



Plant Based Recipes

CORNELL UNIVERSITY STUDENTS'
COLLABORATION WITH
ELDERS CLIMATE ACTION.

A COLLECTION OF EASY AND DELICIOUS
VEGETARIAN AND VEGAN DISHES. THIS
CATALOGUE STRIVES TO INSPIRE
SUSTAINABLE EATING IN ORDER TO HELP
MITIGATE CLIMATE CHANGE.

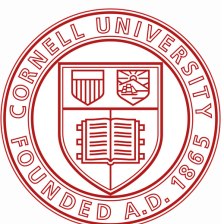


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NORTH AFRICAN COUSCOUS PAELLA

Prep time: 20 minutes Serves 2

MOOSEWOOD

Adapted from Moosewood Restaurant Cooks at Home: Fast and Easy Recipes for Any Day. This recipe was tried and tasted by Lauren Kann. Lauren is a junior from Rockland County studying Environment and Sustainability.

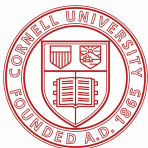
INGREDIENTS

- 2 table spoons vegetable oil
- 1/2 cup chopped red bell pepper
- 4 scallions, chopped (about 1/2 cup)
- 2 garlic cloves, minced or pressed
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric
- pinch of cayenne
- 2 cups hot water (or veggie stock)
- 3/4 pound tofu cut into 0.5" cubes
- 1 cup green peas (fresh or frozen)
- 1 cup quick-cooking couscous
- Salt & ground pepper to taste
- coarsely chopped toasted almonds
- chopped fresh parsley
- lemon wedges

Nutrition Facts

| | |
|-------------------------------|---------------|
| 2 servings per container | |
| Serving size | (0.0g) |
| Amount Per Serving | |
| Calories | 570 |
| % Daily Value* | |
| Total Fat 32g | 41% |
| Saturated Fat 13g | 65% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 50mg | 2% |
| Total Carbohydrate 43g | 16% |
| Dietary Fiber 13g | 46% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| Protein 39g | |
| Vitamin D 0mcg | 0% |
| Calcium 1250mg | 100% |
| Iron 8.5mg | 45% |
| Potassium 880mg | 20% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



A plant-based diet collaboration between
Cornell University ENVS 4940 and Elders Climate Action



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INSTRUCTIONS

- 01 Heat the oil in a 2-quart saucepan
- 02 Add the peppers, scallions, garlic, coriander, turmeric, and cayenne. Saute on medium heat for 3-4 minutes
- 03 Stir in the stock or water. Then Add the tofu and cook for another 3-4 minutes, until the tofu is hot
- 04 Stir in the peas and cook for another minute
- 05 Mix in the couscous
- 06 Cover, remove from heat and let stand for 5 minutes. Uncover the pan and use a fork to stir, fluffing the couscous and breaking any lumps.
- 07 Add salt and pepper to taste
- 08 Serve on a platter, topped with toasted almonds, parsley, and lemon wedges



CAULIFLOWER SANDWICH

Cook time: 30 Prep time: 5 Serves: 4

MARK COOK provided this recipe; originally created by Tom McCorkle from The Washington Post

Mark became inspired about 10 years ago to help combat climate change through his diet. After reading an article that quoted “If you’re not vegetarian then you can’t call yourself an environmentalist” he felt compelled to reduce his meat consumption! Mark grew up eating meat his whole life, so it takes a lot of willpower to let go of cravings and habits. It also isn’t just meat that is important to cut back on, but all animal products like dairy. Although Mark is not vegetarian, he has reduced his meat consumption to on average only three days in a week. This is a goal that lots of people should look up to. He also recognizes that it’s not just reducing meat that is important, but also the type of meat matters. Mark has succeeded in only eating red meat about every two weeks and instead eats chicken or fish as his choice of meat. When his meals don’t include meat, he is eating delicious vegetarian cuisine like this cauliflower sandwich!

INGREDIENTS

- 1 large cauliflower head
- 3 tablespoons olive oil, divided
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper, divided
- 1 medium shallot, thinly sliced
- 1 large garlic clove, thinly sliced
- 1 pinch crushed red pepper flakes
- 1 bunch rainbow chard, stemmed and torn into 2-inch pieces
- 4 hoagie rolls (or Sandwich roll of choice)
- 4 tablespoons vegan mayonnaise
- 1/3 cup drained and chopped Peppadew peppers(may substitute hot cherry peppers or pickled jalapeños)
- 8 tablespoons hummus

