

Naturally Sweetened Cranberry Sauce

<https://cookieandkate.com/naturally-sweetened-cranberry-sauce-recipe/>

Makes 2 cups **PREP** 5 min **COOK** 20 min



INGREDIENTS

- 12 ounces (1 bag) fresh or frozen cranberries
- ½ cup honey or maple syrup
- ½ cup water
- Zest of 1 medium orange (about 1 teaspoon)
- Optional add-ins: ½ teaspoon ground cinnamon and/or ¼ cup fresh orange juice (see **NOTES** below)

INSTRUCTIONS

1. First, rinse the fresh cranberries well and drain off excess water. Pick through the cranberries and discard any squishy ones.
2. In a medium saucepan, combine the cranberries, honey and water. Bring the mixture to a boil over medium-high heat, then reduce heat to medium-low and cook, stirring occasionally, until the cranberries have popped and the mixture has thickened to your liking, about 5 to 10 minutes.
3. Remove the pot from heat and stir in the orange zest. If you'd like to add cinnamon or orange juice, add it now. Taste and, if the mixture is too tart (keeping in mind that cranberry sauce is supposed to be a little tart!), add more orange juice, honey or maple syrup to taste.
4. The sauce will continue to thicken as it cools. It will keep in the refrigerator, covered, for up to 2 weeks.

T's NOTES: Top with a little chopped fresh ginger for a little added zing!

Butternut Squash-Sweet Potato Casserole

Adapted from: <https://healthytasteoflife.com/butternut-squash-casserole-vegan/>

Serves 4 **PREP** 25 min **COOK** 35 min

INGREDIENTS

- 1 medium butternut squash - peeled, cubed
- 1 large sweet potato - cubed
- 1 medium onion, chopped
- ¾ cup dried cranberries (or other dried fruit of choice)
- ½ cup golden raisins
- ½ cup brown or wild rice
- ⅙ teaspoon nutmeg
- 1 teaspoon cinnamon
- ¾ teaspoon sea salt
- ¼ teaspoon black pepper
- 3 tablespoons maple syrup
- 3 tablespoons extra virgin olive oil or avocado oil
- 2 tablespoons balsamic vinegar or apple cider vinegar



INSTRUCTIONS

1. Preheat oven to 400 F. Prepare a parchment paper lined baking sheet.
2. To make the sauce, combine the oil, maple syrup, vinegar, cinnamon, nutmeg, salt and pepper in a small bowl, stir to combine and set aside.
3. In a large bowl, combine butternut squash, sweet potatoes and onion, and half of the sauce mixture. Toss to coat.
4. Place the coated veggies in a single layer on the baking sheet(s) to get an even roast on all sides. Bake for 30-35 minutes, turning once half-way through baking, until softened and with a golden brown crust.
5. While the veggies are roasting, cook the rice according to package directions, adding the other half of the sauce mixture you used for coating the veggies to the pre-cooked rice. When the rice is cooked, remove the pot from the heat, add the cranberries and the raisins. Cover again and let it sit covered, so the steam will plump the rice and fruits.
6. To assemble and serve, take a taller baking dish and place a layer of veggies, then a layer of rice and repeat until you fill up the dish. Sprinkle some chopped greens on top.

Best Ever Mashed Potatoes

Serves 6-8 **PREP** 15 min **COOK** 15 min

INGREDIENTS

- 2 pounds potatoes
- ¾ cup unsweetened plant milk of choice (I use soy milk) (plus ¼ extra)
- ¼ cup nutritional yeast (plus more to taste)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon chopped dill, chives and/or other herbs of your choice (fresh or dried)
- 1 teaspoon yellow mustard
- freshly ground black pepper
- salt to taste
- chopped spring onions to garnish (optional)



INSTRUCTIONS

1. Wash potatoes and scrub off any eyes or bad spots. Depending on your preference you can either peel the potatoes or leave the skins on.
2. Dice potatoes into cubes 1 inch cubes. Place potatoes in a medium sized pot and add enough cold water to cover the potatoes with 1 inch of cold water.
3. Bring to a boil for 10-15 minutes or until potatoes are fork tender. Drain the potatoes in a colander and let them sit in the colander for a few minutes.
4. In the meantime, add the plant milk and all of the other ingredients to the warm pot. (Turn the heat off, but keep the pot on the warm burner.)
5. Return potatoes to the pot. Stir to combine with warmed liquid and seasonings.
6. Mash with a potato masher or hand mixer until you reach your desired creaminess.
7. If the potatoes seem too dry, add more plant milk, a little at a time. If there is too much liquid, cook the mash over a low heat, stirring with a wooden spoon to keep them from sticking to the bottom of the pan.
8. Taste and adjust seasonings as necessary.

Savory Green Bean Casserole

<https://minimalistbaker.com/vegan-green-bean-casserole/>

Serves 6 **PREP** 10min **COOK** 20 min



INGREDIENTS

- 1.5 pounds green beans (rinsed, trimmed and cut in half)
- Salt and black pepper
- 2 tablespoons olive oil, water or broth (see **NOTES** below)
- 1 ½ medium shallot (minced)
- 3 cloves garlic (minced)
- 1 ½ cup finely chopped mushrooms (button, baby bella, or cremini)
- 3 tablespoons all-purpose flour (or gluten free flour or cornstarch)
- 1 cup vegetable broth
- 1 ½ cup unsweetened plain almond milk
- **OPTIONAL:** 1 cup crispy fried onions (divided)

INSTRUCTIONS

1. Preheat oven to 400°F. Bring a large pot of water to a boil and salt well – it will help season the green beans. Add green beans and cook for 5 minutes, then drain and place in an ice water bath to stop cooking. Drain and set aside.
2. In the meantime, start preparing sauce. In a large oven-safe skillet over medium heat, add olive oil, water or broth and shallots and garlic. Season with salt and pepper and stir. Cook for 2-3 minutes, then add mushrooms and season with a bit more salt and pepper. Cook for 3-4 minutes more or until lightly browned.
3. Sprinkle in flour and whisk to stir and coat the veggies. Cook for 1 minute, then slowly add in veggie stock, whisking to incorporate.
4. Add almond milk next and whisk to stir again. Season with a touch more salt and pepper and bring to a simmer, then reduce heat to low to thicken. Cook for 5-7 minutes more, or until thick and bubbly. Taste and adjust seasonings as needed.
5. Remove from heat and add ½ cup of the fried onions and all of the cooked green beans. Toss to coat well, and top with remaining fried onions.
6. Bake for 15 minutes, or until warmed through and bubbly and slightly browned on top.

