



# **PLANT-BASED COOKBOOK**

**Available for digital download!**

**Created with submissions from students,  
faculty, and staff from the WCU Community,  
Spring 2022.**

# Table of Contents

Main Courses

Pasta Dishes

Two Pots or Less

Bowls, Wraps, and Sandwiches

Salads

Dips, Sauces, and Spreads

Breads and Desserts



# *Main Courses*





**Winner of  
"Favorite  
Plant-  
Based  
Recipe"  
Contest,  
March 2022**

# Air Fryer Squash Soup

*servings*

Makes 8, 1-cup servings

*ingredients*

1 ½ lb Butternut Squash, peeled & cut into 1" cubes

2 med Carrots, cut into 1 ½" cubes

1 med Orange Bell Pepper, julienned

½ med Onion, cut into 4 wedges

3 tbsp Olive Oil

¾ tsp Granulated Garlic

½ tsp Ground Ginger

¼ tsp (each) Dried Thyme, Kosher Salt, Freshly Ground Black Pepper

3 cups Low Sodium Veggie Broth

½ cup Heavy Cream

*Optional, for serving*

Roasted, Salted Pepitas; Crème Fraiche; Finely Chopped Chives

*method*

1. Preheat a 6-quart air fryer to 375 degrees F.
2. Toss the butternut squash, carrots, bell pepper, onion, olive oil, granulated garlic, ginger, thyme, 1 ½ teaspoons salt and several grinds of black pepper together in a large bowl until well combined. Transfer to the air fryer basket. Fry until golden brown and tender, tossing halfway through, about 20 minutes.
3. Transfer the browned vegetables to a large pot or Dutch oven and add the broth and cream. Use an immersion blender to blend the mixture on medium-high until very smooth. (Alternatively, blend the mixture in a standard blender, first letting it cool for 5 minutes, then transferring it to the blender, filling only halfway. Put the lid on, leaving one corner open. Cover the lid with a kitchen towel to catch splatters, and pulse until very smooth, scrapping down the sides of the blender carafe with a rubber spatula as needed; pour the blended mixture back into the pot.)
4. Cook the soup over medium-low heat, stirring occasionally, until the mixture is just simmering, about 5 minutes. Taste and adjust the seasoning with salt and pepper.
5. Ladle into bowls and top with pepitas, drizzle with crème fraîche or yogurt and sprinkle with chives.

Submitted By:

*Jessica Young, Campus Dining*

WCU Community Favorite Plant-Based Dish:

*Buffalo Cauliflower*



Winner of  
"Favorite  
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Based  
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Contest,  
March 2022

# Quinoa Medley

servings

Makes two servings

ingredients

2 cups	Brussels Sprouts
2 large	Sweet Potatoes, sliced
½	Onion, sliced
1 cup	Tri-Colored Quinoa
1 cup	Brown Rice
1 cup	Kale
½ cup	Cabbage
1 whole	Avocado
8 whole	Cherry Tomatoes
½ tsp	Ground Black Pepper
½ tsp	Salt
2 tbsp	Grapeseed Oil

method

1. Bring 1 cup of water to a boil.
2. In a bowl, mix quinoa and brown rice until evenly distributed. Add to boiling water and cook for five minutes.
3. Preheat air fryer.
4. Combine brussels sprouts, sweet potatoes, onion, grapeseed oil and seasonings. Toss until evenly coated.
5. Roast in air fryer until onions begin to lightly brown.
6. Remove from air fryer and set aside.
7. Chop and mix cabbage and kale.
8. Slice tomatoes and avocado.
9. Add pepper to taste

Submitted By:

*Bianca Bonner, Student*

WCU Community Favorite Plant-Based Dish:

*(Special Request) Salad based with lettuce, topped with tomatoes, chickpeas, and sweet potatoes at Lawrence Center*

Janet Lacey, *Fields of Nourishment*, reprinted with permission from Jude Blereau, *Coming Home to Eat, Wholefood for the Family*, Australia, Murdoch Books, 2006.

