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Baked 'Fish' Cakes With Lemon Herb Mayo [Vegan]

Dairy Free | Kid-Friendly Vegan

By [Jessica DeMarra](https://www.onegreenplanet.org/) <https://www.onegreenplanet.org/>

[vegan-recipe/baked-fish-cakes-with-lemon-herb-mayo/](#)

Whenever I saw fish or crab cakes on a restaurant menu I almost always ordered it. Since going vegan, I must admit I do miss some meat products, but then I remember how it is made and I quickly change my mind. I played around with this recipe for a while and made a lot of mistakes along the way. At first I used one nori sheet it wasn't fishy enough and I tried a bit of miso a little more each time I made the recipe and two tablespoons was the winning amount. I considered pan-frying them but I wanted them to be lighter and healthier than the restaurant version. Then, I added the parsley and green onion I had leftover from the cakes and pureed the sauce to a very pleasant light green color. I loved it and I hope you will too!

Calories 223 Serves 8-10

Ingredients

For the "Fish" Cakes:

- 2 1/2 cups cooked chickpeas
- 2 sheets roasted nori, cut with scissors into small pieces
- 2 tablespoons white miso
- 3 tablespoons eggless mayo
- 3 teaspoons fresh lemon juice
- 1/2 teaspoon kosher salt
- 3 cracks of black pepper
- 1 green onion, green and light green part only, minced
- 2 tablespoons minced flat parsley
- 3 tablespoons plus 1/2 cup panko crumbs
- *Optional* Carrots and Sliced Olives

For the Herb Lemon Mayo:

- 1/4 cup [vegan mayo](#)
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh minced parsley
- 1 green onion, green and light green part only, minced plus 1 tablespoon thinly sliced green onion for garnish
- 1/4 teaspoon kosher salt
- 2 cracks of black pepper

Preparation

1. Preheat oven to 375°F.
2. Pulse chickpeas 1 cup at a time in a food processor so it is a coarse meal. You don't want it to be smooth like hummus and a few whole chickpeas are fine. Place each batch into a large bowl until all the chickpeas are pulsed.
3. Cut nori sheets with scissors into small pieces and add to the chickpeas. In a small bowl whisk the miso, mayo, lemon juice, salt, and pepper until thoroughly combined. Add to the chickpeas and with a spatula combine the ingredients until mixed.
4. Add the onions, parsley and 3 tablespoons panko and stir until well combined.
5. In a shallow bowl or pie plate, add the rest of the panko crumbs. Line a baking sheet with parchment paper.
6. Using 1/4 cup measuring cup, scoop level amount of chickpea mixture and lightly pack. Take the mixture out of the cup and form into a patty about 2 to 2 1/2 inches wide. Lightly press both sides into panko crumbs and set on lined baking sheet. Repeat with the rest of the mixture. I got eight 1/4 cup cakes and one slightly smaller cake. Bake for 15-17 minutes until golden brown.

7. While the cakes are baking, make the sauce. Combine all ingredients to a food processor or blender and process until very smooth. Set aside until cakes are ready. You can wrap Nori for the Gills, use Cut Olives for the Eyes and Carrots for the Scales.

8. Transfer cakes to serving plate and top with sauce and chives. Serve with lemon wedges.

Baked 'Fish' Cakes With Lemon Herb Mayo *Continued* | Potato Kugel Cups | Crispy Breaded Chickpea Cutlets in Mushroom Gravy

Notes

The cake mixture without the panko crumbs makes for an excellent "tuna" sandwich filling.

Nutritional Information

Total Calories: 1783 | Total Carbs: 362 g | Total Fat: 57 g | Total Protein: 66 g | Total Sodium: 4358 g | Total Sugar: 28 g Per Serving: Calories: 223 | Carbs: 45 g | Fat: 7 g | Protein: 8 g | Sodium: 545 mg | Sugar: 4 g

Potato Kugel Cups [Vegan]

Dairy Free | Oil Free / Low Fat Vegan

By [Annie Markowitz](https://www.onegreenplanet.org/vegan-recipe/potato-kugel-cups/) <https://www.onegreenplanet.org/vegan-recipe/potato-kugel-cups/>

A traditional kugel is a casserole made from egg noodles or casserole. These lightened-up, oil-free mini kugels are made by spiralizing potatoes and combining it with onion, garlic, paprika, and cornstarch to hold it all together. They're easy to whip up, savory, and satisfying.

