

Plant-Based Menu

- *Mushroom and Bean Cakes*
- *Cauliflower Puree with Garlic*
- *Wilted Fresh Spinach*
- *Spanish-Style Mushroom Conserve*

Nutrition Facts	
Serving: 1 meal	
Amount Per Serving	
Calories 412	
Total Fat 31 g	
Saturated Fat 5 g	
Monounsaturated Fat 20 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 385 mg	
Potassium 1521 mg	
Total Carbohydrate 26 g	
Dietary Fiber 12 g	
Sugars 8 g	
Added Sugars 0 g	
Protein 14 g	
Vitamin A	139%
Vitamin C	155%
Calcium	14%
Iron	32%

Mushroom and Bean Cakes

Makes 4 servings

Use your favorite seasonal mushrooms and beans for this recipe. We find that a ratio of 3 parts domestic mushrooms to 1 part wild mushrooms works best for all but fleshy chanterelles or king trumpet mushrooms. This makes a great hot sandwich or main entrée. Spicy pickled peppers and sliced avocado are complimentary when combined in a sandwich. As an entrée, favorite accompaniments are steamed and pureed cauliflower, wilted spinach or greens, diced avocado, and a brightly flavored mushroom conserve.

Ingredients

- ½ cup onion, coarsely chopped
- 1 clove garlic, coarsely chopped
- 1 teaspoon dried thyme
- 10 ounces mushrooms, sliced
- 1 teaspoon extra-virgin olive oil
- ½ cup no-salt-added canned chickpeas, drained and rinsed, then mashed with a fork or coarsely chopped in a food processor
- 1 ½ teaspoons reduced-sodium wheat-free tamari or reduced-sodium soy sauce
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- Pinch of dry mustard powder
- Pinch of cayenne pepper or dash of Tabasco sauce
- 2 tablespoons nutritional yeast or grated Parmesan cheese
- Juice of ¼ small lemon
- ¼ teaspoon Kosher or sea salt
- 2 egg whites, lightly beaten
- 1 tablespoon chickpea flour or whole-wheat flour, plus more as needed
- 1 avocado, diced

Preparation

In a food processor, pulse the onion, garlic, thyme, and mushrooms until finely chopped, being careful to stop before the mixture is liquefied.

Heat a skillet over medium-high heat. Add the olive oil, then the onion-mushroom mixture. Cook, stirring occasionally, until the onion and garlic are tender and lightly browned and the mushrooms have released their juices, about 10 minutes. Continue cooking until the liquid has evaporated and the pan is dry. Transfer to a large mixing bowl and let cool to room temperature (or place the bowl in the refrigerator for faster cooling).

Nutrition Facts	
Amount Per Serving	
Calories	155
Total Fat 8 g	
Saturated Fat 1 g	
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 172 mg	
Potassium 592 mg	
Total Carbohydrate 14 g	
Dietary Fiber 6 g	
Sugars 3 g	
Added Sugars 0 g	
Protein 9 g	
Vitamin A	4%
Vitamin C	15%
Calcium	3%
Iron	10%

To the cooled mushroom mixture, add the chickpeas, tamari, cumin, smoked paprika, mustard powder, nutritional yeast, lemon juice, and egg whites. Stir to thoroughly combine. Place the mixture in the refrigerator and chill for at least an hour or overnight.

Preheat the oven to 400° F. Coat a large baking sheet with nonstick cooking spray.

Sprinkle a work surface with some of the flour. Divide the mushroom mixture into four equal portions. Mound one of the portions on the work surface and shape into a patty about 3 to 3 ½ inches across and one-inch thick. Flip with a spatula to lightly coat the bottom with flour, then transfer to the prepared baking sheet. Repeat with the remaining mushroom mixture to make a total of four patties.

Bake the patties until they feel firm to the touch and are browning on the edges, about 7 to 10 minutes. Reduce the oven temperature to 325° F and cook for an additional 3 to 4 minutes or until a knife tip, when inserted, comes away clean.

Top each cake with diced avocado prior to serving. Serve with the Wilted Spinach, Cauliflower Puree, Spanish-Style Mushroom Conserve (*recipes follow*).

Wilted Fresh Spinach

Makes 4 servings

Ingredients

- 2 bunches fresh spinach, tough stems removed, or 1 10-ounce container baby spinach
- Water for steaming

Preparation

Preheat a shallow, wide pan over medium-high heat until it is hot. Add the spinach and about 1 tablespoon of water, and cover with a tight-fitting lid. Let cook for 2 minutes. Turn off heat, and, without removing the lid, steam for an additional 2 minutes.

