

*Trisha Mandes, MPH***N's**
20 Optimal Super Bowl Recipes



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Want even more recipes? See the last page for 25 more ;)

1. Mexican 7 Layer Dip

Source: Nutritionist, Trisha Mandes, MPH, bit.ly/trishamandes

Queso source: [Minimalist Baker](#)

Once all of the ingredients are made, this is a 10 minute dish that's so good. Don't forget your chips or, use this as a topping on top of a baked potato.

Ingredients:

- 1 can seasoned refried beans (low-fat or no oil)
- **Jalapeno "queso" (see recipe 7)**
- cashew sour cream (see recipe #9 for instructions)
- guacamole (bought or made using recipe below)
- 1 jar salsa of your choice
- romaine lettuce cut into thinly sliced strips (or chopped)
- black olives sliced
- cilantro to garnish (optional)

Guacamole Ingredients:

- 2 ripe avocados
- Juice of one lime
- 1 TB red onion finely diced
- Salt to taste
- 1 TB chopped cilantro (optional)

Layering Dip Instructions:

Layer ingredients in this order... refried beans as the base (I prefer them warmed), queso (I prefer it warmed), salsa, guacamole, chiles or jalapenos (or use as a garnish), cashew sour cream, lettuce, olives and cilantro to garnish.

Guacamole Instructions:

Remove seed and skin from avocados and place in a small mixing bowl. Add all remaining ingredients and mash and mix with a fork until ingredients are evenly blended. Taste and salt as desired.

2. Creamy Spinach and Kale Dip

<https://minimalistbaker.com/creamy-kale-and-spinach-dip/>

3. Artichoke Dip

https://www.forksoverknives.com/recipes/dairy-free-spinach-artichoke-dip/#gs.glkN_a8

4. Cheesy Jalapeno Corn Dip

<https://minimalistbaker.com/cheesy-jalapeno-corn-dip/>

5. Onion Dip

<https://avirtualvegan.com/creamy-garlic-onion-dip/>

6. Dill Dip

<https://www.thehappyvegan.com/vegan-herb-dill-dip/>

7. Jalapeno Queso Dip Instructions

<https://minimalistbaker.com/roasted-jalapeno-vegan-queso-7-ingredients/>

8. Guacamole

Source: Nutritionist, Trisha Mandes, MPH, bit.ly/trishamandes

Ingredients:

- 2 ripe avocados
- Juice of one lime
- 1 TB red onion finely diced
- Salt to taste
- 1 TB chopped cilantro (optional)

Instructions:

Remove seed and skin from avocados and place in a small mixing bowl. Add all remaining ingredients and mash and mix with a fork until ingredients are evenly blended. Taste and salt as desired.

9. Cashew Sour Cream Recipe

Source: Nutritionist, Trisha Mandes and Chef Erik Hoffman, bit.ly/trishamandes

(Thank you [Angela Liddon](#) for introducing us to this recipe and the many things we now love to cook because of you).

This recipe is awesome on toasted bagels, potatoes, chili, for "wings" or anything you'd love sour cream on (and more). Stores for 10-14 days in the fridge no problem :)

Ingredients:

- 1 1/2 cups (225 g) raw cashews, soaked
- 3/4 cup water
- 2 tablespoons fresh lemon juice
- 2 teaspoons apple cider vinegar
- 1/2 teaspoon salt

Instructions:

1. Soak cashews:

Soaking option one (if you're in a pinch): Place cashews in a microwave safe bowl with enough water to completely cover the cashews. Microwave for two minutes.

Soaking option two: place cashews in a bowl and cover completely with water. Let sit with a lid or plate on top for 8 hours. You can do this overnight.

Soaking option three: boil enough water to completely cover the cashews and pour the boiling water on-top of them. Soak for about an hour.

2. Rinse and drain the cashews (you don't want the soaking liquid in your cashew sour cream).
3. Place the drained cashews in a high-speed blender (you can use a regular blender but the final texture won't be as smooth. It'll be slightly grainy but still good).
4. Add the water, lemon, vinegar, and salt to the blender with the cashews. Blend on high until really smooth. You may need to blend for about three minutes straight. Stop half-way and scrape the sides of blender if need be.
5. Place in a small bowl with a lid and put in the fridge until chilled. It'll thicken slightly as it cools. Then use it in one of these five ways. If you have a different idea, let us know in the comments section below how you'd use cashew sour cream.

