

# Chickpea and Vegetable Quiche

*Eight servings • 90 minutes*

If you can't find buckwheat flour, just substitute extra white whole wheat flour. Also, when your making the garbanzo (chickpea) flour mixture to pour over the vegetables, you may need to add more garbanzo bean flour to get the right consistency. It should resemble pancake batter.

## **Ingredients**

### **Whole Wheat Crust:**

3/4 cups white whole wheat flour

1/3 cup barley flour

1/4 tsp. salt

1/4 cup olive oil

1/4 cup cold water

### **Quiche Filling:**

1 medium zucchini, chopped into half-rounds

1/2 medium red bell pepper, chopped into short, thin strips

1/2 cup peas, fresh or frozen and thawed

3 scallions, thinly sliced

2 cloves garlic, minced

1/2 cup garbanzo bean flour

1 tbsp. potato starch

2 tbsp. nutritional yeast

1 tsp. salt

1 tsp. dried thyme

1/2 tsp. dried sage, powdered

1/2 tsp. paprika

1/4 tsp. baking powder

1 cup vegetable stock or water

1 tbsp. olive oil

## **Instructions**

1. Preheat your oven to 350°, and lightly grease a 9-inch round fluted tart pan with removable bottom or plain pie pan.
2. The easiest way to make the crust is in a food processor, but if you don't have one, you can also make it by hand. Just combine both flours and salt in a large bowl, and add in the oil. Mix well, and then drizzle in water until it comes together in a cohesive dough. Otherwise, you can just toss everything in the food processor, and drizzle in water until it comes together in a cohesive dough.
3. Move the dough into your prepared tart pan or pie plate, and use your fingertips to press it evenly into the bottom and up the

sides. If it seems sticky, lightly moisten your hands to make it easier to handle. Bake for about 10 to 15 minutes, just to help it set up a bit and very, very lightly brown. Let cool.

4. For the filling, toss your chopped vegetables, scallions, and minced garlic together to achieve an even distribution of everything, and then transfer it into your par-baked crust.
5. In a separate bowl, whisk together the chickpea/garbanzo flour, potato starch, nutritional yeast, salt, herbs, spices, and baking powder. Pour in the vegetable stock or water and oil, and whisk until smooth. The consistency should resemble pancake batter. Pour this batter on top of your veggies situated in the quiche pan, making sure to fill all of the gaps. Lightly tap the pan on the counter a few times to release any air bubbles.
6. Bake for 45 to 55 minutes, until the filling appears set and every so lightly golden brown on top. Let cool for at least 15 minutes before slicing.

## ***Nutritional Information***

**8** Servings

**184** Calories

**9g** Fat

**22g** Carbohydrates

**4g** Protein

**302mg** Sodium

**3g** Sugar

**3g** Fiber

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[THE PLAN \(/THE-PLAN\)](#)

[RECIPES \(/RECIPES\)](#)

[BLOG \(/BLOG\)](#)

[RESOURCES \(/RESOURCES\)](#)

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# Curried “Chicken” Salad

Serves four • Prep time 20 minutes, plus 20 minutes to chill

Serve this curried tofu in butter-lettuce leaves garnished with roasted cashews or chunks of chutney, or as a sandwich filling. Steeping the tofu in hot water firms up the texture and rounds out the flavor. The directions call for rather large pieces, but if you prefer, break up the tofu with a fork.

## Ingredients

1 carton firm tofu  
1 cup vegan mayonnaise  
1 lime, zest and juice  
3 tbsp. cilantro  
1/4 cup parsley  
2 tsp. curry powder  
2 scallions, thinly sliced  
1 rib celery, finely diced

## Instructions

1. Cut the tofu into cubes or strips about 1 inch across. Bring 6 cups water to a boil, add 1 teaspoon salt, and turn off the heat. Lower the tofu into the water and let it sit for 2 minutes. Gently tip it into a wide colander, then rinse under cool water. Shake off the excess moisture and turn the tofu onto a clean kitchen towel to dry.
2. Combine the remaining ingredients. Taste and adjust the seasonings, adding more curry powder or lime juice, if needed, to make it a little more zesty. Add the tofu and gently toss with a rubber spatula. If possible, chill 20 minutes or more. The flavors will emerge and mellow as the salad stands.

## Nutritional Information

4 Servings  
488 Calories  
43g Fat  
7g Carbohydrates  
13g Protein  
363mg Sodium  
1g Sugar  
3g Fiber

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# Edamame Sushi Bowl

Four servings • 45 minutes, mostly hands off

This recipe is the next best thing to takeout from your favorite Japanese spot. All the things you love about vegi sushi with none of the fuss!

