

THE  
**PLANTPURE**  
**NATION**  
COOKBOOK



THE  
**PLANTPURE  
NATION**  
COOKBOOK

The Official Companion Cookbook  
to the Breakthrough Film . . .  
with over 150 Plant-Based Recipes

**Kim Campbell**

Foreword by T. Colin Campbell, PhD



BenBella Books  
Dallas, TX

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*To Nelson and our children,  
Whitney, Colin, and Laura*



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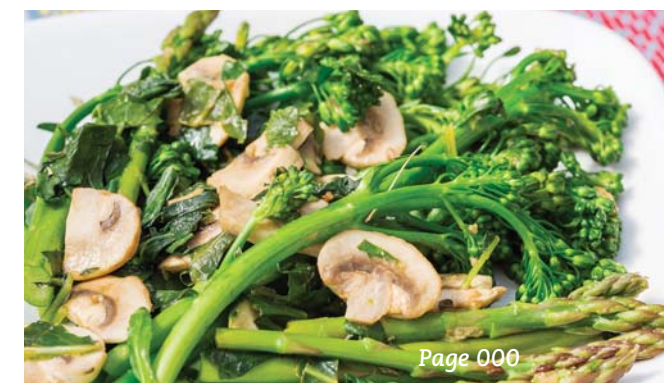
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# FOREWORD

In the following pages, Kim Campbell, my wonderful daughter-in-law of twenty-seven years, has shared the kind of recipes that I believe are essential to anyone interested in leading a plant-based lifestyle. I've sat at Kim's table for many an evening, eating the very dishes that are in this book. Kim has cooked this way for more than twenty-five years, and she has perfected the art of plant-based culinary cuisine as well as anyone I know.

These recipes have several characteristics. First, they are *tasty*. Second, they are *affordable*. Third, a substantial number of them have been used in wellness programs organized by my son Nelson and Kim, and have been proven to be *efficacious*. Fourth, they are *quick and easy to prepare*.

After being in the fields of nutrition, biochemistry, and toxicology for so long, after publishing our results in the very best scientific journals, and after being a member of several expert panels to develop national and international food and health information, I have seen much of what is troubling about our health system and what might be done to make it right.

I am convinced that the solution begins with food that is tasty, affordable, efficacious, and easy to prepare.

Not only will dining on these recipes create, maintain, and restore personal health, but doing so also benefits our society in so many ways. Controlling health care costs, minimizing environmental degradation, and restoring a sense of stewardship and peace for all sentient beings on our planet come to mind. And on that point, I also encourage you to go, if you have not already, to see the film produced by Kim's husband, Nelson, and his team, including a producer and writer who were key to the production of the highly successful film *Forks Over Knives* (which I also encourage you to watch).

Take this book, put it in a place in your kitchen that catches your eye often, and try these recipes. I am confident that you will love Kim's cooking.

—T. Colin Campbell, PhD  
 Professor Emeritus of Nutritional Biochemistry, Cornell University,  
 Coauthor of the best-selling book  
*The China Study*



## INTRODUCTION

I was sixteen years old, in a high school near Cornell and dreaming of studying nutrition, when I met my husband Nelson Campbell and his family.

I grew up in a small rural town. My parents were raised on dairy farms and I too lived on a family dairy farm in the beautiful Finger Lakes Region of upstate New York, until my father took a job with Cornell Cooperative Extension as a dairy consultant and educator.

At that time, Nelson's father, Dr. T. Colin Campbell, was also at Cornell and in the middle of the research in China that would become the bestselling book *The China Study*. Though Colin often traveled back and forth as he gathered data and compiled results, the first time Nelson brought me home for dinner, he happened to be there.

Colin loves to talk about his research, and I love asking questions. During one of my first visits to their home, Colin spent hours showing me slides of family pictures and his travels around the world doing research. He shared what researchers were learning about the incredible differences in health between those who ate a plant-based diet and those who ate a meat- and dairy-heavy Western diet, discussing his earlier work in the Philippines and at Virginia Tech on the negative effects of animal proteins. This may not

have been what Nelson had in mind when he'd invited me—but I was fascinated.

In my teen years, I loved to cook for my parents and siblings. I'd grown up eating a traditional diet of meat and dairy, supplemented by fresh vegetables grown in my father's large gardens, but especially after meeting Nelson's family, I began experimenting with vegetarian and vegan recipes.

I went on to study nutrition at Cornell, but in my classes met the harsh reality of nutritional instruction during that time. It was the 1980s, and plant-based nutrition was far from mainstream. Despite the incredible findings in China, Colin's colleagues, even those in his own department, were shunning, sometimes even mocking him. I became disillusioned by the ignorance, ego, and cowardice in this field. Though I still earned a minor in nutrition education, I decided on a different career path: childhood education.

As a public school teacher, I brought my passion for helping young people make the right food choices into the classroom. I incorporated food and nutrition into my curriculum any way I could, teaching my students to take responsibility for their diet and health. At home, Nelson and I did the same for our three children, and our family has been cooking and eating primarily plant-based cuisine for more

than twenty-five years. But we both felt it was important to spread this knowledge further.

Over the past four years, Nelson has pursued a dream of building a socially conscious company committed to bringing his father's message into the mainstream. This company has developed a food-based wellness program that brings the benefits of plant-based eating to a larger, more diverse audience. I've been fortunate to play my own part in this effort, providing culinary education and consultation for our clients, and helping in the development and testing of the meals used in the program. It's a role that allows me to apply all of the knowledge I've gained over the past twenty-five years, and seeing the differences the program has made in our clients' lives has been nothing short of exhilarating.

*PlantPure Nation*, spearheaded by Nelson, grew directly out of our work in wellness. The film shows the impact plant-based nutrition has had on the health and well-being of the rural North Carolina community of Mebane. It also addresses the larger political issues surrounding the idea of plant-based nutrition, especially why this idea has been suppressed for so long.

The core of the wellness program shown in the film is our two-week Jumpstart program. And it's the meals our clients eat in the Jumpstart program that form the heart of this cookbook—so you can try the program out, and see and feel the results. (Those recipes are marked in the table of contents and on the recipes themselves with this image: 🌱.)

During our jumpstarts and culinary education classes, it became clear to us that

creating a cookbook for the participants would be a perfect addition to our program. The people in our program had diets that were very traditional, and switching to a plant-based diet can feel like a huge change, especially at first. I wanted to provide familiar flavors and recipes that would appeal to entire families, including kids. (We've found that the chances of sticking to a new lifestyle are greatly enhanced if others in the family make the same commitment.) Above all, I wanted to help make plant-based eating both easy and delicious for our jumpstart clients.

We hoped a cookbook would do the same for those who see *PlantPure Nation* and want to try a plant-based diet, using recipes that are kid-friendly, pleasing to sensitive palates, and diverse in flavors, textures, and spices. I believe plant-based eating should be a pleasure—not just something you do for your health.

Our kids are all grown up now; the oldest is twenty-three and the youngest is seventeen. And the part of our parenting of which I am most proud is the appreciation we instilled in our kids for a plant-based diet. We never took a hard line approach with our kids when it came to their diets. I simply cooked delicious plant-based meals in our house and always made sure we ate together around the dining room table as a family—the same way my own family did. We educated our kids about the facts of nutrition, inspired by their papa, and ultimately trusted them to embrace a plant-based diet beyond the confines of our cozy home. Being the extreme food police often seems to backfire. Instead, we taught them, modeled the right choices, and helped them practice it.



Research shows that frequent exposure to a wide variety of foods will encourage children to become better eaters later in life. Our kids were known to request food such as artichokes, beets, broccolini, Brussels sprouts, acorn squash, fennel, daikon radishes, wild mushrooms, and others that their peers wouldn't have dreamed of eating. Today, all three eat a large variety of plant-based foods. They all know how to cook, and, importantly, how to enjoy the process. That is what I hope for your family, and what I hope this cookbook will help you accomplish.

Many cookbook authors spend a great deal of time providing pages of nutrition information and sharing non-recipe details. For this one, I've assumed you already know the health benefits, and so instead I have focused on the food. I wanted this book to be, first and foremost, about great recipes and delicious food.

However, I do include a few short information sections, on pantry ingredients, useful tools, substitution tips, and how to keep plant-based eating easy. If you already have experience with plant-based cuisine, you may want to skip these next few sections and go right to the recipes. But if you are new to plant-based cuisine, some of the information may be helpful.

