plantswop

healthy plant-swops to adopt

AUGUST 2026

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Refresh and edit your pantry and recipe box to include plant-based ingredients, nourishing meals, and explore some healthy swops to adopt.

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Chef Anne Callaghan

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ALL THE OOE + GOO WITHOUT THE MOO + COO©

Swop out dairy and eggs with plant-based options

SUMMERTIME GARDEN FRESH

CLASSIC TOMATO GAZPACHO + SPIN-OFF SUMMERTIME WATERMELON GAZPACHO

Beat the summer heat with this no-cook, Andalusian-style classic that needs only a knife and a blender. For maximum flavor and freshness, make these refreshing soups during peak tomato, watermelon, and vegetable season using the freshest ingredients, Spanish extra-virgin olive oil, and sherry vinegar. Produced exclusively in Spain's Jerez region, sherry vinegar is barrel-aged, with a nutty, mellow flavor and balanced acidity that adds a bright, slight tang to this traditional Spanish dish.

Prepare this Andalusian-style classic during peak tomato and vegetable season using the freshest produce, Spanish extra-virgin olive oil, and sherry vinegar.

Start with a ratio of three-quarters tomatoes and adjust the vegetable quantities to your preferred taste. For a rustic and traditional version, add day-old crusty bread to thicken this summertime staple.

RECIPE

REFRESHING TWIST SUMMERTIME WATERMELON GAZPACHO

Beat the summer heat by updating this Andalusian-style classic with refreshing seedless watermelon. Start with a ratio of three-quarters watermelon, reduce the amount of tomatoes, and omit the bread as a thickener.

The watermelon and tomatoes' sweetness will determine the acidity; taste as you go and balance the flavor by adding more sherry vinegar if needed.

RECIPE

CHECK OUT THESE QUALITY INGREDIENTS

ARTIGIANI DEI SAPORI DRIED WHOLE HOT CHILI PEPPERS, 0.55 kg

Premium Quality: Made from high-quality hot chili peppers, our Dried Whole Hot Chili Peppers pack a powerful punch of heat and flavor, perfect for adding spice to your favorite dishes. Non-GMO, Product of Italy

SHOP

COLUMELA 30 YEAR AGED SHERRY VINEGAR D.O.P. 12.7 OZ

(Made using traditional "solera" aging method. Made using traditional inchsolerainch aging method. Rich, Complex & Smooth Spanish Vinegar. Product of Spain.

SHOP

CHEF TIP

OPEN A CAN OF CHICKPEAS KEEP THE AQUAFABA FOR A VERSATILE EGG SWOP

Great leavening agent for quick breads, scones, and baked goods recipes that don't already contain another leavening agent.

EGG SWOP CHICKPEA AQUAFABA

Chickpea aquafaba is the viscous liquid in tinned beans. It functions as a leavener by trapping air when whipped into a stable foam that gives structure and an airy texture. The water-soluble proteins and starches in the chickpea liquid create tiny bubbles when beaten.

EGG SWOP - CHICKPEA AQUAFABA

ADD LIFT - Substitute for whole egg or whites. Whip to create a fluffy egg meringue-like substitution. Use aquafaba meringue when making plant-based macaroons, mousse, marshmallows, ice cream, icing, or cheese.
Use - 2 Tbsp aquafaba = 1 egg

AS A STABILIZER Combine cream of tartar with aquafaba to hold the foam's volume and provide structural lift without collapsing easily.
Combine 1/8 tsp per 2 tablespoons aquafaba

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