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The Food Service Professional's Guide to

# Meat-Fing Meals 

## Feeding for a Better World

One meal at a time

## Recipes for Every Taste

Sweet or spicy, foreign or familiar

## Flex Appeal

Easy steps, simple swaps

## Karla's Corner

Health benefits of vegetarian foods

THE HUMANE SOCIETY


Thanks for your interest in The HSUS' Food Service Professional's Guide to Meat-Free Meals. There are so many reasons millions of people are choosing to eat more meat-free meals. Some do it for their health. Others do it for the health of the planet. And many do it to help animals.
Meatless eating is gaining in popularity, with 133 million Americans eating vegetarian meals at least once a week. Popular programs like Meatless Monday and Lean and Green Day have helped institutions provide and market meatless options to their guests with great success. And countless others are finding innovative ways to keep up with this growing market trend.

Adding more plant-based meals to your menus keeps guests seeking healthier options coming back, demonstrates your organization's commitment to sustainability and adds value and variety to your food service offerings.

In this guide, you'll learn why eating plant-strong is sweeping the nation, what to serve and how to promote these options. It need not be an all-or-nothing endeavor. Go at your own pace and do what works best for your institution.

No matter your reason for helping your guests choose meatless options, feel good about your decision knowing that you're making a positive difference in the world. The HSUS stands behind you, ready to assist.

## St ru Middleton

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## Trends

## 4 Reasons to Serve More Meat-Free Meals



## 1. Save money

Meat prices are rising and expected to continue to do so. Reducing meat purchases and increasing plantbased options can save your dining operation money.

According to the American Heart Association, "People who eat less meat tend to consume fewer calories, and foods such as beans are one of the most cost-effective sources of protein available. Meat typically costs more per pound than other protein sources." Serving more plant-based foods allows operators to save on protein costs. Plant proteins like beans, legumes and quinoa cost less than animal proteins, can be purchased in bulk and have longer shelf lives. Favorites like three-bean chili and black bean burritos make hearty, protein-rich choices that are more affordable than their meat-based counterparts.

## 2. Meet growing demand

Meatless eating is on the rise. From flexitarians to vegetarians to vegans, people everywhere are interested in eating more plant-based foods. According to Vandana Sheth, a registered dietitian and spokesperson for the Academy of Nutrition and Dietetics, "More consumers want to get away from animal protein and are looking for more interesting vegetable-based protein."

Meatless eating is popular among all ages, especially millennials. A survey conducted by 210 Analytics found that millennials are increasingly interested in plant-based cuisine, with nearly twothirds eating meat alternatives.



## 3. Look fit, feel great

Diets rich in vegetables, fruits, whole grains, legumes and nuts are consistently linked to lower obesity rates, blood cholesterol levels and blood pressure. The Academy of Nutrition and Dietetics notes the benefits of eating more plant-based meals and states that this type of diet is appropriate for all stages of life, including childhood and adolescence.

The American Heart Association writes, "Many studies have shown that vegetarians seem to have a lower risk of obesity, coronary heart disease... high blood pressure, diabetes mellitus and some forms of cancer." The organization suggests replacing meat with beans or lentils as a way to decrease intake of foods high in saturated fats by keeping one's "refrigerator and pantry stocked with meatless alternatives, such as low-sodium canned beans, unsalted nuts, high-fiber whole grains and tofu."

Furthermore, the American Medical Association warns that the overcrowded, unsanitary and stressful living environment for animals on factory farms requires the use of massive amounts of antibioticsmany of the same drugs used in human and veterinary medicine-which is leading to antibiotic resistance and the proliferation of superbugs resistant to antibiotics. By serving more plant foods and less meat, we can help reduce the number of animals on factory farms and thus our exposure to unnecessary antibiotics and superbugs.
"Our mission in the HISD Food Services Department is getting kids to eat good food and everybody knows that encouraging a little bit more of a plant-based diet helps with all sorts of health issues."
-Ray Danilowicz, Executive General Manager Houston Independent School District Food Services Department


## 4. Help the planet

Animal agriculture is a leading cause of climate change, which is why the United Nations urges people to eat less meat to help the planet.

Animals confined in U.S. factory farms produce three times more waste than the entire U.S. population. This manure can contaminate water supplies and emit harmful gases such as hydrogen sulfide, ammonia and methane.

Animal agribusiness also consumes enormous amounts of water: A pound of processed animal protein requires up to 26 times more water to produce than a pound of plant-based protein.
"If Americans reduced meat consumption by just 20 percent, it would be as though we all switched from a sedan to a hybrid."

SIERRA CLUB

[^0]
## Karla's Corner <br> Health Benefits of Vegetarian Foods

By Karla Dumas, RD


What does a health-promoting, balanced meal pattern look like? According to nutrition and health experts across the world, 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 meat, eggs and dairy products). Unfortunately, the Standard American Diet does not typically reflect these recommendations. Consider this:

- Ninety percent of Americans regularly don't meet recommended daily servings of fruits and vegetables.
- Two-thirds of our adult population and one-third of the adolescent population are classified as overweight or obese.
- Two of the leading causes of preventable death-heart disease and certain cancersare strongly associated with diet.
> "The research shows one thing very clearly: we all need to eat more plants and less meat."

