

# Revolution

RECIPES

VOLUMES 1-4

COOKBOOK



Vol. 1-4

DAIRY-FREE AND GLUTEN-FREE RECIPES

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## *Introduction*

Congratulations on being a part of the Healthy Living Revolution!

This cookbook is a collection of plant-based meal ideas that are tried and proven favorites. Healthy should taste good, too! All of these recipes are clean (meaning no refined sugars, preservatives, food dyes, or processed-food ingredients), gluten-free, dairy-free, and mostly oil-free, too! Whether you describe your lifestyle as vegan, paleo, vegetarian, Mediterranean, pescatarian, or straight-up “flexitarian,” the common goal for optimal health is to eat MORE VEGETABLES—so there are plenty of recipes in here for everyone!

We want to thank Brian Roes for his vision, Chef Penny Shack and her team— Cindy Barbour, Lisa Carollo, George Sirepisios, Nancy Esteban, Lucianne Lozano, Kimber Leigh Nussbaum and Francis Rodriguez—for graciously assembling these recipes and Dawn J. Williamson for designing and assembling this cookbook.

*From our family to yours,  
The Healthy Living Revolution Team*

**“THE MORE PLANT FOODS  
YOU EAT, THE**

***healthier***

**YOU WILL BE.” - DR. MITRA RAY**

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# PANTRY STAPLES

## SEASONINGS

Sea Salt, Black Pepper, Cumin, Curry Powder, Chili Powder, Turmeric

## GARLIC

A fresh clove of garlic is at the heart of most flavorful recipes! It's not only tasty but also has many anti-inflammatory and anti-microbial properties. If you're out of fresh garlic, here are some substitutes for 1 clove: ½ tsp. minced garlic, ⅛ tsp. garlic powder, or ½ tsp. garlic flakes.

## ONIONS

In addition to health benefits, onions are full of flavor, which is why they're used as the base for many of these recipes. If you're in a hurry or out of onions, you can substitute 1 Tbsp. dried onion flakes or 1 tsp. onion powder in place of a small onion. (Small onion is approx. ⅓ cup chopped and a medium onion is approx. ⅔ cup chopped.) If you use onion powder, add it toward the end of the cooking rather than adding it at the beginning like fresh onions.

## GINGER

Ginger is a powerful nutritional herb that supports digestive health in addition to helping reduce pain and inflammation! Fresh ginger root is the best way to add flavor and spice to these dishes; it should be peeled and then grated with a microplane grater. Store fresh ginger root in a tightly wrapped bag in the fridge or freezer. If fresh ginger isn't available, substitute ⅛ tsp. ground ginger.

## FRESH HERBS

Fresh herbs have that ability to make a dish go from "blah" to *zing*! Growing your own on your backyard Tower Garden is the best way to have fresh herbs for cooking. Just cut what you need and eliminate all the herbs wasting away in your fridge. Herbs that grow great on the tower and are commonly used in these recipes include basil, cilantro, parsley, dill, rosemary, and thyme.

## BRAGG LIQUID AMINOS / COCONUT AMINOS / TAMARI

Soy sauce is a common staple and a tasty addition to vegetable dishes and salads. Most people don't realize that soy sauce is not gluten-free though. We recommend that you try one of these listed substitutions: Bragg liquid aminos, coconut aminos, or tamari.

## FULL-FAT CANNED COCONUT MILK

With its creamy texture and natural sweetness, coconut milk might taste like it should be bad for you, but it's not! It can build up the body's immune system, help with weight loss, increase energy, plus lower cholesterol and blood pressure. It's a base for many Thai dishes and is an excellent dairy substitute. When buying a can of full-fat coconut milk, look for BPA-free and read the label to make sure it's organic with no added sugars.

## ORGANIC VEGETABLE BROTH

## BALSAMIC / RED WINE VINEGAR

# Revolution

RECIPES

NEW YEAR **NEW YOU**



COOKBOOK

Vol. 1

## TOFU SCRAMBLE

### SPICE MIX

- 2 Tbsp. nutritional yeast
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. salt
- $\frac{3}{4}$  tsp. turmeric
- $\frac{1}{4}$  tsp. garlic powder

### TOFU SCRAMBLE

- 1 Tbsp. olive oil
- $1\frac{1}{2}$  cups mushrooms (your choice), sliced
- 1 pepper (your choice), chopped
- $\frac{1}{2}$  medium white onion, chopped
- 2 cloves of garlic, minced
- 2 boxes (12.3 oz.) extra-firm silken tofu or firm tofu
- 1 can (19 oz.) black beans, drained and rinsed (optional)
- Extra veggies (optional)



1. Mix the spice ingredients together and set aside.
2. Place a large pan over medium-high heat and add the olive oil. When hot, add the mushrooms, peppers, onion, and garlic. Sauté until everything starts to brown (about 8 minutes).
3. Add the tofu blocks to the pan and break it apart with a spoon, or crumble with your fingers into the pan until you get a nice scramble texture with lots of chunks.
4. Add the spice mix (and black beans). Stir to combine. Heat for about another 8-10 minutes. Drizzle with some hot sauce (optional).

*Makes approximately 4-6 servings.*

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## SWEET POTATO HASH

### SWEET POTATO HASH

- 1 Tbsp. virgin coconut oil or olive oil
- 2 cloves garlic, minced
- 1 medium yellow onion, diced (about 2 cups)
- 4 cups sweet potatoes, peeled and cubed
- 1 tsp. smoked paprika
- ½ tsp. cumin
- ½ tsp. turmeric
- ¼-½ tsp. sea salt or to taste
- ¼ cup fresh cilantro, chopped

### GUACAMOLE

- 1 ripe avocado, pitted and peeled
- ½ to 1 lime
- ½ jalapeno pepper, finely diced  
(leave in seeds for extra spice)
- Sea salt to taste

### PICO DE GALLO

- 1 cup grape tomatoes, diced
- ½ cup white onion, finely diced
- ¼ cup fresh cilantro, chopped
- Sea salt to taste

### CHIPOTLE CREAM

- (Optional or substitute with Sriracha)
- ½ cup coconut cream
- 1 chipotle pepper in adobo sauce, minced  
(this does have a small amount of sugar in it)
- 1 Tbsp. water
- ¼ tsp. sea salt or to taste

1. **Sweet Potato Hash** - Heat coconut oil in a large skillet over medium heat. Add garlic, yellow onion, sweet potatoes, paprika, cumin, turmeric, and sea salt. Cook for 20 minutes, stirring every few minutes so that the potatoes have a chance to develop a slight caramelization. Once the sweet potatoes are tender, turn off the heat and stir in the fresh cilantro. Set aside.
2. **Pico de Gallo** - As the sweet potatoes cook; stir together tomatoes, white onion, cilantro, and sea salt in a separate bowl. Let sit as long as possible so the flavors blend together.
3. **Guacamole** - Scoop the flesh of one avocado into a bowl and mash it with a fork. Keep it as chunky or as smooth as you like. Stir in the juice of ½ to 1 lime (or to taste), diced jalapeno pepper, and sea salt to taste.
4. **Chipotle Cream (optional)** - Add the coconut cream, chipotle peppers, water, and sea salt to a blender or a mini food processor. Blend on high for 1-2 minutes or until the mixture is almost completely smooth.
5. Scoop the Sweet Potato Hash onto plates and top with the Pico de Gallo, Guacamole, and a drizzle of the Chipotle Cream.

*Makes approximately 4 servings.*



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## HEARTY OATMEAL

½ cup rolled oats  
1 Tbsp. chia seeds  
1 cup water  
½ tsp. cinnamon  
Pinch of salt  
¼ cup almond milk  
1-2 Tbsp. maple syrup

### OPTIONAL TOPPINGS

Raw almonds  
Goji berries  
Cacao nibs  
Toasted coconut  
Flax seeds  
Dried cranberries, cherries, blueberries  
Granola (sugar free/gluten free)  
Juice Plus+ Vanilla Complete powder (1 scoop)



1. Boil 1 cup water in a medium sauce pan.
2. Stir in oatmeal, chia seeds, and salt.
3. Lower heat to simmer and cook about 10 minutes, stirring constantly, until thick and the water has evaporated.
4. Put oatmeal in a bowl, pour in milk, add desired toppings and drizzle maple syrup on top.

*Makes 1-2 servings.*



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## VEGAN SPINACH ARTICHOKE QUICHE

2-4 large tortillas  
(gluten free-usually found in frozen section)  
Olive oil spray  
1 tsp. coconut or olive oil  
½ cup onion, chopped  
2 cloves of garlic, minced  
2 cups of fresh spinach  
14 oz. soft tofu  
½ cup nutritional yeast  
½ lemon, juiced  
1 tsp basil, dried  
½ tsp turmeric  
¼ tsp salt  
¼ tsp pepper  
1 can (14 oz.) artichokes, drained and chopped



1. Preheat oven to 350°F.
2. Spray a pie dish with oil. Rip the tortillas in half and arrange them so that the bottom and sides of the pan are covered. Bake for about 10-15 minutes until slightly brown.
3. While the crust is baking, heat oil in a large pan. Add onion and cook about 5 mins until translucent. Add garlic and cook for another 1-2 mins, until fragrant. Add spinach and cook another few minutes until spinach is wilted. Remove from heat.
4. In a food processor, mix tofu, nutritional yeast, lemon juice, and spices. Process until smooth.
5. Add artichokes and onion/spinach mixture to food processor and pulse until mixed.
6. Put mixture into pie pan and spread out evenly.
7. Bake for about 40 mins at 350°F.

