

Nest Catering Vegan, Gluten-Free Recipes

Lunch

- [i. Chickpea Salad \(Vegan, GF\)](#)
- [ii. Grain-Free Crispy Sesame Cauliflower \(Vegan, GF\)](#)
- [iii. Buffalo Chickpea Wraps \(Vegan, can be made GF\)](#)
- [iv. Open-Faced Sprout Sandwich \(Vegan, GF\)](#)
- [v. Spiced quinoa and eggplant rolls \(Vegan, GF\)](#)
- [vi. Quinoa salad with tomatoes and spinach \(Vegan, GF\)](#)
- [vii. Falafel fattoush \(Vegan, can be made GF\)](#)
- [viii. Vegan Eggplant Crunch Burger \(Vegan; GF\)](#)
- [ix. Delicious Deviled Eggs \(Vegan; GF\)](#)

Dinner

- [i. Spiced Lentil Soup \(Vegan; GF\)](#)
- [ii. Braised Harissa Eggplant With Chickpeas \(Vegan, GF\)](#)
- [iii. Vegan Stuffed Eggplant With Sunflower Romesco \(Vegan, GF\)](#)
- [iv. Creamy White Bean Soup \(Vegan, GF\)](#)
- [v. Sweet Potato Carrot Dal With Coconut Leeks \(Vegan, GF\)](#)
- [vi. One-pot butternut squash-quinoa chilli \(Vegan, GF\)](#)
- [vii. Caramelized Shiitake Mushroom Risotto \(Vegan, GF\)](#)
- [viii. Pasta with mushrooms, herbs and beet greens \(Vegan, GF\)](#)
- [ix. White Bean Fettuccine Alfredo \(Vegan, GF\)](#)
- [x. Black Eyed Peas Veggie Medley \(Vegan, GF\)](#)

Lunch

i. Chickpea Salad (Vegan, GF)

<https://ohsheglows.com/2015/07/21/chickpea-salad/>

Yields: 3 servings

Prep Time: 15 min

Cook Time: 0 min

Ingredients:

- 1 (15-ounce/425 grams) can chickpeas, drained and rinsed
- 2 stalks celery, finely chopped
- 3 green onions, thinly sliced
- 1/4 cup finely chopped dill pickle
- 1/4 cup finely chopped red bell pepper
- 3 tablespoons store-bought or homemade vegan mayonnaise
- 1 clove garlic, minced
- 1 1/2 teaspoons yellow mustard
- 2 teaspoons minced fresh dill (optional)
- 1 1/2 to 3 teaspoons fresh lemon juice, to taste
- 1/4 teaspoon fine sea salt, or to taste
- Freshly ground black pepper

Directions:

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in the celery, green onions, pickles, bell peppers, mayonnaise, and garlic until combined.
3. Now, stir in the mustard and dill, and season with the lemon juice, salt, and pepper, adjusting the quantities to taste.
4. Serve with toasted bread, on crackers, wraps, or on top of a basic leafy green salad. Or just enjoy it all on its own!

ii. Grain-Free Crispy Sesame Cauliflower (Vegan, GF)

<http://thefirstmess.com/2018/11/28/vegan-grain-free-sticky-crispy-sesame-cauliflower/>

Yields: 4 servings

Ingredients:

Cauliflower:

- 1 head of cauliflower (about 2 ½ lbs)
- 1 cup cassava flour
- 1 ½ cups water, plus extra
- ½ teaspoon garlic powder
- 1 tablespoon sesame seeds
- sea salt and ground black pepper, to taste

Sticky Sesame Sauce:

- ¼ cup tamari soy sauce
- 2 tablespoons maple syrup
- 1 tablespoon toasted sesame oil
- 1 tablespoon rice vinegar
- 1 tablespoon tomato paste
- 1 tablespoon chili paste (optional)
- 2 cloves garlic, peeled and finely grated/minced
- 2-inch piece fresh ginger, peeled and finely grated/minced
- 1 tablespoon sesame seeds

Directions:

1. Preheat the oven to 450 degrees F. Line 2 baking sheets with parchment paper.
2. Cut the cauliflower into small florets. In a large bowl, combine the cassava flour, water, garlic powder, sesame seeds, salt, and pepper. Whisk to combine. The resulting batter should be fluid but thick—thick enough to coat a piece of cauliflower and pool only slightly once set on the baking sheet. If the batter is too thick/pasty, add water by the tablespoon until you reach the proper consistency.
3. Drop the cauliflower florets into the batter and stir until all pieces are coated. Using a fork, carefully transfer battered cauliflower to the baking sheets, leaving 1 inch of space around each floret.
4. Bake the battered cauliflower for 20 minutes. While the cauliflower is baking, make the sauce. In a small saucepan combine the tamari, maple syrup, sesame oil, rice vinegar,

tomato paste, chili paste, garlic, ginger, and sesame seeds. Bring the sauce to a boil on the stove over medium heat. Simmer for 5 minutes or until slightly reduced. Set aside.

