

The Best of Nature Plant Based Recipes

2015



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Program Schedule

October 6 ♦ Susan Jenson RD & Katherine Nilbrink

October 13 ♦ Chef AJ & Rebecca Martinez-Rocha

October 20 ♦ Olga Calof MD & Sanae Suzuki

October 27 ♦ Keri Wardwell MD & Sandy Spalino

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Cover pictures from top right to lower left: 1. Miso salad with sweet potato, red cabbage and kelp noodles - p. 7;
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5. Deconstructed sushi bowl with tomato poke - p. 17; 6. Millet and kabocha squash with roasted pumpkin seeds - p. 19.
Pictures 1, 2, 3 and 5 from Sandy Spalino. Picture 4 from Chef AJ. Picture 6 from Sanae Suzuki.

Salads

Chickpea, Almond and Broccoli Salad

2 cans of chickpeas, drained and rinsed

$\frac{3}{4}$ cup almonds, chopped

1 head of broccoli, chopped into small pieces

2 zucchinis, diced

$\frac{1}{2}$ a red onion, diced

1 red pepper diced

1 bunch of kale, de-stemmed and chopped into bite-sized pieces

Drain and rinse the chickpeas and chop all the veggies and the almonds and add it all to a big bowl.

Add the Lemon Tahini Dressing to the chickpeas, almonds and veggies and mix well.

Lemon Tahini Dressing

$\frac{1}{2}$ cup tahini

3 garlic cloves

$\frac{1}{2}$ cup fresh lemon juice

$\frac{1}{4}$ cup nutritional yeast

1 teaspoon kosher salt

$\frac{1}{4}$ cup water

Mix all ingredients in a blender or food processor until smooth.

Cilantro Lime Chickpea Salad

2 15-oz. cans chickpeas, drained and rinsed

4 cups chopped spinach

$\frac{1}{2}$ cup chopped sweet onion

1 cup cherry tomatoes, halved

Dressing:

$\frac{1}{2}$ cup lime juice

2 teaspoons Dijon mustard

2 teaspoons crushed garlic

1 teaspoon cumin

1 bunch cilantro

Mix together chickpeas, chopped spinach, onion and tomatoes.

Blend dressing ingredients together in a food processor or blender.

Pour dressing over chickpeas and vegetables. Mix well. Serves 4-6.

Curried Chickpea Salad

Dressing:

¼ cup tahini
1 tablespoon pure maple syrup
2 tablespoons water

2 tablespoons lemon juice
1 tablespoon curry powder
1 teaspoon turmeric
½ teaspoon salt

Salad:

2 15-oz. cans chickpeas, drained and rinsed
½ cup chopped green onions
½ small bunch cilantro, chopped

1 bell pepper, chopped
½ cup raisins
½ cup cashews, chopped

Whisk together all dressing ingredients in a small bowl.

Roughly smash about ½ of the chickpeas with a potato masher or pulse in a food processor.

Place salad ingredients in a large bowl. Add dressing and toss to combine.

Serves 6-8

Edamame and Hijiki Salad

¼ cup hijiki seaweed
1 12-oz. package shelled frozen edamame

1 cup shredded carrots
3-4 cups fresh baby spinach
2 cups shredded green cabbage

Creamy Miso Dressing:

¼ cup rice vinegar
2 tablespoons miso

1 clove garlic, crushed/pressed
1 tablespoon maple syrup

Soak hijiki in hot water for 20 minutes. Drain and set aside

Add edamame to a large pot of boiling salted water and cook for 3 minutes.

Rinse in cool water and drain well.

In a large bowl toss together soaked hijiki, edamame, carrots, spinach and cabbage. Set aside.

In a small bowl whisk together the Creamy Miso Dressing ingredients, ensuring miso is dissolved.

Pour dressing onto salad and toss to distribute evenly. Serve immediately. Keep dressing separate if serving later. Enjoy! Serves 4-6

Fall Harvest Spinach Salad

Salad:

4 cups fresh baby spinach, chopped
1½ cups cooked quinoa
¾ cup chopped butternut squash

1 medium apple, peeled and
chopped
⅓ cup pepitas (pumpkin seeds)
3 tablespoons dried cranberries

Dressing:

2 tablespoons sesame seeds
1 tablespoon apple cider vinegar
2 tablespoons lime juice
2 tablespoons Braggs liquid aminos
or tamari or soy sauce

2 tablespoons nutritional yeast
½ teaspoon minced garlic
1 teaspoon maple syrup
1-2 tablespoons water

Prepare the squash by peeling it, cutting it in half and scraping out the seeds. Cut the squash in ½ inch cubes, place on a parchment lined baking sheet and roast at 400 degrees F. for 30-40 minutes. Turn once or twice, until all the pieces are tender and have a few small brown spots.

While roasting the squash, toss together spinach, cooked quinoa, apple, pepitas and cranberries in a large salad bowl.

Prepare dressing by placing all dressing ingredients in a blender and blend until smooth.

Once the butternut squash is done roasting, allow it to cool and then place into the salad bowl with the other ingredients. Pour the dressing over the salad and toss to coat. Serve immediately. Serves 6-8.

