

What Is a HEALTHY PLATE?

Fill one-quarter
of your plate
with a healthy
protein
source.



Fill one-quarter
of your plate
with a healthy
grain or
starch.

Fill half of your plate with non-starchy vegetables.



Chicken, corn, carrots, and green beans



Black beans, quinoa, and grilled vegetables



Chicken, Spanish brown rice, and nopales



Black-eyed peas, yams, and collard greens



Fish tacos with corn tortillas, cabbage, and salsa

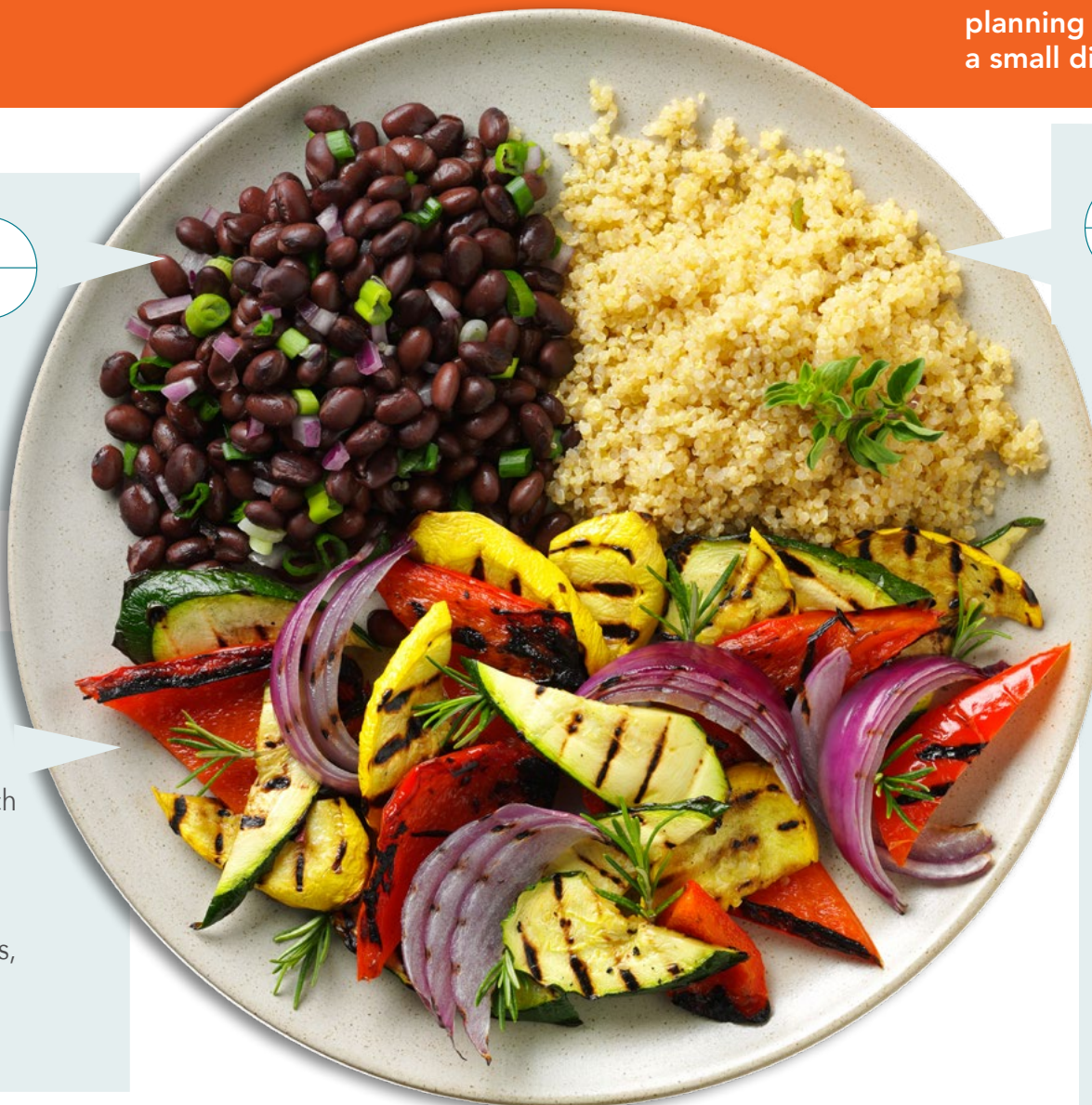
THE PLANT-BASED HEALTHY PLATE

Use this plate to help you portion your food in a healthy way and make meal planning easier. Portions are based on a small dinner plate.

Fill one-quarter of your plate with a plant-based protein source, such as cooked beans, lentils, or tofu.



Fill half of your plate with non-starchy vegetables, such as carrots, broccoli, spinach, cabbage, green beans, peppers, zucchini, onions, greens, tomatoes, or romaine lettuce.



Fill one-quarter of your plate with healthy grains or starches, such as brown rice, whole-wheat pasta, quinoa, bulgur, corn, peas, barley, farro, amaranth, 1 slice of whole-grain bread, 2 corn tortillas, or 1 whole-wheat tortilla.

For good nutrition also choose each day:

- 3 servings of fruit. A serving is a small orange, banana, or apple, or 1 cup of berries or melon.
- 2 to 3 cups of a milk substitute, such as almond, soy, or hemp.
- A small amount of healthy fats, such as extra virgin olive or canola oil, or a small handful of nuts.

