



Course 1, Starter:

- *Spiced "Cashew-nog"*
- *Creamy Roasted Cauliflower & Shallot Soup*

Course 2, Main:

- *Mushroom Wellington*
- *Vegan Kale Caesar Salad*
- *Savory Herbed Mushroom Stuffing & Gravy*
- *Balsamic Green Beans with Pearl Onions*

Course 3, Dessert:

- *Chocolate Pecan Pie, topped with Co-Co Whipped Cream*

Recipes!

Cashew-Nog

Serves 6-8

Ingredients:

- 3 cups coconut milk (homemade--see recipe below, or full fat canned coconut milk)
- 2 cups raw cashews, soaked and rinsed
- ½ cup pitted medjool dates
- 1/8 teaspoon ground cloves
- 1 teaspoon freshly grated nutmeg (less if garnishing with nutmeg)
- 1 teaspoon cinnamon
- ½- ¾ teaspoon vanilla extract
- ½ teaspoon sea salt

Directions:

1. Blend coconut milk and cashews on a high speed until smooth.
2. Add the remaining ingredients and blend for a few seconds, until well mixed.
3. Cover and refrigerate for 2-3 hours.

Serving Suggestion: Garnish with a cinnamon stick, and a pinch of cinnamon or nutmeg in each glass.

Mushroom Wellington Cups

By Ruby Lathon, PhD

Serves 6

Ingredients

- 3 cups cremini mushrooms, chopped
- 2 onions, chopped
- 5 cloves garlic, minced
- 2 tablespoons organic coconut oil
- 2 cups organic baby spinach
- 1/4 cup full fat coconut milk
- 1/2 cup balsamic vinegar
- Optional: 2 tablespoons all-purpose gluten-free flour
- 1 tablespoon brown or dijon mustard
- 1/2 teaspoon sea salt
- Cracked pepper to taste

Directions:

1. Preheat oven to 375 degrees.
2. Add 4 tablespoons water or 2 tablespoons coconut oil to skillet along with onions, spinach and mushrooms.
3. Cook for about 5-6 minutes. Add garlic.
4. Add balsamic vinegar, coconut milk, sea salt and pepper. Cook for about 3 minutes.
5. Cook until slightly thickened, about 1 minute. If liquid remains, sprinkle flour over mixture and stir to combine and cook for 2-3 minutes, stirring occasionally.
6. Let mixture cool for at least 15 minutes.
7. Lay 1 phyllo sheet on a surface or cutting board (keep remaining phyllo covered with a damp towel or it will dry out quickly).
8. Lightly brush sheet with vegan butter. Top with 1 sheet; brush with vegan butter. Repeat with remaining 3 sheets, leaving top unbuttered.
9. Cut phyllo stack into ~~six~~ 5-by-6-inch pieces. Nestle each into a cup of a muffin tin. Spoon 2 tablespoons mushroom/spinach mixture into each.
10. Bake for about 15 minutes until golden brown. Serve & Enjoy.

Creamy Roasted Cauliflower & Shallot Soup

Serves: serves 5

Ingredients

- 1 medium head cauliflower (about 2 lbs.)
- 2 shallots, peeled and sliced into quarters
- 4 unpeeled garlic cloves
- 4 cups (32 ounces) vegetable broth
- Leaves from 5 fresh thyme sprigs

- ½ tablespoon white miso paste
- ½ tablespoon Dijon mustard
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- Sea salt and freshly ground black pepper

