

The guide to

plant-based meals

Recipes from around the world

Familiar favourites and fresh ideas

Reasons to choose plant-based

Eat for the animals, your health and the environment

Mushroom street tacos with cilantro cream sauce Page 12



**HUMANE SOCIETY
INTERNATIONAL**

CANADA

Standing up for animals, one bite at a time

Thank you for picking up a copy of Humane Society International/Canada's Guide to plant-based meals. As more and more people in Canada are realizing, there are many benefits to enjoying delicious, plant-based foods! Whether you are making the transition to a vegan or vegetarian diet or are simply looking to reduce your meat consumption, this guide will help you understand the why's and how's of eating plant-based.



Photo by Christelle Baccigotti

Riana at Refuge RR, a farm animal sanctuary in Ontario

For most of my childhood, I was raised on a traditional North American diet, heavy in meat, dairy, eggs and fish. For many years I gave little thought to the impacts my food choices were having on my body, the planet, and the animals we share it with. However, that all started to change once I learned more about the far-reaching consequences of my dietary habits. I eventually realized that the choices I was making did not reflect my values, and that there had to be a better way to eat and live, for myself and animals.

When I learned about the startling realities of the industrial animal agricultural industry—which is often inherently cruel to farm animals, and incredibly resource intensive—I knew there was no going back. I had made the connection between the meat on my plate and the curious, intelligent, sensitive animals that it had come from. Chickens, pigs, cows and other farm animals all have needs and wants, just like the dogs and cats so many of us share our homes with. They have the ability to form relationships and the capacity to feel pain and fear. Yet standard practices on farms in Canada are out of step with how society believes animals should be treated. Tragically, our industrial food system treats these animals like mere units on a production line with little concern for their suffering.

Fortunately, we can all stand up for animals every single time we sit down to eat. This guide is designed to help you make more ethical food choices, which in turn will help us all to create a more humane society. You will be thrilled to discover that these choices are tasty, filling and very satisfying. And remember: every bit counts! Go at your own pace. Explore new meal ideas with friends and family. Try to keep an open mind. We all experience setbacks, and a lifetime of eating habits can take time to change. Praise yourself for every step of progress you make on this exciting and rewarding journey.

No matter your reason for choosing to consume more plant-based foods, know that you are making a positive difference in the world. Whether it is for your health, the environment, the animals—or all three—take pride in your commitment and know that I stand behind you, ready to assist you on your path to humane eating!

Riana Topan
Campaign manager for HSI/Canada

Eating for a better world

Newman's story

This beautiful, blue-eyed baby fell off a transport truck headed down the highway, en route to be fattened before slaughter. The dedicated team at Refuge RR animal sanctuary in Alexandria, Ontario, rushed him to a local vet, where it became clear he needed immediate emergency care. They named him Newman.

Upon arriving at the hospital, Newman was in bad shape and his chances of survival were slim. He was given oxygen and IV fluids and had blood tests, ultrasounds and X-rays. The vets and trauma specialists diagnosed him with pneumothorax, bleeding in his lungs, a fractured pelvis in two areas and a broken femur. At that point, it seemed that Newman would not make it. The vets made him comfortable with pain relief and continued giving him oxygen and fluids. Now all they could do was wait and hope he made it through the night.

In the morning, Refuge RR received happy news: not only was Newman alive, but he had removed his oxygen tube and IV line all by himself and felt good enough to stand up and walk around his room. It seemed that Newman was quite the little fighter!

He continued to improve, set back briefly by an infection in his femur that he successfully fought off, and now lives at the sanctuary. Watching him run, you would never imagine that he spent his first few months in a factory farm, then fighting for his life in a hospital. He is now very curious, likes to learn new things every day, and is full of joy.



Abbey and Kelso's story

This is Abbey, a dairy cow, and Kelso, a bull. They are now residents and friends at Refuge RR, but their lives nearly ended years ago in the dairy industry.



Abbey lived on a dairy farm for six years, during which time she never stepped outside onto real grass—she lived her entire life on concrete. Year after year, she was impregnated and gave birth, only to have her babies taken from her. One winter, Refuge RR received a call that Abbey was no longer productive to the dairy industry and was about to be loaded on to a slaughter truck. Refuge RR managed to get a volunteer over to the farm and convince the farmer to release Abbey to the sanctuary. Stiff and arthritic, Abbey was shocked when she stepped out on to soft fluffy snow. In fact, she was so excited that she tried to run for the first time in her life. It took some time, but she gradually built up her muscles and is now very strong. She is so happy to be free to play outside with her herd!

