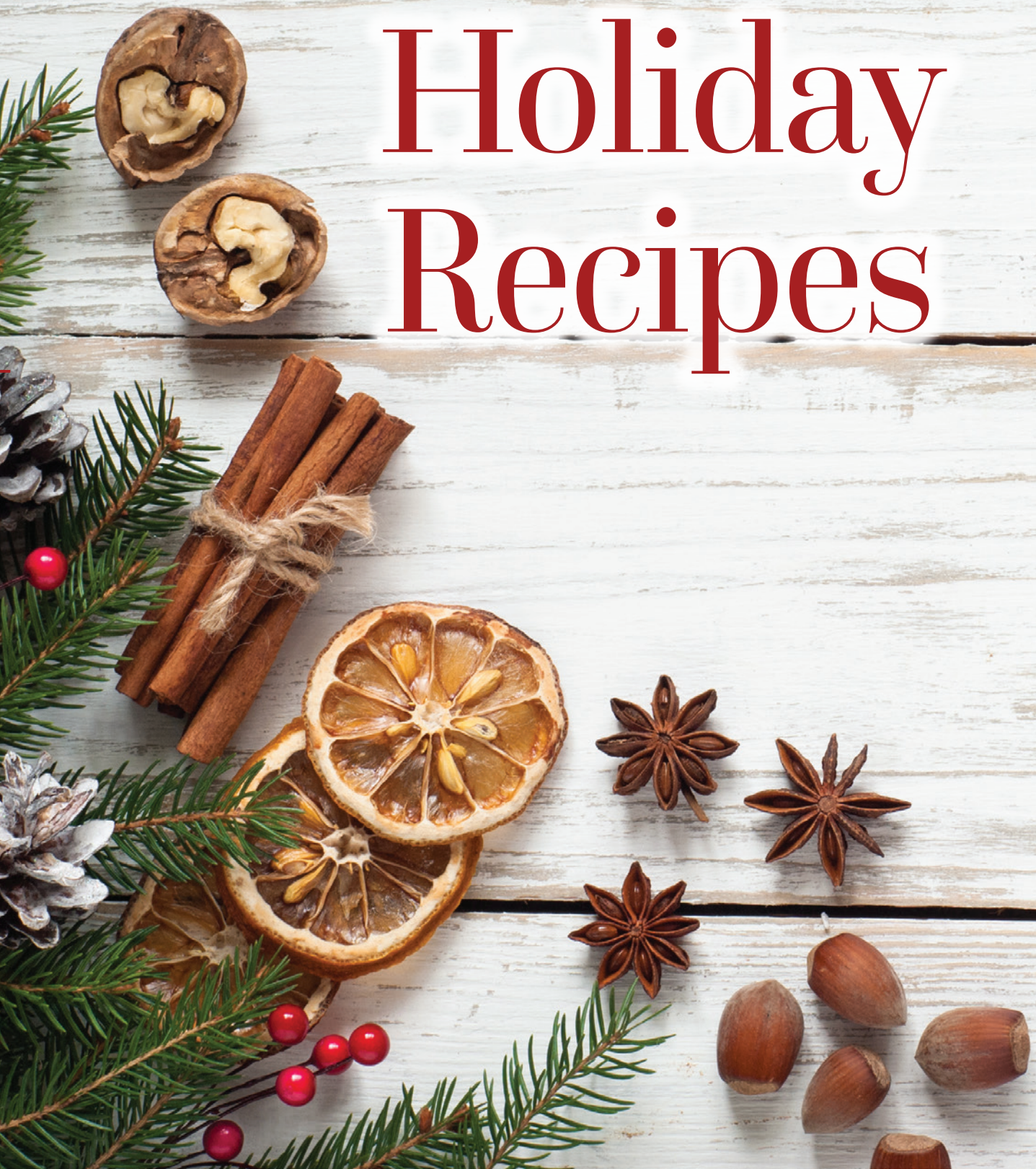


Plant-Based Holiday Recipes





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Dear friend,

The holidays are a time for love, gratitude, and great food!

They are also typically a time for indulgences and going a little overboard on cookies and casseroles ;).

The good news is, you can still enjoy these without having to squeeze into your jeans at the start of the new year!

And, you can bring delicious plant-based recipes to potlucks and celebrate inside when they say “This is plant-based?! If someone cooked like this for me I’d eat plant-based all the time”.

We put together 5 easy recipes from sides to entree to dessert that you can whip up for your holiday parties or savor for yourself in the comfort of your home.

These were designed by Registered Dietitian Kayli Dice, so rest assured they are both healthy and delicious!

Enjoy!



