

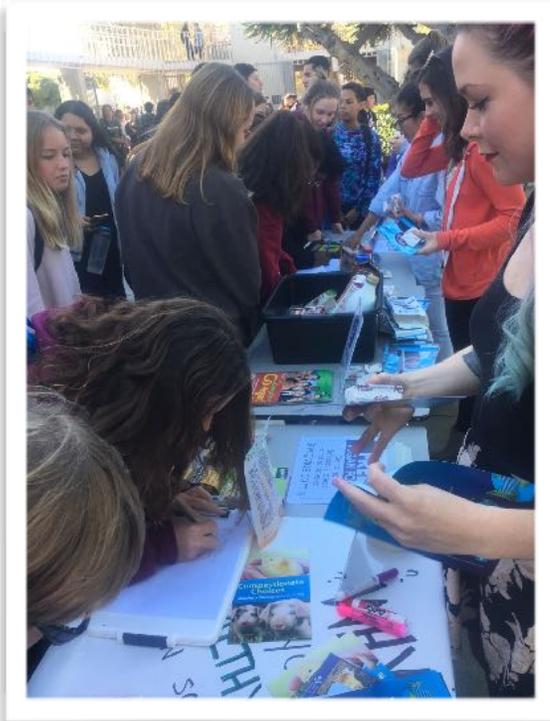
Point Loma High School
VEGAN COOKING CLUB
COOKBOOK
2017-2018

Liz Gary, M.A.
PLHS Class of '80
IMIN ARC-Experience Club Leader

Point Loma High School
Vegan Cooking Club Cookbook



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Thanks to Point Loma High School's ARC-Experience after school grant program, the VegFund and Jensen's Foods. We've had a great time learning new skills while exploring plant-based foods.



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Why Vegan?

Health: Medical science today has proven that we can thrive on a plant-based diet and reduce our risk of (SAD) Standard American Diet related diseases (heart disease, diabetes, obesity, many cancers and more) by avoiding the consumption of animal products.

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 generated by burning all sources of fossil fuels combined.

Animal Welfare: Animals are sentient beings and they endure extreme hardship and suffering on factory farms. Choosing plant-based foods helps to reduce our reliance on animals as a central food source. 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.



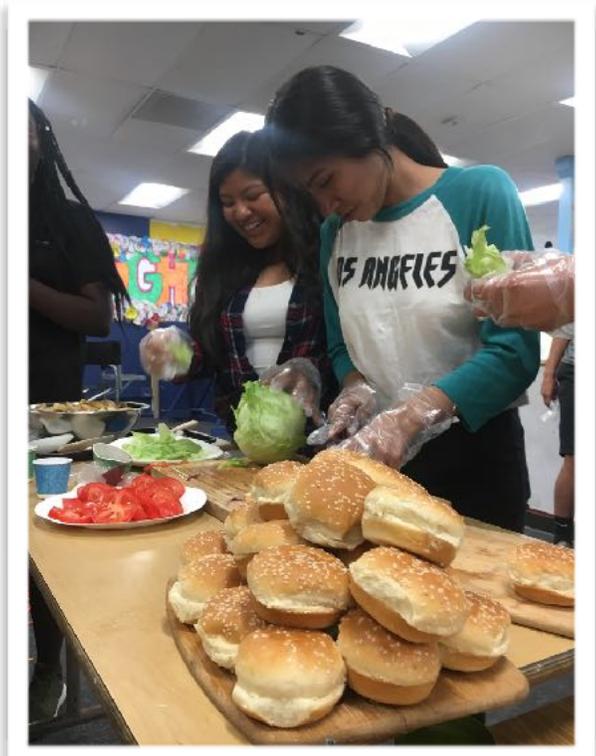
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The Recipes



Point Loma High School
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Pitaya Acai Bowl

Inspired by th North Shack on Rosecrans in Point Loma where making acai bowls is an art.

Acai Blend:

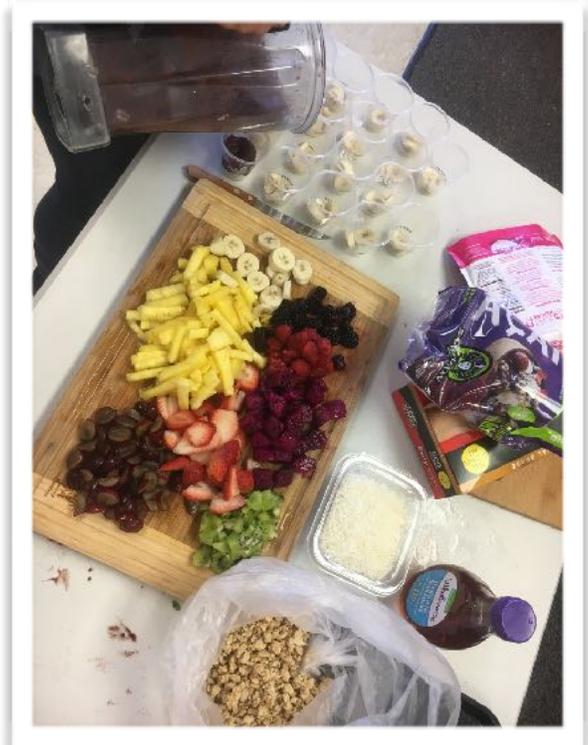
One pack Sambazon Original Blend Acai
One frozen banana
1/2 cup fresh or frozen berries
1/2 cup pomegranate or other favorite fruit juice

Pitaya Blend:

1 cup frozen pitaya cubes
1/2 frozen banana
1/2 cup apple juice or coconut water

Toppings:

Granola
Fresh cut fruit (choose any); strawberries, blueberries, blackberries, raspberries, grapes, pineapple, kiwi, mango, frozen pitaya, Shredded Coconut
Chia or hemp seeds
Agave syrup



Blend the frozen acai packs with the fruit and juice. Add the juice slowly until you reach a nice thick and smooth consistency like soft-serve ice cream. Transfer to a liquid measuring cup then add the pitaya and frozen banana, blend until smooth adding the juice slowly.

Place a layer of granola and fruit in the bottom of a bowl, add the blended acai then alternate adding fresh fruit, pitaya and more acai. Arrange the cut fruits to fill the bowl completely, top with shredded coconut, a sprinkle of chia or hemp seed, and a drizzle of agave syrup.

Kona Inn Banana Bread

This vegan version is just as good as the original only better! It replaces the eggs and butter with plant-based vegan butter and tofu as an egg substitute. No one would know the difference!

- 1 cup vegan butter
- 2 cups organic cane sugar
- 1 cup firm tofu, pressed and drained*
- 2 cups ripe mashed banana (about 4 bananas)
- 1/2 teaspoon natural banana extract (optional)
- 2 1/2 cups unbleached all purpose flour
- 1 teaspoon salt
- 2 teaspoons baking soda
- 1 cup walnuts, chopped



Preheat the oven to 350 degrees. Grease the loaf pans or prepare the muffin tins with paper liners.

Combine the butter, sugar and tofu in the jar of a blender and blend on medium high until smooth and creamy.

Mash the bananas in a medium bowl, stir in the butter mixture and mix just until combined.

In another medium mixing bowl combine the flour, salt and baking powder, stir to mix well then the flour mixture into the creamed butter and banana mixture. Fold in the walnuts then fill the loaf pans or muffin tins just a little over half-way and bake until golden brown. Bake 50-60 minutes for larger loafs, 20 minutes for muffins. Test for doneness with a toothpick. If a toothpick inserted into the center of the loaf or muffin comes out clean it's ready.

Maple Oat Nut Scones

1 cup rolled oats
¾ cup whole wheat spelt flour
¾ cup unbleached pastry flour
2 tablespoons organic cane sugar
2 teaspoons baking powder
3 tablespoons cold Earth Balance
3 tablespoons maple syrup
½ cup applesauce
¾ cup soy creamer
¾ teaspoon maple extract
2/3 coarsely chopped pecans

Maple Glaze

1 ½ cups organic powdered sugar
½ teaspoon maple extract
2-3 tablespoons water
2 tablespoons maple syrup



Preheat oven to 425 degrees. Using a blender or food processor, finely grind oats.

In a medium mixing bowl combine flour, oats, sugar, salt and baking powder. Using a pastry blender cut in the cold Earth Balance.

In a small bowl, blend the maple syrup, applesauce, soy creamer and maple extract. Pour the liquid mixture into the flour mixture, add the chopped pecans and stir to combine ingredients. Do not over mix.

Place dough on a floured surface. Knead and pat dough into an 8 – 10 inch circle and cut into 8 wedges. Transfer wedges with a spatula to a parchment lined baking sheet and bake for 13 – 15 minutes or until lightly browned.

Transfer scones from the oven to a wire rack. Let cool 3 – 5 minutes. Mix glaze ingredients until smooth. Adjust the amount of water to get the desired consistency. Spread lots of glaze over each scone and dry about 15 minutes before serving.

Easy Homemade Granola

Use this basic recipe to create any number of different granolas from tropical, to chocolate, apple to strawberry.

