

Summer Veggie Couscous with Cilantro-Cashew Dressing

<https://www.forksoverknives.com/recipes/vegan-sauces-condiments/cilantro-cashew-dressing/>

Serves 6 to 8 **PREP** 20 min **COOK** 20 min

INGREDIENTS

Salad

- 2 cups prepared couscous
- 1 ½ cups halved cherry tomatoes
- 1 cup peeled and chopped cucumber
- 1 cup peeled and sliced carrot
- 1 cup chopped bell pepper (any color)
- ½ cup thinly sliced green, red, white or yellow onion
- ¼ cup chopped fresh basil or parsley or can use 1 tablespoon of dried
- ½ cup roughly chopped almonds



Cilantro-Cashew Dressing

- ½ cup cashews
- 1 cup fresh cilantro leaves
- 3 tablespoons lemon juice
- ½-inch piece of serrano pepper, seeded
- 3 cloves garlic
- 1 teaspoon hot sauce (optional)
- Sea salt, to taste

INSTRUCTIONS

1. Prepare couscous according to package directions and set aside.
2. For dressing: add cashews and ¾ cup water to a blender and blend into a creamy texture. Add cilantro, lemon juice, serrano pepper, garlic, hot sauce (if using), and salt to taste. Blend until smooth.
3. Combine prepared couscous, tomatoes, cucumber, carrot, bell pepper, onion, basil, parsley, almonds (and chickpeas or beans if using) and dressing. Toss to combine.
4. Taste and season with additional herbs and salt and pepper as desired.

T's NOTES: make this dish even more delicious and hearty by adding your favorite canned beans, drained and rinsed (i.e., chickpeas, black, red, white beans, lentils).

Moroccan Carrot and Chickpea Salad

<https://www.twospoons.ca/moroccan-carrot-and-chickpea-salad/>

Serves 6 PREP 20 min

INGREDIENTS

- 1 - 1 ½ cups prepared couscous
- 1/2 cup almonds chopped
- 1 shallot small
- 1 cup carrots grated
- 1 can chickpeas (14 fl oz/400 ml), drained and rinsed
- 2.5 oz arugula (70 g)
- 1/2 cup mint tightly packed
- 1/4 cup dates chopped



Dressing

- 1/4 cup olive oil (see NOTES below)
- 2 tbsp lemon juice
- 2 tbsp orange juice
- 1 tbsp maple syrup
- 1/2 tsp cinnamon
- 1/2 tsp ginger
- 1/2 tsp cumin
- 1/2 tsp coriander
- 1/4 tsp sea salt
- pinch red pepper flakes and roasted nuts or seeds (optional)

INSTRUCTIONS

1. Prepare the couscous according to package directions and set aside.
2. Prepare dressing in a small bowl by whisking together oil, lemon juice, orange juice, maple syrup, cinnamon, ginger, cumin, coriander, sea salt and red pepper flakes.
3. In a large mixing bowl combine couscous, chopped shallot, grated carrot, chickpeas, arugula, chopped mint and dates. Pour over dressing and toss to combine.

T's NOTES: For a lower-fat version of the dressing, omit the olive oil. Or, mix all the dressing ingredients together EXCEPT the oil, taste and add just enough oil to suit your tastes.

Zoodle Rolls with Pesto Sauce

<https://www.forksoverknives.com/recipes/vegan-burgers-wraps/zoodle-summer-rolls-pesto-sauce/>

Serves 4 PREP 30 min

INGREDIENTS

- 8 large romaine lettuce leaves
- 1 medium zucchini, spiralized into noodles (or cut into 3-in matchsticks)
- 8 rice paper wrappers
- 1 medium red or orange bell pepper, cut into 3-in matchsticks
- 1 medium yellow bell pepper, cut into 3-in matchsticks
- 2 cups fresh basil leaves
- ¼ cup pine nuts
- 3 tablespoons lemon juice
- 1 clove garlic
- ¼ teaspoon sea salt
- ⅛ teaspoon freshly ground black pepper
- Package of prepared hummus



