

Revolution

RECIPES

HEALTHY HOLIDAYS

COOKBOOK



Introduction

Congratulations on being a part of the Healthy Living Revolution!

This cookbook is a collection of plant-based meal ideas that are tried and proven favorites. Healthy should taste good, too! All of these recipes are clean (meaning no refined sugars, preservatives, food dyes, or processed-food ingredients), gluten-free, dairy-free, and mostly oil-free, too! Whether you describe your lifestyle as vegan, paleo, vegetarian, Mediterranean, pescatarian, or straight-up "flexitarian," the common goal for optimal health is to eat MORE VEGETABLES—so there are plenty of recipes in here for everyone!

We want to thank Chef Penny Shack and her team—Lisa Carollo, George Sirepisios, Nancy Esteban, Lucianne Lozano, Kimber Leigh Nussbaum and Francis Rodriguez—for graciously assembling these recipes and Dawn J. Williamson for designing and assembling this cookbook.

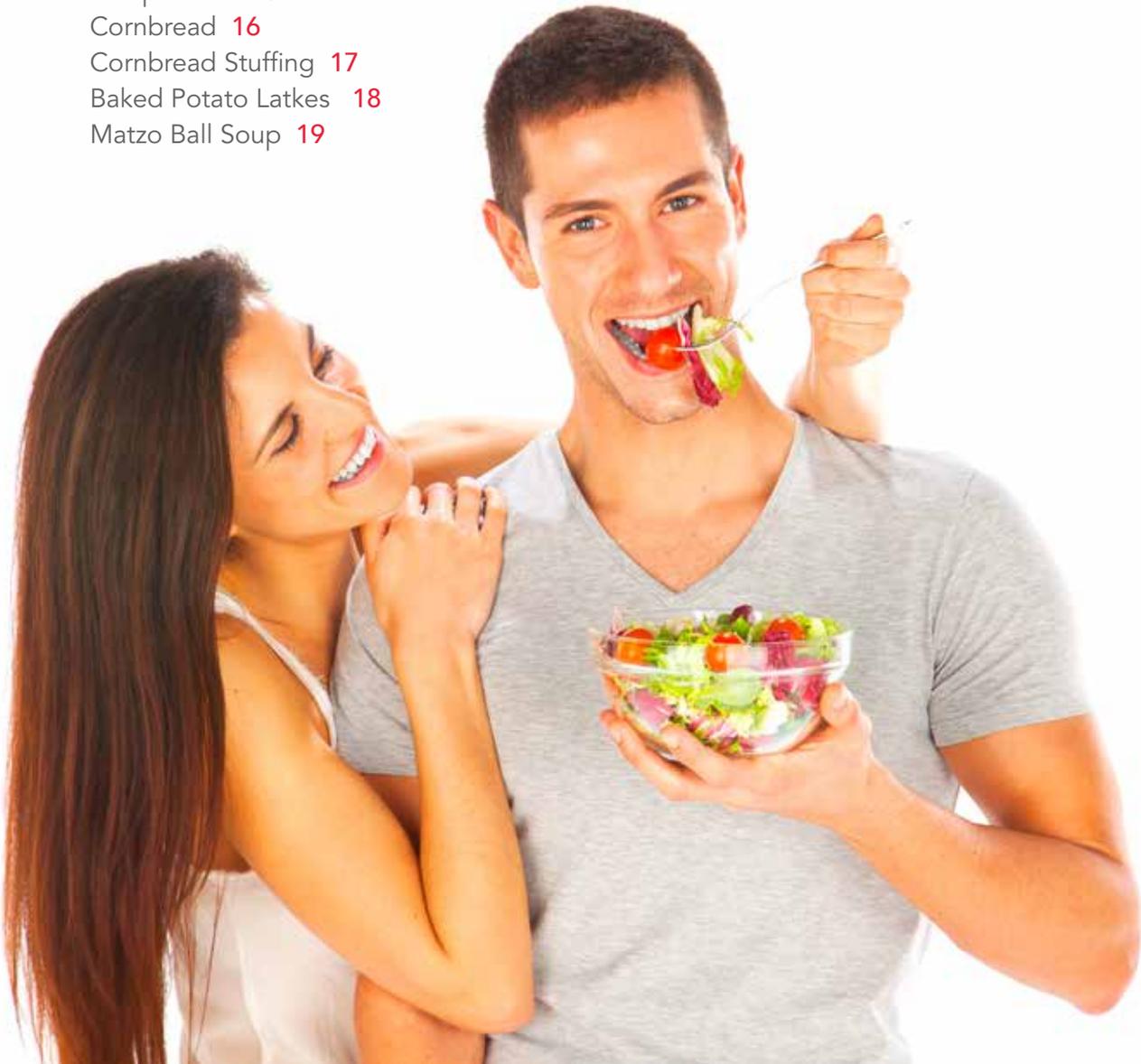
*From our family to yours,
The Healthy Living Revolution Team*

