



Week Two

Vegan Recipes

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# Oatmeal-Rhubarb Porridge

## Ingredients

- 1 1/2 cups nonfat milk or nondairy milk, such as soymilk or almond milk
- 1/2 cup orange juice
- 1 cup old-fashioned rolled oats
- 1 cup 1/2-inch pieces rhubarb, fresh or frozen
- 1/2 teaspoon ground cinnamon
- Pinch of salt
- 2-3 tablespoons brown sugar, pure maple syrup or agave syrup
- 2 tablespoons chopped pecans or other nuts, toasted (see Tip) if desired

## Directions

1. Combine milk, juice, oats, rhubarb, cinnamon and salt in a medium saucepan.
2. Bring to a boil over medium-high heat.
3. Reduce heat, cover and cook at a very gentle bubble, stirring frequently, until the oats and rhubarb are tender, about 5 minutes.
4. Remove from the heat and let stand, covered, for 5 minutes.
5. Stir in sweetener to taste. Top with nuts.

Serving Size	Calories	Fat	Protein	Sodium
½ of recipe	336 per serving	8g per serving	13g per serving	772mg per serving

# BREAKFAST

# Southwestern Corn & Black Bean Salad

## Ingredients

- 3 large ears of corn, husked
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon salt
- Freshly ground pepper, to taste
- 2 15-ounce cans black beans, rinsed
- 2 cups shredded red cabbage, (see Tip)
- 1 large tomato, diced
- 1/2 cup minced red onion

## Directions

1. Bring 1 inch of water to a boil in a Dutch oven. Add corn, cover and cook until just tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.
2. Meanwhile, place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
3. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

Serving Size	Calories	Fat	Protein	Sodium
2 cups	410 per serving	16g per serving	16g per serving	537mg per serving

# LUNCH

# Creamy Mac & Cheese

## Ingredients

- 2 tablespoons Earth Balance
- 1 garlic clove, finely chopped
- 1 1/2 tablespoons tahini
- 1 teaspoon Dijon mustard
- 1 1/2 tablespoon Braggs aminos
- 1 1/3 cup unflavored Soy Milk
- 2 tablespoons whole wheat pastry flour
- 1/3 cup nutritional yeast flakes
- 1/3 cup sliced carrots
- 1/2 orange bell pepper
- fresh ground pepper
- 1 package macaroni, cooked and drained
- 1 package of Gardein BBQ skewers, heated according to package directions (optional)

## Directions

1. While your macaroni is cooking, melt the butter in a large saucepan over medium-high heat.
2. Toss the garlic into the hot butter, cook for about 1 minute, then whisk in the tamari, Dijon mustard, and Braggs.
3. In a small bowl, whisk together the soy milk and flour, then slowly add the milk to your hot saucepan, whisking constantly until the mixture thickens.
4. Whisk in the nutritional yeast flakes.
5. Pour this hot sauce mixture into a Vitamix. Add the carrots and bell pepper. Puree.
6. Pour immediately over your cooked macaroni noodles. Pepper generously. Add salt, if needed to flavor.
7. Serve bowls of mac and cheese topped with a Gardein BBQ chicken skewer.

# DINNER