

THE BEST OF NATURE

plant based cooking school



RECIPES

OCTOBER, 2017

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program schedule

October 3 ♦ Melody Ahadian, MS, RD & Chef Babette

October 10 ♦ John Tanner, PhD & Molly Grupe, MS, RD

October 17 ♦ Chef AJ & Susan Jenson, RD

October 24 ♦ Olga Calof, MD & Kimberly Braniff, MS, RD

presenters



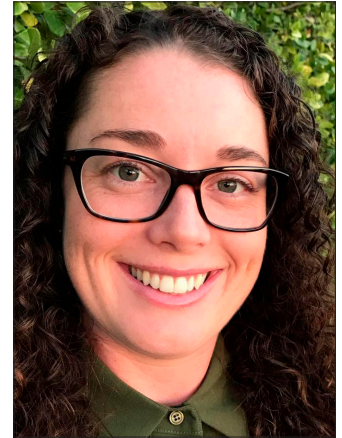
Melody Ahadian, Registered Dietitian, received her MS degree in Nutrition and Dietetics from California State University Northridge. She specializes in disease prevention, maintenance, and reversal through a whole foods, plant based approach. She currently works as a Registered Dietitian for several corporations, where she educates and empowers their employees in improving their overall health.



Chef Babette is a plant based chef, fitness expert and motivational speaker. She runs the restaurant, *Stuff I Eat*, in Inglewood. Chef Babette's life journey has been filled with challenges and opportunities. As a child she was diagnosed with severe asthma and suffered with many digestive related disorders. As an adult she made the conscious decision to eat for the sake of nutrition. It is her passion to help other embrace health and start today no matter how old you are.



John Tanner received his Ph.D. in Computer Science from Caltech in 1986. In 2009, at the age of 52, he suffered an unexpected cardiac arrest. This experience and his science background lead him to the study of nutrition and health. He learned that eating a diet of whole plant foods without animal products or added oil can eliminate heart disease and minimize stroke, cancer, diabetes, high blood pressure, and about 30 other diseases. He educates people about health through Tanner Care.



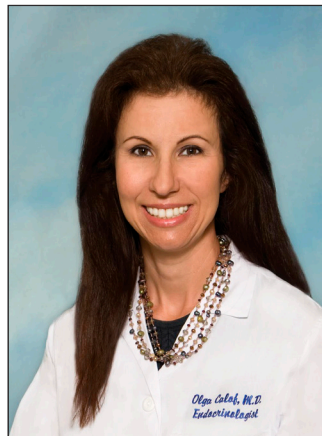
Molly Grupe, Registered Dietitian, is a nutrition counselor and educator at Tanner Care, a whole-food, plant-based health and wellness center located in Monrovia, CA. She received her BA in World Arts and Culture from UCLA and her MS in nutrition from California State University, Los Angeles. Molly also counsels on plant-based nutrition for the UCLA WorkStrong Program and in her private practice in the Los Angeles area. Ms. Grupe is passionate about plant based nutrition and plant based cooking.



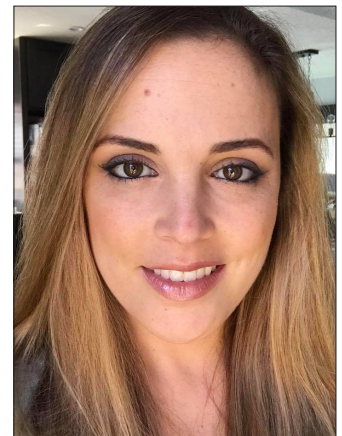
Chef AJ has been devoted to a plant-based diet for almost 40 years. She is the host of the television series *Healthy Living with CHEF AJ* which airs on Foody TV. A chef, culinary instructor and professional speaker, she is author of the popular book *Unprocessed: How to Achieve Vibrant Health and Your 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.



Susan Jenson 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 grand kids.



Olga Calof MD is an Endocrinologist in San Pedro, CA. She spends a significant amount of time working with diabetes and thyroid problems; however she maintains a strong interest in women's health, including osteoporosis and reproductive issues. She has been the principal investigator of a National Institutes of Health funded study on the influence of hormones on women. Dr. Calof is an avid speaker and teacher and particularly enjoys caring for her patients in her specialty fields of Endocrinology and Internal Medicine.



Kimberly Braniff is a Registered Dietitian in Torrance, CA. She is also a certified sports dietitian. Her goal is to combine her nutritional knowledge with her personal training skills to provide her clients with an overall healthy lifestyle, move away from rigid dieting rules, and begin to concentrate on their inner health and not just their outer appearance. She coaches clients either virtually through phone consults and/or in person locally in Torrance, Ca. at Skypark Preferred Family Care.

salads

Artichoke Heart and Tomato Salad

2 large tomatoes, chopped
2 tablespoons chopped flat leaf parsley
3 tablespoons chopped fresh mint
¼ teaspoon coarse sea salt or 1
tablespoon capers

1 cup chopped artichoke hearts
pine nuts or slivered almonds, for
garnish

Toss everything together. Makes 2 servings.

Cauliflower, Corn and Cucumber Salad

Adapted from valentinascorner.com

2 cups cauliflower florets
2 small cucumbers, sliced
½ red pepper, diced
2-3 green onions, sliced
1 15-ounce can corn, drained or 2 cups
frozen corn

⅓ cup vegan mayonnaise or Trader Joe's
Vegan Spread
Fresh dill, optional
Salt and pepper, to taste

Mix all the vegetables together.
Add mayo, salt and pepper to taste, mix well and serve.
Keeps well refrigerated for a few days.
Serves 4-6.

Edamame-Corn Salad

- | | |
|--|-----------------------------------|
| 1 12-ounce package frozen shelled green soybeans | ½ cup diced celery |
| 1 12 or 16-ounce package frozen sweet white corn | ½ cup diced sweet red pepper |
| 1 cup diced jicama | ½ cup sliced green onion tops |
| | 1 tablespoon minced fresh parsley |

Dressing

- | | |
|---------------------------------|--------------------------|
| 5 tablespoons fresh lemon juice | ¼ teaspoon garlic powder |
| 1 tablespoon maple syrup | ¼ teaspoon sweet basil |
| 1 teaspoon salt | |

Thaw corn and soybeans. Combine and mix dressing ingredients separately. Mix all vegetables together and add dressing. Chill and serve.
Serves 8.

Falafel Salad

Tahini Dressing

- | | |
|-------------------------|---------------------------|
| ⅓ cup tahini | ½ teaspoon cumin |
| ⅓ cup water | ¼ teaspoon cayenne pepper |
| ¼ cup lemon juice | ½ teaspoon salt |
| 2 cloves garlic, peeled | |

Salad

- | | |
|---------------------------------|--------------------------------|
| 1 small bunch flat leaf parsley | ½ cup uncooked bulgur |
| 1 small bunch cilantro | 2 small tomatoes (about 1 cup) |
| 1 19-ounce can chickpeas | 1 small cucumber (about 1 cup) |

To make the dressing, smash the garlic cloves under the blade of a knife or roughly chop them. Add the garlic, tahini, water, lemon juice, cumin, cayenne, and salt to a blender. Blend until the mixture is smooth and the garlic is in small pieces. Refrigerate the dressing until ready to use.