American Institute for Cancer Research*

As the understanding of food's role in obesity and chronic disease prevention continues to grow, more experts and public health organizations recommend meat-free eating, including the American Heart Association, National Cancer Institute and World Health Organization, as well as the U.S. dietary guidelines. People who eat completely meatless diets are half as likely to become hospitalized or require medications, and have even been documented as living longer.

Enjoying more meat-free meals, no matter your age, can lead to significant health benefits. People who eat more plant-strong meals have been shown to consume more nutrients, such as vitamins A and C, folate, fiber and iron, and they have a higher intake of fruits and vegetables. Americans typically consume far more protein than they need, and meeting daily protein and unsaturated fat needs with meat-free meals is a cinch. Athletes like Tom Brady and Venus Williams fuel their bodies on primarily plant-based diets. The great Carl Lewis transitioned to an entirely plant-based diet to prepare for the World Championships, where he said he "ran the best meet of his life." Meat-

free foods like veggie burgers and lo mein with stir-fried vegetables are delicious and filling ways to meet your energy needs.

Choosing meat-free meals is an easy, cost-saving and delicious way to promote overall health. Join the millions of Americans in discovering the joys and benefits of eating more plant-based meals.

For recipe ideas, visit humanesociety.org/recipes.
Check out these comparisons of animal- vs. plant-based proteins from the USDA Nutrient Database.

| Plant-Based Protein | Calories | Total Fat <br> (grams) | Protein <br> (grams) | Fiber <br> (grams) |
| :---: | :---: | :---: | :---: | :---: |
| Progresso Lentil Soup <br> (1 can) | 320 | 4 | 18 | 10 |
| Lightlife Smart Dog | 50 | 2 | 7 | 1 |
| Peanut Butter and <br> Jelly Sandwich | 399 | 18 | 13 | 4.5 |
| Gardein Beefless <br> Burger, plain | 243 | 7 | 20 | 3.5 |
| Bean \& Rice Burrito <br> with Salsa | 368 | 5.5 | 15 | 14 |

VS.

| Animal-Based <br> Protein | Calories | Total Fat <br> (grams) | Protein <br> (grams) | Fiber <br> (grams) |
| :---: | :---: | :---: | :---: | :---: |
| Progresso Chicken <br> Corn Chowder (1 can) | 400 | 9 | 14 | 4 |
| Oscar Mayer Angus <br> Hot Dog | 170 | 15 | 6 | 0 |
| Sausage Biscuit, <br> Fast Food Style | 420 | 27 | 11 | .5 |
| Hamburger, <br> Fast Food Style, plain | 232 | 9 | 13 | 1 |
| Chicken Pot Pie, <br> Frozen Entree | 616 | 36 | 15 | 3 |

## Powering Up with Plant Strong Foods

## Serving more plant-based

 foods inspires guests to sample dishes that might be new to them, and it presents the opportunity to explore plant-based foods that 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. For best iron absorption, enjoy these foods with others rich in Vitamin C like citrus fruit, strawberries and leafy green vegetables.

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 butterfat, 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 industrial toxins such as mercury found in fish and fish oil supplements.

Protein: Beans, whole grains and nuts are excellent protein sources, free of cholesterol and animal fat. They also contain fiber, folate and dozens of health-promoting phytonutrients.


## Recipes for Success

The recipes on the following pages are great for any institution. They also meet the requirements of the USDA's National School Lunch Program.

## Luscious Lo Mein <br> Process th - Same Day Service <br> ADAPTED FROM HOOVER CITY SCHOOLS, HOOVER, ALABAMA

YIELD
noodles, spaghetti, dry weight
oil, olive or vegetable
garlic, minced
onion, diced
celery, diced
carrots, shredded
peppers, red, diced
peppers, green, diced
vegetables, stir-fry variety, frozen
soy sauce, low sodium
sugar, granulated
beans, garbanzo, canned, drained OR
beans, garbanzo, dry bean weight

50 SERVINGS

## 6 pounds 4 ounces

1 pint
$1 / 3$ cup + 1 tablespoon
1 pint
1 quart
1 quart
1 pint
1 pint
1 1⁄2 gallons + 1 cup
$11 / 2$ cups
$3 / 4$ cup
2 ½ \#10 cans
4 pounds 4 ounces

HACCP-Standard Operating Procedure-Use hand washing procedures before starting recipe
HACCP-Standard Operating Procedure - Wash all produce before starting this recipe.

100 SERVINGS
12 pounds 8 ounces
1 quart
$3 / 4$ cup
1 quart
2 quarts
2 quarts
1 quart
1 quart
3 gallons + 1 pint
1 pint + 1 cup
$11 / 2$ cups
5 \#10 cans
8 pounds 8 ounces

## Preparation

1. Prepare spaghetti al dente; drain and keep warm.
2. If using dry garbanzo beans, soak and simmer the beans.
3. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, diced celery, shredded carrots, diced red and green peppers and the frozen stir fry vegetables. Sauté until vegetables are tender but crisp.
4. Add spaghetti, soy sauce, sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
5. Heat thoroughly until the temperature reaches $135^{\circ} \mathrm{F}$ for 15 seconds.
6. Transfer to serving pans. Garnish each pan with cilantro.

