

FOOD52

VEGAN

60 VEGETABLE-DRIVEN
RECIPES FOR ANY KITCHEN



Gena Hamshaw

Foreword by Amanda Hesser
& Merrill Stubbs



FOOD52

VEGAN

60 VEGETABLE-DRIVEN
RECIPES FOR ANY KITCHEN

Gena Hamshaw
Photography by James Ransom



TEN SPEED PRESS
Berkeley



Copyright © 2015 by Food52
Inc.

Photographs copyright © 2015
by James Ransom

All rights reserved.

Published in the United States
by Ten Speed Press, an imprint
of the Crown Publishing
Group, a division of Penguin
Random House LLC, New
York.

www.crownpublishing.com

Ten Speed Press and the Ten Speed Press colophon are registered trademarks of Penguin Random House LLC.

Library of Congress Cataloging-in-Publication Data

Hamshaw, Gena.

Food 52 vegan : 60 vegetable-driven recipes for any kitchen / Gena Hamshaw ; photography by James Ransom.— First edition.

pages cm

Includes bibliographical
references and index.

1. Vegan cooking. 2. Veganism.
3. Cooking (Vegetables)

I. Title. II. Title: 60 vegetable-
driven recipes for any kitchen.

III. Title: Food fifty-two vegan.

IV. Title: Food52 vegan.

TX837.H32 2015

641.5'636—dc23

Hardcover ISBN:

9781607747994

eBook ISBN 9781607748007

eBook design adapted from
printed book design by Emma
Campion and Margaux Keres

v4.1

a

Contents

**Foreword by Amanda
Hesser & Merrill Stubbs**

Introduction

Vegan 101

BREAKFAST

Muesli

Coconut Quinoa

Porridge with Toasted
Almonds

Green Smoothie with
Avocado

Go-To Pancakes

Date Nut Bread

Peach Crumble Coffee
Cake

Tempeh and Sweet
Potato Hash

Tofu Scramble

Polenta with Greens,
Roasted Tomatoes, and
Lentil Walnut Crumble

Breakfast Tostadas with
Refried Black Beans

and Cabbage Slaw

APPETIZERS

& SNACKS

Five-Minute No-Bake
Granola Bars

Baked Kale Chips

Crispy Roasted

Chickpeas

Socca

Sesame Flax Crackers

Sweet Pea Hummus

Parsnip Fries with Spicy

Harissa Mayonnaise

Polenta Squares with

Sun-Dried Tomato and

Walnut Tapenade

Summer Rolls with Spicy Peanut Sauce

SOUPS

Creamy Tomato Soup

Chilled Cucumber
Soup with Mango Salsa

Gingered Carrot Bisque

Corn Chowder with
Chive Oil

Miso Soup with
Shiitakes, Soba, and
Asparagus

Sweet Potato and
Peanut Stew with Kale

Jamaican Jerk Chili
with Quinoa and
Kidney Beans

Smoky Black Bean and Sweet Potato Chili

SALADS

Greek Salad with Tofu
Feta

Kale Salad with
Kabocha Squash,
Toasted Hazelnuts, and

Pomegranate Seeds

Heirloom Tomato and
Golden Beet Panzanella

Snow Pea, Cabbage, and
Mizuna Salad with
Smoky Tempeh

French Lentil and
Arugula Salad with
Herbed Cashew Cheese
Roasted Cauliflower

and Freekeh Salad

Quinoa Salad with
Sweet Potatoes, Kale,
and Pesto Vinaigrette

Wheat Berry and Green
Bean Salad with Dried
Cranberries and Celery

MAIN

DISHES

Penne with Summer
Squash, Corn, and
Herbs

Orecchiette with
Creamy Leeks and
Broccoli Rabe

Butternut Squash Mac
and Cheese

Asparagus, Arugula,
and Pesto Pizza

Carrot and Fennel Pot
Pie

Mushroom, Pecan, and
Lentil Burgers

Zucchini Quinoa Cakes

Smoky Tempeh and
Hummus Sandwiches

Lentil Sloppy Joes

Tempeh Kebabs with
Barbecue Sauce

Roasted Ratatouille

Kabocha Squash and
Tofu Curry

Eggplant Tagine with
Millet and Preserved
Lemon

Cauliflower and Oyster
Mushroom Tacos

Mushroom, Chard, and
Quinoa Enchiladas

DESSERTS

Ginger Roasted Pears
with Vanilla Cream

Banana Chia Pudding

Chai-Spiced Bread

Pudding

Blackberry Coconut Ice
Cream

Cranberry Pistachio
Biscotti

Perfect Pumpkin Pie

Raw Citrus Cheesecake

Double-Chocolate
Brownies

Chocolate Cake with Chocolate Filling and Ganache

Mexican Chocolate Date Truffles

Basics

Acknowledgments

Index

Foreword

When it comes to cooking and eating, we subscribe to the credo of “eat everything, and

in moderation.” And if we’re being honest, we tend to bristle at any regimen that hinges on the rejection of an entire class—or classes—of food. Part of this is due to our upbringing, part to our past experiences as adventurous eaters and

food writers, and part to our beliefs about what it means to eat healthily.

They say that as you get older you become more strident in your convictions, but we like to think this is an area where we've loosened up a little. In particular,

we were wary of vegan cooking until not too long ago. When Gena's column, the New Veganism, first launched on Food52.com in 2012, it was with a primer on veganism and an accompanying recipe for raw kale salad with

lentils and apricot
vinaigrette.

Clean and almost spare,
Gena's style ran in
complete opposition to
the loving embrace we
gave to cream and
butter and crème
fraîche—not to mention
steak—for so long. And
this was a stance that

our audience loved us for, so we were unsure of how our readers would take a vegan column.

But Gena's tolerant and graceful presentation of vegan cooking (and her use of real, seasonal ingredients) made converts of us all, and

the column became one of our most widely read. This proved that our readers, like us, were not only willing but eager to let go of their preconceived notions and come along for the ride—whether they ate vegan all the time, or only for

Meatless Mondays, or just liked eating more vegetable-driven dishes (or just more of Gena's dishes, because they're great).

We love that Gena's angle isn't always "look, you can make this, and it's vegan." Her column champions the

enthusiasm shared by the entire Food52 community for the act of coming together around food and cooking. And she has an innate sense of what people actually want to eat.

Gena's recipes are often standouts at our photo

shoots. Her Date Nut Bread ([this page](#)) was a hot topic in the office for days; other team favorites from the book include Sweet Potato and Peanut Stew with Kale ([this page](#)), Chilled Cucumber Soup with Mango Salsa ([this page](#)), Roasted Ratatouille

([this page](#)), and her Go-To Pancakes ([this page](#)).

Even our most skeptical editors have now become the sort of people who keep a block of tofu in their fridges at all times—although that fridge may also contain anchovies or bacon or

cheese or eggs. Or all five at once.

Over time, Gena has introduced us to things like nutritional yeast and cashew cheese and made them feel like new, exciting additions to our kitchens, rather than weird vegan substitutions. She was

the first person to write about tempeh on the site. And now it's not so weird anymore.

Eating vegan is, at its best, less a rejection of certain foods and more an embrace of foods that are bright and flavorful—as a bonus, they're simply healthy

for you, too. As Gena shows us, challenging yourself to think more expansively about these ingredients is gratifying for any cook, and will forever change the landscape of your kitchen.

—Amanda Hesser &

Merrill Stubbs



Introduction

At its heart, vegan food is just food. In the last few years, veganism has emerged from the

“special diet” shadows and begun to take a rightful place on a wide range of dinner tables.

The idea that vegan dishes belong in a separate caste—a caste populated by strange specialty ingredients, meat substitutes, and bland flavors—simply

isn't true. If you like stir-fried brown rice and hearty curries at dinner, quinoa salads at lunch, or a stack of fluffy pancakes in the morning, then you already know and love vegan food. It is creative, satisfying, and colorful, and it offers

tremendous possibility
to the home cook.

This is the premise on
which my New
Veganism column on
Food52 was built—the
idea that vegan cuisine
can be celebrated not as
a set of replacements or
alternatives, but as an
assemblage of vibrant

recipes that happen to
exclude animal
products. Since I started
writing it two years ago,
the New Veganism
column has presented
bold pasta dishes,
hearty stews, ingenious
bean burgers,
nourishing whole
grains, innovative

salads, and rich desserts. The recipes are appealing because they're good food, plain and simple, not because they fit a label. The column also explains techniques that are helpful to vegan cooks and omnivores alike, such as making cashew

cream for rich, dairy-free soups and pasta sauces; using nutritional yeast to add umami to fresh pesto; or adding avocado to smoothies for a rich, creamy texture.

This book expands upon the column that inspired it. It's a

celebration of the
culinary versatility of
plant foods: vegetables,
fruits, grains, legumes,
nuts, and seeds. The
recipes I share are
modern and bright. The
food will be light and
fresh, but it won't feel
like "health food"
(though it is, of course,

healthful). This is food you can make for yourself or share with friends and family. And it's food that you and your loved ones will relish eating.

In these pages, you'll find sixty recipes, along with many "kitchen confidence tips"—little

tidbits of guidance that can help you become more adept and skillful at preparing dishes free of meat, eggs, and dairy products. I hope the book will enrich your meatless repertoire and spark—or rekindle—a love affair with vegetables.

Enjoy!

Vegan 101

Throughout this book, you'll find occasional tidbits and tips at the end of the recipes.

Taken together, these notes serve as my “Vegan 101” intro course—they are the essential techniques and insider knowledge that I think you’ll need to become a more confident vegan cook. These tips cover everything from

ingredient sourcing to cooking methods, and my hope is that they'll complement and enhance the recipes.

**GETTING TO
KNOW SOME
VEGAN
STAPLES**

Coconut Oil: The
Vegan Baking All-Star

A Tempeh Tutorial

Tempeh vs. Tofu

Give Millet a Chance

Getting to Know
Nutritional Yeast

CHOOSING VEGAN INGREDIENTS

Choosing the Right
Tofu for the Job

Choosing Pasta

Choosing Sugar

Choosing the Right
Nondairy Milk for the

Job

ESSENTIAL TECHNIQUES

The Best Way to Cook
Lentils

The Best Way to Cook
Quinoa

The Best Way to Cook Beans

TRICKS OF THE TRADE

Going (Frozen) Bananas

How to Get Silky-
Smooth Hummus

Secret Ingredients for
Creamy Soups

How to Add Smoky
Flavor to Vegan Dishes

Building a Meal-
Worthy Salad

Building a Better Veggie
Burger

Date Paste: Your New
Favorite Sweetener

Flax and Chia Eggs

Pressing Tofu





Breakfast

Muesli

Coconut Quinoa Porridge
with Toasted Almonds

Green Smoothie with Avocado

Go-To Pancakes

Date Nut Bread

Peach Crumble Coffee Cake

Tempeh and Sweet Potato
Hash

Tofu Scramble

Polenta with Greens, Roasted
Tomatoes, and Lentil Walnut
Crumble

Breakfast Tostadas with
Refried Black Beans and

Cabbage Slaw



Muesli

Muesli

SERVES 4

With just a little advance thought, this can be a terrific grab-and-go breakfast for mornings when you simply don't have time to simmer oats but still crave a hearty bowl of cereal. A combination of oats, dates, nuts, seeds, and

spices is soaked in nondairy milk overnight in the fridge, and by morning—voilà!—it's creamy, sweet, and ready to eat. You can use a variety of nuts, seeds, and dried fruits here; don't feel obliged to stick to the suggested mix-ins. This is also a great vehicle for homemade almond, rice, or oat milk, but it's fine to use

your favorite store-bought in the recipe, too.

2 cups (180g) rolled oats

$\frac{1}{3}$ cup (50g) chopped medjool dates or raisins

$\frac{1}{4}$ cup (30g) cashew pieces

$\frac{1}{4}$ cup (35g) pumpkin seeds

3 tablespoons chia seeds

$\frac{1}{2}$ teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

**3 1/2 cups (830ml) nondairy milk,
homemade (**Oat Milk**, **Nut Milk**,
or **Horchata**) or store-bought**

**2 tablespoons maple syrup, plus
more if desired**



1. In a large bowl, preferably one with a lid, stir together all the ingredients. Let sit for about 20 minutes, then give it

another stir. Cover and refrigerate overnight.

2. In the morning, stir again and add more nondairy milk if necessary to achieve the desired consistency. Taste for sweetness and add more maple syrup if you wish.

3. Enjoy!



Coconut Quinoa Porridge with Toasted Almonds

Coconut Quinoa Porridge with Toasted Almonds

SERVES 4

If you're an oatmeal fan, it's time to start considering breakfast porridges made with other grains. Rice, millet, quinoa, bulgur, kasha, and

even farro (an ancient variety of wheat) all make for delicious morning bowls.

Quinoa is a particularly convenient choice because it cooks up quickly. This porridge, which includes coconut milk, dates, and toasted almonds, has just the right amount of sweetness and a bit of crunch that nicely

contrasts with the fluffiness of the quinoa. Feel free to jazz it up as you wish: almond milk, dried figs, raisins, walnuts, or chopped apple would all be good.



1 cup (170g) quinoa

1 cup (240ml) water

1½ cups (355ml) full-fat coconut

milk

2 tablespoons maple syrup

1/4 teaspoon salt

**1 cinnamon stick, or 1 teaspoon
ground cinnamon**

1/2 cup (55g) slivered almonds

**Finely chopped pitted dates
(optional)**



1. Put the quinoa in a fine-

mesh sieve and rinse until the water runs clear. Combine the quinoa, water, 1 cup (240ml) of the coconut milk, and the maple syrup, salt, and cinnamon in a medium saucepan over medium-high heat. Bring to a boil, then decrease the heat to maintain a simmer, cover, and cook for about 20 minutes, until the

quinoa has absorbed all the liquid. Fluff the quinoa with a fork and discard the cinnamon stick.

2. Meanwhile, toast the almonds. Put them in a small dry skillet over medium heat and cook, stirring occasionally, until golden. Immediately transfer to a plate to keep them from burning.

3. Serve right away, topping each serving with about 2 tablespoons of the remaining coconut milk, 2 tablespoons of the almonds, and a sprinkling of dates.



Green Smoothie with Avocado

Green Smoothie with Avocado

SERVES 1

The wide world of smoothies extends far beyond strawberries and bananas. Once you've experienced the fun of adding fresh leafy greens, avocado, and other

unusual ingredients to your smoothies, you may find it hard to go back to your old routines. Plus, they're a no-brainer vegan breakfast. Many smoothies are dairy-free as written, and if they aren't, it's easy to veganize them using plant-based milks and yogurts in place of dairy products. This one features the sweetness

of mango and a silky, almost fluffy texture thanks to the avocado.

1 peeled and frozen banana

½ cup (about 85g) frozen or fresh mango chunks

½ small to medium avocado

1 cup (30g) loosely packed baby spinach leaves

**1½ cups (355ml) nondairy milk,
homemade (Oat Milk, Nut Milk,
or Horchata) or store-bought,
plus more if needed**

½ teaspoon vanilla extract



1. Put all the ingredients in a blender and process until very smooth and creamy.

2. Add a little more nondairy

milk if needed to achieve the desired consistency, or a few ice cubes if you want it to be frostier.

Going (Frozen) Bananas

If you're a smoothie lover (and who isn't?), then it's worthwhile to keep a bag of peeled, chopped bananas in

your freezer. As soon as I see a banana going ripe on my counter, I peel it and add it to my stash. They make it easy to whip up perfectly cool, thick smoothies at a moment's notice, and they're essential for achieving the creaminess of a yogurt-based smoothie.



Go-To Pancakes

Go-To Pancakes

MAKES 12 TO 14
PANCAKES

This is my go-to pancake recipe, which also happens to turn into excellent waffles. It's sweet but not sugary and has just the slightest hint of buttery flavor from the coconut oil. The pancakes are

delicious as is, and when served with maple syrup or fruit compote, but if you're looking to switch things up, try the variations that follow the recipe.

To make waffles instead of pancakes, prepare the batter as instructed, then use about $\frac{1}{3}$ cup (80ml) of batter for each waffle.

2 cups (250g) unbleached all-purpose flour

2 tablespoons sugar

1 tablespoon baking powder

1/2 teaspoon salt

2 1/4 cups (530ml) unsweetened nondairy milk, homemade ([Oat Milk](#), [Nut Milk](#), or [Horchata](#)) or store-bought, plus more if needed

1 teaspoon apple cider vinegar

3 tablespoons melted coconut oil, plus more for frying

1 teaspoon vanilla extract

1. In a large bowl, whisk together the flour, sugar, baking powder, and salt. In a medium bowl, whisk together the nondairy milk and vinegar until frothy. Stir in the

coconut oil and vanilla. Add to the flour mixture and stir until smooth, taking care to break up any lumps. If the batter seems too thick, stir in a bit more nondairy milk to achieve a pourable consistency.

2. Put a griddle over medium-high heat and coat it lightly with coconut oil. When the

griddle is hot, pour the pancake batter onto the griddle, using $\frac{1}{4}$ cup (60ml) for each pancake. When bubbles form on top of a pancake and the bottom is golden, flip, then cook until the other side is golden. Repeat until the batter is used up.

For Something Different

Pumpkin Pancakes Use only 2 cups (475ml) of nondairy milk and whisk 1 cup (245g) of pumpkin puree into the milk mixture.

Banana Walnut Pancakes Use only 2 cups (475ml) of nondairy milk and whisk 1 mashed banana into the milk mixture. Fold $\frac{1}{3}$ cup (40g) of

chopped walnuts into the final batter.

Chocolate Chip Pancakes

Fold $\frac{2}{3}$ cup (115g) of chocolate chips into the final batter.



Date Nut Bread

Date Nut Bread

SERVES 8 TO 10

Soaking dates in boiling water softens them and makes them melt when baked. In this quick bread, they turn into caramel-like ribbons of sweetness. To create some binding without eggs, this recipe uses a “flax egg”—

ground flaxseeds mixed with a bit of water—a handy trick of the vegan baking trade (see [this page](#)).

2 cups (475ml) boiling water

1½ cups (375g) pitted medjool dates, finely chopped

2 cups (250g) unbleached all-purpose flour

$\frac{2}{3}$ cup (135g) sugar

1 tablespoon baking soda

$\frac{1}{4}$ teaspoon salt

1 teaspoon ground cinnamon

3 tablespoons warm water

1 tablespoon ground flaxseeds

$\frac{3}{4}$ cup unsweetened nondairy milk, homemade ([Oat Milk](#), [Nut Milk](#), or [Horchata](#)) or store-bought, plus more if needed

1 teaspoon apple cider vinegar

1/2 cup (120ml) melted coconut oil

1/2 cup (50g) walnuts, chopped

- 1.** Preheat the oven to 350°F (175°C). Oil a 5 by 9-inch (13 by 23cm) loaf pan.
- 2.** Pour the boiling water over the dates and let soak for at least 10 minutes.

3. In a large bowl, whisk together the flour, sugar, baking soda, salt, and cinnamon.

4. In a small bowl or measuring cup, whisk together the warm water and ground flaxseeds and let sit until thick. Separately, vigorously whisk together the nondairy milk and vinegar until frothy.

Add the coconut oil and the flaxseed mixture. Pour into the flour mixture and stir just until combined.

5. Drain the dates well. Fold the dates and walnuts into the batter, then stir in a splash more nondairy milk if it seems too dry. Pour the batter into the prepared pan.

6. Bake for 35 to 40 minutes,

until a toothpick inserted into the center comes out clean. Let cool in the pan for 30 minutes, or until slightly warm or room temperature, then turn out onto a wire rack and let cool for at least 15 minutes longer before slicing and serving.

Coconut Oil: The Vegan

Baking All-Star

One of the first things you may be wondering as you explore vegan baking is how to replace butter. Earth Balance is the most popular brand of buttery dairy-free products, and their products are fabulous. However, coconut oil can also be used in virtually any recipe that would

traditionally call for butter, with perfect results every time. If the recipe you're adapting calls for solid butter, store the coconut oil at a cool temperature. If the recipe calls for melted butter (or oil), melt the coconut oil prior to using.



Peach Crumble Coffee Cake

Peach Crumble Coffee Cake

SERVES 9 TO 12

This is everything a coffee cake should be: sweet, fragrant, and full of texture. There's a perfect balance among the soft, fluffy cake; the moist peaches; and the nutty,

crumbly topping, which you can use on any number of cobblers, crumbles, muffins, or quick breads. It's wonderful as a breakfast treat, but it's also pretty great for dessert, especially if you top it with a scoop of vanilla ice cream.



Cake

1 ¼ cups (155g) unbleached all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

¼ teaspoon salt

1 teaspoon ground cinnamon

1 cup (240ml) unsweetened almond milk, homemade ([this page](#)) or store-bought, plus more if needed

1 teaspoon apple cider vinegar

½ cup (100g) sugar

1/3 cup (80ml) melted coconut oil

1 teaspoon vanilla extract

**1 cup (155g) peeled and diced
ripe peaches or thawed frozen
peaches**

Topping

**3/4 cup (95g) unbleached all-
purpose flour**

1/3 cup (75g) packed brown sugar

1/3 cup (35g) walnuts, chopped

1/8 teaspoon salt

1 teaspoon ground cinnamon

½ teaspoon ground ginger

4 to 5 tablespoons (60 to 75ml)

melted coconut oil



1. Preheat the oven to 350°F (175°C). Lightly oil an 8- or 9-inch (20 or 23cm) square baking pan.

2. To make the cake, put the

flour, baking powder, baking soda, salt, and cinnamon in a large bowl and whisk to combine.

3. In a medium bowl, vigorously whisk together the almond milk and vinegar until frothy. Let sit for a few moments, then stir in the sugar, coconut oil, and vanilla. Add to the flour mixture and

stir just until combined, adding a little more almond milk if necessary. Fold in the peaches. Pour the batter into the prepared pan.

4. To make the topping, put the flour, sugar, walnuts, salt, cinnamon, and ginger in a small bowl and stir well.

Drizzle the oil over the flour mixture, 1 tablespoon at a

time, working it in with your fingers after each addition. Stop adding the oil when large crumbs form. If you like, you can also pulse the topping ingredients together in a food processor, also adding the oil 1 tablespoon at a time. Scatter the topping evenly over the batter.

5. Bake for 35 to 40 minutes,

until the topping is fragrant and toasty and a toothpick inserted into the center of the cake comes out clean. Allow the cake to cool in the pan for at least 30 minutes before slicing and serving.



Tempeh and Sweet Potato Hash

Tempeh and Sweet Potato Hash

SERVES 4

One of my weekend rituals is to bake a few sweet potatoes so I can enjoy them in salads and stir-fries through the week—or in this recipe, which is a perfect vehicle for them. (That

said, you could also peel, cube, and steam the sweet potatoes instead of baking them for this recipe.) Feel free to use different greens depending on the season or what looks most appealing at the market. As for the seared and spiced tempeh, it's hearty enough to sustain you on even the longest of days and pulls in some of my

favorite seasonings: turmeric, tamari, and smoked paprika.

