

# Two-Week Sample Vegan Menus

**Are you “culinarily challenged”?  
You won’t be when you try  
these sample vegan menus—  
no cookbooks or creativity required!**

These menus, created by PETA’s chefs, feature beautiful breakfasts, luscious lunches, and delicious dinners that are all completely vegan. Even if you’ve never been able to boil water, you’ll see that creating scrumptious vegan meals is anything but complicated. You’ll also find suggestions for great ready-to-eat, store-bought meals and a list of our favorite desserts.

So, tie on that apron, dust off the electric mixer, and find your long-lost frying pan because it’s time to get cooking. *Bon appétit!*

## Monday

### Breakfast

Banana Muffins  
Fresh fruit  
Nondairy yogurt (try WholeSoy and Silk brands)

### Banana Muffins

*These moist and delicious muffins will please even the pickiest of eaters.*

3 ripe bananas  
¼ cup oil or melted margarine  
1 cup sugar  
2 cups flour  
1 tsp. salt  
1 tsp. baking soda

1 cup chopped walnuts (optional—see other options listed below)

- Mash the bananas (overripe ones make the best bread). Add the oil or margarine and the sugar. Mix well.
- Sift the flour, salt, and baking soda together and add to the banana mixture. Mix until the flour is blended (do not beat). Gently fold in the walnuts.
- Pour into muffin pans or a bread pan and bake at 360°F, until a toothpick inserted into a muffin comes out clean.

*Variations:* Instead of walnuts, use a handful of oatmeal, raisins, chocolate chips, currants, coconut, or all of the above!

*Makes 1 dozen*

### Lunch

Avocado Reuben  
Sumptuous Spinach Salad With Orange-Sesame Dressing

### Avocado Reuben

*Give beef the boot and try our take on the classic Reuben sandwich—made with creamy avocado and our tangy, easy-to-make Thousand Island Dressing.*

Mustard  
2 slices whole-wheat bread  
Thousand Island Dressing (see recipe)  
½ avocado, pitted, peeled, and mashed  
¼ cup sauerkraut

- Spread the mustard on one slice of the bread and spread the Thousand Island Dressing on the other slice.
- Place dry side down in a lightly oiled skillet. Top one slice with the avocado. Top the other slice with the sauerkraut.
- Over medium heat, grill for approximately 5 minutes, until lightly browned and hot. Put the sandwich halves together and enjoy!

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*Makes 1 sandwich*

### Vegan Thousand Island Dressing

*It has all of the zing of the original without the fat and cholesterol.*

- 1 cup vegan mayonnaise
- ½ cup ketchup
- ½ tsp. onion powder
- ¼ tsp. salt
- ¼ tsp. garlic powder
- 3 Tbsp. sweet pickle relish
- 2 Tbsp. minced stuffed green olives

- Blend all the ingredients thoroughly in a mixing bowl or a blender.

*Makes 2 cups*

### Sumptuous Spinach Salad With Orange-Sesame Dressing

*Ground toasted sesame seeds are combined with orange juice and vinegar for a delicious dressing that is perfect with spinach.*

- 1 bunch fresh spinach (about 6 cups)
- 1 red or yellow bell pepper, cut into strips
- ¼-½ cup thinly sliced red onion
- 1 orange, peeled and sliced into thin rounds
- 1 Tbsp. sesame seeds
- 2 Tbsp. seasoned rice vinegar
- 1 Tbsp. orange juice concentrate
- 1 Tbsp. water

- Trim the spinach stems and carefully wash the leaves. Dry, then tear into bite-size pieces. In a bowl, combine with the pepper, onion, and orange slices.
- In a 400°F oven, toast the sesame seeds for 10 minutes. Transfer to a blender and grind into a powder. Add the vinegar, orange juice concentrate,

and water. Blend to mix. Pour over the salad and toss just before serving.

*Makes 4 to 6 servings*

### Dinner

Mama's Mock Meatloaf

Creamy Chive Mashed Potatoes With Brown Gravy

### Mama's Mock Meatloaf

*This is an American comfort-food staple. Serve it with ketchup, mashed potatoes, and Brown Gravy.*

*For the Filling:*

- 1 medium onion, diced
- ½ green pepper, diced (optional)
- 3 Tbsp. vegetable oil
- 2 pkgs. Gimme Lean brand "ground beef"
- ¼ cup dry oatmeal
- 2 slices white bread, crumbled
- 3 Tbsp. ketchup
- 2 tsp. garlic salt
- 1 tsp. pepper

- Sauté the onion and the green pepper in the oil over medium heat until soft. Combine in a bowl with the "beef," oatmeal, bread, ketchup, garlic salt, and pepper, mixing thoroughly with a spoon or your hands.
- Press into an oiled loaf pan. Cover with foil and bake at 375°F for 30 minutes.

*For the Coating:*

- ¼ cup ketchup
- ¼ cup brown sugar
- ½ tsp. dry mustard
- ½ tsp. nutmeg

- Combine all the ingredients and set aside.

*To Assemble:*

- Remove the loaf from the oven and turn out onto a baking sheet.
- Spread the coating over the entire loaf. Cook,

## Two-Week Sample Menus

uncovered, for 15 minutes at 375°F.

*Makes 6 servings*

### Creamy Chive Mashed Potatoes

*Rich mashed potatoes are the perfect side dish for most meals.*

5 large potatoes, diced  
 1 cup liquid nondairy creamer  
 2 Tbsp. margarine  
 ¼ cup chopped fresh chives  
 Salt and pepper, to taste

- Place the potatoes in a large pot and cover with water. Boil for 20 minutes.
- Drain. Place in a bowl with the remaining ingredients and mix until smooth. Serve hot.

*Makes 4 to 5 servings*

### Brown Gravy

*Tired of plain potatoes? Top them with this creamy gravy.*

2 Tbsp. margarine  
 1 medium-size onion, diced  
 2 Tbsp. unbleached all-purpose flour  
 1 tsp. garlic salt  
 2 Tbsp. cornstarch  
 1½ cups water or vegetable broth  
 1 tsp. yeast extract  
 1-2 Tbsp. soy sauce or tamari  
 Pepper, to taste

- Heat the margarine in a medium saucepan over medium heat. Sauté for a few minutes, then add the flour and the garlic salt and sauté for 8 to 9 minutes.
- Dissolve the cornstarch in the water or broth.
- Gradually add to the onion mixture and bring to a boil. Simmer for 10 minutes.

- Strain into a separate saucepan and add the yeast extract, soy sauce or tamari, and pepper. Simmer for 1 to 2 minutes, stirring constantly. Keep warm until ready to serve.

*Makes 6 servings*

## Tuesday

### Breakfast

Breakfast Burritos

#### Breakfast Burritos

*Making breakfast for picky eaters? Customize these burritos with salsa, soy cheese, Tofutti Sour Supreme, and shredded lettuce for a healthy, protein-packed start to the day.*

6 tortillas  
 4 Tbsp. vegetable oil, divided  
 1 garlic clove, minced  
 ½ onion, finely diced  
 1 lb. firm tofu, crumbled  
 1 cup vegetables of your choice, finely chopped (try green onions, tomatoes, mushrooms, and bell peppers)  
 ¼ tsp. turmeric  
 Salt and pepper, to taste  
 6 oz. faux sausage, crumbled (try Gimme Lean brand, available at [lightlife.com](http://lightlife.com))  
 Tabasco or other hot sauce, to taste (optional)

- Preheat the oven to 200°F. Place the tortillas between two wet paper towels, wrap in foil, and heat for 5 to 10 minutes.
- In a large skillet, heat 2 Tbsp. of the vegetable oil over medium heat.
- Add the garlic and the onion and sauté for 2 to 3 minutes. Add the tofu, vegetables, turmeric, salt, and pepper and cook over medium heat for 5 to 7 minutes.
- Meanwhile, in another skillet, heat the remaining oil, add the faux sausage, and cook until browned.
- Add to the tofu mixture and stir to combine.

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- Scoop into the tortillas.
- Roll to form burritos and serve immediately with hot sauce if desired.

Makes 6 servings

### Lunch

Tofurky sandwich with lettuce, tomato, and Vegenaïse  
Pretzels  
Apple or other fresh fruit

### Dinner

Tofu-Spinach Lasagne  
Fresh tossed salad  
Garlic bread topped with Earth Balance brand buttery spread

### Tofu-Spinach Lasagne

*If you're wary of replacing the dairy products in your recipes, never fear—blended tofu makes a great substitute for soft cheese.*

1/2 lb. lasagne noodles  
2 10-oz. pkgs. frozen chopped spinach, thawed and drained  
1 lb. soft tofu  
1 lb. firm tofu  
1 Tbsp. sugar  
¼ cup soy milk  
½ tsp. garlic powder  
2 Tbsp. lemon juice  
3 tsp. minced fresh basil  
2 tsp. salt  
4 cups tomato sauce

- Cook the lasagne noodles according to the package directions. Drain and set aside.
- Preheat the oven to 350°F.
- Squeeze the spinach as dry as possible and set aside.

