

Physicians Committee Patient Recipe Book

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Patient Recipe Book

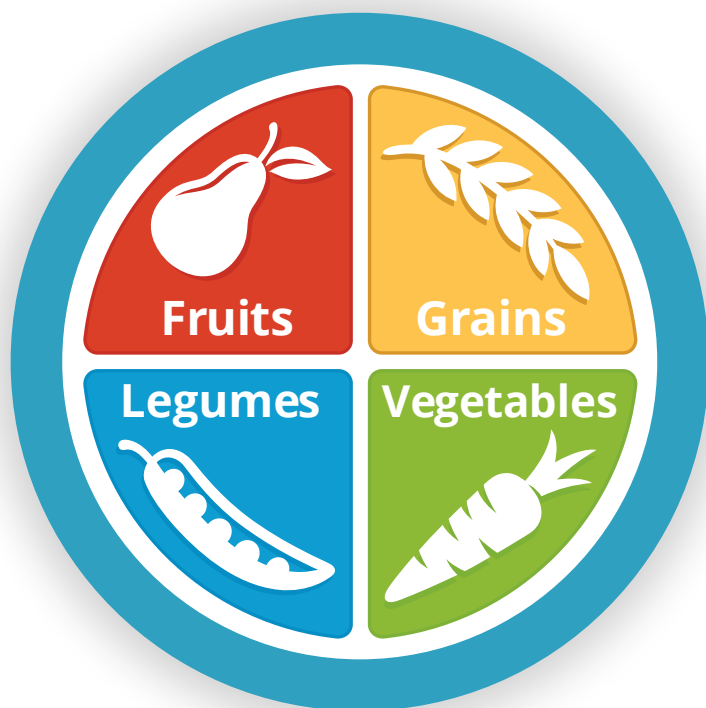


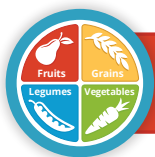
Why a recipe book for patients?

This recipe book was created for patients who want to continue improving their health through food after discharge from a health care facility.

A plant-based diet is a powerful way to achieve good health. The diet focuses on four main food groups: fruits, vegetables, whole grains, and beans (legumes) while avoiding animal products, including meat, dairy, and eggs. This way of eating is one of the most effective ways to fight chronic disease, because plants are nutrient dense, full of fiber, free of cholesterol, and low in fat.

Fill up on plant-based foods and you won't need to count calories, carbohydrates, or portion sizes ever again!





The Power Plate

Fruits

Fruits, including citrus fruits, melons, and strawberries, contain high amounts of fiber and antioxidants like beta-carotene and vitamin C. Choose whole fruit over fruit juices, which contain little to no fiber.

Whole Grains

This group includes bread, rice, pasta, hot or cold cereal, corn, millet, barley, bulgur, buckwheat, and tortillas. Build each of your meals around a hearty grain dish—grains contain high amounts of fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc.

Legumes

Legumes, including beans, peas, and lentils, are all good sources of fiber, protein, iron, calcium, zinc, and B vitamins. This group also includes chickpeas, baked and refried beans, soy milk, tempeh, and tofu.

Vegetables

Vegetables provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients. Dark green leafy vegetables such as broccoli, mustard and turnip greens, collards, and kale are especially good sources of these important nutrients. Dark yellow and orange vegetables such as carrots, winter squash, sweet potatoes, and pumpkin provide the antioxidant beta-carotene. Include generous portions of a variety of vegetables in your diet.





Table of Contents

Breakfast

Sheet Pan Breakfast Potatoes	9
Tofu Scramble	10
Mixed Berry Overnight Oats	12
Oatmeal Pancakes	13
Gluten-Free Buttermilk Pancakes	14
Blender Waffles	15

Soups and Stews

Rustic Tomato Soup	17
Creamy Black Bean Tortilla Soup	18
Creamy Carrot Soup	20
Cream of Broccoli Soup	21
Very Fast Veggie Lentil Soup	22
Smoky Potato Soup	24

Entrees

Portobello Fajitas	27
Black Bean Quinoa Burger.....	28
Lasagna with Cashew Ricotta	29
Oven Baked Macaroni	30
Beans and Rice with Collard Greens	31
Chickpea Cauliflower Masala.....	32
Veggie Tofu Stir-Fry.....	33
Veggie Rainbow Wraps.....	34
Quickie Quesadilla	35
Lentil Bolognese.....	36
Easy Veggie Soba Noodle Bowls	37

Desserts

Blueberry Pear Crumble	39
Chocolate Sheet Cake.....	40
No Bake Brownie Bites.....	41
Classic Fruit Salad	42
Oatmeal Raisin Cookies	43



Convenience Meals

Three-Step Meal.....	45
Tomato Basil Pasta	46
Black Bean Tacos	46
Hummus and Veggie Wrap.....	47
Mango Rice Bowl.....	47
Bean Salad	48
Cauliflower Rice Stir-Fry	49
Vegan Spaghetti Bolognese	50
Lemon and Garlic Broccoli Salad ...	51



Breakfast



Sheet Pan Breakfast Potatoes

Makes **5 servings** | Serving size: **1 cup**

INGREDIENTS

1 yellow onion (160 g), small dice
1 red bell pepper (150 g), diced
4 russet potatoes (220 g), cut into
1/2-inch cubes
3 tablespoons (45 mL) canola oil
(optional)
1 teaspoon garlic powder
1 teaspoon Old Bay seasoning
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper



INSTRUCTIONS

Preheat the oven to 375 F. Line a baking sheet with parchment paper.

Add the onion, pepper, potatoes, and oil (if using) to a large bowl and toss to coat the vegetables and potatoes with oil. Add the garlic powder, old bay, salt, and pepper. Toss until everything is coated evenly.

Transfer to prepared baking sheet and bake for 45-50 minutes until potatoes are fork tender and have started to brown on the outside.

Note: To make oil free, omit the oil completely and spritz the potatoes with water every 10-15 minute to prevent from drying out.

Nutrition Analysis per Serving:

Calories: 217 • Fat: 8.5 g • Saturated Fat: 5.2 g • % Calories From Fat: 34.3 % • Cholesterol: 0 mg
• Protein: 4 g • Carbohydrate: 33 g • Sugar: 3.6 g • Fiber: 3.7 g • Sodium: 249 mg • Potassium: 817 mg

Nutrition Analysis per Serving (Oil-Free):

Calories: 145 • Fat: 0.3 g • Saturated Fat: 0.06 g • % Calories From Fat: 1.6 % • Cholesterol: 0 mg
• Protein: 4 g • Carbohydrate: 33 g • Sugar: 3.6 g • Fiber: 3.7 g • Sodium: 249 mg • Potassium: 817 mg

Tofu Scramble

Makes **4 servings** | Serving size: **1/2 cup**

INGREDIENTS

1 14-ounce (397 g) block extra-firm tofu, drained
1 tablespoon (15 mL) olive oil (optional)
2 tablespoons (5 g) nutritional yeast
1/2 teaspoon sea salt
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon ground turmeric
1/4 teaspoon black pepper
1/4 teaspoon smoked paprika
1/2 teaspoon Himalayan black salt (kala namak) (optional)



INSTRUCTIONS

To make the scramble, crumble the tofu into a bowl. Add the oil, if using, and mix into the tofu. Add the nutritional yeast, salt, garlic powder, onion powder, turmeric, pepper, and smoked paprika. Mix until the spices are evenly dispersed and the tofu is coated.

BAKING OPTION: Preheat the oven to 425 F. Line a baking sheet with parchment paper. Transfer prepared tofu to the baking sheet and spread into one layer. Bake for 15 minutes, toss, and bake an additional 10-15 minutes until the tofu has started to dry out slightly and get some crispy edges. Add the kala namak, if using, and mix the tofu to distribute the kala namak. Mix in roasted or sauteed veggies, if desired. Serve hot.

