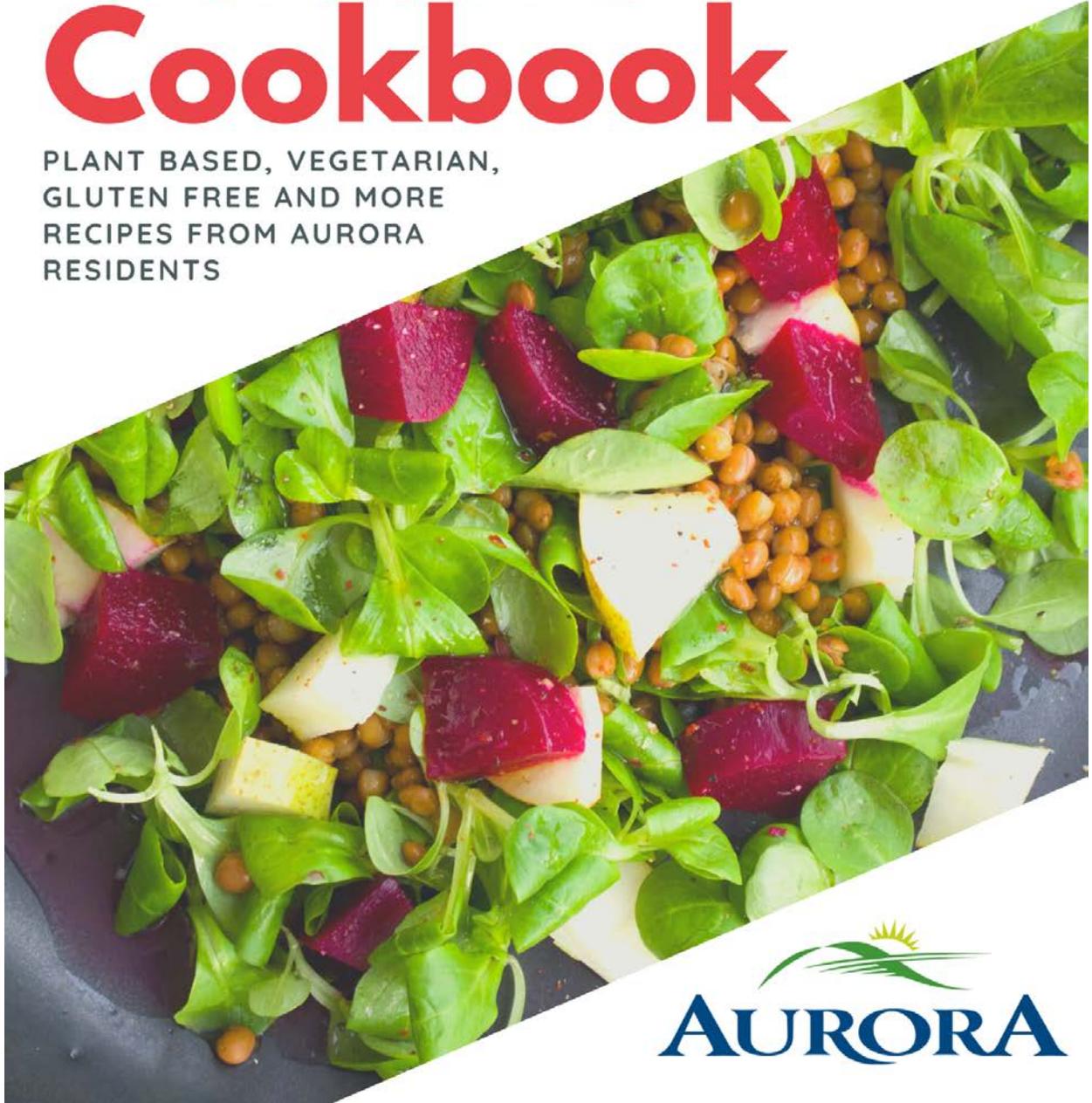


# Aurora's Inclusive Cookbook

PLANT BASED, VEGETARIAN,  
GLUTEN FREE AND MORE  
RECIPES FROM AURORA  
RESIDENTS



  
**AURORA**



# Aurora's Inclusive Cookbook

## Table of Contents

Apple, Pear or Berry Oat Crisp .....	1
Baked Oats .....	2
Black Bean and Corn Salad .....	3
Gluten Free Banana Bread .....	4
Gluten Free Bread .....	5, 6
Pasta with Greens and Gremolata .....	7
Primavera Pesto Pasta .....	8
Pumpkin Cookies .....	9
Quinoa Tabbouleh .....	10
Roasted Cauliflower Steak .....	11
Sesame Cucumber Noodles .....	12
Spicy Thai Pasta Salad .....	13
Summer Veggie Ratatouille .....	14
Sweet Potato Black Bean Enchiladas .....	15
Thai Chili .....	16
Vegan Morning Breakfast Scramble .....	17



## **Aurora's Inclusive Cookbook**

**Thank you to those who provided delicious recipes to be shared with our community. We hope you enjoy these dishes!**

**Share your cooking successes with us on social media by tagging @TownOfAurora and using the hashtag #AuroraCookbook**

**From our kitchen to yours, we wish you a safe and sunny spring!**

**From, the Town of Aurora Recreation Division**



# Apple, Pear or Berry Oat Crisp

Submitted by: Karen R.

## What type of recipe is this?

Vegan, Gluten Free

### Ingredient List (Filling)

- 2 tbsp. coconut sugar
- 2 tsp. lemon juice
- Sprinkle of cinnamon
- Sprinkle of nutmeg
- 3 lbs. or 6 to 7 Bartlett or Bosc pears (or apples or berries if you prefer) peeled, cored and cut into 1 ½ chunks

### Ingredient List (Topping)

- 1 ½ cups almond flour/meal
- ¾ cup packed coconut sugar
- ¾ tsp ground cinnamon
- ¾ tsp salt
- ½ tsp ground nutmeg
- 15 tbsp. coconut oil, melted and cooled
- 2 ¼ cups old-fashioned rolled oats

### Instructions

1. Mix the filling ingredients together.
