

# The Workers' Recipe Zine

**PEOPLE'S  
POTATO**

**Concordia's Vegetarian Soup Kitchen  
Since 1999**

## Preface

Thanks for picking up a copy of the People's Potato recipe zine!

At the People's Potato, we make food in enormous quantities on a daily basis, we're talking 150 litres (each!) of soups and stews for our lunches. Even if we do rely on some basic recipes for these meals they are a little impractical to share and the quantities are so large that they just don't serve us outside of work. So here we put together some of our other favorite vegan recipes for you. This booklet is filled with recipes that will feed a much smaller crowd- say just you and your roommate or for a small gathering. They are recipes that we use for ourselves or for company - we know they work and we know they're tasty. They are manageable in quantity and some are even a little fancy. We love to cook for hundreds here at the kitchen and we also love to cook at home for ourselves, our friends and family. Enjoy the collection.

We are a collectively-run soup kitchen that offers vegan meals to students and community members on a by-donation basis. No one is turned away for lack of funds. We serve lunch during the fall and winter semesters from Monday to Friday between 12:30 and 2 pm on regular school days. We are located at 1455 de Maisonneuve West, 7th floor, Concordia University Hall building, Montreal.

- The People's Potato Collective

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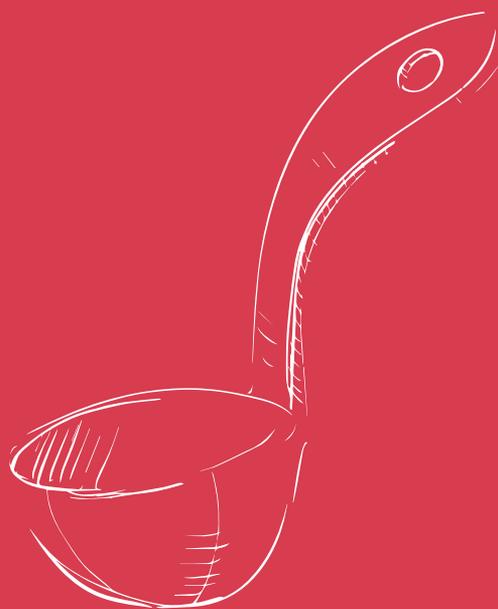
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# Soups and Appetizers



# French Lentil and Vegetable Soup with “Bacon”

*Adapted and veganized from Once Upon a Chef.*

## INGREDIENTS

1 tablespoon olive oil

1 large yellow onion, finely chopped

1 celery stalk, finely chopped

2 medium carrots, diced

3 cloves garlic, minced

1 8 oz can diced tomatoes

6 cups veggie broth

1 cup French lentils or other brown or green lentils

½ tsp dried thyme

2 bay leaves

1 tsp salt

¼ tsp ground black pepper

1-2 drops of liquid smoke for bacon flavour

A few tablespoons chopped fresh parsley, for garnish (optional)

**Total Time:** 1 hour  
**Serves:** 8

## INSTRUCTIONS

1. Heat olive oil and add onions and celery and cook, stirring occasionally, until the onions are soft and translucent, about 5 minutes.
2. Add the carrots and garlic, stirring constantly, and cook 1 minute more. Add the diced tomatoes (with their juices-rinse the cans and toss that in too), veg broth, lentils, thyme, bay leaves, salt and pepper and bring to a boil. Cover partially, reduce heat to low and simmer until the lentils are tender, 45-50 minutes (less for common lentils).
3. Add the liquid smoke, remove bay leaf.
4. If you'd like, use an immersion blender to purée some of the soup until the broth is slightly thickened, or to desired consistency. (Do not purée too much or the soup will get too thick, and you'll lose the integrity of the lentils.) If you don't have an immersion blender, transfer about 2 cups of the soup to a blender and purée until smooth, then return the blended soup to the pot.
5. Adjust seasoning to taste. Serve topped with parsley.

# Corn Cowder

*A creamy "stick to your ribs" kinda soup.*

## INGREDIENTS

**Total Time:** 45 minutes

**Serves:** 4

1 tbsp olive oil

1 medium onion, chopped

3 garlic cloves, minced

2 celery stalks, chopped

1 potato, chopped

4 ears fresh corn, husked - the fresh stuff really makes a difference here!

1 red pepper, diced

½ tsp celery salt

½ tsp smoked paprika

1 tbsp balsamic or white wine vinegar

2 cups vegetable broth

1 14 oz can coconut milk

Salt and pepper

Optional: reserve some corn kernels, diced red pepper and chives for garnish

## INSTRUCTIONS

1. Heat the olive oil in a large dutch oven over medium heat. Add onion and a few pinches of salt.
2. Cook onions until soft, then add garlic, celery, potatoes.
3. Slice kernels off the corn, then use the back of your knife to scrape the juices off of the corn cob and add all of it to the pot – the juices boost the flavour.
4. Add the red pepper, celery salt, paprika, a pinch of salt, black pepper, and stir. Cook until the potatoes are softened, about 5 minutes, then add vinegar, vegetable broth and coconut milk.
5. Cover and simmer 15 more minutes. Let cool slightly. Blend until almost creamy with a handheld blender, or just blend half of the soup in the blender.
6. Taste and adjust seasonings and serve with chopped chives.

