



THE BEGINNER'S  
GUIDE TO A

# Whole- Food, Plant- Based Diet



 *You're probably thinking* that moving to a plant-based diet sounds like a great idea, but you don't know where to start. Don't worry, you're in the right place—we've got the tools, insight, and expertise to make the change easy and enjoyable. Our 10-point guide will answer your questions, provide helpful advice, and share easy, tasty recipes to try.

# 1 How a plant-based diet can boost your health

One of the most powerful steps you can take to improve your health, increase your energy levels, and prevent chronic diseases is to move to a plant-based diet. If you've seen the *Forks Over Knives* documentary film, you know that science shows changing your eating habits is a powerful way to live longer, maintain a healthy weight, and reduce your risk of getting chronic illnesses—all while lightening your environmental footprint. You can stream the *Forks Over Knives* film for free at [forksoverknives.com/the-film](http://forksoverknives.com/the-film).

There's excellent scientific evidence showing that many chronic diseases can be prevented, controlled, or even reversed with a whole-food, plant-based diet. Research first highlighted in the landmark book *The China Study* shows that a plant-based diet can reduce the risk of Type 2 diabetes, heart disease, certain types of cancer, and other major illnesses. Many people also report bigger fitness payoffs, increased energy, reduced inflammation, and better health outcomes after making the switch.



# 2 What is a whole-food, plant-based (WFPB) diet?

The Forks Over Knives diet was born out of the transformative power that whole-food, plant-based nutrition can have on health and well-being. It is centered on whole, unrefined, or minimally refined plant foods and excludes or minimizes meat, dairy products, eggs, and highly refined foods such as bleached flour, refined sugar, and oil. There is overlap between whole-food, plant-based (WFPB) and vegan diets, but there are also some key differences. A vegan diet can include highly processed imitation meats and cheeses; a WFPB diet eschews these products in favor of whole or minimally processed, close-to-nature foods that can easily meet your nutritional needs.

PLANT-BASED vs. VEGAN			
	VEGAN DIET	PLANT-BASED DIET	WHOLE-FOOD, PLANT-BASED DIET
MEAT & POULTRY	✗	—	—
SEAFOOD	✗	—	—
EGGS & DAIRY PRODUCTS	✗	—	—
OILS	✓	✓	—
HIGHLY PROCESSED FOODS <small>Refined Sweeteners, Bleached Flours, White Rice</small>	✓	✓	—
WHOLE GRAINS <small>Including Whole Grain Flours, Beans, Peas</small>	✓	✓	✓
FRUITS, VEGGIES, & STARCHY VEGGIES	✓	✓	✓
LEGUMES	✓	✓	✓

**FORKS OVER KNIVES** ✓ OK   — AVOID   ✗ NO

## 3 What it isn't: A diet of vegetables only

While leafy vegetables are an important part of a whole-food, plant-based diet, they don't contain enough calories to sustain you. Consider that you would need to eat almost 16 pounds of cooked kale to get 2,000 calories! Not eating enough calories leads to decreased energy levels, feelings of deprivation, cravings, and even binges.

The center of your plate will be starch-based comfort foods that people around the world have thrived on for generations: Think potatoes, sweet potatoes, corn, peas, brown rice, quinoa,

black beans, kidney beans, and chickpeas.

They may be prepared a bit differently—leaving out oil and dairy, for example—but most of these foods will be familiar. You'll enjoy them in delicious dishes such as sweet potato lasagna, mashed potatoes and gravy, white bean burgers, pad Thai, veggie shepherd's pie, and black bean and rice burritos. In addition to starch-based foods, you can eat as much whole fruit as you like.

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### The five food groups

Below is a quick overview of the major food categories you'll enjoy on a plant-based diet, with examples.

**Fruits:** Any type of fruit including apple, bananas, grapes, strawberries, citrus fruits, etc.

**Vegetables:** Plenty of veggies including peppers, corn, lettuce, spinach, broccoli, peas, collards, etc.

**Tubers:** Starchy root vegetables like potatoes, sweet potatoes, yams, and cassava (aka yuca).

**Whole grains:** Grains, cereals, and other starches in whole form, such as quinoa, brown rice, whole wheat, oats, popcorn, etc.

**Legumes:** Beans of any kind, plus lentils, pulses, etc.

There are plenty of other foods you can also enjoy, including nuts, seeds, avocados, tofu, tempeh, whole grain flours and breads, and plant-based milks. However, we recommend eating these foods in moderation, because they are more calorie-dense and can contribute to weight gain.

# 4 Why no oil?

All vegetable oils are highly refined and dense with calories but stripped of almost all other nutrients, including fiber. By volume, oil is actually the world's singlemost calorie-dense food.

