

Fingerling Potato Smash *with* VeggUP

Serves
4

Ingredients:

- 1.5 lbs Fingerling Potatoes
- 2 Tbsp Extra Virgin Olive oil
- Unrefined Mineral Salt or Sea Salt (*to taste*)
- Cracked Black Pepper (*to taste*)
- Cold Water
- 2 Tbsp Butter melted, can use vegan butter
- 1/4 cup VeggUP (*for drizzle*)



Step 1:

Preheat oven to 400 F

Step 2:

On the Stovetop at Medium-High heat, place the unpeeled potatoes in a stockpot and cover with cold water. Season with 1 Tsp salt (*optional*) and bring to a boil

Turn the stove heat down to Simmer and cook potatoes for 10 minutes or until fork tender

Drain and set aside to cool

Step 3:

Place the potatoes on a parchment-lined baking sheet. Gently press down each potato to slightly flatten with the bottom of a cup. Season smashed potatoes with salt and pepper, roast the smashed potatoes in the oven for 10 - 15 minutes. Flip potatoes over with metal spatula, drizzle with butter and roast for an additional 10-15 minutes until golden and crispy

Enjoy *with* VeggUP Drizzle !

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Easy Vegan Mac and Cheese *with VeggUP*

Ingredients:

- ▶ 1 cup cashew butter
- ▶ 1 1/2 cups oat milk (or any plant-based milk)
- ▶ 1/4 cup nutritional yeast
- ▶ 1/4 cup VeggUP condiment
- ▶ 1/4 tsp turmeric
- ▶ 1 tsp each garlic and onion powder -optional
- ▶ 1 tsp unrefined salt
- ▶ 1 pkg shredded vegan cheddar cheese
- ▶ 10 oz pasta of your choice
- ▶ 3/4 cup breadcrumbs or pea crumbs -optional
- ▶ 2 Tbsp vegan butter -optional
- ▶ 1/4 tsp paprika -optional



Directions:

If baking preheat oven to 375 °F and lightly grease a 9 x 13 casserole dish.

Cook the pasta according to package instructions.

While the pasta is cooking, whisk together the cashew butter, almond milk, nutritional yeast, VeggUP, and cheddar cheese (garlic powder, and onion powder) in a pot over medium heat. Stir until smooth and creamy. Add salt (and pepper to taste). Once the pasta is done, drain it and mix it into the sauce.

Serve hot and enjoy your easy vegan mac and cheese with a side of VeggUP and a nice green salad!

Bake Option:

Make a breadcrumb topping by mixing the melted vegan butter, breadcrumbs, and paprika in a small bowl until crumbly and moist

Add the pasta to casserole dish, sprinkle the breadcrumb mixture on the pasta and bake uncovered for 15 minutes.



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4



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Pesto Pasta

with VeggUP

Ingredients:

- ▶ 2 cups Fusilli, penne or pasta of your choice
- ▶ 4 cloves of Garlic (finely chopped)
- ▶ 1/2 cup VeggUP
- ▶ 3/4 cup Grated parmesan cheese
- ▶ 1/3 cup Fresh basil (roughly chopped)
- ▶ 2 tbsp Fresh oregano (roughly chopped)
- ▶ 2 tbsp Fresh parsley (roughly chopped)
- ▶ 4 - 6 dashes Worcestershire sauce
- ▶ 1 tbsp Olive oil
- ▶ 3 Tbsp Reserved pasta water or vegetable broth

Directions:

Bring water to a boil and add salt (optional). Add pasta and cook until al dente (about 8 minutes), reserve 3 tbsp of pasta water and drain. Lower heat to simmer and return the pasta to saucepan. Add olive oil and toss pasta. Stir in VeggUP, garlic, herbs, reserved pasta water, worcestershire sauce and mix thoroughly. To finish, add parmesan cheese, serve and enjoy!



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Bake Option:

Make a breadcrumb topping by mixing the melted vegan butter, breadcrumbs, and paprika in a small bowl until crumbly and moist. Add the pasta to casserole dish, sprinkle the breadcrumb mixture on the pasta and bake uncovered for 15 minutes.

Easy Fingerling Potato Salad

with VeggUP Creamy Dressing



Serves
4-6



Ingredients:

- 1.5 lbs Fingerling Potatoes
- Kosher Salt
- 2 Tbsp White Wine Vinegar or Apple Cider Vinegar
- 1/3 cup VeggUP
- 1/3 cup Sour Cream (*I used plant based*)
- 2 Tbsp Extra Virgin Olive Oil
- 1 Small Red Onion (*diced about 3/4 cup*)
- 4 Scallions (*finely sliced about 1/2 cup*)
- 2 Tbsp Fresh Dill (minced)
- 1 Thumb Fresh Ginger Root (*grated*)
- Freshly Ground Black Pepper (*optional*)
- Juice of 1 Lime or Lemon

Directions:

Place potatoes, 1/2 tbsp vinegar, and cups tepid water in a medium saucepan. Bring to a boil over high heat, reduce to a simmer and cook until potatoes are tender (*about 20 minutes*). Drain potatoes and toss with 1/2 tbsp vinegar and allow to cool to warm room temperature.

Meanwhile, combine VeggUP, sour cream, olive oil, scallions, dill, remaining vinegar, lime juice and 1 tsp salt in a large bowl and whisk together. Cut potatoes into 1/2 inch discs and toss thoroughly to combine. Season to taste with more salt and pepper as necessary. Enjoy!

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Goat Cheese

with Balsamic Reduced VeggUP



Ingredients:

- 1/2 cup Balsamic Vinegar
- 1/3 cup VeggUP
- 2 Tbsp Maple Syrup
- 1 log Goat Cheese
- Extra Virgin Olive Oil
- 1 Tbsp finely chopped Rosemary
- 1 Tbsp finely chopped Basil
- 1 Tbsp finely chopped Thyme
- 1 Tsp Oregano
- 1 small Bay Leaf crushed

Directions:

Place goat cheese in serving container, add enough olive oil to cover then add herbs. Marinate for at least 30 minutes. Can be marinated in the fridge overnight.

To a small saucepan, add balsamic vinegar, VeggUP and maple syrup, reduce mix by rapidly simmering over medium heat about 3 - 5 minutes, reduce and continue simmering at a low bubble for about 10 minutes. Remove from heat and cool to room temperature. Drizzle over goat cheese and serve

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