I've also worked with Nelson and others behind *PlantPure Nation* to share with you more information on the film in sidebars spread throughout the book.

What you'll see in this cookbook I've learned through trial and error over the past twenty-five years, and also through talking to and learning from other plant-based chefs and experts. My philosophy as I travel the path of plant-based cooking is simple: never stop trying new things or learning from others, and always share what you have learned.

As you, too, travel this path, you should know that cooking need not be a mechanical process of measuring and combining ingredients and following instructions. Cooking done right is an art. There are infinite combinations of ingredients, just as there are infinite ways of combining the colors from a painter's palette. Most of all, though, remember that cooking is a life-giving act from which you should derive joy. When you serve yourself, family, and friends, you are serving good health on a platter.

Cooking is not just a hobby to me, but a way of life. I love building, creating, and revising recipes. I'm not afraid to make mistakes, and I never limit myself to just one idea. I hope that my recipes will become yours, and that you will take them and adjust them to your family's preferences and your own. These are now your recipes—my gift to you! I wish you many joyful mealtimes with the people you love and abundant health.





## BUILDING YOUR PLANTPURE PANTRY

Over the years, I have learned that my best cooking happens when my pantry is filled with a variety of essential spices, beans, sauces, nuts, seeds, flours, and more. For many people, stress in the kitchen happens when you simply don't have the correct ingredients on hand. And switching to a plant-based diet means changing what you think of as pantry staples.

Many of the people I work with want to run out and purchase an entire pantry list immediately. But you don't need to purchase all of these items at once; just try to knock out a little bit each week to build up your pantry. To limit your expense, focus first on the ingredients you need for the recipes you select. Add pantry items as you continue cooking plant-based meals, building your pantry items slowly.

There are many products on the market today that are used in plant-based cooking. I have tried to compile an ingredient list of essential items for your pantry connected with the recipes I am sharing in this cookbook, but keep in mind that this is but a subset of a much larger set of possibilities. You should be able to find almost all of the ingredients below at a regular supermarket—no specialty or natural food markets required.

### BEANS

You can use either canned or dried beans in your cooking, but be aware that dried beans require soaking and cooking for long periods of time. (If you are adamant about using dried beans, then a pressure cooker is a good investment; see more in “Helpful Cooking Tools.”)

- Black beans
- Black-eyed peas
- Cannellini beans/white kidney beans
- Chickpeas/garbanzos
- Great Northern beans/navy beans
- Lentils (green, red, yellow, split pea)
- Pinto beans
- Red kidney beans

### GRAINS, FLOURS, AND OTHER GRAIN PRODUCTS,

Store grains and flours in airtight containers in a cool, dark cupboard or other storage unit. An important note: resist the temptation to purchase large quantities of flour. If you purchase more than what you will need you may end up with flour that goes rancid.

**Barley:** Barley is a member of the grass family. It has a nutty flavor and a chewy, pasta-like consistency, and is high in protein and fiber. I like to use it in soups and stews for a bulkier texture.

**Brown Rice:** The main difference between brown rice and white rice is that the bran has not been removed from brown rice. Brown rice is much healthier, with more fiber, nutrients, and necessary fatty acids, and has a nuttier flavor and a chewier texture.

The shape of the rice has much to do with its starch content. Long-grain rice is less sticky and often used in pilafs. Medium-grain rice is relatively sticky and used in paellas and risottos. Short-grain rice is the stickiest kind and I like to use this rice for sushi. I always suggest that new plant-based eaters try short-grain rice if they are used to the texture of white rice. Our family loves stickier rice, so I almost always use short-grain brown rice.

**Bulgur wheat:** Bulgur wheat is a whole-grain wheat that has been partially cooked, dried, and then cracked. It has a nutty flavor and a chewy texture. I like to use it in stews and dishes where ground beef is usually used. Bulgur cooks quickly and more than doubles in size when cooked.

**Cornmeal:** This grain is used primarily for cornbread, grits, muffins, and polenta. Cornmeal comes in different textures ranging from coarse to fine. It also comes in white, yellow, and blue varieties. Medium and fine grains are most often used in baking while coarse grains are used for grits and polenta.

**Couscous:** Couscous is a wheat product similar to pasta and is a staple in Moroccan cuisine. It cooks quickly and can be found in both white and whole wheat forms.

**Oats:** Oats are high in protein and fiber and rich in vitamins and minerals. Oats

are gluten free and come in many forms: whole oat groats, oat bran, oat flakes, and oat flour.

**Pasta:** Pasta comes in many shapes, colors, sizes, and even flavors. I recommend only 100 percent whole-grain pastas: whole wheat or brown rice pasta. Whole wheat pasta has a firmer texture and a nuttier flavor, but I prefer brown rice pasta because it is less grainy, cooks quicker, and is gluten free.

Please remember that a pasta is not 100 percent whole wheat if one of the first two ingredients says “enriched.” That means the bran has been removed and replaced with artificial vitamin and mineral supplementation.

**Quinoa (white, red):** Quinoa is a small, round grain that is brown to gold in color. It is an excellent source of protein, containing the ideal balance of amino acids. When cooked it remains granular and has a nutty flavor. Quinoa can be used in place of rice or pasta in most dishes and cooks quickly.

**Spelt flour:** This grain is an ancient member of the wheat family but is popular among the gluten-sensitive crowd. Spelt flour contains less gluten than modern wheat flour and can be substituted for it in most recipes. It is also lower in fiber and higher in protein than modern wheat flour, which makes it easier to digest.

**Vital wheat gluten:** This is the protein derived from wheat after the starch is removed. Cooks often use this in breads to make a more uniform loaf. Vegans love to use this in burgers and loaves because it holds the ingredients together like “glue.” Seitan, for example, is nothing more than water, gluten, and seasonings. Though

I’ve listed vital wheat gluten here, I use little to none of it in my cookbook because I find it to be highly processed and refined. Gluten is also hard to digest for many people.

**White whole wheat flour:** This is a whole-grain flour that comes from a variety of wheat that is golden rather than red, which gives the flour a lighter color. This flour gives a lighter texture to breads and baked goods.

**Whole wheat flour:** This flour is made from 100 percent whole wheat berries.

**Whole wheat pastry flour:** Pastry flour is ground from soft wheat berries as opposed to the hard wheat berries used for regular whole wheat flour. Whole wheat pastry flour has less gluten and protein than regular whole wheat flour and is much lighter. I use it often for cakes, cookies, pancakes, and most quick breads.

## NUTS, SEEDS, AND NUT BUTTERS

Foods from this category can really add to a recipe and enhance sauces. The fat from the nuts helps emulsify ingredients in sauces and dressings. I like to use a handful of nuts in a recipe rather than oil because nuts and seeds are whole foods. But because nuts and seeds are high-fat foods, we need to pay attention to the amount we use in our diets. They are necessary for good health, but the way they are packaged and processed can lead to overconsumption; if you were to eat nuts in their purest form, you would have to be cracking and shelling a great deal. In our house, I keep nuts in the refrigerator for cooking. Rarely do we eat them by the handfuls.

### Nuts

- Almonds
- Cashews
- Peanuts
- Pecans
- Pine nuts
- Walnuts

### Seeds

- Chia seeds
- Flax seeds (flax meal is ground-up flax seeds)
- Sesame seeds
- Sunflower seeds

### Nut butters (use sparingly)

- Almond butter
- Cashew butter
- Sesame seed butter/tahini
- Sunflower butter

## VINEGARS, CONDIMENTS, AND SAUCES

### Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- Rice vinegar
- White vinegar

### Condiments and Sauces

- Ketchup, all natural
- Dijon mustard
- Yellow mustard
- Hoisin sauce
- Lemon juice
- Lime juice
- Liquid smoke
- Sriracha (my favorite hot sauce)
- Vegan Worcestershire sauce (I like Amy’s brand)



### Soy Sauce, Tamari, and Miso Paste

**Soy sauce:** Soy sauce is a salty brown liquid made from fermented soybeans. There are many varieties of soy sauces available, so experiment with a few. I prefer low-sodium versions for my recipes.

**Tamari:** Tamari is a salty brown sauce that, like soy sauce, is made from soybeans. It has a smoother, richer flavor than soy sauce because it contains a higher concentration of fermented soybeans.

**Miso paste:** Miso is a traditional Japanese seasoning paste made from fermented rice, barley, chickpeas, or soybeans. It is used to flavor sauces and spreads and gives a musty flavor to vegan cheeses.

