



# Vegan Recipes

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**EatingWell**  
WHERE GOOD TASTE MEETS GOOD HEALTH



## Roasted Tofu & Peanut Noodle Salad

**Makes:** 5 servings, 2 cups each

**Active time:** 40 minutes | **Total:** 40 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

*Top this vegetarian noodle salad recipe, which is tossed with loads of veggies and ample peanut sauce, with chopped roasted peanuts for added crunch and protein.*

<b>¼ cup lime juice</b>	<b>½ cup smooth natural peanut butter</b>
<b>¼ cup reduced-sodium soy sauce</b>	<b>3 tablespoons water</b>
<b>1 tablespoon canola oil</b>	<b>3 cloves garlic, minced</b>
<b>1 14- to 16-ounce package extra-firm water-packed tofu, cut into ½-inch cubes</b>	<b>1 tablespoon minced fresh ginger</b>
<b>6 ounces whole-wheat spaghetti</b>	<b>6 cups thinly sliced napa cabbage</b>
	<b>1 medium orange bell pepper, thinly sliced</b>
	<b>1 cup thinly sliced trimmed snow peas</b>

1. Position rack in lower third of oven; preheat to 450°F. Coat a large baking sheet with cooking spray. Put a large pot of water on to boil for spaghetti.
2. Combine lime juice, soy sauce and oil in a large bowl. Stir in tofu; marinate, stirring frequently, for 10 minutes.
3. Using a slotted spoon, transfer the tofu to the prepared baking sheet; reserve the marinade. Roast the tofu, stirring once halfway through, until golden brown, 16 to 18 minutes.
4. Meanwhile, cook spaghetti according to package directions. Drain.
5. Whisk peanut butter, 3 tablespoons water, garlic and ginger into the reserved marinade. Add the spaghetti, cabbage, bell pepper and snow peas; toss to coat. Top with the tofu.

**Per serving:** 423 calories; 21 g fat (2 g sat, 5 g mono); 0 mg cholesterol; 42 g carbohydrate; 0 g added sugars; 21 g protein; 8 g fiber; 546 mg sodium; 321 mg potassium.

**Nutrition bonus:** Vitamin C (133% daily value), Vitamin A (46% dv), Calcium & Magnesium (26% dv), Iron (21% dv).

**Note:** Regular Worcestershire sauce contains anchovies and is not vegetarian. Look for vegetarian Worcestershire—flavored with molasses, soy sauce and vinegar—near other bottled sauces in natural foods stores or in the natural foods section of well-stocked supermarkets.



## Lentil Burgers

**Makes:** 4 servings

**Active time:** 25 minutes | **Total:** 25 minutes

**To make ahead:** Prepare through Step 1, tightly wrap in plastic and refrigerate for up to 1 day or freeze for up to 3 months. If frozen, let defrost in the refrigerator before cooking.

Heart Health  Diabetes  Weight Loss  Gluten Free

*Walnuts and fresh marjoram accent these vegan lentil burgers. Substitute oregano for marjoram if you like. Serve with a smear of whole-grain mustard and roasted sweet potato wedges.*

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|--|---|
| <b>1</b> large clove garlic, peeled  | <b>2</b> teaspoons Worcestershire sauce, vegetarian (see Note) or regular |
| <b>¼</b> teaspoon kosher salt  | <b>3</b> teaspoons canola oil, divided                                    |
| <b>½</b> cup walnuts, toasted (see Tips)                                     | <b>4</b> whole-wheat hamburger buns, toasted                              |
| <b>2</b> slices whole-wheat sandwich bread, crusts removed, torn into pieces | <b>4</b> pieces leaf lettuce  |
| <b>1</b> tablespoon chopped fresh marjoram or 1 teaspoon dried               | <b>4</b> slices tomato or jarred roasted red pepper                       |
| <b>¼</b> teaspoon freshly ground pepper                                      | <b>4</b> thin slices red onion  |
| <b>1½</b> cups cooked or canned (rinsed) lentils (see Tips)                  |   |

1. Coarsely chop garlic; sprinkle with salt and mash to a paste with the side of the knife. Coarsely chop walnuts in a food processor. Add bread, marjoram, pepper and the garlic paste; process until coarse crumbs form. Add lentils and Worcestershire; process until the mixture just comes together in a mass. Form into four 3-inch patties (about  $\frac{1}{3}$  cup each).

2. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Cook the patties until browned on the bottom, 2 to 4 minutes. Carefully turn over; reduce heat to medium-low. Drizzle the remaining 1 teaspoon oil around the burgers and cook until browned on the other side and heated through, 4 to 6 minutes more. Serve on buns with lettuce, tomato (or red pepper) and onion.

**Per serving:** 374 calories; 15 g fat (2 g sat, 4 g mono); 0 mg cholesterol; 49 g carbohydrate; 4 g added sugars; 15 g protein; 12 g fiber; 368 mg sodium; 615 mg potassium. **Nutrition bonus:** Folate (46% daily value), Iron (27% dv), Magnesium (26% dv), Potassium & Zinc (18% dv).

**Carbohydrate servings:** 3

**Exchanges:**  $3\frac{1}{2}$  starch, 2 lean meat,  $2\frac{1}{2}$  fat

**Tips:** To toast nuts: Spread whole nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

**To cook lentils:** Place in a saucepan, cover with at least 1 inch of water, bring to a simmer and cook until just tender, 15 to 30 minutes, depending on the type of lentil. Drain and rinse with cold water.

1 cup dry lentils = about  $2\frac{1}{2}$  cups cooked. Or use canned lentils: 15-ounce can =  $1\frac{1}{2}$  cups. Rinse canned lentils before cooking with them to reduce the sodium by about 35 percent.



### Barley Hoppin' John

**Makes:** 4 servings, 1½ cups each

**Active time:** 20 minutes | **Total:** 40 minutes

**Cost per serving:** under \$1.50

Heart Health  Diabetes  Weight Loss  Gluten Free

*Traditionally made with rice, this classic Southern dish gets great toothsome texture here from quick-cooking barley instead. Serve with a green salad.*

- |                                     |   |
|-------------------------------------|---|
| 1 tablespoon extra-virgin olive oil | 1 tablespoon chopped fresh thyme<br>or 1 teaspoon dried |
| 1 medium onion, chopped             | 2 teaspoons lemon juice                                 |
| 1 small red bell pepper, chopped    | ¼ teaspoon crushed red pepper                           |
| 2 stalks celery, chopped            | ¼ teaspoon salt   |
| 2 cloves garlic, minced             | 2 15-ounce cans black-eyed peas, rinsed                 |
| 1 14-ounce can vegetable broth      |   |
| 1 cup quick-cooking barley          |   |

Heat oil in a large nonstick skillet over medium heat. Add onion, bell pepper and celery. Cook until the vegetables soften, 3 to 4 minutes. Add garlic and cook 1 minute. Add broth, barley, thyme, lemon juice, crushed red pepper and salt; bring to a boil. Reduce heat, cover and simmer until the barley is done, 15 to 20 minutes. Remove from the heat and stir in black-eyed peas. Cover and let stand for 5 minutes. Serve hot.

**Per serving:** 320 calories; 5 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 58 g carbohydrate; 0 g added sugars; 12 g protein; 11 g fiber; 677 mg sodium; 529 mg potassium. **Nutrition bonus:** Vitamin C (58% daily value), Folate & Vitamin A (24% dv), Potassium (15% dv).



## Spiced Eggplant-Lentil Salad with Mango

**Makes:** 4 servings, about 2 cups each

**Active time:** 45 minutes | **Total:** 45 minutes

**To make ahead:** Prepare through Step 3, cover and refrigerate for up to 1 day.

Heart Health  Diabetes  Weight Loss  Gluten Free

*Spiced eggplant, lentils and mangoes combine deliciously in this Indian-inspired vegetarian salad. Customize the spiciness of this by choosing mild, medium or hot versions of salsa, chili powders and curry powder. The flavor is even better when the salad is prepared ahead. (Recipe by Nancy Baggett for EatingWell.)*

