

Hearty Lentil Soup

1 lb. dry Lentils
8 cups Vegetable Broth (two 32 oz. cartons)
1 can diced Tomatoes (16 oz.)
1 medium Onion, chopped
1 1/2 cups chopped Carrots
4 cloves of Garlic, minced
1/2 teaspoon dry Oregano
Salt to taste

Step 1: Cook onion in oil until slightly translucent in Large Pot or Dutch Oven. Add garlic to the Large Pot and cook for 1-2 minutes.

Step 2: Add remaining ingredients to Large Pot.

Step 3: Bring to boil.

Step 4: Reduce heat to low level. Allow soup to simmer for 40-45 minutes.

Yield: approximately 10 cups

Cheezy Baked Ziti

16 oz pkg penne pasta
2 jars (26 oz) marinara sauce
3 cups **Basic Cashew Cheez** (recipe below)

Cook pasta until al dente. Place in 9x13 baking dish. Mix in marinara sauce. Top with approximately 3 cups of cashew cheez (more or less depending on how cheesy you want it to be). Gently mix. Bake covered at 350 for 30 minutes.

Yield: one 9x13 dish

Basic Cashew Cheez

2 cup	Water
2 cup	Raw cashew pieces, rinsed well and drained (can soak and drain)
1 jar (4 oz.)	Pimientos
¼ cup	Nutritional yeast flakes
2 Tbsp	Lemon juice
2 tsp	Salt
2 tsp	Onion powder
½ tsp	Garlic powder

1. Place all ingredients in a blender and blend until smooth.
2. Heating or chilling will make the sauce thicker.
3. Use over salads, cooked vegetables, pasta, rice, potatoes, on pizzas, lasagnas.

Yield: 4 cups

Creamy Tofu Ricotta

2 packages	Tofu, firm or extra-firm, water-packed (14 oz)
1½ tsp	Salt
2¼ tsp	Onion powder
½ tsp	Garlic powder
1½ cup	Vegenaise or other vegan mayo
2 Tbsp	Chives, dried

Squeeze excess water out of tofu. (Place tofu block between two plates in sink, apply pressure with hands or placing heavy bowl on top. Let sit a few minutes until water drains.) Crumble tofu in a bowl and add seasonings. Mix well.

Yield: 4 cups

Easy Ranch Dressing

2 cups	Vegenaise or other vegan mayo
2 tsp	dill weed
2 tsp	garlic powder
2 tsp	onion powder
2 Tbsp	parsley
1 tsp	salt
2 tsp	lemon juice
½ cup	water (as needed to desired consistency)

1. Mix thoroughly, and if too thick, add more water as necessary.
2. Serve as vegetable dip or salad dressing.

Yield: 3 cups

Creamy Italian Herb Dressing

½ cup	Extra-virgin olive oil
½ cup	Lemon juice
1 cup	Water
¼ cup	Honey
1 tsp	Salt
1 cup	Raw cashews
1 Tbsp	Onion powder
1 tsp	Garlic powder
1 tsp	Dried oregano
2 tsp	Dried basil

1. Blend all ingredients well. Refrigerate up to 2 weeks. Can be frozen.

Yield: 3 cups

Large Tossed Green Salad

Make your salad bright and colorful with a variety of greens and vegetables! Please bring your salad washed, chopped, tossed, and ready to go. Please do not add any dressing. We will provide dressing. Choose from among these colors, mix and match as you like!

Green – choose from romaine, green leaf, red leaf, spinach, spring mix, arugula, etc.

Red – red bell pepper, tomatoes, beets

Orange/yellow – carrots, orange/yellow bell pepper

White – cabbage, cauliflower, artichoke

Purple – red cabbage

Black – olives

Scrumptious Apple Crumble

Filling:

4-5 med	Apples, peeled, cored, and chopped
1 Tbsp	Lemon juice
3 Tbsp	Cornstarch
1 cup	White grape juice or apple juice (or can use water for less sweetness)
1 tsp	Vanilla extract

Topping:

3 cups	Quick oats
$\frac{3}{4}$ cup	Almond flour
$\frac{1}{4}$ cup	Ground flaxseed (flaxmeal)
1 cup	Maple syrup
1 cup	Pecans or walnuts, chopped
$\frac{1}{2}$ tsp	Salt
1 tsp	Vanilla extract
1 tsp	Cinnamon (optional)

1. Preheat oven to 350.
2. Mix cornstarch in juice separately first.
3. Combine all filling ingredients in a mixing bowl and mix well.
4. Place filling into a 9x13 baking dish.
5. Combine all topping ingredients in a mixing bowl and mix well.
6. Evenly spread over apple filling.
7. Bake uncovered for 50 minutes to 1 hour or until topping is golden and filling is bubbly.

Yield: one 9x13 baking dish