Serves 18

Ingredients

- 2 large russet potatoes, grated or spiralized
- 1 medium onion, sliced thinly
- 2 cloves garlic, minced
- 1 teaspoon paprika
- 1 tablespoon cornstarch
- Salt, to taste

Preparation

1. Preheat oven to 400°F and spray a muffin pan with non-stick spray.
2. In the meantime, sauté your onion and garlic over medium-high heat until they appear soft and translucent.
3. Add sautéed onions and garlic and potato to large mixing bowl, and stir to combine.
4. Add salt, paprika, and cornstarch to the mixing bowl, and stir until veggies are evenly coated.
5. Push mixture into muffin pan, filling each space to the top, and bake for 40 minutes.

Crispy Breaded Chickpea Cutlets in Mushroom Gravy [Vegan, Gluten-Free]

Dairy Free | [Gluten-free Recipes](#) | [Grain Free Recipes](#) | [High Carb Vegan](#) | [High Protein Vegan](#) | [Wheat Free](#)
By [Amy Lyons](https://www.onegreenplanet.org/vegan-recipe) <https://www.onegreenplanet.org/vegan-recipe>

In this recipe, crispy breaded chickpea cutlets are served with a savory homemade mushroom gravy — and the "breading" is gluten-free! Chickpeas have the perfect flavor and texture for this meal that'll win over anybody. Serve this alongside some fresh greens or any vegetable of your choosing.

Serves 3

Ingredients

For the Chickpea Cutlets:

- 1 1/2 cups canned chickpeas, liquid reserved
- 1 garlic clove
- Sea salt, to taste
- 1 teaspoon thyme
- 1/8 teaspoon cayenne pepper
- 1/4 cup almond flour
- 2 tablespoons white miso (omit to make it grain-free)
- 1 tablespoons nutritional yeast

For the Breading:

- 2 tablespoons nutritional yeast
- 2 tablespoons ground flax seed
- 1/4 teaspoon sea salt
- 1/2 cup aquafaba (liquid from a can of chickpeas)
- **For the Mushroom Gravy:**
- 3/4 cup mushrooms, sliced
- 1 cup [vegetable broth](#)
- 1 garlic clove, minced
- 1 tablespoon gluten-free tamari
- 1 tablespoon nutritional yeast
- 2 teaspoons arrowroot starch dissolved in 2 teaspoons filtered water

Preparation

To Make the Chickpea Cutlets:

1. In a food processor, combine all ingredients but the flour and process until smooth. Add the flour and pulse to blend. It should be soft enough to form into cutlets but not too sticky. If it is too sticky, add a little more flour. Shape into ovals, and set aside on a plate.
2. Place the yeast and flaxseed, and sea salt in a bowl, and mix together. Place the aquafaba into another bowl. Line a sheet pan with parchment. Dip each cutlet into the aquafaba, then the yeast mixture to coat it. Place on the parchment lined tray. Spray with olive oil if desired.
3. Place in a 400°F oven, and bake for about 20-30 minutes until heated through and browned at the edges.

To Make the Mushroom Gravy:

1. Combine all ingredients but the arrowroot mixture and bring to a simmer. Cook until the mushrooms are tender, about 10 minutes. Add the arrowroot and cook until thickened. Serve over the cutlets.

Nutritional Information

Total Calories: 805 | Total Carbs: 74 g | Total Fat: 37 g | Total Protein: 36 g | Total Sodium: 3294 g | Total Sugar: 9 g (Per Serving) Calories: 268 | Carbs: 25 g | Fat: 12 g | Protein: 12 g | Sodium: 1098 g | Sugar: 3 g

Cauliflower Pot Roast [Vegan]

Dairy Free | Vegan

by [Cruelty Free Family](#) <http://www.onegreenplanet.org/vegan-recipe/cauliflower-pot-roast/>

Roasted cauliflower is one of the most delicious foods on the planet, and the presentation in this recipe makes it fancy enough to serve at any occasion. The accompanying gravy is packed with lentils, cashews, and nutritional yeast — and plenty of flavor. Smother your roasted veggies and potatoes in this gravy, and you've got yourself a complete meal!