## Ingredients

- 1 cup short grain brown rice
- 1 cup edamame, fresh or frozen
- 1 medium avocado
- 1 cup shredded green cabbage
- 1/2 red bell pepper, chopped
- 2 carrots, shredded
- 1/4 cup scallions, sliced
- 3 tbsp. chives, minced
- 3 tbsp. low sodium soy sauce
- 2 tbsp. rice vinegar
- 1 tsp. sesame oil
- 1 tsp. agave nectar

## Instructions

1. Cook rice and edamame (if needed) according to package directions.
2. Cut the avocado into bite-size pieces. Add to a large bowl and toss with the edamame, cabbage, red bell pepper, carrots, scallions and chives.
3. Whisk together the soy sauce, rice vinegar, sesame oil and agave.
4. Add rice to individual bowls, top with cabbage mixture and drizzle with dressing.

## Nutritional Information

- 4 Servings
- 307 Calories
- 7g Fat
- 50g Carbohydrates
- 9g Protein
- 433mg Sodium
- 5g Sugar
- 7g Fiber

# Kale Walnut Pesto Pasta

Four servings • 20 minutes

This can easily be made with a gluten-free pasta if you have an intolerance or just want to cut back on the wheat products.

## Ingredients

1/2 bunch kale, discard stems and chop

1 pound pasta

1/2 cup chopped walnuts

2 cloves garlic

1/2 cup nutritional yeast

Juice from 1/2 lemon to start, up to 1 lemon to taste

1/4 cup olive oil

## Instructions

1. Bring a large pot of water to a boil. Add a teaspoon of salt and the kale. Cook for 5 minutes and transfer the kale to a colander, using a slotted spoon. Bring the water back to a boil and add the pasta. Cook according to package directions. Drain, and return the pasta to the pot.
2. While the pasta is cooking, combine the kale, walnuts, garlic, nutritional yeast, olive oil, and lemon juice in a food processor. Process until smooth. Add salt and pepper and more lemon to taste.
3. Toss the pesto with the cooked pasta and serve

## Nutritional Information

4 Servings

**687** Calories

**24g** Fat

**95g** Carbohydrates

**23g** Protein

**28mg** Sodium

**3g** Sugar

**7g** Fiber

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[THE PLAN \(/THE-PLAN\)](#)

[RECIPES \(/RECIPES\)](#)

[BLOG \(/BLOG\)](#)

[RESOURCES \(/RESOURCES\)](#)

[FAQ \(/FAQ\)](#)

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# Seasoned Popcorn

Two to four servings • 10 minutes

Mark Bittman has a gift for reintroducing us to the simple things with a twist. Here he's brought popcorn to gourmet status with a few shakes from the spice rack. Give one (or two) of these variations a try this week and with the optional microwave method, it's easy as can be to make at the office. Here are a few suggestions to get you started:

- Chopped fresh herbs
- Black pepper
- Chili powder
- Curry powder, or garam or chaat masala
- Old Bay seasoning
- Five-spice powder
- Toasted sesame seeds
- Cayenne or red chile flakes
- Brown sugar
- Finely ground nuts or shredded, unsweetened coconut
- Chopped dried fruit
- Garlic, see instructions below

## Ingredients

2 to 3 tbsp. vegetable oil

1/2 cup popping corn

2-4 tbsp. olive oil or nondairy butter, optional

Salt (and other seasonings from the list that follows if you like)

## Instructions

### Stovetop

1. Put the vegetable oil in a large, deep pan (6 quarts or so). Turn the heat to medium, add 3 kernels of corn, and cover.
2. When the kernels pop, remove the lid and add the remaining corn. Cover and shake the pot, holding the lid on. Cook, shaking the pot occasionally, until the popping sound stops after about 5 minutes. Meanwhile, melt the nondairy butter or gently warm the olive oil if you're using it.
3. Turn the popcorn into a large bowl; drizzle with nondairy butter or olive oil if you like, and sprinkle with salt while tossing the popcorn. Serve immediately.

### Microwave

1. In a small glass container, or a brown paper lunch bag, combine 1/4 cup popping corn with 1/4 teaspoon salt and fold the top of the bag over a couple of times. Microwave on high for 2 to 3 minutes, until there are 4 or 5 seconds between pops. Open the bag or container carefully, because steam will have built up. Toss with your seasonings and a drizzle of butter or olive oil or serve as is.

### Garlic Popcorn

1. Use the optional nondairy butter or oil and as you melt or heat it, add a tablespoon minced garlic and cook until soft and turning golden. Strain the garlic bits out as you pour the butter over the popcorn.