2. Mix the topping ingredients together.
3. Put the topping mixture on top of the filling mixture and put in an oven safe dish. Apply tin foil on top of dish.
4. Bake at 400 degrees Fahrenheit
5. Cook for 20 minutes with foil on.
6. Take foil off and bake for another 15 minutes, for 35 minutes in total.



# Baked Oats

Submitted by: Denyse L.

## What type of recipe is this?

Vegan, Gluten Free, Vegetarian

## Ingredient List

- ½ cup oats (GF option available)
- ½ cup milk (plant based, such as almond milk)
- ½ mashed banana or ¼ apple sauce
- ¼ tsp baking powder
- 1 tbsp. maple syrup
- Optional toppings such as: berries, nut butter or chocolate chips

## Instructions

1. Mix all ingredients in a bowl.
2. Transfer to a greased ramekin.
3. Add optional add-ins (ex. a tbsp. of peanut butter in the centre, or chocolate chips and berries on top)
4. Bake for 22 to 25 minutes at 350 degrees Fahrenheit.
5. Enjoy!



# Black Bean & Corn Salad

Submitted by: Chiara M.

## What type of recipe is this?

Vegetarian and Gluten Free

## Ingredient List

- 2 cans black beans drained and rinsed
- 1 ½ cups corn kernels fresh, frozen or canned
- ¼ cup red onion minced
- 1 red bell pepper diced
- 1 avocado peeled, pit removed and diced
- 1 jalapeno ribs and seeds removed, then minced
- 1/3 cup cilantro leaves chopped
- 1/3 cup olive oil
- ¼ cup lime juice
- 2 tsp honey
- 1 tsp chili powder
- 1 tsp cumin
- Salt and pepper to taste

## Instructions

1. Place the black beans, corn, red onion, red bell pepper, avocado and jalapeno in a large bowl.
2. In a small bowl, whisk together the cilantro, olive oil, lime juice, honey, chili powder, cumin and salt and pepper.
3. Pour the dressing over the beans and vegetables and toss gently to coat. Serve.



