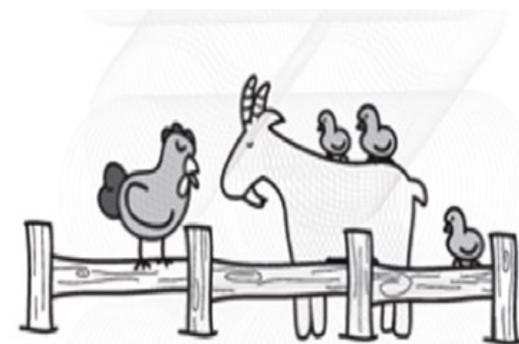


Pumpkin Chocolate Chip Cookies

1 cup canned pumpkin
1/2 cup non-hydrogenated vegetable shortening, such as Earth Balance
1/2 cup sugar
1/2 cup packed brown sugar
1 teaspoon pure vanilla extract
1/2 cup oat flour (make your own by whirring oats in a food processor)
2 tablespoons cornstarch
1-1/2 teaspoon ground cinnamon
1 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cloves
1/2 teaspoon baking powder
1/2 teaspoon salt
3/4 cup chocolate chips (semi-sweet Ghirardelli chips are a delicious vegan choice)
Reduce the pumpkin by placing it in a saucepan over medium heat for about 45 minutes. The heat should be low enough so that it doesn't boil, but should appear steaming. Stir often. It should become reduced to about 1/2 a cup. Set aside to cool completely.

Preheat oven to 350°F and line two baking sheets with parchment paper. Cream together the shortening and sugars in a large mixing bowl, using a hand mixer. Mix in the cooled pumpkin and vanilla. Combine all of the remaining ingredients. Spoon tablespoons full of dough onto the cookie sheets and flatten the tops with your hands. Bake for 10 to 12 minutes and then remove from the oven. Let the cookies cool on the cookie sheet for 5 minutes until transferring the cookies to a wire rack to cool completely.

Inspired by *Vegan Cookies Invade Your Cookie Jar* by Isa Chandra Moskowitz & Terry Hope Romero



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Curried Better-than-Chicken Salad

Makes 8 sandwiches

2 packages tempeh, diced into ¼ inch cubes

3 celery stalks, chopped

1 apple (peeled, optional)

2 tablespoons raisins/craisins

¼ cup coarsely chopped raw pecans or walnuts

2 teaspoons curry powder

½ teaspoon salt

½ teaspoon freshly ground pepper

¼ teaspoon ground cayenne

1 cup vegan mayonnaise (such as Vegemaise) or to taste

Steam tempeh for 10 minutes in a steam basket placed over a pot filled with 2 to 3 inches of water. Let tempeh cool completely. Combine tempeh with celery, apple, raisins/craisins, pecans/walnuts, curry powder, salt, black pepper, cayenne, and mayonnaise in a large bowl. Refrigerate until ready to serve. Can eat as is or on bread with lettuce

From *The Vegan Table* by Colleen Patrick-Goudreau

Mushroom-Walnut Pâté

Makes 1 over 2-1/2 cups

1 medium size yellow onion, diced

3 garlic cloves, minced

1 teaspoons dried thyme

1 teaspoons dried tarragon

Freshly ground black pepper

15 pound cremini mushrooms, chopped

1 cup lightly toasted walnuts

¼ cup cannellini beans (from a can)

1 teaspoon balsamic vinegar

Up to ¼ cup cold vegetable broth

Heat 2 tablespoons of water in a large skillet over medium heat. Add the onions and saute 3-5 minutes until translucent, then add the garlic, thyme, tarragon, salt and pepper, and cook for another minute. Next, add the mushrooms and cook for 7-10 minutes until they are very soft, lowering the heat if necessary.

While mushrooms are cooking, place walnuts in a food processor and process until very fine. Add the cooked mushrooms to the food processor, along with balsamic vinegar and beans. Process until smooth, adding vegetable broth as needed. Should resemble a thick spreadable paste. Put in airtight con-

Cannellini Spread

Makes 2 cups for 3-4 sandwiches

1 can cannellini beans, rinsed and dried

1 clove garlic, coarsely chopped

Juice of one lemon

¼ teaspoon dried thyme

¼ teaspoon dried rosemary

¼ teaspoon sea salt

Whirl all ingredients together in a blender. This spread is great on bread with lettuce and sliced vegetables.

From *The Engine 2 Diet* by Rip Esselstyn



tainer and chill at least an hour before serving.

From *Veganomicon* by Isa Chandra Moskowitz & Terry Hope Romero