

Plantrician Potluck Guide



Embracing a whole food, plant-based lifestyle is not just an individual journey of health and wellness, but an epic community-driven voyage towards a healthier, more compassionate world. Sharing a meal is a powerful and profound seed of transformation, and there's no better way to build a sense of unity and connection than gathering around a table filled with delicious, nourishing, plant-rich foods.

-Scott Stoll, MD, Co-Founder of The Plantrician Project

Starting a Plantrician Potluck is a powerful way to nourish both body and community. It’s about fostering authentic connections with like-minded people and cultivating a circle grounded in shared values and purpose. Beyond the delicious, nutrient-rich meals, each gathering offers a chance to learn, grow, and explore the many benefits of plant-based living—guided by resources like [The Plantrician Project Quick Start Guide](#).

A Plantrician Potluck is more than a meal—it’s a movement toward a healthier lifestyle and a more compassionate world. It celebrates the power of community, the joy of shared experiences, and gratitude for the earth’s abundance.

As you begin this journey, bring an open heart, a curious mind, and a generous spirit—ready to celebrate the extraordinary power of plants and the unique gifts each person brings to the table.

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Plantrician Potluck Kickstart

1. **Define the Theme:** Your potluck can have a general whole-food, plant based (WFPB) theme or focus on a niche like a specific cuisine (Mexican, Asian, Mediterranean), ingredient (lentils, greens, grains), or occasion (spring feast, holiday gala, summer sizzle). Have fun with this and follow suit with the decor!
2. **Set a Date and Location:** Align with a date and time suitable for most attendees. Think about the venue and accessibility. A home offers a cozy atmosphere, while public spaces like parks may accommodate more people and allow for outdoor activities.
3. **Craft Invitations:** Design invitations that resonate with the theme. Use e-invites, social media events, group apps, or traditional paper invites. Create a shared online space, like a Facebook or MeetUp group. Share Plantrician resources with links to the [Quick Start Guide](#) and [Fact Sheets](#). Encourage guests to share the event on The Plantrician Project [Facebook](#) or [Instagram](#) to build awareness.
4. **Dish Guidelines:** Set parameters for what constitutes a [WFPB dish](#). Advocate for whole plant foods, fresh, organic when possible, and limit processed vegan foods. Steer clear of added oils, refined sugars, or overly processed foods. Guide attendees to reputable websites like [Forksoverknives.com](#) for inspiration or provide them with this guide (recipes at end).
5. **Coordinate Dishes:** Create a structured meal by having guests RSVP with their chosen dish. Using shared online documents or potluck apps can simplify this process. Ensure a diversity in offerings by including main dishes, side dishes, and desserts to have a balanced and enjoyable meal. Ask guests to bring adequate servings to meet the needs of your particular potluck.
6. **Potluck Essentials:** Ensure you have all the basics covered by either providing or delegating a few attendees to bring plates, utensils, and drinkware. It's always wise to have a backup set on hand for unexpected needs. Emphasize sustainability: promote the use of reusable or compostable containers and utensils.
7. **Beverage Bar:** Set up a diverse beverage bar with still water, sparkling options, herbal teas, and unique WFPB drinks. Encourage attendees to bring beverages in reusable containers or glass bottles to minimize plastic use. If plastic is used, ensure it's recyclable. Designate a nearby area for recycling with clearly labeled bins. Adding a personal touch, attendees can share a brief story about their drink choice, making it a conversation starter.

8. **Space Setup:** Ensure your hosting area is well-prepared with ample seating and tables, allowing guests to savor their meal in comfort. Aim for a warm and inviting atmosphere. If you're hosting indoors, consider playing some soft, ambient music to set the mood. For outdoor gatherings, string lights can add a magical touch. Additionally, consider setting up a cozy fire pit or a designated area for guests to gather and chat. Organize the food in a logical sequence, perhaps starting with appetizers and salads, followed by main courses and desserts, to facilitate smooth plating and serving.
9. **Labeling System:** Advocate for clear labels showcasing the dish name, ingredient list, and the chef's name. This ensures everyone knows what they're eating, especially vital for those with dietary restrictions or allergies.
10. **Mingle and Celebrate:** Upon arrival, give guests the opportunity to chat, share insights about their dishes, and explore the WFPB lifestyle more deeply. Kick off the gathering with a brief talk or a clinician-led Q&A about the significance and advantages of WFPB eating.
11. **Engage in Activities:** Beyond the delightful dishes, make the potluck an enriching experience. Gauge the interest of attendees for a documentary screening or a lecture on WFPB principles. This could feature insights from a [Plantrician](#) or someone who has personally thrived on this lifestyle, or even a cooking demonstration showcasing easy and delicious WFPB recipes. Such interactive sessions can inspire and educate, making the gathering both enjoyable and informative.
12. **Leftover Strategy:** Waste not! Have eco-friendly containers ready for guests to pack leftovers or encourage everyone to bring their own. This ensures minimal waste and allows everyone to enjoy the dishes post-potluck.
13. **Cleanup Crew:** After the event, it's crucial to leave the venue in an even better state than you found it. The easiest way to accomplish this is to organize a group to help clean up before the event even starts. If you are using a public space, please adhere to community guidelines regarding waste disposal, recycling, and general cleanliness. By doing so, we not only show respect for the community and environment but also set a gold standard for the plant-based community.
14. **Appreciate and Share:** End the event with a short time of appreciation and gratitude. Send out thank-you notes, share photos and [resources](#), and encourage guests to post their favorite recipes. Post on a shared online space, like a Facebook or MeetUp group, for attendees to keep the conversation going. Tag The Plantrician Project on [Facebook](#) or [Instagram](#) to highlight your event.

