

Revolution

RECIPES

NEW YEAR **NEW YOU**



COOKBOOK

Vol. 1

Introduction

Congratulations on being a part of the Healthy Living Revolution!

This cookbook is a collection of plant-based meal ideas that are tried and proven favorites. Healthy should taste good, too! All of these recipes are clean (meaning no refined sugars, preservatives, food dyes or processed-food ingredients), gluten-free, dairy-free, and mostly oil-free, too! Whether you describe your lifestyle as vegan, paleo, vegetarian, Mediterranean, pescatarian, or straight-up "flexitarian," the common goal for optimal health is to eat MORE VEGETABLES – so there are plenty of recipes in here for everyone!

We want to thank Chef Penny Shack and her team for graciously assembling these recipes and Dawn Williamson for designing and assembling this cookbook.

*From our family to yours,
The Healthy Living Revolution Team*

"THE MORE **PLANT FOODS**
YOU EAT, THE
healthier
YOU WILL BE." - DR. MITRA RAY

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PANTRY STAPLES

SEASONINGS

Sea Salt, Black Pepper, Cumin, Curry Powder, Chili Powder, Turmeric

GARLIC

A fresh clove of garlic is at the heart of most flavorful recipes! It is not only tasty but has many anti-inflammatory and anti-microbial properties. If you are out of fresh garlic, here are some substitutes for 1 clove: ½ tsp. minced garlic, ⅛ tsp. garlic powder, or ½ tsp. garlic flakes.

ONIONS

Onions are not only full of great health benefits, they are also full of flavor so they are used as the base for many of these recipes. If you are in a hurry or out of onions, you can substitute 1 Tbsp. of dried onion flakes or 1 tsp. onion powder in place of a small onion. (Small onion is approx. ⅓ cup chopped and a medium onion is approx. ⅔ cup chopped.) If you use onion powder, add it toward the end of the cooking rather than adding it at the beginning like fresh onions.

GINGER

Ginger is a powerful nutritional herb that supports digestion health plus can reduce pain and inflammation! Fresh ginger root is the best way to add flavor and spice to these dishes - it should be peeled and then grated with a microplane grater. Store fresh ginger root in a tightly wrapped bag in the fridge or freezer. If fresh ginger isn't available, substituted ⅛ tsp. ground ginger.

FRESH HERBS

Fresh herbs have that ability to make a dish go from "blah" to ZING! Growing your own on your backyard Tower Garden is the best way to have fresh herbs for cooking! Just cut what you need and eliminate all the herbs wasting away in your fridge. Some that grow great on the tower and commonly used in these recipes are basil, cilantro, parsley, dill, rosemary, and thyme.

BRAGGS LIQUID AMINOS / COCONUT AMINOS / TAMARI

Soy sauce is a common staple and a tasty addition to vegetable dishes and salads. Most people don't realize that soy sauce is not gluten-free though. We recommend that you try one of these listed substitutions: Braggs liquid aminos, coconut aminos, or tamari.

FULL-FAT CANNED COCONUT MILK

With its creamy texture and natural sweetness, coconut milk might taste like it should be bad for you, but it's not! It can build up the body's immune system, help with weight loss, increase energy, plus lower cholesterol, and blood pressure. It is a base for many Thai dishes and is an excellent dairy substitute. When buying a can of full-fat coconut milk, look for BPA free and read the label to make sure it is organic with no added sugars.

ORGANIC VEGETABLE BROTH

BALSAMIC / RED WINE VINEGAR

TOFU SCRAMBLE

SPICE MIX

- 2 Tbsp. nutritional yeast
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. salt
- $\frac{3}{4}$ tsp. turmeric
- $\frac{1}{4}$ tsp. garlic powder

TOFU SCRAMBLE

- 1 Tbsp. olive oil
- $1\frac{1}{2}$ cups mushrooms (your choice), sliced
- 1 pepper (your choice), chopped
- $\frac{1}{2}$ medium white onion, chopped
- 2 cloves of garlic, minced
- 2 boxes (12.3 oz.) extra-firm silken tofu or firm tofu
- 1 can (19 oz.) black beans, drained and rinsed (optional)
- Extra veggies (optional)



1. Mix the spice ingredients together and set aside.
2. Place a large pan over medium-high heat and add the olive oil. When hot, add the mushrooms, peppers, onion, and garlic. Sauté until everything starts to brown (about 8 minutes).
3. Add the tofu blocks to the pan and break it apart with a spoon, or crumble with your fingers into the pan until you get a nice scramble texture with lots of chunks.
4. Add the spice mix (and black beans). Stir to combine. Heat for about another 8-10 minutes. Drizzle with some hot sauce (optional).

