

Project Green Challenge Greener



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Why Choose A Vegan Diet?

These recipes are alternatives to many traditional dishes that include meat. Specifically, these recipes are reinvented versions of french toast with sausage, a crab/tuna melt, as well as beef ravioli. In order to further integrate the meatless lifestyle into society, it's important to demonstrate that vegan food is not only appetizing but versatile and non-restrictive when regarding flavor. Despite common misconceptions, a vegan diet is not only realistic but also nutritionally fulfilling. Through the familiarization of an animal product free way of living, many environmental benefits will be established. Consuming vegan products promotes the conservation of natural resources, such as water, as well as contributes to the reduction of atmospheric pollution.

Meatless Monday Menu

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Breakfast

Vegan French Toast & Berries

Organic mixture of whole grain bread, agave & cinnamon combined with chia seeds and almond milk toasted to perfection alongside a variety of fresh berries





Recipe

- 1 heaping Tbsp chia seeds
 - 1/2 Tbsp agave nectar
 - 1 cup unsweetened almond milk
 - 1/2 tsp ground cinnamon
 - 1/2 tsp vanilla extract
 - 4-5 slices bread
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- Mix all ingredients except the bread in a bowl. Place in the fridge for 10-20 minutes.
 - Preheat a griddle to medium heat and grease with 1 Tbsp vegan butter or coconut oil.
 - Dip each slice of bread in the batter for about 20 seconds on each side.
 - Place on griddle and cook until golden brown on the underside. Cook until the other side is golden brown as well - 3-4 minutes.
 - Top with desired toppings.
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Lunch

Avocado Melt

Toasted multigrain bread filled with a smooth avocado spread & hints of roasted pepper



Recipe



- Juice of 1 lime
 - ¼ tsp. salt
 - 4 slices of whole grain bread
 - 4-6 jarred roasted red pepper slices
 - 1/4 cup cilantro
 - 2 tsp. olive oil
 - 1 avocado
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- Mash avocado & add the lime juice, as well as the salt. Mix well.
 - Divide avocado mixture in two and spread over two slices of sandwich bread.
 - Top avocado mixture with red pepper slices and cilantro. Top with remaining slices of bread.
 - Coat a large skillet with olive oil and place over medium heat.
 - Place sandwiches in skillet and brown each side for about two minutes.
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Dinner

Mushroom Ravioli

Vegan ravioli stuffed with a savory mushroom filling topped with a creamy cashew sauce



Recipe



- 1/4 onion
- 1 clove garlic
- 1 teaspoon of olive oil
- 1 can coconut milk
- 1 cup water
- 1/2 cup raw cashews
- 2 tablespoons nutritional yeast flakes
- 1 tablespoon lemon juice
- 1 teaspoon cornstarch
- 1/2 teaspoon salt
- 2 tablespoons sun-dried tomatoes

Saute onion and garlic in olive oil for about 1 minute. Next, remove from heat.

In a blender, combine coconut milk, water, cashews, cornstarch, lemon juice, salt, and yeast flakes. Blend until smooth.

Pour the mixture into a saucepan containing sauteed onion and garlic. Stir frequently with a wire whisk as cream begins to boil. Add sun-dried tomatoes and stir. Allow mixture to boil for 3-5 minutes.

Social Media Post

 Sabira Cveta Anmic
Just now · 🌱 · 🌱

Hey everybody! It's Cvetanka again! Today is the 14th day of #PGC2019! I can't believe how much time has already gone by! The challenge of the day was to participate in Meatless-Monday. I came up with a one-day menu filled with meat-free meals! Here are some vegan alternatives to traditional recipes for you all to try! Let me know if any of you guys end up making the recipes! Thanks for your support!

<https://www.onegreenplanet.org/vegan-food>

Turning Green

French & Berries

whole grain bread, agave & with chia seeds and almond slices alongside a variety of w berries.



Avocado Melt

toasted multigrain bread topped with smashed avocado spread, & slices of roasted pepper.



Recipe

- 1 bagging
- 1.2 Tbsp a
- 1 cup water
- 1.2 tsp gm
- 1.2 tsp ml
- 4-5 slices



Mushroom Ravioli

spinach stuffed with a creamy mushroom filling topped with a creamy red sauce.

Sources

- <https://www.onegreenplanet.org/vegan-food/how-to-veganize-your-favorite-familiar-dishes/>
- <https://greatist.com/eat/vegan-comfort-food-recipes#6>