Healthy Holiday Recipes

Vegan Sweet Potato Casserole with Marshmallow

Ingredients

4 - 5 medium sweet potatoes (8 cups cubed) peeled and cut into 2" cubes
¼ cup vegan butter
¼ cup plant-based milk (such as soy or almond)
¼ cup brown sugar
½ teaspoon salt
¼ teaspoon ground cinnamon
¼ teaspoon vanilla extract
½ cup chopped pecans
1 recipe Easy Vegan Marshmallow Fluff

Instructions

In a medium pot add the sweet potatoes and cover completely with water. Bring to a boil and cook for 10 - 12 minutes until the sweet potatoes are fork tender. Drain and return potatoes to the pot.

Add the vegan butter, non-dairy milk, brown sugar, salt, cinnamon, and vanilla extra and use a potato masher to mash well. Spread the hot sweet potato mixture into an even layer in a 9" x 9" square casserole dish or equivalent size. Sprinkle the chopped pecans over top.

Gently spread the marshmallow fluff across the top. For marshmallow peaks, touch the fluff with the flat side of the spatula and pull straight up. Repeat all over the surface of the marshmallow for desired look. Finish by toasting the marshmallow top with a brûlée torch.

Notes

If you are making the casserole ahead of time, you can either reheat the sweet potato in the pot adding more water or non-dairy milk as needed,

or you can heat in the baking dish. For the baking dish, spread the sweet potato mixture into the dish keeping the pecans and marshmallow fluff separate. Preheat your oven to 350F (180C). Bake the sweet potato covered with foil for 20 to 25 minutes until heated through. Top with the pecans and marshmallow as usual and toast with brûlée torch.

Find it online:
https://itdoesnttastelikechicken.com/vegan-sweet-potato-casserole-with-marshmallow/

Easy Vegan Marshmallow Fluff

Ingredients

½ cup aquafaba (liquid from a can of unsalted chickpeas), *see notes
1 teaspoon vanilla extract
¼ teaspoon cream of tartar (optional, but helps the texture hold better)
¾ cup white sugar

Instructions

Add the aquafaba, vanilla, and cream of tartar to a large bowl or the bowl of a mixer. Use the mixer or a hand mixer to beat the liquid for about 1 minute until it starts to get fluffy. Very slowly sprinkle in the sugar a spoonful at a time while the mixer is on. Continue to beat for about 10 minutes until a stiff peak is formed. When you lift the beater the fluff should look glossy and hold a stiff peak, even if you jiggle the bowl the peak should stay as is. It may take more or less time depending on your mixer and brand of aquafaba.

Notes

*I prefer using canned chickpeas that are salt-free (check the ingredients). The chickpeas with salt may have a slight bean taste,

whereas the salt-free ones do not. Either salted or unsalted will still work. 1 can of chickpeas will contain about 1 cup of liquid.

*Store leftovers in an air-tight container in the fridge. It may start to decrease in fluffiness after a day, but you can give it a little whisk to liven it back up again.

Find it online:
https://itdoesnttastelikechicken.com/easy-vegan-marshmallow-fluff/

INGREDIENTS

For Ham:

2 teaspoons better than bouillon vegetarian no beef soup base (vegan)

3/4 cup water

1 tablespoon liquid smoke

2 tablespoons ketchup

2 tablespoons sesame oil, toasted

1 tablespoon dijon mustard

2 tablespoons maple syrup

3 tablespoons nutritional yeast

1 teaspoon salt

1 teaspoon granulated garlic

1 teaspoon granulated onion

1/4 teaspoon ground cloves

1 package (400 grams) extra firm tofu

a few drops of red food colouring (optional for colour)

1 and 1/2 cups vital wheat gluten

whole cloves (for decorating- optional)

For glaze:

1 teaspoon better than beef bouillon

1/2 cup water

2 tablespoons brown sugar, packed

2 tablespoons maple syrup

2 and 1/2 tablespoons apple cider vinegar

3 tablespoons dijon mustard

INSTRUCTIONS

To make mock ham: Drain tofu, wrap in paper towels and squeeze out extra moisture with your hands. Break into chunks and add to food processor with rest of ingredients EXCEPT GLUTEN and process until smooth like a puree

Now add vital wheat gluten evenly over the top and mix until just combined, it's ok if you see a bit of flour on top.

Turn dough onto counter and knead 20-25 times and form into a ham shaped loaf.

Wrap tightly and completely with a large piece of tin foil and place in a steamer insert of a steamer pot. Fill the base of the pot with water making sure it doesn't touch the steamer insert. Cover and steam for 1 hour. Flip half way though cooking time and add more water if it's getting to low

While ham is steaming preheat oven to 375° and whisk the glaze ingredients together in a small bowl and set aside.

