

Something for Everyone Recipes



um Universal
Meals



Physicians[™]
Committee
for Responsible Medicine

Universal Meals

People are changing the way they eat—for health reasons, environmental or humane concerns, religious observances, or other motivations. They take their food preferences and requirements with them when they board a plane, attend a business event, or go to a friend's house for dinner. It can be challenging for hosts to adapt to such a variety of nutritional preferences, challenging for businesses trying to prioritize customer satisfaction, and uncomfortable for the guests to communicate their needs.

Universal Meals are recipes that meet a wide range of food requirements and can be prepared anywhere from a home kitchen to an industrial kitchen. Imagine having a common food allergy, following a vegan diet, or avoiding certain foods for religious reasons, and never again having to ask if suitable foods are available—because they can be!

Universal Meals means never having to apologize for your dietary beliefs and traditions.

In the following pages, you will find a curated set of recipes from Spork Foods, the Culinary Institute of America, and restaurants across the country. We are working to grow this collection and encourage any chef or home cook to use these as an inspiration to create your own Universal Meal.

Enjoy!



Neal Barnard, MD

President, Physicians Committee
for Responsible Medicine



PCRM would like to thank our donors who make this project possible:



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Hearty Veggie Wrap

Portions: 8 wraps

Ingredients:

- 8 cups Idaho potatoes, fine julienne
- 3 teaspoons salt
- $\frac{3}{4}$ teaspoon ground black pepper
- 6 tablespoons and $\frac{1}{4}$ cup canola oil
- 4 cups large onions, finely sliced
- 6 cups red peppers, sliced
- 6 cups mushrooms, sliced
- 3 tablespoons garlic, minced
- 4 cups plum tomatoes, finely chopped
- 24 stalks asparagus, blanched and cut into 1-inch lengths
- 2 tablespoons Italian parsley (flat leaf), chopped
- 8 gluten-free 12-inch tortillas



Directions:

To prepare the hash browns, place the julienne potatoes in cheese cloth or a clean towel and squeeze out all the moisture. Season with $1\frac{1}{2}$ teaspoons salt and $\frac{1}{4}$ teaspoon ground black pepper.

To cook the hash browns, heat a 6-inch nonstick pan and add about 2 teaspoons of oil for each hash brown. Place 1 cup (not packed) of julienne potatoes into the hot pan and press the potatoes flat into the pan. Cook for about 4 minutes per side, or until the hash brown is golden brown and cooked through. Repeat the process to yield 8 hash browns. Reserve.

In a large pot, heat $\frac{1}{4}$ cup of oil and lightly caramelize the onions. Add the red peppers, mushrooms, garlic, and tomato. Cook until all the vegetables are tender, about 10-15 minutes. Add the asparagus, salt, pepper, and parsley.

To assemble the wrap, briefly heat the tortilla over an open flame to soften. Place the hash brown on the tortilla and add $\frac{3}{4}$ cup of the vegetable filling onto each hash brown. Roll the sides over, and then roll as you would for a jelly roll. Repeat the process for each burrito.

Notes: Seasonings can be adjusted based on the target market. Additional herbs and spices may be added based on desired flavor profile. Add $\frac{1}{2}$ to 1 teaspoon of achiote to the potatoes before cooking to give a southwestern flair. Stir in scallions and parsley or cilantro for freshness. Serve with additional pico de gallo or other salsas as a dipping sauce. This dish may also be served with Avocado Crema from the Tacos Tres Hermanas recipe.

Nutritional Analysis:

Calories: 701 • Fat: 23 g • Saturated Fat: 2 g • % Calories from Fat: 28% • Cholesterol: 0 mg • Protein: 13 g • Carbohydrate: 118 g • Sugar: 12 g • Fiber: 13 g • Sodium: 1,218 mg • Calcium: 97 mg • Iron: 4 mg • Vitamin C: 159 mg • Beta-Carotene: 1,692 mcg • Vitamin E: 7 mg • *Information is on a per-portion basis.*



Developed by the Culinary Institute of America Consulting

Fluffy Golden Waffles

Portions: 5 waffles

Ingredients:

- 1¼ cups oat milk, plus ½ teaspoon apple cider vinegar
- ½ cup rice flour
- 1 cup fine corn flour
- ¾ cup oat flour
- 1 tablespoon arrowroot powder
- 2 teaspoons ground flaxseed
- 3 tablespoons evaporated cane sugar (or organic sugar)
- 1 teaspoon baking powder (gluten-free)
- ½ teaspoon sea salt
- ½ teaspoon ground cinnamon
- 1 tablespoon maple syrup, plus more for topping
- 1 teaspoon nonalcoholic vanilla flavor
- ¼ cup neutral-tasting high-heat oil (safflower)
- 1 pint seasonal berries (blueberries, blackberries, and/or raspberries)

Directions:

Combine oat milk with apple cider vinegar and set aside for 2 minutes to curdle slightly.

In a large bowl, whisk together rice flour, corn flour, oat flour, arrowroot, flaxseed, sugar, baking powder, sea salt, and cinnamon.

Add oat milk mixture, vanilla, maple syrup, and oil to mixture. Whisk to incorporate until uniform.

Heat waffle iron. Pour ½ cup batter onto hot waffle iron. Close lid and cook until golden brown on a number-4 setting, about 3–4 minutes. Waffle size will vary depending on size of waffle iron.

Serve warm. Top with berries when serving and drizzle with additional maple syrup.

Nutritional Analysis:

Calories: 413 • Fat: 14 g • Saturated Fat: 1 g • % Calories from Fat: 31% • Cholesterol: 0 mg • Protein: 7 g • Carbohydrate: 66 g • Sugar: 12 g • Fiber: 8 g • Sodium: 364 mg • Calcium: 167 mg • Iron: 2 mg • Vitamin C: 10 mg • Beta-Carotene: 36 mcg • Vitamin E: 4 mg • *Information is per waffle.*



Developed by Spork Foods

Mexican Sweet Potato and Pepper Hash

Portions: 5 (1 cup each)

Main Ingredients:

- 1 cup brown or yellow onion, diced
- 1 clove garlic, finely chopped
- 3 cups sweet potato, peeled and diced
- 1 cup russet potato, diced
- ½ red bell pepper, finely chopped
- 3 tablespoons neutral-tasting high-heat oil (safflower or grapeseed oil)
- ¼ teaspoon sea salt
- ¼ teaspoon finely ground black pepper
- ½ teaspoon cumin
- ½ teaspoon dried oregano
- ¼ teaspoon dried ground chipotle
- 2 teaspoons maple syrup or agave
- 2 tablespoons lime juice
- 1 16-ounce can pinto beans, rinsed
- ¼ cup cilantro, roughly chopped, for garnish
- 10 corn tortillas
- Sliced fruit, berries, or fruit salad (optional)

Mango Salsa Ingredients:

- 1 ½ cups ripe mango, peeled and diced
- ½ cup beefsteak tomato, seeded and diced
- 1 tablespoon finely chopped red onion
- 2 tablespoons fresh lime juice
- ¼ teaspoon sea salt
- ½ teaspoon finely ground black pepper
- ½ teaspoon hot sauce



Directions:

Preheat oven to 375 F.

