

The cover features several stylized green leaves of various shades and sizes scattered around the text. The leaves are positioned in the corners and along the sides, creating a natural, organic frame for the central text.

Favorite Recipes

GREENER, HEALTHIER, RECIPE IDEAS

FROM YOUR

ASU STAFF COUNCIL
SUSTAINABILITY COMMITTEE

2020

Table of Contents

TIPS.....	3
Sustainable Shopping and Cooking Tips	4
RECIPES	5
Apple Zucchini Salad	6
Baked Ziti.....	7
Banana Oat Bread	8
BBQ Cauliflower Wings	9
Blood Orange & Rosemary Upside Down Cake	10
Butternut Soup.....	12
Butternut Squash Tacos with Chipotle Black Beans	13
Cauliflower & Chickpea Masala	14
Cheesy Vegetarian Chili Mac.....	15
Colorful Black Bean & Corn Salsa.....	16
Corn Pudding.....	17
Cinnamon Rolls	18
Endless Free Vegetable Stock	19
Fajitas	20
Lentil & Spinach Soup	21
Mushroom Risotto	22
Quinoa Pilaf with Butternut Squash, Caramelized Onion, & Goat Cheese	23
Ranch Dressing.....	25
Roasted Garlic Cloves.....	26
Spinach Lasagna Roll Ups.....	27
Strawberry Basil Cremesicles	28
Taco Soup.....	29
Thai Pra Ram Tofu	31
Tomato, Basil, Avocado, Mozzarella Salad with Balsamic Glaze Dressing.....	32
Tomato, Cucumber, & Feta Salad	33
Vegetable Minestrone Soup	34
Wendy's Frost-e (copycat recipe)	35
White Beans with Fennel & Leeks.....	36
Zucchini Bread.....	37

The image features a white background with stylized green leaves in the corners. In the top-left and bottom-right corners, there are large, light green leaves with prominent white veins and natural holes, resembling Monstera leaves. In the top-right and bottom-left corners, there are clusters of smaller, darker green, pointed leaves, similar to palm fronds. Centered on the page is the title text in a dark green, bold, serif font.

Tips for Sustainable Shopping & Cooking

Sustainable Shopping and Cooking Tips

- Just say “NO” to single-use disposables!
 - In addition to carrying a reusable bottle for drinking, I always have my five shopping bags, one mesh bag, and a set of metal utensils.
 - Reusable shopping bags make for great presents or “thank you” gifts and can significantly reduce the soft plastic coming into your home. The utensils aren’t only for catered events on campus, but can be used anywhere that otherwise offers plastic.
 - Recycle cans and plastic containers – empty and rinse when needed
- Plan meals for weekend grocery store trips based on the items you have on hand:
 - Brown bananas – bake banana bread, pudding, or cake
 - Vegetables and fruits can be blended into a smoothie
 - Potatoes – potato pancakes, stew, soup
 - Look at spices and sauces you have and find recipes that incorporate these. Some recipe sites let you search by ingredients you have
- Make larger portions of spaghetti sauces, chili, and soups and freeze a portion for the following month
- Shop for items in-season
- Eat more fruits and vegetables
- Trade animal protein for plant-based protein





Recipes



Apple Zucchini Salad

Ingredients:

- 1 pound zucchini, diced
- 3 apples, diced
- 1/2 green bell pepper,
- 1/2 red onion, chopped
- 1/3 cup vegetable oil
- 2 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon dried basil
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

Mix it all together and let sit for an hour in refrigerator before serving.

Optional:

Add some artichokes, tangerine oranges, or garbanzo beans for additional flavor and texture.

Submitted by Kristín Ólafsson



Baked Ziti

Ingredients:

- 1 pound ziti pasta
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- 1 tablespoon dried or fresh oregano
- 1 (28-ounce) can crushed tomatoes
- 1 1/2 cup fresh ricotta
- 1 (10-ounce) package frozen spinach, drained and chopped
- Zest of 1/2 lemon
- 1/2 teaspoon crushed red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 2 tablespoon thinly sliced basil, plus more for garnish
- 1/2 cup grated Parmesan
- 2 cups shredded mozzarella



Directions:

1. Preheat the oven to 350°. In a large pot of boiling salted water, cook pasta until very al dente; drain.
2. In a large saucepan over medium heat, heat oil. Add onion and cook, stirring often, until onion is soft, about 5 minutes.
3. Stir in garlic, tomato paste, and oregano and cook 2 minutes more, until slightly darkened. Add crushed tomatoes and season with salt and pepper. Bring sauce to a simmer, reduce heat and cook, stirring occasionally, until slightly reduced and flavors have melded, 15 to 20 minutes. Remove from heat and stir in basil.
4. While sauce is reducing, stir to combine ricotta, spinach, lemon zest, and crushed red pepper flakes in a medium bowl.
5. In a large bowl, combine sauce and pasta. Fold in ricotta mixture, leaving large clumps. Spread about half of the pasta mixture into the bottom of a large casserole dish. Sprinkle half of the mozzarella and Parmesan over the pasta. Top with the rest of the pasta mixture and sprinkle with the remaining cheeses.
6. Cover with foil and bake until the cheese is bubbling, about 20 to 25 minutes. Garnish with more basil before serving.

