

A vibrant assortment of fresh vegetables including beets, leafy greens, carrots, and radishes. The image is a close-up, top-down view of a variety of produce. At the top left, there are two large, round, reddish-purple beets with their green leafy tops. Below them is a bunch of fresh, bright green leafy greens, possibly chard or spinach, with large, crinkled leaves. In the center, there are several bunches of fresh, bright green leafy greens, possibly chard or spinach, with large, crinkled leaves. At the bottom left, there are several bright red radishes with their green leafy tops. The background is a plain, light-colored surface, possibly a table or countertop. The overall composition is a rich, colorful display of fresh, healthy food.

#plasticfreefoodie

2019 Vol.3

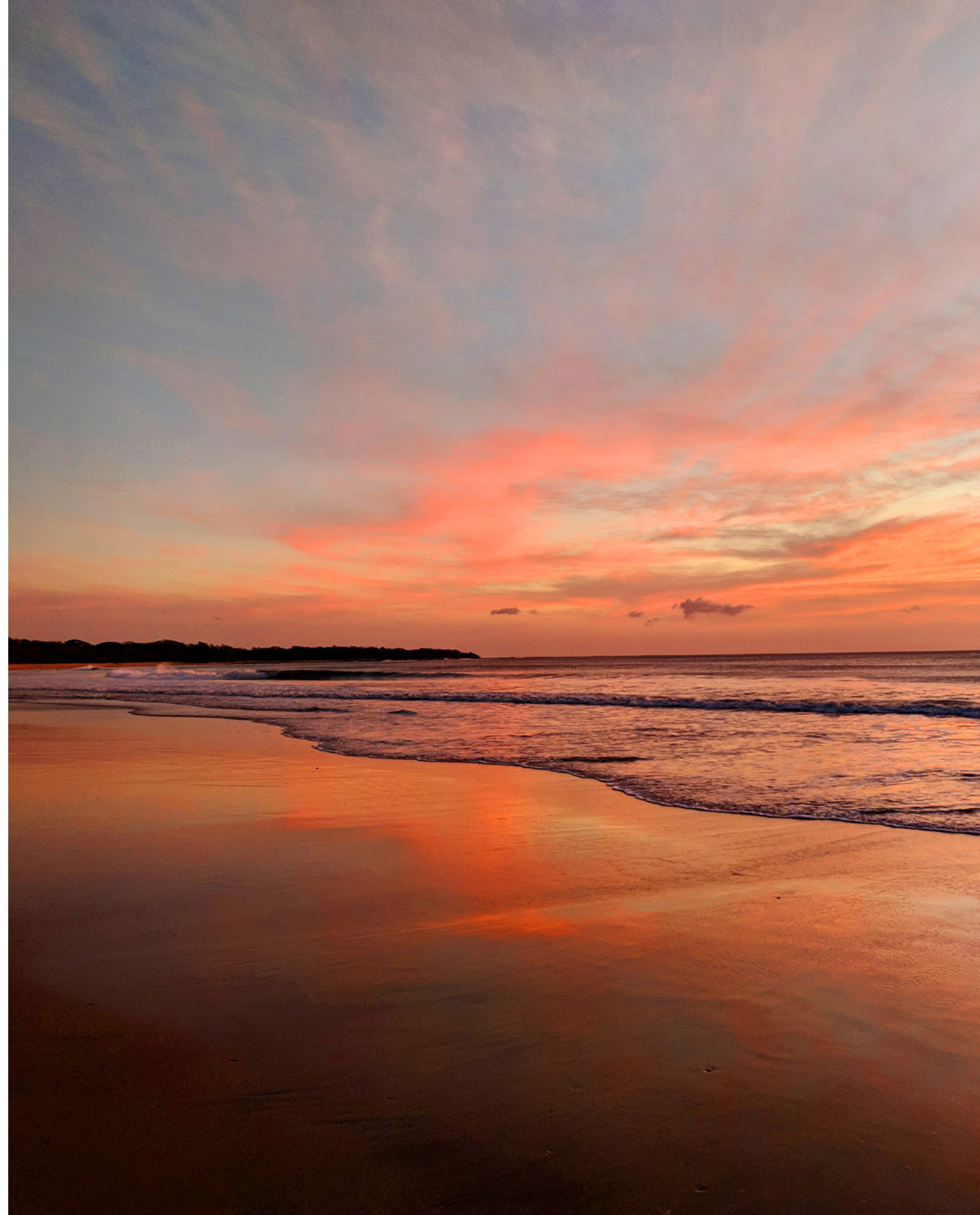
All proceeds of this year's #plasticfreefoodie eMagazine will be donated to:



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The problem of plastic pollution is growing exponentially every year; we are producing more than 300 million tons of plastic, half of this is designed for single use, and each year around 8 million tons of it ends up in our oceans. We can solve this problem and we can do it by educating and engaging everyone in a conversation to rethink plastic. Plastic Oceans is working to change the way we deal with plastic waste by challenging society's perception that this indestructible substance can be treated as 'disposable'.

Coast line at sunset with sky and water.

Plastic Oceans International engages people of all ages, in all social situations, to understand the danger of continuing to perceive plastic to be disposable. Once they become aware of the ultimate threat to human health, it will become a personal choice to prevent plastic waste from entering the environment. We have tackled this issue, through an awareness campaign using film and media reaching millions of people around the world. We will continue to spread the message of the positive solutions we can apply to stop the negative impact of plastic using film and supportive activism to engage students through education, industries through entrepreneurship and partnering with global organizations actively changing their communities.

#plasticfreefoodie19
LETTER FROM CHRISTINE

Healthy eating is more than the actual foods you eat, it's about being mindful of where your ingredients come from, how you buy them, how you dispose of food waste, and how every step that goes into your meal impacts the planet.

Plastic is a lightweight, inexpensive material that has taken over the world, especially in the food industry to satisfy the hunger for convenience. From this reliance on packaged items, it turns out that single-use plastic bottles, plastic bottle caps, plastic bags, straws, food wrappers, plastic and styrofoam takeout containers are the most commonly found items at coastal and waterway cleanups. The equivalent of one garbage truck full of plastic waste litters our oceans and waterways every single minute, and more than 1,200 species are impacted by plastic. Whether mistaken for food, or getting entangled in this waste, birds, turtles, whales, and even land animals can be poisoned or trapped as seen in the news and those viral images on social media.

While the images are devastating, this increasing awareness provides positive action because it empowers us to say "enough is enough" and (hopefully) not want to contribute to the problem any further. Minimizing plastic usage, one step at a time, WILL make a difference, because each time you are aware of it, you can consider ways of avoiding it, and soon your buying habits will shift to create positive impact.

My amazing friends featured here in this publication have found ways to avoid using that plastic bag/bottle/packaging, etc by REFUSING to buy items wrapped in plastic by shopping at local farmer's markets, ethnic markets, food co-ops, natural food shops and bulk food stores (see list on page 86) and REUSING items such as washable totes and produce bags, and looking for food products available in glass jars or reusable packaging.

I am truly honored and grateful to share this year's collection of recipes from this global foodie community with you, and hope that it will inspire a delicious and healthy-for-the-planet way to think about food.

My best,
Christine
@conscious_cooking

#plasticfreefoodiel9

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breakfast



Seahorse made using red delicious apple, mango, Asian pear, and prune
By Harley | [@harleysfood_art](#) | New York City | [www.harleysfoodart.com](#)

Nut Free Morninga Muesli Bar

By Silv | [@zerowastebali](#) [@naturallysilv](#) | Bali | [zerowastebali.com](#), [minimuncher.com](#)

This recipe is from my Mini Muncher range and it is totally ZERO WASTE. It's one of my favourite bars as it's nourishing and great straight from the freezer. It is one of the changes I made when reducing waste in the business. These use to be wrapped in local takeaway paper lined with plastic but now they are wrapped in banana leaves. I hope it is enjoyed by many.

ingredients

100g Oats
 60g Sesame
 1 Tablespoon Moringa/
 spirulina or acai
 powder
 60g Sunflower seeds
 1 teaspoon Flax Meal
 60g Desiccated Coconut
 1 teaspoon Cinnamon
 70 g Coconut oil
 150 g Coconut Nectar/
 maple syrup
 60g Chia Seeds

method

1. In a small pot, combine the coconut oil, cinnamon and sweetener. Mix well. If coconut oil is hard then lightly heat the mixture until the coconut oil melts and the mixture combines well
2. Put the oats, seeds, and desiccated coconut into a large pan and toast over a low heat for 5-10 minutes. stirring often (the coconut will colour and the pepitas will start to pop)
3. When ready blend to desired consistency.
4. Add the rest of the dried mix to the liquid mix, and blended mixture and combine well.
5. Press into silicone moulds of choice (I use a wet stainless steel serving spoon).
6. Put it in the freezer for 10 minutes or until set.
7. Remove from silicone.
8. Keep refrigerated for up to 2 weeks or frozen. We love ours frozen!