- Place the tofu, sugar, soy milk, garlic powder, lemon juice, basil, and salt in a food processor or blender and blend until smooth. Stir in the spinach.
- Cover the bottom of a 9- x 13-inch baking dish with a thin layer of the tomato sauce and top with ½ of the noodles. Top with ½ of the tofu filling. Continue in the same order, using ½ of the remaining tomato sauce, ½ of the remaining noodles, and the remaining tofu filling. Finish with the remaining noodles and top with the remaining tomato sauce. Bake for 25 to 30 minutes.

Makes 6 to 8 servings

## Wednesday

### Breakfast

“Sausage” and bagel sandwich (try using Lender’s bagels, Gardenburger “sausage” patties, and soy cheese slices)

### Lunch

Ready-made vegan chili (Boca makes a great frozen chili, while Yves and Lightlife both make refrigerated options. If you prefer canned chili, try Hormel.)  
Tortilla chips  
Fresh avocado drizzled with lime juice

### Dinner

Creamy “Chicken” Casserole  
Vegan Caesar Salad

### Creamy ‘Chicken’ Casserole

*This easy-to-prepare casserole is hearty and delicious. For more variety, try adding cauliflower and spinach.*

1 container vegan sour cream (try Tofutti Sour Supreme)  
½ cup faux-chicken stock  
1 pkg. onion soup mix (try Fantastic Onion & Mushroom Soup/Dip Mix)  
Salt and pepper, to taste

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- 1 bag faux-chicken strips, defrosted (try Morningstar Farms Meal Starters Chik'n Strips)
- 1 cup broccoli florets
- 1 can mixed carrots and peas
- 1 cup breadcrumbs

- In a bowl, stir together the vegan sour cream, faux-chicken stock, and onion soup mix until smooth and runny. Add more stock if needed. Add the salt and pepper.
- Pour into a small casserole dish and add the faux chicken, broccoli, and carrots and peas, mixing well. Top with the breadcrumbs.
- Bake at 400°F for 20 minutes, until the center is hot and the breadcrumbs are browned. Serve with rice.

*Makes 2 to 3 servings*

### Vegan Caesar Salad

*This recipe's fish-friendly Caesar dressing is so delicious that you'll want to dip veggies in it, slather it on wraps, and use it to marinate tofu.*

*For the Croutons:*

- 2 Tbsp. margarine, melted
- 2 Tbsp. extra-virgin olive oil
- 1 large loaf rustic Italian bread, crusts removed, cut into ¾-inch cubes
- 1 tsp. salt
- ½ tsp. freshly ground black pepper, divided
- ¼ tsp. cayenne pepper

- Preheat the oven to 375°F.
- Combine the margarine and the olive oil in a large bowl. Add the bread cubes and toss until coated. Sprinkle with the salt, the black pepper, and the cayenne pepper. Toss again until evenly coated.
- Spread in a single layer on a baking sheet. Bake for approximately 10 minutes, until golden brown.
- Allow to cool completely on the tray.

*For the Dressing:*

- 1 tsp. salt
- 1 tsp. black pepper
- 2 garlic cloves
- 1 Tbsp. freshly squeezed lemon juice
- 1 tsp. vegan Worcestershire sauce (available at [veganstore.com](http://veganstore.com))
- ½ tsp. Dijon mustard
- ½ cup extra-virgin olive oil

- Combine all the ingredients in a food processor until smooth.

*To Assemble:*

- 2 heads romaine lettuce, washed, dried, and chopped into 1-inch pieces
- 1-2 Tbsp. nondairy Parmesan cheese (try Soyco's Soymage brand, available at [galaxyfoods.com](http://galaxyfoods.com))

- Place the lettuce, Parmesan "cheese," croutons, and dressing in a large bowl and toss well to coat.
- Serve immediately.

*Makes 4 servings*

## Thursday

### Breakfast

- Potato and "Bacon" Hash
- Fresh fruit
- Nondairy yogurt

### Potato and 'Bacon' Hash

*Think hearty breakfasts are a thing of the past? Try our favorite morning hash for a filling and satisfying start to your day.*

- 4 medium white potatoes, diced
- 4 Tbsp. olive oil, divided
- 8 oz. tempeh, cut into ½-inch cubes
- 2-3 Tbsp. soy sauce, divided
- 2-3 Tbsp. liquid smoke, divided
- 1 onion, diced

## Two-Week Sample Menus

Salt and pepper, to taste

- Place the potatoes in a medium pot, cover with water, and bring to a boil over medium heat. Boil for 10 to 15 minutes, until tender. Drain, rinse with cold water, and allow to cool.
- In a small skillet, heat 1 Tbsp. of the olive oil over medium heat. Add the tempeh and sprinkle with  $\frac{1}{2}$  of the soy sauce and  $\frac{1}{2}$  of the liquid smoke. Cook until the liquid is absorbed.
- Flip the pieces over and sprinkle with the remaining soy sauce and liquid smoke. Cook for several minutes, until crispy. Set aside.
- In a large skillet, heat the remaining olive oil. Add the onion and the potatoes and cook, stirring occasionally, for approximately 10 minutes. Stir in the tempeh, then add the salt and pepper and serve hot.

*Makes 4 to 6 servings*

### Lunch

Italian Eggplant Sandwich  
Mixed green salad

#### Italian Eggplant Sandwich

*Turn your kitchen into a New York deli with this zesty Italian sub. Molto buono!*

$\frac{1}{2}$  cup soy milk  
Egg replacer equivalent to 1 egg  
Salt, to taste  
1 eggplant, peeled and cut into  $\frac{1}{4}$ -inch-thick slices  
 $\frac{1}{2}$  cup flour  
1 cup Italian-style breadcrumbs  
4 sub rolls, sliced  
 $\frac{1}{2}$ -1 cup marinara sauce

- Preheat the oven to 400°F.
- Combine the soy milk, egg replacer, and salt and

mix well.

- Dredge the eggplant in the flour and shake off the excess. Submerge in the egg replacer mixture and shake off the excess, then coat evenly with the bread crumbs. Place in a single layer on a lightly greased baking sheet.
- Bake, uncovered, for 15 to 20 minutes, or until crispy on the outside and tender on the inside.
- Place on the sub rolls, top with the marinara sauce, and serve immediately.

*Makes 4 servings*

### Dinner

Shepherd's Pie  
Tossed green salad

#### Shepherd's Pie

*This hearty shepherd's pie is the perfect comfort food for a cold winter evening.*

4 or 5 medium potatoes, diced  
2 Tbsp. margarine  
 $\frac{1}{4}$  cup soy milk or nondairy creamer  
Salt and pepper, to taste  
1 bag "burger" crumbles (try Morningstar Farms brand)  
1 can mushroom gravy  
1 small can mixed peas, corn, and carrots, drained  
Salt, garlic powder, pepper, and cayenne pepper, to taste

- Preheat the oven to 350°F. Boil the potatoes for 20 minutes, until tender. Drain, then mash with the margarine and soy milk or nondairy creamer. Add the salt and the pepper.
- In a medium bowl, combine the crumbles, mushroom gravy, peas, corn, carrots, and spices and pour into a pie pan.
- Top with the potatoes, spreading to the edges.
- Bake for 30 to 40 minutes, until the potatoes are browned and the crumble mixture is bubbling.

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Makes 4 to 5 servings

### Friday

#### Breakfast

Chocolate Chip Scones

Creamy Banana-Berry Soy Smoothie

#### Chocolate Chip Scones

*These crispy scones have enough chocolate to seem like an indulgence. Dunk them into your coffee for a delicious start to your morning.*

2 cups self-rising flour  
 3 Tbsp. sugar  
 ½ cup vegetable shortening  
 ½ cup soy milk  
 ¼ cup soft silken tofu  
 1 tsp. vanilla extract  
 ½ cup semisweet chocolate chips

- Preheat the oven to 425°F. Grease a large baking sheet and set aside.
- In a large bowl, combine the flour and the sugar. Using a pastry blender or two forks, cut in the vegetable shortening until coarse crumbs form.
- In a small bowl, whisk together the soy milk, tofu, and vanilla extract.
- Combine with the crumb mixture and the chocolate chips, blending with a fork until a soft dough forms.
- Place on a lightly floured surface and gently knead 5 or 6 times.
- With a lightly floured rolling pin, roll into a 7-inch circle. Cut into 8 wedges.
- Place the wedges 1 inch apart on the baking sheet.
- Pierce the top of each with a fork. Bake for 18 to 20 minutes, until golden brown.
- Serve hot.

