



*The
Best of Nature*

*Plant Based
Cooking School*

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2016 Recipes

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Program Schedule

October 4 ♦ Matt Ruscigno, RD & Susan Jenson, RD
October 11 ♦ Chef AJ & Chef Jackie Shook
October 18 ♦ Steve Lawenda, MD & Anna Evans
October 25 ♦ Heather Shenkman, MD & Amy Esposito, RD

Presenters



Matt Ruscigno, MPH, RD is a vegan of 20 years and a leading expert in nutrition. In addition to working with vegetarian clients and athletes, Matt is the Past-Chair of the Vegetarian Group of the Academy of Nutrition and Dietetics. He is a co-author of the *No Meat Athlete* book with Matt Frazier and *Appetite for Reduction* with Isa Moskowitz. In his spare time, he is an accomplished athlete who races marathons, iron-man triathlons, 200+ mile cycling events and 24-hour races.



Susan Jensen is a registered dietitian who received her education at Loma Linda University. She is also certified in Plant-Based Nutrition through the T. Colin Campbell Foundation and eCornell University. She has been a life-long vegetarian. She has been teaching cooking schools for many years. She adopted a plant-based diet lifestyle in 2009. In her free time she loves to exercise, grow her own organic food, cook and bake, create new recipes, knit, crochet and play with her grandkids.



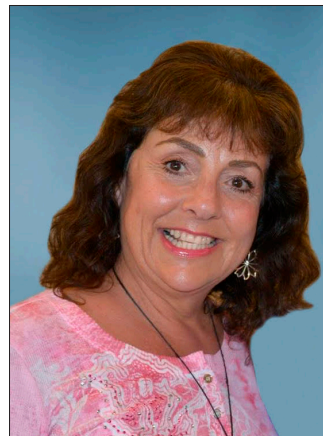
Chef AJ has been devoted to a plant-based diet for almost 40 years. She is the host of the television series *Healthy Living with CHEF AJ* which airs on Foody TV. A chef, culinary instructor and professional speaker, she is author of the popular book *Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight*, which chronicles her journey from a junk-food vegan faced with a diagnosis of pre-cancerous polyps, to learning how to create foods that nourish and heal the body.



Jackie Shook is a Certified Raw Food Chef and Instructor. She grew up enjoying traditional Mexican cooking. When many family members including her mother began getting terminal cancer, she decided that adopting a plant based diet would improve her chances of avoiding many common diseases. Now she works closely with Chef AJ to learn healthier ways of cooking, eating for weight loss and overall health. She also teaches cooking classes at her local community.



Steven Lawenda, M.D. is a board-certified Family Medicine physician in Southern California Kaiser Permanente. With little education in nutrition, he personally struggled with obesity and many of the same chronic conditions affecting his patients. Worried about his own health, Dr. Lawenda discovered the power of plant-based nutrition. When he adopted a plant based diet, he transformed his own health and has inspired many patients and colleagues to do the same.



Anna Evans is an enthusiastic plant based cook and recipe creator who is passionate about living a healthy lifestyle. She has been plant based since 2009 when she was inspired by the South Bay Adventist church community cooking classes. She loves cooking for her family and friends and enjoys reading anything related to health and well-being. As a wife of 42 years and mother of two adult children, Anna seeks to create recipes that are nutritious, cruelty free, and quick to share with others.



Heather Shenkman MD is an interventional cardiologist in the Los Angeles area. While she performs complex angioplasties to open up clogged coronary arteries, she prefers to help her patients reduce their risk of heart disease through a healthy lifestyle, a plant-based diet, regular exercise, and medication when appropriate. Dr. Shenkman has been plant-based for nearly 11 years. She's an avid athlete who's competed in everything from sprint triathlons to ultramarathons. She's a strong believer in a plant-based diet for herself and for her patients.



Amy Esposito is a registered dietitian with Providence Health. Her life was transformed when she adopted a whole foods plant based diet. She provides clinical nutrition education to patients, hospital staff, support groups and high school students. Whether it's painting a picture of the food landscape using humor or encouraging others to make small changes, she enjoys meeting people where they are in their own "food journey".

Breakfast

Breakfast Cookies

By Anna Evans

1 cup rolled oats

½ cup applesauce

1 teaspoon cinnamon

½ cup creamy peanut butter

½ teaspoon vanilla

¼ cup walnuts (chopped or broken
into small pieces)

¼ cup raisins

Mix by hand oats and applesauce together. Mix in the cinnamon. Add the peanut butter and mix well. Mix in vanilla then the walnuts and raisins.

Roll into balls and flatten with your hand.

Bake at 350° F. for about 8 minutes.

Makes about 6-8 large cookies.

