

## **Carrot(s)**

Cake, 284

Minestrone Soup, 273

Rice Pilaf, 251

Roasted Vegetables, 221

Sesame Noodle Lettuce Wraps, 222

Soup, Curried, 269

Split Pea Soup, 277

Sweet Pepper–Coconut Corn Chowder, 278

White Veggie Lasagna, 241

### **Cashew(s)**

Cashew Herb Salad Dressing, 133

Cilantro-Wasabi Aioli, 131

Tofu Cashew Mayonnaise, 139

Vegan Sour Cream, 144

### **Cashew Cream, 128**

New England Chowder, 274

### **Casserole**

Black Bean Enchilada Bake, 181

Breakfast, 38

Italian Eggplant, 202

Reuben, 218

### **Cauliflower**

Buffalo Bites, 77

Risotto, 252

### **Cauliflower Alfredo Sauce, 129**

White Veggie Lasagna, 241

### **Caviar, Dixie, 110**

### **Cereal**

Blueberry Muffin Granola, 35

Hot Cinnamon-Apple, 47

Muesli, 49

### **Chana Masala, 189**

### **Chickpea(s)**

Baba Ghanoush, 87

Beanie Veggie Loaf, 178

Buddha Bowl, 182

Chana Masala, 189

-Cranberry Salad, 91  
Creamy African Stew, 266  
Curried Potatoes, 194  
Hummus, 95  
Mediterranean Barley, 115  
Roasted, 83  
Roasted Asparagus with Sweet Potatoes and, 257  
Sweet Pepper–Coconut Corn Chowder, 278  
Tacos, Crunchy, 193

**Chili, White Bean, 281**

**Chipotle and Black Peppercorn Dressing, Creamy, 132**

### **Chocolate**

-Avocado Pudding, 287  
Hot Fudge Sauce, 295  
No-Bake Chocolate Pumpkin Pie, 296  
Nut Butter Brownies, 299  
Power Bites, 291

**Chocolate Chip Cookies, 288**

### **Chowder**

New England, 274  
Sweet Pepper–Coconut Corn, 278

**Cilantro-Wasabi Aioli, 131**

**Cinnamon-Apple Cereal, Hot, 47**

### **Coconut**

-Pineapple Smoothie, 52  
–Sweet Pepper Corn Chowder, 278

**Coleslaw, 106**

**Colin’s Blueberry Muffins, 61**

**Cookies, Chocolate Chip, 288**

### **Corn**

BBQ Black Beans and, over Quinoa, 177

Black Bean Enchilada Bake, 181  
Chowder, Sweet Pepper–Coconut, 278  
Dixie Caviar, 110  
Salsa, 106  
Southwestern Bean Salad, 119  
White Bean Chili, 281

