

VegMichigan Cooking Demo – Plant-Based Recipes

Novi Public Library

February 20, 2025

SWEET POTATO VEGGIE MAC AND CHEESE

Serves 8

16 ounces whole wheat pasta (*or other pasta of your choice*)
1 onion, diced
1 cup roasted sweet potatoes
1 cup unsweetened nondairy milk
1/2 cup, plus 2 tablespoons water
6- to 8-ounces of roasted red bell peppers (*rinsed, if using jarred peppers*)
1/4 cup nutritional yeast
2 tablespoons lemon juice
2 teaspoons yellow mustard
2 teaspoons salt
dash cayenne pepper

For serving: steamed frozen veggies (such as broccoli, cauliflower, baby spinach, or asparagus, etc.)

Instructions

Cook pasta according to package directions. Drain and set aside.

Meanwhile, heat a large nonstick skillet over medium-high heat. Add onions and dry sauté until translucent. Sprinkle a little bit of water as needed to prevent sticking to the pan.

While the onion is browning, steam your choice of frozen veggies on the stove or in the microwave. Set aside hot veggies.

Once the onion is sautéed, remove from heat. In a high-powered blender (like a Vitamix), combine the cooked onion with sweet potatoes, milk, water, red peppers, nutritional yeast, lemon juice, mustard, salt, and cayenne, and blend until smooth.

To serve, combine!

Add cooked veggies to finished pasta. Combine warm sauce with hot veggie pasta, and serve immediately.

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SIMPLE SALAD WITH HERBED RANCH DRESSING

Serves 6

Salad

1 box prewashed romaine lettuce, chopped
1 box prewashed baby spinach, roughly chopped
shredded red cabbage or chopped radicchio, to taste
shredded carrots, to taste
thinly sliced or diced cucumber, to taste
microgreens, to taste

Herbed Ranch Dressing

2 cups raw cashews
1 cup unsweetened nondairy milk
1 cup water
fresh herbs (*rinsed*), handful each of cilantro, basil, and Italian parsley
6 tablespoons lemon juice
4 teaspoons brown mustard
2 teaspoons balsamic vinegar
1 1/2 teaspoons kosher salt

Instructions

Place salad veggies in large bowl, topping with microgreens, and set aside.

To make dressing, place cashews, milk, water, herbs, lemon juice, mustard, vinegar, and salt in a high-powered blender (like a Vitamix), and process until smooth. Serve immediately or refrigerate until ready to serve.

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NO-BAKE FUDGY BROWNIES WITH PEANUT BUTTER CORNFLAKE FROSTING

Makes 24 brownies

2 cups raw walnuts

2 cups pitted dates

1/2 cup unsweetened cocoa or cacao powder

3 tablespoons prepared strong coffee or espresso (*I use decaffeinated*)

1 teaspoon pure vanilla extract

3/4 cup fruit-sweetened cornflakes (*like Nature's Path*), or other cereal of your choice, roughly crushed

1/2 cup crunchy natural peanut butter

1/4 cup date syrup

Instructions

Place the walnuts in large bowl of a food processor fitted with the metal blade. Process until ground to a fine powder.

Add dates, cocoa powder, coffee or espresso, and vanilla. Process until the mixture holds together well, which can take a few minutes. (*If needed, depending upon the moisture level of the dates, you may want to add one or 2 additional splashes of espresso or water.*)

Once blended well, remove bowl and blade from the base.

Press the batter evenly into 24 sections of a silicone brownie-bites pan.

In a small bowl, prepare the topping. Mix together the roughly crushed cornflakes, crunchy peanut butter, and date syrup. Combine well. Frost each brownie evenly. Cover and freeze for at least one hour before serving.

Once frozen, carefully remove brownies from the silicone brownie-bites pan, and place in a freezer-safe air-tight container. Keep brownies frozen until ready to serve.

Serve brownies cold, straight from the freezer.

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