3 cups organic rolled oats, uncooked
1/2 cup unsweetened coconut, shredded or flaked
1/2 cup raw walnuts, chopped
1/4 cup raw sunflower seeds
2 tablespoons of hemp seed
1/4 cup plus 2 tablespoons maple syrup or agave
1/4 cup apple juice
1/4 cup sunflower oil
1 teaspoon vanilla
1/4 teaspoon sea salt
1 cup chopped mixed dried fruit or raisins

Preheat the oven to 350.^o Lightly grease or line a baking sheet with parchment paper and set aside.

In a large bowl combine the oats, coconut, walnuts and sunflower seeds, stir well and set aside.

Combine maple syrup, sunflower oil, apple juice, vanilla, and salt; pour over oat mixture and stir well.

Spread the mixture evenly on a lightly greased or parchment paper lined cookie sheet and pat it down with a spatula. Bake at 350 for 10 minutes then remove from the oven, set on a heat resistant surface and stir the granola. Pat it down and return it to the oven to bake for an additional 10 minutes. Remove from the oven and stir in the dried fruit. Pat the granola down once more and return to bake another 8-10 minutes.

Remove the baking sheet from the oven and place it a wire rack to cool. Transfer the cooled granola to an airtight container, store in a cool dry place up to 1½ months. Makes great gifts from the kitchen packed in Ball jars.



Whole Wheat Banana Nut Pancakes

Easy and so delicious, make your batter in the blender for perfect results

1/4 cup firm organic tofu, pressed and drained

1 cup non-dairy milk
2 tablespoons sunflower oil
2 tablespoons organic cane sugar
1 cup organic whole wheat flour
2 teaspoons baking powder
1/8 teaspoon or just a pinch of sea salt
1/2 cup chopped walnuts
2-3 bananas sliced
maple syrup
Vegan butter

Combine the tofu, non-dairy milk, oil and sugar in the jar of a blender and blend until smooth. Add the flour, baking powder and salt, blend just until well combined. Stir in the walnuts.

Heat a griddle, oil it lightly then pour about 1/2 cup batter for each pancake. Place sliced bananas 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, walnuts, vegan butter, vegan whipped cream and maple syrup.



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 peaks form. Keep the whipped cream chilled until serving.

Buttermilk Biscuits

2 cup all purpose organic unbleached wheat flour
½ teaspoon baking soda
1 tablespoon baking powder
1 teaspoon sea salt
6 tablespoons chilled vegan butter or coconut oil
1 cup unsweetened non-dairy milk
1 teaspoon apple cider vinegar

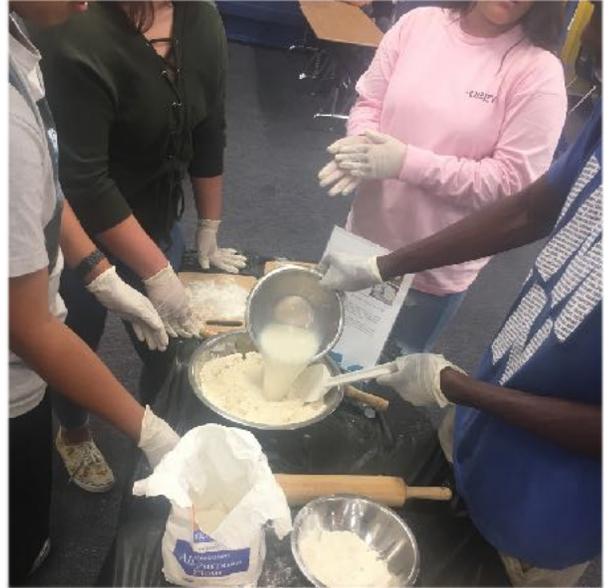
Step 1) Combine the non-dairy milk with the apple cider vinegar in a liquid measuring cup, stir to combine and allow to sit while preparing the remaining ingredients.

Step 2) Combine the flour, baking soda, baking powder, and sea salt in a blender jar and pulse the ingredients briefly to blend.

Step 2) Add the chilled vegan butter or coconut oil to the flour mixture and process in the blender on medium until the mixture resembles course meal.

Step 3) In a medium mixing bowl, combine the flour mixture with the non-dairy milk and cider vinegar. Fold the ingredients just until blended. Roll out on a lightly floured surface and cut into 2 ½ - 3" circles using a biscuit cutter or a drinking glass dipped in flour (a wine glass works well, just dip the edge of the glass in flour prior to cutting the dough) .

Step 4) Bake in a preheated 425 degree oven on a parchment lined cookie sheet for 12-15 minutes. Serve hot with savory herb vegan butters, vegan gravy, and savory nut cheeses for a savory biscuit or with fruit preserves, nut cheeses, or agave, maple or fruit infused vegan butter for a sweet morning breakfast biscuit.