Makes 8 scones

#### Creamy Banana-Berry Soy Smoothie

*If you like a thicker smoothie, add more berries. For a sweeter smoothie, add a little sugar or agave nectar.*

8 oz. soy milk  
 ½ frozen banana  
 1 cup frozen raspberries or berry of your choice

- Put all the ingredients into a blender and purée until smooth.

Makes 1 serving

#### Lunch

Veggie salami deli-style sub (try using your favorite veggies, mustard, and Vegenaise)  
 German Potato Salad

#### German Potato Salad

*This vegan version of a German favorite is perfect for any cookout.*

4 large potatoes, scrubbed  
 1 Tbsp. canola oil  
 5 slices Lightlife brand “bacon” strips  
 2 Tbsp. unrefined sugar  
 1 Tbsp. all-purpose flour  
 ½ cup water  
 ¼ cup white wine vinegar  
 ½ cup chopped green onions  
 Salt and pepper, to taste

- Boil the potatoes until tender but still firm. Set aside to cool completely, then coarsely dice.
- Heat the oil in a skillet. Cook the “bacon” until crispy, then crumble and set aside, reserving the oil.
- In the same skillet, combine the sugar, flour, water, and vinegar and cook until thickened.
- Add the potatoes, “bacon,” and green onions and stir to combine.
- Cook until heated through, then season with the salt and pepper. Serve hot.

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*Makes 4 servings*

### Dinner

Enchilada Bake

Spanish rice (try Lipton's Festive Sides Spanish Rice)  
Salsa

### Enchilada Bake

*This recipe is a PETA favorite. It is easy to make and extremely flavorful—a guaranteed crowd-pleaser.*

12 oz. vegetarian burger crumbles (try Morningstar Farms brand, available at [kelloggs.com](http://kelloggs.com))  
1 packet taco seasoning  
2 15.5-oz. cans enchilada sauce  
18 corn tortillas  
2 15.5-oz. cans pinto beans, drained  
2 green onions, chopped  
2 cups vegan cheddar cheese, shredded (try Follow Your Heart brand, available at [followyourheart.com](http://followyourheart.com))  
1 4.5-oz. can diced green chilies  
2 cups Fritos brand corn chips, finely crushed

- Preheat the oven to 375°F.
- In a small bowl, combine the “burger” crumbles and the taco seasoning and set aside.
- Spray a 9- x 13-inch pan with oil.
- Spread a generous amount of the enchilada sauce in the pan and top with 6 corn tortillas, the pinto beans, the green onions, ½ of the shredded “cheese,” and ½ of the green chilies.
- Continue layering with additional enchilada sauce, 6 tortillas, the “burger” crumbles, ½ of the remaining “cheese,” and the remaining green chilies.
- Finish layering with additional enchilada sauce and the remaining tortillas. Top with the remaining enchilada sauce and the remaining “cheese.” Cover in foil and bake for 30 minutes.
- Remove the foil, top with the corn chips, and bake for an additional 15 to 30 minutes, until browned

and bubbling.

*Makes 6 servings*

## Saturday

### Breakfast

Vegan French Toast  
Fresh sliced strawberries and melons  
Veggie sausage

### Vegan French Toast

*Top this breakfast favorite with fresh fruit and Rich's brand nondairy whipped cream.*

1 cup soy milk  
2 Tbsp. flour  
1 Tbsp. nutritional yeast flakes  
1 tsp. sugar or sweetener of your choice  
1 tsp. vanilla  
½ tsp. salt  
Pinch of nutmeg  
6 slices whole-wheat bread

- Preheat the oven to 400°F. Mix the first 7 ingredients in a small bowl.
- Dip the bread slices into the soy milk mixture. Place on a greased cookie sheet and bake until golden on both sides, turning once. (The bread can also be cooked in a nonstick griddle until golden on both sides.)

*Makes 3 servings*

### Lunch

Veggie Tuna Salad  
Pita bread or crackers  
Fresh-cut vegetables

### Veggie Tuna Salad

*Freezing the tofu gives it a meatier texture that's suitable for faux tuna. Serve it on bread or a bed of lettuce.*

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1 lb. firm tofu, frozen and thawed  
 1 celery stalk, diced  
 1 Tbsp. minced red onion  
 2 Tbsp. grated carrot  
 ½ cup eggless mayonnaise  
 2 Tbsp. tamari  
 1 Tbsp. lemon juice  
 ½ tsp. kelp powder

- Squeeze the excess moisture from the tofu and crumble into small pieces.
- Combine with the celery, onion, and carrot.
- In a small bowl, stir together the mayonnaise, tamari, lemon juice, and kelp powder. Combine with the tofu mixture.

*Makes 6 servings*

### Dinner

Tempeh Creole (This recipe is a little labor-intensive, but it's well worth the effort—save the leftovers for lunch during the week.)

Steamed brown rice

### Tempeh Creole

*There are two secrets to this dish: The first is to braise the tempeh for 45 to 60 minutes so that it softens and soaks up the flavors, and the second is to simmer the creole for at least 30 minutes. The longer you simmer it, the more flavorful it will become.*

*For the Marinade:*

8 Tbsp. shoyu (soy sauce)  
 2 Tbsp. Creole seasoning  
 8 slices fresh ginger  
 2 1-inch pieces kombu (sea vegetable)  
 ¼ tsp. sea salt  
 2 garlic cloves, sliced  
 6 cups water

- Combine all the ingredients.

*For the Tempeh:*

2 8-oz. pkgs. tempeh  
 3 Tbsp. Creole seasoning  
 ½ cup unbleached flour  
 4 Tbsp. canola oil  
 2 cups chopped onion  
 1 cup chopped bell pepper  
 1 cup chopped celery  
 2 cups peeled, seeded, and chopped tomatoes  
 1 Tbsp. chopped garlic  
 5 bay leaves  
 ¼ tsp. dried thyme  
 ¼ tsp. dried oregano  
 ¼ tsp. dried basil  
 ½ cup dry red wine  
 Salt, to taste  
 Cayenne pepper, to taste  
 Freshly ground black pepper, to taste  
 3 Tbsp. chopped green onion  
 2 Tbsp. finely chopped parsley

- Cut each package of tempeh into 12 thin slices on a bias and simmer in the marinade for at least 45 minutes. Remove from the marinade, reserving the liquid. Combine the Creole seasoning and the flour in a bowl.
- Dredge the tempeh in the flour mixture, coating completely.
- Heat the oil in a large pan. Add the tempeh and brown on both sides. Remove from the pan and set aside. (You may need to do this in 2 batches.)
- Place the onion, bell pepper, and celery in the pan. Cook over medium heat for 5 minutes, until wilted. Add the tomatoes and garlic. Cook for 3 minutes over medium heat.
- Add the tempeh, bay leaves, thyme, oregano, basil, wine, and reserved liquid. Season with the salt, cayenne pepper, and black pepper. Simmer for 30 minutes.
- Remove the bay leaves and garnish with the green onion and the parsley.

*Makes 6 to 8 servings*

## Two-Week Sample Menus

### Sunday

#### Brunch

"Bacon," Potato, and Green-Onion Frittata  
 Toast  
 Fruit salad

#### 'Bacon,' Potato, and Green-Onion Frittata

*This recipe is perfect for Sunday brunch or breakfast.*

¼ cup olive oil  
 1 onion, finely chopped  
 4-5 green onions, chopped and the green and white parts separated  
 4 garlic cloves, minced  
 2 medium potatoes, shredded (or 2 cups frozen shredded potatoes)  
 2 tsp. salt, divided  
 ½ tsp. pepper, divided  
 2 lbs. firm tofu  
 2-3 Tbsp. soy sauce, to taste  
 4 Tbsp. nutritional yeast (optional)  
 2-3 Tbsp. faux-bacon bits (try Bacos brand)

- Preheat the oven to 350°F.
- In a large skillet, heat the oil over medium heat. Add the onion and the white parts of the green onions and sauté for 2 to 3 minutes. Add the garlic and sauté for 30 seconds. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and ¼ tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until well-browned.
- Blend the remaining salt and pepper, the tofu, soy sauce, and nutritional yeast in a food processor until creamy. Fold in the faux-bacon bits, the green parts of the green onions, and the fried potatoes. Pour into a large oiled pie or tart pan.
- Bake for 30 to 40 minutes, until the center is firm.
- Cool for 10 minutes, then invert onto a serving plate.

