

PLANTifull Fare for Anti-Inflammatory Care

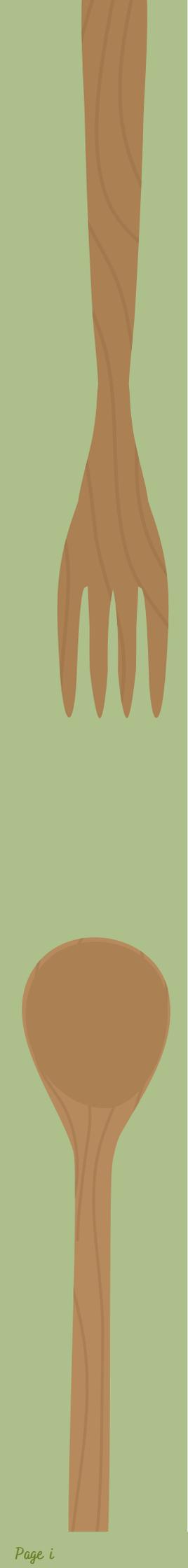
*16 Whole Food Plant-Based Dishes
plus 12 Ingredients Recipes*

Simple, Flavorful, and for Everyday Day

Donna Spencer

*Mushroom Ragu
(Misto di Funghi)*





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First Edition

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Hello I'm Donna

ABOUT ME

I didn't feel well for a very long time. Another round of blood panels and more prescriptions. I was lost and started looking for my own answers with what little energy I had. After hours of podcasts, watching documentaries about our standard American diet (SAD) and food supply systems, buying many books by top researchers/physicians in this field, and investing in myself to earn nutrition certifications – I GOT IT! *How could the very food I had been lovingly making and serving my family/friends be the main source of my health issues?*

I've been on a journey to regain my health since 2019. I found a better way through whole food plant-based (WFPB) eating.

I have reinvented the way I eat and cook. I'd like to help you do the same!

Donna

MY CREDENTIALS

- Nutrition and Healthy Living Cornell Certification
- Plant-Based Nutrition Cornell Certification
- Rouxbe Forks over Knives Plant-Based Cooking Certification
- Food or Life Instructor PCRM Certification
- PlantPure Communities Pod Lead PLANTifull Fare Pod
- Reversed my chronic and autoimmune illnesses
- Cooking Class Business School Hidden Rhythm



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My Why

FORWARD

It wasn't easy changing the way I ate and cooked. I tried many recipes and bought their weird crazy vegan ingredients. I was left disappointed, wasted my time and money, and oh so much food.

Two good things, 1) I love to cook and 2) don't give up easily. I wanted to continue eating the foods from my Italian heritage. To my surprise, instead of trying to replace my beloved meatballs (although the recipe included nails it), lasagna, and chicken parmesan, I discovered a whole new side of Italian cuisine. These recipes are simple, flavorful, some off the beaten path, and mia amico, they are whole food, plant-based (cibo intero, a base vegetale).

You can make these recipes with confidence because I took the guesswork out by reinventing them to fit a WFPB lifestyle. I tested them with friends and family asking them not to hold back on their opinions. I listened to their feedback and reworked them. They have no oil, no dairy, no processed foods, and no animal ingredients. They are also low in salt and sugar. And best of all, you can't tell!

Many recipes here have been created to easily cut in half if cooking for one or two. The soups freeze well, so store them in 1-cup containers which really helps to keep meals from getting boring and is sort of a batch cooking form. For the desserts, make mini versions and freeze so you can enjoy small treats throughout the week. Also, there are 12 supplemental recipes included. I call them "ingredient recipes" and are used throughout the 40 dishes. You can also use these as a foundation for other recipes. As an example, the [vegan anchovies](#) is found in the *Tonnato Sauce* which is an ingredient for the [Italian Tomato WFPB Tonnato Sandwich](#). The vegan anchovies can also be used to make your own Caesar dressing and other recipes calling for anchovies or where you need an extra boost of umami depth.

So there you have it! I hope you enjoy making, serving, and sharing these recipes with family and friends. Cin cin mia amici!



Buon appetito!
Danna

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What is Inflammation?

Understanding Chronic Inflammation and Its Impact on Well-Being

Chronic inflammation is a prolonged immune response that can contribute to various health issues, including heart disease, diabetes, and autoimmune disorders. Unlike acute inflammation, which helps the body heal from injury or infection, chronic inflammation persists over time, leading to tissue damage and increased risk of chronic illness.

Why Understanding Chronic Inflammation Matters

Recognizing the role of chronic inflammation is essential for overall well-being. It can manifest as persistent fatigue, joint pain, digestive issues, and other long-term health concerns. Left unmanaged, it can weaken the immune system and contribute to the development of serious diseases.

Different types: Acute vs. Chronic Inflammation

While acute inflammation helps fight infections and heal injuries, chronic inflammation can contribute to various health problems, including:

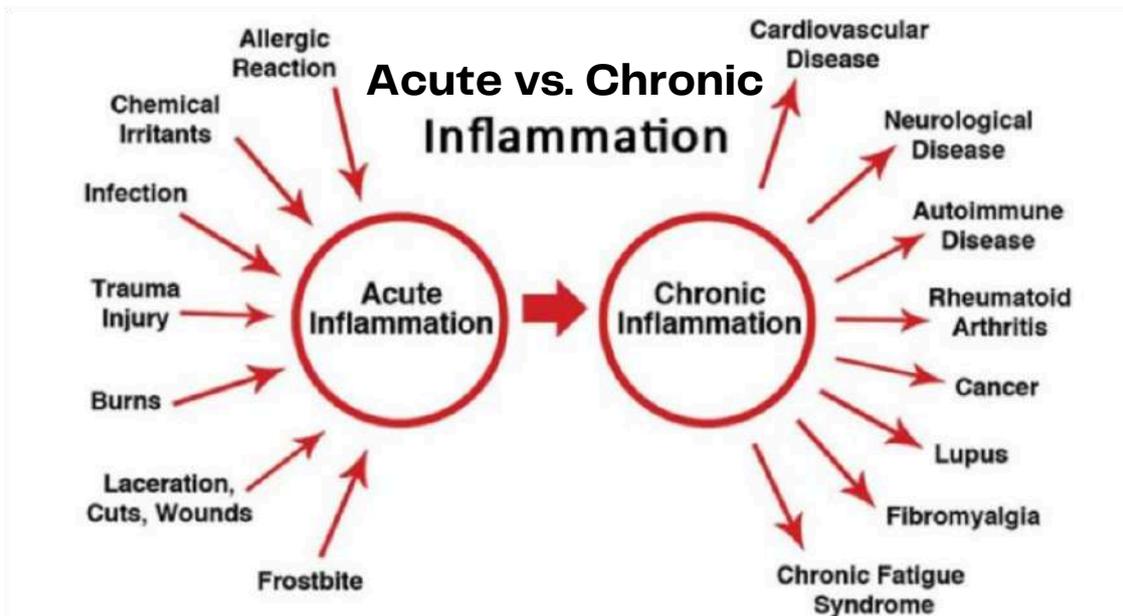
- **Chronic Diseases:** Persistent inflammation is linked to conditions such as heart disease, diabetes, arthritis, and neurodegenerative disorders like Alzheimer's.
- **Gut Health:** Inflammation in the gut can lead to digestive issues, autoimmune disorders like Crohn's disease, and an imbalance in gut microbiota.
- **Mental Health:** Chronic inflammation has been associated with depression, anxiety, and cognitive decline.
- **Immune System Regulation:** Understanding inflammation helps in managing autoimmune conditions, where the immune system mistakenly attacks the body's tissues.
- **Diet and Lifestyle Influence:** Diet, stress, sleep, and exercise impact inflammation levels, so being aware of these factors can help prevent chronic disease.

