

As seen on Public Television . . .

# Jazzy Vegetarian

LIVELY VEGAN CUISINE THAT'S EASY AND DELICIOUS

Embrace healthful eating . . . one mouthwatering recipe at a time. In this companion cookbook to her vegan public television series, *Jazzy Vegetarian*, host Laura Theodore reveals how to create fabulous yet effortless plant-based recipes that will fit any need, whether you want to completely overhaul your diet or simply add a few exciting vegan dishes to your weekly repertoire.

Laura divulges her secrets for creating light, wholesome, satisfying recipes that everyone can master. Whether she's sharing tips for how to be more efficient in the kitchen or explaining the best way to shop for organic produce, Laura's passion for cooking is contagious.

*Jazzy Vegetarian* delivers show-stopping guidance and recipes:

- Learn how to transform regional favorites into tempting meatless versions, including egg- and dairy-free soups, salads, sandwiches, entrées, and desserts.
- Savor a vast range of menus for every occasion, each one nutritionally balanced and bursting with perfectly coordinated flavors and textures.
- Replicate the tempting creations demonstrated on the show, and get bonus recipes from Laura's personal collection.
- Discover musical selections that will add a special touch to every meal, from weekday dinners to romantic suppers to festive celebrations.
- Enjoy an abundance of enticing photographs that offer a peek behind the Jazzy scenes into the creation of the show.



**LAURA THEODORE** is a nationally recognized television personality, celebrity PBS vegan chef, renowned jazz singer and actress, and an award-winning cookbook author. She is co-creator and host of the highly successful *Jazzy Vegetarian* cooking series on national public television, and is host of *The Laura Theodore Podcast*.

Photo by Joe Orecchio

Learn more about Laura's television show, podcast, books, and more at: [jazzyvegetarian.com](http://jazzyvegetarian.com)



This **10th ANNIVERSARY EDITION** features over 120 dazzling vegan recipes, including 25 new recipes from Season Ten of Laura's PBS television series. With more full-color photos, modernized cooking tips, and gluten-free options, this spectacular cookbook highlights vegan recipes that are easy, nutritious, and most of all, delicious!

"No matter what dietary philosophy you follow, adding more plant foods to your existing diet is always a good idea, and this book is chock-full of wonderful ways to do just that."

Jonny Bowden, PhD, CNS,  
The Rogue Nutritionist™, author of  
*The 150 Healthiest Foods on Earth*

"*Jazzy Vegetarian* hits a high note for plant-based diets, embodying all that I love about food . . . simplicity, nutrition, and above all, flavor."

Alisa Fleming,  
founder of GoDairyFree.org

"Laura has an infectious passion for plant-based, environmentally conscious living that I admire. Her down-to-earth, no-fuss approach to food and her upbeat 'Jazzy' personality are a delightful blend that sparkles across the airwaves."

Alan Roettinger, author of  
*Speed Vegan* and *Omega 3 Cuisine*

"*Jazzy Vegetarian* proves you do not have to sacrifice taste to eat in a way that is aligned with your deepest values of compassion."

Gene Baur, president and cofounder,  
Farm Sanctuary

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JAZZY VEGETARIAN

Laura Theodore

JV MEDIA, LLC

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LIVELY VEGAN CUISINE THAT'S EASY AND DELICIOUS



Laura Theodore

TENTH ANNIVERSARY EDITION

REVISED & UPDATED

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*“Making the world a better place, one recipe at a time.”*

LAURA THEODORE, THE JAZZY VEGETARIAN

So the operative term is “plant-based,” and that might be a more user-friendly way to describe the recipes in this book. Who doesn’t love plants? They transform the warmth of the sun and the rich soil of the earth into endless forms that grace our tables and also offer a visual feast, from dazzling floral displays to expansive fields of wheat swaying in the wind. So rather than focusing on the restrictions of a vegan diet, think instead of *expanding* your diet to include more plant-based meals.

When contemplating the transition, many people ask, “What will I eat if I don’t eat meat, milk, or eggs?” or “Where will I buy my food?” The truth is, all the ingredients you need to make the recipes in this book can be found at any well-stocked supermarket, and as you’ll see, many of the recipes in this book emulate traditional favorites. Plus, most of the recipes are easy to prepare and don’t require that you spend hours in the kitchen. In fact, I came up with most of the dishes in this book when I was short on time but wanted to create a tasty meal from scratch using whatever ingredients I had on hand. Like most people in this modern world, I often find that there aren’t enough hours in the day. As a result, I’ve developed many kitchen shortcuts over the years, and I’m excited to share them with you.