On a parchment-lined baking sheet, add onion, garlic, sweet potato, potato, and bell pepper. Toss to coat in oil. Add sea salt, pepper, cumin, oregano, chipotle, maple syrup or agave, and lime juice. Toss to coat and spread out evenly.

Roast for about 40-50 minutes, depending on size of dice, until sweet potato is soft.

Remove from oven and toss with pinto beans while warm. Set aside to cool.

For salsa, place mango, tomato, and onion in a large bowl. Add lime juice, sea salt, pepper, and hot sauce. Set aside to allow flavors to develop.

Serve hash warm, topped with cilantro, with salsa in a 2-ounce container on the side. Warm two tortillas. Roll up and wrap in foil. Serve on side. Serve with fruit or fruit salad, if desired.

Nutritional Analysis:

Calories: 384 • Fat: 11 g • Saturated Fat: 1 g • % Calories from Fat: 24% • Cholesterol: 0 mg • Protein: 10 g • Carbohydrate: 66 g • Sugar: 16 g • Fiber: 10 g • Sodium: 419 mg • Calcium: 129 mg • Iron: 3 mg • Vitamin C: 61 mg • Beta-Carotene: 7,803 mcg • Vitamin E: 5 mg • *Information is on a per-portion basis.*



Developed by Spork Foods

Mushroom Bacon

Portions: 8 pieces of bacon

Ingredients:

- 4 cups button mushrooms, bottom of stem removed
- ½ cup onion, minced
- 2 teaspoons canola oil
- 2 teaspoons lemon juice
- ½ teaspoon ground black pepper
- 1 teaspoon salt
- 8 sheets rice paper, 8–10-inch size
- ¼ cup canola oil

Directions:

Rinse and dry the mushrooms. The mushrooms must be dry before going in the smoker. In a cold smoker, smoke the mushrooms for 1 hour.

In a food processor, process the mushrooms until very finely chopped, but not wet. Sauté the onions in oil and add the mushrooms. Cook until all the water is evaporated from the mushrooms. Add lemon juice and season with pepper and salt.

Oil a work surface and run the rice paper sheet under water and on both sides. Place the sheet on the oiled surface and spread a thin layer (2 inches wide) of the mushroom mixture one-third the way up and across the rice paper sheet. Working from the bottom, fold the rice paper over the mushroom mixture and fold the ends in similar to rolling a burrito. Continue folding until the rice paper is wrapped around the mushrooms. Try to avoid excess air when rolling as this will expand the rice paper during cooking.

Heat a sauté pan and add the oil. Cook the mushroom bacon several minutes per side or until golden brown and crispy. If air bubbles form, press them down with a metal spatula.

Notes: To make a cold smoker, line a deep hotel pan with aluminum foil. Place ½ cup of medium-size wood chips on the bottom of the pan and cover the pan with more foil. Place the hotel pan on an open burner for about 5 minutes or until the chips just start to smolder. When the chips begin to smolder, remove the pan from the heat. Remove the foil cover and place the mushrooms on a rack on



top of the pan. The mushrooms should be well above the smoldering chips. Recover with foil to trap the smoke. If the chips stop smoking, place the pan back on an open burner briefly to reignite. When the mushrooms are done smoking, be sure to extinguish the chips with water before discarding.

Nutritional Analysis:

Calories: 128 • Fat: 8 g • Saturated Fat: 1 g • % Calories from Fat: 57% • Cholesterol: 0 mg • Protein: 1 g • Carbohydrate: 13 g • Sugar: 1 g • Fiber: 1 g • Sodium: 340 mg • Calcium: 6 mg • Iron: 1 mg • Vitamin C: 2 mg • Beta-Carotene: 1 mcg • Vitamin E: 1 mg • *Information is per piece of bacon.*



Developed by the Culinary Institute of America Consulting

Fruited Quinoa

Portions: 2 servings

Ingredients:

- ½ cup dry quinoa, well-rinsed
- 1½ cups vanilla rice milk
- 2 tablespoons raisins
- 1 cup chopped fresh or canned apricots
- ¼ teaspoon vanilla extract
- Berries, to taste
- Peach slices, to taste (optional)

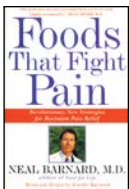
Directions:

Combine quinoa and rice milk in a medium saucepan. Bring to a slow simmer, and then cover and cook for about 15 minutes until the quinoa is tender.

Stir in raisins, apricots, and vanilla, and then transfer about 1½ cups to a blender and puree. Return pureed mixture to the pan and stir to mix. Serve warm or chilled. Add berries or peaches, if desired.

Nutritional Analysis:

Calories: 322 • Fat: 5 g • Saturated Fat: 0 g • % Calories from Fat: 15% • Cholesterol: 0 mg • Protein: 9 g • Carbohydrates: 61 g • Sugar: 25 g • Fiber: 5 g • Sodium: 83 mg • Calcium: 260 mg • Iron: 3 mg • Vitamin C: 8 mg • Beta-Carotene: 906 mcg • Vitamin E: 2 mg • *Information is on a per-portion basis.*



Brought to you by *Foods That Fight Pain* by Dr. Neal Barnard, MD;
recipe by Jennifer Raymond, MS, RD

Veggie Quiche Bites

Portions: 4 servings

Ingredients:

- 2 cups diced vegetables, e.g., onions, peppers, tomatoes, zucchini, broccoli, mushrooms
- 1 cup kale, stemmed and chopped
- 1 cup garbanzo bean flour
- ½ cup plain oat or rice milk
- ⅓ cup low-sodium vegetable broth or water
- 2–3 tablespoons chopped fresh herbs, e.g., basil, chives, parsley
- 2 tablespoons nutritional yeast
- 1 tablespoon Dijon mustard
- ½ teaspoon Italian seasoning or garlic powder
- ¼ teaspoon black salt or plain salt
- Pinch of paprika or cayenne pepper



Directions:

Preheat the oven to 475 F. Pour the vegetable broth or water into a separate skillet on medium-high heat. Add the diced vegetables and cook until desired tenderness. Add the kale and stir until it appears bright green and the excess liquid cooks off. Season with salt and pepper. Set aside.

Mix the remaining ingredients (garbanzo bean flour, plant milk, fresh herbs, nutritional yeast, Dijon mustard, and seasoning) together into a batter.

Mix the cooked kale and diced vegetables into the batter.

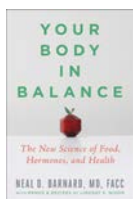
Pour the mixture into a muffin pan.

Bake 10 minutes at 475 F. Reduce the heat to 450 F and bake another 3-7 minutes, or until tops are golden and firm to the touch.

Notes: To make this a nut-free recipe, be sure to choose soy milk or another nut-free plant milk.

Nutritional Analysis:

Calories: 140 • Protein: 9 g • Carbohydrate: 21 g • Sugar: 5 g • Fat: 3 g • % Calories from Fat: 16% • Fiber: 5 g • Sodium: 433 mg •
Information is on a per-portion basis.



