

How To Have An Indulgent Holiday Season Without Gaining A Pound

Fourteen Mouthwatering Recipes



Your holiday gift from the teachers and staff at
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Introduction	3
Getting Started	3
Contributors	3
Entrees	4
Meatless Loaf (serve with mushroom gravy)	4
Mushroom Gravy with White Wine, Miso and Mustard	6
Meatless Loaf with Balsamic Glaze.....	8
Compassionate Vegan Gumbo	10
Thanksgiving Leftover Soup	12
Sides	13
Easy Roasted Vegetables.....	13
Ratatouille	14
You'd Never Know It's Vegan Potato Salad	16
Sweet Potato Casserole (Vegan)	17
Warm Green Bean Salad	18
Desserts	19
Fall Flavored Chocolate	19
Italian Date Cookies	20
Bayou Turtle Cookies (Vegan, Gluten free)	22

Introduction

Admit it.

Holidays are a time when you imbibe copious amounts of sweets and heavy foods. Then January comes and you force yourself into a strict and spartan regime to make up for your sins.

This year can be different. Here's how.

This collection of recipes is yours. Free. But we expect you to use them.

Don't let all our hard work go wasted. Pick one or two that you will try.

One more thing.

Don't tell your family members that the result is "healthier." Many people have wildly irrational prejudices against anything healthy during the holidays. *It will be our little secret.* They won't know the difference. And they will love the recipes.

GETTING STARTED

Some of these recipes are more involved than I'd typically cook on a weeknight. But that's what makes holidays fun. It is okay to spend a few extra minutes shopping, cooking and especially savoring your meals.

Note that we didn't bother with appetizers, because let's face it, the main meal is the extraordinary part, not the cheese and crackers.

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Entrees



MEATLESS LOAF (SERVE WITH MUSHROOM GRAVY)

Wow. This loaf is packed with flavor. Trust me, you won't miss the turkey. And top it with the Mushroom-Miso Gravy, and you might not be able to stop eating it. I adapted this recipe from Fat Free Vegan and have made it for the past few years. Using fresh sage and thyme boosts the flavor like crazy. Buy one bunch of each for use in both recipes. - Jessica (Inspired by Susan Voisin of fatfreevegan.com)



Ingredients

1 large sweet potato
1 medium onion
2 stalks celery
1 medium carrot
1 Tablespoon Coconut or Olive Oil
1/4 cup of veggie broth or water
1 1/2 cups of chick peas or white beans (fresh or canned)
14 ounces extra-firm tofu; I use Sprouted Tofu
2 tablespoons soy sauce
2 tablespoons tomato paste
1 tablespoon dijon mustard
1/4 cup fresh parsley, chopped
4 tablespoons of chopped fresh sage (dry will work too, use 1 tablespoon)
4 tablespoons chopped fresh thyme (dry will work too, use 1 tablespoon)
1 tablespoon fresh or 1/2 tablespoon dried rosemary, crushed
1 teaspoon salt
Fresh black pepper to taste
2 tablespoons nutritional yeast
1/2 cup chopped walnuts
3/4 cup old fashioned oats

1. Wash sweet potato, pierce it several times with a fork, and bake or steam. Allow to cool enough to handle and then peel and set aside. You can do this step ahead of time.

2. Finely chop the onion, celery, and carrot. Or save time by using a food processor.

3. Heat a large skillet. Add 1 tablespoon oil. Add the minced vegetables and cook, stirring regularly, until they become tender and the onion starts to become translucent, about 10 minutes. Add veggie broth by the tablespoon to keep the vegetables from sticking, becoming dry or burning. Once they're softened, add the beans and mash them lightly with a slotted spoon or spatula. Let this mixture cool. Then process in a food processor for a smooth consistency.

4. Place the peeled sweet potato into the food processor along with the tofu, soy sauce, and all seasonings, including nutritional yeast. Process until fairly smooth. Add the walnuts and

pulse a few more times. Scrape the tofu mixture into a large mixing bowl and add the oats and the cooked vegetables. Stir well. The mixture will be sticky.