*Makes approximately 4-8 servings.*

## BROCCOLI FRITTATA

- 1 loaded cup broccolini/broccoli  
(¼ to ½ inch size chopped)
- ¼ cup carrots, chopped
- 2 Tbsp. sun dried tomatos, chopped
- 1 Tbsp. pickled jalapeno, chopped
- Other veggies or greens, chopped
- 1 can (15 oz.) great northern beans  
(or scant 1½ cups cooked)
- 1½ tsp. thyme, dried
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. salt
- 2 tsp. lemon juice
- 2 tsp. apple cider vinegar
- Black pepper
- ¾ cup chickpea flour
- 1 Tbsp. cornstarch or potato starch
- 1 Tbsp. flaxmeal
- 1 Tbsp. nutritional yeast
- 1 tsp. salt
- ½ tsp. chipotle pepper powder
- ½ tsp. mustard powder
- ½ tsp. garlic powder
- ½ tsp. oregano
- ½ tsp baking powder
- ¾ cup coconut milk
- ¼ cup water

1. Preheat oven to 350°F. Grease a pie pan.
2. Chop up the broccolini/broccoli, carrots, sun dried tomatoes, pickled jalapeno, other veggies and set aside.
3. Slightly mix and mash the beans (not all the way). Add the rest of the ingredients in the first column up until the black pepper and mix together. Set aside.
4. In a different bowl, mix chickpea flour and baking powder together. Pour in coconut milk and water. Mix until combined. Do not over mix.
5. Fold the chopped veggies and white beans into the batter.
6. Spread the batter into the greased pie pan and even it out.
7. Bake for 45 minutes or until the center is not jiggly and the edges lightly brown.
8. Serve warm with a drizzle of sriracha (optional).

*Makes approximately 4-8 servings.*



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## CHICKPEA SALAD SANDWICH

1 can (15 oz.) chickpeas, drained and rinsed  
2 stalks celery, finely chopped  
3 green onions, thinly sliced  
¼ cup dill pickle, finely chopped  
¼ cup red bell pepper, finely chopped  
3 Tbsp. vegan mayonnaise  
(store-bought or homemade)  
1 clove garlic, minced  
1½ tsp. yellow mustard  
2 tsp. fresh dill, minced  
1½ to 3 tsp. fresh lemon juice, to taste  
¼ tsp. fine sea salt, or to taste  
Freshly ground black pepper



1. In a large bowl, mash the chickpeas with a fork until broken down. (Or put in a ziplock baggy and smash!)
2. Stir in the celery, green onions, pickles, bell peppers, mayonnaise, and garlic until combined.
3. Stir in the mustard and dill, and season with the lemon juice, salt, and pepper, adjusting the quantities to taste.

Great on top of lettuce or a sandwich using gluten free bread!

*Makes approximately 6 servings.*



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## ZUCHINNI PASTA

5-6 zucchini, peeled and very thinly sliced (Or use a spiralizer or buy premade noodles)

1 clove garlic

½ cup pistachios, shelled

1–2 Tbsp. lemon juice

Zest of 1 lemon

¼ tsp. salt

2 cups parsley (or 1 cup cilantro and 1 cup parsley)

½ cup olive oil

1. Place the zucchini in a large bowl.
2. Combine the garlic, pistachios, lemon juice, lemon zest, salt, and parsley in a food processor and pulse 5 times, or until everything is integrated. Add the olive oil with the food processor running and process until well combined.
3. Mix the pistachio pesto with the zucchini. Sprinkle with a few chopped pistachios to serve.

*Makes 6-8 servings.*



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## SPICY THAI COCONUT CURRY

12 oz. light coconut milk  
12 oz. coconut cream  
2 cups vegetable broth  
¼ cup Thai red curry paste  
1–2 Tbsp. powdered ginger  
4 cloves garlic, minced  
¼ yellow onion, diced  
2–3 stalks lemon grass, cut in chunks  
1 large red bell pepper, cut into strips  
6 large carrots, diced  
1 bag (24 oz.) frozen peas  
1 lb. firm tofu, pressed and cut into cubes  
12–15 fresh basil leaves, torn  
1 cup shitake mushrooms, chopped  
1 tsp. salt  
Sriracha sauce, to taste



1. Combine the coconut milk, coconut cream, and broth in a large pot over medium heat. Stir in the curry paste, ginger, garlic, and onion. Bring to a boil. Reduce to a simmer and add the remaining ingredients. Cook 10 minutes until flavors are combined.
2. Serve with steamed rice or as a soup.

*Makes 4-6 servings.*

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## CREAM OF MUSHROOM SOUP

- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 medium yellow onion, diced
- ½ lb. assorted mushrooms, roughly chopped
- 3 cups vegetable broth
- 2-3 tsp. salt
- 1 tsp. black pepper, ground
- ½ tsp. thyme, dried
- ¾ cup raw cashews
- ¾ cup water

1. In a medium-sized bowl, soak cashews in warm water while you prepare the soup.
2. In a large pan, sauté the garlic, onions, and mushrooms until the oil has mostly evaporated and the onions and mushrooms have softened. Pour in the vegetable broth, salt, pepper, and thyme, and simmer for 15-20 minutes. While soup simmers, blend together soaked cashews with water to create a thick cream. Pour into the simmering soup, and remove the soup from heat. Using an immersion or high-speed blender, carefully blend soup to desired consistency. Feel free to leave slightly chunky for more texture.

*Makes about 2-4 servings.*



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## CHOPPED KALE

2 medium sweet potatoes, peeled and diced  
2 tsp. + 1 Tbsp. olive oil, divided  
¾ tsp. salt, divided  
¼ tsp. black pepper  
1 bunch of curly kale, washed, stem removed  
and chopped (or one precut bag)  
Juice of ½ a large lemon  
1 can (15 oz.) garbanzo beans, drained and rinsed  
1 large avocado, pitted and diced  
⅓ cup dried cranberries/raisins/cherries/ or  
blueberries (no sugar added)  
⅓ cup walnuts, chopped  
¼ cup red onion, chopped

### LEMON TAHINI DRESSING

½ cup tahini  
Juice of 1 large lemon  
¼ tsp. salt  
3-6 Tbsp. warm water, depending on how thick you want the dressing



1. Pre-heat oven to 375°F. On a large sheet pan, toss together the diced sweet potatoes with 2 tsp. olive oil, ½ tsp. salt and ¼ tsp. pepper. Bake until tender-about 35 minutes.
2. While the potatoes are baking; in a large bowl, mix kale with 1 Tbsp. olive oil, juice of ½ a large lemon and a heaping ¼ tsp. salt. Use your hands to massage the kale for about one minute. Do not over massage as your kale will get limp.
3. Dressing: Add all ingredients to a bowl and whisk until a creamy. Add the water slowly until desired consistency is reached.
4. Once the sweet potatoes are finished, throw everything, minus the dressing, in with the kale, and toss. Add the dressing at the end and toss again.

*Makes 2-4 servings.*

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## CRANBERRY QUINOA

1 cup quinoa, dry  
2 cups water  
½ cup dried cranberries (no added sugar)  
3-4 Tbsp. fresh cilantro, chopped  
Juice of 1 lime  
1 tsp. curry powder  
⅛ tsp. cumin  
½ cup bell pepper of choice, diced  
¼ cup green or red onion, chopped  
⅓ cup almonds, sliced and toasted  
½ cup carrots, grated/shredded  
2-4 Tbsp. pepitas  
Salt and pepper to taste  
Olive oil for drizzling, as desired



1. Rinse and drain quinoa using a mesh strainer or sieve.
2. Bring a medium saucepan to medium heat and lightly toast the quinoa to remove any excess water. Stir as it toasts for just a few minutes. This step is optional but really adds to the nuttiness and fluff factor of the quinoa.
3. Add water and bring to a boil.
4. Once boiling, reduce heat to low and simmer, covered for 15 minutes or until quinoa is fluffy and the liquid has been absorbed. Turn off heat and rest for 5 minutes before fluffing with a fork.
5. While the quinoa cooks, chop and prep the remaining ingredients.
6. Combine freshly cooked quinoa with lime juice, curry powder, cumin, peppers, onion, almonds, pepitas, and carrots. Season to taste and stir to combine.

Best eaten the next day when the flavors have had a chance to macerate.

*Makes 2-4 servings.*



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## VEGAN CAULIFLOWER BITES

- 1½ cups water or dairy free milk
- 1 cup gluten free flour
- 2 tsp. garlic powder
- 1 head of cauliflower, chopped
- 1 cup buffalo or hot sauce
- 1 Tbsp. vegetable oil or melted vegan butter

1. Preheat the oven to 450°F.
2. Combine the water or soy milk, flour, and garlic powder in a bowl and stir until well combined.
3. Coat the cauliflower pieces with the flour mixture and place in a shallow baking dish. Bake for 25 minutes.
4. While the cauliflower is baking, combine buffalo sauce and olive oil or margarine in a small bowl.
5. Pour the hot sauce mixture over the baked cauliflower and continue baking for an additional 10 minutes.

