

ROUXBE'S GUIDE TO
EATING *(More)*
PLANT-BASED

Easy. Delicious. Healthy



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INTRODUCTION

For many people, January jump-starts a desire or quest for better living — especially with food and diet.

While there are many diets out there to help guide you toward more healthy eating habits, there is one recommendation that appears consistently across them all — eat more fruits and vegetables.

Different plant-based diets offer a various degrees of restrictions.

Whether you are eating 100% plant-based or are looking to increase the fruits and vegetables you are eating, we are going to set you up with some tips, tricks, and easy steps to get you started.

THE DIFFERENCE BETWEEN PLANT-BASED DIETS

	VEGAN	WFPB	VEGETARIAN	PESCATARIAN	FLEXITARIAN/ REDUCTIONARIAN	SAD
 PLANTS	X	X	X	X	X	X
 OIL	X		X	X	X	X
 EGGS			X	X	X	X
 WHOLE-WHEAT GRAINS	X	X	X	X	X	X
 DAIRY			X	X	X	X
 FISH				X	SPARINGLY	X
 MEAT					SPARINGLY	X
 PROCESSED FOODS	SPARINGLY	SPARINGLY	SPARINGLY	SPARINGLY	SPARINGLY	X

via *Close to Vegan*

WFPB - WHOLE FOODS PLANT-BASED
SAD - STANDARD AMERICAN DIET



GETTING STARTED

5 TIPS TO SET YOU UP FOR SUCCESS

1. Reset Your Pantry

It's time reset your pantry. Here are some foods to stock in preparation for a plant-based diet.

Note: Items with an asterisk (*) are processed products and should be used in smaller amounts.

Grains

- Whole grains
- Whole-grain flours
- Whole-grain cereals
- Whole-grain pastas
- Non-whole-grain items*

Beans & Canned Foods

- Dry beans
- Sprouted beans
- Canned beans (preferably low-to no-sodium)
- Canned and jarred vegetables: water chestnuts, capers, artichokes, tomatoes and more

Condiments

- All vinegars
- Hot sauces
- Nut & seed butters
- Tamari or Braggs
- Other jarred salsas
- High-quality oils

Seasonings

- Sea salt & finishing salts
- Spice mixes
- Dried herbs & spices
- Nutritional yeast
- Starches, particularly cornstarch, potato starch and arrowroot
- Liquid sweeteners
- Cooking wines
- Granulated sweeteners*

Snacks

- Dried fruits
- Nuts & seeds
- Whole-grain crackers
- Fruit bars
- Snacks Non-whole-grain*
- Chips & salty snacks

2. Prep

Always have raw vegetables cut and ready. Eating fresh vegetables provides you with essential vitamins, enzymes and minerals to keep your body healthy. Carrot sticks do double duty, since you can practice your knife skills and then eat your homework.

3. Add

Before eliminating any foods, start by adding key healthy foods to your diet. For example, try to add an additional 1 cup of vegetables to each meal.

4. Slowly start swapping

No need to go “cold turkey” right off the bat. Start by eating “plant-based” for one meal a day (like breakfast) for a few days or even a week. Then continue to make small daily changes.

5. Find a friend

Eating is always more fun with friends. Take this opportunity to find a friend who also wants to eat healthier. Share recipes, meal prep, or even take a cooking class. You will have a greater chance of sticking with it when you are surrounded by friends and support.



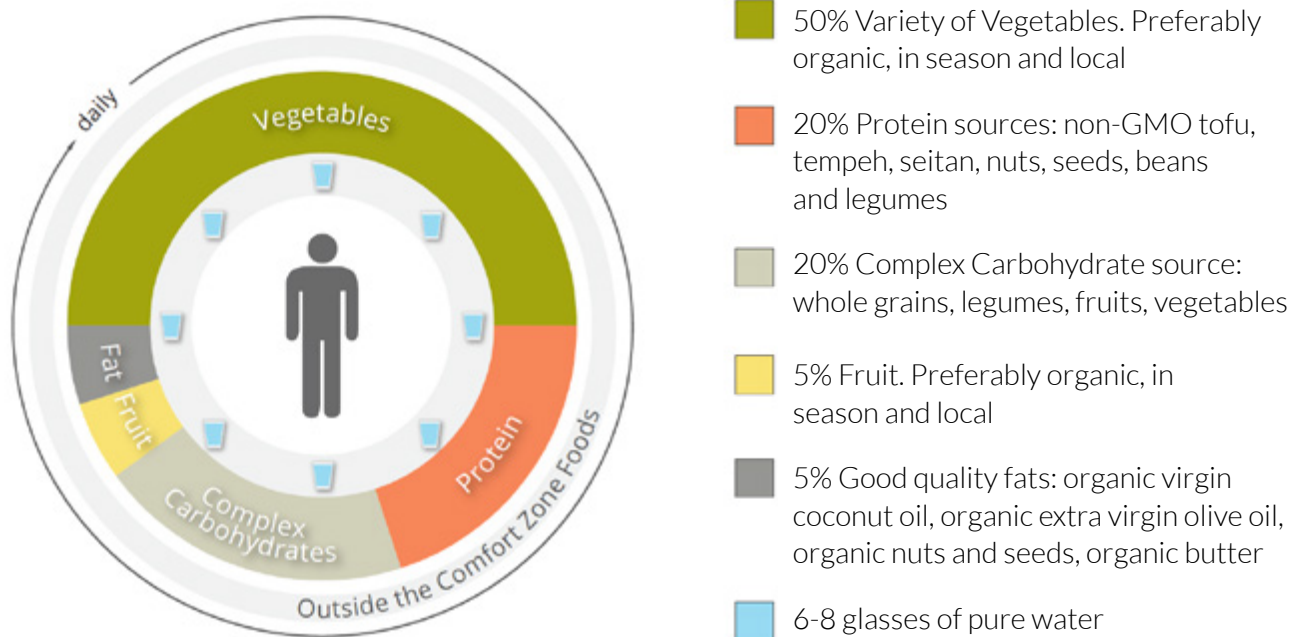
NUTRIENTS



DAILY NUTRIENTS

Your body needs many nutrients on a daily basis to keep you healthy and energized. This wheel is a simple representation of the amount of each food group you should try to consume in one day. The innermost circle draws attention to water- a most overlooked nutrient! Pure water helps detoxify and keeps us feeling energetic and focused. The foods that are in the middle circle-protein, complex carbohydrates, fat, vegetables and fruits-are commonly found at your local farmers market or grocery store. Remember, eating local, in-season food is a great way to get more nutrient-dense foods.

The “Outside the Comfort Zone” foods are a bonus for when you want to try something a little different. Often called superfoods, these include raw chocolate, gogi berries, chia seeds, reishi mushrooms and spirulina. These superfoods contain high amounts of nutrients and have many unique properties. However, they can exceed many of our nutrient requirements for the day, and can be hard to find or expensive. Remember the goal is to have a balanced variety of nutrient dense foods that are tasty and gratifying to the body and mind.



PROTEIN

One of the top questions people have about plant-based or vegan diets — Where do you get your protein? Plenty of great options!

