



Spring 30-Day Vegan Challenge

Week Three Recipes

Tropical Green Smoothie

serves 1

- 2-3 cups Collard Greens, chopped
- 1 cup Cilantro
- 1 cup Pineapple, diced
- 1 cup Frozen mango
- 1/2 cup Fresh mango (*optional)
- 1/2 cucumber, diced or 1/2 cup coconut water (or both...)
- juice of one lime
- 1 tsp Spirulina powder

Place all ingredients in a high speed blender, placing the heavier more liquid contents at the bottom. This includes the pineapple, cucumber and mango.

Blend until smooth and silky. Add more coconut water, cucumber or pineapple to thin if necessary :)

Tofu Scramble

serves 4

- 1 package of Organic extra firm tofu
- 2 tbsp olive or coconut oil
- ½ onion
- 2 cloves of garlic, minced
- 1 bell pepper, chopped
- 2 cups spinach, chopped
- 2 tsp cumin
- 1 tsp Italian seasoning
- 1-2 tbsp nutritional yeast
- 1 tsp sea salt
- 1 tsp black pepper
- handful parsley or cilantro, chopped

Remove the tofu from package, and crumble with your hands. It will resemble feta cheese. Crumble it as much or as little as you like.

Heat 2 tablespoons of oil in a skillet. Add onions, garlic and bell pepper. Saute until onions are translucent. Add the tofu, and stir well, breaking it up even more. Add the spinach, cumin, Italian seasoning, nutritional



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yeast, salt and pepper, and stir very well to combine and coat. Season with more salt to taste, and a dash of cayenne pepper. Stir in the herbs, and serve warm over toast, inside a wrap, with homefries or by itself.

Carrot Chickpea Patties

makes 6-8 patties

- 1 cup carrots, shredded (about 3 carrots)
- 1 sweet potato, steamed or baked & peeled
- ¾ cup chickpea flour
- 2 cloves of garlic
- 1 can chickpeas
- 2 tsp cumin
- ½ tsp sea salt
- ½ tsp black pepper

Place shredded carrots in a large mixing bowl followed by the sweet potato, chickpea flour and garlic. Place chickpeas in the food processor, and pulse to chop. Add the chickpeas to the mixing bowl, and stir well to combine all ingredients. Season with cumin, sea salt and pepper, adding more to taste if necessary. Place the batter in the freezer to thicken for at least 20 minutes. Preheat oven to 350°, and line a baking sheet with parchment paper. Scoop out ½ of the batter and form it into a pattie. Place on the baking sheet, and form the rest of the batter into patties. Bake for 35 minutes. Serve with the cashew cream on bread, or over grains or greens.

cashew “sour cream”:

- ½ cup raw cashews, soaked at least 2 hours
- juice of ½ a lemon
- 1 tsp apple cider vinegar
- 4-5 tbsp water

Blend in a blender until silky smooth.

Smokey Sauteed Kale

serves 4

- 2 bunches of kale, removed from the stem, cleaned & chopped
- 3 cloves of garlic
- 2 tbsp olive oil
- 1 ½ tbsp soy sauce



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- 1 tsp smoked paprika
- ½ tsp Hungarian hot paprika

Heat olive oil in a large skillet, and saute garlic until golden. Add kale, and stir. Cook until kale has turned bright green and wilted a bit, taste a piece to make sure it's tender enough. Reduce heat to very low, and stir in soy sauce, and paprikas. Season with more soy sauce to taste, then serve.

Moroccan Quinoa Pilaf

serves 4

- 1 cup uncooked quinoa
- 1 can chickpeas, drained & rinsed
- 2 carrots, sliced on the bias & steamed for 10 minutes (or roasted at 400° for 30 minutes)
- ½-1 cup parsley, minced
- ¼ cup raisins
- 2 tsp cumin
- ½ tsp cinnamon

To cook the perfect quinoa: Bring 1 ¾ cups of water to a boil. Rinse quinoa (optional), then drop into the boiling water. Reduce heat to medium-low, and allow the quinoa to simmer for 10 minutes. Lid can be on, but ajar. After 10 minutes, remove from heat, and completely cover the quinoa. Allow it to sit & steam on its own for 5-10 more minutes. You'll have the fluffiest quinoa!

Pilaf: Place the cooked quinoa into a large mixing bowl, then stir in the other ingredients. Season to taste with salt and pepper.

