



A²ZERO

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Holiday Recipe Booklet



A selection of vegetarian and vegan holiday-inspired dishes, featuring seasonal ingredients and submitted by OSI staff and Ann Arbor residents.



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Soups

Hearty Kale, Squash, and Bean Soup

Submitted by OSI Staff Member Julie Roth | Servings: 4-6

INGREDIENTS

- 2 pounds winter squash, peeled and cut into ½-inch cubes
- Extra-virgin olive oil
- 1 large leek, white and light green parts diced small
- 2 medium onions, diced small
- ½ pound semi-dry vegetarian Spanish chorizo, cut into thin coins
- 3 garlic cloves, minced
- ¼ teaspoon red-pepper flakes
- 3 cups cooked cannellini beans, from 1 pound dry or use 2 (15-ounce) cans, rinsed and drained
- 8 cups water, bean broth, or vegetable stock, plus more as needed
- 1 pound kale, mustard greens, or beet greens, tough stems removed, leaves blanched briefly, squeezed dry and cut into ½-inch ribbons

DIRECTIONS

1. Heat the oven to 400 degrees. Put the squash cubes on a baking sheet, season with salt and pepper, and coat lightly with olive oil. Roast until tender and lightly caramelized, about 20 minutes.
2. Meanwhile, in a heavy soup pot, heat 2 tbsp oil over medium-high. Add leeks, salt lightly and let cook, stirring, for about 5 minutes, until softened but still bright green. Remove leeks and set aside to stir into soup later.
3. Add a little more oil to the pot, then add the onions. Season with salt and cook until softened, about 5 minutes. Add the chorizo, garlic and red-pepper flakes, and cook for 2 minutes. Add cooked beans and 8 cups water, broth, or stock. Bring to a simmer and cook gently for about 30 minutes. Taste and correct seasoning.
4. Gently stir in the cooked squash, kale, and reserved leeks, and cook for 10 minutes more on low heat. Add a little more broth or water if the potage seems too thick. Check seasoning and adjust as needed.
5. To serve, ladle into bowls. Finish with a drizzle of olive oil.

Creamy Celery Soup

Submitted by OSI Staff Member Simi Barr | Servings: 4

INGREDIENTS

- ¼ cup vegan butter or ½ cup water
- 1 large head of celery (about 5 – 6 cups), thinly sliced with leaves
- 1 medium onion or leek, diced
- 4 cloves garlic, minced
- 1 lb. potatoes, diced into ¼ – ½ inch cubes
- 4 cups vegetable broth or water (or combo)
- ¼ cup fresh dill, chopped
- ½ cup parsley, chopped
- pinch of red pepper flakes
- salt & pepper to taste

DIRECTIONS

1. **Sauté:** Heat butter/water over medium heat, add the celery, leek/onion, potatoes, garlic, and generous pinch of salt, sauté for 8 – 10 minutes stirring frequently.
2. **Simmer:** Add the liquids, bring to a boil, reduce heat to medium low and cook at a gentle boil for 10 minutes, or until potatoes are just fork tender.
3. **Add herbs:** Remove from heat, add the dill and parsley, give a good stir. Enjoy as is or continue to next step.
4. **Puree:** Puree the soup using an immersion blender or transfer the soup to a blender and blend until creamy.
5. **Serve warm or chilled topped with a few chopped celery leaves and parsley. Great with drizzle of Vegan Cream!**

NOTES

In place of vegan butter or water, use 3 – 4 tablespoons of olive oil.

Store 5 – 6 days in the refrigerator, covered. For longer storage, this soup can be stored in the freezer for 2 months in freezer safe containers or baggies.

Looking to add more protein? Add 2 tablespoons of hemp seeds, stirring into your serving bowl.



Sides



Holiday Cranberry Fruit Salad

Submitted by Jeff Tritten | Servings: 4

INGREDIENTS

- 1 small package fresh cranberries
- ½ cup maple syrup
- 1 tsp ground cinnamon
- 1 tsp orange zest
- ¾ cup frozen strawberries (chop small)
- 1 medium apple (peeled and cubed small)
- 1 medium orange (peel after zesting, chop small)
- 1 cup water
- ¼ cup toasted walnuts
- sweetener - see notes!

DIRECTIONS

1. Boil cranberries in 1 cup of water with cinnamon, orange zest, and maple syrup. Cranberries will pop and soften. (Approximately 10 minutes)
2. While cranberries are boiling, toast the walnuts. (Approx. 5-7 minutes in toaster oven)
3. Chill cranberries with strawberries (I usually chill them overnight).
4. After cranberries are chilled, add chopped apple and orange and mix well. I prefer to refrigerate the salad and allow the flavors to meld together a little. (Approximately 2 hours)
5. Top with toasted walnuts and serve!