My philosophy about quick and healthful home cooking is that it isn’t rocket science. I’ve done the groundwork for you, coming up with plant-based dishes that are both delicious and nutritious. If you have questions about specific ingredients or what to seek out when shopping, take a look at Chapter 1. If you’re at a loss as to how to put together a well-rounded vegan meal, Chapter 2 is for you. It offers guidance on menu planning, along with twelve specific menus using the recipes in this book, tailored to different occasions. Once you become familiar with this way of cooking, I encourage you to jazz it up, improvising with your favorite ingredients or whatever is in season to create your own taste sensations.

From festive lasagna and stuffed vegetables to hearty soups and chilis to rich and decadent desserts, this book offers a wide range of recipes, and I’m confident that within these pages you’ll find dishes that you and yours will truly love to eat. And best of all, you’ll be helping animals and the planet, while serving easy, delicious, and nutritious plant-based meals. Let’s get cooking!

# Planning Tempting Menus

## CHAPTER



Whether you're serving a quick weekday breakfast or supper, hosting an elegant dinner party or holiday soiree, or offering brunch or a buffet, putting together an inviting and well-rounded menu will ensure optimum enjoyment of the meal. In this chapter I offer a few tips on menu planning in general and then provide twelve sample menus that demonstrate how to create a tempting and delicious bill of fare by selecting dishes that complement each other in taste, texture, and nutrition.

## Basic Menu-Planning Tips

**F**or evening meals on weeknights or busy weekends, look to one-pot dishes, such as casseroles, stews, chilis, or hearty soups. These are sure to satisfy hungry appetites yet often involve only minimal prep and cleanup time. To enhance or round-out a one-pot meal, serve crusty bread or a cooked whole grain on the side. A simple bowl of vegan ice cream makes the perfect dessert.

Lunch menus might focus on soup, salad, a sandwich, or a combination of these. For a hearty lunch on the go, a sandwich or wrap that incorporates baby greens, various veggies, and a bit of tofu or tempeh is a good choice. For more formal luncheon options, serve a light puréed soup as the first

course and then feature a main dish salad or light entrée, such as stuffed artichokes, as the main course. For dessert, consider a fruit-based cake or fresh fruit salad.

Creating a spectacular dinner party menu can seem like a challenge. When entertaining, you may feel a lot of pressure for everything to go perfectly. This is natural. Even after twenty years of hosting vegan parties, both large and small, I still get anxious when figuring out my menu!

We all want to dazzle family and friends with tempting culinary creations. Just remember that another key to success is that everyone has an enjoyable evening—and that includes you. This is where a little advance planning goes a long way, allowing you to share your guests' pleasure in the meal and the evening.

If you're planning a meal with three or more courses, figure out your cooking timetable in advance. Consider serving a soup as the first course, and choose something you can make earlier in the day and then reheat before serving. A delicate salad is an elegant second course. To the extent possible, assemble the salad ingredients

earlier in the day and then compose and dress the salad just before serving. A good choice for the entrée is a casserole or other baked dish that can be assembled in the morning, chilled, and then put in the oven to bake as you greet your guests and enjoy other courses. To finish the meal, serve a chilled or room-temperature dessert that you can make earlier in the day or even the previous day.

## Jazzy Vegetarian Menu Plans

**A**s promised, here are twelve delightful and delicious menus using recipes from this book. These menus are sufficiently varied and you're sure to find one to suit any occasion. To enhance your enjoyment, I've also suggested music to complement each meal, and it should come as no surprise that most are jazz selections. On my journey as a jazz musician and radio host, I've had the rare opportunity to meet many talented musicians, and I'm glad to have this opportunity to share some of my favorite recordings. Bon appétit!



## MENU 7

# Italian Flair

**I**n this Italian-inspired meal, easy-to-make lasagna rolls stand front and center. They're backed up by a harmonious trio of roasted bell peppers, broccoli rabe, and ever-popular garlic bread. A refreshing dish of strawberries lightly bathed in a balsamic syrup provides the perfect coda to finish the meal.

### MAIN DISH

*Quick Lasagna Rolls* (page 120)

### SIDE DISHES

*Basil Roasted Peppers* (page 160)

*Grandma's Garlic Bread* (page 171)

*Nino's Broccoli Rabe with Garlic* (page 153)

### DESSERT

*Balsamic Strawberry Delight* (page 174)

### JAZZY MUSIC PICK

Micheal Castaldo, *Aceto*

Aceto, singer-songwriter Micheal Castaldo's third album, honors his late father, Pasquale. It includes fourteen classic and two original Italian songs that evoke feelings of grace, healing, and remembrance. Melodic and passionate, it resonates with the full-flavored dishes in this menu. By the way, *aceto* means "vinegar" in Italian, so you must play that particular cut when serving the delicate, vinegar-laced strawberries for dessert!



