



Our first edition of the PG Recipe Book was a pilot project and turned out to be quite a success and took in many awesome recipes. I have made it a personal mission to try every recipe that I could and even used substitutions to turn them plant based when I could. We are now happy to present to you Volume 2. This version is diverse with many cooking styles and tastes. Within these pages you will find options for every part of the day from ...breakfast foods, to all purpose meals and fantastic desserts.

Embrace your inner chef and try a few. Let us know how they are. I look forward to trying as many as I can again over the coming year.

Thank you to everyone for your contributions to this 2<sup>nd</sup> edition.

Kevin Vachon  
Pulse Generator Health & Wellness Specialist

# Dressings, Dips, Salads

- Date Syrup...All Natural Sweetener
- Crowd Pleasing Vegan Caesar Salad
  - Shrimp and Vegetable Salad
- Baked Salmon with Boiled Asparagus Salad
  - Buffalo Chicken Dip



# Date Syrup...All Natural Sweetener

Submitted by:

Kevin Vachon,

PG Staff

## Ingredients:

- 1 cup pitted dates
- 2 cups boiling water
- 1 cup non dairy milk
- 1 tsp lemon juice
- ½ tsp salt



- Pour boiling water over dates and cover. Let soften for about 30 minutes.
- Drain dates. (Reserve the sweet water if you like to drink as a sweet tea)
- Add all ingredients (except reserved water) to a blender and run at high speed for about 1 minute.

**\*\*Keep syrup in a glass jar for up to 3 weeks in the fridge. Experiment with raisins and other soft dried fruit for a variety of flavors.**

# Crowd Pleasing Caesar Salad

Submitted by:

Kevin Vachon,

PG Staff

<https://ohsheglows.com/2014/11/24vegan-caesar-salad//crowd-pleasing->

## Roasted Chickpea Croutons:

1 (15-ounce) can chickpeas (or 1 1/2 cups cooked), drained and rinsed

1 teaspoon extra-virgin olive oil

1/2 tsp fine grain sea salt

1/2 tsp garlic powder

1/8 to 1/4 tsp cayenne pepper (optional)

## Caesar Dressing Ingredients

(makes ¾ - 1 cup):

1/2 cup raw cashews, soaked overnight

1/4 cup water

2 Tbsp extra-virgin olive oil

1 Tbsp lemon juice

1/2 Tbsp Dijon mustard

1/2 tsp garlic powder

1 small garlic clove (you can add another if you like it super potent)

1/2 Tbsp vegan Worcestershire sauce  
(I use Wizard's gluten-free brand)

2 tsp capers

1/2 tsp fine grain sea salt and pepper, or to taste

## Nut & Seed Parmesan Cheese Ingredients:

1/3 cup raw cashews

2 Tbsp hulled hemp seeds

1 small garlic clove

1 Tbsp nutritional yeast

1 Tbsp extra-virgin olive oil

1/2 tsp garlic powder

fine grain sea salt, to taste

## Salad ingredients:

1 small/medium bunch lacinato kale,  
destemmed

(5 cups chopped)

2 small heads romaine lettuce (10 cups  
chopped)



**...continued on next page**

# Crowd Pleasing Caesar Salad

## ...continued

<https://ohsheglows.com/2014/11/24vegan-caesar-salad//crowd-pleasing->

### Make the Chickpea Croutons:

- a)** Soak cashews in a bowl of water overnight, or for at least a few hours. Drain and rinse.
- b)** Preheat oven to 400°F. Drain and rinse chickpeas. Place chickpeas in a tea towel and rub dry (it's okay if some skins fall off). Place onto large rimmed baking sheet. Drizzle on oil and roll around to coat. Sprinkle on the garlic powder, salt, and optional cayenne. Toss to coat. Roast for 20 minutes at 400°F, then gently roll the chickpeas around in the baking sheet. Roast for another 10 to 20 minutes, until lightly golden. They will firm up as they cool.

### Make Dressing:

- c)** Add the cashews and all other dressing ingredients (except salt) into a high-speed blender, and blend on high until the dressing is super smooth. You can add a splash of water if necessary to get it blending. Add salt to taste and adjust other seasonings, if desired. Set aside.

### Make the Parmesan Cheese:

- d)** Add cashews and garlic into a mini food processor and process until finely chopped. Now add in the rest of the ingredients and pulse until the mixture is combined. Salt to taste.
- e)** Wash and dry all greens. Destem the kale (optional) and then finely chop the greens. Place greens into extra large bowl. Add dressing onto greens and toss until fully coated. Season with a pinch of salt and mix again. Now sprinkle on the roasted chickpeas and the Parmesan cheese. Serve immediately.

**Tip:** The dressing thickens when chilled, so be sure to leave it at room temperature to soften before using...if you have any left.

# Shrimp and Vegetable Salad

<https://www.instagram.com/p/Bhan2uQhA7-/>

## Marinade and Dressing Ingredients:

1/4 cup fresh lime or lemon juice  
1/4 cup extra olive oil  
2 Tbsp honey  
1 Tbsp vinegar  
1/2 tsp chili powder  
1/4 tsp cumin  
2 garlic cloves  
2 Tbsp mustard  
salt and pepper)  
2 cups shrimp, peeled and deveined.  
Washed and dried

## Salad Ingredients:

2 cups romaine lettuce chopped  
2 sliced mushrooms  
6 cherry tomatoes, halved  
1 avocado, chopped  
1/8 cup red onion, thinly sliced  
Parmesan cheese or any kind of cheese

- a) Combine the marinade ingredients in a food processor, process until smooth.
- b) Place shrimp in a plastic bag or dish then add almost 1/4 cup of the mix shake we'll and marinate in the refrigerator for 20 minutes.
- c) Keep the remaining dressing for salad dressing. You can keep the extra marinade in the fridge for 4-5 days, use as dipping sauce, marination or dressing.
- d) Cook the marinated shrimp on the grill for 2 minutes each side or until cooked through. Set aside to cool slightly.
- e) Create a salad with the lettuce, avocados, tomatoes, shrimp, onion, cheese and mushroom then drizzle dressing on top. Enjoy.



