

7 Day Plant-Based Healthy Gourmet Challenge

By Chef Ron Russell

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Nachos, Lemon Balls, Italian Marinated Vegetable Salad

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Walnut Pesto Pasta or Stuffed Mushrooms / Pesto Salad, Tomato Basil Soup, Mango Lassi

FRIDAY

Greek Feta Rounds, Black Eyed Pea Soup, Greek Salad

SATURDAY

Taco Salad, Raspberry Tart

SUNDAY

Bean Zucchini Fritter, Strawberry Shake

SALADS

Wilted spinach, marinated Italian vegetables, taco salad w/cilantro lime

APPETIZERS

Greek lettuce wrap/cucumber round with feta & olives or cherry tomato, lettuce wraps, nachos

ENTREES

Thai bowl, bean zucchini fritter, Moroccan chickpea stew, walnut pesto pasta w/Parmesan & stuffed mushrooms

DESSERTS

Raspberry tart, lemon balls

BEVERAGES

Strawberry shake, green smoothie, mango lassi



MONDAY

NACHOS

NACHO CHEESE

- 1C Red pepper – small (rough chop)
 - 1C Sunflower seeds (soaked and drained)
 - 3T Nutritional yeast
 - 1½T Lemon juice
 - 1T Paprika
 - 1½tsp Cumin
 - 1½tsp Salt
 - 1 Date
 - Pinch Cayenne
 - ¼C Water, if needed
- Blend all ingredients in high speed blender.

PICO DE GALLO OR SALSA

- 1C Tomatoes (diced)
 - ½C Onions (fine diced)
 - 1T Lemon juice
 - 2T Cilantro (chopped)
- Jalapeño to taste
¼tsp Sea salt
Mix together.



PLATING: Use tortilla chips or jicama sliced thin into “chips.” Spread nacho cheese over and add pico de gallo.

OTHER OPTIONS TO TOP NACHOS: guacamole, black or pinto beans or refried beans, green onions, olives, vegan sour cream, vegan meats like seasoned jackfruit

ITALIAN VEGETABLE MARINATED SALAD (serves 4-6)

- 1C Cauliflower (small flowerets)
- 1C Zucchini (half moon slices)
- 1C Red pepper (thin strips)
- 1C Tomatoes (sliced & halved)
- ½C Yellow onion (thin strips)

VINAIGRETTE

- 1tsp EVOO
- 1T Lemon Juice
- 1T Apple cider vinegar
- 1tsp Italian seasoning mix
(or ½tsp basil, ¼tsp oregano, ¼tsp thyme)
- 2tsp Agave or ¼tsp stevia
- ¼tsp Sea salt
- ¼tsp Pepper



Mix marinade well in a blender. Mix with vegetables and let marinate for 2-3 hours at room temperature.

TO MAKE ADDITIONAL VINAIGRETTES FOR OTHER SALAD

1. To the recipe above, add crushed/pureed blueberries, strawberries, raspberries, mangos, cherries or other fruit.
2. Or add:
 - a. Italian seasoning
 - b. Curry
 - c. Lime & fresh grated ginger
 - d. Fresh herbs

LEMON BALLS (serves 4)

1C Soft Dates
¾C Raw shredded coconut
¾C Shredded carrots or carrot pulp
½C Raisins
¼C Lemon juice
1T Lemon zest (shredded peel)
Pinch Sea salt

OPTION: Roll balls in shredded coconut

Mix well in a bowl or in food processor. Form into 1½" balls. Refrigerate 1 hour.



TUESDAY

"WILTED" SPINACH SALAD, LEMON SHERRY DRESSING

- 6C Baby Spinach
- 1 Red Onion or shallots (thin sliced)
- ½C Celery (sliced)
- 6 Dried apricots (julienned) or ¼C Raisins
- ¼C Walnuts (chopped)

DRESSING

- 1½T Maple Syrup
- 1T EVOO
- 2T Sherry vinegar
- ½tsp Onion powder
- ¼tsp Sea Salt
- ¼tsp Pepper

Whisk dressing ingredients in a pan. Heat below boiling point. Pour over salad. Serve immediately.

MOROCCAN STEW (serves 2)

RICE

- 2C Brown or Black Rice
- 4C Water
- Pinch of salt & pepper
- 2tsp Onion powder
- 1C Cilantro or Parsley, chopped

Add everything but cilantro. Bring to a boil and simmer 40 minutes. Add cilantro/parsley once fully cooked.

VEGETABLES

- 2C Chard, kale or collards (chopped in small strips)
- 2C Zucchini (slice into half moons)
- ¾C Onion (diced)
- 1C Carrots (thin slices)
- ¼tsp Sea Salt
- ¼tsp Black pepper
- 2tsp EVOO or Safflower oil
- 2C Chickpeas
- 2T Water

Sauté on medium heat onions & carrots in oil, salt and pepper until soften, about 2-3 minutes. Add zucchini for 2 minutes, add water then remaining ingredients for 1 minute. Add in sauce & simmer a few minutes.