**Cornbread**, 63

**Costa Rican Beans and Rice (Gallo Pinto)**, 190

**Cranberry**

-Chickpea Salad, 91

-Orange Scones, 64

**Cream, Cashew**, 128

**Creamy African Stew**, 266

**Creamy Chipotle and Black Peppercorn Dressing**, 132

**Creamy Frosting**, 291

**Creamy Kale Salad**, 107

**Creamy Potato Salad**, 109

**Crisp, Strawberry-Rhubarb**, 302

**Crunchy Chickpea Tacos**, 193

**Crust, Date Nut**, 295

**Cucumber(s)**

Greek Salad, 113

Salad, Marinated Tomato and, 114

**Curried Carrot Soup**, 269

**Curried Potatoes**, 194

**Curried Vegetables, Thai**, 234

## **D**

**Date Bars**, 292

**Date Nut Crust**, 295

No-Bake Chocolate Pumpkin Pie, 296

**Dates**

Chocolate-Avocado Pudding, 287

Chocolate Power Bites, 291

### **Desserts and sweets**

Carrot Cake, 284

Chocolate-Avocado Pudding, 287

Chocolate Chip Cookies, 288

Chocolate Power Bites, 291

Creamy Frosting, 291

Date Bars, 292

Date Nut Crust, 295

Hot Fudge Sauce, 295

No-Bake Chocolate Pumpkin Pie, 296

Nut Butter Brownies, 299

Pineapple Sorbet, 300

Strawberry-Rhubarb Crisp, 302

### **Dipping Sauce**

Asian Spring Rolls, 74

Au Jus, 162

### **Dips and spreads**

Baba Ghanoush, 87

Basil-Avocado Pesto, 88

Chickpea-Cranberry Salad, 91

Cilantro-Wasabi Aioli, 131

Guacamole, 92

Horseradish Aioli, 162

Hummus, 95

Mushroom Pâté, 96

Southwestern Black Bean Dip, 99

Tofu Cashew Mayonnaise, 139

Vegan Ricotta Cheese, 99

Warm Spinach-Artichoke Dip, 84

## **Dixie Caviar, 110**

### **Dressing**

- Balsamic Vinaigrette, 124
- Blue Cheez, 125
- Caesar, 126
- Creamy Chipotle and Black Peppercorn, 132
- Herb Cashew, 133
- Italian, 134
- Russian, 137
- Sweet Tahini, 138

### **Dried fruit**

- Muesli, 49

## **E**

### **Easy Black Bean Burger, 157**

### **Edamame Burger, 158**

### **Eggless Tofu Salad, 161**

### **Eggplant**

- Baba Ghanoush, 87
- Casserole, Italian, 202

### **Enchilada(s)**

- Bake, Black Bean, 181
- Spinach and Broccoli, 226

### **Entrées**

- BBQ Black Beans and Corn over Quinoa, 177
- Beanie Veggie Loaf, 178
- Black Bean Enchilada Bake, 181
- Buddha Bowl, 182
- Buffalo Beans and Greens, 185
- Caribbean Quinoa Bowl, 186
- Chana Masala, 189
- Costa Rican Beans and Rice (Gallo Pinto), 190

Crunchy Chickpea Tacos, 193  
Curried Potatoes, 194  
Fettuccine Alfredo with Roasted Vegetables, 197  
Fiesta Lime Taco Bowl, 198  
Garden Pizza, 200  
Irish Potatoes with Cabbage, 201  
Italian Eggplant Casserole, 202  
Jambalaya, 205  
Macaroni and No Cheese, 206  
Mushroom Stroganoff, 209  
Orange Stir-Fry, 210  
Palak Paneer, Tofu Style, 213  
Pesto Pizza, 214  
Portobello Mushroom and Broccoli Stir-Fry, 217  
Reuben Casserole, 218  
Roasted Vegetables, 221  
Sesame Noodle Lettuce Wraps, 222  
Spicy Black Beans over Rice, 225  
Spinach and Broccoli Enchiladas, 226  
Spinach Lasagna, 229  
Stuffed Portobello Mushrooms, 230  
Sweet Mayan Burrito, 233  
Thai Curried Vegetables, 234  
Twice-Baked Broccoli Potatoes, 237  
Veggie Balls, 238  
White Veggie Lasagna, 241  
Zucchini Cakes, 242

