Jazzy Vegetarian

Episode Descriptions

Season One

101: "Festive Lasagna Dinner"
Host Laura Theodore, prepares her "Festive Zucchini Lasagna," a delicious dish with a healthy twist. The meal starts with a simple to make, but fancy to serve, "Quick Carrot and Orzo Soup." "Raspberry Maple Tofu Whip with Fresh Berries" finishes this meal with a flourish. This tasty menu is all vegetarian and perfect to serve at any festive family occasion.

102: "Bountiful Brunch Buffet"
Host Laura Theodore prepares her healthy, delicious, and budget friendly brunch. "Blueberry Mini Biscuits," are served along side authentic tasting "No Egg Scramble." Crispy "Cashew French Toast" served with warmed organic maple syrup is next up on the menu. Simple side dishes include "Tomato Basil Pinwheel" and "Fancy Fruit Salad." Perfect to serve as a mid-day family meal or festive get-together. When it's not breakfast and it's not lunch…it's brunch!

103: "Lighter Deli Delights"
Host Laura Theodore prepares scrumptious lighter versions of traditional deli favorites such as: "Eggless Egg Salad" and grilled "Rueben Sandwiches," paired with "Zesty Zucchini Oven Fries." Quick and easy, "Jazzy Vegetarian *Not* Liver" tastes just like the real thing. "Upside Down Apple Cake" is a rich and authentic tasting classic dessert that makes a delicious finish to a delightful, homemade, deli-style meal!

104: "Southwestern Style Menu"
Host Laura Theodore prepares Southwestern style recipes that are bursting with festive flavor. First up, "Five-Ingredient Guacamole" whips up in 5-minutes. "Jazzy Black Bean Chili" makes a great party dish or mid-week meal, paired with hearty "Double-Corn Cornbread." Even the kids will love "Nutritious Nachos," fun fare that prepares in under twenty minutes. "Sweet and Spicy Chocolate Mousse" offers a rich and satisfying dessert with just a little bit of heat!

105: "Summer Eco-Picnic"
Host Laura Theodore shares tasty recipes and tips for serving earth-friendly outdoor summer meals. Highlights include "Cool Cucumber Soup" served in edible bread bowls and "Sunflower Avocado Rolls," make perfect portable sandwiches. Next up, no picnic would be complete without "Country Style Red Potato Salad." "Peanut Butter Fudge" makes a rich but refreshing picnic dessert. Eco-tips include; "How to Pack an Earth-Friendly Picnic Basket."

106: "Party Portabello Dinner"
Host Laura Theodore prepares her perfect party menu. Featuring a meaty texture and mouth-watering taste, "Crispy Portabella Steaks" are encrusted in a savory crunchy coating and cradled in a cloud of delicious "Maple Mashed Sweet Potatoes." Delicate spears of "Roast Asparagus with Baked Garlic and Baby Tomatoes" are served on the side. Luscious "Raspberry Parfaits" top off this satisfying soirée menu.

107: "Meatless-Meatloaf Supper"
Host Laura Theodore prepares her vegetarian version of traditional meatloaf and mashed potatoes. She begins with "Wonderful Walnut Mushroom Loaf," which is reminiscent of the classic meat version. Low calorie, "Mashed Potatoes and Cauliflower;" taste like creamy mashed spuds without the cream! "Sesame Green Beans" round out the menu. Here's a meal you'll be confident to serve to everyone you are cooking for.

108: "Dazzling Chocolate Desserts"
Host Laura Theodore prepares her luscious chocolate culinary creations. The lineup includes: "Triple Chocolate Brownies," a quintessential chocolate treat, followed by "Pots de Crème" a delectable, rich tasting pudding. Scrumptious "Chocolate Chip Banana Muffins" are up next and "Chocolate Truffle Trio" rounds out this dazzling dessert line up. As a bonus, Laura shows how to craft her attractive, easy, and low cost "Eco-Friendly Chocolate Party Favors."

109: "Italian Flair"
Host Laura Theodore prepares a delicious and hearty Italian-style meal. The menu features "Quick Lasagna Rolls" and savory side dishes such as: "Basil Roasted Peppers" and "Broccoli Rabe with Garlic." Next up, a favorite dish with kids of all ages is "Grandmas' Garlic Bread." "Balsamic Strawberry Delight," finishes the meal with an Italian-inspired flourish.

110: "Farm Market Fresh"
Host Laura Theodore prepares recipes that are bursting with "just picked" flavor. She begins with refreshing "Garden Vegetable Basil Gazpacho" a chilled delight on a hot summer night. Next up, fresh from the farm ingredients inspire tempting "Zucchini Fettuccini with Fresh Tomato Salsa" and zesty "Arugula and Walnut Pesto Pasta" Apples stand front and center in "Autumn Apple Crisp." Inspired by the fresh flavors of summer, you'll easily create culinary delights in your own kitchen.

111: "Artful Artichokes"
Host Laura Theodore prepares tempting dishes featuring artichokes. Recipes include; "Easy Artichokes with Lemon Dipping Sauce," "Baked Artichokes with Savory Walnut Stuffing," and "Italian-Style Stuffed Artichokes." "Chilled Artichokes with Dill Sauce" or "Caramelized Balsamic Artichokes" both make an elegant side dish for any special meal. You'll impress your friends and family with new found confidence when serving this golden goddess of the vegetable world.