Nutrition Facts

| Servings: 4 | |
|--|-----|
| Amount per serving | |
| Calories | 439 |
| % Daily Value* | |
| Total Fat 21.2g | 27% |
| Saturated Fat 3.1g | 16% |
| Cholesterol 0mg | 0% |
| Sodium 865mg | 38% |
| Total Carbohydrate 56.4g | 20% |
| Dietary Fiber 10.4g | 37% |
| Total Sugars 4.8g | |
| Protein 15g | |
| Vitamin D 0mcg | 0% |
| Calcium 199mg | 15% |
| Iron 6mg | 32% |
| Potassium 108mg | 2% |
| *The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice. | |



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INSTRUCTIONS

- 01 Preheat the oven to 450 degrees with a large baking sheet on the center rack.
- 02 Chop cauliflower into florets. In a large bowl toss with 2 tablespoons olive oil, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon black pepper. Once the oven is preheated, place cauliflower on the baking sheet.
- 03 Roast for 15-20 minutes until brown on the bottom. Toss them and continue roasting for another 5-10 minutes until golden brown and tender.
- 04 While the cauliflower cooks, in a large skillet over medium heat, cook shallot, garlic, red pepper flakes, salt and pepper in the remaining 1 tablespoon of oil. Cook until shallot is tender and translucent (2-3 minutes).
- 05 Increase heat to medium-high and add chard leaves stirring frequently until wilted (3 minutes)
- 06 Slice hoagie rolls lengthwise almost all the way though with a hinge intact. Place in the oven directly on the racks for 2-3 minutes.
- 07 Spread vegan mayonnaise on one side of the sandwiches and hummus on the other side. Then add the cauliflower evenly divided between the four hoagies. Top with the sautéed chard and Peppadew peppers (or alternate peppers)
- 08 Close the roll and enjoy warm!

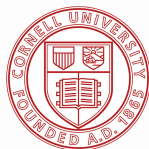
BUTTERNUT SQUASH & QUINOA CASSEROLE

MARGO FRANK wants "to be able to say to my grandchildren that I did everything I could." Margo's increasing involvement in ECA stems from her desire to help inspire people to take action. Everyone has or knows someone that has been affected by climate change, such as her grandchildren who need emergency go-bags in case of wildfires. Margo does not consume red meat and minimizes poultry & pork consumption "for my own health and the health of the planet." She recognizes the time and cost challenges of plant-based eating but is hopeful as she sees more steps taken towards accessibility.

After receiving a large butternut squash from her neighbor, Margo found this recipe online and loves that its easy to make adjustments, its filling, and inexpensive.

- INGREDIENTS**
- 4 cups peeled & diced butternut squash
 - 6 cloves minced garlic
 - 3 shallots, minced
 - 1 tsp olive oil
 - 1 cup quinoa
 - 1 1/2 cups vegetable broth
 - 1 1/2 tsp sea salt
 - 1 T fresh sage leaves
 - 1/2 tsp black pepper
 - 1/4 tsp cayenne or chipotle powder
 - 2 eggs, beaten (optional)
 - 1/2 cup milk(soy, almond, etc)
 - 1 cup Gruyere, fontina or vegan cheese, shredded (optional)
 - 2 T cilantro leaves for garnish (optional)

| Nutrition Facts | |
|---|--------|
| 1 serving per container | |
| Serving size | (0.0g) |
| Amount Per Serving | |
| Calories | 720 |
| % Daily Value* | |
| Total Fat 12g | 15% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 6990mg | 304% |
| Total Carbohydrate 149g | 54% |
| Dietary Fiber 34g | 121% |
| Total Sugars 29g | |
| Includes 6g Added Sugars | 12% |
| Protein 21g | |
| Vitamin D 1.3mcg | 6% |
| Calcium 530mg | 40% |
| Iron 9.2mg | 50% |
| Potassium 3120mg | 70% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |



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INSTRUCTIONS

- 01** Preheat oven to 350 degrees. Spray or brush a large baking sheet with olive oil.
- 02** Add squash, sprinkle with salt and pepper. Roast for 15 minutes.
- 03** Heat olive oil over medium heat in a large pan. Add shallots and sage and cook for 8 minutes or until shallots are tender.
- 04** Add garlic and cook for another 30 seconds. Add quinoa and squash and stir for another minute. Add broth, salt and pepper and cayenne/chipotle. Bring to a simmer, reduce heat to low. Cover and cook for about 25 minutes or until most of the liquid is absorbed.
- 05** Transfer the quinoa mixture to an oven safe pan (a 9"x9" works well).
- 06** In a small bowl combine milk with eggs (if using eggs), pour over the quinoa mixture. Top with cheese.
- 07** Bake at 350 degrees for 30 minutes. If desired, broil for 2 minutes to brown the top.



STEM SOUP

Not only is this recipe vegan, simple and delicious, it also helps combat food waste!