Black bean Burgers

(makes 6 burgers. Adapted from the My New Roots blog)

- 1/2 red onion, chopped
- 1 red bell pepper, chopped
- 3 garlic cloves
- 1/4 tsp ground chipotle pepper
- 2 tsp ground cumin
- 1 tsp sea salt
- 1/2 cup chopped fresh cilantro
- 1/2 cup almonds
- 1/2 cup sunflower seeds



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- 1 tsp extra virgin olive oil (optional)
- 1 15.5 oz. can or 1 1/2 cups of cooked black beans
- 1 tbsp water
- 3/4 cup oat flour or wheat germ

Preheat oven to 350° and prepare a baking sheet with parchment paper.

Place the onion into a food processor and pulse to mince. Add the bell pepper and pulse until it is finely chopped. Set these aside in a large bowl.

Place the spices, salt, almonds, sunflower seeds, garlic and oil into the processor, and blend until well incorporated and resembling bread crumbs. Place in the bowl with the onions & peppers.

Now place the beans and cilantro into the processor, along with the water (add more if beans are very dry), and blend until smooth. Add this to the large mixing bowl.

Add the oats to the mixture and mix all ingredients very well. Season to taste, then form into tight patties.

Place on baking sheet and bake for 30-40 minutes, until firm and crisp on the outside.

Serve with bbq sauce, mustard... your favorite condiments on your favorite bread or salad.

Maple Mustard Sweet Potato Salad

serves 4

- 1 lb fingerling potatoes
- 2 medium sweet potatoes, peeled and cubed
- dressing:
 - 3 tbsp brown mustard
 - 3 tbsp maple syrup
 - 2 tsp apple cider vinegar
 - 2 tbsp shallot, minced
 - 1 tsp cinnamon
 - 1/4 tsp cayenne pepper
 - juice from half a lemon
 - 3 tbsp olive oil
 - 1 tsp sea salt
 - fresh black pepper
 - 1 shallot, thinly sliced
 - 1/4 cup pumpkin seeds

Steam (or roast at 350° for 35 minutes) whole fingerlings and cubed sweet potatoes until tender, 15-20 minutes. While potatoes are steaming, make dressing.



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Combine ingredients mustard to lemon, and stir. Slowly pour in the olive oil, whisking steadily to emulsify. When the potatoes have finished steaming (test doneness by poking with a fork), place them into a colander and run cold water over them to cool. When they've cooled enough to handle, slice the fingerlings in half lengthwise. Place all potatoes in a large bowl, season with salt and pepper, then pour on the dressing, shallots and pumpkin seeds. Toss to coat, and allow dish to cool completely or serve immediately. Make this dish ahead for extra marination.

Miso Tahini Dressing

2 tbsp tahini
1 tbsp white/mellow miso
2 tbsp lemon juice, freshly squeezed
1 tbsp water
1 tsp smoked paprika
1 tsp cumin

Place all ingredients into a bowl, and stir well to combine.

Enchiladas

serves 4

enchilada filling:

1 onion, diced
2 cloves of garlic, minced
1 jalapeño pepper, seeded and diced
¼ cup water
2 cups cubed sweet potato
1 can black beans
1 ½ tsp cumin
1 ½ chili powder
1 cup cilantro leaves, chopped
1 tsp sea salt

For the sauce:

3 tbsp coconut or olive oil
1 onion diced
3 garlic cloves, minced
1 jalapeño pepper, seeded and diced



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1 1/2 tablespoons ground cumin
1 1/2 tablespoons chili powder
3 tbsp garbanzo flour or all-purpose flour
15 oz. can of tomato sauce
1 tsp sea salt
8 small corn or flour tortillas

For the filling:

Add the sweet potato and water, stir well, and cover the pan with a lid. Cook on medium-low for 15 minutes, until tender. Add the beans, followed by the cumin and chili powder. Stir well. Add the cilantro, then season to taste with salt and spices.

For the sauce:

Heat oil in a large pan over medium heat. Add onions, garlic and jalepeños; cook until the onions are translucent. Add cumin, chili powder, and flour, whisking until browned and thickened. Stir in the tomato sauce, mixing well. Reduce heat to low, and simmer for 15 minutes. Remove sauce from heat, and pour into a large food processor or blender. Puree until smooth. Season with salt to taste.

To assemble:

Preheat oven to 350°. When warm, fold the tortillas in some aluminum foil, and set in the oven to soften for 5 minutes. While tortillas are softening, Pour 1/2-1 cup of enchilada sauce onto the bottom of a baking dish. Carefully remove the tortillas from the oven, and foil. Fill a tortilla with the butternut squash filling, then roll tightly, careful not to break the tortilla. Place fold side down into the baking dish. Repeat with the remaining tortillas and filling, placing each tortilla close to the other. Once they're all rolled, pour the remaining enchilada sauce onto the tortillas. They should be completely smothered in sauce. Bake for 20 minutes.