

Festive, healthy dishes for your celebrations



Shepherd's POT PIE

This spin on traditional pot pie replaces the crust with mashed potatoes for a healthy, hearty, heartwarming meal.

OUR READERS SAY:

"A GOOD HOLIDAY ENTREE FOR THOSE OF US WHO DON'T ENJOY OR EAT SOME OF THE MORE TRADITIONAL DISHES."

- K. GRACE

"I MADE THIS FOR MY MEAT EATING GRANDKIDS. THEY ASKED FOR SECONDS. DEFINITELY A KEEPER RECIPE."

- L. RIGGS

Shepherd's POT PIE

One 9X13-inch pot

(Ready in 90 minutes

By Del Sroufe, Author of Forks Over Knives - The Cookbook

INGREDIENTS:

4 large russet potatoes (about 2 pounds), peeled and cut into large chunks

Sea salt

- 2 large yellow onions, finely diced
- 3 large carrots, diced
- 3 cups frozen peas
- 3 cups frozen corn
- 4 cups frozen broccoli florets
- 6 tablespoons arrowroot powder
- 4 cups unsweetened, unflavored plant milk

1/4 cup nutritional yeast Freshly ground black pepper Chopped fresh chives, for serving (optional)

INSTRUCTIONS:

Preheat the oven to 350°F.

Place the potatoes in a large pot and add water to cover. Bring to a boil over high heat. Reduce the heat to medium, cover the pot, and cook until the potatoes are tender when pierced with the tip of a sharp knife, 12 to 14 minutes. Remove the pot from the heat and drain off all but 2/3 cup of the cooking water. Use a masher to mash the potatoes well. Season with salt to taste, and set aside.

Cook the onions and carrots in a large sauté pan over medium-high heat, stirring occasionally, until the onions are translucent and beginning to brown, 8 to 10 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking.

Add the peas, corn, and broccoli. Cook until heated through, about 5 minutes.

Meanwhile, combine the arrowroot powder with the plant milk in a medium bowl, and whisk until well blended. Add the mixture to the vegetables along with the nutritional yeast, and cook until thickened, about 5 minutes. Season with salt and pepper to taste.

Transfer the vegetable mixture to a 9×13-inch pan. Spoon the mashed potatoes evenly over the top.

Bake until bubbly and lightly browned, about 1 hour. Sprinkle with the chopped chives, if desired, and serve hot.



Lentil AND RICE LOAF

This flavorful lentil loaf is perfect for anytime you want a hearty main dish. It can be made with fresh or dried herbs. Make two loaves while you're at it and freeze one for leftovers. This is delicious topped with Creamy Mushroom Gravy!

OUR READERS SAY:

"YUMMY. BEST VEGAN MEATLOAF I HAVE TRIED."

- A. BRINKLEY

"WE HAVE MADE THIS A FEW TIMES AND IT IS DELICIOUS!! I'M MAKING THIS AS OUR 'MEAT' FOR THANKSGIVING."

- S. MORALES

Sentil AND RICE LOAF



One standard loaf

Ready in 1 hour 50 miniutes

By Cathy Fisher, StraightUpFood.com

INGREDIENTS:

1¾ cups water

½ cup brown-green lentils

½ cup short-grain brown rice

2 teaspoons dried poultry seasoning

1 teaspoon granulated onion

1 medium onion, chopped

5 medium white or brown (cremini) mushrooms

1 large rib celery, chopped

1 tablespoon freshly minced garlic (about 5 medium cloves)

34 cup quick-cooking rolled oats

1 can (6 ounces) tomato paste

½ cup chopped pecans or walnuts (optional)

1 tablespoon minced fresh sage leaf (or 1½ teaspoons dried, rubbed sage)

2 teaspoons minced fresh thyme (or 1 teaspoon dried)

1½ teaspoons minced fresh rosemary (or ¾ teaspoon dried)

INSTRUCTIONS:

In a medium saucepan on high heat, combine water, lentils, rice, poultry seasoning, and granulated onion. Bring to a boil then turn down to simmer, and cook covered for 45 minutes. When done cooking, remove from the heat and let stand for 10 minutes with the lid still on. (Prepare your remaining ingredients while the rice and lentils are cooking.)