Many of these protein sources may already be part of your daily or weekly grind, but some may be new to you.

Seitan - high-protein source made from wheat gluten. It is flavor neutral and mimics the texture and taste of meat. This popular meat-substitute can be found prepared in the refrigerator section or you can purchase “vital wheat gluten” in a powder form. (Obviously) Not gluten-free.

Tempeh - is made by fermenting soybeans in banana leaves until it becomes firm. It can be purchased seasoned or unseasoned so the options are endless. Gluten-free.

Tofu - is probably the more well-known meat alternative and made from bean or soya curd. It is soft (almost cheese-like) and is super versatile - great for omelets, smoothies, desserts, etc. Gluten-free.

FOOD	AMOUNT	PROTEIN (G)
Almond butter	2 Tbsp	7
Almonds	1/4 cup	8
Black beans, cooked	1 cup	15
Black-eyed peas, cooked	1 cup	13
Broccoli, cooked	1 cup	4
Bulgur, cooked	1 cup	6
Cashews	1/4 cup	5
Chickpeas, cooked	1 cup	15
Kidney beans, cooked	1 cup	15
Lentils, cooked	1 cup	18
Lima beans, cooked	1 cup	15
Peanut butter	2 Tbsp	8
Peas, cooked	1 cup	8
Pinto beans, cooked	1 cup	15
Quinoa, cooked	1 cup	8
Seitan	3 oz	21
Soy milk, commercial, plain	1 cup	7
Soybeans, cooked	1 cup	29
Spinach, cooked	1 cup	5
Sunflower seeds	1/4 cup	6
Tempeh	1 cup	31
Tofu, firm	4 oz	11
Tofu, regular	4 oz	10
Whole-wheat bread	2 slices	7

Sources: USDA Nutrient Database for Standard Reference, Release 24, 2011 and manufacturers' information.

The recommendation for protein for adult male vegans is around 63 grams per day;

for adult female vegans it is around 52 grams per day.

CALCIUM

Another question often asked is tied to sufficient sources of plant-based calcium. Cows milk has been well-known as a good source of calcium over the years, but there are even better sources of calcium that are 100% plant-based.

Here are some options for plant-based sources of calcium.

Choose a variety of foods throughout the week to ensure you are exposed to calcium from a variety of sources.

Calcium absorption is affected by the presence of other nutrients in the food and your diet. In particular, vitamin D promotes calcium absorption.

Calcium absorption also depends on stress, digestion and your personal health history.

FOOD	AMOUNT	CALCIUM (MG)
Blackstrap molasses	2 Tbsp	400
Collard greens, cooked	1 cup	357
Other plant milks, calcium-fortified	8 ounces	300–500
Tofu	4 ounces	200–420
Calcium-fortified orange juice	8 ounces	350
Soy or rice milk, commercial, calcium-fortified, plain	8 ounces	200–300
Soy yogurt, commercial, plain	6 ounces	300
Turnip greens, cooked	1 cup	249
Tempeh	1 cup	184
Kale, cooked	1 cup	179
Soybeans, cooked	1 cup	175
Bok choy, cooked	1 cup	158
Mustard greens, cooked	1 cup	152
Okra, cooked	1 cup	135
Tahini	2 Tbsp	128
Navy beans, cooked	1 cup	126
Almond butter	2 Tbsp	111
Almonds, whole	1/4 cup	94
Broccoli, cooked		62

Sources: USDA Nutrient Database for Standard Reference, Release 24, 2011 and manufacturers' information. Thanks to <http://www.vrg.org/nutrition/calcium.php> for references.



VEGAN SNACKS

HEALTHY VEGAN SNACKS

For on-the-go

Edamame with Sea Salt



Fruit & Nut Bars like these from KIND or Nature's Bakery



Crackers and Hummus



Fresh fruit with Nut Butter



Nuts - Raw and Roasted



Justin's Dark Chocolate and Peanut Butter Cups (because sometimes we just need something sweet!)





EASY RECIPES

The image shows two white bowls filled with smoothies, set against a light grey marble background. The top bowl contains a dark magenta smoothie, topped with a generous portion of blueberries on the left, a pile of golden-brown granola in the center, and a sprig of fresh green mint at the bottom. The bottom bowl contains a bright pink smoothie, topped with a cluster of fresh raspberries on the left, a pile of golden-brown granola in the center, and a sprig of fresh green mint at the bottom. The word "BREAKFAST" is written in large, white, bold, sans-serif capital letters across the middle of the image, partially overlapping both bowls.

BREAKFAST

GREEN MANGO SMOOTHIE

SERVES: 2

ACTIVE TIME: 10 MIN

TOTAL TIME: 10 MIN

DESCRIPTION

Made with spinach, kale, celery, fresh turmeric and ginger, mangoes and a pinch of cayenne pepper — this refreshing smoothie will put a little kick in the start to your day!

INGREDIENTS

STEP 1: Preparing the Smoothie

- 1 cup (packed) spinach*
- 1 cup (packed) kale*
- 1 1/2 cups frozen mango pieces
- 2-inch piece fresh turmeric
- 1-inch piece fresh ginger
- 2 celery stalks*
- 1 + cups fresh orange juice
- cayenne, to taste

METHOD

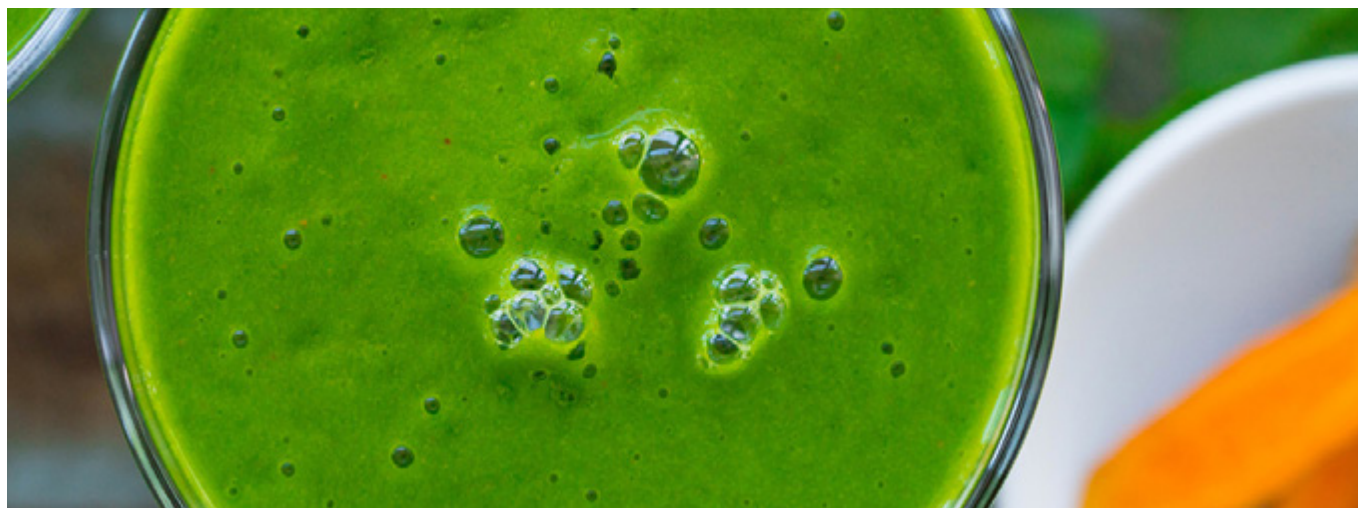
STEP 1: Preparing the Smoothie

*Note: For a nice cold smoothie, freeze the spinach, kale and celery first.