## Nutritional Information

4 Servings

**350** Calories  
**18g** Fat  
**38g** Carbohydrates  
**8g** Protein  
**52mg** Sodium  
**12g** Sugar  
**12g** Fiber

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# Spicy, Crisp Tofu on Mint-Avocado Salad

Four servings as a side, two servings as a main • 30 minutes to prepare

The weather here has been so nice, it makes me think winter just isn't coming this year. Regardless of your current temperatures, here's a salad that will make your mouth feel like summer with just enough heat to warm you up.

## Ingredients

- 1 package regular tofu, firm or extra-firm, drained
- 1/3 cup spicy Asian chile sauce, plus 1/2 teaspoon for dressing
- 1/2 teaspoon grated orange zest
- 2 tablespoons fresh orange juice
- 2 tablespoons extra-virgin olive oil
- Coarse salt
- 1 cup panko
- 3 tablespoons canola oil
- 2 heads butterhead lettuce, washed, dried, and torn into bite-size pieces
- 1 cup fresh whole mint leaves
- 1 avocado, halved, pitted, peeled, and thinly sliced lengthwise

## Instructions

1. Cut the tofu in half horizontally (slicing parallel to work surface). Keep the tofu stacked; cut crosswise in half to make 4 rectangles. Cut each rectangle into 2 triangles.
2. In a large bowl whisk together 1/2 teaspoon chili sauce, orange zest, orange juice, and olive oil. Season the mixture with salt to taste. Set aside.
3. Pour the remaining 1/3 cup chile sauce into a shallow bowl. Place the panko in a separate shallow bowl. Piece by piece, gently coat the tofu in the chile sauce and then the panko, patting it on each piece to coat.
4. In a large, nonstick skillet, heat half the canola oil over medium heat. Gently place half the tofu in skillet. Pan-fry the tofu, turning once, until outsides are crisp and brown, about 3 minutes per side. Remove from heat. Repeat the process with remaining oil and tofu.
5. Add lettuce and mint to bowl with dressing; toss to coat. Place equal mounds of salad in center of four plates; fan avocado slices on top. Arrange 2 tofu triangles next to the avocado and serve immediately.

## Nutritional Information

- 4 Servings
- 418 Calories
- 29g Fat
- 27g Carbohydrates
- 17g Protein
- 62mg Sodium
- 4g Sugar



[THE PLAN \(/THE-PLAN\)](#)

[RECIPES \(/RECIPES\)](#)

[BLOG \(/BLOG\)](#)

[RESOURCES \(/RESOURCES\)](#)

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# Tortilla Soup with Black Beans

Four servings • 30 minutes to prepare

A simple soup recipe that can be dressed up by adding some avocado and fresh tomatoes before serving.

## Ingredients

1 tablespoon olive oil  
4 cloves garlic, minced  
1 teaspoon chili powder  
2 cans (14 1/2 ounces each) diced tomatoes in juice  
2 cans (15 ounces) black beans, rinsed and drained  
2 cups faux chicken broth (Better Than Bouillon brand is good)  
1 package (10 ounces) frozen corn kernels  
Coarse salt and ground pepper  
1 cup crushed tortilla chips, plus more for serving (optional)  
1 tablespoon fresh lime juice, plus lime wedges for serving

## Instructions

1. In a large saucepan, heat oil over medium. Cook garlic and chili powder until fragrant, about 1 minute. Add tomatoes (with juice), beans, broth, corn, and 1 cup water; season with salt and pepper.
2. Bring soup to a boil; reduce to a simmer. Add tortilla chips; cook until softened, about 2 minutes. Remove from heat; stir in lime juice, and season with salt and pepper. Serve soup with lime wedges and, if desired, more chips.

## Nutritional Information

4 Servings  
552 Calories  
9g Fat  
102g Carbohydrates  
22g Protein  
1227mg Sodium  
8g Sugar  
18g Fiber

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# Tropical Chia Smoothie

Two servings • 5 minutes

If you would have told me in 1986 that I would be eating chia seeds decades later I would have asked you to remove your tinfoil hat before coming in. But here we are and chia seeds are awesome — 6 grams of fiber, 3 grams of omega 3s and 3 grams of protein in one little tablespoon. They're similar to flax seeds in that they get all gooey in liquid. So it's to be expected that when you whirl them up in a smoothie it's going to get thick and frosty fast. The longer it sits, the thicker it gets so chia smoothies are best enjoyed straight away.

## Ingredients

1/2 cup unsweetened coconut milk or coconut water

1 cup frozen mango pieces

1 cup frozen pineapple pieces

1 banana

1 tbsp. chia seeds

6 oz. silken tofu (half a box)

## Instructions

1. In a blender, puree the tofu and fruit until smooth, gradually adding the coconut milk or coconut water to loosen the mixture. Add the chia seeds and continue to blend until smooth.

