

Cathy's version of WW recipe zucchini noodles with tomato and basil cream sauce:

1 tsp evoo

3 Tbsp ww reduced fat whipped cream cheese spread

1 small diced onion

2 minced garlic cloves

1 can 14.5 oz diced tomatoes well drained (save liquid to replace water and thin as preferred)

1/8 tsp crushed red pepper flakes (omitted)

2 Tbsp water (omitted)

18 oz spiralized uncooked zucchini cut into 5" lengths

1/4 cup chopped fresh basil (plus one tbsp mixed Italian spices)

4 tsp grated pecorino or parmesan cheese (doubled)

added 6 sliced mushrooms

added 4 oz cooked whole wheat pasta

s and p to taste

cook onion in oil until tender, about 5 min stirring

then add garlic and mushrooms about 1-2 min then add tomatoes and salt and pepper bring to a boil then reduce and simmer 5 min

stir in pasta and zucchini gently then cook until zucchini tender tossing occasionally 3-5 min, use tomato liquid if you need to thin the sauce

stir in cream cheese until melted and mixed then remove from heat and stir in basil

stir in 1/2 parmesan then sprinkle the rest on top with a bit more basil if desired

serving size 1 cup per original recipe

Shula

Curried Potatoes and Chick Peas

- 1 med. onion (3/4 lg. dice 1/4 grated)
- 2 garlic cloves, diced
- 1" piece fresh ginger, diced fine
- 2-3 t. curry powder to taste *
- 3 med. yellow potatoes, precook 2-3 min. in microwave, sliced
- 15 oz. can chick peas, drain, rinse
- 8 oz. mushrooms, cut into qtrs. or slice, cooked
- 3/4 c. frozen peas
- 32 oz. Vegetable broth, water, or chicken broth
- optional 1 lb. cooked chicken

Saute large diced onions in 1 T. oil until tender. Reserve. Add grated onion and ginger stirring 1-2 minutes. Add curry powder and diced onion. Cook 1-2 minutes. Add sliced partially cooked potatoes and 2 c. broth. Cover and simmer 5-8 minutes until potatoes are nearly tender. Stir in cooked mushrooms, 1 c. broth and chick peas. Cook for 2-3 minutes. Stir in peas until heated through. Reduce to desired consistency or thicken with 2 t. in 2 T. water adding small amounts to desired consistency. Season with salt & pepper to taste. Serve with rice, pita, naan, or other flat bread.

* Or substitute 1-2 T. of red, yellow, or green Thai curry paste (spicy)

Winter Fruit Salad

3 red apples cored and diced
4 pears cored and diced
4 clementine oranges peeled and separated
3 kiwi fruit peeled and sliced then sliced quartered
3/4 cup dried cranberries
1 cup pomegranate seeds

Maple Lime Dressing

1/4 cup maple syrup
3 tbsp freshly squeezed lime juice

Combine fruit but don't put dressing on til ready to serve.

I used grapes instead of pomegranate seed and add 1 cup toasted walnuts

Marty Oakley

GOLDEN CARROT BUNS

made by Sharla Cook

Ingredients

4 cups sliced carrots

2 eggs, beaten

1 cup warm water (110° to 115°), divided

2 packages (1/4 ounce each) active dry yeast

3/4 cup vegetable oil

1/2 cup sugar

1 tablespoon molasses

2 teaspoons salt

8-1/2 to 9 cups all-purpose flour

Directions

1. Place carrots in a saucepan and cover with water; cook until tender. Drain and cool slightly. Place in a blender or food processor. Add eggs and 1/2 cup water; puree until smooth.
2. In a large bowl, dissolve yeast in remaining water. Add carrot mixture. Stir in oil, sugar, molasses, salt and 5 cups flour; beat until smooth. Add enough remaining flour to form a soft dough.

3. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

4. Punch dough down. Turn onto a lightly floured surface. Shape into 48 balls. Place 2-in. apart on greased baking sheets. Cover and let rise until almost doubled, about 1 hour.