5. After cauliflower has baked for 20 minutes, remove and let cool slightly. Once it's cool enough to handle, transfer the par-baked cauliflower to a large bowl. Cover the cauliflower with all but 3 tablespoons of the sesame sauce. Toss to thoroughly coat the cauliflower.
6. Bake the cauliflower for another 20 minutes, or until the edges are starting to darken. Remove the crispy sesame cauliflower and let it sit for a full 5 minutes before serving in lettuce wraps, on rice etc., drizzled with remaining sauce and topped with extra sesame seeds, and chopped green onions.

Notes:

If you don't want to use cassava flour, you can substitute brown rice, chickpea or regular wheat flour. Lower the amount of water to 1 cup if you're making this substitution (and add more if necessary)!

-It's important to really keep an eye on these towards the end of the cooking process. They can go from perfect to burnt in what feels like seconds.

-I use a Microplane to get the garlic and ginger nice and fine for the sauce

-The sauce is light here! Double the batch if you like it saucy.

iii. Buffalo Chickpea Wraps (Vegan, can be made GF)

<https://minimalistbaker.com/spicy-buffalo-chickpea-wraps/>

Yields: 4 servings

Prep Time: 20 minutes

Cook Time: 10 minutes

Ingredients:

Dressing and Salad:

- 1/3 cup hummus (or store-bought)
- 1 1/2 - 2 Tbsp maple syrup (plus more to taste)
- 1 small lemon, juiced (1 small lemon yields ~2 Tbsp or 30 ml)
- 1-2 Tbsp hot water (to thin)
- 1 head romaine lettuce (or sub 1 bundle kale per 1 head romaine // cleaned, large stems removed, roughly chopped)

Buffalo Chickpeas:

- 1 15-ounce can chickpeas (rinsed, drained and dried // ~ 1 1/4 cups per can when drained)
- 1 Tbsp coconut oil (or sub grape seed or olive oil)
- 4 Tbsp hot sauce (divided)
- 1/4 tsp garlic powder (or sub 1 minced garlic clove per 1/4 tsp powder)
- 1 pinch sea salt

For Serving:

- 3-4 vegan-friendly flour tortillas, pita, or flatbread
- 1/4 cup red onion, diced (*optional*)
- 1/4 cup baby tomato, diced (*optional*)
- 1/4 ripe avocado, thinly sliced (*optional*)

Directions:

1. Make dressing by adding hummus, maple syrup, and lemon juice to a mixing bowl and whisking to combine. Add hot water until thick but pourable.
2. Taste and adjust flavor as needed, then add romaine lettuce or kale, and toss. Set aside.
3. To make chickpeas, add drained, dried chickpeas to a separate mixing bowl. Add coconut oil, 3 Tbsp hot sauce (amount as original recipe is written // adjust if altering batch size), garlic powder, and a pinch of salt - toss to combine/coat.
4. Heat a metal or cast-iron skillet over medium heat. Once hot, add chickpeas and sauté for 3-5 minutes, mashing a few chickpeas gently with a spoon to create texture (see photo).
5. Once chickpeas are hot and slightly dried out, remove from heat and add remaining 1 Tbsp hot sauce (amount as original recipe is written // adjust if altering batch size). Stir to combine. Set aside.
6. To assemble, top each wrap with a generous portion of the dressed romaine salad, and top with 1/4 cup buffalo chickpeas and a sprinkle of diced tomatoes, avocado, and/or onion (*optional*).
7. Serve immediately. Store leftovers separately in the refrigerator up to 3 days, though best when fresh. You can enjoy the buffalo chickpeas cold, room temperature or heated up.

iv. Open-Faced Sprout Sandwich (Vegan, GF)

<https://nutritionstripped.com/open-faced-sprout-sandwich/>

Yields: 1 serving

Prep Time: 5 minutes

Cook Time: 0 minutes

Ingredients:

- 2 slices of grain-free bread
- 1 teaspoon dijon mustard
- 2 tablespoons hummus
- Sliced vegetables: thinly sliced red onion, tomato, cucumber, 2 romaine lettuce leaves
- Protein of your choice: eggs (scrambled, sliced hard boiled, or poached), thinly sliced tempeh, thinly sliced tofu, chicken, etc.
- 1/2 avocado, sliced or mashed on the vegetables
- 1 handful of sprouts
- Sea salt
- Freshly ground black pepper

Directions:

1. Lightly toast the bread until desired firmness, then simply spread mustard, followed by hummus, layer sliced cucumber, then tomato, then the protein of your choice, then sliced avocado, followed by the lettuce and sprouts.
2. Top with fresh black pepper and a pinch of sea salt.
3. Enjoy immediately or place in an airtight glass container for lunch on the go!

v. Spiced quinoa and eggplant rolls (Vegan, GF)

<https://theminimalistvegan.com/spiced-quinoa-and-eggplant-rolls/>

Yields: 15 rolls

Ingredients:

- ½ cup of washed quinoa
- 1 cup of water (to cook the quinoa in)
- 2 tbsp rice bran oil
- 1 small onion diced
- 1 tsp garam masala

- ¼ tsp turmeric powder
- 1 tbsp finely grated fresh ginger
- Pinch of hot chilli powder (or more if you like spicy food)
- Half a medium sized capsicum chopped
- 3 medium sized eggplants, cut into ½ inch thin slices
- ½ cup olive oil
- Salt for seasoning
- A handful of parsley for dressing, finely chopped