**"THE MORE PLANT FOODS
YOU EAT, THE
healthier
YOU WILL BE." - DR. MITRA RAY**

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PANTRY STAPLES

SEASONINGS

Sea Salt, Black Pepper, Cumin, Curry Powder, Chili Powder, Turmeric

GARLIC

A fresh clove of garlic is at the heart of most flavorful recipes! It's not only tasty but also has many anti-inflammatory and anti-microbial properties. If you're out of fresh garlic, here are some substitutes for 1 clove: ½ tsp. minced garlic, ⅛ tsp. garlic powder, or ½ tsp. garlic flakes.

ONIONS

In addition to health benefits, onions are full of flavor, which is why they're used as the base for many of these recipes. If you're in a hurry or out of onions, you can substitute 1 Tbsp. dried onion flakes or 1 tsp. onion powder in place of a small onion. (Small onion is approx. ⅓ cup chopped and a medium onion is approx. ⅔ cup chopped.) If you use onion powder, add it toward the end of the cooking rather than adding it at the beginning like fresh onions.

GINGER

Ginger is a powerful nutritional herb that supports digestive health in addition to helping reduce pain and inflammation! Fresh ginger root is the best way to add flavor and spice to these dishes; it should be peeled and then grated with a microplane grater. Store fresh ginger root in a tightly wrapped bag in the fridge or freezer. If fresh ginger isn't available, substitute ⅛ tsp. ground ginger.

FRESH HERBS

Fresh herbs have that ability to make a dish go from "blah" to *zing*! Growing your own on your backyard Tower Garden is the best way to have fresh herbs for cooking. Just cut what you need and eliminate all the herbs wasting away in your fridge. Herbs that grow great on the tower and are commonly used in these recipes include basil, cilantro, parsley, dill, rosemary, and thyme.

BRAGG LIQUID AMINOS / COCONUT AMINOS / TAMARI

Soy sauce is a common staple and a tasty addition to vegetable dishes and salads. Most people don't realize that soy sauce is not gluten-free though. We recommend that you try one of these listed substitutions: Bragg liquid aminos, coconut aminos, or tamari.

FULL-FAT CANNED COCONUT MILK

With its creamy texture and natural sweetness, coconut milk might taste like it should be bad for you, but it's not! It can build up the body's immune system, help with weight loss, increase energy, plus lower cholesterol and blood pressure. It's a base for many Thai dishes and is an excellent dairy substitute. When buying a can of full-fat coconut milk, look for BPA-free and read the label to make sure it's organic with no added sugars.

ORGANIC VEGETABLE BROTH

BALSAMIC / RED WINE VINEGAR

SCALLOPED POTATOES

- 2 Tbsp. olive oil or vegan butter
- ½ cup onion, chopped
- 2 cloves of garlic, minced
- 3 Tbsp. tapioca flour, potato starch, or gluten-free flour
- ⅓ cup nutritional yeast
- 1 tsp. salt
- ¼ tsp. pepper
- 2½ cups non-dairy milk
- 6 large Yukon Gold potatoes, peeled and thinly sliced
(Use a mandolin if you have one.)
- 1 Tbsp. fresh thyme, chives, or herb of choice
- 2 Tbsp. vegan buttery spread (optional)



