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# FAN FAVORITES

10 CREATIVE AND FLAVORFUL VEGAN DISHES

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# Welcome, friends!

I'm Melissa Huggins - the author of Vegan Huggs. I created this blog to share vegan recipes that everyone will love! Vegan food doesn't mean bland or boring and it doesn't have to be complicated either. My recipes are easy to make, full-flavored, and good for you, too! You'll find a variety of veganized comfort classics, hearty soups, 30-minute meals, burgers, wraps, sweet treats and so much more! I also offer many recipes that are gluten-free and oil-free, too. So, whether you're a newbie to veganism or just looking for delicious food inspiration, you'll find something here to make your taste buds happy.

To get you started, I compiled a list of my top 10 recipes on Vegan Huggs. These recipes have been tried and tested many times by me, my family, and VH readers. Also, this is my way of saying thank you for visiting the site and signing up to my weekly newsletter. You'll receive 1-2 new recipes every Friday. If you ever have questions or need advice, please feel free to reach out. I'm always here to help.

## Alright, let's get started!

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HINT: Click on a recipe title or image to be taken to the web page for the full recipe post on [VeganHuggs.com](http://VeganHuggs.com)!

# Spinach Artichoke Cups

#1



Vegan Spinach Artichoke Cups ~ a crowd favorite tucked inside a crispy and flaky shell.

## Ingredients

30 mini fillo shells (phyllo)  
3 cups frozen spinach (measured frozen) thawed, squeezed of excess water & chopped finely  
1 14 oz can artichoke hearts , drained & finely chopped  
1/4 cup vegan mayonnaise  
1/3 cup vegan cream cheese , softened  
2 teaspoons lemon juice , fresh squeezed  
1/3 cup panko breadcrumbs  
2-3 tablespoons nutritional yeast (or vegan parmesan)  
1 teaspoon granulated garlic (use less if using garlic powder)  
3/4 teaspoon granulated onion  
1/2 teaspoon paprika  
1/2 teaspoon crushed red pepper (optional)  
3/4 teaspoon salt , more to taste  
fresh cracked pepper , to taste

## Notes

\*Prep time doesn't include thawing time.

\*Make ahead: make the dip the 1-2 days before and place in an airtight container. Store in the fridge. When ready, just fill up the frozen fillo shells and bake as usual.

\*Freeze: Fill up the fillo shells and place them back in the trays they came in. Once frozen, they can be stored in an airtight container. Freeze for 2-3 months. Baking time may need to be increased by 5-10 minutes.

\* The amount of spinach going into the bowl should be about 1 cup (a little more is fine). This is after it has been thawed and squeezed of excess water. If you use fresh spinach, just cook it down to that amount as well.

\* For an extra kick, add 1/2 teaspoon of ground cumin.

## Instructions

1. Preheat oven to 375° F (190° C).
2. To a large mixing bowl, add the spinach, artichoke hearts, mayonnaise, cream cheese, lemon juice, breadcrumbs, nutritional yeast, garlic, onion, paprika, crushed red pepper, salt, and pepper.
3. Combine well. Taste for seasoning and add as needed.
4. Fill the mini phyllo shells using a small spoon. Place each one on a large baking tray.
5. Place in the oven and bake for 10-12 minutes, until filling is heated throughout.
6. Serve immediately. Sprinkle with vegan parmesan if desired.

## NUTRITION

Serving: 5 pieces | Calories: 277kcal | Carbohydrates: 24g | Protein: 7g | Fat: 17g | Saturated Fat: 2g | Sodium: 707mg | Potassium: 163mg | Fiber: 3g | Sugar: 1g | Vitamin A: 76.8% | Vitamin C: 19.7% | Calcium: 6.9% | Iron: 9.4%

# Strawberry & Banana Breakfast Muffins

# #2



These Strawberry Banana Breakfast Muffins are worlds healthier than most muffins out there. There's no refined sugar and they're gluten-free. So, that makes them guilt-free and you can enjoy one for brekkie.

