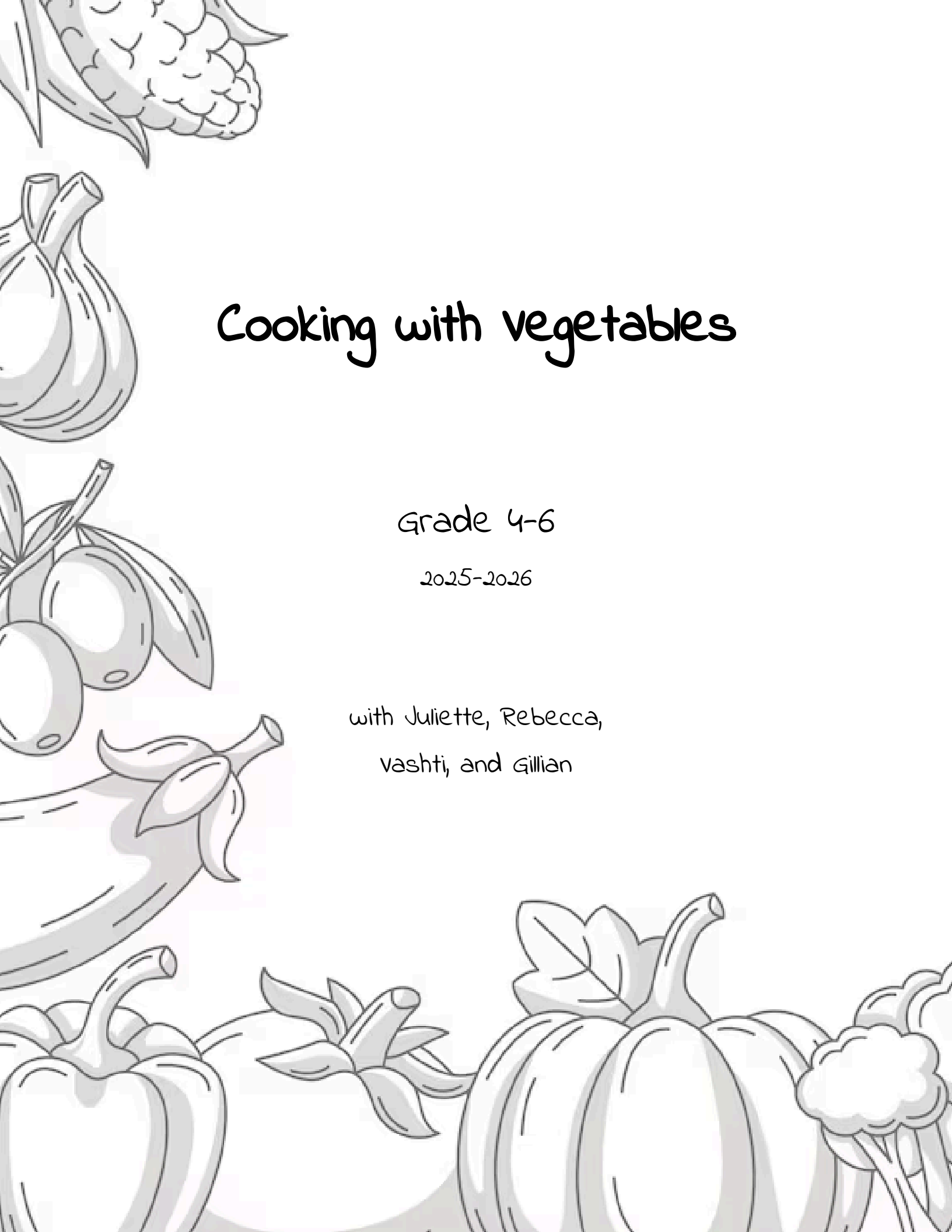


The page is decorated with various vegetable illustrations. In the top left, there is a corn cob. Below it is a head of garlic. To the left of the title, there are olives and a chili pepper. At the bottom, there are several pumpkins and a head of broccoli.

Cooking with vegetables

Grade 4-6

2025-2026

with Juliette, Rebecca,
vashti, and Gillian

All of the following recipes are vegan and nut free!

