



T. COLIN CAMPBELL
Center for Nutrition Studies

Baked Turmeric Cauliflower With Fennel

By Emily Josling

This festive side dish is the perfect accompaniment to just about any meal. It's fancy enough to hold its own at the holiday table, but it's simple enough to prepare that it could be part of any healthy weeknight dinner.

Gluten Free Low Sugar Soy Free

All of our recipes are **oil free and vegan**.

Yield: 4 cups / 3 to 4 servings

What You'll Need

- 1 head cauliflower, cut into florets (about 3 cups)
- 1 bulb fennel, halved and sliced thin (about 2 cups)
- 1 pomegranate, seeded (about ¾ cup)
- ½ cup pecans
- 1 tsp lemon juice
- ½ tsp turmeric powder
- ½ tsp mustard powder
- ½ tsp cinnamon
- ¼ tsp pink Himalayan salt, or to taste

How to Make It

- 1 Preheat the oven to 400 degrees F and line a baking sheet with parchment paper.
- 2 Place cauliflower florets in a large container with a lid. Drizzle with lemon juice, turmeric, mustard powder, cinnamon, and salt. Cover the container with the lid and shake it up until the cauliflower is completely coated. Spread the cauliflower evenly on the baking sheet.
- 3 Place the fennel slices on baking sheet with the cauliflower.
- 4 Bake for 15 minutes.
- 5 Remove from the oven and add the pecans. Bake for another 5 minutes.
- 6 Remove from the oven and sprinkle with pomegranate seeds.

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Rosemary and Garlic Baked Butternut Squash Pasta

By Ashley Madden, CHN

Silky butternut squash makes this creamy, dairy-free pasta dish even more delicious. So tasty and loaded with plant-based goodness. I suggest serving with steamed greens or a simple salad.

Gluten Free Soy Free

All of our recipes are oil free and vegan.

Prep time: 20 minutes

Cook time: 45 minutes

Total time: 1 hour 5 minutes

Yield: 6-8 servings

What You'll Need

- 1 small yellow onion, diced
- 5 garlic cloves, minced
- 1 small squash, peeled, deseeded and diced (5 ½-6 cups)
- 3 cups low-sodium vegetable broth
- 1 Tbsp minced fresh rosemary
- ¼ tsp red pepper flakes
- 1 Tbsp lemon juice
- ½ cup walnuts (soaked in water for three hours)
- ½ tsp salt
- 1 pound whole wheat or brown rice penne pasta

GARNISH TOPPINGS

- ½ cup chopped toasted walnuts (optional)
- 1 tsp finely chopped fresh rosemary

How to Make It

- 1 Preheat oven to 400 degrees F.
- 2 In a large saucepan sauté the onions in 3-4 tablespoons of water until the onions soften (4-6 minutes). Add the garlic and continue to sauté for another 2 minutes. Add water as needed, 1 tablespoon at a time, to prevent burning.
- 3 Add the squash, vegetable broth, rosemary and red pepper flakes. Bring the mix to a boil, reduce to a simmer, partially cover and simmer for 15-20 minutes until the squash is tender. Add more broth if needed but only enough to cover the squash.
- 4 Transfer the mix to a blender. Drain the walnuts and add to the blender along with the lemon juice, and salt. Blend on high until smooth and well combined.
- 5 Meanwhile, bring a large pot of salted water to a boil and cook pasta according to directions. Once cooked, drain and rinse under cold water. Shake off any excess water and return the pasta to the pot.
- 6 Add the butternut squash sauce to the pasta and mix well. Transfer the mix to a 9x13 inch casserole dish (or a deep 9x9 inch dish) and bake uncovered for 20-25 minutes or until the top is browned.
- 7 While the pasta is baking, toast the walnuts. Spread them on a baking sheet and bake for 5-8 minutes until fragrant. Watch closely as they'll burn quickly! Remove from the oven and once cool roughly chop them. Add the chopped walnuts to a bowl and mix in the additional teaspoon of finely chopped rosemary.
- 8 When the pasta is done, remove from the oven and let sit for 5 minutes. Garnish with the toasted walnut/rosemary mix. Divide among plates or bowls and enjoy!

