Vegan Cooking 101
Roasted Chickpeas

Ingredients:

1. Can of chickpeas
2. Olive Oil (or oil of choice)
3. Favorite Spices (I usually just use salt)

Directions:

1. Preheat the oven to 400 and drain and rinse your chickpeas.
2. Spread the chickpeas on a kitchen towel and gently pat them dry. It’s essential to make sure they’re totally dry before you toss them with the olive oil – damp chickpeas won’t crisp up in the oven. Discard any loose skins from the outside of the chickpeas.
3. Transfer the chickpeas to a parchment-lined baking sheet and toss them with a drizzle of olive oil and generous pinches of sea salt. Spread evenly on the baking sheet.
4. Transfer the baking sheet to your preheated oven and roast for 20 minutes, or until crispy.
5. Remove from the oven and, while the chickpeas are still warm, toss with pinches of your favorite spices.

Crispy Tofu

Ingredients:

1. Firm/extra firm block of tofu
2. Cornstarch
3. Olive oil (or oil of choice)
4. Favorite Spices
Directions:

1. Dry tofu block with an absorbent towel
2. Cut into square cubes
3. Put in a bowl and lightly coat with cornstarch
4. Season tofu with spices of choice (I usually use seasoning salt, garlic powder, onion powder, chicken seasoning, pepper, paprika, chili powder)
5. Heat pan with oil
6. Place tofu into the pan, flipping occasionally until crispy and/or golden brown.

Tips:

1. I usually eat this with quinoa and black beans
2. Other ways to eat it:
   a. Rice, veggies and soy sauce
   b. On avocado toast
   c. In a salad

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**Potato Wedges**

Ingredients:

1. Potato
2. Olive Oil
3. Seasonings of choice

Directions:

1. Preheat oven to 425°F
2. Clean and cut as many potatoes as desired into wedges
3. Soak potato wedges in hot water for 10 minutes (I usually boil some water then pour into a bowl and soak in there)
4. Dry potatoes well with a towel/paper towels
5. Place wedges into a bowl and lightly coat with oil and favorite spices (I typically put garlic powder, onion powder, celery salt, pepper, paprika, chicken seasoning, and lowry seasoning salt)
6. Place potato wedges onto a lightly oiled baking sheet and bake for 25 minutes, flip then bake until golden brown/crispy
Buffalo Cauliflower Bites

Ingredients:

- ¾ cup all-purpose flour
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- 1 teaspoon salt
- ½ teaspoon pepper
- ¾ cup milk or milk alternative
- 1 head cauliflower
- ¼ cup buffalo sauce or hot sauce
- 2 tablespoons coconut oil or vegetable oil
- 1 tablespoon honey

Directions:

1. Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper.

2. In a large bowl, add the flour, paprika, garlic powder, salt, pepper, and milk, and stir until well-combined.

3. Break the head of cauliflower into florets, about 1½-inches wide. Add the cauliflower florets to the batter, making sure each piece is evenly coated. Arrange the coated cauliflower on the baking sheet. Bake for 20 minutes, flipping halfway.

4. Meanwhile, in a small bowl, combine the buffalo sauce, coconut oil, and honey and stir until evenly combined. Brush the buffalo sauce mixture on the cauliflower and bake for another 20 minutes.

Greek Salad

Ingredients:

1. Cucumbers
2. Spinach
3. Cherry tomatoes
4. Quinoa
5. Chickpeas
6. Bell pepper
Directions:
1. Chop cucumber, tomatoes and peppers into fourths
2. Add the rest of ingredients of your choosing
3. Add dressing

Tips:
1. Can feta cheese or vegan cheese on top for extra taste
2. You can make this with whatever vegetables you would like to add/remove

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Bagel Sandwich

Ingredients:
1. Everything bagel
2. Hummus
3. Vegan cream cheese
4. Avocado
5. Tofurkey
6. Everything But The Bagel Seasoning

Tips:
1. Can use any type of bagel
2. I love the Everything But The Bagel Seasoning from Trader Joe’s
3. Can also put tofu scramble or a vegan patty

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Dressing Ingredients:

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
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<tbody>
<tr>
<td>1 large clove garlic, finely minced</td>
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<tr>
<td>1/2 cup extra-virgin olive oil</td>
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<tr>
<td>3 tablespoons red wine vinegar</td>
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<tr>
<td>1 tablespoon fresh-squeezed lemon juice</td>
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<tr>
<td>1/2 teaspoon Dijon mustard</td>
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<td>1 teaspoon dried oregano</td>
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<tr>
<td>1/2 teaspoon salt</td>
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<td>Freshly ground black pepper, to taste</td>
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Tofu Scramble

Ingredients

For the spice mix:*  
- 2 tablespoons nutritional yeast  
- 1 teaspoon chili powder  
- 1 teaspoon ground cumin  
- 1 teaspoon black salt (also called kala namak) or regular salt  
- 3/4 teaspoons turmeric  
- 1/4 teaspoon garlic powder