Cheesy Breakfast Grits & Sausage

3 cups water or non-dairy unsweetened milk
1 cup hominy grits
1/2 teaspoon salt
1 tablespoon vegan butter
1/2 cup shredded vegan cheese (optional)
1 package vegan sausage

Preparing the vegan sausage by heating a frying pan or flat grill to medium high. Add a tablespoon or two of olive oil and a teaspoon or two of agave syrup. The agave syrup helps brown the sausage quickly. Fry until golden brown.

Bring the liquid to a boil in a medium saucepan. Whisk in the grits and continue stirring until it comes to a boil again. Turn the heat to low and stir frequently cooking for 10 to 15 minutes. Add the vegan butter and optional vegan cheese the last few minutes of cooking. Season with salt and pepper to taste.



Quick & Easy Breakfast Ideas

Smoothies

Blend your favorite fresh or frozen fruits with some fruit juice or non-dairy milk. For an extra bonus add vegan protein powder or green veggies like kale, cucumber, or spinach

Oatmeal

Soak 1 cup of oats overnight in 3/4 cup of almond milk. In the morning mix in fresh fruit, a little maple syrup, and some optional chopped nuts, breakfast is ready. Or try hot oatmeal cooked with water or non-dairy milk.

Toast or a Bagel

Breakfast on the go could mean a quick piece of toast and some fruit. Try avocado, veggies, and seasonings on your toast or bagel, vegan butter, nut or seed butter, vegan cream cheese, or fruit preserves

Non-Dairy Yogurt, Fruit & Granola Parfait

Take a cup and layer fresh fruit, vegan yogurt, and granola for a quick healthy breakfast to-go.

Cold Cereal with Non-Dairy Milk

Find your favorite whole grain breakfast cereal, pair it with your favorite non-dairy milk and some dried or fresh fruit and you have what you need to get your day started.

Breakfast Burritos

Warm up a whole wheat tortilla and fill it with your choice of leftover beans, rice, potatoes, lettuce, salsa, mushrooms, vegan sausage, cheese, salsa and optional vegan sour cream. Heat it up for a few minutes and go!



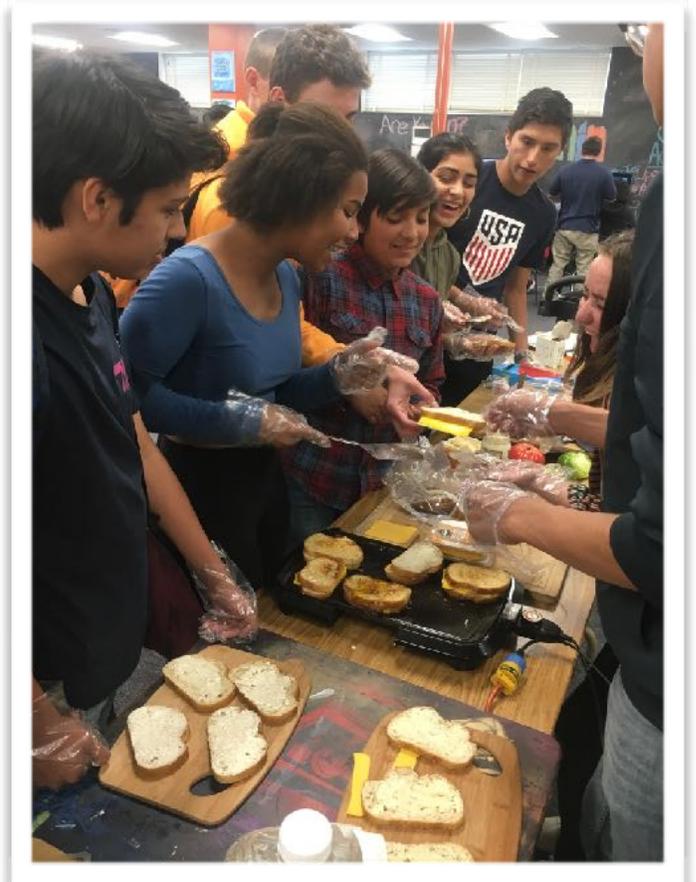
Vegan Grilled Cheese Sandwiches

Experiment and taste test a variety of vegan cheeses to find your favorites.

1-2 slices vegan cheese
vegan mayonnaise
2 slices bread

Spread mayonnaise on one side of two slices of bread. Heat a griddle on medium high and place one piece of the bread mayo side down on the hot griddle. Top with a slice or two of vegan cheese then top with the second slice of bread mayo side up. Grill 3-4 minutes on each side or until golden brown and the cheese melts. Transfer to a plate, cut in half and serve with a soup or salad.