Brought to you by *Your Body in Balance* by Neal Barnard, MD;
recipe by Lindsay Nixon

Glass Noodle Salad With Stir-Fried Vegetables

Portions: 4

Mushroom Ingredients:

- 1 tablespoon neutral-tasting oil (safflower or grapeseed)
- 6 shiitake mushrooms (2 ½ cups), cut into thin strips
- 2 teaspoons rice vinegar
- 1 teaspoon agave syrup
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon sea salt

Noodle and Vegetable Ingredients:

- 1 package (5.29 ounces) mung bean vermicelli
- 1 tablespoon neutral-tasting oil (safflower or grapeseed)
- 1 red bell pepper (1 cup), thinly sliced
- 1 cup snow peas, thinly sliced into strips
- ½ cup carrots, thinly shredded
- 1 cup canned water chestnuts, large dice
- ¼ teaspoon sea salt
- ¼ teaspoon finely ground black pepper
- ½ cup purple cabbage, thinly sliced

Directions:

Heat a saute pan over medium heat. Add 1 tablespoon oil. Add shiitake mushrooms, rice vinegar, agave, onion powder, and garlic powder. Cook until golden, about 5 minutes over medium heat. Remove from heat and set aside.

Bring 4 quarts water to a boil. Add noodles and remove from heat. Set aside 10 minutes to soften. Strain and place in large bowl. Cut noodles a few times with kitchen scissors.

Meanwhile, heat a wok over medium-high heat. Add 1 tablespoon oil. Add bell pepper, snow peas, carrots, water chestnuts, sea salt, and pepper, and cook over medium-high heat 2–4 minutes. Remove from heat and set aside.

For dressing, whisk lime juice and zest, oil, vinegar, miso, sugar, ginger, sea salt, pepper, onion powder, and garlic powder in a bowl. Add to noodles and toss to coat.

Add mushrooms, cooked vegetable mixture, and cabbage to noodles and gently combine until uniform. Serve warm or chilled.

Nutritional Analysis:

Calories: 300 • Fat: 11 g • Saturated Fat: 2 g • % Calories from Fat: 31% • Cholesterol: 0 mg • Protein: 2 g • Carbohydrate: 51 g • Sugar: 7 g • Fiber: 3 g • Sodium: 718 mg • Calcium: 43 mg • Iron: 2 mg • Vitamin C: 64 mg • Beta-Carotene: 2,040 mcg • Vitamin E: 4 mg • *Information is on a per-portion basis.*



Dressing Ingredients:

- 2 tablespoons fresh lime juice, plus zest of 1 lime
- 1 tablespoon neutral-tasting oil (safflower or grapeseed)
- 1 tablespoon rice vinegar
- 2 teaspoons chickpea miso paste
- 2 teaspoons evaporated cane sugar
- 1 tablespoon pickled ginger, finely chopped
- ½ teaspoon sea salt
- ¼ teaspoon finely ground black pepper
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder

Chickpeas 3 Ways

Hummus, Falafel, and Socca Bread With Tahini Sauce

Hummus

Portions: 4

Ingredients:

- 2 cups canned chickpeas, rinsed and drained
- ¼ cup tahini
- ¼ cup cold water
- 2 garlic cloves, finely chopped
- Juice of 2 lemons
- ½ teaspoon ground cumin
- Zaatar spice, for garnish
- Smoked Spanish paprika, for garnish
- Olive oil, for garnish

Directions:

Combine all the ingredients in the food processor and puree until very smooth. Garnish with zaatar, paprika, and olive oil.

Notes: Zaatar is a Middle Eastern spice blend made with sumac, sesame seeds, and zaatar herb. To make your own zaatar blend, combine 3 tablespoons thyme, 1 tablespoon toasted sesame seed, 1 tablespoon sumac (or 2 tablespoons dried lemon peel), ½ teaspoon ground oregano, and ¼ teaspoon kosher salt. For the hummus, start with 1 tablespoon zaatar and add more as necessary. Please note that the flavor of the zaatar will increase as the hummus sits.

Nutritional Analysis:

Calories: 203 • Fat: 10.29 g • Saturated Fat: 1.31 g • % Calories from Fat: 42.36% • Cholesterol: 0 mg • Protein: 8.13 g • Carbohydrate: 22.56 g • Sugar: 3.96 g • Fiber: 6.39 g • Sodium: 180 mg • Calcium: 105 mg • Iron: 2.30 mg • Vitamin C: 9.85 mg • Beta-Carotene: 19 mcg • Vitamin E: 0.30 mg • *Information is on a per-portion basis.*

Falafel

Portions: 4

Ingredients:

- 2 cups canned chickpeas, rinsed and drained
- ½ cup onion, chopped
- 4 garlic cloves, chopped
- 4 tablespoons parsley, chopped
- 4 tablespoons cilantro, chopped



- 2 teaspoons ground cumin
- 1 teaspoon cayenne pepper
- 1 teaspoon baking powder
- Canola oil, to fry
- Kosher salt, to taste
- Black pepper, to taste
- Chickpea flour, as needed

Directions:

Place chickpeas and onions in food processor and coarsely puree. Add herbs and spices and coarsely puree. Add baking powder and puree until a ball forms and add chickpea flour if needed. Portion into small balls or pucks and pan-fry until crisp and cooked through in the center.

Nutritional Analysis:

Calories: 125 • Fat: 2 g • Saturated Fat: 0 g • % Calories from Fat: 17% • Cholesterol: 0 mg • Protein: 6 g • Carbohydrate: 21 g • Sugar: 4 g • Fiber: 6 g • Sodium: 288 mg • Calcium: 127 mg • Iron: 2 mg • Vitamin C: 8 mg • Beta-Carotene: 359 mcg • Vitamin E: 0 mg • *Information is on a per-portion basis. Note the nutritional analysis does not account for the salt, pepper, chickpea flour, and canola oil as these amounts will vary based on preference.*

Chickpeas 3 Ways recipe continued on next page

Chickpeas 3 Ways: Hummus, Falafel, and Socca Bread With Tahini Sauce

Recipe continued from previous page

Socca Bread

Portions: 4

Ingredients:

- 1 cup chickpea flour
- 1 cup water
- 2 tablespoons olive oil
- Olive oil, as needed to coat skillet
- ½ teaspoon kosher salt
- 1 teaspoon zaatar spice (add more as desired)

Directions:

Combine all ingredients and whisk until smooth. Allow to sit for 20–30 minutes. Heat oven to 425 F and warm skillet in oven. Add oil and batter to pan and cook until set and brown on the edges, about 15 minutes.

Nutritional Analysis:

Calories: 149 • Fat: 8 g • Saturated Fat: 1 g • % Calories from Fat: 49% • Cholesterol: 0 mg • Protein: 5 g • Carbohydrate: 13 g • Sugar: 2 g • Fiber: 2 g • Sodium: 312 mg • Calcium: 12 mg • Iron: 1 mg • Vitamin C: 0 mg • Beta-Carotene: 6 mcg • Vitamin E: 1 mg
• *Information is on a per-portion basis.*

Tahini Sauce

Portions: 4

Ingredients:

- ¼ cup lemon juice
- ½ cup tahini
- 1 teaspoon salt
- ¼ teaspoon ground cumin
- ¼ cup warm water
- 1 garlic clove, mashed into a paste
- 1 tablespoon parsley, finely chopped

Directions:

Whisk together all ingredients until smooth. Use additional warm water to adjust consistency if needed.

