



Dr. Misa

Vegan High-Protein Recipes

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If you're new to vegan cooking you'll notice some of the recipes contain foods or condiments that you have not used before:

Nutritional yeast - add a "cheesy" texture to food without using cheese from animal sources.

Tamari - this is a gluten-free soy sauce. You can substitute regular soy sauce if you like.

Peanut butter - if you are allergic to peanuts, use sunflower seed butter in these recipes.

Edamame - this is soy bean that comes in a pod (similar to green peas). It is usually sold frozen.

Tofu & Tempeh - are both high-protein soy products. Make sure to buy non-GMO and/or organic.



Moroccan Chickpea Stew

4 servings
 20 minutes

Ingredients

- 1/2 cup Vegetable Broth
- 2 Yellow Onion (medium, diced)
- 2 cups Chickpeas (cooked, rinsed)
- 1 1/2 tsps Sea Salt
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 3 Tomato (large, diced)
- 1/2 cup Parsley
- 1/3 cup Pitted Dates (chopped)

Nutrition

Amount per serving	
Calories	213
Fat	2g
Carbs	42g
Fiber	10g
Sugar	16g
Protein	9g
Sodium	1015mg

Directions

- 1 Add the broth and the onions to a pot over medium heat. Cook for about 3 minutes until the onions begin to soften. Add the chickpeas, salt, turmeric, cinnamon, cardamom, and cayenne pepper. Continue to cook for 3 more minutes.
- 2 Add the tomatoes, parsley, and the dates to the pot and stir to combine. Reduce the heat to medium-low and cover the pot with a lid. Cook for 10 minutes, stirring occasionally.
- 3 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately one cup of stew.

More Flavor: Add fresh garlic, ginger, chili flakes, and/or raisins.

Serve it With: Rice, quinoa, roasted potatoes, sweet potato, squash, tortillas or crusty bread.



Crispy Peanut Tofu with Cauliflower Rice

4 servings
 40 minutes

Ingredients

- 16 ozs Tofu (extra firm, drained)
- 1 tbsp Sesame Oil
- 3 tbsps Tamari
- 1 1/2 tbsps Coconut Sugar
- 2 1/2 tbsps All Natural Peanut Butter
- 1 head Cauliflower (medium, grated into rice)
- 1 Lime (sliced into wedges)

Nutrition

Amount per serving	
Calories	243
Fat	15g
Carbs	16g
Fiber	5g
Sugar	8g
Protein	18g
Sodium	805mg

Directions

- 1 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Bake for 20 minutes.
- 2 While the tofu is baking, make the sauce by whisking together the sesame oil, tamari, coconut sugar, and peanut butter. Once the tofu is done baking add it to a dish and cover with the sauce to marinate.
- 3 Heat a skillet over medium heat. Add the cauliflower rice and cook for 5 to 6 minutes. Remove the rice and set aside. Then add the tofu with the sauce and cook for 2 to 3 minutes until heated through and slightly browned.
- 4 Divide the cauliflower rice between plates and top with tofu and a lime wedge. Enjoy!

Notes

No Tamari: Use soy sauce or coconut aminos.

No Cauliflower: Use regular rice instead.

Nut-Free: Use sunflower seed butter instead of peanut butter.

No Coconut Sugar: Use another type of sweetener such as honey or brown sugar.

Likes it Spicy: Garnish with red pepper flakes.

Herb Lover: Garnish with fresh mint.



Curried Tofu Scramble

3 servings
25 minutes

Ingredients

- 1 tbsp Vegetable Broth
- 1 Red Bell Pepper (chopped)
- 1/2 Yellow Onion (chopped)
- 15 3/4 ozs Tofu (extra firm, drained and pressed to remove water)
- 1 tsp Curry Powder
- 1 tbsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 3 cups Arugula

Nutrition

Amount per serving	
Calories	160
Fat	8g
Carbs	8g
Fiber	4g
Sugar	5g
Protein	18g
Sodium	233mg

Directions

- 1 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 2 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 3 Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Vegetable Broth: Use avocado oil or extra virgin olive oil instead.

More Flavor: Add mushrooms or fresh herbs to the dish.



Tempeh, Quinoa & Broccoli

3 servings
 55 minutes

Ingredients

- 1/4 cup Vegetable Broth
- 1/4 cup Balsamic Vinegar
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 2 Garlic (clove, minced)
- 9 ozs Tempeh (cut into thin pieces)
- 3/4 cup Quinoa (uncooked)
- 3 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	373
Fat	12g
Carbs	44g
Fiber	5g
Sugar	5g
Protein	26g
Sodium	493mg

Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Quinoa: Use rice instead.

No Italian Seasoning: Use any combination of dried herbs.

More Flavor: Drizzle the broccoli with extra virgin olive oil.

Broccoli: Use fresh or frozen broccoli or substitute other vegetable instead.



Japanese Eggplant & Tofu Stir Fry

2 servings
 20 minutes

Ingredients

- 2 tbsps Avocado Oil (divided)
- 2 Eggplant (Japanese, large, cut into 3-inch pieces)
- 5 2/3 ozs Tofu (extra firm, drained and crumbled)
- 2 Garlic (cloves, thinly sliced)
- 2 tpsps Sesame Seeds
- 1/3 cup Thai Basil (roughly chopped)
- 1 Red Hot Chili Pepper (chopped)
- 1 1/2 tbsps Lime Juice
- 2 tpsps Tamari

Nutrition

Amount per serving	
Calories	366
Fat	21g
Carbs	38g
Fiber	18g
Sugar	21g
Protein	15g
Sodium	353mg

Directions

- 1 In a skillet over medium heat, add half of the avocado oil then the eggplant. Cook until slightly browned, about 6 to 8 minutes. Remove and set aside on a plate.
- 2 In the same skillet, add the remaining avocado oil and then the tofu. Cook for about 2 to 3 minutes. Add the garlic and sesame seeds and cook for 1 minute more. Add the basil, chili pepper, lime juice, tamari and the cooked eggplant. Cook for another 1 to 2 minutes or until everything is combined and warm.
- 3 Divide between plates, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is roughly 1 cup of eggplant and tofu.