112: "Company is Coming"
Host Laura Theodore prepares a delightful menu that is perfect to serve to guests. "Fancy Stuffed Peppers," is a delicious, lighter version of a classic recipe. "Velvety Carrot Soup," tastes rich and creamy without the use of any dairy products and "Sweet and Savory Kale" makes a crowd-pleasing side dish. "Chocolate Ganache Pudding" finishes the meal with a flourish. Here's an *eco-chic* meal to serve at any dinner party or festive family meal.

113: "30-Minute Vegetarian"
Host Laura Theodore prepares a quick, "good-for-you meal," in under 30-minutes. The menu features tangy "Pasta with Broccoli and Sun Dried Tomatoes," "Warm Bakery Bread with Herbed Dipping Oil," and "Avocado Cashew Salad." Laura even includes a refreshing dessert; "Frozen Banana Creamy with Cocoa Dust." When healthy is on your mind but you are rushed for time, today's menu offers an ideal solution.

Season Two

201: "Nuts About Nut Loaf"
Host Laura Theodore prepares a delightful dinner that features hearty "Cashew and Quinoa Loaf," paired with savory "Paprika and Rosemary Roasted Red Potatoes." On the side, mouthwatering "Asparagus with Vegan 'Hollandaise' sauce." Quick to prepare "Flourless Oatmeal Lace Cookies" make a crisp and delicious dessert.

202: "5-Ingredients or Less"
Host Laura Theodore prepares quick recipes that require only 5-ingredients or less! "Easy Black Bean Casserole" is served with a crunchy and sweet "Carrot and Maple-Walnut Salad." For starters, tantalizing "Tortilla Oven 'Fried' Mushrooms" take the stage. Need a quick dessert or snack? "No-Cook Peanut Butter Cookies" fill the bill for a sweet

203: "Easy Paella Dinner"
Host Laura Theodore prepares "Easy Vegan Paella," a Spanish inspired rice-dish combined with a variety of jazzy vegetables like onions, peas, artichoke hearts and tomatoes. A festive array of

"Tasty Tapas" starts the meal with pizazz. For dessert, Laura bakes moist "Pineapple-Pecan Cake," made with sweet fresh pineapple and crunchy pecans.

204: "Just Desserts"
Host Laura Theodore prepares scrumptious sweet desserts featuring "Double-Chocolate Cake with Chocolate Ganache Icing," the perfect indulgence to please any chocolate fan. Then "Luscious Little Carrot Cupcakes" are a 'two-in-one' baked treat that serve as a flavorsome breakfast muffin too. "Almondy Oatmeal Cookies with Raisins and Chocolate Chips" are a delightfully crisp and satisfying cookie confection.

205: "Neighborly Supper"
Host Laura Theodore prepares a casual meal featuring delectable "Walnut Stuffed Mushrooms." "Roasted Butternut Squash with Garlic" is served on the side, along with mouthwatering "Spinach with Garbanzo Beans and Caramelized Onion."

206: "Rockin' Moroccan Stew"
Host Laura Theodore prepares oven baked "Rockin' Moroccan Stew," which features a rainbow of veggies delicately infused with flavorful sweet and spice. Paired with "Quick Quinoa," it makes a hearty meal for any night of the week. Then "Fig, Kale, and Tomato Salad," brings a welcome change to everyday greens. To top off the meal, easy "Luscious Apple Tart with Blueberry Glaze" is sure to please.

207: "Pasta with Pizazz!" Host Laura Theodore prepares pasta favorites starting with easy "Peanut Noodles." Next, "Penne with Garbanzo Beans and Broccoli Rabe" prepares quickly, but is packed with zingy flavor. A surprise choice for noodles is showcased in "Pea and White Bean Puttanesca," followed by "Arugula, Artichoke, and Tomato Pasta" that features a no-cook sauce, making it a breeze to prepare for a summertime meal.

208: "Breakfast Favorites"
Host Laura Theodore prepares breakfast recipes, beginning with a quick and refreshing "Raspberry-Banana Green Dream Smoothie." If baked treats are more your style, then "Apple Muffins with Pumpkin Seeds" are sure to please. Want to change your morning fare up a bit? Try delectable "Rocky Mountain Toast." An old time favorite, "Awesome Oatmeal," is cooked up jazzy style, adding classic flavor to this breakfast line up.

209: "Festive Enchilada Bake"
Host Laura Theodore prepares "Sensational Two-Bean Enchilada Casserole," an easy to prepare, layered casserole that is bursting with flavor. "Guacamole Salsa Dip with Homemade Tortilla Chips" starts the meal off with a fun flair while "Fancy Peeled Salad" adds color and crunch. "Marvelous Mango Sorbet" finishes this feast with a flourish.

210: "Lunch Bunch"
Host Laura Theodore prepares lunch, starting with simple "Four-Ingredient Leek Soup." A trio of main dish salads include: tantalizing "Avocado and Black Bean Confetti Salad," tasty "Fancy Chickpea Salad" and satisfying "Quinoa Tabbouleh," served with crusty bread on the side. We'll finish our lunch with a refreshing "Banana Raspberry Sorbet."

211: "Elegant and Easy"
Host Laura Theodore, prepares her elegant and easy party menu featuring "Savory Mushroom Stroganoff" served over delicate rotini pasta. On the side, simple "Broccoli with Lemon Sauce" compliments beautifully. "Walnut, Beet, and Tofu Salad" starts off the meal with flair. To finish with a flourish, sinfully delicious "Chocolate Mousse Ginger Pie."