*Makes 2-4 servings.*



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## ROASTED CHICKPEA SOUP

1 cauliflower head, cut into florets (4 cups)  
1 can (15 oz.) chickpeas, rinsed and drained  
5 garlic cloves, peeled  
4 Tbsp. extra-virgin olive oil, divided  
1 tsp. ground cumin  
½ tsp. Himalayan salt  
⅛ tsp paprika  
2 medium Yukon gold potatoes,  
peeled and cubed (2 ½ cups)  
¼ tsp. black pepper  
4 cups vegetable broth  
1 cup water  
½ cup plant based milk

### GARNISH

Reserved roasted cauliflower mix  
Red pepper flakes  
Fresh thyme leaves



1. Pre-heat oven to 400°F. Toss cauliflower florets, chickpeas, garlic (whole) with 3 Tbsp olive oil, cumin, salt, paprika. Roast for 30 mins, stir halfway. Remove and set aside. Reserve ½ cup.
2. Heat 1 Tbsp. olive oil in large pot on medium heat. Add potatoes and black pepper. Cook for 2 minutes, stirring frequently. Add vegetable broth and water and increase heat to high. Once boiling, turn down to a simmer. Simmer, uncovered, until potatoes are very soft, about 15-20 minutes. Remove from heat. Stir in roasted cauliflower mix.
3. Purée soup with immersion blender, food processor or blender. Work in batches if necessary. Return the puréed soup to stovetop and gently re-warm. Stir in plant based milk. Season to taste with salt and pepper.

*Makes 4-6 servings.*

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## TOFU STIR-FRY

- ¾ cup Braggs amino acids
- ¼ cup lemon juice
- 1 Tbsp. fresh ginger (grated or minced)
- 1 Tbsp. fresh garlic
- 1 block tofu (firm or extra-firm, well pressed and cut into 1 inch cubes)
- 2 Tbsp. olive oil
- ½ cauliflower, chopped
- 1 bunch broccoli, chopped
- 2 carrots, sliced
- 1 onion, chopped
- 1 bell pepper (any color), diced
- 1 cup snow peas
- 1 cup mushrooms (any kind), sliced,
- 3 green onions (scallions), sliced
- 1 cup rice, pre-cooked



1. Preheat oven to 400°F. Prepare tofu by squeezing out excess liquid until it's as dry as possible. Cook the tofu for about 25 minutes, toss and then cook 10 more minutes. Remove from oven.
2. In a large shallow bowl, whisk together the Braggs, lemon juice, and ginger.
3. In a wok or a large skillet, cook the cauliflower, broccoli, carrots, onion, and bell pepper over high heat, stirring frequently.
4. Add the snow peas, mushrooms, green onions, and marinade. Allow to cook for just a few more minutes. Vegetables should be tender but not soft. Toss in the tofu to mix all of the flavors together.

*Makes 3-4 servings.*

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## VEGAN CHILI

- 1 Tbsp. olive oil
- 1 medium yellow onion, diced
- 1 cup carrots, shredded
- 1-2 jalapeño peppers, stemmed, seeded, and minced
- 3 garlic cloves, minced
- ½ cup bulgur, rinsed
- 2 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 2 cups fresh tomatoes (about 2 medium or 6 plum tomatoes), diced
- 2 cups tomato sauce
- 1 can (15 oz.) kidney beans, drained and rinsed
- 1 can (15 oz.) black beans, drained and rinsed
- 1 ½ tsp. kosher salt, or more to taste
- Fresh cilantro, chopped

1. Heat the oil in a large heavy pot over medium-high heat. Add the onion, carrots, and jalapeño and sauté, stirring often, until the onion is soft and translucent, about 5 minutes. Add the garlic and sauté for 1 minute. Add the bulgur, chili powder, and cumin and stir until well combined.
2. Stir in the tomatoes, tomato sauce, and beans. Bring to a boil, then reduce the heat, cover, and simmer, stirring occasionally, until the beans are tender, about 1 hour. Season with salt to taste. Serve with a sprinkling of cilantro, if desired.

You can also make this in a crockpot!

*Makes 4-6 servings.*



# Revolution

RECIPES

SPRING INTO HEALTH



COOKBOOK

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## PUREED PARSNIPS

3-4 large parsnips

1-2 Tbsp. non-dairy spread such as Earth Balance Olive Oil

1-2 Tbsp. unsweetened almond milk

Salt and pepper

\*Additional seasoning optional

1. Boil parsnips until tender/soft. (When you stick a knife in them it should come right out.)
2. In a blender or pot using an immersion blender, add non-dairy spread, almond milk, salt and pepper. Blend to desired consistency. For creamier consistency, add more butter or almond milk.

*Makes approximately 2-4 servings.*



## FENNEL AND BOK CHOY

1 fennel bulb  
1½ tsp. sesame oil  
3 cloves garlic, thinly sliced  
1 shallot, finely diced  
1 small head bok choy, chopped  
1 tsp. ginger, minced  
½ cup vegetable broth  
1 tsp. soy sauce  
½ orange, juiced  
Salt and pepper

1. Chop fennel into small pieces, discarding the stem and leaves. Chop bok choy into similar size pieces.
2. In a large skillet, heat sesame oil over medium heat. Add garlic, shallot, and bok choy. Cook, stirring often, until garlic starts to color and vegetables begin to soften, about 5 minutes.
3. Stir in fennel and ginger.
4. Add broth, reduce heat to low, and simmer for 10 minutes.
5. Stir in soy sauce and orange juice. Let macerate for about 3 more minutes to immerse the flavors together.
6. Serve alone or over rice.

*Makes approximately 4 servings.*



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## ROASTED ROMANESCO OVER EGGPLANT PUREE

¼ cup almonds, chopped  
6 tsp. olive oil, divided  
2 tsp. drained capers, patted dry and divided  
1 head of romanesco, cut into small florets  
1 medium eggplant, cut in half lengthwise  
1 tsp. kosher salt, plus more to taste  
Black pepper, Freshly ground  
½ lemon, juiced  
1 tsp. honey  
1 tsp. tahini  
1 tsp. chili flakes  
1 Tbsp. minced garlic  
Kosher salt

1. Preheat oven to 425°F.
2. Cook almonds, olive oil, and capers in a small saucepan over medium-low heat, swirling pan occasionally, until capers burst and almonds are golden brown and smell toasty, about 5 minutes. Season with salt and set aside.
3. On a baking sheet, toss romanesco with 2 Tbsp. olive oil, salt and pepper. Brush eggplant with 2 Tbsp. olive oil, salt and pepper and place on another baking sheet. Roast, tossing romanesco flipping eggplant halfway through, until golden brown and tender, approximately 25-30 minutes.
4. Once eggplant is cool enough to touch, remove skins and place in a blender or food processor with lemon juice, honey, tahini, chili flakes and minced garlic. Blend until creamy.
5. Plate eggplant puree topped with caper mixture and romanesco around the plate or however you'd prefer.

*Makes approximately 2 servings.*





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## RADISH CHIPS

20 radishes (approximately), cleaned and ends trimmed

1 Tbsp. olive oil

1 tsp. curry powder

¼ tsp. turmeric powder

¼ tsp. garlic powder

¼ tsp. paprika

Generous pinch of salt

Pinch of cracked black pepper

1. Preheat oven to 350°F.
2. Slice radishes approximately ¼ inch thick. (Use can use a mandolin for ease and uniformity.)
3. Mix seasonings together.
4. In a bowl or ziploc bag, toss radishes with olive oil and seasonings. Mix well. Place on a baking sheet lined with parchment paper.
5. Cook for approximately 15 minutes. Remove radishes from the oven, flip, and return to the oven. Reduce heat to 225°F and cook for an additional 20 minutes.
4. Monitor the texture as they cook. Once they are crispy, remove from the oven, plate and serve.

*Makes approximately 1-2 servings.*



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## ROASTED RED BEET HUMMUS

- 1 small red beet, roasted  
(you can roast or purchase pre-roasted)
- 1 can (15 oz.) cooked chickpeas, mostly drained  
(save some liquid)
- Zest of 1 large lemon
- Juice of ½ a large lemon
- Salt
- Black pepper
- 2 large cloves garlic, minced
- 2 heaping Tbsp. tahini
- ¼ cup extra virgin olive oil



1. Preheat oven to 375°F.
  2. Remove the stem and root from beets. Wash and scrub underwater until clean. Do not peel yet. (If you have pre-roasted beets, skip to step 4.)
  3. Place beets in foil. Drizzle with a bit of olive oil. Wrap tightly and roast for one hour or until an inserted knife falls out without resistance. Beets should be tender. Bring to room temperature.
  4. Once beets are cooled, peel and quarter them and place in food processor. Blend until only small bits remain.
  5. Add remaining ingredients, except for olive oil, and blend until smooth. Drizzle in olive oil as the hummus is mixing.
  6. Taste and add more salt, lemon juice, or olive oil if needed. If hummus is too thick, add a bit of water.
- \* Hummus will keep in the refrigerator for up to 1 week.

*Makes approximately 4-8 servings.*

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## JICIMA AND HEARTS OF PALM SALAD

### DRESSING INGREDIENTS

- 6 Tbsp. extra virgin olive oil
- 3 Tbsp. lemon juice, freshly squeezed
- 2 Tbsp. dijon mustard
- 1 large garlic clove, minced
- ½ tsp. kosher salt
- ¼ tsp. freshly ground black pepper

### SALAD INGREDIENTS

- 1 jicama
- 1 pint of grape tomatoes
- 1 can (14 oz.) whole artichoke hearts in water  
(Quartered artichoke hearts will work also)
- 1 can (14 oz.) whole hearts of palm
- 6 radishes
- 2 ripe but firm avocados
- Salt
- Black pepper, freshly ground
- Lettuce (optional)



1. Whisk dressing ingredients together in a bowl. Set aside.
2. Peel jicama and shred using a grater. Slice tomatoes and hearts of palm. Quarter radishes and artichokes. Cube avocados last, right before you toss the salad with dressing, to make sure they don't discolor.
3. Toss all ingredients together with the dressing, in a large bowl. Season to taste with salt and pepper.
4. Serve alone or atop a bed of lettuce.