Directions:

1. Bring quinoa and water to a boil in a small saucepan. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed. This typically takes 15 to 20 minutes.
2. While the quinoa is cooking, add the rice bran oil and onion to a medium sized saucepan on medium heat.
3. Once the onion starts to brown, add in the garam masala, turmeric, ginger, chilli stirring to coat the onions in the spices well. Let it cook for about 2-3 minutes.
4. Add in the capsicum and stir to combine all ingredients well. Reduce heat to low and cook until the capsicum is soft. Season to taste.
5. Combine the cooked quinoa and spicy onion and capsicum and mix well. Set aside.
6. For the eggplant, preheat a medium-high charcoal grill on a barbecue or stove grill. Brush both sides of the eggplant slices with olive oil and season with salt. Grill until golden-brown grill marks form, which should take around 3 to 4 minutes on one side. Turn the eggplant and repeat the same process. You can also do this in a frying pan.
7. Once all the eggplants are done. Start adding 1-2 tbsp of quinoa mixture at the bottom of each eggplant piece and roll tightly. You can use toothpicks to keep together if they are coming undone easily. I find that placing the end of the eggplant facing the plate helps to keep it in place. Roll all the eggplant pieces and sprinkle the stack with some fresh parsley and a little more olive oil drizzled over the top.
8. You can serve this warm or cold on its own or with some hummus.

vi. Quinoa salad with tomatoes and spinach (Vegan, GF)

<https://www.emilieeats.com/easy-quinoa-salad-tomatoes-spinach/>

Yields: 4-6

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients:

- 1/2 cup dry quinoa
- 2 cups cherry or grape tomatoes, halved
- 2 1/2 cups spinach, chopped
- 1 15-ounce can white beans, drained and rinsed
- 1/3 cup slivered almonds
- 1/4 cup balsamic vinegar
- 1/2 tablespoon maple syrup
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. In a medium saucepan over high heat, add quinoa and 1 cup water; bring to a boil. Cover, reduce heat to low, and simmer for 13-15 minutes. When done, fluff quinoa with a fork.
2. While the quinoa is cooking, heat a little water or oil (if using) in a skillet over medium heat. Add tomatoes; cook for 5 minutes, until tomatoes begin to burst. Add spinach; cook until wilted, about 5-7 more minutes, stirring continuously.
3. In a large bowl, add quinoa, vegetables, beans, and almonds. Stir to combine.
4. In a small bowl, add vinegar, maple syrup, garlic powder, salt, and pepper. Whisk to combine.
5. Pour dressing over the other ingredients. Stir to combine.

vii. Falafel fattoush (Vegan, can be made GF)

<https://www.thefullhelping.com/falafel-fattoush-real-food-really-fast/>

Yields:

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

- 4 2-ounce pita breads
- 1 pint cherry tomatoes halved if large
- 1 cup sliced Persian cucumber or diced English cucumber
- 1 15- ounce can chickpeas rinsed and drained
- 2 scallions thinly sliced

- 1 cup fresh parsley leaves
- 1 clove garlic finely minced
- 1/4-1/2 teaspoon crushed red pepper flakes
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1/2-1 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 2 tablespoons sesame seeds toasted

Directions:

1. Lightly toast the pita bread and chop it into bite-sized squares, about 1/2-inch each. Place the bread in a large bowl along with the tomatoes, cucumber, chickpeas, scallions, and parsley. Mix the vegetables around lightly to combine. Sprinkle in the minced garlic, red pepper flakes, cumin, coriander, 1/2 teaspoon salt, and pepper. Toss everything together until the vegetables are well distributed and evenly coated with the spices.
2. Right before serving, drizzle in the lemon juice and olive oil, tossing once more to incorporate. Add more salt to taste, if needed, and finish with a sprinkle of sesame seeds over the top.

viii. Vegan Eggplant Crunch Burger (Vegan; GF)

<http://www.onegreenplanet.org/vegan-recipe/the-vegan-eggplant-crunchburger/>

Calories: 754

Yields: 4 burgers

Ingredients:

Horseradish Mustard Mayo

- 1/4 cup vegan mayonnaise
- 2 Tbs. Dijon mustard
- 2 Tbs. prepared horseradish
- A pinch of dried tarragon
- Kosher salt and black pepper to taste

Eggplant Burgers

- 1 large or 2 medium eggplants, peeled and cubed

- 2 Tbs. extra-virgin olive oil, divided
- 1 shallot, finely minced
- 1 cup vegan cheese shreds, any flavor
- 1 clove garlic, minced or grated
- ½ tsp. Kosher salt
- ¼ tsp. black pepper
- 1 Tbs. fresh parsley, chopped
- 1 cup gluten-free bread crumbs

Toppings

- 1 cup vegan cheese, either slices or shreds (as long as it melts)
- 4 gluten-free buns
- 4 slices beefsteak tomato
- 4 leaves romaine lettuce
- 4 slices red onion
- Horseradish Mustard Mayonnaise (recipe above)
- 4 handfuls of potato chips

Directions:

For the Horseradish Mustard Mayo

1. Whisk together the mayonnaise, mustard, and horseradish in a small bowl and season with salt and pepper.
2. Cover and refrigerate for at least 30 minutes to allow the flavors to meld.
3. The sauce can be prepared 1 day in advance and kept covered in the refrigerator.

