

vegetable
umami
Yondu®

MEATLESS
MONDAY



Meatless Umami Meals

Elevate Your Meatless Meals
with Vegetable Umami

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Greetings,

To build up your repertoire of plant-rich recipes, Meatless Monday and Yondu have developed a cookbook focused on a very special ingredient — vegetable umami.

So, what is umami and how can it help elevate your meatless meals?

Umami is the fifth basic taste (together with sweet, salty, bitter, and sour) and is often described as savory, deep, or meaty. Mushrooms, aged cheese, and seafood are all examples of umami-rich foods, but in the case of Yondu, our umami is completely plant-based, derived from a combination of fermented soybeans and vegetables.

Using umami is a home-cook's path towards adding new dimension and flavor to meatless meals. Umami is a power tool that adds pleasant richness to plant-based dishes, balances the natural bitterness inherent in nutrient-dense vegetables, and simplifies cooking by reducing the need for salt and other seasonings.

Yondu's Vegetable Umami is the perfect pantry staple for Meatless Monday, whether you're cutting down on meat or have gone totally plant-based. We are excited to share this e-cookbook with you, and we will continue to develop and share healthy and delicious plant-rich recipes for Meatless Monday and every day.

Yondu



3-Minute Veggie Soup

Yondu's vegetable umami turns water into a flavorful and savory broth instantly for a delicious veggie soup so you don't need to spend time simmering vegetables to create a rich broth.

Ingredients

4 cups water
2 cups chopped vegetables (such as leeks, snap peas and fennel)
2-½ tablespoons Yondu

Preparation

- 1 In a pot over high heat, combine water and vegetables.
- 2 Bring to a boil and simmer for 3 minutes.
- 3 Stir in Yondu.

Nutrition Facts

Servings : 2

Amount per serving	
Calories	54
% Daily Value*	
Total Fat 0.3g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 376mg	16%
Total Carbohydrate 12.6g	5%
Dietary Fiber 1.6g	6%
Total Sugars 3.5g	
Protein 1.3g	

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Replace store-bought broth

Use any vegetable you have in your refrigerator, especially those forgotten ones that you don't find the time to use. And remember, the thinner you cut your veggies, the quicker they will cook!



Balance sweet and savory flavors

Minted Pea & Walnut Dip

Vegetable umami balances the natural sweetness of green peas and the powerful nutty flavor of walnuts. This super tasty recipe is made with pantry staples in just a few minutes.

Ingredients

- 1 cup frozen peas
- 1/3 cup toasted walnuts
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2-½ teaspoons Yondu
- 1 small garlic clove, roughly chopped
- 2 teaspoons chopped mint

Preparation

- 1 Rinse peas under warm water until thawed, about 1 minute.
- 2 In food processor, combine thawed peas, walnuts, olive oil, lemon juice, Yondu, garlic and mint.
- 3 Serve with toasted bread or crudites.

Nutrition Facts

Servings : 4

Amount per serving	
Calories	191
% Daily Value*	
Total Fat 17.4g	22%
Saturated Fat 2.1g	11%
Cholesterol 0mg	0%
Sodium 86mg	4%
Total Carbohydrate 6.9g	3%
Dietary Fiber 2.8g	10%
Total Sugars 2.1g	
Protein 4.1g	

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It is always a good idea to have a bag of frozen peas in your freezer. Even if you lack the fresh mint, you'll be able to prepare this delicious dip when time and ideas are running low. Try it with dry herbs such as dill or oregano if you don't have fresh herbs on hand.



Add richness with less fat

Freekeh Grain Salad

The role of fat in a salad is to satiate your taste buds with flavor. The same goes for umami's deep taste. In this freekeh salad we keep fat at a reasonable level with the help of vegetable umami for a healthy and delicious grain salad.

