

Trisha Mandes, MPH's

Ten 30-Minute, Plant-Based Recipes your husband (or other omnivores) can also enjoy



Sources and recommended recipe websites:

Trisha Mandes, MPH at www.TrishaMandes.com

Oh She Glows at www.OhSheGlows.com

Cathy Fisher at www.StraightUpFood.com

Dana Shultz at www.MinimalistBaker.com

Lindsay Nixon at www.HappyHerbivore.com

Forks Over Knives Recipes at www.ForksOverKnives.com/recipes

Brandi Doming at www.thevegan8.com

Prevent and Reverse Heart Disease, by Caldwell B. Esselstyn Jr. M.D.

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"Sausage," Pepper & Onion Marinara with Avocado Toast

Source: Trisha Mandes, MPH, www.TrishasHealthyTable.com

Preparation time: 5 minutes, Cooking time: 25 minutes, Number of servings: 6

I suggest serving this with a salad. Here's one of my favorite healthy dressings -- [Cashew Caesar Dressing](#).

Ingredients:

Pasta and sauce

100% whole-wheat spaghetti pasta

1 jar low-fat marinara sauce

1 package [Tofurky Italian Sausage](#) (or any plant-based sausage product, but I know this one works)

1 yellow onion

1 green pepper

3/4 cup veggie broth or water

Avocado toast

100% whole-grain bread

1 avocado

Instructions:

1. Start to bring a large pot of water to boil (for the pasta) with a tablespoon of salt.
2. Put sauce in sauce pot and put on medium-low heat to begin heating.
3. While the pasta water comes to a boil, slice the onion into equal size, thin strips.
4. Cut the pepper into equal sized strips.
5. Slice 3-6 "sausage" links into equal sized pieces.
6. Once the pasta water is boiling, add pasta, stir and keep an eye on it until done. Once pasta is cooked, drain.
7. Bring a large pan to medium heat on the stove to cook the onion, pepper and sausage while the pasta cooks.
8. Once hot, [saute the onion and pepper without oil](#), using vegetable stock or water instead.
9. Once peppers and onions are cooked through, add the sausage cook until all three ingredients are heated through and cooked (you could also heat the cut "sausage" in the microwave following the directions on the package).
10. Once onion, pepper and "sausage" are cooked, add to the pot of sauce.
11. Put bread in toaster. Once toasted, spread avocado thinly on each slice (it tastes like butter) and sprinkle with salt if you like.
12. Enjoy pasta with sauce on-top, avocado toast and a salad if you like.

Burrito Bowl

Source: Trisha Mandes, MPH, www.TrishasHealthyTable.com

Preparation time: 10 minutes

Cooking time: 10-20 minutes

Number of servings: 2 large entree servings or 4 salad servings

Ingredients

1 cup dry, quick cooking or par-boiled brown rice OR 1 cup quinoa

2 cups water (or vegetable stock for more flavor)

6 romaine lettuce leaves, thinly sliced OR 2 large handfuls of spinach

1 cup canned corn kernels, drained and rinsed (or kernels from one cob either cooked or raw)

1 can black beans, drained and rinsed

1 cup chopped tomatoes

1/2 red onion, finely diced

1/4 cup cilantro leaves, cut

1/2 cup scallion, diced

1 avocado, diced

2-3 tablespoons fresh lime juice

1 jar salsa

[Cashew sour cream](#) (optional)

Instructions

1. Cook rice or quinoa according to the directions on the packages (you can make these grains more flavorful by cooking with 2 parts vegetable stock and 1 part water instead of all water).
2. Make your bowls (I suggest each person doing this on their own to make it their "own" thing). Add rice or quinoa to the base of the bowl. Then, add as much of all of the ingredients on-top

Linguini Cashew Alfredo

Source: www.thevegan8.com

Preparation time: 10 minutes

Cooking time: 10 minutes

Number of servings: 1/2 cup alfredo sauce

Ingredients

1 medium white onion, chopped (make sure to measure out 1 1/2 cups (200 g) of chopped onion)

1-2 cups low sodium vegetable broth, separated (240-480 mL)

1/2 teaspoon fine sea salt

1/4-1/2 teaspoon ground black pepper

4 large garlic cloves, minced

1/2 heaping cup raw whole cashews (75 g, 2.6 oz) (soaked for overnight in hot water if you don't have a high powered blender)

1 tablespoon lemon juice (or more to your taste, I used a bit more, don't omit!)