Pumpkin Granola

2 cups dates cut in half

½ cup walnuts

2 cups hot water

1 cup pumpkin puree

1 tablespoon vanilla

2 tablespoon pumpkin pie spice

1½ cups raw pepitas

15 cups (1 large 42 oz. container)
quick rolled oats

In high powered blender, place dates, walnuts, water, pumpkin puree, vanilla, and pumpkin pie spice. Whiz until very smooth. Place oats and pepitas in a large bowl and mix together. Pour blender ingredients over dry ingredients and mix well. Spread granola on baking trays (breaking up clumps) and bake at 300° F. for 60-80 minutes stirring every 20-30 minutes. Bake until crisp, dry and golden brown.

Salads

Barley Edamame Salad

⅔ cup pearled barley
2 cups shelled edamame
1 cup shredded carrot

3 cups shredded cabbage
½ cup chopped green onion
Low-fat Ginger-Sesame dressing to taste

Prepare barley and edamame according to package instructions. In medium bowl, toss all ingredients until dressing is evenly distributed. Serve warm or cold. Serves 4.

Chickpea Salad

½ large red bell pepper
½ large yellow bell pepper
3 green onions
1 cup fresh cilantro
2 15-ounce cans chickpeas, drained
and rinsed

¼ cup fresh orange juice
2 tablespoons fresh lime juice
2 tablespoons white balsamic
vinegar
1 tablespoon maple syrup
¼ teaspoon sea salt

In your food processor, pulse the first five ingredients (through cilantro) until they are well chopped. (Alternatively, you can chop everything by hand.) In a medium bowl, mix together the chopped vegetables and chickpeas. In a small bowl, whisk together the orange juice, lime juice, white balsamic vinegar, maple syrup, and salt. Pour over the chickpeas and vegetables and mix well.

This salad benefits from a little chill time in the fridge, but can also be served right away. Serves 8-10.

Mixed Greens and Spicy Roasted Tempeh with Maple-Sage Dijon Dressing

From www.PCRM.org

8 ounces tempeh, cut into bite-size
squares
Pinch of ground allspice
Pinch of cayenne pepper
Pinch of ground cumin
1 small head red leaf lettuce,
chopped

1½ cups kale leaves, chopped
1 cup baby arugula
2 tomatoes, sliced
4 green onions, sliced
¼ cup Maple-Sage Dijon Dressing

Preheat the oven to 375° F.

Place the tempeh cubes in a baking dish and spritz them with water. Add the allspice, cayenne, and cumin and toss to coat. Cover the baking dish, place in the oven, and roast for 7 to 10 minutes.

Combine the lettuce, kale, arugula, tomatoes, and green onions in a salad bowl and toss with the dressing. Add the tempeh and toss to coat.

Maple-Sage Dijon Dressing

½ teaspoon rubbed / dried sage
2 tablespoons low-sodium Dijon mustard
2 tablespoons low-sodium stone-ground mustard

1 tablespoon red onion, diced (optional)
2 tablespoons red wine vinegar
3 tablespoons maple syrup

Place all the ingredients in a blender and blend until smooth.

Quinoa and Chickpea Salad

2 cups cooked red quinoa
½ teaspoon garlic powder
½ teaspoon salt
4-6 tablespoons lemon juice
1 15.5-ounce can chickpeas, rinsed and drained

½ cup sliced or slivered almonds
1 2.5-ounce can sliced black olives, drained
½ cup diced red bell pepper
½ package spinach or arugula leaves (about 4 ounces)

Mix quinoa with garlic, salt and lemon juice.
Toss with remaining ingredients.

Vegan Ceviche

By Chef Jackie Shook

1 14.5-ounce jar of hearts of palm, drained and rinsed
1 large red ripe tomato
1 medium cucumber
1 small red onion
4 tablespoons lime juice

1 tablespoon white wine vinegar
4 tablespoon finely chopped cilantro
1 teaspoon dried oregano
½ teaspoon salt (optional)
1 large ripe avocado

Slice each palm heart down the center vertically, then slice into ½ inch pieces and place in a mixing bowl. Finely dice tomato, cucumber and onion and add to palm hearts. Pour on top lime juice, white wine vinegar, chopped cilantro, oregano and salt and mix well. Chill for 30 minutes to blend flavor.

Right before serving peel and remove seed from avocado. Finely dice and fold into ceviche, making sure it's covered with the lime juice.

Serve along with tortilla chips, or on top of a tostada. Add some Tapatio hot sauce for a spicy kick. Serves 4-6.

Sauces, Dressings, Dips

Cashew Alfredo Sauce

By Anna Evans

1-2 cups vegetable broth

1 medium onion, chopped

½ teaspoon salt

½ teaspoon black pepper

4 large garlic cloves, minced

½ cup raw cashew

1 tablespoon lemon juice or a little more

¼ cup plus 1 tablespoon nutritional yeast

Blend all ingredients in a high powered blender. Enjoy!

Chipotle Dip or Dressing

1 15-ounce can garbanzos, rinsed and drained

½ teaspoon garlic powder

½ teaspoon chipotle chili pepper powder

½ teaspoon salt

2 tablespoons Tahini

2-3 tablespoons maple syrup

3 tablespoons lime juice

1 teaspoon Dijon mustard (optional)

½ water or more to use as dressing

In a high-powered blender add all ingredients and blend until very smooth.

