



1st Annual Vegan Thanksgiving

Recipes and Menu Guide

Appetizer

Cranberry, Pear, and Candied Pecan Spinach Salad
in a Maple Balsamic Vinaigrette
Eggplant Salad Toasts with Lemon Cashew Cheese
Roasted Mixed Nuts in a Rosemary Glaze

Main

'Frank Approved' Glazed Walnut Loaf with Gravy
High Protein Garlic Mashed Potatoes
This Ain't Grandma's Sweet Potato Casserole
Roasted Brussels Sprouts, White Turnip, and Carrots
Fresh Cranberry Sauce
Fluffy Pull-apart Dinner Rolls with Earth Balance

Dessert

Gingerbread with Spiced Buttercream
Pumpkin Pie Brownie in a Crunchy Pecan Crust
Vanilla Bean Frozen Dessert
Assorted Herbal Loose Leaf Tea

Beverages

Enoomah Bore Shiraz-Cabernet 2007
Novas Chardonnay 2008
Apple Cider



The Recipes

APPETIZERS

1) Cranberry, Pear, and Candied Pecan Spinach Salad

Ingredients:

- Approx 6 cups packed spinach
- 2 pears, chopped
- ½ cup dried cranberries
- 1 cup Candied pecans (see recipe below)
- Homemade Balsamic Dressing (see recipe below)

Directions: Toss all ingredients together and serve as part of appetizer.

2) Candied Pecans

From [Vegan Baking](#).

Ingredients:

- ¼ cup brown sugar
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 cup pecan halves

Directions: In a skillet, stir together the sugar, olive oil and vinegar over medium heat until the sugar melts and the syrup bubbles. This should take a couple minutes. Stir the pecans until they're evenly coated and toasted. This should take about 5 to 6 minutes. Spread the nuts out on a piece of parchment paper and separate using two forks. Cool completely.

3) Homemade Balsamic Dressing

Ingredients:

- 2.5 tablespoons balsamic, white, or red wine vinegar
- 2 tablespoons apple cider vinegar
- 1 teaspoon Dijon mustard or regular mustard
- 2 tablespoons pure maple syrup
- 1/4 teaspoon sea salt
- Ground black pepper to taste
- 1/2 minced clove of garlic (optional)
- 2 tablespoons extra virgin olive oil

Directions: Toss all ingredients into a bowl and whisk! Makes about 1/2 cup of dressing.

4) Eggplant Salad Toasts with Lemon Cashew Cheese

Adapted from [Smitten Kitchen](#).

Ingredients:

- 1 medium eggplant, cut into 1/2 inch cubes
- 2 tbsp olive oil
- 1/4 tsp sea salt
- Black pepper
- 1 tsp red wine vinegar (or balsamic works)
- 1 small clove garlic, minced
- Lemon Cashew cheese (recipe below)
- 1 baguette, sliced into 1/2 inch wide rounds

Directions: Preheat oven to 425F. Line a baking sheet with parchment paper or simply grease with oil. Toss the eggplant, oil, salt, and black pepper in a medium sized bowl. Spread out onto baking sheet and bake for 25 minutes at 425F. Prepare your lemon cashew cheese while waiting (see below). After eggplant is cooked, remove from oven and pour into a bowl. Slice baguette and line up on baking sheet and toast for about 5 minutes watching carefully so as not to burn it.

Remove from oven and layer on the eggplant mixture topped with lemon cashew cheese. Makes about 30 rounds.

5) Lemon Cashew Cheese

Ingredients:

- 1 cup raw cashews
- 1 tbsp fresh lemon juice
- ½ tsp sea salt
- Black pepper, to taste
- 1 garlic clove

Directions: In a food processor, process all ingredients until smooth.

6) Twice Baked Bar Nuts

Adapted from [Union Square Cafe Bar Nuts](#).

Ingredients:

- 2 1/4 cups mixed unsalted nuts (I used 1/2 cup peanuts, 1/2 cup cashews, 1/2 cup walnuts, and 3/4 cup almonds)
- 2 tbsp coarsely chopped fresh rosemary leaves
- Small Pinch cayenne pepper
- 1-2 tbsp [Sucanat](#) (or brown sugar)
- 1 tbsp maple syrup, to taste (optional)
- 1.5 tsp sea salt
- 2 tbsp [Earth Balance](#) butter

Directions: Preheat the oven to 350F. Line a baking sheet with parchment paper. Spread nuts onto the baking sheet and toast for about 10-12 minutes. Remove nuts and let cool for about 5 mins. or so. While cooling, mix the sauce ingredients (rosemary, cayenne, Sucanat, maple syrup, sea salt, 1 tbsp of Earth Balance butter). Now, dump nuts into a large bowl and stir in 1 tbsp of melted Earth Balance butter. Add sauce and mix well. Pour nuts back onto baking sheet and bake for another 10-12 minutes until golden. Cool for about 20 minutes and serve warm. Makes 2 1/4-2 1/2 cups.