Preheat oven to 350° F. Line a standard size loaf pan (9 by 5 by 3-inch) with parchment paper and set aside (or use a silicone loaf pan).

In a medium skillet on high heat, add 1 tablespoon of water. When the water begins to sputter, add the chopped onion, mushrooms, and celery, and cook stirring for about 3 minutes, adding water just as needed to prevent sticking. Add the garlic, and cook stirring for an additional 2 minutes, until the vegetables have softened (adding water as needed). If you're using dried herbs, stir them in with the garlic (if using fresh herbs, add them in next step). Remove from heat.

In a large bowl combine the oats, tomato paste, nuts, and if you're using fresh herbs (rosemary, thyme, sage) add them now as well. When the cooked vegetables, and rice and lentils have cooled for about 10 minutes, add them to the bowl and stir until all ingredients are mixed thoroughly.

Place half of this mixture into a food processor. Pulse about 3 times, then scrape down sides; pulse another 3 times, so it gets blended but is still somewhat chunky. Spoon this into the loaf pan. Place the remaining mixture into the food processor and repeat pulsing in the same way. Add this second half to the loaf pan. Press down firmly and into the corners. Shape the top flat or with a slight rise down the middle.

Cover with a piece of aluminum foil and cook for 40 minutes. Remove the foil and cook for another 15 to 20 minutes until the top is browned and the edges are crispy looking. Remove and let cool 10 to 15 minutes before slicing and serving.





Boulangere POTATOES

This recipe is a great alternative to scalloped potatoes, which are traditionally very high in fat.

OUR READERS SAY:

"THIS IS A MUST TRY RECIPE. I HOPE YOU TRY IT TOO!"

- C. MULLER

"THESE WERE AMAZING!"

- P. WINTERS

Boulangere POTATOES



Serves 6

Ready in 55 - 75 minutes

By Ramses Bravo, Author of Bravo! Health-Promoting Meals from The TruthNorth Kitchen

INGREDIENTS:

- 1 leek, thinly sliced
- 1 yellow onion, thinly sliced
- 1 stalk celery, thinly sliced
- 2 shallots, thinly sliced
- 2 tablespoons chopped garlic
- 1 tablespoon granulated garlic
- 1 tablespoon granulated onion
- 6 cups low-sodium vegetable broth
- 9 medium Yukon gold potatoes, peeled and very thinly sliced
- 1 tablespoon chopped, fresh flat-leaf parsley, or 1 teaspoon dried
- 1 tablespoon chopped fresh thyme, or 1 teaspoon dried

INSTRUCTIONS:

Preheat the oven to 350° F. Put the leek, onion, celery, shallots, and garlic in a large dry saucepan over medium heat and cook, stirring constantly, until the onion starts to brown, about 5 minutes.

Stir in the granulated garlic and granulated onion and cook for 2 minutes. Stir in the broth, increase the heat to medium-high, and simmer until the liquid is reduced by half.

Add the potatoes and stir until well combined. Decrease the heat to low and cook, stirring constantly so the potatoes don't stick together, until the potatoes are translucent, about 15 minutes.

Remove from the heat and stir in the parsley and thyme. Transfer to 13×9-inch baking dish and bake uncovered for about 25 minutes, until the potatoes are golden brown and fork-tender. Serve hot.





INGREDIENTS:

- 1 (12-ounce) bag fresh cranberries
- Zest and fruit of 2 large oranges
- 1 cup pitted dates (or more, to taste)
- 2 tablespoons psyllium husk (optional)

INSTRUCTIONS:

In a food processor fitted with the "S" blade, process all ingredients until the desired chunky texture is reached.

Whole Grain STUFFING WITH PECANS & CURRANTS



About 3.5 cups

Ready in 30 minutes

By Del Sroufe, Author of Forks Over Knives - The Cookbook

INGREDIENTS:

6 cups firmly packed diced whole grain bread

1 medium yellow onion, diced small

2 stalks celery, diced small

1½ teaspoons fresh minced sage

1½ teaspoons fresh minced rosemary

Sea salt to taste

½ cup toasted pecans, finely chopped

½ cup currants Freshly ground pepper to taste 1¼ - 1¾ cups low sodium vegetable broth

INSTRUCTIONS:

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.