Creamy Tahini Oatmeal

By Zuliya | @naturallyzuzu | San Diego | naturallyzuzu.com

ingredients

2 cups of cashew or
any other plant milk,
preferably homemade
1½ cup rolled oats or
steel cut oats
2 tbsp of tahini paste
¼ cup vegan chocolate
shredded
½ tsp salt
2 tsp of maple syrup
1 tsp cardamom powder

method

Bring oatmeal to boil, add the tahini paste, shredded chocolate, maple syrup, and cardamom. Simmer for 5 min in low. Serve with fresh fruits, more melted chocolate and pistachios. Enjoy.



Photo @naturallyzuzu

Sweet Potato Apple Muffins

By Rachel | [@rachels_nd](#) | Toronto | [rachelschwartzman.com](#)

ingredients

2 cups flour (oat or spelt)
1 tsp baking soda
1 tsp cinnamon

1 cup sweet potato puree*
1/3 cup applesauce**
1/4 cup maple syrup
1/4 cup coconut oil
1 flax egg (1 Tbsp flax
seed meal mixed with
3 Tbsp water)

Chocolate chips or wild
blueberries

method

1. Preheat oven to 375°F.
2. Mix the dry ingredients together in a large bowl.
3. In a separate bowl mix the sweet potato puree, applesauce, maple syrup, coconut oil, and flax egg.
4. Mix the wet mixture in to the dry mix. Add in chocolate chips or wild blueberries
5. Bake 375°F for 18-20 min.

Enjoy. x

*For puree sweet potato: Bake 1 sweet potato. Once soft, blend with 1/8 cup of water until smooth.

**For the Applesauce – Peel 8 apples. Chop and put in a pot with a squeeze of lemon, swirl of maple syrup and tsp of cinnamon. Cover and simmer until soft. Blend and Enjoy.



Photo [@rachels_nd](#)

Mango Nice Cream

By Ami | [@the_sunkissed_kitchen](#) | Sydney | facebook.com/pg/thesunkissedkitchen

I switched to a plastic free lifestyle after doing a month of raw food, and suddenly being unable to tolerate synthetic clothing on my skin. I started researching the fabrics that my activewear contained and I was horrified. I had no idea more PET was created each year for the fashion industry than for plastic bottles. I think the health impacts of plastic use are too often overlooked. I got rid of all the plastics in my house overnight (pretty much everything except the fridge and couch) and I now store everything in glass or stainless steel and wear organic cotton, linen, and hemp clothing. If I can't find something plastic free, I'll go without, or make my own.

ingredients

(serves one, adjust amounts accordingly for more than one serving)

1 cup frozen mango
2 tbsp coconut yoghurt*

method

1. Blend or whizz in food processor until creamy!

*I make my own coconut yoghurt, by mixing a can of organic coconut cream with the content of 2-4 probiotic capsules, covering it with linen, and leaving on the bench for 2 days. Once its thickened and tangy I'll move it to the fridge!

Lemon Zucchini Bread

By Uschi | [@dukkah_queen](#) | Nuremberg, Germany | [thefoodieandthefit.wordpress.com](#)

Since I own a garden now, it's much more easier to life plasticfree.
To grow my own food is such a wonderful experience.

ingredients

2 cups zucchini,
grated and
squeezed
3 eggs
½ cup oil (olive oil or
canola oil)
¼ cup butter, melted
1 tsp vanilla
2 tbs lemon juice,
freshly squeezed

DRY INGREDIENTS:

2¼ cups all purpose
flour
1¼ cup granulated
sugar
½ cup pistachios
3 Tbs poppy seeds
2 Tbs lemon zest
1½ tsp backing
powder
¾ tsp baking soda
1 tsp salt

method

1. Heat the oven to 180 degrees, and arrange a rack in the middle of the oven.
2. Grease a loaf pan with butter.
3. In a medium mixing bowl combine all the dry ingredients. Set aside.
4. Use a separate bigger mixing bowl to whisk all the wet ingredients together.
5. Add the dry stuff to the wet mixing bowl until everything is just combined and no more dry flour is visible.
6. Spoon the batter into your greased baking tin.
7. Bake until a toothpick inserted in the middle comes out clean, for about 50 minutes.
8. Allow the loaf to cool down in the pan for about 10 minutes, then remove it and transfer it onto a wire cooling rack to cool completely.

The bread will keep (theoretically) for several days when you put it in an airtight container.



Photo [@dukkah_queen](#)

starters



Lobster made using fresh red peppers and a touch of eggplant
By Harley | [@harleysfood_art](#) | New York City | [www.harleysfoodart.com](#)

Carrot & Apple Salad with Maple Syrup Vinaigrette

By Liz | [@inspiredbytheseasons](#) | Oregon, Wisconsin | [inspiredbytheseasons.com](#)

The last carrot harvest of the season was the inspiration for this recipe made completely with plastic free ingredients! I continue to be amazed at how easy it is to source our meals in plastic free ways from buying in bulk, to growing our own produce to bringing our own bags for those staples we need at the grocery store. We are even more blessed this year with getting our maple syrup from a family relative.

ingredients

FOR THE VINAIGRETTE:

2 tsp shallot, finely
chopped
2 T lemon juice
¼ c apple cider vinegar
2 T maple syrup
1/3 c olive oil
¼ tsp salt

FOR THE SALAD:

2½ c grated or spiralized
carrots
1 green apple thinly sliced
½ c pecans, chopped

method

Place all vinaigrette ingredients in a lidded jar and shake until combined.

Combine salad ingredients in a bowl and toss with dressing, start with about 3 T of vinaigrette and go from there. Serve right away or better yet, refrigerate overnight,



Photo [@inspiredbytheseasons](#)

Chickpea, Kale & Farro Salad

By Gillian | [@lalalunchbox](#) | New York City | [lalalunchbox.com](#)

ingredients

- 1 cup uncooked farro
- ¾ cup dried chickpeas
- 1½ cups chopped kale
- ½ cup red onion
- 2 medium carrots, peeled and sliced into 2" thin strips
- ½ teaspoon flake salt, or salt to taste
- 3 tablespoons + 1 teaspoon olive oil, divided

method

1. Soak the dried chickpeas in water for at least 2 hours. Cook as directed on the package and set aside.
2. Cook the farro as directed on the package. Drain and set aside.
3. Heat a small frying pan to medium heat and add 1 teaspoon of olive oil. When the oil reaches temperature, add the red onion and cook until they begin to become translucent.
4. In a large bowl, combine kale and 1 tablespoon olive oil. Use your hands to massage the kale and soften it with the olive oil.
5. Add the remaining ingredients (carrots, onions, cooked chickpeas and cooked farro), plus 2 tablespoons of olive oil and salt and toss until thoroughly combined.



