

Asparagus and Arugula Salad with Cannellini Beans and Balsamic Vinegar

Four servings • 30 minutes

Ingredients

- 5 tbsp. extra-virgin olive oil
- 1/2 medium red onion, sliced 1/8 inch thick (about 1 cup)
- 1 lb. asparagus, trimmed of tough ends and cut on diagonal into 1-inch pieces
- 1 can (15 oz.) cannellini beans, rinsed and drained (about 1 1/2 cups)
- 2 tbsp. balsamic vinegar, plus 2 tsp.
- 14 oz. arugula (1 large bunch), washed, dried, and stemmed (about 6 cups lightly packed)

Instructions

1. Heat 2 tbsp. oil in nonstick skillet over high heat until it just begins to smoke; stir in onion and cook until beginning to brown, about 1 minute. Add asparagus, 1/4 tsp. salt, and 1/4 tsp. pepper; cook until asparagus is browned and tender-crisp, about 4 minutes, stirring often. Off heat, stir in beans; transfer to large plate and let cool 5 minutes.
2. Meanwhile, whisk remaining 3 tbsp. oil, vinegar, 1/4 tsp. salt, and 1/8 tsp. pepper in medium bowl until combined. In large bowl, toss arugula with 2 tbsp. dressing and divide among salad plates. Toss asparagus mixture with remaining dressing, place a portion over arugula, and serve.

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Vegetable Curry

Four servings • 30 minutes

Ingredients

1 tbsp. vegetable oil
2 tsp.s brown mustard seeds
1 medium yellow onion, diced small
1 cup long-grain white rice
coarse salt and ground pepper
1 tbsp. red curry paste
1 cup unsweetened coconut milk (from a 13 1/2 oz. can)
1 sweet potato (about 3/4 lb.), peeled and cut into 1-inch pieces
1 small cauliflower, cut into florets
1 can (15 1/2 oz.) chickpeas, rinsed and drained
fresh cilantro, for serving

Instructions

1. In a medium saucepan, heat 1 tsp. oil over medium-high. Add mustard seeds and half the onion and cook, stirring often, until onion is soft, 3 minutes. Add rice and stir to combine. Add 1 1/2 cups water, season with salt and pepper, and bring to a boil. Cover and reduce to a simmer; cook until water is absorbed and rice is tender, about 15 minutes. Remove from heat and let stand 5 minutes. Fluff with a fork before serving.
2. Meanwhile, in a large Dutch oven or heavy pot, heat 2 tsp. oil over medium-high. Add remaining onion and cook, stirring often, until soft, 3 minutes. Add curry paste and stir until fragrant, about 1 minute. Stir in coconut milk and 1 cup water and bring to a boil. Add sweet potato and cauliflower and season with salt and pepper. Reduce heat to medium, cover, and simmer until vegetables are tender, 10 to 15 minutes.
3. Stir chickpeas into curry and increase heat to high. Simmer rapidly until liquid reduces slightly, 2 minutes. Serve curry over rice with cilantro.

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Tomato Bisque

Six servings • One hour to prepare

Tal Ronnen has to be my favorite vegan chef. All of his recipes are delicious, but his method can be a bit persnickety at times. Here's one of my favorites, simplified.

Ingredients

4 tablespoons Earth Balance
1 onion, chopped
1 celery ribs, chopped
1 carrot, chopped
3 cloves garlic, smashed
2 tablespoons flour
5 cups faux chicken stock, Better than Bouillon brand
1 can (15 ounces) fire-raosted tomoatoes
1 can (15 ounces) diced tomatoes
2 tablespoons parsley, chopped (optional)
2 sprigs thyme, leaves only
1 bay leaf
1 1/2 cups [cashew cream \(http://wellvegan.com/recipes/regular-and-thick-cashew-cream\)](http://wellvegan.com/recipes/regular-and-thick-cashew-cream)

Instructions

1. Add the Earth Balance to a large stockpot over medium heat. Heat until melted, but be careful not to let it burn. Add the onions, celery, carrots, and garlic. Cook for 10 minutes, stirring frequently. Sprinkle the flour over the vegetables and continue cooking for 2 minutes, stirring constantly.
2. Add the stock, tomatoes with juice, parsley, thyme, and bay leaf. Bring to a boil, reduce heat and simmer for 30 minutes. Add the cashew cream and continue to simmer for 10 minutes; be careful not to let it boil.
3. Remove the bay leaf and working in batches puree the soup in a blender. Be careful not to overfill the blender, hot liquids tend to erupt. I try to keep it to about half capacity. You could also use an immersion blender if you have one. Return soup to pot and serve.

