



# Vegan Italian Noodles

Nutritional Information	13g Fats	7g Protein	2g Sugars	240kcal Calories	27g Carbs
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## Ingredients

Cooking Time: 20 mins | preparation Time: 15mins

- 8 oz. whole wheat spaghetti noodles
- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves of garlic, minced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 can (14.5 oz) diced tomatoes
- 1 tsp dried basil
- 1 tsp dried oregano
- Salt and pepper to taste
- 1/4 cup grated Parmesan cheese (optional)



## Directions

- A large pot of salted water should be brought to a boil.
- Cook the spaghetti according to package directions until al dente.
- Set aside after draining.
- Warm the olive oil in a large skillet over medium heat.
- Cook for 5 minutes, or until the vegetables are tender, with the onion, garlic, red bell pepper, and zucchini.
- Add the diced tomatoes, basil, oregano, salt, and pepper to taste.
- Bring the mixture to a simmer and cook for about 10 minutes, or until the sauce is slightly thickened.
- Toss in the cooked spaghetti to coat the noodles with the sauce.
- If desired, serve the pasta in bowls and top with grated Parmesan cheese.





# Vegan Fish Burger

Nutritional Information	4g Fats	17g Protein	1g Sugars	161kcal Calories	19g Carbs
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## Ingredients

Cooking Time: 20 mins | preparation Time: 10 mins

- 1 can of chickpeas, drained and rinsed
- 1/4 cup breadcrumbs
- 1 tbsp vegan mayonnaise
- 1 tbsp Dijon mustard
- 1 tbsp lemon juice
- 1 tsp kelp powder (or dulse flakes)
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- Salt and pepper, to taste
- 4 vegan burger buns
- Lettuce, tomato, and avocado for topping (optional)



## Directions

- Pulse the chickpeas in a food processor until coarsely chopped.
- Combine the chickpeas, breadcrumbs, vegan mayonnaise, Dijon mustard, lemon juice, kelp powder (or dulse flakes), garlic powder, onion powder, salt, and pepper in a large mixing bowl.
- Mix until everything is well combined.
- Make four equal portions of the mixture and shape each into a patty.
- Heat a small amount of oil in a skillet over medium heat.
- Cook for 3-4 minutes per side, or until golden brown and crispy.
- The vegan burger buns should be toasted.
- Place a patty on the bottom half of the bun, followed by lettuce, tomato, and avocado, if using.
- Serve and enjoy.





# Vegan Mushroom Stroganoff

Nutritional Information	18g Fats	13g Protein	1g Sugars	278kcal Calories	56g Carbs
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## Ingredients

Cooking Time: 25 mins | preparation Time: 5 mins

- 1 lb sliced mushrooms
- 1 onion diced
- 3 cloves of garlic minced
- 1 cup of vegan sour cream
- 1 cup of vegetable broth
- 2 tbsp flour
- 2 tbsp olive oil
- salt, and pepper to taste



## Directions

- Sauté mushrooms, onion, and garlic in olive oil until softened.
- To make a smooth paste, combine flour and a small amount of broth in a small bowl.
- Bring the paste and the remaining broth to a boil in the pan.
- Reduce the heat to low and stir in the vegan sour cream.
- Season to taste with salt and pepper.
- Serve with hot cooked pasta or rice.





## Vegan Mushroom Risotto

Nutritional  
Information

7g  
Fats

10g  
Protein

1g  
Sugars

238kcal  
Calories

58g  
Carbs

Cooking Time: 25mins | preparation Time: 5 mins

- 1 lb sliced mushrooms
- 1 onion diced
- 3 cloves of garlic minced
- 1 cup of Arborio rice
- 3 cups of vegetable broth
- 2 tbsp olive oil
- 1/4 cup of grated Parmesan cheese
- salt, and pepper to taste.



## Directions

- Sauté mushrooms, onion, and garlic in olive oil until softened.
- Stir in the rice until it becomes translucent.
- Slowly pour in the broth, one cup at a time, stirring constantly until the liquid is absorbed before proceeding with the next cup.
- Cook, stirring constantly, until the rice is tender and the mixture is creamy.
- Season with salt and pepper to taste after adding the grated Parmesan cheese.







## Vegan Mushroom Tofu Stir Fry

Nutritional  
Information

13g  
Fats

16g  
Protein

3g  
Sugars

178kcal  
Calories

8g  
Carbs

### Ingredients

Cooking Time: 15 mins | preparation Time: 10 mins

- 1 lb sliced mushrooms
- 1 block of firm tofu, diced
- 2 cups of vegetables (carrots, bell peppers, broccoli, etc.)
- 2 cloves of garlic minced
- 2 tbsp soy sauce
- 2 tbsp vegetable oil
- 1 tbsp cornstarch
- salt, and pepper to taste.



## Directions

- In a pan, heat the vegetable oil and stir-fry the tofu until golden brown.
- Set the tofu aside after removing it from the pan.
- Stir-fry the mushrooms, vegetables, and garlic in the same pan until softened.
- To make a smooth paste, combine soy sauce and cornstarch in a small bowl.
- Pour the paste over the stir-fry and return the tofu to the pan.
- Cook, stirring constantly, until the sauce thickens.
- Season to taste with salt and pepper.
- Serve with rice.

