



ARC - Experience

VEGAN COOKING CLUB

COOKBOOK

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Chula Vista High School
Vegan Cooking Club Cookbook



This recipe collection is dedicated to the ARC Experience leadership team and students who came together to experience, learn, and begin to think more critically about our food choices. These recipes help prove you can have it all again...just switch out a few ingredients and you can reduce your risk for disease, help the environment, and make an impact by choosing more plant-based foods.

It's awesomeness in action at Chula Vista High School!





Why Vegan?

Health: Medical science today has proven that a plant-based diet can reduce our risk of heart disease, diabetes, cancer, obesity, and many other SAD Standard American Diet related diseases.

Environment: Our food choices have an impact on our environment. The production of animal-based food products require exceedingly far more natural resources than the production of plant-based foods. The United Nations has reported that animal agriculture's damage to our environment in the form of methane gas and water pollution overshadow the levels of damage caused by pollutants created by burning all sources of fossil fuels combined.

Animal Welfare: Animals are sentient beings and they endure extreme hardship and suffering in factory farms. Choosing plant-based foods helps to reduce our reliance on animals as a central food source and the good news is there's a vegan version of just about everything imaginable from meat to eggs, dairy to fish, you can have it all again, plant-based.

Table of Contents

Introducing the Vegan Cooking Club.....	5
Black Bean Veggie Burgers.....	7
Roasted Garlic and Lemon Hummus.....	8
Vegan Chocolate Cheesecake.....	9
Gourmet Seasoned Popcorn.....	10
Kettle Corn.....	10
Vegan Pesto & Fettuccini Alfredo Sauces.....	11
Chula Vista High Super Sub Sandwich.....	12
Tropical Fruit Salad with Agave Lime Dressing.....	13
Soyrizo Potato Tacos.....	14
Whole Wheat Easy Pancakes.....	16
Mini Vegan Chocolate Cupcakes.....	17
Chocolate Frosting.....	18
Grilled Orange “Chicken” Tofu Veggie Kebobs & Rice.....	19
Rice Krispie Treats.....	20
Vegan Green Chili & Cheese Tamales.....	21
Vegan Chocolate Mouse.....	22
Coconut Milk Whipped Cream.....	23
Fettuccine with Lemon Butter.....	24
Vegan Parmesan Cheese.....	25
Garlic Bread.....	26
Veggie Slaw.....	26
Sampling Session: Chocolate Midnight Cake.....	27
Jackfruit Veggie Fajitas Street Tacos.....	28
Mexican Wedding Cookies.....	29
Black Bean Baja Burger Sliders.....	30
Homemade French Fries.....	31
Vanilla Milkshakes.....	32
Resources & Information.....	33

Chula Vista High School
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Introducing the Vegan Cooking Club

Minutes before the bell we were ready with 500 free vegan ice cream sandwiches and literature about the vegan diet thanks to a mini-grant from the VegFund and Sprouts Chula Vista



Lunchtime information and outreach introducing the Vegan Cooking Club.



Vegan ice cream sandwiches got the seal of approval from students. Made with soy milk instead of dairy, they are so similar in every way that most people wouldn't even know the difference!



Sprouts Chula Vista has one of the best selections of vegan food products in all of San Diego County. Right here on 3rd Avenue in Chula Vista you can find a wide variety of plant-based alternatives to dairy, eggs, meat, and even seafood. Many of the food products used in our culinary labs came from the local Chula Vista Sprouts Farmer's Market.



Black Bean & Sweet Potato Veggie Burgers

These veggie burger sliders were easy to make and delicious. You can have it all again! Try making these with the homemade French fries recipe below. Makes 24 slider size burgers or 12 regular burgers.

Ingredients:

- 1 15 oz can black beans, drained
- 1 medium sweet potato, baked, skin removed
- 1 cup quinoa, cooked
- 1 cup brown rice, cooked
- 1/2 cup organic bread crumbs
- 1/2 cup hemp seed or finely chopped walnuts
- 4 green onions, sliced
- 1/4 cup chopped fresh cilantro
- 1 tablespoons brown sugar
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons garlic powder
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper

Directions:

Mash the beans and sweet potato, add the remaining ingredients and mix well.

Shape into patties and cook on a lightly oiled flat grill about 8-10 minutes each side. Or lightly coat each patty with olive oil and bake in a 400 degree oven for 20 minutes, flip them over and bake an additional 20 minutes. Top with optional vegan cheese, heat the buns on the grill then serve with lettuce, tomato, vegan mayo, ketchup and mustard.



Roasted Garlic and Lemon Hummus

Making hummus from scratch is fun and easy...and a lot less expensive than buying it prepared. Try this basic recipe and then explore making additional flavors like chipotle, jalapeño and cilantro, red pepper and more!