## CALORIE DENSITY 101

To lose weight and keep it off, understanding calorie density is key. Simply stated, calorie density is the measure of calories in a given weight of food, often expressed as calories per pound. High-calorie-density foods pack a lot of calories per pound while low-calorie-density foods do not. Most whole, unprocessed plant foods are low in calorie density, which means you can eat a lot of those foods, feel satisfied, and still lose weight. You'll also be getting more vitamins, minerals, fiber, and phytochemicals with every bite.



## The Calorie Density Scale

FOOD	CALORIES PER LB.
▶ Nonstarchy vegetables	70-200
▶ Fruits	200-400
▶ Tubers & starchy vegetables	300-400
▶ Whole grains	400-500
▶ Legumes	500-600
▶ Whole wheat pasta, cooked	550
▶ Avocado	750
▶ Whole wheat bread	1,150
▶ Pure sugar	1,800
▶ Nuts and seeds	2,600
▶ Oils	4,000

## What 480 Calories Looks Like

4 TBSP. OLIVE OIL **OR** ALL THESE TASTY FOODS



480 calories



480 calories

# 6 Improve heart health

A whole-food, plant-based diet is extremely effective at promoting cardiovascular health and preventing, halting, and in some cases even reversing heart disease, the leading cause of death in the United States. A [2021 analysis](#) of 99 studies found that diets rich in whole and minimally processed plant-based foods were associated with significantly lower risk of cardiovascular disease compared with diets high in meat and dairy products.

There are several reasons for this. Animal-based foods are high in saturated fat and cholesterol, which raise blood cholesterol levels, causing fatty, wax-like plaque to build up in the arteries. Highly processed foods often contain excessive salt, which raises blood pressure, damaging the lining of the arteries over time. By eliminating these harmful foods from your diet and replacing them with whole plant-based foods, you can bring down your cholesterol levels, blood pressure, and risk of heart disease. Learn more about diet and heart disease [here](#).

## JOHN BROWN

► “My cholesterol has dropped 130 points. Even more significantly, I’ve cut my LDL cholesterol number in half. It’s amazing what our bodies can do when we just get out of the way and let them work.”



Read John's Success Story

Read Stephen's Success Story



## STEPHEN STEINBACH

► “Since we went plant-based, I’ve dropped 150 pounds, while Sonia’s lost 45 pounds—and we’re not even trying.”

# 5 Enjoy easy weight management

If you’re looking to lose weight (and keep it off), a whole-food, plant-based diet is one of the most powerful tools at your disposal. Research shows that people who eat plant-based diets tend to be leaner than those who don’t. A [2020 review](#) looked at 19 intervention studies—i.e., studies in which participants were assigned a diet for a specified period of time—and found that in each one, participants assigned to plant-based diets lost weight.

Why are healthy plant-based diets so effective for weight loss? Research suggests that the crux is calorie density. Dairy products and highly processed foods are high in calories yet low in the fiber that helps us feel full and fuels a healthy gut microbiome. Whole plant-based foods are low in calories, meaning you can eat a high volume of food without overdoing it on calories. That’s why on a whole-food, plant-based diet, you’re encouraged to eat until you’re comfortably satiated—no calorie counting or portion control necessary.

RESEARCH SHOWS THAT PEOPLE WHO EAT PLANT-BASED DIETS TEND TO BE LEANER THAN THOSE WHO DON’T.

Read  
Annie's  
Success  
Story



**ANNIE  
GREEN, RN**

► "My A1C  
dropped from  
6.0 to 5.3."

## 7 Prevent or reverse Type 2 Diabetes

Healthy plant-centered diets are associated with significantly lower rates of Type 2 diabetes and improved outcomes in those who already have this dangerous chronic condition.

