



**EAT PLANTS,
B*TCH**

**91 VEGAN RECIPES THAT WILL
BLOW YOUR MEAT-LOVING MIND**

PINKY COLE

CEO & FOUNDER, SLUTTY VEGAN ATL

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B*TCH


GALLERY BOOKS/13A
NEW YORK LONDON TORONTO SYDNEY NEW DELHI

PINKY COLE

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This cookbook is dedicated to my children.

*May you always enjoy the art of gathering around food
and family while creating lifelong traditions and
memories.*

*I hope these recipes continue to keep our family together
forever.*

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INTRODUCTION

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Young Pinky with her mom and siblings



Pinky in Slutty Vegan's Atlanta location

I started Slutty Vegan in 2018, and it's interesting because when I look back over my life, I think about all the things that I've done since I was a kid to get to this point. Being vegan was something that was already embedded in me: My mother has been a vegetarian for most of my life. While I've never seen her eat meat, she did have fish occasionally (in the Rastafarian tradition, fish is allowed under a vegetarian diet). My father is a vegetarian as well.

Growing up in a single-parent household, with a woman who was a Jamaican Rastafarian, my siblings and I ate what she ate. We ate a lot of fish, soy products, and vegan Ital food. We were raised with a more conscious way of living and got accustomed to that lifestyle.

As I got older, I realized that I still wanted to live that way. In 2007, I decided to become a full vegetarian. I can remember being in college and everybody looking at me like, "This girl is weird. What's wrong with you? You need

some chicken!" But I knew that that wasn't the life that I wanted.

It's funny, in hindsight I see that the universe was guiding me through my vegan journey to set me up for Slutty Vegan. I'm so happy that it happened that way, because what might look like something that happened overnight is actually a success story that has been brewing all of my life. I've always been an entrepreneur. I've always been a hustler. I've always been the person to really take something out of nothing and make it beautiful. I can remember selling chicken sandwiches when I was fourteen. When I was sixteen, I made money by throwing parties. When I was in college, I had a couple side hustles doing hair and being a party promoter. I did everything that you could think of. I would even give people money to flip, whether it was legal or illegal, because I knew that I wanted an opportunity to get my mother out of the situation of being a single parent and having five kids to take care of. When I considered my father, who spent twenty-two years in prison, I just knew that my legacy had to be bigger and better than that.

I had a pop-up restaurant for three years that everybody used to go to, and I sold jerk chicken even though I didn't eat meat. I was telling people it tasted good, but it just wasn't in alignment with who I was. Then I lost that restaurant in 2016 to a grease fire and I thought all was lost. Now I'm glad that it happened because it gave me the knowledge and the education that I needed to be able to open up Slutty Vegan, make some changes, and do things differently.

When I started Slutty Vegan in 2018, I didn't expect it to be anything more than a ghost concept. After I felt good about the concept, I called my best friends, and they said, "Pinky, this is a good idea." Running with it, I went on the Internet and started looking for recipes and started doing all this crazy stuff—and it worked.

Pretty soon, Snoop Dogg ate my first vegan burger, then Jermaine Dupri and Lil Duval, and then everything literally went

up from there. I'm so grateful for how things happen in life. I truly believe that everything happens for a reason. That belief is really what allowed me to be able to create opportunities for myself and for other people.

Since 2018, I've been able to open up three brick-and-mortar locations and two food trucks. I've been on tour in over twenty states with our food truck to test the market and get people excited about the brand. I've done partnerships with Shake Shack, Incogmeato, Rap Snacks, and Impossible Foods. I've been able to leverage other people's platforms to take my brand to the next level. What makes Slutty Vegan beautiful is that we make good food. Vegan or not, we make good food, and people can appreciate it. When people, especially our people, eat good food, it's enjoyable.



Pinky cutting the ribbon at the grand opening of her restaurant in Jonesboro, Georgia

I'm happy that people who were never interested in veganism are willing to try it because of Slutty Vegan. When you come to Slutty Vegan, you come for the experience and you leave with the food, and we make that necessary. We make a point of that because everyone wants a place to go to that offers not only a good experience but also great customer service and great food. We tied all those things together and are now bringing some of the great recipes from Slutty Vegan to you in this book.

When I started writing and compiling the recipes for *Eat Plants, B*tch*, I wanted to create something that would meet people where they are. These recipes are for flexitarians. I'm not

pushing my agenda on you. I'm simply telling you that you have some options. You can throw some vegan items on your typical menu. This book is dedicated to all of the people who might not want to be vegan but who want choices that actually taste good.

Doing this book is important to me because seeing how unhealthy we are as a people, I know the power of food. Food brings people together. Food connects people on a greater level than you could ever imagine. I am doing what Martin Luther King, Jr. was able to do with Black people and white people: bring them together. But in this case, I'm bringing people together in the name of food. I'm happy that I'm able to do that.

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BLACK, VEGAN, AND COOL

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Pinky during a MorningStar Farms Incogmeato Chik'n Tenders launch event in Atlanta

What does veganism mean to me? Veganism means being able to find self-love within, being mindful of what you consume and having love for the earth and for the animals. To emotionally, spiritually, mentally live better. If you can live better, then you think better, you communicate better, you love better, and you have better relationships.

What makes me happiest is to see so many Black people adopting this lifestyle, whether they believe it's trendy or not. Because for so long, statistically, studies have shown that Black people die from high cholesterol and diabetes at a higher rate than other nationalities. Obviously, I'm no nutritionist, but what I do know is this: Vegan cheeseburgers are way better for us than animal flesh.

In addition to my insights, I thought it would be great for you to hear what it means to be Black, Vegan, and Cool from some of my favorite fellow vegan chefs. Check out what they have to say about what it means to transition to and adopt a vegan lifestyle and some of the benefits to their bodies and their lives.

TIPS FROM BLACK VEGAN CHEFS

I think that veganism is easy. It's not hard at all. It requires you to use your imagination, but veganism is something that can be easily achieved if you really put your mind to it, whether you do it for your

health or you do it for the animals. Whatever you do it for, I believe that living a plant-based/vegan lifestyle will offer you many benefits. Some people lose weight from going vegan. Some people just feel smarter, feel lighter, live longer. But for me, I just wanted to be more conscious. I'm always trying to find new ways to be better than the last version of myself.

My advice for anyone going vegan is to start simple: Veganize your staples first, such as pasta, sandwiches, soups, and burgers. Never compromise flavor. After all, you don't eat unseasoned meat, so don't eat unseasoned veggies! **—ERIN WELLS, AKA THAT CHOCOLATE VEGAN**

For those considering transitioning to veganism, it's important to understand that being a vegan is not a diet, it's a lifestyle choice. I suggest taking the transition slowly and really take the time to educate yourself on what you're putting into your body. Your body is your temple! I also encourage you to enjoy the process. Try new things and really get in touch with yourself. Yes, there are going to be days when you have setbacks and indulge in that chocolate cake—but then get back to it. I promise the way you will feel both mentally and spiritually is much more rewarding! **—CHEF QUAN**

Research is KEY! There are unlimited plant-based options that you must learn. Educate yourself about universal seasonings, spices, and herbs.

—CHEF EL-AMIN

Try new fruits and veggies. A great place to start is the Asian market. Asian grocery stores have a global assortment of goodies. There are eighty thousand edible plants on the planet. Most people will only experience 5 percent or less just based on geographical location and proximity to fresh produce. The more veggies you like, the fewer animals you eat. Eat cultural foods. American food is very meat centered. However, this is not the case for many exotic cultures. My top picks are Ethiopian, Thai, Mediterranean, and Indian restaurants. They are also super clutch because they exist in every city. With this perspective a delicious WELL-SEASONED vegan meal is always around the corner. **—SUNNI SPEAKS**

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BLACK BOSS TINGS

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When I asked some of my favorite fellow vegan chefs to share some of their favorite recipes for this book, I wasn't expecting them to also come back to me with amazing advice about what it means to be an entrepreneur. In addition to packing this book with my favorite recipes of theirs, I thought it would be a beautiful thing to share with you some of their wisdom about what it has meant for them to create their own businesses, particularly in the food and service industry. So many people in our industry have been severely impacted by the COVID-19 crisis and struggled to keep their restaurants, food trucks, and catering services going. Even if you aren't in the food industry, as a self-made woman entrepreneur, I thought that this would be the perfect way to show you what it means to be a Black boss and give you some good insight from people who have been there, done that, and can inspire you to go after your biggest dreams.

For any entrepreneur entering the culinary space, I encourage you to push yourself to have a fearless mindset. Working as an independent chef, I've learned that the fear of failure does more damage to your brand than not accepting a challenging opportunity that could potentially take you to the next level. All you need is that one look! Whenever you face adversity, I challenge you to dig deep and believe in yourself; find your way through any obstacles you may face. The road less traveled will not be smooth, however, as long as you stay true to your purpose and remain diligent, the reward will be worth every second of the work you put in. —CHEF QUAN

I think that one of our biggest accomplishments was being able to bounce back after our falls. We've had two big falls where we lost our credibility: We grew so fast that we weren't able to meet the needs, so no one wanted to do service or business with us. It was pretty bad... but because we knew our purpose, we got back up and rebuilt trust and credibility, and the trust of the people.

We gained better customer service and now the business is flourishing. We see our business going to a place where we are able to

reach people and make them feel good about making better choices. We're not religious food bullies but more or less your Cleansing Saints.

We will have a warehouse where we will test and produce our own supplements, our own protein, our own detox teas. We will sell these in stores across America so people can start to understand the benefit and the beauty of a cleanse, and we are going to be your one-stop shop for being able to do that. We want to be able to appeal to the vegan, to the nonvegan, to the health-conscious, and to those who are clueless. We understand the beauty of moderation over deprivation and want all to have as healthy a lifestyle as possible.

My tidbit for success as an entrepreneur would be to never give up. Consistency is key and no matter what, know your purpose. When you go in knowing the why, the what and the how will always catch up with you.

—CRYSTAL SHAE BARNWELL

Leap and the net will appear. Many of us feel that so many things have to be right or perfect in order to “jump off the porch” with our endeavors. But faith without works is dead. So we must have faith, but also move, because whatever entity we believe in will only meet us halfway in movement as well as effort. You are never broke until you run out of network. Keeping good people around your business is key. Managing our business relationships is absolutely critical to success. Without favors being done or owed, many businesses would fail almost immediately. People don't buy your product from you; they buy how you make them feel about your product. Everything a person buys, whether product or service, is based on their experience. It's absolutely essential to make sure that every person who comes in contact with your product, service, or brand has a stellar experience. —

SUNNI SPEAKS

For any upcoming entrepreneurs I would say try to be consistent in delivering quality and creative content. Also never measure your success by anyone else's. Everyone has their own path to success. —

CULINARY GROOVE

To be successful as an entrepreneur is to never give up. There will be doors slammed again and again, but keep going until you can kick one down!

—ERIN WELLS, AKA THAT CHOCOLATE VEGAN

*It's okay to reroute—just make sure you **STAY** on track!* **—CIERRA BROOKS**

*Destiny is not a place; destiny is a **PURPOSE** to be reached. The two most important days of your life are the day you were born and the day you find out **WHY** you were born.* **—CHEF EL-AMIN**

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VEGAN PANTRY STAPLES

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How do you get started with making sure that you can cook the amazing recipes that you're about to discover in this book? No worries, I got you covered. In this chapter, I am breaking down my favorite vegan staples that'll help you get some basic oils in your pantry; put in some good nut butters, nondairy milks, and cheeses; and learn how to use some great substitutes for your favorite baking and everyday recipes.

OILS

HIGH OLEIC SAFFLOWER OIL. Perfect for higher-temperature cooking, since the oil is resistant to scorching.

OLIVE OIL. Good for general low-temperature cooking. Always buy “extra-virgin,” and try to get it unfiltered if possible. Unrefined olive oil offers a strong, peppery flavor that, together with balsamic vinegar, is a wonderful dip for freshly baked breads.

SESAME OIL. An inexpensive way to jazz up any dish, especially stir-fried vegetables and Asian-style noodles. Sesame oil has a very low scorching point, so it's best to add it to your food right before serving. The flavors are strong, so just a squirt of oil goes a long way.

UNREFINED COCONUT OIL. Perfect for dishes with delicate flavors. Coconut oil also perfectly complements the flavor of most vegetables.

NUT BUTTERS, MILKS, AND CHEESES

NUTS AND NUT BUTTERS. Keep a variety of roasted whole nuts on hand; they make a great vegan snack. And check the recipes for specific nuts, like almonds and cashews, which can be purchased raw or roasted and sliced, chopped, or whole.

There are also a number of ways to add nuts to your diet besides eating them whole. One obvious way is to purchase nut butters. While peanut butter is by far the most popular such

product, any nut can be ground into butter. Almond, cashew, and hazelnut butters are widely available. Many natural foods stores also stock macadamia nut butter and pistachio butter.

Nut butters are good for far more than just sandwich spreads—they're also an incredibly versatile cooking ingredient.

NONDAIRY MILKS. Nondairy milks come in a variety of options. You'll see coconut, almond, and oat in my recipes but there are plenty more, from pea milk to rice milk. Take your time and see which milk works best for you and your family.

VEGAN CHEESES. Like nondairy milks, the world of vegan cheeses is massive. Whatever you're looking for, you can find it. Need shredded mozzarella, sharp cheddar, American? There is a nondairy option; check your local supermarket or health food store.

EGG REPLACEMENTS

APPLESAUCE. Using applesauce is a fat-free way to replace eggs in baked goods. Use $\frac{1}{4}$ cup of unsweetened applesauce to replace each egg in a recipe. In addition to reducing calories, this vegan egg replacer adds moisture and flavor to cookies, cakes, muffins, and breads.

FLAXSEED. For each egg in a recipe, combine 1 tablespoon of ground flaxseed with 3 tablespoons of water, stir to combine, and let stand for 5 minutes to thicken. Ground flaxseed emulates eggs' binding qualities in breads, cakes, muffins, cookies, burgers, and vegan meatballs.

RIPE BANANAS. Ripe bananas work as a vegan egg substitute by adding moisture to plant-based recipes, while also imparting sweetness. However, be sure to add more of the leavening agent (such as baking powder) to avoid dense baked goods. Ripe bananas are best suited for cakes, pancakes, and brownies. Use 1 ripe medium banana, mashed up, to replace each egg in a recipe.

TOFU, SILKEN AND FIRM. Tofu is a protein-packed vegan egg substitute. Soft silken tofu adds a creamy texture when used as an egg substitute in cheesecakes, ice cream, sour cream, or puddings. Firm tofu is a great option for egg-free cooking, and works best in savory dishes such as eggless quiches, lasagna, vegan egg salad, or a breakfast scramble. A quarter cup of pureed silken tofu can be used to replace each egg in a recipe.

TAPIOCA STARCH. Tapioca starch is used as a binding or thickening agent for sauces, puddings, and condiments. Use 1 tablespoon of tapioca starch, blended with 3 teaspoons of water, to replace each egg in a recipe.

CHICKPEA FLOUR. High in protein, chickpea flour works as both a binding and raising agent and is one of the best natural egg replacements in baked goods, such as scones, cookies, and biscotti. With a surprisingly similar texture and flavor to eggs, chickpea flour has also become a common egg substitute in omelets and quiches. For each egg in a recipe, mix 3 tablespoons of chickpea flour with 3 tablespoons of water until it combines to a thick and creamy paste.

VEGAN FAQ

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WHAT DOES IT MEAN TO BE VEGAN?

To me, being vegan means being compassionate to all forms of life. I have made the choice to eliminate all animal products from my life and diet. A Slutty Vegan, in my mind, is someone who eats vegan but enjoys junk food—as long as it's not dead. I chose that name for my business because I knew it would be a great hook and help people to reimagine food. What I didn't know was how much of an impact it would make in the long run.

WHAT IS THE DIFFERENCE BETWEEN BEING A VEGAN AND A VEGETARIAN?

Vegetarians do not eat meat but still consume animal by-products like milk, cheese, eggs, etc. Vegans make the choice to forego any meat or animal products.

WHY DID YOU DECIDE TO BECOME VEGAN?

I was one of those people who would always try to raise awareness about the impact diet has on health, and how and why heart disease and type 2 diabetes are so prevalent in the Black community. People of color suffer and die from chronic diseases and lifestyle diseases at a disproportionately higher rate than any other race or community. I think that really inspired me to cut out animal products. My mother was also a big inspiration to me when it comes to maintaining a healthy, plant-based diet.

WHAT WERE SOME OF THE GREATEST BENEFITS YOU'VE GAINED FROM A PLANT-BASED DIET?

I think that my diet played a large part in setting me up for success. There was a point in my life, when I'd moved back to Atlanta for good, when I was really focused on myself. I was running, getting my mind together, eating a vegan diet, and mentally preparing for something big that I knew was coming, and it just so happened that Slutty Vegan was right around the corner.

WHAT IS THE BEST WAY TO START EXPERIMENTING WITH A PLANT-BASED DIET?

I think healthy eating means eating what makes you feel good! We know that things like vegetables and quinoa are a big part of most vegans' diets, but who says you can't enjoy a great burger every now and again, too? There are lots of great plant-based burgers (and pizza and "chicken" nuggets and...) out there, so I suggest starting with vegan versions of the foods you know and love. Food isn't just about feeding your body, it's also about nourishing your soul. Being healthy means being able to take time away from your busy life to indulge in

the little pleasures, and there's no greater pleasure than eating good food with good people.

HOW DO I FIND VEGAN ITEMS IN A SUPERMARKET?

The best way to find vegan options in a supermarket is to read signs and labels. Many markets have aisles dedicated to plant-based or vegan foods, or group those items together. If your local market doesn't have a dedicated aisle, check for food packaging with labels that say "plant-based" or "vegan." You can also read ingredient lists to ensure items do not contain dairy or meat products.

HOW CAN I FIND VEGAN RESTAURANTS?

The internet is your friend! Search "vegan food" and the name of the city you are in or traveling to, and some options should pop up. You can also check websites like HappyCow.Net and even Yelp. Sometimes you may find it hard to find a 100 percent vegan restaurant. If that's the case, you can check with your server or ask to speak to the chef. The chef can usually whip up something tasty without using dairy or meat products. You will find some great vegan options while dining out this way.

WILL A PLANT-BASED DIET HELP ME MANAGE CHRONIC ILLNESSES, SUCH AS DIABETES OR HIGH BLOOD PRESSURE?

Veganism has several health benefits and can contribute to an overall quality of life, including helping to manage illnesses, etc.

HOW CAN I GET MY KIDS OR MY SIGNIFICANT OTHER TO TRY NEW VEGAN DISHES?

Make the things they like, and make them delicious! I believe I can make anything taste good. To do that, I use fresh herbs to spice up all of my meals, as well as pimentos, coconut milk, Jamaican peppers, fresh garlic, vegetable bouillon, exotic mushrooms, and more. Most of our consumers at Slutty Vegan are meat eaters. My core audience is meat eaters. I'm intentional about that. Vegans have already made the conscious decision not to eat meat, but the meat eaters are the people I really want to speak to. They are the ones you need to persuade to

want healthier options, even if it starts at vegan versions of comfort foods and being more conscious about animals.

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ONE
GOOD MORNING, GRAND
RISING

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Like most '80s babies, I grew up looking forward to Saturday mornings, when I could watch my favorite cartoon shows such as *The Smurfs*, *Alvin and the Chipmunks*, and *Jem and the Holograms*. Nothing went better with Saturday morning cartoons than a big old bowl of cereal, and whole milk dribbling down my chin.

While I have definitely traded in the dairy milk for my favorite nut milks and other plant-based goodies, I've discovered that breakfast can be just as fun and exciting as a grown-up vegan as it was for me in my childhood days. As my empire continues to grow and I've got a new baby girl in my life, I now realize just how important it is to start out my day with power fuel that'll keep me going for hours on end.

I love the recipes in this chapter because they are very easy, can be prepared in advance, and will definitely give you good energy throughout your morning without that midmorning slump of weaning off your caffeine or experiencing a rough carbohydrate crash. Some of my favorite recipes in this chapter, and ones that I recommend for those of you who are just starting out on your vegan journey, are the [Berry Smoothie](#), the [Avocado "Bacon" Pastry Bites](#)—which I love making in bulk and warming up throughout the week—the [Fresh Fig Toasts](#), and if you've got some time on a Saturday and a Sunday morning, I highly recommend the [Spicy Sausage Gravy and Biscuits](#). This is a good old Southern breakfast classic that'll keep you full and your mouth watering for more.

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AVOCADO “BACON” PASTRY BITES

Serves 4

These pastry bites combine the best of avocado toast and vegan bacon into a quick breakfast treat that will be satisfying for you and your whole household.

2 teaspoons Slut Dust or your favorite all-purpose seasoning blend
1 teaspoon smoked paprika
¼ teaspoon ground cumin
¼ teaspoon coarsely ground black pepper
¼ teaspoon salt
4 strips vegan bacon, such as Slutty Strips
2 tablespoons extra-virgin olive oil
1 firm, ripe avocado
1½ tablespoons fresh lime juice
4 slices multigrain bread, lightly toasted
4 romaine lettuce leaves, washed and thoroughly dried
2 Roma (plum) tomatoes, sliced

IN a small bowl, combine the Slut Dust, smoked paprika, cumin, pepper, and ⅛ teaspoon of the salt. Using half the mixture, sprinkle one side of the bacon slices.