Serves: 9

JENNY ZWIGARD

Is a student at Cornell University and one of the creators for this recipe catalogue. She got this recipe from her grandmother; a family favorite! Jenny became a vegetarian when she got to college inspired by a desire to eat more sustainably, as well as, reduce her consumption of meat produced by unethical industrial farming practices. She has made considerate efforts to reduce her dairy consumption by deciding never to purchase it. This soup is a great option as there is no meat and no dairy!

INGREDIENTS

- 3 large onions roughly chopped (8 cups)
- 1 large fennel bulb, with tops roughly chopped (4 cups)
- ¼ cup olive oil
- 1 tbs. Salt
- 1 bunch parsley (set aside some for garnish)
- 6-8 green stalks and stems from kale and/or parsley chopped into 1' pieces. (Additional options for green onion tops, celery, and/or fennel tops.) The more stems the thicker and richer the soup!
- ~4 c. water (depends on size of pot/pan)
- ½ cup raw cashew pieces
- ½ cup coconut milk
- ¼ cup olive oil

Nutrition Facts

Serving size: 2 cups

Servings: 9

Amount per serving

Calories **274**

% Daily Value*

Total Fat 18.4g **24%**

Saturated Fat 5.2g **26%**

Cholesterol 0mg **0%**

Sodium 818mg **36%**

Total Carbohydrate 26.9g **10%**

Dietary Fiber 4.8g **17%**

Total Sugars 10.1g

Protein 5.2g

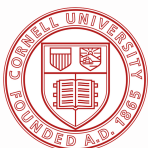
Vitamin D 0mcg **0%**

Calcium 101mg **8%**

Iron 2mg **12%**

Potassium 493mg **10%**

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INSTRUCTIONS

- 01 Saute onions, fennel and 1 tbs salt in $\frac{1}{4}$ cup olive oil until translucent approximately 5 minutes.
- 02 Using a pot or shallow pan with $\frac{1}{2}$ -1 inch of water at all times on low to medium heat, cover with a lid, and steam green stalks/stems and parsley for 20 minutes.
Periodically checking to make sure there is enough water in the pan.
- 03 Blend all the ingredients with the $\frac{1}{2}$ cup cashews, $\frac{1}{4}$ cup olive oil, $\frac{1}{2}$ cup coconut milk until smooth.
- 04 When blending use a regular blender or food processor. If using a stronger blender, such as a Vitamix or Ninja, make sure to allow for heat to escape, or else there is a possibility of pressure build up from the heat and the lid popping off. Alternatively, in a stronger machine you can pulse the ingredients and periodically release pressure by opening the top.
- 05 Garnish with parsley and serve hot or cold!
- 06 If there are leftovers it freezes very well.

GREEN WRAPS WITH SUNFLOWER SEED PATE

Makes about 4 wraps

MARGO FRANK wants "to be able to say to my grandchildren that I did everything I could." Margo's increasing involvement in ECA stems from her desire to help inspire people to take action. Everyone has or knows someone that has been affected by climate change, such as her grandchildren who need emergency go-bags in case of wildfires. Margo does not consume red meat and minimizes poultry & pork consumption "for my own health and the health of the planet." She recognizes the time and cost challenges of plant-based eating but is hopeful as she sees more steps taken towards accessibility. After a friend brought this dish (adapted from my Communal Kitchen) to a women's group retreat, Margo tried it, loved, and now makes it very often. The dish is simply packed with good stuff, tasty, and versatile.

Enjoy!

INGREDIENTS

Sunflower Seed Pate:

- 1 cup sunflower seeds soaked for 4 hours
- 1/2 cup packed fresh parsley leaves
- 2 small/medium garlic cloves
- 2 T lemon juice
- 2 T olive oil
- 1/2 tsp sea salt
- 1/8 tsp black pepper

Green Wrap Veggies

- 4 large green leaves (Chard, Collard)
- 1 avocado
- 1 cucumber
- 3 green onion
- Handful of green olives
- Fresh green sprouts

Nutrition Facts

1 serving per container

Serving size (0.0g)

Amount Per Serving

Calories **830**

% Daily Value*

Total Fat 76g **97%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 650mg **28%**

Total Carbohydrate 34g **12%**

Dietary Fiber 17g **61%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 16g

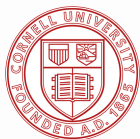
Vitamin D 0mcg 0%

Calcium 160mg 10%

Iron 6.2mg 35%

Potassium 1530mg 30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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INSTRUCTIONS

- 01** Soak sunflower seeds 4 hours, rinse
- 02** Place rinsed seeds and all other pate ingredients in a food processor and process until well combined or to your desired consistency.
- 03** Add a bit of water if it seems too thick.
- 04** Simply spread 1/4 cup or so of pate on each green leaf wrap, add cut up avocado, cucumber and other ingredients, fold or roll it up and serve.
- 05** The pate is also delicious as a spread on sandwiches or a dip for crackers or vegies.