## Ingredients

2 chia eggs (mix together 2 Tbsps chia seed + 6 Tbsps water)

1/2 cup vegan milk + 1 1/2 tsps fresh lemon juice (or ACV)

1 1/2 teaspoons baking soda

1/3 cup coconut sugar (sub granulated or brown sugar)

1/2 teaspoon sea salt

1/2 cup rolled oats (gluten-free)

1/2 cup almond meal

3/4 cup all-purpose gluten-free flour

3/4 cup ripened banana, mashed (about 2 bananas) (+extra for topping)

1/4 cup coconut oil, melted

1 teaspoon pure vanilla extract

1/4 cup pure maple syrup (or agave)

1/2 cup strawberries, diced (+ extra for topping)

## Instructions

1. Preheat oven to 375 degrees fahrenheit

2. Place 12 muffin liners in a standard muffin pan. Or, you can lightly grease each slot.

3. Prepare chia eggs in a small bowl and set aside, about 10 minutes, until it forms a gel-like texture.

4. In a separate small bowl, add the almond milk and lemon juice. Set aside about 10 minutes. This creates a vegan buttermilk.

5. In a medium bowl, add baking soda, coconut sugar, sea salt, rolled oats, almond meal and flour. (All dry ingredients) Combine well.

6. In a large bowl, mash banana and then add the melted coconut oil, vanilla extract, maple syrup, chia eggs and buttermilk mixture. Whisk to combine well.

7. Now add the dry ingredients into the large bowl of wet ingredients. Fold batter gently until just combined. Gently fold in strawberries.

8. Fill each muffin liner about 3/4 full. Top each muffin with a few slices of strawberries & bananas (optional)

9. Place in oven & bake the muffins until they are slightly golden on top, about 18-22 minutes. Insert toothpick into middle of muffin, if it's mostly clean, then they're ready. Let cool for 10 minutes in the pan before transferring them to a cooling rack for another 10-15 minutes. To avoid the liner sticking to the muffin, let them completely cool before enjoying.

## Notes

\*Chia Egg Alternative: 1- If you don't have chia seeds, you can use ground flax seed instead. The measurements and method are the same as the chia. If you only have whole flax, you can grind the flax seed in a coffee grinder.

\*This recipe makes about 12 standard sized muffins

## NUTRITION

Serving: 1Muffin | Calories: 165kcal | Carbohydrates: 28g | Protein: 4g | Fat: 8g| Saturated Fat: 4g | Sodium: 248mg | Potassium: 107mg | Fiber: 2g | Sugar: 9g| Vitamin A: 0.6% | Vitamin C: 5.8% | Calcium: 5% | Iron: 4.7%



Satisfy your morning hunger with this loaded Vegan Breakfast Quesadilla.

## Ingredients

olive oil	1/2 teaspoon garlic powder
1/2 onion , diced	1/2 teaspoon cumin powder
1 red bell pepper , diced	1 teaspoon sea salt , more to taste
1 green bell pepper , diced	1-2 cups vegan cheese shreds , more if preferred
1 block extra firm tofu , pressed & crumbled into small bite-sized pieces (*see note)	(or homemade)
1/2 teaspoon turmeric	3-4 10-inch tortillas

## Instructions

1. Heat 2-3 teaspoons of olive oil in a large skillet over medium heat. Add onions, red bell pepper, green bell pepper. Sprinkle with salt. Sauté for 5-6 minutes, until veggies are tender. Remove from pan and set aside.
2. Wipe out the same pan and return to stove on medium heat. Add 1 tablespoon olive oil & stir in turmeric, garlic powder & cumin, combine well. Now add crumbled tofu and sprinkle with salt. Toss to coat. Cook for 5-6 minutes, until heated through and lightly browned. Taste for seasoning and add more as needed.
3. Heat a separate large non-stick pan or griddle over medium heat. When heated, place one tortilla in the pan and heat for 30 seconds. Flip the tortilla and prepare to assemble. Add 1/4 cup cheese (or more) to half of the tortilla. Now add a layer of tofu eggs on top, then a layer of onions & peppers, and top with another 1/4 cup (or more) of cheese. Don't overfill. Fold over to close.
4. Lightly press down tortilla with the spatula. Cook for about 1 minute and flip. Cook other side for 1 1/2 minutes, or until cheese is melted & tortilla is lightly browned. Lightly press with spatula again. Be careful not to burn. Remove from pan. Place in oven on low heat to keep warm. Repeat process for remaining tortillas. Cut in half to serve.