Ingredients:

2 15 oz. cans garbanzo beans, drained (save 1/2 cup of the liquid)
1/2 head of garlic, roasted
juice of 1 lemon, zest of half a lemon
3 tablespoons olive oil
3 tablespoons sesame tahini
1/2 cup reserved liquid from the garbanzo beans
1 teaspoon sea salt
Smoked Paprika for garnish
Fresh cut vegetables for dipping

Directions:

Preheat the oven to 400 degrees. Take one whole head of garlic and coat it in olive oil. Place it in a hot oven and roast it about 20 minutes or until it is golden and soft to the touch. Remove from the oven and let cool.

Place the beans into the jar of a blender add the 1/2 cup reserved liquid, squeeze the roasted garlic from one half of the head of roasted garlic into the beans, add the lemon juice, olive oil, sesame tahini, and sea salt. Process in the ingredients with the blender starting on low speed progressing to high speed gradually. Add a little more liquid if needed to process until you reach a smooth consistency.

Transfer the hummus to a serving bowl, drizzle a little olive oil over the top then sprinkle with smoked paprika. Chill before serving, serve with freshly cut vegetables and pita chips.



Vegan Chocolate Cheesecake

A decadent non-dairy dessert with all the goodness of cheesecake that anyone would love. This recipe was a featured item at Whole Foods Hillcrest and Jensen's Foods.



Crust:

- 1 1/2 cups nut meal (almond, hazelnut, or walnut)
- 1/4 cup cocoa powder
- 1/4 cup maple syrup
- 1/4 teaspoon sea salt

Filling:

- 1 1/4 cup cashew pieces, soaked 4-6 hours
- 1 1/4 cup almond milk
- 1/2 cup maple syrup
- pinch of sea salt
- 1 teaspoon vanilla
- 1 12 oz. package non-dairy dark chocolate
- 2 tablespoons cocoa powder
- 1 16 oz. block organic firm Wildwood tofu*

Step 1) Combine all the ingredients for the crust in a medium mixing bowl. Mix it well until it becomes fudge like in texture. Spread it evenly on the bottom of a 8-inch spring form pan or silicone cheesecake mold. Use the back of a spoon dipped in water to help press the crust down evenly.

Step 2) For best results with the filling use a high speed blender. Combine the drained cashews, almond milk, maple syrup, sea salt, vanilla, cocoa powder and chocolate chips in the blender jar and blend on high for 2-3 minutes and it becomes a smooth liquid. Continue blending, add the tofu gradually in chunks allowing it to blend thoroughly with each addition. Continue blending for another 2-3 minutes until it's smooth and glossy with the consistency of soft pudding. Pour the contents into the prepared mold and chill for 6-8 hours before serving.

*Choose a high protein nigiri tofu, the Wildwood vacuum packed tofu is ideal. Tofu is an ancient superfood that has been eaten for centuries by populations of people who have been studied and found to have much lower rates of the common diseases associated with the Standard American Diet. Soy is one of nature's most perfect foods and the United States is the largest producer of soy on earth today. Discover the versatility of tofu and get the latest facts on soy and your health from the [Physicians Committee for Responsible Medicine](#)

Gourmet Seasoned Popcorn

Use dairy-free vegan butter and experiment with a variety of toppings and seasonings. Add in optional vegan cheese, nutritional yeast, nuts, seeds, chopped dried fruit, or chocolate chips for a super hearty delicious snack.

3 tablespoons coconut or vegetable oil
1/2 cup organic or non-GMO popcorn kernels
3-4 tablespoons vegan butter
sea salt or seasonings

Heat a large pot on medium high, add the oil and watch for it to begin shimmering when hot. Drop a kernel into the oil and wait until you see it bubbling. Add the additional kernels, place the lid on the pot and shake it to coat the kernels evenly with the oil. Let it sit a minute and watch for the popping, hold the pot with a hot pads and give it a shake once or twice during popping to cook evenly. When the popping slows down turn off the heat and wait for the last kernels to pop. Transfer the popcorn to a large bowl, place the vegan butter in the hot pan and swirl it around until it melts. Drizzle the butter over the popcorn and serve with a sprinkle of salt or get creative and try any number of a variety of herbs and spices, vegan parmesan cheese is great on popcorn. Buy it ready made or combine equal parts nutritional yeast and walnuts in a blender and grind to make homemade vegan parmesan.



Homemade Kettle Corn

Fun and easy to make, this lightly salty and sweet homemade version is as good as the kettle corn you find at the fair!

3 tablespoons coconut or vegetable oil
1/2 cup organic or non-GMO popcorn kernels
3-4 tablespoons cane sugar
Sprinkle of sea salt



Heat a large pot on medium high, add the oil and watch for it to begin to get hot and shimmering, stir in the sugar. Add the popcorn kernels, place the lid on the pot and shake it to coat the kernels evenly with the sugar and oil. Let it sit a minute and watch for the popping, hold the pot with hot pads and give it a shake once or twice during popping to cook evenly. When the popping slows down turn off the heat and wait for the last kernels to pop. Transfer to a serving bowl and lightly season with sea salt. The popcorn will be slightly sticky until it cools down.