*Makes approximately 4 servings.*

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## ARUGULA KALE HARVEST SALAD

8 cups kale and arugula, mixed (or mixed greens)

2 avocados

6 radishes

2 blood oranges

½ cup almonds, sliced

3 Tbsp. olive oil

Salt and pepper

1. Using your hands, lightly massage kale with olive oil. Toss in arugula.
2. Slice radishes, section blood oranges, and dice avocado. Toss all together.
3. Season with salt and pepper.
4. Plate and garnish with sliced almonds.

*Makes approximately 2-4 servings.*



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## PRESSURE COOKER WINTER SQUASH AND LENTIL STEW

- 2 medium shallots, thinly sliced
- 1 Tbsp. fresh ginger, peeled and finely chopped
- 1 Tbsp. olive oil
- 1 small butternut squash,  
peeled, seeded and cut into 1½" chunks
- 1 lb. green lentils
- 6 cups vegetable broth
- 5 cups packed baby spinach
- 1 Tbsp. apple cider vinegar
- ¼ tsp. salt and pepper

1. In a pressure-cooker pot on medium, cook shallots and ginger in oil for 5 minutes or until shallots are golden; stirring throughout. Add squash, lentils, broth and ¼ tsp. salt.
2. Cover, lock and bring up to pressure on high. Reduce heat to medium-low. Cook 12 minutes. Release pressure by using quick-release function.
3. Stir in spinach, apple cider vinegar and ½ tsp. each of salt and pepper. Serve warm.

*Makes approximately 4-6 servings.*



## CAULIFLOWER RICE LETTUCE CUPS WITH SRIRACHA PEANUT SAUCE

1 Tbsp. coconut oil  
2 cloves garlic, minced  
5 green onions, sliced  
1 small pepper (color of your choice), diced  
5 oz. shiitake mushrooms, chopped  
2 large carrots, shredded (about 2 cups)  
1 lime, juiced  
2 Tbsp. Braggs liquid amino acids  
½ tsp. salt  
1 head cauliflower, shredded  
Iceberg or Bibb lettuce for serving

### SRIRACHA PEANUT SAUCE

½ cup no sugar added peanut butter  
1 cup light coconut milk  
1 Tbsp. honey (or to taste)  
½ tsp. sea salt  
1 Tbsp. brown rice vinegar  
1 Tbsp. sriracha (or more to taste)



1. Melt coconut oil in a large nonstick skillet. Add garlic and cook for 1 minute until fragrant. Add onions and cook for 3-4 minutes until soft.
2. Stir in peppers, mushrooms, and carrots. Squeeze on the lime. Add Braggs liquid amino acids and salt. Cook, stirring frequently, for 7 minutes.
3. Add shredded cauliflower and cook for another 5 minutes, stirring frequently.
4. Combine all sauce ingredients in a saucepan over medium heat. Bring to a boil, and boil for about 5 minutes, until thickened and coats the back of a spoon.
5. Serve the cauliflower mixture in iceberg or bibb lettuce cups, and drizzle with peanut sauce. Add extra sriracha to taste.

*Makes approximately 2-4 servings.*

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## HARISSA-ROASTED BROCCOLI AND TOFU

1 pound extra-firm tofu, water removed  
3 garlic cloves, grated  
2 Tbsp. harissa (plus extra for garnishing)  
4 Tbsp. olive oil, divided  
2 Tbsp. apple cider vinegar, divided  
1 large head of broccoli, cut into large florets  
with some stalk attached  
1 bunch of kale  
½ red onion, cut into thin slices  
Salt and pepper

1. Pre-heat oven to 425°F.
2. Whisk garlic, harissa, 2 Tbsp. olive oil, and apple cider vinegar in a large bowl; generously season with salt and pepper.
3. In a bowl or ziplock bag, toss broccoli and tofu in harissa mixture until coated.
4. Transfer mixture to a baking sheet. Spread out evenly and roast, rotating sheet halfway through, until broccoli is lightly browned and cooked through - approximately 30–40 minutes.
5. Meanwhile, heat 2 Tbsp. olive oil in frying pan and cook onions until soft, about 7 minutes.
6. Add in kale and cook until wilted. Season with salt and pepper.
7. When broccoli mixture is done, add to frying pan and toss together.
8. Serve on plates. Garnish with extra harissa (optional).

*Makes approximately 2-4 servings.*



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## POTATO VEGGIE PANCAKE

1 can black beans  
1 carrot, grated  
½ onion, diced small  
2 medium potatoes  
4 scallions, chopped  
1 cup corn  
½ tsp. garlic salt  
2 Tbsp. olive oil

1. Pre-heat oven to 425°F.
2. Drain beans. Mash them well with a fork or crush between fingers.
3. Add the remaining ingredients, except olive oil, and mix until well combined. The mixture will be thick. You may need to use your hands to help mix it all together.
4. Heat olive oil in a cast iron skillet. When glistening and hot, add potato mixture and cook until bottom is starting to set. About 5-7 minutes.
5. Place in the oven for another 7-8 minutes until fully cooked. Before you remove it from the oven, place under broiler (high) until the top is brown and crispy.

*Makes approximately 4-6 servings.*





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## SWEET POTATO AND GREEN BEAN SALAD

1 lb. green beans  
1 cup corn  
1 small red pepper  
8 olives of choice  
1 small red onion  
3 sweet potatoes  
¼ cup olive oil (plus extra for tossing)  
3 Tbsp. balsamic vinegar  
3 Tbsp. lemon juice  
2 cloves garlic  
Salt and pepper  
Chopped basil (optional)



1. Preheat the oven to 425°F.
2. Peel and cube sweet potatoes. Cut off green bean tips. Toss in olive oil and season with salt and pepper. Put on separate baking sheets (as cooking times may differ) and roast until potatoes are cooked and green beans have some color to them. Approximately 25 minutes.
3. Dice red pepper and onions, slice olives, and mince garlic. Set aside.
4. Make dressing by mixing olive oil, lemon juice, balsamic vinegar and garlic. Season with salt and pepper.
5. When green beans and sweet potatoes are done, let them cool and mix everything in a bowl.
6. Toss with dressing, garnish with chopped basil (optional), and serve.

*Makes approximately 2-4 servings.*

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## SPAGHETTI SQUASH AND MUSHROOM

1 large spaghetti squash  
2 Tbsp. olive oil  
1 large leek  
8 oz. mushrooms (of your choice), sliced  
2 cloves garlic, minced  
1 tsp. basil, chopped  
Salt and pepper  
½ cup vegetable broth  
¼ cup basil or parsley, chopped



1. Pre-heat oven to 400°F and line a sheet pan with nonstick aluminum foil.
2. Cut squash in half lengthwise. Scoop out and discard the seeds and pulp. Drizzle with 1 Tbsp. olive oil and place, cut side down, on the sheet pan.
3. On a separate sheet tray, lined with nonstick aluminum foil, toss the mushrooms with the remaining olive oil and sprinkle with kosher salt.
4. Place squash and mushrooms in the oven. Roast mushrooms for about 15 minutes or until slightly browned. Set aside. Roast squash for about 30 minutes or until tender and can be easily pierced with a knife. Cool slightly and use a fork to shred the squash into spaghetti strands. Set aside.
5. While the squash and mushrooms are roasting, heat olive oil in a large saute pan. Add leeks and cook over medium heat until golden and tender. Add garlic and saute for 2 more minutes. Add vegetable broth and cook until warm.
6. Toss in the mushrooms before serving to give them some heat and pour on top of squash. Top with chopped basil.

*Makes approximately 2 servings.*

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## DIJON BRUSSEL SPROUTS

1 lb. brussel sprouts, trimmed  
3 Tbsp. olive oil  
2 Tbsp. dijon mustard  
¼ cup apple cider vinegar  
⅓ cup sunflower seeds  
Salt and pepper

1. Preheat oven to 350°F.
2. Slice the sprouts in half. Toss with olive oil.
3. Whisk olive oil, mustard and apple cider vinegar together. Add sprouts and toss to coat. Place on baking sheet and season with salt and pepper.
4. Bake for 25-30 minutes.

*Makes approximately 2-3 servings.*



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## CARROT GINGER SOUP

1 Tbsp. extra-virgin olive oil  
1 yellow onion, diced  
4 cups vegetable broth  
4 medium carrots, chopped  
2 Tbsp. fresh ginger, minced  
Salt and pepper to taste

1. In a medium saucepan, heat olive oil and sauté the onion with a pinch of salt for about 5 minutes, until soft and translucent.
2. Add the broth, carrots, and ginger. Increase the heat to high and bring the mixture to a boil. Reduce heat to medium-low and simmer for about 20 minutes, or until carrots are tender.
3. Transfer the soup to a blender (or keep in pot and use immersion blender.) Blend until smooth and creamy. Season with salt and pepper to taste.
4. Top with shredded carrots, hemp seeds or any herbs you like.

*Makes approximately 4-6 servings.*



# Revolution

RECIPES

SCRUMPTIOUS **SUMMER**



COOKBOOK

Vol. 3

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## VEGAN POKE BOWL

2 fire-roasted red bell peppers, thinly sliced  
2 medium-sized carrots, grated  
½ cucumber, sliced  
2 spring onions, chopped  
2 cups edamame, cooked  
1 avocado, sliced  
4 cups rice, cooked  
1 tsp. sesame seeds  
(or Trader Joes Everything Seasoning)  
¼ nori sheet, cut into thin stripes

### SAUCE

2 Tbsp. honey  
4 Tbsp. tamari or Braggs liquid amino acids  
4 Tbsp. rice wine vinegar  
2 tsp. ginger, freshly grated  
1 tsp. garlic, freshly grated



1. Cook rice per package directions.
2. Prepare vegetables as suggested above or to your preference.
3. Divide rice into four serving bowls and place vegetables over top.
4. Place all sauce ingredients into a mixing bowl and whisk together.
5. Drizzle bowls with sauce. Sprinkle with sesame seeds and nori sheets.