LINE a plate with paper towels. In a large nonstick skillet, heat the olive oil over medium heat. Arrange the bacon in a single layer, spice-side down. Sprinkle the strips with the remaining spice mixture. Cook until golden brown, about 4 minutes. Flip the strips over and continue cooking for another minute. Remove from the heat and transfer the bacon strips to the paper towels to absorb any excess oil. Set aside to cool slightly.

MEANWHILE, halve and pit the avocado. Scoop the flesh into a bowl and mash it with a fork until creamy. Add the lime juice and remaining ⅛ teaspoon salt and mix well

TO assemble the toasts, spread some mashed avocado on each slice of bread and top with the lettuce, tomatoes, and bacon.

FRESH FIG TOASTS

Makes 24 toasts

You might only associate figs with your favorite Fig Newtons from back in the day, but this classy upgrade, a perfect addition to your small-plate platter, a Sunday brunch, or a weekday morning with the fam, will elevate your palate and impress your crew.

- 1 loaf vegan baguette
- ¼ cup extra-virgin olive oil
- ¼ teaspoon freshly ground black pepper
- 6 ounces vegan cream cheese
- 1 teaspoon fresh lime juice
- ½ teaspoon fresh lemon juice
- 4 ounces sliced roasted almonds
- ½ cup roasted cashews, crushed
- 12 fresh figs, rinsed and patted dry
- 6 tablespoons agave syrup
- 6 tablespoons golden raisins
- ½ cup chopped chives

PREHEAT the oven to 375°F.

SLICE the baguette crosswise on an angle to form 24 crostini and toss with the olive oil to coat. Arrange on a baking sheet and bake until golden brown, 7 to 10 minutes.

SPRINKLE the pepper on top of the crostini and set aside.

IN a medium bowl, mix together the cream cheese, lime juice, and lemon juice until well incorporated.

SPREAD the cream cheese mixture over the crostini and top with the sliced almonds and crushed cashews.

SLICE the figs in half through the stem and place cut side up on the crostini. Drizzle with the agave syrup, top with the raisins and chives, and serve.



BERRY SMOOTHIE

Serves 2 or 3

This satisfying smoothie is filled with seasonal berries and supercharged seeds and minerals. A glass of this is a great way to jump-start your morning and keep you full for hours to come.

- 1 cup organic blueberries or mixed berries, fresh or frozen, plus more for garnish
- 1 small ripe banana, sliced and frozen
- 3 tablespoons coconut or almond milk
- 1 tablespoon unsweetened shredded coconut
- 1 tablespoon chia seeds
- 1 tablespoon flaxseed
- 1 teaspoon agave syrup
- 1 scoop plain or vanilla protein powder (optional)

IN a blender combine the berries and frozen banana and pulse on low for 45 to 60 seconds.

ADD the milk, shredded coconut, chia seeds, flaxseed, agave syrup, and protein powder, if desired, and pulse on low until it is smooth and creamy.

POUR into glasses and top with more berries, if desired, and serve.

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BLACKER BERRY, SWEETER JUICE

Serves 1 or 2

There's no better way to get your morning started than to supercharge your day with the antioxidant fighting power of blueberries and blackberries, a potassium blast from a ripe banana, and a handful of fresh mint leaves to wake up your palate. And if you're not familiar with alkaline water, it has added electrolytes and minerals and more good stuff—and it's often carbon neutral! It's the only water I drink, and I serve it in my restaurants. This is an easy, on-the-go juice that will keep you cranking throughout your morning.

1 ripe banana, cut into ¼-inch-thick rounds
½ cup blueberries
½ cup blackberries
½ cup fresh mint leaves
1 cup alkaline water

IN a blender, combine the banana, blueberries, blackberries, mint leaves, and alkaline water, and blend.

POUR into a glass and serve.

ENJOY!

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BLUEBERRY SUNSHINE SMOOTHIE

Serves 1 or 2

Beat the morning blues with a kick of citrus in this refreshing smoothie that will fuel, revive, and energize you for the day ahead.

1 ripe banana, fresh or frozen
1 cup organic mixed berries, fresh or frozen
1 cup wild blueberries, fresh or frozen
½ cup diced green apple, fresh or frozen
½ cup almond milk yogurt
¼ cup freshly squeezed orange juice, plus more if needed
¼ cup agave syrup
Granola and sliced fruit of your choice (optional)

IN a blender, combine the banana, mixed berries, blueberries, apple, yogurt, and orange juice. Blend slowly. Add a small splash of orange juice if needed.

TRANSFER the mixture to a bowl or glass. If desired, top with granola and sliced fruit.

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CARAMEL MOCHA ICED “COFFEE”

Serves 2 or 3

You don't have to depend on Starbucks for your early-morning jolt. My iced “coffee” contains the energy boost you need without the caffeine jitters. This unique blend of cashews, carob powder, dates, and flaxseed will have you ditching your morning coffee for this delightful drink in no time. You can make your “coffee” thicker by using less water and/or ice, or thinner by using more.

½ cup vegan caramel, plus more for garnish
2 cups water
¾ cup chopped dates
⅔ cup raw or roasted cashews
¼ cup Cafix (caffeine-free grain beverage)
2 tablespoons carob powder
2 tablespoons ground flaxseed
1½ cups ice

IN a blender, combine the caramel, water, dates, cashews, Cafix, carob powder, and flaxseed and blend thoroughly, 45 to 60 seconds.

ADD the ice and blend for 10 to 15 seconds more.

DRIZZLE caramel on the inside of a glass for garnish and let it run down the sides before adding the “iced” coffee.

ENJOY!

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GUEST CHEF RECIPE FROM CHRIS HODGE, CHI CHI VEGAN, ATLANTA

CHI CHI'S VEGAN CHURRO WAFFLES

Serves 4 to 6

The deets from the chef: Inspired by the popular Mexican street snack churros and my love for waffles, this breakfast pays homage to Mexican culture as well as my Southern American roots. Serve these warm with your favorite toppings. My favorites are maple syrup, fruit, and vegan whipped cream.

CHURRO COATING:

1 cup sugar
2 tablespoons ground cinnamon
½ cup vegan butter, melted

WAFFLE BATTER:

2 cups unsweetened nondairy milk
¼ cup coconut oil
1 tablespoon pure vanilla extract
2 teaspoons fresh lemon juice
2 cups all-purpose flour
2 tablespoons baking powder
1 tablespoon sugar
½ tablespoon ground cinnamon
½ tablespoon ground nutmeg
½ teaspoon salt
Cooking spray

MAKE THE CHURRO COATING: In a small bowl, mix the sugar and cinnamon together. Spread onto a large plate. Set aside. Set the melted butter aside.

MAKE THE WAFFLE BATTER: In a medium bowl, stir together the milk, oil, vanilla, and lemon juice. Set aside for 5 minutes to create vegan buttermilk.

MEANWHILE, into a large bowl, sift together the flour, baking powder, sugar, cinnamon, nutmeg, and salt.

POUR the liquid mixture into the dry ingredients and gently mix. Small lumps are okay. Don't overmix.

PREHEAT a waffle maker and mist with cooking spray. Add batter and follow the manufacturer's instructions for a

crispy waffle.

REMOVE the waffle and brush with the melted butter on both sides. Dip both sides of the waffle in the churro coating.

REPEAT until all the batter and churro coating are used. Serve immediately.

ENJOY!

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GARDEN SCRAMBLE

Serves 2 or 3

You don't have to settle for boring egg whites with this recipe. This completely vegan scramble will wake up your morning with fresh onions, celery, Roma tomatoes, and mushrooms.

2 tablespoons safflower oil
½ cup diced onion
⅓ cup diced celery
½ cup diced mushrooms
½ pound firm tofu
⅓ cup diced Roma (plum) tomatoes
½ cup shredded vegan cheese
½ teaspoon Himalayan pink salt
½ teaspoon freshly cracked black pepper
Green onions, chopped, for garnish

IN a large skillet, heat the oil over medium heat. Add the onion and celery and cook, stirring occasionally, until translucent, about 10 minutes. Add the mushrooms and cook until tender, about 10 minutes.

ADD the tofu, breaking it up into small pieces, and cook for 3 minutes. Add the tomatoes and cook for 6 minutes more. Stir in the cheese, and season with the salt and pepper. Serve garnished with the green onions.

ENJOY!

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MORNING RELEASE

Serves 2

The perfect way to take your body from sluggish to energized, the Morning Release has healthy chunks of mango, spinach, banana, hemp hearts, flaxseed, and oats. This recipe is going to deliver on its promise, so just make sure you're not too far from home when its power starts to kick in. If you'd like, make your Morning Release ahead of time; it can be stored, covered, in the fridge for up to a day.

1½ cups unsweetened almond milk
1 cup mango chunks, plus more for garnish
1 cup fresh spinach leaves, plus more for garnish
1 ripe banana
1 ounce hemp hearts
1 teaspoon flaxseed, plus more for garnish
1 cup rolled oats
Ice (optional)

IN a blender, combine the almond milk, mango chunks, spinach, banana, hemp hearts, flaxseed, and oats and... well... BLEND!

DON'T even waste time on a cup. Just drink it straight from the blender! But if you do want to keep it classy, serve this smoothie over ice, if desired, in an 8- to 10-ounce glass. Garnish with a few mango chunks sprinkled with flaxseed and a spinach leaf.

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GUEST CHEF RECIPE FROM JEANETTE SELLERS, AKA CHEF WADADA

PARSLEY MOSS SMOOTHIE

Serves 1 or 2

The secret ingredient here is sea moss, which you've likely had even if you didn't know it at the time. It's used in many foods as a binding agent. So, sea moss with banana and avocado here—let's get our gut together!

¾ cup plus 2 tablespoons coconut water
Handful of parsley, plus a couple of sprigs for garnish
¾ cup ice
1 ripe banana, sliced
½ avocado, pitted
1 jumbo Medjool date, pitted
2 tablespoons sea moss gel
1 tablespoon agave syrup
1 tablespoon hemp hearts
1 tablespoon lucuma powder
½ teaspoon moringa powder

In a blender, combine the coconut water, parsley, and ice and blend. Add the banana, avocado, date, sea moss gel, agave syrup, hemp hearts, lucuma powder, and moringa powder and blend until smooth. Pour into a glass and garnish with a sprig of parsley. Serve immediately.

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PAN-ROASTED PB&J

Serves 2

Ain't nothing like reliving your childhood favorites, especially when it comes to a good peanut butter and jelly sandwich. This PB&J gets grown and sexy with a little time in a hot skillet to warm the peanut butter and add a crunchier crust to your favorite bread.

¼ cup vegan mayonnaise
⅔ cup crunchy peanut butter
⅓ cup roasted red pepper jam
4 slices vegan sourdough bread

SPREAD the mayonnaise on one side of the bread slices. Spread the peanut butter and jam on the other side of the bread slices. Close up the sandwiches.

HEAT a large skillet over medium heat. Add the sandwiches and cook until golden brown, about 1 minute. Flip the sandwiches and cook until golden brown on the second side and the peanut butter is nice and gooey, about 1 minute.

SERVE immediately and enjoy.

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GUEST CHEF RECIPE FROM CHEF NIKKI IN THE MIX

SPICY SAUSAGE GRAVY AND BISCUITS

Serves 10

My name is Chef Nikki In The Mix and I'm an Atlanta-based vegan chef. I went vegan in 2016 after I saw footage of what happens inside a slaughterhouse. It was heartbreaking to see the animals being slaughtered and I was disgusted. At that moment, I made the decision to stop eating meat. It challenged me to re-create some of my favorite dishes I grew up enjoying, but without the meat and dairy. This eventually led me to vegan cooking and one of my biggest accomplishments to date, creating my own vegan pancake mix: Nikki's Fat Ass Cakes!

As an entrepreneur, I have grown to trust and learn from "the process." Same with veganism. If you are starting out, go at your own pace. This is your journey and no one else's. Veganism is about making better decisions, not perfection.

1 (8.3-ounce) package vegan spicy breakfast sausage patties
2 tablespoons grapeseed oil
¼ cup all-purpose flour
2 ½ cups unsweetened almond milk
½ teaspoon Louisiana hot sauce
½ teaspoon vegan Worcestershire sauce
½ teaspoon freshly ground black pepper, plus more for garnish
½ teaspoon salt
⅛ teaspoon cayenne pepper
10 [Biscuits](#), freshly made
Parsley, chopped, for garnish

IN a large skillet, cook the sausage over medium-high heat according to the package directions.

TRANSFER the cooked sausage to a bowl and, when it's cool enough to handle, crumble into pieces by hand.

ADD the oil to the pan. Sprinkle in the flour and whisk for 2 minutes.

POUR in the milk and whisk to combine. Add the hot sauce, Worcestershire sauce, black pepper, salt, and cayenne pepper and simmer, whisking constantly, until thickened and smooth, 8 to 10 minutes.

SERVE immediately over the warm split biscuits, garnished with black pepper and chopped parsley.

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BISCUITS

Makes 10 biscuits

¾ cup unsweetened almond milk
½ teaspoon apple cider vinegar
2 cups all-purpose flour, plus more for dusting
1½ tablespoons sugar
1 tablespoon baking powder
½ teaspoon baking soda
1 teaspoon salt
⅓ cup grapeseed oil
Vegan butter, for serving

PREHEAT the oven to 450°F. Line a large baking sheet with parchment paper or a silicone baking mat.

IN a measuring cup, combine the almond milk and vinegar and set aside.

IN a large bowl, whisk together the flour, sugar, baking powder, baking soda, and salt. Add the grapeseed oil and almond milk/vinegar mixture and stir by hand. Gently work it until the dough starts to come together.

TRANSFER the dough to a lightly floured surface. Pat the dough gently to flatten into a square and fold it in thirds. Repeat this process two more times.

PRESS the dough out into a square. Use a 2.5-inch biscuit cutter or drinking glass to cut out the biscuits. Gather any scrap pieces of dough, patting it back down to form a square, and cut out biscuits until you have 10.

ARRANGE the biscuits on the prepared baking sheet touching each other.

BAKE at 450°F until lightly golden brown, 12 to 14 minutes.

BRUSH the tops with butter and serve.

TWO

JAMAICAN SATURDAYS

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In my personal life, I make sure to routinely pause and gather with my village—my family, my closest friends, and the Slutty Vegan leadership team. To do that, we established weekly celebrations known as “Jamaican Saturdays.” On these occasions, we potluck—sharing our favorite foods, cleaning the house, and winding down from weekly stressors. There’s always plenty of food and drinks. This has helped me to remain connected to my cultural roots and to not stay in work mode. Most important, I believe that gathering keeps us connected and feeling supported. This is especially crucial in our industry, where there are high levels of burnout and fatigue among restaurateurs.

In this chapter, I offer my favorite foods for Jamaican cultural gatherings, and I hope that you will enjoy sharing them with your loved ones. First up is the [Beet-tini](#). I am a lover of beets in any form really, and I drink beets all the time for their energy and nutrients. I like beets in my morning shakes, and in my cocktails (or mocktails) at night. The Beet-tini is my version of the martini. It is vibrant and can be enjoyed with or without alcohol. Its rich color is sure to be a conversation starter among guests. My only caution is to be aware that beets may stain your teeth initially, so please keep a glass of water nearby. Of course, no gathering is complete without [Rum Punch](#). This drink reminds me of being home in Jamaica, relaxing on the beach and enjoying the peaceful island vibes. It is a traditional fruit cocktail that tastes best with fresh orange, lime, and pineapple juices.

I also share my favorite savory dishes here, including my Jamaican-style [Pineapple Rice Bowl](#). I enjoy fresh pineapple, so this infused starch is always satisfying. If you are shopping at a Caribbean or organic grocer, I encourage you to also experiment with different varieties of pineapple for this dish. In Jamaica, the varieties of Sugar Loaf, Cowboy, Ripley, and Smooth Cayenne are grown, and they range from very sweet to tart. In addition, pineapple flesh is not very fibrous, so its juices can serve as a marinade when added to the other ingredients. If you are looking to add even more texture, this dish works well with added vegan shrimp marinated in jerk sauce.

For those who aren’t vegan, I included some meals that won’t make guests miss meat during a gathering. First up is [Paella with Vegan Shrimp](#) made with Spanish paella rice. Although this recipe is primarily a seafood dish, my version incorporates vegan bacon and vegan chorizo for texture. In this case, the paella can be made

in so many variations, including with vegetables, beans, different rices (like black rice), and other seasonings.

No gathering is complete without foods that honor the land. For example, you can't go wrong with a veggie kebab. Feel free to explore your local farmers' market and modify the dish to your preference. This dish is especially good for anyone you know who may be practicing a raw diet. I go on a raw diet at the start of every year to cleanse my energy and my body. In this instance, I simply add the raw chopped veggies to my salad while guests enjoyed the char-grilled veggies. It's a dish you can't go wrong with.

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BEET-TINI

Makes 2 cocktails

A party ain't a party without my legendary Beet-tinis! I know some of you might be wrinkling up your nose at the thought of a cocktail infused with such a strong, earthy vegetable like a beet. But I promise you that after one taste of this cocktail, it will become a staple for all your summer hangouts.

4 ounces triple-distilled vegan vodka
½ small beet, peeled and diced
2 ounces fresh pineapple juice
Ice

OPTIONAL GARNISHES:

2 raw beet slices
4 small pineapple spears
2 beet leaves

IN a glass or bowl, combine the vodka and diced beet. Refrigerate for at least 4 hours and up to overnight to allow the beet juice to bleed into the vodka.

STRAIN the vodka into a bowl (discard the beet).

IN a cocktail shaker, combine the beet vodka, pineapple juice, and ice and shake vigorously for about 30 seconds or until the shaker is cold to the touch.

POUR the mixture into cold martini glasses and add any desired garnishes.

SIP SLOW and enjoy!

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GUEST CHEF RECIPE FROM CHEF QUAN

CHICKPEA SUNRISE

Serves 4 to 6

Growing up in a household where my grandfather and mother were the chefs of the family, I always wanted to follow their lead and help out in the kitchen wherever I could. As I grew older and lived on my own, I took on a deeper interest in cooking for myself and friends, as good food is always a recipe for bringing people together. I have never actually worked in a restaurant, but I have always tried to bring restaurant quality to the meals I make, so I began posting pictures of my dishes on social media. Then I was encouraged by a handful of friends to create a page solely for showcasing my creations, and from there I took the leap hosting my own events to deliver luxury private-dining experiences.

As I continued to cook and post my meals, I received multiple inquiries about creating dishes to cater to the vegan community. I took on this challenge, as cooking vegan meals was something I had never considered. Recognizing the need to live a cleaner and healthier lifestyle and with the help of a close friend, I made the decision to include a variety of plant-based options in my diet, which has proven to be rewarding for both my health and personal development.

CHICKPEAS:

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 5 garlic cloves, minced
- 1 large red bell pepper, chopped
- 1 Scotch bonnet pepper, chopped
- 2 tablespoons curry powder
- 1 tablespoon ground turmeric
- 1 teaspoon grated fresh ginger
- 1 teaspoon ground allspice
- 1 teaspoon sweet paprika
- 3 sprigs fresh thyme
- Salt and freshly ground black pepper
- 3 cups vegetable broth
- 1 (15-ounce) can coconut milk
- 2 (16-ounce) cans chickpeas, drained and rinsed
- 3 tablespoons cornstarch (optional)

COCONUT RICE:

- 2 cups vegetable broth

1 (15-ounce) can coconut milk
2 cups long-grain white rice

MANGO SALSA:

2 firm, ripe mangoes, diced
1 avocado, pitted and diced
1 red bell pepper, chopped
½ red onion, diced
3 tablespoons finely chopped fresh cilantro
Salt and freshly ground black pepper

PLANTAINS:

Canola oil
2 ripe plantains, peeled and sliced into 1-inch rounds
Cilantro, chopped, for garnish

MAKE THE CHICKPEAS: In a large heavy-bottomed saucepan or Dutch oven, heat the olive oil over medium heat. Add the onion and cook, stirring, until translucent, about 5 minutes.

ADD the garlic, bell pepper, and Scotch bonnet pepper and cook until aromatic.

STIR in the curry powder, turmeric, ginger, allspice, paprika, thyme, and salt and black pepper to taste and cook for a few minutes.

ADD the broth and coconut milk and bring to a boil. Stir in the chickpeas and cook over medium-low heat, stirring regularly, about 20 minutes or until it has thickened to your desired consistency.

IF you prefer a thicker curry, dissolve the cornstarch in ½ cup warm water and stir into the chickpea curry. Serve as soon as possible after doing this as the curry will thicken more once cooled.

MEANWHILE, MAKE THE COCONUT RICE: In a large saucepan, bring the vegetable broth and coconut milk to a boil. Add the rice, cover, and cook over low heat until the liquid is fully absorbed, about 15 minutes. Remove from the heat.

FLUFF the rice with a fork and keep covered until ready to serve.