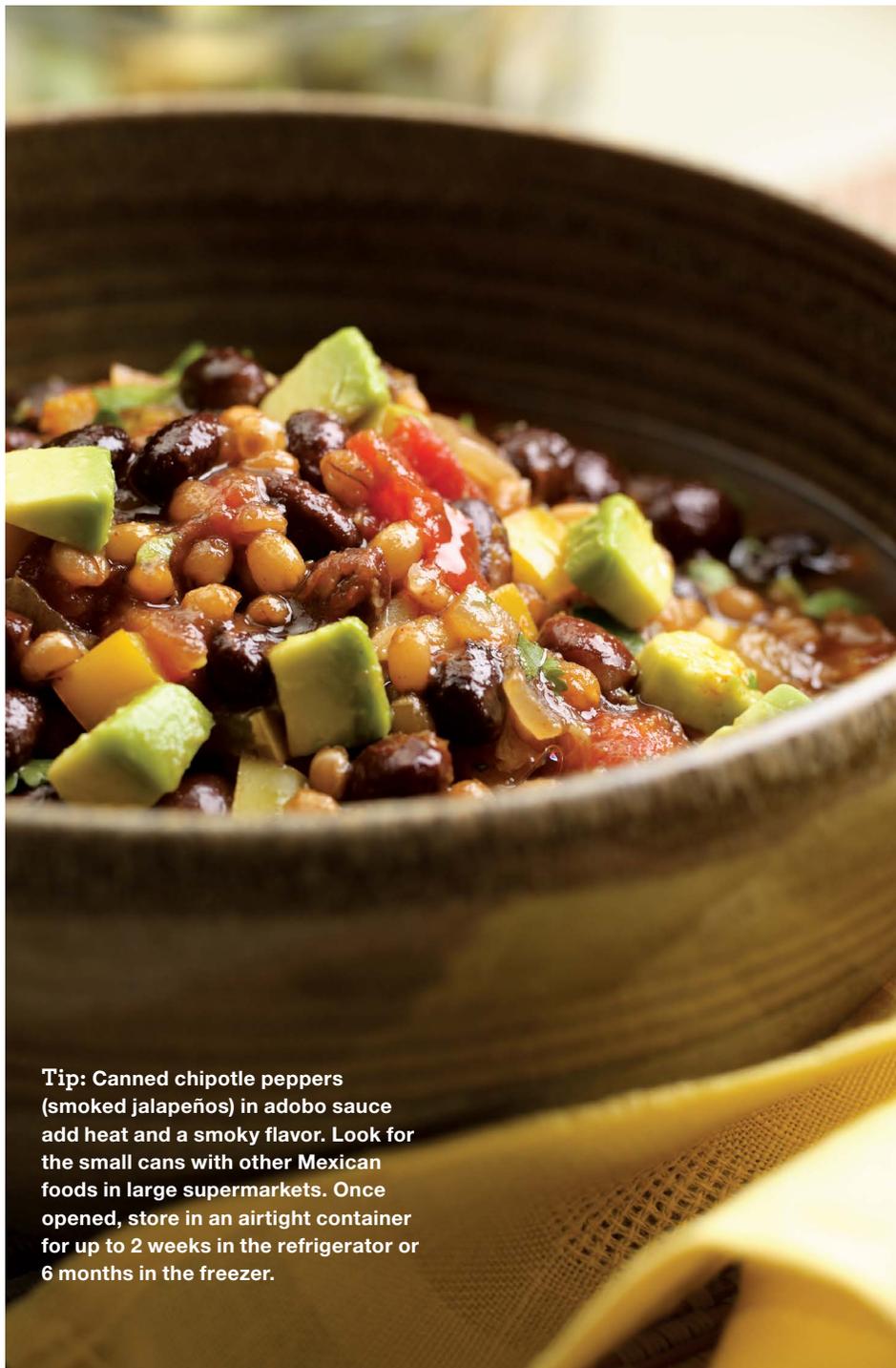
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|---|---|
| <b>4</b> tablespoons peanut oil or olive oil, divided                       | <b>¼</b> teaspoon freshly ground pepper, plus more to taste                         |
| <b>2½</b> teaspoons chili powder, divided                                   | <b>1½</b> cups cooked lentils (see <i>Tip</i> , page 3) or one 15-ounce can, rinsed |
| <b>2½</b> teaspoons curry powder, divided                                   | <b>2</b> bunches scallions, coarsely chopped (reserve 2 tablespoons for garnish)    |
| <b>2</b> medium eggplants (¾ pound each), trimmed and cut into 1-inch cubes | <b>4</b> cups torn romaine lettuce  |
| <b>⅓</b> cup lemon or lime juice, plus more if desired                      | <b>2</b> large ripe mangoes, peeled and diced (see <i>Tip</i> )                     |
| <b>¼</b> cup prepared salsa   | <b>¼</b> cup coarsely chopped roasted peanuts or cashews                            |
| <b>¼</b> cup honey  | <b>¼</b> cup chopped fresh cilantro   |
| <b>¼</b> teaspoon salt  |   |