1/4 cup + 1 tablespoon nutritional yeast (25 g, use less if preferred. Make sure to use a non-synthetic version so it doesn't leave a nasty vitamin taste. I highly recommend Sari brand)

Note: It is not recommended to sub or eliminate any of these ingredients, as I cannot vouch for the results if any are changed. The lemon juice is crucial, as it eliminates any cashew flavor. Also, if you don't have a high powered blender like a Vitamix, it is crucial to pre-soak the cashews so they soften and the sauce ends up smooth and creamy, and not gritty. Drain them and rinse after soaking.

Instructions

Add the onion and ONLY 1 cup of the broth to a large pan over medium-low heat. Cook for about 8 minutes until the onion is very tender. (Add a tiny bit more broth if it is cooking too fast or turn the heat down, so the onions don't burn) After several minutes, add the garlic and cook a couple of minutes more. All of the broth should have evaporated by now. If not, keep letting it cook until the broth has evaporated. You don't want any more liquid once it's done cooking, so the end result is thick and creamy.

Add the cooked veggies (the onion and garlic) to a blender. Start out by just adding 3/4 cup more of the remaining broth and add the remaining ingredients (salt, pepper, cashews, lemon juice, nutritional yeast). Blend on high for a couple of minutes until very creamy and smooth. Add any more broth to reach desired consistency, if necessary. Taste and add any more salt & pepper, if desired.

Serve over preferred pasta. Note: When preparing your pasta, make sure to salt your water well, so your pasta has flavor and isn't bland, which can affect the end flavor result of the dish. I add around a tablespoon to a large pot of boiling water. Garnish with parsley, lemon zest and salt & pepper, if desired. Add any veggies you like. I like to add roasted bell peppers and broccoli or even peas. Store leftovers in the fridge. The sauce will thicken up even more overnight, which you can thin out a little with a touch of broth when reheating, if necessary. *Add steamed broccoli*

Lentil-Walnut Taco Meat

Source: www.OhSheGlows.com

Preparation time: 10 minutes

Cooking time: 10 minutes

Number of servings: 8 large tacos

Ingredients:

1 cup uncooked French green lentils (you will use 1 3/4 cups cooked lentils)*

1 cup walnut pieces, toasted

1 1/2 teaspoons dried oregano

1 1/2 teaspoons ground cumin

1 1/2 teaspoons chili powder

1/2 teaspoon fine grain sea salt, or to taste

1 1/2 tablespoons extra-virgin olive oil

2 tablespoons water

Instructions:

Cook the lentils: Rinse lentils in a fine mesh sieve. Add to a medium pot along with a few cups of water. Bring to a boil, reduce heat to medium, and simmer for 20 to 25 minutes until tender (cook time will vary depending on the type of lentils you use—see package). Drain off excess water.

Toast the walnuts: Preheat oven to 300°F. Add walnuts onto a rimmed baking sheet and toast for 10 to 13 minutes, watching closely, until lightly golden and fragrant. Set aside to cool for a few minutes.

Add 1 3/4 cups cooked lentils (you'll have some leftover) and all the toasted walnuts into a food processor and pulse until chopped (make sure to leave texture). Stir or pulse in the oregano, cumin, chili powder, and salt. Stir in the oil and the water until combined.

African Kale and Yam Stew

Source: www.HappyHerbivore.com

Preparation time: 10 minutes

Cooking time: 25 minutes

Number of servings: 6

Ingredients:

1 whole red onion small
2 cups vegetable broth
1 whole yam, diced
5 cups kale, chopped
2 teaspoon chili powder
1 teaspoon cumin
1 teaspoon garlic powder
1/4 teaspoon red pepper flakes
1 teaspoon mild curry powder
1 Tablespoon yellow miso paste
1/4 teaspoon cinnamon

Instructions:

Slice red onion into thin slices. Line a medium pot with 1/4 cup of water and cook onions over high heat until translucent, about 3 minutes. Add broth, yam, 3/4 cup water and bring to a boil. Once boiling, reduce to medium and cook until potatoes are almost fork tender, about 3 minutes. Immediately add kale and remaining ingredients and cook, stirring frequently, until kale is dark green and soft, about 3 more minutes. Set aside for 5-10 minutes, allowing flavors to merge.