Cooking Tips

- ✓ This baked pasta pairs well with a simple green salad or steamed broccoli.
- ✓ Fresh rosemary is key to this pasta. You can use 2 teaspoons of dried rosemary instead but the flavour and fragrance will not be the same.

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Vegan Paella

By Evelisse Capó, PharmD

Traditional paella originated in the city of Valencia in Eastern Spain. There are many variations that use a combination of vegetables, but the key ingredient that gives paella its unique flavor is saffron.

Gluten Free Low Sugar Nut Free Soy Free

All of our recipes are **oil free and vegan**.

Prep time: 15 minutes

Cook time: 35 minutes

Total time: 50 minutes

Yield: 4-6 servings

What You'll Need

2 cups whole grain parboiled brown rice

1 cup quinoa

1 cup onions, diced

1 cup red bell peppers, diced

1 cup mushrooms, diced

½ cup carrots, diced

6 garlic cloves, crushed

1 cup cooked chickpeas

2 tsp saffron threads

¼ tsp turmeric

2 ½ cups cups vegetable broth

½ cup white wine or another cup vegetable broth

1 bunch asparagus or 1 cup green beans

½ cup frozen peas

¼ cup frozen corn (optional)

Sea salt and pepper to taste

¼ cup roasted red peppers sliced in strips

How to Make It

- 1** Sauté the onions, peppers and carrots for 3 minutes adding some vegetable broth if needed.
- 2** Add the mushrooms, chickpeas and seasonings and cook for 3 minutes.
- 3** Add the rice, quinoa, vegetable broth, and wine (if using).
- 4** Bring to a low boil, cover, and reduce the heat to medium and cook for 25-30 minutes.
- 5** While the paella is cooking, prepare the asparagus or green beans separately.
- 6** Blanch the asparagus or green beans in boiling water for 2 minutes, then drain well.
- 7** Add the corn and peas to the paella and cover for 3 minutes.
- 8** Remove from the heat.
- 9** Arrange roasted red peppers and asparagus on top of the rice and serve.

Cooking Tips

- ✓ I like to use whole grain parboiled rice for Spanish rice dishes. Uncle Ben's whole grain is my favorite.
- ✓ For a more traditional paella taste, you can add ¼ cup toasted nori sheets cut in strips or seaweed seasoning when sautéing the vegetables.
- ✓ Baked tofu is another great addition to this recipe.
- ✓ After blanching, the asparagus can be seasoned and cooked in a pan for a few minutes before adding to the paella.
- ✓ Try this **roasted red pepper** recipe.

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Cranberry Kale Pilaf

By The Main Street Vegan Academy Cookbook

This dish makes a colorful addition to any holiday dinner table, whether as an entrée or a side. Kale and cranberries are a delightful culinary combo and equally well paired nutritionally.

Gluten Free Low Sugar Soy Free

All of our recipes are *oil free and vegan*.

Yield: 2 servings

What You'll Need

- 1 cup brown rice
- 1 ¾ cups vegetable broth
- 1 small yellow onion, diced
- 12 ounces kale (about 5 cups)
- 3 or 4 garlic cloves, minced
- ½ tsp red pepper flakes
- ½ cup dried cranberries
- ¼ cup chopped cashews or other nuts (optional)

How to Make It

- 1 In a medium saucepan or rice cooker, cook the rice in the broth according to the package instructions.
- 2 Sauté the onion for 5 minutes, or until translucent.
- 3 Add the kale (stems removed and leaves roughly chopped) and cook for 5 minutes longer, or until the kale is wilted.
- 4 Add the garlic and red pepper flakes and cook for 1 minute longer.
- 5 Add the cooked rice and continue sautéing for 3 minutes, or until the rice is warmed through.
- 6 Remove the skillet from the heat.
- 7 Add the cranberries and optional nuts, tossing well.