These babies are ready for the oven in 10 minutes flat! Filled with kid-friendly, nutritious, and delicious ingredients like dates, cranberries, sunflower seeds, and bananas, these gluten-free treats make a beautiful breakfast bite, an excellent afternoon snack, or healthy dessert!

## Easy Oat-Date Breakfast Treats

**NEW!**

**MAKES 24 TREATS**



2 medium ripe bananas, peeled  
¼ cup maple syrup  
1½ cups gluten-free, quick cooking or old fashioned rolled oats  
½ cup unsweetened shredded dried coconut  
⅓ cup sweetened dried cranberries, dried cherries, or raisins  
¼ cup raw or roasted sunflower seeds  
6 to 8 Medjool dates, pitted and diced

Preheat the oven to 375 degrees F. Line two, 12-cup mini-muffin tins with paper liners.

Put the bananas and maple syrup in a medium bowl and mash into a chunky purée using a potato masher or large fork. Add the oats and stir to combine. Add the coconut, cranberries, sunflower seeds, and dates, and stir to combine.

Divide the mixture among the lined muffin cups. Bake for 17 to 22 minutes, or until slightly golden around the edges. Put the pans on a wire rack and let cool 5 minutes. Remove the treats from the pans and let cool 10 minutes.

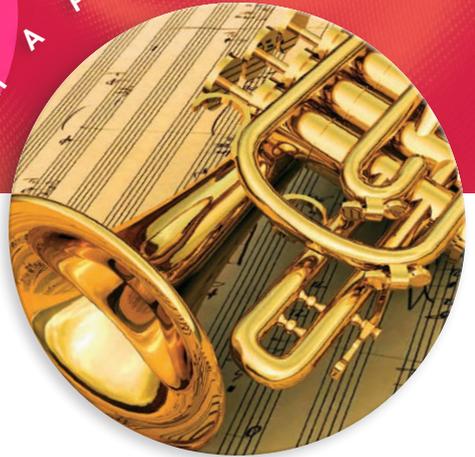
Covered tightly and stored in the refrigerator, leftover treats will keep for about 3 days.

***Jazzy Tip*** Gluten-free, quick cooking rolled oats are cut into slightly smaller pieces than the “old fashioned” variety, so that they cook faster. I use quick cooking rolled oats in cookies, muffins, pie crusts, cakes, crisps, pie fillings, quick breads, meatless loaves, gravies, and vegan burgers. If you are cooking gluten-free, purchase oats that are certified to be gluten-free.