Ingredients

½ cup freekeh, cooked and cooled
 1 cup diced cucumber
 1 cup diced radish
 ½ cup raw sweet corn
 ¼ cup chopped parsley
 Tahini Dressing
 2 tablespoons tahini
 2 tablespoons water
 3 teaspoons Yondu
 2 teaspoons lemon juice

Preparation

- 1 Prepare Tahini Dressing by whisking tahini and water until smooth. Keep whisking and adding remaining ingredients, mixing well before each addition, until smooth.
- 2 In a large bowl, combine freekeh, cucumber, radish, corn and parsley. Toss with dressing until well combined.
- 3 Serve cold with a wedge of lemon.

Nutrition Facts

Servings : 4

Amount per serving

Calories **137**

% Daily Value*

Total Fat 4.9g **6%**

Saturated Fat 0.6g 3%

Cholesterol 0mg **0%**

Sodium 92mg **4%**

Total Carbohydrate 20.4g **7%**

Dietary Fiber 4g 14%

Total Sugars 2.2g

Protein 6.4g

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Freekeh is wheat that's harvested while young and green. It's roasted over an open fire, yielding a firm, slightly chewy grain with a flavor that's earthy, nutty, and slightly smoky. Aside from tasting delicious, it's loaded with nutritional benefits!



Cut down cooking time

8-Minute Babaganoush

The traditional deep flavor of babaganoush comes from roasting eggplants on a direct flame. We don't always have a barbecue when we need it, so we can add some of the savory complex flavor with a few drops of vegetable umami.

Ingredients

- 1 large eggplant
- 2 tablespoons Yondu
- 2 tablespoons extra virgin olive oil
- 1 garlic clove
- 1 teaspoon toasted pine nuts

Preparation

- 1 Place whole eggplant on a microwavable plate; microwave for 8 minutes. Once cool, remove skin; discard.
- 2 In the bowl of a food processor, puree eggplant flesh with Yondu, oil and garlic until almost smooth.
- 3 Garnish with pine nuts and fresh herbs if desired.

Nutrition Facts

Servings : 4

Amount per serving	
Calories	90
% Daily Value*	
Total Fat 7.2g	9%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 134mg	6%
Total Carbohydrate 7g	3%
Dietary Fiber 4.1g	14%
Total Sugars 3.5g	
Protein 1.2g	

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Salting eggplants to reduce their bitterness is no longer necessary. Most of that unpleasant mask flavor profile has been bred out of eggplants and current varieties are totally palatable as is.



Substitute the savoriness of anchovies

Avocado Green Goddess Dressing

Vegetable umami replaces the umami savoriness of anchovies that are traditionally used in a Green Goddess recipe. Same goes for Caesar or tartar sauce. Can you tell the difference?

Ingredients

1 avocado
 3 tablespoons water
 2 tablespoons Yondu
 2 tablespoons lemon juice
 1 cup fresh mixed herbs (such as dill, parsley, cilantro, tarragon), coarsely chopped

Preparation

- 1 Combine avocado, water, Yondu, lemon juice and herbs; puree until smooth.
- 2 Dress a plate of crunchy greens such as iceberg or romaine. Top with additional avocado and red onion if desired.

Nutrition Facts

Servings : 4

Amount per serving	
Calories	110
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2.1g	11%
Cholesterol 0mg	0%
Sodium 145mg	6%
Total Carbohydrate 5.4g	2%
Dietary Fiber 3.9g	14%
Total Sugars 0.5g	
Protein 1.5g	

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Storing ripe avocados in the refrigerator stops them from ripening and getting too soft. If your avocados are too hard, leave them in a warm place to speed up their ripening. For dressings and dips, look for avocados that yield to gentle pressure. For perfect slices, look for firm avocados with blackened skin.



Enhance the tomato's natural taste

Caprese Toast

Tomatoes are one of the best plant-based sources of umami! They are naturally rich in glutamic acid, giving us a great savory flavor. Vegetable umami is the best way to enhance their natural sweet and savory elements.

