



## *Vegetarian Recipes*



**HUMBER**

Office of Sustainability

# Breakfast

## Bran Muffins - Whole Wheat Pastry Flour, Buttermilk, Maple Syrup

*Makes 12 muffins*

### Ingredients:

- 2 large eggs, slightly beaten
- 1 cup/240 ml buttermilk or plain yogurt
- ½ cup/120 ml barely melted unsalted butter
- ½ cup/ 60 ml maple syrup
- ½ cup /.75 oz. /20 g unprocessed wheat bran or oat bran
- ½ cup/ 4 oz. / 115 g plain, unsweetened bran cereal
- 1 cup/ 4 oz. / 115 g whole wheat pastry flour
- ¼ cup/ 1.25 oz. /35 g natural cane sugar
- 1 tsp baking soda
- 1 tsp aluminum-free baking powder
- 1 tsp fine-grain sea salt



### Instructions:

Preheat the oven to 400 F/205 C with a rack in the middle of the oven. Generously butter a standard 12-cup muffin pan.

In a large bowl, whisk together the eggs, buttermilk, melted butter, and maple syrup. Sprinkle the bran cereal across the top, stir, and allow the mixture to sit for 5 minutes.

In the meantime, in a separate small bowl, whisk together the flour, sugar, baking soda, baking powder, and salt. Sprinkle the dry ingredients over the top of the wet and stir until just combined. Immediately fill each muffin cup three-quarters full.

Bake for 18-22 minutes, until the edges of the muffins begin to brown and the tops have set. Let cool for 5 minutes in the pan, then turn the muffins out of the pan to cool completely on a wire rack.

*Recipe and picture by Heidi Swanson, Super Natural Everyday (2011)*

## *Appetizers*

### **Warm Mushroom Salad with Cranberries**

*Serves 4 – Active Time: 20 minutes – Total time: 20 minutes*



#### **Ingredients:**

- 1 tsp olive oil
- 2 cloves garlic, minced
- ½ pound chanterelle mushrooms, sliced ¼ inch thick (see note)
- ¼ tsp salt
- ¼ tsp dried thyme
- Freshly ground black pepper
- 16 ounces mache greens
- ½ cup dried sweetened cranberries

#### **Instructions:**

Preheat a large pan over medium heat. Sauté the garlic in oil for about 30 seconds, then add the mushrooms, salt, pepper, thyme, and a splash of water. Cover the pan to make some of the moisture release from the mushrooms, about 3 minutes. Remove the cover and sauté for about 5 more minutes, flipping often, until the mushrooms are tender.

Remove from heat.

In a large mixing bowl, toss together the greens and cranberries. Drizzle in any dressing and use tongs to coat thoroughly. Divide among four plates and top with warm mushrooms. Serve immediately.

*Recipe by Isa Chandra Moskowitz, Appetite for Reduction (2011)*

*Picture source: <http://www.recipelion.com/Thanksgiving-Recipes/33-Thanksgiving-Salad-Recipes>*

## Catalan Couscous Salad with Pears

*Serves 4 – Active Time: 20 minutes – Total Time: 20 minutes*

### Ingredients:

- 1/3 cup silvered almonds
- 2 cup cooked whole wheat couscous, cooled
- 4 cups baby spinach
- 1 thinly slices Anjou pear (or any ripe pear)



### Instructions:

First toast the almonds. Preheat a small, heavy-bottomed pan over medium heat. Toss in the almonds and toast them, stirring often, for about 5 minutes. They should be varying shades of toasty brown and smell nutty and delicious.

In a large mixing bowl, toss together the couscous, spinach, and pears. Add the dressing and toss to coat. Divide among four plates and top with the roasted almonds.

*Recipe by Isa Chandra Moskowitz, Appetite for Reduction (2011)*

*Picture source: <http://i-eat-vegan.blogspot.ca/2013/01/catalan-couscous-salad-w-pears-romesco.html>*

## Kale Salad - Toasted Coconut & Sesame Oil

*Serves 4*

### Ingredients:

- 1/3 cup/ 80 ml extra virgin olive oil
- 1 tsp toasted sesame oil
- 2 tsps shoyu, tamari, or soy sauce
- 3 ½ lightly packed cups/ 3.5 oz. / 100 g chopped kale, stems trimmed, large ribs removed
- 1 ½ cups/ 3 oz/ 85 g unsweetened large-flake coconut
- 2 cups/ 9 oz. / 255 g cooked farro or other whole grain (optional)



### Instructions:

Preheat the oven to 350 F/ 180 C with two racks in the top third of the oven. In a small bowl or jar, whisk or shake together the olive oil, sesame oil, and shoyu. Put the kale and coconut in a large bowl and toss well with about two-thirds of the olive oil mixture.

