

Whole Food Plant-Based Recipes

Ensalad Azteca (from *The China Study Cookbook* by Leanne Campbell)

Makes 8 generous cups

For the salad:

- 2 15-ounce cans black beans, drained and rinsed
- 2 cups cooked quinoa or brown rice
- 1/2 cup finely chopped red onion
- 1 green bell pepper, diced
- 1 large tomato, diced
- 1 large avocado, diced
- 2 cups frozen corn, thawed
- 1/2 cup mangoes, diced
- 1 jalapeno, finely diced
- 3/4 cup fresh cilantro, chopped

For the dressing:

- 1/3 cup unseasoned rice vinegar
- 2 tablespoons lime juice
- 1/2 cup mangos, diced
- 1/4 cup agave (or maple syrup)
- 1/2 teaspoon grated ginger
- Sea salt to taste

Combine beans, quinoa (or rice), onion, pepper, tomato, avocado, corn, mangoes, jalapeno, and cilantro in a large salad bowl. In a food processor, place vinegar, lime, mangoes, agave (maple syrup) and ginger. Process until smooth. Pour dressing over salad. Toss gently to mix. Season with salt (optional).

“No-Tuna” Salad Sandwich

By Dana Shultz

<https://www.forksoverknives.com/recipes/vegan-no-tuna-salad-sandwich/#gs.UWvllws>

This “no-tuna” salad gets extra tang and flavor from pickles and capers. Serve between two slices of your favorite hearty bread for a simple yet satisfying meal. From Minimalist Baker’s Everyday Cooking

Ingredients

Salad:

- 1 (15-ounce) can chickpeas, rinsed and drained
- 3 tablespoons tahini
- 1 teaspoon Dijon or spicy brown mustard
- 1 tablespoon maple syrup or agave nectar
- 1/4 cup diced red onion
- 1/4 cup diced celery
- 1/4 cup diced pickle
- 1 teaspoon capers, drained and loosely chopped
- Sea salt and black pepper
- 1 tablespoon roasted unsalted sunflower seeds (optional)

For Serving:

- 8 slices whole-wheat bread
- Dijon or spicy brown mustard
- Romaine lettuce
- Tomato, sliced
- Red onion, sliced

Instructions:

1. Place the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole.
2. Add tahini, mustard, maple syrup, red onion, celery, pickle, capers, salt and pepper, and sunflower seeds (if using) to mixing bowl. Mix to incorporate. Taste and adjust seasonings as needed.

3. Toast bread if desired, and prepare any other desired sandwich toppings (such as lettuce, tomato, and onion).

4. Scoop a healthy amount of the chickpea mixture (about ½ cup) onto one slice of bread, add desired toppings and top with second slice of bread. Repeat for additional sandwiches.

Note: Mixture will keep covered in refrigerator for 4-5 days, making it great for quick, weekday lunches.

Beefless Stew

By Cathy Fisher (<https://www.drmcDougall.com/health/education/recipes/mcdougall-recipes/?recipe-id=1208&recipe-name=Beefless-Stew>)

Prep: 30 minutes Cook: 45 minutes

Serves:6-8

This hearty stew includes large chunks of potato, carrot, celery, and onion, and portabella mushrooms stand in for the beef. Garlic, paprika, and fresh rosemary provide excellent flavor.

Ingredients

- 1 1/2 large yellow or white onions, chopped into 3/4-inch pieces
- 3 medium carrots, sliced lengthwise and cut into 3/4-inch pieces
- 3 stalks celery, cut into 3/4-inch pieces
- 2 portabella mushrooms, cut into 3/4-inch pieces
- 1 1/2 tbsp finely chopped garlic
- 5 cups water
- 2 pounds white potatoes, peeled and cut into 3/4-inch chunks
- 1/3 cup tomato paste (half of a 6-ounce can)
- 1 tbsp dried Italian herb seasoning
- 1 tbsp paprika
- 2 tsp finely chopped fresh rosemary
- 1 1/2 cups cooked peas (if frozen)
- 1/2 cup fresh parsley, chopped

Directions

Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add the onions, carrots, and celery, and cook, stirring frequently, for about 8 minutes, adding water, as needed.

Stir in the mushrooms and garlic, and continue to cook while stirring for 5 minutes more, adding water as needed.