### SWEETENERS

It's important to keep consumption of refined sugars to a minimum. All sweeteners (except Medjool dates) are considered refined and should therefore be used sparingly. I recommend agave nectar more often than not because it has a lower glycemic index than most sweeteners. I personally use these products very infrequently and keep desserts to a minimum, though occasional desserts are fine for special occasions.

**Agave:** Also known as agave nectar, this liquid sweetener is derived from the blue agave plant, which is part of the cactus family. It varies in color from light to dark amber. Agave is 50 percent sweeter than sugar and has a smooth flavor similar to honey.

**Maple Syrup:** This natural syrup comes from boiling down the sap of

maple trees. The flavor is distinctly nutty, roasted, and sweet. I love maple syrup, but it is very expensive.

**Medjool dates:** This is a dried tree fruit that can be purchased without pits. It has a rich caramel-like flavor. If pureed, it makes the perfect natural sweetener for sauces, smoothies, and baked goods.

**Molasses:** This is a dark sweet syrup by-product made during the extraction of sugar from sugarcane. It has a strong flavor and should be used carefully because it can quickly overpower the flavor of any recipe to which it's added.

**Sucanat:** This sweetener has the taste and consistency of brown sugar. It comes from whole unrefined sugarcane that has been freshly cut and crushed. The juice is extracted and heated, and the resulting dark syrup dried to create granules that have the distinct flavor of molasses. I use it as a substitute for brown sugar whenever I bake.

### SALT AND SODIUM

Throughout this cookbook there are portions indicated for salt. However, you should keep salt intake to a minimum by salting very lightly. Over time your taste buds will become more sensitive, enabling you to taste more saltiness with less salt.

To further reduce your sodium intake, always rinse beans before using and buy products with low or reduced sodium. Keep in mind that anything you buy prepared is probably heavily salted. When you buy prepared foods you are at the mercy of the food company. Cooking your own food allows you to be in control of your health.

When selecting a salt, consider the type. Sea salt does not go through the refining and bleaching process that table salt does, so it may be a marginally better choice for that reason. But don't be fooled into believing that sea salt has less sodium than table salt. Too much sodium is harmful to your body whether it comes from table salt or sea salt.

### DRIED HERBS AND SPICES

Ancho chili powder  
Basil  
Black pepper  
Cayenne powder (red pepper)  
Chipotle chili powder (provides a smoky flavor)  
Chives  
Cinnamon, ground  
Cloves, ground  
Cumin, ground  
Curry powder  
Dill  
Fennel  
Garam masala (you can make this, see recipe)  
Garlic powder  
Ginger, ground  
Italian seasoning  
Mustard, ground  
Nutmeg  
Old Bay Seasoning  
Oregano  
Paprika  
Parsley  
Red pepper flakes  
Rosemary  
Sage, rubbed  
Tarragon leaves  
Thyme leaves  
Turmeric, ground

### TOFU AND TEMPEH

**Tofu:** Tofu is also called bean curd. It is made by coagulating soy milk and pressing the resulting curds into soft white blocks. Tofu is absorptive and can be marinated to any desired flavor. There are three varieties of tofu:

Extra-firm tofu (great for stir-fries and sautéed dishes)

Firm tofu (slightly softer than extra-firm tofu, with a higher water content)

Silken tofu (soft and creamy, with the highest water content; great for salad dressings and smoothies)

My advice is to buy extra-firm tofu, which gives you more bang for the buck because it contains less water. A firm tofu can be processed down by adding water to it. I rarely buy anything else.

**Tempeh:** Tempeh is made by inoculating soybeans with a special bacterium and incubating them for a period of time. A white fluffy mold develops around the beans, holding them together into a cake. I think of tempeh as soybeans in a cake or patty form.

Tempeh has a firm texture and a pleasant nutty flavor. I like the flavored tempeh, especially the smoked varieties, but again, be careful of your sodium intake, since some tempeh, as well as tofu, can have lots of added salt.

### MISCELLANEOUS ITEMS

**Canned coconut milk:** Canned coconut milk can be purchased in either lite or regular fat content. The lite coconut milk is slightly lower in fat only because they add water to the ingredients.

**Cornstarch:** Cornstarch is a fine powder made out of corn. It is primarily used as a thickener for soups and sauces. It has twice the thickening power as flour and turns clear after cooking.

Corn (and soy) is one of the top foods genetically engineered, which means the genetic material of the plant has been altered in a way that does not occur naturally. There is growing evidence that foods that have been genetically modified are linked to health problems and environmental hazards. Many countries around the world have restricted and banned the use of genetically modified organisms (GMOs). I highly recommend you buy non-GMO products.

**Ener-G Egg Replacer:** Ener-G Egg Replacer is a dry product made from mainly potato starch and tapioca flour that has the look and feel of cornstarch or a fine flour. It is used as an egg substitute when preparing baked goods.

**Flax meal:** Flax meal is simply flax seeds ground into a flaky powder. When mixed with water, it makes a great egg substitute. It is also great on cereals and mixed into smoothies. Flax meal is high in fiber and rich in nutrients. Store flax meal in the refrigerator or freezer because it has a tendency to go rancid quickly.

**Nutritional yeast flakes:** Nutritional yeast flakes can be found in the bulk section at most natural food stores. They are rich in B vitamins and protein but low in calories. Nutritional yeast is made of inactive microorganisms and safe to eat without cooking. It has a mild cheese-like flavor.

Please don't confuse nutritional yeast with brewer's yeast or active dry yeast.

Active dry yeast will cause intestinal discomfort and taste terrible.

**Seaweed:** Seaweed is a great way to bring the flavor of the sea into your dishes. Toasted nori sheets are used for sushi rolls, but I use them whenever I want to add the flavor of "fish" to a dish.

**Tomatoes and tomato paste:** Typical canned tomatoes are high in sodium, so look for low-sodium brands. I like to buy diced Pomi brand tomatoes that come in a carton, because their sodium content is much lower than that of other brands.

**Unsweetened cocoa powder:** Cocoa powder is made by pressing chocolate liquor and removing 75 percent of the cocoa butter fat. The solids are then processed and turned into cocoa powder. Unsweetened cocoa powder is bitter and dark, and imparts a rich chocolate flavor to baked goods.

**Vegetable stocks:** Vegetable stocks can be high in sodium, so I recommend you buy low-sodium versions. Concentrated vegetable stocks, which often come in a jar, are sometimes high in fat and sodium, so it's important to read the ingredients label.

## FROZEN PRODUCE

Although frozen foods are not really a pantry item, they are very important foods to have available for easy and quick preparation. Frozen vegetables are the next best thing to fresh vegetables and in many instances better. Fresh vegetables often sit in trucks, in produce racks, and then in our refrigerators for a long time, losing their nutrient quality and freshness along the way. Frozen produce is picked

at its peak and flash-frozen immediately. This makes many frozen items more nutritious than their fresher cousins.

Corn  
Diced onions  
Edamame  
Fruits (cherries, raspberries, blueberries, mangoes)

Leeks  
Mixed Asian stir-fries  
Peas  
Roasted mixed peppers  
Spinach and greens



## HELPFUL COOKING TOOLS

Equally important to having a stocked pantry is having the right cooking tools. There is nothing more frustrating than having a great recipe and all your ingredients, then finding that you are lacking an essential tool. Here are the tools that will make your job of preparing the recipes in this cookbook easier.

**Food processor:** This comes in handy for many of the recipes in this cookbook. Cutting, chopping, shredding, and whipping can all be done in the food processor. This appliance is a must!

**Knives and cutting boards:** Sharp knives and a few different-sized cutting boards are always the first items I pull from the cupboard in preparing for dinner. Not only do they help get the job done, but using a sharp knife and proper technique can also help prevent nasty cuts.

**Pressure cooker:** If you like to cook with dried beans and whole grains, this gadget is a great buy, because it cooks everything much faster. Cooking is more pleasant when you can create your mas-

terpiece without having to stand around for a long time waiting for something to cook.

**Slow cooker:** A slow cooker is essential for those super easy-to-cook meals that you turn to when you don't have the time for anything else. Many times after a busy day at school, I came home to a slow cooker stew, and all I had to do to finish dinner was make a salad and cook some rice.

**Vitamix blender:** People always cringe when I say this because a Vitamix is expensive. Mine is a refurbished one that I received more than five years ago and it still works like a dream. I'm a cook, so I find myself using it at least once daily, if not two or three times. It will truly turn almost anything into a cream, so it's wonderful to use for dressings, sauces, and soups. I have tried other blenders and nothing compares. Having said this, you can use other blenders; just understand that they may require more soaking and pre-chopping of ingredients.