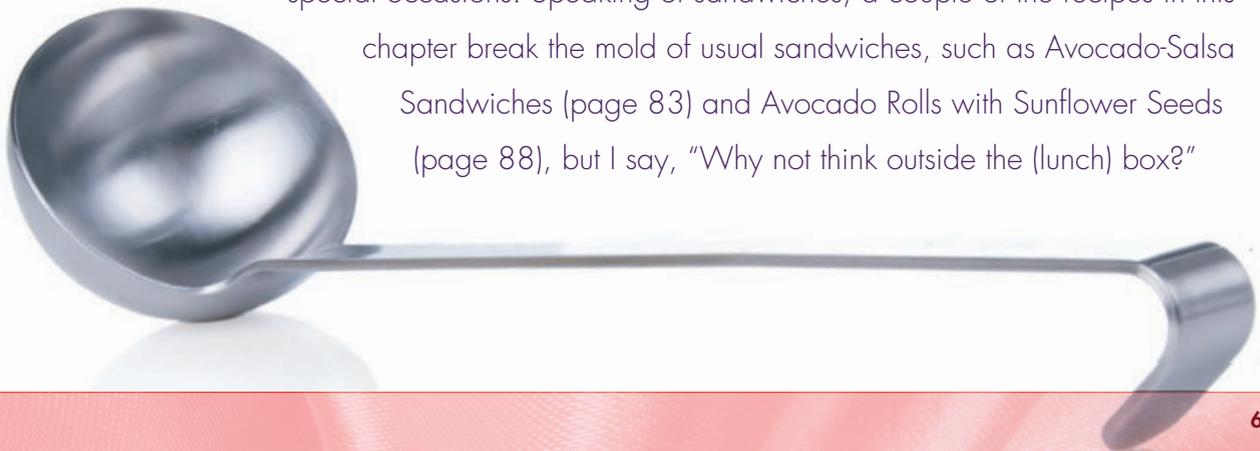


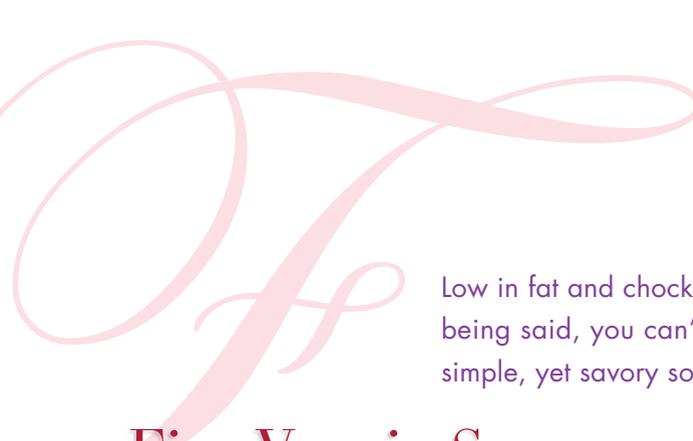
# 6

## CHAPTER



Soup is an enticing way to begin any meal, especially if you serve a lighter, more delicate soup, which will *whet the appetite*. Yet many soups are hearty enough to offer as a main course. Choose soups to fit the season or occasion: chilled soups for hot weather, quick and easy soups for weeknights, and stewy soups with extended cooking times for cool winter nights. Soups are also a great way to take advantage of the *bounty of the season*; for example, in the springtime make soups featuring tender greens, and in winter choose recipes that focus on root vegetables. Of course, soup and a sandwich is *a classic pairing*, and sufficiently filling that it need not be relegated to lunch fare. While this is often considered a humble meal, some of the recipes you'll find in this chapter are elegant enough to serve on special occasions. Speaking of sandwiches, a couple of the recipes in this chapter break the mold of usual sandwiches, such as Avocado-Salsa Sandwiches (page 83) and Avocado Rolls with Sunflower Seeds (page 88), but I say, "Why not think outside the (lunch) box?"





Low in fat and chock-full of nutrients, this is a great one-pot meal. That being said, you can't go wrong serving a leafy green salad with this simple, yet savory soup.