Spread the kale evenly across two baking sheets. Bake for 12 to 18 minutes, until the coconut is deeply golden brown, tossing once or twice along the way. If the kale mixture on the top baking sheet begins to get too browned, move it to the lower rack.

Remove from the oven and transfer the kale mixture to a medium bowl. Taste. If you feel it needs a bit more dressing, add some and toss. Place the farro on a serving platter and top with the tossed kale. Serve warm.

*Recipe by Heidi Swanson, Super Natural Everyday (2011)*

*Picture source: <http://www.gimmesomeoven.com/kale-salad-warm-cranberry-vinaigrette-recipe/>*

## Vegan Rice Paper Rolls



*Serves 2 – Prep Time: 10 minutes – Total Time: 10 minutes*

### Ingredients:

5 sheets Vietnamese Rice Paper (vegan)

1 large Carrot, Julienned

1 small Cucumber, Julienned

½ an Avocado, cut into slices

Small bunch Thai Basil

2 ounces Tofu, cut into strips (we use Satay flavored Tofu)

½ cup mixed Salad Leaves

1 Red Chilli, de-seeded and cut into thin strips

Hoisin Peanut Dipping Sauce (\$2.99 approximately at grocery store)

### Instructions:

Prepare a large bowl of hot water to soften rice paper in. Working one at a time, submerge rice paper into hot water (be careful!) for about 5-10 seconds, or until it is just starting to soften. Don't soak it for too long or it'll tear to bits.

Place a small bed of salad leaves in the middle of the softened rice paper, and then top with small amounts of every other ingredient. Although tempting, try not to over-fill the rolls as it will make it hard to roll up.

Roll rice paper roll up, egg-roll style. (Bottom up, sides in, and roll to close).

Serve with hoisin peanut sauce at the side. Rice paper rolls are best eaten fresh.

Recipe by Levan @ Crazy Vegan Kitchen, March 19, 2015, <http://www.crazyvegankitchen.com/vegan-rice-paper-rolls/>



## Main Course

### Trattoria Pasta Salad with White Beans

*Serves 6 – Active Time: 20 minutes – Total Time: 30 minutes*

#### Ingredients:

8 ounces shell-shaped brown rice pasta  
1 (15-ounce) can great northern beans, drained and rinsed  
4 cups arugula  
1 small red onion, sliced thinly  
½ cup chopped roasted red pepper  
¼ cup pitted Kalamata olives, chopped in half  
Salt, Freshly ground black pepper



#### Instructions:

First, cook the pasta al dente in salted water according to the package directions. Drain in a colander and rinse with cold water, then place in the fridge to cool completely.

Once the pasta has cooled, toss all the ingredients together in a large mixing bowl. Keep chilled until ready to eat.

*Recipe by Isa Chandra Moskowitz, Appetite for Reduction (2011)*

*Picture source: <http://www.theppk.com/2010/06/trattoria-pasta-salad/>*

### Everyday Chickpea-Quinoa Salad

*Serves 4 – Active Time: 10 minutes – Total Time: 10 minutes*

#### Ingredients:

2 cups cooked, cooled quinoas  
1 small red onion, sliced thinly  
4 cups chopped romaine lettuce  
1 (15-ounce) can chickpeas, drained and rinsed  
Optional add-ins: roasted garlic, shredded carrot, sprouts, fresh basil

#### Instructions:

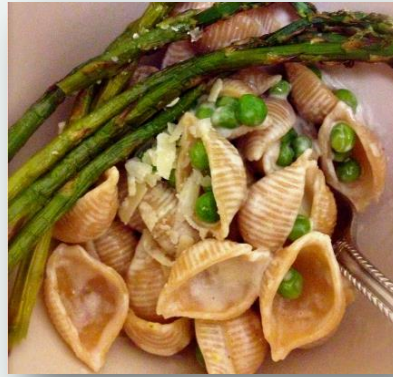
In a large mixing bowl, mix all the salad ingredients together. Add the dressing and toss to coat. Keep chilled in a tightly sealed container for up to 3 days.