SKILLET OPTION: Saute your favorite vegetables and vegan meats that you wish to add to the scramble. Add the oil to the skillet, if using. Add

the scramble and saute until the liquid has cooked out of the tofu and the tofu has turned light yellow and warmed all the way through. Mix in the kala namak until evenly distributed. Serve hot.

MAKE-AHEAD OPTION: Make the scramble ahead and use portions as needed; store the scramble base in the refrigerator for up to 4 days until ready for use. Always add the kala namak after baking or sauteing. It is a finishing salt, and the flavor will be cooked out if you add before cooking the scramble.

OIL-FREE OPTION: Omit the oil from the baked version and bake as is. Omit the oil from the skillet version and use 2 tablespoons water or vegetable broth as needed to keep scramble from sticking.

Nutrition Analysis per Serving (With Oil):

Calories: 133 • Fat: 8.9 g • Saturated Fat: 1.4 g • % Calories From Fat: 57% • Cholesterol: 0 mg • Protein: 12.4 g • Carbohydrate: 4.1 g • Sugar: 0.8 g • Fiber: 1.7 g • Sodium: 298 mg • Potassium: 238 mg

Nutrition Analysis per Serving (Oil-Free):

Calories: 103 • Fat: 5.5 g • Saturated Fat: 0.96 g • % Calories From Fat: 44.7% • Cholesterol: 0 mg • Protein: 12.4 g • Carbohydrate: 4.1 g • Sugar: 0.8 g • Fiber: 1.7 g • Sodium: 298 mg • Potassium: 238 mg

Mixed Berry Overnight Oats

Makes **5 servings** | Serving size: **1 cup**

INGREDIENTS

1 1/2 cups (120 g) gluten-free rolled oats

1 tablespoon (7 g) cinnamon

1 1/2 cups (303 g) frozen triple berry mix

1 1/2 cups (353 mL) unsweetened nondairy milk

1/2 teaspoon vanilla extract

Maple syrup (optional)



INSTRUCTIONS

Combine oats, cinnamon, berries, milk, and vanilla in a large container. Mix well until everything is combined. Seal tightly and set in the refrigerator for at least 8 hours or overnight.

Note: Use any fruit you like; just replace the berries with equal parts fruit of choice. For hot oats, remove desired portion and heat in a nonstick skillet over medium heat 2-4 minutes until heated through, stirring frequently. Add nuts, seeds, vegan yogurt, and berries as topping as desired.

Nutrition Analysis per Serving:

Calories: 165 • Fat: 2.6 g • Saturated Fat: 0.4 g • % Calories From Fat: 13.2% • Cholesterol: 0 mg
• Protein: 5 g • Carbohydrate: 31.8 g • Sugar: 4.9 g • Fiber: 6.4 g • Sodium: 35 mg

Oatmeal Pancakes

Makes **12 servings** | Serving size: **1/3 cup batter**

INGREDIENTS

1 1/2 cups (353 mL) soy milk
3 tablespoons (45 mL) apple cider vinegar
1 teaspoon vanilla extract
2 tablespoons (30 mL) sunflower or olive oil
2 tablespoons (14 g) ground flaxseed
6 tablespoons (90 mL) water
1 1/2 cups (120 g) oats
1 cup (152 g) whole-wheat flour
1/2 teaspoon baking soda



2 teaspoons (9 g) baking powder
1/2 teaspoon salt
2 teaspoons (4 g) ground cinnamon

INSTRUCTIONS

Combine soy milk, vinegar, vanilla, and oil. Set aside and let sit for 5 minutes until curdled.

Combine flaxseed and water and let sit for 4 minutes until viscous.

Add the oats, whole-wheat flour, baking soda, baking powder, salt, and cinnamon to blender. Blend until a rough flour forms; there can still be some texture left to the oats, like large granules of sand.

Add the milk mixture and flaxseed mixture to the blender, blending on low, until mixture reaches an easily blended consistency. Add more milk 1 tablespoon at a time if needed.

Spoon 1/3-cup portions of batter onto a medium hot skillet. Cook for 3-5 minutes or until bubbles start to form on top, and then flip over.

Serve hot with fresh berries and walnuts.

Nutrition Analysis per Serving:

Calories: 165 • Fat: 2.6 g • Saturated Fat: 0.4 g • % Calories From Fat: 13.2% • Cholesterol: 0 mg
• Protein: 5 g • Carbohydrate: 31.8 g • Sugar: 4.9 g • Fiber: 6.4 g • Sodium: 35 mg

Gluten-Free Buttermilk Pancakes

Makes **6 servings** | Serving size: **2 pancakes**

INGREDIENTS

2 cups (250 g) gluten-free 1-to-1 baking flour
1/4 cup (50 g) organic cane sugar
2 teaspoons (9 g) baking powder
1 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon sea salt
1 2/3 cups (394 mL) unsweetened plain oat milk
2 tablespoons (30 mL) apple cider vinegar



1/4 cup (60 mL) canola oil
1 teaspoon alcohol-free vanilla extract

INSTRUCTIONS

Add the flour, sugar, baking powder, baking soda, ground cinnamon, and sea salt to a bowl and whisk together the ingredients until combined.

Add the milk, vinegar, canola oil, and vanilla extract to the dry mixture and whisk until combined and a batter has formed.

Heat a nonstick skillet over medium heat and lightly grease with cooking spray, if using. Add 1/3 cup batter for a single pancake to the pan. Add batter for as many pancakes as you can fit, usually 2 or 3. Cook for 3-4 minutes until the edges begin to bubble slightly. Flip and cook an additional 3-4 minutes until cooked through.

Serve warm with Universal Meals Quick Strawberry Chia Jam, fresh fruit, or pure maple syrup.

Nutrition Analysis per Serving:

Calories: 297 • Fat: 10 g • Saturated Fat: 1 g • % Calories From Fat: 31% • Cholesterol: 0 mg • Protein: 3 g • Carbohydrate: 48 g • Sugar: 9 g • Fiber: 3 g • Sodium: 503 mg • Calcium: 180 mg • Iron: 1 mg • Vitamin C: 0 mg • Beta-Carotene: 2 mcg • Vitamin E: 0 mg

Blender Waffles

Makes **6 servings** | Serving size: **1 waffle**

INGREDIENTS

3 cups (160 g) rolled oats
2 1/4 cups (535 mL) unsweetened nondairy milk
1/4 cup (70 g) silken tofu
1 (118 g) banana
1 tablespoon (14 g) baking powder
1/4 teaspoon salt
1 tablespoon (15 mL) maple syrup
1 teaspoon vanilla extract
Fresh fruit (optional)
Maple syrup (optional)



INSTRUCTIONS

Preheat waffle iron according to manufacturer's instructions.

Add the oats to a high-speed blender and blend into a flour. Add the milk, tofu, banana, baking powder, salt, maple syrup, vanilla extract, cinnamon, and nutmeg. Blend until smooth and creamy; the batter will be thick.

Lightly spray waffle iron with cooking spray and follow the manufacturer's instructions to make the waffles.

Batter will thicken more as it sits and you make the waffles. Add splashes of water or nondairy milk as needed to loosen it up.

Serve with fresh fruit or maple syrup.

