Printer-Friendly Recipes for Older Post from "Plant-Based Nutrition is Affordable"

*Some of the recipes on this blog are older ones, posted before I got a recipe plug-in to make it easier to print. For this reason, I have put those recipes in this document for easy printing. The other recipes have a printer-friendly option that can be found at the top of the recipe, beside the star ratings. From there, it will take you to a black and white copy without pictures. Just make sure to preview before printing and designate which pages to print (page 1 or pages 1-2) to keep from printing advertisements at the bottom. Hope this helps!*

**Breakfasts:**

**Banana-Oat Pancakes**

***Ingredients:***

* 1 cup oat flour (easily made by blending old-fashioned oats in blender, dry)
* 1/2 cup whole grain flour (oat flour for Gluten-Free)
* 1/2 tsp. baking soda
* 1/8 tsp. salt
* 1/4 cup chopped walnuts
* 1 ripe banana, mashed
* 1 Tbsp. pure vanilla
* 1 Tbsp. maple syrup (or, I used 1 tbsp. unrefined sucanat sugar)
* 1-1/2 tsp. apple cider vinegar
* 1 cup vanilla almond milk (plain will work fine too)

Add all dry ingredients (flours, baking soda, salt, walnuts) to large bowl, and mix together. Make sure to only use oat flour if gluten intolerant.

In another bowl, mash banana well with fork or potato masher. Add all other ingredients (vanilla, maple syrup (or unrefined sugar), apple cider vinegar, and almond milk). Whisk together thoroughly.

Combine both bowls--dry ingredients and wet ingredients, and stir well.

Heat large nonstick skillet. I use an Ozeri pan and am able to cook these with absolutely no oil.  Pour small amounts of batter onto the heated skillet and cook until the tops bubble and edges are dry. Turn pancakes over and cook the other side for about 1 minute, until golden brown. Serve immediately with maple syrup drizzled over the top.

Hash Browns in Tortilla Maker (or waffle iron)

I poured my frozen shredded potatoes (didn't even defrost them), diced onion, and spices (nutritional yeast, sea salt, and dry steak seasoning) onto the warm contraption, closed and latched the lid, and 8-10 minutes later, Boom! Perfect, crispy, no-oil, no-stick hash browns! Note: If you put the shredded potatoes in frozen (as I do),  the lid needs to be pressed down slowly, as they sizzle and defrost. It only takes a few seconds, but the lid won't readily close without slow pressure as the potatoes melt down.

Overnight oats are a mixture of old fashioned oats, plant milk such as almond (soy, cashew, etc.), and other delicious goodies that you mix up the night before in a bowl or jar with lid and leave in the refrigerator overnight. In the morning, you can stumble to the refrigerator and eat it immediately or heat it up in the microwave for just a minute. Overnight oats have a different texture than traditional cooked oats. They are heartier and not smooshy at all. And the best part is versatility. To get you started, here are a couple of options:

**Apple Cinnamon Overnight Oats--**

* 1/2 cup almond milk (or other plant milk)
* 1/2 cup old fashioned rolled oats
* raisins (optional)
* walnuts (optional)
* 2 Tbsp. apple sauce
* 1 tsp. sweetener of your choice (sugar, agave, sucanat, etc.)
* 1/2 tsp. cinnamon
* diced apple chunks for topping

Mix all ingredients (except fresh fruit topping) in bowl or jar. Cover and place in refrigerator overnight. After 8 hours, remove from refrigerator, top with fruit, and eat. Or heat in microwave 1 minute before eating.

**Maple Cinnamon Overnight Oats--**

* 1/2 almond milk (or other plant milk)
* 1/2 cup old fashioned rolled oats
* 1 Tbsp. maple syrup
* 1/2 tsp. cinnamon
* 1 tsp. vanilla extract
* fruit for topping

Mix all ingredients (except fresh fruit topping) in bowl or jar. Cover and place in refrigerator overnight. After 8 hours, remove from refrigerator, top with fruit, and eat. Or heat in microwave 1 minute before eating.

If preferred, the overnight method can be skipped and simply mix your ingredients and microwave for approximately 2 minutes. You will need to add an additional 1/4 cup of almond milk for this cooking method.

Grits & Toast

I like to add nutritional yeast, sea salt, and steak seasoning (dry ground spices) to my grits. These are not 'quick cooking' grits, and only take about 2 minutes in the microwave to fully cook.

French Toast and Breakfast Scramble Wrap can be easily printed from these links by using the 'print' button, which is a picture of a printer and located beside rating stars at top.

For both of these recipes, tell printer to only to print page 1, or it will print advertisements on next page.

**Lunches--**

**Baked Potato Bonanza!**

I like to add nutritional yeast, sea salt, and steak seasoning (dry ground spices) to my grits. These are not 'quick cooking' grits, and only take about 2 minutes in the microwave to fully cook.

**Tofu Sour Cream--**

*Ingredients:*

* 8 oz. silk tofu
* 2 Tbsp. lemon juice
* 1 Tbsp. red wine vinegar
* 1 clove garlic
* 1/4 tsp. sea salt
* 1-2 Tbsp. water to get to the desired consistency

Blend all ingredients in blender until creamy, scraping down sides of blender as needed. Use in recipes such as Creamy Mushroom Stroganoff (recipe found [HERE](http://blog.eatplant-based.com/creamy-mushroom-stroganoff/)). , or serve on baked potatoes, tacos, or enchiladas.

