

Party PLEASERS

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Wow the crowd at your next get-together with this no-fuss menu of flavorful favorites. From crispy chickpea nuggets and spicy jackfruit tacos to a colorful pasta salad and a light, elegant dessert, the selections can be served as a buffet or set out as nibbles for party-planning ease any time you want to entertain.

Menu

SERVES 10

CHICKPEA NUGGETS

RUSTIC BREAD BOWL WITH SUN-DRIED TOMATO AND ASPARAGUS DIP

RAINBOW PASTA SALAD

CHIPOTLE JACKFRUIT TACOS

HIDDEN BERRY DESSERT SQUARES





Chickpea Nuggets

MAKES ABOUT 22 NUGGETS
READY IN 1 HOUR

Kids go crazy for this vegan alternative to chicken nuggets. Serve our tender-on-the-inside, crispy-on-the-outside chickpea bites with ketchup and BBQ sauce for dipping, and feel free to offer hot sauce for spice-loving adults. Leftovers are great for next-day lunches too, because they taste delicious hot or cold. To prepare the nuggets in an air fryer, cook them for 15 minutes at 370°F.

- ½ cup whole grain bread crumbs
- 2 teaspoons Italian seasoning
- 2 (15-ounce) cans chickpeas, drained and rinsed (3 cups)
- 1½ cups cooked brown rice
- 1 small onion, cut into 1-inch pieces (1 cup)
- 3 cloves garlic
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- ¼ cup nutritional yeast
- ¼ cup lime juice
- ¼ cup finely chopped fresh parsley
- Sea salt and freshly ground black pepper
- Ketchup, BBQ sauce, and/or hot sauce for dipping

INSTRUCTIONS

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. In a small, shallow bowl, mix together the bread crumbs and Italian seasoning.
3. In the bowl of a food processor, combine the chickpeas, rice, onion, garlic, cumin, turmeric, nutritional yeast, lime juice, parsley, and salt and pepper to taste; pulse to a pliable mixture. (If you don't have a food processor, use a potato masher.) Mold about 2 tablespoons of the mixture into an oblong nugget, then roll the nugget in seasoned bread crumbs, and place it on the prepared baking sheet.
4. Repeat until all of the mixture is used. Bake for 20 minutes, then flip nuggets and bake for 20 more minutes.
5. Serve hot with ketchup, BBQ sauce, and/or hot sauce for dipping.



Rustic Bread Bowl with Sun-Dried Tomato and Asparagus Dip

MAKES 1 LOAF AND 3 CUPS DIP

READY IN 1 HOUR 15 MINUTES

A no-knead, homemade bread bowl doubles as the serving vessel and the dippers for a flavorful, creamy vegan dip. Serve with raw vegetables as well so guests can enjoy every last bit of dip.

BREAD BOWL

- 1 ¼ cups unsweetened plant-based milk, divided**
- 1 cup steamed and mashed potatoes (about 1 pound)**
- 3 tablespoons lemon juice**
- 1 ½ cups all-purpose flour, plus more for dusting**
- 1 cup whole wheat flour**
- 1 tablespoon sodium-free baking powder**
- ½ teaspoon sodium-free baking soda**
- 1 teaspoon sea salt**
- 1 pinch ground black pepper**
- ½ tablespoon sesame seeds**

DIP

- 10–12 asparagus stalks, trimmed**
- 1 ½ cups unsweetened, unflavored plant-based milk**
- ⅓ cup whole wheat flour**
- 1 tablespoon red wine vinegar**
- 1 tablespoon nutritional yeast**
- 2 teaspoons finely chopped fresh rosemary**
- ½ tablespoon garlic powder**
- ½ tablespoon onion powder**
- 4 pieces sun-dried tomatoes**
- 1 (14-ounce) can hearts of palm, drained and rinsed**
- Sea salt and freshly ground black pepper**

INSTRUCTIONS

- 1.** To make Bread Bowl, preheat oven to 375°F. Line a baking sheet with parchment paper.
- 2.** In a mixing bowl combine 1 cup milk, mashed potatoes, and lemon juice. Mix well.
- 3.** In a separate bowl, combine the flours, baking powder, baking soda, salt, and pepper. Mix well.
- 4.** Add the wet ingredients to the dry ingredients; mix gently to combine, but do not knead. Shape the dough into a ball, then flatten it into a large disk that is 1 ½ inch high and 7 inches in diameter. Press into the middle of the disk to create a well. Line this well with a piece of parchment paper, and fill it with pie weight or dry beans.
- 5.** Brush the loaf with the remaining ¼ cup milk, and sprinkle with sesame seeds.
- 6.** Bake 50 to 60 minutes until brown on top.
- 7.** Remove bread bowl from the oven and remove the weights. Use a serrated knife to cut wedge-shaped slices into the bread bowl for easier serving, but don't cut all the way through to the bottom.
- 8.** To make Dip, place the asparagus and ¼ cup of water in a skillet; cook for 5 to 7 minutes until cooked but still crunchy; do not overcook. Cool the asparagus under cold running water, and chop into ¼-inch pieces.
- 9.** In a saucepan, mix together the milk, flour, vinegar, nutritional yeast, rosemary, garlic powder, and onion powder. Bring mixture to a boil over medium heat, then reduce heat and simmer for 5 to 7 minutes until the sauce thickens. Let sauce cool for 10 minutes.
- 10.** In the bowl of a food processor, pulse the sun-dried tomatoes to a coarse texture. Add hearts of palm and cooled sauce, then process into a creamy texture.
- 11.** Fold the asparagus into the dip, and season to taste with salt and pepper. Spoon dip into bread bowl just before serving.