2 medium to large sweet potatoes

2 tablespoons olive oil

1 cup (160g) diced onion

8 ounces (225g) tempeh, cut into squares $\frac{3}{4}$ to 1 inch (2 to 2.5cm) thick

1 teaspoon ground turmeric

1 teaspoon smoked paprika

¼ cup (60ml) vegetable broth

1 tablespoon tamari

2 teaspoons Dijon mustard

**2 cups (about 150g) tightly
packed chopped kale, Swiss
chard, or collard greens**

Pinch of red pepper flakes

Salt and pepper

1. Preheat the oven to 400°F (200°C).

2. Pierce the sweet potatoes a few times with a fork and put them on a baking sheet. Bake for 35 to 45 minutes, until tender but not mushy. Let cool for 15 minutes.

3. Chop the sweet potatoes into ½-inch (1.3cm) cubes. Heat the olive oil in a large

skillet over medium-high heat. Add the onion and sauté until the onion is just turning golden, 5 to 8 minutes. Add the tempeh and sauté until it's golden brown, 7 to 8 minutes.

4. Add the sweet potatoes, turmeric, paprika, broth, tamari, and mustard, then use the mixing spoon to mash the potatoes a bit and mix all the

ingredients together. Add the greens and cook, stirring occasionally, until they wilt. Stir in the red pepper flakes and season with salt and pepper to taste. Serve right away.

A Tempeh Tutorial

Tempeh, like tofu, is a soy

product, which in this case is prepared by fermenting cakes of coarsely ground soybeans. Some varieties are made with other beans or grains in addition to soybeans. Because the fermentation process uses a fungus, you may see small gray or blackish patches. These are just spores, and they're fine. However, if you see large

black or green spots, be wary; this indicates that the tempeh has spoiled. Tempeh tastes bitter unless it's been cooked, so I don't recommend eating it directly from the package. If you find it bitter even after cooking, try steaming it gently before grilling or sautéing it.



Tofu Scramble

Tofu Scramble

SERVES 4

I'm not particularly keen on creating "faux" versions of nonvegan dishes. But every now and then there's one that I'm dying to replicate with plant-based ingredients, this recipe being a prime example. Extra-firm tofu, crumbled and

stir-fried, is an amazingly authentic substitution for scrambled eggs, especially with turmeric to give it a golden color. You can customize this recipe in all the same ways as egg-based scrambles. I like to top it with smoky-flavored tempeh strips (see [this page](#)) for extra flavor and texture contrast, or wrap it up in a

tortilla for an easy breakfast burrito.



1 tablespoon olive oil

1 cup (160g) diced onion

1 clove garlic, minced

**2 cups (475ml) diced vegetables,
such as zucchini and red bell
peppers**

2 tablespoons tahini

1 tablespoon tamari

1 tablespoon Dijon mustard

1/2 teaspoon ground turmeric

**14 to 16 ounces (400 to 450g)
extra-firm tofu, crumbled**

**1/4 cup (20g) large-flake
nutritional yeast**

**3 cups (90g) baby spinach or
other greens, such as chard or
kale**

**1/4 cup (10g) minced fresh
parsley**

Pepper

1. Heat the oil a large skillet over medium heat. Add the onion and sauté until tender, 5 to 6 minutes. Add the garlic and sauté for 2 minutes. Add the vegetables and sauté until tender.

2. In a small bowl, whisk

together the tahini, tamari, mustard, and turmeric. Add to the skillet and stir to combine, then stir in the tofu. Cook, stirring frequently, until the tofu is heated through, about 4 minutes. Sprinkle the nutritional yeast over the top and stir it in. Add the spinach and cook, stirring frequently, just until wilted.

3. Serve topped with the parsley and a few grinds of pepper.

Choosing the Right Tofu For the Job

There are many types of tofu available, and it's important to select one suited to the recipe you're making. Extra-firm or

firm tofu is perfect for marinating, grilling, or scrambling, or for making Tofu Feta ([this page](#)). If marinating tofu or using it in large pieces, you'll achieve the best results if you press it first (see [this page](#)). Silken tofu, which comes in shelf-stable boxes, is ideal for puddings, custardy pie fillings,

smoothies, and creamy sauces,
such as in Orecchiette with
Creamy Leeks and Broccoli
Rabe ([this page](#)).



Polenta with Greens, Roasted

Tomatoes, and Lentil Walnut Crumble

Polenta with Greens, Roasted Tomatoes, and Lentil Walnut Crumble

SERVES 4

Polenta is a great, savory alternative to oatmeal, and a

handy opportunity to polish off leftover roasted vegetables, cooked greens, and beans.

Prepare a large batch at the start of the week and reheat it in individual portions as the week goes on, adding a splash of almond milk before serving.

You can make the lentil walnut crumble in advance

(stored in the fridge, it will keep for 1 week) and roast the tomatoes a day ahead. The crumble can be stuffed into wraps or used in place of crumbled tofu in a pinch.

Lentil Walnut Crumble

1 cup (100g) toasted walnuts

½ cup (55g) oil-packed sun-dried

**tomatoes, drained and coarsely
chopped**

1 clove garlic, chopped

1 tablespoon tamari

1 teaspoon apple cider vinegar

**1 cup (200g) cooked brown
lentils (see [this page](#))**

Roasted Tomatoes

6 Roma tomatoes, halved

2 tablespoons olive oil

1 tablespoon balsamic vinegar

2 teaspoons sugar

Salt and pepper

Polenta

3 cups (710ml) vegetable broth

1 cup (125g) yellow cornmeal

**3 tablespoons large-flake
nutritional yeast**

2 tablespoons olive oil

Salt and pepper

Greens

1 tablespoon olive oil

1 clove garlic, minced

**1 bunch kale or collard greens
(12 to 16 ounces/340 to 450g)**

**1 teaspoon freshly squeezed
lemon juice**



1. Preheat the oven to 450°F
(230°C).

2. To make the crumble, put the walnuts in a food processor and pulse two or three times to coarsely chop. Add the sun-dried tomatoes, garlic, tamari, and vinegar and pulse two or three more times. Add the lentils and pulse until the mixture is thoroughly blended and crumbly, adding water a teaspoonful at a time

to just barely bring the ingredients together.

3. To make the roasted tomatoes, put the tomatoes, cut side up, on an oiled baking sheet and drizzle the olive oil and balsamic vinegar evenly over them. Sprinkle evenly with the sugar, then season with salt and pepper. Bake for 25 to 30 minutes,

until the tomatoes are collapsing and starting to brown.

4. Meanwhile, prepare the polenta. Put the vegetable broth in a deep saucepan and bring to a boil over medium-high heat. Add the cornmeal in a thin stream while whisking. Adjust the heat to maintain a simmer. Cook,

whisking constantly, until the mixture thickens, then switch to a wooden spoon and cook, stirring constantly, until thick and creamy, 15 to 25 minutes. Stir in the nutritional yeast and olive oil, then remove from the heat. Season with salt and pepper to taste. Set aside while you prepare your greens.

5. To make the greens, heat

the olive oil in a large skillet over low heat. Add the garlic and sauté until fragrant, about 2 minutes. Add the greens, stir, cover, and cook until wilted. Stir in the lemon juice and cook until the greens are bright green and tender but still have some texture, about 3 minutes.

6. To serve, divide the polenta,

tomatoes, and greens among four bowls and top each with about $\frac{1}{3}$ cup (80ml) of the crumble.



Breakfast Tostadas with
Refried Black Beans and
Cabbage Slaw

Breakfast Tostadas with Refried Black Beans and Cabbage Slaw

SERVES 4

You can make these tostadas as fancy or as simple as you like. If you know you'll be short on

time, prepare the refried black beans a day in advance, then throw the cabbage salad together in the morning. If you're preparing them for brunch on a leisurely morning, it's worth your while to make the cashew queso (see [this page](#)), too. It's the ultimate comfort food sauce—tangy, salty, and versatile.

Once you try it, you'll want to smother everything with it, from baked potatoes to steamed broccoli to rice and beans.

Refried Beans

1 tablespoon olive oil

1 large white onion, chopped

1 poblano or jalapeño chile,

finely chopped

1 clove garlic, minced

3 cups (510g) cooked black beans (see [this page](#))

1/2 teaspoon salt

1 1/2 teaspoons chili powder

1 teaspoon ground cumin

**1/2 cup (120ml) vegetable broth,
or as needed**

2 1/2 tablespoons lime juice

Cabbage Slaw

3 cups red or green cabbage (or a mixture of both), finely shredded

2 green onions, green parts only, chopped

1½ tablespoons olive oil

1 tablespoon lime juice

2 teaspoons agave nectar

Salt and pepper

8 (6-inch/15cm) corn tortillas

1 large Hass avocado, sliced

**½ cup (20g) chopped fresh
cilantro**



1. To make the refried beans, heat the olive oil in a large skillet over medium heat. Add the onion and chile and sauté until the onion is tender and translucent, about 8 minutes.

Add the garlic and sauté for 1 minute. Add the black beans, salt, chili powder, and cumin and cook, stirring occasionally, until everything is heated through, adding the vegetable broth as needed to prevent sticking. Remove from the heat and stir in the lime juice. Transfer to a food processor and pulse until

fairly smooth, without many whole beans—or to whatever texture you prefer; alternatively, you can use a potato masher or even a fork to mash the beans.

2. Preheat the oven to 325°F (165°C).

3. To make the slaw, put the cabbage, green onions, oil, lime juice, and agave nectar in

a bowl and toss until thoroughly combined. Season with salt and pepper to taste.

4. Place the tortillas in a single layer on two baking sheets. Bake for 15 minutes, until crispy. To assemble each tostada, spread about $\frac{1}{4}$ cup (60ml) of the refried beans on a tortilla. Top with $\frac{1}{4}$ cup (60ml) of the slaw, a few slices

of avocado, and 1 tablespoon of the cilantro.

For Something Different

Cashew Queso In a blender or food processor, puree 1 cup (130g) cashew pieces that have been soaked in water for at least 3 hours and then drained, $\frac{1}{3}$ cup (25g) large-

flake nutritional yeast, $\frac{3}{4}$ teaspoon salt, 1 teaspoon chili powder, $\frac{1}{2}$ teaspoon smoked paprika, 1 cup plus 2 tablespoons (265ml) water, 3 tablespoons tomato paste, and 2 tablespoons freshly squeezed lemon juice until totally smooth. Drizzle on top of each tostada before serving.



Appetizers & Snacks

Five-Minute No-Bake Granola
Bars

Baked Kale Chips

Crispy Roasted Chickpeas

Socca

Sesame Flax Crackers

Sweet Pea Hummus

Parsnip Fries with Spicy

Harissa Mayonnaise

Polenta Squares with Sun-Dried Tomato and Walnut

Tapenade

Summer Rolls with Spicy

Peanut Sauce



Five-Minute No-Bake Granola Bars

Five-Minute No-Bake Granola Bars

SERVES 10 TO 12

This is far and away the most popular recipe I've posted on Food52, and for good reason: it's one of the easiest and most adaptable methods for snack bars ever. Not a fan of peanut

butter? Use almond, cashew, or sunflower seed butter. Don't have any pumpkin seeds on hand? Sunflower seeds, cashews, or other nuts will be great, too. As for the dried fruit, anything goes; just be sure to chop larger fruits into small bits.

2½ cups (225g) rolled oats or quick oats

1 cup (140g) pumpkin seeds

½ cup (75g) raisins

⅔ cup (165g) peanut butter or almond butter

½ cup (120ml) agave nectar or brown rice syrup, plus more as needed

⅛ teaspoon salt (optional)



1. Line an 8 by 8-inch (20 by 20cm) pan with aluminum foil or plastic wrap.
2. In a large bowl, stir together the oats, pumpkin seeds, and raisins.
3. In a medium bowl, stir together the peanut butter, agave nectar, and, if using unsalted peanut butter, the salt; alternatively, combine

these ingredients in a food processor and process until well combined. Add to the oat mixture and stir until everything is sticky and well combined. If the mixture is too dry to hold together, add a bit more agave nectar.

4. Spread the mixture in the lined pan, then cover with foil or plastic wrap, and press

firmly to form an even layer.
Refrigerate for at least 4 hours.

5. Cut into bars and wrap them individually. Stored in the fridge, they'll keep for 2 weeks.



Baked Kale Chips

Baked Kale Chips

SERVES 4

Kale chips have become such a common snack that you can probably find them at the corner store—but they'll cost you. Making them at home is significantly cheaper and doesn't take much time. There are a few tricks to making a

perfectly baked kale chip. One is to coat the kale evenly with oil, so use your hands to massage the olive oil into every last nook and cranny. Another is to spread the kale in an even layer on the baking sheets, without overlapping. Finally, be sure to bake at a low temperature. If the heat is too high, the chips will burn

before they take on the crispy texture you're looking for. If you like, sprinkle the chips with smoked paprika, nutritional yeast, chili powder, red pepper flakes, or a combination of seasonings along with the salt and pepper.

**1 large bunch curly kale,
stemmed**

2 to 3 tablespoons olive oil

Kosher salt and pepper

1. Preheat the oven to 275°F (135°C).

2. Put the kale in a large bowl, drizzle with the olive oil, then massage the kale until evenly coated. Spread the kale pieces in a single layer on two baking

sheets, and season generously with salt and pepper.

3. Bake for 15 minutes, then rotate the pans and bake for about 10 minutes longer, until crispy.



Crispy Roasted Chickpeas

Crispy Roasted Chickpeas

MAKES ABOUT 2 CUPS
(475ML)

Roasted chickpeas are a great, protein-packed snack in their own right, but they also make a wonderful, last-minute addition to soups, salads,

grain dishes, stir-fries, and even trail mix. I like them tossed with a handful of raisins for an alternative to salted nuts. Check out the suggested flavor variations, then try your own favorite combinations of spices or seasonings.



2 cups (330g) cooked chickpeas
(see [this page](#))

2 tablespoons olive oil

1 tablespoon tamari

**1 tablespoon freshly squeezed
lemon juice or balsamic vinegar**



1. Preheat the oven to 375°F
(190°C). Line a baking sheet
with parchment paper or

aluminum foil.

2. Put the chickpeas on a clean kitchen towel, fold the towel over them, and pat gently to dry them as well as possible.

3. In a medium bowl, whisk the olive oil, tamari, and lemon juice together. Add the chickpeas and stir gently until evenly coated. Transfer to the lined baking sheet and spread

the chickpeas in an even layer.

4. Bake for about 20 minutes, then stir. Bake for 15 minutes longer, until nicely toasted, or 25 minutes longer if you'd like them to be very crunchy.

5. Stored in a sealed container in the refrigerator, the chickpeas will keep for 1 week.

For Something Different

Teriyaki-Lime Toss the chickpeas with a mixture of 2 tablespoons of tamari, 1 clove of garlic (minced), 2 tablespoons of freshly squeezed lime juice, 1 tablespoon of agave nectar, and 1 tablespoon of grated fresh ginger and bake as directed.

Rosemary-Vinegar Toss the chickpeas with a mixture of 2 tablespoons of olive oil, 1 tablespoon of apple cider vinegar, 2 tablespoons of chopped fresh rosemary, and 1 teaspoon of coarse sea salt or kosher salt and bake as directed.

Spicy Toss the chickpeas with a mixture of 2 tablespoons of

olive oil, 1 teaspoon of chili powder, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ teaspoon of smoked paprika, and a generous pinch of cayenne pepper and bake as directed.

Brown Sugar Toss the chickpeas with a mixture of 2 tablespoons of melted coconut oil, 3 tablespoons of brown sugar, 1 teaspoon of ground

cinnamon, and a pinch of salt
and bake as directed.



Socca

Socca

SERVES 6 TO 8

Socca, also called *farinata*, is a thin, round gluten-free flatbread made from chickpea flour. It's common in both French and Italian cooking (hence the double name) and requires no yeast or kneading (hooray!). It's usually baked or

broiled in a skillet to yield a crispy surface that contrasts with a soft interior. When it's done, you can cut it into wedges and dip it into hummus or olive oil, or even use it as a pizza crust of sorts. My favorite toppings include avocado, salty tapenade, or garlicky sautéed greens. For breakfast or a sweet-savory

dessert, you can top it with fresh fruit, compote, or jam.

1 cup (115g) chickpea flour

1 teaspoon salt

Pepper

1½ cups (355ml) water, at room temperature

3 to 4 tablespoons olive oil

1. Preheat the oven to 450°F (230°C) and put a 12-inch (30cm) cast-iron skillet in the oven.

2. In a large bowl, whisk together the flour, salt, and pepper in a large bowl. Whisk in 1 cup (240ml) of the water and 2 tablespoons of the olive oil. Let the batter sit for 10 to 15 minutes. If it's very thick,

stir in more water as needed to create a thick but pourable batter, similar to pancake batter.

3. Remove the skillet from the oven and coat the pan with 1 tablespoon of the olive oil. Pour the batter into the skillet and bake for 15 minutes, until firm throughout and lightly browning on the edges.

4. For a more a traditional *socca*, turn on the broiler.

Brush the top of the socca with the remaining tablespoon of olive oil and broil until browning on top. If you'd like to skip that step, bake it for about 5 minutes longer, until just starting to brown on top.

5. Cut into wedges and serve right away.



Sesame Flax Crackers

Sesame Flax Crackers

MAKES ABOUT 25
CRACKERS

This recipe is super low maintenance: no flour, no rolling pins, and minimal fuss. The nutty taste and binding quality of flaxseeds make them

an ideal base for crackers that are crunchy and savory (and healthy!). When the ground flaxseeds soak, they form a gel that binds the rest of the ingredients together; then just spread the mixture on a baking sheet, score it, and pop it in the oven. These crackers are an excellent option for gluten-free guests—and also

make an impressive
companion to your favorite
dip, perhaps Herbed Cashew
Cheese ([this page](#)).

1/2 cup (60g) ground flaxseeds

1/2 cup (80g) golden flaxseeds

**1/2 cup (75g) unhulled sesame
seeds**

1 cup (240ml) water

1½ tablespoons tamari

½ teaspoon garlic powder

1. In a medium bowl, combine all the ingredients and stir well. Cover and let sit at room temperature for 1 hour. The mixture will thicken up considerably and form a dough that is thick and

gelatinous but still pourable; add a bit more water if it's too sticky.

2. About 15 minutes before you plan to bake the crackers, preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.

3. Transfer the dough to the lined baking sheet and spread it as evenly as possible. Score

the dough lightly with a pizza roller to indicate the eventual cracker shapes; you can make as few as 15 and as many as 35, but 25 or so is a good number.

4. Bake for 30 to 35 minutes, until lightly browned. Turn off the oven, leave the door slightly ajar, and leave the pan in the oven so the crackers can dry and set.

5. When the crackers are cool, break them apart. Stored in an airtight container at room temperature, the crackers will keep for about 2 weeks.



Sweet Pea Hummus

Sweet Pea Hummus

SERVES 6

Isa Chandra Moskowitz, an esteemed vegan food writer, once said that hummus is a food group for vegans. I agree, but I'd take it a step further and say it's also a food group

for students, busy working people, and anyone who likes amazing, healthful food that can be prepared in minutes. The best thing about making your own hummus is that you have total control over the flavors. This version is a light, delicate spin on traditional hummus, featuring fresh green spring peas, lemon zest and

juice, and a hint of garlic.

2 cups (330g) cooked chickpeas
(see [this page](#))

**1½ cups (210g) fresh or frozen
green peas, lightly steamed**

3 tablespoons tahini

**2 to 3 tablespoons freshly
squeezed lemon juice**

1 teaspoon chopped garlic

1/2 teaspoon salt

1 tablespoon olive oil, plus more if needed

1 tablespoon finely grated lemon zest

2 tablespoons chopped fresh herbs, such as dill, parsley, or basil (optional)



1. Put the chickpeas, peas, tahini, lemon juice, garlic, and

salt in a food processor or blender (preferably a high-speed blender). Pulse a few times to combine. With the motor running, drizzle in the oil. Keep processing until creamy and smooth, adding a bit more olive oil or water if the hummus is too thick. Add the zest and herbs and pulse to combine.

2. Taste and adjust the seasonings if desired. Stored in a sealed container in the fridge, the hummus will keep for 4 to 5 days.

How to Get Silky-Smooth Hummus

Most people prefer a smooth consistency to their hummus.

If you're one of them, here are a few tricks that will help make your hummus super smooth:

Remove the skins from the cooked chickpeas before blending. It's time-consuming, but it works well.

Warm the chickpeas before blending, either by using just-cooked chickpeas or by

heating up canned chickpeas.

If you cook the chickpeas from scratch, use a bit of the cooking liquid in the hummus as you blend; it adds starch, which creates a rich, smooth consistency.

While processing the hummus, stop often to scrape down the sides of the work bowl and incorporate any

stray, unblended bits.



Parsnip Fries with Spicy Harissa

- -

Mayonnaise

Parsnip Fries with Spicy Harissa Mayonnaise

SERVES 4

This recipe celebrates two often-overlooked ingredients: parsnips, the pale cousins of carrots, and harissa, a smoky and spicy North African chile

pepper paste. Once you experience the tender sweetness of parsnip fries, you may be tempted to forsake potatoes. As for the harissa mayonnaise, it's perfectly suited to spicing up most any sandwich or wrap.



Parsnips

**2½ pounds (1.1kg) parsnips,
peeled**

2 tablespoons olive oil

Coarse salt and black pepper

Spicy Harissa Mayonnaise

**1 cup (130g) cashew pieces,
soaked in water for at least 3
hours and drained**

½ cup (120ml) water

2 tablespoons harissa paste

1 tablespoon freshly squeezed

lemon juice

1 teaspoon salt

Pinch of cayenne pepper

1. Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper.

2. To prepare the parsnips, quarter each one lengthwise, then cut in half crosswise. Put

the parsnips in a large bowl, drizzle with the olive oil, and toss until evenly coated.

Spread them evenly on the lined baking sheet and sprinkle generously with salt and pepper.

3. Bake for 20 to 25 minutes, until the parsnips are turning brown and crispy at the edges, stirring and turning halfway

through the baking time.

4. Meanwhile, make the harissa mayonnaise. Put all the ingredients in a food processor or a blender and process until smooth and creamy, stopping occasionally to scrape down the sides of the work bowl. If the mixture is too thick, drizzle in a bit more water while the motor is

running.

5. Serve the mayonnaise alongside the parsnip fries.

Stored in an airtight container in the fridge, any leftover mayonnaise will keep for 5 days.



Polenta Squares with Sun-Dried

Tomato and Walnut Tapenade

Tomato and Walnut Tapenade

Polenta Squares with Sun-Dried Tomato and Walnut Tapenade

MAKES 24 APPETIZERS

This appetizer feels fancy, but your guests will never know how easy it is to prepare. You

can make the polenta and the tapenade 2 days ahead, and then broil and assemble on the day of your party. You can also cut the polenta into thicker slabs and grill it, or even leave it whole to serve as a quick and hearty pizza crust.