Note that there were slight differences in the recipes used between each grade, so not all classes were able to prepare each recipe. Student favourites included the **miso ramen, sesame noodle stir fry, smoothies, chana masala, and coconut sticky rice!**

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Miso Ramen Soup

Adapted from: thefoodietakesflight.com

Broth

- ☐ 1½ tbsp sesame oil
- ☐ 1½ tsp minced or grated ginger
- ☐ 3 cloves garlic, minced
- ☐ 3 scallions, chopped (white and green parts separated; about ¾ cup sliced)
- ☐ 2¼ tbsp white miso paste
- ☐ 1½ tbsp plain tahini
- ☐ 3 cups vegetable broth or water
- ☐ 1½ cups soy milk (or other plant-based milk such as oat milk)
- ☐ 1½ tbsp layu (Japanese chili oil) or other chili oil
- ☐ 3 shiitake mushrooms (minced)
- ☐ 1½ tbsp soy sauce, or more to taste
- ☐ Salt, to taste

Noodles & Toppings

- ☐ 1½ heads bok choy (or other greens of choice)
- ☐ 1½ instant ramen bricks
- ☐ Green parts of the scallions, chopped
- ☐ Sesame seeds (black, toasted, or mixed)
- ☐ Additional chili oil, for serving
- ☐ 2 cups sliced mushrooms (we used assorted -- oyster, button, shitake)
- ☐ 1 block tofu

Instructions

1. Heat a medium-large pot over medium-high heat.
2. Add the sesame oil. Once hot, add the ginger, garlic, and white parts of the scallions. Sauté for 1–2 minutes until fragrant.
3. Reduce heat to medium. Add the miso paste, tahini, and doubanjiang. Stir until well combined.
4. Gradually whisk in the vegetable broth and soy milk, stirring continuously until the miso mixture is fully dissolved.
5. Add the chili oil and shiitake mushrooms. Cover and bring to a boil over medium-high heat (about 5 minutes).
6. Once boiling, reduce heat and simmer gently. Taste and season with soy sauce and salt as needed.
7. Add the bok choy or other vegetables to the broth and cook until nearly tender.

8. Add the ramen noodles. Turn off the heat if using quick-cooking noodles, or continue cooking until the noodles reach your preferred texture.
9. Stir in the tofu, sliced shiitake mushrooms, green scallion tops, and sesame seeds.

Cook for a few minutes and then enjoy!

Vegan Matzo Ball Soup

Adapted from: zardyplants.com

Soup

- ☐ 12 cups water
- ☐ 6 teaspoon Better Than Bouillon
- ☐ 1 tsp dried oregano
- ☐ 1 tsp dried parsley
- ☐ 3 carrots, sliced
- ☐ 3 ribs celery, sliced
- ☐ 3 cloves garlic, minced
- ☐ 1 small white onion, diced

Matzo Balls

- ☐ 2 cups matzo meal
- ☐ 3 tsp baking powder
- ☐ 1 tsp salt
- ☐ 1 tbsp ground flax seed + 3 tablespoon water
- ☐ ¼ cup tahini
- ☐ 1 ½ish cup warm water

Instructions

- ☐ First make your flax egg by mixing the ground flax seed and water in a small bowl and stick it in the refrigerator for 5 minutes.
- ☐ Mix your matzo meal, baking powder, and salt in a medium bowl. Add spices if desired.
- ☐ Add the **tahini**, warm water, and flax egg to the bowl. Mix well with spoon at first, then with hands.
- ☐ Measure out 2 tablespoons of dough for each matzo ball. Shape the dough into a ball shape. If there are cracks, pinch them with your fingers and roll between your palms to create a sphere. Depending on how dry your dough is, you may find it helpful to dip your fingers in a little extra warm water to impart that moisture into the dough ball as you roll it.
- ☐ Place each ball on a plate or cookie sheet. Refrigerate 30 minutes. Chop veggies while you wait.
- ☐ After 20 minutes, start your soup by heating a large pot over high heat. Add the veggies and dry saute for one minute, then add the water. Bring to a boil and stir in Better Than Bouillon No Chicken Base until dissolved. Then remove matzo balls from the fridge and carefully add to boiling soup along with oregano and

parsley. Turn down to a simmer and cook for around 20 - 25 minutes, and that's it!

- ☐ Serve immediately by adding 3 matzo balls to a bowl and ladling soup around it.
- ☐ Refrigerate matzo balls separately from soup if you have leftovers. Refrigerate each in airtight containers for up to five days. If freezing, for best results freeze the uncooked matzo balls. However, if you wish to freeze the cooked soup you may. Let it cool a bit before freezing in an airtight freezer-safe container.