Pasta Sauces

Vegan Pesto

- 2 tightly packed cups of fresh basil
- ¼ cup flat leaf parsley
- 1 cup walnuts, pistachios, hemp seed or almonds
- 1 clove garlic, minced
- 1/3 – ½ cup olive oil
- 1tsp sea salt
- Freshly ground black pepper
- 1 tbsp lemon juice

Place all ingredients in a food processor or blender and process until slightly chunky. Use on pizza, with pasta or served with vegetables.



Vegan Alfredo Sauce

- 1 small head of cauliflower, steamed
- 1 cup cashews
- 1 1/2 teaspoons onion powder
- 1 large clove garlic
- 1 tablespoon nutritional yeast (or substitute with 1 tablespoon lemon juice)
- 1 cup non-dairy unsweetened milk (almond, soy, flax, rice, hemp)

Step 1) Combine all ingredients in the jar of a blender and blend until smooth. Serve hot with pasta.

Homemade Vegan Parmesan Cheese

- 1 cup nutritional yeast
- 1 cup walnuts
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- pinch of salt

Place all ingredients into the jar of a blender, blend until the mixture resembles small crumbs. Sprinkle on pasta, veggies or popcorn. Store refrigerated for up to four weeks in a sealed container.



Chula Vista High Super Sub Sandwich

Students made history in the Vegan Cooking Club creating the biggest vegan sub sandwich ever at Chula Vista High. Made with a variety of vegan deli meats and cheeses this super sandwich was a big winner!

Ingredients:

- 3-4 loaves of freshly baked French or Sourdough Bread
- 3 packages Tofurky vegan deli meats
- 2 packages sliced vegan cheese
- 2-3 tomatoes, sliced
- 1 purple onion, sliced into thin rounds
- 1 box of baby tender greens
- 2 avocados, sliced
- Vegan Mayonaise
- Sea salt & black pepper to taste



Directions:

Prepare a surface to make the sandwich. Use cutting boards lined up together or a foil covered wooden plank. Line up the loaves of bread and cut off about one inch of the inside ends of each loaf at an angle so they will line up together to make one continuous six foot sandwich. Next, lay the loaf on it's side and carefully cut it in half lengthwise into a top and bottom half.

Spread vegan mayo evenly over the inside of each loaf. Layer the vegan meat and cheese evenly across the the bottom half of the sandwich, add the sliced avocado to the top half of the sandwich, sprinkle with salt and pepper. Add the sliced onion rings, tomatoes and lettuce, fold the top half of the sandwich over the bottom and secure it with toothpicks every 2-3 inches. Using a serrated knife, hold the sandwich securely and cut into 2-3 inch servings slicing through the space between each toothpick. Using a serrated knife, hold the sandwich securely and cut into 2-3 inch servings slicing through the space between each toothpick. Transfer to a plate or napkin and serve.



Tropical Fruit Salad with Agave Lime Dressing

This super salad was made with a variety of seasonal fresh fruit and drizzled with an agave syrup and fresh lime juice.

Ingredients:

- 1 whole pineapple, peeled and sliced
- 1 whole cantaloupe, peeled and sliced
- 1 pint of strawberries, stemmed and sliced
- 3 bananas, peeled and sliced
- 1 bunch of red grapes, halved
- Juice of three limes
- 3 tablespoons agave syrup

Directions:

Combine all the fruit in a large bowl. Blend the lime juice and agave in a small bowl then drizzle over the salad. Stir to blend then serve.



Soyrizo Veggie & Potato Tacos

Taco Filling:

- 1 12 oz. pkg. Soyrizo
- 2 large russet potatoes, scrubbed and cubed
- 1/2 cup vegetable oil (plus two tablespoons)
- 1/2 medium brown onion, sliced
- 1 large pasilla chili, stem and seeds removed and cut into strips

Accompaniments:

- Corn Tortillas
- Shredded lettuce
- Sliced avocado
- Fresh chopped cilantro
- Vegan sour cream
- Vegan shredded cheese



Heat a large skillet with the 1/2 cup of oil to medium high heat, drop one piece into the oil, when it begins to bubble add the remaining potatoes. Stir occasionally once the potatoes begin to brown. Brown them evenly then transfer to a paper towel lined plate or cutting board. Sprinkle with a little sea salt then set aside. Set the frying pan aside in a safe place until completely cooled.

