Recipes
FROM THE ROOTERVILLE KITCHEN.

Yummy, plant-based dishes to make your belly, your health, and the environment happy!

DEAR COMPASSIONATE EATER,

Rooterville is a non-profit farm animal sanctuary in Melrose, Fl. Because we care for over 300 farm animals, we do not support the consumption of meat or animal by-products of any kind, and also educate about the horrors of factory farming. Why love one and eat the other when it comes to picking and choosing animals to slaughter? We encourage you to meddle with vegan/vegetarian cuisine and adopt a plant-based diet. Not only is it obviously great for the animals - but the health benefits of a plant-based diet are phenomenal and life-changing. We are a place of compassion for all animals, and we work hard every day to care for abandoned and rescued farm animals that have no other options. So support the life of these animals by not eating them. See instead some of these healthy recipe alternatives, hand-picked by us.

Love,
Dale and Elaine West, Rooterville Founders
GOOD-ENOUGH-FOR-GUESTS GREEN SALAD

This salad is the perfect combination of sweet and savory - combining crunchy elements and a zesty dressing to match! Simple, yet satisfying.

Ingredients:

6 cups mixed salad greens, torn into bite-sized pieces (or a bag of salad greens)
1/4 cup raw walnuts chopped
1/2 small red onion, finely chopped
1 large tart green apple, chopped, or 1/4 cup dried cherries
3 tablespoons seasoned rice vinegar
2 tablespoons orange juice

Directions:

Combine salad greens, walnuts, onions, and apples/cherries in a large bowl. In a small bowl or cup, mix vinegar and juice. Dress the salad just before serving.

Nutrition Profile:

Per serving
70 calories
1.7 g protein
10.8 g carbohydrate

Did you know? Ranch dressing is 145 calories per serving. Making your own dressing cuts the fat, and allows you to mediate what kinds of natural flavors get put into your dressing. Plus - it’s so easy!
ASIAN PERSUASIAN COLESLAW

Ingredients:

- 2 cups finely shredded green cabbage
- 2 cups finely shredded red cabbage
- 1 carrot, shredded or cut into matchsticks
- 1/2 cup thinly sliced celery
- 1/2 cup finely diced sweet onion
- 1/2 cup minced fresh cilantro
- 2 tablespoons dry-roasted peanuts
- 2 tablespoons raw sesame seeds
- 1/4 cup seasoned rice vinegar
- 2 tablespoons apple juice
- 1 tablespoon soy sauce
- 1 tablespoon peeled and minced fresh ginger
- 1 garlic clove, minced or pressed
- 1/4 teaspoon ground black pepper

Directions:

Combine the cabbages, carrot, celery, onion, cilantro and peanuts in a large bowl.

Toast the sesame seeds in a heavy skillet over high heat for about 2 minutes, stirring constantly, until they begin to pop and become fragrant. Cool, then grind in a blender of food processor and add to the salad.

To make the dressing - combine the vinegar, apple juice, soy sauce, ginger, garlic, and pepper in a small bowl. Just before serving, pour the dressing over the salad and toss until evenly distributed.

This salad is best served immediately. If you must make in advance, store the prepared veggies in a covered container for up to one day, then toss with dressing just before serving.
**BROCCOLI A LA KING**

**Ingredients:**

1/3 cup dry millet  
1/2 - 1 teaspoon salt  
3 cups chopped broccoli florets  
1/4 teaspoon ground black pepper  
1/4 teaspoon celery seeds  
1/2 teaspoon dried thyme  
2 tablespoons dry sherry or vegetable broth  
4 cups sliced mushrooms (about 1 pound)  
1 onion, chopped  
1 tablespoon soy sauce  
1/3 cup water or vegetable broth  
1/4 cup raw almonds  
1/4 cup raw cashews  
4 cups cooked whole-wheat pasta or brown rice

**Directions:**

Combine millet with 1 1/4 cups water in a saucepan. Bring to a simmer. Cover and cook, stirring occasionally for about 55 minutes until millet is tender and all the water has been absorbed. Transfer to a blender. Add cashews and 1 cup of water. Blend for 1 to 2 minutes until completely smooth. Set aside.

Toast almonds in a 350°F oven for about 12 minutes until browned and fragrant. Cool, and then chop coarsely by hand or in a food processor. Set aside.

Combine 1/3 cup water or broth and soy sauce in a large skillet. Add onion and cook over medium-high heat for about 5 minutes, stirring often, until onion is soft. Reduce heat to medium. Add mushrooms, sherry or broth, thyme, celery seeds, and black pepper. Stir to mix. Cover and cook for about 5 minutes, stirring occasionally, until mushrooms are brown. Add 1 to 2 tablespoons of additional sherry or broth if needed to prevent sticking.

Stir in millet-cashew mixture, broccoli, and almonds. Cover and cook over medium-low heat for about 5 minutes, stirring occasionally, until broccoli is just tender. Add salt to taste. Serve over cooked pasta or rice.

Stored in a covered container in the refrigerator, leftover Broccoli a la King will keep for up to 3 days.

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**Broccoli is a great source of fiber, but it's also packed with vitamin D, it's a great detox and anti-inflammatory, and also lowers cholesterol.**
PUMPKIN PIE SMOOTHIE

Ingredients:

- 2 cups almond milk
- 1 Tbsp chia seeds, ground
- 1 cup organic pumpkin puree, unsweetened
- 2 Tbsp maple syrup
- 1 frozen ripe banana
- 2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- Pinch of unrefined sea salt

Directions:

Place all ingredients in Vitamix or other powerful blender and blend until creamy.

Option: Top with Sweet Dream Creme!

