

Chickpea "Tuna" Salad

1 15 oz can chickpeas, drained and rinsed
¼ cup finely diced celery
4 green onions, white and light green part, chopped
1 Tbsp fresh dill, chopped or 1 tsp dried dill
1 Tbsp fresh lemon juice
¼- ½ tsp salt, to taste
1 tsp kelp granules
¼ cup vegan mayo, more if needed

In a bowl, mash the chickpeas and add the remaining ingredients. Adjust seasonings and mayo to taste. Store in the refrigerator.

Coconut Curry with Greens (Neva Bracket)

1 small onion, chopped
2-3 cloves of garlic, minced or pressed
1 inch piece of ginger, grated
1 tsp salt
¼ cup water
2 medium carrots, sliced
3 cups chopped fresh spinach or kale
1 15 oz can garbanzo beans, drained and rinsed
1 14 oz can petite diced tomatoes, rinsed
1-2 tsp curry powder
1 13.5 oz can coconut milk

Place the onion, garlic, ginger, salt, and water in a medium-sized pot. Bring to a boil, cover, and reduce the heat and simmer for 3 minutes. Add the carrots, cover, and simmer for 3-5 minutes. Add the chopped greens and simmer 3 more minutes, adding a little more water if needed. Add the garbanzo beans, tomatoes, curry powder, and coconut milk. Heat through and serve over rice.

Sloppy Josephines (Sarah Matheny)

6 cups of water or vegetable broth
1 ½ cups of dry lentils, picked over and rinsed*
1 medium onion, chopped
½ green bell pepper, chopped
2 cloves of garlic, minced or pressed
1 Tbsp chili powder (taco seasoning)
2 tsp dried oregano
1 14 oz can tomato sauce
¼ cup tomato paste
1 Tbsp vegan Worcestershire sauce
¼ cup barbecue sauce

Bring the water to a boil and add the lentils. Reduce the heat and cook until the lentils are tender, 30-45 minutes. Drain excess liquid and set aside.

In a skillet, saute the onions in water or a little oil until tender. Add the garlic, chili powder, and oregano, then sauté for another 1-2 minutes. Add the tomato sauce, tomato paste, Worcestershire sauce, and barbecue sauce. Stir to combine and add the lentils. Mix thoroughly and season to taste. Scoop out ½-cup portions onto toasted whole-grain burger buns.

*3 15 oz cans of lentils, drained, can be used.

Avocado Mousse

2 ripe medium Hass avocados
3 Tbsp maple syrup, agave nectar or date syrup
¼ cup cocoa or carob powder
Place the avocado flesh, sweetener, and cocoa powder in a high-powered blender or food processor. Process until smooth. Adjust sweetener to taste. Portion out and serve plain or with berries.

Spicy Lentil Wraps

Spicy Lentils and Quinoa-

¾ cup red lentils, sorted and rinsed
½ cup quinoa, rinsed well
2 ½ cups water, plus more if needed
2 tsp cumin
1 tsp garlic powder
1 tsp onion powder
½ tsp salt
2 Tbsp hot sauce of choice, more or less to taste

Combine the ingredients in a medium-sized pot. Bring to a boil over high heat, cover, and reduce the heat to low. Cook for 20-30 minutes, until the lentils are tender. Add more water if it seems a little dry. You want the mixture moist enough to stick together in your wrap, but not so wet that it falls apart. Remove from the heat. Use immediately or refrigerate.

Spicy Tahini Sauce-

¼ cup tahini
1/3 cup water
1 Tbsp fresh lemon juice, about half a lemon
Pinch of salt
1 tsp hot sauce of choice

Mix together and store in a container in the refrigerator.

Wraps-

Joseph's or other lavash bread
½ cup Spicy Lentils and Quinoa
½ cup coleslaw mix

Spread the lentil mixture on the short side of the bread. Top with the coleslaw mix and roll up tightly. Cut in half and serve with tahini sauce to dip.

Tofu Mayo

1 package Mori-nu silken tofu, firm or extra firm
2 Tbsp fresh lemon juice
½ tsp garlic powder
½ tsp onion powder
½ tsp dry mustard
½ tsp salt

Place the ingredients in a blender or use an immersion blender to blend smoothly. Place in a jar and refrigerate. The mayo will thicken as it chills. Keeps for a week to 10 days if kept cold.

White Bean Spread

1 15 oz can great northern or navy beans
½ a red bell pepper, chopped fine
¼ of a small onion, chopped fine
2 Tbsp Mock Chicken Seasoning
1/3 cup vegan mayo of choice
Salt to taste

Drain and rinse the beans. Place in a bowl and mash. I like to use a pastry blender/cutter for this. Add the remaining ingredients and mix well. Refrigerate leftovers.

Flax Sprinkle

½ cup ground flaxseed
½ cup ground or finely chopped walnuts
2 Tbsp date or coconut sugar
Mix together in a jar and store in the refrigerator. Sprinkle on toast, cereal, or wherever else you might enjoy getting a good dose of omega-3 fatty acids. Daily consumption of flax has been shown to help control your blood sugar levels.