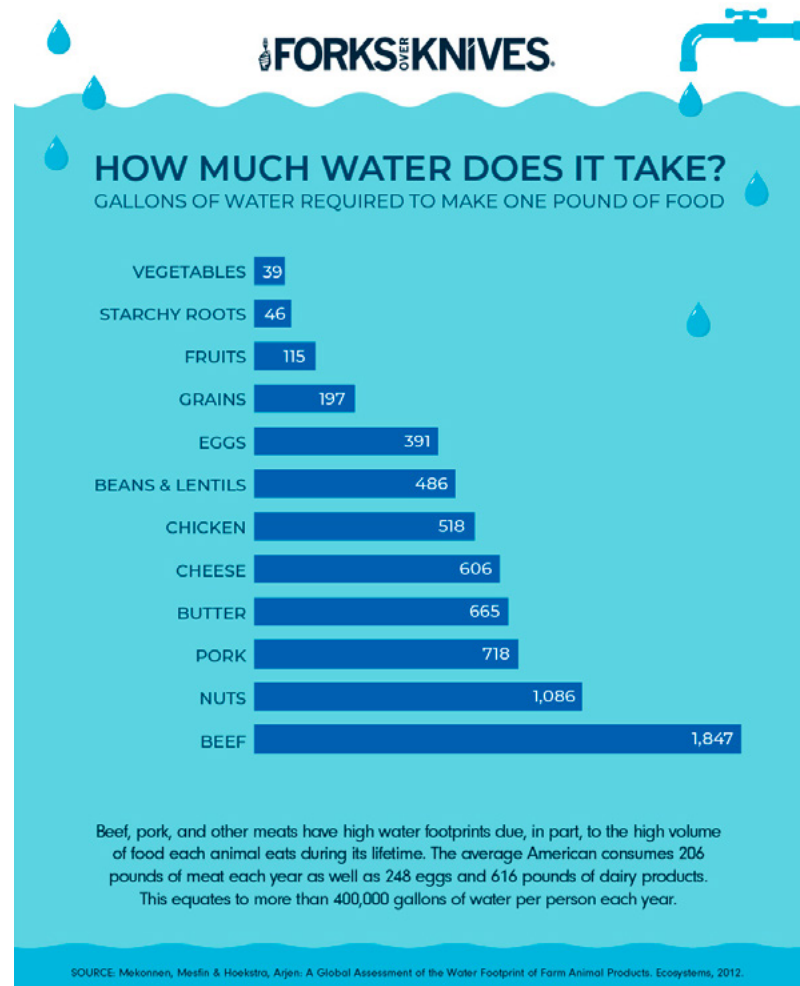
A [2018 review](#) published in *BMJ Open Diabetes Research & Care* found that for people with Type 2 diabetes, plant-based diets were more beneficial than the diets recommended by several diabetes associations, offering greater improvements in physical and emotional well-being.

Plant-based diets are low in saturated fat (a culprit behind insulin resistance) and high in fiber, which helps the body regulate blood sugar and properly absorb nutrients. Plant-based diets also reduce the risk of being overweight or obese, a primary risk factor for Type 2 diabetes. Learn more about diabetes and diet [here](#).

## It's better for the planet

Beyond personal health benefits, switching to a WFPB lifestyle is one of the best things you can do for the environment. That's because raising animals for food is a highly inefficient use of resources. Growing crops to feed animals "introduces a major extra step of waste relative to the efficiency of us just eating the plant foods directly," explains David L. Katz, MD, MPH. A [2018 analysis](#) found that livestock provides 18 percent of calories consumed globally but takes up 83% of farmland. Plant-based diets are also associated with fewer climate-altering greenhouse gas emissions. Learn more about your diet's impact on the environment [here](#).

# 8



## 9 You'll save money on groceries

Whole and minimally processed plant-based foods are not only the healthiest and most sustainable foods around; they're also some of the most affordable. In fact, going plant-based can cut grocery bills by \$750 a year per person, according to research published in the *Journal of Hunger & Environmental Nutrition*. When you stock your kitchen with WFPB staples such as whole grains, potatoes, and beans, along with fresh and frozen fruits and vegetables, you can assemble nutritious, satisfying meals for just a few dollars.

# 10 How to get started

While some people like to dive in headfirst and go 100% WFPB overnight, we know that a sudden lifestyle change isn't for everyone. Craig McDougall, MD, offers this advice for those who prefer a more gradual shift: "Add around 1,000 calories of legumes, whole grains, and starchy vegetables to your everyday routine. These starchy foods keep you full and satisfied, so you'll naturally eat less of the animal products and processed foods that are making you sick."

Forks Over Knives founder Brian Wendel encourages people to "not sweat the small stuff" and to look at the big picture: "Focus on the big changes like switching from meat, milk, and eggs to whole plant-based foods. Such changes dramatically improve the nutritional composition of your diet, so this is where you will find the most noticeable and measurable improvements in your health."

You can easily experiment with giving some of your own favorite recipes a plant-based makeover. Replace the meat in your favorite chili with beans or lentils, cook up some wonderful veggie burgers, or make vegetables the star attraction in that stir-fry instead of chicken. Browse our [archive of WFPB recipes](#). For more structure and help with weekly meal planning and meal-prepping, check out Forks Meal Planner (more on that and other Forks Over Knives tools on the next page).

