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Crunchy Coconut Curry Roasted Chickpeas

Best as a snack or salad topping | Makes 2 Cups

INGREDIENTS

2 -15 Ounce Cans of Chickpeas (Garbanzo Beans), Rinsed and Drained

1 Tbsp. Olive Oil

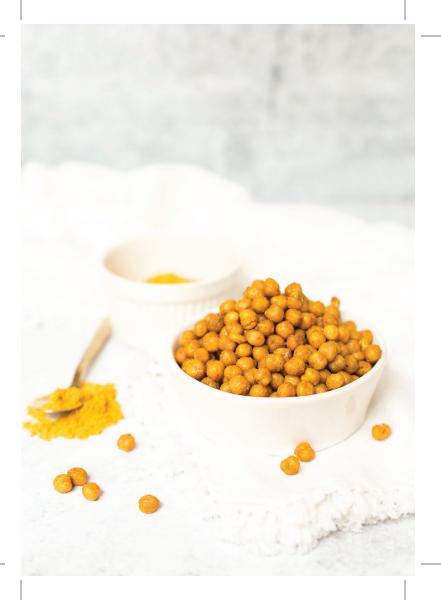
1½ Tbsp. Coconut Curry Seasoning

PREPARATION

Preheat your oven to 375 degrees. Spread chickpeas onto a baking sheet, making sure they are in a flat single layer. Bake for about 30 minutes until dry, frequently jiggling the pan to prevent sticking.

Add hot chickpeas to a bowl and stir in the olive oil and seasoning being gentle as to not break the chickpeas.

Place back on the sheet pan and return to the oven for 5-10 minutes until they are crispy.



Vegetable Coconut Curry

Serves four as a main course

INGREDIENTS

1 tsp. Olive Oil ½ Yellow Onion, Chopped

2 Cloves Garlic, Minced

1-14 ounce Can Full-Fat Coconut Milk (low fat will not work)

1 Tbsp. & 3 tsp. Coconut Curry Seasoning (or more to taste)

½ tsp. Salt 1 Fresh Butternut Squash Cubed (or

3 cups frozen)
1 pound Assorted
Stir-Fry Vegetables
Chopped (Any
Vegetables, Fresh
or Frozen)

Basmati Rice or Quinoa for Serving

PREPARATION

Add olive oil to a deep pan and cook on medium heat until soft, add garlic and stir until cooked.

Add the coconut milk and coconut curry seasoning. Taste, and add more seasoning if more spice is desired.

If you're using fresh butternut squash add it now. Turn heat to low and cover with a lid and let simmer for 5 minutes or until tender.

Remove the lid and stir in your vegetables, add the butternut squash now if using frozen.

Cover again, and let cook until the vegetables are tender, about 15 minutes.

Serve over Basmati rice or Quinoa



Zesty Horseradish Sauce

Serve as a vegetable dip or sauce | Makes ½ cup

INGREDIENTS

4 Tsp. Zesty Horseradish Seasoning

3 Tbsp. of Water

4 Tbsp. Vegan Mayo

PREPARATION

Mix water and horseradish seasoning in a small bowl until dissolved.

Add mayo and stir until mixed smooth.



Roasted Root Vegetables Drizzled With Horseradish Sauce

Serves four adults as a main course

INGREDIENTS

1-1 Pound Bag of Tri-Color Baby Carrots

5 Small Red Potatoes, Quartered

1 Red Onion, Sliced Thick

1 White Sweet Potato, Cubed

2 Tbsp. Olive Oil

4 Tbsp. Dairy-Free Butter

Zesty Horseradish Sauce (recipe on page 8)

PREPARATION

Preheat oven to 400 degrees

Toss vegetables in olive oil and spread into a shallow baking dish. Bake until tender and carrots start to brown, about 45 minutes.

Remove the dish from the oven and stir in butter until melted, coating all of the vegetables.

Return to oven for 5 more minutes.

Remove from the oven and drizzle with Zesty Horseradish Sauce.

Serve immediately.



