



**COMPASSIONATE  
CUISINE**



# Vegan Holiday Recipes

An Exclusive Recipe Packet from Chef Linda

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## *Menu:*

### Main Courses

Country Fried Cauliflower Steak with Creamy Cherry Tomato Gravy

Vegan Meatloaf Wellington

Harvest Stuffed Shells

Thanksgiving Hand Pies

One-Skillet Feast: Whole Roasted Cauliflower with Herbed Farro and Vegetables

### Sides

Spicy Collard Greens and Butter Beans

Herbed Cornmeal Biscuits


Fluffy Mashed Potatoes

Green Bean Casserole

### Desserts

Skillet Brownies

Pumpkin pie





# Country-Fried Cauliflower Steaks with Creamy Cherry Tomato Gravy

**SERVES 2 TO 4 PEOPLE**

**SPECIAL EQUIPMENT: BLENDER**

Making steaks from cauliflower...who could have imagined that this vegetable would yield such hearty, satisfying results? A double coating of seasoned flour creates a crispy, crunchy coating for these tender steaks. Try gluten-free flours like quinoa, rice, and chickpea if you like or use all-purpose flour, if you like. A note about buying cauliflower: one really large head could yield 3 to 4 steaks with careful and confident cutting. If the heads of cauliflower look small, it's best to buy two when serving four people.

And everything is comfort food when it's smothered in gravy and that's definitely the case here but this gravy is light and nourishing instead of heavy and full of added fat. The extra pieces of cauliflower that are reserved after cutting steaks are used to create a creamy, white gravy that adds richness and flavor. The tomatoes add a punch of acidity and color. There are a few steps here—none of them complicated, but I promise after one bite, you'll know it was worth a little extra effort.

## Ingredients

### Cauliflower Steaks

- 1 large cauliflower head (about 2 pounds), you'll need to cut 4 "steaks" from the center
- 2 cups water
- ½ cup unsweetened non-dairy milk
- 2 tablespoons ground flaxseed
- ½ cup flour (use gluten-free or all-purpose)
- 3 tablespoons cornstarch
- 2 teaspoons "poultry" seasoning (or dried sage and thyme if you have them)
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt, plus more for sprinkling

- ½ teaspoon freshly ground black pepper
- High heat oil, like canola or peanut
- Fresh herbs for garnish

### Gravy

- About 1 ½ cups of cauliflower pieces from cutting preparing the steaks (see below)\*
- ⅔ to 1 cup unsweetened non-dairy milk
- 1 tablespoon nutritional yeast
- 1 teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon white pepper, optional
- 1 cup cherry tomatoes, halved, or 2 large tomatoes diced
- 2 large cloves garlic, minced

*Directions On Page Two*

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## Country-Fried Cauliflower Steaks with Creamy Cherry Tomato Gravy

**SERVES 2 TO 4 PEOPLE**

**SPECIAL EQUIPMENT: BLENDER**

### *Directions*

Set a deep, wide pan on the stove filled with about 2 inches of water. Bring it to a boil then reduce heat to a simmer. Trim away outer leaves from the cauliflower head without cutting into the core. Cut the head in 1-inch-thick slabs-or one steak per person. Take the remaining outer pieces, which won't hold together after cooking, and any broken pieces of cauliflower-you'll need about 1 ½ to 2 cups of these pieces to make the gravy. Set these aside.

Line a plate with a clean towel. Place the slabs of cauliflower in the pan with the simmering water. Cook for about 3 minutes on one side then flip and cook for 2 to 3 minutes. You want to soften the cauliflower but do not want it to become mushy so watch carefully. Use tongs to lift the steaks out and place them on the lined plate. Repeat until done with the steaks.

Combine the milk and flaxseed in a shallow dish. In another shallow dish, stir together the flour, cornstarch, poultry seasoning, paprika, garlic powder, onion powder, salt, and pepper. After letting the flaxseed soften for about 5 minutes, dredge one cauliflower steak on both sides in the flour mixture; shake off excess. Dip in the milk on both sides. Dredge one more time in the flour mixture, shaking off excess. Place on the lined plate. Repeat with other cauliflower steaks. Discard remaining flour and milk mixtures.

Add about 1-inch of oil to the large pan used for the cauliflower. Heat over medium-high heat. Drop a pinch of moistened flour into the oil-if it sizzles your oil should be ready. If you have a thermometer, the proper temperature is 365° to 375°F. Use tongs to carefully place cauliflower steaks in the pan; cook 3 to 4 minutes or until golden brown on bottom. Flip and cook for another 3 to 4 minutes. Remove the steaks from the pan and place them on the lined plate. Sprinkle evenly with ¼ teaspoon salt. Repeat with the remaining steaks.

To make the gravy, add the milk, nutritional yeast, onion powder, salt, and white pepper to the blender with the cauliflower pieces. Purée until smooth. Set aside momentarily while you cook the tomatoes and garlic. Discard the oil from the pan by pouring it into a glass jar or metal can. Place the pan back on the stove on medium heat. Add the tomatoes and garlic. Cook while stirring occasionally for about 5 minutes, until tomatoes are soft and garlic is fragrant. Pour the gravy into the pan with the tomatoes. Stir to combine and heat through.

To serve, place cauliflower steaks on a platter or individual plates. Spoon gravy over and garnish with fresh herbs.



# Vegan Meatloaf Wellington with Golden Gravy

**SERVES 6-8**

**ALLERGEN NOTES: GLUTEN-FREE OPTION, PEANUT-FREE, NUT-FREE OPTION**

**SPECIAL EQUIPMENT: FOOD PROCESSOR RECOMMENDED**

**MAKE AHEAD NOTES: LENTILS CAN BE COOKED SEVERAL DAYS IN ADVANCE**

For many, meatloaf is a familiar, simple, comfort food eliciting nostalgic memories of family dinners. Choosing compassion doesn't mean we have to lament the loss of old-fashioned favorites like this. In this hearty vegan version of meatloaf, I use protein-rich lentils, mushrooms, and nuts—along with all the familiar flavors of celery, onions, carrots, and herbs to create the characteristic, moist dish that begs to be smothered in gravy. Puff pastry turns this humble meal into a festive centerpiece for your holiday meal. So gather around the table and enjoy a kinder version of this family favorite.

