

Cathy Fisher joins the cadre of chefs who meet the demand for whole food plant based recipes without added salt, oil, or sugar. Instead of salt, she lets the natural flavors of the food and spices shine. Instead of oil, she uses broth (or water) for stir-frying and tree nuts (typically raw cashews) for dressings and desserts. Instead of sugar, she uses applesauce, bananas, dates, raisins, and other fruits to satisfy the sweet tooth. Cathy also tends to use nonglutenous grains (e.g., rice, corn, oats, millet) to support those who need to be on gluten-free diets.

In addition to her tasty recipes, Cathy provides information and resources to help home cooks transition to the whole food plant based cuisine – e.g., menu planning, shopping, reading food labels, dining out. She also provides nutritional data for all of her recipes, courtesy of the CRON-o-Meter web application.

Breakfasts

Though we tend toward quick-and-easy breakfasts, the Baked Oatmeal with Apples and Raisins and Potato-Veggie Scramble proved worthy of repeat performances. Her Blueberry Muffins will also find a place at our brunch table.



Baked Oatmeal with
Apples and Raisins



Creamy Rice Cereal



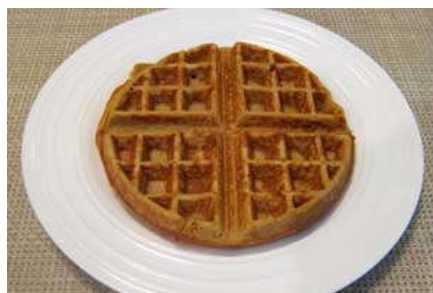
Granola



Oil-Free Hash Browns



Oatmeal-Lemon Pancakes
with Lemon-Date Syrup



Waffle



Potato-Veggie Scramble



Blueberry Muffins

Salads

Cathy's Creamy Coleslaw recipe has become my new favorite. I've already made it several times and got rave reviews at potlucks. The Tu-No Salad and Macaroni Salad also deserve special mention. Cathy also provides several recipes for salad dressings (*not pictured*) that are really tasty.



Burrito Bowl



Fruit Salad with Fresh Mint



Cabbage Salad with
Mustard-Lime Dressing



Spinach-Mango Salad



Tu-No Salad



Caesar-y Salad



Potato Salad



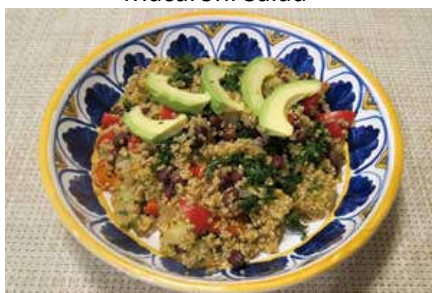
Macaroni Salad



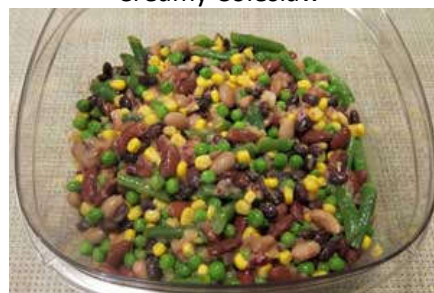
Creamy Coleslaw



Curried Sweet Potato Salad



Black Bean and Yam Salad



4-Bean Salad

Main Dishes

To date, Cathy's Veggie Burger recipe is the best one of its kind (*and we've tried several*)! The Quinoa Polenta with Mixed Vegetables and Barbecue Sauce is tasty and quite easy to prepare.



Pizza Pasta



Veggie Burgers



Enchilada Casserole



Thai Vegetables with Pasta Shells



Lentil and Rice Loaf



Quinoa Curry with Mixed Vegetables



Mushroom-Basil Au Gratin



Mushrooms and Kale
with Fresh Rosemary



Eggplant Stir-Fry



Tu-No Casserole



Pesto Pasta



Baked Potato with Toppings



Quinoa Polenta with Vegetables
and Barbecue Sauce



Mushroom Risotto



Khichadi



Pasta with Marinara Sauce

Soups and Stews

Soups and stews are always a good idea during Fall/Winter and make excellent leftovers for lunches. Stand-outs in this cookbook include: Beefless Stew, Minestrone Soup, and Southwest Stew.



Split Pea and Yam Soup



Tomato-Rice Soup



Beefless Stew



Potato Soup



Minestrone Soup



Curried French Lentils



Broccoli Soup



Creamy Mushroom Soup



Southwest Stew



Corn Chowder



Black Beans and Rice Stew



Hearty Lentil Stew

Sides Dishes

If you love tubers, you'll be pleased with the Baked French Fries, Herb-Roasted Potatoes, and Mashed Potatoes with Gravy. Our favorite recipe was the Easy Corn Chips. We've made them several times with leftover corn tortillas.



Mashed Potatoes with
Mushroom Gravy



Quinoa Cornbread



Falafel Patties with Tzatziki Sauce



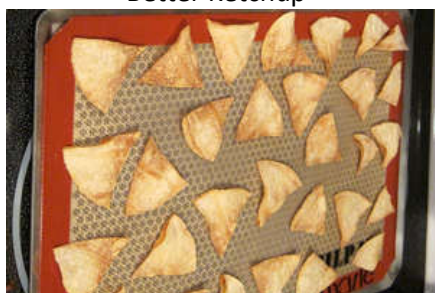
Baked French Fries with
"Better Ketchup"



Herb-Roasted Potatoes



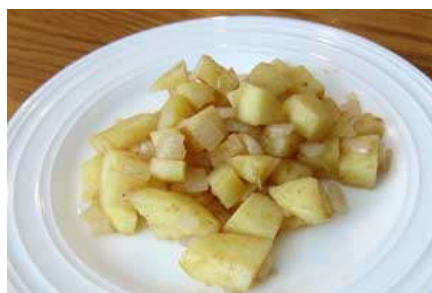
Spicy Beans and Greens



Easy Corn Chips



Roasted Garbanzo Beans



Baked Pears and Yams



Raw Cranberry-Peach Relish



Tangerine Applesauce

Desserts

I'd planned to skip making the desserts as we're trying to cut back on sweets. But I decided to go ahead and explore this cookbook cover-to-cover, and I'm glad that I did! We gave the thumbs up to the Carrot Cake with Vanilla Frosting, the Raw Apple Crumble, the Banana-Walnut Bars, and the Pecan-Date Pie Crust. The latter has become my new "go to" pie crust recipe.



Carrot Cupcake



Cardamon-Raisin Rice Pudding



Zucchini Bread



Raw Apple Crumble



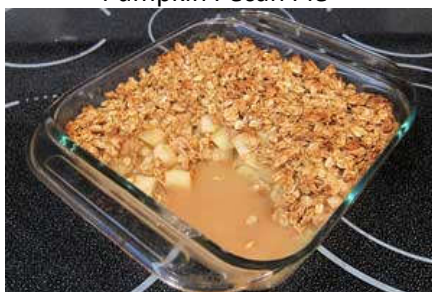
Pumpkin Pecan Pie



Banana-Walnut Bread



Oatmeal-Raisin Cookies



Apple Crisp



Pumpkin Pie Squares



Blackberry-Peach Cobbler



Almond Poppy Seed Cake