NOTES

The strawberries, fresh fruit and maple syrup make this dish sweet enough for me personally. You can sweeten to taste, but I would suggest date sugar or stevia leaf. These whole plant food sweeteners are a great alternative to refined sugars.

Sweet and Spicy Indian Cranberry Chutney

Submitted by Kanchan Torvi

INGREDIENTS

- ¼ cup oil
- 1 tsp cumin
- 1 tsp grated ginger
- 1 tsp finely chopped garlic
- ½ tsp turmeric
- 4-5 Curry leaves (optional)
- 1 cup fresh cranberries
- 1 tsp red chili powder (can be substituted with 1 chopped green chili)
- 3 tbsp sugar
- Salt to taste

DIRECTIONS

1. Heat the oil in a medium sized pan and add cumin seeds.
2. When they crackle, add the grated ginger, garlic, turmeric, and curry leaves.
3. Then add the cranberries and red chili powder (or green chilis).
4. Sauté the cranberries for a few seconds and add the salt and sugar.
5. Let it cook on medium heat until cranberries are softer. Continue cooking/stirring (10+ mins) until it turns into a paste.
6. Check the seasoning and adjust salt/sugar/chili powder according to your taste. Your tasty chutney is ready!

NOTES

This chutney makes a great dip or relish. It can be mixed in with cream cheese and used as a spread for sandwiches and bagels too. This will preserve well in the fridge for up to 3 months.

Simple Roasted Parsnips and Carrots

Submitted by OSI Staff Member Sean Reynolds

INGREDIENTS

- 1 lb parsnips, peeled
- 1 lb carrots, peeled
- 5 garlic cloves, peeled and finely minced
- dried rosemary
- dried thyme
- 2 tbsp olive oil
- 1 tsp honey (optional)
- salt
- pepper

DIRECTIONS

1. Preheat the oven to 425 degrees F.
2. Oil or line a large sheet pan with parchment paper.
3. Cut the parsnips and carrots into roughly two-inch long pieces, quartering the fat ends so that the pieces are around the same size.
4. In a large bowl, combine the garlic, rosemary, thyme, olive oil, and honey. Whisk to combine.
5. Add the vegetables to the bowl and toss to coat. Season with salt and pepper to taste.
6. Spread the vegetables in an even layer on the sheet pan. Cover with foil and place in the oven for 25-30 min.
7. Turn the oven temperature down to 375 degrees F and remove the foil from the pan. Stir gently, then continue to roast 20-30 min. Serve!



Mains

Creamy Roasted Cauliflower Pasta

Submitted by Vicki Brett-Gach | Servings: 6-8

INGREDIENTS

- 1 head cauliflower, cut into florets
- 1 large sweet onion, chopped
- 1 cup unsweetened plain nondairy milk
- 3 tablespoons lemon juice
- 2 tablespoons nutritional yeast
- 2 teaspoons kosher salt (or to taste)
- ¼ teaspoon black pepper
- sprinkle of Cajun or Creole seasoning
- 1 pound whole wheat pasta
- fresh cilantro or parsley, chopped (optional)

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Place cauliflower florets in a nonstick roasting pan. Roast uncovered for 20 minutes, then stir gently, and add a splash of water if needed to avoid sticking. Continue to roast for another 20 to 30 minutes, or until tender.
3. Remove from oven and set aside.
4. While the cauliflower is roasting, heat a large nonstick skillet over medium-high heat. Add the onion, and steam sauté until the onion becomes translucent. Sprinkle a little bit of water as needed to prevent sticking to the pan.
5. Once the onion is tender, remove from heat and set aside.

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Creamy Roasted Cauliflower Pasta

DIRECTIONS

6. Add the roasted cauliflower and sautéed onion to a Vitamix or other high-powered blender, along with the milk, lemon juice, nutritional yeast, salt, black pepper and Cajun or Creole seasoning. Process until very smooth.
7. When ready to serve, cook the pasta until al dente. Drain pasta.
8. Briefly warm the Creamy Roasted Cauliflower Sauce in a saucepan over low heat. Serve immediately over warm pasta, and finish with cilantro or parsley, if desired.



