



QUICK-SWAP GUIDE TO YOUR *Comfort Food* FAVORITES

This quick and easy guide
will kick-start your journey
with some familiar,
mouthwatering dishes.





Craving a burger?

Sneaky CHICKPEA BURGER

Healthy but hefty, these burgers are well seasoned but mild enough for people of all ages.

A good burger loaded with the works is always a hit.

OUR READERS SAY:

"THESE WERE FANTASTIC! SO FILLING TOO! THANK YOU SO SO MUCH FOR THIS RECIPE. IT WAS NOT HARD AT ALL TO MAKE, AND IT'S PERFECT TO STORE FOR LATER."

—J. ITTOOP

"ARE YOU KIDDING ME? I AM FOUR DAYS VEGAN AND I HAVE NOT EATEN BETTER IN ALL MY LIFE. THIS RECIPE IS ONE OF THE REASONS WHY."

—T. DELANEY

Sneaky CHICKPEA BURGER

 Makes 7–8 patties  Ready in 40 minutes

INGREDIENTS:

- 1 cup chopped carrot, cut in discs
- ½ cup chopped red bell pepper
- 1 large clove garlic
- 2 (15-ounce) cans chickpeas, rinsed & drained
- ½ cup nutritional yeast
- 1 tablespoon tomato paste (or substitute natural ketchup)
- 1 teaspoon sea salt
- 1 teaspoon red wine vinegar
- ½ teaspoon Dijon mustard
- Freshly ground black pepper (optional)
- 1 teaspoon chopped fresh thyme or rosemary leaves
- 1 cup rolled oats

INSTRUCTIONS:

Combine the carrots, bell pepper, and garlic in a food processor, and pulse until finely chopped. Add the remaining ingredients except the rolled oats (chickpeas, nutritional yeast, tomato paste, salt, vinegar, mustard, fresh herbs, and pepper to taste), and process. Stop the processor a few times and scrape down the sides, and continue to process until smooth. Then add the rolled oats and pulse well.

Chill the mixture in the refrigerator for at least 30 minutes. When you're ready to make the burgers, spoon large scoops of the mixture into your hands to form patties.

To cook, place patties on a nonstick skillet over medium heat. Cook on one side for 7 to 8 minutes, or until golden brown. Then flip, and cook for another 5 to 7 minutes on the other side.

Alternatively, you can bake these patties at 400°F for about 20 minutes, flipping half-way through; however, pan-searing offers a nicer texture. Serve on buns, or in tortillas or pitas with fixings of choice!

VIEW RECIPE
on [forksoverknives.com](https://www.forksoverknives.com)



A top-down photograph of three white ceramic bowls filled with macaroni and cheese. The macaroni is a short, curved tube shape, and the cheese is a bright yellow, melted sauce. Each bowl is topped with several florets of bright green broccoli. The bowls are arranged on a light blue textured surface. In the background, a wooden fork and a green circular object are partially visible.

Craving mac & cheese?

Velvety MACARONI

With just a few ingredients and 40 minutes, you can whip up this healthy version of classic, creamy mac & cheese.

It's always a crowd pleaser, so be sure to make a big batch!

OUR READERS SAY:

"JUST MADE THIS FOR DINNER. OMG SO GOOD. MY SON LOVES IT TOO AND HE IS A VERY PICKY EATER. I PLAN ON MAKING THIS OFTEN. GREAT RECIPE."

—R. NELSON

"WOW! AMAZING DISH. I SERVED IT FOR DINNER WITHOUT TELLING ANYONE THE INGREDIENTS AND IT WAS A HUGE HIT!"

—S. DIXON

Velvety MACARONI



Serves 2



Ready in 55 minutes

INGREDIENTS:

1 butternut squash
(about 12 ounces)
2 medium heads
broccoli
2½ cups uncooked
brown rice pasta
4 cloves garlic
½ cup almond,
coconut, or flax
seed milk
3 tablespoons
nutritional yeast
Sea salt
1 tablespoon (or
less) garlic powder
Parsley flakes
Freshly ground black
pepper

INSTRUCTIONS:

Bake the butternut squash whole and unpeeled in the oven at 350°F for exactly 30 minutes. Overbaking may cause problems with the preparation later.

Separate the broccoli into small florets, then peel the stems and cut them into small pieces.

Boil the pasta according to the package instructions, being careful not to overcook it.

Peel the cooked squash, then cut it in half lengthwise, spoon out the seeds, and cut it into smaller chunks. Place a steamer basket insert in a saucepan filled with about 2 inches of water. Bring to a simmer over high heat, then reduce the heat to medium-low and add the squash chunks and garlic cloves. Cover the pan and steam until tender, about 10 minutes.

Place the broccoli stem pieces in a separate larger pot with a bit of water, cover, and steam for 5 minutes. Then add the broccoli florets, cover the pan, and continue steaming for 3 to 4 minutes. Drain the water.