# Tempeh with Orange Glaze

servings

Makes 4 ¼ two-ounce servings

ingredients

1 cup	Orange Juice
1 tbsp	Grated Ginger
2 tsp	Low-Sodium Soy Sauce
1 ½ tbsp	Mirin
2 tsp	Maple Syrup
½ tsp	Ground Coriander
2, small	Crushed Garlic Cloves
8 oz	Tempeh
2 ½ tbsp	Olive Oil
2 tbsp	Lime Juice
½ cup	Chopped Cilantro Leaves

method

1. Put the orange juice into a small bowl. Squeeze the grated ginger over the bowl to extract the juices, then discard the pulp.
2. Add the soy sauce, mirin, maple syrup, ground coriander, and garlic. Mix together and set aside.
3. Cut the tempeh into one-inch blocks, and then split each into thirds (it cooks more thoroughly this way).
4. Put 1 ½ tbsp olive oil in a large frying pan over medium-high heat. When the oil is hot, but not smoking, add the tempeh and fry for 5 minutes, or until golden underneath.
5. Turn, add the remaining 1 tbsp olive oil and cook the other side for 5 minutes, or until golden.
6. Pour the orange juice mixture into the pan, cover and simmer on low for 10 minutes, or until the sauce has reduced to a lovely thick glaze. Turn the tempeh once more during this time and spoon the sauce over the tempeh from time to time.
7. Serve the tempeh with a drizzle of any remaining sauce and a squeeze of lime, with the cilantro sprinkled on top.

Submitted By:

Janet Lacey, Professor Nutrition WCU

# Veggie Loaf

servings

Makes 4 servings

ingredients

1 bag Veggies Crumbles

¾ cup Soy Milk

1 large Egg

1 tbsp Soy Sauce

1 tbsp Prepared Horseradish

1 tbsp Mustard

1 tbsp Ketchup

Chopped Mushrooms, onion, garlic, and bell peppers

¾ cup Bread Crumbs

¼ cup Grated Parmesan Cheese

To taste Various Herbs and Spices

method

1. Spray loaf pan or baking sheet with oil spray.
2. Mix all ingredients.
3. Form into a loaf shape and place on baking sheet or fill loaf pan.
4. Top with extra ketchup and mustard.
5. Bake for one hour [at 300°F].



Submitted By:

*Tina Chiarelli-Helminiak, Faculty WCU*

WCU Community Favorite Plant-Based Dish:

*Tofu Pad Thai at Baan Thai*

## Fried Tofu

Submitted By

*Xi Li, Student*

Sourced

*Simple Vegan Blog*

WCU Community Favorite  
Plant-Based Dish

*Melon Salad on Campus*



## Vegan Banana Pancakes

Submitted By

*Abigail Shuster, Student*

Sourced

*Love and Lemons*

WCU Community Favorite  
Plant-Based Dish

*Kale Blend, topped with granola, pineapple, mango, banana, coconut flakes, and honey from Playa Bowl*





# *Pasta Dishes*



# Veggie Lasagna

servings

Makes 8-10 dinner servings

ingredients

1 large	Onion
3 whole	Garlic Cloves
8 oz	Ricotta Cheese
15 oz	Can Diced Tomatoes
15 oz	Can Tomato Sauce
6 oz	Can Tomato Pasta
1 large	Eggplant
10 oz	Frozen Spinach
1 large	Egg
1 cup	Shredded Parmesan
2-3 cups	Shredded Mozzarella
24	Uncooked Lasagna Noodles
1 tbsp	Salt
½ tbsp	Ground Black Pepper
To taste	Oregano, Basil, Parsley

Optional

2 large	Roma Tomatoes
2 med	Yellow Squash

method

Sauce

1. Dice the onion into small pieces.
2. Peel the eggplant and slice lengthwise, then salt lightly and place between paper towels for about ten minutes. Dice.
3. Sauté the onion and eggplant until soft, about 8-9 minutes. Add a tablespoon of water as necessary, to help break down the eggplant.
4. Dice garlic and add to pan.
5. After about thirty seconds, add the tomato paste and sauté for another two minutes. You may have to add a tablespoon of water, so it doesn't burn.
6. Add diced tomatoes, tomato sauce, a teaspoon of sugar, salt, about a tablespoon of dried herbs, and a half cup water to the pot. Let simmer for about 20 minutes. Add more salt and pepper to taste.
7. Mix well and set aside.

