

WFPB Support

NUT-BASED SAUCES!





Many people add back high-fat plant foods after completing Jumpstart.

Making a nut-based sauce for an entrée can be a great way to leverage a moderate amount of high-fat plant foods to get lots of additional nutrition and flavor.

WFPB Support

THREE SAUCE RECIPES

(each part of a main dish)





THE RECIPES ARE INCLUDED HERE IN CASE IT'S HELPFUL.

THE RECIPES ARE ALSO POSTED IN THE WFPB RECIPES SPACE.

NO NEED TO TAKE NOTES!

PIZZA BOWL



DR VEGGIE SAYS …

… Pizza Bowl is neither pizza nor a bowl.

The sauce has both tomato and red bell pepper and uses oregano and tastes a little like pizza but …

The recipe is adapted from Isa Chandra Moskowitz and that's what she calls it. She probably serves it in a bowl

INGREDIENTS



Potatoes



Kale



Jarred Roasted Red Pepper



Oil-cured Italian oli

PIZZA BOWL (Adapted from Isa Chandra Moskowitz, *Isa Does It*)

PIZZA BOWL

"Dr Veggie" says this dish is neither a pizza nor a bowl! It's meant to be served in a bowl, but you can use plates. The "pizza" is in the flavor!

Assemble a tray of cooked or warmed items, including a grain, a "protein," veggies, and good olives. Choose some or all of the following:

Steamed or boiled potato
Brown rice
Steamed kale
Steamed cauliflower or cabbage
Homemade seitan or store-bought vegan sausage
Oil-cured Italian olives*

*Editor's Note: This kind of olive is special in this dish, but you could choose another.

PIZZA SAUCE

1/2 cup cashew butter*
2 cloves garlic
1/2 to 1 roasted or sautéed red bell pepper (from a jar or cooked fresh)
1 tbsp lemon juice or white wine vinegar
1 tbsp ketchup
1/2 tsp oregano
1/4 tsp salt
Water as needed

Blend all ingredients in food processor or blender.

*Editor's Note: You can start with raw cashews if you want. First soak the cashews for 4 hours, drain and rinse, before you blend with the other ingredients.

EASY SEITAN (Adapted from Julie Hasson, *Vegan Diner*)

Ingredients:

2 cups vital wheat gluten flour (can substitute up to ½ cup with regular whole wheat flour)

½ cup chickpea flour

¼ cup nutritional yeast flakes

1 tsp onion powder or granulated onion

½ tsp garlic powder or granulated garlic

½ tbsp mild paprika

1/8 tsp smoked paprika (optional)

½ tbsp ground fennel seeds (optional)

1 tsp salt

½ tsp black pepper

2¼ cups cool water or veg broth, mixed with 2 tbsp red wine vinegar

Directions:

In a large bowl, mix together the vital wheat gluten flour, whole wheat flour if using, chickpea flour, and nutritional yeast. Add the spices, salt and pepper, and mix thoroughly (important because the dough comes together quickly when you add liquid and you want the dry ingredients to be evenly distributed).

Add the water mixed with vinegar and quickly stir to bring the dough together. No kneading necessary! Form into 6 to 8 small loaves and wrap each in a piece of foil that slightly overlaps when closed. It's okay if the foil packages pop open when the dough expands during cooking.

Put about 1 inch of water with a collapsible steamer or colander in a large pot, and place the foil-wrapped loaves on top. Bring to a boil, lower to a simmer and cover the pot. From the moment of boiling, cook these for 45 minutes, making sure the water doesn't boil away. Remove from the heat, let them cool and refrigerate. These last at least 5 days in the fridge and freeze beautifully.



TO ADAPT PIZZA BOWL TO JUMPSTART OR A VLF WFPB DIET

- Skip the olives.
- Use tempeh instead of seitan or any other plant-based "meat." See recipe below for Tempeh Treatment (good prep for using tempeh in any dish)
- For the Pizza Sauce, substitute one-half can to one whole can of white beans for the cashews.

TEMPEH TREATMENT for one 8-oz package tempeh:

Marinade:
3/4 cup water
1 tbsp soy sauce
1 tbsp seasoned rice vinegar OR 1 tbsp mirin (sweet Japanese cooking wine, found with Asian or macrobiotic ingredients OR tbsp Chinese cooking wine found with Asian ingredient OR 1 tbsp white or cider vinegar mixed with 1 tsp maple syrup

Put the liquids in a saucepan with the tempeh (cut in smaller blocks to fit the pan). Gently simmer the tempeh in the liquid till it's absorbed. Watch carefully so tempeh does not burn. This treatment takes the bitterness out of the tempeh.

TAPENADE PASTA WITH KALE AND BLACKENED TOFU



TAPENADE PASTA INGREDIENTS

INGREDIENTS











TAPENADE PASTA WITH KALE AND BLACKENED TOFU (adapted from Isa Chandra Moskowitz, *I Can Cook Vegan*)

I block firm tofu
2 tbsp balsamic vinegar
1 tbsp red wine, cider, or rice vinegar
1 batch Tapenade Sauce
1 lb chopped kale, collard, spinach, arugula, or other dark leafy greens

3/4 lb whole grain pasta, any shape

Garnish: Sesame seeds (regular or black), pine nuts or chopped walnuts.

