



Spring 30-Day Vegan Challenge

Week One Recipes

Green Smoothie

serves 1

3 cups spinach, kale or collard greens. Washed well & rib removed on kale and collards

1 cup pineapple, cubed

1 banana, diced (fresh or frozen)

½ cup frozen blueberries (fresh or frozen)

1 tbsp chopped ginger

1 tbsp ground flax seed or chia seed

½-1 cup water

Place ingredients in a high-speed blender, placing the orange at the bottom. Blend until smooth, you might need to stop it part way to press the contents down closer to the blade for smooth blending.

Coconut Mango Oatmeal

serves 1

¾ cups oat fashioned oats

1 ½ cups water

½ cup mango chunks

drizzle of maple syrup

2 tbsp cinnamon

½ cup pecans, chopped

½ cup light or full-fat coconut milk

In a sauce pot bring the water to a boil. Add oats, and stir. Reduce heat to medium, and allow the oats to simmer and cook for about 7 minutes, or until soft. Once the water has cooked out, and the oats are soft and creamy, turn off the burner. Stir in remaining ingredients. Add more maple syrup to taste. Garnish with unsweetened shredded coconut.

Shredded Veggie Salad

serves 1-2

3 carrots

1 beet

½ head cabbage (any variety), thinly sliced



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1 cup cooked lentils (or other legume)
1-2 tbsp tahini
juice of 1 or 2 lemons
1 tbsp fennel seeds
sea salt + pepper

Use a food processor with a shred blade to shred the carrots and beets. In a large mixing bowl, toss the beets, carrots and cabbage to combine. Add the remaining ingredients, and toss well. Season to taste with sea salt & pepper.

Mushroom & Asparagus Farro Risotto

serves 2-4

½ cup dried porcini mushrooms
1 quart reduced sodium vegetable broth
1 ½ cups farro
2 tablespoons olive oil
½ cup onion
1 lb baby bella mushrooms
2 garlic cloves
2 teaspoons rosemary
½ cup dry white wine
1 cup asparagus, 1 inch pieces
ground black pepper
salt to taste

Soak farro for at least 30 minutes.

Soak dried mushrooms in water for 30 minutes.

Pour vegetable broth into a pot, and bring to a simmer. Drain and chop mushrooms. Add mushroom liquid to broth and bring to a simmer on stove.

In a large soup pot, heat olive oil, then add onions. Saute until soft. Add fresh mushrooms, cook until they start to “sweat”. Add garlic and rosemary. Cook until mushrooms are tender.

Add farro and reconstituted dried mushrooms. Cook until crackling. Stir in wine. When absorbed add one ladle of broth. Add the asparagus about 15 minutes into the cooking. Keep ladling in the broth and stirring until risotto is cooked, about 30 minutes. Sprinkle some nutritional yeast on top before serving.



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Tahini Miso Broccoli Salad

serves 2-4 (or this could be a nutrient rich meal for one!)

1 head broccoli

1 cucumber, cubed

3 tbsp red onion, diced

sauce:

2 tbsp tahini

1 tbsp white/mellow miso

2 tbsp orange juice, freshly squeezed

2 tbsp lemon juice, freshly squeezed

1 tbsp water

1 tsp smoked paprika

1 tsp cumin

cayenne pepper, to taste

sea salt

black pepper

1/4 cup almonds, chopped (toast for a couple of minutes on the stove for more flavor)

orange zest

Cut the broccoli florets into smaller bite sized pieces. Steam for 5-7 minutes, you don't want to overcook them.

Prepare the tahini sauce by combining all the ingredients (tahini to cumin) in a bowl. Whisk until blended well.

Place the broccoli into a bowl, then add the cucumber and red onion. Pour the tahini sauce over the vegetables and stir well to coat. Season to taste with sea salt, black pepper and cayenne. Sprinkle the almonds on top of the salad, and using a grater or microplane, shave some orange zest on top.

Chickpea Tuna Salad

serves 4

4 cans chickpeas, or 4 cups fresh

½ cup vegan mayonnaise (I buy the Nayonaise by Nasoya)

2 tablespoons whole grain mustard

3 tablespoons umeboshi plum vinegar (found in the Asian foods section)

1/2 cup chopped celery (about three ribs)

4 scallions chopped (only the white parts)

1 tsp black pepper



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a pinch of cayenne pepper (optional)
a few butter lettuce leaves, washed and dried well

Place chickpeas in the bowl of a large food processor and pulse two or three times to roughly chop. Add remaining ingredients and pulse two or three times more to combine, but not puree. Serve with butter lettuce, and/or on whole wheat bread.

Tempeh Tacos

makes 4 tacos, serves 2

1 package of soy tempeh (cut into four or five pieces, then halved)
2 cups shredded red cabbage
1 cup shredded carrot
1 avocado
1 lime
4 corn tortillas

tempeh marinade:

¼ cup soy sauce
¼ cup balsamic vinegar
2 tablespoons maple syrup
1 tbsp chipotle chili powder

Mix the tempeh marinade in a small bowl. Place sliced tempeh in a ziplock bag, then pour in the marinade. Make sure the sauce coats the tempeh, and allow to marinate in the refrigerator for at least one hour. This is great to do over night, or while at work.

Once it has marinated, roast tempeh in an oven at 350° for 15 minutes. Or, saute the tempeh for 4 minutes, each side.

Warm the corn tortillas in a skillet, or the microwave.

Fill with cooked tempeh, cabbage, carrots and avocado. Squeeze a bit of lime juice onto the tacos and serve.