



nurishh



a delicious collection  
of plant-based recipes



in association with  
sam's club 

Hello!

Thanks for shopping at Sam's Club, and for choosing Nurishh plant-based cheese. We want to make every bite cheesy and delicious. The variety pack you chose contains both Cheddar Style Slices and Mozzarella Style Slices. Try them on a sandwich, a burger, a cracker, or eat them all by themselves. They will not disappoint your taste buds!

Whether you're new to plant-based eating, been a vegan for years, or just want to add more variety to your meals, our fresh take on plant-based cheese makes it easier than ever to bring joy to your table and flavor to your meals.

At Nurishh, we believe that food builds the strongest bonds and trivializes our differences. That's why we wanted to make a plant-based cheese everyone would love—vegetarians, vegans, flexitarians, even meat lovers. So go ahead, gather your family and loved ones around the table and #EatUnited.

From packing work and school lunches to preparing a delicious breakfast, this book is filled with a collection of traditional and non-traditional vegan recipes—complete with a fresh spin and an infusion of Nurishh plant-based goodness. You'll see just how versatile and incredibly tasty our plant-based cheese really is.

What are you waiting for?  
Let's get cooking!

This Nurishh variety pack is filled with delicious and versatile plant-based cheese. You can enjoy them on a sandwich, a burger—the options are endless and oh so tasty. Go ahead and layer on some plant-based delight!



# FANCY GRILLED CHEESE

Sautéed onions and spinach sandwiched between two slices of super melty Nurishh Mozzarella Style Slices and finished with golden-crust bread—this is what we call the ultimate comfort food. It's like a big melty, gooey hug full of flavor that feeds your soul and keeps you full.



SERVES  
2



PREP TIME  
15 MINUTES



COOK TIME  
15 MINUTES

## HOW TO MAKE

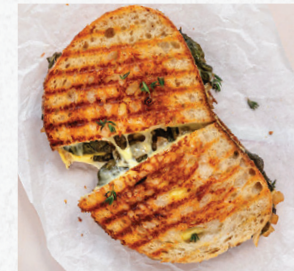
- 1 Heat olive oil in pan.
- 2 Sauté onion, 6 minutes until golden brown
- 3 Add spinach, soy sauce, balsamic vinegar, onion powder, garlic powder, Italian seasoning, salt and pepper
- 4 Stir for 1 minute, cover and set aside
- 5 Butter 1 side of each slice of bread
- 6 Heat a non-stick or grill pan over medium heat and place one piece of bread of butter side down
- 7 Add 1 slice of Nurishh Mozzarella Style Slices, 1/2 of the onion-spinach mixture and then another slice of Nurishh Mozzarella Style Slices
- 8 Top with bread slice, butter side up
- 9 Cover with lid to help cheese melt, 6-7 minutes
- 10 Flip and cook other side until golden brown
- 11 Repeat to make second sandwich

## FINISHING TOUCHES

- 1 Slice in half
- 2 Serve and enjoy

## WHAT YOU NEED

- 4 slices of Nurishh Mozzarella Style Slices
- 2 large slices of sourdough bread
- 2 tbsp. vegan butter, divided
- 1/2 tbsp. olive oil
- 1 small yellow onion, diced
- 2 ounces fresh baby spinach
- 1/2 tbsp. soy sauce
- 1/2 tbsp. balsamic vinegar
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1/2 tsp. Italian seasoning
- Sea salt and pepper to taste



## MAKE IT WITH



Mozzarella Style Slices

# VEGGIE TOFU SCRAMBLE

You won't have to scramble to prepare a delicious vegan-friendly breakfast for two. Topped with melted Nurishh Cheddar Style Slices, this easy dish is packed with hearty tofu, bell pepper, onion and a plethora of flavor. Guaranteed to wake you up, serve your yummy scramble with avocado and toast.



SERVES  
2



PREP TIME  
10 MINUTES



COOK TIME  
15 MINUTES

## HOW TO MAKE

- 1 Drain and crumble tofu with fork or potato masher. Set aside.
- 2 Heat olive oil in a pan on a medium-high heat.
- 3 Add bell pepper and onion, sauté until tender for 6-7 minutes.
- 4 Add garlic and cook for 30 seconds.
- 5 Mix in tofu, green onion, Dijon mustard and spices.
- 6 Cook for about 6 minutes until tofu absorbs all the flavors.
- 7 Turn off heat.

