SUSTAINABLE COOKING

A COLLECTION OF VEGETARIAN RECIPES FROM THE GEORGIA TECH COMMUNITY

CELEBRATING 50 YEARS OF EARTH DAY
To our readers:

Earth Day 2020 marks the 50th anniversary of International Earth Day and the 23rd celebration held at Georgia Tech. To be a part of this event for such a big anniversary makes it that much more special. Even though we had different plans for the day, we are humbled by the time we have to reflect on how our typical 'normal' impacts the Earth and ways we can implement change for the better. One of these ways is through cooking. We love to cook and create something, especially to share with others. While we take time to social distance, we hope everyone can try out a new recipe and realize that they too can make a delicious meal. Focusing on vegetarian and plant-based dishes lessens the footprint on the Earth from land use to carbon emissions and promotes health & well-being for our loved ones and ourselves. We are so excited to bring you this collection of recipes from the Georgia Tech community and we hope it inspires you to give something new a try. Thank you to all of our contributors, just a small sample of those who work to advance sustainability on our campus every day.

We hope you all enjoy!

Emma Brodzik and Sarah Neville, Earth Day Co-Chairs
Gazpacho

"Every refrigerator in every Spanish home during the summer contains a generous amount of Gazpacho. To me, Gazpacho is the flavor of summer. It works well as a “salad” before dinner or as a snack any time of the day."

- President Ángel Cabrera

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**Ingredients**

1 small cucumber  
2 cloves of garlic  
1 red pepper  
½ white onion  
2 lbs. tomatoes  
1 tsp. salt  
1 tsp. cumin  
3 Tbs. red wine vinegar  
¼ cup olive oil  
Water

**Instructions**

Put everything in a blender, except for the olive oil and water, blend until smooth.

Stir in oil.

Add water if too thick.

Pour into large bowl and refrigerate at least an hour.

Flavor gets better with time.
World's Best Ratatouille

"Credit for the magic to this particular recipe goes to Deborah Madison,* the trick is sautéing each veggie separately and then combining before baking. Also important is to be generous with the (high quality) olive oil. Serve with rice (white or brown) or crusty bread."

-Dr. Rebecca Watts-Hull, Serve-Learn-Sustain

**Ingredients**

1 large eggplant
2 large sweet peppers (yellow, red, orange)
1 large red onion
3-4 large, ripe tomatoes (preferably heirloom or locally grown)
3 large zucchini OR 3 large yellow squash
2 garlic cloves
Lots of olive oil
1 tsp. dried herb de Provence
1 bay leaf
Ground black pepper
Sea salt

**Instructions**

Peel the eggplant and dice it into 1 inch pieces. Place it in a colander in the sink and sprinkle liberally with sea salt.

Bring a pot of water to boil and add tomatoes. After scalding for a minute or two, rinse in cold water. Peel, seed, and dice.

Peel and dice red onion. Coat an oven safe pan (we favor a Calphalon paella pan) with olive oil and add onion to hot oil (turn heat down if splatters).

Crush garlic with side of large knife, peel, and finely dice. Add garlic to pan. Sauté mixture until onion softens.

Add diced tomato, pinch salt and some ground black pepper. When bubbling, turn heat down and simmer for about 20 minutes or until sauce thickens.

Scrape sauce into a large mixing bowl. Clean pan by carefully (so you don’t burn yourself) wiping the pan with a paper towel or clean rag.

Cut sweet peppers in half and remove seed centers. Slice into thin strip lengthwise. Put the pan back on low-medium heat and coat with more olive oil. Add pepper strips to pan and sprinkle with salt and add a little ground pepper. While peppers are cooking, slice the zucchini or squash into rounds (about a half-inch thick or a little less). Sauté the peppers for about 10 minutes or until they have softened. Scrape pepper strips into mixing bowl (with tomato sauce) and repeat process of cleaning pan.
Spicy No-Mayo Coleslaw

"I make it at least twice per month. I love it because cabbage never goes bad, so it can sit in the fridge until I use it. The sauce is tangy and salty. For my kid-friendly version, I skip the hot peppers, but for a luxury, I’ll make a bowl for myself with diced jalapeño peppers."