Kelso, on the other hand, was rescued when he was just four days old. His life did not start out well: Kelso was stuck inside his mother at birth. A very inexperienced farmer tried to get him out by pulling on his leg so violently that he dislocated Kelso's hip. Seeing what he had done, the farmer realized he would not be able to sell Kelso for veal, which is what typically happens to young male cows born into the dairy industry. The farmer then tied Kelso up to a wall and refused him his mother's milk, leaving the calf to starve. Refuge RR learned of the situation and persuaded the farmer to release Kelso into their care. Since then, Kelso has undergone several surgeries to heal his hip and injuries in his legs and ankles. Today, Kelso is thriving. He is a gentle soul who loves to be social with everyone.



Emma's story

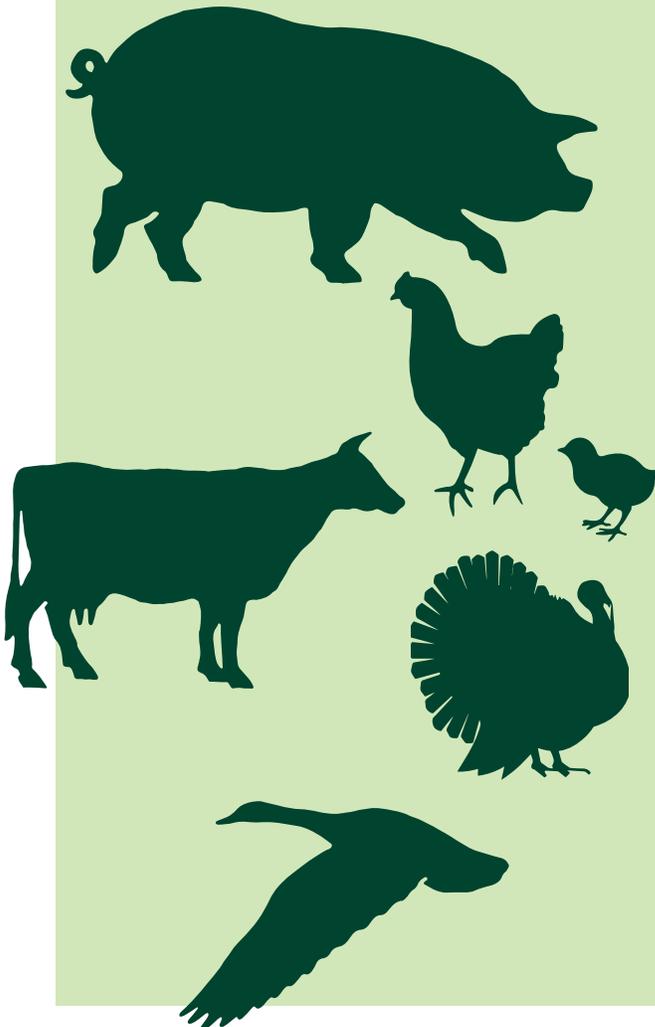
This beautiful bird is Emma. She was rescued after falling off a transport truck that was taking her to an egg-laying facility. There, she would have been crammed into a tight, tiny cage along with up to eight other hens, barely able to move, let alone spread her wings. Emma arrived at Refuge RR dehydrated and emaciated.

Through the loving and attentive care of Refuge RR staff and volunteers, Emma recovered amazingly. She has regained so much strength that she can fly high into the air and even perch in a tree, just as other birds do. She is free to roam around and has many bird friends. Her favourite companion, however, is her guardian—a deer named Lyric.



Photo by Christelle Baccigotti

Refuge RR Facebook @RefugeRRforHorses, Twitter @RefugeRR, www.refugerr.org



Did you know?

- Pigs are so intelligent that they can play video games, find hidden items using mirrors and be trained to respond to their name.
- Chickens can live for up to 30 years in nature, but those raised for meat are slaughtered at just 6-7 weeks of age.
- Mother cows form powerful bonds with their calves, and when given the chance, those bonds can last for life.
- Newly-hatched turkey poults are reared by females and travel in a family group with their mother. They often combine with other groups to form large flocks of young turkeys who at 13 weeks of age are capable of distinguishing group members from outsiders.
- In Canada, millions of ducks are force-fed for foie gras each year, causing them fear, injury, disease, lameness and high rates of mortality.

