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## **Day 15 - Meatless Monday**

The following three meals I would typically eat in a day for breakfast, lunch, and dinner are:

### Breakfast

*Scrambled Eggs with cinnamon french toast*

### Lunch

*A Bacon, Lettuce and Tomato Sandwich*

### Dinner

*Fettuccine alfredo with chicken & broccoli*

***After researching ways to substitute meat and dairy ingredients, here is what I've found!***

### Breakfast

*Vegan scrambled eggs* (made from a combination of chickpea brine, firm tofu, olive oil, nutritional yeast, himalayan black salt, and ground turmeric)

*Vegan Cinnamon French Toast* (made from Westsoy's organic soy milk, nutritional yeast, vanilla extract, coconut oil, salt, bread, cinnamon, and chickpea flour!)

### Lunch

*Vegan BLT* (made with Grainiac's Organic Whole Grain Bread, avocado, coconut bacon, tomato, salt, pepper, and butter lettuce)

### Dinner

*Vegan Fettuccine Alfredo with Chicken (Made with seitan and vegan seasonings as a meat substitute and Westsoy's unsweetened organic soy milk with olive oil, as an alfredo sauce substitute with garlic, shallots, basil, salt, and pepper)*

\*The recipes can be found below from various vegan cooks and chefs around the globe!

### **Breakfast Recipe: Vegan Scrambled Eggs & Vegan French Toast**

#### ***Ingredients:***

- *Firm tofu.*
- *Aquafaba (chickpea brine/canning liquid).*
- *Cold-pressed olive oil.*
- *Nutritional yeast flakes.*
- *Kala namak (i.e., black salt with an egg-like sulfuric taste).*
- *Ground turmeric (for color).*
- *Freshly ground black pepper (if you desire).*

#### ***Instructions:***

*Step 1: Gather Ingredients*

*Step 2: Blend all the ingredients together*

*Step 3: Cook the tofu-aquafaba mixture in a hot pan for 10–15 minutes, skimming and scrambling as you go.*

*Step 4: Serve*

*Then move onto the french toast,*

#### ***Ingredients:***

- *1 cup (240ml) Soy Milk (or other non-dairy milk)*
- *4 Tbsp Chickpea Flour (or sub all purpose flour)*
- *2 Tbsp Nutritional Yeast*
- *1 Tbsp Maple Syrup or Date Syrup*

- *1 tsp Vanilla Extract*
- *1/2 tsp Cinnamon*
- *1/2 tsp Salt*
- *6 Slices Bread (thickly sliced)\**
- *Coconut Oil (for frying)\**

***Instructions:***

*Step 1: Gather ingredients*

*Step 2: Whisk up the wet ingredients in a bowl*

*Step 3: Slice up bread into thick sturdy slices, then dip it in the wet mix (both sides)*

*Step 4: Fry it in a hot frying pan with a little coconut oil. The frying pan should be very hot and the combination of the mix that you dip the bread in, plus the coconut oil creates the perfectly browned result you see here. It's crispy on the outside, soft on the inside, with a deliciously light flavor.*

***Lunch Recipe: Vegan BLT***

***Ingredients:***

- *2 slices eureka! Grainiac® whole grain bread*
- *1 medium ripe avocado*
- *Salt, to taste*
- *1/4 cup coconut bacon*
- *1 medium ripe red tomato*
- *Freshly ground black pepper*
- *Several small leaves of romaine or butter lettuce*

***Instructions:***

*Step 1: Be sure to make the coconut bacon before you get started on the sandwich (it's easy to make, and you'll have lots of leftovers, which freeze well).*

*Step 2: When you're ready to make sandwich(es), first toast the bread to your desired doneness.*

*Step 3: Halve and pit the avocado, and scoop the avocado flesh into a bowl. Add a pinch of salt, and use a fork to mash the avocado until it's pretty smooth and easily spreadable. Taste, and add more salt if necessary.*

*Step 4: Spread avocado on top of both slices of bread. Spread coconut bacon heavily on one piece of toast, and lightly press it into the avocado to help it stick.*

*Step 5: Slice the tomato into 1/2" thick slices. Top the bacon-covered toast with 2 to 3 slices of tomato, and sprinkle it with black pepper. Top the tomato with lettuce, and place the remaining slice of bread on top, avocado side down. If you prefer, carefully slice the sandwich in half with a serrated knife.*