Plantrician Potluck Recipe Ideas

SOUPS

Poblano Corn Chowder



By: Andrea Dunnam

Serves 6

Ingredients:

- | | |
|----------|--|
| 2T | Water |
| 2 medium | Yellow onions (peeled and chopped) |
| 4 cloves | Garlic (peeled and diced) |
| 1 quart | Vegetable broth (sodium free or low sodium) |
| 6 cups | Yukon gold/yellow potatoes (peeled and 3/4" cubed) |
| 3 cups | Fresh corn (husk and silk removed) |

½ t	Smoked paprika
¼ t	Chili powder
¼ t	Cayenne pepper
To taste	Salt substitute (Organic Coconut Aminos and/or Benson's Table Tasty)
1 stalk	Celery (diced)
3T	Poblano pepper (diced)
1/3 cup	Red bell pepper (diced)
1 quart	Unsweetened soymilk
1 cup	Fresh kale (stems removed and leaves chopped)

Garnish with Green Onions

Directions:

- Heat tall pot on high, add water to form mercury-like balls, turn down heat to medium and add onion, sauté until translucent (adding more water if necessary, 2T at a time)
- Add garlic and sauté for one minute (Do not allow garlic to brown.)
- Add vegetable broth, potatoes, 2 CUPS OF CORN, smoked paprika, chili powder, cayenne pepper, and salt substitute, bring to a boil over high heat. Reduce temperature to medium and cook until potatoes are fork tender, stir occasionally for 15 minutes
- While soup is cooking, heat a small frying pan on high, add water, turn down heat to medium and add celery, poblano pepper, and red bell pepper, sauté until vegetables are soft (adding more water if necessary, 2T at a time)
- Transfer half pot of soup to a blender. Blend until smooth and return to the original pot.
- Add vegetables from frying pan, soymilk, kale, 1 CUP OF CORN, cook on medium heat for 5 minutes

Butternut Squash Soup



By: Andrea Dunnam

Serves 6

Ingredients:

2T Water

1 large Sweet onion (peeled and chopped)

1 large Granny smith apple (peeled and cubed)

2 lbs. Butternut squash (peeled and cubed)

2 quarts Vegetable broth (sodium free or low sodium)

2-3 large Bay leaves (dry)

To taste Salt substitute/Organic Coconut Aminos/Bragg's Liquid Aminos (1T)

To taste Black Pepper

¼ t Nutmeg (dry)

Garnish:

½ cup Raw/Roasted pumpkin seeds

Directions:

- Heat pot on high, add water to form balls, turn down heat to medium and add onion, sauté until translucent (adding more water if necessary, 2T at a time)
- Add apple and sauté for three minutes
- Add squash, vegetable broth, bay leaves, salt substitute, pepper, and nutmeg, cook until squash is soft, stir occasionally for approximately one hour
- Remove from heat and remove and discard bay leaves
- Blend remaining ingredients in blender
- Add pumpkin seeds

APPETIZERS

No Oil Hummus

By: Andrea Dunnam



Yield: 4 cups

Ingredients:

1 cup	Water
$\frac{3}{4}$ cup	Tahini
$\frac{1}{2}$ cup	Pure lemon juice (seeds removed)
3 cloves	Garlic (peeled and chopped)
4 cups	Chickpeas (unsalted, rinsed, and drained)
To taste	Salt substitute

Directions:

- Throw all ingredients in a blender
- Blend until smooth
- Garnish with paprika or red pepper flakes

Chipotle Black Bean Dip



By: Forks Over Knives

Makes 1 cup

Ingredients:

1 15-oz can Black beans, rinsed and drained (1 ½ cups)

1 Onion wedge (1 inch thick)

1 T Lemon juice

1 tsp. Canned chipotle pepper in adobo sauce

1 sml. clove Garlic

1 T Finely chopped fresh cilantro

Directions:

- In a blender or food processor combine all but cilantro.
- Cover and blend until smooth.
- Transfer bean dip to a bowl. Stir in cilantro. Cover and chill until ready to serve.