Ideas for meals and snacks

These sample meals and snacks include foods from the shopping list below, and follow the tips on the other side. Use these ideas to build healthy, tasty meals. Or create your favorite combinations!

Breakfast

- | | |
|---|--|
| <ul style="list-style-type: none"> 4 oz. sprouted-grain or wheat bagel with almond butter or cashew cheese 1 cup diced melon | <ul style="list-style-type: none"> ¼ cup scrambled soft tofu with 3 oz. salsa and 1 cup spinach 1 sprouted-grain English muffin or 2 corn tortillas ¼ avocado ½ cup mango or pineapple |
| <ul style="list-style-type: none"> 2 oz. whole-grain muesli cereal ½ banana, ½ cup berries 10 walnuts 1 cup nondairy milk | <ul style="list-style-type: none"> 2 slices sprouted-grain or wheat toast 2 Tbsp. "natural" peanut butter 1 cup nondairy milk 1 small apple |
| <ul style="list-style-type: none"> 1 cup plain almond or soy yogurt, mixed with 1 Tbsp. chia seeds and 2 Tbsp. raisins or ½ cup diced fruit 1 small bran muffin | <ul style="list-style-type: none"> ⅔ cup brown rice ½ cup beans 1 cup cooked vegetables ½ cup salsa ½ cup avocado |
| <ul style="list-style-type: none"> 2 slices sprouted-grain or wheat toast 1 cup berries 1 cup nondairy milk | <ul style="list-style-type: none"> 1 cup oatmeal with 1 Tbsp. pumpkin seeds and 2 Tbsp. raisins or dried fruit 1 cup nondairy milk |

Snacks

- | | |
|--|---|
| <ul style="list-style-type: none"> ½ cup baked sweet potato | <ul style="list-style-type: none"> Raw vegetables with hummus or vegetable paté |
| <ul style="list-style-type: none"> 2 tbsp. dried fruit or nuts | |
| <ul style="list-style-type: none"> Fresh fruit | <ul style="list-style-type: none"> Medium apple with 1-2 Tbsp. "natural" peanut butter |
| <ul style="list-style-type: none"> 3 cups air-popped or light microwave popcorn | <ul style="list-style-type: none"> 3 large rye wafer cracker 1½ oz. cashew cheese |
| <ul style="list-style-type: none"> ¼ cup roasted garbanzo beans | <ul style="list-style-type: none"> Fresh nonstarchy vegetables |

Lunch and Dinner

Add 1 cup nondairy milk to each meal (optional)

- | | |
|---|---|
| <ul style="list-style-type: none"> 4 oz. baked tofu sandwich on sprouted-grain or wheat bread with 1-2 Tbsp. avocado, lettuce or spinach, tomato, and onion Carrots or broccoli 1 orange | <ul style="list-style-type: none"> 2 cups stir-fried vegetables (sautéed with 1 tsp. olive oil and garlic) 1 cup quinoa, yam, or whole-grain pasta |
| <ul style="list-style-type: none"> 3-4 oz. veggie (bean, lentil, soy) burger on sprouted-grain or wheat bun Garden salad with avocado and 1-2 Tbsp. oil and vinegar dressing Diced peaches or pear | <ul style="list-style-type: none"> 2 cups vegetarian chili 2 Tbsp. pumpkin seeds or avocado 1 cup cabbage slaw with lime juice ⅓ cantaloupe |
| <ul style="list-style-type: none"> 1 cup canned black bean soup (lower sodium) 1 cup kale (dropped into soup) 6 whole-grain crackers 1 apple | Chinese cuisine <ul style="list-style-type: none"> ½ cup brown rice, wild rice, or quinoa 1 cup broccoli tofu (sautéed in broth) 1 cup vegetarian hot-and-sour soup |
| <ul style="list-style-type: none"> 1 low-fat, low-sodium frozen entrée or vegetarian entrée Green salad with fresh vegetables, nutritional yeast, 1-2 Tbsp. olive oil and vinegar dressing or avocado 1 plum | Indian cuisine <ul style="list-style-type: none"> ½ cup beans or 1 cup lentil soup (dal) 1 whole-grain flatbread 1 cup diced cauliflower, onions, and tomatoes |
| <ul style="list-style-type: none"> ½-1 cup black-eyed peas 1 cup steamed greens with a dash of hot sauce 1 cup brown rice 1 fresh fruit | Mexican cuisine <ul style="list-style-type: none"> 2 bean tacos made with 2 corn tortillas, 1 cup whole beans, 2 Tbsp. avocado, salsa, shredded lettuce or cabbage, and tomatoes Diced mango |

Healthy meals start at the store. Use this shopping list to help you prepare.

