

Plant-Based Recipe Collection from Color Penfield Green

Good for the Planet, Good for your Health



Instructions

We are crowd-sourcing favorite plant-based recipes to share with everyone we know. Thank you for participating!!

Note that slides are in different colors. The color designates the type of food:



Appetizer
Dessert



Soup



Main Dish



Side Dish



Copy this heart image and paste it to your slide if the recipe is vegan.

Feel free to go on to a 2nd slide. To add a slide, simply click on the small image of a slide on the left and press Ctrl “c” then Ctrl “v” to copy and paste.

Try to include a picture if possible.

Appetizers/Soups

Red Lentil Soup

Time: 30min

Serves: 4

Source: Cook's Illustrated,

Ingredients

- 4 Tbsp unsalted butter, divided
- 1 large onion, chopped fine
- 1 tsp salt
- ¼ tsp pepper
- ¾ tsp ground coriander
- ½ tsp ground cumin
- ¼ tsp ground ginger
- ⅛ tsp ground cinnamon
- Pinch cayenne pepper
- 1 Tbsp tomato paste
- 1 garlic clove, minced
- 4 cups chicken broth
- 2 cups water
- 1 ½ cups red lentils, picked over and rinsed
- 2 Tbsp lemon juice
- 1 ½ tsp dried mint, crumbled*
- 1 tsp paprika*
- ¼ cup chopped fresh cilantro*

Directions

1. Melt 2 Tbsp butter in large saucepan over medium heat. Add onion and salt and cook, stirring occasionally, until softened but not browned, about 5 min. Add coriander, cumin, ginger, cinnamon, cayenne, and pepper and cook until fragrant, about 2 min. Stir in tomato paste and garlic and cook for 1 min. Stir in broth, water, and lentils and bring to simmer. Simmer vigorously, stirring occasionally, until lentils are soft and about half are broken down, about 15 min.
2. Whisk soup vigorously (or use an immersion blender) until it is coarsely pureed, about 30 sec. Stir in lemon juice. Cover and keep warm. (Soup can be refrigerated for up to 3 days).
3. * Melt remaining 2 Tbsp butter in small skillet. Remove from heat and stir in mint and paprika. Ladle soup into individual bowls, drizzle each portion with 1 tsp spiced butter, sprinkle with cilantro, and serve.

Serving suggestion: Enjoy soup with bread

*Suggested. We don't garnish at the end.

Name

Time:

Serves:

Source:

Ingredients

Directions

Name

Time:

Serves:

Source:

Ingredients

Directions

Main Dish

Fabulous Sweet Potato Enchiladas



Time: Prep - 20min, Bake - 25min Serves: 6-8
Cookbook

Source: LeAnne Campbell, The China Study

Ingredients

- ½ cup vegetable broth, divided
- 1 med onion, diced
- 3 cloves garlic, minced
- 1 tsp ground coriander
- 1 tsp ground cumin
- 2 cups fresh spinach, chopped
- 2 cups black beans, chopped in food processor or partially mashed by hand
- 4 Tbsp soy sauce
- 3 cups cooked, mashed sweet potatoes
- Sea salt, to taste
- 10 large tortillas
- 1 jar salsa

Directions

1. Preheat oven to 350F
2. Heat 2 tablespoons vegetable broth in a medium skillet over medium-high heat. Add onion and garlic. Sauté until onion is translucent. Add coriander and cumin. Cook for 1 minute, stirring constantly.
3. Add remaining vegetable broth, spinach, black beans, soy sauce, and mashed sweet potatoes. Cook for 3-5 minutes. Remove from heat and season with salt.
4. Place ¼ - ½ cup of mixture in center of tortilla. Roll into a burrito and place in a nonstick baking dish.
5. Once all the burritos are assembled, pour your favorite salsa on top and cover with aluminum foil.
6. Bake for 25 minutes.

