



GOOD FOOD GROWS HERE.

RECIPE GUIDE FOR OUR
PLANT-BASED PORTFOLIO.



SAVOR THE TASTIER SIDE OF NATURE.

Feel good food grows here. Rich's Plant-Based portfolio brings craveable, on-trend solutions to help meet consumer demand to add more veggies to their diet. Nurture a whole new way to think about plant-based indulgence when you take veggies way beyond salads and make every meal a tasty and wholesome adventure.

With ground-breaking, versatile and easy-to-use solutions like Oat Milk Soft Serve Bases and Plant-Based Flatbreads, you can create multiple menu items across day parts. From savory to sweet and mains to munchies, there's something for everyone to dig into.

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BRIGHT 'N EARLY BREAKFAST SANDWICH



INGREDIENTS

- 1 [Rich's Cauliflower Sandwich Roll Dough](#)
- 1 [Rich's Plant-Based American Style Slices](#)
- 1 C Plant-Based Egg Alternative
- 2 tbsp. Mayo
- Scallions (chopped, for garnish)

DIRECTIONS

1. Bake cauliflower sandwich roll dough according to instructions
2. Cook egg alternative per package instructions
3. Assemble sandwich with American style slice and ranch dressing
4. Garnish with chopped scallions



**52% OF PEOPLE WHO
EAT MORE PLANT-BASED
FOODS SAID IT MAKES
THEM FEEL HEALTHIER.**

SOUTHWEST BREAKFAST BURRITO

INGREDIENTS

- 1 10" Tortilla (v)
- 1 C Plant-Based Egg Alternative
- ¼ C Rich's Plant-Based Mozzarella Style Shreds
- ½ Avocado (sliced)
- ½ Large Tomato (diced)
- ½ Large Green Pepper (diced)
- 2 tbsp. Rich's Southwest Style Spread,
plus more for serving

DIRECTIONS

1. Cook plant-based egg alternative per package instructions
2. In the center of the tortilla, spread 2 tbsp. Southwest Style Spread, then top with cooked egg mix, tomatoes, peppers, mozzarella style shreds and avocado
3. Roll burrito, place on the griddle briefly to toast, slice in half and serve with a side of Southwest Style Spread



**VEGAN
FRIENDLY
RECIPE**

BOLD BUFFALO CAULIFLOWER DIP

INGREDIENTS

- ½ C Fresh Cauliflower (heads only)
- 3 tbsp. Light Olive Oil
- 3 tbsp. Buffalo Wing Sauce (v)
- 8 oz. Vegan Cream Cheese
- ¼ C Coconut Milk
- ½ C Rich's Plant-Based American Style Slices (chopped)
- Pita Chips or Rich's 14" Gluten Free Vegan Cauliflower Pizza Crust (cut in squares)

DIRECTIONS

1. Toss cauliflower in oil
2. Bake in convection oven at 350°F for twenty minutes or until roasted; remove from oven
3. Place remaining ingredients and cauliflower into a food processor and pulse until combined (add more Buffalo sauce to taste if needed)
4. Place into ramekin and bake in convection oven at 350°F for twenty minutes or until warm, not bubbling hot; remove from oven
5. Serve warm with pita chips or 10" Gluten Free Vegan Cauliflower Pizza Crust cut in squares (on the side)



VEGAN
FRIENDLY
RECIPE

FIELD-GROWN CHEESEBURGER

INGREDIENTS

- 1 Vegan Burger
- 1 Rich's Plant-Based American Style Slices
- 1 Rich's Sweet Potato Brioche Roll Dough (per serving)

BURGER TOPPINGS

- 1 Slice Red Onion
- 2 Lettuce Leaves
- 1 Slice Tomato
- 1 tbsp. Veganaise

DIRECTIONS

1. Bake sweet potato brioche roll according to instructions
2. Cook vegan burger according to instructions
3. Assemble burger with American style slice and toppings