MAKE THE MANGO SALSA: In a medium bowl, stir together the mangoes, avocado, bell pepper, red onion, and cilantro. Season with salt and black pepper to taste.

PREPARE THE PLANTAINS: Line a plate with paper towels and set aside. In a deep skillet, heat 1 inch of canola oil to 375°F.

FRY the plantains in the oil until golden brown. Watch carefully, as the sugar in the plantains will caramelize quickly. Drain on the paper towels.

TRANSFER the chickpeas, rice, salsa, and plantains to a large serving dish in separate piles, sprinkle with chopped cilantro, and serve.

FAJITA TACOS

Makes 8 to 10 tacos

These tacos are a good cousin to the [Backyard Quesadillas](#) and will pair well with the [Elotes My Way](#) and the [BBQ Tofu Bowl](#). While the tacos are a lighter item for your hangout menu, they come through with the flavor and will have your peoples asking for more!

- 2 large portobello mushrooms
- 1 red onion, cut into ½-inch-thick slices
- 1 red bell pepper, cut into ½-inch-thick strips
- 1 green bell pepper, cut into ½-inch-thick strips
- 1 teaspoon onion powder
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- 6 tablespoons vegan wine
- 8 to 10 almond flour tortillas
- 1 lime, cut into 4 wedges

CUT off the mushroom stems and use a small spoon to scrape out the black gills from the mushroom caps. Then cut the caps crosswise into ½-inch-thick strips.

IN a skillet, combine the onion and bell peppers and cook, stirring occasionally, over medium heat until tender, 3 to 5 minutes.

ADD the mushrooms, onion powder, cumin, and smoked paprika. Slowly pour in the wine and cook the mixture for 5 minutes.

SERVE the vegetable mixture with the tortillas and lime wedges for squeezing.

ENJOY!

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GUEST CHEF RECIPE FROM CHEF NIKKI IN THE MIX

CREAMY PESTO MAC AND CHEESE

Serves 6 to 8

For many of us, macaroni and cheese is the signature dish of someone in our family, and it makes an appearance at every holiday gathering from Thanksgiving to Kwanzaa. So how can a vegan version even compare? With pesto as an added flavoring and nondairy milk for creaminess, you'll be surprised by how well it does.

CASHEW/PESTO SAUCE:

- 2 cups raw cashews
- 2 cups unsweetened nondairy milk (such as almond, oat, coconut, etc.), plus more if needed
- 2 garlic cloves, peeled
- 1/3 cup nutritional yeast
- Juice of 1/2 lemon
- Salt and freshly ground black pepper
- 1 cup [Basic Vegan Pesto](#)

PASTA AND TOPPING:

- 1 (16-ounce) box/bag short pasta, such as rigatoni, elbow macaroni, or penne, etc.
- Softened vegan butter, for the baking dish
- 1/2 cup shredded vegan cheddar cheese
- 1 cup panko bread crumbs (optional)
- 2 tablespoons extra-virgin olive oil or melted vegan butter (optional)
- Parsley, chopped, for garnish (optional)

MAKE THE CASHEW/PESTO SAUCE: Place the cashews in a bowl and water to cover. Soak for about 2 hours. Drain and rinse thoroughly. (Alternatively, if in a rush you can boil the cashews for about 20 minutes until tender.)

TRANSFER the soaked cashews to a food processor or blender. Add the milk, garlic, nutritional yeast, lemon juice, and salt and pepper to taste. Puree until very, very smooth. This could take a couple minutes depending on the strength of your processor or blender. Add the pesto and mix to combine. If the sauce is very thick, thin it with a little more milk (you can also thin it later if necessary with some of the

pasta cooking water). You can make the sauce ahead and store in the fridge for 3 to 4 days or freeze.

PREPARE THE PASTA AND TOPPING: In a large pot of boiling water, cook the pasta to al dente according to the package directions. (It's always better to cook to al dente to avoid mushy pasta.) Reserve a cup or two of the pasta water before draining (this will come in handy should the cashew cream be too thick).

PREHEAT the oven to 400°F. Butter a 9-inch square baking dish.

ADD the cooked pasta to the baking dish. Sprinkle in half the shredded cheddar and gently stir to combine. If you feel the cashew/pesto sauce is too thick, add some pasta water to ensure the mac and cheese doesn't dry out in the oven. I personally add $\frac{3}{4}$ to 1 cup of pasta water. Toss to combine.

TOP with the remaining cheese and sprinkle with the bread crumbs, if desired. If using bread crumbs, drizzle with the olive oil or melted butter to help with the browning.

BAKE uncovered until warmed through and golden brown on top, 15 to 20 minutes.

SERVE immediately, garnished with a sprinkling of parsley, if desired.

BASIC VEGAN PESTO

Makes 2 cups

Pesto is my favorite sauce. It's super flavorful and so easy to make. This recipe makes more than you need for the mac and cheese, so you can refrigerate any leftovers in an airtight container in the fridge for about a week, or in the freezer for up to 6 months.

2 cups fresh basil (you can keep stems on)
2 tablespoons toasted pine nuts or walnuts
2 large garlic cloves, peeled
Juice of ½ lemon
½ cup extra-virgin olive oil
Salt and freshly ground black pepper

IN a food processor, combine the basil, pine nuts, garlic, and lemon juice and process until very finely minced.

WITH the machine running, slowly drizzle in the olive oil and process until the mixture is smooth. Add salt and pepper to taste.

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CUP OF KELEWELE

Serves 2

Kelewele is a traditional Jamaican snack that can be enjoyed before, during, or after your favorite drink. The bright flavors of ginger, cinnamon, paprika, and nutmeg give this island dish its potent kick.

2 ripe plantains
¼ cup fresh lemon juice
Peanut oil, for frying
½ cup whole raw or roasted cashews
7 tablespoons dark brown sugar
¼ cup diced candied ginger
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon sweet paprika
Red pepper flakes, for garnish

PEEL the plantains and cut them so that they are roughly the same size of your cashews. In a bowl, toss the plantains with the lemon juice and let sit at room temperature for at least 1 hour. Drain the plantains.

IN a large frying pan, heat 2 inches of peanut oil to 400°F.

CAREFULLY add the plantains to the hot oil and fry until golden brown, 2 to 7 minutes, being careful that they don't get too brown.

MEANWHILE, in a medium bowl, combine the cashews, brown sugar, candied ginger, cinnamon, nutmeg, and paprika.

ADD the plantains and some of the oil (do NOT drain all the oil from the plantains, as they need some of the oil to melt the brown sugar) to the bowl and toss to coat with the mixture. Garnish with red pepper flakes.

SERVE while still hot and enjoy!



ELOTES MY WAY

Serves 4

My version of elotes will give you all the punch and spice of this Mexican classic but with easy vegan substitutes that will leave your taste buds and your stomach happy.

4 ears yellow or white corn, half the husks removed
2 tablespoons salt
 $\frac{3}{4}$ cup vegan mayonnaise
 $\frac{1}{4}$ cup hot sauce
 $\frac{1}{2}$ cup grated vegan Parmesan cheese, plus more for serving
 $1\frac{1}{4}$ cups sliced Chinese chives
2 tablespoons vegan butter
2 teaspoons finely minced garlic

BRING a large pot of water to a boil. Add the corn and salt to the water and boil for 7 to 8 minutes.

GRILL the corn, still in half the husk, to your desired texture. Or, to cook it indoors, wrap the ears tightly in foil and place directly on burners heated to low to medium heat. Cook for 8 minutes, then open the foil carefully to check for doneness. Cook for up to 2 minutes more, if desired.

MEANWHILE, in a large bowl, mix the mayonnaise, hot sauce, Parmesan, and 1 cup of the chives until well incorporated. In a small saucepan, melt the butter and garlic together.

COAT the cooked corn with the garlic butter.

PLACE the coated corn on a serving dish and generously top it off with the mayo mixture. Add the remaining $\frac{1}{4}$ cup chives and additional cheese as desired.

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GUEST CHEF RECIPE FROM LUIS MARTINEZ, MY ABUELAS FOOD

GARBANZOS GUISADOS (STEWED CHICKPEAS)

Serves 6

My Abuelas Food is a Puerto Rican experience, serving food that is inspired by our grandmothers. Its mission is to serve traditional Puerto Rican cuisine that everyone is able to indulge in. Our menu provides vegan, vegetarian, and meat-based meals, plus we brew our own beer. While food brings us together, we also love to create a space filled with art, music, and community, and that is welcoming to all. We started as a pop-up in October 2018, then opened the doors of the restaurant on February 29, 2020. Our biggest accomplishment yet is having our beer distributed in our homeland, and we hope to have a brick-and-mortar location in Puerto Rico in the future.

- 1/3 cup extra-virgin olive oil or your preferred oil
- 3 tablespoons sofrito
- 1 tablespoon diced garlic
- 1/2 cup diced yellow onions
- 1/2 cup diced red onions
- 1/2 cup diced green onions
- 1 cup cubed calabaza squash, yellow squash, or potatoes
- 1 tablespoon dried thyme
- 1 tablespoon dried oregano
- 1 tablespoon ground cumin
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 2 (15.5-ounce) cans chickpeas, drained and rinsed
- 2 cups unsalted or low-sodium vegetable broth
- 2 cups water
- 1/4 cup canned tomato sauce
- Handful of chopped cilantro or culantro
- Cooked white rice, for serving

IN a soup pot, heat the oil over high heat. Add the sofrito and cook for a minute or so. One at a time, add the garlic, all the onions, and the squash, giving each component enough time to cook down before adding the next. This helps develop complex flavor and texture. Add the thyme, oregano, cumin, salt, and pepper and stir until fragrant.

ADD the chickpeas, broth, water, and tomato sauce. Bring to a boil and cook over medium-high heat, stirring regularly, for 30 minutes.

REDUCE the heat to medium-low, cover, and cook for 15 minutes more. Transfer to a serving plate and sprinkle with the cilantro.

SERVE with rice and enjoy!

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GARLIC BUTTER TEMPEH WRAPS

Serves 4

All wraps are certainly not created equal—and this one will get you out of your wrap slump with fresh garlic, arugula, alfalfa sprouts, sun-dried tomatoes, and Key lime juice. It's perfect for a summer afternoon picnic or a formal brunch.

2 tablespoons vegan butter
2 tablespoons shaved fresh garlic
4 ounces tempeh, crumbled
Pinch of Himalayan pink salt
Pinch of freshly ground black pepper
1 cup arugula
1 cup sun-dried tomatoes, chopped
6 ounces alfalfa sprouts
2 tablespoons Key lime juice
4 large vegan tomato wraps

IN a large skillet, warm the butter over low heat until melted. Add the garlic and cook for 30 seconds.

INCREASE the heat to medium, add the tempeh, and cook for 3 to 5 minutes, agitating the pan often to prevent the tempeh from sticking. Season with the salt and pepper and remove from the heat.

IN a large bowl, toss together the arugula, sun-dried tomatoes, sprouts, and lime juice until well coated.

ADD the tempeh to the bowl and toss all the ingredients together.

DIVIDE the mixture among the wraps. For each, roll one side of the wrap over the filling, then fold in the sides and roll the rest of the wrap up like a burrito.

EAT THEM!

RUM PUNCH

Serves 4

You can't have a real Jamaican party without de rum punch! This rum punch, along with my [Beet-tini](#), will have your guests feeling no pain and begging you for more.

2 cups pineapple juice
2 cups no-pulp orange juice
1 ½ cups rum
½ cup grenadine
¼ cup fresh lime juice
Ice
Lime slices, for garnish
Maraschino cherries, for garnish (optional)

IN a small pitcher, mix the pineapple juice, orange juice, rum, grenadine, and lime juice together.

POUR into ice-filled glasses and garnish with lime slices and maraschino cherries, if desired. Serve and enjoy.

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HEARTY PEPPER SOUP

Serves 4 to 6

Pepper soup is known to fire up your throat and warm your belly. Make some on a cool day to help you feel some of that island heat.

3 tablespoons vegetable oil
1½ pounds plant-based ground meat substitute
3 large green bell peppers, chopped
1 large onion, chopped
¾ cup vegan red wine
3½ cups vegetable broth
2 (10.75-ounce) cans condensed tomato soup, undiluted
1 (28-ounce) can crushed tomatoes
1½ cups cooked rice
Basil leaves, for garnish (optional)

IN a deep saucepan, heat the oil over medium heat. Add the meat substitute, bell peppers, and onion and cook until the meat is no longer pink. Pour in the wine and cook until it evaporates.

STIR in the broth, tomato soup, and crushed tomatoes. Bring to a boil, then reduce the heat, cover, and simmer for at least 30 minutes, stirring occasionally.

ADD the rice and heat through.

DIVIDE the soup among serving bowls, garnish with a sprinkling of rice and a leaf or two of basil, if desired, and serve immediately.

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ISLAND CAULIFLOWER PO'BOY

Serves 4

You might have thought that as a vegan you had to give up on ever again enjoying a traditional po'boy, but this cauliflower po'boy brings all the heat, the sauce, and the bite of the New Orleans classic.

CAULIFLOWER:

- 1 head cauliflower, cut into 1-inch florets
- ¼ cup plus 2 tablespoons whole wheat pastry flour
- ¼ cup water
- ¼ cup hot sauce
- 2 tablespoons almond butter
- 2 tablespoons nutritional yeast
- 2 teaspoons garlic powder

PO'BOY SAUCE:

- ½ cup vegan mayonnaise
- 1 tablespoon pineapple juice
- 1 teaspoon chopped fresh dill
- 1 teaspoon chopped fresh chives
- 1 teaspoon chopped fresh parsley
- ½ teaspoon garlic powder
- ½ teaspoon ground ginger
- ½ teaspoon onion powder
- Salt and freshly ground black pepper

FOR ASSEMBLY:

- 4 vegan sub rolls
- Sliced pickles (optional)
- Shredded lettuce (optional)
- Sliced tomato (optional)

PREHEAT the oven to 375°F.

PREPARE THE CAULIFLOWER: Place the cauliflower florets into a large bowl.

IN a medium bowl, whisk together the flour, water, hot sauce, almond butter, nutritional yeast, and garlic powder until combined. Pour the sauce mixture over the cauliflower and toss until evenly coated.

SPREAD out the florets in a single layer on a baking sheet. Bake until golden brown, about 25 minutes.

MAKE THE PO'BOY SAUCE: In a bowl, whisk together the mayonnaise, pineapple juice, dill, chives, parsley, garlic powder, ginger, and onion powder until smooth. Season with salt and pepper to taste.

TO ASSEMBLE: Place several cauliflower bites into a sub roll, bathe it with plenty of po'boy sauce, and add pickles, lettuce, and tomato, if desired.

NOW, JUMP IN THERE!

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ROASTED PURPLE SWEET POTATOES

Serves 6

My purple sweet potatoes bring the funk and flavor with a fresh twist on traditional roasted potatoes by adding oyster mushrooms, fresh rosemary, and garlic.

1 pound purple sweet potatoes, peeled and cut into ½-inch cubes
½ pound oyster mushrooms, broken into individual stems
Leaves of 1 sprig fresh rosemary, finely chopped
2 tablespoons extra-virgin olive oil
2 garlic cloves, minced
Salt and freshly ground black pepper
1 shallot, roughly chopped
Basil leaves, for garnish

PREHEAT the oven to 380°F.

IN a large bowl, combine the sweet potatoes, mushrooms, rosemary, olive oil, garlic, and salt and pepper to taste, tossing to coat.

ARRANGE the sweet potato mixture on a sheet pan. Transfer to the oven and roast for 15 minutes. Stir the ingredients and add the shallot. Roast until the potatoes are fork-tender, 10 to 15 minutes more.

TRANSFER to a serving bowl, top with a few basil leaves, and enjoy fresh out of the oven!

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PAELLA WITH VEGAN SHRIMP

Serves 4 to 6

Any paella is always a labor of love, but this one is worth the effort. A fresh combination of spicy flavors and vegan shrimp provides a cool alternative for your vegan friends and family.

4 ounces vegan chorizo crumbles
4 strips vegan bacon, such as Slutty Strips, chopped into ½-inch pieces
1 large onion, finely chopped
2 garlic cloves, crushed to a paste
1 fresh tomato, peeled and chopped
1 teaspoon tomato paste
1 teaspoon sweet paprika
½ cup canned crushed tomatoes
1 cup vegan dry white wine
2 cups short-grain Spanish paella rice
3 cups vegetable broth, plus 1 cup if needed
1 tablespoon onion powder
1 teaspoon garlic powder
1 teaspoon freshly cracked black pepper
½ teaspoon salt
Pinch of saffron threads
12 jumbo vegan shrimp
2 tablespoons fresh parsley, chopped, for garnish

IN a 16-inch paella pan, cook the chorizo and the bacon until the fat renders from the chorizo. Transfer the chorizo and bacon to a paper towel-lined plate and set aside. Leave the drippings in the pan.

ADD the onion to the same pan and cook over low heat, stirring often, until translucent, 3 to 5 minutes.

ADD the garlic and before it begins to brown, add the fresh tomato and stir until the liquid is evaporated. Add the tomato paste and paprika and stir well. Cook until the mixture is reduced to a jammy sauce and the oil is sizzling. Add the chorizo-bacon mixture, crushed tomatoes, and wine and simmer for 10 minutes.

ADD the rice and stir until the grains are coated in the fat. Pour in the broth, bring to a simmer, and add the onion and

garlic powders, pepper, salt, and saffron. Stir well and spread the rice out evenly in the pan; do not stir again.

COOK the rice over low heat for 10 minutes, then gently tuck the shrimp into the rice. Continue cooking until the rice is tender, 8 to 10 minutes more, moving the pan and rotating it so the rice cooks evenly. Add a little more broth toward the end if the rice isn't tender yet. Gently agitate so the liquid goes to the bottom. Remove from the heat and cover to let the rice finish steaming to your desired texture.

GARNISH with parsley and serve in the pan.

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PINEAPPLE RICE BOWL

Serves 4

As soon as you get this classic Thai dish under your belt, it will become part of your regular party rotation. It infuses the sweetness of the pineapple with a kick from the red pepper flakes and the nutty notes of cashew to create a perfect entrée for any casual gathering.

1 ripe pineapple, halved through the core
4 cups vegetable broth
2 cups long-grain white rice
2 Roma (plum) tomatoes, diced
6 tablespoons vegan butter
½ cup diced leeks, well cleaned
½ cup rice vinegar
1 teaspoon light brown sugar
1 tablespoon red pepper flakes
Salt and freshly ground black pepper
Green onions, chopped, for garnish

PREHEAT the broiler to high.

SET the pineapple halves rind side down and scoop out the insides, leaving a shell. Separate the core from the flesh and discard the core. Dice the pineapple flesh and set aside. Discard one half of the scooped-out shell.

SET the remaining pineapple half on a baking sheet rind side down. Broil for 3 minutes to release the sugars from the fruit. Set aside to use as the bowl.

IN a saucepan, bring the broth to a rolling boil. Add the rice, stir gently, reduce the heat to medium and cook the rice until al dente, about 15 minutes.

DRAIN the rice in a sieve (do not rinse). Transfer to a bowl and add the diced tomatoes and diced pineapple.

IN a large saucepan, melt the butter over medium heat. Add the leeks and cook until tender, about 10 minutes. Add the vinegar, brown sugar, pepper flakes, and salt and black

pepper to taste. Continue cooking until the leeks are caramelized.

REMOVE from the heat and add the rice mixture to the pan, gently tossing to combine.

PLACE the pineapple/rice mixture into the broiled pineapple half for serving and garnish with the green onions.

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GUEST CHEF RECIPE FROM TASSILI MAAT, TASSILI'S RAW REALITY CAFÉ

RAW CURRY PLANTAINS

Serves 1

Due to the onset of arthritis in 2008, Tassili needed to transition to eating a 98 percent raw food diet for a year. She took courses and earned a raw food chef certification, and explored her love of spices to make her food unique and delicious. Tassili came up with a number of raw vegan dishes, such as her spicy kale, mango mushroom stew, sweet coconut corn, mango cream pie, sun and seed burger, and hot tamales. One day while daydreaming and eating her spicy kale in a wrap, she envisioned the Raw Reality Kale Wrap, soon to be introduced at her Raw Reality Eatery, Atlanta's premier vegan and raw food restaurant, in the historic West End.

3 very ripe plantains, peeled and cut into bite-size pieces
½ red bell pepper, diced
½ green bell pepper, diced
¼ red onion, diced
2 tablespoons mild curry powder
½ cup agave syrup
Pinch of salt
2 to 3 pinches cayenne pepper (optional)

IN a large bowl, combine the plantains, bell peppers, and onion and mix by hand.

ADD the curry powder and agave syrup and mix, coating the plantains. Be gentle, as the ripe plantains can easily mash. Add the salt and cayenne, if desired.

ADD LOVE and they're ready!!

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SESAME BROCCOLI

Serves 2 or 3

Your everyday broccoli will take on a new attitude with this recipe. The sesame wakes up the broccoli with a mild, sweet, and nutty flavor.

1 large head broccoli, cut into florets
2 garlic cloves, minced
1 tablespoon sesame oil
2 tablespoons toasted sesame seeds
1 tablespoon Slut Dust or your favorite all-purpose seasoning blend
1 tablespoon soy sauce

IN a pot of boiling water, cook the broccoli until slightly tender, 4 to 5 minutes. Drain and rinse under cold running water to stop it from cooking.