*Makes approximately 4 servings.*

## NOODLE-FREE PAD THAI

- 1 lb. extra-firm tofu (excess liquid pressed out, crumbled with a fork)
- 1 Tbsp. tamari or Braggs liquid amino acids
- 1 tsp. chili garlic sauce (sriracha) or red chili flakes
- ¼ tsp. ground turmeric

### SAUCE

- 2½ Tbsp. peanut butter (or other nut butter)
- 3 Tbsp. lime juice
- 3½ Tbsp. tamari or Braggs liquid amino acids, plus more to taste
- 1 tsp. chili garlic sauce (sriracha) or red chili flakes

### VEGETABLES

- 1 Tbsp. sesame oil
- 3 green onions, ends removed and thinly sliced
- 1½ cups red cabbage, thinly sliced
- 1 red bell pepper, cored and thinly sliced lengthwise
- 2 Tbsp. tamari or Braggs liquid amino acids
- 4-5 large carrots, peeled and ribboned with a vegetable peeler
- ¼ tsp. ground ginger

### OPTIONAL TOPPINGS

- Fresh cilantro
- Crushed peanuts
- Red pepper flakes

1. Place tofu in a bowl, crumble and season with tamari, chili garlic sauce (or pepper flake), and turmeric. Stir and set aside.
2. Add sauce ingredients to a small mixing bowl and whisk to combine. Taste and adjust flavor as needed. Set aside.
3. Heat a large skillet over medium heat. Once hot, add oil, green onions, cabbage, bell pepper, and tamari. Cook for 3 minutes, stirring frequently.
4. Add tofu. Sauté until slightly browned, continually stirring—about 3-5 minutes.
5. Add carrots and stir. Sauté for 2 minutes. Add sauce and mix thoroughly, until heated through.
6. Divide onto plates and garnish with toppings of choice. *Makes approximately 2-4 servings.*



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## SPICY BRAISED ROMANO BEANS WITH TOMATOES

- 3 Tbsp. extra virgin olive oil
- ½ red onion, chopped
- 3 cloves garlic, minced
- ½ lb. plum tomatoes, grated or chopped, with juices
- 2 tsp. dried oregano
- Hot red pepper flakes (to your taste)
- 1 lb. romano beans, ends trimmed and cut into 2-inch pieces
- 1½ cups water
- Kosher or sea salt
- ½ lb. fingerling potatoes, peeled and cut into 1-inch chunks

1. Heat olive oil in a large pot over moderately low heat. Add onion and garlic. Sauté until the onion is soft and sweet—about 5-7 minutes.
2. Add tomatoes, oregano, and a generous pinch of hot pepper flakes. Turn heat on high and cook, stirring, until tomatoes soften and form a sauce.
3. Add beans, potatoes, water and season with salt. Bring to a simmer. Cover and adjust the heat to maintain a gentle simmer. Cook until the beans and potatoes begin to soften—about 17-20 minutes.
4. Season with salt and pepper if needed.

*Makes approximately 4-6 servings.*





## CAULIFLOWER TACOS

- 1 small head of cauliflower  
(or bag of riced cauliflower)
- 4 oz. mushrooms
- 2 Tbsp. tamari or Braggs liquid aminos
- 2 tsp. cumin
- 1 tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. pepper
- ¼ tsp. salt
- Corn tortillas or large lettuce leaves  
(bibb, romaine, or collard greens work well)

### OPTIONAL TOPPINGS

- avocado
- salsa
- guacamole
- jalapeños
- lettuce
- dairy-free cheese or sour cream



1. Preheat oven to 350°F.
2. Pulse mushrooms in a food processor until they're a rice-like consistency and add to a large bowl.
3. Cut cauliflower into florets and process in the food processor until rice-like consistency. Add to the bowl of mushrooms. (Or just add the prepared riced cauliflower from the package into the mushroom bowl).
4. Add seasonings and stir well to combine.
5. Place cauliflower mixture onto a parchment lined baking sheet and bake 30 minutes. Stir lightly and bake for another 10 minutes.
6. Build your own taco and top with your favorite toppings.

*Makes approximately 4 servings.*

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## SWEET POTATO CASSEROLE BOWL

1 medium sweet potato, washed  
½ ripe banana, mashed  
1-2 Tbsp. unsweetened vanilla almond milk  
1 Tbsp. unsweetened almond or peanut butter  
1 Tbsp. raisins  
1 Tbsp. walnuts or pecans  
Cinnamon  
Honey (optional-to taste)

1. Preheat oven to 375°F.
2. Poke holes into sweet potato with a fork. Wrap in foil and place in preheated oven, seam side up. Bake for one hour, or until easily pierced with a fork.
3. Let cool. Peel and place in a bowl. Mash with a fork.
4. Add banana (or honey) and almond milk until desired consistency. Top with a sprinkle of cinnamon, peanut or almond butter, nuts and raisins.

*Makes approximately 1 serving.*



## CAULIFLOWER AND ASPARAGUS RISOTTO

- 1 Tbsp. olive oil
- 1 yellow or white onion, diced small
- 12 oz. asparagus, cut into 1 inch pieces
- 1 clove garlic, minced
- 1 Tbsp. balsamic vinegar
- ½ tsp. dried thyme
- 1 lb. cauliflower rice  
(or 1 small head of cauliflower processed in a food processor)
- ¾ cup canned coconut milk
- 1 tsp. sea salt

### OPTIONAL

- green onions
- black pepper

1. Heat olive oil in a large skillet over medium heat. Sauté onion until soft, about 5 min. Add asparagus and sauté for another 5 min.
2. Add garlic, vinegar and thyme to pan with onions and asparagus and sauté for 1 minute. Add riced cauliflower, coconut milk and sea salt. Stir well.
3. Bring to a simmer and cover. Lower heat and cook about 10 minutes. If there's an excess amount of liquid, turn up the heat and simmer it off. Add more salt if desired.
4. Top with black pepper and sliced green onions (optional.)

*Makes approximately 2 servings.*



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## KALE AND WATERMELON SALAD

2 cups kale (sweet baby kale is the best)  
1 cup lettuce (any variety)  
1 medium cucumber  
1½ cups watermelon, balled or cubed  
¾ cup walnuts (halves or pieces is fine)  
3 Tbsp. blueberry, pear or regular balsamic vinaigrette  
Drizzle of avocado oil or safflower oil (optional)

1. Wash, rinse and spin sweet baby kale and lettuce together. Arrange in a bowl.
2. Peel cucumber (optional) and cut into half moon shapes, or cube.
3. Using a melon baller (or cookie scoop), scoop watermelon into balls and place on top of lettuce and cucumbers.
4. Add walnuts.
5. Drizzle with the balsamic vinaigrette of your choice.
6. Spritz or drizzle with avocado oil or safflower (optional).

*Makes approximately 2 servings.*



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## BLUEBERRY COCONUT BREAKFAST BARS

### CRUST

- $\frac{3}{4}$  cup almonds, crushed in food processor but still chunky
- $\frac{1}{2}$  cup coconut flour
- $\frac{1}{2}$  tsp. baking soda
- $1\frac{1}{4}$  tsp. pure vanilla
- $\frac{1}{4}$  cup coconut oil
- $\frac{1}{4}$  cup almond, coconut, or any nut milk
- $\frac{1}{2}$  cup unsweetened apple sauce
- 2 Tbsp. maple syrup (optional)

### TOPPING

- $1\frac{1}{2}$  cups blueberries, or berry of choice
- $\frac{3}{4}$  cup unsweetened shredded coconut
- 1 can (13.5 oz.) organic coconut milk



1. Preheat oven to 350°F.
2. Coat an 8x8" baking pan with coconut oil.
3. Using hands or spoon, mix all of the crust ingredients in a bowl. Pat crust mixture into 8x8" pan.
4. Bake for 12-15 minutes. Do not overcook as crust will be hard to serve. Let cool 10-15 minutes. (The bar crust can be made the night before.)
5. For the topping, carefully place blueberries on top of the crust and try to fill the gaps. Sprinkle shredded coconut on top of the blueberries. Shake can of coconut milk and pour over the top.
6. Add optional toppings if desired (such as chopped nuts, cinnamon, nutmeg etc). Bake for 30-35 minutes, until the top has some lightly browned spots. Cool and cut into bars. Serve hot or cold.

*Makes approximately 8 servings.*

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## BROCCOLI AND BRUSSELS SPROUTS SLAW

- 1 head of broccoli, thinly sliced (stalk) and cut into bite-sized florets
- 1 lb. brussels sprouts, trimmed, thinly sliced lengthwise
- 2 Tbsp. oil of choice
- ½ tsp. kosher salt, plus more to taste
- 2-4 Tbsp. vegan pesto (or make your own)
- ½ cup olives (castelvetrano preferred), pitted and sliced
- ½ cup unsalted sliced almonds

1. Preheat oven to 425°F.
2. Combine broccoli and brussels sprouts in a bowl, toss with oil, sprinkle with salt and spread out on a baking sheet. Bake for 10-15 minutes, until soft.
3. Remove the broccoli and brussels sprouts from the oven and cool. Once cool, toss with pesto, olives and almonds. Serve cold as a side dish.