Makes approximately 4-6 servings.

SWEET POTATO HASH

SWEET POTATO HASH

- 1 Tbsp. virgin coconut oil or olive oil
- 2 cloves garlic, minced
- 1 medium yellow onion, diced (about 2 cups)
- 4 cups sweet potatoes, peeled and cubed
- 1 tsp. smoked paprika
- ½ tsp. cumin
- ½ tsp. turmeric
- ¼-½ tsp. sea salt or to taste
- ¼ cup fresh cilantro, chopped

GUACAMOLE

- 1 ripe avocado, pitted and peeled
- ½ to 1 lime
- ½ jalapeno pepper, finely diced
(leave in seeds for extra spice)
- Sea salt to taste

PICO DE GALLO

- 1 cup grape tomatoes, diced
- ½ cup white onion, finely diced
- ¼ cup fresh cilantro, chopped
- Sea salt to taste

CHIPOTLE CREAM

- (Optional or substitute with Sriracha)
- ½ cup coconut cream
- 1 chipotle pepper in adobo sauce, minced
(this does have a small amount of sugar in it)
- 1 Tbsp. water
- ¼ tsp. sea salt or to taste

1. **Sweet Potato Hash** - Heat coconut oil in a large skillet over medium heat. Add garlic, yellow onion, sweet potatoes, paprika, cumin, turmeric, and sea salt. Cook for 20 minutes, stirring every few minutes so that the potatoes have a chance to develop a slight caramelization. Once the sweet potatoes are tender, turn off the heat and stir in the fresh cilantro. Set aside.
2. **Pico de Gallo** - As the sweet potatoes cook; stir together tomatoes, white onion, cilantro, and sea salt in a separate bowl. Let sit as long as possible so the flavors blend together.
3. **Guacamole** - Scoop the flesh of one avocado into a bowl and mash it with a fork. Keep it as chunky or as smooth as you like. Stir in the juice of ½ to 1 lime (or to taste), diced jalapeno pepper, and sea salt to taste.
4. **Chipotle Cream (optional)** - Add the coconut cream, chipotle peppers, water, and sea salt to a blender or a mini food processor. Blend on high for 1-2 minutes or until the mixture is almost completely smooth.
5. Scoop the Sweet Potato Hash onto plates and top with the Pico de Gallo, Guacamole, and a drizzle of the Chipotle Cream.

Makes approximately 4 servings.



HEARTY OATMEAL

½ cup rolled oats
1 Tbsp. chia seeds
1 cup water
½ tsp. cinnamon
Pinch of salt
¼ cup almond milk
1-2 Tbsp. maple syrup

OPTIONAL TOPPINGS

Raw almonds
Goji berries
Cacao nibs
Toasted coconut
Flax seeds
Dried cranberries, cherries, blueberries
Granola (sugar free/gluten free)
Juice Plus+ Vanilla Complete powder (1 scoop)



1. Boil 1 cup water in a medium sauce pan.
2. Stir in oatmeal, chia seeds, and salt.
3. Lower heat to simmer and cook about 10 minutes, stirring constantly, until thick and the water has evaporated.
4. Put oatmeal in a bowl, pour in milk, add desired toppings and drizzle maple syrup on top.

Makes 1-2 servings.

VEGAN SPINACH ARTICHOKE QUICHE

- 2-4 large tortillas
(gluten free-usually found in frozen section)
- Olive oil spray
- 1 tsp. coconut or olive oil
- ½ cup onion, chopped
- 2 cloves of garlic, minced
- 2 cups of fresh spinach
- 14 oz. soft tofu
- ½ cup nutritional yeast
- ½ lemon, juiced
- 1 tsp basil, dried
- ½ tsp turmeric
- ¼ tsp salt
- ¼ tsp pepper
- 1 can (14 oz.) artichokes, drained and chopped



1. Preheat oven to 350°F.
2. Spray a pie dish with oil. Rip the tortillas in half and arrange them so that the bottom and sides of the pan are covered. Bake for about 10-15 minutes until slightly brown.
3. While the crust is baking, heat oil in a large pan. Add onion and cook about 5 mins until translucent. Add garlic and cook for another 1-2 mins, until fragrant. Add spinach and cook another few minutes until spinach is wilted. Remove from heat.
4. In a food processor, mix tofu, nutritional yeast, lemon juice, and spices. Process until smooth.
5. Add artichokes and onion/spinach mixture to food processor and pulse until mixed.
6. Put mixture into pie pan and spread out evenly.
7. Bake for about 40 mins at 350°F.