Nutrition Analysis per Serving:

Calories: 132 • Fat: 2 g • Saturated Fat: 0 g • Calories From Fat: 12% • Cholesterol: 0 mg • Protein: 7 g • Carbohydrate: 23 g • Sugar: 4 g • Fiber: 3 g • Sodium: 104 mg



Soups and Stews

Rustic Tomato Soup

Makes **2 servings** | Serving size: **1 1/4 cups**

INGREDIENTS

1/2 yellow onion, diced
2 cloves garlic, minced
4 Roma tomatoes, chopped
1/4 bunch or 1 teaspoon fresh thyme
1/4 teaspoon iodized salt
1/4 teaspoon ground black pepper
1/8 teaspoon ground cumin
1/2 cup brown rice
1/4 teaspoon crushed red pepper (optional)



INSTRUCTIONS

Saute the onion over medium heat until it just starts to brown. Add the garlic, sauteing for another minute.

Add 1 cup (240 mL) of water and the remaining ingredients (including optional crushed red pepper if desired), except for the rice. Simmer until tomatoes are soft. Smash the tomatoes with your spoon as they cook until they have turned into sauce.

Add the rice and cover the pot. Reduce the heat to low and cook for 25 minutes. If you would like to add a cup of rinsed, red beans to this dish you can do so once the soup is removed from the heat.

Note: Use a short-grain brown rice in this dish for a chewier texture.

Nutrition Analysis per Serving (Oil-Free):

Calories: 222 • Fat: 2 g • Saturated Fat: 0.5 g • Calories From Fat: 6% • Cholesterol: 0 mg
• Protein: 6 g • Carbohydrate: 43 g • Sugar: 4 g • Fiber: 4 g • Sodium: 312 mg • Calcium: 29 mg
• Iron: 1.7 mg • Vitamin C: 21.8 mg • Beta-Carotene: 258 mcg • Vitamin E: 0.7 mg

Creamy Black Bean Tortilla Soup

Makes **6 serving** | Serving size: **1 1/4 cups**

INGREDIENTS

1 tablespoon neutral-tasting oil (safflower)
1 1/2 cups onion, finely chopped
1 clove garlic, finely chopped
1/2 cup carrots, roughly chopped
1 red bell pepper, finely chopped
3/4 cup tomatoes, roughly chopped
3 organic corn tortillas, roughly cut
1/2 teaspoon sea salt
1/4 teaspoon finely ground black pepper
1 bay leaf
1 tablespoon agave or brown rice syrup
1 teaspoon dried oregano
2 cans organic black beans (15 ounces or 2 1/2 cups), drained and rinsed
4 cups “no-chicken” style vegetable broth



3 tablespoons fresh lime juice, divided
2 tablespoons fresh dill, finely chopped
2 cups corn tortilla chips (gluten-free), for topping

INSTRUCTIONS

Preheat a large stockpot. Add oil and saute onion and garlic for about 4 minutes, until translucent, over medium-low heat. Add tortilla and cook about 3 minutes more, stirring frequently. Add carrots, bell pepper, and tomato and cook for 3-5 more minutes. Add sea salt, pepper, bay leaf, agave or brown rice syrup, and dried oregano.

Add beans, broth, and 1 tablespoon lime juice. Reduce heat to a simmer and cook, partially covered, for about 15 minutes or until tortillas are soft. Remove bay leaf. Add 2 tablespoons lime juice. Stir.

Blend soup in blender, until smooth, or use an immersion blender. Season to taste with additional salt and pepper.

Ladle soup into bowls and top with fresh dill. Serve soup with a few slightly crushed tortilla chips on top and additional tortilla chips on side.

Nutrition Analysis per Serving:

Calories: 368 • Fat: 8 g • Saturated Fat: 1 g • % Calories From Fat: 20% • Cholesterol: 0 mg

• Protein: 13 g • Carbohydrate: 64 g • Sugar: 10 g • Fiber: 15 g • Sodium: 502 mg

• Calcium: 143 mg • Iron: 4 mg • Vitamin C: 65 mg • Beta-Carotene: 2,441 mcg • Vitamin E: 3 mg

Creamy Carrot Soup

Makes **4 servings** | Serving size: **1 1/2 cups**

INGREDIENTS

4 cups (946 mL) vegetable broth
6 carrots
1 onion
1/2 teaspoon iodized salt
6 inches ginger
1 scallion



INSTRUCTIONS

Put the broth, chopped carrots (about 3 cups or 384 g), 1 cup (160 g) diced onion, and a pinch of the salt in a medium soup pot. Cover and bring to a boil over medium-high heat. Decrease the heat to low and simmer for 25 minutes, or until the carrots are soft.

Using an immersion blender, puree the soup in the pot until smooth. Alternatively, you can use a ladle to transfer the soup to a blender or food processor and process until smooth. Return the blended soup to the pot. Finely grate the ginger into about 1/3 cup (32 g), squeeze and reserve the juice, and discard the pulp. Add the remaining salt, ginger juice, and a little water, if needed, to achieve the desired consistency. Simmer for 5 minutes longer. Serve hot, garnished with the scallions.

Nutrition Analysis per Serving:

Calories: 88 • Fat: 0.7 g • Saturated Fat: 0.1 g • Calories From Fat: 6% • Cholesterol: 0 mg
• Protein: 2.4 g • Carbohydrate: 20 g • Sugar: 7.4 g • Fiber: 3.7 g • Sodium: 499 mg •
Calcium: 51 mg • Iron: 0.7 mg • Vitamin C: 10 mg • Beta-Carotene: 9,510 mcg • Vitamin E: 0.9 mg

Cream of Broccoli Soup

Makes **8 servings** | Serving size: **1 cup**

INGREDIENTS

1 tablespoon olive oil (see below for oil-free option)

1 onion, chopped

2 carrots, thinly sliced

2 celery stalks, thinly sliced

4 garlic cloves

6 cups (475 g) broccoli florets, cut into bite-size pieces (roughly 2 heads)

1/2 cup (85 g) cannellini beans or great northern beans

4 cups (946 mL) low-sodium vegetable broth

1 teaspoon sea salt

1/2 teaspoon ground black pepper

Juice of 1/2 lemon



INSTRUCTIONS

Heat the oil in a stockpot over medium heat. Add the onions, carrot, and celery and saute for 5 minutes until onions are translucent and carrots are soft. Add the garlic and saute 1 additional minute until fragrant.

Add the broccoli, beans, and vegetable broth to the pot. Cover and bring to a boil, reduce to a simmer, and let cook for 6 minutes until the broccoli is fork tender.

Add salt, pepper, and lemon juice and stir to combine. Use an immersion blender or transfer the soup to a blender; blend until smooth and creamy.

OIL-FREE: Omit the oil completely and saute vegetables in 1/4 cup water or low-sodium vegetable broth; add more liquid as needed.

Nutrition Analysis per Serving:

Calories: 73 • Fat: 2 g • Saturated Fat: 0 g • % Calories From Fat: 26% • Cholesterol: 0 mg • Protein: 3 g • Carbohydrate: 12 g • Sugar: 3 g • Fiber: 4 g • Sodium: 437 mg • Calcium: 54 mg • Iron: 1 mg • Vitamin C: 45 mg • Beta-Carotene: 1,916 mcg • Vitamin E: 2 mg

Nutrition Analysis per Serving (OIL FREE):

Calories: 58 • Fat: 0 g • Saturated Fat: 0 g • % Calories From Fat: 7% • Cholesterol: 0 mg • Protein: 3 g • Carbohydrate: 12 g • Sugar: 3 g • Fiber: 4 g • Sodium: 437 mg • Calcium: 54 mg • Iron: 1 mg • Vitamin C: 45 mg • Beta-Carotene: 1,916 mcg • Vitamin E: 2 mg

Source: Dustin Harder

Very Fast Veggie Lentil Soup

Makes **12 servings** | Serving size: **1 cup**

INGREDIENTS

1 tablespoon (15 mL) olive oil (see below for oil-free option)
1 onion, diced
2 celery stalks, thinly sliced
2 carrots, peeled and thinly sliced
4 cloves garlic, minced
6 cups (48 fl oz) low-sodium vegetable broth
1 russet potato, skin on, cut into 1/2-inch cubes
1 cup (180 g) corn, frozen or fresh
1 head broccoli (about 3 cups, or 200 g) cut into tiny florets
2 15-ounce cans low-sodium brown lentils or 3 cups cooked brown lentils, drained and rinsed
1 14.5-ounce can no-salt-added diced tomatoes, with juices
1 1/2 cups (46 g) kale, roughly chopped into small pieces
1 teaspoon (1 g) dried oregano
1 teaspoon (3 g) sea salt
1/2 teaspoon (1 g) black pepper



INSTRUCTIONS

In a large stockpot, heat the oil over medium heat. Add the onion, celery, and carrots and saute for 3 minutes until onions are soft. Add the garlic and saute 1 additional minute until fragrant.

