

Zucchini and Sausage Fettuccine



[HTTPS://TOFURKY.COM/RECIPES/SUMMER-ZUCCHINI-AND-SAUSAGE-FETTUCCHINE/](https://tofurky.com/recipes/summer-zucchini-and-sausage-fettuccine/)

Ingredients:

- 1 (16-ounce) package fettuccine
- 2 medium zucchini
- 2 tablespoons olive oil
- 1 teaspoon fine sea salt
- 1 package Tofurky Spicy Italian Sausages, sliced in half inch rounds
- ½ cup vegan parmesan cheese
- ¼ teaspoon fresh ground black pepper
- 2 tablespoons fresh chopped parsley
- Lemon wedges for serving



Directions:

- Cook fettuccine according to package directions. Reserve ¼ cup pasta water, then drain.
- Slice zucchini in half lengthwise, then cut into ¼" slices.
- In a large skillet over medium heat, warm oil. Sauté zucchini and salt for 3-4 minutes. Add sausage and cook for 3 minutes until browned.
- Add pasta along with reserved pasta water, cheese, and pepper. Toss to thoroughly combine. Transfer to a serving dish and top with fresh parsley, a squeeze of lemon juice, and more grated vegan parmesan.

Share your finished product with us!
Tag @islavistafoodcoop
and #IVFCVeganuary on
Instagram!



Soft Tacos with Spicy Chipotle Sausage



[HTTPS://FIELDROAST.COM/RECIPE/SOFT-FLOUR-TACOS-WITH-SPICY-CHIPOTLE-SAUSAGE/](https://fieldroast.com/recipe/soft-flour-tacos-with-spicy-chipotle-sausage/)

Ingredients:

- 1 tbsp. olive oil
 - 1 clove garlic, minced
 - ½ cup red onion, finely diced
 - 4 Field Roast Spicy Mexican Chipotle Plant-Based Sausages
 - 8 5" soft flour tortillas
 - 1 cup Chao Shreds Mexican Style Blend
 - 1 cup spicy salsa
 - 1 fresh or pickled jalapeno, thinly sliced
 - ½ cup fresh cilantro leaves
 - 1 lime, cut into wedges
- For Guacamole:
- 1 ripe avocado
 - 2 tbsp. red onion, finely minced
 - 1 clove garlic, minced
 - 2 tsp. freshly squeezed lime juice
 - ¼ tsp. sea salt
 - Pinch cayenne pepper
 - 2 tbsp. fresh cilantro, chopped



Directions:

- Preheat the oven to 350°F.
- For the guacamole, cut the avocado in half and remove the pit. Scoop out the avocado into a bowl and mash lightly with a fork. Add the red onion, garlic, lime, salt, cayenne and cilantro, stirring to combine. Set aside.
- For the taco filling, heat the olive oil in a non-stick skillet over medium heat. Add the garlic and red onion and sauté, stirring occasionally, until softened and fragrant. Remove the skillet from the heat and crumble in the Field Roast Spicy Mexican Chipotle Plant-Based Sausage. Return to the heat, stir to combine with a wooden spoon, and cook until sausage is evenly brown.
- Lay the soft flour tortillas out onto a baking sheet and sprinkle the Chao Shreds evenly. Bake for 3 to 4 minutes until the tortillas are warm and the Chao Shreds are softened.
- To serve, place a generous portion of the spicy taco filling in a warmed tortilla. Top guac and spicy salsa. Sprinkle with cilantro and slices of jalapeño; squeeze fresh lime over top. Enjoy while hot.

Share your finished product with us!
Tag @islavistafoodcoop
and #IVFCVeganuary on
Instagram!



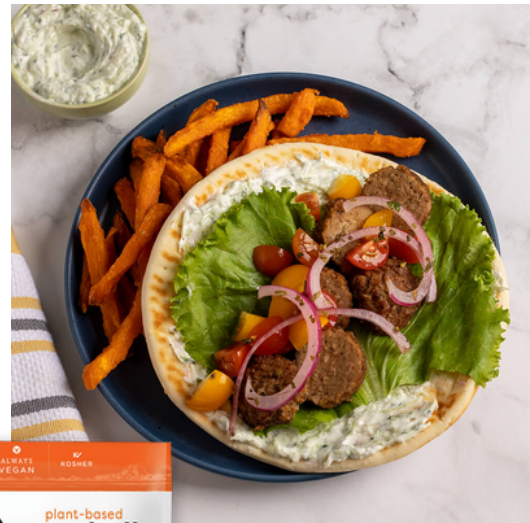
Vegan Gyros

[HTTPS://WWW.READYSETEAT.COM/RECIPES-VEGAN-GYROS-10290](https://www.readyseteat.com/recipes-vegan-gyros-10290)



