



Summer Market Series

JULY:
tomatoes + zucchini

PLANT-BASED  POINT

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featuring

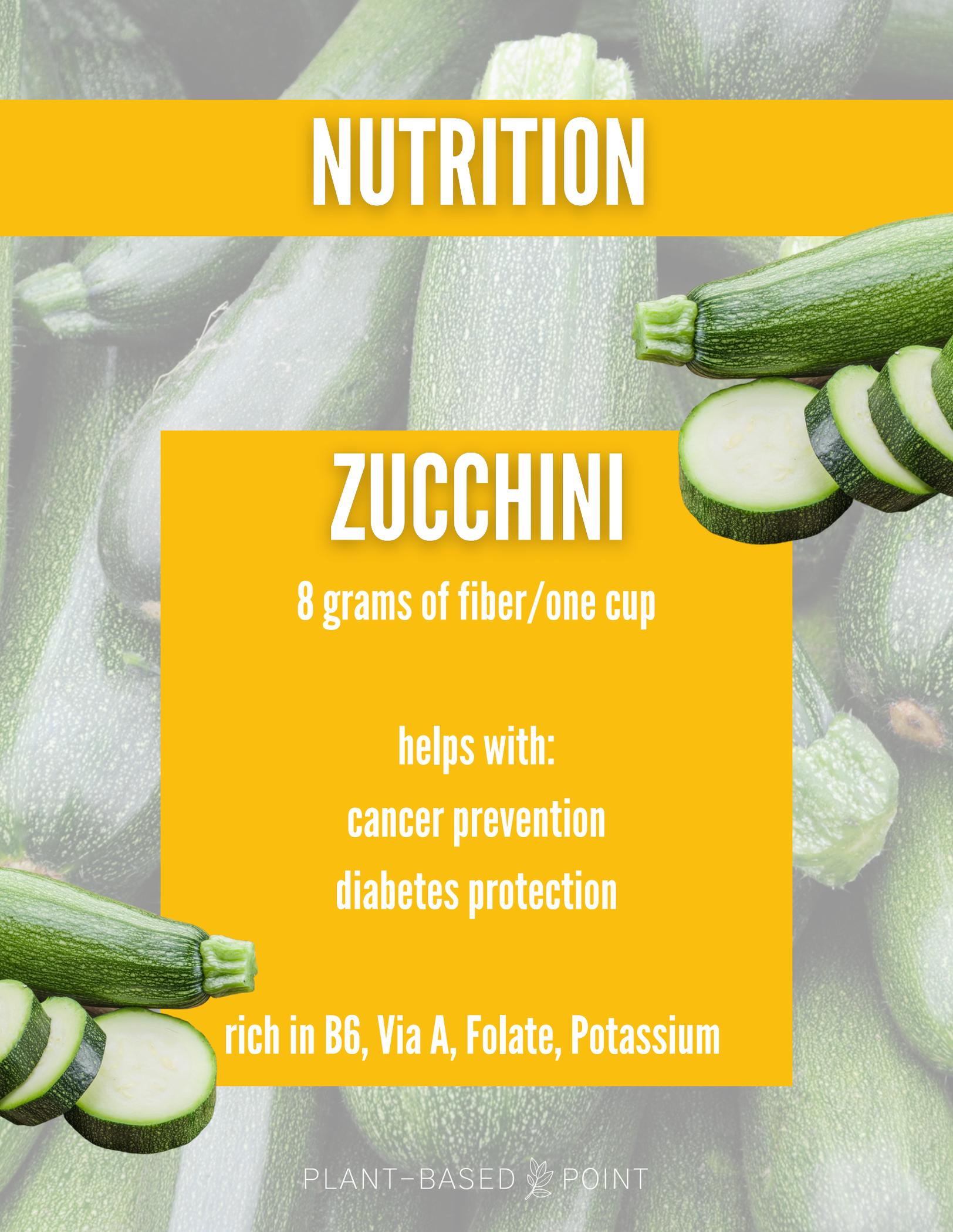


tomatoes



zucchini

NUTRITION



ZUCCHINI

8 grams of fiber/one cup

helps with:

cancer prevention

diabetes protection

rich in B6, Via A, Folate, Potassium

NUTRITION

TOMATOES

1.2 grams of fiber per serving

contains lycopene (provides the bright red color)
protects cells from damage

contains: vitamin B, E, potassium

Alkaloid Solamine, reduces joint swelling

sample menu

(serves 4)

