CRISPY NUGGET CAESAR SALAD

By Amy Webster

INGREDIENTS

- 2 heads Romaine lettuce, washed and chopped
- 1 package (10 ea) Crispy Nuggets, cooked according to package instructions
- 1 cup cherry tomatoes
- 1/2 cup vegan Caesar dressing (Follow Your Heart, JUST, or using the recipe below)
- 1 cup croutons

Caesar Dressing

- 1/2 cup pepitas
- 1/2-3/4 cup water
- 2 teaspoons lemon juice
- 2 teaspoons nutritional yeast
- 2 teaspoons Dijon mustard
- 2 teaspoons capers, drained
- 1 teaspoon salt
- 1 teaspoon black pepper

PROCEDURE

01 Add lettuce and tomatoes to a mixing bowl, toss, and set aside.

02 Prepare dressing by mixing all dressing ingredients in a high-speed blender until smooth and creamy. Taste and adjust for desired thickness and flavor.

03 Toss lettuce and tomatoes with 1/2 cup of Caesar dressing and top with prepared crispy nuggets and croutons.

Serves 2 - 4

Ready in 20 m
INGREDIENTS

• 1 package (10 ea) Crispy Nuggets
• 8 oz. spaghetti noodles
• 1 25 oz. jar spaghetti sauce
• 1/2 cup vegan mozzarella, shredded (like Follow Your Heart or Daiya)
• 1/2 cup vegan parmesan (below)
• 2 tablespoons chopped basil

Parmesan

• 1/2 cup cashews, roasted, lightly salted
• 1/4 cup nutritional yeast
• 1/2 teaspoon smoked paprika
• 1/2 teaspoon garlic powder
• 1/2 teaspoon salt

PREHEAT OVEN TO 350°F.

1. Cook spaghetti according to package instructions.

2. While pasta is cooking, line a baking sheet with parchment paper and place nuggets on baking sheet. Bake in preheated oven for 8-10 minutes until almost golden.

3. Remove nuggets from oven and top each nugget with a teaspoon of marinara sauce. Sprinkle each nugget with a pinch of vegan mozzarella. Bake for another 5-10 minutes until golden and cheese begins to melt.

4. While nuggets are baking, heat remaining marinara sauce in a sauce pan and make vegan parmesan, if desired.

5. Once nuggets are done, remove from oven. To serve, place desired serving of pasta on plate topped with marinara sauce and baked nuggets. Sprinkle with vegan parmesan and finish with fresh basil.

6. Blend cashews, nutritional yeast, smoked paprika, garlic powder, and salt in a food grinder, food processor, or high-speed blender until fine.
CRISPY NUGGET SPRING WRAPS

By Amy Webster

INGREDIENTS

- 1 package (10 ea) Crispy Nuggets, cooked according to package instructions
- 4 tortilla wraps
- 1 avocado, sliced
- 1 tomato, sliced
- 2 cups spring lettuce mix, washed
- 1/2 sliced red onion, optional
- 1/2 cup vegan ranch dressing, like JUST, Follow Your Heart, or Daiya

PROCEDURE

01 Slice cooked nuggets lengthwise into thirds.

02 Assemble wraps by spreading 2 tablespoons of ranch dressing from 1/4 inch of the end to the other end of wrap toward the center.

03 Top with sliced nuggets, avocado, tomato, spring greens, and onion if using. Fold ends inward and roll. Wrap tightly and slice in half.
RISE AND SHINE CRISPY WAFFLE STACKS

By Amy Webster

INGREDIENTS

- 1 package (10 ea) Crispy Nuggets, cooked according to package instructions
- 10 frozen mini toaster waffles
- 1/2-1 cup maple syrup
- plant-based butter like Earth Balance or Miyoko’s

PROCEDURE

01 Toast mini waffles according to package instructions.

02 Assemble waffles and nuggets as preferred; nuggets on top or waffles on top - have fun with stacking!

03 Top with small amount of butter and drizzle with syrup.
SAVORY SKILLET HASH

By Amy Webster

INGREDIENTS

• 1 package (10 ea) Crispy Nuggets, cooked according to package instructions
• 4 cups potatoes, cubed
• 2 tablespoons olive oil
• 1 red pepper, sliced
• 1/2 onion, diced
• 1 cloves garlic
• 1/4 cup vegetable broth
• 1 tablespoon steak sauce
• 1 teaspoon salt
• 2 teaspoons black pepper
• 1 tablespoon smoked paprika
• Dash cayenne pepper
• 1/2 cup vegan cheese, shredded like Daiya or Follow Your Heart

PROCEDURE

01 Preheat oven to 350°F.
02 Bring a medium pot of water to boil. Add potatoes and boil for 8-12 minutes until tender but not mushy. Once cooked, drain and let dry.
03 In a cast-iron skillet or nonstick skillet, heat oil over low-medium heat. Add diced onion and sauté until translucent.
04 Add garlic and peppers. Stir for 2-3 minutes then add vegetable broth, steak sauce, salt, pepper, smoked paprika, and cayenne pepper. Stir to combine. Add potatoes and crispy nuggets. Mix well.
05 If using a cast-iron skillet, place in oven and bake for 10 minutes. If using a nonstick skillet, transfer to an oven-safe dish and bake for 10 minutes. Remove from oven, stir and add cheese. Stir again and put back in oven for 10-15 minutes until potatoes start to become crispy.
06 Serve over scramble and top with ranch dressing to taste.

*If desired, use frozen pepper mix, 2 cups from freezer, no need to thaw.
**Instead of vegan egg product, another option is tofu scramble made by scrambling one block of tofu with olive oil, and desired spices.
1/2 cup vegan ranch, like JUST, Follow Your Heart, or Daiya
1 recipe scramble like JUST, Follow Your Heart, or using the recipe below

**Scramble**
- 14-oz. block firm tofu drained
- 1 teaspoon olive oil
- 2 tablespoons nutritional yeast
- 1 teaspoon salt
- 1/4 teaspoon turmeric, optional
- 1/2 teaspoon onion powder, optional
- 1/2 teaspoon garlic powder, optional
- 1/2 teaspoon paprika, optional
- 1 teaspoon cumin, optional
- 1/4 cup water

**SCRAMBLE PROCEDURE**

01 In a large nonstick pan or cast iron skillet, warm oil over medium heat.

02 Combine all spices in a small bowl. Add spices to skillet or pan and toast in oil for 15 seconds.

03 Add tofu to pan and mix with spices.

04 Add water and mix to deglaze the pan.

05 Heat until warmed through.