More reasons to choose plant-based meals

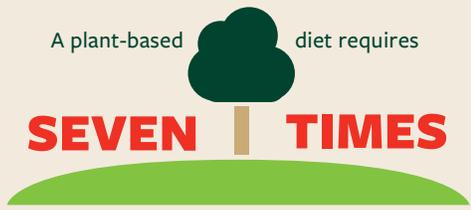
Producing 1kg of plant protein takes



100 LESS X

water than 1kg of animal protein

A plant-based diet requires



SEVEN TIMES

less land to produce than an animal-based diet

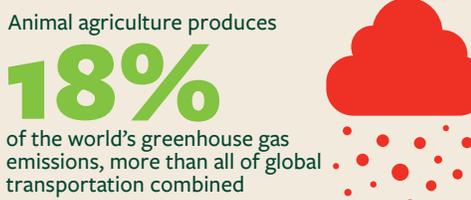
Animal agriculture is the



#1 cause

of tropical deforestation and biodiversity loss

Animal agriculture produces



18%

of the world's greenhouse gas emissions, more than all of global transportation combined

Livestock takes up close to



ONE-THIRD

of the entire Earth's land area

Livestock production uses one-third of the world's fresh water and is a major contributor to



WATER Pollution

Large-scale animal agribusiness causes **widespread suffering**, but the consequences don't end there. Here are even more **reasons to reduce** or eliminate animal products from our diets:

Greenhouse gas: Many aspects of meat, egg and dairy production aside from rearing animals—including feed crop production, deforestation, energy use, and transportation of animals and animal products—play a prominent role in climate change and are responsible for approximately 18 percent of human-caused global greenhouse gas emissions.

Toxic waste: Manure can emit harmful gases, such as hydrogen sulfide, ammonia and methane. Agricultural runoff also allows toxins from manure, pesticides and fertilizers to contaminate water supplies and stimulate overgrowths of algae, which decompose and create oxygen-deprived bodies of water that cause marine life to die or flee.

Down the drain: Animal agribusiness is incredibly resource-intensive and wasteful. One pound of processed animal protein requires up to 26 times more water to produce than one pound of soy protein. It takes nine calories of plant-based food to produce just one calorie of chicken meat. The remaining eight calories are lost as a by-product of the animal growth and waste. The number is much higher for other meats.

Public health perils: Farm animal waste has caused outbreaks of E. coli, salmonella and other pathogens that contaminate food and drinking water. Studies have also found that people who live near factory farms disproportionately suffer from excessive coughing, diarrhea, burning eyes, headaches, nausea and respiratory problems.

Antibiotic resistance: To keep animals alive in over-crowded, unsanitary and stressful living conditions, factory farms use massive amounts of antibiotics—in fact, an estimated 80 percent of the world's antibiotics are given to livestock. Public health groups are concerned that the overuse of antibiotics in animal agriculture is leading to a global health crisis of antibiotic-resistant “superbugs.”

Karla's corner

Health benefits of plant-based foods

By Karla Dumas, RD



Photo by Katie Dumas

What does a health-promoting, balanced meal pattern look like? According to nutrition and health experts, it's full of plant-based foods like beans, nuts, fruits, vegetables and whole grains with little to no saturated animal fat or cholesterol (which is solely found in animal products). Unfortunately, the standard Canadian diet does not typically reflect these recommendations. Most Canadians don't eat the recommended daily servings

of fruits and vegetables, and four of the leading causes of preventable death—heart disease, certain cancers, stroke and Type 2 diabetes—are strongly associated with diet.

As we learn more about how food can prevent chronic disease, more experts and public health organizations recommend incorporating meat-free meals, including the The Heart and Stroke Foundation, Diabetes Canada, Dietitians of Canada and World Health Organization, as well as the new Canada Food Guide. People who eat completely meatless diets are half as likely to become hospitalized or require medications and have even been documented as living longer. Over 75 percent of Canadians are not meeting current recommendations for the number of daily servings of fruits and vegetables, leading to an annual economic burden of \$4.39 billion.

Enjoying more meat-free meals, no matter your age, can lead to significant health benefits. People who eat more plant-based meals consume more nutrients, such as vitamins A and C, folate, fiber and iron, and they have a higher intake of fruits and vegetables, which most Canadians lack. Canadians typically consume far more protein than they need, and meeting daily protein and nutrient needs with appropriately planned plant-based meals can be a cinch. Increasingly, professional athletes and Olympic medalists are adopting wholly or predominantly plant-based diets, recognizing that plant-centric meals are boosting their performance and improving recovery times.

Choosing more meat-free meals is an easy, cost-saving and delicious way to promote overall health. Join the millions of Canadians in discovering the joys and benefits of eating more plant-based meals. For recipe ideas, visit forwardfood.org.

Powering up with plants

Plant-based foods are full of important nutrients:

Iron: Green, leafy vegetables; grains (rice, oats, enriched cereals); soy products (soy milk, tempeh); nuts and dried fruits are all good sources of iron.

Calcium: Plant-based sources include fortified dairy-free milks (such as soy, rice and almond) and orange juice, greens, beans, nuts and seeds. Fortified dairy-free milks typically contain the same amount of calcium as dairy, but none of the saturated fat, cholesterol or lactose, and are a better source of iron.

Omega-3s: Flaxseeds, walnuts and algae oil DHA supplements are healthy sources of omega-3 fatty acids, without the toxins (such as mercury) found in fish oil supplements.

