

# All Vegan Holiday Recipe Collection

*Mouth-watering recipes for Thanksgiving,  
Christmas, Passover, and more!*



**VegHealth**

# All Vegan Holiday Recipe Collection

**Brought to you By: The VegHealth Institute**

Do you crave traditional non-plant-based dishes at Thanksgiving, Christmas, or Passover? If so, this booklet will help you reunite with some of those comfort foods -- without compromising your values.

Since eating differently can create social challenges, The VegHealth Nutrition Mastery Program includes a lesson called “*How to Gracefully Overcome Social Challenges*.” In it, you’ll learn to gracefully turn down food in someone’s home and get your needs met at social gatherings, without overburdening the host with special requests.

You’ll also learn to disarm and educate people who challenge or criticize your diet and lifestyle. To learn more about the Mastery Program, visit [www.veghealthmastery.com](http://www.veghealthmastery.com).

Two of the recipes in this booklet call for Ener-G Egg Replacer. Mixed with water, this powder is a good substitute for eggs in some recipes. If you can't find it at your local health food store, you can order it by visiting [www.ener-g.com](http://www.ener-g.com).



## Vegan “Eggnog”

Serves 2

### Ingredients

1 cup almond milk, organic soy milk, OR rice milk  
1/3 cup raw macadamia nuts, soaked overnight  
3 honey dates, pitted  
1 teaspoon vegan vanilla extract  
1 teaspoon maple syrup  
1 teaspoon flax oil  
1/4 teaspoon ground nutmeg  
1 - 1 1/2 frozen bananas

### Directions

1. Place all ingredients in a blender and puree until smooth. Serve at once or refrigerate for up to 6 hours before serving.

*Thanks to Cherie Soria for this recipe and the one below! To find out about Cherie's living food retreats, videos, chef certification courses, "Angel Foods" recipe book, or to get her "Live Almond Milk" recipe, visit [www.rawfoodchef.com](http://www.rawfoodchef.com). Be sure to mention that you were referred by VegHealth!*

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## Unbeatable Corn Muffins

Serves 4

### Ingredients

1-3/4 cups organic yellow cornmeal  
3/4 cup whole wheat flour  
2 Tbsp. Ener-G Egg Replacer  
2 tsp. Baking powder  
1/2 tsp. Baking soda  
1 tsp. Sea salt  
1-1/4 cups organic soy milk, rice milk, or nut milk  
1-1/2 Tbsp. organic corn oil  
1/4 cup maple syrup

### Directions

1. Preheat the oven to 375 degrees.
2. Oil muffin pans.
3. Combine and sift dry ingredients together. Set aside.
4. Mix wet ingredients together.
5. Pour wet ingredients into cornmeal mixture and stir until just blended. (Do not beat or overmix)
6. Pour into an oiled muffin pan and bake in a preheated oven for 20 minutes. Serve warm.



## Vegan Matzo Balls

### Ingredients

2 cups matzo meal

1/2 cup olive oil

1/2 cup water

2 teaspoons salt and a dash of pepper

The equivalent of 8 eggs (using Ener-G egg replacer)

### Directions

1. Here's the secret to this recipe: use your BLENDER to blend the Egg Replacer with water. This makes the "egg" mixture extra foamy. **Note:** *1-1/2 teaspoons of Egg replacer + 2 Tablespoons of water = 1 egg.*
2. Pour the blended "egg" mixture into a bowl. Add the olive oil, salt, and pepper. Add the matzo meal and stir thoroughly. Refrigerate for one hour. Form into balls the size of walnuts, and gently drip into 1- 1/2 quarts boiling water to which salt is added to taste. Cover with lid and cook for 30 minutes or until done.
3. It's a good idea to make the matzo balls at least one day ahead of time, and keep them refrigerated in a container of broth.

*Thanks to Patti Brietman for the recipe above!*

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# Golden "Chicken Soup"

Serves 8

## Ingredients

1 pound package (2 cups dry) yellow split peas  
1 cup grated parsnips  
1 cup grated organic carrots  
3 bay leaves  
Salt to taste

## Directions

1. Cook yellow split peas according to directions on the package.
2. Halfway through cooking time, add parsnips, carrots, salt, and bay leaves.
3. Simmer with lid partially covering the pot. Remove bay leaves before serving.
4. For a golden color and smoother taste, puree.