## FINISHING TOUCHES

- 1 Place 2 slices of Nurishh Cheddar Style Slices on top of tofu.
- 2 Cover pan with lid until melted.
- 3 Sprinkle with green onion.



## WHAT YOU NEED

- 14 ounces firm tofu
- 1 tbsp. olive oil
- 1/2 red bell pepper, diced
- 1/2 yellow onion, diced
- 2 garlic cloves, minced
- 1 tbsp. green onion, chopped
- Additional green onion for garnish
- 2 tsp. Dijon mustard
- 1/2 tsp. turmeric
- 1/2 tsp. Italian seasoning
- 1/4 tsp. sea salt
- Pepper to taste
- 2 slices of Nurishh Cheddar Style Slices
- 2 slices of bread slices, toasted
- Sliced avocado

## MAKE IT WITH




Cheddar Style Slices

# MOZZARELLA PITA SANDWICH

Seasoned and spicy these delicious chickpeas will awaken your palate. Paired with mild and refreshing Nurishh Mozzarella Style Slices, a freshly sliced tomato and dressed ar-ugula, it's a pita pocket full of flavor and so easy to make. Go ahead, make it—we'll wait.



  
SERVES  
4 SANDWICHES

  
PREP TIME  
5 MINUTES

  
COOK TIME  
10 MINUTES

## HOW TO MAKE

- 1 Place chickpeas in medium bowl
- 2 In a small bowl, mix smoked paprika, cumin, garlic powder, chili flakes and salt
- 3 Sprinkle mixture over chickpeas and mix well
- 4 In a large skillet, heat 1 tbsp. of olive oil over medium heat. Add seasoned chickpeas and roast for 10 minutes until crispy
- 5 Remove chickpeas from heat
- 6 In a small bowl, prepare arugula dressing by mixing 1 tbsp. olive oil, lemon juice, balsamic vinegar and pepper
- 7 Pour over arugula in a large bowl and mix well

## FINISHING TOUCHES

- 1 Layer pita pocket with Nurishh Mozzarella Style Slices, tomato slices, arugula and chickpeas
- 2 Serve and enjoy



## WHAT YOU NEED

- 14 ounces of chickpeas, drained and dried
- 1 tsp. smoked paprika
- 1/2 tsp. cumin
- 1/2 tsp. garlic powder
- 1/8 tsp. chili flakes
- 1/8 tsp. salt
- 4 cups arugula, loosely packed
- 2 tbsp. olive oil
- 1 tbsp. lemon juice
- 1/2 tbsp. balsamic vinegar
- Pepper to taste
- 2 round pita pockets breads, halved to make 4 pockets
- 4 slices of Nurishh Mozzarella Style Slices
- 1 large tomato, sliced

## MAKE IT WITH



Mozzarella Style Slices

# VEGAN BURGER WITH MUSHROOMS, ARUGULA AND ONION RELISH

You'll have everyone trading their beef patty in for a veggie one with our hearty Vegan Burger. Packed with tasty veggies and lentils, the vegan patty is topped with a heap of homemade onion relish, sautéed mushrooms and delicious Nurishh Cheddar Style Slices. Oh, and BBQ sauce—can't forget that!



SERVES  
1



PREP TIME  
30 MINUTES



COOK TIME  
15 MINUTES

## HOW TO MAKE

- 1 Sauté garlic, 1/4 onion, red pepper and celery in 1 tsp. olive oil
- 2 Roughly blend the lentils
- 3 Mix with parsley, tomato sauce, flour, paprika and salt and pepper to taste
- 4 Form lentil burger and place in the refrigerator
- 5 Sauté 1 finely chopped onions in 1 tsp. olive oil
- 6 Once translucent, add balsamic vinegar and splash of water
- 7 Cook until liquid evaporates
- 8 Season to taste with salt and pepper, set aside
- 9 Sauté mushrooms in 1 tsp. olive oil
- 10 Season with salt and pepper, set aside
- 11 Heat 1 tbsp. olive oil and cook lentil patty for 3 to 4 minutes per side
- 12 Top with slice of Nurishh Cheddar Style Slices
- 13 Toast bun

## FINISHING TOUCHES

- 1 Layer mustard, half of the arugula, patty, onion relish, mushrooms and remaining arugula
- 2 Spread BBQ sauce on top bun and close it
- 3 Serve and enjoy