Taste and adjust seasonings as desired. Makes about 2 cups.

Serve with baked sweet potato slices or pour over steamed vegetables.

Creamy Artichoke Spinach Dip

From www.PlantPoweredKitchen.com

$\frac{3}{4}$ cup raw cashews (unsoaked)
 $\frac{3}{4}$ cup plain unsweetened non-dairy milk
 $2\frac{1}{2}$ - 3 tablespoons freshly squeezed lemon juice
1-2 medium-large cloves garlic
 $\frac{3}{4}$ teaspoon sea salt
 $\frac{1}{2}$ teaspoon dry (ground) mustard
(or 1 $\frac{1}{2}$ teaspoon prepared mustard)

freshly ground black pepper to taste
2 cups frozen artichoke hearts,
partially thawed (helps for
pulsing in blender)
2 cups (loosely packed) spinach
leaves

Preheat oven to 425° F. In a blender, first add cashews, milk, lemon juice, garlic, salt, mustard, and pepper. Blend until very smooth. If using a high-powered blender, this will only take a minute or so. If using a standard blender, keep blending until very smooth. Add artichokes and spinach and just PULSE through. Do not fully blend, keep some chunky texture! Transfer to an oven-proof baking dish, and bake for 17-20 minutes. Remove, let cool for about 4-5 minutes, and serve.

Curried Tofu & Chickpea Spread

1 15-ounce can chickpeas, rinsed and drained
 $\frac{1}{3}$ cup vegan mayo
3-4 teaspoons curry powder
1-2 teaspoons chili powder
 $\frac{1}{2}$ - 1 teaspoon salt

2 stalks celery, finely chopped
1 brick (about 12 ounces) firm tofu,
well-drained and cut into large
chunks
 $\frac{1}{4}$ cup sliced almonds

Combine chickpeas, mayo, salt, curry, chili & salt in a small food processor and blend until well combined and nearly smooth, scraping down the sides as needed. Pour into bowl. Add chopped celery.

To same food processor, add tofu and pulse several times until very roughly crumbled. Do not over-blend.

Fold tofu into chickpea mixture. Add almonds. Adjust salt to taste. Serves 6-8.

Everything Sauce

By Anna Evans

1 15-ounce can tomato sauce
 $\frac{1}{2}$ onion, chopped
2 large medjool dates pitted and cut
into small pieces

1 tablespoon Italian seasoning
 $\frac{1}{4}$ teaspoon crushed red pepper
1 pinch of organic dulse granules
(this is a healthy salt alternative)

In a Vitamix blend tomato sauce, onion and dates.

Add Italian seasoning, red pepper and dulse granules and blend well. Makes about 2 cups.

Herb Cheese

½ cup raw cashews

1 teaspoon basil

1 teaspoon oregano

½ teaspoon salt

1½ teaspoons cornstarch

½ garlic clove

3 tablespoons nutritional yeast

1 tablespoon lemon juice or cider
vinegar

1 teaspoon maple syrup

1 cup water, divided

1½ teaspoons agar agar powder

oil, to brush the ramekin

Soak the cashews 1 hour in hot water.

Drain the cashews and place them in a blender along with the basil, oregano, garlic, salt, cornstarch, nutritional yeast, lemon juice, maple syrup and ½ cup water.

Process for 1 minute and set aside.

In a saucepan combine ½ cup water and agar agar powder. Add the cashew cream and bring to a boil stirring constantly.

Pour into lightly oiled ramekins and refrigerate at least 2 hours.

Remove by turning upside down onto a board.

Soups

Jason's Lentil Soup

By Jason Lange

1 medium yellow or white onion,
chopped
2 carrots, peeled and chopped
4 garlic cloves, pressed or minced
2 teaspoons ground cumin
1 teaspoon curry powder
½ teaspoon dried thyme
1 28-ounce can of diced tomatoes,
drained

1 cup brown or green lentils, picked
over and rinsed
4 cups vegetable broth
2 cups water
1 teaspoon salt, more to taste
pinch red pepper flakes
1 cup chopped fresh collard greens
or kale, tough ribs removed
juice of ½ to 1 medium lemon, to
taste

In a large pot over medium heat, sauté the onion and carrot in a small amount of water, until the onion has softened and is turning translucent, about 5 minutes. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.

Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer. Cook for 30 minutes, or until the lentils are tender but still hold their shape.

Transfer 2 cups of the soup to a blender. Protect your hand from steam with a tea towel placed over the lid and purée the soup until smooth. Pour the puréed soup back into the pot and add the chopped greens. Cook for 5 more minutes, or until the greens have softened to your liking.

Remove the pot from heat and stir in the juice of half of a lemon. Taste and season with more salt or lemon juice until the flavors really sing. Serve immediately.

John's Lentil Soup

By John Jenson

1 cup dry lentils
4 cups water
¾ cup frozen chopped spinach

3 stalks celery, chopped
8 ounce can of tomato sauce
1 teaspoon salt

Put all ingredients in a slow cooker on medium heat for 6 hours. This soup is always better on the second day.