-Dr. Kim Cobb, Global Change Program

**Ingredients**

- 1 tablespoon Dijon mustard
- 1 tablespoon sherry vinegar, cider vinegar, or fresh lemon juice
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh chile (jalapeño, Thai, serrano, or habanero)
- 3 tablespoons olive oil
- 3 cups shredded cabbage
- 1 red or yellow bell pepper, chopped
- 1/4 cup chopped scallions or red onion
- Salt and pepper
- 2 tablespoons chopped fresh parsley

**Instructions**

Whisk together the mustard, vinegar, garlic, and chile in a large bowl. Add the oil a little at a time, whisking all the while, until the dressing thickens.

Add the cabbage, bell pepper, and scallions and toss with the dressing.

Sprinkle with salt and pepper.

Refrigerate until you’re ready to serve, tossing once in a while if you can.

Just before serving, add the parsley and toss.
Fresh Peach and Honey Cranberry Salsa


- Buzz, Georgia Tech Mascot

Source - Savannah Bee Company

**Ingredients**

- 1 1/2 c. fresh cranberries
- 1 fresh jalapeños - sliced with seeds removed
- 1 tbsp. fresh thyme
- 2 tbsp. local honey
- 1 tsp. lime zest
- 1 tbsp. lime juice
- 1/2 tsp. cinnamon
- 3/4 tsp. fresh grated ginger
- 1/4 tsp. Kosher salt
- 1/4 tsp. Freshly ground pepper
- 3/4 cup sliced Georgia peaches

**Instructions**

Mix together ingredients in a medium bowl. Let marinate for 10 minutes, stirring occasionally. Season with additional salt and pepper to taste. Chill until ready to serve, up to 6 hours.
Taco Pizza

"Here’s my favorite to dish to “make.” It was created by a friend of mine. This is not as good as my mom’s, mother-in-law’s, or wife’s amazing home cooked Indian meals. But what I’ve provided is something that I can make!"

-Shan Arora, Kendeda Building for Innovative Sustainable Design

**Ingredients**

1 Boboli Pizza Curst
1 Mild Ortega Taco Sauce
Tortilla chips
Taco seasoning

**Optional**

Veggie or vegan protein crumbles (e.g., MorningStar Farms Veggie Griller Crumbles).
Red beans or black beans
Shredded lettuce
Diced onions.
Sliced mushrooms.
Sliced olives.
Cut green bell peppers
Sliced Jalapeños
Whatever else you want!
Your cheese of choice

**Instructions**

Warm a skillet, add oil, add veggie protein crumbles and fry until brown. Add bean of your choice. Mix in taco seasoning to your taste.

Place Boboli pizza crust on a pan.

Spread Mild Ortega Taco Sauce as the sauce.

Spread protein mix on top.

Add veggie toppings.

Bake in the oven for amount of time listed on the Boboli package.

Take out of over and crush tortilla chips over the pizza.

Place back in oven for 2 minutes.
Blue Lantern Hummus

"The Blue Lantern was a mediterranean restaurant my husband opened on Ponce de Leon in the 90's. We still make hummus at home using the same recipe they used at the restaurant."

- Dr. Jennifer Leavey, College of Sciences & Urban Honey Bee Project

**Ingredients**
3 cups cooked garbanzo beans (canned or I like to make this recipe from Bon Appetit in the instant pot)
1 1/2 tsp. salt
1 tsp chopped garlic
6 tbsp lemon juice
3/4 tsp cumin
3 tbsp olive oil
5 tbsp prepared tahini

**Instructions**
Put all ingredient in a food processor and process until smooth.
Alfredo Florentine Lasagna

"This spinach lasagna is delicious and simple to make. It has under 10 ingredients and can be paired with a simple salad."

-Kamilah Roberts, Campus Sustainability

Source - Yummly

**Ingredients**
- 15 ounces ricotta cheese
- 1 egg
- 10 ounces frozen spinach
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon nutmeg
- 1 jar Alfredo sauce
- 12 lasagna noodles, cooked
- 1 pound shredded mozzarella cheese

**Instructions**

Preheat oven to 350°.

Combine ricotta cheese, egg, spinach, salt, pepper, and nutmeg; set aside.

Spread 1/4 cup sauce in 13 x 9-inch baking dish.

Arrange 4 lasagna noodles, then top with 1/2 of the ricotta mixture, 1/4 cup sauce, and 1/3 of the mozzarella cheese; repeat layers, ending with noodles.

Top with remaining 1/4 cup sauce and cover with aluminum foil. Bake 40 minutes.

Remove foil, then top with remaining mozzarella cheese.

Bake an additional 10 minutes until cheese is melted.
Chocolate Pudding Pot

"When I tell people about this recipe they usually give me a disgusted look. In sharing my adaption of Anna Jones chocolate and earl grey pudding pots I am asking you to take a leap of faith because these are just that good."