## What type of recipe is this?

Gluten Free

## Ingredient List

- 2 cups Bob's Red Mill gluten free flour
- 4 to 5 very ripe bananas mashed (1 ½ cups)
- ½ cup sugar
- ½ cup butter 1 stick, softened
- 2 eggs
- 2 tbsp. milk
- ½ teaspoon vanilla
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- ½ to 1 cup chocolate chips, I use 1 cup

## Instructions

1. Preheat oven to 350 degrees Fahrenheit. Lightly grease a 9x5 inch loaf pan, set aside.
2. In a large bowl, combine flour, baking soda, baking powder, and salt, set aside. In a separate bowl, cream together butter and sugar. Stir in eggs, milk, vanilla, and mashed bananas until well blended. Stir banana mixture and chocolate chips into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.
3. Bake in preheated oven for 50 to 55 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for at least 15 minutes, then turn out onto a wire rack and cool another 30 minutes. Slice and serve warm!
4. Derived by "Gimme Delicious".





# Gluten Free Bread

Submitted by: Adriana P.

## What type of recipe is this?

Vegetarian, Vegan and Gluten Free

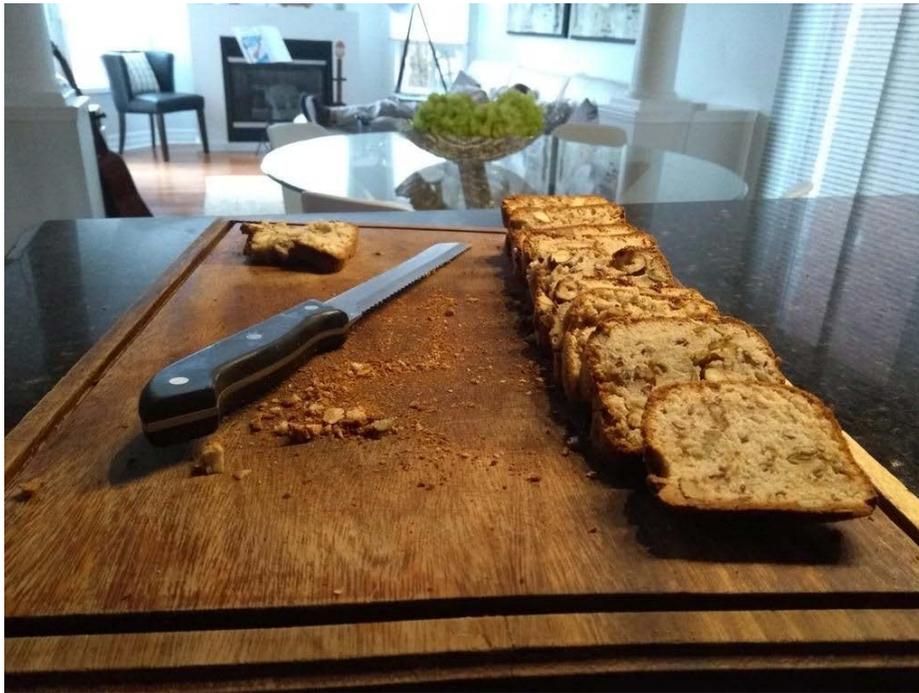
## Ingredient List

- 1 cup almond flour
- 1 cup arrowroot flour
- 1/3 cup coconut flour
- 2 teaspoons instant dry yeast
- 1 ½ tablespoon finely ground chia seed
- 2 tablespoons. organic psyllium husk powder
- 1 ¼ cup of warm filtered water (105-110 degrees)
- 2 tsp maple syrup (This is consumed by yeast, which lowers the GI)
- Olive oil (to brush the bread before baking)
- 1 tbsp. each of pepitas seeds, chopped almonds and chopped walnuts.