Recipe halved in image

SHAKSHUKA

A mediterranean and middle eastern dish served for any or every meal. “Shakshuka” means “mixture” in Arabic or “shaken” in the Tunisian dialect.

Prep time: 15 min Cook time: 20 min Serves: 3

LAUREN KANN

Lauren is a junior studying Environment and Sustainability at Cornell University. She is not vegetarian but has become a weekday vegetarian, only eating poultry and occasionally meat on weekends. Before matriculating to Cornell, Lauren lived in Israel for 2 years where she first learned how to make shakshuka. The following recipe is adapted from Lisa Bryan.

INGREDIENTS

- 1 medium onion, diced
- 1 red bell pepper, seeded and diced
- 4 garlic cloves, finely chopped
- 2 tsp paprika
- 1 tsp cumin
- 1/4 tsp chili powder
- 10-12 whole tomatoes, chopped (or 1 28-ounce can of whole, peeled tomatoes)
- 6 large eggs
- Salt & pepper, to taste
- 1 small bunch fresh cilantro, chopped
- 1 small bunch fresh parsley, chopped

Nutrition Facts

| | |
|--|---------------|
| 1 serving per container | |
| Serving size | (0.0g) |
| Amount Per Serving | |
| Calories | 770 |
| % Daily Value* | |
| Total Fat 29g | 37% |
| Saturated Fat 10g | 50% |
| Trans Fat 0g | |
| Cholesterol 1075mg | 358% |
| Sodium 1950mg | 85% |
| Total Carbohydrate 96g | 35% |
| Dietary Fiber 26g | 93% |
| Total Sugars 48g | |
| Includes 0g Added Sugars | 0% |
| Protein 55g | |
| Vitamin D 0mcg | 0% |
| Calcium 470mg | 35% |
| Iron 19.2mg | 110% |
| Potassium 3240mg | 70% |
| <small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |



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INSTRUCTIONS

- 01** Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.
- 02** Add garlic and spices and cook an additional minute.
- 03** Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.
- 04** Use your large spoon to make small wells in the sauce and crack the eggs into each well.
- 05** Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.
- 06** Garnish with chopped cilantro and parsley.



TOFU VEGETABLE STEW

A simple and quick stew consisting of tofu, beans, and vegetables
Prep time: 10 minutes
Cook time: 15 minutes
Serves: 4

MAYA MORGAN

Maya is a senior Environment and Sustainability major at Cornell University. She has been a vegetarian for 8 years, and got this recipe from her aunt who is not a vegetarian but has explored plant-based cooking for when her niece comes to visit. Maya originally became a vegetarian because of concerns about the inhumane treatment of animals in the meat industry, but this choice was reinforced when she got to college and learned about the environmental benefits of a meat-free lifestyle.

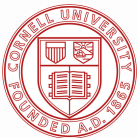
INGREDIENTS

- 1 package extra firm tofu, cubed
- ½ cup chopped onion
- 1 tbsp garlic1 cup mixed bell peppers, diced
- 1 tsp chilli flakes
- ¼ cup chopped jalapenos
- 1 can crushed tomatoes
- 1 tbsp tomato puree
- 1 cup vegetable stock
- 1 can kidney beans

Nutrition Facts

| | |
|-------------------------------|---------------|
| 1 serving per container | |
| Serving size | (0.0g) |
| Amount Per Serving | |
| Calories | 380 |
| % Daily Value* | |
| Total Fat 6g | 8% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 370mg | 16% |
| Total Carbohydrate 60g | 22% |
| Dietary Fiber 18g | 64% |
| Total Sugars 20g | |
| Includes 0g Added Sugars | 0% |
| Protein 24g | |
| Vitamin D 0mcg | 0% |
| Calcium 190mg | 15% |
| Iron 8.8mg | 50% |
| Potassium 1730mg | 35% |

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INSTRUCTIONS

- 01** Lightly saute onion, garlic, and peppers along with Quorn pieces until the vegetables are soft.
- 02** Add tomato puree, jalapenos, and tomatoes and cook over medium heat for 5 minutes.
- 03** Add stock and kidney beans and bring to a boil then reduce to simmer until sauce thickens to desired consistency.



GREEK GREENS AND RICE

Prep time: 25 min Cook time: 20 min
Serves: 6

JEN CHANDLER provided this recipe shared by a friend Chef Molly Beverly. Jen's work as the ECA Director of Operations in the past 5 years has made her completely rethink the way she eats. Looking at diet through a lens of climate action has opened up a new way of thinking and being mindful about what she buys. Now Jen centers her perspective around plant-based meals. She would describe herself as an "opportunivore;" she eats the foods that make her feel good. Maturing and shifting taste palates and thinking about food has allowed her to attain a greater understanding and appreciation of food. While she still eats meat once or twice per week, reducing meat consumption to any extent is a great contribution to addressing climate change. When switching to a plant-rich diet, Jen says that having an arsenal of recipes and understanding of flavor is helpful. Find the things you like that taste good and are good for the climate, like her Greek Greens and Rice recipe.