## Notes

\*Makes 3-4 quesadillas using 10-inch tortillas

\*Pressing Tofu: place a block of tofu on a paper towel lined plate, and wrap tofu in a few paper towels. Add another plate on top of tofu, and add a few cans of food on top, or a heavy book. Let it drain for 15 minutes. You can also press it overnight in the fridge to make it even quicker. I like to buy vacuum packed tofu that's pre-pressed and ready to cook, but not every store carries this though. I don't recommend the silken tofu in the tetra pak for this recipe, because the texture is too soft.

\*Prep time doesn't include tofu pressing time.

\*Optional topping ideas: Pico de gallo, Salsa, Vegan sour cream, Fresh-cut cilantro, Guacamole, Sliced avocado

## NUTRITION

Calories: 291kcal | Carbohydrates: 34g | Protein: 11g | Fat: 12g | Saturated

Fat: 2g | Sodium: 587mg | Potassium: 411mg | Fiber: 5g | Sugar: 4g | Vitamin A: 20.8% | Vitamin C: 76.3% | Calcium: 9.5% | Iron: 13.6%



These Vegan Crab Cakes are crunchy on the outside, yet moist and flaky on the inside.

## Ingredients

1 15 oz can garbanzo beans , rinsed. \*Save liquid  
2 14 oz cans hearts of palm , drained, rinsed and cut in half  
4 tablespoons reserved garbanzo bean liquid  
1/4 cup vegan mayonnaise  
2-3 teaspoons fresh lemon juice  
1 teaspoon vegan worcestershire sauce (\*see note)  
2 teaspoons dijon mustard  
1/2 cup green onion , diced

2 teaspoons kelp granules (\*see note for sub)  
1 tablespoon dried parsley  
1 1/2 teaspoons Old Bay Seasoning (or any seafood seasoning)  
1/2 teaspoon sea salt , more to taste  
1 teaspoon garlic powder  
1 cup breadcrumbs (panko or regular) + more for breaded coating  
1/4 cup preferred oil for pan-frying (divided)

## Instructions

1. In a food processor add the garbanzo beans and hearts of palm together. Pulse just a few times to break it up. Don't pulse too many times or it will turn to mush. It should have a crab-like consistency. You can also do this manually, just use a fork or your hands to shred everything up. Set aside.
2. In a large mixing bowl, whisk the reserved liquid (from the beans) well, until it's slightly foamy. Then add the vegan mayonnaise, lemon juice, Worcestershire sauce, mustard and all the dry seasonings. Whisk to combine well.
3. Now add the breadcrumbs, green onion, and hearts of palm and garbanzo bean mixture. Gently fold to combine. Taste for salt or seasoning, add more if needed. Pop the mixture in the freezer for 20 minutes. This helps the mixture stay together a bit better.
4. Place enough breadcrumbs onto a shallow plate that will coat patties evenly. Take mixture out of freezer. Place about 1/4 cup of mixture into your hands to form a ball. Then gently flatten to form it into a patty shape. Coat patty in the bread crumbs on each side. Place aside and continue until the mixture is gone.
5. Heat a large skillet over medium heat (about 2-3 minutes). Add about 2 tablespoons of oil and wait until it gets hot and shimmery before adding the patties. If you place the patty in the pan, and you hear it sizzle, it's ready.
6. Place about 4-5 patties on your pan at one time, but make sure you don't overcrowd the pan because they won't cook properly. Pan-fry them about 3-4 minutes on each side, or until light golden brown. Try to only flip each patty once. When done, transfer the patties to a paper towel-lined plate to absorb excess oil. Wipe out pan before the uncooked patties are added. Add fresh oil and continue until all patties are complete.
7. Serve hot with vegan tartar sauce, a lemon wedge and top with chopped green onions. Enjoy!

## Notes

This recipe yields 10-12 cakes, using about 1/4 cup of mixture for each one.

If you can't find kelp granules, you can use dulse flakes, dulse granules or break up a small piece of nori. If you don't want the ocean-like flavor, you can omit the seaweed altogether. It will still be delicious!