*Thanks to Roberta Kalechofsky for this recipe and the one below! If you celebrate Jewish holidays, order Roberta's all-vegan book, "The Jewish Vegetarian Year Cookbook" by calling, toll-free, 1-877-268-9963. To check out all of her books, visit [www.micahbooks.com](http://www.micahbooks.com). Either way, be sure to mention that you were referred by VegHealth!*

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## Vegan "Chopped Liver"

*This delicious recipe puts other mock chopped liver recipes to shame! Incredibly delicious. Can be prepared the day before.*

### Ingredients

1/2 package (1 cup) brown lentils  
1 large diced onion  
1 cup chopped walnuts  
Salt to taste

### Directions

1. Put lentils in a 2 or 3 quart pot, and cover with water. Use water sparingly so that lentils absorb all the water. More water can be added as needed.
  2. Bring water to a boil, partially cover and simmer for about 45 minutes. Check occasionally to make sure water has not boiled off, and add water as needed.
  3. Sauté onions until lightly golden and tender. Put lentils, walnuts, and onions in a food processor, puree until slightly coarse. Salt to taste.
  4. Chill for about 2 hours. Serve with crackers or rye bread, or on lettuce leaves.
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## Holiday Stuffed Pumpkin

Serves 6-8

Preparation Time: 1 hour

Cooking Time: 1 1/2 hours

*A festive main dish. Serve with mashed potatoes, gravy, assorted vegetables, salad and bread or rolls.*

### Ingredients

- 1 loaf whole wheat bread, cut into cubes
- 3 cups vegetable broth
- 1 onion, chopped
- 2 stalks celery, chopped
- 2-3 tablespoons soy sauce
- 1 tablespoon parsley flakes
- 2 teaspoons thyme
- 2 teaspoons sage
- 1 teaspoon marjoram
- 1-2 teaspoons poultry seasoning
- 1/2 teaspoon rosemary
- Several twists of fresh ground pepper to taste
- 1 medium pumpkin or large winter squash

## Directions

1. Preheat the oven to 300 degrees.
2. Place the bread on a baking sheet and bake for 15 minutes.
3. Place the broth, onions, celery and seasonings in a medium saucepan and cook over medium heat for 20 minutes.
4. Meanwhile, cut the top off the pumpkin or winter squash and save for a cover (as if you were going to make a jack-o-lantern). Clean out the seeds and stringy portion, leaving plenty of the squash flesh along the sides. Rinse well and set aside.
5. Place the bread cubes in a large bowl, pour the cooked broth over the bread and toss well until bread is saturated with the liquid. Cover the bowl and allow liquid to be absorbed for about 10-15 minutes. Taste and adjust seasonings (adding more poultry seasoning and ground pepper, if needed).
6. Preheat the oven to 350 degrees. Place the stuffing into the cleaned pumpkin and cover with the pumpkin top. Place in a large baking dish.
7. Add 1 inch of water to the bottom of the baking dish.
8. Bake for 1 hour or until a fork pierces the side of the pumpkin easily.

***Note:** To save some time, cube the bread the night before and allow it to sit uncovered in a single layer overnight. This will eliminate the need to bake the bread cubes in the oven for 15 minutes.*

*Thanks to Dr. John McDougall for this recipe!*

*Dr. McDougall has developed a nourishing, low-fat, starch-based diet that not only promotes a broad range of dramatic and lasting health benefits such as weight (fat) loss, but most importantly can help reverse serious illnesses, such as heart disease, without drugs.*

*To check out his books, articles, and products, visit [www.drmcDougall.com](http://www.drmcDougall.com). Be sure to mention that you were referred by VegHealth!*

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## Creamy Mashed Potatoes

Serves 6-8

Preparation Time: 20 minutes

Cooking Time: 45 minutes

### Ingredients

10 medium potatoes, peeled

Enough water to cover the potatoes

Salt (to taste)

Pepper (to taste)

### Directions

1. Cut potatoes in half and place in a large pot with the water. Cover and cook over low heat until potatoes are very tender, about 45 minutes. Remove from heat.
2. Drain potatoes, reserving the cooking liquid.
3. Beat the potatoes with an electric mixer, adding small amounts of the cooking liquid to the potatoes while mashing. Beat until smooth and creamy.
4. Season with a small amount of salt and pepper, to taste, if desired.