**Ethiopian Stew, 270**

## **F**

**Fettuccine Alfredo with Roasted Vegetables, 197**

**Fiesta Lime Taco Bowl, 198**

**Fluffy Whole Wheat Pancakes, 42**

**French Dip Sandwich, 162**

**French Fries**

Cajun-Style Sweet Potato, 248

Spicy Oven-Baked, 261

**Frosting, Creamy, 291**

## **G**

**Gallo Pinto (Costa Rican Beans and Rice), 190**

**Garam Masala, 146**

**Garden Pizza, 200**

**Gingerbread-Blueberry Pancakes, 45**

**Granola, Blueberry Muffin, 35**

**Gravy, Vegan Mushroom, 142**

**Greek Salad, 113**

**Green Pepper Tofu Scramble, 46**

**Greens.** *See also individual types of greens*

Buffalo Beans and, 185

Fiesta Lime Taco Bowl, 198

Greek Salad, 113

Mediterranean Barley, 115

Roasted Beets and, 259

**Green Vegetable Medley with Mustard Sauce, 255**

**Grits, Nelson's, 51**

**Guacamole, 92**

## **H**

**Hash browns**

Breakfast Burrito, 37

Mushroom, 50

Reuben Casserole, 218

**Herb Cashew Salad Dressing, 133**



**Hoagie, Buffalo Tofu**, 154

**Hominy**

White Bean Chili, 281

**Horseradish Aioli**, 162

**Hot Cinnamon-Apple Cereal**, 47

**Hot Fudge Sauce**, 295

**Hummus**, 95

## **I**

**Indian Popcorn**, 80

**Irish Potatoes with Cabbage**, 201

**Italian Dressing**, 134

**Italian Eggplant Casserole**, 202

**Italian Popcorn**, 80

**Italian Seasoning**, 147

## **J**

**Jackfruit, BBQ**, 153

**Jambalaya**, 205

## **K**

**Kale**

Buddha Bowl, 182

Buffalo Beans and Greens, 185

Caribbean Quinoa Bowl, 186

Green Vegetable Medley with Mustard Sauce, 255

Salad, Creamy, 107

## **L**

**Lasagna**

Spinach, 229

White Veggie, 241

**Leeks**

Cauliflower Risotto, 252

Irish Potatoes with Cabbage, 201

New England Chowder, 274

Sweet Pepper–Coconut Corn Chowder, 278

## **Lentils**

Ethiopian Stew, 270

## **M**

### **Macaroni**

Minestrone Soup, 273

and No Cheese, 206

### **Mango**

Sweet Mayan Burrito, 233

### **Marinara Sauce, 136**

Garden Pizza, 200

Italian Eggplant Casserole, 202

Spinach Lasagna, 229

### **Marinated Tomato and Cucumber Salad, 114**

### **Mashed Potatoes, 256**

### **Mayonnaise, Tofu Cashew, 139**

### **Mediterranean Barley, 115**

### **Mexican Popcorn, 80**

### **Mexican Spice Blend, 147**

### **Minestrone Soup, 273**

### **Muesli, 49**

### **Muffins, Colin's Blueberry, 61**

### **Mung bean sprouts**

Thai Curried Vegetables, 234

### **Mushroom(s)**

Breakfast Casserole, 38

Buffalo Tofu Hoagie, 154

Burgundy Stew, 265

Cauliflower Risotto, 252  
French Dip Sandwich, 162  
Gravy, Vegan, 142  
Green Vegetable Medley with Mustard Sauce, 255  
Hash Browns, 50  
New England Chowder, 274  
Pâté, 96  
Portobello, and Broccoli Stir-Fry, 217  
Portobello, Stuffed, 230  
Reuben Casserole, 218  
Reuben Sandwich, 166  
Roasted Vegetables, 221  
Sloppy Joes, 169  
Spinach Lasagna, 229  
and Spinach Salad, Warm, 120  
Stroganoff, 209  
Stuffed Bagels, 170  
Tapenade, on Polenta Squares, 78

**Mustard Sauce, Green Vegetable Medley with,** 255

## **N**

**Naan Bread,** 67

Chana Masala, 189  
Palak Paneer, Tofu Style, 213  
Stuffed Bagels, 170

**Nelson's Grits,** 51

**New England Chowder,** 274

**No-Bake Chocolate Pumpkin Pie,** 296

**No-Knead Sweet Raisin Bread,** 68

**Noodles**

Asian Spring Rolls, 74  
Macaroni and No Cheese, 206

Sesame Noodle Lettuce Wraps, 222

## **Nori**

New England Chowder, 274

Zucchini Cakes, 242

**No-Tuna Tempeh Salad**, 165

**Nut Butter Brownies**, 299

**Nuts.** *See also individual types of nuts*

Brown Rice with Raisins and, 247

Date Nut Crust, 295

## **O**

### **Oats**

Blueberry Muffin Granola, 35

Date Bars, 292

Hot Cinnamon-Apple Cereal, 47

Muesli, 49

**Orange Stir-Fry**, 210

## **P**

**Palak Paneer, Tofu Style**, 213

### **Pancakes**

Fluffy Whole Wheat, 42

Gingerbread-Blueberry, 45

**Parmesan Sprinkle, Vegan**, 148

### **Pasta**

Fettuccine Alfredo with Roasted Vegetables, 197

Macaroni and No Cheese, 206

Minestrone Soup, 273

Mushroom Stroganoff, 209

Sesame Noodle Lettuce Wraps, 222

Spinach Lasagna, 229

White Veggie Lasagna, 241

**Pâté, Mushroom, 96**

**Peas**

- black-eyes, in Dixie Caviar, 110
- Chana Masala, 189
- Curried Potatoes, 194
- Macaroni and No Cheese, 206
- Sesame Noodle Lettuce Wraps, 222
- Split Pea Soup, 277