### OPTIONAL - MAKE AHEAD

Slaw (without almonds) can be made 1 day ahead. Cover and chill. Add almonds to mixture just before serving.

*Makes approximately 4 servings.*



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## MUSHROOM POLENTA

1 cup yellow corn grits or cornmeal  
½ cup unsweetened non-dairy milk  
¼ cup nutritional yeast  
2 Tbsp. olive oil (divided)  
Salt and pepper, to taste  
8 oz. mixed mushrooms  
(bella, white button, shitake, morels...etc)  
2 roma tomatoes, finely chopped  
3 Tbsp. balsamic vinegar  
½ tsp. garlic powder  
2 cups white beans, drained and rinsed  
2 cups baby spinach  
Pumpkin seeds for garnish (optional)  
Vegan parmesan for topping (optional)

1. Cook grits per package directions.
2. When fully cooked, add non-dairy milk, nutritional yeast, and 1 Tbsp. olive oil. Stir and season with salt and pepper to taste.
3. On the stove, heat 1 Tbsp. olive oil over medium heat. Add mushrooms and tomatoes. Cook for 8-10 minutes, until mushrooms are tender and slightly browned.
4. Add Balsamic Vinegar and garlic powder. Cook for 3-5 more minutes, until vinegar has thickened.
5. Add white beans and spinach. Stir until spinach is wilted and beans are warm.
6. Serve the mushroom mixture over polenta and garnish with pumpkin seeds and vegan parmesan (optional.)

*Makes approximately 2-4 servings.*



## SPRING ROLLS

- 10 oz. extra-firm tofu (liquid pressed out)
- 1 package of large lettuce leaves  
(butterhead lettuce, collard greens or  
personal preference)
- 1 small red bell pepper, thinly sliced vertically
- 1 cup bean sprouts
- 1 cup basil, chopped
- 1 cup red or purple cabbage, finely sliced
- 3 carrots, peeled and sliced into thin matchsticks

### SAUCE

- $\frac{1}{3}$  cup creamy unsalted sunflower seed butter
- 2 Tbsp. tamari (or liquid amino acids)
- 2-3 Tbsp. maple syrup (optional)
- 1 lime, juiced
- $\frac{1}{2}$  tsp.-1 tsp. chili garlic sauce
- Hot water to thin



1. Wrap tofu in a clean, absorbent towel and setting something heavy on top to press out the excess liquid.
2. Lay out the butterhead lettuce. If using collard greens, slice out the large vein in the middle.
3. Prep the vegetables and slice the tofu in long, rectangular cubes.
4. Mix all of the sauce ingredients together. Add warm water if too thick. Season to taste.
5. On the lettuce (or collard greens), layer the tofu, bell pepper, bean sprouts, cabbage and carrots. Lay a basil leaf on top and either drizzle the sauce on top or use it as a dip.
6. Wrap up the lettuce cup and enjoy!

*Makes approximately 4-6 servings.*



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## PESTO BUDDAH BOWL

½ cup dried quinoa  
1 can (15 oz.) white beans, drained and rinsed  
1 medium red pepper, diced  
1 large yukon gold potato, diced (2 cups)  
2 cups brussels sprouts, sliced  
2 cups cauliflower florets  
1 Tbsp. olive oil  
1 tsp. salt  
½ tsp. black pepper

### CILANTRO SPINACH PESTO

2 cups baby spinach leaves  
1 cup cilantro leaves  
¼ cup chopped walnuts  
3 Tbsp. nutritional yeast  
Juice of ½ a lemon  
1 clove garlic, minced  
½ tsp. salt  
¼ cup olive oil



1. Pre-heat oven to 400°F.
2. Cook quinoa according to package directions.
3. On a large sheet pan, toss together all of the vegetables with the olive oil, salt and pepper.
4. Roast vegetables for about 40-50 minutes, until cooked through and browned.
5. Add all pesto ingredients, except the olive oil, to a food processor and process until ground down. Slowly drizzle in the olive oil and blend until desired consistency is reached. Add more olive oil if desired.
6. Place equal portions of the quinoa, white beans and roasted vegetables into bowls and top with desired amount of pesto.

*Makes approximately 2-4 servings.*

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## ROASTED BRUSSELS SPROUTS AND TOFU WITH HONEY GLAZE

1½ lbs. brussels sprouts, trimmed and cut in half lengthwise

1½ Tbsp. olive oil

sea salt

1 block (15 oz.) of organic extra-firm tofu

1 Tbsp. olive oil

1 Tbsp. tamari or Braggs liquid amino acids

1 Tbsp. arrowroot starch or cornstarch

### GLAZE

¼ cup tamari or Braggs liquid amino acids

3 Tbsp. honey

2 Tbsp. rice vinegar

2 tsp. toasted sesame oil

1 to 3 tsp. chili garlic sauce or sriracha (depending on your spice level preference)

Rice (optional)



1. Preheat oven to 400°F.
2. Drain tofu and press out the excess water. Cut into 2 inch cubes. Toss in starch.
3. Line a baking sheet with parchment paper and lay tofu in a single layer.
4. Toss brussels sprouts with olive oil.
5. On a large baking sheet, arrange the sprouts in an even layer, flat sides down, and sprinkle with sea salt.
6. Bake both the tofu and brussels sprouts for 25 to 30 minutes, tossing the contents of each pan halfway through cooking, until the sprouts and tofu are deeply golden on the edges.
7. In a small saucepan, whisk together the glaze ingredients. Bring to a gentle boil over medium heat, stirring often and reducing heat as necessary, until the glaze is reduced by half—about 10 minutes. Remove from heat.
8. Serve alone or over rice.

*Makes approximately 2-4 servings.*

## BUTTERNUT SQUASH AND ZUCCHINI PASTA DINNER

Handful of cherry tomatoes  
3 Tbsp. smoked olive oil  
(or regular extra virgin olive oil), divided  
2 cups butternut squash, spiraled  
1½ cups zucchini, spiraled  
¼ to ½ tsp. fresh ground pepper  
1½ Tbsp. minced garlic, divided  
2 Tbsp. fresh lime juice  
2 Tbsp. fresh lemon juice  
¼ cup pine nuts, divided  
½ cup fresh basil Leaves  
1 medium avocado (or 2 small)  
1 Tbsp. balsamic vinegar  
⅛ cup pomegranate seeds (optional garnish)



1. Preheat oven to 350°F.
2. Place 1 handful of cherry tomatoes and ½ Tbsp. olive oil in a baking pan and cook until soft.
3. In a large pan, heat 1½ Tbsp. olive oil and 1 Tbsp. minced garlic. When hot, add the spiralized butternut squash, zucchini and black pepper. Stir frequently for 2-3 minutes (do not overcook) and remove from heat. The vegetables should have a little crispness to them.
4. In food processor, combine ½ Tbsp. minced garlic, basil leaves, ⅛ cup pine nuts, lemon juice, lime juice, avocado and 1 Tbsp. balsamic vinegar. Blend well. Add a few drops of water to thin if necessary.
5. Place spiralized vegetables on plate. Top with a scoop of avocado pesto sauce, tomatoes, pine nuts and pomegranate..

*Makes approximately 2-4 servings.*

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## FIG AND BALSAMIC BAKED PEARS

1 Pear (Anjou or preference), washed, cut in half lengthwise, cored  
1 Tbsp. plus ½ tsp. balsamic vinegar (fig infused or preferred)  
1 medium to large dried fig, cut in half or chopped  
2 sprigs fresh rosemary, chopped  
Extra virgin olive oil spray

1. Preheat oven to 375\* F.
2. Oil, or spray a baking dish. (You can also use a silicone mat.)
3. Place pear on baking dish and slowly drizzle enough balsamic vinegar over each half to permeate the tops of both halves.
4. Bake in the oven for 15-20 minutes.
5. Place the pear on a plate and garnish with rosemary and figs.

*Makes approximately 1 serving.*



# Revolution

RECIPES

## HEALTHY HOLIDAYS

# COOKBOOK



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## SCALLOPED POTATOES

- 2 Tbsp. olive oil or vegan butter
- ½ cup onion, chopped
- 2 cloves of garlic, minced
- 3 Tbsp. tapioca flour, potato starch, or gluten-free flour
- ⅓ cup nutritional yeast
- 1 tsp. salt
- ¼ tsp. pepper
- 2½ cups non-dairy milk
- 6 large Yukon Gold potatoes, peeled and thinly sliced  
(Use a mandolin if you have one.)
- 1 Tbsp. fresh thyme, chives, or herb of choice
- 2 Tbsp. vegan buttery spread (optional)



1. Preheat oven to 350 °F.
2. Place the oil/butter in a saucepan and melt over medium heat. Add the chopped onion and garlic. Cook for about 5 minutes until softened.
3. Stir in the flour and nutritional yeast. Add 1¼ cups of the milk and stir well. Use a whisk to break up the flour if necessary.
4. Add the rest of the remaining 1¼ cups of milk, and turn the heat to medium high. Cook while stirring constantly for a minute or two to allow the sauce to thicken. Season with salt and pepper.
5. Place the thinly sliced potatoes in a casserole dish. (Optional: Spread 2 Tbsp. vegan buttery spread evenly over the top.) Pour the sauce over the top.
6. Cover the dish and bake for 30 minutes. Remove the cover and continue to bake for one hour and 10 minutes. Before serving, sprinkle with fresh thyme, chives, or herb of choice.