## Instructions

1. In a large bowl, whisk together the almond flour, arrowroot flour, coconut flour, and sea salt.
2. Heat water to 105-110 degrees Fahrenheit. Add 2 tsp. of maple syrup and stir. Add the yeast and let stand for 10 minutes. The yeast should bubble or foam; if it doesn't, start over.
3. Stir the finely ground chia and psyllium powder into the yeast mixture. Let stand 1 minute to thicken, then whisk.
4. Pour thickened yeast/chia mixture into the dry ingredients and mix with a wooden spoon until thick and fully combined. The dough will be slightly sticky, but workable. Knead for 1 minute.
5. Put the kneaded dough back into the bowl, cover with a damp cloth, and place in a warm spot to rise for one hour.
6. Preheat the oven to 425 degrees Fahrenheit. Place a cooking sheet in the oven to preheat.
7. Divide dough into two balls. Place dough on a square of parchment paper or a cutting board.
8. Dip your hands in water, which will allow to work better with the dough. If desired, add pepitas seeds, chopped almonds and chopped walnuts to the kneaded dough. Brush with olive oil. Use a serrated knife to cut a tic-tac-toe pattern on the top.

9. Slide the prepared dough onto the preheated stone or cooking sheet. Bake 35-40 minutes.
10. Please Note – baking time can vary – the measure of doneness is an internal temp of 205-210 °F.
11. Let cool completely on a wire rack. (Not allowing the loaf to fully cool before cutting may result in a gummy interior.)
12. When completely cool, slice and serve or store in an airtight container. To re-crisp the crust, toast or reheat in a 375 °F oven for 5-10 minutes.
13. Please note: this recipe comes from *Dr. Berg, the Healthiest Bread*





## Pasta with Greens and Gremolata

Submitted by: Katherine B.

### What type of recipe is this?

Vegan and Vegetarian

### Ingredient List

- 1 bunch of greens (Swiss chard, rapini, arugula, kale, or spinach)
- 2 tbsp. olive oil
- 1 onion, diced
- 4 garlic cloves, sliced thinly
- 1 package of dried pasta (1lb)
- ¼ cup olive oil
- 1 tsp red chili flakes
- Pinch of black pepper
- 3 tbsp. breadcrumbs
- 1 tsp. lemon juice
- Zest of 1 lemon
- 1 tbsp. dried parsley or 2 tbsp. fresh parsley
- Salt and pepper to your liking



### Instructions

1. Begin to boil the water for the pasta. Salt it so that it tastes like the sea!
2. Prepare the greens and garlic by sautéing the onion and wilting the greens with the one tablespoon of olive oil. After 3 to 5 minutes, add the garlic to brown it, but not burn it. Remove from heat.
3. In a separate pan, prepare the lemon gremolata by toasting the breadcrumbs with the lemon juice and lemon zest for 3 to 5 minutes. Salt and pepper to taste. Remove from heat and let cool.
4. Once boiling, add the pasta to the water and cook according to package direction
5. Once cooked, drain the pasta and add to the greens. The heat from the pasta should reheat the greens. Reserve ¼ cup of pasta water.
6. Coat the pasta and greens with the pasta water and ¼ cup oil. The pasta water will help to make the sauce silky smooth. Mix everything together.
7. Top each serving with red chili flakes and lemon gremolata
8. Enjoy your healthy and nutritious meal!



# Primavera Pesto Pasta

Submitted by: Courtney P.

## What type of recipe is this?

Vegetarian

## Ingredient List

- 1 onion, diced
- 2 zucchinis, chopped
- 1 bundle of asparagus, chopped
- 1 tsp. olive oil (or oil of your choice)
- 1 tsp. minced garlic
- 1 box of your choice of pasta, penne works well
- ½ cup of pre-made pesto (can be found at your grocery store in the pasta section)
- 1 can of coconut milk
- Juice of ½ lemon
- Cayenne pepper to your liking
- Chili flakes to your liking
- Salt
- Grated parmesan cheese (optional)