Submitted by:

Yazid Alhamarneh

PG UAH

# Baked Salmon with Boiled Asparagus Salad

<https://www.instagram.com/p/BgiM9Cln0dJ/>

## Dressing Ingredients:

1/3 cup maple syrup or honey  
4 Tbsp olive oil  
4 Tbsp lemon juice  
2 Tbsp Dijon mustard  
Salt and black pepper

Submitted by:

Yazid Alhamarneh

PG UAH

## Salmon Spice Ingredients:

1/4 tsp of black pepper  
1/4 tsp chili flakes  
1/4 tsp cumin  
1/4 tsp dried thyme  
1/4 tsp mustard seeds (optional)  
1/4 tsp salt

## Salad Ingredients:

2 salmon filets  
spring mix greens  
Strawberries  
Avocado  
Asparagus spears



- a) Preheat oven to 350 F
- b) Mix all dressing ingredients. Set aside.
- c) Cut salmon into portions. Brush salmon with 2 Tbsp of dressing. Sprinkle salmon generously with salmon spice mix. Let stand 5 minutes.
- d) Place salmon on a baking sheet with parchment paper and bake for 15-20 minutes until it flakes easily with a fork.
- e) Bring a large pot of water to a strong boil. Toss in your entire bunch of asparagus. As soon as the water comes back to a boil, cook the asparagus for exactly 2 minutes. Remove from water and drain.
- f) Create a salad with the spring mix and other salad ingredients. Top with cooked asparagus and salmon.



# Buffalo Chicken Dip

<https://www.allrecipes.com/recipe/68461/buffalo-chicken-dip/>

## Ingredients:

- 2 (10 ounce) cans chunk chicken, drained
- 2 (8 ounce) packages cream cheese, softened
- 1 cup Ranch dressing
- 3/4 cup pepper sauce (such as Frank's Red Hot®)
- 1 ½ cups shredded Cheddar cheese
- 1 bunch celery, cleaned and cut into 4 inch pieces
- 1 (8 ounce) box chicken-flavored crackers

**\*\*Makes about 5 cups\*\***

Submitted by:

Matt Thomas, PG Staff

- a)** Heat chicken and hot sauce in a skillet over medium heat, until heated through.
- b)** Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm.
- c)** Mix in half of the shredded cheese, and transfer the mixture to a slow cooker. Sprinkle the remaining cheese over the top, cover, and cook on low setting until hot and bubbly.
- d)** Serve with vegetable sticks and crackers.



# Breakfast

- Almond Butter Salted Caramel Brownie French Toast
  - Apple Strudel Breakfast Cereal
    - Pumpkin Pancakes
    - 1/3 Cup Breakfast Oatmeal



# Almond Butter Salted Caramel Brownie French Toast

Submitted by:

Suzanne Lewis

PG UAH

<https://www.veganricha.com/2015/04/almond-butter-salted-caramel-brownie-french-toasts.html>

## Brownie Batter Ingredients:

1 cup non dairy milk  
2 Tbsp flour white or wheat or gluten free (rice or chickpea)  
3 Tbsp or more cocoa powder  
1/2 tsp vanilla extract  
2 Tbsp maple syrup  
2 Tbsp sugar  
1 tsp oil

## Salted Date Caramel Ingredients

9 to 10 soft medjool dates soaked in hot water for half an hour  
3/4 cup non dairy milk  
1/4 tsp salt or to taste

## French Toast Ingredients

Creamy almond butter or peanut butter  
6 to 8 bread slices or artisan or french bread  
Vegan chocolate ganache or melted vegan chocolate

- a) Mix all brownie batter ingredients. Pour into a shallow bowl.
- b) Use a blender to mix all date caramel ingredients until smooth. Add more non dairy milk if needed. Taste and adjust salt and sweet.
- c) Spread almond/peanut butter on a slice of bread. Spread date caramel generously on the other slice. Combine the 2 slices into a sandwich. (You can also use fruit preserves instead of salted caramel for a PBJ filling)
- d) Place the sandwich into the brownie batter, flip after 10 seconds and soak the other side.
- e) Cook on a heated and greased pan for 2 to 4 minutes each side. Repeat for the rest of the french toasts. Store the french toasts in the oven at a minimum setting to keep warm until ready to serve.
- f) Drizzle more salted caramel and melted chocolate or chocolate ganache on the french toast. Dust with sugar (optional). Serve with favorite fruits.



# Apple Strudel Breakfast Cereal

From "Quinoa 365" by Patricia Green and Carolyn Hemming

Submitted by:

Heather Stickney PG  
UAH

## Ingredients:

3/4 Cup slivered almonds  
1 Cup quinoa  
2 ½ Cup water  
1/2 Cup diced dried apple slices  
1/4 Cup raisins  
1 tsp each (5mL) ground  
cinnamon, vanilla and brown  
sugar  
1 Cup vanilla yogurt



- a)** Place the almonds in a medium saucepan over medium-high heat. Stir frequently until the almonds are toasted and fragrant, about 3 to 4 minutes. Set the almonds aside in a small bowl.
- b)** Bring water to a boil. Once boiling add the quinoa, apple, raisins and cinnamon to the boiling water. Cover and reduce to a simmer for about 15 -17 minutes. Once time is up, uncover, remove from heat and fluff quinoa with a fork.
- c)** Stir in the ground cinnamon, vanilla and brown sugar. To serve, divide between bowls, top with vanilla yogurt, more brown sugar (optional) and sprinkle with toasted almonds.

# Pumpkin Pancakes

Submitted by:

Nicole Petovello

PG RAH

## Ingredients:

4 eggs

½ can canned pumpkin

1 tsp vanilla

2 Tbsp maple syrup

1 ½ tsp pumpkin pie spice

1 tsp cinnamon

¼ tsp baking soda

2 Tbsp coconut oil



- a)** Whisk the eggs, canned pumpkin, vanilla, and maple syrup together.
- b)** Sift the pumpkin pie spice, cinnamon, and baking soda into the wet ingredients
- c)** Melt the coconut oil then add it to the batter
- d)** Heat pan to medium heat. Add batter to pan in desired sizes. When a few bubbles appear in the cooking batter, flip the pancake once to complete cooking. Serve with a dash of cinnamon, maple syrup or bananas or unsweetened applesauce.