Sweet Potato Bisque

By Chef AJ. Inspired by a recipe from Mary McDougall

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| 1½ pounds of asparagus | 2 tablespoons Benson's Table Tasty |
| 2 pounds of orange sweet potatoes | 3-4 cups unsweetened nondairy milk (depending on desired thickness) |
| 6 cups no sodium vegetable broth or water | 4 tablespoon of low sodium Dijon or salt-free stone ground mustard |
| 1 large onion | 4 tablespoons of Nutritional Yeast (optional) |
| 8 cloves of garlic | |
| 2 tablespoons dried dill | |

Place all ingredients except for the plant milk, mustard and nutritional yeast, if using, in an Instantpot* electric pressure cooker and cook on high pressure for 6 minutes. Release pressure and add the almond milk, mustard and nutritional yeast. Puree with an immersion blender right in the pot until smooth. If asparagus is not in season or too expensive, broccoli, cauliflower or a combination of these vegetables may be used.

CHEF'S NOTE: Delicious served over black, red or wild rice.

*For \$50 off go to www.Instantpot.com and use the code AJ.

Entrées & Sides

Chickpea Cutlets

From *Veganomicon* by Isa Moskowitz

1 16-ounce can chickpeas, rinsed and drained
1 cup vital wheat gluten
1 cup plain breadcrumbs
½ cup vegetable broth or water
¼ cup soy sauce

1 teaspoon dried thyme
1 teaspoon paprika
½ teaspoon dried sage
2 cloves garlic, crushed
1 teaspoon grated lemon zest

Process all ingredients in a food processor until well combined. A few chunky chickpeas are desired. Transfer mixture to a bowl and hand knead for about a minute. Divide into golf ball sizes and flatten with your fingers or the bottom of a cup. Place onto a baking sheet lined with parchment paper. Bake at 375° F for 15 minutes, then flip the cutlets and bake 10 more minutes. Should be crispy and slightly browned on the outside. Serve with tartar sauce.

Tartar Sauce

1 box firm (silken) tofu
2 tablespoon lemon juice

1 teaspoon mustard
½ cup pickle relish

In a food processor or blender, combine tofu, lemon juice and mustard and process until smooth. Stir in relish by hand.

Cowboy Baked Beans

By Anna Evans

2 15-ounce cans great northern beans
2 15-ounce cans kidney beans
1 28-ounce can vegetarian baked beans
1 small onion, chopped fine

1 cup low sodium vegetable broth
2 tablespoons mustard
¼ cup maple syrup
¼ cup ketchup
1 small capful of liquid smoke

Mix everything together and pour into a crockpot. Cook on low for about 6 hours. Serves 6-8.

Falafel Pie

1 cup falafel mix
½ cup water
½ - 1 cup hummus
1-2 tomatoes, sliced

1 cucumber, sliced
1 cup plain soy yogurt
1 tablespoon lemon juice
Salt to taste

Heat oven to 350° F.

Mix falafel mix and water together. Spread in a pie pan.

Bake 15 minutes.

Top baked falafel with a layer of hummus.

Layer tomato and ½ of the cucumber on hummus.

Blend soy yogurt, lemon juice and ½ of the cucumber in a blender.

Pour yogurt mixture on pie and garnish with olives.

Serve with whole wheat pita bread.

Mexican Lasagna

½ large green bell pepper, chopped
½ large red bell pepper, chopped
2 cloves garlic, minced
1 small onion, chopped
1 can fire roasted diced tomatoes
½ teaspoon chili powder
½ teaspoon cumin
½ teaspoon salt
1 15-ounce can black beans, rinsed
and drained

1 small zucchini chopped
½ cup corn
1 can fat free refried beans
8-10 wheat/corn tortillas
1½ cups salsa
sliced black olives
cilantro
green onion
avocado

Preheat oven to 375° F.

In a non-stick pan with a little water (1 tablespoon), sauté the peppers, garlic, and onion for about 3 minutes, or until softened. Add zucchini, black beans, tomatoes and seasonings. Simmer for a few minutes. Set aside.

Spray a 9 X 13-inch baking pan with non-stick spray. Line the bottom with a layer of tortillas

Stir the refried beans and spread half of them evenly over the tortillas. Cover the refried beans with half of the pepper-onion-tomato mixture. Add another layer of tortillas and repeat the layers of the other ingredients, ending with a layer of tortillas. Spread the cup of salsa over the final layer of tortillas. Cover and bake for about 30 minutes or until hot throughout. Garnish with olives, cilantro, green onion and avocado. Serves 6.