Try adding sliced tomato, lettuce, or sliced veggies to your sandwich before adding the second layer of bread.





Vegan Deli Sandwiches

Vegan deli meats come in a variety of flavors. Most are made with a base of vital wheat gluten and are referred to as wheat meat or grain meat. The textures and flavors are so similar some people can't tell the difference

- 2 slices whole grain or sourdough sliced bread
- 2-3 slices vegan deli meat
- 1 slice vegan cheese
- Vegan Mayonnaise
- 3-4 slices fresh cucumber
- 1/2 thin slice purple onion
- 1 slice tomato
- 2-3 leaves of lettuce
- Drizzle of your favorite oil and vinegar dressing
- Salt and pepper to taste

Spread one side of each slice of bread with the vegan mayonnaise. Top one half with the deli meat and cheese, add the cucumber, onion, tomato, season lightly with freshly ground salt and pepper, drizzle with a little dressing then top with fresh lettuce leaves and the additional slice of bread. Cut it in half or quarters and serve.



Try it grilled like a panini, just spread mayo on both sides of your bread and grill 3-4 minutes on each side.

Six-Foot Party Sub Sandwich

Get a six-foot plank of wood, cover it with foil then build your sandwich on it. Secure the sandwich with toothpicks then roll plastic wrap or parchment around it for transporting and you'll have the perfect picnic.

3-4 loaves of freshly baked French or Sourdough
3 packages vegan deli meat
2 packages sliced vegan cheese
2 cucumbers, peeled and sliced thin
1 purple onion, sliced into thin rounds
2-3 tomatoes, sliced
1 head of lettuce, torn into pieces
Vegan Mayonaise
Sea salt & black pepper to taste

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 bread, add the sliced cucumbers and tomato, sprinkle with salt and pepper. Add the sliced onion rings 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. Transfer to a plate or napkin and serve.



Vegan Smart Dogs

Always a winner and fun to make. Get creative with your toppings

- 1 package vegan hot dogs or sausages
- 1 package hot dog buns
- 1 tablespoon vegetable oil
- 1 teaspoon agave syrup

Suggested condiments or toppings:

- mustard
- ketchup
- Vegan mayonnaise
- pickle relish
- diced onion
- sauerkraut
- vegan chili & cheese



Heat a flat surface griddle to medium high. Drizzle the olive oil and agave syrup on to the middle of the surface then place the hot dogs on the hot grill and roll them in the oil and agave syrup. Let sit a few minutes until they start to brown, roll them until they are evenly browned on all sides.

Split the buns without tearing them apart, spread them open and place them on the hot grill for 2-3 minutes until they are heated and slightly toasted. Place each grilled hot dog on a bun and serve with desired condiments.

Vegan Popcorn

- 3 tablespoons coconut or vegetable oil
- 1/3 cup organic popcorn kernels
- 1/4 cup 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.



Black Bean Veggie Burgers

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



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.

Homemade French Fries

2 1/2 pounds of russet potatoes, cleaned and scrubbed
high heat vegetable oil (grapeseed, 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, lay each slice 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 or vegan ranch dipping sauce.



Kale Salad with Tahini Lemon Dressing and Sunflower Seeds

A high octane source of fuel inspired by the Starbucks Lentil & Rice Vegan Salad. Add additional roasted veggies, rice, beans, or grains for a super protein rich and delicious entree salad

Salad:

- 1 box baby kale
- 2 green onions, sliced
- 1 cup alfalfa sprouts or micro greens (optional)
- 1/4 cup sunflower seeds

Dressing:

- 1/2 cup soft tofu, pressed and drained
- 1/4 cup grape seed or canola oil
- 1/4 cup tahini (ground sesame paste)
- juice of two lemons
- zest of one lemon
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon ground cayenne
- 1/4 teaspoon smoked paprika
- 1 teaspoon sea salt
- 2 green onions, cut into pieces
- Add water (up to 1/2 cup) to adjust desired thickness and texture



Place the kale, sliced onions and sprouts in a large salad bowl.

Combine all ingredients for the dressing in a blender and blend until smooth, gradually add water until you reach your desired thickness. Use a firm tofu for a thicker dip consistency.