Cauliflower Horseradish Soup

Serves four adults as a main course

INGREDIENTS

2 Tbsp. Dairy-Free Butter

1 Yellow Onion, Chopped

2 Cloves of Garlic, Minced

1 Medium Head of Cauliflower, Rough Chopped (including core)

1 Large Russet Potato, Cubed

3 Cups Vegetable Broth

1 Cup Unsweetened Almond Milk

1 Tbsp. Zesty Horseradish Seasoning

2 Tbsp. Water

Salt & Pepper to Taste

PREPARATION

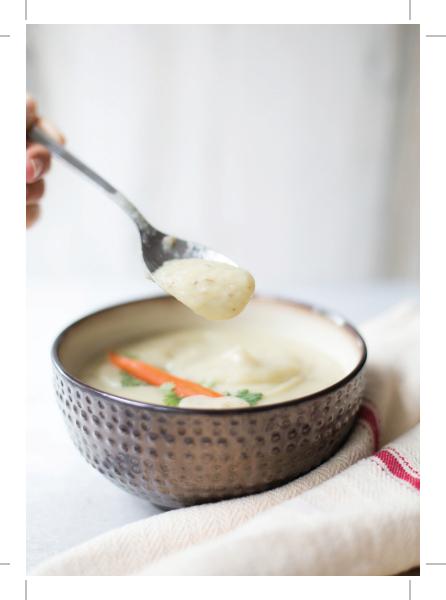
Mix the horseradish seasoning and water until dissolved, set aside.

Add olive oil to a medium sized pot, add onion and cook on medium heat until soft. Add garlic and stir until cooked.

Add the cauliflower, potato, broth, and almond milk. Bring to a boil and then turn down to low and let simmer until the vegetables are very soft, about 25 minutes.

Blend the soup mixture with an immersion blender or food processor until smooth. If you prefer a thinner consistency, add more almond milk, ¼ cup at a time.

Stir in horseradish mixture, season with salt and pepper to taste.



Lemon Rosemary Roasted Potatoes

Serves three as a side dish

INGREDIENTS

1½ Pounds Baby Gold Potatoes, Halved

1 Tbsp. Olive oil

1 Clove of Garlic, Minced

2 tsp. Lemon Rosemary Spice Mixture

½ Lemon (optional)

PREPARATION

Preheat oven to 400 degrees, Coat baking tray with non-stick spray.

In a bowl, toss the potatoes in olive oil, garlic, and seasoning mixture. Spread on tray in a flat even layer.

Bake for 20 minutes or until the potatoes are golden brown and tender.

For extra lemon flavor, squeeze the juice of a half lemon before serving.



Lemon Rosemary Vinaigrette

Pairs great with an arugula salad with blueberries and almonds. I Makes 1 cup

INGREDIENTS

PREPARATION

1/2 Cup Olive Oil

Whisk all ingredients together until blended.

¼ Cup White Wine Vinegar

2 tsp. Lemon Rosemary Seasoning

Juice of 1 Lemon



Maple Brown Sugar Roasted Carrots

Serves three as a side dish

INGREDIENTS

8 Carrots, Peeled & Sliced in Half Lengthwise

4 Tbsp. Dairy-free Butter, Melted

2 ½ Tbsp. Maple Brown Sugar Seasoning

¼ tsp. Cinnamon

PREPARATION

Preheat oven to 400 degrees.

Place the carrots in a shallow baking dish in a single layer. Pour melted butter over the carrots and sprinkle with the maple brown sugar seasoning and cinnamon.

Bake until the carrots are tender and have started to caramelize, about 25 minutes. Serve immediately.



Maple Balsamic Brussels Sprouts with Toasted Almonds and Cranberries

Serves three as a side dish

INGREDIENTS

- 2 Pounds Brussels Sprouts, Halved
- 2 Tbsp. Olive Oil
- 3 Tbsp. Balsamic Reduction
- 1½ Tbsp. Maple Brown Sugar Seasoning
- ¼ Cup Sliced Almonds
- ¼ Cup Dried Cranberries

PREPARATION

Preheat oven to 400 degrees

Toss the brussels sprouts in olive oil. Lay cut-side down on a baking tray. Bake until the outer leaves start to brown, about 15 minutes.