# Tortilla Soup

*Gustavo's favourite soup!*

## INGREDIENTS

2 tbsps olive or vegetable oil  
1 onion, chopped  
1 poblano pepper, chopped  
2 garlic cloves, pressed or minced.  
1 to 2 jalapeño peppers (optional- spicy!)  
3 cups veggie broth  
2 cups chopped tomatoes  
1 tsp cumin  
1 tsp oregano  
¼ cup of lime juice  
Salt and pepper to taste

### Toppings

Tortilla chips (see next recipe)  
1 lime sliced  
1 avocado, chopped  
2 tbsps of cilantro  
Sour cream (optional)  
Crumbled feta cheese or vegan cheese (optional)

**Total Time:** 30 minutes

**Serves:** 4

## INSTRUCTIONS

1. Remove the seeds and membranes from the jalapeño and poblano peppers and chop in small pieces. Wash your spicy hands afterwards and avoid touching your eyes!
2. In a medium pot, heat some oil on medium until hot. Add the onion, garlic, jalapeño and poblano peppers. Cook 4 to 5 minutes, or until softened, stirring occasionally.
3. Add the cumin, the canned tomatoes, and the vegetable broth. Simmer for about 3 minutes. Cook for 8 to 10 minutes, or until slightly thickened, stirring occasionally. Season with salt and pepper to taste.
4. Serve in a bowl and add the toppings.

# Easy Tortilla Chips

*If you want to save a couple of bucks, you can make the tortilla chips on your own using raw corn tortillas.*

## INGREDIENTS

6 raw corn tortillas

1-2 tbsps vegetable oil or olive oil

Salt to taste

**Total Time:** 15 minutes

**Serves:** 4

## INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Brush both sides of the tortillas with oil.
3. Spread the chips out in a single layer on a large baking sheet and season with salt.
4. Bake for about 6 minutes on each side until they turn golden brown and crisp.
5. Voila!

# Creamy Artichoke Dip

*A fantastic recipe. Adjusted from Plant-Powered Kitchen.*

## INGREDIENTS

¾ cup raw cashews (pre-soaked for easier blending)

¾ cup plain non-dairy milk

3-5 tbsps lemon juice (to taste)

2 400ml cans artichoke hearts (non-marinated)

2 cups fresh spinach

2 cloves garlic

1/2 tsp dry ground mustard

Salt and pepper, to taste

**Total Time:** 45 minutes

**Serves:** 10

## INSTRUCTIONS

1. Preheat oven to 425°F.
2. In a blender or food processor, add garlic and blend until in small pieces.
3. Next add cashews, milk, and lemon juice and blend until smooth.
4. Finally, add spices and blend until thoroughly combined.
5. Add artichokes and spinach and pulse. Do not fully blend or you will lose the chunky texture.
6. Transfer to an oven-proof baking dish and bake for 17-20 minutes.
7. Remove, let cool for 5 minutes, and serve with corn chips or raw vegetables.

# Buffalo Cauliflower

*This one is a real crowd pleaser, great for pot-lucks, parties and get-togethers. Adjusted from Nutrition Stripped.*

## INGREDIENTS

**Total Time:** 45 minutes

**Serves:** 6

1 head of cauliflower, cut into bite sized pieces

1/2 cup non-dairy milk

Optional: 1/4 cup to 1/2 cup water (more for a thinner consistency)

1/4 cup vinegar-based hot sauce (such as Franks or Valentina)

3/4 cup all-purpose flour or gluten-free all-purpose flour

1 tbsp vegan butter or margarine

2 garlic cloves, finely minced

1/2 yellow onion, finely minced

1 tsp smoked paprika

1 tsp cumin

Salt and pepper, to taste

## INSTRUCTIONS

1. Preheat oven to 450°F.
2. Grease a baking sheet with coconut oil or other high-heat cooking oil.
3. Mix flour, milk and spices in a bowl. Add water until preferred batter consistency is reached.
4. Dip cauliflower pieces into the batter, then place on greased baking sheet.
5. Bake for 25 minutes or until golden brown.
6. While cauliflower is baking, heat butter in a saucepan on medium. Once melted, add in the garlic and onions. Cook for a couple of minutes, until the garlic is fragrant and the onions are translucent.
7. Add in the hot sauce, mix well, and remove from heat.
8. When cauliflower is baked, remove from oven and pour the buffalo sauce over the pieces, stirring them to ensure all sides are coated.
9. Return to oven and bake for 10 additional minutes.
10. Enjoy with cashew-cucumber dipping sauce (see next recipe).