Add the broth and potato, cover, and bring to a boil. Reduce to a simmer and continue to cook, covered, for 6-8 minutes until potatoes

are fork tender. Add the corn, broccoli, lentils, tomatoes, kale, oregano, salt, and pepper and let simmer for 2-4 minutes, covered, until broccoli has become fork tender.

OIL-FREE: Omit the oil, saute the vegetables in 1/4 cup water or low-sodium vegetable broth, and add more liquid as needed.

Nutrition Analysis per Serving:

Calories: 129 • Fat: 2 g • Saturated Fat: 0 g • % Calories From Fat: 12% • Cholesterol: 0 mg • Protein: 7 g • Carbohydrate: 23 g • Sugar: 3 g • Fiber: 6 g • Sodium: 289 mg • Calcium: 52 mg • Iron: 3 mg • Vitamin C: 24 mg • Beta-Carotene: 1,257 mcg • Vitamin E: 1 mg

Nutritional Analysis per Serving (OIL-FREE):

Calories: 119 • Fat: 1 g • Saturated Fat: 0 g • % Calories From Fat: 5% • Cholesterol: 0 mg • Protein: 7 g • Carbohydrate: 23 g • Sugar: 3 g • Fiber: 6 g • Sodium: 289 mg • Calcium: 52 mg • Iron: 3 mg • Vitamin C: 24 mg • Beta-Carotene: 1,257 mcg • Vitamin E: 1 mg

Smoky Potato Soup

Makes **7 servings** | Serving size: **1 cup**

INGREDIENTS

1 tablespoon (15 mL) olive oil (see below for oil-free option)
1 onion, chopped
6 garlic cloves, minced
1 1/2 teaspoons (4 g) smoked paprika
1 teaspoon (6 g) sea salt
1/2 teaspoon (1 g) ground black pepper
1/2 teaspoon (1 g) dried thyme
3 pounds russet potatoes, peeled and cut into 1/2-inch dice
4 cups (32 fl oz) low-sodium vegetable broth
1/2 cup (35 g) thinly sliced scallions



INSTRUCTIONS

Heat the oil in a stockpot over medium heat. Add the onion and saute for 3 minutes until translucent. Add the garlic, paprika, salt, pepper, and thyme and saute 1 additional minute until fragrant. Add the potatoes and toss to combine.

Add the vegetable broth, cover, and bring to a boil. Uncover, reduce to a simmer, and let cook for 8-10 minutes until potatoes are fork tender. Remove from the heat.

Transfer half of the soup to a blender and blend until smooth and creamy; don't over blend, or the texture will become gummy. Transfer the blended soup back to the pot and stir to combine. Alternatively, you can use an immersion blender to blend half of the soup or a potato masher to mash half of the potatoes to create a creamy soup. Season with additional salt and pepper, as desired.

Add the scallions and stir to combine.

OIL-FREE: Omit the oil and saute the onions in 2 tablespoons water or low-sodium vegetable broth; add more liquid as needed.

NOTES: Make it a loaded baked potato soup by adding vegan cheddar shreds, vegan bacon bits, vegan sour cream, and scallions to the top.

Nutrition Analysis per Serving:

Calories: 188 • Fat: 2 g • Saturated Fat: 0 g • % Calories From Fat: 11% • Cholesterol: 0 mg • Protein: 4 g • Carbohydrate: 39 g • Sugar: 3 g • Fiber: 4 g • Sodium: 422 mg • Calcium: 34 mg • Iron: 1 mg • Vitamin C: 16 mg • Beta-Carotene: 314 mcg • Vitamin E: 1 mg

Nutritional Analysis per Serving (OIL-FREE):

Calories: 171 • Fat: 0 g • Saturated Fat: 0 g • % Calories From Fat: 2% • Cholesterol: 0 mg • Protein: 4 g • Carbohydrate: 39 g • Sugar: 3 g • Fiber: 4 g • Sodium: 422 mg • Calcium: 34 mg • Iron: 1 mg • Vitamin C: 16 mg • Beta-Carotene: 314 mcg • Vitamin E: 0 mg



Entrees

Portobello Fajitas

Makes **6 servings** | Serving size: **1/2 cup filling per tortilla**

INGREDIENTS

2 tablespoons (30 mL) soy sauce
1 tablespoon (15 mL) olive oil (optional)
Juice of 2 limes (60 mL)
2 tablespoons (2 g) fresh cilantro, chopped
1 teaspoon ground cumin
1 teaspoon garlic powder
2 large portobello mushroom caps (170 g), stemmed and sliced
1 yellow bell pepper (150 g), sliced
1 red bell pepper (150 g), sliced
1 onion (160 g), halved and sliced
12 6-inch flour tortillas (180 g)



Optional toppings: Romaine lettuce, shredded; guacamole; vegan sour cream; shredded vegan cheese; salsa

INSTRUCTIONS

In a medium bowl, mix together the soy sauce, olive oil, lime juice, cilantro, cumin, and garlic powder. Add mushrooms to the bowl and let marinate for 10 minutes. While mushrooms are marinating, prepare the rest of the ingredients.

Add peppers and onions to the mushroom bowl and combine until all vegetables are coated.

Heat a large skillet over medium heat and add the contents of the bowl, the marinade, and the vegetables. Cook for 8 minutes until vegetables are tender and liquid has absorbed.

Serve with warm tortillas and toppings.

Nutritional Analysis per Serving (With Tortillas):

Calories: 222 • Fat: 6.9 g • Saturated Fat: 1.9 g • % Calories From Fat: 27.5% • Cholesterol: 0 mg
• Protein: 6.7 g • Carbohydrate: 34.4 g • Sugar: 5.6 g • Fiber: 3.3 g • Sodium: 641 mg • Potassium: 316 mg

Black Bean Quinoa Burger

Makes **4 servings** | Serving size: **1 patty**

INGREDIENTS

1/3 cup (36 g) zucchini, grated
1/4 cup (32 g) onion, fine diced
1/4 cup (30 g) red bell pepper, chopped
3/4 cup (138 g) canned black beans, half pureed
1 clove (2 g) garlic, chopped
1 teaspoon thyme
1 teaspoon oregano
1 teaspoon chopped cilantro
1/4 teaspoon ground black pepper
1/2 teaspoon cumin powder



1 teaspoon nutritional yeast
1 teaspoon tamari or soy sauce
1/2 teaspoon flaxseed, ground
2 tablespoons (30 mL) water, divided
1/2 cup (62 g) oats, coarsely ground
1/4 cup (46 g) cooked quinoa

INSTRUCTIONS

Take half the beans and puree. Combine vegetables, herbs, seasonings, and beans and mix thoroughly.

Mix flaxseed with 1/4 cup warm water, whisk together, and let sit for 2 minutes. Add to other ingredients and mix well.

Add oats and quinoa to vegetable mixture and mix thoroughly.

