

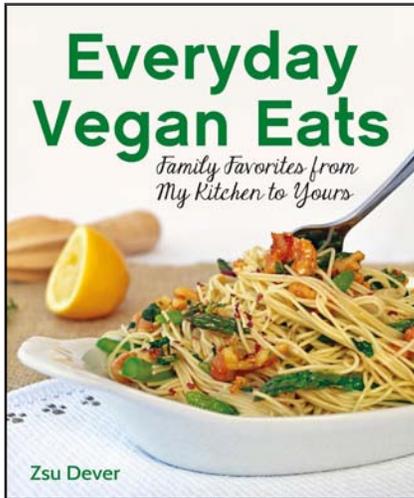


**Vegan Heritage Press** Cookbooks for Life

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## It's easy to eat vegan everyday!



Finally, an easy and affordable way to eat vegan everyday. **Everyday Vegan Eats** (Vegan Heritage Press, LLC, \$19.95, May 2014) presents a twist on comfort-food favorites that are guaranteed to please everyone at the table, while eliminating costly ingredients.

Zsu Dever offers recipes to make plant-based proteins and vegan dairy alternatives in any kitchen, as well as family-approved dishes such as Baked Macaroni and Cheese, Lasagna Americana, and Fudge Brownies.

Filled with helpful advice that will make going vegan easy and delicious, **Everyday Vegan Eats** includes a grocery shopping guide, tips on stocking a pantry, and much more.

### About the Author

Zsu Dever has been involved in the restaurant business most of her life. She hails from a long line of culinary professionals and restaurateurs. She is passionate about teaching new vegans and vegetarians how to succeed with their plant-based lifestyle and sharing the recipes that keep her family happy. She is the mother of three and resides in San Diego, California. Learn more at her blog, [zsusveganpantry.com](http://zsusveganpantry.com).



See next page  
for two delicious  
recipes from  
the book!



*Everyday Vegan Eats: Family Favorites from My Kitchen to Yours*

By Zsu Dever • Vegan Heritage Press, LLC • Price: \$19.95 (\$23.95 Canada)

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Available wherever print and ebooks are sold.

# Baked Macaroni and Cheese

This is the vegan version of baked mac and cheese you've been craving. For a variation, stir 1 cup of broccoli florets into the pasta cooking water 2 to 3 minutes before draining it or 3 cups of fresh baby spinach into the pasta before baking the casserole.

8 OUNCES ELBOW MACARONI (DO NOT USE GLUTEN-FREE PASTA)  
2½ CUPS PLAIN UNSWEETENED VEGAN MILK, DIVIDED  
¼ CUP VEGAN CREAM CHEESE  
3 TABLESPOONS DICED JARRED PIMENTOS OR ROASTED RED PEPPERS  
3 TABLESPOONS NUTRITIONAL YEAST FLAKES  
1 TEASPOON SEA SALT  
½ TEASPOON ONION POWDER  
½ TEASPOON PAPRIKA  
2 TABLESPOONS VEGAN BUTTER  
5 TABLESPOONS UNBLEACHED ALL-PURPOSE FLOUR  
1 TEASPOON APPLE CIDER VINEGAR  
FRESH GROUND BLACK PEPPER

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SERVES 4



Preheat the oven to 450°. Cook the pasta in a large pot of boiling salted water until 1 minute shy of al dente. Drain and transfer to a 2-quart, wide baking dish and set aside.

Blend 1 cup of milk, cream cheese, pimentos, yeast, salt, onion, and paprika in a blender until smooth. Set aside.

Melt the butter in a medium saucepan over medium heat. Stir in the flour and cook, stirring, until the flour smells nutty, about 3 minutes. This is a very thick roux; use a wooden spoon to stir it well. Transfer the roux to the blender with the milk mixture; make sure there is enough room in the blender jar for the added roux. Blend until smooth and return to the pan. Stir the rest of the milk and whisk to combine.

Bring the sauce to a boil and reduce to a simmer. Stir in the vinegar. Simmer for 2 minutes to thicken and cook out the flour taste.

Add about 2 cups of the sauce to the pasta. Mix well. Spread the pasta evenly in the baking dish. Pour the remaining sauce over the pasta and smooth the surface. There will seem to be too much sauce for the amount of pasta, but it will all come out fine in the end.

Bake until the sauce is bubbling and a crust has developed, about 15 minutes. Remove from the oven, set aside to rest for 5 minutes before serving.

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See reverse for another tasty recipe.

# Classic Hummus

Hummus can be a vegan's best friend. It's quick and easy to make, loaded with flavor and protein, and can be enjoyed as a dip or a sandwich spread and more. The secret to a super smooth and silky hummus is in removing the skin of the chickpeas. I recall my mother cooking beans with baking soda to loosen and soften their skins. This same process works equally well for canned beans, making restaurant-quality hummus an everyday possibility.

1 (15.5-OUNCE CAN) GARBANZO BEANS,  
RINSED AND DRAINED  
½ TEASPOON BAKING SODA  
2 SMALL GARLIC CLOVES, CHOPPED  
2 TO 3 TABLESPOONS TAHINI  
2 TABLESPOONS FRESH LEMON JUICE  
1 TO 2 TABLESPOONS WATER  
¾ TEASPOON SEA SALT AND FRESH GROUND  
BLACK PEPPER  
1 TEASPOON PAPRIKA, FOR SERVING  
(OPTIONAL)  
OLIVE OIL, FOR SERVING (OPTIONAL)

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MAKES 1 CUP



Combine the garbanzo beans, baking soda, and enough water to cover in a medium saucepan. Bring to a boil and simmer for 5 minutes, stirring occasionally. Drain the beans and transfer them to a large bowl of water. Use your fingers to agitate the beans to remove as much skin as possible. The skins will float to the top of the water. Carefully drain the beans, pouring off the skins along with the water, while holding back the beans with your hand. Fill the bowl again with water and repeat the procedure until most of the chickpea skins are removed and drained off.

Transfer the beans and garlic to a food processor. Process to a fine paste. Add the tahini, lemon juice, 1 tablespoon of water, salt, and black pepper to taste. Process the hummus until smooth, at least 1 full minute. Add another tablespoon of water if the hummus is too thick. Adjust seasoning with salt and pepper as needed.

Serve the hummus spread on a plate, sprinkled with the paprika and drizzled with the olive oil, or store in an airtight container in the refrigerator for up to 3 days.

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