Polenta Lasagna with Portabellas and Kale

From www.fatfreevegan.com

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| 1 18-ounce package prepared polenta (sliced into 18 slices, ¼ inch thick) | ½ bunch kale (about 8 ounces after trimming), center rib removed and chopped into bite-sized pieces (may substitute spinach or other greens) |
| ½ onion, chopped | 1 teaspoon dried basil |
| 1 large portabella mushroom, cut into ¼ inch pieces (about 2 cups, chopped) | salt and pepper to taste |
| 4 cloves garlic, minced or pressed | ¼ cup chopped olives |

Cheese sauce (recipe below)

1¼ cups marinara sauce (homemade or in a jar)

Almond parmesan (mix equal parts of almond meal and nutritional yeast)

Cheese sauce:

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| ½ cup extra-firm silken tofu | 1½ tablespoons nutritional yeast |
| 1 cup low sodium vegetable broth | ½ teaspoon salt (optional) |
| 2 tablespoons tahini | ⅛ teaspoon white pepper |
| ½ teaspoon onion powder | 2 teaspoons corn starch |

Preheat oven to 375° F. Spray the bottom and sides of a 8 X 8 inch baking dish with non-stick spray and set aside.

Place the cheese sauce ingredients into a blender or food processor and puree until completely smooth. Set aside.

Sauté the onions and portabellas in a non-stick skillet until the mushrooms begin to exude their juices. Add the garlic and sauté for one more minute.

Add the kale, basil, and 2-4 tablespoons water. Sauté until the kale is wilted and tender and the water has evaporated. Add the cheese sauce and cook, stirring, until thickened. Check seasoning and add salt and pepper if needed. Remove from the heat.

Line the bottom of the baking dish with half of the polenta slices, overlapping slightly if possible. Spread ½ cup of the marinara sauce over the polenta, and then spread the kale mixture over the sauce. Sprinkle the chopped olives over the kale and top with the remaining polenta. Spread the remaining marinara sauce over the top and sprinkle with almond parmesan.

Bake for 25 minutes. Remove from oven and allow to cool for 5 or 10 minutes before serving. Makes 6 servings.

Rose Sauce Pasta Dish

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| 1 pound farfalle or favorite pasta | ½ cup vegetable broth or reserved pasta water |
| 2 zucchinis, chopped (or 2 cups chopped asparagus and 2 cups sliced mushrooms) | ⅓ cup fresh basil (lightly packed) (or 1½ teaspoon dried basil) |
| ⅓ cup raw cashews | 2 cups plain tomato sauce (pureed tomatoes) |
| 2 tablespoons pine nuts | ¼ cup nutritional yeast |
| 2 cloves garlic (or ½ teaspoon garlic powder) | sea salt and pepper to taste |
| 1 red or white onion (or 1 teaspoon onion powder) | |

Soak cashews and pine nuts in boiling water for 20 minutes while preparing the rest of the ingredients (or soak the nuts overnight). In a large pot, cook pasta according to the directions on the box with the chopped up vegetables. Cook pasta until it is al dente.

While the pasta and vegetables are cooking, prepare the sauce. Sauté garlic and roughly chopped onions over medium high heat in vegetable broth or a bit of the starchy pasta water until the liquids are absorbed. Drain and rinse your nuts. Add the soaked cashews and pine nuts, sautéed garlic and onions, fresh basil, tomato sauce and nutritional yeast to the blender and blend until a thick and creamy sauce is formed. Add up to ½ cup of the starchy pasta water to the sauce if it is too thick. Taste and add sea salt and pepper to taste.

Warm the rose sauce over medium high heat and toss with the drained hot pasta and vegetables. Sprinkle with hot pepper flakes and parsley. Enjoy! Serves 6.

Seven Vegetable Curry

By Amy Esposito

Adapted from Annie Somerville's *Fields of Greens*. This is a great meal to make on a Sunday and fill your home with these wonderful spices and fragrances. Use any vegetables you have on hand, you can make it a 3 or 4 vegetable curry with tomato, potato, onion, and garlic, simply cut the spices in half.

Spice Mixture

2 teaspoons yellow mustard
2 teaspoons each: cumin, coriander,
and fenugreek

$\frac{1}{4}$ teaspoon turmeric
 $\frac{1}{8}$ teaspoon cayenne pepper

The Stew

1 16-ounce can tomatoes with juice,
chopped
 $1\frac{1}{2}$ cups of water (to loosen cooking
vegetables from pan)
3 tablespoon grated fresh ginger
1 stalk of broccoli, about 2 cups
chopped
 $\frac{3}{4}$ pound white mushrooms cut
lengthwise
1 medium yellow onion chopped

4 garlic gloves, fine chopped
2 medium carrots, diced
1 pound red potatoes cut into one
inch cubes
1 medium fennel bulb cut into one
inch pieces
1 13.5-ounce can light coconut milk
1 tablespoon arrowroot powder or
cornstarch

In medium saucepan, combine tomatoes, spice mixture, 2 tablespoons ginger.
Simmer, uncovered, over low heat for 15 minutes.

Bring small pot of water to boil. Drop in broccoli for about a minute, drain and set aside.

Heat large skillet to medium heat, use a splash of water and drop in mushrooms with a pinch of salt. Cook until golden brown, about 7 minutes. As mushrooms stick to pan, add a bit of water to loosen pan juices. Transfer to a bowl.

