

Transformations: Vegan Recipes You Can Live By

Vegetarian Side Dishes

Adriatic Bean Salad

SALAD

- 1 large green bell pepper, washed, seeded and diced
- 1 large yellow bell pepper, washed, seeded and diced
- 1 15 ounce can black beans, drained and rinsed
- 2 tablespoons sweet onion, minced

MARINADE

- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1 1/2 tablespoons filtered water
- 1/2 teaspoon dried thyme
- 3 teaspoons garlic, minced
- 1/2 teaspoon dried marjoram
- sea salt, to taste
- pepper, to taste

TOPPING

- 1/2 cup parsley, washed and minced

In a bowl, combine the peppers with the beans.

In a small jar with a tight-fitting lid, combine the onion, vinegar, oil, water, thyme, garlic, marjoram and salt and pepper to taste. Shake until they are combined.

Pour over the bean mixture and toss gently. Sprinkle the parsley over the top, cover with plastic wrap and chill for a minimum of 2 hours.

Stir in the parsley just before serving. Serve with a slotted spoon.

Apple Cranberry Sauce with Orange and Ginger

http://www.yummly.com/recipe/Apple-Cranberry-Sauce-with-Orange-and-Ginger-1214212?prm-v1&utm_medium=email&utm_source=popular-searches-email

- 2 cups fresh cranberries
- 2 apples, peeled, cored and chopped
- 1/3 cup honey
- 2 teaspoon fresh ginger, grated
- 1/2 teaspoon ground cinnamon
- 1 teaspoon orange zest
- 1 tablespoon balsamic vinegar

If making this, allow for chilling for 12 hours or overnight so cranberries and apples can thicken.

Combine all of the ingredients in a medium saucepan.

Cook over medium-low heat for 18-20 minutes, until the fruit is tender and the liquid has thickened. The sauce will thicken as it cools.

Serve chilled or at room temperature.

Apple, Parsnips and Sweet Potatoes

<http://www.rebootwithjoe.com/apple-parsnips-and-sweet-potatoes/>

- 4 parsnips, well washed and cut into bite size pieces
- 2 medium sweet potatoes, well washed, peeled and cut into bite size pieces
- 1 small onion, sliced
- 2 apples, well washed, cored and diced
- 2 cloves garlic
- pepper, to taste
- olive oil

Preheat oven to 450°F.

Place sweet potatoes, parsnips and apples with garlic and onions in a parchment paper lined covered baking dish and drizzle with olive oil, and salt and pepper to taste.

Roast for 40-50 minutes until tender.

Serve alone or with rice.

Asparagus with Tomato-Walnut Pesto

http://www.yummly.com/recipe/Asparagus-with-Tomato-Walnut-Pesto-1584347?prm-v1&utm_medium=email&utm_source=seasonal&utm_campaign=Super_Sides?prm-v1

- 1/3 cup walnut halves and pieces
- 2 pints grape tomatoes
- cooking spray
- kosher salt
- 1 clove garlic, peeled
- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1 teaspoon paprika
- pinch of red pepper flakes, or more to taste, optional
- kosher salt
- pepper
- 1 tablespoons olive oil, divided
- 2 pounds thin asparagus, with bottoms trimmed

Preheat your oven to 450°F. Line a large, rimmed baking sheet with aluminum foil and spray lightly with cooking spray.

Heat a small sauté pan over medium-low heat. Add the walnuts and shake to spread them out in a single layer. Toast for 2 minutes then stir. Repeat a few times for

Transformations: Vegan Recipes You Can Live By

Vegetarian Side Dishes

a total of 6-10 minutes, until the walnuts are fragrant and starting to brown a bit. Remove from the heat and transfer immediately to a food processor.

When the oven is heated, place the grape tomatoes on your prepared baking sheet. Spray them lightly with cooking spray and sprinkle them with about 1/2 teaspoon kosher salt, tossing to coat. Roast the tomatoes on a rimmed baking sheet for 10 minutes. Pull the sheet pan out and give them a gentle stir with a wooden spoon. Continue roasting for 5-10 minutes more until the tomatoes look a bit blistered and charred. Remove from the oven and set aside to cool slightly.

Meanwhile, grate the garlic into the food processor with the toasted walnuts. Pulse several times to puree and combine. Add in the olive oil, vinegar, paprika, red pepper flakes and half of the roasted tomatoes. Pulse this all together, stopping to scrape the sides once or twice, until it reaches a thick pesto consistency. Season with salt (about 1/2 teaspoon or less or more to taste).

Heat 1/2 tablespoon of the olive oil in a large skillet over medium-high. Add half of the asparagus stalks and toss quickly. Spread them out in a single layer and let them cook for 2 minutes without touching them so that they get a bit charred. Continue cooking for 3-5 minutes, stirring constantly now, until they're tender. Season very lightly with salt and toss well. Transfer to a platter and repeat the charring/cooking process with the remaining 1/2 tablespoon olive oil and asparagus.

Toss beans with pesto (use whatever amount of pesto you like). Top with the remaining roasted tomatoes and serve.

Baked Tomatoes Oregano§

- 4 large ripe tomatoes, washed
- 1/8 cup **Vegan Parmesan 'Cheese' Substitute**
- 1/2 cup bread crumbs
- 1 clove garlic, minced
- 2 sprigs fresh parsley, washed and chopped
- sea salt
- pepper, to taste
- 1 tablespoon olive oil

Preheat oven to 400°F.

Coat a shallow baking dish with cooking spray.

Place tomato slices close together in prepared baking dish. Sprinkle with cheese, bread crumbs, garlic, parsley, salt, pepper, and oregano. Drizzle with olive oil.

Bake for 20 minutes in the preheated oven, or until **Vegan Parmesan 'Cheese' Substitute** is lightly toasted.

Basic Rice

- 1 cup brown rice, uncooked
- 2 cups filtered water
- 1 tablespoon olive oil or coconut oil
- sea salt, to taste, optional

Combine rice, water and oil in a rice cooker. Stir to combine. Turn rice cooker on to start. Cover tightly and simmer until machine turns itself off.

Black Rice Peas

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 543) Page Street Publishing Kindle Edition

- 1 cup black rice, uncooked
- 4 cups filtered water
- 2 tablespoons olive oil
- 1 medium red onion, diced
- 2 cloves garlic, minced
- 2 cups frozen peas
- 1/4 cup nutritional yeast
- 2 tablespoons sun dried tomatoes, minced
- 2 tablespoons mint leaves, sliced

Cook the rice with the oil and water in a large pot. (The will be firm but not soggy). Drain the rice when done and place rice in a large serving bowl.

Heat the olive oil in a large skillet. Add onion and sauté for about 5 minutes. Add the garlic and peas and cook until peas are done, about 10 more minutes.

Turn off heat and stir in nutritional yeast.

Add the pea mixture to the rice and stir to combine, along with the tomatoes and mint leaves.

The original recipe called for 2 tablespoons of sun dried tomatoes, minced. My thinking is that 1/4 cup of fresh diced tomato would be preferable.

Can be served warm or cold.

Boulangere Potatoes§

<https://www.forksoverknives.com/recipes/boulangere-potatoes/>

- 1 leek (or other onions), thinly sliced
- 1 yellow onion, thinly sliced
- 1 stalk celery, thinly sliced
- 2 shallots, thinly sliced
- 2 tablespoons garlic, chopped
- 1 tablespoon dried garlic
- 1 tablespoon dried onion
- 6 cups **Vegetable Soup Stock**
- 9 medium Yukon gold potatoes or other potatoes of choice, peeled and thinly sliced
- 1 teaspoon dried parsley
- 1 teaspoon dried thyme
- kosher salt, to taste, optional

Transformations: Vegan Recipes You Can Live By

Vegetarian Side Dishes

This recipe is a great alternative to scalloped potatoes, which are traditionally very high in fat. Most of these recipes from Forks over Knives tend to be pretty flat. Carefully add salt, perhaps 1 teaspoon, and more at the table if necessary.

