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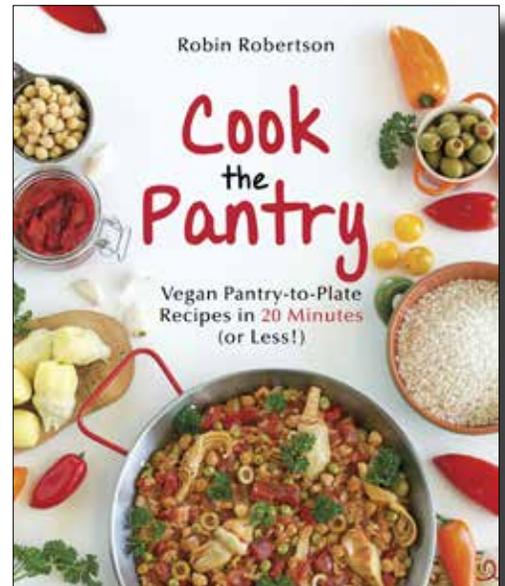
Easy Vegan Meals in 20 Minutes!

Cook the Pantry (Vegan Heritage Press, \$21.95, October 2015) shows you how to cook great meals with what's in your pantry.

Whether you're in a time pinch or don't feel like cooking, these fast, nutritious recipes using plant-based ingredients can be whipped up in 20 minutes or less.

- Artichoke Muffaletta Po' Boys
- Tuscan Chickpea Frittata
- Kitchen Sink Capellini

This must-have cookbook provides simple instructions to get you in and out of the kitchen while using ingredients you have on hand. Robin Robertson also shares her time-saving tips for keeping a well-stocked pantry so you always have the makings for a delicious home-cooked meal.



About the Author

Robin Robertson is the author of more than twenty cookbooks, including the best-sellers *Vegan Planet*, *Fresh from the Vegan Slow Cooker*, *Quick-Fix Vegan*, and *One-Dish Vegan*. A longtime vegan and former restaurant chef, she has written for *VegNews Magazine*, *Vegetarian Times*, *Cooking Light*, and other magazines. Robin lives in the Shenandoah Valley of Virginia. See her books at www.robinrobertson.com.

Cook the Pantry: Vegan Pantry-to-Plate Recipes in 20 Minutes (or Less!)

by Robin Robertson • Vegan Heritage Press, LLC

ISBN: 978-1-941252-18-5 • Price: \$21.95 (\$28.95 Canada)

Paperback, 184 pages, 7½ x 9 • Publicity begins October 2015

Available wherever print and ebooks are sold.

Artichoke Muffaletta Po' Boys

The best of two popular New Orleans culinary icons join forces to create the ultimate sandwich in this po'boy made with artichokes and a piquant olive relish.

3 scallions, chopped
1 garlic clove, crushed
1/4 cup pickled vegetables, well-drained
1/4 cup pimento-stuffed green olives, well-drained
1 tablespoon olive oil
1 (14-ounce) can artichoke hearts, well-drained and halved
1/2 tablespoon Cajun spice blend
2 tablespoons Creole mustard
2 tablespoons vegan mayonnaise
2 small sub rolls
1 cup shredded lettuce
1 large tomato, thinly sliced
Pickled sliced jalapeños
Tabasco or other hot sauce, to serve

In a food processor, combine the scallion and garlic and process until finely minced. Add the pickled vegetables, olives, and pulse to make a relish. Set aside.

Heat the oil in a large skillet over medium heat. Add the artichoke hearts, season with the spice blend, and cook until nicely browned, about 5 minutes per side.

To assemble the sandwiches, spread the mayonnaise and the mustard on the inside top and bottom of the bread. Spread the lettuce onto the bottom of each sandwich, followed by tomato slices. Top with the relish mixture, a few slices of jalapeños, and the artichokes. Serve at once with Tabasco.

MAKES 2 SERVINGS



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tasty recipe

From *Cook the Pantry* by Robin Robertson

Easy as Chocolate Pie

This decadent chocolate pie assembles in minutes. After some time in the fridge, it's ready to serve. What could be easier than that?

- 12 ounces vegan semisweet chocolate chips**
- 1/4 cup almond milk or other nondairy milk**
- 1 tablespoon coconut oil**
- 1/2 cup chopped nuts (optional)**
- 1/2 cup sweetened dried cranberries, cherries, or blueberries (optional)**
- 1 vegan chocolate cookie crust (Keebler's brand is vegan-friendly)**
- Chocolate curls or chopped nuts, for garnish**

In a saucepan, combine the chocolate chips, almond milk, and coconut oil over medium heat. Cook, stirring until the chocolate and coconut oil are melted. Stir in the nuts and dried fruit, if using, until well combined.

Transfer the chocolate mixture to the crust and spread evenly. Refrigerate for at least 3 hours to firm up before serving. Garnish the top with chocolate curls.

MAKES 8 SERVINGS



From *Cook the Pantry* by Robin Robertson