# “1/3 CUP” BREAKFAST OATMEAL

**a)** Using a large bowl, add all ingredients except the chocolate chips and plant based milk. If using fresh berries instead of frozen leave these out for now as well.

**b)** add 2/3 to 1 cup water and mix together. Now microwave for 2 minutes. Remove from microwave and stir again. Cook for another 1-2 minutes.

**c)** Once cooked, add the chocolate chip and let them sit for a few minutes until melted. Mix well. If using fresh berries, add then now as well.

**d)** Add up to 1/3 cup of plant based milk if you like it to have a creamier taste.

\*\*Try different types of berries. For a unique taste you can also try adding a bit of ground Star Anise.

## Ingredients:

1/3 cup steel cut oats  
1/3 cup crushed walnuts  
1/3 cup ground flax seed  
1/3 cup shredded unsweetened coconut  
1/3 cup frozen blueberries (or use fresh berries of your choice)  
1/3 cup chocolate chips  
2 Tbsp Pumpkin seeds  
1-2 Tbsp Hemp Hearts  
2 Tbsp Blackstrap molasses  
1 tsp cinnamon  
2/3 cup to 1 cup water  
1/3 cup plant based milk.

Submitted by:

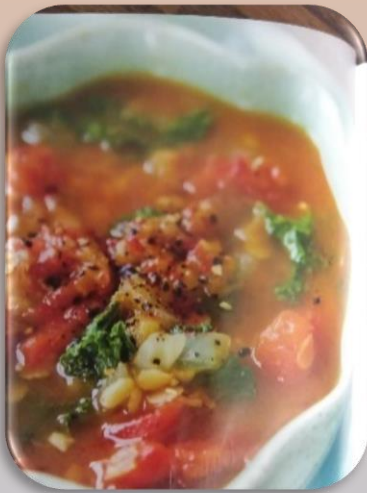
Kevin Vachon

PG Staff



# Soups & Stew

- On the Mend Spiced Red Lentil Kale Soup
  - South of the Border Tortilla Soup
  - Miso Soup with Spinach & Dulse
    - Pumpkin Soba Noodle Soup
    - Vegan Irish Guinness Stew



# On the Mend Spiced Red Lentil Kale Soup

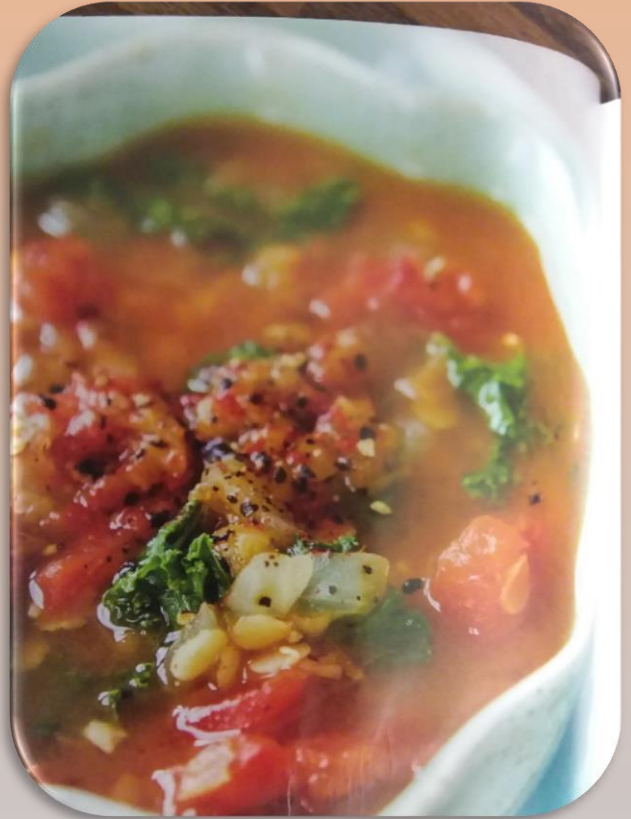
From "The Oh She Glows Cookbook" by Angela Liddon

Submitted by:

Suzanne Lewis PG UAH

## Ingredients:

1 tsp coconut or olive oil  
1 sweet onion...diced  
2 large garlic cloves...minced  
3 stalks celery...diced  
1 bay leaf  
1.25 tsp ground cumin  
2 tsp chili powder  
½ tsp ground coriander  
½ tsp smoked paprika  
1/8 tsp cayenne pepper  
1 - 14oz can diced tomatoes  
5-6 cups vegetable broth  
1 cup uncooked red lentils  
Salt and black pepper to taste  
2 large handfuls of kale or spinach leaves



- a)** In a large pot, heat the oil over medium heat. Add onion and garlic and saute until onion is translucent. Add the celery, a bit of salt and saute a few more minutes.
- b)** Add the bay leaf, cumin, chili powder, coriander, paprika and cayenne and stir to combine. Saute a few minutes until fragrant.
- c)** Stir in the tomatoes with their juices, the broth and the lentils. Bring to a boil, then simmer on medium heat, uncovered, for about 20-25 mins, until the lentils are cooked. Season with salt and pepper and discard bay leaf.
- d)** Stir in the kale or spinach and cook a few minutes until they are wilted. Serve immediately.



# South of the Border Tortilla Soup

<https://tastespace.wordpress.com/2014/02/11/south-of-the-border-tortilla-soup-no-meat-athlete-reviewgiveaway/>

Submitted by:

Mary Nielsen, PG Staff

## Ingredients:

4 corn tortillas, chopped  
1 Tbsp coconut oil, or oil of choice  
1 small onion, chopped  
1 cup corn kernels, thawed if frozen  
4 cloves garlic, chopped or pressed  
1 Tbsp ground cumin  
28 oz can diced tomatoes with green chiles (or 2 x 14.5 oz cans), undrained  
2 Tbsp tomato paste  
8 cups vegetable broth  
3 cups cooked black beans (or 2 x 15 oz cans, rinsed and drained)  
salt and pepper, to taste  
juice of 1 lime  
1 avocado, peeled, pitted and diced, for garnish  
large handful cilantro, chopped, for garnish



**a)** Preheat oven to 350F. Place chopped corn tortillas on a baking sheet and bake for 8-10 minutes, until crisp, being careful not to let burn. Remove from oven and let cool.