- | | | |
|---|---|--|
| ✓ Fruits—fresh, frozen, canned in their own juice, or dried | ✓ Light soy sauce, tamari, or Bragg's liquid aminos | ✓ 100% whole-wheat or sprouted-grain bread, rolls, or bagels |
| ✓ Vegetables—fresh, frozen, or low-sodium canned | ✓ Sauerkraut or kimchee | ✓ Rye wafer or whole-wheat crackers |
| ✓ Plain nondairy milk (fortified soy, rice, oat, or almond) | ✓ Whole beans (canned or dried), or lentils | ✓ Brown rice or whole-wheat pasta |
| ✓ Plain nondairy yogurt (soy or almond) | ✓ Hummus, bean spreads, or tahini | ✓ Whole-grain cereal (oats, or muesli) |
| ✓ "Natural" peanut or other nut butter | ✓ Tofu (silken, firm), tempeh | ✓ Whole grains (bulgur, whole cornmeal, hulled barley, farro, millet, whole-wheat couscous, brown rice, or quinoa) |
| ✓ Cultured cashew cheese | ✓ Avocado, olives, or sun-dried tomatoes | ✓ Tortillas (corn, or whole- or sprouted-wheat) |
| ✓ Olive or organic canola oil | ✓ Unsalted nuts and seeds | |
| | ✓ Nutritional yeast | |
| | ✓ Vegetable broth | |

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

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Whole Food Plant-Based Eating Resources to Help You Live Well

Reference Books & Cookbooks

Book: *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health.* T. Colin Campbell, PhD, and Thomas M. Campbell II, MD

Book: *Prevent & Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition Based Cure.* Caldwell B. Esselstyn, Jr., MD

Book: *The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, & Gain Health.* Dean Ornish, MD

Book: *How Not To Die.* Michael Greger, MD, Gene Stone & *How Not To Diet.* Michael Greger, MD

Book: *Power Foods for the Brain., & Dr. Neal Barnard's Program for Reversing Diabetes.* Neal Barnard, MD

Book: *The Campbell Plan.* Thomas Campbell, MD

Book: *Plant-Based Nutrition, 2ed, Idiot's Guide.* Julieanna Hever, MS, RD, CPT, Raymond J Cronise

Book: **The Forks Over Knives Plan.* Alona Pulde, MD, Matthew Lederman, MD

Cookbook: **Straight up Food.* Cathy Fisher

Cookbook: **Minimalist Baker's Everyday Cooking.* Dana Shultz

Cookbook: **The Plant-Based Diet for Beginners.* Gabriel Miller

Cookbook: **How Not to Die Cookbook.* by Michael Gregor MD

Cookbook: *Plant-Powered Families.* Dreena Burton

Cookbook: **The PlantPower Way.* Rich Roll, Julie Piatt

Cookbook: **Plant-Based Wellness Cookbook.* Dulaney, et al.

Cookbook: **The No-Meat Athlete Cookbook.* Matt Frazier and Stephanie Romine.

Recipes & Meal Planning:

Kaiser Permanente's Food for Health Blog:

<https://about.kaiserpermanente.org/total-health/food-for-health>

Forks Over Knives: <https://www.forksoverknives.com>

21 Day Vegan Kickstart: <https://kickstart.pcrm.org/en>

Plant-Strong: <https://mealplanner.plantstrong.com/>

Eating Out/Food Delivery:

<https://www.happycow.net/>

<https://www.vrg.org/restaurant/California.php>

<https://www.veginout.com/pages/vegan-menu>

<https://www.plantpurenation.com/>

Websites for Further Research & Support:

<https://nutritionfacts.org/>

[SF Health Education Webpage - Healthy Cooking](#)

<https://nutritionstudies.org/>

<http://drfuhrman.com/>

<http://plantbasedresearch.org/>

<https://www.pcrm.org/good-nutrition>

<http://plantricianproject.org/>

<https://plantbaseddietitian.com/>

<http://www.dresselstyn.com/site/>

<http://healthyhearthealthyplanet.com/>

<http://www.wholefoodplantbasedrd.com/>

<https://www.healthpromoting.com/>

Movies & Documentaries:

Forks Over Knives

Eating You Live

What The Health

The Future of Food

The Game Changers

Plant Pure Nation

Cowspiracy

Food Inc.