HACCP Critical Control Point: Hold at internal temperature of $135^{\circ} \mathrm{F}$ or above.
HACCP Critical Control Point: Reheat leftover produce to $165^{\circ} \mathrm{F}$ or higher; reheat product only once

## Serving Information

Portion $11 / 2$ cups of lo mein per serving.
Each serving provides 2 meat/meat alternates, 2 ounce equivalent grains and $1 / 2$ cup other vegetable.
Nutrition Information * From USDA Nutrient Database
Calories: $\mathbf{4 9 3} \mid$ Total Fat: $11 \mathrm{~g} \mid$ Saturated Fat: $\mathbf{2 g} \mid$ Carbohydrate: $\mathbf{8 3 g}$ (14g fiber) $\mid$ Protein: $\mathbf{1 9 g} \mid$ Sodium: 644 mg

## YIELD

tomatoes, diced, canned
tomato paste
kidney beans, canned, drained black beans, canned, drained onions, fresh, chopped green peppers, fresh, diced carrots, shredded corn, thawed
salt
chili powder
garlic, granulated
cumin
water

## 50 SERVINGS

1 gallon $+31 / 4$ cups
or $11 / 2 \# 10$ cans
1 quart +3 cups or
$1 / 2 \# 10$ can
8 pounds 10 ounces or $2 \# 10$ cans
3 pounds 9 ounces or $1 \# 10$ can
1 pound
8 ounces
1 pound
8 ounces
2 tablespoons
$3 / 8$ cup $-1 / 2$ cup
1 1/2 teaspoon
$1 / 2$ teaspoon
2 cups

HACCP-Standard Operating Procedure-Use hand washing procedures before starting recipe. HACCP-Standard Operating Procedure-Wash all produce before starting this recipe.

## 100 SERVINGS

$21 / 4$ gallons $+21 / 2$ cups
or $3 \# 10$ cans
$31 / 2$ quarts or 1 \#10 can

17 pounds 4 ounces or 4 \#10 cans
7 pounds 2 ounces or 2 \#10 cans 2 pounds
1 pound
2 pounds 1 pound $1 / 4$ cup
$3 / 4$ cup - 1 cup 1 tablespoon
1 teaspoon 4 cups

Preparation

1. Sauté onions and peppers in a small amount of water until soft and translucent, approximately 5-7 minutes.
2. Add tomatoes and tomato paste to onions and peppers. Let simmer until mixture is heated.
3. Add drained beans, shredded carrots, corn, spices and water. Simmer 1 to $1 \frac{1}{2}$ hours.

HACCP Critical Control Point: Heat to a temperature of $140^{\circ} \mathrm{F}$ for 15 seconds.
HACCP Critical Control Point: Hold at internal temperature of $135^{\circ}$ F or above.
HACCP Critical Control Point: Reheat leftover produce to $165^{\circ} \mathrm{F}$ or higher; reheat product only once.

## Serving Information

Using 8 ounce ladle or spoodle, serve 8 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread.
Each chili serving provides 2 meat/meat alternates, and $1 / 2$ cup red/orange vegetable.
For a $1 \frac{1}{2}$ meat/meat alternate sauce, remove black beans.


## YIELD

garbanzo beans,
low-sodium, canned, drained oil, olive or vegetable
salt
pepper, red or cayenne rosemary, fresh, chopped or rosemary, dried (optional)

50 SERVINGS
100 SERVINGS

HACCP-Standard Operating Procedure-Use hand washing procedures before starting recipe.
Preparation

1. Rinse and drain chickpeas very well in strainer.
2. Layer chickpeas on parchment lined sheet pan. Cover chickpeas with another sheet of parchment paper to dry. Pat gently to remove excess water. Optional: chickpeas can be stored in cooler overnight to dry on pan.
3. Remove chickpeas from cooler and toss chickpeas with the oil, salt and pepper.
4. Arrange in a single layer on baking sheet.
5. Roast at $350^{\circ} \mathrm{F}$ for $30-40$ minutes, until chickpeas are golden brown and rattle when shaking the baking sheet.

HACCP Critical Control Point: Hold at internal temperature of $135^{\circ} \mathrm{F}$ or above
6. Transfer the roasted chickpeas to a bowl and toss with rosemary, if using.
7. Cool completely. Store in an airtight container for up to one week.

