

**Favorite Recipes**  
**from the**  
**Sacramento Vegetarian**  
**Society**

Sensational Salads

Savory Soups

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# Sensational Salads

## **Aztec Salad**

Source: *The Peaceful Palate*

- 2 15-ounce cans black beans
- 1/2 cup finely chopped red onion
- 1 green bell pepper, diced
- 1 red or yellow bell pepper, diced
- 2 tomatoes, diced
- 2 cups fresh or frozen corn, thawed
- 3/4 cup fresh cilantro, chopped (optional)
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons apple cider vinegar
- 1 lime or lemon, juiced
- 2 garlic cloves, minced
- 2 teaspoons cumin
- 1 teaspoon coriander
- 1/2 teaspoon crushed red pepper flakes

Drain and rinse the beans and place them in a large serving bowl with the onion, peppers, tomatoes, corn and cilantro. In a small bowl, combine the vinegars, lemon or lime juice, garlic, cumin, coriander and red pepper flakes. Pour over the salad and toss gently to mix. Serves 8 to 10.

## **Brown Rice Salad**

- 2 cups cold cooked brown rice
- 1/2 cup raisins
- 1/3 cup nuts (cashews, pine nuts or pecans), toasted if desired
- 1/3 cup sliced olives
- 1/2 cup sliced scallions (including greens)
- 1 cup quartered cherry tomatoes
- 2 tablespoons olive oil
- 3 tablespoons white wine vinegar
- salt and pepper to taste

Toss all ingredients together. Let stand about 15 minutes to marinate before serving.

## **Cucumber-Garbanzo Salad**

- 2 cucumbers, peeled and diced
- 2 stalks celery, chopped
- 3-4 medium tomatoes, diced OR
- 3 red bell peppers, diced
- 1 can garbanzo beans, drained
- 1/2 cup fresh parsley, chopped
- 2 teaspoons salt or to taste
- 2 teaspoons pepper or to taste
- 3 tablespoons olive oil
- 1 tablespoon vinegar

Mix ingredients in a bowl, chill and serve. Serves 12.

### Curried Floret Salad

2 1/2 cups broccoli florets  
2 1/2 cups cauliflower florets  
6 ounces dried cranberries  
1/4 cup olive oil  
1/3 cup veganase  
2 tablespoons white vinegar  
1 tablespoon minced chives  
1 tablespoon brown sugar  
1 1/2 teaspoons soy sauce  
1 1/2 teaspoons curry powder  
1/4 teaspoon minced garlic  
1/3 cup sliced almonds

Mix all ingredients except almonds in large bowl and place in refrigerator for at least 2 hours. Add the almonds just before serving.

### Macaroni Salad

1 pound (dry) whole-wheat or spelt elbow pasta  
1/2 cup celery, diced  
1/2 cup frozen peas, thawed  
1 bunch green onions, sliced, including about half the green parts  
1 4-ounce jar sweet pimentos or roasted red bell peppers, drained and sliced (or use frozen red bell peppers from Trader Joe's)  
1/4 cup extra-virgin olive oil  
1/4 cup vegan mayonnaise  
1- 2 tablespoons apple cider vinegar  
1- 2 teaspoons agave nectar or brown rice syrup  
1 medium shallot, minced  
1 tablespoon fresh squeezed lemon juice  
1/4 cup finely minced fresh parsley  
ground pepper and sea salt to taste

optional ingredients: cooked tempeh, cubed favored tofu, sweet pickle relish or chopped dill pickles, fresh herbs, sliced green or black olives

Cook pasta according to package directions. Drain and rinse in cold water. Combine the pasta, celery, green onions, peas and pimentos (or peppers) in a large serving bowl. In a separate bowl, whisk together the oil, mayonnaise, vinegar, agave, shallot, lemon juice, parsley, salt and pepper. Toss into the salad. Add optional ingredients--feel free to experiment! Adjust seasonings, adding more vinegar, sweetener, salt or pepper, as desired. Serves 6.

### **Mediterranean Chickpea Salad**

- 4 cups cooked chickpeas (rinse beans well if using canned)
- 2 large bell peppers, chopped (one green, one red works well)
- 1/4 cup fresh parsley, chopped
- 2 tablespoons fresh mint, chopped
- 3 tablespoons capers
- 1 large lemon, juiced
- 2-3 garlic cloves, crushed
- 4 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt (or to taste)
- optional: green olives, tomatoes

Mix chickpeas, peppers, herbs and capers (and optional ingredients) in a medium-size bowl. In a small bowl, whisk together lemon juice, salt, garlic and oil. Drizzle over chickpea mixture and blend well.