To cook the bulgur, place the dry bulgur in a small pot. Cook and stir the dry bulgur (without water or oil) over medium heat for two minutes to toast it slightly. Add one cup of water and bring the mixture up to a boil. Add a lid to the pot, turn the heat down to low, and let it simmer for 20 minutes. After 20 minutes, fluff the bulgur and transfer it to the refrigerator without a lid to cool.

Wash the parsley and cilantro well under cool water. Shake as much water off as possible. Pull the leaves from the stems and then roughly chop the leaves. Place the chopped parsley and cilantro in a bowl.

Dice the tomato and cucumber and add it to the bowl. Rinse and drain the chickpeas, then add them to the bowl. Finally, add the cooled bulgur to the bowl and stir to combine the ingredients. Add a liberal amount of the tahini dressing and stir until everything is well coated.

Serves 3-4.

Green Bean Summer Salad

Adapted from ohmyveggies.com

For the Salad

1½ pounds fresh green beans, trimmed and halved
2 medium zucchini, diced
1 15-ounce can chickpeas, drained and rinsed

1 cup corn kernels
1 pint cherry tomatoes, halved
6 green onions, thinly sliced (optional)

For the Fresh Herb Dressing

½ cup fresh basil
¼ cup fresh parsley
¼ cup lemon juice (from about 2 lemons)

¼ cup apple cider vinegar
1 clove garlic
Pinch of salt

Place the green beans and zucchini in a large pot and lightly steam (for 10-15 minutes) or boil (for 5-7 minutes) until tender but still somewhat firm. Remove from heat, drain and rinse the vegetables with ice cold water, then set aside.

Meanwhile, make the dressing by combining all of the ingredients in a food processor and blending until the herbs are finely chopped.

In a large bowl, combine the drained chickpeas, corn, tomatoes and green onion. Add the blanched green beans and zucchini, then pour the dressing on top. Stir together until everything is well-coated. Serve immediately or store in an airtight container in the refrigerator for up to 2 days.

Kale Salad By Amy

By Amy Esposito

single large bunch of kale
1 medium carrot, julienned
half of a medium purple onion, diced

2 tablespoons sesame seeds, for sprinkling

Toss with Creamy tofu dressing (see page 16 for the recipe) or your favorite dressing.

Kale Salad By Sandy

By Sandy Spallino

The salad can be eaten tossed in a bowl, or layered in mason jars to be enjoyed during the week. The salad dressing is inspired by chef AJ's house dressing. Serves 4-6.

2 heads Black Kale (also known as Tuscan or Lacinto Kale), ribs removed and discarded. With remaining leaves washed and chopped into very thin strips. Dry thoroughly.
1 medium sized onion, thinly sliced into half-moon shapes, ¼ inch thick

2 small carrots shredded
1 cup already cooked Farro (or less depending on your taste. I use ¾ cup.)
½ cup chopped walnuts, toasted
½ cup dried cranberries

Dressing

¾ cup water
⅓ cup tahini
⅓ cup Dijon mustard

½ cup white balsamic vinegar (available at Trader Joes, or most markets)
½ cup nutritional yeast
1 tablespoon maple syrup

Combine all the salad dressing ingredients in a blender and blend until smooth. Put in a glass jar and set aside.

Onions

Place the sliced onions on a pan and mix with 1 tablespoon of olive oil. Place in a 400 degree oven for 35-45 minutes, until tender but being careful they do not get burnt. Check often at the end as they burn quickly.

To assemble the salad

Combine the kale, carrots, walnuts, Farro and cranberries in a bowl and drizzle over desired amount of salad dressing. Toss thoroughly and let rest for 10 minutes before serving. Lightly sprinkled onions on top or gently folded in.

Salad in jar instructions:

If you want to make a salad in a jar, start with a quart size mason jar. Put approximately ¼ cup of salad dressing on the bottom of the jar. Now layer in the ingredients one at a time. Put the carrots on top of the dressing, then add the walnuts, cranberries, Farro, onions and kale last at the top of the jar. You should be able to make about 3 mason jars of salad with this. They should last in the refrigerator for about 4 days.

Mexican Chopped Salad with Cilantro Lime Vinaigrette

Salad

2-3 medium romaine hearts, chopped (about 2 ½ cups)	½ to 1 cup peeled and chopped or sliced jicama
1 can black beans, rinsed and drained	1 cup chopped cucumbers or radishes
½ to 1 cup frozen corn, thawed (or fresh corn kernels)	1 red bell pepper, diced
1 cup chopped tomatoes or halved cherry tomatoes	½ cup chopped fresh cilantro
	Diced avocados

Vinaigrette

¼ cup freshly squeezed lime juice	1 small clove garlic
¼ cup red wine vinegar	¼ teaspoon salt
2 tablespoons maple syrup	¼ teaspoon black pepper
¼ cup chopped fresh cilantro	

In a large bowl, toss together all the salad ingredients.

Combine all the dressing ingredients together in a jar or blender and shake/process until well combined. Add additional salt and pepper to taste, if needed.

Pour the dressing over the salad to taste or serve on the side.

Serves 6.

Mexican Potato Salad

2 pounds red potatoes cut in chunks	2 tablespoons fresh lime juice
1 cup frozen corn kernels, thawed	2 tablespoons chopped fresh cilantro or parsley
1 large tomato, chopped	Freshly ground pepper
1 bunch scallions, chopped	
½ cup fresh salsa	

Place the potatoes in a large pot and cover with water. Bring to a boil, reduce heat, cover, and cook 30 minutes, or until just tender. (Don't let them get too soft).

Remove from the heat, drain, and place in a large bowl. Add the corn, tomato, and scallions. Combine the salsa and lime juice. Pour over the salad and mix well. Add the cilantro or parsley and a few twists of pepper. Mix gently and serve at once.

Serves 6.

VARIATION: This salad can also be chilled before serving, and it is just as good the next day, so I always make lots of it.

Pickled Vegetable Salad with Sesame Seeds

In Japanese, "sunomono" — which means "vinegared things" — refers to a salad of thinly sliced vegetables that are marinated in rice vinegar and soy sauce.