If the mixture is too wet for your taste, AFTER it comes out of the freezer, you can add a 1/4 cup of breadcrumbs into it. Combine well.

The prep time doesn't include the 15-20 minute freezing time.

If you want to make a healthier version of this dish, you can definitely bake these. Just set your oven to 400 degrees F. and bake about 8-10 minutes on each side. Make sure to lightly grease your baking sheet too.

If you can't find vegan Worcestershire sauce, you can use low-sodium tamari or soy sauce.

## NUTRITION

Serving: 3 patties | Calories: 441kcal | Carbohydrates: 67g | Protein: 12g | Fat: 14g | Saturated Fat: 1g | Sodium: 962mg | Potassium: 2370mg | Fiber: 8g | Sugar: 21g | Vitamin A: 4.8% | Vitamin C: 15.8% | Calcium: 13.5% | Iron: 29.2%

# Creamy Vegan Potato Leek Soup

# #5



This Potato Leek Soup. It's unbelievably creamy, comforting and filling! It's the perfect choice for those chilly days, too.

## Ingredients

1 1/2 tablespoons olive oil (or preferred oil)

1 tablespoon vegan butter

1 small onion , diced

3 large leeks , cleaned well & thinly sliced (white & light green part only) \*See note

5 medium russet potatoes , peeled and chopped

3-4 cloves of garlic , minced

1 teaspoon salt , more to taste

Fresh ground pepper , to taste

1 1/2 teaspoons dried thyme

1/2 teaspoon dried rosemary

1/2 teaspoon ground coriander (optional)

5 cups vegetable broth (low sodium) \*See note

2 bay leaves

1-2 tablespoons fresh lemon juice (optional)

1 cup canned coconut milk (or any unsweetened plant-based milk)

**Toppings Ideas: Green onion, chopped Pieces of cooked potato, Fresh ground pepper.**

## Instructions

1. Make sure leeks are washed well first. \*See note on instructions

2. Heat the oil, butter and a pinch of salt in a large pot over medium heat. Add the leeks & onion, sauté until softened, about 5-6 minutes.

3. Add the potatoes, garlic, thyme, rosemary, and coriander. Sauté for 2-3 minutes.

4. Add the vegetable broth, bay leaf, salt, and pepper. Raise heat so it starts to simmer. Now reduce heat to a low simmer and cook for about 15-20 minutes, or until the potatoes are fork tender.

5. Remove from heat and remove bay leaves. Stir in the coconut milk and optional lemon juice. Taste for seasoning and add more to taste.

6. Using an immersion blender, blend until smooth and creamy. You can also use a regular blender and carefully blend in batches. Before blending, set aside a few pieces of potato for the garnish.

7. Serve in soup bowls and top with chopped green onion, fresh ground pepper and a few pieces of cooked potato.

## Notes

\*Leeks can be very dirty inside the layers because they are grown in sandy soil. To clean thoroughly, cut off the dark green part and discard (or save for stock). Cut off the roots, and slice the stalk lengthwise in half. Now slice the entire leek into pieces. Place in a small bowl of water and swish around to release the dirt. Place in a colander and drain well.

\*Vegetable Broth: I like to use low sodium broth, so I can control the salt taste. Some broths are too salty and can ruin a good recipe. If you would like to use a regular broth, make sure to cut down the added salt in the recipe. Taste as you go along. Another option is to blend low sodium and regular broth together. If you would like to omit the non-dairy milk, just add a 1/2 cup more vegetable broth. The soup will still have a creamy texture from the potatoes.

\* If you don't have vegan butter, you can replace it with olive oil.

\*If you don't like coconut milk, my second choice for this recipe would be unsweetened soy milk, because it has a richer & creamier texture, but any plant-based milk will work.

## NUTRITION

Calories: 356kcal | Carbohydrates: 43g | Protein: 10g | Fat: 15g | Saturated Fat: 9g | Sodium: 483mg | Potassium: 1155mg | Fiber: 4g | Sugar: 5g | Vitamin A: 14.8% | Vitamin C: 21.7% | Calcium: 7.3% | Iron: 21.6%



Avocado Black Bean Corn Salad ~ fast, easy, fresh and colorful! No cooking required - just chop the veggies and toss with a zesty Cilantro Lime Dressing.