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What is Inflammation? cont.



Causes of Chronic Inflammation

Several factors contribute to chronic inflammation, including:

- Poor diet (high in processed foods, sugar, and unhealthy fats)
- Chronic stress
- Lack of physical activity
- Environmental toxins
- Underlying infections or autoimmune conditions

How to Reduce Chronic Inflammation

Managing inflammation requires a holistic approach:

- Adopt an anti-inflammatory diet rich in whole, plant-based foods
- Exercise regularly to improve circulation and immune function
- Manage stress through mindfulness, meditation, or yoga
- Get quality sleep to support the body's natural healing processes

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What is Inflammation? cont.

The Role of Antioxidants and Omega-3 Fatty Acids

Antioxidants help neutralize free radicals that contribute to inflammation, while omega-3 fatty acids, found in foods like flaxseeds and walnuts, have anti-inflammatory properties that support heart and brain health.

Foods to Eat to Prevent and Reverse Chronic Inflammation

- Leafy greens (kale, spinach)
- Berries (blueberries, strawberries)
- Nuts and seeds (walnuts, flaxseeds, chia seeds)
- Legumes (lentils, chickpeas)
- Healthy fats (avocados, olive oil)

Foods to Avoid

- Processed and fried foods
- Refined sugars and artificial sweeteners
- Excessive alcohol
- Dairy and red meat (linked to increased inflammation)

Chronic Inflammation vs Autoimmune Conditions

While chronic inflammation is a response to various lifestyle factors, autoimmune conditions occur when the immune system mistakenly attacks the body's own tissues. Addressing inflammation through diet and lifestyle changes can help manage symptoms and improve overall health.

By making informed choices, individuals can reduce inflammation, support their immune system, and enhance their well-being. This is for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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Italian Roasted Cauliflower



Appetizer



6 Servings



50 Minutes

INGREDIENTS

- 1 small head cauliflower, cut into medium-size florets (about 6 cups)
- 1 cup grape tomatoes, halved
- 1 tbsp capers, drained and rinsed
- 2 cloves garlic, thinly sliced or ½ tsp garlic granules
- 2 tbsps plus 1 tsp gourmet balsamic vinegar, separated
- 1 tsp cornstarch
- 1 tsp water
- 2 tsp lemon juice or 1 tsp preserved lemons
- Kosher salt and freshly ground black pepper

Cauliflower is a great canvas to showcase bold flavors. The sweet cherry tomatoes and briny capers roast beautifully alongside the cauliflower. The natural sweetness of the balsamic vinegar intensifies in the oven and brightens the flavors of both cauliflower and tomatoes.

This dish is a bit on the tart side but mellowed by the roasting. Get yourself a plate first though because this dish will be gone before you know it.

INSTRUCTIONS

1. Halve tomatoes.
2. Cut cauliflower into medium-sized florets (about 6 cups in approximately 1½-inch pieces).
3. Adjust an oven rack to the middle position and preheat the oven to 425 degrees F.
4. Toss together the cauliflower, tomatoes, 1 tbsp of balsamic vinegar, capers, salt, a few grinds of pepper, and garlic granules in a bowl and spread evenly on a baking sheet lined with parchment paper.
5. Roast until the cauliflower browns in some spots and is tender, tossing at about 20 minutes. While the cauliflower is roasting, mix the remaining 1 tsp of balsamic vinegar, 1 tsp cornstarch, and 1 tsp water into a slurry then set aside.
6. Remove from oven and stir in the slurry to thicken the juices released during roasting. Bake another 10 minutes.
7. Move to serving tray and serve warm.

Notes:

- If you don't have high-quality gourmet balsamic vinegar, replace it with 2 tbsps red wine and 1 tbsp of maple syrup. As shared in another recipe, I adore [California Balsamic's](#) 7-Herb Italian Balsamic, Fresh Basil Balsamic, or Premium White Balsamic vinegars. I used their fig balsamic in the pic above.

[Add Your Own Notes](#)

[More recipes at https://plantiffullfare.com/](https://plantiffullfare.com/)



Sicilian Fennel and Orange Salad



Salad



4 Servings



20 Minutes

INGREDIENTS

- 3 medium oranges, navel or blood red
- 2 medium fennel bulbs
- ½ thinly sliced white onion or 3 green onions, chopped
- ½ cup pitted black olives (conserved in water), whole or chopped
- 1½ tbsp. freshly squeezed lemon juice
- 1 tbsp. fresh oregano, basil, mint, or parsley, chopped
- Pepper to taste

Fennel has a mild licorice flavor and is often passed by here in North America. In Italy, fennel is used in many ways. They eat it raw like celery, put it in soups & pasta sauces, or roast & bake it as a side dish. Just like celery, the entire plant is edible.

Fennel is packed full of iron, fiber, potassium, & vitamin C. Nibble on fresh fennel after meals as it refreshes the palette and can aid in digestion. When cooked, its taste mellows and the anise flavor softens with a subtle earthy sweetness .

Inspired by an America's Test Kitchen recipe.

INSTRUCTIONS

1. Remove the orange peel from two of the oranges. With a sharp knife, slice thinly and remove any seeds. (See note). Set aside.
2. Cut the fennel bulbs in quarters or chop in smaller pieces. Using either a sharp knife or mandolin, slice the fennel bulbs very thinly, then place in a bowl. Core, leaves, and bulbs are all edible and nutritious so feel free to use it all.
3. In a small bowl, whisk together the juice of one orange and one lemon, with the oregano, basil, mint, and parsley. Add pepper to taste.
4. Add the onions and olives to the bowl with the fennel, then drizzle the dressing over everything. Gently toss then arrange salad on a platter.

Note:

- No need to waste anything! Dry the seeds and save for spring sowing. Transfer the orange peelings to a compost bin or dry them for later culinary needs.

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Italian Chopped Salad & Creamy Dressing



Salad



4 Servings



20 Minutes

INGREDIENTS

- 1 romaine heart, chopped, about 3 cups
- 6 leaves Tuscan Kale chopped, about 3 cups
- 8 to 10 pepperoncini, thinly sliced
- 12-16 pitted kalamata black olives, halved
- 12-16 pitted green olives, halved
- 1 15 oz. can palm hearts, drained, sliced
- 1 15 oz. can quarter artichoke hearts, in water, drained
- 12-16 cherry tomatoes, halved (optional)
- 1 small cucumber, diced (optional)
- ½ cup roasted red peppers patted dry (optional)
- ½ can cannellini beans, drained and rinsed
- ½ can chickpeas, drained and rinsed
- ½ can navy beans, drained and rinsed
- ½ cup [pickled red onions](#)

Creamy Dressing

- 1 8 oz. container plant-based Greek yogurt
- 4 tbsp balsamic vinegar, Italian Dressing or [California Balsamic's 7-Herb Italian Balsamic](#)

Chopped salads are easy, forgiving, and creative. It is great for batch cooking too. Drain, chop, and store components (except for lettuce, cucumber, and tomatoes) in one container or separately. Later a quick chop of romaine, cucumber, and tomatoes and you have lunch or dinner in 5 minutes or less.