Ingredients:

- 1 bag (12.7 oz. each) Gardein® Plant-Based Meatballs
- 1 cup shredded English cucumber, unpeeled
- 1-1/2 cups plain Greek-style yogurt or plant-based alternative
- 1 small clove garlic, finely chopped
- 1 tablespoon lemon juice
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon dried dill weed
- 1/4 teaspoon salt
- 1/2 cup thinly sliced red onion
- 1 tablespoon red wine vinegar
- 1/4 teaspoon dried oregano
- 6 pita flat breads (6 inch)
- 6 leaves green leaf lettuce
- 1 cup chopped tomato



Directions:

- Preheat oven to 450°F. Pour plant-based meatballs onto large nonstick baking sheet. Bake 15 to 18 minutes.
- Place cucumber in a double layer of paper towels. Close paper towel around the cucumber and squeeze to remove as much water as possible. Pour into a medium bowl and stir in yogurt, garlic, lemon juice, olive oil, dill, and salt to make tzatziki sauce.
- Place onion in a small bowl and toss with vinegar and oregano.
- Slice each plant-based meatball into 3 slices. Spread tzatziki on warm pita, top with lettuce, plant-based meatballs, onions, and tomato and serve.

Share your finished product with us!
Tag @islavistafoodcoop
and #IVFCVeganuary on
Instagram!



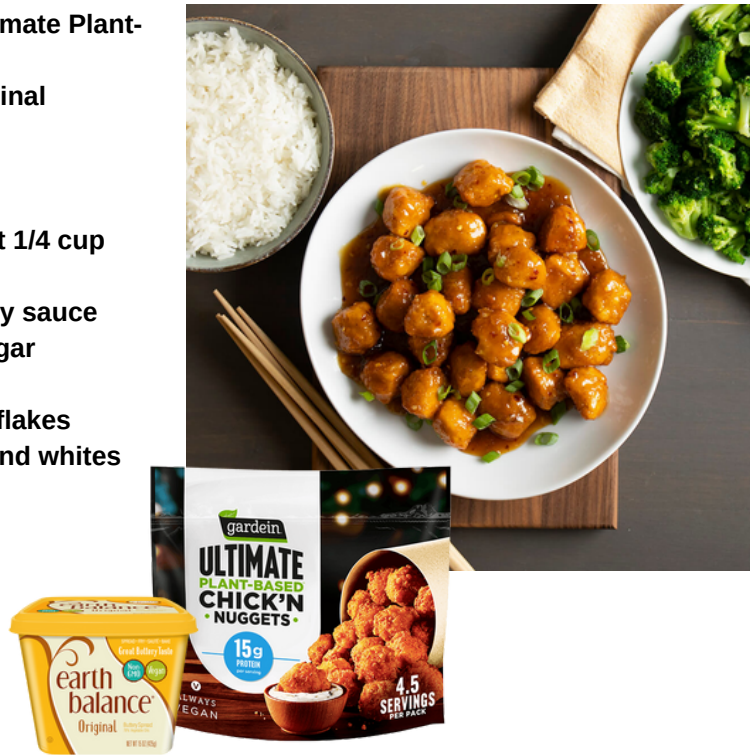
Plant-Based Orange Chick'n



[HTTPS://WWW.READYSETEAT.COM/RECIPES-PLANT-BASED-ORANGE-CHICKN-10047](https://www.readyseteat.com/recipes-plant-based-orange-chickn-10047)

Ingredients:

- 1 pkg (14.7 oz each) Gardein® Ultimate Plant-Based Chick'n Nuggets
- 1 tablespoon Earth Balance® Original Buttery Spread
- 4 teaspoons cornstarch
- 2 tablespoons water
- 1 orange, zested and juiced (about 1/4 cup juice and 1 teaspoon zest)
- 3 tablespoons reduced sodium soy sauce
- 3 tablespoons seasoned rice vinegar
- 1 teaspoon sesame oil
- 1/2 teaspoon crushed red pepper flakes
- 2 scallions, thinly sliced, greens and whites separated
- 1 teaspoon grated fresh ginger
- 1 tablespoon grated fresh garlic
- 1/2 cup organic cane sugar
- 6 pita flat breads (6 inch)
- 6 leaves green leaf lettuce
- 1 cup chopped tomato