Ricotta Mixture

1. Thaw frozen spinach to room temperature.
2. Strain through a colander, squeeze out excess water.
3. Add ½ cup Parmesan, ricotta, and egg to spinach.
4. Add salt and pepper to taste.
5. Mix well and set aside.

Optional Step

1. Cut a shallow "X" into the top of the Roma tomatoes and blanch them (dunk in boiling water for about a minute, then plunge into iced water). Peel
2. Use a mandolin to slice the squash very thinly.
3. Slice tomato thinly with a knife.
4. Set aside.

Assembly

1. Place a layer of sauce on the bottom of an oven-safe baking dish. Just enough to cover.
2. Add a layer of noodles. You may have to snap some to fit.
3. Sprinkle a handful of mozzarella, and then add a layer of the ricotta mixture. Add optional squash and tomato here.
4. Carefully spoon a layer of the sauce on top of the ricotta mixture and top with another layer of noodles.
5. Repeat steps 3 and 4, until layers reach about an inch below baking dish. Add a final layer of sauce and ricotta mix.
6. Top with remaining Parmesan and Mozzarella.
7. Bake covered for about 30-40 minutes at 375°F. Remove cover when noodles are soft and bake an additional 10 minutes, until cheese is bubbly and browning.
8. Cool for a few minutes and serve.

Submitted By:

Emily Miller, Student

WCU Community Favorite Plant-Based Dish:

Love the salads from Greens to Go!



## **Cottage Cheese and Pasta**

Submitted By

*Claire Zito, Student*

Sourced

*NY Times Dining*

WCU Community Favorite  
Plant-Based Dish

*Anything from Love Again Local in town!*

## **Mediterranean Pasta**

Submitted By

*Avery McElroy, Student*

Sourced

*Stephanie Lee Nutrition*

WCU Community Favorite  
Plant-Based Dish

*Vegetable Roll from Sykes [Student Union]*



# Pesto Spaghetti

Submitted By

*Lindsey Lott, Student*

Sourced

*Knorr*

WCU Community Favorite  
Plant-Based Dish

*General Tso's Tofu on Campus*



# Creamy Avocado Pasta

Submitted By

*Jovanna Russo, Student*

Sourced

*Gathered Nutrition*

WCU Community Favorite  
Plant-Based Dish

*The Atomic Veggie Sandwich from  
Couch Tomato Cafe*





***Two Pots  
or Less***



**Winner of  
"Favorite  
Plant-  
Based  
Recipe"  
Contest,  
March 2022**

# Coconut Green Curry

## w/ Chick Peas and Sweet Potatoes

*servings*

Makes 4-6 servings

*ingredients*

1 tsp	Coconut Oil
1 ½ cup	Sliced Shallots
2 cloves	Garlic, minced
1-4oz jar	Green Curry Pasta
1-15oz can	Coconut Milk
1 cup	Vegetable Broth
1 to 2	Limes, zested & juiced
1 to 2 tbsp	Ginger Juice
1 to 2 tbsp	Tamari
1 tbsp	Maple Syrup (optional)
To taste	Sea Salt
Garnish	Minced Cilantro

*method*

1. Preheat oven to 400° F and prepare a large pot of salted water over high heat on the stove top.
2. In a medium pot, warm the coconut oil and cook the shallots for about 5 to 8 minutes, until starting to brown slightly.
3. Add garlic and green curry, stir to combine well.
4. Slowly add coconut milk and broth, stirring to combine well.
5. Add lime zest and juice, ginger juice, tamari and maple syrup if using. Bring to simmer and season to taste with sea salt. Allow to simmer gently while you prepare the vegetables.
6. Toss sweet potatoes and melted coconut oil and sea salt. Lay on a parchment lined sheet tray and roast and roast in the oven for about 25 minutes, or until just tender.
7. Blanche the kale for one minute, then the green beans for 30 seconds in the boiling water.
8. Combine cooked vegetables, chickpeas and sauce together. Allow all ingredients to be warmed through.
9. Serve with whole grain of your choice (or not) and garnish with cilantro.