*Recipe by Isa Chandra Moskowitz, Appetite for Reduction (2011)*

*Picture source: <http://www.loveandlemons.com/lemon-walnut-quinoa-chickpea-salad/>*



## Sweet Peas and Shells Alfredo



*Serves 2 generously or 4 petite*

### Ingredients:

- ½ pound (225 grams) dried small pasta shells, regular, whole wheat, or if you're a poor planner, a mix
- 1 cup (455 grams) fresh shelled peas (from about 1 pound in the pod)
- 1 cup (240 ml) heavy cream
- 3 tbsp (40 grams) unsalted butter
- Freshly ground black pepper
- 1 tsp finely grated fresh lemon zest
- 1 cup (115 grams) finely grated Parmesan cheese
- 2 tbsp chopped fresh flat-leaf parsley

### Instructions:

Bring a large pot of salted water to boil. Add the pasta, and cook according to package instructions. Add peas to cook during the last 30 seconds of pasta cooking time. Reserve ½ cup pasta cooking water, and set aside. Drain the pasta and the peas together.

Dry out the pasta pot, and pour in the heavy cream. Bring the cream to a simmer, and cook it until slightly reduced, about 4 minutes, stirring frequently. Add the butter, and stir it until it has melted. Generously season the sauce with freshly ground black pepper; add a pinch of salt as well as the lemon zest. Add ¾ cup of Parmesan, and stir it until the sauce is smooth; then toss in the drained pasta and peas. Cook the pasta in sauce for 2 minutes, until the sauce has slightly thickened. Add the reserved pasta water by the spoonful if needed to loosen the sauce.

Divide the pasta among bowls. Garnish with remaining Parmesan and the flat-leaf parsley.

*Recipe by Deb Perelman, The Smitten Kitchen Cookbook (2012)*

*Picture source: <https://figsinmybelly.com/2013/05/09/peas-and-shells-alfredo/>*





## Little Quinoa Patties – Parmesan, Garlic, Herbs

*Makes 12 little patties*

### Ingredients:

2 ½ cups/ 12 o/340 g cooked quinoa  
4 large eggs, beaten  
½ tsp fine-grain sea salt  
1/3 cup/ .5oz/ 15 g finely chopped fresh chives  
1 yellow or white onion finely chopped  
1/3 cup/ .5 oz. /15 g freshly grated Parmesan cheese  
3 cloves garlic, finely chopped  
1 cup/3.5 oz. /100 g whole grain bread crumbs, plus more if needed  
Water, if needed  
1 tbsp extra-virgin olive oil or clarified butter



### Instructions:

Combine the quinoa, eggs, and salt in a medium bowl. Stir in the chives, onion, cheese, and garlic. Add the bread crumbs, stir, and let sit for a few minutes so the crumbs can absorb some of the moisture. At this point, you should have a mixture you can easily form into twelve 1-inch/2.5 cm thick patties. I err on the very moist side because it makes for a not-overly-dry patty, but you can add more bread crumbs, a bit at a time, to firm up the mixture, if needed. Conversely, a bit more beaten egg or water can be used to moisten the mixture.

Heat the oil in a large, heavy skillet over medium-low heat, add 6 patties, if they'll fit with some room between each, cover, and cook for 7-10 minutes, until the bottoms are deeply browned. Turn up the heat if there is no browning after 10 minutes and continue to cook until the patties are browned.

Carefully flip the patties with a spatula and cook the second sides for 7 minutes, or until golden. Remove from the skillet and cool on a wire rack while you cook the remaining patties. Alternatively, the quinoa mixture keeps nicely in the refrigerator for few days; you can cook patties to order, if you prefer.

