



Culinary Institute of America

UNIVERSITY OF CALIFORNIA

**PLANT-FORWARD RECIPES FOR GCLC
WORKSHOP ATTENDEES**



Culinary Institute of America, Hyde Park, NY

RECIPES

Oat Milk Teff Porridge with Spiced Berry Compote

Oatly Vegetable and Soyriso Strata with Pomodoro Sauce

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Lychee-Ginger Green Tea

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Cashew Pesto Risotto with Slow-Roasted Tomatoes

Leafy Greens with Vegetable Ribbon Salad

Sobolo

Eggplant Marinara with Lentil "Meatballs"

OAT MILK TEFF PORRIDGE WITH SPICED BERRY COMPOTE

Yield: 8 portions

Ingredients	Amounts
Strawberries, fresh	1/3 lb.
Blueberries, fresh	1/3 lb.
Raspberries, fresh	1/3 lb.
Raisins, golden	3/4 cup
Maple syrup	1/4 cup
Salt, kosher	1 pinch
Vanilla, extract	1 tsp.
Star anise, whole	2 ea.
Cinnamon, stick	1 ea.
Cardamom, ground	1/2 tsp.
Teff, maskal, brown	1 cup
Water	1 1/2 cups
Milk, oat	1 1/2 cups
Salt, kosher	1 pinch

Method

1. For the spiced fruit compote, in a medium saucepot over medium heat, combine the strawberries, blueberries, raspberries, raisins, maple syrup, salt, vanilla, star anise, cinnamon stick, and cardamom. Bring to a low simmer and reduce by half. Adjust the seasonings as needed. Remove the cinnamon stick and star anise. Reserve.
2. For the teff porridge, in a heavy saucepan over medium heat, toast the teff, stirring constantly, until they start to pop and smell nutty, about 5 minutes.
3. Add the water and oat milk. Stir and bring to a gentle boil. Reduce the heat and cover the saucepan. Simmer until tender and creamy, 45 to 50 minutes. More water may be added in small amounts if the porridge is too thick.
4. Serve with the spiced fruit compote.

Note: Frozen berries can be substituted for the fresh berries.

OATLY VEGETABLE AND SOYRIZO STRATA WITH POMODORO SAUCE

Yield: 12 portions

Ingredients	Amounts
Oil, olive, pure	as needed
Mushroom, cremini, shiitakes, sliced	3 cups
Garlic, chopped	2 tsp.
Onion, yellow, diced	1 cup
Celery, rib, diced	1 cup
Soyrizo, casing removed	12 oz.
Spinach, baby	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Flour, chickpea	1 ½ cups
Meal, flaxseed	2 Tbsp.
Yeast, nutritional	2 Tbsp.
Chili powder	1 Tbsp.
Salt, kosher	1 tsp.
Turmeric, powder	1 tsp.
Pepper, black, ground	¼ tsp.
Salt, black	½ tsp.
Nutmeg, ground	1 pinch
Milk, oat	3 cups
Bread, whole grain, ½-in. cubes	5 cups
Cheese, mozzarella, vegan, shreds	2 cups
Scallion (Green onions), chopped	¼ cup
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Pomodoro Sauce (Recipe follows)	as needed

Method

1. Grease a ½ hotel pan and reserve.
2. For the vegetables, heat enough oil to lightly coat the bottom of a sauté pan over medium heat. Add the mushrooms and sauté until caramelized, about 10 minutes.
3. Add the garlic and cook until aromatic, 2 to 3 minutes.
4. Add the onions and celery. Cook until translucent, 3 to 4 minutes.
5. Add the soyrizo and cook until browned, 3 to 4 minutes.