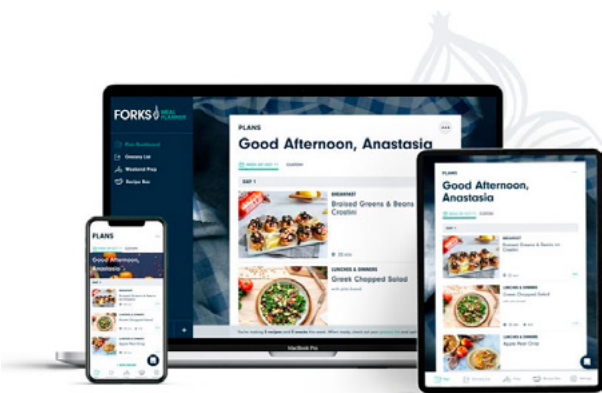
LOAD UP ON THESE	ENJOY IN MODERATION	AVOID OR MINIMIZE
<ul style="list-style-type: none"> <li>▶ <b>Fruits</b> (bananas, blueberries, oranges, strawberries)</li> <li>▶ <b>Vegetables</b> (broccoli, cauliflower, carrots, kale, lettuce)</li> <li>▶ <b>Tubers and starchy vegetables</b> (corn, green peas, potatoes, winter squash)</li> <li>▶ <b>Whole grains</b> (barley, brown rice, millet, oats, quinoa, wheat berries)</li> <li>▶ <b>Legumes</b> (black beans, chickpeas, lentils, pinto beans)</li> </ul> 	<ul style="list-style-type: none"> <li>▶ <b>Plant-based milks</b> (almond, cashew, hemp, oat, rice, soy)</li> <li>▶ <b>Tofu and tempeh</b></li> <li>▶ <b>Whole grain flours and breads</b></li> <li>▶ <b>Whole nuts and seeds, nut/seed butters</b> (almond butter, pumpkin seeds, tahini, walnuts)</li> </ul> 	<ul style="list-style-type: none"> <li>▶ <b>Bleached flours, white bread, and white pasta</b></li> <li>▶ <b>Dairy products</b></li> <li>▶ <b>Eggs</b></li> <li>▶ <b>Meat, poultry, and seafood</b></li> <li>▶ <b>Oils</b></li> <li>▶ <b>Refined sweeteners</b></li> <li>▶ <b>White rice</b></li> </ul> 



## Tools for success

### LET US MAKE WHOLE-FOOD, PLANT-BASED LIVING EASIER

We've worked with leading chefs, nutritionists, and developers to create a variety of tools that make it easy for you to adopt and maintain a healthy plant-based lifestyle.



#### FORKS MEAL PLANNER

▶ Forks Meal Planner takes the work out of deciding what to eat. We'll show you how to plan and meal prep delicious WFPB meals every week. Each week you'll get a customizable meal plan, plus a dynamic grocery list and a time-saving weekend prep guide. You can try it free for 14 days, no credit card required.



#### COOKING COURSES

▶ Learn to cook whole-food, plant-based meals like a pro with our online cooking courses, which include a 20-hour Essentials Course and our 55-hour Ultimate Cooking Course. You'll master everything from proper knife skills to oil-free cooking and seasoning.



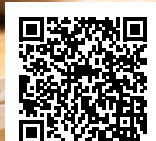
#### MAGAZINES

▶ With seasonal recipes, stunning food photography, helpful how-tos, and tips from plant-based experts, our quarterly magazine has everything you need. In addition, we offer special issues dedicated to single subjects, including *Quick & Easy Plant-Based Meals*, *100 Best Plant-Based Recipes*, and *How to Eat Plant-Based*.





# Fan-favorite WFPB (Whole-Food, Plant-Based) Recipes



SCAN ME



**Taste for yourself!** Sample this selection of best-loved recipes from Forks Meal Planner, all of which come together in 35 minutes or less. Scan the QR code above to try the recipes in our Meal Planner tool, where you can scale recipes up or down to fit your household, and add them to customized weekly meal plans that generate shopping lists and weekend prep instructions. Try it free for two weeks.



Plant milk and cider vinegar work like buttermilk in vegan pancakes.

## Apple-Oat Pancakes

20 minutes | Makes 8 pancakes

These wholesome pancakes are flavored with a warm, pleasing spice blend—and they're so easy to make. These can be cooked in advance and frozen for speedy breakfasts, or you can make them from scratch in 20 minutes in the morning.

- 1 cup oat flour
- 2½ teaspoons baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cardamom
- 1 dash sea salt
- ½ cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat
- 1 teaspoon pure vanilla extract
- 1½ teaspoons apple cider vinegar
- ½ apple chopped (½ cup)

### FOR SERVING

- 1 banana, sliced
- 2 tablespoons pure maple syrup

**1. MAKE BATTER** In a bowl, combine oat flour, baking powder, cinnamon, cardamom, and salt; mix well. Add milk, vanilla, vinegar, and ½ cup water; whisk until well combined. Add chopped apple and stir to incorporate. Let batter stand for a few minutes to thicken.

**2. COOK PANCAKES** Heat a nonstick skillet over medium-high heat for a few minutes until hot, then reduce heat to low and let skillet rest for a few minutes more. For each pancake, ladle about ¼ cup batter into skillet. Cook a few minutes until small bubbles start to form on outer edge and then the center of each pancake. Flip, then cook pancake for a few minutes more. As you work through batter, you may want to add a bit more milk to thin it.