It is also restaurant order friendly off a standard menu. Ask to leave off cheeses & meats then bring your own dressing for an easy way to dine out being WFPB!

INSTRUCTIONS

1. Remove the leaves of the kale from the stems. Chop, rinse, and massage kale for 1-2 minutes to tenderize. Rinse in water to remove any remaining grit and spin dry to drain.
2. Chop the romaine lettuce into small pieces and rinse. Add to the drained kale.
3. Slice the pepperoncini, olives, palm hearts, and artichoke hearts then move to a small bowl. Dice the cherry tomatoes, cucumber, and roasted red peppers that have been patted dry and add to bowl with other sliced ingredients.
4. In a small bowl, whisk together the plant-based plain yogurt and balsamic vinegar. Taste and adjust the seasoning adding a bit more balsamic vinegar if too thick for your preference.
5. Add the chopped kale, romaine, pickled onions, and sliced/diced ingredients in a large bowl and toss with creamy dressing. Arrange salad on a platter.

Note:

- This is a forgiving recipe so you can add any vegetables you like and leave out the ones you don't.
- Try [California Balsamic's 7-Herb Italian Balsamic](#), Fresh Basil Balsamic, or Premium White Balsamic vinegars.
- I love the [Culina](#) brand for plant-based yogurt.
- My favorite brand for marinated olives and vegetables is the [Mezzetta](#) brand.

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Quick Edamame Corn Salad



Salad



4 Servings



20 Minutes



INGREDIENTS

- 10 ounces frozen and thawed soybeans or shelled edamame
- 10 ounces frozen and thawed sweet corn
- 1 cup red cabbage small chop
- 1 small poblano pepper (roasting is optional) and small chop
- ½ cup carrots small dice
- ¼ cup white or red onion small chop
- ¼ cup fresh chopped parsley (or 1 tablespoon dried) optional
- 3 tablespoons maple syrup
- 1 tablespoon white miso
- 1 tablespoon spicy ground mustard
- Salt and pepper to taste

This quick and nutritious salad is packed with loads of vegetables. It can be adapted to whatever you have in your fridge at that moment. All you need to do is keep stocked a frozen package each of edamame and corn to have a nutritional powerhouse side dish or lunch ready to go in a moments notice.

The dressing is flexible as well! Don't have spicy brown mustard? Use dijon. Don't have maple syrup? Use honey. Keep the miso as it adds flavor and thickens the dressing not to mention it's the "secret ingredient" in this recipe.

INSTRUCTIONS

1. If desired, char/roast a small poblano pepper over open gas stove flame or grill. This adds a smokiness to the salad giving it another depth level of flavor.
2. Combine all vegetables: edamame, corn, chopped onion, pepper, carrots and cabbage. Set aside.
3. In small bowl, whisk together maple syrup, miso and mustard. Pour over mixed vegetables and toss.
4. Add fresh or dried parsley (optional). Salt and pepper to taste.
5. Chill for an hour and serve cold.

Add Your Own Notes

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Grilled Peach Spinach Salad with Honey Miso Mustard Dressing



Salad



4 Servings



20 Minutes

INGREDIENTS

Salad

- 4 cups Baby Spinach
- 2 cup Spring Greens Mix
- ½ cup Microgreens
- 2 Peaches
- 6 Strawberries Medium to large and sliced into thirds
- ¼ cup red onions, thinly sliced

Honey Miso Mustard Dressing

- 2 tablespoon Honey
- 2 tablespoon Miso, white or yellow
- 2 tablespoon Dijon Mustard
- Pinch Salt and Pepper

The stars in this salad are the grilled peaches and Honey Miso Mustard Dressing.

Be sure to make a batch of the dressing to have on hand anytime for any salad or sauce for roasted vegetables.

INSTRUCTIONS

Grill Peaches

1. Heat grill to 350°F or cast iron pan until. Cut peaches in half to remove the pit/stone. then cut each half into a quarter to have more surface area for grilling into quarters. place each peach flesh side down in the skillet or grill. let stand for 90 seconds and turn to the other side. let grill for another 90 seconds and move to plate. Set aside to slightly cool.
2. Note: If using a cast iron, to test if your skillet is hot enough, flick a few drops of water into it. The water should sizzle and dance. Do not preheat your skillet on medium or high heat. This is very important and applies not only to cast iron but to your other cookware as well. Very rapid changes in temperature can cause the metal to warp. Start at a low-temperature setting and go from there.

Honey Miso Mustard Dressing

1. Combine all ingredients in a small jar and shake until combined. Taste for proper seasoning and add additional salt and pepper to taste.

Salad

1. Wash and dry spring mix and spinach. Place both in a bowl to combine and set aside.
2. Slice red onion very thin and set aside.
3. Cut each strawberry into thirds. Cut each peach quarter in half.
4. Build individual salads by placing 3 cups of greens in a salad bowl. Top with red onions, micro greens, strawberries, and peaches with gilled side up.
5. Drizzle with 2 tablespoons of Honey Miso Mustard Dressing.

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Vegetable and Farro Soup



Soup



6 Servings



30 Minutes

INGREDIENTS

- 1 white or yellow onion, diced
- 3 celery stalks, diced
- 3 carrots, diced
- 1 medium zucchini
- 3 garlic cloves, diced
- 2 tsp Italian seasoning mix
- 1 (15-oz.) can white beans (navy or great northern, drained)
- 2 bay leaves
- 1 (15 oz.) can fire roasted diced tomatoes
- 6-8 cups vegetable broth
- 1 cup farro, rinsed
- 1/3 cup fresh parsley, finely chopped
- 1 teaspoon red wine vinegar
- Vegan Parmesan cheese, for garnish as desired

A creamy no dairy Tuscan Tomato Basil Bisque is the perfect comfort food throughout the year. This is a quick, easy, no oil and no dairy healthy Tuscan Tomato Bisque Soup that tastes like it is made with dairy (aka bisque) in a high-end restaurant! The bonus is it is low in calories.

A savory fusion of fresh tomatoes and aromatic basil with the slightest whisper of crushed red pepper heat (if you choose to add).

INSTRUCTIONS

1. Heat a large pot over medium heat. Add the onion, celery, carrots and cook for 10-15 minutes, until soft. A little pinch of salt here to help soften the onion.
2. Add the garlic cloves and Italian seasoning and cook another 1 minute or so then add the white beans, bay leaves, diced tomatoes, zucchini and vegetable broth. Stir together, then remove 1/2 cup of the mixture and puree. Set aside.
3. Add in the rinsed farro and reduce heat to low. Cover slightly and cook until the farro is cooked through, about 30-45 minutes. Add back in the pureed bean mixture.
4. Stir in the fresh parsley along with the red wine vinegar.
5. Season to taste, adding in salt/pepper as needed. Divide among bowls and garnish with vegan parm cheese, if using, along with more fresh parsley and fresh cracked pepper.