Erin Lucas

VegHealth Program Director

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Sweet Potato Biscuits

Prep time: 15 minutes

Total time: 30 minutes

Makes 10 biscuits

INGREDIENTS

- 1 medium sweet potato
- 2 cups whole wheat pastry flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ cup Earth Balance or coconut oil
- 2 tablespoons maple syrup

INSTRUCTIONS

- Prick sweet potato several times with a fork, place in a microwave-safe bowl with a splash of water, cover with a paper towel, and microwave until it is soft and cooked to the center. Alternatively you can bake the sweet potato. Set aside to cool.
- Preheat oven to 350F and line a baking sheet with parchment paper.
- In a food processor, combine flour, baking powder, salt, and cold butter/oil. Pulse until the butter/oil is incorporated.
- Peel the cooled sweet potato and cut into chunks.
- Add sweet potato chunks and maple syrup to the food processor and pulse until a dough forms. (You may need to dump the dough into a bowl and finish combining by hand).
- Divide the dough into 10 pieces. Roll each piece into a ball and place on the prepared baking sheet.
- Gently flatten each ball with the palm of your hand.
- Bake for 10-12 minutes or until just barely golden brown.



Vegan Cheese Plate

Prep time: 90 mins

Total time: 1.5 hours

Serves: 1 cheese wheel

INGREDIENTS

1 cup raw cashews

1 teaspoon apple cider vinegar

¼ cup water

pinch of salt

juice of half a lemon

1 tablespoon nutritional yeast

¼ cup minced chives

Assorted crackers, fruit, and nuts

INSTRUCTIONS

- Soak cashews in water overnight. Drain and rinse.
- In a blender or food processor, combine soaked cashews and the remaining ingredients. Blend until completely smooth. You will likely have to stop and scrape down the sides repeatedly during blending. The goal is to add as little water as possible to aid in blending. The more water you add, the softer your cheese wheel will be.
- Transfer blended mixture into a bowl and refrigerate for at least 1 hour to allow it to firm up.
- When mixture is firm, press it into a ring mold. Refrigerate for another 30 minutes.
- Gently remove ring mold. Press minced chives onto the sides of the cheese wheel. Refrigerate until ready to serve.





Southern Stew

Prep time: 10 minutes

Total time: 40 minutes

Makes 4 servings

INGREDIENTS

- 1 tablespoon olive oil (omit if oil-free)
- 1 yellow onion, diced
- 4 celery stalks, diced
- 1 tablespoon cumin
- 1 tablespoon dried thyme
- ½ teaspoon cayenne
- 2 sweet potatoes, washed and cubed
- 3 cups cooked black-eyed peas (or bean of choice)
- 2 cups corn kernels (fresh or frozen)
- 2 cups chard or collard greens, chopped
- 1 28-oz. can diced tomatoes
- Salt and pepper to taste

INSTRUCTIONS

- In a soup pot over medium heat, sauté onion and celery in the oil (or a splash of water if oil-free). Add cumin, thyme and cayenne and sauté for one more minute.
- Add the cubed sweet potatoes and enough water to cover (about 4 cups). Turn heat to high, cover and bring to a boil. Let simmer until sweet potatoes are tender. Once tender, puree with an immersion blender or transfer to a blender to puree. Return sweet potato broth to soup pot.
- Add black-eyed peas, corn, greens, and diced tomatoes. Season with salt and pepper to taste. Bring to a simmer for about 10 more minutes or until greens are softened and soup thickens. Add additional water if soup gets too thick.

Pomegranate Guacamole

Prep time: 5 minutes

Total time: 10 minutes

Makes about 2 cups

INGREDIENTS

Arils of two pomegranates (or try diced apples or pears)

2 avocados, cut into chunks

¼ cup chopped fresh cilantro

¼ cup pumpkin seeds

Juice of 1 lime

Salt and pepper to taste

INSTRUCTIONS

- Combine all ingredients in a bowl and gently fold
- Add salt and pepper to taste
- Serve with tortilla chips or pita chips





Truffles

Prep time: 5 minutes

Total time: 10 minutes

Makes about 14 truffles

INGREDIENTS

¾ cup pitted dates, soaked overnight and drained

¼ cup almond butter

½ cup unsweetened cocoa powder (divided)

Pinch of salt

Optional: pinch of cayenne, pinch of cinnamon, hemp seeds, dairy-free chocolate chips

INSTRUCTIONS

- In a food processor, blend soaked dates into a paste.
- Add almond butter, salt, and ¼ cup cocoa powder. Blend until combined.
- Add any optional mix-ins, and pulse until incorporated.
- Scoop tablespoon-sized portions and roll into balls. Roll balls in remaining cocoa powder to coat.
- Store in freezer or refrigerator.