**b)** Meanwhile, in a large soup pot over medium heat, heat oil. Once hot, add onion, sprinkle with some salt and saute until softened, around 5 minutes. Add corn and garlic and heat through, around 1 minute. Stir in cumin and toast for 30 seconds, until fragrant. Combine with the vegetables and add tomatoes, tomato paste and vegetable broth. Increase heat to high to bring to a boil. Once boiling, cover, reduce heat to low and simmer for 30 minutes.

**c)** Add a portion of the corn tortillas to the soup and carefully blend the soup (making sure you allow steam to escape if using a blender) until you obtain the consistency you desire. Using a high-speed blender, it only took me one second, but an immersion blender would work well here. Return the soup to the pot and add the black beans. Warm to your desired temperature.

**d)** Stir in lime juice and taste. Season with salt and pepper. Top with avocado, cilantro and any leftover baked corn tortillas.

# Miso Soup with Spinach & Dulse

From "How Not to Die" cookbook by Dr Michael Gregor

Submitted by:

Kevin Vachon PG Staff



## Savory Spice Blend Ingredients:

2 Tbsp Nutritional yeast  
1 Tbsp Onion Powder  
1 Tbsp dried parsley  
1 Tbsp dried basil  
2 tsp garlic powder  
2 tsp dried thyme  
2 tsp mustard powder  
2 tsp paprika  
½ tsp ground turmeric  
½ tsp celery seeds

## Soup Ingredients:

3 Tbsp dried dulse  
5 cups vegetable broth  
1 cup shelled edamame beans  
6 shitake mushrooms...sliced  
3 scallions...chopped  
¼ cup white miso paste  
4 cups fresh spinach, cut into strips  
Savory Spice blend

- a)** Chop the dulse. Soak in water for 3 mins to rehydrate, then drain and set aside.
- b)** In a large pot, bring the broth to a boil. Add the edamame beans and lower the heat to medium. Simmer 5 minutes
- c)** Stir in mushrooms and scallions and simmer 5 minutes longer. Reduce heat to low.
- d)** In a small bowl, mix together the miso paste with about a 1/3 cup of the hot broth, blending well. Add the blended miso mixture to the soup.
- e)** Add the dulse, spinach, and spice blend and simmer about 3 mins. Do not boil. Serve hot.

# Pumpkin Soba Noodle Soup

<https://www.canadianliving.com/food/lunch-and-dinner/recipe/pumpkin-soba-noodle-soup>

Submitted by:

Mary Nielsen, PG Staff



## Ingredients:

- 225 grams soba noodles
- 1Tbsp Sesame Oil
- 1 Tbsp Salted butter
- 2 cloves of garlic
- 1 Tbsp grated ginger
- 1 cup sliced shitake mushrooms
- 4 cups vegetable or mushroom broth
- 3 Tbsp Hoisin sauce
- 2 Tbsp soy sauce
- 1 Tbsp unseasoned rice vinegar
- 3 cups cubed pumpkin or butternut squash
- 1.5 cup frozen shelled Edamame beans
- 4 cups packed baby spinach

- a)** In saucepan of boiling salted water, cook noodles according to package directions. Drain and rinse under warm water; drain well. Set aside.
- b)** Meanwhile, in large saucepan, heat sesame oil and butter over medium heat; cook garlic and ginger for 1 minute. Add mushrooms; cook, stirring often, until softened, about 8 minutes.
- c)** Add broth, hoisin sauce, soy sauce and vinegar. Bring to boil
- d)** Add pumpkin. Reduce heat to medium; partially cover and simmer until pumpkin is tender, about 15 minutes.
- e)** Add edamame during last 5 minutes of cooking. Remove from heat; stir in spinach. Divide noodles among 4 bowls; ladle soup over top.

# Vegan Irish Guinness Stew

<https://www.thekitchn.com/recipe-vegetarian-guinness-ste-79395>



Submitted by:

Mary Nielsen, PG Staff

## Ingredients:

- 1 Tbsp Olive Oil
- 3 celery stalks
- 3 small onions
- 1 lbs of button mushrooms
- 3 lbs Russet potatoes
- 3 large carrots
- 1 Tbsp flour
- 1 Tbsp vegetable stock base
- 1x 11oz bottle Guinness beer
- 1 tsp mustard
- 2 Tbsp tomato paste
- 1 bay leaf
- 1 tsp black pepper
- 1 tsp paprika
- 4 cups water
- 2 tsp sugar
- 1 tsp salt

- a)** Finely chop celery, 2 of the onions and 4 mushrooms. Heat olive oil in a large soup pot and add chopped vegetables. Cook until softened and beginning to brown, about 10 minutes.
- b)** Meanwhile, chop the remaining onion, potatoes and carrots into large chunks. Set aside.
- c)** Add flour to the softened mixture and stir to coat. Cook for 2 minutes. Pour in Guinness and scrape up any browned bits from the bottom of the pan. Add the remaining ingredients and bring to a boil. Reduce heat and simmer uncovered until all vegetables are fork-tender, about 45 minutes.

