



Week Eleven

Vegan Recipes

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Breakfast Casserole

Ingredients

'Egg' Mixture:

- 1/2 cup plain soy milk
- 1 pound extra-firm tofu
- 2 tablespoon olive oil
- 1 tablespoon soy sauce
- 2 garlic cloves, crushed
- 1 tablespoon onion powder
- 1 teaspoon thyme
- 1 teaspoon turmeric
- 1 teaspoon paprika
- 1 teaspoon garlic salt
- 1/3 cup nutritional yeast

Casserole:

- 1 package Gimme Lean Sausage
- 2 tablespoon olive oil
- 1 quart shredded hash browns (frozen is OK)
- 1 package Daiya Cheddar Style Shreds

Directions

1. Preheat the oven to 450°F.
2. Place all the ingredients for the "egg" mixture in a blender and blend until smooth.
3. Crumble the vegan sausage and brown slightly in 1 tablespoonful of the oil in a pan over medium heat.
4. Use the other 1 tablespoonful of oil to coat the bottom of a large baking dish. Layer the hash browns, the sausage, and the vegan cheese along with any other ingredients that you would like to add.
5. Pour the egg-like mixture over the layered hash browns, sausage, and cheese, then sprinkle more cheese on top.
6. Bake for 25 to 30 minutes.

Serving Size	Calories	Fat	Protein	Sodium
1 cup	189 per serving	12g per serving	4g per serving	158mg per serving

Cauliflower Pizza Bites

Ingredients

- 2 Cups Grated Cauliflower (washed, dried and grated using a food processor or cheese grater by hand until rice-like)
- 1 teaspoon Oregano
- 2 teaspoon Parsley
- 1/4 teaspoon Garlic Powder
- 2 tablespoon Coconut Oil
- 1-2 tablespoon Frank's Hot Sauce
- 1 Flax Egg (1 tablespoon Ground Flax and 3 tablespoon Warm Water)
- 1/2 Cup Firm Tofu
- 1/2 Cup Chickpeas (Cooked and Drained)

Directions

1. Pre-heat oven to 450 F.
2. Spray mini muffin tin with a healthy cooking oil.
3. Make flax egg – Place ground flax and 3 tbsp of water in a small bowl – set aside to let thicken.
4. In a hot frying pan stir-fry the “cauliflower rice” until the cauliflower is slightly translucent (about 6-8 minutes). Place in a bowl and let cool.
5. Place all other ingredients into your food processor and blend until smooth.
6. In a bowl combine both the “cauliflower rice” and blended ingredients. Mix completely.
7. Evenly spoon mixture into muffin tin molds. Press pizza dough down evenly and firmly (Pressing down firmly is very important to make sure these stick together).
8. Place in your oven and bake for 30-35 minutes.
9. Remove the pizza bites from the oven and let set until cool (This is also very important – let these pizza bites set in their pan for 5 – 10 minutes before removing – If you take them out while they are too hot they will break).
10. Once cool remove from muffin tin (either by tipping them out OR by running a thin knife down along the side and popping them out).
11. Use organic, natural pizza or pasta sauce for dipping.

LUNCH

Savory Orange-Roasted Tofu

Ingredients

- 1 14-ounce package extra-firm water-packed tofu, rinsed
- 2 tablespoons red miso, divided
- 2 tablespoons balsamic vinegar, divided
- 4 teaspoons extra-virgin olive oil, divided
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 3 tablespoons chopped fresh basil
- 1 teaspoon freshly grated orange zest
- 1/4 cup orange juice
- 1/4 teaspoon salt

Directions

1. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.
2. Pat tofu dry and cut into 1/2-inch cubes. Whisk 1 tablespoon miso, 1 tablespoon vinegar and 2 teaspoons oil in a large bowl until smooth. Add the tofu; gently toss to coat.
3. Spread the tofu in an even layer on the prepared baking sheet. Roast for 15 minutes.
4. Gently toss asparagus with the tofu. Return to the oven and roast until the tofu is golden brown and the asparagus is tender, 8 to 10 minutes more.
5. Meanwhile, whisk the remaining 1 tablespoon miso, 1 tablespoon vinegar, 2 teaspoons oil, basil, orange zest and juice, and salt in the large bowl until smooth.
6. Toss the roasted tofu and asparagus with the sauce and serve.

Serving Size	Calories	Fat	Protein	Sodium
½ of the recipe	152 per serving	9g per serving	10g per serving	482mg per serving

DINNER