Like it Sweet: Add a touch of maple syrup or honey.

No Lime Juice: Use rice vinegar instead.

Additional Toppings: Serve over top of rice, cauliflower rice or quinoa.



Vegan Butter Chickpeas

3 servings
15 minutes

Ingredients

- 1/4 cup Water
- 1 Yellow Onion (large, chopped)
- 2 Garlic (clove, minced)
- 2 tbsps Ginger (fresh, grated or minced)
- 1/4 cup Tomato Paste
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 2 tsps Paprika
- 2 tsps Chili Powder
- 1/2 tsp Sea Salt
- 2 cups Chickpeas (cooked, rinsed)
- 1 1/2 cups Canned Coconut Milk

Nutrition

Amount per serving	
Calories	453
Fat	25g
Carbs	47g
Fiber	13g
Sugar	13g
Protein	14g
Sodium	503mg

Directions

- 1 Heat the water in a pot over medium heat. Add the onion, garlic, and ginger and bring to a simmer. Cook for three to five minutes or until the onions begin to soften. Stir in the tomato paste until incorporated.
- 2 Add the curry powder, garam masala, paprika, chili powder, and salt and cook for one to two minutes until fragrant. Add the chickpeas.
- 3 Stir in the coconut milk then bring the pot to a simmer and continue to cook for five to eight minutes or until the sauce has thickened slightly. Divide evenly between bowls, season with additional salt if needed, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 3/4 cup.

Additional Toppings: Fresh cilantro or red pepper flakes.

No Chickpeas: Use lentils or another bean instead.

More Vegetables: Add chopped cauliflower, peas, broccoli, baby spinach, and/or chopped kale.

Serve it With: Cauliflower rice, rice, quinoa, flatbread, or a side salad.



Kimchi Tofu Scramble

2 servings

10 minutes

Ingredients

- 1 1/2 tps Sesame Oil
- 16 ozs Tofu (regular firm, patted dry, crumbled)
- 1 tbsp Tamari
- 4 cups Kale Leaves (stems removed, finely chopped, packed)
- 2 tbsps Nutritional Yeast
- 1 cup Kimchi (drained)

Nutrition

Amount per serving	
Calories	283
Fat	16g
Carbs	10g
Fiber	7g
Sugar	3g
Protein	31g
Sodium	933mg

Directions

- 1 Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
- 2 Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
- 3 Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one cup.



Edamame Quinoa Salad

2 servings
 30 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 1 cup Frozen Edamame
- 3 tbsps Avocado Oil
- 1 tbsp Lime Juice
- 1 tbsp Tamari
- 2 tsps Sesame Oil
- 2 tsps Maple Syrup
- 2 stalks Green Onion (sliced)
- 1/2 Red Bell Pepper (chopped)
- 1/2 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	512
Fat	32g
Carbs	42g
Fiber	8g
Sugar	8g
Protein	17g
Sodium	515mg

Directions

- 1 Cook the quinoa according to package directions. Set aside to cool.
- 2 Bring a small pot of water to a boil and add the edamame. Cook for 1 to 2 minutes just until the edamame are cooked through. Drain and set aside to cool.
- 3 Add the avocado oil, lime juice, tamari, sesame oil, and maple syrup to a jar. Cover and shake well to combine.
- 4 In a large mixing bowl, add the cooked quinoa, edamame, green onion, red pepper, cilantro, and dressing. Stir well to combine.
- 5 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of salad.

More Flavor: Add garlic, ginger or hot sauce to the dressing.

More Vegetables: Add cucumber, grated carrot, kale or purple cabbage.

No Tamari: Use coconut aminos instead.



Brownie Protein Pancakes

2 servings
 15 minutes

Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/2 cup Chickpea Flour
- 1/2 cup Chocolate Protein Powder
- 1 tbsp Cocoa Powder
- 1 tbsp Baking Powder
- 1 cup Unsweetened Almond Milk (or water)
- 1/4 cup Dark Chocolate Chips
- 1 1/2 tsps Coconut Oil

Nutrition

Amount per serving	
Calories	444
Fat	19g
Carbs	37g
Fiber	6g
Sugar	17g
Protein	29g
Sodium	866mg

Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

Notes

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time: Make the pancake batter in a blender.

Toppings: Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers: Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour: Try oat flour instead. Results may vary.



Mocha Overnight Protein Oats

4 servings

8 hours

Ingredients

- 2 cups Oats (rolled)
- 1/4 cup Chia Seeds
- 1/4 cup Cocoa Powder
- 1/2 cup Chocolate Protein Powder
- 2 cups Unsweetened Almond Milk
- 1 cup Coffee (brewed and chilled)
- 1/4 cup Cacao Nibs

Nutrition

Amount per serving	
Calories	328
Fat	12g
Carbs	40g
Fiber	12g
Sugar	0g
Protein	19g
Sodium	104mg

Directions

- 1 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 2 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.