### **Orange and Avocado Salad**

*Source: Something Extra*

- 1 6- to 8-ounce bag organic spring greens
- 2 navel oranges
- 1 ripe but firm avocado, peeled, pitted and sliced
- 4 thin slices red onion
- 4 tablespoons pomegranate seeds (when in season)
- 1/4 cup extra-virgin olive oil
- 3 tablespoons red wine vinegar
- 2 tablespoons vegan cane sugar
- sea salt and pepper to taste

Wash and spin-dry salad greens and place in a serving bowl or on four salad plates. Peel oranges and discard peel. Cut oranges into wedges. Arrange oranges, avocado, red onion and pomegranate seeds over greens. In a small bowl, whisk remaining ingredients and drizzle over salad. *Serves 4.*

### **Rice Salad With Sweet Corn**

- 1 1/2 cups uncooked quick-cooking brown rice
- 2 cups freshly cooked or thawed frozen corn kernels
- 1 1/2 cups finely shredded white cabbage
- 1/3 cup pitted green olives, chopped
- 2 scallions, minced (about 1/3 cup)
- 1 medium red bell pepper, finely diced (about 3/4 cup)
- 1/4 cup chopped fresh parsley or dill
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon salt
- 3/4 teaspoon freshly ground pepper

Cook rice according to package directions. Set aside to cool. In a large bowl, combine rice with remaining ingredients. Toss until well mixed. Serve at room temperature. *Serves 6.*

### Thai Noodle Salad

1/2 cup soy sauce  
1/2 cup sesame oil  
4 tablespoons sugar  
2-4 tablespoons hot chili oil  
4 tablespoons balsamic vinegar  
1 pound vermicelli, angel hair or other thin-noodle pasta  
1 bunch green onions, washed well and chopped  
1/2 cup sesame seeds or pine nuts (or more to taste), toasted (3 to 4 minutes in a 400 degree oven)  
optional: tofu, chopped and steamed broccoli

Combine first five ingredients to make dressing. Cook pasta according to package directions. Combine dressing with pasta. Add onions, sesame seeds or pine nuts and tofu or broccoli (optional). Toss and chill. Refrigerating overnight allows dressing to soak items nicely. Serve cold.

### Thai Slaw

Source: *The Native Foods Restaurant Cookbook*

salad:

6 cups finely shredded green cabbage  
2 cups finely shredded red cabbage  
1 cup shredded carrot  
1 cup roasted, unsalted peanuts  
1/2 cup green onion  
3/4 cup sesame orange vinaigrette (recipe below)  
1/2 teaspoon sea salt  
1/4 teaspoon crushed red chilies (optional)

Mix all ingredients together in a large bowl and serve. If not serving immediately, wait to include peanuts until just before, as they will lose their crunch if they sit for too long in the salad chilling in the refrigerator.

sesame orange vinaigrette:

1/2 cup orange juice  
1/4 cup rice vinegar  
1/4 cup organic maple syrup (regular maple syrup may not be vegan)  
2 tablespoons grated fresh ginger  
1 tablespoon finely minced lemon grass (optional)  
3/4 cup safflower or sunflower oil  
1/4 cup toasted sesame oil  
1 tablespoon sea salt  
1/4 teaspoon white pepper

Purée orange juice, rice vinegar, maple syrup, ginger and lemon grass in a blender. With blender on low speed, gradually add oils, salt and pepper.

### Winter Fruit Salad

- 2 Fuji or Gala apples, peeled, cored, and thinly sliced
- 1 Golden Delicious apple, unpeeled cored and thinly sliced
- 2 ripe pears, peeled, cored, and thinly sliced
- 1/4 cup sugar
- 1/2 cup water
- 1/4 cup Grand Marnier
- 1/3 cup raisins or chopped dried figs
- 1/2 cup unsweetened shredded coconut
- 1/2 cup toasted almonds (or any nuts of your choice), roughly chopped

In a large bowl, combine the apples and pears. In a small saucepan, combine the sugar and water. Bring to a boil and simmer until clear. In another small saucepan, combine Grand Marnier and raisins or figs. Bring to a boil, turn off heat and let steep for 5 minutes. Pour the sugar syrup and dried fruit mixture over fruit in a serving bowl. Add coconut and nuts. Toss well and chill. Serves 4.

