12-Month Health Evangelism Calendar

Customizable

Recipe Handouts

**\*\*Instructions: Remove or replace all the text in brackets before passing out to participants.**

**Print and make copies of the appropriate recipe handout each month.**

**[JAN - Put your church name here]**

**[Put contact information, address, date, etc.]**

**Plant-Based Cooking Demonstration**

**Easy Minestrone**

|  |  |
| --- | --- |
| 1 medium onion, diced  2 cloves of garlic, minced  2 medium carrots, sliced  2 celery stalks, sliced  ½ cups of water or vegetable broth  1 cup of cup cooked brown rice (optional)  1 small can (8 oz) of tomato sauce  6 to 8 cups of water  ½ tablespoon dry parsley (or ¼ cup fresh parsley)  ½ teaspoon dry basil (or ¼ cup fresh basil) | ½ teaspoon dry oregano  1 small potato with skin, cubed  ⅓ cup dry whole grain pasta  2 cups of cooked kidney or cannellini beans (or 1 - 15oz. can)  1 cup frozen peas  2 tablespoon vegetarian chicken-style seasoning or vegetable bouillon  ½ teaspoon of salt or salt to taste |

Stir fry onion, garlic, carrots, celery and herbs in a pot with either ½ cup of either water or broth (or olive oil only if necessary) until onions are well cooked. Add water, pasta and potato and cook for about 10 minutes. Add the rest of the ingredients and let it boil again (add more water if needed). Lower heat and simmer for 5 to 10 more minutes. *Yields 12 servings of 1-2 cups.*

**Kale Salad**

|  |  |
| --- | --- |
| 8 kale leaves, finely shredded  2 medium carrots, peeled and grated  1 small zucchini, grated  ¼ cup raw sunflower seeds  ¼ cup sliced almonds  ½ cup blueberries | ¼ cup low-sugar dried cranberries (optional)  ¼ cup lemon juice  1 Tbsp honey, maple syrup or natural sweetener of choice  ½ tsp salt |

Combine lemon juice, honey and salt to make the dressing. Pour over kale and massage it using your hands to wilt it and make it soft. Add the other vegetables, seeds, almonds and berries, and mix gently. Serve immediately or let the flavors marinate for 30 minutes before serving. *Yields 4-6 servings of 1 cup.*

**[FEB - Put your church name here]**

**[Put contact information, address, date, etc.]**

**Plant-Based Cooking Demonstration**

**Tofu Fajitas**

|  |  |
| --- | --- |
| 1 package extra-firm tofu  ½ cup each of green, red and yellow bell pepper, cut into strips  1 garlic clove, minced  1 medium onion cut julienne style  1 tablespoon Bragg’s Liquid Aminos (or low sodium soy sauce) | ½ cup vegetable broth or water (or 1 tablespoon olive oil)  ½ teaspoon salt  ½ teaspoon ground cumin  1 tablespoon mild chili powder  1 tablespoon paprika  Whole wheat or corn tortillas |

Cut tofu in strips, approximately ½ inch wide by 1 inch long. Stir fry tofu with the vegetable broth or water (or olive oil only if necessary) on a non-stick pan for about ten minutes, stirring occasionally, until the tofu is golden brown. When the tofu is ready add Bragg’s Liquid Aminos (or light soy sauce), stir, remove from heat and empty into another container. Add the onions to the pan together with the bell pepper. Add the garlic, and some water if necessary, and stir fry for about 5 to 7 minutes.

Add salt, chili powder, paprika and cumin to the vegetable mix, and cook for a few more minutes. When the vegetables are tender (but not overcooked), add tofu and mix well. Add about a half cup of this mix to each tortilla, add guacamole if you desire, and serve with brown rice, beans or salad. *Yields 4 to 8 servings.*

**Note**: Instead of tofu you may use Portobello mushrooms or eggplant, cut into strips. Cook along with the other vegetables until tender.