Chana Masala

Adapted from lovingitvegan.com

Ingredients

- ☐ 2 Tablespoons Olive Oil
- ☐ 1 Medium Onion White, Yellow or Brown, Chopped
- ☐ 4 Cloves Garlic Crushed
- ☐ 1 Tablespoon Fresh Ginger Minced
- ☐ 1 Green Chili Sliced
- ☐ 1 cup Fresh Cilantro
- ☐ 4 (15-ounce) Cans Chickpeas Drained, or 6 cups cooked chickpeas
- ☐ 1 Tablespoon Garam Masala
- ☐ 1 teaspoon Turmeric
- ☐ 1 teaspoon Cumin
- ☐ 1 teaspoon Ground Coriander
- ☐ ½ teaspoon Cayenne Pepper
- ☐ 28 ounces Crushed Tomatoes (800g)
- ☐ 1 cup Coconut Cream Canned, Unsweetened (we used canned coconut milk)
- ☐ 1 Tablespoon Coconut Sugar
- ☐ Sea Salt To Taste

Instructions

- ☐ Add onion, garlic, ginger, green chili and fresh cilantro to a food processor with an S blade and process into a paste.
- ☐ Add olive oil and the paste to a pot on medium heat and cook until the paste has softened. About 5 minutes.
- ☐ Add chickpeas, garam masala, turmeric, cumin, ground coriander and cayenne pepper and gently toss together. Cook for a couple of minutes to lightly toast the spices.
- ☐ Add crushed tomatoes and coconut cream and bring to a simmer. Then reduce the heat and leave to simmer for around 10 minutes, stirring occasionally.
- ☐ Add coconut sugar and salt and mix in.
- ☐ Serve over basmati rice, topped with fresh cilantro and a sprinkle of ground black pepper, with lemon wedges on the side.

Sesame Tofu Noodle Stir Fry

With bok choy and cucumber salad...

Sauce

Ingredients

- ☐ ½ cup tahini
- ☐ 4.5 tbsp tamari or soy sauce
- ☐ 5 tbsp lemon juice
- ☐ 1 tbsp maple syrup
- ☐ 2-3 garlic cloves, minced
- ☐ 3 tbsp oil
- ☐ 3 tbsp water (to thin the sauce)

Instructions

- ☐ Whisk all these ingredients together in a bowl

Noodles

- ☐ Can use any noodles! Follow instructions on the package.

Tofu

Ingredients

- ☐ Two packs of tofu
- ☐ 6 tbsp vegetative oil
- ☐ 1 cup corn starch
- ☐ A tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 1 tsp salt
- ☐ 2 green onions finely chopped for garnish
- ☐ 2 tsp sesame seeds

Instructions

- ☐ Open and drain tofu
- ☐ Slice tofu into cubes
- ☐ Place tofu in bowl with corn starch, garlic powder, onion powder, and salt
- ☐ Heat 3 tbsp oil in a pan
- ☐ Place a single layer of tofu on the pan — cooking flipping until it is crispy (cook all the tofu like this in batches)
- ☐ Garnish with green onion and sesame seeds

Bok Choy**Ingredients**

- ☐ 1 tbsp oil
- ☐ Bok Choy
- ☐ 4 cloves garlic, minced
- ☐ ½ tsp fresh grated ginger
- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 1 tsp salt
- ☐ 2 tbsp soy sauce
- ☐ 2 tbsp lemon juice

Instructions

- ☐ Heat oil in a pan
- ☐ Add bok Choy, soy sauce, and garlic
- ☐ Cook stirring frequently for about 5 minutes
- ☐ Add lemon juice and spices
- ☐ Cook for another few minutes until cooked but crunchy still

Cucumber Salad**Ingredients**

- ☐ 2 English Cucumber
- ☐ 10 cloves Garlic (chopped)
- ☐ 4 tbsp oil
- ☐ 2 tbsp of Sugar
- ☐ 1 tsp of Salt
- ☐ 3 tbsp vinegar
- ☐ 1.5 tbsp Soy Sauce
- ☐ 1 tsp Sesame Seeds
- ☐ Cilantro

Instructions

- ☐ Cut off the two ends of the cucumber, and using another cutting board, smash the cucumber. Break into bite-sized pieces.
- ☐ Massage the cucumber with 1 tsp of salt and 2 tbsp of sugar. Set it aside for 20 minutes.
- ☐ After 20 minutes, dump out all the excess water and transfer the cucumber into a separate bowl.

- ☐ In a bowl, add chopped garlic and heat 4 tbsp of oil. Once the oil is hot, drizzle over the garlic.
- ☐ Season the cucumber with black vinegar, soy sauce, sesame seeds, cilantro, and fresh garlic oil. Toss everything together and enjoy!