5. Line the baking sheet with parchment paper or spray with non-stick spray. Spoon the mixture onto the prepared baking surface, using dampened hands to shape it into an oblong or oval loaf about 2 inches high. Bake for 25-30 minutes or until the top is evenly browned. Loosely cover with aluminum foil and cook for 20-30 minutes more. Check to make sure that the center is firm; if not, give it a little extra time. If the crust is not brown, remove the foil and broil for 5-10 minutes. Remove from oven and allow to stand for 10 minutes before slicing and serving.

MUSHROOM GRAVY WITH WHITE WINE, MISO AND MUSTARD

I've tinkered with a few vegan gravies over the years. This is the mouth-watering result of my labors. I hope you enjoy it as much as we do! - Jessica



Ingredients

- 1/4 medium onion, finely chopped
- 1 tablespoon of olive or coconut oil
- 2 cups sliced mushroom caps, I used cremini
- 3 1/4 cups vegetable stock, I used No-Chicken broth
- 3/4 cup dry white wine
- 1/4 cup unbleached all-purpose flour
- 1 tablespoon white or red miso

3 tablespoons nutritional yeast
1 teaspoon Dijon mustard
1 tablespoon chopped fresh sage
1 tablespoon chopped fresh thyme
Salt and freshly ground black pepper, to taste

1. Heat a medium skillet, add the onion, oil and sauté, stirring often, for about 4 minutes, or until the onion begins to soften. Add tablespoons of veggie broth to keep the onion from sticking to the pan. Raise the heat slightly and add the mushroom caps. Continue cooking, stirring often, for 5 to 6 minutes more. Add more broth if the mushrooms start to stick.
2. Pour the vegetable stock into a medium saucepan or Dutch oven, and warm over medium-low heat.
3. Pour the wine into a food processor and add the flour, miso, nutritional yeast, and mustard. Pulse together to form a paste.
4. Whisk the paste into the warmed, but not hot, vegetable stock. Gently bring to a boil, then reduce to a simmer. Take a ladleful of this liquid and swirl it into the sautéed mushroom mixture, stirring well to scrape up any little flavorful bits from the bottom of the skillet. Add the mushrooms, onions, and liquid to the pot with the stock, scraping the sauté pan clean.
5. Add the sage and thyme, reduce the heat to very low and let the sauce simmer very gently, stirring occasionally, for about 30 minutes. Add salt and pepper as necessary. I did not add any additional salt due to the saltiness of the miso.

MEATLESS LOAF WITH BALSAMIC GLAZE

Adapted by Michelle Smith, original recipe from *Oh She Glows* by Angela Liddon

Loaf ingredients:

- 1 cup Uncooked green lentils
- 1 cup Shelled walnut halves, finely chopped
- 3 tablespoons Ground flaxseed
- 1 teaspoon Extra-virgin olive oil
- 3 Garlic cloves, minced
- 1 Medium yellow onion, chopped (about 2 cups)

Fine sea salt for seasoning to taste

Fresh ground black pepper for seasoning, plus $\frac{1}{4}$ tsp

- 1 cup Finely chopped celery
- 1 cup Grated carrot
- $\frac{1}{2}$ cup Gluten free oat flour
- $\frac{1}{2}$ cup Gluten free panko bread crumbs
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon red pepper flakes
- Vegan Worcestershire to taste

1. Cook lentils according to directions. In a food processor, process cooked lentils into a coarse paste, leaving a few lentils intact for texture. Set aside.
2. Preheat oven to 325°. Spread walnuts on baking sheet & toast 9-11 minutes. Set aside. Raise oven temp to 350°. Line 9x5 loaf pan w/ parchment paper.
3. In large pan, heat oil over medium heat sauté garlic & onion for about 5 minutes. Season w/ salt & pepper to taste. Add celery, carrot. Sauté about 5 minutes more.
4. Carefully stir in processed lentils, flaxseed, walnuts, oat flour, bread crumbs, thyme, oregano, 1 tsp salt, $\frac{1}{4}$ tsp pepper, red pepper flakes, & Worcestershire to taste .
5. Press mixture into prepared loaf pan. Press w/ a pastry roller to compact in pan.