To make the smoothie, place everything into a high speed blender and blend until smooth. For the cayenne pepper, start with a pinch or two adding more as needed or desired.

If the smoothie is a bit too thick, add a bit more orange juice and blend again. Also, depending on the sweetness of the mangoes, a date can be added for a bit of extra sweetness. Essentially, feel free to play around with the amounts of ingredients added, to see what suits you best.

Serve immediately.



BUILDING SMOOTHIES

Smoothies are a delicious and nutrient-dense option when you're in a hurry. To create a smoothie, choose one ingredient from each category. Consider seasonality, availability of ingredients—and of course, your preferences.

SMOOTHIE FORMULA:



Base

- Cooked plain grains and water
- Juices
- Non-dairy milks
- Raw nuts or seeds with added water
- Water



Fruits

- Dried fruits, softened by soaking
- Fresh fruits, sweet and non-sweet
- Frozen fruits



Vegetables

- Collards
- Green powders (barley, chlorella, spirulina or green powder mixes)
- Kale
- Spinach, fresh or frozen



Fresh Herbs & Spices

- Fresh herbs
- Spices (cardamom, cinnamon, ginger, nutmeg, turmeric, vanilla)



Nutritional Boost

- Fats (avocado, coconut, nut or seed butters)
- Plant-based protein powders
- Superfoods (cacao nibs, lacuma, maca, mesquite)

Tip: To ensure smoothie success during your busy week, pre-portion bundles of smoothie ingredients together in small freezer bags and place in freezer. Then grab, blend and go!

PANCAKES

SERVES: 4

ACTIVE TIME: 15 MIN

TOTAL TIME: 20 MIN

DESCRIPTION

These pancakes are moist and fluffy and just about perfect for a Sunday morning brunch.

INGREDIENTS

STEP 1: Mixing the Dry Ingredients

- 2 cups all-purpose flour
- 2 tbsp baking powder
- 2 tbsp sugar
- 1/4 tsp sea salt

STEP 2: Mixing the Wet Ingredients

- 1 3/4 cups non-dairy milk
- 2 tsp fresh lemon juice (or vinegar)
- 2 tbsp canola or vegetable oil
- 1/2 cup apple sauce*

STEP 3: Mixing the Batter & Cooking the Pancakes

- 1 to 2 tsp canola or vegetable oil

METHOD

STEP 1: Mixing the Dry Ingredients

In a large bowl, sift together the flour, baking powder, sugar and salt.

*If you have griddle or flat top, then preheat it to medium-high.

STEP 2: Mixing the Wet Ingredients

In a separate bowl, whisk together the non-dairy milk and lemon juice. Let sit for 10 minutes.

Next, combine together the non-diary milk mixture, apple sauce and oil.

*Note: If you do not have apple sauce, either mash up 1/2 a banana or use flax eggs instead. If using flax eggs, the pancakes will be a bit heavier. To make flax eggs, mix together 2 tablespoons of flax meal with 6 tablespoons of water.

STEP 3: Mixing the Batter & Cooking the Pancakes

To mix the batter, first push the dry ingredients to one side of the bowl and then pour the wet ingredients into the opposite side.

Then slowly incorporate the dry ingredients into the wet. As soon as the batter comes together, stop mixing.

Let the batter sit for about 5 minutes. The batter will thicken slightly as it sits. Do not remix once the baking powder has started to react.

Before you start cooking, make sure your griddle is nice and hot. If you do not have a griddle, then preheat a fry pan (preferably non-stick) to medium or medium-high.

Once hot, ladle about 1/2 to 1 cup of batter onto the griddle. Let the pancakes cook until you start to see bubbles break the surface.

Then flip and continue to cook on the other side. It should take about 3 to 5 minutes to cook the pancakes, but this will depend on your heat source, and how thick your pancakes are.

STEP 4: Serving the Pancakes

To serve the pancakes, stack 2 or 3 onto a plate, coating each of them with some non-dairy butter as you stack them (if desired). Drizzle with maple syrup and serve immediately.

Alternatively, top with your favorite fruit compote and drizzle with some [Vanilla Cashew Cream](#).





LUNCH/ DINNER

SPLIT PEA SOUP

SERVES: 6-8

ACTIVE TIME: 30 MIN

TOTAL TIME: 2.5 HOURS

DESCRIPTION

Made with just a few ingredients — green split peas, onions, carrots, and celery and a few herbs and spices — this healthy, hearty and comforting split pea soup is so easy to make that we are sure it will become a staple recipe.

INGREDIENTS

STEP 1: Preparing Your Mise en Place

- 2 medium onions, finely diced
- 2 medium carrots, finely diced
- 3 stalks celery, finely diced
- 2 garlic cloves, finely chopped
- 3 cups dried, split green peas, soaked overnight*
- 10 to 12 cups vegetable stock
- 2 bay leaves
- 1 tsp sea salt, or to taste
- 2 sprigs fresh thyme, optional
- pinch of cayenne, optional
- 1/2 tsp freshly ground black pepper, or to taste
- 1/2 tsp liquid smoke, or to taste, optional

STEP 2: Making the Soup

- 2 tbsp extra virgin olive oil

METHOD

STEP 1: Preparing Your Mise en Place

*Note: While this recipe does not require soaking the peas overnight it does reduce the cooking time considerably so we like to soak them.

The great thing about this soup is just how simple it is to make and how few ingredients are needed. With that said, feel free to experiment and add the thyme, cayenne and/or some liquid smoke to see how you prefer it. We typically add these ingredients for a bit of added depth and flavoring.

STEP 2: Making the Soup

To make the soup, place a heavy-bottomed pot over low heat and add the oil. Once hot, add the onions, and a good pinch of salt and cook until translucent, about 5 minutes. Next, add the garlic and cook for about 30 seconds or so or until fragrant.



Next, add the peas, 10 cups of stock, bay leaves, as well as the fresh thyme, cayenne and liquid smoke (if using) as well as the salt and pepper. Bring the soup just to a boil and then turn the heat down to a simmer and cook for approximately 2 hours, or until the peas start to break down. Stir occasionally and add more stock as needed to ensure the peas are fully covered. The amount of liquid needed will ultimately depend on the peas, the actual amount of ingredients used, and how thick you like your soup. Note that the soup will thicken considerably once cooled.

Once the peas are almost fully cooked, add the celery and continue to cook until the peas and celery have fully softened. At this point, add the carrots and let cook for another 10 minutes or so, or until the carrots have just cooked through.

