

**RECIPES FOR
A PLANT-BASED THANKSGIVING**

By Lindsay S. Nixon



**FORKS
OVER
KNIVES®**



www.ForksOverKnives.com



TABLE OF CONTENTS

Recipes for Thanksgiving Dinner from Happy Herbivore

Butternut Soup	Page 3
Hippie Loaf	Page 4
Thanksgiving Gravy	Page 5
Dirty Mashed Potatoes	Page 6
Harvest Cornbread.....	Page 7
Dijon-Herb Green Beans	Page 8
Stuffed Acorn Squash	Page 9
Pumpkin Sage Pasta	Page 10

Butternut Soup

From ***The Happy Herbivore***

Serves 4



2 whole butternut squash
2 cups low-sodium vegetable broth
2-4 teaspoons mild curry powder

Slice butternut in half. Place cut-side-down on a cookie sheet and bake at 350°F for 20 to 45 minutes, until the squash can be pierced easily with a fork but be careful not to burn. If the skin starts turning brown, it's done. Set aside to cool until it is safe to handle. Scoop out seeds and stringy matter and discard. Then scoop out the flesh of one butternut and transfer to a blender. Add vegetable broth, starting with 1 cup, adding more as necessary until the soup becomes thick and silky but totally pureed. Transfer puree to a medium saucepan and repeat these steps with second squash. Add curry powder to taste (all curries are a little different, some stronger than others). Gently reheat on the stove over low heat, adding salt to taste if desired. You can also add cayenne or hot sauce for a spicier curry flavoring.



Hippie Loaf

From *The Happy Herbivore*

Serves 4



1 15 ounce can black beans or kidney beans, drained and rinsed

1 onion, finely diced

2 garlic cloves, minced

1 large carrot, peeled and shredded

2 celery stalks, washed and shredded

1 cup finely chopped brown mushrooms

1 cup cooked quinoa

1 tablespoon Italian seasoning

3 tablespoons brown rice flour (or whole-wheat flour)

2 tablespoons low-sodium soy sauce or tamari (GF)

2 tablespoons ketchup

Preheat oven to 350°F and set your 8-inch nonstick loaf pan nearby. Mash beans in a large bowl with a fork or potato masher and mix all ingredients until evenly combined. Transfer to prepared pan and pat down firmly and tightly using a spatula. Bake for 45 minutes to 1 hour, until firm and brown on the outside. Allow the loaf to cool and firm up before serving, about 15 to 20 minutes.

Chef's Note: It's important that you chop everything fine and pack it down tight if you want your loaf to hold together.

Place a serving plate over the loaf pan and turn it upside down, to flip the loaf out onto the plate.



Thanksgiving Gravy

From *The Happy Herbivore*

Makes 2 cups



- 1/2 cup nutritional yeast
- 1/2 cup whole-wheat pastry flour
or brown rice flour (GF)
- 2 cups plant-based milk
- 2 small onions, diced
- 16 ounces white mushrooms, thinly sliced
- 2-4 tablespoons low-sodium soy sauce
or tamari (GF)
- 2 teaspoons rubbed sage (not powdered)
- 2 teaspoons dried thyme
- salt, to taste
- pepper, to taste

Whisk nutritional yeast and flour together with plant-based milk and set aside. Line a large frying pan with a thin layer of water and cook onion and mushroom over high heat until the mushrooms start to soften and turn brown and most of the water has evaporated. Add plant-based milk mixture, soy sauce, and herbs, stirring to combine. Bring to a boil and continue to cook until thick. Add salt and pepper to taste.



Dirty Mashed Potatoes

From ***The Happy Herbivore***

Serves 4



4 Russet Potatoes or 12 red potatoes, cubed
plant-based milk, as needed

2-4 tablespoons granulated garlic powder

1-2 tablespoons onion flakes

salt, to taste

pepper, to taste

Bring a large pot of water to boil. Add potatoes and cook until fork-tender but not waterlogged, about 8 minutes. Drain potatoes and return to the pot. Add a splash of plant-based milk and spices, starting with 1 tablespoon garlic and 1 tablespoon onion flakes. Blend everything together using an electric mixer or potato masher. Add more plant-based milk as necessary to achieve desired consistency. Taste, adding more garlic or onion flakes as desired. Add salt and pepper to taste.