## Instructions

1. Fill a pot  $\frac{3}{4}$  of the way full with water and bring to a boil. Add salt.
2. While waiting for your water to boil, cut all your vegetables and begin to sauté them in olive oil and garlic. Only cook until al dente.
3. Reduce heat, and add can of coconut milk and pesto. Stir occasionally.
4. If you enjoy a bit of heat, add cayenne pepper and chili flakes to your liking.
5. Once your water is boiled, add your pasta and stir occasionally. Only cook until al dente.
6. Add pasta to sauce pan. Cut a lemon in half, and add the juice of one half of the lemon to your sauce. Add grated parmesan cheese if preferred.
7. Mix together and serve.
8. Enjoy!



# Pumpkin Cookies

Submitted by: Julie S.

## What type of recipe is this?

Vegan

## Ingredient List

- ½ cup whole wheat flour
- ½ cup unbleached flour
- ¼ cup rolled oats
- 1/3 tsp baking soda
- 1 tsp cinnamon
- ½ tsp ginger
- ¼ tsp nutmeg
- ¼ tsp salt
- ½ cup agave nectar
- ½ cup canned pumpkin
- 8 oz. firm tofu, blended in a food processor until smooth
- 1 tsp vanilla extract
- 1 cup confectioners' sugar
- 2 tsp agave nectar
- 2 tsp non-dairy milk
- ¼ tsp vanilla extract
- Food coloring of choice (optional)

## Instructions

1. Preheat oven to 375 degrees Fahrenheit.
2. Mix the flours, oats, baking soda, spices, and salt in a mixing bowl.
3. Mix the agave nectar, pumpkin, tofu, and vanilla in another bowl.
4. Add the wet ingredients to the dry and stir just until well-blended. Do not over-stir.
5. Use a cookie scoop or tablespoon to drop rounded tablespoons of dough at least two inches apart on a baking sheet lined with a silicone baking mat or parchment paper. Flatten each cookie slightly with a fork.
6. Bake for 10 to 16 minutes or until edges are golden and middles seem done.
7. Remove from oven and allow to cool for 5 minutes before transferring each cookie to a wire rack. Allow to cool completely before serving.
8. Recipe located from: Fat Free Vegan Kitchen" [Pumpkin Cookie Recipe](#)



# Quinoa Tabbouleh

Submitted by: Denyse L.

## What type of recipe is this?

Vegan, Gluten Free, Vegetarian

## Ingredient List

- ½ cup uncooked quinoa
- ¾ cup vegetable broth
- 2 cups diced tomatoes
- 4 sliced green onions
- 1 minced garlic clove
- ¼ cup freshly squeezed lemon juice
- lemon zest (optional but adds zip)
- a large bunch of finely chopped parsley
- Optional: chickpeas or other beans

## Instructions

1. Cook rinsed quinoa in vegetable broth (or water) by bringing it to a gentle boil then covering and cooking on low for 15 minutes. Steam for 5 additional minutes, covered and off heat. Let cool.
2. In a big bowl mix tomatoes, green onions, garlic, lemon juice, lemon zest, and parsley
3. Add cooled quinoa to bowl, and season with salt and pepper.
4. Optionally add beans such as chickpeas or white beans.
5. Leave it refrigerated overnight before digging in to let flavours mix.
6. Great as a dip, side dish, or full meal!



# Roasted Cauliflower Steak

Submitted by: Debbie B.

## What type of recipe is this?

Vegan

## Ingredient List

- 1 large head cauliflower
- 1 tsp. ground cumin
- 5 tbsp. canola oil
- ¼ cup loosely packed cilantro, finely chopped
- ¼ cup loosely packed fresh parsley leaves, finely chopped
- 3 tbsp. red wine vinegar
- 1 small clove garlic, crushed
- 1 jalapeño, seeded and finely chopped