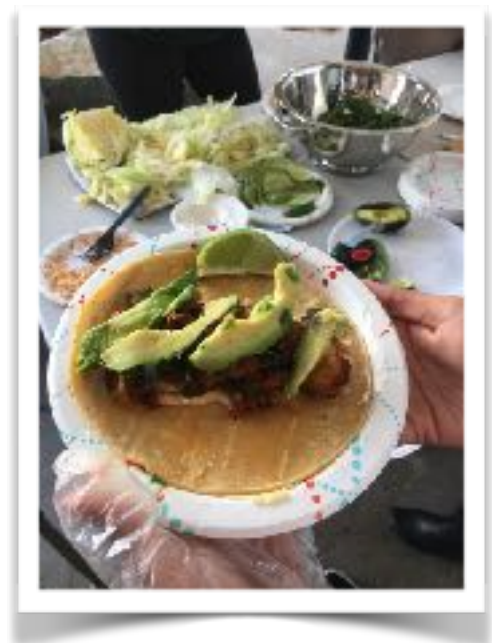
In a second frying pan heat one additional tablespoon of oil on medium high. Add the onion and chili strips stirring occasionally until the onions begin to caramelize and the chilis are soft. Transfer the onions and chilis along side with the potatoes and set aside. Add one more additional



Chula Vista High School
Vegan Cooking Club Cookbook

tablespoon of oil to the same frying pan, heat to medium high then cut one end off the tube of soyriso and squeeze it into the pan. Use a spatula and break it up, press it down to begin browning it and heat thoroughly for 4-5 minutes. Stir in the potatoes, chilis, and onions. Heat thoroughly then serve with warm tortillas and prepared accompaniments.

To build a taco start with the warm tortilla, and heaping tablespoon of filling, next add the shredded lettuce, a sprinkle of cilantro, a slice or two of avocado and spoon full of vegan sour cream. Serve with an additional wedge of lime.



Vegan Whole Wheat Pancakes

This delicious pancake recipe replaces the traditional eggs and milk with plant-based tofu and almond milk to create pancakes that are nearly identical and everyone loves!

Ingredients:

1/4 cup soft organic tofu
1 cup non-dairy milk
2 tablespoons vegetable oil
2 tablespoons cane sugar
1/2 cup whole wheat flour
1/2 cup unbleached all-purpose flour
2 teaspoons baking powder
1/8 teaspoon or just a pinch of sea salt
2-3 bananas sliced, or fresh blueberries
Maple syrup and vegan butter for serving

Directions:

Combine the tofu, non-dairy milk, oil and sugar in the jar of a blender and blend on high speed until smooth. Stop blending, add the flour, baking powder and salt, the blend again on high speed for 30-40 seconds.

Heat a griddle, oil it lightly then pour about 1/2 cup of batter for each pancake. Place sliced bananas, blueberries on top and spoon a small amount of batter over them. Cook until bubbly and lightly golden brown then flip and press to cook the other side. Transfer to a plate and hold in a warm oven until all pancakes are ready for serving. Top with additional sliced bananas, chopped nuts, vegan butter and maple syrup.



Mini Vegan Chocolate Cupcakes

Cake:

1 ¼ cups unbleached flour
1 cup cane sugar
1/2 cup plus 2 tablespoons cocoa powder
1 teaspoons baking soda
1 teaspoon baking powder
½ teaspoon salt
1 cup plus 2 tablespoons warm soy milk
1 1/2 teaspoons vinegar
1/3 cup melted coconut oil
1 teaspoon vanilla

Preheat the oven to 375 degrees. Prepare the pans by filling each cavity with a cupcake liner or lightly grease and flour the pans then set aside. *(spread vegetable shortening on the bottom and sides of each cavity then sprinkle in some flour. Shake the pan to coat the flour evenly then turn upside down to remove any excess remaining flour)*

Place the warm milk in a small microwave safe bowl, place it in the microwave and heat it for one minute. Remove from the oven and add the vinegar, stir to combine then set aside for about five minutes to allow curdling.

Measure 1/3 cup of coconut oil in a liquid measuring cup, pack it down. Place the measuring cup in the microwave for one minute to melt the coconut oil. Remove from the oven and set aside.

In a large mixing bowl combine the flour, sugar, baking soda, baking powder and salt, stir to combine.

Pour the coconut oil into the warm curdled milk. Add the vanilla and stir well. Pour the milk mixture into the flour mixture and beat by hand with a wire whisk for 6-7 minutes or use an electric mixer on high speed for 4-5 minutes or until smooth and glossy.



Carefully spoon the batter into the pans filling them half way. Place the pans in the preheated oven for 10-12 minutes. Check for donees with a toothpick by inserting one in the center of one of a cupcake, if it comes out clean it's done.

Vegan Chocolate Frosting

4 cups organic powdered sugar
½ cup cocoa powder
½ cup vegan butter
½ cup vegetable shortening
1 1/2 teaspoons vanilla
1/2 teaspoon salt
2-3 tablespoons soy milk

Combine all ingredients in a medium mixing bowl. Use an electric mixer to beat the frosting until light and fluffy. If it appears to thick gradually add a little additional soy milk.

Spread the frosting on cooled cakes or pipe it using a pastry bag and decorator tips.