5. Bake at 350° for 18-20 minutes or until browned. Remove from pans to wire racks to cool.

From : Half Baked Harvest
Super simple by Tieghan Gerard

SPAGHETTI SQUASH ALFREDO

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SERVES: 3 OR 4
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PREP TIME: 15 minutes

COOK TIME: See specific device method

Spaghetti squash can be an intimidating ingredient to work with if you've never done so before, but don't let it stop you. It's a great pasta alternative that tastes delicious and can feel just as satisfying. My favorite (and the easiest) way to cook spaghetti squash is either in the Instant Pot or in the slow cooker. It may be surprising, but I cook the entire thing directly in there, right along with the Alfredo sauce. No boiling water, no turning on the oven, no mess on the stove. None of that! Just add all the ingredients and let your device do its thing. Once everything has cooked, just slice open the squash (which will be soft and a cinch to cut through), remove the seeds, scrape the stringy flesh out, and toss it back in with the sauce that, hooray, is already cooked! It does not get simpler.

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If you are working with a larger squash, it may require an additional 5 to 10 minutes of cooking time when using a pressure cooker.

1 cup heavy cream
2 ounces cream cheese
6 tablespoons salted butter
2 garlic cloves, smashed
1 teaspoon dried parsley
1 teaspoon dried oregano
¼ teaspoon freshly ground nutmeg

Kosher salt and freshly ground pepper
1 medium spaghetti squash (5 to 6 pounds)
1 cup whole milk
1½ cups grated Parmesan cheese
½ cup grated pecorino cheese

SLOW COOKER COOK TIME: 2 to 5 hours

1. In the slow cooker pot, combine the heavy cream, cream cheese, butter, garlic, parsley, oregano, nutmeg, and a pinch each of salt and pepper. Prick the squash all over with a fork and place it in the slow cooker. Cover and cook for 2 to 3 hours on high, or 4 to 5 hours on low. Remove the squash from the slow cooker and let it cool.
2. Meanwhile, to the slow cooker pot, add the milk, Parmesan, and pecorino and cook on high until the cheese is melted and the sauce is smooth, about 15 minutes. Remove and discard the garlic.
3. Cut the squash in half lengthwise, remove the seeds, and use a fork to scrape the spaghetti squash flesh into a large bowl; it will separate into strands. Return the squash to the slow cooker pot and toss it with the Alfredo sauce.
4. Divide evenly among three or four bowls and serve immediately.
5. Store any leftovers refrigerated in an airtight container for up to 3 days.

PRESSURE COOKER COOK TIME: 35 minutes, plus additional time to come to pressure

1. In the pressure cooker pot, combine the heavy cream, cream cheese, butter, garlic, parsley, oregano, nutmeg, and a pinch each of salt and pepper. Prick the squash all over with a fork and add it to the pressure cooker. Lock the lid in place and cook on high pressure for 15 minutes. Quick or natural release, then open when the pressure subsides. If the squash is still firm to the touch, cook on high pressure for 5 minutes more. Remove the squash from the pressure cooker and let it cool slightly.
2. Meanwhile, using the sauté function, stir in the milk, Parmesan, and pecorino and cook until the cheese has melted and the sauce has thickened slightly, about 5 minutes. For a thicker sauce, sauté 5 minutes more. Remove and discard the garlic.
3. Finish as directed for the slow cooker.

Made by Sue Perkins



RECIPE FOR: Great Pumpkin Cookies

FROM: Janette

- 4 c flour
- 1 c sugar
- 2 c quick or old fashioned oats
- 1 egg
- 2 t. baking soda
- 1 t. vanilla
- 2 t. cinnamon
- 1 6 oz. Solid PK (1 1/2 c) Pumpkin
- 1 t. salt
- 1 c semi-sweet chop chips
- 1/2 c butter or margarine softened
- 2 c firmly packed brown sugar

Preheat oven to 350°. Combine flour, oats, soda, cinnamon + salt; set aside. Cream butter; gradually add sugars, beating until light & fluffy. Add egg + vanilla, mix well. Alternate additions of dry ingredients + pumpkin, mixing well after each addition. Stir in morsels. Drop on lightly greased cookie sheet. Bake at 350° until lightly browned. 12 min.

Dough may be frozen in air-tight container. Thaw in frig. Bake as directed. MAKES: ©CURRENT, INC.



PAD THAI PROTEIN SALAD

SERVES 4 TO 6 / READY IN 40 MINUTES

Even though it's an inaccurate, outdated debate, there are still some who argue that protein is lacking in a plant-based diet. This creamy, nutrient-dense, eat-the-rainbow-inspired salad is proof that whole foods have plenty of protein! If divided into four servings, there are almost 20 grams of protein per serving! This salad is intended to be served at room temperature, but you can serve it warm if preferred. Leftovers make for a wonderful lunch the following day!

