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VEGETABLE SEASONING BLEND KIT

# RECIPES

10 plant-based recipes using  
artisanal seasoning blends





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We believe that food should delight the taste buds and spread smiles, so Sugar Plum Chocolates exists to serve YOU, our family-focused customers, a little taste of happiness by crafting delicious and innovative snacks and seasonings that people keep coming back for.

*Frann Edley*  
Founder, Sugar Plum

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**Sugar Plum**





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# Crunchy Coconut Curry Roasted Chickpeas

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Best as a snack or salad topping | Makes 2 Cups

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## INGREDIENTS

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

1 Tbsp. Olive Oil

1 ½ 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

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Serves four as a main course

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## 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

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Serve as a vegetable dip or sauce | Makes ½ cup

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## 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

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Serves four adults as a main course

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## 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

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Serves four adults as a main course

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## 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

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Serves three as a side dish

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## INGREDIENTS

1 ½ Pounds Baby  
Gold Potatoes,  
Halved  
1 Tbsp. Olive oil  
1 Clove of Garlic,  
Minced  
2 tsp. Lemon Rose-  
mary 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

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

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## INGREDIENTS

½ Cup Olive Oil  
¼ Cup White Wine  
Vinegar  
2 tsp. Lemon  
Rosemary  
Seasoning  
Juice of 1 Lemon

## PREPARATION

Whisk all ingredients together until blended.





# Maple Brown Sugar Roasted Carrots

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Serves three as a side dish

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## 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

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Serves three as a side dish

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## INGREDIENTS

2 Pounds Brussels Sprouts, Halved  
2 Tbsp. Olive Oil  
3 Tbsp. Balsamic Reduction  
1 ½ 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

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Serves four as a side dish

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## INGREDIENTS

1 Pound Broccoli  
Florets

1 Tbsp Olive Oil

1 ½ 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

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Serves four as a side dish

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## 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 Oil  
2 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

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

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## 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.



# Sugar Plum

*a little taste of happiness*

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