Ingredients

For the Pot Roast:

- 1 whole head cauliflower
- 1 pound of small red potatoes
- 1 whole bulb fresh fennel (Fennel haters can substitute with a large onion)
- 12 ounces baby carrots, or whole carrots cut into finger-sized pieces
- 2-3 branches rosemary
- A small bunch parsley
- 3 tablespoons olive oil, plus 1 tablespoon
- 2 tablespoon herbs de Provence
- 1/2 teaspoon salt
- 2 cloves garlic, finely minced
- 1/4 cup tahini
- 1 teaspoon smoked paprika

For the Gravy:

- 1 onion
- 1 clove garlic, minced
- 8 ounces brown mushrooms (Baby Bella, Crimini, Shiitake, etc.)
- 1 teaspoon olive oil
- 4 cups veggie broth
- 1/2 cup lentils (red or brown)
- 1/2 cup raw cashews
- 1 tablespoon fresh rosemary leaves, finely minced (or 1 teaspoon dried)
- 1/4 cup nutritional yeast
- 1/4 teaspoon ground nutmeg
- Salt and pepper, to taste

Preparation

To Make the Pot Roast:

1. Preheat the oven to 375°F. Remove the leaves from the cauliflower and place it in a large roasting pan or casserole dish.
2. Cut the potatoes into halves and the fennel bulb into slices. Coat the potatoes, fennel, and carrots with 3 tablespoons of olive oil, 1/2 teaspoon salt, and herbs de Provence, and half the garlic. Spread the vegetables around the head of cauliflower.
3. Mix together the remaining tablespoon of olive oil, garlic, tahini, and smoked paprika. Brush the mixture over the cauliflower.
4. Cover with a lid or foil and bake for 30 minutes. Uncover, and bake for an additional 10-20 minutes. The vegetables are ready when they are soft when pierced with a fork.

To Make the Gravy and Serve:

1. While the vegetables are roasting, make the gravy. In a sauce pot, boil the lentils and cashews in the vegetable broth for 20 minutes. When they are done, turn the heat to low.
2. In a frying pan, sauté the onions in olive oil for 5 minutes. Add the garlic and mushrooms, and cook for another 2-3 minutes. Add the rosemary and cook until fragrant.
3. Add the onions and mushrooms to the pot with the lentils. Add the rest of the gravy ingredients.
4. Puree the gravy until smooth, using an immersion blender. Alternatively, let the gravy cool, and transfer to a blender and purée until smooth. Then, add the gravy back to the pot to reheat.
5. To serve, slice the cauliflower into wedges. Serve with plenty of gravy.

Nutritional Information

Total Calories: 2018 | Total Carbs: 275 g | Total Fat: 102 g | Total Protein: 90 g | Total Sodium: 3741 g | Total Sugar: 59 g

Cinnamon Apple Chunk Cake [Vegan]

Dairy Free | High Carb Vegan | Vegan

By [Lindsey Auerbach](https://www.onegreenplanet.org/vegan-recipe/cinnamon-apple-chunk-cake/) <https://www.onegreenplanet.org/vegan-recipe/cinnamon-apple-chunk-cake/>

This apple chunk cake is perfect for those comfy nights when you just want to curl up into a chair and read a book. It's fragrant and spicy from cinnamon, sweet from coconut sugar, and studded with crunchy walnuts and chunks of apples. Yum! Warm a slice up and enjoy with a glass of almond milk or a cup of hot tea.

Ingredients

For the Cake:

- 2 tablespoons flax seed, ground
- 4 tablespoons water
- 3 Gala apples, peeled and diced into 1/4-inch cubes
- 2 teaspoons cinnamon
- 1/2 teaspoon ground ginger
- 1/2 cup coconut sugar
- 2 cups spelt flour
- 2 teaspoons baking soda
- A pinch of salt
- 1/2 cup coconut oil, melted
- 1/2 cup almond milk
- 1/4 cup orange juice
- 1 cup walnuts, chopped (optional)

For the Topping:

- 1/2 teaspoon cinnamon
- 1 teaspoon coconut sugar

Preparation

1. Line a 9x5-inch loaf pan with parchment paper.
2. Preheat oven to 350°F.
3. In a small bowl, whisk together flax and water. Let sit for 5 minutes.
4. In a large bowl, toss apples with cinnamon, ginger, and sugar to coat. Add flour, baking soda, and salt. Toss to combine.
5. In a separate bowl, whisk together flax mixture, oil, almond milk, and orange juice. Add to apple mixture and toss to combine.
6. If you want to add in walnuts, you can do so here and give it one final mix.
7. Pour into loaf pan.
8. For the topping, combine cinnamon and sugar and sprinkle on top of mixture in loaf pan.
9. Bake for 40 minutes or until toothpick comes out clean.

Nutritional Information

Total Calories: 3359 | Total Carbs: 391 g | Total Fat: 188 g | Total Protein: 52 g | Total Sodium: 3295 g | Total Sugar: 190 g