Farro, Beet and Arugula Salad

1¾ cup dry farro, cook per directions
(1 package 10 minute farro from
Trader Joe's)
3 cups cooked beets, chopped (2
packages of cooked baby beets
from Trader Joe's)

3 cups arugula (½ bag of Trader
Joe's Wild Arugula)
¼ - ½ cup red wine vinegar
½ cup walnuts, chopped

Cook farro per package directions. Cool.

Add red wine vinegar and arugula to farro. Mix well.

Mix in beets and walnuts just before serving. Serves 6-8.

German Potato Salad

2 pounds Yukon gold potatoes
¼ cup red wine vinegar
3 tablespoons vegetable broth
1 teaspoon creole or other whole
grain mustard
¼ teaspoon salt, or to taste

⅛ teaspoon hickory smoked salt or
other smoked salt
⅓ cup sliced green onions or
chopped red onions

Wash the potatoes well and if they are large, cut them into halves or quarters; try to keep your pieces about the same size so they cook at the same speed. Bring a pot of water to boil, add the potatoes, and cook until they are tender when pierced with a fork. The time will depend on the size of the potatoes. Drain the water from the potatoes in a colander and rinse them with cold water to cool them down enough to handle. If you want, you can peel them. Chop them into bite-sized cubes and place in a large bowl.

Whisk together the remaining ingredients *except the onions* in a small bowl. Pour over the potatoes and mix well. Stir in the onions. Check flavor and add more vinegar, salt, or smoked salt to taste. Serve warm or at room temperature. Serves 4-5.

Hearts of Palm “Crab” Salad

1 can of hearts of palm, drained and
rinsed
¼ sweet onion, finely diced
2 celery sticks, finely diced

1 teaspoon Old Bay Seasoning
¼ cup plant based mayonnaise
1 large avocado, diced
2 tomatoes, thinly sliced

Halve and slice the hearts of palm and combine with the onion, celery and Old Bay Seasoning in a medium bowl. Add in the plant-based mayonnaise and mix well. To plate, lay a slice or two of tomato on the plate, top with some diced avocado and finish by scooping some salad on top. Serve chilled or room temperature. Serves 4.

Macaroni Salad

2 cups dry whole grain macaroni
pasta, cooked per package
instructions
3 ribs celery, diced
2 carrots, grated (1 ½ cups)

½ red onion, chopped fine
1 red bell pepper, small diced
1 3.8-oz. can sliced black olives
1 cup parsley, chopped
½ cup fresh basil, chopped

Dressing:

½ cup water
½ cup cashews
3 dates
1 clove garlic, minced

1 tablespoon prepared mustard
3-4 tablespoons lemon juice (juice of
one lemon)

In a small bowl, place cashews and pitted, diced dates in the ½ cup water; set aside.

Cook the pasta according to the package instructions: drain, rinse in cold water. In a large bowl, toss the celery, carrot, red onion, bell pepper, olives, parsley and basil.

In a high speed blender, blend all the dressing ingredients, including the soaked cashews and dates.

Add the pasta and dressing to the bowl of vegetables and mix everything.

Garnish with avocado.

Serves 6-8.

Miso Salad made with Sweet Potato, Red Cabbage and Kelp Noodles

By Sandy Spallino

Salad:

2 cups kelp noodles or
approximately 6 oz., rinsed and
drained
¼ red cabbage (about 2 cups)
shredded using the slicer blade
on the food processor

1 medium sweet potato using the
shredder blade (about 2 cups)
Big handful fresh cilantro leaves
finely chopped (about a very
small bunch)
One cup fresh mung bean sprouts

Rich Miso Dressing:

3 tablespoons miso
2 tablespoons olive oil
1 garlic clove, minced
1 small lemon, juiced

2 tablespoons water
2 tablespoons apple cider vinegar
⅓ teaspoon dried red chili pepper

If using non organic sweet potato, peel it. If using organic, you can leave the skin on but brush carefully under water. In a food processor, shred the sweet potato using the shredder blade.

Shred the cabbage by using the slicer shredder (if you use the regular shredder, it will come out too fine). You can also use a hand shredder for the sweet potato and a knife to cut very thin strips of cabbage if you don't have a food processor.

Rinse the kelp noodles and give them a rough chop.

To make the dressing, combine all ingredients in a small bowl until blended.

Combine all ingredients in a big bowl and toss with miso dressing. Serves 3 main dish or 6 sides

Quinoa and Chick Pea Salad

2 cups quinoa, cooked
1 clove garlic, crushed
¾ teaspoon salt
juice of 2 lemons (about ½ cup)

1 15-oz. can chickpeas, rinsed and
drained
½ cup sliced olives
½ cup diced red bell pepper
2-3 cups arugula (3-4 oz.)

Mix all ingredients together. Chill and serve.

Roasted Sweet Potato, Wild Rice, And Arugula Salad

Salad:

2 cups cooked wild rice (about ½ cup raw)	1 teaspoon chili powder
2 large sweet potatoes, peeled and diced (about 3-4 cups)	3 cups arugula
	½ cup cashew pieces

Dressing:

½ cup freshly squeezed lemon juice (about 4-5 lemons)	1 tablespoon maple syrup
zest of the lemons (optional)	½ teaspoon crushed garlic
	¼ teaspoon salt

Cook the wild rice according to package directions.