**Festive Corn Salad**

3 cups frozen corn, thawed (or use fresh corn, cooked or raw, cut off the cob)

1 large tomato, chopped

1 avocado

1 teaspoon olive oil (optional)

¼ cup chopped cilantro

Salt to taste

Combine corn kernels, tomato, cilantro, salt and olive oil (if you're using any) in a bowl. Cut the avocado in halves; remove the pit and carefully scoop out the pulp. Cut the pulp in cubes and gently fold into salad. Mix well and serve. *Yields 4 to 6 servings.*

**[MARCH - Put your church name here]**

**[Put contact information, address, date, etc.]**

**Plant-Based Cooking Demonstration**

**Cuban-Style Black Beans**

|  |  |
| --- | --- |
| 4 to 5 cups of cooked black beans (or 3-15 oz. cans of low-sodium black beans)  1 large onion, chopped fine  1 green or red bell pepper, chopped fine  2 to 3 cloves of garlic, minced  ¼ tsp ground cumin | 1 tsp dry oregano  1 to 2 bay leaves  ½ cup of vegetable broth or water, or 1 tsp olive oil  Salt to taste |

In a large pot, add the broth or water (you may use olive oil but it’s not needed) with the onion. Stir fry for one minute and add the bell pepper and garlic. Cook for a few more minutes until the onion is tender. Add beans, bay leaf, cumin and oregano, and salt if desired. When it starts boiling, lower heat and let it simmer for 15 more minutes. These beans can be served with brown rice, steamed vegetables or salad. *Yields approximately 8 servings.*

**Cashew Ranch Dressing**

1 cup raw cashews

1 cup water

1 clove of garlic or ½ tsp garlic powder

3 tablespoons of lemon juice

2 teaspoon onion powder or 1⁄4 cup chopped onion

¾ teaspoon salt or salt to taste

¼ cup chopped fresh basil (or 1 teaspoon dried basil)

¼ cup chopped fresh dill (or 1 teaspoon dried dill)

Blend all ingredients together, except the fresh herbs, until the mix is creamy and silky. Add the basil and dill and pulse a few of times until well mixed. Serve with your favorite salad or as a dip. Keep refrigerated. *Yields 12 servings of about 2 tablespoons.*

**[APR - Put your church name here]**

**[Put contact information, address, date, etc.]**

**Plant-Based Cooking Demonstration**

**Soy Oat Waffles**

1 cup of soybeans soaked overnight (for other options, see note below)

1 ⅔ cup of water

1 Tbsp honey, maple syrup or agave syrup

1 Tbsp of chopped walnuts, almonds, cashews or pecans

1 tsp of vanilla extract or maple flavoring

½ tsp salt

1 ⅓ cup old-fashioned rolled oats

Blend all ingredients except for the oats until creamy. Add the oats and blend for about 1 more minute. Let the batter thicken for a couple of minutes and then pour into a waffle maker. Depending on the waffle maker, cook for 3 to 8 minutes. *Yields 4 to 6 servings.*

**Strawberry Topping**

2 cups of strawberries, chopped

Sweetener of choice: 1 to 2 servings of Stevia,

OR 1 to 2 tablespoons of honey, maple syrup or date paste

Blend about 1 ½ cup of strawberries. Add the rest of the chopped strawberries and a sweetener of choice if desired. Serve with healthy waffles or pancakes. *Yields 4 to 6 servings.*

***NOTE*:** You can make date paste by simply blending 2 cups of dates and 1 to 1 ½ cups of water in a food processor (start with smaller amount) until smooth. This is a great substitute for sugar or sweeteners. It keeps in the refrigerator for several days or even weeks.