1/3 cup rice wine vinegar	1 cup (3 ounces) snow peas, stem ends removed, halved crosswise
2 tablespoons water	1 medium green onion, sliced lengthwise, then in 1-inch strips
2 tablespoons granulated sugar	1 tablespoon minced, peeled ginger root
1 teaspoon low-sodium soy sauce	1/8 teaspoon crushed chili pepper flakes
1/2 medium English cucumber, halved lengthwise, very thinly sliced on a diagonal	3 cups shredded leaf lettuce
2 medium carrots or daikon radishes, very thinly sliced	1 tablespoon toasted sesame seeds

Combine vinegar and water in a small microwave-safe bowl. Whisk in sugar. Heat for 30 to 60 seconds on medium heat, mix until sugar dissolves. Whisk in the soy sauce and set aside.

In a medium bowl, place cucumbers, carrots, snow peas, green onions, ginger root and chili pepper flakes. Pour vinegar-soy sauce mixture over vegetables and toss gently until the vegetables are well coated. Cover bowl and place in refrigerator for 4 hours or overnight.

After vegetables have marinated, remove from refrigerator. Serve on a bed of lettuce.

Drizzle remaining marinade over the salad and sprinkle with sesame seeds.

Vary the veggies! An array of colorful vegetable — prepared sunomono-style — makes a great side dish for a party buffet or as a picnic salad, which can be prepared up to two days in advance. Serves 4-6.

Red Potato Salad with Green Beans and Tomatoes

2 pounds small red potatoes	3 tablespoons red wine vinegar
1/2 pound fresh green beans, trimmed and cut into 2-inch pieces	1 tablespoon lemon juice
2 cups cherry or grape tomatoes, cut in half	1 tablespoon Dijon mustard
1/2 cup chopped green onions	1/2 teaspoon salt
1/2 cup chopped thinly sliced basil	1/4 teaspoon pepper
	2 cloves garlic, minced

Place potatoes in a medium saucepan; add water to cover potatoes. Bring to a boil.

Reduce heat, and simmer 10 minutes or until almost tender. Add green beans and cook 5 minutes longer or until beans are crisp-tender. Drain. Rinse with cold water; drain well.

Cut potatoes into 1-inch pieces. Combine potatoes, green beans, tomatoes, green onions and basil in a large bowl.

Whisk together vinegar, lemon juice, mustard, salt, pepper and garlic in a small bowl.

Pour dressing over potato mixture, and toss gently. Cover and chill at least 1 hour. Serves 6.

Spicy Kale And Quinoa Black Bean Salad

Adapted from theglowingfridge.com

1 cup quinoa, uncooked
6 cups chopped kale, de-stemmed
½ red onion, chopped

1 can black beans, drained and rinsed
1 cup corn
½ red bell pepper, diced

Spicy Dressing

¼ cup fresh cilantro, chopped
1 clove garlic, minced
¼ cup fresh lime juice (about 2 limes)
2-4 tablespoons hot sauce of your choice

¼ cup water
1 teaspoon maple syrup
½ teaspoon cumin
sea salt and pepper, to taste

In a medium sized pot, combine 2 cups of water with 1 cup of quinoa and bring to a boil. Lower heat, cover and simmer for 15 minutes or until water is absorbed and quinoa is fluffy.

In a large salad bowl, add the kale, onion, beans, corn and red bell pepper.

Once the quinoa is done cooking and cooled for about 15-20 minutes mix in with the kale and vegetable mixture.

Prepare the dressing. Pour the dressing over the salad, mix and enjoy!

Stays fresh in the refrigerator up to 2 days.

Serves 4.

Sweet Potato Noodle Salad

Veggies

2 large sweet potatoes, spiralized
1 cup peas or edamame, frozen or fresh
1 cup purple cabbage, shredded

1 cup chopped fresh kale
½ cup pepitas, for garnishing
¼ cup chopped cilantro, for garnishing

Sauce

¼ cup peanut butter
¼ cup water
1 teaspoon grated ginger
2 cloves garlic
3 tablespoons low sodium soy or tamari sauce

1 tablespoon rice vinegar
1 tablespoon sriracha
3 tablespoons lime juice
2 teaspoons maple syrup

Place the sauce ingredients into a blender and blend until smooth and creamy.

Peel the sweet potatoes. Using a spiralizer, create long strips of sweet potato "noodles". Set aside separately. Place the remaining prepared vegetables into a large bowl.

Boil a large pot of water and blanch the sweet potatoes until tender but still holding their shape, about 2-3 minutes depending on the thickness of your noodles. Toss the cooked sweet potatoes with the remaining vegetables and dressing. Garnish with pepitas and cilantro. Serves 6.

Thousand Island Dip or Salad Dressing

By Anna Evans

1 19-ounce package of soft tofu
 $\frac{3}{4}$ cup ketchup

1 cup sweet pickle relish or 1 10-ounce
jar of sweet pickle relish

Put everything in a blender and mix well.

To use as salad dressing add water to desired consistency.

soups

Corn Chowder

1 yellow onion, diced
2 cloves garlic, crushed
1 red bell pepper, diced
2 sticks of celery, diced
1 medium potato, peeled and diced
3 tablespoons flour
1 cup unsweetened soy/almond milk

2 cups vegetable broth
1 teaspoon smoked or regular paprika
1 teaspoon dried parsley
2 cups frozen corn
1 teaspoon apple cider vinegar
(optional)
Salt/Pepper, to taste

Chopped green onion, for garnish
Cilantro, for garnish

Extra bits of corn and red pepper, for
garnish

Sauté onion, garlic, red pepper and celery in water for 10 minutes or until soft. Add diced potato and mix well. Once mixed, add in flour and stir to coat veggies. Cook for a minute or 2 before adding the non-dairy milk of choice and vegetable broth. Add paprika, and dried parsley into the pot. Stir well and then bring to a boil. Once at a boil, reduce to simmer, cover the pan with a lid and simmer gently for 15-20 minutes, or until potato bits are tender. Once potato is tender, add corn and stir to combine. Let cook for a further 5-10 minutes or until corn is tender to your liking. Stir in apple cider vinegar and taste for/adjust seasoning before serving. Top with chopped green onion, cilantro and extra bits of corn/red pepper. Serves 4-6.

Lazy Day Tomato Bisque

1 cup packed finely chopped yellow onion
3 long carrots, peeled and thinly sliced in rounds
1 tablespoon minced garlic (3-4 large cloves)

1 28-ounce can crushed tomatoes
2 cups vegetable broth
½ tablespoon dried Italian herbs
salt & pepper to taste
1½ cups cashew cream (see recipe on the next page)

Add all of the ingredients, except the cashew cream to a pot. Stir well and turn to high heat. Bring it to a boil and once it starts boiling, stir once more and then cover with a lid and turn the heat down to medium-low. Let it cook covered on medium-low for 25-30 minutes until the carrots are very soft. Stir a couple of times during and to check on the carrots. Once the carrots are tender, turn the heat off. Use an immersion blender and blend until smooth. Taste and add anymore salt or dried herbs. Serves 4-6.

Cashew Cream

1½ cups raw cashews

Cover cashews with water and soak for a couple of hours.

Drain off water and put cashews in a vitamix. Cover with water and blend on high speed until smooth.

