



Nourishing compassion for our bodies, the earth and all beings.

Plant-Powered Earth Holder Holiday Recipes

Herbed Holiday Tofu (makes about 8-12 servings)

You will be so amazed at this moist, low-fat, and compassionate Thanksgiving main dish that you won't miss the turkey! Start the tofu marinating early in the day to not only infuse it with flavor, but also to fill your kitchen with a welcoming and savory aroma!

3 lbs. firm tofu, drained
2 cups vegetable broth or water
2 tablespoons Braggs Liquid Aminos or soy sauce
1 tablespoon olive oil (optional)
1 teaspoon dried mustard or 1 tablespoon stone-ground mustard
2 tablespoons poultry seasoning
1 teaspoon Italian seasoning
½ teaspoon each onion and garlic powder
½ teaspoon salt (optional)
1 teaspoon celery seed or celery salt (omit salt if using celery salt)
3 tablespoons nutritional yeast
½ teaspoon paprika or smoked paprika
2 bay leaves
1 large lemon, juiced

1. Preheat oven to 375.
2. Combine water or broth, Braggs, mustard, lemon juice, olive oil, nutritional yeast, herbs and spices.
3. Cut tofu into irregularly sized pieces, starting with cutting off the corners. Pieces should be about the size of turkey pieces. Place the pieces in a 3 quart Pyrex-type casserole dish with a lid or in an electric skillet.
4. Pour the herb mixture over the tofu and cover.
5. Bake or heat for ½-1 hour, until boiling.
6. Remove from the oven or turn off the electric skillet, uncover and allow it to cool and marinate. Stir gently on occasion to coat the tofu with the marinade.
7. Just before serving preheat the oven to 400 degrees, drain the marinade, reserving about ½ cup and place the pieces on an oiled cookie sheet.
8. Bake for 15-20 minutes until browned, turning once

and brushing with marinade, or brown in a lightly oiled (if needed) pan or under broiler, adding a bit of marinade when needed.



Recipe by Veg-Appeal

Steamed Broccoli (serves about 4)

One large head of broccoli

1. Cut the woody part of the broccoli stem off and cut the broccoli into spears of desired size
2. Place in a steamer basket in a pot. Steam for about 7-9 minutes, or until desired softness
3. Serve with Cheesy Sauce (below)

Cheesy Sauce (serves about 4-6)

1/4 cup raw almonds or raw cashews
(cashews are softer, so may work better in some blenders.)
2 cups water
1 tsp salt
1/4 cup nutritional yeast (flakes)
1 tsp onion powder
1/2 tsp garlic powder
3 Tbsp cornstarch or arrowroot (if you want a thicker sauce, add up to 1 Tbsp more)
1 tsp - 1 Tbsp lemon juice to taste. (More makes it a sharper cheese flavor, less is mild cheese flavor)
Optional - for color - 1/3 cup red bell pepper
Optional - for spiciness - blend 1 tsp canned jalapeños for a great nacho-style cheese.

1. Blend all ingredients in a blender until smooth.
2. Pour into a saucepan and bring to a boil while stirring constantly.
3. It will thicken to nacho cheese consistency.
4. Serve hot.



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Mushroom Gravy (makes 4 cups)

What's Thanksgiving without gravy? This vegan gravy loses none of the richness or flavor despite the omission of turkey drippings and giblets.

PREP TIME: 20 minutes
COOKING TIME: 10 minutes

1 1/4 cups diced onion
3 tablespoons water or veggie broth
1/2 teaspoon minced garlic
1 teaspoon chopped fresh basil
1 teaspoon chopped fresh oregano
1 teaspoon chopped fresh thyme
1/2 teaspoon salt
2 1/2 cups diced white or crimini mushrooms
2 tablespoons tamari or soy sauce
1 1/2 cups soy milk
1/4 cup whole-wheat pastry flour (or plain whole wheat flour)
1 cups water

1. In a medium stock pot, sauté onions for 5 minutes over medium heat with or water or broth and garlic.
2. Add the chopped herbs and salt and increase heat to medium-high. Cook for 1 minute.
3. Add mushrooms, tamari (or soy sauce) and soy milk. Bring to a high simmer, but don't boil.
4. Mix flour and the 1 cup of water to a smooth consistency and slowly stir this into the pot, constantly whisking or stirring until thickened, about 3 to 4 minutes.
5. Reduce heat to low and let gravy simmer for another 5 minutes.