Makes approximately 4-8 servings.

BROCCOLI FRITTATA

1 loaded cup broccolini/broccoli
(¼ to ½ inch size chopped)
¼ cup carrots, chopped
2 Tbsp. sun dried tomatos, chopped
1 Tbsp. pickled jalapeno, chopped
Other veggies or greens, chopped
1 can (15 oz.) great northern beans
(or scant 1½ cups cooked)
1½ tsp. thyme, dried
¼ tsp. garlic powder
¼ tsp. onion powder
¼ tsp. salt
2 tsp. lemon juice
2 tsp. apple cider vinegar
Black pepper

¾ cup chickpea flour
1 Tbsp. cornstarch or potato starch
1 Tbsp. flaxmeal
1 Tbsp. nutritional yeast
1 tsp. salt
½ tsp. chipotle pepper powder
½ tsp. mustard powder
½ tsp. garlic powder
½ tsp. oregano
½ tsp baking powder
¾ cup coconut milk
¼ cup water

1. Preheat oven to 350°F. Grease a pie pan.
2. Chop up the broccolini/broccoli, carrots, sun dried tomatoes, pickled jalapeno, other veggies and set aside.
3. Slightly mix and mash the beans (not all the way). Add the rest of the ingredients in the first column up until the black pepper and mix together. Set aside.
4. In a different bowl, mix chickpea flour and baking powder together. Pour in coconut milk and water. Mix until combined. Do not over mix.
5. Fold the chopped veggies and white beans into the batter.
6. Spread the batter into the greased pie pan and even it out.
7. Bake for 45 minutes or until the center is not jiggly and the edges lightly brown.
8. Serve warm with a drizzle of sriracha (optional).

Makes approximately 4-8 servings.



CHICKPEA SALAD SANDWICH

1 can (15 oz.) chickpeas, drained and rinsed
2 stalks celery, finely chopped
3 green onions, thinly sliced
¼ cup dill pickle, finely chopped
¼ cup red bell pepper, finely chopped
3 Tbsp. vegan mayonnaise
(store-bought or homemade)
1 clove garlic, minced
1½ tsp. yellow mustard
2 tsp. fresh dill, minced
1½ to 3 tsp. fresh lemon juice, to taste
¼ tsp. fine sea salt, or to taste
Freshly ground black pepper



1. In a large bowl, mash the chickpeas with a fork until broken down. (Or put in a ziplock baggy and smash!)
2. Stir in the celery, green onions, pickles, bell peppers, mayonnaise, and garlic until combined.
3. Stir in the mustard and dill, and season with the lemon juice, salt, and pepper, adjusting the quantities to taste.

Great on top of lettuce or a sandwich using gluten free bread!

Makes approximately 6 servings.



ZUCHINNI PASTA

5-6 zucchini, peeled and very thinly sliced (Or use a spiralizer or buy premade noodles)

1 clove garlic

½ cup pistachios, shelled

1–2 Tbsp. lemon juice

Zest of 1 lemon

¼ tsp. salt

2 cups parsley (or 1 cup cilantro and 1 cup parsley)

½ cup olive oil

1. Place the zucchini in a large bowl.
2. Combine the garlic, pistachios, lemon juice, lemon zest, salt, and parsley in a food processor and pulse 5 times, or until everything is integrated. Add the olive oil with the food processor running and process until well combined.
3. Mix the pistachio pesto with the zucchini. Sprinkle with a few chopped pistachios to serve.

Makes 6-8 servings.



SPICY THAI COCONUT CURRY

12 oz. light coconut milk
12 oz. coconut cream
2 cups vegetable broth
¼ cup Thai red curry paste
1–2 Tbsp. powdered ginger
4 cloves garlic, minced
¼ yellow onion, diced
2–3 stalks lemon grass, cut in chunks
1 large red bell pepper, cut into strips
6 large carrots, diced
1 bag (24 oz.) frozen peas
1 lb. firm tofu, pressed and cut into cubes
12–15 fresh basil leaves, torn
1 cup shitake mushrooms, chopped
1 tsp. salt
Sriracha sauce, to taste



1. Combine the coconut milk, coconut cream, and broth in a large pot over medium heat. Stir in the curry paste, ginger, garlic, and onion. Bring to a boil. Reduce to a simmer and add the remaining ingredients. Cook 10 minutes until flavors are combined.
2. Serve with steamed rice or as a soup.