## WHAT YOU NEED

- 1/4 clove garlic, chopped
- 1 and 1/4 onion, chopped
- 1/4 red pepper, chopped
- 1/4 stalk of celery, chopped
- Olive oil
- 4 1/2 oz. green lentils, cooked
- 1 spring fresh parsley, chopped
- 1 tbsp. tomato sauce
- 1 tsp. flour
- 1 tsp. smoked paprika
- Salt and pepper to taste
- 1 tbsp. balsamic vinegar
- 2 button mushrooms, sliced
- 1 slice of Nurishh Cheddar Style Slice
- 1 burger bun
- 1 tsp. mustard
- 1 handful of arugula
- 1 tsp. BBQ sauce

## MAKE IT WITH



Cheddar Style Slices

# SWEET AND SOUR BRUSCHETTA WITH OLIVE TAPENADE

A little sweet, a little sour and a whole lot of flavor packed on a piece of toast. Our Sweet and Sour Bruschetta combines green olive tapenade, sweet peaches, ripened tomatoes and tasty plant-based Nurishh Mozzarella Style Slices to make a truly flavorful treat for your taste buds.



SERVES  
1



PREP TIME  
5 MINUTES



COOK TIME  
0 MINUTES

## HOW TO MAKE

- 1 Toast bread
- 2 Spread a thin layer of tapenade on toast
- 3 Cut peach into thin wedges
- 4 Cut cherry tomatoes in half
- 5 Place peaches, tomatoes, arugula, and Nurishh Mozzarella Style on top of tapenade

## FINISHING TOUCHES

- 1 Drizzle with olive oil and balsamic vinegar
- 2 Season with salt and pepper
- 3 Serve and enjoy



## WHAT YOU NEED

- 1 slice of favorite bread
- 1 tsp. green olive tapenade
- 1/4 of yellow peach
- 2 cherry tomatoes
- A few leaves of arugula
- 1 slice of Nurishh Mozzarella Style Slices
- Drizzle of olive oil
- Drizzle of balsamic vinegar
- Salt and pepper to taste



## MAKE IT WITH



Mozzarella Style Slices

# VEGGIE TUNA CLUB SANDWICH WITH CUCUMBER

Get a taste of the sea with this delicious plant-based sandwich. Complete with chickpeas, nori seaweed and tasty Nurishh Cheddar Style Slices, our Veggie Tuna Club Sandwich will transport you to a tropical location with your feet firmly planted in sand. Don't believe us, just try it.



SERVES  
1



PREP TIME  
10 MINUTES



COOK TIME  
0 MINUTES

## HOW TO MAKE

- 1 Blend nori seaweed to reduce it to a powder
- 2 In a bowl, combine seaweed powder, chickpeas, mayonnaise, lemon juice, mustard, salt and pepper
- 3 Mash the ingredients together with a fork
- 4 Spread veggie tuna mixture onto one slice of bread

## FINISHING TOUCHES

- 1 Top veggie tuna with Nurishh Cheddar Style Slices, tomato, cucumber, red onion, lettuce and sprouts
- 2 Spread mayonnaise onto other slice of bread and close sandwich
- 3 Serve and enjoy



## WHAT YOU NEED

- 1/4 nori seaweed leaf
- 1/2 cup canned chickpeas, rinsed and drained
- 1 tbsp. vegan mayonnaise
- 1 tsp. lemon juice
- 1/2 tsp. mustard
- Salt and pepper to taste
- 2 slices of bread
- 2 slices of Nurishh Cheddar Style Slices
- 1/2 tomato, sliced
- 1/2 small cucumber, sliced
- 1/4 red onion, sliced
- 2 lettuce leaves
- 1 handful of sprouts
- 1 tsp. vegan mayonnaise to spread

## MAKE IT WITH



Cheddar Style Slices



# FALAFEL-STYLE BURGER WITH PICKLED CABBAGE

Go Middle Eastern with a burger twist on a popular street food. Packed with chickpeas, tahini and an array of spices, our Falafel-Style Burger is topped with homemade pickled cabbage, a zesty sauce and the ever-tasty Nurishh Mozzarella Style Slices. There's a little zing, a little zang and a whole lot of deliciousness.