Preheat the oven to 350° F.

Put the leek, onion, celery, shallots, and garlic in a large dry saucepan over medium heat and cook, stirring constantly, until the onion starts to brown, about 5 minutes.

Stir in the granulated garlic and granulated onion and cook for 2 minutes. Stir in the broth, increase the heat to medium-high, and simmer until the liquid is reduced by half.

Add the potatoes and stir until well combined. Decrease the heat to low and cook, stirring constantly so the potatoes don't stick together, until the potatoes are translucent, about 15 minutes.

Remove from the heat and stir in the parsley, thyme and salt, if using. Transfer to 9×13 inch baking dish and bake uncovered for about 25 minutes, until the potatoes are golden brown and fork-tender.

Serve hot.

Broccoli and Asparagus with Almonds§

Originally "Easy & Fast: Broccoli & Asparagus with Almonds". <http://www.rebootwithjoe.com/easy-fast-broccoli-asparagus-with-almonds/>

- 1 bunch broccoli, washed and cut in large pieces
- 1 bunch asparagus, washed and cut in large pieces
- 1/3 cup slivered almonds
- 1-2 cloves garlic, minced
- 1 tablespoon lemon juice
- 2 tablespoon olive oil
- sea salt, to taste
- pepper, to taste

Boil salted water on the stove in a sauce pan. Once boiling add the greens and let simmer for 2-3 minutes, then quickly pour the hot away and drop in cold water to stop the cooking process and maintain the nutrients.

Toast the almonds in a sauce pan.

In a small bowl or cup mix the crushed garlic, lemon, olive oil and combine well.

Add the greens to the bowl, sprinkle over the toasted almonds then pour the dressing over the vegetables. Add salt and pepper and serve.

Candied Carrots§

- filtered water
- sea salt

- 1 pound carrots, peeled and cut into 2 inch pieces
- 2 tablespoons **Vegan Butter Substitute**, diced
- 1/2-1 cup brown sugar, packed
- pinch of sea salt
- pinch of pepper

Not exactly the healthiest of entrées, but a good occasional treat. It has a rather high sugar content.

Place carrots in a pot of salted water. Bring water to a boil, reduce heat to a high simmer and cook about 20 to 30 minutes. Drain the carrots.

Reduce the heat to its lowest possible setting and return the carrots to the pan. Stir in butter, brown sugar, salt and pepper. Cook for about 3 to 5 minutes, until sugar is bubbly.

Serve hot.

Carrots with Herbs§

- 2 tablespoons olive oil
- 2 pounds carrots, peeled and sliced
- pepper, to taste
- 1 onion, chopped
- 1 tablespoon dried thyme
- 1/2-1 tablespoon dried rosemary
- 3 oranges, juiced
- kosher salt, to taste, optional

This is a good use for frozen carrots. It's good; not great, but good.

Heat oil on high in a large skillet. Place carrots closely together in the bottom of the pan and turn on to medium heat. Sprinkle with chopped onion and freshly ground pepper. Add thyme, rosemary and orange juice. Stir to combine.

Cover and cook, turning them over after about 15 minutes. Continue cooking for about 15 minutes longer, or until fork tender. Liquid should be evaporated and carrots beginning to caramelize at end of cooking time.

Optionally, add kosher salt to taste before serving.

Corn Casserole§

Originally "They'll Never Know It's Healthy Corn Casserole". Calbom, Cherie. The Juice Lady's Healthy Holidays Cookbook. Pages 10-11

- 2 extra large eggs
- 2 tablespoons coconut nectar, (or maple syrup if not available)
- 2 tablespoons coconut oil, melted
- 1/2 cup almond milk
- 2 tablespoons cornmeal
- 1 tablespoons corn starch
- 1/2 teaspoon sea salt
- 2 cups frozen corn

Transformations: Vegan Recipes You Can Live By Vegetarian Side Dishes

- 2 green onions, thinly sliced

This makes a decent casserole. As leftovers it makes an even better filling for a burrito with salas added.

Preheat oven to 375 degrees.

In a large mixing bowl, beat the eggs until smooth. Whisk in the sweetener and coconut oil until the sweetener is more or less incorporated. Stir in the milk, followed by the cornmeal, cornstarch, salt, corn kernels and scallions. Whisk until just combined.

Lightly grease an 8×8 casserole or baking dish and pour in the corn mixture. Bake in the oven until the casserole is set, about 30 minutes.

Allow the casserole to rest in the pan for 5 minutes before serving.

Cornbread Crusted Roasted Potatoes with Herbs and Garlic

- 1-2 pounds Yukon gold potatoes, peeled (about 3 large)
- 2 tablespoons corn meal
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 1/4 cup olive oil
- 2 tablespoons fresh herbs, finely chopped
- 2 tablespoons garlic, finely chopped

Preheat oven to 425°F.

Cut potatoes into medium-size chunks. Place potatoes in 2 quart saucepan of salted water. Heat to boiling. Reduce heat to medium high. Simmer 10 minutes or until potatoes are fork tender. Drain potatoes.

Place in large bowl. Gently toss potatoes with cornmeal, sea salt and pepper. Heat large oven proof skillet over high heat. Add olive oil and swirl to coat. When oil is hot, add herbs. Cook 1 minute.

Add potatoes, scattering in even layer in skillet. Transfer potatoes to a parchment paper lined baking dish. Bake 10 to 15 minutes or until bottoms are golden and crisp. Turn potatoes.

Sprinkle with garlic. Bake 10 minutes longer or until crisp on both sides.

Using slotted spoon, transfer potatoes to serving bowl or plate.

Creamed Peas

- 1 1/2 cups filtered water
- 1 cup peas, frozen
- 1/4 teaspoon sea salt
- 1 tablespoon flour

- 1 tablespoon **Vegan Butter Substitute**
- up to 1 cup almond milk

Bring water, peas, and salt to a boil in a saucepan. Cook until peas are just tender, about 2 minutes. Drain and return peas to saucepan.

Reduce heat to medium and stir in flour. Add **Vegan Butter Substitute** and enough almond milk to barely cover peas. Cook and stir until thickened, 5 to 10 minutes.

Creamy Potato Curry

<https://www.forksoverknives.com/recipes/creamy-potato-curry/>

- 1/2 cup cashews, soaked in 1 cup of water at least 30 minutes (or 1 cup of sour cream)
- 6 Yukon Gold Potatoes, chopped into 1 inch pieces
- 1 yellow onion, peeled and diced
- 3 carrots
- 1/2 head cauliflower, washed and chopped
- 1 tablespoon curry powder, or to taste
- 1 tablespoon ground cumin, or to taste
- 1 tablespoon ground coriander, or to taste
- 1 bunch kale (about 10 leaves), washed
- 2 cups frozen green peas, thawed
- 1 15-ounce can chick peas, drained and rinsed

Cashews are called for but if dairy isn't an issue, 1 cup of sour cream would make for a creamer texture.)

Makes a fairly large serving.

Make sure your cashews are soaking in water. The longer they soak, the creamier the dish will be. Alternately, as indicated, sour cream can be used.

Place the potatoes and 2 cups of water in a Dutch oven. Cover and bring to a boil, then add the onion and carrot. Reduce the heat to medium-low-medium and simmer, covered, for 10 minutes, stirring occasionally.