Add onions to same skillet and cook for 5 minutes, repeating with a splash water to loosen pan juices. Add garlic, carrots, potatoes and fennel and last tablespoon of ginger; cook 10 minutes. Add mushrooms, tomato sauce, coconut milk and arrowroot powder; simmer, uncovered over low heat for 25 minutes to allow the flavors to develop. Stir in broccoli and serve.
Serves 4 to 6.

Sweet Potato Bowl with Cashew-Lime Cream

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| 1 cup dry brown rice | 1 cup cherry tomatoes |
| 2 sweet potatoes | 1 avocado |
| 1 15-ounce can black beans | 1 teaspoon cumin |
| 3-4 green onions | ½ teaspoon smoked paprika |
| 1½ cups corn | salt to taste |

Cashew-Lime Cream

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| 1 cup raw cashews (soaked if needed) | ⅓ cup cilantro |
| ½ cup plain almond milk (or water) | juice from 3 limes |
| | ⅛ teaspoon salt |

Begin cooking rice according to package instructions.

Preheat oven to 425° F.

Peel and dice sweet potatoes into about ¾ inch cubes. Place on a lightly sprayed baking sheet. Sprinkle over sweet potatoes the salt, cumin, and smoked paprika.

Bake for about 35-40 minutes, stirring halfway through.

While rice and potatoes are cooking, prepare the rest of the ingredients.

Make the cilantro-lime cream: place all ingredients in a blender, and blend until smooth.

Rinse and drain black beans, slice onion, and dice tomatoes and avocado.

Assemble your bowls (or let others assemble like a burrito bowl bar!)

Place rice on bottom, top with sweet potatoes, black beans, and desired toppings.

Drizzle sauce over top.

Veggie Tofu Loaf

From www.PCRM.org

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| 1 cup cooked brown rice | 3 tablespoons reduced-sodium soy sauce |
| 2 cups whole wheat bread crumbs | 2 teaspoons stone-ground or Dijon mustard |
| 1 cup finely chopped walnuts | vegetable oil spray |
| 1 small onion, finely chopped | additional barbeque sauce or ketchup |
| 2 celery stalks, finely chopped | |
| 1 carrot, finely chopped | |
| 14-16 ounce firm tofu, drained | |
| ¼ cup barbeque sauce or ketchup | |

Preheat oven to 350° F.

In a large bowl, combine rice, bread crumbs, walnuts, onion, celery, and carrot.

Purée tofu in a food processor, or mash by hand until very smooth. Add to rice mixture along with barbecue sauce, soy sauce, and mustard.

Stir with a large spoon or knead mixture by hand until it is well mixed and holds together, about 1 minute.

Transfer to a vegetable oil sprayed 5 X 9 loaf pan or other baking dish and distribute evenly using a spoon, spatula, or your hand.

Top with barbecue sauce or ketchup. Bake 60 minutes. Let stand 10 minutes before serving. Serves 6.

Quick Dishes

Black Bean Chili with Fire-Roasted Corn

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| 1 cup thinly sliced green onions, divided | 2 15-ounce cans low-sodium black beans, rinsed and drained |
| 1 16-ounce jar salsa verde | 1 cup fire roasted corn kernels |
| | 4 tablespoons chopped fresh cilantro |

Saute $\frac{3}{4}$ cups of sliced green onions in small amount of water over medium heat until softened. Add salsa, beans, corn and $\frac{1}{2}$ cup water, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes. Garnish with green onions and cilantro. Serves 4-6.

Chickpea Soyaki

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| 1 15-ounce can chickpeas, drained and rinsed | 2 cups cooked brown rice |
| $\frac{1}{4}$ cup soyaki sauce | Pineapple-Mango salsa or favorite fruit salsa |
| $\frac{1}{2}$ teaspoon sriracha sauce (optional) | |

Combine chickpeas, soyaki sauce and hot sauce in a large frying pan. Allow to marinate for at least 5 minutes. Cook over medium heat, stirring regularly, until most of the liquid has absorbed, about 10 minutes. Spoon over cooked rice (or cooked greens) and top with salsa. Serves 2.

Add a side of steamed broccoli for a complete meal.

Cilantro Potato Salad

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| 1 large bunch cilantro (about 4 cups loosely packed) | 1-2 lemons, juiced |
| 2 medium – large jalapeno peppers | $\frac{1}{2}$ teaspoon salt |
| | 8 cups of cooked, diced potatoes |

Process cilantro, jalapeno, lemon juice and salt in a food processor until mostly smooth.

Mix cilantro dressing with potatoes and serve. Serves 8.

Curry Simmer Sauce

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| 1 teaspoon crushed garlic | 1 cup frozen green beans, chopped |
| ½ cup diced onions | 1 15-ounce can chickpeas, rinsed and drained |
| 1 15-ounce jar Trader Joe's Curry Simmer Sauce | ½ cup coconut milk |
| 1 12-ounce bag Trader Joe's Cauliflower Florets, chopped bite size | 1 cup water |

Sauté garlic and onion in a couple tablespoons of water until onions are translucent.