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Tomato Basil Cream Pasta

Four servings • 30 minutes to prepare

This is a nice simple pasta that gets its creaminess from blended cashews. If you time, soak the cashews in water for a few hours or overnight. Drain before using.

Ingredients

- 2-3 large, ripe tomatoes
- 1 cup raw cashews
- 2 tablespoons tomato paste
- 1/4 cup water
- 2 tablespoons olive oil
- 3 cloves garlic, minced, optional
- 1 pound whole wheat spaghetti
- 1 1/2 teaspoons salt
- 1-2 teaspoons freshly cracked, coarse black pepper
- 1/4 cup fresh basil leaves, chopped

Instructions

1. Put a large pot of salted water on to boil. Core the tomatoes and roughly chop. Add it to your blender or food processor — seeds, skin and all. Add cashews, tomato paste, and water. Blend until very smooth. Add olive oil to a large sauté pan over medium-high heat. Add garlic and sauté until golden, being careful not to burn. Once water is boiling, add pasta. Pour sauce from the blender into the saute pan and bring to a simmer. Add salt and let cook for 4-5 minutes, stirring occasionally. Let simmer until pasta is finished cooking. Once pasta is cooked, reserve 1 cup pasta water and drain. Add pasta to the saute pan with black pepper and freshly chopped basil leaves. Toss to coat and use reserved pasta water to thin sauce to desired consistency. Serve immediately, garnishing with more pepper and basil.

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Peanut Butter Smoothie

Two servings • 10 minutes to prepare

Like most smoothie recipes, don't worry too much about the measurements and improvise! Add some chocolate syrup or use another nut butter to change things up.

Ingredients

1 1/2 cups soy milk

1/2 cup silken tofu

1/3 cup peanut butter

1 tablespoon maple syrup

1 banana

5 ice cubes

Instructions

1. Puree the soy milk and tofu in the blender until smooth, scraping down the sides once or twice. Add the remaining ingredients and puree once more until smooth and cold. Serve in small glasses.

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Regular and Thick Cashew Cream

10 minutes to prepare, plus soaking cashews overnight

Makes about 2 1/4 cups thick cream or 3 1/2 cups regular cream.

Ingredients

2 cups whole raw cashews, rinsed very well under cold water

Instructions

1. Put the cashews in a bowl and add cold water to cover them. Cover the bowl and refrigerate overnight.
2. Drain the cashews and rinse under cold water. Place them in a blender with enough fresh cold water to cover them by 1 inch. Blend on high for several minutes until very smooth.
3. To make thick cashew cream, which some of the recipes in this book call for, simply reduce the amount of water when they are placed in the blender, so that the water just slightly covers the cashews.

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Pasta with White Beans and Tomatoes

Four servings • 20 minutes

Ingredients

1 lb. penne pasta
2 cups fresh or canned tomatoes
1 (15 oz.) can white beans
2-3 cloves garlic
3 tbsp. olive oil
1/4 cup fresh basil

Instructions

1. Cook Pasta according to package directions. 1. Sauté chopped garlic in 1 tbsp. olive oil in a large, deep skillet over medium heat.
2. Add chopped fresh or canned tomatoes and cook for 5 minutes, or until saucy; add white beans and heat until bubbly.
3. Add a little more minced garlic, then add the cooked penne pasta.
4. Add fresh basil, a bit more olive oil and salt and pepper to taste.

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Pancakes

Eight to ten pancakes • 20 minutes

For blueberry pancakes, just add fresh or thawed frozen blueberries to the pancakes before you flip them. If you mix the berries up in the batter it will turn all blue.