Creamy Tahini Mashed Potatoes

Source: Chef Erik Hoffman, Trisha's Healthy Table, www.TrishasHealthyTable.com

Preparation time: 15 minutes

Cooking time: 15 minutes

Number of servings: 4

Ingredients:

4 large russet potatoes (peeled and quartered)

2 cloves of garlic minced

1 large onion diced

2/3 c vegetable stock

2 T tahini

1 c unsweetened almond milk

Salt

White pepper

Instructions:

Prepare your mis en place (all of the ingredients prepped and cut). Add prepared russet potatoes to a large pot and cover with at least two inches of water. Salt liberally (at least 2 tablespoons). Place on stove top and turn heat to high. Cook uncovered until water comes to a boil. Check potatoes three minutes after the water begins to boil. You want potatoes to be tender and have a starchy, translucent look. They should be tender enough to cut through with a spoon with very little resistance. At this point, remove from stove and strain through a colander. Return potatoes back to pot or transfer into a large mixing bowl. Cover to keep warm and set aside.

In a small sauce pot, cook onions and garlic in 1/3 cup vegetable stock over medium heat until tender and liquid is almost gone. Add to the onions and garlic, 2/3 cup almond milk and the remaining the vegetable stock. Bring to a boil. As soon as it boils, turn down to a simmer and add 2 tablespoons tahini. Mix well to incorporate tahini. Once tahini has been stirred in, add the mixture to the potato pot.

Mash potatoes well with the liquid. I use a rigid spoon and mix vigorously until the potatoes become very creamy. You can also use a potato masher or hand blender if you want. Once the potatoes are to a consistency of your liking, add the final 1/3 cup of almond milk and stir in until you have a very smooth result. Season your creamy tahini potatoes with salt and pepper to your liking (I prefer the spice of white pepper in my mashed potatoes over black pepper) and enjoy.

Sweet Potato Chickpea Buddha Bowl

Source: www.MinimalistBaker.com

Preparation time: 5 minutes, Cooking time: 25 minutes, Number of servings: 2-3

Ingredients:

Vegetables:

2 Tablespoon olive, melted coconut, or grape seed oil

½ red onion, sliced in wedges

2 large sweet potatoes, halved

1 bundle broccolini, large stems removed, chopped

2 big handfuls kale, larger stems removed

¼ teaspoon each salt + pepper

Chickpeas:

1 15-ounce (425 g) chickpeas, drained, rinsed + patted dry

1 teaspoon cumin

¾ tsp chili powder

¾ teaspoon garlic powder

¼ teaspoon each salt + pepper

½ teaspoon oregano (optional)

¼ teaspoon turmeric (optional)

Tahini Sauce (optional):

¼ cup (56 g) tahini

1 Tablespoon maple syrup

½ lemon, juiced

2-4 Tablespoons hot water to thin

Instructions:

Preheat oven to 400 degrees F and arrange sweet potatoes and onions on a bare baking sheet. Drizzle both with a bit of oil, making sure the flesh of the sweet potatoes are well coated and placed skin side down on the sheet. Bake for 10 minutes, then remove from oven flip sweet potatoes and add broccolini. Drizzle broccolini with a bit of oil and season with a pinch each salt and pepper. Bake for another 8-10 minutes, then remove from oven and add kale. Drizzle kale with a touch more oil and season with a pinch each salt and pepper. Bake for another 4-5 minutes then set aside. While vegetables are roasting, heat a large skillet over medium heat and add chickpeas to a mixing bowl and toss with seasonings. Once hot, add 1 Tbsp oil and chickpeas and sauté, stirring frequently. If they're browning too quickly, turn down heat. If there isn't much browning going on, increase heat. I found 10 minutes total at slightly over medium heat was perfect. Once the chickpeas are browned and fragrant, remove from heat and set aside. Prepare sauce by adding tahini, maple syrup and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Set aside.

To serve: Slice sweet potatoes into bite size pieces. Divide vegetables between 3 serving bowls and top with chickpeas + tahini sauce. Best when fresh, though leftovers will keep for a few days in the fridge.

Thai Green Curry Rice

Source: www.ForksOverKnives.com

Preparation time: 20 minutes

Cooking time: 12 minutes

Number of servings: 4

"Coconut extract mixed into rice milk or almond milk makes a wonderful substitution in recipes calling for coconut milk."