Glaze ingredients:

¼ cup	Ketchup
2 tablespoons	unsweetened apple sauce or apple butter
2 tablespoons	Balsamic Vinegar
1 tablespoon	Pure maple syrup

1. Whisk all ingredients & spread over loaf.
2. Bake uncovered for 50-60 minutes, until edges are slightly brown. Cool in pan for about 10 minutes. Lift loaf out w/ edges of parchment paper onto a cooling rack. Cool for 30 minutes more before slicing. If served too warm my slightly crumble.

COMPASSIONATE VEGAN GUMBO



Vegan Gumbo and Potato Salad (recipe next section)

This gumbo is a tribute to my Cajun grandmother, who taught me how to make a *roux*. The trick to this gumbo is the roux. A roux is a base of flour browned in oil - the deeper brown the roux the richer the flavor. The flavor that the roux and okra contribute is incredible, and you will not miss the seafood or meat.

I recommend making this the day before your feast so you allow time for it to simmer. The flavors develop the longer that it cooks. - Jessica Blanchard

Ingredients

2 lb sliced okra, fresh or frozen

1/3 cup flour, I used all-purpose. Whole wheat would probably work too, but I haven't tried.

3 tablespoons of oil. I used olive oil.

1 large onion, finely chopped

2 large (or 3 medium) celery stalks, finely chopped

1 large bell pepper, stemmed, seeded and finely chopped

8-12 cups of vegetable broth

1 package of **crab boil seasoning** (note: this is vegan and only contains spices)

1 large eggplant, cubed

1 mirleton, cubed, optional ingredient

1 lb collard greens, chopped coarsely

optional: 1 teaspoon smoked paprika

salt to taste

Optional: 2 veggie sausages (I use Field Roast) or 1 package of seitan

1. Preheat oven to 350F. Line a couple cookie sheets with parchment paper, or oil the pans. Spread chopped okra on the pans and roast 30-45 minutes, until dry and cooked but not browned. Cooking the okra ahead prevents it from getting slimy.
2. Heat the oil over medium heat in a skillet. I prefer cast-iron. Add the flour and stir constantly. The roux must be stirred constantly to prevent burning. Don't hurry or you'll spoil the roux. As the flour browns, it has a nutty smell. Keep stirring until the roux turns a deep chocolatey brown. Mine was between milk and dark chocolate color.
3. When the roux is done (and not before), add the onion. Stir to caramelize without browning. Cook for 10 minutes, then add the celery and green pepper. Continue to stir until they are soft.
4. Transfer the roux & onion mixture to a large pot. Add 8 cups of the vegetable broth, and the crab boil seasonings, the eggplant, mirleton and collard greens. Turn up the heat to bring the mixture to a boil, then turn down to a simmer for 45 minutes.
5. Add the okra and smoked paprika and continue to simmer. 2-3 hours on very low fire. Add additional broth as needed.
6. When almost ready to eat, brown the veggie sausages/seitan in an oiled pan. Add to the gumbo.
7. Serve over rice or plain.

Recipe Notes

- Use any vegetables that can stand long cooking times.
- I cooked this the night before thanksgiving, then let it simmer for 2-3 hours in the morning.