**3. SERVE** Serve pancakes warm topped with sliced banana and maple syrup, if desired.



## 7-Layer Taco Dip with Baked Chips

30 minutes | Makes 36 chips  
+ 4 cups dip

Nachos for dinner? Yes you can! This makes enough to serve two as a meal.

### TIP

To make your own gluten-free taco seasoning, combine 4 tablespoons paprika, 2 tablespoons ground cumin, 2 teaspoons ground black pepper, and ½ teaspoon each ground coriander, chipotle chile powder, and cayenne powder. Makes about ½ cup.

### FOR CHIPS AND TOPPINGS

- 6 corn tortillas, each cut into 6 wedges
- ½ cup chopped yellow onion
- ½ cup frozen corn
- ½ cup chopped red or green bell pepper
- 1 tablespoon low-sodium taco seasoning (see tip)
- Sea salt
- Freshly ground black pepper
- 1½ (15-oz.) cans pinto beans, drained and rinsed (divided) (2¾ cups)
- ½ cup salsa (divided)
- ½ avocado, chopped
- 1 scallion, chopped

### FOR THE TOFU SOUR CREAM

- ½ (14-oz.) package low-fat extra-firm silken tofu, drained
- 1½ teaspoons fresh lemon juice
- ½ teaspoon red wine vinegar
- 1 tablespoon taco seasoning

- 1. GET READY** Preheat the oven to 425°F.
- 2. PREPARE TOFU SOUR CREAM** In a high-powered blender (or food processor), combine drained tofu, lemon juice, red wine vinegar, 1 tablespoon taco seasoning, and 1 tablespoon water. Purée until smooth and creamy.
- 3. BAKE TORTILLAS** On a baking sheet, bake tortillas until golden and crisp, 5 to 7 minutes.
- 4. COOK VEGETABLES** Meanwhile, in a skillet over medium heat, sauté onions, corn, and bell peppers, stirring occasionally, for 2 to 3 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking. (Vegetables should still be somewhat crisp.) Add 1 tablespoon of taco seasoning and mix well. If vegetables seem dry, add a small amount of water. Season with salt and pepper. Remove from heat and set aside.
- 5. MASH BEANS** In a bowl, use a potato masher or a fork to mash 1½ cups pinto beans with ¼ cup salsa.
- 6. ASSEMBLE & SERVE** Spread bean mixture in a serving dish or on a platter. Sprinkle with remaining pinto beans. Top with cooked vegetables. Spread tofu sour cream over vegetable layer. Top with avocado, remaining salsa, and scallions. Serve with tortilla chips.



## Black Bean Sloppy Joes with Sautéed Kale

35 minutes | Makes 2 sloppy Joes + 2 cups kale

Chopped mushrooms and black beans in a tangy sauce are piled high on a toasted bun for a delicious plant-centric spin on this oldie/goodie. If you'd like, swap in cremini mushrooms for the buttons.

### FOR THE SLOPPY JOE MIX

1½ cups coarsely chopped button mushrooms  
½ cup chopped red onion  
½ cup chopped green bell pepper  
1 (15-oz.) can black beans, drained and rinsed  
¼ cup low-sodium tomato sauce  
¼ cup barbecue sauce  
Freshly ground black pepper

### FOR SERVING

2 whole-grain sandwich buns  
½ of a tomato, sliced  
½ of a red onion, sliced

### FOR THE SAUTÉED KALE

2 cloves garlic, minced  
¼ cup low-sodium vegetable broth  
4 cups stemmed and torn kale  
Sea salt  
Freshly ground black pepper  
2 tablespoons red wine vinegar

- 1. SAUTÉ VEGETABLES** In a large skillet over medium heat, cook mushrooms, chopped red onions, and bell peppers, stirring occasionally, until tender, 5 to 6 minutes. Add water, 1 to 2 tablespoons at a time, as needed to keep vegetables from sticking.
- 2. MASH BEANS** In a bowl, using a potato masher or a fork, coarsely mash about half of the black beans.
- 3. MAKE SLOPPY JOE MIX** Add all of the beans, tomato sauce, and barbecue sauce to skillet. Cook until hot and bubbling, 5 minutes. Season with black pepper to taste.
- 4. SAUTÉ KALE** In a separate large skillet over medium-high heat, cook garlic in vegetable broth, stirring, until garlic is soft. Add kale and increase heat to high. Toss kale in broth, cover, and cook until kale has wilted but is still bright green, 5 to 7 minutes. Remove lid and continue to cook until all liquid has evaporated, 1 to 2 minutes. Season with salt and pepper to taste, add red wine vinegar, and toss to combine.
- 5. ASSEMBLE AND SERVE** Toast buns, then spoon sloppy joe mix over the buns open-faced-style. Top with sliced tomatoes and red onions. Serve alongside sautéed kale.