To make the Eggplant Burgers

1. In a large skillet, heat 1 Tbs. of the oil over medium-high heat. Add the eggplant cubes and sauté until they are browned and very soft, about 10-12 minutes. Make sure they are super-soft because they need to be mashed. You could also roast the eggplant to make it soft.
2. Transfer the eggplant to a large bowl. Mash the eggplant up until there are no whole pieces left. I use a potato masher to do this. Once you have a big bowl of mush, add the shallot, cheese, garlic, salt, pepper and parsley. Mix it into the eggplant. Add the breadcrumbs. Don't add them all at once; you want to feel the mix and see whether you need a whole cup. I add ½ cup of bread crumbs and mix it.
3. The best way to mix it is wet your hands and use one hand (keep the other hand clean) to gently mix the crumbs into the eggplant. You will probably need more crumbs so add another ¼ cup and mix it again. You want the consistency to feel firm, like it will hold up as a burger. If it feels too moist, add the last ¼ cup of bread crumbs. Usually, I end up using the whole cup of crumbs.

4. Put the eggplant mixture into the fridge for about 30 minutes. Take the bowl out of the fridge and with your hand, divide the mixture into 4 parts. To form the burgers, I use a 3 ½ inch cookie cutter. I spray it with a bit of cooking oil spray and then pack the eggplant mixture into the cookie cutter. Pat it down, let it sit for about 20 seconds and then gently lift the cookie cutter off. Let your perfect burger sit for a few minutes undisturbed while you make the other 3 burgers.
5. In the same skillet that you sautéed the eggplant in (but cleaned), heat the other Tbs. of oil over medium-high heat and add the burgers to the pan. Let cook until slightly browned on one side and (this is very important), you can lift the burger with a spatula without breaking it. I use 2 spatulas to gently turn the burgers. Flip them and let them cook on the other side. When the 2nd side gets golden brown, flip them back over and let the first side cook until golden brown.

To make the Vegan Crunch Burgers

1. Top the burgers with either 2 slices or ¼ cup of vegan cheese. Add about a Tbs. of water to the pan and cover it. This will create steam and allow the cheese to melt and get ooey-goey.
2. If you want your buns toasty, put on some pants. If you want your burger buns toasty, preheat the broiler while you are cooking the burgers. Split the buns and put the halves, cut side up, on a baking sheet and cook them until they are lightly golden brown, about 30 seconds. Don't burn them!!
3. Place the burgers on the bun bottoms and, if desired, top with tomato, lettuce, onion, and a dollop of horseradish mustard mayonnaise. Pile on the potato chips, top with the bun tops, and serve immediately. Make sure you have tons of napkins because it's going to be messy.

Nutritional Information

Per Serving: Calories: 754

- Carbs: 104 g
- Fat: 36 g
- Protein: 15 g
- Sodium: 1,245 mg
- Sugar: 9 g

ix. Delicious Deviled Eggs (Vegan; GF)

<https://www.peta.org/recipes/delicious-deviled-eggs/>

Ingredients

- 10 small potatoes, halved lengthwise
- 2 Tbsp. refined coconut oil

- 1/2 cup vegan mayonnaise
- 2 Tbsp. Dijon mustard
- 1/2 tsp. Kala Namak (for an egg-like taste) (optional)
- Salt and pepper, to taste
- Smoked paprika, for garnish
- Fresh dill sprigs, for garnish

Directions:

1. Preheat the oven to 425°F. Place the potatoes on a baking sheet, drizzle with the coconut oil, and bake for 30 minutes, or until tender.
2. Let cool, then scoop out the insides of the potatoes with a melon baller or spoon and place in a large bowl. Add the vegan mayonnaise, mustard, and kala namak and season with salt and pepper. Stir until well combined.
3. Fill the potatoes skins with the mixture and garnish with smoked paprika and dill sprigs.

Dinner

i. Spiced Lentil Soup (Vegan; GF)

<https://ohsheglows.com/2016/04/03/glowing-spiced-lentil-soup/>

Yields: 7 cups (1.65 litres)

Prep time: 15 Minutes

Cook time: 20 Minutes

Ingredients:

- 1 1/2 tablespoons extra-virgin olive oil
- 2 cups (280 grams) diced onion (1 medium/large)
- 2 large garlic cloves, minced
- 2 teaspoons ground turmeric
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground cardamom
- 1 (15-ounce/398 mL) can diced tomatoes, with juices
- 1 (15-ounce/398 mL) can full-fat coconut milk
- 3/4 cup (140 grams) uncooked red lentils, rinsed and drained
- 3 1/2 cups (875 mL) low-sodium vegetable broth
- 1/2 teaspoon fine sea salt, or to taste
- Freshly ground black pepper, to taste

- Red pepper flakes or cayenne pepper, to taste (for a kick of heat!)
- 1 (5-ounce/140-gram) package baby spinach
- 2 teaspoons fresh lime juice, or more to taste