Submitted By:

*Jennifer Fanega*

# Lentil Chili

servings

Makes 6, 8-oz servings

ingredients

1 tbsp	Olive Oil
1 med	Yellow Onion, chopped
1 large	Green Pepper, chopped
1 large	Red Pepper, chopped
2 cloves	Garlic, chopped
28 oz	Can Crushed Tomatoes
20 oz	Water
1 cup	Brown Lentils
2 cups	Frozen Corn
1 tsp	Sugar
2 tbsp	Cumin
2-3 tbsp	Chili Powder
To taste	Salt

method

1. In a Dutch oven over medium heat, add olive oil. Once heated, add the onion and cook for five minutes until soft. Add green and red peppers, cook for five more minutes. Lower the heat if the onion and peppers start to brown.
2. After the onions and peppers are soft, add garlic, cook for one minute. Add crushed tomatoes and water. Add sugar, salt, and seasonings. Stir together.
3. Stir in lentils. Cover pot and simmer for 30-60 minutes, stirring often to prevent sticking.
4. Lower heat, add corn and cook for 10 more minutes.
5. Serve with hot sauce and tortilla chips. Vegan shredded cheese and vegan sour cream are good additions!

Submitted By:

*Melina Schauerma, Student*

WCU Community Favorite Plant-Based Dish:

*(Vegan) Reuban Sandwich at Love Again Local*

# Vegan Tunisian Freekeh Stew

servings

Makes 2 servings

ingredients

2 tbsp Tunisian Spice Blend

2 med Onions

3 med Carrots

2 med Celery Sticks

½ cup Veggie Stock

15 oz Can Crushed Tomatoes

4 med Garlic Cloves

1 cup Freekah

15 oz Can of Chickpeas

method

1. Preheat oven to 400°F and peel and dice carrots, onions, and celery. Mince garlic. Drain Chickpeas.
2. In a pot, drizzle olive oil and add onions, carrots, and celery until caramelized. Add salt and pepper, Tunisian Spice blend, and crushed tomatoes. Cook for a few minutes.
3. Add veggie stock, freekeh, and 2 cups of water. Cook for about 30 minutes or until the freekeh (should be soft like rice or couscous).
4. Lay chickpeas on a tray and drizzle with olive oil, sprinkle some Tunisian spice blend, salt, and pepper onto them. Cook for about 20 minutes so they are crispy.
5. Pour stew into bowls and top with crispy chickpeas.

Submitted By:

*Morgan Ferree, Student*

WCU Community Favorite Plant-Based Dish:

*Vegetable Roll at Wild Blue in Sykes*



# Peanut Butter & Banana Protein Shake

servings

Makes 1 serving

ingredients

30-40g Plant-Based Protein Powder

2-4 tbsp Natural Peanut Butter Powder

1 lg Banana

8-12 oz Water or Plant-Based Milk

method

1. Toss all ingredients into a blender.
2. Blend until well combined.



Submitted By:

*Bryce K. Domback, Student*

WCU Community Favorite Plant-Based Dish:

*The Sushi at Blue Moon*



Winner of  
"Easy,  
Dorm-Style  
Recipes"  
Contest,  
April 2022

# Loaded Sweet Potato Breakfast

servings

Makes 1 serving

ingredients

1 med Sweet Potato

1 med Ripe Banana

½ cup Yogurt of Choice  
(Greek, Plant-Based,  
etc)

2 tbsp Seeds / Nuts /  
Nutbutter of Your  
Choice

¼ tsp Cinnamon

1/8 tsp Pumpkin Spice

method

1. Pierce sweet potato with a fork in a few places, and place in the microwave, wrapped in a damp towel, and cook until thoroughly soft.
2. Mash banana in a bowl, and then mix with yogurt and spices.
3. Once sweet potato is cooked, let cool slightly and cut lengthwise. Fluff and remove potato flesh.
4. Add sweet potato to banana mixture and fully combine.
5. Scoop mixture into potato skins.
6. Top with seeds, nuts and/or any nut butter of your choice.