By Suzy Harbort



Banana Oat Bread

***nut-free, refined sugar-free, soy-free**

Yield:

1 (9x5-inch) loaf

Ingredients:

For the wet ingredients:

- 1 1/3 cups (320 g) mashed very ripe banana (about 4 medium or 3 large)
- 2 tablespoons (15 g) flaxseed or chia seeds
- 1/3 cup (80 mL) plant-based milk
- 1/3 cup (80 mL) coconut oil, melted
- 2 tablespoons (30 mL) pure maple syrup
- 2 teaspoons (10 mL) pure vanilla extract

For the dry ingredients:

- 1/4 cup plus 2 tablespoons (60 g) coconut sugar
- 1/2 cup (50 g) rolled oats
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1 1/2 cups (210 g) light/white spelt flour or whole-grain spelt flour



Directions:

1. Preheat the oven to 350°F. Lightly spray a 9x5-inch loaf pan with oil and set aside.
2. In a large bowl, mash the banana until almost smooth, and make sure you have 1 1/3 cups.
3. Stir the wet ingredients (ground flax, milk, melted oil, maple syrup, and vanilla) into the banana until combined.
4. Stir the dry ingredients (sugar, oats, baking soda, baking powder, salt, and flour) into the wet mixture, one by one, in the order listed. Stop stirring when there are no flour patches at the bottom of the bowl.
5. Spoon the dough into the loaf pan and spread out evenly. Bake the loaf, uncovered, for 45 to 55 minutes, until lightly golden and firm on top. The top of the loaf should slowly spring back when touched.
6. Place the loaf pan on a cooling rack for 30 minutes. Then, slide a knife around the loaf to loosen it and gently remove it from the pan, placing it directly onto the cooling rack until completely cooled.



BBQ Cauliflower Wings

Ingredients:

- 1 large head cauliflower (about 5-6 cups florets)
- 1 cup water
- 3/4 cup all-purpose flour
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1/4 teaspoon salt
- 2 cups panko breadcrumbs
- 18 ounces your favorite vegan barbecue sauce

Directions:

1. Preheat the oven to 450 degrees F. Line a large baking sheet with parchment paper or a silicone mat.
2. Wash and cut cauliflower into bite sized pieces. I like to leave some of the cauliflower stem on each piece, it makes them easier to pick up when eating.
3. In a large bowl, add water, flour, garlic and onion powder, and salt. Whisk until well combined. In a second, smaller bowl, add the panko breadcrumbs.
4. Add the cauliflower to the batter in the large bowl, and toss to coat. Remove the pieces of cauliflower, one by one, and tap off the excess batter a few times on the side of the bowl. Roll them in the breadcrumbs, coating on all sides, and place on the prepared baking sheet.
5. Bake for 15 minutes. Flip them over and bake for 10 more minutes, until brown and crispy. Remove from the oven.
6. Toss the florets with 1 1/2 cups barbecue sauce to coat in a large bowl, then return to the pan. Put them back in the oven for 15 minutes.
7. Remove from the oven, brush with more barbecue sauce before serving, if desired. Serve with vegan ranch for dipping. Enjoy!

By Ruby Owl Tavern





Blood Orange & Rosemary Upside Down Cake

Yields: 1 8" cake

Ingredients:

For the oranges:

- water 120ml / 1/2 cup
- granulated sugar 100g / 1/2 cup
- organic blood oranges, rinsed, scrubbed, and the ends cut off, 3
- medium sprig of rosemary 1, plus a few needles finely chopped (optional)

For the dough:

- plain flour 200g / 1 1/2 cups
- baking powder 2 teaspoons
- butter, at room temperature, 80g / 1/3 cup
- granulated sugar 150g / 3/4 cup
- organic eggs, separated, 2
- vanilla pod, split and scraped, 1/2
- milk 100ml / 1/3 cup plus 1 tablespoon
- fine sea salt 1/8 teaspoon

Directions:

For the oranges:

1. In a large saucepan, bring the water and sugar to a boil over medium high heat. Stir and let the sugar dissolve.
2. Cut the oranges into thin slices.
3. Reduce the heat to medium, layer the orange slices in the sugar water, and simmer gently for about 25-30 minutes or until soft, but still in shape.
4. Using a slotted ladle, transfer the orange slices to a large plate and let them cool for a few minutes.
5. Add the rosemary to the pot with the orange syrup and set aside.

For the dough:

1. In a medium bowl, combine the flour and baking powder.
2. In a large bowl of a stand mixer, beat the butter and sugar until light and fluffy.
3. Add the egg yolks and vanilla seeds and continue mixing for about 1 minute or until well combined.
4. Quickly beat in the flour mixture in 3 batches, alternating with the milk.
5. Beat the egg white and salt until soft peaks form and fold into the dough.

For the cake:

1. Arrange the orange slices on the bottom and sides of the prepared pan, fold some of the slices into the corners (see 2nd picture).
2. Scrape the dough on top of the fruits, even it out and bake for about 35-40 minutes or until golden brown and spongy. Check with a skewer, it should come out clean.
3. Let the cake cool for a few minutes before you flip it over, gently remove the parchment paper.

For the syrup:

1. Bring the rosemary orange syrup to a boil over high heat and let it cook for about 2 minutes, let it cool for a couple minutes.
2. Brush the top of the cake with the syrup and arrange the rosemary sprig on top.

3. Sprinkle with a little additional chopped rosemary and enjoy!

By Meike Peters – Eat in my Kitchen

<https://www.meikepeters.com/blood-orange-rosemary-upside-cake/>





Butternut Soup

Ingredients:

- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 carrot, chopped
- 1 butternut squash - peeled, seeded, and cubed
- 32 ounces organic vegetable stock
- 1 teaspoon nutmeg
- lava salt
- black pepper
- dash turmeric
- dash cumin
- green onion for garnish

Directions:

1. Heat the oil in a large pot, sauté the onion, celery, carrot, and squash 5 minutes, or until lightly browned.
2. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.
3. Season with nutmeg, turmeric cumin, salt and pepper.
4. Transfer the soup to a blender, and blend until smooth.
5. Serve with garnish of green onion and dash of sour cream or vegan substitute if you like.