HACCP Critical Control Point: Cool to $41^{\circ} \mathrm{F}$ or lower within 4 hours.
Serving Information
Portion $1 / 4$ cup roasted chickpeas into individual cups to provide 1 meat/meat alternate or $1 / 4$ cup legume vegetable.
Nutrition Information * From USDA Nutrient Database (Sodium may vary if using reduced-sodium products.)
Calories: 106 Total Fat: 5 g | Saturated Fat: $1 \mathrm{~g} \mid$ Carbohydrate: 12 g (4 g fiber) | Protein: $\mathbf{4 g} \mid$ Sodium:138-276mg

## Energizing Edamame and Rice Shaker process 42-Same Day Service

ADAPTED FROM CALIFORNIA WALNUT FOOD SERVICE

## YIELD

Rockin' Roasted Chickpeas
edamame, shelled, cooked and drained
rice, brown, dry
water
pepper, bell, green or red variety, diced, fresh or frozen
corn, frozen, thawed
mandarin oranges,
canned, drained
Asian dressing: optional
oil, olive or vegetable
vinegar, rice
sugar
soy sauce, reduced sodium
pepper, black
sesame oil (optional)

## 50 SERVINGS

$1 / 2$ gallon +1 quart $+1 / 2$ cup $1^{1 / 2}$ gallons + 1 cup (12 $1 / 2$ cups total) ( 25 cups total)

4 pounds 12 ounces
6 pounds 4 ounces
1 gallon + 1 quart

5 pounds 4 ounces
4 pounds 8 ounces

8 pounds 5 ounces

9 pounds 8 ounces
12 pounds 8 ounces
$21 / 2$ gallons

10 pounds 8 ounces
9 pounds

16 pounds 10 ounces

HACCP-Standard Operating Procedure-Use hand washing procedures before starting recipe.

## Preparation

1. Prepare rice by combining with water and cooking. Fluff.

Recommended cooking method: Steam or bake, covered, for approximately 15 minutes or until water is absorbed. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.
2. Cool rice completely.

HACCP Critical Control Point: Cool to $41^{\circ} \mathrm{F}$ or lower within 4 hours.
3. If preparing the listed salad dressing, combine all ingredients in a pan and heat until sugar is melted; stir frequently. Remove from heat and cool; store in airtight container in cooler.

## Day of:

4. Layer ingredients in a 12 or 16 ounce cup as follows: 1 cup rice, $1 / 4$ cup diced bell peppers, $1 / 4$ cup drained mandarin oranges, $1 / 4$ cup corn, $1 / 4$ cup edamame, $1 / 4$ cup Rockin' Roasted Chickpeas
5. Cover the cup with the flat lid.
6. Optional: For prepared salad dressing, portion 1 ounce of dressing in 2 ounce soufflé cups. Place the dressing on the flat lid and top with the domed lid. Or serve with individually packaged prepared salad dressings.
HACCP Critical Control Point: Hold at internal temperature of $41^{\circ} \mathrm{F}$ or below.

## Serving Information

Serve salad shaker with salsa cup or prepared salad dressing. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed. Each serving provides 2 meat/meat alternates, 2 ounces equivalent grains, $1 / 4$ cup starchy vegetable and $1 / 4$ cup other vegetable and $1 / 4$ cup fruit. This salad shaker qualifies as a reimbursable meal.

Nutrition Information * From USDA Nutrient Database

## Edamame \& Rice Shaker:

Calories: $426 \mid$ Total Fat: $9 \mathrm{~g} \mid$ Saturated Fat: $1 \mathrm{~g} \mid$ Carbohydrate: $\mathbf{7 4 g}$ (12g fiber) $\mid$ Protein: $\mathbf{1 5 g} \mid$ Sodium: $\mathbf{2 9 0 m g}$
Salad Dressing (per 1 ounce serving):
Calories: $143 \mid$ Total Fat: $14 \mathrm{~g} \mid$ Saturated Fat: $1 \mathrm{~g} \mid$ Carbohydrate: 5 g ( 0 g fiber) $\mid$ Protein: $\mathbf{0 g} \mid$ Sodium: 201 mg

## Mediterranean Flatbread With Hummus process \# 2-same Day Service

ADAPTED FROM SARASOTA COUNTY SCHOOLS, SARASOTA, FLORIDA; VEGAN ON THE CHEAP, ROBIN ROBERTSON

YIELD
pesto sauce

| olive oil | $1 \frac{1}{2}$ cups | $\mathbf{1}$ pint +1 cup |
| :--- | :--- | :--- |
| garlic powder | 1 teaspoon | 2 teaspoons |
| parsley or basil flakes, dried | 1 cup | 2 cups |
| or parsley or basil, fresh | 2 cups | 4 cups |
| lemon juice | $1 \frac{1}{2}$ tablespoons | 3 tablespoons |

50 SERVINGS
$11 / 2$ cups
1 teaspoon
cup
$11 / 2$ tablespoons

100 SERVINGS

1 pint + 1 cup
2 teaspoons
2 cups
4 cups
3 tablespoons
garbanzo beans, drained onion powder
garlic powder
salt
pepper
parsley
basil
lemon juice
hot sauce
olive oil
flatbread, whole grain rich
garnish

| black olives, diced | $\mathbf{1 5}$ ounces or $1 / 4 \# 10$ can | 1 pound 14 ounces or $1 / 2 \#$ \#10 can |
| :--- | :--- | :--- |
| tomatoes, finely diced or sliced | 2 pounds 9 ounces | 5 pounds 2 ounces |

HACCP-Standard Operating Procedure - Use hand washing procedures before starting recipe.
HACCP-Standard Operating Procedure - Wash all produce before starting this recipe.