# Cashew-Cucumber Dipping Sauce

*This dip really goes well with the buffalo cauliflower, but is also great with veggies and crackers too.*

## INGREDIENTS

**Total Time:** 12 minutes

**Serves:** 6

½ cup cashews (pre-soaked for easier blending)

¼ to 1/3 cup non-dairy milk (depending on desired consistency)

2 tbsps lemon juice

1/3 of an English cucumber, peeled and cut into large chunks

1 garlic clove

2 tbsps fresh chives, chopped

Salt and black pepper to taste

Optional: 2 tbsps nutritional yeast

## INSTRUCTIONS

1. Add garlic to food processor or blender and blend until in small pieces.
2. Add the rest of the ingredients, except the chives, and blend until smooth.
3. Remove from blender and pour into bowl, then mix in the chives.
4. Serve as dipping sauce or dressing for cauliflower bites!

# Maple and Dijon Salad Dressing

*This salad dressing is sweet and tangy and holds up well to any type of lettuce. It is very simple to make and tasty*

## INGREDIENTS

**Total Time:** 5-10 minutes

**Yield:** 2 cups

1 tbsp Dijon mustard  
1 tbsp maple syrup  
½ cup red wine or apple cider (or any that you like)  
1 cup olive oil  
½ garlic clove, minced (optional)  
Salt and pepper, to taste

## INSTRUCTIONS

1. In a mason jar, add mustard, maple syrup, vinegar, garlic and olive oil.
2. Put lid on and shake it up.

# Basil Aromatic Vinaigrette

*This dressing tastes as good as it smells and it is pretty versatile in all sort of green salads.*

## INGREDIENTS

**Total Time:** 10-15 minutes

**Yield:** 2 cups

1 cup olive oil  
2 garlic cloves, minced  
½ cup of chopped fresh basil  
1/3 cup lemon juice  
¼ cup of nutritional yeast  
1 tsp of soy sauce or Bragg's sauce  
Salt and pepper to taste

## INSTRUCTIONS

1. Mix all ingredients with a food processor or blender.

# Caponata

*Caponata is a sweet and sour eggplant relish from Sicily, Italy. It's great on crackers, in a sandwich or tossed in a salad as a dressing. This relish will last in the fridge for up to 2 weeks.*

## INGREDIENTS

1 large eggplant, cut in 1/2 inch cubes  
1 tsp salt  
3/4 cup of tomato juice or v-8  
1/4 cup red wine vinegar  
2 tbsps brown sugar  
1/4 cup fresh parsley leaves, roughly chopped  
1 8 oz can diced tomatoes  
1/4 cup raisins, currents or cranberries  
2 tbsp minced black olives  
2 tbsp extra virgin olive oil  
1 celery stalk, diced  
1 small red bell pepper, cubed  
1 small onion, finely diced  
1/4 cup sunflower seeds (optional)  
Salt and pepper, to taste

**Total Time:** 20 minutes  
**Serves:** 8

## INSTRUCTIONS

1. Preheat oven to 375°F.
2. Toss eggplant and salt together in a bowl. Spread eggplant in an even layer on a greased baking sheet and bake for 10 minutes at 375°F or microwave on high for 8 minutes. Let cool.
3. Whisk together tomato juice, vinegar, brown sugar, parsley in a medium bowl. Stir in cubed tomatoes, raisins and olives.
4. Heat 1 tbsp oil in a non-stick frying pan over medium high heat until simmering. Add eggplant and cook for 5 minutes, stirring occasionally until edges are browned. Season to taste and transfer to the bowl with tomato mixture and mix well.
5. Enjoy!

# Mains & Sides



# Creamy Butternut Squash Pasta

*Adapted and veganized from Once Upon a Chef.*

## INGREDIENTS

### For the sauce:

- 1/2 a roasted butternut squash
- 1/2 a bell pepper, red, orange or yellow
- 1/2 cup cashews, pre-soaked for easier blending
- 1/2 cup to 1 cup liquid - water, vegetable broth or unsweetened plain non-dairy milk - according to desired consistency
- 2 tbsps nutritional yeast
- 2 tbsps fresh lemon juice
- Salt and pepper, to taste
- 1 pinch of smoked paprika

### For the rest:

- 1 package preferred pasta, cooked according to box
- 1 yellow onion, chopped
- 2-3 garlic cloves, minced
- 2 tbsps olive oil or other cooking oil
- 1 bunch kale, spinach, broccoli, or other desired vegetables, washed and chopped (optional)

**Total Time:** 1 hour 20 minutes

**Serves:** 4

## INSTRUCTIONS

### For the sauce:

1. Preheat oven to 400°F. Cut squash in half, remove seeds, and coat with olive or coconut oil. Place face-side down on cooking sheet and bake for 45min-1hour, until fork-tender. Allow to cool before removing skin.
2. While squash is baking, throw pre-soaked cashews and preferred liquid (start with 1/2 cup) in blender or food processor. Blend until smooth. Add bell pepper and continue blending.