## Ingredients

### Salad

2 15 oz cans black beans , drained and rinsed  
2 avocados , seeded and cubed. (\*see note)  
2 cups corn , fresh or frozen (thawed)  
2 cups cherry tomatoes , halved  
1/2 cup red onion , diced  
1/3 cup cilantro , rough chopped

### Dressing

1/3 cup fresh lime juice , more if desired  
3 tablespoons olive oil , extra virgin  
1 teaspoon agave (or any sweetener)  
2 tablespoons fresh cilantro , finely chopped  
1/2 teaspoon granulated garlic  
1/2 teaspoon chili powder  
1 teaspoon sea salt , more to taste  
fresh ground pepper , to taste

## Instructions

1. In a small bowl, whisk the lime juice, olive oil, agave, cilantro, chili powder, granulated garlic, ground pepper, and salt.
2. Place all the veggies in a large bowl (except the avocado) and pour the dressing over them. Toss gently to combine well.
3. Add the avocado on top and toss gently or just leave them on top. Taste for seasoning and add more if needed.
4. Serve immediately with fresh pita bread, tortilla chips or a side of rice. Enjoy!

## Notes

Avocados that are just-ripe work the best and won't get mushy in the salad. Squeeze a little lime on the fresh-cut avocado to reduce browning. To keep the salad looking vibrant, toss with the dressing, tomatoes, and avocado just before serving.

## NUTRITION

Serving: 1.5cups | Calories: 291kcal | Carbohydrates: 33g | Protein: 7g | Fat: 14g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 11g | Sodium: 314mg | Potassium: 773mg | Fiber: 8g | Sugar: 6g | Vitamin A: 16% | Vitamin C: 31% | Calcium: 3% | Iron: 10%



# Easy Pineapple Fried Rice

#7



Vegan Pineapple Fried Rice ~ sweet, savory and spicy! So easy to make and takes 30 minutes on the stove. It's gluten-free too!

## Ingredients

2 tablespoons coconut oil (or preferred cooking oil)	3 cups cooked rice , chilled for 6-8 hours if possible
1 small red onion , diced	1/2 cup green onion , sliced + more for topping
3 cloves garlic , minced	3 tablespoons gluten-free tamari , low sodium (sub soy sauce)
1 tablespoon fresh ginger , grated	1 1/2 teaspoons curry powder
1/2 teaspoon crushed red pepper (optional)	1/2 cup frozen peas , thawed
1 cup carrots , peeled & diced (or matchstick)	
1 1/2 cups pineapple chunks , fresh or canned	

## Optional toppings

1/2 cup roasted cashews  
1/4 cup cilantro , chopped

## Instructions

1. Whisk the tamari and curry powder together. Set aside.
2. Heat coconut oil in a large pan or wok over medium heat. Add onions and sauté for 2-3 minutes, until softened.
3. Now add the garlic, ginger, red chili pepper flakes and carrots. Sauté 7-9 minutes or until carrots are tender. (\* if veggies start to stick, you can add a splash of vegetable broth to deglaze)
4. Add the pineapple chunks and sauté until slightly browned, about 4-5 minutes
5. Add tamari, rice, peas and green onions. Stir frequently. Taste for seasoning and add more if needed. Cook about 4-5 minutes, until all ingredients are combined and heated through.
6. Remove from heat and serve with optional toppings. Enjoy!

## NUTRITION

Serving: 1g | Calories: 452kcal | Carbohydrates: 57g | Protein: 9g | Fat: 13g | Saturated Fat: 7g | Sodium: 436mg | Potassium: 624mg | Fiber: 6g | Sugar: 27g | Vitamin A: 117.1% | Vitamin C: 39.3% | Calcium: 8.5% | Iron: 15.9%



Taco night will never be the same after you try these Lentil Mushroom Tacos w/ Mango Salsa. They are sweet, savory and downright delicious!