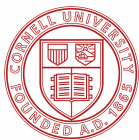
INGREDIENTS

- 1 bunch green onions, finely sliced
- 4 cloves garlic, minced
- 3 Tablespoons olive oil
- 2 large bunches greens (spinach, chard, kale, etc), washed and sliced thinly
- 1/4 cup fresh dill, finely chopped (or 1 Tbsp dried dill)
- 1 small bunch of parsley or mint, sliced
- juice of 1 lemon
- 2 teaspoons salt, to taste
- black pepper
- 3 cups cold cooked brown rice
- 6 ounces feta cheese (non-dairy feta will work)

Nutrition Facts

| | |
|-------------------------------|---------------|
| 6 servings per container | |
| Serving size | (165g) |
| Amount Per Serving | |
| Calories | 270 |
| % Daily Value* | |
| Total Fat 14g | 18% |
| Saturated Fat 5g | 25% |
| Trans Fat 0g | |
| Cholesterol 25mg | 8% |
| Sodium 760mg | 33% |
| Total Carbohydrate 31g | 11% |
| Dietary Fiber 3g | 11% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 7g | |
| Vitamin D 0.1mcg | 0% |
| Calcium 200mg | 15% |
| Iron 2.2mg | 10% |
| Potassium 380mg | 8% |

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INSTRUCTIONS

- 01** Heat olive oil in a wide frying pan on medium heat. Sauté green onions and garlic in olive oil for 5 minutes or until onions are lightly browned.
- 02** Add greens, dill and mint or parsley and simmer until everything is wilted.
- 03** Add a little water, lemon juice, salt, and black pepper. Turn up heat and cook until water evaporates. Taste and adjust seasoning.
- 04** Stir in brown rice and continue stirring until rice is heated through.
- 05** Serve and top with feta cheese.





BOK CHOY-SPINACH MEDLEY

A healthy mixture of boy choy, spinach, and other vegetables with plenty of spices to add flavor and beans and tofu for protein

Prep time: 15 minutes

Cook time: 15 minutes Serves: 6

LESLIE WHARTON

Leslie is a lawyer who began preparing vegetarian meals about 4 years ago when she was living with her sister and brother-in-law. She did not have much luck in convincing either of them to convert to a plant-based diet, but she herself has continued the vegetarian lifestyle ever since. Leslie would prepare large dishes that consisted of primarily vegetables and legumes on a weekly basis. These dishes would last her 5-6 meals, so she really only had to cook once a week.

INGREDIENTS

- Bok Choy
- Large amount of fresh spinach (or can use frozen spinach)
- Extra firm tofu (cubed)
- 2 cans black beans (can substitute or mix in other beans or lentils)
- 1 can diced tomatoes (I like with oregano, garlic and basil)
- 2 cups cooked rice (can use brown, basmati, or substitute faro or some other grain)
- ½ chopped onion
- ½ chopped green pepper (or use frozen onion and green pepper mix)
- 2 cups peas (fresh or frozen)
- 3 tablespoons chia seed (optional)
- Turmeric (1 – 2 tsp)
- Red pepper (1/2 tsp or more if you like hot)
- Cumin (1 – 4 tsp depending on how much you like cumin – I love it)
- Ginger (fresh and grated or ground dried ginger to taste)
- Coriander powder (or coriander leaves)
- Salt and/or pepper to your personal taste

Nutrition Facts

6 servings per container

Serving size (0.0g)

Amount Per Serving

Calories **500**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 390mg **17%**

Total Carbohydrate 85g **31%**

Dietary Fiber 17g **61%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 24g

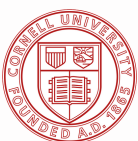
Vitamin D 0mcg **0%**

Calcium 180mg **15%**

Iron 7mg **40%**

Potassium 740mg **15%**

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**ELDERS
CLIMATE
ACTION**

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INSTRUCTIONS

- 01 Spray oil in a deep large frying pan (or pot) and add the tofu (spray the tofu with oil) and then add turmeric, red pepper, cumin and ginger.
- 02 Cook on medium heat stirring so that the spices cook and the tofu dries and becomes firmer.
- 03 Remove the tofu from the pan into a bowl
- 04 In the pan put the can of diced tomato and onion and green pepper – cook for a few minutes
- 05 Add chopped up bok choy, peas and spinach (you can add them depending on your estimate of cooking times, so the bok choy might go in first and add peas and then the spinach after the others have softened)
- 06 Add the chia seed
- 07 Once the vegetables are 2/3 cooked, add in the tofu, pre-cooked or canned beans, and the pre-cooked rice or other grain
- 08 Add the coriander.
- 09 Stir and stir some more until all the flavors are mixed. Taste and see if anything needs to be adjusted Remove from stove and let cool