- Sarah Neville, Campus Sustainability

**Ingredients**
The rind of one orange, grated
10 ounces silken tofu
100 grams dark chocolate
1/4 cup maple syrup
1 teaspoon vanilla
flaked sea salt (optional)

**Source** - Anna Jones, *A Modern Way to Cook*

**Instructions**
Put the tofu in a clean kitchen towel and wring out as much moisture as you can.

Put a pan over low heat and add about 1 inch of water. Place a heatproof bowl over the pan, add the chocolate and maple syrup, and leave to melt. If you don't have a stove, you can do this in the microwave. Just heat up the mixture ten seconds at a time until it is melted.

Combine the drained tofu, chocolate, vanilla, and orange zest into a blender and blend until smooth.

Spoon the mixture into small containers, I use espresso mugs, and place in the fridge to firm up. Top with a pinch of sea salt.
Vegan Garlic Alfredo Pasta

"I love this pasta because you would never know it doesn't have dairy. It is so creamy and delicious! For added protein use a chickpea pasta and you won't miss out on anything with this vegan dish".

- Emma Brodzik, Solid Waste Management & Recycling

Ingredients
16 ounces Brussels Sprouts (halved)
1-2 Tbsp olive oil
1 pinch each sea salt + black pepper
3 Tbsp olive oil or vegan butter
4 large cloves garlic, chopped
1/3 cup dry white wine
4 Tbsp arrowroot starch (or cornstarch)
1 3/4 cup unsweetened plain almond milk
4 Tbsp nutritional yeast
Sea salt + black pepper to taste
1/4 cup vegan parmesan cheese
10 ounces vegan, gluten-free pasta

Instructions
Preheat oven to 400 degrees F and add Brussels sprouts to a baking sheet. Drizzle with oil, and season generously with salt and pepper and toss. Arrange in a single layer and set aside.

Bring a large pot of water to a boil (for cooking the pasta) and salt generously (~1 Tbsp). Set aside while preparing sauce.

Heat a large rimmed skillet over medium heat. Once hot, add oil and garlic. Sauté for 3 minutes or until fragrant and very slightly golden brown, then add wine. Be careful - it may flame, but only briefly. Stir and sauté for 2-4 minutes, or until the wine has reduced by about half.

Add arrowroot and whisk, then add almond milk and whisk. At this point, it will be very clumpy - this is normal. Transfer to a high-speed blender and add nutritional yeast, salt + pepper, and vegan parmesan cheese. Blend on high until creamy and smooth.
Transfer sauce back to the skillet and warm over medium-low heat until bubbly while whisking. The sauce should thicken, at which point you can lower the heat to low and simmer until pasta is cooked.

Add Brussels sprouts to the oven and cook for 12-15 minutes or until slightly golden brown and tender, stirring once at the 10-minute mark to encourage cooking.

Around this time, add pasta to boiling water and cook according to package instructions.

Once cooked, drained pasta and add directly to the sauce, along with half of the Brussels sprouts and toss to combine. Season with a bit more vegan parmesan cheese (optional) for extra flavor. Serve with remaining Brussels sprouts and additional vegan parmesan cheese for flavor.
Ginger Miso Carrot Soup

"I found this really amazing one for soup on Instagram. Here is the link
https://www.instagram.com/p/B9338IPJlsa/
It's not too difficult to make (just a bit of chopping). It's super tasty and really healthy. The ginger and garlic are great immunity boosters as well!"

- Zahra Shivji, Georgia Tech Student

**Ingredients**
- 2 tbsp olive oil
- 2 shallots, peeled and finely chopped (or 1 large yellow onion)
- 2 heaping tbsp finely minced ginger
- 9-10 medium carrots, peeled and sliced into thin rounds
- 6 garlic cloves, minced
- 4 cups vegetable broth
- 4-5 tbsp white miso paste
- Toasted sesame oil

**Instructions**

Heat oil until shimmering and sauté chopped shallots, ginger, carrots, and garlic (adding in that order), and cook over medium-low heat until onion is fragrant and translucent, about 8 minutes.

Add in vegetable broth.

Ladle soup into a blender (or use an immersion blender), dividing into two batches.

Add in the miso paste to the last batch and puree until smooth, then pour back in and stir to combine.

Taste and add a pinch of salt, if necessary, and ladle into bowls to serve, with a drizzle of sesame oil.