Polenta

**6 cups (1.4L) vegetable broth,
preferably low-sodium**

**2 cups (250g) fine-grind yellow
cornmeal**

1 teaspoon salt

1½ teaspoons dried thyme

Pepper

Tapenade

2 cups (475ml) boiling water

**¾ cup (40g) sun-dried tomatoes
(not oil-packed)**

$\frac{2}{3}$ cup (65g) walnuts

2 small cloves garlic

**2 tablespoons freshly squeezed
lemon juice**

**1 tablespoon chopped fresh
rosemary**

$\frac{1}{2}$ teaspoon salt

Pepper

$\frac{1}{3}$ cup (80ml) olive oil

1. To make the polenta, pour the broth in a deep saucepan and bring to a boil over medium-high heat. Add the cornmeal in a thin stream, whisking constantly, then add the salt. Adjust the heat to maintain a simmer. Cook, continuing to whisk constantly, until the mixture thickens, then switch to a

wooden spoon and cook, stirring constantly, until the polenta is very thick and pulling away from the sides of the pot, about 30 minutes. Stir in the thyme, then season with pepper to taste.

2. Oil a 10 by 15-inch (25 by 38cm) rimmed baking sheet or line it with parchment paper. Spread the polenta evenly over

the lined baking sheet with an offset spatula or an inverted knife. Let cool, then cover and refrigerate for a few hours.

3. To make the tapenade, pour the water over the sun-dried tomatoes and let soak for 20 minutes. Drain, retaining $\frac{1}{2}$ cup (120ml) of the soaking liquid in case you need to thin the tapenade.

4. Put the walnuts in a food processor and pulse until finely ground. Add the sundried tomatoes and garlic and pulse to coarsely chop the tomatoes and combine the ingredients. Add the lemon juice, rosemary, salt, and pepper to taste and pulse briefly. With the motor running, drizzle in the olive

oil in a thin stream and process until the mixture has the consistency of a thick pesto. If it's too thick, drizzle in some of the soaking water from the tomatoes while the motor is running.

5. To assemble the appetizers, preheat the broiler. Cut the polenta into 2½-inch (6.5cm) squares by cutting it into

quarters lengthwise and sixths crosswise to yield 24 squares. Transfer to a baking sheet and brush lightly with olive oil. Broil for 8 minutes, until lightly toasted. Top each square with a tablespoonful of tapenade and serve.



Summer Rolls with Spicy Peanut

Sauce

Summer Rolls with Spicy Peanut Sauce

MAKES 16 SUMMER ROLLS
AND 1½ CUPS (355ML)
SAUCE

Working with rice paper
wrappers demands a bit of
patience, but the effort is well

worth it when you create an appetizer as bright and fresh as this one. And the peanut sauce is so delicious that, once you try a spoonful, you'll want to make an extra batch to keep around for dipping everything in sight.



Sauce

$\frac{2}{3}$ cup (160ml) warm water

$\frac{1}{2}$ cup (125g) smooth peanut butter

2 tablespoons tamari

2 tablespoons freshly squeezed lime juice

2 teaspoons agave nectar or maple syrup

1 teaspoon toasted sesame oil

1 tablespoon grated fresh ginger, or $\frac{1}{2}$ teaspoon ground

1 clove garlic, crushed

Rolls

1 cup (20g) loosely packed fresh basil leaves, preferably Thai basil

1 cup (30g) firmly packed fresh cilantro leaves

1 large cucumber, quartered lengthwise, seeded, and julienned

2 cups (240g) julienned jicama

1 cup (70g) finely shredded red cabbage

2 Hass avocados, thinly sliced

16 (8-inch/20cm) rice paper wrappers

1. To make the sauce, put all the ingredients in a blender and process until smooth.

Alternatively, put them in a medium bowl and whisk until well blended.

2. To prepare the rolls, ready a

large clean work surface and have all of the vegetables and herbs lined up in the order listed. Pour about 2 inches (5cm) of warm water into a large, shallow pan. Spread a clean, dry kitchen towel next to the pan. Submerge a rice paper wrapper in the water for about 15 seconds, then lay it on the towel. Flip it over so

both sides are dried a bit.

3. Put the rice paper wrapper onto the clean assembly surface. Starting about one-third of the way up from the edge closest to you, spread about 1 tablespoon of the basil across the wrapper, then sprinkle 1 tablespoon of the cilantro atop the basil. Atop the cilantro, make a thin row

of the cucumber, then the jicama, then the cabbage, and finally the avocado. Fold the bottom edge of the wrapper up and over the filling. Tuck in the sides of the wrapper, then continue rolling up to the top. Set the roll aside, seam side down, and repeat with the remaining wrappers, herbs, and vegetables.

4. To serve, cut each roll in half at a slight diagonal and offer the sauce alongside.



Soups

Creamy Tomato Soup

Chilled Cucumber Soup with
Mango Salsa

Gingered Carrot Bisque

Corn Chowder with Chive Oil

Miso Soup with Shiitakes,
Soba, and Asparagus

Sweet Potato and Peanut Stew
with Kale

Jamaican Jerk Chili with
Quinoa and Kidney Beans

Smoky Black Bean and Sweet
Potato Chili



Creamy Tomato Soup

Creamy Tomato Soup

SERVES 4 TO 6

A combination of cashews and soy milk makes this tomato soup smooth, rich, and creamy—just the thing for dunking crusty bread into when you're in need of

comfort food. If you like, you can prepare the creamy cashew mixture a day in advance, then store it in the refrigerator until you're ready to make the soup. As a bonus, this soup freezes well, so you can save any leftovers for a rainy afternoon.



**$\frac{3}{4}$ cup (95g) cashew pieces,
soaked in water for at least 3
hours and drained**

$\frac{1}{2}$ cup (120ml) soy milk

$\frac{1}{2}$ cup (120ml) vegetable broth

**3 tablespoons large-flake
nutritional yeast**

2 tablespoons olive oil

**1 white or yellow onion, coarsely
chopped**

4 cloves garlic, chopped

2 (14.5-ounce/411g) cans

**crushed or diced tomatoes, or 1
(28-ounce/794g) can**

1/4 cup (65g) tomato paste

1 teaspoon dried oregano

1/2 teaspoon dried thyme

Pinch of red pepper flakes

Salt, to taste

1/4 cup (10g) chopped fresh basil



1. Put the cashews, soy milk,

broth, and nutritional yeast in a blender or food processor and process until completely smooth (which may take a few minutes), stopping occasionally to scrape down the sides of the blender jar.

2. Heat the olive oil in a medium pot over medium heat. Add the onion and sauté until tender and translucent,

about 8 minutes. Add the garlic and sauté until very fragrant, 2 or 3 minutes.

3. Stir in the crushed tomatoes, tomato paste, oregano, thyme, pepper flakes, and the blended cashew mixture. Decrease the heat to maintain a simmer. Cook, stirring occasionally, until heated through and

thickening slightly.

4. Using an immersion blender (or using a regular blender and working in batches), blend until smooth and creamy, then season with salt to taste. Just before serving, stir in the basil.

Secret Ingredients for

Creamy Soups

There are numerous ways to add creaminess to vegan soups and stews: soy milk and coconut milk, Savory Cashew Cream ([this page](#)), mashed white potatoes, and silken tofu work particularly well.



Chilled Cucumber Soup with

Mango Salsa

Chilled Cucumber Soup with Mango Salsa

SERVES 4

At the height of summer, chilled soups are a great way to show off fresh produce. And because this soup, which showcases a creamy and

sprightly combination of avocado, cucumber, and lime, isn't cooked, it will keep both you and your kitchen cool. The mango and corn salsa adds a touch of sweetness while also providing an interesting textural counterpoint.

Soup

2 large cucumbers, peeled and coarsely chopped

1 large Hass avocado

2 green onions, white and green parts, chopped

$\frac{1}{3}$ cup (80ml) water

2 tablespoons freshly squeezed lime juice

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper

Salsa

1 cup (170g) diced mango, in 1/2-inch (1.3cm) cubes

1/2 cup (75g) fresh, raw corn kernels

1/2 cup (20g) finely chopped fresh cilantro

1 tablespoon olive oil

1 tablespoon freshly squeezed lime juice

Salt and pepper

1. To make the soup, put all the ingredients in a blender and process until smooth, adding a bit more water if needed to achieve a perfectly creamy texture. Taste and add more salt if desired.

2. To make the salsa, put the mango, corn, cilantro, olive oil, and lime juice in a small

bowl and stir until evenly combined. Season to taste with salt and pepper.

3. Serve the soup topped with the salsa.



Gingered Carrot Bisque

Gingered Carrot Bisque

SERVES 4 TO 6

Carrots and ginger play a starring role in this sweet and spicy soup. The supporting cast includes potato for extra heft, cashew cream for a luscious mouthfeel, and a

touch of curry powder for deeper, more complex flavor. Just one heads-up: although the cashew cream is super simple to prepare, the cashews must soak for at least 3 hours before making it, so plan ahead.



1 tablespoon olive oil

3/4 cup (120g) diced onion

1/2 cup (50g) diced celery

**1 (1½-inch/4cm) piece of ginger,
finely chopped**

4 cups (950ml) vegetable broth

**1 ¼ pounds (680g) carrots,
chopped**

**1 small to medium russet
potato, cut into large pieces**

1½ teaspoons mild curry powder

Salt

1/3 cup (80ml) Savory Cashew Cream ([this page](#)), plus more for serving

1. Heat the oil in a large pot over medium heat. Add the onion, celery, and ginger and sauté until the onion is tender and translucent, about 8 minutes.

2. Stir in the broth, carrots, potato, and curry powder and bring to a boil. Decrease the heat to maintain a simmer. Cook, stirring occasionally, until the carrots are tender, about 25 minutes.

3. Using an immersion blender (or using a regular blender and working in batches), blend until

completely smooth. Put the pot over low heat and cook, stirring often, until heated through. Stir in $\frac{1}{3}$ cup of the cashew cream.

4. Top each bowl of bisque with a swirl of cashew cream before serving.



Corn Chowder with Chive Oil

Corn Chowder with Chive Oil

SERVES 6

This corn chowder has a touch of sweetness, thanks to the combination of fresh corn and a splash of coconut milk.

Potatoes add thickness—a trick you can use to make most any

soup creamier. After the soup is cooked, blend it a bit for a chunky soup, or completely for a silky smooth soup. The chive oil has a delicate flavor that adds freshness and balances the sweetness of the corn.



Chowder

1½ tablespoons olive oil

1 white onion, chopped

2 cloves garlic, minced

**1 pound (450g) new potatoes,
peeled and diced**

½ teaspoon smoked paprika

**Kernels from 6 ears of corn
(about 3½ cups/540g)**

**4 cups (950ml) vegetable broth,
plus more if needed**

¾ teaspoon salt

½ cup (120ml) coconut milk

Pepper

Chive Oil

¼ cup (60ml) olive oil

**1 ounce (30g) chives, coarsely
chopped**

Salt



1. To make the chowder, heat

the olive oil in a large pot over medium heat. Add the onion and sauté until barely tender, 4 to 5 minutes. Add the garlic and sauté for another minute. Add the potatoes and paprika and cook, stirring constantly, for a couple of minutes.

2. Stir in the corn, broth, and salt and bring to a boil.

Decrease the heat to maintain

a simmer. Cook, stirring occasionally, until the potatoes are very tender, about 25 minutes, adding a bit more broth if the soup starts to resemble a thick stew.

However, don't add too much additional broth, or the final soup will be too thin.

3. Using an immersion blender (or using a regular

blender and working in batches), blend the soup until it is about half pureed, with some texture and visible pieces of potato remaining. Stir in the coconut milk, then season with black pepper. Taste and adjust the seasonings if desired.

4. To make the chive oil, put the olive oil and chives in a

blender and process until smooth. Season with salt to taste.

5. Serve the chowder with the chive oil drizzled over the top.



Miso Soup with Shiitakes, Soba,

and Asparagus

Miso Soup with Shiitakes, Soba, and Asparagus

SERVES 4

This soup begins with making dashi (a basic Japanese sea stock). Traditional dashi uses kombu (a sea vegetable) and dried tuna flakes, but the

kombu provides plenty of saltiness and umami all on its own. Then come the miso (you can use almost any variety of miso in this soup, but I prefer white miso because it's a bit less salty and has a mellow, mild flavor), soba noodles, garlic, and ginger that give this soup its spiciness and texture. The

asparagus and green onions called for here are great enhancements, but feel free to substitute any quick-cooking vegetables that are in season. You'll want to make this soup year-round; it's light enough for summer, yet warming enough for winter's bleakest days.

6 cups (1.4L) cold water

1 (5-inch/13cm) piece of kombu

**1½ to 2 tablespoons minced or
grated fresh ginger**

**1 large or 2 small cloves garlic,
finely minced**

½ cup (140g) white miso

Tamari (optional)

**6 ounces (170g) shiitake
mushrooms, stemmed and thinly
sliced**

4 green onions, green and white

parts, chopped

8 ounces (225g) soba

**1 pound (450g) asparagus, cut
into 2- to 3-inch (5 to 7.5cm)
pieces**

**Optional flavorings and toppings:
sriracha sauce, toasted sesame
oil, gomasio, or red pepper
flakes**



1. Put the water and kombu in

a large pot and bring to a simmer over medium-high heat. Immediately decrease the heat to maintain a gentle simmer. (Avoid boiling the kombu vigorously, as this can bring out a bitter taste.) Simmer for 10 minutes.

2. Use a slotted spoon to remove the kombu, including any small pieces. Add the

ginger and garlic. Ladle a cup or two of the kombu broth into a measuring cup or small bowl, add the miso, and mash with a fork until completely integrated. Stir the miso slurry back into the broth. Taste and adjust the seasoning if you like; you may want to add more ginger or, for a saltier flavor, a splash of tamari. Stir

in the shiitakes and green onions.

3. Meanwhile, bring a separate large pot of water to a boil over high heat. Add the soba, decrease the heat to maintain a simmer, and cook, stirring occasionally, until the soba is tender, about 8 minutes.

4. Drain the soba, then add it to the miso broth, along with

the asparagus. Simmer until the asparagus is tender, about 5 minutes.

5. Serve immediately, offering any desired optional flavorings and toppings alongside.



Sweet Potato and Peanut Stew with Kale

Sweet Potato and Peanut Stew with Kale

SERVES 4

This recipe is a cold-weather favorite from my column at Food52. It's been two years since it was published, and readers are still raving about

it. Sweet potatoes, red lentils, and tomatoes are simmered with ginger, cumin, and other spices. But what really makes this dish sing is the peanut butter, with its creamy texture and distinctive aroma. And as you're soon to discover, red lentils are a handy thickener for soups and stews; they cook up quickly and become so soft

that they sometimes
disintegrate into the soup with
no pureeing.

1 tablespoon olive oil

1 yellow onion, diced

2 cloves garlic, crushed

**1½ tablespoons minced fresh
ginger**

2 pounds (900g) sweet potatoes,

**chopped into 1-inch (2.5cm)
chunks**

**1/2 cup (95g) red lentils, rinsed
well**

**3 ripe tomatoes, peeled and
chopped, or 1 (14.5-
ounce/411g) can diced
tomatoes**

1/2 teaspoon salt

2 teaspoons ground cumin

1 teaspoon ground cinnamon

1/2 teaspoon ground turmeric

Cayenne pepper

**4 cups (950ml) vegetable broth,
plus more as needed**

**1/4 cup (60g) creamy peanut
butter**

**4 cups (300g) finely chopped
curly kale**

Pepper

**1/4 cup (25g) chopped green
onions, green parts only**

**1/4 cup (35g) roasted, salted
peanuts, chopped**

1. Heat the olive oil in a large pot over medium heat. Add the onion and sauté until the onion starts to become translucent, about 5 minutes. Add the garlic and ginger and sauté until the garlic is fragrant, about 3 minutes. Add the sweet potatoes, lentils, tomatoes, salt, cumin,

cinnamon, turmeric, and a pinch or two of cayenne and stir to combine.

2. Add the vegetable broth. If there isn't enough broth to cover everything by at least 1 inch (2.5cm), add more broth as needed. Stir well and bring to a boil. Decrease the heat to maintain a simmer. Cook, stirring occasionally, until the

sweet potatoes and lentils are very tender, 40 to 45 minutes, adding more broth as needed if the stew gets too dry.

3. Add the peanut butter and stir until evenly incorporated. Using an immersion blender (or using a regular blender and working in batches), blend until about half pureed, with some texture remaining. It

should be creamy but still have visible chunks of sweet potato.

4. Stir in the kale and cook, stirring occasionally, until the kale is tender. Season with pepper, then taste and adjust the seasonings as desired. Serve topped with the green onions and peanuts.



Jamaican Jerk Chili with Quinoa

and Kidney Beans

Jamaican Jerk Chili with Quinoa and Kidney Beans

SERVES 6

It's a shame quinoa isn't a particularly common chili ingredient, because it adds both texture and heartiness while also freeing you from

the monotony of endless bowls of beans. This recipe strays further from tradition by including some spices you might typically think of for baking: cinnamon, nutmeg, and allspice. However, they're all common in Jamaican jerk seasoning—hence this recipe's name—and help bring out the tomatoes' natural sweetness.

The resulting dish has all the comfort and heartiness you want from a big bowl of chili, with just enough personality to feel new. (And it smells amazing while it simmers!)

This chili freezes nicely, and it pairs well with sautéed kale or slow-cooked collard greens.

2 tablespoons coconut oil

1 white or yellow onion, chopped

1 green bell pepper, seeded and chopped

1 poblano chile, chopped

2 cloves garlic, minced

1 ¼ cups (215g) quinoa, rinsed well

1 (28-ounce/794g) can crushed tomatoes, preferably fire-roasted

3 cups (525g) cooked kidney beans (see [this page](#))

1/2 teaspoon salt

1 tablespoon chili powder

1 teaspoon ground cinnamon

1/2 teaspoon dried thyme

1/2 teaspoon ground nutmeg

1/4 teaspoon ground allspice

2 1/2 to 3 cups (590 to 710ml)

vegetable broth

**1 small Hass avocado (optional),
thinly sliced, for garnish**

1/2 cup (20g) chopped fresh

cilantro (optional), for garnish

1. Heat the coconut oil in a large pot over medium heat. Add the onion, bell pepper, and poblano and sauté until the onion is tender and translucent, about 8 minutes. Add the garlic and sauté for 2 minutes longer.

2. Stir in the quinoa, tomatoes, kidney beans, salt, chili powder, cinnamon, thyme, nutmeg, allspice, and 2½ cups (590ml) of the broth and bring to a boil. Decrease the heat to maintain a simmer and cook, stirring occasionally, until the quinoa is plump and tender, with little tails (the germ) emerging

from the grains, about 25 minutes. Stir in the remaining $\frac{1}{2}$ cup (120ml) of broth as needed to achieve the desired consistency.

3. Taste and adjust the seasonings as desired. Serve hot, garnished with the avocado and cilantro.



Smoky Black Bean and Sweet

Potato Chili

Smoky Black Bean and Sweet Potato Chili

SERVES 6

This is the chili recipe you want in your back pocket. Sweet potatoes and black beans are a classic pairing, and no recipe shows them off

better than this one. This chili is always a hit at potlucks and gatherings. Just be sure to reserve a few servings for your freezer. You'll thank yourself later.



1 tablespoon olive oil

2 cups (320g) chopped white or yellow onion

4 cups (540g) diced sweet potatoes, in $\frac{3}{4}$ -inch (2cm) cubes

2 cloves garlic, minced

1 chipotle in adobo, finely chopped (see [tip](#))

1 tablespoon chili powder

2 teaspoons ground cumin

$\frac{1}{2}$ teaspoon smoked paprika

1 (14.5-ounce/411g) can diced tomatoes

$3\frac{1}{2}$ cups (600g) cooked black beans (see [this page](#))

**1½ cups (590ml) vegetable
broth, plus more as needed**

Salt

**1 large Hass avocado, sliced, for
garnish**

¼ cup (10g) thinly sliced chives



1. Heat the oil in a large pot over medium heat. Add the onion and sauté until tender

and translucent, about 8 minutes. Then add the sweet potatoes and garlic and sauté until the garlic is fragrant and the sweet potatoes are just becoming tender, 8 to 10 minutes. Add the chipotle in adobo, chili powder, cumin, and paprika and cook, stirring constantly, until the spices are very fragrant. Stir in the

tomatoes, beans, and broth and bring to a boil. Decrease the heat to maintain a simmer. Cook, stirring occasionally, until the sweet potatoes are tender, 30 to 35 minutes, adding more broth as needed to achieve the desired consistency. Season with salt to taste.

2. Let the chili sit for a few

minutes so the flavors meld.
Serve topped with the avocado
and chives.

How to Add Smoky Flavor to Vegan Dishes

I have two favorite methods
for creating smoky flavor in
vegan recipes. One is to use a
bit of smoked paprika. Both

sweet and hot paprika can be found in smoked forms; any online spice merchant should sell them, and smoked paprika can often be found at grocery stores with a good spice selection. The other is to use chipotle chiles in adobo sauce, a rich blend of paprika, oregano, garlic, salt, and vinegar. Both are used in this

recipe to create an especially smoky flavor.



Salads

Greek Salad with Tofu Feta

Kale Salad with Kabocha
Squash, Toasted Hazelnuts,
and Pomegranate Seeds

Heirloom Tomato and
Golden Beet Panzanella

Snow Pea, Cabbage, and
Mizuna Salad with Smoky
Tempeh

French Lentil and Arugula
Salad with Herbed Cashew
Cheese

Roasted Cauliflower and
Freekeh Salad

Quinoa Salad with Sweet
Potatoes, Kale, and Pesto

Vinaigrette

Wheat Berry and Green Bean
Salad with Dried Cranberries
and Celery



Greek Salad with Tofu Feta

Greek Salad with Tofu Feta

SERVES 4 TO 6

This recipe offers all the flavors of a traditional Greek salad—including the cheese, thanks to Tofu Feta. Just be aware that the tofu cheese must marinate for at least 4

hours. The good news: you can prepare it up to 2 days in advance of using it, and once that's done, putting the salad together is a breeze. The red wine vinaigrette is a handy, all-purpose dressing that can be used on all sorts of salads and on steamed vegetables.



Salad

1 large cucumber, halved lengthwise, seeded, and chopped into $\frac{3}{4}$ - to 1-inch (2 to 2.5cm) pieces

2 heaping cups (375g) seeded and diced tomatoes, in 1-inch (2.5cm) pieces (3 to 4 tomatoes)

$\frac{3}{4}$ cup (100g) pitted kalamata olives, halved

$\frac{1}{2}$ cup (60g) thinly sliced red onion

**1/3 cup (15g) chopped fresh
Italian parsley**

Vinaigrette

1/4 cup (60ml) olive oil

2 tablespoons red wine vinegar

**1 tablespoon freshly squeezed
lemon juice**

1 teaspoon dried oregano

1/4 teaspoon salt

Pepper

14 ounces (400g) Tofu Feta ([this page](#))

2 pita breads (optional), cut into wedges, for serving



1. To make the salad, put all the ingredients in a large bowl and toss to combine.

2. To make the vinaigrette, put the olive oil, vinegar, lemon

juice, oregano, and salt in a small bowl or measuring cup and whisk until well blended. Season with pepper.