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Lenticchie con Cavolo Nero (Braised Lentils and Kale)



Entree



6 Servings



45 Minutes

INGREDIENTS

- 1/3 cup diced onion
- 1/3 cup diced celery
- 1/3 cup diced carrot
- 4 large leaves lacinato (Tuscan) kale chopped
- 1 garlic clove, crushed
- 1 fresh sage leaf or 1/2 tsp dried sage
- 1/2 tsp smoked paprika
- 1 1/4 cups / 265 grams Umbrian black (Castelluccio) lentils, rinsed well
- 2 1/2 cups water
- 1 15 oz. can roasted diced tomatoes with juices
- 1/2 tsp salt
- Freshly ground black pepper

Full disclosure, until recently I wasn't a lentil fan. During a *Nutritional Culinary Workshop* with Dr. Colin Zhu, he prepared them. I politely took a no-thank-you bite. Guess what? I liked them, I really did! So what changed? I wasn't cooking them properly and my tastes have changed since going to WFPB in 2019.

Keep in mind that your tastes will change over time. Try different things. If don't like them today, revisit them in a year or two. You might have a different reaction.

INSTRUCTIONS

1. Strip the kale leaves from the stems, finely chop the stems, and cut the leaves into wide pieces. Set aside.
2. In a heavy-bottomed saucepan, add the garlic, onions, carrots, celery, and kale stems. Heat over medium until the garlic is aromatic, but not browned, 2 to 3 Minutes.
3. Stir in salt, 8 or 10 grinds of pepper, sage, and smoked paprika. Cook until the vegetables soften, about 10 Minutes. Stir in the roasted diced tomatoes with juices and kale leaves. Cook until kale leaves slightly wilt (1-2 Minutes).
4. Add the water and lentils. Bring to a simmer over high heat, stir the pot, and reduce the heat to medium-low, to simmer gently.
5. Cook covered until the lentils are tender but retain their texture, adding more water as necessary, 1/4 cup at a time (about 40 or 45 Minutes).
6. Taste and adjust seasoning, adding salt and pepper as needed.

Notes:

- I like to add 1 tsp of Trader JHoe's Uniami seasoning mix.
- Add any other vegetables you like such as mushrooms, leeks, fresh tomatoes, eggplant, etc..

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Italian Beans and Greens (Escarole)



Entree



6 Servings



20 Minutes

INGREDIENTS

- 2 bunches of escarole (at least 8 cups)
- 1 medium shallot chopped
- 1 tbsp Braggs Amino Liquids
- 2 large cloves of garlic minced
- ½ tsp sea salt
- ¼ tsp pepper
- ¼ tsp red pepper flakes (optional)
- 1 tsp red wine or balsamic vinegar
- 1 tbsp nutritional yeast
- 1- 15 oz. can of cannellini beans drained liquid reserved
- 1 tsp cornstarch mixed with 1 tbsp water if needed

My love for beans and greens goes way back. This simple dish didn't make many appearances on my father's dinner table, but we'd order them when in Rochester, NY's local family-owned Italian restaurants.

The bitterness of escarole, the soft cannellini beans, and the rich broth with a hint of garlic was my favorite starter. Always served with Tuscan bread so as to not let one drop of broth be left behind. I reinvented them in a WFPB way. Hope you try and enjoy!

INSTRUCTIONS

1. Chop the escarole leaves into large pieces. Soak greens in water moving them around to release the grit. Let sit for 5 Minutes so grit floats to the bottom of bowl.
2. Heat a large deep skillet. Add the chopped garlic and onion. Sauté using the dry heat method. Cook for 30 seconds moving them around making sure it doesn't burn.
3. Carefully move the greens out of the water, shaking off water before to another bowl.
4. Add the leaves to the shallot and garlic until it starts to wilt about, about 5 Minutes. Add vinegar and Braggs Amino Liquids. Season with salt, pepper, and red pepper flakes (if using).
5. Add the cannellini beans and nutritional yeast. Gently mix well together and continue to cook for 10-15 Minutes, until the beans are hot and liquid had reduced and thickened.
6. If needed, add slurry and cook for an additional 3-5 Minutes.
7. Turn off heat, let stand for 2-3 Minutes and serve.

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Orecchiette with Broccoli Rabe and Mushrooms



Entree



6 Servings



40 Minutes

INGREDIENTS

About 1 pound broccoli rabe or broccolini, trimmed and washed

1 8 oz. bella portobello Mushrooms

1 32 oz. container of vegetable broth

2 cups of water

½ cup pasta water, more as needed

3 or 4 cloves of garlic, peeled and slivered

1 cup bread crumbs, preferably homemade

¼ teaspoon red pepper flakes, or to taste

1 pound orecchiette pasta

Salt

Freshly ground black pepper

Freshly grated Vegan Parmesan cheese

Broccoli rabe and broccolini weren't veggies I grew up with. I love it all and it's on my grocery list each week. Broccoli rabe has a bitter flavor similar to mustard greens. Broccolini is easily confused with broccoli rabe but its flavor is sweeter, more refined, and delicate.

Both are also faster to cook than broccoli on a weeknight. This is a great recipe at the end of a long day when looking for a quick and hearty meal to feed a family of four!

INSTRUCTIONS

1. Place vegetable stock and 2 cups of water in a large pot, bring to boil and salt it.
2. Heat a large skillet over medium-low heat. Add [bread crumbs](#) and red pepper flakes and cook until bread crumbs are golden, 3 minutes or so. Remove and set aside.
3. Cook broccoli rabe or broccolini in boiling vegetable stock/water until it is soft, about 5 minutes. Remove with a slotted spoon, drain well and chop. Cook pasta in same pot.
4. Meanwhile, add sliced mushrooms to the skillet and dry saute until slightly browned.
5. Add cooled broccoli rabe to skillet over medium-low heat and toss well; sprinkle with salt and pepper. When it is warm, add garlic, and bread crumbs and mix well.
6. When pasta is done, drain it, reserving a little cooking water. Toss pasta in skillet with broccoli rabe mixture, moistening with a little reserved water if necessary.
7. Adjust seasonings and serve with Vegan Parmesan.

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Trofie Pasta with Broccoli Basil Pesto, Potatoes, & Green Beans



Entree



6 Servings



60 Minutes

INGREDIENTS

- 3 cups Trofie pasta (400g)
- 2 cups green beans (170g) cut in half or thirds
- 1 lb potatoes (450g)
- 1 [broccoli basil pesto](#) recipe
- 1 tsp nutritional yeast (optional)

This traditional Ligurian dish is made with a fun pasta called trofie. Add in potatoes and green beans tossed together with a [broccoli basil pesto](#) and be prepared to be obsessed with this combination.

The [broccoli basil walnut pesto](#) is packed with nutrients without the oil and cheese of a traditional pesto. It's packed with flavor, so simple and easy to make, and is super healthy too!

INSTRUCTIONS

1. Bring a large pot of salted water to a boil. Peel and cut the potatoes into small cubes about ½ inch thick and cut the green beans into bite-sized pieces (cut into 2 or 3).
2. To make the [broccoli basil pesto](#) and set aside.
3. Add the pasta and the potatoes to the boiling water, after 5-6 minutes add the green beans and cook together until the pasta is al dente and the potatoes are cooked through (about 10 minutes altogether).
4. Reserve ½ cup of pasta water then drain the pasta and veggies.
5. Add 1-2 tablespoons of pasta water to the pesto so it goes from a paste-like consistency to a thick sauce consistency.
6. Add the pesto to a large mixing bowl then add the pasta, potatoes and green beans with a pinch of salt. Mix until combined with the pesto. Add more water, if needed.
7. Check for seasoning, add some nutritional yeast if desired. and add more salt if needed, serve.

