

# Plant-Based Eating

- 09.26.23 -

## Recipe #1: Sheet Pan Tofu Scramble

**Servings: 5**

**Ingredients:**

- 15-ounce can white northern beans, DIVIDED with liquid
- Two 14-ounce packages extra-firm tofu, drained
- 5 TBSP nutritional yeast
- 2 1/4 TSP onion powder, DIVIDED
- 1/4 TSP ground turmeric
- 1/2 TSP black pepper, DIVIDED
- 2 bell peppers, seeded and diced
- 1/2 pound Yukon gold potatoes, 1/4-inch diced
- 1/2 medium-sized red onion, diced
- 2 teaspoons canola oil
- 1/2 TSP paprika
- 1/2 TSP sea salt, divided
- 2-3 TBSP lemon juice
- 1/4 TSP ground chipotle powder
- 1/4 TSP smoked paprika
- 1 cup chopped spinach, firmly packed

**Instructions:**

1. Preheat the oven to 400 degree F and have one large sheet pan lined with tinfoil.
2. Drain the liquid from the white beans into a bowl and set it aside, then measure out 1/2 of the beans into a mixing bowl. Using a masher or fork, mash the beans until they are chunky. Crumble the tofu into this bowl.
3. To this bowl, add nutritional yeast, 2 TSP onion powder, salt, turmeric, and 1/4 TSP black pepper, stirring to coat evenly. Spread this mixture out on half of the baking sheet and set aside.
4. In another mixing bowl, combine bell pepper, potatoes, and red onion. Drizzle the canola oil over them, and add paprika, sea salt, and 1/4 TSP black pepper and stir to coat. Spread this mixture out to the other half of the baking sheet.
5. Place the baking sheet into the middle rack of the oven, and roast for 15 minutes. Meanwhile, place the remaining beans, 1/3 cup bean liquid, lemon juice, chipotle powder, smoked paprika, 1/4 TSP onion powder, and 1/4 TSP sea salt in a blender. Puree until completely smooth, and add more seasoning if needed. Chill in the

refrigerator until ready to serve. This is a side sauce to be eaten with the tofu scramble.

6. After 15 minutes, take the baking sheet out and stir the scramble on their respective sides, then roast for another 10 minutes.
7. Lastly, sprinkle the spinach over the top and roast for an additional 5 minutes or until it has wilted and the potatoes are cooked. Enjoy scramble warm!

Source: <https://veganyackattack.com/2020/05/08/sheet-pan-tofu-scramble/>

## Recipe #2: Vegan Mac and Cheese

**Servings: 8**

**Ingredients:**

Mac and Cheese:

- 1 ½ cups raw cashews
- 3 cups boiled water
- 2 cups fresh water
- 3 tablespoons lemon juice
- ½ cup nutritional yeast
- ¼ teaspoon turmeric
- ½ teaspoon garlic powder
- 1 ½ teaspoons salt
- 1 7-oz bag shredded vegan cheddar cheese (optional)
- 12 oz elbow pasta

Breadcrumb Topping:

- 1 ½ cups panko breadcrumbs
- 4 tablespoons vegan butter, melted
- ¼ teaspoon smoked paprika

**Instructions:**

1. Preheat the oven to 350 degrees F and lightly grease a casserole dish (around 9×13 inch dish).
2. In a medium sized bowl, soak the cashews by pouring the boiling water over the cashews, and let soak for 5 minutes.
3. Cook the pasta according to package instructions, but do not overcook. Drain and set aside.
4. Drain the soaked cashews and discard the soaking water.

5. Add the cashews, 2 cups fresh water, lemon juice, nutritional yeast, turmeric, garlic powder, salt and bag of shredded cheese (if using) to a blender and blend until very smooth.
6. Make the breadcrumb topping by mixing the breadcrumbs, melted vegan butter and smoked paprika in a small bowl until crumbly and moist.
7. Add the drained pasta to the prepared casserole dish, and pour in the cheese sauce. Stir to coat the noodles.
8. Sprinkle the breadcrumb mixture on the pasta and bake, uncovered for 15 minutes. You can also broil it for a few minutes until golden brown. Serve immediately and enjoy!

Source Noracooks.com

## **Recipe #3: Buffalo Cauliflower Wings**

**Servings: 4**

**Ingredients:**

Cauliflower Mixture:

- 1 small cauliflower, cut into small bite sized florets
- ½ cup all purpose flour
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 ½ teaspoon paprika
- ½ teaspoon cumin
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- ¾ cup unsweetened dairy alternative milk

Buffalo Sauce:

- ½ cup water
- ¼ cup white vinegar
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- ½ teaspoon sea salt
- 3 tablespoon tomato paste
- 1 bottle plant-based ranch

**Instructions:**

1. Line a baking tray with parchment paper and preheat your oven to 450 degrees F.

2. Place your cut up cauliflower in a large bowl (you may have to use multiple large bowls). Then in a separate bowl, combine your flour and all the seasonings and mix to combine. Then add the milk and mix well to make your batter. Now pour the batter into your bowl with the cauliflower and mix well to evenly coat each piece.
3. Place your coated cauliflower on your prepared baking tray, one at a time, in a single layer and bake for 20 minutes (do not dump the cauliflower on the tray all at once). Flip once at the halfway point.
4. Meanwhile, prepare your buffalo wing sauce by adding all its ingredients to a small sauce pan. Whisk to combine and simmer over medium heat 3-5 minutes, allowing the flavours to combine.
5. Remove the cauliflower from the oven, and coat the bites in your buffalo sauce. Do this by using a silicone brush to brush each piece of cauliflower with a generous amount of the sauce.
6. Then return to the oven for 10-15 minutes, flipping once halfway through.
7. Serve with ranch and dunk away!

Source: [thishealthykitchen.com](http://thishealthykitchen.com)

## Recipe #4: Homemade Apple Crisp

**Servings: 8**

**Ingredients:**

Filling:

- 5 cups fresh apples, sliced very thinly and in small pieces
- ½ cup granulated white sugar
- ½ tsp cinnamon
- 1 teaspoon vanilla extract

Topping:

- ½ cup all purpose flour
- ⅓ cup old fashioned oats
- ⅔ cup packed brown sugar
- ¼ tsp salt
- ½ teaspoon cinnamon
- ¼ cup (½ stick) vegan butter, melted

**Instructions:**

1. Preheat oven to 350 degrees. Grease a large baking dish with cooking spray and set aside.
2. Combine the sliced apples with the sugar, cinnamon, and vanilla extract in a large bowl and mix until all of the apples are evenly coated. Pour into the prepared baking dish.

3. In a separate medium size bowl, combine the flour, oats, brown sugar, salt, and cinnamon. Pour in the melted butter and stir until well coated and crumbly.
4. Sprinkle the crumb mixture evenly over the top of the apples.
5. Bake in the preheated oven for 30 minutes until fruit is soft and the topping is golden brown. Allow to cool slightly before serving. Enjoy!

Source: [Belleofthekitchen.com](http://Belleofthekitchen.com)