Submitted By:

*Mackenzie Soucek, Student*

WCU Community Favorite Plant-Based Dish:

*Pasta with Vegetables at  
Rammy's Corner*

# Boiled Cabbage Stir-Fry

servings

Makes 20 servings

ingredients

3 med	Cabbage Heads
4 med	Carrots
3 lg	Green Bell Peppers
4 med	Dried Bay Leaves
2 tbsp	Paprika
1 tbsp	Canola Oil
1 tbsp	Salt
½ cup	Boiled Water
½ cup	Tomato Sauce

*Optional*

8 whole	Black Pepper Balls
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method

1. Wash all vegetables thoroughly.
2. Cut cabbage heads into long, thin pieces. Can use a julienne disc in a food processor. After peeling carrots, repeat cutting measure.
3. Dice or julienne bell peppers; chef's choice!
4. Add cabbage, carrots, and bell peppers into pot with already boiling water. Put the pot over medium to low heat.
5. Once you see the vegetables are beginning to soften, add the canola oil.
6. About five minutes later, mix in paprika, salt, tomato sauce and bay leaves. (Optional: add black pepper balls if you wish to have a spicier dish.)
7. Allow the dish to cook over medium heat until all water has evaporated.
8. Once cool enough to eat, dish and serve!

Submitted By:

*Ani Avesian, Student*

WCU Community Favorite Plant-Based Dish:

*Any of the Salads available in  
Sykes Student Union*

# Peanut Stew

servings

Makes 6, 1-cup servings

ingredients

15 oz	Canned Garbanzo Beans; drained, rinsed
1 qt	Vegetable Stock
15 oz	Canned Diced Tomatoes
2 lg	Sweet Potatoes, diced
1 med	Yellow Onion, diced
1 lg	Bell Pepper, diced
1-3	Jalapeno Peppers, diced
4-8 cloves	Garlic, minced
1-2 inch	Piece of Ginger; shaved, minced
1-1 ½ cup	Peanut Butter
1-1 ½ tsp	Salt
1 tbsp	Cumin
2 tsp	Ground Coriander
1 tsp	Cayenne (or Paprika)
2-3 cups	Spinach, chopped

method

1. Combine all ingredients from garbanzo beans through cayenne in a crockpot.
2. Cook on low for 6-8 hours.
3. Stir in spinach and let cook for an additional 15 minutes.
4. Mash sweet potatoes in crock pot until stew is thickened.
5. Serve over brown rice with garnishes.

## Garnishes

Fresh Lime	Slices, zest
Cilantro	Chopped
Peanuts	Crushed
Cooked Brown Rice	1/3 (dry) per person

Submitted By:

*Ian Amidon, Student*

# Dorm-Style Hearty Chickpea & Grain Soup

servings

Makes 4, 3-cup servings

ingredients

6 cups Vegetable Broth

2-8.5 oz Microwave Rice Mix

15.5 oz Canned Chickpeas

14.5 oz Canned Carrots

2-4oz Canned Mushrooms

2 cups Broccoli, raw

1 tbsp Minced Garlic

¼ tsp Italian Seasoning Mix

1/8 tsp Ground Black Pepper

To taste Cumin

method

1. Dice broccoli florets.
2. Steam broccoli in a large, microwave-safe bowl with about a centimeter of water until the broccoli is cooked, about 2 minutes.
3. Drain and rinse chickpeas, carrots, and mushrooms.
4. Add chickpeas, strained carrots, strained mushrooms to the steamed broccoli.
5. Cook rice according to package instructions.
6. Add rice, vegetable broth, minced garlic, and spices to bowl and mix well.
7. Heat entire mixture; or portion out mixture and heat each individual serving.