Preheat the oven to 350 degrees. Place the sweet potato pieces directly on a baking sheet. Sprinkle with the chili powder and stir directly on the pan to get everything mixed. Roast for 20-25 minutes, stirring every so often to keep from burning. When the sweet potatoes are golden brown on the outside, remove from the oven and set aside.

Meanwhile, make the dressing by whisking all the dressing ingredients together in a bowl. When the rice is done, toss it with a little bit of the dressing and refrigerate.

Toss the arugula, wild rice, sweet potatoes, cashews, and the remaining dressing together. Serve warm or cold.

Serves 4-6.

Thai Crunch Salad

Salad:

4 cups chopped Napa cabbage or shredded coleslaw mix	1 small cucumber, halved and thinly sliced
1 cup shredded carrots	1 cup cooked edamame
1 red bell pepper, thinly sliced into bite size pieces	2 green onions, thinly sliced
	½ cup packed chopped fresh cilantro

Dressing:

½ cup peanut butter	juice from one lime
¼ cup rice vinegar	3 garlic cloves, crushed
¼ low sodium soy sauce	1 inch ginger, finely grated
1 teaspoon maple syrup	¼ - ½ teaspoon chili flakes

For the dressing, combine all ingredients in a blender and process until smooth.

For the salad, combine all ingredients in a large bowl and toss to combine. If serving right away, drizzle the peanut dressing over top and toss; otherwise, serve the dressing on the side so the salad doesn't get soggy. Serves 4-6.

Thai Peanut Salad

By Katherine Nilbrink

1 12-oz package kelp noodles or 2
cups green cabbage shredded
½ cup shredded carrots
2 cups red cabbage, shredded
5 scallions, chopped
(green part included)

6 leaves Romaine lettuce, chopped
½ cup edamame
sunflower seed sprouts
peanuts for garnish

Place all ingredients in a large bowl and toss until mixed well. Add Thai Peanut Dressing and toss until well coated. Sprinkle with 1 tablespoon peanuts on each serving.

Thai Peanut Dressing

By Katherine Nilbrink

¼ cup peanut butter
2 medjool dates
1 small clove garlic
1 tablespoon roasted sesame seeds
¼ teaspoon chili flakes
juice from half a large lime

¼ teaspoon cumin
1 small piece of ginger
1 teaspoon low sodium tamari
water to thin
1 tablespoon chopped cilantro

Place all ingredients (except cilantro) in a high speed blender and blend until smooth. Add cilantro and briefly mix - keeping the cilantro in pieces vs totally blended into the sauce.

Three Bean Salad

By Anna Evans

1 cup chopped green beans
(stems removed)
1 15-oz. can chickpeas, rinsed and
drained
1 15-oz. can kidney beans, rinsed and
drained
1 orange bell pepper, finely chopped

½ cup packed finely chopped fresh
parsley
3 green onions, finely chopped
salt and pepper to taste

Dressing

8 tablespoons fresh lemon juice
1 tablespoon apple cider vinegar

1 tablespoon maple syrup
1 tablespoon Dijon mustard

Add several cups of water in a pot and bring to a boil. Add chopped green beans and blanch 2-3 minutes. Drain and rinse with cold water. Place in large bowl. Put chickpeas, kidney beans, green beans, bell pepper, parsley and green onions in a bowl and mix well.

Whisk together dressing ingredients and adjust to taste.

Pour dressing over salad and mix well. Place in refrigerator for 30 minutes to allow flavors to develop. Season with salt and pepper. (Salad will taste even better the next day!)

Sauces, Dressings & Dips

Artichoke and Spinach Dip

6 oz. baby spinach, steamed	2 tablespoons lemon juice
1 can of artichoke hearts, drained (no oil)	¼ cup somewhat packed basil leaves, chopped
1 clove garlic, chopped	salt to taste
1 can cannelloni beans, rinsed and drained	

Steam spinach for 3 minutes. Drain and chop when cool.

In a food processor, chop artichokes until chunky.

In a food processor, blend garlic, beans, lemon juice and basil until smooth.

Mix together spinach, artichokes and bean mix.

Serve with baguettes, rice crackers or cucumber slices.

Makes about 3 cups.

Basil Pesto Sauce

By Katherine Nilbrink

⅔ cup pumpkin seeds or walnuts	1-2 cloves garlic
3 cups spinach	juice from 1 lemon
3 cup packed fresh basil	

Place ingredients in a high speed blender and blend until smooth, adding water to desired consistency.

Serve with 'zoodles' – zucchini noodles

Creamy Herb Dressing ('Ranch')

By Katherine Nilbrink

½ cup unsweetened almond milk	1 tablespoon onion granules
⅓ cup raw, unsalted cashews (2 oz) (can use avocado too)*	1 teaspoon dill
2 tablespoons lemon juice	1 tablespoon fresh parsley, chopped
1 garlic cloves	1 tablespoon chives

Place all ingredients (except almond milk) in high speed blender and blend until smooth, adding the milk until you reach the desired consistency.

*If you want to reduce the fat in this recipe, replace with ½ cup cannellini beans (or other white bean).