MAIN COURSE:

7) 'Frank Approved' Glazed Walnut Loaf with Gravy

Adapted from Food Network.

Ingredients:

- 9 slices multigrain or whole wheat bread
- 2 cups walnuts, toasted
- Chia egg (1 tbsp chia seed + 3 tbsp water)
- 1 medium onion, diced
- 1 red bell pepper, diced
- 1 celery rib, minced
- 1 small bunch parsley, stems discarded and leaves chopped
- 1 small can tomato paste
- 1 cup crushed canned tomatoes
- 1 1/2 tablespoons canola oil
- 1.5 teaspoon sea salt
- 3 cloves garlic, minced
- Generous seasoning freshly ground black pepper
- **Glaze:** (2 tbsp ketchup, 1 tbsp balsamic vinaigrette, 1 tbsp maple syrup, 1 tbsp apple butter, 1 tbsp cornstarch)
- **Vegan Gravy** (see below)

Directions: Preheat oven to 375 F. Line a baking sheet with parchment and toast walnuts for 10-12 minutes until golden. Remove from oven and set aside. Toast the bread slices in the toaster. Let cool. Grease a 9x5 inch (or similar size) loaf pan, then line the bottom with waxed paper and grease the parchment paper. Tear up the toasted bread slices and process in a food processor. Place in a large bowl. Now, process the walnuts until finely ground and mix into the bread crumbs.

Place the green pepper, onion, celery, parsley, tomatoes, and oil in the processor and grind until fine but still with some texture. Stir into the loaf mixture along with the chia egg, salt, and

pepper. Mix this all very well until evenly moistened. Scoop into the prepared loaf pan and smooth over the top. Brush with prepared glaze. Cover the loaf with foil.

Bake 80-100 minutes until a knife inserted in the center of the loaf comes out dry. Let sit 5 minutes, then run a knife all along the sides of the loaf to help loosen it. Unmold the loaf onto a platter and remove the waxed paper. Let the loaf cool 20 minutes or so before slicing it. Serve with vegan gravy (below).

8) Vegan Gravy

Adapted from Eat, Drink, & Be Vegan.

Quite possibly the BEST gravy I have ever tasted! Everyone raved about this!!

Ingredients:

- 1 cup vegetable broth
- ¼ cup nutritional yeast
- 1 tsp yellow mustard
- 1 tbsp tamari
- 1 large garlic clove, minced
- 1 tbsp cornstarch or arrowroot powder
- 2 tbsp tahini
- 1.5 tbsp balsamic vinegar
- 1.5 tbsp blackstrap molasses
- ½ tsp agave nectar
- 2 tbsp olive oil

Directions: In a blender or food processor combine all ingredients and puree until smooth. In a pot on medium to high heat, add mixture and bring to a boil. Reduce to low and stir frequently to thicken. Remove from heat and serve. Add additional agave, water, or vinegar if needed to adjust taste.

9) High Protein Garlic Mashed Potatoes

[From here.](#)

Ingredients:

- 10-12 large organic red potatoes
- 3-3.5 cups cooked navy beans (2 small cans)
- 1/4 cup soy-free [Earth Balance](#) buttery spread
- 2 tbsp unsweet. almond milk
- 4-5 large cloves of garlic
- 1 tsp sea salt
- 1 tsp ground paprika
- Freshly ground black pepper, to taste

Directions: Wash potatoes with a potato scrubber, chop into large chunks, and toss into a large pot. I prefer to leave the skin on (they are organic potatoes!). Fill with water until potatoes are covered. Cook on medium-high heat for about 30-35 minutes until fork tender. Drain potatoes and place in a large bowl. After cooling for a few minutes, take a potato masher and mash until desired consistency is achieved. While mashing add your milk and Earth Balance. Mash some more. Add garlic to a food processor and process until finely chopped. Add drained beans, salt, 1/2 tsp paprika, and process until mostly smooth. Add bean mixture to potato mixture and mash until mixed. Sprinkle with black pepper, remaining paprika, and additional sea salt. Serve with Earth Balance, salsa, ketchup, or BBQ sauce, and a serving of cooked veggies to round out the meal. **Nutritional Info:** (Serves 8). Per serving, approx: 336kcal, 7 gram fat, 11 grams fibre, **11 grams protein**, 2 grams sugar.

