



PLANT-BASED
HOLIDAY MEAL

Gluten Free-Soy Free-Dairy free
Baked Mac &
Cheese



6-8 servings



About 45 minutes



Easy

WILL NEED :	
1 pound gluten free elbow macaroni noodles cooked according to package instructions	Salt & pepper to taste
1 onion	vegan bread crumbs
1 1/2 a stick of vegan butter	1 box of vegetable broth
4 Tablespoons flour	1 cups vegan cheddar cheese shreds (Dayia)
1 Tablespoon dijon mustard	1 cups vegan cheddar cheese shreds (Daiya)
2 cups coconut milk	1 package of vegan smoked Gouda cheese (Daiya)
	4 oz cream cheese (Daiya)

INSTRUCTIONS:

- Cook the noodles. Bring a large pot of Vegetable broth to a boil and cook macaroni noodles according to package directions and drain.
- Cut the stick of butter into 4 pieces.
- Melt 2 TBSP butter, and caramelize one chopped onion.
- Make the sauce. A pot over medium heat. Melt another 2 squares of butter into the onions and whisk in the flour until a smooth, thin paste forms. Then whisk in the dijon mustard. Carefully pour in the 1/2 cup coconut milk and bring the mixture up to a slow simmer while whisking. Reduce the heat and whisk in the cream cheese until smooth. Cut the gouda cheese into little squares Whisk in the vegan Gouda cheese and stir until melted. If the sauce is to thick, slowly add in more coconut milk.
- Add salt and pepper to taste
- Combine the noodles and sauce. Turn off the heat and pour in the cooked macaroni noodles. Stir gently until the noodles are coated by the cheese sauce. Pour the mixture into an oven safe container.
- Melt the remaining butter and pour over gluten free bread crumbs. Stir the bread crumbs until all moist
- Sprinkle cheese shreds over the top of the mac and cheese mixture.
- Crumble the bread crumbs on top of the cheese shreds.
- Bake at 350 for about 20 minutes until the macaroni and cheese is bubbling and the topping is golden brown.
- Serve warm!



PLANT-BASED
HOLIDAY MEAL

Classic Green Bean Casserole



6-8 servings



About 35 minutes



Easy

WILL NEED :	
1 1/2 lbs green beans, trimmed	1 bag fried French onion
2 cups coconut milk	
1/2 ounce dried mushrooms (I used Shitake)	
1 Tbsp butter vegan butter	
3 Tablespoons flour	
Salt and fresh cracked black pepper to taste	
1/2 cup Vegetable Broth	

INSTRUCTIONS:

- Preheat the oven to 350F
- Melt one tablespoon butter and brown mushrooms, garlic, and onions.
- Add one tablespoon of flour. Stir until medium brown
- Add coconut milk and whisk until blended.
- Add Broth and mix
- Mix in green beans and bring to slow simmer.
- Transfer to oven safe casserole dish. Spread evenly in pan.
- Sprinkle the top with the remaining cheese and bake for 35-45 minutes, until golden and bubbly. Note: tent the casserole loosely with foil about halfway through if it browns too much. Top with the fried shallots and serve immediately. Or put in fridge to reheat when ready to eat.



PLANT-BASED
HOLIDAY MEAL

Classic Sweet Potato Casserole



8-10 servings



About 40 minutes



Easy

WILL NEED :	
2 1/2 lbs sweet potatoes, peeled and cut into 1-inch cubes (6-8 medium sized sweet potatoes or ~8 cups chopped)	4 tablespoons vegan butter
3/4 cup cold water, or enough to fill the pot to create steam	
1/4 cup organic maple syrup	
1 teaspoon vanilla extract	
1 teaspoon ground cinnamon, or more to taste	
1/4 teaspoon nutmeg	
2 cups small vegan marshmallows	

INSTRUCTIONS:

- Preheat oven to 375 degrees F. Spray a casserole dish or deep baking dish with cooking spray. Set aside.
- Place the sweet potatoes in a pot with the cold water. Bring to a boil then cover and reduce heat. The sweet potatoes will become tender with the steam. Simmer for 15-25 minutes or until sweet potatoes are tender enough to mash. Drain. Let cool slightly.
- Transfer tender sweet potatoes to a large bowl. Mash sweet potato mixture with a potato masher. Add brown sugar, butter, vanilla extract, cinnamon, nutmeg, salt, and 1/4 cup of pecans (save the rest for later). Mix until all is well combined.
- Add the sweet potato mixture evenly into the casserole dish. Top with remaining pecans and mini marshmallows, if using. Bake for 15 minutes or until marshmallows are toasted. Remove from oven. Serve and enjoy!



PLANT-BASED
HOLIDAY MEAL

Portobello & Chicken Not
Spinach Wellington



6-8 serving



About 45 minutes



Easy

WILL NEED :

1 roll Pepperidge Farm puff pastry

3 oz Dijon mustard

3 portabella mushroom caps

Salt pepper (to taste)

2 Tbsp garlic (minced)

1/2 large onion (sliced/Julienne)

1 teaspoon ground cinnamon, or more to taste

1 stick vegan butter

8 oz chicken knot (purchase on Amazon)

1 roll Pepperidge Farm puff pastry	3 oz Dijon mustard
3 portabella mushroom caps	Salt pepper (to taste)
2 Tbsp garlic (minced)	
1/2 large onion (sliced/Julienne)	
1 teaspoon ground cinnamon, or more to taste	
1 stick vegan butter	
8 oz chicken knot (purchase on Amazon)	

INSTRUCTIONS:

- Preheat oven to 400 degrees F.
- Open dough and allow to come to room temperature.
- Place wax paper on cooking sheet and sprinkle flour onto the paper.
- Unfold pastry dough on floured wax paper.
- Hydrate Chicken Not in vegetable broth, 1 tablespoon dijon mustard, salt and pepper for 30 minutes. (Save water for gravy)
- Sauté onions and mushrooms until golden brown.
- Add Chicken Not to onions and mushrooms.
- Spread Dijon on center of puff pastry.
- Add layers of mushrooms, chicken not and spinach.
- Fold over and mold pastry to shape.
- Melt butter and Baste pastry top.
- Place in oven for 35 minutes until golden brown.