Ocean Chickpea Sandwiches



Time: 10min

Serves: 4

Source: LeAnne Campbell, *The China Study Cookbook*

Ingredients

- 1 15-ounce can chickpeas, drained and rinsed
- 5 tablespoons mayonnaise (see following recipe)
- 1 tablespoon mustard
- 4 tablespoons diced dill pickle
- 4 tablespoons finely diced onion
- 1 celery stalk, diced
- 2 tablespoons rice vinegar
- ½ teaspoon kelp powder
- Sea salt and black pepper to taste
- 8 slices whole wheat bread
- 4 leaves lettuce
- 4 slices tomato

Directions

1. Place chickpeas in food processor and pulse two times to roughly chop. Move chopped chickpeas to a medium-large bowl and add mayonnaise, mustard, pickle, onion, celery, rice vinegar, kelp powder, salt, and pepper. Mix thoroughly.
2. Spread on whole wheat bread and top with lettuce and tomato slices.

Tip: Kelp powder is found in health food stores and adds a great “seafood” taste to this dish.

Vegan Mayo

Time: 5 min

Makes 1 cup

Source: Lindsay Nixon, [Everyday Happy Herbivore](#)



Ingredients

- 1 12-ounce package Mori-Nu or other shelf stable silken tofu
- 2 or 3 tablespoons Dijon mustard
- 2 teaspoons distilled white vinegar
- Lemon juice, to taste
- Agave nectar or maple syrup, to taste

Directions

1. In a blender or small food processor, blend tofu with Dijon and vinegar until smooth and creamy.
2. Add a few drops of lemon juice and a few drops of agave nectar or maple syrup and blend again.
3. Taste and add more lemon, agave, nectar, or Dijon as needed or desired. Chill until you're ready to use.

Tip: In a pinch, or for soy-free, substitute plain (preferably unsweetened) vegan yogurt for mayo in recipes.

Name of Dish

Time:

Serves:

Source:

Ingredients

Directions

Name of Dish

Time:

Serves:

Source:

Ingredients

Directions

Name of Dish

Time:

Serves:

Source:

Ingredients

Directions

Side Dish

Name of Dish

Time:

Serves:

Source:

Ingredients

Directions

Name of Dish

Time:

Serves:

Source:

Ingredients

Directions

Name of Dish

Time:

Serves:

Source:

Ingredients

Directions

Dessert

Chickpea Blondies

Time: Prep - 20min, Bake - 25-30min

Serves: 9

Source: www.noracooks.com



Chickpea blondies are made with beans but you'd never know it! I've made minor tweaks: I find it doesn't need as much brown sugar as the recipe calls for and I sub oats for the almond flour. - Erin Campbell

Ingredients

- 15 ounces canned chickpeas drained and rinsed (1 ½ cups)
- 2/3 cup brown sugar
- 1/3 cup creamy peanut butter or tahini for nut free
- 1 teaspoon pure vanilla extract
- 1/3 cup oat flour or quick or old-fashioned oats ground in the food processor
- 1/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup non-dairy chocolate chips divided

Directions

1. Preheat the oven to 350 degrees F and either line an 8 by 8-inch pan with parchment paper or lightly oil.
2. In a food processor, add all the ingredients except the chocolate chips and blend until very smooth, stopping to scrape the sides as needed. If grinding your own oat flour, add the oats to your food processor first and add the other ingredients after the oats are finely ground.
3. Fold in 1/2 cup of the chocolate chips with a spoon. Transfer to the prepared pan and spread the batter evenly. I usually wet my hands and press down gently, or use a spatula.
4. Sprinkle the last 1/4 cup chocolate chips on top of the batter. Bake for 25-30 minutes.
5. Let them cool at least 10 minutes before serving. Enjoy! I like to store leftover bars in the refrigerator; they will last up to 1 week this way and they taste good cold. Or store in a covered container at room temperature for 2-3 days.

Name of Dish

Time:

Serves:

Source:

Ingredients

Directions

Name of Dish

Time:

Serves:

Source:

Ingredients

Directions