

Week Two Vegan Recipes



DISCOVERING YOUR BEST



Week 1

Breakfast

Oatmeal-Rhubarb Porridge



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

Perk up your morning oatmeal with the addition of tangy rhubarb. Using milk for this oatmeal gives it a calcium boost, but the recipe also works well with water—and you'll save about 60 calories.

2 servings, 1 generous cup each | Active Time: 20 minutes | **Total Time:** 20 minutes

Ingredients

- 1 1/2 cups nonfat milk or nondairy milk, such as soymilk or almond milk
- 1/2 cup orange juice
- 1 cup old-fashioned rolled oats
- 1 cup 1/2-inch pieces rhubarb, fresh or frozen
- 1/2 teaspoon ground cinnamon
- Pinch of salt
- 2-3 tablespoons brown sugar, pure maple syrup or agave syrup
- 2 tablespoons chopped pecans or other nuts, toasted (see Tip) if desired

Preparation

1. Combine milk, juice, oats, rhubarb, cinnamon and salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat, cover and cook at a very gentle bubble, stirring frequently, until the oats and rhubarb are tender, about 5 minutes. Remove from the heat and let stand, covered, for 5 minutes. Stir in sweetener to taste. Top with nuts.

Serving Size	Calories	Fat	Protein	Sodium
½ of recipe	336 per serving	8g per serving	13g per serving	772mg per serving

Tips & Notes

- **Tip:** To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes

Lunch

Southwestern Corn & Black Bean Salad



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

Here's a great make-ahead dinner--and leftovers are welcome for lunch the next day. If you make it ahead, don't add the salt and pepper until just before serving. That way, the salt won't render the vegetables soggy and

the pepper won't lose its bite. Make It a Meal: Scoop up this salad with warm corn tortillas.

4 servings, 2 cups each | Active Time: 25 minutes | **Total Time:** 25 minutes

Ingredients

- 3 large ears of corn, husked
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon salt
- Freshly ground pepper, to taste
- 2 15-ounce cans black beans, rinsed
- 2 cups shredded red cabbage, (see Tip)
- 1 large tomato, diced
- 1/2 cup minced red onion

Preparation

1. Bring 1 inch of water to a boil in a Dutch oven. Add corn, cover and cook until just tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.
2. Meanwhile, place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
3. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

Serving Size	Calories	Fat	Protein	Sodium
2 cups	410 per serving	16g per serving	16g per serving	537mg per serving

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 1 day.
- **Tip:** Convenient pre-shredded cabbage can be purchased, in bags, in the produce section of most supermarkets.

Dinner

Creamy {Vegan} Mac & Cheese



<http://www.cheekykitchen.com/2012/03/creamy-vegan-mac-cheese.html>

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Ingredients

2 tablespoons Earth Balance
1 garlic clove, finely chopped
1 1/2 tablespoons tahini*
1 teaspoon dijon mustard
1 1/2 tablespoon Braggs aminos**
1 1/3 cup unflavored Soy Milk
2 tablespoons whole wheat pastry flour***
1/3 cup nutritional yeast flakes
1/3 cup sliced carrots

1/2 orange bell pepper
fresh ground pepper
1 package macaroni, cooked according to package directions then drained
1 package of Gardein BBQ skewers, heated according to package directions (optional)

Directions

While your macaroni is cooking, melt the butter in a large saucepan over medium-high heat. Toss the garlic into the hot butter, cook for about 1 minute, then whisk in the tamari, dijon mustard, and Braggs. In a small bowl, whisk together the soy milk and flour, then slowly add the milk to your hot saucepan, whisking constantly until the mixture thickens. Whisk in the nutritional yeast flakes. Pour this hot sauce mixture into a Vitamix. Add the carrots and bell pepper. Puree. Pour immediately over your cooked macaroni noodles. Pepper generously. Add salt, if needed to flavor.

Serve bowls of mac and cheese topped with a Gardein BBQ chicken skewer.

ALTERNATE PREPARATION, FOR THOSE WHO DON'T HAVE A VITAMIX: Nab a can of baby food carrots when you're out shopping. Whisk the baby carrot puree into the sauce just after adding the soy milk.

* Ground Sesame Seed Butter. You'll find it near the peanut butter at Whole Foods.

** All purpose seasoning sauce. Found near the soy sauce at Whole Foods.

*** Ultra-ground whole wheat flour. Found in the bulk bins at Whole Foods.