## Dan Dan Noodles

30 minutes | Makes 4 cups noodles and 4 cups vegetables

This popular Chinese dish has a ton of variations. Our version has umami-heightening essentials including mushrooms, tahini, and Szechuan peppercorns. The end result is a brothy bowl of layered flavor.

### TIP

You can typically find Szechuan peppercorns at Asian grocery stores. If you have trouble finding it, feel free to use crushed red pepper instead.

- 6 oz. whole-grain fettuccine or brown rice noodles
- 2 (8-oz.) packages button mushrooms, chopped (6 cups)
- 3 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- ½ teaspoon Szechuan peppercorns, crushed
- 2 tablespoons tamari
- 1½ cups bite-size pieces Broccolini
- 1 carrot, cut into matchsticks
- ½ cup low-sodium vegetable broth
- 2 tablespoons tahini
- 1 tablespoon fresh lime juice
- 1 tablespoon pure maple syrup
- 1 tablespoon toasted sesame seeds
- 1 scallion, chopped

**1. COOK NOODLES** Cook fettuccine according to package instructions. Drain well in a colander, then return to the saucepan and cover to keep warm.

**2. SAUTÉ MUSHROOMS** In a nonstick skillet over medium heat, cook mushrooms, garlic, ginger, and Szechuan peppercorns until all liquid has released and evaporated, about 10 minutes. Add 1 tablespoon tamari and cook until mushrooms are coated. Remove from skillet.

**3. SAUTÉ BROCCOLINI & CARROTS** Add Broccolini and carrots to same skillet. Cook over medium until crisp-tender, about 3 minutes. Add vegetable broth 1 to 2 tablespoons at a time, as needed, to keep vegetables from sticking. Remove vegetables from skillet.

**4. MAKE SAUCE** Add remaining broth to skillet and bring to a boil. Remove from heat. In a bowl, whisk together tahini, lime juice, maple syrup, and remaining 1 tablespoon tamari. Add heated broth, 1 tablespoon at a time, until sauce reaches a thin paste consistency.

**5. ASSEMBLE & SERVE** Toss cooked fettuccine in sauce. Arrange fettuccine in two bowls. Top with mushrooms and vegetables. Garnish with toasted sesame seeds and scallions. Spoon any remaining broth around the edges of each bowl.



## Herbed Hummus Tortilla Pizza

35 minutes | Makes 4 pizzas

With whole-grain tortillas and hummus on hand, you can create hearty, tasty pizzas in minutes. Homemade hummus takes it to the next level, but if you prefer store-bought, Cedar's, Roots, and Oasis brands all make oil-free hummus. Recipe by Dreena Burton.

### FOR THE HUMMUS

- 1 (15-oz.) can cannellini beans, drained and rinsed
- ¼ cup fresh basil, chopped
- 2 tablespoons tahini
- 1 tablespoon fresh thyme, finely chopped
- 1 tablespoon red wine vinegar
- 1 tablespoon fresh lemon juice, plus more to taste
- 1 clove garlic
- ½ teaspoon Dijon mustard
- ½ teaspoon sea salt
- Freshly ground black pepper

### FOR THE PIZZA

- 4 whole-grain tortillas
- 1 red bell pepper, sliced
- 1 cup stemmed and chopped spinach
- 2 tablespoons sun-dried tomatoes (optional)
- 2 tablespoons Kalamata olives (optional), pitted and sliced

**1. GET READY** Preheat the oven to 400°F. Line a baking sheet with parchment paper.

**2. MAKE HUMMUS** Meanwhile, in a food processor (or high-powered blender), purée cannellini beans, basil, tahini, thyme, vinegar, lemon juice, garlic, Dijon mustard, and salt until smooth. Season with black pepper to taste; add more lemon juice if desired.

**3. BAKE CRUST** Bake tortillas on prepared baking sheet until just crisp and golden, 8 to 9 minutes (watch closely, as tortillas can turn from golden to burned very quickly!). Remove from oven and let crusts cool on baking sheet.

**4. ASSEMBLE PIZZAS** Spread a layer of hummus over each tortilla and add toppings. Bake immediately (or tortillas will get soft!). Cook until toppings are heated through, 7 to 9 minutes.

**5. SERVE** Remove from oven, slice, and serve immediately!



## Kale Caesar Salad

20 minutes | Makes 10 cups

All kale Caesar! With this salad you don't need to choose between kale or Caesar. Have both and avoid feeling like a traitor. Allow about 15 minutes extra to prepare the grains if you are making this recipe from start to finish in one day.

