

Chef Lindsay Nixon pursues a simple, yet powerful mission – “to show **how easy, affordable, approachable, realistic, and, most importantly, delicious, eating healthy can be.**” This cookbook delivers on that promise. It was a great launching pad for our journey into the whole foods plant based lifestyle. Here's why:

- The recipes use common ingredients that most grocers carry.
- The recipes can be pulled together with relatively little effort.
- The instructions are spot on, and the guideposts for calories and macronutrients are quite helpful.
- Portion sizes vary from 1 to 4 persons – perfect for our 2-person household.
- The food is healthy and really good!

In short, this cookbook is a great resource for everyday cooking. It also provides a number of options that work well for casual dining with friends.

Lindsay supports a website that provides 7-day meal plans and the associated shopping lists to make healthy eating even easier. Check out www.getmealplans.com. What could be easier?

Breakfasts

Our go-to-breakfast is oatmeal. It was interesting to experiment with all the variations in this cookbook. At the end of the day, we prefer plain old oatmeal and raisins... although we've added a splash of maple syrup thanks to our Happy Herbivore experimentation.

The Pineapple Pancakes provided a refreshing change to our routine. We really liked making our own Granola. We'll definitely do that again!



Pumpkin Pancakes



Pineapple Pancakes



Breakfast Taco



Variations on Oatmeal: Apple Pie, Banana Bread, Double Chocolate, Cinnamon Raisin



More Variations on Oatmeal: Cherry-Vanilla, Peanut Butter, Blueberry Muffin, Pumpkin Pie



Still More Variation on Oatmeal: Orange Scented, Raspberry Crème



Oatmeal Pancakes



Granola



Biscuits with Olive Gravy



Tofu Scramble



Tempeh Bacon

Muffins and Breads

We don't tend to eat breakfast breads. Nonetheless, we tried all of the recipes and got some good insights on how to make them on a Vegan diet. Our favorites were the Corn Muffins.



Ruby Chocolate Muffins



"Cheater" Peanut Butter Muffins



Chocolate Chip Muffins



Lemon-Zucchini Muffins



Pineapple-Carrot Muffins



Blueberry Yogurt Muffins



Pumpkin Muffin



Blueberry Muffin



Breakfast Corn Muffins



Banana Chocolate Chip Scones



Classic Cornbread

Sandwiches, Tacos, and More

We had good success with these recipes. We used the Lentil Joes as a shared topping at a friend's baked potato night. The Sonoma "Chicken" Salad provided a nice way to use tofu as the protein source. The Chickpea Tenders have become our chicken tenders substitute for our favorite curry recipe. And we were pleasantly surprised by how tasty the Quinoa Taco Meat was in our soft tacos. Bravo!



Lentil Joes



Sonoma "Chicken" Salad



Chickpea Tenders



Thai Tacos



Jerk Tofu



Quinoa Taco Meat



Quinoa Curry Cakes

Hearty Burgers

Of all the things I've missed since switching to a whole foods plant based diet, good old fashioned hamburgers might just top the list. I'll confess that none of these recipes quite lives up to a juicy Angus burger hot off the grill. The Taco Burger and Meat Loaf Bites came closest to the mark. I'll likely keep a supply handy to address those nights when I really don't feel like cooking. They freeze nicely.



Pesto Burger



Pizza Burger



Taco Burger



Tempeh Burger



Meatloaf Bites



Lentil and Oat Burger

Bowls and Wraps

All of these recipes are easy to prepare and work well for a mid-day meal or light dinner.



"Cheater" Ancient Bowl



Asian Rice Bowl



Burrito Bowl



Caribbean Bowl



Nacho Bowl



Italian Bowl



BBQ Wrap



Classic Veggie Wrap



Roasted Bell Pepper Wrap



Spinach Love Wrap



Smash White Bean Wrap



Scott's Burrito

Soups, Stews, and Savory Pies

I really enjoy hot soups and chilies during the Fall and Winter months. The Irish Stew, Chipotle Harvest Chili, and Garden Chili deserve special mention. We were also pleasantly surprised by the Shep's Pie.



Carrot Soup



Butternut Squash Soup



Carol's Cabbage Soup



Yellow Curry Dal



Celeriac Soup



Cajun Corn Chowder



Irish Stew



Chipotle Harvest Chili



Caribbean Chili



Pumpkin Chili



Garden Chili



Leftovers Pot Pie



Shep's Pie

Salads

Lindsay's salads are tasty and easy to pull together. I was especially pleased with the introduction to "Salads in a Jar." They can be prepared a day or more in advance. By layering the ingredients according to the instructions, everything stays fresh, and the salad sets up on a plate nicely when shaking out the contents.