## Instructions

1. Trim leaves and any excess stem from cauliflower. Stand cauliflower on stem end and slice off about ¼ inch. Cut 2 slices from center of cauliflower (each about 1 inch thick); reserve rounded wedges for another use.
2. Combine cumin and 1 tbsp. canola oil. Brush all over cauliflower slices.
3. Sprinkle with ¼ tsp. salt.
4. In 12-inch oven-safe skillet, heat 2 tbsp. oil on medium-high until hot.
5. Add cauliflower; cook 3 minutes. Turn slices over.
6. Place skillet in 425 degrees Fahrenheit oven; roast 15 to 20 minutes or until stem is tender when pierced with tip of paring knife.
7. Meanwhile, stir together cilantro, parsley, vinegar, garlic, jalapeño, remaining 2 tbsp. oil, and ⅛ tsp. salt.
8. Spoon herb sauce onto finished "steaks."
9. Recipe derived from: [Good House Keeping Recipe](#)



# Sesame Cucumber Noodles

Submitted by: Courtney B.

## What type of recipe is this?

Vegetarian

## Ingredient List

- 2 tbsp. sesame oil
- 3 ½ tbsp. soy sauce
- 2 tbsp. rice vinegar
- ¼ cup tahini or creamy peanut butter
- 1 tbsp. honey
- 1 tbsp. finely grated ginger
- 2 tsp. minced garlic
- 2 tsp. Sriracha
- 3 tsp white sesame seeds
- 4 to 5 English cucumbers, spiralized
- 4 scallions, diced to garnish

## Instructions

1. In a medium bowl, whisk together the sesame oil soy sauce, rice vinegar, tahini (or peanut butter) honey, ginger, garlic and Sriracha.
2. In a large bowl, toss the cucumber noodles with the sesame sauce. Transfer to a serving bowl and garnish with sesame seeds and scallions.



# Spicy Thai Pasta Salad

Submitted by: Rina M.

## What type of recipe is this?

Vegan

## Ingredient List

- 1 pack of thick rice noodles
- 1 to 2 tsp crushed red pepper flakes
- 2 tbsp. vegetable or corn oil
- 1/3 cup sesame oil
- ¼ cup honey (or maple syrup)
- ¼ cup soy sauce
- ½ tsp salt
- ½ cup chopped cilantro
- ½ cup honey roasted peanuts
- ½ cup sliced green onions

## Instructions

1. Cook rice noodles according to package directions and drain well and transfer to a large mixing bowl.
2. Meanwhile, heat corn/vegetable and sesame oil in a saucepan over medium heat. Add in crushed red pepper stir red pepper and cook for 2 minutes to infuse the flavor.
3. Add in honey/maple syrup, soy sauce and salt. Mix well and pour over cooked noodles, coating evenly.
4. Cover and refrigerate 4 hours or overnight.
5. When ready to serve, stir in chopped cilantro, peanuts and green onions.
6. Recipe derived from The Stay At Home Chef Cookbook.



# Summer Veggie Ratatouille

Submitted by: Julie S.

## What type of recipe is this?

Vegetarian

## Ingredient List

- 1 med. fennel bulb
- 3 tbsp. olive oil
- 1 large sweet onion, cut into thin wedges
- ½ tsp fennel seeds
- 1 ½ lbs. (or 2 large) eggplant, peel and cut into cubes
- 1 large orange bell pepper, cut into 1 inch pieces
- 2 zucchini, cut length wise and sliced
- 4 cloves garlic, chopped
- 2 large tomatoes, cut into wedges
- ½ cup dry red wine
- ½ tsp salt
- ½ cup fresh basil, coarsely chopped
- ½ tsp coarse black pepper
- Parmigiana Reggiano cheese, shaved
- 

## Instructions

1. Trim fronds off fennel and cut off all but three inches of stalks. Peel bulb and cut with remaining stalks into irregular pieces.
2. Heat oil in large pot over med-high heat. Add fennel and onion; cook and stir until onion is lightly browned.
3. Add fennel seeds, eggplant and bell pepper; cook about ten minutes, stirring occasionally.
4. Add zucchini and garlic; cook, stirring about 5 minutes.
5. Stir in tomatoes, wine and salt. Cover and reduce heat; simmer until tomatoes just begin to break up, stirring occasionally (approx. 10-15 minutes).
6. Stir in basil and black pepper. Top with shavings of cheese and serve.
7. Serves 6-8 people.