- Grilled* veggie sandwich with tofu ricotta
- Summery Vegetable Sauté
- No-Frills Chocolate Fondue
+ Strawberries
- BONUS RECIPE: Zucchini Casserole



*can roast if desired - see recipe

printable shopping list

(serves 4)

PRODUCE:

4 portabella mushrooms and/or 1 eggplant
2 bell peppers (any color)
4 large zucchini
1-2 large tomatoes
1 container cherry tomatoes (1 cup)
1 pint strawberries
1 onion (any variety)
2-3 ears of corn (=1 cup)
Garlic (4-6 cloves)
Basil (1/4 cup)
1 lemon

**NOTE: does not include
ingredients for bonus recipe**

PANTRY:

Olive oil (1/2 cup for sauteing/grilling)
1 13.5-ounce can coconut cream
1 bag semi-sweet or dark chocolate chips (check for dairy)
Nutritional yeast (1/4 cup)
Balsamic vinegar (1-2 TBSP) - optional
Oregano (1 TBSP) - optional
Crushed red pepper - optional
Vegan cookies (Oreos, Nutter Butters) - optional

REFRIGERATED:

1 package firm, extra firm, or high-protein (vacuum sealed) tofu

OTHER:

Loaf of your favorite crusty bread (e.g., french, italian, sourdough, ciabatta - all accidentally vegan!) - enough for 4 big sandwiches

instructions

By using the shopping list, menu recipes (see following pages) and following the below order, you'll have a menu batch-cooking win!

FIRST:

Press tofu and make tofu ricotta.

SECOND:

Prep veggies: corn, cherry tomatoes, two zucchini, onions, basil, and garlic for Summery Vegetable Saute. Slice and coat grill-able veggies (portabellas, two zucchini, eggplant, and bell peppers) with olive oil, salt, and pepper.

THIRD:

Fire up grill (or oven) to about 400 degrees F.

FOURTH:

Make Summery Vegetable Saute + get veggies on grill once grill is heated..

FIVE:

Assemble sandwiches and enjoy alongside Summery Vegetable Saute.

SIX:

Whip up your chocolate fondue in a few minutes and enjoy for dessert! (Can prep ahead of time if desired, but you'll want to reheat before eating.)

Tofu Ricotta

serves 4-8

1 12-14 ounce package firm or extra firm tofu, pressed (see notes)
1 clove garlic (minced if you're not using a food processor) -OR- 1 tablespoon garlic powder
¼ cup nutritional yeast
1-2 tablespoons fresh lemon juice
Salt and pepper to taste

Optional seasonings:

1 tablespoon dried oregano
2-3 cloves roasted garlic
1 tablespoon white miso paste
1 teaspoon crushed red pepper
Dried or fresh basil to taste
Olive oil to taste



If using a food processor (recommended, but a blender or hand mixer should also do the trick), place garlic clove inside and pulse until minced. Add tofu, nutritional yeast, lemon juice, salt and pepper (and any optional ingredients) and blend until you have a smooth, creamy texture. (You may need to scrape the sides of the bowl and then continue blending.)

Taste and adjust seasonings as desired. Use in all of your favorite Italian recipes (we recommend doubling for Lasagna [page 114]) or as a sandwich spread!



NOTES: See the 'Plant-Based Primer' section for our easy tofu pressing method!

Summery Vegetable Sauté

serves 4-6

3 tablespoons oil (any kind)
1 onion (any variety), chopped
2 large zucchini, quartered and sliced into large chunks
1 cup cherry tomatoes, halved
1 cup corn (fresh really makes this dish pop)
2 cloves garlic, minced
¼ cup fresh basil, chopped
Salt and pepper to taste
Splash of balsamic vinegar (optional)

In a large saucepan over medium high heat, heat oil. Add onion and cook until translucent (5+ minutes). Next, add zucchini and cook until it begins to soften. (About 10 minutes.) If you let the zucchini begin to stick to the bottom of your pan (then add a splash of water or broth), you'll get a beautiful caramel color and flavor.

