

Vegan Kale Caesar Salad

Vegan, vegetarian. Allergens: Contains nuts



Serves 5-6

Ingredients

- 1 bunch dinosaur kale, about 5 cups chopped
- 1-2 heads romaine lettuce, about 10 cups chopped

Dressing:

- 1 cup raw cashews, soaked overnight
- ½ cup water
- ¼ cup extra virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 2 cloves garlic
- 1 tablespoon vegan* worcestershire sauce
- 4 teaspoons capers
- 1 teaspoon salt or to taste
- ½ teaspoon black pepper

Cheesy mix:

- ¼ cup raw cashews
- 2 tablespoons sesame seeds
- 1 tablespoon nutritional yeast (optional)
- 1 tablespoon extra virgin olive oil
- ½ teaspoon garlic powder
- Salt to taste

*some brands contain anchovies

Instructions

1. To make the cheesy mix, pulse ¼ cup raw cashews in food processor until finely chopped. Add remaining cheesy mix ingredients and pulse until combined. Add salt to taste.
2. To make the dressing, add all dressing ingredients except salt to food processor and puree until very smooth. Add water as necessary to reach desired consistency. Add salt according to taste.
3. Combine kale and romaine with about half the dressing, toss, and add just enough dressing until salad is lightly coated. Sprinkle with cheesy mix and serve immediately.

Substitutions

- **Salad greens:** you can use other greens, or only romaine to make it more authentic
- **Dressing:** you can use a bottled dressing or other homemade recipe if you don't need it to be vegan.
- **Cheesy mix:** Use parmesan if you don't need it to be vegan/dairy-free.

Roasted Cauliflower with Tahini Sauce

Vegan, vegetarian.



Serves 4-6

Ingredients

- 1 head cauliflower, cut into medium florets
- 2 tablespoons extra virgin olive oil
- ½ cup tahini
- ¼ cup lemon juice
- ¼ cup fresh parsley, minced
- ¼ cup water
- 1-2 cloves garlic, minced and mashed
- ¼ teaspoon salt

Instructions

1. Preheat oven to 400°F. Toss cauliflower with olive oil and spread into an even layer on a baking sheet.
2. Bake 20-25 minutes, flipping once or twice, until cauliflower is tender and caramelized.
3. Meanwhile, whisk together tahini, lemon juice, parsley, garlic and salt. Add water 1 tablespoon at a time until reaching desired consistency, which should be thinner than a paste but not runny.
4. Toss cauliflower with about half of the sauce, adding more as necessary. You may have leftover sauce depending on the amount of cauliflower used. Garnish with parsley and serve warm.

Carrot Pancakes

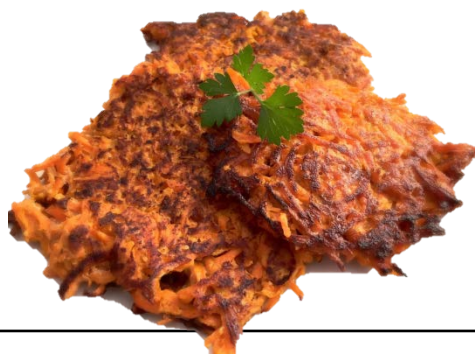
Vegetarian. Allergens: Contains eggs, and wheat or nuts

Topping Ideas:
Sour cream, plain yogurt, applesauce, a savory relish, or salsa

Serves 4

Ingredients

- 1 pound carrots, grated
- 4 large eggs, beaten
- ¼ cup whole wheat flour, almond meal, or other flour substitute
- ¼ cup olive oil
- Salt to taste



Instructions

1. In a large bowl, combine carrots, eggs, flour, and salt and mix until well combined.
2. Heat a large skillet over medium high heat with 2 tablespoons oil. Add 1/2 cup carrot mixture and flatten into a 1/2-inch thick patty and repeat until pan is full. Flip patties when the underside is golden brown. When both sides are golden brown, transfer to a paper towel to drain.
3. Repeat step 3 until all carrot mixture is used, adding more oil to the pan as needed.

Substitutions
Try other grated vegetables such as parsnips, zucchini, or potatoes, or a mixture.

To grate, use either:

- Grater attachment in a food processor
- Box grater
- Packaged pre-grated vegetables

Creamy Pesto Spaghetti Squash

Vegan, vegetarian. Allergens: Contains nuts



Serves 6-8

Ingredients

- 1 medium spaghetti squash
- 1 cup basil
- 1 cup avocado
- ½ cup pine nuts
- Juice of 1 lemon (2 tbsp)
- 2 cloves garlic
- ½ tsp salt or to taste
- ½ cup + 2 Tablespoons extra virgin olive oil

Instructions

1. Preheat oven to 350°F.
2. Cut spaghetti squash in half lengthwise. Use a spoon to scoop out the pulp and seeds. Brush the cut side of the squash with 2 tablespoons olive oil and place face down on a baking sheet.
3. Bake for 30-45 minutes until squash is fork tender. The squash should flake off in strands easily when scraped with a fork. Let cool for several minutes.
4. Meanwhile, combine basil, avocado, pine nuts, lemon juice, garlic, and salt in a food processor. Puree until well combined. Slowly drizzle in olive oil while the food processor is running until desired consistency is reached.
5. Use a fork to scrape the squash into strands in a large bowl, then combine with sauce.

Make it a Meal
Toss chicken breasts with olive oil, salt and pepper and place on the baking sheet next to the squash for the last 20-25 minutes of baking, until internal temperature reaches 165°F.

Tip: Try using spaghetti squash in other noodle dishes: marinara with meatballs, Asian noodle dishes, etc.

