

FELICIA'S VEGGIE TALES

For fun and easy vegetarian
recipes!





WHY CHOOSE VEGGIES?

Becoming a vegetarian is a challenge that may seem too difficult for some to surmount; but it doesn't have to be.

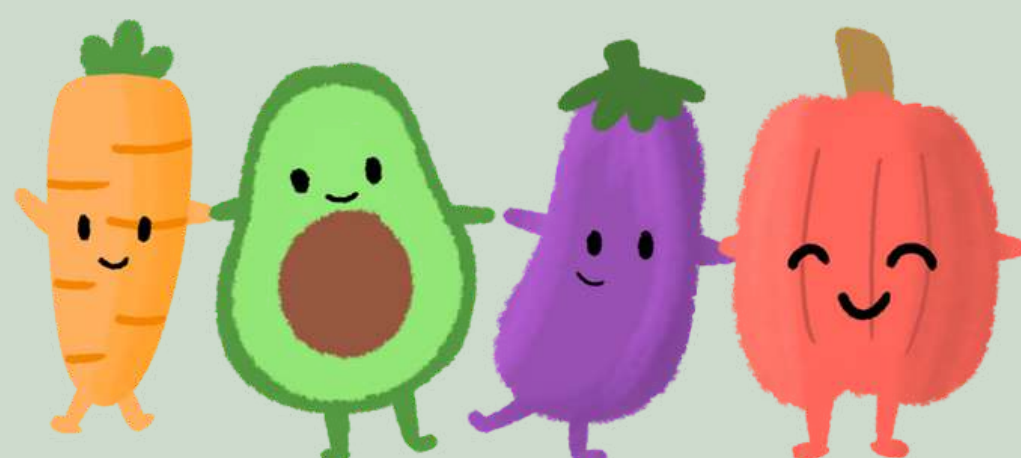
If you're willing to make some changes in your day to day life, adopting a vegetarian diet is something that can not only benefit your health but the entire planet as well!

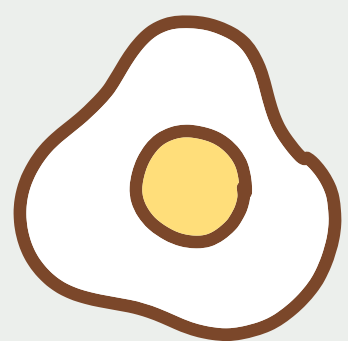
A meatless diet is not by any means a cure for health issues but it can possibly improve the overall state of your wellbeing. For instance, vegetarians are less likely to have high cholesterol levels and high blood pressure as they usually consume less saturated fats and more nutrients such as vitamin C and fibers. This may entail that the risk of chronic illness is reduced. Other health benefits include lower chances of a cardiac event. According to a study by Harvard Medical School, 25% of vegetarians are less likely to die of heart disease. Not only this, vegetarianism presents a reduced risk for type 2 diabetes. In some cases, to stop eating red meat altogether can mean less risk for certain types of cancer.

The benefits of a vegetarian diet on the environment are countless. The simple act of cutting meat out of your diet can have a big impact on the planet. For one, carbon emissions are immensely reduced when following a meatless diet. Did you know that 26% of all greenhouse emissions come from the process of bringing meat from a farm to your plate? Not only is the meat industry responsible for a big percentage of the world's carbon emissions, it also uses a big portion of the planet's lands. These spaces are then contaminated with hormones and antibiotics which may lead to the destruction of certain ecosystems and the pollution of underground water supplies. Switching to a vegetarian diet can therefore reduce your ecological footprint as crops necessitate less land and water and they produce much less carbon emissions than livestock.

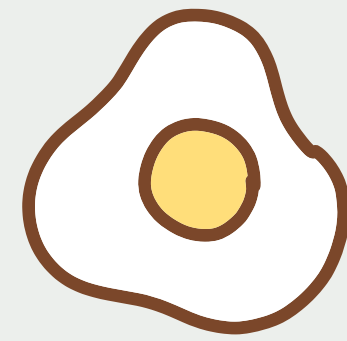


In this booklet, I'll present to you some nutritious and delicious alternatives to meat dishes to introduce you to the wondrous world of vegetarianism. Happy cooking!