6. Stir in the spinach. Cook until it begins to wilt, 2 to 3 minutes. Stir and remove the sauté pan from the heat. (The spinach will finish cooking from the residual heat.) Season with salt and pepper to taste. Reserve.
7. For the batter, in a mixing bowl, whisk together the chickpea flour, flaxseed meal, nutritional yeast, chili powder, salt, turmeric, pepper, black salt, and nutmeg. Stir in the oat milk.
8. In a large bowl, combine the reserved vegetable mixture, batter, bread, vegan mozzarella, and scallions. Transfer to the prepared hotel pan and spread in an even layer. Cover and refrigerate for at least 8 hours.
9. Preheat oven to 350°F.
10. Remove the hotel pan from the refrigerator. Let it sit at room temperature for 30 minutes to remove the chill.
11. Place in the preheated oven. Bake until firm, about 1 hour.
12. Remove the strata from the oven and rest until set, about 15 minutes. Portion the strata into equal sized squares (4 by 6 or 3 by 5 for larger).
13. Place a portion of Pomodoro Sauce over the top of the strata, leaving part of the square visible. Garnish with the parsley and serve.

POMODORO SAUCE

Yield: ½ gallon

Ingredients	Amounts
Oil, olive, pure	½ cup
Onion, yellow, chopped	2 ea.
Garlic, clove	4 ea.
Red pepper flakes	¼ tsp.
Tomato, plum, 24 oz. can, crushed	2 ea.
Basil, sweet, leaves, fresh	10 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Heat the oil in a medium saucepot over medium-low heat.
2. Add the onion, garlic, and red pepper flakes. Sweat until translucent, 4 to 5 minutes.
3. Add the crushed tomatoes with their liquid. Turn down the heat to low. Simmer until reduced by ¼, about 20 minutes.
4. Add the basil. Season with salt and pepper as needed. Simmer until the flavors are incorporated, about 5 minutes.
5. Remove the sauce from the heat and cool slightly. Pass the sauce through a food mill and reserve.

BLACK BEAN SESAME CAKES

Yield: 12 cakes or 25 mini-cupcakes

Ingredients	Amounts
Beans, beans, canned	15 oz.
Oil, coconut	28 g
Egg, whole	150 g
Tahini	20 g
Maple syrup	160 g
Cocoa, powder, Dutch-processed	75 g
Baking powder	5 g
Salt, kosher	2 g
Sesame seeds	as needed

Method

1. Preheat oven to 350°F. Lightly grease and flour a cupcake pan. Reserve.
2. In a blender, place the black beans. Blend on low speed until smooth, about 20 seconds.
3. Add the coconut oil, eggs, and tahini. Blend until incorporated, about 20 seconds.
4. Add the maple syrup, cocoa powder, baking powder, and salt. Blend until smooth, about 30 seconds.
5. Pour into the wells of the prepared cupcake pan. Sprinkle the tops with the sesame seeds.
6. Bake in the preheated oven until the center of the cakes spring back when touched, about 15 minutes.
7. Remove from the oven and cool slightly before unmolding.

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SORGHUM, PISTACHIO, AND PECAN GRANOLA BARS

Yield: 25 bars or 50 mini-bars

Ingredients	Amounts
Pistachios, shelled	106 g
Pecans	120 g
Oats, rolled, gluten-free	172 g
Sunflower seeds	120 g
Cherries, dried	122 g
Apricots, dried, chopped	178 g
Raisins, golden	80 g
Flaxseeds	60 g
Sesame seeds	80 g
Salt, sea	10 g
Sugar, granulated	90 g
Water	32 g
Sorghum, syrup	202 g
Butter, cocoa	44 g

Method

1. Preheat oven to 325°F.
2. Spread the pistachios, pecans, and oats in an even layer on a baking sheet. Roast in the preheated oven, stirring occasionally, until golden brown, about 15 minutes.
3. Remove the nuts and oats from the oven and transfer to a large bowl. Add the sunflower seeds, cherries, apricots, raisins, flaxseeds, sesame seeds, and salt. Mix to combine.
4. In a small saucepan over medium heat, combine the sugar, water, and sorghum syrup. Stir until the crystals are dissolved, using the wet brush method to ensure the crystals do not stick to the sides of the saucepan. Cook until the mixture reaches 240°F on a candy thermometer.
5. Pour the syrup over the nut and fruit mixture. Stir in the cocoa butter until combined.
6. Lightly oil a silicon mat-lined ½ baking sheet. Spread the nut and fruit mixture into an even layer. Cover with plastic wrap. Set overnight before slicing.