Photo [@lalalunchbox](#)

Zero-Waste Carrot and Radish Top Pesto + Spring Picnic Salad

By Nisha | [@rainbowplantlife](#) | Brooklyn | [rainbowplantlife.com](#)

PLASTIC-FREE TIP: I've accumulated a hefty collection of cute tote bags and reusable produce bags. I stash a few in my larger purse so even if I pop into the grocery store on a whim, I can avoid using plastic bags.

ingredients

SPRING SALAD

1 pound baby potatoes or fingerling potatoes
1 bunch of asparagus
Greens of choice (I used a mix of greens from the farmers market)
1 small bunch of radishes (reserve the tops)
1 small bunch of carrots (reserve the tops)
½ of a large avocado (reserve the other half)
1 small bunch of fresh mint, leaves only (reserve a bit)

CARROT & RADISH TOP PESTO

Tops from one small bunch of carrots
Tops from one small bunch of radishes
Leaves from 3-5 fresh mint sprigs
½ cup pine nuts
1 small shallot, peeled and roughly chopped
½ of a large avocado
A few pinches of kosher salt and black pepper
1 small lemon, zested and juiced
¼ cup extra virgin olive oil

method

1. Fill up a medium or large saucepan with the potatoes and add enough water to cover them. Place over medium-high heat and bring the potatoes to a boil. Once boiling, reduce the heat to low and simmer the potatoes until they are just tender, about 14-16 minutes. Use a slotted spoon to transfer the potatoes to a cutting board to allow to cool slightly. Reserve 1-2 inches of the cooking water and drain the rest. Prepare an ice bath (a large bowl of water with ice).
2. Trim the asparagus of its woody, bitter ends. I like to snap them below their natural snap point to waste less of the vegetable. Bring the water back to a boil and place a collapsible steamer inside the saucepan (make sure it fits the saucepan you're using). Place the asparagus in the steamer basket, cover, and steam until crisp-tender, about 4 to 5 minutes. Transfer the cooked asparagus to the ice bath to prevent them from overcooking. Drain the asparagus.
3. While the potatoes and asparagus are cooking, prepare the rest of the vegetables. Use a wide Y-shaped vegetable peeler to shave the carrots into ribbons. Thinly slice the radishes and the avocado. Add the carrot ribbons, radish slices, avocado, and fresh mint leaves to the salad greens.
4. To make the pesto (I make it while the potatoes are cooking), place all of the ingredients except for the extra virgin olive oil in a food processor and blend until a paste starts to form. With the motor running, drizzle in the olive oil until a creamy, smooth texture comes together. It should be slightly thicker and creamier and less oily than traditional pesto. If you want it a little thinner, you can add a spoon or two of water (or more olive oil).
5. Toss the cooked potatoes and asparagus with the pesto until well-coated (you will have leftover pesto). Serve the pesto potato-asparagus salad on top of the salad green mixture and serve. Store the remaining pesto in an airtight glass jar in the fridge for 5-6 days.

Photo [@rainbowplantlife](#)

Zero Waste Pumpkin and Beetroot Soup

By Em | [@myredcarpetbody](#) | London | [myredcarpetbody.com](#)

When you think about our plastic pollution, when you see all the evidence, you just can't stop thinking how to contribute to the change. It's not always easy but there is always a way we can improve. Day by day, shopping by shopping. Reading about it and sharing tips and experiences helps too. I am not perfect but I try. I grow whatever I can in my little urban garden, I make my own compost in dog food bags, I shop mainly in bulk stores and markets and even in the supermarkets I opt for packaging with minimal plastic. Those of us who are lucky to make better choices because we have the availability, even though if it is not always convenient, should always try.

As part of my food prepping I often roast few beets and a pumpkin in the oven. Many pumpkins and squashes have skin that is edible. I only eat the skin from clean organic vegetables which I roast with the skin on.

ingredients

1 cup of beetroot skin
 ½ cup of beetroot
 1 cup of Hokkaido pumpkin
 ½ cup of Hokkaido skin
 1 cup of plant milk

ZERO WASTE CROUTONS:

2 cups of a week old sourdough
 ½ cup of toasted Hokkaido skin
 3 Tbs of pumpkin seeds
 3 Tbs of sunflower seeds
 2 tsp of coarse unrefined sea salt
 1 tsp of pepper
 3 Tbs of olive oil
 Juice from 1 lime

method

1. Oven roast a few beets and pumpkin for about 40 mins.
2. Add all the ingredients to 1 liter (approx. 4 cups) of homemade vegetable stock and cook for 20 minutes.
3. Add 1 cup of mixed parsley and coriander stalks, 1 Tbs of Ume shiso seasoning (or apple cider vinegar) and then cook for a further minute before blending the soup.

ZERO WASTE CROUTONS:

Toss the chopped sourdough and olive oil together in a hot pan for a couple of minutes before adding all of the other ingredients. Wait for the seeds to start popping, cooking everything on a medium heat and stirring occasionally. When the bread and the seeds start to get golden brown (after about 3 minutes), the croutons are ready. Add them to the soup and enjoy that lovely sizzling sound.



Photo @myredcarpetbody

Almond Boursin Snack Board

By Vanya | [@wonderland_food](#) | Somewhere on the road in Spain

A snack board is great at any time of year and picking a theme, ie. green food, can make it easier to look super styled without any fussy assembling effort required. This Almond Boursin, is a vegan take on the French, garlicky, herby, spreadable cream cheese you take to picnics and schmear on everything. This 'cheese' is always the first thing to disappear on a snack board when I put it out and is pretty easy to make if you have a good high-powered blender. You do need to make it a few days ahead, but the flavour gets better with a few days under its belt anyway.

***Every ingredient in these recipes can be bought package-free plus making vegan cheese and hummus from scratch eliminates a lot of plastic. What's more, you will impress everyone with your fancy, next-level snack game. Happy snacking everyone!

ingredients

1½ cups raw peeled almonds, soaked in filtered water overnight
 ½ cup water (reserve soaking water)
 ½ lemon, zested and juiced
 1 tablespoon nutritional yeast
 1 clove of garlic, peeled and smashed (use roasted or fermented garlic if you like a milder flavour)
 Sea salt and ground pepper
 Extra virgin olive oil
 Topping - fresh chopped herbs such as tarragon or dill

method

1. Blend almonds in a high speed blender with lemon juice and half the water until broken down to a sandy, gritty texture.
2. Add rest of ingredients and blend until smooth and fluffy.
3. Spoon into the centre of a cheesecloth or a fine weave, clean tea towel, gather up the edges and pull the filling into a ball and squeeze as much liquid out as you can over a large bowl. Use a string or elastic band to tie up the bag.
4. Take a long chopstick or wooden spoon and hang the bag over the bowl for about 6-8 hours to drain (use the drained liquid to add to a soup like cream, it tastes amazing).
5. Store the bowl in the fridge overnight, giving a little squeeze once or twice.
6. Unwrap the ball of cheese and roll in chopped fresh herbs and drizzle a little olive oil on top. Serve at room temperature on a large wooden board with crackers, olives and grilled and raw vegetables, for nibbles before a decadent dinner party or holiday gathering.

Green Hummus

By Vanya | [@wonderland_food](#) | Somewhere on the road in Spain

ingredients

200g cooked chickpeas
200g cooked green peas
½ lemon, juiced
2 tablespoons tahini / or
1 tablespoon sesame
oil
2 tablespoons fresh mint
or coriander
1 clove garlic *optional,
peeled and chopped/
crushed
Pinch sea salt
Olive oil for blending and
dressing
Toppings: sesame seeds,
more coriander or mint

method

1. Using a potato masher or fork, break up chickpeas and peas in a wide bowl, adding a little liquid if you need something to soften the mash.
2. Once broken down enough, add lemon juice, tahini, herbs, garlic and salt, mash further and combine all ingredients well. Add a little olive oil to make a creamier style hummus, but the key here is chunky texture, less mashing and more snacking!
3. Spread out on a shallow dish or bowl, sprinkle with your choice of toppings, a little oil if it looks dry and serve at room temperature with crudité, olives and drinks before dinner.



Photo [@wonderland_food](#)

Black Bean & Sunflower Seed Chips

By Libby | @silverliningskitchen | Auckland, New Zealand | www.silverliningskitchen.com

ingredients

1½ cups cooked black beans (see page 65)
2 Tbsp olive oil
½ cup tapioca flour or arrowroot starch
2 Tbsp sunflower seeds
1 Tbsp cumin seeds
½ tsp salt

method

1. Preheat the oven to 175°C. Line a baking tray with parchment/baking paper, fully covering the tray if you can. Have another piece of paper on hand.
2. Blitz all the ingredients in a food processor until a thick, moist, purplish 'dough' is created.
3. Using a spatula, empty the sticky 'dough' onto the baking tray, then cover it with another piece of parchment/baking paper. With a rolling pin, gently roll out the dough as evenly as you can, spreading right out to the very edges until most of the tray is covered.
4. Peel off the top layer of paper, and use a knife to score the flattened dough into cracker/chip shapes of your choice.
5. Bake for about 25 minutes. Allow to cool on the tray before breaking off the chips



Photo @silverliningskitchen

Market Salad

By Abha | [@neuro.namaste.nature.nourish](https://www.instagram.com/neuro.namaste.nature.nourish) | New York City

Everything is from farmer's market except for the legumes and whole grains that I used to make beet hummus. They are from Sprouts store where I used to buy in bulk from dispensers.

ingredients

1 cup purple cauliflower
 ½ cup chard
 1 garlic clove
 1 cup whole grain mix
 with quinoa, brown rice
 and red rice
 1 cup red beans (see
 page 65)

method

1. Sauté the purple cauliflower with garlic
2. Cooked chopped chard with garlic
3. Cook the whole grain mix in a rice cooker
4. Puree the beet hummus-mixed in a food processor