# Savory Soups

## Bonnie's Favorite Minestrone Soup

Source: *The Sacramento Bee*

1/4 cup olive oil  
1 medium onion, chopped  
2 garlic cloves, minced  
2 medium carrots, sliced  
16 ounces crimini mushrooms, washed and sliced  
1 medium potato, cut into 1/2-inch cubes  
2 celery stalks, sliced  
1 28-ounce can Italian plum tomatoes  
1 quart vegetable broth  
1 tablespoon fresh parsley, chopped  
2 teaspoons dried leaf basil  
1-2 teaspoons dried oregano  
1 teaspoon sea salt  
1/4 teaspoon black pepper  
2 15-ounce cans dark red kidney beans, drained and rinsed  
2 cups shredded green cabbage  
1 medium zucchini, sliced  
1/2-1 cup whole-wheat or spelt small shell or elbow pasta  
grated vegan Parmesan cheese

Heat olive oil in a 4-quart pot. Add onion, garlic, carrots, celery and mushrooms. Sauté until onion is brown. Add tomatoes with liquid, breaking up the tomatoes with a knife and fork. Stir in broth, potatoes, parsley, basil, oregano, salt and pepper. Bring mixture to a boil; reduce heat. Cover and simmer for 20 minutes. Stir in beans and cabbage. Simmer for 10 more minutes. Stir in zucchini and pasta. Simmer, uncovered, more 10 minutes. Serve with vegan Parmesan. *Makes 6 (2-cup) servings.*

## Carrot Soup

2 pounds carrots  
1 medium potato  
4 cups vegetable broth  
1 cup chopped onion  
2 garlic cloves, minced  
1 teaspoon salt (or to taste)  
1/2 teaspoon dried thyme  
1/2 teaspoon dried oregano  
1 teaspoon dried basil leaf  
2 tablespoons lemon juice

Chop carrots, peel and chop potato and place all in large saucepan with four cups of vegetable broth. Add onion, garlic, salt, herbs and lemon juice. Bring to a boil, cover and simmer until vegetables are tender, about 10 minutes. Purée mixture in a blender and transfer to a large pot with a bitted lid. Simmer 8 minutes.

### **Cream of Broccoli Soup**

Source: *VegWeb.com*

- 4 tablespoons extra-virgin olive oil
- 2 onions, diced
- 6 cloves garlic, diced
- 2 ribs celery, diced
- 3 carrots, diced
- 3 tablespoons flour
- 3 vegan chicken bouillon cubes or tablespoons of dried vegan stock
- 1.5 quarts water (or more to taste)
- 1 large head broccoli, chopped
- 6 Yukon Gold potatoes, diced (this is what makes it creamy)
- 4 tablespoons nutritional yeast
- 2 teaspoon dried oregano
- 1 bay leaf

Heat oil and add onions, garlic, celery and carrots. Add flour and stir-fry for 3 minutes over medium heat. Add stock granules or bouillon and water. Stir bottom to get off all the sticky pieces. Add broccoli, potatoes, yeast, oregano and bay leaf. Bring to a boil, then turn down heat and let simmer for 35 minutes or so. Puree about 3/4 of the soup in a blender and add the puree to the rest of the soup. Serves 8 to 10.

### **Creamy Avocado Soup**

Source: *Post Punk Kitchen (theppk.com)*

- 2 hass avocados
- 2 cups soymilk or more (to desired consistency)
- sea salt and pepper (to taste)
- optional add-ins: lemon and/or lime juice and zest, cumin, cayenne pepper and/or chopped jalapeno pepper, chopped scallions and/or shallots, chopped cilantro, flat leaf parsley, basil, and/or chives, chopped red bell pepper, chopped zucchini, shredded or finely chopped baby spinach

Mash avocados in a bowl with a fork until smooth. Slowly add in soymilk. If you like it creamier, add less soymilk. Thinner? Add more soymilk. Add salt, pepper and any add-ins that suit your taste. You may wish to use a blender for consistent creaminess.