Grilled Orange “Chicken” Tofu Veggie Kebobs & Wild Rice

Assorted Seasonal Vegetables

1 16 oz. block of extra firm high protein tofu

Bamboo skewers

Sesame or Vegetable Oil

Asian Orange Sauce

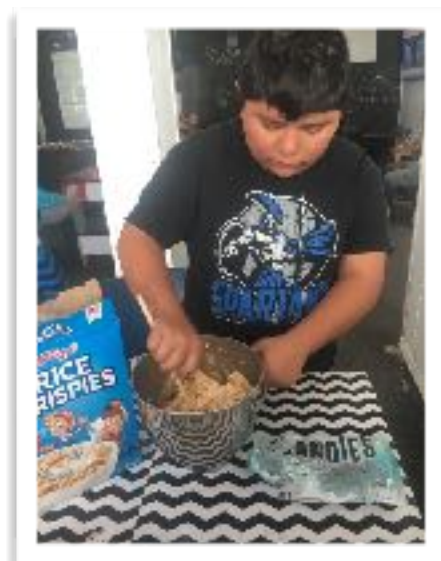
Place a block of tofu on a plate, put a second plate on top of it and weight it down with a few books or something heavy to press out the excess water. Let it sit for 20 minutes then drain and cut the into 1-2 inch cubes. Cut the vegetables into 1-2 inch chunks, place the tofu and veggies in a large bowl and drizzle with the oil to coat evenly.



Heat a grill to medium high, place the kebobs on the grill and cook at few minutes on each side. When they start to brown begin brushing the marinade over them as they cook. The marinade is high in sugar so be careful they don't over cook and and burn.

Serve hot with wild rice. To make the rice place 1 3/4 cups of filtered water in a medium saucepan, add 1 cup of wild rice and a tablespoon of vegan butter. Bring to a boil then cover and simmer for 40 minutes or until all the water has absorbed.





Vegan Rice Krispie Treats

- 1 package Dandies Vegan Marshmallows
- 1/2 cup vegan butter
- 6 cups Rice Krispies
- 1/2 cup vegan chocolate chips, melted

Place the marshmallows in a medium saucepan, add the butter and heat on the stove on medium low, stir until melted.

Measure the Rice Krispies into a large bowl. Pout the melted marshmallow mixture over the cereal and still until all the rice krisies are coated with the marshmallow mixture.

Lightly grease a sheet of wax paper or parchment with vegan butter, transfer the Rice Krispie mixture onto the paper and spread into a rectangle about 2 inches thick.

Put the melted chocolate into a pastry bag or a ziplock bag with one corner cut off. Drizzle the chocolate across the top and let cool until firm. Cut into squares and serve.



Vegan Tamales

Traditional tamales often use pork lard and chicken broth in the masa then they are filled with meat and cheese making them a super high risk food for heart disease, diabetes and obesity. By just switching a few simple ingredients you can have it all again plant-based.

The Masa:

6 cups masa harina
1 tablespoon onion powder
1 tablespoon cumin
2 teaspoons chili powder (optional)
2 teaspoons baking powder
1 teaspoons salt
5 cups warm water or vegetable broth
2 cups vegetable oil (sunflower, refined coconut, safflower or other mild plant-based oil)

1/2 package dried cornhusks, soaked in water for 30 minutes

Filling:

Vegan Cheese
Roasted fresh Anaheim chili peppers

Place the corn husks in a large bowl, cover them with warm water and weight them down to submerge them for 30 minutes to soak.

Prepare the chili peppers by placing them directly on a flame to char the skin, using tongs carefully turn them every few minutes until the skin is blackened. Once the chilis are completely blackened transfer them to a paper bag or cover them and let them cool. Once the chilis have cooled remove the skin and seeds, cut into 2-3 inch pieces and set aside.

In a large mixing bowl combine masa, seasonings baking powder and salt, stir to combine. Measure the water or vegetable broth and oil in medium



mixing bowl or large liquid measuring cup. Stir well then pour into the masa mixture.

Using a large mixing spoon scrape the sides of the bowl and stir to combine the ingredients. The mixture should be about the consistency of peanut butter. If not, adjust the recipe by adding more masa harina, water or broth as needed.

Lay out the soaked and drained corn husks, spread a few tablespoons of the masa mixture in the middle of each husk, add a piece of the roasted chili and a slice of vegan cheese. Fold the husk so the masa covers the chili and cheese, roll the husk and tie off the ends or double wrap each tamale with two husks and fold into rectangles, use shredded pieces of the husks to tie up each tamale.

Prepare a large steamer pot or a pressure cooker with a steaming basket. Place the tamales in the pot and steam on medium high for one hour or until the masa easily peels away from the husk.

Try using a pressure cooker to cut the cook time in half. Secure the lid on the pot, bring to full pressure and continue cooking on medium high for 20 minutes. Release the pressure and check for doneness.

Serve hot, store additional tamales in the freezer for up to 3 months.



Vegan Chocolate Mouse

1 1/2 cups dark chocolate chips
1/2 maple syrup
1/2 cup soy or almond milk
1 teaspoon vanilla
pinch of of sea salt
16 oz block extra firm vacuum packed high protein tofu

Optional Toppings:

toasted coconut
pumpkin seeds
cocoa nibs
fresh berries
sprig of mint

Combine the chocolate chips, maple syrup, vanilla and salt in the jar of a blender, blend on high speed until it becomes a liquid. Break the tofu into chunks, continue processing adding a few chunks of at a time. Blend until smooth, warm and glossy. Transfer to serving dishes and chill. Top with coconut milk whipped cream.