*Recipe by Heidi Swanson, Super Natural Everyday (2011)*

*Picture source: <http://sevenspoons.net/blog/2011/4/7/heidi-well-done.html>*

## Farro Soup - Curry Powder, Lentils, Salted Lemon Yogurt



*Serves 8*

### Ingredients:

2 tbsps extra-virgin olive oil, plus more serving  
2 large onions, chopped  
1 cup/ 34.5 oz. / 125 g peeled and diced sweet potato or winter squash  
Fine-grain sea salt  
1 tbsp plus, 2 tps Indian curry powder  
2/3 cup/ 4.5 oz. / 125 g whole or semi-pearled farro, rinsed  
6 to 7 cups/1.4 to 1.7 liters vegetable broth or water  
1 cup/ 8 oz. / 225 g plain yogurt or Greek-style yogurt  
Grated zest and juice of ½ lemon

### Instructions:

Heat the oil in a large soup pot over medium-high heat. Stir in the onions and sweet potato. Add a big pinch of salt and sauté until the onions soften a bit, a couple of minutes. Add the curry powder and stir until the onions and sweet potatoes are coated and the curry is fragrant, a minute or so. Add the farro, lentils, and 6 cups/1.4 liters of the broth. Bring to boil, decrease the heat to a simmer, cover, and cook for 50 minutes, or until the farro and lentils cooking time is about 25 minutes.) Taste and season with more salt if needed; how much you'll need depends on the saltiness of your broth. Don't under-salt; the soup will taste flat.

While the soup is cooking, in a small bowl, stir together the yogurt, lemon zest and juice, and about ¼ tsp of salt. Serve each bowl of soup topped with a dollop of lemon yogurt and a drizzle of olive oil.

*Recipe by Heidi Swanson, Super Natural Everyday (2011)*

*Picture source: <http://sparrowsandspatulas.blogspot.ca/2011/11/heidis-farro-soup-with-curry-powder.html>*

## White Bean Spread – Rosemary & Toasted Almonds

*Makes about 2 cups/ 16 oz/ 450 g*

### Ingredients:

- ¼ cup/ 60 ml extra-virgin olive oil
- 1 tsp chopped fresh rosemary
- 1 clove garlic, finely chopped
- 2 cups/ 12 oz/ 340 g cooked white beans or 1 (15-ounce/ 425 g) can, rinsed and drained
- ¾ cup/ 2.5 oz/ 70 g sliced almonds, toasted
- Fine-grain sea salt
- 1 tbsp fresh lemon juice, plus more if needed
- ¼ to ¾ cup/ 60-180 ml hot water
- Grated zest of ½ lemon



### Instructions:

In a small saucepan, combine the olive oil, rosemary, and garlic. Over medium-low heat, slowly warm the mixture until the oil just barely starts to sizzle, 1 to 2 minutes. Remove from the heat and set aside for 10 minutes. Pour the oil through a strainer and discard the garlic and rosemary bits.

In a food processor, combine the beans, two-thirds of the almonds, a scant ½ tsp salt, the lemon juice, and two-third of the rosemary oil. Pulse a couple of times to bring the ingredients together.

Add water at a time, pulsing all the while, until the mixture is the consistency of thick frosting. The amount of water depends on how starchy the beans are and how thick you would like the spread to be. Taste and adjust with more lemon juice or salt, if needed.

Scoop the spread into a small serving dish and make a few indentation in the top. Sprinkle with the lemon zest and the remaining almonds, and drizzle with the remaining rosemary oil.

*Recipe by Heidi Swanson, Super Natural Everyday (2011)*

*Picture source: <http://foodnouveau.com/recipes/appetizers/white-bean-spread-with-rosemary-and-toasted-almonds/>*

## Vegan Cauliflower Quinoa Meatballs

*Prep Time: 30 minutes – Cook time: 15 minutes – Total time: 45 minutes*

*Serves 20-24 meatballs*



### Ingredients:

- 1 cup uncooked quinoa
- 2 cups water
- 1 cauliflower head
- 2 garlic cloves
- $\frac{3}{4}$  cup gluten free breadcrumbs (optional)
- 2 tsp dried parsley
- $\frac{1}{2}$  tsp dried oregano
- 1 tbsp Italian seasoning

### Instructions:

Preheat oven to 375 °

Cook quinoa according to instructions on the package (over stovetop with water); at the same time, cook cauliflower in a separate pot over stovetop until soft.

Once quinoa is done, set it aside; once cauliflower is done, put it in the food processor, along with the garlic, and pulse for around 10 seconds until cauliflower is mashed.

Remove mixture and place in large bowl, stir in the quinoa

Add breadcrumbs, flour, parsley, oregano, and Italian seasoning and stir by hand. Place bowl in the fridge for 10-15 minutes, allowing mixture to cool off and harden a bit.

Using your hands, roll mixture into meatballs. The size is up to you.

Once all of the meatballs are formed, heat a bit of olive oil in a large skillet and place meatballs in skillet. Cook until slightly golden brown on all sides. Turn the meatballs slowly and gently, as they may fall apart.