THANKSGIVING LEFTOVER SOUP

Contributed by Amanda Credeur

Ingredients

1/2 lb - 1 lb of left over turkey or ham from Thanksgiving feast

1 can cannellini beans, drained

1 cup of fresh spinach (or your favorite cooking green)

4 cups of broth

1/2 sweet onion, chopped

1 green bell pepper, chopped

3 cloves of garlic, minced

2 tablespoons olive oil

2 tablespoons Italian seasoning

Salt & pepper to taste

Heat oil in a medium stock pot. Add chopped onions, bell peppers, and salt; sweat for 3-5 minutes. Add garlic and sweat the vegetables for another 2 minutes. Add can of beans, broth, pepper, and Italian seasoning. Once boiling, bring to a simmer for 15 minutes. Add all left over meats and/or vegetables. Add spinach on top of the broth, and cover the pot. This will steam the spinach without overcooking. Once the spinach is wilted, stir in spinach into the soup. Add seasoning to taste, and serve with any left over bread rolls.

Sides

EASY ROASTED VEGETABLES

Let's face it. Most of the holiday recipes use more sugar, fat and other stuff that we should minimally eat. This recipe is simple and delicious. Add roasted veggies and a salad to your holiday meal, and you might eat a little less of the other temptations.



Ingredients

- 1 lb brussels sprouts
- 1 lb broccoli florets or 1 head of broccoli chopped
- 1 medium head cauliflower
- 3 tablespoons olive oil
- 1 sprig fresh rosemary, chopped
- Salt and black pepper to taste

1. Preheat oven to 425F and line three cookie sheets with parchment paper.
2. Chop the ends off the brussels sprouts, and cut in half. Chop or break the cauliflower into bite sized pieces. Do the same with the broccoli.
3. Put the brussels sprouts in a bowl, coat with olive oil, sprinkle with salt and rosemary. Lay onto cookie sheet. Do the same with the broccoli and cauliflower. I recommend using separate baking trays, because the broccoli is done more quickly.
4. Bake for 10-20 minutes until brown and crisp. The broccoli is usually done after 15.
5. Put in a beautiful bowl and enjoy!

RATATOUILLE

Also known as Vegetable Tian, this is a beautiful addition to any meat and potatoes holiday meal, Ratatouille packs an aesthetic, flavorful, healthy punch. - Lexie Casper

This dish could be an entree, especially if you add cheese. White beans would be a great addition if you don't want to use cheese.

Ingredients

2 tsp. olive oil, divided

½ cup diced onion

2 garlic cloves, minced

1 small can tomato paste

1 small zucchini, sliced very thin

1 small yellow squash, sliced very thin

1 small eggplant, sliced very thin

1 medium tomato, sliced very thin (I also like this subbed with red bell pepper)

1 sprigs fresh thyme

½ tsp. rosemary

½ tsp. oregano

1 tsp. paprika

Salt and pepper sprinkled to taste

Optional: your favorite cheese (I love Pecorino Romano- feta, mozzarella or even goat cheese would be yummy too!)

Directions

1. Preheat oven to 375F.
2. Grease a casserole dish or cast iron pan with 1 tsp. olive oil, then spread the tomato paste over the bottom and halfway up the sides. Sprinkle the garlic onion along the bottom.
3. Using a mandolin, food processor, or careful slicing, cut the zucchini, squash, eggplant, and tomato/ bell pepper. Lay them on a clean dish towel or paper towel, and pat dry with another.

4. Carefully arrange the veggie slices, alternating them in a spiral around the outside, then depending on the size of the dish, another spiral on the inside, a line, or any other way that comes to you.
5. Sprinkle the remaining olive oil, thyme, rosemary, oregano, paprika, salt and pepper over the veggies.
6. If you're adding harder cheese, sprinkle over before you place this in the oven, if using softer cheeses, bake then sprinkle about halfway through bake time
7. Bake until veggies are tender, about 35-45 minutes.

