



Garlicky Mashed Potatoes

5 large potatoes, washed, peeled, and diced
14–16 cloves garlic, peeled
2 Tbsp. vegan margarine
¾–1 cup soy milk
Salt and pepper, to taste

- Place the potatoes and whole cloves of garlic in a large pot and cover with water. Bring to a boil and cook for 20 minutes.
- Drain the potatoes and garlic, place in a bowl with the remaining ingredients, and mash until smooth.
- Serve hot.

Makes 4 to 5 servings

Green-Bean Casserole

½ medium onion, diced
¾ cup chopped button mushrooms
1 Tbsp. vegetable oil
Salt and pepper, to taste
1½ cups unsweetened soy milk
1 vegetarian bouillon cube
2½ Tbsp. cornstarch
2 Tbsp. cold water
1 28-oz. can cut green beans
1 6-oz. can French-fried onions

- Preheat the oven to 350°F.
- Sauté the onions and mushrooms in the vegetable oil in a frying pan. Add the salt and pepper.
- Heat the soy milk and bouillon cube in a saucepan, stirring until the bouillon dissolves. Do not bring to a boil. Mix the cornstarch and water and add to the pan, stirring well.
- Quickly add the green beans, the sautéed veggies, and about half the French-fried onions and stir well.
- Pour the mixture into a casserole dish and top with the remaining French-fried onions. Bake for about 15 minutes, or until the onions begin to brown.

Makes 4 to 6 servings



Cranberry Herb Stuffing

1½ cups dried cranberries
2½ cups apple juice
2 stalks celery, diced
1 red onion, diced
3 cloves garlic, minced
2 Tbsp. vegan margarine
1 tsp. thyme
½ tsp. sage
1 Tbsp. dried parsley (or 2 Tbsp. fresh chopped parsley)
14 slices whole-wheat bread, lightly toasted and chopped into cubes
¼ tsp. black pepper
¼ tsp. cinnamon

- Preheat the oven to 350°F.
- Soak the cranberries in the apple juice.
- Sauté the celery, onion, and garlic in the vegan margarine until soft, approximately 5 minutes. Add the thyme, sage, and parsley and sauté for an additional minute.
- Combine the cranberries, apple juice, celery mixture, whole-wheat bread, black pepper, and cinnamon in a large bowl and stir well.
- Bake for 25 minutes and enjoy!

Makes 6 to 8 servings

Pumpkin Pie

1 15-oz. can pumpkin
¾ cup light brown sugar
1 12-oz. package extra-firm silken tofu
1 tsp. cinnamon
¼ tsp. cloves
¼ tsp. nutmeg
½ tsp. salt
1 9-inch unbaked pie shell
Vegan whipped cream (optional)

- Preheat the oven to 425°F.
- Blend the pumpkin and brown sugar in a blender or food processor. Add the tofu, spices, and salt and blend until smooth. Pour the mixture into the unbaked pie shell.
- Bake for 15 minutes, then reduce the heat to 350°F and bake for another 60 minutes, or until the filling sets.
- Chill and serve topped with vegan whipped cream, if desired.

Makes 8 servings