Transfer the meatballs to a baking sheet and bake for 15 minutes or until they are firm.

Remove from the oven and enjoy!

Recipe by The Almond Eater at <http://thealmondeater.com/2015/04/vegan-cauliflower-quinoa-meatballs/>

## Red Lentil Carrot Soup

*Prep time: 10 minutes – Cook time: 30 minutes – Total time: 40 minutes*

*Serves 8 cups*

### Ingredients:

- 2 tbsps Oil (Olive, Sesame, Canola, etc.)
- 1 White Onion (finely diced)
- 1 tsp grated fresh Ginger
- 2 cloves Garlic (minced)
- 4 tbsps Red Curry Paste (preferably low sodium)
- 1½ cups grated Carrots (roughly 1 large carrot or 2 smaller)
- 1 Red Bell Pepper (diced)
- 2 tomatoes (diced)
- 1 cup uncooked Red Lentils (rinsed with cold water)
- 4 cups Water
- 1 tbsp Lime Juice
- ¾ cups Coconut Milk

### Instructions:

Heat oil over medium heat in a large stock pot.

Add onion and ginger and cook for 2-3 minutes.

Add garlic and red curry paste and cook 2-3 minutes until garlic becomes fragrant.

Stir in grated carrot, bell pepper, and tomatoes. Cover and cook over medium heat for 5-10 minutes, stirring occasionally.

Add lentils and water to stock pot and bring to a boil. Reduce heat and simmer for 15 minutes until lentils become tender.

Stir in coconut milk and lime juice. Bring to a quick boil and serve.

Garnish with chopped basil, vegan yogurt, whipped coconut cream, and/or red pepper flakes.



Recipe by Vanessa at <http://www.veganfamilyrecipes.com/red-lentil-carrot-soup/>

## Dessert/Snack

### "Four-fourths" Pistachio Cake



#### Ingredients:

- 5 eggs
- Flour and sugar (each equal in quantity to the eggs)
- 1 cup pistachios
- 6 oz (blanched and sieved) spinach
- $\frac{3}{4}$  cup butter
- 1 tsp cream of tartar

#### Instructions:

Blend the yolks with the sugar for 15 minutes and then add the melted butter and flour, continuing to stir and gradually adding  $\frac{3}{4}$  of the pistachios (peeled and diced).

Add the sieved spinach, the stiffly beaten egg whites, and last of all the baking soda and cream of tartar.

Bake at 350 ° in a buttered mold that has been lined with wax paper. When done, remove from the mold and cover with a sugar glaze. Sprinkle with the remaining chopped pistachios, and put it in the oven briefly to dry out.

*Recipe by Enrico Alliata, the Duke's Table (2013)*

*Picture source: <http://chocolateandzucchini.com/recipes/cakes-tarts/pistachio-pound-cake-recipe/>*

### Mocha Cake



#### Ingredients:

- 1  $\frac{1}{2}$  cup butter
- 4 egg yolks
- $\frac{3}{4}$  cup sugar
- 10 oz sponge cake
- $\frac{1}{2}$  cup strong black espresso coffee

#### Instructions:

Amalgamate the sugar with the egg yolks for 1 minutes, then slowly add the softened butter and some of the coffee, stirring continuously. Cover the bottom of a broad shallow pan with slices of sponge cake, and cover the sides to a height of 1 inch. Put a quarter of the butter and egg mixture aside, and pour the remainder on the sponge, putting another layer of sponge cake on top, sprinkled with coffee.

Let stand for a few hours and turn out onto a cake plate; cover with the rest the butter and egg cream and garnish with toasted coffee beans.

*Recipe by Enrico Alliata, the Duke's Table (2013) | Picture source: <https://www.verybestbaking.com/recipes/138676/mocha-buttercream-chocolate-espresso-cake/>*



## Tres leches rice pudding



*Serves 8*

### **Ingredients:**

1 cup (180g) long-grain white rice

$\frac{3}{4}$  tsp table salt

One 12-ounce can (1  $\frac{1}{2}$  cups or 355 ml) evaporated milk

One 13.5-ounce can (1  $\frac{7}{8}$  cups or 415 ml) unsweetened coconut milk

One 14-ounce can (1  $\frac{3}{4}$  cups or 390 g) sweetened condensed milk

1 tsp vanilla extract

1 cup (240 ml) heavy or whipping cream, chilled

1 tbsp confectioners' sugar

Ground cinnamon, to finish

### **Instructions:**

Cook the rice: put the rice, 2 cups of water, and the salt in a medium saucepan with a tight-fitting lid. Bring to a boil – you should hear the pot going all aflutter under the lid and puffing steam out the seam. Reduce to a low simmer, and let the rice cook for 15 minutes, until the water is absorbed. Remove the rice pot from the heat.