1. Preheat oven to 350 °F.
2. Place the oil/butter in a saucepan and melt over medium heat. Add the chopped onion and garlic. Cook for about 5 minutes until softened.
3. Stir in the flour and nutritional yeast. Add 1¼ cups of the milk and stir well. Use a whisk to break up the flour if necessary.
4. Add the rest of the remaining 1¼ cups of milk, and turn the heat to medium high. Cook while stirring constantly for a minute or two to allow the sauce to thicken. Season with salt and pepper.
5. Place the thinly sliced potatoes in a casserole dish. (Optional: Spread 2 Tbsp. vegan buttery spread evenly over the top.) Pour the sauce over the top.
6. Cover the dish and bake for 30 minutes. Remove the cover and continue to bake for one hour and 10 minutes. Before serving, sprinkle with fresh thyme, chives, or herb of choice.

Makes approximately 6-8 servings.

LASAGNA

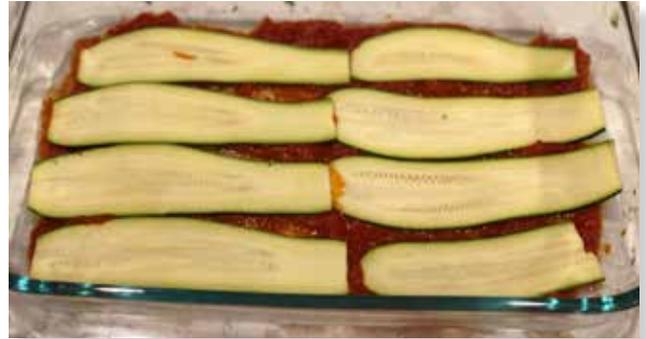
"RICOTTA"

- 3 cups raw macadamia nuts
- 2 Tbsp. nutritional yeast
- ½ cup fresh basil, finely chopped
- 2 tsp. dried oregano
- 1 medium lemon, juiced
- 1 Tbsp. extra virgin olive oil
- 1 tsp. sea salt
- Pinch of black pepper
- ½ to ¾ cup water
- ¼ cup vegan Parmesan cheese (optional)

- 1 jar (28 oz.) marinara sauce
(sugar free, with minimal ingredients)
- 5 medium zucchini squash, thinly sliced with
a mandolin

1. Preheat oven to 375 °F.
2. Add macadamia nuts to a food processor or blender and mix to combine.
3. Add nutritional yeast, fresh basil, oregano, lemon juice, olive oil, salt, pepper, and water. The mixture should be creamy and thick like a paste. Taste and adjust seasonings as needed. Add more salt and pepper for flavor, nutritional yeast for cheesiness, and lemon juice for brightness.
4. Pour about 1 cup of marinara sauce into a 9x13-inch (or similar size) baking dish and line with thinly sliced zucchini.
5. Scoop small spoonfuls of "ricotta" mixture onto the zucchini and gently spread in a thin layer. Spread on a layer of marinara sauce and then top with more zucchini slices. Continue until all ingredients are used up. The top two layers should be zucchini and then sauce.
6. Cover with foil. Bake for 45 minutes. Remove foil and bake for another 15 minutes. The zucchini should be very easily pierced with a knife. Let cool for 10-15 minutes before serving.
7. Serve immediately and top with fresh basil.

Makes approximately 6-8 servings.



EGG NOG

1½ cups raw unsalted cashews,
soaked overnight and drained
2 cups water
1 can (13.5 oz.) full-fat coconut milk
2 Tbsp. honey
14 small dates, pitted
1 tsp. ground nutmeg
¼ tsp. kosher salt
Cinnamon for garnish

1. Blend soaked cashews with 2 cups of water until very smooth. Do not use the soaking water.
2. Add the remaining ingredients and blend until a uniform consistency is achieved. This will require some time, as the dates take a great deal of blending. It's ok if the liquid gets warm to the touch.
3. Pour eggnog into a glass container and refrigerate until cold.
4. Sprinkle cinnamon on top as a garnish and serve.

Makes approximately 4 servings.



KALE CAESAR - SIDE SALAD

CHICKPEAS

1 can (15 oz.) garlic-roasted chickpeas, drained

1 Tbsp. olive oil

1 clove garlic, minced

¼ tsp. fine sea salt

Optional: Add your favorite seasonings, seasoned salt, flavored olive oil, etc.

