

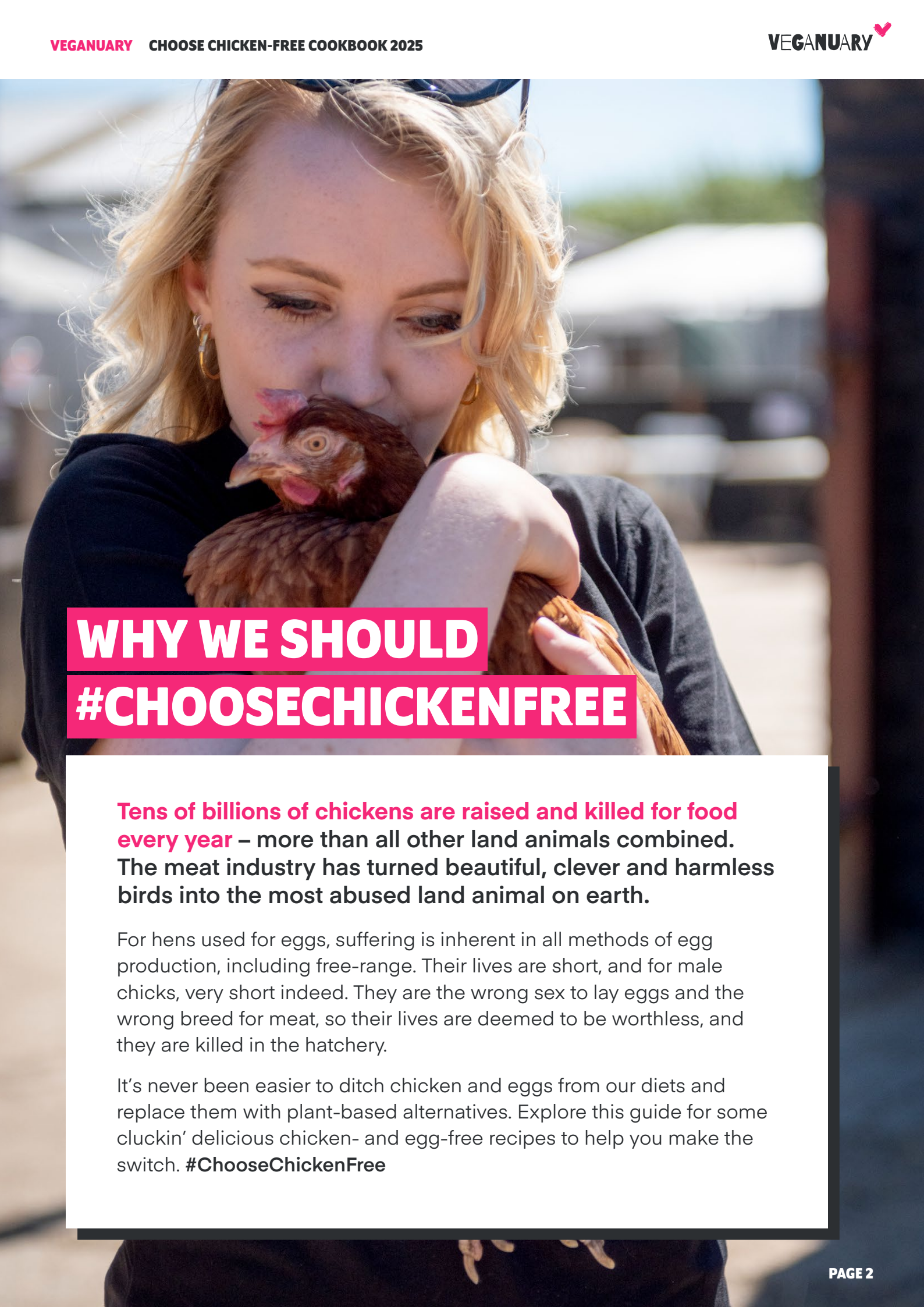


VEGANUARY **CHOOSE CHICKEN-FREE** **MINI COOKBOOK**



Delicious plant-based alternatives
to your favorite chicken and egg dishes





WHY WE SHOULD #CHOOSECHICKENFREE

Tens of billions of chickens are raised and killed for food every year – more than all other land animals combined. The meat industry has turned beautiful, clever and harmless birds into the most abused land animal on earth.

For hens used for eggs, suffering is inherent in all methods of egg production, including free-range. Their lives are short, and for male chicks, very short indeed. They are the wrong sex to lay eggs and the wrong breed for meat, so their lives are deemed to be worthless, and they are killed in the hatchery.

