



RECIPES

By Angela Means Kaaya, Jackfruit Café @ Colony Cooks, Santa Monica

All dishes are vegan and serves 3-4

Broccoli with Red Pepper Flakes

appetizer/side

Garlic Cauliflower + Red Potato Mash

side

Ultimate Vegetable Lentil Loaf

main dish

Key Lime Cheesecake Bites

dessert

Broccoli with Red Pepper Flakes

PREP TIME 10 minutes

COOK TIME 10 minutes

TOTAL TIME 20 minutes

INGREDIENTS

- 10 - 12 small spears of broccoli
- 1 quart water
- 3 TBS vegan butter
- 1 tsp red pepper flakes

INSTRUCTIONS

Bring water to boil. While the water comes to a boil, chop off 10 - 12 spears from a head of broccoli. Boil broccoli in very little water. When tender put in butter when melted, then add spices.

Garlic Cauliflower + Red Potato Mash

PREP TIME 10 minutes

COOK TIME 10 minutes

TOTAL TIME 20 minutes

INGREDIENTS

- ½ head of cauliflower, chopped
- 4 small red potatoes, chopped
- 4 whole garlic cloves
- 4 quarts water
- ½ nut milk
- ½ vegan sour cream
- salt to taste
- black pepper to taste

INSTRUCTIONS

Bring 4 quarts of salted water to boil. While the water comes to a boil, chop vegetables to same size. Once water boils, put in all chopped and whole vegetables. Once vegetables are tender remove from fire and drain. Place cooked vegetables in bowl to mash or use food processor on pulse. Add nut milk, vegan sour cream, salt and pepper and mash.

The Ultimate Vegetable Lentil Loaf

Adapted from *The Simple Veganista*

PREP TIME 15 minutes

COOK TIME 90 minutes

TOTAL TIME 1 hour 45 minutes

INGREDIENTS

LOAF

- 2 1/2 c. Cooked lentils
- 2 1/2 c. Water or vegetable broth
- 3 tbs flaxseed meal
- 1/3 c. Water
- 2 tbs olive oil
- 3 minced garlic cloves
- 1 small diced onion
- 1 finely diced roasted red pepper

- 1 finely dice celery stalk
- 3/4 c. oats
- 1/2 c oat flour
- 2 heaping tbs dried ground thyme
- 1 tbs cumin
- 1 tbs garlic powder
- 1 tbs onion powder
- 1/2 tsp chipotle pepper
- Salt to taste
- White pepper to taste

GLAZE

- 3 tbs ketchup
- 1 tbs pure maple syrup
- 1 tbs apple cider vinegar
- 1 tbs curry powder

INSTRUCTIONS

Preheat Oven to 350 degrees.

Prepare Lentils: Cook lentils however you like or use canned lentils

Make Flax Egg: In small bowl combine flaxseed meal and 1/3 cup water, set aside for at least 10 minutes, preferably in the refrigerator. This will act as a binder and will thicken nicely upon sitting.

Saute vegetables and spices: In saute pan heat oil or water over medium heat. Saute garlic, onion, bell pepper, carrots and celery for about 5 minutes. Add spices mixing well to incorporate. Set aside to cool.

Mash the lentils: using an immersion blender, food processor, back of a fork or potato masher, blend 3/4 of the lentil mixture.

Assemble Lentil Loaf: Combine sautéed vegetables with the lentils, oats, oat flour and flax egg, mix well. Taste, adding salt and pepper as needed, or any other herb or spice you might like. Place mixture into a loaf pan lined with parchment paper, leaving it o relapsing for easy removal later. Press down firmly filling in along the edges too.

Glaze: Prepare the glaze by combining all ingredients in a small bowl, mix until incorporated. I recommend making each tablespoon heaping so you have plenty of this great sauce on top. Spread evenly on top of loaf.

Bake: Place in center of the oven, and bake in oven for 45-50 minutes. Let cool a bit before slicing.

Key Lime Cheesecake Bites

Adapted from the <https://minimalistbaker.com/7-ingredient-vegan-key-lime-pies/>

PREP TIME 20 minutes

COOK TIME 10 minutes

FREEZE TIME 2-4 hours

TOTAL TIME 2.5-4.5 hours

INGREDIENTS

Crust:

- 1 1/4 cups vegan graham cracker crumbs (about 1 sleeve graham crackers as original recipe is written / GF for gluten-free eaters)*
- 1/4 cup (4 Tbsp) vegan butter (melted // such as Earth Balance)

Filling:

1 cup raw cashews (soaked for 4-6 hours or overnight, then drained)

- 3/4 cup light or full-fat coconut milk (well shaken)
- 1/4 cup coconut oil (melted)
- 3-4 large limes* juiced (3-4 limes yield ~1/2 cup juice)
- 1 Tbsp lime zest
- 1/3 – 1/2 cup agave nectar (depending on preferred sweetness)
- Pomegranate Syrup

INSTRUCTIONS

Preheat oven to 375 degrees F (190 C) and line a standard muffin tin with 12 paper liners (as original recipe is written // adjust if altering batch size)

Add graham crackers to a food processor and process until you achieve a fine meal. Then add melted butter and pulse to combine.

Distribute evenly among muffin tins and press down with a glass or spoon to flatten. Bake for 10 minutes or until golden brown. Remove and set aside to cool.

Add all filling ingredients to a blender and blend on high (or liquefy) until creamy and smooth.

Taste and adjust flavor as needed, adding more lime zest/juice for more tart, or more agave for added sweetness.

Pour filling into muffin tins and tap on counter to release air bubbles. Top with a bit more lime zest and loosely cover. Freeze for 2-4 hours or until firm.

Remove from the freezer for 10-15 minutes to thaw before serving drizzle pomegranate syrup on top. Will keep covered in the freezer for up to 2 weeks, though best when fresh.