Lastly, taste for seasoning. If desired, the soup can be partially, or fully puréed. We like to take a few scoops of the soup and purée it in a high-speed blender and then add it back to the soup. This just gives the soup a bit more binding power, which helps to prevent it from splitting as it cools. Either way, the soup is delicious.



IRISH SODA BREAD

SERVES: 1 LOAF

ACTIVE TIME: 10 MIN

TOTAL TIME: 1 HOUR

DESCRIPTION

This easy-to-make Irish soda bread takes less than 10 minutes to put together. Whole wheat flour, steel-cut oats, wheat germ and non-dairy buttermilk are the main ingredients in this fantastic bread.

INGREDIENTS

STEP 1: Making & Baking the Bread

- 11.25 oz whole-wheat flour (approx. 2 1/2 cups)
- 2.25 oz all-purpose flour (approx. 1/2 cup)
- 2 tbsp brown sugar
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 cup steel-cut oats
- 1 tbsp wheat germ
- 1 tsp sea salt
- 1 tbsp flax meal
- 2 tbsp water
- 2 cups non-dairy milk
- 2 tsp lemon juice*

METHOD

STEP 1: Making & Baking the Bread

Preheat the oven to 325°F (160°C).

Coat a 9" × 5" loaf pan with non-stick spray and then line the bottom with parchment paper. If you have a non-stick loaf pan, simply coat it with non-stick spray.

To start the bread, add the lemon juice to the non-dairy milk and set aside for 5 to 10 minutes. *Note: White vinegar or apple cider vinegar can be used instead of lemon juice. Basically you are just looking to curdle or turn the milk sour—creating a buttermilk-like liquid.

Add the flax meal to a medium-sized bowl and add the water. Set aside.

Next, in a large bowl, measure and mix together the dry ingredients. Break up the brown sugar with your hands and sift in the baking soda and baking powder just to make sure there are no lumps. Stir to evenly combine.



Next, whisk the flax eggs together and then add the non-diary/lemon mixture (a.k.a. the “buttermilk”) to the flax. Mix to combine.

At this point, form a well in the dry ingredients and pour the wet ingredients over top. Stir gently but quickly – just enough to moisten the dry ingredients. Don’t over-mix as you do not want to develop too much gluten.

Pour or spoon the mix into the prepared loaf pan and place into the oven. Bake for approximately 50 to 60 minutes or until a wooden skewer inserted into the center comes out clean. The top should also be a nice, even golden color.

STEP 2: Cooling & Serving the Bread

Once done, transfer to a cooling rack. Let the soda bread sit for about 5 minutes before removing it from the loaf pan. Let cool before serving.

Serve with non-diary butter, jam or just plain. The bread goes well with both sweet and savory dishes.



CRUNCHY MEDITERRANEAN SALAD

SERVES: 2-4

ACTIVE TIME: 20 MIN

TOTAL TIME: 20 MIN

DESCRIPTION

Broccoli, cucumber, tomato, chickpeas, olives, kale, fresh herbs, and a refreshing sherry vinaigrette are the main components of this super healthy and delicious salad. While it's hearty enough for a main course, it also makes a great side salad.

INGREDIENTS

STEP 1: Preparing the Salad

- 1 cup cooked chickpeas (1 - 15 oz can)
- 1 cup diced cucumber
- 20 grape tomatoes, sliced into rounds or in half
- 1 cup broccoli florets*
- 1/2 cup sm. dice red onion
- 1 bunch kale, cleaned and torn into bite-sized pieces
- 1/4 cup Kalamata olives, sliced
- 1 sm. clove garlic, minced
- 3 tbsp sherry vinegar or red wine vinegar
- 6 tbsp extra-virgin olive oil
- sea salt, to taste
- freshly ground black pepper, to taste
- 2 to 3 cups romaine lettuce, torn into bite-sized pieces
- 1 tbsp sweetener, such as agave (optional)

STEP 2: Assembling the Salad

- 2 to 4 tbsp fresh herbs (such as basil and parsley)

METHOD

STEP 1: Preparing the Salad

*Note: For the broccoli, cut the crown into quite small florets.

Basically, all the vegetables should be roughly the same size so you get a nice mouthful of everything together.

For the Dressing:

Mince the garlic and place into a small bowl or jar. Add the sherry vinegar followed by the olive oil. This dressing is meant to be rather tart; however, the amount of vinegar and oil can be adjusted to your liking.

Next, whisk or shake the jar to combine the ingredients. Then taste for seasoning adding sweetener, salt, and pepper to taste.

STEP 2: Assembling the Salad

To assemble the salad, add the kale to a large bowl and add a couple of tablespoons of vinaigrette and gently toss and scrunch the kale with your hands.

Next, add the romaine, broccoli, cucumber, red onions, and another tablespoon or so of the vinaigrette. Gently toss to combine the ingredients.

Next, add the tomatoes, olives, and fresh herbs. If using fresh basil, which is really nice, simply tear the leaves into big pieces and add to the salad. For the parsley, just roughly chop and add it to the salad.

Lastly, taste for seasoning, adding a bit of salt and/or pepper as needed.

This delicious salad makes a great meal, or it can be served as a refreshing and healthy side.



CREAMY KALE & ZUCCHINI PASTA

SERVES: 2

ACTIVE TIME: 20 MIN

TOTAL TIME: 25 MIN

DESCRIPTION

Zucchini pasta, tossed with kale and a delicious tahini-miso dressing.

INGREDIENTS

STEP 1: Preparing the Zucchini Pasta

- 2 to 4 zucchini squash (4 cups)

STEP 2: Preparing the Sauce

- 2 tbsp tahini
- 2 tsp miso
- 1 tbsp Bragg Liquid Aminos
- 1 tbsp fresh lemon juice

STEP 3: Cooking the Kale

- sea salt, to taste
- 1 onion
- 2 cloves garlic
- 1 bunch kale, approx 4 cups

METHOD

STEP 1: Preparing the Zucchini Pasta

For the best zucchini pasta, a spiralizer machine works well. Following the directions on your machine, spin the zucchini to create beautiful long zucchini noodles.

Alternatively, use a julienne peeler. If you don't have a julienne peeler, simply cut strips of zucchini using a mandolin on the thinnest setting, or slice strips lengthwise with a vegetable peeler.

Then, stack the zucchini ribbons on top of one another and cut into julienne strips, resembling spaghetti noodles.

Once done, set aside.



STEP 2: Preparing the Sauce

To prepare the sauce, mix together the tahini, miso, Bragg's and lemon juice.

STEP 3: Cooking the Kale

To start the kale, wash and tear into bite-sized pieces. Next dice the onion and mince the garlic.

Heat a large fry pan over medium-low heat and steam fry the onions. This just means to add a tablespoon or so of water and then cover with a lid. Alternatively, you can use a bit of oil to fry the onions.

To help the onions caramelize nicely, you can add a pinch of salt and a teaspoon or so of date paste (search Rouxbe for recipe) or add another type of sweetener.