## Ingredients

### Lentil Meatloaf

- ¾ cup dried green/brown lentils or 2 cups cooked
- 2 teaspoons salt, divided
- 1 small onion, cut into large chunks
- 2 medium carrots, peeled + cut into 2-inch pieces
- 2 large stalks celery, cut into 2-inch pieces
- 3 large cloves garlic
- 2 teaspoons dried thyme or 1 tablespoon fresh
- 1 teaspoon dried sage
- ¼ teaspoon ground black pepper
- 10 ounces sliced button/white mushrooms
- 1 cup walnuts (or substitute cooked farro or sunflower seeds)
- 2 tablespoons vegan Worcestershire sauce (or substitute ketchup)
- 1 cup breadcrumbs or old fashioned oats (if using oats, pulse them several times in the food processor before adding mushrooms + walnuts)

- 1 sheet vegan puff pastry (Pepperidge Farm is vegan. Dr. Schar is vegan and gluten-free), thawed overnight in the refrigerator

### Simple Golden Gravy

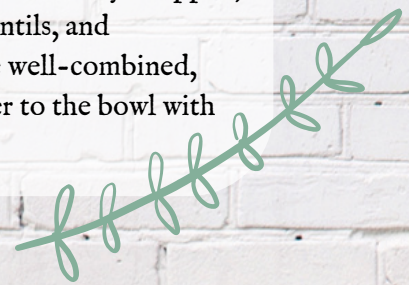
- 2 tablespoons olive oil or vegan butter
- 2 tablespoons all-purpose flour (or substitute gluten-free flour)
- 1 ½ cups vegetable broth, plus more to thin to desired consistency
- ½ cup nutritional yeast
- 1 tablespoon tamari or soy sauce
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- ½ teaspoon salt
- Ground black pepper, to taste

## Directions

Place lentils in a medium saucepan with 1 teaspoon of salt, cover generously with water, and bring to a boil. Lower the heat and simmer, partially covered, for 20 to 25 minutes or until tender. Remove from heat and drain well.

Preheat the oven to 375°F. Place chopped onion, carrots, celery, garlic, thyme, sage, pepper, and remaining 1 teaspoon of salt into the bowl of a food processor. Pulse until vegetables are finely chopped, leaving some texture. Transfer to a large bowl. Place mushrooms, walnuts, cooked lentils, and Worcestershire sauce into the bowl of the food processor. Pulse until ingredients are well-combined, retaining some texture. Do not over-process or the result will be too mushy. Transfer to the bowl with the vegetables. Add breadcrumbs and stir to combine.

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## Vegan Meatloaf Wellington with Golden Gravy

**SERVES 6-8**

**ALLERGEN NOTES: GLUTEN-FREE OPTION, PEANUT-FREE, NUT-FREE OPTION**

**SPECIAL EQUIPMENT: FOOD PROCESSOR RECOMMENDED**

**MAKE AHEAD NOTES: LENTILS CAN BE COOKED SEVERAL DAYS IN ADVANCE**

### *Directions Continued*

On a lightly floured piece of parchment paper, roll out one sheet of puff pastry so that it's about an inch wider on all sides. Transfer the meatloaf mixture onto the middle of the rolled pastry dough. Shape with your hands into a loaf, leaving about two inches at the top and bottom of the loaf. Carefully fold up these short ends, then fold over the side portions, tucking everything in gently but firmly. Gently press all the seams together. Transfer the parchment paper to a baking tray, and place the loaf seam side down, gently reshaping if necessary. Brush with olive oil and sprinkle with coarse salt. Bake for about 25 minutes, or until the pastry turns golden brown. Remove from the oven and let sit for about 5 minutes. Carefully cut slices with a serrated knife and serve with gravy.

To make the gravy, heat oil in a small pot over medium heat. Whisk in flour and continue to cook for 2 to 3 minutes. Slowly add in the broth while continuing to whisk. When mixture is smooth, whisk in nutritional yeast, tamari, onion and garlic powders. Continue to cook, whisking continuously, until mixture is thick and velvety. Taste and add salt and pepper, if desired. Store extra in a covered container for up to 5 days or freeze for up to 3 months. When reheating, add a tablespoon or two of water to thin and adjust flavors.





# Harvest Stuffed Shells

**MAKES ABOUT 25 SHELLS**

**ALLERGEN NOTES: NUT-FREE, PEANUT-FREE**

**SPECIAL EQUIPMENT: BLENDER**

A vegan Thanksgiving means we decide what the centerpiece of our meal will be. This recipe uses the foods and flavors of the season to create a creamy, comforting main dish that needs only a seasonal green salad and a fantastic loaf of crusty bread to complete the meal. Don't be intimidated by what may look like a long list of ingredients or steps. Each one is simple and uses food that you can find easily at your local farmers' market and grocery store. The recipe can be halved or made in two smaller dishes so that one can be frozen. The shells are stuffed with a simple tofu ricotta, drenched in a creamy alfredo sauce, baked on a bed of fresh kale, and dotted with bright, beautiful butternut squash: it truly encompasses the foods of a fall harvest. In addition to being impossibly scrumptious, this dish has all of your nutritional bases covered! Serve it for Thanksgiving and all through the cold months ahead when you need a little extra comfort.