Directions:

- Cook Gardein® Ultimate Plant-Based Chick'n Nuggets according to package directions.
- Meanwhile, whisk cornstarch and water together until well blended. Add orange juice, zest, soy sauce, rice vinegar, sesame oil, and red pepper flakes. Mix well and set aside.
- Melt Earth Balance® in a large, deep nonstick skillet over medium heat. Add scallion whites and sauté until softened, about 2 minutes. Add ginger and garlic and continue to sauté until fragrant, another 1 to 2 minutes.
- Reduce heat to medium-low and carefully pour in orange juice mixture. Sprinkle in sugar and stir to dissolve. Bring to a simmer and cook, stirring frequently, until sauce is thick enough to coat the back of a spoon, 8 to 10 minutes.
- Add Gardein® Chick'n Nuggets and toss to evenly coat with sauce. Remove from heat and scrape into serving bowl. Garnish with green onion and serve plant-based orange chick'n immediately with white rice, if desired.

Share your finished product with us!
Tag @islavistafoodcoop
and #IVFCVeganuary on
Instagram!



Chick'n and Cauliflower Curry



[HTTPS://WWW.READYSETEAT.COM/RECIPES-CHICKN-AND-CAULIFLOWER-CURRY-9004](https://www.readyseteat.com/recipes-chickn-and-cauliflower-curry-9004)

Ingredients:

- 1 pkg (10 oz each) Gardein® Lightly Seasoned Chick'n Scallopini
- 1 large onion, thinly sliced
- 3 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 2 medium red, yellow and/or orange bell peppers, cut into short strips
- 1 tablespoon olive oil
- 1 can (14 oz each) coconut milk
- 1 tablespoon agave sweetener
- 2 tablespoons yellow curry powder
- 2 tablespoons all-purpose flour
- 1 large head cauliflower, cut into small florets
- 2 tablespoons finely chopped fresh cilantro



Directions:

- Cook Gardein® Chick'n Scallopini according to package directions. Let cool slightly, then shred into small pieces; set aside.
- Heat olive oil over medium heat in large deep nonstick skillet and cook onion, garlic, ginger and peppers, stirring occasionally, 5 minutes or until softened.
- Add coconut milk, agave, curry, flour and stir well. Bring to a boil and add cauliflower florets. Reduce heat to low and simmer covered 15 minutes or until cauliflower is tender. Add shredded chick'n and simmer an additional 5 minutes. Season to taste with salt and pepper and garnish with cilantro.

Share your finished product with us!
Tag @islavistafoodcoop
and #IVFCVeganuary on Instagram!



Mac & Cheese with Beyond Burger crumbles



[HTTPS://WWW.BEYONDMEAT.COM/EN-US/RECIPES/MAC-AND-CHEESE-WITH-BEYOND-BURGER-CRUMBLES](https://www.beyondmeat.com/en-us/recipes/mac-and-cheese-with-beyond-burger-crumbles)

Ingredients:

- 16 oz cooked macaroni
- 1 package Beyond Burger® patties
- 1 cup raw cashews
- 2 ½ cups vegan cheese
- ½ cup almond milk
- 3 cups water
- ¼ cup vegan butter
- ½ tsp salt
- ½ tsp Dijon mustard
- 2 tbsp cornstarch



Directions:

- In a blender, add the cashews, cheese, almond milk, water, butter, salt, mustard, and cornstarch. Blend on high speed until fully combined and sauce is smooth without any lumps.
- In a skillet over medium high heat, add the Beyond Burger patties. Crumble with a wooden spoon into small pieces. Cook, stirring occasionally, for 5-7 minutes. Remove Beyond Burger from the skillet and set aside in a bowl.
- In a large mixing bowl or dutch oven, combine the cooked macaroni, cheese sauce, and cooked Beyond Burger. Stir to combine and garnish with chives. Serve immediately.

Share your finished product with us!
Tag @islavistafoodcoop
and #IVFCVeganuary on
Instagram!