10) This Ain't Grandma's Sweet Potato Casserole

Ingredients:

- 4 large sweet potatoes, peeled and cooked
- 2 tablespoons Earth Balance
- 1 teaspoon vanilla extract
- 5 tbsp pure maple syrup
- 1/2 teaspoon sea salt
- 3/4 teaspoon freshly grated nutmeg
- 3/4 teaspoon cinnamon

Topping:

- 1/4 cup margarine
- 1/2 cup [Sucanat](#) (or brown sugar)
- 1/3 cup spelt flour
- 3/4 cups chopped pecans (I didn't have- optional)

Directions: Preheat the oven to 350 F and lightly grease a 2 quart casserole dish with canola oil. I wipe a bit on with a paper towel. Peel and then boil sweet potatoes until tender. Mash the sweet potatoes with the margarine until smooth. Add the milk, vanilla, maple syrup, sea salt, nutmeg and cinnamon. Pour into casserole dish. Next, mix the topping ingredients together until well-combined. Sprinkle topping mixture over the casserole and bake for approx. 50 minutes, checking it every so often. Serves 7-9.

11) Cranberry Sauce

Adapted from Eat Drink & Be Vegan.

Ingredients:

- 1 ¾ cups fresh cranberries
- ½ cup pure maple syrup
- ¼ tsp sea salt
- 1 tsp balsamic vinegar (optional)

Directions: In a pot on medium-high heat, combine the ingredients and bring mixture to a boil stirring occasionally. Once boiling, reduce heat to low and cook for about 15 minutes stirring occasionally. Once sauce has thickened, taste test, and add vinegar is desired. Serve warm or chilled.

12) Fluffy Pull Apart Dinner Rolls

From [here](#).

Adapted from [Spark People](#).

Ingredients:

- 2 ¼ cups all-purpose flour
- 2 tbsp sugar
- 1 tsp sea salt (or regular)
- 2 ¼ tsp Active Dry Yeast
- 1 cup very warm water
- 2 tbsp Earth Balance Buttery Stick

- 1 egg replacer (1 tsp egg replacer + 2 tbsp warm water)

Directions:

1) Proof your yeast! In a small bowl mix 2 1/4 tsp of Active Dry Yeast with 1/4 cup of very warm water (between 110 and 115 degrees F). Stir and let dissolve. Now add 1 tsp of sugar and stir. Let it sit for a good 5-10 minutes. You will know the yeast is active when it is slightly foamy and smells like bread.

2. In a stand mixer or by hand, add 1 and 1/4 cup of flour, remaining sugar (1 tbsp + 2 tsp), salt, and yeast mixture. Mix briefly for 10 seconds or so. Now, add the remaining very warm water (3/4 cup), slightly melted Earth balance, and egg replacer and mix until smooth. Slowly add in the rest of the flour (1 cup) and mix until smooth.

3. Cover and let rise in a warm place for 30 minutes. I put my bowl of dough in the oven with the light turned on (but not the oven itself!)

4. Grease a pie pan and set aside. After 30 minutes, remove the dough from the oven and knead with hands for a few seconds. Divide the dough into 12 balls with hands and place the balls into the pie pan (see image below).

5. Cover pie pan with towel and place back into the oven with light on for another 30 minutes. The rolls will expand and fill the pie pan during this time.

6. After 25 minutes, remove from oven and preheat the oven to 400F. After 5 more minutes, it is time to bake the rolls for 15-18 minutes until golden and fluffy. Makes 12 pull apart rolls.

7. Serve with Earth Balance and enjoy!

13) Roasted Brussels sprouts, White Turnip, and carrots

Ingredients:

- 2 cups Brussels Sprouts, trimmed and peeled
- 3 medium carrots, peeled and chopped
- 3 small white turnips, chopped
- 1-2 tbsp Fresh lemon juice
- 1/4-1/2 tsp sea salt, to taste,
- Ground Black Pepper, to taste

DESSERT:

14) Pumpkin Gingerbread with Spiced Buttercream

Adapted from [Fat Free Vegan](#).

