

RECIPES FOR
A PLANT-BASED THANKSGIVING
By Chef Del Sroufe



**FORKS
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KNIVES[®]**



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Photos by [Eco-Vegan Gal](#)

Autumn Mixed Greens Salad

From *Forks Over Knives — The Cookbook*

Serves 4



¼ cup brown rice syrup

Zest and juice of 1 orange

2 tablespoons balsamic vinegar

1 teaspoon Dijon mustard

Pinch cayenne pepper

3 tablespoons fruit-sweetened dried cranberries, reconstituted in 6 tablespoons of boiling water, plus 3 additional tablespoons dried cranberries

6 cups mixed salad greens

½ cup pecan halves, toasted, optional

2 crisp apples, peeled, cored, and cut into ½-inch dice

Blend the brown rice syrup, orange zest and juice, balsamic vinegar, mustard, cayenne pepper, and the reconstituted cranberries in a blender until smooth. Set aside.

Add the salad greens to a large bowl with pecans (if using), apples, and remaining dried cranberries. Just before serving, add the dressing to the bowl and toss well.



Chestnut Soup

From *Forks Over Knives – The Cookbook*

Serves 4



1 medium yellow onion, peeled and finely chopped

1 stalk celery, finely chopped

1 medium carrot, peeled and finely chopped

1½ tablespoons minced sage

1 tablespoon minced thyme

1 bay leaf

⅛ teaspoon ground cloves

4 to 5 cups Vegetable Stock (recipe follows), or low-sodium vegetable broth

One 15-ounce can chestnut puree

Salt and freshly ground black pepper to taste

2 tablespoons finely chopped parsley

Place the onion, celery, and carrot in a large saucepan and saute over medium heat for 15 minutes, or until the onions are tender and starting to brown. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add the sage, thyme, bay leaf, cloves, and vegetable stock. Bring the pot to a boil over high heat and whisk in the chestnut puree. Season with salt and pepper and cook for another 5 minutes. Serve garnished with the chopped parsley.



Vegetable Stock

Makes about 6 cups

1 large onion, peeled and chopped
2 large carrots, peeled and chopped
2 celery stalks, chopped
8 cloves garlic, peeled and smashed
8 sprigs parsley
1/2 cup green lentils, rinsed

Instructions:

Scrub the vegetables and chop them roughly into 1-inch chunks. In a large pot, add the onion, carrots, celery, garlic, parsley, and lentils and cook them over high heat for 5 to 10 minutes, stirring frequently. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add 2 quarts of water and bring to a boil. Lower the heat and simmer, uncovered, for 30 minutes. Strain the stock carefully and discard the solids.

Note:

Vegetable stock keeps for up to a week in the refrigerator and several months in the freezer. Freeze stock in ice cube trays, and then keep frozen stock cubes on hand to add to dishes that call for small quantities of stock or water.

Low-sodium vegetable stock can also be purchased from your local supermarket.

Mashed Potatoes

Serves 6



2 ½ pounds russet potatoes (approximately 2-3 large russet potatoes), peeled and cut into large chunks

Low-sodium vegetable broth

Sea salt to taste

Place the potatoes in a large saucepan. Add vegetable broth to cover by 2 inches. Bring to a boil over high heat. Reduce the heat to medium and cook, uncovered for 20 to 25 minutes, until the potatoes are tender.

Remove the pan from the heat and drain off all but ½ cup of any remaining vegetable broth.

Mash the potatoes to the desired consistency, adding more of the vegetable broth as needed. Season with salt.



Cranberry Orange Biscotti | by Isa Chandra Moskowitz

From *Forks Over Knives — The Cookbook*

Makes 18 slices



- 1/3 cup fresh orange juice**
- 2 tablespoons ground flaxseeds**
- 3/4 cup dry sweetener (use evaporated cane juice or cane sugar)**
- 1/4 cup unsweetened applesauce**
- 1/4 cup almond butter**
- 1 teaspoon pure vanilla extract**
- 1 2/3 cups whole-wheat pastry flour**
- 2 tablespoons cornstarch**
- 2 teaspoons baking powder**
- 1/2 teaspoon ground allspice**
- 1/2 teaspoon salt**
- 3/4 cup fruit-sweetened dried cranberries**

Line a baking sheet with parchment paper or a Silpat baking mat. Preheat the oven to 350°F.

In a large mixing bowl, use a fork to vigorously mix together orange juice and flaxseeds until frothy. Mix in the dry sweetener, applesauce, almond butter, and vanilla.

Sift in the flour, cornstarch, baking powder and allspice, then add the salt and mix until well combined. Knead in the cranberries using your hands because the dough will be stiff.

On the prepared baking sheet, form the dough into a rectangle about 12 inches long by 3 to 4 inches wide. Bake for 26 to 28 minutes, or until lightly puffed and browned. Remove the sheet from the oven and let cool for 30 minutes.

Turn the oven temperature up to 375°F. With a heavy, very sharp knife, slice the biscotti into 1/2-inch-thick slices. The best way to do this is in one motion, pushing down; don't "saw" the slices or they may crumble. Lay the slices down on the cookie sheet and bake for 10 to 12 minutes, flipping the slices halfway through. Allow to cool for a few minutes on the baking sheet before transferring the slices to cooling racks.