### **Gazpacho With Croutons**

- 1/2 cup chopped red onion
- 1 garlic clove
- 1 28-ounce can no-salt-added whole tomatoes
- 1/4 cup dry seasoned bread crumbs
- 1/4 cup chopped parsley
- 3 tablespoons olive oil
- 1/4 teaspoon salt
- 1 teaspoon pepper
- 2 cucumbers, peeled and chopped
- 2 green bell peppers, chopped
- 2 red bell peppers, chopped
- vegan whole-grain croutons

Pulse onion and garlic in a blender. Add half the tomatoes and all the juice. Purée. Add the next six ingredients, blend and pour into a non-reactive bowl. Chop remaining tomatoes. Stir into purée. Add in half the chopped cucumbers and half the green and red bell peppers. Refrigerate 1 hour. Ladle soup into bowls. Top with remaining cucumber and peppers. Garnish with croutons. Serves 4.



### **Mushroom Barley Stew**

*Source: How It All Vegan*

- 1 medium carrot, chopped
- 1/2 medium onion, sliced
- 2 large cloves garlic, crushed
- 1/2 medium green pepper, chopped
- 1/2 medium red pepper, chopped
- 2 tablespoons olive oil
- 15-20 small crimini mushrooms
- 1 cup dry pearl barley
- 1/2 cup cooked or canned chickpeas, rinsed
- 1 teaspoon cumin
- splash of Tabasco
- sea salt to taste
- pepper to taste
- 1 teaspoon Braggs Liquid Aminos or soy sauce
- 4 cups vegetable stock

In a large soup pot, sauté the carrots, onions, garlic and peppers in oil over medium heat until onions are translucent. Add the mushrooms and sauté until the mushrooms become fragrant and tender. Add the barley, chickpeas, cumin, Tabasco, salt, pepper, Braggs and stock and simmer for 20 to 30 minutes until barley is cooked. Serves 4 to 6.

### **Mushroom Leek Soup**

- 4 cups vegetable broth
- 2 quarter-inch thick slices fresh ginger
- 2 scallions (white and green parts, cut into 2-inch pieces)
- 1 tablespoon extra-virgin olive oil
- 2 small leeks, white part only, sliced into thin slivers
- 1/4 pound fresh mushrooms, sliced
- salt and pepper to taste

Combine the broth, ginger and scallions in a large, heavy saucepan or Dutch oven and bring to a boil. Lower heat, cover and simmer while preparing the rest of the vegetables. In a skillet or sauté pan, heat the olive oil over medium heat. Add the leeks and sauté for 5 minutes, then add the mushrooms and continue sautéing for another 2 or 3 minutes. Remove from heat and add the vegetables, along with any oil left in the pan, to the soup. Simmer another 5 minutes or until vegetables are just tender. Adjust seasonings and serve. Serves 4.

### **Split-Pea Soup**

*Source: Real Simple magazine*

1 pound split peas, rinsed  
1 tablespoon olive oil  
2 medium yellow onions, chopped  
2 celery ribs, chopped  
2 medium carrots, chopped  
5 garlic cloves, peeled  
1 bay leaf  
8 cups vegetable broth  
1/2 teaspoon sea salt  
1/2 teaspoon black pepper

Place the peas in a large pot and add enough cold water to cover. Bring to a boil. Cover, remove from heat, and set aside for 1 hour. Meanwhile, heat the oil in a large pot over medium heat. Add the onions, celery, carrots, garlic and bay leaf. Cook, stirring occasionally, until softened and golden, about 15 minutes. Drain the peas and add them to the vegetables along with the broth. Bring to a boil. Reduce heat, cover, and simmer gently until the peas are softened, about 45 minutes. Remove from heat. Set aside to cool for at least 10 minutes. Remove and discard the bay leaf. Transfer some of the soup to a blender, filling it no more than halfway. Puree until smooth. Repeat with the remaining soup. Return the soup to the pot and place over medium heat until warmed through, about 10 minutes. Season with salt and pepper. *Serves 8.*

# Marvelous Mains

## Black-Eyed Peas

Source: Dr. Dean Ornish

2       tablespoons olive oil  
1       large onion, chopped  
3       cloves garlic, minced  
1       pound black-eyed peas  
6       cups filtered water  
1       bay leaf  
1       pound canned tomatoes, chopped  
1       cup fresh parsley, chopped  
          salt and pepper to taste

Heat oil in a large, heavy-bottomed saucepan and sauté the onion until tender. Add the black-eyed peas, water and bay leaf and bring to a boil. Cover, reduce heat to medium and simmer 30 minutes. Add tomatoes, herbs and garlic and simmer another 30 minutes, or until the peas are tender. Add salt and pepper to taste. Serve with cornbread. Serves 6 to 8.

