

Transformations: Vegan Recipes You Can Live By

Marinated Entrées

Cucumber Salad

VeggettiPro Gourmet Recipe Guide & Instructions, page 9.

- 4 cucumbers, peeled
- 1 small white onion, minced
- 1 cup white vinegar
- 1/2 cup filtered water
- 3/4 cup cane sugar
- 1 tablespoon dried dill

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

Process cucumbers with a spiralizer using a thin blade.

Combine the cucumbers and onions in a large bowl.

Combine the vinegar, water and sugar in a sauce pan over medium heat. Bring to a boil and pour over the cucumbers and onion. Stir in dill. Cover and refrigerate until cold. All the cucumbers to marinate for at least 1 hour before serving with a slotted spoon.

Fresh Mushroom, Parsley and Radish Salad

SALAD

- 6 cups salad greens, torn into bite sized pieces and washed and spun dry
- 1 wedge of red cabbage, washed and thinly sliced
- 1 apple, peeled, cored and julienned
- 1/2-1 cucumber, peeled and sliced
- 1/3 cup red grapes, washed and halved
- 1 small handful pistachio nuts, shelled, optional

TANGY DRESSING

- 1/2 teaspoon dry mustard
- 1/2 cup olive oil
- 1 tablespoon balsamic vinegar
- 2 tablespoon lemon juice
- pinch of sea salt, to taste
- pinch pepper, to taste
- 1 teaspoon garlic, minced
- 8 ounces mushrooms, washed and thinly sliced
- 1/3 cup cilantro, washed and minced
- 2 tablespoons lemon juice
- 1/3 cup olive oil
- pinch fresh basil, chopped
- sea salt, to taste
- pepper, to taste

- 6 cups salad greens, washed and torn into bite sized pieces.
- 1/3 cup radishes, washed and minced

Place the garlic, mushrooms, parsley, lemon juice, oil and basil in a glass bowl. Salt and pepper to taste.

Marinate at least 30 minutes. Add the greens and toss. Sprinkle with the radishes to serve.

Refrigerate until ready to serve.

Herbed Tomatoes

- 4 large tomatoes, washed and cut into 1/2 inch slices
- 2/3 cup **Italian Dressing**
- 2 tablespoons parsley, washed and minced
- 2 tablespoons **Vegan Parmesan ‘Cheese’ Substitute**

Place tomatoes in shallow pan. Pour **Italian Dressing** over them.

Refrigerate overnight. Serve on chilled plates and garnish with parsley and **Vegan Parmesan ‘Cheese’ Substitute**.

Marinated Broccoli and Cauliflower

- 2 cups broccoli, washed and chopped
- 2 medium carrots, peeled and chopped
- 1 medium tomato, washed and diced
- 1 cup cauliflower, washed and chopped
- 1/2 cup onion, chopped
- 1/4 cup olive oil
- 1/2 teaspoon garlic powder
- 1 tablespoon lemon juice
- 1 tablespoon Bragg’s Liquid Aminos
- 1 tablespoon Italian Seasoning
- 1 tablespoon sesame seeds

Combine broccoli, carrots, tomato, cauliflower and onion in a bowl.

In a separate bowl, combine olive oil, garlic powder, lemon juice and Bragg’s. Whisk until smooth.

Pour over vegetables. Add Italian seasoning. Mix well.

Cover and set in the refrigerator to chill overnight. Top with toasted sesame seeds before serving.

Serve with a slotted spoon.

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Marinated Cucumbers 1

Originally "Marinated Cucumbers". A Celebration of Wellness, James Levin, M.D. and Natalie Cederquist, © 1992, page 65.

- 2 cups cucumbers, peeled and thinly sliced
- 1 cup red onion, thinly sliced
- 1/2 cup **Red Rogue Dressing**

Combine vegetables and **Red Rogue Dressing** in a bowl. Toss to combine.

Cover and marinate overnight.

Stir before serving. Serve with a slotted spoon.

Marinated Cucumbers 2§

- 5-6 cucumbers, peeled and thinly sliced
- 1 large onion, thinly sliced
- 1 1/2 cups white vinegar
- 1/2 cup cane sugar
- 3 cloves garlic, finely chopped
- 1 tablespoon olive oil
- 4 teaspoons sea salt
- 1 cup filtered water
- 1/2 teaspoon white pepper
- 1-2 tablespoons dried dill weed

In a large bowl, combine cucumbers and onion. Set aside.