Kitchen & Pantry Staple Items

Dry Goods	Perishables	Kitchen Essentials
<p><u>Beans & Lentils:</u> Whole dry beans (try heirloom varieties) and dehydrated flakes, peas, lentils (green/brown, red, split-yellow/green, black).</p> <p><u>Canned low sodium varieties:</u> garbanzo, black, cannellini, kidney, fat-free refried, black-eye peas</p> <p><u>Whole Grains:</u> Rice (brown, red, wild), oats (steel cut, rolled, quick cooking), quinoa, millet, barley, bulgur wheat, popcorn, farro, buckwheat. 100% whole grains: whole wheat pasta/flour, brown rice pasta/flour, oat flour</p>	<p><u>Produce:</u> Choose a rainbow, shop two times per week, consider a produce box delivery</p> <p><u>Vegetables/Fruit:</u> fresh, in-season, frozen, precut, dried</p> <p>Starchy vegetables: potato, sweet potato, winter squash, plantain, celery root</p> <p>Aromatics: (onion, garlic, fresh ginger)</p> <p>Fresh herbs: cilantro, parsley, basil, mint, dill</p> <p><u>Protein-rich foods:</u> Tofu (firm, silken), tempeh, seitan, edamame, steamed lentils, hummus, yuba noodles</p>	<p><u>Utensils:</u> Knives – sharpened! Cutting boards Non-stick spoon/spatula/tongs, wooden spoon, microplane/food scale, measuring cups & spoons, high-speed blender, food processor, salad spinner</p> <p><u>Cooking:</u> skillet, wok, dutch oven, roasting tray: enamel, non-stick, cast iron, slow cooker, pressure cooker, Instapot baking/roasting trays/dishes, rice cooker, silicone mats, pressure cooker/dehydrator</p>
<p><u>Spices:</u> black pepper, onion flakes, sea salt, granulated garlic, ground and whole cumin, smoked paprika, curry powder, fennel seeds, turmeric, cinnamon, dulce (seaweed flakes).</p> <p><u>Sweeteners:</u> maple syrup, honey, stevia, black-strap molasses, real vanilla extract Cocoa powder (raw)</p>	<p><u>Miscellaneous:</u> Non-dairy drinks: soy, oat, rice, almond. Yogurt: cashew, almond, soy, (choose unsweetened) Cheese: nut or soy based</p> <p><u>Convenience foods:</u> <i>100% whole grain</i> products: bread, crackers, tortillas, cereal, popcorn, Fresh soups, one-dish meals</p>	<p><u>Storage:</u> Sealable containers for dry goods, batch cooking, freezer to oven and bags, e.g. Snap/Tupperware, Mason jars, etc. Meal-size containers for heating up leftovers Parchment paper, foil</p>
<p><u>Miscellaneous:</u> Umami enhancers: tomato paste, sun-dried tomatoes, canned tomatoes, diced/whole), nutritional yeast, vinegar (rice wine, balsamic, red wine, apple cider), vegan Worcestershire, low sodium tamari or soy sauce, chili hot sauce, dehydrated mushrooms (wild, shiitake). Light coconut milk, curry paste, miso paste.</p>	<p><u>Minimize:</u> Plant-based fake meats and substitutes, cheeses, (these contain highly processed ingredients, sodium and added oils so use less than once per day, if at all.)</p> <p><u>Oils:</u> E.V. olive oil, organic canola oil. (bottle or spray)</p>	<p><u>Notes/Personal Additions:</u></p>

Whole-Food Plant-Based Recipes In 30 Minutes or Less with Shopping List

Breakfast Ideas

Quinoa Breakfast

This warm and hearty breakfast is not only nutritious but easy to make. This recipe can be made in advance and reheated or stored as individual serving sizes in the freezer for future use. Enjoy!

Prep time: 5 minutes

Cook time: 15 minutes

Serves: 4

Ingredients:

1 cup quinoa

2 cups water

1 apple, rinsed, peeled, and chopped

1/2 cup raisins or other dried fruits

1 teaspoon ground cinnamon to taste

1/2 teaspoon ground nutmeg

Pinch of sea salt

Maple syrup (optional)

Soy milk or other plant milk

Walnuts, pecans, or other favorite nuts

Place quinoa and water into a medium saucepan. Add the apples, raisins, spices, and salt. Bring to a boil and simmer until quinoa is cooked (water is absorbed) and tender.

Spoon a serving of hot quinoa into a bowl. Mix in a little maple syrup, if desired. Serve with soy milk or almond milk. Sprinkle with nuts.

The same recipe can be used for any whole grain (oatmeal, multi-grain cereal, farro, etc.)

Source: Dr. Goodlett's Recipe

Country French Toast

Prep time: 5 minutes

Cook time: 10 minutes

Serves: 8

Ingredients:

8 slices whole wheat bread

1/4 cup raw cashews

1 cup water

1 tablespoon maple syrup

1/2 teaspoon vanilla

1/8 teaspoon cinnamon

1/16 teaspoon turmeric (about a pinch)

Blend cashews with ¼ cup of the water. Then add remaining ingredients except the bread and process until smooth. Transfer into a large bowl. Dip slices of bread into the mixture to coat both sides well. Cook on a dry non-stick griddle until brown on both sides. Serve with maple syrup, applesauce, or fruit.

Source: <https://www.drmcDougall.com/health/education/recipes/printable-recipe-cards/country-french-toast/>

Veggie Tofu Scramble

This scramble offers a skillet-sizzled, classic taste. Buttery and silky, the garlicky, onion bite will induce long-term cravings.

Prep time: 10 minutes

Cook time: 12 to 16 minutes

Ingredients:

- 1 (12-oz) pkg. firm or extra firm tofu, drained and crumbled
- 1 small yellow onion, chopped
- 5 medium brown mushrooms, sliced
- 1/4 cup vegetable broth
- 1 tablespoon tamari
- 1 tablespoon dried parsley flakes
- 1 tablespoon nutritional yeast flakes
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon turmeric
- 1/2 teaspoon freshly ground black pepper
- 1 cup chopped fresh spinach
- 1/2 cup salsa (see snack recipe ideas)

In a medium saucepan over medium heat, sauté onions and mushrooms in vegetable broth for 5 minutes or until onions are translucent. Stir in tofu, tamari, dried parsley flakes, nutritional yeast flakes, garlic powder, onion powder, turmeric, and black pepper, and simmer for 10 to 12 minutes or until moisture has evaporated. Add spinach and salsa, and scramble for 2 to 4 minutes or more or until brown at the edges.

Serve hot with warm corn tortillas or a side of brown rice or quinoa, if desired.