It's never been easier to ditch chicken and eggs from our diets and replace them with plant-based alternatives. Explore this guide for some cluckin' delicious chicken- and egg-free recipes to help you make the switch. **#ChooseChickenFree**

**TINDLE**

GARLIC PARMESAN WINGS

These mouthwatering, ridiculously good garlic parmesan vegan boneless wings from TiNDLE are perfect for an appetizer or meal. Juicy, meaty, crunchy...YUM

Makes: 6 servings

Prep Time: 5min

Cooking Time: 5-7min

INGREDIENTS

1 pack TiNDLE Boneless Chicken Wings

1/4 cup, melted: unsalted vegan butter

1 tsp garlic powder

1 tsp dried oregano

1/4 tsp salt

1/2 cup freshly grated parmesan cheese

1/4 cup chopped parsley

METHOD

1. Get a frying pan and add some olive oil on medium heat.
2. Add TiNDLE's Boneless Chicken wings to the pan, flipping them occasionally (approximately 3min per side) until they are crispy and golden brown.
3. Prepare your ingredients.
4. In a medium mixing bowl, add in the vegan butter, dried oregano, garlic powder, and salt. Stir until well mixed.
5. Place TiNDLE's Boneless Chicken wings in the mixing bowl and toss until evenly coated.
6. Garnish with chopped parsley and vegan parmesan and enjoy!



VITACOST

VEGAN DEVEILED EGGS

A delicious, cruelty-free twist on deviled eggs.

Prep Time: 15min

Cooking Time: 60min

INGREDIENTS

Golden potatoes or baby purple potatoes

8oz Tofu (any works, but silken will result in a smoother mixture)

2oz vegan mayonnaise

3 tbsp extra-virgin olive oil

1 tbsp Dijon mustard

1/2 tbsp apple cider vinegar

1/2 tbsp dill pickle juice (or, more apple cider vinegar)

3/4 tsp turmeric

1 tsp himalayan pink salt

1/2 tsp black pepper

1 tsp onion powder

1 tsp garlic powder

1 tsp paprika

1/4 cup chopped scallions or dill (for garnish)

METHOD

Potatoes

1. Heavily salt a large pot of water and bring to a boil. Add the potatoes and cook for about 15 minutes, until cooked through. If you can easily slice a potato in half, then they are ready.
2. Drain the potatoes and let them cool for a few minutes. Transfer them to the refrigerator and chill for about an hour. Prepare the filling in the meantime.

Filling

1. Combine all the ingredients in a blender until smooth and creamy. Make sure to scrape down the sides and continue blending until it is well combined.
2. Transfer the mixture to a bowl and chill until ready to assemble.
3. Once the potatoes are chilled, slice them in half and lay them on a serving platter. Make sure to place them cut side up. Optionally, you can cut a small circular well into each potato to make space for the filling.
4. Use a piping bag (or a plastic zip bag with a corner cut off) to pipe the filling in a circle on one end of the potato (or inside the circular well), to resemble an egg.
5. Garnish with a pinch more paprika and fresh herbs. Enjoy!



THE MUSHROOM HUB

PULLED JERK LION'S MANE

A fungi-based, vegan, gluten-free recipe (FB/V/GF)

Makes: 6 servings

Prep Time: 5min

Cooking Time: 5-7min

INGREDIENTS

- 1 LB Lion's Mane mushroom
- 1 onion, chopped
- 3 cloves of garlic, minced
- 1 cup vegetable broth
- 1/4 cup soy sauce
- 2 tbsp apple cider vinegar
- 2 tbsp brown sugar
- 1 tbsp olive oil
- 1 tsp ground allspice
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp ground ginger
- 1 tsp ground black pepper
- 1 tsp cayenne pepper
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1 tsp dried oregano
- Himalayan Salt to taste
- 4-6 buns for serving

METHOD

1. Begin by preparing the Lion's Mane mushrooms. Using a fork, shred the mushrooms into thin, "pulled" pieces. Set aside.
2. Now begin making the homemade jerk spice. In a small bowl, mix together the allspice, cinnamon, nutmeg, ginger, black pepper, cayenne pepper, thyme, parsley, and oregano. Set aside.
3. In a large skillet, heat the olive oil over medium heat. Add the chopped onion and minced garlic and sauté until they become translucent.
4. Add the Lion's Mane mushroom to the skillet and cook for about 5 minutes, stirring occasionally.
5. In a separate bowl, mix together the vegetable broth, soy sauce, apple cider vinegar, brown sugar, and 2 tablespoons of the homemade jerk spice.
6. Pour the mixture over the mushrooms in the skillet and stir to combine. Let it simmer for about 10 minutes, until the mushrooms are tender and the sauce has thickened.
7. Using two forks, shred the mushrooms in the skillet to create a pulled texture.
8. Let the mushrooms cook for an additional 5 minutes, allowing the flavors to meld together. Taste and add salt if needed.
9. Serve the pulled jerk Lion's Mane on buns, topped with your favorite coleslaw, mango salsa or toppings of your choice.
10. Enjoy your delicious and flavorful Pulled Jerk Lion's Mane with Homemade Jerk Spice! Please be sure to tag us [@themushroomhub](https://www.instagram.com/themushroomhub) - we want to celebrate your experience!