YOU'D NEVER KNOW IT'S VEGAN POTATO SALAD

The Vegan Gumbo and this potato salad are a heavenly combo. *I made this up as I went along, so the measurements were a "twist of the wrist". I'm sure yours will taste just as yummy! - Michelle Smith*

Ingredients

Small red potatoes, quartered skin on (figure 2-3 potatoes per person)

1 Purple Onion

2 Celery Stalks

1-2 Carrots, shredded

Sweet Relish

Dill Weed

Vegan Mayo

Yellow Mustard

Green Onion

Sea Salt & Cracked Pepper

1. Boil potatoes until fork tender but firm enough they don't become "mashed" potato salad ...Unless of course you like it that way. Put in fridge to cool for 20 minutes to an hour (or the day before).
2. Chop onion, celery in food processor.
3. Shred carrots.
4. When potatoes have cooled mix in onion, celery, carrots, & sweet relish.
5. Add vegan mayo & yellow mustard , & dill weed to taste.
6. Mix in green onion.
7. Mix in sea salt & black pepper to taste.

SWEET POTATO CASSEROLE (VEGAN)

This is a delicious way to enjoy sweet potatoes. It is good enough to be a dessert!
Contributed by Michelle Smith

Casserole Ingredients

- 3 ½ cups Mashed Sweet Potatoes
- 1 cup Coconut Palm Sugar (or sugar of choice)
- ½ tsp Vanilla
- ½ cup Melted Vegan Butter
- ½ cup Almond Milk

2 Flax Eggs (2 Tablespoons flax, 6 tablespoons water, whisk together & let sit a minute or two) ...can also use two regular eggs if you aren't going for the vegan version.

Topping Ingredients

- 1 cup Coconut Palm Sugar (or brown sugar)
- 1 cup Chopped Pecans
- 1 cup Coconut
- ½ cup Flour (I use gluten free flour)
- ¾ cup Melted Vegan Butter

1. Beat casserole ingredients and bake at 350 degrees for 15 minutes.
2. Spread/Crumble on potatoes and bake an additional 15 minutes.

Recipe Tips

I boil the sweet potatoes, then I run them under cold water as I peel. The skin comes right off without wasting any of the sweet potato. Peeling & cubing before boiling works well also.

I also like to double the topping to make more of a crusty top. I've even used the topping on the bottom of the pan like a crust and then on the top as well.

WARM GREEN BEAN SALAD

Contributed by Amanda Credeur

Ingredients

1 bunch of fresh green beans, tips cut off

3 cloves garlic, sliced

handful of almonds, pecans, or your favorite sweet nuts

1/4 cup citrus vinaigrette

Salt and pepper to taste

For homemade citrus vinaigrette whisk together ratio of 1/4 cup oil and 2 tablespoons white vinegar until an emulsion forms, then add a few tablespoons each of lemon and orange juice to taste. Stir in pinch of salt, pepper, and Italian seasoning. To store, cover tightly in the refrigerator. Separation may occur; just stir to mix the oil and vinegar.

Heat a few tablespoons of water in a saute pan. When the water being boiling, add the green beans and garlic. Cook until all the water is evaporated, and then cut the heat to low. Add the vinaigrette, and continue cooking until the beans have reach your desired tenderness. When beans are done, add nuts, and toss to coat in vinaigrette.

Desserts

FALL FLAVORED CHOCOLATE

This delectable recipe was contributed by Amanda Credeur.

Ingredients

8 oz dark melting or baking chocolate

1/8 teaspoon cayenne pepper*

1/8 teaspoon nutmeg

1/4 teaspoon cinnamon

1/4 cup pecans or fresh/raw nuts

1 teaspoon sea salt

*Cook's note: 1/4 tsp if you love spicy food; no pepper if you don't like spicy food

Melt the chocolate in a double boiler, or melt the chocolate in the microwave (if using microwave, heat the chocolate on 15 second intervals, stirring between each interval until the chocolate is smooth). Once the chocolate is melted, stir in pepper, nutmeg, cinnamon, and nuts.

Easy way: Line a baking sheet with parchment paper. Pour the chocolate onto the parchment paper and sprinkle with sea salt. Put the baking sheet into the refrigerator to set for at least 30 minutes. Once the chocolate is set, break apart into chocolate bark.