3. When squash has cooled and you have removed the skin, add to food processor with nutritional yeast, lemon juice, and spices. While blending, add liquid in small amounts until desired consistency is reached.

### For the rest:

1. Cook pasta according to directions on package. Drain and put back in pot.
2. Heat a pan on medium, then add cooking oil and onion. Cook onion until translucent while stirring occasionally to avoid sticking.
3. If using vegetables, add these to the onions.
4. Cook on medium heat until vegetables begin to soften. Do not overcook!
5. Add garlic last, cooking for approximately one minute.

### Assembly:

1. Add sauce to pasta and mix thoroughly. Stir in onions, garlic and vegetables. Add more salt and pepper to taste. Reheat on low when ready to serve.

# Farinata

*Farinata is a thin chickpea cake typically cooked in a wood-burning oven originating in Liguria, Italy. It has an egg like consistency and is a perfect snack when eaten like a piece of pizza and can be topped with your favorite sauce or vegetables. It is a simple and delicious vegan and gluten free option.*

## INGREDIENTS

4 cups warm water  
3 cups chickpea flour  
1 tbsp salt  
½ cup plus 2 tbsps olive oil  
1 tsp rosemary (optional)  
½ cup caramelized onions (optional)  
1 pinch black pepper

**Total Time:** minimum 2 hours resting time plus 20 minutes preparation

**Serves:** 8

## INSTRUCTIONS

1. Whisk water and chickpea flour in a large bowl and let sit covered with a drying towel for at least 2 hours or overnight.
2. Preheat oven to 500°F. Skim the foam off the top of the chickpea batter and discard. Add salt, rosemary, onions and ½ cup of olive oil. Re-whisk.
3. Heat a cast iron skillet or metal baking pan in hot oven for 10 minutes.
4. Carefully (the pan will be scalding hot) add the remaining 2 tablespoons of olive oil to coat the pan. Pour batter into hot pan (it should be less than ½ inch thick).
5. Bake for 15 to 20 minutes until it is crisp around the edges. Sprinkle with pepper and cut into wedges or squares when cooled.

**Variation:** If it is being served like a pizza, add the sauce and toppings midway through baking.

# Sweet and Sour Tofu

*An easy and sweet treat. Great with steamed rice and your favourite greens.*

## INGREDIENTS

**Total Time:** 50 minutes

**Serves:** 4

1 pack of firm tofu, cut into 1 inch cubes

2 tbsps vegetable oil

Salt and pepper, to taste

### **Sauce**

1 tbsp cornstarch

1 tbsp water

2/3 cup pineapple juice

1/3 cup apple cider vinegar

1/3 cup brown sugar

3 tbsps ketchup

1 tbsp soy sauce

### **Garnish**

¼ cup pineapple chunks

1 or 2 green onions, finely chopped

## INSTRUCTIONS

1. Preheat oven to 400°F.
2. Toss tofu cubes in a bowl with salt, pepper and oil.
3. Spread tofu in a single layer on a large parchment paper-lined baking sheet.
4. Bake, flipping halfway through, until golden brown and just crisp, about 40 minutes total.
5. In the meantime prepare the sauce.
6. In a small bowl, whisk together cornstarch and water. Set aside.
7. In a medium saucepan, combine pineapple juice, rice vinegar, brown sugar, ketchup, and soy sauce and bring to a boil over medium heat
8. Stir in cornstarch mix and cook until thickened, about 1-2 minutes.
9. Remove from heat and toss with tofu.
10. Garnish with pineapple bits, green onions and enjoy!

# Soba Noodles with Peanut Sauce

## INGREDIENTS

**Total Time:** 25 minutes

**Serves:** 2

1/2 package soba noodles

### **Sauce**

1 tbsp sesame oil

1/2 onion, minced

2 garlic cloves, minced

1 tsp ginger, minced

1-1/4 cups coconut milk

3/4 cup smooth peanut butter

1/4 cup soy sauce

2 tsps brown sugar

1/4 tsp hot pepper flakes

### **Veggies**

1/2 onion, cut into thin slices

1 carrot, cut into thin slices

2 celery stalks, cut into thin slices

1/2 cup frozen edamame, thawed

Oil for sautéing

### **Garnish**

A handful of fresh sprouts

3 tsps unsalted peanuts, crushed

## INSTRUCTIONS

1. Prepare the noodles according to package directions. Rinse, drain and reserve.

2. Heat oil in a small pot and add the onion and sauté for 1 or 2 minutes. Then add the garlic and ginger, cook until fragrant about 1 minute.