*Makes 6 servings*

#### Dinner

Carrot-Ginger Soup  
 Grilled Tofu With Tamarind Glaze  
 Steamed rice  
 Fresh asparagus

#### Carrot-Ginger Soup

*Fragrant dill and ginger bring out the mild sweetness of the carrots in this delicious dish.*

1 onion, chopped  
 1 Tbsp. margarine  
 1½ lbs. diced carrots  
 1 tsp. grated fresh ginger  
 2 tsp. crushed coriander seeds  
 4 cups vegetable stock or water  
 Salt and pepper, to taste

- Fry the onion over medium-high heat in the margarine for approximately 5 minutes, until transparent. Add the carrots, ginger, and coriander seeds and cook for 5 minutes more.
- Add the stock or water and bring to a boil. Cover and cook until the carrots are tender.
- Purée in a blender, then strain through a sieve.
- Reheat and season with the salt and pepper. Serve hot with bread.

*Makes 4 servings*

#### Grilled Tofu With Tamarind Glaze

*Tamarind and cayenne pepper give this grilled dish a delicious Indian flavor.*

2 pkgs. extra-firm tofu  
 Salt and pepper, to taste  
 2 Tbsp. margarine  
 2 shallots, minced  
 2 garlic cloves, minced  
 3 tomatoes, chopped  
 ¼ cup ketchup  
 ¼ cup water

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- 2 Tbsp. Dijon mustard
- 2 Tbsp. dark brown sugar
- 3 Tbsp. brown rice syrup or molasses
- 2 Tbsp. tamarind concentrate
- 1 tsp. cayenne
- 1 Tbsp. ancho chili powder
- 1 Tbsp. paprika
- 1 Tbsp. soy sauce

- Cut each block of tofu into 4 slabs, season with the salt and pepper, and set aside.
- Heat the margarine in a large saucepan over medium-high heat. Add the shallots and the garlic and sauté for 2 minutes. Add the remaining ingredients (except for the tofu) and cook for 15 minutes.
- Process in a blender until smooth.
- Return to the saucepan and cook for 15 minutes more.
- Let cool and pour over the tofu, then marinate in the refrigerator for at least 2 hours.
- Remove the tofu from the marinade and grill on each side until grill marks appear. In the meantime, reheat the marinade.
- Remove the tofu from the grill, brush each side with the sauce, and serve immediately.

*Makes 4 servings*

### Monday

#### Breakfast

Biscuits with veggie sausage patties (try quick-baking Pillsbury biscuits in the refrigerated section of your grocery store with Lightlife's Gimme Lean "sausage" or Gardenburger's "sausage" patties)  
Fresh fruit

#### Lunch

Creamy Pasta Salad With Artichoke Hearts  
Crusty Italian bread

#### Creamy Pasta Salad With Artichoke Hearts

*This is no ordinary pasta salad. It's got (artichoke) heart and soul and will add zest to any luncheon.*

- ¼ cup vegan mayonnaise
- 2 Tbsp. lemon juice
- 2 cups cooked whole wheat pasta, such as elbow macaroni, rotini, or small shells
- 4 green onions, chopped
- 1 6-oz. jar artichoke hearts, drained and sliced
- 1½ Tbsp. fresh or ½ Tbsp. dried basil
- ½ tsp. salt

- Combine the vegan mayonnaise and the lemon juice with the pasta. Add the green onions, artichoke hearts, basil, and salt and mix well.
- If the salad is too dry, add more vegan mayonnaise and/or lemon juice.

*Makes 4 servings*

#### Dinner

Buffalo Wing-Style "Chicken" Nuggets  
Vegan Ranch Dressing  
Baked French fries  
Celery sticks  
Carrot sticks

#### Buffalo Wing-Style 'Chicken' Nuggets

*If you want more heat from this dish, add cayenne pepper to the Shake 'n Bake mix. Serve it with Vegan Ranch Dressing.*

- 1 roll Chickettes, torn into chunky pieces
- ¼ cup vegetable oil (replace with 1 or 2 Tbsp. water or soy milk for a low-fat version)
- 1 pkg. Shake 'n Bake brand Buffalo-wing coating powder

- Place the Chickette pieces in a plastic bag.
- Pour in the oil and shake to coat. Add the coating powder and shake again.
- Dump the nuggets onto a nonstick cookie sheet

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and bake for 20 minutes at 350°F.

- Serve hot.

*Makes 4 servings*

### Vegan Ranch Dressing

*This dressing is fantastic on anything—salads, raw veggies, rice—you name it.*

- ½ cup Nayoanise
- ½ cup Vegenaise
- ¼ cup soy milk
- ½ tsp. garlic salt
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. black pepper
- 2 rounded tsp. fresh chopped parsley
- 1½ tsp. apple cider vinegar
- ¼ tsp. dill

- Place all the ingredients in a blender and combine until creamy.

*Makes approximately 1 cup*

## Tuesday

### Breakfast

Soy yogurt with granola (check out our shopping guide for a list of great vegan granolas)

### Lunch

Vegetarian hot dog (try Yves and Lightlife brands)

Vegetarian baked beans (try Bush's brand)

Rainbow Salad

### Rainbow Salad

*Crispy, colorful vegetables tossed in a simple dressing highlight the vegetables' flavors without overpowering them.*

- 3 cups shredded green cabbage
- 1½ cups shredded purple cabbage
- 2 carrots, grated
- 3 green onions, sliced
- 2 celery stalks, thinly sliced
- ¼ cup Nayoanise
- 2 tsp. lemon juice

- Combine the cabbage, carrots, onions, and celery in a large bowl. Add the Nayoanise and lemon juice and toss to mix.

*Makes 6 to 8 servings*

### Dinner

Portobello-and-Red Pepper “Quesadillas”

Tortilla chips with guacamole and salsa

### Portobello-and-Red Pepper ‘Quesadillas’

*This Candle Café specialty will wow anyone who tries it.*

*For the Bean Purée:*

- 1 cup white, black, or pinto beans
- 1 1-inch piece kombu
- 1 minced garlic clove, or ½ tsp. garlic powder
- ½ tsp. chili or chipotle powder
- ½ tsp. sea salt
- 1 tsp. fresh lime juice
- 2 Tbsp. chopped cilantro

- Pick over and rinse the beans and place in a bowl with the kombu. Add enough water to cover by about 2 inches. Set aside to soak for 6 to 8 hours (or overnight).
- Drain, reserving the kombu, and transfer the beans to a soup pot. Add 6 cups of water and bring to a boil over high heat. Reduce the heat and simmer, uncovered, for 40 to 50 minutes, until just tender. Drain and set aside, reserving about 1 cup of the cooking liquid.
- Transfer the beans to a food processor or blender. Add the garlic, chili powder, sea salt, lime juice,

## Two-Week Sample Menus

cilantro, and a bit of the cooking liquid and pulse until smooth. Taste and adjust the seasonings. The purée can be made up to 3 days in advance and kept in the refrigerator.

### *For the Mushroom-and-Pepper Filling:*

1 Tbsp. extra-virgin olive oil  
Sea salt, to taste  
Freshly ground black pepper, to taste  
2 large portobello mushrooms, thinly sliced  
1 red bell pepper, stemmed, seeded, and thinly sliced

- Preheat the oven to 350°F. Combine the olive oil, salt, and pepper. Add the mushrooms and the pepper and toss to coat. Place on a baking sheet in a single layer and roast for 30 to 45 minutes. Set aside.

### *To Assemble:*

2 12-inch flour tortillas  
1 small red onion, very thinly sliced  
¾ cup grated soy cheese

- Fill each tortilla with some of the bean purée and some of the mushroom-and-pepper filling. Top with the onion and the soy cheese and fold over. Bake at 350°F until warmed through, about 15 minutes, turning once. Or, for a crisper result, broil or grill for about 5 minutes per side.
- Cut into quarters and serve at once.

*Makes 4 servings*

## Wednesday

### Breakfast

Oatmeal with walnuts and raisins (Most commercial oatmeal is vegan—just add maple syrup for extra flavor.)

### Lunch

BBQ Tofu Salad  
Tossed green salad

### BBQ Tofu Salad

*Serve this salad on a hoagie roll with lettuce, tomato, and onion for a quick and delicious meal.*

½ lb. firm tofu (preferably herbed tofu)  
½ cup diced green peppers  
½ cup diced Spanish onion  
2 Tbsp. roughly chopped cilantro  
½ tsp. cumin  
½ cup whole kernel corn  
½ cup vegan mayonnaise  
¼ cup barbecue sauce

- Wrap the tofu in clean towels and gently squeeze out the water. Dice into ½-inch cubes.
- Combine with the peppers, onion, and cilantro in a large bowl, taking care not to break the tofu cubes.
- Combine the remaining ingredients in a small bowl, then combine with the tofu mixture.

