

Vodka (Lemon) Pasta

(Makes 4 servings)

Ingredients:

1 box penne (your favorite)
Vegetable broth
1 bunch broccoli florets
1/8 cup sundried tomatoes, diced and soaked
1 cup spinach, can rough chop
1 cup mushrooms (your favorite), sliced
½ onion, diced
3 garlic cloves, minced
½ cup tomato paste
1 lemon, squeezed
1 cup plant-based milk (your favorite)
¼ cup canned coconut milk (your favorite)
1/8 teaspoon red pepper flakes
Sea salt and black pepper to taste
¼ cup basil, chiffonade or chopped

Directions:

1. Pasta: follow the instructions and set aside.
2. Steam the broccoli for two to three minutes, until the broccoli is a bright green and al dente.
3. In a large skillet, sauté the onion and the garlic in vegetable broth or water, until the onion is translucent.
4. Add the tomato paste, lemon juice, plant-based milk and the coconut milk. Mix the sauce and then add in the broccoli florets, mushrooms, sundried tomatoes and spinach. Simmer on low.
5. Add the red pepper flakes, basil and sea salt and black pepper to taste. Mix in the pasta and serve.

Plant-Based Chopped Salad

(Makes 8-10 servings)

Ingredients:

Dressing:

¼ cup white vinegar

1 tablespoon Dijon mustard

1 teaspoon Italian seasoning

½ teaspoon garlic powder

Sea salt and black pepper to taste

Salad:

1 head romaine lettuce, chopped

1 can chickpeas, rinsed and drained

1 cup cherry tomatoes, halved

1/3 cup quartered cucumbers

1/3 cup red bell pepper, chopped

1/3 cup sliced pepperoncini peppers

1/8 cup red onion, chopped

1/8 cup kalamata olives (or favorite), chopped

Directions:

1. Dressing: Add all ingredients to a blender or jar and blend until smooth. You can store in a glass jar with a tight lid in the refrigerator for 2 to 3 weeks.
2. Salad: add all ingredients to a large bowl and then drizzle on the dressing. Enjoy.

Plant Based Onion Rings

(Makes 3 to 4 servings)

Ingredients:

2 large yellow onions, sliced in rings about ¼" thick

Batter

2/3 cup unsweetened plant-based milk, your choice

½ cup whole wheat flour (can use chickpea or oat flour)

Dry ingredients

1 cup panko breadcrumbs

Del ½ teaspoon smoked paprika

½ teaspoon garlic powder

Sea salt and black pepper to taste

Directions:

1. Preheat oven to 450 degrees and line a baking sheet with parchment paper.
2. Add the batter ingredients to bowl and mix until the batter is smooth.
3. In a separate bowl, add the dry mix ingredients and stir until combined.
4. Using a fork, dip a raw onion ring into the batter until the entire onion is covered. Shake a few times and allow the excess batter to drain off.
5. Then dip the battered onion into the bowl with the breadcrumbs and coat evenly.
6. Place the onion ring onto the lined baking sheet and repeat until all onion rings are finished.
7. Bake in oven for 25-30 minutes or until onion rings are golden brown and crunchy. Remove from oven and serve with favorite dipping sauce.