Cooking Tips

- ✓ You can **sauté without oil** using water or vegetable broth (add just 1 to 2 tablespoons at a time).

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Sweet Potato Pineapple Casserole With Pecan Streusel

By Chef Katie Simmons

Sweet potatoes are roasted to rich, creamy perfection. Mashed with pineapple and topped with a gluten-free, oil-free pecan streusel topping, this is a classic Southern holiday recipe tradition.

Gluten Free Low Sugar Soy Free

All of our recipes are **oil free and vegan**.

Total time: 1 hour 30 minutes

Yield: 9x9 pan

What You'll Need

- 4** medium sweet potatoes (about 4 lbs)
- 2 cups** diced pineapple and juice (from fresh, frozen or canned)
- 2 tsp** ground cinnamon
- 1 tsp** ground ginger
- 1 tsp** grated nutmeg
- ¼ tsp** salt (optional)
- ½ cup** pitted dates or date pieces
- ½ cup** brown rice flour
- ¼ cup** pecan pieces
- ¼ cup** cashew butter
- Dash of salt (as needed)

How to Make It

- 1** Preheat oven to 425 degrees F.
- 2** To roast the potatoes: Scrub the potatoes and place on a baking sheet. Bake at 425 degrees F until completely tender, about 1 hour – 90 minutes, depending on the size of your potatoes. This is plenty of time to make your streusel topping and prep your pineapple.
- 3** To make the Streusel Topping: Chop the dates Combine the chopped dates with the brown rice flour, pecan pieces, cashew butter, and a dash of salt. Use your hands to crumble together, just as you would with a traditional butter streusel topping. You want the streusel to hold together in pea-sized bits. If it's not sticking, add a tablespoon of water and mix well. Check again, and add water, 1 tablespoon at a time, until you get the pea-sized bits. Set aside mixture for later.
- 4** To make the Casserole: Core and dice your pineapple. You need about 2 cups diced pineapple. Combine the pineapple with cinnamon, ginger, nutmeg, and salt. The potatoes are done with a knife can easily slide in and out. Remove from oven and let cool. When potatoes are cool enough to handle, simply peel off the skins. Combine the sweet potato flesh with the pineapple spice mix. Mash to desired smoothness. For completely creamy, best to use a food processor.
- 5** Spread potato pineapple mixture into a 9-inch baking dish. Sprinkle the Pecan Streusel topping over the top. Bake at 350 degrees F 8-10 minutes, until golden brown on top.

Cooking Tips

- ✓ The Pecan Streusel topping can be crumbled over any leftover fruit for an easy, satisfying dessert

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Smashed Potatoes

By Chef Katie Simmons

This vegan gluten-free, oil-free recipe is an essential comfort food dish.

Gluten Free Low Sugar Soy Free

*All of our recipes are **oil free** and **vegan**.*

Total time: 20 minutes

Yield: 8 servings

What You'll Need

3 lbs potatoes, mix of red and Yukon gold

½ bunch parsley

¼ **cup** nutritional yeast

½ **tsp** black pepper

2 cups plain almond milk

½ **Tbsp** onion powder

1 tsp granulated garlic

How to Make It

- 1** Wash and cut potatoes into large chunks, about the same size. Place the potato chunks in a large pot, cover with water, and bring to a boil. Boil until potatoes are tender, 7-10 minutes. Meanwhile, wash and chop parsley.
- 2** Check potatoes with a knife – they should easily slide off when done cooking. Drain potatoes.
- 3** Place potatoes back in the hot pot. Add the remaining ingredients. Use a potato masher to mash together. Taste to adjust seasoning.

Cooking Tips

- ✓ Using thin-skinned Yukon Gold and Red Potatoes means you don't have to peel them. They also add a nice, creamy texture to the dish.

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Sweet Potato and Kale Sauté

By LeAnne Campbell, PhD

What I've learned about cooked kale is that you need to make the perfect sauce. In this recipe, I've used a lemon mustard sauce and then added a touch of sweetness from diced sweet potatoes.