# Sweet Potato Black Bean Enchiladas

Submitted by: Frank B.

## What type of recipe is this?

Vegetarian

## Ingredient List

- 2 sweet potatoes, diced
- 2 poblano peppers, diced
- 1 can of black beans, drained
- Paprika, to your liking
- Cayenne pepper, to your liking,
- Salt and pepper, to your liking
- 2 tbsp. honey
- 2 tbsp. goat cheese
- 1 can of tomatillos, liquid drained
- 1 bunch of cilantro, diced
- 1 jalapeño (include the seeds if you're a fan of spice like me)
- 1 juice of a lime
- 1 cup of canned salsa

## Instructions

1. Peel and cut sweet potatoes in small cubes. Spice your sweet potatoes with flavours like paprika, cayenne pepper, salt and pepper. Coat with vegetable oil and roast in oven at 400 degrees Fahrenheit until soft inside. On a separate tray, roast poblano peppers in vegetable oil and salt. Cook until blistered, remove the skin when cool then dice. Mix sweet potatoes and poblano peppers together with honey and goat cheese.
2. For the salsa, Add tomatillos, cilantro, jalapeno, and lime juice to a food processor, and pulse until smooth.
3. Layer your pan with your choice of salsa.
4. Fill your choice of tortilla with the enchilada mixture and roll closed.
5. Heat in the oven for 15 minutes at 375 degrees Fahrenheit.
6. Add tomatillo salsa and Monterey Jack cheese on top, and broil for until golden brown.
7. We added homemade guacamole to our dish, but looking back, it really wasn't necessary!



# Thai Chili

Submitted by: Chris B.

## What type of recipe is this?

Vegan

## Ingredient List

- 2 tbsp. olive oil
- 1 large yellow onion, diced
- 1 red bell pepper, seeded and diced
- 3 garlic cloves, minced
- 2 sweet potatoes, cut into  $\frac{3}{4}$  chunks
- 1 cup lentils
- 1 tsp salt
- 4 cups vegetable broth
- 1 can of black beans, drained and rinsed
- 2 tbsp. Thai red curry paste
- 2 tbsp. curry powder
- 2 tbsp. chili powder
- 1 can coconut milk
- 1 can diced tomatoes
- $\frac{1}{2}$  cup fresh cilantro, plus extra for garnish
- 1 lime, for garnish (option)
- 2 red Thai chilies, diced, for garnish

## Instructions

1. Pre-heat a 4 quart pot over medium heat. Sauté onions and peppers in oil with a pinch of salt for 5 to 7 minutes. Add garlic and sauté a minute more.
2. Add chili powder, curry powder, sweet potatoes, lentils, salt and vegetable broth. Cover and bring to a boil. Let it boil for 15 to 20 minutes, stirring occasionally to prevent burning.
3. When lentils and sweet potatoes are tender, add the remaining ingredients and heat through.
4. Taste for salt and seasoning, top with cilantro, lime and Thai chilies and serve.



# Vegan Morning Breakfast Scramble

Submitted by: Nicole S.

## What type of recipe is this?

Vegan

## Ingredient List

- 2 tbsp. olive oil
- 1 block extra firm tofu
- 1 onion, diced
- 1 red pepper, diced
- 12 mushrooms, sliced
- 2 tbsp. nutritional yeast
- 1 tsp sea salt
- ½ tsp turmeric
- ½ tsp garlic powder

## Instructions

1. In a frying pan, heat olive oil and sauté onions, red pepper and mushrooms until they are soft.
2. In a medium bowl, mash the tofu block with a potato masher until it's all crumbled.
3. Add tofu to frying pan and stir in all remaining ingredients.
4. Cook for about 5 minutes
5. You can add any of your favourite "omelette" ingredients to this dish including spinach, Beyond Meat sausage, beans, etc.
6. Serve with hot sauce, ketchup, salsa or chutney on the side.