# Mains

- Black Bean Chili with Avocado Salsa
  - Easy Broccoli Beef
- Thai Peanut Empowered Noodle Bowl
  - Beef Noodle Stir Fry
- Roasted Cauliflower Lentil Curry
  - Mirza Ghasemi
  - Lentil Walnut Loaf
- Fennel, Banana & Fusilli Salad with Orange Yogurt Dressing



# Black Bean Chili with Avocado Salsa

## Black Bean Chili Ingredients:

- 1 Tbsp vegetable oil
- 2 onions, chopped
- 2 clove cloves garlic, minced
- 2 carrots, chopped
- 1 jalapeño pepper, seeded and minced
- 2 Tbsp chili powder
- 1 tsp ground cumin
- 1 tsp dried oregano
- ¼ tsp salt
- 2 can (each 28 oz) stewed tomatoes
- 2 can (each 19 oz) black beans, drained and rinsed
- 2 red peppers, chopped

## Avocado Salsa Ingredients:

- 2 avocados, peeled, pitted and diced
- 2 Tbsp minced red onion
- 2 Tbsp chopped fresh coriander
- 2 Tbsp lime juice
- pinch each salt and pepper

**a)** In a large saucepan, heat oil over medium heat. Cook onions, garlic, carrots jalapeño pepper, chili powder, cumin, oregano and salt, stirring occasionally, until onions are softened, about 5 minutes.

**b)** Add tomatoes, black beans and red peppers; cover and simmer until carrots are tender, about 40 minutes.

**c)** While the chili cooks make the salsa. In bowl, combine avocados, onion, coriander, lime juice, salt and pepper. Dollop onto each serving.



Submitted by:

Regan Hesjedal

PG Staff

# Easy Broccoli Beef

<https://iheartumami.com/paleo-beef-with-broccoli/>

Submitted by:

Erin Kennedy

PG RAH

## Ingredients:

1 lbs beef (sirloin, skirt steak, boneless short ribs...etc.)  
1 to 2 heads broccoli, break into florets  
2 cloves garlic, minced  
2 pieces thin sliced ginger, finely chopped  
Cooking fat of your choice

## Sauce Combo Ingredients:

2 Tbsp coconut aminos  
1 Tbsp fish sauce  
2 tsp sesame oil  
1/4 tsp black pepper

## Beef Marinade Ingredients:

2 Tbsp coconut aminos (This is simply an alternative to soya sauce – free of soy!)  
1/2 tsp coarse sea salt  
1 Tbsp sesame oil  
1/4 tsp black pepper  
1 tsp arrowroot/sweet potato powder  
1/4 tsp baking soda



- a) Slice beef into about ¼ inch thin. Marinate thinly sliced beef with ingredients under “beef marinade”. Mix well.
- b) Place broccoli florets in a microwave safe container. Add 1-2 Tbsp water. Loosely covered with a lid or wet paper towel and microwave for 2 mins. Cook until broccoli is tender but still crunchy. Set aside.
- c) Heat a wok over medium heat w/ 1 ½ Tbsp cooking fat. When hot, lower the heat to medium, add garlic and ginger. Season w/ a small pinch of salt & stir-fry until fragrant (about 10 secs).
- d) Turn up the heat to medium-high, add marinated beef. Spread beef evenly over the bottom of the sauté pan and cook until the edge of the beef is slightly darkened and crispy. Do the same thing for flip side - about ¾ way cooked through with slightly charred and crispy surface.
- e) Add “Sauce Combo”. Stir-fry about 1 min. Add broccoli. Stir-fry another 30 secs. Toss everything to combine.

**\*\*Serve with Rice or Noodles**

# Thai Peanut Empowered Noodle Bowl

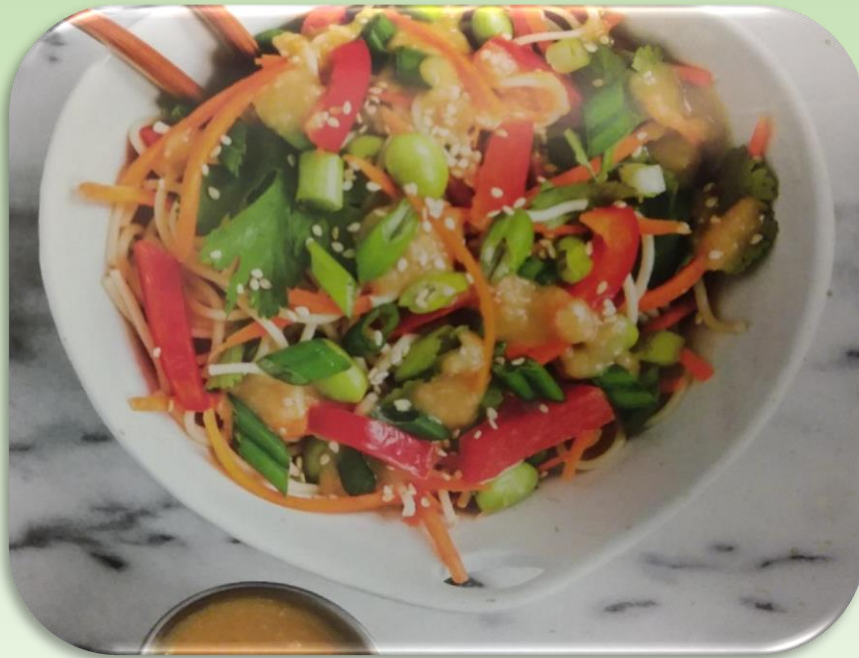
From "The Oh She Glows Cookbook" by Angela Liddon

## Salad Ingredients:

4 ounces soba noodles  
1 tsp oil  
16 ounces shelled thawed edamame beans  
1 red bell pepper...sliced or diced  
½ English cucumber...diced  
1 carrot...julienned  
4 green onions...chopped  
¼ cup cilantro leaves...chopped  
Sesame seeds for serving

## Thai Peanut Sauce Ingredients:

1 large garlic clove  
2 Tbsp toasted sesame oil  
3 Tbsp peanut or almond butter  
2 tsp grated fresh ginger  
3 Tbsp fresh lime juice  
2 Tbsp + 1 tsp tamari  
1-2 tsp granulated sugar



Submitted by:  
Suzanne Lewis  
PG UAH

**a)** Make the Thai peanut sauce...In a food processor, combine all sauce ingredients plus 2-3 Tbsp water and process until combined.

**b)** Cook the soba noodles according to package instructions, then drain and rinse under cold water. Toss with oil so noodles do not stick together.

**c)** In a large bowl mix the noodles with all the vegetables and the peanut sauce. Top with sesame seeds and enjoy. This dish is great cold or heated.