**[MAY - Put your church name here]**

**[Put contact information, address, date, etc.]**

**Plant-Based Cooking Demonstration**

**Oriental Rice**

|  |  |
| --- | --- |
| 1 ½ cup brown rice  3 cups water  2 tablespoons chicken style seasoning (recipe below) | ¾ teaspoon salt  2 cups of mixed frozen vegetables (such as corn, carrots, peas and green beans)  1 recipe Easy Stir Fry Tofu (see recipe below) |

Boil water in a small pot. Add salt and chicken style seasoning and mix well to dissolve. Add rice, cover and simmer for 45 to 50 minutes at very low heat. Let the rice cool down for at least 30 to 60 minutes. In a non-stick pan or skillet, heat the frozen vegetables (with a bit of water if necessary) until thawed and heated. Add rice and tofu and mix well. *Yields approximately 6 servings.*

**Easy Stir Fry Tofu**

1 package extra firm tofu

1 teaspoon olive oil (if needed)

1 tablespoon Bragg’s Liquid Aminos or low sodium soy sauce

Cut tofu in ½ inch cubes. Stir fry in a non-stick pan (with olive oil only if necessary, otherwise you can use vegetable broth) for about ten minutes or until golden brown, stirring frequently. When golden brown on all sides, add the soy sauce and mix well. *Yields 4 servings.*

**Cashew Cheesy Sauce**

|  |  |
| --- | --- |
| 1 cup raw cashews  1 cup water  ¼ cup of sun-dried tomatoes, pimento, or red bell pepper  1 clove of garlic or ½ tsp garlic powder | 3 tablespoons of lemon juice  3 tablespoons nutritional yeast  2 tsp onion powder or ¼ cup chopped onion  ¾ teaspoon salt or salt to taste |

Blend all ingredients together until the sauce is creamy and silky. The sauce can be served as is or heat over low to medium heat (it will get thicker). Serve over steamed vegetables or 100% plant-based recipes such as mac and cheese, lasagna, nachos, tacos, etc. *Yields approximately 12 servings.*

**[JUNE - Put your church name here]**

**[Put contact information, address, date, etc.]**

**Plant-Based Cooking Demonstration**

**Pita Pizza**

Whole grain pita bread or flat bread

Spaghetti or tomato sauce

Your favorite vegetables (such as onion, mushrooms, bell peppers, olives, tomatoes, etc.)

Vegan cheese or homemade cashew cheesy sauce **[add the recipe from the previous page if using cheesy sauce]**

Put pita breads on a baking sheet. Coat with spaghetti sauce and about ¼ cup of shredded vegan cheese per pita bread. Add your favorite vegetables. Bake at 400ºF (200ºC) until vegetables are cooked and the pita bread is lightly toasted (12 to 15 minutes). *Yields 1 to 2 servings per pita bread.*

**Whole Grain Pesto Pasta**

1 16 oz. package of whole grain spaghetti or other pasta

1 recipe No Oil Pesto Sauce (recipe below)

2 cups cooked white northern or cannellini beans

Cook pasta according to the directions on the package. Add the No Oil Pesto and the beans and toss well. Serve immediately. *Yields 8 servings.*

**No Oil Pesto Sauce**

2 cups fresh basil

⅔ cup raw macadamia nuts\*

2 cloves of garlic, chopped

2 tablespoons of nutritional yeast

½ cup of silken tofu (or substitute with ½ cup cooked white beans)

3 to 4 tablespoons of water

Salt to taste

Add basil, macadamia nuts, tofu, garlic and nutritional yeast to a food processor. Puree in processor until it forms a thick paste. Add the water one tablespoon at a time until the mix is smooth and it reaches the desired consistency. Add salt to taste. *Yields 8 to 12 servings.*

\* **Note**: you can also use pine nuts, a mix of macadamia and pine nuts, or some other nut like walnuts.