Vegan Cream Of Celery Soup

2 packs of celery (1½ – 2 pounds)

3 large potatoes, cooked and cubed

6 cups homemade vegetable broth or 4 cups Imagine No-Chicken broth and 2 cups water (do not use tomato based vegetable broth)

1 large onion, diced

½ teaspoon salt (or to taste)

¼ teaspoon black pepper

¼ teaspoon nutmeg

1 teaspoon dried thyme or 1 tablespoon fresh

2 tablespoons fresh parsley

Peel the strings from the outer layer of celery ribs and discard. Dice remaining celery and set aside.

Sauté onions in water on high heat until clear, lower the heat and add salt, pepper, nutmeg, and thyme (add a little more water if needed, to keep spices from burning or sticking).

Add vegetable broth and celery, bring to boil, then add parsley and simmer (covered) for 30 minutes.

Add potatoes and simmer for an additional 10-20 minutes or until all vegetables are soft enough to blend.

Use stick blender and blend until soup is creamy, or place a small amount at a time in a traditional blender and puree until smooth. Serves 6.

Variations

You may also want to try adding 3 large diced carrots, or 2-3 leeks instead of the onion to switch up the flavors in this soup.

main dishes

Baked Tofu

Baking tofu in a marinade is a simple way to infuse it with flavor. Enjoy it as a finger food or snack, or add it to soups, salads, and other prepared dishes. For best results, start with tofu that is firm or extra-firm, and make certain it is fresh by checking the expiration date on the package.

1 pound low-fat extra-firm tofu	2 teaspoons balsamic vinegar
2 tablespoons soy sauce	2 teaspoons minced garlic
2 tablespoons water or unsalted vegetable broth	1½ teaspoons grated fresh ginger
2 teaspoons brown rice syrup or similar sweetener	¼ teaspoon ground black pepper

Preheat oven to 400°F.

Cut tofu into 4 slices. Arrange in a single, tightly-packed layer in a baking dish. Mix soy sauce with water or broth. Stir in brown rice syrup or other sweetener, vinegar, garlic, ginger, and black pepper, then pour evenly over tofu. Bake 30 minutes. Makes 4 slices.

Stored in a covered container in the refrigerator, leftover Baked Tofu will keep for up to 3 days.

Note: Some tofu that is labeled “firm” is actually quite soft. To make it firmer, line a baking sheet with a clean dish towel. Cut tofu into 4 slices and arrange in a single layer on the towel. Cover with a second clean towel and top with a cutting board. Place several heavy objects (canned food, books, or jars of beans) on the cutting board. Let stand 30 minutes before proceeding with recipe. Alternatively, slice tofu and freeze prior to use to help maintain its texture. Frozen tofu can be put directly into the recipe. Serves 4.

Barbeque-Style Baked Tofu

The firm texture and delicious flavor of baked tofu makes it a perfect snack, sandwich filling, or stir-fry ingredient. Begin with very firm tofu-it should spring back when lightly pressed. If it fails this test, begin by pressing it as directed below. For the marinade, you can use 1/2 cup of your own favorite barbeque sauce, or follow the recipe.

1 pound firm fresh tofu	1 teaspoon onion powder
¼ cup ketchup	½ teaspoon garlic powder
¼ cup apple juice concentrate	¼ teaspoon black pepper
2 tablespoons cider vinegar	1 scant pinch cayenne pepper, or more
1 tablespoon reduced-sodium soy sauce	to taste

Press tofu if necessary: Line a baking sheet with a clean dishtowel. Cut tofu into 6 equal-sized slices (each slice should be about ¼-inch) and place on the dishtowel in a single layer. Cover with a second clean dishtowel and top with a cutting board. Place several heavy objects (canned food, books, jars of beans) on the cutting board. Let stand 30 minutes.

In the meantime, prepare barbeque sauce. Combine ketchup, apple juice concentrate, vinegar, soy sauce, onion and garlic powder, black pepper, and cayenne pepper in a small measuring cup or mixing bowl.

Remove tofu from the press and pat dry. Carefully arrange in a sandwich-sized zip-top bag, then add marinade. Seal the bag, then carefully massage it so that all the tofu slices are coated with marinade. Refrigerate 4 hours or more (overnight is ideal), turning the bag occasionally to keep all the slices coated.

Preheat oven to 375°F. Remove tofu from bag and place it in a glass baking dish. Drizzle with any remaining sauce and bake, uncovered, until dry and deep golden brown, about 35 minutes. Makes 6 ¼-inch slices. Serves 4.

Carrot Dogs

Inspired by FatFreeVegan.com and inspiralized.com

4 carrots

Marinade

2 tablespoons liquid smoke
2 tablespoons reduced sodium tamari or
soy sauce

1 tablespoon maple syrup
¼ teaspoon onion powder
¼ teaspoon garlic powder

Alternate Marinade

¼ cup rice vinegar
¼ cup water
2 tablespoons reduced sodium soy sauce

¼ teaspoon garlic powder
1 teaspoon liquid smoke

Peel the carrots. For true hot dog resemblance, when peeling, round the edges/ends. Steam carrots in a pot for about 7-8 minutes. Run cold water over the carrots after steaming to stop them from cooking more.

Combine the marinade ingredients in a container that has a tight lid (or a secure zip lock type bag) so you can easily shake it without spraying it all over your kitchen. Put the carrots in the container and marinate for at least 3 hours. Preferably 10-12 hours.

Put marinated carrots on a cooking sheet lined with parchment paper and roast at 375°F. for about 15-20 minutes. Brush with marinade every 5 minutes while roasting. Serve in a bun with favorite toppings. Serves 2-4.

Chickpea Sandwiches

By Sandy Spallino

1 15½-ounce can of garbanzo beans
(about 1¾ cup, drained)
¼ cup finely chopped dill pickles
¼ cup finely chopped red bell pepper
¼ cup finely chopped red onion
¼ cup of vegan mayonnaise

2 teaspoons of caper juice
2 teaspoons of capers
1 tablespoon Dijon mustard
½ teaspoon dried dill weed
½ teaspoon curry powder
black pepper to taste

Put garbanzo beans in a food processor, and pulse 3 or 4 times so garbanzo beans are still slightly chunky, but there are no whole beans left.

Put garbanzo beans in a bowl and add remaining ingredients, and mix well. Serve on toast with tomato, avocado, lettuce, etc. just as you would a regular tuna sandwich. Makes enough for about 3 sandwiches.

Creamy Hash Browns and Green Chile Casserole

Adapted by Anna Evans from Eating You Alive

2 20-ounce bags of frozen shredded hash brown potatoes
2 12-ounce jars of green salsa verde, medium spiced

Cream Sauce

1½ cups cashews, soaked overnight and drained (or cover the cashews with water and boil for 10 minutes then drain)	2 tablespoons onion powder
2 cups water	1 tablespoon garlic powder
1 teaspoon sea salt	1 teaspoon fresh ground black pepper
	2 tablespoons lemon juice
	2 tablespoons nutritional yeast flakes

Blend cream sauce ingredients until smooth.