**Note:** To make the potatoes even more creamy, replace some or all of the reserved cooking liquid with nonfat soy or rice milk. Add the milk to the potatoes while mashing as above.

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## Pumpkin Pie With Tofu "Whipped Cream"

Makes 8 to 10 servings

***Note:** Meredith McCarty (author of this recipe) prefers to use freshly-baked sweet winter squash for her "pumpkin" pies. The color is richer and the flavor is naturally sweeter than canned or even fresh sugar pie pumpkin puree. (Squash is the main ingredient in canned pumpkin puree.)*

*Baking enhances the sweetness of butternut squash, the variety most widely available. When pureeing in a food processor, add water to very dry squash to make it thick, smooth and creamy.*

*This no-bake recipe uses soy milk for a custardy filling texture. Both agar sea vegetable flakes (for a gelled consistency) and arrowroot starch (for the creamy smooth consistency) are used to create the great mouth-feel.*

*Since commercial pumpkin pie spice may contain sugar, dextrose and extractives of spice, look for a more natural combination of cinnamon, ginger, nutmeg and allspice. Or measure your own as in this recipe.*

### Ingredients

#### Filling:

- 1 1/2 cups baked winter squash puree or a 15-ounce can pumpkin puree
- 2 tablespoons arrowroot powder
- 1 1/2 cups organic soy milk, rice milk or almond milk
- 1 teaspoon cinnamon
- 1/4 teaspoon each nutmeg and ginger (or 1 teaspoon freshly grated ginger)
- 1/8 teaspoon each allspice and cloves
- 1/2 teaspoon sea salt
- 3 tablespoons agar flakes
- 1/2 cup pure maple syrup or another wet sweetener (all or part brown rice malt syrup, FruitSource syrup, or barley malt syrup)



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### Single Crust Cut-Out Pastry with Glaze:

3/4 cup whole wheat pastry flour

3/4 cup unbleached white flour

1/8 teaspoon sea salt

1/4 cup light vegetable oil (walnut, canola, sesame, almond, sunflower, safflower, etc.)

Up to 1/4 cup wet OR dry sweetener (e.g. **WET**: 1-4 tablespoons brown rice syrup,

“FruitSource” syrup, pure maple syrup, barley malt, or sorghum syrup. OR **DRY**:

granular FruitSource, maple syrup granules, or evaporated sugar cane juice)

Up to 1/2 cup water, apple juice or cider, or organic soymilk... less (none to 1/4 cup)

with wet sweeteners, more (1/4 to 1/2 cup) with dry sweeteners

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### Glaze:

*This new glaze creates a golden sheen without a milk or egg wash. Glazing the pie before it is baked is not as effective (i.e. the glaze virtually disappears, as doing so towards the end of baking).*

1 tablespoon brown rice syrup or FruitSource syrup

1 to 1 1/2 teaspoons water

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### Tofu Whipped Cream (optional):

Makes 2 1/3 cups

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### Ingredients

1 pound organic tofu, fresh and firm or medium firm

1/2 cup pure maple syrup or part brown rice syrup

1 tablespoon vegan vanilla extract

Nutmeg for garnish

### Directions

#### Pumpkin/Squash Filling Part 1:

1. To prepare the squash, place it either whole or halved and cut side down on a baking sheet. (Halving the squash cuts the cooking time in half, but leaving large hard squashes whole makes for a happy cook.) Bake squash at 450°F until quite soft when pierced with a fork or knife, 30 minutes to 1 1/2 hours depending on the size of the squash (and longer at a lower temperature, e.g. 350°F).
2. Discard skin or shell and seeds. Puree squash. You may need to add 1 Tablespoon of water if squash is quite dry (e.g. kabocha squash). Measure yield; *1 pound of squash yields around 1 cup of puree.*