## MAKING SUBSTITUTIONS

Learning how to “veganize” a recipe is important because the people you're cooking for, especially if they're new plant-based eaters, may still crave traditional comfort foods. Sometimes you simply can't make a replacement (try making a pot roast with plants), or the recipe just flops. However, most of the time, a recipe can be easily changed. Over the years I have learned a few tricks and received advice from the pros. Here are just a few.

### EGGS

Eggs are used in recipes to emulsify, bind, leaven, and give structure. Here are a few suggestions for egg replacement.

- 1 tablespoon flax meal plus 3 tablespoons water (let it sit so it thickens)
- 1½ teaspoons Ener-G whisked with 2 tablespoons water
- ¼ cup fruit puree such as applesauce or prune paste

### CHEESE

Cheese is loaded with saturated fats and with casein, the milk protein that research has linked to cancer and disease. Cheese is often hard to replace, but there are a few alternatives.

Fake vegan cheese is an option, but I use very little of these products. In my work with my husband, we have used sparing amounts in our jumpstarts because our participants are typically new to a plant-based diet. At home, I use vegan cheeses mainly when we have non-vegan guests. These products are loaded with oils, so I'm not sure I approve of this as a staple in the diet.

**To replace ricotta:** One of the recipes in this cookbook is a tofu ricotta recipe that tastes even better than real ricotta.

**To replace Parmesan:** Grind up walnuts, bread crumbs, and nutritional yeast using equal ratios.

**To replace cheese sauce:** I have included in this cookbook recipes for a cauliflower Alfredo sauce that is delicious and a macaroni and no-cheese sauce that works well if you are looking for a nacho sauce or a sauce to pour over veggies. You can even make some ahead of time and store it in the refrigerator.

### MILK

This is probably the easiest ingredient to substitute because there are so many choices available. Our house is partial to soy and almond milks, though I had to try many varieties on my kids before we found what worked.

Almond milk  
Hemp milk  
Oat milk  
Rice milk  
Soy milk

## OILS AND BUTTERS

Although oils are vegan, we use absolutely no oils in our house. That is not to say we don't consume oil in our plant foods, because we do. We just don't ingest refined oils—that means olive, sesame, canola, corn, and others. Oil is oil and research like the research done by my father-in-law suggests that they are all unhealthy. We can get all the fat we need if we are eating a whole food plant-based diet.

**Applesauce:** Applesauce is a good replacement in cookies and quick bread.

**Avocados:** An avocado can be a butter replacement that will add natural fat and creaminess to just about anything.

**Bananas:** Bananas are a perfect replacement for fats in cookies or quick breads. But be forewarned: unlike cookies and breads made with applesauce, which doesn't add a strong flavor, those made with bananas will taste like bananas!

**Nut butters:** I use nut butters in my cookies as a fat replacer. They work perfectly.

**Prune puree:** A thick puree made from pitted prunes and a little bit of water is a great substitute for butter when baking.

**Vegetable stock:** I use this to sauté my vegetables—though if vegetable stock is not available, water is also a good option.

## MEATS

I am not a fan of textured vegetable proteins because they often contain isolated soy proteins. I particularly recommend you stay away from these fake meat products because they are very processed, loaded with oils, and hard to digest. Here are some approved meat substitutes.

**Bulgur:** When added to soups, stews, marinara sauces, and salads, this grain's texture is similar to that of hamburger. You can season bulgur with any flavor. I like to add taco seasoning and use it as a filling in tacos.

**Flavored tempeh:** The “fakin' bacon” flavor of tempeh makes it a great replacement for bacon. It's very salty, however, so you may want to rinse it a little before cooking and limit its use.

**Frozen and thawed tofu:** Freezing and then thawing tofu gives it a more meat-like texture. I freeze tofu prior to marinating so it takes on this firmer texture.

# KEEPING PLANTPURE EATING SIMPLE

**C**ooking plant-based cuisine can be a joyful experience on many levels. But as soon as this lifestyle becomes too complicated, too time-consuming, or in any other way a chore, the joy begins to fade. This is the biggest reason so many people don't stick with the plant-based diet. Don't be discouraged if dinner is a tomato and avocado sandwich; our best meals were oftentimes the quick and easy ones. So it is important as you embark on this journey to always think about how to live plant-based as simply as possible. As many a philosopher has said, there is freedom in simplicity. Here are a few suggestions:

1. Keep a couple of dips handy in the refrigerator, such as hummus, guacamole, or a bean dip. These can always be used for quick sandwiches and salad toppers.
2. Have some grains and other starches cooked and stored for quick access. This will often make it easier to throw a meal together; you can just mix a grain or starch with your choice of vegetables or salad greens. Baked potatoes, for example, keep nicely in the refrigerator and go perfectly with a salad or mixed vegetables.

3. Keep at least two dressings handy for salads and sandwiches. I prefer to make my salad dressings because my recipes have no added oil and minimal sugars. However, if you prefer to buy them, read the ingredients label to make sure there are no added oils.
4. Keep a variety of raw nuts, frozen fruits, and oatmeal handy for breakfast. I also use boxed cereal but only cereals that are low in sugar, are 100 percent whole grain, and have no or very minimal vitamin supplementation. In our house, breakfast is always a quick meal that can be put together in five minutes, especially on weekdays when we may be in a hurry to get out the door. Weekends are often better for more leisurely, planned breakfasts.
5. Always have fresh fruit and veggies on hand. This will help when you get the snack attack. Try reaching for an orange, a banana, or an apple when you crave something sweet. Or grab celery, broccoli, or peppers and dip them in a dressing when you crave something savory. The more you do this, the less you will want fat-laden brownies, cookies, and potato chips.



## THE GENESIS OF *PLANTPURE NATION*

**N**ELSON CAMPBELL DREW upon a lifetime of experience in conceiving the idea for *PlantPure Nation*. As the son of world-renowned nutritional biochemist Dr. T. Colin Campbell, Nelson had a front row seat to one of the great scientific discoveries ever made: that a whole foods, plant-based diet can prevent, and in some cases reverse, serious illnesses like type 2 diabetes, heart disease, and even some forms of cancer. He also witnessed how difficult it was to bring this discovery to light, mainly because of the opposition it aroused from big special interests like agribusiness. That struggle also led Nelson to a career as an entrepreneur in health and wellness and a desire to use the skills he gained to help bring his father's health message into the mainstream.

In early 2012, Nelson worked with Representative Tom Riner to draft and introduce legislation in Kentucky that would have instituted a pilot project to demonstrate the efficacy of a plant-based diet. When that legislation failed to pass, it made him realize that if he did the pilot project successfully on his own, then went back to the Kentucky legislature and showed them how incredible the results were, it could be an opportunity to address the political challenge his father has faced his entire career. He also realized it would make a great storyline for a film. And thus, *PlantPure Nation* was born.

PlantPureNationPoster.jpg - TK



Film crew interviewing Kentucky resident Betsy Coffee in front of the capitol building



## SNACKS AND APPETIZERS

- Asian Spring Rolls 000
- Cauliflower Buffalo Bites 000
- Mushroom Tapenade on Polenta Squares 000
- Polenta 000
- Popcorn, Many Flavors 000
- Potato Chips 000
- Roasted Chickpeas 000
- Warm Spinach-Artichoke Dip 000



## ASIAN SPRING ROLLS

These spring rolls can be an appetizer, a lunch, or a side to any entrée. The rolls are filled with fresh mint, thinly sliced vegetables, and light rice noodles. Feel free to add other vegetables that you enjoy. They are beautiful and easy to assemble once you learn the technique. Practice makes perfect!

This recipe includes a spicy, tangy peanut dipping sauce, but if your time is short there are some great sauces available in most grocery stores that have no added oils.