Coconut Milk Whipped Cream

1 15 oz. can coconut cream, chilled 4-6 hours
2 tablespoons powdered sugar
1 teaspoon vanilla

Place the tongs of an electric mixer and a medium glass or stainless mixing bowl in the freezer for about 15 minutes to chill before using.

Open the can of chilled coconut cream, pour off any coconut water and place the remaining coconut cream in the bowl with the powdered sugar and vanilla. Beat on high speed with an electric mixer until soft and blended. Keep the whipped cream chilled until serving.



Homemade Fettuccine with Lemon Herb Butter Sauce and Roasted Cherry Tomatoes

Noodles:

- 1/2 cup silken firm tofu, packed
- 2 tablespoons olive oil
- 2 tablespoons water
- 1 1/2 cups semolina flour

Sauce:

- 1 head garlic
- 1 splash of olive oil
- 1/2 Miyoko vegan butter
- 1/2 cup fresh parsley, chopped
- 1/4 cup fresh basil, chopped
- pinch of salt & pepper to taste

- 1 pint cherry or grape tomatoes, roasted
- Fresh parsley for garnish

Heat the oven to 400 degrees. Coat the head of garlic with olive oil and place it in the oven to roast for about 20-30 minutes or until its soft when squeezed. Set it aside for the sauce.

Combine the tofu, olive oil and water in the jar of a blender and blend until smooth. Place the semolina flour and salt in a large mixing bowl, transfer the blended tofu mixture into the semolina and stir scraping the sides until a dough forms. Use clean hands to thoroughly combine the ingredients. Transfer the dough to a lightly floured cutting board (use additional semolina to dust the cutting board). Knead the dough stretching and folding it for about 10 minutes until it develops a stretchy texture. Let the dough rest about 20 minutes then divide it into four even parts.

Bring a large pot of water to a boil on high heat, add a tablespoon of olive oil and a teaspoon of salt.

Shape each dough ball into a flat square. Using a pasta roller begin with the widest setting and roll the dough through a few times trying to keep the edges even and rectangle in shape and size. Next, adjust the rollers to a tighter setting and continue rolling and adjusting the setting until the pasta is thin enough for fettuccine (about a level 2-3 or the settings).



Remove the hand crank from the rollers and place it into the slot for the fettuccini cutter. Gently run the dough through the cutter catching it as it comes out the other side. Lay the noodles on a lightly floured surface and return to roll and cut the remaining dough.

Carefully drop the noodles into the boiling water, give them a stir to separate any that might be stuck together and continue boiling them for about 3-4 minutes. While the noodles are boiling place the vegan butter in a large mixing bowl and set the bowl on top of the pasta pot to melt the butter. Stir the butter around for about 1 minute then remove it from the heat and add the roasted garlic by squeezing it out of the skins, stir and set it aside.

The noodles cook quickly and will begin to float when they are done, pull one out and test it. Once the pasta is *al dente* or firm to the bite use a pasta fork to remove them from the boiling water or carefully pour the contents of the pot through a strainer or colander.

Transfer the noodles to the large bowl with the melted butter and garlic. Sprinkle on the chopped parsley and vegan parmesan cheese and serve.



Homemade Vegan Parmesan Cheese

1 cup nutritional yeast
1 cup walnuts
1 teaspoon garlic powder
1 teaspoon onion powder
pinch of salt

Place all ingredients into the jar of a blender, blend until the mixture resembles small crumbs. Sprinkle on pasta, veggies or popcorn. Store refrigerated for up to four weeks in a sealed container.

Garlic Bread

1 sourdough or French baguette
1-2 teaspoons garlic powder
Vegan butter
Sprinkle of smoked paprika
1/2 cup vegan parmesan cheese
1/4 cup fresh parsley, chopped

Preheat the oven to 425 degrees. Line a cookie sheet with parchment paper and set aside.

Split the baguette lengthwise, place each half of the loaf on the baking sheet. Spread vegan butter on the inside of each half. Sprinkle with the garlic powder and smoked paprika. Top with vegan parmesan and the chopped parsley.

Place the cookie sheet in the middle rack in the oven. Bake until lightly golden brown and serve.