EGG LOVER'S COCOON



Ingredients

- cream cheese
- hot sauce
- 1 tortilla
- 2 eggs
- 15g spinach
- 15g feta cheese
- 30g tomatoes
- 15g onions
- salt, pepper and garlic salt to taste

1) Coat the tortilla with a layer of cream cheese and hot sauce. Set aside.

2) In a small bowl, crack the eggs. Add the spinach and the feta cheese. You can choose to rip or chop the spinach and crumble the feta cheese. Add salt, pepper and garlic salt to taste.

3) Pour the egg mixture into a small oiled pan and cook it on medium low heat, mixing occasionally.

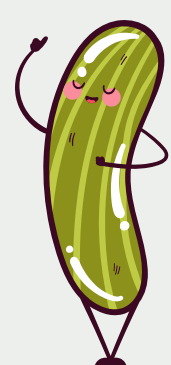
4) While the eggs are cooking, dice the tomatoes and the onions.

5) Once the egg mixture is cooked, add it onto the tortilla. Add the tomatoes and the onions as well. Wrap the tortilla.

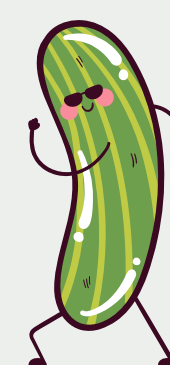
6) Grill or cook the wrap for 2-3 minutes to make the tortilla slightly crispy. (Optional)



15 minutes



SUMMER'S SALAD



Ingredients

- 450g orzo
- 200g chickpeas
- 175g cucumbers
- 175g tomatoes
- 50g onions
- 100g feta cheese
- 30mL lemon juice
- salt and pepper to taste

1) Cook the orzo according to package instructions. Set aside and let it cool once it is done.

2) Dice the tomatoes, the cucumbers, the onions and the feta cheese.

3) In a large bowl, toss the tomatoes, the cucumbers, the onions, the feta cheese, the chickpeas and the orzo pasta. Pour the lemon juice into the bowl and mix. Add salt and pepper to taste.

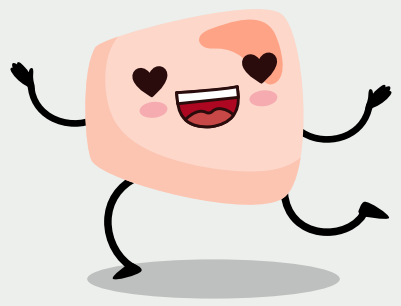
*Tip: Adjust the amount of lemon juice according to your taste.



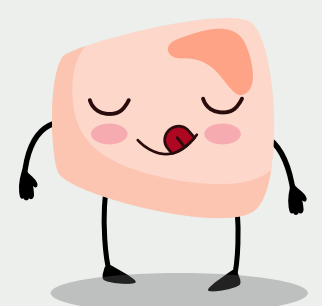
20 minutes



A refreshing
meal for a hot
summer day!



TOTALLY TOFULICIOUS PASTA



Ingredients

- 400g spaghetti
- 400g extra firm tofu
- $\frac{1}{3}$ cup sesame oil
- $\frac{1}{4}$ cup lime juice
- 1 tsp onion powder
- $\frac{1}{2}$ tsp garlic salt
- $\frac{1}{2}$ tsp paprika
- $\frac{1}{4}$ tsp chili powder
- $\frac{1}{4}$ tsp cumin

1) Press the tofu then cut it into 3cm by 3cm cubes. In a large container, add the tofu, the sesame oil, the lime juice, the onion powder, the garlic salt, the paprika, the chili powder and the cumin. Toss until the tofu is coated in the marinade. Let the tofu marinate in the fridge overnight.