3. Add the coconut milk and heat for 1 minute on medium-high heat.

4. Whisk in the rest of the sauce ingredients and cook for 1-2 minutes.

5. Meanwhile, quickly panfry the vegetables for 1-2 minutes in sesame oil.

6. Add noodles and sauce to the veggies and toss to coat.

7. Serve in bowls and top with sprouts and peanuts.

# Thai Spicy Eggplant

Great spicy dish! Goes great with rice noodles or steamed rice.

## INGREDIENTS

**Total Time:** 25 minutes

**Serves:** 4

3 cups of cooked Rice or Rice Noodles  
4-6 tbsps coconut oil (or any cooking oil)  
4 Asian eggplants (1/2 inch thick slices) or  
1 large Italian eggplant (diced into 1/2 inch  
cubes)  
1 medium red onion, roughly chopped  
1 red bell pepper, cut into thin strips  
2 garlic cloves, minced  
2 fresh hot Thai chilies, finely chopped  
(optional)  
4 tbsps soy sauce  
2 tsps raw sugar  
1 cup of water  
25 whole Thai basil leaves (in a pinch use  
Italian basil leaves cut in 3)  
1 tsp cornstarch with 2 tbsp cold water

## INSTRUCTIONS

1. Prepare the noodles according to package directions. Rinse, drain and reserve.
2. Preheat oven to 350°F. Place eggplant slices on a greased baking sheet and brush with 2 tablespoons of oil. Bake for 15-20 minutes.
3. Add oil to a hot wok or sauté pan and immediately add garlic and chilies and stir fry for 30 seconds.
4. Add onion and 2/3 of red pepper strips and stir fry for 1 minute.
5. Add eggplant and stir fry for 2 minutes.
6. Add soy sauce, sugar and water and cook for 2-3 minutes until everything is bubbling.
7. Add 2/3 of the basil leaves and the cornstarch dissolved in cold water.
8. Stir fry for 1 more minute until the sauce has thickened.
9. Take off the heat and put on rice vermicelli or your favourite cooked rice and top with the rest of the red pepper strips and basil leaves.

# Potato & Apple Bake

*Makes a great side dish!*

## INGREDIENTS

2 large apples (Cortland, McIntosh, Granny Smith)

5 large potatoes (Russet, Idaho, Yukon Gold)

1 tsp marjoram

2 garlic cloves, finely chopped

Salt and pepper as needed

Olive oil, as needed

**Total Time:** 35 minutes

**Serves:** 4

## INSTRUCTIONS

1. Preheated oven to 400°F.
2. Peel potatoes and parboil the whole potatoes for 2 minutes, drain and reserve.
3. In the meantime peel and core the apples.
4. Cut the apples and the potatoes into wedge slices.
5. Add sliced garlic and toss all together with olive oil, marjoram, salt and pepper.
6. Spread the ingredients on a baking pan. 15 minutes into the cooking time, turn over ingredients.
7. Cook until potatoes are cooked and slightly golden brown (approximately 15 more minutes).

# Cumin Carrots with Raisins

*Sweet and tasty side dish!*

## INGREDIENTS

1 ½ pounds carrots, cut into sticks

3 tbsps olive oil

2 tsps cumin seeds

¼ cups golden raisins

Salt and pepper, to taste

**Total Time:** 35 minutes

**Serves:** 4

## INSTRUCTIONS

1. Heat the oven to 425°F.
2. Put the carrots on a baking sheet and drizzle with the olive oil; sprinkle with the cumin and salt and pepper.
3. Roast carrots for 15 minutes and toss with the raisins.
4. Roast the carrots for 10 more minutes or until they are cooked though and browned.
5. Plate and serve!

# Sweets



# Warming Winter Cider

*This is my favourite wintertime party drink. It is delicious, helps keep you warm and will make your house smell incredible.*

## INGREDIENTS

1 can cranberry juice concentrate  
1 L pineapple juice  
1 cup orange juice  
1 cup water  
1 lemon, sliced  
12 cloves  
2 cinnamon sticks

**Total Time:** 15 minutes

**Serves:** 6 to 8 people

## INSTRUCTIONS

1. Stick cloves into lemon slices.
2. Combine everything in a large pot.
3. Bring to a boil and then turn down to medium/low and let simmer at least 10 minutes.
4. Ladle into mugs and serve hot. Leave the rest in the pot on low heat so it stays warm.

Note: Remove lemon slices from the pot if you think that the cider will sit longer than 10 minutes.

# Banana Bread

*This is a definite go-to recipe! A vegan version of the classic that will fool any sweet-tooth ;)*

## INGREDIENTS

**Total Time:** 55 minutes

**Yield:** 1 loaf

2 cups flour  
1 tsp baking soda  
1 tsp baking powder  
½ tsp salt  
4 mashed bananas  
½ cup oil  
¼ cup maple syrup  
4 oz apple sauce (one snack size container)  
1 cup chocolate chips and/or nuts

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Oil and flour a 9x4 loaf pan and set aside.
3. Mash 4 bananas and leave aside.
4. Mix all dry ingredients in one bowl.
5. Mix wet ingredients and add the mashed banana, mix more.
6. Add the dry ingredients to the wet ones and fold together.
7. Add chocolate chips or nuts if using and fold into batter.
8. Pour into the loaf pan and bake around 45 minutes.