Source: The Idiot's Guide to Plant-Based Nutrition, Pg. 248

Lunch Ideas

Blanco Fiesta Sandwiches

Prep time: 10 minutes

Serves: 4

Ingredients:

- 1 15-ounce can white beans, drained and rinsed
- 1/4 cup fresh green onions, chopped
- 1/4 cup fresh parsley
- 1/4 cup fresh cilantro
- 1 garlic clove, minced
- 2 tablespoons lemon juice
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin
- Dash or two of Tabasco or hot sauce

Place all ingredients in a food processor and blend until smooth. Spread on bread, add lettuce and tomatoes. Close up and eat.

Source: <https://www.drmcDougall.com/health/education/recipes/printable-recipe-cards/blanco-fiesta-sandwiches/>

Kale, Cranberries, and Cannellini Salad

Depending on your taste preferences, you can adjust amounts up or down and scale to number of servings.

Prep time: 15 minutes

Salad Ingredients

Kale, trimmed of ribs and cut into bite-sized pieces

Cannellini beans, canned and rinsed or homemade

Toasted pecans

Dried cranberries

Other veggies as desired (grape tomatoes, radishes, shredded carrots, roasted squash/sweet potatoes, caramelized onion, etc.)

Preheat oven to 350F. Place pecans halves on baking sheet and toast in oven for 7 to 8 minutes. Remove from oven and allow to cool.

Mix salad ingredients together.

Apple Cider Vinaigrette

1/4 cup apple cider vinegar

1 – 2 tablespoons agave syrup

1 medium garlic clove, finely minced

1/2 teaspoon freshly ground black pepper

In a jar, combine the vinegar, syrup, garlic, and pepper. Shake until well blended.

OR

Maple Mustard Dressing (Adapted from Forks Over Knives Cookbook)

1 cup cooked cannellini beans (canned and rinsed or homemade)

1 tablespoon tahini

2 tablespoons stone-ground Dijon mustard

2 tablespoons nutritional yeast

1/2 -1 tablespoon low sodium soy sauce or Bragg's Liquid Aminos

1 tablespoon 100% pure maple syrup

1/4 cup water or more as needed

Zest and juice of 1 lemon

In a blender, combine the cannellini beans, tahini, mustard, nutritional yeast, soy sauce, maple syrup, lemon zest and juice, and ¼ cup water. Blend on high until smooth. Add more water as needed to achieve a smooth consistency.

Source: Dr. Goodlett's Recipe

Quick Black Bean Soup

This is one of those recipes that you can put together in 5 minutes, yet it always is a favorite with everyone. Even kids like it and vegetable haters too, although you may want to use a bit of less hot sauce for those people.

Prep time: 10 minutes

Cook time: 15 minutes

Serves: 2 to 4

Ingredients:

3, 15-ounce cans black beans, drained and rinsed

1 3/4 cups vegetable broth (low sodium)

1 cup fresh salsa

1/4 teaspoon ground oregano

1/4 teaspoon chili powder (or more to taste)

1/8 teaspoon smoked chipotle chili powder (optional)

Several dashes of hot sauce (optional)

Reserve 1 cup of the beans in a separate bowl, place the remaining beans, the vegetable broth, and the salsa in a blender jar.

Process until fairly smooth, then pour into a saucepan. Mash the reserved beans slightly with a fork or bean/potato masher. Add to the saucepan with the remaining ingredients. Cook over medium heat for 10 minutes to blend the flavors. Adjust seasoning to taste before serving.

Hint: This is great to make ahead of time and then heat just before serving. Make a double batch so you can enjoy a quick bowl of soup when you are hungry.

Source: Dr. McDougall's Health and Medical Center (10-day Meal Plan)

Power Wraps

These wraps are filled with freshness. Loaded with vegetables and grains they pack a powerful nutrient punch! The grains can be cooked a day or two in advance or re-purposed from another recipe idea.

Prep time: 15 to 20 minutes

Ingredient List:

Wrap Options (your choice)

Whole wheat lavash, collard greens, cabbage, lettuce

Veggies (your choice)

Spinach, shredded carrots, shredded red cabbage, shredded beets, cherry tomatoes, radishes, diced bell peppers, green, red, or yellow onions (etc.)

Grains (your choice)

Brown rice, quinoa, farro (etc.)

Spreads (your choice)

Low-fat Hummus, White bean pesto, Spinach and cashew nut pate, Guacamole, Salsa (see recipes)

Select a shell for your wrap using lavash, collard greens, or cabbage. If using collard greens or cabbage, wash, then lightly blanch in 2 to 3" water until slightly firm, yet tender. Be careful not to overcook. Carefully, remove from heat with tongs plunge in a bowl of ice water, then drain. Set aside. Then, wash, cut, dice, or thinly slice your choice vegetables. Set aside.

Fill one end of the lavash one third full (or cooked collard green or cabbage) with an array of vegetables. Place more ingredients towards the middle (the ingredients will spread evenly as you roll it up). Top with your favorite choice of spread.

To roll: Place the filled portion of your wrap closest to you and the unfilled portion away from you. Lift the edge of the wrap up and over, rolling away from you, tucking in the edge as it meets the opened portion of the wrap (like rolling a sushi roll).

Secure with a toothpick and enjoy!

For a crispy lavash wrap, heat up a skillet on medium-low. Place the edge side down for several minutes and turn.