Vegan Latkes

Ingredients

- ☐ 4 medium potatoes
- ☐ 1 onion
- ☐ ½ cup flour
- ☐ Potato starch from potatoes (see instructions)
- ☐ 1 flax egg (1 tbsp ground flax seed mixed with three tbsp soy milk)
- ☐ 1 tsp garlic powder
- ☐ 2 tsp salt
- ☐ Pepper (to taste)
- ☐ Vegetable oil (for frying)

Instructions

- ☐ Make the flax egg and set aside for five minutes
- ☐ Grate the onions and potatoes into a large bowl
- ☐ Add onions and potatoes to a strainer and strain the potatoes over a bowl
- ☐ Add the strained potatoes and onions to a separate bowl
- ☐ Add the flax egg, flour, and spices to the same bowl
- ☐ (This step is to be done with an adult!) Fill up the frying pan until it is ¼ inch high in oil
- ☐ Once the oil is hot, scoop out the latke batter and add it to the pan, pressing down with a spatula to flatten out each latke
- ☐ Fry each latke for 2-3 minutes on each side or until browned and crispy
- ☐ Once the latkes are done, remove and place onto a paper towel lined plate to soak up any excess oil

We also made our own apple sauce by peeling and dicing apples, and simmering with some cinnamon, sugar, and lemon juice.

Tacos!

Guacamole

Ingredients

- ☐ Six avocados
- ☐ 4 tbsp fresh lime juice
- ☐ ¼ cup diced red onion
- ☐ ¼ cup diced tomato
- ☐ ¼ cup finely chopped cilantro
- ☐ Salt and pepper to taste (maybe about ½ tsp of each)

Instructions

- ☐ Mash and mix all ingredients together

Beans

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 red onion diced (minus the ¼ cup needed for the guac)
- ☐ 5 cloves garlic minced or grated
- ☐ 2 cans beans + their liquid
- ☐ 1 cup vegetable broth
- ☐ 1 tsp paprika
- ☐ Salt and pepper to taste

Instructions

- ☐ Heat pan or pot on medium heat
- ☐ Add onions and stir for a few minutes until translucent
- ☐ Add garlic and stir
- ☐ Add beans + their liquid, vegetable broth
- ☐ Simmer and mash a little bit until a good ploppable consistency
- ☐ Stir in spices

Sauteed Peppers

Ingredients

- ☐ 1 tbsp olive oil
- ☐ Three peppers sliced thinly
- ☐ Salt and pepper, to taste

Instructions

- ☐ Sautee peppers on medium heat
- ☐ Add salt and pepper

We also roasted some sweet potatoes and chopped up lettuce and tomatoes. We fried our taco shells for a few minutes on a hot pan before adding our fillings.

Pizza Dough

Adapted from karissasvegankitchen.com

Ingredients

- ☐ 3/4 cup warm water
- ☐ 2 1/4 tsp **active dry yeast**
- ☐ 1 tsp **organic sugar**
- ☐ 1 tsp salt
- ☐ 2 tbsp olive oil
- ☐ 2 cups **all-purpose flour**
- ☐ 1-2 tbsp olive oil to brush on the crust before pre-bake
- ☐ Your favorite pizza toppings (we did mushrooms, artichoke hearts, roasted red peppers, fresh bell peppers, spinach, onions, garlic, arugula, cherry tomatoes, olives..)

Instructions

- ☐ Stir together warm water, yeast, and sugar. Let activate for 10 minutes – it should become foamy. If it's not foamy, then the yeast is may be too old or your water was too hot.
- ☐ Stir in oil and salt.
- ☐ Mix in 1/2 cup flour at a time.
- ☐ Knead (using your hands or a dough hook in a stand mixer) until it forms a cohesive ball. It will still be a little sticky but you should be able to pick it up as one piece. If it's far too sticky, add 1-2 more tablespoons of flour at a time until it comes together.
- ☐ Continue to knead for 5 minutes.
- ☐ Place the ball of dough into a large greased bowl. Cover with a towel and let rise in a warm location for 1 hour or until doubled in size. I let my dough rise in the oven with JUST the oven light on.
- ☐ Pre-heat oven to 450 degrees Fahrenheit (make sure to remove the dough from the oven if you let it rise in there.)
- ☐ Punch the dough down and knead a couple of times until it becomes smooth and more firm. At this point, you can store the dough in the freezer or fridge until later...or make a pizza!