Protein: Beans, nuts, seeds, soy products and whole grains are excellent cholesterol-free protein sources. They also contain fiber, folate and health-promoting phytonutrients.

Flexing your food choices

Reducing your consumption of animal products doesn't require a drastic diet overhaul. With a few simple steps, you can become a full-fledged flexitarian—a part-time vegetarian.

Reinvent the familiar: Swap the chicken in your burritos for black beans or grilled vegetables. Instead of sour cream, spoon on some guacamole or salsa. Replace the meat sauce on your pasta with spicy marinara, and try vegetarian burgers and dogs. Substitute applesauce, flax meal, mashed bananas or a commercial egg replacer for eggs when preparing baked goods—you'll get all the taste without the cholesterol (see p.15 for more dessert tips).

Explore the unknown: Visit your community health food store or your local grocery store's natural foods aisle to check out some of the fantastic vegetarian items on the market. Give international recipes a try: many of the world's cuisines have classic vegetarian dishes that will introduce your taste buds to a world of new flavors and textures.

Satisfy your cravings: Redirect your appetite for meaty flavours to foods like walnuts, soy sauce, mushrooms, tomatoes and sweet potatoes. And try the many plant-based proteins

on the market, from vegetarian steak strips to deli slices to barbecue "ribs"—you may like them even better than the animal-based versions.

Dive into dairy-free: If you have a driving desire for dairy, check out the delicious plant-based options available at most grocery stores, including dairy-free cheese (available in blocks, slices and shreds), milk, sour cream, cream cheese and ice cream.

Keep it healthy: Don't load up on processed foods, sweets or dairy products. Fresh fruits and vegetables with whole grains and plant-based proteins like beans, lentils, peas and nuts should be your mainstays.

Kudos to you! Pat yourself on the back as you transition to a healthier way of eating, and remember that you're helping to make the world a better place, simply by enjoying vegetarian fare.

Food writer embraces flexible diet strategy Mark Bittman, the part-time vegetarian

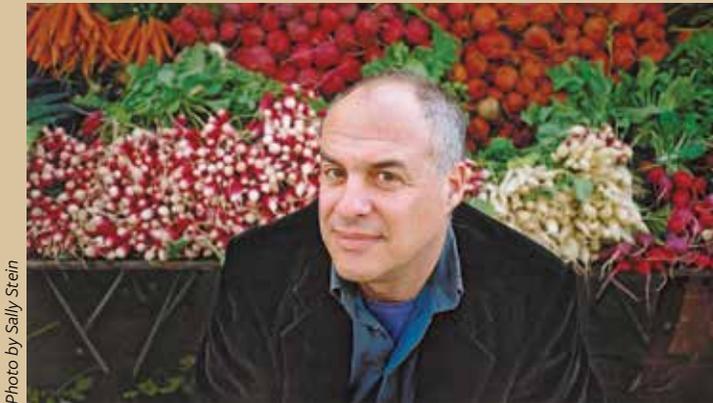


Photo by Sally Stein

The acclaimed author of *How to Cook Everything*, Mark Bittman was suddenly being told to cut back on the "everything."

"Look," he remembers his doctor telling him, "you're overweight, your cholesterol's higher than it used to be, your blood sugar's higher than it used to be, you have sleep apnea, you have a couple other problems. You should probably become a vegan."

Bittman resisted.

"Well, figure something out," his doctor added.

"Figure something out in that direction."

And so Bittman devised an approach he called Vegan Before 6: avoiding meat and other animal products until dinnertime each day.

Fortunately, he had plenty of recipes to draw on. Concerned about the environmental impacts of mass meat production, and sensing shifting diets in the general public, the former *New York Times* columnist had already written *How to Cook Everything Vegetarian*.

For 4 years, his flexitarian routine has stuck.

"The first thing is ... eliminate the processed food, eliminate the fast food, eliminate the junk," says Bittman, who lost 30 pounds and resumed running marathons.

"But the second thing is just to remember that any time that you choose an unprocessed plant over anything else, you're moving in the right direction. And whether that's once a day, or twice a day, or five times a day, that's the direction to move in."



Creamy Macaroni and Cheese Casserole SERVES 6 TO 8

- 8 ounces** pasta, any shape
- 3 cups** dairy-free shredded cheese
- 3 tablespoons** margarine
- 2 cups** unsweetened soy or rice milk
- ¼ teaspoon** black pepper
- 1 tablespoon** nutritional yeast (a cheesy-flavored inactive yeast full of vitamins and minerals)
- 2 cups** unsweetened soy or rice milk
- ½ cup** bread crumbs
- ¼ teaspoon** paprika
- ¼ cup** vegan parmesan cheese (optional)

1. Cook pasta according to package instructions and drain. Preheat oven to 350°F.
2. While oven is warming, melt margarine in a small pot. Add pepper and nutritional yeast. Stir in milk. Add dairy-free cheese, and cook over low to medium heat for 2 to 3 minutes, stirring frequently to prevent burning. Add the macaroni and mix well.
3. Transfer to an 8-by-8-inch casserole dish. Top with bread crumbs and paprika. Bake for 15 minutes uncovered or until the cheese is bubbling and the top starts to brown. Remove from oven and top with the parmesan just before serving.