Instructions

1. Preheat the oven to 400°F and line a large baking sheet with parchment paper.
2. Trim the cauliflower head into florets and cut the core into pieces. Spread the cauliflower and the shallots on the baking sheet and toss with a drizzle of olive oil and pinches of salt and pepper.
3. Wrap the garlic cloves, along with a drizzle of olive oil and a pinch of salt, in a piece of aluminum foil and place it on the baking sheet with the vegetables. (The garlic will roast this way making it soft and the flavor less strong).
4. Roast for 30 to 35 minutes or until the cauliflower is browned around the edges. Remove from the oven and let cool slightly. Set aside 1½ cups of the smaller cauliflower florets for garnish.
5. In a blender, combine the roasted cauliflower, shallots, peeled garlic, vegetable broth, thyme leaves, miso paste and Dijon mustard and blend until smooth.
6. Add the olive oil, lemon juice and a pinch of salt and pepper and blend. Taste and adjust seasonings adding more salt, pepper and lemon juice. If the soup is too thick, add water, a few tablespoons at a time and blend to desired consistency.
7. Serve with a drizzle of olive oil and the reserved cauliflower florets.
8. Note: the soup will thicken as it sits. If you're reheating the soup, stir in a bit more water for a thinner consistency, if desired.

Vegan Caesar Salad

From: Oh She Glows!

Ingredients:

Roasted Chickpea Croutons or use 3 bags chickapeatos:

- 1 (15-ounce) can chickpeas (or 1 1/2 cups cooked), drained and rinsed
- 1 teaspoon extra-virgin olive oil
- 1/2 teaspoon fine grain sea salt
- 1/2 teaspoon garlic powder
- 1/8 to 1/4 teaspoon cayenne pepper (optional)

Caesar Dressing (makes 3/4-1 cup):

- 1/2 cup raw cashews, soaked overnight
- 1/4 cup water
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1/2 tablespoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1 small garlic clove (you can add another if you like it super potent)
- 1/2 tablespoon vegan Worcestershire sauce (I use Wizard's gluten-free brand)
- 2 teaspoons capers
- 1/2 teaspoon fine grain sea salt and pepper, or to taste

Nut and Seed Parmesan Cheese:

- 1/3 cup raw cashews
- 2 tablespoons hulled hemp seeds
- 1 small garlic clove
- 1 tablespoon nutritional yeast
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon garlic powder
- fine grain sea salt, to taste

Lettuce:

- 1 small/medium bunch lacinato kale, destemmed (5 cups chopped)
- 2 small heads romaine lettuce (10 cups chopped)

Directions:

1. Soak cashews in a bowl of water overnight, or for at least a few hours. Drain and rinse.
2. Roast chickpea croutons: Preheat oven to 400°F. Drain and rinse chickpeas. Place chickpeas in a tea towel and rub dry (it's okay if some skins fall off). Place onto large rimmed baking sheet. Drizzle on oil and roll around to coat. Sprinkle on the garlic powder, salt, and optional cayenne. Toss to coat. Roast for 20 minutes at 400°F, then gently roll the chickpeas around in the baking sheet. Roast for another 10 to 20 minutes, until lightly golden. They will firm up as they cool.
3. Prepare the dressing: Add the cashews and all other dressing ingredients (except salt) into a high-speed blender, and blend on high until the dressing is super smooth. You can add a splash of water if necessary to get it blending. Add salt to taste and adjust other seasonings, if desired. Set aside.
4. Prepare the Parmesan cheese: Add cashews and garlic into a mini food processor and process until finely chopped. Now add in the rest of the ingredients and pulse until the mixture is combined. Salt to taste.
5. Prepare the lettuce: Destem the kale and then finely chop the leaves. Wash and dry in a salad spinner. Place into extra large bowl. Chop up the romaine into bite-sized pieces. Rinse and then spin dry. Place into bowl along with kale. You should have roughly 5 cups chopped kale and 10 cups chopped romaine.
6. Assemble: Add dressing onto lettuce and toss until fully coated. Season with a pinch of salt and mix again. Now sprinkle on the roasted chickpeas and the Parmesan cheese. Serve immediately.