IN a large skillet, cook the garlic in the sesame oil over low heat until the garlic sizzles.

ADD the drained broccoli, sesame seeds, and Slut Dust and toss until the broccoli is heated through.

TRANSFER to a platter, drizzle with the soy sauce, and serve immediately.

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SPICY GARLIC EGGPLANT

Serves 4

If you love garlic, you will LOVE this spicy garlic dish, which is a simple blend of eggplant, red pepper flakes, black pepper, and all the garlic you can stand!

2 tablespoons extra-virgin olive oil
1 pound eggplant, unpeeled, cut into 2-inch chunks
6 dried chiles, softened in boiling water, and chopped
3 garlic cloves, thinly sliced
1 tablespoon finely minced peeled fresh ginger
¼ cup chopped green onions
2 tablespoons soy sauce, plus more if needed
1 teaspoon sugar
1 tablespoon vinegar, such as distilled white, red wine, or apple cider
¾ cup water
1 teaspoon cornstarch
1 tablespoon vegetable broth
Salt and Slut Dust (or your favorite all-purpose seasoning blend)
Mixed greens, for serving

IN a large nonstick skillet, heat 1 tablespoon of the olive oil over medium heat. Add the eggplant and cook, stirring, until browned on all sides, 1 to 2 minutes.

REMOVE the eggplant and set aside on paper towels to drain any excess oil.

ADD the remaining 1 tablespoon olive oil to the pan. Add the chiles, garlic, ginger, and green onions and cook until the green onions are soft, 45 to 60 seconds.

RETURN the eggplant to the pan and add the soy sauce, sugar, and vinegar and give it a quick toss to combine. Gradually add the water and cornstarch to the pan, then add the vegetable broth. Let the mixture simmer until the sauce is thickened and the eggplant is fork-tender.

SEASON with salt and Slut Dust, or more soy sauce if needed.

TRANSFER to a platter and serve with mixed greens.

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GUEST CHEF RECIPE FROM CHRIS HARRELL, KULTURE KITCH'N, BALTIMORE, MARYLAND

VEGAN BOURBON CAULIFLOWER

Serves 4

Kulture Kitch'n is my vegan business that I started in 2019. At the time, I was transitioning to eating vegan, and I started Kulture Kitch'n to prove to people that we can still enjoy our favorite foods but without consuming meat and dairy. At first, Kulture Kitch'n was just a hobby: I would cook food and post pics on Instagram and Facebook and receive great feedback. I also started a YouTube channel to upload videos so people could try my recipes. After receiving an abundance of positive feedback, I decided to turn my hobby into a business. As of July 8, 2020, Kulture Kitch'n is recognized as an LLC in Maryland, and for now, it's home-based; I sell food out of my apartment on weekends. My goal is to someday own a food truck so I can tour the country, as well as ship some of my products nationwide.

BOURBON SAUCE:

- 1 cup water
- ½ cup apple juice
- ⅔ cup coconut aminos, liquid aminos, or soy sauce
- ¼ cup bourbon
- 2 tablespoons apple cider vinegar
- ¼ cup ketchup
- ⅔ cup packed light brown sugar
- 1 teaspoon minced garlic
- ½ teaspoon ground ginger
- ½ teaspoon red pepper flakes

CAULIFLOWER:

- Salt
- 1 large head cauliflower, cut into small florets (about 4 cups)
- 1 teaspoon freshly ground black pepper
- 1 cup all-purpose flour
- ½ cup nondairy milk, plus more as needed
- 2 tablespoons cornstarch
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- Vegetable oil, for deep-frying

FOR SERVING:

Chopped green onions
Sesame seeds
Cooked brown rice

MAKE THE BOURBON SAUCE: In a medium saucepan, combine the water, apple juice, coconut aminos, bourbon, vinegar, ketchup, brown sugar, garlic, ground ginger, and pepper flakes. Cook over medium-low heat, stirring occasionally, until the sauce starts to thicken, about 10 minutes. Remove the bourbon sauce from the heat and set aside.

PREPARE THE CAULIFLOWER: In a large pot of lightly salted boiling water, cook the cauliflower until slightly tender, 3 to 4 minutes. Drain and let cool. While cooling, season the cauliflower with 1 teaspoon salt and the black pepper.

IN a large bowl, combine the flour, $\frac{1}{2}$ cup nondairy milk, the cornstarch, garlic powder, onion powder, cumin, and paprika. The consistency should be a little bit like pancake batter, so add more milk if needed.

DIP the cauliflower in the batter and arrange on a plate or tray. Once all the cauliflower has been coated, set to the side while you heat up the oil.

IN a large pot or deep fryer, heat 2 inches of oil to 350°F. Working in batches, lower the coated cauliflower into the hot oil and cook until light golden brown on both sides. Remove from the oil and place on a cooling rack. Allow to cool for 2 to 3 minutes.

TRANSFER the fried cauliflower to a large bowl and add as little or as much bourbon sauce as you want. Toss the cauliflower in the bourbon sauce until fully coated.

TO serve, garnish with green onions and sesame seeds. Serve with rice.



GUEST CHEF RECIPE FROM ERIN WELLS, THAT CHOCOLATE VEGAN, DECATUR, GEORGIA

VEGAN FRIED FISH

Serves 2

My name is Erin Wells, aka “That Chocolate Vegan.” I have always been a foodie, but after going vegan in 2016, my passion for flavors and seasoning increased. Determined to show the world that people of color could eat plant-based without sacrificing taste, I started my YouTube channel, That Chocolate Vegan, and my subscribers have been steadily growing by the thousands. In 2019, demand for my food rose beyond the screen, so I took the leap and began vending at festivals and events. Every time my clients say, “This is the best food I have had, vegan or not,” my soul smiles, and that is why I love what I do.

1 large eggplant
Salt
1 tablespoon garlic powder
1 tablespoon onion powder
Roasted seaweed sheets
¼ cup Tony Chachere’s Creole seasoning
3 cups (12 ounces) Zatarain’s Fish-Fri seafood breading mix
2 tablespoons Old Bay seasoning
½ cup canola oil, for frying
Mustard, hot sauce, and lemon slices, for serving

CUT off the top of the eggplant, then slice lengthwise into 6 slabs (these are the “fish”). Peel off the surrounding skin.

SPRINKLE salt on both sides of the eggplant slabs and let sit for 5 minutes. Pat both sides dry.

SET up 2 oblong baking dishes for a battering station: Fill the first with enough water to cover the eggplant slices. Add the garlic powder and onion powder, and crumble at least 0.17 ounce worth of seaweed sheets into the water (you can’t have too much, so no worries). Add the Creole seasoning and stir.

IN the second baking dish, mix together the Fish-Fri breading and Old Bay seasoning.

PLACE the eggplant slices into the seasoned water/seaweed mixture and let sit for at least 10 minutes to marinate.

IN a large cast-iron skillet, heat the oil over medium heat. Once the oil starts to shimmer, remove a slice of eggplant from the marinade and coat both sides in the breading mixture. Add to the skillet and cook until both sides are crisp, flipping after 2 to 3 minutes. Drain on paper towels.

REPEAT until all the slices are cooked. Serve with mustard, hot sauce, and lemon slices.

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THREE
KICK UP RUMPUS

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“Kick up rumpus” in Jamaican patois means “to have a riotous good time.” During the last two years of Slutty Vegan’s evolution, we’ve had a lot to celebrate and be grateful for. In January 2019, Slutty Vegan was able to expand from our fleet of mobile food trucks to opening our first brick-and-mortar restaurant in the heart of Atlanta on Abernathy Boulevard.

The next month, we embarked on our first national tour, and less than six months later, the popularity of our first restaurant grew so wildly that we opened our second location in Jonesboro, Georgia. Then we established the Pinky Cole Foundation, dedicated to increasing generational wealth in the Black community, in September 2019.

While the COVID-19 pandemic certainly put a strain on many entrepreneurs in the food industry, we were blessed and grateful that we were able to stand strong, weather the storm, and spread the joy of vegan comfort food even further in partnerships with Rap Snacks and Shake Shack, as well as open another physical location in the Edgewood neighborhood in Southeast Atlanta.

My family and I never needed a formal reason to “kick up rumpus,” whether we were cooling off on our stoops in Baltimore or enjoying the salty breezes during a much-welcome trip back home to Jamaica. In communities of color, we don’t often have much individually, but through the beauty of community, our little becomes a lot. I always loved seeing groups of people come together, with one person bringing a pan of chicken and another showing up with a bowl of potato salad, and there was always that one guest who came through with the good liquor or a potent ginger beer or rum punch.

The recipes included in this chapter are some of my favorite small plates that I grew up loving as a child and a young adult, and they’ll be a great addition to your own get-togethers. While the dishes featured here are a little more elevated than your standard hot dogs, burgers, and deviled eggs, they showcase the best vegan spins on classic appetizers, such as [Fried Motz](#) and [“Bacon”-Wrapped Asparagus](#). This chapter also includes a fresh take on fruit with [Watermelon Salad](#) and a cool twist on a traditional egg roll, filled with a delicious avocado mix and served with a dipping sauce that includes a splash of whiskey.

These dishes celebrate the joy of small accomplishments, the power of community, and the gratitude of starting from the

bottom and growing into the greatest possibilities of who you are
—all good reasons to kick up rumpus.

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AVOCADO EGG ROLLS

Serves 4

These egg rolls are a cool vegan spin on the classic appetizer. They get punched up with a dope dipping sauce that includes a kick of whiskey and the thick sweetness of brown sugar.

DIPPING SAUCE:

- ¼ cup peanut oil
- ½ cup yellow onion, chopped
- 4 Roma (plum) tomatoes, chopped
- Splash of whiskey (your favorite)
- ½ cup packed light brown sugar
- 2 sprigs basil, leaves stripped and chiffonade-cut

AVOCADO ROLLS:

- 2 avocados, halved and pitted
- 4 baby bell peppers, diced
- ½ cup diced yellow onion
- 2 garlic cloves, finely minced
- 2 tablespoons fresh lemon juice
- 1 cup shredded vegan cheddar cheese
- ½ teaspoon Himalayan pink salt
- 1 teaspoon freshly cracked pink peppercorns
- 8 vegan egg roll wrappers
- Vegetable oil, for deep-frying

MAKE THE DIPPING SAUCE: In a large skillet, heat the peanut oil over medium heat. Add the onion and cook until translucent, about 5 minutes. Add the tomatoes and cook until the tomatoes are tender, about 10 minutes.

REDUCE the heat to low and add the whiskey. (To be safe, remove the pan from the heat and pour from a portioned container.) Add the brown sugar and stir until well incorporated. Simmer until thickened to a saucy consistency.

MAKE THE AVOCADO ROLLS: Scoop the avocado flesh into a bowl. Add the bell peppers, onion, garlic, and lemon juice and mash together. Add the cheddar, salt, and pink peppercorns and fold until incorporated.

PUT a small bowl of water near your work surface. Set a wrapper on the surface with one corner facing you. Spoon $\frac{2}{3}$ cup of the avocado mixture over the middle of the wrapper. Pull the near corner over the filling and begin rolling toward the opposite corner. Roll the wrapper halfway, then tuck the left and right sides in toward the middle. Dip your finger in the bowl of water and wet the top edge of the wrapper, then continue rolling until the wrapper is closed. Repeat until all the wrappers and avocado filling are used.

IN a large deep skillet or Dutch oven, heat 2 inches of vegetable oil to 315°F. Carefully lower the egg rolls into the oil and fry until golden brown, turning so they brown evenly on all sides, about 3 minutes per side.

STIR the basil into the dipping sauce and serve with the still-hot egg rolls.

BBQ TOFU BOWL

Serves 4

A great centerpiece for any casual gathering, this tofu bowl is filling, full of fresh flavors, and can be prepared in advance. The grilled vegetables and barbecue kick of the tofu will have your guests feeling like they're getting the best of their backyard favorites but without a meat hangover.

1 large red onion, cut into ¼-inch-thick slices
1 yellow bell pepper, cut into ¼-inch-wide strips
2 tablespoons grapeseed oil
1 (14- to 15-ounce) package extra-firm tofu, cut into 1-inch cubes
1 teaspoon extra-virgin olive oil, or more as needed
1 pineapple, peeled, cored, and cut into ½-inch-thick slices
5 ounces baby spinach
1 teaspoon coconut oil
1 cup cooked quinoa
1 cup vegan barbecue sauce
⅓ cup chopped Italian parsley
Salt and ground white pepper

PREHEAT the oven to 425°F. Line a sheet pan with parchment paper. While the oven is preheating, wrap the tofu in a clean, absorbent towel and weigh it down with a heavy object to remove excess liquid.

IN a large bowl, toss the onion and bell pepper with 1 tablespoon of the grapeseed oil. Spread the onion and bell pepper mixture on one half of the prepared sheet pan.

CUT the tofu into 2-inch cubes, toss with the remaining grapeseed oil, and place on the other half of the pan.

TRANSFER to the oven and roast the vegetables and tofu for 12 minutes. Flip the vegetables and tofu and roast until the tofu is browned, about 8 minutes more. Remove from the oven and set aside.

MEANWHILE, in a large skillet, heat the olive oil over medium-high heat. Add the pineapple slices in batches and sauté until darkly browned on both sides, adding more oil as

needed, about 3 minutes on each side. Set aside on a paper towel-lined plate.

IN a medium bowl, toss the spinach with the coconut oil and squeeze by hand until wilted. Fold in the cooked quinoa.

TOSS the baked tofu with the barbecue sauce until thoroughly coated.

BUILD your tofu bowl: Make a base of the quinoa/spinach mixture, add the BBQ tofu, and top with the roasted vegetables and browned pineapples. Garnish with the parsley and season with salt and white pepper to taste.

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BLACK BEAN AND PORTOBELLO TACOS

Makes 12 tacos; serves 4 to 6

Blow your friends away during your next Taco Tuesday night with these black bean and portobello tacos that pack in savory black beans, fresh mushrooms, and lots of zingy toppings.

1 pound Yukon Gold potatoes (4 to 6), peeled and cubed
1 ½ tablespoons extra-virgin olive oil, plus more if needed
1 canned chipotle pepper in adobo sauce, chopped, plus 1 teaspoon adobo sauce
1 tablespoon chili powder
½ teaspoon ground cumin
Coarse salt and freshly ground black pepper
4 portobello mushrooms, sliced
1 large yellow onion, sliced
12 corn tortillas
¼ cup sliced radishes
¼ cup chopped tomatoes
¼ cup chopped fresh cilantro
½ cup salsa

PREHEAT the oven to 400°F.

ON a large sheet pan, arrange the potatoes and drizzle with ½ tablespoon of the olive oil and toss to coat. Bake the potatoes for 30 minutes, stirring once or twice.

MEANWHILE, in a small bowl, stir together the remaining 1 tablespoon olive oil, the chipotle pepper, adobo sauce, chili powder, and cumin, and season with salt and black pepper to taste.

WHEN the potatoes have baked for 30 minutes, add the mushrooms and onion to the pan and drizzle everything with the chipotle mixture. Stir to coat and add an extra drizzle of olive oil if needed.

RETURN the pan to the oven and continue to bake until the potatoes are fork-tender, about another 20 minutes, stirring once.

MEANWHILE, in a large skillet, heat a few drops of oil over medium heat. Working in batches, add however many corn tortillas you can fit in a single layer and cook about 1 minute on each side until softened and lightly charred.

SERVE the taco filling in the charred tortillas. Top with the sliced radishes, tomatoes, cilantro, and salsa.

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“BACON” BROCCOLI SLAW

Serves 2 or 3

Get ready to take in the compliments when you make this slammin’ side dish. This broccoli slaw takes traditional coleslaw up a notch and pulls in the new and unexpected flavors of jalapeños, Roma tomatoes, edamame, and sesame seeds, and uses tempeh to stand in for the bacon.

2 tablespoons coconut oil
½ cup crumbled tempeh
½ cup rice vinegar
Juice of 1 lime
7 tablespoons light brown sugar
Pinch of salt
2 jalapeños, seeded and sliced
2 Roma (plum) tomatoes, julienned
2 cups shredded broccoli stems
1 cup shredded carrots
½ yellow onion, sliced
½ red onion, sliced
½ cup shredded red cabbage
6 ounces shelled fresh edamame
1 tablespoon sesame seeds
4 sprigs fresh cilantro, for garnish
½ cup bean sprouts, for garnish (optional)
Vegan ranch dressing and hot sauce, for serving

IN a medium skillet, heat the coconut oil over medium heat. Add the tempeh and cook until browned and crispy, about 8 minutes. Remove from the heat and set aside to cool.

IN a large bowl, combine the vinegar, lime juice, and brown sugar. Whisk until the brown sugar is dissolved. Whisk in the salt.

ADD the jalapeños, tomatoes, broccoli, carrots, both onions, the cabbage, edamame, and sesame seeds in a bowl. Toss until thoroughly mixed together.

REFRIGERATE for at least 30 minutes to blend the flavors. Transfer to a serving dish and garnish with the cilantro and bean sprouts, if using.

SERVE with ranch dressing and hot sauce on the side.

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"BACON"-WRAPPED ASPARAGUS

Serves 2

You might have thought you had to leave behind your favorite bacon-wrapped recipes, but with my Slutty Strips, all those classics will have a fresh, new life. These "bacon"-wrapped asparagus can be baked in the oven.

1 red bell pepper, sliced
Extra-virgin olive oil
Salt
7 spears asparagus, ends trimmed
7 Slutty Strips, or vegan bacon of choice
½ teaspoon freshly cracked black pepper
½ teaspoon dried oregano
1 teaspoon fresh lemon juice
½ teaspoon grated lemon zest, for garnish
Lemon slices, for garnish

PREHEAT the oven to 400°F.

IN a medium bowl, toss the bell pepper slices with a little olive oil. Spread on a sheet pan and roast until tender, 10 to 12 minutes. Remove from the oven and set aside, but leave the oven on.

MEANWHILE, set up a large bowl of ice and water. In a medium pot of boiling salted water, blanch the asparagus for 30 seconds. Carefully remove the asparagus from the hot water and transfer to the ice bath to cool, about 30 seconds. Pat dry with a kitchen towel and drizzle with 2 tablespoons olive oil.

WRAP each spear of asparagus with a Slutty Strip and place on a clean sheet pan. Season with the cracked black pepper, oregano, and 1 ½ teaspoons salt.

TRANSFER to the oven and roast until the asparagus is tender, about 7 minutes.

REMOVE the asparagus from the oven and place it on a serving dish. Drizzle with the lemon juice and garnish with the

lemon zest, roasted red pepper, and lemon slices.

SERVE immediately.

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BACKYARD QUESADILLAS

Makes 16 quesadillas

These quesadillas are a surefire party starter. They are super easy, light, and so good that your party guests will have no idea that they're chowing down on a meatless version of the Mexican classic.

1 tablespoon extra-virgin olive oil
1 large sweet potato, peeled and cut into ½-inch cubes
1 cup canned vegetarian refried beans
1 cup canned black beans, drained and rinsed
1 cup [Pineapple Salsa](#)
1 cup fresh arugula
¼ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon chili powder
¼ teaspoon ground cumin
32 whole wheat tortillas (6- to 8-inch-diameter)

PREHEAT the oven to 350°F. Coat a baking sheet with the olive oil.

ARRANGE the sweet potato on the baking sheet and bake until tender to the poke, about 40 minutes.

IN a large bowl, combine the sweet potatoes, refried beans, black beans, salsa, and arugula. Fold in the onion powder, garlic powder, chili powder, and cumin.

MAKING one quesadilla at a time, heat a large skillet over medium to medium-high heat. Add a tortilla to the pan. Top the tortilla with about ⅓ cup of the quesadilla mixture. Place a second tortilla on top of the quesadilla mixture and cook until the bottom tortilla is golden brown. Flip the quesadilla and brown the other side.

REPEAT until all the mixture and tortillas are used. Cut the quesadillas into wedges and EAT!

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REFRIED BEAN AND PORTOBELLO SOFT TACOS

Serves 4

Many home cooks think that cooking vegan should only be attempted with dishes from your own culture. Not so! Feel free to give Mexican, Italian, and Chinese recipes a try, even when you're just starting out. You'll discover lots of dishes you love, like these soft tacos that are better than the ones you get from your favorite takeout spot!

TACO FILLING:

- 2 extra-large portobello mushrooms, cut into ½-inch-thick slices
- 1 red bell pepper, cut into ½-inch-thick strips
- ½ red onion, cut into ½-inch-thick rings or half moons (optional)
- 2 tablespoons canned chipotle peppers in adobo sauce
- 1 tablespoon grapeseed oil
- 1 tablespoon chili powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon salt

SOFT TACOS:

- 1 (15- to 16-ounce) can vegetarian refried black beans
- 4 (8-inch) whole wheat tortillas

FOR SERVING:

- Diced avocado
- Lime slices
- Diced red onion
- Chopped cilantro

MAKE THE TACO FILLING: Preheat the oven to 425°F. Line a sheet pan with parchment paper.