Edamame dip

By Sandy Spallino

8-oz. package shelled, ready to eat
edamame (about 1½ cups)
⅓ cup chopped, packed cilantro
leaves
1 avocado, peeled, chopped
¼ cup water

3 tablespoons fresh lemon juice
¾ teaspoon salt
½ teaspoon black pepper
¼ teaspoon toasted sesame oil
¼ teaspoon ground cumin

Directions: Put the edamame in a food processor and pulse several times. Add cilantro and remaining ingredients and process the mixture until smooth. Serve with rice crackers, or cut up vegetables.

Mushroom Gravy

By Susan Jenson

½ onion, minced
1 10-oz bag of sliced mushrooms
½ teaspoon crushed garlic
2 cups vegetable broth
½ - 1 teaspoon dried thyme
½ teaspoon dried rosemary, crushed

¼ - ½ teaspoon rubbed sage
1 tablespoon nutritional yeast
1 tablespoon soy sauce
2 tablespoons unbleached flour
¼ cup plain non-dairy milk

In a medium sized non-stick saucepan, sauté the onion in a little water until beginning to brown, about 5-10 minutes. Add the mushrooms and 1 tablespoon water, and cook for another 3 minutes. Add the garlic, and cook, stirring for another minute.

Add the vegetable broth, herbs, nutritional yeast and soy sauce. In a bowl, whisk or blend the non-dairy milk and flour together until smooth. Add it to the saucepan and stir well. Simmer stirring occasionally, for 15 minutes.

For a bacony-flavored gravy, add a few drops of Liquid Smoke at the end. Serves 6.

Raw Marinara Sauce

By Katherine Nilbrink

1½ cups sun dried tomatoes (dry
packed NOT oil packed), soaked
until tender
2 tablespoons onion granules
1½ tablespoons Italian seasoning or a
mix of oregano and basil

2 teaspoons garlic granules
2 dates
2 tablespoons apple cider vinegar
2 cups water

Place first 5 ingredients in high speed blender and 1 cup water. Blend until smooth. If too thick add more water until desired consistency.

Spicy Chipotle Dressing

By Katherine Nilbrink

- | | |
|---|----------------------------------|
| 1 cup unsweetened non-dairy milk,
(I like to use almond) | 1 date, pitted |
| 1 tablespoon chia seeds | 2 tablespoons fresh lemon juice |
| 3 sun-dried tomatoes (not packed in
oil) | 1 tablespoon apple cider vinegar |
| 1 small clove garlic | ¼ teaspoon chipotle powder |
| | ¼ teaspoon ground cumin |
| | water, as needed |

To make the dressing, pour the non-dairy milk into a high-speed blender and then add all of the remaining ingredients.

Transfer to a 1 pint mason jar and to sit for about 15 minutes to thicken.

After about 15 minutes, check the dressing for thickness. If the mixture is too thick, for its intended purpose, add a bit more non-dairy milk or water.

This is great served with veggie burgers, grilled/baked Portobello mushrooms or eggplant.

Tofu Sauce

By Susan Jenson

- | | |
|---|----------------------------|
| 1 16-oz. can garbanzos, rinsed and
drained | ¼ cup Braggs Liquid Aminos |
| 1 12-oz. box firm tofu (silken type) | ½ teaspoon Spike seasoning |
| | 2 teaspoons lemon juice |

Put all ingredients into a high powered blender and process until smooth.

Warm and serve over steamed vegetables and rice. Makes about 3 cups.

Soups

Bean Soup With Kale

By Susan Jenson

8 large garlic cloves, crushed or minced
1 medium yellow onion, chopped
4 cups finely chopped raw kale
4 cups low sodium vegetable broth
2 15-oz. cans white beans, such as cannellini or navy, undrained

4 plum tomatoes, chopped or 1 ½ cups canned diced tomatoes
2 teaspoons dried Italian herb seasoning
Salt and pepper to taste
1 cup chopped parsley

Saute garlic and onion in a small amount of water until vegetables are soft. Add kale and saute, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley. Serves 6-8.

Creamy Squash and Potato Soup

By Sharry Neubauer

1 butternut squash (about 3 ½-4 lbs), peeled and cut into cubes, about 5 cups
3-3½ cups chopped onions
4 cups chopped yams
3 cups chopped russet potatoes

2 teaspoons dried basil
6½ cups water
¾ cup almond milk
½ teaspoon pepper
2-3 teaspoons salt

Peel and chop all veggies and keep in separate plastic bags until ready to use (chop russet potatoes last and keep in water for a few minutes, then drain and cover)

Saute onions in water until softened. Add squash and seasonings and sauté 5-10 minutes longer over medium heat.

Add water, bring to a boil and simmer for 10 minutes.

Add potatoes and simmer another 20-30 minutes until all veggies are soft.

Remove from heat and blend with immersion blender until smooth.

Stir in almond milk and serve.

Green Split Pea Soup With Sundried Tomatoes And Dried Mushrooms

© Chef AJ, 2014

1 pound green split peas	6-8 cloves garlic, pressed
1 large onion, chopped	4 teaspoons dried parsley
1 pound carrots, sliced	1-2 tablespoons salt-free seasoning*
1 celery heart, sliced	1 teaspoon dried basil
2 large potatoes, cubed	1 teaspoon dried rosemary
8 cups boiling water	1 teaspoon dried oregano
2 cups chopped oil-free sundried tomatoes	1 teaspoon celery seed
1 small package dried crimini mushrooms	1 teaspoon smoked paprika
	1 bay leaf

Place all ingredients in an Instantpot Electric Pressure Cooker. Cook on high for 8 minutes. Alternately, place all ingredients in a slow cooker and cook on low for 6-8 hours.