SERVES  
1



PREP TIME  
20 MINUTES



COOK TIME  
10 MINUTES

## HOW TO MAKE

- 1 Blend chickpeas, tahini, yeast, onion powder, garlic powder, parsley and flour together
- 2 Form a patty and place in refrigerator
- 3 In a small pot, bring apple cider vinegar to boil
- 4 Place the finely chopped red cabbage in bowl and pour the apple cider vinegar over it
- 5 Let the pickled cabbage marinate for 10 minutes then rinse and squeeze to remove excess liquid
- 6 Mix together mustard, soy yogurt, 1 pinch garlic powder, lemon zest, chives and salt and pepper to taste
- 7 Add a spoonful of sauce to the cabbage and mix well
- 8 Heat olive oil in a pan and cook patty for 3-4 minutes on each side
- 9 After turning over the patty, top with a slice of Nurishh Mozzarella Style Slices

## FINISHING TOUCHES

- 1 Toast bun
- 2 Layer sauce, baby spinach, patty, cabbage and more sauce, then close burger
- 3 Serve and enjoy

## WHAT YOU NEED

- 1 cup canned chickpeas, rinsed and drained
- 1 tsp. tahini
- 1 tsp. nutritional yeast
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder, plus 1 pinch
- 2 springs fresh parsley
- 1 tbsp. flour
- 1/3 cup red cabbage, finely chopped
- 1/4 cup apple cider vinegar
- 1 tsp. mustard
- 4 tbsp. soy yogurt
- 1 pinch garlic powder
- Zest of a quarter lemon
- 5 springs fresh chives, chopped
- Salt and pepper to taste
- 1 tbsp. olive oil
- 1 slice of Nurishh Mozzarella Style
- 1 burger bun
- 1 handful of baby spinach

## MAKE IT WITH




Mozzarella Style Slices

# CHEESEY VEGAN EGG SANDWICH

Breakfast might be the most important meal of the day but now it's the tastiest, too. Marinated tofu topped with melted Nurishh Cheddar Style Slices and surrounded with fresh mashed avocado and tomato, you'll want to eat this breakfast sandwich for every meal. And we won't blame you.



  
SERVES  
4 SANDWICHES

  
PREP TIME  
30 MINUTES

  
COOK TIME  
15 MINUTES

## HOW TO MAKE

- 1 Drain tofu and press dry with paper towels to remove excessive moisture
- 2 Mix nutritional yeasts, olive oil, water, soy sauce, liquid smoke, hot sauce, black salt, garlic powder and turmeric in a small bowl
- 3 Cut tofu into four cutlets  
Place tofu and marinade in resealable bag, close and coat everything well
- 4 Marinate in fridge for at least 15 minutes and up to 5 days
- 5 Place tofu cutlets on preheated skillet and fry 3-5 minutes on each side until lightly browned
- 6 When cooking second side, add a Nurishh Cheddar Style Slice on top and cover with lid to melt
- 7 Slice English muffins in halves and toast
- 8 Mash two avocados in a medium bowl using a fork

## FINISHING TOUCHES

- 1 Place 1 English muffin half down and add mashed avocado, tofu cutlet and tomato slices
- 2 Top with other half of English muffin
- 3 Repeat until all four sandwiches are made
- 4 Serve and enjoy

## WHAT YOU NEED

14 ounces extra firm tofu  
2 tbsp. nutritional yeast  
2 tbsp. olive oil  
2 tbsp. water  
1 tbsp. soy sauce  
1 tsp. liquid smoke  
1 tsp. hot sauce  
1/2 tsp. black salt  
1/2 tsp. garlic powder  
1/2 tsp. turmeric  
Nurishh Cheddar Style Slices  
4 English muffins  
2 avocados  
Tomato slices



## MAKE IT WITH



Cheddar Style Slices

## Your Kitchen Awaits

It's okay to drool a little—our collection of delicious plant-based recipes is pretty tempting. From burgers to breakfast, quick snacks and more, we hope you enjoy making them as much as we know everyone around your table will enjoy eating them.

While the variety pack you bought from Sam's Club contained Cheddar Style Sices and Mozzarella Style Slices, Nurishh offers a variety of plant-based cheeses in various styles to help add a little cheesy goodness to every meal.

Learn more about Nurishh and get more plant-based recipes at: [nurishhplantbased.com](http://nurishhplantbased.com)



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