SPICY FRIED CHICKEN SANDWICH

INGREDIENTS

- 1 Roll Rich's Cauliflower Sandwich Roll Dough
(per serving)
- 1 Fried Chicken Breast
or
- 1 Fried Cauliflower Steak
- ½ C Mayonnaise
- 1 tsp. Smoked Paprika
- 1 tsp. Hot Sauce
- 1 Red Cabbage Slice
- 2 Lettuce Leaves
- 5 Bread and Butter Pickle Slices

DIRECTIONS

1. Bake Cauliflower Sandwich Roll Dough per instructions
2. Combine mayo, paprika and hot sauce
3. Slice roll in half and spread sauce on top and bottom roll
4. Arrange fried chicken, pickles, cabbage and lettuce on sauce, add top of roll and serve

**24% OF CONSUMERS
ARE EATING MORE
PLANT-BASED DAIRY.**





SEASIDE SHRIMP BOWL

INGREDIENTS

- 1 Rich's 10" Gluten Free Zucchini Crust
(per serving)
- 6 Cooked Shrimp
- 3 tbsp. Olive Oil
- 6 Cherry Tomatoes
- ½ tsp. Crushed Red Pepper Flakes
- 1 Garlic Clove
- ½ Zucchini (ribboned)
- 1 tbsp. Pesto
- 1 tbsp. Ricotta

DIRECTIONS

- 1.** Preheat the oven to 350°F
- 2.** Drape crust over an oven-safe bowl placed on a baking sheet to form a crust bowl; bake according to instructions
- 3.** Heat olive oil in pan and add tomatoes to blister; remove tomatoes
- 4.** To the same pan, add crushed pepper, garlic, shrimp, pesto and zucchini ribbons
- 5.** Toss for 30 seconds
- 6.** Arrange in zucchini crust bowl and top with a dollop of ricotta

GREEN GODDESS GARDEN PIZZA



INGREDIENTS

PIZZA

- 1 [Rich's 10" Cauliflower Parbaked Pizza Crust](#) (per serving)
- ¼ C [Rich's Plant-Based Mozzarella Style Shreds](#)
- 1 C Broccoli
- 1 C Zucchini
- 1 C Marinated Artichoke Hearts
- 1 tsp. Fresh Basil (chopped)
- 1 tsp. Red Pepper Flakes

HUMMUS SAUCE

- 15 oz. Chickpeas (canned)
- 2 tbsp. Lemon Juice
- 2 Garlic Cloves (minced)
- 3 tbsp. Tahini
- 3 tbsp. Olive Oil
- ½ tsp. Cumin
- Water (dash)

**72% OF MILLENNIALS
PREFER TO EAT A
PLANT-BASED DIET.**

INTERNATIONAL FACILITY MANAGEMENT
ASSOCIATION CONFERENCE, 2019

DIRECTIONS

1. Roast broccoli, zucchini and artichokes
2. Mix all hummus sauce ingredients in food processor until smooth
3. Spread hummus on crust
4. Add roasted vegetables and sprinkle on mozzarella style shreds
5. Bake until golden
6. Garnish with basil and red pepper flakes



BBQ AND SLAW ON SWEET POTATO FLATBREAD

INGREDIENTS

- 1 Rich's 6" x 6" Sweet Potato Flatbread
(per serving)
- 3 oz. Pulled Pork or Jackfruit
- 2 tbsp. BBQ sauce (housemade or store-bought)
- 3 Rich's Plant-Based American Style Slices
- 2 oz. Pickled Slaw
- 1 oz. Pickled Red Onions
- 1 oz. Honey Mustard

**RICH'S PLANT-BASED PIZZA
CRUSTS AND FLATBREADS
ARE MADE WITH AT LEAST
20% VEGGIES**

DIRECTIONS

1. Preheat oven to 375°F
2. Toss pork or jackfruit with BBQ sauce
3. Top sweet potato flatbread with jackfruit and cheese
4. Bake until cheese melts
5. Top with slaw and pickled red onions; drizzle with honey mustard