Wilted Spinach Salad with Smoked “Sausages” and Strawberries SERVES 4 TO 6

- 4** smoky plant-based sausages, such as Field Roast’s smoked apple sage sausages sliced
- 1 pint** sliced strawberries
- 1 diced** Granny Smith apple
- 1 pound** fresh spinach
- 4 ounces** shelled pistachio nuts
- 3 tablespoons** olive oil

1. Sauté sausage with olive oil over medium heat until browned on both sides.
2. Add spinach and stir until well mixed.
3. Once spinach has begun to wilt, turn off the heat.
4. Add strawberries and apples.
5. Serve warm and garnish with pistachio nuts.

Tofu Scramble Breakfast Tarts YIELDS 18 TARTS

For the pie dough:

270 grams gluten-free flour blend

60 grams tapioca starch

½ teaspoon salt

227 grams of plant-based margarine or vegetable shortening (chilled)

2 teaspoons vinegar

140 milliliters water

1. Measure water and vinegar and put in freezer to chill while doing the next two steps.
2. Combine dry ingredients.
3. Cut buttery sticks into dry ingredients.
4. Add water until dough comes together.
5. Form into a ball and chill for an hour before rolling.
6. Dust rolling surface lightly with gf flour blend and roll pie dough to about 1/8 of an inch thick. Cut dough with a round cookie cutter to the size of your tart shells.
7. Press dough down into tart shells.
8. Bake (without filling) for 20-25 minutes or until lightly golden.

For the coconut bacon:

1 cup large, unsweetened coconut flakes

1 tablespoon tamari

¾ tablespoon liquid smoke

1 ½ teaspoons maple syrup

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Toss all ingredients in a bowl. Spread the flakes into an even layer on your parchment lined baking sheet.
3. Bake for 10 minutes, flipping halfway.
4. Let cool completely then transfer to an airtight container.

These scrumptious breakfast tarts are a signature treat at Ottawa's Strawberry Blonde Bakery.

For the tofu scramble:

2-3 tablespoons canola oil

1 onion, diced

6 mushrooms, diced

1 red pepper, diced

1 package (397 grams) firm tofu

3 tablespoons tamari

1 tablespoon mild hot sauce

¼ cup nutritional yeast

Salt and pepper to taste

1. Sauté onions on medium heat for 5 minutes. Add mushrooms and sauté for 5 more minutes. Add red pepper and sauté for 2 minutes. Crumble tofu into pan (there should be no pieces larger than the size of a quarter. Dime to a nickel size is ideal.) Sauté for at least 10 more minutes until tofu has some nice browning on it.
2. Add tamari and hot sauce, and stir so it coats the tofu evenly. Now add the nutritional yeast and stir right away to coat evenly. Taste and add salt and pepper for desired flavour. You can also add more tamari and hot sauce if needed.

Putting it all together!

1. Fill pre-baked tart shells with a heaping portion of scramble. Top with a generous amount of shredded, dairy-free cheddar cheese and bake at 350°F for 5 minutes or until cheese is nice and melted.
2. Once cooled slightly, top with a few pieces of coconut bacon and chopped spring onions.

vegan • gluten-free • nut free
**STRAWBERRY
BLONDE** bakery



Crowd-Pleasing Vegan Caesar Salad SERVES 4 TO 6

For the roasted chickpea croutons:

- 1 (15-ounce)** can chickpeas (or 1 1/2 cups cooked), drained and rinsed
- 1 teaspoon** extra-virgin olive oil
- ½ teaspoon** fine grain sea salt
- ½ teaspoon** garlic powder
- ⅛ to ¼ teaspoon** cayenne pepper (optional)

For the Caesar dressing (makes ¾ - 1 cup):

- ½ cup** raw cashews, soaked overnight
- ¼ cup** water
- 2 tablespoons** extra-virgin olive oil
- 1 tablespoon** lemon juice
- ½ tablespoon** Dijon mustard
- ½ teaspoon** garlic powder
- 1** small garlic clove (you can add another if you like it super potent)
- ½ tablespoon** vegan Worcestershire sauce
- 2 teaspoons** capers
- ½ teaspoon** fine grain sea salt and pepper, or to taste

For the nut and seed parmesan cheese:

- ½ cup** raw cashews
- 2 tablespoons** hulled hemp seeds
- 1** small garlic clove
- 1 tablespoon** nutritional yeast
- 1 tablespoon** extra-virgin olive oil
- ½ teaspoon** garlic powder
- fine grain sea salt, to taste

For the lettuce:

- 1** small/medium bunch lacinato kale, destemmed (5 cups chopped)
- 2** small heads romaine lettuce (10 cups chopped)

DIRECTIONS:

1. Soak cashews in a bowl of water overnight, or for at least a few hours. Drain and rinse.
2. Roast chickpea croutons: Preheat oven to 400°F. Drain and rinse chickpeas. Place chickpeas in a tea towel and rub dry (it's okay if some skins fall off). Place onto large rimmed baking sheet. Drizzle with oil and roll around to coat. Sprinkle on the garlic powder, salt and optional cayenne. Toss to coat. Roast for 20 minutes at 400°F, then gently roll the chickpeas around in the baking sheet. Roast for another 10 to 20 minutes, until lightly golden. They will firm up as they cool.
3. Prepare the dressing: Add the cashews and all other dressing ingredients (except salt) into a high-speed blender, and blend on high until the dressing is super smooth. You can add a splash of water if necessary to get it blending. Add salt to taste and adjust other seasonings, if desired. Set aside.
4. Prepare the Parmesan cheese: Add cashews and garlic into a mini food processor and process until finely chopped. Now add in the rest of the ingredients and pulse until the mixture is combined. Salt to taste.
5. Prepare the lettuce: Destem the kale and then finely chop the leaves. Wash and dry in a salad spinner. Place into an extra-large bowl. Chop up the romaine into bite-sized pieces. Rinse and then spin dry. Place into bowl along with kale. You should have roughly 5 cups chopped kale and 10 cups chopped romaine.
6. Assemble: Add dressing onto lettuce and toss until fully coated. Season with a pinch of salt and mix again. Now sprinkle on the roasted chickpeas and the Parmesan cheese. Serve immediately.





All-Purpose Cheese Sauce YIELDS 1 CUP

- ¼ cup (35 g)** raw cashews, soaked*
- 1 ¼ cups (190 g)** peeled and diced yellow or red potatoes**
- ½ cup (60 g)** peeled and diced carrots**
- 2 to 3 tablespoons (8 to 11 g)** nutritional yeast, to taste
- 2 tablespoons (30 milliliters)** grapeseed oil or refined coconut oil***
- 2 ½ tablespoons (37.5 milliliters)** water
- 1 ½ teaspoons (7.5 milliliters)** fresh lemon juice
- ½ teaspoon** fine sea salt, or to taste
- 1 medium (4 grams)** garlic clove, peeled
- ½ to ¾ teaspoon** white wine vinegar, to taste
- Sriracha or other hot sauce, to taste (optional)

DIRECTIONS:

1. Soak the cashews in a bowl of water overnight. Drain and rinse. (For a quick-soak method, bring a small pot of water to a boil and turn off the heat. Add the cashews to the hot water and soak for 30 to 60 minutes. Drain and rinse.)
2. Add potatoes and carrots to a small pot and cover with water. Bring to a boil, reduce heat to medium, and simmer uncovered for 10 to 15 minutes until fork tender. Drain. Alternatively, you can steam the veggies until cooked through.
3. Add all ingredients except hot sauce to a high-speed blender and blend until smooth. (See tips for a food processor option.) If the mixture is too thick, a splash of water or oil can help it along. Sample the sauce and adjust seasonings as desired. Add sriracha (or other hot sauce) as preferred, especially if you'd like to give the cheese a spicy kick! The sauce will keep for up to one week refrigerated in an airtight container.

TIPS:

* If your blender has a hard time blending cashew smooth, you may omit them (or try using a tablespoon of raw cashew butter instead!).

** To cut down on cooking time, be sure the potatoes and carrots are diced finely.

*** If you don't have either of these oils on hand, a light-tasting olive oil should do the trick. Be sure not to use virgin coconut oil as it can impart a coconut flavour in the sauce (unless you're down with that of course!). Refined coconut oil has no flavour.



“A plant-based diet forced me to get creative in the kitchen and experiment with new-to-me foods, and I fell in love with so many foods, dishes and new cuisines along the way! My diet has much more variety now than it ever did when I was an omnivore. Not to mention, my energy levels are much more consistent, too.”