Submitted by Kristin Ólafsson



Butternut Squash Tacos with Chipotle Black Beans

***gluten-free**

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Yields: 2 servings

Ingredients:

- 3 cups diced butternut squash
- 1 teaspoon smoked paprika
- 3 tablespoons extra virgin olive oil divided
- 1-2 chipotle peppers in adobo diced
(for non-spicy version, omit chipotle peppers,
or only use 1/2 of 1 pepper)
- 1/3 cup diced red onions
- 1 cup black beans
- 1 teaspoon cumin
- 1 avocado
- 1 tablespoon lime juice
- handful cilantro diced
- 6-8 corn tortillas
- lime to garnish



Directions:

1. Preheat oven to 425 degrees.
2. In a bowl toss together squash, 1 tablespoon olive oil, paprika and salt. Bake in preheated oven on aluminum foil lined baking sheet for 20-25 minutes or until soft.
3. Heat pan over medium heat and add 1 tablespoon olive oil. Add red onions and chipotle peppers. Cook for a couple mins and add the black beans. Add cumin and salt. Cook for a few minutes, mixing occasionally.
4. In a blender or food processor combine avocado, lime juice and 1 tablespoon olive oil. Blend until smooth. Add salt to taste.
5. Heat corn tortillas on skillet for 10-20 seconds per side.
6. Top tortillas with squash, black beans, avocado crema, squeeze of lime juice and cilantro.

By Vicky Berman – Avocado Pesto

<https://avocadopesto.com/vegan-butternut-squash-tacos-black-beans/#wprm-recipe-container-18491>



Cauliflower & Chickpea Masala

Yield:

About 1.25 cups each

Ingredients:

Masala Spice Mix:

- 2 tablespoons garam masala
- 1/2 teaspoon cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne
- 1/2 teaspoon salt
- Freshly Cracked Pepper

Skillet:

- 1 yellow onion
- 3 cloves garlic
- 1/2 tablespoon grated fresh ginger
- 2 tablespoons olive oil
- 12 ounces frozen cauliflower florets
- 1 15-ounce can chickpeas, drained
- 1 15-ounce can tomato sauce*
- 1/4 cup water
- 1/3 cup heavy cream
- salt to taste



Directions:

1. In a small bowl, combine the spices for the masala spice mix (garam masala, cumin, turmeric, smoked paprika, cayenne, salt, and pepper).
2. Finely dice the onion, mince the garlic, and grate the ginger. Add all three to a large skillet along with the olive oil and sauté over medium heat until the onions are soft and translucent (about 3 minutes). Add the spice mix and continue to sauté for one more minute.
3. Add the frozen cauliflower florets to the skillet with the aromatics and spices, and continue to sauté for about 5 minutes more, or until the cauliflower have thawed through and are completely coated in spices.
4. Add the drained chickpeas, tomato sauce, and 1/4 cup water to the skillet. Stir to combine, then allow them to simmer over medium-low heat, stirring occasionally, for about 15 minutes. This will help mellow the acidity of the tomato sauce and allow the spices to blend. If the mixture becomes too dry as it simmers, add a couple more tablespoons of water.
5. After the sauce has simmered for 15 minutes, turn off the heat and stir in the heavy cream. Give the masala a taste and add salt as needed. Serve in a bowl either over rice or with a piece of bread for dipping.

By Beth – Budget Bytes

<https://www.budgetbytes.com/easy-cauliflower-and-chickpea-masala/>



Cheesy Vegetarian Chili Mac

Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion
- 2 cloves garlic
- 2 tablespoons flour
- 2 tablespoons chili powder*
- 15 ounces can diced tomatoes
- 15 ounces can tomato sauce
- 15 ounces can kidney beans
- 15 ounces can black beans
- 15 ounces can pinto beans
- 1 cup frozen corn kernels
- 2 cups vegetable broth
- 2 cups uncooked macaroni noodles
- 1 cup shredded sharp cheddar

Directions:

1. Dice the onion and mince the garlic. Sauté the onion and garlic with olive oil in the bottom of a large pot (5 qt) over medium heat for 2-3 minutes, or until the onions are soft and transparent.
2. Add the flour and chili powder to the sautéed onions and garlic. Continue to stir and sauté for about two minutes, or just until the flour and chili powder begin to coat the bottom of the pot.
3. Drain and rinse the kidney beans, black beans, and pinto beans. Add the diced tomatoes, tomato sauce, all three beans, corn, and vegetable broth to the pot. Stir to combine and to dissolve any flour and chili powder off the bottom of the pot.
4. Add the uncooked macaroni noodles and stir to combine. Place a lid on the pot, turn the heat up to medium high, and let the pot come up to a boil. Stir every other minute or so to loosen the noodles from the bottom of the pot as it heats up.
5. When the pot reaches a boil, turn the heat down to low, or just above low, so it continues to gently simmer. Let the pot gently simmer for 12-15 minutes, or until the pasta is tender and the liquid is thick and saucy. Stir frequently as it simmers to make sure the pasta does not stick to the bottom of the pot.
6. Once the pasta is tender, add the shredded cheddar and stir it in until melted. Serve hot.