ATLANTIC NATURAL FOODS

VEGAN CHIK'N ENCHILADAS

The Mexican classic, reimagined vegan-style!

Makes: 4 servings

Prep Time: 60min

Cooking Time: 25min

INGREDIENTS

3 cans of Loma Linda CHIK'N in Broth, drained

2 tablespoons olive oil

1 large onion, diced

4 cloves garlic, minced

2 bell peppers (any color), diced

2 cups corn kernels (fresh or frozen)

2 cans (15oz each) black beans, drained and rinsed

2 cans (15oz each) enchilada sauce

2 cups vegan Mexican blend cheese, shredded

12 small corn or flour tortillas

Salt and pepper, to taste

Optional toppings: diced avocado, chopped cilantro, sliced jalapeños, vegan sour cream

METHOD

1. Preheat your oven to 375°F (190°C). Grease a 9x13-inch baking dish with cooking spray or olive oil.
2. In a large skillet, heat the olive oil over medium heat. Add the diced onion and sauté for 2-3 minutes until softened.
3. Add the minced garlic and diced bell pepper to the skillet. Cook for an additional 2-3 minutes until the peppers are tender.
4. Stir in the CHIK'N, corn kernels, and black beans. Season with salt and pepper to taste. Cook for another 3-4 minutes until everything is heated through.
5. Pour about 1/2 cup of enchilada sauce into the bottom of the prepared baking dish, spreading it out evenly.
6. Warm the tortillas in the microwave or on a skillet until they are pliable. Spoon a generous amount of the CHIK'N and vegetable mixture onto each tortilla, then roll them up tightly and place them seam-side down in the baking dish.
7. Pour the remaining enchilada sauce over the top of the rolled enchiladas, spreading it out evenly. Sprinkle the shredded vegan Mexican blend cheese over the top.
8. Cover the baking dish with aluminum foil and bake in the preheated oven for 20-25 minutes, or until the enchiladas are heated through, and the cheese is melted and bubbly.
9. Remove the foil and bake for an additional 5 minutes to lightly brown the cheese.
10. Serve the enchiladas hot, garnished with diced avocado, chopped cilantro, sliced jalapeños, and a dollop of vegan sour cream if desired.

NASOYA

TOFUBAKED TERIYAKI BURGER

Tossed in marinated Teriyaki with jalapeños and Gochujang aioli. Yum!

Makes: 2 servings

Prep Time: 10min

Cooking Time: 45min

INGREDIENTS

Tofu

2 packages Nasoya
TofuBaked Teriyaki
1/4 cup teriyaki sauce
3 tbsp brown sugar
1 tsp gochujang
1 tsp fresh ginger
chopped
1 clove garlic minced

Gochujang aioli

1/4 cup vegan
mayonnaise
2 tsp gochujang
1/2 tsp lime juice

Salt & pepper

Ponzu aioli

1/3 cup vegan
mayonnaise
2 tsps ponzu sauce
1/2 tsp sesame oil
1 clove garlic minced
Pinch kosher salt

Slaw

2 cups red cabbage
1/4 cup rice wine
vinegar
6 tbsp water
6 tbsp cup sugar
1/2 tsp fresh ginger
chopped
Pinch red pepper
flakes

Pinch kosher salt

Peppers

10 shishito peppers
2 tsp sesame oil
Salt & pepper
Vegan pretzel buns
Butter lettuce leaves
Pineapple slices,
grilled
Sesame seeds

METHOD

1. To grill tofu: In a small bowl, whisk together the teriyaki sauce, brown sugar, gochujang, ginger and garlic. Set aside. Grill TofuBaked patties until seared (3 minutes). Flip to sear the other side. Generously brush the glaze over the burgers. Continue cooking for 2 more minutes with the lid open.
2. To make shishito peppers: toss with sesame oil, salt, and pepper. Grill on direct heat for 4 minutes until blistering
3. To make aioli: Whisk corresponding ingredients in a small bowl. Chill in fridge until ready to serve.
4. To pickle the cabbage: In a saucepot, combine the vinegar, water, sugar, ginger, red pepper flakes and salt. Bring to a boil. Place the cabbage in a large bowl. Pour the hot liquid over the cabbage. Let steep for 15-30 minutes, stirring occasionally. Drain from the liquid and squeeze out the extra moisture.
5. Assemble burgers and enjoy!

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WHY IT'S WORTH TAKING CHICKEN AND EGG OFF OUR PLATES:

You can find more information about the life of farmed chickens, as well as vegan chicken alternatives and recipes on our [Website](#).

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We'll send you more support with trying vegan, as well as our digital celebrity cookbook, plant-based meal plans and much more in our 31-day email series.

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