FOR THE BEET HUMMUS:

1 cup chickpeas (see
 page 65)
 1 Garlic clove
 Salt, to taste
 Lemon juice
 1 cooked beet



Photo [@neuro.namaste.nature.nourish](https://www.instagram.com/neuro.namaste.nature.nourish)

Baby Artichokes with Bay Leaf and Lemon

By Didi | [@picturethatfood](#) | Amsterdam | [bijzonderspaans.nl](#)

Prep time: 15 minutes

Cooking time: 15-20 minutes, according to size

Serves: 2 people

ingredients

500 grams of baby artichokes
One lemon cut in half
2 bay leaves
1 liter of homemade vegetable broth

method

1. Clean the artichokes by pulling away a few of the harder outer leaves. Cut the stem till you get to the bottom of the artichoke and cut a bit less than half of the top. Leave them soaking in a bowl of water with the lemon to stop decoloration.
2. Take out the artichokes of the water and transfer them to a pan. Cover with vegetable broth and add the other half of the lemon and bay leaves. Bring to a boil and cook them on a low heat 15 till 20 minutes till tender. You should easily go through them with a fork.
3. Drain them and serve warm with a mustard lemon vinaigrette.

FOR THE DRESSING:

1 tsp of Dijon mustard
Juice of half a lemon
4 tbsp of olive oil
Salt and pepper to taste

Mustard Vinaigrette with Lemon and Olive Oil

Put the mustard to a small bowl and stir in the lemon juice till you have a smooth paste. Pour in the olive oil, stir everything well and add pepper and salt to taste.

If you have left overs you can cut the artichokes in halves or quarters and use them in your salads.



Focaccia

By Carla | [@chefcarla_c](#) | New Jersey | [carlacontreras.com](#)

I can't express how much I love this recipe! It brings me such joy to make. It's based off the focaccia recipe in the Saltie Cookbook by Caroline Fidanza. My kids love it with a drizzle of honey or jam. It's the perfect thing to make for entertaining. I recently brought it to a Foodie Friendsgiving. It was a total hit and everyone wanted the recipe for "the focaccia." It's best day of, if you have any left over freeze it and reheat it in the oven before serving.

PLASTIC-FREE TIP: Remember things like your reusable straws, utensils, cups, and bags. Make these part of your daily routine. You never know who you will inspire to do the same!

ingredients

2 tsp active dry yeast
 3½ cups of warm water
 2 teaspoons coarse sea salt or Kosher salt
 6½ cups of flour
 4 tbsp olive or avocado oil, divided
 1-2 teaspoons coarse sea salt or Kosher salt, optional garnish

method

1. Whisk the yeast, warm water and salt in a large bowl.
2. Add the flour and mix with your hands, until just combined. It will look like a shaggy mess, and a little dry, that's totally ok!
3. Grease with 2 tbsp.oil (a large bowl or container with a lid so that the dough can rest minimum 4 hours up to 12 hours.) Key here is that it must be covered.
4. Preheat your oven to 450 degrees Fahrenheit.
5. Grease a rimmed baking sheet with 2 tbsp.oil, yes this is a ton of oil but it also makes its delicious AF.
6. Spread out the dough evenly on the rimmed baking sheet, using your finger tips, that's what makes the beautiful texture.
7. Sprinkle with the salt and bake 20-25 minutes or until caramel brown.
8. Place on a baking rack to let cool 20-30 minutes.
9. Cut into your desired shapes, kitchen shears are really fun for this project.



Photo [@chefcarla_c](#)

mains & sides



Rockfish using raw carrots, sautéed carrots in olive oil, turnip, eggplant, and lemon rind
By Harley | [@harleysfood_art](#) | New York City | [www.harleysfoodart.com](#)

Rainbow Onigirazu

By Eva | @thehungrychickpea | New York City | hungrychickpea.com

ingredients

1 cup dry sushi rice,
rinsed & cooked, with
3 tbsp rice vinegar
added
3 sheets nori .
1 small block extra firm
tofu, or ½ large block
2 tbsp nutritional yeast
1 tsp garlic powder
¼ tsp turmeric powder
Pinch salt

Cherry tomatoes,
chopped
Carrot, thinly sliced
(I use a peeler)
Arugula, dressed
(I had leftover
jalapeño-cilantro
dressing)
Purple cabbage,
chopped
Sesame seeds, for
taste & garnish

method

Slice tofu in half to make two thinner pieces. Bake (with 1 tbsp oil, optional) until firm and starting to crisp — about 30 min at 350°F, or depending on your tofu! In the meantime, mix the nutritional yeast, garlic powder, turmeric powder, and salt with ¼ cup water and baste tofu pieces with this seasoning.

When ready to assemble, add several tbsp rice to the middle of a nori sheet in a rectangle. Top with purple cabbage, arugula, tofu, carrot, and tomato. Finish with additional rice and top with ½ nori sheet. Wrap onigirazu with nori and press into a sandwich shape — as nori absorbs moisture, it will stick more easily. Repeat with additional onigirazu, top both with sesame, and enjoy! Serve with salad dressing or soy sauce/Tamari as preferred.

Korean Fried Rice

By Joanne | [@the.korean.vegan](#) | Chicago | [thekoreanvegan.com](#)

ingredients

1 tbsp + 1 tbsp extra
virgin olive oil
1 carrot (small dice)
½ zucchini (small dice)
¼ cup corn
¼ cup peas
1 potato (small dice)
½ cup broccoli (small
chop)
Salt & pepper
1½ cup cooked day old
rice
½ tsp soy sauce
1 tsp sesame oil

method

1. In a large skillet, add 1 tbsp oil and potatoes. Cook for 5 minutes. Next, add remaining vegetables, salt, and pepper, and cook until onions become translucent (2 minutes).
2. Create a small well in the middle of the vegetables, but pushing the veggies to the edge of the pan. Add another tbsp of oil and when it begins to shimmer, add day old rice. Cook the rice in the oil for 2 minutes before incorporating the vegetables into the rice.
3. When rice is mixed with veggies, remove from heat and add soy sauce and sesame oil.



Photo [@the.korean.vegan](#)

Baked Hispi Cabbage in Smokey Tomatoes and Tahini

By Niki | @rebelrecipes | Birmingham, UK | rebelrecipes.com

ingredients

1 hispi/pointed cabbage sliced in half
Splash olive oil
Sea salt
Smokey Tomato sauce
3 tbsp good quality olive oil
1 red onion – chopped
4 cloves garlic minced
6 very ripe fresh tomatoes chopped
2 tbsp tomato tapenade – use tomato purée if you can't find it
1 tsp dried oregano
1 tsp smoked paprika
1 tsp sea salt
Big twist black pepper
Pinch chilli flakes (optional)

FOR THE DRESSING:

2 tbsp tahini
Juice ½ lemon
Pinch sea salt
Splash water
2 tbsp extra virgin olive oil

method

TO COOK THE CABBAGE;

1. Heat a griddle or large frying pan with a little oil.
2. Place the two sides of cabbage (inside down) onto the pan and griddle for approx 5 minutes on a medium heat until nicely charred.
3. Remove from the pan and cut lengthways into quarters.
4. Add back to the pan, uncooked sides down and griddle for a further 5 minutes. Remove from the heat.
5. Add the four quarters to a high sided baking tray with a little more oil and pinch of sea salt.

TO MAKE THE SAUCE;

1. In the meantime – Add your oil and onion to a wide bottom pan and fry gently on a low heat for around 10 minutes until soft and browning.
2. Add the garlic and fry for 30 seconds more.
3. Add the tomatoes, tomato tapenade, paprika and oregano to the pan and cook on a low heat for 15 minutes.
4. Add the salt, black pepper and optional chilli flakes and to the pan and simmer for a further 5 minutes.
5. Now transfer the sauce to the baking tray with the cabbage, underneath and around.
6. Bake at 180°C for 20 minutes.

TO MAKE THE TAHINI DRESSING;

Add all the ingredients to a jar and mix to combine.

TO SERVE:

Drizzle with tahini dressing and top with herbs/leaves.