*Makes 6 servings*

### Dinner

Tomato, Cucumber, and Basil Salad  
Alfredo-Style Fettuccine  
Garlic bread topped with Earth Balance brand vegan buttery spread

### Tomato, Cucumber, and Basil Salad

*by PCRM Nutrition*

*Simple seasonings highlight the tomato and cucumber in this tasty salad.*

½ large English cucumber, peeled, quartered, and sliced  
4 fresh tomatoes, quartered and sliced  
½ cup fresh basil leaves  
3-4 Tbsp. balsamic vinegar  
Fresh cracked black pepper, to taste

## Two-Week Sample Menus

- Arrange the cucumber and the tomato in a flat bowl. Add the basil leaves, dress with the balsamic vinegar, and sprinkle with the fresh cracked black pepper.

*Makes 6 servings*

### Alfredo-Style Fettuccine

*This vegan version is so delicious that you will never miss the dairy products!*

- 1 Tbsp. olive oil
- 1 small yellow onion, chopped
- 1 Tbsp. dry white wine
- ½ cup blanched almonds
- 6 oz. silken tofu
- 1 Tbsp. white miso paste
- 1½ cups soy milk
- ½ tsp. salt or more, to taste
- Dash of ground nutmeg
- Dash of cayenne pepper
- 1 lb. whole wheat fettuccine
- 2 Tbsp. minced fresh parsley

- Heat the oil in a skillet over medium heat. Add the onion, cover, and cook without browning, until the onion is tender, about 5 to 7 minutes. Stir in the wine and set aside.
- Finely grind the almonds in a blender or a food processor. Add the reserved onion mixture and purée until smooth. Add the tofu and the miso paste and process until blended. Add 1 cup of the soy milk and the salt, nutmeg, and cayenne pepper and process until smooth. Slowly add as much of the remaining soy milk as necessary until the desired consistency is reached. Transfer to a saucepan and heat over low heat. Taste and adjust the seasonings if necessary.
- Keep warm until the pasta is ready.
- Cook the fettuccine in a large pot of boiling salted water until *al dente*, about 10 minutes. Drain well

and place in a shallow serving bowl. Add the sauce and toss to combine.

- Sprinkle with the parsley and serve hot.

*Makes 4 servings*

## Thursday

### Breakfast

Cereal with soy milk (Check out our shopping guide for a list of great vegan cereals.)

Fresh fruit

### Lunch

Vegan Sloppy Joes (If you're taking this to the office, be sure to pack the bread and the filling in separate containers.)

Red Potato Salad

Fresh fruit

### Vegan Sloppy Joes

*This "Sloppy Joe" filling is great when you're in a rush to satisfy your hunger. It's easy, quick, hearty, and healthy.*

- 1 Tbsp. olive oil
- 1 Tbsp. molasses
- ½ lb. tofu, crumbled
- 1 6-oz. can tomato paste
- 2 Tbsp. Dijon mustard
- 1 small onion, chopped
- 1 medium tomato, chopped
- Oregano, to taste
- Cayenne pepper, to taste
- 1 small jar mushrooms, drained and sliced
- 2 Tbsp. ketchup
- 1 Tbsp. rice vinegar
- Salt, to taste
- Pepper, to taste
- Sandwich buns, tortillas, or pita bread

- Heat the olive oil in a saucepan and add the molasses. Add the tofu and cook to brown, stirring constantly.

## Two-Week Sample Menus

- Add the tomato paste and mix well, adding water to achieve the desired consistency. Stir in the mustard, onion, and tomato, then add the oregano and the cayenne pepper and mix well.
- Stir in the mushrooms, ketchup, and vinegar and season with the salt and pepper.
- When thoroughly heated, serve on toasted sandwich buns or in tortillas or pita shells.

*Makes 4 servings*

### Red Potato Salad

*The spicy dressing is countered by the sweet red grapes.*

- 20 red potatoes, quartered
- ½ cup minced red onions
- 1 cup seedless red grapes, halved
- ¼ cup chopped cilantro
- ¼ cup vegan mayonnaise (try Veganaise, available at most health-food stores)
- 3 tsp. mustard
- ¼ tsp. pepper

- Boil the potatoes until tender. Drain and set aside.
- When cool, toss gently with the remaining ingredients.

*Makes 4 to 6 servings*

### Dinner

“Hamburger”-Macaroni Casserole  
Tossed salad

### ‘Hamburger’-Macaroni Casserole

*Looking for a quick-and-easy meal to satisfy those picky eaters in your family? Then try this recipe—it’s sure to please everyone at the dinner table.*

1½ cups macaroni

- 1 medium onion, chopped
- ¼ cup chopped green pepper
- 1 Tbsp. vegetable oil
- 12 oz. faux ground beef-style crumbles (try Morningstar Farms brand, available at kellogggs.com)
- ½ cup whole kernel corn
- 1 can tomato soup
- ¾ tsp. salt
- ¼ tsp. pepper
- ½ tsp. garlic powder
- Dash of cayenne pepper
- 1 small can French-fried onions, ground to crumbs

- Cook the macaroni according to the package directions. Drain, pour into a large bowl, and set aside.
- In a skillet over medium heat, sauté the onion and the green pepper in the oil until tender.
- Preheat the oven to 350°F.
- Combine the macaroni with the onion-and-green pepper mixture, the vegan burger crumbles, corn, soup, salt, pepper, garlic powder, and cayenne pepper and mix well. If too dry, add just enough water to moisten. Pour into a 10-inch square baking dish, top with the French-fried onions, and bake for 15 minutes, or until the fried onions are lightly browned.

*Makes 6 servings*

## Friday

### Breakfast

Bagel with nondairy cream cheese (try Tofutti brand)  
Fresh fruit  
Nondairy yogurt (try WholeSoy or Silk brands)

### Lunch

Veggie burger (try the Boca brand vegan patty)  
Roasted Potatoes  
Celery sticks  
Cubed watermelon

## Two-Week Sample Menus

### Roasted Potatoes

*Easy roasted potatoes are the perfect side dish for any meal.*

4 medium-large potatoes  
 2 tsp. Schilling brand garlic-and-herb seasoning or other seasoning mix  
 ¼ tsp. salt  
 Freshly ground black pepper, to taste

- Preheat the oven to 500°F.
- Scrub the potatoes and cut into strips.
- Lightly spray a 9- x 13-inch baking dish with nonstick spray. Spread the potatoes in the dish. Sprinkle with the seasonings and toss to mix. Bake until tender when pierced with a fork, about 30 minutes.

*Makes 4 servings*

### Dinner

Chipotle Split-Pea Soup  
 Tomato-Onion Tarts  
 Fresh tossed salad

### Chipotle Split-Pea Soup

*Chipotle is a smoked jalapeño that adds a smoky flavor without the ham hock.*

2 cups dried split peas  
 8 cups boiling water  
 1 medium-size onion, chopped  
 2 garlic cloves, minced  
 2 carrots, sliced diagonally  
 ½ cup chopped parsley  
 1 tsp. finely cut chipotle  
 1 Tbsp. low-sodium soy sauce

- Simmer the split peas in the boiling water for

approximately 1 hour, until soft.

- Add the remaining ingredients and continue boiling until the vegetables are tender, adding more water as needed.

*Makes 10 servings*

### Tomato-Onion Tarts

*Pastry squares are topped with sautéed onion, fresh tomato, and salty olives for a perfectly balanced, elegant appetizer.*

1 sheet puff pastry, thawed  
 2 Tbsp. olive oil  
 1 large onion, thinly sliced  
 ½ tsp. chopped fresh thyme  
 2 medium tomatoes, cut into ¼-inch slices  
 8 kalamata or niçoise olives, pitted and sliced

- Roll the puff pastry into a 10-inch square. Cut into 8 squares, place on a nonstick baking sheet, pierce all over with a fork, and chill.
- Preheat the oven to 400°F.
- Heat the oil in a small skillet over medium heat. Add the onion and thyme and cook, stirring occasionally, until the onion softens and begins to brown. Transfer to a bowl and chill for 15 minutes.
- When cool, spread the onions on the centers of the pastry squares, leaving the edges bare. Top with a tomato slice and a couple of olive slices. Bake 20 to 30 minutes, until puffy and golden.
- Cool slightly and serve.