CHOCOLATE MOUSSE

Makes four servings
*Or 10 sample sizes

Ingredients

- 1 12.3-ounce box of silken tofu, firm or extra firm
- 1 tablespoon cocoa powder
- 1 tablespoon Roma or other grain-based coffee substitute (to get a mocha flavor, optional)
- 1/2 teaspoon vanilla
- 1/2 cup date pieces, or 1/3 cup date sugar

Directions:

Blend tofu, cocoa powder, Roma (if using), and vanilla in a blender until well blended. Add dates or date sugar, which will make the mixture very thick. Blend thoroughly until very well incorporated. The mousse will become warm while mixing, so chill before serving (it will also thicken)!
VEGGIE CHOW MEIN

Ingredients:

- 8 ounces soft lo mein noodles (or fettuccine)
- 1 tablespoon dark sesame oil
- 6 scallions, thinly sliced
- 4 garlic cloves, minced
- 2 tablespoons fresh ginger, minced
- 1 red bell pepper, cut in thin strips
- 1 green bell pepper, cut in thin strips
- 2 celery ribs, 1/4 inch slices
- 1/2 pound button mushrooms, halved
- 2 teaspoons cornstarch
- 3/4 cup vegetable broth
- 3 tablespoons liquid aminos or low sodium soy sauce
- 2 tablespoons dry sherry
- 1 tablespoon fresh lemon juice

Directions:

Cook the noodles until tender and drain well. Heat the sesame oil in a no-stick skillet or wok, then add the scallions, garlic and ginger and stir fry 1 minute, until tender-crisp. Add celery, peppers and mushrooms and stir fry 3-4 minutes more. Stir in the pasta and cook about 1 minute, until lightly crisp. Combine the rest of the ingredients in a small bowl with with rest of oil. Stir into to the skillet mixture and cook for 1 minute until thickened.
STRAWBERRIES ‘N’ CREAM CHIA PUDDING

Ingredients:
1/2 cup chia seeds
2 cups coconut milk (any non-dairy milk will do)
3 tablespoons maple syrup or agave nectar
1 teaspoon vanilla extract
1 cup strawberries (fresh, frozen or thawed)
sprinkle of chopped almonds (optional, for topping)

Directions:
In a large glass jar (quart sized works perfectly), combine chia seeds, milk, maple syrup, & vanilla. Put the lid back on and vigorously shake the jar until everything is well mixed. If large chunks of chia seeds seems to be stuck to the bottom (which sometimes happens and is totally normal), open the jar and use a spoon to scrape the chia seeds off the side, and shake again to reincorporate them. Put the jar in a cool place, like the fridge (or if you live where I live right now, outside on the porch will be cold enough) and let it sit and gelatinize for at least 2 hours. Once ready, pull the jar out, give it one more good shake, and pour into a serving dish. Top with strawberries and a sprinkle of almonds, and enjoy! Makes about 4 servings, saves in the fridge for about a week.
Confused about tofu? Tofu is essentially cheese made from soy milk, rather than dairy milk. The curds from milk made from soybeans are pressed into different density of tofu blocks, and are used in different ways.

**CHOCOLATE CHERRY NIRVANA SMOOTHIE**

**Ingredients**
Makes 2 servings

2 cups unsweetened frozen cherries  
2 bananas  
1 1/2 cups chocolate rice milk or low-fat chocolate soymilk, or 1 1/2 cups vanilla rice- or soymilk and 2 tablespoons cocoa powder

**Directions**

Put all ingredients in blender and blend until smooth.
*Variation: Use frozen strawberries instead of cherries, and/or low-fat chocolate almond milk, if available.

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**“EGG SALAD” SANDWICH**

**Ingredients:**

1 package firm or extra firm tofu, pressed  
3 tbsp minced dill pickle  
1 minced green onion  
1 tbsp Dijon mustard  
1/4 tsp paprika  
1/4 tsp turmeric  
freshly ground pepper  
Vegenaise

**Directions:**

Crumble tofu with your hands into a bowl. Make it as chunky or as fine as you desire. Add dill pickle onions, mustard, paprika, turmeric, and pepper. Add in enough vegenaise to get the cosistency right. Mix well, refrigerate until ready to use. Tastes even better after 24 hours.

SERVE ON EZEKIEL BREAD,
GREEN POWER SMOOTHIE

Makes 6 servings
*16 sample servings

Ingredients:

1/4 cup water
1 apple, quartered and seeded
1 cup green grapes
1/2 carrot, cut into 1-inch chunks
1/2 rib of celery, cut into 1-inch chunks
1 small chunk of green cabbage
6 cups greens
1-2 cups ice
1 banana (optional)

Directions:

Put water into blender, add apples and grapes. Process until smooth. Add carrots, celery, and cab-
bagr. Process until liquid. Add greens. Add ice as needed to prove liquid so it won’t be too thick. Then, add the banana if desired. It will give the smoothie more of a creamy texture.
Because you subscribed to our mailing list - you will now get updates from Rooterville, A Sanctuary Inc. We hope that you will look forward to hearing about the goings on at our organization, and would be absolutely thrilled if you got involved with us, our message, or other great non-profits who are working hard to make a difference in the world.

We will be posting more recipes on our social media websites every now and again - so be sure to follow us on Twitter and Facebook for exclusive access to those posts!

Thank you so much from us and all of our residents - God bless!

WHAT NOW?
Rooterville and Yes2Veg are not your doctor. Although we suggest/promote a plant-based diet, it’s imperative that you consult with your doctor before making major changes to your diet.

Most recipes courtesy of PCRM, but also feature the Vegan Dad, Meatless Monday, FettleVegan, and Hallelujah Acres.

Brought to you by Rooterville, A Sanctuary Inc. and Yes2Veg