Note: The granola bars can be stored wrapped or covered for up to 1 week.

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LYCHEE-GINGER GREEN TEA

Yield: 1 gallon

Ingredients	Amounts
Water, filtered	½ gal.
Lemongrass, bunch, chopped	1 ea.
Ginger, purée, packaged	2 oz.
Water, ice, filtered	½ gal.
Tea, green, bags	16 ea.
Lychee, Perfect Purée	3 cups
Agave, syrup	to taste

Method

1. Bring the water to a boil in a large pot over high heat. Add the lemongrass and ginger purée. Turn down the heat to medium-low. Simmer until fragrant, about 5 minutes. Remove from the heat and let it sit for 1 hour.
2. Add the ice water and green tea bags. Refrigerate overnight.
3. Strain the tea through a fine mesh sieve. Add the lychee purée and stir to combine.
4. Season with the agave syrup to taste. Adjust the sweetness and consistency, if needed.

Note: Additional lychee purée may be added as needed for flavor.

CAULIFLOWER CHICKPEA HAND PIES WITH TAMARIND-DATE AND CILANTRO CHUTNEYS

Yield: 10 Portions

Ingredients	Amounts
Chickpeas, dry, soaked overnight	1 cup
Oil, vegetable	½ cup
Cumin, seeds	1 tsp.
Onion, yellow, chopped	1 ea.
Garlic, minced	1 tsp.
Chile, serrano, minced	1 ea.
Cumin, ground	1 tsp.
Coriander, ground	2 Tbsp.
Red pepper flakes	¼ tsp.
Turmeric, powder	1 tsp
Ginger, grated or minced	2 tsp.
Cauliflower, head, large, broken into 1 ½-in. pieces	1 ea.
Tomato, canned, finely chopped	1 cup
Stock, vegetable	2 cups
Peas, green	1 cup
Cilantro, fresh, chopped	1 Tbsp.
Lemon, juice, fresh	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Pie dough, vegan, gluten-free, packaged	as needed
Butter, vegan melted	as needed
Tamarind-Date Chutney (Recipe follows)	1x recipe
Cilantro Chutney (Recipe follows)	1x recipe

Method

1. Drain the chickpeas and rinse them under cold, running water.
2. Place the chickpeas in a medium pot. Cover with water by 2 to 3-inches. Bring to a boil over medium-high heat. Turn down the heat to medium low. Cover partially and simmer until tender, about 1 ½ hours. Drain and reserve.
3. Preheat oven to 375°F.
4. For the filling, heat the oil in a large sautoir over medium heat. Add the cumin seeds and mustard seeds. Sauté until the mustard seeds start to pop, 30 to 60 seconds.

5. Add the onions and sauté until golden, about 5 minutes.
6. Add garlic and ginger. Cook until fragrant, 1 to 2 minutes. Add the serrano chile, cumin, coriander, red pepper flakes, turmeric, and ginger. Stir to combine.
7. Add the cauliflower. Toss to combine. Cook for about 3 minutes.
8. Add the tomatoes, stock, and reserved chickpeas. Cover and simmer until the vegetables are tender and the liquid has reduced to almost dry.
9. Add the peas. Turn off the heat and add the cilantro. Season with lemon juice, salt and pepper as needed. Cool.
10. Roll the vegan pie dough to $\frac{1}{8}$ -inch thickness and cut into 3 $\frac{1}{2}$ -inch squares.
11. Place a spoonful (about 50 grams) of the cauliflower mixture in the center of a square of dough. Wet the edges of the pastry with a small amount of water. Place another piece of square dough on top and press edges together using a fork. Trim the edges of any excess dough and make 3 slits on top for ventilation. Brush the tops of the dough with melted vegan butter.
12. Place the hand pies $\frac{1}{2}$ -inch apart on a parchment-lined sheet pan.
13. Bake in the preheated oven until golden brown, about 20 minutes. Remove from the oven and cool.
14. Serve with the Tamarind-Date and Cilantro Chutneys.