Nutritional Analysis:

Calories: 184 • Fat: 16 g • Saturated Fat: 2 g • % Calories from Fat: 74% • Cholesterol: 0 mg • Protein: 5 g • Carbohydrate: 8 g • Sugar: 1 g • Fiber: 3 g • Sodium: 626 mg • Calcium: 133 mg • Iron: 3 mg • Vitamin C: 7 mg • Beta-Carotene: 61 mcg • Vitamin E: 0 mg • *Information is on a per-portion basis.*



Developed by the Culinary Institute of America Consulting

Creamy Black Bean Tortilla Soup

Portions: 4-6 (yields 7½ cups total)

Ingredients:

- 1 tablespoon neutral-tasting oil (safflower)
- 1½ cups onion, finely chopped
- 1 clove garlic, finely chopped
- ½ cup carrots, roughly chopped
- 1 red bell pepper, finely chopped
- ¾ cup tomatoes, roughly chopped
- 3 organic corn tortillas, roughly cut
- ½ teaspoon sea salt
- ¼ teaspoon finely ground black pepper
- 1 bay leaf
- 1 tablespoon agave or brown rice syrup
- 1 teaspoon dried oregano
- 2 cans organic black beans (15 ounces or 2½ cups), drained and rinsed
- 4 cups “no-chicken” style vegetable broth
- 3 tablespoons fresh lime juice, divided
- 2 tablespoons fresh dill, finely chopped
- 2 cups corn tortilla chips (gluten-free), for topping

Directions:

Preheat a large stock pot. Add oil and saute onion and garlic for about 4 minutes, until translucent, over medium-low heat. Add tortilla and cook about 3 minutes more, stirring frequently. Add carrots, bell pepper, and tomato and cook for 3–5 more minutes. Add sea salt, pepper, bay leaf, agave or brown rice syrup, and dried oregano.

Add beans, broth, and 1 tablespoon lime juice. Reduce heat to a simmer and cook, partially covered, for about 15 minutes or until tortillas are soft. Remove bay leaf. Add 2 tablespoons lime juice. Stir.

Blend soup in blender, until smooth, or use an immersion blender. Season to taste with additional salt and pepper.

Ladle soup into bowls and top with fresh dill. Serve soup with a few slightly crushed tortilla chips on top and additional tortilla chips on side.



Nutritional Analysis:

Calories: 368 • Fat: 8 g • Saturated Fat: 1 g • % Calories from Fat: 20% • Cholesterol: 0 mg • Protein: 13 g • Carbohydrate: 64 g • Sugar: 10 g • Fiber: 15 g • Sodium: 502 mg • Calcium: 143 mg • Iron: 4 mg • Vitamin C: 65 mg • Beta-Carotene: 2,441 mcg • Vitamin E: 3 mg • *Information is on a per-portion basis, analysis calculated based on 4 servings.*



Developed by Spork Foods

Red Lentil Soup With Spicy Gremolata

Portions: 5, yields 2.5 quarts

Soup Ingredients:

- 1 tablespoon neutral-tasting oil (safflower or grapeseed)
- ½ medium yellow onion, large dice
- 2 cloves garlic, finely chopped
- ¾ cup carrot, finely diced
- ½ red bell pepper, finely chopped
- ½ teaspoon sea salt
- ½ teaspoon finely ground black pepper
- 2 cups dried red lentils
- 1 bay leaf
- 6 cups organic vegan “chicken-style” broth
- 1 cup water
- 2 teaspoons agave or date sugar
- 3 tablespoons fresh lemon juice
- 2 cups packed baby spinach

Gremolata Ingredients:

- 1 cup fresh parsley, packed
- ¼ cup extra-virgin olive oil
- 1 clove raw garlic
- 1 tablespoon lemon juice, plus zest of ½ lemon
- ½ teaspoon red chili flakes
- ¼ teaspoon sea salt

Directions:

Heat a large pot and add oil. Add onion and garlic. Cook about 3-5 minutes to soften. Add carrot, red bell pepper, sea salt, and pepper and stir to coat. Cook for 3–5 more minutes.

Add lentils, bay leaf, vegetable broth, and water. Cook mixture for about 18 minutes or until lentils are soft. Add agave or date sugar and lemon juice. Turn off flame.

Remove bay leaf from soup and, using an immersion blender, blend half of soup until desired consistency is reached. Add spinach and cook to wilt, about 1 minute. Season to taste with sea salt and pepper.

For gremolata, in a food processor or blender combine parsley, olive oil, garlic, lemon juice and zest, chili flakes, and sea salt. Set aside. Top each serving of soup with gremolata.



Nutritional Analysis:

Calories: 414 • Fat: 15 g • Saturated Fat: 2 g • % Calories from Fat: 31% • Cholesterol: 0 mg • Protein: 21 g • Carbohydrate: 53 g • Sugar: 6 g • Fiber: 14 g • Sodium: 545 mg • Calcium: 95 mg • Iron: 9 mg • Vitamin C: 48 mg • Beta-Carotene: 3,213 mcg • Vitamin E: 3 mg • *Information is on a per-portion basis.*



Developed by Spork Foods

Roasted Vegetable Enchiladas With Salsa Verde

Portions: 16 enchiladas

Ingredients:

Salsa Verde Ingredients:

- 2 pounds tomatillos, peeled, washed, and cored
- 8 ounces sweet onions
- 2 serrano chilies, stemmed and seeded
- 2 teaspoons kosher salt
- 3 tablespoons fresh cilantro

Filling Ingredients:

- 1 tablespoon canola oil
- 1 cup onion, medium diced
- 3 cups sweet potatoes, medium diced
- 1 red pepper
- 1 green bell pepper
- 1 cup corn kernels
- 1 tablespoon garlic clove, chopped
- ¼ cup tomato juice
- 1 cup canned kidney beans, drained
- 1 teaspoon cumin
- 2 teaspoons chili powder
- 2 teaspoons salt
- ½ teaspoon smoked paprika
- ½ teaspoon granulated sugar
- ⅛ teaspoon cayenne pepper
- 1 teaspoon lime juice
- ½ cup cold water
- 2 teaspoons cilantro, finely chopped
- 16 corn tortillas

Directions:

To prepare the salsa verde, combine all the salsa verde ingredients in a blender and process until smooth. Reserve.

To begin preparing the enchilada filling, combine the canola oil, onions, sweet potatoes, red pepper, green bell pepper, and corn kernels in a bowl and mix well to evenly coat all the vegetables with oil. Roast in a 375 F oven for 45–60 minutes or until caramelized. Peel the skin off the peppers and cut into medium dice.