Chef's Note: Serve over brown rice and/or raw or cooked spinach or other greens. Or stir in some greens right after releasing the pressure.

Trader Joe's Chili

By Susan Jenson

2 cans of vegetarian chili	1 can of great northern beans, rinsed and drained
1 can of canned corn, drained	
1 can of diced fire roasted tomatoes with chilis	1 can of red kidney beans, rinsed and drained

Mix all together in a soup pot. Heat and serve. Serves 6-8.

Entrées & Sides

Baked Macaroni and Cheese

2 cups uncooked macaroni
1 can great northern beans, drained
and rinsed
5 tablespoons nutritional yeast (not
Brewer's yeast)
½ cup canned diced tomatoes
1 tablespoon lemon juice

½ teaspoon chili powder
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon prepared mustard
1-2 tablespoons tahini
Paprika

Preheat oven to 350 degrees.

Cook macaroni in a pot of boiling water, according to package directions. While it is cooking, combine the remaining ingredients (except paprika) in a food processor or blender. Blend until very smooth and creamy.

Combine macaroni and sauce in a non-stick, sprayed baking dish. Sprinkle lightly with paprika and bake in oven until bubbly, about 15-20 minutes.

Baked Potato Dish

By Susan Jenson

1 14-oz. bag frozen fire roasted bell
peppers and onion
6-8 red potatoes, diced small
2 Tofurky Italian sausage, sliced
3-4 cloves garlic, sliced

1 10-oz bag sliced crimini
mushrooms
1 15-oz can fire roasted tomatoes
2-3 tablespoons sliced olives

Layer all ingredients in order given in a 9 in x 13 in casserole dish. Cover with foil and bake at 350 F. for 1 hour (until potatoes are done). Serves 6-8.

Balasamic Dijon Roasted Brussels Sprouts

This recipe was given to me (Chef AJ) by my plant based physician Dr. Roy Artal
www.DrArtal.com.

It tastes just like candy. You will want to eat the entire 2 pounds all by yourself!
Preheat oven to 450F.

Trim the ends off of 2 pounds of Brussels sprouts and cut in half or fourths
(depending on how big they are).

Place in a large bowl and add ¼ cup of your favorite low sodium Dijon mustard
or salt free stone ground mustard and ¼ cup of your favorite Balsamic
vinegar. Mix well until the veggies are completely coated. Bake on a piece of
parchment paper or nonstick silicone baking mat for at least 30 minutes, or
until desired doneness is reached. I like mine really well done, almost
blackened! If you do not like Brussels sprouts or they are not available, try
another veggie. I have done this with great success with broccoli, cauliflower,
turnips and butternut squash. Roasting really brings out the natural
sweetness in veggies and makes them extra delicious!!!

Barbeque Tempeh Sandwiches

1 cup barbecue sauce	1 green bell pepper, seeded and
1 8-oz. package tempeh, crumbled	chopped
1 red bell pepper, seeded and	1 medium onion, chopped
chopped	Sliced multi grain baguettes

Pour the barbeque sauce into a medium bowl. Crumble the tempeh into the
sauce, and let it marinate a little, about 10 minutes.

Saute peppers and onions in a small amount of water until tender.

Stir in the tempeh and barbeque sauce, and heat through.

Spoon the tempeh mixture onto sliced multigrain baguettes, and serve with
coleslaw seasoned with lime juice and cilantro. Serves 4

Coconut Curry Lentil Soup

1 large onion, chopped	1 13.5-oz. can lite coconut milk
2 cloves garlic, minced	1 14.5-oz. can petite diced tomatoes
1 tablespoon fresh ginger, minced	1 ½ cups dry red lentils
2 tablespoons ketchup	2-3 handfuls of chopped kale or
2 tablespoons curry powder	spinach
4 cups water	Garnish: chopped cilantro
1-2 teaspoons salt	

In a stockpot stir-fry in a little water the onion, garlic and ginger until the onion
is translucent, a couple minutes.

Add the ketchup, curry powder and cook for another minute.

Add the water, coconut milk, diced tomatoes and lentils. Cover and bring to a
boil, then simmer on low heat for 20-30 minutes, until the lentils are very
tender. Season with salt. Before serving, stir in the kale/spinach and garnish
with cilantro.

Deconstructed Sushi Bowl With Tomato Poke

By Sandy Spallino

Sushi Bowl:

2 cups uncooked short grain brown
rice, cooked according to package
directions and cooled to room
temperature
3-4 carrots, shredded
3-4 Persian cucumbers, julienne
sliced

2 avocados
Toppings such as toasted seaweed,
sesame seeds, pickled ginger and
rice seasoning (found in Asian
grocery stores) and sliced green
onions

Dressing:

3 cloves garlic
2 inch knob of fresh ginger, peeled
½ cup tahini
½ cup unseasoned rice vinegar

¼ cup plus two extra tablespoons
Braggs liquid amino acids, tamari
or soy sauce
2 tablespoons maple syrup

To make dressing place all ingredients in a blender, blend until well combined.
You may need to add a tablespoon or more of water if it comes out too thick,
but usually it is fine.