Sweet Potato & Cashew Nut Korma

By Julietta | [@ultimatezerowaste](#) | Dromore, Northern Ireland | [ultimatezerowaste.com](#)

This is an easy, make ahead family dinner that can easily be spiced up for adults or toned down for kids. Where possible I use refill stores like the Refill Quarter (Belfast) or ensure that the packaging I choose is ACTUALLY recyclable or compostable.

ingredients

2 tablespoons grated ginger
 4-6 cloves of garlic, chopped
 1 cup ground almonds
 1 cup cashews (save some to sprinkle over at the end)
 1 can of coconut milk
 1 cup of water
 1 teaspoon garam masala
 1 teaspoon cinnamon
 1 teaspoon turmeric
 1 teaspoon ground cumin
 1 teaspoon ground coriander
 ½ teaspoon cayenne pepper
 4 large sweet potatoes, peeled and diced
 1 yellow onion, diced
 Salt and pepper to season

method

1. Saute the onions with a pinch of salt until translucent
2. Add in the garlic and ginger and stir for 20 seconds
3. Add in your ground almonds, followed by the sweet potato, cashews and coconut milk
4. Simmer for about 20-30 minutes until the sweet potato is cooked through
5. Serve with some toasted cashews, coriander or steamed kale.



Photo [@ultimatezerowaste](#)

Red Curry Dumplings

By Christine | [@conscious_cooking](#) [@plasticfreefoodie](#) | New York City | [yomme.com](#)

It took me ages to take the first step to make my own dumpling wrappers since pre-packaged ones are just so darn convenient! But making them from scratch is easy (and gets easier each time!) and it gives you amazing flexibility, and is especially fun dyeing them with natural colors! I'm also grateful that there are several places in NYC where I can get unpackaged tofu, using my own containers.

ingredients

1 honeynut squash, peeled,
seeded and roughly
chopped
2 cups Napa cabbage
8 oz firm tofu, crumbled
3 Tbsp red curry paste*
2 Tbsp coconut butter
1 tsp salt

FOR THE RED DOUGH:

1½ cups flour
½ tsp baking powder
½ tsp salt
1 Tbsp sunflower oil
½ cup fresh beet juice
(1 beet)

FOR THE ORANGE DOUGH:

1½ cups flour
½ tsp baking powder
½ tsp salt
1 Tbsp sunflower oil
½ cup carrot juice (3
carrots)

RED CURRY PASTE

Blend or crush 15 dried red chilis (seeds removed and soaked in hot water for 15 minutes), 2 tsp coriander seeds, ½ tsp cumin seeds, 2 Tbsp cilantro stems, 1 tsp sea salt, 1 stem lemongrass, (bottom third only, thinly sliced), 1 kaffir lime leaf, or lemon balm, 1 Thai red chili, ½" fresh ginger, 2 garlic cloves, 1 shallot

method

PREPARE THE DOUGH (DO THIS ONE COLOR AT A TIME):

In a bowl, mix the flour, baking powder, and salt. Add the fresh juice and oil and stir until it all begins to clump together. Then use your hands to knead the mixture in the bowl until a ball of dough forms. Turn the dough out onto a clean work surface and knead for 10 more minutes until it becomes smooth and elastic (like Play Doh). Wrap in parchment paper and put it in an airtight container and set aside to rest at room temperature for 20 minutes.

PREPARE THE FILLING:

Use a food processor and pulse to finely chop the squash and cabbage. Heat a large skillet on high. Add oil to coat the bottom of the pan. Sauté the vegetables and tofu for 5-7 minutes until any liquid has evaporated. Add the curry paste, coconut butter and salt and saute for 2 more minutes.

TO ASSEMBLE:

Have a seat, and get comfortable with a clean, dry "work" space. Roll both doughs into long, skinny strands about 1" in diameter, Twist them together and roll again into another 1" strand. Divide this multi-color strand into equal pieces, about the size of a walnut. Using a rolling pin, flatten each piece and roll out to ⅛"-thick rounds. Cover the rounds or place them in an air-tight container to keep them from drying out. Place one wrapper in the palm of your hand. Spoon one tablespoon of the filling into the center of the wrapper. Fold the wrapper in half, into a semi-circle, pleating and pinching the edges together to seal firmly. Place onto a parchment-paper lined baking tray. Continue until you run out of wrappers or filling. At this point, you can place the tray into the freezer. When frozen (approx 3 hours) store in a parchment paper bag for future use.

TO PAN-FRY:

Heat up a large frying pan. When hot, add 1 Tbsp of oil, swirling the pan around to coat the entire surface. Add the dumplings, in a single layer, about 1" apart from one another. Gently shake the pan to ensure that the dumplings don't stick to the bottom. Carefully add the ¼ cup of the water to the pan, cover, and cook for 6 minutes, or until the liquid has evaporated. Drizzle a little more oil and cook, uncovered, for 3 more minutes, until the skin has crisped up again. Shake the pan to loosen them from the pan.

Photo [@conscious_cooking](#)

Roast Veg & Buckwheat Salad with Ginger, Tamari & Orange Dressing

By Marisa | [@missmarzipancom](https://www.instagram.com/missmarzipancom) | Stockholm, Sweden | [missmarzipan.com](https://www.missmarzipan.com)

Prep ahead to save time. Roast the veggies for this festive salad and make the dressing and buckwheat the day before serving. Simply dress and add fresh greens when meal time rolls around. Easy and delicious.

ingredients

3 sweet potatoes, peeled and cut into bite-sized pieces
2 aubergines, cut into bite-sized pieces
1 onion, cut into 6 wedges
3 tbsp olive oil/melted coconut oil

FOR BUCKWHEAT:

450 ml buckwheat groats
750 ml water
A good pinch of salt

FOR THE DRESSING:

1 thumb-sized piece of fresh ginger, peeled and cut in thirds
1 clove garlic, peeled & cut in half
2 tbsp olive oil
50 ml tamari
50 ml freshly squeezed orange juice (approx. 1/2 an orange)

TO ADD WHEN SERVING:

Finely chopped herbs
Mixed fresh greens
Pomegranate arils from half a pomegranate
2 tbsp pepitas

method

1. Preheat your oven to 200°C (fan).
2. Line a deep baking tray with foil/baking parchment.
3. Add chopped aubergine and sweet potatoes to a large mixing bowl. Drizzle over oil and give the bowl a shake to coat the vegetables evenly.
4. Tip vegetables into the prepared tray and pop it in the oven for 30-35 minutes or until they are nicely roasted with edges caramelising/turning brown.
5. Meanwhile, prepare buckwheat. Rinse buckwheat groats in a sieve under running water. Add to a large saucepan with the water and a pinch of salt and allow to cook over low heat for around 20 minutes or until groats have cooked through and water is absorbed. Once done, remove from heat and allow to cool. Can be stored in the fridge or freezer prior to use.
6. While the buckwheat is cooking and the veggies are roasting, prepare the dressing by combining all the ingredients in a small jar. Firmly screw on the lid, give the jar a good shake. Set to the side. Dressing can be made in advance and stored in the fridge. Note: the large pieces of garlic and ginger should be removed from dressing before serving (they are for infusing, not eating!).
7. When ready to serve the salad, spoon buckwheat onto serving dish, top with roasted veggies, dress with half the dressing (reserve the rest for people to add extra as they like) and top with fresh greens, herbs, pomegranate arils and seeds.
8. This dish can be served hot or cold. If hot, simply warm up the buckwheat and roasted veggies and top and dress as above.
9. Try serving this salad alongside no-meat balls.

Leftover salad? Perfect lunch-in-a-jar fare!



Photo [@missmarzipancom](https://www.instagram.com/missmarzipancom)

Harvest Kale Salad with Pomegranate Tahini Dressing

By Meera | @nourish_deliciously | N. California | nourishdeliciously.com

ingredients

SERVES 4-6

2 tablespoons maple syrup
1/3 cup raw sliced almonds
1/4 teaspoon pumpkin spice or cinnamon
2 heads curly kale, torn into bite sized pieces, middle stem removed
1-2 Small delicate squash, sliced
1 tablespoons olive oil
Arils from 1 pomegranate

FOR THE DRESSING:

1 tablespoon tahini
1 tablespoon pomegranate syrup or 3 tablespoons pomegranate juice
1/4 cup extra virgin olive oil
1 clove garlic, thinly sliced
2 tablespoons apple cider vinegar
Sea salt and pepper to taste
A little water to thin as needed

method

1. In a small skillet add the maple syrup, about 1 tablespoon water and bring it to a boil. Cook for 3 minutes till it starts to thicken. Take it off the heat and add the pumpkin spice and almond slices. Mix the sliced almonds well till we coated and leave it to cool.
2. To make the dressing blend all the ingredients to a smooth. Add water to thin as needed.
3. Poach or grill the salmon according to the package instructions. Set aside.
4. Heat the oven to 375°F. Place the delicate squash and brush with olive oil. Bake for 8-10 minutes till cooked, but still firm.
5. Meanwhile, in a large salad bowl massage half the dressing with kale leaves. Let it sit for 10-15 minutes allowing the leaves to soften (this also makes it easier to eat raw kale). Right before serving add the sliced almonds, delicata squash slices, pomegranate and gruyere if using and serve with the salmon.
6. Pour the remaining dressing over the salad if needed, tossing to combine. Enjoy!