SALADS

Red Quinoa Salad



By: Andrea Dunnam

Yield: 4 cups

Ingredients:

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|----------|--|
| 1 cup | Red quinoa |
| 1 ¾ cups | Water |
| ¼ cup | Scallions, sliced |
| 3 T | Italian Parsley, chopped |
| 3 T | Roasted Pepitas*, or pine nuts unsalted |
| ¼ cup | Raw cashews |
| 2 T | Dried cranberries unsweetened and no oil or pomegranates seeds |

To taste Fresh ground pepper

To taste Salt alternative, e.g., Benson's Table Tasty

Directions:

- In a medium pot, combine 1 cup quinoa and 1 ¾ cups water. Bring to a boil. Then, reduce heat, cover and simmer until water is absorbed. Let cool.
- Transfer quinoa to a large bowl.
- Add scallions, Italian parsley, roasted pepitas*, raw cashews, dried cranberries, fresh ground pepper, and salt substitute. Stir until all ingredients are combined.

Quinoa Salad can be served cold or at room temperature.

***Roasted Pepitas:**

Heat a small frying pan. Add RAW pepitas and stir until they begin turning light brown. Remove from heat.

Seven Layer Salad



By: Andrea Dunnam

Yield: 17 cups

Serves: 8

Ingredients:

- | | |
|----------|------------------------------|
| 8 cups | Romaine lettuce, chopped |
| 1 ½ cups | Purple cabbage, shredded |
| 1 ½ cups | Carrots, shredded |
| 1 ½ cups | Tomatoes, chopped |
| 1 ½ cups | Cucumber, chopped |
| 1 ½ cups | Red onion, sliced or chopped |
| 1 ¼ cups | Cashew Salad dressing* |

10 oz Frozen peas, thawed and drained

Directions:

- Place chopped lettuce across the bottom of a trifle bowl or glass bowl.
- Next, layer purple cabbage, then carrots, tomatoes, cucumber, red onion, salad dressing, and peas.

Note: Get Creative! Substitute layers with other WFPB ingredients

***Cashew Salad Dressing:**

Ingredients:

1 cup Raw cashews, soaked in **hot** water for 30 minutes

½ cup Water

1 T Apple cider vinegar

1 tsp Dijon mustard

1 T Maple syrup

1 T Lemon juice, fresh

2 cloves Garlic

1 T Shallots

3 T Benson's Table Tasty salt substitute

¼ tsp Black pepper

1 T Fresh dill, minced

Directions:

- Soak cashews in hot/boiling water for 30+ minutes. Then drain.
- Place cashews in a Vitamix or high-speed blender. Add water and all other ingredients, except for dill. Blend until smooth.
- Move dressing to a bowl. Fold in fresh dill.

ENTREES

Creamy Pasta with Veggies and Chickpeas



By: Forks Over Knives

Yield: 8 cups

Ingredients:

3 cups Dry whole wheat pasta, such as fusilli

3 cups Frozen vegetable medley of your choice

½ cup Raw cashews, soaked

1½ tsp Garlic powder

1½ tsp Onion Powder

1 (15-ounce) can chickpeas, rinsed and drained (1½ cups)

1½ tsp Dried Italian seasoning, crushed

1 T White wine vinegar

Sea salt and freshly ground black pepper to taste

1 cup Cherry tomatoes, quartered

Directions:

- In a large pot cook pasta according to package directions, adding frozen vegetables the last 4 minutes of cooking; drain. Return pasta mixture to pot.
- In a blender combine cashews with their soaking water, the garlic powder, onion powder, and 1 cup water. Cover and blend until smooth. Add to the pot with pasta. Add chickpeas, Italian seasoning, and vinegar. Toss to combine; season with salt and pepper. Heat pasta mixture over medium until warmed through. Taste and adjust seasoning. Top servings with tomatoes.