When you are ready to make the pizza...

- ☐ Roll out the dough on a floured surface. Use your pizza pan for size reference (this recipe makes one 12-inch thick-crust pizza.)
- ☐ Sprinkle the pizza pan with a pinch or two of flour and transfer the dough onto the pan. Work the dough to fit the edges.

- ☐ Brush the dough with 1-2 tbsp of olive oil (this helps the top of the dough stay moist and not overcook.)
- ☐ Poke the dough all over with a fork – this will prevent the dough from puffing up.
- ☐ Pre-bake the dough for 5-7 minutes or until the bottom is just barely beginning to brown. At this point, the pizza should be able to lift out of the pan with a spatula.
- ☐ Remove from the oven and add your toppings.
- ☐ Bake for an additional 10-15 minutes or until the crust is golden brown and the toppings are cooked through.

For toppings we used: pizza sauce, artichokes, sundried tomatoes, cherry tomatoes, zucchini, arugula, spinach, mushrooms...

Quinoa Bowls

Adapted from feelgoodfoodie.net

Ingredients

- ☐ 1 ½ cups uncooked quinoa
- ☐ ½ teaspoon salt
- ☐ 2 ½ cups water (or vegetable broth for more flavour)

For the Vegetables

- ☐ 1 red onions (chopped)
- ☐ 1 red peppers (chopped)
- ☐ 1 green peppers (chopped)
- ☐ 1 large sweet potatoes (chopped)
- ☐ 3 tablespoons olive oil
- ☐ 1 teaspoons salt
- ☐ ½ teaspoon black pepper
- ☐ ½ teaspoon garlic powder
- ☐ ½ teaspoon oregano
- ☐ Chopped parsley or cilantro for serving

For the Tahini Dressing

- ☐ ½ cup tahini paste
- ☐ ⅓ cup lemon juice
- ☐ 2 cloves garlic (pressed or grated)
- ☐ ¼ teaspoon salt
- ☐ ¼ cup water

Instructions

- ☐ Roast the vegetables: preheat oven to 425° F. Place vegetables on a rimmed baking sheet. Drizzle with olive oil and season with salt, pepper, garlic powder, and oregano; toss to combine and spread vegetables in an even layer. Roast until fork tender for about 35 minutes.
- ☐ Cook the quinoa: place the quinoa in a small saucepan with salt and water. Bring to a boil over medium-high heat. Lower heat to a simmer and cook covered for 15 minutes. Remove the pot from the heat and let the quinoa sit for about 5 minutes before opening the lid; then uncover and fluff with a fork.
- ☐ Make the dressing: whisk tahini paste, lemon juice, garlic, and salt in a small bowl until all ingredients are completely combined into a paste. Slowly add water to the mixture until you get a smooth pourable texture.

Zucchini Brownies

Adapted from elavegan.com

Ingredients

Dry

- ☐ 1 ½ cups (135 g) oat flour (i.e., ground rolled oats)
- ☐ ¾ cup coconut sugar
- ☐ ½ cup dairy free chocolate chips plus some extra for the top
- ☐ ½ cup + 1 tbsp (50 g) cocoa powder
- ☐ 1 tsp baking powder
- ☐ ¼ tsp baking soda
- ☐ ⅓ tsp salt

Wet

- ☐ 1 ¼ cups (200 g) shredded zucchini (tightly packed)
- ☐ ½ cup sunflower butter
- ☐ ¼ cup plant-based milk (we used oat milk)
- ☐ 1 tsp vanilla extract

Instructions

- ☐ Preheat oven to 360 F
- ☐ Line a 6x9 pan with parchment paper
- ☐ Mix all dry ingredients except for the chocolate chips
- ☐ Add wet ingredients and blend everything together (we use an immersion / hand-held blender)
- ☐ Blend until everything is smooth
- ☐ Stir in the chocolate chips with a spoon
- ☐ Pour the batter into the pan and top with more chocolate chips
- ☐ Bake for about 35-40 minutes. Test after 30 minutes with a toothpick (if they are sticking to the toothpick then keep baking)
- ☐ Let the brownies cool a bit and then enjoy!

