

# A FORKS THANKSGIVING

CELEBRATE AMERICA'S BIGGEST FEAST DAY THE **FOK** WAY—WITH OUR  
COLORFUL SPREAD OF INSPIRED VEGAN RECIPES.

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Whether you're masterminding an entire Thanksgiving feast or contributing one special dish, our all-new collection of vegan Thanksgiving recipes will do you proud. Get the party started with a curried squash hummus served in its own squash bowl surrounded by crudité's. For the main event, we have a colorful baby kale salad with farro and fresh fruit, a hearty lima bean stew fragrant with autumn spices, and a layered sweet potato casserole with herbed mushroom stuffing and a savory vegan cream sauce. For a sweet ending that's not *too* sweet, serve our rustic, cranberry-spiked carrot cake with a simple chocolate ganache. Everything is vegan and completely oil-free, and to keep this menu manageable, the casserole, stew, and cake can all be made a day ahead of time. Happy Thanksgiving!



## THE MENU

**SERVES 6 TO 8**

Curried Acorn Squash  
Hummus with Crudité's



Baby Kale Salad with  
Farro, Grapes, and  
Oranges



Autumn Lima  
Bean Stew



Sweet Potato Casserole  
with Herbed  
Mushroom Stuffing



Cranberry Carrot  
Cake with Chocolate  
Ganache





## CURRIED ACORN SQUASH HUMMUS WITH CRUDITÉS

**MAKES 3 CUPS**  
**READY IN 40 MINUTES**

Get the party started with this hearty vegan hummus recipe featuring the flavors of acorn squash and a hint of curry. For a festive presentation, use the scooped-out squash shell as a serving bowl for your hummus, and surround it with your favorite crudité's and/or crackers for dipping.

- 1 small acorn squash (about 1.5 pounds)**
- 1 medium sweet onion, cut into ¼-inch dice (2 cups)**
- 1 tablespoon fresh garlic, minced (6 cloves)**
- ½ tablespoon curry powder**
- 1 (15-oz.) can chickpeas, rinsed and drained (or 1½ cups cooked chickpeas)**
- ¼ cup fresh lemon juice**
- 1 tablespoon tahini**
- 2 tablespoons fresh parsley, finely chopped**
- Sea salt**
- Ground black pepper**
- Assorted fresh vegetables, for dipping**

### INSTRUCTIONS

- 1.** Preheat oven to 400°F. Line a baking sheet with parchment paper.
- 2.** Slice about one-third off the top of the acorn squash so you can use the lower portion as a deep serving bowl for the hummus. Clear out the seeds, and place the top and bottom pieces of squash face-down on the prepared baking sheet. Bake for 30 minutes. Set squash aside until cool enough to handle.
- 1.** Scoop out the squash flesh from both pieces, being careful not to break the shell of the larger piece.
- 2.** Meanwhile, sauté the onion, garlic, curry powder, and ½ cup water in a sauté pan, for 10 minutes over medium heat, stirring occasionally. Let it cool for 5 minutes.
- 3.** Transfer onion mixture to the bowl of a food processor; add chickpeas, scooped-out squash flesh, lemon juice, tahini, and parsley. Blend to a smooth consistency, add salt and pepper to taste, and blend again briefly to incorporate.
- 4.** Transfer hummus back into the acorn squash shell, and serve with crudité's or crackers.





## BABY KALE SALAD WITH FARRO, GRAPES, AND ORANGES

**MAKES** 6-8 CUPS

**READY IN** 35 MINUTES

Baby kale is easy to find these days, and it's much more tender and sweet than the larger leaves. Farro is a tasty ancient grain from the wheat family. Tossed together with shaved fennel, oranges and grapes, they make a colorful, sweet and savory salad that will please kids and adults alike. You can easily substitute your favorite cooked grain for the farro, and other fruits in place of oranges and grapes.