**Peppers**

- Corn Salsa, 106
- Green Pepper Tofu Scramble, 46
- Roasted Vegetables, 221
- Sesame Noodle Lettuce Wraps, 222
- Sweet Pepper–Coconut Corn Chowder, 278
- White Veggie Lasagna, 241

**Pesto**

- Basil-Avocado, 88
- Pizza, 214

**Pie, No-Bake Chocolate Pumpkin, 296**

**Pineapple-Coconut Smoothie, 52**

**Pineapple Sorbet, 300**

**Pine nuts**

- Pesto Pizza, 214

**Pinto beans**

- Buffalo Beans and Greens, 185
- Southwestern Bean Salad, 119

**Pizza**

- Garden, 200
- Pesto, 214

**Pizza Dough, Artisanal Vegan, 59**

**Polenta, 79**

Squares, Mushroom Tapenade on, 78

**Popcorn, Many Flavors, 80**

**Portobello Mushroom(s)**

Stir-Fry, Broccoli and, 217

Stuffed, 230

**Potato(es)**

Breakfast Burrito, 37

Chana Masala, 189

Chips, 82

Curried, 194

Irish, with Cabbage, 201

Mashed, 256

Mushroom Hash Browns, 50

New England Chowder, 274

Potato Salad, Creamy, 109

Reuben Casserole, 218

Roasted Brussels Sprouts with, 260

Roasted Vegetables, 221

Soup, Baked Potato, 264

Spicy Oven-Baked French Fries, 261

Split Pea Soup, 277

Twice-Baked Broccoli, 237

**Power Bites, Chocolate, 291**

**Pudding, Chocolate-Avocado, 287**

**Pumpkin Pie, No-Bake Chocolate, 296**

**Pumpkin Pie Spice, 148**

## Q

**Quinoa**

BBQ Black Beans and Corn over, 177

Bowl, Caribbean, 186

Buddha Bowl, 182

Tabbouleh Salad, 116

## **R**

**Raisin Bread, Sweet, No-Knead**, 68

**Raisins, Brown Rice with Nuts and**, 247

**Raspberries**

Vanilla-Berry Smoothie, 53

**Reuben Casserole**, 218

**Reuben Sandwich**, 166

**Rhubarb-Strawberry Crisp**, 302

**Rice**. *See* Brown Rice

**Rice Pilaf, Carrot**, 251

**Ricotta Cheese, Vegan**, 99

**Risotto, Cauliflower**, 252

**Roasted Asparagus with Sweet Potatoes and Chickpeas**, 257

**Roasted Beets and Greens**, 259

**Roasted Brussels Sprouts with Potatoes**, 260

**Roasted Chickpeas**, 83

**Roasted Vegetables**, 221

**Romaine**

Greek Salad, 113

Sesame Noodle Lettuce Wraps, 222

**Russian Dressing**, 137

Reuben Casserole, 218

## **S**

**Salad**

Artichoke and White Bean, 103

Broccoli, 104

Chickpea-Cranberry, 91

Coleslaw, 106

Corn Salsa, 106

Creamy Kale, 107  
Creamy Potato, 109  
Dixie Caviar, 110  
Greek, 113  
Marinated Tomato and Cucumber, 114  
Mediterranean Barley, 115

**Salsa, Corn, 106**

**Sandwich(es).** *See also* Burgers; Wraps

BBQ Jackfruit, 153  
Buffalo Tofu Hoagie, 154  
Eggless Tofu Salad, 161  
French Dip, 162  
No-Tuna Tempeh Salad, 165  
Reuben, 166  
Sloppy Joes, 169  
Stuffed Bagels, 170

**Sandwich Bread, Whole Wheat, 71**

**Sauce**

Au Jus Dipping Sauce, 162  
Balsamic BBQ, 124  
Blueberry, 36  
Cauliflower Alfredo, 129  
Hot Fudge, 295  
Marinara, 136  
Mustard, Green Vegetable Medley with, 255  
Tzatziki, 141