212: "It's Soup Time!"
Host Laura Theodore prepares four superstar soup recipes. We begin with "Winter Warming Soup," which makes the prefect meal on a chilly night. Next up, "Creamy Broccoli Soup" is quick to prepare with no cream required. When the temperature is rising and soup is on your mind, chilled "Green Goddess Summer Soup" fills the bill. And last up, soup with a twist: "Penne and Lettuce Soup" cooks up in less than fifteen minutes.

213: "Happy Holiday Meal"
Host Laura Theodore's holiday meal features petite "Acorn Squash with Mushroom, Walnut and Celery Stuffing." On the side, sweet cinnamon and maple glazed "Yummy Yam Casserole" is topped with crunchy pecans. "Green Beans Almondine" stand in for the traditional green bean casserole. Light as air, "Holiday Sandies" are sweet and crisp cookies that make a tempting dessert for kids of all ages.

Season Three

301: "A Taste Of Italy"
Host Laura Theodore prepares a classic Italian-American inspired menu featuring authentic tasting "Spaghetti and Wheatballs." On the side, egg-free "Caesar Salad with Cashew Parmesan" adds a timeless flair. For dessert, delicious "Pear, Apple and Walnut Crostata"

302: "BBQ Bash"
Host Laura Theodore prepares warm weather cuisine to celebrate a festive summer holiday. Colorful "Jazzy Shish Kebabs" with homemade barbeque sauce are served over "Quick Quinoa." On the side, tangy "Kale and Tomato Salad" adds a refreshing crunch, while "Chilled Choco-Peanut Butter Cups" make a refreshing and decadent dessert.

303: "Festive Family Meal"
Host Laura Theodore prepares a celebratory family menu filled with traditional tastes. "Sweet and Sour Stuffed Cabbage" is the superstar of this menu, served beside creamy "Mashed

Potatoes with Roasted Garlic." For the first course, "Apple, Walnut and Cinnamon Salad" makes a colorful appetizer. The classic macaroon cookie gets a jazzy makeover with "Coconut Vegaroons," a mouthwatering dessert that rounds out this festal meal.

304: "**Sweets for the Sweet"**
Host Laura Theodore prepares jazzed up versions of favorite culinary confections. "Peanut Butter Mousse Tartlets" head this line up of scrumptious sugary confections and easy "Chocolate Candy Clusters" please even the most devoted candy lover. A surprise twist on the classic "Apple Turnover" provides added sweet culinary bliss to this trio of sweet treats.

305: "Good Morning Fiesta"
Host Laura Theodore prepares a zesty breakfast menu featuring "Tofu Ranchero," a slightly spicy dish served with fresh tomato sauce. For a baked treat, "Cornbread and Sweet Pepper Mini-Muffins" wakes up sleepy taste buds, while "Pineapple, Banana and Strawberry Smoothie" presents a frosty and fruity beverage to get the morning started on an energizing note.

306: "All American Meal: Burger and Fries"
Host Laura Theodore prepares the quintessential American meal featuring meaty tasting "Mushroom-Nut Burgers" paired with delicious "Confetti Oven Fries." **"**Jazzy Coleslaw" adds color and crunch, while "Banana Milk-less Shake" adds a sweet and creamy touch of classic taste.

307: "Cauliflower Gets Respect" Host Laura Theodore prepares creative and tasty ways to serve cauliflower. The cruciferous wonder stands front and center in satisfying "Cauliflower Steaks with Sweet Pepper Sauce," then plays the part of cream in "Creamy Cauliflower Soup." Slow baking in the oven brings out sweet flavors in "Paprika Roasted Cauliflower," the perfect side dish for any meal.

308: "Wheatloaf and Potatoes"
Host Laura Theodore prepares a favorite family supper with a twist. Meat-free "Savory Seitan Loaf with Tomato-Mushroom Gravy" satisfies big appetites paired with appetizing "Twice Baked Potatoes." Maple sugar adds a welcome pop of flavor to "Broccoli with Sweet Tamari-Onion Sauce," while creamy "Dreamy Banana Pie" rounds out this appealing menu.

309: "It's Tofu-licious!"
Host Laura Theodore prepares a meal featuring some easy and delicious tofu recipes. "Coconut Encrusted Tofu Cutlets" are served with a sweet dipping sauce. On the side, "Steamed Green Beans and Carrots with Orange Sauce" make a colorful pairing, while "Black Quinoa and Crimini Mushrooms" adds taste and texture. For dessert Almond "Creamy" Pudding uses whipped tofu to create a smooth, creamlike texture.

310: "Spectacular Summer Salads"
Host Laura Theodore prepares flavorsome salads featuring seasonal, local produce. Main dish options include, "Penne and Black Bean Salad"- a jazzy twist on a classic cold pasta dish, and colorful "Red Quinoa and Avocado Salad" highlights tempting textures. "Easy Summer Cucumber Salad" adds a crunchy sweet and sour flair to any hot weather meal, while "Quick Tomato Salad" tastes like summer in a bowl.

311: "Super Party Menu"
Host Laura Theodore prepares a crowd-pleasing menu to serve at a fun-filled gathering. Easy "Oven-Baked Two-Bean Chili" satisfies big appetites with spicy heat and hearty flavor. "Jazzy Potato Skins" are a delicious vegan version of a classic American nosh and "Sweet and Salty Snack Almonds" satisfy when munchies strike. "Mom's Turtle Cookie Squares" provide a decadent chocolaty finish to this super party line up.

312: "New York, New York"
Host Laura Theodore prepares a Manhattan inspired meal, featuring savory "Peppers and Vegan Sausage" nestled in a sub-style bun, served up with "Deli-Style Macaroni Salad" on the side. For dessert, super rich and creamy New York style "Blueberry Cheeze-Cake" provides a Big Apple inspired dessert.