## Fiesta Rice and Beans Bowl process t 2-same Day Service

## YIELD

rice, brown, dry
water
corn, frozen
salsa, canned
black beans, canned, drained
taco seasoning
corn tortilla chips, minimum
1 ounce equivalent grain, individual bags OR
corn tortilla chips, bulk

## 50 SERVINGS

3 pounds 2 ounces
$21 / 2$ quarts
4 pounds 8 ounces
3 quarts + $1 \frac{1}{4}$ cups or 1 \#10 can
14 pounds 1 ounce or 4 \#10 cans
1 cup

50 each
3 pounds 2 ounces

## 100 SERVINGS

6 pounds 4 ounces
1 gallon + 1 quart
9 pounds
$11 / 2$ gallons $+2^{1 / 2}$ cups or 2 \#10 cans
28 pounds 2 ounces or 8 \#10 cans 2 cups

100 each
6 pounds 4 ounces
optional garnish
black olives, drained
1 pound 12 ounces or $1 / 2 \# 10$ can
3 pounds 8 ounces or 1 \#10 can
HACCP-Standard Operating Procedure-Use hand washing procedures before starting recipe.

## Preparation

1. Pesto sauce: Add garlic powder, parsley or basil and lemon juice. Mix well.
2. Hummus: Add beans, onion powder, garlic powder, salt, pepper, basil, lemon juice, hot sauce and oil to vertical cutter mixer (VCM) or blender. Mix until smooth.
3. Place flatbread on an 18 " $\times 24$ "x1" bun pan and brush each flatbread with a thin coating of pesto.
4. Scoop 1 - \#8 scoop (1/2 cup) of hummus on each flatbread and spread evenly.
5. Bake at $375^{\circ} \mathrm{F}$ in convection oven for 3-5 minutes or until warm and flatbread is slightly crisp. Do not overbake.
6. Brush each baked flatbread with another thin coating of the remaining pesto.
7. Serve 2 tablespoons diced or 3-4 slices of tomatoes and 2 tablespoons diced black olives on the side as garnish.

HACCP Critical Control Point: Heat to a temperature of $140^{\circ} \mathrm{F}$ for 15 seconds HACCP Critical Control Point: Hold at internal temperature of $135^{\circ} \mathrm{F}$ or above.

## Serving Information

Each serving provides 2 meat/meat alternates and 2 ounces equivalent grains.

## Preparation

1. Prepare rice by combining with water and cooking. Fluff.

Place in warmer until service.
Recommended cooking method: Steam or bake, covered, for approximately 15 minutes. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at $135^{\circ}$ F or higher.
2. Combine corn, black beans, salsa and taco seasoning in tilt skillet or steamer, heating thoroughly, about 20 minutes. Transfer to serving pan and keep warm until service.

HACCP Critical Control Point: Heat to a temperature of $140^{\circ} \mathrm{F}$ for 15 seconds. HACCP Critical Control Point: Hold at internal temperature of $135^{\circ} \mathrm{F}$ or above. HACCP Critical Control Point: Reheat leftover produce to $165^{\circ}$ F or higher; reheat product only once..


Nutrition Information

* From USDA Nutrient Database

Calories: 362 Total Fat: 13g Saturated Fat: $\mathbf{2 g}$
Carbohydrate: 47 g (9g fiber) | Protein: 12g Sodium: 543 mg


Serving Information
Portion 1 - \#8 scoop (1/2 cup) of rice in a bowl and top with 2 - \#8 scoops (1 cup) of bean mixture. Garnish with 1 tablespoon olives and a pinch of fresh cilantro. Serve tortilla chips on the side.

Each serving provides 2 meat/meat alternates, 2 ounces equivalent grains, $1 / 4$ cup starchy vegetable and $1 / 8$ cup red/orange vegetable.

[^1]Texas native Chef Wanda White has not only amassed an impressive resume of culinary education-from the Art Institute of Dallas to the Culinary Institute of America to formal training in Parisbut she's also cooked in kitchens all over the U.S. Yet she was faced with an unprecedented challenge when she took the chef position at University of North Texas' Mean Greens dining hall: how to bake without eggs and dairy.

As the lead culinarian in the nation's first all-vegan university dining hall, this classically trained pastry chef quickly rose to the challenge. Armed with a couple of cookbooks like Vegan in Volume and The Complete Guide to Vegan Food Substitutions, Wanda did some recipe testing and found she could make amazing vegan desserts with a few simple substitutions.

The response? Wanda became known for the best cakes on campus, attracting not only the vegan students, but also non-vegan students, faculty and community members. And Mean Greens' sales skyrocketed from about 175 transactions a day to more than 500 a day in its first few weeks of operation. Participation continued to rise and remain steady, with around 1,700 meals being served daily after four years of operation. To boot, UNT experienced a jump in voluntary meal plan sales by 35 percent... proving that you can have your vegan cake and eat it, too.

As Wanda found, any dessert-berry cobbler, pumpkin pie, chocolate chip cookies, pudding and even cheesecake-can be made without animal ingredients and without compromising quality. Just ask Gourmet magazine, which praised vegan desserts as "indistinguishable from their conventional counterparts." As an added bonus, your "guilty indulgences" will be cholesterol-free.

Omitting eggs, dairy and butter from desserts is simple, and the proof is in the pudding-literally. Replacing dairy is as easy as swapping out cow's milk with a plant-based ingredient, like almond, soy or rice milk.

