

**RECIPES FOR
A PLANT-BASED THANKSGIVING**



**FORKS
OVER
KNIVES™**



www.ForksOverKnives.com



TABLE OF CONTENTS

Forks Over Knives: Recipes for a Plant-Based Thanksgiving

Fall Harvest Chowder	Page 3
Stuffed Acorn Squash	Page 4
Tempeh Italiano	Page 5
Kale Salad with Maple Mustard Dressing	Page 6
Berry Apple Relish	Page 7
Chocolate Chip Pumpkin Muffins	Page 8

Fall Harvest Chowder*

Serves 8

- 6 cups vegetable broth or water**
- 1 small yellow onion, diced**
- 3 celery stalks, diced**
- 1 large carrot, peeled and diced**
- 2 small zucchini, diced**
- 1 (16-oz.) package frozen corn**
- 2 small garnet yams, peeled and diced**
- 4 bay leaves**
- 2 tsp. dried thyme**
- 4 cups fresh baby spinach leaves**

1. Over medium-high heat, sauté onion, carrot, and celery in [1/2] cup vegetable broth until slightly browned, approximately 5-10 minutes.

2. Add remaining vegetables, broth or water, bay leaves, and thyme. Bring to a boil and reduce heat to medium-low. Simmer until vegetables are tender, about 30-40 minutes.

3. Remove bay leaves from soup and blend with immersion blender until mostly pureed. Add spinach leaves and turn off heat. Serve hot.

*Original recipe by Julieanna Hever, MS, RD, CPT



Stuffed Acorn Squash*

Serves 4

- 4 medium-sized acorn squash, halved and seeded**
- 1 medium yellow onion, diced**
- 4 medium celery stalks, diced**
- 4 medium carrots, diced**
- [1/4] cup plus 3 [3/4] water or vegetable broth**
- [3/4] cup wild rice, cooked**
- [3/4] cup brown rice, cooked**
- 1 cup mushrooms, sliced**
- 1 tsp. poultry seasoning**
- [1/2] tsp. dried sage**
- Ground black pepper to taste**
- [1/2] cup fresh parsley, minced**
- 1 cup raw walnuts or pecans, chopped (optional)**

1. Preheat oven to 375°F.
2. Place squash halves, cut side down, on 1 or 2 deep baking sheets filled with an inch of water. Place in oven and bake for 30 minutes. When done, remove from oven, remove the water, and flip the squash so it is cut-side- up.
3. In a medium pot, sauté onions, carrots, and celery in [1/4] cup water or vegetable broth until slightly browned, approximately 5 minutes. Add wild rice, brown rice, mushrooms, poultry seasoning, sage, black pepper, and remaining water or vegetable broth. Bring to a boil on medium-high heat and then simmer on medium-low heat for 30-40 minutes or until all liquid is absorbed. Add parsley and walnuts and cook for 2 more minutes. Remove from heat.
4. Spoon rice mixture into each squash. Cover in foil and return to oven. Bake for 20-25 additional minutes, or until squash is tender. Serve warm.

*Original recipe by Julieanna Hever, MS, RD, CPT



Tempeh Italiano*

Serves 4

[1/4] cup wheat-free tamari

2 TB. balsamic vinegar

1 [1/2] TB. garlic, minced

[1/4] cup vegetable broth

1 TB. chopped fresh rosemary or 1 tsp. dried rosemary, crushed a bit with your fingers

1 TB. chopped fresh thyme or 1 tsp. dried thyme

1 tsp. dried basil

1 tsp. dried oregano

[3/4] tsp. ground fennel seed

[1/2] tsp. crushed red pepper flakes

2 (8-oz.) pkg. tempeh, cut into quarters

1. Preheat the oven to 400°F. Line a cookie sheet with parchment paper or a Silpat liner.

2. In a medium bowl, combine tamari, balsamic vinegar, garlic, vegetable broth, rosemary, thyme, basil, oregano, ground fennel seed, and crushed red pepper flakes. Add tempeh cutlets, and stir well to evenly coat. Transfer tempeh cubes to the prepared cookie sheet, and spread out into a single layer.

3. Bake for 15 minutes. Remove from the oven. Stir tempeh with a spatula, and spread out into a single layer again. Bake for 10 to 15 more minutes or until tempeh is golden brown around edges. Remove from the oven. Serve hot or at room temperature as desired.

*Recipe from *The Complete Idiot's Guide to Gluten-Free Vegan Cooking* by Julieanna Hever, MS, RD, CPT, and Beverly Lynn Bennett



Kale Salad with Maple Mustard Dressing*

Serves 4

Zest and juice of 2 lemons

1 [15-oz.] can cannellini beans, rinsed

[1/4] cup tahini

[1/4] cup stone-ground mustard

3 TB. Braggs Amino Acids (or wheat-free tamari or low-sodium soy sauce)

2 TB. 100% pure maple syrup

[1/4] cup nutritional yeast flakes

[1/2] cup water

1. Place all ingredients into blender and blend until smooth.

2. Serve over kale salad or any salad, vegetables, baked potatoes, steamed veggies, etc.

*Recipe inspired by Chef AJ's House Dressing



Berry Apple Relish*

Serves 4

1 pound fresh cranberries. finely chopped

2 tart green apples, peeled, cored, and finely chopped

[1/2] cup 100% fruit apricot jam

[1/2] cup 100% pure maple syrup

10 oz. package frozen raspberries, thawed and drained

Juice of 1 lemon

1. Mix ingredients in large bowl until well-combined.

*Original recipe by Julieanna Hever, MS, RD, CPT



Chocolate Chip Pumpkin Muffins*

Serves 6-12

- 1 medium banana, mashed**
- 1 (15-oz.) can sweet pumpkin puree**
- 1/4 cup 100% pure maple syrup**
- 1 tsp. vanilla extract**
- 2 cups whole oat flour**
- 1/2 tsp. baking soda**
- 1/2 tsp. baking powder**
- 1/2 tsp. salt**
- 1 tsp. ground cinnamon**
- 1/2 tsp. ground nutmeg**
- 1/4 tsp. ground ginger**
- 1 cup grain-sweetened dairy-free chocolate chips**

1. Preheat oven to 375°F. In a large bowl, combine mashed banana, pumpkin puree, maple syrup, and vanilla extract.

2. In a small bowl, combine oat flour, baking soda, baking powder, salt, cinnamon, nutmeg, and ginger. Transfer mixture to large bowl and mix together gently until well-combined. Avoid over-mixing to prevent toughness in the final product. Fold in chocolate chips.

3. Spoon batter into silicon muffin cups and bake for 20 minutes or until the muffins are lightly browned. Remove muffins from the oven and let cool for 5 minutes. Store muffins in an airtight container.

*Recipe derived from Julieanna Hever's Blueberry Oat Breakfast Muffins in *Forks Over Knives: The Plant-Based Way to Health*, edited by Gene Stone