Vegan Cesar Salad

Caesar Salad:

- 2 heads fresh Romaine lettuce, sliced
- 1/4 cup olive oil
- 1 tablespoon sesame tahini
- 1 tablespoon miso paste
- 1 tablespoon nutritional yeast
- 1 1/2 teaspoons tamari
- 1/4 teaspoon, brine from capers
- 2 cloves garlic, minced
- Juice of 1 lemon
- 1 pkg. Kelly's Cheesy Garlic Vegan Croutons
- Kelly's Lemon Garlic Parmesan Vegan Cheese
- 1 avocado, sliced
- Sea salt and black pepper to taste



Prepare the lettuce slicing 1' strips crosswise though the stem, reserve in a large salad bowl.

Combine the olive oil, sesame tahini, miso paste, tamari, caper brine, garlic, and juice of one lemon in a liquid measuring cup and mix well, taste to adjust seasonings, add salt as desired. Pour the dressing over the lettuce, add the croutons and toss well. Plate each salad, top with a few slices of avocado, Kelly's Parmesan, and freshly ground black pepper and serve.

Find Kelley's vegan croutons and parmesan cheese at Jensen's Foods Point Loma or many local Farmer's Markets. They get their cheesy flavor from cashews, coconut oil, and nutritional yeast. The croutons are also great served sprinkles on soups and the cheese is great on everything, especially popcorn!

Jackfruit Carnitas Tacos

Jackfruit is a new alternative for pork. This tropical fruit has an amazing texture and similar appearance to meat. Buy Uptowns seasoned and prepared jackfruit or try making it from scratch.

The Jackfruit:

2 15.oz cans jackfruit, drained and chopped
3 tablespoons vegetable oil

Tomatillo Sauce:

24 tomatillos, husked and stemmed
8 serrano chilies, seeded and chopped
1 cup chopped white onion
4 cloves garlic
2 cups loosely packed fresh cilantro
2 tablespoons lime juice
1 teaspoon sea salt

Accompaniments:

2 dozen street taco sized tortillas
1 package shredded cheddar or jack vegan cheese
1 bunch radishes, sliced
Vegan sour cream
Sliced avocado

Heat a skillet or frying pan to medium high, add the oil and then fry the well-drained chopped jackfruit until it begins to brown.

Combine the tomatillos, Serrano chili, onion and garlic in a saucepan. Add enough water to cover, bring to a boil and simmer for 10 minutes or until the tomatillos are tender. Drain and transfer to a blender jar. Blend for for just 15-30 seconds to make a coarse puree, do not over blend. If the sauce is too tart add just a bit of sugar.

Stir in 2 cups of the tomatillo salsa and continue cooking until it's thoroughly heated. Heat the tortillas in a dry skillet, add the vegan cheese, a few tablespoons of the jackfruit carnitas then garnish with some additional chopped onion and sliced radishes, lettuce, vegan sour cream and sliced avocado.

If using the seasoned and prepared jackfruit simply heat and serve according to package directions.



Fresh Fettuccine with Lemon Herb Sauce

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

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.

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.



Vegan Mac n Cheese

1 16. oz. package elbow macaroni, cooked
1 medium russet potato, peeled and cubed
3 organic carrots, peeled and cut into chunks
1/2 onion, chopped
1 1/2 cups raw cashew pieces, soaked 4-5 hours
1 15 oz. can coconut milk
3 tablespoons nutritional yeast
1 1/2 teaspoon garlic powder
1 teaspoon onion powder
juice of one lemon
1 teaspoon salt
1/4 teaspoon cayenne pepper
1/4 teaspoon ground black pepper
pinch of smoked paprika
1/2 cup fresh parsley, chopped
1/2 cup organic bread crumbs
1/4 cup ground hemp seed (optional)

Bring a large pot of water to a boil, add the potatoes and carrots and boil for 10-12 minutes or until they are tender. Remove them from the water with a slotted spoon and transfer them to the jar of a blender. Add the dried pasta to the boiling water and cook the pasta until tender, about 8-10 minutes.

While the pasta is boiling add the chopped onion, cashews, coconut milk, nutritional yeast, garlic powder, onion powder, lemon juice, salt, cayenne pepper, black pepper and smoked paprika to the blender jar with the cooked potatoes and carrots. Blend on high speed until it becomes a smooth liquid. Season to taste. In a medium mixing bowl combine the fresh parsley, bread crumbs and optional hemp seed.

Drain the cooked pasta and transfer to a 9 x 13 inch baking pan, pour the “cheese” sauce over the pasta and mix well. Lightly press the pasta into the baking dish and spread the bread crumb mixture evenly over the top of the top. Cover with foil and bake in a preheated 400 degree oven for 35 minutes, remove the foil and continue baking another 10-15 or until the top begins to brown lightly. Serve hot, top with your favorite hot sauce or red chili pepper flakes.

Try adding additional blanched vegetables and vegan sausages to this recipe for a vegan Mac n Cheese casserole.