In big bowl, add hash browns, cream sauce and both jars of green salsa verde. Mix well. Place in 15" x 10" glass dish and sprinkle with Panko Bread Crumbs and Smoked Paprika. Bake at 350°F for 50-60 minutes.

Curried Rice And Vegetable Tacos

By Amy Esposito adapted from www.onegreenplanet.org

Curried rice, beans, and veggies with hummus and vegetables ... Yum! Cinnamon is the perfect addition to the already fantastic spices at work, adding just a touch of addictive warmth. These wraps are a fun new way to enjoy tacos.

¼ cup cooked black beans	½ cup broccoli
¼ cup cooked chickpeas	2 small carrots
¼ cup cooked brown rice	hummus
¼ teaspoon curry powder	3 tortillas
¼ teaspoon turmeric	Creamy Tofu sauce, for drizzling (see page 16)
¼ teaspoon paprika	A pinch of cinnamon
¼ teaspoon onion powder	

Combine beans, chickpeas, rice, curry powder, turmeric, paprika, and onion powder together in a large bowl. Mix together and set aside.

Spread hummus on the tortillas and divide the chickpeas, rice, and bean mixture onto the wraps. Top with broccoli and carrots or veggies of your choice. Drizzle creamy tofu sauce on top of wraps and sprinkle with cinnamon. Serves 2-4.

Creamy Tofu Sauce Green Temple

By Amy Esposito adapted from truelovehealth.com

1½ cups water
¼ cup Braggs Liquid Aminos
2 tablespoons brewer's yeast
¼ teaspoon kelp powder
¼ teaspoon Spike seasoning
¼ teaspoon basil

½ teaspoon granulated garlic
1½ teaspoons lemon juice
1½ teaspoons wheat-free Tamari
16 ounce firm tofu, rinsed well

Blend all ingredients in a blender. I use soy sauce in place of Braggs Liquid Aminos. Spike is a good salt alternative (hint hint Gina), I like to keep it around. May take some time to get used to the flavor. Enjoy!

Easy Chickpea Tikka Masala

1 large onion, finely chopped
2 garlic cloves, minced
1 2-inch piece of ginger, finely chopped
1 tablespoon Garam Masala
2 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons paprika
1 teaspoon turmeric

½ teaspoon cayenne pepper (optional)
3 15-ounce cans chickpeas, drained and rinsed
2 14.5-ounce cans diced tomatoes
1 can coconut milk, low fat
1 teaspoon cornstarch
Salt to taste
Fresh chopped cilantro

Saute onions in a little water on medium high heat until translucent, about 6 minutes stirring every now and then. Add garlic and saute for 1 more minute.

Add ginger and spices and saute until fragrant, about 30 seconds.

Add chickpeas and diced tomatoes, bring to a boil, lower to a simmer and cook for 15 minutes.

Stir in coconut milk and simmer for 5 minutes.

In a small bowl whisk cornstarch with 2 tablespoons of water.

Stir in the chickpea mixture and cook for 5 more minutes or until the mixture has thickened.

Take a taste and adjust seasoning if needed.

Remove from the heat, sprinkle with chopped fresh cilantro and serve.

Serves 8.

Healthy Girl's Fabulous Un-fried Falafel Burgers

From healthygirlskitchen.com

- | | |
|---|--|
| 2-3 large garlic clove | 1 cup rolled oats |
| Packed ½ cup fresh flat leaf (Italian) parsley (just chop off the bottom part of the stems) | 2½ tablespoons fresh lemon juice |
| Packed ½ cup fresh cilantro (no need to remove the tender stems) | 2 teaspoons ground cumin |
| ½ cup scallions, rough chopped | 1 teaspoon ground turmeric |
| 2 14.5-ounce cans chickpeas (garbanzo beans), rinsed and drained-reserving at least 2 tablespoons of the liquid | 1½ teaspoons ground coriander |
| | 1 teaspoon salt |
| | ¼ teaspoon pepper |
| | ¼-½ teaspoon crushed red pepper flakes |

Place garlic, parsley, cilantro and scallions in the bowl of a food processor and process until mixture is finely chopped.

Add all other ingredients and process, scraping down sides as necessary, until all ingredients are blended, but do not over process into a paste. You want the mixture to have a bit of its texture left, but be able to stick together easily. If mixture is too dry, add the reserved liquid from the chickpeas, one tablespoon at a time; pulsing to incorporate the liquid.

Transfer the mixture into a bowl and refrigerate for 30 minutes.

Form into patties and reserve on a plate. Place a nonstick skillet over medium-high heat for a few minutes until pan is hot. Place patties in pan and let cook for 5 minutes. Flip patties and let them cook for another five minutes. Remove from pan. Patties should be nicely browned and crisp on each side but not burned.

Notes: Veggie burgers can be served immediately or refrigerated for up to a week.

Simply reheat them in a pan, a toaster or a microwave before serving.

If you would like a more traditional shape for your falafel, simply roll out mix into 1½" balls and dry fry the balls in the hot pan, rotating the balls every few minutes as they cook to get the crispy exterior around the entire outside of the balls. Makes 8 medium sized burgers.

Tahini Sauce

- | | |
|--|--------------------------|
| ¼ cup tahini | 2 garlic cloves, pressed |
| 2 tablespoons fresh squeezed lemon juice | 2 tablespoons water |

Place all ingredients into a bowl and stir.

Serve with Fabulous Un-fried Falafel Burgers.

Fettuccini Alfredo

By Kimberly Braniff adapted from *The Plantpower Way* by Rich Roll and Julie Piatt

½ cup cashews	⅛ teaspoon fresh cracked black pepper
Filtered water	¼ teaspoon nutmeg, plus a sprinkle for garnish
1 butternut squash	½ teaspoon chopped sage, plus leaves for garnish
2 tablespoons nutritional yeast	1 small garlic clove, peeled
¼ teaspoon Celtic sea salt	1 package lentil pasta
1 cup hot filtered water	
2 tablespoons Earth Balance vegan butter	

Preheat oven to 400°F.

Soak the cashews in filtered water for a minimum of 4 hrs or overnight.

Place the entire butternut squash on a wire rack in the middle of the oven. Bake until done, about 40 minutes. Remove the skin and halve lengthwise to scoop out the seeds.

In a Vitamix or high powered blender, combine the drained soaked cashews, nutritional yeast, sea salt, hot water, about 2 cups of the roasted squash, and the vegan butter.

If the consistency is too thick, add more water in ¼ cup increments.

Finally add the pepper, nutmeg, sage and garlic. Blend again and adjust the seasonings to taste.

Prepare the lentil pasta according to the package directions. Drain the pasta in a colander and turn it out into a very large bowl and combine with sauce.