## Five-Veggie Soup

**NEW!**

**MAKES 4 TO 6 SERVINGS**

**2¾ cups peeled and chopped russet potatoes**  
(see note)

**2 cups chopped carrots** (peeling is optional)

**1¾ cups chopped celery, with leaves**

**1½ cups peeled and chopped parsnips**

**1 small red onion, chopped**

**1½ teaspoons dried dill weed**

**1½ teaspoons dried parsley**

**1 teaspoon dried marjoram**

**¼ teaspoon salt**

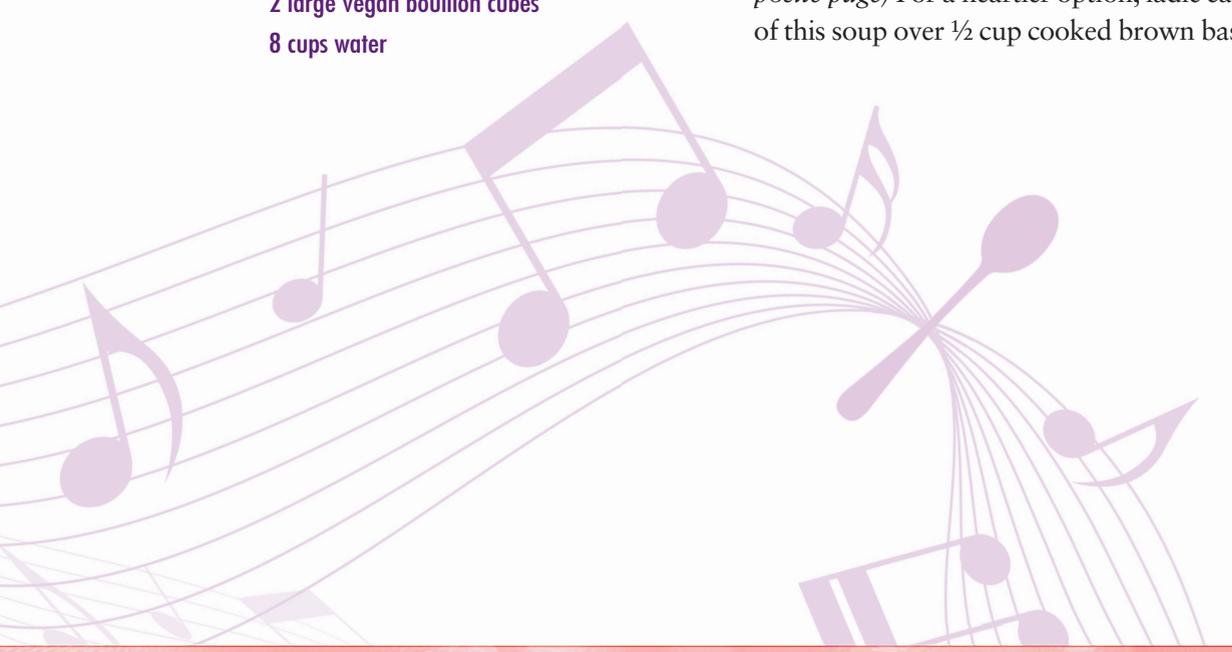
**2 large vegan bouillon cubes**

**8 cups water**

Put all of the ingredients into a large soup pot. Stir to combine. Bring to a boil over medium-high heat. Decrease the heat to medium-low or low. Cover and simmer, stirring occasionally, for 50 minutes to 1 hour. Serve hot.

**NOTE:** You can use baby potatoes in this recipe, in place of the russets. If you are using baby potatoes, there is no need to peel them before chopping.

**FIVE-VEGGIE SOUP WITH BASMATI RICE:** (pictured on opposite page) For a heartier option, ladle each serving of this soup over ½ cup cooked brown basmati rice.





Wow! That's the reaction you'll get when you serve these divine cupcakes. Packed with chocolaty flavor and topped with a decadent cashew-based frosting, no one will ever know that they are vegan and gluten-free!

## Vegan Chocolate Cupcakes with Whipped Cashew Frosting

**NEW!**

**MAKES 18 CUPCAKES**

### **FROSTING**

- 1 cup raw cashews
- $\frac{3}{4}$  cup water (for soaking cashews)
- 1 $\frac{1}{2}$  cups nondairy milk, divided
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons vegan cane sugar
- $\frac{3}{4}$  cup vegan dark chocolate chips (55% to 70% cacao)

### **CUPCAKES**

- 2 tablespoons flaxseeds
- 2 $\frac{1}{2}$  cups quick cooking, gluten-free rolled oats
- 1 $\frac{1}{3}$  cups vegan cane sugar
- $\frac{1}{4}$  cup almond flour, plus more if needed
- $\frac{1}{3}$  cup unsweetened cocoa powder
- 1 $\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- 1 $\frac{1}{3}$  cups nondairy milk
- $\frac{1}{3}$  cup extra-virgin olive oil
- 1 teaspoon vanilla extract

To make the frosting, put the cashews and water into a bowl. Refrigerate for 1 to 2 hours. Drain the cashews and rinse in cold water.

Heat 1 cup nondairy milk in a small saucepan over medium-low heat until simmering. Put the soaked cashews, 1 tablespoon oil, and 3 tablespoons sugar into a blender, then add the chocolate chips. Pour in the simmering nondairy milk and process for about 20 seconds. Add  $\frac{1}{3}$  cup cold nondairy milk and process until *completely* smooth. Refrigerate the frosting for 3 hours to firm up.

To make the cupcakes, preheat the oven to 350 degrees F. Line a twelve-cup standard muffin tin and a six-cup standard muffin tin with paper liners.

Put the flaxseeds into a high-performance blending appliance and process into fine flour. Transfer the flaxseed flour to a large bowl. Put the rolled oats into the blender and process into fine flour. Add the oat flour, 1 $\frac{1}{3}$  cups sugar, almond flour, cocoa powder, baking powder, baking soda, and salt to the flaxseed flour, and stir with a dry whisk to combine. Make a well in the center of the dry ingredients. Add 1 $\frac{1}{3}$  cups nondairy milk,  $\frac{1}{3}$  cup oil, and vanilla and stir to incorporate.



(If batter seems loose, add 1 more tablespoon almond flour.)

Divide the batter evenly among the 18 muffin cups. Bake for 32 to 37 minutes, or until a toothpick inserted in the center of a cupcake comes out clean.

Transfer the cupcakes to a wire rack and let cool completely. Pipe or spoon a generous amount of frosting over the top of each cupcake. Covered tightly and stored in the refrigerator, leftover cupcakes will keep for about 3 days.