2) Cook the spaghetti according to package instructions.

3) In a large oiled pan, fry the tofu on medium heat for 10 minutes or until it is golden brown. Mix occasionally to cook the tofu evenly.

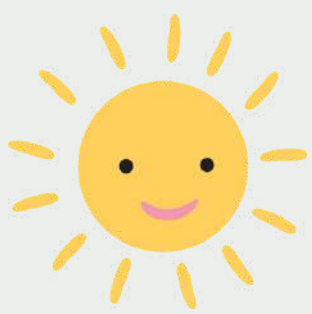
4) While the tofu is cooking, crumble the feta cheese. Set aside.

5) In a large bowl, mix the pasta, the tofu and the feta cheese.

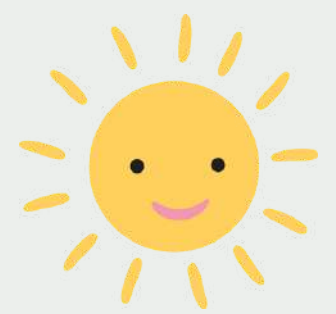
*Tip: The tofu will be more flavourful if marinated overnight but an hour or two is enough to give it flavour.



35 minutes



SUNSHINE IN A BOWL



Ingredients

- 400g spaghetti
- 300g curry chicken substitute
- 1 tbsp flour
- 2 cups milk
- 10g vegetable stock
- salt, pepper, garlic salt and onion powder to taste

1) Cook the spaghetti according to package instructions and set it aside.

2) In a medium pot, fry the chicken substitute on medium heat for 5 minutes or until it is golden brown. Add the flour into the pot and stir. Let cook for 1 minute.

3) Add 1 cup of milk and the vegetable stock into the pot and stir. Once the milk has thickened, add another cup of milk into the pot and stir. Let it cook for 5 minutes or until the milk has thickened. Stir occasionally.

4) Add salt, pepper, onion powder and garlic salt to taste and stir.

5) Mix the sauce into the spaghetti.

*Tip: If the sauce is not thick enough, add flour, 1 teaspoon at a time, until it reaches your desired thickness.



35 minutes



FUN-GUY FETTUCCHINE



Ingredients

- 250g fettuccine
- 230g mushrooms
- 10g vegetable stock
- 2 tbsp flour
- 2 cups milk
- ¼ cup sour cream
- 70g spinach
- salt, pepper, onion powder and garlic salt to taste
- 2-3 tbsp oil

1) Cook the fettuccine according to package instructions. Set it aside.

2) Chop the mushrooms. In a large pan, heat up the oil and fry the mushrooms on medium heat for 7 minutes, stirring occasionally.

3) Add the vegetable stock and salt, pepper, garlic salt and onion powder to taste. Stir.

4) Add the flour into the pan and stir. Let it cook for 2 minutes. Add the milk and the sour cream into the pan and let the sauce cook until it is thick, stirring occasionally. Set it aside.

5) In a different pan, fry the spinach in a little bit of oil on low heat until it becomes soft. Add salt, pepper and onion powder to taste.

6) Mix the sauce in with the fettuccine and garnish with the spinach.



45 minutes



TOFU TEMPEST BOWL



Ingredients

- 300g calrose rice
- 55g cucumbers
- 30g carrots
- 30g sugar snap peas
- 45g avocado
- 400g extra firm tofu
- 1/6 cup soy sauce
- 3 tbsp vinegar
- 2 tsp sesame oil
- 4 tsp maple syrup
- 1/2 tsp garlic salt
- 1 tsp onion powder
- 1/4 tsp paprika
- 1/4 tsp crushed black pepper
- 2 tbsp water
- 2-3 tsp vegetable oil
- 1 tsp cornstarch



45 minutes

1) Press the tofu and cut it into 3cm by 3cm cubes. In a large container, add the tofu, the soy sauce, the vinegar, the sesame oil, the maple syrup, the onion powder, the garlic salt, the paprika, the black pepper and the water. Toss until the tofu is coated in the marinade. Let the tofu marinate in the fridge overnight.