### FOR THE SALAD

- 1/3 cup quinoa, rinsed and drained
- 2 slices whole-grain bread, cut into large cubes
- 1 (15-oz.) can chickpeas, drained and rinsed
- 6 cups baby kale
- 1 cup halved cherry tomatoes

### FOR THE DRESSING

- 1/2 cup raw, unsalted cashews
- 1/3 cup white wine vinegar
- 1/3 cup unflavored plant milk
- 1 1/2 tablespoons Dijon mustard
- 2 cloves garlic
- Sea salt
- Freshly ground black pepper

- 1. GET READY** Preheat the oven to 375°F.
- 2. PREPARE GRAINS** In a saucepan over high heat, bring quinoa and 2/3 cup water to a boil. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let cool; fluff quinoa with a fork.
- 3. SOAK CASHEWS** In a bowl, soak cashews in very hot water for 15 minutes. Drain the water and rinse the nuts.
- 4. MAKE CROUTONS** Bake bread cubes on a baking sheet until crisp, 8 to 10 minutes. Remove from heat and let cool.
- 5. PREPARE KALE SALAD** In a bowl, combine chickpeas, cooked quinoa, kale, and tomatoes.
- 6. MAKE CAESAR DRESSING** In a high-powered blender (or food processor), combine soaked cashews, vinegar, plant milk, Dijon mustard, and garlic. Process until smooth. Season with salt and pepper to taste.
- 7. ASSEMBLE & SERVE** Pour about half the Caesar dressing over kale salad; toss to coat. Top with croutons and serve with remaining dressing on the side.



Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milks are all varieties of plant milk. Look for unsweetened, unflavored plant milks.



Use peeled or unpeeled potatoes in this hash, whichever you prefer.

## Loaded Skillet Hash Browns

35 minutes | Makes 4 cups

Our amped-up hash browns incorporate two types of potatoes, fire-roasted corn, bell peppers, and a hint of spice—plus some bright, fresh toppings that make it all sing!

- 1 sweet potato, scrubbed and cut into medium dice (1½ cups)
- 1 russet potato, scrubbed and cut into medium dice (1 cup)
- 1 red or green bell pepper, chopped
- ½ yellow onion, chopped
- 3 cloves garlic, minced
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ cup low-sodium vegetable broth, plus more as needed
- 1 cup frozen fire-roasted corn
- Sea salt
- Freshly ground black pepper

### FOR SERVING

- ½ avocado, chopped
- ⅓ cup salsa
- ¼ cup fresh cilantro, chopped
- ½ lime, cut into wedges

**1. START HASH:** In a large skillet over medium heat, cook potatoes, bell peppers, onions, garlic, chili powder, and cumin, stirring occasionally, until potatoes are tender, 10 to 12 minutes. Add vegetable broth 2 to 3 tablespoons at a time as needed, to keep hash from sticking. Stir in fire-roasted corn and any remaining broth and cook, stirring occasionally, for 2 to 3 minutes. Season with salt and pepper to taste.

**2. ASSEMBLE AND SERVE** Top hash with avocado, salsa, and cilantro. If desired, serve with lime wedges.





## Quinoa Green Goddess Bowl

30 minutes | Makes 2 bowls

Fresh herbs like parsley and basil are nutrient-dense powerhouses. This dish from Dreena Burton spotlights a creamy, aromatic dressing that makes the most of them.

### FOR THE SALAD

- ½ cup quinoa, rinsed and drained
- 2 cups peeled and large-diced sweet potatoes
- 4 cups stemmed and chopped kale
- 1 red bell pepper, chopped
- 2 tablespoons shelled pumpkin seeds (optional)

### FOR THE DRESSING

- ¼ cup raw, unsalted cashews
- 1 tablespoon tahini (divided)
- 2½ tablespoons fresh lemon juice
- ⅓ cup packed fresh basil
- ¼ cup packed fresh parsley
- 2 teaspoons pure maple syrup
- ½ teaspoon Dijon mustard
- ½ clove garlic
- ¼ teaspoon sea salt
- Freshly ground black pepper

**1. SOAK CASHEWS** In a bowl, soak cashews in very hot water for 15 minutes. Drain the water and rinse the nuts.

**2. PREPARE GRAINS** Meanwhile, in a saucepan over high heat, bring quinoa and 1 cup water to a boil. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let cool; fluff quinoa with a fork.

**3. MAKE DRESSING** In a high-powered blender (or food processor), combine about half the tahini with soaked cashews, lemon juice, basil, parsley, maple syrup, Dijon mustard, garlic, and salt. Purée until smooth. If you'd prefer a richer texture, add remaining tahini; or add water to thin. Season with additional salt and pepper to taste.

**4. PREPARE POTATOES AND KALE** In a steamer insert set over boiling water, steam sweet potatoes, covered, until just tender when pierced with a fork, about 10 minutes. Add kale, then steam until bright green, about 1 minute. Let sweet potatoes and kale cool.