3. Drizzle the dressing over the salad and stir gently until all the ingredients are evenly coated. Add the tofu feta and toss gently to combine. Serve with the pita wedges alongside.



Kale Salad with Kabocha Squash,

Toasted Hazelnuts, and Pomegranate Seeds

Kale Salad with Kabocha Squash, Toasted Hazelnuts, and Pomegranate Seeds

SERVES 4

Kale salads are so popular these days that it's easy to take them for granted. But a great one can still be showstopping, as is the case here, in part thanks to the lively vinaigrette and tart, crimson pomegranate seeds. The creamy and colorful kabocha squash gives substance to the dish, so you can serve it as a filling

appetizer or a lighter meal.
This is an ideal salad for
holiday entertaining, or just
for brightening your table on
a chilly winter night.

**1 small kabocha squash (about
1 pound/450g), cut into 1.5-inch
(4cm) pieces**

4 tablespoons (60ml) olive oil

Salt and pepper

½ cup (65g) hazelnuts

**2 tablespoons freshly squeezed
lemon juice**

1 teaspoon Dijon mustard

1 teaspoon maple syrup

**1 large bunch curly kale,
stemmed and torn into bite-size
pieces**

**¾ cup (130g) pomegranate
seeds**

1. Preheat the oven to 375°F (190°C).

2. Toss the squash with 1 tablespoon of the olive oil, then spread on a rimmed baking sheet. Sprinkle with salt and pepper. Bake for 15 minutes, then stir well. Bake for 15 to 20 minutes longer, until tender. Let cool to room

temperature.

3. Meanwhile, spread the hazelnuts in a small baking pan or pie plate and toast in the oven for 4 to 6 minutes, until golden. Check them frequently and remove them the moment they start to get brown. Let cool slightly, then rub the nuts between paper towels to help remove the

skins. Coarsely chop the nuts.

4. Put the remaining 3 tablespoons of olive oil in a small bowl or cup. Add the lemon juice, mustard, maple syrup, and $\frac{1}{4}$ teaspoon of salt and whisk until well blended. Season with pepper.

5. Put the kale in a large bowl and drizzle with 3 tablespoons of the dressing. Massage the

dressing into the kale with your hands until the kale has a soft, almost wilted texture. Add the squash, hazelnuts, and pomegranate seeds and toss gently until all the ingredients are evenly coated. Taste and mix in more dressing if desired.

6. Divide the salad among four plates and serve. Stored

in a covered container in the fridge, any leftovers will keep for 1 day.



Heirloom Tomato and Golden

Beet Panzanella

Heirloom Tomato and Golden Beet Panzanella

SERVES 4

I love the way crisp, toasted sourdough bread contrasts with tender beets and juicy tomatoes in this late-summer panzanella salad. Yellow beets

add a nice color, and they're also a little sweeter than red beets, especially when roasted. That said, any beets—red, yellow, chioggia (striped)—will do.

6 tablespoons (90ml) olive oil

**2 heaping tablespoons capers,
patted dry with a paper towel**

**1 small whole wheat sourdough
boule, cut into 1-inch (2.5cm)
cubes (5 to 6 cups/1.2 to 1.4L)**

**12 ounces (340g) golden beets,
peeled and cut into 1-inch
(2.5cm) cubes (4 medium or 3
large beets)**

Salt

**4 heirloom tomatoes, cut into 1-
inch (2.5cm) chunks**

Pepper

1/4 cup (10g) thinly sliced fresh

basil

1. Preheat the oven to 350°F (175°C).
2. Heat 3 tablespoons of the olive oil in a small skillet over medium-high heat. Add the capers and cook, stirring occasionally, until very crispy but not burnt, about 2

minutes. Remove the capers from the heat and set aside.

3. Spread the bread cubes evenly on two rimmed baking sheets and bake for 20 to 25 minutes, until brown and crispy, stirring halfway through.

4. Increase the oven temperature to 400°F (200°C) and line a baking sheet with

parchment paper.

5. Toss the beets with about 2 tablespoons of the olive oil, then arrange the cubes on the lined baking sheet. Sprinkle with a bit of salt. Bake for 25 to 35 minutes, until tender and just browning at the edges. Let cool to room temperature.

6. Put the tomatoes and beets

in a large bowl. Drizzle with the remaining tablespoon of olive oil and season with salt and pepper. Add the capers, bread cubes, and basil and gently toss until evenly combined. Taste and adjust the seasonings if desired. Serve cold or at room temperature. Stored in a covered container in the fridge, any leftovers will

keep for 1 day.



Snow Pea, Cabbage, and Mizuna

Salad with Smoky Tempeh

Snow Pea, Cabbage, and Mizuna Salad with Smoky Tempeh

SERVES 4, MAKES 1½
CUPS (355ML) DRESSING

This dish is all about contrast:

Subtly spicy mizuna meets sweet, crispy snow peas, with earthy, salty tempeh layered atop both. Then there's the extremely versatile sesame tahini dressing, which has a salty, sweet flavor that also shines in simple brown rice bowls and salads and as a dip for raw vegetables.

Salad

**6 ounces (170g) snow peas,
trimmed**

**2 cups (140g) shredded red
cabbage**

2 cups (60g) mizuna

1 cup (110g) shredded carrots

**2 green onions, white and green
parts, thinly sliced**

**¼ cup (10g) coarsely chopped
fresh cilantro**

Dressing

$\frac{2}{3}$ cup (160ml) water, plus more if desired

$\frac{1}{2}$ cup (125g) tahini

2 tablespoons toasted sesame oil

2 tablespoons tamari

2 tablespoons rice vinegar

1 tablespoon maple syrup

1 clove garlic, minced

1 teaspoon minced fresh ginger

8 ounces (225g) Smoky Tempeh ([this page](#))

1. To make the salad, bring a small pot of water to a boil and blanch the snow peas for about 30 seconds. Rinse under cold water to stop the cooking. Drain well and let dry, or pat with a clean kitchen towel to dry them more quickly. Cut

the snow peas in halves or thirds.

2. Put the snow peas in a large bowl. Add the cabbage, mizuna, carrots, green onions, and cilantro and toss to combine.

3. To make the dressing, combine all the ingredients in a blender and process until smooth. Add a bit more water

to thin the dressing if you like. Be aware that it will thicken when chilled.

4. Drizzle $\frac{2}{3}$ cup (160ml) of all the dressing over the salad and toss until all the ingredients are evenly coated. Add more dressing to taste. Serve topped with the tempeh.

Building a Meal-Worthy Salad

Only when I became vegan did I begin to understand the remarkable diversity of salads. Now meal-size salads are one of my favorite casual dinners. Mine typically include a cooked whole grain, a variety of vegetables, and a mixture of legumes, nuts, and seeds, all

enhanced with a bold dressing. As you explore the recipes in this chapter, think about how you can add heft and substance to your salads with different combinations of grains, dried fruit, nuts, seeds, legumes, proteins, and greens.



French Lentil and Arugula Salad

with Herbed Cashew Cheese

French Lentil and Arugula Salad with Herbed Cashew Cheese

SERVES 4

This salad is inspired by that traditional combination of Le Puy lentils, walnuts, and goat

cheese, with crisp arugula and radishes adding a welcome crunch and a peppery kick. In place of the goat cheese, I use tangy, salty Herbed Cashew Cheese ([this page](#)). Making the cashew cheese requires some forethought, so if you don't have any on hand or time to make it, you can omit it or substitute a chopped avocado.

1/3 cup (80ml) olive oil

1 small shallot, minced

1 teaspoon salt

**2 tablespoons freshly squeezed
lemon juice**

**1 tablespoon champagne
vinegar**

1 teaspoon Dijon mustard

**2½ cups (375g) cooked Le Puy
green lentils (see below), drained**

well

2 cups (60g) firmly packed baby arugula leaves

1 cup (115g) thinly sliced radishes

1 cup (50g) chopped endive

1 cup (105g) sliced cucumber

1/4 cup (12g) chopped fresh dill

1/3 cup (35g) toasted walnuts, chopped

Pepper

1/4 cup (60ml) Herbed Cashew Cheese ([this page](#))

1. In a small bowl or measuring cup, whisk together the olive oil, shallot, salt, lemon juice, vinegar, and mustard until evenly blended.
2. In a large bowl, stir together the lentils, arugula, radishes,

endive, cucumber, and dill.

Drizzle evenly with the dressing, then toss or stir until all the ingredients are evenly coated. Stir in the walnuts and season with black pepper to taste. Dot the top of the salad with small bits of the cashew cheese (about $\frac{1}{2}$ teaspoon each).

3. Serve the salad right away,

or store in an airtight container in the fridge for up to 3 days.

The Best Way to Cook Lentils

Good news: lentils are quicker to prepare from scratch than beans and add great texture and nutrition to dishes. To

cook them, start with about 1 cup (200g) of red, brown, or Le Puy (green) lentils. Pick out any that are discolored or shriveled. Rinse the lentils under running water, then combine them in a saucepan with 2½ cups (590ml) of water. Bring the water to a rapid simmer, then reduce to a gentle simmer. Add extra

water as needed so that the lentils remain barely submerged. Simmer the lentils for 20 to 30 minutes, until they're tender but retain some chew. (Red lentils take less time to cook because they've been split, so they'll likely be tender in 20 to 25 minutes.) Drain them, then season with salt and pepper to taste. 1 cup

(200g) of dry red, brown, or Le Puy lentils will make between 2 and 2¹/₄ cups (400 to 450g) of cooked lentils.



Roasted Cauliflower and Freekeh

Salad

Roasted Cauliflower and Freekeh Salad

SERVES 4

Freekeh is another name for green wheat kernels that have been cracked and toasted. It has a distinctively nutty taste and is a great alternative to

couscous or quinoa in grain-based salads. This recipe marries freekeh with crispy roasted cauliflower and accents the satisfying combination with lemon, freshly chopped mint, and other bright seasonings. Like most grain salads, this recipe keeps well, so you can serve it for guests one night and enjoy

leftovers for lunch the next day. If you can't find freekeh, bulgur wheat is a fine substitute; use $\frac{1}{4}$ cup (55g) of bulgur and cook it as you would quinoa (see [this page](#)), extending the cooking time to 20 to 25 minutes.



1 pound (450g) cauliflower, cut into bite-size pieces

6 tablespoons (80ml) olive oil

Salt and pepper

**1½ cups (355ml) vegetable
broth**

¾ cup (170g) freekeh

**2 tablespoons freshly squeezed
lemon juice**

1 teaspoon Dijon mustard

**½ cup (75g) dried currants or
raisins**

1 tablespoon finely grated lemon

zest

**3 tablespoons finely chopped
fresh mint**



- 1.** Preheat the oven to 425°F (220°C).
- 2.** Toss the cauliflower florets with 2 tablespoons of the olive oil. Spread the cauliflower evenly on a rimmed baking

sheet and sprinkle with salt and pepper. Bake for 20 minutes, until browning and getting crispy. Let cool to room temperature.

3. Meanwhile, combine the broth and freekeh in a medium saucepan and bring to a boil over medium-high heat. Decrease the heat to maintain a simmer, cover, and

cook for 20 minutes, until the freekeh is tender and has absorbed all the broth. Fluff the freekeh with a fork, then let it cool a bit.

4. Put the remaining 4 tablespoons (60ml) olive oil in a small bowl or measuring cup. Add the lemon juice, mustard, $\frac{1}{2}$ teaspoon of pepper, and $\frac{1}{4}$ teaspoon of salt

and whisk until well blended.

5. In a large bowl, gently stir together the cauliflower, freekeh, currants, and lemon zest. Drizzle with the dressing and toss until all the ingredients are evenly coated. Taste and adjust the seasonings if desired. Just before serving, stir in the mint.

6. Serve cold or at room temperature. Stored in a covered container in the fridge, any leftovers will keep for 3 days.



Quinoa Salad with Sweet

Potatoes, Kale, and Pesto Vinaigrette

Quinoa Salad with Sweet Potatoes, Kale, and Pesto Vinaigrette

SERVES 4; MAKES 1½
CUPS (355ML)
VINAIGRETTE

This is a salad for August or
September, when basil still

abounds at the farmers' market and sweet potatoes are just coming into season. It's full of texture—crispy kale, crunchy sunflower seeds, and soft, roasted sweet potatoes—and it definitely qualifies as meal-worthy. The pesto vinaigrette is one of my all-time favorites. (As a bonus, it freezes well.) You can vary the

herbs in the vinaigrette based on what's in season—mint, tarragon, and thyme make nice additions. All renditions of this dressing are fabulous over roasted vegetables or whole grains.

Salad

2 medium sweet potatoes,

**peeled and diced into $\frac{1}{2}$ -inch
(1.3cm) pieces**

2 tablespoons olive oil

Salt and pepper

1 cup (170g) quinoa

2 cups (475ml) vegetable broth

**2 cups (150g) stemmed and
finely chopped curly kale**

**$\frac{1}{2}$ cup (70g) roasted, salted
sunflower seeds**

**$\frac{1}{3}$ cup (13g) thinly sliced fresh
basil**

Vinaigrette

1/2 cup (15g) firmly packed fresh basil leaves

1/4 cup (8g) firmly packed fresh parsley leaves

1/2 cup (120ml) olive oil

1/4 cup (60ml) freshly squeezed lemon juice

1 clove garlic, minced

1 teaspoon agave nectar or maple syrup

¼ teaspoon salt

Pepper

1. Preheat the oven to 425°F (220°C).
2. To make the salad, toss the sweet potatoes with the olive oil, then spread them evenly on a rimmed baking sheet. Sprinkle with salt and pepper.

Bake for 10 minutes, then stir well. Bake for 10 to 15 minutes longer, until tender and browning. Let cool to room temperature.

3. Meanwhile, put the quinoa in a fine-mesh sieve and rinse until the water runs clear (see [this page](#)). Put the quinoa and broth in a medium saucepan and bring to a boil over

medium-high heat. Decrease the heat to maintain a simmer, cover, and cook for 20 minutes, until the quinoa has absorbed all the liquid. Fluff the quinoa with a fork and let cool to room temperature.

4. Meanwhile, make the vinaigrette. Combine all the ingredients in a blender or food processor and process

until mostly smooth but with small pieces of herbs still visible.

5. In a large bowl, gently stir together the sweet potatoes, quinoa, kale, sunflower seeds, and basil. Drizzle with about $\frac{1}{3}$ cup (80ml) of the dressing and gently stir until all of the ingredients are evenly coated. Taste and mix in more

dressing if desired.

6. Serve cold or at room temperature. Stored in a covered container in the fridge, any leftovers will keep for 2 days.



Wheat Berry and Green Bean

Salad with Dried Cranberries and Celery

Wheat Berry and Green Bean Salad with Dried Cranberries and Celery

SERVES 4

This is the ultimate salad for
Thanksgiving or any winter

get-together. It combines a number of well-loved holiday ingredients in a slightly untraditional way, highlighting crispy celery, flavorful pecans, crunchy green beans, sweet cranberries, and zesty green onions. The wheat berries make it hearty enough that it can even serve as a main dish when other

vegan options are scarce.

**1 cup (180g) wheat berries,
soaked in water for at least 8
hours and drained**

**1½ cups (150g) green beans, cut
into 1½-inch (4cm) pieces**

1 cup (100g) thinly sliced celery

**1 green onion, white and green
parts, chopped**

¼ cup (10g) chopped parsley

1/3 cup (40g) dried cranberries

**1/2 cup (60g) coarsely chopped
toasted pecans**

**3 tablespoons olive oil, walnut
oil, or hazelnut oil**

**2 tablespoons freshly squeezed
lemon juice**

Salt and pepper



1. Put the wheat berries in a

medium saucepan and add enough water to cover them by a few inches. Bring to a boil over medium-high heat.

Decrease the heat to maintain a simmer, cover, and cook for 35 minutes, until tender (taste a few to make sure they're uniformly cooked through).

Drain well, then transfer to a large bowl and let cool to

room temperature.

2. Fill a bowl with ice-cold water. Bring a medium pot of water to a boil. Add the green beans and cook just until crisp-tender, about 2 minutes. Quickly drain the beans and plunge them into the bowl of cold water to stop the cooking. Drain well.

3. Add the beans, celery, green

onion, parsley, cranberries,
and pecans to the wheat
berries and stir gently until
well combined. In a small
bowl or measuring cup, whisk
together the olive oil and
lemon juice until well
blended. Drizzle over the salad
and stir gently until
everything is evenly coated.
Season with salt and pepper to

taste. Serve cold or at room temperature. Stored in a covered container in the fridge, the salad will keep for 2 days.



Main Dishes

Penne with Summer Squash,
Corn, and Herbs

Orecchiette with Creamy
Leeks and Broccoli Rabe

Butternut Squash Mac and
Cheese

Asparagus, Arugula, and Pesto
Pizza

Carrot and Fennel Pot Pie

Mushroom, Pecan, and Lentil
Burgers

Zucchini Quinoa Cakes

Smoky Tempeh and Hummus
Sandwiches

Lentil Sloppy Joes

Tempeh Kebabs with Barbecue
Sauce

Roasted Ratatouille

Kabocha Squash and Tofu
Curry

Eggplant Tagine with Millet
and Preserved Lemon

Cauliflower and Oyster
Mushroom Tacos

Mushroom, Chard, and

Quinoa Enchiladas



Penne with Summer Squash,
Corn, and Herbs

Penne with Summer Squash, Corn, and Herbs

SERVES 4

This is summer in a bowl, with sweet corn, slouchy cherry tomatoes, and tender zucchini lightening up a savory, satisfying bowl of pasta. It's

just the kind of recipe to turn to when you have friends coming over on a hot night and you don't want to spend much time at the stove.

4 cups (540g) cherry tomatoes
2 large zucchini or summer squash, halved lengthwise, then sliced crosswise ½ inch (1.3cm) thick

1 large red onion, chopped

2 cloves garlic, crushed

4 tablespoons (60ml) olive oil

Coarse salt and pepper

**Kernels from 2 ears of corn
(about 1¼ cups/180g)**

**8 ounces (225g) penne or
farfalle pasta**

⅓ cup (7g) torn fresh basil leaves

**1 tablespoon chopped fresh
oregano**

**1/4 cup (35g) toasted pine nuts
(optional)**

- 1.** Preheat the oven to 450°F (230°C).
- 2.** In a large bowl, gently stir together the tomatoes, zucchini, onion, and garlic. Drizzle with 3 tablespoons of the olive oil and season

generously with salt and pepper. Stir gently until the vegetables are evenly coated. Transfer to two rimmed baking sheets and spread in an even layer.

3. Bake for 20 to 25 minutes. Stir in the corn and bake for about 15 minutes, until the vegetables are sweet and golden brown; in order for the

vegetables to caramelize in this way, stir them minimally while baking.

4. Meanwhile, bring a large pot of salted water to a boil over high heat. Stir in the pasta, then adjust the heat to maintain a low boil. Cook, stirring occasionally, until the pasta is tender but slightly al dente. Drain, reserving a small

amount of the cooking liquid.
Return the pasta to the pot.

5. Add the vegetables, along with the remaining 1 tablespoon of olive oil and a bit of the cooking liquid, and stir gently to combine. Gently stir in the basil and oregano. Serve topped with the pine nuts.

Choosing Pasta

Most fresh pastas do contain egg, so I recommend using any of the popular dry brands (like Barilla or De Cecco), or your favorite artisanal vegan brand. Brown rice and quinoa pastas are also both vegan-friendly.



Orecchiette with Creamy Leeks

and Broccoli Rabe

Orecchiette with Creamy Leeks and Broccoli Rabe

SERVES 4

The luscious sauce in this dish is reminiscent of Alfredo, but because it relies on silken tofu for creaminess, it feels lighter and fresher. It contrasts

beautifully with the bitter, almost spicy broccoli rabe and soft, sweet leeks. This dish is elegant enough to serve to guests but simple enough to whip up on a weeknight. Feel free to vary the vegetables according to the season. In springtime, tender green peas are a really lovely addition.

Sauce

1 tablespoon olive oil

2 large shallots, chopped

2 cloves garlic, minced

8 ounces (225g) silken tofu

**3 tablespoons large-flake
nutritional yeast**

1/2 teaspoon salt

Pinch of ground nutmeg

**1 teaspoon freshly squeezed
lemon juice**

1/4 cup (60ml) water, or as needed

Pepper

Pasta and Vegetables

8 ounces (225g) orecchiette

2 tablespoons olive oil

2 large leeks, chopped and thoroughly rinsed

2 bunches broccoli rabe, stemmed and coarsely chopped

1 clove garlic, minced

**1 tablespoon freshly squeezed
lemon juice**

**2 tablespoons chopped fresh
chives**



1. To make the sauce, heat the olive oil in a medium skillet over medium heat. Add the shallots and sauté until fragrant and tender, about 3 minutes. Add the garlic and

sauté for another minute or two.

2. Transfer the contents of the skillet to a blender or food processor. Add the tofu, nutritional yeast, salt, nutmeg, and lemon juice and process until thick and creamy, drizzling in the water as needed to achieve the desired consistency. Season with

pepper to taste.

3. To prepare the pasta and vegetables, bring a large pot of salted water to a boil over high heat. Stir in the pasta, then adjust the heat to maintain a low boil. Cook, stirring occasionally, until the pasta is tender but slightly al dente. Drain well.

4. Meanwhile, heat the olive

oil in a large skillet over medium heat. Add the leeks and sauté until lightly golden. Add the broccoli rabe and sauté until just tender, 2 to 3 minutes. Add the garlic and lemon juice and sauté until the garlic is lightly golden, about 2 minutes.

5. Put the pasta in a large bowl. Add the leek mixture

and about $\frac{1}{2}$ cup (120ml) of the sauce and stir gently to combine. The dish should be quite creamy but not drowning in sauce, so gently stir in more sauce as needed. Serve topped with the chives.



Butternut Squash Mac and

Cheese

Butternut Squash Mac and Cheese

SERVES 6 TO 8

Everyone has a favorite mac and cheese recipe. This one, which uses sweet, creamy butternut squash in the sauce, is mine. To create an authentic cheese flavor, I use a

combination of nutritional yeast, miso, smoked paprika, salt, and lemon juice. (You can even use any leftover sauce as a cheese dip.) I highly recommend including the optional vegetables. In addition to providing some contrasting color and texture, they'll round out the meal, so you won't have to worry about

making an extra side dish—
win, win.

**1½ to 2 pounds (680 to 900g)
butternut squash (about 1
medium squash), peeled and
cubed**

2 tablespoons olive oil

Salt and pepper

3 cloves garlic, coarsely chopped

½ cup (120ml) coconut milk

1¼ cups (300ml) unsweetened almond milk, homemade ([this page](#)) or store-bought

½ cup plus 2 tablespoons (45g) large-flake nutritional yeast

1 tablespoon arrowroot powder

¼ teaspoon smoked paprika

2 tablespoons freshly squeezed lemon juice

1 tablespoon white miso

1 pound (450g) elbow pasta

2 cups (about 475ml) cooked vegetables (optional), such as steamed chopped spinach, blanched peas, or lightly steamed broccoli florets

½ cup (55g) dry breadcrumbs

- 1.** Preheat the oven to 400°F (230°C). Oil a 7 by 11-inch (18 by 28cm) pan.
- 2.** Coat the squash with 1

tablespoon of the olive oil, then spread it evenly on a rimmed baking sheet. Sprinkle with salt and pepper.

