

Week One Vegan Recipes



DISCOVERING YOUR BEST



Week 1

Breakfast

Vegan Migas



http://www.eatingwell.com/recipes/vegan_migas.html

From EatingWell: EatingWell Fast & Flavorful Meatless Meals (2011)

Crumbled soft tofu is often used to make satisfying, egg-free scrambles so it's a natural for a vegan interpretation of migas, a traditional Tex-Mex dish made with eggs and strips of corn tortillas. In this version, fresh chiles, chipotle and cilantro balance the neutrality of the tofu. Serve with a side of black beans.

4 servings | Active Time: 1 hour | Total Time: 1 hour

Ingredients

Salsa Ranchera

6 large ripe tomatoes

2 large cloves garlic, unpeeled

2-4 jalapeño or serrano chiles

2 tablespoons sunflower seed oil or canola oil

1/2 teaspoon salt

Vegan Migas

1 14-ounce package soft tofu, preferably water-packed

1 teaspoon plus 1 tablespoon canola oil, divided

3 corn tortillas, preferably stale, torn into strips

Pinch of ground turmeric

1-2 jalapeño or serrano chiles, finely diced, seeded if less heat is desired

1/2 teaspoon ground chipotle chile or smoked paprika (see Notes), or more to taste

4 scallions, trimmed and chopped

1/2 teaspoon kosher salt

1/4 cup chopped fresh cilantro

2 plum tomatoes, diced

1/2 cup shredded nondairy cheese

8 corn tortillas, warmed (see Tip)

Preparation

To prepare Salsa Ranchera: Heat a cast-iron skillet over medium heat. Add tomatoes, garlic and chiles to taste; cook, turning every few minutes, until the skins are blistered and charred in places, 15 to 20 minutes. The vegetables will cook at different rates. Remove each when it is charred or browned; allow to cool slightly. Peel the garlic, core the tomatoes and stem the peppers.

Transfer the vegetables to a blender and puree until smooth.

Heat oil in the same pan over medium-high heat. Carefully pour in the puree, season with salt and cook, stirring and scraping up any bits in the pan, until the sauce has thickened somewhat, 10 to 15 minutes. Set aside 1 cup for this recipe and refrigerate or freeze the remaining 2 cups for another use.

Meanwhile, to prepare Vegan Migas: Drain tofu in a fine-meshed sieve over a bowl.

Heat 1 teaspoon oil in a medium nonstick skillet over medium heat. Add tortilla strips and cook, stirring frequently, until golden and crispy, 7 to 9 minutes. Transfer to a plate.

Add the remaining 1 tablespoon oil to the pan and return to medium heat. When hot, crumble the tofu into the pan in various-sized pieces to resemble scrambled eggs. Stir in turmeric, chiles to taste, ground chipotle (or

paprika) and scallions; season with salt. Cook, stirring often, until the water remaining in the tofu has cooked away, but not so long that the tofu turns hard, 4 to 6 minutes. It should remain tender, like eggs.

Add cilantro, tomatoes, cheese and the tortilla strips. Cook, stirring, until the cheese has melted, 1 to 2 minutes. Divide among 4 plates, using a slotted spoon so that liquid remains in the pan. Serve each portion with 1/4 cup of the Salsa Ranchera and 2 warm tortillas.

Serving Size	Calories	Fat	Protein	Sodium
¼ of recipe	334 per serving	14g per serving	14g per serving	391mg per serving

Tips & Notes

Make Ahead Tip: Cover and refrigerate Salsa Ranchera for up to 1 week or freeze for up to 2 months.

Notes: Chipotle chiles: Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep at least 2 weeks in the refrigerator or 6 months in the freezer. Ground chipotle chile, made from dried smoked jalapeños, can be found in the specialty-spice section of most supermarkets or online at penzeys.com.

Paprika is a spice made from grinding dried red peppers. Paprika specifically labeled Hungarian delivers a fuller, richer flavor than regular paprika. Smoked paprika is made from smoke-dried red peppers and adds earthy, smoky flavor. It can be used in many types of savory dishes. Look for different types at large supermarkets, at tienda.com or penzeys.com.