**Sauerkraut**

Reuben Casserole, 218  
Reuben Sandwich, 166

**Scones, Cranberry-Orange, 64**

**Sesame Noodle Lettuce Wraps, 222**



## **Side dishes**

- Brown Rice with Nuts and Raisins, 247
- Cajun-Style Sweet Potato Fries, 248
- Carrot Rice Pilaf, 251
- Green Vegetable Medley with Mustard Sauce, 255
- Mashed Potatoes, 256
- Roasted Asparagus with Sweet Potatoes and Chickpeas, 257
- Roasted Beets and Greens, 259
- Roasted Brussels Sprouts with Potatoes, 260
- Spicy Oven-Baked French Fries, 261

## **Sloppy Joes, 169**

## **Smoothie**

- Pineapple-Coconut, 52
- Vanilla-Berry, 53
- Watermelon, 55

## **Snacks and appetizers**

- Asian Spring Rolls, 74
- Cauliflower Buffalo Bites, 77
- Mushroom Tapenade on Polenta Squares, 78
- Polenta, 79
- Popcorn, Many Flavors, 80
- Potato Chips, 82
- Roasted Chickpeas, 83
- Warm Spinach-Artichoke Dip, 84

## **Sorbet, Pineapple, 300**

## **Soup**

- Baked Potato, 264
- Curried Carrot, 269
- Minestrone, 273
- New England Chowder, 274
- Split Pea, 277