## Easy egg replacement peregs seving

- $1 / 2$ cup banana, mashed
- $1 / 4$ cup applesauce
- $11 / 2$ teaspoon Ener-G Egg Replacer (found in natural food stores) $+\mathbf{2}$ tablespoons water
- 1 tablespoon ground flax seeds (flax meal) + 3 tablespoons water, whisked
- $1 / 4$ cup silken (soft) tofu, pureed
- 3 tablespoons "aquafaba" (canned bean liquid) (add $1 / 4$ teaspoon cream of tartar when whipping for meringue)


## Bananas Foster

YIELD: 48 OUNCES; 12 (4 OUNCES) SERVINGS

Wanda's Wonderful White Cake

YIELD: ½ SHEET PAN; 24 (2 INCH) SERVINGS

$1 / 2$ sheet vegan white cake (see recipe)
6 bananas (sliced)
10 ounces Earth Balance vegan buttery spread (divided)
1 pound brown sugar
$1 ⁄ 2$ cup soy milk
2 cups Rich's non-dairy whipped topping
HACCP-Standard Operating Procedure-
Use hand washing procedures before starting recipe.

## Preparation

1. Melt 8 ounces Earth Balance; add brown sugar and cook until caramelized.
2. Add soy milk.
3. Brown bananas in 2 ounces Earth Balance; add to caramel sauce.

HACCP Critical Control Point: Heat to a temperature of $140^{\circ} \mathrm{F}$ for 15 seconds. HACCP Critical Control Point: Hold at internal temperature of $135^{\circ}$ F or above. HACCP Critical Control Point: Reheat leftover produce to $165^{\circ}$ F or higher; reheat product only once.

## Serving Information

1. Place chunk of cake in 6 ounce shot glass.
2. Spoon cooked bananas and sauce over cake.
3. Pipe whipped topping. Serve.

## Nutrition Information

* From USDA Nutrient Database

Calories: $\mathbf{4 3 9}$ | Total Fat: $\mathbf{2 4 g}$
Saturated Fat: $\mathbf{6 g} \mid$ Carbohydrate: $\mathbf{5 7 g}$
Protein: 3g Sodium: 502 mg
Vitamin A: 1\% | Vitamin C: 8\%
Calcium: 8\% | Iron: 6\%

2 tablespoons cider vinegar
24 ounces soy milk
18 ounces all-purpose flour
16 ounces sugar
2 teaspoons baking powder
$1 / 2$ teaspoon baking soda
1 teaspoon salt
8 ounces vegetable oil
. 83 ounces vanilla flavoring
HACCP-Standard Operating Procedure-
Use hand washing procedures before starting recipe.

## Preparation

1. Combine vinegar, soy milk, vegetable oil, vanilla and sugar. Mix well.
2. In a separate bowl, combine flour, baking powder, baking soda and salt.
3. Add liquid mixture to dry ingredients and beat for 3 minutes.
4. Spray $1 / 2$ sheet pan; pour batter into prepared pan.

Bake at $325^{\circ} \mathrm{F}$ for 20-25 minutes.
HACCP Critical Control Point: Heat to a temperature of $140^{\circ} \mathrm{F}$ for 15 seconds. HACCP Critical Control Point: Hold at internal temperature of $135^{\circ}$ F or above. HACCP Critical Control Point: Reheat leftover produce to $165^{\circ}$ F or higher; reheat product only once.

## Serving Information

1 (2 inch) piece. Top with 2 ounces fresh strawberries and 1 ounce whipped topping or your favorite icing.

Nutrition Information

* From USDA Nutrient Database
Calories: 363 Total Fat: 15 g
Saturated Fat: 1g Carbohydrate: 53g
Protein: 5g Sodium: 365mg
Vitamin A: 32mg Vitamin C: 0
Calcium: $128 \mathrm{mg} \mid$ Iron: $2 \mathrm{~g} \mid$ Folic Acid: 98 mg



## Soup du jour!

Include at least one meat-free soup every day or make all soups meat-free on Monday, as some institutions do.

## Hot off the line.

Provide meat-free options on prepared food lines and action stations.

- Pasta bar. Offer an assortment of pasta with meatfree sauces like marinara, peanut sauce and cashew cheese Alfredo.
- Tex-Mex party. Have fun with street foods: From meaty Portobello street tacos to fiesta bean burrito bowls, it's easy to make Tex-Mex food meat-free.
- Flatbreads with flair. Try a Tuscan white bean pizza, which is not only delicious but easy on the bottom line at less than $\$ 1$ per serving.
- Use your noodle. Noodle soups are easy to customize and make plant-based. From hearty vegetable ramen to mouthwatering meat-free pho, these classic favorites will warm your customers up to healthy eating.
- Fire up the grill. Have veggie burgers, sausages and veggie dogs available and fresh at the grill.
- Easy peas-y. Cook beans, black-eyed peas and other legumes with water instead of lard or animalbased broths.
> "The Meatless Monday education Valley Hospital provides raises awareness of the environmental and public health impact of industrial meat production linked to heavy land and water use and pollution. Sustainability is a top priority for us."


## Make salads more than a side!

Supersize your salad bar.