### SALAD

- ½ cup farro, washed (1 cup cooked)**
- ¼ small fennel bulb, shaved and chopped (about 1 cup)**
- 1 celery stalk, thinly sliced (about ½ cup)**
- 4 large oranges, peeled and sectioned into 1-inch segments (2 cups)**
- 2 cups red grapes, halved**
- ¼ small red onion, thinly sliced (about ¼ cup)**
- 2 cups chopped baby kale (2 ounces)**
- ¼ cup chopped fennel greens, for garnish**
- Sea salt and ground black pepper**

### APPLE BALSAMIC DRESSING

- 1 cup applesauce**
- ¼ cup balsamic vinegar**
- 2 tablespoons ground chia seeds**

### INSTRUCTIONS

- 1.** In a pot, combine the farro and  $\frac{3}{4}$  cup water; bring to a boil over high heat. Simmer, covered, over low heat for 20 minutes; until farro is cooked. Transfer farro to a salad bowl to cool.
- 2.** Meanwhile, make the Dressing: Combine the applesauce, vinegar, ground chia, and  $\frac{1}{4}$  cup water in the bowl of a blender. Blend until smooth.
- 3.** Add the fennel, celery, orange segments, grapes, onion, kale, and fennel greens to the bowl with farro. Mix well.
- 4.** Drizzle with dressing, salt and pepper. Taste and adjust seasoning.



## AUTUMN LIMA BEAN STEW

**MAKES** 10-12 CUPS

**READY IN** 80 MINUTES

Creamy, tender, cooked-from-scratch lima beans are a real treat in this chunky vegan stew that bursts with fall spices and rich tomato flavors. (If you'd rather use canned beans, you will need three 15-ounce cans, rinsed and drained, and 4 cups of water. Skip Step 2, and add the beans in Step 3.)

- 1 small potato, cut into ½-inch dice (about 1½ cups)**
- 1 medium onion, cut into ½-inch dice (2 cups)**
- 1 cup mushrooms, cut into ½-inch dice**
- 1 medium carrot, peeled and cut into ½-inch dice (½ cup)**

- 1 stalk celery, cut into ½-inch dice**
- 2 tablespoons fresh garlic, minced**
- 1 star anise**
- ¼ teaspoon ground nutmeg**
- ¼ teaspoon ground allspice**
- ¼ teaspoon ground cinnamon**
- ⅛ teaspoon ground black pepper**
- 1½ cups dry lima beans or other large white beans such as gigantes**
- 1 (28-ounce) can diced tomatoes with their juice**
- 2 tablespoons lemon juice**
- 1 tablespoon tomato paste**
- 1 tablespoon finely chopped fresh parsley**
- Sea salt**

### INSTRUCTIONS

- 1.** In a sauté pan, combine the potato, onion, mushrooms, carrot, celery, garlic, star anise, nutmeg, allspice, cinnamon, pepper, and ¼ cup water; sauté for 10 minutes over medium heat, stirring occasionally until the onions are translucent. Add water 1 to 2 tablespoons at a time if needed to prevent vegetables from sticking to the pan.
- 2.** Add the beans and 7 cups water, and bring the liquid to a boil. Reduce to a simmer, cover pan, and cook for 60 minutes or until beans are tender. Stir occasionally.
- 3.** Remove and discard the star anise. Add the tomatoes, lemon juice, tomato paste, and parsley. Season with salt and pepper. Taste and adjust seasoning. Cook for 5 to 7 minutes to bring to a boil and merge the flavors.





## SWEET POTATO CASSEROLE WITH HERBED MUSHROOM STUFFING

**MAKES** ONE 9- BY 13-INCH CASSEROLE  
**READY IN** 60 MINUTES

This crowd-pleasing casserole features layers of tender sweet potatoes, savory vegan cream sauce, and herbed mushroom stuffing. It makes a delicious main course, especially when accompanied by a hearty soup or stew like our Autumn Lima Bean Stew.

### SAVORY CREAM SAUCE

- ½ cup cashews**
- 1½ cups plant-based milk**
- 1 cup nutritional yeast**
- ¼ cup oat flour**
- ¼ cup lemon juice**
- Sea salt**
- Ground black pepper**

### SWEET POTATOES AND STUFFING

- 4 medium sweet potatoes, cut into ½-inch-thick rounds (about 3 pounds)**
- 1 medium red onion, cut into ¼-inch dice (2 cups)**
- 1 pound mushrooms, cut into ¼-inch dice**
- 2 tablespoons minced fresh garlic (12 cloves)**