## Cholent

1 1/4       cups dry kidney beans  
1       cup dry navy beans  
          water for soaking  
1/4       cup sunflower or olive oil  
2       medium onions, sliced  
2       large garlic cloves, chopped (more if you like garlic)  
1/2       cup mushrooms, sliced  
1/2       cup pearl barley  
1/2       teaspoon dried basil, lightly crushed, or 1 teaspoon fresh basil  
2       tablespoons fresh dill, chopped (use thyme if you don't like dill)  
1       teaspoon paprika  
2       large carrots, sliced into 1/4-inch thick pennies  
4       large potatoes, cut into 2-inch cubes (or use some parsnips)  
1       cup dry red wine (optional)  
2       teaspoons tamari soy sauce  
1       large bay leaf, lightly crushed but not broken  
          boiling water or hot vegetable stock (at least 4 cups of liquid)  
          salt and freshly ground pepper to taste

Start this recipe late at night. Wash and pick over the beans. Place them in a large pot, cover with water and bring to a boil. Remove from heat, cover and allow to soak for about an hour. Drain well and set aside. Heat oil over medium heat and sauté onions for a minute or two, then add the garlic and mushrooms and continue to sauté for another minute or two. Add the presoaked beans, barley, basil, dill (or thyme) and paprika, then add the carrots, potatoes, wine, soy sauce and bay leaf. Preheat oven to 225 degrees, then stir enough boiling water or vegetable stock into the pot to rise about one inch above the contents. Add salt and pepper to taste. Cover the pot tightly and cook in the oven overnight (at least 8 to 10 hours, up to 16 to 20 hours). Remove bay leaf. Serves 6 to 8.

### **Green Apple and Butternut Squash Casserole**

*Source: Whole Foods Market (with modifications)*

2           Granny Smith apples, peeled, cored and cubed  
2           bags of frozen, cubed butternut squash (about 20 ounces)  
1           large celery stalk, chopped  
1           small yellow onion, chopped  
3           tablespoons Earth Balance spread  
1/2          cup bread crumbs  
1 1/2       cups cooked wild or brown rice  
            sea salt and freshly ground pepper to taste  
1/2          cup toasted pecans  
2           tablespoons olive oil

Preheat oven to 400 degrees. Microwave apple cubes in a covered dish until they are a good texture: not soft but not hard. Defrost the frozen squash in the microwave. Sauté celery and onion in 1 tablespoon of the Earth Balance spread until onion is golden. Sauté bread crumbs in 2 tablespoons of Earth Balance spread until they are well-coated. Mix everything but the bread crumbs and pecans into a baking dish, coated with olive oil to prevent sticking. Sprinkle breadcrumbs on top and bake for 15 minutes. Garnish with pecans before serving. *Serves 6.*

### **Mediterranean Lentils**

1-2       tablespoons olive oil  
1          onion, diced  
3/4       cup orange/red lentils  
2          cups vegetable broth  
1          14.5-ounce can diced tomatoes  
2          teaspoons cumin  
1          teaspoon cinnamon  
1/4       teaspoon cayenne (or more to taste)  
1/2       teaspoon salt

Heat olive oil and sauté onion for about five minutes or until soft. Add lentils and broth, and simmer for about 35 minutes. Add tomatoes and spices. Simmer for another 15 to 20 minutes. *Serves 4.*

### **Pierogies in a Pot**

2           cups green cabbage, shredded or thinly sliced  
1 1/2       cups potatoes, peeled and cubed (skin can be left on)  
1           large onion, thinly sliced or chopped  
1 1/2       cups rotini or bow tie pasta  
1/2-1      cup shredded carrot (optional)  
            salt, pepper and olive oil to taste

Steam cabbage, potatoes, onion and carrots until potatoes are tender, about 40 minutes. While vegetables steam, cook the pasta according to package directions. Once pasta is al dente, drain and set a side. Drain vegetables and add to pasta. Season with salt, pepper and olive oil, to taste. Toss gently and serve. *Serves 2.*