Ingredients

4 slices toasted bread
 6 ounces burrata
 2 large tomatoes, sliced 1/4-inch thick
 Fresh basil leaves
 1-1/2 tablespoons balsamic vinegar
 1 tablespoon olive oil
 1 teaspoon Yondu

Preparation

- 1 Spread burrata onto each slice of bread, dividing evenly.
- 2 Arrange tomato slices and basil leaves on top of burrata.
- 3 Mix together vinegar, oil and Yondu. Drizzle over tomatoes.

Nutrition Facts

Servings : 4

Amount per serving	
Calories	193
% Daily Value*	
Total Fat 12.9g	16%
Saturated Fat 6.4g	32%
Cholesterol 30mg	10%
Sodium 217mg	9%
Total Carbohydrate 8.1g	3%
Dietary Fiber 1.3g	5%
Total Sugars 2.8g	
Protein 9.1g	

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Tomatoes are ripe and ready when they are heavy, have a deep, consistent coloring and a sweet earthy smell. If your tomato is not ready, allow it to ripen in a warm area, not the refrigerator. And remember, tomato is a summer vegetable, that's why winter tomatoes tend to be tasteless!



Give flavor to plant-based proteins

Three Bean Salad

Beans are a great source of protein with a luxurious and rich texture. Adding vegetable umami makes them savory and meaty making them one of the best meat substitutes you can find.

Ingredients

- ½ pound green beans, trimmed
- 1 (15oz) can white beans, drained and rinsed
- 1 cup cooked black-eyed peas
- 1 bunch scallions, sliced
- 1 red fresno chili, thinly sliced
- ¼ cup chopped parsley
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 4 teaspoons Yondu

Preparation

- 1 Blanch green beans: Bring a medium pot of water to a rolling boil. Add green beans, boil 1 minute. Drain and submerge in ice cold water until beans are cold. Drain and pat dry. Cut into 2-inch pieces.
- 2 In large bowl combine chopped green beans, white beans, black-eyed peas, scallions, chilies, parsley, oil, vinegar and Yondu. Toss well to combine. Serve room temperature or chilled.

Blanching and shocking vegetables sets their color, flavor and texture. The ice water stops the cooking process, yielding a tender-crisp texture ideal for cold summer salads.

Nutrition Facts

Servings : 4

Amount per serving	
Calories	217
% Daily Value*	
Total Fat 7.7g	10%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 364mg	16%
Total Carbohydrate 29.3g	11%
Dietary Fiber 9.1g	32%
Total Sugars 3.3g	
Protein 10.5g	

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Tame the radish's peppery bite

Savory Sautéed Radishes

Vegetable umami gives a yummy meaty flavor to radishes and naturally reduces their bitter bite. This is a great example of how vegetable umami can change the conversation about vegetables for kids.

Ingredients

- 2 teaspoons olive oil
- 3 cups halved small radishes
- 1 bunch scallions, trimmed and cut into 1-inch pieces
- 3 teaspoons Yondu

Preparation

- 1 In a large skillet, heat oil over high heat until shimmering. Add radishes and scallions. Cook, without stirring, until golden, about 3 minutes.
- 2 Add Yondu. Stir until liquid has evaporated and radishes are starting to look translucent, about 2 more minutes.

Nutrition Facts

Servings : 2

Amount per serving	
Calories	84
% Daily Value*	
Total Fat 4.9g	6%
Saturated Fat 0.8g	4%
Cholesterol 0mg	0%
Sodium 207mg	9%
Total Carbohydrate 9.6g	3%
Dietary Fiber 4.1g	15%
Total Sugars 4.4g	
Protein 2.1g	

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Did you know that kids are more sensitive to bitter taste than adults? Try to stir fry kale, spinach or swiss chard with a few drops of Yondu when you want to introduce dark leafy greens to your kiddos.



Boost the flavor of bland vegetables

Warm Summer Squash

When you roast or pan-fry vegetables like squash, you add flavor through the Maillard reaction, making them more creavable. This roasted flavor effect skyrockets when combined with vegetable umami savoriness.