Drain the water from the butternut squash and remove the pan from the flame. Add the plant milk, nutritional yeast, garlic powder, and salt to taste, and blend well with an immersion blender (or in a regular blender) until the mixture is smooth and creamy. Add the parsley flakes and season with pepper to taste, and stir with a spoon.

Bring the sauce to a very low simmer, then add the pasta and broccoli and stir very gently with a wooden spoon.

VIEW RECIPE
on forksoverknives.com



Craving pizza?



South OF THE BORDER PIZZA

An easy way to combine two of America's favorite foods (pizza and tacos), this pie is easy to whip up with just six ingredients.

It's savory, satisfying, and delicious.

OUR READERS SAY:

"THE WHOLE FAMILY LOVED THIS ONE. IT WILL DEFINITELY BE MAKING ITS WAY INTO REGULAR ROTATION. SO EASY, FILLING AND SATISFYING."

—N. MARTEZ

"SO SIMPLE AND EASY TO MAKE!"

—BE HEALTHY NOW

South OF THE BORDER PIZZA



Makes one 12" pizza



Ready in 20 minutes

INGREDIENTS:

- 1 (12-inch) precooked whole-grain pizza crust
- 1 cup enchilada sauce*
- 1 cup cooked or canned black beans, rinsed and drained
- 1 red bell pepper, seeded and finely diced
- 1 large avocado, pitted, peeled, and diced
- ½ cup chopped fresh cilantro

* Visit Forks Over Knives for our own [Enchilada Sauce](#) recipe!

INSTRUCTIONS:

Preheat the oven to 350°F.

Place the crust on a pizza stone or large baking sheet.

Spread the enchilada sauce over the crust. Sprinkle the black beans and bell pepper over the sauce.

Bake until the crust is lightly browned around the edges, about 15 minutes. Remove the pizza from the oven.

Scatter the avocado over the pizza and sprinkle with the cilantro. Slice and serve.

VIEW RECIPE
on forksoverknives.com





Craving Lasagna?

Sweet Potato LASAGNA

A delicious take on traditional lasagna, this sweet and savory dish is a such a crowd pleaser that you'll wish you made a double batch.

OUR READERS SAY:

"I'VE MADE THIS ONE SEVERAL TIMES. IT'S SO GOOD. MY DINERS DID NOT REALIZE IT WAS MEATLESS, EGGLESS AND CHEESELESS UNTIL IT WAS ALL GONE."

—S. DEEM

"I MADE THIS YESTERDAY FOR DINNER. MY HUSBAND CAME BACK FOR SECONDS! I'M GETTING READY TO DELIVER SOME TO MY SISTERS. EVERYONE SHOULD TASTE THIS YUMMY LASAGNA!"

—D. MOORE

Sweet Potato LASAGNA



Makes one 9×13" lasagna



Ready in 40 minutes

FOR THE CASHEW CHEESE:

1 cup cashews
1½ tablespoons nutritional yeast
2 tablespoons fresh lime juice (from about 1 lime)
¼ teaspoon garlic powder
¼ teaspoon sea salt
¼ teaspoon freshly ground black pepper

FOR THE SWEET POTATO FILLING:

3 pounds white-fleshed sweet potatoes (4 to 5 medium), peeled and cut into large pieces
1 tablespoon fresh lime juice (from 1 lime)
Sea salt

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INSTRUCTIONS:

To make the cashew cheese:

Place the cashews in a small bowl and add at least 1 cup of water. Set aside to soak until softened, 1 to 2 hours. Drain the cashews and place them in a blender with the nutritional yeast, lime juice, garlic powder, salt, pepper, and ¾ cup of water. Blend until the mixture is smooth and has the consistency of cream cheese. Transfer the cashew cheese to a pastry bag, a resealable bag, or a squeeze bottle, and set aside.

Meanwhile, **to make the sweet potato filling:** Place a steamer basket insert in a saucepan filled with about 2 inches of water. Bring to a simmer, and add the sweet potatoes. Cover the pan and steam until tender when pierced with the tip of a sharp knife, 15 to 17 minutes. Transfer the sweet potatoes to a large bowl.

Use a potato masher to mash the sweet potatoes. Add the lime juice and salt to taste, and mix well. Set aside.