## Ingredients

- 1 box of jumbo shells (you'll have a few left over if you cook the whole box)
- 2 tablespoons of salt (important to use salted water as the reserved cooking water will be used in the sauce)

Oil (to keep the shells from sticking)

- 2 cups 1/2-inch diced butternut squash
- 1 bunch of kale, chopped in bite-sized pieces (if the stems are very thick, remove the leaves from them first, then chop)

### For the Filling

- 2 (16-ounce) packages firm tofu, pressed\*
- 1 1/2 cups vegan shredded mozzarella, divided
- 1/2 cup canned pumpkin
- 1/2 cup nutritional yeast
- 1/4 cup mixed minced fresh herbs like sage, thyme, and rosemary (or substitute 2 tablespoons dried herbs)

- 3 tablespoons fresh lemon juice
- 1 tablespoon onion powder
- 2 teaspoons garlic powder
- 1 1/2 teaspoons salt

### For the Sauce

- 1 (15.5-ounce) can cannellini or butter beans, drained and rinsed
- 1 cup of reserved cooking water from the shells
- 1/3 cup nutritional yeast
- 1/2 medium onion, roughly chopped, about 1/2 cup
- 2 large garlic cloves, peeled
- 1 tablespoon fresh lemon juice
- 1 tablespoon fresh herbs like sage, thyme, and rosemary (or substitute 2 tsps dried herbs)
- Salt and pepper, to taste
- Fresh or store-bought breadcrumbs, optional
- Fresh parsley, to garnish

## Directions

\*To press tofu, wrap the block in a clean towel or paper towels. Place on a cutting board with another board on top. Use a couple of cans of food on top to gently weigh it down. Let sit for 5 to 10 minutes to press out excess water.

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## Harvest Stuffed Shells

**MAKES ABOUT 25 SHELLS**

**ALLERGEN NOTES: NUT-FREE, PEANUT-FREE**

**SPECIAL EQUIPMENT: BLENDER**

### *Directions*

Bring a large pot of water to a gentle boil. Add salt, a drizzle of oil, and shells. (A box generally contains 30+ shells. You'll only fill about 25. Cooking extra allows for some breakage. Extra cooked shells can be chopped and warmed with sauce or added to soup.) Cook shells for about 9 minutes or until they are almost done (al dente). Use a slotted spoon to transfer shells to a large bowl. Cover the shells in cold water, stir, and set aside.

Return the pot of water to a boil and add the squash. Cook for about 5 minutes, until the squash is partially cooked. The squash will finish cooking in the oven. Drain the water, reserving 1 cup, and return the squash to the pot.

To make the filling, crumble the tofu in a large bowl. Use your hands or spoon to mix in the remaining ingredients.

To make the sauce, place all the ingredients in a blender and blend until smooth. Taste and add more salt if you like.

Preheat the oven to 375°F. To assemble, arrange a bed of kale in a 9-inch by 13-inch casserole dish. Use a spoon to stuff the shells with the filling, using a heaping tablespoon in each. Arrange the stuffed shells in tightly packed rows. You should end up with five rows of five shells. Spoon the butternut squash over the shells, tucking pieces in between the shells. Pour the sauce evenly over the top. Sprinkle with breadcrumbs and the remaining shredded mozzarella. Bake for about 30 minutes, until the sauce is bubbling around the edges. Remove from the oven and let sit for about 5 minutes before serving.



# Thanksgiving Hand Pies

**MAKES 6 HAND PIES**

**ALLERGEN NOTES: GLUTEN-FREE OPTION, NUT-FREE OPTION, PEANUT-FREE**

Oh the joy of eating vegan! These scrumptious hand pies were inspired by the desire to get a mouthful of Thanksgiving flavors into one delicious bite. I used tempeh to create succulent nut-covered cutlets as the base then added creamy sweet potatoes and tart cranberry sauce to round out the holiday flavors. And because our holiday may look different this year due to COVID, I wanted to make something that could be both elegant but could also be served more casually—that's where the puff pastry comes in! All of the elements of a meal are wrapped up into a neat little pocket that can be eaten with a knife and fork or with your hands. The caramelized onions are really not to be missed in this dish, but even without them, you'll delight in every bite. The key to making the onions is "low and slow": low heat and slow cooking, about 40 minutes. Make them a day or two in advance and you'll be glad you did. If you don't need 6 hand pies, make them anyway. Pop them in the toaster oven the next day or freeze for an easy meal during a busy season.

## Ingredients

### For the Tempeh

- 1 (8-ounce) package of tempeh
- 1 cup water
- 1/4 cup soy sauce or tamari
- 2 tablespoons tahini
- 2 tablespoons tempeh cooking water
- 1 tablespoon maple syrup
- 1 cup pecans or walnuts, finely chopped (for NF version, omit or substitute breadcrumbs)
- 1 tablespoon chopped fresh thyme (or substitute 1 teaspoon dried thyme)

### For the Sweet Potatoes

- 2 medium sweet potatoes, peeled + cut into chunks
- 2 teaspoons salt

- 2 tablespoons orange juice
- 1 tablespoon vegan butter or olive oil
- Dash of cinnamon
- 1 package (2 sheets) vegan puff pastry (Pepperidge Farm is vegan and Dr. Schar is vegan and gluten-free)
- 1/2 cup canned cranberry sauce (or make your own if you have a favorite recipe!)

### Optional Caramelized Onions

- 1 tablespoon oil
- 1 large red onion
- 1/2 teaspoon salt
- 1 tablespoon balsamic vinegar

## Directions

To make the tempeh, lay the tempeh horizontally on a cutting board. Slice vertically to cut it into three equal pieces. Cut each piece horizontally into thinner squares, making 6 cutlets. Put the water and soy sauce in a small pot and add the tempeh. The water should just barely cover the tempeh: add a little more water if necessary to cover. Simmer for about 10 minutes. Remove from heat. Place a clean towel or paper towel on the cutting board and place the tempeh on top. Blot dry. Place the nuts on plate. In a shallow, wide bowl, stir together the tahini, measured cooking water, and syrup. Working with one piece of tempeh at a time, dredge the tempeh in the sauce and then the nuts. Return the tempeh to the towel.