VEGAN BANH MI PIZZA

INGREDIENTS

- 1 [Rich's 14" Gluten Free Vegan Cauliflower Pizza Crust](#) (per serving)
- 6 Cilantro Sprigs (torn)
- Sriracha (to taste)
- 1 Jalapeño Pepper (chopped)

CREAMY BANH MI SAUCE

- ¼ C Veganaise
- 2 tsp. Hoisin Sauce
- 1 tsp. Soy Sauce
- 1 tsp. Agave Nectar

PICKLED VEGGIES

- 1 Carrot (shredded)
- 1 Small Cucumber (sliced)
- ½ C Rice Vinegar
- 1 tbsp. Sugar

MARINATED TOFU

- 8 oz. Extra Firm Tofu
- 2 tbsp. Soy Sauce
- 1 tbsp. Sesame Oil
- 2 tbsp. Rice Vinegar
- 2 tbsp. Maple Syrup
- 2 tbsp. Fresh Ginger (chopped)

DIRECTIONS

1. Prep tofu marinade
2. Slice tofu into ¼" slices, submerge in marinade for 90 minutes
3. Combine pickled veggies ingredients, cover and refrigerate for 30 minutes
4. Preheat oven to 425°F
5. Pan fry marinated tofu, 5 minutes per side
6. Whisk all Banh Mi Sauce ingredients until smooth
7. Cover Gluten Free Vegan Cauliflower Crust with sauce
8. Add pickled veggies, tofu, jalapenos, and drizzle with sriracha
9. Bake until desired crispiness; garnish with cilantro

**25% - AMERICANS WHO'D EAT
EVEN MORE PIZZA IF THERE
WERE HEALTHIER, MORE
INNOVATIVE OPTIONS.**

DATASSENTIALS PIZZA KEYNOTE, TASTEMASTERS

**VEGAN
FRIENDLY
RECIPE**



CHOCOLATE CHIP ICE CREAM SANDWICH



INGREDIENTS

- 1 ½ C [Rich's Oat Milk Vanilla Soft Serve Base](#)
- 2 [Rich's Vegan Chocolate Chip Cookie Dough \(per serving\)](#)
- Toppings (crushed almonds, toasted coconut, sweetened oats)

DIRECTIONS

1. Bake desired number of chocolate chip cookies; cool
2. Add vanilla base to ice cream machine
3. Dispense soft serve on cookie, flat side up
4. Add another cookie on top on soft serve, flat side down
5. Roll in toppings, and freeze until use

36% OF CONSUMERS ARE INTERESTED IN PLANT-BASED SUBSTITUTES FOR ICE CREAM, PARTICULARLY WITH THE CLAIM “DAIRY-FREE.”

DATASSENTIAL REPORT,
“PLANT-BASED IS SPROUTING” (2020)

**VEGAN
FRIENDLY
RECIPE**



LET'S VEG OUT!

From meal-makers grown from the ground up to the makings of a perfectly picked dessert, our plant-based portfolio helps create crave-worthy applications in kitchens everywhere.

PRODUCT CODE	PRODUCT DESCRIPTION
18157	Cauliflower Sandwich Roll Dough
17967	Plant-Based American Style Slices
17966	Plant-Based Mozzarella Style Shreds
18618	Southwest Style Spread
17186	14" Gluten Free Vegan Cauliflower Pizza Crust
18156	Sweet Potato Brioche Roll Dough
18152	10" Gluten Free Zucchini Pizza Crust
18004	10" Cauliflower Parbaked Pizza Crust
18292	6" x 6" Sweet Potato Flatbread
18245	Oat Milk Vanilla Soft Serve Base
38731	Rich's Vegan Chocolate Chip Cookie Dough



[VIEW OUR FULL PLANT-BASED PORTFOLIO](#)



INFINITE POSSIBILITIES.
ONE FAMILY.

Contact your Rich's rep today or visit richsusa.com/plant-based-solutions

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