Note: Aquafaba can be substituted for the vegetable stock. Use premade pie dough, vegan empanada dough or pastry of your choice. The Vegan, gluten free pie dough recipe was not available. Oat milk can be substituted for the melted vegan butter.

TAMARIND-DATE CHUTNEY

Yield: 4 cups

Ingredients	Amounts
Tamarind, pulp	½ lb.
Dates, pitted	½ lb.
Cumin, seeds	2 Tbsp.
Pepper, black, ground	2 tsp.
Pepper, cayenne, ground	as needed
Salt, kosher	1 tsp.
Sugar, granulated	³ / ₄ - 1 cup
Sugar, coconut	6 oz.

Method

1. Bring 4 cups of water to a boil in a small pot over high heat.
2. Place the tamarind pulp and the dates in two separate heatproof bowls. Pour 3 cups of the boiling water over the tamarind pulp. Pour 1 cup of boiling water over the dates. Soak overnight.
3. Heat a dry, heavy-bottomed skillet over medium heat. Toast the cumin seeds, shaking the skillet constantly, until the seeds turn darker in color and are aromatic, 2 to 3 minutes. Transfer to a small bowl to cool.
4. Using a mortar and pestle, grind the toasted cumin seeds to a powder. Reserve.
5. Break up any lumps of soaked tamarind that have formed by kneading with your fingers. Using a wooden spoon, force the tamarind pulp through a fine mesh sieve and into a non-reactive saucepan.
6. Scoop out any remaining pulp in the strainer and place it in back in the soaking bowl. Knead the pulp, adding a little hot water as necessary to loosen the lumps.
7. Transfer to the fine mesh sieve. Force the remaining pulp through and into the saucepan.
8. Break up any lumps of soaked dates that have formed by kneading with your fingers. Using a wooden spoon, force the dates through a fine mesh sieve and into the saucepan with the tamarind.
9. Scoop out any remaining dates in the strainer and place them in back in the soaking bowl. Knead the dates, adding a little hot water as necessary to loosen the lumps.
10. Transfer to the fine mesh sieve. Force the remaining dates through and into the saucepan with the tamarind.
11. Add the reserved cumin, pepper, cayenne, salt, sugar, and coconut.
12. Cook, stirring frequently, over medium heat until the sugar dissolves, about 5 minutes. Turn down the heat to low. Simmer until the mixture is thick and glossy, about 15 minutes.
13. Adjust the seasoning to taste.

Note: The amount of sugar used varies depending on the sweetness of the dates.

CILANTRO CHUTNEY

Yield: 4 cups

Ingredients	Amounts
Chile, serrano, green, coarsely chopped	8 ea.
Cilantro, bunch, chopped	8 ea.
Mint, bunch, fresh	4 ea.
Lemon, juice, fresh	8 Tbsp.
Salt, kosher	as needed

Method

1. Place the serrano chile, cilantro, mint, and lemon in a blender. Purée until smooth. A small amount of water may be added to adjust the consistency, if needed.
2. Season with lemon juice, salt, and additional serrano chiles to taste.

Notes: The chutney should be thick and very spicy.

CASHEW PESTO RISOTTO WITH SLOW-ROASTED TOMATOES

Yield: 10 portions

Ingredients	Amounts
Tomato, plum (Roma)	5 ea.
Oil, olive, pure	as needed
Vinegar, balsamic	as needed
Olive, black, pitted, halved	10 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, white, finely chopped	1 ea.
Oil, olive, extra virgin	as needed
Garlic, crushed	2 tsp.
Rice, brown, short grain (Arborio-style)	200 g
Stock, vegetable	1 L
Salt, kosher	as needed
Pepper, black, ground	as needed
Basil, sweet, leaves, fresh	30 g
Cashews	50 g
Pine nuts	50 g
Yeast, nutritional	1 Tbsp.
Cheese, Parmesan, grated	100 g
Lemon, juice, fresh	½ ea.
Garlic, crushed	1 tsp.
Oil, olive, extra virgin	50 ml
Salt, kosher	as needed
Pepper, black, ground	as needed
Basil, mirco	as needed