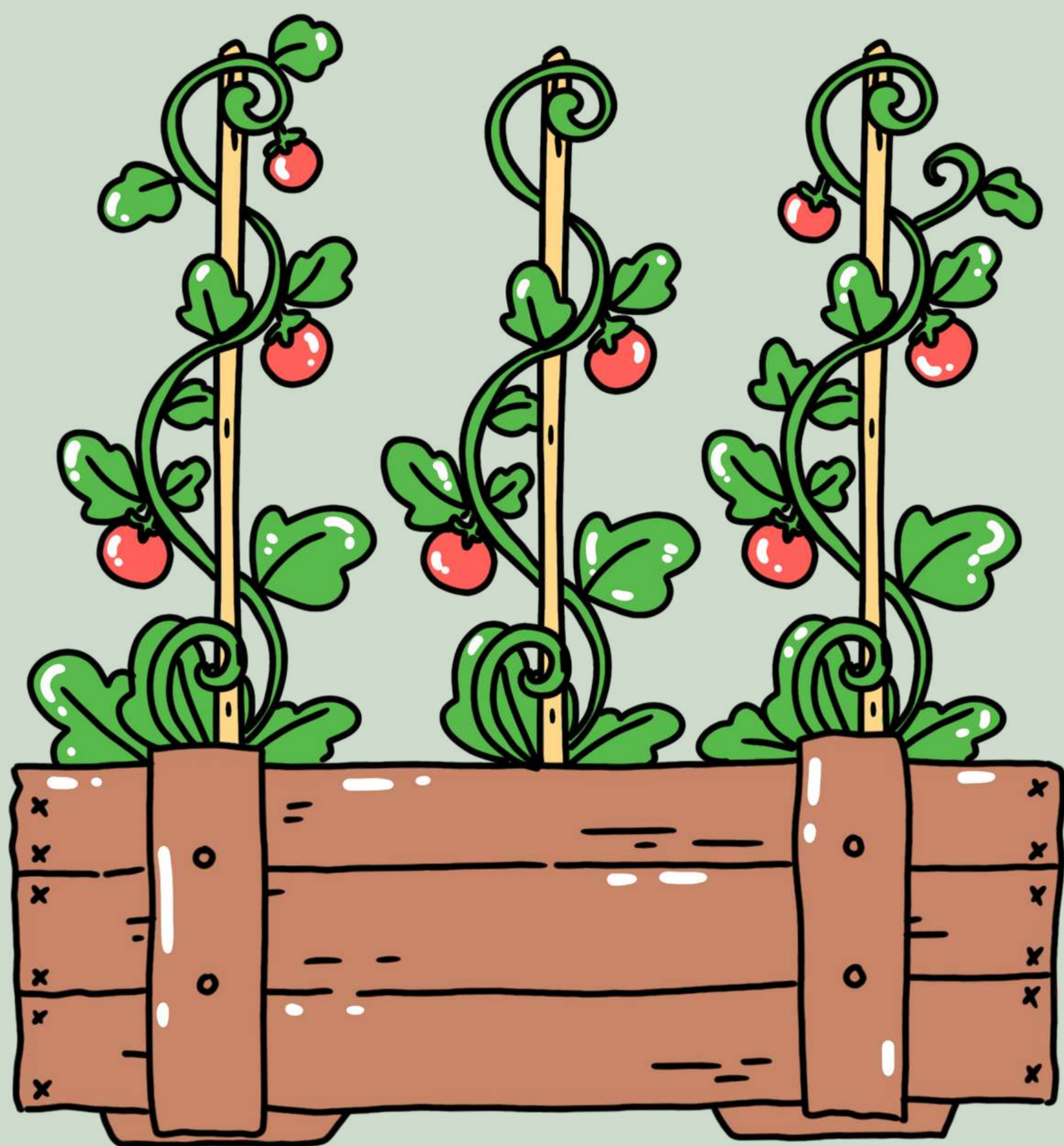
2) Once the tofu is marinated, heat up the vegetable oil in a large pan. Scoop the tofu out of the container and onto the pan, separating it from the marinade. Fry the tofu on medium heat for 10 minutes or until it is golden brown, stirring occasionally to cook it evenly.