Spicy Pan-Roasted Brussels Sprouts

By Neha | [@myasalabox](#) | New Jersey | [facebook.com/myasalabox](#)

Spicy Pan-Roasted Brussels Sprouts are a favorite this season. The girls love them. Their color and crunch is simply irresistible.

Whole Foods has recently opened in our neighborhood and I love to shop there mainly because of their sustainable farm fresh beautiful local produce.

We are doing our bit for the environment by using our cloth bags to carry fresh produce back home and doing away with non stick pans at home and replacing them with cast iron pans which are way healthier and safer.

ingredients

1 lb Brussels sprouts
2 tbsp good quality olive oil
1/4 tsp coarse black pepper
1/2 tsp cayenne/paprika
2 big cloves of garlic
Salt to taste
Half a Lime

method

1. Wash, clean and blanch the Brussels Sprouts for a couple of minutes - only.
2. Halve them once you can handle them.
3. Transfer them in a mixing bowl, add in salt, pepper, cayenne/paprika, smashed & chopped garlic, olive oil and mix well.
4. Heat a cast iron pan, add the Brussels sprouts & toss them around till they're seared well.
5. Squeeze some fresh lime juice just before serving hot.

Enjoy !



Photo [@myasalabox](#)

Roasted Onion Blossoms

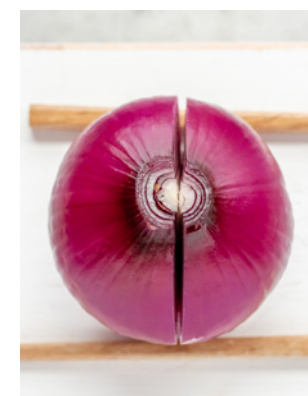
By Rachel | @theplantriot | Boston | theplantriot.com

ingredients

6 red onions, papery skin removed
Olive oil, optional
Salt and pepper, to taste
Fresh herbs, finely chopped

method

1. Preheat the oven to 375°F/190°C and have a large casserole dish or lined baking tray ready.
2. To cut the onions, so that they “bloom” when roasting, follow these steps:
3. Set the onion down on your cutting board. Carefully trim the top and bottom of the onion (don’t remove too much).



Place a wooden chopstick on either side of the onion (with the “onion root” resting on the board), then while holding the onion upright,



cut through the middle of the onion from the top, down until the knife hits the chopsticks (about 75% of the way through the onion). It’s very important not to cut all the way to the bottom.



Make a second cut in the same way, except 90 degrees to the first one. Your onion should now be in quarters.



Finally, cut two more times to divide the onion into eighths. Your onion will now have eight wedges with an intact base holding them together.

4. Transfer cut onions to a casserole dish or baking tray lined with parchment paper or silicone baking mat. Drizzle with olive oil (optional, if avoiding oil) and sprinkle with a little salt and pepper. Make sure the onions have plenty of space between them to “bloom”.
5. Place onions (and any other vegetables you like to roast) into the oven and roast for 40 to 50 minutes until the onions have “blossomed.” They should have soft bases, with crispy ends on the “petals.” Remove from the oven and sprinkle with fresh herbs such as oregano, sage or thyme.
6. Serve oven roasted onion blossoms hot alongside your favorite savory meal, or serve warm alongside a refreshing salad.
7. Onion blossoms are best served fresh straight from the oven. Store any leftovers in an air-tight container and consume within 3 days.



Photo @theplantriot

Roasted Heirloom Fingerling Potatoes & Rainbow Carrots with Chimichurri Sauce

By Lorinda | [@lorindabreeze](#) | NYC & the Hamptons | [lorindabreeze.com](#)

ingredients

CHIMICHURRI SAUCE:
½ Cup of Fresh Parsley
2 TB. of Fresh Oregano
3 - 4 Garlic Cloves
1/3 Cup of Extra Virgin Olive Oil
2 TB. of Red Wine Vinegar
Juice & Zest of one Lime
¼ Teaspoon of Red Pepper Flakes
Salt & Pepper to Taste

ROASTED VEGETABLES:
2 Lbs of Heirloom Fingerling Potatoes
1 Lb. of Rainbow Carrots
2 - 3 TB. Olive Oil
Salt & Pepper

method

1. Finely mince the parsley, oregano and garlic or pulse in a food processor.
2. Place in a bowl and stir in the remaining ingredients. Mix together well and set aside.
1. Cut the potatoes in half lengthwise. Cut the carrots into long slices or 3 - 4" pieces.
2. Brush with olive oil and then add fresh ground salt & pepper. Lay on a greased cookie sheet in a single layer.
3. Roast at 400 degrees for about 30 minutes or until they can be easily pierced with a knife.
4. Remove the roasted vegetables from the pan with a spatula and place on a serving platter.
5. Top with spoonfuls of the Chimichurri Sauce. Sprinkle with some finely chopped red peppers & sprigs of fresh oregano.
6. Serve and Enjoy!



Photo [@lorindabreeze](#)

Corn Bread Donuts

By Corey | @thevegansix | New Jersey | thevegansix.com

ingredients

Makes 18 baked donuts

1 cup spelt or all-purpose flour
1 cup cornmeal
½ cup unbleached sugar
1 teaspoon salt
1 tablespoon baking powder
1 tablespoon flax meal
3 tablespoons water
1¼ cup non-dairy milk
1/3 cup canola oil (or other mild cooking oil)

method

1. In a small bowl, mix together the flax meal and water. Set aside to thicken.
2. Position a rack in the middle of the oven and heat to 400. Grease two donut pans.
3. In a large bowl, whisk together the flour, cornmeal, sugar, salt, and baking powder.
4. Make a well in the center and add the flax mixture, oil, and milk.
5. Stir to combine.
6. Pour into the greased pan and bake for 10 minutes, until a toothpick inserted into the center of the cake comes out clean



Photo @thevegansix

Stir-fried Wild Spinach, Raisins, Garlic and Pine Nuts

By Didi | [@picturethatfood](#) | Amsterdam | [bijzonderspaans.nl](#)

I'm in the lucky position of having two organic farmers markets close by. Every Saturday morning I go to the organic farmers market at the Noordermarkt in Amsterdam and on Wednesday there is one at the Haarlemmerplein.

I do all my vegetable shopping for the whole week there. For me it is really important avoiding plastic and the organic farmers market is the perfect place for it. No need to say I always bring my own shopping bag and trying re-using the paper bags they give me there. And on top of it, buying at the farmers market I support local farmers with their beautiful seasonal organic produce as well.

As I said in the previous issue, plastic really destroys our planet, so for the love of this planet, and the future of it. This beautiful world is too amazing to be destroyed. Without it, there is no life!

Preparation time: 60 minutes

Cooking time: 6 minutes

Serves 1 person

ingredients

350 grams organic wild spinach
1 garlic clove
Handful of organic pine nuts
Small hand of organic raisins
4 tablespoons of olive oil
Black pepper and salt

method

1. Soak the raisins together with the pine nuts in some water for one hour. Drain them and set apart.
2. Meanwhile discard the hard stems of the spinach and wash the spinach real well so you remove all the dirt. Dry the clean leaves using a salad spinner.
3. Heat 4 tbsp of olive oil in a frying pan and fry the whole garlic clove gently in the oil till it turns color. Remove the garlic from the oil.
4. Add the raisins and pine nuts to the oil (be careful it might spat a bit). Turn down the heat and stir fry till the pine nuts turn color and the raisins are puffed up.
5. Put in the spinach for a couple of minutes, sitr everything well till the spinach leaves shrink. Add some pepper and salt to taste..