### Dipping Sauce

- 2 tablespoons natural creamy peanut butter (no added oils)
- 2 tablespoons rice vinegar
- 2 teaspoons agave nectar
- ½ teaspoon red pepper flakes
- 2 tablespoons water

### Filling

- 1½ ounces bean thread noodles, uncooked
- 1 tablespoon tahini
- Dash of red pepper flakes
- ½ cucumber, julienned
- 1 carrot, shredded
- ½ red bell pepper, seeded and thinly sliced
- 1 avocado, pitted and thinly sliced
- 2 green onions, sliced
- ½ tablespoon rice vinegar
- ½ teaspoon agave nectar
- 1 tablespoon lime juice
- 8 rice paper wrappers
- 8 small whole leaves romaine lettuce
- 2 tablespoons cilantro leaves
- 3 tablespoons mint leaves

**Yields:** 8 spring rolls

**Prep Time:** 45 minutes **Cook Time:** 0 minutes

1. To make the sauce, combine the peanut butter, rice vinegar, agave, red pepper flakes, and water in a small bowl. Mix well and set aside.
2. To make the filling, cook the bean threads according to the package directions. Drain the noodles, put them in a bowl, and toss with the tahini and a dash of red pepper flakes.
3. Combine the cucumber, carrot, bell pepper, avocado, and green onions in a large bowl. Toss the veggies with rice vinegar, agave, and lime juice.
4. To soften the rice wrappers, place warm water in a cake pan. Immerse each wrapper in the hot water until it softens, about 30 seconds. Place the wet wrapper on a plate or clean countertop. Fill the center of the softened wrapper by laying down one small romaine lettuce leaf. Then lay down about 1–2 tablespoons of noodles and a small amount of the veggie mixture. Add cilantro and mint leaves.
5. To roll up your rice wrappers, first fold the top and bottom of the edges of the wrapper over the filling, then fold in the edges toward the center and continue rolling until it is closed and snug. Continue this process with each of the wrappers.
6. As you finish each roll, place it on a cookie sheet and cover the rolls with a damp towel. If desired, slice each roll in half with a sharp knife, or serve the rolls whole, and serve with the peanut sauce on the side.



### KIM'S HINTS:

- I like to think of folding a spring roll as folding a closed burrito. The first time I learned how to make these I used a video on YouTube! The visual instruction was perfect.
- Once you learn how to handle the rice wrappers, you can fill them with a variety of fresh vegetables. I love to use fresh salad greens, baked tofu, and avocado for a quick spring roll.





## CAULIFLOWER BUFFALO BITES

These are a crowd-pleaser for any event. Chicken wings are never missed when you can have cauliflower bites. I serve these with celery sticks, carrots, and my plant-based Blue Cheez Dressing (page 000).

1 cup nondairy milk  
1 cup whole wheat pastry flour  
1 teaspoon garlic powder  
½ teaspoon onion powder  
⅛ teaspoon black pepper  
1 teaspoon paprika  
2 tablespoons nutritional yeast flakes  
1 cauliflower head, broken into florets  
10 ounces oil-free buffalo wing sauce  
1 cup Blue Cheez Dressing (page 000)  
Carrot sticks, for serving  
Celery sticks, for serving

**Yields:** 6 servings

**Prep Time:** 15 minutes **Cook Time:** 20 minutes

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. In a mixing bowl, whisk together the milk, flour, and spices.
3. Place all the cauliflower pieces in the milk mixture and coat thoroughly.
4. Spread the cauliflower on the prepared baking sheet.
5. Bake for 20–30 minutes, or until light golden brown.
6. Once the cauliflower is crisp and golden, coat them with the buffalo sauce and bake for an additional 5 minutes.
7. Serve with the Blue Cheez Dressing and carrot and celery sticks.



## MUSHROOM TAPENADE ON POLENTA SQUARES

If you love olives and mushrooms as much as my family does, you will enjoy this tapenade. Here, it is spread over polenta squares but can also be served over bread for a beautiful and tasty appetizer.

1 onion, diced  
10 ounces button mushrooms  
4 ounces shiitake mushrooms  
4 garlic cloves, minced  
1 teaspoon dried thyme  
¼ teaspoon sea salt  
¼ teaspoon black pepper  
¼ cup dry white wine  
One 6-ounce can pitted black olives, drained  
2 tablespoons capers, drained and rinsed  
2 tablespoons chopped fresh basil  
1 recipe Polenta (page 000)

**Yields: 10 servings**

**Prep Time: 30 minutes Cook Time: 10 minutes**

1. In large skillet over medium-high heat, sauté the onion, mushrooms, garlic, thyme, salt, and pepper in a little bit of water for 3–5 minutes, until softened. Stir frequently. Add the wine and cook until absorbed.
2. Transfer the mushroom mixture to a food processor. Add the olives, capers, and basil. Pulse until blended but still chunky.
3. Cut the polenta into 2 × 2 inch squares and top with a spoonful of tapenade.



## POLENTA

Polenta is Italian for cornmeal mush. In this recipe, it is cooled and cut into squares.

4 cups water  
1⅓ cups polenta corn grits  
½ teaspoon garlic powder  
3 tablespoons nutritional yeast flakes  
½ teaspoon sea salt  
¼ teaspoon black pepper

**Yields: 6 servings**

**Prep Time: 5 minutes Cook Time: 15–20 minutes**

1. Line a baking sheet with parchment paper and set aside.
2. Bring the water to a slow simmer in a pot over medium heat.
3. Slowly stir in the cornmeal, about ¼ cup at a time. Cook over low heat for 15 minutes, stirring frequently and scraping the bottom to avoid burning.
4. The cornmeal is done cooking when it is smooth and thick. Stir in the remaining ingredients before removing from the heat.
5. Press the polenta into the prepared baking sheet until it is 1 inch thick.
6. Refrigerate until completely cool. Slice
7. Polenta the into the desired shape and top with your favorite sauce or vegetable sauté.

### KIM'S HINTS:

- Polenta takes on the flavors you give it. You can season with different herbs for unique flavors. After you slice the polenta, you can also bake or grill them for a roasted texture.
- To save time, you can purchase premade polenta in the grocery store (they sell a variety of flavors). Then your only task is to prepare the tapenade.



## POPCORN, MANY FLAVORS

Popcorn is a healthy and fun snack that goes well with any movie. But it can be oily and extremely unhealthy when purchased at the theater or eaten out of a microwave bag. So try this version!

14–16 cups popcorn kernels

### Seasoning Combinations:

#### Traditional:

2 tablespoons nutritional yeast flakes, 1 teaspoon sea salt

#### Indian:

½ teaspoon curry powder, ½ teaspoon Garam Masala (page 000), ¼ teaspoon chili powder, ⅛ teaspoon ground cinnamon, 1 teaspoon sea salt

#### Italian:

1 teaspoon dried basil, 1 teaspoon dried parsley, ½ teaspoon garlic powder, 1 tablespoon nutritional yeast flakes, 1 teaspoon sea salt, ½ teaspoon black pepper

#### Cajun/Creole:

1 teaspoon Old Bay Seasoning, ½ teaspoon dried lemon zest, 1 teaspoon sea salt

#### Mexican:

2 teaspoons Mrs. Dash Southwest Chipotle Seasoning Blend or Mexican Spice Blend (page 000), 1 teaspoon sea salt

**Yields:** 4 servings

**Prep Time:** 5–10 minutes **Cook Time:** 2–5 minutes

1. Microwave popcorn: Add the popcorn kernels to a large brown lunch bag and fold the top a few times to keep the popcorn from popping out and making a mess. Microwave on high for about 2 minutes or until the popping slows. Repeat with the remaining popcorn.
2. Air-popped popcorn: You will need to purchase a fairly inexpensive hot air popper that usually runs about \$20. It's worth the investment if you love popcorn and don't want all the fat. Follow the manufacturer's directions.
3. Seasoning: When flavoring the popcorn with spices, do this when the popcorn is hot, because this will help the spices stick to the surface. Use a very fine sea salt.

**KIM'S HINT:** Put Bragg's Liquid Aminos or a vinegar (depending on what you like) in a spray bottle and lightly spray the popcorn. A light mist will help your seasonings stick. Be careful not to spray too much or your popcorn will become soggy.





## POTATO CHIPS

These chips are a fantastic, healthy alternative to store-bought brands. You have total control of sodium and oil intake. The chips take a little more time to prepare and bake, but they are truly delicious!

4 yellow potatoes  
1 teaspoon sea salt

**Yields: 4 servings**  
**Prep Time: 20 minutes Cook Time: 60 minutes**

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Clean each whole potato and cut into 1/8-inch-thick slices. Try to keep each slice consistent in size to prevent some chips from cooking faster than others.
3. Place the sliced potatoes in cold water to prevent browning and remove excess starch.
4. Lay the potato slices in a single layer on the prepared baking sheet. Sprinkle the potatoes with the salt and place in the oven.
5. Bake for 15–20 minutes, or until crisp. This really varies depending on the thickness of your potatoes. I keep a close eye on the potatoes, tossing them every 5–6 minutes if necessary. They can turn golden brown to black quickly. The first time you make them, I recommend that you keep a close eye on the potatoes and discover the best cook time for your oven.
6. Serve warm out of the oven or cool completely and store in an airtight container.