For the tofu scramble:  
- 1 tablespoon oil (such as olive or vegetable)  
- 8 oz button mushrooms, sliced (about 1 1/2 cups sliced)  
- 1 red pepper, chopped  
- 1/2 yellow onion chopped  
- 2 cloves garlic, minced  
- 1 454g block medium-firm tofu or firm tofu OR 2 349g blocks extra firm silken tofu (a little more or less tofu won't make a big difference)  
- 1 19oz can black beans (2 cups), drained and rinsed

Instructions

1. Add all of the spice mix ingredients into a bowl and stir to combine.
2. Heat a large skillet over medium-high heat and add the olive oil. When hot, add the mushrooms, pepper, onion, and garlic and sauté for about 8 minutes until everything just starts to brown.
3. Add the tofu blocks and break it apart with your spoon until you get a nice scramble texture with lots of chunks. Stir in the spice mix and black beans. Heat through for another 5 - 8 minutes until hot.

Tips:

1. I like to add vegan protein broth to the pan as I cook the tofu

Pasta

Ingredients:

1. Prego Sauce  
2. Trader Joe's Beefless Ground Beef  
3. Vegetables of choice (broccoli, cauliflower, etc)  
4. Daiya Vegan Mozzarella Cheese  
5. Pepper  
6. Garlic powder  
7. Red lentil noodles (or chickpea/other veggie noodles for a healthier option)
Directions:
1. In one pot boil water and cook noodles
2. In another pot combine pasta sauce, cheese, spices, and vegan ground beef (if it is the refrigerated kind you can add directly in the pot, if it is frozen then microwave it until warm then add). Heat on low and stir occasionally.
3. Saute vegetables in a pan with olive oil until golden brown
4. Once everything is cooked and warmed combine and enjoy!

Tips:
1. You can also make pesto pasta by just swapping out the red sauce with pesto and swapping the vegan ground beef with Gardein Meatless Chicken

Ramen

Ingredients:
1. Chili Flavor or Soy Sauce Ramen (can use any flavor but these are vegan one)
2. Peanut butter
3. Soy sauce
4. General Tso Sauce (or other favorite sauce)
5. Vegan Protein Broth (can substitute vegetable broth, chicken broth or bone broth)
6. Green Onions
7. Lime/lime juice
8. Vegetables of choice (I usually put in [frozen] mushrooms, broccoli and carrots; or tiny carrots, corn and peas)
9. Water

Directions:
1. In a pot bring ~1 cup of water, ~ 1 cup vegan protein broth, a scoop of peanut butter, dollop of general tso sauce, and as much soy sauce as desired (usually ~ 1-2 tbsp)
2. Add ramen to the pot and cook until noodles are done
3. Add 1 chopped green onion and 1 teaspoon of lime juice
4. Warm vegetables in the microwave then fry in pan for 8 minutes or until lightly browned
5. Combine vegetables into the pot and add seasoning packet along with any additional desired seasonings then serve

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Vegetable Enchiladas

**Ingredients**

**For the roasted veggies:**
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 1 yellow bell pepper, diced
- 1 red onion, diced
- 1 (8 oz) package sliced baby bella mushrooms
- 1 medium zucchini, quartered
- 1 tablespoon olive or avocado oil
- 3 cloves garlic, minced
- Salt and pepper

**For the chipotle enchilada sauce:**
- 1 (15 oz can) tomato sauce
- 2 garlic cloves, minced
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 2 chipotle peppers in adobo sauce (from the can)
- 2/3 cup any milk of choice (we love almond or cashew)

**For the layers:**
- 1 (15 oz) can black beans, rinsed and drained
- 2 cups shredded monterey jack cheese, divided

**To**
- 9 corn tortillas

**Diced avocado, jalapenos and cilantro**

**Directions:**

1. Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper, or you can also line two smaller baking sheets if that’s all you have available. Place diced bell pepper, diced onion, mushrooms, and quartered zucchini on prepared baking sheet(s). Drizzle with olive oil and toss garlic on top. Generously toss with your hands to coat the veggies with garlic and oil. Roast vegetables for 20-25 minutes.
2. While the veggies are roasting, prepare the chipotle enchilada sauce: In the bowl of a food processor, add the sauce ingredients and process for 30 seconds or until smooth.

3. Reduce heat in oven to 375 degrees F. Grease a 9x13 inch baking pan with nonstick cooking spray. Add 1/2 cup enchilada sauce to the bottom of the pan and spread out evenly. Place 3 corn tortillas over the sauce. You may need to cut one tortilla in half to create a single layer. Next add 1/2 of the roasted veggies and half of the black beans on top of the tortillas. Then drizzle 1/2 cup of enchilada sauce on top followed by 1/2 cup of shredded cheese.

4. Repeat the layers again, starting with the 3 corn tortillas, remaining veggies and beans, 1/2 cup enchilada sauce and 1/2 cup cheese.