ARRANGE the mushrooms, bell pepper, and onion, if desired, in separate areas on the prepared sheet pan.

IN a small bowl, mix together the chipotle peppers, grapeseed oil, chili powder, coriander, and cumin.

BRUSH both sides of mushrooms liberally with the chipotle mixture, then use the remaining mixture to lightly brush

the bell pepper and onion. Sprinkle the portobellos with the salt.

TRANSFER to the oven and roast until the portobellos are fork-tender, about 20 minutes.

MEANWHILE, FOR THE TACOS: In a medium saucepan, heat the refried beans.

IN a large skillet, heat the tortillas. Spread each tortilla with some refried black beans and, dividing evenly, top with the chipotle portobellos, bell pepper, and onion. Serve with the garnishes on the side.

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BLACK PEA BURGERS

Serves 4

These black pea burgers are one of my favorite recipes for surprising the most die-hard meat lovers with how flavorful, moist, and delicious a good plant-based burger can be. With the right blend of cayenne pepper, 4 whole garlic cloves, and good kicks of red bell pepper and red onions, my black pea burger comes out the gate swinging with flavor and hearty texture that will take your party to a whole other level.

1 (15-ounce) can black-eyed peas, drained and rinsed

1 cup cornmeal

½ cup fresh corn kernels

½ cup diced red bell pepper

½ cup diced red onion

1 green onion, white and green parts, chopped

4 garlic cloves, chopped

2 ounces chives, minced

1 tablespoon vegan Worcestershire sauce

4 teaspoons paprika

2 tablespoons cayenne pepper

1 teaspoon dried thyme

½ teaspoon salt

½ teaspoon freshly ground black pepper

All-purpose flour, as needed

Canola oil, for frying

4 vegan buns

Chipotle Vegenaise or your favorite burger condiment

Lettuce (optional)

Sliced tomato (optional)

Sliced red onion (optional)

In a food processor, combine the black-eyed peas, cornmeal, corn, bell pepper, red onion, green onion, garlic, chives, Worcestershire sauce, paprika, cayenne pepper, thyme, salt, and black pepper and pulse until the ingredients are finely chopped and well mixed, stopping to scrape down the sides of the bowl as needed. Test the mixture by forming into a patty to see if it holds shape; if it doesn't, add all-purpose flour, a little at a time, until it does. Form the mixture into four 1-inch-thick patties.

COAT the bottom of a large skillet with oil and set it over medium heat until the oil starts to shimmer. Add the patties 2 or 3 at a time to avoid overcrowding the skillet. Cook until lightly browned and crisp, about 5 minutes on each side. Set aside on a paper towel-lined plate to drain.

SERVE the patties on the buns with Vegenaïse and, if desired, lettuce, tomato, and/or red onion.

EAT them thangs!

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CHEESY BERRY POPPERS

Serves 4

These poppers are a smoother take on a jalapeño popper with a fruity pop of blueberry preserves and vegan bacon, such as my signature Slutty Strips.

2 tablespoons extra-virgin olive oil
2 Slutty Strips, or vegan bacon of choice
¼ cup sunflower oil
8 to 10 mini bell peppers, halved through the stem and seeded
¼ teaspoon salt
4 ounces vegan cream cheese
2 generous tablespoons blueberry preserves (no high fructose corn syrup)

IN a large skillet, heat the olive oil over medium heat. Add the bacon and move it around in the pan to prevent sticking. Cook until slightly browned, about 2 minutes on each side. Remove the strips from the pan, allow them to cool, and hand tear them into bite-size pieces. Set aside.

IN the same pan, heat the sunflower oil over low heat. Add the bell peppers skin-side down, sprinkle with the salt, and sauté for 2 minutes to sear the bell peppers' skin. Remove from the heat and set aside.

IN a small bowl, mix the cream cheese and blueberry preserves together.

DIVIDING evenly, spoon the cream cheese mixture into the bell pepper halves. Top with the bacon pieces. Enjoy immediately as a snack!

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GUEST CHEF RECIPE FROM CRYSTAL SHAE BARNWELL

CHIPOTLE-STUFFED AVOCADOES

Serves 4

Crystal Shae is a woman of many talents and experiences. She is a coach, nutrition thought leader, and, most important, one of Atlanta's OG raw vegan chefs, among a host of other things.

Crystal Shae has experienced no shortage of ups and downs throughout her life, so she understands what it means to have your life change, for the better and for the worse. Switching to a raw vegan diet changed the way she felt on a daily basis, but it wasn't just the de-bloating, better skin, more restful sleep, and weight loss; Crystal also felt a profound change on a spiritual level.

Health is so much more than how you look and how you feel. Health is a true state of being, and Crystal Shae wants to help more people get there through food, flavor, and guidance. She knows that when people decide to make different choices, even if they're small one, their lives will begin to change before their eyes.

VEGETABLE FILLING:

- 1 cup peeled and diced jicama
- 1 teaspoon minced fresh sage
- 3 celery stalks, chopped
- 1 cup diced tomatoes
- 1 cup hulled pumpkin seeds
- ½ cup diced onion
- 1 teaspoon salt

DRESSING:

- 1 cup raw cashews, soaked for 2 to 3 hours and drained
- 2 tablespoons extra-virgin olive oil
- ¼ cup fresh lemon juice
- 1 garlic clove, peeled
- 1 chipotle pepper in adobo sauce
- ¼ cup water

ASSEMBLY:

- 4 avocados, halved and pitted
- Unshelled pumpkin seeds (optional)
- Crushed black pepper

MAKE THE VEGETABLE FILLING: In a bowl, combine the jicama, sage, celery, tomatoes, hulled pumpkin seeds, onion, and salt.

MAKE THE DRESSING: In a high-powered blender, combine the cashews, olive oil, lemon juice, garlic, chipotle pepper, and water. Blend until smooth.

ADD the dressing to the vegetables and toss until combined, garnish with unshelled pumpkin seeds, if desired, and sprinkle with crushed black pepper.

DIVIDING evenly, spoon the filling into the avocado halves and serve immediately.

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GUEST CHEF RECIPE FROM CRYSTAL SHAE BARNWELL

DEVILED N'EGG

Serves 4

If you love oldie-but-goodie stuffed-food favorites like [Crystal Shae's stuffed avocados](#), then you definitely need to try this vegan version of the comfort classic deviled eggs.

MAYO:

- 1 cup raw cashews, soaked for 2 to 3 hours and drained
- ¼ cup fresh lemon juice
- ¼ cup water, plus more as needed for blending
- 1 tablespoon agave syrup
- 1 tablespoon ground turmeric
- 1 tablespoon ground cumin
- 1 tablespoon mustard powder
- 1 teaspoon black salt (kala namak)
- 1 teaspoon ground thyme

VEGETABLES:

- 6 to 8 Roma (plum) tomatoes
- 1 teaspoon black salt (kala namak)
- ½ cup finely chopped celery
- ½ cup finely chopped red bell pepper
- ½ cup finely diced red onion

FOR GARNISH:

- Sweet paprika
- Fresh thyme
- Green onions, chopped

MAKE THE MAYO: In a high-powered blender, combine the cashews, lemon juice, water, agave syrup, turmeric, cumin, mustard powder, black salt, and thyme. Blend until smooth, adding more water if needed.

PREPARE THE VEGETABLES: Slice the tomatoes in half. Remove the tomato flesh with a melon baller (discard the flesh). Sprinkle the tomato shells with the black salt and turn them upside down on a paper towel to drain.

IN a small bowl, combine the celery, bell pepper, and onion. Mix by hand until combined. Add the mayo mixture to the

vegetables and stir until completely coated.

FILL the tomato shells with the vegetables and garnish with paprika, fresh thyme, and green onions.

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EGGPLANT FRIES

Serves 2

I'll bet you had no idea that I could flip eggplant into becoming your next favorite fry. With just a little patience while cutting your eggplant into lengthwise strips and then adding a little more love when you fry them, these eggplant fries are sure to give your ordinary fries a run for their money.

1 eggplant
½ cup chickpea flour
1 teaspoon cornstarch
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon sweet paprika
1 teaspoon Slut Dust, or your favorite all-purpose seasoning blend
2 tablespoons ground flaxseed
6 tablespoons water
1½ cups unsweetened almond milk
1½ cups gluten-free bread crumbs
¼ cup nutritional yeast (or grated vegan Parmesan)
Salt and freshly ground black pepper
Canola oil, for frying
Store-bought marinara sauce, for serving

CUT the eggplant into large french fry shapes. The easiest way to do this is to cut the ends off the eggplant, peel it, then stand it up. Slice the eggplant lengthwise into ½-inch-thick slabs. Then lay each slab down and cut it lengthwise into ½-inch-wide sticks. If you want your fries long, leave them like this. If you want them shorter, cut those sticks in half.

IN a shallow dish, mix together the chickpea flour, cornstarch, basil, oregano, paprika, and Slut Dust.

IN a second shallow bowl, mix the ground flaxseed and water into a loose paste. Stir in the almond milk.

IN a third shallow bowl, mix together the bread crumbs and nutritional yeast (or grated Parm). Season with salt and pepper to taste.

LINE a plate with paper towels. In a deep pan or skillet, heat about 2 inches of oil until it begins to shimmer.

TOSS the eggplant in the chickpea flour mixture, then dip in the milk/flax mixture, then into the bread crumbs.

FRY the eggplant until golden brown, 2 to 3 minutes on each side.

TRANSFER to the paper towels to drain. Serve with marinara sauce. Enjoy!

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FRIED MOTZ

Serves 4

You won't believe you're not eating real mozzarella cheese after you get a hold of this recipe! With vegan mozzarella as an easy swap-in, you will never have to miss out on this appetizer again.

¾ cup all-purpose flour
½ teaspoon dried oregano
½ teaspoon sweet paprika
½ teaspoon salt
½ teaspoon freshly ground black pepper
½ cup egg substitute
1 cup vegan bread crumbs
Canola oil, for frying
10 ounces vegan mozzarella cheese, cut into 2-inch cubes
Your favorite dipping sauce, for serving

SET up a dredging station: In one shallow bowl, mix together the flour, oregano, paprika, salt, and pepper. Place the egg substitute in a second bowl. Place the bread crumbs in the third bowl.

IN a deep pan, pour in the oil until it reaches halfway up the side of the pan and heat over medium-high heat.

ROLL the mozzarella cubes in the flour mixture, then gently place them in the egg substitute, and finally coat them with the bread crumbs.

WORKING in batches, carefully drop the mozzarella cubes into the hot oil and cook until golden brown, about 3 minutes.

REMOVE from the oil and drain on a paper towel-lined plate.

SERVE with your favorite dipping sauce.

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HABANERO MARGARITAS

Makes 2 cocktails

If you like that heat, this cocktail—which infuses your favorite tequila with habanero—will put that fire on your lips.

1 ripe mango, pitted and cubed
1 habanero pepper, seeded and sliced
1 cup orange juice
Juice of 2 small limes
2 ½ to 3 ounces silver tequila, to taste
1 to 3 tablespoons agave syrup or maple syrup, to taste
1 teaspoon chili powder
¼ teaspoon sea salt
Lime wedges, for rimming

IN a blender, combine the mango, half of the habanero slices, the orange juice, lime juice, tequila, and agave syrup and blend until creamy and smooth. Taste and adjust the sweetness and the amount of alcohol as desired.

TO serve chilled, either blend in a large handful of ice cubes to make a frozen margarita or, working in two batches, transfer the mixture to a cocktail shaker with plenty of ice and shake vigorously.

ON a small plate, mix together the chili powder and sea salt. Wet the rims of two serving glasses with a lime wedge and immediately dip in the salt/chili powder mixture (or substitute just salt or sugar). Pour the margarita into the glasses and garnish with habanero slices.

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GUEST CHEF RECIPE FROM CHEF QUAY, CULINARY GROOVE

VEGAN KING “SCALLOPS”

Serves 2

Culinary Groove is a combination of great food accompanied by great music. It was inspired by the vision of bringing people together to rejoice over those two common factors that we all enjoy.

Born and raised in Atlanta, I create a variety of delicious creative entrées to groove the soul. I started the business in 2018 to fulfill a dream of getting people to try different food ideas, and I see Culinary Groove constantly growing until it becomes a household name.

2 king oyster (aka king trumpet) mushrooms
1 tablespoon garlic powder
1 tablespoon Old Bay seasoning
1 teaspoon salt
1 tablespoon extra-virgin olive oil
½ tablespoon vegan butter
1 (14.5-ounce) can diced tomatoes
½ cup sliced white onions
1 tablespoon vegetarian oyster sauce
1 tablespoon light brown sugar
1 teaspoon minced fresh parsley, plus more for garnish

CUT 1-inch-thick rounds from the mushroom stems (the size of scallops) and score a checkerboard pattern on the bottom and top of the rounds, if desired.

SLICE the mushroom caps and set aside. Season the mushroom “scallops” with the garlic powder, Old Bay, and salt.

IN a large skillet, heat the olive oil over medium heat. Place the mushroom “scallops” in the pan and brown each side until golden brown, about 5 minutes. Once each side is seared, remove the “scallops” from the pan.

ADD the butter to the pan. Then add the reserved sliced mushrooms, diced tomatoes, diced onions, vegetarian oyster sauce, brown sugar, and parsley. Sauté for 10 minutes and that’s it.

DIVIDE the mushroom/tomato mixture between two plates, top with the mushroom “scallops,” and garnish with parsley.

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MIDNIGHT TODDY

Makes 2 toddies

When you feel the beginning of a cold coming down on you, the Midnight Toddy can help you curb that ick with a warming blend of agave syrup, cinnamon, nutmeg, and, if you want to punch it up a notch, a good splash of your favorite whiskey.

16 ounces water
2 bags spiced tea
2 cinnamon sticks
2 lemon wedges
2 pinches of grated nutmeg
1 ounce agave syrup
2 teaspoons fresh lemon juice
4 ounces whiskey (optional)
2 lemon slices, for garnish

IN a small saucepan, bring the water to a boil. Add the tea bags, remove the pan from the heat, and let steep for about 5 minutes, or to your desired strength.

POUR the tea into two mugs.

TO each mug add 1 cinnamon stick, 1 lemon wedge, a pinch of nutmeg, and half the agave syrup, lemon juice, and whiskey, if desired. Garnish each with a slice of lemon and enjoy while warm!

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GUEST CHEF RECIPE FROM DERRICK HAYES, BIG DAVE'S CHEESESTEAKS

VEGAN CHEESESTEAK EGG ROLLS

Makes 4 egg rolls

Egg rolls are the ultimate appetizer munchie. And swapping out for meat- and dairy-free items doesn't take away any of the flavor in a single juicy bite.

4 (7-inch) egg roll wrappers
2 slices vegan provolone cheese, halved
2 slices vegan white or yellow American cheese, halved
12 ounces vegan beef
Vegetable oil, for deep-frying

SET an egg roll wrapper with a corner facing you, like a diamond. Wet the top two edges of the wrapper with water. Place a half-slice each of provolone and American cheese in the center of the wrapper. Place a quarter of the vegan beef on top.

FOLD the two side corners in, pull up the bottom to slightly form an envelope, then roll it up. Continue constructing the egg rolls until all the wrappers, cheese, and vegan beef have been used. Set aside.

IN a large frying pan, heat 2 inches of oil over medium heat until it shimmers. Add the egg rolls to the hot oil and fry until browned on all sides, about 5 minutes. Serve hot.

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GUEST CHEF RECIPE FROM CHEF YUSEF EL-AMIN, HARLEM, NEW YORK

VEGAN POTATO SALAD

Serves 10-plus

Yusef El-Amin was once a frozen-fish distributor. Then one day the freezer broke and he had two choices: throw out all the fish or use it. After frying up the thawed-out fish and inviting the community to the now legendary “Friday Fish Fry,” the public wanted more! Soon after, Chef El-Amin and his siblings launched a brick-and-mortar soul food restaurant in New Rochelle, New York. Now they are excited to bring their freshly prepared prepackaged vegan sides and entrées to the market as a healthier alternative to traditional soul food that doesn’t compromise taste.

Note: This is a very large recipe. Feel free to scale it down.

20 pounds potatoes, peeled, diced, and boiled until fork-tender
1 tablespoon Himalayan pink salt
2 tablespoons coarsely ground black pepper
3 tablespoons granulated onion
1 cup relish
2 tablespoons yellow mustard
4 cups vegan mayonnaise
¼ cup agave syrup
Paprika, for garnish
Chopped chives, for garnish

IN a large bowl, combine the potatoes with the salt, pepper, and granulated onion.

TOP the potatoes with ingredients in this order: the relish, mustard, mayo, and agave syrup.

WITH open hands, gently mix together. (DO NOT SQUEEZE THE INGREDIENTS!)

PLACE the potato salad onto a large serving platter and sprinkle with paprika and chives for garnish. Serve immediately.

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VEGAN FRIED RICE

Serves 2

You don't have to sacrifice one ounce of flavor with this vegan fried rice, which is packed with sesame oil, carrots, peas, green onions, and firm tofu.

12 ounces extra-firm tofu
1 cup long- or short-grain brown rice, well rinsed
4 tablespoons tamari
2 or 3 tablespoons organic brown sugar, to taste
1 tablespoon peanut butter
4 teaspoons minced garlic
2 teaspoons chili-garlic sauce, plus more for serving
1 teaspoon sesame oil
1 cup chopped green onions
½ cup green peas
½ cup diced carrots

PREHEAT the oven to 400°F. Line a baking sheet with parchment paper. While the oven is preheating, wrap the tofu in a clean, absorbent towel and weigh it down with a heavy object to remove excess liquid.

CUT the tofu into ½-inch cubes and arrange on the prepared baking sheet. Bake for about 30 minutes or until firm and golden. Set aside.

IN a large pot, bring 1 cup water to a boil. Once boiling, stir in the rice. Boil on high, uncovered, for 30 minutes. Drain in a sieve and return to the pot. Cover with a lid and let steam for 10 minutes.

IN a small bowl, whisk together 3 tablespoons of the tamari, the brown sugar, peanut butter, 2 teaspoons of the garlic, the chili-garlic sauce, and sesame oil.

ONCE the tofu is done baking, add it to the sauce and marinate for 5 minutes, stirring occasionally.

HEAT a cast-iron skillet over medium heat. Once hot, scoop the tofu into the pan, leaving most of the sauce behind.

Cook for 3 to 4 minutes, stirring occasionally, until deep golden brown on all sides. Reduce the heat if it is browning too quickly. Remove from the pan and set aside.

TO the hot pan, add the remaining 2 teaspoons garlic, the green onions, peas, and carrots. Sauté for 3 to 4 minutes, stirring occasionally, and season with the remaining 1 tablespoon tamari.

ADD the cooked rice, tofu, and remaining sauce and stir. Cook over medium-high heat for 3 to 4 minutes, stirring frequently. Serve immediately with extra chili-garlic sauce on the side.



WATERMELON SALAD

Serves 1

A cool, easy-to-make side dish, watermelon salad is perfect for a midsummer night joint and will leave you satisfied with nice pops of cashew cheese, watercress, and fresh pressed mango juice.

6 ounces watercress
2 cups cubed seeded watermelon
4 ounces cashew cheese crumbles
½ cup freshly pressed mango juice
¼ cup coconut milk
2 tablespoons grapeseed oil
1 teaspoon sesame seeds

ARRANGE the watercress on a large plate. Top with the watermelon. Crumble and sprinkle the cashew cheese on top of the watermelon.

IN a small bowl, whisk together the mango juice and coconut milk. Slowly add the grapeseed oil, whisking rapidly until the mixture is emulsified.

DRIZZLE the dressing over the salad. Garnish with the sesame seeds and serve.

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FOUR
GOOD OL' SOUTHERN
COMFORT

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When customers walk into a Slutty Vegan restaurant, they are always greeted with a joyful welcome, some “slutty” humor, and vivid colors. I designed the brand to evoke a feeling of pleasure and curiosity. I want people to feel excited when they visit Slutty Vegan, to share the experience with their friends and loved ones, and to be eager to return. Most people are not aware of this, but Slutty Vegan has never had to pay for marketing. The secret to our brand’s success is that we put the customer experience in the center of every business decision. How do people feel when they eat good food... when they gather?

The energy in the Slutty Vegan restaurants feels like home to me. My Jamaican heritage has taught me a lot when it comes to gathering and celebrating culture, and community. But even beyond this, my parents raised me and my siblings to eat from the land—I grew up mostly vegetarian. Both of my parents are lifelong Rastafari, members of a religious and social movement developed in Jamaica in the 1930s. While most may think of Rastafarians wearing their hair long and locked, there is so much more to their culture. For example, Rastafarians usually dress in colors of red, green, gold, and black (which symbolize the life force of blood, herbs, royalty, and African heritage).

The Slutty Vegan restaurants are adorned in similar hues of red, black, and gold. When a customer steps into one of the restaurants, there is always lively music, which reminds me of reggae music—another hallmark of the Rastafari movement, made most popular by Bob Marley. While I am not a practicing Rastafari, spiritually I believe in leading with empathy and love in all things, just like they do. I want people to feel good when they visit my restaurants.