## **Pueblo Pie**

Source: *The Peaceful Palate Cookbook*

- ½ cup water
- 1 large onion, chopped
- 1 tablespoon minced garlic (about 4 large cloves)
- 1 28-ounce can crushed tomatoes
- 4 tablespoons chili powder
- 2 teaspoons cumin
- 2/3 cup textured vegetable protein (tvp)
- 2/3 cup water
- 1 15-ounce can garbanzo beans, drained
- 1/2 cup roasted red pepper (about 2 peppers)
- 3 tablespoons tahini
- 3 tablespoons lemon juice
- 12 corn tortillas
- 2 15-ounce cans vegetarian chili beans
- 1 cup chopped green onions
- 1-2 cups corn, fresh or frozen

Heat 1/2 cup of water in a large pot or skillet and cook the onion and garlic until soft, about 5 minutes. Add the tomatoes, chili powder, cumin, tvp and 2/3 cup of water. Simmer over medium heat 5 minutes. Process the garbanzo beans, roasted peppers, tahini and lemon juice in a food processor or blender until very smooth. Preheat oven to 375 degrees. Spread about 1/2 cup of the tomato sauce mixture in the bottom of a 9-by-13-inch (or larger) baking dish. Cover with a layer of tortillas, then spread with a third of the garbanzo bean mixture, using your fingers to hold the tortillas in place. Sprinkle with a third of the chili beans, green onions and corn. Spread about 1 cup of tomato sauce mixture over the top. Repeat the layers twice, ending with the tomato sauce mixture. Make sure all the tortillas are covered. Make for 25 minutes. *Serves 10.*

## **Sweet-and-Sour Meatless Balls**

- 1 package Trader Joe's or Nate's frozen meatless balls (or make own)
- 1 16-ounce can jellied cranberry sauce
- 1 12-ounce jar chili sauce
- 2 tablespoons brown sugar
- 1 tablespoon lemon juice

Preheat oven to 350 degrees. Melt sauce ingredients together in a saucepan over medium heat. Pour mixture over frozen meatless balls in pan. Bake for 20-30 minutes. Optional cooking method: Simmer sauce mixture and balls on the stove for 20 minutes or until balls are cooked in the middle. *Makes 48 meatless balls.*

## Tofu Quiche

pie crust:

1/2 cup oil  
1/3 cup hot water  
1 cup whole-wheat pastry flour  
1/2 cup whole wheat flour

Mix the oil and hot water well, then add both flours. Mix just until barely blended. Use hands to form into a ball. Either roll out between wax paper or press into pie pan. To pre-bake, place in a preheated oven at 350 degrees for 20 minutes. *Partially baked would be 8 to 10 minutes.*

filling:

1 pound firm tofu, crumbled  
1/4 cup nutritional yeast  
2 tablespoons tahini  
1 teaspoon nutmeg  
1/2 onion, chopped  
1 1/2 cups potato, sliced  
1 1/2 cups carrots, sliced  
1 1/2 cups peas  
1/2 cup water  
1/4 cup arrowroot powder  
2 teaspoons curry powder  
1/4 cup tamari or Braggs Liquid Aminos  
6 cloves garlic  
1 partially baked 9- to 10-inch pie crust

In a food processor with a steel blade, mix garlic and onion first. Then add tofu and whiz around. Set aside. Steam potato, carrots and peas until tender. Add everything except steamed vegetables to food-processed mixture. Mix well, scraping down sides of bowl if necessary. Transfer food-processed mixture into a mixing bowl, then carefully fold in steamed vegetables. Pour into pie crust and bake at 350 degrees for one hour. *Serves 6 to 8.*

This quiche has Indian curry flavors, but you can make it Mexican by omitting curry powder and nutmeg and adding cumin, coriander and chili powder and by replacing potatoes, carrots and peas with kidney beans, olives, corn and green chilies. Or go Italian by using oregano and steamed zucchini, eggplant and bell peppers as the vegetables.