**KIM'S HINT:** I recommend using a mandoline slicer for the potatoes. This will give you thin, evenly cut potatoes. However, it is not a necessity, since I have made this recipe often without a mandoline slicer, but cutting is a bit more tedious.

## ROASTED CHICKPEAS

These guilt-free snacks are full of flavor and satisfying. They take some time to bake but almost no labor. These are great for a mid-afternoon snack.

Two 15-ounce cans  
chickpeas, rinsed and  
drained

1 teaspoon garlic powder  
2 teaspoons chili powder  
1/2 teaspoon sea salt  
2 tablespoons lime juice

**Yields: 6 servings**  
**Prep Time: 10 minutes Cook Time: 1 hour**

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Place the chickpeas in a gallon-size resealable plastic bag and add the seasonings. Shake well until completely coated.
3. Spread the seasoned chickpeas evenly on the prepared baking sheet.
4. Bake for 45–55 minutes, stirring every 15–20 minutes so the chickpeas cook evenly, until golden brown.
5. Serve warm or cold for an anytime snack.





# SANDWICHES, BURGERS, AND WRAPS

Avocado-White Bean Salad Wrap 000

BBQ Jackfruit 000

🌿 Buffalo Tofu Hoagie 000

🌿 Easy Black Bean Burger 000

🌿 Edamame Burger 000

Eggless Tofu Salad 000

French Dip Sandwich 000

No-Tuna Tempeh Salad 000

Reuben Sandwich 000

Sloppy Joes 000

Stuffed Bagels 000

Thai Tofu Wraps 000



## AVOCADO—WHITE BEAN SALAD WRAP

This recipe has the perfect combination of beans, avocados, spinach, and carrots. The orange juice and seasonings give this filling a fresh, slightly sweet flavor.

1 avocado, pitted and peeled  
One 15-ounce can cannellini beans, rinsed and drained  
½ cup diced small red bell pepper  
1 small red onion, diced medium  
1 carrot, shredded  
1 cup thinly sliced spinach  
2 tablespoons nutritional yeast flakes  
1 tablespoon sunflower seeds (raw or roasted)  
1–2 teaspoons Sriracha  
¼ teaspoon sea salt  
¼ teaspoon black pepper  
2 tablespoons lemon juice  
1 tablespoon orange juice  
1 teaspoon apple cider vinegar  
4 large whole-grain tortillas  
2 cups sprouts or shredded lettuce

**Yields:** 4 wraps

**Prep Time:** 15 minutes **Cook Time:** 0 minutes

1. In a medium-size mixing bowl, mash the avocados and white beans until creamy with some chunks still remaining.
2. Fold the red pepper, onion, carrot, and spinach into the avocado mixture.
3. Add the nutritional yeast flakes, sunflower seeds, Sriracha, salt, and pepper; fold to combine.
4. Mix the citrus juices and vinegar in a small cup. Fold this liquid into the avocado–white bean mixture. Continue folding until well combined and the veggies begin to soak into the creamy liquid.
5. Divide the mixture among the whole-grain tortillas, cover each filling with ½ cup sprouts, and wrap.

**KIM'S HINT:** I like to add even more Sriracha to our wraps for extra heat.

## BBQ JACKFRUIT

Green jackfruit is often referred to as the vegetarian's meat. It is the fruit of a tree native to South Asia and Southeast Asia. When green jackfruit cooks and softens, it begins to pull apart, taking on an appearance similar to pulled pork. The hardest part of this recipe is finding canned green jackfruit (available in most Asian markets). You can occasionally find fresh green jackfruit, but it's extremely messy, sticky, and difficult to cut.

1 20-ounce canned green jackfruit in water, drained  
2 cups barbecue sauce  
1 onion, diced  
1 green bell pepper, seeded and diced medium

**Yields:** 4–6 servings

**Prep Time:** 5 minutes **Cook Time:** 6 hours

1. Rinse the green jackfruit thoroughly.
2. Place all the ingredients in a slow cooker and cook on medium heat for 4–5 hours. Jackfruit will begin to fall apart and have the consistency of pulled pork.
3. After cooking for 4–5 hours, use a fork to pull apart the fruit and stir thoroughly.
4. Turn the slow cooker to low heat and cook for another 1–2 hours.

### KIM'S HINTS:

- Make this recipe your own with whatever barbecue sauce you decide to use. It's really up to you, since there are so many barbecue flavors available. Be sure to choose sauces with no added oils and a low sodium content.
- This recipe gets better the longer you cook it. The jackfruit falls apart like tender pulled pork and absorbs flavor perfectly. In fact, we like it better as leftovers!
- Serve this recipe on a whole wheat bun and top with coleslaw. This goes perfectly with baked sweet potato fries!





## BUFFALO TOFU HOAGIE

Nelson and my son, Colin, love buffalo sauce. I also grew up in western New York near the home of the original buffalo wing sauce recipe, so I included three buffalo-style recipes in this cookbook. Just be careful to choose a buffalo sauce for these recipes with no added oils. This sandwich is made from marinated tofu layered with mushrooms, onions, and peppers on a whole wheat hoagie roll. Serve it with our vegan Blue Cheez Dressing and you will have a hit.

One 14-ounce block extra-firm tofu  
1 cup oil-free buffalo wing sauce  
1 onion, sliced into half rings  
8 ounces mushrooms, sliced  
1 red or green bell pepper, seeded and sliced  
¼ cup low-sodium vegetable stock, for sautéing  
Sea salt to taste  
Black pepper to taste  
1 tomato, sliced  
6 whole wheat hoagie rolls, toasted  
2 cups fresh sprouts  
Blue Cheez Dressing (page 000)  
Celery sticks, for serving

**Yields:** 6 hoagies  
**Prep Time:** 10 minutes **Cook Time:** 20 minutes

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Drain the tofu and gently press between layers of paper towels to remove excess moisture. Another trick is to freeze and thaw the tofu, causing it to firm up with a sponge-like consistency.
3. Slice the tofu into thin triangles. You should be able to get 16 triangles from one 14-ounce tofu block. I like the look of triangles, but you can choose any cut.
4. Coat the tofu with the buffalo sauce. Save any extra sauce and use it on your hoagie when assembling.
5. Place the tofu on the prepared baking sheet and bake for 10–20 minutes until edges are browned and dried, turning halfway through.
6. In a skillet over medium-high heat, sauté the onion, mushrooms, and bell pepper in the vegetable stock and season with salt and pepper. Cook the vegetables until tender.
7. Place the sliced tomatoes on the toasted hoagie rolls.
8. Layer with the baked tofu triangles, vegetables, sprouts, and any extra buffalo sauce.
9. Serve with the Blue Cheez Dressing and celery sticks.







## EASY BLACK BEAN BURGER

This veggie burger is both easy and quick. I like to make a large batch and freeze the leftovers. They are hearty and wholesome.

Two 15-ounce cans black beans, rinsed and drained  
1 tablespoon flax meal  
3 tablespoons hot water  
 $\frac{3}{4}$  cup dry oats  
 $\frac{1}{2}$  cup cooked brown rice  
 $\frac{1}{2}$  cup minced onion  
 $\frac{3}{4}$  cup corn (fresh or frozen)  
1 teaspoon ground cumin  
 $\frac{1}{2}$  teaspoon sea salt  
1 teaspoon Mrs. Dash Southwest Chipotle Seasoning Blend or Mexican Spice Blend (page 000)  
3 tablespoons diced tomato

**Yields:** 6–8 burgers

**Prep Time:** 10 minutes **Cook Time:** 20–30 minutes

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Mash the beans coarsely with a fork or potato masher in a mixing bowl. You don't want to puree the beans, so leave some half chunks remaining.
3. In a small bowl, soak the flax meal in the water and let sit for 2–3 minutes.
4. Add the flax meal mixture and the remaining ingredients to the mashed beans. Mix everything together with a fork until you have a uniform consistency. This will take a minute or two.
5. Form the bean mixture into the burger sizes that you like. It's helpful to have wet hands when forming the patties. You should get 6–8 burgers.
6. Place the patties on the prepared baking sheet and bake for 20–30 minutes, or until browned.



## EDAMAME BURGER

Fresh edamame and Asian vegetables are used to create a delicious green burger served with a zesty Cilantro-Wasabi Aioli. These unique and popular burgers are wholesome and easy to prepare, and they always get rave reviews.