3) While the tofu is cooking, add the cornstarch to the marinade and mix well.

4) Once the tofu is cooked, turn off the heat and pour the marinade into the pan. Stir and let it sit for two minutes. Set aside.

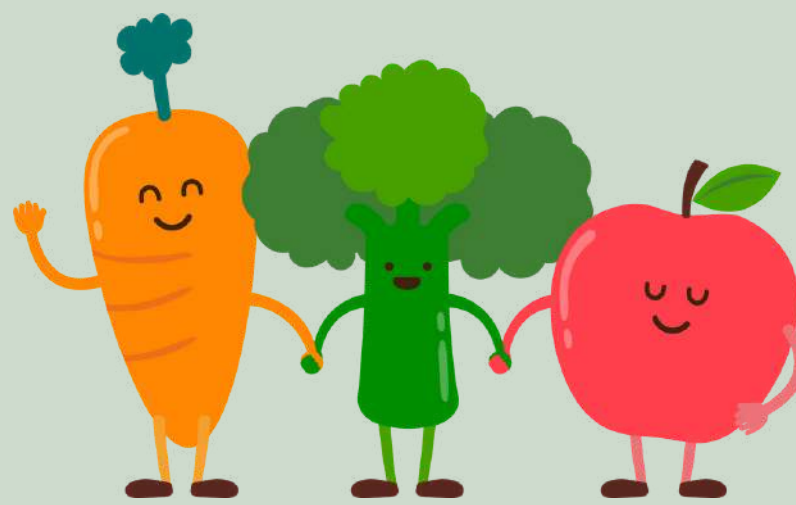
5) Cube the cucumbers and the avocado. Chop the sugar snap peas into little pieces. Grate the carrots.

6) In a bowl, add the rice. Top with 80 grams of marinated tofu, with the cucumbers, the avocados, the snap peas and the carrots. Garnish with a sauce of your liking such as spicy mayo and sesame seeds.



AFTERTHOUGHTS

While I don't expect this booklet to make you change your habits, I do hope that it will help you find pleasure in cooking without meat every once in a while because vegetarianism is awesome! Thank you so much for reading!



With recipes inspired by:

- Andianne. "7 Tofu Marinades With Incredible Flavor", in AndiAnne, October 19th 2021, <https://www.andianne.com/tofu-marinades/> (Page consulted on November 13th 2022)
- HYLTON LECKIE, Jessica. "Marinated Tofu Recipe (for the BEST Tofu Flavour!)", in Jessica in the Kitchen, March 1st 2021, <https://jessicainthekitchen.com/marinated-tofu-recipe/> (Page consulted on January 8th 2023)

Introduction page sources:

- [Anonymous]. "Becoming a vegetarian", *Harvard Health Publishing*, April 15th 2020, [Online], <https://www.health.harvard.edu/staying-healthy/becoming-a-vegetarian#:~:text=Compared%20with%20meat%20eaters%2C%20vegetarians,such%20as%20carotenoids%20and%20flavonoids> (Page consulted on November 10th 2022)
- VEGETARIAN SOCIETY. *Eat to Beat Climate Change*, [Online], <https://vegsoc.org/info-hub/why-go-veggie/environment/> (Page consulted on November 10th 2022)
- MARSH, Jane. "5 Vegetarian Environmental Benefits", *Environment*, January 15th 2021, [Online], <https://environment.co/5-environmental-benefits-of-vegetarianism/> (Page consulted on November 10th 2022)