In a large sauce pan, mix together vinegar, sugar, garlic, oil, salt, and water. Bring to a boil, stirring frequently. Pour mixture over cucumbers and onion. Add pepper and dill and mix well.

Keep refrigerated. Serve well chilled.

This entrée has a very long shelf life—over a month for sure.

Marinated Cucumbers 3

- 6 medium cucumbers, peeled and thinly sliced
- 1 medium onion, sliced
- 1 cup white vinegar
- 1/4-3/4 cup cane sugar
- 1/4 cup olive oil
- 1 teaspoon sea salt
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried marjoram
- 1/2 teaspoon lemon pepper
- 1/2 teaspoon dry mustard

In a bowl, combine the cucumbers and onions. In a jar with a tight fitting lid, combine the remaining ingredients. Shake well. Pour mixture over cucumbers.

Cover and refrigerate overnight.

Serve with a slotted spoon.

Marinated Green Beans and Tomatoes with Dill§

Originally Marinated Green Beans Tomatoes and Dill. <http://www.myrecipes.com/recipe/marinated-green-beans-tomatoes-with-dill>

- 2-3 pounds fresh green beans, washed and cut into 1 inch pieces
- 1 teaspoon dried dill weed, or 1/4 cup fresh dill, coarsely chopped
- 2-3 cloves garlic, crushed
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon pepper
- 1/4 cup olive oil
- 3 large tomatoes halved, cut into eighths and they halved again
- 1/2 small red onion, thinly sliced
- 3 tablespoons lemon juice

Cook green beans in a large pot of lightly salted boiling water over high heat for no more than 10 minutes, until crisp-tender.

Place dill and next 3 ingredients (garlic, salt and pepper) in a large bowl.

Drain beans well, and add to dill mixture. Add olive oil, and toss well. Add remaining ingredients. Cover and refrigerate up to 24 hours, turning several times to redistribute olive oil.

Remove beans from refrigerator, and serve with a slotted spoon.

As a marinated entrée this recipe will keep for quite a while in the refrigerator.

Marinated Mushroom Salad

SALAD

- 2 1/2 quarts filtered water
- 3 tablespoons lemon juice
- 3 pounds small fresh mushrooms, washed and sliced
- 2 carrots, peeled and sliced
- 2 stalks celery, washed and sliced
- 1 medium green bell pepper, washed and chopped
- 1 small onion, chopped
- 1 tablespoon cilantro, washed and minced
- 1/2 cup stuffed olives, drained and sliced

DRESSING

- 1/2 cup **Italian Dressing**
- 1/2 cup red or white wine vinegar
- 1 clove garlic, minced
- 1/2 teaspoon dried oregano

In a large sauce pan, bring water and lemon juice to a boil. Add mushrooms and cook for 3 minutes, stirring

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occasionally. Drain and cool.

Place mushrooms in a large bowl with carrots, celery, green pepper, onion, parsley and olives. Combine all the DRESSING ingredients in tightly sealed jar. Shake to mix well. Pour dressing over salad.

Cover and refrigerate overnight.

Marinated Mushrooms and Peppers§

An original recipe.

- 1/2 pound mushrooms, washed and sliced
- 5-6 small assorted colored peppers, seeded and thinly sliced
- 3 tablespoons olive oil
- 2 tablespoons Bragg's Liquid Aminos
- 2 tablespoons Bragg's apple cider vinegar
- 1/4 cup filtered water

Place sliced mushrooms and peppers sealable plastic bowl

Pour liquids over vegetables.

Gently turn container, lid sealed, until the vegetables are coated.

Refrigerate vegetables for at least 2 hours, turning a couple of times along the way. Serve with a slotted spoon.

Marinated Tomatoes

- 8 medium tomatoes, washed and sliced
- 1/4 cup parsley, washed and minced
- 1/4 cup olive oil
- 2 tablespoons Bragg's apple cider vinegar
- 1 teaspoon garlic, minced
- 1 teaspoon honey
- 2 teaspoons prepared mustard
- 1 teaspoon sea salt

Arrange tomatoes in a serving bowl. Sprinkle with parsley. Combine the remaining ingredients in a jar with a tight fitting lid. Shake well. Pour over tomatoes.