Add the cauliflower, curry powder, cumin, and coriander, and continue cooking, covered, for 15 minutes.

If using sour cream, skip the next step.

Meanwhile, transfer the cashews and their soaking water to a food processor. Blend until smooth.

Stir the cashew cream (or sour cream if used) into the pot.

Add the kale, peas, and garbanzo beans, and simmer for 5 minutes more, or until the potatoes are completely cooked and the kale is tender.

Alternately, this recipe could probably be made in a crock pot with some modifications. When I try this I'll do just this and update this recipe accordingly.

Transformations: Vegan Recipes You Can Live By Vegetarian Side Dishes

Curried Vegetables

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 345) Page Street Publishing Kindle Edition

- 2 tablespoons coconut oil
- 1 medium onion, diced
- 2-3 cloves garlic, minced
- 1 inch piece of ginger root, minced
- 1 1/2 tablespoons curry powder
- 1/4 teaspoon pepper
- 1 tablespoon tomato paste
- 1 cup peas
- 2 medium potatoes, peeled and cut into chunks
- 1 carrot, peeled and chopped
- 2 cups cauliflower, washed and cut into florets
- 1/2 jalapeño pepper, seeded and diced
- 1/2 cup tomatoes, washed and diced
- 2 cups **Vegetable Soup Stock**
- 1 15 ounce can chick peas, drained and rinsed
- 1 cup full-fat coconut milk
- sea salt, to taste
- pepper, to taste
- 2 tablespoons lemon juice
- 2 tablespoons cilantro, washed and chopped

In a large skillet, heat coconut oil. Add onion and cook, stirring occasionally, about 5-7 minutes.

Add garlic and ginger root followed by curry powder and pepper. Add tomato paste and stir until well blended.

Add vegetables and increase heat and stir until vegetables are warm. Add **Vegetable Soup Stock**, chick peas and coconut milk. Add salt and pepper to taste.

Lower the heat to medium-low, cover and let simmer until the vegetables are tender, 20 to 25 minutes. Add the lime juice and cilantro to serve.

EZ Lemon-Herb Roasted Green Beans§

- 1 pound green beans, ends removed and sliced diagonally
- 1-2 tablespoon coconut oil, melted
- 1 tablespoon dried rosemary
- sea salt, to taste
- pepper, to taste
- slivered almonds, optional
- 2 cloves garlic, minced, optional
- drizzle of balsamic vinegar, added before placing in oven, optional
- 1 lemon, sliced into thin slices

Using all the ingredients makes this a rather pungent recipe, which is why several are listed as optional.

Preheat oven to 400°F.

Spread coconut oil on parchment paper previously placed in a baking sheet.

Trim green bean ends and slice into 1 inch pieces. Sprinkle with rosemary, salt and pepper, and optional ingredients, if used. Stir to combine. Bake for 15 minutes. Top with lemons and stir combine again. Bake for an additional 10-15 minutes. Stir to serve.

Fresh Cranberry Orange Relish

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Locations 1089-1090) Page Street Publishing Kindle Edition

- 1 orange, peeled and cut into slices
- 8 ounces fresh cranberries, thawed if frozen
- 1/4 cup maple syrup

Makes about 2 cups of relish.

Put the orange pieces, cranberries and maple syrup in a food processor and grind until you get an evenly textured mix. Keep in a sealed plastic containers and refrigerated.

Garlic Mashed Potatoes Secret Recipe§

- 2 pounds potatoes, washed, peeled, and cut into chunks
- kosher salt, as needed (for cooking potatoes)
- 4 tablespoons **Vegan Butter Substitute**, softened
- 2 tablespoons **Vegan Parmesan 'Cheese' Substitute**
- 2 tablespoons garlic, minced
- 1 teaspoon sea salt
- 1 teaspoon dried oregano
- 1/2 cup almond milk, and more as needed

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 30-45 minutes. Drain.

In a large bowl, combine Vegan Butter Substitute, Vegan Parmesan 'Cheese' Substitute, garlic, salt, oregano and cream. Blend to combine. Add potatoes.

Mash potatoes with a hand mixer to combine. Serve warm.

Ginger Cardamom Spiced Carrots

http://www.yummly.com/recipe/Ginger-Cardamom-Carrots-1920351?prm-v1&utm_medium=email&utm_source=seasonal&utm_campaign=Super_Sides&prm-v1

- 3 tablespoons olive oil
- 1 1/2 inch piece of ginger root, peeled and grated
- 1 teaspoon mustard seeds
- 6 carrots, sliced
- 6 cardamom, pods
- 1/4 teaspoon paprika
- sprinkle of sea salt, to taste

Transformations: Vegan Recipes You Can Live By

Vegetarian Side Dishes

- sprinkle of pepper, to taste

In a cold pan, add the olive oil, grated ginger and mustard seeds and place it over a low-medium burner and stir so ginger doesn't stick or burn.

As soon as the mustard seeds start to dance around as the oil warms, add in the carrots and cardamom pods.

Lower the heat and cover the pan and let it cook for about 4 minutes with the lid on, shaking the pan so carrots don't burn.

Sprinkle the paprika and season with salt and pepper to serve.

Green Bean Casserole to Write Home About

Calbom, Cherie. *The Juice Lady's Healthy Holidays Cookbook*. Pages 7-8

MUSHROOM GRAVY

- 2 tablespoons coconut oil
- 1 small yellow onion, diced
- 8 ounces baby Bella mushrooms, washed and diced
- 1 1/2 cups **Vegetable Soup Stock**
- 1 teaspoon sea salt
- 1/2 teaspoon dried thyme
- 1 tablespoon tapioca flour, or regular flour if not available
- 2 tablespoons coconut milk

CRISPY ONION TOPPING

- 1/2 cup coconut oil
- 1 large yellow onion, halved and thinly sliced into half moons
- 2 tablespoons tapioca flour, or regular flour if not available
- 1/4 teaspoon sea salt

GREEN BEANS

- 4 cups filtered water
- 1 1/4 pounds fresh green beans, ends trimmed or substitute frozen green beans
- 1/2 cup cashews

MUSHROOM GRAVY

Combine the coconut oil, onion, and diced mushroom in a skillet over medium heat. Sauté for 3 to 5 minutes, until the onion is translucent.

Add **Vegetable Soup Stock**, salt, and thyme and bring to a boil. Reduce the heat and let simmer for 10 minutes.

In a small bowl, whisk together the flour and coconut milk. Pour this mixture into the pan and whisk until smooth.

Using an immersion blender to blend until smooth.

If an immersion blender is not available a regular blender can be used. You can make this ahead of time, refrigerate, and reheat in a saucepan over medium heat.

CRISPY ONION TOPPING

Preheat the oven to 350 degrees.

Prepare the crispy onion topping. Heat the coconut oil in a heavy-bottom medium skillet over medium heat. While the oil is heating, combine the onion, flour, and salt in a bowl and toss until well coated. Drop onion slices into oil when well heated; they will sizzle. Fry onion slices in batches for 4-5 minutes per batch or until crispy and golden brown, stirring occasionally to prevent burning. Remove the onion slices from the oil using a fork and drain on a paper towel.

GREEN BEANS

The original recipe called for 4 strips of bacon, cooked and then crumbled. I changed it to cashews, to keep this recipe vegan.

Next prepare the green beans. Bring the water to a boil in a large saucepan.

Add the green beans, and return water to a boil, cooking for 10 minutes or until tender but not overcooked. Drain.

In a casserole dish, combine the green beans, mushroom gravy, and cashews. Stir until beans are well coated. Reserve 1/2 cup of fried onions and place the rest on top of the bean mixture.

Bake for 30 minutes or until mixture is bubbly and light golden brown. Remove from the oven and garnish with reserved fried onions to serve.