Rainbow Pasta Salad

MAKES 12 CUPS

READY IN 30 MINUTES

Can't decide between pasta and salad? This delicious, vegan pasta salad recipe has everything you love about both—all in one big, colorful dish. Make this salad the night before your party to help streamline kitchen prep.

- 8 ounces whole-grain penne or fusilli pasta (3½ cups cooked)**
- 1 (15-ounce) can tomato sauce (1½ cups)**
- ½ small onion, cut into ¼-inch dice (½ cup)**
- 2 tablespoons red wine vinegar**
- 1 tablespoon fresh garlic, minced (6 cloves)**
- 1 teaspoon dried oregano**
- 1 (15-ounce) can red kidney beans, drained and rinsed (1½ cups)**
- 2 cups shredded kale (2 ounces)**
- 1 orange bell pepper, cut into thin slices (1 cup)**
- ½ cup shredded red cabbage**
- ½ cup cherry tomatoes, sliced into halves (3 ounces)**
- 1 tablespoon finely chopped fresh parsley**
- Sea salt and freshly ground black pepper**

INSTRUCTIONS

- 1.** Cook the pasta according to package directions. Drain and transfer to a salad bowl; set aside.
- 2.** In a large saucepan, combine the tomato sauce, onion, vinegar, garlic, and oregano. Bring to a boil, cover pan, and simmer for 10 minutes over medium-low heat until onions are tender.
- 3.** Add the sauce, beans, kale, bell peppers, cabbage, tomatoes, and parsley to the pasta. Toss well, and season to taste with salt and pepper. Chill in the refrigerator overnight or until ready to serve.



Chipotle Jackfruit Tacos

MAKES 12 TACOS (4 CUPS FILLING)

READY IN 40 MINUTES

A common ingredient in Indian cuisine, green (unripe) jackfruit is popular with plant-based cooks because of its meat-like texture and ability to absorb other flavors.

Here, it soaks up a spicy chipotle sauce for a flavorful taco filling that also features diced potatoes. (If you don't have jackfruit, just skip it and double the amount of potatoes in the recipe.)

CHIPOTLE JACKFRUIT FILLING

- 1 medium potato, cut into ½-inch dice (2 cups)
- 1 medium onion, cut into ¼-inch dice (2 cups)
- 2 cloves fresh garlic, minced (1 teaspoon)
- 1 (15-ounce) can diced tomatoes with their juice (1½ cups)
- 1 (14-ounce) can water-packed jackfruit, drained and rinsed (1½ cups)
- 3 tablespoons taco seasoning
- 1 tablespoon smoked paprika
- ¼ teaspoon minced chipotle in adobo sauce
- 2 tablespoons fresh cilantro, finely chopped
- 2 tablespoons lemon juice

TACO FIXINGS

- 12 corn tortillas
- 2 cups shredded lettuce
- 1 medium tomato, cut into ½-inch dice (1 cup)
- 2 stalks scallions, thinly sliced (1/2 cup)
- 1 avocado, cut into ¾-inch dice

INSTRUCTIONS

1. In a skillet over medium-low heat, sauté the potatoes, onions, and garlic in ¼ cup water for 10 minutes or until the onions are tender.
2. Add the diced tomatoes, jackfruit, taco seasoning, paprika, and chipotle in adobo sauce, and continue cooking for 10 minutes until the juice from the tomatoes is absorbed.
3. Using the back of the spatula, break the jackfruit into smaller pieces. Stir in the cilantro and lemon juice.
4. Place half of the tortillas in a pile on a heated non-stick skillet. Warm through and quickly wrap in a damp cloth to keep warm. Repeat with remaining tortillas. Conversely, wrap tortillas in aluminum foil lined with a damp paper towel, and warm in a 350°F oven for 5 to 10 minutes.
5. To assemble the tacos, place the filling in the center of each, and top with the lettuce, tomatoes, scallions, and avocado, and serve immediately.



Hidden Berry Dessert Squares

MAKES 16 2-INCH SQUARES

READY IN 1½ HOURS

This colorful, no-bake variation on lemon bars is made with a fluffy sweet potato filling that sets over a layer of 'hidden' fresh berries. A date-sweetened crumble is used for both the crust and for a sweet, slightly crunchy garnish.

CRUMBLE

- 2 cups dates or date paste
- 1½ cups whole grain bread crumbs
- 2 teaspoons pure vanilla extract
- 2 pinches sea salt

CREAM LAYER

- 2 pounds unpeeled sweet potatoes, baked until tender (about 3 cups mashed)
- 3-4 tablespoons pure cane sugar
- 1½ tablespoons lemon zest
- 1 tablespoon pure vanilla extract
- 2 cups mixed fresh berries, plus more for garnish

INSTRUCTIONS

1. Place the dates in the bowl of a food processor, and pulse to break into small bits. Add the bread crumbs, vanilla, and salt, and pulse to the texture of coarse sand.
2. Reserve ¼ cup of the crumble for topping, and press the rest of it into the bottom of an 8-inch square baking dish. Press down to make an even, compact base layer. Transfer dish to refrigerator to chill for 20 to 30 minutes.
3. Scoop the interior of the sweet potatoes into the bowl of a food processor, and discard potato skins. Add sugar, lemon zest, and vanilla to the sweet potato. Purée to a smooth, creamy texture.
4. Remove the baking dish from the refrigerator, and spread a layer of fresh berries over the base layer. Cover the berries evenly with all of the sweet potato puree, and smooth the top with a spatula. Sprinkle the reserved crumble on top.
5. Refrigerate for at least 30 minutes, or until ready to serve. To serve, cut into 16 squares, and garnish with fresh berries.