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Black Bean Burritos

Makes 4 burritos

Ingredients:

- 15-ounce can black beans, drained
- 1/4 cup salsa
- 1 cup cooked brown rice
- 4 flour tortillas
- 1 cup shredded leaf lettuce or spinach
- 1 tomato, diced

Directions: Combine the black beans, salsa, and rice in a saucepan and simmer gently for 3 minutes, stirring occasionally. Remove from heat, cover, and let sit for 5 minutes.

In an ungreased skillet, heat a tortilla until warm and soft, then spread a line of the bean mixture down the center. Top with lettuce, tomato, and more salsa, if desired. Roll the tortilla around the filling, then repeat with the remaining tortillas.

Easy Low-Fat Baked Sweet Potato Fries.

If you're craving a high-fat and salty treat like fast food French fries, try this recipe for healthier baked sweet potato fries. Baked sweet potato fries are much lower in fat than a deep-fried version and are very quick to prepare. Kids will love these baked fries as well.

Ingredients:

- 3 large sweet potatoes, cut into wedges
- 1 tbsp olive oil
- 1 tsp cumin
- dash cayenne pepper
- 1/4 tsp paprika
- 1/2 tsp salt or seasoned salt

Directions: Pre-heat the oven to 400 degrees.

In a large bowl, toss together all ingredients until potatoes are evenly coated with oil and spices.

Place potatoes on a single layer on a baking sheet and bake for about 30 minutes, or until done.

Note: You can eat these plain, but you could also serve with ketchup, a ranch dressing dip or barbecue sauce. Enjoy your baked sweet potato fries!

Easy Vegetarian Crockpot Chili Recipe

Ingredients:

- 2 tbsp oil
- 4 cloves garlic, minced
- 1 onion, chopped
- 1/3 tsp red pepper flakes
- 1 tsp oregano
- 1 28 ounce can tomatoes
- 1 tbsp soy sauce
- 1 tbsp chili powder
- 1/3 tsp cumin
- 1 1/2 cups vegetable broth
- 1 6 ounce can tomato paste
- 2 cans black beans, drained
- 2 cans red kidney beans, drained

Directions: Sautee the onion, garlic and red pepper flakes until the onion is soft, about 3 to 5 minutes. Add the chili powder and cumin and cook for two more minutes.

Place the onions and the remaining ingredients in the crock pot, stirring to combine.

Cover and cook on low for 6 to 8 hours.

Mandarin Spinach Salad

Serves 2

Ingredients:

- 5 ounces washed spinach leaves
- 2 10-ounce cans mandarin oranges
- 2 tablespoons sesame oil
- 2 teaspoons soy sauce
- 1/2 cup sunflower seeds, pine nuts, or crushed almonds

Directions: Mix all of the ingredients in a large bowl and serve immediately.

Spicy Thai Peanut Dressing

Yield: 1 1/2 cups

Ingredients:

- 1/2 cup peanut butter
- 1/3 cup peanut oil
- 1/4 cup lime juice
- 3 T. water
- 2 T. toasted sesame oil
- 1 T. maple syrup
- 1 1/2 t. garlic, minced
- 1/4 t. cayenne pepper

Directions: In a blender or food processor, place all of the ingredients, and blend until smooth. Transfer to an airtight container and store in the refrigerator.

Sugar-Free Vegan Peanut Butter, Oatmeal and Banana Cookies

Using flour with oatmeal and relying on a dash of maple syrup for sweetness, this sugar-free cookie recipe is a healthy dessert that will be sure to please every health-conscious cookie lover! This cookie is also quite low in calories.

Ingredients:

- 1/3 cup peanut butter
- 2 ripe bananas (overripe is fine)
- 1 tsp vanilla
- 2 tbsp soy milk
- 2 tbsp maple syrup
- 2 ½ cups quick cooking or rolled oatmeal
- dash cinnamon (optional)
- 1/4 cup flour

Directions: In a large bowl, mash bananas with a fork until smooth. Add peanut butter, soy milk, vanilla and maple syrup and mix well. Add remaining ingredients and stir until well combined.