**Thai Spring Roll and Rice**

Thai Spring Rolls are one of our favorites! Other than your choice of veggies, all you will need are rice paper wraps and sweet chili sauce, both available at most Asian grocery stores or on amazon (links below).

Veggies that are my regular choice are: large green leaf (I like either collard, turnip, or chard leaves), shredded carrots and broccoli slaw (both bought already shredded in a bag to make it simpler), green onion, bean sprouts, fresh cilantro (or mint), and crushed peanuts.

You can choose any veggies you like. My favorite Thai restaurant even includes slices of cantaloupe, which sounds weird, but taste wonderful.

Just toss some rice (I usually do a mixture of brown and jasmine rice, sometimes Botan) in your rice steamer,  and you've got a healthy delicious meal without even heating up the stove.

**Veggies in a Blanket** can be printed easily by pressing 'print' button and selecting pages 1-2.

**Smashed Chickpea Avocado Spread** for sandwiches can be printed as well. Select only page 1.

**Spinach Citrus Salad** needs only page 1 printed.

**Mexican Blue Corn Salad** needs only page 1 printed.

**Dinners--**

**Vegan Nacho Supreme** can be printed. Select only pages 1-2.

**Black Bean Burgers** can be printed. Select only page 1.

**Hearty Vegetable Barley Soup** can be printed. Select only page 1.

**No-Meat Loaf**

This recipe is absolutely delicious! The bulgur gives it a wonderful full texture, and the fire roasted tomatoes with spices give it an explosion of flavor! It comes from *Dr. Neal Barnard’s Program for Reversing Diabetes*

***Ingredients:***

* 2 cups cooked Bulgur (this is a whole wheat grain that cooks just like rice and is available at most grocery stores)
* 1-1/2 cups whole wheat bread crumbs (2-3 slices of bread)
* 1-1/2 cups rolled oats
* 1 cup *fire roasted tomatoes, with juice*(fire roasted diced tomatoes add a lot of flavor)
* 1 small onion, diced
* 2 celery sticks, diced
* 1 carrot, diced
* 1/2 green bell pepper, diced
* 1/4 cup finely chopped walnuts
* 3 Tbsps. soy sauce
* 2 tsps. Dijon mustard
* 1/2 tsp. dried thyme
* 1/4 tsp. dried sage
* 1/4 tsp. ground black pepper
* sea salt, to your taste
* 1/2 cup ketchup  (plus enough to top loaf with before baking)

Preheat oven to 350 degrees.  Line a 9 x 13 baking dish with parchment paper.

Combine all ingredients in large bowl (including the fully-cooked bulgur). Mix with spoon, or do like I do and use your  hands to mix thoroughly. Press into prepared dish. Poke holes all over the top with finger, then spread a thin layer of ketchup over the top with spatula. Bake for 60 minutes. I broil mine for 5 minutes, just to get that browned top.

*Helpful Hint*- a blender or food processor makes it easy to make bread crumbs. Also great  chopping walnuts.

**Artichoke Spaghetti Dinner** in 20 Minutes can be printed. Select page 1 only.

**Veggie Udon Noodles** with Sweet Ginger Sauce

***Ingredients:***

* 12 oz. firm tofu, cut into triangles and drizzle with soy sauce. Allow to marinate for 20 minutes.
* 3 medium green onions, sliced at an angle
* 1 cup mushrooms (I used Portobello)
* 1 small bunch of Bok Choy (or spinach), chopped
* 1 red bell pepper, diced
* 1 plentiful handful snow peas
* 8 oz. Udon noodles, cooked

**Sweet Ginger Sesame Sauce--**

***Ingredients:***

* 2 Tbsps. sesame seeds
* Dash of sesame oil (optional) OR 1 tsp. of tahini (available at most grocery stores)
* 2 Tbsps. minced garlic (I used kind from jar)
* 2 tsp. ginger root
* 3 Tbsp. soy sauce
* 2 Tbsp. agave nectar

Cook Udon noodles according to package directions, drain, rinse in cold water, and set aside.

In large skillet, add sesame seeds to dry pan and roast until golden brown and starting to pop. Transfer roasted seeds to a medium bowl. Add all sauce ingredients, and set aside.

Put skillet back on medium heat and add 1 Tbsp. of the sauce. Once it's heated, add marinated tofu to hot pan. Sear on both sides until lightly browned and set aside on a plate. NOTE: I like to freeze my tofu in its container before use because it changes the texture and makes it more firm spongy which is great for some dishes like this. Simply defrost and then marinate and use as usual.

Return skillet back to heat and add 3 Tbsps. of sauce and add Bok Choy. Cook until starting to wilt, approximately 5-7 minutes. Add all other veggies and 1 more Tbsp. of sauce. Allow to cook until veggies are slightly tender.

Toss noodles and the rest of Sweet Sesame Sauce into veggie pan. Add tofu and heat another 3-5 minutes. Now it's ready to eat!