



Week Five

Vegan Recipes

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Cranberry-Almond Granola

Ingredients

- 2/3 cup frozen unsweetened apple juice concentrate, thawed
- 1/2 cup maple syrup
- 1/3 cup almond oil, or canola oil
- 1/4 cup packed dark brown sugar
- 1 tablespoon ground cinnamon
- 1/2 teaspoon salt, or to taste
- 5 cups rolled oats, (not quick-cooking)
- 1 cup toasted wheat germ
- 1 cup whole almonds, coarsely chopped (4 1/2 ounces)
- 1/2 cup sunflower seeds, (2 ounces)
- 1 cup dried cranberries, divided

Directions

1. Position racks in the top and bottom thirds of the oven; preheat to 325°F. Coat 2 large baking sheets with sides with cooking spray.
2. Whisk apple juice concentrate, maple syrup, oil and brown sugar in a medium saucepan. Bring to a simmer over medium-high heat, stirring occasionally. Remove from heat; stir in cinnamon and salt.
3. Mix oats, wheat germ, almonds and sunflower seeds in a large bowl. Stir in the juice mixture; toss to coat. Spread the granola evenly on the prepared baking sheets.
4. Bake the granola for 15 minutes, stirring once or twice. Reverse sheets top to bottom and back to front. Continue baking until lightly browned and aromatic, stirring frequently, about 15 minutes more. Transfer the baking sheets to wire racks; stir 1/2 cup dried cranberries into the granola on each sheet. Let cool completely.

Serving Size	Calories	Fat	Protein	Sodium
½ cup	262 per serving	11g per serving	7g per serving	229mg per serving

BREAKFAST

Chunky Vegetarian Chili

Ingredients

- 1 tablespoon vegetable oil
- 2 cups chopped onion
- 1/2 cup chopped yellow bell pepper
- 1/2 cup chopped green bell pepper
- 2 garlic cloves, minced
- 1 tablespoon brown sugar
- 1 1/2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 (16-ounce) cans stewed tomatoes, undrained
- 2 (15-ounce) cans black beans, rinsed and drained
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (15-ounce) can pinto beans, rinsed and drained

Directions

1. Heat the oil in a Dutch oven over medium-high heat.
2. Add onion, bell peppers, and garlic; sauté 5 minutes or until tender.
3. Add sugar and remaining ingredients, and bring to a boil.
4. Reduce heat, and simmer 30 minutes.

Serving Size	Calories	Fat	Protein	Sodium
1 cups	257 per serving	2.7g per serving	12.8g per serving	286mg per serving

Glazed Lentil Walnut Apple Loaf

Ingredients

- 1 cup uncooked green lentils
- 1 cup walnuts, finely chopped and toasted
- 3 tbsp ground flax + 1/2 cup water
- 3 garlic cloves, minced
- 1.5 cups finely chopped sweet onion
- 1 cup finely chopped celery
- 1 cup grated carrot
- 1/3 cup peeled and grated sweet apple (use a firm variety)
- 1/3 cup raisins
- 1/2 cup oat flour
- 3/4 cup breadcrumbs
- 2 tsp fresh thyme (or 3/4 tsp dried thyme)
- salt & pepper, to taste
- red pepper flakes, to taste

Balsamic Apple Glaze

- 1/4 cup ketchup
- 1 tbsp pure maple syrup
- 2 tbsp apple butter (or unsweetened applesauce in a pinch)
- 2 tbsp balsamic vinegar

Directions

1. Preheat oven to 325°F. Rinse and strain lentils. Place lentils into pot along with 3 cups of water (or veg broth). Bring to a boil and season with salt. Reduce heat to medium/low and simmer, uncovered, for at least 40-45 minutes. Stir frequently & add touch of water if needed. The goal is to over-cook the lentils slightly (see pictures in post). Mash lentils slightly with a spoon when ready.
2. Toast walnuts for about 8-10 minutes. Set aside. Increase oven temp to 350°F.
3. Whisk ground flax with water in a small bowl and set aside.
4. Heat a teaspoon of olive oil in a skillet over medium heat. Sauté the garlic and onion for about 5 minutes. Season with salt. Now add in the diced celery, shredded carrot and apple, and raisins. Sauté for about 5 minutes more. Remove from heat.
5. In a large mixing bowl, mix all ingredients together. Adjust seasonings to taste. Grease a loaf pan and line with parchment paper. Press mixture firmly into pan. Whisk glaze ingredients and then spread half on top of loaf. Reserve the rest for a dipping sauce.
6. Bake for 40-50 minutes, uncovered. Edges will be lightly brown. Cool in pan for at least 10 minutes before transferring to a cooling rack.

DINNER