*Makes 4 servings*

## Saturday

### Breakfast

Apple-Pecan Pancakes with maple syrup  
 Veggie sausage (try Gardenburger brand)

### Apple-Pecan Pancakes

*Looking for the perfect Sunday brunch? Try these*

## Two-Week Sample Menus

*yummy pancakes smothered in maple syrup or caramel sauce for a delicious start to your day.*

- 1½ cups soy milk
- ½ cup soft silken tofu
- ⅓ cup solid vegetable shortening
- 1½ cups all-purpose flour
- 2½ tsp. baking powder
- 1 tsp. salt
- 1 tsp. cinnamon
- 2 medium apples, peeled, cored, and quartered
- ¼ cup pecans, coarsely crushed
- Vegetable oil sufficient for frying
- Nondairy margarine (as a condiment)
- Maple syrup (as a condiment)

- Place the soy milk, tofu, vegetable shortening, flour, baking powder, salt, cinnamon, and apples in a food processor and pulse until blended and the apples are finely chopped. Fold in the pecans.
- Coat a griddle or a large frying pan with a thin layer of the vegetable oil and heat over medium heat. Pour ¼ cup of the batter onto the hot griddle. Cook until bubbles appear, then flip and cook until lightly browned. Repeat until the remaining batter is used.
- Serve immediately with nondairy margarine and maple syrup.

*Makes 4 servings*

### Lunch

- Tex-Mex Tortilla Wraps
- Tossed salad with Vegan Ranch Dressing or Vegan Thousand Island Dressing

### Tex-Mex Tortilla Wraps

*Brown-baggers: You can turn lunchtime into a fiesta with these portable Tex-Mex treats.*

- 1 15-oz. can black beans, rinsed and drained

- 2 Tbsp. lime juice
- 2 Tbsp. orange juice
- 2 garlic cloves, coarsely chopped
- ⅓ tsp. salt
- Cayenne pepper, to taste
- 3 scallions, finely chopped
- ¼ cup chopped red or green bell peppers
- 4 flour or corn tortillas
- Salsa

- Place the beans, lime juice, orange juice, garlic, salt, and cayenne pepper in a food processor and process until smooth. Spoon into a bowl and stir in the scallions and bell peppers.
- Spread ¼ of the mixture onto each tortilla. Roll tightly and top with the salsa.

*Makes 4 servings*

### Dinner

- “Better Than Beef” Stroganoff
- Tossed green salad

### ‘Better Than Beef’ Stroganoff

*Short on time but looking for a hearty meal? Then try this vegan version of a family classic—it’s sure to please everyone at the dinner table.*

- 1 1-lb. bag egg-free pasta
- ½ cup chopped onion
- 1 Tbsp. vegetable oil
- 1 1-lb. pkg. Morningstar brand “burger” crumbles
- 1 10¼-oz. can Franco-American brand mushroom gravy
- 2 4½-oz. cans sliced mushrooms, drained
- ⅓ tsp. garlic powder
- ¼ tsp. pepper
- ⅓ tsp. salt
- ½ tub Tofutti Sour Supreme
- ¾ cup white cooking wine (optional)

- Cook the pasta in boiling water until the desired tenderness is reached.

## Two-Week Sample Menus

- In a large skillet, brown the onion in the oil. Add the remaining ingredients, stir, and cook over medium heat for 15 minutes.
- Drain the pasta and top with the sauce before serving.

*Makes 4 servings*

### Sunday

#### Brunch

Tofu Scramble  
Hash browns  
Toast  
Fresh fruit

#### Tofu Scramble

*Tofu is an “eggcellent” egg replacement in this tasty breakfast scramble.*

2-3 Tbsp. extra-virgin olive oil  
1 sweet onion, cut into chunks  
5 garlic cloves, minced  
½ tsp. ground ginger  
½ tsp. chili powder  
½ yellow or green bell pepper, seeded and chopped  
1 cup sliced mushrooms  
4 tomatoes, chopped  
1 lb. firm tofu, drained well and cut into bite-size pieces  
Tamari, to taste  
Freshly ground pepper, to taste  
Freshly snipped chives, to taste  
4 fresh corn tortillas, warmed

- Heat the olive oil over medium heat in a large skillet. Add the onion and sauté for 5 minutes, until softened.
- Add the garlic and spices, stir, and cook for 1 minute. Add the pepper and mushrooms, stir-frying

until tender-crisp.

- Add the tomatoes and tofu. Gently stir-fry for 3 to 4 minutes. Sprinkle with the tamari sauce and season with the fresh pepper and chives. Serve on a warm plate with a warm tortilla.

*Makes 4 servings*

#### Dinner

Asian Fusion Salad  
Scallion Pancakes  
Spicy Sesame Noodles

#### Asian Fusion Salad

*by PCRM Nutrition*

*This colorful salad is perfect as a main course or as a starter for an Asian-style meal.*

1 sweet red bell pepper, cut in half, seeds and pith removed  
2 carrots, julienned  
1 cup snow peas, cut into 1-inch diagonal slices and tips trimmed  
1 large cucumber, peeled and julienned  
1½ cups bean sprouts, rinsed and drained  
1 head red-leaf lettuce, washed, drained, and torn into bite-size pieces  
8 oz. flavored baked tofu (try teriyaki, sesame, ginger, peanut, or spicy Thai flavors)  
1 Tbsp. balsamic vinegar  
1 tsp. soy sauce  
1 tsp. sesame oil  
¼ tsp. Thai chili paste (or other chili sauce)  
½ cup bottled salad dressing (try sesame-shiitake, lemon-tahini, or cilantro-lime flavors)

- Cut the red pepper into thin slices, then cut each diagonally into thirds.
- Submerge the carrots in boiling water for 3 to 4 minutes. Rinse with cold water and drain.
- Combine the red pepper and the carrots with the snow peas, cucumber, bean sprouts, and lettuce and create an indentation in the center of the mixture.

## Two-Week Sample Menus

- Cut the tofu into ¼-inch slices, then cut across to make bite-sized pieces.
- Stir together the vinegar, soy sauce, sesame oil, and chili paste. Pour over the tofu and toss.
- Place the tofu mixture in the center of the salad just before serving.
- Serve with the salad dressing of your choice (either tossed with the salad or served on the side).

*Makes 8 servings*

### Scallion Pancakes

*Flaky scallion pancakes are great as an appetizer or a meal.*

- 4 cups all-purpose flour
  - 1½ cups cool water
  - 3 Tbsp. vegetable shortening
  - Salt, to taste
  - 2 bunches green onions, finely chopped
  - Vegetable oil sufficient for frying
  - Salt, to taste
  - Soy sauce, to taste (optional)
- In a medium bowl, mix the flour with the water until a dough forms. Turn out onto a lightly floured surface and knead for a few minutes. Place in a bowl, cover, and set aside for 30 minutes.
  - Roll to a ⅛-inch thickness. Spread a thin layer of the vegetable shortening over the entire surface, then sprinkle generously with the salt. Top with the green onions, pressing lightly into the dough.
  - Beginning at one edge, roll the dough into a long jellyroll shape.
  - Pinch or twist off (do not cut) fist-size pieces of the dough. On a floured surface, using a floured rolling pin, roll each piece to a ⅛-inch thickness. If some of the green onions come out, push them back in.
  - Pour the vegetable oil into a skillet until ¼-inch deep. Heat over medium heat, then add 2 or 3

pancakes. Cook for approximately 3 minutes on one side, then flip and cook for 2 minutes before placing on a paper towel-lined plate. Season with the salt and serve immediately with the soy sauce for dipping if desired.

*Makes 10 to 12 pancakes*

### Spicy Sesame Noodles

*A quick-and-easy peanut butter sauce over noodles makes a tasty meal.*

- ¾ cup peanut butter
- 4 Tbsp. soy sauce
- 2 garlic cloves, minced
- 1 green onion, chopped
- 2 Tbsp. sesame oil
- 1 tsp. cayenne pepper
- ½ lb. linguine
- 2 Tbsp. toasted sesame seeds

- In a saucepan, combine the peanut butter, soy sauce, garlic, and green onion and mix well.
- Add the sesame oil and the cayenne pepper. Heat slowly over medium-low heat, whisking until smooth.
- Meanwhile, cook the linguine according to the package directions. Drain.
- Place in a large bowl, add the peanut sauce, and toss to coat. Garnish with the toasted sesame seeds.
- Serve hot or cold.