PASTA WITH VEGETABLES AND VEGAN SAUSAGE

Lentils, pasta, and vegan sausage with a variety of vegetables and seasonings
Prep time: 10 minutes
Cook time: 15 minutes. Serves: 4

LESLIE WHARTON

Leslie is a lawyer who began preparing vegetarian meals about 4 years ago when she was living with her sister and brother-in-law. She did not have much luck in convincing either of them to convert to a plant-based diet, but she herself has continued the vegetarian lifestyle ever since. Leslie would prepare large dishes that consisted of primarily vegetables and legumes on a weekly basis. These dishes would last her 5-6 meals, so she really only had to cook once a week.

INGREDIENTS

- Lentils (about 2 – 3 cups cooked) or other beans.
- Vegetable broth (optional: use for cooking the lentils)
- Garlic grated (amount according to taste)
- Vegan sausage cut into pieces
 - Recommended: Trader Joe’s vegan Italian Sausage
- 1 Onion chopped
- ½ green bell pepper chopped
- 1 package (8 oz) Portobello mushrooms diced
- 3 large zucchini cut into small pieces (or yellow squash)
- 1 package frozen shelled edamame (about 2 – 3 cups)
- 8 oz (1/2 package) dry pasta (to be cooked)
- One 16oz container of pasta sauce
 - Recommended: Newman’s Own basil marinara
- Some cherry tomatoes (optional)
- Oregano
- Thyme
- Basil
- Salt and/or pepper to taste

| Nutrition Facts | |
|---|---------------|
| 4 servings per container | |
| Serving size | (0.0g) |
| Amount Per Serving | |
| Calories | 660 |
| % Daily Value* | |
| Total Fat 11g | 14% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol <5mg | 1% |
| Sodium 670mg | 29% |
| Total Carbohydrate 104g | 38% |
| Dietary Fiber 25g | 89% |
| Total Sugars 19g | |
| Includes 3g Added Sugars | 6% |
| Protein 43g | |
| Vitamin D 0.1mcg | 0% |
| Calcium 150mg | 10% |
| Iron 13mg | 70% |
| Potassium 1750mg | 35% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |



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INSTRUCTIONS

- 01 If you are using dried lentils, cook 1 cup in vegetable broth. Otherwise pre-cooked lentils (like Trader Joe's green lentils) or other legumes are fine
- 02 You will want to time cooking the pasta so that it is al dente when the rest of the recipe is close to complete, so you can add the pasta to the vegetable-sausage mix to complete the cooking.
- 03 Add pasta sauce, cut up mushrooms, grated garlic, chopped onion and green pepper in the pan and cook for a few minutes.
- 04 Add the chopped zucchini and cut up cherry tomatoes and stir.
- 05 Add any herbs you are using. Cook awhile on medium. When the zucchini starts to look a little less firm, add the edamame, cut up sausage, and lentils or beans
- 06 When the vegetable dish is almost done, add the al dente pasta and stir in. The pasta will finish cooking and soak up any "liquid" in the vegetable mix. You may want to add ½ cup of the pasta water to the mix as the starches in that water can help thicken up the dish.
- 07 Taste and adjust herbs
- 08 When the dish is close to finished cooking, take off the stove (it will keep "cooking" on its own).
- 09 This recipe should make 6 or more meals. I often put some into freezer containers for a later day, and the rest in the refrigerator to heat up for meals during the coming week.



PORTOBELLO MUSHROOM SOUP

A simple mushroom soup with lentils, barley, green peppers, and onions

Prep time: 10 minutes

Cook time: 15 minutes

Serves: 4

LESLIE WHARTON

Leslie is a lawyer who began preparing vegetarian meals about 4 years ago when she was living with her sister and brother-in-law. She did not have much luck in convincing either of them to convert to a plant-based diet, but she herself has continued the vegetarian lifestyle ever since. Leslie would prepare large dishes that consisted of primarily vegetables and legumes on a weekly basis. These dishes would last her 5-6 meals, so she really only had to cook once a week.

