



The Science of Climate Change: A Hands-On Course

Vegan Recipes by Blair Lee

Pasta Salad

This has been my favorite pasta salad for the 30 years I have been making it. It has become the favorite of my entire family. Why the range for the cherry tomatoes and artichoke hearts? It depends how much you like both.

Ingredients

- 1 cup dry pasta
- 1 generous cup of fresh mushrooms quartered
- 1 ¼ - 1 ½ cups fresh cherry tomatoes cut in half
- 4 to 6 ounces of marinated artichoke hearts – do not drain
- 1 cup canned black olives drained
- ½ tsp dry basil or 1 tsp fresh basil chopped fine
- 1 ½ Tablespoons cider vinegar or white wine vinegar

Instructions

1. Cook Pasta until it is al dente. Drain it.
2. Mix everything together including the pasta and the marinade for the artichoke hearts.

Let cool in the refrigerator. Stir occasionally as it cools to mix the marinade in well. Salt to taste.

Quinoa Tabbouleh

Ingredients

1 cup uncooked quinoa

4 T oil (whatever salad oil you prefer: olive, avocado, grapeseed)

4 T freshly squeezed lemon juice

1 to 3 cups fresh parsley chopped fine (the amount depends on how much you like parsley)

Optional: $\frac{1}{4}$ to $\frac{1}{2}$ cup mint chopped fine (the amount depends on how much you like mint)

1 cucumber peeled and cut into $\frac{1}{4}$ inch pieces

4 tomatoes cut into $\frac{1}{4}$ inch pieces

Salt and pepper to taste

Instructions

1. Cook quinoa according to instructions on quinoa package.
2. Let quinoa cool for about 1 hour after cooking.
3. Mix quinoa with the rest of the ingredients. Salt and pepper to taste.
4. Let this sit for 2 hours or more to let all the flavors combine.



Hummus

After tasting this hummus, you will never like store-bought hummus as much again. You need a food processor (preferred) or a blender.

Ingredients

1 – 3 cloves of garlic, peeled (it depends how hot and garlicky you like it)

½ t salt

3 T tajine

¼ c lemon juice

1 can drained garbanzo bean (chickpeas)

You might need water

Instructions

1. Put garlic, salt, and tajine in the food processor and process for 1 timed minute
2. Scrape down the sides, add lemon juice, and process for 1 timed minute
3. Scrape down the sides, add garbanzo beans and process for 1 timed minute
4. Scrape down the sides, add water if it is too thick and process for 1 timed minute



Naan

This can be made by hand, in a mixer with a dough hook, or in a bread machine (easiest). I make this in the bread machine. Those are the directions I am giving.

Ingredients

7 T water
4 T vegan yogurt
2 ½ c flour (I use whole wheat)
1 clove minced garlic
1 t salt
1 T oil
1 t yeast



Instructions

1. Pour water, yogurt, and oil into the bread pan.
2. Measure flour on top of liquid.
3. Sprinkle salt and garlic over the top. Make an indent in the middle and add yeast to indent.
4. Set the bread machine to the dough setting. Turn it on and let it run through its cycle. Check after about 5 minutes to make sure you do not need to add more water. Scrape down the sides. Add water 1 T at a time if you need to.
5. When the dough cycle has finished, preheat the oven to 500° C. Place three empty baking sheets in the oven as it heats.
6. Take dough out of bread machine. Divide it into 6 balls of dough.
7. Use a rolling pin to roll it out fairly thin about ¼ inch thick.
8. Take each baking sheet out. Place 2 rolled out pieces of dough on a sheet for 3-5 minutes, until puffed up. Flip it for another 1 – 2 minutes until it starts to brown and blister.

Syrian Green Beans

This dish pairs nicely with the naan and hummus to make a simple meal.