Add remaining ingredients and simmer curry for about 15-20 minutes until vegetables are cooked.

Serve with brown rice or quinoa. Serves 3-4.

No Bake Fudge

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| 2 cups almond flour or almond meal | ½ cup maple syrup |
| ½ cup cashew butter or other nut/seed butter | |

Line a baking dish with parchment paper and set aside.

In a mixing bowl add the almond flour and set aside.

On the stovetop or in the microwave, melt the nut butter with the maple syrup until well combined. Pour the wet mixture into the almond meal and mix until fully combined. The batter should be thick. Transfer into the baking dish and smooth out and press firmly. Refrigerate 30 minutes before slicing into small pieces.

One Pan Mexican Quinoa

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| 2 cloves garlic, minced | 1 cup corn kernels |
| 1-2 tablespoons minced jalapeno (if you like more spice) | 1 small zucchini, diced |
| 1 cup quinoa | 1 teaspoon chili powder |
| 1 cup vegetable broth or 1 cup water and ½ teaspoon salt | ½ teaspoon cumin |
| 1 15-ounce can black beans, drained and rinsed | 1 avocado, halved, seeded, peeled and diced |
| 1 14.5-ounce can fire-roasted diced tomatoes | juice of 1 lime |
| | 2 tablespoons chopped fresh cilantro leaves |

Put all ingredients in a large skillet or pan. Stir well. Bring to a boil and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.

Serve immediately. Serves 4.

Peanut Butter Snack Balls

| | |
|------------------------------------|---|
| ½ cup peanut butter | 4 tablespoons maple syrup |
| ⅔ cup quick cooking oats | ¼ cup chopped walnuts |
| ¼ cup unsweetened shredded coconut | ¼ cup raisins or craisins and / or ¼ cup vegan chocolate chips |

Mix all ingredients together. (Add more oats if dough is too sticky) Shape into small balls. Wet fingers when shaping balls, if needed. Makes about 18 balls.

Quick Black Bean Soup

| | |
|--|------------------|
| 2 15-ounce cans black beans, rinsed and drained | 1 cup water |
| 1 cup salsa | 1 teaspoon cumin |

Blend together until smooth. Pour into sauce pan. Add 1 cup frozen corn. Simmer 5 minutes. Garnish with cilantro and green onions. Serves 2-3.

Sesame Cherry Chewies

From *Cooking with Trader Joe's Cookbook, Skinny Dish*

| | |
|--|--|
| 1¼ cups old-fashioned rolled oats | ½ cup maple syrup |
| ¾ cup creamy almond butter or peanut butter | ½ cup chopped dried cherries or dried cranberries |
| ½ cup sesame seeds | |

Preheat oven to 375° F.

Mix together all ingredients in a bowl. Drop 1½ inch balls onto a cookie sheet. Lightly press cookies to flatten slightly. Bake 8-10 minutes, until very lightly browned. Watch carefully as these cookies can burn quickly. Cool and store in an airtight container for up to 2 weeks or freeze for up to 3 months. Makes 16-20 cookies.

Simple Stir Fry

1 18-ounce package fresh stir fry vegetables or 2-3 cups stir fry vegetables
1 12-ounce package broccoli florets or 3-4 cups broccoli florets
2 teaspoons crushed garlic
2 teaspoons crushed ginger
1-2 teaspoons sriracha sauce

¼ cup Bragg's Liquid Aminos or low sodium soy sauce
2 teaspoons cornstarch
1-2 tablespoons sesame seeds
1 cup cashew pieces, roasted unsalted
Brown rice

Mix garlic, ginger, sriracha sauce, Liquid Aminos and cornstarch together. Set aside. Stir fry vegetables in a small amount of water. Add cornstarch/seasoning mixture to vegetables and continue to stir fry 1-2 minutes. Sprinkle with sesame seeds and cashews. Serve with brown rice. Serves 4.

Spinach Quinoa Salad

1 cup cooked quinoa
4 tablespoons lemon juice (approximately juice from 1 lemon)
1 teaspoon maple syrup

1-2 teaspoons minced garlic (2 cloves)
6 ounce bag baby spinach, chopped
1 can chickpeas or other white beans, drained and rinsed

Cook quinoa according to package directions. In a large salad bowl, mix the lemon juice, maple syrup and garlic together. Add chopped spinach, beans and quinoa. Add salt and pepper to taste. Serves 4-6.

Desserts

Berry Crumble

By Amy Esposito

This easy recipe can be made for breakfast. If you like the tart flavor of the berries you can even omit the sugar to enjoy the natural taste of fruit.

Filling

2 16-ounce bag frozen mixed berries
2 tablespoons of maple syrup

1 tablespoon of arrowroot powder or
cornstarch

Topping

1 cup of oat flour (rolled oats mixed
in food processor or blender)
2/3 cup of toasted pecans, chopped
1/4 cup of coconut sugar or brown
sugar

1/2 teaspoon cinnamon
1/2 teaspoon ginger
1/4 teaspoon ground cloves
pinch of salt

Preheat oven to 350° F.