### Single Crust Cut-Out Pastry with Glaze:

3. Turn heat down to 350°. To prepare pastry, mix the dry ingredients (flours, salt, and dry sweetener if included). Stir in the oil until lumps or beads of dough form, or until it resembles coarse meal. Add wet sweetener if desired (be sure the syrups are at room temperature for ease in handling). Then add the liquid (water, juice or soy milk) gradually. Mix quickly until you have a somewhat soft, pliable ball in the center of the bowl. Add a little more flour if necessary.
4. (Optional) Pinch off 1/4 to 1/3 the dough for making pastry cutouts. With cookie cutters, cut out 10 shapes, one for each serving, or enough shapes to partially cover the surface of the



filling. A medium-large autumn leaf cutter is delightful used this way. Place cutouts on a baking sheet lined with parchment paper or brushed with oil.

5. Roll out the bigger portion of dough in a circular shape between sheets of waxed paper; sprinkle flour over the bottom sheet and on top of the dough. Transfer to a lightly-oiled pie plate. With your fingers or scissors, trim off the excess dough to within a fingers width of the rim, leaving enough to fold over toward the inside of the pan to form a rim. If the dough tears, patch it with a small disc of dough (the reliable cut-and-paste technique).
6. Crimp the edges or simply score the edges with a fork. Bake the pastry and cutouts for 8 minutes.
7. Mix the glaze ingredients and brush over the rim of the pastry, starting from the inside edge. Take care not to let glaze run between rim and pan where it could stick. Brush tops of leaves too. Return the pie and pastry leaves to the oven until golden; about 5 to 10 minutes more.

### **Pumpkin/Squash Filling Part 2 (And Glaze):**

8. To make the filling, place the arrowroot powder in a small bowl with enough of the measured liquid (one of the milks) to cover generously.
9. Place the remaining ingredients in a small saucepan and whisk to submerge agar. Bring to boil, stirring occasionally, and simmer until agar dissolves; about 5 minutes.
10. Whisk arrowroot mixture into hot liquid and return to a simmer to thicken.
11. Whisk the hot liquid with the squash puree and transfer filling to pastry. ***Note:** Filling gels refrigerated or at room temperature. Decorate surface with pastry cutouts.*

### **Tofu Whipped Cream:**

12. To prepare the tofu whipped cream, blend the ingredients until creamy smooth. This takes about a full minute in a food processor. Spoon a large dollop (a little less than 1/4 cup) on top of each serving of pie, or squeeze the cream through a pastry bag with a small tip for a more decorative effect. (Refrigerate the cream if you need to firm up the texture.) Garnish with nutmeg.

*Thanks to Meredith McCarty for this recipe and the one below! (Also thanks to Matthew Schmit, proprietor of The Tofu Shop in Arcata, California for the original version of "Tofu Turkey").*

*The pie recipe above comes from Meredith's award-winning (and mouth-watering) book, "Sweet and Natural -- More than 120 Naturally Sweet and Dairy-Free Desserts".*

*To find out more about Meredith's recipe books, classes, and services, visit [www.healingcuisine.com](http://www.healingcuisine.com). Be sure to mention that you were referred by VegHealth!*

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## **Tofu Turkey with Herbed Bread Stuffing and Wild Mushroom Gravy**

Makes 16 servings

*Tofu turkey is one of those dishes you look forward to all year long. The perfect surprise for holiday celebrations, leftovers taste just as fantastic as when the "bird" is fresh out of the oven.*

**Note:** *Recipe may be cut in half. Use a 9-inch colander. Cut baking time to 1 1/2 hours (45 minutes each covered and uncovered). These smaller tofu turkeys won't crack on the top as will the big ones. However, cracking isn't a problem as a slice is covered with the delicious gravy.*

### **Ingredients**

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#### **Tofu Turkey**

5 pounds organic tofu, fresh, medium to firm

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#### **Homemade Stuffing Seasoning** (Makes 1/2 cup)

1/4 cup sage

2 tablespoons each dry marjoram, thyme, and savory or rosemary; half the volume if herb is powdered