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# Thanksgiving Hand Pies

**MAKES 6 HAND PIES**

**ALLERGEN NOTES: GLUTEN-FREE OPTION, NUT-FREE OPTION, PEANUT-FREE**

## *Directions Continued*

To make the sweet potatoes, place them in a small pot and cover them by two inches with water. Bring to a boil and add the salt. Let cook for about 10 to 15 minutes, until tender. Drain and return the sweet potatoes to the pot. Add the orange juice, butter, and cinnamon. Mash together with a fork.

Preheat the oven to 400°F. Line a baking tray with parchment paper. Working with one sheet of pastry at a time, lay it on a clean work surface. Roll it out so that it's a couple of inches larger all around, about 10 inches by 12 inches, keeping the longer side horizontal to the counter. Cut the pastry vertically into three slices, each 4-inches wide. Place a tempeh cutlet on the bottom half of each piece leaving a 1/4-inch border. Put about 1 1/2 tablespoons of cranberry sauce on top and then a heaping dollop of sweet potatoes. If using caramelized onions, place them on top. Moisten the edges of the pastry with a finger dipped in water. Fold the pastry over the filling and gently press the edges together. Transfer one hand pie at a time to the baking tray and seal the edges with the tines of a fork. Cut several small slits in the top to allow steam to escape. Repeat and make the remaining 3 hand pies. Bake for about 20 minutes or until the pastry is golden brown. Remove from the oven and serve immediately.

To make the caramelized onions, heat oil in a small pan over medium-low heat. Add the onions and sprinkle with salt. Cook stirring occasionally, for about 30 minutes. Add balsamic vinegar and cook for another 5 to 10 minutes, depending on how dark you want them. Keep the heat low so the cooking process is slow, allowing the onions to soften and caramelize rather than cook too quickly and get crispy.



## One Skillet Feast: Whole Roasted Cauliflower with Herbed Farro and Vegetables

**SERVES 4**

**ALLERGEN NOTES: GLUTEN-FREE OPTION, NUT-FREE OPTION, PEANUT-FREE, SOY-FREE OPTION**

**SPECIAL EQUIPMENT: 12-INCH CAST IRON OR OVEN-SAFE SKILLET**

One of the best ways to give thanks for the season and the food that comes with it is to keep it simple. The inspiration for this recipe was not only the desire to highlight these gorgeous and tasty foods, but to also create something that was satisfying and simple so that we don't have to spend hours in the kitchen. To do

that, I used one skillet to cook up a quick farro pilaf-style "stuffing". Then I used a whole cauliflower surrounded by colorful vegetables to create a hearty, nutritious, and complete holiday meal. This recipe is a guide: substitute your favorite seasonal vegetables (try delicata or butternut squash, parsnips, or turnips), or use another whole grain instead of farro...you get the idea! The glorious head of cauliflower is covered in a simple dressing which can be made with mustard or miso-both are delicious. And while the whole meal is almost perfect when it comes out of the oven, you may want to whip up a 5 minute gravy to seal the deal:

The recipe for a simple, vegan gravy is included, just in case. This dish makes a statement on any holiday table. It honors the glory of food grown from the ground and demonstrates that we can break with certain food traditions and still delight all of our senses when we eat compassionately.

### Ingredients

#### For the Farro

- 1 tablespoon oil or vegan butter
- 8 ounces of mushrooms, any variety, chopped (or substitute chopped pre-cooked chestnuts)
- 1/2 medium onion, finely chopped, about 1/2 cup
- 3 large stalks celery, finely chopped, about 1 cup
- 1 teaspoon salt
- 3 cloves garlic, minced
- 2 tablespoons mixed fresh herbs, minced, like sage, thyme, and rosemary
- 1 cup quick cooking farro (or substitute rice)
- 1/4 cup chopped walnuts, pecans (or substitute pumpkin seeds for a NF version)
- 1/4 cup dried cranberries
- 3 cups vegetable broth or water

#### For the Cauliflower

- 1/4 cup olive oil
- 1 tablespoon whole grain or yellow mustard (or substitute miso)
- 3 large cloves garlic, minced
- 2 tablespoons mixed fresh herbs, minced, like sage, thyme, and rosemary
- 1 teaspoon salt
- 1 whole head cauliflower, leaves removed, stem cut flat

#### To Assemble

- 3 large carrots, peeled and cut into 1/2-inch thick coins
- 1/2 pound small multi-colored or fingerling potatoes (or use waxy potatoes like Yukon Gold or red-skinned), cut in 2-inch pieces
- 1 head of fennel, trimmed, halved, sliced thin
- 1/2 pound green beans or Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

#### Simple Golden Gravy

- 2 tablespoons olive oil or vegan butter
- 2 tablespoons all-purpose flour (or substitute gluten-free flour)
- 1 1/2 cups vegetable broth, plus more to thin to desired consistency
- 1/2 cup nutritional yeast
- 1 tablespoon tamari or soy sauce
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- Ground black pepper, to taste

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## *One Skillet Feast: Whole Roasted Cauliflower with Herbed Farro and Vegetables*

**SERVES 4**

**ALLERGEN NOTES: GLUTEN-FREE OPTION, NUT-FREE OPTION, PEANUT-FREE, SOY-FREE OPTION**

**SPECIAL EQUIPMENT: 12-INCH CAST IRON OR OVEN-SAFE SKILLET**

### *Directions*

Preheat the oven to 425°F. To make the farro, heat the oil in the skillet over medium-high heat. Add the mushrooms and cook for about 8 minutes, stirring occasionally. Add the onions, celery, and salt. Cook for an additional 5 minutes while stirring frequently, until the vegetables start to get tender and translucent. Stir in the garlic, herbs, farro, nuts, and cranberries. Cook for a few minutes, until everything becomes fragrant. Stir in the broth and reduce heat. Let everything simmer for about 5 minutes, then turn off the heat.