**[JULY - Put your church name here]**

**[Put contact information, address, date, etc.]**

**Plant-Based Cooking Demonstration**

**Quinoa Fruit Salad**

1 cup cooked quinoa (warm or cold)

1–2 cups chopped fruit

2–4 tablespoons of tofu whipped cream (see recipe below) or ½ cup non-dairy plain yogurt

2 tablespoons of raisins, unsweetened coconut and chopped nuts

Mix all ingredients together in a big bowl. You may sweeten the quinoa with Stevia or maple syrup if you would like, but this is generally not necessary. This dish can also be used for a hearty breakfast, as dessert, or as a light dinner. *Yields 1 – 2 servings.*

**Tofu Whipped Cream**

1 package of Mori-nu silken tofu (firm or extra-firm)

1 ½ to 2 Tbsp of maple syrup, agave syrup or honey

¼ tsp of vanilla extract

¼ cup of water (optional)

Blend all ingredients together until smooth. Refrigerate until ready to use. *Yields about 8 servings.*

**Green Smoothie Bowl**

1 banana

1 other fruit of choice, frozen or fresh

¼ cup of nuts (cashews, almonds, walnuts, etc.) OR

2 tablespoons seeds (hemp, sesame, sunflower, etc.)

2 tablespoons of rolled oats (optional)

1 date (optional)

2 cups of green leafy vegetable (spinach, chard, kale, etc.)

1 cup of fresh berries for decoration

Blend all ingredients except the berries and nuts for decoration. Pour in a bowl. Decorate with berries or fruit of choice. You can also add ground flax or chia seeds, or shredded coconut. Serve for breakfast or light dinner. *Yields 1 to 2 servings.*

**[AUG - Put your church name here]**

**[Put contact information, address, date, etc.]**

**Plant-Based Cooking Demonstration**

**Tofu Burger**

2 cups oats

1 package of extra firm tofu

1 cup chopped onion

1 cup chopped walnuts

½ cup whole wheat flour, vital gluten flour or soy flour

1 teaspoon salt

2 Tablespoons nutritional yeast

1 Tablespoon chicken-like seasoning (see recipe day 3)

1 teaspoon Italian seasoning

1 teaspoon paprika

¼ cup water

Mash tofu really well. Add the rest of the ingredients and mix, adding more water if necessary to form the burgers. Cook on a covered non-stick pan, lightly sprayed with oil spray, for about 10 minutes or until golden brown. Turn and cook on the other side (you can also bake in the oven at a 350ºF or 175ºC until golden on both sides). Serve in a whole grain burger bun or with your favorite side dish. *Yields 10 to 16 servings*.

**Cauliflower Rice**

1 head of cauliflower, chopped very fine (by hand or with a food processor)

2 green onions, sliced

1 large carrot, shredded

1 cup broccoli, chopped very fine

½ to 1 cup vegetable broth

1 clove garlic

1 tbsp Braggs Liquid Aminos or light soy sauce

salt to taste

Sauté green onions and garlic with vegetable broth for 2 to 3 minutes. Add cauliflower and other vegetables, stir and cook until soft (5 to 6 minutes). Add Braggs Liquid Aminos and salt to taste. Serve while hot. *Yields 4-6 servings.*

**[SEPT - Put your church name here]**

**[Put contact information, address, date, etc.]**

**Plant-Based Cooking Demonstration**

**Quinoa Garbanzo Soup**

|  |  |
| --- | --- |
| ½ cup quinoa  ½ cup vegetable broth or ½ tablespoon olive oil  1 medium onion, chopped  1 to 2 large carrots, cubed  2 stalks of celery, sliced  1 large potato, cubed  2 cloves of garlic, minced  1 ½ cup cooked garbanzos (or 1-15 oz can)  2 medium tomatoes, peeled and cubed  1 cup tomato sauce | 2 cup spinach or other green leafy vegetable  1 teaspoon paprika  1 teaspoon of dried basil or 2 tablespoons fresh basil, chopped  ½ teaspoon thyme  1 bay leaf  ¼ cup parsley, chopped  2 tablespoons vegetarian chicken-like seasoning (see recipe on day 3)  Salt to taste |

In a large pot, stir fry the onion with vegetable broth or water (or olive oil only if necessary). Add the carrots, celery and garlic, and cook until vegetables are tender. Add 4 to 8 cups of water (or use vegetable broth and omit chicken-like seasoning). When water starts to boil, add the quinoa, potato and bay leaf. Cook for about 10 to 15 minutes, and then add the garbanzos, tomatoes, tomato sauce, green leafy vegetables, salt and seasonings. Cook for another 5 to 10 minutes. When done cooking, add parsley and remove from heat. *Yields 6 to 10 servings.*

