

best vegan cabbage recipes

best vegan cabbage recipes provide a delicious and nutritious way to enjoy one of the most versatile vegetables. Cabbage, with its crunchy texture and mild flavor, is a staple in many vegan kitchens. This article explores a range of creative and flavorful dishes that highlight cabbage's potential in plant-based cooking. From hearty soups to vibrant salads and savory stir-fries, these recipes are designed to satisfy diverse tastes and dietary needs. Incorporating cabbage into vegan meals not only enhances the nutritional profile but also adds variety and depth to everyday eating. The following sections will guide through some of the best vegan cabbage recipes, cooking tips, and preparation ideas to inspire both beginners and seasoned cooks.

- Hearty Vegan Cabbage Soups
- Flavorful Vegan Cabbage Salads
- Delicious Vegan Cabbage Stir-Fries
- Creative Vegan Cabbage Wraps and Rolls
- Tips for Choosing and Preparing Cabbage

Hearty Vegan Cabbage Soups

Hearty vegan cabbage soups are a comforting and nutritious option for any season. These soups typically combine cabbage with a variety of vegetables, legumes, and aromatic herbs to create rich, flavorful broths. Cabbage's natural sweetness and texture hold up well when simmered, making it a perfect base for vegan soups that are both filling and light.

Classic Vegan Cabbage Soup

This classic vegan cabbage soup features chopped cabbage, carrots, celery, tomatoes, and onions simmered in vegetable broth. Seasoned with garlic, thyme, and bay leaves, it offers warmth and nourishment without any animal products.

Spicy Vegan Cabbage and Lentil Soup

For those who enjoy a bit of heat, the spicy vegan cabbage and lentil soup combines red lentils, cabbage, chili flakes, and smoked paprika. This recipe

provides protein and fiber, making it a balanced meal option.

- Chop cabbage finely for quicker cooking
- Use homemade or low-sodium vegetable broth for better control over flavors
- Add fresh herbs like parsley or cilantro as garnish

Flavorful Vegan Cabbage Salads

Vegan cabbage salads are vibrant, crunchy, and packed with nutrients. They can be served as a side dish or a main course when combined with grains, nuts, or legumes. Raw or lightly dressed, these salads highlight the fresh, crisp nature of cabbage.

Asian-Inspired Vegan Cabbage Salad

This salad features shredded green and purple cabbage tossed with a sesame-ginger dressing. Ingredients like scallions, toasted sesame seeds, and shredded carrots add texture and flavor complexity, making it a refreshing choice.

Vegan Coleslaw with Creamy Dressing

A vegan twist on traditional coleslaw uses a creamy dressing made from blended tofu or vegan mayonnaise. The combination of shredded cabbage, carrots, and apple cider vinegar results in a tangy and satisfying dish.

- Use a mix of cabbage varieties for color contrast
- Incorporate nuts or seeds for added crunch
- Allow the salad to marinate briefly for deeper flavor absorption

Delicious Vegan Cabbage Stir-Fries

Vegan cabbage stir-fries are quick, easy, and ideal for weeknight dinners. Stir-frying preserves the cabbage's crispness while infusing it with bold flavors from sauces and spices. These recipes often include tofu, mushrooms,

or other vegetables for a balanced meal.

Garlic and Ginger Cabbage Stir-Fry

This simple stir-fry combines shredded cabbage with minced garlic and fresh ginger, sautéed in sesame oil. A splash of soy sauce and a sprinkle of chili flakes finish the dish, creating a savory and aromatic meal.

Spicy Peanut Cabbage Stir-Fry

Featuring a rich peanut sauce made from peanut butter, lime juice, and chili paste, this stir-fry introduces a nutty and spicy flavor to the cabbage. It pairs well with steamed rice or noodles for a satisfying dinner.

- Cut cabbage into uniform strips for even cooking
- Preheat the pan to achieve a good sear
- Add sauces towards the end to prevent burning

Creative Vegan Cabbage Wraps and Rolls

Vegan cabbage wraps and rolls are innovative ways to use cabbage leaves as a vessel for flavorful fillings. These dishes appeal to those looking for portable, low-carb meals that are visually appealing and nutrient-dense.