313: "Winter Celebration"
Host Laura Theodore prepares a menu to serve for a jolly seasonal soiree. This vibrant meal features sensational "Fancy Stuffed Shells" cooked with "Dad's Marinara Sauce." On the side, "Quick Spinach Salad" adds appeal to this gala menu. To finish with a flourish, decadent and rich "Black Forest Pecan Pie" with "Vanilla Crème Fresh," pays tribute to a traditional holiday dessert.

Season Four

401: "Pizza with a Twist!"
Host Laura Theodore prepares variations on pizza. Special guests: Ed Begley Jr. and Dr. Pam Popper. Perfect for a casual party, "Polenta Pizza" features a gluten-free crust topped with ripe tomatoes, fresh basil, artichoke hearts and classic Italian seasonings. Tantalizing "Tortilla Salad Pizza" boasts a crispy crust, lively greens and "Vegan Almond Parmesan." Part pizza, part tart, "Jazzy Pizza Tart" is topped with roasted veggies and baked to perfection.

402: "Breezy Brunch"
Host Laura Theodore prepares a delightful mid-day meal. Special guests: T. Colin Campbell, Ph.D. and Rachelle Carson-Begley. Menu features a gluten-free, vegan "Zucchini Summer Quiche," crunchy "Jicama and Spinach Salad" and "Cranberry-Pecan Quick Biscuits." "Chilled Avocado Soup" adds a refreshing touch to this warm weather menu.

403: "Be My Valentine"
Host Laura Theodore prepares a festive Valentine's supper menu. Special guests: T. Colin Campbell, Ph.D. and Chef Del Sroufe. Menu features "Red Pepper Boats" with rice, mushroom and caper stuffing, served with "Leeks with Raisins." For the first course, "Creamy Butternut Bisque" presents a smooth texture and rich flavor. Decadent "Raspberry Fudge Truffles" make a mouthwatering dessert.

404: "Spanish Style"
Host Laura Theodore prepares a Spanish-inspired supper menu. Special guest: Dr. Pam Popper. "Quinoa and Butternut Squash Paella" highlights quinoa, which stands in for the traditional rice, while butternut squash adds welcome texture and taste. First course features "Avocado-Tofu Salad" with "Lively Lemon Dressing." For dessert, elegant "Baked Apples in Parchment" provide a delicious finish to this satisfying menu.

405: "Cookie Monster"
Host Laura Theodore prepares a fun and festive array of cookies. Special guests: Jim Brickman and Chef Del Sroufe. "Peanut Butter and Jelly Cookies" are packed with an irresistible nutty flavor and delectable jelly filling. Classic "Chewy Chocolate Chip Cookies" satisfy sweet cravings with a healthy twist. Easy and festive "Cherry-Chocolate Taco Cookies" feature gooey chocolate and plump cherries.

406: "South of the Border"
Host Laura Theodore prepares a fiesta menu. Special guests: Ed Begley Jr., Dr. Pam Popper and Chef Del Sroufe. Menu features "Easy Burrito Bake," the perfect recipe for a casual weeknight supper. On the side, "Lively Lime Tortilla Chips" provide crunch and jazzy pizazz. For a sweet note, "Chocolate Rice Pudding" makes a satisfying and healthy dessert treat to round out this colorful menu.

407: "Easy Summer Luncheon"
Host Laura Theodore prepares a lovely luncheon meal for her girlfriends. Special guest: Chef Del Sroufe. Menu features "Mock Tuna Open-Face Sandwiches" garnished with cherry tomatoes and sprouts. On the side, "Spinach and Apple Salad with Maple Mustard Dressing" blends baby spinach and crisp apples, while mouthwatering "Strawberry Tartlets" make the ideal warm weather dessert. To wet your whistle, "Maple-Mint Lemonade."

408: "Seitan Piccata Supper"
Host Laura Theodore prepares a satisfying company meal. Special guests: Dr. Pam Popper and Rachelle Carson-Begley. Menu features savory "Seitan Piccata," a vegan take on the traditional dish, served over "Brown Basmati Rice." On the side, "Petite Peas and Parsnips" add color and taste. For dessert, creamy and delicious "Vanilla, Maple and Cinnamon Tofu Pudding" whips up in just five minutes.

409: "Fabulous Fall Fare"
Host Laura Theodore prepares a bountiful autumn meal. Special guests: T. Colin Campbell, Ph.D. and Rachelle Carson-Begley. Featuring produce from the local farm market, this colorful menu includes hearty "Cauliflower, Sweet Potato and Celery Chowder," filling "Butternut Squash with Apples and Cranberries," and flavorful "Kale with Creamy Walnut Sauce."

410: "Bake It Vegan"
Host Laura Theodore prepares yummy vegan baked goods recipes. Special guests: Dr. Pam Popper and Rachelle Carson-Begley. Featuring classic vegan "German Chocolate Cake" topped with coconut and pecan icing. Party perfect "Zucchini-Orange Cupcakes with Vegan Vanilla Cream Cheese Frosting" are moist and delicious. "Cinnamon-Maple Mini-Muffins" pair well with any meal and at snack time, too!

411: "Portable Picnic"
Host Laura Theodore prepares a portable picnic lunch. Special guest: Chef Del Sroufe. Menu features "Chickpea and Quinoa Salad in Sweet Pepper Boats." "Marinated Asparagus Salad" adds zing to this traveling menu. For dessert, festive "Date-Nut Lollipops" add a pop of fun and flavor, while homemade 'Ginger Iced Tea" rounds out the meal with frosty freshness.