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Beet Black Bean Burger



Entree



6 Servings



60 Minutes

INGREDIENTS

- 1 can Black Beans, drained and rinsed (1½ cup or 228 g)
 - 2 cups Beet, shredded Raw Shredded
 - 1/4 cup Cooked bulgur or brown rice (35 g)
 - 1 tbsp Soy sauce or tamari (15 mL)
 - 1 stalk Celery finely chopped
 - 1 small Carrot finely chopped
 - 1 small Onion finely chopped
 - 1/4 cup Potato flour (15 g)
 - 1 tsp Cumin, ground (5 mL)
 - 1 tsp Salt, Iodized (2.5 mL)
 - 1/2 tsp Cayenne pepper (0.6 mL)
 - 1/2 tsp Coriander (2.5 mL) optional
 - 1/2 tsp Garlic granules
- Top with [Rosemary Ketchup](#)

I love a good beet burgers. When I visit a new restaurant, I always check the menu. If there is a beet burger, they all know I will order it. My favorite restaurant Beet Burger these days is at [Tiny Boxwood](#) in Austin, TX.

I swap out the aioli for mustard or my [easy dairy free jalapeno tartar sauce](#) and it is amazing! Below is my attempt to duplicate it.

This recipe is a great foundation for adding other veggies. You can include corn, spinach, mushrooms, and eggplant, to name a few.

INSTRUCTIONS

1. In a small bowl, combine the seasonings and potato flour. Set aside.
2. Cook the bulgar or rice according to package directions. Set aside.
3. Mash the black beans with fork or potato masher. You can also use a food processor or blender to break up the beans. You don't want to puree them. You want enough texture and creaminess to bind things together with a few of the black beans somewhat whole for presentation. Transfer to a mixing bowl.
4. Shred the beet and add to the mashed black beans. Add the bulgar or rice at this time.
5. Add finely chopped onion, carrot, and celery to a small sauté pan and cook until translucent. Fold into the black beans and beet mixture.
6. Add the seasoning mixture Mix thoroughly to form a stiff dough. Mix for 30 seconds, then form into 7-8 patties about 3.3-3.5 oz each. After they are baked their weight is reduced to 2.5-2.7 oz.
7. Preheat oven to 350°F. Move burger to a sheet pan with rack. Bake for 15 minutes and flip. Bake for another 10 minutes and remove from oven.
8. Enjoy these burgers hot from the oven or let cool then place in a freezer bag and freeze for up to 3 weeks. To use remove each form the bag and microwave for 2-3 minutes flipping half way through.

[Add Your Own Notes](#)

[More recipes at https://plantifullfare.com/](https://plantifullfare.com/)



Simple Nutritious Quick Pumpkin Tomato Pasta Sauce



Sauce



6 Servings



20 Minutes

INGREDIENTS

- 1 can pureed pumpkin
- 1 can fire roasted tomatoes, drained, juice reserved
- 1 tsp dried basil
- 1 tbsp nutritional yeast
- 1 tsp agave optional
- 1/2 tsp salt optional
- 1/2 tsp ground pepper
- 2 tbsp chopped parsley or chiffonade basil for garnish

Many little ones shy away from broccoli. This pesto is a sneaky and tasty way to introduce more greens into their meals. It delivers familiar, comforting flavors.

It is packed with vitamins, minerals, and antioxidants. Additionally, it boasts anti-inflammatory properties. This makes it a fantastic addition to a whole-food, plant-based diet.

INSTRUCTIONS

Cook the Pasta

1. Cook 8 oz of dried pasta in 4 cups of water boiling with 1/2 tsp salt.
2. Once the pasta is cooked, drain reserving 2 cups of pasta water in a separate bowl for use later.

Make the Sauce – Option 1

1. For a silkier sauce, in a high-speed blend, puree until smooth the pumpkin, agave, nutritional yeast, juice reserved from the fire-roasted tomato, salt, pepper, and 1/2 cup reserved pasta water. If needed, add more pasta water 2 tablespoons at a time until you reach the desired consistency.

Make the Sauce – Option 2

1. In a second sauce pot, combine the pumpkin, agave, nutritional yeast, fire-roasted tomato juice reserved, salt, pepper, fire-roasted tomatoes, dried herbs, and nutritional yeast.

Combine Sauce and Pasta

1. Add the sauce and fire-roasted tomatoes to the pasta, stirring often over a medium heat until warmed through. Add enough pasta water to make the sauce creamy.
2. Serve immediately with a sprinkling of chopped parsley or chiffonade basil.

Add Your Own Notes

More recipes at <https://plantifullfare.com/>



Beet Tomato Marinara Sauce



Sauce



6 Servings



20 Minutes

INGREDIENTS

- 8 roma tomatoes (see notes)
- 1 beet (medium, diced small)
- 8 sundried tomatoes rehydrated in 1 cup of hot water
- ½ tsp table salt
- 1 small shallot
- 1 small garlic clove (give black garlic a try)
- 1 tsp fennel seed crushed to release essence
- 2 tbsps fresh oregano or 2 tsps dried
- 1 tbsp nutritional yeast (optional)
- Additional water for cooking if needed.

You read that right! I added beets to my tomato sauce. Can't buy a jar of this in a grocery store on the sauce aisle! And it's not going to be on your Nonna's Sunday supper table.

The beet really elevated my prized traditional tomato sauce into a richer and earthier version, with a touch of sweetness.

Oh yeah and as long as I was in the kitchen, I threw together a fresh low gluten pasta.

INSTRUCTIONS

1. Heat a medium cast iron pan over medium heat and add the tomatoes to blacken (see notes). This should take about 5-7 Minutes.
2. Add diced beets, fennel seed, shallot, garlic, salt, and rehydrated sundried tomatoes with liquid. Cook another 15-20 Minutes (or until beets are knife tender as when boiling potatoes) stir often to avoid burning.
3. As the ingredients cook the volume will reduce. If this happens and the beets are not fully cooked, add ½ cup water at a time to allow for the beets to continue cooking.
4. Lastly, add fresh/dried oregano and nutritional yeast if using. Remove from heat and cool slightly before proceeding.
5. In the bottom of a high-speed blender, working in batches, carefully transfer the cooled sauce and pureed it. Pour into another saucepan. Continue until all the sauce is pureed. You can reheat it for immediate use to pour sauce over your favorite pasta or store it in an airtight container for up to 2 weeks.
- 6.. Grind fresh pepper over top to serve.

Notes:

- You can replace roma tomatoes with 2 cans of fire-roasted tomatoes just watch for the sodium levels.
- Dice the beets small to quicken their cook time.
- Add some nutritional yeast if it tastes too bland for you.

Add Your Own Notes

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Mushroom Ragu (Misto di Funghi)



Sauce



6 Servings



45 Minutes

INGREDIENTS

- 1 15-oz. can fire-roasted diced tomatoes
- 8 oz. portobello mushrooms
- 5 oz. chanterelle or shitake or trumpet mushrooms
- 1/2 oz. dried porcini mushrooms rehydrated
- 1 small onion chopped fine
- 2 garlic cloves, minced
- 1 tsp dried Italian herbs
- 1 tsp fresh chopped parsley
- 1/2 tsp Trader Joe's Umami seasoning mix (optional)
- 2 tbsps dried lion mane mushroom (optional)
- 1/2 cup dry red wine
- 1/2 tsp pepper
- Season to taste adding more salt, pepper, spices, and herbs
- One roasted Zucca (Spaghetti Squash).