- 1 tablespoon (2–3 sprigs) finely chopped fresh rosemary (or ½ tablespoon dried)**
- 1 tablespoon (5–6 sprigs) finely chopped fresh thyme (or ½ tablespoon dried)**
- 2 tablespoons red wine vinegar**
- 1 cup breadcrumbs**
- ½ cup fresh or dried cranberries**
- ¼ cup finely chopped fresh chives, divided**
- ½ teaspoon sea salt**
- ¼ teaspoon ground black pepper**

### INSTRUCTIONS

- 1.** Preheat oven to 400°F.
- 2.** Soak the cashews in ½ cup hot water for 10 minutes. Transfer the cashews and their soaking water to a blender. Add the milk, nutritional yeast, oat flour, lemon juice, salt, and pepper. Blend into a smooth sauce.
- 3.** Steam sweet potatoes in a steamer insert set over a pan of boiling water, covered, for 15 to 20 minutes or until sweet potatoes are tender when pierced with a fork. You might need to do this in batches.
- 4.** Meanwhile, place the onions, mushrooms, and garlic in a large, dry skillet, and sauté over medium heat, stirring frequently, for about 10 minutes. (There is no need to add water; the mushrooms will release enough liquid to cook the vegetables without them sticking to the pan.) Add the rosemary, thyme, and vinegar, and continue to cook for 5 minutes. Remove pan from heat, and add the breadcrumbs, cranberries, half of the chives, and the salt and pepper. Mix well.
- 5.** Spread ½ cup of Savory Cream Sauce on the bottom of the casserole dish. Place a layer of the potatoes over it. Spread a liberal amount of stuffing over the potatoes and drizzle another ½ cup of sauce. Repeat with the rest of the potatoes, another liberal layer of the stuffing and a generous drizzle of sauce. Sprinkle the remaining filling as the final layer.
- 6.** Bake uncovered for 20 to 25 minutes until the top is brown and crumbly.
- 7.** Remove from the oven and garnish with remaining fresh chives.
- 8.** Serve with the remaining Savory Cream Sauce, warmed up, on the side. You may need to add water if the sauce is too thick.



## CRANBERRY CARROT CAKE WITH CHOCOLATE GANACHE

**MAKES** ONE 9- BY 5-INCH  
LOAF

**READY IN** 90 MINUTES

This rustic vegan carrot cake has a subtly cornbread-like texture thanks to the addition of cornmeal. Cranberries add a punch of color and tartness, and the chocolate ganache is downright decadent. You can garnish the cake with chopped cranberries (optional) for added drama.

### CAKE

- 1 cup plant-based milk
- 2 carrots, peeled and finely grated (2 cups)
- $\frac{3}{4}$  cup chopped fresh or frozen cranberries (3 ounces)  
plus 2 tablespoons for garnish
- $\frac{3}{4}$  cup maple syrup
- 1 teaspoon apple cider vinegar
- $1\frac{1}{2}$  cups cornmeal
- 1 cup whole-wheat flour
- 1 tablespoon baking powder
- $\frac{1}{2}$  tablespoon ground cinnamon
- $\frac{1}{2}$  teaspoon sea salt

### CHOCOLATE GANACHE

- $\frac{1}{2}$  cup vegan grain-sweetened chocolate chips (3 ounces)
- 2 tablespoons plant-based milk

### INSTRUCTIONS

1. Preheat the oven to 350°F. Line the base and two long sides of a loaf pan with parchment paper, or use a silicone bread pan.
2. In a large bowl, mix together the milk, carrots, cranberries, maple syrup, and vinegar.
3. In a separate bowl, mix together the cornmeal, whole-wheat flour, baking powder, cinnamon, and salt.
4. Add the dry mixture to the wet mixture, and mix well.
5. Pour the batter into the prepared pan, and bake for 1 hour until a toothpick inserted in the center comes out dry. Transfer cake pan to a cooling rack to cool for 5 minutes, then remove cake from pan to cool completely.
6. To make the Chocolate Ganache, pour about 1 inch of water into a saucepan, bring the water to a boil over high heat, and then lower the heat to a simmer. Place a mixing bowl over the saucepan, add the chocolate chips, and allow them to gradually melt. Once the chocolate is completely melted, add the milk, and mix well using a whisk or spatula. Remove from heat.
7. Pour the chocolate sauce over the cake; allowing it to drip down the sides.
8. Sprinkle the remaining chopped 2 tablespoons cranberries on top of cake, if desired, and chill in the refrigerator for 30 minutes before serving.