LOTUS LANE CULINARY + AMY JOY'S VEGAN

# recipe guide by the Amelia irene



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# THE INGREDIENTS

SALAD

- 1 head of Romaine or Green Leaf
- 1 cup Spring Mix or Arugula
- 1 small red onion thinly sliced
- 1/2 cup Cherry Tomatoes Sliced
- 1 small cucumber thinly sliced

#### VEGAN "BUTTA" MILK RANCH DRESSING

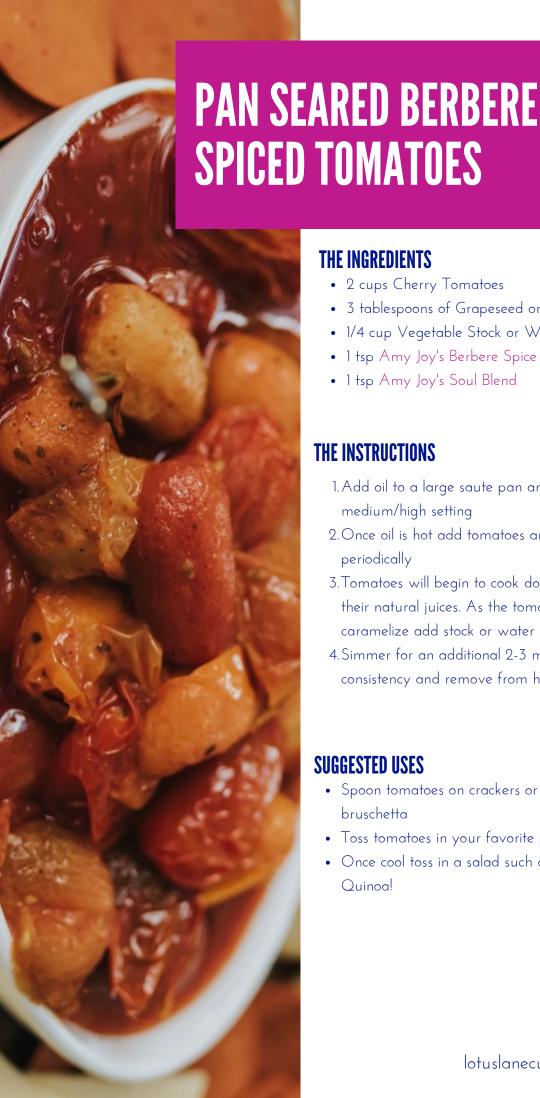
- 1/4 cup dairy free milk (I prefer cashew)
- 1 tsp fresh lemon or lime juice
- 1 cup Vegan Mayo (I recommend Veganaise)
- 1 tablespoon Grapeseed or Olive Oil
- 1 tablespoon Dijon Mustard
- 1 tablespoon Amy Joy's Soul Blend
- 1 tablespoon fresh dill chopped
- 1 tablespoon fresh chives chopped

#### THE INSTRUCTIONS

1. Chop salad vegetables and place all salad ingredients in a bowl and set aside. If preparing a large salad to eat over a couple of days store onions separately and add when serving.

#### VEGAN "BUTTA" MILK RANCH DRESSING

- 1. Combine the vegan milk and fresh lemon or lime juice in a small bowl and set aside for 2-3 minutes to create the "butta" milk
- 2. In a mixing bowl combine all other ingredients and stir until well combined.
- 3. Add "butta" milk to remaining ingredients and stir. Note: for thinner dressing add more vegan milk for thicker consistency add more mayo!



#### THE INGREDIENTS

- 2 cups Cherry Tomatoes
- 3 tablespoons of Grapeseed or Avocado Oil
- 1/4 cup Vegetable Stock or Water
- 1 tsp Amy Joy's Berbere Spice
- 1 tsp Amy Joy's Soul Blend

### THE INSTRUCTIONS

- 1. Add oil to a large saute pan and turn the heat to a medium/high setting
- 2. Once oil is hot add tomatoes and saute tossing periodically
- 3. Tomatoes will begin to cook down, pop and release their natural juices. As the tomatoes begin to caramelize add stock or water
- 4. Simmer for an additional 2-3 minutes or until desired consistency and remove from heat

# **SUGGESTED USES**

- Spoon tomatoes on crackers or baquette for bruschetta
- Toss tomatoes in your favorite pasta or grain
- Once cool toss in a salad such as Arugula and Quinoa!





# **VEGAN 3 PEPPER PASTA SALAD + PARMESAN CHEEZ**

#### THE INGREDIENTS

PASTA SALAD

- 1 Box Penne Pasta (Prepared and Set Aside to Cool)
- 3 Bell Peppers thinly sliced(Any combo of Green, Red, Yellow or Orange)
- 1 small red onion thinly sliced
- 1 tablespoon Dijon Mustard
- 1 1/2 tablespoon of Amy Joy's Soul Blend
- 3/4 cup Vegan Mayo (I recommend Veganaise; add more to reach desired c)

#### VEGAN "PARMESAN" (optional)

- 1 tablespoon Amy Joy's Soul Blend
- 1 tablespoon Nutritional Yeast
- 1 tablespoon Shelled Hemp Seeds

## THE INSTRUCTIONS

- 1. Prepare pasta according to package instructions.

  Drain, rinse with cold water and set aside to cool for 15-20 minutes.
- 2. While pasta is cooling; remove seeds from peppers and thinly slice. Thinly slice onions
- 3. Combine all ingredients in a mixing bow.
- 4. Chill before serving.

#### VEGAN "PARMESAN"

- 1. Combine all ingredients in a small mixing bowl.
- 2. Sprinkle on pasta salad before serving to desired taste.