5. Finally add 3 more corn tortillas on top to evenly cover the veggies and beans, then top with remaining enchilada sauce and 1 cup cheese. Bake for 20-25 minutes or until cheese is melted. Serves 6.

Tips:
1. This serves A LOT, I would recommend either storing the leftovers or reducing the portions
   a. To store: let the enchilada casserole cool completely and then either cover the whole pan and place it in the fridge or put individual slices into airtight container and place them in the fridge. This casserole will stay good for up to 3-4 days in the fridge. To reheat, simply add a slice to a microwave-safe plate and microwave for 30 seconds - 1 minute or until heated through.
   b. To freeze: you can either bake the casserole first, cool it to room temperature, slice into servings, place in freezer safe containers and then freeze. Or, to freeze the whole pan, you can bake it, bring it to room temp, and then freeze the entire pan. Once ready to reheat, thaw it out in the fridge, then bake it, covered at 350 degrees F for 30-45 minutes or until heated through.
2. It is also good to all vegan ground meat or vegan sausages
3. Use vegan cheese instead of regular cheese
4. I like to use Ortega Taco Sauce on top
Vegan Baked Mac and Cheese

Ingredients:
- 16 oz. dry pasta (I used rigatoni)
- 1/4 cup vegan butter
- 2 garlic cloves diced
- 1/4 cup flour
- 2 1/2 cups unsweetened plain non-dairy milk
- 8 oz. vegan cream cheese
- 1/4 cup vegan parmesan
- 1/2 tsp. white pepper
- 1/2 tsp. ground mustard
- 1/4 tsp. garlic powder
- 1 tsp. lemon juice
- salt and pepper to taste
- dash of tabasco to taste
- Optional Toppings: parmesan, tabasco, parsley, red pepper flakes

Directions:
1. Bring a large pot of water to a boil. Add pasta and cook according to package instructions. Drain and place pot back on the stove over medium-low heat.
2. Add butter to the pan. Once butter has melted, add garlic and sauté for 30 seconds. Add flour and whisk until smooth and bubbly.
3. Stir in milk 1/2 cup at a time, whisking constantly. Once heated through and thickened, add cream cheese and whisk until smooth. Add parmesan, white pepper, ground mustard, garlic powder, lemon juice, salt, pepper and tabasco. Stir to combine and taste sauce. Adjust seasoning as needed.
4. Add pasta to sauce and stir to combine.

Tips:
1. Use vegan milk (oat or almond or your favorite)
2. Can substitute non-vegan alternatives when necessary
3. Adjust spices as needed
4. Add breadcrumbs on top before putting in oven
Vegan Chocolate Chip Cookies

Instructions

Combine all dry ingredients in a bowl, then stir in wet to form a dough – it will be dry at first, so keep stirring until a cookie-dough texture is achieved. If needed, add 1-2 tbsp extra milk of choice. Form into one big ball, then either refrigerate at least 2 hours or freeze until the dough is cold. Once dough is chilled, preheat oven to 325 F. Form dough balls, and place on a greased baking tray, leaving enough room between cookies for them to spread. Bake 11 minutes on the center rack. They’ll look underdone when you take them out. Let them cool on the baking tray 10 minutes before touching, during which time they will firm up. If for whatever reason the cookies don’t spread enough (climate can play a huge role), just press down with a spoon after baking. You can also choose to make extra cookie dough balls and freeze them to bake at a later date. I can only vouch for the flours listed, but feel free to experiment!

Tips:
1. I don’t always freeze my dough, you can just chill it in the freezer for a bit

Best Vegan Brands:

Cream cheese: Kitehill or Mykonos
Cheese: Earth Grown Vegan Mozzarella Style Shreds, Daiya and Chao
Turkey: LightLife and Tofurkey
Pizza: Daiya vegan pizzas
Burgers: Dr Praegers, MorningStar
Meat: Trader Joe's Beefless Ground Beef, Morning Star, Gardein

Ingredients

- 1 cup white, oat, or spelt flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/4 cup sugar, unrefined if desired (For a version with no sugar, try these breakfast cookies)
- 1/4 cup brown sugar or coconut sugar
- 1/3 cup chocolate chips
- 2 tbsp milk of choice, plus more if needed
- 2 tbsp oil
- 1/4 tsp pure vanilla extract
Sausage: Field Roast
Potstickers: Trader Joe’s Thai Vegetable Gyoza
Milk: Oat milk (I enjoy all brands, and really any non-dairy milk is very good)
Ice cream: Ben and Jerry’s
Vegan Protein Broth: This is super good to add to cooking and various meals. I get this at Walmart but there are other places that carry it too.

Nutritional Yeast: This is great to put on popcorn, potatoes, in pasta, tofu scramble—anything! It sounds intimidating but it’s very good for you and has a cheesy taste, it’s like a seasoning. Any brand is good.