## Ingredients

### **Mango Salsa**

1 cup tomatoes , diced  
 2 cups mango , diced  
 1/2 cup cilantro , chopped  
 1/2 cup onion , diced  
 1 jalapeño ,seeded and diced (optional)  
 1 teaspoon Himalayan salt (or preferred salt), more to taste  
 1 1/2 tablespoons fresh lime juice  
 2 teaspoons sugar

### **Lentil Mushroom Filling**

1 tablespoon olive oil  
 1/2 cup onion , diced  
 2 garlic cloves , minced  
 1 tablespoon tomato paste  
 1 1/2 teaspoons chili powder  
 1 teaspoon cumin  
 1 teaspoon oregano  
 1/2 teaspoon paprika  
 1/4 teaspoon cayenne (optional)

### **Lentil Mushroom Filling cont'd**

1 1/2 cup mushrooms , diced  
 1 cup dried red or brown lentils  
 2 cups vegetable broth , low sodium (\*See note)  
 1 bay leaf  
 1 teaspoon Himalayan salt , more to taste  
 Fresh ground pepper , to taste  
 8 taco shells , hard or soft

## Instructions

### **Mango Salsa**

1. Toss all ingredients together until well combined.

### **Lentil Mushroom Filling**

1. Heat the oil in a large pan over medium heat. Once heated, add the diced onion and a sprinkle of salt. Sauté until soft & translucent, about 3-5 minutes.
2. Add the mushrooms and sauté until mushrooms release some liquid, about 2-3 minutes. Now add minced garlic, tomato paste & spices. Cook until mushrooms are tender & lightly browned, About 2-3 minutes
3. Add lentils, vegetable broth, bay leaf, salt & pepper. Bring to a boil, then reduce to a simmer. Cover and let mixture cook for about 20-25 minutes, until lentils are tender.
4. Uncover and cook for another 5-10 minutes, or until liquid cooks down & mixture is thickened. Remove bay leaf.
5. Now the fun part -spoon the filling into your taco shell and dress up to your liking. Enjoy!

## Notes

\*Makes about 8 Tacos.

\*Vegetable Broth: I like to use low sodium broth, so I can control the salt taste. Some broths are too salty and can ruin a good recipe. If you would like to use a regular broth, make sure to cut down the added salt in the recipe. Taste as you go along. Another option is to blend low sodium and regular broth together.

\*Extra topping ideas: Purple cabbage, vegan sour cream or hot sauce

## NUTRITION

Serving: 2Tacos | Calories: 404kcal | Carbohydrates: 64g | Protein: 19g | Fat: 9g | Saturated Fat: 2g | Sodium: 510mg | Potassium: 981mg | Fiber: 19g | Sugar: 16g | Vitamin A: 36.3% | Vitamin C: 51.9% | Calcium: 8.6% | Iron: 30.1%

# Un-Tuna Salad Sandwich

#9



This Vegan Tuna Salad Sandwich is satisfying, nutritious and out-of-this-world delicious!

## Ingredients

1 can garbanzo beans , drained and rinsed  
1 can hearts of palm , drained and rinsed  
2 stalks celery , diced  
1/3 cup vegan mayo (more if needed)  
2 teaspoons dulce flakes or granules or kelp granules/flakes (\*See Note)  
1/2 teaspoon garlic powder

1/2 teaspoon dill  
1/2 teaspoon sea salt , more to taste  
Fresh ground pepper , to taste  
6-8 slices of bread (gluten-free if preferred)  
3-4 lettuce leaves , washed and cut into sandwich size

## Instructions

1. In a food processor add the garbanzo beans and hearts of palm together. Pulse just a few times to shred it up. Don't pulse too many times or it will turn to mush. It should have a tuna-like consistency. You can also do this by manually, just use a fork or your hands to shred everything up.
2. In a large mixing bowl, combine mayo, dulce or kelp, garlic powder, dill, salt and pepper. Add garbanzo bean/hearts of palm mixture, celery and combine well.
3. Line a slice of bread with lettuce and spread "tuna" mixture on the other slice. Close the sandwich together and cut diagonal. Use a toothpick to secure each half and add pickles, if preferred. Repeat with the additional sandwiches. Serve with some chips and enjoy!

## Notes

\*This recipe will yield about 3-4 sandwiches.