INGREDIENTS

SALAD

- 1 cup frozen organic shelled edamame
- 1 small sweet potato, peel on, chopped into 1/2 inch cubes
- 1 cup bite-sized broccoli florets
- 1 1/2 cups cooked or canned chickpeas, drained and rinsed
- 1 cup cooked and cooled quinoa
- 1 medium red bell pepper, diced
- 1/2 cup finely shredded red cabbage
- 1/2 cup grated or julienned carrot
- 1/2 cup diced cucumber
- 1 small bunch cilantro, chopped (optional)
- 1/4 cup sliced almonds or hempseeds, plus extra for garnish
- 3 scallions, thinly sliced, plus extra for garnish

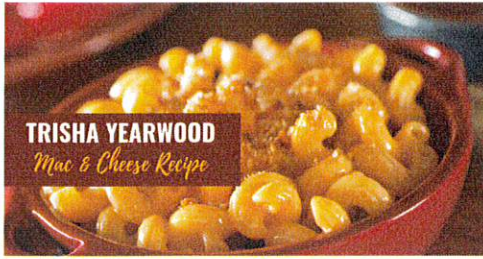
PAD THAI SAUCE

- 1/4 cup well-stirred almond butter
- 1 1/2 tsp finely grated ginger
- 2 Tbsp low-sodium tamari
- 1 Tbsp rice wine vinegar
- 2 Tbsp freshly squeezed lime juice, plus extra lime wedges for serving
- 2 tsp maple syrup, optional
- 1 tsp vinegar-based hot sauce (more if you like it spicy)
- 1 Tbsp water

STEPS

1. Steam edamame and sweet potato in steamer basket for 6 to 8 minutes, or until sweet potato is just about tender. Add broccoli to steamer basket and steam for additional 2 minutes, until broccoli is bright green. Remove steamer basket from pot and let veggies and edamame cool for 10 to 15 minutes.
2. Meanwhile, make pad thai sauce by adding all ingredients to small bowl and whisking together using fork or small whisk until mixture is smooth. Add more water, 1 tsp at a time, to thin sauce as needed. Set aside.
3. Place cooled edamame, sweet potatoes, and broccoli in large salad bowl along with remaining salad ingredients and mix together. Add pad thai sauce and toss until well combined. Garnish with additional cilantro (if using), almonds/hempseeds, or scallions if desired and serve with extra lime wedges.

IN EACH DELICIOUS SERVING (IF SERVING 6): 360 CALORIES / 17 G PROTEIN / 18 G FAT / 38 G CARBS (9 G SUGAR, 10 G FIBER) / 294 MG SODIUM



Trisha Yearwood Crockpot Mac and Cheese Recipe

Servings	Prep time	Cooking time	Calories
12 servings	10 minutes	3 hours 15 minutes	200 kcal

Ingredients

Cooking spray

8 oz elbow macaroni, uncooked

One can 12oz evaporated milk

1 1/2 cups whole milk

1/4 cup of butter, melted (1/4 cup = 1/2 stick)

Two 10oz bricks sharp Cheddar cheese, grated (about 5 cups)

1 tsp salt

Dash of pepper

Dash of paprika

Directions

- 1 Spray crockpot with cooking spray.
- 2 Mix in macaroni, evaporated milk, milk, butter, salt, pepper, and all but 1/2 cup of the grated cheese.
- 3 Spread the left over cheese on top and sprinkle with paprika.
- 4 Cover and cook on low heat for 3 hours and 15 minutes.
- 5 Stir and serve hot.
- 6 Enjoy!



Vegan Big Mac Salad

Author: Monkey and Me Kitchen Adventures Prep Time: 25 Minutes Cook Time: 5 Minutes
Total Time: 30 Minutes Yield: 4 servings Category: Salad Method: Stovetop
Cuisine: American Diet: Vegan

Description

This indulgent and healthy Vegan Big Mac Salad is sure to bring all your dreams of fast food deliciousness without any guilt or sacrificing of the flavor!

