

5 Plant-Based Holiday Meal Recipes

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Chickpea Salad

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GREEN CHICKPEA SALAD

Serves: 4 cups

Preparation Time: 25 min

Prepare ahead: up to 2 days

Ingredients

- 2 cups chickpeas (these were fresh green ones)
- 2 cups diced cucumbers
- 1 cup diced cherry tomatoes
- 1/4 cup curry leaves
- 1 tsp thinly sliced lemon peel
- Salt to taste
- 1/2 tsp dried thyme
- 1/2 tsp cumin powder
- 1/2 tsp Dijon mustard
- 2 tbsp olive oil
- 1 1/2 tbsp lemon juice

1. *Remove the chickpeas from the pods if using green chickpeas and place them into a steamer with boiling water for 8-12 min. Ok to sub precooked chickpeas.*
3. *Toast curry leaves in a bit of olive oil until translucent.*
4. *Peel the lemon rind off and slice thinly - if you have preserved lemon that's the best option!*
5. *Mix all the remaining ingredients together.*
6. *Let marinate for 30 minutes minimum and serve.*



*Risotto
Stuffed
Peppers*

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RISOTTO STUFFED PEPPERS

Serves: 4

Preparation Time: 25 min

Prepare ahead: up to 2 days

Ingredients

- 5-6 sweet peppers
- 1 batch risotto (recipe on the blog)
- Panko bread crumbs
- Flax egg: 1 tbsp ground flax and 3
tbsp water
- Fresh greens
- Vinaigrette of choice

1. Broil the peppers at 450F for 5-10 min until charred and then take out of the oven and let steam in a brown bag or covered casserole for another 5 minutes.
2. Use a piping bag to put precooked risotto into peppers and then dredge in flax egg and then panko crumbs.
3. Dredge in flax egg then panko crumbs.
4. Broil for 3-5 minutes at 475F until breadcrumbs crispy.



Pea Pesto

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PISTACIO PEA PESTO

Serves: 4

Preparation Time: 25 min

Prepare ahead: up to 2 days

Ingredients

- 2 cups peas (frozen is ok)
- 1 shallot
- 1-2 tbsp pistachios
- 1 tsp cumin
- Salt to taste
- Pepper to taste
- 1 tsp grated lemon rind

1. Soak pistachios in 1 cup of warm water for 30 min and remove from the water.
2. Sauté shallot in oil of choice or broth until soft and translucent.
3. Add pea and spices and sauté for 5 min until soft. Add lemon rind.
4. Puree in a food processor to coarse texture. It's now ready to use in many different ways and can be frozen.

Here are some of the ways to use it:

- Filling for ravioli
- On toast
- Serve with roasted veggies
- Mixed with potatoes for a delicious samosa

Cauliflower Steak



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CAULIFLOWER "STEAK" WITH PEA PESTO

Serves: 2 cups

Preparation Time: 5 min

Prepare ahead: up to 2 days

Ingredients

- 1 cauliflower head sliced into 1-inch slices vertically
- Toasted pistachios
- Fresh lemon
- Fresh herbs chopped
- Olive Oil

1. *Slice cauliflower onto 1-inch strips so that they can hold their shape.*
2. *Place onto parchment paper and cook for 30 minutes at 350F.*
3. *Remove from heat and let cool briefly.*
4. *Place some of the pea pesto onto the plate, and then place cauliflower, lemon juice, and fresh herbs on top.*
5. *Drizzle olive oil on top when done with salt and pepper to taste.*



Saffron Pea Ravioli

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SAFFRON PEA RAVIOLI

Serves: 4

Preparation Time: 25 min

Prepare ahead: up to 2 days

Ingredients

- 1 package of wonton wrappers
- 1 cup pea pesto
- 1 cup steamed fresh veggies
- herbs/edible flowers for garnish
- 1 tbsp dill
- 1/2 tsp cumin seed
- salt/pepper
- 1 tsp miso
- 3-5 saffron strands

1. Using the wonton wrappers, place a spoonful of the pesto onto one of the wrappers. Using your finger, trace water around the edge of the wrapper. Place another wrapper on top and press the edges together. Can cut into the desired shape from there.
2. Use a fork and push layers together.
3. Place into boiling water until cooked 8-10 minutes.
4. In a separate pan, bring 1 tbsp of the dill, cumin, and saffron to a boil. Cook for 10 minutes and strain the herbs out.
5. Serve the ravioli in the fresh broth with herbs, edible flowers, and steamed veggies.

*Visit the
website for
more recipes!*



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