Add tomatoes and corn and cook another 1-2 minutes. Lastly, add basil, garlic, salt, pepper, and balsamic vinegar (if using) and cook 1-2 minutes until all of the flavors come together.

Serve hot or cold alongside your main dish, or on top of pasta!



Grilled Veggie Sandwich w/ Tofu Ricotta

serves 4

2-4 zucchini, sliced lengthwise (about 1/3-inch thick)
2 bell peppers (any color), seeded and cut in half
1 large eggplant, sliced lengthwise (about 1/3-inch thick) -AND/OR-
4 portabella mushrooms
2 large tomatoes, sliced
1 batch tofu ricotta
1 loaf crusty bread, sliced for four sandwiches
Basil leaves (optional)
Olive oil (to coat veggies)
salt + pepper to taste

Preheat grill to medium high (about 400 degrees F). Slice all of your desired veggies and coat all (EXCEPT tomato) with olive oil, salt, and pepper. First cook portabellas and bell peppers about 10 minutes, then flip over. Add zucchini and eggplant and cook another 3-4 minutes per side. Remove when everything is softened and charred to your liking.

Assemble sandwiches: Slather a thick layer of tofu ricotta on the inside of each slice of bread. Layer grilled veggies, tomato slices, and basil leaves (if using).



NOTE: If you prefer to roast your vegetables, preheat oven to 425 F. Follow the same process and roughly the same timing as above. Every oven is different, so keep an eye on everything and turn veggies once halfway.

No Frills Chocolate Fondue

serves 4

DIP:

- 2/3 cup semi-sweet, dairy-free chocolate chips (see notes)
- 4-6 TBSP coconut cream

DIPPERS:

- Vegan cookies (Oreos, Nutter Butters, Vanilla Wafers) and/or pretzels
- Fresh fruit

Place chocolate chips and coconut cream in microwave safe dish and microwave for about 20-30 seconds or until chocolate chips begin to soften. Stir with a spoon until chips continue to melt. You may need to microwave for a few seconds more, but be very careful not to burn chocolate!



NOTES: Many name brand semi-sweet or dark chocolate chips are accidentally vegan and a lot cheaper than the 'dairy/allergy-free' brands. Just do a quick check of the bolded allergen section [on the ingredients label] for 'milk.'

SPECIAL
BONUS
recipe!

Zucchini Casserole

serves 6-8



2 tablespoons vegan butter or oil (any kind)
2 medium yellow squash, sliced into half moons or diced
2 medium zucchini squash, sliced into half moons or diced
1 onion (any variety), diced
¼-½ cup vegan mayonnaise
2-3 tablespoons fresh basil, minced
1-2 cloves garlic, minced
salt and pepper to taste



Topping:

1 sleeve vegan 'butter' crackers (~25 crackers), crushed
2 tablespoons vegan butter, melted

Preheat oven to 425 degrees F. In a large saucepan over medium high heat, melt butter or oil. Add onion and cook until translucent (5+ minutes). Add zucchini and yellow squash and cook until softened (10-15 minutes). Add garlic and basil and cook, stirring frequently, for 2-3 minutes (make sure garlic doesn't burn).

Turn off heat and stir in mayonnaise, salt, and pepper. Adjust to taste and pour into an 8x8-inch or 9x13-inch (or similar) baking dish.

Prepare your topping by combining crushed crackers and melted butter in a bowl or food processor. Sprinkle over top of your zucchini dish and bake for 15 minutes or until golden brown and bubbly.

Let stand for 10-15 minutes before serving.

NOTES: Feel free to use all yellow squash or all green zucchini in this dish. You can use a cashew cream, tahini + plant-based milk, or silken tofu in place of mayonnaise. This is a popular Thanksgiving dish, and using fresh basil really makes it stand out from the traditional holiday fare!

resources

Our Cookbooks:

"BEEFLESS CAKES: Easy + Affordable Plant-Based Recipes featuring Beefless Cakes"

"PLANT-BASED COLLEGE COOKING: The Ultimate Guide for the Broke + Busy"

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