*Makes approximately 6-8 servings.*

# LASAGNA

## "RICOTTA"

- 3 cups raw macadamia nuts
- 2 Tbsp. nutritional yeast
- ½ cup fresh basil, finely chopped
- 2 tsp. dried oregano
- 1 medium lemon, juiced
- 1 Tbsp. extra virgin olive oil
- 1 tsp. sea salt
- Pinch of black pepper
- ½ to ¾ cup water
- ¼ cup vegan Parmesan cheese (optional)

- 1 jar (28 oz.) marinara sauce  
(sugar free, with minimal ingredients)
- 5 medium zucchini squash, thinly sliced with  
a mandolin

1. Preheat oven to 375 °F.
2. Add macadamia nuts to a food processor or blender and mix to combine.
3. Add nutritional yeast, fresh basil, oregano, lemon juice, olive oil, salt, pepper, and water. The mixture should be creamy and thick like a paste. Taste and adjust seasonings as needed. Add more salt and pepper for flavor, nutritional yeast for cheesiness, and lemon juice for brightness.
4. Pour about 1 cup of marinara sauce into a 9x13-inch (or similar size) baking dish and line with thinly sliced zucchini.
5. Scoop small spoonfuls of "ricotta" mixture onto the zucchini and gently spread in a thin layer. Spread on a layer of marinara sauce and then top with more zucchini slices. Continue until all ingredients are used up. The top two layers should be zucchini and then sauce.
6. Cover with foil. Bake for 45 minutes. Remove foil and bake for another 15 minutes. The zucchini should be very easily pierced with a knife. Let cool for 10-15 minutes before serving.
7. Serve immediately and top with fresh basil.

*Makes approximately 6-8 servings.*



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## EGG NOG

1½ cups raw unsalted cashews,  
soaked overnight and drained  
2 cups water  
1 can (13.5 oz.) full-fat coconut milk  
2 Tbsp. honey  
14 small dates, pitted  
1 tsp. ground nutmeg  
¼ tsp. kosher salt  
Cinnamon for garnish

1. Blend soaked cashews with 2 cups of water until very smooth. Do not use the soaking water.
2. Add the remaining ingredients and blend until a uniform consistency is achieved. This will require some time, as the dates take a great deal of blending. It's ok if the liquid gets warm to the touch.
3. Pour eggnog into a glass container and refrigerate until cold.
4. Sprinkle cinnamon on top as a garnish and serve.

*Makes approximately 4 servings.*





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## KALE CAESAR - SIDE SALAD

### CHICKPEAS

1 can (15 oz.) garlic-roasted chickpeas, drained

1 Tbsp. olive oil

1 clove garlic, minced

¼ tsp. fine sea salt

Optional: Add your favorite seasonings, seasoned salt, flavored olive oil, etc.

### DRESSING

¼ cup raw tahini (if substituting hummus, add water to thin)

1 tsp. spicy mustard

4 tsp. lemon juice, freshly squeezed

2 tsp. capers, smashed

¼ cup water

2 cloves garlic, minced

1-2 Tbsp. olive oil

1-2 tsp. honey (optional)

¼ tsp. salt

Black pepper, freshly ground

### SALAD

1 large bunch of kale or any variety of lettuce you choose

1. Preheat oven to 400°F.
2. Toss the cooked chickpeas with olive oil, garlic, and salt (or your favorite seasonings) in a large bowl, then pour them onto a rimmed baking sheet.
3. Arrange them in a single layer and bake until crisp. After 30 minutes, check them often for desired browning. They can burn quickly.
4. While the chickpeas are baking, prepare the dressing. Stir together the tahini, mustard, olive oil, lemon juice, capers, water, garlic, mustard, salt, and black pepper to taste. Stir until smooth.
5. To assemble the salad, clean your kale or lettuce. Toss the leaves with the dressing and let them marinate in the fridge while you wait for the chickpeas to be done.
6. Let the chickpeas cool a bit before adding to the salad. Sprinkle them generously over the kale salad and serve.

*Makes approximately 4 servings.*



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## CREAMED CORN

2 cups frozen (or fresh) corn kernels  
1 can (15 oz.) full-fat coconut milk  
¼ tsp. sea salt  
¼ tsp. black pepper  
Handful flat-leaf parsley, chopped  
¼ tsp. red pepper flakes  
1 Tbsp. scallions, chopped

1. Combine corn and coconut milk in a saucepan over medium heat, and bring to a simmer.
2. Cook about 15 minutes, until coconut milk has evaporated a bit and thickened.
3. Once the mixture has reached the desired consistency, mix in parsley, red pepper flakes, and scallions. Season with salt and pepper to taste.

*Makes approximately 3-4 servings.*



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## CRANBERRY SAUCE

24 oz. fresh cranberries  
¾ cup pineapple juice  
½ cup applesauce, no sugar added  
½ cup water  
Juice and zest of one orange  
3-4 Tbsp. honey or to taste (optional)

1. Add cranberries, pineapple, applesauce, and water to a sauce pan and bring to a boil.
2. Reduce to medium heat and stir constantly until the cranberries start to pop (about 10-15 minutes).
3. Reduce to a simmer. Add orange juice and zest to the cranberry mixture. Add honey (optional).
4. Simmer 10-15 minutes and remove from heat.
5. Cool completely and store in the refrigerator for at least 4 hours, preferably overnight, before serving.

*Makes approximately 8 servings.*



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## SWEET POTATO CASSEROLE

4 large sweet potatoes,  
peeled and cut into 1-inch chunks  
1 cup canned coconut milk (light or regular)  
¼ cup honey  
¼ cup coconut oil, melted (optional)  
1 Tbsp. ground flaxseed  
1 tsp. vanilla  
1 tsp. cinnamon  
½ tsp. sea salt  
½ tsp. nutmeg, freshly grated or ground

### TOPPING:

½ cup coconut sugar  
½ cup pecans, chopped  
⅓ cup gluten-free old-fashioned oats  
⅓ cup gluten-free almond flour  
¾ tsp. cinnamon  
3-4 Tbsp. solid coconut oil



1. Boil potatoes and cook until tender. Approximately 15-20 minutes. Drain and let cool.
2. Meanwhile, preheat oven to 350°F and coat a 9x13 in casserole dish with coconut oil.
3. In a mixing bowl, combine pecans, oats, almond flour, cinnamon, and coconut sugar. Cut in coconut oil with a fork or knife until the mixture is sandy with pea-sized chunks of oil. Set aside.
4. In a separate bowl, mash cooled sweet potatoes with a fork. Add coconut milk, honey, coconut oil, flaxseed, vanilla, cinnamon, nutmeg, and salt. Mix until combined.
5. Spoon the sweet potato mixture into the prepared 9x13 dish and sprinkle on the brown sugar and pecan mixture. Bake uncovered for 40-45 minutes, until the top is golden brown and the sweet potatoes are bubbling.

*Makes approximately 8 servings.*

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## GREEN BEAN CASSEROLE

- 1 cup raw cashews, soaked for 2 hours,  
drained and rinsed  
(can also be soaked overnight)
- 2 Tbsp. lemon juice
- 4 Tbsp. nutritional yeast, divided
- 1½ cups plain, non-dairy milk,  
unsweetened
- 1 tsp. sea salt, divided
- 1 Tbsp. olive oil
- 1 medium onion, sliced
- 2 garlic cloves, minced
- 10 oz. white button or  
crimini mushrooms, sliced
- 1 pound green beans,  
trimmed and cut in half
- ½ cup gluten free breadcrumbs or leftover  
cornbread crumbs from pg. 16 (optional)



1. Preheat oven to 350°F and lightly oil a casserole dish.
2. Mix together cashews, lemon juice, 2 Tbsp. nutritional yeast, non-dairy milk, and ½ tsp. salt in a blender or food processor until smooth and creamy. Set aside.
3. Heat olive oil in a large pan over medium high heat. Add onion and cook for about 10 minutes, until onion begins to caramelize/turn brown.
4. Add garlic, mushrooms, and green beans to the pan along with the other ½ tsp. salt. Cover and let cook for about 10-15 minutes, stirring occasionally, until the vegetables are tender.
5. Optional: While the vegetables are cooking, mix together the panko breadcrumbs with the remaining 2 tablespoons of nutritional yeast. Set aside.
6. Remove vegetables from the heat and mix in the cashew cream. Pour the mixture into the casserole dish and top with breadcrumb mixture (optional).
7. Bake for about 30 minutes, or until the top is golden and the casserole is bubbly. Serve hot.