I remember cooking with my grandmother when I was a young child and always having a home filled with extended family and neighbors. There was joy in the air and love around me. Community gatherings are so much a part of who I am that even when I was a teen I was throwing my own block parties. I laugh sometimes because even though I didn’t always serve food, the parties would always sell out because they involved music and good vibes.

Much of what people feel when they visit a Slutty Vegan restaurant is the environment I have always known. The grand opening of the first location, on Ralph David Abernathy

Boulevard in Southwest Atlanta, was essentially a block party! This energy made me nostalgic and so proud. Customers were happy, and there was good music, giveaways, social media conversations, and, of course, great food.

Only those in my personal network know this, but I started my own vegan journey more than a decade ago. I was looking for a change and wanted to feel more in alignment with myself. I was working in television production and had a deep yearning to step back into the entrepreneurial world. However, what I most yearned for was community, so I launched a vegan Facebook group in 2014, and it exploded with popularity. Most of the members were simply curious about how to pivot to a vegan lifestyle while still enjoying their favorite cultural foods. Engaging with the group members—a virtual gathering of sorts—solidified for me that there was a market in the vegan industry for an unapologetically Black cultural brand.

When I walk into the Slutty Vegan restaurants or meet customers during our food truck tours, it feels like I've come full circle—people gathering to enjoy food created with my cultural values and roots in mind. Often, they are trying vegan food for the first time, and like when I opened my first restaurant, I feel nostalgic and proud.

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AMAZING MAC 'N' CHEEZ

Serves 6

If it's been a while since you've enjoyed good mac 'n' cheese, this amazing version will give you the same ooey gooey goodness by swapping in your favorite vegan cheese, nutritional yeast, and coconut milk.

CHEESE SAUCE:

- ½ cup vegan butter, plus more for the baking dish
- 6 tablespoons all-purpose flour
- 3 (13.5-ounce) cans unsweetened coconut milk
- 1 cup vegetable broth
- 8 ounces vegan cheddar cheese, shredded
- 3 tablespoons Dijon mustard
- 1 cup nutritional yeast
- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 teaspoons smoked paprika
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper

FOR THE CASSEROLE:

- 16 ounces elbow macaroni
- 2 cups bread crumbs or panko
- 2 tablespoons vegan butter, melted

Chopped parsley, for garnish

MAKE THE CHEESE SAUCE: In a large saucepan, melt the butter. Add the flour and stir well. Pour in the coconut milk and vegetable broth and whisk to smooth out the lumps. Add the cheese and whisk until the mixture starts to boil, then keep whisking until it thickens.

REMOVE it from the heat and whisk in the mustard, nutritional yeast, onion powder, garlic powder, smoked paprika, salt, and pepper.

FOR THE CASSEROLE: Preheat the oven to 400°F. Butter a 9 × 13-inch baking dish and set aside.

IN a large pot of boiling water, cook the macaroni according to the package directions. Drain, rinse, and return to the

pot. Add the sauce to the pasta and stir to coat. Transfer to the prepared baking dish and smooth the top.

IN a medium bowl, stir together the bread crumbs and melted butter and toss to evenly moisten the crumbs. Sprinkle evenly over the the macaroni and cheese.

BAKE until the topping is golden brown, about 20 minutes. Serve garnished with chopped parsley.

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BARBECUED “BEEF” LOAF

Serves 4

Where’s the beef? Not in this recipe—but your friends and family will surely think this vegan “beef” loaf is the real thing, as it is infused with garlic and liquid smoke and can be served to perfection with my [Garlic Herb Mashed Potatoes](#).

1 to 2 tablespoons grapeseed oil
1 cup diced onions
1 cup diced carrots
2 cups diced celery
3 garlic cloves, minced
2 (15-ounce) cans chickpeas, drained and rinsed
2 cups bread crumbs
2 tablespoons ground flaxseed
2 tablespoons nutritional yeast
2 tablespoons tamari
2 tablespoons vegan Worcestershire sauce, plus 1 teaspoon
¼ cup ketchup, plus ⅓ cup
1 teaspoon liquid smoke
Chopped chives, for garnish (optional)

PREHEAT the oven to 400°F. Line the bottom of a 9 × 5-inch loaf pan with parchment paper.

IN a large skillet, heat the oil over medium heat. Add the onions, carrots, celery, and garlic and sauté until the onions are translucent, 3 to 5 minutes. Remove from the heat and set aside.

IN a large bowl, mash the chickpeas with a fork. You do not want them to be completely pasty or mushy. Add the cooked veggies, bread crumbs, ground flaxseed, nutritional yeast, tamari, the 2 tablespoons Worcestershire sauce, the ¼ cup ketchup, and the liquid smoke. Stir with a large spoon until very well combined.

PRESS the loaf mixture into the prepared pan, pushing down evenly with your hand. Cover with foil and bake for 30 minutes.

MEANWHILE, in a small bowl, stir together the remaining 1 teaspoon Worcestershire sauce and $\frac{1}{3}$ cup ketchup.

REMOVE the foil, spread the ketchup topping evenly on top of the loaf, and bake uncovered for another 15 minutes. Remove from the oven.

ALLOW the loaf to sit for at least 15 minutes before slicing if you can; it will hold up better.

SERVE garnished with chopped chives, if desired.

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GARLIC HERB MASHED POTATOES

Serves 4

There's nothing more warm and toasty than mashed potatoes, especially when it's made creamy and smooth with vegan butter and a couple of dairy-free milks for layered flavor.

8 Yukon Gold potatoes, peeled and chopped
1 cup unsweetened almond milk
¼ cup vegan cream or coconut milk
4 ounces vegan butter, cut into pieces, plus more for serving
5 sprigs fresh thyme
2 tablespoons chopped fresh sage
4 garlic cloves, minced
1 teaspoon garlic powder
2 teaspoons Himalayan pink salt
¼ cup chopped fresh parsley
Freshly ground black pepper

BRING a large pot of water to a boil. Add the potatoes and cook until completely soft, about 20 minutes. Drain and transfer to a large bowl.

IN a small saucepan, combine the almond milk, cream, butter, thyme, sage, garlic, garlic powder, and salt. Bring to a simmer and cook for about 10 minutes. Remove from the heat.

STRAIN the mixture through a sieve into the bowl of potatoes and mix until the potatoes are smooth and creamy.

TRANSFER to a serving bowl. Top with butter, the chopped parsley, and black pepper.

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GUEST CHEF RECIPE FROM CIERRA BROOKS

HOME-FRIED POTATOES WITH “EGGS”

Serves 2 or 3

Don't let anyone tell you that vegan dishes can't be full of protein! This warm and hearty dish is perfect for one of those breakfast-for-dinner meals.

- 5 red potatoes, scrubbed and cut into quarters
- ¼ teaspoon Cajun seasoning
- ¼ teaspoon garlic-pepper seasoning
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- Sunflower oil or extra-virgin olive oil, for pan-frying
- ½ bell pepper, any color, diced
- ½ medium onion, diced
- 2 cloves garlic, minced
- 2 vegan sausage links, cut into 1-inch rounds
- 1 cup grape tomatoes
- ½ cup fresh spinach
- ½ cup Just Egg

PREHEAT the oven to 375°F.

ARRANGE the potatoes on a large sheet pan. Season with the Cajun seasoning, garlic-pepper seasoning, salt, and black pepper.

ROAST until tender, about 20 minutes. Remove the sheet pan from the oven, but leave the oven on.

MEANWHILE, in a large skillet, heat 1 tablespoon oil over medium heat. Add the bell pepper, onion, and garlic and sauté for 5 minutes. Add the vegan sausage and cook until the sausage is browned, about 10 minutes. Add the tomatoes and spinach and sauté for 5 minutes.

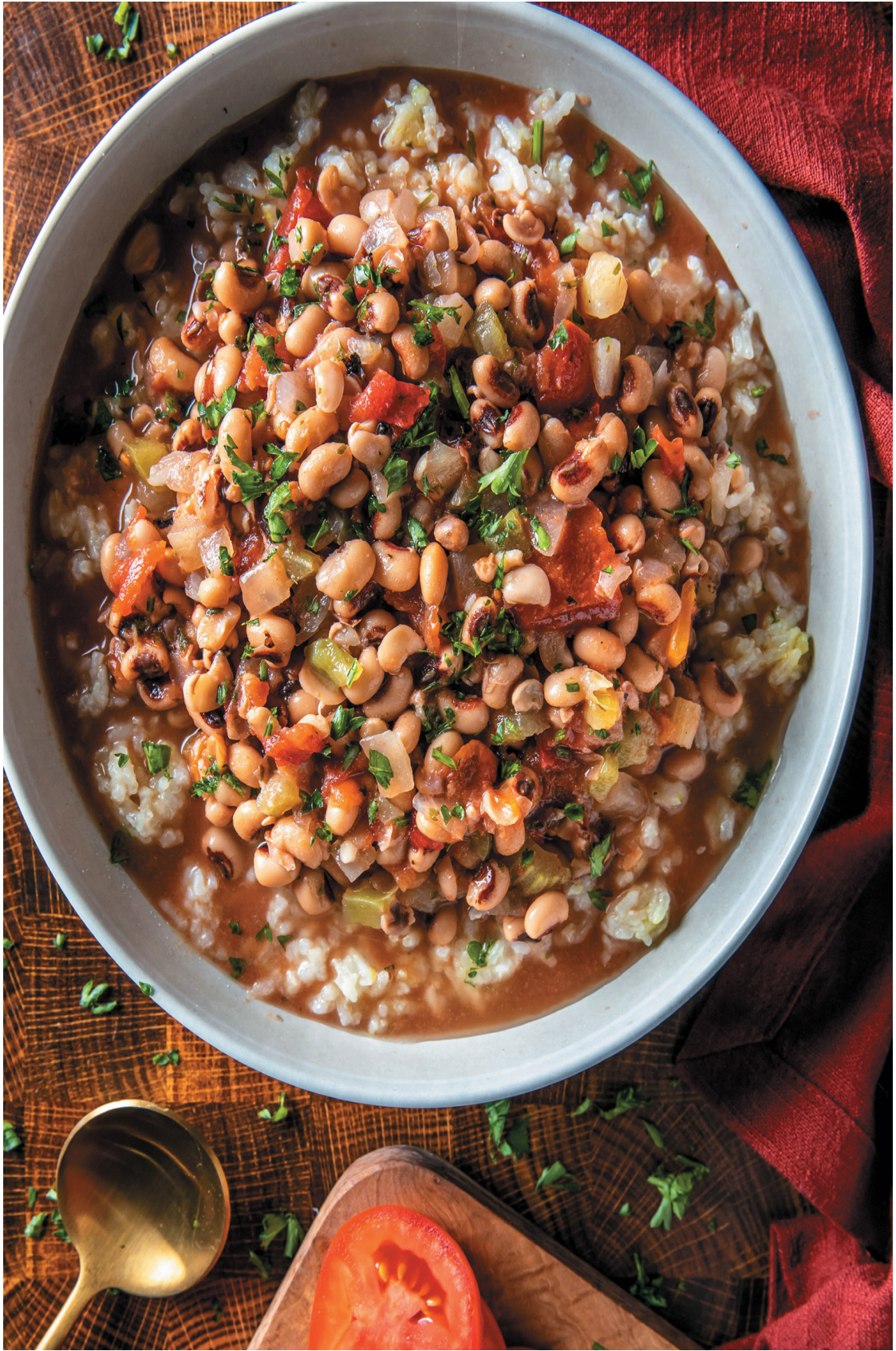
ADD the sautéed vegetables and sausage to the sheet pan with the potatoes and return everything to the oven and continue cooking until the potatoes are fork-tender, about 20 minutes.

IN a clean large skillet, heat 2 tablespoons oil. Add half of the Just Egg and fry until it begins to bubble along the

edges. Add the remaining Just Egg, fry both portions to the desired doneness, and remove from the heat.

STIR together the potatoes, roasted veggies, and sausage and transfer to a large serving dish. Top with the Just Egg and serve immediately.

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BLACK-EYED PEA STEW

Serves 4 to 6

If you're like me and my family, I'm sure you can't imagine a New Year's Eve or a Sunday meal in the dead of winter without a side of black-eyed peas. What's nice about this stew is that it delivers a creamier and thicker base to this tried-and-true favorite, and it pairs well with my [Sweet and Spicy Collard Greens](#).

1 (16-ounce) bag dried black-eyed peas, soaked in water to cover for 8 hours (overnight)
6 cups vegetable broth
3 cups ½-inch chunks peeled sweet potatoes
2 cups chopped yellow and/or red bell peppers
1½ cups finely diced onions
2 tablespoons minced garlic
1 cup medium salsa
1 tablespoon ground cumin
2 teaspoons smoked paprika
1 teaspoon salt, plus more as needed
1 teaspoon freshly ground black pepper
Cooked rice, for serving
[Jalapeño Corn Bread](#) or your favorite corn bread, for serving

DRAIN the black-eyed peas and rinse them well. Place them in a large pot and add the vegetable broth. Bring to a rolling boil, reduce the heat to a low simmer, cover, and cook for 1 hour.

ADD the sweet potatoes, bell peppers, onions, garlic, salsa, cumin, smoked paprika, salt, and black pepper. Stir well and return to a boil. Once boiling, reduce the heat to medium-low, partially cover to let steam escape, and cook just until the sweet potatoes are tender, 15 to 20 minutes. Taste and add more salt if needed.

SERVE hot over rice, with Jalapeño Corn Bread on the side.

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BRUSSELS RIGATONI CARBONARA

Serves 4 to 6

Gently charred Brussels sprouts add a hearty flavor to this carbonara, which is brimming with garlic, vegan butter, and a healthy dose of my vegan bacon for a full bacon-esque experience.

Sea salt
1 pound rigatoni pasta
8 tablespoons vegan butter
½ pound Brussels sprouts, trimmed and quartered
6 Slutty Strips, or vegan bacon of choice
½ teaspoon garlic powder
6 tablespoons vegan cream
5 garlic cloves, thinly sliced
1 cup grated vegan Parmesan cheese
½ cup diced pimentos
Shaved vegan Parmesan cheese (optional)

IN a large pot of boiling salted water, cook the rigatoni until al dente according to package directions. Drain the pasta in a colander.

IN a large skillet, melt 6 tablespoons of the butter over medium heat. Add the Brussels sprouts and cook, agitating the pan occasionally, until the edges of the leaves are slightly charred, about 8 to 10 minutes.

STIR in the bacon, garlic powder, and ½ teaspoon salt until the seasonings are well blended. Remove from the heat and set aside.

IN a large sauce pan, combine the cream, garlic, Parmesan, and remaining 2 tablespoons butter and bring to a simmer. Stir until the sauce thickens.

STIR in the cooked pasta and the Brussels sprouts/bacon mixture. Add the diced pimentos for color and shaved Parmesan, if desired, before you buss it down!



CAMPFIRE STEW

Serves 4 to 6

The perfect meal for a cold, wintry day, this stew is chock-full of vegan sausage links, beefsteak tomatoes, and warming spices. It will fill you up and warm your soul all at the same time.

½ cup vegetable oil
3 large vegan sausage links, halved horizontally
2 shallots, diced
1 celery stalk, diced
4 large beefsteak tomatoes, chopped
½ cup packed light brown sugar
1 teaspoon dried sage
1 teaspoon onion powder
Pinch of ground mace
1 (15-ounce) can black beans, drained and rinsed
¾ cup vegetable broth
Salt and freshly ground black pepper
1 tablespoon chopped green onion

PLACE a cast-iron skillet directly over an open flame (a campfire is preferable, but a stove will do).

WHEN the skillet is hot, add the vegetable oil. Then add the sausages and cook until the edges are seared, about 5 minutes. Remove and set aside.

ADD the shallots and celery and cook until they have slightly browned in color, about 5 minutes.

STIR in the tomatoes, brown sugar, sage, onion powder, and mace. Cook, stirring frequently, until the liquid from the tomatoes is reduced by half.

ADD the black beans and vegetable broth. Bring to a light simmer and return the sausage to the pan. Season with salt and pepper to taste.

TRANSFER to serving bowls, topping each with some of the green onion, and enjoy by the fire.



FRENCH-ISH ONION SOUP

Serves 6

This French-ish onion soup gives you all the joy of this cold weather favorite and still packs in the flavor with the simple substitutes of vegan butter, vegan broth, Marmite, and a dry white wine of your choice.

SOUP:

- ¼ cup plus 1 tablespoon extra-virgin olive oil
- 6 large yellow onions, thinly sliced (root to stem)
- 2 tablespoons vegan butter
- ¼ teaspoon salt
- 1 teaspoon sugar
- 2 garlic cloves, minced
- 3 tablespoons Marmite
- ½ cup dry vermouth or dry white wine
- 8 cups vegan broth
- 2 bay leaves
- 4 sprigs fresh thyme
- ½ teaspoon freshly ground black pepper
- 2 tablespoons brandy (optional)

CHEESE TOASTS:

- 3 slices rye or sourdough bread
- Extra-virgin olive oil
- 1½ cups grated vegan Swiss cheese

FOR SERVING:

- Grated vegan Parmesan cheese

MAKE THE SOUP: In a Dutch oven, heat the ¼ cup olive oil over medium-low heat. Add the onions and stir to coat with the oil. Cook until the onions are fork-tender, about 15 minutes.

ADD the remaining 1 tablespoon olive oil and the butter and mix until the onions are well coated. Cook over medium-high heat for 20 more minutes.

ADD the salt and sugar, stirring frequently to prevent sticking, until the onions reach a nice brown hue, about an additional 15 minutes.

STIR in the garlic and Marmite and cook, stirring, for 2 minutes, then immediately pour in the vermouth to deglaze the pan. Add the broth, bay leaves, thyme, and pepper, stirring gently. Cover the pot and cook for 30 minutes.

REMOVE the bay leaves and add the brandy, if desired. Add more salt and/or pepper to taste.

MAKE THE CHEESE TOASTS: Preheat the oven to 400°F.

PLACE the bread on a sheet pan and brush generously with olive oil. Bake until the bread is lightly toasted, about 5 minutes. Flip each piece over and cover each generously with the cheese. Leave the oven on but set the broiler to high.

LADLE the soup and onions into six 2-cup broiler-proof bowls. Cut the cheese toasts in half and place a half on top of each bowl. Place the bowls on a baking sheet and set under the broiler until the cheese is melted, about 45 seconds. Remove from the oven. Be careful as the contents will be extremely hot.

PLACE each bowl on a small plate, add a sprinkle of Parmesan, and enjoy it while it's hot!

EGGPLANT PARM MARINARA FRIES

Serves 2

Eggplant Parm is always the way to go when you need some surefire comfort food—but it takes a lot of work to assemble. My recipe gives you the same cheese and marinara flavors but in the form of simple panko-coated eggplant fries.

Cooking spray
1 medium eggplant
6 tablespoons vegan egg substitute
1 cup grated vegan Parmesan cheese
½ cup panko bread crumbs
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons dried oregano
¾ teaspoon salt
½ teaspoon freshly ground black pepper
¾ cup homemade or store-bought marinara sauce, for dipping

POSITION a rack in the top third of the oven and preheat the oven to 420°F. Mist two baking sheets with generous amounts of cooking spray.

CUT the ends off the eggplant and peel it. Stand the eggplant up and slice it lengthwise into ½-inch-thick slabs. Then lay each slab down and cut it lengthwise into ½-inch-wide sticks. Then cut the sticks into 3-inch lengths.

SET up a dredging station: Place the egg substitute in a shallow bowl and whisk. In a second shallow bowl, combine the Parmesan, panko, garlic powder, onion powder, oregano, salt, and pepper. (Remove half of the Parm/panko mixture and set aside. Use it to refresh the panko bowl as needed; as you dredge the eggplant, the wet egg substitute can make the panko topping wet and clumpy.) Set the eggplant to the left of the two bowls and put the prepared baking sheets at the end of the line.

CAREFULLY place each eggplant strip in the egg substitute. Then submerge it in the panko bowl, pressing to make sure

it adheres on all sides. Finally place the fries on the prepared baking sheet, leaving space between them.

BAKE until browned and crispy, 15 to 20 minutes.

USE a wide spatula to remove the eggplant from the baking sheet, scraping the bottom of the pan while lifting them up to ensure the coating stays intact.

SERVE with the marinara sauce for dunking.

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FRIED GREEN TOMATOES

Serves 2 to 4

Fried green tomatoes take a little work before you get 'em to the plate, but learning how to master this classic Southern appetizer will be well worth the effort when you add these to your small-bites menu.

BREADING MIX:

- 1 cup all-purpose flour
- 1 tablespoon freshly cracked black pepper
- 1 teaspoon sweet paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon ground ginger
- 1 teaspoon salt

BATTER:

- 1 cup vegan cream
- 1 tablespoon freshly cracked black pepper
- 1 teaspoon sweet paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon ground ginger
- Juice of ½ lemon

BREAD CRUMB TOPPING:

- 1 cup vegan bread crumbs
- ½ teaspoon freshly cracked black pepper
- ½ teaspoon sweet paprika
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon red pepper flakes

- Sunflower oil, for frying
- 2 green tomatoes, cut into slices ¼ inch thick

DIPPING SAUCE:

- ½ cup vegan mayonnaise
- 1 teaspoon smoked paprika
- 2 tablespoons fresh lemon juice

MAKE THE BREADING MIX: In a shallow bowl, combine the flour, pepper, paprika, onion powder, garlic powder, ginger, and

salt. Set aside.