Gluten Free Low Sugar Nut Free

All of our recipes are *oil free and vegan*.

Yield: Servings: 4-5

What You'll Need

SAUTÉ

- 2** sweet potatoes, peeled and diced (4 cups)
- 2 Tbsp** vegetable broth
- ¼ cup** diced onions
- 1** bunch kale, chopped (6-7 cups)

LEMON MUSTARD SAUCE

- ¼ cup** lemon juice
- ¼ cup** reduced- sodium soy sauce
- 1 Tbsp** Dijon mustard
- 1 tsp** dried dill
- 1 tsp** cornstarch mixed with 2 Tbsp water

How to Make It

- 1** Put potatoes in a pot and cover with water. Cook over medium-high heat until potatoes are soft but not mushy. Drain.
- 2** Combine vegetable broth, onion, and kale in a medium-size skillet. Cover and cook over medium-high heat for 3-5 minutes, until kale softens.
- 3** Add potatoes to skillet.
- 4** Combine all sauce ingredients in a saucepan and cook over medium-high heat until mixture thickens.
- 5** Gently stir in 6 Tbsp of sauce. Cook for 2-3 minutes, adding up to 2 Tbsp more sauce if necessary.
- 6** Serve warm.

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Easy Portobello Mushroom Gravy

By Center for Nutrition Studies

Portobello mushrooms add a deep earthy flavor to this heart healthy vegan gravy. It's the perfect compliment to fluffy mashed potatoes!

Gluten Free Low Sugar Nut Free

All of our recipes are oil free and vegan.

What You'll Need

3 Tbsp water
2 cups vegetable broth
¼ cup red wine
½ cup chopped onion
2 cloves garlic, chopped
1 Tbsp low sodium soy sauce
1 ½ cups sliced fresh portobello mushrooms
¼ tsp dried thyme leaves
½ tsp crumbled dried sage
1½ Tbsp cornstarch mixed with 1/3 cup water
Pepper to taste

How to Make It

- 1** Saute onion and garlic in 3 tbsp water; stirring often, until softened, about 5 minutes. Add mushrooms and cook until they begin to release their juices, about 10 minutes.
- 2** Add broth, wine, soy sauce, thyme and sage and simmer for 10 minutes.
- 3** Mix cornstarch and water in a small bowl. Stir into the sauce and simmer, stirring often, until slightly thickened, about 10 minutes more. Season with pepper.
- 4** Serve hot.

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Red Beet Applesauce

By Evelisse Capó, PharmD

Try this simple and sweet beet applesauce. Enjoy as a snack, drizzle on pancakes for breakfast, or use on desserts for a yummy treat. This sauce makes a great topping or filling for Halloween recipes.

Gluten Free Nut Free Soy Free

All of our recipes are oil free and vegan.

Prep time: 8 minutes

Cook time: 15 minutes

Yield: 6-8 servings

What You'll Need

2 cups diced or shredded unpeeled apple

1 cup pitted cherries or mixed berries

1 cup shredded unpeeled beets

1 Tbsp date paste

½ tsp cinnamon

2 Tbsp water

How to Make It

- 1 Place all the ingredients in a saucepan.
- 2 Bring to a low simmer and cook for 10-15 minutes or until the apples and beets have softened.
- 3 Mash with a potato masher or process in a food processor for a smoother consistency.
- 4 Serve alone or use it to decorate your Halloween treats.

Cooking Tips

- ✓ Substitute pomegranate for the beets or berries for a delicious twist to this recipe.

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Healthy Green Bean Casserole

By Diane Smith

This plant-based green bean casserole is a healthier, dairy-free version, and just as creamy as the original. You can serve this ultimate comfort food for Thanksgiving or other winter holiday gatherings.

Low Sugar

All of our recipes are oil free and vegan.