Combine the roasted ingredients from step 2 with the remaining ingredients and simmer for 10 minutes. Place the corn tortillas in



a dry saute pan and heat through. Roll ¼ cup of the filling into each tortilla and place in a baking dish. Cover each tortilla with ¼ cup of salsa verde and bake in a 350 F oven for 20 minutes.

Notes: Additional serrano chilies can be added to the salsa verde to make a spicier base. Cayenne pepper and lime juice in step 3 can be adjusted to make a more or less spicy version as needed depending on the target audience.

Nutritional Analysis:

Calories: 133 • Fat: 3 g • Saturated Fat: 0 g • % Calories from Fat: 16% • Cholesterol: 0 mg • Protein: 4 g • Carbohydrate: 26 g • Sugar: 6 g • Fiber: 4 g • Sodium: 649 mg • Calcium: 47 mg • Iron: 1 mg • Vitamin C: 33 mg • Beta-Carotene: 2,552 mcg • Vitamin E: 1 mg • *Information is per enchilada.*

Developed by the Culinary Institute of America Consulting



Herbed White Bean Quinoa Bowl

Portions: 4-6

Ingredients:

- 1½ cups tricolor quinoa
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon sea salt
- 3 cups water
- ½ cup carrot, finely chopped
- 2¼ cups golden beets, peeled, small dice
- 1 tablespoon neutral-tasting oil (safflower)
- 1 bulb fennel, finely chopped
- ½ teaspoon plus ½ teaspoon sea salt
- ¼ teaspoon plus ¼ teaspoon finely ground black pepper
- ¼ cup fresh basil, finely chopped
- 1 tablespoon agave or brown rice syrup
- ¼ cup lemon juice, plus zest of 1 lemon
- 2 tablespoons extra-virgin olive oil
- 1 can (15 ounces) cannellini or navy beans, drained and rinsed
- 1 Persian cucumber, sliced into thin rounds
- 3 tablespoons fresh mint (about 20 leaves), chiffonade
- 1 tablespoon fresh chives, finely chopped
- ¼ cup toasted sunflower seeds, for garnish

Directions:

For quinoa: Bring 3 cups water to a boil. Add olive oil and sea salt.

Meanwhile, dry-roast quinoa in a medium saute pan, stirring until fragrant. Add to boiling water and cook for about 14 minutes, or until all liquid is absorbed. Set aside, covered.

For vegetables: Heat saute pan with lid over medium heat. Add ½ cup water and bring to simmer. Add carrot and beet and cook, covered, about 5 minutes to soften. Strain off water and add oil. Add fennel to carrot and beet mixture and cook with ½ teaspoon sea salt and ¼ teaspoon pepper until soft and slightly browned, 6–8 minutes. Remove from heat.

Transfer cooked quinoa into large bowl and add ½ teaspoon sea salt, ¼ teaspoon pepper, fresh basil, agave or brown rice syrup, lemon juice and zest, and olive oil. Fold in beans.



Divide cooked quinoa into 6 containers or plates. Top with ½ cup vegetable mixture and garnish with a few slices cucumber and fresh mint and chives. Top with sunflower seeds.

Nutritional Analysis:

Calories: 582 • Fat: 20 g • Saturated Fat: 2 g • % Calories from Fat: 30% • Cholesterol: 0 mg • Protein: 20 g • Carbohydrate: 85 g • Sugar: 18 g • Fiber: 18 g • Sodium: 844 mg • Calcium: 168 mg • Iron: 7 mg • Vitamin C: 21 mg • Beta-Carotene: 1,844 mcg • Vitamin E: 7 mg • *Information is per portion, based on 4 servings.*



Developed by Spork Foods

Hearty Veggie Burger With Lemon Kale Rice

Portions: 6

Burger Ingredients:

- 1 cup zucchini, shredded
- ½ cup carrot, shredded
- ½ cup brown or yellow onion, chopped
- 1 tablespoon neutral-tasting high-heat oil (safflower)
- 1 can (15 ounces) kidney beans, drained and rinsed
- ¾ teaspoon sea salt
- ½ teaspoon finely ground black pepper
- ¼ teaspoon garlic powder
- 1 teaspoon dried minced onion
- 2 tablespoons vegan Worcestershire sauce (gluten-free)
- 3 tablespoons lemon juice
- 1 tablespoon brown rice syrup or agave
- ½ cup rolled oats
- ½ cup finely ground cornmeal
- 1 tablespoon neutral-tasting high-heat oil (safflower), for cooking patties

Rice Ingredients:

- 3 cups lightly salted water
- 1½ cups short-grain brown rice
- 1 tablespoon neutral-tasting high-heat oil (safflower)
- 2 cloves garlic, finely chopped
- ⅓ cup yellow corn kernels
- 4 cups curly kale, stemmed and finely shredded, packed
- ½ teaspoon sea salt
- ¼ teaspoon finely ground black pepper
- 2 teaspoons brown rice syrup or agave
- 2 tablespoons fresh lemon juice, plus zest of 1 lemon (2 teaspoons zest)
- 1 carrot, shredded (½ cup)
- ¼ head purple cabbage, finely shredded (1½ cups)
- 6 ounces hot or barbecue sauce, for serving (using 1 ounce per portion)
- 2 tablespoons fresh chives, finely chopped

Directions:

For patties: In a food processor, shred zucchini, carrot, and onion. Set aside.

Heat a saute pan and add 1 tablespoon neutral-tasting oil. Add zucchini, carrot, and onion. Cook for 3–4 minutes over medium heat, or until golden. Set aside.



In a food processor add kidney beans, sea salt, pepper, garlic powder, minced onion, Worcestershire sauce, lemon juice, and brown rice syrup or agave. Pulse together 5 times. Add oats and cornmeal and pulse until mixture holds together. Fold in vegetable mixture.

Heat a large skillet and add 1 tablespoon oil. With damp hands, form into 6 patties (⅓ cup each) and place in pan. Cook for about 3 minutes on each side over medium heat, or until browned.

For rice: Bring salted water to a boil. Add rice and cook according to directions, about 30–35 minutes. Set aside.

Heat a saute pan and add 1 tablespoon oil. Add garlic, corn, and kale and cook to wilt kale, about 5 minutes. Remove from heat.

Add cooked rice to a large bowl and add sauteed kale mixture. Add sea salt, pepper, brown rice syrup or agave, and lemon juice and zest. Add carrot and cabbage and fold to incorporate.

To serve, divide rice into 6 containers or plates. Top with 1 patty per serving and garnish with hot sauce or barbecue sauce and chives.

