

LOTUS LANE CULINARY + AMY JOY'S VEGAN

Movement + MEAL

RECIPE GUIDE BY CHEF AMELIA IRENE



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MIXED GREENS SALAD + VEGAN "BUTTA" MILK RANCH

THE INGREDIENTS

SALAD

- 1 head of Romaine or Green Leaf
- 1 cup Spring Mix or Arugula
- 1 small red onion thinly sliced
- 1/2 cup Cherry Tomatoes Sliced
- 1 small cucumber thinly sliced

VEGAN "BUTTA" MILK RANCH DRESSING

- 1/4 cup dairy free milk (I prefer cashew)
- 1 tsp fresh lemon or lime juice
- 1 cup Vegan Mayo (I recommend Veganaise)
- 1 tablespoon Grapeseed or Olive Oil
- 1 tablespoon Dijon Mustard
- 1 tablespoon *Amy Joy's Soul Blend*
- 1 tablespoon fresh dill chopped
- 1 tablespoon fresh chives chopped

THE INSTRUCTIONS

1. Chop salad vegetables and place all salad ingredients in a bowl and set aside. If preparing a large salad to eat over a couple of days store onions separately and add when serving.

VEGAN "BUTTA" MILK RANCH DRESSING

1. Combine the vegan milk and fresh lemon or lime juice in a small bowl and set aside for 2-3 minutes to create the "butta" milk
2. In a mixing bowl combine all other ingredients and stir until well combined.
3. Add "butta" milk to remaining ingredients and stir.

Note: for thinner dressing add more vegan milk for thicker consistency add more mayo!



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PAN SEARED BERBERE SPICED TOMATOES

THE INGREDIENTS

- 2 cups Cherry Tomatoes
- 3 tablespoons of Grapeseed or Avocado Oil
- 1/4 cup Vegetable Stock or Water
- 1 tsp *Amy Joy's Berbere Spice*
- 1 tsp *Amy Joy's Soul Blend*

THE INSTRUCTIONS

1. Add oil to a large saute pan and turn the heat to a medium/high setting
2. Once oil is hot add tomatoes and saute tossing periodically
3. Tomatoes will begin to cook down, pop and release their natural juices. As the tomatoes begin to caramelize add stock or water
4. Simmer for an additional 2-3 minutes or until desired consistency and remove from heat

SUGGESTED USES

- Spoon tomatoes on crackers or baguette for bruschetta
- Toss tomatoes in your favorite pasta or grain
- Once cool toss in a salad such as Arugula and Quinoa!



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VEGAN 3 PEPPER PASTA SALAD + PARMESAN CHEEZ

THE INGREDIENTS

PASTA SALAD

- 1 Box Penne Pasta (Prepared and Set Aside to Cool)
- 3 Bell Peppers thinly sliced (Any combo of Green, Red, Yellow or Orange)
- 1 small red onion thinly sliced
- 1 tablespoon Dijon Mustard
- 1 1/2 tablespoon of Amy Joy's Soul Blend
- 3/4 cup Vegan Mayo (I recommend Veganaise; add more to reach desired c)

VEGAN "PARMESAN" (optional)

- 1 tablespoon Amy Joy's Soul Blend
- 1 tablespoon Nutritional Yeast
- 1 tablespoon Shelled Hemp Seeds

THE INSTRUCTIONS

1. Prepare pasta according to package instructions. Drain, rinse with cold water and set aside to cool for 15-20 minutes.
2. While pasta is cooling; remove seeds from peppers and thinly slice. Thinly slice onions
3. Combine all ingredients in a mixing bowl.
4. Chill before serving.

VEGAN "PARMESAN"

1. Combine all ingredients in a small mixing bowl.
2. Sprinkle on pasta salad before serving to desired taste.