Easy Veggie Slaw

1 bag broccoli slaw
1 red bell pepper, diced
2-3 carrots, peeled and grated
1/2 cup vegan mayo
3 tablespoons apple cider vinegar
Sea salt and black pepper to taste
toasted pumpkin or sunflower seeds (optional)

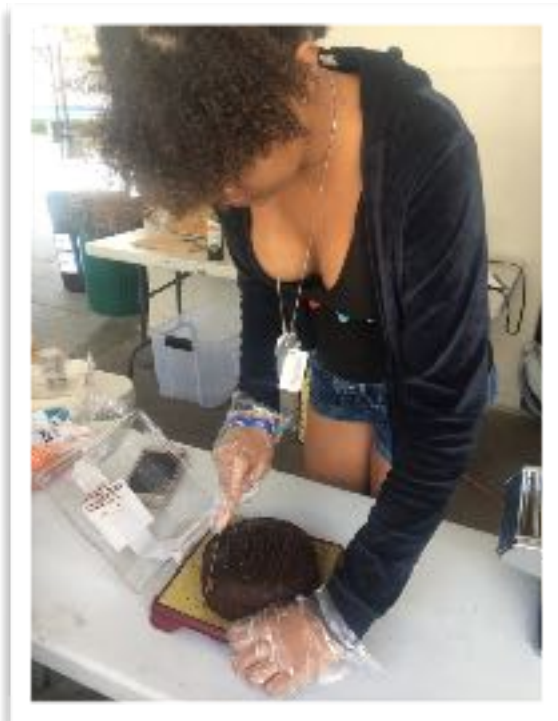
Combine all the veggies in a large mixing bowl. Combine the vegan mayo and apple cider vinegar in a small bowl, whisk until smooth. Season with salt and pepper then pour over the veggies, toss to coat the veggies evenly. Refrigerate 1-2 hours to marinate and develop the flavors, served cold and sprinkle with optional seeds.

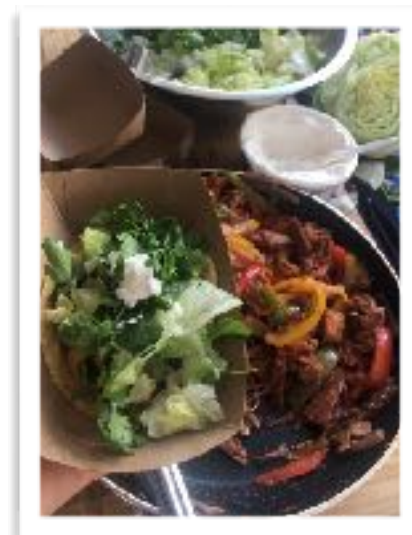


Sampling Session:

Just Desserts Vegan Chocolate Midnight Cake

With the shift of just a few ingredients you can have it all again. Vegan cake tastes so good no one can even tell the difference! Try serving this with vegan ice cream, all the satisfaction, no animal products required.





Jackfruit Veggie Fajitas Street Tacos

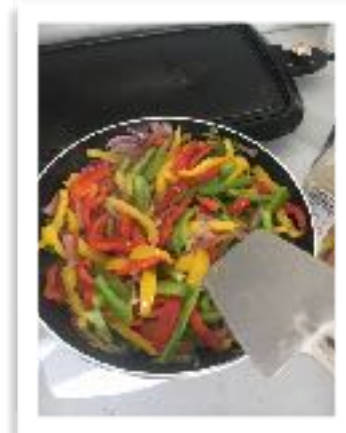
1 10 oz. package Tex-Mex Jackfruit
1/4 red bell pepper, stem and seed removed cut into slices
1/4 green pepper, stem and seed removed cut into slices
1/4 yellow bell pepper, stem and seed removed cut into slices
1/4 small purple onion, sliced lengthwise
vegetable oil for frying

Accompaniments:

2 dozen street taco sized corn tortillas
1/4 head of lettuce, chopped
1/4 bunch fresh cilantro, stems removed
Shredded vegan cheese (optional)
Vegan sour cream
Sliced avocado
Lime wedges

Heat a large skillet on medium high. Add a few tablespoons of vegetable oil and heat until shimmering. Add the bell peppers and onions, sauté until the begin to lightly brown. Add the jackfruit, stir until thoroughly heated.

Warm the tortillas on a flat grill, add the jackfruit filling, optional vegan cheese, lettuce, cilantro, vegan sour cream, and sliced avocado. Garnish each taco with a wedge of lime.





Mexican Wedding Cookies

- 1 cup vegan butter or coconut oil
- ¼ cup powdered sugar
- 2 teaspoons vanilla extract
- 2 cups unbleached flour
- 2 cups pecans or walnuts, finely chopped
- 2 cups powdered sugar for coating

Preheat the oven to 325 degrees. Using an electric mixer beat the butter, sugar, and vanilla light and fluffy. Add the flour and chopped nuts, mix well.

Form dough into 1"-2" balls and bake for about 30 minutes or until they begin to turn golden brown. Roll the cookies in powdered sugar while they are still warm. After the cookies have cooled roll them in the powdered sugar a second time.





Black Bean Baja Burger Sliders

1 15-oz. can black beans, drained
4 green onions, sliced
1/2 red bell pepper, diced fine
1/2 cup fresh cilantro, stemmed and chopped
1 12-oz. package soyrimo
1 cup finely ground tortilla chips
1/2 cup vital wheat gluten
1 Tbs. ground flax seed
2-3 tablespoons water
Olive oil for coating the burgers

Accompaniments:

16 slider buns
Vegan Mayo
Avocado slices
Lettuce
Purple onion

Preheat the oven to 350 ° Line a baking sheet with parchment paper and set aside.