3. Bake for 30 to 35 minutes, until very tender and just starting to brown. Remove from the oven. Decrease the oven temperature to 350°F (175°C).

4. Meanwhile, heat the

remaining tablespoon of olive oil in a small saucepan over medium-low heat. Add the garlic and sauté for 2 to 3 minutes, until just starting to brown. Add the coconut milk and $\frac{3}{4}$ cup (175ml) of the almond milk. Whisk in the nutritional yeast and arrowroot powder. Cook, whisking constantly, until nice

and thick, about 5 minutes. Transfer the sauce to a large bowl and add the remaining $\frac{1}{2}$ cup (120ml) of almond milk, the butternut squash, 1 teaspoon of salt, $\frac{1}{4}$ teaspoon of pepper, and the paprika, lemon juice, and miso. Stir to distribute the ingredients somewhat evenly. Working in batches, transfer to a blender

or food processor and process until totally smooth and creamy.

5. Bring a pot of salted water to boil over high heat. Add a drizzle of olive oil to prevent sticking. Stir in the pasta and adjust the heat to maintain a low boil. Cook, stirring occasionally, until the pasta is al dente. Drain well and let

cool briefly.

6. Put the pasta in a large bowl and add the vegetables. Add the sauce, using only 2 cups (475ml) of it if not adding the optional vegetables. Stir gently until thoroughly combined. Spread the mixture evenly in the prepared pan and scatter the breadcrumbs evenly over the top.

7. Bake for 20 minutes, until the top is golden. Serve right away.



Asparagus, Arugula, and Pesto
Pizza

Asparagus, Arugula, and Pesto Pizza

SERVES 4

This pizza is a celebration of spring. Bursting with the flavors of zesty arugula, lemony basil, and grassy asparagus, it's as fresh and

light as can be. That said, the basic recipe is very versatile, so change it up with the seasons, topping it with tomatoes and peppers in summer, butternut squash and sage in autumn, caramelized onions and cauliflower in winter—you get the idea. The pesto recipe here is a keeper, with a distinctively cheesy flavor thanks to the

nutritional yeast. Once you've tasted it, you'll want to keep it on hand for pasta and sandwiches, to top veggies or cooked grains, or even just to spread on a cracker. Stored in the fridge, it will keep for 5 days.



Pizza Dough

**1 cup (240ml) lukewarm water
(no hotter than 110° F/43° C)**

2½ teaspoons active dry yeast

1 tablespoon sugar

**2½ cups (315g) unbleached
bread flour**

1 teaspoon salt

1 tablespoon olive oil

Pesto

**2 cups (60g) firmly packed fresh
basil leaves**

1/2 cup walnuts (50g) or pine nuts (70g)

1 to 2 cloves garlic, coarsely chopped

1/2 cup (120ml) olive oil

3 tablespoons large-flake nutritional yeast

1 tablespoon freshly squeezed lemon juice

Salt and pepper

Toppings

**12 ounces (340g) asparagus,
halved crosswise**

**2 cups (40g) loosely packed
baby arugula leaves**



1. To make the dough, put the water in a small bowl. Add the yeast and sugar and stir to dissolve. Let stand for 5 to 10 minutes, until a thin layer of bubbles covers the surface of

the water.

2. In a large bowl, whisk together the flour and salt. Make a well in the center and pour in the yeast mixture and oil. Stir with a wooden spoon until the dough gets too sticky to handle, then mix with your hands until uniform.

3. Transfer the dough to a lightly floured work surface

and knead for 10 minutes, until elastic and smooth.

4. Shape the dough into a ball and put it in a well-oiled bowl. Cover with plastic wrap or a kitchen towel and let rise at room temperature until doubled in size, about 3 hours. At this point, you can gently deflate the dough and divide it into two pieces, flatten each

into a thick disk, and refrigerate them, wrapped in plastic, for up to 36 hours. Allow them to come back to room temperature before shaping into crust and baking.

5. If you're proceeding to make the pizza, preheat the oven to 450°F (230°C). Dust two baking sheets with cornmeal or flour.

6. To make the pesto, put the basil, walnuts, and garlic in a food processor and pulse until the ingredients are coarsely ground. With the motor running, drizzle in the olive oil. Scrape down the sides, then add the yeast and lemon juice and pulse to combine. Season with salt and pepper to taste.

7. To assemble and bake the pizzas, put the two pieces of dough on a lightly floured work surface. Roll out the dough to form a circle with a diameter of 10 to 12 inches (25 to 30cm). Carefully transfer each to one of the dusted baking sheets. Spread half of the pesto over each. Distribute the asparagus

evenly over the pizzas.

8. Bake for 20 to 22 minutes, until the crust is golden and the asparagus is lightly browned. Sprinkle half of the arugula over each pizza. Cut each pizza into halves or thirds and serve right away.



Carrot and Fennel Pot Pie

Carrot and Fennel Pot Pie

SERVES 6

This pot pie has all of the buttery flavor and richness of traditional versions, complete with a flaky crust thanks to the amazing powers of coconut oil. Carrots and

fennel provide subtle sweetness in the filling and play nicely with the slightly peppery parsley; however, feel free to use any fresh or dried herbs you like. Leftovers? Not a problem. This pot pie just gets tastier after a day or two. Plus, the crust can be made in advance; unbaked and wrapped well, it will keep for 4

days in the fridge or 1 month
in the freezer.

Crust

**1 $\frac{3}{4}$ cups (220g) unbleached all-
purpose flour**

1 $\frac{1}{2}$ teaspoon salt

**1 $\frac{1}{2}$ cup (110g) coconut oil, cold or
at cool room temperature**

1 $\frac{1}{4}$ cup (60ml) ice water, plus

more as needed

Filling

1 tablespoon olive oil

1 yellow onion, chopped

3 stalks celery, diced

2 carrots, peeled and diced

**1 cup (105g) coarsely chopped
fennel**

2 cloves garlic, minced

2 cups (475ml) vegetable broth

1 russet potato, peeled and diced

3 tablespoons unbleached all-purpose flour

Salt and pepper

1 cup (140g) frozen green peas

¼ cup (10g) chopped parsley



1. To make the crust, put the flour and salt in a food

processor and pulse briefly to combine. Add the coconut oil and pulse until the mixture resembles a coarse meal. With the motor running, slowly drizzle in the ice water, using just enough to bring the dough together. Shape the dough into a disk, then wrap it in plastic wrap and put it in the fridge.

2. To make the filling, heat the olive oil in a large pot over medium heat. Add the onion, celery, and carrots and sauté until the onion is tender and translucent, about 8 minutes. Add the fennel and garlic and sauté until all the vegetables are tender, about 6 minutes. Stir in the broth and potato and bring to a boil. Decrease

the heat to maintain a simmer and cook, stirring occasionally, until the potato is tender, about 10 minutes.

3. Sprinkle in the flour and stir until evenly incorporated. Cook, stirring often, until considerably thickened, about 5 minutes. Season with salt and pepper to taste. Remove from the heat and stir in the

peas and parsley.

4. Preheat the oven to 400°F (200°C).

5. To assemble and bake the pot pie, transfer the filling to an 8-inch (20cm) square baking pan or a pie tin of a similar size. Roll out the dough until just a bit larger than the baking pan; it should be about $\frac{1}{8}$ inch (3mm) thick.

Carefully transfer the dough to the pan, setting it directly atop the filling, and trim away any excess. Cut a few small slits in the top to allow steam to escape during baking.

6. Bake for 30 to 40 minutes, until the filling is bubbly and the top is golden. Let cool for at least 15 minutes before serving.



Mushroom, Pecan, and Lentil

Burgers

Mushroom, Pecan, and Lentil Burgers

MAKES 4 TO 6 PATTIES

Mushrooms are rich in umami, that fifth flavor that a lot of people describe as “savoriness,” so they’re a big part of what makes these

burgers taste so rich and satisfying. Some veggie burgers highlight the flavors of vegetables; others manage to replicate an authentically meaty flavor. These are the latter. I serve them with ketchup, a squeeze of Spicy Harissa Mayonnaise ([this page](#)), and a few slices of avocado.

2 tablespoons olive oil

1½ cups (240g) chopped onion

4 cups (280g) chopped cremini mushrooms

2 cloves garlic, minced

1 tablespoon chopped fresh thyme, or 2 teaspoons dried

2 teaspoons chopped fresh oregano, or 1 teaspoon dried

½ cup (60g) toasted pecans,

chopped

1 cup (200g) cooked red lentils
(see [this page](#))

2 tablespoons tamari

1 tablespoon white miso

1½ cups (165g) breadcrumbs,
preferably whole grain

Pepper



1. If you'd like to bake the

burgers rather than fry them, preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.

2. Heat the olive oil in a large skillet over medium heat. Add the onion and sauté until browning slightly, about 8 minutes. Add the mushrooms, garlic, thyme, and oregano and sauté until the

mushrooms are cooked through, about 5 minutes. Remove from the heat.

3. Put the pecans in a food processor and pulse until finely ground. Add the mushroom mixture, lentils, tamari, and miso. Pulse until well combined and uniform, but with some texture remaining.

4. Transfer to a large bowl.

Add the breadcrumbs and mix them in by hand. Season with pepper, then taste and adjust the seasonings if desired.

Shape the mixture into 4 large patties or 6 smaller ones.

5. Bake the burgers on the lined baking sheet for 15 minutes, then flip and bake for 15 minutes longer, until

brown. Alternatively, heat a couple teaspoons of olive oil in a skillet over medium-high heat and fry the burgers until crisp on both sides. Serve hot, with toppings of choice.

Stored in a covered container, the burgers will keep for 4 days in the fridge.

Building a Better Veggie

Burger

Vegetable burgers can be tricky. If the amount of liquid or beans is too great, they'll be dense and gummy; if the amount of grains or breadcrumbs is too great, they may be dry. I find that using equal quantities of cooked legumes or ground nuts or seeds, on the one hand, and

cooked whole grains or
breadcrumbs, on the other, is
best for a reliable consistency.



Zucchini Quinoa Cakes

Zucchini Quinoa Cakes

MAKES 6 PATTIES

These quinoa cakes are reminiscent of veggie burgers, but they're lighter than the Mushroom, Pecan, and Lentil Burgers ([this page](#)). The combination of quinoa, which

is less dense than other grains, and moist zucchini makes for cakes with a crispy exterior and soft interior. Just one caution: the cakes are delicate, so be sure to flip them gently. I like to serve these in pita bread or on toast, with slices of fresh tomato and a handful of microgreens or sprouts—perhaps with a dollop of Spicy

Harissa Mayonnaise ([this page](#)) too.

1 tablespoon olive oil

1 cup (160g) finely chopped onion

1 clove garlic, minced

1½ cups (255g) julienned or coarsely grated zucchini

Salt and pepper

**1½ cup (70g) raw or toasted
pumpkin seeds**

**1½ cups (250g) cooked
chickpeas (see [this page](#))**

**1 cup (185g) cooked quinoa (see
[this page](#))**

2 tablespoons chopped fresh dill

**1 tablespoon chopped fresh
oregano**

1 teaspoon paprika

2 tablespoons Dijon mustard

1 tablespoon freshly squeezed

lemon juice

Water as needed

1. If you'd like to bake the quinoa cakes rather than fry them, preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Heat the olive oil in a medium saucepan. Add the

onion and garlic and sauté until tender, about 5 minutes. Add the zucchini and sauté until the zucchini is cooked through and the onion is translucent. Season to taste with salt and pepper.

3. Put the pumpkin seeds and $\frac{3}{4}$ teaspoon salt in a food processor and pulse until finely ground. Add the

chickpeas, quinoa, dill,
oregano, paprika, mustard,
and lemon juice and pulse to
combine. Then process until
the mixture comes together
and the chickpeas are mostly
broken down but some texture
remains. Drizzle in water as
needed to achieve this
consistency, and stop
occasionally to scrape down

the sides of the work bowl.

4. Transfer to a large bowl.

Add the zucchini mixture and mix with your hands until evenly combined. Taste and adjust the seasonings as desired. Shape the mixture into 6 patties.

5. Bake the patties on the lined baking sheet for 10 minutes, then flip and bake

for 15 minutes longer, until they are lightly browning.

Alternatively, heat about a tablespoon of olive oil in a skillet over medium heat.

Cook the cakes until golden brown, about 5 minutes on each side.

6. Stored in a covered container, the cakes will keep for 3 days in the fridge or 4

weeks in the freezer.

The Best Way to Cook Quinoa

It's best to rinse quinoa before cooking; otherwise, it can be somewhat bitter. Quinoa is a small grain, so put it in a fine-mesh sieve and rinse until the water runs clear. Shake the

quinoa dry, then put it in a saucepan. Stir in 2 cups (475ml) of water for each cup (170g) of quinoa. Bring to a boil over medium-high heat, stir, then turn down the heat to maintain a simmer. Cover and cook for 15 to 20 minutes, until all the water has been absorbed. Turn off the heat, fluff the quinoa with a fork,

then cover the pot again and allow the quinoa to sit for 10 to 15 minutes before using in a recipe or serving. As for yield, for each cup (185g) of cooked quinoa required, use $\frac{1}{3}$ cup (55g) of the grain.



Smoky Tempeh and Hummus

Sandwiches

Smoky Tempeh and Hummus Sandwiches

SERVES 4

Sandwiches don't get any better than this: salty, smoky tempeh meets creamy, paprika-infused hummus, with crisp green pea shoots for a

bright, refreshing flavor. (If you can't get pea shoots, any type of sprout—or even a handful of fresh arugula—is a good alternative.) As for the bread, something grainy and dense is what I reach for, but your favorite sandwich loaf will do. If you're packing a lunch, keep all the components separate until it's

time to eat; this will ensure that the pea shoots stay crunchy and the bread doesn't get soggy. Stored separately in the fridge, the tempeh and hummus will each keep for about 5 days.

Smoky Tempeh

2 tablespoons tamari

1 tablespoon apple cider vinegar

**1 tablespoon maple syrup or
agave nectar**

1 teaspoon olive oil

1 teaspoon smoked paprika

**8 ounces (225g) tempeh, sliced
in 1/4-inch (6mm) strips**

Hummus

**1½ to 2 cups (250 to 330g)
cooked chickpeas (see [this page](#))**

¼ cup (60g) tahini

**1/4 cup (60ml) freshly squeezed
lemon juice**

1 clove garlic, minced

1/2 teaspoon salt

**1/4 cup (60ml) water, plus more if
needed**

1/2 teaspoon smoked paprika

1 tablespoon olive oil

8 slices crusty whole grain bread

1 cup (100g) pea shoots

1. To make the tempeh, put the tamari, vinegar, maple syrup, olive oil, and paprika in a small bowl or measuring cup and whisk until well blended. Put the tempeh in an 8-inch (20cm) square baking pan. Pour in the marinade and gently turn the tempeh until evenly coated. Cover and refrigerate for 3 to 8 hours.

2. If you'd like to bake the tempeh rather than fry it, preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper. Spread the tempeh on the lined baking sheet and bake for 25 to 30 minutes, flipping the strips halfway through the baking time. Alternatively, heat a few teaspoons of olive

oil in a large skillet over medium-high heat and fry the tempeh until golden on both sides.

3. To make the hummus, put the chickpeas, tahini, lemon juice, garlic, and salt in a food processor and pulse a few times to combine. With the motor running, drizzle in the water in a thin stream,

stopping often to scrape down the sides of the work bowl, until the hummus has a thick and creamy texture that's easy to spread, but not liquidy.

Once the texture is to your liking, add the paprika and, with the motor running, drizzle in the olive oil.

4. To assemble the sandwiches, toast the bread. For each

sandwich, spread $\frac{1}{4}$ to $\frac{1}{3}$ cup (60 to 80ml) of hummus on one slice of bread. Top with one-quarter of the tempeh slices and one-quarter of the pea shoots, then put another slice of bread on top.



Lentil Sloppy Joes

Lentil Sloppy Joes

SERVES 6

Many vegan sloppy Joes are made with tofu, which in my view can be too moist, resulting in sandwiches that are a little too sloppy. Lentils are an ideal alternative: they absorb a lot of flavor and create a mixture that holds

together just enough. Plus, they cook quickly. These sloppy Joes have an authentic flavor, thanks to a tangy mixture of smoked paprika, mustard, and tomatoes. Serve them on whole grain buns with any—or all—of the toppings mentioned below.



2 tablespoons olive oil

1 cup (160g) chopped white or yellow onion

1 green or red bell pepper, seeded and chopped

1 clove garlic, minced

2 teaspoons chili powder

1 teaspoon dry mustard

½ teaspoon smoked paprika

2¼ cups (450g) cooked brown or green lentils (see [this page](#))

**1 (14.5-ounce/411g) can
crushed tomatoes, preferably
fire-roasted**

3 tablespoons tomato paste

**1 tablespoon brown sugar or
maple syrup**

1 tablespoon apple cider vinegar

1/4 teaspoon salt

1/4 teaspoon pepper

**1/2 cup (120ml) vegetable broth,
or as needed**

6 hamburger buns, preferably

whole grain or sprouted grain

Optional toppings, such as hot sauce, sriracha sauce, sliced pickles, sliced onions, sauerkraut, coleslaw, or avocado slices

1. Heat the olive oil in a large pot over medium heat. Add the onion and bell pepper and sauté until the onion is tender

and translucent, about 8 minutes. Add the garlic, chili powder, dry mustard, and paprika and sauté until the garlic is quite fragrant, 1 to 2 minutes.

2. Stir in the lentils, tomatoes, tomato paste, brown sugar, vinegar, salt, and pepper. Cook, stirring occasionally, until everything is hot, then

decrease the heat to medium-low. Add the broth as needed to prevent sticking and achieve the desired consistency. Cook, stirring frequently, until thickened to your liking, 15 to 20 minutes. (I like thick sloppy Joes, but you may like 'em sloppier!) Taste and adjust the seasonings as desired.

3. Let cool for a few minutes, then serve sandwiched in the buns with whatever toppings you desire.



Tempeh Kebabs with Barbecue Sauce

Tempeh Kebabs with Barbecue Sauce

SERVES 4

I love tofu as much as the next gal, but I'm more partial to the nutty taste and dense texture of tempeh. All too often, tempeh is relegated to a

supporting role, usually as one of many ingredients in a stir-fry or curry dish. Here, it's given a rightful chance to shine, accented with a sweet, tangy barbecue sauce that contrasts beautifully with the earthy taste of tempeh. If you don't have access to a grill, you can cook the kebabs in a grill pan.

Barbecue Sauce

1 (15-ounce/426g) can tomato sauce

2 tablespoons olive oil

2 tablespoons tamari

2 tablespoons maple syrup

1 tablespoon blackstrap molasses

1 tablespoon apple cider vinegar

1 teaspoon smoked paprika

1 teaspoon dried oregano

1 teaspoon chili powder

Pinch of red pepper flakes

Kebabs

**1 pound (450g) tempeh, cut into
1½-inch (4cm) pieces**

**1 large red bell pepper, cut into
1½-inch (4cm) pieces**

**1 large zucchini, cut into 1½-inch
(4cm) pieces**

1 large white or yellow onion, cut

into 1½-inch (4cm) pieces

8 ounces (225g) white
mushrooms

1. To make the barbecue sauce, whisk all the ingredients together.
2. To marinate and cook the kebabs, pour the sauce into a 9-inch (23cm) square pan or a

9 by 13-inch (23 by 33cm) pan. Add the tempeh, bell pepper, zucchini, onion, and mushrooms and stir gently until evenly coated. Cover and refrigerate for 2 to 12 hours.

3. Thread the tempeh and vegetables onto skewers, alternating ingredients.

Reserve any remaining sauce for basting and serving.

4. Prepare a medium-hot grill. Place the skewers on the grate and cook, turning and basting occasionally, for 7 to 10 minutes, until the vegetables are tender and everything is browning. If using a grill pan, cook over medium-high heat, turning occasionally, until the vegetables are tender and everything is browning, 8 to

10 minutes. Serve immediately.

Tempeh vs. Tofu

You may wonder when it's better to use tofu versus tempeh. In most cases, it comes down to personal preference. However, I do like to use tofu in any recipe that

calls for large pieces, since tempeh tends to break apart more readily. (It's simply easier to slice and marinate slabs of tofu.) Tempeh and tofu can be used interchangeably in stir-fries, but you may find that you prefer tempeh in sandwiches because its texture holds up well in packed lunches.



Roasted Ratatouille

Roasted Ratatouille

SERVES 4 TO 6

Traditional ratatouille can be a little high maintenance: it simmers on the stovetop for an hour or longer and often requires adding specific vegetables at specific times. In

this recipe, you simply mix everything together and roast it all at once. Chickpeas add substance and a chewy texture, promoting it from side dish status to the main event. You can serve it over brown rice or quinoa or on toast. For that matter, it's also an excellent chunky pasta sauce.

**1 $\frac{1}{4}$ pounds (570g) Roma
tomatoes, chopped**

**12 ounces (340g) eggplant
(about 1 small), chopped into 1-
inch (2.5cm) pieces and
sprinkled with salt**

**12 ounces (340g) zucchini
(about 2 small), chopped into 1-
inch (2.5cm) pieces**

**2 red bell peppers, seeded and
coarsely chopped**

1 yellow or white onion, chopped

1 shallot, thinly sliced

4 cloves garlic, minced

**3 cups cooked chickpeas (500g)
or white beans (540g); see [tip](#)**

¼ cup (60ml) olive oil

2 tablespoon balsamic vinegar

**2 teaspoons chopped fresh
thyme**

1¼ teaspoons salt

Pepper

¼ cup (10g) thinly sliced fresh

basil, for garnish

1. Preheat the oven to 400°F (200°C).
2. In a large roasting pan or casserole, combine the tomatoes, eggplant, zucchini, bell peppers, onion, shallot, garlic, and chickpeas. Stir well.
3. In a small bowl or

measuring cup, whisk together the olive oil, vinegar, thyme, and salt until well blended.

Drizzle evenly over the vegetables, then stir until all the ingredients are evenly coated. Season with pepper.

4. Bake for 20 minutes, then stir well. Bake for 20 to 30 minutes longer, until the vegetables are all very tender

and the tomatoes and peppers have released their juices.

5. Taste and adjust the seasonings as desired. Serve garnished with the basil.

The Best Way to Cook Beans

Home-cooked beans are almost always more tender and flavorful than canned

(and they're not labor-intensive—promise!).

In the evening, put 2 cups (about 380g) of dried beans in a large pot and add water to cover by about 3 inches (7.5cm). The next day, drain well, then return the beans to the pot. Add fresh water—again, enough to cover them by about 3 inches (7.5cm).

