



# Vegan Essentials

Vegan Replacements for  
Essential Ingredients in  
Cooking

A Panel Discussion with  
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**Plantology**  
PLANT-BASED, BRAIN HEALTHY MEALS



## *high-protein plants*

It's recommended that **10-35% total calories should come from protein**. The amount depends on your age, weight, and activity level. **You can meet this recommendation without meat!**



**TOFU**  
½ cup cubed  
= 10g protein



**LENTILS**  
½ cup cooked  
= 9g protein



**PEAS**  
½ cup cooked  
= 4g protein



**EDAMAME**  
½ cup cooked  
= 8g protein



**PEANUT BUTTER**  
2 Tbsp. = 8g protein



**ALMONDS**  
2 Tbsp. = 4g protein



**CHICKPEAS**  
½ cup cooked  
= 7g protein



**BLACK BEANS**  
½ cup cooked  
= 7g protein



**WALNUTS**  
2 Tbsp. = 2g protein



**QUINOA**  
½ cup cooked  
= 4g protein



**PISTACHIOS**  
2 Tbsp. shelled  
= 3g protein

[allrecipes.com](http://allrecipes.com)



# Smoky BBQ Burger with “real” whole ingredients

- Chickpeas, canned or cooked- 1.5 cups
- Quinoa- 1 cup cooked (1/4<sup>th</sup> cup dry cooked in 1/2 cup water)
- Gluten Free rolled Oats or breadcrumbs-1/3<sup>rd</sup> cup (Prepare a coarse flour in a food processor or blender)
- Yellow Onion- 1/3<sup>rd</sup> cup diced
- Garlic (2 cloves minced) or Garlic powder- 1 tsp
- Apple Cider Vinegar- 2 tsp
- Spices-ground cumin -1/2 tsp, smoked paprika 1 tsp, chili powder 1/4<sup>th</sup> to 1/2 tsp
- Fresh herbs-cilantro or parsley
- Greens-Spinach, Kale 1 cup
- Flax Egg- 1 flax egg (1 tbsp Flax meal + 3 tbsp water)
- Salt- to taste
- Optional-Your favorite BBQ sauce-2tbsp, Chipotle Chiles in adobo sauce 1 pepper + 2 tsp of sauce, jalapeno, walnuts chopped 2-3 tbsp.

**Total cost of ingredients = <\$2**



<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>120 (120g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3.4mg	20%

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# Mung Dal/Lentil Omelette

- Kitchen tools and or appliances- measuring cups, spoons, weighing scale, pans, spatula and high speed blender Vitamix

## Ingredients:

- Split Mung Daal/ Yellow lentils- 1 cup
- Turmeric -1/8<sup>th</sup> tsp
- Salt- ½ tsp
- Garlic powder – ½ tsp
- Onion powder- ½ tsp
- Black salt or Kala namak – ½ tsp (optional for egg like flavor)

## Directions:

1. Soak mung beans/yellow lentils for 2-4 hours.
2. For an omlette batter: drain the water, add ½ cup of water and rest of the ingredients. For crepe batter: drain water and add 1 cup of water and rest of the ingredients.
3. Blend to a smooth paste in the Vitamix or a high speed blender. Let the blender run for about 1-2 even after the paste is formed.
4. Your plant-based egg mixture is ready to use. Store in an airtight container in a refrigerator. If stored properly the mixture lasts up to 6-7 days.



## Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>2 (170g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>220</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 3.7mg	20%
Potassium 20mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Plant Protein- Soy

Phytoestrogens  
Isoflavones

Complete protein –contains 9 essential amino acids

Zero Fat/Cholesterol

Available at  
Walmart, Trader  
Joes, Whole Foods &  
major grocery stores

1. WestSoy- Soy milk is available in most grocery stores on shelves (not refrigerated section)
2. Yogurt starter available on amazon or Whole foods