# Beef Noodle Stir Fry

Submitted by:

Yazid Alhamarneh

PG UAH

<https://www.instagram.com/p/BgQHnIXHUMO/>

## Steak Marinade Ingredients:

- 1 pound top sirloin steak sliced thinly
- 2 Tbsp low sodium soya sauce
- 1 Tbsp brown sugar
- 1 Tbsp fish sauce
- 1 tsp sesame oil

## Sauce Ingredients:

- ½ cup low sodium soy sauce
- 4 tsp garlic, finely minced
- 1 tsp fresh ginger, grated ( optional)
- 2 Tbsp honey or brown sugar
- 1 Tbsp fish sauce
- 1 Tbsp red vinegar or rice vinegar
- 1 Tbsp oyster sauce (optional)
- 1 Tbsp hoisin sauce (optional)
- 1 Tbsp sesame oil
- 1 Tbsp cornstarch
- 1 Tbsp chili sauce

## Stir Fry Ingredients:

- 1 red bell pepper, cubes.
- 3 carrots, sliced
- 1 head broccoli florets
- 6-8 sliced mushrooms
- Bean sprouts ( optional)
- 4 Tbsps canola oil or vegetable oil
- sliced green onion and fresh cilantro(for garnish, optional)
- fresh noodles or rice noodles or rice.



## Make the Steak Marinade:

- a)** Mix together all marinade ingredients then pour over the steak slices. Set aside for a few hours.

## Make the Stir Fry Sauce:

- a)** Combine all sauce ingredients and stir well with a whisk to thicken and dissolve all cornstarch. Set aside to add to the stir fry.

## Make the Stir Fry:

- a)** In a very large high- sided pan heat 2 tbsp of oil over medium high heat. When hot, add the beef and stir fry for 4-5 minutes, use to spoon to gently stir until cooked through. Remove from pan and drain off any excess liquid.
- b)** Add 2 Tbsp of oil to pan. When hot, add carrot and cook for 2 mins, stirring gently. Add bell pepper and cook for another 2 minutes. Return the beef and mix. Add broccoli, mushroom and beans sprouts and cook for another 2 minutes. Add the sauce, stirring to mix and coat everything. Cook for 1-2 minutes, until sauce has thickened.

**Serve on top of cooked noodles or rice and garnish with green onion and cilantro.**

# Roasted Cauliflower Lentil Curry

<https://www.pickuplimes.com/single-post/2018/11/02/Roasted-Cauliflower-Lentil-Curry>

## Curry Ingredients:

1 Tbsp (15 ml) vegetable oil  
1 yellow onion, diced  
3 cloves garlic, crushed  
1 Tbsp curry powder  
1/2 Tbsp garam masala powder  
1/2 Tbsp turmeric powder  
1 tsp cumin powder  
1 tsp coriander powder  
1 tsp cinnamon powder  
1 tsp salt  
1 can (400 g) diced tomatoes  
10 cherry tomatoes, cut into halves  
1 can (400 ml) coconut milk  
1 can (250 g) cooked brown lentils  
2 cups (100 g) fresh spinach

## Cauliflower Ingredients:

1 head of cauliflower, broken into bite-sized pieces  
1 Tbsp (15 ml) vegetable oil  
1 tsp garlic powder  
1 tsp onion powder  
1/2 tsp paprika  
1/4 tsp salt  
1/4 tsp black

Submitted by:

Marysia Stasiewicz  
PG UAH

**a)** Preheat the oven to 400° F

**b)** Toss the cauliflower with the oil and spices until coated. Spread evenly on a baking tray lined with baking paper or tinfoil. Roast for 40-50 minutes, until crispy and golden, stopping to mix once halfway. Once cooked set aside.

**c)** In a large pot on medium heat, cook the onions in the oil, until soft and slightly golden. Add splashes of water if needed to prevent burning or sticking in the pot. Once soft, add the garlic and all the spices, and stir until fragrant (about 1 minute).

**d)** Add the can of tomatoes and the fresh tomatoes, and stir to combine everything. Allow to simmer for 5 minutes.

**e)** Finally, add the coconut milk, lentils, spinach, and roasted cauliflower, and mix until everything is combined and heated through, about 5 minutes.

**Serve with rice, and enjoy!**



# Mirza Ghasemi

[https://www.bbc.com/food/recipes/smoked\\_aubergines\\_with\\_49362](https://www.bbc.com/food/recipes/smoked_aubergines_with_49362)

Submitted by:

Maryam Nakhaei-Nejad

PG UAH

## Ingredients:

3 large eggplants  
vegetable or olive oil, for frying  
1 bulb garlic, cloves peeled and thinly sliced  
½ tsp turmeric (optional)  
3 large ripe tomatoes, quartered  
2 Tbsp tomato purée  
1½ tsp crushed sea salt  
2 large free-range eggs, beaten  
small handful of broken walnut pieces, to garnish  
Serve with flatbread



- a)** Preheat the oven to 220C/425F. Place the eggplants in a roasting tin and roast them whole in the oven 40-45 minutes.
  - b)** Meanwhile put a good drizzle of oil in a large frying pan over a medium heat and slowly cook the garlic slices, ensuring you cook them through rather than simply browning them. Once the garlic begins to brown around the edges, stir in the turmeric. Add the tomatoes to the pan and cook for about 15-20 minutes, or until they break down and are cooked through, then turn off the heat and set the pan aside.
  - c)** Once the eggplants are cooked, score the eggplant skin from stalk to base and scoop out the flesh using a large spoon. Stir this into the garlic and tomatoes.
  - d)** Place the pan over a medium-high heat and cook through for a few minutes, mashing a little as you go. Lastly, add the tomato purée and sea salt, stir well and cook for a further 6-8 minutes, stirring occasionally to prevent the mixture from browning.
  - e)** Make lots of little holes in the mixture and pour the beaten eggs straight into the pan, but do not stir in the egg. You want to ensure the eggs are cooking and solidifying before you incorporate them, they take about 5-6 minutes to become opaque. Once cooked, give the mixture one final stir and remove the pan from the heat. Leave the mixture to cool for 20 minutes, as this dish is best served warm rather than piping hot. Garnish with walnut pieces and serve with flatbread.
- \*\*\* Alternatively the eggs can be cracked into fewer bigger holes and let cook without stirring until the eggs have set to your liking.