To make the cauliflower dressing, mix together the oil, mustard, garlic, herbs, and salt.

Place the carrots, potatoes, fennel, and green beans in a large bowl and drizzle with oil and sprinkle with salt and pepper. Toss to coat.

To assemble, place the cauliflower in the middle of the skillet on top of the farro. Starting with the carrots on the bottom, arrange the vegetables around the cauliflower: carrots are very dense and need to be nearest to the liquid to fully cook. Using a spoon or pastry brush, cover the cauliflower with about half of the dressing, getting it into the nooks and crannies.

Loosely cover the skillet with foil. Carefully transfer the skillet to the oven and roast for about 20 minutes. Remove the skillet from the oven. Take off the foil and brush the remaining dressing on the cauliflower. Return the skillet without the foil to the oven and continue to roast for about 30 minutes more, or until the vegetables are tender and can be easily pierced with a knife or fork. Remove from the oven and serve immediately by slicing the cauliflower into thick slabs and scooping up the vegetables and farro on the bottom. Drizzle on gravy and enjoy!

To make the gravy, heat oil in a small pot over medium heat. Whisk in flour and continue to cook for 2 to 3 minutes. Slowly add in the broth while continuing to whisk. When mixture is smooth, whisk in nutritional yeast, tamari, onion and garlic powders. Continue to cook, whisking continuously, until mixture is thick and velvety. Taste and add salt and pepper, if desired. Store extra in a covered container for up to 5 days or freeze for up to 3 months. When reheating, add a tablespoon or two of water to thin and adjust flavors.



## Smoky Collard Greens + Butter Beans

SERVES 4 TO 6

This flavorful recipe for stewed collard greens demonstrates that comfort food can also be nourishing. Collards are often overlooked in place of quicker cooking greens, but the buttery texture and earthy taste are worth a little extra cooking time. Chili powder and paprika give them a rich, smoky taste, and you can increase the heat by adding more or less cayenne pepper, depending on your taste. Aside from being incredibly comforting and quick to assemble, this dish is a nutritional powerhouse. Protein- and iron-rich beans mingle with calcium-rich collard greens, while the addition of red bell peppers contribute the vitamin C necessary for aiding in the absorption of plant-based iron. With so many perks to this dish, it might become a new favorite in your home.

### Ingredients

- 1 tablespoon olive oil
- 1 medium red or yellow onion, thinly sliced, about 1 cup
- 3 large cloves garlic, minced, about 1 tablespoon
- 1 teaspoon chili powder
- ½ teaspoon smoked paprika
- ¼ to ½ teaspoon cayenne pepper, to taste
- 2 cups vegetable stock or water (you can also substitute good beer for the broth!)
- 3 large tomatoes, chopped or substitute one (15.5-ounce) can diced tomatoes
- ½ large bunch collard greens, chopped into bite-size pieces, about 4 cups
- 1 teaspoon salt, plus more to taste
- Ground black pepper, to taste
- 1 (15.5-ounce) can butter beans, drained and rinsed
- Juice from one lemon or 3 tablespoons apple cider vinegar

### Directions

Heat the olive oil in a large, straight-sided pan over medium-high heat. Add the onions and a pinch of salt, and cook until softened and translucent, 8 to 10 minutes. Add the garlic, chili powder, paprika, and cayenne. Cook a few minutes more, until the garlic and spices are fragrant. Stir in the vegetable stock, tomatoes, collard greens, salt, and pepper. Bring to a boil, then reduce the heat to low, cover and simmer for 20 minutes. Check the liquid and add more if needed—there should be a good amount of moisture in this dish.

Add the beans and simmer, covered, for an additional 5 minutes to allow the flavors to blend. Sprinkle lemon juice, taste, adjust salt and pepper as needed, and serve.





## Herbed Cornmeal Biscuits

**MAKES 8 BISCUITS**

This recipe is adapted from a recipe by Minimalist Baker. So good, they named the recipe “Best Damn Vegan Biscuits”! Cornmeal was used as a substitute for some of the flour to give these a more rustic, down-home taste and texture, but feel free to use only all-purpose flour.

### Ingredients

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| ¾ cup unsweetened, plain non-dairy milk               | ½ teaspoon baking soda   |
| 1 tablespoon fresh lemon juice or apple cider vinegar | ¾ teaspoons salt, plus more for sprinkling                         |
| 1 ½ cups unbleached all-purpose flour                 | 2 tablespoons chopped fresh herbs, like chives, rosemary, or thyme |
| ½ cup finely ground cornmeal                          | 4 tablespoons vegan butter, chilled + cut into pieces              |
| 1 tablespoon baking powder                            | 1 tablespoon olive oil   |

### Directions

Preheat the oven to 450°F. Line a baking tray with parchment paper. Mix milk and lemon juice together in a small bowl to make vegan “buttermilk.” Set aside to curdle.

In a large mixing bowl, whisk together the flour, cornmeal, baking powder, baking soda, and salt. Add the herbs. Mix in the butter using your hands or a pastry cutter until a sandy mixture is formed. Work quickly so the butter doesn’t get too warm and be careful not to overmix. You could also do this in a food processor.

Add the “buttermilk” ¼ cup at a time and mix together. You may not need all of it. Stop adding the milk when it resembles a slightly tacky but moldable dough, stirring until just combined. Humidity and the type of flour and cornmeal you use can mean you need to add all or slightly less of the liquid.

