

Guide to Creating Plant-based Recipes






If you're new to the world of plant-based eating, the idea of creating a new menu item without meat or dairy may feel overwhelming at first. The good news is that many restaurants have already begun updating their menus with plant-based options, and you can build off of their success.

Start by looking at your current menu. Is there an item where you could easily swap a plant-based protein for meat or dairy? The Good Food Institute has created [a guide](https://goodfoodscorecard.org/entrees/) (goodfoodscorecard.org/entrees/) to help you do just this. If you prefer to create a new menu item from scratch, that's also a great option. The Good Food Institute's list of more than 200 plant-based entrées already being served in restaurants around the country is a great place to get inspiration.



Here are ideas for how to convert 10 common menu items to plant-based:

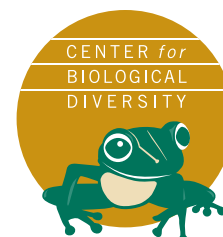
Top 10 items	Conventional protein source	Plant-based substitutions
Burgers 	Beef	<p>Portobello mushroom patty, bean burger, plant-based “veggie” burger.</p> <p>Brands: Hillary’s, Beyond Meat, Impossible Foods, Gardein, BOCA, Tofurky.</p>
Chicken sandwich/ wrap 	Chicken	<p>Fillings like falafel or hummus, mock chicken fingers or cutlets.</p> <p>Brands: Gardein, Beyond Meat.</p>
Entrée salad with chicken 	Chicken	<p>Alternative toppings like chickpeas, beans, roasted nuts or seeds, mock chicken, veggie patty, or other plant-based meat alternatives.</p> <p>Brands: Beyond Meat, Lightlife, Gardein, Field Roast, Quorn, Alpha, Tofurky.</p>
Deli sandwiches /subs 	Deli meats	<p>Plant-based deli slices, faux bacon, jackfruit, avocado.</p> <p>Brands: Beyond Meat, Lightlife, Gardein, Field Roast, Quorn, Alpha, Tofurky.</p>
Chicken tenders 	Chicken	<p>Mock chicken tenders, battered cauliflower tossed in buffalo sauce.</p> <p>Brands: Beyond Meat, Lightlife, Gardein, Field Roast, Quorn, Alpha, Tofurky.</p>
Tacos 	Cheese, beef, sour cream	<p>Fillers like black beans and avocado. Home-made cheese using cashews or almonds; prepared cheese alternatives like Chao, Miyoko’s, or Follow Your Heart.</p> <p>Ground “beef” brands: Beyond Meat, Impossible Foods, Gardein.</p>
Burritos 	Chicken, beef, cheese, sour cream	<p>Black or refried beans and rice, corn, avocado, cabbage, tomatoes, cashew cream.</p> <p>Brands: Beyond Meat, Impossible Foods, Gardein, BOCA, Tofurky.</p>

Top 10 items	Conventional protein source	Plant-based substitutions
Pasta 	Meatballs, cheese	Meatball alternatives from Beyond Meat, Impossible Foods, or Gardein; housemade nut-based cheeses or pre-made alternatives like Chao, Miyoko's, Follow Your Heart.
Hot dogs 	Various animal byproducts	Tofu dogs or plant-based hot dogs and sausages from Lightlife, Field Roast, or Tofurky.
Pizza 	Cheese, pepperoni, sausage	Dairy-free cheese, plant-based sausage and pepperoni toppings. Brands: Chao, Daiya, GoVeggie, Field Roast, Follow Your Heart, Heidi Ho.

Not sure where your customers will get their protein? Here are some examples of plants that pack a punch (goodfoodscorecard.org/why-plant-based/):

	Protein		Protein
1 cup tofu	44g	1 oz. dry roasted peanuts	7g
1 Beyond Meat Burger	23g	1 cup cooked wild rice	7g
1 Impossible Burger (3oz)	20g	1 large corn on the cob	5g
1 cup cooked lentils	18g	1 potato with skin	5g
1 cup cooked black beans	15g	1 cup broccoli	4g
Gardein Chick'n Strips (70g)	14g		

If you're curious how this transition has impacted other businesses, [check out these testimonials](http://goodfoodscorecard.org/why-plant-based/) (goodfoodscorecard.org/why-plant-based/) from restaurants that have added a plant-based menu option and seen incredible results.



Links and resources cited in this guide

The Good Food Institute Guide: <http://goodfoodscorecard.org/creating-entrees/>

Restaurant Testimonials/Plant-based protein: <http://goodfoodscorecard.org/why-plant-based/>