Stuffed Cabbage Rolls with Quinoa and Vegetables

In this recipe, blanched cabbage leaves are filled with a mixture of cooked quinoa, sautéed mushrooms, onions, and herbs. The rolls are then baked in a tomato-based sauce, resulting in a hearty and wholesome dish.

Fresh Vegan Cabbage Wraps with Asian Slaw

These wraps use raw cabbage leaves filled with an Asian-inspired slaw made from shredded cabbage, carrots, bell peppers, and a tangy lime dressing. They are perfect for light lunches or appetizers.

- Blanch cabbage leaves gently to maintain flexibility
- Use a variety of grains and vegetables for diverse fillings

- Serve with dipping sauces like tahini or soy-ginger for added flavor

Tips for Choosing and Preparing Cabbage

Proper selection and preparation of cabbage are essential for maximizing flavor and nutrient retention in vegan cabbage recipes. Understanding the types of cabbage and how to handle them can enhance any dish.

Choosing the Right Cabbage Variety

Green, red, and Savoy are popular cabbage varieties, each with unique textures and flavors. Green cabbage is versatile and mild, red cabbage adds vibrant color and a slightly peppery taste, and Savoy cabbage offers a tender, crinkly leaf ideal for wraps.

Preparing Cabbage for Best Results

Before cooking, remove any damaged outer leaves and rinse thoroughly. Depending on the recipe, cabbage can be chopped, shredded, or left in large leaves. To reduce bitterness, salting and rinsing cabbage before cooking is an effective technique.

- Store cabbage in a cool, dry place for up to two weeks
- Use sharp knives to prevent bruising leaves
- Incorporate cabbage in both raw and cooked forms for texture variety

Frequently Asked Questions

What are some of the best vegan cabbage recipes for beginners?

Some of the best vegan cabbage recipes for beginners include vegan cabbage stir-fry, cabbage soup, and roasted cabbage steaks. These recipes use simple ingredients and easy cooking methods suitable for newcomers to vegan cooking.

How can I make a flavorful vegan cabbage soup?

To make a flavorful vegan cabbage soup, sauté onions, garlic, and carrots, then add chopped cabbage, vegetable broth, diced tomatoes, and your choice of herbs and spices such as thyme, bay leaves, and black pepper. Simmer until the cabbage is tender for a delicious and comforting soup.

What are some creative vegan cabbage salad recipes?

Creative vegan cabbage salad recipes include shredded cabbage with a tangy peanut dressing, Asian-inspired cabbage slaw with sesame oil and rice vinegar, and kale and cabbage salad with lemon-tahini dressing. Adding nuts, seeds, and fresh herbs enhances flavor and texture.

Can I use cabbage as a substitute for meat in vegan recipes?

Yes, cabbage can be used as a meat substitute in vegan recipes due to its hearty texture. For example, shredded cabbage works well in vegan tacos or wraps, while cabbage leaves can be used as wraps or stuffed with grains and vegetables to mimic stuffed meat dishes.

What spices and seasonings work best with vegan cabbage dishes?

Spices and seasonings that complement vegan cabbage dishes include garlic, ginger, cumin, smoked paprika, chili flakes, soy sauce, and fresh herbs like parsley and cilantro. These add depth and enhance the natural flavor of cabbage.

Are there any vegan cabbage recipes suitable for meal prepping?

Yes, vegan cabbage recipes like cabbage stir-fry, vegan stuffed cabbage rolls, and cabbage and chickpea curry are excellent for meal prepping. They store well in the refrigerator and taste great reheated, making them convenient for busy lifestyles.

How can I make vegan cabbage rolls without meat?

To make vegan cabbage rolls without meat, use a filling of cooked rice or quinoa mixed with sautéed mushrooms, onions, garlic, and lentils or beans for protein. Season with herbs and tomato sauce, then wrap the filling in blanched cabbage leaves and bake until tender.

Additional Resources

1. *Vegan Cabbage Creations: Delicious Plant-Based Recipes for Every Meal*

This book offers a diverse collection of vegan recipes centered around cabbage, from hearty soups to flavorful stir-fries. Each dish highlights the versatility of cabbage in plant-based cooking, emphasizing fresh ingredients and bold flavors. Perfect for both beginners and experienced vegans looking to add more greens to their diet.