Add the water, potatoes, tomato paste, Italian seasoning, and paprika, and bring to a boil, uncovered. Reduce the heat to medium-low and stir in the rosemary. Cover and cook for 25 to 30 minutes, stirring occasionally, or until the carrots and potatoes are very tender.

Add the peas and cook for 5 minutes more.

Whole Food Plant-Based Recipes

Place 2 cups of the stew (broth and vegetables) into a blender, and blend just briefly. Stir the mixture back into the pot to thicken the stew. Stir in the parsley.

Quinoa Salad with Currants and Pistachios (from Chef AJ's *Unprocessed*.)

www.EatUnprocessed.com)

- 1 16-ounce box of quinoa, cooked and cooled
- 1 cup lime juice and zest from limes (approx. 8)
- 1 ounce finely chopped scallions
- 1/2 ounce finely chopped Italian parsley
- 1/2 ounce finely chopped mint
- 2 cups currants
- 8 ounces raw pistachios

Prepare quinoa according to the directions on the package. Place in a large bowl and allow to cool. Juice and zest limes. Pour over quinoa. Add remaining ingredients and mix well. Chill.

Note: Add pomegranate seeds when in season. Try substituting orange juice and zest for the lime, or unsweetened cherries for the currants.

Hail to the Kale Salad (from Chef AJ's *Unprocessed*)

Ingredients

Salad:

- 2 large heads of curly kale or baby kale (about 24 ounces)
- Chopped almonds

Dressing:

- 1 cup raw almond butter (unsweetened and unsalted)
- 1 cup coconut water (or regular water)
- ¼ cup fresh lime juice (about 2) and zest
- 2 cloves garlic
- Fresh, peeled ginger (approx. 1" or ½ of an ounce)
- 2 tablespoons low sodium tamari
- 4 pitted dates (soaked in water if not soft)
- ½ teaspoon red pepper flakes

Method:

Whole Food Plant-Based Recipes

In a high-powered blender, combine all dressing ingredients and blend until smooth and creamy. Remove the thick, larger stems from the kale. Place the kale leaves in a large bowl. Pour 2 cups of the dressing over the kale and massage the dressing into the kale while finely chopping the kale.

Note: If you are allergic to nuts, use tahini or sunflower seed butter in place of the nut butter.

Collard Wraps (by Ann and Jane Esselstyn in *My Beef with Meat* by Rip Esselstyn)

Prep time: 15 minutes (plus 30 minutes for soaking the cashews) – Serves 4 to 6

- ½ cup raw cashews, soaked
- ¼ teaspoon salt
- ¼ cup water, or as needed
- ½ red onion, sliced
- 6 asparagus spears, steamed
- 4 collard greens, tips of stems removed so they are round
- 1 small cucumber, peeled, seeded, and sliced lengthwise
- 1 red bell pepper, julienned
- 3 to 4 scallions, chopped
- 4 to 6 leaves fresh basil, chopped
- 1/3 cup chopped fresh cilantro
- Zest and juice of 1 lemon

In a food processor make cashew cream. Combine the soaked cashews, salt, and water and process until the texture is similar to hummus. Place a pan over high heat until a drop of water beads across the preheated surface. Add the red onion slices until browned and caramelized. Set aside.

In a shallow pan of water, lightly steam the asparagus. Set aside.

In the same pan of hot water, lightly steam the collard greens, about 10 seconds per side. Flatten out steamed greens on a clean dish towel and dry both sides.

Place one green on the cutting board at a time and coat the center spine thickly with cashew cream. Add a few cooked asparagus spears, cucumbers, bell peppers, and scallions atop the cashew cream. Sprinkle with the chopped basil and cilantro, lemon zest, and plenty of lemon juice. Roll collard green up so it look like a thick green cigar. Repeat for the rest of the collard green, then slice each into ½-inch sections and serve.

Hummus with Roasted Red Peppers (from *Prevent and Reverse Heart Disease* by Dr. Caldwell Esselstyn)

Makes about 3 cups

- 2 15-ounce cans chickpeas, drained and rinsed
- 1 12-ounce jar roasted red peppers, including liquid
- 1 teaspoon ready-to-use chopped garlic, or 2 garlic cloves, chopped
- 1 – 3 teaspoons lemon juice
- 1 teaspoon ground cumin

Combine all ingredients in a food processor and process until smooth. Add a little water if the consistency is too thick.