Inspired by an America's Test Kitchen recipe.

Mushrooms are a big bang for the buck when it comes to flavorful whole food plant-based meals.

You most likely don't associate mushrooms with Italy (at least, not as much as you do with mozzarella, pasta, or pizza), but they are a pretty common food and a fundamental ingredient for traditional dishes. Italians love eating mushrooms, especially during the autumn harvest. Mushrooms in Italian are called "funghi" (pronoz..d f-oo-n-g-ee) in the plural and "fungo" (pronoz..d f-oo-n-go) in the singular.

INSTRUCTIONS

1. Rehydrated the dried porcini mushrooms in 1 cup of hot water for 1 hour.
2. Prepare the portobello mushroom caps by removing the gills, slicing in halves, and then cut to 1/2 inch thick.
3. To quick start this dish, I know it sounds odd but microwave the mushrooms in a covered bowl until tender (6-8 Minutes). Drain and reserve the liquids.
4. In a medium Dutch Oven, add onion and 1/2 tsp salt. Cook until softened and lightly browned (5-7 Minutes). Add mushrooms and cook until dry and lightly browned. Stir in garlic and dried herbs cooking until fragrant (about 30 seconds).
5. Stir in wine and reserved mushroom liquid, scraping up any brown bits. Stir in tomatoes and their juices. Bring to a simmer cooking until thickened (about 8 minutes).
6. Remove from heat, stir in fresh parsley, and season to taste with salt and pepper.
7. Serve over spaghetti squash, pasta, polenta, or risotto.

Notes:

- Using a combination of dried and fresh mushrooms develops a deep earthy nutty flavor as if you had slowed-cooked the mushrooms for several hours.
- Variations - You can substitute any kind of mushrooms for the chanterelle in this recipe. I don't recommend shitake as they are too chewy in my opinion.

Add Your Own Notes

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Italian Rustic Blueberry Crostata



Dessert



6 Servings



30 Minutes

INGREDIENTS

Blueberry Filling

- 2 ½ cups fresh blueberries
- 2 tbsps honey
- 1 tbsp cornstarch
- ¼ tsp cinnamon
- Grated rind of 1 lemon and juice
- 1 pinch salt

Gluten-Free Crust

- 1 ½ cups fine almond flour (168 g)
- ½ cup white or brown rice flour (70 g)
- ⅓ cup tapioca starch (40 g)
- ¼ tsp fine sea salt
- 2 tbsps organic cane sugar (try date syrup or coconut sugar)
- 5 to 7 tbsps water (doesn't have to be cold)

This Italian Rustic Blueberry Crostata (aka galette in France) makes for a quick gluten and dairy-free dessert that is also heart-healthy.

I have cut back to 2 tbsps of honey. Before adding the filling, spread the bottom of the dough with blueberry jam (although any kind of jam will work) to create a barrier preventing a soggy bottom. You can make one large crosata or minis. Oh, and this recipe cuts in half beautifully.

INSTRUCTIONS

Blueberry Filling

1. In a small to medium saucepan combine 2 cups of blueberries, honey, cornstarch, salt, lemon juice, lemon rind, and cinnamon. Bring to a boil over medium heat, and cook stirring for approximately 2 minutes until thickened, remove from heat and stir in lemon juice and remaining ½ cup of blueberries, let cool.

Gluten-Free Crust

1. Sift dry ingredients together. This helps to create a lighter more delicate crust.
2. Add water 2 tbsps at a time and mix. If you add too much water, add a tsp of brown rice flour AND a tsp of almond flour to counter the over-watering. You want a slightly sticky dough that can be rolled.
3. Place dough between two sheets of parchment paper and roll in a round to 1/8 inch thickness. You can also divide the dough into 8 equal balls for mini crostatas which are super cute and easy for hand holding.
4. Transfer rolled-out dough to a sheet pan lined with parchment paper.

Make Crostata

- Preheat oven to 350°F.
- Spread jam on the bottom of a round to within 1 inch of the edge. Spoon on the blueberry filling. Fold in the edge of the pastry overlapping the edges to form a rustic-looking edge. Press lightly to secure the seals.
- Bake for 15-20 minutes depending on your oven. Completely cool. The leftover crostata should be covered and stored in the fridge. It will keep for up to 4-5 days in the fridge.

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Italian Apple Cake Vegan (Torta di Mele)



Dessert



6 Servings



30 Minutes

INGREDIENTS

- 1½ cups almond flour
- 1 cup all-purpose gluten-free flour mix
- ¾ cup granulated sugar
- ½ cup unsweetened applesauce or dairy-free yogurt, room temperature
- 1 large apple, peeled and cut into thin slices
- 1 tbsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ¾ cup almond milk (or soy milk)
- 1 tsp apple cider vinegar
- 2 tsps pure vanilla extract
- Zest and juice of 1 lemon

Torta di mele is a classic Italian homemade treat and family recipes vary. Some use more flour and fewer apples, resulting in a delicate, springy cake. Others use less flour and more apples, which makes a more dense, almost pudding-like cake. My WFPB version is somewhere in between.

There are no spices used in a torta di mela. Lemon zest gives the cake a light, delicate taste, and not-too-much sugar lets the sweetness of the apples shine.

INSTRUCTIONS

1. Try to have your applesauce at room temperature and aerate your flour before measuring.
2. Preheat to 325 degrees F and lightly grease 1 8-inch round pan. I also put a round parchment paper piece in the bottom for easy removal.
3. In a large bowl, whisk the almond flour, gluten-free flour, sugar, baking powder, and salt. Then add the almond milk, vinegar, and vanilla. Stir well but do not over-mix. Pour evenly into the prepared pans.
4. Set a timer to 25 minutes and check for doneness at the end. If needed bake for another 5 minutes or until a toothpick comes out clean when inserted into the center.
5. Remove from the oven and let cool completely before frosting.

Notes:

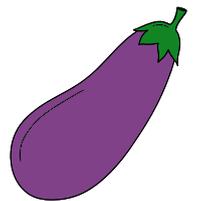
- I replaced the sugar in this recipe with honey. To use honey as a substitute for one cup of granulated sugar, use ¾ cup honey + ¼ tsp baking soda (this will counteract the acidity of the honey). Then, reduce one of the other liquids in the recipe by ¼ cup. If no other liquid is present, add ¼ cup flour instead. Honey caramelizes and burns faster than granulated sugar, so reduce the oven temperature by 25 degrees Fahrenheit.
- Everyone's oven temperature varies so stay close to check for doneness at 25 minutes. Stay close to the oven as your baked goods may bake faster than the recipe says and are likely to turn out softer and denser than you're used to.

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Ingredient Recipes



Donna Spencer



Breadcrumbs

Servings: 2 cups Prep time: 10 min Cook time: 20 min

INGREDIENTS

4 oz. bread, (4 cups cubed) cut into
1-inch cubes

Notes

- Great for leftover gluten-free bread.
- Italian bread crumbs: Combine 1 cup baked and cooled breadcrumbs with $\frac{1}{2}$ tsp kosher salt, $\frac{1}{8}$ tsp garlic powder, $\frac{1}{8}$ tsp onion powder, and $\frac{1}{2}$ tsp Italian seasoning.