412: "What's For Breakfast?"
Host Laura Theodore prepares festive top-o-the-morning recipes. Special guests: Ed Begley Jr. and Chef Del Sroufe. Menu features "Pear and Apple Breakfast Pizza," the perfect dish to wake up any breakfast menu. Crunchy and sweet "Magnificent Maple Granola with Banana Whipped Topping" adds decadent flair, while "Blueberry-Zucchini Surprise Mini-Muffins" make a great start to the day.

413: "Giving Thanks"
Host Laura Theodore prepares a meat-free, vegan celebratory dinner menu. Special guest: Jim Brickman. The star of this traditionally inspired fare is delectable "Holiday Stuffing Casserole" served with "Festive Kale Salad." "Maple Baked Acorn Squash" adds a touch of sweet to this festive meal and "Pumpkin Pie with Date-Nut Crust" is a classic dessert with a jazzy twist.

Season Five

501: "Gluten-Free Party Menu"
Host Laura Theodore prepares vegan party recipes that are gluten and soy free. Featured guest: Lidia Bastianich. This fabulous menu starts with a creamy Butternut Squash Soup drizzled with delectable Cashew Cream. Easy to make, Walnut and Quinoa Stuffed Portobello Mushrooms serve as the culinary star of this soirée, while a tangy Kale, Lime and Almond Salad adds an appealing side dish. Maple-Raisin-Date Truffles provide a sweet, petite dessert.

502: "Summer Soirée"
Host Laura Theodore prepares a scrumptious summer meal. This easy menu starts with chilled Cashew, Cucumber and Basil Soup paired with a vegan version of a seafood favorite – Not So Crabby Cakes, served with Classic Cocktail Sauce. For dessert, Deep Dark Chocolate Truffle Pudding is sure to please the chocolate lovers at your table.

503: "Rockilicious!"
Host Laura Theodore prepares garden fresh recipes with help from a special guest, Lynyrd Skynyrd lead guitarist Rickey Medlocke. This "wow" meal stars an enticing entrée: Roasted Cauliflower Cutlets with Lemon-Caper Sauce. On the side, Zingy Roasted Asparagus preps in a flash, and Grape Tomato, Avocado and Fresh Herb Salad makes great use of summer tomatoes, fresh basil and parsley. Rockin' Berry Parfaits with Cashew-Coconut Cream make a fun and fresh dessert.

504: "Easy Italian"
Host Laura Theodore prepares quick and easy Italian favorites. Featured guest: Lidia Bastianich. First up, Laura's Spaghetti Sauce is a delicious, classic dish. Then a fifteen-minute Vegan-Ease Pizza takes advantage of a sandwich wrap for the crispy crust, topped by tasty toppings. Eggplant Stack-Ups feature a simple to make cashew cheese filling bathed in a tangy tomato sauce.

505: "Mediterranean Flavors"
Host Laura Theodore prepares a Mediterranean-inspired, plant-based meal with special guest Julieanna Hever. Chickpea-Tomato Salad with Tofu "Feta" is a satisfying salad served with a quick to prepare homemade, vegan "cheese." On the side, tangy Escarole with Kalamata Olives makes eating your greens a pleasure and Lots of Garlic Hummus gives this meal jazzy pizazz. For dessert a moist, delicious Vegan Lemon "Buttermilk" Cake is reminiscent of traditional Greek Lemon Cake.

506: "Craving for Chocolate"
Host Laura Theodore prepares dairy- and egg-free chocolate desserts like amazing Sweet Cocoa Cupcakes, topped with a tempting Rich Chocolate Frosting. Quick Chocolate-Coconut Cake with Sweet Cherry Compote preps in a flash and tastes truly decadent. Four-Ingredient Chocolate Chip Cookies make the perfect choice for an easy cookie fix.

507: "Sunday Brunch"
Host Laura Theodore prepares a plant-based morning meal. Featured guest: Julieanna Hever. Vegan Spinach-Tomato Omelet delivers an authentic texture and taste, enhanced with juicy tomatoes and fresh baby spinach. On the side, Spicy Baked Home Fries make the perfect complement to the meal while Breakfast Sunshine Salad will wake up taste buds. Quick Coconut-Grape Muffins feature a moist crumb and sweet surprise center.

508: "Quick Casserole Dinner"
Host Laura Theodore prepares an easy vegan dinner with special guest Victoria Moran. The center of this menu is a flavorful Oven "Fried" Rice Casserole that's packed with warming ginger, aromatic garlic, fresh veggies and sweet basmati rice. Quick Sweet Potato Soup gets a jazzy twist with veggie noodles and Carrot, Cabbage and Walnut Coleslaw provides a colorful, crisp salad. Upside-Down Apple n' Oat Mini-Cakes serve double duty as a sweet dessert or nutritious breakfast treat.

509: "Tofu Surprise"
Host Laura Theodore prepares tasty recipes based in tofu. The star of the meal is Parchment Wrapped Tofu Surprise, filled with tender tofu, savory mushrooms and tangy tomatoes, all wrapped up in an enticing package. For the first course, festive Avocado Salad Parfaits make a fun starter and for dessert, tofu is the feature once again in creamy and delicious Peanut Butter-Chocolate Mousse.