MJ's Vegan Chick'n Pot Pie

National Pi Day Celebration with a recipe developed by student chefs at the Art Institute's International Culinary Academy for the PLHS Vegan Cooking Club.

Filling:

3/4 cup yellow onion, chopped
1 clove garlic, minced
2 cups vegetable broth
1/2 cup carrots, medium diced
1/2 cup fresh corn kernels
1/2 cup celery, medium diced
1/2 cup frozen peas
1-2 Yukon gold or russet potatoes, peeled diced medium
1/4 cup non-dairy milk, unsweetened
1/4 cup unbleached all-purpose flour
2 bay leaves
1-2 cups meatless chick'n strips, chopped (or chick'n tenders, fully cooked according to package instructions)
Salt and pepper to taste

Pie Dough:

2 cups all purpose unbleached flour, sifted
1 teaspoon salt
1/3 cup vegan butter (Earth Balance)
1/3 cup non-hydrogenated vegetable shortening
5-7 tablespoons ice cold water

Preheat the oven to 425 degrees F (218 C). Add 2 tablespoons olive oil to a large saucepan over medium heat. Then add onion and garlic and a pinch of salt. Cook until soft about 7 minutes. Add the flour and stir with a whisk, then slowly whisk in the broth. Add the non-dairy milk and bay leaves and stir. Simmer until the mixture is thickened (about 10 minutes).



While the sauce is thickening begin preparing the pie dough. Put the flour in a mixing bowl with the butter and shortening. Using a pastry blender or a fork, cut the butter and shortening into the flour. Add salt and drizzle in 5 tablespoons of cold water. Mix until dough is formed, add additional water if the dough is too dry. Chill the dough for 30 minutes to an hour then roll out on a flat surface sprinkled with flour to prevent sticking. Cut dough into desired shapes to top each ramekin of filling, set aside and keep chilled until ready to bake.

Once the sauce is thickened, add the vegetables and protein and cook for 4-5 more minutes. Taste and adjust seasonings, adding more salt and pepper if needed.



Discard the bay leaves and divide the mixture into 5-6 lightly oiled ramekins or an 8x8 baking dish. If making ahead of time simply spoon the cooked veggie mixture into your ramekins or dish, top with the uncooked pie dough, score with a few vents for cooking and freeze. When ready to prepare bake in a 425 degree preheated oven (218 C) and cook until the pie top is golden brown and the mixture is bubbly - roughly 20-30 minutes.

Vegan Sausage from Scratch

Base:

1 cup beans or tofu, mashed
1 1/4 cups vital wheat gluten
1/4 cup nutritional yeast
pinch of sea salt

Liquid

1 cup vegetable broth or water
1 tablespoon olive oil

Seasonings:

Italian Sausage: basil, oregano, garlic,
onion powder, fennel

Brat: Liquid smoke, onion powder, garlic
powder, pinch of mace

Chipotle Sausage: Adobo sauce, onion,
garlic, cumin

Pesto: Basil, lemon, pine nuts

Apple Sausage: Finely chopped dried apple, sage, thyme

Combine all ingredients in a medium mixing bowl and stir until it forms a dough. Dust a cutting board with a small amount of the vital wheat gluten and knead the dough for 5-10 minutes or until it begins to feel firm and elastic.

Cut the dough into 8 even pieces, roll each piece up in parchment paper or a corn husk and twist or tie the ends to seal.

Prepare a large pot with a steamer basket. Place a few inches of water on the bottom of the pan and bring to a boil. Arrange the sausages in the steamer basket, cover and steam on medium heat for 1 hour checking the water level every 20 minutes to add water as needed. If using a pressure cooker decrease your cooking time to 20 minutes once full pressure is reached.



Test for doneness by unwrapping one of the sausages, the paper should pull away easily and the sausage will be firm when done. Remove from the steam, let cool then use in recipes the same way you would use traditional sausage. Grill it, fry it, crumble it, slice it and enjoy!

Vegan Pizza Party

Making vegan pizza is fun and easy, just substitute the traditional dairy cheese with vegan cheese then add all kinds of vegetables and toppings to create your own custom pizza.