SALAD DRESSING

Jane's 3-2-1 Dressing (by Jane Esselstyn in *My Beef with Meat* by Rip Esselstyn)

- 3 tablespoons balsamic vinegar
- 2 tablespoons mustard, your choice
- 1 tablespoon (or less) pure maple syrup
- 1 tablespoon fresh lemon juice (optional)
- Chopped fresh dill (optional)

Mix all ingredients in a bowl and whisk until uniformly mixed. Serve over salad or cooked greens.

Balsamic-Berry Dressing

Inspired by Jill Nussinow, aka the Veggie Queen (in *My Beef with Meat* by Rip Esselstyn)

Prep time: 5 minutes Makes about 1 cup dressing

Ingredients:

- 1 cup ripe berries, your choice
- 2 to 3 tablespoons balsamic vinegar
- 2 teaspoons pure maple syrup
- 2 teaspoons mustard, your choice
- Freshly ground black pepper

Place all of the ingredients into a blender or food processor and blend well. Serve over a salad or any other veggies.

Hummus Salad Dressing (from *Prevent and Reverse Heart Disease* by Dr. Caldwell Esselstyn; recipes by Ann and Jane Esselstyn)

Makes 1/4 cup

- 2 heaping Tbsp. hummus
- 2 Tbsp. balsamic vinegar or vinegar of choice
- 1/2 teaspoon mustard of choice

SOUPS

Nutrient Rich Black Bean Soup (from *Unprocessed* by Chef AJ)

- 6 cups low sodium vegetable broth or water
- 3 cans salt-free black beans
- 1 red onion, peeled
- 4 cloves garlic, peeled
- 1/2 pound crimini mushrooms
- 1/2 pound baby bok choy (about 2)
- 1/2 pound chopped greens (kale, collard, mustard, chard or a combination)
- 1 large sweet potato, peeled if not organic
- 1 bag (16 ounces) frozen corn, defrosted
- 1 Tbsp. sundried tomato powder (or more, to taste)
- 1 Tbsp. cumin
- 1 Tbsp. oregano
- 1/2 Tbsp. chipotle paste (or 1/8 teaspoon powder) or more, to taste
- Juice and zest of 2 limes

Place water or broth in a large soup pot and bring to a boil. Reduce heat and add beans, 1/2 bag of corn, garlic, onion, sweet potato and greens in a large soup pot. Simmer uncovered for 30 minutes. There is no need to cut anything up as the soup will be blended. If you are using salt-free beans, it is not even necessary to rinse or drain them. Remove from heat and blend soup with an immersion blender. Stir in cumin, oregano, chipotle paste/powder, sundried tomato powder, lime juice and the other 1/2 of corn. Garnish with pepitas and cilantro, if desired. For more texture, you can also leave half of the beans whole and stir them in after the soup is blended.

Potato Leek Soup (by Chef Del in *Food over Medicine* by Dr. Pam Popper and Glen Merzer)

Serves 6

- 3 large leeks (about 1 pound), thinly sliced
- 6 cups vegetable stock
- 4 to 5 medium russet potatoes (1 pound), peeled and chopped
- 1/4 cup parsley, minced
- 1/4 cup chives, minced
- Sea salt and white pepper to taste

Sauté the leeks over medium heat in a large stockpot, stirring occasionally, until the leeks have begun to soften and brown slightly, about eight minutes. Add water one to two tablespoons at a time, as needed, to prevent the leeks from sticking. Add the vegetable stock and potatoes and bring to a boil over high heat. Reduce the heat to medium-low and simmer until the vegetables are tender, about 35 minutes. Blend the soup until smooth using either an immersion blender or by carefully transferring the soup to a blender in batches. Return the soup to the pot and add the parsley and chives. Cook five more minutes and season with salt and pepper. Serve immediately.