*Makes 4 servings*

## Two-Week Sample Menus

**If you're always in a hurry, check out these convenient refrigerated and frozen vegan foods.**

### Meals

- Amy's Enchiladas With Spanish Rice and Beans
- Amy's Nondairy Vegetable Pot Pie
- Boca's Meatless Chili
- Celentano's Vegetarian Eggplant Parmigiana
- Fantastic Foods' Vegetarian Pad Thai
- Gardenburger's Meatloaf With Broccoli and Red Peppers
- Lightlife's Smart BBQ
- TofuTown's Tofu Tenders (try the Havana Black Bean flavor)
- Yves' Veggie Lasagna

**Have the mid-afternoon munchies? Check out these tasty vegan snacks!**

### Snacks

- Applesauce with raisins
- Black-bean dip or Festive Salsa and baked tortilla chips
- Fresh fruit
- Fresh-cut veggies with Annie's Goddess Dressing
- Fruit Skewer With "Yogurt" Sauce
- Fruit Smoothie (try freezing in Popsicle containers for a tasty treat)
- Granola
- Hummus and pita bread
- S'mores (try using Nabisco Original Graham Crackers, Ricemellow Crème, and vegan chocolate—try Chocolove's Dark Chocolate Bar or Newman's Own Sweet Dark Chocolate)
- Spiced Party Nuts
- Spicy Pizza Bagels
- Swiss Rolls
- Taffy-Apple Dip with apples and pears
- Vegan Peanut Butter Granola Mix

### Festive Salsa

*Easy, spicy salsa is tasty on tacos, burritos, and wraps or with tortilla chips.*

- 1 Tbsp. chopped roasted hot oriental peppers
- 1 cup fresh or frozen green or red chili peppers (mild to medium spiciness)
- 1 cup tomatoes, seeded and finely chopped
- 1 cup peeled and finely chopped white onion
- 2 cloves fresh garlic, peeled and finely chopped
- 2-3 tsp. vinegar
- Salt and pepper, to taste

- Blend all the ingredients in a blender for a few seconds, until a thick, chunky juice forms.

*Makes approximately 6 servings*

### Fruit Skewer With 'Yogurt' Sauce

*Beautiful fruit kebabs served with a creamy lemon-strawberry dip make excellent hors d'oeuvres for a cocktail party and are also wonderful at breakfast or as a snack.*

- ½ cup strawberry soy yogurt
- 1 tsp. Just-Like-Honey Rice Nectar (available at [www.suzannes-specialties.com](http://www.suzannes-specialties.com)) or agave syrup
- ¼ tsp. freshly grated nutmeg
- 2 tsp. lemon juice
- Watermelon, balled
- Cantaloupe, balled
- Honeydew melon, balled
- Pineapple, cut into 1-inch chunks
- Strawberries, sliced in half
- Seedless white grapes
- 4 wooden skewers

- Combine the yogurt, Just-Like-Honey or agave, nutmeg, and lemon juice. Set aside.
- Thread the fruit on the skewers.
- Serve with the "yogurt" sauce.

*Makes 4 servings*

## Two-Week Sample Menus

### Fruit Smoothie

*Combine any of your favorite fruits with soy milk to make a nutritious and delicious blended drink.*

*Freezing the fruits first makes smoothies extra thick and creamy.*

- 1 cup soy milk
- 1 medium banana, cut into chunks and frozen
- ½ cup of your favorite fruit, frozen (try strawberries, peaches, or pitted cherries)
- 1 Tbsp. maple syrup
- Dash of cinnamon

- Place all the ingredients in a blender and purée until smooth.

*Makes 2 cups*

### Spiced Party Nuts

*Curry powder, chili powder, ginger, and cinnamon coat almonds for a warming afternoon snack.*

- ½ tsp. ground cumin
- ½ tsp. chili powder
- ½ tsp. curry powder
- ½ tsp. garlic salt
- ¼ tsp. cayenne pepper
- ¼ tsp. ground ginger
- ¼ tsp. ground cinnamon
- 2 Tbsp. olive oil
- 2 cups shelled whole almonds or pecan halves

- Preheat the oven to 325°F. In a bowl, combine the cumin, chili powder, curry powder, garlic salt, cayenne pepper, ginger, and cinnamon. Set aside.
- Heat the oil in a nonstick skillet over low heat. Add the spice mixture and stir well. Cook for 3 to 4 minutes, stirring frequently. Place the nuts in a bowl, add the spice mixture, and toss to coat.
- Spread the nuts in a single layer on a baking sheet. Bake for 15 minutes, shaking the pan once or

twice. Remove the baking sheet from the oven and use a rubber spatula to toss the nuts with the oil and spices that have accumulated on the bottom of the pan. Cool for 1 hour, then store in an airtight container.

*Makes 2 cups*

### Spicy Vegan Pizza Bagels

*Easy and delicious, these pizzas are a great snack.*

- 1 bagel
- 1 small can tomato sauce
- Hot sauce, to taste
- Garlic salt, to taste
- Shredded vegan mozzarella cheese
- Veggies (optional)

- Slice the bagel in half and top with the desired amount of the tomato sauce.
- Add a few drops of the hot sauce and sprinkle with the garlic salt.
- Top with the vegan cheese and with the veggies if desired. Place in a toaster oven and heat until the “cheese” melts.
- For a milder version, omit the hot sauce.

*Makes 1 serving*

### Swiss Rolls

*These scrumptious Italian tortilla wraps make a perfect snack or appetizer.*

*For the Spread:*

- 4 cloves garlic
- ½ cup olives, pitted
- 1 Tbsp. olive oil
- 1 Tbsp. grated nondairy Parmesan
- Salt, to taste

- Place all the ingredients in a mortar and crush into a fine paste with a pestle.

## Two-Week Sample Menus

### *For the Rolls:*

4-5 slices stale bread  
1 Tbsp. olive oil

- Preheat the oven to 375°F.
- Remove the crusts from the bread and roll each slice with a rolling pin. Top with a small amount of the spread and roll up evenly. With a bread knife, cut into ½-inch circles.
- Toss in the olive oil and bake for about 5 minutes.
- Turn and bake for 5 minutes, until crispy.
- Serve as appetizers.

*Makes 4 servings*

### **Taffy Apple Dip**

*This creamy apple dip is also delicious with other firm fruits or with pretzels.*

8 oz. nondairy cream cheese, softened (try Tofutti brand, available at Tofutti.com)  
2 Tbsp. granulated sugar  
¾ cup firmly packed light or dark-brown sugar  
1 Tbsp. vanilla extract  
1 cup unsalted peanuts or walnuts, coarsely chopped  
4-5 apples, sliced into wedges

- In a small bowl, combine the nondairy cream cheese, sugars, and vanilla and stir until smooth. Stir in the nuts.
- Cover and leave in the refrigerator for several hours or overnight for the flavors to develop.
- Serve with the sliced apples or with pears, bananas, or pretzels.

*Makes 1 cup*

### **Vegan Peanut Butter Granola Mix**

*This is a snack that is easy, tasty, and good for you.*

1 cup pretzel sticks, broken in half  
1 cup raisins  
1 cup crumbled Nature Valley® Crunchy Peanut Butter Granola Bars  
1/2 cup sunflower kernels

- Combine all the ingredients in a gallon-size plastic bag and shake until completely mixed.

*Makes 3 1/2 cups*

**Satisfy your sweet tooth with these delicious goodies!**

### **Desserts**

- Apple Cobbler
- Carrot Cake
- Chocolate Chip Brownies
- Chocolate Chip Cookies
- Date-Crumb Squares
- Fresh Apricot Crisp
- Peanut Butter Rice Crispy Treats
- Vegan Cheesecake
- Vegan Oatmeal Cookies

### **Apple Cobbler**

*Take one bite of this scrumptious cobbler, and your taste buds will be turning cartwheels.*

3-4 Granny Smith apples  
1 tsp. ground cinnamon  
½ tsp. ground cloves  
½ tsp. ground allspice  
½ tsp. grated nutmeg  
1 cup plus 1 tsp. sugar  
½ cup (1 stick) margarine  
1 cup unbleached all-purpose flour

- Preheat the oven to 350°F. Grease a 9-inch pan.
- Cut the apples into thin slices and place in the pan. Sprinkle with the spices and 1 tsp. of the sugar.
- Melt the margarine in a medium saucepan over

## Two-Week Sample Menus

medium heat. Add the flour and the remaining sugar. Pour over the apples.

- Bake for 20 to 30 minutes, until the crust is lightly browned.

*Makes 6 to 8 servings*

### Carrot Cake

*The creamy tofu frosting perfectly matches the moist and flavorful cake.*

*For the Cake:*

- 2 cups grated carrots
- 1½ cups raisins
- 2 cups water
- 1½ tsp. cinnamon
- 1½ tsp. allspice
- ½ tsp. cloves
- 1 cup sugar
- ½ tsp. salt
- 3 cups unbleached or whole-wheat pastry flour
- 1½ tsp. baking soda
- 1 cup soy milk

- Preheat the oven to 350°F.
- Simmer the carrots, raisins, water, and spices in a saucepan for 10 minutes. Stir in the sugar and salt and simmer for 2 minutes. Cool completely.
- In a large bowl, combine the flour and the baking soda. Add the cooled carrot mixture and the soy milk and stir just to mix.
- Spray a 9- x 9-inch pan with nonstick spray. Pour in the batter.
- Bake for 1 hour, or until a toothpick inserted into the center comes out clean.
- Serve plain or frost with Tofu “Cream” Frosting (see recipe) when completely cooled.