# Lavender Shortbread Cookies

*A sweet and fragrant cookie that makes a great gift.*

## INGREDIENTS

½ cup coconut oil (softened) OR non-dairy butter

½ cup maple syrup

½ tsp flavouring - vanilla extract OR rose water OR orange blossom water

Dash of salt

½ cups brown rice flour

¼ cup sweet rice flour

½ cup tapioca starch

½ tsp xanthan gum

½ tbspc dried lavender flowers

**Total Time:** 1 hour

**Yield:** 10 cookies

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Line 2 cookie sheets with parchment paper. Prepare a rolling area and have your cookie cutter(s) handy.
3. In a large bowl mix the coconut oil (or butter) with maple syrup, flavouring, and salt. In a separate bowl, mix the rice flours, tapioca starch and xanthan gum.
4. Add the flour blend and lavender flowers to the wet ingredients in the large bowl. Using your hands, mix everything together by working the dough until you can shape it into a ball. If it's a little sticky, add a little more flour (try 1-2 tbspc at a time); if it's a little dry add a little more sweetener (try 1 tbspc at a time).
5. Roll out the dough ball to 1/3" - 1/2" thickness. Use a cookie cutter to cut out the cookies. Carefully transfer to a prepared cookie sheets, spacing them 1/2" apart (they won't spread as they bake).
6. Gather up dough scraps and repeat until all dough is used up. Repeat the process with the second dough ball.
7. Bake in a pre-heated oven for approximately 14-15 minutes, until the edges just begin to become golden. Remove from oven and place on a cooling rack.

Note: cookies will harden a little within minutes of cooling, so don't overbake. Allow the cookies to cool for 10 minutes and enjoy!

# Date Balls

*A sweet and chewy treat.*

## INGREDIENTS

2 cups pitted dates

1 ½ cup raw unsalted cashews (or use raw unsalted sunflower seeds as a nut-free alternative)

2 cups shredded unsweetened coconut

3 cups water

2 tbsps coconut oil (softened)

2 tbsps cocoa powder

½ tsp powdered or ground cardamom seed (optional)

1 pinch salt

**Total Time:** 30 minutes

**Yield:** 30 pieces

## INSTRUCTIONS

1. (If you are using Medjool dates, you can skip this step). Add dates and water to a small sauce pan. Bring water to a boil and then turn down to medium/low to simmer for about 15 minutes, or until dates are soft. Strain off any excess water.
2. In a processor fitted with an "S" blade, process the nuts (or seeds) until crumbly, but not powdered. Add in the dates, 1 cup of shredded coconut, coconut oil, cocoa powder, spices and salt. Process again until a sticky, uniform batter is formed.
3. At this stage you should be able to form the batter into cohesive balls that maintain their shape. If batter is too soft or too sticky, add more coconut a little at a time until desired consistency is reached. If it is too crumbly, mix in small amounts of water.
4. With your hands, form batter into balls about the size of large marbles. Place the remaining shredded coconut in a shallow bowl. Roll each ball in shredded coconut until coated.
5. Serve and enjoy!

# Gluten Free Chocolate Chip Cookies

*Heather's soft & chewy cookie recipe.*

## INGREDIENTS

½ cup Earth balance or coconut oil  
¾ cup organic cane sugar  
1 tsp vanilla extract  
1 large egg\*  
1 cup + 2 tbsp Gluten free baking mix (Bob's, Pamela's or other)  
1 cup semisweet chocolate chips  
1/2 cup cranberries sweetened with apple juice

\* The egg in this recipe can easily be replaced with vegan egg replacer.

**Total Time:** 40 mins + overnight or at least 4 hour sitting

**Yield:** 24 cookies

## INSTRUCTIONS

1. Using a mixer, cream butter/oil and sugars in a large mixing bowl.
2. Add egg and vanilla and beat again until well combined, scraping sides of bowl as needed.
3. Add gluten free baking mix in two batches and mix again. It won't be so thick that you can't continue mixing it, but it should appear "doughy".
4. Stir in chocolate chips (and cranberries), cover and refrigerate overnight or for at least 4-6 hours until thoroughly chilled. You should be able to roll the dough into balls before baking.
5. Preheat oven to 350°F.
6. Scoop out rounded tablespoon amounts of chilled dough, roll them into balls and place them 2 inches apart on a baking sheet.
7. Bake for 8-10 minutes or until the edges are just slightly golden brown. Remove from oven and let rest on the pan for 5 minutes, then transfer to a cooling rack.