30-Minute Chili



Forks Over Knives - By: Del Sroufe

Makes: 7 cups

Ingredients:

- 2 Yellow onions, chopped (1 ½ cups)
- 1 large Green bell pepper, chopped (1 ½ cups)
- 3T Mild chili powder
- 1T Dried oregano
- 2 tsp Ground cumin
- 4 cloves Garlic, minced
- 2 15-oz cans Pinto beans, rinsed and drained
- 1 28-oz can Diced tomatoes, undrained
- 2 Cups low-sodium vegetable broth

To taste Sea salt

To taste Freshly ground pepper

Optional Cooked brown rice or whole grain noodles

Directions:

- In a Dutch oven cook onions and bell pepper over medium 5 minutes or until softened, stirring occasionally and adding water, 1 Tbsp at a time, as needed to prevent sticking.
- Stir in chili powder, oregano, cumin, and garlic; cook for 1 minute.
- Add beans, tomatoes, and broth. Bring to boiling over medium-high; reduce heat.
- Simmer, partially covered, 20 minutes or until mixture is slightly thick.

Note: Serve over rice or noodles.

Chickpea Un-Tuna Salad



By: Chad Sarno

Yield: 6 cups

Ingredients:

4 cups chickpeas, cooked (if using canned, drain and rinse)

$\frac{3}{4}$ cup celery diced

$\frac{1}{4}$ cup red onion fine diced

$\frac{1}{2}$ cup pickles diced

$\frac{1}{4}$ cup parsley, chopped

$\frac{1}{3}$ cup cashew sour cream*

1 $\frac{1}{2}$ Tbsp Dijon

Fresh ground black pepper to taste

Directions:

- In a mixing bowl, add the chickpeas and crush with your hand. Combine all ingredients and mix well.

Note: Serve on its own, in a wrap, or over lettuce

Cashew Sour Cream*Ingredients:**

2 cups cashews raw, soaked for a few hours to soften

1-1 ¼ cup water

½ lemon, juiced

3 Tbsp apple cider vinegar

½ teaspoon sea salt (optional)

Directions:

- In a high-speed blender, blend all ingredients until smooth.

Serve as a delicious condiment or base for aioli, or other dressings.

DESSERTS

Banana Oat Cookies



By: Dr. Joel Fuhrman

Yield: 14 cookies

Ingredients:

- ½ cup Raisins or chopped dates
- 2 medium Bananas, mashed
- 1 ½ cups Old Fashioned oats
- 1/3 cup Chopped walnuts or almonds
- ¼ cup Unsweetened coconut
- 1 tsp. Vanilla
- 1/8 tsp. Cinnamon

100% fruit spread, any flavor, if desired

Directions:

- Add 2 tablespoons water to dates or raisins and soak for 30 minutes
- Preheat oven to 325 degrees F
- Combine the mashed bananas and the oats. Add the nuts, coconut, vanilla, cinnamon, and the soaked dates or raisins. Mix well.
- Drop by tablespoons onto a non-stick cookie sheet. If desired, flatten a little and make an indentation into the center of the cookie. Add the fruit spread.
- Bake for 13 minutes or longer for a crispier cookie

Raw Carrot Cake



By: Illansy Ruiz

Ingredients - Cake:

8 oz Carrots, shredded

4 oz Dry apples

4 oz Dates, pitted
6 oz Coconut flakes
2 T California Orange Muscat (optional)

Directions:

- Put all ingredients in a Vitamix/food processor and mix well
- Empty into a cake/pie dish and level it off
- Spread icing on top
- Garnish with walnuts and carrot flakes and chill

Ingredients - Icing:

6 oz Macadamia nuts
TBD Vanilla soy/oat milk, enough to cover the nuts
1 Vanilla bean or 1 tsp of vanilla extract

Directions:

- Soak macadamia nuts in vanilla soy milk – only use enough to cover the nuts
- Slice vanilla bean and extract the inside – put in with nuts and soy milk
- Blend in a Vitamix/food processor

Chocolate Raspberry Brownie Bites



By: Forks Over Knives

Yield: 18

Ingredients:

1 (15-ounce) can no-salt-added black beans, drained and rinsed (or 1½ cups cooked)

1 cup Pure date syrup

½ cup Unsweetened cocoa powder

¾ cup Rolled oats

1 tsp Baking powder

½ tsp Baking soda

Optional:

Unsalted pistachio nuts, finely chopped

Vegan semisweet chocolate pieces

Directions:

- Preheat the oven to 350°F. Line an 8- or 9-inch round cake pan with parchment paper (or use a silicone cake pan).
- Combine the beans, date syrup, and cocoa powder in a food processor; process just until smooth. Add the oats, baking powder, and baking soda; process just until combined.
- Spread batter into the prepared cake pan. Sprinkle with pistachios and chocolate pieces. Bake for 35 minutes. Cool on a wire rack. Cut into wedges.