2. *The Ultimate Vegan Cabbage Cookbook: Nutritious and Tasty Recipes*

Discover an array of nutritious vegan dishes featuring cabbage as the star ingredient. This cookbook combines traditional recipes with modern twists, ensuring each meal is both healthy and satisfying. Readers will find easy-to-follow instructions that make cabbage an exciting addition to any vegan pantry.

3. *Plant-Powered Cabbage: Vegan Recipes for Health and Flavor*

Focusing on the health benefits of cabbage, this book provides vibrant vegan recipes that support a balanced lifestyle. From salads and wraps to stews and casseroles, each recipe is crafted to maximize flavor without compromising nutrition. A great guide for those wanting to eat clean and green.

4. *Cabbage & Co.: Creative Vegan Dishes for Every Occasion*

Explore innovative vegan recipes that showcase cabbage in new and exciting ways. Whether you're preparing a casual lunch or an elegant dinner, this book offers creative ideas to elevate your meals. The recipes focus on fresh, seasonal ingredients paired with cabbage's unique texture and taste.

5. *Simply Vegan Cabbage: Quick and Easy Recipes for Busy Lives*

Perfect for busy individuals, this cookbook features quick and easy vegan cabbage recipes that don't sacrifice flavor. With minimal ingredients and simple steps, you can whip up nutritious meals in no time. Ideal for those seeking healthy options that fit into a hectic schedule.

6. *The Art of Vegan Cabbage Cooking: From Traditional to Trendy*

This book bridges the gap between classic cabbage recipes and contemporary vegan cuisine. It offers a rich variety of dishes inspired by global flavors, all centered around cabbage. Readers will gain new techniques and ideas to transform everyday cabbage into culinary masterpieces.

7. *Vegan Cabbage Comforts: Warm and Cozy Recipes for Any Season*

Find comfort in hearty vegan cabbage recipes designed to warm your soul throughout the year. From creamy cabbage stews to baked casseroles, each recipe delivers homestyle goodness with a plant-based twist. Perfect for those who love cozy, satisfying meals that nourish both body and mind.

8. *Green & Gourmet: Elevated Vegan Cabbage Recipes*

Take your vegan cooking up a notch with gourmet cabbage recipes that impress both visually and in taste. This book offers elegant dishes suitable for special occasions or everyday indulgence. Expect creative flavor combinations and sophisticated presentations that celebrate cabbage's versatility.

9. *Cabbage for Vegans: A Flavorful Journey Through Plant-Based Cooking*
Embark on a flavorful journey with cabbage as your guide in this comprehensive vegan cookbook. It includes a wide range of recipes from appetizers to main courses, showcasing cabbage's adaptability. With helpful tips and nutritional information, this book is a valuable resource for anyone passionate about vegan cooking.

Best Vegan Cabbage Recipes

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best vegan cabbage recipes: Best Vegan Recipes Jamie Isabella Parker, 2014-02-13 Author and vegan cooking teacher Jamie Parker set out on a mission to compile a cookbook with the best vegan recipes ever tasted. She realized to get the best recipes, she must go straight to the source: the top vegan-serving restaurants in North America. After years of research, traveling, cooking and tasting she has created this book, Best Vegan Recipes. The book takes the reader on a tour across North America showing off the continent's top 38 vegan-serving restaurants and over 130 of their tastiest recipes. Every recipe in Best Vegan Recipes is outstanding and this book can turn even a novice cook into an exceptional vegan cook with the ability to make recipes that will impress anyone. If you are already an excellent vegan chef it will give you a host of new recipes and introduce creative ideas from top chefs across the continent. Whether you are a vegan or just want to eat more vegan food you may as well spend your life as a skilled cook eating amazing meals!