Ingredients:

½ cup vegetable broth
1 onion, cut into 1/2-inch cubed
1 red bell pepper, cut into 1/2-inch cubed
1 yellow bell pepper, cut into 1/2-inch cubed
2 cloves garlic, crushed or minced
1 to 2 tablespoons Thai green curry paste
2 cups coarsely chopped napa cabbage
1 cup broccoli florets
1 cup cauliflower florets
1 cup sugar snap peas
1 tablespoon regular or reduced-sodium soy sauce
4 cups cooked long-grain brown rice
1 tomato, cut into 1/2-inch cubed
1 tablespoon coarsely chopped fresh Thai or common (field) basil
1 tablespoon coarsely chopped fresh cilantro
1 cup almond milk or rice milk
1 teaspoon coconut extract

Instructions:

Place the broth in a large saucepan along with the onion, red and yellow peppers, and garlic. Cook over medium heat, stirring occasionally, for 5 minutes. Stir in 1 tablespoon of the curry paste, or up to 2 tablespoons for a spicier dish. Add the cabbage, broccoli, cauliflower, snap peas, and soy sauce. Mix well, cover, reduce the heat to low, and cook until the vegetables are tender, about 5 minutes. Add the rice, tomato, basil, cilantro, almond milk, and coconut extract. Stir well, then cook until heated through, 2 to 3 minutes. Serve hot, on plates or in bowls, with chopsticks if you like.

Quick Burgers and Fries

Burger Source: www.HappyHerbivore.com

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

Preparation time: 5 min

Cooking time: 15 min

Number of servings: 4 servings

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

½ 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:

Preheat oven to 400F. Grease a cookie sheet or line with parchment paper and set aside. 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. Bake for 7 minutes, carefully flip over and bake for another 7 minutes, or until crusty on the outside. Slap into a bun with extra condiments and eat!

For the fries:

In oven, move baking rack to the middle of the oven. Place oven on broil, high. Chop potato into equal sized wedges or strips. 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. Place on cookie sheet and broil in the oven for about 15 minutes. Check frequently. 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. Once browning and soft, remove. Serve with ketchup, mustard, salsa or cashew sour cream (see recipe on next page) or enjoy plain.

Quick Chili with Cashew Sour Cream

Source: Trisha Mandes, MPH and Erik Hoffman, www.TrishasHealthyTable.com

Chili was adapted from Prevent and Reverse Heart Disease, by Caldwell B. Essylstyn Jr. M.D. and the Cashew Sour Cream is from www.OhSheGlows.com

Preparation time: 20 minutes, Cooking time: 10 minutes, Number of servings: 2

Ingredients:

Chili

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
1/2 cup fresh cilantro, chopped
2 large handfuls of spinach
1 avocado sliced
1/2 cup water or veggie broth

Cashew Sour Cream

1 1/2 cups (225 g) raw cashews, soaked
3/4 cup (190 mL) water
2 tablespoons fresh lemon juice
2 teaspoons apple cider vinegar
Scant 1/2 teaspoon fine sea salt

Instructions:

For the chili: Sauté onion in large non-stick saucepan over medium heat using water or veggie broth until soft and beginning to brown. Add garlic and continue cooking one minute longer adding extra water or veggie broth if need be. Add beans, corn, salsa, spinach and green onions. Stir, cover and cook over medium-low heat for 10 minutes, stirring occasionally. Top with a slice of avocado. Garnish with cilantro just before serving so that it stays green. Top with cashew sour cream if desired.

For the cashew sour cream: Place cashews in a bowl and cover with water. Soak overnight or for 8 hours if you have the time. For a quick-soak method, pour boiling water over the cashews and soak for 1 hour. Rinse and drain. Place the drained cashews in a high-speed blender. Add the water, lemon, vinegar, and salt. Blend on high until super smooth. You might have to stop to scrape down the blender now and then or add a touch more water to get it going. Transfer into a small, air-tight container and chill in the fridge. The cream will thicken up as it chills. The cream will keep in the fridge for about 1 week. You can also freeze it for up to 1 month. I like to freeze it in silicone mini muffin cups. Once solid, transfer the cups into a freezer-safe zip bag for easy grab and go portions.