DRESSING

¼ cup raw tahini (if substituting hummus, add water to thin)

1 tsp. spicy mustard

4 tsp. lemon juice, freshly squeezed

2 tsp. capers, smashed

¼ cup water

2 cloves garlic, minced

1-2 Tbsp. olive oil

1-2 tsp. honey (optional)

¼ tsp. salt

Black pepper, freshly ground

SALAD

1 large bunch of kale or any variety of lettuce you choose

1. Preheat oven to 400°F.
2. Toss the cooked chickpeas with olive oil, garlic, and salt (or your favorite seasonings) in a large bowl, then pour them onto a rimmed baking sheet.
3. Arrange them in a single layer and bake until crisp. After 30 minutes, check them often for desired browning. They can burn quickly.
4. While the chickpeas are baking, prepare the dressing. Stir together the tahini, mustard, olive oil, lemon juice, capers, water, garlic, mustard, salt, and black pepper to taste. Stir until smooth.
5. To assemble the salad, clean your kale or lettuce. Toss the leaves with the dressing and let them marinate in the fridge while you wait for the chickpeas to be done.
6. Let the chickpeas cool a bit before adding to the salad. Sprinkle them generously over the kale salad and serve.

Makes approximately 4 servings.



CREAMED CORN

2 cups frozen (or fresh) corn kernels
1 can (15 oz.) full-fat coconut milk
¼ tsp. sea salt
¼ tsp. black pepper
Handful flat-leaf parsley, chopped
¼ tsp. red pepper flakes
1 Tbsp. scallions, chopped

1. Combine corn and coconut milk in a saucepan over medium heat, and bring to a simmer.
2. Cook about 15 minutes, until coconut milk has evaporated a bit and thickened.
3. Once the mixture has reached the desired consistency, mix in parsley, red pepper flakes, and scallions. Season with salt and pepper to taste.

Makes approximately 3-4 servings.



CRANBERRY SAUCE

24 oz. fresh cranberries
¾ cup pineapple juice
½ cup applesauce, no sugar added
½ cup water
Juice and zest of one orange
3-4 Tbsp. honey or to taste (optional)

1. Add cranberries, pineapple, applesauce, and water to a sauce pan and bring to a boil.
2. Reduce to medium heat and stir constantly until the cranberries start to pop (about 10-15 minutes).
3. Reduce to a simmer. Add orange juice and zest to the cranberry mixture. Add honey (optional).
4. Simmer 10-15 minutes and remove from heat.
5. Cool completely and store in the refrigerator for at least 4 hours, preferably overnight, before serving.

Makes approximately 8 servings.



SWEET POTATO CASSEROLE

4 large sweet potatoes,
peeled and cut into 1-inch chunks
1 cup canned coconut milk (light or regular)
¼ cup honey
¼ cup coconut oil, melted (optional)
1 Tbsp. ground flaxseed
1 tsp. vanilla
1 tsp. cinnamon
½ tsp. sea salt
½ tsp. nutmeg, freshly grated or ground

TOPPING:

½ cup coconut sugar
½ cup pecans, chopped
⅓ cup gluten-free old-fashioned oats
⅓ cup gluten-free almond flour
¾ tsp. cinnamon
3-4 Tbsp. solid coconut oil



1. Boil potatoes and cook until tender. Approximately 15-20 minutes. Drain and let cool.
2. Meanwhile, preheat oven to 350°F and coat a 9x13 in casserole dish with coconut oil.
3. In a mixing bowl, combine pecans, oats, almond flour, cinnamon, and coconut sugar. Cut in coconut oil with a fork or knife until the mixture is sandy with pea-sized chunks of oil. Set aside.
4. In a separate bowl, mash cooled sweet potatoes with a fork. Add coconut milk, honey, coconut oil, flaxseed, vanilla, cinnamon, nutmeg, and salt. Mix until combined.
5. Spoon the sweet potato mixture into the prepared 9x13 dish and sprinkle on the brown sugar and pecan mixture. Bake uncovered for 40-45 minutes, until the top is golden brown and the sweet potatoes are bubbling.