Source: Personal Recipe

Dinner Ideas

Plant Strong Vegan Burgers

If this is your first time making a veggie burger, you've got nothing to lose. If it comes out a disaster it is not a plant-strong burger, it is a great 'meat' crumble for a plant-strong burrito! You just can't go wrong.

Prep time: 15 minutes

Cook time: 15 minutes

Serves: 4 to 5 large or 8 to 10 small burgers

Step-by-Step Guide

2 cups cooked beans, lentil, or peas. (Your choice!)

Black beans

Chickpeas

White beans

Lentils (any color)

Kidney beans

Split peas

1 cup starch (your choice)

Dry whole wheat breadcrumbs

Millet (cooked)

*or Whole grain gluten-free
breadcrumbs*

Amaranth (cooked)

Uncooked Quick Oatmeal

*Buckwheat, brown or wild rice
(cooked)*

Quinoa (cooked)

Diced vegetables (your choice, raw or lightly water sautéed)

Hint: If you pick more than one vegetable, you will want to decrease the amount you use, probably by at least half. So, if you use carrots and celery – use 1 rib of celery and 1 carrot stick.

Celery (about 2 ribs)

Mushrooms (about 1 cup)

Carrot (about 2 sticks)

Jalapeno (1 or 2 depending on taste)

Onion (about 1 small onion)

1/4 teaspoon SPICE! Go to town with spices. Taste as you go!

Garlic

Thyme

Black pepper

Basil

Cumin

*Curry powder (works well
with chickpea burgers)*

Oregano

Rosemary

*Turmeric (a few dashes will
do)*

Cayenne

Nutritional Yeast

1/4 to 1/2 cup liquid (as needed)

Vegetable broth (low sodium)

Liquid from cooked beans

Non-dairy unsweetened milk

For a different taste you can try 1/4 cup of pumpkin puree, mashed sweet potato or butternut squash puree. If you opt to add a puree you may need to use less liquid overall.

2 tablespoons ground flax seeds + 3 tablespoons warm water

Set aside for 15 to 20 minutes until it forms into a gel. Do this step at the beginning.

To make your burgers:

Pre-heat oven to 350F. Line a cookie sheet with parchment paper.

Put cooked beans in a big mixing bowl. Mash them up any way you like. We recommend using your hands. Add your starch. Mix well. Add your vegetables, then the spices, liquid, and gelatinized flax. Mix everything using a spoon or your hands.

Form patties with your hands and place on parchment paper lined cookie sheet. Place in the oven and cook for 15-20 minutes or until slightly crispy on the top. Flip halfway through the time.

Serve on a nice whole grain bun with all your favorite burger accessories, grilled onions, grilled mushrooms, tomato, hummus, ketchup, mustard, just go wild. You can also serve it on a nice bed of leafy greens or in a wrap!

Tips: Too crumbly? Add more liquid. Too watery? Add more starch.

Source: <http://engine2diet.com/recipe/plant-strong-burgers/>

Broiled Portobello Mushrooms on Spinach Vegetable Salad

Begin by chopping ingredients from both recipes. Set aside. While the portobello mushrooms are broiling, toss together all the spinach vegetable salad ingredients.

Broiled Portobello Mushrooms

Prep time: 5 minutes

Cook time: 10 minutes

Serves: 4

Ingredients:

4 large portobello mushrooms

1/4 cup soy sauce

1 teaspoon minced fresh garlic

Several twists of freshly ground black pepper

Clean the mushrooms well. Combine remaining ingredients in a small bowl. Brush mushrooms with this mixture on both sides and broil on middle rack in oven for about 5 minutes on each side. Brush with more of the mixture while broiling. Slice into 1/4-inch pieces, set aside.

Spinach Vegetable Salad

Prep time: 10 minutes

Serves: 4

Ingredients:

6 cups loosely packed washed and dried fresh spinach leaves

2 cans garbanzo beans, rinsed and drained (or 3 cups homemade beans)

2 carrots, thinly sliced

1 cucumber, thinly sliced

1 red or yellow bell pepper

1 cup alfalfa or clover sprouts

1/4 cup raw sunflower seeds

Oil-free dressing to taste

Place all the ingredients in a large bowl and mix well. Serve with Apple Cider Vinaigrette or Maple Mustard Dressing. Garnish with sliced portobello mushrooms. *Recipe adapted from: Dr. McDougall's Health and Medical Center*

Adzuki Bean Tacos

Adzuki beans taste a little like black-eyed peas. Their sweetness makes them for a versatile bean that you can use in any number of dishes. Tangy slaw adds a fantastic contrast to the sweetness to the beans.

Prep time: 5 to 10 minutes

Cook time: 25 minutes

Serves: 6 to 8

Ingredients:

1 medium onion, minced

1 jalapeno pepper, minced

2 cloves garlic, minced

1 large tomato, diced

2 teaspoons ground cumin

2 teaspoons ancho or chipotle chili powder

Sea salt to taste

2 cups cooked adzuki beans or black-eyes peas (canned)

8, 6-inch corn tortillas or taco shells

4 cups cilantro-lime slaw (see recipe)

Water sauté the onion over medium heat in 1 to 2 tablespoons of water for 6 to 7 minutes. Add the jalapeno pepper, garlic, tomato, cumin, chili powder, salt, and cayenne pepper. Let cook for 10 minutes, then add the beans and cook for another 5 minutes or so, until heated through. Add another 1 to 2 tablespoons of water as needed to prevent from burning.