10. Ranch Dip

<https://hellonutritarian.com/no-oil-tofu-ranch-dressing/>

11. Cheese and Crackers Plate

Source: Nutritionist, Trisha Mandes, MPH, bit.ly/trishamandes

Ingredients:

- Miyoko's Classic Double Cream Chive Nut Cheese (purchase at Whole Foods or online. [Click here](#) to see what it looks like. It's rare that I like a store bought vegan cheese but this stuff is GOOD).

- Crackers (100% whole-grain crackers preferred)
- Red grapes (optional)

Plate crackers, cheese and rinsed grapes on cheese board or large plate with a spreading knife. Spread cheese on crackers and enjoy.

12. Nachos aka The Best Damn Vegan Nachos

<https://minimalistbaker.com/the-best-damn-vegan-nachos/>

13. Loaded Potato Skins

<https://www.forksoverknives.com/recipes/loaded-vegan-potato-skins/#gs.u5luWzE>

14. Wings with Spinach Ranch Dip aka “Crispy Cauliflower Buffalo Bites”

[Recipe Source www.forksoverknives.com](http://www.forksoverknives.com)

Ingredients:

- ¾ cup brown rice flour
- 2 tablespoons almond flour
- 1 tablespoon tomato paste
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons smoked paprika
- 1 teaspoon dried parsley
- 1 head cauliflower, cut into 2-inch florets
- ½ cup Frank’s hot sauce or barbecue sauce

Instructions:

1. Preheat oven to 450°F. Line 2 baking sheets with parchment paper.
2. Combine the brown rice flour, almond flour, tomato paste, garlic powder, onion powder, paprika, parsley, and $\frac{3}{4}$ cup of water in a blender. Puree until the batter is smooth and thick. Transfer to a bowl and add the cauliflower florets; toss until the florets are well coated with the batter.
3. Arrange the cauliflower in a single layer on the prepared baking sheets, making sure that the florets do not touch one another. Bake for 20 to 25 minutes, until crisp on the edges. They will not get crispy all over while still in the oven.
4. Remove from the heat and let stand for 3 minutes to crisp up a bit more. Transfer to a bowl and drizzle with the sauce. Serve immediately.

15. BBQ Meatballs

<http://thevegan8.com/2016/06/08/homemade-italian-vegan-balls/>

16. Stuffed Mushrooms

<https://minimalistbaker.com/7-ingredient-vegan-stuffed-mushrooms/>

17. Quick Burgers and Fries

Recipes source: <https://happyherbivore.com/recipe/quick-burgers/>

Frie source: Trisha Mandes, MPH, www.TrishasHealthyTable.com

Preparation time: 5 min

Cooking time: 15 min

Number of servings: 4 servings

Many of clients love these burgers. You couldn't make a burge any quicker than this recipe either. Don't forget your burger buns and toppings. They aren't included in this recipe.

Ingredients:

Burger

- 15 ounces black beans, drained and rinsed
- 2 Tablespoons ketchup
- 1 Tablespoons yellow mustard
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- $\frac{1}{2}$ cup instant oats

Fries

- 4 yukon gold or baking potatoes or 2 small sweet potatoes
- Your favorite dried herb and spice mix (Cajun or Old Bay is great for going with the burger)

Instructions:

For the burger:

1. Preheat oven to 400F.
2. Grease a cookie sheet or line with parchment paper and set aside.
3. In a mixing bowl, mash black beans with a fork until mostly pureed but still some half beans and bean parts are left. Stir in condiments and spices until well combined. Then mix in oats. Divide into 4 equal portions and shape into thin patties.
4. Bake for 7 minutes, carefully flip over and bake for another 7 minutes, or until crusty on the outside.
5. Slap into a bun with extra condiments and eat!

For the fries:

1. In oven, move baking rack to the middle of the oven. Place oven on broil, high.
2. Slice potato into equal sized wedges or strips.
3. Place potatoes in a large bowl and sprinkle with a heavy dose of your favorite herb mixture on top. Toss with your hands until spices are evenly coated.
4. Place on cookie sheet and broil in the oven for about 15 minutes. **Check frequently.**
5. Flip fries and broil for an additional 5-10 minutes (they cook more quickly on this side so be sure to monitor). Once they begin to brown, check with a fork to see if soft.
6. Once browning and soft, remove.
7. Serve with ketchup, mustard, salsa or cashew sour cream (see recipe on next page) or enjoy plain.