Drop spoonfuls of dough onto an ungreased cookie sheet and bake 13-16 minutes at 350 degrees, or until done.

Note: This recipe is only truly sugar-free if you used unsweetened peanut butter and unsweetened soymilk, so read the ingredients list and look for soy milk that says "Unsweetened" right on the label.

Thai Peanut Sauce

A basic Thai peanut sauce can be used for dozens of things. I like to use it as a salad dressing, to dip spring rolls in or as a sauce for noodles. This basic recipe isn't too spicy, so kids will especially love the peanutbuttery taste.

Ingredients:

- 1/4 cup peanut butter
- 1/4 cup water
- 2 tbsp soy sauce
- 2 tbsp lime juice
- 2 cloves garlic, minced and crushed
- 2 tbsp rice vinegar

Directions: Combine all ingredients in a saucepan over low heat (mixture will become easy to combine as peanut butter melts). Continue stirring over low heat until ingredients are combined and mixture is smooth and creamy. This recipe is perfect as it is, but you may want to thin it out a bit with more water, depending on what you're using it for.

Vegan "Cheese" Sauce

Here's an easy and completely vegan recipe to help you deal with your cheese cravings.

Yield about 1½ c

Ingredients:

- ½ c nutritional yeast
- 3 T flour
- 4 t corn starch or arrowroot powder
- ½ t salt
- 1 c water
- 1 T olive oil
- 2 t Dijon mustard

Directions: Combine yeast, flour, corn starch, and salt. Whisking constantly over medium heat, add water and oil. When the sauce thickens, add mustard. Continue heating for 30 seconds and then serve over pasta, veggies, or whatever else needs a good dose of warm and gooey cheese.

Vegetarian Black Bean Burgers with Cornmeal

Vegetarian Black Bean Burgers with Cornmeal is an easy vegetarian and vegan bean burger recipe made with black beans and salsa for flavor. This veggie burger recipe is courtesy of Bush's® Beans.

Ingredients:

- 2 15 ounce cans black beans, rinsed and drained
- 1/2 cup whole wheat or all-purpose flour
- 1/4 cup yellow cornmeal
- 1/2 cup salsa
- 2 tsp ground cumin
- 1 tsp garlic salt
- hamburger buns

Directions: Place beans in food processor; process until fairly smooth. Add flour, cornmeal, salsa, cumin and garlic salt. Process until well combined.

Spoon mixture into 6 balls on a large plate and refrigerate at least 1 hour or up to 4 hours before cooking.

Heat barbecue grill or ridged grill pan over medium heat. Coat grill or pan lightly with oil. Form each ball into a 4-inch patty about 1/2-inch thick. Place the patties on the grill or in pan and cook until browned and heated through, 4 to 5 minutes per side.

Serve your black bean cornmeal patties on hamburger buns with your favorite toppings.

Vegetarian Chili and Cornbread Casserole

With beans and mock meat for plenty of protein, this easy vegetarian and vegan chili casserole can be prepared in just a few minutes. If you like corn bread, you'll like this recipe.

Ingredients:

- 4 15 ounce cans kidney beans, well drained
- 2 cups vegetarian ground beef substitute
- 1 cup corn
- 2 15 ounce cans tomato sauce
- 2 tbsp chili powder
- 1/4 tsp cayenne pepper
- 1/3 tsp salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp cumin
- 2 cups cornmeal
- 1 1/2 cups whole wheat flour
- 1 tbsp baking powder
- 2 cups soy milk
- 1/4 cup vegetable oil
- 1 tbsp maple syrup

Directions: Pre-heat the oven to 375 degrees. In a large mixing bowl, mix together the beans, beef substitute, corn, tomato sauce and spices and spread in the bottom of a large baking pan.

In a separate bowl, combine the cornmeal, flour and baking powder. Slowly whisk in the soy milk, oil and maple syrup, stirring just until combined. Pour this cornbread batter over the chili mixture and spread in the dish.

Bake for 20 to 25 minutes, until a toothpick inserted in the center comes out clean.

Note: You could also make this recipe using leftover chili or canned vegetarian chili.