Method

1. Preheat the oven to 285°F.
2. For the slow roasted tomatoes, cut the tomatoes in half, remove the cores, and level the bottoms. Transfer to a baking sheet with the inside flesh facing upwards. Drizzle lightly with oil and balsamic vinegar. Place an olive halve, cut side down, on top of each of the tomato halves. Season with salt and pepper as needed.
3. Roast in the preheated oven until blackened around the edges, 35 to 40 minutes. Remove and reserve.
4. For the risotto, heat enough oil to lightly coat the bottom of a large sauté pan over medium heat. Add the onion and sauté until caramelized, 5 to 8 minutes.
5. Add garlic and cook until fragrant, about 1 minute.

6. Add the rice. Toss to coat the grains with the oil. Add enough of the vegetable stock to just fully submerge the rice.
7. Cook the risotto, adding more stock to moisten as the rice absorbs it. Repeat this process for about 30 minutes. Be sure to stir the rice occasionally to prevent sticking. Season with salt and pepper as needed. The risotto should be wave-like and creamy like porridge (*all'onda*), not firm and stiff. Remove from the heat and cool to room temperature.
8. For the pesto, in the bowl of a food processor, place the basil, cashews, pine nuts, nutritional yeast, Parmesan, lemon juice, garlic, and oil. Process until the pesto is smooth and creamy, 30 to 45 seconds. Season with salt and pepper as needed.
9. Add the pesto to the risotto. Stir to combine.
10. To serve, place a scoop of risotto into the serving vessel. Place half a roasted tomato on top. Garnish with a drizzle of oil and the micro basil.

Source: As presented by Martin Matysik at the 2025 Menus of Change National Leadership Summit
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LEAFY GREENS WITH VEGETABLE RIBBON SALAD

Yield: 10 portions

Ingredients	Amounts
Garlic, sliced	¼ cup
Oil, olive, extra virgin	2 cups
Mustard, Dijon	¼ cup
Vinegar, chardonnay	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Carrots, baby, assorted	1 lb.
Radish, assorted	1 lb.
Cucumber, Persian or Japanese	4 ea.
Fennel, shaved	1 ea.
Arugula	1 lb.
Lettuce, frisee	6 ea.
Baby greens, mix	1 lb.
Chive, bunch, fresh, cut on a short bias	2 ea.
Parsley, flat-leaf, bunch, fresh, minced	2 ea.

Method

1. For the vinaigrette, in a small sauté pan over low heat, place the oil and garlic. Cook until the garlic is soft, 6 to 8 minutes. Remove from the heat and cool. Strain the garlic from the oil and reserve separately.
2. In a small bowl, combine the vinegar and mustard. Gradually stream in the reserved garlic oil while constantly whisking until combined. Season with salt and pepper to taste. Stir in the reserved garlic. Reserve.
3. For the salad, using a vegetable peeler or mandolin, shave the carrots, radishes, cucumbers, and fennel into thin slices.
4. In a large serving bowl, combine the arugula, frisee lettuce, and baby greens. Top with the shaved vegetables. Garnish with the chives and parsley.
5. Serve with the reserved dressing on the side.

SOBOLO

Yield: 8 portions

Ingredients	Amounts
Hibiscus, petals, dried	4 cups
Water	12 cups
Pineapple, juice, fresh	4 cups
Ginger, fresh, grated	2 Tbsp.
Clove, whole	8 ea.
Sugar, granulated	2 cups
Lime, juice, fresh (Optional)	2 Tbsp.
Pineapple, slices (Optional)	2 ea.

Method

1. Rinse the dried hibiscus petals thoroughly under cold water to remove any dirt or dust.
2. Bring 6 cups of water to a boil in a large pot over high heat.
3. Add the hibiscus petals, ginger, and cloves. Turn down the heat to medium-low. Simmer until deep red in color, 20 to 30 minutes. (This will extract the flavor from the hibiscus petals.) Remove the pot from the heat.
4. Using a fine mesh sieve or cheesecloth, strain the hibiscus petals, ginger, and cloves from the liquid. Discard the solids.
5. While the liquid is still warm, add the sugar and stir until dissolved. Add the pineapple juice and lime juice (if using). Stir to combine. Chill.
6. Serve the Sobolo over ice. Garnish with a ¼ of a slice of pineapple, if desired.