Garnish ideas: crunchy garlic croutons, roasted chickpeas, toasted pumpkin seeds or sesame seeds, crispy kale (massage olive oil into kale and roast at 400F until crispy), thinly sliced scallions.
Spring Vegetable Pasta

"I love this recipe because it epitomizes sustainable food thinking and eating: It utilizes seasonal ingredients for spring (Earth Month season!) so you can find the majority of the produce at a local farmer’s market. It optimizes all scraps from the vegetables to make a broth. The “cream” sauce is made from releasing pasta starches in oil and easily converts to a vegan option by omitting the cheese. It also satisfies my need to put fresh mint and peas in everything. For a speedier version, start the recipe on step #3 skipping the broth-making steps and using store-bought veggie broth instead. Enjoy the satisfying flavors of the season!

-Anne Rogers, Campus Sustainability

Source - America’s Test Kitchen Spring Vegetable Pasta (adapted)

Instructions

Place dark green leek trimmings, asparagus trimmings, peas, garlic, and vegetable broth in large saucepan. Bring to simmer over high heat, then lower heat to medium-low and gently simmer 10 minutes. While broth simmers, combine mint, chives, and lemon zest in small bowl; set aside.

Strain broth through fine-mesh strainer into 8-cup measuring cup, pressing on solids to extract as much liquid as possible (you should have 5 cups broth; add water as needed to measure 5 cups). Discard solids and return broth to saucepan. Cover and keep warm.

Heat 2 tablespoons oil in Dutch oven over medium heat until shimmering. Add sliced leeks and pinch salt; cook, covered, stirring occasionally, until leeks begin to brown, about 5 minutes. Add asparagus pieces and cook until crisp-tender, 4 to 6 minutes. Add remaining 2 minced garlic cloves and pepper flakes; cook until fragrant, about 30 seconds. Add remaining cup peas and continue to cook 1 minute. Transfer vegetables to plate and set aside. Wipe out pot.
Heat remaining 4 tablespoons oil in now-empty Dutch oven over medium heat until shimmering. Add pasta and cook, stirring frequently, until just beginning to brown, about 5 minutes. Add wine and cook, stirring constantly, until absorbed, about 2 minutes.

When wine is fully absorbed, add hot broth. Increase heat to medium-high and bring to boil. Cook, stirring frequently, until most of liquid is absorbed and pasta is al dente, 8 to 10 minutes.

Remove pot from heat, stir in lemon juice, Parmesan, herb mixture, and vegetables. Season with salt and pepper to taste. Serve immediately, passing extra Parmesan cheese separately.
Farro Salad

"I love this dish's versatility. Need a vegan alternative? Just take out the feta. Middle of summer? Throw in some corn, and heirloom tomatoes. I tend to use the recipe as more of a guideline and cook with the seasons, including whatever produce I picked up at the grocery store or farmers market that week. The salad is filling, quick to prepare, and makes it easy to utilize bits of vegetables that are often thrown away during prep from other meals (stems, leaves, etc.). Whether I'm making a "cook what's in the fridge" soup, or a veggie-filled farro salad, I love preparing and sharing meals with my family that minimize waste while highlighting local, seasonal produce."

-Jordan Barron, GT Dining

Source - Emily Hansford of Miller Union

Ingredients

- 1 cup farro
- 2 cups vegetable broth
- 1 dried bay leaf
- 2½ teaspoons kosher salt
- 4 kale leaves (tough stems removed and leaves torn into bite-size pieces)
- 2 small radishes (thinly shaved with a vegetable peeler)
- 2 small carrots (peeled and thinly shaved with a vegetable peeler)
- 2 small celery stalk with leaves (stalk thinly sliced and the leaves left whole)
- 4 ounces feta cheese
- 3 fresh tarragon sprigs (leaves removed and finely chopped)
- 2 tablespoons fresh lemon juice
- 6 tablespoons extra-virgin olive oil
- ¼ teaspoon freshly ground black pepper
- 2 small red beets (peeled and thinly shaved with a vegetable peeler)

Instructions

To a medium saucepan, add the farro and vegetable broth or water. Bring to a boil over medium-high heat, then reduce the heat to medium-low and stir in the dried bay leaf and 2 teaspoons kosher salt. Simmer until the farro is tender, about 20 minutes.

Transfer the farro to a fine-mesh sieve to drain off any excess water, then turn it out into a medium bowl. Remove the bay leaf and discard.