~ Angela Liddon, Oh She Glows

Roasted Carrot and Tomato Soup SERVES 6 TO 10

- 1 tablespoon** American saffron
- 2 ½ cups** water
- 1 kilogram** carrots
- 500 grams** Roma tomatoes
- 1 tablespoon** salt
- 250 grams** onion
- 1 ½ ounce** bourbon
- 1 cup** dry white wine
- 1 can** coconut milk
- 1 teaspoon** salt
- ¼ cup** oil (grape seed/canola)

DIRECTIONS:

1. Preheat oven at 400°F.
2. In a small pot, heat up the water, then add saffron and steep for 20-30 minutes.
3. Cut carrot into pieces 1 inch long and ½ inch thick.
4. Quarter each Roma tomato into 4 pieces.
5. On a large baking sheet with parchment paper, mix the cut carrot with a tablespoon of oil and a teaspoon of salt.
6. Spread the carrots on one half of the baking sheet and line up the cut tomato (skin side down) onto the other half of the baking sheet.
7. Roast the carrot and tomato at 400°F for 45 minutes.

8. In the meantime, peel and dice the onion into 1cm cubes.
9. In a large soup pot, bring ¼ cup of oil to 350°F, add the chopped onion and sauté until golden.
10. Pour in bourbon, followed by the white wine, and reduce the liquid to half.
11. Add coconut milk and saffron water, then bring to boil.
12. Transfer everything from the pot into a blender, add roasted tomato and carrot and blend until smooth.



Recipe and photo by Invitation V

Mushroom Street Tacos with Cilantro Cream Sauce SERVES 6

For the tacos:

- 2 cups** Portobello caps, large, cleaned and diced
- 1 tablespoon** tamari sauce
- ½ tablespoon** olive oil
- ½ cup** diced green bell pepper
- ¼ cup** red onion, small diced
- ½ cup** corn (fresh, canned or frozen)
- 6** corn tortillas (4 inch)
- ¼ bunch** fresh cilantro, coarsely chopped
- ½ cup** pico de gallo

For the cilantro cream:

- ½ cup** raw cashews
- 1 ½ cups** water
- ¼ bunch** cilantro stems and leaves
- ½ tbs** salt

Taco filling

1. Clean and dice the Portobello mushroom caps, place in a zip lock sandwich bag. Massage tamari into mushroom and let marinate for at least one hour.
2. Add oil to a sauce pan and heat over medium heat. When the oil is hot add the mushrooms with tamari sauce. Heat and stir for about 5 minutes.
3. Add bell peppers, onion and corn and cook for 5 more minutes; remove from heat.
4. After the mushroom, pepper, onion, corn mix is cooked, turn off heat and set aside.
5. Heat a large skillet over a high flame and heat the tortillas about 20 seconds on each side.

6. Assemble tacos with 2 tablespoons of mushroom mixture, then top with cilantro sauce.
7. Top taco with pico de gallo, if desired.

Cilantro cream

1. Place cashews in a container and cover with 1 ½ cups of water (make sure all cashews are covered with water).
2. Cover and refrigerate for at least four hours in refrigerator.
3. Remove from refrigerator. Drain and reserve liquid. Add cashews, 1 cup of reserved liquid, cilantro and salt. Process until smooth.
4. Refrigerate until ready to use.



Photo by Chat Photography

Copper Branch and the food revolution

Montreal-based Copper Branch is all about plant-based power food. Founded on the idea that food should empower our bodies and our lives, Copper Branch offers a 100 percent plant-based menu to people looking for quick, convenient options that are both healthy and delicious. The restaurant launched in Montréal, Quebec in September 2014 and has since expanded to several locations in Canada.

Founder and CEO Rio Infantino had over 30 years of experience in the restaurant industry before deciding to open Copper Branch. His career had negatively impacted his health, leading him to struggle with his weight. He became fed up of serving

food that he was not proud of and that had no true nutritional value and went on to become a strong advocate for plant-based foods.

Copper Branch's success is a testament to the fact that the plant-based movement—or food revolution, as they like to call it— is gaining traction. “It is incredible to see this positive shift toward people wanting to eat less meat, and more wholesome plant-based foods,” says Infantino. “Copper Branch is proud to help and inspire this movement for many people and contribute to something that is truly to the benefit of everyone: our health, our planet and the world as a whole.”



Recipe and photo by Copper Branch

Asian Fusion Power Bowl SERVES 1 TO 2

DIRECTIONS:

1. Start with a base of cooked organic quinoa or brown rice and/or mixed lettuce.
1. Add **½ cup** of raw shredded carrot.
2. Add **½ cup** of raw shredded beet.
3. Add a **few bunches** of raw or steamed broccoli.
4. Add **½ cup** of organic sprouted and baked mung beans.
5. Add **¼ cup** of raw edamame beans, marinated with 1 lemon.
6. Add **1 tablespoon** of chopped onion over the edamame beans.
7. Add **1 tablespoon** of kimchi.
8. Add **½ cup** of chickpeas, baked in olive oil.
9. Make baked tofu cubes.
 - Cut your organic tofu block into 1-inch cubes.
 - Season with an all-natural tofu marinade or olive oil and spices.
 - Bake for 30 minutes at 350°F.
10. Sprinkle your bowl with organic goji berries and black sesame seeds.
11. Add a side dressing! Whisk a fresh dressing with olive oil, tamari, fresh ginger and apple cider.