Hazel-Nutty Butternut Squash

Calbom, Cherie. *The Juice Lady's Healthy Holidays Cookbook*. Pages 8-9

- 1/2 cup hazelnuts, (almonds or cashews will work too)
- 2 medium butternut squash, peeled, seeded, cubed
- 2 tablespoons olive oil
- sea salt, to taste
- pepper, to taste
- 4 tablespoons **Vegan Butter Substitute**
- 2 cups onions or leeks, sliced
- 1 tablespoons dried sage
- 2 teaspoons dried thyme
- 1/4 teaspoon ground nutmeg
- 2-3 ounces white American cheese, diced, optional
- 1 cut hazelnut milk, or almond milk or cashew milk if not available

Ideally, hazelnuts and hazelnut milk should be used.

Transformations: Vegan Recipes You Can Live By

Vegetarian Side Dishes

However almond or cashew nuts and milk can be used too.

Preheat oven to 400 degrees.

Heat nuts in a skillet over medium-low heat. Cook, stirring frequently, until nuts turn a little brown and fragrant. Transfer to a plate to cool.

Place butternut squash, oil, salt, and pepper in a large bowl and toss to coat evenly. Transfer onto a baking sheet and roast until just tender and beginning to brown, about 25 minutes. Set aside.

Reduce oven to 375 degrees.

Heat 3 tablespoons **Vegan Butter Substitute** in medium pan over medium heat and add onions, sage, thyme, and nutmeg. Cook 15 minutes or until onions are soft. Remove from heat and stir in spinach.

Butter a 9 x 13 baking dish with remaining **Vegan Butter Substitute**. Spread half the onion mixture over the bottom. Next layer half of the squash and half of the cheese, if used. Repeat the layering with the rest of the onion/leeks, squash, and cheese. Pour the milk over the top. Bake uncovered until bubbling, about 35 minutes.

Stir serve, to distribute baked ingredients.

Herb-Crusted Asparagus Spears

https://www.forksoverknives.com/recipes/crusted-baked-asparagus/?utm_medium=newsletter&utm_source=mailchimp&utm_term=Herb-Crusted-Asparagus

- 1 bunch asparagus, about 12 spears, washed
- 2 tablespoons hemp seeds
- 1/4 cup nutritional yeast
- 1 teaspoon garlic powder
- 1/8 teaspoon pepper
- pinch of paprika
- 1/4 cup whole wheat breadcrumbs
- 1/2 lemon, juiced

Preheat the oven to 350°F.

Cut or snap off bottoms of asparagus.

Transfer hemp seeds to a small bowl and mix in the nutritional yeast, garlic, pepper, paprika, and breadcrumbs. Stir and set aside.

Arrange the asparagus spears side by side in a baking dish and sprinkle with the hemp mixture. Bake for 20-25 minutes or until asparagus are crispy.

Sprinkle lemon juice to serve.

Holiday Cranberry Sauce§

- 4 cups fresh cranberries
- 1 1/2 cups filtered water
- 5 whole cloves

- 5 whole allspice
- 3 cinnamon sticks
- 2 cups cane sugar

Place fresh cranberries and water in a medium sauce pan over medium heat.

Wrap cloves, allspice berries and cinnamon sticks in a several coffee filter tied with a string. Place in the water with cranberries.

Cook until cranberries begin to burst, about 10 minutes. Remove spice bag and discard. Stir in cane sugar and reduce heat to low. Continue cooking 5 minutes, or until sugar has dissolved.

Remove from heat and place in a sealed plastic container. Chill in the refrigerator 8 hours, or overnight, before serving.

Honey Glazed Carrots in the Slow Cooker§

<http://www.yummly.com/recipe/Honey-glazed-carrots-in-the-slow-cooker-365236?prm-v1>

- cooking spray
- 1 pound carrots, peeled and cut in 1 inch pieces
- 2 tablespoons Vegan Butter Substitute, or salted butter
- 2 tablespoons honey
- salt, to taste
- pepper, to taste

Spray a 2 or 3 quart slow cooker with cooking spray.

Put carrots in slow cooker, along with butter. Drizzle honey over top.

Season with salt and pepper.

Cook on high for 3 hours, or low for 6 hours, stirring occasionally.

Honey Orange Green Beans§

- 3 tablespoons honey
- 1/2 teaspoon orange zest
- 2 cloves garlic, minced
- 1 teaspoon Bragg's Liquid Aminos
- 1 1/2 teaspoons balsamic vinegar
- dash pepper
- 1 tablespoon filtered water
- 2 cups fresh green beans, washed and trimmed
- 1 teaspoon olive oil
- 1 tomato, washed and diced
- 1/2 red onion, diced

Stir the honey, orange zest, garlic, soy sauce, balsamic vinegar, pepper, and water together in a bowl.

Add the green beans and toss to coat. Allow to soak for at least 20 minutes at room temperature mixing frequently.

Transformations: Vegan Recipes You Can Live By Vegetarian Side Dishes

Heat the olive oil in an electric wok set to 350 degrees. Add the green beans and marinate the hot oil and cover the wok. Stir frequently until the beans are slightly tender, 5 minutes.

Add the tomatoes and onions to the green beans, and continue cooking until the green beans are cooked though yet slightly crispy, about 5 minutes more.

Honey Roasted Red Potatoes§

- coconut oil
- 1 pound red potatoes, washed and quartered
- 2 tablespoons onion, diced
- 2 tablespoons **Vegan Butter Substitute**, melted
- 1 tablespoon honey
- 1 teaspoon dry mustard
- 1 pinch sea salt
- 1 pinch pepper

Preheat oven to 350-375°F

Coat a baking dish with coconut oil.

If making a double plus batch for more than four people, use an 9x13 inch baking dish.

Place potatoes in a single layer in prepared dish, and top with onion.

In a small bowl, combine melted **Vegan Butter Substitute**, honey, mustard, salt and pepper. Drizzle over potatoes and onion. Bake in the preheated 375°F oven for 35-40 minutes or until tender, stirring halfway through the cooking time.

Hopefully Gluten Free Stuffing

Originally "Everything but the Gluten Stuffing". Calbom, Cherie. The Juice Lady's Healthy Holidays Cookbook. Pages 6-7

- 6 cups gluten-free bread cubes, cubes, already toasted
- 2 shallots, minced
- 2 yellow onions, diced
- 2 stalks celery, diced
- 4 tablespoons **Vegan Butter Substitute**
- 2 teaspoons dried sage
- 2 teaspoons dried thyme
- 1/2 teaspoon sea salt, or to taste
- 1/2 teaspoon pepper, or to taste
- 1/2 cup freshly made grape juice
- 1 cup **Vegetable Soup Stock**
- 1/4 cup fresh parsley, chopped

Ideally, make this with gluten free bread. If not, at least choose a healthy bread base.

Preheat the oven to 300°F.

Spread bread on a large rimmed baking sheet. Bake, stirring occasionally, until dried and golden brown,

about 20 minutes. Let cool.

Increase the oven temperature to 325°F.

While bread bakes, in a medium skillet, melt **Vegan Butter Substitute** over medium heat. Add shallots, onions, and celery and cook, stirring frequently, until soft and golden brown. Add sage, thyme, salt and pepper and cook over medium heat for 2 minutes. Add grape juice and continue to cook over medium heat until liquid is reduced by half.

Lightly coat a 9x13-inch baking dish with oil. In a large bowl, combine vegetable mixture with bread cubes, **Vegetable Soup Stock** and parsley. Transfer to the prepared baking dish and bake until hot throughout and golden brown, about 30 minutes.