Serve immediately, or hold, covered, until ready to use.

Nutrition Facts	
Amount Per Serving	
Calories 17	
Total Fat 0 g	
Saturated Fat 0 g	
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 54 mg	
Potassium 392 mg	
Total Carbohydrate 2 g	
Dietary Fiber 2 g	
Sugars 1 g	
Added Sugars 0 g	
Protein 2 g	
Vitamin A	133%
Vitamin C	33%
Calcium	7%
Iron	13%

Cauliflower Puree with Garlic

Makes 4 servings

Ingredients

- 1 pound cauliflower crown
- 4 cloves garlic, thinly sliced
- 1 tablespoon plant-based buttery spread, such as Earth Balance or Smart Balance
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt
- Freshly-ground black pepper, to taste
- ½ teaspoon freshly-ground nutmeg

Preparation

Set a collapsible steamer basket in a 6-quart pot. Add water to just above the bottom of the steamer. Cover the pot, and bring to a boil.

Meanwhile, wash cauliflower and its leaves. Cut leaves into thin slices. Remove and discard the core, and break cauliflower into florets.

Drop leaves onto the steamer basket. Add the cauliflower florets and garlic. Cover and steam over medium-high heat for 8 minutes, or until cauliflower is very tender (a knife should just slip through it). Drain in a colander

Place the cauliflower, plant-based spread, and olive oil in a food processor fitted with the steel knife. Puree until smooth. Season with salt, pepper, and nutmeg.

Serve immediately, or refrigerate, covered, and reheat later.

Nutrition Facts	
Amount Per Serving	
Calories 118	
Total Fat 10 g	
Saturated Fat 2 g	
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 132 mg	
Potassium 356 mg	
Total Carbohydrate 7 g	
Dietary Fiber 3 g	
Sugars 3 g	
Added Sugars 0 g	
Protein 2 g	
Vitamin A	0%
Vitamin C	89%
Calcium	3%
Iron	3%

Spanish-Style Mushroom Conserve

Makes 6 servings

Delicious hot or room temperature, this is among our most-treasured fall and winter preserved foods!

Ingredients

- 4 ounces domestic mushrooms (about 1 cup)
- 4 ounces assorted wild mushrooms, such as chanterelles, small porcini, morel, hen-of-the-woods, trumpet, or oyster (about 1 cup)
- ½ cup extra-virgin olive oil
- 1 bay leaf
- 1 sprig thyme
- ¼ teaspoon smoked paprika
- Pinch of cayenne pepper
- 2 ounces mixed-color bell peppers, minced (about ⅓ cup)
- 1 tablespoon onion, minced
- 1 ½ tablespoons sherry wine vinegar
- Pinch of Kosher salt
- Freshly-cracked black pepper, to taste
- 3-inch rosemary sprig, cut into 6 pieces

Preparation

Just before cooking, rinse the mushrooms to remove any visible soil or debris. Remove and discard any tough stems (or set them aside for another use, such as vegetable stock). Trim the end of the remaining stems as well as any bruised areas. Leave small mushrooms whole; cut or tear larger mushrooms into pieces or slices to facilitate even cooking. The pieces of mushroom will shrink as they cook, but the finished pieces should not be larger than one bite. You should have about 2 ½ to 3 cups of trimmed mushrooms.

Combine the olive oil, bay leaf, thyme sprig, smoked paprika, and cayenne in a large, wide pot over medium-high heat. Add the mushrooms and cook for 5 minutes, gently turning the mushrooms from time to time and adjusting heat as necessary to maintain a steady simmer. Add peppers and onion, and return liquid to a boil. Remove from the heat, and stir in the vinegar, salt, pepper, and rosemary. Let the mushrooms steep at room temperature for at least an hour to allow the flavors to develop.

If not serving immediately, transfer the mushrooms to a covered storage container; the mushrooms should be fully covered by the oil. The mushrooms will keep for up to 1 month in the refrigerator. Serve hot or at room temperature.

Nutrition Facts	
Amount Per Serving	
Calories 122	
Total Fat 13 g	
Saturated Fat 2 g	
Monounsaturated Fat 9 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 27 mg	
Potassium 181 mg	
Total Carbohydrate 3 g	
Dietary Fiber 1 g	
Sugars 1 g	
Added Sugars 0 g	
Protein 1 g	
Vitamin A	2%
Vitamin C	17%
Calcium	1%
Iron	6%