By Beth – Budget Bytes

<https://www.budgetbytes.com/cheesy-vegetarian-chili-mac/#wprm-recipe-container-30972>



Colorful Black Bean & Corn Salsa

Ingredients:

- 1 bag frozen corn or 2 cans of whole kernel corn, drained
- 3 medium tomatoes, seeded and chopped
- 2 jalapeno peppers, seeded and chopped finely
- 2 cans black beans, rinsed and drained
- 1 cup chopped fresh cilantro
- 1/3 cup fresh lime juice
- ¼ tsp salt
- ¼ teaspoon fresh ground pepper
- 2 medium avocados peeled and chopped

Directions:

1. Mix all ingredients together, cover and chill.

Optional:

Can also combine just the black beans, corn, cilantro and lime juice and serve with tortilla chips.



Corn Pudding

Ingredients:

- 1 15-ounce can cream style corn
- 1 15-ounce can whole kernel corn, drained
- ½ cup melted butter
- 8 ounces sour cream
- 2 large eggs, beaten
- 1 package Jiffy Corn Muffin Mix

Directions:

1. Mix all ingredients together
2. Bake in a greased 2 qt baking dish at 350 degrees for one hour

Optional:

Add green chilies or other ingredients to give your corn bread more variety.



Cinnamon Rolls

Ingredients:

Dough:

- 3 tablespoons vegan butter (such as Earth Balance)
- 1 packet instant yeast* (or use rapid-rise yeast // 1 packet yields ~ 2 1/4 tsp)
- 1 cup unsweetened plain almond milk
- 1 tablespoon organic cane sugar
- ¼ teaspoon salt
- 3 cups unbleached all-purpose flour*

Filling:

- 3 Tbsp vegan butter (such as Earth balance // melted)
- ¼ cup organic cane sugar
- ½ -1 tablespoon ground cinnamon (to taste)

Topping:

- 2 tablespoons vegan butter (such as Earth balance // melted)



Directions:

Dough:

1. In a large sauce pan (or in a bowl in the microwave at 30-second increments), heat the almond milk and vegan butter until warm and melted, never reaching boiling. Remove from heat and let cool to 110 degrees F (43 C) or the temperature of bath water. It should be warm but not too hot or it will kill the yeast.
2. Transfer mixture to a large mixing bowl and sprinkle on yeast. Let activate for 10 minutes. Then add 1 Tbsp sugar and the salt and stir.
3. Next add in flour 1/2 cup (68 g) at a time, stirring as you go (you may not add it all). The dough will be sticky. When it is too thick to stir, transfer to a lightly floured surface and knead for a minute or so until it forms a loose ball (be careful not to overmix). Rinse your mixing bowl out, coat it with avocado or olive oil, and add your dough ball back in. Cover with plastic wrap and set in a warm place to rise for about 1 hour, or until doubled in size (see photo).

Filling:

1. On a lightly floured surface, roll out the dough into a thin rectangle. Brush with melted vegan butter and top with sugar and desired amount of cinnamon.
2. Starting at one end, tightly roll up the dough and situate seam side down. Then with a serrated knife or a string of floss, cut the dough into 1.5 - 2-inch sections and position in a well-buttered 8x8-inch square or comparable sized round pan (you should have about 10 rolls as original recipe is written).

Topping:

1. Brush with vegan butter (melted) and cover with plastic wrap. Set on top of the oven to let rise again while you preheat oven to 350 degrees F (176 C).
2. Once the oven is hot, bake rolls for 25-30 minutes or until slightly golden brown. Let cool for a few minutes and then serve immediately.

Optional:

Frost with dairy-free cream cheese frosting or a simple mixture of 1 cup (112 g) organic powdered sugar and 1-2 Tbsp (15-30 ml) almond milk.

Endless Free Vegetable Stock

Get a large freezer container. Every time you cook vegetables, collect odds and ends and store in the container. Things that work well:

- Tops and roots of onions (with a bit of flesh on them)
- Carrot ends and peels
- Herbs and spinach stems
- Bottoms of lettuces
- Stalks of cauliflower, broccoli
- Ends of asparagus
- Tops and ends of celery
- Ribs of kale

Throw a proportional mix of stuff into a large crockpot with 10 cups of water, 1-2 bay leaves, and about 5 block peppercorns. Cook on low (4-6) for up to 10 hours. Strain and freeze in mason jars or plastic containers. For even better storage, freeze flat in quart-sized zipper bags on a tray. They will freeze flat and can be stacked like a stock “library”.

Use stock to make soups, risottos, boil grains (perfect for quinoa, pearl barley, and home-cooked beans!), make gravies and sauces, and use whenever stock is needed!



Fajitas

Method: Stovetop

Prep Time: 15 minutes

Cook Time: 15 minutes

Yields: 6 servings

Ingredients:

- 1 package meatless beef crumbles (optional)
- Taco seasoning mix to taste
- Garlic powder to taste
- Onion powder to taste
- Salt to taste
- Pepper to taste
- 1 sliced red onion
- 2 sliced green bell peppers
- 1 habanero or jalapeño pepper (optional)
- Vegetable oil
- Flour tortillas

Optional garnishes:

- Greek yogurt
- Shredded cheese
- Avocado, diced
- Guacamole
- Jalapeño, sliced

Directions:

1. Slice the bell peppers and red onion into strips. If desired chop habanero or jalapeño pepper.
2. To a heated skillet add a splash of vegetable oil. Add in sliced veggies.
3. Stir veggies so all are lightly coated in oil. Add taco seasoning & other desired seasoning to taste.
4. Continue stirring occasionally until vegetables brown and onions begin to caramelize (10-15 minutes).
5. Add in optional meatless beef crumbles and stir until warmed through.
6. Once everything is cooked remove pan from heat.
7. Top warmed tortillas w/veggie mixture & add whatever additional garnishes you like!