\*Sandwich add-on ideas: tomatoes, pickles, sliced red onion, olives or pepperoncini.

\*If you can't find kelp or dulce flakes/granules, you can use any type of seaweed. You can even break up a sheet of nori. If you prefer to skip the subtle seaweed flavor, you can add a 1/2 teaspoon of Old Bay Seasoning.

## NUTRITION

Serving: 1 Sandwich | Calories: 241kcal | Carbohydrates: 23g | Protein: 4g | Fat: 13g | Saturated Fat: 1g | Sodium: 295mg | Potassium: 163mg | Fiber: 2g | Sugar: 3g | Vitamin A: 28.5% | Vitamin C: 4.7% | Calcium: 7.2% | Iron: 9.1%

# Cheesy Vegan Cauliflower Casserole

# #10



This veggie-loaded Vegan Cauliflower Casserole is layered with ooey-goey cheese, topped with buttery breadcrumbs and then baked to perfection.

## Ingredients

1 large head cauliflower , cut into bite-size florets (about 2 pounds)  
1 cup panko breadcrumbs (GF if preferred)  
2 tablespoons vegan butter , melted (+ more for greasing dish)

## Optional Toppings

Fresh-cut parsley  
Crushed red pepper flakes

## Cheese Sauce

1 cup raw cashews , soaked in very hot water  
2 cups unsweetened soy milk  
1 cup vegetable broth , low sodium  
1/4 cup fresh lemon juice  
1/4 cup tapioca flour/starch  
1/4 cup nutritional yeast  
2 tablespoons dijon mustard  
1 teaspoon granulated garlic , (+ a pinch for breadcrumbs)  
1 teaspoon granulated onion  
1 1/4 teaspoons sea salt , more to taste

## Instructions

1. Preheat oven to 400° F (200° C). Lightly grease a 3-quart casserole dish and set aside.
2. Combine the melted butter, breadcrumbs and a pinch of granulated garlic in a small bowl. Set aside.
3. To soak cashews, boil water in a small pot and remove from heat. Add cashews and cover for 15-20 minutes, until softened (\*see note).
4. While the cashews are soaking, you can steam the cauliflower. Place about 1 " of water into a med/large pot that will fit your steamer basket. Place your basket on the bottom and cover pot with a lid. Turn heat to high and bring to a boil. Once boiling, turn heat to med-low to maintain a low boil and place cauliflower florets into the basket. Cover and steam for 7-10 minutes, until just tender. Uncover and remove from heat.
5. Drain and rinse cashews (discard soaking water). Now place all cheese sauce ingredients in a high-speed blender. Blend until cashews have completely broken down and the sauce is smooth, about 1-2 minutes.
6. Pour cheese sauce into a medium skillet/pot over medium heat (I used the same pot for steaming the cauliflower). Cook for 4-5 minutes until it thickens up a lot and becomes slightly stretchy. Stir often to prevent burning. If sauce is too thick for your taste, you can add a little soy milk or broth to thin it out. Taste for seasoning, and add more if needed.
7. Pour 1/2 the cheese sauce on the bottom of the greased casserole dish. Now add the cauliflower on top in one layer. Pour the remaining cheese sauce on top of the cauliflower. Now sprinkle with prepared breadcrumbs and cover with foil. Place in the oven for 15-20 minutes, until cheese is hot and bubbly. Remove foil and bake for another 10 minutes or until breadcrumbs are light golden brown. Remove from oven. \*Sprinkle with optional fresh-cut parsley and crushed red pepper flakes. Enjoy!

## Notes

\*Cashews: To make things easier, you can prep ahead and pre-soften your cashews by placing them in cool water for 4 hours (or overnight in the fridge). \* If you don't have a high-speed blender, the cashews might not completely break down and this could result in a gritty texture. You can try soaking the cashews longer for 12 hours or more.

## NUTRITION

Calories: 187kcal | Carbohydrates: 16g | Protein: 7g | Fat: 11g | Saturated Fat: 2g | Sodium: 343mg | Potassium: 264mg | Fiber: 1g | Sugar: 1g | Vitamin A: 5.2% | Vitamin C: 3.6% | Calcium: 9.7% | Iron: 10.9%