Harvest Cornbread

From *Everyday Happy Herbivore*

Makes 9 slices



- 1 cup white whole-wheat flour
- 1 cup cornmeal
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1-2 tablespoons minced fresh sage
- 1 cup plant-based milk
- 1/4 cup canned pure pumpkin (NOT pumpkin pie filling)
- 1/4 cup agave nectar or pure maple syrup
- 2 tablespoons raw sugar (optional)
- pinch of ground anise (optional)

Preheat oven to 400°F. Use a nonstick 9 inch bread pan, 8 inch square baking pan or shallow glass pie dish and set aside. In a large mixing bowl, whisk flour, cornmeal, baking powder and salt together until well combined. Add sage, plant-based milk, pumpkin puree, liquid sweetener, plus optional sugar if using and anise if using, and stir until combined. Pour batter into prepared pan and bake for 20 minutes or until a toothpick inserted into center comes out clean and the bread is firm to the touch.



Dijon-Herb Green Beans

From ***The Happy Herbivore***

Serves 4



- 1 lb green beans, trimmed**
- 2 heaping teaspoons cornstarch**
- 2 cups low-sodium vegetable broth**
- 1-2 tablespoons Dijon mustard**
- 1-3 teaspoons lemon juice**
- 1-2 teaspoons onion flakes**
- 1/4 teaspoon granulated garlic powder**
- a dash or pinch of every dried green herb you've got such as basil, oregano, thyme, etc.**
- salt, to taste**

Steam green beans until cooked but still slightly crisp and deep green in color. Once the green beans are cooked, whisk cornstarch with broth and Dijon mustard, to taste. Pour Dijon mixture into a skillet and add remaining ingredients, except green beans, salt and pepper. Bring to a boil, then reduce to low and allow it to thicken into a glaze. Taste, adding more Dijon, lemon or onion flakes as desired. Add salt and pepper to taste, toss with green beans and serve.



Stuffed Acorn Squash

From *Happy Herbivore Abroad*

Serves 4



- 2 acorn squash
- 1 cup uncooked quinoa
- 2 1/2 cups low-sodium vegetable broth
- 1 teaspoon mild curry powder
- ground cinnamon
- 1/2 cup raisins
- 2 cups finely chopped spinach

Preheat oven to 400°F. Cut acorn squash in half, place cut side down on a cookie sheet, and bake 30–35 minutes, until fork-tender. Meanwhile, combine quinoa, vegetable broth, curry powder, a few dashes of cinnamon (about 1/4 teaspoon), and raisins in a pot. Bring to a boil, immediately reduce to low, and cook for 15 minutes, or until liquid evaporates. If quinoa is not fluffy after 15 minutes, add more vegetable broth and cook longer. (Sometimes the raisins will absorb the liquid also, so more is needed to cook the quinoa. I find this is particularly true with electric stoves.) After quinoa is done, stir in spinach, add another dash or two of cinnamon, plus salt if desired, then cover and set aside, away from heat. Once acorn squash is done, flip it over and scoop out seedy matter. Then use a sharp knife to cut the point off each base so the acorn bowls sit upright and don't fall over. Spoon quinoa mixture into squash and serve warm.



Pumpkin Sage Pasta

From *Everyday Happy Herbivore*

Serves 4



8 ounce whole-wheat or gluten-free pasta

1 1/2 cup low-sodium vegetable broth

1 1/2 cup canned pumpkin puree (NOT pumpkin pie filling)

1-3 tablespoons minced fresh sage

1/8-1/4 teaspoon pumpkin pie spice

pinch of dried oregano

pinch of red pepper flakes (optional)

salt and pepper, to taste

Cook pasta according to package instructions. Meanwhile, combine remaining ingredients together in a small saucepan and heat over low until thoroughly warm, about 5 minutes. Taste, adding more sage or pumpkin pie spice if desired plus salt and pepper to taste. Cover and let sauce rest for 5 to 10 minutes, allowing the flavor to merge and sauce to thicken slightly. Toss cooked pasta with pumpkin sauce and taste, adding more salt and pepper, if needed. Garnish with vegan Parmesan if desired.