INGREDIENTS:

1/3 cup walnut halves

FOR THE DRESSING:

1 cup fresh orange juice½ cup cranberries, fresh or frozen6-7 dates, pitted

Pinch cayenne pepper Sea salt

FOR THE SALAD:

1 head romaine lettuce, chopped

½ head radicchio, chopped

½ cup fresh pomegranate seeds

½ cup parsley leaves, loosely packed

INSTRUCTIONS:

Preheat the oven to 250°F. Roast the walnuts on a baking sheet for 15 to 20 minutes, until they turn lightly brown. Remove and break into small bits.

To make the salad dressing, combine the orange juice, cranberries, and dates in a blender, and blend until smooth.

Pour the dressing into a shallow pan and bring to a boil, then reduce the heat to low and simmer for 10 to 15 minutes, until the liquid thickens a bit and reduces by about a third. Add the cayenne, and season with salt to taste. Set aside to cool.

In a large bowl, combine the romaine, radicchio, pomegranate seeds, and parsley. Toss with some of the oil-free dressing (taste first; you may not want to use all of it).

Sprinkle with walnuts right before serving.





Barley AND SWEET POTATO PILAF

Barley is not the usual in pilafs, but it works well when you want a change from rice. Tarragon has a flavor similar to fennel but milder. Serve this on a bed of spinach for a filling meal.

OUR READERS SAY:

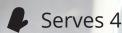
"JUST MADE THIS TONIGHT...INCLUDING THE VEGETABLE STOCK...DELICIOUS!"

- D. LUFTIG

"COOKED THIS LAST NIGHT, IT WAS GORGEOUS. I RECOMMEND SERVING WITH SUNFLOWER SEEDS."

- P. COAST

Barley and SWEET POTATO PILAF



Ready in 60 minutes

By Del Sroufe, Author of Forks Over Knives - The Cookbook

INGREDIENTS:

- 1 medium onion, peeled and chopped
- 2 cloves garlic, peeled and minced
- 3 ½ cups Vegetable Stock Recipe or low-sodium vegetable stock
- 1 ½ cups pearled barley
- 1 large sweet potato (about 3/4 pound), peeled and diced small

¼ cup tarragon, minced Zest and juice of 1 lemon

Salt and freshly ground black pepper to taste

INSTRUCTIONS:

Place the onion in a large saucepan and sauté over medium heat for 6 minutes.

Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan.

Add the garlic and cook 3 minutes more.

Add the vegetable stock and barley and bring the pot to a boil over high heat.

Reduce the heat to medium and cook, covered, for 30 minutes.

Add the sweet potato and cook for 15 minutes longer, or until the potatoes and barley are tender.

Stir in the tarragon and lemon zest and juice, and season with salt and pepper.





Raw APPLE CRUMBLE

This dessert is easier and faster to make than an apple pie or crisp, and it requires no baking. Instead of refined sugars, this recipe uses dates for sweetness, and lemon juice and nutmeg for that extra zing.

OUR READERS SAY:

"I LOVE HOW YOU USE ZERO OIL AND REAL, WHOLE FOODS AS A SWEETENER INSTEAD OF REFINED SUGAR."

- C. MACDONALD

"THIS LOOKS DELICIOUS!"

- T. BLOMSTERBERG

Raw APPLE CRUMBLE



4 to 6 servings

Ready in 20 minutes

By Cathy Fisher, StraightUpFood.com

INGREDIENTS:

FOR THE CRUMBLE TOPPING:

½ cup walnuts

2 pitted Medjool dates (or 4 Deglet Noor), chopped

FOR THE DICED APPLE FILLING:

4 apples, peeled and diced

1 tablespoon lemon juice

FOR THE APPLESAUCE (TO BE TOSSED WITH THE DICED APPLES):

2 apples, peeled and diced (see Notes)

2 tablespoons fresh lemon juice

5 pitted Medjool dates (or 10 Deglet Noor), chopped

1/4 cup raisins

¼ teaspoon cinnamon

1/4 teaspoon ground nutmeg

INSTRUCTIONS:

To make the crumble topping: Blend the walnuts and dates in a food processor to make crumbly nuggets similar in size to Grape Nuts cereal. Spoon into a small bowl and set aside.