Miso-Curry Delicata Squash with Tofu and Kale

Submitted by Lisa Hills

INGREDIENTS

- 12 ounces delicata squash
- ¼ cup olive oil
- ¼ cup white miso
- 1 tbsp red Thai curry paste
- 8 ounces extra-firm tofu, cut into small cubes
- 4 medium new potatoes, unpeeled, cut into chunks
- 2 tbsp fresh lemon juice
- 1 ½ cups chopped kale, tough stems removed
- ⅓ cup pepitas, toasted, or tamari pumpkin seeds
- ⅔ cup chopped fresh cilantro

DIRECTIONS

1. Preheat the oven to 400 degrees with a rack in the middle of the oven.
2. Cut the delicata squash in half lengthwise and use a spoon to clear out all the seeds. Cut into 1/2 inch thick half-moons.
3. In a medium bowl, whisk together olive oil, miso, and curry paste. Combine the tofu, potatoes, and squash in a large bowl with 1/3 cup of the miso-curry paste. Use your hands to toss well, then turn the vegetables onto a rimmed baking sheet, and arrange in a single layer.
4. Roast for 25 to 30 minutes, until everything is tender and browned. Toss once or twice along the way.
5. In the meantime, whisk the lemon juice into the remaining miso-curry paste, then stir in the kale until coated.
6. Toss the roasted vegetables gently with the kale, pepitas, and cilantro. Serve family style.

Classic Vegan Meatloaf

Submitted by Jeff Tritten | Servings: 8

INGREDIENTS

For the chickpea meatloaf:

- 2 (14 ounce or 400 gram) cans chickpeas, (or 3 ½ cups cooked chickpeas) drained and rinsed
- 1 medium onion, diced
- 2 medium celery stalks, chopped
- 2 medium carrots, diced
- 2 garlic cloves, minced
- 2 cups panko breadcrumbs
- ½ cup unflavored soy or almond milk
- 3 tablespoons vegan Worcestershire sauce
- 2 tablespoons soy sauce or tamari
- 2 tablespoons olive oil (optional)
- 2 tablespoons ground flax seeds
- 2 tablespoons tomato paste
- 1 teaspoon liquid smoke (optional)
- ¼ teaspoon black pepper

For the glaze:

- ¼ cup tomato paste
- 2 tablespoons maple syrup
- 2 tablespoons apple cider vinegar
- 1 tablespoon soy sauce or tamari
- 1 teaspoon paprika

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Classic Vegan Meatloaf

DIRECTIONS

1. Preheat the oven to 375°F. Lightly oil a 9 inch loaf pan and arrange a strip of parchment paper width-wise along the center, with just a bit hanging over the sides.
2. Working in batches if needed, place all the meatloaf ingredients except for salt into food processor bowl and pulse until the chickpeas are broken up and the ingredients are well mixed, stopping to scrape down the sides of bowl as needed. Do not over blend. If you're working in batches, transfer each batch to a large mixing bowl when complete and then mix by hand.
3. Taste-test the mixture and season it with salt to taste.
4. Press the mixture into prepared loaf pan and bake 30 minutes.
5. While meatloaf bakes, stir the glaze ingredients together in a small bowl.
6. Remove the loaf from the oven after 30 minutes and spoon glaze ovetop of the loaf.
7. Return the loaf to the oven and bake it another 20-25 minutes.
8. Remove the loaf from the oven and allow it to cool at least 10 minutes before cutting.

NOTES

The longer this sits, the firmer it gets. If it initially feels a bit soft for your liking, let it sit for a few minutes or it a cook it day in advance and reheat on the day of serving.

One Pot Creamy Mushroom Quinoa

Submitted by OSI Staff Member Simi Barr | Servings: 4

INGREDIENTS

- 2 cups mushrooms
- 2 garlic cloves
- 1 tablespoon olive oil
- Salt + pepper
- 1 cup white quinoa
- 2 cups water
- 2 tablespoons nutritional yeast
- ½ cup cashew cream
- ½ cup almond milk (or more cashew cream)
- 1 tablespoon fresh herbs (I like thyme and rosemary)

DIRECTIONS

1. Heat the oil in a saucepan. Once hot, add the garlic and mushrooms. Sauté for 2 - 3 minutes until the mushrooms have softened.
2. Season with salt and pepper, then add the quinoa and water. Bring to a boil, then reduce to simmer and cover. Cook for 12 minutes.
3. Once the water has been absorbed and the quinoa is fluffy, remove the lid. Add the nutritional yeast, cream, and milk and stir to combine. Season with a bit more salt and pepper and fold in the fresh herbs.
4. Serve immediately and enjoy!