Makes approximately 8 servings.

GREEN BEAN CASSEROLE

- 1 cup raw cashews, soaked for 2 hours, drained and rinsed (can also be soaked overnight)
- 2 Tbsp. lemon juice
- 4 Tbsp. nutritional yeast, divided
- 1½ cups plain, non-dairy milk, unsweetened
- 1 tsp. sea salt, divided
- 1 Tbsp. olive oil
- 1 medium onion, sliced
- 2 garlic cloves, minced
- 10 oz. white button or crimini mushrooms, sliced
- 1 pound green beans, trimmed and cut in half
- ½ cup gluten free breadcrumbs or leftover cornbread crumbs from pg. 16 (optional)



1. Preheat oven to 350°F and lightly oil a casserole dish.
2. Mix together cashews, lemon juice, 2 Tbsp. nutritional yeast, non-dairy milk, and ½ tsp. salt in a blender or food processor until smooth and creamy. Set aside.
3. Heat olive oil in a large pan over medium high heat. Add onion and cook for about 10 minutes, until onion begins to caramelize/turn brown.
4. Add garlic, mushrooms, and green beans to the pan along with the other ½ tsp. salt. Cover and let cook for about 10-15 minutes, stirring occasionally, until the vegetables are tender.
5. Optional: While the vegetables are cooking, mix together the panko breadcrumbs with the remaining 2 tablespoons of nutritional yeast. Set aside.
6. Remove vegetables from the heat and mix in the cashew cream. Pour the mixture into the casserole dish and top with breadcrumb mixture (optional).
7. Bake for about 30 minutes, or until the top is golden and the casserole is bubbly. Serve hot.

Makes approximately 8-10 servings.

LENTIL QUINOA LOAF

- ½ cup lentils (any color)
- ⅓ cup tri-color quinoa, uncooked and washed
- 2¼ cups of water
- 2 tsp. oil
- ¾ cup onion, chopped
- 3 cloves of garlic, finely chopped
- 1 jalapeño, chopped (optional)
- ½ cup celery, finely chopped
- ½ cup carrots, thinly sliced or grated
- ½ tsp. dried thyme
- ½ tsp. dried oregano
- ¼ cup raisins (optional)
- 2 Tbsp. flax meal
- ½ tsp. tamarind paste
- 1 tsp. honey/agave (optional)
- 1 tsp. apple cider vinegar
- ½ tsp. ground mustard
- 2-3 Tbsp. sugar-free ketchup
- 1-2 Tbsp. tamari or Bragg coconut amino acids
- 2 Tbsp. tahini
- 1-2 Tbsp. nutritional yeast
- ¼ tsp. fennel seeds, coarsely ground
- Salt and pepper
- ½ cup gluten-free breadcrumbs or coarsely ground oat flour or almond meal



1. Combine lentils and water in a pan over medium heat. Bring to a boil and cook for 20 minutes.
2. Add quinoa to lentil pan, partially cover and continue to cook, stirring once, until both are very tender and easily mashed, about 10 to 15 minutes. The lentils will feel slightly overcooked. Drain any excess water and put into a bowl.
3. Heat oil in a skillet over medium heat. Add onions, garlic, and jalapeño. Cook for 5 minutes or until translucent. Add celery, carrots, thyme, oregano, and mix well. Cook for 5 minutes or until the vegetables are tender. Add the raisins, and mix. Cook for 2 more minutes. Remove from heat.
4. Add the cooked vegetables and flax meal to the lentil bowl and mix. Mash the mixture using a potato masher or your hands, so that at least half of the lentils and quinoa are well mashed (you will want some lentils whole). Add in tamarind, honey, apple cider vinegar, mustard, ketchup, tamari, tahini, nutritional yeast, and fennel seeds; mix well. Taste and adjust with salt and pepper.
5. Add breadcrumbs or coarsely ground oats and mix in. The texture should be that of a burger patty. If it's too crumbly, add some water. If it's too sticky, add more crumbs.
6. Line a medium 8.5 x 4.75 inch loaf pan with parchment paper that covers the edges of the pan. Press the mixture into the pan. Pack well and even it out. Cover with foil and bake at 375°F for approx 25-30 minutes. Bake uncovered for 5 to 10 minutes.
7. Let cool for 15 minutes before slicing. Serve with gravy recipe on page 14.