Coconut Sticky Rice

Ingredients -- RICE:

- ☐ 2 ½ cups glutinous rice (we are using sushi rice)
- ☐ 2 cups coconut milk
- ☐ 2 ½ cups water
- ☐ ½ cup sugar
- ☐ ⅔ tsp salt

Ingredients -- SAUCE:

- ☐ 1 cup coconut milk
- ☐ 3 tbsp sugar
- ☐ 3 tbsp corn starch
- ☐ ⅓ tsp salt

Instructions

- ☐ RICE: Rinse the rice. Combine rice, coconut milk, and water in a pot and bring to a boil. Reduce heat and let simmer for 15 minutes.
- ☐ SAUCE: In a pan mix together 1 cup coconut milk, 1/4 cup sweetener of choice (e.g. organic sugar or Erythritol, etc.), and 1/3 teaspoon sea salt. Bring the mixture to a boil and stir to dissolve the sugar. Turn off the heat and stir in the steamed rice. Cover the pan. Set aside for at least 10 minutes.
- ☐ SERVE: garnish with sesame seeds and fresh fruit.

Oatmeal Chocolate Chip Breakfast Cookies

Ingredients

- ☐ 2 ripe bananas (about 200–240g mashed)
- ☐ 1 cup of rolled oats or instant oats
- ☐ ¼ cup of chocolate chips (semi-sweet or dark)

Instructions

- ☐ Prep: Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
- ☐ Mash: In a medium bowl, use a fork to thoroughly mash the bananas until smooth and creamy.
- ☐ Combine: Add the oats and chocolate chips to the banana mixture and stir until fully combined.
- ☐ Scoop: Use a spoon or cookie scoop to portion out the dough onto your prepared baking sheet (this recipe yields roughly 12 to 14 cookies). Flatten them slightly as they **will not spread while baking**.
- ☐ Bake: Place into the preheated oven and bake for 15 to 18 minutes, or until the edges are lightly golden.
- ☐ Cool: Let them cool on the baking sheet for a few minutes before transferring them to a wire rack.

Smoothies!

Pineapple, Cucumber, Lime Smoothie

- ☐ ½ cup pineapple
- ☐ 3 ice cubes
- ☐ ¼ cup baby spinach
- ☐ 1 mint leaf
- ☐ 1 teaspoon lime juice
- ☐ ¼ cup peeled and seeded cucumber
- ☐ ⅓ cup soy milk

Apple Kale Smoothie

- ☐ ⅔ large kale leaf, washed, stemless
- ☐ ⅓ large apple, cored
- ☐ 1 teaspoon chia seeds
- ☐ ⅔ teaspoon ground flaxseed (or whole flax seeds)
- ☐ 1 teaspoon maple syrup
- ☐ ⅙ medium lemon, juiced (about 1-1½ teaspoons juice)
- ☐ ¼ cup (60 ml) plant-based milk

Creamy Zucchini Blueberry Smoothie

- ☐ ⅓ banana
- ☐ ¼ cup blueberries
- ☐ ¼ stem celery
- ☐ ⅕ cup zucchini (just do a little less than ¼)
- ☐ ¼ cup spinach
- ☐ Pinch of cinnamon
- ☐ ¼ cup soy milk

Watermelon, Mint Smoothie

- ☐ ¼ cup watermelon
- ☐ ⅓ cup frozen strawberries
- ☐ ⅓ banana
- ☐ Juice and zest of one slice of lime
- ☐ ½ tsp maple syrup
- ☐ 1 tsp soy milk

Chocolate, Banana, Strawberry Smoothie

- ☐ ½ banana
- ☐ ¼ cup strawberries
- ☐ ⅓ cup chocolate soy milk
- ☐ 1 cauliflower floret

Lemonade*Single Serving***Ingredients**

- ☐ 2 Tablespoons granulated sugar
- ☐ ¼ cup hot water
- ☐ 3 tablespoons fresh-squeezed lemon juice, I used about 1 lemon
- ☐ ¾ cup cold water
- ☐ Ice
- ☐ Lemon slices, optional

Instructions

1. In a 2 or 4 cup measuring cup, stir together the sugar and hot water until the sugar is dissolved. Stir in the lemon juice and cold water.
2. Fill a large glass or pint mason jar with ice and several lemon slices. Fill to the top with lemonade and enjoy!

Bubble Tea

- ☐ Boil tapioca pearls for about 50 minutes, until thoroughly cooked and soft. You shouldn't see any white dots in the middle when they are thoroughly cooked.
- ☐ Make a simple syrup on the side by combining 1 cup sugar with 1 cup water.
- ☐ Drain tapioca pearls, return to pot (off heat) and stir in simple syrup.
- ☐ Add to tea of your choosing. We used caffeine free black tea, green tea, and turmeric chai and topped it off with some soy milk.