Spray 9 x 9 glass cooking pan with canola cooking spray. Place frozen fruit in 1 quart sauce pan and stir in arrowroot. Cook on medium to low heat for several minutes to defrost fruit and mix in arrowroot, then place in glass pan. Mix oat flour, toasted pecans, coconut sugar, and spices and sprinkle on top of mixed berries

Bake 30 to 45 minutes, or until topping is lightly browned and berry juices are bubbling around the edges of the crisp.

bRAWNies

© by Chef AJ

Why bake brownies with unhealthy ingredients like sugar and flour when you can have a delicious healthy treat in minutes without even turning the oven on?

2 cups of raw walnuts
2 cups of pitted dates

1/2 cup cocoa powder or carob
powder
1 tablespoon alcohol free vanilla

In a food processor fitted with the "S" blade process the walnuts into a flour-like consistency. Do not over process into nut butter. Add the carob or cocoa powder and process again until fully incorporated. Add the dates until a ball forms, then the vanilla and briefly process again. Place into a silicone brownie mold and press a walnut half into each brawny. Freeze until firm.

Chocolate Cake

From www.PCRM.org

1½ cups unbleached whole wheat
pastry flour

¾ cup vegan cane sugar

½ teaspoon salt

1½ teaspoons baking soda

3 tablespoons cocoa powder

2 teaspoons vanilla extract

5 teaspoons unsweetened applesauce

1 tablespoon vinegar

1 cup cold water

Preheat the oven to 350° F. Combine the flour, sugar, salt, baking soda, and cocoa powder in a bowl; stir with a fork until mixed. In a separate bowl, whisk the vanilla, applesauce, vinegar, and water. Pour the mixed wet ingredients into the dry ingredients. Stir with a fork until well mixed. Pour into a 9 X 9 baking dish and bake for 30 minutes, until a toothpick inserted in center comes out clean.

Dust with powdered sugar after cake has cooled and just before serving or spread with chocolate ganache recipe.

Chocolate Ganache

1 cup dairy free semi sweet chocolate
chips

2-3 tablespoons plant based milk

½ teaspoon vanilla

Put all ingredients in a microwave proof bowl. Microwave 10-15 seconds; then stir. Repeat process until smooth and creamy.

Oatmeal Raisin Cookies

From www.StraightUpFood.com

7 ounces dates (about 12 Medjool or 24 Deglet Noor), pitted, and quartered

1½ cups old-fashioned rolled oats

1 cup old-fashioned rolled oats, ground into flour in a blender

2 teaspoons baking powder

1 teaspoon cinnamon

6 tablespoons almond butter

1½ teaspoons vanilla extract

½ cup raisins (plus extra for the tops of the cookies)

2 ounces walnuts (about ½ cup), chopped (optional)

Place the pitted dates into a small bowl and cover them with water. Set aside for at least 15 minutes so the dates can soften.

Preheat the oven to 350°F, and line a baking sheet with parchment paper (or use a silicone baking mat on each).

Place all of the dry ingredients (oats, oat flour, baking powder, and cinnamon) into a large bowl and mix thoroughly with a fork.

Pour the water off of the dates into a small bowl or cup. Place the dates, almond butter, vanilla extract, and 2 tablespoons of the date-soak water into a blender, and blend until smooth. (May need to use more date water to blend smooth)

Stir the date mixture into the bowl of dry ingredients until all of the dry ingredients disappear. Stir in the raisins and walnuts (if using).

To get the most uniformly sized cookies, use a 1 tablespoon cookie scoop (or you can use a soup spoon). Place 8 or 9 scoops of cookie dough onto the baking sheet. These cookies will not spread out during baking, so using your fingers, press each scoop down until it looks like an already baked cookie (about 2½ inches wide). I like to push 2 to 3 raisins into the top of each cookie at this point.

Bake for 13 minutes. Remove from the oven and after 5 minutes, transfer to a cooling rack. Repeat steps 6 and 7 with the remaining cookie dough. Serves 8 to 9 (makes 16 to 18 cookies).

Zucchini Chocolate Chip Cookies

½ cup margarine
1 cup brown sugar
1 egg equivalent
1 teaspoon vanilla
¼ teaspoon salt
¼ teaspoon baking soda
½ teaspoon cinnamon
¼ teaspoon nutmeg

2 cup loosely packed finely shredded
zucchini (squeeze excess water
out)
1 cup whole wheat flour
1 cup white flour
1 cup chocolate chips
½ cup chopped walnuts

Preheat oven to 350° F. Cream together the margarine and brown sugar until well blended, then mix in the egg equivalent and vanilla. Mix in the zucchini. Mix the dry ingredients separately and add to the moist ingredients. From now on, be careful not to over-mix. Mix in the chocolate chips and walnuts. Use 2T of dough per cookie, and make sure there are chocolate chips in every one. Bake 15 – 20 minutes. After you take them out of the oven, let the cookies set for a few minutes on the sheet, then transfer to a wire rack to cool. Makes about 2 dozen.

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