On individual plates garnish with fresh sage leaves and sprinkle with nutmeg and fresh cracked pepper. Serves 4-6.

Fishless Sticks

From PlantPure Nation

2 tablespoons flax meal
¼ cup water
1 15-ounce can chickpeas, drained and rinsed
1 15-ounce can artichoke hearts, drained and rinsed
½ oats (I often use instant for a creamier texture)
½ cup cooked brown rice

1 tablespoon Old Bay Seasoning
½ teaspoon dried mustard
1 Nori Sheet, torn or cut into small pieces (I like to use kitchen shears for this)
½ teaspoon dried dill
1 tablespoon lemon juice
Salt/Pepper to taste

1 cup panko bread crumbs (for coating)

Preheat oven to 400°F.

In a small bowl, mix flax meal and water. Set aside.

Place the chickpeas in a food processor and pulse until finely ground. Add the artichokes hearts at the end of the processing and pulse until coarsely chopped.

Place the chickpea and artichoke mixture into a large mixing bowl. Add the oatmeal, rice, mustard, nori pieces, dill, lemon juice, salt/pepper and flax/water mixture.

Form the dough into fish stick sized pieces (1 inch x 2-3 inch). Coat evenly with panko crumbs and place onto a parchment lined cookie sheet. Bake for 15-25 minutes or until golden. Serves 4-6.

Chickpea and Sweet Potato Stew

By Molly Grupe, RD

1 tablespoon water (to sauté)
1½ cup onion, diced
3 cloves garlic, minced or grated or pressed
3-3½ cups sweet potato, diced
1 teaspoon paprika
1 teaspoon ground cumin
½ teaspoon ground coriander
½ teaspoon turmeric
½ teaspoon ground ginger
¼ teaspoon ground cinnamon
½ teaspoon kosher salt

½ teaspoon ground black pepper
2 pinches cayenne pepper (optional; kids may find it too hot)
1 15-ounce can diced tomatoes
2 cups vegetable broth
1 15-ounce can chickpeas, drained (or 1½ cups cooked)
3 cups spinach
2 tablespoons chopped fresh cilantro, for garnish (optional)
1 lemon, for garnish (optional)
1 cup “spiked sour cream”, for garnish

In a large pot over medium heat, add the water (1 tablespoon) with the spices and salt. Cook for a couple of minutes, and then add the onion, garlic, and sweet potato. Stir through, cover, and cook for about 7-8 minutes, stirring occasionally, until the onions have started to soften. Add extra water one tablespoon at a time so vegetables don't stick.

Add diced tomatoes and 2 cups broth.

Bring to a boil, and then add drained and rinsed chickpeas. Simmer 25 to 30 minutes until the sweet potatoes are tender. Stir in 3 cups spinach in the last 2 minutes.

Serve garnished with chopped cilantro, fresh squeezed lemon juice, and a dollop of “sour cream”.

Serves 4-6.

Tofu Sour Cream

1 package extra firm lite silken tofu, drained

1 tablespoon lemon juice
1 tablespoon red wine vinegar

Combine all ingredients in a blender and puree until smooth and creamy.

Chill until ready to serve.

Salt to taste. Makes 1½ cups.

Mu Shu Jackfruit Lettuce Wraps

Adapted from fatfreevegan.com

- | | |
|---|---|
| 1 small onion diced | 1 tablespoon hoisin sauce |
| 3-4 cloves garlic minced | 2 cups shredded cabbage |
| 1 teaspoon minced ginger root | ½ cup slivered baby carrots |
| 1 20-ounce can young green jackfruit in water or brine, remove core and seeds | 4-5 mushrooms --about 5 ounces-- stemmed and sliced |
| ½ cup vegetable broth | 1 cup cooked edamame |
| 2 tablespoons soy sauce or wheat-free tamari | 4 green onions sliced |
| | Lettuce leaves for wrapping |

In a medium-sized saucepan, saute the onion until it softens (add a splash of water or broth if it begins to stick). Add the garlic and ginger root and cook for another minute.

Add the chopped jackfruit, vegetable broth, soy sauce, and hoisin sauce to the pan.

Bring to a simmer, cover, and cook on low until jackfruit softens and begins to shred when you press on it with the edge of a spoon (about 20-30 minutes).

Gently “encourage” the larger pieces to fall apart. Then add the remaining ingredients (except lettuce), cover, and simmer until the mushrooms exude their juices, about 5 minutes.

Serve in lettuce cups with sriracha or extra hoisin sauce. May be eaten warm or cold. Serves 4.

Stuffed Veggies

By Chef Babette

This recipe was used to stuff...2 baked russet potatoes, 2 green and 2 yellow bell peppers, 2 heirloom tomatoes and 2 Portobello mushroom caps.

- | | |
|-----------------------|----------------------------|
| 3 russet potatoes | 2 Portobello mushroom caps |
| 2 yellow bell peppers | 2 heirloom tomatoes |
| 2 green bell peppers | |

Stuffing

- | | |
|-------------------------|---|
| 1 diced zucchini | 2 tablespoons no salt |
| 2 diced red bell pepper | 2 tablespoons Mexican seasoning |
| 6 sliced sweet peppers | 2 tablespoons Braggs or sea salt to taste |
| 2 packages tempeh | |

Add all ingredients to a large mixing bowl and mix them well using hands if you like.

Sauté lightly adding a little water being careful not to over cook. Return to bowl and set aside.

Prep potatoes

Wash potatoes; oil and bake at 350°F until soft.

Slice potatoes in half using a spoon to remove excess potato, clearing the area to be stuffed...dice extra potato and add cashew sour cream to the potatoes . This will be the first layer when stuffing the veggies.

Cashew Sour Cream With Miso

By Chef Babette

1 cup non dairy milk
3 cups soaked cashews
¼ cup lemon juice
1 teaspoon sea salt

1 cup vegan mozzarella cheese
1 teaspoon agave
1 tablespoon Mexican seasoning
1 tablespoon miso

Blend all ingredients.

To stuff

Prep veggies.

Clean vegetables.

Slice potatoes in half horizontally.

Slice bell pepper horizontally and seed.

Slice top of tomatoes horizontally and seed.

Clean the quills from Portobello mushrooms.

Add cream cheese potatoes.

Add Baja tempeh mix.

Add a dollop cream cheese.

Shredded mozzarella vegan cheese.

Cover all veggies and bake at 350°F until cheese melts.

other recipes

100% Whole Wheat Bread for the Bread Machine

For 1½ lb. bread machine

1¼ cups water

1 tablespoon vegetable oil

¼ cup maple syrup

3½ cups Whole Wheat Flour

¼ cup sunflower, sesame or flax seeds,
or a combination

1 tablespoon vital wheat gluten

1 teaspoon salt

1½ teaspoons instant yeast

Put all of the ingredients into the bread pan in the order listed. Program for basic white bread, and press Start.