Submitted By:

*Mackenzie Soucek, Student*

WCU Community Favorite Plant-Based Dish:

*Pasta with Vegetables at  
Rammy's Corner*



Winner of  
"Easy,  
Dorm-Style  
Recipes"  
Contest,  
April 2022

# Chickpea Curry

servings

Makes 4 servings

ingredients

14 oz Canned Tomatoes

16 oz Canned Chickpeas

1 med Yellow Onion, diced

To Taste Minced Garlic

13.5 oz Canned Coconut Milk

1 tbsp Olive or Coconut Oil

1/4 tsp Cumin

1 1/2 tbsp Garam Masala

1 tsp Curry Powder

To Taste Sea Salt and Black Pepper

Optional

Handful of Spinach

Rice or Quinoa, for serving

method

1. In a deep skillet over medium heat, add your coconut or olive oil.
2. Add in onion and garlic. Allow the onions to brown. Add cumin, garam masala, and curry powder. Stir until onions are coated thoroughly.
3. Add tomatoes, coconut milk, chickpeas, and spinach. Stir to combine. Bring to boil with lid on, for 10-15 minutes. Reduce to medium low heat, so that the mixture continues to simmer.
4. Season to taste with sea salt and pepper.
5. Serve over rice or quinoa and enjoy!

Submitted By:

Makayla Dereef, Campus Dining Employee



# Masala Stuffed Sweet Potato

Submitted By

*Damen Clegg, Student*

Sourced

*Purple Carrot*

WCU Community Favorite  
Plant-Based Dish

*Basic Beet Bowl at Playa Bowl*

# Vegetable Soup

Submitted By

*Empress Myers, Student*

Sourced

*Plant Based Cooking Show*

WCU Community Favorite  
Plant-Based Dish

*Plant-Powered Breakfast Burrito  
at Saxby's*



# Vegan Spicy Thai Peanut Butter Ramen

Submitted By

*Kathryn Krueger, Student*

Sourced

*Rabbit and Wolves*

WCU Community Favorite  
Plant-Based Dish

*Vegan Gelato at Gemelli's or  
D'aschenzo's*

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# Crispy Teriyaki Tofu and Broccoli

Submitted By

*Colleen McAllister, Student*

Sourced

*Recipe Runner*

WCU Community Favorite  
Plant-Based Dish

*N/A*

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# Vegan Protein Overnight Oats

Submitted By

*Samantha Stone, Student*

Sourced

*Cheap Lazy Vegan*

WCU Community Favorite  
Plant-Based Dish

*“Turk’y” Club from  
Love Again Local*

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***Bowls,  
Wraps,  
and  
Sandwiches***





**Winner of  
"Favorite  
Plant-  
Based  
Recipe"  
Contest,  
March 2022**

# Best Buddha Bowl

servings

Makes 1 serving

ingredients

½ med	Sweet Potato, cubed, cooked
¼ cup	Rainbow Carrots, diced
2 med	Radishes, thinly sliced
¼ cup	Kale
¼ cup	Chickpeas
1 cup	Brown Rice, cooked
½ tsp	Cooking Oil
1 tsp	Lemon Juice
To Taste	Salt
To Taste	Sauce (like Tahini)
To Taste	Pickled Veggie (like pickled red onions)

method

1. Cube, dice, and slice raw veggies into bite-sized pieces.
2. In a bowl, toss kale and oil, lemon juice, and salt. Massage kale and set aside.
3. Fill the bowl you will be eating from, with a bed of brown rice.
4. Add raw veggies a top rice. Next, add chickpeas and kale.
5. Top with pickled vegetable of choice and drizzle with sauce!
6. Enjoy!