MAKE THE BATTER: In a shallow bowl, combine the cream, pepper, paprika, onion powder, garlic powder, ginger, and lemon juice. Set aside.

MAKE THE BREAD CRUMB TOPPING. In another shallow bowl, combine the bread crumbs, pepper, paprika, onion powder, garlic powder, and red pepper flakes. Set aside.

INTO a deep saucepan, pour 2 inches of oil and heat over medium heat until shimmering.

SET up a dredging station in this order: Plate of tomatoes, bowl of breading, bowl of batter, bowl of bread crumbs. Dredge the tomato slices first in the breading, then the batter, and finally the bread crumb mixture. Shake off any excess during each step.

WORKING in batches of two at a time, gently place the battered green tomatoes in the hot oil. Fry until golden brown, about 5 minutes. Drain on a rack or paper towel.

MAKE THE DIPPING SAUCE: In a small bowl, combine the mayonnaise, smoked paprika, and lemon juice.

PLATE the tomatoes, add the sauce on the side, and enjoy while they're warm!



GNOCCHI FLORENTINE

Serves 6

Homestyle gnocchi Florentine is a comfort classic packed with potatoes, mushrooms, garlic, and spinach. Learning how to form your gnocchi into nice-size portions will take some practice, but once you master this recipe, it will definitely be your go-to meal on a cool autumn evening.

GNOCCHI:

3 pounds white or Russet potatoes, unpeeled
3 ½ cups all-purpose flour
1 teaspoon salt, plus more as needed
¼ teaspoon freshly ground black pepper

FLORENTINE SAUCE:

1 teaspoon extra-virgin olive oil
3 garlic cloves, chopped
3 tablespoons cornstarch
1 cup vegan cream, chilled
½ cup vegetable broth
10 ounces cremini (baby bella) mushrooms, sliced
2 tablespoons nutritional yeast
1 teaspoon fresh lime juice
6 ounces fresh spinach
Salt

MAKE THE GNOCCHI: In a large saucepan of boiling water, cook the potatoes until fork-tender, about 20 minutes. Drain and when cool enough to handle, peel them, place in a large bowl, and mash until smooth.

ADD the flour to the potatoes, mixing in a little at a time until the dough is no longer sticky.

ADD the salt and pepper and continue kneading until you have a smooth ball of dough with no lumps or clumps.

BRING a large pot of salted water to a boil.

FORM balls the size of the tip of your thumb and gently roll a fork over each ball, creating an imprint of 4 lines.

START THE FLORENTINE SAUCE: In a large skillet, heat the olive oil and garlic over medium heat.

GENTLY drop the gnocchi into the boiling water and cook until they rise to the top. Scoop them out of the water with a slotted spoon and toss them immediately into the skillet of warmed oil.

SAUTÉ the gnocchi until golden brown, about 10 minutes.

MEANWHILE, in a small bowl, vigorously whisk the cornstarch into the chilled cream.

ADD the broth to the pan of gnocchi, then immediately add the cream/cornstarch mixture and bring to a simmer.

ADD the nutritional yeast, lime juice, mushrooms, and spinach. Reduce the heat to medium and simmer until the mushrooms are soft and lightly browned and the spinach is wilted and bright green, 3 to 5 minutes. Season with salt to taste.

SERVE and enjoy!

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MAPLE-ROASTED VEGETABLES

Serves 4

Your favorite root vegetables will take a sweet turn in this roasted vegetable medley that includes sweet onions, parsnips, beets, sweet potatoes, and Yukon Golds coated in pure maple syrup.

2 Yukon Gold potatoes, cut into 1½-inch pieces
1 large sweet potato, peeled and cut into 1½-inch pieces
2 parsnips, peeled and cut into 2-inch lengths
3 beets, peeled and cut into 1½-inch pieces
2 large sweet onions, peeled and quartered
½ cup grapeseed oil
½ cup pure maple syrup
2 garlic cloves, minced
Salt and freshly ground black pepper

PREHEAT the oven to 350°F.

ARRANGE the vegetables in a single layer on one or two large sheet pans.

IN a small bowl, stir together the oil, maple syrup, and garlic and pour over the vegetables. Toss to combine the oil mixture with the veggies and then spread them once again in a single layer on the pan(s). Season with salt and pepper to taste.

BAKE until the vegetables are tender and a little caramelized from the syrup, about 1 hour.

TRANSFER to a bowl and serve immediately.

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JALAPEÑO CORN BREAD

Makes 9 pieces

Your corn bread is going to a whole other level with this recipe, which includes flaxseed, almond milk, and just enough jalapeños to get your taste buds jumping.

Vegetable oil, for the pan
2 tablespoons ground flaxseed
¼ cup plus 1 tablespoon water
1 cup all-purpose flour
1 cup cornmeal
1 tablespoon plus 1 teaspoon baking powder
½ cup sugar
1 teaspoon salt
¼ cup grapeseed oil
1 cup unsweetened almond milk
¼ cup corn kernels
2 medium jalapeños, sliced and seeded
¼ cup shredded vegan cheddar cheese

PREHEAT the oven to 425°F. Lightly oil an 8-inch square baking pan.

IN a small bowl, whisk together the ground flaxseed and water. Set aside for 5 minutes.

IN a large bowl, thoroughly combine the flour, cornmeal, baking powder, sugar, and salt.

ADD the grapeseed oil, milk, flaxseed mixture, jalapeños, and corn kernels to the flour mixture and mix by hand until combined. Pour the batter into the prepared pan and top with the jalapeños.

BAKE until the edges of the corn bread turn golden brown and a toothpick inserted into the center comes out clean, 18 to 20 minutes.

REMOVE from the oven and sprinkle the cheese over the still-warm corn bread. Allow to cool before cutting into nine equal squares and serving.

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MUSTARD-SAUTÉED GREEN BEANS

Serves 2

These ain't your mama's green beans! My sautéed green beans get a fresh hot remix with mustard seeds, cumin, and a bit of Sriracha. For a pop of color, garnish with a sprinkle of mixed microgreens.

Kosher salt
2 cups green beans
4 teaspoons peanut oil
6 shallots, thinly sliced
2 teaspoons mustard seeds
1 teaspoon ground coriander
¼ teaspoon ground cumin
Sea salt and freshly ground black pepper
½ cup vegetable broth
1 teaspoon vegan white wine
¼ teaspoon Sriracha sauce

SET up a large bowl of ice and water and add 1 tablespoon kosher salt.

IN a medium pot, bring 4 cups water to a boil and add 1 tablespoon kosher salt.

ADD the beans to the boiling water and cook until they are crisp-tender, about 2 minutes. Drain and immediately submerge them in the ice bath until cool to the touch, about 45 seconds. Drain them again and set aside.

MEANWHILE, in a large nonstick skillet, heat the oil over medium heat. Add the shallots and mustard seeds and cook, stirring occasionally, until the shallots are softened and golden, about 12 minutes. Stir in the coriander, cumin, and a pinch each of sea salt and pepper and cook for 45 seconds. Stir in the green beans and vegetable broth and cook until the broth evaporates.

STIR in the wine and Sriracha and serve immediately.



OKRA SALAD

Serves 4

My version of okra salad delivers a mouthwatering kick to this Southern staple. By cooking the okra lightly and combining it with fresh cabbage, tomato, carrots, and bell pepper, you will have a new appreciation for this vegetable and keep this salad in your regular party rotation.

¾ cup rice vinegar
¼ cup packed light brown sugar
2 pounds fresh okra, washed and halved lengthwise
1 cup shredded red cabbage
1 medium tomato, cut into wedges
½ cup shredded carrots
½ yellow bell pepper, sliced
1 teaspoon red pepper flakes
Pinch of freshly ground black pepper

IN a large bowl, whisk together the vinegar and brown sugar until well incorporated.

ADD the okra, cabbage, tomato, carrots, bell pepper, red pepper flakes, and black pepper and toss to fully coat the vegetables.

ENJOY immediately or refrigerate for a few hours to enjoy the married flavors.

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POTATO MUSHROOM SOUP

Serves 4

You won't get stuck in a slump of the same winter soups with this winner. This soup combines cremini mushrooms and red potatoes into a delectable blend that will fill you up and keep you warm on even the coldest winter night.

2 tablespoons sunflower oil
1 large yellow onion, diced
2 medium celery stalks, chopped
2 medium carrots, sliced
5 garlic cloves, chopped
2 tablespoons tomato paste
¼ cup all-purpose flour
1 to 2 teaspoon Marmite, to taste
1 cup dry red vegan wine
2 pounds red potatoes, unpeeled, cut into 1- to 2-inch chunks
4 cups vegetable broth
2 teaspoons fresh thyme leaves
2 tablespoons finely chopped fresh rosemary, plus 4 whole sprigs for garnish
1 pound cremini (baby bella) mushrooms, roughly chopped
Salt and freshly ground black pepper

IN a soup pot, heat the sunflower oil over medium heat. Add the onion, celery and carrots and cook, stirring occasionally, until the onion and celery are translucent and the carrot is fork-tender, about 15 minutes.

ADD the garlic and cook for 2 to 3 minutes.

ADD the tomato paste and stir to prevent sticking. Once all the vegetables are coated, sprinkle in the flour and cook for about 45 seconds, until the flour is fully incorporated. Immediately add the Marmite and wine, scraping the bottom to remove any stuck-on bits.

POUR in the potatoes and vegetable broth. Increase the heat to medium-high, cover, and bring to a boil. Reduce the heat to a simmer, then stir in the thyme, rosemary, and mushrooms. Let simmer until the potatoes are tender, about 20 minutes.

THE soup can be enjoyed chunky or blended with an immersion blender until smooth. Totally your call, just make sure you share it! Before serving, season with salt and pepper to taste, divide among four bowls, and garnish each with a rosemary sprig.

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GUEST CHEF RECIPE FROM SUNEETA WILLIAMS, SUNNI SPEAKS

SWEET AND SPICY COLLARD GREENS

Serves 4 to 6

Sunni Speaks is a company that is striving to build the bridge between health and the hood by providing vegan versions of soul food classics. Their trademarked Smackin' Mac, which is a soy-free vegan baked mac and cheese, is their best-seller. In 2020, the company expanded to nationwide cold shipping to provide vegan soul food to every neighborhood, not just Atlanta, where the company was founded. The company has also become a vendor to some of Atlanta's most notable restaurants. In the future, Sunni Speaks plans to be the preferred vegan option in restaurants and grocery stores globally, but for now, Suneeta's biggest accomplishment is having her mom specifically request her collard greens at Thanksgiving.

4 cups water
¼ teaspoon liquid smoke
1 tablespoon vegetable bouillon base
1 yellow onion, sliced
4 garlic cloves, sliced
2 tablespoons onion powder
2 tablespoons garlic powder
1 tablespoon salt
1 teaspoon cayenne pepper, plus more for garnish
4 tablespoons vegan butter
2 (16-ounce) bags cut collard greens
¼ cup apple cider vinegar
¼ cup agave syrup
Freshly ground black pepper

IN a large pot, combine the water, liquid smoke, bouillon base, onion, sliced garlic, onion powder, garlic powder, salt, cayenne pepper, and butter. Bring to a simmer and cook until the onion and garlic soften, about 15 minutes.

ADD the collards, cover, and cook for 30 to 40 minutes.

STIR in the vinegar and agave syrup. Continue cooking to your desired tenderness for the collards.

TRANSFER to a serving bowl and garnish with freshly ground black pepper and a sprinkle of cayenne pepper. Serve

immediately.

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SPINACH AND MUSHROOM ALFREDO

Serves 4 to 6

A good Alfredo is most likely on your Cheat Day menu, but you can dive into this vegan version guilt free—with fewer calories and an easy vegan cheese substitute.

8 ounces dried fettuccine
1 medium white onion, diced
2 cups vegetable broth
8 garlic cloves, minced
2 tablespoons extra-virgin olive oil
2 cups spinach leaves
1 pound cremini mushrooms, sliced
8 ounces dried fettuccine
 $\frac{3}{4}$ cup roasted cashews
 $\frac{1}{4}$ cup nutritional yeast
1 tablespoon fresh lemon juice
1 teaspoon salt
 $\frac{1}{2}$ teaspoon freshly ground black pepper

BRING a medium pot of salted water to a boil.

MEANWHILE, in a large skillet, cook the onion and 1 cup of the broth over medium-high heat until the onion is tender, about 8 minutes. Add the garlic and cook a couple of minutes more, stirring often.

IN another large skillet, heat the oil over medium heat until the oil shimmers. Add the spinach and mushrooms and cook until the spinach is wilted and bright green and the mushrooms are soft and lightly browned, 3 to 5 minutes.

ADD the fettuccine to the boiling water and cook according to the package directions. Drain.

SCRAPE the cooked onion/garlic mixture into a blender. Add $\frac{1}{2}$ cup of the broth, the cashews, nutritional yeast, lemon juice, salt, and pepper and blend on high until very creamy and smooth. Add the remaining $\frac{1}{2}$ cup of the broth, a little at a time, if needed to reach a consistency that can coat

the pasta. Pour into the pan with the spinach and mushrooms and stir.

SERVE over the cooked fettuccine.

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STUFFED BUTTERNUT SQUASH

Serves 4

Stuffed butternut squash is a great way to mix up your autumn vegetable game and works as a full meal because it's brimming with a filling made with brown rice, dried cranberries, walnuts, and mushrooms.

2 cups water
1 cup brown rice
3 tablespoons extra-virgin olive oil, plus more for drizzling
2 sprigs fresh rosemary
1 cup dried cranberries
1 (3-pound) butternut squash
1½ teaspoons sea salt
1 yellow onion, chopped
2 celery stalks, chopped
3 ounces mushrooms, sliced
½ cup walnuts, chopped
2 cups baby spinach
1 tablespoon fresh sage leaves, chopped
1 teaspoon garlic powder
1 teaspoon onion powder

IN a small saucepan, bring the water to a boil. Add the brown rice, 1 tablespoon of the olive oil, the rosemary, and dried cranberries. Cover, reduce the heat to medium-low, and simmer until the rice has absorbed all the liquid, about 35 minutes. Discard the rosemary stems.

MEANWHILE, preheat the oven to 375°F. Line a sheet pan with foil.

CUT the butternut squash in half lengthwise and scoop out the seeds. Drizzle the squash with 1 tablespoon of the olive oil and season with 1 teaspoon of the sea salt.

PLACE the squash cut side down on the prepared sheet pan and roast for 25 minutes.

FLIP the squash over and roast until almost fork-tender, about an additional 20 minutes. Remove the squash and set aside to cool, but leave the oven on.

ONCE the squash is cool to the touch, scoop out the flesh from the neck of the squash leaving a 1-inch border. Set the cooked squash flesh aside.

IN a large skillet, heat the remaining 1 tablespoon oil until hot. Add the onion, celery, mushrooms, and walnuts and cook until tender, about 5 minutes. Remove from the heat.

ADD the spinach to the pan and gently stir until the spinach begins to slightly wilt from the residual heat in the pan. Stir in the rice mixture and the reserved squash flesh. Season with the sage, garlic powder, onion powder, and the remaining ½ teaspoon salt.

STUFF the rice mixture into the squash halves. Carefully flip one squash half on top of the other. Return the squash to the sheet pan and drizzle with olive oil. Bake until the squash is warm and tender throughout, an additional 15 minutes.

CAREFULLY pull apart the squash halves and transfer them to a serving platter. Gently fluff the rice mixture, mounding any that falls out on top of the halves.

SERVE the squash halves whole (so your guests can see all that beauty!), and cut them into slices at the table.



ZUCCHINI CAKES

Serves 2

These zucchini cakes are a fun play cousin to my [Fried Green Tomatoes](#). The cakes take on a bold vegan twist with ripe bananas and dried cranberries for a bit of sweetness and tartness.

2 cups spelt flour
2 tablespoons date sugar
½ cup mashed ripe bananas
2 cups unsweetened almond milk
1 cup finely chopped zucchini
¼ cup dried cranberries, plus more for garnish (optional)
1 tablespoon sunflower oil, plus more as needed

FOR SERVING:

Sliced banana (optional)
Zucchini strips (optional)
Agave syrup or pure maple syrup

IN a bowl, combine the spelt flour and sugar. Add the mashed bananas and almond milk and stir until well combined. Stir in the zucchini and cranberries.

IN a large skillet, heat the oil over medium heat. Ladle small amounts of the zucchini batter into the pan. Cook for 1 minute, flip, and repeat. Continue until all the batter is used, adding more oil to the pan as needed.

SERVE immediately, garnished with dried cranberries, sliced banana, and zucchini strips, if desired. Serve the agave syrup on the side.

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FIVE

**DA BUTTERS, DA DIPS, DA
JAMS, AND DA JELLIES**

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Just because you go vegan doesn't mean that you don't like to SOP up your plate like you would with any good dip, jam, jelly, or gravy. Many of the staple dishes within this cookbook will be enhanced and enjoyed even more with just a dollop of some of these great dips and garnishes, which take them over the top.

While I was growing up in Maryland, there was nothing better than going to our crab feast and dipping a juicy crab leg into some butter or tartar sauce for an extra kick. The recipes in this chapter definitely come with a lot of kick, spice, and punch to give your new vegan favorites a whole lot of soul. Some of my favorites include [Apricot Jam](#), which goes well on everything from Sunday morning biscuits to a nice garnish for your charcuterie board. I also love the [Peanut Satay Dipping Sauce](#), which is great for shrimp or vegan kebabs. And my [Spinach Artichoke Dip](#) will have you enjoying this party classic without sacrificing any of the taste.

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APPLE BUTTER

Makes 9 cups

Are you really doing your autumn favorites right without some apple butter? If you aren't already down with the goodness that is my apple butter, do you yourself a favor: Get up into this recipe and put it on everything from fresh-baked breads to your favorite fruits and desserts.

4 pounds apples, unpeeled, cored and diced
2 cups apple juice
2 cups evaporated cane juice, or to taste
1½ teaspoons ground cinnamon
¼ teaspoon ground allspice
2 teaspoons fresh lemon juice

IN a large pot, combine the apples and apple juice. Cover and cook over low heat until soft, about 20 minutes. Puree with an immersion blender or in batches in a food processor until smooth.

ADD enough evaporated cane juice to sweeten to your taste. Add the cinnamon, allspice, and lemon juice. Stir well. Uncover and continue cooking over low heat until the mixture thickens to a spreadable consistency.

TRANSFER the apple butter to a stainless steel bowl, set aside, and let it come to room temperature.

MEANWHILE, sterilize four 16-ounce mason jars by boiling them in water for 10 minutes. Dry thoroughly.

POUR the apple butter into the still-hot sterilized jars. You'll have about a cup left over, which you can eat right away or store in another airtight container.

REFRIGERATE for 1 hour before placing the lids on top. Then refrigerate for up to 1 week, or freeze for up to 1 year.

ENJOY over toast or straight from the jar!

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APRICOT JAM

Makes 10 cups

I like to think of apricot jam as apple butter's lighter and flirtier cousin. While the jam takes a little more love and care on the stovetop, once it's done it's the perfect topping for your biscuits and pancakes.

3 pounds fresh apricots, pitted and chopped
2 ¼ cups sugar
½ teaspoon ground cinnamon
½ teaspoon ground mace
Pinch of ground ginger

IN a large saucepan, combine the apricots, sugar, cinnamon, mace, and ginger. Set over medium-low heat. The juices should slowly extract from the fruit and begin to simmer. Stirring frequently, increase the heat to medium-high and cook for 45 minutes. As the fruit breaks down, continue to stir the mixture to prevent it from sticking to the bottom.

TRANSFER the jam to a stainless steel bowl, set aside, and let it come to room temperature.

