



RECIPES VEGAN DIET

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Amazing Vegan Mac and Cheese

This vegan mac and cheese recipe are incredibly creamy and remarkably cheese-like! You won't believe how delicious dairy-free mac and cheese can be. Recipe yields 2 large or 4 modest servings.

INGREDIENTS

8 ounces whole-grain macaroni elbows
1 head of broccoli, florets cut into small bites (about 1 ½ to 2 cups), optional*
1 ½ tablespoons avocado oil or extra-virgin olive oil
1 small yellow onion, chopped (about 1 ½ cups)
1 cup peeled and grated russet potato (4 ounces, about 1 small or ½ medium potato), preferably organic
3 cloves garlic, pressed or minced
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon dry mustard powder
½ teaspoon fine sea salt, more to taste
Small pinch of Frontier Co-op red pepper flakes
⅔ cup raw cashews**
1 cup water, more as necessary
¼ cup Frontier Co-op nutritional yeast
2 to 3 teaspoons apple cider vinegar or distilled white vinegar, to taste

INSTRUCTIONS

1. Bring a large pot of salted water to boil for the pasta. Cook according to package directions. If using broccoli, stir it into the pot when just 2 to 3 more minutes remain. Drain, and transfer the contents to a large serving bowl.
2. Meanwhile, in a medium-to-large saucepan, warm the oil over medium heat. Add the onion and a pinch of salt and cook, stirring often, until the onion is tender and turning translucent, about 5 minutes.
3. Add the grated potato, garlic, garlic powder, onion powder, mustard powder, salt and red pepper flakes. Stir to combine, and cook, stirring constantly, for about 1 minute to enhance their flavours.
4. Add the cashews and water, and stir to combine. Let the mixture come to a simmer. Continue simmering, stirring frequently and reducing heat as necessary to avoid a rapid boil, until the potatoes are completely tender and cooked through, about 5 to 8 minutes.
5. Carefully pour the mixture into a blender. Add the nutritional yeast and 2 teaspoons vinegar. Blend until the mixture is completely smooth, about 2 minutes, stopping to scrape down the sides if necessary. If the mixture won't blend easily or if you would prefer a thinner consistency, add water in ¼ cup increments, blending after each one.
6. Taste, and blend in additional salt until the sauce is utterly irresistible (I typically add at least another ½ teaspoon). If it needs a little more zip, add the remaining teaspoon of vinegar. Blend again.

7. Pour the sauce into the bowl of pasta. Stir until well combined, and serve immediately. Leftovers keep well, chilled and covered, for 3 to 4 days. Gentle reheat, adding a tiny splash of water if necessary, to loosen up the sauce

Sugar Snap Pea and Carrot Soba Noodles

A healthy, vibrant soba noodle recipe full of fresh springtime produce. Feel free to trade in other seasonal vegetables for the sugar snap peas, like chopped bell pepper. This recipe yields about six servings and the leftovers don't keep particularly well, so halve the ingredients if you're not serving a crowd.

INGREDIENTS

Soba

- 6 ounces soba noodles or spaghetti noodles of choice
- 2 cups frozen organic edamame
- 10 ounces (about 3 cups) sugar snap peas or snow peas
- 6 medium-sized carrots, peeled
- ½ cup chopped fresh cilantro (about 2 handfuls)
- ¼ cup sesame seeds

Ginger-sesame sauce

- ¼ cup reduced-sodium tamari or soy sauce
- 2 tablespoons quality peanut oil or extra-virgin olive oil
- 1 small lime, juiced
- 1 tablespoon toasted sesame oil
- 1 tablespoon honey or agave nectar
- 1 tablespoon white miso*
- 2 teaspoons freshly grated ginger
- 1 teaspoon chili garlic sauce or sriracha

INSTRUCTIONS

1. To prepare the vegetables: Use a chef's knife to slice the peas in half lengthwise (or just roughly chop them). Slice the carrots into long, thin strips with a julienne peeler, or slice them into ribbons with a vegetable peeler.
2. To make the sauce: whisk together the ingredients in a small bowl until emulsified. Set aside.

3. Bring two big pots of water to a boil. In the meantime, toast the sesame seeds: Pour the sesame seeds into a small pan. Toast for about 4 to 5 minutes over medium-low heat, shaking the pan frequently to prevent burning, until the seeds are turning golden and starting to make popping noises.
4. Once the pots of water are boiling: In one pot, cook the soba noodles just until al dente, according to package directions (probably about 5 minutes), then drain and briefly rinse under cool water. Cook the frozen edamame in the other pot until warmed through (about 4 to 6 minutes) but before draining, toss the halved peas into the boiling edamame water and cook for an additional 20 seconds. Drain.
5. Combine the soba noodles, edamame, snap peas and carrots in a large serving bowl. Pour in the dressing and toss with salad servers. Toss in the chopped cilantro and toasted sesame seeds. Serve.