**Baked Green Falafel**

1 ½ cups cooked garbanzos

4 cups of green leafy vegetable (such as spinach or chard)

3 cloves garlic, minced

1 ½ to 2 tablespoons tahini

2 tablespoon lemon juice

¼ teaspoon cumin

½ teaspoon salt

¼ to 1 cup whole wheat flour or oat flour

Olive oil spray for cooking (optional)

In a food processor put garbanzos, green vegetables, cumin, garlic, tahini, lemon juice and salt and process until you get a thick paste. Transfer to a bowl and add the flour. Add as much flour as necessary until you get the mix dry enough to form balls (you can also refrigerate the mix for 30 minutes to make it easier to handle). Check flavor and add more salt or lemon juice if desired. Form little balls (the size of a golf ball or smaller) and cook on a non-stick pan, spraying small quantity of oil if necessary, or bake at 350ºF (or 175ºC) on a baking sheet lined with parchment paper until golden brown. You can serve with hummus or with a pita bread. *Yields 4 to 6 servings.*

**[OCT - Put your church name here]**

**[Put contact information, address, date, etc.]**

**Plant-Based Cooking Demonstration**

**Breakfast Banana Split**

1 banana

½ cup oatmeal, cooked thick

Honey, agave syrup, maple syrup, Stevia or favorite natural sweetener (optional)

½ cup of fruit (blackberries, strawberries, blueberries, pineapple, or favorite fruit, chopped)

Tofu whipped cream (see recipe day 1)

Carob chips - optional

Cook oatmeal with very little water to make it quite thick. Add Stevia or other natural sweetener (optional). When the oats are cooked remove from heat and let them cool a few minutes. Cut the banana in half lengthwise. Arrange on a plate. Put one or two balls of cooked oatmeal between the two halves of banana (use an ice cream scoop). Cover with the rest of the fruit and tofu whipped cream. Melt the carob chips in a small pot with a little water. Pour one or two teaspoons of melted carob chips over the banana split. You can also decorate with a little unsweetened shredded coconut and chopped nuts. *Yields 1 to 2 servings.*

**Vegan Alfredo**

1 cup raw cashews

¾ cup water

2 garlic cloves

½ cup diced onion

2 tablespoons of nutritional yeast

½ tablespoon of lemon juice

1 teaspoon salt

¼ cup fresh parsley, chopped

1 package of whole grain pasta

To make the cashews easier to blend, soak them for 2 to 6 hours first (if you have a high-speed blender you can omit this step). Blend the cashews with the rest of the ingredients EXCEPT the parsley and pasta until very smooth.

Cook pasta following the directions on the package. Drain well. Pour the Alfredo sauce over the pasta and decorate by sprinkling with some parsley or bite size pieces of steamed broccoli. *Yields 6 to 8 servings.*

**[NOV - Put your church name here]**

**[Put contact information, address, date, etc.]**

**Plant-Based Cooking Demonstration**

**Holiday Lentil Loaf**

|  |  |
| --- | --- |
| 1 cup dry lentils  2 ½ cups water or vegetable broth  3 tablespoons ground flaxseeds  ⅓ cup water  ¼ cup water or vegetable broth  3 garlic cloves, minced  1 small onion, finely diced  1 small red bell pepper, finely diced  1 carrot, finely diced or grated | 1 celery stalk, finely diced  ¾ cup oats  ½ cup oat flour or whole grain flour  1 heaping teaspoon dried thyme  ½ heaping teaspoon cumin  ½ teaspoon garlic powder  ½ teaspoon onion powder  1 teaspoon of sea salt or salt to taste |

**Glaze**

⅓ tablespoons organic ketchup 2 tablespoon pure maple syrup

2 tablespoon balsamic vinegar or lemon juice

Cook the lentils in 2 ½ cups of water for 35 to 40 minutes, or until tender. Once done, remove the lid and let them cool for 15 to 20 minutes, which will allow them to thicken a bit. In small bowl combine the flaxseed with ⅓ cup of water, and set aside for at least 10 minutes to thicken. Using an immersion blender or food processor, blend ¾ of the lentils or you can mash the lentils with a potato masher or fork.