Once the onions are soft and browned, add the garlic, followed by the kale. Cover with a lid and let cook for 2 or 3 minutes, or until the kale just starts to wilt. Remove the lid and add the zucchini noodles and sauce. Then, turn off the heat and cover again for one minute. Toss, taste for seasoning and serve immediately.

Chef's Notes: While the zucchini noodles are delicious (and fun to eat), the kale and sauce can also be served with your favorite pasta or grain. The kale also makes for a nutritious and flavorful side dish.



10 MINUTE RAW TACOS

SERVES: 3-4

ACTIVE TIME: 15 MIN

TOTAL TIME: 15 MIN

DESCRIPTION

These highly-flavoured tacos are filled with fresh corn, basil, heirloom tomato and a crunchy spicy-nut filing. In reality, it might take you about 15 minutes to make these, but Ten just rhymes so much better with Taco than Fifteen does – either way, they are quick-to-make and super delicious.

INGREDIENTS

STEP 1: Preparing Raw Taco 'Meat'

- 1/3 cup sunflower seeds, finely chopped
- 1/3 cup pecans, finely chopped
- 3/4 tsp cumin powder
- 3/4 tsp turmeric powder
- 1/8 tsp Chili Powder to taste
- 1 tsp tamari

STEP 2: Preparing the Salsa

- 3 heirloom tomatoes, diced
- 2 cobs of corn, removed from the cob
- 1 cup fresh basil, roughly chopped
- 1 fresh lime, juiced
- freshly ground black pepper, to taste

STEP 3: Serving the Tacos

- 1 small savoy cabbage (can be substituted with head lettuce or collard leaves)

METHOD

STEP 1: Preparing Raw Taco 'Meat'

To prepare the raw taco 'meat', simply toss all of the ingredients together. The mixture will be a bit salty, but since the rest of the dish is not, it balances out nicely.

Note: For this recipe we used this [Chili Powder](#) recipe, which has good flavor and is not too spicy. If another chili powder is used, the amount used may need to be adjusted.

STEP 2: Preparing the Salsa

To prepare the salsa, add everything to a bowl and gently fold everything together.

STEP 3: Serving the Tacos

Note: The pictures for this recipe were taken with raw cauliflower leaves, which were delicious; however, since those are not the most common vegetable at the market, we have provided other alternatives. If however you have a garden and you are grow cauliflower, save the leaves and use them instead.

For the cabbage, simply tear the leaves into taco size pieces.

Lastly, fill the leaves with a few tablespoons of the taco 'meat' and a few tablespoons of the salsa and enjoy!

Chef's Notes: Recipe inspired by [The Ransom Vegan Life](#). Click on the link and be prepared to see some amazing and delicious looking pictures of these tacos.



MUSHROOM & BEAN ENCHILADAS

SERVES: 6-8

ACTIVE TIME: 1 HOUR

TOTAL TIME: 1.5 HOURS

DESCRIPTION

Lathered in homemade enchilada sauce before being baked in the oven, these enchiladas are filled with beans, sautéed mushrooms, bell peppers, fresh corn and potatoes.

INGREDIENTS

STEP 1: Preparing Your Mise en Place

- 3 1/2 cups mushrooms, sliced
- 1 large white onion, diced
- 5 cloves garlic, minced
- 1 red bell pepper, diced or sliced
- 1 yellow bell pepper, diced or sliced
- 1 green bell pepper, diced or sliced*

- 1 jalapeño, seeded and minced*
- 1 recipe Enchilada Sauce
- 1 1/2 cups white beans (or beans of choice)
- 1 cup fresh corn (or frozen)
- 1/2 cup chopped cilantro
- 4 cups cooked potatoes (or cooked brown rice)

STEP 2: Cooking the Filling

- 1/4 cup nutritional yeast
- sea salt, to taste
- freshly ground black pepper, to taste
- 1 tsp ground cumin

STEP 3: Assembling & Baking the Enchiladas

- 6 to 8 large tortilla shells*

METHOD

STEP 1: Preparing Your Mise en Place

To start your mise en place, first prepare the [Enchilada Sauce](#) and also the potatoes or rice, whichever you are using.

For the potatoes, either use leftover steamed potatoes or simply steam some potatoes. Once done, mash them slightly and then season to taste. Note: Make sure the potatoes are not overcooked as they will be too mushy in the enchiladas.

*Note: For more heat/spice, the seeds can be left in the jalapeño.

STEP 2: Cooking the Filling

Preheat the oven to 350°F (175°C).

To cook the filling, heat a large fry pan, over medium heat. Once hot, dry-sauté the onions until golden and translucent. Adding stock or water as needed, to prevent the pan and/or food from drying out and/or burning. This should take about 6 to 8 minutes.

Once the onions are ready, add the garlic and jalapeño and let cook for 30 seconds or so.

Next, add the peppers and let cook until all of their moisture has been released.

At this point, add the cumin, stir to combine and then transfer the mixture to a bowl.

Now, using the same pan, dry-sauté the mushrooms. Season the mushrooms to taste. Once all of their moisture has been released, add the pepper and onion mixture back to the pan.

Lastly, fold in the corn, beans, nutritional yeast and fresh cilantro and gently fold everything together. Taste for seasoning.

STEP 3: Assembling & Baking the Enchiladas

*Note: Regular flour, corn or gluten-free tortillas can be used for this recipe. The amount of tortillas needed, will depend on the type used and how full you fill the enchiladas.

Next, prepare an appropriate-sized casserole dish, by very lightly spraying the bottom of the dish with non-stick spray. Next, pour a few tablespoons of the enchilada sauce on the bottom of the dish.

To assemble the enchiladas, the easiest and cleanest way to assemble them is to first cover a part of the countertop with some plastic wrap. Next, pour about half of the enchilada sauce into a round flat dish (big enough to fit the tortilla shell).

Now, with all of your other mise en place ready, begin to fill the tortillas. To do this, first warm a tortilla in a pan to make it pliable, then place it into the enchilada sauce and then flip it over to coat the other side; it should be soft enough to roll. At this point, remove the tortilla and place it onto the plastic wrap.

Next, place about a few tablespoons of cooked potato onto one half of the tortilla (the side closest to you). Add a few tablespoons of filling and then roll up the tortilla. If the tortillas are quite long, fold the ends in as you roll up the tortilla (more like a burrito shape). For shorter tortillas, you can simply roll them up, without tucking in the ends.



As you roll up the enchiladas, place them into the prepared casserole dish. Continue with the rest of the tortillas, packing them tightly next to each other as you place them into the casserole dish.

Once done, pour about 1/2 to 3/4's of a cup of sauce over the top of the enchiladas. Save the remaining sauce for serving later. Bake the enchiladas in uncovered for about 20-30 minutes, until the tortilla edges start to become crisp.

Allow enchiladas to cool slightly before serving. Serve with the remaining sauce, warmed slightly. Sprinkle with nutritional yeast and fresh cilantro, if desired, and enjoy!

These enchiladas go well with either this [Cashew Sour Cream](#) and/or this [Lime-Avocado Sauce](#).