## Nutritional Information

2 Servings

241 Calories

6g Fat

41g Carbohydrates

9g Protein

70mg Sodium

26g Sugar

6g Fiber

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[THE PLAN \(/THE-PLAN\)](#)

[RECIPES \(/RECIPES\)](#)

[BLOG \(/BLOG\)](#)

[RESOURCES \(/RESOURCES\)](#)

[FAQ \(/FAQ\)](#)

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# Wheat Berry and Arugula Salad

Four servings • 1 hour 10 minutes

## Ingredients

### For the dressing:

1 cup orange juice (from about 2-3 oranges)

1/4 cup chopped cilantro

2 tbsp. fresh lime juice

2 tbsp. water

1 tbsp. extra-virgin olive oil

2 tsp. agave nectar

2 garlic cloves, minced

1/2 tsp. ground cumin

1/4 tsp. salt

1/4 tsp. paprika

1/8 tsp. cayenne pepper

### For the salad:

1 cup wheat berries, uncooked

1/2 tsp. salt, plus more to taste

1 (15 oz.) can chickpeas, drained and rinsed

1/2 cup jarred roasted red peppers, drained, patted dry, and chopped

2 oz. kalamata olives, sliced

black pepper, to taste

8 oz. baby arugula

## Instructions

1. Bring 4 quarts of water to a boil in a large pot with a 1/2 tsp. salt. Once the water is boiling, stir in wheat berries and partially cover. Cook for one hour, stirring often, until wheat berries are tender but chewy.
2. Meanwhile, prepare the dressing by simmering the orange juice in a small sauce pan until reduced to 1/3 cup, about 15 minutes. Pour reduced orange juice into a small bowl and cool in the refrigerator for about 10 minutes. Whisk together the cooled orange juice reduction with the cilantro, lime juice, water, oil, agave nectar, cumin, garlic, salt, paprika and cayenne pepper. Set aside.
3. To assemble the salad, toss the chickpeas, red peppers, olives, and wheat berries in a medium bowl with half of the dressing. Salt and pepper to taste. In a separate bowl, toss arugula with remaining dressing. Divide among 4 plates and top each with 1 cup of the wheat berry mixture. If you are making it ahead of time or plan on having leftovers the next day, do not toss the arugula with the dressing ahead of time. Simply pour the dressing on top of arugula right before serving.

## Nutritional Information

**4** Servings  
**414** Calories  
**9g** Fat  
**73g** Carbohydrates  
**14g** Protein  
**1265mg** Sodium  
**9g** Sugar  
**12g** Fiber

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[THE PLAN \(/THE-PLAN\)](#)    [RECIPES \(/RECIPES\)](#)    [BLOG \(/BLOG\)](#)    [RESOURCES \(/RESOURCES\)](#)    [FAQ \(/FAQ\)](#)  
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# Wheatberry Breakfast Bowl

Four servings • One hour

This recipe calls for wheat berries but if you can't find them (check the bin section at Whole Foods Market or natural foods stores) - any plump, whole grain will do - farro, barley, oat groats, etc. Wheat berries take about an hour to cook, so you can prepare everything else while you wait or cook them up the night before.

## Ingredients

- 1 cup vanilla nondairy yogurt
- 1 tablespoon of extra-virgin olive oil
- 1 tablespoon of Earth Balance
- 2 firm pears, cored and chopped into 1/4-inch thin bite-sized slices
- 2 cups wheat berries (see notes for alternatives)
- 1/2 cup toasted pecans or walnuts
- 1/2 cup assorted dried fruits, chopped

## Instructions

1. To cook wheat berries: Combine 2 cups wheat berries, 6 cups water, and 2 teaspoons salt in a large saucepan over medium-high heat. Bring to a boil, lower the heat, and simmer, covered, until plump and chewy (and a few of the berries split open), about an hour or so. The berries will stay al dente, and the only way to be sure they're done is to taste a few. Drain and set aside.
2. In a large skillet over medium-high heat, sauté the pear slices in the olive oil and Earth Balance for about five minutes, or until they get a bit golden. Keep an eye on them though, because they can burn in a flash. Add the wheat berries to the skillet and toss gently.
3. Turn out onto a platter, or serve in individual bowls ladled with a generous amount of yogurt, and sprinkled with plenty of pecans and dried fruit. For those of you who prefer a bit more sweetness, serve with more maple syrup on the side.

## Nutritional Information

- 4 Servings
- 926 Calories
- 28g Fat
- 155g Carbohydrates
- 23g Protein
- 37mg Sodium
- 40g Sugar
- 25g Fiber

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