# Scrumptious Sweets

## Banana Bars

2 cups whole-wheat pastry flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/2-3/4 cup vegan margarine (such as Earth Balance spread; room temperature)  
2/3 cup vegan cane sugar  
2/3 cup vegan brown sugar  
1 teaspoon pure vanilla extract  
1 egg substitute (Ener-G)  
2 1/2 medium-size ripe bananas, mashed  
6-8 ounces vegan chocolate chips

Heat oven to 350 degrees. Mix flour, baking powder and salt in a bowl. In a separate bowl, cream margarine, sugars, vanilla, egg substitute and banana. Add in flour mixture until just blended. Stir in chocolate chips. Spread mixture into a greased and lightly floured 9-by-13-inch baking pan (or two smaller pans). Bake for 30 minutes or until a toothpick comes out clean.

## Chocolate Peanut Butter Cups

*Source: How It All Vegan*

1/2 cup vegan margarine (such as Earth Balance spread)  
3/4 cup peanut butter  
3/4 graham wafer crumbs (look for ones with no honey)  
1/4 vegan cane sugar  
1 cups vegan chocolate chips  
1/4 cup soymilk  
1/4 cup peanuts  
12 cupcake tin liners

In a small saucepan over medium heat, melt the margarine. Once liquefied, stir in the peanut butter, graham crumbs and sugar until well-incorporated. Spoon about 2 tablespoons of the peanut mixture into the 12-cup muffin tin lined with cupcake liners (the liners are important). In a different small saucepan over medium heat, melt the chocolate and milk together until completely melted, stirring often. Spoon over top of the peanut butter cups. Garnish with nuts and allow to set in the refrigerator for 6 to 8 hours before serving. Note: If you want to cover the peanut butter cup completely with a thicker layer of chocolate, double chocolate chip/soy milk mixture. *Makes 12.*

## Chocolate Pie

### crust:

1 9-inch ready-made graham cracker pie crust OR homemade graham cracker pie crust (made with crushed graham crackers, sugar and melted margarine) blended and fitted into 9-inch pie plate OR pie crust made from 2 cups vegan chocolate chips, 1/2 cup vanilla soy creamer and 1 1/2 cups shredded, unsweetened coconut (see directions below)

### filling:

1 16 ounces firm silken tofu  
1/3 vegan powdered sugar, sifted  
1 teaspoon vanilla, coconut, peppermint or mint extract  
2 cups vegan chocolate chips

If making crust from scratch, coat a 9-inch pie plate with nonstick cooking spray. Heat soy creamer in a small pan until hot but not boiling. Add chocolate chips slowly and stir until melted, keeping heat on low. Stir in coconut. Pour into a prepared pie plate, smooth and refrigerate until shell is hardened. While shell is cooling, prepare the filling: Place tofu in a food processor and blend until smooth, scraping sides and bottom of bowl as necessary. Add sugar and vanilla or other extract. Melt chocolate chips in microwave or double boiler. Melt until very silky in texture, stirring constantly. Pour melted chocolate into food processor with tofu mixture and process until combined. Pour into prepared pie shell and refrigerate until chilled and ready to serve.



## Incredible Vegan Carrot Cake

Source: [VegWeb.com](http://VegWeb.com)

cake:

2 1/4 cups all-purpose flour (whole-wheat pastry flour works well)  
2 teaspoon baking soda  
2 teaspoon cinnamon  
1 teaspoon pumpkin pie spice or allspice  
1 teaspoon baking powder  
1 teaspoon salt  
3/4 cup light brown cane sugar  
3/4 cup cane sugar  
3 egg equivalents (use Ener-G egg substitute)  
1 teaspoon pure vanilla extract  
1 cup canola oil  
2 cups finely grated carrots  
1 can (about 14 ounces) crushed pineapple, drained  
1 cup shredded, unsweetened coconut  
1 cup walnuts  
1 cup raisins

Preheat oven to 350 degrees. In a medium bowl, mix flour, baking soda, cinnamon, spice, baking powder and salt. In a large bowl, mix sugar and egg substitute until creamy (works best with an electric mixer). Add vanilla and vegetable oil. Mix wet and dry ingredients together, then add carrots, pineapple, coconut, nuts and raisins. If you prefer a thicker cake, use a 9-by-9-inch glass pan. If you prefer thinner cake with more servings, use a 13-by-9-inch sheet pan. Grease pan. Smooth batter into pan. Bake for 40 to 45 minutes or until toothpick comes out clean. Be sure to let the cake adequately cool before frosting.

faux cream cheese frosting:

1 package vegan cream cheese  
1/3 cup vegan soy margarine (like Earth Balance), softened  
1 teaspoon pure vanilla extract  
2 cups vegan confectioner's sugar, sifted to remove lumps

With an electric mixer, beat cream cheese and margarine. Add vanilla, then add sugar.