Kale, Black Bean and Avocado Burrito Bowl

A fresh burrito bowl with super flavourful components—lime marinated kale, seasoned black beans, brown rice and avocado salsa Verde. This recipe is both gluten free and vegan.

INGREDIENTS

Brown rice

- 1 cup brown rice, rinsed (short grain/arborio or long grain/basmati recommended)
- ¼ teaspoon salt

Lime marinated kale

- 1 bunch curly kale, ribs removed and chopped into small, bite-sized pieces
- ¼ cup lime juice
- 2 tablespoons olive oil
- ½ jalapeño, seeded and finely chopped
- ½ teaspoon cumin
- ¼ teaspoon salt

Avocado salsa Verde

- 1 avocado, pitted and sliced into big chunks
- ½ cup mild salsa Verde (any good green salsa will do)
- ½ cup fresh cilantro leaves (a few stems are ok)

- 2 tablespoons lime juice

Seasoned black beans

- 2 cans black beans, rinsed and drained (or 4 cups cooked black beans)
- 1 shallot, finely chopped (or 1/3 cup chopped red onion)
- 3 cloves garlic, pressed or minced
- 1/4 teaspoon chili powder
- 1/4 teaspoon cayenne pepper (optional)

Garnish

- Cherry tomatoes, sliced into thin rounds
- Hot sauce (optional)

INSTRUCTIONS

1. Cook the rice: Bring a big pot of water to a boil, dump in rinsed brown rice and boil, uncovered, for 30 minutes. Turn off the heat, drain the rice and return it to the pot. Cover and let the rice steam in the pot for 10 minutes, then fluff the rice with a fork and season with 1/4 teaspoon salt, or more to taste.
2. Make the kale salad: Whisk together the lime juice, olive oil, chopped jalapeño, cumin and salt. Toss the chopped kale with the lime marinade in a mixing bowl.
3. Make the avocado salsa Verde: In a food processor or blender, combine the avocado chunks, salsa Verde, cilantro and lime juice and blend well.
4. Warm the beans: In a saucepan, warm 1 tablespoon olive oil over medium-low heat. Sauté the shallot and garlic until fragrant, then add the beans, chili powder and cayenne pepper. Cook until the beans are warmed through and softened, stirring often, about 5 to 7 minutes. If the beans seem dry at any point, mix in a little splash of water.
5. To serve, spoon generous portions of rice, beans and kale salad into a bowl along with a couple spoonsful of avocado salsa Verde. Garnish with chopped cherry tomatoes.

Sweet Potato & Black Bean Veggie Burgers

These sweet and spicy veggie burgers are both vegan and gluten free. For best results, prepare the burger mixture in advance and let it chill in the refrigerator (you can let it chill overnight or longer if you'd like). These veggie burgers don't have to be served as traditional burgers—the patties are good on their own with toppings like guacamole and pico de gallo or in a salad with Southwestern flavors. Try serving them with corn on the cob in the summer (they grill well, too). Recipe yields 8 patties.

INGREDIENTS

- 1 ½ pounds sweet potatoes (smaller potatoes cook faster)
- ⅓ cup uncooked millet or quinoa (or 1 cup cooked)
- 1 cup old fashioned oats (use certified gluten-free oats if you are avoiding gluten)
- 1 can (15 ounces) black beans, rinsed and drained (or 2 cups cooked black beans)
- ½ small red onion, diced
- ½ cup lightly packed fresh cilantro leaves, chopped
- 2 teaspoons cumin powder
- 1 teaspoon chili powder
- 1 teaspoon chipotle powder or smoked hot paprika
- ½ teaspoon cayenne powder (optional, to taste)
- ½ teaspoon salt
- High quality vegetable oil for cooking burgers (or coconut oil, if you don't mind the coconut taste, olive oil may burn)
- 8 whole wheat hamburger buns (optional)
- your favorite burger fixings (avocado or guacamole, tomato or pico de gallo, lettuce, sprouts, ketchup, hot sauce, mustard, pickles, cheese)

INSTRUCTIONS

1. Roast the sweet potatoes: Preheat the oven to 400 degrees Fahrenheit. Slice the sweet potatoes down the center lengthwise. Place the sweet potatoes cut side down on a rimmed baking sheet. Roast until they yield to a gentle squeeze, 30 to 40 minutes or longer. Once the sweet potatoes are cool enough to handle, remove the skin (it should pull off easily) and roughly chop the insides. Set aside to cool completely.
2. Cook the millet: In a small saucepan, bring 1 cup of water to boil. Stir in the millet, reduce heat to low and simmer, covered, until tender (about 25 minutes). Drain off any remaining liquid and set aside to cool. OR cook the quinoa: Rinse the quinoa in a fine mesh colander, then combine

with $\frac{2}{3}$ cup water in a small saucepan. Bring the mixture to boil, then cover and reduce heat to maintain a gentle simmer. Simmer for 15 minutes, then remove from heat and let the quinoa steam with the lid on for 5 minutes. Then drain off any excess water and set aside to cool.