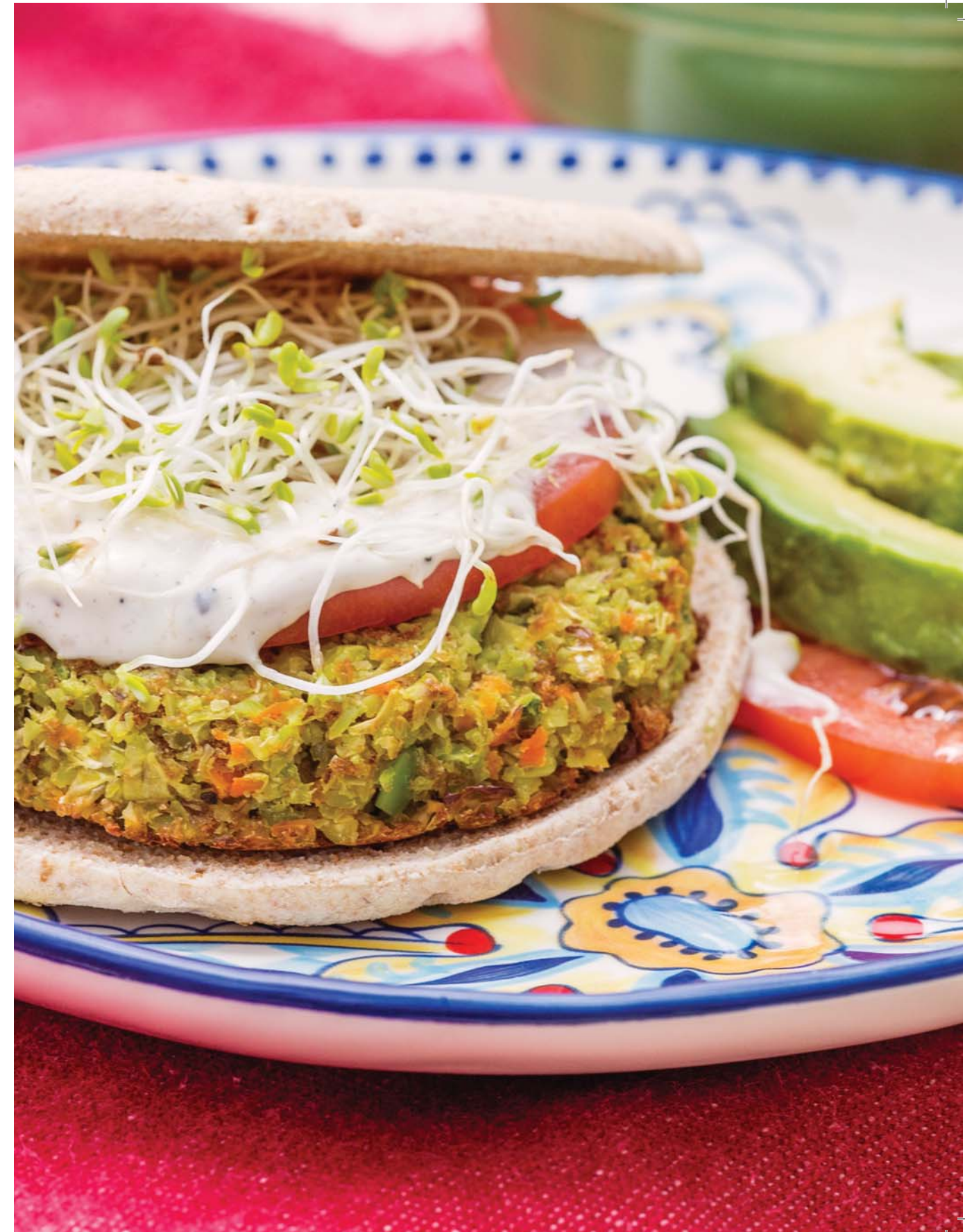
4 cups frozen shelled edamame, cooked  
2 cups frozen mixed vegetable stir-fry blend, thawed  
1 tablespoon flax meal  
2 tablespoons hot water  
¼ cup orange juice  
¼ teaspoon low-sodium soy sauce  
1 tablespoon agave nectar  
¼ teaspoon Dijon mustard  
1 cup whole wheat bread crumbs  
½ teaspoon sea salt  
¼ teaspoon black pepper  
1 teaspoon lemon juice  
6 whole wheat burger buns  
6 green-leaf lettuce leaves  
1½ cups sprouts  
¾ cup Cilantro-Wasabi Aioli (page 000)

**Yields:** 6 burgers

**Prep Time:** 30 minutes **Cook Time:** 30 minutes

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Place the cooked edamame and thawed stir-fry blend into a food processor. Pulse multiple times until the ingredients are well blended. It should be green and have a fine consistency similar to that of short-grain rice.
3. In a small bowl, combine the flax meal and water. Allow to sit for 2–3 minutes.
4. Remove the vegetable mixture from the food processor and place in a large mixing bowl. Add the flax mixture and fold together.
5. Add the orange juice, soy sauce, agave, Dijon, bread crumbs, salt, pepper, and lemon juice to the vegetables and mix well.
6. Form into 6 patties and place on the prepared baking sheet.
7. Bake for 10–15 minutes. Flip and continue baking for an additional 10–15 minutes. Remove from the oven and allow the burgers to set for about 5 minutes before serving.
8. Serve on a whole wheat bun topped with lettuce, sprouts, and Cilantro-Wasabi Aioli.

**KIM'S HINT:** You can use any combination of frozen Asian vegetable stir-fry blend that you have available. Be careful to select one that has no added oils or salts (do not use seasoned veggies blends, for example).







## EGGLESS TOFU SALAD

This tofu salad is an interesting spin on traditional egg salad. I love the fennel and curry powder because it gives the dish a unique flavor. This recipe is also versatile because you can add your favorite vegetables to it.

One 14-ounce block extra-firm tofu, drained and crumbled

- ¼ cup sliced green onion
- ⅓ cup finely chopped fennel
- ¼ cup Tofu Cashew Mayonnaise (page 000)
- 1 tablespoon Dijon mustard
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh parsley
- 1 teaspoon curry powder
- 2 teaspoons dried dill weed
- ¼ teaspoon paprika
- ¼ teaspoon ground cumin
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

*Yields: 6 servings*

*Prep Time: 15 minutes Cook Time: 0 minutes*

1. Add the crumbled tofu to a large bowl.
2. Add the remaining ingredients and stir until the mixture is well combined.
3. Serve in a sandwich, in a wrap, or as a salad topping.



## FRENCH DIP SANDWICH

This was a favorite traditional recipe that my mother prepared on special occasions. I converted it into a plant-based sandwich and it's amazing. I use mushrooms to replace the beef and a vegan horseradish aioli.

### Horseradish Aioli

1 cup Tofu Cashew  
Mayonnaise (page 000)

2 garlic cloves, minced

1 teaspoon apple cider  
vinegar

1 teaspoon vegan  
Worcestershire sauce

4 green onions, sliced

2 tablespoons prepared  
horseradish

### Au Jus Dipping Sauce

2 cups low-sodium  
mushroom stock

1 tablespoon cornstarch

1 tablespoon balsamic  
vinegar

1 tablespoon vegan  
Worcestershire sauce

Sea salt to taste

Black pepper to taste

1 onion, sliced into half rings

4 large portobello  
mushrooms, sliced

Sea salt to taste

Black pepper to taste

4 whole wheat sub rolls

**Yields:** 4 sandwiches

**Prep Time:** 15 minutes **Cook Time:** 10–15 minutes

1. To make the horseradish aioli, blend the mayonnaise, garlic, vinegar, Worcestershire sauce, green onions, and horseradish using a food processor or mixing by hand in a bowl. Set aside.
2. To make the au jus dipping sauce, whisk together the mushroom stock, cornstarch, balsamic vinegar, and Worcestershire sauce in a saucepan over medium heat. Once the cornstarch is absorbed, turn the heat to medium-high. Cook, stirring, until thickened. Season with salt and pepper to taste. Set aside.
3. In a nonstick frying pan, sauté onion and mushrooms in  $\frac{1}{4}$  cup of the au jus dipping sauce. Season with salt and pepper to taste.
4. Toast the sub rolls and spread the horseradish aioli generously on each bun, then cover with the mushroom mixture. Serve these subs warm with the dipping sauce on the side.







