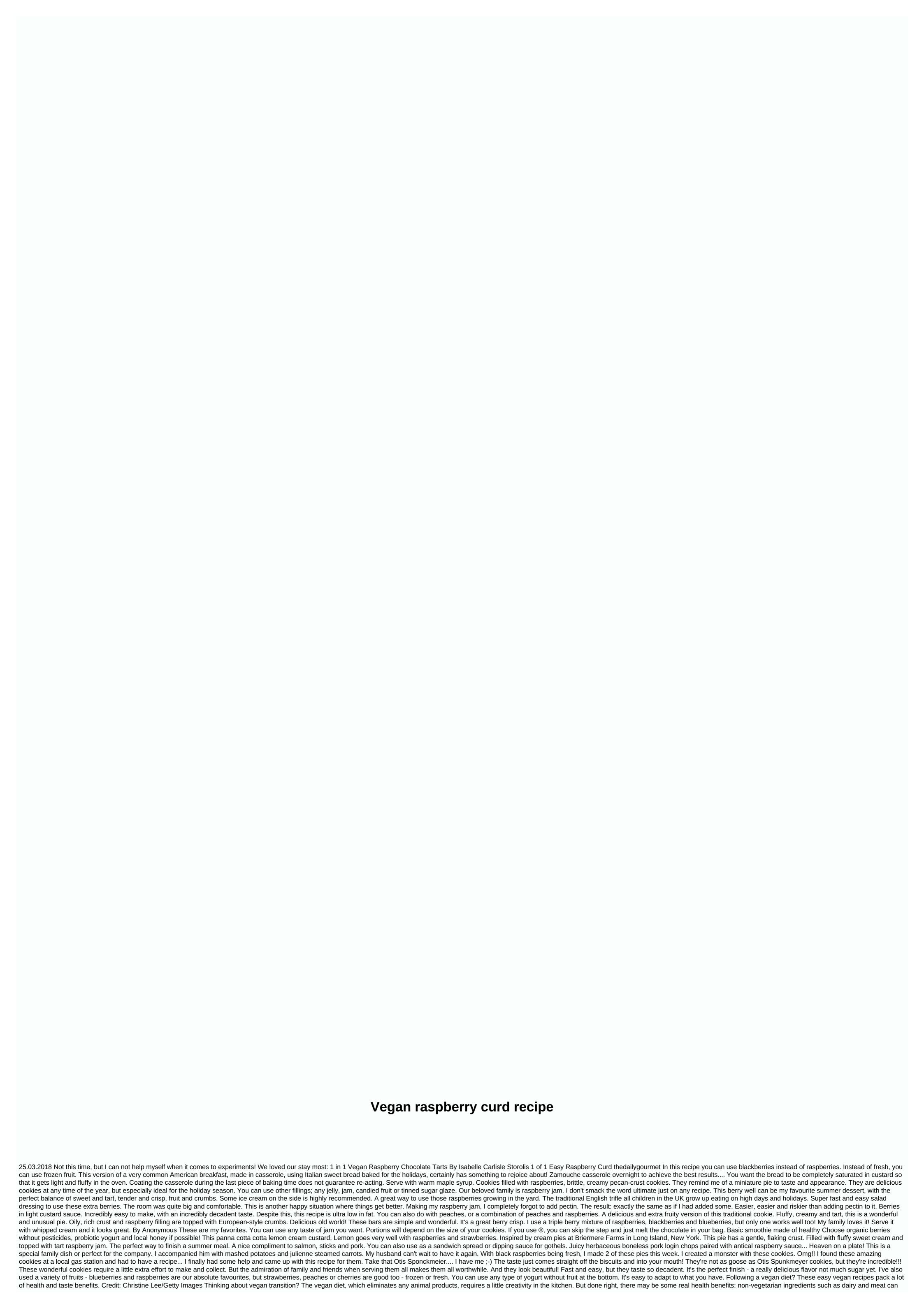
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be high in saturated fat and cholesterol, and eating high volumes of veg is associated with a reduced risk of cardiovascular disease, several common cancers and other chronic disease, several times a week can be good for your health. Here are our favorite vegan recipes that are as delicious as they are healthy. From vegan BLT (yes, such a thing exists!) to Vietnamese rice noodle salad to fragrant tofu nut crust, even meat lovers will approve of these vegan recipes. RELATED: Switching to a vegan diet? 12 Things You Should Know Advertising Try This Recipe: Tuscany SaladMake is sure to batch-cook barley at the start of the week to speed up prep time for this high-fibre, highly resistance Dish. Orange zest adds a wonderful bright aroma to the salad, which tastes even better if done a day in advance. Consist: Walnuts, orange navel, olive oil, pearl barley, fennel bulb, dried tomatoesCalories: 380 Try this recipe: Asian noodles or udon, ragrance-packed noodle recipe perfect for cold nights. Bonus: despite the meat, this dish contains a whopping 26 grams of protein. Consist: Soba noodles or udon, low-sodium soy sauce, mirin, rice vinegar, ginger, soft tofu, romaine salad, daikon radish, carrots, green onions, dark sesame oilCourse: 410 Advertising Sweet potatoes are a great source of fiber and vitamin A, both essential nutrients for healthy eating. Use fresh sweet potatoes and ginger to make this healthy comfort food. Watch this video to see how to whip up this soup of five ingredients at any one time. Writing by Greg Dupree; Editing by EdElson Food styling: Torie Cox; Prop Styling: Chelsea Zimmer Try this recipe: Zoodel with tomatoes and spinach-caper PestoZ this vegetable-free, carbohydrate-free pasta dish, you can enjoy Mediterranean flavours without meat or cheese. Tip: Store the tomatoes on the counter, not in the fridge, for better flavour and texture. The recipe contains a list of optional Parmesan cheese, but it is reassessed so that the dish is vegan friendly. Consist: Extravirgin olive oil, garlic, baby spinach, Parsley leaves, capers, hemp, lemons, salt, black pepper, zucchini, avocado oil, cherry tomatoesCalori: 161 Credit: Ken Carlson/Waterbury Publications, Inc. Try this recipe: Bacon, Salad, Avocado and Tomato PitasTanks to dulse and a little liquid smoke, you can get all the flavours As a bonus, this recipe is packed with good for you Ingredients: Coconut oil, dulse, liquid smoke, avocado, cilantro, onion, fresh lime juice, wholegrain pita, baby greens or chopped romaine, Plum Tomato Calories: 351 Advertising Advertising Credit: Ken Carlson/Waterbury Publications, Inc. Try this recipe: Vietnamese Veggie and SaladDinner rice noodles can be on the table