Stir in the balsamic reduction right on the tray, being sure to coat each brussels sprout. Sprinkle with the maple brown sugar seasoning, almonds, and cranberries. Return to oven and bake until caramelized, about 10 more minutes.



Sesame Soy Broccoli

Serves four as a side dish

INGREDIENTS

1 Pound Broccoli Florets

1 Tbsp Olive Oil

1½ Tbsp Sesame Soy Seasoning

PREPARATION

Preheat oven to 420 degrees. Cover a baking tray with aluminum foil.

Spread broccoli on the pan in an even layer, drizzle with olive oil.

Roast for 15 minutes. Sprinkle with sesame soy seasoning and return to oven until tender and starting to brown, about 10 more minutes.



Sweet and Spicy Sesame Soy Grilled Asparagus

Serves four as a side dish

INGREDIENTS

For the Grilled Asparagus:

1 Bunch Asparagus, Washed and Trimmed

2 Tbsp. Olive Oil Salt and Pepper to Taste

For the Sauce:

2 Tbsp. Olive Oil2 Tbsp. Rice Wine

Vinegar 2 Tbsp. Honey

½ tsp. Chili Flakes

2 Tbsp. Sesame Soy Seasoning

1/4 Teaspoon Cornstarch for Thickening

PREPARATION

Preheat grill on high heat

Coat asparagus in 2 Tbsp of the olive oil, sprinkle with salt and pepper, set aside.

In a small pot mix the other 2 Tbsp of olive oil, vinegar, and honey. Bring mixture to a boil, then whisk in the cornstarch, stirring until it can coat the back of a spoon.

Add chili flakes, more can be used for desired amount of heat.

Grill asparagus for 5 minutes on each side or until the thick part of the stalk is tender and the tops are starting to brown.

Immediately drizzle with sauce and sprinkle with the sesame soy seasoning.



Mexican Street Corn Hummus

Mexican street corn seasoning can also be sprinkled on corn on the cob | Makes 3 cups

INGREDIENTS

For The Hummus:

1-15 Ounce Canned Corn, Drained with 1 Cup set aside

1-15.5 Ounce Canned Chickpeas, drained

2 Cloves Garlic, Minced

2 Tbsp. Olive Oil

1 Tbsp. Vegan Mayo

1 Tbsp. Mexican Street Corn Seasoning

For The Topping:

2 tsp. Mexican Street Corn Seasoning

Remaining Corn

2 Tbsp. Fresh Cilantro, Chopped

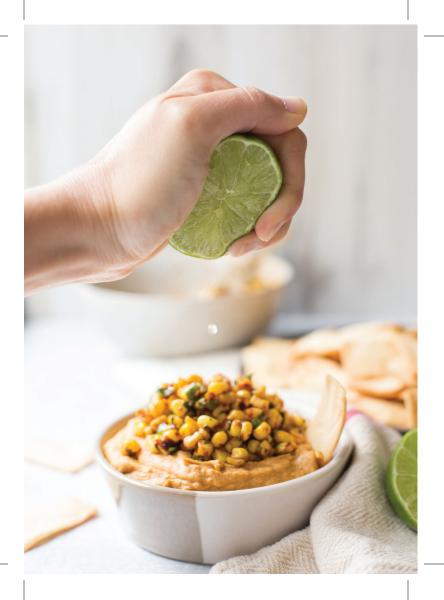
¼ tsp. Salt

½ Lime

PREPARATION

In a food processor, blend 1 cup of corn, chickpeas, garlic, olive oil, mayo, and seasoning until smooth. Taste, add more seasoning if you prefer a spicier flavor.

In a separate bowl, mix the remaining corn, seasoning, salt, and cilantro. Spoon this mixture on top of the hummus and squeeze the juice from half of a lime on top. Serve with pita bread, tortilla chips, or fresh vegetables.





88 Dilley St. Forty Fort, PA 18704
1.800.44SUGAR • customerservice@sugar-plum.com

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