18. Quick Chili

Source: Trisha Mandes, MPH and Chef Erik Hoffman, bit.ly/trishamandes

Chili was adapted from Prevent and Reverse Heart Disease, by Caldwell B. Esselstyn Jr. M.D.

Preparation time: 5 minutes, Cooking time: 15 minutes, Number of servings: 2

Ingredients:

- 1 onion, chopped
- 2 garlic clove, chopped
- 2 cans black beans, rinsed and drained
- 1 jar of salsa
- 6 green onions, chopped
- 1 can corn, rinsed and drained
- ½ cup fresh cilantro, chopped
- 2 large handfuls of spinach
- ½ cup water or veggie broth

Instructions:

1. Sauté onion in large non-stick saucepan over medium heat using water or veggie broth until soft and beginning to brown.
2. Add garlic and continue cooking one minute longer adding extra water or veggie broth to ensure garlic doesn't burn.

3. Add beans, corn, salsa, spinach and green onions. Stir, cover and cook over medium-low heat for 10 minutes, stirring occasionally.
4. Garnish with cilantro just before serving so that it stays green.

19. Loaded Potato

This meal is awesome. It can be a 5 minute meal if you've already baked the potatoes, made the chili and cashew sour cream. Otherwise, it'll take you an hour (make chili and cashew sour cream while the potatoes are baking).

Prep time: 5 minutes or 60 minutes (depending on the above)

Ingredients:

- Baked potatoes
- Quick chili (see recipe #18 above this one)
- Cashew sour cream (see recipe #9).
- Sliced green onions or chives to top

Instructions for baking potatoes (or do this in advance):

Bake potatoes (or do this in advance). Preheat oven to 400 degrees. Clean potatoes, then puncture with a fork or knife a few times around each potato. Once oven is preheated, bake potatoes for one hour.

Instructions for assembling the loaded potatoes:

1. Reheat chili on the stove over medium heat stirring often being cautious not to burn the bottom OR reheat in microwave for about 3 minutes pausing halfway through to stir well. Warm chili on the stove top or microwave to your desired temperature.

2. Cut baked potatoes lengthwise $\frac{3}{4}$ of the way through the potato.
3. Top with a heavy serving of chili.
4. Top with cashew sour cream.
5. Top with scallions (green onions) or chives

20. Black Bean Brownies

Black bean brownies that are vegan, gluten free, and require just one bowl and about 30 minutes to prepare! Healthy, easy and delicious - the best kind of dessert.

Source: The Minimalist Baker

Prep time 5 mins

Cook time 25 mins

Total time 30 mins

Serves: 12

Ingredients

- 1 15 oz. black beans, well rinsed and drained
- 2 large [flax eggs](#) (2 heaping Tbsp flaxseed meal + 6 Tbsp water)
- 3 Tbsp coconut oil, melted (or sub other oil of choice)
- $\frac{3}{4}$ cup cocoa powder
- $\frac{1}{4}$ tsp sea salt
- 1 tsp pure vanilla extract
- heaping $\frac{1}{2}$ cup organic cane sugar, slightly ground or pulsed in a food processor or coffee grinder for refined texture
- $1\frac{1}{2}$ tsp baking powder
- Optional toppings: crushed walnuts, pecans or semisweet chocolate chips

Instructions

Preheat oven to 350 degrees F. Lightly grease a 12-slot standard size muffin pan (not mini). Make sure you've rinsed and thoroughly drained your black beans at this point.

Prepare flax egg by combining flax and water in the bowl of the food processor. Pulse a couple times and then let rest for a few minutes. Add remaining ingredients (besides walnuts or other toppings) and puree - about 3 minutes - scraping down sides as needed. You want it pretty smooth.

If the batter appears too thick, add a Tbsp or two of water and pulse again. It should be slightly less thick than chocolate frosting but nowhere close to runny. Evenly distribute the batter into the muffin tin and smooth the tops with a spoon or your finger.

Optional: Sprinkle with crushed walnuts, pecans or chocolate chips. Bake for 20-26 minutes or until the tops are dry and the edges start to pull away from the sides. I found mine took about 25. Remove from oven and let cool for 30 minutes before removing from pan. They will be tender, so remove gently with a fork. The insides are meant to be very fudgy, so don't be concerned if they seem too moist - that's the point. Plus, they're vegan so it doesn't really matter. Store in an airtight container for up to a few days. Refrigerate to keep longer.

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Trisha Mandes, MPH^N's
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