1 tablespoon celery seed

1 teaspoon black pepper

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### **Herbed Bread Stuffing** (Makes 5 cups)

*Note: some commercial stuffings contain bleached and bromated flour, MSG, and preservatives.*

2 tablespoons olive or sesame oil

1 cup onion, diced

1 cup mushrooms, about 3 to 4 ounces, diced

1 cup celery, diced

2 large cloves garlic, pressed or minced

1/4 teaspoon sea salt

1 tablespoon Homemade Stuffing Seasoning

1/2 cup parsley, chopped

Water

1/4 cup organic soy sauce (full strength for flavoring tofu stuffing; substitute 2 tablespoons organic soy sauce and 2 tablespoons water for stuffing squash or pumpkin)

4 cups whole-wheat bread, cut in 1/2- or 1-inch cubes, less with dense sourdough bread, more with light yeasted bread

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### **Basting Liquid**

1/2 cup light vegetable oil

1/3 cup natural organic soy sauce

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### **Wild Mushroom Gravy** (Makes 7 to 8 cups)

*The nicest mushrooms for this gravy are a combination of chanterelle, shiitake, hedgehog or crimini and regular mushrooms. Portabella mushrooms impart too dark a hue to be attractive.*

2 tablespoons olive or sesame oil

2 onions, diced

6 cups assorted mushrooms, about 1 pound, sliced

1 cup whole-wheat pastry flour

5 to 5 1/2 cups water (start with less)

1/2 cup organic soy sauce (a little less than 2 tablespoons per cup water)

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### **Garnish**

Large sprigs parsley and/or fresh sage



## **Directions**

### **Tofu Turkey, Part 1:**

1. To prepare tofu, mash it well. Line an 11-inch colander with a single layer of moistened cheesecloth and transfer tofu to the colander. Press down tofu to make flat and fold edges of cheesecloth over tofu to smooth them. If tofu is medium textured, place a cake tin or another flat object of a similar size over the surface of the tofu and weigh it down with a heavy object (ideally about 5 pounds) to press liquid from tofu for 1 hour. **Omit this step if using firm tofu.**

### **Homemade Stuffing Seasoning:**

2. To prepare Homemade Stuffing Seasoning, simply mix ingredients well.

### **Herbed Bread Stuffing:**

3. To prepare Herbed Bread Stuffing, heat oil in a skillet and sauté vegetables. Sprinkle seasonings, including salt and soy sauce, over vegetables. Stir, cover, and continue to cook until vegetables are done; about 5 minutes. Add bread cubes and parsley, and mix well. If bread cubes are very dry, add 1/4 to 1 cup water (start with less). Stir and cover to steam a little longer.

### **Tofu Turkey, Part 2:**

4. Preheat the oven to 400°F. Hollow out tofu to within an inch of colander so that it is a hollow, upside-down dome. (The space between the tip of your finger and the first joint usually serves as a built-in 1-inch measuring stick. Press your finger into the tofu to measure, then patch up the hole/s.) Pack in stuffing and cover it with the remaining tofu. Pat down the surface so it is flat and firm.
5. Flip filled tofu onto a lightly-oiled baking sheet so the flat surface faces down. Remove cheesecloth.
6. Mix basting liquid and brush tofu with half of it, then cover tofu with aluminum foil or with an ovenproof bowl that is a bit larger than the shaped tofu.
7. Bake for an hour. Remove foil, baste again, and return tofu turkey to the oven to bake uncovered until "skin" becomes golden brown, about an hour more, basting again halfway through.

### **Gravy:**

8. To prepare gravy, in a large pot heat oil and sauté onions and mushrooms. In a small bowl, whisk flour with enough of the measured water to form a thin paste. Add remaining water and soy sauce to vegetables in a pot. Bring to boil and cook until vegetables are tender, about 5 minutes.
9. Add flour mixture and stir well. Cook uncovered until desired consistency is reached, about 15 minutes, stirring occasionally, adding a little more water toward the end of cooking only if gravy is too thick.

*To serve, with 2 to 4 spatulas, transfer tofu turkey to serving platter and garnish. Serve gravy on the side.*