Makes 4-6 servings.

CREAM OF MUSHROOM SOUP

- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 medium yellow onion, diced
- ½ lb. assorted mushrooms, roughly chopped
- 3 cups vegetable broth
- 2-3 tsp. salt
- 1 tsp. black pepper, ground
- ½ tsp. thyme, dried
- ¾ cup raw cashews
- ¾ cup water

1. In a medium-sized bowl, soak cashews in warm water while you prepare the soup.
2. In a large pan, sauté the garlic, onions, and mushrooms until the oil has mostly evaporated and the onions and mushrooms have softened. Pour in the vegetable broth, salt, pepper, and thyme, and simmer for 15-20 minutes. While soup simmers, blend together soaked cashews with water to create a thick cream. Pour into the simmering soup, and remove the soup from heat. Using an immersion or high-speed blender, carefully blend soup to desired consistency. Feel free to leave slightly chunky for more texture.

Makes about 2-4 servings.



CHOPPED KALE

2 medium sweet potatoes, peeled and diced
2 tsp. + 1 Tbsp. olive oil, divided
¾ tsp. salt, divided
¼ tsp. black pepper
1 bunch of curly kale, washed, stem removed
and chopped (or one precut bag)
Juice of ½ a large lemon
1 can (15 oz.) garbanzo beans, drained and rinsed
1 large avocado, pitted and diced
⅓ cup dried cranberries/raisins/cherries/ or
blueberries (no sugar added)
⅓ cup walnuts, chopped
¼ cup red onion, chopped

LEMON TAHINI DRESSING

½ cup tahini
Juice of 1 large lemon
¼ tsp. salt
3-6 Tbsp. warm water, depending on how thick you want the dressing



1. Pre-heat oven to 375°F. On a large sheet pan, toss together the diced sweet potatoes with 2 tsp. olive oil, ½ tsp. salt and ¼ tsp. pepper. Bake until tender-about 35 minutes.
2. While the potatoes are baking; in a large bowl, mix kale with 1 Tbsp. olive oil, juice of ½ a large lemon and a heaping ¼ tsp. salt. Use your hands to massage the kale for about one minute. Do not over massage as your kale will get limp.
3. Dressing: Add all ingredients to a bowl and whisk until a creamy. Add the water slowly until desired consistency is reached.
4. Once the sweet potatoes are finished, throw everything, minus the dressing, in with the kale, and toss. Add the dressing at the end and toss again.

Makes 2-4 servings.

CRANBERRY QUINOA

1 cup quinoa, dry
2 cups water
½ cup dried cranberries (no added sugar)
3-4 Tbsp. fresh cilantro, chopped
Juice of 1 lime
1 tsp. curry powder
⅛ tsp. cumin
½ cup bell pepper of choice, diced
¼ cup green or red onion, chopped
⅓ cup almonds, sliced and toasted
½ cup carrots, grated/shredded
2-4 Tbsp. pepitas
Salt and pepper to taste
Olive oil for drizzling, as desired



1. Rinse and drain quinoa using a mesh strainer or sieve.
2. Bring a medium saucepan to medium heat and lightly toast the quinoa to remove any excess water. Stir as it toasts for just a few minutes. This step is optional but really adds to the nuttiness and fluff factor of the quinoa.
3. Add water and bring to a boil.
4. Once boiling, reduce heat to low and simmer, covered for 15 minutes or until quinoa is fluffy and the liquid has been absorbed. Turn off heat and rest for 5 minutes before fluffing with a fork.
5. While the quinoa cooks, chop and prep the remaining ingredients.
6. Combine freshly cooked quinoa with lime juice, curry powder, cumin, peppers, onion, almonds, pepitas, and carrots. Season to taste and stir to combine.

Best eaten the next day when the flavors have had a chance to macerate.

Makes 2-4 servings.

VEGAN CAULIFLOWER BITES

- 1½ cups water or dairy free milk
- 1 cup gluten free flour
- 2 tsp. garlic powder
- 1 head of cauliflower, chopped
- 1 cup buffalo or hot sauce
- 1 Tbsp. vegetable oil or melted vegan butter

1. Preheat the oven to 450°F.
2. Combine the water or soy milk, flour, and garlic powder in a bowl and stir until well combined.
3. Coat the cauliflower pieces with the flour mixture and place in a shallow baking dish. Bake for 25 minutes.
4. While the cauliflower is baking, combine buffalo sauce and olive oil or margarine in a small bowl.
5. Pour the hot sauce mixture over the baked cauliflower and continue baking for an additional 10 minutes.