Italian Style Beans§

- 1 1/2 pounds fresh green beans, washed
- 1 small red onion, thinly sliced
- 1 cup olives, pitted
- 1/2 cup **Italian Dressing**
- 1 large tomato, washed and chopped

Prepare and cook green beans, cut into 1 inch pieces. Cook beans, onion, olives and dressing uncovered over medium heat just until onion is tender, about 3 minutes.

Sprinkle with diced tomato to serve.

Lemon Basmati Rice§

- 2 teaspoons coconut oil
- 1 cup basmati rice, rinsed
- 2 inch pieces of ginger root, peeled and minced
- 1 lemon, juiced
- 1 teaspoon lemon zest
- 2 cups **Vegetable Soup Stock**
- sea salt, to taste
- pepper, to taste

Add ingredients in a rice cooker. Stir to combine. Turn rice cooker on to start. Cover tightly and simmer until machine turns itself off. Season with salt and pepper to taste.

Mashed Potato Dream

- 4 large potatoes, peeled and quartered
- 1/4 cup **Vegan Butter Substitute**
- 1 bunch green onions, washed and sliced
- 1 tablespoon prepared horseradish, optional
- 1 teaspoon garlic powder
- 2 tablespoons **Vegan Parmesan 'Cheese' Substitute**
- 1/2 cup almond milk
- sea salt, to taste

Transformations: Vegan Recipes You Can Live By

Vegetarian Side Dishes

- pepper, to taste

Bring a large pot of salted water to a boil. Add potatoes, and cook until tender, about 25 minutes. Drain.

Melt **Vegan Butter Substitute** in a medium sauce pan over medium heat. Stir in green onions, and cook until tender, about 3 to 5 minutes. Mix green onions, horseradish (optionally), garlic powder, **Vegan Parmesan 'Cheese' Substitute**, almond milk, pepper and salt with potatoes. Mash together with a potato masher.

Mexican Rice 1§

- 1 cup brown rice
- 1 tablespoon olive oil
- 2 cups **Vegetable Soup Stock**
- 1 cup filtered water
- 1/2 onion, finely chopped
- 1/2 green bell pepper, washed and finely chopped
- 1 fresh jalapeño pepper, washed and chopped
- 1 tomato, washed and chopped
- 1 cube vegetable bouillon
- sea salt, to taste
- pepper, to taste
- 1/2 teaspoon ground cumin
- 1/2 cup cilantro, washed and chopped, or 2 heaping tablespoons of dried cilantro
- 1 clove garlic, halved

Place rice, olive oil and soup stock in a rice cooker and cook.

Stir in water, onion, green pepper, jalapeno, and diced tomato. Season with bouillon cube, salt and pepper, cumin, cilantro, and garlic. Bring to a boil. Once other ingredients are well sautéed, stir in rice, cover, and reduce heat. Cook for 20 minutes stirring frequently to keep rice from sticking.

Mexican Rice 2§

- 3 tablespoons vegetable oil
- 1 quart filtered water
- 2 cups brown rice
- 2 teaspoons garlic salt
- 1 teaspoon ground cumin
- 1-2 tablespoons coconut oil
- 1/2 cup onion, chopped
- 1 green pepper, washed and diced, optional
- 1 8 ounce can tomato sauce, or you can make your own **Tomato Sauce**
- 1-2 cups tomatoes, washed and diced, optional
- 1 quart **Vegetable Soup Stock**

This recipe was double what the original recipe indicated. It makes a lot of rice.

Add vegetable oil, chicken broth, rice, garlic salt and cumin to rice cooker. Cook rice until rice cooker shuts off.

In a Dutch oven, melt coconut oil and stir in onions and peppers, if using, and cook until tender. Stir in tomato sauce, tomatoes, if using, and water; bring to a boil. Reduce heat to low, cover and simmer for 20 to 40 minutes, until water is well reduced, stirring FREQUENTLY to prevent rice from sticking to the pan. Fluff with a fork to serve.

Mushrooms Berkeley§

- 1/4 cup grape juice
- 2 tablespoons prepared mustard
- 2 tablespoons Worcestershire sauce
- 1/3 cup brown sugar
- 1/2 cup **Vegan Butter Substitute**
- 1 sweet onion, halved and sliced
- 1 pound fresh mushrooms, washed and halved
- sea salt, to taste
- pepper, to taste

Stir the grape juice, mustard, Worcestershire sauce, and brown sugar together in a bowl until the sugar is thoroughly incorporated into the mixture and set aside.

Melt the **Vegan Butter Substitute** in a sauce pan over medium heat. Cook and stir the onion in the melted **Vegan Butter Substitute** until translucent, 5 to 7 minutes. Add the mushrooms, season with black pepper, and continue cooking and stirring another 3 minutes.

As the mushrooms reduce in size and begin to brown, stir the grape juice mixture into the mushroom mixture. Simmer until hot, 1 to 2 minutes.

Serve immediately.

Nacho Baked Potato

Originally "Nacho: Baked Potato." <https://www.forksoverknives.com/recipes/nacho-baked-potato/>

- 1 large baking potato
- 1 1/2 teaspoons nutritional yeast, optional
- 1/2 cup canned, black beans
- 1/4 cup salsa
- 1/4 - 1/2 avocado, peeled, pitted and cubed
- kosher salt, to taste
- pepper, to taste
- cilantro, washed and chopped, as a garnish
- lime wedge

This recipe is for 1 serving. For multiple servings, multiple the ingredients accordingly.

Preheat oven to 425° F.

Transformations: Vegan Recipes You Can Live By Vegetarian Side Dishes

Pierce the potato with a fork and bake for 40 minutes, until potato is baked through.

When the potato is done, slice it open and sprinkle with nutritional yeast, if using.

Layer on the black beans, salsa, avocado, salt and pepper. Garnish with cilantro and lime to serve.

Oven Baked Parsley Red Potatoes§

- 1/2 cup **Vegan Butter Substitute**, melted
- 2 pounds red potatoes, washed and cut into 1 inch chunks
- 1 tablespoon onion, minced
- 2 tablespoons parsley, washed and minced
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- additional **Vegan Butter Substitute**

Preheat oven to 375°F.

Place **Vegan Butter Substitute** in a large baking dish and melt in preheating oven.

Toss potatoes and onions in melted **Vegan Butter Substitute** to coat. Sprinkle parsley over potatoes and season with salt and pepper. Bake in preheated oven until potatoes are tender, about 40-50 minutes.

Toss to serve.

Peas and Onions

- 1 1/2 pounds frozen peas
- filtered water
- 1/2 onion, thinly sliced in a food processor
- 1/2 teaspoon sea salt
- 1/2 teaspoon dried thyme
- 2 tablespoons **Vegan Butter Substitute**
- 1 tablespoon **Vegan Parmesan ‘Cheese’ Substitute**

Heat peas in 1 water. Bring to a boil. Drain. Return to pan.

Add onions, salt and thyme. Heat to boiling. Reduce heat. Boil uncovered for 5 minutes. Cover and boil until tender, adding more water if necessary, 3-7 minutes. Drain. Stir in **Vegan Butter Substitute**.

Sprinkle with **Vegan Parmesan ‘Cheese’ Substitute** to serve.

Perfect Baked Potatoes

- 4 medium baking potatoes
- 1 tablespoon plus 1 teaspoon olive oil
- 2 teaspoons sea salt
- 3 tablespoons **Vegan Butter Substitute**
- 1/2 teaspoon pepper

- 1 cup cheddar cheese, shredded, optional

Preheat the oven to 300°F.

Scrub the potatoes, and pierce the skin several times with a knife or fork. Rub the skin with olive oil, then with salt. Place the potato in the preheated oven, and bake for 90 minutes, or until slightly soft and golden brown.

