



Sample Plant-Based Meals & Recipes

BREAKFAST:

Oatmeal with Interesting Mix-Ins

- Canned pumpkin
- Ground flax and/or chia seeds
- Berries, especially blueberries
- Pumpkin seeds and/or sunflower seeds
- Dried or fresh fruit
- Spices such as cinnamon, nutmeg, ground cloves
- Plant-based milk
- Whole oats and especially steel cut oats are the most healthy

Tofu Scramble

- Heat up a small bit of oil in the pan, or you can skip it if your pan is non-stick
- Squeeze water out of a block of tofu and mash it right in the pan with a fork or potato masher
- Stir in 2 tablespoons nutritional yeast, ¼ teaspoon turmeric, ¼ teaspoon garlic powder, and optionally ½ teaspoon of salt or to taste
- Cook and stir constantly for 5 minutes
- Pour 2 tablespoons unsweetened non-dairy milk into the pan and stir to mix
- Serve immediately on toast or with sliced avocado, tomatoes, greens, etc.
- You can experiment by adding vegetables; the more delicate ones such as sliced tomato and spinach should be added towards the end
- Hot sauce is optional!

Breakfast Tacos

- Add whole or mashed black beans, heated and flavored to taste with chili powder and/or cumin
- Add salsa
- Put in tortilla and top with nutritional yeast or shredded vegan cheese
- Optional: Use leftover tofu scramble or scrambled Just Egg

Tips for Ingredient Substitutions

- In baked goods, Bob's Red Mill Egg Replacer is an excellent and cost-effective substitute for eggs
- For scrambled eggs, omelets, and French toast, the Just Egg brand liquid substitute works well
- Many packaged mixes for pancakes, waffles and muffins are vegan if you use plant-based milk and eggs
- Many vegan sausages are good (especially Field Roast, Beyond, and Impossible brands); good vegan bacon is harder to find except through specialty mail order
- If you are in a hurry, peanut butter (or another nut butter) on toast or a bagel with fruit works!



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Quick Lunches

Interesting Sandwiches

- Chickpea Salad (similar to egg salad)
 - o Mash together a can of chickpeas, juice of ½ lemon, chopped celery, chopped onion, and whatever spices you like (ground pepper, cayenne pepper, garlic powder, chia seeds, etc.); moisten as needed with hummus or vegan mayo
- Heart of Palm Salad (similar to seafood salad)
 - o Combine ½ can finely chopped heart of palm, 1 teaspoon capers, 2 tablespoons chopped fresh dill or parsley, squeeze of lemon, white or black pepper, optional relish or chopped pickle, vegan mayo sufficient to moisten
- Artichoke and Spinach
 - o In a pan, heat up ½ can chopped artichokes, ½ bag of spinach, and 2 minced garlic cloves. Optional additions include sliced mushrooms, onions, and pine nuts.

Easy Sandwiches

- Avocado toast; whole-grain bread, sliced avocado, chopped onions or scallions, other chopped veggies.
- Peanut Butter (no additives) and banana or apple on whole-grain bread
- Whole Wheat Wrap with Hummus; add lettuce, chopped veggies, tabouli for variety
- Veggie Burger (look for vegan options) with whole-grain bread; add lettuce, tomato, mustard for flavor

Microwaved Potato with Toppings

- Scrub and pierce a potato and place on a microwave-safe plate. Microwave uncovered for 7 minutes, turning once.
 - o Top with can of heated low/no sodium vegetarian chili, baked beans, broccoli, and/or vegan cheese
 - o All ingredients can be microwaved for quick preparation and easy cleanup
 - o You can use a sweet potato instead of a regular potato

Salads and Grain Bowls

- Keep salad ingredients on hand, including items particularly high in protein.
 - o Chickpeas, black beans, white beans, red beans, etc. are all high in protein.
 - o Lentils can be made ahead of time and stored in the refrigerator
 - o Tofu can be bought pre-cooked or prepared in a pan or air fryer
 - o Edamame is high in protein and can be purchased fresh or frozen
 - o Nuts, pumpkin seeds, sunflower seeds, flax and chia seeds are healthy additions
 - o Whole grains can be made ahead of time and stored in the refrigerator
 - Consider brown rice and ancient grains such as farro, millet, oat groats, quinoa, barley, bulgur, amaranth, buckwheat, etc.