**5. ASSEMBLE & SERVE** In a bowl, combine quinoa, sweet potatoes and kale, bell peppers, and pumpkin seeds (if using). Drizzle with dressing and serve.



## Red Lentil Sweet Potato Soup

35 minutes | Makes 6 cups

Heady with earthy spices and autumn flavors, this soup requires little prep and just one pot.

### FOR SOUP

- $\frac{3}{4}$  cup chopped yellow onion
- 3 cloves garlic, minced
- 6 cups low-sodium vegetable broth
- 3 cups peeled and large-diced sweet potatoes
- $1\frac{1}{4}$  cups dry red lentils, rinsed and drained
- $1\frac{1}{2}$  teaspoons ground cumin
- $\frac{3}{4}$  teaspoon ground coriander
- $\frac{1}{3}$  teaspoon ground cinnamon
- 2 dashes cayenne pepper (optional)
- 3 cups stemmed and thinly sliced kale
- Sea salt
- Freshly ground black pepper

### FOR SERVING

- $1\frac{1}{2}$  scallions, white and green parts, thinly sliced
- 3 tablespoons roasted unsalted cashews, chopped (optional)

- 1. SAUTÉ AROMATICS** In a saucepan over medium heat, cook onions and garlic, stirring occasionally, until onions start to turn translucent, 3 to 4 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.
- 2. START SOUP** Add vegetable broth, sweet potatoes, red lentils, cumin, coriander, cinnamon, and cayenne (if using) to aromatics. Increase heat to high, cover, and bring to a boil.
- 3. SIMMER SOUP** Reduce heat to medium-low and simmer until sweet potatoes and lentils are very tender, 15 to 20 minutes. Stir in kale and cook until kale has wilted, 2 to 3 minutes. Season with salt and pepper to taste.
- 4. SERVE** Top with scallions and roasted cashews, if desired, and serve.

Spice Alert!  
Consider  
omitting the  
cayenne if  
serving this  
to kids.

**TIP**

**DIY OAT FLOUR**  
Make your own oat flour by placing oats in the bowl of your food processor and pulsing the oats until they are ground into a powder-like consistency. 1¼ cups of oats make 1 cup oat flour.

## Wholesome Oat Snackles

30 minutes | Makes 12 snackles

These little treats are more like mini muffins than cookies—they're perfect for packing in lunches or to curb midmorning cravings. Adapted from Dreena Burton's recipe in *Let Them Eat Vegan*.

- 1 cup rolled oats
- 1 cup oat flour
- ⅓ cup raisins
- ¼ cup hemp seeds (optional)
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon lemon zest (optional)
- ¼ teaspoon sea salt
- 1 dash ground nutmeg
- ½ cup unsweetened applesauce
- ¼ cup pure maple syrup
- 2 tablespoons dairy-free chocolate chips (optional)

**1. GET READY** Preheat the oven to 350°F. Line baking sheets with parchment paper.

**2. MAKE BATTER** In a bowl, combine oats, oat flour, raisins, hemp seeds (if using), baking powder, cinnamon, zest (if using), salt, and nutmeg. Stir until well combined. Add applesauce, maple syrup, and chocolate chips (if using). Stir until well incorporated.

**3. BAKE SNACKLES** For each snackle, use a cookie scoop (or a spoon) to transfer 1 to 1½ tablespoons of dough onto prepared baking sheets. Bake snackles until golden brown, 14 to 15 minutes. Remove from heat, let cool on baking sheets for a minute, then transfer to a wire rack to let cool completely.



## Life by Chocolate Nice Cream

10 minutes + 2 hours freeze time  
Makes 4 cups

When you need to convince a friend that a plant-based lifestyle is as fun as it is healthy, serve up a bowl of this delicious treat that's to... umm... to live for!

- 4 bananas
- $\frac{1}{4}$  teaspoon pure vanilla extract
- 1 pinch sea salt
- 3 tablespoons unsweetened cocoa powder
- 1 tablespoon pure maple syrup (optional)
- 2 tablespoons dairy-free chocolate chips (optional)

- 1. FREEZE BANANAS** Line a baking sheet with parchment paper. Freeze sliced bananas on prepared baking sheet for at least 2 hours.
- 2. MAKE NICE CREAM** In a food processor (or high-powered blender), purée frozen banana slices, vanilla, sea salt, cocoa powder, and maple syrup (if using) until smooth and creamy, stopping process or a few times to scrape down sides. Stir in chocolate chips, if desired.
- 3. SERVE** You can either enjoy immediately, or transfer to an airtight, freezer-safe container and place in freezer. Allow to set for 1 to 2 hours for a firmer ice cream.

Keep peeled bananas in the freezer to make 10-minute nice cream any time!