*Makes approximately 8-10 servings.*

## LENTIL QUINOA LOAF

- ½ cup lentils (any color)
- ⅓ cup tri-color quinoa, uncooked and washed
- 2¼ cups of water
- 2 tsp. oil
- ¾ cup onion, chopped
- 3 cloves of garlic, finely chopped
- 1 jalapeño, chopped (optional)
- ½ cup celery, finely chopped
- ½ cup carrots, thinly sliced or grated
- ½ tsp. dried thyme
- ½ tsp. dried oregano
- ¼ cup raisins (optional)
- 2 Tbsp. flax meal
- ½ tsp. tamarind paste
- 1 tsp. honey/agave (optional)
- 1 tsp. apple cider vinegar
- ½ tsp. ground mustard
- 2-3 Tbsp. sugar-free ketchup
- 1-2 Tbsp. tamari or Bragg coconut amino acids
- 2 Tbsp. tahini
- 1-2 Tbsp. nutritional yeast
- ¼ tsp. fennel seeds, coarsely ground
- Salt and pepper
- ½ cup gluten-free breadcrumbs or coarsely ground oat flour or almond meal



1. Combine lentils and water in a pan over medium heat. Bring to a boil and cook for 20 minutes.
2. Add quinoa to lentil pan, partially cover and continue to cook, stirring once, until both are very tender and easily mashed, about 10 to 15 minutes. The lentils will feel slightly overcooked. Drain any excess water and put into a bowl.
3. Heat oil in a skillet over medium heat. Add onions, garlic, and jalapeño. Cook for 5 minutes or until translucent. Add celery, carrots, thyme, oregano, and mix well. Cook for 5 minutes or until the vegetables are tender. Add the raisins, and mix. Cook for 2 more minutes. Remove from heat.
4. Add the cooked vegetables and flax meal to the lentil bowl and mix. Mash the mixture using a potato masher or your hands, so that at least half of the lentils and quinoa are well mashed (you will want some lentils whole). Add in tamarind, honey, apple cider vinegar, mustard, ketchup, tamari, tahini, nutritional yeast, and fennel seeds; mix well. Taste and adjust with salt and pepper.
5. Add breadcrumbs or coarsely ground oats and mix in. The texture should be that of a burger patty. If it's too crumbly, add some water. If it's too sticky, add more crumbs.
6. Line a medium 8.5 x 4.75 inch loaf pan with parchment paper that covers the edges of the pan. Press the mixture into the pan. Pack well and even it out. Cover with foil and bake at 375°F for approx 25-30 minutes. Bake uncovered for 5 to 10 minutes.
7. Let cool for 15 minutes before slicing. Serve with gravy recipe on page 14.

*Makes approximately 6 servings.*

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## GRAVY

- 1 Tbsp. olive oil
- 1 yellow onion, chopped
- 2 garlic cloves, minced
- 4 ounces mushrooms, sliced (about 1 cup loosely packed)
- 1 medium Yukon gold potato, cut into 1-inch chunks  
(can substitute cauliflower or parsnips, but flavor profile may change)
- 2 Tbsp. tamari or Bragg liquid amino acids
- 1 cup water
- ¼ tsp. fine sea salt
- ¼ tsp. black pepper

1. Heat olive oil in a large skillet over medium heat and saute the onion until it starts to soften, about 5 minutes.
2. Add in garlic and mushrooms. Stir for 2 minutes, just until the garlic is fragrant.
3. Add in potato, tamari, and water. Bring to a boil.
4. Once boiling, lower the heat to a simmer and cover the pan. Cook until the potatoes are fork-tender, about 10 minutes.
5. Once tender, carefully transfer the contents of the pan to a high-speed blender or food processor. Add in salt and black pepper. Blend until smooth.
6. Adjust any seasoning to taste and serve warm over your favorite side dish or main course. Leftover gravy can be stored in an airtight container for up to a week in the refrigerator.

*Makes approximately 6-8 servings.*



## PUMPKIN PIE

1 can (15 oz.) organic pumpkin (or use fresh)  
1 cup canned coconut milk  
1/3 cup maple syrup  
2 Tbsp. coconut sugar  
1 Tbsp. pumpkin pie spice  
3 Tbsp. organic corn starch (or tapioca starch)  
1/2 tsp. sea salt  
1 tsp. pure vanilla extract

### CRUST

1 cup hazelnut meal  
(you can replace with another nut meal  
or coconut flour)  
1 cup coconut flour  
1/2 cup maple syrup  
2 Tbsp. coconut butter, melted  
2-4 Tbsp. water, as needed



1. Preheat oven to 400°F and spray a 9 inch pie pan.
2. Blend all crust ingredients in a bowl (using your hands is easiest) and press into pan.
3. Place the crust in the oven to bake for 15 minutes while preparing the filling.
4. Mix all of the filling ingredients together in a bowl with a whisk or blender.
5. Remove crust from oven. Pour filling over crust.
6. Bake all together for 35-45 minutes or until the pie is somewhat set. If the crust starts to get too brown, cover with tin foil. The center doesn't need to be fully set, as it will set more overnight as it cools.
7. Remove from oven and let cool. Refrigerate overnight uncovered so it fully sets!

*Makes approximately 8 servings.*



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## CORNBREAD

- 1 cup cornmeal, finely ground
- 1/3 cup coconut flour
- 1/4 tsp. salt
- 1 1/2 tsp. baking powder
- 1/4 cup pumpkin puree or sweet potato puree
- 3/4 cup canned coconut milk
- 1 Tbsp. olive oil
- 1 Tbsp. maple syrup
- 1/2 tsp. apple cider vinegar

1. Preheat oven to 375°F and oil a 6-inch square (or round) pan.
2. Add cornmeal, coconut flour, salt, and baking powder to a bowl and whisk well.
3. Add the rest of the ingredients and mix to combine.
4. Smooth batter into the cake pan.
5. Bake for approximately 20 minutes or until the top is golden brown and knife comes out clean.
6. Can be served alone or made in conjunction with the stuffing.

*Makes approximately 4 servings.*



## CORNBREAD STUFFING

- 1 tsp. oil
- ¾ cup onion, chopped
- 3 cloves of garlic, finely chopped
- ½ cup celery, finely chopped
- ½ cup carrots, thinly sliced or grated
- 2 tsp. sage
- ½ tsp. thyme
- ½ tsp. oregano
- ⅓ tsp. salt (more to taste)
- 4 Tbsp. raisins
- ⅓ cup corn
- ½ cup packed, finely chopped greens (kale, spinach etc)
- ⅓ packed cup cilantro, chopped and divided
- ⅓ packed cup scallions, chopped and divided
- ½ cup canned coconut milk
- 1 Tbsp. olive oil
- 1½ Tbsp. maple syrup

1. Preheat oven to 350°F and grease a 9x13 pan.
2. Heat oil in a skillet over medium heat. Add onions and garlic and cook for about 5 minutes or until softened
3. Add celery, carrots, sage, thyme, oregano, and salt; mix well. Cook until the vegetables are tender, maybe 3-5 minutes.
4. Add in the raisins, corn, and greens, and mix. Cook for 2 minutes or until the greens are lightly wilted.
5. Remove from heat and mix in half of the cilantro and scallions. Taste and adjust salt and flavor.
6. Mix the almond milk with maple and olive oil. Add that mixture to the skillet.
7. Finally, crumble the cornbread into the mixture and toss well.
8. Pour into greased pan and bake for about 20 minutes.
9. Broil on high for about 3 minutes, mix again, and broil again for another 3 minutes.
10. Sprinkle the remaining cilantro and scallions on top and serve.

*Makes approximately 4-6 servings.*



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## BAKED POTATO LATKES

1 large russet potato, peeled and grated (2 cups)  
¼ tsp. yellow onion, grated  
¼ cup plus 1 Tbsp. coconut flour  
1 tsp. ground flaxseeds mixed with 3 Tbsp. water  
¾ tsp. sea salt  
Pinch of crushed red pepper flakes  
¼ tsp. paprika

1. Preheat oven to 400°F. Oil a baking sheet well but not too much that the latkes will get soaked.
2. Place all of the ingredients in a large bowl and mix well.
3. Scoop about ¼ cup of the mixture for each latke onto the prepared baking sheet. Flatten to about ¼ inch thick.
4. Bake for 8 minutes and flip. Bake again until golden brown, about 8 minutes. The crispier you like them, the longer you will bake them. (Optional: Serve topped with applesauce.)

*Makes approximately 2-4 servings.*



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## MATZO BALL SOUP

### BROTH

2 cups vegetable broth (or water)  
1½ cups onion, chopped  
2 cloves garlic, sliced  
2 shallots, chopped  
6 cups leeks, sliced  
2 cups carrots, sliced  
1 cup fresh dill  
6 cups water

### MATZO BALLS

1½ cups boiling water  
1½ cups quinoa flakes (or gluten free matzo meal)  
½ tsp. sea salt (or more to taste)  
¼ tsp. black pepper  
½ tsp. onion powder  
2 Tbsp. cooked potato puree

### SOUP

6 cups rich leek-onion-shallot broth (above)  
½ cup onion, diced  
1 cup carrot, sliced  
1 tsp. sea salt  
2 Tbsp. minced fresh dill



### BROTH

1. In a pot, heat vegetable broth (or water) over medium heat.
2. Add onion, garlic, shallots, leeks, and a few pinches of sea salt. Cook and stir for 15 minutes, or until the vegetables have softened.
3. Add the rest of the water, carrots, and dill to the soup pot and bring to a boil. Reduce heat to low; cover and simmer for 1 hour.
4. Strain the broth, pressing the vegetables with the back of a spoon to extract all of the liquid. You can toss these vegetables or save them to put in your finished soup to add texture.

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## MATZO BALL SOUP *continued*

### MATZO BALLS

1. Preheat the oven to 300°F.
2. Boil small potatoes, mash well with fork, and set aside.
3. Bring ½ cup water to a boil over medium-high heat.
4. In a bowl, mix together the quinoa flakes (or matzo meal), sea salt, black pepper, and onion powder.
5. Add the boiling water and potato puree and mix well.
6. Cover and refrigerate for 15 minutes.
7. Once cold, line a baking sheet with parchment paper or oil and form Tbsp.-size balls of the matzo mixture and place them on the prepared baking sheet.
8. Bake for 10 minutes. Carefully turn them over and bake for another 10 minutes.

### SOUP

1. In a large pot, heat all of the broth over medium heat. Add the onion, carrot, and a pinch of the sea salt. (Optional: Add back the vegetables left over after straining.)
2. Cook and stir until carrots are tender, about 10-15 minutes.
3. To serve, place 2-3 matzo balls in each soup bowl and pour broth on top. Serve topped with fresh dill.
4. Can be frozen

*Makes approximately 4-6 servings.*

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