Once the rice is cooked, whisk the egg in a medium bowl, and then whisk in the evaporated milk. Stir the coconut and sweetened condensed milks into the rice, then add the egg mixture. Return the saucepan to heat and cook the mixture over medium-low heat until it looks mostly, or about 90 percent, absorbed (the pudding will thicken a lot as it cools), about 20-25 minutes. Stir in the vanilla extract, then divide the pudding among serving dishes. Keep the puddings in the fridge until fully chilled, about 1 to 2 hours.

To serve: Whip the heavy cream with the confectioners' sugar until soft peaks form. Dollop a spoonful of whipped cream on top of each bowl of rice pudding, dust with ground cinnamon, then enjoy!

*Recipe and picture by Deb Perelman, The Smitten Kitchen Cookbook (2012)*

# Healthy Smoothies

## Basic Banana and Broccoli Smoothie

- 2 large bananas, peeled
- 2 cups frozen broccoli, chopped
- 8 ounces of filtered water

*Calories: 152 | Fat: 0.8g (gram) | Protein: 4g | Carbs: 37g | Calcium: 4% | Iron: 1mg | Vitamin A: 22% | Vitamin C: 103%*

*Recipe by Incredible Smoothies at <http://www.incrediblesmoothies.com/recipes/broccoli-nutrition-and-green-smoothie-recipes/>*

## C-Blast Smoothie

- 1 large pink grapefruit, peeled, seeded and cut into chunks
- 1/2 cup (125 mL) crushed pineapple, canned or fresh
- 1/2 cup (125 mL) fresh or frozen strawberries (if using fresh, add 1/4 cup [60 mL] ice for extra froth)
- 1/2 cup (125 mL) non-fat Greek yogurt

*Calories: 159, 7 g protein, 0 g fat (0 g saturated fat), 35 g carbohydrates, 5 g fibre, 0 mg cholesterol, 26 mg sodium.*

*Recipe by Best Health at <http://www.besthealthmag.ca/best-eats/recipes/c-blast-smoothie>*



## Spinach and Strawberry Smoothie

- 1/2 cup (125 mL) low-fat vanilla yogurt
- 2 cups (500 mL) water
- 1 medium banana
- 1 cup (250 mL) sliced strawberries
- 2 cups (500 mL) chopped fresh spinach, lightly packed
- Honey or maple syrup to taste (optional)

*Calories: 120, 5g pro, 2 g fat (1 g sat. fat), 25 g carb, 4 g fibre, 5 mg chol, 75 mg sodium.  
%RDI: 15% calcium, 8% iron, 60% vit A, 100% vit C.*

*Recipe by Best Health <http://www.besthealthmag.ca/best-eats/recipes/spinach-and-strawberry-smoothie/>*





Introducing *ChooseVeg.Ca* – a website with amazing recipes to cater to all of your vegetarian and vegan needs! Having a hard time switching that hamburger to a tofurky sandwich? Well this website has tips and tricks for those beginners who want to make a life style change.

ChooseVeg.ca is versatile in its endless ideas on how to prepare vegan and vegetarian meals for breakfast, lunch, dinner and dessert. Not only are they delicious and meat-free, but its guaranteed to astound your friends and family.

Reasons as to why we should switch to vegetarianism/veganism:

- Animals

Over 8 billion are confined in windowless sheds, tiny barren crates, and filthy wire cages. The vast majority of these animals are mutilated without painkillers, denied veterinary care, and ultimately slaughtered.

- Environment

Switching to a diet free of meat, dairy, and eggs saves more carbon emissions than driving a Prius. *How much more? 50% more!*

- Health

Well-planned plant-based diets are rich in protein, iron, calcium and other essential vitamins and minerals.

*Together, we can help out our furry friends!*

Information and picture by ChooseVeg.ca (2016) <http://www.chooseveg.ca/switchnditch>