1. Preheat oven to 500°F.
2. Combine 1 tablespoon oil with 2 teaspoons each chili powder and curry powder in a large bowl. Add eggplant and toss well. Spread the eggplant on a large, rimmed baking sheet. Roast, stirring once halfway through, until tender, about 15 minutes.
3. Thoroughly combine the remaining 3 tablespoons oil, remaining ½ teaspoon each chili powder and curry powder, ⅓ cup lemon (or lime) juice, salsa, honey, salt and pepper in a large bowl. Add the roasted eggplant, lentils and scallions; gently toss to combine. Taste and season with more pepper and/or lemon (or lime) juice, if desired.
4. Serve the salad on a bed of romaine, topped with mango, nuts, cilantro and the reserved 2 tablespoons scallions.

**Per serving:** 485 calories; 20 g fat (3 g sat, 9 g mono); 0 mg cholesterol; 75 g carbohydrate; 17 g added sugars; 13 g protein; 16 g fiber; 275 mg sodium; 1,051 mg potassium.

**Nutrition bonus:** Vitamin A (119% daily value), Vitamin C (102% dv), Folate (70% dv), Potassium (30% dv), Iron (28% dv), Magnesium (24% dv).

**Tip:** To peel and dice a mango, slice both ends off the mango, revealing the long, slender seed inside. Set the fruit upright on a work surface and remove the skin with a sharp knife. With the seed perpendicular to you, slice the fruit from both sides of the seed, yielding two large pieces. Turn the seed parallel to you and slice the two smaller pieces of fruit from each side. Dice into desired size.



## Zesty Wheat Berry-Black Bean Chili

**Makes:** 6 servings, about 1½ cups each

**Active time:** 25 minutes | **Total:** 1 hour

Heart Health
  Diabetes
  Weight Loss
  Gluten Free

*This rib-sticking chili offers a hearty mix of wheat berries, beans, peppers and onion. Feel free to add an additional chipotle pepper to crank up the heat in this one-pot meal. Cooked wheat berries will keep for up to 1 month in your freezer and there's no need to thaw them; just stir them directly into the chili.*

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- 1 large yellow bell pepper, chopped
- 5 cloves garlic, minced
- 2 teaspoons chili powder
- 1½ teaspoons ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 15-ounce cans black beans, rinsed
- 2 14-ounce cans no-salt-added diced tomatoes, undrained
- 1-2 canned chipotle peppers in adobo sauce, minced (see *Tip*)
- 2 cups vegetable broth
- 2 teaspoons light brown sugar
- 2 cups Cooked Wheat Berries (*recipe follows*)
- Juice of 1 lime
- 1 avocado, diced
- ½ cup chopped fresh cilantro

1. Heat oil in a Dutch oven over medium-high heat. Add onion, bell pepper, garlic, chili powder, cumin, oregano, salt and pepper, and cook, stirring occasionally, until tender, about 5 minutes. Add beans, tomatoes, chipotle to taste, broth and brown sugar. Bring to a boil over high heat, reduce heat, cover, and simmer for 25 minutes.
2. Stir in cooked wheat berries and heat through, about 5 minutes more. (If using frozen wheat berries, cook until thoroughly heated.)

Remove from the heat. Stir in lime juice. Garnish each bowl with avocado and cilantro.

**Per serving:** 386 calories; 11 g fat (1 g sat, 7 g mono); 0 mg cholesterol; 61 g carbohydrate; 14 g protein; 15 g fiber; 703 mg sodium; 311 mg potassium.

**Nutrition bonus:** Vitamin C (130% daily value), Folate (48% dv), Iron & Vitamin A (25% dv).

**Carbohydrate servings:** 3

**Exchanges:** 3 starch, 1 vegetable, 1 very-lean meat, 2 fat

### Cooked Wheat Berries

**Makes:** about 4½ cups

**Active time:** 5 minutes | **Total:** 1¼ hours

**To make ahead:** Cover and refrigerate for up to 2 days or freeze for up to 1 month.

- 2 cups hard red winter-wheat berries (see *Note*)
- 7 cups cold water
- 1 teaspoon salt

1. Sort through wheat berries carefully, discarding any stones. Rinse well under cool running water. Place in a large heavy saucepan. Add water and salt.
2. Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally. Drain and rinse. To serve hot, use immediately. Otherwise, follow the make-ahead instructions.

