



Easy Recipe Suggestions for a Diner or Restaurant

Italicized recipes are from the book
Dating Vegans: Recipes for Relationships except as noted.

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 wa-
ter, 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, 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 sand-
wich. 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
uses vegan margarine, whole-
wheat pastry flour

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!

**Order *Dating Vegans* at
AmericanVegan.org**

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