Put the pot over high heat and bring to a boil. Decrease the heat to maintain a simmer, cover, and cook, stirring occasionally, until tender. Be sure to taste a few beans to make sure they're all cooked evenly. Most beans need to simmer for 1 to 2 hours; chickpeas usually take just over 1 hour. They'll keep in a

covered container for 4 days in the fridge or 2 months in the freezer.

Generally, 1 cup (about 190g) of dried beans makes $2\frac{1}{2}$ cups (about 440g) of cooked beans. For chickpeas, the yield is closer to 2 cups (330g).



Kabocha Squash and Tofu Curry

Kabocha Squash and Tofu Curry

SERVES 4

It wasn't until I went vegan that I realized how easy it can be to make delicious curries at home. All it takes is a can of coconut milk, some vegetables, and a good curry paste. I love

the dense texture of kabocha squash paired with the tenderness of the tofu—the two meld together as they simmer gently in a fragrant, spicy broth. However, feel free to substitute butternut squash or sweet potatoes if kabocha squash is hard to come by. The recipe is great over most any cooked grain, and even

over Asian noodles.

2 tablespoons coconut oil

1 white or yellow onion, chopped

1 clove garlic, minced

**1 tablespoon minced fresh
ginger**

3 tablespoons red curry paste

**1 tablespoon sugar, or 1 to 2
tablespoons agave nectar or**

maple syrup

**1 (13.5-ounce/400ml) can
coconut milk**

**$\frac{2}{3}$ cup (160ml) vegetable broth,
plus more if needed**

**1 tablespoon tamari, plus more
if desired**

**1 pound (450g) kabocha squash,
peeled and cut into 1½-inch
(4cm) chunks (about ½ large
squash, or 1 small squash)**

1 green or red bell pepper,

seeded and chopped

**1 pound (450g) extra-firm tofu,
cut into 1½-inch (4cm) cubes**

**1 tablespoon freshly squeezed
lime juice, plus more if desired**

**⅓ cup (13g) chopped fresh
cilantro**

Lime wedges, for serving



1. Heat the coconut oil in a

large pot or wok over medium heat. Add the onion and sauté until tender and translucent, about 8 minutes. Add the garlic and ginger and sauté until fragrant, about 1 minute. Add the curry paste and sugar and stir until evenly incorporated.

2. Whisk in the coconut milk, broth, and tamari. Stir in the

kabocha squash, bell pepper, and tofu and bring to a simmer. Adjust the heat to maintain a simmer and cook, stirring occasionally, until the squash is tender, 30 to 35 minutes. As the curry cooks, stir in more broth to prevent sticking or to achieve the desired consistency.

3. Stir in the lime juice and

remove from the heat. Taste and adjust the seasonings, perhaps adding more tamari or lime juice. Serve topped with the cilantro, with the lime wedges alongside for squeezing.



Eggplant Tagine with Millet and

Preserved Lemon

Eggplant Tagine with Millet and Preserved Lemon

SERVES 4

In this fragrant twist on a traditional Moroccan dish, tender eggplant and sweet bell peppers contrast with salty green olives and tart preserved

lemon. Leftover tagine will keep for at least 4 days in the fridge and it freezes well.

Although it pairs nicely with millet, feel free to serve it over other grains.



Tagine

2 tablespoons olive oil

1 white onion, diced

3 cloves garlic, minced

2 teaspoons minced fresh ginger

1 teaspoon paprika, preferably smoked

1/2 teaspoon ground cumin

1/2 teaspoon ground turmeric

1 1/4 pounds (570g) eggplant, cut into 1/2-inch (1.3cm) cubes

1 1/4 cups (260g) chopped roasted red bell peppers (homemade or store-bought)

1 cup (165g) cooked chickpeas

(see [this page](#))

1/3 cup (45g) green olives, halved

4 cups (950ml) vegetable broth

**1 tablespoon freshly squeezed
lemon juice**

1/4 teaspoon salt

Millet

1 cup (200g) millet

2 cups (475ml) vegetable broth

1/4 teaspoon salt

**2 tablespoons finely chopped
preserved lemon**

1. To make the tagine, heat the olive oil in a large pot over medium heat. Add the onion and sauté until translucent, about 8 minutes. Add the garlic, ginger, paprika, cumin, and turmeric and sauté until very fragrant, 1 to 2 minutes,

adding a few splashes of water as needed to prevent sticking.

2. Add the eggplant, roasted peppers, chickpeas, and olives and stir until evenly coated with the spices. Stir in the broth and bring to a boil. Decrease the heat to a simmer and cook, stirring occasionally, until the eggplant is very soft, about 20

minutes. Stir in the lemon juice and salt.

3. Meanwhile, make the millet. Put a large, dry saucepan over medium heat. Once it's hot, pour in the millet and cook, stirring constantly, until golden brown and fragrant, about 4 minutes; a few seeds may pop up as you toast the millet. Stir in the broth and

salt and bring to a boil.

Decrease the heat to a simmer, cover, and cook until the millet has absorbed all the liquid, 20 to 25 minutes. Let sit for about 10 minutes, then fluff with a fork.

4. Serve the tagine over the millet and sprinkle with the preserved lemon.

Give Millet a Chance

Millet—a small, round grain that most of us recognize as a common bird seed ingredient—doesn't get as much love as it should. It has a mildly sweet flavor and a texture that's not as light as quinoa but not as dense as rice, making it a good option for a wide range of recipes. Toasting millet first

adds a nutty flavor to what can otherwise be a very neutrally flavored grain. If you'll be using it for a sweet dish, such as a breakfast porridge, substitute water for the broth. Just-cooked millet is delicious when fluffed and eaten warm. The only downside to millet is that leftovers tend to get quite dry

quickly, so it's best to cook
only as much as you'll use.



Cauliflower and Oyster

Mushroom Tacos

Cauliflower and Oyster Mushroom Tacos

SERVES 4

A lot of vegan tacos are filled with rice, beans, or faux meat, but vegetables can provide plenty of substance and flavor all on their own. In this recipe,

spice-rubbed, crispy roasted cauliflower meets chewy, tender sautéed mushrooms, and the result is a satisfying contrast of textures and flavors. Don't be afraid to slightly char the cauliflower; that will just give it an even better flavor—trust me on this one. The garnish of cilantro complements the other flavors

perfectly, but feel free to use different toppings, such as salsa, guacamole, sliced avocado, or hot sauce.

1 head cauliflower, cut into small florets (6 to 8 cups/ 600 to 800g)

4 tablespoons (60ml) olive oil

1 tablespoon chili powder

1 tablespoon smoked paprika

1 teaspoon ground coriander

½ teaspoon ground cumin

Pinch of red pepper flakes

Salt and pepper

**1 cup (115g) thinly sliced Vidalia
or Spanish onion**

**1 large or 2 small poblano chiles,
thinly sliced**

**½ cup (75g) chopped red bell
pepper**

1 clove garlic, minced

6 ounces (170g) oyster mushrooms, thinly sliced

2 teaspoons freshly squeezed lime juice

8 (6-inch/15cm) crisp corn tortillas

½ cup (20g) chopped fresh cilantro, for garnish



1. Preheat the oven to 425°F

(220°C).

2. In a large bowl, toss the cauliflower florets with 2 tablespoons of the olive oil until evenly coated. Sprinkle with the chili powder, paprika, coriander, cumin, red pepper flakes, and a generous pinch of salt. Toss again until the cauliflower is evenly coated. Spread the cauliflower on a

rimmed baking sheet.

3. Bake for 20 minutes, until crispy.

4. Heat the remaining 2 tablespoons of olive oil in a large skillet over medium heat. Add the onion, poblano, and red bell pepper and sauté until the onion is tender and a bit golden, about 15 minutes. Add the garlic and sauté for

another minute. Stir in the mushrooms, then season with salt and pepper. Cook until the mushrooms are tender and crispy (5 to 8 minutes).

Remove from the heat and stir in the lime juice. Taste and adjust the seasonings as desired.

5. For each taco, put $\frac{1}{4}$ cup (60ml) of the mushroom

mixture in a tortilla. Top with some of the roasted cauliflower and a tablespoonful of cilantro.



Mushroom, Chard, and Quinoa

Enchiladas

Mushroom, Chard, and Quinoa Enchiladas

SERVES 6

These enchiladas are the epitome of crowd-pleasing cold-weather fare. The sweet,

gently spiced red sauce is the perfect complement to the filling: a richly textured combination of quinoa, black beans, and winter vegetables. Because preparing the components is somewhat involved, I've called for a simple garnish of chopped cilantro. But truth be told, I like to top these enchiladas

with a drizzle of Savory Cashew Cream ([this page](#))—a spin on sour cream—and a shower of fresh parsley or cilantro.

Sauce

1 tablespoon olive oil

1 cup (160g) diced onion

2 cloves garlic, minced

1½ teaspoons chili powder

1 teaspoon ground cumin

1 teaspoon chopped oregano

1 (14.5-ounce/411g) can diced tomatoes

1 teaspoon maple syrup

⅓ cup (80ml) water

Salt

Enchiladas

1 tablespoon olive oil

1 small yellow onion, chopped

2 cloves garlic, minced

12 ounces (340g) cremini mushrooms, chopped

3 cups (225g) chopped Swiss chard

½ cup (75g) diced fresh poblano chiles

½ teaspoon ground cumin

¼ teaspoon salt

1½ cups (255g) cooked black beans (see [this page](#))

1½ cups (280g) cooked quinoa
(see [this page](#))

10 (6-inch/15cm) whole wheat
or corn tortillas

½ cup (20g) chopped fresh
cilantro



1. To make the sauce, heat the olive oil in a medium saucepan over medium heat.

Add the onion and sauté for 3 minutes. Add the garlic and sauté until the onion is tender and translucent, about 8 minutes. Stir in the chili powder, cumin, oregano, tomatoes, and maple syrup.

2. Transfer to a blender or food processor and process until smooth, adding the water as needed to adjust the

consistency as you wish.

Season with salt to taste.

3. Preheat the oven to 350°F (175°C).

4. To make the enchiladas, heat the olive oil in a large pot over medium heat. Add the onion and garlic and sauté until the onion is tender and translucent, about 8 minutes. Add the mushrooms and sauté

until they release their liquids and the liquid evaporates. Stir in the Swiss chard and chiles and cook, stirring occasionally, until the chard wilts slightly. Stir in the cumin, salt, beans, and quinoa and continue to cook, stirring occasionally, until heated through.

5. To assemble and bake the

enchiladas, spread a thin layer of the sauce in the bottom of a 7 by 11-inch (18 by 28cm) baking pan. Put about $\frac{1}{4}$ cup of the filling in the center of a tortilla and roll the tortilla up around the filling. Place it in the baking pan, seam side down. Repeat with the remaining tortillas and filling. Spread the remaining sauce

evenly over the top.

6. Bake for 25 minutes, until the edges of the tortillas are crisp. Top the enchiladas with chopped cilantro.



Desserts

Ginger Roasted Pears with
Vanilla Cream

Banana Chia Pudding

Chai-Spiced Bread Pudding

Blackberry Coconut Ice
Cream

Cranberry Pistachio Biscotti

Perfect Pumpkin Pie

Raw Citrus Cheesecake

Double-Chocolate Brownies

Chocolate Cake with
Chocolate Filling and
Ganache

Mexican Chocolate Date
Truffles



Ginger Roasted Pears with

Vanilla Cream

Ginger Roasted Pears with Vanilla Cream

SERVES 4

Poached pears are a classic dessert option, but I'm partial to roasting pears, as it brings out their natural sweetness and creates a meltingly tender

texture. In this recipe, they're infused with brown sugar and ginger, so they have the flavors of a fruit tart or pie while requiring only a fraction of the work. The vanilla-spiked cashew cream is a simple accompaniment, but it makes for a gorgeous and sophisticated dessert. Just one heads-up: although the cashew

cream is a breeze to prepare, the cashews must soak for at least 3 hours before making it, so plan ahead.

**4 medium to large Bosc pears,
halved and cored**

**1 tablespoon freshly squeezed
lemon juice**

⅓ cup (65g) brown sugar

**2 tablespoons grated fresh
ginger**

**Sweet Cashew Cream ([this
page](#)), for serving**

- 1.** Preheat the oven to 375°F (190°C).
- 2.** Arrange the pear halves in a single layer in a baking pan, cut side up. Drizzle the pears

with the lemon juice, then sprinkle the sugar and ginger evenly over them. Pour a small amount of water (just a few tablespoons) into the pan.

3. Bake for 25 to 30 minutes, until the tops are golden, occasionally basting them with the juices they've released. Flip the pears over and bake for 10 to 15 minutes longer.

4. For each serving, place 2 pear halves, cut side up, on a plate. If any juices remain in the baking pan, drizzle them over the pears. Top each serving with a generous dollop of the cashew cream.



Banana Chia Pudding

Banana Chia Pudding

SERVES 4

As if by magic, chia seeds plump up when soaked in liquid, creating a quick and easy pudding (this also makes them great for thickening smoothies). They have a

neutral flavor, which means that it's easy to adapt chia puddings to your taste. I like to add cocoa powder, fresh berries, and dried fruit; you could also blend peaches or other fruit into the almond milk before adding it to the seeds. And since chia pudding requires overnight preparation, it's also a terrific

make-ahead breakfast that will satisfy cravings for something sweet yet healthful. The bananas will brown slightly overnight, but this won't affect their flavor, so don't be put off. Just remember that riper bananas will make for a sweeter, softer pudding.



3 cups unsweetened almond milk, homemade ([this page](#)) or store-bought, plus more as needed

2 large bananas

3 tablespoons maple syrup

1 teaspoon ground cinnamon

1 teaspoon vanilla extract, or seeds scraped from 1 vanilla bean

1/8 teaspoon salt

3/4 cup (120g) chia seeds

**Fresh berries, for garnish
(optional)**

Mint sprigs, for garnish (optional)



1. Put the almond milk, bananas, maple syrup, cinnamon, vanilla, and salt in a blender and process until smooth.

2. Put the chia seeds in a

medium bowl. Pour in the banana mixture and stir well. Let sit for 5 minutes, then stir again. Let sit for another 10 minutes, then give it another good stir; at this point the chia seeds should be getting plump and the mixture should start to resemble a loose tapioca pudding.

3. Cover and refrigerate for 8

hours. Before serving, check the consistency; if it's too thick, stir in more almond milk to achieve the desired consistency. Serve garnished with fresh berries or a sprig of mint. Stored in an airtight container in the fridge, the pudding will keep for 3 to 4 days.



Chai-Spiced Bread Pudding

Chai-Spiced Bread Pudding

SERVES 6

Caramelly medjool dates makes this bread pudding richer and more complex than if it were sweetened with regular sugar, and the hint of coconut oil so nicely

complements the array of spices. As a bonus, this easy and healthful dessert can double as breakfast if you're hankering for something sweet.



**1/3 cup (80ml) melted coconut oil,
plus more for coating the pan**

**3 cups almond milk, homemade
([this page](#)) or store-bought**

1 ¼ cups (310g) pitted medjool dates, soaked in warm water for at least 1 hour and drained

2 tablespoons ground flaxseeds

1 teaspoon ground cinnamon

¾ teaspoon ground ginger

½ teaspoon ground nutmeg

½ teaspoon ground cardamom

1½ teaspoons vanilla extract

1 large French baguette (about 7 ounces/200g), at least 1 day old, cut into cubes

1 cup (145g) raisins

1. Preheat the oven to 350°F (175°C). Coat an 8-inch (20cm) square baking pan with coconut oil.

2. Put the almond milk, dates, coconut oil, ground flaxseeds, cinnamon, ginger, nutmeg, cardamom, and vanilla in a

blender and process until very smooth.

3. Put the bread and raisins in a large bowl. Pour in the date mixture and toss gently until evenly combined. Let the bread soak up the liquid for about 10 minutes. Transfer to the prepared pan and spread everything evenly.

4. Bake for 30 to 40 minutes,

until the top is golden brown.
Let cool slightly before
serving.

Date Paste: Your New Favorite Sweetener

Date paste is slightly less sweet
than agave nectar or maple
syrup, but it can be used
almost interchangeably with

either (substitute $1\frac{1}{4}$ parts date paste for every 1 part traditional sweetener). Soak 1 cup (250g) pitted and packed medjool dates in warm water for a few hours, then drain and blend with about $\frac{1}{2}$ cup (120ml) of water and a small pinch of salt. Use it in baking, in puddings, on top of tarts or pies, or drizzled over warm

porridge or oatmeal.



Blackberry Coconut Ice Cream

Blackberry Coconut Ice Cream

SERVES 4

Nearly all ice cream recipes start with a custard before freezing, but thanks to full-fat coconut milk, you can skip that step entirely, streamlining

the process while still creating an ice cream that's rich and smooth. Just blend coconut milk with vanilla, sugar, salt, and, in this recipe, fresh blackberries, then let the mixture churn in an ice cream maker until thick and creamy. The basic formula here can be used as a blank canvas for many flavor variations: try

lime juice and zest,
strawberries, cocoa powder
and dark chocolate chunks, or
a ribbon of peanut butter.

**2 (13.5-ounce/400ml) cans full-
fat coconut milk, chilled**

$\frac{3}{4}$ cup (150g) sugar

**Seeds scraped from 1 vanilla
bean**

Generous pinch of salt

1 cup (150g) fresh blackberries

1. The day before you make the ice cream, refrigerate the ice cream maker basin according to the manufacturer's instructions.

2. When the basin is ready, put all the ingredients in a

blender and process until totally smooth, 1 to 3 minutes.

3. Transfer the mixture to the ice cream maker; or, if it warmed up during blending, you may want to cool it down in the fridge first. Let churn for 20 to 25 minutes, or however long the manufacturer's instructions indicate.

4. Transfer to a freezer-safe container and freeze for a few hours before serving.



Cranberry Pistachio Biscotti

Cranberry Pistachio Biscotti

MAKES 15 BISCOTTI

While I typically use ground flaxseeds mixed with water as a vegan egg replacement, that can be too dense for delicate baked goods like cakes or cookies. Those are the times to

reach for the alternative egg replacer called for in this recipe. It offers leavening power without weighing down a dough or batter, as evidenced by these light, crispy biscotti. They're great to have around for snacking, and the bright pop of cranberries makes them a perfect holiday gift.

2 cups (250g) unbleached all-purpose flour

1½ teaspoons baking powder

¼ teaspoon salt

3 tablespoons warm water

1½ teaspoons Egg Replacer ([this page](#))

⅓ cup (80ml) unsweetened almond milk, homemade ([this page](#)) or store-bought

**1/2 cup (110g) coconut oil, cold or
at cool room temperature**

3/4 cup (150g) sugar

1 teaspoon almond extract

1 teaspoon vanilla extract

1/2 cup (60g) chopped pistachios

1/2 cup (60g) dried cranberries



1. Preheat the oven to 350°F
(175°C). Line a baking sheet

with parchment paper.

2. In a medium bowl, whisk together the flour, baking powder, and salt.

3. In a small bowl or measuring cup, whisk together the water and egg replacer. Stir in the almond milk.

4. Using an electric mixer, beat the coconut oil, sugar, and

almond and vanilla extracts together until fluffy, 2 to 3 minutes. Add the almond milk mixture. With the mixer running, gradually add the flour mixture and mix just until incorporated. Add the pistachios and dried cranberries and stir until evenly incorporated.

5. Put the dough on the lined

baking sheet and shape it into a log about 1 inch (2.5cm) tall, 8 to 9 inches (20 to 23cm) long, and 5 inches (13cm) wide. Bake for 30 to 35 minutes, until the dough has risen a bit and is fairly solid.

6. Remove from the oven and increase the oven temperature to 375°F (190°C). As soon as the log is cool enough to

handle, cut it into $\frac{3}{4}$ -inch (2cm) slices and lay the slices on the baking sheet.

7. Bake for 20 to 25 minutes, until dry and lightly golden. Transfer to a wire rack and let cool before serving.

8. Stored in an airtight container at room temperature, the biscotti will keep for 1 week.



Perfect Pumpkin Pie

Perfect Pumpkin Pie

SERVES 8

As it turns out, everyone's favorite holiday dessert holds up just fine without eggs, milk, or butter. Vegan pumpkin pie can include silken tofu or vegan cream

cheese for creaminess in the filling, but another alternative (and my favorite) is to use cashews. You'll be amazed at how similar the texture is to a traditional custard. As for the crust, versatile and healthful coconut oil saves the day, making for a pastry that's fragrant, buttery, and super flaky. The pie can be prepared

up to 2 days in advance, and it's sure to win over even the pickiest pumpkin pie lovers.

Crust

1 ¼ cups (160g) unbleached all-purpose flour

1½ teaspoons sugar

½ teaspoon salt

⅓ cup (80g) coconut oil, cold or

at cool room temperature

**¼ cup (60ml) ice water, plus
more as needed**

Filling

2½ cups (610g) pumpkin puree

**1 cup (130g) cashew pieces,
soaked in water for at least 3
hours and drained**

¾ cup (150g) sugar

**2 tablespoons tapioca starch
(sometimes sold as tapioca**

flour)

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon ground nutmeg

Pinch of ground cloves

**2 tablespoons blackstrap
molasses**

1 teaspoon vanilla extract



1. First, make the crust. To use

a food processor, put the flour, sugar, and salt in the processor bowl and pulse to combine. Add the coconut oil and pulse until the mixture is crumbly and a bit of it sticks together when squeezed. With the motor running, slowly drizzle in the ice water, using just enough to bring the dough together. It's fine to

have some crumbs—that makes for a good, flaky crust—but the dough should be easy to shape into a unified mass.

2. To mix the dough by hand, whisk together the flour, sugar, and salt in a large bowl. Cut the coconut oil into small pieces and work it into the flour with dry hands. Add the water, using just enough to

bring the dough together, and knead until it can be shaped into a unified mass.

3. Transfer the dough to a lightly floured work surface. If you're not ready to use the crust, shape it into a disk, then wrap it in plastic wrap and put it in the fridge. (For longer storage, put the wrapped dough in a freezer bag and

freeze for up to 8 weeks.) If you've refrigerated or frozen the dough, remove it well before rolling it out so it can warm to room temperature to ease rolling.

4. Working on a floured work surface, roll the dough out to form a large circle about 10 inches (25cm) in diameter, lightly dusting the work

surface, dough, or rolling pin with flour as needed to prevent sticking. Carefully transfer to an 8-inch (20cm) pie plate. Don't worry if the crust tears a bit; once it's in the pan, you can push the dough back together with your fingertips. Trim away any excess dough and squeeze the dough along the rim to make

a pretty fluted pattern.

Refrigerate the crust while you prepare the filling.

5. Preheat the oven to 350°F (175°C).

6. To make the filling, put all the ingredients in a food processor and process until very smooth, stopping occasionally to scrape down the sides of the work bowl. It

should be quite thick, but if it's too thick to process well, drizzle in a bit of water or nondairy milk.

7. To assemble and bake the pie, spoon the filling into the crust and smooth the top. Bake for 35 to 40 minutes, until the edges of the crust are golden brown and the filling is dark. Let cool briefly before

slicing and serving.

