



EASY VEGAN ENTERTAINING DISHES

Sloppy Jack-Peach Sandwiches

8 oz Baby Bella Mushrooms, cone #4
1 14oz can Jackfruit (drained and shredded – try to find in water instead of brine)
½ Red Onion, cone #4
1 ½ c canned Peaches or fresh Peaches cut on cone #3
½ tsp Sea Salt
¼ c. Dark Brown Sugar
¾ c Vegan BBQ Sauce
6 regular Hamburger Buns or 12 slider buns
1 c Fried Onions (store bought)

Add the mushrooms, jackfruit, onion and peaches to the 12” Electric Skillet. Cover and cook at medium (350 degrees). When the vapo-valve clicks, reduce heat to 190 degrees and cook for 10 mins.

Remove cover. Gently stir in salt, brown sugar and BBQ sauce until veggies are coated.

Cook, uncovered at 300 degrees for a few minutes until the sauce thickens.

Divide onto hamburger buns and add crispy fried onions on top!

Veggies in a Blanket

1 cup low-fat Hummus or bean spread
8 whole wheat Tortillas
1 Bell Pepper, cut into thin strips
4 Carrots, grated
2 c. baby spinach

Spread the hummus thinly on the tortillas. Add the carrots, bell pepper and spinach. Roll each tortilla and slice.

Game Day Pub Cheese

1 c raw Cashews (either soak in water overnight or boil in water for 10 mins to soften)
½ c vegan Beer/Lager
¼ c Water
1 Tbsp White Wine Vinegar
2 tsp Maple Syrup
¼ c Sauerkraut
¼ c Tahini
1 Tbsp White Miso
2 Tbsp Dijon Mustard
1 tsp Smoked Paprika
1 tsp Garlic Powder
¾ tsp ground Turmeric
½ tsp Onion Powder
½ tsp Sea Salt

Add everything to a blender and blend until smooth. Sauce is thick, so you may need to stop occasionally to scrape down the sides. Serve with pretzel crisps!

Quickie Quesadillas with Pineapple Dream Sauce

1 c. Hummus (store-bought or homemade)
½ c. Green Onions, chopped
1 c. Salsa
8 Corn or Whole-Wheat Tortillas

Spread 2-3 Tbsp hummus on tortilla and place in a large skillet over medium heat. Sprinkle with chopped green onions and salsa.

Top with a second tortilla, flip and cook for 2-3 minutes until tortilla is warm and soft. Remove from pan and cut in half.

For the Sauce:

½ c Vegan Mayonnaise
2 Tbsp Salsa
3 Tbsp Crushed Pineapple

No-Bake Everything Cookies

1 c creamy Peanut Butter
½ c Agave
½ c Coconut Oil
1 ½ c Gluten-Free Rolled Oats
¼ c Oat Flour
½ c Sunflower Seeds
½ c Pepitas
½ c chopped Pecans
1 c dried Cranberries
1 c vegan mini chocolate chips

In a bowl, combine the peanut butter, agave and coconut oil. Mix until well combined. Add the oats, oat flour, sunflower seeds, pepitas, pecans, cranberries and chocolate chips. Mix well until combined.

Create balls of dough using 2 heaping tablespoons of dough for each ball. Place the balls on a cookie sheet. Cover with plastic wrap and refrigerate for 1 hour to firm up.

Serve immediately or transfer to an airtight container in the refrigerator for up to 14 days. Makes 24 cookies.

Vegan Bruschetta

1 block Firm Tofu, drained and pressed
Soy Sauce
Balsamic Vinegar
Agave Nectar
1 pkg Follow Your Heart Vegan Gouda Cheese
¼ c Pesto Sauce
Basil leaves
Cherry Tomatoes cut in half, or Roma tomatoes, sliced
¼ c Reduced Balsamic Syrup
Firm crispy bread

Preheat oven to 400 degrees.

Cut tofu into 1/2 " planks and place in walled baking dish. Sprinkle with soy sauce, balsamic vinegar and agave nectar. Bake in oven for 25 mins.

To assemble the bruschetta:

Spread pesto sauce on crispy bread. Top with ½ slice of vegan Gouda, one tofu plank, one piece of fresh Basil and a slice of tomato. Drizzle reduced balsamic syrup sparingly across the top.