Note: Bottled pineapple juice can be substituted for the fresh pineapple juice. Sweetener of your choice can be substituted for the sugar, and the sweetener can be adjusted to sweetness level desired.

Source: Roshara Sanders as presented at the 2025 Menus of Change® Leadership Summit.
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EGGPLANT MARINARA WITH LENTIL "MEATBALLS"

Yield: 8 portions

Ingredients	Amounts
Eggplant, unpeeled, cut in 1/2-in. cubes	1 1/2 lb.
Oil, olive, extra virgin	1/4 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra virgin	2 Tbsp.
Shallot, thinly sliced into rings	1 ea.
Garlic, clove, thinly sliced	3 ea.
Tomato, cherry	1 pt.
Chile, serrano, seeded, sliced in thin rings	1 ea.
Pomodoro Sauce (See prior recipe)	30 oz.
Lentil "Meatballs", hot (Recipe follows)	1 lb.
Cheese, Parmesan, shaved	4 oz.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Cheese, mozzarella, ovolini, fresh, cut in half or quarters	4 oz.
Cheese Parmesan, shaved	as needed
Lemon, zest, micro planed	as needed
Basil, micro, fresh	1/2 cup
Salt, flakey (Optional)	as needed

Method

1. Heat the oven to 425°F.
2. On a large, rimmed sheet pan, toss the eggplant with the oil. Season with salt and pepper as needed. Spread the cubes in an even layer. Roast in the preheated oven until golden, flipping halfway through to ensure even browning, 25 to 30 minutes. Remove and reserve.
3. Heat the oil in a sauté pot over medium heat. Add the shallot, garlic, tomatoes, and serrano chile. Cook, stirring frequently, until the shallot has softened and the garlic is fragrant, about 2 minutes.
4. Add the Pomodoro Sauce. Simmer until warmed through, about 15 minutes. If the sauce appears dry, add 1/4 cup water.
5. Add the reserved roasted eggplant to the sauce and stir to combine.
6. Sprinkle the Parmesan and parsley over hot Lentil "Meatballs".
7. Stir the mozzarella into the sauce. Toss until it begins to melt.
8. Place a spoonful of eggplant marinara in the bowl. Top with a Lentil Meatball. Garnish with Parmesan cheese, lemon zest, micro basil, and flaky salt (if using),

Note: Grape tomatoes can be substituted for the cherry tomatoes.

LENTIL “MEATBALLS”

Yield: 18 portions

Ingredients	Amounts
Lentils, brown	4 ½ cups
Oil, olive, pure	6 Tbsp.
Shallot, minced	3 ea.
Garlic, minced	9 ea.
Egg, whole	3 ea.
Tomato, paste	3 Tbsp.
Parsley, flat-leaf, leaves, fresh, roughly chopped	¾ cup
Cheese, Parmesan, grated	1 ½ cups
Breadcrumbs, gluten-free	6 Tbsp.
Basil, dried	3 Tbsp.
Oregano, dried	3 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 375°F. Lightly oil a parchment-lined baking sheet.
2. Bring a large pot of water to a boil over medium-high heat. Add the lentils and cook until tender, about 20 minutes. Drain well and reserve.
3. Heat the oil in a sauté pan over medium heat. Add the shallot and garlic. Cook until slightly browned, 5 to 10 minutes.
4. Into the bowl of a food processor, place the reserved lentils, shallots, garlic, eggs, tomato paste, parsley, Parmesan, breadcrumbs, basil, and oregano. Season with salt and pepper as needed. Pulse until just combined.
5. Using a 1 to 1 ¼ ounce portion control scoop, form the lentil mixture into balls. Place the balls ½-inch apart on the prepared baking sheet.
6. Bake in the preheated oven until golden brown, about 15 minutes. Reserve hot.

Source: Paul DelleRose, as presented at the 2024 Healthy Kitchens, Healthy Lives® conference.
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