3. Grind the oats: Use a food processor or blender to grind the oats until the flakes are broken up, but not as fine as flour.
4. Mix the burgers: In a large mixing bowl or the bowl of your electric mixer, combine the cooled sweet potatoes and millet, black beans, onion, cilantro, cumin, chili powder, chipotle or paprika, cayenne (optional, add to taste for spicier burgers) and salt. Use a potato masher, big mixing spoon or the paddle attachment of your mixer to mix really well. It's ok if the black beans get smashed in the process.
5. Mix in the oats: Sprinkle the ground oats over the mixture and mix well with a big spoon until the mixture holds together when you shape a portion into a patty. If possible, cover and refrigerate the mixture for best results (the patties will hold together better during cooking if they are chilled first).
6. Shape the burgers: Use a measuring cup to measure out $\frac{1}{2}$ cup of the mixture. Gently shape it into a patty about 3 $\frac{1}{2}$ inches in diameter. Use your hands to gently flatten the burgers and smooth out any jagged edges. Repeat the process for each patty; you should end up with 8. If you would like to toast your hamburger buns, preheat the oven to 350 degrees now.
7. Pan fry the burgers: Heat 1 tablespoon oil in a large cast iron or non-stick skillet over medium heat. When it's hot, place several burgers in the pan, leaving enough room to flip them. Cook each patty until browned and heated through, about 3 to 4 minutes per side. Add 1 tablespoon oil to the skillet for each pan of burgers you fry.
8. Toast the buns (optional): Place the buns on a baking sheet, cut sides up, and bake until lightly toasted, about 2 to 3 minutes.

Creamy Butternut Squash Linguine with Fried Sage

Spiced and creamy (yet cream-less) butternut squash sauce tossed with whole grain linguine. Top with fried sage for a healthy, comforting main dish. Serve with salad or roasted vegetables to further lighten up the meal. Recipe yields 4 large servings.

INGREDIENTS

- 2 tablespoons olive oil
- 1 tablespoon finely chopped fresh sage

- 2 pound butternut or kabocha squash, peeled, seeded, and cut into small ½-inch pieces (about 3 cups)
- 1 medium yellow onion, chopped
- 2 garlic cloves, pressed or chopped
- ⅛ teaspoon red pepper flakes (up to ¼ teaspoon for spicier pasta sauce)
- Salt
- Freshly ground black pepper
- 2 cups vegetable broth
- 12 ounces whole grain linguine or fettucine
- Optional additional garnishes: shaved Parmesan or Pecorino and/or smoked salt

INSTRUCTIONS

1. Warm the oil in a large skillet over medium heat. Once the oil is shimmering, add the sage and toss to coat. Let the sage get crispy before transferring it to a small bowl. Sprinkle it lightly with salt and set the bowl aside.
2. Add the squash, onion, garlic and red pepper flakes to the skillet. Season with salt and pepper. Cook, stirring occasionally, until the onion is translucent, about 8 to 10 minutes. Add the broth. Bring the mixture to a boil, then reduce the heat and simmer until the squash is soft and the liquid is reduced by half, about 15 to 20 minutes.
3. In the meantime, bring a large pot of salted water to a boil and cook the pasta until al dente according to package directions, stirring occasionally. Reserve 1 cup of the pasta cooking water before draining.
4. Once the squash mixture is done cooking, remove it from the heat and let it cool slightly. Transfer the contents of the pan to a blender, but keep the skillet handy. Purée the mixture until smooth (beware of hot steam escaping from the top of the blender), then season with salt and pepper until the flavors sing.
5. In the reserved skillet, combine the pasta, squash purée and ¼ cup cooking liquid. Cook over medium heat, tossing and adding more pasta cooking water as needed, until the sauce coats the pasta, about 2 minutes. Season with more salt and pepper if necessary.
6. Serve the pasta in individual bowls topped with fried sage, more black pepper and shaved Parmesan/Pecorino and/or smoked salt, if desired.