Delicata Squash Boats with Cauliflower Bechamel

Serves 4

From *Forks Over Knives — The Cookbook*



- 2 delicata squash, halved and seeded**
- Salt and freshly ground black pepper to taste**
- 1 shallot, peeled and minced**
- 1/2 red bell pepper, seeded and diced small**
- 6 cups chopped spinach**
- 2 cloves garlic, peeled and minced**
- 1 tablespoon minced sage**
- 2 cups cooked cannellini beans, or one 15-ounce can, drained and rinsed**
- 3/4 cup whole-grain breadcrumbs**
- 3 tablespoons nutritional yeast, optional**
- 3 tablespoons pine nuts, toasted**
- Zest of 1 lemon**

Preheat the oven to 350°F. Line a baking sheet with parchment paper.

Season the cut sides of the squash with salt and pepper. Place the halves on the prepared baking sheet, cut sides down. Bake until the squash is tender, about 45 minutes.

Place the shallot and red pepper in a large saucepan and sauté over medium heat for 2 to 3 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add the spinach, garlic, and sage and cook until the spinach is wilted, about 4 to 5 minutes. Add the beans and season with salt and pepper. Cook for another 2 to 3 minutes. Remove from the heat. Add the bread crumbs, nutritional yeast (if using), pine nuts, and lemon zest. Mix well.

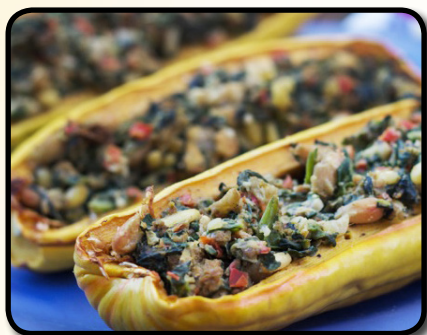
Divide the bean mixture between the baked squash halves. Place the stuffed squash halves in a baking dish and cover with aluminum foil. Bake 15 to 20 minutes, or until heated through.



Cauliflower Bechamel

From *Forks Over Knives – The Cookbook*

Makes about 3 ½ cups



- 1 large head cauliflower, cut into florets (about 3 cups)**
- Unsweetened plain almond milk, as needed**
- 1 medium yellow onion, peeled and diced small**
- 2 cloves garlic, peeled and minced**
- 2 teaspoons minced thyme**
- ¼ cup finely chopped basil**
- ¼ cup nutritional yeast, optional**
- ¼ teaspoon ground nutmeg**
- Salt and freshly ground black pepper to taste**

Add the cauliflower to a large pot and add water to cover. Bring to a boil over high heat and cook until the cauliflower is very tender, about 10 minutes. Drain the excess water and puree the cauliflower using an immersion blender or in a blender with a tightfitting lid, covered with a towel, in batches if necessary. Add almond milk, if needed, to achieve a creamy consistency. Set the puree aside while you prepare the rest of the ingredients.

Place the onion in a large skillet or saucepan and saute over medium heat for 10 minutes. Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan. Add the garlic, thyme, and basil and cook for another minute. Add the nutritional yeast (if using), nutmeg, and salt and pepper and cook for 5 minutes, or until heated through.

Add the onion-garlic mixture to the cauliflower puree and blend until smooth, adding up to 1/2 cup of water if necessary to achieve a smooth consistency.



Whole Grain Stuffing with Pecans and Currants

Makes about 3 ½ cups



6 cups firmly packed diced whole grain bread

1 medium yellow onion, diced small

2 stalks celery, diced small

1 ½ teaspoons fresh minced sage

1 ½ teaspoons fresh minced rosemary

Sea salt to taste

½ cup toasted pecans, finely chopped

½ cup currants

Freshly ground pepper to taste

1 ¼ - 1 ¾ cups low sodium vegetable broth

Preheat the oven to 350°F.

Place the diced bread on a baking sheet. Bake 10 to 12 minutes, until lightly browned. Set aside.

Sauté the onion and celery over medium heat for 8 to 9 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking. Add the bread cubes and the onion mixture to a mixing bowl with the sage, rosemary, salt to taste, pecans, currants and black pepper. Mix well and drizzle the vegetable broth over the mixture to moisten.

Transfer the mixture to a non-stick baking pan and refrigerate 1 hour for the bread crumbs to soak up all the broth.

Bake 25 to 30 minutes, or until browned and still slightly moist.



No Bake Cranberry Pear Tart

Makes or serves 6 to 8



Crust

2½ cups walnuts or pecans, toasted for 8 minutes in a 350 degree oven

1 cup Medjool dates, pitted

½ teaspoon cinnamon

sea salt to taste

Combine the walnuts, dates, cinnamon and salt in the bowl of a food processor and process until the mixture is well combined but not completely smooth. Press it into the bottom and up the sides of a nine-inch non-stick tart pan and refrigerate while you make the filling.

Filling

3 ripe pears, thinly sliced

¼ teaspoon cinnamon

¼ teaspoon nutmeg

½ cup maple syrup

¼ cup apple cider

¼ cup dried cranberries

Place the pears, cinnamon, nutmeg, maple syrup, apple cider, and dried cranberries in a saucepan and cook over medium heat until the pears are tender, about 10 minutes. Remove the pears and cranberries with a slotted spoon to a bowl and set aside. Return the pan to the heat and cook the remaining liquid in the pan until it is reduced by half.

Spread the fruit over the tart crust and pour the reduced liquid over it.

Refrigerate until ready to serve.