Nutritional Analysis:

Calories: 431 • Fat: 10 g • Saturated Fat: 1 g • % Calories from Fat: 20% • Cholesterol: 0 mg • Protein: 12 g • Carbohydrate: 75 g • Sugar: 9 g • Fiber: 8 g • Sodium: 2,091 mg • Calcium: 70 mg • Iron: 3 mg • Vitamin C: 38 mg • Beta-Carotene: 2,808 mcg • Vitamin E: 3 mg • *Information is on a per-portion basis.*

Mushroom Risotto Arancini With Chickpea Salad

Portions: 5 servings (4 arancini each)

Arancini Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1½ cups organic Arborio rice
- 3 cups vegan “chicken-style” vegetable broth
- 1 large pinch saffron strands (optional)
- 2 cloves garlic, finely chopped
- 1 teaspoon sea salt
- ½ teaspoon finely ground black pepper
- ½ cup shredded vegan parmesan cheese (Follow Your Heart brand)
- 2 teaspoons olive oil
- 8 cremini mushrooms, small dice (about 4 ounces)
- 2 sprigs fresh rosemary (about 1 tablespoon), finely chopped
- 2 tablespoons red wine vinegar
- ¾ cup plus ⅓ cup gluten-free breadcrumbs or finely ground cornmeal
- ¼ cup neutral-tasting oil for cooking (safflower or grapeseed)
- 2 cups marinara sauce
- 8–10 leaves fresh basil, chiffonade

Side Salad Ingredients:

- 5 cups mixed greens
- Vegan citrus or balsamic vinaigrette
- 1 can (16 ounces) garbanzo beans, rinsed
- 1 teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon sea salt
- ¼ teaspoon finely ground black pepper
- 1 tablespoon lemon juice
- 1 tablespoon neutral-tasting oil (safflower preferred)
- Any additional vegetables as desired
- Steamed or roasted carrots topped with a reduced balsamic glaze

Directions:

Preheat your oven to 375 F.

In a 6-quart pot, add oil and rice. Cook about 3 minutes, stirring often. Add broth and saffron if using and bring to a simmer. Cover and cook until soft, about 20 minutes. Transfer cooked rice to a large bowl. Add garlic, sea salt, pepper, and cheese. Stir to incorporate.

In small skillet over low heat, add olive oil and mushrooms. Cook about 7–10 minutes, or until liquid evaporates. Remove from heat and set aside.

To large bowl with rice, add cooked mushrooms, rosemary, red wine vinegar, and ¾ cup breadcrumbs or cornmeal. Form into ¼-cup balls with slightly damp hands and roll. Coat each piece in remaining breadcrumbs.

Heat a skillet over medium-high heat and add neutral-tasting oil for cooking. Place arancini in pan and cook about 5–7 minutes, or until golden on all sides, rotating occasionally. Alternatively, arancini can be deep fried.

Heat marinara sauce and serve arancini over sauce. Top with fresh basil when serving.

For side salad: Prepare chickpeas by placing rinsed beans in a medium bowl. Toss with thyme, oregano, salt, pepper, lemon juice, and oil. Place on jelly roll pan and heat until crisp on edges, about 10–12 minutes. Cool completely. Top green salad with chickpeas when serving.

Serve arancini alongside salad, prepared carrots, and dressing in separate small containers.

Arancini Nutritional Analysis:

Calories: 555 • Fat: 21 g • Saturated Fat: 3 g • % Calories from Fat: 34 % • Cholesterol: 0 mg • Protein: 11 g • Carbohydrate: 82 g • Sugar: 11 g • Fiber: 5 g • Sodium: 1,053 mg • Calcium: 67 mg • Iron: 4 mg • Vitamin C: 13 mg • Beta-Carotene: 612 mcg • Vitamin E: 7 mg • *Information is on a per-portion basis.*

Side Salad Nutritional Analysis:

Calories: 144 • Fat: 7 g • Saturated Fat: 1 g • % Calories from Fat: 42 % • Cholesterol: 0 mg • Protein: 5 g • Carbohydrate: 17 g • Sugar: 4 g • Fiber: 5 g • Sodium: 490 mg • Calcium: 60 mg • Iron: 1 mg • Vitamin C: 7 mg • Beta-Carotene: 1,874 mcg • Vitamin E: 2 mg • *Information is on a per-portion basis and does not account for the addition of other vegetables not listed.*



Developed by Spork Foods

Tacos Tres Hermanas

Portions: 4 (2 tacos per portion)

Ingredients:

Filling Ingredients:

- 2 tablespoons canola oil
- 1 onion, medium, sliced thin
- 3 garlic cloves, finely chopped
- 1 cup corn kernels, fresh or frozen, roasted
- 1 cup canned or cooked black beans, lightly mashed with a fork
- 1 cup spaghetti squash, cooked
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 2 teaspoons smoked Spanish paprika
- Juice of 2 limes
- 2 teaspoons kosher salt
- ¼ cup cilantro, chopped coarsely
- 8 6-inch corn tortillas

Avocado Crema Ingredients:

- 2 avocados
- 2 limes, juiced
- 1 garlic clove
- Water, as needed for consistency

Pickled Red Onions Ingredients:

- 1 pound red onions, finely sliced
- 1 cup cider vinegar
- 1 cup warm water
- 2 tablespoons granulated sugar
- 1 tablespoon kosher salt
- 1 star anise
- ½ cinnamon stick

Garnishes Ingredients:

- 8 corn husks
- 1 cup green cabbage, finely sliced
- 2 plum tomatoes, finely chopped
- 2 tablespoons pumpkin seeds, toasted
- 8 fresh cilantro sprigs



Directions:

For the filling, heat the canola oil in a large saute pan. Add onions and garlic and cook until translucent. Add the cumin, chili powder, and paprika and cook briefly. Add beans and smash slightly with a fork. Add corn kernels, squash, and lime juice. Season with 2 teaspoons kosher salt and finish with ¼ cup cilantro.

Combine all the avocado crema ingredients in a blender and puree until smooth consistency is achieved.

For the pickled red onions, combine the vinegar, water, sugar, salt, star anise, and cinnamon stick in a pot and warm until dissolved. Pour over onions and let sit for at least 24 hours.

For the garnish/assembly, warm tortillas in dry skillet until pliable. Place about 2–3 tablespoons of the filling on each tortilla. Place tortillas on corn husks. Top with avocado crema, pickled onions, and remaining garnishes.

Nutritional Analysis:

Calories: 540 • Fat: 22 g • Saturated Fat: 2 g • % Calories from Fat: 35% • Cholesterol: 0 mg • Protein: 14 g • Carbohydrate: 79 g • Sugar: 19 g • Fiber: 18 g • Sodium: 3,210 mg • Calcium: 177 mg • Iron: 5 mg • Vitamin C: 52 mg • Beta-Carotene: 1,276 mcg • Vitamin E: 4 mg • *Information is on a per-portion basis.*



Developed by the Culinary Institute of America Consulting

Southern-Style Gumbo

Portions: 4 (1 cup gumbo plus 1 cup rice)

Ingredients:

- 2 tablespoons canola oil
- 2 cups onion, small diced
- 1 cup green bell pepper, medium diced
- ½ cup red bell pepper, medium diced
- 2 cups eggplant, medium diced
- 1 cup fresh or frozen okra, cut in ½-inch-thick pieces
- 3 cups brown vegetable stock
- 2 teaspoons garlic cloves, minced
- ¾ teaspoon file powder
- ¼ teaspoon ground black pepper
- 2 teaspoons kosher salt
- ½ teaspoon fresh thyme leaves, finely chopped
- 1 tablespoon chives, minced
- 1 tablespoon lemon juice
- 3 tablespoons brown rice roux
- 4 cups brown rice, cooked
- 12 ounces vegan sausage, cooked and sliced

Directions:

Heat the oil and saute the onions, peppers, and eggplant until lightly browned. Add all the remaining ingredients except for the roux and bring to a simmer. Whisk in the roux and simmer for 20 minutes.