The key to these cookies remaining chewy is to take them out after 10 minutes even if they don't seem done. You'll be surprised that once they cool, they will be cooked all the way through but still delightfully chewy. Store leftovers in an airtight container at room temperature for up to several days or the freezer for longer term storage. They taste just as good the 2nd and 3rd day as they hold their texture/flavor well.

# Black Bean Brownies

*Healthy, easy and delicious - the best kind of dessert.*

## INGREDIENTS

1 15 oz. can (~ 1 3/4 cups) black beans, well rinsed and drained

2 large flax eggs (1 egg = 1 tablespoon of Flax + 3 tablespoons of water, mix and rest for 5 minutes)

3 tbsps coconut oil, melted (or other oil of choice)

3/4 cup cocoa powder (the higher quality the better)

1/4 tsp sea salt

1 tsp pure vanilla extract

Heaping 1/2 cup raw sugar, slightly ground or pulsed in a food processor or coffee grinder for a finer texture

1 1/2 tsp baking powder

Optional toppings: crushed walnuts, pecans or semisweet chocolate chips

**Total Time:** 40 minutes **Yield:**  
12 muffin size brownies

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Lightly grease a 12-slot standard size muffin pan (not mini).
3. Rinse and drain the black beans, set aside.
4. Prepare flax egg in the bowl of the food processor. Pulse a couple times and then let rest for a few minutes.
5. Add remaining ingredients (besides walnuts or other toppings) and puree - about 3 minutes - scraping down sides as needed. You want a pretty smooth batter.
6. If the batter appears too thick, add a tablespoon or two of water and pulse again. It should be slightly less thick than chocolate frosting but nowhere close to runny.
7. Evenly distribute the batter into the muffin tin and smooth the tops with a spoon or your finger.
8. Optional: Sprinkle with crushed walnuts, pecans or chocolate chips.
9. Bake for 20-26 minutes or until the tops are dry and the edges start to pull away from the sides.
10. 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.
11. Store in an airtight container for a few days. Refrigerate to keep longer.

# Spice Cake

*Spice is nice especially in this sweet budget friendly cake. A slice goes quite well with a cup of tea or coffee.*

## INGREDIENTS

1 cup brown sugar  
1 cup water or juice  
1 cup raisins and/or dried cranberries  
2 tbsps vegetable oil  
1 tsp cinnamon  
1/2 tsp cloves  
1 ½ all-purpose flour  
½ tsp salt  
½ tsp baking powder  
½ tsp baking soda  
½ cup chopped nuts

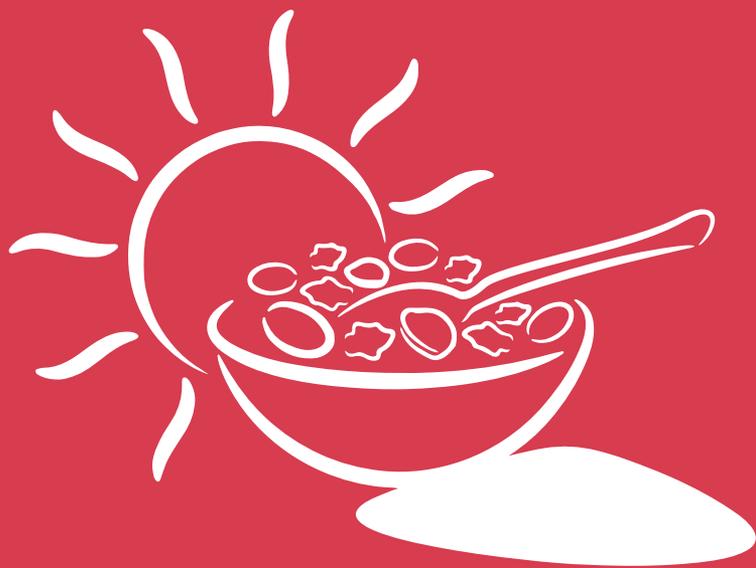
**Total Time:** 40 minutes

**Yield:** 1 loaf

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Butter and flour a 9x4 loaf pan or an 8 inch round pan and set aside.
3. Combine the brown sugar, water, raisins, oil, cinnamon and clove in a heavy bottom saucepan and bring to a boil. Reduce the temperature and let simmer gently for 5 minutes. Let cool.
4. In the meantime, combine the flour, salt, baking powder, baking soda and nuts in a mixing bowl.
5. Gently fold the cooled spice mixture into the flour mixture. Mix until you obtain a smooth batter.
6. Pour into pan and bake for 25-30 minutes.