510: "Burger Deluxe"
Host Laura Theodore prepares a vegan "diner-style" meal. Meat-free burgers are all the rage these days and hearty Hungry Guy Burgers satiate big appetites, while crisp Baked Steak Fries complete this classic pairing. For a fabulous finish, spectacular Strawberry Mountain Pie will wow diners, piled high with a dairy-less cream filling and topped with fresh juicy berries.

511: "Mexican-Style Menu"
Host Laura Theodore prepares a festive menu with a special guest, plant-based dietitian, Julieanna Hever. The feature of this menu is a spicy Vegetable Quesadilla Bake, a layered tortilla dish that preps in a flash. On the side, Guacamole Taco Salad Bowls feature crispy tortilla bowls filled with a peppery avocado salad, while Five Ingredient Rice Pudding with Cinnamon Spiced Vegan Dessert Cream provides an awesome finish to this lively meal.

512: "Ready, Set, Risotto!"
Host Laura Theodore prepares a vegan version of classic risotto. This hearty menu highlights Mushroom and Summer Squash Risotto, an easy dish to prepare for a weeknight meal. On the side, festive Romaine and Tomato Salad provides a pop of color. For dessert, Vegan Blueberry Cheeze-Cake Squares feature a tasty fruit and nut crust, topped with a creamy filling and fresh blueberries.

513: "Holidays Made Easy"
Host Laura Theodore prepares a delicious vegan holiday menu. Featured guest: Julieanna Hever. Festive Stuffed Green Bell Peppers are a vegan version of a traditional family recipe, served with tri-color pasta on the side. A quick appetizer features Raw Veggie Kebabs. For a sweet surprise dessert, Chocolate Party Parfaits with Mocha Cream taste sinfully smooth and creamy, without the use of any dairy or eggs.

Season Six

601: "Let's Celebrate!"
Host Laura Theodore prepares a vegan celebratory meal for friends and family, highlighting a satisfying, easy-to-prepare Yummy Pecan, Sunflower Seed, and Zucchini Loaf served with Simple Mushroom Gravy and Red Potato and Cauliflower Mash. Quick Pecan-Date Truffles make a delicious, sweet dessert.

602: "Summer Jamboree"
Host Laura Theodore prepares festive plant-based recipes for a warm weather party. The fabulous menu includes Tofu Teriyaki Kebabs—a colorful combination of veggies and tofu roasted in sweet teriyaki sauce and served over Quick Quinoa. For the first course, Almost Caesar Salad is reminiscent of the classic recipe, but in this plant-based version, whipped walnuts offer an excellent egg alternative. For dessert, a simple but elegant vegan White Chocolate Mousse has a creamy texture and delicious taste.

603: "Small Bites and Sweet Treats"
Host Laura Theodore prepares vegan snacks for Broadway choreographer Chase Brock and the entire cast of Music Man! Carrot-Chickpea Spread is the perfect plant-based substitute for chicken salad, served in Cute Little Tortilla Bowls. Guacamole Mini Peppers are tasty nibbles of avocado dip, nestled in colorful mini-peppers. Nutty Chocolate Chip Trail Mix combines a festive variety of nuts and dried fruits. For a sweet treat, Cherry-Chocolate Pudding Bites feature a baked tortilla, dipped in melted chocolate and filled with a delightful pudding.

604: "Tex-Mex with a Twist"
Host Laura Theodore prepares plant-based, Tex-Mex style cuisine. The spicy fare starts with Seitan Fajitas, showcasing the meaty texture of seitan, drizzled with Cashew Sour "Cream," and served over Spicy Rice. Zesty Maple Almonds are crunchy, spicy, and sweet, while a Mango-Banana Smoothie provides a refreshing beverage to round out the menu. Special guest: Tara Sherbert.

605: "Jazzin' Up Veggies"
Host Laura Theodore makes veggies taste great! Jazz singer Kelle Jolly joins Laura in the kitchen to prepare Root Veggie and Lentil Trio Stew, a satisfying combo of vegetables combined with hearty lentils. Next up, Miso-Parsley Hummus offers a delicious twist on a classic dip, with Kale Salad served on the side. For dessert … more veggies! Woodwind musician Will Boyd joins Laura to taste her Festive Sweet Potato Pie—a yummy way to showcase vegetables at the close of any meal.

606: "Vegan Drive-In"
Host Laura Theodore prepares vegan "take-out" style recipes. Sunny Black Bean Burgers bring a ray of sunshine to the meal, with protein-rich ingredients like black beans, sunflower seeds, and

walnuts. Better Than Apple Pie is a yummy, plant-based version of apple pastries served at local fast-food restaurants. On the side, Confetti Fries add classic taste, while Colorful Coleslaw with a Kick makes a spicy addition to any fun meal!

607: "Spring Has Sprung"
Host Laura Theodore prepares plant-based, garden-fresh spring recipes. Cashew-Stuffed Artichokes feature a delectable filling of cashews and sunflower seeds. Next up, a delicious, spring-inspired Asparagus Tart is both vegan and gluten-free! To add a pop of green, Sweet Arugula Salad highlights baby arugula, dried cranberries, and crisp apples, drizzled with Maple-Balsamic Dressing. Delicious Paprika Roasted Cauliflower is served on the side.

608: "Pasta Love"
Host Laura Theodore prepares plant-based pasta recipes. Sensational Stuffed Manicotti is a delicious vegan version of a traditional Italian favorite, featuring homemade tofu ricotta. Fusilli Broccoli Bowl is a quick "cream-a-licious" pasta dish, topped with Walnut "Cream" Sauce. Spicy Peanut Soba Noodles feature flavorsome and healthful ingredients.