*Step 6: Serve!*

### **Dinner Recipe: Vegan Chicken Broccoli Alfredo**

#### **Vegan "Alfredo Sauce" Ingredients:**

- 1/2 tbsp olive oil
- 4 cloves garlic minced
- 1 shallot finely chopped
- 2 cups low-sodium vegetable broth (see notes)
- 1 and 1/2 cups plain, unsweetened non-dairy milk (see notes)
- 1 tsp salt plus more to taste (reduce if using a salty broth - mine is low-sodium)
- 8 oz dry fettuccine
- black pepper, dried oregano and red pepper flakes to taste
- chopped fresh basil or parsley for serving

#### **Vegan "Chicken" Ingredients:**

- 1 plant-based egg (flax egg or your favorite commercial egg replacer)
- 12 oz unsweetened soy creamer
- 1/2 cup water
- 2 teaspoons Creole seasoning salt (more to taste)
- 3 Tablespoons Creole or spicy brown mustard

½ cup hot sauce (Crystal and Frank's Red Hot are favorites)

***Seasoning Ingredients:***

3 cups unbleached all-purpose flour  
¼ cup cornstarch  
1 Tablespoon Creole seasoning salt (more to taste)  
2 teaspoons paprika  
2 teaspoons black pepper  
2 teaspoons garlic powder  
1-1/2 teaspoons cayenne pepper  
1 teaspoon onion powder  
1 teaspoon smoked paprika  
1 teaspoon white pepper

***Instructions:***

*Step 1:* Blend dry ingredients together thoroughly and set aside.

*Step 2:* Blend liquid ingredients together and sit next to the flour mixture.

*Step 3:* Place 1-2 cooling racks on top of cookie sheets, and sit it near your work area on the counter.

*Step 4:* Take one piece of the chicken style seitan and place it in the liquid dip. Remove quickly and shake off excess.

*Step 5:* Immediately roll in the flour dip, coating all sides lightly. Place on cooling rack.

*Step 6:* Repeat with each piece of seitan chicken, being sure to leave enough room on the cooling rack so that the seitan has air circulating on all sides. Leave for 30-45 minutes for coating to “set”.

*Step 7:* Repeat the process again, and leave out to dry for another 30-45 minutes or longer.

*Step 8:* Heat your cooking oil to 350 degrees in a heavy-bottomed pot or frying pan.

*Step 9:* When your oil is hot, drop in one or more pieces of chicken, being sure not to crowd the pan which will lower the temperature of the oil and result in a soggy product.

*Step 10:* Remember, this is not flesh so there is no lengthy frying time required to cook anything – all you're doing is developing a crispy brown coating for your seitan. (Should take about 3 minutes per side)

*Step 11:* When it's brown and crisp on one side, flip seitan over and brown the second side. Remove to a rack to drain while you fry the remaining portion.

*Step 12:* Serve immediately!

## Instructions for Sauce:

*Step 1:* Heat the olive oil in a large skillet over medium heat. If possible, choose a skillet that is wide enough to completely fit the fettuccine. Smaller pans will work, but require a bit more fuss to stir and submerge the pasta as it cooks.

*Step 2:* Add the garlic and shallot to the pan along with a sprinkle of salt, and stir. Cook for about 2 minutes, stirring occasionally, or until the garlic is softened and the shallot is turning translucent; avoid browning.

*Step 3:* Add the vegetable broth, nondairy milk, and salt, and stir. Add the dry pasta and gently prod it around to submerge it under the liquid. If not all of it fits now, you will need to gently push it into the pan after the submerged portion has softened later.

*Step 4:* Bring to a boil, then reduce to a simmer. Stir occasionally, gently separating any pasta that starts to stick together. Cook for about 20 minutes, or until the sauce has thickened onto the pasta and the texture is to your liking. If too much of the liquid is cooking off, reduce the heat a little bit, and add more nondairy milk.

*Step 5:* Adjust seasoning to taste, and serve with fresh herbs and other toppings if desired. Best served immediately, but leftovers will keep for 3-5 days in the fridge (cool completely to room temperature before boxing up and refrigerating).