To serve, spoon some of the bean mixture down the center of a corn tortilla and top with some of the slaw.

Cilantro-Lime Slaw

This tangy, spicy slaw contrasts nicely with the almost sweet adzuki beans in the tacos.

Ingredients:

4 cups coleslaw mix (shredded cabbage and carrots)

1 cup chopped fresh cilantro

1 jalapeno pepper, mince (optional)

Zest and juice of 1 lime

4 tablespoons brown rice or rice wine vinegar, use more or less to taste

Sea salt to taste

Combine all ingredients in a bowl and mix well.

Source: Chef Del's Better than Vegan, Pg. 216 & 255

Snacks Ideas

Oven Baked Tortilla Chips

These tortilla chips are a delicious and healthy substitute for oil-based chips. They're also perfect with salsa or bean dips.

Prep time: 5 min

Cook time: 7 minutes

Serves: 6

Ingredients:

12 soft corn tortillas

Preheat oven to 375F. Cut each tortilla into eight wedges. Lay them on a parchment paper-lined baking sheet in a single layer. Bake for 7 to 10 minutes, or until crisp. Watch them carefully so they don't burn. Store in an airtight container.

Source: Dr. McDougall's Health and Medical Center

<https://www.drmcdougall.com/health/education/recipes/printable-recipe-cards/oven-baked-tortilla-chips/>

Kale Chips & Tamari Roasted Almonds

Timing is crucial for these chips: too long and they will taste burned, too short and they are chewy rather than crispy.

Prep time: 10 minutes

Cook time: 10 minutes

Yield: 2 servings

Ingredients:

4 large leaves kale

Olive oil spray (optional)

Sea salt

Preheat the oven to 350F. Wash kale and cut into two-inch pieces. (Try to make the pieces all the same size or they will not cook at the same rate.) Spray a baking sheet with oil (or use a non-stick baking sheet if no oil is desired) and place the pieces of kale on it in a single layer. Spray lightly with oil, if desired, and sprinkle with salt.

Bake for 7 minutes. Turn the chips over and bake for 3 to 5 more minutes, until crispy and edges just beginning to brown. Let cool and eat.

Tamari Roasted Almonds

Total time: 30 min

Serving size: 1 ounce or 1/4 cup

Ingredients:

3 cups raw almonds

1/3 cup low sodium tamari

(If you follow a gluten free diet, be sure to use a gluten free sauce)

Preheat oven to 300 degrees. Line a baking sheet with parchment paper for easy clean-up. Spread the raw almonds in a single layer on the baking sheet. Bake approximately 10 minutes stirring occasionally or until you smell a nice nutty aroma but not browning the nuts. Remove to a heat proof bowl and pour the tamari over the nuts. Stir to coat.

Let sit 5-10 minutes, stirring occasionally. Transfer the nuts back to the baking sheet with a slotted spoon. Spread in an even layer. Place the baking sheet back in the oven and bake, stirring occasionally for 15 to 18 minutes or until dry and nicely browned. Cool completely before storing in an airtight container.

Source: <http://www.thenakedkitchen.com/tamari-roasted-almonds/>

Fresh Salsa

Use as a topping for burritos or other Mexican-style food or serve as a dip for Oven-Baked Tortilla Chips or raw vegetables.

Prep time: 15 minutes

Yield: 2 cups

Ingredients:

6 Roma tomatoes, finely chopped
1 small onion, finely chopped
1/3 cup chopped canned green chilies
1/4 to 1/3 cup fresh cilantro
1 tablespoon fresh lime juice
Pinch or two cayenne (optional)

Combine all the ingredients, except the cayenne, in a small bowl and mix well. Taste. Add cayenne if your taste bud's permit.

Note: Store in the refrigerator for up to 1 week.

Source: Source: Dr. McDougall's Health and Medical Center

<https://www.drmcDougall.com/health/education/recipes/printable-recipe-cards/fresh-salsa/>

Traditional Low-Fat Hummus

Prep time: 8 to 10 minutes

Serves: 4

Ingredients:

2 cups cooked garbanzo (chickpeas) beans, warmed (if using canned, rinse 1 1/3
canned)

6 cloves garlic

3 tablespoons lemon juice

3/4 teaspoon ground cumin

Sea salt to taste

Combine all ingredients in a food processor and purée until smooth and creamy.
Add water if needed to make smooth consistency.

Source: Chef Del's Better Than Vegan, Pg. 138

White Bean Pesto

A perfect topping for pizza, bruschetta, served on grilled vegetables, a garnish for soup, or dip for raw vegetables. For a fat-free version, leave out the pine nuts.

Prep time: 8 to 10 minutes

Ingredients:

4 cups fresh basil

1, 15-ounce can cannellini or other white beans, rinsed and drained or 1.5 cups homemade

8 cloves garlic

1/2 cup nutritional yeast

1/4 cups toasted pine nuts (optional)

Sea salt to taste

Water

Combine all ingredients in a food processor and blend until smooth and creamy. Add water to desired consistency.