Makes approximately 6 servings.

GRAVY

- 1 Tbsp. olive oil
- 1 yellow onion, chopped
- 2 garlic cloves, minced
- 4 ounces mushrooms, sliced (about 1 cup loosely packed)
- 1 medium Yukon gold potato, cut into 1-inch chunks
(can substitute cauliflower or parsnips, but flavor profile may change)
- 2 Tbsp. tamari or Bragg liquid amino acids
- 1 cup water
- ¼ tsp. fine sea salt
- ¼ tsp. black pepper

1. Heat olive oil in a large skillet over medium heat and saute the onion until it starts to soften, about 5 minutes.
2. Add in garlic and mushrooms. Stir for 2 minutes, just until the garlic is fragrant.
3. Add in potato, tamari, and water. Bring to a boil.
4. Once boiling, lower the heat to a simmer and cover the pan. Cook until the potatoes are fork-tender, about 10 minutes.
5. Once tender, carefully transfer the contents of the pan to a high-speed blender or food processor. Add in salt and black pepper. Blend until smooth.
6. Adjust any seasoning to taste and serve warm over your favorite side dish or main course. Leftover gravy can be stored in an airtight container for up to a week in the refrigerator.

Makes approximately 6-8 servings.



PUMPKIN PIE

1 can (15 oz.) organic pumpkin (or use fresh)
1 cup canned coconut milk
1/3 cup maple syrup
2 Tbsp. coconut sugar
1 Tbsp. pumpkin pie spice
3 Tbsp. organic corn starch (or tapioca starch)
1/2 tsp. sea salt
1 tsp. pure vanilla extract

CRUST

1 cup hazelnut meal
(you can replace with another nut meal
or coconut flour)
1 cup coconut flour
1/2 cup maple syrup
2 Tbsp. coconut butter, melted
2-4 Tbsp. water, as needed



1. Preheat oven to 400°F and spray a 9 inch pie pan.
2. Blend all crust ingredients in a bowl (using your hands is easiest) and press into pan.
3. Place the crust in the oven to bake for 15 minutes while preparing the filling.
4. Mix all of the filling ingredients together in a bowl with a whisk or blender.
5. Remove crust from oven. Pour filling over crust.
6. Bake all together for 35-45 minutes or until the pie is somewhat set. If the crust starts to get too brown, cover with tin foil. The center doesn't need to be fully set, as it will set more overnight as it cools.
7. Remove from oven and let cool. Refrigerate overnight uncovered so it fully sets!

Makes approximately 8 servings.

CORNBREAD

- 1 cup cornmeal, finely ground
- 1/3 cup coconut flour
- 1/4 tsp. salt
- 1 1/2 tsp. baking powder
- 1/4 cup pumpkin puree or sweet potato puree
- 3/4 cup canned coconut milk
- 1 Tbsp. olive oil
- 1 Tbsp. maple syrup
- 1/2 tsp. apple cider vinegar

1. Preheat oven to 375°F and oil a 6-inch square (or round) pan.
2. Add cornmeal, coconut flour, salt, and baking powder to a bowl and whisk well.
3. Add the rest of the ingredients and mix to combine.
4. Smooth batter into the cake pan.
5. Bake for approximately 20 minutes or until the top is golden brown and knife comes out clean.
6. Can be served alone or made in conjunction with the stuffing.

Makes approximately 4 servings.