best vegan cabbage recipes: A Simplified Guide to Healthy Living: Vegetarian & Vegan Recipes and More Debra Peek-Haynes, 2018-05-31 You are holding one of the powerful tools necessary for you to experience a relatively DISEASE-FREE LIFE! Pertinent information and resources you are required to know and implement relative to the enlightened, preventative care for the human body is shared and discussed in simple terms. This is a thorough, easy-to-read health care instructional directory & cookbook. You are enlightened with the basic knowledge of how to stock your kitchen, grocery shop intelligently, purchase food in season, and select seasonings that create a scrumptious meal, all to totally support the balance and maintenance of a HEALTHY body. Instructions from how to feed a precious baby to resolving discomfort in a suffering body, is in your hands. This is a 21st century cookbook. It looks great, the directives are medically sound, the recipes are tantalizing, and the meals will assist the body to look good and keep you feeling divine at all times. A cookbook for the modern world adventurer, a wise physician would recommend to all of their patients. This cookbook and health instruction directory is clearly written for the Soul, Mind and Body, offering the tongue a wonderful adventure in the culinary realm of natural food cooking and culinary science.

best vegan cabbage recipes: The Very Best of Recipes for Health Martha Rose Shulman, 2010-08-31 From the celebrated NYTimes.com food columnist come her favorite ways to use seasonal produce and a well-stocked pantry to create easy, nutritious meals every day of the week. From its inception, Recipes for Health has been one of the New York Times's most-read (and e-mailed) features, showing health-conscious readers fast, no-fuss ways to turn seasonal produce,

whole grains, and other nutritious ingredients into easy weeknight meals. Now, the most popular have been gathered into one comprehensive, convenient volume. Shulman shows how to fill your refrigerator, freezer, and cabinets with healthy staples such as beans, grains, extra virgin olive oil, tuna, eggs, yogurt, and tomato sauce, so that you are prepared to cook delicious dishes like Asparagus and Herb Frittata, Quinoa Salad with Lime Ginger Dressing and Shrimp, or Pizza Marinara with Tuna and Capers in minutes. Vegans and vegetarians will discover an entire selection of tofu recipes, from stir-fries to sandwiches, and even a tofu cheesecake. Those who frequent the farmers' market will appreciate her extensive collection of dishes for virtually every vegetable under the sun. Full of lists, explanations, and tips, *The Very Best of Recipes for Health* will help you cook and eat better all year long.

best vegan cabbage recipes: *The Little Vegan Cookbook* Editors of Fair Winds Press, 2016-06-15 *The Little Vegan Cookbook* is an incomparable compendium of 500 delicious and nourishing plant-based recipes collected from a variety of best-selling cookbooks and authors—filled with hearty entrees, indulgent desserts, and everything in between. This massive collection of vegan recipes makes it easier than ever to adopt or maintain a more compassionate plant-based diet, or just add more meatless dishes to your cooking repertoire. With so many different options—from new cooking styles and international flavors to meatless versions of your favorite comfort foods—you'll never be bored or tempted to stray. Vegans and non-vegans alike will discover dishes that satisfy all their sweet and savory cravings—everything from pantry staples and hearty main dishes to wholesome soups and surprisingly decadent desserts. Each recipe features a color photo of the finished dish. You and your family will enjoy these and more flavorful plant-based dishes: Creamy Dreamy Kalamata Hummus Nori Wraps with Orange Cashew Cream Walnut Ravioli with Vodka Sauce Chicago-Style Deep Dish Pizza Coconut Curry with Chickpeas and Cauliflower Red Potato and Watercress Soup Crispy Crunchy Basmati Rice Fritters Butter Pecan Sticky Rolls Flourless Chocolate Tart This pocket-size vegan kitchen companion will be your healthy go-to cookbook for years to come.

best vegan cabbage recipes: *Quick and Easy Vegan Celebrations* Alicia C. Simpson, 2021-04-30 From game day snacks to birthday sweets, the recipes are so tempting, readers might not be able to resist their allure until the prescribed holiday (VegNews). Celebrations mean food—lots of it! But if you, your family, or your friends are among the ever-growing millions of people eating vegan, you might be wondering: How can I make classic holiday and party fare—without milk, cheese, eggs, or meat? This cookbook answers that question! Alicia C. Simpson, author of *Quick and Easy Vegan Comfort Food*, is out to prove that sharing delicious vegan eats will make you a party starter (and definitely not a party pooper). From Seitan Parmesan and Sweetheart Sangria for Valentine's Day, to Tourkey Cutlets and Roasted Garlic Smashed Potatoes for Thanksgiving, Alicia serves up all your holiday favorites—with complete menus for: New Year's Eve • Valentine's Day • Game Day • Mardi Gras • St. Patrick's Day • Easter • Cinco de Mayo • Independence Day • Halloween • Thanksgiving • Hanukkah • Christmas • Kwanzaa • . . . Plus Birthday Sweets! Not a gourmet chef? Not to worry! Everything from Naw-Fish Étouffée to Vanilla Bean Ice Cream is quick and easy to prepare. *Quick and Easy Vegan Celebrations* takes the guesswork out of get-togethers, so all you have to do is send out those invitations—and enjoy the vegan cooking, partying . . . and eating! Alicia makes vegan cooking non-intimidating and comfortable. — VegKitchen