To make the filling: Toss the 4 peeled, diced apples with 1 tablespoon of lemon juice, and set aside in a bowl.

Next, blend all of the sauce ingredients in the food processor: 2 apples, 2 tablespoons of lemon juice, plus the dates, raisins, cinnamon, and nutmeg. Toss this mixture with the sliced apples.

To serve, spoon into dessert dishes and sprinkle with the date-nut crumble topping.





INGREDIENTS:

3 cups rolled oats, divided
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
½ teaspoon ground cloves
1 tablespoon baking powder
3 tablespoons ground flaxseeds
1 cup applesauce, no added sugar
1¼ cup strawberry fruit spread,
no added sugar
8 dates, pitted and diced
¾ cup pecan pieces

INSTRUCTIONS:

Preheat the oven to 375°F. Line two baking sheets with parchment paper. Mix 1½ cups of the rolled oats, the baking powder, and the spices (cinnamon, nutmeg, and cloves) in a large bowl and set aside.

In either a blender or food processor, combine the ground flaxseed, ¾ cup water, applesauce, and the remaining 1½ cups of rolled oats. Process until the batter has an even consistency. Then, add the strawberry jam, and blend for a few seconds to combine.

Pour the fruit mixture into the bowl of dry ingredients. Whisk until everything is evenly mixed. Then stir in the dates and pecans. The mixture should be slightly wet; don't expect to shape the cookies into balls.

Drop 12 spoonfuls of dough onto each baking sheet. Bake for 15 to 20 minutes. Let the cookies cool for a few minutes and then enjoy warm! Store any uneaten cookies in an airtight container at room temperature for up to 2 days or in the refrigerator for up to 6 days.



Chocolate PUMPKIN LOAF

This loaf is dense, chocolaty, and moist, with undertones of pumpkin and autumnal spices laced throughout. I throw in some chocolate chips, and you may like to add other yummy things too, like pecans or walnuts.

OUR READERS SAY:

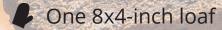
"I JUST MADE THIS AND IT IS AMAZING!"

- A. CARRINGTON

"THIS WAS PHENOMENAL. OMG, DECA-DENT - WENT DOWN VERY WELL AT THE THANKSGIVING TABLE."

-B. MURRAY

Chocolate PUMPKIN LOAF



Ready in 100 minutes

By Isa Chandra Moskowitz, Author of Veganomicon

INGREDIENTS:

¼ cup unsweetened applesauce⅓ cup unsweetened cocoapowder

1½ cups all-purpose flour

½ teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/4 teaspoon ground ginger

1/8 teaspoon ground cloves

34 teaspoon baking soda

3/4 teaspoon salt

1 cup pumpkin puree (about ½ of a 15-ounce can)

1 cup dry sweetener

3 tablespoons almond butter, at room temperature

1 teaspoon pure vanilla extract

½ cup grain-sweetened chocolate chips

INSTRUCTIONS:

Preheat the oven to 350°F. Have ready an 8 x 4-inch nonstick or silicone baking pan. Also, boil some water in a tea kettle (no need to measure yet).

Combine the applesauce and cocoa powder in a large mixing bowl. In a separate bowl, sift together the flour, cinnamon, nutmeg, ginger, cloves, baking soda, and salt.

Measure out ½ cup of the boiling water and pour it into the bowl with the chocolate mixture, mixing quickly to make a smooth chocolate sauce. Add the pumpkin, sweetener, almond butter, and vanilla and mix well.

Dump about half of the flour mixture into the chocolate mixture and gently stir just to incorporate, then measure out 1 tablespoon of the boiling water, add it to the mixture, and stir again. Add the rest of the flour mixture, and another tablespoon of boiling water, and stir just until smooth (do not overmix). Fold in the chocolate chips.

Spoon the batter into the prepared loaf pan. It will be good and thick. You can smooth out the top with a spatula.

Bake for 55 to 60 minutes. Stick a steak knife into the center of the loaf to check for doneness. A little bit of wetness is okay, since it could be from a chocolate chip, but the knife should come out mostly dry.

Remove the loaf from the oven. Let it cool for 10 minutes, then run a knife around the edges and carefully invert the loaf onto a cooling rack to cool most of the way. It's yummy a little bit warm or thoroughly cooled. Slice and serve!



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