



# Week Eight

Vegan Recipes

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# Tasty Potato Hash

## Ingredients

- 2 Tablespoons extra-virgin olive oil
- 1 pound organic frozen hash browns
- 3-5 scallions, minced
- 6 ounces tempeh bacon, cut into 1/2" pieces
- 2 Tablespoons capers
- 1/4 - 1/2 cup cashew sour cream or use store-bought vegan sour cream
- 1 Tablespoon whole-grain Dijon mustard
- Sea salt and freshly ground black pepper, to taste

## Cashew Sour Cream

- 1 cup cashews
- 1 Tbsp. miso
- 1-2 Tbsp. lemon juice, or to taste
- 1-2 Tbsp. apple cider vinegar, or to taste
- 1 teaspoon sea salt

## Directions

1. **Cashew Sour Cream:** Combine all ingredients in a blender and process until smooth, adding water as needed to lighten consistency.
2. **Potato Hash:** Heat the oil in a large skillet. Add frozen hash browns and scallions and sauté over a medium flame, covered, until the potatoes begin to brown on the bottom. Flip and brown again.
3. Meanwhile, combine all remaining ingredients in a medium bowl. Add the sour cream mixture to the browned hash browns and cook just long enough to heat, about 3 minutes.
4. Salt and pepper to taste.

# BREAKFAST

# Oven Crisp Pesto Eggplant Parmesan Sandwich

## Ingredients

- 1/2 eggplant
- 1 red pepper, julienned
- 4 whole tomato slices
- 1 crusted French bread baguette
- 1 ½ cups vegan mozzarella cheese
- 1 cup fresh spinach
- Olive oil

## Pesto Spread

- 1 cup raw cashews
- 1/4 cup olive oil
- 2 cloves garlic, chopped
- 1/2 cup fresh basil
- Water
- Salt to taste

## Directions

1. Preheat broiler. Slice eggplant lengthwise to ¼" slices. Cut slices to 2" strips.
2. Brush both sides of eggplant strips with olive oil and place on baking sheet.
3. On separate baking sheet, toss tomato slices and red peppers with olive oil and spread out.
4. Place both baking sheets in oven under broiler for 10 minutes, until veggies are tender
5. **Pesto Spread:** Combine all ingredients except water and salt in blender or processor until a chunky texture is achieved, adding a little water at a time until smooth puree. Salt to taste and blend.
6. Remove sheets from oven and set aside. Cut baguette lengthwise and cut halves in half. Arrange on baking sheet open faced.
7. On bottom half, spread thin layer of pesto spread, sprinkle mozzarella, and add eggplant strips, cheese, 2 tomato slices and peppers, cheese, spinach, and cheese.
8. Brush top half of baguette slices with olive oil.
9. Place sandwiches in oven for 10 minutes or until bread is crisp and cheese is melted.
10. Remove from oven, spread pesto sauce on top half of baguette and assemble sandwiches.

11. Serve

# LUNCH

# Summer Seitan Sauté

## Ingredients

- 2 tablespoons olive oil, divided
- 1 medium red onion, in thinly sliced half moons
- 1 jalapeno, thinly sliced (seeds removed if you want less heat)
- 8 oz seitan, thinly sliced
- 1 cup fresh corn kernels, from 2 ears of corn
- 8 oz cremini mushrooms, sliced into thin strips
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon salt
- Fresh black pepper
- 3 cloves garlic, minced
- 3 tablespoons fresh lime juice

## Directions

1. Preheat a large, heavy bottomed pan over medium-high heat. Sauté onion and jalapeno in two teaspoons oil and a pinch of salt, until translucent, 3 to 5 minutes.
2. Add the seitan and corn, and an additional tablespoon of oil and cook for about 5 minutes, until seitan is lightly browned, stirring often.
3. Add the mushrooms, cilantro, salt and pepper and cook for about 5 minutes.
4. Push everything to one side of the pan so there is space to quickly sauté the garlic. Put the remaining teaspoon of olive oil in the pan and toss in the garlic, stirring as it sizzles, for about 15 seconds. Then mix everything together and add the lime as well.
5. Salt and season to taste, and serve over rice, with a scoop of guacamole. Garnish with fresh cilantro, if desired.

# DINNER