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best vegan cabbage recipes: *PlantYou: Scrappy Cooking* Carleigh Bodrug, 2024-04-02 Instant #1 New York Times Bestseller Save money, reduce food waste, and eat healthier than you ever have before with this highly anticipated cookbook from New York Times bestselling author and social media sensation, Carleigh Bodrug. Spinning off of Bodrug's wildly popular Scrappy Cooking social media series, the cookbook is packed with over 150+ whole-food, plant-based recipes that show the reader how to make the most of the food they have in their fridge and pantry with easy and approachable vegan recipes anyone can make. Transform radish tops into pesto, broccoli stems into summer rolls and wilting greens into smoothie cubes... But that's not all. The book will equip readers with not only the tools to make the most of their scraps, but use up just about any vegetable, grain or bean from their fridge and pantry in the flexible Kitchen Raid Recipes, or cross reference commonly wasted foods like stale bread from a Got This, Make That index so these items can be used up in the easiest and most delicious way possible. Scrappy Cooking not only puts the focus on eating a diet that's more conscious for our environment (and our wallets) but our health as well. Every recipe in the book is vegan, almost entirely oil free, and focuses on whole, plant-based foods that are good for our bodies and the planet. Get ready for recipes like The Whole Darn Squash (Pasta), Skillet Lasagna, One Pan Orzo Casserole, Vodka Penne With Broccolini, Whole Roasted Cauliflower with Roasted Red Pepper Sauce, Chickpea Pot Pie, Orange Peel Chickn', Loaded Tortilla Bowls, Sheet Pan Tacos with Carrot Top Chimichurri, Rebel "Ribs", Veggie Masala Burgers, Palak "Paneer", Vegan Meaty Hand Pies, We-Got-the-Beet Chips, Pickle-Mania Chips, Cornmeal Biscuits, Bang Bang Broccoli-cious Steaks...and more!

best vegan cabbage recipes: *La Dolce Vegan!* Sarah Kramer, 2005-10-01 Sarah Kramer is a vegan cooking superstar. Her first two books, *How It All Vegan!* and *The Garden of Vegan*, co-authored with Tanya Barnard, have sold well over 100,000 copies; *How It All Vegan!* won the Veggie Award for favorite cookbook of 2004 by VegNews magazine, and *Herbivore* magazine, in a cover story on Sarah, called her "The World's Coolest Vegan." Sarah returns with her first solo cookbook, featuring more of the delectable, easy-to-prepare recipes that vegans around the world have come to adore. For Sarah, vegan cooking—which eschews all animal products, including butter, milk, and cheese—can be an adventure in dining, without a lot of investment in time or money. In fact, most of the recipes in *La Dolce Vegan!* can be prepared in 20 to 30 minutes or less. From soups and salads to entrees and desserts, they are sure to inspire both committed and part-time vegans alike. At the heart of the book is Sarah's wholehearted commitment to the vegan lifestyle that has changed her life completely—from a childhood plagued with health problems to an adulthood filled

with the pleasures and joys of living vegan. For Sarah, an animal-free diet will make you happier, healthier, and more content with the world around you. In addition to the wonderful recipes, there is a fun do-it-yourself section of vegan tips and non-food items. Learn to live the sweet life of veganism and you'll never look back! Recipes include: Beauty and the Beet Borscht, Mocked Clam Chowder, Roasted Cherry Tomato Pasta, Sloppy Janes, Blessed Broccoli Stir-Fry, Apple Pie Pancakes, Carob Almond Truffles, and Tomato Soup Cake. Sarah Kramer is the co-author of *How It All Vegan!* and *The Garden of Vegan*. She lives in Victoria, British Columbia, with her husband, where she manages a tattoo shop in addition to creating her vegan masterpieces and maintaining her popular website www.GoVegan.net.