Use scoop to form a patty. Place on parchment paper and place in fridge until ready to cook.

To cook, preheat oven to 375 F. Place on a sheet pan or in oven-safe pan. Bake for 10-12 minutes. Then grill patty on a nonstick pan on medium-high heat. Lightly spray with oil if needed. Saute patty for 3-5 minutes on each side until crispy.

Nutrition Analysis per Serving:

Calories: 105 • Fat: 1 g • Saturated Fat: 0 g • % Calories From Fat: 10% • Cholesterol: 0 mg
• Protein: 5 g • Carbohydrate: 19 g • Sugar: 2 g • Fiber: 5 g • Sodium: 15 mg

Lasagna with Cashew Ricotta

Makes **8 servings** | Serving size: **1 piece**

INGREDIENTS

9 dry lasagna noodles (198 g),
cooked according to package
directions

2 12-ounce packages (680 g)
extra-firm silken tofu

3/4 cup (103 g) cashews

2 teaspoons (1 g) dried basil

2 tablespoons (30 mL) lemon juice

24 ounces (680 mL) commercial
pasta sauce



INSTRUCTIONS

Preheat the oven to 350 F. Boil lasagna noodles, and then drain and rinse with cold water.

Combine tofu, cashews, basil, and lemon juice in a food processor or blender and process until smooth.

Layer in a lightly oiled lasagna pan: pasta sauce, 3 cooked noodles, and tofu-cashew mixture. Repeat with another layer of sauce, 3 more noodles, and tofu-cashew mixture.

Top with more sauce, the remaining 3 noodles, and remaining sauce. Bake uncovered for 20-30 minutes.

Note: Use oven-ready noodles if desired to lessen the cooking time.

Nutrition Analysis per Serving:

Calories: 73 • Fat: 2 g • Saturated Fat: 0 g • % Calories From Fat: 26% • Cholesterol: 0 mg • Protein: 3 g • Carbohydrate: 12 g • Sugar: 3 g • Fiber: 4 g • Sodium: 437 mg • Calcium: 54 mg • Iron: 1 mg • Vitamin C: 45 mg • Beta-Carotene: 1,916 mcg • Vitamin E: 2 mg

Oven-Baked Macaroni

Makes **4 servings** | Serving size: **1 1/2 cups**

INGREDIENTS

1 12.3-ounce box silken tofu
(e.g., Mori-Nu brand)
2 tablespoons (30 mL) vegetable broth
8 ounces pasta shells
1 1/4 cups (285 mL) soy milk
1/2 cup (72 g) nutritional yeast
1 teaspoon prepared yellow mustard
1 tablespoon (7 g) granulated
onion powder
1 teaspoon granulated garlic powder
1/2 teaspoon smoked paprika
(or paprika)



1/4 teaspoon turmeric (for color)
2 tablespoons (34 g) yellow miso
paste
Salt and pepper
1/4 to 1/2 cup (28 g to 55 g)
breadcrumbs
Vegan Parmesan or vegan
cheddar shreds (optional)

INSTRUCTIONS

Preheat the oven to 350 F and set aside a glass casserole dish. In a blender, combine the tofu and 2 tablespoons of vegetable broth. Puree until the tofu mixture is smooth and creamy. Set the tofu mixture aside.

Cook the pasta as directed on the package, and then drain it and rinse with cold water. Set the cooked pasta aside.

In a saucepan, whisk together the soy milk, nutritional yeast, mustard, and dry spices. Cover and bring almost to a boil. Turn off the heat. Stir in the miso until well combined. Stir in the cooked pasta and tofu mixture well. Season with salt and pepper to taste. Transfer the mixture to the casserole dish. Sprinkle with breadcrumbs over the top along with vegan Parmesan, if using. Bake 20 to 25 minutes, or until the top is slightly browned.

NOTE: Peas are a nice addition.

Nutrition Analysis per Serving:

Calories: 438 • Fat: 7 g • Saturated Fat: 1 g • Calories From Fat: 9% • Cholesterol: 0 mg • Protein: 28 g • Carbohydrate: 69 g • Sugar: 8 g • Fiber: 9 g • Sodium: 518 mg

Beans and Rice with Collard Greens

Makes **5 servings** | Serving size: **1 cup**

INGREDIENTS

2 1/2 cups (570 mL) vegetable stock, divided

1 cup (183 g) medium-grain brown rice

1 tablespoon (15 mL) olive oil (optional)

1 onion (126 g), small dice

1 green bell pepper (173 g), small dice

2 cups (72 g) collard greens, destemmed and roughly chopped, or 1 15.5-ounce can, drained

2 15.5-ounce cans red kidney beans or 3 cups (524 g) cooked red kidney beans



1 tablespoon (7 g) paprika

1 tablespoon (8 g) chili powder

1 teaspoon garlic powder

1/2 teaspoon sea salt

1/2 teaspoon ground black pepper

1/4 teaspoon crushed red pepper

INSTRUCTIONS

Bring 2 cups (16 ounces) of stock to a boil, add the rice, and reduce to a simmer. Cover with a lid and let simmer for 45 minutes. Turn off the heat and let sit for 10 minutes; fluff with a fork.

Heat the oil in a large saucepot over medium heat. Add the onion and pepper and saute 2-4 minutes until soft and onions are translucent. Add the greens and mix until incorporated and the greens have wilted. Add the beans and mix until well combined and heated through. Add the paprika, chili powder, garlic powder, sea salt, pepper, and crushed red pepper. Mix to combine and coat the vegetables and beans with spices.

Add the cooked rice and remaining 1/2 cup (4 ounces) of vegetable broth and mix everything together until well combined and the rice is coated with spices.

Nutrition Analysis per Serving:

Calories: 362 • Fat: 6 g • Saturated Fat: 1 g • Calories From Fat: 8% • Cholesterol: 0 mg
• Protein: 15 g • Carbohydrate: 54 g • Sugar: 7 g • Fiber: 11 g • Sodium: 666 mg

Chickpea Cauliflower Masala

Makes **8 servings** | Serving size: **1/2 cup**

INGREDIENTS

1 tablespoon (15 mL) olive oil
1 onion, diced
2 cups (230 g) cauliflower florets, cut into bite-size pieces
3 cloves garlic, minced
1 15.5-ounce can low-sodium chickpeas or 1 1/2 cups (248 g) cooked chickpeas, drained and rinsed
1 14.5-ounce can no-salt-added diced tomatoes, with juice
2 tablespoons (32 g) no-salt-added tomato paste
1/2 teaspoon sea salt



1 teaspoon dried ginger
1 teaspoon cumin powder
2 teaspoons garam masala
1 cup unsweetened oat milk
Brown rice (optional)
Chopped cilantro (optional)

INSTRUCTIONS

Heat the oil in a large skillet over medium heat, add the onion and cauliflower, and saute 4 minutes until onions are soft. Add the garlic and saute 1 additional minute until fragrant. Add the chickpeas, diced tomatoes, tomato paste, salt, ginger, cumin, and masala and mix until well combined.

Add the milk and mix until well combined. Cover and bring to a simmer for 12 minutes until heated through; cauliflower should be tender, and flavors should have blended together.

Serve over rice sprinkled with fresh chopped cilantro, if desired.

NOTES: If you would like a richer taste, add 1/4 teaspoon coconut extract to this dish. You can also use coconut milk instead of oat milk, if you desire, but note that the fat content will be higher and that coconut is considered a tree nut by the Food and Drug Administration.