Ingredients

- 1 tablespoon olive oil
- 3 summer squash (about 1 pound), cut into 1-inch chunks
- 1 small red onion cut into 1-inch chunks
- 1 tablespoon Yondu
- ½ cup ricotta cheese
- 2 tablespoons chopped hazelnuts

Preparation

- 1 In a large skillet, heat oil over medium-high. Add zucchini and onion; cook, stirring occasionally, until golden brown, about 3 minutes.
- 2 Add Yondu. Continue stirring until liquid is evaporated, 1 more minute.
- 3 To plate, spread ricotta onto plate. Top with squash and hazelnuts.

Nutrition Facts

Servings : 2

Amount per serving	
Calories	211
% Daily Value*	
Total Fat 15.2g	19%
Saturated Fat 4.3g	22%
Cholesterol 19mg	6%
Sodium 231mg	10%
Total Carbohydrate 11.6g	4%
Dietary Fiber 2.9g	11%
Total Sugars 4.3g	
Protein 10.5g	

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Wanna go one step further and make it vegan? Try cashew cheese! Look for the recipe on the Meatless Monday website or use your own if you already have one.



Get big flavor with little effort

Quick-Roasted Cauliflower

With vegetable umami you get big flavor with little effort. Umami and roasting will make the humble cauliflower rival any meat dish. And the best part is it requires minimal skills!

Ingredients

1 head cauliflower, cut into bite-size florets
 2 tablespoons olive oil
 2 tablespoons Yondu
 2 tablespoons chopped parsley
 ¼ teaspoon chili flakes
 Lemon zest, optional

Preparation

- 1 Preheat broiler to HIGH. On a sheet pan, combine cauliflower, oil and Yondu; toss until coated. Arrange cauliflower without crowding.
- 2 Place under broiler until golden brown, about 10 minutes, tossing halfway through.
- 3 Garnish with parsley, chili flakes and lemon zest, if desired.

Nutrition Facts

Servings : 4

Amount per serving	
Calories	77
% Daily Value*	
Total Fat 7.1g	9%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 152mg	7%
Total Carbohydrate 3.6g	1%
Dietary Fiber 1.7g	6%
Total Sugars 1.6g	
Protein 1.4g	

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For hot summer days, avoid the oven and pan fry your cauliflower on the stove for golden color and a tender-crisp texture.



Simplify your daily cooking

Ginger Scallion Noodles w/ Cucumber

The most impressive effect of vegetable umami is how it turns even the simplest dish into an instant flavor bomb. Dinner comes together in no time with just a few ingredients and minimal prep.

Ingredients

- 2 (3oz) packages ramen noodles
- 1 bunch scallions, sliced
- ¼ cup finely chopped fresh ginger
- 3 tablespoons Yondu
- 2 tablespoons grape seed oil
- ¼ teaspoon sherry vinegar
- ¼ teaspoon chili flakes
- 1 Persian cucumber, thinly sliced

Preparation

- 1 Cook noodles according to package directions. Rinse with cold water and drain.
- 2 In a small bowl, mix together scallion, ginger, oil, Yondu, vinegar and chili. Combine with noodles in a bowl.
- 3 Top with cucumbers. Garnish with additional chili and scallions.

Nutrition Facts

Servings : 2

Amount per serving	
Calories	270
% Daily Value*	
Total Fat 15.3g	20%
Saturated Fat 1.4g	7%
Cholesterol 0mg	0%
Sodium 178mg	8%
Total Carbohydrate 31.4g	11%
Dietary Fiber 1.3g	5%
Total Sugars 1.1g	
Protein 3.7g	

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Keep your Yondu ginger dressing in the fridge and use it in your fried rice, sautéed vegetables or any dish you want to give instant complex flavor. You can also pour it in your ice tray and keep it frozen for a better dosing every time you need it.



Make pesto dairy-free

Basil Pesto Pizza

What makes pesto one of the most beloved Italian sauces around the world? The freshness of basil leaves combined with the nuttiness of pine nuts and the strong umami of parmesan cheese. Vegetable umami replaces the savoriness and deep flavor that parmesan cheese brings to traditional basil pesto, keeping it dairy-free and delicious.