Chef's Notes: Leftover can be frozen, if desired. To reheat, defrost overnight in the refrigerator (or at least for a few hours). To reheat the enchiladas, place them into a casserole dish and cover with aluminium foil. Place them into a preheated 350°F (175°C) oven for approximately 30 minutes. Then remove the foil and pour some additional enchilada sauce over top (if you still have some). Place the enchiladas back into the oven and let cook for another 5 to 10 minutes. If you do not have any leftover enchilada sauce you can simply leave it out, or use some salsa.



MIDDLE EASTERN LENTILS & RICE W/ CRISPY ONIONS

SERVES: 4-6

ACTIVE TIME: 30 MIN

TOTAL TIME: 1 HOUR

DESCRIPTION

This traditional Lebanese dish, also known as Mujadara, is made with lentils, rice and crispy golden onions. It's easy to make and full of flavor and nutrition.

INGREDIENTS

STEP 1: Preparing Your Mise en Place

- 1 onion
- 3 cloves garlic
- 1 1/2 cups brown lentils
- 1 cup long grain brown rice*
- 4 cups water**
- 2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/2 tsp ground allspice

STEP 2: Cooking the Dish

- 2 tbsp coconut oil or grapeseed oil
- 1 tsp sea salt
- 1/2 tsp freshly ground black pepper

STEP 3: Preparing the Onions

- 5 onions
- 2 tbsp coconut oil or grapeseed oil

STEP 4: Making the Lemon Vinaigrette (Optional)

- 1 sm clove garlic
- 1/3 cup fresh lemon juice (2 to 3 lemons)
- 2/3 cup extra-virgin olive oil
- sea salt, to taste
- 2 tbsp fresh mint*

STEP 5: Serving the Dish

- 1/2 to 1 cup fresh herbs (cilantro, mint, parsley)
- sea salt, to taste
- freshly ground black pepper, to taste

METHOD

STEP 1: Preparing Your Mise en Place

To prepare your mise en place, finely dice the onion and mince the garlic.

Next, wash and drain the lentils and rice (separately). *Note: Long grain white rice is generally used instead of brown rice. However, the brown rice adds a nice flavor and makes the dish more nutritious.

Lastly, gather the water (or stock) and all of the spices and preheat the oven to 350°F (175°C).

****Note:** Depending on the rice used, you may need more or less water. This recipe is based on using brown rice, but even then, many brands of brown rice will vary in the amount of liquid needed to cook that particular rice.

STEP 2: Cooking the Dish

To cook the dish, heat a large pan or Dutch oven over medium-high heat and then add the oil. Add the onions and cook until they start to soften and brown slightly, about 5 to 8 minutes.

At that point, turn the heat to low and add the garlic. Stir for about 30 seconds. Then add the spices and cook for another 30 seconds, or so. Next, add the brown rice and stir to combine. Add the water and bring to a simmer. Reduce the heat to low and continue to simmer for about 10-15 minutes. Then add the lentils, stir and return to a boil, then turn the heat to low, cover and let cook for approximately 20 to 30 minutes, or until the rice and lentils are cooked through. If after 30 minutes the rice and lentils are not quite cooked, but there is no liquid left, add a bit more liquid and continue to cook.

(*Note: if using white rice, add the lentils to the onions first and let cook for approximately 15 minutes before adding the rice, as you want them both to be done at the same time). The exact time, will depend on the type of rice used.

Meanwhile, you can go ahead and prepare the onions from Step 3.

Once all of the liquid has been absorbed and the rice and lentils are tender, turn off the heat and taste for seasoning. Season well with salt and pepper. Because salt was not added at the beginning (so the lentils cook properly), you will need to use more salt than just a final seasoning.

At this point, let rest for approximately 10 minutes, or so.



STEP 3: Preparing the Onions

To prepare the onions, cut in half and then cut each half in half width-wise — this just make for smaller slices. Next, slice the onions and then separate the slices with your hands, to break up the pieces. Place the onions onto a large baking tray that has been lined with parchment or aluminum foil.

If using coconut oil to coat the onions, you can either first melt the oil and pour over the onions, or you can simply smear the oil in your hands and toss the onions right on the tray. The heat from your hands will melt the oil enough so that it nicely coats the onions.

Place the onions into the hot oven and let cook for 20 to 30 minutes, tossing often. If necessary, continue to cook and toss until the onions are nice and golden with some blackened crispy bits. *Note: the closer the onions get to be done, the more frequently they will need tossed.

Alternatively, the onions can be sautéed on the stovetop; however, this is not generally considered to be the “traditional” way of cooking them.

STEP 4: Making the Lemon Vinaigrette (Optional)

*Note: This vinaigrette makes 1 cup. You will likely won’t use all of it—any leftovers will keep for a few days in the refrigerator.

STEP 5: Serving the Dish

To finish the dish, chop the herbs. You can add as much of each herb as you like, but equal parts cilantro, Italian parsley and mint is a nice combination. If you don’t have all three types, this dish is also nice with just one type of herb.

Lastly, add half of the onions to the lentil mixture and fold to combine.

To serve the dish, drizzle with some of the lemon-mint vinaigrette and top with a handful of the crispy onions. Note that this dish can be served on individual plates or family-style.

Additional Topping Ideas: While it may not be “traditional”, this dish is also very nice served with additional toppings such as diced tomatoes and avocados.



CAULIFLOWER 'STEAK' W/ CHIMICHURRI SAUCE

SERVES: 2

ACTIVE TIME: 45 MIN

TOTAL TIME: 1.5 HOURS

DESCRIPTION

Pan-seared cauliflower 'steaks' served with an addictive and herbaceous chimichurri sauce

INGREDIENTS

STEP 1: Preparing the Chimichurri Sauce

- 1 recipe Chimichurri Sauce
- 1 roasted red pepper* (optional)

STEP 2: Preparing & Baking the Cauliflower

- 2 cups stock or water
- 1/2 cup vermouth
- 2 bay leaves
- 2 slices fresh lemon
- 1/2 tsp sea salt
- 1 head cauliflower, leaves and stem trimmed*
- 2 cloves garlic, chopped

STEP 3: Pan-Searing & Serving the 'Steaks'

- 1 tbsp oil

METHOD

STEP 1: Preparing the Chimichurri Sauce

To start, first prepare the [Chimichurri Sauce](#). Note that you likely will not need all of the chimichurri sauce, so you can either halve the recipe, or use the leftovers for another purpose. Alternatively, you could easily double the amount of cauliflower 'steaks', if desired.

*Note: The extra roasted red pepper is for garnish. Once the pepper has been nicely charred and peeled, cut into somewhat-thick strips.

STEP 2: Preparing & Baking the Cauliflower

To bake the cauliflower, first preheat the oven to 350°F (175°C).

*NOTE: Do NOT core the cauliflower. The stem is needed to keep the ‘steaks’ intact. With the cauliflower sitting on its stem, cut in half through the middle. Trim the outer edge of each half to form a thick steak-like piece of cauliflower. Each piece should be approximately 1 1/2 inch thick.