To make sushi bowl, put brown rice on bottom of bowl, top with carrots,
cucumber, avocado, Tomato Poke (see below) and toppings and top with
desired amount of dressing. Serves 3-4.

Tomato Poke

By Sandy Spallino

Marinade:

1½ teaspoon minced ginger
3 tablespoons soy sauce or tamari
1 teaspoon sesame oil

¼ teaspoon red chili flakes
½ teaspoon sugar

Mix all marinade ingredients together. Toss with 4 chopped tomatoes and ⅛ of a
thinly sliced white onion. Marinate about 30 minutes.

Note: slice onions and let soak in water in fridge about 20 minutes to get rid of
bitterness. Rinse water every 10 minutes or so.

Daikon Radish with Miso Scallion Sauce

© Sanae Suzuki mugen LLC

For the daikon:

1 medium daikon radish
2 seven inch strips kombu

4 to 5 cups purified water
4 to 5 tablespoons tamari (soy sauce
without wheat)

For the sauce:

4 teaspoons scallions, minced
2 tablespoons barley miso

2 to 3 tablespoons cooking liquid
(from daikon preparation)
lemon juice, to taste (optional)

To make the daikon:

Using a sharp knife, slice the daikon into about 8 rounds about $\frac{3}{4}$ inch thick.

In a large pot over medium-high heat, place the kombu in the bottom of the pot and layer the daikon on top.

Add enough purified water to cover the daikon halfway. Bring to a boil.

Add 1 to 2 tablespoons of the tamari for each cup of water added. Cover, reduce heat to low and simmer until daikon is tender, about 30 to 40 minutes or more.

Reserve cooking liquid for use in making the sauce.

Serve daikon with miso scallion sauce on the top of daikon.

To make the sauce:

In a Mortar and Pestle, grind the scallions for several seconds.

Add miso and puree into a smooth paste. Slowly add the daikon cooking liquid.

Add lemon to taste. Makes 4 servings

Enchilada Casserole

By Susan Jenson

1 green bell pepper, diced
1 red bell pepper, diced
1 medium onion, diced
3-4 cloves garlic, minced
2 cups sliced zucchini

1 cup frozen corn kernels
1 can black beans, rinsed and
drained
8-10 corn tortillas
24 oz. favorite enchilada sauce

Saute bell peppers, onion and garlic in a small amount of water.

Add zucchini, corn and beans and cook until zucchini is softened.

Using a square casserole dish, layer sauce, 2 tortillas and vegetable mixture 3 times and end with tortillas and sauce.

Bake at 350 degrees F. for 30 minutes.

Garnish with sliced olives, cilantro and avocado. Serves 4-6.

Millet and Kabocha Squash with Roasted Pumpkin Seeds

© Sanae Suzuki mugen LLC

1 cup millet

4 cups purified water

1.5 cups, kabocha squash, cut into
about 1 inch diced

one pinch sea salt

Roasted Pumpkin Seed (direction
next page)

Wash the millet a few times and soak for 4 ~6 hours or over night.

After soaking, bring the water to a boil and add sea salt and add the squash.

Reduce the heat to low, cover and simmer for 25 minutes.

Remove from the flame and allow pan to sit undisturbed for another 5 to 10 minutes before removing cover. Serve with roasted pumpkin seed. Makes 4 servings

How to wash whole grains/seeds

All whole grains and seeds should be washed prior to cooking in order to remove dirt and debris.

Place the whole grains/seeds on a tray or large dinner plate. Sort through and remove any visible hulls, stones, soil particles or heavy dust. Transfer seeds to a fine mesh strainer.

Place the strainer into a larger bowl and fill with purified water. Wash whole grains/seeds gently, stirring with your hand in a counter-clockwise direction when you want to be more energetic, or in a clockwise direction when you want to be more relaxed.

Drain off the water (reserving it to water your plants later), and repeat the washing step 3 times or more, or until the water runs almost clear.

Give whole grains/seeds a final rinse to get rid of any small broken whole grains/seeds or dust that still remains. Pat the bottom of the strainer with a clean dry cloth. The whole gains/seeds are now ready to be dry roasted (as per next section) or incorporated into your recipe. (Note: if you intend to dry roast the seeds, do not allow seeds to drain for long after rinsing. If they lose too much moisture they run the risk of burning in the hot pan.)

Roasted Pumpkin Seed

© Sanae Suzuki mugen LLC

After washing the pumpkin seeds transfer to a skillet that has been heated over a medium-high flame. Keeping the flame at this level until most of the water is evaporated, use a flat wooden paddle or wooden spoon, and gently but constantly move the seeds back and forth in order to evenly roast.

Move the paddle from a north to south, south to north, east to west and west to east direction. At this moment it is important to make purely deliberate movements with the wooden spoon to prevent burning. Reduce the flame to medium-low once the grains/seeds are dry. If roasting pumpkin seeds, continue roasting until they pop and produce a nutty fragrance (reduce the heat if you notice them starting to puff up). Be careful not to burn or scorch the seeds.