Submitted By:

*Mila Ressler, Student*

WCU Community Favorite Plant-Based Dish:

*Any dish from Lindsey's Garden at the Lawrence Dining Hall. They have all vegan and vegetarian options.*

# Chickpea Tuna Salad

servings

Makes 4, one-sandwich servings

ingredients

	Bread of your choice
1 can	Garbanzo Beans, drained, rinsed, peeled
1 head	Broccoli, shredded
1 med	Carrot, shredded
½ med	Onion, diced
½ med	Bell Pepper, diced
½ cup	Vegan Mayo
1 tsp	Garlic Powder
To taste	Salt
To taste	Pepper
1 tbsp	Plant-Based Butter
<i>Optional:</i>	
To taste	Plant-Based Shredded Cheese

method

1. Combine all ingredients in one bowl and mix until well-combined. All veggies should be covered in seasoning and mayo.
2. Heat a pan on medium heat, add plant-based butter and lay down two pieces of bread to toast on one side each.
3. Add chickpea salad mixture to one piece of bread and sprinkle with plant-based shredded cheese if desired. Top with other piece of bread and place back in pan.
4. Cook each side for 1 to 2 minutes.
5. Serve and enjoy!

Submitted By:

*Jason Goldblatt, Campus Dining*

WCU Community Favorite Plant-Based Dish:

*Salads from Greens to Go! or Plant-Based Chorizo Bowl from Chipotle*



## **Cauliflower Rice Burrito Bowl**

Submitted By

*Ava Vendetti-Spahr, Student*

Sourced

*Minimalist Baker*

## **Peanut Miso Chickpea Sandwich**

Submitted By

*Shauna Terhun-Cotter, Student*

Sourced

*Nasim Lahbco*

WCU Community Favorite  
Plant-Based Dish

*Salad Bar at Lawrence  
Dining Hall*





## **Avocado White Bean Wrap**

Submitted By

*Brianna Wisinski, Student*

Sourced

*Kristy Turner*

WCU Community Favorite  
Plant-Based Dish

*Burrito Loco*

## **Portobello Mushroom “Burger”**

Submitted By

*Lauren Powell, Student*

Sourced

*Love & Lemons*

WCU Community Favorite  
Plant-Based Dish

*Cucumber Sushi Roll from Sykes*





## Jackfruit Sliders

Submitted By

*Peyton Dotson, Student*

Sourced

*Love & Lemons*

WCU Community Favorite  
Plant-Based Dish

*Strawberry and Goat Cheese Salad  
from Iron Hill*

## Vegan “Pulled Pork” Sliders

Submitted By

*Michael McGuire, Student*

Sourced

*Food Network*

WCU Community Favorite  
Plant-Based Dish

*Customized Salad with all the  
veggies from Greens to Go!*





*Winner of  
"Easy,  
Dorm-Style  
Recipes"  
Contest,  
April 2022*

# **Vegan Lettuce Wraps**

**Submitted By**

*Delaney George, Student*

**Sourced**

*Oh My Veggies!*

**WCU Community Favorite  
Plant-Based Dish**

*Cucumber Roll at  
Wild Blue*





# *Salads*



# Strawberry Fields Salad

servings

Makes 1 serving

ingredients

2-3 cups Baby Spinach (or Spring Mix)

1/4 cup Pecans

4 Cherry Tomatoes

1/4 cup Diced Red Onion

1/3 cup Shredded Carrots

To taste Raspberry Vinaigrette

To taste Crumbled Vegan Gorgonzola

method

1. Measure ingredients.
2. Toss all ingredients in serving bowl.
3. Drizzle with dressing and sprinkle crumbled vegan gorgonzola to your liking.