Prep time: 45 minutes

Cook time: 30 minutes

Yield: 6 servings

What You'll Need

- 1 large onion, sliced
- 3 cloves minced garlic
- 1 lb green beans trimmed (cut in half if large)
- ½ cup sliced almonds
- ½ cup whole wheat breadcrumbs (see tips)

MUSHROOM SAUCE

- 4 cup mushrooms, chopped
- 1 tsp fresh thyme
- ¼ cup whole wheat flour
- ¼ cup water or low sodium vegetable broth
- 1 cup non-dairy milk unsweetened
- 1 cup low sodium vegetable broth
- ½ Tbsp low sodium tamari or soy sauce
- Salt & pepper, to taste

How to Make It

- 1 Preheat oven to 375 degrees F.
- 2 Add the onions and garlic, along with a little water, to a large pan and saute over medium heat until they start to caramelize, being careful not to burn them. When they have caramelized, remove them from the heat and set aside.
- 3 Using a steamer, steam the green beans over 1" water until tender, about 5 minutes. Add the green beans to one half of the onion/garlic mixture in a large bowl.

MUSHROOM SAUCE

- 1 Using the same pan as you cooked the onions in, saute the garlic for a minute and then add the chopped mushrooms. They should give off enough water to keep them from sticking, but you can add more water if they stick.
- 2 Add the thyme, salt & pepper and saute until lightly browned.
- 3 In a small jar or bowl, add the whole wheat flour and ¼ cup water or vegetable broth. Whisk or cover and shake until well blended.
- 4 Add the non-dairy milk to the mushrooms along with the flour mixture and stir continuously. Add the vegetable broth, salt, and pepper and continue to stir until the sauce thickens. Check for flavor and add salt & pepper as needed.
- 5 Once the sauce has thickened, remove from the heat.

CASSEROLE ASSEMBLY

- 1 Place the green bean and onion mixture in a 2-quart casserole dish. Pour the mushroom sauce over the green beans and spread it around to get into every nook and cranny.
- 2 Sprinkle the other half of the caramelized onions over the green bean/sauce mixture and top with the breadcrumbs.
- 3 Cover and bake for 20 minutes. Remove from the oven and sprinkle the sliced almonds over the top. Continue cooking the casserole for about another 10 minutes until the sauce is bubbly. Check to make sure the almonds don't burn.

Cooking Tips

- ✓ To make your own whole wheat bread crumbs, toast 2 slices of whole grain bread, then place in a food processor and process until fine crumbs form. Spread evenly onto a baking sheet and bake for about 12 minutes at 350 degrees F until lightly browned.
- ✓ Adding a little cornstarch to the mushroom sauce will create a thicker sauce.



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Butternut Squash Soup With Apple

By Judy DeLorenzo

I gave this warming soup an anti-inflammatory “flavor” by adding ingredients commonly known to reduce inflammation, ingredients that also pair well with beta-carotene rich butternut squash and carrots. Healthy and delicious — such a winning combination!

Gluten Free Low Sugar Nut Free Soy Free

All of our recipes are *oil free and vegan*.

Yield: 8 servings

What You'll Need

- 1 large butternut squash, ~4 lbs, peeled, seeded, and cut into 1-inch cubes
- 3 medium carrots, cut into ¼-inch-thick slices
- 1 medium sweet red apple, peeled, cored, and diced
- 1 medium onion, diced
- 2 Tbsp fresh ginger root, peeled and diced
- 2 Tbsp fresh turmeric root, peeled and diced (or 2 tsp turmeric powder)
- 4 garlic cloves, quartered
- ½ tsp freshly ground black pepper
- ¼ tsp ground nutmeg
- ¼ tsp sweet or hot paprika
- ½ tsp sea salt
- ½ tsp ground cinnamon
- 1 to 2 Tbsp freshly squeezed lemon juice
- Paprika, for garnish

How to Make It

- 1 Put all of the ingredients except for the lemon juice, and paprika for garnish into a soup pot; add just enough water to cover.
- 2 When the water starts to boil, reduce the heat and simmer, mostly covered, for 20 minutes or until the squash is fork-tender. Stir occasionally and adjust the heat, if necessary, to keep at a simmer.
- 3 Remove from the heat and blend well using an immersion blender (see tips).
- 4 Stir in the lemon juice. Taste and add more cinnamon, nutmeg, or salt if desired.
- 5 Ladle the soup into bowls and lightly sprinkle with paprika.

