

What I Eat in a Day #6

Plant-Based Vegan Recipes

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Watch the video here: <https://youtu.be/R-6d70bZ59k>

Breakfast | Tomato Herb Tofu Scramble



Ingredients:

- 1 Block Firm Tofu – Drained & Pressed for 20 Minutes
- 1 Sm-M Zucchini – Diced
- 1 Serrano Pepper – Diced
- 2 Large Cloves of Garlic – Peeled and Diced Fine
- Drizzle of Avocado Oil (or preferred. Use water/vegetable broth for oil-free)
- Small Handful Fresh Herbs – Chopped Roughly (I used Parsley)
- Salt & Pepper to taste
- Opt: Sprinkle of Red Pepper Flakes
- ¼ tsp Turmeric Powder
- Generous Sprinkling of Paprika
- 1 tsp Oregano
- 1/3 Cup + 1 Tbsp. Tomato Paste (Less is okay!)
- Opt: Drizzle of Sriracha

Peaceful Preparation:

1. In a large non-stick skillet, heat the oil (water or broth) over medium-high heat. Once warm add the zucchini and pepper, heat for 3-5 minutes until tender. Add the garlic, mix together. Take the drained and pressed tofu and crumble it into the pan. Mix together. Allow to cook while adding the seasoning.
2. Add black pepper and salt to taste, a sprinkle of red pepper flakes if desired. ¼ tsp Turmeric powder, a generous topping of paprika, and a tsp of dried oregano.
3. Add some tomato paste, I used what I had left which was 1/3 cup plus 1 tbsp., you could use less. Mix well. Spread out, allow to cook for 7-8 minutes. Flip, cook for another 7 minutes or

until desired consistency. Serve with desired side and a sprinkle of fresh herbs on top, I used parsley. Opt to drizzle a little sriracha on top as well.

Note: We had this again but with onions, mushrooms, black beans and served it with a rice and quinoa mixture, delicious! Use what you have and what you desire.

Lunch | Balsamic Roasted Root Veggies over Quinoa and Sprouts with Artichoke Hearts on Top



Ingredients:

- 2 Carrots – Peeled and Sliced into Thin Rounds
- 5-6 Small Beets – Peeled and Sliced into Thin Rounds
- 2 Tbsp. Balsamic Vinegar
- Drizzle Olive or Avocado Oil
- ¼ tsp Black Pepper
- Salt to taste
- Opt: 1 tsp Coconut Sugar (or desired)
- 1 Cup Mung Bean Sprouts (or leafy green)
- 1 to 1 ½ Cup Pre-Cooked Quinoa
- Fresh Parsley to Decorate
- 6 Artichoke Quarters

Peaceful Preparation:

1. Place the carrot and beet rounds in a medium bowl, add the balsamic vinegar, a drizzle of oil (or pass for oil-free and go for lemon juice or something), the pepper, salt, coconut sugar and mix well.
2. Transfer to a baking sheet lined with parchment paper and spread out so they are not overcrowded. Roast at 450-500 degrees F for about 20 minutes or desired time frame.
3. Place the mung beans or leafy greens and place in two bowls, add quinoa on top, followed by the roasted root vegetables, a sprinkle of parsley and artichoke hearts in the center.

Note: I used a leftover quinoa mixture I had on hand. [It was a mixture of quinoa, tomato, salt, pepper, parsley, garlic, onions, paprika and red bell pepper that I tossed together, I could make again if requested and write it down.]

Treat | Loose Leaf Chai Tea Latte



I will have to make this again; I didn't write it down nor make the right amount. It tasted good, look for it in a future show.

Dinner | Healing Lentil Cabbage Soup



Ingredients:

- 1 Liter Filtered Water
- ½ Cup Split Yellow Lentils (or desired)
- 2 Tbsp. Minced Ginger
- 2 Tbsp. Minced Garlic
- 2 Tbsp. Minced Onion
- 1 Cup Celery – Diced
- 1 Serrano Pepper – Minced
- 1 ½ Cup Purple Cabbage – Chopped (or green cabbage)

- 2 Tbsp. Freshly Squeezed Lemon Juice
- Salt & Pepper to taste (about 1 tsp ea.)
- 1 Tbsp. Dried Oregano
- Pinch of Thyme
- Handful Freshly Chopped Parsley
- 1 Tbsp. Gluten-Free Flour

Peaceful Preparation:

1. Add 1 Liter of water to a small pot, along with the lentils, ginger, garlic and onion. Cover. Bring to a boil, cook for 5 minutes. Reduce to a simmer. Cook until the lentils are softened.
2. Add 1 Cup of Celery and 1 Serrano pepper, cook for 5 minutes.
3. Add the cabbage, lemon juice, salt, pepper, oregano, thyme and parsley. Cook for 5 minutes. Add 1 tbsp. of gluten-free flour (or flour of choice) and whisk. Serve hot with a little parsley on top and optional dippers like chips.

Dessert | Chocolate Chip Raisin Cookies with Coconut Whipped Cream



For dessert I gave into a craving and made some homemade chocolate chip raisin cookies with coconut whip cream, these were absolutely sensational. I will make them again and share the recipe. Plus, they were free of refined sugar, gluten, dairy and oil making it even harder to keep your paws off of.

THANK YOU FOR READING! ☺

Check out my website with hundreds of free recipes at <http://artisticvegan.com/>.

Also my book with over 150 Vegan + Gluten-Free recipes, it is a HUGE cookbook filled with bright pictures and healthy plant-based recipes made from scratch.

<http://www.artisticvegan.com/the-artistic-vegan-cookbook.html>

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