Ingredients:

- 1 package of ready made dough or Lavash Flatbread
- 1 jar pizza sauce
- 1 package shredded vegan mozzarella cheese
- 1/4 red bell pepper, diced
- 1/4 green bell pepper, diced
- 1/2 onion, diced
- 1 bunch fresh basil

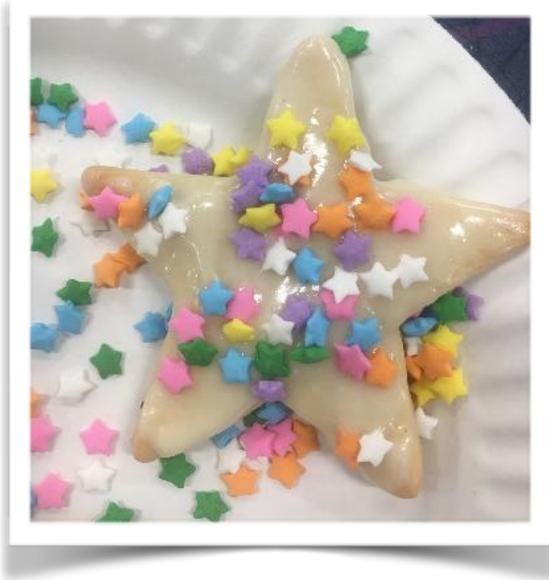
Additional Topping Options:

- artichoke, olives, pineapple, vegan bacon, sausage,
- Vegan Parmesan Cheese
- Red pepper flakes

Preheat an oven to 475 degrees. Place the pizza dough on a lightly floured cutting board. Press it down and flatten it to your desired thickness. Transfer the dough to a parchment lined cookie sheet or sprinkle some cornmeal on the cookie sheet to keep it from sticking. Top the dough with sauce, the cheese and veggies.

Bake for 12-15 minutes or until the cheese is bubbly and the crust edges begin to lightly brown. Transfer the pizza to a cutting board and slice to serve. Sprinkle with optional vegan parmesan and red pepper flakes.





Roll-Out Vegan Cane Sugar Cookies

3/4 cup vegan butter
1 cup organic cane sugar
1 tsp vanilla extract
1/4 teaspoon almond extract
1 tsp baking powder
2 1/2 cups unbleached organic flour
2-3 tablespoons almond or soy milk

Step 1) Preheat the oven to 350.^o

Step 2) In a large bowl combine vegan butter and sugar. Using an electric mixer beat until smooth for 2-3 minutes. Add the vanilla and almond extracts, continue to beat until smooth.

Step 3) In a medium mixing bowl combine the baking powder, flour, and salt. Using a mixing spoon gradually add the flour mixture into the butter and sugar mixture stirring until it forms a dough. Divide the dough in half and shape into disks, wrap each piece in plastic wrap and chill until firm, 30-40 minutes. Prepare the frosting.



Step 4) Roll the dough to 1/4 inch thickness on a lightly floured surface. Cut the cookies and transfer to a parchment lined baking sheet, reroll any remaining dough to cut additional cookies. Bake 10-12 minutes or until lightly golden around the edges. Transfer to a wire rack and cool completely before decorating.

Easy Vegan Peanut Butter Cookies

Follow Package Instructions:

Replace each egg in any cookie recipe with 1/4 cup pressed tofu. Cream the tofu with the oil or vegan butter and sugar before mixing with the dry ingredients. Vegan cookies taste so much like the original it's hard to tell the difference, but there is a big difference! All the flavor, all the satisfaction. No animal products required. Traditional cookies often contain eggs and dairy.



Vegan Rocky Road Fudge

Regular Rocky Road Fudge has marshmallows made with gelatin (boiled skin and bones of animals) and dairy product like cream and butter. Now you can have Rocky Road Fudge without using any animal product by using vegan marshmallows, coconut cream instead of dairy cream, and vegan butter instead of regular butter. This special treat is fun to make, it's a candy making culinary experience.

Ingredients:

3 cups organic cane sugar (natural unbleached sugar)
2/3 cup of cocoa powder
1 can full-fat coconut milk
Pinch of sea salt
1 teaspoon vanilla
1/4 cup vegan butter
2 cups vegan marshmallows
1 cup chopped walnuts

Directions:

In a medium saucepan combine the sugar, cocoa powder, coconut milk and salt. Stir well and bring to a boil, reduce heat slightly and continue cooking on medium high stirring constantly and scraping the sides of the pan. Use a candy thermometer and bring the mixture up to 240 degrees, or drop small amounts of the chocolate in a cup of water, when the mixture forms a soft-ball as it sinks to the bottom it is ready. Remove the mixture from the heat and place in the refrigerator until the temperature is reduced to 110 degrees, add the vanilla and vegan butter, stir well. Add the walnuts and marshmallows and stir until they are completely mixed in. Spread the mixture evenly over parchment paper or a lightly buttered piece of foil. Return to the refrigerator to chill until firm and cut into squares.



Thank you Point Loma High School and The IMIN ARC-Experience



Links to Resources

New Food Documentaries coming 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-l

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

Good for your health, good for the environment, good for the animals