To serve place 1 cup of gumbo in a bowl and add 1 cup of brown rice to the center of the bowl. Garnish the top of the gumbo with sausage slices.

Notes: To make brown vegetable stock, use 4–5 pounds of assorted root vegetables such as carrots, parsnips, onions, and fennel, or other neutral vegetables such as cauliflower or cabbage. Roast vegetables with a small amount of olive or vegetable oil until they are brown. Place vegetables in a stock pot and add enough water to cover by 1–2 inches. Bring to a boil and simmer for 30–45 minutes or until the liquid is flavorful.

Nutritional Analysis:

Calories: 600 • Fat: 19 g • Saturated Fat: 29g • % Calories from Fat: 279% • Cholesterol: 0 mg • Protein: 219 g • Carbohydrate: 91 g • Sugar: 13 g • Fiber: 12 g • Sodium: 3,025 mg • Calcium: 136 mg • Iron: 5 mg • Vitamin C: 55 mg • Beta-Carotene: 787 mcg • Vitamin E: 4 mg • *Information is on a per-portion basis.*



Brown Rice Roux

Portions: One 12-ounce portion

Ingredients:

- 8 ounces brown rice (long-grain)
- 4 ounces grapeseed oil

Directions:

In a blender, process the rice until it has the consistency of flour. Heat the oil and add the brown rice flour. Cook on low heat until browned and smells like roasted nuts.

Notes: An equal amount of brown rice flour can be used in lieu of whole brown rice. This product can be baked in the oven as well for greater control.

Nutritional Analysis:

Calories: 1,826 • Fat: 120 g • Saturated Fat: 12 g • % Calories from Fat: 58% • Cholesterol: 0 mg • Protein: 16 g • Carbohydrate: 173 g • Sugar: 1 g • Fiber: 10 g • Sodium: 18 mg • Calcium: 25 mg • Iron: 4 mg • Vitamin C: 0 mg • Beta-Carotene: 0 mcg • Vitamin E: 34 mg



Developed by the Culinary Institute of
America Consulting

Thai Lemongrass Curry

Portions: 4

Ingredients:

- 2 tablespoons canola oil
- ¼ cup vegan Thai green curry paste
- ½ cup onion, diced
- 1 cup red bell pepper, large diced
- 1 cup zucchini squash, large diced
- 1 cup sweet potatoes, large diced
- 1 cup green beans, cut in quarters
- 1 cup Japanese eggplant, large diced
- 1/2 cup shiitake mushroom water (1 ounce dried shiitake mushrooms rehydrated in 1 cup hot water)
- 1 ounce shiitake mushrooms, reserved from mushroom liquid
- ½ tablespoon lemongrass
- 2 kaffir lime leaves
- 2 tablespoons palm sugar
- Juice of 1 lime
- 16 ounces hemp or pea milk
- 2 cups brown rice, cooked
- 2 tablespoons fresh basil leaves, coarsely chopped
- 2 tablespoons cilantro leaves, coarsely chopped
- 2 tablespoons mint leaves, coarsely chopped



Directions:

In an appropriately sized pot, heat the oil over medium heat and sweat the green curry paste until aromatic, about 3 minutes. Add the onion, pepper, zucchini, potatoes, green beans, and eggplant and cook about 4 minutes. Add the remaining ingredients and simmer for about 20 minutes, or until all the vegetables are tender.

To serve, place ½ cup of rice in a bowl and top with the curry. Garnish with chopped herbs.

Notes: Thai curry paste is available at most Asian markets. Be aware that not all Thai curry paste is vegan. Most traditional pastes are made with fish sauce or dried shrimp.

Nutritional Analysis:

Calories: 306 • Fat: 11 g • Saturated Fat: 1 g • % Calories from Fat: 32% • Cholesterol: 0 mg • Protein: 6 g • Carbohydrate: 47 g • Sugar: 11 g • Fiber: 6 g • Sodium: 84 mg • Calcium: 202 mg • Iron: 2 mg • Vitamin C: 61 mg • Beta-Carotene: 4,140 mcg • Vitamin E: 3 mg • *Information is on a per-portion basis. Note nutritional analysis uses brown sugar instead of palm sugar.*



Developed by the Culinary Institute of America Consulting

Zucchini and Yellow Squash Noodles With Tomato Sauce, Garlic, and Shallots

Portions: 4

Ingredients:

- 2 medium yellow squash
- 2 medium green zucchini squash
- 2 medium shallots
- 1 tablespoon chopped garlic
- 10 cherry tomatoes cut in half
- 4 tablespoons extra-virgin olive oil
- Salt and pepper, to taste
- Fresh basil and scallions, for garnish

Directions:

First, wash and dry squash and zucchini. Then cut off stems and cut the squash and zucchini in half. Use spiralizer vegetable slicer. Turn the squash into spaghetti shaped like a string.

Peel and cut shallots into thin rounds.

Add oil to a 24-inch skillet and heat until smoky. Turn heat down to medium and add shallots, garlic, and string squash.

Stir with a wooden spoon for 2 minutes. Add cherry tomatoes. Cook for 5 minutes while stirring.

Finish with seasoning and fresh basil and serve hot in a bowl with fresh basil and scallions.

Nutritional Analysis:

Calories: 177 • Fat: 14 g • Saturated Fat: 2 g • % Calories from Fat: 71% • Cholesterol: 0 mg • Protein: 3 g • Carbohydrate: 12 g • Sugar: 7 g • Fiber: 4 g • Sodium: 9 mg • Calcium: 79 mg • Iron: 1 mg • Vitamin C: 26 mg • Beta-Carotene: 916 mcg • Vitamin E: 2 mg
• *Information is on a per-portion basis.*



Developed by Farmers and Chefs

Five-Vegetable Pad Thai

Portions: 4

Ingredients:

Sauce Ingredients:

- 2 tablespoons tamarind paste
- ¼ cup vegetable stock
- ¼ cup shiitake mushroom water (1 ounce dried shiitake mushrooms soaked in 1 cup of hot water)
- 1 tablespoon sambal oelek
- 3 tablespoons brown sugar
- 1 lime, juiced
- 1 tablespoon rice wine vinegar
- 2 teaspoons salt

Pad Thai Ingredients:

- 6 ounces rice noodles, soaked in enough boiling water to hydrate as per package instructions
- 3 tablespoons canola oil
- 8 scallions, thinly sliced, whites and greens separated
- 3 carrots, julienne
- 2 red peppers, julienne
- 1 zucchini squash, julienne, outer part only, no seeds
- 2 garlic cloves, minced
- ⅓ cup fresh cilantro, coarsely chopped
- 4 lime wedges
- 2 cups bean sprouts
- ¼ cup canned chickpeas, roasted in the oven until crunchy, coarsely chopped
- 1 ounce shiitake mushroom, dried, sliced thin

Directions:

Combine all sauce ingredients and mix well, until ingredients are dissolved.