Turn onto a lightly floured surface, dust the top with a bit of flour and then very gently turn the dough over on itself several times. Add more flour as needed to prevent sticking. Shape into a 1-inch thick disc, handling as little as possible.

Use a 3-inch round cutter to press down and twist, creating biscuits. If you don’t have a round cutter, use a sharp knife to cut square biscuits. Place the biscuits on a baking sheet in two rows, making sure they just touch each other-this helps them rise uniformly. Gently reform the dough and cut out one or two more biscuits - you should have 7 or 8. Brush the tops with olive oil and sprinkle with salt. Use two fingers to gently press a small divot in the center of each biscuit. This will also help them rise evenly instead of having a dome shape. Bake for about 15 minutes or until golden brown. Serve immediately. Let remaining biscuits cool completely before storing them in an airtight container or bag.



## Classic Mashed Potatoes

**SERVES 6-8**

**ALLERGEN NOTES: GLUTEN-FREE, NUT-FREE, SOY-FREE OPTION**

**SPECIAL EQUIPMENT: MASHER, POTATO RICER, OR STAND MIXER WITH WHISK ATTACHMENT**

You almost can't have a Thanksgiving meal without mashed potatoes. Many have written about which potato to use and what method of cooking works best. Simply put, there are trade-offs, but all are delicious. Starchier potatoes like russets tend to yield fluffier results, but absorb more liquid and vegan butter so you tend to use more which can add to the calories and fat, if that's an important consideration for you. Yukon Gold potatoes are waxy and tend to produce a creamier mash with less liquid and butter but can be more filling. As far as cooking techniques, steaming potatoes works well: give it a try if you have a steamer basket or colander that fits in your pot without touching water. Baking is another option, but scooping out the flesh is time-consuming and I feel like there's more waste. The tried-and-true method of boiling seems to work fine and you'll never find leftovers at my house, but you can turn your kitchen into a testing environment and see for yourself which technique you like best. And as far as the other ingredients, mashed potatoes need not include cream or dairy-based butter when there are simple substitutions. I use vegetable broth instead of non-dairy milk because I feel it adds more flavor, but use your favorite plant-based milk, if you like. Vegan butter options are abundant and you can find them in nearly all grocery stores today. If you like, add garlic cloves when boiling the potatoes for a creamy, mellow garlic flavor. You can also add non-dairy sour cream or cream cheese. So many ways to enjoy this classic dish using plant-based ingredients!

### Ingredients

4 pounds Yukon Gold potatoes, peeled and cut into 1-inch pieces  
2 teaspoons salt  
1 ½ cups vegetable broth or unsweetened non-dairy milk

8 tablespoons vegan butter or olive oil  
1 ½ teaspoons salt  
Ground black pepper, to taste

### Directions

Place potatoes in a large saucepan or Dutch oven, cover with cold water by at least two inches. Add salt then bring to a boil. Reduce heat to low, and simmer until the potatoes are tender when pierced with a fork, approximately 10 to 12 minutes. Drain the potatoes, reserving about ½ cup of cooking water and return them to the pot.

While the potatoes are cooking, heat the broth in a medium saucepan until just steaming. Stir in the butter and salt until the butter is melted.

Mash the potatoes, while pouring in the hot broth as you work. Alternatively, place the potatoes in the bowl of a stand mixer fitted with the whisk attachment, and whip, adding broth little by little. Serve immediately, or keep warm in a slow cooker until serving time, using reserved cooking water to loosen the potatoes.





# Ultimate Green Bean Casserole

**SERVES 6-8**

**ALLERGEN NOTES: NUT-FREE, PEANUT-FREE**

**SPECIAL EQUIPMENT: FOOD PROCESSOR**

Green bean casserole was originally created in 1955 by Dorcas Reilly at the Campbell Soup Company. A simple combination of green beans, cream of mushroom soup, and fried onions from a can, this dish has been served in millions of homes over the years. While the concept is appealing and comforting to many, the ingredients may not be. My vegan version replaces the dairy with easy to find alternatives and includes a scrumptious topping made with homemade breadcrumbs and crispy-baked shiitake and shallots. If you prefer the canned crispy fried onions on top, by all means, use them, just check the label: most brands I've seen happen to be vegan. Choose fresh green beans, though: Frozen and canned do not do this dish justice. Whether you're serving a vegan meal this holiday season or bringing a dish, this green bean casserole should be on the menu. Creamy, fresh, and full of texture and comforting flavors, this definitely shows how delicious it can be to make compassionate choices when we cook.

## Ingredients

### Topping

#### For the Crispy Mushrooms + Shallots

- 4 ounces shiitake mushrooms, stems removed and caps very thinly sliced
- 2 large shallots, peeled, thinly sliced
- 2 tablespoons olive oil
- ½ teaspoon salt

#### For the Garlic Breadcrumbs

- 2 slices hearty bread
- 2 large cloves garlic
- ½ cup fresh parsley leaves, packed
- 1 tablespoon olive oil
- ¼ teaspoon salt

### For the Green Beans

- 1 ½ pounds green beans, trimmed and cut into 3-inch pieces
- 2 tablespoons salt for water
- 2 tablespoons olive oil or vegan butter
- 3 large garlic cloves, minced
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 tablespoons all-purpose flour
- 2 tablespoons nutritional yeast, optional
- 1 cup unsweetened, non-dairy milk
- 1 cup vegetable broth
- ½ cup plain, unsweetened vegan yogurt/sour cream

## Directions

To make the shiitake and shallots, preheat the oven to 375°F and line a baking tray with parchment paper. Place the shiitake and shallots on the baking tray and drizzle with oil. Arrange in a single layer on the tray and sprinkle with salt. Bake for 20 to 25 minutes or until everything is dark and crispy. Remove from the oven and set aside.

To make the garlic breadcrumbs, place everything in a food processor and pulse until the bread crumbs are coarsely ground and everything is well-combined.