Fresh Persimmon Pie with Date Nut

Crust (for an 8 inch pie)

2 cups raw pecans or walnuts (plus a few left aside to be chopped for garnish)
15 pitted dates (or almost 1 cup chopped)
1/2 teaspoon cinnamon
1/2 teaspoon vanilla
6 medium sized, ripe persimmons ((Optional – add 6 pitted dates if persimmons aren't very ripe)
Cinnamon and few chopped nuts to garnish

1. Place the nuts and dates in a food processor and process together.
2. Add the cinnamon and vanilla to the nut mixture and process until fully incorporated and it holds together. Press the nut mixture evenly into prepared pie pan.
3. Coarsely chop persimmons and puree in food processor or blender until smooth (adding in the dates if you are using them). Pour over the crust and smooth out. Garnish with chopped pecans and cinnamon.
4. Put in the refrigerator to chill for about 2 hours before serving, to allow the fruit filling to congeal.

Spiced Sweet Potatoes

(serves 3-4, depending on size of sweet potatoes)

2 large sweet potatoes, washed, skins left on
Cinnamon and pumpkin pie spice
1/2 - 3/4 cup of raisins
1/2 tsp. olive or canola oil

1. Oil a glass baking dish/casserole on bottom and sides
2. Slice sweet potatoes in rounds of about 1/2 inch
3. Place layer of sweet potatoes on bottom of casserole
4. Sprinkle with spices, to your taste
5. Sprinkle a few raisins on the layer
6. Repeat layering this way until filled
7. Cover dish and bake at 360 degrees for an hour
8. Check if soft and quite sweet. If not, cook for another 5-10 minutes.
9. Remove lid and serve hot

For questions about recipes, contact Marge Wurgel, True Crane Garden, margewur@gmail.com, 619-263-2165



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Portobello Pecan Stuffing (makes 12 , 1/2-cup servings)

3 tablespoons water or veggie broth (maybe more later)
1 large onion, chopped (for 1 cup chopped)
2 Portobello mushroom caps (about 6 ounces)
1 package (8 ounces) sliced button mushrooms
1 teaspoon minced garlic
1 box or package (6 ounces) herbed stuffing mix
(Optional, for more flavor - add 1/2 teaspoon each of celery seed, dried marjoram, dried rosemary, dried sage, dried thyme, and 1/4 teaspoon black pepper)
3/4 cup (3 ounces) chopped pecans

1. Peel and coarsely chop the onion.
2. Put or broth in an extra-deep, 12-inch skillet and heat at medium-high. Add the onions. Cook, stirring from time to time, until soft, about 1-3 minutes.
3. Rinse the Portobello caps. Coarsely chop the Portobellos and add them to the skillet.
4. Coarsely chop the button mushrooms, and add them to the skillet.
5. Add the garlic.
6. Cook the mixture, stirring frequently, until the mushrooms have released their liquid, about 2 minutes.
7. Add the amount of water called for on the stuffing package. Add the seasoning packet from the package. If using the optional additional spices, add those as well.
8. Bring the mixture to a boil. Stir in the stuffing crumbs/cubes. Reduce the heat to low, cover the skillet, and cook for 5 minutes.
9. Meanwhile, place the nuts in a single layer on a microwave-safe plate and microwave at high, uncovered, for 1 minute. Stir and microwave 1 minute more or just until the nuts begin to crisp and are fragrant. Set aside. (You may, alternatively, toast the nuts in a skillet on low heat for 5 minutes, stirring them occasionally. Do not overcook!)
10. Uncover the skillet and sprinkle the pecans over the stuffing. Fluff the stuffing with a fork, mixing well. Serve at once or remove from heat and let stand, covered, until ready to serve.

Garlicky Mashed Potatoes (makes about 4 1-cup servings)

5 whole garlic cloves
2 medium Yukon gold potatoes, unpeeled, cut into ¾ inch chunks
2 medium russet potatoes, peeled (optional), cut into ¾ inch chunks
¾ cup water
½ cup unsweetened soy- or other non-dairy milk
½ teaspoon salt or Spike seasoning, to taste
Freshly ground black pepper, to taste

1. Spread garlic in a medium pot.
2. Place the cubed Yukon potatoes over garlic.
3. Spread the cubed russet potatoes over Yukon potatoes.
4. Add water. Bring to a low simmer. Cover pan, reduce heat to low, and cook until tender when pierced with a knife, about 25 minutes.
5. Check occasionally, adding extra water a tablespoon at a time if pot becomes dry.
6. Mash with a potato masher or fork, then stir/mash in enough non-dairy milk to obtain a creamy consistency.
7. Add salt or Spike and black pepper.

Recipe adapted from "The Cancer Survivor's Guide" from The Cancer Project.

For additional holiday recipes, you may go to the Physician's Committee for Responsible Medicine at <http://www.pcrm.org/health/diets/ffl/newsletter/healthful-holiday-recipes>



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