MOROCCAN SAUCE

- 2C Tomato (rough chop)
- 3T Sundried Tomatoes – moist (chopped)
- 1T Lemon Juice
- 2T Dates
- 1½tsp Onion Powder
- ¼tsp Turmeric
- 1tsp Cumin
- 1tsp Paprika
- ¼tsp Cinnamon
- ¼tsp Sea Salt
- ½tsp Pepper
- Pinch Cayenne
- ¼C Water

Pulse blend ingredients in blender or food processor, leave chunky.

PLATING

Serve rice on the bottom of the bowl, then vegetables & sauce mix, top with garnish.

** Garnish: 3T raisins & a lemon round

OPTION: top with slivered almonds



CREAMY ITALIAN SPINACH SOUP (serves 2)

4C Spinach
½ Avocado
1 Garlic clove
1 Celery stalk
1½tsp Italian seasoning
2T Nutritional yeast
½tsp Sea salt
¼tsp Ground pepper
1½C Water

Blend until smooth. Serve, top with tomatoes.

WEDNESDAY

THAI VEGGIE NOODLE BOWL

- 3C Zucchini Noodles
Use spiralizer to make spaghetti out of large zucchini
- 1C Cabbage (chopped fine)
- 1C Bok Choy (chopped)
- 2T Onion (chopped fine)
- OPTION: Sunflower sprouts
- OPTION: Glazed Tofu

THAI SAUCE

- ½C Sesame Seeds
- 1 Garlic, clove small
- 1 Lime, juiced
- ½tsp Lime Zest
- 1½tsp Fresh Ginger
- ¼T Apple Cider Vinegar
- ¼tsp Stevia
- Pinch Cayenne
- ¼tsp Sea Salt
- ½C Water

Mix until completely smooth in blender.

PLATING

Pour sauce over vegetables and toss well.
Garnish with 2T Cilantro (chopped)

GLAZED TOFU OPTION

- ½carton Extra Firm Tofu – Slice ½" thick pieces, cut into triangles
- 3T Lemon juice
- 1tsp Lemon zest
- 3T Agave, coconut nectar, maple syrup or other liquid sweetener
- ¼tsp Sea salt

OPTION: Hot sauce

Cook all ingredients in skillet at medium high temp until starts to thicken, reduce heat. Cook until golden brown.



GREEN SMOOTHIE

- 1C Bok Choy
- 1C Spinach
- 1C Kale, curly, destemmed
- 1C Pineapple, frozen
- 1 Banana
- 2T Dates
- ¼C Cilantro
- ½C Water

Blend until smooth.

THURSDAY

PESTO MUSHROOMS & PESTO SALAD

4C Crimini Mushrooms, stems removed
(or small red peppers quartered)
½tsp EVOO

PESTO

½C Walnuts (soaked and drained)
1C Spinach
1 Clove garlic
1½tsp Lemon juice
2oz Fresh basil
½tsp Sea salt
¼tsp Black pepper
¼C Water
2tsp Nutritional Yeast
Blend all ingredients until smooth. Keep airtight until use.



Coat mushrooms with a little olive oil. Add generous amount of pesto into stemmed hole in mushrooms.
Bake at 375 degrees for 15-20 minutes.

MAKE IT INTO PESTO PASTA

Cook Brown Rice Noodles or other noodles or make zucchini noodles. Toss with pesto.

PARMESAN CHEESE

½C Brazil nuts or cashews
2T Nutritional yeast
¾tsp Garlic powder
Pinch Sea salt
Chop in food processor. Top pasta with parmesan.

TOMATO BASIL SOUP

3C Tomatoes, Roma preferred
¼C Basil leaves (loose) (remove stems)
1 Garlic clove, small
2T Shallot or onion
2tsp EVOO
½tsp Sea Salt
½tsp Black pepper
OPTION: add ¼C Water for a less thick soup
Blend until smoother, 90-120 seconds.

MANGO LASSI (4 servings)

½C Cashews (soaked and drained)
Nut-free Option: ¾C Coconut meat to replace cashews
¼C Mango, frozen
1½T Lemon juice
1C Water
½tsp Cardamom Or, pinch cloves and cinnamon
4 Dates or 2T agave
Blend until frothy. Add 2C ice and reblend for extra cold lassi.



FRIDAY

GREEK FETA APPETIZER

FETA CHEZ

- 2C Cashews (soaked)
- ¼C Lemon juice ~ 2 lemons
- 2tsp Sea salt
- 4 Garlic cloves
- ½C Water, or as needed
- Pinch Cayenne

Mix ingredients in blender until smooth. Add water if needed. Refrigerate.

- 1 Cucumber, cut into ¼" rounds
 - Or Romaine or other lettuce leaves cut into 4" squares
- Top cucumbers or lettuce with feta, Kalamata olives, & cherry tomatoes cut in half.



BLACK EYED PEA SOUP

- 1C Onions (diced)
- 1C Celery (diced)
- ¼C Mushrooms (sliced)
- 1½T Garlic (minced)
- 2tsp Salt, or to taste
- 1tsp Pepper
- 2C Kale (chopped)
- 2C Black Eyed Peas
- 6C Vegetable Stock
- 1tsp Cooking oil

In a soup pot, bring black eyed peas to a boil in vegetable stock. Reduce heat to a simmer for 30-40 minutes until thoroughly cooked.