Crackers

By Anna Evans

1 package Lavash Bread (Trader Joe's)

Cut into pieces using scissors.

Spray with water and sprinkle with your choice of seasonings.

Bake at 350°F for about 12 minutes until crunchy.

You can also cut into thin strips to make crunchy pieces for salads.

Bean Mash Spread or Dip

By Anna Evans

In food processor mix:

1 package mushrooms

2 cups walnuts

Leave kind of chunky.

In bowl mash together:

1 can red kidney beans, drained and rinsed

Add mushrooms and walnuts to kidney bean mash; stir well.

Add:

2 teaspoons tamari soy sauce, reduced
sodium

3 teaspoons garlic powder

2 teaspoons smoked paprika

2 teaspoons onion powder

Mix well and serve.

Walnut and Olive Meat

By Anna Evans

1 12-ounce jar of Greek Kalamata Olives (drain and save olive juice for salad dressing)
2 cups walnuts

Process in a food processor and leave a little chunky. Ready to serve!

Corn Butter

By Mary McDougall

This is a wonderful spread for toast or muffins, and it also works on vegetables. It keeps for about a week in the refrigerator.

¼ cup cornmeal

1 cup water

1-2 teaspoon lemon juice

½ teaspoon salt or 1 teaspoon no-salt
seasoning mixture

Place the cornmeal in a saucepan with 1 cup of water. Cook, stirring constantly until mixture is smooth and thick. Place the cooked cornmeal in a blender jar. Add the lemon juice and the seasoning. Process until very smooth, adding a bit more water, if necessary, to reach the desired spreading consistency. Taste and add more lemon juice if desired. Place into a covered container and refrigerate. Makes 1½ cups

Crumbled Walnut Parmesan

By Kimberly Braniff adapted from *The Plantpower Way* by Rich Roll and Julie Piatt

1 cup raw walnuts

2 tablespoons nutritional yeast

1 garlic clove

½ teaspoon Celtic sea salt

In a food processor, pulse the walnuts until mealy in texture. Add the nutritional yeast, garlic, and sea salt. Pulse again a few times to mix well. Can store in refrigerator for three days.

Easy Deviled Potatoes

12 small baby gold potatoes
1 15-ounce can chickpeas, save the juice
4 tablespoons chickpea bean juice
2-3 tablespoons lemon juice (juice from one lemon)
1 teaspoon garlic powder

1 tablespoon dijon mustard
¼ teaspoon turmeric
¼ teaspoon onion powder
¼ teaspoon ground cumin
Salt and pepper
Paprika for garnish

Preheat oven to 400°F.

Scrub potatoes and slice in half.

Lay evenly, cut side up, on a cookie sheet and bake for 40 minutes.

Drain the chickpeas, reserving the juice, and rinse the chickpeas.

Add chickpeas to blender along with garlic, lemon juice, mustard, and spices.

Pulse until thoroughly mixed

Add bean juice - 1 tablespoon at a time - until desired consistency

Add more lemon juice and/or mustard to taste

Salt and pepper to taste

Once potatoes are finished baking, allow them to cool, and then carefully scoop out middles.

Save the potato middles, or eat them, or add them to your hummus.

More juice may be needed if you add potatoes to hummus

Using a pastry bag, (or zip lock baggy), fill hollowed out potatoes with hummus.

Garnish with paprika and serve.

desserts

Banana Oatmeal Cookies

By Molly Grupe, RD

2 large over ripe bananas

1 cup instant 1 minute oats

Optional Ingredients:

cinnamon, pumpkin spice mix
raisins, cranberries
walnuts, almonds, pecans

flaxseed, chia seed
vanilla or almond extract

Preheat oven to 350°F.

Mash bananas and mix with oats until oats are completely wet.

Line a cookie sheet with parchment paper, nonstick foil, or silicone baking sheet liner.

Drop dough by rounded tablespoonful's about 2 inches apart onto cookie sheet.

Bake at 350° F for 13-15 minutes. Makes 10-12 cookies.

Cashew Cream

By Anna Evans

2 cups cashews, soaked in water
overnight and drained

2 tablespoons maple syrup
2 teaspoons vanilla

Blend all ingredients in a high power blender. Adding a little water at a time until you get a creamy consistency.

Frozen Chia Treats

By Anna Evans

½ cup coconut milk
1 teaspoon vanilla

¼ cup chia seeds
1 cup strawberries

In order listed add ingredients to a Vitamix and blend well. Pour into a bowl and add ½ cup chocolate chips. Stir by hand. Pour into cupcake liners in a cupcake pan and freeze.

Gingerbread Cookies

The secret of these wonderful, crisp cookies is rolling the dough very, very thin. The easiest way to prepare the dough is with a heavy-duty mixer.

½ cup sugar	⅓ cup molasses
1 teaspoon ground ginger	⅓ cup soymilk
1 teaspoon cinnamon	2¼ cups whole-wheat pastry flour,
1½ teaspoons baking soda	divided
¼ teaspoon salt	

Mix sugar, ginger, cinnamon, baking soda, and salt in a large bowl. Add molasses and soymilk and mix well. Add 1 cup flour and mix well. Mix in enough of the remaining flour to make a very stiff dough (if mixing by hand, knead the dough to thoroughly mix the flour).

Preheat oven to 275°F.

Lightly mist two or three baking sheets with vegetable oil spray, then dust them with flour. On a floured surface, roll a portion of the dough with a flour-dusted rolling pin to 1/16-inch thickness. Cut the dough into shapes with flour-dusted cookie cutters or a flour-dusted knife. Using a metal spatula, carefully transfer the cookies to the baking sheets. Bake until the edges are dry and the centers give just slightly when pressed, about 20 minutes. Allow to cool on baking sheet for 5 minutes, then transfer with a spatula to a wire rack to cool. Once cool, store in an airtight container. Makes about 48 cookies.

Healthy No Bake Pumpkin Spice Latte Bites

By Kimberly Braniff adapted from The Big Man's World Blog

1¾ cups gluten-free oat flour (can sub for rolled oats, oat bran or quick oats)	½ cup pumpkin puree
¼ cup almond flour (may need to add 2-3 tablespoons to make the batter firm)	1 teaspoon vanilla extract
2 tablespoons granulated sweetener of choice (I used organic, raw sugar, but could use coconut palm sugar)	¼ cup cashew butter (can sub for any nut butter)
1 tablespoon pumpkin pie spice (or a mix of cinnamon, nutmeg, allspice and a dash of ginger)	¼ cup molasses or maple syrup (can sub for any sticky sweetener)
	1 tablespoon + almond milk
	Cinnamon and granulated sweetener of choice, to coat bites in (optional)

In a large mixing bowl, combine the flour, sweetener, pumpkin pie spice and mix well. In a microwave safe bowl or stovetop, heat your nut butter with your sticky sweetener until combined. Mix in your vanilla extract. Pour your wet mixture and pumpkin to the dry mixture and mix well. Depending on consistency, either add dairy free milk of choice or extra flour until a firm texture is formed.