In a large saute pan or wok, heat oil until hot. Add the carrots, red pepper, and zucchini and cook until tender but still somewhat crunchy, about 3–4 minutes. Add the garlic and the white part of the scallion and cook until fragrant, about 1 minute. Add the noodles and sauce and cook until sauce thickens and coats the noodles. Divide evenly amongst 4 bowls and garnish with cilantro, bean sprouts, and chopped chickpeas and serve with a lime wedge.



Notes: Sambal oelek is a traditional chili paste. More or less can be added, or additional sambal can be served on the side for people to adjust to their own tastes.

Nutritional Analysis:

Calories: 395 • Fat: 14 g • Saturated Fat: 1 g • % Calories from Fat: 30% • Cholesterol: 0 mg • Protein: 10 g • Carbohydrate: 62 g • Sugar: 15 g • Fiber: 6 g • Sodium: 1,309 mg • Calcium: 95 mg • Iron: 2 mg • Vitamin C: 119 mg • Beta-Carotene: 5,830 mcg • Vitamin E: 4 mg • *Information is on a per-portion basis.*



Developed by the Culinary Institute of America Consulting.

Seasonal Fruit Crumble With Oatmeal Cookie Crust

Portions: 4

Apple Berry Mixture Ingredients:

- 1 pint fresh blueberries and/or blackberries
- 2 apples (gala or honey crisp preferred), small dice (2½ cups)
- 2 tablespoons maple syrup
- 1 tablespoon organic evaporated cane sugar
- 1 teaspoon lemon juice and zest of half a lemon
- 1 teaspoon nonalcoholic vanilla flavor
- ¼ teaspoon sea salt
- ¼ teaspoon ground cinnamon
- 2 teaspoons arrowroot powder

Topping Ingredients:

- 1 cup rolled oats (gluten-free)
- ½ cup coconut flour
- 3 tablespoons evaporated cane sugar
- 1 teaspoon baking powder
- ½ teaspoon sea salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ cup neutral-tasting oil (safflower or grapeseed), plus 1½ tablespoons for topping
- 1 teaspoon nonalcoholic vanilla flavor
- 1 tablespoon maple syrup
- 3 tablespoons plain oat milk
- 1 tablespoon cinnamon sugar (optional for topping)



Directions:

Preheat oven to 375 F.

Place blueberries and/or blackberries and apples in a large bowl. Combine with maple syrup, sugar, lemon zest and juice, vanilla, sea salt, cinnamon, and arrowroot. Transfer to a greased 8-by-8-inch baking dish.

In a food processor, add oats, coconut flour, sugar, baking powder, sea salt, cinnamon, and nutmeg. Pulse until coarse and crumbly. Add vanilla, maple syrup, and oat milk. Mix until just combined.

Top berry mixture with topping. Spread topping out evenly. Sprinkle with cinnamon sugar, if using. Drizzle with 1½ tablespoons oil.

Bake for about 38–42 minutes or until golden brown and bubbling in center.

Nutritional Analysis:

Calories: 476 • Fat: 23 g • Saturated Fat: 3 g • % Calories from Fat: 42% • Cholesterol: 0 mg • Protein: 6 g • Carbohydrate: 65 g • Sugar: 34 g • Fiber: 11 g • Sodium: 603 mg • Calcium: 131 mg • Iron: 2 mg • Vitamin C: 11 mg • Beta-Carotene: 50 mcg • Vitamin E: 7 mg • *Information is on a per-portion basis.*



Developed by Spork Foods

Physicians
Committee
for Responsible Medicine

Spiced Vanilla Rice Pudding

Portions: 4 (yields 3 cups total)

Ingredients:

- 1 cup Arborio rice, plus 2 cups water
- ½ vanilla bean, split lengthwise, or ½ teaspoon vanilla powder (nondairy)
- 2 cinnamon sticks
- 2 slices (1 inch thick) lemon peel, plus 1 teaspoon lemon zest and 1 teaspoon lemon juice
- ¼ teaspoon ground cloves
- 1¾ cups unsweetened rice milk
- ½ cup evaporated cane sugar
- ⅛ teaspoon sea salt
- ¼ cup raisins or currants, plus 2 tablespoons for garnish
- 1 tablespoon cinnamon sugar, for topping (optional)



Directions:

Add water to a large pot and bring to a simmer. Add rice and stir gently. Add vanilla bean, cinnamon sticks, lemon peel, and ground cloves to rice. Cook at a simmer over low heat until rice is tender and liquid is almost absorbed, about 12 minutes.

Stir in rice milk, sugar, sea salt, and raisins or currants. Cook for an additional 8-10 minutes uncovered, stirring frequently.

Remove from heat and stir in lemon juice. Scoop into serving dishes. Top with cinnamon sugar, if using, and additional raisins or currants, and lemon zest. Serve warm or chilled.

Nutritional Analysis:

Calories: 324 • Fat: 2 g • Saturated Fat: 0 g • % Calories from Fat: 5% • Cholesterol: 0 mg • Protein: 4 g • Carbohydrate: 73 g • Sugar: 27 g • Fiber: 3 g • Sodium: 141 mg • Calcium: 113 mg • Iron: 2 mg • Vitamin C: 5 mg • Beta-Carotene: 1 mcg • Vitamin E: 1 mg • *Information is on a per-portion basis.*



Developed by Spork Foods

Enchanted Smoothie Bowl

Portions: 3 servings

Ingredients:

- 1 ½ cups frozen blueberries
- 1 cup frozen raspberries
- 1 cup sliced frozen or room-temperate overripe banana
- 2 cups baby spinach leaves
- 1 tablespoon orange juice
- 2-3 tablespoons vegan vanilla protein powder (optional)
- 1 cup plus 2-3 tablespoons water or nondairy milk (for a creamy texture)
- ½ cup ripe banana, sliced
- ½ cup seasonal fruit, such as sliced kiwi, sliced strawberries, chopped pear, or clementine segments
- Chia seeds, to taste (optional)
- Coconut flakes, to taste (optional)



Directions:

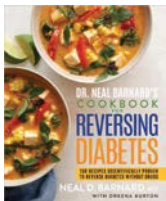
In a blender, combine the blueberries, raspberries, banana, spinach, juice, protein powder (if using), and 1 cup of the water or milk, and puree.

Add the remaining water or milk 1 tablespoon at a time if needed to thin, but add only as much as is needed to be able to blend, so the mixture stays very thick.

Divide among 3 bowls and top with the banana, seasonal fruit, coconut flakes, and chia seeds.

Nutritional Analysis:

Calories: 275 • Fat: 2 g • % Calories from Fat: 7% • Cholesterol: 0 mg • Protein: 5 g • Carbohydrate: 67 g • Sugar: 37 g • Fiber: 15 g • Sodium: 24 mg • *Information is on a per-portion basis.*



Brought to you by *Dr. Neal Barnard's Cookbook for Reversing Diabetes*
by Neal Barnard; recipe by Dreena Burton