Ingredients:

- 1 cup canned pumpkin
- 3 tbsp pure maple syrup
- 3/4 cup sugar
- 1/3 cup coconut oil (or canola), softened
- 1/4 cup blackstrap molasses
- Chia egg (1 tbsp chia + 3 tbsp water)
- 1 2/3 cups unbleached all-purpose flour
- 1 1/4 tsp baking soda
- 2 tsp pumpkin pie spice (OR 1 tsp cinnamon, 1/2 tsp nutmeg, 1/2 tsp ginger)
- 1 tsp sea salt
- 1 tsp baking powder
- 1/8 th tsp ground cloves
- 1/2 cup toasted chopped walnuts

Directions: Preheat oven to 350 F. Line a regular sized loaf pan with parchment paper and lightly oil on top. Toast the walnuts on a baking sheet for about 10-12 minutes until golden. Remove from oven and set aside. Combine the following ingredients (pumpkin, maple syrup, sugar, coconut oil, molasses, chia egg) in a medium-sized mixing bowl and blend well. In a large bowl, combine the dry ingredients. Add the wet mixture to the dry, and stir well. Stir in the toasted nuts. Pour the batter into the pan, smooth out with wet spoon, and bake for 50-60 minutes or until an inserted toothpick comes out clean. Allow to cool before removing from pan. While it is baking, make your spiced buttercream frosting (see below). Serves eight 1-inch slices.

15) Spiced Buttercream frosting

Buttery, sweet, fluffy, spicy...and vegan to boot! The perfect Fall-spiced frosting.

Ingredients:

- 1/2 cup [Earth Balance](#) Butter Stick, softened
- 1 3/4 cup icing sugar (aka: confectioner's sugar)

- 1 tsp pure vanilla extract
- 1 **tbsp** pumpkin pie spice (yes, a full tablespoon!)
- 1 tbsp almond milk (as needed to thin out to desired consistency)

Directions: Whip the Earth Balance with a mixer until smooth. Now add half of the icing sugar and blend well, stopping to scrape the side of bowl as needed. Now add in the vanilla, pumpkin pie spice, and almond milk (if needed). Mix well. Add in the remaining icing sugar and blend for several minutes, stopping to scrape the sides of the bowl. Once the Gingerbread has fully cooled, spread on the icing using a wet spatula.

16) Pumpkin Pie Brownie in a Crunchy Pecan Crust

From [here](#).

Adapted from [Vegan Cupcakes](#).

Ingredients:

Pumpkin Brownie Layer:

- 1 cup canned pumpkin
- 1/2 cup + 3 tbsp sugar
- 1/4 cup coconut oil, softened
- 3/4 cup white kamut flour (or white)
- 1.5 tsp pure vanilla extract
- 1 tbsp cornstarch (or arrowroot/tapioca)
- 1/4 cup dutch processed cocoa powder
- 1/2 tsp sea salt
- 1/2 tsp baking soda

Pumpkin Pie Layer:

- 1 cup canned pumpkin
- 2 tbsp cornstarch (or arrowroot/tapioca)
- 1 tsp pure vanilla extract
- 1/3 cup sugar
- 3 tbsp almond milk
- 2 tsp pumpkin pie spice (or 1 1/4 tsp cinnamon, 1/2 tsp ginger, 1/4 tsp nutmeg)

- Shaved chocolate, for garnish

Pecan Topping:

- 1/4 cup margarine
- 1/2 cup [Sucanat](#) (or brown sugar)
- 1/3 cup spelt flour
- 3/4 cups chopped pecans (I didn't have- optional)

Directions:

1. Preheat oven to 350F and grease a pie pan.
2. For brownie layer: In a stand mixer or by hand, mix together the coconut oil, pumpkin, vanilla, and sugar until blended well. Sift in the flour, cocoa powder, cornstarch, baking, soda, sea salt and mix until incorporated. Take the entire mixture and place in pie pan. Wet spatula and spread around evenly so it is smooth.
3. For pumpkin layer: In a large bowl mix together the pumpkin, vanilla, and milk. In a small bowl, mix together the cornstarch, sugar, and pumpkin pie spice. Slowly add the dry ingredients to the wet and mix well until all clumps are gone. Now add on top of brownie mixture. Garnish with grated chocolate (I used a lemon zester to grate the chocolate).
4. For Pecan topping: Mix all ingredients until well combined and sprinkle on top of the pie.
5. Bake for 35-40 minutes at 350F. Remove from oven and cool for 20-30 minutes and then move to the fridge to chill for 1.5 hours.
6. Serves approx 8-12 slices. Serve with vegan ice cream if desired. I love coconut bliss vanilla.

In the take-home goodie baskets:

- [Soft Ginger Cookies](#)
- [Pumpkin Brownie Cupcakes](#)
- [Glo Bars](#)
- [Power House Glonola](#)