Ingredients

1 cup basil
 ¼ cup olive oil
 ½ cup pine nuts, lighted toasted
 2 tablespoons lemon juice
 1-1/2 tablespoons Yondu
 2 flatbread
 Fresh vegetables to garnish

Preparation

- 1 In food processor, combine basil, olive oil, pinenuts, lemon juice and Yondu; puree until smooth.
- 2 Toast flatbread until golden.
- 3 Spread pesto on flatbread and garnish with fresh vegetables such as tomatoes, zucchini and arugula.

Nutrition Facts

Servings : 4

Amount per serving	
Calories	226
	% Daily Value*
Total Fat 24.3g	31%
Saturated Fat 2.7g	13%
Cholesterol 0mg	0%
Sodium 68mg	3%
Total Carbohydrate 2.5g	1%
Dietary Fiber 0.8g	3%
Total Sugars 0.8g	
Protein 2.6g	

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For a fall-winter pesto version try substituting basil with parsley and the pine nuts with pumpkin seeds. You'll be surprised at how good it can be!



Highlight the natural meatiness of mushrooms

Wild Mushroom Pasta

Mushrooms are naturally rich in umami and have a meaty texture. Enhancing their flavor with vegetable umami eliminates the need for a complicated sauce in this simple and satisfying pasta recipe.

Ingredients

- 1 lb. spaghetti
- 4 tablespoons olive oil, divided
- 12 oz. assorted mushrooms, cut into small pieces
- 1 shallot, thinly sliced
- 4 cloves garlic, thinly sliced
- ¼ teaspoon crushed red pepper
- 3 tablespoons Yondu
- 2 tablespoons chives, chopped

Preparation

- 1 Cook the pasta as instructed. Reserved pasta water.
- 2 In a large sauté pan over medium high heat, drizzle oil and cook mushrooms until golden brown about 2-3 minutes. Do not overcrowd the pan or the mushrooms won't brown, do it in batches, and set aside.
- 3 In the same pan over medium heat, add remaining olive oil, shallots, garlic, and red pepper flakes and cook 30 seconds without burning the garlic. Add pasta, mushrooms, and Yondu toss well. Add reserved pasta water if it looks too dry.
- 4 Serve with chopped chives.

Nutrition Facts

Servings : 2

Amount per serving	
Calories	270
% Daily Value*	
Total Fat 15.3g	20%
Saturated Fat 1.4g	7%
Cholesterol 0mg	0%
Sodium 178mg	8%
Total Carbohydrate 31.4g	11%
Dietary Fiber 1.3g	5%
Total Sugars 1.1g	
Protein 3.7g	

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Use these sautéed mushrooms with Yondu in a potato mash, a risotto, on a veggie taco or a toast. They'll bring delicious flavor and fulfilling texture to any dish your children love!



About Yondu and Meatless Monday

Yondu

Yondu Vegetable Umami is an all-purpose umami seasoning sauce for plant-rich cooking. Its natural umami is created from slowly fermenting and simmering vegetables and it gives delicate flavor and balance to your dishes.

Meatless Monday

Meatless Monday is a global movement with a simple message: one day a week, cut out meat. Launched in 2003, Meatless Monday is a non-profit initiative of The Monday Campaigns, working in collaboration with the Center for a Livable Future at the Johns Hopkins Bloomberg School of Public Health. Our goal is to reduce meat consumption for our personal health and the health of the planet.

Meatless Monday provides free resources, materials, and recipes to help individuals, schools, restaurants, hospitals, food companies and entire communities start each week with a commitment to eating healthy, environmentally-friendly, meat-free meals.


Definition


Umami is the taste sensation that is produced by several amino acids and nucleotides (such as glutamate and aspartate) and has a rich or meaty flavor characteristic of cheese, cooked meat, mushrooms, soy, and ripe tomatoes.

To learn more about Meatless Monday and Yondu, including recipes, cooking tips and the benefits of plant-based eating visit us at:

www.Yondu.us 

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