Lentil & Spinach Soup

***Slow cooker style**

***Freezer-friendly**

Prep Time: 15 minutes

Cook Time: 8 hours

Total Time: 8 hours, 15 minutes

Yields: 6 -8 servings

Ingredients:

- 2 cups dried green lentils, sorted & rinsed
- 8 cups vegetable stock
- 2 stalks celery small, diced
- 4 medium carrots small, diced
- 1 medium onion small, diced
- 1 shallot small, diced
- 3 garlic cloves, minced
- 1 14-ounce can fire roasted petite diced tomatoes
- 1 dried bay leaf
- 1/2 teaspoon dried thyme
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper or to taste
- 1/2 teaspoon ground black pepper
- 2 teaspoon kosher salt
- 9-ounce bag fresh spinach, roughly chopped
- 1 tablespoon red wine vinegar

Directions:

1. In a 6-quart or larger slow cooker, add all of the ingredients except for the spinach and red wine vinegar. Stir and cover. Cook on low for 7 to 8 hours or high for 3 to 4 hours. About 15 minutes before the soup is finished cooking, remove the bay leaf. Add the spinach and red wine vinegar. Stir and allow just enough time for the spinach to wilt (about 10 to 15 minutes).
2. Serve with more ground black pepper or grated parmesan cheese.
3. Enjoy!

By Dayna – Tabs & Tidbits

<http://www.tabsandtidbits.com/lentil-spinach-soup-slow-cooker-style/>



Mushroom Risotto

Ingredients:

- 1 container of white sliced mushrooms
- 1 32-ounce container of vegetable broth or stock (no preference)
- 3 stalks of celery
- ½ yellow onion
- 1 tablespoon olive oil
- 1 ¼ cups Arborio rice

Directions:

1. Slice celery into ¼ inch sections and finely dice the yellow onion.
2. Place mushrooms into a pot and pour vegetable broth or stock over them.
3. Pour Arborio rice into a deep 10-inch pan and stir in the olive oil.
4. Bring the stock and mushrooms to a boil. After they begin boiling, turn the burner to low.



Quinoa Pilaf with Butternut Squash, Caramelized Onion, & Goat Cheese

Prep Time: 20 minutes

Cook Time: 25 minutes

Total Time: 45 minutes

Yields: 6 servings as a side / 3 servings as a main dish

Ingredients:

- 1 cup uncooked quinoa
- 1 red onion chopped
- 3 cups cubed butternut squash
- ½ tablespoon butter
- 1 ½ tablespoons olive oil, divided
- Salt and pepper to taste
- Pinch of sugar (1/4 teaspoon or less, or none at all)
- 1.5 cups of chicken stock or vegetable stock
- 2 tablespoons fresh thyme, chopped (optional)
- 1 ounce goat cheese (or more, to taste)

Directions:

1. Preheat your oven to 400 degrees.
2. Peel, de-seed and chop the squash into small, bite-sized cubes (or high five yourself if you bought it already processed).
3. Toss the squash in a bowl with 1 tablespoon olive oil, and salt and pepper to taste.
4. Bake on a baking sheet lined with either parchment paper or a silicon liner for 25 minutes at 400 degrees.
5. Take the uncooked quinoa and toast it a sauté pan (no oil or butter!) over medium low heat for about 5 to 7 minutes, stirring/ shaking the pan frequently. You will hear a little popping, and you will smell the toasty quinoa when it is about ready. Careful not to burn it!
6. Pour the toasted quinoa in a heat safe bowl and set aside.
7. Add half a tablespoon of butter, and half a tablespoon of olive oil to the (same, now empty) pan and heat on low.
8. Add the chopped onion, sugar and a little salt and pepper to taste.
9. Stir the onions frequently. Tip: If needed, use some extra stock (like 2-3 tablespoons - I do not measure) to de-glaze the pan a couple of times, and scrape up the brown bits. It will evaporate pretty quickly.
10. Cook the onions slow and low until fully caramelized, about 20 minutes. The secret to good caramelized onions is patience.
11. When the onions are caramelized, add the 1.5 cups of stock, and increase the heat to bring to a boil.
12. Once boiling, stir in the quinoa and 1 tablespoon of the thyme.
13. Reduce heat to low to a slow simmer, and simmer for about 15 minutes covered, stirring occasionally.
14. Remove the lid, and gently fold in the roasted squash. Recover the pot.
15. Turn off the heat (with the lid still on) and remove the pot from the heat, and let it sit for 10 minutes.
16. Transfer mixture to serving dish, and top with goat cheese crumbles and remaining fresh thyme.

17. Serve immediately.

From A Pinch of Healthy

<https://www.apinchofhealthy.com/quinoa-pilaf-butternut-squash-caramelized-onion-goat-cheese/>





Ranch Dressing

Ingredients:

- 1 package of silken tofu
- 2 fat cloves of garlic
- 1 rounded tsp onion powder
- 1 teaspoon crushed peppercorns
- 1 tablespoon nutritional yeast
- 2 tablespoons water
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 ½ tablespoons apple cider vinegar
- 1-2 tablespoons fresh oregano, dill, or parsley (or 1 tablespoon dry)

Directions:

1. Place all ingredients into a blender and blend until smooth
2. Pour into a jar and refrigerate (will keep for 10 days)

From Feasting at Home

<https://www.feastingathome.com/vegan-ranch-dressing/>





Roasted Garlic Cloves

Ingredients:

- 5 garlic heads
- Olive oil
- Salt

Directions:

1. Preheat the oven to 350 F
2. Take 5 large garlic heads (elephant garlic or other fresh chunky garlic - check your farmers market!)
3. Peel just the outer dry layer, keeping the clove “shells” intact
4. With a sharp chef’s knife, chop off the very tops of the garlic heads, opening up the cloves
5. Drizzle with olive oil and sprinkle with salt
6. Roast on the middle rack for 30 minutes
7. Take out and let cool. The garlic will be fragrant, soft and silky, you can squeeze it directly from the skin through the opening on top.