8. Stored covered in the fridge, leftovers will keep for up to 5 days.



Raw Citrus Cheesecake

Raw Citrus Cheesecake

SERVES 12

I'm a big fan of raw desserts, which are often born from a combination of dried fruits and nuts—both soaked and unsoaked. These ingredients have the potential to be

incredibly rich and brightly flavored. As an added bonus, there's no need to turn the oven on. Don't be put off by the fact that this sweet and citrusy cheesecake makes so many servings. Let's be honest: you'll probably eat it for breakfast—which is perfectly okay.



Crust

**1½ cups almonds (210g) or
walnuts (150g)**

Pinch of salt

**1 ⅔ cups (410g) pitted medjool
dates**

Filling

**3 cups (390g) cashews, soaked
in water for at least 3 hours and
drained**

⅔ cup (160ml) melted coconut

oil

½ cup (120ml) agave nectar

**2 tablespoons finely grated
orange zest**

**¼ cup (60ml) freshly squeezed
orange juice**

**1 teaspoon finely grated lemon
zest**

**2 tablespoons freshly squeezed
lemon juice**

**Seeds scraped from 1 vanilla
bean, or 2 teaspoons vanilla**

extract

¼ teaspoon salt

**Finely grated lemon zest
(optional), for garnish**



1. To make the crust, put the almonds and salt in a food processor and pulse until coarsely ground. Add the dates and process until the mixture

is uniform and a bit of it sticks together when squeezed. Press the mixture evenly into the bottom of a 9-inch (23cm) round springform pan.

2. To make the filling, put all the ingredients in a blender (preferably a high-speed blender) or food processor and process until silky smooth, stopping occasionally

to scrape down the sides of the blender jar or work bowl.

3. To assemble and chill the cheesecake, pour the filling over the crust and smooth the top. Refrigerate for at least 2 hours before slicing and serving. If you like, garnish the cheesecake with additional lemon zest.

4. Stored in a covered

container in the fridge, any
leftovers will keep for 1 week.



Double-Chocolate Brownies

Double-Chocolate Brownies

MAKES 6 LARGE BROWNIES
OR 9 SMALLER BROWNIES

People often ask me if chocolate is vegan-friendly, and I always reply that if it weren't, I'd be one grief-stricken vegan! The good news

is, a lot of bittersweet or dark chocolate is dairy-free. But do read the ingredients even for these; sometimes milk or milk powder is included. Once you've gotten your hands on some vegan chocolate chips, whip up these dense, chewy, walnut-studded vegan brownies. Instant espresso powder heightens the

chocolate flavor and gives the brownies a wonderful mocha taste.

2 tablespoons lukewarm water

1 tablespoon ground flaxseeds

1½ cups (190g) unbleached all-purpose flour

1½ cups (300g) sugar

½ cup (40g) unsweetened cocoa

powder

1 teaspoon baking powder

$\frac{3}{4}$ teaspoon salt

1 tablespoon instant espresso powder

1 $\frac{1}{4}$ cups (300ml) unsweetened nondairy milk, homemade ([Oat Milk](#), [Nut Milk](#), or [Horchata](#)) or store-bought

$\frac{1}{2}$ cup (120ml) canola oil

2 teaspoons vanilla extract

$\frac{1}{2}$ cup (85g) chocolate chips

½ cup (50g) walnuts, chopped

1. Preheat the oven to 350°F (175°C) and oil an 8-inch (20cm) square baking pan.

2. In a small bowl or measuring cup, whisk together the water and ground flaxseeds and let sit until thick.

3. In a large bowl, whisk

together the flour, sugar, cocoa powder, baking powder, salt, and espresso powder.

4. In a medium bowl, whisk together the nondairy milk, oil, vanilla, and flaxseed mixture. Add to the flour mixture, along with the chocolate chips and walnuts, and stir just until combined. Pour the batter into the

prepared pan and smooth the top.

5. Bake for 45 to 55 minutes, until a toothpick inserted into the center comes out clean.

6. Let cool for 20 to 30 minutes before cutting into squares and serving.

Choosing Sugar

You may be surprised to hear that a great deal of the sugar sold in the United States isn't vegan. Bone char—charcoal made from pulverized animal bones—is frequently used in the refining process for conventional cane sugar. For this reason, most vegans avoid conventional white and brown sugars. All organic sugar

(white, brown, and confectioners') is made without bone char and is therefore vegan, as are evaporated cane juice, unbleached cane sugar, Demerara sugar, and liquid sweeteners like maple syrup and agave nectar.



Chocolate Cake with Chocolate

Filling and Ganache

Chocolate Cake with Chocolate Filling and Ganache

SERVES 10 TO 12

Yes, it is true: vegan chocolate cake can deliver all the flavor and satisfaction of its egg- and

butter-filled cousins, as this one amply demonstrates. The “buttercream” in this recipe is an ingenious combination of pumpkin puree and almond butter. If you don’t have time to bake a cake, it wouldn’t be a terrible idea to make the filling anyway and eat it with a spoon.

Cake

3 cups (375g) unbleached all-purpose flour

$\frac{2}{3}$ cup (60g) unsweetened cocoa powder

2 teaspoons baking soda

$\frac{3}{4}$ teaspoon salt

2 cups (475ml) unsweetened nondairy milk, homemade ([Oat Milk](#), [Nut Milk](#), or [Horchata](#)) or store-bought

2 tablespoons apple cider

vinegar

1 $\frac{3}{4}$ cups (350g) sugar

$\frac{2}{3}$ cup (160ml) melted coconut oil

2 teaspoons vanilla extract

Filling

1 cup (245g) pumpkin puree

$\frac{1}{4}$ cup (20g) unsweetened cocoa powder

$\frac{1}{4}$ cup (60ml) maple syrup

**3 tablespoons almond butter or
cashew butter**

Ganache

**6 ounces (170g) bittersweet
chocolate, finely chopped**

½ cup (120ml) coconut milk

2 tablespoons maple syrup



1. Preheat the oven to 350°F

(175° C). Coat two 8- or 9-inch (20 or 23cm) round springform pans with melted coconut oil.

2. To make the cake, put the flour, cocoa, baking soda, and salt in a large bowl and whisk to combine.

3. In a medium bowl, vigorously whisk together the nondairy milk and vinegar

until frothy. Whisk in the sugar, oil, and vanilla. Add about one-third of the mixture to the flour mixture and stir with a spatula or whisk, or use an electric mixer on the lowest setting. Repeat, adding the remaining liquid in two more additions, mixing just until incorporated after the final addition. Pour the batter into

the prepared pans.

4. Bake for about 25 minutes, until a toothpick inserted into the center comes out clean.

Remove from the oven but leave the cakes in their pans and let cool completely.

5. To make the filling, process all the ingredients in a food processor.

6. To make the ganache, put the chocolate in a medium heatproof bowl. Combine the coconut milk and maple syrup in a small saucepan over medium-low heat. Cook, stirring occasionally, until just simmering. Pour over the chocolate and stir until melted. Let cool to room temperature.

7. To assemble the cake, remove the layers from their pans. Place one, top side up, on a serving platter and gently shave off the rounded top with a sharp knife. Spread all of the filling over the top. Place the other cake layer atop the filling. Pour the ganache evenly over the top and let it drizzle down the sides.

Refrigerate for at least 1 hour before serving.

8. Leftovers will keep in a covered container in the fridge for up to 4 days.



Mexican Chocolate Date Truffles

Mexican Chocolate Date Truffles

MAKES 20 TO 25 BALLS

This is a perfect dessert to prepare when you're short on time and unmotivated to bake but craving chocolate (an instinct one should never

ignore). Since these chewy truffles are made with little more than ground almonds, cocoa powder, and pitted medjool dates, they feel more like a rich snack than a full-on dessert, although they would be the perfect finishing touch at any meal (and make great edible gifts, too!). I love the way dried chiles and cayenne

add a kick of spice and enhance the flavor of cocoa in the version below, but the variations are endless (see below). Have fun experimenting with whatever spices and dried fruits appeal to you—just be sure to keep the simple ratio of about one part nuts to one part dates.

1½ cups (about 180g) nuts

**3 tablespoons unsweetened
cocoa powder**

¼ teaspoon salt

½ teaspoon ground chiles

Pinch of cayenne pepper

**1 ⅔ cups (310g) pitted medjool
dates**

**1½ teaspoons melted coconut
oil**

1. Put the nuts, cocoa, salt, chile powder, and cayenne in a food processor and pulse a few times to break down the nuts. Add the dates and the coconut oil and process until the mixture starts to clump and a handful sticks together and holds its shape when squeezed.

2. Roll into balls about 1 inch (2.5cm) in diameter. Stored in

an airtight container, the truffles will keep for 2 weeks in the fridge or 1 week at room temperature.

For Something Different

Key Lime Truffles Omit the chile powder and cayenne.

Add the finely grated zest and juice of 3 limes when you add

the dates and coconut oil.

Lemon Coconut Truffles

Omit the chile powder and cayenne. Add the finely grated zest and juice of 2 lemons when you add the dates and coconut oil. Roll the balls in unsweetened shredded dried coconut before serving.

Oatmeal Raisin Truffles

Omit the chile powder and

cayenne. Replace $\frac{1}{2}$ cup (60g) of the nuts with $\frac{1}{2}$ cup (45g) rolled oats. Once the mixture is coming together, pulse in $\frac{1}{3}$ cup (50g) raisins and $\frac{1}{2}$ teaspoon ground cinnamon.



Basics

Egg Replacer

Oat Milk

Nut Milk

Horchata

Herbed Cashew Cheese

Tofu Feta

Savory Cashew Cream

Sweet Cashew Cream

Egg Replacer

MAKES 3 CUPS (710ML)

There are several ways to supply the leavening and binding qualities of eggs in vegan baking. Options include flax and chia eggs (see [tip](#)) and certain fruits, such as 1/4 cup mashed banana or applesauce per egg. But for lighter baked goods, like cookies, cakes, and

biscotti, this is the egg replacer I recommend. It can be stored in an airtight container for several months at room temperature.

2½ cups arrowroot powder (125g), potato starch (160g), or tapioca starch (125g)

½ cup (80g) baking powder

1 tablespoon xanthan gum powder

1. Whisk together all the ingredients. Stored in an airtight container at room temperature, the egg replacer will keep for 3 months—or possibly quite a bit longer.

2. To replace 1 egg, whisk together 1½ teaspoons of the egg replacer and 3 tablespoons of warm water. Let sit for a moment, then add it to the

recipe in place of the egg.

Flax and Chia Eggs

To help bind batters for quick breads and muffins without using eggs, you can use ground flaxseeds or ground chia seeds. For each egg, whisk 1 tablespoon of ground flaxseeds or chia seeds

into 3 tablespoons of warm water and let the mixture sit until it becomes thick and gelatinous. It's an inexpensive, effective binder, with the added benefit of providing uber-healthy omega-3 fatty acids.

Oat Milk

MAKES ABOUT 3½ CUPS
(830ML)

Making oat milk may take you less time than running to the store to pick some up. While it isn't quite as rich or creamy as nut milk, it's much faster to make because oats require only 1 hour of soaking. It's my emergency option when I've

run out of almonds, cashews, and other nuts, because chances are I have steel-cut oats on hand. Oat milk is great in smoothies, puddings, and—not surprisingly—stirred into a bowl of warm oats or another porridge. If you'll be using the oat milk in a savory dish, omit the maple syrup and vanilla.

**1 cup (180g) steel-cut oats,
soaked in water for 1 hour and
drained**

3 cups (710ml) water

**3 tablespoons maple syrup
(optional)**

**1 teaspoon vanilla extract
(optional)**

1/8 teaspoon salt

**1. Put all the ingredients in a
blender and process until**

smooth. For a thicker texture, use the oat milk as is. Or, for a thinner liquid, strain it: Cover the mouth of a large container with two layers of cheesecloth, leaving a well in the cheesecloth (a new paint strainer bag or a nut milk bag, which is cheap and easy to find online, will also work well). Secure with a rubber

band, then pour in the blended mixture. You may need to do this in batches, gently pushing some of the pulp to the side or spooning it out and discarding it. After pouring all of the mixture in, let it sit for about 10 minutes. Loosen the cheesecloth from the rim of the container and gently squeeze to extract as

much liquid as possible.

2. Stored in an airtight container in the fridge, the oat milk will keep for 3 days. Shake well before using.

Nut Milk

MAKES ABOUT 3 CUPS
(710ML)

Homemade nut milks are undeniably the best: creamy, rich, and easy to adapt to your own tastes. If you're preparing something savory (like soup or mashed potatoes), omit the dates and vanilla. (And if you want to streamline the process,

you can skip the straining step; you'll just get a thicker milk.)

While almonds are the most popular base for nut milk, you can use a wide variety of nuts and seeds, including Brazil nuts, macadamia nuts, cashews, pecans, pumpkin seeds, and even sesame seeds. Macadamias, Brazil nuts, and

almonds tend to give the creamiest texture. Cashew milk is easier because it doesn't demand any straining. Seeds can be a good choice if time is limited, as they require less soaking time: 3 to 4 hours, rather than 8 to 12.

1 cup (about 120g) nuts, soaked in water for 8 to 12 hours and drained

4 cups (950ml) water

4 pitted medjool dates, or $\frac{1}{4}$ cup (60ml) maple syrup (optional)

1 teaspoon vanilla extract (optional)

Small pinch of salt

1. Put all the ingredients in a blender. Blend on high speed until completely smooth, with no pieces of nut or date visible, 2 to 3 minutes.

2. Cover the mouth of a large container with two layers of cheesecloth, leaving a well in the cheesecloth (a new paint strainer bag or a nut milk bag will also work well). Secure with a rubber band, then pour in the blended mixture. You may need to do this in batches, gently pushing some of the pulp to the side or

spooning it out and discarding it. After pouring all of the mixture in, let it sit for about 10 minutes. Loosen the cheesecloth from the rim of the container and gently squeeze to extract as much liquid as possible.

3. Stored in an airtight container in the fridge, the nut milk will keep for 2 to 3

days. Shake well before using.

Choosing the Right Nondairy Milk for the Job

For smoothies and cereals, most plant milks can be used interchangeably. For savory dishes, be sure to choose an unsweetened

variety. I find that soy milk and coconut milk are best for creamy soups, while almond milk and rice milk have a smooth texture and neutral flavor that works well for most baked goods. For the creamiest texture of all, homemade nut milk can't be beat.

Horchata

MAKES ABOUT 3½ CUPS
(830ML)

Traditional horchata, a combination of nuts and rice soaked in water and blended with spices and sweeteners is often vegan as-is. It's a refreshing alternative to standard nut milk. This version calls for cashews, but

you can definitely substitute almonds or use a combination of the two. The horchata makes for a lovely and lightly sweet beverage, but it also works well in smoothies or cereal.

½ cup (90g) long-grain white rice, such as basmati, rinsed

1 (3-inch/7.5cm) cinnamon stick, broken into a few pieces

1 cup (130g) cashew pieces

4 cups (950ml) water

½ cup (100g) sugar

⅛ teaspoon salt

1. Use a food processor or a high-speed blender to coarsely grind the rice and cinnamon stick. Transfer to a medium bowl or jar, add the cashews, then pour in 2 cups (475ml) of

the water. Let soak for 8 to 12 hours.

2. Transfer to a blender. Add the remaining 2 cups (475ml) of water and the sugar and salt, and blend until smooth.

3. Cover the mouth of a large container with two layers of cheesecloth, leaving a well in the cheesecloth (a new paint strainer bag or a nut milk bag

will also work well). Secure with a rubber band, then pour in the blended mixture. You may need to do this in batches, gently pushing some of the pulp to the side or spooning it out and discarding it. After pouring all of the mixture in, let it sit for about 10 minutes. Loosen the cheesecloth from the rim of

the container and gently squeeze to extract as much liquid as possible.

4. Stored in an airtight container in the fridge, the horchata will keep for 2 to 3 days. Shake well before using.

Herbed Cashew Cheese

MAKES ABOUT 1¼ CUPS
(300ML)

Nut cheese can be made with almonds, Brazil nuts, macadamia nuts, or pine nuts, but cashews, with their buttery texture and mild taste, are perfectly suited to the task. This cashew cheese, which is soft and spreadable, is infused

with herbs for a more complex flavor profile and nutritional yeast for a kick of umami.

Spread it on crackers or toast or crumble it over a salad.

**1½ cups (195g) cashew pieces
or a combination of cashews and
pine nuts, soaked in water for at
least 3 hours and drained**

**2 tablespoons large-flake
nutritional yeast**

1 teaspoon salt

2 teaspoons herbes de Provence

1/4 teaspoon pepper

**3 tablespoons freshly squeezed
lemon juice**

1 clove garlic, minced

4 tablespoons (60ml) water

1. Put the cashews in a food processor or blender (preferably a high-speed

blender). Add the nutritional yeast, salt, herbes de Provence, pepper, lemon juice, and garlic. Pulse a few times to break the cashews down until they have a wet, coarse, mealy texture.

2. With the motor running, drizzle in 2 tablespoons of the water. Now it's time for some kitchen intuition: keep adding

water, stopping occasionally to scrape down the sides of the work bowl, until the mixture has a good consistency. It should be similar to thick hummus—a little coarse, but smooth and spreadable. You may not need all of the remaining 2 tablespoons of water. (If using a blender, start on a low speed and gradually

increase to high speed as you add the water, using a plunger attachment the entire time to keep the mixture blending.)

3. Taste and adjust the seasonings as desired. Stored in a covered container in the fridge, the cheese will keep for about 5 days.

Tofu Feta

MAKES 14 OUNCES (400G)

Here's a creative spin on feta cheese that involves marinating tofu in a tart, salty dressing. The delicious results are perfect for a Greek salad ([this page](#)), of course, but this cheese is also excellent atop other salads, stuffed into wraps, or enjoyed as part of a

meze platter.

1 (14-ounce/400g) block of tofu

1/4 cup (60ml) water

**1/4 cup (60ml) freshly squeezed
lemon juice**

2 1/2 tablespoons white miso

**2 tablespoons apple cider
vinegar**

1 teaspoon dried oregano

1. Press the tofu for at least 1 hour (see [this page](#)).
2. In a small bowl or measuring cup, whisk together the water, lemon juice, miso, vinegar, and oregano.
3. Cut the tofu into 1-inch (2.5cm) cubes. Place the tofu in an 8-inch (20cm) square baking pan. Pour in the marinade and gently stir until

the tofu is evenly coated. Cover and refrigerate for at least 4 hours or, for optimum flavor, up to 2 days. Drain well before using. Stored in a covered container in the fridge, the feta will keep for up to 5 days.

Getting to Know Nutritional Yeast

If you're starting to prepare more dairy-free meals, it's time to get to know nutritional yeast, lovingly called "nooch" in the vegan culinary world. It has an unmistakable cheesy flavor, making it essential in pesto ([this page](#)), [cashew cheese](#), cheese

sauce ([this page](#)), and the like. You may even enjoy it as a condiment, sprinkled on salads or warm grains.

Pressing Tofu

You don't have to press tofu before cooking it, but sometimes it's well

worth doing. It gives the tofu a firmer, denser texture, and removes excess water, allowing the pressed tofu to more easily brown. And once pressed, tofu will soak up any marinade you use, creating a more flavorful final product. Even as little as 20 minutes of

pressing will be worthwhile, or press it for as long as a day.

To press tofu, simply put a block of tofu on a large rimmed plate. Set another plate on top of the tofu and weight it with a couple of heavy books or large cans. Let sit for at least 20 minutes,

or press it for up to 8 hours at room temperature. Drain away the excess water and store the tofu in an airtight container in the fridge until you're ready to use it. It will keep for 3 days.

Savory Cashew Cream

MAKES ABOUT 2 $\frac{3}{4}$ CUPS
(650ML)

Cashew cream is a secret weapon of vegan cooking, supplying the creamy texture that many people fear they'll miss in vegan cuisine. Use it in place of crème fraîche, sour cream, or dairy cream; as a garnish; or as a component of

baked goods, soups—including the Gingered Carrot Bisque ([this page](#))—and pasta sauces. As is, it's also a wonderful vegan béchamel sauce.

**2 cups (260g) cashew pieces,
soaked in water for at least 3
hours and drained**

**1 to 2 tablespoons freshly
squeezed lemon juice (optional)**

½ teaspoon salt (optional)

1 cup (240ml) cold water, plus more if desired

1. Put the cashews in a food processor or high-speed blender and pulse a few times to grind them up. Add the lemon juice and salt. With the motor running, drizzle in the water and process until completely smooth (which may take a few minutes),

stopping occasionally to scrape down the sides of the work bowl or blender jar. Add more water for a thinner consistency, if desired; you may want it as thick as whipped cream or as thin as coconut milk, depending on how you plan to use it.

2. Stored in a covered container in the fridge, the

cashew cream will keep for up to 6 days.

Sweet Cashew Cream

MAKES ABOUT 1³/₄ CUPS
(415ML)

With the addition of agave nectar or maple syrup, a bit of coconut oil for creaminess, and a hint of vanilla, cashew cream becomes a sweet and easy topping for fresh or cooked fruit (see the roasted pears on [this page](#)) or any

number of pies, including
pumpkin pie ([this page](#)).

**1 cup (130g) cashew pieces,
soaked in water for at least 3
hours and drained**

**¼ cup (60ml) agave nectar or
maple syrup**

2 tablespoons melted coconut oil

¾ cup (175ml) water

**Seeds scraped from 1 vanilla
bean, or 1 teaspoon vanilla**

extract

Small pinch of salt

1. Put the cashews in a food processor or high-speed blender and pulse a few times to grind them up. Add the agave nectar and coconut oil. With the motor running, drizzle in the water and process until completely smooth (which may take a few

minutes), stopping occasionally to scrape down the sides of the work bowl or blender jar. Add more water for a thinner consistency, if desired; you may want it as thick as whipped cream or as thin as coconut milk, depending on how you plan to use it.

2. Stored in a covered

container in the fridge, the cashew cream will keep for up to 6 days.



Acknowledgmen

First and foremost, a
huge thank you to my
Food52 family.

Amanda and Merrill,

thank you for
championing the New
Veganism column from
the beginning, for
teaching me how to be
a stronger food writer,
and for inspiring me to
be a much better,
smarter, happier cook.
Kristen Miglore, thank
you for your

stewardship of this
project and for
supporting my recipes,
week in and week out.
James Ransom, thank
you for making my
food look so incredibly
tasty. Marian Bull,
thank you for helping
me bring the New
Veganism to life each

week, for making this book so beautiful, and for sharing my passion for sweet potatoes, avocado toast, yoga, words, and—above all else—sauce. Many thanks to Erin, Allison, Lisa, and the rest of the kitchen team for their hard work, and to Sarah

Jampel for her support
of my column and this
project.

Tremendous gratitude
to Ali Slagle, Emily
Timberlake, and
Hannah Rahill for your
insightful edits and
vision. Thank you to
Jasmine Star for your
meticulous edits and to

Emma Champion,
Margaux Keres, and
everyone at Ten Speed
Press for your hard
work on the book.