Ingredients

SCALE

Dressing Ingredients:

- ¼ cup raw **cashews**
- 1 Tablespoon **tomato paste**
- 1 Tablespoon + 1 teaspoon **organic maple syrup**
- 1 Tablespoon **distilled white vinegar**
- 2 Tablespoons **apple cider vinegar**
- 1 Tablespoon low-sodium **vegetable broth** *
- 1 Tablespoon reduced-sodium **tamari** *
- 2 Tablespoons **tahini**
- ¼ cup + 2 Tablespoons **water**
- 1 teaspoon **garlic powder**
- ½ teaspoon **onion powder**
- ½ teaspoon **sweet paprika**
- ½ teaspoon **sea salt** *
- ½ teaspoon **ground mustard**

Lentil Ingredients:

- 1 – [14 oz. can] **lentils**, drained and rinsed
- 2 Tablespoons low-sodium **vegetable broth** *
- 1 Tablespoon **water**
- 1 teaspoon **tomato paste**
- ½ teaspoon reduced-sodium **tamari** *
- 1 Tablespoon **nutritional yeast**
- ½ teaspoon **garlic powder**
- ½ teaspoon **onion powder**
- ¼ teaspoon **dried mustard powder**
- ¼ teaspoon **sea salt (+/-)** *
- 1/8 teaspoon **black pepper** *

WFPB Burger Buns, chopped and baked like a crouton (optional, not shown in the photos)

Instructions

Dressing Instructions:

- 1 Place the cashews in a small bowl and cover with boiling water, set aside for 20 minutes.
- 2 In the meantime, add all the remaining **Dressing Ingredients** into a high-speed blender, set aside.
- 3 After 20 minutes, discard the water from the cashews. Add the cashews into the high-speed blender with all the other ingredients, and blend on high until smooth and creamy. Set aside.

Lentil Instructions:

- 1 Place all the **Lentil Ingredients** into a small sauce pan, stir well to dissolve the tomato paste, cook over medium-low heat for 5 minutes, then remove from the stove and set aside.

Salad Assemble Instructions:

- 1 Shred lettuce, then place into a large bowl, add the diced red onion, halved grape tomatoes, and chopped dill pickles. Mix well. Top with cooked lentils and a dollop of dressing. Mix the salad really well to ensure everything is nicely coated with the dressing. Taste test to see if more dressing is needed. Serve!

Notes

TIPS FOR SUCCESS:

- 1 **Amount of Lettuce:** You can use as little or as much shredded lettuce as you like. We suggest starting low on the salad dressing and taste testing as you go by adding more dressing as needed. You can also add more dressing on individual servings, if needed. We used approx. 8 to 10 cups of shredded lettuce (measured after shredding).
- 1 **Mixing the Salad:** We feel that in order to get that Big Mac flavor, you need to place the salad ingredients (lettuce, pickles, onions, tomatoes and cooked lentils) into a large bowl, then mix the salad dressing in. Toss the salad until all the salad ingredients are nicely coated with the dressing. Taste Test. Add more dressing as needed.
- 1 **Warm Lentils:** You can add the lentils warm or cold. We feel that the warm (or room temperature) lentils in the cold salad are a delicious textural combination and are more reminiscent of a Big Mac.
- 1 **Shredding the Lettuce:** Big Macs traditionally have shredded lettuce. While it is easy to just use hand torn lettuce, we felt the shredding of the lettuce really drove home that Big Mac texture and flavor. We highly recommend shredding the lettuce. We laid down the lettuce on the cutting board and shredded it with a chef's knife. You can use as much or as little lettuce as you wish.
- 1 **Ratio we enjoyed:** About 8 to 10 cups of shredded lettuce (measure after shredding the lettuce), 1/3 cup small diced red onions, 1/3 cup chopped hamburger style pickles, 15 sliced grape tomatoes.

*NOTES CONTINUED:

- 1 ***Vegetable Stock:** We use **Low Sodium Pacific Organic Vegetable Stock**. We love this brand because it is Whole Food Plant Based compliant, as it does not contain MSG, has no oil, and does not contain any highly-processed ingredients.
- 1 ***Tamari:** We used [San J Tamari Soy Sauce, Gluten Free, Reduced Sodium](#). You can substitute the tamari with reduced sodium soy sauce, Braggs Liquid Aminos, or Braggs Coconut Liquid Aminos.
- 1 ***Sea Salt:** Please adjust the sea salt based upon your family's sea salt preferences and/or based upon dietary needs.

***Lentils:** We used [Delallo Imported Italian Lentils](#). They come in a 14 oz. can. We buy them directly from Delallo. Most grocery stores carry them in the specialty aisles. If using dry lentils, select lentils that hold their shape after cooking. Cook dry lentils separately, adjust time accordingly. If cooking dry lentils, cook, then measure out 1 2/3 cups of cooked lentils.