Serving options:

- Mix this luscious condiment into the simple *Aglio e Olio* pasta sauce with red pepper flakes, parsley and olive oil.
- Stir it into soups.
- Spread on bread.
- Mix with scrambled eggs.
- Rub onto steak or chicken after grilling.



Spinach Lasagna Roll Ups

Prep Time: 15 minutes

Cook Time: 45 minutes

Total Time: 1 hours

Ingredients:

- 1 pound lasagna noodles
- 15 ounces ricotta
- 1 cup mozzarella, shredded
- ¼ cup grated Parmesan
- 1 large egg
- 10 ounces frozen spinach
- 2 ½ cups marinara sauce
- salt and pepper to taste
- non-stick spray, as needed



Directions:

1. Get a large pot of water boiling with a dash of salt. When it comes to a full boil, add the lasagna noodles and cook until al dente (soft but not soggy... about 12-15 minutes). When they are finished cooking, drain in a colander.
2. While the noodles are boiling, prepare the filling. Thaw the package of frozen spinach in the microwave and then squeeze out as much excess liquid as possible. Combine the spinach in a bowl with the ricotta, mozzarella, parmesan, egg, freshly grated pepper and about 1/4 tsp of salt. Mix until well combined.
3. When the noodles and filling are ready to go, preheat the oven to 400 degrees. Prepare a glass casserole dish by spraying with non-stick spray.
4. On a clean surface, lay out a few noodles at a time. Place a few tablespoons of filling on each noodle and spread to cover from edge to edge. The filling does not need to be thick because once the noodle is rolled up, it will be compounded. Make sure to spread it all the way to the edges of the noodles.
5. Roll the noodles up and place in the prepared casserole dish. Repeat until all of your filling is gone (there may be some noodles leftover, these are “back ups” in case any of the others rip during assembly). Pour the marinara sauce over the rolled noodles making sure to cover all surfaces. The sauce will keep the noodles hydrated and soft while baking.
6. Cover the dish in foil and bake for 30 minutes. Serve hot or divide into individual portions and refrigerate.



Strawberry Basil Cremesicles

Yields: +/- 6, depending on mold size

Ingredients:

- 2 cups fresh strawberries
- 1 14-ounce can full fat coconut milk
- 2 tablespoons maple syrup or another sweetener
- 10 to 15 fresh basil leaves

Directions:

1. Place all the ingredients into a blender and blend until smooth.
2. Taste and add more basil or sweetener, if desired.
3. Pour into ice cream molds, add ice cream sticks and freeze for 4 to 6 hours, or until firm.





Taco Soup

Method: Pressure cooker - you can also cook in a slow cooker or stovetop

Prep Time: 15 minutes

Cook Time: 13 minutes (if using pressure cooker, plus the time it takes to reach & then release pressure)

Yields: 6-8 servings

Ingredients:

- 1 package meatless beef crumbles
- 3 tablespoons taco seasoning mix
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 packet ranch dressing mix (optional)
- 4 cups vegetable broth
- 1 10-ounce can Rotel
- 1 14-ounce can black beans, rinsed & drained
- 1 14-ounce can garbanzo beans, rinsed & drained
- 1 14-ounce can red kidney or pinto beans, rinsed & drained
- 1 14-ounce can diced tomatoes w/juice
- 1 chopped red onion
- 1 sliced bell pepper
- 1 chopped habanero or jalapeño pepper (optional)

Optional garnishes:

- Greek yogurt
- Shredded cheese
- Tortilla chips
- Avocado, diced
- Red onion, sliced
- Jalapeño, sliced

Directions:

1. Slice/chop the bell pepper, red onion, and habanero or jalapeño pepper so that you have a desired amount.
2. Turn the pressure cooker on to the Sauté setting. Add desired amount of meatless beef crumbles (1-2 cups). Cook for a few minutes until warmed through.
3. Add 3 tbsp taco seasoning, 1 tsp garlic powder, ½ tsp onion powder, ½ tsp salt, & ½ tsp pepper. Stir until crumbles are well coated.
4. Add the ranch packet, if using, 10 oz can of Rotel & 4 cups of vegetable broth. Stir and place a glass lid on top to help broth heat up faster. Once broth is at a slow simmer, add all of the beans (14 oz can black beans, 14 oz can garbanzo beans & 14 oz can red kidney or pinto beans) and stir well.
5. Add the 14 oz can of diced tomatoes, but don't stir. Place the lid on the pot and lock in place. Turn the steam release knob to the Sealing position.

6. Cancel the Sauté setting and then press the Pressure Cook/Manual button (or dial) and the + or – button (or dial) to choose six minutes. The pot will take several minutes to build up the pressure before the timer starts.
7. When the cooking cycle has finished, let the pot sit undisturbed for 15 minutes. Then do a controlled Quick Release of the pressure by turning the knob towards the Venting position in short bursts (use a wooden spoon handle to give yourself some distance from the releasing steam). When you feel confident that no soup will spew out w/the steam, open the knob all the way.
8. When the pin in the lid drops down, you can open the lid facing away from you. Give the soup a stir, carefully as there could be some hot steam pockets.
9. Taste and adjust salt, if needed.
10. Serve w/any garnishes you like or even over rice!