Holiday Lentil Loaf Frosted with Mashed Potatoes

Submitted by Vicki Brett-Gach | Servings: 12

INGREDIENTS

For lentil loaf:

- 1 large sweet onion, diced
- 1 red bell pepper, diced
- 1 or 2 stalks celery, diced
- 1 clove garlic, minced
- 2 cups fresh baby spinach or power greens, roughly chopped
- 3 cups cooked lentils
- 3 cups rolled oats
- 2 cups cooked sweet potatoes (about 2 medium), skins removed
- 2 teaspoons smoked paprika
- 2 teaspoons salt, or to taste
- 1 teaspoon cumin
- 1 teaspoon turmeric
- ½ teaspoon black pepper

For glaze:

- ¼ cup no-sugar-added BBQ sauce
- 2 tablespoons yellow mustard, or to taste

For frosting:

- 4 to 5 cups warm mashed potatoes

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Holiday Lentil Loaf Frosted with Mashed Potatoes

DIRECTIONS

1. Prepare mashed potatoes as you prefer and set aside.
2. While potatoes are cooking, preheat oven to 400 degrees. Have ready 2 silicone standard size loaf pans, or 2 (6-cavity each) mini-loaf pans.
3. Heat a large nonstick skillet over medium-high heat. Add onions and dry sauté until softened. Sprinkle a little bit of water (if needed) to prevent sticking to the pan. Once onions are almost translucent, add bell pepper and celery. Continue cooking over medium-high heat, stirring occasionally until vegetables are tender. Add garlic and stir just until fragrant, about 30 to 60 seconds more. Turn off heat. Stir in greens to begin to wilt. Set aside.
4. In a large mixing bowl, combine cooked lentils, rolled oats, and cooked sweet potatoes. Mix in warm vegetables and seasonings, and combine very well.
5. Spoon mixture evenly into loaf pans. Drizzle or brush glaze over loaves.
6. Bake for 20 minutes. Carefully remove pans from oven, and “frost” with mashed potatoes, covering each loaf with as much as you wish. Refrigerate extra mashed potatoes for another use.
7. Continue baking standard size loaves for around 35 to 45 minutes more (total baking time 55 to 65 minutes), and mini loaves around 15 to 20 minutes more (total baking time around 35 to 40 minutes), or until nice and crispy on the edges.
8. Remove loaves from oven. Allow to rest briefly before serving. Once silicone pans can be handled, loaves can be carefully unmolded (optional) to a serving platter.



Desserts

Eggless Date Cake

Submitted by Kanchan Torvi

INGREDIENTS

- 20 medjool dates
- 1 ¼ cups milk (any milk substitute such as oat milk or almond milk will work well too)
- ¼ cup sugar (optional)
- 1 cup flour (½ cup wheat flour and ½ cup all purpose)
- ½ cup oil
- 1 tsp baking soda
- 1 tbsp walnuts (optional)

DIRECTIONS

1. Deseed and soak the dates in warm milk for 1 hour. If the dates are soft, you can just soak them for 15 mins.
2. Blend into a smooth paste along with the soaking milk.
3. Preheat the oven to 350°F .
4. Transfer the date/milk paste to a medium size bowl and mix in the oil.
5. Add the sugar and mix it in.
6. Sieve together the flour and baking soda in a separate bowl.
7. Add the flour into the date mixture one tbsp at a time and blend well with a hand mixer or whisk.
8. Fold in the nuts.
9. Bake the cake in a greased loaf pan for 50-55 minutes until done.

“It is extremely easy to make, vegan, healthy and a crowd pleaser. I've made it many many times for family and friends and it's always a huge hit.”



Apple Butter Oatmeal Cake

Submitted by Vicki Brett-Gach | Servings: 9

INGREDIENTS

- $\frac{3}{4}$ cup rolled oats
- $\frac{3}{4}$ cup date sugar
- 1 tbsp ground flaxseed meal
- 1 tbsp baking powder
- 1 tsp apple pie spice
- 1 tsp ground cinnamon
- pinch salt
- 2 ripe bananas, mashed
- $\frac{3}{4}$ cup apple butter
- $\frac{1}{2}$ cup nondairy milk
- 2 tsp vanilla extract
- 1 apple, peeled, cored, and sliced, diced, or cut into small shapes with a cookie cutter

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, combine oats, date sugar, flax, baking powder, apple pie spice, cinnamon, and salt.
3. In a separate bowl, stir together bananas, apple butter, milk, and vanilla. Add to the bowl of dry ingredients and combine well.
4. Spread batter evenly in an 8" x 8" silicone (or other nonstick) baking pan.
5. Arrange apple pieces over the top as desired. Bake for about 30 or 35 minutes, or until top of cake feels firm to the touch. Remove from oven to a cooling rack. Allow to cool before serving.