Ingredients

1 cup unbleached all-purpose flour (or half all-purpose and half whole wheat)

1 tbsp. baking powder

1/4 tsp. salt

1 cup non-dairy milk

2 tbsp. canola oil

3 tbsp. liquid sweetener such as maple syrup or apple juice concentrate

Additional oil or vegan butter for cooking (optional – depends on your pan)

Instructions

1. Combine the flour, baking powder and salt in a bowl. In a separate bowl, combine the milk, oil and sweetener.
2. Add the milk mixture to the flour mixture and mix just until moistened, a few lumps are okay (Don't overmix or the pancakes will be tough).
3. Heat a nonstick pan over a medium heat. (add some oil if required but with a nonstick pan you won't need it)
4. Pour the batter onto the griddle to form circles about 6 inches in diameter. Cook the pancakes for a couple of minutes on one side, until bubbles appear on the surface. Flip the pancake and cook the other side until golden brown.

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Lentil and Brown Rice Salad

Two servings • About 45 minutes

There's a little bakery in my neighborhood that has these fantastic little salads for takeout. The lentils and rice make for a hearty and satisfying lunch. I like to use French green lentils, because they hold their shape nicely, but any lentil will do fine.

Ingredients

1/2 cup green lentils

1/2 cup brown rice

2 large carrots

4 radishes

2 ribs celery

1/4 cup currants

1/4 cup walnuts

4 cups mixed greens

Instructions

1. Cook rice and lentils according to package directions. Set aside to cool. While the rice and lentils are cooking, prep the rest of your ingredients.
2. Assemble all ingredients in a large bowl, toss and serve.

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Greens Quiche

Six servings

This recipe was adapted from a great article in the *New York Times* about vegan chef Lindsay S. Nixon. If you have a chance, check it out [here \(http://well.blogs.nytimes.com/2011/11/04/fast-and-easy-vegan-dishes/\)](http://well.blogs.nytimes.com/2011/11/04/fast-and-easy-vegan-dishes/) . If you don't have a pie dish handy, a 8 x 8 inch square pan will do just fine.

Ingredients

- 1 lb. extra-firm tofu
- 8 oz. mushrooms (any kind)
- 1 tablespoon olive oil
- 1/4 cup nutritional yeast
- 1/4 cup cornstarch
- 1 1/2 tablespoons Dijon mustard
- 1 tablespoon lemon juice
- 1 teaspoon onion powder (granulated)
- 1 teaspoon garlic powder (granulated)
- 1/2 teaspoon turmeric
- 1 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 3 cups chopped greens (kale, chard, collards), about 2 small bunches

Instructions

1. Preheat oven to 350°F.
2. Grease a shallow 9-inch pie dish and set aside.
3. Sauté mushrooms in olive oil until soft, about 5 minutes.
4. Combine all ingredients, except greens and cooked mushrooms, in a food processor or blender; process until smooth and creamy.
5. Mix in greens and mushrooms, and transfer mixture to the pie dish.
6. Using a spatula, spread the mixture around so it's even on top.
7. Bake for 30 to 40 minutes, or until the top is golden and the center is firm (not mushy).
8. Allow to cool for at least 10 minutes before slicing (serving at room temperature is best).
9. Make ahead: You can make and store the mixture in an airtight container until you're ready to bake, or bake the quiche a day or two ahead of time and gently reheat in your oven on warm for 10 to 20 minutes.

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Garlic and Herb Tomatoes

Four servings • 20 minutes to prepare

Ingredients

- 3 tablespoons good olive oil
- 2 teaspoons minced garlic (2 cloves)
- 2 pints cherry tomatoes or grape tomatoes
- 2 tablespoons chopped fresh basil, plus more for garnish
- 2 tablespoons chopped fresh flat-leaf parsley, plus more for garnish
- 2 teaspoons chopped fresh thyme leaves
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Instructions

1. Heat the olive oil in a sauté pan large enough to hold all the tomatoes in one layer. Add the garlic to the oil and cook over medium heat for 30 seconds. Add the tomatoes, basil, parsley, thyme, salt, and pepper. Reduce the heat to low and cook for 5 to 7 minutes, tossing occasionally, until the tomatoes begin to lose their firm round shape. Sprinkle with a little fresh chopped basil and parsley and serve hot or at room temperature.

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BLTA Sandwich

Two servings • 15 minutes

Ingredients

8 strips tempeh bacon
4 leaves lettuce
1 large tomato
1/2 large avocado
2 tbsp. vegan mayonnaise
4 slices whole wheat bread

Instructions

1. Cook tempeh bacon according to package directions.
2. Meanwhile, toast bread and slice tomatoes and avocado.
3. Assemble and enjoy!

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