Mrs. Vegan's WFPB Dinner Recipes

"CHICKEN" OR CHICKPEA FLORENTINE ARTICHOKE BAKE

¾ pound whole grain pasta (brown rice pasta for gluten-free)
I batch of WHITE SAUCE
1 plant-based "chicken" cutlet, diced; or 1 can of chickpeas, drained (reserve the liquid for soup, stew, or other use)
¼ cup water, dry sherry, or white wine
1 onion, chopped
1 to 2 cloves garlic, minced
1 package chopped spinach, thawed but not cooked
1 can artichoke hearts, drained, with liquid reserved
1 tsp dried dill weed (optional)
Paprika (regular, not hot or smoked)
Panko or other breadcrumbs (optional) (make sure they are plant-based; Wegmans makes a whole wheat panko that is plant-based)

Lightly oil a 9x13" casserole or use a non-stick casserole dish if you have one. Preheat the oven to 350 F.

Cook the pasta to *al dente* doneness according to package directions.

Make one batch of the WHITE SAUCE (recipe this page).

Heat the water or sherry in a large pot. Add the onions and garlic, and sauté them for about 3 minutes, or until the onions start to be transparent. Separately in a bowl, allow the spinach to thaw, or microwave/steam it lightly until it is thawed. In another bowl, drain the canned artichoke hearts, reserving the liquid, and slice them if they are whole or quartered.

In a large bowl, combine the cooked pasta; the "chicken" or chickpeas; the white sauce; the sautéed onions and garlic; the spinach; the artichoke hearts; and the dill weed if using. Stir the mixture thoroughly. Spoon it into the casserole dish. Sprinkle with sweet paprika and breadcrumbs if using. Cover with foil and bake at 350 for 30-40 minutes until bubbly. If you like casseroles browned and crunchy, remove the foil for the last 10-15 minutes. Serve hot with a green salad on the side.

Note: You can use fresh spinach if you wish. No need to cook beforehand, just slice and dice 8-10 oz fresh spinach very fine, and add it to the mixture.

Variation: If you have mushrooms on hand, sauté them up with the onions and garlic.

WHITE SAUCE

2 tbsp flour or cornstarch or 1 tbsp of each (use all cornstarch for gluten-free)
2 cups water, plant milk, or mix of the two*
¼ tsp salt

In a bowl, whisk together the flour or cornstarch, or a mix, with the water. In a saucepan, over medium heat and stirring constantly, bring the mixture to a boil. Once it reaches a boil, take the mixture off the heat and complete the recipe as follows:

In a small bowl, gradually whisk together 2 to 3 tbsp of cashew butter or tahini with ½ cup water until you have a smooth mix. Add to the sauce mixture, along with:
1 to 2 tsp prepared mustard (preferably spicy brown or Dijon)
½ tsp of garlic powder or onion powder
2 tbsp fresh lemon juice or light-colored vinegar (e.g., rice vinegar, white wine vinegar, sherry vinegar)

*For this recipe, use the liquid from the canned artichokes for part of the two cups of liquid—it's very flavorful. You can also use all or part of the liquid from the canned chickpeas, if you are using them.