CORNBREAD STUFFING

1 tsp. oil
¾ cup onion, chopped
3 cloves of garlic, finely chopped
½ cup celery, finely chopped
½ cup carrots, thinly sliced or grated
2 tsp. sage
½ tsp. thyme
½ tsp. oregano
⅓ tsp. salt (more to taste)
4 Tbsp. raisins
⅓ cup corn
½ cup packed, finely chopped greens (kale, spinach etc)
⅓ packed cup cilantro, chopped and divided
⅓ packed cup scallions, chopped and divided
½ cup canned coconut milk
1 Tbsp. olive oil
1½ Tbsp. maple syrup

1. Preheat oven to 350°F and grease a 9x13 pan.
2. Heat oil in a skillet over medium heat. Add onions and garlic and cook for about 5 minutes or until softened
3. Add celery, carrots, sage, thyme, oregano, and salt; mix well. Cook until the vegetables are tender, maybe 3-5 minutes.
4. Add in the raisins, corn, and greens, and mix. Cook for 2 minutes or until the greens are lightly wilted.
5. Remove from heat and mix in half of the cilantro and scallions. Taste and adjust salt and flavor.
6. Mix the almond milk with maple and olive oil. Add that mixture to the skillet.
7. Finally, crumble the cornbread into the mixture and toss well.
8. Pour into greased pan and bake for about 20 minutes.
9. Broil on high for about 3 minutes, mix again, and broil again for another 3 minutes.
10. Sprinkle the remaining cilantro and scallions on top and serve.

Makes approximately 4-6 servings.



BAKED POTATO LATKES

1 large russet potato, peeled and grated (2 cups)
¼ tsp. yellow onion, grated
¼ cup plus 1 Tbsp. coconut flour
1 tsp. ground flaxseeds mixed with 3 Tbsp. water
¾ tsp. sea salt
Pinch of crushed red pepper flakes
¼ tsp. paprika

1. Preheat oven to 400°F. Oil a baking sheet well but not too much that the latkes will get soaked.
2. Place all of the ingredients in a large bowl and mix well.
3. Scoop about ¼ cup of the mixture for each latke onto the prepared baking sheet. Flatten to about ¼ inch thick.
4. Bake for 8 minutes and flip. Bake again until golden brown, about 8 minutes. The crispier you like them, the longer you will bake them. (Optional: Serve topped with applesauce.)

Makes approximately 2-4 servings.



MATZO BALL SOUP

BROTH

2 cups vegetable broth (or water)
1½ cups onion, chopped
2 cloves garlic, sliced
2 shallots, chopped
6 cups leeks, sliced
2 cups carrots, sliced
1 cup fresh dill
6 cups water

MATZO BALLS

1½ cups boiling water
1½ cups quinoa flakes (or gluten free matzo meal)
½ tsp. sea salt (or more to taste)
¼ tsp. black pepper
½ tsp. onion powder
2 Tbsp. cooked potato puree

SOUP

6 cups rich leek-onion-shallot broth (above)
½ cup onion, diced
1 cup carrot, sliced
1 tsp. sea salt
2 Tbsp. minced fresh dill



BROTH

1. In a pot, heat vegetable broth (or water) over medium heat.
2. Add onion, garlic, shallots, leeks, and a few pinches of sea salt. Cook and stir for 15 minutes, or until the vegetables have softened.
3. Add the rest of the water, carrots, and dill to the soup pot and bring to a boil. Reduce heat to low; cover and simmer for 1 hour.
4. Strain the broth, pressing the vegetables with the back of a spoon to extract all of the liquid. You can toss these vegetables or save them to put in your finished soup to add texture.

MATZO BALL SOUP *continued*

MATZO BALLS

1. Preheat the oven to 300°F.
2. Boil small potatoes, mash well with fork, and set aside.
3. Bring ½ cup water to a boil over medium-high heat.
4. In a bowl, mix together the quinoa flakes (or matzo meal), sea salt, black pepper, and onion powder.
5. Add the boiling water and potato puree and mix well.
6. Cover and refrigerate for 15 minutes.
7. Once cold, line a baking sheet with parchment paper or oil and form Tbsp.-size balls of the matzo mixture and place them on the prepared baking sheet.
8. Bake for 10 minutes. Carefully turn them over and bake for another 10 minutes.

SOUP

1. In a large pot, heat all of the broth over medium heat. Add the onion, carrot, and a pinch of the sea salt. (Optional: Add back the vegetables left over after straining.)
2. Cook and stir until carrots are tender, about 10-15 minutes.
3. To serve, place 2-3 matzo balls in each soup bowl and pour broth on top. Serve topped with fresh dill.
4. Can be frozen

Makes approximately 4-6 servings.

Thank you to all of our contributors!

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