

# INSTRUCTIONAL KITCHEN

## Vegan & Vegetarian Eats

### Vegan Mac & Cheese

Serves 4

#### Ingredients

- 8 ounces whole-grain macaroni elbows
- 1 head of broccoli, florets cut into small bites (about 1 ½ to 2 cups)
- 1 ½ tablespoons avocado oil or extra-virgin olive oil
- 1 small yellow onion, chopped
- 1 cup peeled and grated potato
- 3 cloves garlic, pressed or minced
- ½ tsp each: garlic powder, onion powder, dry mustard powder, sea salt
- Pinch of red pepper flakes
- ⅓ cup raw cashews
- 1 cup water
- ¼ cup (or more to taste) nutritional yeast
- 2 - 3 tsp apple cider vinegar



#### Instructions

1. Bring a large pot of salted water to boil for the pasta. Cook according to package directions. If using broccoli, stir it into the pot when just 2 to 3 more minutes remain. Drain, and transfer the contents to a large serving bowl.
2. Meanwhile, in a medium-to-large saucepan, warm the oil over medium heat. Add the onion and a pinch of salt and cook, stirring often, until the onion is tender and turning translucent, about 5 minutes.
3. Add the grated potato, garlic, garlic powder, onion powder, mustard powder, salt and red pepper flakes. Stir to combine, and cook, stirring constantly, for about 1 minute to enhance their flavors.
4. Add the cashews and water, and stir to combine. Let the mixture come to a simmer. Continue simmering, stirring frequently and reducing heat as necessary to avoid a rapid boil, until the potatoes are completely tender and cooked through, about 5 to 8 minutes.

5. Carefully pour the mixture into a blender. Add the nutritional yeast and 2 teaspoons vinegar. Blend until the mixture is completely smooth, about 2 minutes, stopping to scrape down the sides if necessary. If the mixture won't blend easily or if you would prefer a thinner consistency, add water in ¼ cup increments, blending after each one.
6. Taste, and blend in additional salt until the sauce is utterly irresistible (I typically add at least another ½ teaspoon). If it needs a little more zip, add the remaining teaspoon of vinegar. Blend again.
7. Pour the sauce into the bowl of pasta. Stir until well combined, and serve immediately. Leftovers keep well, chilled and covered, for 3 to 4 days.

### Lemon + Avocado Kale Salad

Serves 2

#### Ingredients

- 2 cups kale, de-stemmed (IMPORTANT step, do not skip) and finely chopped
- 1/2 – 1 lemon, juiced and strained (amount depends on size and juiciness)
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 1 ripe avocado
- 1/4 cup almonds, toasted and finely chopped

#### Instructions

1. Chop the kale and place in a large bowl.
2. Coat the kale with the strained lemon juice and allow to sit for about 5 minutes.
3. Add the olive oil, sea salt, avocado, and pine nuts to the bowl, reserving some toasted pine nuts for topping.
4. Use a spatula to mash the avocados against the side of the bowl as you mix it, still leaving them a bit chunky.
5. Place the salad in bowls and top with additional toasted almonds. Serve cold/at room temperature. Store at room temperature for up to 3 days.

### Baked Sweet Potato Fries

Serves 4

#### Ingredients

- 3 large sweet potatoes, sliced into ¼" slices
- 2 Tbsp olive oil
- 1 tsp cumin
- ½ tsp sea salt
- ½ tsp paprika

## Instructions

1. Preheat oven to 425 F.
2. In a large bowl, combine sliced potatoes, oil, and spices. Add additional spices if desired. Mix until potatoes are evenly coated.
3. Bake in a single layer on a cookie sheet for 20 - 25 minutes. Serve hot with garlic herb sauce (below).

## Garlic Herb Sauce

Serves 4

### Ingredients

- 1/4 cup (60 g) hummus
- Juice of 1/2 lemon (~1 Tbsp)
- 3/4 - 1 tsp dried dill (or sub 2-3 tsp fresh)
- 3 cloves garlic, minced (1 1/2 Tbsp or 9 g)
- Water, as needed
- Sea salt, to taste

### Instructions

1. Whisk all ingredients to combine, adding just enough water to thin so it's pourable. Taste and adjust seasonings as needed.

## Vegan Oatmeal Chocolate Chip Cookies

Makes 1 dozen

### Ingredients

- 3/4 cup AP flour
- 3/4 cup rolled oats
- 1/4 cup finely shredded (desiccated) unsweetened coconut
- 1/4 cup vegan dark chocolate (chips or chopped bar)
- 3/4 tsp baking powder
- 1/4 tsp sea salt
- 1/3 cup packed brown sugar
- 1/4 cup aquafaba (the brine/liquid in a can of chickpeas)
- 2 Tbsp almond butter (or other nut or seed butter)
- 3 Tbsp avocado or melted coconut oil
- 1/2 tsp vanilla extract

### Instructions

1. In a large mixing bowl, stir together almond flour, oats, coconut, vegan chocolate, baking powder, salt, and sugar.
2. In a separate bowl, beat aquafaba (using a handheld mixer or by whisking vigorously) until light and fluffy and loose peaks have formed. (Add a little cream of tartar to help them along if not whipping.)
3. To the aquafaba, add the almond butter, oil, and vanilla (optional) and beat or whisk to combine. (The mixture will deflate a little - that's OK). Then add to dry ingredients and mix until combined. You should have a firm, semi-tacky dough.
4. Preheat oven to 350 degrees F (176 C) and either lightly grease or line a baking sheet with parchment paper.
5. Scoop chilled dough into roughly 2-Tablespoon amounts and form into small discs. Place on baking sheet with about a 1-inch gap in between each cookie to allow for spreading. There should be about 12 cookies.
6. Bake for 10 minutes. Then increase oven temperature to 375 degrees F (190 C) and bake for another 2-4 minutes or until the edges are slightly golden brown. Be careful not to burn (especially on the bottoms) - they bake quickly toward the end.
7. Remove from oven and let cool for 5 minutes. Then carefully loosen with a spatula - they can stick a little to the bare pan.
8. Store leftovers in a *loosely* sealed container at room temperature up to 3 days, in the refrigerator for 4 days, or in the freezer for 1 month.