Directions:

1. In a large pot, add the oil, onion, and garlic. Add a pinch of salt, stir, and sauté over medium heat for 4 to 5 minutes until the onion softens.
2. Stir in the turmeric, cumin, cinnamon, and cardamom until combined. Continue cooking for about 1 minute, until fragrant.
3. Add the diced tomatoes (with juices), entire can of coconut milk, red lentils, broth, salt, and plenty of pepper. Add red pepper flakes or cayenne, if desired, to taste. Stir to combine. Increase heat to high and bring to a low boil.
4. Once it boils, reduce the heat to medium-high, and simmer, uncovered, for about 18 to 22 minutes, until the lentils are fluffy and tender.
5. Turn off the heat and stir in the spinach until wilted. Add the lime juice to taste. Taste and add more salt and pepper, if desired. Ladle into bowls and serve with toasted bread and lime wedges.

ii. Braised Harissa Eggplant With Chickpeas (Vegan, GF)

<http://thefirstmess.com/2018/08/01/braised-harissa-eggplant-chickpeas/>

Yields: 4 servings

Ingredients:

- 1 large eggplant
- 1 tablespoon sea salt + extra
- 3 tablespoons heat-tolerant oil, such as avocado (plus extra if necessary)
- 1 medium cooking onion, small dice
- 1 small chili, such as cayenne or fresno, seeded and minced
- 3 cloves of garlic, minced
- ½ teaspoon ground cumin
- ½ teaspoon ground caraway
- ½ teaspoon ground coriander
- 1 ½ cups cooked chickpeas
- Ground black pepper, to taste
- 2 cups crushed tomatoes
- 1 cup vegetable stock
- 1 tablespoon fresh lemon juice
- ¼ cup chopped flat leaf parsley

Directions:

1. Remove the stem of the eggplant and chop into 1-inch cubes. Place the cubes in a colander and toss them with the tablespoon of salt. Set aside for an hour in the sink.
2. After an hour, rinse the eggplant (to remove excess salt) and thoroughly pat the cubes dry with paper towel or clean kitchen towels.
3. Set up a dinner plate with a couple paper towels on top. In a wide, deep braiser-style pot, heat the oil over medium-high heat. In batches, sear the eggplant until it's golden brown on all sides and softened. As the eggplant finishes, remove it from the pot with a slotted spoon and place it on the paper towel-lined plate. Set aside.
4. Add more oil to the pot of necessary and lower the heat to medium. Add the onions and hot pepper to the pot and sauté until onion is translucent, about 4 minutes. Add the garlic, cumin, caraway, and coriander to the pot and stir until fragrant, about 30 seconds. Add the chickpeas, some salt and black pepper to taste, and then stir to coat the chickpeas in spices. Add the tomatoes and vegetable stock to the pot.
5. Bring the braise to a boil and simmer, uncovered and stirring occasionally, for 10 minutes. Add the eggplant back into the pot and bring the braise up to a boil once more. Stir in the lemon juice and parsley. Serve the braised harissa eggplant hot over millet or rice (or any other starch of choice).

iii. Vegan Stuffed Eggplant With Sunflower Romesco (Vegan, GF)

<http://thefirstmess.com/2017/07/12/vegan-stuffed-eggplant-sunflower-romesco-recipe/>

Yields: 4 servings

Ingredients:**Sunflower Romesco (makes extra):**

- ½ cup toasted sunflower seeds
- 2 roasted red peppers (homemade or from a jar)
- 2 cloves of garlic, chopped
- 1 teaspoon smoked paprika
- ½ teaspoon aleppo pepper, or a pinch of cayenne
- 2 tablespoons sherry OR apple cider vinegar
- 1 tablespoon tomato paste
- small handful flat parsley leaves
- sea salt and ground black pepper
- scant ½ cup virgin olive oil

Stuffed Eggplant:

- 2 small-medium eggplants
- olive oil
- sea salt and ground black pepper
- 1 small shallot, chopped
- 1 clove garlic, chopped
- ¼ cup romesco

- 2 tablespoons fresh lemon juice
2 tablespoons tahini
- 4 servings cooked grain of choice (I used quinoa)
- big handful of fresh and leafy herbs, chopped (I used cilantro, parsley & a bit of dill)
- toasted sunflower seeds or [dukkah](#), for topping

Directions:

1. Make the sunflower romesco: In the bowl of a food processor, combine the sunflower seeds, roasted red peppers, garlic, paprika, aleppo pepper, vinegar, tomato paste, parsley, salt, and pepper. Pulse the mixture until all ingredients are finely chopped and lightly pasty. Scrape the bowl down. Then, with the motor on low, drizzle the olive oil in through the feed tube until fully incorporated. Check the sauce for seasoning. Transfer sauce to a sealable jar, and set aside in the fridge until ready to use.
2. Preheat the oven to 350 degrees F.
3. Cut the eggplants in half lengthwise, right through the stem. Using a paring knife, carve into the eggplant flesh all the way around the perimeter. Pry the eggplant flesh out of the eggplant halves with your fingers or a spoon and set it aside. Place eggplant halves on a baking sheet, facing up. Brush the eggplant halves with olive oil and season with salt and pepper. Bake eggplant for 20 minutes, or until golden brown and lightly tender.
4. Roughly chop the scooped out eggplant. Heat a bit of oil in a medium-large saute pan over medium heat. Add the shallots and garlic to the pan and saute until fragrant and slightly soft, about 2 minutes. Add the chopped eggplant, and season with salt and pepper. Stir. Saute the eggplant, stirring occasionally, until tender, browned, and slightly reduced in size, about 4 minutes.
5. Carefully transfer eggplant to the food processor. Add the ¼ cup of romesco, lemon juice, and tahini to the food processor as well. Pulse the mixture until you have a chunky paste.
6. To serve, divide the warm eggplant filling evenly among the eggplant “boats.” Then, spoon your cooked grain of choice on top along with a sprinkle of chopped herbs. Garnish the tops of the stuffed eggplants with more romesco and toasted sunflower seeds or dukkah. Enjoy warm.

iv. Creamy White Bean Soup (Vegan, GF)

<http://thefirstmess.com/2018/01/03/creamy-white-bean-soup-vegan-recipe/>

Yields: 4-5 servings

Ingredients:

- 1 tablespoon heat-tolerant oil, such as avocado or refined coconut oil
- 1 medium yellow onion, small dice
- 1 medium carrot, small dice
- 1 celery stalk, small dice
- 2 cloves garlic, minced
- chili flakes or aleppo pepper, to taste
- 1 sprig fresh rosemary, minced
- 4 cups cooked navy beans (about 2 15-ounce cans, drained)

- 4 cups vegetable stock
- 2 tablespoons fresh lemon juice
- sea salt & ground black pepper, to taste
- 3 cups packed chopped lacinato kale (roughly 1 small bunch)
- big handful finely chopped flat leaf parsley

Directions:

1. Heat the oil in a medium-large soup pot over medium heat. Add the onions, carrots, and celery to the pot and stir. Saute the vegetables until slightly softened and translucent, about 5 minutes.
2. To the pot, add the garlic, chili flakes, and rosemary. Stir and cook until garlic is fragrant, about 30 seconds. Add the navy beans to the pot and stir. Add the vegetable stock to the pot and stir once more. Bring the soup to a boil.
3. Once boiling, ladle half of the soup into an upright blender. Add the lemon juice to the blender as well. Carefully bring the speed of the blender up to high and blend until this portion of the soup is totally liquified. Pour this liquified portion back into the pot. Season the soup with salt and pepper.
4. Add the kale to the pot and bring the soup to a boil. Once the kale is slightly wilted and bright green, season the soup once more with salt and pepper, if you find it necessary. Stir in the chopped parsley as well. Serve the soup hot.

v. Sweet Potato Carrot Dal With Coconut Leeks (Vegan, GF)

<http://thefirstmess.com/2014/12/11/sweet-potato-carrot-dal-with-coconut-leeks-and-a-wine-country-ontario-giveaway/>

Yields: 4 servings

Ingredients:

Dal:

- 2-3 tsp coconut oil
- 1 tsp ground coriander
- 1/2 tsp mustard seeds
- pinch of chili flakes
- 1 cup red lentils
- 1 sweet potato, peeled and diced small
- 1 two inch piece of ginger, peeled + minced
- 1 one inch piece of fresh turmeric, peeled + minced (or substitute 1 tsp dried turmeric powder)
- 3 ½ cups filtered water + extra if necessary
- 1.5 tsp garam masala
- salt to taste

Coconut Leeks:

- 1 tbsp extra virgin coconut oil

- 1 leek, white and light green part julienned
- squeeze of lime juice
- pinch of salt

To serve:

- Cooked, warm rice
- Chopped parsley, cilantro or mint (or a combination)

Directions:

1. Place a large pot over medium heat. Heat up the coconut oil in the pot and add the ground coriander, mustard seeds and chili flakes. Stir about until the mustard seeds start to pop just a little bit.
2. Add the lentils, diced sweet potato, carrots, ginger, turmeric, and a pinch of salt. Stir to mix and coat everything in the oil and spice. Add the filtered water to the pot. Bring mixture to a boil and simmer until the mixture is creamy and soupy, stirring occasionally. The sweet potato pieces should still be intact with a tiny bit of bite. The lentils will be broken down, filling out the mixture. Keep it warm while you sauté the leeks.
3. Heat the coconut oil in a small sauté pan over medium heat. Add the leeks to the pan and sauté until leeks are soft and very fragrant. Season with salt. Add a squeeze of lime if you like at the end. Remove from the heat.
4. To serve: divide the hot dal over 4 portions of rice. Top the dal with sautéed leeks and a few dribbles of the coconut oil left in the pan. Garnish each serving with the chopped herbs and black sesame seeds.

vi. One-pot butternut squash-quinoa chili (Vegan, GF)

<https://minimalistbaker.com/1-pot-butternut-squash-quinoa-chili/>

Yields: 6 servings

Prep Time: 10 minutes

Cook Time: 50 minutes

Ingredients:

Chili:

- 2 Tbsp avocado or coconut oil (sub water if avoiding oil)
- 1 small white or yellow onion (diced)
- 1 jalapeño (minced // remove seeds for less heat)
- 1/2 tsp each sea salt and black pepper (**DIVIDED** // plus more to taste)
- 4 cloves garlic
- 4 cups diced butternut squash
- 3 Tbsp chili powder (**DIVIDED**)
- 2 Tbsp ground cumin (**DIVIDED**)
- 2 tsp smoked paprika

- 2 15- ounce cans fire-roasted (or regular) diced tomatoes (if unsalted, add more sea salt to taste)
- 1/4 cup tomato paste
- 3 cups [vegetable broth](#) (sub up to half with water for lower sodium // plus more as needed)
- 1/4 cup quinoa, rinsed
- 1 15- ounce can kidney beans (slightly drained)
- 1 15- ounce can black beans (slightly drained)
- 1-2 Tbsp coconut sugar (or maple syrup)
- 1 small chipotle pepper in adobo sauce (for heat) (*optional*)
- 1 cup chopped kale (or other sturdy green) (*optional*)

For Serving (optional):

- Rice or quinoa
- Fresh chopped cilantro or parsley
- Avocado

Directions:

1. Heat a large pot over medium heat. Once hot, add oil (or water), onion, and jalapeño pepper. Season with a healthy pinch each salt and pepper and stir. Sauté for 3-4 minutes, stirring frequently.
2. Add garlic and sauté (stirring occasionally) for 2-3 minutes more, or until onion, pepper, and garlic are softened and slightly browned.
3. Add butternut squash, 2/3 of the chili powder (2 Tbsp as original recipe is written), half the cumin (1 Tbsp as original recipe is written), smoked paprika and stir to coat. Cook for 3 minutes.
4. Add diced tomatoes, tomato paste, and vegetable broth and stir to combine. Bring to a low boil over medium-high heat.
5. Once boiling, add quinoa (see photo) and reduce heat to medium-low or low, so it's at a gentle simmer. You want to see bubbles, but you don't want it boiling. **Cover** and cook for 12-15 minutes, or until quinoa is mostly tender. As it's cooking you may need to add more vegetable broth or water if it's looking too dry and the quinoa isn't submerged (I didn't find that necessary).
6. Next add kidney beans, black beans, 1/4 tsp each salt and pepper, and remaining cumin (1 Tbsp as original recipe is written) and chili powder (1 Tbsp as original recipe is written), coconut sugar, and stir to combine. If adding the chipotle pepper in adobo sauce (*optional*), add now.

7. Bring to a simmer over medium heat, then reduce heat slightly to low (or medium-low), cover, and gently simmer for 15-20 minutes to meld the flavors together. Stir occasionally.
8. Taste and adjust seasonings as needed, adding more chili powder or cumin for smokiness, salt for saltiness, or a little coconut sugar to balance the heat and draw out the other flavors.
9. Add kale (optional), cover, and cook for 2-3 minutes more. Serve as is, or garnished with lime, fresh jalapeño, cilantro, red onion, and/or avocado (all optional).
10. Store leftovers in the refrigerator up to 5-6 days, or in the freezer up to 1 month. Reheat on the stovetop or in the microwave until hot.

vii. Caramelized Shiitake Mushroom Risotto (Vegan, GF)

<https://minimalistbaker.com/caramelized-shiitake-mushroom-risotto/>

Yields: 4 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

Broth:

- 3 1/2 - 4 cups [vegetable broth](#) (or store-bought)

Risotto:

- 2 Tbsp avocado or olive oil (if avoiding oil, sub water)
- 3/4 cup thinly sliced shallot
- 1/4 tsp each sea salt and black pepper
- 2 cups sliced Shiitake mushrooms (or other similar mushroom)
- 1 Tbsp [coconut aminos](#) (or tamari // soy sauce)
- 1 Tbsp chopped fresh thyme (or sub dried)
- 1 cup arborio rice (works best here - we recommend not subbing other grains)
- 1/4 cup dry white wine (or omit)
- 1/4 cup [vegan parmesan cheese](#) (plus more for serving // or sub nutritional yeast)

For Serving (optional):

- Fresh chopped parsley

Directions:

1. In a medium saucepan, heat vegetable broth over medium heat. Once simmering, reduce heat to low to keep warm.
2. In the meantime, heat a large pan* over medium heat. Once hot, add oil and shallot and season with a pinch of salt and pepper. Sauté for 3-4 minutes - stirring frequently. Then add mushrooms and coconut aminos and continue sautéing until the mushrooms are golden brown and caramelized. **Optional:** remove some of the shiitake mushrooms from the pan and reserve for serving - not necessary, but it makes a nice garnish.
3. Add the thyme and arborio rice and cook for 1 minute, stirring occasionally. Then add dry white wine and stir gently. Cook for 2 minutes or until the liquid is mostly absorbed.
4. Using a ladle, add warmed vegetable stock 1/2 cup (120 ml) at a time, stirring almost constantly, giving the risotto little breaks to come back to a simmer. The heat should be medium, and there should always be a slight simmer (adjust heat as needed). You want the mixture to be cooking consistently but *not boiling* or it can get gummy and cook too quickly.
5. Continue to add vegetable stock 1 ladle at a time, stirring to incorporate, until the rice is 'al dente' - cooked through but still has a slight bite. This whole process should take about 15-20 minutes.
6. Once the rice is cooked through and al dente, remove from heat and add vegan parmesan cheese. Stir to coat (see photo). Taste and adjust flavor as needed, adding sea salt and pepper to taste or more vegan parmesan to enhance the cheesiness. If dry at this point, add a little more warmed broth.
7. To serve, divide between serving bowls and top with reserved mushrooms, additional vegan parmesan cheese, and a sprinkle of fresh parsley (all optional).
8. Best when fresh, though leftovers will keep covered in the refrigerator for 4-5 days or in the freezer up to 1 month. Reheat on the stovetop with additional (warmed) vegetable broth until hot.