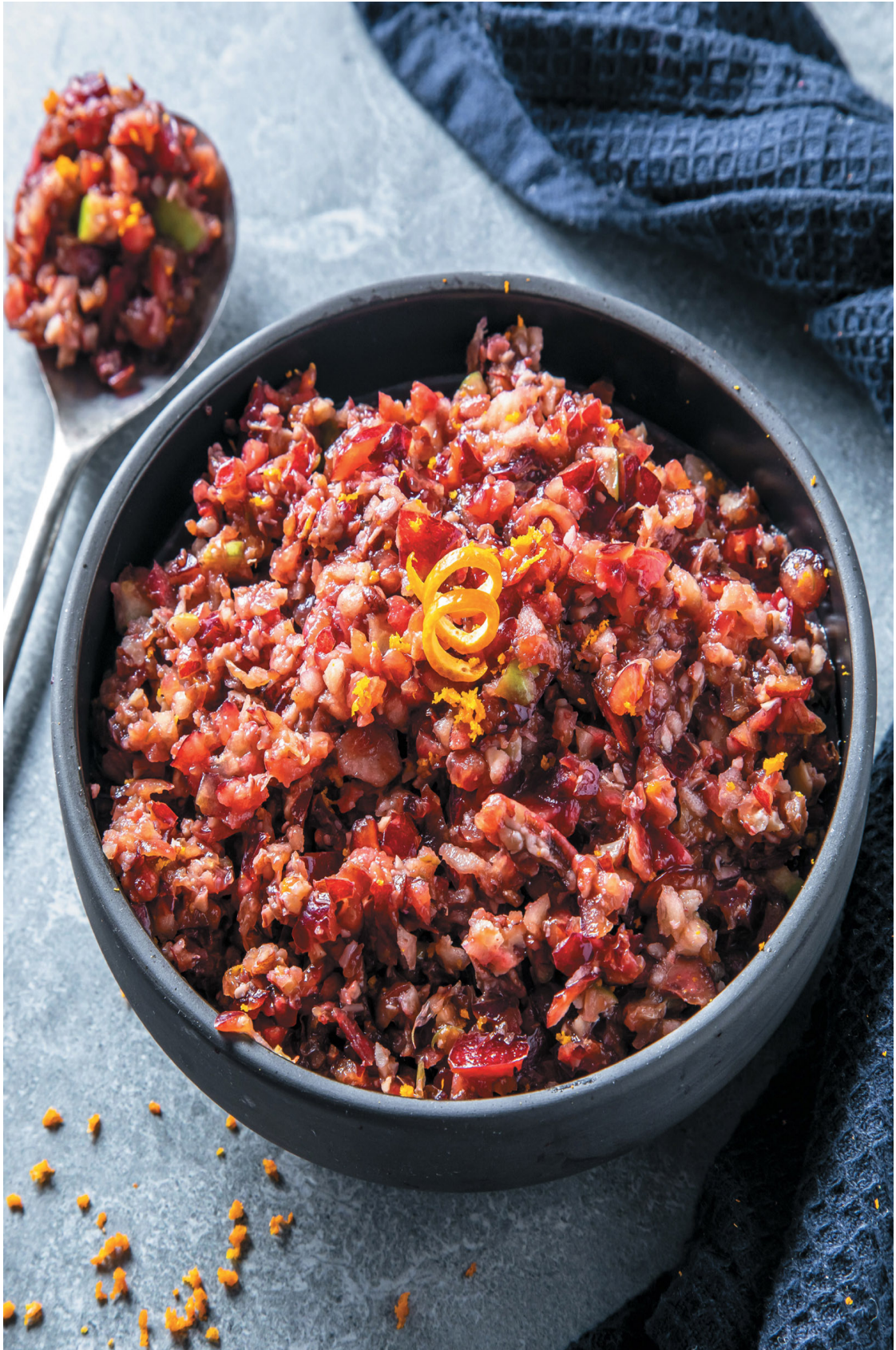
MEANWHILE, sterilize ten 8-ounce mason jars by boiling them in water for 10 minutes. Dry thoroughly.

POUR the jam into the still-hot sterilized jars.

REFRIGERATE for 1 hour before placing the lids on top. Then refrigerate for up to 1 week, or freeze for up to 1 year.

ENJOY your jam on biscuits or pancakes!

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CRANBERRY RELISH

Makes 3 cups

When you need a nice dose of tart and sweet for your morning oatmeal or a sweet kick for a savory soup, this cranberry relish is the sho nuff winner. The green apple adds to the tartness, and the pecans finish off this simple topping with a warm nuttiness.

2 cups fresh cranberries
1 small green apple
1 medium orange
½ cup pecans
½ cup evaporated cane juice, or to taste

RINSE and sort the cranberries to remove the mushy ones.

CUT the apple into quarters and remove the core.

PEEL half the orange, leaving half the peel on. Cut the orange into chunks.

IN a food processor, combine the cranberries, apple, orange, and pecans and pulse lightly. The mixture should be finely chopped, but not pureed. Transfer to a large bowl and fold in the evaporated cane juice to sweeten to your taste. The relish should be tart, but not sour or bitter.

COVER with plastic wrap and refrigerate for at least 1 hour before using. The cranberry relish can be refrigerated in an airtight container for up to 1 week.

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FONDUE CHEESE BOWL

Serves 4

You don't have to miss out on this cheesy favorite EVER again! Simply add whatever vegan cheese you feel like and punch it up with a vegan beer, and you are back in business with a fondue that will definitely be a crowd-pleaser.

1 large round loaf vegan bread
4 tablespoons vegan butter, melted
1 cup shredded vegan cheese
1 cup water
1 cup vegan beer
Salt
Parsley, for garnish

PREHEAT the oven to 375°F.

MAKE the lid in the bread by cutting in a circular direction all the way around (like cutting off the top of a pumpkin). Tear out the interior in small chunks, place in a serving bowl, and set aside.

BRUSH the bread lid and inside of the bowl with the melted butter. Set the bread bowl on a baking sheet and bake for 7 minutes, or until the bread looks toasted.

MEANWHILE, in a small saucepan, stir together the cheese and water and bring to a light simmer. Once the cheese is thoroughly incorporated, add the beer, ¼ cup at a time, until the thickness is as desired. Add salt to taste. Reduce the heat.

REMOVE the bread bowl from the oven. Pour the cheese mixture into the bowl, garnish with parsley, serve immediately with the bread chunks, and dip away!

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HOMEMADE VEGAN GARLIC BUTTER

Makes 2 cups

My vegan garlic butter is the best way to add a boost to your favorite dishes. Enjoy this spread cold or warm; it pairs well with everything from my [Roasted Purple Sweet Potatoes](#) to my ["Bacon"-Wrapped Asparagus](#).

1 cup refined coconut oil, melted
½ cup canned butter beans, drained and rinsed
½ cup unsweetened nondairy yogurt
⅓ cup extra-virgin olive oil
2 garlic cloves, chopped
2 ½ teaspoons nutritional yeast
1 teaspoon apple cider vinegar
1 teaspoon sugar
½ teaspoon salt

IN a blender, combine the coconut oil, beans, yogurt, olive oil, garlic, nutritional yeast, vinegar, sugar, and salt and blend until smooth. Pour into a glass container and refrigerate until it is firm.

THE garlic butter can be stored in an airtight glass container in the refrigerator for up to 1 week. When you're ready to use it, remove it from the refrigerator to come to room temperature so that it will be spreadable.

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PEANUT SATAY DIPPING SAUCE

Makes 3 cups

This sauce right here?! My peanut satay dipping sauce is EVERYTHING, and it's a great complement to roasted veggies and fried or baked tofu.

½ cup packed light brown sugar
¼ cup rice vinegar
2 cups creamy peanut butter
½ cup grapeseed oil
½ cup coconut milk
1 tablespoon red pepper flakes (optional)

IN a bowl, stir together the brown sugar and vinegar until the sugar is partially dissolved.

ADD the peanut butter and whisk until well incorporated. Drizzle in the grapeseed oil and continue to whisk until the mixture becomes thick and shiny.

SLOWLY add some of the coconut milk a bit at time until you have reached your desired consistency for a dipping sauce. If you want to turn this delicious dip into a salad dressing, add more coconut milk.

IF desired, spice things up a notch with the pepper flakes.

THE dipping sauce can be stored in an airtight container and refrigerated for up to 1 week.

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PIMENTO CHEESE SPREAD

Makes 2 cups

Pimento peppers are an acquired taste that your mouth may take a minute to warm up to. But after you combine them into this easy cheese spread, you will be spreading it on everything from crusty vegan breads, to olives and peppers, to your favorite veggie sandwiches.

12 ounces vegan cream cheese
4 ounces vegan mayonnaise
1 cup vegan shredded sharp cheddar cheese
2 ounces chopped pimento peppers, drained
1 ounce dried chives
1 tablespoon onion powder
1 teaspoon garlic powder
1 teaspoon sweet paprika

IN a bowl, combine the cream cheese and mayo until well incorporated.

ADD the cheddar, pimentos, chives, onion powder, garlic powder, and paprika. Mix until well incorporated. The mixture should be chunky and thin, but thick enough to stand up on a cracker.

THE pimento cheese spread can be stored in an airtight container in the fridge for up to 1 week.

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PINEAPPLE SALSA

Makes 2 cups

One spoonful of this irresistible pineapple salsa will take all of your grilled summer favorites from just aight to WOW! It is especially good with the [BBQ Tofu Bowl](#), [Backyard Quesadillas](#), and [Fajita Tacos](#).

1 ripe pineapple, cored and cut into large cubes
½ cup packed dark brown sugar
½ cup rice vinegar
2 tomatoes, seeded and diced
3 garlic cloves, diced
1 bunch green onions, thinly sliced
1 bunch basil, leaves hand torn, plus a few whole leaves for garnish

IN a large bowl, combine the pineapple and brown sugar. Mix until the pineapple is coated with the sugar, then add the vinegar. Add the tomatoes, garlic, and green onions and mix thoroughly.

SET aside for up to 2 hours to let the flavors marinate.

WHEN ready to serve, transfer the salsa to a serving bowl and add the torn basil leaves. Mix to incorporate. Garnish with a few whole basil leaves.

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SPINACH ARTICHOKE DIP

Serves 4 to 6

Your small bites won't be right without a good spinach artichoke dip. This all-vegan take on the party classic will give you all the bite and spice without sacrificing texture or flavor, and it's a great match for your favorite vegan chips or crackers.

- 10 ounces vegan cream cheese
- ½ cup vegan mayonnaise
- ½ cup vegan sour cream
- 1(10-ounce) package frozen chopped spinach, defrosted and drained
- 6 ounces marinated artichokes, chopped
- 2 cups shredded vegan Monterey Jack cheese
- 1 cup packed shredded vegan mozzarella cheese
- ½ cup dried onions
- 1 tablespoon garlic powder
- ½ teaspoon kosher salt
- ½ teaspoon freshly cracked pepper
- ½ teaspoon red pepper flakes

IN a large bowl, combine the cream cheese, mayo, and sour cream.

ADD the spinach, artichokes, both cheeses, the onions, garlic powder, kosher salt, black pepper, and red pepper flakes and gently fold together.

THE dip should be thick enough to form stiff peaks when you lift your spatula from the bowl.

TRANSFER to a bowl and serve.

ENJOY!

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WHITE BEAN DIP

Serves 4 to 6

If you want a nice take on a traditional hummus, this white bean dip includes the base flavors of lemon juice and olive oil but spins it even further with fresh rosemary, sage, and pimento. Enjoy with vegan tortilla chips or fresh romaine lettuce.

1 (15-ounce) can cannellini beans, drained and rinsed
2 tablespoons pimento, drained and chopped, plus more for garnish
2 garlic cloves, roughly chopped
2 tablespoons fresh lemon juice
1 teaspoon extra-virgin olive oil
2 teaspoons minced fresh rosemary
2 teaspoons minced fresh sage
¼ teaspoon freshly ground black pepper

IN a food processor, combine the beans, pimento, garlic, lemon juice, olive oil, rosemary, sage, and black pepper and blend until smooth.

TRANSFER to a serving bowl, garnish with some pimento, and enjoy!

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SIX

DEM SWEET THANGS

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I couldn't let you create a whole vegan feast without giving you some bomb treats to finish out your meal. I know that as you transition into a vegan lifestyle, thoughtfully including desserts and/or foods with a lot of sugar can be of concern, especially for those who—like a lot of my customers—are diabetic or prediabetic. The recipes in this chapter have been curated to help you satisfy your sweeter side while still keeping your health and fitness goals in check. If you want to go lighter, I would start with the [Grilled Plums](#) and the [Watermelon Creamsicles](#).

If you have a little more room in your stomach or a bit more of a sweet tooth, you can't go wrong with the [Sweet Bun Dessert](#), which is one of my favorite Jamaican desserts from my family's recipe book, or the [Sweet Potato Pudding](#), which is a nice twist on the traditional sweet potato pie.

And remember, you don't have to make dessert feel torturous or beat yourself up about having a slice of cake or pie. It's all about balance, and this chapter is here to round out my other beautiful recipes with some sweet treats that will shore be pleasing to both you and those you love.

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RAW VEGAN CHOCOLATE MOUSSE

Serves 4

I know I'm biased, but this dessert is kinda fire, if I do say so myself. The dark cocoa powder gives the mousse a rich, deep foundation, and then ground ginger, agave syrup, mandarin orange, and cinnamon continue to excite the palate. What other chocolate mousse is giving you this much flavor?

2 large avocados, halved and pitted
1 ½ cups dark cocoa powder
1 cup vegan cream
½ cup cold-brewed raspberry-flavored tea
1 tablespoon agave syrup
1 mandarin orange, peeled and segmented (pith removed)
½ teaspoon ground cinnamon
½ teaspoon ground ginger
10 ounces gingerbread cookies, crumbled
Vegan dark chocolate chips, for garnish

ADDITIONAL GARNISHES, OPTIONAL:

⅓ cup fresh blueberries
⅓ cup fresh pomegranate seeds
4 ounces coconut whipped cream

SCOOP the avocado flesh into a food processor. Add the cocoa powder, cream, tea, agave syrup, orange, cinnamon, and ginger and blend until smooth. Scrape down the sides and blend again.

TRANSFER to an airtight container and cover with plastic wrap. The wrap should touch the top of the mousse so a film does not form. Chill for at least 2 hours before serving.

TO serve, divide the cookie crumbles among four glasses or serving bowls and top each with some chocolate chips and, if desired, blueberries, pomegranate seeds, and whipped cream.

GRILLED PLUMS

Serves 3 or 4

Don't sleep on these grilled plums! They are a super-simple and healthy addition to a summer night hang and a guilt-free way to please your sweet tooth.

2 tablespoons vegan butter, melted
6 plums, halved and pitted
¼ cup vegan caramel
4 cups coconut whipped cream
½ teaspoon kosher salt
2 sprigs fresh mint, leaves cut into a chiffonade

HEAT your grill to medium-high.

BRUSH the melted butter over the plums and grill cut side down for 1 minute or until grill marks appear.

IN a bowl, gently fold the caramel into the whipped cream until it is lightly swirled in.

SPOON the whipped cream mixture on top of the plums, grilled side up, and sprinkle with the kosher salt and mint. Enjoy immediately.

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FUDGY BROWNIES

Makes 9 brownies

Who doesn't love a good brownie? And this one is ready for whipped cream or ice cream—or both!

Softened vegan butter for the pan
1½ cups cane sugar
8 tablespoons vegan butter, melted
⅓ cup unsweetened almond milk
1 tablespoon pure vanilla extract
1 cup all-purpose flour
¾ cup unsweetened cocoa powder
1 teaspoon baking powder
½ teaspoon salt
1 cup vegan chocolate chips

PREHEAT the oven to 350°F. Line an 8-inch square baking pan with parchment paper so that there is an overhang on two sides of the pan. Grease the parchment paper with some softened butter.

IN a large bowl, whisk together the sugar and melted butter. Whisk in the milk and vanilla.

IN a medium bowl, combine the flour, cocoa powder, baking powder, and salt.

MIX the flour mixture into the butter/sugar mixture until well combined. Fold in the chocolate chips.

SPREAD the batter evenly into the prepared baking pan.

BAKE until a fork inserted into the center comes out clean, 25 to 30 minutes.

LET cool for 30 minutes in the pan. Then grab the parchment paper handles and pull the brownies out. Set on a wire rack and allow to cool completely before cutting into 9 equal squares.

ENJOY!



GUEST CHEF RECIPE FROM DYMETRA PERNELL, THE PLANT BASED PRINCESS

DEE'S FAMOUS PEANUT BUTTER COOKIES

Makes 24 cookies

These cookies combine two great loves—cookies and peanut butter! They have a great texture and are just waiting for your favorite nondairy milk.

3 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
½ teaspoon salt
1 cup creamy peanut butter
16 tablespoons (2 sticks) vegan butter
1 cup granulated cane sugar
1 cup packed light brown sugar
1 teaspoon pure vanilla extract
6 tablespoons canned chickpea liquid

PREHEAT the oven to 350°F. Line a baking sheet with parchment paper.

IN a medium bowl, combine the flour, baking soda, baking powder, and salt and set aside.

USING a stand mixer, cream together the peanut butter, butter, granulated cane sugar, brown sugar, and vanilla until light and fluffy. Beat in the chickpea liquid 3 tablespoons at a time until well combined. Stir in the flour mixture until fully incorporated. Do not overmix.

USING a cookie scoop, place dough ½ inch apart on the prepared baking sheet. Bake the cookies until the edges are brown, 12 to 14 minutes, then transfer to a wire rack to cool.

ENJOY!

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SOUTHERN PEACH COBBLER

Serves 8

Yes, even you can make a holiday-worthy peach cobbler. And there will be no canned peaches here! Your biscuits will be buttery and flaky, and everything will come together perfectly. Beware: This may become your signature holiday dish!

PEACH FILLING:

- 8 cups sliced peeled peaches (8 to 9 peaches)
- ½ cup packed light brown sugar
- 2 tablespoons cornstarch
- 1 tablespoon fresh lemon juice
- 1 teaspoon ground cinnamon
- ½ teaspoon salt

BISCUIT:

- 1½ cups all-purpose flour
- ½ cup granulated sugar, plus more for sprinkling
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 8 tablespoons vegan butter, cut into cubes
- ¼ cup unsweetened almond milk, plus more as needed
- Ground cinnamon, for sprinkling
- Strawberries and raspberries or fruit of choice, for garnish

PREHEAT the oven to 375°F.

MAKE THE PEACH FILLING: Place the peaches in a 7 × 11-inch baking dish. Add the brown sugar, cornstarch, lemon juice, cinnamon, and salt and toss gently until well coated.

BAKE for about 10 minutes. Remove from the oven and set aside to cool. Leave the oven on.

MAKE THE BISCUIT: In a bowl, combine the flour, granulated sugar, baking powder, baking soda, and salt. Using your fingers, cut the butter into the flour mixture until it resembles coarse crumbs. Add the almond milk and stir together until a stiff dough has formed. You may need to add a little more milk. If so, add it 1 to 2 teaspoons at a time.

DROP pieces of dough onto the peach filling so that it is mostly covered. Brush a little milk over the biscuits and sprinkle with a little sugar and a dusting of cinnamon.

BAKE until the filling is bubbling and the biscuits are golden brown, 45 minutes to 1 hour. Remove from the oven and let sit for at least 20 minutes.

SERVE garnished with strawberries and raspberries or fruit of choice.

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SWEET BUN DESSERT

Serves 4

This is a dessert that you should definitely share with your peeps who have a sense of adventure and aren't afraid to shake up their sweet teeth. Filled with cinnamon, nutmeg, coconut whipped cream, fresh berries, and cayenne pepper, your guests will still be gushing about how much they love it well after their bellies are filled with this delight.

Peanut oil, for frying
2 tablespoons plus 1 teaspoon sugar
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon cayenne pepper
1 cup coconut whipped cream
4 vegan bao buns
2 strawberries, sliced
3 small sprigs fresh mint, for garnish
½ cup blueberries, for garnish

IN a deep saucepan, heat 1 inch of oil to 375°F.

MEANWHILE, in a small bowl, mix together the sugar and ½ teaspoon each of the cinnamon, nutmeg, and cayenne pepper.

IN a medium bowl, gently fold the remaining ½ teaspoon each cinnamon, nutmeg, and cayenne pepper into the coconut whipped cream.

LOWER the buns into the hot oil and cook for 5 seconds on each side or until lightly browned. Remove the buns from the oven and immediately toss in the sugar-spice mixture to coat.

WHILE still warm, spoon the spiced whipped cream inside the buns. Serve garnished with the mint sprigs and blueberries. Enjoy immediately.

SWEET POTATO PUDDING

Serves 4

Sweet potato pudding is a great alternative to bread pudding and a lighter take on the classic Southern pie. With just six ingredients, this will easily become one of your new fall favorites.

½ cup rolled oats

½ cup nondairy milk

1 cup peeled, cubed sweet potatoes, boiled until fork-tender

1 tablespoon pure maple syrup

1 tablespoon ginger syrup

¼ teaspoon pure vanilla extract

IN a blender, combine the oats, milk, sweet potatoes, maple syrup, ginger syrup, and vanilla and pulse until smooth.

POUR the pudding into four individual cups. Chill for at least 2 hours before serving.

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WATERMELON CREAMSICLES

Makes 4 pops

Nothing brings back the childhood joy of a good summer hang like a creamsicle! These watermelon creamsicles combine the brightness of fresh lemon and mint, the smoothness of coconut cream, and delicate sweetness of agave syrup and light brown sugar.

4 cups cubed watermelon
1 sprig fresh mint, leaves picked
Juice of 1 lemon
¾ cup coconut cream
2 tablespoons agave syrup
2 tablespoons light brown sugar

IN a blender, combine the watermelon and mint and blend on high for 30 seconds. Strain the mixture through a fine-mesh sieve set over a bowl to remove the pulp.

STIR in the lemon juice, transfer to an airtight container, and refrigerate until chilled, at least 1 hour.

MEANWHILE, in a medium bowl, stir together the coconut cream, agave syrup, and brown sugar. Pour this mixture into four ice pop molds, filling them half full. Place in the freezer for 30 minutes.

CAREFULLY remove the ice pop molds from the freezer and pour the watermelon juice into the remaining half of the molds, on top of the coconut cream mixture.

FREEZE for at least 3 hours and enjoy! Don't forget to take pictures!

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