Source: Chef Del's Better Than Vegan, Pg. 138

Shopping List

Produce

Fruit

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> _____ Lime | <input type="checkbox"/> _____ Dried cranberries |
| <input type="checkbox"/> _____ Lemons | <input type="checkbox"/> _____ Dried raisins (or other dried fruit) |
| <input type="checkbox"/> _____ Apples | |

Vegetables

- | | |
|---|---|
| <input type="checkbox"/> _____ Alfalfa or clover sprouts | <input type="checkbox"/> _____ Garlic |
| <input type="checkbox"/> _____ Bell peppers (variety of colors) | <input type="checkbox"/> _____ Green onions |
| <input type="checkbox"/> _____ Beets | <input type="checkbox"/> _____ Kale |
| <input type="checkbox"/> _____ White or brown mushrooms | <input type="checkbox"/> _____ Jalapenos |
| <input type="checkbox"/> _____ Portobello mushrooms | <input type="checkbox"/> _____ Onion |
| <input type="checkbox"/> _____ Carrots | <input type="checkbox"/> _____ Fresh spinach |
| <input type="checkbox"/> _____ Celery | <input type="checkbox"/> _____ Radishes |
| <input type="checkbox"/> _____ Collard greens or cabbage | <input type="checkbox"/> _____ Red cabbage |
| <input type="checkbox"/> _____ Coleslaw mix | <input type="checkbox"/> _____ Potatoes |
| <input type="checkbox"/> _____ Green chilies (canned) | <input type="checkbox"/> _____ Summer squash |
| <input type="checkbox"/> _____ Cucumbers | <input type="checkbox"/> _____ Sweet potatoes |
| <input type="checkbox"/> _____ Grape tomatoes | |

Fresh Herbs

- | | |
|---|--|
| <input type="checkbox"/> _____ Basil | <input type="checkbox"/> _____ Parsley |
| <input type="checkbox"/> _____ Cilantro | <input type="checkbox"/> _____ Thyme |

Grains & Legumes

- | | |
|--|---|
| <input type="checkbox"/> _____ Brown rice or farro | <input type="checkbox"/> _____ Adzuki beans or black-eyed peas (canned) |
| <input type="checkbox"/> _____ Buckwheat, amaranth, millet, or oatmeal | <input type="checkbox"/> _____ Cannellini beans (canned) |
| <input type="checkbox"/> _____ Corn tortillas | <input type="checkbox"/> _____ Garbanzo (chickpea) beans |
| <input type="checkbox"/> _____ Quinoa | <input type="checkbox"/> _____ Lentils |
| | <input type="checkbox"/> _____ Whole wheat bread |

Nuts & Seeds

- | | |
|--|---|
| <input type="checkbox"/> _____ Raw almonds | <input type="checkbox"/> _____ Pine nuts (optional) |
| <input type="checkbox"/> _____ Flax seeds (ground) | <input type="checkbox"/> _____ Sunflower seeds |
| <input type="checkbox"/> _____ Raw cashews | <input type="checkbox"/> _____ Walnuts, pecans, or other favorite |
| <input type="checkbox"/> _____ Pecans | nuts |

Dried Herbs & Spices

- | | |
|--|---|
| <input type="checkbox"/> _____ Bay leaf | <input type="checkbox"/> _____ Turmeric |
| <input type="checkbox"/> _____ Black pepper | <input type="checkbox"/> _____ Nutritional Yeast Flakes |
| <input type="checkbox"/> _____ Cayenne | <input type="checkbox"/> _____ Oregano |
| <input type="checkbox"/> _____ Chili powder | <input type="checkbox"/> _____ Onion Powder |
| <input type="checkbox"/> _____ Cumin seeds or ground cumin | <input type="checkbox"/> _____ Rosemary |
| <input type="checkbox"/> _____ Curry powder | <input type="checkbox"/> _____ Tabasco or hot sauce |
| <input type="checkbox"/> _____ Chipotle | <input type="checkbox"/> _____ Turmeric |
| <input type="checkbox"/> _____ Cinnamon | <input type="checkbox"/> _____ Ground black pepper |
| <input type="checkbox"/> _____ Garlic powder | <input type="checkbox"/> _____ Sea salt |
| <input type="checkbox"/> _____ Nutmeg | <input type="checkbox"/> _____ Vanilla |
| <input type="checkbox"/> _____ Parsley flakes | |

“Dairy” and Tofu

- | | |
|---|--|
| <input type="checkbox"/> _____ Soy milk or other plant milk | <input type="checkbox"/> _____ Firm or extra firm tofu |
|---|--|

Other:

- | | |
|--|---|
| <input type="checkbox"/> _____ Nutritional yeast (bulk section) | <input type="checkbox"/> _____ Tomato paste |
| <input type="checkbox"/> _____ Brown rice or rice wine vinegar | <input type="checkbox"/> _____ Low-sodium vegetable broth |
| <input type="checkbox"/> _____ Apple cider vinegar | <input type="checkbox"/> _____ Agave |
| <input type="checkbox"/> _____ Tamari or soy sauce (low sodium) | <input type="checkbox"/> _____ Maple syrup |
| <input type="checkbox"/> _____ Bragg’s Liquid Aminos | <input type="checkbox"/> _____ Honey |
| <input type="checkbox"/> _____ Lavash (or collard greens or cabbage) | |