To the cooked farro, use a wooden spoon to stir in the torn kale, shaved radishes, shaved carrots, sliced celery, celery leaves, crumbled feta cheese, chopped tarragon, lemon juice, and extra-virgin olive oil.

Stir in the remaining ½ teaspoon kosher salt and freshly ground black pepper.

Then gently fold in the shaved beets.

Serve.
Spiced Lentil, Sweet Potato, & Kale Whole Wheat Pita Pockets

"These pockets are fantastic, and you can really fill them with whatever veggie you have on hand. The lentils also make it really filling. They work well as a main dish and can easily be stored for later."

-Malte Weiland, Campus Services

Source - The Kitchn

**Ingredients**

- 1 cup warm water (not hot or boiling)
- 2 teaspoons active dry yeast
- 1 1/2 cups whole wheat flour
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons salt
- 5 tablespoons olive oil, divided
- 3 small sweet potatoes
- 1 medium yellow onion
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/2 cup French green (Puy) lentils, picked over and rinsed
- 2 cups water
- 1/2 bunch kale, tough ribs and stems removed
- 1/2 teaspoon salt

**Instructions**

Combine the warm water and yeast in a small bowl and let sit until the yeast dissolves. Combine the two flours and salt in the bowl of a stand mixer fitted with a dough hook and mix on low speed. Add 2 tablespoons of olive oil, followed by the dissolved yeast mixture, and mix on low speed until a shaggy dough forms. Knead for 7 to 10 minutes until dough is smooth. Lightly grease a large bowl and lace the dough in the bowl and cover with plastic wrap. Let rise for 1 to 2 hours.

Preheat the oven to 400°F. Prick the sweet potatoes in several places with a fork and place on a baking sheet. Bake 45 minutes to an hour, or until very soft to the touch. Set aside to cool.

Cut the onion in half. Thinly slice one half and set aside. Dice the other half. Warm 1 tablespoon of oil in a medium saucepan over medium heat and sauté the diced onion and garlic until onion is translucent. Add the cumin, cinnamon, and allspice and cook, stirring, until fragrant, about 1 minute. Add the lentils and water. Bring to a boil over high heat, then lower heat and simmer uncovered for 10 minutes.

Cut the kale into bite-size pieces. Add kale and salt to the lentils. Cover and simmer for 5 to 10 minutes more, until lentils are soft but not mushy. Taste and adjust seasoning. Using a slotted spoon, transfer the lentil and kale mixture to a bowl, leaving most of the cooking liquid in the pot.
Warm 1 tablespoon of olive oil in a heavy skillet over low heat. Add the thinly sliced onion and cook, stirring occasionally, until onions are caramelized, about 20 to 25 minutes.

Increase the oven heat to 450°F. Divide the dough into 6 pieces and let rest for 20 minutes, loosely covered with plastic wrap. Peel the sweet potatoes and cut into 1-inch chunks. Mash with a fork until smooth and add a sprinkle of salt, if needed.

On a well-floured cutting board, roll a piece of the dough into an 8- or 9-inch oval. (If it starts to shrink back, set it aside to rest for 5 minutes and try again.) Spread about 1/4 cup mashed sweet potato over bottom half the dough, leaving room at the edges to seal the pocket closed. Cover with about 1/3 cup of the lentils and kale. Top with a small amount of caramelized onions. Fold top half of the dough over, and pinch and fold edges to seal securely.

Use a spatula to transfer pocket to a parchment-lined baking sheet. Brush top with olive oil and cut 2 or 3 small slits to let steam escape as it bakes.

Bake for 25 to 30 minutes, or until browned. Let cool for at least 5 minutes if serving immediately.
Spring Sprouts Salad

"I like this recipe because it features lots of Spring produce, has lots of beautiful colors and a balanced variety of nutritious components! I have some other ideas, too! If you need/want more."

- Leah Roper, Health Initiatives

**Ingredients**
- 2 handfuls arugula
- 1 beet, diced
- 3 strawberries, sliced
- ¼ cup pistachios, shelled
- ½ cup white beans, rinsed and drained
- 1 tbsp apple cider vinegar
- 1.5 tbsp nutritional yeast
- 2 tbsp olive oil
- Salt
- Pepper
- 1 tbsp lemon juice

**Instructions**
Mix together the dressing - apple cider vinegar, nutritional yeast, olive oil, salt, pepper, and lemon juice.

Top arugula with beets, strawberries, pistachios, and beans.

Drizzle with 2 tablespoons of dressing, toss, and enjoy!