Sweet Pepper–Coconut Corn Chowder, 278

**Sour Cream, Vegan**, 144

**Southwestern Bean Salad**, 119

**Southwestern Black Bean Dip**, 99

**Soy yogurt**

Vanilla-Berry Smoothie, 53

**Spices and spice blends**

Berberé Spice, 146

Garam Masala, 146

Italian Seasoning, 147

Mexican Spice Blend, 147

Pumpkin Pie Spice, 148

**Spicy Black Beans over Rice**, 225

**Spicy Oven-Baked French Fries**, 261

**Spinach**

-Artichoke Dip, Warm, 84

Breakfast Casserole, 38

Creamy African Stew, 266

Enchiladas, Broccoli and, 226

Ethiopian Stew, 270

Lasagna, 229

Minestrone Soup, 273

and Mushroom Salad, Warm, 120

Orange Stir-Fry, 210

Palak Paneer, Tofu Style, 213

Reuben Casserole, 218

Reuben Sandwich, 166

Roasted Beets and Greens, 259

Stuffed Bagels, 170

Stuffed Portobello Mushrooms, 230

White Veggie Lasagna, 241

**Split Pea Soup**, 277

**Spreads.** See Dips and spreads

**Spring Rolls, Asian**, 74

**Stew**

Burgundy, 265

Creamy African, 266

Ethiopian, 270

**Stir-Fry**

Orange, 210

Portobello Mushroom and Broccoli, 217

**Strawberry**

-Rhubarb Crisp, 302

Watermelon Smoothie, 55

**Stroganoff, Mushroom**, 209

**Stuffed Bagels**, 170

**Stuffed Portobello Mushrooms**, 230

**Sweet Mayan Burrito**, 233

**Sweet Pepper–Coconut Corn Chowder**, 278

**Sweet Potato(es)**

Creamy African Stew, 266

Fries, Cajun-Style, 248

Roasted Asparagus with Chickpeas and, 257

Sweet Mayan Burrito, 233

**Sweet Tahini Dressing**, 138

**T**

**Tabbouleh Salad, Quinoa**, 116

**Taco Bowl, Fiesta Lime**, 198

**Tacos, Crunchy Chickpea**, 193

**Tahini Dressing, Sweet**, 138

**Tapenade, Mushroom, on Polenta Squares**, 78

**Tempeh**

Buffalo Beans and Greens, 185

Reuben Casserole, 218

Reuben Sandwich, 166

Salad, No-Tuna, 165

**Thai Curried Vegetables, 234**

**Thai Tofu Wraps, 173**

## **Tofu**

Breakfast Casserole, 38

Breakfast Patties, 41

Buffalo Beans and Greens, 185

Buffalo Tofu Hoagie, 154

Cilantro-Wasabi Aioli, 131

Creamy Frosting, 291

Eggless Tofu Salad, 161

Greek Salad, 113

Italian Eggplant Casserole, 202

Orange Stir-Fry, 210

Pesto Pizza, 214

Roasted Vegetables, 221

Scramble, Green Pepper, 46

Spinach and Broccoli Enchiladas, 226

Thai Tofu Wraps, 173

Tofu Cashew Mayonnaise, 139

Tofu Style Palak Paneer, 213

Vegan Ricotta Cheese, 99

Vegan Sour Cream, 144

Veggie Balls, 238

White Veggie Lasagna, 241

**Tofu Cashew Mayonnaise, 139**

Blue Cheez Dressing, 125

Caesar Dressing, 126

Creamy Chipotle and Black Peppercorn Dressing, 132

Horseradish Aioli, 162

Russian Dressing, 137

Tzatziki Sauce, 141

Zucchini Cakes, 242

**Tofu Style Palak Paneer, 213**

### **Tomato(es)**

Chana Masala, 189

Curried Potatoes, 194

Dixie Caviar, 110

Greek Salad, 113

Marinated, and Cucumber Salad, 114

Minestrone Soup, 273

Palak Paneer, Tofu Style, 213

Southwestern Bean Salad, 119

Spicy Black Beans over Rice, 225

White Veggie Lasagna, 241

### **Topping**

Vegan Parmesan Sprinkle, 148

### **Tortillas**

Black Bean Enchilada Bake, 181

Breakfast Burrito, 37

Crunchy Chickpea Tacos, 193

Fiesta Lime Taco Bowl, 198

Spinach and Broccoli Enchiladas, 226

Sweet Mayan Burrito, 233

**Twice-Baked Broccoli Potatoes, 237**

**Tzatziki Sauce, 141**

## **V**

**Vanilla-Berry Smoothie, 53**

**Vegan Mushroom Gravy, 142**

**Vegan Parmesan Sprinkle**, 148

**Vegan Ricotta Cheese**, 99

Spinach Lasagna, 229

Stuffed Bagels, 170

**Vegan Sour Cream**, 144

**Veggie Balls**, 238

**Veggie Lasagna, White**, 241

**Vinaigrette Dressing, Balsamic**, 124

## W

**Walnuts**

Chocolate Power Bites, 291

Date Nut Crust, 295

**Warm Spinach and Mushroom Salad**, 120

**Warm Spinach-Artichoke Dip**, 84

**Wasabi-Cilantro Aioli**, 131

**Watermelon Smoothie**, 55

**White Bean**

-Avocado Salad Wrap, 152

Chili, 281

Salad, Artichoke and, 103

**White Veggie Lasagna**, 241

**Whole Wheat Pancakes**

Fluffy, 42

Gingerbread-Blueberry, 45

**Whole Wheat Sandwich Bread**, 71

**Wrap(s)**

Avocado-White Bean Salad, 152

Eggless Tofu Salad, 161

Lettuce, Sesame Noodle, 222

Thai Tofu, 173

## Z

### Zucchini

Cakes, 242

Minestrone Soup, 273

Roasted Vegetables, 221

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## ABOUT THE AUTHOR

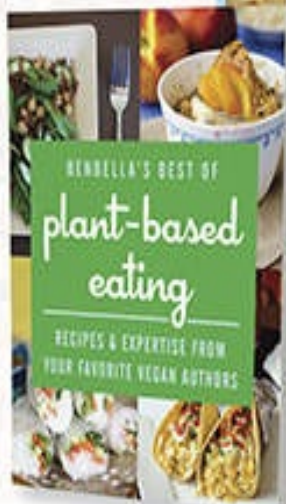


Kim Campbell is the daughter-in-law of Dr. T. Colin Campbell, considered by many as the “science father” of the rapidly growing plant-based nutrition movement. She works with her husband, Nelson, in a health and wellness business promoting a whole food, plant-based diet. This experience has allowed her to hone her culinary skills, especially in understanding how to create flavors, textures, and presentations that appeal to mainstream consumers experiencing a plant-based diet for the first time. Kim holds a bachelor’s degree from Cornell University in human service studies, with a minor in nutrition and child development.

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