Makes 2-4 servings.



ROASTED CHICKPEA SOUP

- 1 cauliflower head, cut into florets (4 cups)
- 1 can (15 oz.) chickpeas, rinsed and drained
- 5 garlic cloves, peeled
- 4 Tbsp. extra-virgin olive oil, divided
- 1 tsp. ground cumin
- ½ tsp. Himalayan salt
- ⅛ tsp paprika
- 2 medium Yukon gold potatoes, peeled and cubed (2 ½ cups)
- ¼ tsp. black pepper
- 4 cups vegetable broth
- 1 cup water
- ½ cup plant based milk

GARNISH

- Reserved roasted cauliflower mix
- Red pepper flakes
- Fresh thyme leaves



1. Pre-heat oven to 400°F. Toss cauliflower florets, chickpeas, garlic (whole) with 3 Tbsp olive oil, cumin, salt, paprika. Roast for 30 mins, stir halfway. Remove and set aside. Reserve ½ cup.
2. Heat 1 Tbsp. olive oil in large pot on medium heat. Add potatoes and black pepper. Cook for 2 minutes, stirring frequently. Add vegetable broth and water and increase heat to high. Once boiling, turn down to a simmer. Simmer, uncovered, until potatoes are very soft, about 15-20 minutes. Remove from heat. Stir in roasted cauliflower mix.
3. Purée soup with immersion blender, food processor or blender. Work in batches if necessary. Return the puréed soup to stovetop and gently re-warm. Stir in plant based milk. Season to taste with salt and pepper.

Makes 4-6 servings.

TOFU STIR-FRY

- ¾ cup Braggs amino acids
- ¼ cup lemon juice
- 1 Tbsp. fresh ginger (grated or minced)
- 1 Tbsp. fresh garlic
- 1 block tofu (firm or extra-firm, well pressed and cut into 1 inch cubes)
- 2 Tbsp. olive oil
- ½ cauliflower, chopped
- 1 bunch broccoli, chopped
- 2 carrots, sliced
- 1 onion, chopped
- 1 bell pepper (any color), diced
- 1 cup snow peas
- 1 cup mushrooms (any kind), sliced,
- 3 green onions (scallions), sliced
- 1 cup rice, pre-cooked



1. Preheat oven to 400°F. Prepare tofu by squeezing out excess liquid until it's as dry as possible. Cook the tofu for about 25 minutes, toss and then cook 10 more minutes. Remove from oven.
2. In a large shallow bowl, whisk together the Braggs, lemon juice, and ginger.
3. In a wok or a large skillet, cook the cauliflower, broccoli, carrots, onion, and bell pepper over high heat, stirring frequently.
4. Add the snow peas, mushrooms, green onions, and marinade. Allow to cook for just a few more minutes. Vegetables should be tender but not soft. Toss in the tofu to mix all of the flavors together.

Makes 3-4 servings.

VEGAN CHILI

- 1 Tbsp. olive oil
- 1 medium yellow onion, diced
- 1 cup carrots, shredded
- 1-2 jalapeño peppers, stemmed, seeded, and minced
- 3 garlic cloves, minced
- ½ cup bulgur, rinsed
- 2 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 2 cups fresh tomatoes (about 2 medium or 6 plum tomatoes), diced
- 2 cups tomato sauce
- 1 can (15 oz.) kidney beans, drained and rinsed
- 1 can (15 oz.) black beans, drained and rinsed
- 1 ½ tsp. kosher salt, or more to taste
- Fresh cilantro, chopped

1. Heat the oil in a large heavy pot over medium-high heat. Add the onion, carrots, and jalapeño and sauté, stirring often, until the onion is soft and translucent, about 5 minutes. Add the garlic and sauté for 1 minute. Add the bulgur, chili powder, and cumin and stir until well combined.
2. Stir in the tomatoes, tomato sauce, and beans. Bring to a boil, then reduce the heat, cover, and simmer, stirring occasionally, until the beans are tender, about 1 hour. Season with salt to taste. Serve with a sprinkling of cilantro, if desired.

You can also make this in a crockpot!

Makes 4-6 servings.



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