609: "Vegan Bake-A-Thon"
Host Laura Theodore prepares scrumptious vegan baked goods. Divine Chocolate Mousse Cake is a luscious chocolate cake, slathered with a thick, chocolaty mousse and a thin layer of raspberry preserves. Four-Ingredient Apricot Bars are easy to make, featuring apricot preserves, rolled oats, bananas, and a touch of vanilla extract. Then, with their tangy and sweet taste, Lively Lemony Cupcakes will please kids of all ages.

610: "Bollywood Kitchen"
Host Laura Theodore prepares vegan Indian-style recipes with Bollywood filmmaker and cookbook author Sri Rao. The star of the meal is Sri's delicious Rajma, a hearty kidney bean stew, flavored with smoky cumin, earthy coriander, warm ginger, and spicy garlic. Mini-Cauliflower Bites are an excellent side dish, and Turmeric Quinoa makes a colorful and nutritious addition to the meal. To finish, Golden Cashew Milk incorporates warm, spicy flavors for a soothing nighttime drink.

611: "Wow! Weekend Brunch"
Host Laura Theodore prepares a vegan midday meal. Fabulous French Toast is a "veganized" baked version of the classic morning recipe. Mini Quiche Cups are crust-less little broccoli and tofu based quiche bites, an impressive brunch treat. Almost Ambrosia Salad features coconut, clementines, dates, pineapple, and bananas—a lively first course for this festive meal.

612: "Soup's On!"
Host Laura Theodore prepares delicious vegan soups. Super Chunky Soup features big chunks of baby red potatoes, butternut squash, and red potatoes, perfect for a weeknight meal. Kale, Carrot, and White Bean Soup is made in less than 30 minutes, with fresh kale, carrots, and other

common pantry ingredients. Chilled Minty Cucumber and Carrot Soup makes a colorful and refreshing first course on a hot summer day.

613: "New Year's Eve Soirée"
Host Laura Theodore prepares a vegan New Year's Eve soirée menu. Guests will be impressed with Gingered Portobello Steaks, a great substitute for a meat entrée. Up next, Pretty Orange Mash-Up showcases sweet potatoes and carrots, adding color to the meal. To serve on the side, Laura prepares Zingy Roasted Asparagus with Lynyrd Skynyrd lead guitarist Rickey Medlocke. Crazy Coffee Chocolate Mousse is a rich, creamy, and super chocolaty dessert to serve at the close of any elegant meal.

Season Seven

701: "You Say Potato, I Say Delicious"
Host Laura Theodore prepares scrumptious vegan dishes featuring potatoes. Andy's Favorite Potato Salad is a real crowd-pleaser, with tender red potatoes, carrots and celery, tossed in a vegan mayonnaise dressing. With only seven ingredients, Quick Red Lentil-Potato Curry Soup makes a hearty and flavorful soup, while Just Like Grandma's Potatoes are a vegan twist on traditionally prepared Twice Baked Potatoes. Potato Fun Fries are baked in an air-fryer for a healthy twist on this classic favorite.

702: "Dinner at Eight"
Host Laura Theodore prepares a classic and classy vegan company meal. Zucchini Napoleon with Tahini-Nut Cheeze makes a stunning entrée featuring slices of tender squash layered with a creamy plant-based "cheese." On the side, Romaine, Mini-Pepper and Walnut Salad, adds flair. For dessert, vegan Vanilla Cream-Chocolate Pudding Parfaits will please vanilla and chocolate lovers alike.

703: "Kid's Classics Made Vegan"
Host Laura Theodore prepares plant-based American favorite recipes for kids. Vegan Grilled "Cheeze" Sandwiches make a quintessential lunch for kids and grown-ups alike. Comforting Mac 'n Peas with Creamy Butternut Squash Sauce fills the bill when you're seeking a hearty family supper dish. Luscious Cocoa-Cake Brownie Bites with Chocolate-Peanut Butter Frosting are a welcome twist to the traditional brownie, slathered with a rich tasting, peanut butter laced chocolate frosting.

704: "Quick Quesadilla Supper"
Host Laura Theodore prepares easy and delicious vegan quesadillas. Healthy, Hearty Avocado Quesadillas, feature creamy avocados, kale, salsa and romaine lettuce. Easy Rice and Beans are a flavorful version of a classic staple and Chocolate-Banana Gratin with Cinnamon Cashew Cream is an enticing twist on traditional bread pudding.

705: "Beans, Glorious Garbanzo Beans"
Host Laura Theodore prepares diverse vegan dishes featuring garbanzo beans. Spicy Chickpea and Potato Stew is easy to prepare and with an Indian flair. Herbed Rice and Bean Salad provides protein, and a rainbow of veggies add vibrant color and texture. Chickpea Salad Dressing makes the perfect topping for any crisp green salad. Lemony-Turmeric Hummus makes a flavorful and satisfying dip for fresh veggie sticks or whole grain chips.

706: "Pizza Party!"
Host Laura Theodore prepares classic American pizzas, made vegan! Three-Cheeze "Pepperoni" Pizza is vegan and dairy, free, but tastes like the traditional version. Greek-ish Pizza features Vegan Feta, providing a Mediterranean flair. Cheeze-y Black Bean Tortilla Pizza preps for the oven in 5 minutes, for an easy lunch, filling snack, or quick supper.