Pressure Cooker Ratatouille

3 tablespoons water	2 cups diced eggplants (½ in cubes)
1 cup chopped onion	1 14-oz. diced canned tomatoes
2 garlic cloves, peeled and thinly sliced	½ cup tomato sauce
1 green bell pepper, diced	½ teaspoon thyme
1 red bell pepper, diced	1 teaspoons salt
1 jalapeno pepper, diced	2 tablespoons shredded basil
2 cups diced zucchini (½ in cubes)	2 tablespoons parsley
	2 tablespoons balsamic vinegar

Heat water in pressure cooker using the sauté setting.

Add onions, garlic, peppers and brown until the onion is soft.

Add zucchini, tomatoes, eggplant, water, thyme, salt and brown for 4 minutes.

Cover and set to high pressure for 5 minutes.

Release the pressure using the quick release method.

Unlock and remove lid, add the basil, parsley and vinegar.

Adjust seasonings to taste.

Quinoa Curry Bowl

1½ cups water	1 teaspoon minced fresh ginger
¾ cup quinoa (dry)	1 teaspoon curry powder
1 teaspoon granulated onion	2 tablespoons tahini (ground sesame paste)
½ teaspoon curry powder	½ avocado (optional)
1 16-oz. bag of frozen “stir fry” blend vegetables	sesame seeds to garnish (optional)
1 tablespoon minced garlic (4 to 5 medium cloves)	

Stir the water, quinoa, granulated onion, and ½ teaspoon curry powder together in a medium saucepan, and bring to a boil. Reduce heat to a low simmer and cook covered with a tight-fitting lid for 15 minutes.

While the quinoa is cooking, place the frozen vegetables into a skillet or soup pot on medium-low heat covered so the vegetables can thaw and soften. Stir occasionally, adding a little water if needed. While the vegetables are warming, mince the garlic and ginger.

When the vegetables have thawed and softened (5 to 10 minutes), increase the heat to medium-high and stir in the garlic, ginger, and 1 teaspoon curry powder; stirring for 1 to 2 minutes. Remove the pan from the heat and add the tahini, adding a little water as needed to mix thoroughly. Stir the quinoa into the vegetables. Serve as is or with diced avocado and/or sesame seeds on top. Serves: 2 as a main dish, 4 as a side dish.

Squash and Pinto Bean Dish

By Susan Jenson

6-8 cups (about 2 pounds) of
chopped summer squash
1 can fire roasted tomatoes with
jalapenos

1 can pinto beans, rinsed and
drained
½ onion, diced
4 cloves garlic, minced
1 teaspoon cumin

Saute onions and garlic in a small amount of water until onions are translucent.
Add the rest of the ingredients and simmer until squash is cooked al dente.
Serve with brown rice or quinoa. Serves 4.

Stuffed Shells

1 box pasta shells
2 jars marinara sauce (without added
sugar and low in sodium!)
2 15-oz cans cannellini beans,
drained and rinsed
2 oz (a couple handfuls) of fresh
basil leaves or 1 teaspoon dried
basil

1 cup raw cashews
3-4 cloves garlic
¼ cup nutritional yeast
¼ cup fresh lemon juice
½ - ¾ teaspoon salt
½ teaspoon red pepper flakes
2 pounds frozen, chopped spinach

Preheat oven to 375. Boil your shells according to package directions - just until
tender - do not overcook!

Meanwhile, make your filling. Combine your filling ingredients (beans through
spinach) in a food processor. Process until well combined and smooth.

Drain your shells and start stuffing!

Pour 1 jar of sauce into two baking pans, just covering the bottom. Place your
stuffed shells on top. Drizzle your shells with the remaining sauce. Don't
completely cover.

Sprinkle with faux parmesan cheese.

Cover with foil and bake at 375 for about 30 minutes. Serves 6-8.

Tamale Pie

By Susan Jenson

- | | |
|---|--|
| 1 2¼-oz. can sliced olives, drained | 1 14.5-oz. can of black beans, rinsed
and drained |
| 1 small onion, diced (about 1 cup) | 1 teaspoon ground cumin |
| 1 clove garlic, minced | 1 teaspoon oregano |
| 2 15-oz. cans of petite diced tomatoes
(juices included) | ½ teaspoon garlic powder |
| 1 4-oz. can of diced green chilis | 1 teaspoon salt |
| 1 cup whole kernel corn | ½ cup regular cornmeal |
| | ½ cup corn flour |

Saute olives, onion and garlic in 2 tablespoons of water until onions are translucent, about 2-3 minutes. Stir in remaining ingredients except for cornmeal and corn flour and simmer 3-4 minutes. Stir in cornmeal and corn flour and cook on low for 3-4 minutes, stirring frequently. Mixture will become thick. Prepare 9 x 13 inch baking dish with non-stick spray. Pour and spread mixture into baking dish and bake 40 minutes at 350 degrees F. To avoid drying out cover with foil for ½ of the baking time. Serves 10-12

Other Recipes

Fresh Almond Milk

© Chef AJ

Of course, you can buy Almond Milk at the store but why not make your own for just pennies a glass. It's really easy and delicious!!!