Spread on cooled cake.

### **Mexican Chocolate Cake**

*Source: Real Simple magazine*

cake:

1 1/2 cups all-purpose flour  
1 cup vegan sugar  
1/2 cup unsweetened cocoa  
2 teaspoons cinnamon  
1 teaspoon baking soda  
1/4 teaspoon cayenne pepper or ground Mexican chili powder  
1/4 teaspoon salt  
1 cup cold water  
1/4 cup canola oil  
1 tablespoon balsamic vinegar  
1 tablespoon vanilla extract

chocolate glaze:

1 cup vegan confectioners' sugar  
1/2 cup unsweetened cocoa  
6 tablespoons water  
3 cinnamon sticks (optional)  
10 small fresh organic strawberries (optional)

Heat oven to 350 degrees. Lightly coat an 8-inch round cake pan with vegetable cooking spray. Combine all the cake ingredients in a mixing bowl and stir until smooth. Pour into the pan and bake 25 to 30 minutes or until a toothpick inserted in the center comes out clean. Cool in the pan on a wire rack for 10 minutes. Remove from pan and cool completely. When the cake has cooled, whisk together the first three glaze ingredients. Glaze cake and adorn center with a stack of three cinnamon sticks. Or top with strawberries: Dip each berry into the glaze and set aside on wax paper. Pour the remaining glaze over the cake, then arrange the strawberries on top. Set aside to dry, about 30 minutes.  
*Serves 6.*

### **Raw Rich Chocolate Treats**

*Source: Verawnika Clay*

2 cups almonds  
1 1/2 cups dates  
2 tablespoons coconut butter  
2 tablespoons vanilla extract  
1 apple, chopped  
1/2 cup ground carob powder  
1 1/2 cups cacao powder (raw chocolate)

Combine all ingredients in the food processor until smooth. The consistency should be firm yet pliable. If it is tacky, put it into the refrigerator for a half hour before shaping. Form into balls or shapes of your choice, or flatten and cut with cookie cutters and eat as is or dehydrate at 105 degrees for 2 hours.

### **Sam's Vegan Cheesecake**

Source: *The Native Foods Restaurant Cookbook*

crust:

- 2 cups granola (your favorite)
- 4 tablespoons vegan margarine (such as Earth Balance spread)
- 2 tablespoons vegan cane sugar

filling:

- 1 cup (8 ounces) soy sour cream (Tofutti brand)
- 16 ounces soy cream cheese (Tofutti brand)
- 1 cup vegan cane sugar
- 2 tablespoons unbleached flour (whole-wheat pastry flour works)
- 1 tablespoon lemon juice
- 1 teaspoon pure vanilla extract
- 1 teaspoon sea salt (or a bit less - the margarine can be salty)

Preheat oven to 350 degrees. Grind granola in a blender or food processor to the consistency of coarse flour. Melt margarine in a small pot. Mix granola and sugar in a bowl and stir in melted margarine. Press crust mixture into a 9-inch spring-form pan or deep-dish pie tin. Set aside. Blend filling ingredients in a blender or food processor and pour into crust. Bake for 20 to 25 minutes (possibly more, depending on oven) until just golden brown. Serve with a purée of fresh seasonal berries (optional).

### **Sunflower Cookies**

- 1/4 cup pure maple syrup
- 1/4 cup tahini
- 3/4 quick cooking rolled oats (not instant)
- 1/4 cup raw sunflower seeds

Preheat oven to 350. Coat a baking sheet with nonstick cooking spray or lightly oil. In a small bowl, mix maple syrup and tahini to a creamy consistency. Stir in the oats and sunflower seeds, and mix well. Drop spoonfuls of the dough onto the prepared baking sheet. Flatten each cookie slightly with the back of a spoon. Bake 15 to 18 minutes or until lightly browned. Let the cookies cool on the baking sheet for 5 minutes, then carefully loosen them and transfer to a cooling rack. Cool cookies completely before storing them. *Makes about 1 dozen cookies.*