While the lentils are cooking or cooling, sauté the garlic, onion, bell pepper, carrots and celery with water or vegetable broth for about 5 minutes. Add the spices, mixing well to incorporate. Combine sautéed vegetables with the lentils, oats, oat flour and flax mix, then mix everything well. Add salt as needed, or any other herb or spice you might like. Place mixture into a loaf pan lined with parchment paper, leaving it overlapping for easy removal later. Prepare your glaze by combining all ingredients in a small bowl, and mix until incorporated. Spread over top of loaf and bake in oven at 350ºF (or 175ºC) for about 45–50 minutes. Let cool a bit before slicing. *Yields approximately 9 servings.*

**Surprise Flourless Cookies**

|  |  |
| --- | --- |
| 1 ¼ cup cooked garbanzos, well rinsed and dried (if using canned, use low sodium)  1 teaspoon vanilla extract  ½ cup | ¼ cup honey or maple syrup  1 teaspoon aluminum-free baking powder  1 pinch of salt  ½ cup of raisins or vegan carob chips |

Combine all ingredients except raisins (or carob chips) in a food processor. Mix everything really well until you have no big chunks (make sure to scrape the sides of the food processor and mix again if needed). Empty mix in a bowl and add raisins (or carob chips). Stir again. Mix should be sticky and thick.

Wet your hands and form small balls (1 ½ in) or use a spoon. Place cookies on a greased baking sheet (or you may use parchment paper). Flatten and form each cookie. Bake at 350ºF (or 175ºC) for 12 to 15 minutes. The cookies will still be soft when they come out of the oven and stay soft as the cool. When cookies are at room temperature, place in a sealed container and keep at room temperature for 3 or 4 days. *Yields 12 to 15 cookies.*

**[DEC - Put your church name here]**

**[Put contact information, address, date, etc.]**

**Plant-Based Cooking Demonstration**

**Scalloped Potatoes**

6 or 7 medium potatoes, sliced with or without skin

¾ cup raw cashews

½ medium onion

1 teaspoon salt

2 ½ cup water

¼ tsp paprika

Place potatoes slices in a baking dish. Blend cashews with 1 cup of water until very creamy. Add the rest of the water and other ingredients (except the paprika) and blend again. Pour the cashew mix over the potatoes. Bake covered at 350ºF (or 175ºC) for 50 minutes. Uncover and sprinkle paprika over the potatoes. Return to oven and bake uncovered for 10 to 15 minutes more or until lightly browned around the edges. *Yields 6 to 9 servings.*

**Black Bean Brownies**

3 cups of black beans, cooked without salt, rinsed and drained well (or 2 cans reduced sodium black beans)

2 cups chopped dates

¼ cup peanut butter or almond butter

1⁄2 cup carob flour (or cocoa powder)

1⁄2 tablespoon ground cinnamon

1⁄2 cup chopped walnuts

2 tablespoons quick oats (optional, in case the mixture is too wet)

Combine the chopped dates with black beans, vanilla and peanut butter (or almond butter) in a food processor and mix until the mixture is smooth. Add the carob (or cocoa) powder and cinnamon, and mix again. If the mixture is too dry, add more peanut or almond butter, and if it is too wet add a little bit of quick oats. Pour into a bowl and add the chopped nuts. Stir well.

Pour this mixture into a sprayed baking dish or lined with parchment paper. Spread the mixture well with a spatula. Bake at 350°F (or 175ºC) for 30 to 40 minutes. Remove from oven and let cool. Put the dish in the freezer for at least two to four hours to harden well before cutting into pieces. *Yields 6 to 9 pieces.*