Adapted from Sandy Clifton's recipe on www.simplyhappyfoodie.com by Morgan Radick



Thai Pra Ram Tofu

***Contains peanuts**

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

- 1.5 cups fresh spinach leaves, roughly chopped
- 14 ounces firm tofu

Sauce:

- ½ cup + 2 tablespoons natural creamy peanut butter
- 3-4 teaspoon pure maple syrup
- ¼ cup rice vinegar
- 2 tablespoons fresh cilantro, finely chopped
- 3 cloves of garlic, minced
- 1-2 tablespoons tamari, or soy sauce
- 1 teaspoon crushed red pepper
- ¼ - ½ cup warm water



Instructions:

To Prepare the Tofu:

1. Cut the block of tofu in half. Place each half in 2 clean paper towels one at a time and gently press/squeeze to remove excess stored liquid (without breaking up the tofu).
2. Cut the tofu into 1/2-inch cubes and pan fry on medium-high heat with 1 ½ tablespoons cooking oil.
3. Mix and turn frequently until all the water is burned off and the tofu is lightly golden brown on most sides (be sure not to burn the tofu). If you find that the tofu is sticking to the pan, add a little more oil. Set aside.
4. While the tofu is cooking, continue on to prepare the peanut sauce.

To Prepare the Peanut Sauce:

1. Whisk all the ingredients listed for peanut sauce, adding the warm water last. Combine with a spoon until the peanut butter is well blended.
2. In a wok or large non-stick skillet, combine pan-fried tofu, chopped spinach, and prepared peanut sauce. Mix together on low-medium heat for 5-10min until the spinach is slightly cooked and the tofu has time to marinate in the sauce.
3. Be careful not to let the sauce simmer and start to thicken too much. You can stir in a small amount of water if needed.
4. Serve hot over cooked rice, quinoa, or fresh spinach for a lighter version.

By Anjali Lalani



Tomato, Basil, Avocado, Mozzarella Salad with Balsamic Glaze Dressing

***I use all ingredients from the Gilbert Farmer's market vendors who are listed below next to the ingredients, as the season allows.**

Ingredients:

Salad:

- ½ pound red grape or cherry tomatoes, halved (2 cups) - Blue Sky, Steadfast Farms and Crooked Sky Farms
- ½ pound yellow grape or cherry tomatoes, halved (2 cups) - Blue Sky, Steadfast Farms and Crooked Sky Farms
- 2 avocados, diced - Blue Sky, Steadfast Farms and Crooked Sky Farms
- 8 ounces small fresh mozzarella cheese balls or chopped mozzarella - Fiscalini Cheese Company
- ½ cup fresh basil, chopped - Steadfast farms

Dressing:

- ¼ cup olive oil - Gilbert Olive Oils or Queen Creek Olive Mill
- ¼ cup balsamic vinegar - Gilbert Olive Oils or Queen Creek Olive Mill
- 3 tablespoons honey, warmed - Sun Valley Bees
- salt to taste - Go LB. Salt

Instructions:

1. In a large bowl, combine all salad ingredients, except Mozzarella cheese balls. That is, combine halved red and yellow grape or cherry tomatoes, diced avocado, chopped basil.
2. In a small bowl, combine all dressing ingredients: whisk olive oil, balsamic vinegar and honey until nice and smooth. Add the salad dressing to the large bowl with salad, sprinkle with a small amount of salt, and toss to combine. Taste and season with salt, if needed. Add Mozzarella cheese balls on top only at this point - so that they do not brown from the dressing.

Optional:

You can also purchase the Balsamic Glaze in most stores in the Italian or condiments aisle if you are short ingredients or time.

You can add chickpeas, take out the avocado and substitute a dressing you like.



Tomato, Cucumber, & Feta Salad

Ingredients:

- 1 pound Roma tomatoes (4 medium) chopped
- 1 English cucumber or 4 small garden cucumbers sliced
- 6 ounces feta cheese large crumbles or diced is best
- 1 small red onion sliced
- ¼ cup cilantro (¼ bunch) chopped

Dressing:

- 2 tablespoon extra-virgin olive oil
- 2 tablespoon fresh lemon juice from 1 medium lemon
- 2 garlic cloves pressed
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon ground cumin

Directions:

1. In a small bowl, stir together dressing ingredients: 2 tbsp olive oil, 2 tbsp lemon juice, pressed garlic cloves, ¼ tsp salt, ¼ tsp pepper, and ¼ tsp cumin
2. In a large mixing bowl, add prepared salad ingredients: chopped tomatoes, sliced cucumber, feta cheese crumbles, sliced red onion, and ¼ cup chopped cilantro
3. Just before serving, drizzle with dressing and toss to combine. Season to taste with salt if desired.