Walk on Top Thick Lentil-Miso Soup with Mushrooms, Collards, and Kale

by Jane Esselstyn (in *My Beef with Meat* by Rip Esselstyn)

Prep Time: 15 minutes

Cook Time: 20 minutes

Serves 8 to 10

Ingredients:

- One 15-ounce can lentils, or 1 cup dry lentils
- 1 onion, chopped
- 1/2 cup sliced carrots
- 1/2 cup sliced celery
- One 8-ounce package mushrooms, sliced
- 3 garlic cloves, minced
- 4 to 6 cups vegetable stock
- 1 tomato, diced
- 1 sweet potato, peeled and cut into cubes
- 1 tablespoon paprika
- 1 tablespoon onion powder

Whole Food Plant-Based Recipes

- 1 teaspoon garlic salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons miso
- 3 collard green leaves, stripped of spines and chopped
- 4 to 6 kale leaves, stripped of spine and chopped
- 1/2 bunch fresh parsley, chopped for garnish

If you're starting with dry lentils, begin recipe here. If you are using cooked lentils, go to the next paragraph. Add the lentils and 2 ½ cups of water to a large pot and bring to a boil. Decrease the heat and simmer 10 to 15 minutes until the lentils are cooked through.

In a large soup pot, sauté the onions, carrots, celery, mushrooms, and garlic. Add the stock, cooked lentils, tomato, sweet potato, paprika, onion powder, garlic salt, and pepper and simmer for 15 minutes. Ladle ½ cup of the warm broth from the soup pot into a small bowl, add the miso, and stir until dissolved. Add the dissolved miso to the soup pot. Add the collard greens and kale leaves and simmer until the greens are soft and deep green in color. Garnish with parsley and serve.

Indian Dal Soup

Prep: 5 minutes Cook: 40 minutes

Serves:6-8

By Veronica Patenaude (<https://www.drmcDougall.com/health/education/recipes/mcdougall-recipes/?recipe-id=1124&recipe-name=Indian-Dal-Soup>)

This is by far the best dal soup I have ever had in my life. This soup is mild, very aromatic and filling. I make double batches of this soup regularly. It goes that quickly!

Ingredients

- 8 cups low sodium vegetable broth
- 1 large onion, minced
- 6 large cloves garlic, minced
- 2 tbsp fresh ginger, minced
- 2 cups dried red lentils, rinsed and picked over
- 2 1/2 tsp roasted ground cumin
- 2 1/2 tsp roasted ground coriander
- 3/4 tsp turmeric powder
- 1/2 tsp ground cardamom

Whole Food Plant-Based Recipes

- 3/4 tsp ground cinnamon
- 1/4-1/2 tsp cayenne pepper
- 1/4-1/2 tsp smoked paprika (optional)
- 5 tbsp tomato paste
- 1 cup water (as necessary to thin, if needed)
- freshly ground pepper to taste
- Herbamare or sea salt to taste

Directions

Place 1 cup of the broth in a large soup pot. Add the onions, garlic and ginger and cook over medium heat for 10 minutes. (Alternatively, dry saute the onions, garlic and ginger in a large non-stick skillet until browned and then add this to 1 cup of the broth in the soup pot and heat to bring out more flavors.) Add the remaining broth, lentils and all the seasonings (up to the tomato paste). Bring to a boil, reduce heat, cover and simmer for 20-25 minutes until the lentils are tender and falling apart. Stir in the tomato paste and whisk until well combined. If you like a thinner dal, add a bit of the water until the consistency is the way you like it. Add Herbamare or salt and pepper to taste. Taste and adjust other seasonings as well, such as the cumin and paprika. The flavor should be complex and very savory. Garnish with fresh chopped cilantro.

Hints: Look for roasted cumin powder and roasted ground coriander for more complexity in flavor. If you can't find it, the regular ground varieties will do. Use cassia cinnamon (not Ceylon) for best flavor results.

DESSERTS

bRAWnies (Raw) (from *Unprocessed* by Chef AJ)

Ingredients:

- 2 cups walnuts
- 2 cups pitted dates
- 1/2 cup raw cacao powder or carob powder
- 1 tablespoon (alcohol-free) vanilla extract

Method:

In a food processor fitted with the S blade, process walnuts into a powder. Do not over process into a nut butter. Add the cacao/carob powder and process again. Add the dates until a ball forms. Then add the vanilla and briefly process again. Place into a silicone brownie mold or in an 8" x 8" square pan and freeze until firm.

Note: You can use any raw nut or seed (or combination) instead of the walnuts.

Goji Berry Truffles (Raw) (from *Unprocessed* by Chef AJ)

Ingredients:

- 1/2 cup hemp seeds
- 1/2 cup pumpkin seeds
- 1 cup goji berries
- 1/2 cup dark raisins
- 1 and 1/2 cups pitted dates
- 1/2 cup raw cacao powder or carob powder
- 1 tablespoon (alcohol-free) vanilla extract

Method:

In a food processor fitted with the S blade, process seeds into a powder. Add goji berries and cacao/carob powder and process again. Then add raisins and dates and process again until mixture begins to stick together. Add vanilla and process again briefly. Place into a silicone mold or form into balls.