Savory Mushroom Stuffing

By Ruby Lathon, PhD

Serves 8

Ingredients:

- 1 loaf plain sprouted grain or gluten-free bread, chopped into 1/2-inch cubes (approx. 12 cups)
- 3 cups **organic** vegetable broth
- 3 tablespoons Earth Balance (vegan butter) or coconut oil
- 4 cups (about 1.25 pounds) chopped button or cremini mushrooms (or a blend of both)
- 1 large red onion, chopped
- 3 cloves garlic, minced
- 4 celery stalks, chopped
- 1/3 cup fresh parsley, chopped

- 1 tablespoon herbs de Provence or ½ teaspoon of each: sage, rosemary, thyme, marjoram, savory and oregano
- 1 teaspoon sea salt
- ½ teaspoon cracked pepper

Preparation

1. Preheat oven to 375°F.
2. Spread out bread cubes in a large pan and bake them for 5-7 minutes until slightly crispy. Remove from oven.
3. In a large skillet or stockpot, heat vegan butter or coconut oil over medium heat. Add mushrooms, onions, garlic and celery and cook for about 5 minutes, until tender. Stir in parsley, herbs de Provence, sea salt and cracked pepper. Stir until well mixed.
4. Stir in the vegetable broth and cook for another 2-3 minutes.
5. Pour mixture over the bread crumbs and mix until bread cubes are moistened.
6. Spread evenly and smooth. Bake for 45 minutes, until top is crisp and browned.

Mushroom Gravy

Serves 8

Ingredients:

- 1 cup button or cremini mushrooms, chopped
- 1 small white onion, finely chopped
- 1/4 cup Earth Balance (vegan butter) or coconut oil
- 2 1/2 cups **organic** vegetable broth
- 2 tablespoons gluten-free tamari or coconut amino
- 1/4 cup flour (spelt or all-purpose gluten-free flour)
- 1 teaspoon Chicken Style Seasoning (or 1/2 tsp each: sage, thyme, savory, and marjoram)
- Sea salt and cracked pepper to taste
- 1-2 tablespoons nutritional yeast or arrow root powder (optional)



Preparation

1. In a large skillet or sauce pan, heat oil over medium-high heat, and add onion and mushrooms. Sauté for 2-3 minutes.
2. Add vegetable broth and tamari/amino. Slowly add flour, stirring with a whisk to prevent lumps from forming. Bring to a simmer or low boil, then reduce heat to low.
3. Add chicken style seasoning, sea salt and cracked pepper, stirring consistently.
4. Allow to cook for 10 minutes, stirring regularly, until gravy thickens. Add nutritional yeast or arrow root powder to thicken if needed.

Balsamic Green Beans with Pearl Onions

Serves 8

Ingredients

- 1 pound fresh green beans, trimmed
- 1 1/2 tablespoons vegan butter (Earth Balance), divided
- 1 1/2 cups frozen pearl onions (about 7 oz.), thawed and patted dry with paper towels
- 1 garlic clove, minced (about 1 tsp.)
- 1/3 cup balsamic vinegar

- 1 tablespoon coconut sugar
- 1/2 teaspoon sea salt
- 1/4 teaspoon cracked pepper

Directions:

1. Cook beans in boiling water to cover in a large saucepan until tender-crisp, 3 to 4 minutes. Plunge beans into ice water to stop the cooking process; drain well.
2. Heat 1 tablespoon of the vegan butter in a large nonstick skillet over medium. Add pearl onions; cook, stirring often, until lightly caramelized and tender, about 10 minutes.
3. Add garlic, and cook, stirring constantly, until fragrant, about 1 minute.
4. Add balsamic vinegar and sugar, and cook until reduced to a light syrup consistency, 3 to 4 minutes.
5. Add beans, salt, pepper, and remaining 1/2 tablespoon vegan butter, and toss to coat. Serve immediately.

Chocolate Pecan Pie

Ingredients

- 3 Tbsp [Flaxseed Meal](#) + 9 Tbl Water, allowed to sit until thick and gelatinous
- 3/4 cup Brown Rice Syrup
- 2/3 cup coconut Sugar
- 1/4 cup Vegan Margarine melted
- 1-1/2 cup Pecans some chopped, some left whole for decoration if desired

Instructions

1. For the filling, combine all ingredients stirring to combine. Fold in the chopped pecans at the end and pour into prepared pie crust. Lastly, top with whole pecans, if desired.
2. Bake at 350 degrees until dark, thick and bubbly. About 55-70 minutes. It will still be liquid-y until it cools. It will continue to set until it comes to room temperature. For a clean slice, refrigerate for one hour. Store in the refrigerator.