# Breakfast



# Peanut Butter and Banana Smoothie

*A sweet treat to start the day off right!*

## INGREDIENTS

1 cup chocolate soymilk  
1 tbsp unsweetened peanut butter  
½ banana, cut into chunks  
2 tps maple syrup

**Total Time:** 5 minutes

**Serves:** 1

## INSTRUCTIONS

1. Blend ingredients in blender until smooth.
2. Serve immediately.

# Banana Oat Pancakes

*Classic brunch fav made vegan! Adjusted from Tasty Kitchen.*

## INGREDIENTS

2 bananas, broken into pieces  
3/4 cup non-dairy milk (plain or vanilla)  
1 cup rolled oats  
1 ½ tps baking powder  
1/4 tsp salt  
2-3 tablespoons vegan chocolate chips  
Maple syrup, fruit or other desired toppings  
Coconut oil or other cooking oil

**Total Time:** 10 minutes

**Yield:** 5 or 6 pancakes

## INSTRUCTIONS

1. Add bananas and milk to a blender or food processor. Blend until smooth.
2. Add oats, baking powder and salt and blend again, then set aside for a few minutes to thicken.
3. Heat a pan on medium-high for a couple of minutes, then add 1-2 tablespoons of cooking oil. Wait another minute for the oil to heat. You can tell it's hot enough if a drop of water sizzles in the pan.
4. When the batter has thickened, drop by the 1/4 cup onto the pan and spread out until evenly distributed.
5. Add a few chocolate chips to the top of the pancake, then let cook for a couple of minutes, until bubbles begin to form. Do not try to flip too early!
6. Once bubbles have formed, flip pancake and cook until golden brown, then remove from heat.
7. Repeat process with other pancakes, adding oil to pan as needed.
8. Store cooked pancakes in the oven on low-heat while you make the rest.
9. Serve with maple syrup, fruit, or other desired toppings.

# Almond and Pumpkin Seed Butter

*This is a great breakfast condiment. I like adding a touch of cinnamon to give it more edge.*

## INGREDIENTS

2 cups almonds, unsalted  
1/2 cup pumpkin seeds, hulled and unsalted  
1 tbsp sunflower oil  
1 pinch cinnamon, optional  
2 tsps maple syrup  
1/4 tsp salt

**Total Time:** 5-10 minutes

**Yield:** 2 cups

## INSTRUCTIONS

1. Preheat oven to 300°F.
2. Roast almonds and pumpkin seeds on separate baking sheets until fragrant and golden. About 12 minutes. Almonds may take longer than pumpkin seeds to change colour.
3. Once nuts and seeds are fully cooled, add them to the food processor, puree with oil until smooth, scraping down side occasionally, about 5 minutes.
4. Add cinnamon, maple syrup and salt; process to combine.
5. Refrigerate in airtight container for up to 1 week.

# Homemade Granola

*An easy to do DIY granola that is much cheaper than the store bought brands....and tastier too ;)*

## INGREDIENTS

¼ cup vegetable oil  
2 cups large oat flakes  
1/3 cup unsweetened coconut  
1/3 cup walnuts  
1 cup water  
¾ cup maple syrup  
1 cup dried cranberries  
1/3 cup dark chocolate chips

**Total Time:** 2 hours 15 minutes  
**Yield:** 5 cups

## INSTRUCTIONS

1. Preheat oven to 275°F.
2. Line baking sheet with foil or parchment and brush all over with 1 tbsp of the oil. Set aside.
3. In large bowl, toss together oat flakes, coconut, walnuts.
4. In a separate bowl, combine the maple syrup, remaining oil and water; pour over oat mixture and toss to combine. Spread over prepared pan.
5. Bake in centre of oven, stirring every 15 minutes, until liquid is evaporated and granola clumps together, about 2 hours.
6. Let cool and break apart large clumps; stir in cranberries and chocolate.

# Letter: I Love You, People's Potato

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Hey (gender non-specific) Baby,

I know I'm just one of your many lovers, and that you don't even think this was serious, I'm probably runnin' the risk of creepin' you out, but I've got to tell you, you've been on my mind since the last time.

You know when I mean—that wild Friday lunch with your quinoa and mushroom spinach stir-fry, dancin' black bean salsa and mint barley soup! Was that kasha? I thought I tasted kasha.

And as if that wasn't enough, I had a taste of your sweet, sweet vegan chocolate zucchini cake. It still drives me wild just thinkin' about it.

What's more important than all of your tasty goodies though, is the way you make me feel. When we're together, you inflame my senses, but afterwards I leave stronger, more confident, beautiful and able to take on the world in a way that isn't guilty of propagating the daily mass genocide of our animal brothers and sisters, or leavin' me feelin' like a mindless cog in the global corporate food industry!

You nourish my body and liberate my soul. All through class, I'm bitin' my lips, and curlin' my hair with my fingers, I keep tellin' myself, just another hour 'til lunch. And even if the line is super long, and even if you're going to share yourself with a bunch of people before me and after me, I'll still wait in line for you.

I love you People's Potato!

— Madeleine Gendreau, graphics editor at The Link