Photo [@picturethatfood](#)

DIY Pickled Beets

By Carla | [@chefcarla_c](#) | New Jersey | [carlacontreras.com](#)

I can't wait for you to try these beets! They are sooo good + they will last up to 2 months in your fridge.
 Note: They are WORTH the work but this is def a weekend/day off project. Here is the recipe below, it's based off the Pickled Beets Recipe in the Saltie Cookbook by Caroline Fidanza.

ingredients

2 bunches of beets (I used striped beets)
 1 tsp. sea salt
 2 tbsp. olive oil
 1 cup water
 1 cup red wine vinegar
 1 tbsp. maple syrup
 1 tsp. mustard seeds, whole
 1 tsp. fennel seeds, whole
 2 star anise, whole

method

1. Preheat the oven to 400 degrees Fahrenheit.
2. Cut the tops and bottoms off the beets.
3. Line a roasting pan with parchment paper, optional.
4. Put the cut beets in a roasting pan.
5. Fill the pan with enough water to cover the bottom of the beets.
6. Drizzle with the olive oil and sprinkle with salt. Cover with aluminum foil. Note: I recycle these pieces and use them again and again, if possible.
7. Bake for about an hour until the beets are tender (you can easily pierce with a knife).
8. Let the beets cool and then peel them and cut in quarters. Place in a large glass jar with a lid.
9. Mix the 1 cup of water, red wine vinegar, maple syrup, mustard seeds, fennel seeds and star anise in a medium sized bowl and then pour over the beets.
10. Shake the jar to incorporate the spices. Place in fridge and shake daily. They are ready in 3-5 days.
11. Keep the beets in the fridge for up to 2 months. You can also do this with red onions (you don't have to cook the onions, just slice them.)



Photo [@chefcarla_c](#)

a note about beans

By Christine | [@conscious_cooking](#) [@plasticfreefoodie](#) | New York City | [yomme.com](#)

Loaded with fiber, protein, iron, and B vitamins, legumes/beans are the perfect way to add more plant-based protein into your diet. Dried beans are an ideal food to stock in the pantry. However, don't use beans that are more than a year old, as their nutrient content and digestibility are much lower, and they will not soften, even with thorough cooking. digestibility Cooking beans twice, or adding apple cider vinegar, bay leaves, garlic, fennel, a piece of kombu, or cumin during cooking can aid digestion. Making beans from scratch tastes so much better than any canned or boxed version! It really is worth that little effort. Soak and cook these at the same time, so that it's convenient and ready to use for any recipe.

ingredients

2 cups dried beans
1 Tbsp baking soda or a
2" piece of kombu, for
soaking

method

1. Rinse the beans, discarding any broken or discolored ones. In separate bowls, soak them for 4-8 hours, or overnight, in plenty of water with the baking soda or kombu.
2. Drain and rinse well, place the different beans in two large saucepans, filling each of them with enough water to cover the beans by one-inch. Bring to a boil, scoop out all the frothy foam that rises to the surface. Reduce heat and simmer at a low boil for 30-35 minutes. Drain and let cool completely. Keep refrigerated. Use within 10 days.

Photo [@conscious_cooking](#)

drinks & desserts



Nautilus using turnip, shiitake mushrooms, bean sprouts, and eggplant
By Harley | [@harleysfood_art](#) | New York City | [www.harleysfoodart.com](#)

Tamarind Horchata

By Em | [@myredcarpetbody](#) | London | [myredcarpetbody.com](#)

This is a simple, delicious, refreshing and naturally sweet milky drink. It requires only three ingredients and just a little bit of your time. I love this drink. It's not only delicious but tamarind is wonderful for our digestion. It can be frozen as well and then enjoyed as a lovely frozen dessert. The best thing about it is that it's naturally creamy and sweet without the need of any additional sweetener.

ingredients

2 cups of tiger nut milk*
 ¾ cup of tamarind paste**
 ½ tsp of vanilla
 Pinch of Himalayan salt

method

*TIGER NUT MILK

I start the horchata by making a rich tiger nut milk: Soak 1 cup of the tiger nuts overnight, rinse and blend with 3 cups of water.

I use the pulp as a facial scrub or in my cooking so nothing is wasted. It works wonderfully in so many recipes.

I bought my tamarind at the market and it's one of those things that lasts a couple of months in my fruit bowl. It's just so handy to make a fresh small batch of tamarind paste whenever needed. The paste can be used in drinks, like this horchata; it's a great base for soup or noodle dishes too.

**TAMARIND PASTE

Peel and clean the tamarind (take off the hard shell and the stringy bits right under the shell) and soak 1 cup of cleaned tamarind in 1 cup of warm water.

Push the soaked soft fruit together with the soaking water through a sieve and work until just the seeds are left. It takes about 5 minutes.

This paste will keep in the fridge for 2-3 days.

TAMARIND HORCHATA

Blend together and serve.



Photo [@myredcarpetbody](#)

Sunflower Seed Milk & Cheese

By Sabs | [@sustainablesabs](#) | Brooklyn | [sustainablesabs.tumblr.com](#)

ingredients

FOR THE MILK:

1 cup unsalted sunflower seeds
3-4 cups of water
Optional: agave (or other sweetener), vanilla, or cinnamon

FOR THE CHEESE:

1 cup sunflower seed pulp
1 tbsp lemon juice
2 tsp tamari or soy sauce
2 tbsp nutritional yeast

method

1. Soak the seeds in water overnight. When ready, drain and rinse with clean water. Add to a blender with 3-4 cups of water and any additions. Blend for 1-2 minutes.
2. Strain the liquid through a fine cheesecloth.
3. Transfer to an air-tight bottle or jar and store in the refrigerator.

Mix all ingredients together and salt to taste. This “cheese” is perfect on crostini or even in homemade ravioli.



Photo [@sustainablesabs](#)

Fresh Pear Cake

By Joscelyn | [@wifemamafoodie](#) | Tulsa, Oklahoma | [wifemamafoodie.com](#)

This cake is subtly flavored with spices, like ginger and cinnamon, and topped with fresh pears. It's naturally sweetened, vegan friendly, and includes a gluten-free option. It's the perfect cake to celebrate the delicious fall fruit! Serves 8.

ingredients

2 cups unbleached all-purpose flour
2 teaspoons baking powder
1–2 teaspoons ground cinnamon, to taste
1 teaspoon ground ginger
½ teaspoon salt
½ cup olive/avocado oil or melted butter/ coconut oil (use refined coconut oil for less coconut flavor)
⅓ cup maple syrup or honey (I used a combo of both)
¾ cup almond milk or other milk of choice
2 teaspoons vanilla extract
3 pears*, cored and thinly sliced

MAPLE GLAZE: (OPTIONAL)

1 tablespoon melted butter or olive oil
2 tablespoons pure maple syrup
Pinch of cinnamon

method

1. Preheat oven to 325°F and lightly grease a 9-inch springform pan. Set aside.
2. Mix together flour(s), baking powder, spices, and salt in a large mixing bowl. Add oil, sweetener, milk, and vanilla. Beat 2-3 minutes or until smooth, scraping down the sides as needed.
3. Pour batter into the springform pan and smooth evenly across the pan.
4. Fan pear slices and place onto the batter, pressing them down slightly into the batter.
5. Bake cake for 45–55 minutes or just until cake is lightly brown and a toothpick inserted near the center comes out with only a few moist crumbs.
6. For the glaze, mix together the melted butter, maple syrup, and cinnamon in a small bowl. Using a pastry brush, gently brush the warm cake with the maple mixture. The maple glaze just gives the cake a little shine and is totally optional.
7. Let the cake cool slightly and run a knife around the edges to loosen the cake from the sides of the pan. Remove the outside of the springform pan and carefully separate the bottom of the cake from the metal bottom with an offset spatula. Transfer to your serving plate. Yields 8-10 servings.

*Notes: I used red anjou pears, but green anjou or bosc pears would also work.

Spicy Stamped Cookies

By Michele | @lucky_bites | Brooklyn | www.lucky-bites.com

ingredients

YIELD: ABOUT 3 DOZEN 2.5" COOKIES

1 cup (2 sticks) unsalted butter, softened
 ½ cup granulated sugar
 ¾ cup light brown sugar, packed
 ¾ tsp baking powder
 ¾ tsp salt
 3 tbsp spice mix*
 1 egg
 2½ cups all-purpose flour

*SPICE MIX INGREDIENTS:

3 tbsp cinnamon
 2 tbsp ginger
 1½ tsp nutmeg
 1½ tsp cloves
 ¾ tsp allspice
 3/8 tsp cardamom

GLAZE INGREDIENTS:

2 cups confectioners' sugar**
 Warm water
 Pinch salt

YOU WILL ALSO NEED:

Stamping tool
 Parchment paper
 Wax paper
 Food safe paintbrush

**NOTE: For plastic-free confectioners' sugar, simply process 2 cups regular sugar plus 2 tbsp cornstarch into a fine powder. you may need to sieve the mixture to eliminate any coarse crystals. If you make extra, it can be stored in a jar indefinitely!