Nutrition Analysis per Serving:

Calories: 151 • Fat: 3 g • Saturated Fat: 1 g • % Calories From Fat: 52% • Cholesterol: 0 mg • Protein: 4 g • Carbohydrate: 15 g • Sugar: 5 g • Fiber: 5 g • Sodium: 165 mg • Calcium: 49 mg • Iron: 1 mg • Vitamin C: 20 mg • Beta-Carotene: 183 mcg • Vitamin E: 1 mg

Veggie Tofu Stir-Fry

Makes **6 servings** | Serving size: **1 1/4 cups stir-fry**

INGREDIENTS

3/4 cup (175 mL) low-sodium vegetable broth

2 tablespoons (28 mL) soy sauce or tamari if gluten-free

1 tablespoon (15 mL) ketchup

1 tablespoon (6 g) fresh ginger, minced

3 garlic cloves (9 g), minced

2 teaspoons (5 g) cornstarch

1 tablespoon (15 mL) olive oil (optional)

1 red onion (160 g), cut into large chunks

3 cups (213 g) broccoli florets, cut into bite-size pieces



1 red bell pepper (150 g), diced

1 8-ounce (227 g) package baby bella or white button mushrooms, stemmed and halved

1 14-ounce (397 g) block extra-firm tofu, drained and cut into 1/2-inch cubes

4 cups (760 g) brown rice, cooked

INSTRUCTIONS

In a small bowl, whisk together the vegetable broth, soy sauce, ketchup, ginger, garlic, and cornstarch and set aside. Heat a large skillet or wok over medium-high heat. Add the oil, if using. Add the onion, broccoli, bell pepper, mushrooms, and tofu and saute for 6-8 minutes until vegetables reduce slightly in size and broccoli is a bright green.

Quickly give your soy mixture another whisk, being sure to scrape any settled cornstarch off the bottom of the bowl. Reduce heat to medium and slowly add cornstarch mixture to the skillet. Cook for 2 minutes until thick, stirring occasionally. Divide the rice among 4 bowls and top with stir-fry.

NOTE: If omitting oil, add 2 tablespoons of water or vegetable broth as needed to prevent tofu and vegetables from sticking. For a crispier tofu, bake the tofu on a parchment-lined baking sheet at 425 F for 25-30 minutes, until desired texture is reached; flip halfway through the cooking time. Add to the finished stir-fry vegetables.

Nutrition Analysis per Serving:

Calories: 404 • Fat: 7.8 g • Saturated Fat: 1.5 g • % Calories From Fat: 16% • Cholesterol: 0 mg • Protein: 19.6 g • Carbohydrate: 68 g • Sugar: 6.6 g • Fiber: 7.5 g • Sodium: 451 mg • Potassium: 768 mg

Veggie Rainbow Wraps

Makes **8 servings** | Serving size: **5 rolls/1 wrap**

INGREDIENTS

- 1 cup roasted red pepper hummus
- 8 whole-wheat tortillas
- 1 red bell pepper, cut in sticks
- 1 orange bell pepper, cut in sticks
- 1 1/2 cups spinach, chopped
- 1 cucumber, cut in sticks

INSTRUCTIONS

Spread hummus or bean spread of your choice thinly on one side of the tortillas.

Add a thin layer of the vegetables across two-thirds of each tortilla.

Roll up each tortilla.

Slice into about 5 individual rolls per tortilla.



Nutrition Analysis per Serving:

Calories: 223 • Carbohydrate: 37.8 g • Protein: 7.8 g • Fat: 6.2 g • Saturated Fat: 1.3 g
• Fiber: 7.4 g • Calcium: 145 mg • Sodium: 468 mg • Iron: 2.4 mg • Vitamin C: 57.8 mg
• Beta-Carotene: 3,946 mcg • Vitamin E: 1.2 mg

Source: *The Survivor's Handbook: Eating Right for Cancer Survival*
by Neal Barnard, MD, and Jennifer Reilly, RD

Quickie Quesadilla

Makes **4 servings** | Serving size: **1 quesadilla**

INGREDIENTS

1 1/2 cups (254 g) cooked chickpeas,
or 15-ounce (425-g) can low-sodium
chickpeas, drained

2 tablespoons (30 mL) lemon juice

1 teaspoon tahini (to make sesame
seed butter, blend water and sesame
seeds)

1 clove garlic or 1/8 teaspoon garlic
powder

Dash ground black pepper

1/2 cup (78 g) roasted red pepper

1/4 teaspoon ground cumin



8 corn tortillas or paratha/chapati

1/2 cup (26 g) chopped green
onions

1/2 cup (90 g) chopped tomatoes

1/2 to 1 cup (259 g) salsa or
homemade tomato, onion, and
spices

INSTRUCTIONS

Prepare low-fat hummus recipe or use low-fat hummus of choice. If making your own, place cooked chickpeas (if canned, drain and rinse) in a food processor or blender with fresh lemon juice, tahini, garlic, and black pepper (for roasted red pepper version, add water-soaked red pepper and cumin). If more liquid is needed, add more lemon juice or water. Garlic, cumin, and black pepper can be adjusted for personal taste preferences.

Spread tortilla or chapati with 2-3 tablespoons (30-45 mL) of hummus and place in a large nonstick skillet over medium heat.

Sprinkle with onions, tomatoes, and salsa. Top with a second tortilla and cook until bottom tortilla is warm and soft, 2-3 minutes. Turn and cook second side for another minute. Remove from pan and cut in half or quarters. Repeat with remaining tortillas. Use any extra salsa or hummus as a dipping sauce.

Nutrition Analysis per Serving:

Calories: 224 • Fat: 3.9 g • Saturated Fat: 0.4 g • Calories From Fat: 14.8% • Cholesterol: 0 mg • Protein: 8.4 g • Carbohydrate: 41 g • Sugar: 6.1 g • Fiber: 8.2 g • Sodium: 261 mg • Calcium: 99 mg • Vitamin C: 38.1 mg • Beta-Carotene: 586 mcg • Vitamin E: 1.8 mg

Source: Modified from *Healthy Eating for Life for Children* by Amy Lanou, PhD; recipe by Jennifer Raymond, MS, RD; hummus recipe by Susan Levin, MS, RD, CSSD

Lentil Bolognese

Makes **6 servings** | Serving size: **3/4 cup**

INGREDIENTS

1 tablespoon (15 mL) olive oil (optional)
1 onion (160 g), chopped
4 garlic cloves (12 g), minced
2 carrots (80 g), grated
1 15-ounce can (425 g) lentils, drained and rinsed
1/2 teaspoon sea salt
1/4 teaspoon crushed red pepper
1 tablespoon (15 g) dark brown sugar
2 teaspoons (6 g) Italian seasoning
3 cups (705 mL) marinara sauce or crushed tomatoes



INSTRUCTIONS

Heat the oil in a large skillet over medium heat; add the onions and carrots and saute for 5 minutes until the onion and carrot are soft. Add garlic and saute 1 additional minute until fragrant.

Add the lentils, salt, red pepper, and Italian seasoning to the skillet and stir mixture well to combine.

Add the marinara and simmer for 5 minutes until heated through. Serve hot on top of your favorite pasta, greens, or grains.

OIL-FREE: Omit the oil completely and saute the vegetables in 2 tablespoons water or vegetable broth to prevent sticking or burning; add more liquid as needed.