- Add plant-based proteins to your salad bar, including tofu (seasoned or unseasoned), chickpeas, beans and other legumes, sprouts, nuts and seeds.
- Offer composed salads featuring quinoa, couscous and other grains to make it easy on patrons.
- Include easy meatless add-ons like noodles and pasta dishes. Add sesame noodles with ginger or peanut sauce, or macaroni salad made with plant-based mayo.
- Make sure your grab-and-go station includes meatfree pre-packaged salads. A Mediterranean salad with hummus and olives makes a filling and healthy meal.


## Start fresh!

Plant-based breakfast can be easy with a couple of quick ideas.

- Offer a variety of self-serve toppings to pair with oatmeal and dairy-free yogurt.
- Make cereal, coffee and oatmeal a snap by offering soy, almond and other nut-based milks.
- Provide dairy-free cream cheese and margarine for bagels, muffins and toast.
- Serve fresh fruit (packaged, sliced or whole) packaged apart from dairy-based dips. Try it with chia pudding as an omega-3-packed parfait.
- Shift your pancakes and waffles to be egg- and dairyfree by using egg replacers, and make these the default items (consumers won't even know they're healthier!).
- Add tofu scramble to the menu as a breakfast comfort dish.


## Substitute animal meats with plant-based meats in favorite recipes.

In addition to the variety of meals that can be prepared with vegetables, fruits and grains already on hand, try adding plant-based meats to standard entrees! Here are some favorites:

- Beyond Meat: Plant-based chicken strips, burgers and gluten-free, soy-free beefy crumbles
- Boca: Veggie burgers, ground crumbles, chicken patties and breakfast foods
- Field Roast: Veggie dogs, sausages and Chao cheese
- Gardein: Plant-based chicken strips, crumbles, beef chunks, nuggets and fishless fillets
- Tofurky: Plant-based deli slices, sausages, hot dogs, roasts and pepperoni
- Upton's: Bar-B-Que jackfruit bacon and chorizo seitan

- FEATURE plant-based foods as daily specials
- PROMOTE vegetarian specials to increase revenue
- PROMOTE with weekly emails to guests
- PLACE flyers at points of sale (Email us at MeatlessMonday@humanesociety.org for free flyers!)
- ADVERTISE your offerings in the school paper or hospital newsletters
- GIVE OUT samples to encourage purchases
- GENERATE excitement and anticipation with tables and activities



## Case Study

## The Valley Hospital, Ridgewood, New Jersey

## Estimated Meals Served Daily: 2,500

The Inspiration: Dawn Cascio's interest in Meatless Monday was sparked at a "Healthy Kitchens, Healthy Lives" conference, which highlighted research showing that plant-based diets are the healthiest.
"We knew Meatless Monday was a great way to spread that message," says Cascio, director of food services at the 451-bed hospital.

The hospital kicked off its Meatless Monday with a celebration featuring interns donning farm animal costumes and staff wearing Meatless Monday aprons. Cascio says the vegetarian meals are so appealing that few even notice they're meat-free. Since the program began, more than 400 employees have signed the Meatless Monday pledge.

Meatless Faves: Black bean quesadillas, noodle bowls, white bean and kale soup, quinoa-stuffed eggplant and wheat berry salad with spinach, blueberries, pineapple, molasses and mint are popular offerings.

Bringing It Home: Emails and recipes posted on Facebook and the hospital's intranet excite staff and guests about meatless menus and the benefits of plantbased eating. Banners, buttons and aprons advertising the program keep staff and diners engaged in healthy dialogue.

Top Tips: Cascio first pitched the idea to her boss before sending letters and Meatless Monday buttons to the executive team - "because if they buy in, the employees will buy in," she says.

## Shepherd's Pie

YIELD: ½ HOTEL PAN; 11 SERVINGS

2 cups zucchini (sliced)
2 cups yellow squash (sliced)
2 cups carrots (sliced)
1 cup red onion (sliced)
2 tablespoons fresh garlic (minced)
$21 / 2$ pounds potatoes (for mashing)
4 ounces Earth Balance
2 cups soy milk
1 pound mushrooms (sliced)
2 tablespoons olive oil (divided)
2 teaspoons salt
2 teaspoons pepper
HACCP-Standard Operating Procedure-Use hand washing procedures before starting recipe.


Serving Information
6 ounces, garnish with chopped fresh parsley

Nutrition Information

* From USDA Nutrient Database

Calories: 94 Total Fat: 0
Saturated Fat: 0 Carbohydrate: 21
Protein: 3 Sodium: 511
Vitamin A: $159 \mu \mathrm{~g} \mid$ Vitamin C: 20 mg
Calcium: 30 mg Iron: 1 mg Folic Acid: 40 mg

Preparation

1. Sauté zucchini, yellow squash, carrots, red onions and garlic in 1 tablespoon of olive oil. Set aside.
2. Cook potatoes until tender; mash with Earth Balance and soy milk.
3. Sauté mushrooms in 1 tablespoon olive oil.
4. Finish by layering vegetables in bottom, then mushrooms, and top with mashed potatoes.
5. Put in $400^{\circ} \mathrm{F}$ oven and bake until potatoes are golden brown, about 20 minutes.