# Lentil Walnut Loaf

From "The Oh She Glows Cookbook" by Angela Liddon

Submitted by:

Suzanne Lewis PG UAH

## Loaf Ingredients:

1 cup uncooked green lentils  
1 cup chopped walnuts  
3 Tbsp ground flaxseed  
1 tsp olive oil  
3 cloves garlic...minced  
2 cups yellow onion...chopped  
1 cup chopped celery  
1 cup grated carrot  
1/3 cup grated apple  
1/3 cup raisins  
1/2 cup oat flour  
1/2 cup bread crumbs  
1 tsp dried thyme  
1 tsp dried oregano  
1 tsp salt  
1/4 tsp red pepper flakes (optional)  
Salt and black pepper to taste.

## Balsamic Apple Glaze Ingredients:

1/4 cup ketchup  
2 Tbsp applesauce or apple butter  
2 Tbsp balsamic vinegar  
1 Tbsp maple syrup



- a)** Cook lentils according to package instructions. Once cooked, use a food processor to chop lentils for a few seconds, leaving some lentils intact for texture. Set aside.
- b)** Preheat oven to 350F. While oven is heating, cook onions and garlic in the oil until translucent. Add salt, celery, carrot, apple and raisins and saute about 5 mins.
- c)** Stir in cooked lentils, flaxseed, walnuts, oat flour, bread crumbs, thyme, oregano, 1 tsp salt, 1/4 tsp black pepper & red pepper flakes. Stir until well mixed.
- d)** Press the mixture firmly into a prepared loaf pan. Make the glaze by combining all glaze ingredients and stirring to form a paste. Spread over loaf.
- e)** Bake uncovered for 50-60 mins until the edges are lightly browned. Cool loaf in pan for 10 mins. Remove from pan and cool for another 30 mins before slicing. If slicing while warm it may crumble.

# Fennel, Banana & Fusilli Salad with Orange Yogurt Dressing

From "Vegan on the Go" Cookbook by Jerome Eckmeier & Daniela Lais

## Salad Ingredients:

1 cup fusilli pasta  
1 fennel bulb  
1 large banana  
½ apple  
salt

## Dressing Ingredients:

¾ cup plain yogurt  
6 Tbsp orange juice  
2 Tbsp olive oil  
3 Tbsp white wine vinegar  
1 heaped Tbsp curry powder  
1.5 tsp salt  
½ tsp black pepper  
1/3 cup pine nuts  
Small bunch of parsley  
Squeeze of lemon juice



Submitted by:

Kevin Vachon

PG Staff

- a)** Cook pasta according to package directions.
- b)** Remove core from fennel bulb then grate the fennel. Grate the apple. Slice the banana into thin slices. Mix fennel, apple, banana and cooked pasta.
- c)** Make the dressing by mixing the yogurt, orange juice, oil, vinegar, curry powder, salt, and pepper in a bowl.
- d)** Toast pine nuts in a pan until golden brown (optional) then let cool.
- e)** Chop the parsley then add it as well as the nuts and the dressing to the pasta mixture. Fold together and finish with a squeeze of lemon juice and more salt and pepper if you like.

# Desserts & Snacks

- Toffee Cinnamon Oatmeal Cookie Bars
  - Home Made Granola Bars
  - Nicky's Not So Nasty Chocolate
    - Poke n Pour Ginger Cake
- Frozen Chocolate Peanut Butter Pie
  - Ultimate Unbaked Brownies



# Toffee Cinnamon Oatmeal Cookie Bars

<https://ohsheglows.com/2014/09/02/toffee-cinnamon-oatmeal-cookie-bars-vegan-gluten-free/>

Submitted by:

Mary Nielsen, PG Staff

## Ingredients:

1 Tbsp (8 g) ground flax  
3 Tbsp (45 mL) water  
1/4 cup plus 1 Tbsp (75 mL) virgin coconut oil, softened  
2 Tbsp (30 g) natural smooth almond butter  
3/4 cup (120 g) coconut sugar\*  
1 tsp (5 mL) pure vanilla extract  
1/2 tsp baking soda  
1/2 tsp fine sea salt or pink Himalayan salt  
1 tsp cinnamon  
3/4 cup plus 1 Tbsp (108 g) oat flour\*\*  
3/4 cup (75 g) gluten-free rolled oats  
3/4 cup (75 g) almond flour  
1/4 cup plus 1Tbsp (60 g) non-dairy mini chocolate chips,  
divided



- a)** Preheat oven to 350°F (180°C) and line an 8-inch square pan with parchment paper.
- b)** Mix the ground flax and water in a small bowl or mug and set aside to thicken.
- c)** In a large mixing bowl, beat the coconut oil, almond butter, and sugar with electric beaters until combined.
- d)** Pour in the flax mixture and vanilla extract and beat until combined.
- e)** Add the baking soda, salt, and cinnamon and beat again.
- f)** Finally add in the oat flour, rolled oats, almond flour, and 1/4 cup of chocolate chips (reserving the 1 tablespoon for later) and beat until combined.
- g)** Spoon dough into prepared pan and spread out until smooth and even. Sprinkle the remaining chocolate chips on top and press down. I use a pastry roller to roll the dough out even.
- h)** Bake for 17 to 20 minutes, until lightly golden and firm around the edges. (The edges will be high and the middle portion will be sunken a bit. This is all normal!)
- i)** Gently place the pan on a cooling rack for 15 minutes. Then, carefully lift out the bars and place directly on cooling rack for another 10 minutes or so, until mostly cool. Slice and enjoy! Note: The bars will crumble slightly if sliced warm, but they firm up nicely when cooled.

Store leftovers in the fridge in an airtight container for up to 3 days, or in the freezer (tightly wrapped and placed in a freezer bag) for up to 3 to 4 weeks.