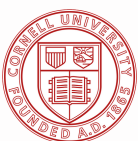
INGREDIENTS

- Onion (about ½ cup)
- Green pepper (about ½ cup)
- Pearled barley (1/2 cup dry)
- 2 cups of lentils (can pre-cook dried lentils, use canned lentils, or I like the Trader Joe packages of pre-cooked lentils)
- 1 package (8 oz.) Portobello Mushrooms
- 1 container (32 oz.) Imagine Portobello Mushroom Soup

Nutrition Facts

| | |
|-------------------------------|---------------|
| 4 servings per container | |
| Serving size | (0.0g) |
| Amount Per Serving | |
| Calories | 410 |
| % Daily Value* | |
| Total Fat 13g | 17% |
| Saturated Fat 2.5g | 13% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1580mg | 69% |
| Total Carbohydrate 60g | 22% |
| Dietary Fiber 15g | 54% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 16g | |
| Vitamin D 0.5mcg | 2% |
| Calcium 60mg | 4% |
| Iron 4.8mg | 25% |
| Potassium 890mg | 20% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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INSTRUCTIONS

- 01 Chop up a small onion and $\frac{1}{2}$ a green pepper (I often use a frozen chopped onion-green pepper mix)
- 02 Wash and cut the Portobello mushrooms into small pieces
- 03 Place the mushrooms, onion and green pepper in a deep pot and “sauté” for a few minutes. (I don’t use any oil, I will add some water as needed to keep it from sticking.)
- 04 Add the water for cooking the barley and, when it boils, add the barley, cover and cook for however long the barley takes (usually about 60 minutes)
- 05 When the barley is almost cooked, add the Imagine Portobello mushroom soup and the lentils. Stir. Let it come to a slow boil, stir, and then cover and let sit a few minutes
- 06 Ready to eat.
- 07 This recipe will make 5 or more servings and will stay well in the refrigerator for over a week.



A COMPLETE MEAL IN A SALAD

A light but substantial mixture of greens, chickpeas, and nuts
Prep time: 10 minutes
Cook time: 10 minutes
Serves: 4

LESLIE WHARTON

Leslie is a lawyer who began preparing vegetarian meals about 4 years ago when she was living with her sister and brother-in-law. She did not have much luck in convincing either of them to convert to a plant-based diet, but she herself has continued the vegetarian lifestyle ever since. Leslie would prepare large dishes that consisted of primarily vegetables and legumes on a weekly basis. These dishes would last her 5-6 meals, so she really only had to cook once a week.

INGREDIENTS

- Cucumbers – cut into small bite-sized pieces (usually 2 big ones or 5-6 of the small cucumbers)
- Two bell peppers – red, green, yellow are great
- A package (approx. 2 cups) of cherub or cherry tomatoes (usually cut each tomato into 2 or 3 pieces)
- 1/2 cup sugar snap peas cut into 1/2 inch pieces
- 1/2 cup bean sprouts (mung bean sprouts are very good!)
- 2 -5 celery sticks cut into small pieces
- 1/2 or more cup of chopped nuts: walnuts, pecans, almonds (whatever you like)
- 1 can of garbanzo beans rinsed
- 1/2 cup of carrot diced into small pieces
- Leafy greens – spinach, arugula, romaine, etc.
- Anything else you like

Nutrition Facts

| Servings: 4 | |
|--|-----|
| Amount per serving | |
| Calories | 535 |
| % Daily Value* | |
| Total Fat 15.9g | 20% |
| Saturated Fat 1.3g | 6% |
| Cholesterol 0mg | 0% |
| Sodium 61mg | 3% |
| Total Carbohydrate 78.7g | 29% |
| Dietary Fiber 21.8g | 78% |
| Total Sugars 19.8g | |
| Protein 26.8g | |
| Vitamin D 0mcg | 0% |
| Calcium 177mg | 14% |
| Iron 8mg | 44% |
| Potassium 1661mg | 35% |
| *The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice. | |



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INSTRUCTIONS

01 Mix together in a large bowl

02 Ready to eat

03 For dressing, I use a vinegar based, no-oil dressing, either making it myself (for instance rice wine vinegar with oregano, basil, thyme) or buy a bottle of fat-free dressing off the shelf. By using a no-oil dressing, I have found that a salad can stay “fresh” for 3 – 5 days after making it. Thus, I will often make a salad on a Sunday that will fill 2+ large containers, refrigerate, and eat some every day for the next 5 days.



HUMBLE BEANS AND BARLEY

Prep time: 20 min Cook time: 15 min
Serves: 2

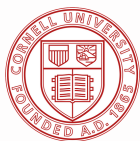
MARILYN PRICE

Marilyn has been vegetarian since the early 70s when her kids were little and she read the book *Diet for a Small Planet*. While it wasn't difficult for her to be vegetarian back then, she was one of the first people she knew who cut meat out of their diet. Now she says environmentalists have a firmer leg to stand on with the movement becoming more mainstream. Marilyn cares deeply about agriculture and food as well as fossil fuels and human consumption of resources. She uses a bike for transportation and will often pick up litter she finds on her bike ride, thinking about the fish that might swallow the plastic. Plant-based eating has helped make her more aware of all life. In regards to influencing other to try a plant-rich diet, Marilyn says that giving people a first good experience is planting the seeds to behavioral change. Showing people that eating vegan/vegetarian can be really great is the way to do it!

