Healthy Holidays 2026

Blue Ribbon Cornbread, revised
(Dana Sly, winner at the Iowa State Fair)

1 c whole wheat or whole wheat pastry flour
1 c cornmeal
2-4 Tbsp unbleached cane or other sugar
4 tsp non-aluminum baking powder
½ tsp salt
1 cup plain nondairy milk
¼ cup light tasting oil
2 Tbsp ground flaxseed mixed with 6 Tbsp water

Preheat oven to 425 degrees. Spray an 8- or 9-inch square pan with cooking spray or line with parchment paper.

Combine the dry ingredients in a large bowl. Add the wet ingredients and stir just until mixed. Pour into the prepared pan and bake for 20-25 minutes or until a toothpick comes out clean.

Cornbread Stuffing (Dressing)

1 Tbsp extra virgin olive oil
1 medium onion, chopped (about 1 ½ c)
½ red or green bell pepper, chopped (generous ½ c)
3 celery stalks, sliced or chopped (about 1 ½ c)
8 oz mushrooms, chopped (about 4 c)
1 tsp salt 1 Tbsp rubbed sage
1 8x8 pan of cornbread, dried out slightly
Mock chicken or other veggie broth as needed

Heat the oil in a nonstick frying pan over medium heat. Add the onions and sauté for about 2 minutes, then add the bell pepper and celery and cook for another 2 minutes. Add the mushrooms and salt, and sauté until the mushrooms have cooked down and cooled slightly.

In a large mixing bowl, crumble the cornbread and mix in the veggie mixture and the sage. Add enough broth to moisten the stuffing until it sticks together. Place in a sprayed 8x8 casserole pan and bake for 30 minutes at 350 degrees.

Eden's Way to Better Health

Chickpea Cutlets
(Isa Chandra Moskowitz)

15 oz can chickpeas (1 ½ c cooked)
¼ cup olive oil
4 garlic cloves, pressed or grated
1 cup vital wheat gluten
1 cup plain bread crumbs
½ cup vegetable broth or water
¼ c Bragg's Liquid Aminos or soy sauce
1 tsp dried thyme
1 tsp paprika
½ tsp dried sage

In a mixing bowl, mash the chickpeas and olive oil until no whole chickpeas are left. A pastry blender works well for this. Add the remaining ingredients and knead together for about 3 minutes to develop the gluten.

Divide the cutlet dough into two equal pieces. Then divide each piece into 4 equal pieces so that you have 8 cutlets. Knead each piece of dough in your hands for a few minutes, then form it into a cutlet about 4x6 inches. Heat a little olive oil in a cast iron skillet over medium-low heat. Place however many cutlets fit in your pan and cook on each side until browned. Pressing down with a spatula helps the cutlets cook evenly. Serve with gravy or use to make a sandwich.

Herb Cashew Gravy
4 ½ cups water, divided
½ cup raw cashews
1/3 cup nutritional yeast flakes
6 Tbsp cornstarch
1 Tbsp onion powder
2 tsp salt or salt substitute
½ tsp basil
½ tsp garlic powder
¼ tsp oregano
Blend the ingredients with ½ cup of the water. Pour into a saucepan and rinse the blender with the remaining water. Cook over medium heat, stirring constantly, until it comes to a boil and thickens.

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Vegan Condensed Mushroom Soup

1 ¼ cup unsweetened nondairy milk
¼ cup regular or gluten-free all-purpose flour
1 tsp Mock Chicken Seasoning
½ tsp salt or salt alternative
1 Tbsp neutral oil or water for sautéing
½ of an onion, diced
2 cloves of garlic, minced or pressed
8 oz mushrooms, chopped small

In a medium bowl, whisk together the nondairy milk, flour, Mock Chicken Seasoning, , and salt. Set aside.

Heat the oil or water over medium heat. Add the onion and garlic, and sauté until the onion is translucent and starting to brown. Add the mushrooms and continue cooking until they have reduced in size and started to brown. Pour the nondairy milk mixture into the pan and whisk until thickened. It will thicken more as it cools. This recipe is the equivalent to one can of soup.

Green Bean Casserole

1 recipe Vegan Condensed Mushroom Soup
½ cup unsweetened nondairy milk
1 tsp Bragg Liquid Aminos or soy sauce
24 oz frozen green beans, thawed
6 oz package fried onions

Preheat oven to 350 degrees. Spray a casserole dish with nonstick cooking spray.

In a bowl, combine the mushroom soup, nondairy milk, and Bragg Liquid Aminos until well combined. Add the green beans and 2/3 cup of the fried onions. Stir together and place in the casserole dish. Bake for 25 minutes. Top with the remaining onions and bake for an additional 5 minutes.

Scalloped Potatoes

¼ c neutral oil or vegan butter
4 cloves of garlic, minced or pressed
1 medium onion, diced small
1 Tbsp fresh thyme
¼ cup all-purpose flour, regular or gluten-free
1 cup vegetable stock
2 cups unsweetened nondairy milk
1 ½ tsp salt or salt alternative
3 pounds Yukon gold potatoes, sliced very thin

Preheat oven to 350 degrees. Spray a 9x13-inch baking pan with nonstick spray.

Add the oil or vegan butter to a saucepan over medium heat. Add the garlic and onion and sauté until golden brown, stirring frequently. Add the thyme and flour and cook for 1 minute more.

Slowly pour in the vegetable broth and whisk until well combined and lump-free. Add the nondairy milk and salt and whisk together. Cook until the sauce thickens, stirring to keep from scorching.

Place half of the potatoes in the prepared pan. Pour half of the sauce over the potatoes and spread evenly. Repeat with the remaining potatoes and sauce. Cover tightly with foil and bake for 30 minutes. Remove the foil and bake an additional 30 minutes, or until the potatoes are tender. Can be made ahead of time and reheated the next day.

Pumpkin Cheesecake Parfait

1 15 oz can solid pumpkin
1 8 oz package nondairy cream cheese
½ cup pure maple syrup
1 tsp each pumpkin pie spice and vanilla
Pinch of salt
Graham cracker crumbs
Vegan whipped cream
Blend the ingredients through salt, smooth. Layer the graham cracker crumbs, pudding, and whipped cream in a glass.

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