viii. Pasta with mushrooms, herbs and beet greens (Vegan, GF)

<https://www.foodnetwork.ca/recipe/pasta-with-mushrooms-herbs-and-beet-greens/9470/>

Ingredients:

- 4 oz dried gluten-free pasta
- 2 cup mushrooms (cremini or a combination of cremini, oyster and shitake), sliced
- 1 medium onion, coarsely chopped
- extra virgin olive oil (just enough to sauté the mushrooms and onions)

- 2 large cloves garlic, minced
- 1 Tbsp fresh thyme leaves (or 1 tsp dried) You can mix herbs, or choose your favourite
- 1 bunch baby beet greens (save the roots for another dish), well washed, dried and coarsely chopped
- Chili pepper flakes – amount is up to you
- 2-3 tbsp balsamic vinegar
- Vegan cheese to sprinkle over the pasta just before serving...again, amount is up to you

Directions:

1. Bring a large pot of well-salted water to a boil. Add the gluten-free pasta and cook until al dente (8-10 minutes depending on the type of pasta). Set aside 1 cup cooking water. (Sometimes I need it, sometimes not, but it's best to have some handy.) Drain and place in a large serving bowl.
2. In the meantime, in a large non-stick skillet, over medium high heat, add a little olive oil and sauté the onions and mushrooms until the onions are translucent and the mushrooms golden (about 5 minutes). Add the garlic and toss once or twice, then add the baby beet greens and toss until wilted (2-3 minutes).
3. Just before adding to the pasta, add balsamic vinegar, chili pepper flakes and toss. Taste for seasoning and add to the serving bowl. (Here's where you might want to add some cooking water or some olive oil. Toss and add coarsely grated vegan cheese and serve.

ix. White Bean Fettuccine Alfredo (Vegan, GF)

<https://www.peta.org/recipes/white-bean-fettuccine-alfredo/>

Ingredients:

- 2 Tbsp. vegan butter
- 1 clove garlic, chopped
- 1/4 cup chopped broccoli florets
- 1/4 cup sliced mushrooms
- 1 15-oz. can white beans (also known as Great Northern beans), drained and rinsed
- 1 tsp. lemon juice
- 1 Tbsp. nutritional yeast
- 1/2 cup almond milk
- 2 oz. dried fettuccine
- 1 tomato, chopped

Directions:

- Melt the vegan butter in a large pan. Add the garlic, broccoli, and sliced mushrooms. Cook over medium heat for 2 to 3 minutes.
- Remove the broccoli and mushrooms, then set aside. Pour the melted butter and garlic into a blender. Add the white beans and blend for 5 seconds. Add the lemon juice, nutritional yeast, and almond milk and blend until completely smooth. Transfer to the large pan and cook over medium heat until warm.
- Bring a large pot of water to a boil and cook the fettuccine according to the package directions. Drain the pasta, then return to the pot. Pour the white-bean Alfredo sauce over the pasta and add the broccoli, mushroom slices, and tomato.

x. Black Eyed Peas Veggie Medley (Vegan, GF)

<https://www.peta.org/recipes/black-eyed-peas-veggie-medley/>

Ingredients:

- 1/2 pkg. of 14 oz. extra firm tofu
- 2 Tbsp. oil
- 1/4 onion, chopped
- 1 1/2 cups rice, cooked (a microwavable bag of rice works fine)
- 1 can black-eyed peas
- 2 cups collard greens, chopped (frozen works fine)
- 1 pkg. smoked tofu, cubed
- 1 tsp. salt
- Hot sauce, to taste
- Cooking spray, for tofu

Instructions:

- Use a tofu press to drain the tofu. Alternatively, wrap in a kitchen towel and place between two plates with a heavy book on top for 30 minutes, replace the towel with a fresh one, and repeat.
- Preheat the oven to 400°F.
- Cut the tofu into 1-inch cubes and arrange in a single layer on a large parchment-lined baking sheet. Lightly spray with cooking oil. Bake for 20 minutes, flip, then continue baking until golden brown and crisp, about 20 more minutes.
- Add the oil to a pan over medium heat. Add the onion and stir for 1 minute.
- Add the rice and black-eyed peas. Sauté for 3 minutes, stirring often.
- Add the collard greens and salt and stir for a few minutes, until cooked through. Top with baked tofu.