## NO-TUNA TEMPEH SALAD

If you miss tuna sandwiches, this might be the answer. Tempeh is the core ingredient, followed by onions, celery, and parsley. Using kelp powder gives this filling a nice sea flavor.

4 ounces tempeh, crumbled  
1 celery stalk, finely diced  
3 green onions, sliced  
2 tablespoons chopped fresh parsley  
¼ teaspoon onion powder  
¼ teaspoon garlic powder  
½ sushi nori sheet, torn into small pieces  
1½ teaspoons nutritional yeast flakes  
¼ teaspoon paprika  
¼ teaspoon sea salt  
⅛ teaspoon black pepper  
1 teaspoon vegan Worcestershire sauce  
¼ cup Tofu Cashew Mayonnaise (page 000)

**Yields:** 4 servings

**Prep Time:** 20 minutes **Cook Time:** 0 minutes

1. In a large bowl, stir together all the ingredients except the Tofu Cashew Mayonnaise. Mix thoroughly.
2. Add the mayonnaise and season with additional salt and pepper if desired.
3. Refrigerate until serving.

### KIM'S HINTS:

- Eat this salad in a sandwich, as a grilled sandwich melt with vegan cheese, on top of salad greens, or tossed with cooked pasta.
- If tempeh isn't your thing, try a can of coarsely chopped or mashed chickpeas.
- Feel free to add more vegetables to the filling.



## REUBEN SANDWICH

My mother made the best Reuben sandwiches with plenty of sauerkraut, corned beef, and Swiss cheese. These flavors bring back fond memories of my childhood in upstate New York. I was never a fan of the corned beef, so making a vegan version was easy by simply replacing the meat with spinach, mushrooms, and tempeh. It's the sauerkraut and dressing that make this a unique sandwich.

6 ounces LightLife Organic Smoky Tempeh Strips  
1/3 cup Russian Dressing (page 000)  
1 cup sauerkraut  
1 red onion, thinly sliced  
1/2 red bell pepper, seeded and sliced  
6 ounces white button mushrooms, sliced  
2 cups fresh spinach  
1 teaspoon black pepper  
8 slices rye bread

**Yields:** 4 sandwiches

**Prep Time:** 15 minutes **Cook Time:** 5–10 minutes

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Lay out the smoky tempeh strips on the prepared baking sheet and bake for 10–15 minutes or until edges become dry to the touch.
3. In a small mixing bowl, combine the Russian dressing and sauerkraut.
4. Using a very small amount of water, sauté the onion, bell pepper, and mushrooms in a skillet over medium-high heat until the mushrooms are softened. Add the spinach and heat until wilted. Season this mixture with black pepper.
5. On 4 slices of the bread, cover with smoky tempeh strips and then top with the spinach mixture. On the remaining 4 slices, smear the Russian dressing mixture and place on top of the sandwiches.
6. Grill in a nonstick panini press or griddle until the desired grill marks are formed.







## SLOPPY JOES

The bulk of this sandwich is wheat bulgur. It gives the filling a meaty texture and absorbs flavor perfectly. I prefer to use wheat bulgur instead of veggie meat products or textured vegetable protein because those products are highly processed and made from isolated soy protein, which is not a healthy whole food.

1  $\frac{3}{4}$  cups water, divided

$\frac{3}{4}$  cup wheat bulgur,  
uncooked

1 onion, diced

6 ounces mushrooms,  
chopped

1 green bell pepper, seeded  
and diced medium

1 poblano pepper, seeded and  
diced small

4 garlic cloves, minced

1 celery stalk, finely diced

1 carrot, diced

1 tablespoon molasses

$\frac{1}{2}$  cup low-sodium ketchup  
(no high-fructose corn  
syrup)

2 tablespoons prepared  
yellow mustard

2 tablespoons vegan  
Worcestershire sauce

1 teaspoon chili powder

$\frac{1}{2}$  teaspoon sea salt

$\frac{1}{4}$  teaspoon black pepper

4 whole wheat burger buns

**Yields:** 4 servings

**Prep Time:** 15 minutes **Cook Time:** 20 minutes

**1.** Bring  $1\frac{1}{2}$  cups of the water to a boil in a saucepan over medium-high heat. Remove from the heat and stir in the bulgur wheat. Cover and let stand for 20 minutes. Drain any excess liquid.

**2.** In a skillet over medium-high heat, sauté all the vegetables in the remaining  $\frac{1}{4}$  cup water. When the veggies are tender, add the molasses, ketchup, mustard, Worcestershire sauce, chili powder, salt, pepper, and cooked bulgur wheat and cook over low heat for 15 minutes. Stir often.

**3.** Serve on the whole wheat burger buns.

**KIM'S HINT:** If you want to use more bulgur wheat, just keep the ratio of 2 parts water to 1 part bulgur wheat.



## STUFFED BAGELS

I originally learned about this recipe while watching a Rachel Ray show. I have always enjoyed her recipes because they are simple and quick comfort foods. My challenge is to veganize her recipes. The original stuffed bagel recipe is full of cheese, eggs, and oil. It wasn't too hard to convert it into a plant-based recipe. These remind me of a calzone—only bagel style. They are a bit time-consuming and labor-intensive, but they are great to have on hand for lunches, snacks, or on-the-go meals.

1 cup diced onion  
6 ounces mushrooms, sliced  
2 cups fresh spinach  
2 tablespoons water  
¼ teaspoon sea salt  
¼ teaspoon black pepper  
1 recipe Vegan Ricotta Cheese (page 000)  
Naan Bread dough (page 000), unbaked  
¼ cup sesame seeds

**Yields:** 8 bagels  
**Prep Time:** 45 minutes **Cook Time:** 60 minutes  
(includes rising)

1. Preheat oven to 375°F. Line a baking sheet with parchment paper and set aside.
2. In a skillet over medium-high heat, sauté the onion, mushrooms, and spinach in the water until tender and spinach is wilted. Season with salt and pepper. Drain thoroughly to remove the excess moisture.
3. In a bowl, fold the vegetables into the vegan ricotta cheese.
4. Divide the naan dough into 8 pieces. Roll each piece into a rectangle about 4 × 6 inches.
5. Bring a very large pot of water to a boil over high heat. You will be dropping the bagels into this water, so make sure it is big enough to boil 4 bagels at a time.
6. Spread the ricotta mixture lengthwise down the middle of each rectangle, leaving a 1-inch border all around. Roll these up like you would a burrito, pinching and sealing the dough at the end. The trick here is to make sure you seal firmly by using your fingers to pinch the dough shut so the filling does not leak out. This will work only if there is no filling near the edge.
7. Drop the stuffed bagel into the boiling water and cook for 4 minutes.
8. Remove the bagels from the water with a slotted spoon and place on the prepared baking sheet, seam-



side down. Repeat with the remaining bagels, bringing the water back to a boil between batches.

9. Sprinkle each stuffed bagel with the sesame seeds. Make 3 small slits to release steam and bake until golden brown, about 20 minutes.

**KIM'S HINT:** You can make these cinnamon-apple style by replacing the vegan ricotta cheese filling with chopped apples, cinnamon, Sucanat, raisins, and walnuts.





## THAI TOFU WRAPS

The tofu filling for these wraps is full of Thai flavors, with the perfect combination of peanuts, lime, and cilantro.

One 14-ounce block extra-firm tofu  
¼ cup natural peanut butter (100 percent peanuts)  
1 tablespoon low-sodium soy sauce  
1½ tablespoons lime juice  
¼ teaspoon garlic powder  
2 teaspoons Sriracha  
⅓ cup diced red bell pepper  
¼ cup sliced green onion  
¼ cup chopped fresh cilantro  
6 whole wheat tortilla wraps  
2 cups sprouts

**Yields:** 6 wraps

**Prep Time:** 15 minutes **Cook Time:** 0 minutes

1. Drain the tofu and gently press between layers of paper towels to remove excess moisture.
2. In a bowl, combine the peanut butter, soy sauce, lime juice, garlic powder, and Sriracha.
3. Add the tofu, red bell pepper, green onion, and cilantro. Stir with a fork until well mixed and the tofu is crumbly.
4. Place a portion of the tofu mixture in the center of a whole wheat tortilla wrap, top with sprouts or your favorite veggies, and roll up the tortilla. Repeat with the remaining tortillas.

**KIM'S HINT:** You can also serve the Thai tofu filling in a sandwich. For example, try serving it on toasted whole wheat bread with fresh basil.