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Sweet Potato LASAGNA



Makes one 9x13" lasagna



Ready in 40 minutes

FOR THE SAUTÉED GREENS:

2 cups finely chopped leeks,
white and light green parts
12 ounces button
mushrooms, finely
chopped (about 4 cups)
2 small cloves garlic, minced
Sea salt
1 bunch Swiss chard,
stemmed and finely
chopped (about 4 cups)
1 bunch spinach, stemmed
and finely chopped (about
4 cups)

FOR THE TOMATO SAUCE:

3 medium tomatoes, diced
(about 3 cups)
1 cup diced red onion
2 (6-ounce) cans tomato
paste
2 pitted dates
2 cloves garlic
1 tablespoon dried oregano
1 tablespoon dried basil
⅓ teaspoon freshly ground
black pepper
Sea salt
1 pound rice lasagna noodles
(16 noodles)

INSTRUCTIONS CONTINUED:

To make the sautéed greens: Combine the leeks and ¼ cup of water in a sauté pan. Cover and cook over low heat until the leeks are very soft, about 15 minutes. Add the mushrooms, garlic, and salt to taste. Cover and cook over medium heat, until the mushrooms are soft, 5 to 7 minutes. Add the chard and the spinach, and cook, uncovered, until the greens are tender, 5 to 7 minutes. Remove from the heat and let cool.

To make the tomato sauce: Combine the tomatoes, onion, tomato paste, dates, garlic, and 1 cup water in a blender or food processor. Purée until smooth. Transfer the mixture to a saucepan, and add the oregano, basil, pepper, a generous pinch of salt, and 2 cups water. Cook over medium heat for 40 minutes. Taste and adjust the seasoning and set aside.

Bring a large pot of water to a boil. Cook the noodles according to the package instructions. Drain thoroughly. Spread out the noodles on a wire rack or a towel, making sure they do not overlap. Let cool.

Preheat the oven to 350°F.

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SWEET POTATO LASANGA - INSTRUCTIONS CONTINUED:

To assemble the lasagna:

Spread 1½ cups of the tomato sauce over the bottom of a 9 × 13-inch baking pan that is at least 2 inches deep. Arrange a layer of 4 lasagna noodles on top, slightly overlapping each of them.

Top with half of the mashed sweet potatoes, then another layer of 4 noodles. Spread all of the sautéed greens on top. Pipe (squeeze) half of the cashew cheese on top of the greens (if it is in a resealable bag, just snip off one corner).

Arrange a layer of 4 pasta noodles on top of the cheese. Spread half of the remaining tomato sauce over the pasta. Spread the remaining sweet potatoes on top.

Top with the last layer of pasta, then the remaining tomato sauce. Finally, pipe the remaining cashew cheese over the sauce in a fun zigzag or swirling pattern.

Bake until the cheese on top is lightly browned and the sauce is bubbling along the sides of the pan, about 45 minutes. Let stand for 5 minutes before serving.

Serve hot.

VIEW RECIPE
on [forksoverknives.com](https://www.forksoverknives.com)





Craving cookies?

Lunchbox CHOCOLATE CHIP COOKIES

Chocolate chip cookies are a favorite dessert and treat, and these are perfectly soft and chewy. Simple to make and ready in 25 minutes, you'll love these sweet snacks.

OUR READERS SAY:

"OH MY GOSH ... I HAVE FOUND MY LIFETIME VEGAN CHOCOLATE COOKIE RECIPE! THIS IS A FABULOUS COOKIE. EVERYTHING YOU SAY ABOUT IT IS ACCURATE ... AND, SOOOO YUMMY."

—C. CALDWELL

"I JUST MADE THESE, AND THEY ARE EPICALLY GOOD. THANK YOU SO MUCH. COOKIE CRAVING HAS BEEN VANQUISHED."

—N. MARTES

Lunchbox CHOCOLATE CHIP COOKIES



Makes 24 cookies



Ready in 25 minutes

INGREDIENTS:

1/3 cup unsweetened applesauce
1/3 cup almond butter
1/2 cup dry sweetener*
1 tablespoon ground flaxseeds
2 teaspoons pure vanilla extract
1 1/3 cups oat flour
1/2 teaspoon baking soda
1/2 teaspoon sea salt
1/4 cup sorghum flour, or whole-wheat pastry flour
1/2 cup grain-sweetened vegan chocolate chips

* You can use cane sugar, date sugar, coconut sugar, or maple sugar.

INSTRUCTIONS:

Preheat the oven to 350°F. Line two large baking sheets with parchment paper or silicone baking mats.

Use a strong fork to beat together the applesauce, almond butter, sweetener, and flaxseeds in a large bowl. Once relatively smooth, mix in the vanilla.

Add in the oat flour, baking soda, and salt and mix well.

Add the sorghum flour and chocolate chips and mix well.

Drop spoonfuls of batter onto the prepared baking sheets in about 1½-tablespoon scoops, about 2 inches apart. Flatten the cookies a bit, so that they resemble thick discs (they won't spread much at all during baking).

Bake for 8 to 10 minutes. The longer you bake them, the crispier they will be.

Remove the cookies from the oven and let them cool on the sheets for 5 minutes, then transfer to a cooling rack to cool completely.

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on forksoverknives.com