Nutrition Analysis per Serving:

Calories: 133 • Fat: 2.9 g • Saturated Fat: 0.4 g • % Calories From Fat: 18.9% • Cholesterol: 0 mg
• Protein: 6.7 g • Carbohydrate: 22 g • Sugar: 7 g • Fiber: 6.7 g • Sodium: 416 mg • Potassium: 532 mg

Nutrition Analysis per Serving (Oil-Free):

Calories: 113 • Fat: 0.6 g • Saturated Fat: 0.09 g • % Calories From Fat: 18.9% • Cholesterol: 0 mg
• Protein: 6.7 g • Carbohydrate: 22 g • Sugar: 7 g • Fiber: 6.7 g • Sodium: 416 mg • Potassium: 532 mg

Easy Veggie Soba Noodle Bowls

Makes **6 servings** | Serving size: **1 1/2 cups**

INGREDIENTS

8 ounces salt-free buckwheat soba noodles

1/4 cup (60 mL) tahini

2 tablespoons (30 mL) low-sodium tamari or soy sauce

2 tablespoons (30 mL) water

2 tablespoons (30 mL) rice vinegar or white vinegar

2 tablespoons (40 g) maple syrup

1 cup (155 g) shelled frozen edamame, thawed

1 10-ounce bag frozen stir-fry vegetables

2 cups (134 g) torn lacinato kale, stems removed

6 scallions with white part, thinly sliced, plus more for garnish

Sesame seeds, for garnish, if desired



INSTRUCTIONS

Cook the noodles according to package directions, drain, and set aside.

Add the tamari, tahini, water, vinegar, and maple syrup to bowl and whisk to combine everything. Set aside.

Heat a large nonstick skillet over medium heat. Add the edamame and frozen vegetables, saute for 4 minutes, and add 2 tablespoons of water or vegetable broth as needed to prevent sticking.

Add the kale and scallions and mix continuously for 1-2 minutes until the kale has wilted and everything is well combined.

Reduce the heat to low, add the soba noodles to the skillet with the liquid mixture, and toss everything to combine. Let cook 1-2 minutes until everything is heated through.

Serve hot or cooled, garnished with more sesame seeds, if desired.

Nutrition Analysis per Serving:

Calories: 277 • Fat: 7 g • Saturated Fat: 1 g • % Calories From Fat: 21% • Cholesterol: 0 mg • Protein: 14 g • Carbohydrate: 44 g • Sugar: 7 g • Fiber: 10 g • Sodium: 345 mg • Potassium: 358 mg

Source: Recipe by Dustin Harder, inspired by Brigham and Women's Faulkner Hospital in Boston, Mass.



Desserts



Blueberry Pear Crumble

Makes **9 servings** | Serving size: **1 piece**

INGREDIENTS

For the filling:

3 cups (450 g) blueberries, fresh or frozen
3 pears (450 g), peeled, core removed, and small dice (at least 3 cups)
2 tablespoons (16 g) cornstarch
2 tablespoons (30 mL) maple syrup
Juice of 1 lemon (40 mL)
1 teaspoon vanilla extract
1/4 teaspoon sea salt
1/2 teaspoon ground cinnamon

For the topping:

1 1/2 cups (234 g) rolled oats
1 teaspoon baking powder
1/2 teaspoon sea salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
3 tablespoons (45 mL) maple syrup
3 tablespoons (45 mL) unsweetened almond milk
1 teaspoon vanilla extract

INSTRUCTIONS

Preheat the oven to 375 F. Line an 8-by-8-inch baking dish with parchment paper so that parchment hangs over two of the sides by a couple inches.

To make the filling, place blueberries, pears, and cornstarch in a large bowl and toss to coat the fruit with the cornstarch. Add the maple syrup, lemon juice, vanilla, salt, and cinnamon and stir to combine. Transfer to the prepared baking dish.

To make the topping, add the oats, baking powder, sea salt, cinnamon, and nutmeg to a food processor. Pulse until coarse and crumbly. Add maple syrup, milk, and vanilla. Pulse again a couple times, just to combine the ingredients. Keep some texture; do not pulverize into flour.

Top berry apple mixture evenly with topping. Bake for about 38-42 minutes or until golden brown and bubbling in center.



Nutritional Analysis per Serving:

Calories: 154 • Fat: 1.2 g • Saturated Fat: 0.2 g • % Calories From Fat: 6.6 % • Cholesterol: 0 mg • Protein: 2.4 g • Carbohydrate: 35.2 g • Sugar: 17.7 g • Fiber: 4.6 g • Sodium: 256 mg • Potassium: 191 mg • Fiber: 6.7 g • Sodium: 416 mg • Potassium: 532 mg

Source: *The Power Foods Diet* by Neal Barnard, MD; recipe by Dustin Harder

Chocolate Sheet Cake

Makes **24 servings** | Serving size: **1 piece**

INGREDIENTS

1/2 cup (56 g) flax meal

1 cup (240 mL) water

4 cups (500 g) all-purpose or gluten-free 1-1 baking flour

1 cup (118 g) cocoa powder

2 teaspoons baking soda

1/2 teaspoon salt

1 1/2 cups (355 mL) maple syrup

1 cup (237 mL) unsweetened applesauce

1 tablespoon (15 mL) vanilla extract

INSTRUCTIONS

Preheat the oven to 350 F. Line a 18-by-13-inch sheet tray with parchment paper and lightly spray the sides of the sheet tray with cooking spray.



Add the flax meal and water to a bowl, whisk to combine, and set aside for 5 minutes until it thickens. Add the flour, cocoa powder, baking soda, and salt to a bowl and whisk to combine.

Add the maple syrup, applesauce, and vanilla extract to the flax mixture and whisk everything together until well combined. Add the wet mixture to the dry mixture and mix with a spatula until everything comes together; do not overmix.

Transfer to a prepared sheet tray and smooth it out into an even layer. Bake for 20-22 minutes, or until a toothpick inserted in the center comes out clean.

Note: For a quick sugar-free frosting, add 1 cup unsweetened creamy sunflower butter (or creamy nut butter of choice) to a bowl or stand mixer and mix until creamy and smooth. Add 2/3 cup cocoa powder, 1/2 cup maple syrup, and 6 tablespoons unsweetened nondairy milk. Mix with a wooden spoon or paddle attachment until well combined and a smooth frosting forms. Use as a thin layer of icing on the top of the cake, and top with fresh sliced strawberries, if desired.

Nutrition Analysis per Serving:

Calories: 116 • Fat: 1.3 g • Saturated Fat: 0.3 g • % Calories From Fat: 9.2% • Cholesterol: 0 mg • Protein: 2.5 g • Carbohydrate: 24.8 g • Sugar: 9.8 g • Fiber: 2 g • Sodium: 119 mg • Calcium: 26 mg • Potassium: 110 mg

No-Bake Brownie Bites

Makes **7 servings** | Serving size: **2 bites**

INGREDIENTS

1 1/2 cups (360 g) pitted dates
1/2 cup (80 g) raisins
1 cup (81 g) gluten-free rolled oats
2 tablespoons (30 mL) pumpkin seeds
1/4 cup (86 g) cocoa powder
1/8 teaspoon iodized salt
1 teaspoon pure vanilla extract
3 tablespoons (45 mL) nondairy allergen-friendly chocolate chips (optional)



INSTRUCTIONS

In a food processor, combine the dates, raisins, oats, and pumpkin seeds. Process until the mixture is crumbly.

Add the cocoa, protein powder (if using), salt, and vanilla. Process again, and let the processor run until the mixture begins to get sticky and form clumps.

Add the chocolate chips (if using) and pulse until a ball forms on the blade.

Remove the bowl, and roll small scoops (about 1 tablespoon each) of the mixture into balls. Continue until all of the mixture is used.

Transfer to an airtight container in the refrigerator, where brownie bites will keep for a couple of weeks, or to the freezer, where they will keep for a couple of months.