Crabless Crab Cakes SERVES 12

Crab cakes

2 teaspoon nori flakes (toasted)
28 oz hearts of palm (Drain and pulse in food processor until it resembles crab meat.)
¼ cup canola oil (divided)
1 cup onions (small diced)
1 teaspoon fresh garlic (minced)
1 cup red bell peppers (small diced)
1 cup vegan mayonnaise
¼ cup nutritional yeast
3 cups bread crumbs (divided)
1 teaspoon salt
1 teaspoon pepper
2 tablespoon Old Bay seasoning
1 tablespoon vegan Worcestershire sauce
½ tablespoon Tabasco sauce

Remoulade sauce

1 cup vegan mayonnaise
1 tablespoon ketchup
1 tablespoon Dijon mustard
1 teaspoon Tabasco sauce
1 teaspoon vegan Worcestershire sauce
1 tablespoon fresh lemon juice
¼ teaspoon sea salt

2 teaspoon shallots (minced)
2 teaspoon capers (minced)
1 teaspoon fresh parsley (chopped)
2 teaspoon red bell pepper (minced)

Directions:

Crab cakes

1. Saut onions, bell peppers and garlic with half of the oil for 2-3 minutes.
2. In a bowl blend the onion, bell pepper mixture with nori flakes, hearts of palm, other half of oil, vegan mayo, nutritional yeast, 2 cups of the bread crumbs, salt, pepper, Old Bay, Worcestershire and Tabasco.
3. Blend and scoop out into 3 oz. balls.
4. Press into patties.
5. Coat each patty in the remaining 1 cup of breadcrumbs.
6. Pan fry in 2 inches of oil until golden brown.

Remoulade

1. Put mayo, ketchup, Dijon mustard, tabasco, Worcestershire, lemon juice, salt, shallots, parsley, red bell pepper and capers in a blender.
2. Blend on high for one minute.
3. Refrigerate for up to one week.



Photo by Chat Photography

Wanda's Wonderful Red Velvet Cupcakes SERVES 12

Photo by Lance Murphey



Cupcakes

- 1 **tablespoon** apple cider vinegar
- 1 **½ cups** almond milk
- 2 **½ cups** self-rising flour
- 1 **¾ cups** sugar
- ¾ cup** vegetable oil
- 1 **teaspoon** vanilla extract
- 1 **tablespoon** cocoa powder
- ¼ cup** red food colouring

Cream cheese icing

- ½ cup** dairy-free margarine
- ½ cup** vegetable shortening
- 1 **teaspoon** vanilla extract
- 1 **pound** powdered confectioner's sugar
- 1 **cup** dairy-free cream cheese

Directions: Mix cupcake ingredients in a large bowl. Spoon into prepared cupcake pan and bake at 350°F for 15-20 minutes. Cool. Blend together margarine and shortening with a mixer until creamy. Add the vanilla extract and blend well, then add the powdered sugar and cream cheese and blend until creamy.

Baking substitution guide

Many traditional recipes can be modified by simply switching out the animal ingredients for plant-based ones. Try these easy substitutions with your favourite recipes:

Replace **1 egg** with:

1 TBSP
flaxseed

+

3 TBSP
water

mix 1 tbsp ground flax with 3 tbsp warm water; let stand for 5 minutes

1 TBSP
chia seed

+

1/3 CUP
water

mix 1 tbsp chia seeds with 1/3 cup warm water; let stand for 15 minutes

1/2 mashed banana

1/4 cup unsweetened applesauce

1/4 CUP

commercial egg replacer

Replace milk with non-dairy milks in the same quantity the recipe calls for.

COCONUT Milk

SOY Milk

ALMOND Milk

RICE Milk

OAT Milk

↑ better for rich desserts ↑

Replace **BUTTER** with vegetable-based margarines, coconut oil, grapeseed oil or vegetable oil.

COCONUT Oil

GRAPSEED Oil

VEGETABLE Oil

Looking for more?

Try these helpful websites for plant-based restaurant recommendations and recipes, as well as more information about making higher-welfare purchases if you plan to continue eating animal products:



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CANADA

hsicanada.org



Happy Cow
The Healthy Eating Guide

happycow.net



Ethical Tree

ethicaltree.com

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Plant-based diets, when chosen wisely, can provide optimal health without the environmental damage and humanitarian concerns associated with western, omnivorous diets. You can either take a healthy plant-based diet or take a statin. The choice is yours.

—Dr. David Jenkins, creator of the glycemic index and professor in the department of Nutritional Sciences at the University of Toronto

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