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best vegan cabbage recipes: Paleo Power Bowls Julia Mueller, 2019-01-15 Eat your way to health with a packed, wholesome, customizable paleo bowl. Quick, healthful, and comfortingly delicious, the bowl food trend is the busy person's answer to jump-starting the ultimate paleo lifestyle! Build your own bowl with unprocessed, anti-inflammatory whole foods and nourish your body with one hundred gluten-free, dairy-free, and refined-sugar-free bowl recipes for a hearty breakfast, lunch, and dinner. A tremendous holistic resource, *Paleo Power Bowls*, filled with more than 100 gorgeous photos, is not only an essential guide to the paleo diet. It also promotes the concept of food as medicine and personalized nutrition—customizing what foods work for you based on your personal nutritional needs and gut biome. Mueller shows how to build a well-balanced bowl tailored to specific diets and restrictions, whether it is AIP, low-FODMAP, Whole30, vegetarian, or vegan. If you suffer from autoimmune disease or allergies, the book includes instructions for a thirty-day elimination diet. *Paleo Power Bowls* also features one-pot, slow cooker, and thirty-minute meals—including sides, condiments, and desserts—that can be assembled any night of the week. Learn to prepare: Spaghetti Squash with Broccoli & Pumpkin Seed Pesto Fluffy Poppy Seed Pancakes with Caramelized Figs All-the-Good-Veggies Detox Salad with Lemon-Parsley Dressing Chicken Tikka Masala with Cauliflower Rice Quick-and-Easy Turkey Meatballs with Zoodles Pumpkin Spice Chia Seed Pudding And more!

best vegan cabbage recipes: A Beautiful Bowl of Soup Paulette Mitchell, 2021-11-17

Highlights some of the most popular international recipes for vegetarian soup . . . makes a convincing argument for soup as the star course of any meal. — Publishers Weekly No, there is no chicken stock in this soup. What you'll find here is page after glorious page of the loveliest, most delicious soups and stews—each and every one entirely vegetarian. Brimming with international flavors, Paulette Mitchell's easy-to-follow recipes are paired with unique accompaniments, garnishes, and toppings that add tremendous visual appeal. Witness hearty Pumpkin Stew baked and served in a pumpkin shell; classic onion soup updated with crunchy goat cheese toasts; and Spicy Sweet Potato Ancho Bisque swirled with bright Roasted Red Pepper Cream. From Mediterranean Saffron Stew to Greek Spinach and Orzo Soup, these colorful dishes are simple enough for every day, yet sophisticated enough for elegant dinner parties. Instructions for making tasty vegetable stock from scratch, a selection of delicious vegan soups, and a helpful tips section make this gorgeous cookbook an important addition to any kitchen where good food and good health are on the menu. Any comment on how this book suits the season would only be redundant. The latest cold wind is reminder enough, as you can just about hear it whisper: ssssssooooooup. — The Baltimore Sun The recipes in this cookbook span the culinary globe, with flavor profiles drawn from Mexico, Morocco, Mumbai, and Minnesota. For vegetarians, vegans, and omnivores, *A Beautiful Bowl of Soup* presents new ideas you're sure to enjoy. — Soup Chick®

best vegan cabbage recipes: Easy Vegan Christmas Katy Beskow, 2023-09-14 *Easy Vegan Christmas* is a 80-recipe cookbook showcasing simple vegan recipes, for a fuss-free festive season. Whether you're cooking for your vegan family, looking for inspiration for your first vegan guest, or simply want to add new flavours and dishes to your Christmas dinner table, you'll find stress-free, plant-based recipes to get you through the happy holidays. With an easy tip for each recipe, plus advice on whether the recipe is suitable for freezing, this book is perfect for getting ahead! You'll

also find a handy menu planner to take the stress out of deciding what to cook. All of the ingredients are available in supermarkets, with a focus on seasonal winter produce. The magic of Christmas is in togetherness and giving, and there's nothing that shows this more than a special, hearty meal, prepared with love.