707: "Two-Ingredient Recipes"
Host Laura Theodore prepares deliciously vegan recipes, each using only two ingredients! Vegan Deviled "Eggs" feature hummus piped onto steamed baby potato halves, while Avocado-Miso Spread makes a tasty topping for toast. Yummy Apple and Peanut Butter Stacks, Quick Stuffed Celery Sticks, and Easy Chocolate Covered Almonds make delightful after school snacks. Salsa-licious Guacamole is a jazzy twist on a favorite dip and Tahini-Tamari Salad Dressing makes a creamy, plant-based topping for salads, grains, tempeh or tofu. Banana Smoothie Shake provides a refreshing treat, any time of day.

708: "Main Dish Salads"
Host Laura Theodore prepares colorful and delicious salad entrées. These fabulous salads include Tex-Mex Salad Bowl featuring a zingy lime-based dressing, paired with crisp romaine, beans and tortilla chips. Busiate, Radish and Mini Pepper Salad is a tasty, cold pasta dish. French Lentil Salad with Sweet Peppers and Basil provides plenty of plant-based protein, with veggies, herbs and spices adding zing.

709: "Delightful Dairy-Free Desserts"
Host Laura Theodore prepares dairy-free, vegan desserts featuring Pumpkin Spice Cheeze-Cake, a delicate yet rich-tasting cake – the perfect dessert for any winter holiday event. Coconut, Orange and Carrot Mini-Cakes with Vegan Cream "Cheese" Frosting are rich and moist, but are totally dairy-free. Chocolate Polka-Dot Bark makes a delicious and quick, vegan treat.

710: "Vegan Holiday Celebration"
Host Laura Theodore prepares a plant-based Christmas menu featuring Stuffed Portobello Mushrooms, a flavorful but simple to assemble dish filled with breadcrumbs, walnuts and baby spinach. Holiday Rosemary Smashed Potatoes make a fun and flavorful way to present spuds. For dessert, Mini Raspberry Cheeze-Cakes showcase fresh raspberries nestled in a tofu "cheese" filling, with a gluten-free, flourless crust.

Season Eight

801: "Burrito Night!"
Black bean-zucchini burritos with almond crème fraîche; cauliflower "rice"; no-bake cinnamon-chocolate pudding cakes.

802: "Pasta Impostors"
Spaghetti squash capellini with sweet pepper marinara sauce; zucchini fettuccine alfredo; peanuty carrot noodles.

803: "Fruitful Vegan Desserts"
Lemon-raspberry swirl cheeze-cake; apple, banana and cranberry crumble; strawberries with sweet balsamic sauce and mint.

804: "Salad for Supper"
Vegan jazzy salad nicoise drizzled with a lemon-dijon dressing; oatmeal raisin cookies.

805: "Summer Afternoon Tea"
Paprika-chickpea finger sandwiches; cucumber tea sandwiches with basil-chili butter; raspberry oat squares; little vegan ice cream sandwiches; berry and maple mint iced tea.

806: "Gluten-free Breakfast Menu"
Banana-oat pancakes; maple-roasted portobello bacon served with no-egg tofu scramble.

807: "Sukiyaki Supper"
Vegan sukiyaki; basmati rice with cashews and scallions; maple-sweet potato mini-pies.

808: "Weeknight Burger Meal"
Red bean burgers; oven-roasted tiny potatoes with spicy mustard sauce served with cucumber, tomato and mini-pepper salad; date and rice cereal treats.

809: "Appetizing Appetizers"
Lemony guacamole; zucchini-avocado sushi rolls with tamari-scallion dipping sauce; flatbread mini-veggie pizzas; garam masala sweet potato bites with spicy ketchup dip.

810: "Holiday Brunch"
Vegan spinach, onion and red pepper crustless quiche; baby greens, carrot and cranberry salad; lemon-cranberry muffins; maple-chocolate pots de creme.

Season Nine

901: "Pantry Polenta Lasagna"
Vegan pantry polenta lasagna; garlicky roasted green peppers; apple ramekins with coconut-oat crunch, featuring apples, cinnamon, sugar and maple syrup.

902: "Sheet Pan Supper"
One-pan vegan dishes include barbecue tempeh triangles, red potato oven fries, chili roasted broccoli and mushrooms, roasted courgette slices and summer squash slices.

903: "Cooking for Kiddos"
Oven-fried tofu nuggets; easy green beans; corn on the cob with vegan basil butter; orange pie with chocolate chip cookie crust, drizzled with vegan vanilla-cream date caramel.

904: "Now That's Italian!"
Spicy aubergine rollatini with vegan chive ricotta; brown basmati rice; maple-espresso chocolate mousse topped with vegan tangerine whipped cream.

905: "Rockin' Vegan Burger"
A vegan family meal featuring black bean burgers and polenta cottage fries; coleslaw.

906: "Soup, Salad, and Dessert"
Red lentil and baby bok choy soup; confetti potato salad with mini pepper rings, baby potatoes, celery and olives; blueberry, oatmeal and walnut bars.

907: "Family Dinner Menu"
Italian-style vegan meatloaf; a side dish of cauliflower, potato and spinach; coconut-chocolate chip quick cake.

908: "Sunday Night Chili"
Two-bean vegan chili featuring vegan burger patties and dairy-free sour cream; vegan buttermilk cornbread; Sriracha-lime guacamole.

909: "Rainbow of Colors"
Fresh blueberry soup with vegan orange cream; chickpea and artichoke salad; vegan and gluten-free pina colada muffins.

910: "Easy Vegan Holiday"
Pumpkin pie spiced butternut squash soup; festive stuffed peppers featuring quinoa, pecans and spinach; date-nut snowballs.