***Makes:** About 4 Servings (with some leftover dressing depending on how heavily you dress your salad)

***Storage:** Refrigerate, use within 5-7 days (undressed)

Find it online: <https://monkeyandmekitchenadventures.com/vegan-big-mac-salad/>

AN ELITE CAFEMEDIA FOOD PUBLISHER

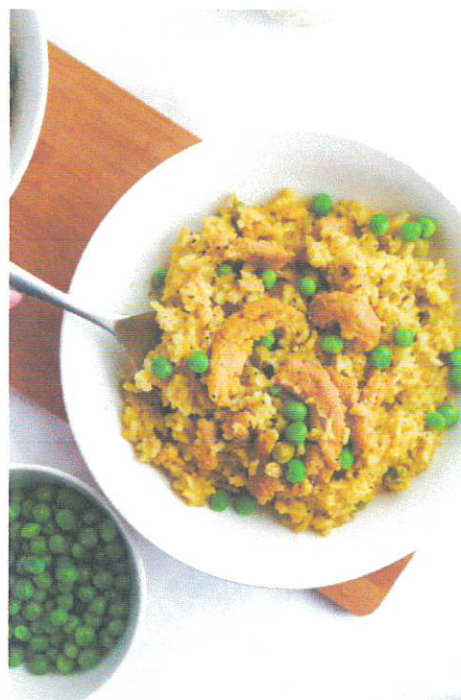
YIELD: 6 SERVINGS

SLOW COOKER VEGAN CHICKEN AND RICE WITH SOY

CURLS

This super easy slow cooker vegan chicken and rice is classic comfort food made meatless with soy curls! It's one of our absolute favorite healthy vegetarian crockpot recipes with rice, perfect for busy work week meals or a meal prep session. This hearty plant-based and gluten-free dinner recipe is also kid friendly and easily made oil-free.

PREP TIME	COOK TIME	TOTAL TIME
5 minutes	2 hours 30 minutes	2 hours 35 minutes



INGREDIENTS

- 5 cups water
- 2 cups long-grain brown rice (measured dry)*
- 1 cup frozen peas
- 1/4 cup vegan chicken bouillon powder
- 2 Tbsp vegan butter or olive oil (see notes for oil-free)
- 4 oz. soy curls**

INSTRUCTIONS

1. Add the water, brown rice, bouillon powder, and vegan butter to your slow cooker. Stir, cover, and turn on high. Let it cook (without removing the cover) for 2 hours.
2. When time's up, add your dry soy curls and peas. Stir and cover once more. Let it cook for another 30 minutes on high.
3. Finally, turn your slow-cooker off, stir, cover, and let it sit 15 minutes before serving. Taste and adjust seasonings as needed. You may need a little more salt.

4. We like to top each bowl with some extra peas and some freshly ground black pepper. Enjoy!

NOTES

- **OIL-FREE:** Sub full-fat unsweetened coconut milk for the vegan butter / olive oil.
- *I like to measure my rice into a fine mesh strainer and rinse in cool water before adding it to the slow cooker. This is supposed to help remove some of the starchiness, and I do see a big difference in the texture of the rice when we do this!
- **You can use any vegan chick'n you prefer, but if you're using something that does not need to be rehydrated, you may want to reduce the water by at least 1/2 - 1 cup. If you're making this recipe gluten-free, be sure to use gluten-free chick'n here.
- Cooking times can vary depending on what kind of slow cooker you have.

NUTRITION INFORMATION: **YIELD:** 6 servings **SERVING SIZE:** 1

Amount Per Serving: CALORIES: 178 TOTAL FAT: 7g SATURATED FAT: 1g TRANS FAT: 1g

UNSATURATED FAT: 6g CHOLESTEROL: 0mg SODIUM: 983mg CARBOHYDRATES: 20g FIBER: 2g SUGAR: 2g

PROTEIN: 4g

Nutrition information is automatically calculated and may not always be accurate.



DID YOU MAKE THIS RECIPE?!

Share a photo and tag @theplantpowercouple on Instagram, so we can cheer you on!

© Brittany Roche

CATEGORY: Vegan Dinner Recipes

<https://www.plantpowercouple.com/recipes/slow-cooker-vegan-chicken-rice/>