In another pan, on medium heat, sauté onions in oil 2-3 minutes. Add celery, mushrooms & garlic and cook 2 minutes. Add kale, salt and pepper and cook 1 minute. Add in black eyed peas. Add additional stock if too thick.

Blend 2C of soup mixture to help thicken soup. Serve warm.

GREEK SALAD (2-4 servings)

- 1 Green pepper (cut in rounds)
- 2 Ripe tomatoes (cut in rounds)
- 1 Cucumber (cut in thin rounds)
- 10 Kalamata style olives (halved)
- 6C Romaine (chopped)

FETA CHEZ (see above)

DRESSING

- 2tsp EV olive oil
 - 2½T Lemon
 - ½tsp Garlic (fine minced)
 - ½tsp Oregano
 - ½tsp Sea salt
 - ¼tsp Onion powder
 - 1tsp Agave or ¼tsp stevia
- Blend all ingredients.

PLATING

Toss romaine with dressing then place other veggies on top of lettuce. Dollop feta on top of cucumbers. Serve chilled.

SATURDAY

LEFTOVER TACO SALAD

- 4C+ Romaine, spinach and/or lettuce mix
- 2C Black or pinto beans
- 1C Pico de gallo or salsa

This is your basic taco salad, but you can add any of the items below to make

ADDITIONAL "LEFTOVER" OPTIONS: Avocado, vegan sour cream, shredded vegan cheese such as Follow Your Heart Fiesta Shredded, chopped jicama, corn, shredded vegetables: carrots, zucchini, vegan meats, taco seasoned jackfruit, vegan meat substitute

CILANTRO LIME DRESSING

- ¼C Fresh cilantro (chopped, stems removed)
- 1tsp EVOO
- 1½T Lime juice
- 1tsp Coconut nectar or agave
- ¼tsp Sea salt

LEMON/RAWSPBERRY or STRAWBERRY TART

CRUST

- 1C Coconut shreds, raw
- ½C Moist Dates/date paste

In a food processor, add coconut and gradually add dates. Press mix into bottom of tart molds or ramekins.

FILLING

- 1C Fresh coconut meat (or defrosted frozen available to Trader Joes and Whole Foods)
- ¾tsp Green leaf stevia
- 3T Coconut oil
- 2T Lemon juice
- ¼tsp Lemon zest
- 1tsp Vanilla
- ¼C Water (as needed to blend)
- Pinch Sea salt
- 1C Frozen raspberries or strawberries

In a blender, add all ingredients (except fresh berries). Blend until creamy and smooth. Add mix into tart molds.

- 1C Fresh raspberries or strawberries cut in ½

Arrange fresh raspberries or strawberries on each tart and refrigerate for about 2 hours until solid.

OPTION: RASPBERRY SAUCE

- 1C Frozen or fresh raspberries
- 2T Date paste or agave
- ¼C Water or coconut water

Blend until smooth. Place in a squeeze bottle and drizzle over plate.



SUNDAY

LENTIL FRITTER

- 1C Zucchini, shredded
- 1C Brown Lentils, cooked
- $\frac{3}{4}$ C GF flour
- $\frac{1}{2}$ tsp Salt
- 1tsp Baking powder
- 2tsp EVOO
- 2T Green onion
- 2tsp Cumin
- 1tsp Thyme

Mix all ingredients, except oil, together. Use a ring mold to form into patties.

Add oil and olive oil spray and sauté in frying pan to golden brown on each side (slightly crispy on the outside). Serve warm.



STRAWBERRY SHAKE – LOW FAT

- 1 Banana (peeled and frozen)
- $1\frac{1}{2}$ C Strawberries, frozen
- $\frac{1}{4}$ C Dates
- $\frac{1}{2}$ tsp Vanilla Powder
- Pinch Sea Salt
- Option: 2C Spinach
- $\frac{1}{2}$ C Water

Blend all ingredients until smooth. Serve cold.

For colder shake, blend all ingredients then add 2C ice and reblend

OPTION

Replace banana with $\frac{1}{2}$ C Cashews for even richer shake

SORBET NUT FREE CARAMEL SUNDAE

- 2 Bananas, ripe (peeled & frozen in pieces)

OR MANGOS + Dates

- 2tsp Vanilla

Process coconut meat & vanilla in food processor into a cream, add a little water if necessary. Add bananas and turn into a creamy soft serve.

CINNAMON CARAMEL SAUCE

- $\frac{1}{4}$ C Date paste
- $1\frac{1}{2}$ tsp Cinnamon
- $\frac{1}{2}$ C+ Water (as needed to make into sauce)

Blend until smooth.

CHOCOLATE SAUCE

- 6T Raw cacao powder
- 1T Coconut Oil (warm liquid, ~85+ degrees)
- 3T Coconut nectar /agave/honey/maple syrup

Mix well.

OPTIONAL ADDITIONAL TOPPINGS

Cherries, raisins, strawberries, blueberries, blackberries, coconut shreds, nuts, your imagination