Ingredients

- 1 pound green beans, trimmed
- 2 cloves garlic minced
- 4 T olive oil
- ¼ c water
- 2 T cilantro leaves chopped (optional)
- Salt to taste

1. Sauté garlic in oil until lightly browned.
2. Add green beans and water and cook on medium high heat until water has cooked off and beans are starting to brown, about 30 minutes.
3. Add salt and cilantro, if you like it. Cook until cilantro wilts.



Roasted Asparagus

Easy, simple, yummy. This recipe works for other vegetables as well.

Ingredients

1 pound asparagus

Salt to taste

Oil (I like avocado oil, but any vegetable oil works)

Instructions

1. Turn oven on to 400° F
2. Wash asparagus and trim bottom off. If there is a lot of woody stem, I will take a vegetable peeler and peel off the outside skin so I can use the inside fleshy part.
3. Cut asparagus into 2 – 3 inch pieces.
4. Drizzle oil over and stir to coat pieces.
5. Sprinkle salt and stir to lightly coat.
6. Cook for 10 – 13 minutes. Stir halfway through cooking, at 5 minutes.



Grilled Eggplant

I love eggplant, but I do not like the usual salt-laden way of preparing it. I was grilling vegetables one evening when I thought to try cooking eggplant this way. This is now the primary method I use to cook eggplant.

Ingredients

1 eggplant
Spray on olive oil

Instructions

1. Turn grill on high, with lid closed.
2. While grill heats up, slice the ends off eggplant. Slice eggplant about $\frac{1}{4}$ inch thick.
3. Lay the slices on a cooking sheet and spray both sides of each slice with cooking spray.
4. Put slices on grill. Close lid and turn grill down to medium. Check on slices after about 3 minutes, just to see how they are doing. At 3 – 5 minutes turn slices over. Cook for an additional 3 – 5 minutes.



Roasted Butternut Squash

This is so yummy that family members of mine who do not even like butternut squash like it when it is cooked this way. This is delicious cut up after cooking and putting in salads and Indian dishes. It is delicious eaten straight off the cookie sheet.

Ingredients

1 butternut squash
Spray or liquid olive oil
Salt



Instructions

1. Heat oven to 425 °F
2. Peel squash without cutting it
3. Slice peeled squash in ¼ inch slices
4. Lay slices on cookie sheet so that there is at least ½ inch between slices. You might need 2 cookie sheets if the squash is large.
5. Brush or spray olive oil lightly over both sides of each slice.
6. Cook in oven for 10 to 15 minutes. Watch to make sure it doesn't over cook, but you do not want it to undercook either. The yumminess comes when the squash caramelizes. It is done when you have nice toasty looking brown spots on top.
7. Flip each slice and cook 5 to 10 minutes more.

Mushroom Cream Sauce

When you serve this, no one wonders where the meat is.

Ingredients

½ c Cashews
1 c water
8 ounce mushrooms, sliced
2 shallots or ½ onion finely diced
1 clove finely minced garlic
thyme
2 T olive oil
Salt to taste
2 cups water
1 pound pasta



1. Soak cashews in 1 c water six hours - overnight.
2. Before starting cooking: drain cashews and blend on high until smooth with 2 cups fresh water.
3. Heat water for pasta. When water boils, cook pasta.
4. While water is boiling and pasta is cooking: Lightly brown shallots and garlic in oil. Add sliced mushrooms and thyme; cook until they are at a texture you like. Add cashew cream to mushrooms. Cook on medium, stirring, until cream sauce thickens and starts to thicken. Salt to taste.
5. Pour over drained pasta.