The pine nuts and walnuts can be lightly toasted. Dry toast pine nuts in a pan on the stove on medium heat; watch carefully so they don't burn. Toast walnuts 225 degrees F for 5 minutes.

Cut up kale or collards 45 min before cookin, to maximize nutritional value.

Preheat oven to 350 F. Cut the tofu into short strips or cubes. Place on a nonstick pan and spoon the mix of vinegars over the tofu. Bake for about 24 minutes, turning once at 12 minutes. When done, remove from oven and from baking sheet and set aside.

Blend the tapenade ingredients in a food processor and place in a jar or directly in a large bowl where you will be combining the elements of the dish. Add another ¼ cup of water and whisk with the sauce (can be pasta cooking water).

Cook 3/4 lb pasta to *al dente* doneness. While the pasta is cooking, steam the greens to desired degree of doneness. Reserve cooking water and add to the dish or just drink it up!

Toss the hot pasta with the Tapenade Sauce. Add the steamed greens and tofu, and lightly toss. Serve with nuts or seeds at the table if you wish.

TAPENADE SAUCE

1 generous cup Kalamata olives
1/4 cup tahini
1 tbsp nutritional yeast (optional)
1/4 cup water
1 or 2 cloves garlic, roughly chopped
1 1/2 tbsp red wine vinegar (can substitute white wine vinegar or rice vinegar)
1/2 tsp each oregano and Italian seasoning
1 tsp capers (optional)
1 tsp miso (optional)

Blend in food processor or blender.



TO MAKE THE DISH LOWER IN FAT, SUBSTITUTE ROASTED CAULIFLOWER FOR THE TOFU

Roasting vegetables:

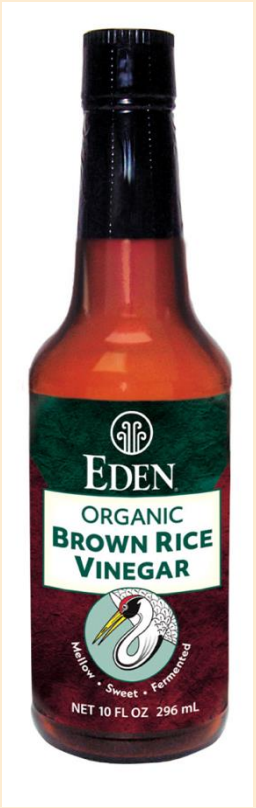
Use a nonstick pan, silicone surface or parchment paper. Sprinkle with a dash of salt and pepper, or whatever you like. Roast at 375 degrees for 20-30 min., stirring occasionally. An aluminum foil tent over the veggies will keep them from drying out; remove towards the end to get some top-browning. Here's a good link: https://minimalistbaker.com/oil-free-roasted-vegetables/
Instead of oil, you can use aqua faba to brush on veggies to help seasonings to stick.

You could add the roasted cauliflower without taking out the tofu.

Either way, you get a double dose of cruciferous vegetables!



PEANUT BUTTER OR SESAME NOODLES









INGREDIEN

PEANUT BUTTER OR SESAME NOODLES

PEANUT BUTTER OR SESAME NOODLES

Ingredients:

1 lb dried pasta, any type
One batch Peanut Butter or Sesame Sauce

Directions:

Cook 1 lb. dried pasta al dente according to package directions. Toss with the sauce. Add veggies like sliced scallions; diced red bell pepper; grated carrot. red cabbage, or radish; or thawed green peas, for color and flavor. You can either fold in the veggies or put them on top for garnish, or both.

PEANUT BUTTER OR SESAME SAUCE

1/2 cup peanut butter or tahini or a mix
1/2 cup water or more as needed
2 tbsp rice vinegar or cider vinegar
1 to 2 tbsp soy sauce or liquid aminos
1/2 tsp garlic powder
1 tsp toasted sesame oil (optional)

In a large serving bowl, gradually whisk the tahini or peanut butter with the water until it takes on a creamy color and fluffy consistency. Add the remaining ingredients. Add more liquid if needed; you can use partly lime juice, or cider/apple juice if you have them on hand.



SERVING SUGGESTION

Peanut Butter Noodles can be made very quickly, in the time it takes to boil water and cook the pasta.

To make it a better meal but just as quick, I like to add jarred roasted red peppers, sliced in strips, and frozen peas, cooked but still bright green.





SERVING SUGGESTION

When I make Peanut Butter Noodles for a crowd, I like to put shredded carrot and/or shredded radish on top in two lines or in a pretty pattern.







Sauces bring it together!

YOU MIGHT SAY SAUCES ARE THE "SPECIAL SAUCE" OF WFPB DIET!

Sorry to end with a Mom joke!

WFPB Support