Thanks to the readers of
my blog, who have
cheered the New
Veganism on from the
very start. Thanks to all
of my friends in the

vegan and activist
communities, who
inspire me to show the
world how delicious
vegan fare can be.

Steven Leiser-Mitchell,
thank you for your
patience and support as
this project came to life.
Thank you for sharing
food with me, for being

the most enthusiastic
recipe guinea pig a girl
could hope for, and for
liking my peach coffee
cake so much. I love
you.

Mom, thank you for
supporting me in all of
my endeavors,
including this one.

Finally, a big thank you to Chloe Polemis. Chlo, our shared passion for food is a constant source of inspiration to me. Thank you for being one of the few people with whom I can spend hours discussing recipes, ingredients, restaurants, and meals.

Thank you for reading
my blog from the very
start. Thank you for
being the best. This
book is dedicated to
you.

Index

A

Almond butter

Chocolate Cake with
Chocolate Filling and

Ganache

Five-Minute No-Bake

Granola Bars

Almond milk

Banana Chia Pudding

Butternut Squash Mac and
Cheese

Chai-Spiced Bread Pudding

Cranberry Pistachio Biscotti
homemade

Peach Crumble Coffee Cake

Almonds

Coconut Quinoa Porridge
with Toasted Almonds

Raw Citrus Cheesecake

Appetizers and snacks

Baked Kale Chips

Crispy Roasted Chickpeas

Five-Minute No-Bake

Granola Bars

Parsnip Fries with Spicy
Harissa Mayonnaise

Polenta Squares with Sun-
Dried Tomato and Walnut
Tapenade

Sesame Flax Crackers

Socca

Summer Rolls with Spicy
Peanut Sauce

Sweet Pea Hummus

Arugula

Asparagus, Arugula, and
Pesto Pizza

French Lentil and Arugula
Salad with Herbed Cashew
Cheese

Asparagus, Arugula, and Pesto
Pizza

Avocados

Breakfast Tostadas with
Refried Black Beans and
Cabbage Slaw

Chilled Cucumber Soup
with Mango Salsa

Green Smoothie with
Avocado

Jamaican Jerk Chili with
Quinoa and Kidney Beans

Smoky Black Bean and Sweet
Potato Chili

Summer Rolls with Spicy
Peanut Sauce

B

Bananas

Banana Chia Pudding

Banana Walnut Pancakes
frozen

Green Smoothie with
Avocado

Barbecue Sauce

Bars, Five-Minute No-Bake
Granola

Basil

Penne with Summer Squash,
Corn, and Herbs

Pesto

Pesto Vinaigrette

Summer Rolls with Spicy
Peanut Sauce

Beans

Breakfast Tostadas with
Refried Black Beans and
Cabbage Slaw

cooking

Jamaican Jerk Chili with
Quinoa and Kidney Beans

Mushroom, Chard, and
Quinoa Enchiladas

Roasted Ratatouille

Smoky Black Bean and Sweet
Potato Chili

Wheat Berry and Green Bean
Salad with Dried
Cranberries and Celery

See also Chickpeas

Beet, Golden, and Heirloom
Tomato Panzanella

Bell peppers

Cauliflower and Oyster
Mushroom Tacos

Eggplant Tagine with Millet
and Preserved Lemon

Jamaican Jerk Chili with
Quinoa and Kidney Beans

Kabocha Squash and Tofu

Curry

Lentil Sloppy Joes

Roasted Ratatouille

Tempeh Kebabs with
Barbecue Sauce

Tofu Scramble

Biscotti, Cranberry Pistachio

Blackberry Coconut Ice
Cream

Bread

Chai-Spiced Bread Pudding

Date Nut Bread

Heirloom Tomato and

Golden Beet Panzanella

Socca

See also Sandwiches

Breakfast

Banana Walnut Pancakes

Breakfast Tostadas with

Refried Black Beans and

Cabbage Slaw

Chocolate Chip Pancakes

Coconut Quinoa Porridge
with Toasted Almonds

Date Nut Bread

Go-To Pancakes

Green Smoothie with
Avocado

Muesli

Peach Crumble Coffee Cake

Polenta with Greens, Roasted
Tomatoes, and Lentil
Walnut Crumble

Pumpkin Pancakes

Tempeh and Sweet Potato
Hash

Tofu Scramble

Broccoli Rabe, Orecchiette
with Creamy Leeks and

Brownies, Double-Chocolate
Burgers

building better

Mushroom, Pecan, and
Lentil Burgers

Butternut Squash Mac and
Cheese

Butter substitutes

C

Cabbage

Breakfast Tostadas with

Refried Black Beans and
Cabbage Slaw

Snow Pea, Cabbage, and
Mizuna Salad with Smokey
Tempeh

Summer Rolls with Spicy
Peanut Sauce

Cakes

Chocolate Cake with
Chocolate Filling and
Ganache

Peach Crumble Coffee Cake

Raw Citrus Cheesecake

Carrots

Carrot and Fennel Pot Pie

Gingered Carrot Bisque

Snow Pea, Cabbage, and

Mizuna Salad with Smokey

Tempeh

Cashews

Cashew Queso

for creamy soups

Creamy Tomato Soup

French Lentil and Arugula

Salad with Herbed Cashew
Cheese

Gingered Carrot Bisque

Herbed Cashew Cheese

Horchata

Muesli

Perfect Pumpkin Pie

Raw Citrus Cheesecake

Savory Cashew Cream

Spicy Harissa Mayonnaise

Sweet Cashew Cream

Cauliflower

Cauliflower and Oyster

Mushroom Tacos

Roasted Cauliflower and

Freekeh Salad

Chai-Spiced Bread Pudding

Cheese, nondairy

Herbed Cashew Cheese

Tofu Feta

Cheesecake, Raw Citrus

Chia seeds

Banana Chia Pudding

as egg replacer

Muesli

Chickpeas

Brown Sugar Chickpeas

Crispy Roasted Chickpeas

Eggplant Tagine with Millet
and Preserved Lemon

Hummus

Roasted Ratatouille

Rosemary-Vinegar Chickpeas

Smoky Tempeh and
Hummus Sandwiches

Socca

Spicy Chickpeas

Sweet Pea Hummus

Teriyaki-Lime Chickpeas

Zucchini Quinoa Cakes

Chili

Jamaican Jerk Chili with
Quinoa and Kidney Beans

Smoky Black Bean and Sweet
Potato Chili

Chips, Baked Kale

Chive Oil

Chocolate

Chocolate Cake with
Chocolate Filling and
Ganache

Chocolate Chip Pancakes

Double-Chocolate Brownies
Ganache

Key Lime Truffles

Lemon Coconut Truffles

Mexican Chocolate Date

Truffles

Oatmeal Raisin Truffles

Chowder, Corn, with Chive
Oil

Coconut

Lemon Coconut Truffles
oil

Coconut milk

Blackberry Coconut Ice
Cream

Butternut Squash Mac and
Cheese

Coconut Quinoa Porridge
with Toasted Almonds

Corn Chowder with Chive
Oil

for creamy soups

Ganache

Kabocha Squash and Tofu
Curry

Coffee Cake, Peach Crumble

Collard greens

Polenta with Greens, Roasted
Tomatoes, and Lentil
Walnut Crumble

Tempeh and Sweet Potato
Hash

Corn

Corn Chowder with Chive
Oil

Mango Salsa

Penne with Summer Squash,

Corn, and Herbs

Cornmeal

Polenta Squares with Sun-
Dried Tomato and Walnut
Tapenade

Polenta with Greens, Roasted
Tomatoes, and Lentil
Walnut Crumble

Crackers, Sesame Flax

Cranberries

Cranberry Pistachio Biscotti

Wheat Berry and Green Bean
Salad with Dried
Cranberries and Celery

Cucumbers

Chilled Cucumber Soup
with Mango Salsa

French Lentil and Arugula
Salad with Herbed Cashew
Cheese

Greek Salad with Tofu Feta
Summer Rolls with Spicy

Peanut Sauce

Currants

Roasted Cauliflower and
Freekeh Salad

Curry, Kabocha Squash and
Tofu

D

Dates

Chai-Spiced Bread Pudding

Coconut Quinoa Porridge
with Toasted Almonds

Date Nut Bread

Key Lime Truffles

Lemon Coconut Truffles

Mexican Chocolate Date
Truffles

Muesli

Oatmeal Raisin Truffles
paste

Raw Citrus Cheesecake

Desserts

Banana Chia Pudding

Blackberry Coconut Ice
Cream

Chai-Spiced Bread Pudding

Chocolate Cake with
Chocolate Filling and
Ganache

Cranberry Pistachio Biscotti

Double-Chocolate Brownies

Ginger Roasted Pears with
Vanilla Cream

Key Lime Truffles

Lemon Coconut Truffles

Mexican Chocolate Date
Truffles

Oatmeal Raisin Truffles

Perfect Pumpkin Pie

Raw Citrus Cheesecake

E

Eggplant

Eggplant Tagine with Millet
and Preserved Lemon

Roasted Ratatouille

Egg Replacer

Enchiladas, Mushroom,
Chard, and Quinoa

Endive

French Lentil and Arugula

Salad with Herbed Cashew Cheese

F

Fennel Pot Pie, Carrot and
Flaxseeds

as egg replacer

Sesame Flax Crackers

Freekeh Salad, Roasted
Cauliflower and

French Lentil and Arugula
Salad with Herbed Cashew
Cheese

Fries, Parsnip, with Spicy
Harissa Mayonnaise

G

Ganache

Ginger

Gingered Carrot Bisque

Ginger Roasted Pears with
Vanilla Cream

Granola Bars, Five-Minute No-
Bake

Greek Salad with Tofu Feta
Greens

Green Smoothie with
Avocado

Polenta with Greens, Roasted
Tomatoes, and Lentil
Walnut Crumble

Tempeh and Sweet Potato
Hash

Tofu Scramble

See also individual greens

H

Harissa Mayonnaise, Spicy
Hash, Tempeh and Sweet
Potato

Hazelnuts, Toasted, Kale Salad

with Kabocha Squash,
Pomegranate Seeds, and
Horchata
Hummus

smooth consistency for
Sweet Pea Hummus

I

Ice Cream, Blackberry
Coconut

J

Jamaican Jerk Chili with
Quinoa and Kidney Beans

Jicama

Summer Rolls with Spicy
Peanut Sauce

K

Kabocha squash

Kabocha Squash and Tofu

Curry

Kale Salad with Kabocha

Squash, Toasted Hazelnuts,
and Pomegranate Seeds

Kale

Baked Kale Chips

Kale Salad with Kabocha

Squash, Toasted Hazelnuts,
and Pomegranate Seeds

Polenta with Greens, Roasted
Tomatoes, and Lentil

Walnut Crumble

Quinoa Salad with Sweet
Potatoes, Kale, and Pesto
Vinaigrette

Sweet Potato and Peanut
Stew with Kale

Tempeh and Sweet Potato
Hash

Tofu Scramble

Kebabs, Tempeh, with
Barbecue Sauce

Key Lime Truffles

L

Leeks, Creamy, Orecchiette
with Broccoli Rabe and

Lemons

Lemon Coconut Truffles

Raw Citrus Cheesecake

Lentils

cooking

French Lentil and Arugula
Salad with Herbed Cashew
Cheese

Lentil Sloppy Joes

Mushroom, Pecan, and
Lentil Burgers

Polenta with Greens, Roasted
Tomatoes, and Lentil
Walnut Crumble

Sweet Potato and Peanut
Stew with Kale

Limes

Key Lime Truffles

Teriyaki-Lime Chickpeas

M

Mac and Cheese, Butternut
Squash

Main dishes

Asparagus, Arugula, and
Pesto Pizza

Butternut Squash Mac and
Cheese

Carrot and Fennel Pot Pie

Cauliflower and Oyster
Mushroom Tacos

Eggplant Tagine with Millet
and Preserved Lemon

Kabocha Squash and Tofu
Curry

Lentil Sloppy Joes

Mushroom, Chard, and

Quinoa Enchiladas

Mushroom, Pecan, and
Lentil Burgers

Orecchiette with Creamy
Leeks and Broccoli Rabe

Penne with Summer Squash,
Corn, and Herbs

Roasted Ratatouille

Smoky Tempeh and
Hummus Sandwiches

Tempeh Kebabs with

Barbecue Sauce

Zucchini Quinoa Cakes

Mangoes

Green Smoothie with
Avocado

Mango Salsa

Mayonnaise, Spicy Harissa

Mexican Chocolate Date
Truffles

Milks, nondairy

choosing

Horchata

Nut Milk

Oat Milk

See also Almond milk;

Coconut milk

Millet

cooking

Eggplant Tagine with Millet
and Preserved Lemon

Miso Soup with Shiitakes,
Soba, and Asparagus

Mizuna, Snow Pea, and
Cabbage Salad with Smokey
Tempeh

Muesli

Mushrooms

Cauliflower and Oyster
Mushroom Tacos

Miso Soup with Shiitakes,
Soba, and Asparagus

Mushroom, Chard, and
Quinoa Enchiladas

Mushroom, Pecan, and
Lentil Burgers

Tempeh Kebabs with
Barbecue Sauce

N

Noodles. *See* Pasta and noodles

Nuts

Key Lime Truffles

Lemon Coconut Truffles

Mexican Chocolate Date
Truffles

Nut Milk

Oatmeal Raisin Truffles

See also individual nuts

O

Oats

Five-Minute No-Bake
Granola Bars

Muesli

Oatmeal Raisin Truffles

Oat Milk

Olives

Eggplant Tagine with Millet
and Preserved Lemon

Greek Salad with Tofu Feta

Oranges

Raw Citrus Cheesecake
Orecchiette with Creamy
Leeks and Broccoli Rabe

P

Pancakes

Banana Walnut Pancakes
Chocolate Chip Pancakes
Go-To Pancakes
Pumpkin Pancakes

Panzanella, Heirloom Tomato
and Golden Beet

Paprika, smoked

Parsnip Fries with Spicy
Harissa Mayonnaise

Pasta and noodles

Butternut Squash Mac and
Cheese

choosing

Orecchiette with Creamy
Leeks and Broccoli Rabe

Penne with Summer Squash,
Corn, and Herbs

Peach Crumble Coffee Cake

Peanuts and peanut butter

Five-Minute No-Bake
Granola Bars

Spicy Peanut Sauce

Sweet Potato and Peanut
Stew with Kale

Pears, Ginger Roasted, with
Vanilla Cream

Peas

Carrot and Fennel Pot Pie

Snow Pea, Cabbage, and
Mizuna Salad with Smokey
Tempeh

Sweet Pea Hummus

Pea shoots

Smoky Tempeh and
Hummus Sandwiches

Pecans

Mushroom, Pecan, and
Lentil Burgers

Wheat Berry and Green Bean
Salad with Dried
Cranberries and Celery

Penne with Summer Squash,
Corn, and Herbs
Pesto

Asparagus, Arugula, and
Pesto Pizza

Pesto Vinaigrette

Pies

Carrot and Fennel Pot Pie

Perfect Pumpkin Pie

Pine nuts

Penne with Summer Squash,
Corn, and Herbs

Pesto

Pistachio Biscotti, Cranberry

Pizza, Asparagus, Arugula, and
Pesto

Polenta

Polenta Squares with Sun-Dried Tomato and Walnut Tapenade

Polenta with Greens, Roasted Tomatoes, and Lentil Walnut Crumble

Pomegranate Seeds, Kale Salad with Kabocha Squash, Toasted Hazelnuts, and Porridge, Coconut Quinoa,

with Toasted Almonds

Potatoes

Carrot and Fennel Pot Pie

Corn Chowder with Chive
Oil

for creamy soups

Gingered Carrot Bisque

Pot Pie, Carrot and Fennel

Puddings

Banana Chia Pudding

Chai-Spiced Bread Pudding

Pumpkin

Chocolate Cake with
Chocolate Filling and
Ganache

Perfect Pumpkin Pie

Pumpkin Pancakes

Pumpkin seeds

Five-Minute No-Bake
Granola Bars

Muesli

Zucchini Quinoa Cakes

Q

Quinoa

Coconut Quinoa Porridge
with Toasted Almonds

cooking

Jamaican Jerk Chili with
Quinoa and Kidney Beans

Mushroom, Chard, and
Quinoa Enchiladas

Quinoa Salad with Sweet
Potatoes, Kale, and Pesto
Vinaigrette

Zucchini Quinoa Cakes

R

Radishes

French Lentil and Arugula

Salad with Herbed Cashew
Cheese

Raisins

Chai-Spiced Bread Pudding

Five-Minute No-Bake

Granola Bars

Muesli

Oatmeal Raisin Truffles

Roasted Cauliflower and
Freekeh Salad

Ratatouille, Roasted

Rice

Horchata

Rosemary-Vinegar Chickpeas

S

Salads

Cabbage Slaw

French Lentil and Arugula

Salad with Herbed Cashew

Cheese

Greek Salad with Tofu Feta

Heirloom Tomato and

Golden Beet Panzanella

Kale Salad with Kabocha

Squash, Toasted Hazelnuts,

and Pomegranate Seeds

meal-size

Quinoa Salad with Sweet

Potatoes, Kale, and Pesto

Vinaigrette

Roasted Cauliflower and
Freekeh Salad

Snow Pea, Cabbage, and
Mizuna Salad with Smokey
Tempeh

Wheat Berry and Green Bean
Salad with Dried
Cranberries and Celery

Salsas. *See* Sauces and salsas

Sandwiches

Lentil Sloppy Joes

Smoky Tempeh and Hummus Sandwiches

Sauces and salsas

Barbecue Sauce

Cashew Queso

Mango Salsa

Pesto

Spicy Peanut Sauce

Sesame Flax Crackers

Slaw, Cabbage

Sloppy Joes, Lentil

Smoky flavor, adding

Smoothie, Green, with

Avocado

Snow Pea, Cabbage, and

Mizuna Salad with Smokey

Tempeh

Soba, Miso Soup with

Shiitakes, Asparagus, and

Socca

Soups

adding creaminess to

Chilled Cucumber Soup

with Mango Salsa

Corn Chowder with Chive

Oil

Creamy Tomato Soup

Gingered Carrot Bisque

Miso Soup with Shiitakes,

Soba, and Asparagus

Spinach

Green Smoothie with
Avocado

Tofu Scramble

Squash, summer

Penne with Summer Squash,
Corn, and Herbs

Roasted Ratatouille

Tempeh Kebabs with
Barbecue Sauce

Tofu Scramble

Zucchini Quinoa Cakes

Squash, winter

Butternut Squash Mac and
Cheese

Kabocha Squash and Tofu
Curry

Kale Salad with Kabocha
Squash, Toasted Hazelnuts,
and Pomegranate Seeds

Stews

Eggplant Tagine with Millet

and Preserved Lemon

Sweet Potato and Peanut
Stew with Kale

Sugar

Summer Rolls with Spicy
Peanut Sauce

Sunflower seeds

Five-Minute No-Bake
Granola Bars

Quinoa Salad with Sweet
Potatoes, Kale, and Pesto

Vinaigrette

Sweet potatoes

Quinoa Salad with Sweet
Potatoes, Kale, and Pesto
Vinaigrette

Smoky Black Bean and Sweet
Potato Chili

Sweet Potato and Peanut
Stew with Kale

Tempeh and Sweet Potato
Hash

Swiss chard

Mushroom, Chard, and
Quinoa Enchiladas

Tempeh and Sweet Potato
Hash

Tofu Scramble

T

Tacos, Cauliflower and Oyster
Mushroom

Tagine, Eggplant, with Millet
and Preserved Lemon

Tapenade, Sun-Dried Tomato
and Walnut

Tempeh

Smoky Tempeh and
Hummus Sandwiches

Snow Pea, Cabbage, and
Mizuna Salad with Smokey
Tempeh

Tempeh and Sweet Potato

Hash

Tempeh Kebabs with
Barbecue Sauce

tofu vs.

Teriyaki-Lime Chickpeas

Tofu

for creamy soups

Greek Salad with Tofu Feta

Kabocha Squash and Tofu
Curry

Orecchiette with Creamy
Leeks and Broccoli Rabe

pressing

tempeh vs.

Tofu Feta

Tofu Scramble

types of

Tomatoes

Barbecue Sauce

Creamy Tomato Soup

Greek Salad with Tofu Feta
Heirloom Tomato and
Golden Beet Panzanella

Jamaican Jerk Chili with
Quinoa and Kidney Beans

Lentil Sloppy Joes

Mushroom, Chard, and
Quinoa Enchiladas

Penne with Summer Squash,
Corn, and Herbs

Polenta with Greens, Roasted

Tomatoes, and Lentil
Walnut Crumble

Roasted Ratatouille

Smoky Black Bean and Sweet
Potato Chili

Sun-Dried Tomato and
Walnut Tapenade

Sweet Potato and Peanut
Stew with Kale

Tortillas

Breakfast Tostadas with

Refried Black Beans and
Cabbage Slaw

Mushroom, Chard, and
Quinoa Enchiladas

Tostadas, Breakfast, with
Refried Black Beans and
Cabbage Slaw

Truffles

Key Lime Truffles

Lemon Coconut Truffles

Mexican Chocolate Date

Truffles

Oatmeal Raisin Truffles

V

Vegetables

Butternut Squash Mac and
Cheese

Tofu Scramble

See also individual vegetables

W

Waffles

Walnuts

Banana Walnut Pancakes

Date Nut Bread

Double-Chocolate Brownies

French Lentil and Arugula

Salad with Herbed Cashew
Cheese

Peach Crumble Coffee Cake

Pesto

Polenta with Greens, Roasted
Tomatoes, and Lentil
Walnut Crumble

Raw Citrus Cheesecake

Sun-Dried Tomato and
Walnut Tapenade

Wheat Berry and Green Bean
Salad with Dried Cranberries
and Celery

Y

Yeast, nutritional

Butternut Squash Mac and
Cheese

Cashew Queso

Creamy Tomato Soup

Herbed Cashew Cheese

Orecchiette with Creamy
Leeks and Broccoli Rabe

Pesto

Polenta with Greens, Roasted
Tomatoes, and Lentil
Walnut Crumble
Tofu Scramble

Z

Zucchini

Penne with Summer Squash,
Corn, and Herbs
Roasted Ratatouille

Tempeh Kebabs with
Barbecue Sauce

Tofu Scramble

Zucchini Quinoa Cakes

GENA HAMSHAW, who has written the New Veganism column on Food52 since 2012, is a certified clinical nutritionist and the author of the book *Choosing Raw*. Gena has been published in *O Magazine*,

VegNews, and *Whole Living Daily*. She lives in New York City, where she is completing her masters degree in nutrition at Columbia University and leads workshops and cooking classes.

Founded by Amanda

Hesser and Merrill
Stubbs in 2009,
Food52 has become
the premier online
community for cooks
of all levels, with more
than thirty thousand
recipes, a hotline, and
a kitchen and home
shop. It was named
Best Food Publication

at the 2012 James
Beard Awards and
Best Culinary Website
at the 2013, 2014,
and 2015 IACP
Awards.