HACCP Critical Control Point: Heat to a temperature of $140^{\circ} \mathrm{F}$ for 15 seconds.
HACCP Critical Control Point: Hold at internal temperature of $135^{\circ}$ F or above.
HACCP Critical Control Point: Reheat leftover produce to $165^{\circ} \mathrm{F}$ or higher; reheat product only once.

## Bean \& Leek Cassoulet

YIELD: 2 (1/2 HOTEL PAN); 24 SERVINGS


## Biscuits

4 cups self-rising flour
12 tablespoons vegetable shortening
$21 / 2-3$ cups soy milk. Start with $21 / 2$ cups and add the last $1 / 2$ cup as needed. The dough should be wet but not slushy.

1 pound great northern beans (dry)
1 pound carrots (chopped)
$21 / 2$ pounds new potatoes (cubed)
8 ounces leeks (white and light green
parts, washed thoroughly and sliced)
1 cup onion (medium chopped)
> $1 / 4$ cup fresh garlic (minced)
> 8 ounces frozen mixed vegetables
> 1 teaspoon salt
> 1 teaspoon pepper
> 1 tablespoon Earth Balance

## Black Bean and Sweet Potato Burritos

YIELD: 8 SERVINGS

8 flour tortillas
2 cups black beans
2 cups sweet potatoes cooked tender, cut into small cubes
$1 / 2$ teaspoon cumin
$1 / 2$ cup red bell pepper (diced small)
$1 / 2$ cup green bell pepper (diced small)
1 tablespoon fresh garlic (minced)
1 tablespoon chili powder
1 cup red onion (diced small)
HACCP-Standard Operating ProcedureUse hand washing procedures before starting recipe.


## Preparation

1. Sweat onions, garlic and peppers until onions are translucent, about 5 minutes.
2. Add black beans, sweet potatoes, cumin and chili powder. Cook until warmed through, about 10 minutes.

HACCP Critical Control Point: Heat to a temperature of $140^{\circ} \mathrm{F}$ for 15 seconds. HACCP Critical Control Point: Hold at internal temperature of $135^{\circ} \mathrm{F}$ or above. HACCP Critical Control Point: Reheat leftover produce to $165^{\circ} \mathrm{F}$ or higher; reheat product only once.

Nutrition Information

* From USDA Nutrient Database

Calories: 143 Total Fat: 1 g
Saturated Fat: $0 \mathrm{~g} \mid$ Carbohydrate: 30 g
Protein: $\mathbf{5 g}$ | Sodium: 127 mg
Vitamin A: 30\% | Vitamin C: 68\%
Calcium: 6\% | Iron: 5\%

## Serving Information

Spoon 2 ounces of black bean mixture on 1 flour tortilla, roll up, garnish with 1 teaspoon of fresh chopped cilantro.

## Preparation

## Biscuits

1. Blend flour and shortening to form pea-sized lumps.
2. Add milk and mix together slightly until moistened.
3. On a floured surface, roll out biscuit dough about 1 inch thick. Using a biscuit cutter, form biscuits.

## Cassoulet

1. Cook soaked great northern beans until tender, about an hour and a half.
2. Sauté leeks, onions, carrots and garlic.
3. Add potatoes and mixed vegetables to the sauteed vegetables.
4. Add enough water to cover while cooking vegetables until tender.
5. Add cooked great northern beans with juice, salt and pepper.
6. Divide into two $1 / 2$ hotel pans, top with biscuits. Bake at $400^{\circ} \mathrm{F}$ until golden brown, about 20 minutes.
7. Brush with Earth Balance.

HACCP Critical Control Point: Heat to a temperature of $140^{\circ} \mathrm{F}$ for 15 seconds. HACCP Critical Control Point: Hold at internal temperature of $135^{\circ} \mathrm{F}$ or above. HACCP Critical Control Point: Reheat leftover produce to $165^{\circ} \mathrm{F}$ or higher; reheat product only once.

# There is no question that largely vegetarian diets are as healthy as you can get. The evidence is so strong and overwhelming and produced over such a long period of time that it's no longer debatable. 

-Marion Nestle, Ph.D., M.P.H., professor and former chair
Department of Nutrition, Food Studies, and Public Health at New York University
$\qquad$ 99


Go online to find more tasty recipes, including this pasta with parsley-walnut pesto dish. You can also check out our toolkits, free marketing materials and resources for professionals. Jump start your guests' journey to a healthier, more sustainable and compassionate way of eating at humanesociety.org/mmtoolkit.

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OF THE UNITED STATES


[^0]:    1 2016. American Heart Association. Meals Without Meat. 19 Feb. Available from http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Meals-Without-Meat_ UCM_430994_Article.jsp\#.V44fBPkrLDd.
    ${ }^{2}$ 2014. Sysco. Plant-based protein moves into the spotlight. July. Available from. http://www.sysco.com/health/588.html.
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[^1]:    Nutrition Information * From USDA Nutrient Database
    Calories: 326 Total Fat: 3 g | Saturated Fat: 1 g Carbohydrate: 64 g ( 8 g fiber) | Protein: 12 g | Sodium: 345 mg