Cover and refrigerate overnight.

Serve with a slotted spoon.

Marinated Vegetables 1

- 1 1/2 tomatoes, washed and diced
- 1/2 red bell pepper, washed and sliced
- 1 1/2 cucumbers, peeled and chopped
- 1 onions, thinly sliced
- 1 cup **Italian Dressing**

Combine vegetables in a bowl. Toss to combine. Add **Italian Dressing**. Toss to coat vegetables.

Cover and marinate in for at least 24 hours.

Serve with a slotted spoon.

Marinated Vegetables 2

- 1/2 handful broccoli, washed and chopped
- 2 carrots, peeled and thinly sliced
- 1/2 handful cauliflower, washed and chopped
- 1/2 red onion, thinly sliced
- 2 medium zucchini squash, peeled and diced
- 1 handful cherry tomatoes, washed and halved
- 1/2 cup Bragg's Liquid Aminos
- 1/3 cup lemon juice
- 1 cup filtered water
- 4 teaspoons garlic, minced
- 1/4 cup olive oil
- 1 teaspoon dried herbs
- leaf lettuce

Combine vegetables in a medium bowl. Add tamari, lemon juice and water. Add Bragg's, lemon juice, water, garlic, olive oil and herbs. Stir to coat vegetables. Cover and marinate in refrigerator for 2-4 hours stirring occasionally so that all the vegetables are marinated.

Arrange leaf lettuce on a serving platter.

Top lettuce with marinated mixture to serve.

Red Onion Pickles

A Celebration of Wellness, James Levin, M.D. and Natalie Cederquist, © 1992, page 60.

- 1/4 cup lemon juice
- 2 cups red onions, peeled and thinly sliced

Place onions in a bowl. Stir to break up. Add lemon juice. Coat onions with lemon juice. Refrigerate overnight (or longer).

Sesame-Cucumber Salad

- 4 English cucumbers or 8 regular cucumbers, peeled and sliced
- 3/4 teaspoon sea salt
- 1 tablespoon cane sugar
- 1/2 cup rice vinegar
- 3 cloves garlic, minced
- pinch red pepper flakes
- 1 tablespoons sesame seeds
- 6 green onions, washed and diced

In a large bowl, combine the cucumbers, salt and cane sugar and toss to coat the cucumbers evenly. Let stand for 30 minutes. Transfer to a colander, rinse and drain well, then press out the excess moisture with your hands.

In a large plastic container, stir together the vinegar, garlic, chili flakes and sesame seeds. Add the cucum-

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bers and toss to coat. Add green onions over top.

Cover the salad and refrigerate until well chilled, at least 2 hours or up to overnight.

Serve the chilled.

Sweet Summer Salad 2

SALAD

- 1/2 head green or purple cabbage, washed and shredded
- 1 red bell pepper, washed and cut into thin strips
- 1 yellow bell pepper, washed and cut into thin strips
- 1 medium red onion, cut into thin strips

DRESSING

- 1/4 cup cane sugar
- 1/2 cup lemon juice
- 2 teaspoons Bragg's Liquid Aminos
- 1/4 cup olive oil

Combine cabbage, red and yellow bell pepper and onion in a large bowl. Toss to combine. Combine sugar, lemon juice, Bragg's Liquid Aminos and olive oil in a blender. Blend until smooth. Pour over salad and toss well to coat. Cover and allow to marinate in the refrigerator.

Stir salad to keep flavors well blended two or three times a day.

Serve anytime after the three day (hence the title) marinating period.

Tomato Mushroom Vinaigrette Salad

Originally "Tomato Mushroom Vinaigrette". A Celebration of Wellness, James Levin, M.D. and Natalie Cederquist, © 1992, page 65.

SALAD

- 2 large tomatoes, washed and cut into chunks
- 4-6 mushrooms, washed and thinly sliced
- 1/2 small red onion, thinly sliced

DRESSING

- 2 tablespoons rice vinegar
- 1/2 cup raspberries, thawed
- 1/3 cup filtered water
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 teaspoon garlic, minced
- 1/8 teaspoon pepper

Combine SALAD ingredients in a sealable bowl. Combine DRESSING ingredients in a blender and blend until smooth. Pour over vegetables and toss to combine.

Refrigerate for 24 hours to allow vegetables to mari-

nate.

Stir before serving with a slotted spoon.