

# RECIPES FOR A VOLUNTEER/STAFF LUNCHEON

Hosting a luncheon for your organization's volunteers or staff is one way to show them how much you care and appreciate their dedication to the animals. Sure, you could easily order in submarine sandwiches and add on veggie deli meats or contract your local pizza joint to deliver pies made with plant-based cheeses, such as Daiya, but there's something very special about making a meal from scratch. Here are a few menu ideas.

## MENU #1

### AMERICAN

- Simplest Red Fruit Salad
- Spring Slaw
- Garden Wrap

## MENU #2

### TEX-MEX

- Chips & Guacamole
- Smoky Black Bean Soup
- Mexican Stacked Sandwich
- Horchata

## MENU #3

### INDIAN

- Kale Slaw with Curried Almond Dressing
- Samosa Wrap
- Double Ginger Cookies

## MENU #1: AMERICAN

### *Simplest Red Fruit Salad*



**Ingredients:**

1 Small Watermelon (cubed - should make 3-4 cups)  
1 Large Ripe Pomegranate  
3 Tablespoons Fresh Mint Leaves (diced)  
Lime Wedges

**Preparation:**

1. Open your pomegranate and gently remove all the seeds (arils) in a small bowl.
2. In a large bowl, gently toss watermelon, pomegranate seeds and mint and pour into an airtight container. Put the fridge for 3 hours.
3. Serve chilled and with lime wedges on the side to squeeze over the top.

*Recipe and photo credit to Annie and Dan Shannon, founders of the blog Meet the Shannons:*  
<http://www.meettheshannons.net/2012/05/simplest-red-fruit-salad-ever-some-of.html#more>

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## *Spring Slaw*



### Spring Slaw:

3 cups shredded purple cabbage  
2 cups shredded carrots  
3 asparagus, finely chopped  
2 spring onions, green ends removed and finely chopped  
Lemon Poppyseed Dressing\*

Combine all ingredients in a large bowl and mix in salad dressing. Refrigerate at least one hour before serving. Enjoy!

### \*Lemon Poppyseed Dressing

These are approximate measurements. Taste and adjust if necessary.

3 tbsp freshly squeezed lemon juice  
1 tbsp olive oil  
1 clove garlic, minced  
1/4 tsp poppyseeds  
sea salt, to taste

Rigorously mix all ingredients in a small bowl. Cover and refrigerate until use.

Recipe and Photo Credit to Caitlin:

<http://www.theveganchickpea.com/2012/04/spring-slaw.html>

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## *Garden Wrap*



### **Ingredients:**

Spinach wraps/tortillas

Hummus

Cucumber, diced

Carrots, julliened

Red onion, chopped

Celery, sliced

Tomato, diced

Avocado, sliced

Daiya cheese

Optional:

cooked Boca "chicken" nuggets, diced

### **Directions:**

Layer 2-3 spoonfuls of hummus on a tortilla, then the rest of the ingredients. Fold in the sides first, then roll from the bottom. Slice in half and wrap with plastic wrap.

Recipe and photo credit to April, founder of the blog Epicurean Vegan:

<http://epicureanvegan.com/2011/01/10/garden-wraps/>

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## MENU #2: TEX-MEX

### ***Chips & Guacamole***

**Yield : 2 cups Servings : 4 Prep Time : 10m Cook Time : 0m Ready In : 10m**



#### **Ingredients:**

2 large avocados  
juice of one lime, or to taste  
2 tsp olive oil  
1/4 onion, finely chopped  
1 garlic clove, crushed  
1/4 tsp ground cumin  
1 tbsp freshly chopped cilantro  
1/2 roma tomato, chopped  
salt and pepper

#### **Method:**

1. Cut avocados in half, peel and roughly chop halves in a medium sized bowl.
  2. Squeeze lime juice and add oil.
  3. Mash avocados until desired consistency. Blend cumin, onion, garlic, cilantro, tomato, then season with salt and pepper to taste.
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## *Smoky Black Bean Soup*



### **Ingredients:**

2 tablespoons extra virgin olive oil  
1 large onion, diced small  
1 large jalapeño, seeded and minced  
2 medium carrots, peeled and diced small  
3 cloves garlic, minced  
2 small chipotles in adobo, seeded and minced (only use one if you don't like spicy things, but maybe add 1/2 teaspoons of smoked paprika to make up for missed smoky flavor)  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
15 oz diced fire roasted tomatoes  
3 cups cooked black beans  
1 tablespoon tomato paste  
1 bay leaf  
3 cups vegetable broth  
1 teaspoon salt (to taste, depending on the saltiness of your broth...the broth powder I use is low sodium)  
3 thinly sliced scallions  
Juice of 1 lime  
1 teaspoon distilled white vinegar  
Optional garnishes: diced avocado, minced fresh cilantro

### **Preparation:**

1. Heat a large soup pot (mine is 5 quarts and it fit perfectly) over medium heat.
2. Sauté the onion, jalapeño, and carrots about 5 minutes, until the onion is translucent. Add garlic and chipotles, stirring for another minute. Stir in cumin and oregano, then add the diced tomatoes to deglaze the pan. Stir in black beans and tomato paste, then add the broth, bay leaf, and salt.
3. Bring to a boil, then reduce heat and let simmer 30 minutes, stirring occasionally. Add scallions, lime juice, and vinegar, stir to combine, and turn off heat.
4. Using an immersion blender, purée about 3/4 of the soup, leaving some chunks of beans. I like mine pretty creamy. Use a regular blender if you must, but make sure you let the steam out so it doesn't explode in your face.
5. Serve and garnish with avocado and cilantro if desired. Ultimate in comfort.