best vegan cabbage recipes: History of Cheese, Cream Cheese and Sour Cream

Alternatives (With or Without Soy) (1896-2013): William Shurtleff, Akiko Aoyagi, 2013-10-22 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive index. 28 cm. Free of charge in digital format on Google Books.

best vegan cabbage recipes: Best Green Eats Ever: Delicious Recipes for Nutrient-Rich Leafy Greens, High in Antioxidants and More Katrine Van Wyk, 2015-01-05 You can't survive on green drinks alone! For good health, try Katrine Van Wyk's recipes for nutrient-dense collards, kale, broccoli, and other green vegetables. Leafy greens are the talk of the town, for they are the most nutritionally dense foods available. They are versatile ingredients that pack an enormously healthy punch. As Katrine Van Wyk demonstrated in *Best Green Drinks Ever*, leafy greens make terrific smoothies and juices, but she definitely does not recommend an all-liquid diet. To satisfy your hunger—and your tastebuds—eat this: Grilled Caesar Salad Shredded Chicken and Savoy Cabbage Shaved Collard Greens Brussels Sprouts Chips With 75 outrageously delicious recipes, there's something for everyone. Also included are modifications to make nearly every dish acceptable for a multitude of diets, from raw to cooked, paleo to vegan to gluten-free.

best vegan cabbage recipes: The Complete Guide to Even More Vegan Food Substitutions Celine Steen, Joni Marie Newman, 2015-07-01 Expert vegan author team Joni Marie Newman and Celine Steen are back! In this all-new guide to vegan substitutions, your favorite dynamic duo explores all the latest and greatest ingredients vegans can use to convert and create stellar, plant-based meals at home, from and for any recipe. Did you know, for instance, that chia seeds can be used not only as an egg substitute and gelling agent, but in ice creams, baked goods, jams, and even cheese? Or that coconut oil can easily be substituted for commercial vegan butters? How about making some decadent whipped cream from coconut cream? Or subbing savory jackfruit for shredded meat and French lentils for burgers? Inside, you'll learn all these tricks and more, with foolproof substitutions for dairy, eggs, meat, and seafood made using natural ingredients and products wherever possible (including your own homemade versions!). While some of the basic ingredients and techniques discussed in the original book bear repeating, *The Complete Guide to Even More Vegan Food Substitutions* stands rightly on its own two feet with all new recipes and content. The amazing plant-based recipes include: Linguine in Tomato Garlic Cream Sauce Herb-Crusted Cashew Cheese Log Creamy Deviled Eggs Breakfast Sausage Patties Asian-Flavored Nuggets Flaky Fish-y Tacos with Radish Relish Confetti Cupcakes with Sprinkles Cherry Cheesecake Chocolate Chunk Ice Cream No matter if you're a new vegan or an old pro, embracing the vegan lifestyle has never been easier!

best vegan cabbage recipes: Italian Cooking with Nonna Giuseppe Federici, 2025-01-07 *Italian Cooking with Nonna* is a comforting and delicious collection of authentic plant-based Italian recipes that will delight the tastebuds and bring your family together for generations to come. Food and family have always been intertwined and at the center of Giuseppe Federici's life. So, when he went vegan, he needed to find a way to cook the flavors of his family. There was only one person who could truly help: Giuseppe's Nonna, Mariana Sgarito. Together they learned how to make the authentic Italian and Sicilian dishes that Nonna grew up with, only using plants, just in time to share them with you! *Italian Cooking with Nonna* has a classic dish for any time the craving for delicious Italian cuisine arises. Giuseppe shares more than 80 of his and Nonna's greatest recipes including Classic Lasagna with homemade mince, Arancini della Nonna, the Perfect Tomato Sauce, Pasta Aglio Olio e Peperoncino, Focaccia, Tiramisu, Coffee Granita, Biscotti and so many more. This beautiful cookbook celebrates rustic Italian home cooking and the joy of plant-based eating, but also the power of family and how food transcends generations and brings us together. 80+ ITALIAN PLANT-BASED RECIPES: Often when trying to enjoy a plant-based diet, you must skip out on

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