# Home Made Granola Bars

## Condensed Milk Ingredients:

Dissolve  $\frac{1}{2}$  cup water into 1 +  $\frac{1}{3}$  of powdered milk then microwave for 1 min.

Stir in  $\frac{1}{4}$  cup Truvia and 1 tsp vanilla

Cover and chill in fridge. (makes  $\frac{3}{4}$  cup)

## Bar Ingredients:

3 cups oatmeal

$\frac{1}{2}$  cup melted coconut oil

$\frac{3}{4}$  cup condensed milk

$\frac{1}{4}$  cup honey

4 cups total of any of the following:

Nuts, pumpkin seeds, sunflower seeds,

Chia seeds, coconut, dried fruit, chocolate chips

Submitted by:

Nicole Petovello

PG RAH



- a)** Combine all ingredients and chilled condensed milk. Mix well.
- b)** Spread out and flatten down on a 9 x 13 pan.
- c)** Bake at 325F for 35 minutes.
- d)** Optional...To top with chocolate, melt  $\frac{1}{2}$  chocolate chips and  $\frac{1}{2}$  tsp oil in microwave for 45 seconds or until creamy.
- e)** Spread over top of bars. Cool, then cut to desired size and store in fridge or freezer.



# Poke n Pour Ginger Cake

From Pillsbury "Winter Classics" copyright 1979 by Pillsbury Company



Submitted by:  
Heather Stickney  
PG UAH

## Butter Sauce Ingredients:

- 1/2 Cup (125 mL) firmly packed brown sugar
- 1/4 Cup (50mL) margarine or butter
- 3 Tbsp (45mL) water

## Cake Ingredients:

- 2 1/4 Cups (550mL) flour
- 3/4 Cups (175mL) packed brown sugar
- 1 tsp baking powder
- 2 tsp cinnamon
- 1 tsp ginger
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp mace or nutmeg
- 1/4 tsp cloves
- 3/4 Cup water
- 3/4 Cup (175mL) oil
- 3/4 Cup molasses
- 2 eggs

Preheat oven to 350° F

- a)** Generously grease and lightly flour a 12 C (2.5L) fluted tube pan.
- b)** In a large bowl blend all cake ingredients at low speed until moistened, then beat three minutes at medium.
- c)** Pour batter into prepared pan. Bake @ 350F for 45 to 55 minutes or until a toothpick inserted in the centre comes out clean.
- d)** Pull the hot cake out of the oven and prick hot cake deeply every inch with a long-tined fork.
- e)** In a small saucepan combine sauce ingredients. Heat until margarine/butter melts. Spoon hot sauce over hot cake in pan. Let stand 30 minutes invert onto serving plate. Serve warm or cold. If desired top with whipped cream.

# Nicky's Not So Nasty Chocolate

Submitted by:

Nicole Petovello

PG RAH

## Ingredients:

2/3 cup cocoa

2/3 cup coconut oil

1/3 cup natural sweetener (honey or maple syrup)

½ tsp vanilla

Pinch of salt

**Optional Add Ons...**toasted coconut, toasted slivered almonds, blobs of peanut butter  
Chopped dried cranberries or cherries



- a)** Heat coconut oil in pan over low heat. Once it melts, add in remaining ingredients and stir together.
- b)** Pour mixture onto a parchment paper lined cookie sheet. Now is the time to sprinkle on your extra add on toppings.
- c)** Place cookie sheet in the cooler for 2-4 hours, until set.
- d)** Once the mixture had hardened, break it into bite size pieces and store in freezer or fridge to snack on.

*“There is nothing better than a friend, unless it’s a friend with chocolate”*

# Ultimate unbaked Brownies

<https://www.copymethat.com/r/xSMEE8z/the-ultimate-unbaked-brownies/>



Submitted by:  
Breanne Martiniuk  
PG Staff

## Ingredients:

2 1/2 cups loosely packed pitted dates  
1 1/2 cups walnuts  
1/2 cup plus 2 Tbsp. cacao powder or unsweetened cocoa powder  
2 tsp vanilla extract  
3/8 tsp salt  
1/4 cup pure maple syrup  
2 Tbsp vegetable oil or melted coconut oil

- a)** Combine dates, walnuts, 6 Tbsp cacao powder, 1 1/2 tsp vanilla, 2 tsp water and salt in a food processor. Process until completely smooth.
- b)** Lightly grease an 8-inch square baking dish, or line dish with parchment or waxed paper. Transfer dough to dish. Press dough very firmly into dish with your hands until dough is evenly distributed.
- c)** In a medium mixing bowl, combine remaining 1/4 cup cacao powder, remaining 1/2 tsp vanilla, maple syrup and oil. Stir until mixture forms a paste (this is the frosting). Spread paste evenly over dough in baking dish. Refrigerate brownies for at least 2 hours to set, then cut into squares. Refrigerate any leftovers in a covered container for up to 2 weeks, or freeze for up to 2 months.

# Frozen Chocolate Peanut Butter Pie

From "Homemakers Magazine Canada" circa 2005

## Crust Ingredients:

- 1 1/3 Cup chocolate or graham cracker crumbs
- 2 Tbsp butter, melted
- 2 Tbsp canola or other cooking oil

## Filling Ingredients:

- 8 oz silken or light tofu...well drained.
- 4 oz light cream cheese...softened
- 3/4 Cup peanut butter
- 1/2 Cup granulated sugar
- 1 tsp vanilla
- 1/2 Cup pure semi-sweet chocolate chips...melted



Submitted by:

Heather Stickney PG UAH

- a)** Make pie crust to cover bottom and sides of a 9 inch (23cm) pie plate. Bake 8 min at 375F and cool completely.
- b)** Place drained tofu, cream cheese, peanut butter, sugar and vanilla in a food processor. Blend, stopping to scrap down sides until creamy and combined.
- c)** Stir approximately 1/2 this mixture into the melted chocolate chips.
- d)** Drop dollops of this mixture onto the cooled crust. Swirl gently to mix and gently smooth the top.
- e)** Freeze, then tightly cover if making ahead. Refrigerate at least 4 hours before cutting to have the pie thaw a bit. May be stored up to 3 days.