**Tip:** Canned chipotle peppers (smoked jalapeños) in adobo sauce add heat and a smoky flavor. Look for the small cans with other Mexican foods in large supermarkets. Once opened, store in an airtight container for up to 2 weeks in the refrigerator or 6 months in the freezer.



### Southwestern Corn & Black Bean Salad

**Makes:** 4 servings, 2 cups each

**Active time:** 25 minutes | **Total:** 25 minutes

**To make ahead:** Cover and refrigerate for up to 1 day.

Heart Health  Diabetes  Weight Loss  Gluten Free

*Here's a great make-ahead dinner—and leftovers are welcome for lunch the next day. If you make it ahead, don't add the salt and pepper until just before serving. That way, the salt won't render the vegetables soggy and the pepper won't lose its bite.*

**3 large ears of corn, husked**

**1/3 cup pine nuts**

**1/4 cup lime juice**

**2 tablespoons extra-virgin olive oil**

**1/4 cup chopped fresh cilantro**

**1/2 teaspoon salt**

**Freshly ground pepper to taste**

**2 15-ounce cans black beans, rinsed**

**2 cups shredded red cabbage (see Tip)**

**1 large tomato, diced**

**1/2 cup minced red onion**

1. Bring 1 inch of water to a boil in a Dutch oven. Add corn, cover and cook until just tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.
2. Meanwhile, place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
3. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

**Per serving:** 410 calories; 16 g fat (2 g sat, 8 g mono); 0 mg cholesterol; 57 g carbohydrate; 0 g added sugars; 16 g protein; 13 g fiber; 482 mg sodium; 537 mg potassium. **Nutrition bonus:** Vitamin C (80% daily value), Iron (25% dv), Vitamin A (20% dv), Potassium (15% dv).

**Carbohydrate servings:** 3

**Exchanges:** 3 starch, 1 vegetable, 2 very lean meat, 2 fat

**Tip:** Convenient preshredded cabbage can be purchased, in bags, in the produce section of most supermarkets.



**Tip:** To warm tortillas, wrap in barely damp paper towels and microwave on High for 30 to 45 seconds or wrap in foil and bake at 300°F until steaming, 5 to 10 minutes.

## Vegan Migas

**Makes:** 4 servings

**Active time:** 1 hour | **Total:** 1 hour

**To make ahead:** Refrigerate Salsa Ranchera for up to 1 week or freeze for up to 2 months.

Heart Health  Diabetes  Weight Loss  Gluten Free

*Crumbled soft tofu is often used to make satisfying, egg-free scrambles so it's a natural for a vegan interpretation of migas, a Tex-Mex dish made with eggs and strips of corn tortillas.*

### Salsa Ranchera

- 6 large ripe tomatoes
- 2 large cloves garlic, unpeeled
- 2-4 jalapeño or serrano chiles
- 2 tablespoons sunflower seed oil or canola oil
- ½ teaspoon salt

### Vegan Migas

- 1 14-ounce package soft tofu, preferably water-packed
- 1 teaspoon plus 1 tablespoon canola oil, divided

- 3 corn tortillas, preferably stale, torn into strips

Pinch of ground turmeric

- 1-2 jalapeño or serrano chiles, finely diced, seeded if less heat is desired
- ½ teaspoon ground chipotle chile or smoked paprika, or more to taste
- 4 scallions, trimmed and chopped
- ½ teaspoon kosher salt
- ¼ cup chopped fresh cilantro
- 2 plum tomatoes, diced
- ½ cup shredded nondairy cheese
- 8 corn tortillas, warmed (see Tip)

**1. To prepare Salsa Ranchera:** Heat a cast-iron skillet over medium heat. Add tomatoes, garlic and chiles to taste; cook, turning every few minutes, until the skins are blistered and charred in places, 15 to 20 minutes. The vegetables will cook at different rates. Remove each when it is charred or browned; allow to cool slightly. Peel the garlic, core the tomatoes and stem the peppers.

**2.** Transfer the vegetables to a blender and puree until smooth.

**3.** Heat oil in the same pan over medium-high heat. Carefully pour in the puree, season with salt and cook, stirring and scraping up any bits in the pan, until the sauce has thickened somewhat, 10 to 15 minutes. Set aside 1 cup for this recipe and refrigerate or freeze the remaining 2 cups for another use.

