

## Vegan Cuisine on the Menu

Italicized recipes are from the book *Dating Vegans: Recipes for Relationships* except as noted. Selections suggested for use at Malaga Diner, and an example for other restaurants.

### Using Current Ingredients:

(already in use at diner)

#### BREAKFAST

Home Fried Potatoes (use veg oil)  
Fruit Salad  
Mushrooms & Tomato on Toast  
Oatmeal: use water, not milk;  
could add apples, raisins, spices  
Toast and jelly (no butter)

#### LUNCH & DINNER

##### Italian Specialties Vegan Platter

Salad and/or soup, choice from 2 entrees, bread

**All-Veg Salad:** Lettuce, tomato, cucumber, peppers, olives, onion, spinach, mushrooms. May add garbanzos (chickpeas).  
Vinaigrette dressing on side.

##### Soup DuJour—Vegetable or Lentil-Veg or Minestrone:

Carrot, potato, onion, spinach (& other greens such as kale/collards), broccoli. Start with water, not beef stock. Add cumin and Old Bay® seasoning. Heartier with lentils, or beans & pasta for minestrone.

Can use *Lentil Garden Stew*.

##### Pasta with Tomato Sauce

Offer chunky vegetables with sauce: asparagus, broccoli, mushrooms, spinach, maybe some kidney beans for good protein.  
*Pasta with Garden Vegetable Sauce*. Check pasta is eggless.

##### Eggplant Sans-Parmigiana

Eggplant/tomato sauce dish (no cheese), serve as entrée or on roll (check bread ingredients) for sandwich. Adapt current dish or use *Randall's Baked Eggplant*.

**Bread:** no milk/whey, butter  
Plain bread or with olive oil and herbs. *Double-Italian Bread*

**Sides:** Fries (baked or in veg oil fryer not used for animal products)  
Vegetable of the Day (no butter)

**Dessert:** Fruit

### Using Simple Additional Ingredients:

#### BREAKFAST

##### Vegan Brunch:

Pancakes, home fries, fresh fruit, muffin

##### *Nick's Pancakes*

Need soymilk. Serve with maple syrup, nondairy butter, fresh fruit

##### *Peach-Oatmeal Muffin*

Assorted fruits work. Needs dates, nuts. Yummy healthy fare.

**Grand Vegan Brunch** is the above plus Veg Scramble. Offer on a particular day with publicity.

**Veg Scramble:** tofu, turmeric, mixed herbs & spices, optional mushrooms & onion. Rinse, drain, blot, & crumble tofu into hot skillet. Add other ingredients. Use nonstick pan or veg oil. Adding optional unsweetened soymilk and cornstarch makes it more egg-like.

**Baked Beans on Toast:** good hearty fare in winter; English classic uses beans in tomato sauce; spread toast with vegan margarine.

#### LUNCH/DINNER

Two hearty options for Soup  
*Dan's No-Ham Split Pea Soup*  
need split peas

##### *Victoria's Famous Vegan Chili*

uses tofu; call it vibrant veggie chili for regular customers

#### Desserts

##### *Foxy Fudge*

only 2 ingredients total

##### *Oatmeal-Raisin Cookies*

vegan margarine, whole-wheat pastry flour

Contact Anne Dinshah at American Vegan Society:  
powerfulveganmessages@hotmail.com or 856-694-2887.  
*Dating Vegans* \$12.95 from AVS, AmericanVegan.org  
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### Everyone Can Love These Dishes

#### BREAKFAST

##### Oat Waffles

adapted from  
*The Vegan Kitchen* cookbook  
Makes 8 squares  
2 cups quick oats, 2 cups soymilk, 2 Tbs shelled sunflower seeds, 4 pitted dates, 2 Tbs oil.  
Process all ingredients until smooth. Then put in oiled waffle iron for 10 minutes. If start with certified gluten-free oats, these are a GF option too! Serve with nut butter, vegan margarine, fruit jelly, maple syrup, sliced fruit.

#### LUNCH/DINNER

Two more entrée options:

##### *Paul's Portabella Potatoes*

Endorsed by hearty eaters.  
Note: Sauté mushrooms to keep potatoes white.

##### *Jo's Cornucopia Oat Burgers*

Surprisingly simple.

#### Desserts

##### *Takedown Chocolate Brownies*

So delicious most patrons won't know they're vegan! Use soymilk, yam, whole-wheat pastry flour, nondairy choc chips

##### *Tiramisu*

More elaborate and requires a few vegan ingredients: coconut milk, flaxseeds, whole-wheat pastry flour, vanilla soymilk, dark (not milk) chocolate. Wouldn't it be great to have an amazing dessert everyone loves and its reputation is so good people will travel miles to eat it!