T's NOTES: for a lower-fat version, use water or broth (vs. oil) to saute.

Lentil Loaf with Balsamic Onion Gravy

<https://wallflowerkitchen.com/lentil-roast-with-gravy/>

Serves 6 **PREP** 10 min **COOK** 45 min

INGREDIENTS

Lentil Loaf

- 1 tablespoon olive oil, water or broth (see **NOTES** below)
- 1 small onion, minced
- 3 cloves of garlic, minced
- 2 medium portobello mushrooms, finely chopped
- 1 medium carrot grated
- 1 ½ cups cooked kidney beans, rinsed
- 1 ½ cups cooked lentils, rinsed
- 1 tablespoon tamari or soy sauce
- 2 tablespoons mixed dried herbs
- 4 tablespoons nutritional yeast
- Black pepper, to taste
- 1 ½ cups rolled oats

Balsamic Onion Gravy

- 2 cups vegetable stock
- 1 medium onion, finely sliced
- 2 tablespoons olive oil, water or broth (see **NOTES** below)
- 1 tablespoons brown sugar or coconut sugar
- 1 tablespoons arrowroot powder or cornstarch
- ¾ cup red wine
- 3 tablespoons balsamic vinegar
- 3 tablespoons tamari or soy sauce



Lentil Loaf with Balsamic Onion Gravy (con't)

INSTRUCTIONS

Lentil Loaf

1. Preheat oven to 350°F and line a loaf tin with parchment paper.
2. Heat the oil, water or broth in a pan and sauté the onion and garlic until soft. Add the mushroom and carrot and cook for another 5 minutes until softened.
3. Add the rest of the ingredients and use a masher to combine. Don't over-mash, just enough so that the mixture comes together. Add a drop of water if the mixture is too dry, if it's too wet, add more oats.
4. Transfer the mixture into the loaf tin and cook for 40-45 minutes until the outside develops a crust and the inside is firm.

Gravy

1. Add the oil, water or broth to a frying pan and sauté the onion with the sugar for 10 minutes.
2. Once it's caramelized, add the arrowroot powder or cornstarch to the pan and stir for a few minutes to combine.
3. Pour in the wine, balsamic vinegar and tamari or soy sauce and simmer until the stock is reduced by half.
4. Add the vegetable stock and simmer again for 10 minutes until you are left with a thick, dark gravy.
5. Optional: for a smooth gravy, blend for a few minutes until no lumps remain. Serve with the lentil loaf.

T's NOTES: for a lower-fat version, use water or broth (vs. oil) to saute.

Best Pumpkin Pie

<https://minimalistbaker.com/vegan-gluten-free-pumpkin-pie/>

Serves 6-8 **PREP** 5 min **COOK** 60 min

INGREDIENTS

- 1 prepared pie crust
- 2 $\frac{3}{4}$ cups pumpkin puree (1 $\frac{1}{2}$ 15-ounce cans yields 2 $\frac{3}{4}$ cups)
- $\frac{1}{4}$ cup maple syrup
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{3}$ cup unsweetened plain almond milk
- 1 tablespoon olive oil
- 2 $\frac{1}{2}$ tablespoons cornstarch or arrowroot powder
- 1 $\frac{3}{4}$ teaspoon pumpkin pie spice (see **NOTES** below)
- $\frac{1}{4}$ teaspoon salt
- Optional: **Aquafaba Whipped Cream** (see **RECIPE** below)



INSTRUCTIONS

1. Preheat oven to 350°F. Prepare pie crust according to package directions (may require pre-baking).
2. Add all pie filling ingredients to a blender and blend until smooth, scraping down sides as needed. Taste and adjust seasonings as needed.
3. Pour filling into prepared pie crust and bake for 58-65 minutes. The crust should be light golden brown and the filling will still be just a bit jiggly and have some cracks on the top. Remove from oven and let cool completely before loosely covering and transferring to the refrigerator to fully set for 4-6 hours, preferably overnight.
4. Slice and serve with non-dairy whipped cream and an additional sprinkle of cinnamon, nutmeg, and/or pumpkin pie spice (optional).

NOTES: For pumpkin pie spice: combine 3 tablespoons cinnamon, 2 teaspoons ground ginger, 2 teaspoons ground allspice, 1 $\frac{1}{2}$ teaspoons nutmeg, & 1 teaspoon ground cloves.

Aquafaba Whipped Cream: combine $\frac{1}{4}$ cup aquafaba (the liquid from about $\frac{1}{2}$ 15-ounce can no-salt-added chickpeas), 1 tablespoon maple syrup, and 1 teaspoon vanilla extract in a medium bowl. Beat with an electric mixer on medium to high speed until foamy. Then beat on high speed for about 5 minutes more or until stiff peaks with tips form. The process can take a little while with an electric mixer, so don't get discouraged if it doesn't firm up at first—just keep beating. To ensure the whipped cream holds its shape, prepare it within 2 hours of serving.