Pizza, Burgers, etc.

- Pizza, burgers, pasta, enchiladas, and other traditional items can be healthy when made with plant-based whole foods; don't be afraid to experiment!



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Quick Dinners

Spaghetti Squash with Marinara Sauce

- Bake a spaghetti squash, scoop out the insides with a fork, and top with heated marinara sauce. Optionally top with nutritional yeast for a cheesy flavor. How easy was that?

Stir Fry Options

- You can stir fry nearly any kind of vegetable, so that is a good way to clean out the fridge (or freezer)
- Using a frozen bag of mixed Asian vegetables is an easy and cost-effective strategy
- Garlic, ginger and soy sauce (which can be low sodium and/or gluten free) make a nice sauce
- For extra protein, consider adding shelled edamame, peas, tofu, seitan, or tempeh
- Seeds (pumpkin, sunflower, sesame, chia, hemp, etc.) also add protein and other nutrients
- Serve on whole grains, which are more nutritious and protein-rich than white rice or basmati rice
 - o Good choices include brown rice and ancient grains such as farro, millet, oat groats, quinoa, barley, bulgur, amaranth, buckwheat, etc.
 - o Most stores now sell healthy grains that are pre-cooked and can be heated in the microwave

Pasta Options

- Pasta made from whole wheat, lentils, chickpeas, or rice is more nutritious than traditional pasta
- Ready-made sauces include marinara, pesto (some are vegan), vodka sauce, etc.
- You can make your own sauce with chopped onion, garlic, tomatoes (fresh or canned), and spices
- Adding large amounts of vegetables, such as broccoli and spinach, balances out the dish
- Adding chickpeas, white beans and/or nutritional yeast adds flavor, texture and protein

Red Beans and Rice

- This dish is a staple around the world, and is an inexpensive meal with plenty of protein
- Sauté onion, garlic, and diced peppers and add red beans and spices (bay leaf, paprika, thyme, oregano, pepper, crushed red pepper, cayenne pepper)
- Add brown rice cooked in vegetable broth and an optional splash of red wine vinegar; if you are pressed for time, use pre-cooked rice that can be heated in the microwave
- Garnish with nutritional yeast and/or fresh parsley if desired

For more recipes, see the list of resources on our website at www.fuusn.org/uu-plant-based-eating-club. For example, we provide links to the searchable databases of healthy, plant-based meals available through *Forks Over Knives* and the *T. Colin Campbell Center for Nutritional Studies*. Members of the UU Plant-Based Eating Club also share recipes with one another in a private email group. You are welcome to join us no matter what your dietary practices are, as long as you are interested in supporting other group members in their pursuit of a whole food, plant-based lifestyle and are considering it for yourself whether in whole or in part.



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Snacks

- Shopping Tip! For fruits and veggies, it is best to buy locally grown, organic, seasonal if available and affordable.
- Seasonal fruit
- Cut up veggies (carrots, celery, zucchini, peppers, radishes, tomatoes, other) with hummus
- Apples with peanut or almond butter
- Raisins
- Pita bread or vegan crackers with peanut or almond butter or hummus
- Nuts
- Popcorn with no oil. Can air pop or put in paper bag and pop in microwave for 2.5 to 3 minutes. Lightly flavor with garlic powder, curry powder, pepper, or other preferred herbs and spices.
- Baked sesame tofu: marinate with no or low sodium soy sauce, water, minced garlic, and sesame seeds. Press water out of extra firm tofu, cut into 1-inch cubes, lay on baking sheet, bake at 425 degrees for 25 minutes, turn over tofu, cover with more marinade, and then bake for another 20 minutes to add crispy layer. Eat as is or dip in vegan peanut sauce.