INSTRUCTIONS

1. Preheat to 300°F (149°C).
2. Add cubed bread into a food processor. Process on high speed for 30 seconds for coarse breadcrumbs, or 1 minute for fine breadcrumbs.
3. Transfer to a large sheet pan or two small pans lined with parchment paper. In a single layer, spread evenly.
4. Bake for 5 Minutes, stir, then bake for another 5 Minutes. The breadcrumbs should be lightly browned and dry to the touch.
5. Bake another 2 to 5 Minutes as needed to make to completely dry.
6. Allow breadcrumbs to completely cool on the sheet pan for 10 to 15 Minutes. Transfer to an airtight container to store.

Pickled Red Onion

Servings: 2 cups Prep time: 20 min Cook time: 10 min

INGREDIENTS

1 cup distilled white vinegar
2 whole cloves
1 garlic clove, halved
3 tsp maple syrup
1 tsp kosher salt
1 bay leaf
1 tsp mustard seed
 $\frac{1}{2}$ tsp coriander or cumin seed
 $\frac{1}{2}$ tsp whole peppercorns
2 cup boiling water
1 large red onion, halved thinly sliced



INSTRUCTIONS

1. In a 1-quart saucepan, combine the vinegar, cloves, garlic, salt, bay leaf, mustard seeds, cumin seed, peppercorns, and maple syrup. Bring to a boil and set aside to cool. Pour into a quart jar.
2. Place red onions in a mesh strainer set over the sink. Slowly pour the boiling water over the onions. Using tongs, immediately transfer the hot onions to the vinegar mixture. Gently press the onions down until they are fully submerged.
3. Seal the jar and let the red onions pickle, refrigerated, for at least one hour before using, preferably overnight. Store for up to 3 weeks.

Preserved Lemons

Servings: 2 cups Prep time: 10 min Cook time: 20 min

INGREDIENTS

1 large lemon, ends trimmed, sliced
into ¼-inch-thin rounds, seeds
removed
4 tbsp lemon juiced
1 tbsp salt

Notes

- I reduce it to 1 tsp salt with success

INSTRUCTIONS

1. Boil thin slices of lemon with fresh lemon juice and salt,
2. Puree in a food processor or blender until you have a thick, spreadable paste.
3. It keeps for several weeks in the refrigerator.



adapted from <https://www.masterclass.com/articles/ottolenghis-preserved-lemons-recipe>

Broccoli Basil Pesto

Servings: 2 cups Prep time: 20 min Cook time: 0 min

INGREDIENTS

1 cup broccoli florets, steamed, no stems
1 cup fresh basil
½ cup arugula
½ cup fresh spinach
½ cup walnuts
¼ cup water
¼ tsp garlic granules
1 tbsp plus 1 tsp 2 tsp nutritional yeast
1 tbsp preserved lemon
½ tsp kosher salt
Freshly ground peppercorns



INSTRUCTIONS

1. Microwave the broccoli for 1 minute, until very tender but still bright.
2. In a blender or high-powered food processor, add broccoli, basil, arugula, spinach, walnuts, and water. Pulse until the mixture until roughly is chopped - for 30-45 seconds. Stop and scrape down the sides of the bowl.
3. Add nutritional yeast, preserved lemon, salt, and pepper and process until well blended. Stop and scrape down the sides of the bowl. Purée until smooth.
4. Transfer to a bowl and serve as a dip, spread or sauce with pasta. If served with pasta, this amount will be plenty for a pound of pasta. Thin out with ¼ to ½ cup of the pasta cooking water before tossing with the pasta.

Italian Dressing Seasoning Mix

Servings: 1 cup

Prep time: 10 min

Cook time: 0 min

INGREDIENTS

- ½ tsps garlic powder
- ½ tsps marjoram
- 1 tbsp onion powder
- 2 tsps oregano, ground or 2 tsps oregano leaves
- 1 tbsp dried parsley
- 2 tsps granulated sugar
- 2 tsps salt or 2 tsps salt substitute
- ½ tsp black pepper
- ½ tsp ground basil or 1 tsp basil leaves
- ½ tsp ground thyme or ¼ tsp thyme leaves
- 1 tsp dried celery leaves or ½ tsp dried celery flakes

INSTRUCTIONS

1. Mix all ingredients together
2. Store in an air-tight container

Creamy Italian Salad Dressing: Mix 1 tbsp of this mix with ¼ cup vinegar and ¼ cup plant-based yogurt. Whisk well before using.

Notes

- Omit the sugar and salt if your dietary needs call for it.



Creamy Italian Salad Dressing



adapted from <https://www.food.com/recipe/italian-dressing-seasoning-dry-mix-63812>

2 Ingredient Creamy Salad Dressings

Servings: 2 cups

Prep time: 5 min

Cook time: 0 min

INGREDIENTS

- ¼ cup plant-based Greek yogurt
- ¼ cup choice of Oil Free Italian Salad Dressing, Oil Free Balsamic Salad Dressing, flavored Gourmet Balsamic Vinegar such as Fig, Pomegranate, Lemon, or Basil
- Salt and Pepper to taste

INSTRUCTIONS

1. Whisk together plant-based Greek yogurt and Fig Gourmet Balsamic Vinegar
2. Salt and Pepper to taste
3. Transfer to a bowl and serve as a dip, spread or sauce with pasta. If served with pasta, this amount will be plenty for a pound of pasta. Thin out with ¼ to ½ cup of the pasta cooking water before tossing with the pasta.



Crushed Tomatoes

Servings: 1 cup

Prep time: 5 min

Cook time: 15 min

INGREDIENTS

- 1-10 or more tomatoes
- 2-4 cups of water as needed



Servings: 4 cups

INSTRUCTIONS

1. Boil water.
2. Make a criss-cross cut in the bottom of each tomato.
3. Place tomatoes into boiling water for 3 minutes. When skin separates from flesh slightly, remove from water and allow to cool.
4. Peel should slide off the flesh of the tomato.
5. Move to another bowl and repeat with the rest of the tomatoes.
6. Once tomatoes are cool to the touch, use a potato masher or your hands to crush or break up tomatoes.
7. Store in an air-tight container.

Zucca (Spaghetti Squash)

Servings: 4 cup

Prep time: 5 min

Cook time: 40 min

INGREDIENTS

2 lb. spaghetti squash, halved lengthwise and seeded

½ tsp sea salt flakes or kosher salt

¼ tsp. coarsely ground black pepper

1 tsp dried [Italian herbs mix](#) (optional)

- Cook the squash to be fork-tender in order for the strands to be “spaghetti” or more al dente. Of course, the timing will entirely depend on the size of your squash and the heat of your particular oven. It can also vary from squash to squash, so adjust your cooking time accordingly. I purchase smaller squashes and have found, for my oven, roasting or baking for 60 minutes is right for me.