*(Continued on next page)*



# Ultimate Green Bean Casserole

**SERVES 6-8**

**ALLERGEN NOTES: NUT-FREE, PEANUT-FREE**

**SPECIAL EQUIPMENT: FOOD PROCESSOR**

## *Directions Continued*

To make the green beans, adjust oven temperature to 425°F. Line a baking sheet with paper towels or a clean dish towel. Lightly oil a 8-inch square baking dish.

Bring 4 quarts of water to a boil in a large pot or Dutch oven. Add green beans and 2 tablespoons of salt. Keep water at a gentle boil and cook green beans for about 4 minutes, or until beans are crisp-tender.

Drain and transfer beans to the prepared tray. In the same pot, heat oil over medium heat. Add garlic, salt, and pepper. Cook for a minute or two, without browning, until fragrant. Stir in flour and nutritional yeast and cook for another minute.

Slowly whisk in broth and bring to a simmer. Stir in milk and cook for a few more minutes until the mixture is smooth and slightly thickened. Taste and season with more salt and pepper, if desired. Stir in yogurt then add green beans and stir until evenly coated with sauce.

Transfer to the baking dish and sprinkle with breadcrumbs. Bake for about 15 minutes, until the topping is golden brown and sauce is bubbling around the edges. Remove from the oven and arrange shiitake and shallots evenly on the top. Serve immediately.





# Perfect Pumpkin Pie

**MAKES ONE 9-INCH PIE**

**ALLERGEN NOTES: GLUTEN-FREE, PEANUT-FREE, SOY-FREE**

**SPECIAL EQUIPMENT: BLENDER, 9-INCH PIE PLATE**

Save room for dessert because you'll definitely want to dig into this vegan version of a holiday classic. Spiced just right with cinnamon, ginger, and cloves, it's the perfect way to end your meal on a note of compassion. I've provided two approaches to making the crust; one creates a traditional pastry crust using vegan butter, the other is a flavorful alternative made with dried fruit and nuts (my favorite!). You

can use a store bought vegan pastry crust or a graham cracker crust, too. Instead of pumpkin, I recommend using kabocha/buttercup squash for the filling: fresh pumpkin is stringy and has too much moisture. The kabocha is readily available and has a dense, sweet interior that makes for a lovely, fresh, bright filling. Canned pumpkin will do just fine, if you choose. The squash can be baked up to several days in advance for easy preparation. Typically, pumpkin pie uses eggs to bind and create the custard-like filling. Trust me when I tell you that a little cornstarch is all you need to thicken the filling. Another advantage to this recipe is that if you use the fruit and nut crust or graham cracker crust, you can make it on the stove top: a few minutes in a pot is this filling needs to activate the starch and make for a luscious pie. I've demonstrated and served this pie numerous times and will tell you that even pumpkin-pie-haters gobbled it up and asked for the recipe! And don't forget the vegan whipped cream!

## Ingredients

### Fruit and Nut Crust

- 1 ½ cups toasted walnuts or pecans
- 1 heaping cup pitted, chopped dates, about 10 to 12
- ¼ cup dried cranberries
- ¼ cup dried, chopped figs
- ½ teaspoon vanilla
- ⅛ teaspoon salt

Pastry Crust (see next page)

### Filling

- 2 cups cooked buttercup/kabocha squash\*, from a 1 ½ - 2 pound squash (or canned pumpkin)
- 1 ½ cups regular canned coconut milk
- ⅓ cup maple syrup
- 2 ½ tablespoons cornstarch
- 1 teaspoon vanilla
- 1 ½ teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon salt
- ¼ to ½ teaspoon ground cloves

## Directions

\* To cook squash, place whole squash on a baking tray in an oven heated to 375°F. Bake for about 45 to 60 minutes, or until a sharp knife can be easily inserted. When the squash is cool, cut it in half. Scoop out and discard the seeds. Squash can be baked several days in advance.

To make the fruit and nut crust, place all of the ingredients in a food processor. Pulse, while stopping occasionally to scrape sides, until nuts are finely chopped, ingredients are well-blended, and the mixture holds together when pinched. Transfer mixture to a 9-inch pie plate. Firmly press crust mixture onto the bottom and up the sides of the pie plate. Use the bottom of a metal measuring cup to finish and smooth.

*(Continued on next page)*



## Perfect Pumpkin Pie

**MAKES ONE 9-INCH PIE**

**ALLERGEN NOTES: GLUTEN-FREE, PEANUT-FREE, SOY-FREE**

**SPECIAL EQUIPMENT: BLENDER, 9-INCH PIE PLATE**

### *Directions Continued*

To make the filling, place all the filling ingredients in a blender and blend until smooth. Pour the mixture into a small pot and cook over medium-low heat, stirring continuously, until it starts to thicken. This should take 6 to 8 minutes.

Remove from heat. Pour the filling into the crust and smooth with a knife. Carefully cover with foil without letting the wrap touch the filling.

Refrigerate 4 to 6 hours or better off, overnight. The filling sets up beautifully when well-chilled and the flavor deepens overnight. Slice and serve with coconut whipped cream.





## Veganized Classic Pastry Pie Crust

**MAKES ONE 9-INCH PIE CRUST**

**ALLERGEN NOTES: NUT-FREE, SOY-FREE OPTION**

**SPECIAL EQUIPMENT: 9-INCH PIE PLATE**

Making pastry from scratch can feel intimidating, but it doesn't have to be! This recipe yields a delicious, rich, and flaky pie crust that works perfectly for just about any dessert pie. The tricks for achieving a tender, flaky crust include keeping your ingredients cold, using a light hand when mixing, and allowing the dough to rest, all of which are outlined in the recipe. For a soy-free option, choose a soy-free vegan butter or vegetable shortening.