Drain the beans and add them to a large mixing bowl.



Mash them with a masher or the back of a spoon. Add the onion, bell pepper, cilantro, soyrizo, tortilla chips, gluten and flax seed. Sprinkle 2-3 tablespoons of water over the mixture then stir to combine, use your hands to complete the mixing then then divide the mixture into 16-20 balls. Flatten each ball and coat it on both sides with a light amount of oil. Transfer to the parchment lined baking sheet and place in the oven for 20 minutes, remove the burgers from the oven, flip them over and continue baking another 20 minutes.

While the burgers are baking prepare the lettuce by tearing it into pieces, slice the purple onion, and slice the avocados. Set aside. Spread vegan mayo on the inside of each bun. Heat a skillet or flat grill to medium high and toast each bun mayo side down for 2 minutes each side or until they begin to brown.

Prepare each slider by placing a burger on a toasted bun, top with the avocado, lettuce and onion and serve.



Homemade French Fries

2 1/2 pounds of russet potatoes, cleaned and scrubbed
high heat vegetable oil (grape seed, canola or safflower)
Sea salt and black pepper to taste
Organic ketchup or vegan ranch dipping sauce

Wash and scrub the potatoes. Slice each potato lengthwise into three to four slices, next lay each down and cut into even strips.

Add about one inch of oil to a large frying pan, turn the heat to medium high and test for readiness by dropping one potato into the pan, if it bubbles it's ready. Next, add a single layer of potatoes to the pan, using tongs carefully turn the potatoes every few minutes to brown evenly. Once the potatoes are golden brown transfer them to a paper towel lined plate and drain. Sprinkle with salt and seasonings, repeat again with the remaining potatoes. Serve with ketchup and/or vegan ranch dressing dipping sauce.





Vanilla Milkshakes

1 quart vegan vanilla ice cream (Trader Joe's Soy Creamy Vanilla)
1-2 cups non-dairy milk

Combine the ice cream and 1 cup of milk in the blender. Gradually add more milk until the desired consistency is reached and serve!

Resources & More Information

New Food Documentaries in 2018:

Eating our way to Extinction: <https://vimeo.com/194513120>

The Game Changers: <https://www.plantbasednews.org/post/james-camerons-new-film-the-game-changers-charts-the-rise-of-veganism>

The Yo Yo Effect: <https://www.youtube.com/watch?v=a82js0Gx-kl>

Dominion: <https://vimeo.com/241265022>

Current Food Documentary Films & Trailers found on YouTube and Netflix:

What the Health: <https://www.youtube.com/watch?v=-m8WwSUcUPE>

Forks over Knives: <https://www.forksoverknives.com/the-film/>

Eating You Alive: <https://www.youtube.com/watch?v=M8sGE5n-i1Q>

Fat, Sick and Nearly Dead: https://www.youtube.com/watch?v=Gv3vEXy_EwU

Earthlings: <https://www.youtube.com/watch?v=S5Jy1Zozz3s>

Cowspiracy: <https://www.youtube.com/watch?v=nV04zyfLyN4>

PlantPure Nation: <https://www.youtube.com/watch?v=9E6sa0OtjSE>

Vegan Everyday Stories: <https://www.youtube.com/watch?v=2qedrIO1Gg0>

Food Inc.: https://www.youtube.com/watch?v=5eKYyD14d_0

Vegucated: https://www.youtube.com/watch?v=GKzng1_byMY

Food Matters: <https://www.youtube.com/watch?v=r4DOQ6Xhqss>

Supersize Me: https://www.youtube.com/watch?v=LOvrkkj_T-I

The Future of Food: https://www.youtube.com/watch?v=n9Y_QH_c70s

Hungry for Change: <https://www.youtube.com/watch?v=6vBlxr9E9ks>

Non-Profits Promoting Plant-Based Living with Education and Outreach:

Physicians Committee for Responsible Medicine: www.pcrm.org

People for the Ethical Treatment of Animals (PETA) www.peta.org

Farm Animal Rights Movement (FARM) www.farm.org

Mercy for Animals (MFA) www.mfa.org

The Humane League www.thehumaneleague.com

The Humane Society of the United States: www.humanesociety.org

Last Chance for Animals: www.lcanimal.org

Farm Sanctuary: www.farmsanctuary.org

A World Well-Fed: www.awfw.org

The VegFund: www.vegfund.org

Compassion Over Killing: www.cok.net

Meatless Mondays: www.meatlessmondays.com

Paul McCartney explains the meat industry: www.meat.org

Dr. Gregor's Nutrition Facts: www.nutritionfacts.org

Kaiser Permanente, The Plant-Based Diet: www.kaiserpermanente/ThePlantBasedDiet.org

Local Vegan Meet-Up Groups & Classes:

PlantDiego: www.plantdiego.com

San Diego Vegans: www.meetup.com/sandiegovegans

New Options Food Group: www.newoptionsfoodgroup.com

Plant-based living: the trifecta of wins.
Good for our health, good for the environment, good for the animals.