INGREDIENTS

- 1 cup cooked barley (or other grain i.e. brown rice)
- 1/2 cup beans of choice (i.e. black beans)
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/2 yellow onion, chopped
- 1 cup white mushrooms, chopped
- 1/2 avocado, chopped
- 3oz tempeh, cooked
- 1/2 cup tomato/spaghetti sauce
- 1/2 cup mozzarella (or cheese of choice)

| Nutrition Facts | |
|---|---------------|
| 2 servings per container | |
| Serving size | (397g) |
| Amount Per Serving | |
| Calories | 470 |
| % Daily Value* | |
| Total Fat 22g | 28% |
| Saturated Fat 7g | 35% |
| Trans Fat 0g | |
| Cholesterol 25mg | 8% |
| Sodium 470mg | 20% |
| Total Carbohydrate 51g | 19% |
| Dietary Fiber 16g | 57% |
| Total Sugars 7g | |
| Includes 2g Added Sugars | 4% |
| Protein 24g | |
| Vitamin D 0.3mcg | 2% |
| Calcium 230mg | 20% |
| Iron 5.1mg | 30% |
| Potassium 1160mg | 25% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |



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INSTRUCTIONS

- 01** Heat olive oil in a medium size frying pan. Add the chopped onion and garlic and sauté until onions are lightly browned.
- 02** Add the chopped mushrooms to the pan and sauté until cooked, about 5 minutes.
- 03** Mix the barley, beans, avocado, tempeh, mushrooms, garlic, and onions together in an oven safe dish. Add the tomato sauce and stir to combine.
- 04** Top with the mozzarella (or other cheese) and broil in oven until melted and the other ingredients are heated. Serve hot.

Tips: Can edit the recipe with preferred grain, beans, cheese, and add any other desired nutritious ingredients. Omit cheese for a vegan version.



TOMATILLO BLACK BEAN SOUP

Prep time: 15 min Cook time: 40 min
Serves: 4

JOHANNA GERTIN

provided this recipe, adapted from <https://thewimpyvegetarian.com/2012/07/black-bean-tomatillo-and-corn-soup/>

Johanna is a junior at Cornell University double majoring in Entomology and Environment & Sustainability, with a minor in climate change. She has been vegan since coming to college and has not eaten meat since watching the documentary *Cowspiracy* in high school. Johanna is passionate about the intersection between agriculture, food justice, climate change, and sustainability. She loves cooking vegan meals and sharing them with her friends, showing them that eating plant-based is doable and delicious. Changing our diets to be best for ourselves and the planet is a way that individuals can make a tangible difference.

INGREDIENTS

- 1 poblano chili pepper
- 1 tbsp olive oil
- ¾ cup husked and chopped tomatillos (can substitute tomato)
- 1 large yellow cooking onion, chopped
- 1 cup frozen sweet corn kernels
- 1 can black beans (15 oz) or 2 cups cooked black beans
- ¼ cup tomato puree
- 1 large tomato, chopped
- 1 2/3 cup vegetable broth
- 1 tsp lime juice
- ½ tsp salt, or season to taste
- 1 avocado, sliced to garnish (optional but recommended)

| Nutrition Facts | |
|---|---------------|
| 4 servings per container | |
| Serving size | (372g) |
| Amount Per Serving | |
| Calories | 330 |
| % Daily Value* | |
| Total Fat 15g | 19% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 900mg | 39% |
| Total Carbohydrate 43g | 16% |
| Dietary Fiber 15g | 54% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 12g | |
| Vitamin D 0mcg | 0% |
| Calcium 50mg | 4% |
| Iron 3.4mg | 20% |
| Potassium 1010mg | 20% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |



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INSTRUCTIONS

- 01 Roast poblano pepper over a stovetop burner rotating until the skin is blackened on all sides. Let the pepper rest for 5 minutes and then peel off and discard the blackened skin. Chop up the pepper, removing the seeds and top.
- 02 Heat the olive oil over medium heat in a medium-large saucepan. Sauté the chopped tomatillos and onion for 10 minutes until softened. Add the frozen corn and sauté for another 2 minutes.
- 03 Stir in the chopped roasted poblano pepper, chopped tomato, black beans, tomato puree, and broth. Simmer for 15 minutes.
- 04 Add in the lime juice and salt to taste, stir to incorporate.
- 05 Portion the soup into bowls and add the avocado on top as a garnish.