INSTRUCTIONS

1. Preheat oven to 350 F.
2. Cut squash in half and sprinkle with salt, pepper, and dried Italian herbs.
3. Place squash halves, cut side down, in baking dish. Poke a few holes in the skin of the squash with a fork. Add ½ cup water, and cover dish with foil. Bake for about 50 minutes, or until tender. Remove cover flip squash to flesh side up and bake for another 10 minutes. Remove from oven, and cool slightly.
4. Using a fork, scrape squash strands into a bowl. Mound squash in the center of four pasta bowls. Spoon desired sauce or veggies mixture around or over squash strands, dividing vegetables equally among bowls.



Homemade Rosemary Ketchup

Servings: 1 cup

Prep time: 5 min

Cook time: 15 min

INGREDIENTS

½ cup tomato sauce (no-salt or low-sodium)
6 oz can tomato paste (no-salt)
3 tablespoons water
2 tablespoons apple cider vinegar
2 tablespoons pure maple syrup, agave, or date paste
1 tablespoon minced fresh rosemary or 2 teaspoons dried rosemary (adjust to taste)
½ teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon smoked paprika
pinch salt and pepper to taste



INSTRUCTIONS

1. In a medium saucepan, combine the tomato sauce, tomato paste, water, apple cider vinegar, and maple syrup (or date paste) over medium heat. Stir well to combine.
2. Add the onion powder, garlic powder, smoked paprika, and chopped rosemary to the saucepan. Stir until all ingredients are thoroughly mixed.
3. Bring the mixture to a *gentle simmer* over medium-low heat. Let it simmer uncovered for about 5-10 minutes, stirring occasionally, until the sauce thickens to your desired consistency.
4. Taste and adjust seasoning with salt and pepper as needed. If you prefer a smoother texture, you can blend the ketchup with an immersion blender or regular blender until smooth.
5. Allow the ketchup to cool completely before transferring it to a glass jar or airtight container. Store in the refrigerator for up to 2 weeks.

Easy Dairy Free Jalapeno Tartar Sauce

Servings: 4 cup

Prep time: 5 min

Cook time: 40 min

INGREDIENTS

5 oz plain plant-based greek yogurt (1 small container)
¼ cup soaked cashews (1.5 oz)
1 tablespoons apple cider vinegar
1 tablespoons water
¼ teaspoon salt
¼ teaspoon onion granules
¼ teaspoon garlic granules
1 tablespoons dill pickle finely chopped
1 tablespoons capers drained and chopped
1 tablespoons fresh lime juice
3 tablespoons pickled jalapeno pepper rough small chop
2 dashes hot pepper sauce such as Tabasco®
salt to taste



INSTRUCTIONS

1. Place cashews in a bowl and pour boiling water over to just cover the cashews, Let soak for 30 minutes up to 2 hours (until plump).
2. With a high-power blender, you can get away without pre-soaking the cashews,
3. Drain and rinse cashews after soaking. Continue with recipe.
4. Add to a blender: yogurt, lime juice, vinegar, water, salt, onion granules, garlic granules, and soaked cashews. Puree until smooth. Transfer to a bowl and add remaining ingredients, combining thoroughly. Chill for at least 2-4 hours prior to using (the longer the thicker).
5. The consistency should be a thick dressing. The cashews will thicken the tartar sauce as it sits. If needed you may adjust the consistency by adding more water, 1 teaspoon at a time, if you want a thinner more pourable drizzle.

Lemon Pesto

Servings: 1 cup

Prep time: 5 min

Cook time: 15 min

INGREDIENTS

4 lemons
salt and ground black pepper
1½ teaspoons agave, divided
½ cup (2.5 oz/70g) slivered almonds
½ cup (2.5 oz/70g) cashews
2 tablespoons lemon juice
1 ounce Vegan Parmesan cheese,
plus more to serve



INSTRUCTIONS

1. Soak almonds and cashews in water for 6 hours/overnight or in boiling water for 20 minutes and up to 2 hours.
2. You need to prepare the lemon zest to remove its bitterness. Use a vegetable peeler to remove wide strips of zest from lemons, avoiding the white pith; you need ⅔ cup.
3. Next, cook the pasta in a large pot, boil 2 quarts (8 cups) water with 1½ tsp salt, 1 tsp agave, and the zest. Simmer for 2 minutes, then remove the lemon peel and set aside.
4. To make the pesto, in a food processor, blend the zest, almonds, cashews, lemon juice, vegan parmesan, ½ tsp agave, and ¼ tsp each salt and pepper until coarse. Add ¼ cup pasta water and process until smooth.

Pistachio Arugula Pesto

Servings: about 2 cups

Prep time: 5 min

Cook time: 40 min

INGREDIENTS

2 cups fresh arugula packed (4 oz. or 100g)
or spinach
¼ cup fresh basil (.5 oz or 15g)
1 tbsp lemon juice or lemon balsamic vinegar
¼ cup nutritional yeast for cheesy flavor
¼ cup water or aquafaba add more as
needed for consistency
½ cup shelled pistachios preferably unsalted
(2.5 oz or 75g) or hazelnuts
¼ tsp garlic granules or powder
¼ tsp sea salt
¼ tsp black pepper
¼ tsp crushed red pepper flakes optional



INSTRUCTIONS

1. For deeper flavor, lightly toast pistachios in a dry skillet over medium heat for 2–3 minutes, stirring often. Let cool before blending.
2. In a food processor or high-speed blender, combine arugula, basil, pistachios, garlic granules, nutritional yeast, lemon juice, water/aquafaba, red pepper flakes (if using), salt (if using), and pepper.
3. Blend while slowly adding 1 tablespoon at a time more water/aquafaba until the pesto reaches your desired consistency—smooth but still a bit textured.
4. Add more lemon juice for brightness, salt for flavor, or red pepper flakes for heat.
5. Toss with pasta, drizzle over roasted veggies, spread on sandwiches, or use as a dip. Store in an airtight container in the fridge for up to 5 days.
6. To keep the pesto vibrant green, blanch the arugula for 10 seconds in boiling water, then plunge into ice water before blending.

Final Thoughts

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Many Thanks To

I want to take a quick moment to thank those who helped, supported, and encouraged me on my journey to regain my health. Thanks to all the physicians, researchers, and everyday people who went against the grain of popular Western Medical 'ism"s. They did the research, wrote books and articles, and were interviewed over and over. Many times for no compensation and risked their medical reputations to share how food can reverse chronic illnesses. And thanks to mia famiglia and cari amici. When I told them I was adopting a WFPB diet they jumped on board. They are my taste testers, proofreaders, and cheerleaders. My best guy and loving husband Jeff, my sons Tyler and Alec and their amazing girls (Alina and Cheyenne), and my two devoted sisters, Carol Ann and Joan, who "like" every single post I make on social media and resend my links to spread the word. So many hugs and kisses to each of you ❤️



Donna Spencer is the blogger behind PLANTifull Fare, a licensed Food for Life instructor with the Physicians Committee for Responsible Medicine, and a plant-based writer and speaker.

My credentials:

- ✿ Nutrition and Healthy Living Cornell Certification
- ✿ Plant-Based Nutrition Cornell Certification
- ✿ Rouxbe Forks over Knives Plant Based Cooking Certification
- ✿ Food or Life Instructor PCRM Certification
- ✿ PlantPure Communities PLANTifull Fare Pod Lead
- ✿ PlantPure Communities PlantPure Houston, Board Member
- ✿ Reversed my chronic and autoimmune illnesses



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Thank you!



*Italian Apple Cake
Vegan (Torta di Mele)*

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