Spaghetti Sauce with Sofrito and TVP (optional)

Ingredients

2 cloves garlic
1 onion
2 carrots
2-3 stalks celery
½ red or orange bell pepper (optional)
Olive oil
1 14.5 oz can of puréed tomatoes
½ t Italian seasoning
4 – 8 oz chopped mushrooms (optional)
½ c TVP that has been reconstituted (optional)
Water
Salt and pepper to taste
¼ t ground nutmeg



Instructions

1. Chop all vegetables very fine.
2. Put a saucepan over medium heat add olive oil heat a bit, and then add chopped vegetables (except tomatoes and mushrooms).
3. Turn the heat down to low and cook slowly for about 20 min. stirring regularly so it doesn't burn. Use the back of a wooden spoon to mash vegetables as they soften.
4. Add 6 ounces of puréed tomatoes. Cook over low heat for another 10 min. Add two ounces more of puréed tomatoes, and Italian seasoning and cook for 20 more minutes.
5. Add chopped mushrooms and cook for 5 to 10 minutes stirring often so nothing burns.
6. Add TVP and water to make this the desired consistency.
7. Add ¼ t nutmeg
8. Simmer for 10 to 30 min. Add salt and pepper to taste.

Put sauce over pasta.

Coconut Curry Soup

This is the dish I am asked to make more than any other. The curry that works the best with this is the yellow pre-made kind from the grocery store.

Ingredients

2 T sesame oil

2 T avocado oil

Garlic - 2 cloves

A good amount of chopped vegetables: without spinach 8 to 10 cups

In the past I have used:

1/2 chopped onion

3 carrots cut in pieces

Cauliflower pieces

Potato chunks - I used baby red potatoes. Cut in 8ths

Green beans

Spinach

Peas - frozen

Butternut squash

Optional: 1 package already baked tofu - savory flavor

1-2 T curry + more to taste (nothing fancy, just the yellowish kind from the grocery store)

1 - 2 T red miso paste (miso is salty, taste as you add it or you can over salt this dish)

Salt to taste

1/2 large lemon

1 can coconut milk

Water

Instructions

1. Heat avocado oil. Lightly brown onion, garlic, & vegetables that take a while to cook. In the above list of vegetables that was the carrots. About ½ way through add sesame oil. Stir often so nothing burns,
2. Stir in miso and curry
3. Put the rest of the vegetables in and add enough water to just cover the top of vegetables. Add coconut milk. Squeeze in lemon and stir mixture.
4. Taste and salt - it won't cook down much so don't worry about salt becoming more concentrated - the potatoes are best if they absorb the fully seasoned broth.
5. Heat the curry at a nice simmer until the potatoes and butternut squash (if you used them) are cooked through. When potatoes are perfectly cooked add sliced tofu and heat through.

Cream of Vegetable Soup

You need a blender (preferred) or a food processor to make this recipe.

Ingredients

½ cup raw cashews

3 cups water

10 cups of raw chopped vegetables (This is a very versatile recipe. You can use any type of vegetable you and your family like. You can use a mix of vegetables.)

Salt

Pepper

Water

These two optional ingredients depend on the vegetables you use. If using onions or garlic you will want to sauté them in oil before pouring water into the pot.

Oil (optional)

Lemon juice (optional)

Instructions

1. Soak cashews in 2 cups of water for 4 hours to overnight. Overnight is preferred if you do not have a high-powered blender.
2. If sautéing vegetables, do so now.
3. While they are sautéing, drain water from cashews. Add cashews to blender or food processor and add 1 cup water. Blend on high until it has a smooth creamy consistency. Set aside.
4. Add vegetables to the sautéed mix. Or if you did not sauté vegetables add the vegetables to a pot and cover with water. The water should just cover the vegetables. Add a bit of salt and pepper, being careful not to over salt.
5. Cook until the vegetables are very soft. Add cashew cream to mix, when the vegetables are finished cooking.
6. Blend or process until smooth the vegetable cashew cream mix. Add salt, pepper, and lemon juice to taste. Not all vegetable soups benefit from the addition of a bit of lemon juice. But for those that do, lemon juice will brighten up the taste considerably without you being able to taste the lemon. Of course, you need to use it sparingly so the lemon doesn't dominate.