Slice the potato down the center, and serve with **Vegan Butter Substitute** and black pepper. Sprinkle shredded cheddar cheese over the top, if desired.

Potatoes O’Brien§

- 1 tablespoon olive oil
- 1/2 cup onion, chopped
- 1/2 cup green bell pepper, washed and diced
- 1/2 cup red bell pepper, washed and chopped
- 4 medium red potatoes, washed and cubed
- 1/4 cup **Vegetable Soup Stock**

Heat oil in a skillet. Sauté the onion, peppers and potatoes over medium heat for 4 minutes.

Combine broth and Worcestershire sauce. Pour over vegetables. Cover and cook for 10 minutes or until potatoes are tender, stirring occasionally. Uncover and cook until liquid is absorbed, about 3 minutes.

Serve warm.

Red Rice

- 2 tablespoons olive oil
- 6 green onions, washed and sliced, white and green parts separated
- 2 cloves garlic, chopped
- 2 tablespoons vegetable oil
- 2 cups brown rice
- 2 cloves garlic, peeled
- 2 1/2 cups **Vegetable Soup Stock**
- 1 8 ounce can tomato sauce, or you can make your own **Tomato Sauce**
- 1 teaspoon chili powder
- sea salt, to taste
- pepper, to taste

Heat the oil in a large sauce pan over medium high heat. Add the scallion whites and garlic and cook, stirring often, until softened, 1 to 2 minutes.

Add the rice and cook, stirring often, until the grains are opaque, 2 to 3 minutes. Add the **Vegetable Soup Stock**, tomato sauce, chili powder, 1 teaspoon salt, and 1/4 teaspoon pepper and stir to combine. Bring to a simmer and cook, covered, until the rice is tender, for up to 1 hour.

Transformations: Vegan Recipes You Can Live By Vegetarian Side Dishes

Remove the rice from heat and let stand, covered, for 5 minutes. Fluff with a fork and fold in the scallion greens before serving.

Refried Beans§

- filtered water, as needed
- 2 15 ounce cans pinto beans, drained and rinsed
- 2 tablespoons vegetable oil
- 2 cloves garlic, peeled
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- sea salt, to taste
- 1 cup filtered water
- 1/2 lime, juiced, optional
- 1 vegetable bouillon cubes, optional

Wash beans and place in a Dutch oven. Bring to a boil. Turn off heat and let beans sit for an hour or so to tenderize. Drain beans and blend to puree in a food processor, adding water if necessary for a smooth consistency. If too much water is added, place beans in a large sieve and push out excess water with a spoon. Set aside.

Heat oil in a heavy skillet over medium heat. Cook garlic cloves in hot oil, turning one, until brown on both sides, 4-5 minutes. Smash garlic cloves in skillet with a fork. Stir in drained pinto beans, cumin, chili powder, sea salt and water into mashed garlic and cook until beans are thoroughly heated and water is reduced. Optionally, squeeze lime juice over the mashed beans and stir until combined to serve. Stir in crumbled vegetable bouillon cube, if using.

When making this recipes I made a double batch of beans and had to mash them in to batches. Once both halves were mashed, I combined the end result and blended until smooth.

Roasted Asparagus and Mushrooms§

- olive oil cooking spray
- 1 bunch fresh asparagus, washed and trimmed
- 1/2 pound fresh mushrooms, washed and quartered
- 1 teaspoon dried rosemary
- 2 teaspoons olive oil
- sea salt, to taste
- pepper, to taste

Preheat oven to 450°F.

Lightly spray a parchment paper lined cookie sheet with vegetable cooking spray. Place the asparagus and mushrooms in a bowl. Drizzle with the olive oil, then season with rosemary, salt, and pepper. Toss well. Lay the asparagus and mushrooms out

on the prepared pan in an even layer. Roast in the preheated oven until the asparagus is tender, about 15 minutes.

Roasted Garlic Lemon Broccoli§

- 2 heads broccoli, washed and separated into florets
- 2 teaspoons olive oil
- 1/2 teaspoon pepper
- 1 clove garlic, minced
- 1/2-1 teaspoon lemon juice
- up to 4 tablespoons of **Vegan Butter Substitute**, optional
- several slices of white American cheese, optional

Preheat the oven to 400°F. In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic.

Spread the broccoli out in an even layer in a small baking dish. Cover baking dish with aluminum foil.

Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. For the last 2 minutes, remove foil to and optionally add **Vegan Butter Substitute** and cheese and cook till lightly browned. Lightly brown. Transfer to a bowl. Sprinkle lemon juice over broccoli to serve.

When I made this I added the lemon juice to the broccoli directly. Adding it after the fact is probably a better choice.

Roasted Potatoes with Mint and Lemon

<http://blog.williams-sonoma.com/roasted-potatoes-mint-lemon/#comments>

- 1 pound red baby potatoes, washed and halved lengthwise
- 1 pound yellow baby potatoes, washed and halved lengthwise
- 1/4 cup kosher salt, plus more, to taste
- 4 tablespoons unsalted butter
- grated zest of 1 lemon
- 1 tablespoons fresh mint, finely chopped, plus 15 small mint leaves
- black pepper
- 1 tablespoons olive oil

Preheat an oven to 400°F.

Place both types of potato and the 1/4 cup salt in a large saucepan and add enough cold water to cover the potatoes. Bring to a boil over high heat and boil for 20 minutes.

Meanwhile, in a small saucepan over medium heat, melt the butter. Stir in the lemon zest and the 1 tablespoon of chopped mint along with a little of the pepper. Remove from the heat and set aside.

Transformations: Vegan Recipes You Can Live By

Vegetarian Side Dishes

Drain the potatoes and return them to the saucepan. Pour the butter mixture over the potatoes and drizzle with the olive oil. Stir to thoroughly coat the potatoes, then spread the potatoes in a single layer in a large baking dish. Season generously with salt.

Transfer to the oven and roast the potatoes until the skin is crisp and the potatoes are tender when pierced with a small knife, about 20 minutes.

Remove from the oven and let stand for 5 minutes. Sprinkle with the remaining mint leaves and serve immediately.

Rosemary Carrots

- 1 1/2 pounds carrots, about 10 carrots, sliced
- 1 tablespoon olive oil
- 1/2 green bell pepper, washed and diced
- 3 tablespoons brown sugar
- 1 teaspoon dried rosemary, crushed
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper

In a skillet, cook and stir carrots in oil for 10-12 minutes, or until crisp tender. (Cook longer for softer carrots.) Stir often to keep carrots from burning.

Add green pepper. Cook and stir for 5 minutes until carrots and peppers are tender. Sprinkle with brown sugar, rosemary, salt and pepper. Stir to combine. Heat through before serving.

Rosemary Potato Bake with Onions and Tomatoes§

<https://www.forksoverknives.com/recipes/rosemary-potato-bake-onions-tomatoes/>

- 16 small Yukon gold (or any round yellow) potatoes, washed
- 1 red onion, peeled and chopped
- 8 Roma tomatoes, washed
- 1 zucchini squash, sliced, optional
- 1 teaspoon dried rosemary
- 1 dried bay leaves, chopped
- 2 tablespoons Bragg's Liquid Aminos, and more as needed
- 1 1/2 cups filtered water, and more as needed

Preheat oven to 425 degrees.

With a sharp knife, puncture potatoes in several spots to accelerate the cooking process. Arrange them in a large silicone, ceramic, or glass baking dish so they do not overlap. Add onions, tomatoes, and herbs.

Mix Bragg's in one cup of water and pour over the potatoes. Bake for 30 minutes, checking occasionally. If the potatoes begin drying out, add 1-2 cups of water-Bragg's mix.