INSTRUCTIONS

1. Tear lettuce leaves from ribs; discard ribs. Cut lettuce into 3x1-inch strips.
2. Line a baking dish with paper towels. Spread zucchini noodles in baking dish. Pat noodles dry with additional paper towels. Create an assembly station with rice paper, lettuce, zucchini noodles, and bell peppers. Fill a wide shallow bowl halfway with warm water and place near rice paper with a cutting board.
3. To assemble, gently slide a rice paper sheet into the bowl of water; let soak 20 seconds to soften. Remove sheet from water and put on a cutting board. On the edge closest to you, place a few lettuce strips then top with some zucchini noodles, two sticks each of red and yellow bell peppers, and a spoonful of hummus.
4. Fold the nearest edge of rice paper up and over the filling, tucking it under the roll and pulling the roll toward you. Hold the fold in place with your thumbs on either side and fold in left and right sides. Continue rolling until wrap is rolled up. Repeat with remaining rice paper and filling ingredients.
5. For pesto sauce, in a blender combine the remaining ingredients and ½ cup water. Cover and blend until smooth.
6. Serve with pesto sauce for dipping.

Sunshine Gazpacho

<https://www.forksoverknives.com/recipes/vegan-soups-stews/sunshine-gazpacho/>

Serves 4 PREP 20 min

INGREDIENTS

- 2 medium apples, peeled and cored
- 1 tablespoon lemon juice
- 10 fresh mint leaves
- 1 English or 2 Persian cucumbers, peeled, seeded, and roughly chopped (1¾ cups)
- 1 lb. yellow heirloom tomatoes, peeled and roughly chopped
- 1 2-inch-thick wedge yellow onion
- 1 fresh Anaheim chile pepper, seeded and chopped
- 1 clove garlic
- 1 teaspoon sherry vinegar or white wine vinegar
- Tabasco sauce (optional)
- Sea salt, to taste
- Freshly ground black pepper, to taste

INSTRUCTIONS

1. Thinly slice enough apple for garnish; toss slices in lemon juice. Chop remaining apples. Finely chop two of the mint leaves.
2. In a blender or food processor combine chopped apples, the remaining eight mint leaves, and the next six ingredients (through vinegar). Blend until smooth. Season to taste with Tabasco sauce (if desired) and salt.
3. Transfer soup to an airtight container; cover. Refrigerate for at least 1 hour. Garnish soup with sliced apple, additional mint leaves, and black pepper.

T's NOTES: make this dish even more delicious and hearty by adding canned chickpeas, drained and rinsed.



“No-Tuna” Salad Sandwich

<https://www.forksoverknives.com/recipes/vegan-burgers-wraps/vegan-no-tuna-salad-sandwich/>

Serves 4 Prep 15 min

INGREDIENTS

- 1 (15-ounce) can chickpeas, drained and rinsed
- 3 tablespoons tahini
- 1 teaspoon Dijon or spicy brown mustard
- 1 tablespoon maple syrup or agave nectar
- ¼ cup diced red onion
- ¼ cup diced celery
- ¼ cup diced pickle
- 1 teaspoon capers, drained and loosely chopped
- Pinch each sea salt and black pepper
- 1 tablespoon roasted unsalted sunflower seeds (optional)



FOR SERVING

- 8 slices hearty wholegrain bread or wrap
- Dijon or spicy brown mustard
- Romaine lettuce
- Tomato, sliced
- Red onion, sliced

INSTRUCTIONS

1. Put the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole.
2. Add tahini, mustard, maple syrup, red onion, celery, pickle, capers, salt, pepper, and sunflower seeds (if using) to mixing bowl. Mix to incorporate. Taste and adjust seasonings as needed.
3. Toast bread if desired, and prepare any other desired sandwich toppings (such as lettuce, tomato, and onion).
4. Scoop a healthy amount of the chickpea mixture (about ½ cup) onto one slice of bread, add desired toppings and top with second slice of bread. Repeat for additional sandwiches.