In a 9”×11” baking dish, mix together the garlic, stock, vermouth, bay leaves, lemon and salt. *Note: The amount of salt you add will depend on how salty your stock is to begin with. Taste for seasoning and adjust as necessary.

Place the cauliflower into the liquid and cover tightly with foil. Carefully transfer to the oven and let bake for approximately 30 to 45 minutes. Ultimately, the time will depend on how thick the ‘steaks’ are and your oven.

Test the ‘steaks’ periodically. When a knife goes in somewhat easily the cauliflower is done. Note: The cauliflower should be cooked through, but still a bit firm. If it’s too soft, it will fall apart during frying.

STEP 3: Pan-Searing & Serving the ‘Steaks’

Once the cauliflower is ready, carefully remove the foil from the baking dish, making sure you don’t burn yourself from the steam.

At this point, remove the ‘steaks’ from the liquid and place onto a plate lined with paper towel. Blot the top of the cauliflower with paper towel as well. This step helps ensure you get a nice golden crust.

Next, heat a large fry pan—or better yet, a cast iron skillet—over medium heat. Once hot, add the oil, followed by the cauliflower. Let the cauliflower cook for about 4 to 6 minutes, or until golden brown on each side. Try not to fiddle with the pieces too much, otherwise the ‘steaks’ will start to fall apart.

Once done, toss the red pepper strips with a bit of the chimichurri sauce and place a small handful of the strips on top of each piece of cauliflower. Drizzle the plate with a bit more sauce and serve with additional chimichurri as desired.

Chef’s Notes: Much of this dish can be made ahead of time—including the baking of the cauliflower.





SNACKS

MAPLE CHIPOTLE CANDIED WALNUTS

SERVES: 2 CUPS

ACTIVE TIME: 25 MIN

TOTAL TIME: 12 HOURS

DESCRIPTION

There are more than a delicious sweet snack. Use these raw, maple-candied walnuts on a variety of desserts. These pair perfectly with slow roasted beets and cashew cream cheese.

INGREDIENTS

STEP 1: Soaking the Walnuts

- 2 cups raw walnuts
- 3 to 4 cups water

STEP 2: Preparing the Mixture for Dehydration

- 1/2 tbsp cinnamon
- 1/2 tsp chipotle powder
- 1/2 cup maple sugar, finely ground
- 1 1/2 tsp sea salt

Chef's Notes: These maple spiced walnuts pair well with both sweet and savory dishes. They're a great addition to desserts, or sprinkled on your favorite salads.

METHOD

STEP 1: Soaking the Walnuts

To prepare the walnuts, in a medium bowl, soak the walnuts for 3 to 4 hours to soften. Strain, reserving the walnuts and discarding the liquid.

STEP 2: Preparing the Mixture for Dehydration

To prepare the mixture, place walnuts in a mixing bowl with the remaining ingredients and toss well.

STEP 3: Dehydrating the Walnuts

To finish the candied walnuts, set dehydrator at 115°F (45°C). Spread an even layer of walnuts on dehydrator trays, leaving room for air circulation. Continue to dehydrate for 7 to 10 hours or until crisp.

Store walnuts in a sealed container and refrigerate to retain crispness.



HEALTHY AVOCADO SNACK

SERVES: 2

ACTIVE TIME: 5 MIN

TOTAL TIME: 5 MIN

DESCRIPTION

Dijon mustard and extra-virgin olive oil are dolloped into the center of a fresh and perfectly ripe avocado...yum!

INGREDIENTS

STEP 1: Making the Vinaigrette

- 2 tbsp Dijon mustard
- 4 tbsp extra-virgin olive oil
- sea salt (to taste)
- freshly ground black pepper (to taste)

STEP 2: Slicing the Avocado

- 1 large ripe avocado

METHOD

STEP 1: Making the Vinaigrette

Mix together all of the ingredients and whisk to emulsify.

STEP 2: Slicing the Avocado

Just before serving, slice the avocado in half and remove the pit or seed.

STEP 3: Filling and Eating

Take one half of the avocado and fill the center with half of the vinaigrette. Same thing for the other side.

Serve one half to yourself and one half to someone you love!

As you eat the avocado, scoop out just a bit of the vinaigrette with each bite.



WHITE BEAN HUMMUS

SERVES: 2 CUPS

ACTIVE TIME: 45 MIN

TOTAL TIME: 45 MIN

DESCRIPTION

This creamy low fat spread is great as a dip, or spread. Serve with fresh harisaa for a spicy kick.

INGREDIENTS

STEP 1: Puréeing the Garlic

- 4 cloves garlic, roasted (or 2 cloves raw)

STEP 2: Finishing the Hummus

- 2 cups white beans, cooked and drained
- 1/4 cup roasted tahini
- 1 1/2 lemons, juiced
- 1 tsp chile flakes
- freshly ground black pepper, to taste
- splash of water
- pinch of coarse sea salt (optional)

METHOD

STEP 1: Puréeing the Garlic

To prepare the garlic, using a food processor, blend the garlic cloves until finely minced.

STEP 2: Finishing the Hummus

To finish the hummus, add the remaining ingredients and blend into a smooth and thick purée.

Serve as a spread on your favorite wrap or sandwich. To enhance the hummus, garnish with 2 tbsp of [Fresh Harissa](#) and serve with warm pita on the side.



A top-down view of a small, dark-colored bowl filled with a thick, smooth, brown chocolate dessert. A silver spoon is partially submerged in the dessert, with its handle extending towards the top left. The bowl sits on a dark, heavily textured wooden surface with prominent vertical grain and some darker, charred-looking areas. The word "DESSERT" is printed in large, white, bold, sans-serif capital letters across the center of the bowl.

DESSERT

CLASSIC CHOCOLATE CHIP COOKIES

SERVES: 2 DOZEN

ACTIVE TIME: 15 MIN

TOTAL TIME: 30 MIN

DESCRIPTION

Who doesn't love a good (or should we say great) chocolate chip cookie!!

INGREDIENTS

STEP 1: Making & Baking the Chocolate Chip Cookies

- 2 1/4 cup all-purpose flour
- 1 tbsp cornstarch (or arrowroot)
- 1 tsp baking soda
- 3/4 tsp sea salt
- 1 cup non-dairy butter (such as Earth Balance)
- 3/4 cup brown sugar
- 1/2 cup white sugar
- 1/4 cup water
- 1 tbsp pure vanilla extract
- 1 1/2 cups semi-sweet chocolate chips (non dairy)*
- 1 cup chopped pecans, optional

METHOD

STEP 1: Making & Baking the Chocolate Chip Cookies

Preheat the oven to 325° F (160°C).

Combine the flour, cornstarch, baking soda and salt in a medium mixing bowl. Set aside.

Combine the non-dairy butter with the brown and white sugars in either the bowl of a standing electric mixer fitted with the paddle attachment or, if using a hand mixer, a medium mixing bowl. Add the water and vanilla and beat for about 4 minutes or until fluffy.

Continue beating and slowly add the reserved dry ingredients. When completely blended, stop the mixer and immediately add the chocolate chips and pecans. Using a rubber spatula, fold everything together.