Recipe and photo credit to:

<http://awesomeveganrad.wordpress.com/2013/04/30/beans-beans-beans-recipes-recipes-recipes/>

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### *Mexican Stacked Sandwich*

Feeds 3 people generously

#### **Ingredients:**

1/4 cup vegenaïse  
1 Tbsp prepared salsa  
1/4 tsp cayenne (drop it if you want)  
1/4 cup broth  
1 Tbsp tamari  
1/2 a chipotle with adobo, minced as finely as possible  
juice from 1/2 a lime  
2 tsp cumin  
1 tsp chili powder (any kind, we like chipotle), divided  
pinch of sugar  
1 Tbsp oil  
1/2 an onion, sliced thinly (about 1/2 a cup)  
1/2 a red pepper, sliced thinly (about 1 cup)  
2 Tbsp pickled jalapenos, chopped and blotted dry (optional, but awesome)  
3 cloves garlic, crushed  
12 oz seitan, cut in thin strips (kind of like shaved)  
salt and pepper to taste  
sandwich parts : rolls/bread, lettuce and sliced tomatoes

#### **Preparation:**

1. Make the dressing for the sandwich. Combine the vegenaïse, salsa and cayenne. Stir to mix and set aside to meld.
2. Make saucy part. Combine the broth, tamari, chipotle, lime juice, cumin, 1/2 tsp chili powder and a pinch of sugar. Set aside.
3. Cut your bread in half and remove some of the insides so the filling will fit a little better. Broil it, cut side up, until lightly browned. Set aside.
4. Heat the oil in a large frying pan. Saute the onions until almost clear, then add the peppers, garlic, the rest of the chili powder and seitan. Cook for a few minutes, lightly browning the seitan. Add the broth mixture and toss and cook until the liquid has evaporated. Parts of the seitan will probably break up, but that's ok. Season with salt and pepper to taste.
5. Slather some sauce on the top and bottom of the bread. Layer the seitan, lettuce and tomatoes and dig in.



### ***Horchata***

**Prep Time : 10m Cook Time : 0m Ready**

**In : 24:0 h**

#### **Ingredients:**

one cup long grain rice, uncooked  
6 cups water  
2 cups non-dairy milk  
1/2 cup sugar  
3 cinnamon sticks (or 2 tbs ground)  
1 tsp vanilla extract  
pitcher

#### **Method:**

1. Put the cups of rice into a blender with two cups of water and blend it until the rice is broken up and the water looks very milky.
  2. Pour into pitcher with four cups of water, add cinnamon sticks and let sit overnight - or at least four hours (the longer the more milky it will taste).
  3. Pour rice milk into another pitcher (or large bowl), using cheese cloth to strain the rice and cinnamon sticks out.
  4. Add all other ingredients, mix well, pour over ice and enjoy!
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## MENU #3: INDIAN

### *Kale Slaw with Curried Almond Dressing*

Makes 5 1/2 - 6 1/2 cups salad



#### **Ingredients for the slaw:**

1 small to medium-size apple, cored and julienned (3/4 to 1 cup), tossed in 1tsp freshly squeezed lemon juice  
2 1/2 - 3 cups julienned kale (leaves cut/torn from stems and stems discarded) (see note)  
1 1/2 cups grated carrot  
1 cup very thinly sliced or julienned fennel  
1/4 cup cranberries or raisins

2/3 - 3/4 cup Creamy Curried Almond Dressing (or more, if desired; recipe follows)

2 to 4 tbsps sliced or chopped raw almonds

Extra salt and pepper to taste

For the Curried Almond Dressing:

1/2 cup raw almonds

2 1/2 tbsps apple cider vinegar

2 tbsps pure maple syrup or agave nectar

2/3 cup water (or more to thin as needed; see note)

1 very small clove garlic

1 tsp freshly grated ginger

1/2 tsp Dijon mustard

1/2 tsp sea salt

Freshly ground black pepper (optional)

1/8 tsp curry powder, or more to taste (see note)

#### **Preparation:**

Place the apple, vegetables, and cranberries in a bowl and toss. Add the dressing, starting with about 2/3 cup and adding more as desired, if you want a thicker coating of dressing. Toss to coat well, then let sit for 5 minutes or more to allow the kale leaves to soften slightly in the dressing. Serve, garnishing with a light sprinkling of almonds and extra salt and pepper, if desired. Makes 5 1/2 - 6 1/2 cups.