By Suzanne Harbort





Vegetable Minestrone Soup

Prep time: 5 minutes

Cook time: 25 minutes

Total time: 30 minutes

Ingredients:

- 2 tablespoons water (or sub oil)
- ½ medium white or yellow onion (diced)
- 3 cloves garlic* (minced)
- 2 large carrots (peeled and sliced into thin rounds)
- 1 ½ cups green beans (trimmed // roughly chopped)
- ¼ teaspoon each sea salt & black pepper (plus more to taste)
- 1 small zucchini (sliced into 1/4-inch rounds)
- 1 15-ounce can diced fire-roasted tomatoes
- 6 cups vegetable broth (*DIY* or store-bought)
- 2 teaspoons dried basil (or sub 1 Tbsp fresh per 2 tsp dried)
- 2 teaspoons dried oregano (or sub 1 Tbsp fresh per 2 tsp dried)
- 1 tablespoon nutritional yeast
- 1 pinch red chili pepper flake (*optional*)
- 1 tablespoon coconut sugar (or other sweetener to taste)
- 1 15-ounce can white beans or chickpeas (rinsed + drained)
- 2 cups gluten-free pasta noodles* (I like Trader Joe's Gluten-Free Fusilli)
- 1 cup kale or spinach (or other green // roughly chopped)



Directions:

1. Heat a large pot or Dutch oven over medium heat. Once hot, add water, onion, and garlic and stir. Cook for 3 minutes, stirring occasionally.
2. Add carrots and green beans and season with salt and pepper. Stir and cook for 3-4 minutes, stirring occasionally, until vegetables have softened slightly and have some color.
3. Add zucchini, fire-roasted tomatoes, vegetable broth, basil, oregano, nutritional yeast, red pepper flake (*optional*), coconut sugar, and beans. Stir to coat.
4. Increase heat to medium-high and bring soup to a strong simmer. Then reduce heat slightly to medium-low until the soup is simmering but not boiling. Add pasta and stir. Cook for 10 minutes, stirring occasionally, reducing heat if needed to keep the soup at a simmer.
5. Reduce heat to low and simmer for 4-5 minutes, stirring occasionally. Taste soup and adjust seasonings as needed, adding coconut sugar to balance the flavors (*optional*). I added more dried basil, oregano, and salt.
6. Add kale or spinach (or other green) and stir. Cook for another 3-4 minutes to wilt the kale and allow the flavors to meld together. Turn off heat and let rest for a few minutes before serving.
7. To serve, divide soup between serving bowls and garnish with fresh herbs and vegan parmesan cheese (*optional*).
8. Store leftovers in the refrigerator up to 3-4 days or the freezer up to 1 month. Be careful not to overheat the soup when warming leftovers, as the pasta is tender once cooked and will get mushy if overcooked.

By Diana Harbort



Wendy's Frost-e (copycat recipe)

***You'll need an ice cream maker for this recipe**

Ingredients:

- 14-ounce can Light Coconut Milk
- ¼ cup sugar
- 2 tablespoons chocolate hazelnut spread (Nutella has trace dairy products, vegan alternatives are available)
- 1 tablespoon cocoa powder
- 1 teaspoon vanilla bean paste or extract
- Pinch of salt

Directions:

1. Whisk all ingredients thoroughly
2. Add to ice cream maker to mix for 15-20 minutes to form Frosty-like consistency
3. Freeze anything you don't eat in a Tupperware container – it will get firm but still be delicious!

Optional:

Make it spicy by adding 1 teaspoon cinnamon and ½ teaspoon cayenne (increase for more heat).

White Beans with Fennel & Leeks

Ingredients:

- 2 tablespoons olive oil
- 1 large or 2 small leeks
- 1 large or 2 small fennel bulbs with fronds
- 1 shallot
- 1 ½ teaspoons crushed red pepper (or to taste)
- 4 cloves garlic, finely minced
- 6 anchovy filets (canned) with oil
- 2 cups cooked and drained white beans (see recipe to cook your own from dry)
- Splash of white wine
- 1 cup of water
- 1 teaspoon salt (or to taste)
- Parsley

Directions:

To boil beans:

1. Soak 1 cup of beans overnight (or double and add them to a soup later!). You need at least an inch of water above the beans as they will expand drastically
2. The next day, put them on the stove without draining, add another cup of water.
3. Bring to boil and reduce the heat to medium.
4. Cover and let cook for 30 minutes. After 30 minutes, try. Add more hot water if needed, ½ cup at a time.
5. When the beans are tender but not mushed, turn off the heat, add 1 ½ teaspoons of salt, cover and let cool.

Recipe:

1. In a Large high-sided skillet on medium heat add olive oil and add the sliced fennel. After about 6 minutes or so add the leek “coins”, crushed red pepper, and thyme. Continue to cook on medium heat, stirring to make sure nothing sticks to the bottom of the pan. You will be lightly caramelizing the fennel, so it may take up to 15 more minutes.
2. When the fennel and onion are lightly brown and softened, deglaze the pan with a splash of white wine.
3. Add garlic cloves and chopped anchovies and sauté for another minute or two until the anchovies “melt” into the sauce.
4. Add the cooked white beans and salt along with ¾ cup of water and simmer for 5 minutes, stirring frequently. Garnish with parsley and freshly ground black pepper and serve with white jasmine rice or over spaghetti squash “pasta.”

Notes:

This is a recipe I came up with after getting 1 fennel bulb with gigantic fronds and 1 leek from my CSA box. If I had more, I would have made potato leek soup. But I had only 1 of each, so I tried this, and now it’s one of my favorite meat-free lunches ever! Hack: try it over spaghetti squash “pasta” or rice!



Zucchini Bread

Ingredients:

- $\frac{3}{4}$ cup egg or egg substitute
- 1 cup oil
- 2 cup sugar
- 2 cup grated zucchini
- 3 teaspoons vanilla
- 3 cup flour
- 1 teaspoon baking soda
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking powder
- 3 teaspoons cinnamon

Directions:

1. Using low speed of mixer, combine egg, oil, sugar, zucchini and vanilla
2. In a separate bowl, combine remaining ingredients
3. Gradually add to zucchini mixture
4. Pour in 2 greased loaf pans and bake at 350 degrees for 1 hour

Optional:

- I also like to add some finely chopped carrot to the recipe.
- May also stir in 1 C raisins before putting into loaf pans.