Using your hands, form into small bite sized balls. Roll balls in optional cinnamon/sugar mixture and place on a baking tray or plate. Refrigerate for at least 10 minutes to firm up.

Overnight Chocolate Chia Seed Pudding

From Minimalist Baker

1½ cups Almond Breeze Almondmilk
Original Unsweetened
⅓ cup chia seeds
¼ cup cacao or unsweetened cocoa
powder

2-5 tablespoons maple syrup if not
blending (can sub 5-9 dates, pitted if
blending)
½ teaspoon ground cinnamon (optional)
¼ teaspoon sea salt
½ teaspoon vanilla extract

Add all ingredients except sweetener to a mixing bowl and whisk vigorously to combine. If not blending (which I preferred!), sweeten to taste with maple syrup at this time. If blending, you can sweeten later with maple syrup or dates.

Let rest covered in the fridge overnight or at least 3-5 hours (or until it's achieved a pudding-like consistency).

If blending, add to a blender and blend until completely smooth and creamy, scraping down sides as needed. Sweeten to taste.

Leftovers keep covered in the fridge for 2-3 days, though best when fresh.

Serves: 4

Peanut Butter Chocolate Chip Date Cookies

¾ cup rolled oats
¼ cup peanut butter
8 pitted Deglet Nour dates
½ teaspoon vanilla extract

1 teaspoon cinnamon
3 to 4 tablespoons water
½ cup chocolate chips

Preheat oven to 350°F.

Lightly grease a cookie sheet or line with baking paper.

In a food processor add oats, peanut butter, dates, vanilla and cinnamon. Process until well-ground, approximately 30 seconds. Mixture should resemble uniform coarse crumbs.

While continuing to process, add water 1 tablespoon at a time until dough forms. When one large ball of dough forms while your machine is running, your processing is done. That means your dough is sticky enough to hold together and not crumble apart.

Transfer the dough to a bowl and mix in chocolate chips.

Use a teaspoon or 1-inch scoop to create 1-inch balls. Level the bottom of each dough ball to form a little dome. Place 2 inches apart on a cookie sheet. Bake for 10 to 12 minutes. Cookies are done when the chocolate chips are just melted, the cookie is warmed throughout and the top is only slightly toasted.

Let cool before eating.

Raw Chocolate Layered Cake

By Chef Babette

Crust

2 cups of your favorite granola (no raisins or other fruit/nuts) I like Nature's Path organic Hemp Plus Granola

2 cups walnuts
½ teaspoon sea salt
½ cup cacao powder

Put it all together in a food processor attached with the S Blade until is broken down so it's more powdery than crunchy.

Put it in a bowl.

Add ¼ to ½ cup (depending on how sweet you like yours) of Agave nectar, use a spoon and blend it well. Spray your casserole dish with a little coconut oil and press some (not all) of your crust mixture to fill your bottom layer of your casserole dish.

Filling

Depending on the size of your casserole dish, you may need to double your recipe.

1 cup non dairy milk
1 cup agave nectar
¼ cup of coconut oil (preferably melted)
if not melted soft
1 teaspoon sea salt
½ cup of cacao powder

1 teaspoon of vanilla
3 avocado (ripe or over ripe they can have black spots)
2 packs of freeze dry raspberries
1 package of carob chips

Put all ingredients in a high speed blender and blend until creamy. (except for dry raspberries and carob chips)

Use an offset spatula, (or the back of the spoon)

Spread a thin layer of your chocolate onto the crust.

Crumble the two bags of raspberries with your fingers and put it all over the chocolate (this is your third layer)

Sprinkle a layer of carob chips on top.

Place this mixture in the freezer and let it get firm.

Place the rest of the avocado mix into the refrigerator while your crust mixture is getting firm. After 20 minutes take them both out.

Take the rest of your avocado/chocolate mix and make another. This time you are going to make a thicker top layer.

Then sprinkle more crust on top (as much as you want) sprinkle more carob chips and freeze it until hard.

Vanilla Chai Chia Pudding

From Ashley Melillo, Blissful Basil

Sweet vanilla and chai spices are whisked into nutrient-rich chia pudding to create a spiced pudding. This chia pudding makes an excellent snack or healthy dessert!

1½ cups almond or coconut milk
¼ cup + 2 tablespoons chia seeds
2½ tablespoons pure maple syrup
2 teaspoons pure vanilla extract or the
seeds of 1 vanilla bean
½ teaspoon ground cinnamon

½ teaspoon ground ginger
¼ teaspoon ground cardamom
pinch to ¼ teaspoon ground cloves or to
taste
⅛ teaspoon freshly-ground black pepper

Add all ingredients to an airtight container, and whisk together until incorporated. Refrigerate for at least 4 hours, but preferably overnight. Divide between two glasses or bowls, and top with coconut whipped cream, if desired. Serve and refrigerate leftovers. Serves 2.

Vegan Chocolate Zucchini Brownies

By Sandy Spallino

This recipe has been all over the internet, Pinterest, and on everyone's cooking blogs since 2010. Fast Paleo, Delighted Momma and others have done similar variations.

They are all slightly different, but all delicious. Here is my modified version.

Grease an 8x8 inch pan and line with parchment paper so it slightly overlaps the sides. Preheat oven to 350°F.

⅓ cup maple syrup
⅓ cup unsweetened cocoa powder
1 cup unsalted creamy almond butter
Pinch of salt
1 tablespoon ground flax seeds soaked
for 10 minutes in 3 tablespoons
warm water

1 teaspoon baking soda
1½ teaspoons vanilla extract
1½ cups of finely grated zucchini
½ cup vegan chocolate chips (Trader
Joes brand happens to be vegan)

In a large bowl mix together the nut butter, maple syrup, cocoa powder, pinch of salt, ground flax seeds soaked in water, pinch of salt, baking soda and vanilla extract until thoroughly blended and creamy. Now fold in the zucchini and chocolate chips.

Pour into prepared pan and bake for approximately 40-50 minutes. I found the perfect time to be about 43 minutes, but every oven varies. Cool, cut into squares and serve.

Very Easy Blueberry Cobbler

From *Prevent and Reverse Heart Disease* by Caldwell B. Esselstyn, JR., MD

$\frac{2}{3}$ cup whole-wheat flour
1½ teaspoons baking powder
 $\frac{2}{3}$ cup plant based milk

3 tablespoons maple syrup
1 tablespoon vanilla extract
2 cups blueberries

Preheat oven to 350°F. Combine flour and baking powder in a small bowl. Combine milk, maple syrup and vanilla in a measuring cup and stir, then add to flour and mix until smooth. (Batter will be runny)
Pour batter into a nonstick 8 inch square pan. Sprinkle berries on top.
Bake for 45 minutes, or until lightly browned.
Serve with Cashew Cream.

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