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Day 15: Greener

BREAKFAST



Scrambled Eggs, Banana Pancakes with Powdered Sugar, Sausage Links

My typical breakfast consists of scrambled eggs, banana pancakes with powdered sugar, and sausage links. If I were to go an veganize this, I would start with the eggs. Typical scrambled eggs consist of eggs, salt, and milk. However, milk and eggs aren't vegan. One recipe I found substitutes eggs with chickpea flour and the brine, also known as aquafaba. This actually gets rid of the need for milk in the recipe and instead just requires water. For banana pancakes, I would substitute whole wheat flour for white flour because of the health benefits but also because whole wheat is more environmentally friendly than white flour. Milk in pancakes can be substituted using almond or soy milk and eggs are just omitted from the recipe as a whole. Another thing is that I would use coconut oil to substitute for the olive oil because organic coconut oil is healthier. Going to the farmers market to get fresh and in season fruits will also help to spice up the flavor in the pancakes as organic and fresh fruits add another burst of flavor

to the dish. The final thing I need to veganize in my meal is sausage, and this is a harder item since its made of meat, however a friend recommended to me soy chorizo, which is both healthy and organic.

LUNCH



Chicken Wings, Roasted Butternut Squash, Steamed Spinach

When lunchtime rolls around, I am always hungry for something filling and substantial. That's why in the dining halls, it's easy to reach for animal-based protein, such as grilled chicken or roast beef, because I always feel more full and energized after eating. However, choosing to eat meat with every meal is not only bad for me or the Dining Dollars on my meal card (as meat tends to be at least twice as expensive as vegetables), eating meat is also bad for the environment. In order to veganize my meal, I will need to substitute chicken breast with some type of plant-based protein, such as grilled tofu (which has 10 grams of protein per ½ cup!) or quinoa (which has 8 grams of protein per ½ cup!). In fact, the dining hall was serving quinoa pilaf today, but I had deliberately chosen chicken over pilaf.

DINNER



BBQ Pulled Pork, Roasted Garlic Chive Mashed Potatoes, Garlic Bread

Dinnertime is usually one of the best times to eat at the dining hall, simply because of the variety of choices there are. On certain days of the month, there are so many tasty food options that it's almost hard to make a decision. Today, for dinner, I chose to eat BBQ Pulled Pork, mashed potatoes, and garlic bread, and all three of those foods were comfort food for me. However, knowing that I was wreaking havoc on the environment and that I needed to change my eating habits due to that was not a comforting thought. Thus, I need to try to find ways to veganize my meals. Rather than choosing to eat pork, I should consider other forms of meat-less proteins or opt for grains instead, like the vegan rigatoni with roasted tomatoes. To veganize the garlic bread, I could actually choose to make my own garlic bread in my dorm. I could buy my own vegan bread, mix olive oil and crushed garlic together, and then toast them.

CURATED VEGAN MENU

GOOD VEGAN EATS

Not being vegan is a big missed-steak!

BREAKFAST

Authentic Vegan Banana Pancakes



1. Combine rolled oats, soy milk, wholemeal flour, baking powder, salt, ripe banana and chia seeds together
2. Oil a nonstick pan and put on medium heat. Pour a small amount of batter, and when it starts to bubble, flip it and wait for a minute.
3. Serve piping hot with desired toppings!

LUNCH

Korean BBQ Tofu Bowl



1. Oil a nonstick pan and put on high heat. Cook broccoli, stir fry, then add water and let steam. Add zucchini, pineapple, red pepper, and soy sauce. Stir constantly until all vegetables are tender. Place into bowl.
2. Cook tofu until crispy, then add BBQ sauce. Once the sauce has thickened, place into bowl and add quinoa and red cabbage. Garnish with sliced green onions and sesame seeds!



DINNER

Creamy Tomato Pasta



1. Melt vegan butter with olive oil and cook shallots and garlic until translucent. Pour in white wine, simmer until sauce reduces. Add tomato paste, salt and pepper. Simmer for 20 minutes. Stir in coconut milk and remove from heat.
2. Blend sauce until thick and creamy. Add basil and parsley. Cook with desired pasta shape.

Recipe Links:

- HurryTheFoodUp's Authentic Vegan Banana Pancakes:
<https://hurrythefoodup.com/vegan-banana-pancakes/>
- Oh My Veggies's Korean BBQ Tofu Bowl:
<https://ohmyveggies.com/korean-barbecue-tofu-bowls/>
- Maple Spice's Creamy Tomato Pasta:
<http://www.maplespice.com/2011/09/creamy-tomato-pasta-sauce.html>



Danielle Chan @dan_chanchan · 17s



Happy Meatless Monday! Let's try to eat more sustainably 🌞🌱

HurryTheFoodUp's Vegan Banana Pancakes: hurrythefoodup.com/vegan-banana-p...

Oh My Veggies's KBBQ Tofu Bowl: ohmyveggies.com/korean-barbecu...

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@TurningGreenOrg @AmysKitchen #PGC2018

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<p>BREAKFAST <i>Authentic Vegan Banana Pancakes</i></p>  <ol style="list-style-type: none"> 1. Combine rolled oats, soy milk, wholemeal flour, baking powder, salt, ripe banana and chia seeds together 2. Oil a nonstick pan and put on medium heat. Pour a small amount of batter, and when it starts to bubble, flip it and wait for a minute. 3. Serve piping hot with desired toppings! 	<p>LUNCH <i>Korean BBQ Tofu Bowl</i></p>  <ol style="list-style-type: none"> 1. Oil a nonstick pan and put on high heat. Cook broccoli, stir fry, then add water and let steam. Add zucchini, pineapple, red pepper, and soy sauce. Stir constantly until all vegetables are tender. Place into bowl. 2. Cook tofu until crispy, then add BBQ sauce. Once the sauce has thickened, place into bowl and add quinoa and red cabbage. Garnish with sliced green onions and sesame seeds! 	<p>DINNER <i>Creamy Tomato Pasta</i></p>  <ol style="list-style-type: none"> 1. Melt vegan butter with olive oil and cook shallots and garlic until translucent. Pour in white wine, simmer until sauce reduces. Add tomato paste, salt and pepper. Simmer for 20 minutes. Stir in coconut milk and remove from heat. 2. Blend sauce until thick and creamy. Add basil and parsley. Cook with desired pasta shape.
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A CLOSER LOOK AT THE MENU

BREAKFAST

Authentic Vegan Banana Pancakes



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3. *Serve piping hot with desired toppings!*

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