Chocolate Chip Cherry Bites (Raw) (from *Unprocessed* by Chef AJ)

Ingredients:

- 2 cups raw pecans
- 1/2 cup raw cacao powder
- 8 ounces dried cherries (unsweetened and unsulfured)
- 8 ounces pitted dates
- 1/4 cup raw cacao nibs
- 1 tablespoon (alcohol-free) vanilla extract
- 1/4 teaspoon cherry extract

Method:

In a food processor fitted with the S blade, process nuts into a flour. Add the cacao powder and process again briefly. Add the cherries and process again, then the dates. If mixture is not sticky enough to reach the “break point,” add more dates or a splash of date syrup. Then add the extracts and process again briefly, then the nibs and pulse. Press mixture into a silicon brownie pan.

Apple Pie Hearts (Raw) (from *Unprocessed* by Chef AJ)

Ingredients:

- 1 cup almonds

Whole Food Plant-Based Recipes

- 1 cup pecans
- 1 cup walnuts
- 2 cups dried apples (sugar and sulfite free)
- 2 cups pitted dates
- 1 tablespoon (alcohol-free) vanilla extract
- 1 tablespoon cinnamon
- 1/4 – 1/2 teaspoon nutmeg

Method:

In a food processor fitted with the S blade, grind nuts into flour. Add the dried apple and spices and process again. Add the dates until the desired consistency is reached, then add the vanilla. Press into mini silicon heart molds and chill. If you don't have silicon molds, just roll them into balls.

Almond Dream Balls (from *Unprocessed* by Chef AJ)

Ingredients:

- 1/2 cup raw almonds
- 1/4 cup raw walnuts
- 1/2 cup pitted dates
- 1/4 cup raw almond butter
- 1/2 teaspoon almond extract (optional)
- Shredded coconut

Place the almonds and walnuts into the food processor and process until coarsely chopped. Add the dates, almond butter, and almond extract (optional) and process until the mixture holds together. Place the shredded coconut into a small bowl. Remove 1 tablespoon of the date/nut mixture from the processor at a time and roll into 1-inch balls. Roll the balls in the shredded coconut to coat completely.

Oat & Raisin Cookies (No sugar added)

- 1/2 cup apple sauce
- 3 medium ripe bananas
- 1/4 ounce plain unsweetened nondairy milk
- 2 cups uncooked old-fashioned oats
- 1/2 cup dried raisins (or cranberries)
- 1 tsp vanilla extract
- 1 tsp ground cinnamon

Mix all ingredients. Bake for 15 – 20 minutes at 350°F.

Pear Crème Anglais (from *Unprocessed* by Chef AJ)

Ingredients:

- 1 28-ounce jar of pears (or peaches) in their own juice
- 1/3 cup raw cashews or macadamia nuts
- 1 Tablespoon alcohol-free vanilla extract
- 1 teaspoon xanthan gum (optional, used as a thickener)

Method:

Drain pears (or peaches). Reserve juice for another use. In a blender, blend pears until smooth. Add remaining ingredients and blend until incorporated. Chill. Serve over fruit desserts.

Sweet Potato & Banana Pudding (Chef AJ)

Ingredients:

- sweet potatoes (orange inside)
- ripe bananas
- cinnamon or pumpkin spice

Poke holes with a fork and roast sweet potatoes at 400F. Depending on how fat they are, it may take up to 2 hours. I try to find skinny ones, so it won't take so long to roast them.

Peel the skin and blend until smooth. Add bananas (approximately 1/2 cup of blended sweet potatoes to 1 ripe banana, or 1 skinny sweet potato : 2 ripe bananas) and cinnamon or pumpkin spice and blend until smooth.

Pour into small cups/glasses and refrigerate.

Nice Cream

Slice and freeze ripe bananas. Blend until smooth in a powerful blender like VitaMix. If needed, add a small amount of plant milk (do not add too much; otherwise, you'll end up with a smoothie!). Add frozen fruit (berries, cherry, etc.).

Options

- Chocolate Nice Cream – add cacao powder
- Green Tea Nice Cream – add matcha