Sautéed Mushrooms§

- 2 tablespoons olive oil
- 1 slice onion, chopped
- 1 pound mushrooms, washed and sliced and cut into quarters
- 1 lemon juice
- 1/2 teaspoon ground nutmeg
- dash pepper
- sea salt, to taste
- 1 teaspoon garlic, minced
- 2 additional tablespoons olive oil
- 1/4 cup parsley, washed and snipped

Place 2 tablespoons of oil in a pan and heat. Stir onion and garlic in a skill over medium heat until tender. Stir in mushrooms, lemon juice, nutmeg, salt, pepper and garlic. Add remaining 2 tablespoons of olive oil and stir to combine. Reduce heat.

Simmer uncovered for 5 minutes. Stir in parsley to serve.

Scalloped Potatoes§

- 3 pounds potatoes, peeled and thinly sliced
- coconut oil or **Vegan Butter Substitute**
- 1/2 onion, thinly sliced
- 9 tablespoons flour, divided
- 6 tablespoons **Vegan Butter Substitute**, diced and divided
- sea salt, to taste
- pepper, to taste
- 3+ cups almond milk, or as needed

This is an old Betty Crocker's Classic that's always a big hit.

Preheat oven to 375°F.

Grease a 9x13 inch baking dish.

Spread about 1/3 of the potato slices into the bottom of the prepared baking dish. Top with about 1/3 of the onion slices. Sprinkle 3 tablespoons flour over the potato and onion. Arrange 2 tablespoons **Vegan Butter Substitute** atop the flour. Season the entire layer with salt and pepper.

Repeat layering twice more, repeating the above process.

Heat milk in a sauce pan until warm. Pour enough warm milk over the mixture in the baking dish so the top of the liquid is level with the final layer of potatoes. Heat more milk if needed to make sure potatoes are covered.

Place glass baking dish in a large baking pan, to catch any overflowing materials. Bake in preheated oven until

Transformations: Vegan Recipes You Can Live By

Vegetarian Side Dishes

potatoes are tender, 45 to 60 minutes.

Silky Garlic Mashed Potatoes

- 6 medium boiling potatoes, 2 pounds, peeled and cut into chunks
- filtered water
- 6 cloves garlic, diced or 2-3 tablespoons of dried garlic
- 1/3 cup of a thick mixture of Better Than Milk
- 1/4 cup **Vegan Butter Substitute**, softened
- 1/2 teaspoon sea salt
- 1/8 teaspoon pepper
- paprika, parsley or dried chives, optional

Scrub potatoes. Heat water (salted if desired) to boiling. Add potatoes and garlic. Cover and heat to boiling. Reduce heat. Cook whole potatoes 30 to 35 minutes, potato pieces 20 to 25 minutes or until tender. Drain.

Mash potatoes in medium bowl until no lumps remain. Add half and half in small amounts, beating after each addition. Add **Vegan Butter Substitute**, salt and pepper. Beat vigorously until potatoes are light and fluffy.

Simply Perfect Sage Roasted Brussels Sprouts§

Calbom, Cherie. The Juice Lady's Healthy Holidays Cookbook. Page 10

- 1 1/2 pounds fresh Brussels sprouts, washed
- 3 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1/2 teaspoon sea salt
- 1/2 teaspoon dried sage

This sounded like a delicious way to make Brussels sprouts. The original recipe said to place the coated sprouts in a baking dish and bake for 25 minutes. I tried that. It didn't work out well. It actually took closer to 50 minutes and the Brussels sprouts ended up dry. I've adjusted the recipe to steam the sprouts to cook them first and then adapt the original recipe.

Steam the Brussels sprouts until tender, readjusting the spacing several times, until tender. Remove and cool sufficiently to handle.

Preheat oven to 400 degrees.

While sprouts are cooling, mix up remaining ingredients in a bowl.

Cut the Brussels sprouts in half and place them in a bowl with the glaze. Toss to coat. Heat in parchment paper lined baking dish, covered with aluminum, for 10-15 minutes, until heated through.

Remove the foil and serve warm.

Slow Cooker Brussels Sprouts with Maple Syrup, Cranberries and Feta

http://www.yummly.com/recipe/Slow-Cooker-Brussels-Sprouts-with-Maple_-Cranberries_-and-Feta-1900405?prm-v1

- 2 pounds Brussels sprouts, trimmed and halved
- 1/4 cup maple syrup
- 2 tablespoons olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 1/2 cups whole fresh cranberries
- 1/2 cup feta cheese, crumbled

Place Brussels sprouts into a 3 or 4-quart slow cooker. Stir in the maple syrup, olive oil, salt, and pepper.

Cover and cook 2 1/2 hours on low or 1 to 1 1/2 hours on high, until the Brussels sprouts are crisp tender but still maintain some chew. Uncover, stir in the cranberries, then recover and cook until the Brussels sprouts are completely tender (but not mushy), about 15 additional minutes on high or 30 additional minutes on low.

Sprinkle with feta cheese and serve warm.

Spiced Asparagus

- 1/2 bunch asparagus, about 20 stalks, washed
- 1/4 cup Bragg's Liquid Aminos
- 1-2 tablespoon ginger root, minced
- 4-5 cloves garlic, diced
- 2 tablespoons sesame seeds
- 2 tablespoons sunflower seeds

Cut asparagus into 1 inch pieces and discard bottoms. Steam asparagus for a few minutes to tenderize it.

Combine the rest of the ingredients in a food processor. Mix well to combine. Transfer mixture to a bowl and add asparagus. Stir to combine.

Can be served either warm or chilled.

Spicy Potato Leek Salad

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 620) Page Street Publishing Kindle Edition

- 4 medium potatoes, well with skin on
- 2 tablespoons olive oil
- 1 cup frozen peas
- 1 leek, minus the greens, thinly sliced
- 2-3 cloves garlic, minced
- 1 teaspoon ginger root, grated
- 1 teaspoon ground cumin
- 1/2 teaspoon garam masala
- sea salt, to taste
- pepper, to taste
- 1 tablespoon lemon juice
- 1/4 cup fresh cilantro, washed and chopped

Transformations: Vegan Recipes You Can Live By

Vegetarian Side Dishes

Wash and cube the potatoes and boil until they are soft, about 20 minutes. Mash them with a fork and set aside.

Heat olive oil in a skillet over medium heat. Add peas, leek, garlic, ginger, cumin, garam masala, salt and pepper to taste. Cook, stirring, about 3 minutes.

Add mashed potatoes, stir and continue to cook for another 2 minutes.

Transfer entrée to a large serving bowl and add the lemon juice and cilantro to serve.

Sweet Potato Curry§

Miller, Laura: Raw. Vegan. Not Gross: All Vegan and Mostly Raw Recipes for People Who Love to Eat (Kindle Location 1359) Flatiron Books Kindle Edition

- 1/4 cup coconut oil
- 2 cloves garlic, minced
- 3 inch piece of ginger root, peeled and minced in a food processor
- 1-3 tablespoons curry powder, or to taste
- 1 large onion, cut into 2-inch chunks
- 2 large carrots, cut into 2-inch chunks
- 2 large sweet potatoes, peeled and
- sea salt, to taste
- pepper, to taste
- 1 pound green beans, trimmed and halved
- 2 13 1/2 ounce cans coconut milk
- cooked brown rice, optional
- fresh cilantro, chopped

This recipe works pretty well. It's much better the second day, however, after the vegetables have had a chance to absorb some of the coconut milk.

Put the coconut oil in a sauté pan over medium-high heat. Add the garlic, ginger, and curry powder and stir with a wooden spoon, being careful not to let the garlic burn.