Nutrition Analysis per Serving:

Calories: 168 • Fat: 2 g • Saturated Fat: 1 g • % Calories From Fat: 11% • Cholesterol: 0 mg • Protein: 4 g • Carbohydrate: 38 g • Sugar: 24 g • Fiber: 5 g • Sodium: 41 mg

Classic Fruit Salad

Makes **8 servings** | Serving size: **1 cup**

INGREDIENTS

2 apples (325 g), peeled and cored
2 bananas (300 g), peeled and sliced
Juice of 1 lemon (~35 mL)
2 cups (340 g) hulled and sliced strawberries
2 cups (290 g) blueberries
1 mango (175 g), peeled and cut into chunks



INSTRUCTIONS

Add the apples, bananas, and lemon juice to a large bowl and toss to combine. Add the strawberries, blueberries, and mango and mix all of the ingredients until well combined.

Serve buffet style or portion into parfait cups.

Variation: Create a fruit and yogurt parfait. Use a parfait cup and start with a layer of fruit salad followed by a layer of vegan yogurt, another layer of fruit salad, and another layer of yogurt. Finish with a final layer of fruit salad. Garnish with mint if desired.

Nutrition Analysis per Serving:

Calories: 106 • Fat: 0.6 g • Saturated Fat: 0.1 g • % Calories From Fat: 4.5 % • Cholesterol: 0 mg
• Protein: 1.4 g • Carbohydrate: 27 g • Sugar: 19.3 g • Fiber: 3.7 g • Sodium: 2 mg
• Potassium: 311 mg

Oatmeal Raisin Cookies

Makes **18 servings** | Serving size: **1 cookie**

INGREDIENTS

1/2 cup (63 g) unbleached white flour
1/2 cup (60 g) whole-wheat or spelt flour
1 cup (81 g) quick-cooking oats
1/2 teaspoon baking powder
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg
1/4 teaspoon iodized salt
2 bananas or 3/4 cup (338 g) mashed bananas
5 1/3 teaspoons (27 mL) maple syrup
1 teaspoon vanilla extract
1/3 cup (53 g) raisins



INSTRUCTIONS

Preheat the oven to 350 F (177 C).

In a large bowl, whisk together the flours, oats, baking powder, cinnamon, nutmeg, and salt. In a small bowl, combine the bananas, maple syrup, and vanilla.

Add the wet ingredients to the dry ingredients. Mix well, but don't overmix. Stir in the raisins.

Place tablespoon-size cookies on a baking sheet lined with parchment paper. Using wet hands, press the cookies flat into cookie shapes. Bake for 12 minutes.

Nutrition Analysis per Serving:

Calories: 67 • Fat: 1 g • Saturated Fat: 0 g • % Calories From Fat: 6 % • Cholesterol: 0 mg
• Protein: 2 g • Carbohydrate: 13 g • Sugar: 5 g • Fiber: 2 g • Sodium: 48 mg • Potassium: 104 mg



Convenience Meals



For anyone who is new to cooking or limited on time, these convenience recipes can keep you on track with your health goals in any situation. The following items are accessible at most grocery stores and can be easily paired to create a complete, nutritious meal.

These nourishing dishes are simple to make and can ease the transition toward a new way of eating.

Three-Step Meal

Combine the veggie, grain, and legume in a serving dish, heat, and mix for a convenient and nutritious meal.

Step 1: Pick a veggie (or veggies).



Step 2: Pick a cooked grain or starch.



Step 3: Pick a cooked legume.



Tomato Basil Pasta



INGREDIENTS

- Whole-wheat pasta
- Canned diced tomatoes
- Fresh basil leaves

INSTRUCTIONS

Cook the whole-wheat pasta according to the package instructions. In a separate pan, warm the canned diced tomatoes until heated through. Toss the cooked pasta with the warm tomatoes, and garnish with fresh basil leaves.

Black Bean Tacos



INGREDIENTS

- Corn tortillas
- Canned black beans
- Salsa

INSTRUCTIONS

Warm the corn tortillas in a dry skillet over medium heat. Meanwhile, heat the canned black beans in a pot. Fill the tortillas with the warmed black beans and top with salsa.

Hummus and Veggie Wrap



INGREDIENTS

- Whole-wheat tortilla
- Hummus (low-fat or fat-free)
- Sliced veggies (such as cucumber, bell peppers, and shredded carrots)

INSTRUCTIONS

Spread some hummus on a whole-wheat tortilla. Add the sliced veggies on top of the hummus and roll up the tortilla to create a delicious veggie wrap.

Mango Rice Bowl



INGREDIENTS

- Cooked brown rice
- Fresh mango (diced)
- Black beans
- Salsa

INSTRUCTIONS

In a bowl, combine cooked brown rice with diced fresh mango and salsa. Mix well to incorporate the flavors. The sweet and spicy combination makes for a delicious and vibrant rice bowl.

Bean Salad

Makes 2-3 servings



INGREDIENTS

- 1 can of any low-sodium bean, rinsed
- 5 tablespoons oil-free vinaigrette
- 1 cup sliced cherry tomatoes or any favorite vegetable(s)
- Any mixed greens blend

INSTRUCTIONS

In a large mixing bowl, combine the drained and rinsed beans and sliced cherry tomatoes. Pour the oil-free vinaigrette over the beans and cherry tomatoes in the large mixing bowl. Gently toss the ingredients to coat them with the vinaigrette.

Wash and dry the mixed greens blend. You can choose any greens you like or use a prepackaged mix for added convenience.

Arrange a bed of mixed greens on a serving platter or individual plates. Spoon the dressed beans and cherry tomatoes mixture over the bed of mixed greens.

Optionally, you can sprinkle some additional salt and pepper on top for extra seasoning. Serve the oil-free bean salad immediately, or you can refrigerate it for a short while to allow the flavors to meld together.

Cauliflower Rice Stir-Fry

Makes 1-2 servings



INGREDIENTS

- Cauliflower rice (prepackaged or homemade)
- Frozen mixed vegetables
- Low-sodium soy sauce, tamari, or teriyaki sauce

INSTRUCTIONS

In a large pan, saute the frozen mixed vegetables until heated through. Add the cauliflower rice and cook until it's warmed and slightly tender. Season with low-sodium soy sauce, tamari, or teriyaki sauce for flavor.

Vegan Spaghetti Bolognese

Makes 1 serving



INGREDIENTS

- 3/4 cup Gardein Ground Be'f
- 2 ounces whole-wheat spaghetti (or your favorite pasta)
- 1/2 cup oil-free tomato sauce
- Italian seasoning blend, to taste

INSTRUCTIONS

Cook the whole-wheat spaghetti according to the package instructions until al dente. Drain and set aside. In a separate skillet, heat the Gardein ground beef over medium heat. If the vegan ground beef is frozen, you can thaw it in the microwave or let it thaw naturally before cooking.

Once the vegan ground beef is heated through, add the oil-free tomato sauce to the skillet, mixing it with the ground beef. Let it simmer for a few minutes until the flavors combine and the sauce is heated. Serve the vegan ground beef and tomato sauce over the cooked whole-wheat spaghetti. Optionally, you can garnish the dish with some fresh basil leaves, Italian seasoning, and/or a sprinkle of nutritional yeast for extra flavor.

Lemon and Garlic Broccoli Salad

Makes 3-4 servings



INGREDIENTS

- 1 small bag frozen broccoli
- 1-2 teaspoons minced garlic, fresh or from a jar
- 2 to 3 teaspoons lemon juice

INSTRUCTIONS

Steam broccoli in the microwave or on stovetop using a steamer according to package directions. Once the broccoli is done, carefully remove it from the microwave (it will be hot). Drain any excess water. Immediately sprinkle the garlic over the hot broccoli.

Drizzle the lemon juice over the broccoli and garlic. Season with salt and pepper to taste. Gently toss the broccoli to evenly coat it with the lemon, garlic, and spices.

Serve the microwaved broccoli with lemon and garlic as a side or as a light and healthy main meal. You may include beans, rice, or whatever you wish with this tasty dish!

NOTES

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