Mediterranean Quinoa Salad



Lentil and Pear Salad



Waldorf Salad



Tropical Taco Salad



Harvest Salad



BBQ Salad



Salad in a Jar: Basic and Hummus



Salad in a Jar: Lindsay's Fave and Citrus Twist



Salad in a Jar: Zesty and Southwest



Classic Salad in a Jar



Thai Crunch



Spicy Mango Quinoa Salad

Pasta, Stir-Frys, and Noodles

As I've noted elsewhere, we generally steer clear of pasta and noodle dishes. However, we'll keep the Skinny Pad Thai, Soba Peanut Noodles, and curry dishes in mind when we have a hankering for low maintenance comfort food.



Skinny Puttanesca



Eggplant Parm



Skinny Mac and Cheese



Chipotle Pasta



Penne with Lentil Marinara Sauce



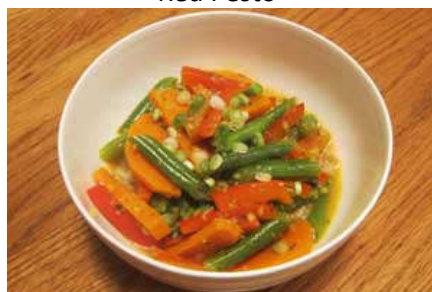
Red Pesto



Soba Peanut Noodles



Skinny Pad Thai



Bangkok Curry



Thai Green Curry



Green Beans with Thai Sweet
Potato Curry Sauce



Ginger Cabbage Stir-Fry



Pineapple Stir-Fry

Satisfying Sides

Hats off to Lindsay Nixon for creating truly satisfying sides. She offers several tasty ways to prepare one of nature's superfoods – kale. We loved the Lemony Asparagus which we cooked to perfection in the oven. We made couscous for breakfast as a substitute for hot cereal and will do it again. And the mashed potatoes, oven fries, and gravies were really good.



Smoky Apple Baked Beans



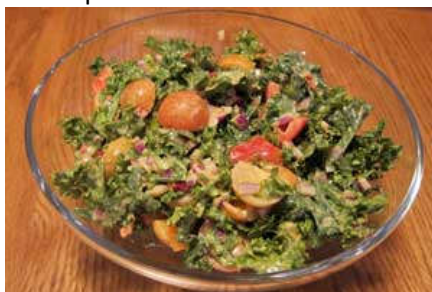
Chipotle Sweet Potato Salad



Kale Slaw



Asian Orange Kale Salad



Creamy Kale Salad



Sweet Kale Salad



Parmesan Greens



Lemony Asparagus



Citrus Couscous



Lemony Couscous



Potatoes with Gravy



Oven Fries

Dips, Snacks, and Appetizers

It's always nice to add appetizers and snack foods to one's repertoire of go-to recipes. We've already made the Spinach and Artichoke Dip twice – once for our Super Bowl Party, and once because we loved it. The "Cheese Ball" and Deviled Eggs were also well-received when we made them for holiday parties.

My favorite recipe was the Sweet Guacamole... which we've already made several times. The sweet peas and spices go nicely with fresh avocado. The dip takes on a lighter texture and goes easier on the waistline.



Zucchini "Mozzarella" Sticks



Loaded Mexican Potato



Game Day Loaded Potato



Spinach and Artichoke Dip



Vegan "Cheese" Ball



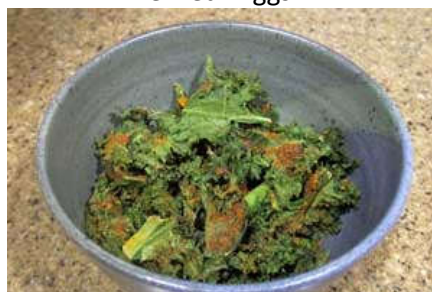
Deviled "Eggs"



Tempeh Wings



Sweet Potato Chips



Kale Chips



Sweet Pea Guacamole



Baked Potato Samosas



Chickpea "Cheese" Spread



Roasted Chickpeas



Tofu Jerky

Desserts

Lindsay's cookies and cakes were our first foray into baking without eggs, dairy products, or fats. We found her recipes surprisingly good.



Chocolate Chip Cookies



Molasses Cake



Spice Cake Surprise



Chocolate Cake



Chocolate Surprise Frosting



Cobbler



Dark Chocolate Truffles



Brownies



Microwave Peach Cobbler



Banana Ice Cream



Sweet Potato Ice Cream



Tofu Ice Cream



Black and White Cookies



Skinny Cupcake

Drinks

Spike and I tend to be coffee, tea, and water people. So, it was a new thing for us to make mixed drinks, hot drinks, and homemade lemonade.



Sangria Spritzer



"Eggnog"



Overnight Iced Coffee



Dublins



Hangover Marys



Mojitos



Mint Mocha



Hot Chocolate



Pumpkin Spice Latte



Pink Lemonade