Enchiladas

Ingredients

½ sweet potato

Same volume amount of red potato

6 to 8 oz can green enchilada sauce

6 to 8 oz can pureed tomatoes

½ t garlic or garlic powder

2 t chili powder

1 t cumin

½ t paprika

Salt and cayenne pepper to taste

4 oz of tempeh

¼ cup frozen corn

Olive oil spray or in a bottle

6 to 8 corn tortillas (depending on size of tortillas and amount of filling you put in each)

Instructions

1. Chop, drizzle and lightly coat with olive oil, and roast both potatoes mixed together at 400 degrees for about 20 minutes: ½ sweet potato and about the same volume amount of red potatoes.
2. Make enchilada sauce: stir together - can green enchilada sauce + pureed tomatoes + garlic + chili powder + cumin + paprika + salt and cayenne pepper to taste
3. Filling: chop tempeh pieces the size of your pinky nail + corn + enough enchilada sauce to coat the tempeh + mix potatoes into this + you want this wet but not soupy
4. Lightly spray olive oil on each side then cook corn tortillas quickly in a preheated frying pan. (You can heat them in olive oil instead. They need to be softened up.)
5. Lightly coat the bottom of the pan you are going to cook the enchiladas in with enchilada sauce. Then put the tortilla in, fill it, and do this until the pan is full. Pour the rest of the enchilada sauce over the enchiladas.
6. Cover with foil. Heat for 30 minutes at 350 degrees F.

Roasted Vegetable Sandwich

You can add or subtract any of the vegetables/fungi

Thinly sliced onion

Oil in bottle and spray

Hummus

Ingredients for each sandwich

1 - 2 slices eggplant

2 - 3 slices zucchini

2 slices tomato

1 Portobello mushroom

1 - 2 slices bell pepper

2 sundried tomatoes

4 avocado slices (or mashed avocados)

Crusty artisan bread for an open-faced sandwich or a bun

Instructions

1. Caramelize onion in oil
2. Cook eggplant using the recipe in this document. Grill zucchini, tomato, Portobello mushroom, and bell pepper along with the eggplant.
3. Slice and lightly grill bread
4. Stack all of this on bread that has hummus on one side with drained sun-dried tomatoes sitting on the hummus
5. Coat the other slice of bread or add to the layers avocado

Veggie Fajitas

If you have never used the Mexican condiment Tajin, you are missing one of the truly delicious taste combinations. It combines chili, lime, and salt. It is delicious sprinkled on salads, mangoes, and cucumbers. The next two dishes, fajitas and sweet potato fries, use it as the main condiment in the cooked dish. This is nice paired with rice, beans, tortillas, and guacamole

Ingredients: The amount of each depends on how many people will be eating this dish

Portobello mushrooms

Onions

Red, yellow, &/or orange bell peppers (this dish is really pretty with a contrast of colors)

Raw or canned stewed tomatoes

Tajin

Oil

Instructions

1. Slice the mushrooms, onions, bell peppers, and tomatoes (if using fresh).
2. Drizzle oil over and sprinkle tajine as you would salt. Toss like you would a salad. Taste to see if you want more Tajin.
3. Let sit for 1 to 3 hours.
4. When ready to cook, heat oven to 375 °F or a pan on you stove (either method works fine). If yo cook on the stove stir and watch until all is cooked through and lightly browned.
5. If cooking in the oven, check after 20 minutes and stir, and then stir and check every 10 to 15 minutes after that.



Sweet Potato Fries



Ingredients

Sweet potatoes

Tajin

Oil

Salt

Instructions

1. Heat oven to 425 °F.
2. Slice sweet potatoes with skin on the size you want the fries.
3. Put on a cookie sheet. Drizzle oil over them and sprinkle with salt and Tajin. Use about the same amount of salt and Tajin. Tajin has salt in it, so use $\frac{1}{2}$ the amount of salt you normally would. Stir all.
4. Cook for 15 to 25 minutes, depending on your oven. Check them at 15 minutes. Sweet potato fries burn really quickly so be thoughtful about that.