I've been jar-obsessed for about a dozen years and have saved just about every jar from store-bought food products. I use them as drinking glasses, food storage, every kind of storage actually! A few years back, I started packing holiday cookie gifts in jars, tied with a paper ribbon and a little gift tag made from paper in my recycling bin. The jar keeps them airtight, can be reused by the gift recipient, and looks pretty!

method

1. Preheat oven to 350°. Line baking sheets with parchment paper.
2. Using a stand mixer with paddle attachment, cream butter and sugars on medium speed until well blended. Add baking powder, salt, spice mix for one minute. Add egg. mix until well-combined.
3. Stir in flour just until incorporated and smooth, scraping down sides of the bowl as needed. Do not over mix. Dough should be firm and hold together well, but should no longer be sticky. It should easily fall away from sides of bowl and paddle. You may need to adjust flour quantity.
4. Divide dough in thirds and place each third on a sheet of wax paper. form into a flat disc. Cover disc with another sheet of wax paper, sandwiching the dough between the two sheets.
5. Roll out to a 1/4" thickness, smoothing any creases that develop in wax paper.
6. Peel away & replace one sheet of wax paper (this will prevent dough from sticking when cutting cookies, and keep work surface clean). flip "sandwich" over & remove top sheet of wax paper, leaving other sheet underneath dough.
7. Stamp the dough, making sure to press firmly so texture is pronounced enough to survive baking, Cut out cookies & place on baking sheet, 1" apart.
8. Roll out scraps & repeat, until all dough is used up. you may need to refrigerate the rolled out scraps if they become too warm & sticky. Repeat these steps with the other discs.
9. Bake in a preheated oven 8-10 minutes, rotating pans halfway through. Bake until cookies are a golden around the edges.
10. While cookies are baking, make glaze. blend water, powdered sugar, and salt until it's a thin liquid consistency, similar to maple syrup. mix until smooth.
11. A couple of minutes after cookies come out of oven, while they're still warm, apply icing using paintbrush. work quickly, resisting the urge to go back and fix anything because the glaze starts setting in seconds. imperfections add to the texture and beauty! set the cookies on a baking tray to dry.
12. Allow to dry for several hours before putting in an airtight container. store at room temperature for up to a week.

Photo @lucky_bites

Salted Black Pepper Truffles

By Dee | [@greensmoothiegourmet](#) | Washington D.C. | [www.greensmoothiegourmet.com](#)

I have been moving closer and closer to a full plastic-free lifestyle after watching closely documentaries that spell out how plastic is overwhelming our oceans, harming wildlife, and contributing to climate change. I can't believe I went through so many plastic water bottles in college. I was part of the problem! Well, now I try hard to find products that are not packaged in plastic, and I support brands that either have moved to plastic-free packaging or are currently invested in the research and development that it takes to make that switch. If we all made a few changes, they would add up pretty quick!

ingredients

Makes 12-18 truffles

½ cup black beans (see page 65)
 ½ cup cashew butter
 ¼ cup maple syrup
 1/3 cup cacao powder
 1/3 cup almond flour
 1 tbsp fresh black pepper
 1 tbsp cold brew coffee

FOR THE COATING:

½ cup chocolate chips

method

1. Drain and rinse the beans (save the liquid for an aquafaba recipe). Add the beans, and all other ingredients into a mixing bowl. Stir or use a hand-mixer to combine into a batter.
2. Set the bowl in the refrigerator for an hour. Roll the balls, and line them up on a cookie sheet covered with parchment. Refrigerate the balls while you melt the chocolate coating.
3. Pour the chips into a glass microwave-safe bowl, and either microwave for 60 seconds or set into a double boiler on the stove. Once the chocolate is melted, use two forks to lower each truffle into the chocolate, submerge, lift, let the chocolate drip, then set the coated truffle on the parchment-lined cookie sheet.
4. Sprinkle flaky salt, roll in cacao powder, sprinkle with black pepper or other toppings. Let the chocolate harden at room temperature and store at room temperature.

Photo [@greensmoothiegourmet](#)

Edible Gifts

By Christine | [@conscious_cooking](#) [@plasticfreefoodie](#) | New York City | [yomme.com](#)

The holidays can be mindful, and plastic-free with a few homemade goodies, packaged in reusable jars. These gifts can be made in batches, and are meaningful. You can also use a festive tea towel to wrap up your gift... three practical gifts in one! :)

ingredients

CRUNCHY & SPICY CHICKPEAS

1 cup dried chickpeas
1 Tbsp baking soda
1 Tbsp olive oil
½ tsp cumin
¼ tsp cayenne pepper
¼ tsp sea salt

RED VELVET BLISS BALLS:

1 small beetroot
1 cup raw almonds
½ cup raw sunflower seeds
3 medjool dates, pitted
2 Tbsp chia seeds
½ tsp cinnamon
2-3 Tbsp maple syrup
¼ cup shredded coconut

GRAIN-FREE BROWNIE BITES:

2 Tbsp flaxseed meal + 6 Tbsp water
3 oz unsweetened chocolate (100% cacao)
½ cup coconut butter
1 cup raw cane or coconut sugar
1 cup chickpea flour
½ cup chopped walnuts, optional
¾ cup chocolate chips

method

1. Rinse the beans well, discarding any broken or discolored ones.
2. Soak overnight, in plenty of water with the baking soda.
3. Drain, rinse and thoroughly dry the chickpeas.
4. Preheat oven to 400°F.
5. Toss and coat the chickpeas evenly with oil, spices and salt.
6. Bake on a baking tray for 25-35 minutes, until crisp. Shake the tray occasionally for even cooking.

1. Roughly chop the beetroot, then in a food processor, process the beets first, then add the nuts, seeds, dates, cinnamon and syrup for 2-3 minutes until the ingredients have broken down, are well-combined, and a sticky mixture forms. It should hold together when pinched lightly with your fingertips. Roll into balls about the size of walnuts, then coat each ball in the shredded coconut.
2. Freeze or refrigerate for at least 20 minutes until ready to eat. Keep refrigerated.

1. Preheat the oven to 350°F.
2. Combine the flaxseed and water in a small bowl and set aside.
3. Coarsely chop the chocolate and melt in a small saucepan with the coconut oil and sugar on low heat, stirring continuously.
4. Remove from heat and add the flax eggs and chickpea flour, mixing to combine. Mix in the nuts, if using..
5. Spread evenly into a 6" x 9" lined baking tray.
6. Bake for 45 minutes, then turn off the heat and let it cool and set in the oven for a further half an hour.
7. Melt the chocolate chips and spread evenly over the top. Sprinkle with shredded coconut, chili powder, dried florals, or gently press in nut halves before the chocolate sets.



Photo [@conscious_cooking](#)

plasticfreefoodie stores

in.gredients (Austin, Tx)
Simply Bulk Market (Longmont, Co)
Refill Revolution (Denver, Co)
Rainbow Grocery (San Francisco)
The Package Free Shop (NYC)
4th Street Co-op (NYC)
Greens Organic & Natural Market (Vancouver)
Nada Grocery (Vancouver)
The Soap Dispensary (Vancouver)
Nu Grocery (Ottawa)
The Big Carrot Natural Food Market (Toronto)
La Nacional Granel (Chile)
Bulk Market (London)
Get Loose Foods (London)
Unpackaged (London)
Refill Quarter (Belfast)
Yes Future Positive Supermarket (Barcelona)
Granel (Barcelona)
Effecorta (Milan/Bologna)
LØS Market (Copenhagen)
Delicious Food (Amsterdam)
Day By Day (France)
WasteLess (Stockholm)
Lunzers (Vienna)
Original Unverpackt (Berlin)
Zero Waste Store (Capetown)
Zero Waste Bali (Bali)
Live Zero (Hong Kong)
naked market (Taipei)
Bulk Foods Market (Japan)
Green Mommy Shop (Indonesia)
Good For - Wholefoods Refillery (New Zealand)
The Source Bulk Foods (Australia)

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Life Without Plastic
Litterless
Max La Manna
My Plastic-free Life
Plastic-free Chef
Plasticfree Mermaid
Trash Is For Tossers
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