*Note: The amount of chocolate chips you use depends on the chocolate used and how chocolaty you want the cookies to be.

Line a baking tray with parchment paper or spray with non-stick spray. Using a large soup spoon, form equal size rounds of dough (or use a small ice-cream scoop). Place the rounds on the prepared baking tray, taking care to leave about 1 1/2-inches between each cookie as they will spread out a bit as they bake. Transfer to the refrigerator to set for about 15 minutes before baking.

Remove from the refrigerator and place in the preheated oven. Bake for 13 to 15 minutes or until the edges turn a light golden color. When done, let cool on the baking tray for a few minutes before transferring to a wire rack to cool completely before serving.



VANILLA MILKSHAKE

SERVES: 2

ACTIVE TIME: 15 MIN

TOTAL TIME: 15 MIN

DESCRIPTION

This recipe will remind you of melted vanilla ice cream, but without the dairy. When made with less water this delicious recipe is a great base for non-dairy ice cream as well.

INGREDIENTS

STEP 1: Preparing the Milk Shake

- 3 cups almond or non-dairy milk of choice
- 1 whole vanilla bean, scraped
- 1/4 cup coconut meat or cashews soaked in 3 cups of warm water for 3 to 4 hours to soften, drained
- 3 tbsp liquid sweetener
- 1 tbsp coconut butter

METHOD

STEP 1: Preparing the Milk Shake

Place the milk in a high-speed blender. Add the vanilla seeds, coconut meat, liquid sweetener and coconut butter and process until VERY smooth.

Transfer to another container, cover, and refrigerate for at least an hour or until well-chilled.

Serve chilled or over ice.



RAW CHOCOLATE SYRUP

SERVES: 3.5 CUPS

ACTIVE TIME: 30 MIN

TOTAL TIME: 30 MIN

DESCRIPTION

This versatile, raw chocolate sauce can be used as a dip for fresh fruit, in almond milk or drizzled over your favorite raw pies.

INGREDIENTS

STEP 1: Preparing the Syrup

- 2 cup cacao powder
- 1 cup raw agave syrup (or use all maple syrup)
- 1/2 cup maple syrup
- 2 tbsp coconut butter
- 1/2 to 1 cup water
- 1 tbsp vanilla extract

METHOD

STEP 1: Preparing the Syrup

In a high-speed blender, blend until fully mixed and smooth.

Use as a syrup for desserts and as an addition to fresh [Non-Dairy Milk](#) for a raw chocolate milk or hot chocolate.



CHOCOLATE CREAM PIE

SERVES: 6-8

ACTIVE TIME: 45 MIN

TOTAL TIME: 45 MIN

DESCRIPTION

Impress your guests with this extremely delicious, but very easy to prepare chocolate dessert.

INGREDIENTS

STEP 1: Preparing the Crust

- 2 cups raw pecans
- 1/4 cup date sugar or maple sugar
- 1 1/2 tbsp coconut oil
- 1/2 tsp sea salt
- 1/4 tsp chipotle powder (optional)

STEP 2: Preparing the Filling

- 2 1/2 cups vegan dark chocolate chips (or more if you want the pie sweeter)
- 2 packages organic firm silken (260 g packages)*
- 1 tsp vanilla extract or 1 vanilla bean, scraped
- pinch of sea salt

METHOD

STEP 1: Preparing the Crust

To prepare the crust, combine the pecans and sugar in a food processor fitted with the metal blade. Process until the mixture resembles a fine meal. Add the coconut oil, salt and optional chipotle powder and pulse to combine well.

Transfer the mixture to an 8- or 9-inch pie pan. Press and shape the mixture into the bottom and sides of the pan to make a pie shell.

STEP 2: Preparing the Filling

Preheat the oven to 350°F (175°C). Alternatively, the chocolate can be melted using a double boiler.

Place the chocolate chips in a baking tray or shallow pan, Transfer to the preheated oven and heat for 3 to 4 minutes or just until melted. Watch carefully as the chocolate can burn quickly. Remove from the oven.



While the chocolate is melting, combine the tofu, vanilla and salt in a food processor fitted with the metal blade. Add the melted chocolate and blend until very smooth.

*Note: For the tofu, if you cannot find firm silken tofu, soft block tofu can be used instead. In this case, the tofu often comes in 150 g or 300 g packages — we have tested this recipe using 2 × 300 g (600 g total) and the end result was delicious.

Pour the mixture into the reserved pie shell, smooth the top with an offset spatula and refrigerate for at least 20 minutes or until firm. When firm, slice and serve.

Chef's Notes: Note that soft, medium or firm silken tofu can be used in this recipe, but for a final product that is a bit more dense, firm is recommended. For more information, here is an article called "[A Guide to Tofu Types & What to Do w/Them.](#)"



FRUIT COBBLER

SERVES: 4-6

ACTIVE TIME: 15 MIN

TOTAL TIME: 1 HOUR

DESCRIPTION

Any variety of ripe seasonal fruit can be used to make a delicious cobbler. When paired with subtle ginger, berries, apples and pears work particularly well in this recipe.

INGREDIENTS

STEP 1: Preparing & Baking the Cobbler

- 6 tbsp vegan butter, melted
- 1/2 cup all-purpose flour
- 1/4 cup whole wheat pastry flour
- 3/4 cup granulated sugar
- 1 tsp baking powder
- 1/2 tsp ginger powder
- 1/4 tsp fine sea salt
- 3/4 cup almond or soymilk
- 2 cups unsweetened fruit (sliced) or berries
- 1 tbsp granulated cane sugar for sprinkling



METHOD

STEP 1: Preparing & Baking the Cobbler

Preheat the oven to 350°F (175°C).

Place the butter into an 8-inch square or 9-inch round pan and place in the oven to melt. Watch carefully so that the butter does not burn.

Whisk, measure and sift together the flour, sugar, baking powder, ginger and salt together into a medium mixing bowl.

Add the milk to the dry ingredients; stirring until just incorporated.

Pour the batter into the pan with the melted butter. Do not stir. Arrange the fruit over batter.

Sprinkle with the remaining tablespoon of sugar. Transfer to the preheated oven and bake for about 40 to 50 minutes or until the batter is cooked through and brown.

Remove from the oven and place on a wire rack to cool slightly. Serve warm with ice cream or any complimentary non-dairy cream or sauce.

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TIPS & TECHNIQUES

We've also included some tips & techniques to help you get through the holiday festivities stress-free.



HONING YOUR KNIFE



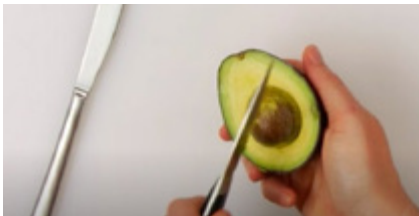
WHAT IS MISE EN PLACE



HOW TO SLICE AN ONION



MINCING, DICING, AND CUTTING ONIONS



HOW TO PIT AND DICE AN AVOCADO



WHAT IS BRAGG OR TAMARI?



HOW TO MAKE RAW NOODLES



HOW TO PREPARE KALE

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