Cooking Tips

- ✓ No Immersion Blender? If you don't have an immersion blender, you can use a full-size regular blender; however, follow these three steps so you don't end up with hot soup exploding everywhere: 1. Cool the soup down a bit. 2. Fill the jar no more than halfway. 3. Remove the blender lid's center insert and hold a kitchen towel over the top. Now you are ready to blend.
- ✓ Do not try to blend this soup using a bullet blender.

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4 Ingredient Chocolate Mousse

By Evelisse Capó, PharmD

This velvety chocolate mousse has only 4 ingredients and a fraction of the fat of traditional mousse.

Gluten Free Nut Free

All of our recipes are oil free and vegan.

Prep time: 5 minutes

Yield: 4-5 cups

What You'll Need

2 12.3-ounce box of silken tofu

4 Tbsp cacao powder

1 tsp vanilla

1 cup date paste

How to Make It

- 1 Blend tofu, cacao powder, date paste and vanilla in a blender until well blended.
- 2 Chill before serving, and it will get even thicker.

Cooking Tips

- ✓ Add 2 Tbsp of Roma or another grain based coffee substitute for a mocha flavor
- ✓ For the silken tofu you can use firm or extra firm (Mori-Nu works well).
- ✓ You can make your own date paste at home using this [recipe](#).

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Super Simple Pumpkin Pie Bites

By Vicki Brett-Gach

All the flavors of homemade pumpkin pie in a perfect bite-size dessert for a crowd! Even better, all of the ingredients are healthy and plant-based. No dairy, eggs, processed sugar, processed flour, or added oils.

Nut Free Soy Free

*All of our recipes are **oil free and vegan**.*

Yield: makes about 36 to 38 (1½-inch) bars

What You'll Need

¾ cup cooked pumpkin

2 ripe bananas, mashed

½ cup unsweetened applesauce

10 pitted Medjool dates

½ cup water

1 cup rolled oats

1 tsp cinnamon

¼ tsp pumpkin pie spice

2 tsp baking powder

1 tsp pure vanilla extract

How to Make It

1 Preheat your oven to 350 degrees F.

2 Into the bowl of a large food processor, add all the ingredients. Pulse or process until the mixture is well combined.

3 Remove the bowl and blade from the base. Divide the batter evenly, filling 36 to 38 sections of either a silicone brownie-bites pan or a nonstick miniature muffin pan (I use two pans).

4 Bake for approximately 15 minutes, or until tops are golden and almost firm to the touch. Watch carefully so that you don't under or over bake. Remove your bites from the oven and place on a cooling rack.

Cooking Tips

✓ These bites can be made the day before serving!

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Amazingly Delicious Date Fruit Pie

By LeAnne Campbell, PhD

Loaded with fresh fruit, this amazingly easy-to-make dessert with a no-bake pie crust will brighten any table. This recipe is from *The China Study Cookbook: Over 120 Whole Food, Plant-Based Recipes*.

Gluten Free Raw Soy Free

All of our recipes are **oil free and vegan**.

Prep time: 25 minutes

Total time: 25 minutes

Yield: 8 servings

What You'll Need

1 cup pitted dates

1½ cups cups walnuts (or pecans)

1 tsp vanilla extract

½ cup shredded coconut

½ tsp cinnamon

Sliced fresh fruit for topping

How to Make It

- 1 Blend all crust ingredients in a food processor at high speed until a paste forms.
- 2 Press into a pie pan and chill until ready to add fruit.
- 3 Arrange fruit on top of pie.
- 4 Cool for 1 hour before serving.

Cooking Tips

- ✓ Use a variety of fresh fruit for topping (strawberries, blackberries, blueberries, raspberries, peaches, bananas, grapes, pineapple, mangoes, pomegranates, kiwis, etc.)

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