By Neetu Jindal

## Vegan Yogurt Recipe

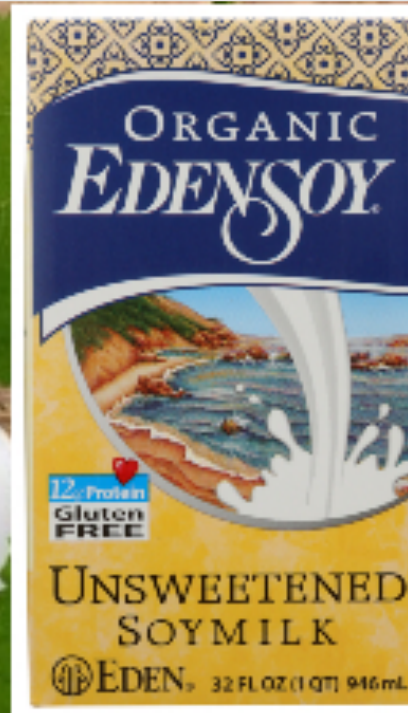
### Ingredients:

64 oz carton of Westsoy or Edensoy Plain Unsweetened Soy Milk

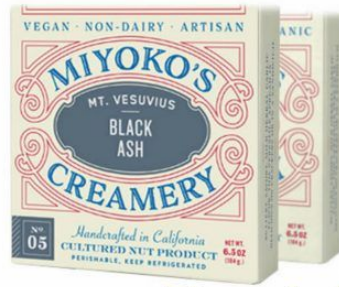
1 pack Belle+Bella Non Dairy Yogurt Starter.

### Method:

Nicely mix 1 pack of yogurt starter with the entire carton of soy milk. Leave under the light in the oven overnight or minimum 8 hours.







## Best Vegan Cheeses





# Vegan Egg Substitutes

## Linseed/Flax Seed

1 Tbsp in 3Tbsp water = 1 egg  
Uses: baking, fritters, burgers, pancakes  
binding breadcrumbs for crunchy outers

## Chia Seeds

1 Tbsp in 3Tbsp water = 1 egg  
Uses: baking, fritters, burgers  
binding breadcrumbs for crunchy outers

## Tofu

Uses: scramble, frittata, quiche,  
mousse, 'egg' salad'

## Aquafaba

(chickpea water)

3 Tbsp = 1 egg white

Uses: cakes, meringue, royal icing,  
mousse, fresh pasta, mayonaise

## Mashed Banana

3 Tbsp = 1 egg

Uses: cakes & pancakes

## Apple Sauce

3 Tbsp = 1 egg

Uses: cakes





# Vegan Besan Ladoos

By Neetu Jindal

## Ingredients:

2 cups Chickpea Flour/Besan  
1 cup Sugar  
1 teaspoon Cardamom Powder  
2 tablespoons Mixed Nuts  
2 tablespoon Organic Unrefined  
Coconut Oil

## Method:

Roast chickpea flour in a thick bottom pan on low heat till you see it turn golden brown. Add cardamom powder and mixed nuts. Mix well. Add coconut oil and mix till the flour is soft. Shut the flame and add sugar. Let cool till it is warm enough touch. Roll into balls the size of golf balls.

# Hidden Animal Ingredients to look out for!



**Albumen** – the white of an egg.

**Aspic** – similar to gelatin, made from meat & fish.

**Casein** – found in milk.

**Cod liver oil** – derived from the liver of cod fish.

**Collagen** – from the skin, bones and connective tissues of animals.

**Elastin** – more connective tissue from animals.

**Gelatin** – made from boiling skin, cartilage & bones from animals.

**Honey** – food for bees, made by bees.

**Isinglass** – fish bladder.

**Keratin** – made from animal hair, hoofs, feathers, claws & horns.

**Lactose** – a sugar made from milk.

**Lard/tallow** – fat from animals, mainly cows & pigs.

**Pepsin** – the stomachs of pigs.

**Propolis** – honey bees produce this through the mixture of saliva & beeswax.

**Royal Jelly** – honey bee secretion.

**Shellac** – obtained from the female lac bug.

**Vitamin D3** – from fish-liver oil or sheep's wool.

**Whey** – the liquid remaining after milk has been curdled and strained.