Tip: To warm tortillas, wrap in barely damp paper towels and microwave on High for 30 to 45 seconds or wrap in foil and bake at 300°F until steaming, 5 to 10 minutes.

Lunch

BLAT with Lemon-Basil Mayonnaise



<http://www.cheekykitchen.com/2012/07/blat-with-lemon-basil-vegenaise.html>

Yield: 4 Sandwiches

Prep Time: 15 minutes

Total Time: 15 minutes

For a simple summer meal, this incredible sandwich delivers! I was worried about swapping out regular bacon for vegan bacon, but thought it would be worth a try. Definitely a difference, but if you're like me and prefer to give up a bit of flavor for the added benefit of meat-free mealtiming it, then make the swap. Otherwise, go with real bacon or go home. I replaced the traditional "BLAT" lettuce with sprouts and didn't feel even a little bit bad, but if you'd rather stick with a crisp slice of lettuce, by all means, rock it!

Ingredients

1/3 cup Vegenaïse (or mayonnaise)
2 tablespoons chopped fresh basil
1/2 lemon, zested
Fresh ground pepper
4 slices good bread, toasted
1 super ripe tomato, sliced thin
1 avocado, pitted, peeled, and sliced thin
8 slices bacon (or vegan bacon), cooked until crisp
1/2 cup broccoli sprouts

Directions

In a small bowl, stir together the Vegenaïse, basil, lemon, and pepper. Pile tomatoes, avocado slices, bacon, and broccoli on top of each sandwich. Top with an absurd amount of the basil-spiked Vegenaïse. Serve immediately and enjoy!

Serving Size	Calories	Fat	Protein	Sodium
One Sandwich	339 per serving	20g per serving	12g per serving	402mg per serving

Dinner

Butternut Squash and Mixed Mushroom Lasagna



<http://www.vegkitchen.com/recipes/vegetables-all-year-round/winter-squash/butternut-squash-and-mixed-mushroom-lasagna/>

Ingredients

1 large butternut squash (about 2 pounds)

Sauce:

1 tablespoon extra-virgin olive oil

1 large onion, chopped

2 to 3 cloves garlic, minced

Two 12-3-ounce packages firm silken tofu

Salt and freshly ground pepper to taste

1 pound mixed wild mushrooms, cleaned, stemmed, and sliced
(choose from among portabella, baby bella, crimini, and shiitake)

1/4 cup dry white wine
1/4 cup minced fresh parsley
9 no-boil lasagna noodles
Wheat germ for topping

To bake the squash, halve it lengthwise and scoop out the seeds. Place the halves cut side up in a shallow, foil-lined baking dish and cover with more foil. Bake at 375 degrees for 40 to 50 minutes, or until easily pierced with a knife but still firm. This step can be done ahead of time.

When the squash is cool enough to handle, cut it into 1/2-inch-thick slices, then peel and cut each slice again so that it is 1/4 inch thick. Don't worry if the slices break apart. If the squash has been microwaved, remove the seeds from it as you slice that section.

Preheat the oven to 350 degrees F.

Combine all the ingredients for the sauce in a food processor and process until very smooth.

Combine the mushrooms and wine in a wide skillet and cook over medium heat, covered, until the mushrooms are wilted, about 8 minutes. Stir in the parsley.

Spread just enough sauce to coat the bottom of a shallow 9- by 13-inch casserole dish. Arrange one layer of 3 lasagna noodles over it crosswise. Follow with a layer of half of the mushrooms, half of the squash slices, and half of the remaining sauce. Then place another layer of 3 noodles, the remaining mushrooms and squash, and the remaining noodles. Finish with a layer of the remaining sauce, sprinkled with some wheat germ.

Cover the lasagna loosely with foil and bake for 35 minutes. Uncover and bake for 10 minutes more. Let stand for 10 minutes, then cut into squares and serve.

Serving Size	Calories	Fat	Protein	Sodium
1/8 Lasagna	459 per serving	56g per serving	26g per serving	862mg per serving