**4. Meanwhile, to prepare Vegan Migas:** Drain tofu in a fine-meshed sieve over a bowl.

**5.** Heat 1 teaspoon oil in a medium nonstick skillet over medium heat. Add tortilla strips and cook, stirring frequently, until golden and crispy, 7 to 9 minutes. Transfer to a plate.

**6.** Add the remaining 1 tablespoon oil to the pan and return to medium heat. When hot, crumble the tofu into the pan in various-sized pieces to resemble scrambled eggs. Stir in turmeric, chiles to taste, ground chipotle (or paprika) and scallions; season with salt. Cook, stirring often, until the water remaining in the tofu has cooked away, but not so long that the tofu turns hard, 4 to 6 minutes. It should remain tender, like eggs.

**7.** Add cilantro, tomatoes, cheese and the tortilla strips. Cook, stirring, until the cheese has melted, 1 to 2 minutes. Divide among 4 plates, using a slotted spoon so that liquid remains in the pan. Serve each portion with ¼ cup of the Salsa Ranchera and 2 warm tortillas.

**Per serving:** 334 calories; 14 g fat (2 g sat, 6 g mono); 0 mg cholesterol; 42 g carbohydrate; 0 g added sugars; 14 g protein; 7 g fiber; 391 mg sodium; 658 mg potassium. **Nutrition bonus:** Folate (60% daily value), Vitamin C (40% dv), Vitamin A (30% dv), Calcium (29% dv), Magnesium (26% dv), Potassium (19% dv), Iron (18% dv).



## Creamy Chocolate Gelato

**Makes:** generous 1 quart

**Active time:** 15 minutes | **Total:** 4 ½ hours (including 3 hours chilling time)

**To make ahead:** Prepare through Step 2; refrigerate for up to 1 day. Store gelato in an airtight container in the freezer for up to 1 week. For the best texture, let soften slightly before serving.

**Equipment:** Ice cream maker

Heart Health  Diabetes  Weight Loss  Gluten Free

*This ultra-chocolaty, dairy-free Sicilian-style gelato—made without eggs or cream—is relatively lean but still creamy-smooth and flavorful. The coconut milk used for the base gives it a silky, rich mouthfeel and a subtle coconut flavor.*

<b>½ cup unsweetened cocoa powder, preferably natural (see Note)</b>	<b>1 teaspoon vanilla extract</b>
<b>2 14-ounce cans “lite” coconut milk (about 3 ½ cups), divided</b>	<b>¾ cup plus 2 tablespoons sugar</b>
	<b>2 tablespoons cornstarch</b>
	<b>⅛ teaspoon salt</b>

1. Put cocoa in a medium bowl and whisk in enough coconut milk (about ⅔ cup) to make a smooth paste. Stir in vanilla.
2. Mix sugar, cornstarch and salt in a medium saucepan. Gradually whisk in the remaining coconut milk. Heat over medium heat, stirring frequently with a wooden spoon or heatproof spatula, until the mixture begins to barely simmer around the edges. Then, stirring constantly and scraping the sides and corners of the pan to prevent scorching, let the mixture simmer for 2½ to 3 minutes to fully cook the cornstarch. Scrape the hot mixture into the bowl with the cocoa mixture. Whisk until well blended. Let cool, undisturbed, for about 45 minutes. Cover and refrigerate until cold, at least 3 hours.
3. Pour the gelato mixture into the canister of an ice cream maker. Freeze according to manufacturer’s directions.

**Per ½-cup serving:** 186 calories; 7 g fat (5 g sat, 0 g mono); 0 mg cholesterol; 30 g carbohydrate; 22 g added sugars; 3 g protein; 2 g fiber; 64 mg sodium; 83 mg potassium.

**Note:** Cocoa powder comes in two styles: natural and Dutch-processed. Dutch-processed cocoa has been treated with alkali, or “Dutched,” to neutralize the natural acidity of cocoa, while natural has not. For this recipe, we prefer the taste of natural cocoa powder, although either type can be used.

# About EatingWell

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- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

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We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

## About EatingWell health tags

A recipe checked...

- Heart Health** has limited saturated fat.
- Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- Weight Loss** has reduced calories (and limited saturated fat).
- Gluten Free** does not contain wheat, rye, barley or oats.  
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)

*Photography by Ken Burris (pages 1, 3-9); Peter Ardito (page 2).*

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