

FIVE FAVORITE PLANT-BASED RECIPES

BY DANIELLE DINKELMAN
NBC-HWC

**if DIETS
DON'T WORK,
WHAT DOES?**

HOMEMADE GRANOLA

With four kids in the house, cereal has always been our go-to breakfast. I have found this easy homemade granola to be the best substitute for our old sugar cereals. I put this recipe together once or twice a month and serve it mixed with other whole grain cereals like bran flakes or shredded wheat to make it last longer. Top with raisins, craisins, berries, or a little date syrup or honey for picky kids. (And of course, serve with almond milk or soy milk instead of dairy)

PREP TIME: 15 MIN + 45 MIN + 15 MIN **YIELD:** 16-18 CUPS

INGREDIENTS

- 16 cups rolled oats
- 1 cup sunflower seeds (optional)
- 1 cup sliced almonds (optional)
- 3 tbsp cinnamon
- 2 tsp nutmeg
- 1 tsp ginger

- 1 cup natural almond butter (or peanut butter)
- 1 cup raw honey (or pure maple syrup, or date syrup)
- 1/2 cup water
- 1 tbsp pure vanilla extract
- 1 tsp sea salt

DIRECTIONS

1. Preheat the oven to 300 degrees (F). Line two large baking sheets with parchment paper.
2. Place the almond butter, honey, vanilla, salt, and water in a blender. Blend until smooth and creamy.
3. Place the oats, nuts, and spices in a large bowl and pour the peanut butter mixture over them. Mix until the oats are well coated. Spread the mixture evenly over the parchment-lined baking sheet
4. Bake both pans of granola at once for 45 minutes, until the oats are lightly browned, stirring occasionally. Turn off the oven, leaving the pans inside to cool and get crispy, at least 15 minutes.
5. Store granola in an airtight container at room temperature for up to 3 weeks.

CREAMY CAULIFLOWER ALFREDO

Before we went plant based, I had transitioned us to "clean eating". I had an amazingly rich, delicious (fattening) Alfredo recipe that we had all learned to love. Believe me when I say, this recipe is just as delicious, without the high fat, dairy-laden former favorite. This freezes well, so batch cook this and keep it on hand for another meal to make your life easier.

PREP TIME: 10 MIN + 20 MIN

YIELD: 6-8 SERVINGS

INGREDIENTS

- 1/2 cup white onion, chopped
- 3 cloves garlic, crushed or minced
- 3 cups chopped cauliflower (or 1 1/2 cup frozen cauliflower florets + 1 can white beans, rinsed & drained)
- 1/4 cup raw cashews, soaked and drained (soaked for at least 30 min for high powered blenders, soaked overnight for regular blenders)
- 1 cup vegetable broth
- 1/4 cup nutritional yeast
- 1/2 tbsp lemon juice or apple cider vinegar
- 1 1/2 tsp sea salt
- 1 16 oz box whole wheat linguine or pasta of choice
- 2 bell pepper, diced (optional)
- 16 oz mushrooms, sliced (optional)

DIRECTIONS

1. Steam cauliflower until fork tender
2. While the cauliflower is steaming, in a separate pan, water saute onion until soft and translucent, about 3-4 minutes.
3. Add the garlic and cook for 30 seconds until fragrant, careful not to burn it.
4. Transfer steamed cauliflower, cooked onion & garlic, along with the vegetable broth and soaked cashews to a blender. Blend on high until smooth. Add remaining ingredients (nutritional yeast, lemon juice, and salt) and blend again until smooth.
5. Serve over cooked pasta. (I love to serve this topped with sauteed bell pepper and mushroom)

TRACY TACOS

Growing up, tacos with ground beef and a McCormick taco seasoning was standard fare. When we went plant-based, my mom & I developed a rice and bean mixture with a homemade taco seasoning that was just as good as what we had when I was a kid. These seasonings are just right for sensitive kiddos - not too spicy at all, but not boring to us adults either.

PREP TIME: 5 MIN + 20 MIN

YIELD: 8 SERVINGS

INGREDIENTS

For Filling:

- 3 cups cooked brown rice
- 4 cans black beans, rinsed & drained (6 cups)
- 2 cups water

For Seasonings:

- 2tsp garlic powder
- 2 tsp onion powder
- 1 1/2 tsp salt
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp chili powder (add 1 to 2 tbsp if you like it spicy)

DIRECTIONS

1. In a large frying pan or pot, combine cooked rice, beans, water, and seasonings over medium heat.
2. Stir occasionally to keep from sticking.
3. Simmer until warmed through and most liquid is absorbed and flavor has melded, about 10 minutes.
4. Serve with favorite taco toppings, but skip the cheese. Go for pico, guacamole, avocado, and homemade cashew/tofu sour cream (google it), along with plenty of shredded romaine & spinach.

SIMPLE PAD THAI

This meal has replaced the old kid favorite Kraft Macaroni & Cheese in our house. This is by far the most requested meal (for lunch AND dinner) by my kids. That includes my pickiest eater! Customize this with your favorite veggies and serve over brown rice or any kind of whole grain noodle you like.

PREP TIME: 10 MIN + 20 MIN

YIELD: 6 SERVINGS

INGREDIENTS

For Sauce:

- 1/2 cup natural peanut butter
- 1/4 cup soy sauce
- 1 cup warm water
- 1/2 tsp garlic powder
- 1/4 tsp ground ginger

For Veggies:

- 1/4 head red cabbage, chopped into bite size pieces
- 1 large bell pepper, chopped into bite size pieces
- 1 8 oz package fresh sliced mushrooms
- Cooked pasta or rice for serving
- Dry roasted cashews for topping
- 2 cups frozen peas, cooked (for the picky kids)

DIRECTIONS

1. Prepare rice or pasta of choice
2. Prepare all desired vegetables
3. Combine soy sauce and water in a liquid measuring cup.
4. Place peanut butter in a medium saucepan over medium heat to start getting it warm.
5. Pour the liquid ingredients in a little bit at a time and whisk into the peanut butter. Do not add too much at once or it will separate and get clumpy. Whisk constantly to incorporate until smooth and creamy. Add garlic & ginger. Place on medium low heat and stir occasionally until slightly thickened.
6. Stir fry vegetables over medium high heat with a little water (no oil) as needed

HAPPY HAYSTACKS

A plant based spin on "Hawaiian Haystacks" - which, my native Hawaiian friends tell me is not a thing, but these are sure a thing in our house! This is my oldest son's #1 favorite dinner meal. I love it because you can make it as simple (for the picky kids) or as fun & colorful (for me and the non-picky kids) as you want.

PREP TIME: 10 MIN + 20 MIN

YIELD: 6 SERVINGS

INGREDIENTS

For Gravy:

- 2 cups vegetable broth
- 2 tbsp soy sauce
- 2 tbsp tahini
- 1/4 cup brown rice flour
- 1 tsp dried thyme

For Haystacks:

- 4 cups cooked brown rice
- 1 (15 oz) can chickpeas, rinsed & drained
- 2 cups frozen peas, cooked
- 1 red bell pepper, diced
- 1 can crushed pineapple
- Chopped olives
- Raw cashews or crunchy chow mein noodles

DIRECTIONS

1. Prepare brown rice.
2. Prepare all desired toppings.
3. For Gravy- combine all ingredients in a saucepan over medium-low heat. Whisk occasionally to prevent scorching. Cook until thickened, about 15 minutes.
4. Add chickpeas to gravy until warmed through.
5. To serve, assemble haystacks with rice as the base, followed by gravy & chickpeas, and top with favorite toppings.