### Ingredients

1 ½ cups all-purpose flour, plus more for  
flouring your work surface

1 tablespoon sugar

¼ teaspoon salt

½ cup (8 tablespoons) vegan butter, such as Earth  
Balance Buttery Sticks, chilled

1 teaspoon apple cider vinegar

¼ cup + 2 Tbsps ice water, plus more as needed

### Directions

In a medium-large bowl, combine the flour, sugar, and salt, and whisk together to mix. Cut the cold vegan butter into ¼-inch cubes, add to the bowl of dry ingredients. Using either a pastry cutter or two knives, cut the vegan butter into the flour mixture until the butter pieces are the size of small pebbles. (Alternatively, use a food processor, pulsing a few times until the shortening pieces are the desired size. Be very careful not to allow the dough to gather up into a ball: overworking the dough will result in tough pastry.) Mix together the apple cider vinegar and ice water in a small bowl, then pour over the crumbly dough, mixing together gently with a fork until the dough just holds together. Add in extra ice water as needed, one tablespoon at a time, if the dough is too dry.

Flour a work surface, then gather the dough up into a ball and transfer it from the bowl to the floured surface. Pat the dough out into a rough circle approximately 5 to 6 inches across, then wrap the disc in plastic wrap, place in the refrigerator, and allow to chill for at least 1 hour, or up to a couple days. Chilling the dough allows the gluten to relax, which will make the crust more tender. (The dough can also be frozen at this point, for later use.)

When you're ready to roll the crust, flour a large piece of parchment paper, unwrap the chilled dough, and place the disc on the floured parchment. Sprinkle some more flour on top of the disc, then use a rolling pin to roll the dough out into a circle that's about 3 inches larger than your pie plate. Place the pie plate with the open surface flush against the rolled out crust, then, with one hand under the parchment and one securing the pie plate, flip everything over so the crust is sitting atop the pie plate. Gently peel off the parchment paper, press the crust down into the pie dish, and trim the edges. Decoratively crimp the edge using your fingers or the tines of a fork. Proceed with your pie recipe.





# Pecan Caramel Skillet Brownies

**SERVES 8-10**

**ALLERGEN NOTES: PEANUT-FREE**

**SPECIAL EQUIPMENT: 12" CAST IRON SKILLET\*, FOOD PROCESSOR**

Most things are better when shared...except dessert. In this case, you can make an exception because this recipe is made for sharing! Deep, dark, and fudgy with a gooey pecan caramel bottom, these brownies are baked in an oven-proof skillet that's the perfect size to gather around with forks in hand. There are a few steps involved, but none are difficult and together, they are well worth the effort. The caramel comes together quickly in the pan while the chocolate melts and the batter is mixed. And you can keep the secret ingredient (black beans!) a secret or boast about the health benefits of eating brownies.

*\*Note:* If you don't have an oven-proof skillet, make the caramel in a pan or pot and spread it on the bottom of a parchment-lined brownie pan. You may need to adjust your baking time so check doneness after 20 minutes.

## Ingredients

2  $\frac{1}{3}$  cups packed brown sugar, divided  
1  $\frac{1}{4}$  cup all-purpose flour  
 $\frac{1}{2}$  cup unsweetened cocoa powder  
2 teaspoons instant coffee, optional  
 $\frac{3}{4}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon salt  
1 cup chopped pecans

$\frac{1}{2}$  cup vegan butter  
2  $\frac{1}{2}$  cups canned full-fat coconut milk, divided  
1  $\frac{1}{2}$  cups vegan semi-sweet chocolate chips  
1 tablespoon vanilla extract  
1 (15.5 ounce) can black beans, drained and rinsed  
Ice cream, for serving, optional

## Directions

In a large mixing bowl, whisk together 1  $\frac{1}{3}$  cup of the brown sugar, flour, cocoa powder, instant coffee, baking soda, baking powder, and salt. Set aside.

To make the caramel, heat skillet over medium heat. Add pecans and dry toast for a few minutes until they start to smell fragrant and turn light brown. Add the butter and let it melt. Stir in the remaining 1 cup of brown sugar. Stir and continue to cook while the sugar starts to bubble and dissolve, 3 to 4 minutes. Carefully add 1 cup of coconut cream and stir to combine. Continue to cook for another 3 to 4 minutes, while stirring, until the sugar is completely melted and a silky, amber caramel has been formed. Remove from heat. Spoon out about 1/2 cup of the caramel for serving and spread the remaining caramel evenly over the bottom of the skillet.

Preheat the oven to 325°F. In a small pot, heat the remaining 1  $\frac{1}{2}$  cups of coconut cream. Bring to a simmer then remove from heat and add the chocolate chips and vanilla. Gently stir until the chips are melted.

*(Continued on next page)*





## Pecan Caramel Skillet Brownies

**SERVES 8-10**

**ALLERGEN NOTES: PEANUT-FREE**

**SPECIAL EQUIPMENT: 12" CAST IRON SKILLET\*, FOOD PROCESSOR**

### *Directions Continued*

Place the black beans in a food processor. Add the melted chocolate chips. Purée for a minute or more until the mixture is smooth. Pour this mixture into the bowl with the dry ingredients. Stir until combined.

Gently pour the batter from the bowl into the skillet over the pecan caramel. Place the skillet in the oven and bake for about 25 minutes. When done, the brownie should not be fully baked; the edges should be slightly crisp and have started to pull away from the sides of the pan. The center should be dark and a bit moist. Set aside to cool for about 10 minutes.

To serve, use a large serving spoon to scoop the brownies onto individual plates. Add a scoop of vanilla ice cream and top with a spoonful of pecan caramel sauce. Alternatively, place scoops of ice cream on the brownie while still in the skillet and drizzle pecan caramel over everything. Pass the forks around and have everyone dig in.