in just 35 minutes with this fresh tasting vegomative and To make this dish vegan, look for a brand of peanuts that doesn't contain gelatin for the final side Consist: Carrots, daikon radish, English cucumber, rice vinegar, sugar, avocado, ginger, lime juice, garlic, coconut oil, extra-hard tofu, brown rice noodles, mung beans sprouts, cilantro, unsalted peanutsCalory: 611 Credit: Ken Carlson/Waterbury Publications, Inc. Try this recipe: Nut-crispy tofuHrumka nut coating on this tofu recipe packets on protein (the dish also contains well: it's low cholesterol and saturated fat and comes under 3 Tip: Some brands of dijon mustard, lemon juicer: 246 Credit: Anne Pittman Try this recipe: Kamut salad with roasted cauliflowerYou won't miss meat in this flavored cauliflower salad with camouflage, wheat grains originally discovered in Egyptian tombs (it's a great source of protein, amino Pack any remaining salad (minus the avocado) for your work lunch. Consist: Kamut, cauliflower, tahini, fresh lemon juice, baby arugula, garlic, avocado, black pepper, olive oil, kosher salt Calories: 338 Advertising Credit: Greg Dupree; Food styling: Anna Hampton; Prop Styling: Mindy Shapiro Try this recipe: ThaiThis vegetable pad is an lighter version of the classic Thai panda pad still includes ingredients such as lime, peanut butter, ginger, and bean sprouts, so you get the same fragrant staples you come to love. In addition, with 20 grams of fiber, you treat your body to a large takeaway alternative. Be sure to look for peanuts that do not contain gelatin for vegan garnish. Consist: Peanut butter, lime juice, soy sauce, ketchup, ginger, crushed red pepper, yellow squash, carrots, peanuts, bean sproutsCalores: 359 Credit: Greg DuPree; Stacking props: Mindy Shapiro; Food Styling: Chelsea Zimmer Try this recipe: Portobello FaitasZi 30minute mushroom meat-free faita bring some serious warmth. Bulgarian peppers and onions to veg factor (and nutrients) to this dish and help ensure that the real taste is fajita. Consist: Portobello mushroom caps, grape oil, chilli powder, yellow onions, yellow and red bell peppers, poblino chilli, lime wedges, salt, corn tortillas, hot sauceColons: 302 Credit: Greg Dupree; Food styling: Anna Hampton; Prop Styling: Mindy Shaprio Try this recipe: Sriracha-Lime Grill WatermelonGive is a juicy summer fruit unexpected update with a spicy beat. You can light up the grill and cook a snack the night before, or worship the grill and sprinkle seasonings on raw watermelon for an equally tasty ply. No watermelon at hand? This recipe also works well with jicama. Consist: Watermelon, extra-virgin olive oil, sriracha, kosher salt, coconut sugar, lime zest, lime wedgesCaloria: 45 Advertising Credit: Greg DuPree; Stacking props: Mindy Shapiro; Food Styling: Chelsea Zimmer Try this recipe: Eggplant steaks with TapenadeGrill eggplant steaks indoors: Place on grilles over a moderate heat, 2 to 4 minutes on the side. Also good: eggplant packs in lots of fiber, potassium, and vitamin B6. Consist: Eggplant, grape oil, smoked paprika, salt, pepper, dried tomatoes, olives, olive oil, red wine vinegar, basilKalyria: 269 Credit: Greg Styling: Ginny Branch Try this recipe: Grilled tofu with spicy peanut sauceAny firm or extra-firm tofu; soft varieties of varieties fall apart on the grill. To make the dish vegan, look for a brand of peanut that doesn't contain gelatin. Ingredients: Extra-hard tofu, grape oil, light brown sugar, black pepper, cilantro, salted peanuts, extra-virgin olive oil, sesame oil, rice vinegar, garlic, Fresno chilli, ginger, lime juicer: 298 Try this recipe: Zucchini with corn and cilantro. Oily olive oil, added to cilantro and lime juice tango, gives the aroma of fiesta rich in fiber zucchini and corn. Add a side of chilled beans and you have a filling and delicious food. Consist: Olive oil, zucchini, wholegrain corn, fresh cilantro, fresh lime juice, salt, black pepper Calories: 62 Advertising Try this recipe: Spicy black beans BurritosThis protein burritos contain both black beans and tofu. Topped with lacopen-rich tomatoes, lettuce and plenty of cilantro and cumin, this recipe has abundant zest. Even though it calls for burritos to be topped with sour cream (a non-vegan ingredient) leaving this part outward, it won't compromise with the spicy Mexican flavour. Consist: Plum tomatoes, fresh cilantro, red onion, chili chipotle in adobo sauce, fresh lime juice, sea salt or kosher salt, white rice, black beans, red onions, garlic, cumin, olive oil, extra-hard smoked tofu, whole wheat tortillas, iceberg saladCalories: 366 Try this recipe: Sweet and sour SlawThis six-ingredient recipe perfect for vinegar and sugar add sweet and sour flavor to this blend of vegetative, while maintaining low cholesterol. Plus cabbage and carrots are low-calorie ways of getting vitamin C. To mix it up, toss a few slices of Granny Smith or Pink Lady apples to get a tart taste with a crunchy bite. Consist: Sugar, cider vinegar, vegetable oil, salt, cabbage-carrot wheel, green onionScaloria: 50 Try this recipe: Triple bean saladFiber and iron-rich beans make up this quick and light salad. A mixture of olive oil, vinegar and lemon juice gives the dish a tangible taste without the saturated fat found in the creamy dressings. Serve it as a side dishes or over romaine salad for a light lunch. Consist: Green onion, green bell pepper, garbanzo beans, kidney beans, black beans, red wine vinegar, olive oil, black pepper, lemon juice, salt Calories: 128 Advertising advertising

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