Add the onion and let it sweat for 10 minutes, or until translucent.

Add the carrots and sweet potatoes and season with salt and pepper.

Sauté for another 10 minutes, until slightly softened, then stir in the green beans.

Add the coconut milk and stir. Bring to a boil, Add the coconut milk and stir. Bring to a boil, then reduce the heat to maintain a simmer, cover, and cook for 20 minutes.

Optionally serve with brown rice and garnish with cilantro.

Sweet Potato Pecan Casserole

Originally "Almost Sugar Free Sweet Potato Pecan Casserole". Calbom, Cherie. The Juice Lady's Healthy Holidays Cookbook. Pages 11-12

- 5 medium sweet potatoes, peeled and cut into 1-inch chunks
- 1 large egg
- 1 teaspoon ground cinnamon, divided
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- 1/2 teaspoon sea salt
- 1 tablespoons coconut sugar
- 1/3 cup pecans, finely chopped
- coconut oil to coat baking dish

Preheat the oven to 350 degrees.

Coat square baking dish with coconut oil.

Bring water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover, and steam until tender, 20 to 25 minutes. (They will need to be soft enough to beat like mashed potatoes.)

Transfer the potatoes to a bowl, and let cool slightly. To the potatoes add the egg, 1/2 teaspoon cinnamon, nutmeg, ginger and salt to a bowl. Whip with an electric mixer until smooth.

Spread the sweet potato mixture in the prepared baking dish.

Mix the pecans with the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Two-Tone Potato Wedges§

- 3 medium potatoes, washed
- 1 medium sweet potato, washed
- 2 tablespoons olive oil
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper
- 2 heaping tablespoon **Vegan Parmesan 'Cheese' Substitute**, or more to taste
- 2 cloves garlic, crushed

This is an incredibly easy side dish to make but surprisingly delicious.

Preheat oven to 425°F.

Cut each potato into eight wedges. Place in a large resealable plastic bag. Add remaining ingredients. Toss to thoroughly coat. Optionally, leave potatoes in bag to marinate.

Arrange potatoes in single layer on a parchment paper lined baking sheet. Bake for 20 minutes.

Transformations: Vegan Recipes You Can Live By

Vegetarian Side Dishes

Turn the potatoes. Bake 20-25 minutes more or until golden brown, turning once.

Using a spatula, serve potatoes in a large serving bowl.

Vegan Pasta with Garlic and Olive Oil Sauce

Originally "Garlic & Olive Oil Sauce". VeggettiPro Gourmet Recipe Guide & Instructions, page 6.

- 1 pound squash, peeled, or other suitable vegetables
- 1/4 cup olive oil
- 1/4 cup **Vegan Butter Substitute**
- 4 cloves garlic, crushed
- 2 teaspoons fresh basil, minced, or 1 teaspoon dried basil
- 1 8 ounce jar artichoke hearts, drained and quartered
- several cherry tomatoes, halved, optional

This recipe was originally from the source indicated. The spiralizer was a Christmas present.

Process squash with a spiralizer using a thick blade. Optionally steam sliced vegetables.

In a skillet, heat the olive oil and Vegan Butter Substitute over medium heat. Stir in garlic, and artichoke hearts. Cook for 5 minutes, until heated through.

Serve sauce over cold or warm vegetables, optionally with sliced tomatoes on the side.

Vegan Pasta with Lemon Butter Sauce

Originally "Lemon Butter Sauce". VeggettiPro Gourmet Recipe Guide & Instructions, page 10.

- 1 pound squash, peeled, or other suitable vegetables
- 4 tablespoons **Vegan Butter Substitute**
- 1 red bell pepper, seeded and thinly sliced
- 1/2 cup fresh parsley, minced
- 1 lemon, juice
- 1/2 teaspoon lemon zest
- salt, to taste
- pepper, to taste

This recipe was originally from the source indicated. The spiralizer was a Christmas present.

Process squash with a spiralizer using a thick blade.

Melt **Vegan Butter Substitute** in a large skillet over medium heat.

Add vegetables and red pepper and sauté for a few minutes to soften vegetables.

Stir in the lemon juice and lemon zest.

Season with salt and pepper and mix thoroughly to serve.

Vegetable Gratin

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 781) Page Street Publishing Kindle Edition

SAUCE

- 1 cup cashews
- 1/4 cup nutritional yeast
- 1 tablespoon lemon juice
- 1 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 cup filtered water
- sea salt, to taste

THE REST

- 2 tablespoons grapeseed oil
- 1/2 medium cauliflower, washed and cut into florets
- 1 cup frozen peas
- 1/2 cup frozen corn
- 2 stalks celery, washed and diced
- 1 potato, washed and diced
- 1 carrot, peeled and diced
- 1 cup cashews

Preheat oven to 400°F.

Place all the SAUCE ingredients in a blender. Blend until a smooth sauce is created. Set aside.

In a large skillet, heat the grapeseed oil.

Add vegetables and cook for about 10 minutes, to soften.

Transfer vegetables to a 13×9 inch baking pan baking dish. Pour sauce over vegetables.

Bake in an oven for 20 minutes. Entrée is done when potatoes are soft.

White Bean Tomato Salad

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 1710) The Experiment Kindle Edition

- 2 15 ounce cans Navy beans, drained and rinsed
- 2 large tomatoes, washed and diced
- 2 limes, juiced
- 1/4 cup brown rice vinegar
- 1/2 cup fresh cilantro, washed and chopped
- 6 green onions, washed and thinly sliced
- 1 jalapeño pepper, seeded and minced, optional
- 4 cloves garlic, crushed
- 1 teaspoon ground cumin
- sea salt, to taste

Originally listed under salads (I'm not sure why), this sounded pretty workable but as a side dish and not a salad. It could loosely be considered a salad, or even a salsa, but I think its better as a vegan side dish.

Transformations: Vegan Recipes You Can Live By

Vegetarian Side Dishes

Combine all the ingredients in a large bowl.

Serve immediately.

Chill, covered, for 1 hour in the refrigerator. Stir before serving.

Zucchini Fritters

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 653) Page Street Publishing Kindle Edition

- 3 medium zucchini squash, peeled and grated
- sea salt, to taste
- pepper, to taste
- 1/4 cup fresh parsley, washed and chopped
- 1/4 cup fresh dill, washed and chopped
- 4 green onions, washed and chopped
- 1 clove garlic, minced
- 1/2 teaspoon lemon zest
- 2 tablespoons hemp seeds, optional
- 1/2 cup whole wheat flour
- 2 tablespoons cornstarch
- 1 teaspoon baking powder
- 2 tablespoons olive oil

Season squash with salt and pepper and allow to rest for 10 minutes.

Spin squash dry in a salad spinner to remove excess moisture. Add herbs, onion, garlic, lemon zest and hemp seeds.

In a small bowl combine flour, cornstarch and baking powder. Combine the flour mixture with the zucchini squash.

In a pan heat olive oil. Place zucchini batter in pan using a small ice cream scoop, about 2 tablespoons per 'fritter'. Cook on both sides about 3 minutes.

Serve warm.

Zucchini Oven Chips

- 1/4 cup bread crumbs
- 1/4 cup **Vegan Parmesan 'Cheese' Substitute**
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 2 tablespoons almond milk
- 2 1/2 tablespoons zucchini, sliced
- cooking spray

Preheat oven to 425°F.

Combine first 5 ingredients in a medium bowl, stirring with a whisk. Place milk in a shallow bowl. Dip zucchini slices in almond milk, and dredge in bread crumb mixture. Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet. Bake at 425° for 30 minutes or until browned and crisp.