*For the Tofu “Cream” Frosting:*

- 1 cup firm tofu (approximately ½ lb.)

- 2 Tbsp. oil
- 2 Tbsp. fresh lemon juice
- 3-4 Tbsp. maple syrup
- ¼ tsp. salt
- ½ tsp. vanilla extract

- Combine all the ingredients in a blender and blend until very smooth, scraping the sides of the blender often with a rubber spatula.

*Makes 9 servings*

### Chocolate Chip Brownies

*Packed full of chocolate, these moist brownies are perfect when served warm with a scoop of nondairy ice cream.*

- 1 cup canola oil
- 1 cup maple syrup
- ½ cup soy milk
- 1 Tbsp. vanilla extract
- 1 cup whole-wheat pastry flour
- 1 cup unbleached all-purpose flour
- 1 cup unsweetened cocoa powder
- 1¼ cups granulated sugar
- 2 Tbsp. baking powder
- 1½ tsp. salt
- 1 cup chopped walnuts (optional)
- 1 cup semisweet vegan chocolate chips

- Preheat the oven to 350°F.
- Lightly oil a 12- x 17½-inch jellyroll pan and set aside.
- In a medium bowl, whisk together the oil, maple syrup, soy milk, and vanilla extract.
- In another bowl, sift together the flours, cocoa, sugar, baking powder, and salt.
- Fold the dry ingredients into the wet ingredients with a rubber spatula. Be careful not to overmix. Fold in the nuts if desired and the vegan chocolate chips.
- Pour into the pan and smooth the top with a moistened spatula.

## Two-Week Sample Menus

- Bake for 30 to 35 minutes, until surface cracks appear.
- Transfer the pan to a cooling rack and allow to set. When completely cool, cut into squares.

*Makes approximately 1 dozen brownies*

### Chocolate Chip Cookies

*If you like softer cookies, bake these until the edges are lightly browned and cool them on the sheet for five minutes before removing them to a rack. If you like harder cookies, bake these until the edges are browned and the centers are lightly browned.*

- 2¾ cups flour
- 1 tsp. salt
- 1 tsp. baking soda
- 1 cup margarine
- ¾ cup brown sugar
- ¾ cup sugar
- 1 tsp. vanilla
- Egg replacer equivalent of 2 eggs (try Ener-G Egg Replacer, or mix 2 tsp. cornstarch with ¼ cup water)
- 12 oz. semisweet vegan chocolate chips

- Preheat the oven to 350°F.
- In a medium bowl, combine the flour, salt, and baking soda.
- In a large bowl, cream together the margarine, brown sugar, sugar, vanilla, and egg replacer. Stir in the flour mixture and combine well. Add the vegan chocolate chips and mix.
- Drop by spoonfuls onto a lightly oiled cookie sheet and bake for 8 to 10 minutes. Cool on a wire rack.

*Makes approximately 40 cookies*

### Date-Crumb Squares

*These bars are a great healthy snack and a good*

*treat to pack in a lunchbox. Start soaking the dates the day before you want to bake the squares.*

- ½ cup whole pitted dates
- 1 cup water
- 4 cups oat flour
- 4 cups rolled oats
- ¾ cup chopped walnuts or pecans
- 1 cup safflower oil
- 1 cup maple syrup
- 1 tsp. almond extract
- ½ tsp. sea salt (fine-grain)

- Soak the dates in the water for at least 1 day to soften. Drain, place in a food processor, and process until smooth.
- Preheat the oven to 350°F.
- In a large bowl, combine the flour, rolled oats, and nuts and mix well.
- In another bowl, combine the safflower oil, maple syrup, almond extract, and sea salt. Add the wet ingredients to the flour mixture and mix well.
- Press half of the mixture into a greased 12- x 6-inch baking pan. Spread the puréed dates over the mixture, top with the remaining flour mixture, and press down lightly. Bake for 30 minutes, until lightly browned. Let cool and cut into squares.

*Makes 12 squares*

### Fresh Apricot Crisp

*You'll love this delicious, easy-to-prepare dessert. It's tasty at any time of the year, but it's especially good when apricots are in season.*

- 4 cups pitted apricots, coarsely chopped
- 2 Tbsp. lemon juice
- 2 cups rolled oats
- ¼ cup sugar or other sweetener
- ¼ cup margarine (try Spectrum Naturals Spread\*)
- 2 Tbsp. water

- Preheat the oven to 350°F.

## Two-Week Sample Menus

- Toss the apricots with the lemon juice and set aside.
- Combine the oats, sugar, and margarine and mix thoroughly.
- Remove 1 cup and set aside. Add the water to the remainder and mix until crumbly.
- Spray a 9-inch square baking pan lightly with a nonstick spray.
- Pat the oat mixture into the pan. Spread the apricots evenly on the top.
- Top with the reserved crumb mixture.
- Bake for 35 to 40 minutes, until the top crust is lightly browned.

*\*Note: Spectrum Naturals Spread is like margarine in flavor and consistency but is made without hydrogenated fats.*

*Makes 8 servings*

### **Peanut Butter Rice Crispy Treats**

*No marshmallows are needed to make this tasty snack.*

1 cup light corn syrup  
 1 cup sugar  
 1 cup smooth peanut butter  
 6 cups puffed rice cereal

- Mix the corn syrup, sugar, and peanut butter in a saucepan. Heat slowly until the sugar dissolves, stirring constantly.
- Remove from the heat and immediately stir in the cereal.
- Spread into a greased pan and chill until firm. Cut into squares.

*Makes 8 servings*

### **Vegan Cheesecake**

*The secret to this delicious “cheesecake” is nondairy cream cheese. Top with melted chocolate and nuts for an extra-special treat.*

*For the Crust:*

11 graham crackers, ground into fine crumbs (about 1¼ cups)  
 3 Tbsp. granulated cane juice  
 5 Tbsp. margarine

- Preheat the oven to 325°F.
- Mix the graham cracker crumbs and the cane juice in a medium bowl. Add a dollop of the margarine and stir with a fork until well blended.
- Press evenly into a 9-inch pie pan.
- Bake until lightly browned and firm, about 15 to 20 minutes.
- Cool completely before adding the filling.

*For the Filling:*

2 tubs tofu cream cheese  
 ¾ cup lemon juice  
 2 Tbsp. cornstarch  
 1 Tbsp. lemon zest  
 2 tsp. vanilla extract  
 1 pint strawberries, thinly sliced and stems removed (or another fruit)

- Preheat the oven to 350°F.
- Place the “cream cheese,” lemon juice, cornstarch, lemon zest, and vanilla extract in a food processor. Process for approximately 2 minutes, until smooth, scraping down the sides of the bowl several times. Pour into the cooled crust.
- Bake for 50 minutes.
- Turn the heat off, leaving the “cheesecake” in the oven for 1 hour, until the edges are set and lightly browned but the center still wiggles just a bit. Remove from the oven and let cool completely.

## Two-Week Sample Menus

- Wrap tightly and chill for at least 4 hours.
- Remove from the fridge and top with the fruit just before serving.

*Makes 8 to 10 servings*

### **Vegan Oatmeal Cookies**

*These chewy cookies are perfect out of the oven.*

1 cup margarine, softened  
 1½ cups tightly packed brown sugar  
 1 cup sugar  
 1 ripe banana, mashed well (If the peel isn't spotted black, cover the mashed banana with the juice of half of a lemon for about 15 minutes before incorporating into the mix.)  
 3-5 tsp. vanilla  
 2 Tbsp. water  
 1¾ cups all-purpose or whole-wheat flour  
 1 tsp. baking powder  
 2½ cups rolled oats (quick oats work well)  
 2½ cups vegan chocolate chips

- Preheat the oven to 375°F.
- Cream the margarine and both sugars together. Add the banana, mix well, then add the vanilla and the water. Mix well in a figure-eight motion to keep the water from separating from the other ingredients.
- Add the flour, baking powder, oats, and vegan chocolate chips in ½-cup increments. The final batter should be almost too dry to hold the chocolate chips. If not dry enough, add more flour or oats.
- Bake for 9 to 10 minutes on an ungreased cookie sheet. Bake longer for a harder cookie, but be careful not to overbake. Leave on the cookie sheet for a few minutes before transferring to a plate or a wire rack to cool.

*Makes about 3 dozen cookies*

## Two-Week Sample Menus

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