Submitted By:

*Veronica Moeller, Student*

WCU Community Favorite Plant-Based Dish:

*Mediterranean Veggie Sandwich from Sandwich Shack*

## **Potato Salad** w/ **Avocado and Dill**

Submitted By

*Corrin Buczacki, Student*

Sourced

*Forks Over Knives*

WCU Community Favorite  
Plant-Based Dish

*Anchor Cobb (no chicken) from  
The Couch Tomato*

## **Crunchy Thai Salad** w/ **Peanut Butter Dressing**

Submitted By

*Tara Christman, Student*

Sourced

*Jessica Gavin, Culinary Scientist*

WCU Community Favorite  
Plant-Based Dish

*N/A*





*Dips,  
Sauces,  
and Spreads*

# Vegan Queso Dip

servings

Makes many servings

ingredients

2 cups	Vegetable Broth
2 med	Bell Peppers
1-2 med	Carrots
15 oz	Canned White Beans
1 tsp	Garlic
1 tsp	Cumin
2 tsp	Basil
2 tsp	Paprika
2 tsp	Oregano
¼ cup	Nutritional Yeast
2 tbsp	Flax Meal
2 tbsp	Dijon Mustard
3 tbsp	Flour
To taste	Salt and Pepper
15 oz	Jar Chunky Salsa

method

1. Boil beans, peppers, carrots and seasonings in vegetable broth.
2. Once carrots are soft, blend everything together and add nutritional yeast, flax meal, mustard and flour. Add salt and pepper to your liking.
3. Blend again until well combined.
4. Optional: Add the jar of chunky salsa and blend well.
5. Enjoy!

Submitted By:

*Mariah Sellner, Student*

# Plant-Based Alfredo Sauce

servings

Makes 6 servings

ingredients

1 ½ cups Raw Cashews

1 tbsp Olive or Veg Oil

½ med Sweet or White Onion

6 cloves Garlic, minced

1 ¼ cup Unsweetened Plant Milk

¼ cup Nutritional Yeast

½ tbsp Lemon Juice

To Taste Various Seasonings

method

1. Soak cashews in water for at least 30 minutes. The longer the better – I typically soak for about an hour. Boiling the water will help speed the process.
2. Heat oil in a small pan over medium heat. Add onion and garlic to sauté until the onions are translucent.
3. Add drained cashews, sautéed onion and garlic, plant milk, nutritional yeast, and lemon juice to a blender. Blend until smooth.
4. Add seasonings of your choice. Blend until well combined.
5. Pour over your favorite pasta or gnocchi and enjoy!

Submitted By:

*Liz Roberts, Student*

WCU Community Favorite Plant-Based Dish:

*Vegan Pizza from The Couch Tomato*

# Avocado Toast Spread

servings

Makes 1 serving

ingredients

2 slices	Whole Grain Bread
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1 med	Avocado
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1/2 tsp	Extra Virgin Olive Oil
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1/8 tsp	Kosher Salt
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1/8 tsp	Ground Black Pepper
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method

1. In a small bowl, combine avocado, salt, and pepper. Use a fork to mash.
2. Pre-heat pan on stovetop, add olive oil and allow to heat.
3. Place bread in pan and toast for three minutes on each side.
4. Spread mashed avocado on toasted bread and enjoy!

Submitted By:

*Kevin Hoffman, Student*

WCU Community Favorite Plant-Based Dish:

*Cucumber Roll from  
Wild Blue Sushi*



***Breads  
and  
Desserts***



# Vegan Pear Bread

Submitted By

*Eva Sicurella, Student*

Sourced

*Taste of Home*

WCU Community Favorite  
Plant-Based Dish

*Sweet Potato Sushi  
at Bon Bon*



# Vegan Chocolate Silk Pie

Submitted By

*Bernard Evan Snyder, Student*

Sourced

*Minimalist Baker*

WCU Community Favorite  
Plant-Based Dish

*Garden Salad from  
Greens to Go*



# Easy Vegan Apple Pie and Homemade Crust

Submitted By

*Joshua Filer, Student*

Sourced

*Minimalist Baker*

WCU Community Favorite  
Plant-Based Dish

*All Vegan Cheesesteak from  
Love Again Local*



***A heaping “thank you!” to all who the submitted recipes that made this cookbook possible!***

***We hope this recipe compilation continues to invite the WCU Community, present and future, to plant-based eating.***

***Conceptualized, developed, and compiled through the labor of Lorraine Fischer, now graduate of the Sustainable Food Systems Management Program in the Nutrition Major at WCU.  
Funded by a grant from the Allen Foundation, Inc.***