Fancy way: pour the chocolate into molds. Sprinkle sea salt on top of the chocolate and put the chocolate into the refrigerator to set for at least 30 minutes. Once set, remove chocolate from the molds.

Share with friends or keep for yourself as a small not-so-unhealthy chocolate fix every day.

ITALIAN DATE COOKIES

-This recipe has been in my family for many years. I can remember my great-grandmother, my grandmother and my aunt's making them for the holidays. Enjoy this recipe as I have for along time. ~Meredith Murphy



Dough ingredients:

- 2 1/2 cups sifted flower
- 1/2 cup sugar
- 2 teaspoons baking power
- 1/4 pound butter or earth balance
- 1/4 to 1/2 cup orange juice concentrate, thawed

Filling ingredients:

- 1 cup sugar
- 1 cup chopped pecans
- 1 cup chopped dates
- 1 cup water
- Powered sugar (to dust with)



Heat all filling ingredients except nuts in a sauce pan. Bring to boil and stir until mixture thickens and is pasty. Remove from heat and stir in nuts. Let cool.

Mix dough ingredients together and roll out as you would a piecrust. Dough should be moist but not sticky. Moisten with OJ if necessary. Flour rolling pin and cutting board with powdered sugar instead of flour. Cut rolled-out dough into 1 1/2 inch strips and then cut across to make squares. Fill each square with 1/2 teaspoon filling and pinch the two corners up, like the sides of a diaper. Bake at 350• for 12-15 minutes. Cool and sprinkle with confectioners' sugar.

BAYOU TURTLE COOKIES (VEGAN, GLUTEN FREE)

No these don't contain turtles! But they are a Louisiana version of turtle cookies, using pecans and local brown sugar. These are packed with so many healthy ingredients - no reason to feel guilty, unless you eat twelve at once...- Jessica Blanchard

Recipe inspired by this recipe from Angela Liddon on ohsheglows.com

Yield 24 small cookies



Ingredients

- 1 3/4 cups pecans. Note that cashews and almonds work too.
- 2 cups oats, divided. Use Gluten Free if necessary
- 3/4 cup gluten-free flour (whole wheat or white work fine too)
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 4 tablespoons coconut oil (melted)
- 1/2 cup maple syrup
- 2 tablespoons almond or soy milk
- 1 tablespoon vanilla extract

1/3 cup pitted dates, chopped (Tip: sprinkle a teaspoon of flour on the chopped dates to prevent sticking together.)

1/3 cup mini dark chocolate chips (mini chips stay in the cookies. Bigger chips are okay but sometimes fall out. I use Enjoy Life brand, find at Whole Foods)

Other optional ingredients: dried cranberries, cherries or raisins

1. Preheat oven to 325F and line a baking sheet with parchment paper. Toast pecans for 9-12 minutes until golden and fragrant, but not burnt! Remove from oven and let cool a few minutes. This step can be done ahead.
2. Put pecans and 1 cup of oats (not 2) in the food processor. Pulse into a rough powder. Do not over process or the nut will start to release their oils.
3. In a large bowl, stir the pecan/oat powder, the remaining 1 cup of oats, flour, brown sugar, cinnamon, salt and baking soda. Stir.
4. In another bowl or I sometimes use the blender - stir together the coconut oil, maple syrup, almond milk and vanilla.
5. Add the wet ingredients to the dry ingredients and stir to incorporate. Do not over-mix.
6. Fold in the dates, chocolate chips and any optional ingredients.
7. Take 1 tablespoon of the dough, roll into a ball (I use a 1 tablespoon ice cream scoop to save time) and flatten on the cookie sheet. Do this until you fill the sheet, then fill another! The dough will keep if you decide not to make all at once.
8. Bake 9-12 minutes until the bottoms are golden. Remove from oven and cool on cookie sheet for 5 minutes. The cookies will be crumbly until cooled.