**Notes:**

Kale salads can be quite versatile. Try another thick, creamy nut- or seed-based dressing, such as Citrus Tahini Dressing, Creamy Cumin-Spiced Dressing, or DJ's Hummus Salad Dressing. The key is to coat the leaves nicely, and let the salad sit for ten minutes (or a little longer) before serving, to give the kale a chance to slightly soften in the dressing. You can also massage the kale leaves by hand before adding the dressing, to help soften the tougher leaves.

**To make the Creamy Curried Almond Dressing:**

Using a standing blender or an immersion blender and deep cup or jar, puree all the ingredients (starting with 1/2 cup of the water) until very smooth. (A high-powered blender such as a Blendtec works best to smooth out the dressing; using an immersion blender or regular blender will leave a little more texture and take a little longer.) Add additional curry to taste, and additional water to thin as desired (see note). Makes about 1 generous cup.

*Recipe and photo credit to Dreena Burton, founder of the Plant Powered Kitchen:*  
[http://plantpoweredkitchen.com/recipe-page/?recipe\\_id=6025864](http://plantpoweredkitchen.com/recipe-page/?recipe_id=6025864)

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## ***Samosa Wraps***

Number of servings (yield): 6

"You can make this with crumbled, non-frozen tofu but you may not need much or any water. Or, if you're avoiding soy products, double the amount of potatoes and leave the tofu out altogether. This mixture would also be good stuffed into a pita or rolled into a homemade chapatti."

### **Ingredients**

- 1 pound (450 g) red or gold potatoes (about 2 medium)
- 14 ounces (390 g) extra-firm tofu, frozen for 24 hours and thawed
- 1 medium onion, minced
- 1 cup (236 ml) frozen green peas
- 1 medium tomato, diced
- 1 tablespoon fresh ginger, peeled and minced
- 1/2 - 1 jalapeno pepper, stemmed, seeded and finely diced
- 1/2 - 3/4 cup water
- 1 teaspoon salt to taste
- 2 teaspoons curry powder
- 1/2 teaspoon ground coriander
- 3/4 teaspoon ground cumin
- 1/8 - 1/4 teaspoon cayenne pepper (or to taste)
- 1 tablespoon lemon juice
- 6 whole-grain tortillas (may use gluten-free)

### **Preparation:**

1. Cook the potatoes, unpeeled, in boiling water until they're tender (pierce easily with a fork). Remove from water and set aside to cool. When cool enough to handle, peel and cut into 1/4-inch pieces (6mm).
2. Squeeze tofu to remove as much water as possible. Cut into 1/4-inch cubes.
3. Heat a deep non-stick skillet and add the onion. Cook on medium-high until onion begins to brown. Add peas, tomato, ginger, jalapeno pepper, and 2 tablespoons water. Cook, stirring, until peas thaw.
4. Add potatoes and tofu to skillet along with 1/2 cup water, salt, curry powder, coriander, cumin, cayenne, and lemon juice. Cover and simmer for about 10 minutes, adding more water if necessary. Remove cover and cook until most liquid has evaporated. Check to see if more salt or lemon is needed.
5. Warm tortillas according package directions. Place 1/6 of filling in center of wrap, fold bottom edge up, and fold sides over filling. Serve with mango chutney, if desired.

Recipe and photo credit to Susan Voisin, founder of the blog Fat Free Vegan Kitchen.  
<http://blog.fatfreevegan.com/2009/06/es-samosa-wraps.html>

## *Double Ginger Cookies*



### **Ingredients:**

1 1/2 cups all-purpose flour  
1 cup whole wheat flour  
3/4 cup chopped crystallized ginger  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon ground ginger  
1 1/4 cups sugar, divided  
1/2 cup applesauce  
1/4 cup vegetable oil  
1 teaspoon grated lemon rind  
1 tablespoon lemon juice  
1/4 teaspoon vanilla extract  
Cooking spray

### **Preparation:**

1. Lightly spoon flours into dry measuring cups, and level with a knife. Combine flours and next 5 ingredients (flours through ground ginger); stir well with a whisk. Make a well in center of mixture. Combine 1 cup sugar, applesauce, and next 4 ingredients (applesauce through vanilla). Add to flour mixture, stirring just until moist; cover and chill dough at least 1 hour.
2. Preheat oven to 350°.
3. Lightly coat hands with flour. Shape dough into 24 balls (about 2 tablespoons each; dough will be sticky). Roll balls in 1/4 cup sugar. Place balls 2 inches apart on baking sheets coated with cooking spray. Bake at 350° for 15 minutes or until lightly browned. Cool 1 minute on pan. Remove from pan; cool completely on wire racks.
4. Note: These freeze well. Place cooled cookies in a heavy-duty zip-top plastic bag; store in freezer for up to 1 month. Thaw at room temperature.

Recipe and photo credit to Cooking Light Magazine:

<http://www.myrecipes.com/recipe/double-ginger-cookies-10000000364841/>