To glaze and bake: Unwrap ham, place on cutting board. Score the ham in a crisscross pattern (shallow cuts) and decorate with whole cloves if desired. Place in a small casserole dish (just a little bigger than the roast) pour over the maple glaze. Bake uncovered for 30 minutes basting generously with the glaze every 10 minutes. Remove from oven spoon over more glaze. Cool for a couple minutes, slice and serve. Enjoy any night of the week or with all the holiday fixings like vegan scalloped potatoes, or mashed potatoes, gravy, stuffing, cornbread, roasted vegetables, pumpkin pie for dessert! or slice thin for ham sandwiches! Mmm.

NOTES

To make ahead of time: Yes you can make up to 1-2 days before hand (just the steaming method) cool to room temperature wrap and refrigerate. To reheat let sit out on counter for 20 minutes, make the glaze and follow baking instructions. FYI- once steamed the ham is ready to eat.
To store and freeze: It will keep covered in the fridge for up to 5 days and freezes great, I like to portion and slice it first then wrap in plastic wrap add to a container and freeze.
Gluten free: No this recipe can only be made with vital wheat gluten there are no substitutions. So it is not gluten free. if you're looking for gluten free main dish try my Vegan Meatloaf made with impossible burger

Instant Pot: you can use instant pot instead of steaming. Place foil wrapped ham on rack inside the Instant Pot. Add 2 and 1/2 cups of water. Close lid, set pressure valve to sealing, select the steam option Set it to 30 minutes. Press start. Once done let pressure release naturally.

Found https://thecheekychickpea.com/vegan-ham/print/4264/

Cream of Anything Soup
Serves 5

2 tablespoons vegan butter
1 onions, diced
1 large packages mushrooms, sliced (Mushrooms, celery, potato, etc)
4 cups broth (vegetable or McKays chicken)
seasoning
1/2 cup all-purpose flour
4 cup Plant based milk
1 teaspoon white miso paste

Simmer first three ingredients until veggies are soft. Blend/mix flour and milk and add to pot. Heat and stir frequently until mixture begins to thicken. Add broth and miso paste. Stir until desired thickness. For a more concentrated soup, cut back by half on the milk and broth.

Kings Hawaiian Rolls

1 cup warm water
1/3 cup granulated sugar
1 packet active dry yeast (2 3/4 teaspoon)
2 tablespoons vegetable oil

3/4 teaspoon salt
3 cups all purpose flour

Instructions

Mix together water, sugar and yeast. Let stand about 10 minutes, or until yeast begins to activate (small bubbles will form).

In a stand mixer with a dough hook attachment, slowly add in oil, salt and flour. Mix until well incorporated and then continue to knead for about 2-3 minutes.

Oil a glass bowl. Remove dough from mixer bowl and place in the glass bowl, turning to coat with oil. Cover tightly with plastic wrap and let rise for about an hour or until doubled in size.

Spray an 8” x 8” glass dish with cooking spray. Divide the risen dough into 9 similarly sized balls. Arrange in the prepared dish, leaving some space around each ball to allow for rising. Cover tightly and let rise about 3 minutes. Once risen again, bake rolls in 350* oven for 15 minutes or until golden brown on top. Remove from oven and immediately butter the top of each roll.

Notes

You are going to be pleasantly surprised at how close these are to the real thing. These are very easy to put together, all you need is a little time to allow the dough to rise.

Cranberry Sauce

Cranberries
Orange Juice
Applesauce
Agave

Pie Crust

2 cups white flour
1 tsp salt
1/2 cup oil plus another 2 or more Tbs
1/3 cup milk.

Stir gently. The more you stir the tougher the crust. Roll out to desired size and shape.

Pumpking Pie

1/2 cup granulated sugar
1/2 cup light or dark brown sugar
1 Tablespoon all-purpose flour
1/2 teaspoon salt
1 teaspoon ginger
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/8 teaspoon cloves
4 Tablespoons ground flaxseed
2 scant cups or one 15 ounce can pumpkin puree
1 1/4 cups light cream or evaporated milk

Instructions

In a large mixing bowl, whisk together the sugars, flour, salt and spices.

In a large measuring cup, beat together the flaxseed, pumpkin, and cream or milk. Whisk into the dry ingredients. For best flavor, cover and refrigerate the filling overnight before baking. (This will allow the spices' flavor to blend.)

Lightly grease a 9” pie pan that’s at least 1 1/2 “ deep. Roll the pie dough out into a 13” circle, and transfer to the pan. Crimp the edges above the rim; this will give you a little extra headroom to hold the filling when it expands in the oven. Refrigerate the crust while the oven preheats to 400*F.

When the oven is hot, place the pie pan on a baking sheet to catch any drips. Pour the filling into the unbaked pie shell.

Bake for 45-50 minutes, until the filling is set 2” in from the edge. The center should still be wobbly. Remove the pie from the oven and cool on a rack; the center will finish cooking through as the pie sits. Store leftover pumpkin pie, covered, in the refrigerator for up to five days.