1 cup raw, unsalted almonds (or your favorite nut or seed)

Soak the almonds overnight in water. Be sure to cover completely as they expand as they absorb water. In the morning, drain completely and rinse well several times. Place the almonds in a blender with 3 cups of filtered water. Blend on high speed until the almonds are fully incorporated into the liquid. Pour mixture into a paint straining bag (that is new and has not been used for painting!). You can get these at any hardware store for about 99 cents. Strain the milk from the pulp over a bowl until you can't squeeze any more liquid out of the pulp. You can reserve the pulp for another use such as making cookies or crackers. Refrigerate any unused milk. Last about 2-3 days. If you like your nut milk thicker and richer, more like cream, just add less water. For thinner almond milk, add more water. For a sweet version, add a few dates (or date paste) and alcohol free Vanilla extract or almond extract.

For sweet almond milk add dates, to taste, and 1 tablespoon alcohol-free vanilla.

Cheap & Easy Method:

Place 1-2 tablespoons of raw almond butter in a blender with 3-4 cups of water and blend until smooth.

gRAWnola

Adapted by Chef AJ from and inspired by a recipe from Miyoko Schinner

2 pounds gluten free oats	1 Tablespoon roasted cinnamon
1½ cups of almond or flax seed meal (optional)	½ Tablespoon cardamom
5 cups of date paste	2 pounds of raisins

In very large bowl mix all together all of the ingredients except for the raisins. I find this is best done using latex free food service gloves. You want to make sure that the date paste is fully incorporated into the oats. Place on 5-6 dehydrator trays covered with Teflex or parchment paper and dehydrate at desired temperature for up to 48 hours. After about 8 hours, when gRAWnola is dry to the touch, I take it out and crumble it with my hands into the desired size chunks, remove the Teflex or parchment paper and place directly on the screen to finish dehydrating. Pour dried gRAWnola into a very large bowl, let cool, and stir in raisins. Keep in an airtight container.

Chef's Note:

Substitute dried cranberries or goji berries for the raisins.

Date Paste

© Chef AJ

Make sure you always have some on hand to create a healthy dessert in no time.

One pound of pitted dates

One cup of liquid (water, unsweetened non-dairy milk, unsweetened juice)

Soak dates in liquid overnight or for several hours until much of the liquid is absorbed. In food processor fitted with the "S" blade, process dates and liquid until completely smooth. Store date paste in the refrigerator.

Desserts

Apple Swirl Loaf

Apple Mixture:

½ cup diced apple (peeled first)
1 teaspoon freshly squeezed lemon
juice
¼ cup unsweetened applesauce

¼ cup unrefined sugar
1 teaspoon cinnamon
⅛ teaspoon allspice

Batter:

1½ cups whole-wheat pastry flour
(or 1 2/3 cups spelt for wheat-
free version)
½ cup oat flour
1½ teaspoon baking powder
½ teaspoon baking soda

½ teaspoon cinnamon
¼ teaspoon sea salt
¾ cup vanilla or plain non-dairy
milk
½ cup pure maple syrup
1½ teaspoon pure vanilla extract

Preheat oven to 350 degrees F. First combine apple mixture: in a bowl, toss apples with lemon juice and then add applesauce, sugar, cinnamon and allspice. Mix and set aside. In a large bowl, combine dry ingredients for batter (sifting in baking powder and soda). Mix well. In a small bowl, combine milk, maple syrup, and vanilla. Add wet mixture to dry, stirring through until just well combined (without over-mixing). Add apple mixture to batter, and using a spoon or knife, ever so slightly fold/swirl it into the batter (okay to have thicker spots, as above, these will create delicious flavor swirls)! Pour into a lightly oiled (just wipe with a paper towel) 9" x 5" loaf pan. Bake for 40-45 minutes, until golden and a toothpick or skewer inserted in the center comes out clean.

Better Than Mom's Banana Bread

2 cups whole wheat pastry flour
¾ teaspoon baking soda
½ teaspoon salt
1 cup mashed banana (2-3 bananas)
½ cup maple syrup

⅓ cup unsweetened applesauce
¼ cup unsweetened plant-based milk
1 ½ teaspoons pure vanilla extract

Add ins:

2 teaspoons cinnamon and ½ cup raisins and ½ cup chopped walnuts OR ½ cup chocolate chips and ½ cup chopped walnuts

Preheat oven to 350 degrees F. Have ready an 8 x 4 inch nonstick or silicone baking pan. Or line a regular baking pan with parchment paper.

In a large mixing bowl sift together the flour, baking soda, and salt.

In a separate mixing bowl, combine the mashed banana, maple syrup, applesauce, plant-based milk, and vanilla.

Make a well in the center of the dry ingredients and pour in the wet ingredients, mixing just until everything is evenly moistened.

Spoon the batter into the prepared loaf pan. Distribute the batter evenly along the length of the pan but don't spread the batter to the edges; the batter will spread as it bakes. Bake for 55-60 minutes. Edges of the bread should be golden brown and pulling away from the sides of the pan.

Let the bread cool for at least 30 minutes, then run a knife around the edges and carefully invert the loaf onto a cooling rack. Or if using parchment paper, lift the loaf out of the pan by using the edges of the parchment paper. Be sure it is fully cooled before slicing.

Lemon Balls

2 cups raw cashews
2 lemons, juiced and zested

1½ cups unsweetened shredded coconut
½ cup dates, pitted

Place cashews in a food processor and process to a fine powder.

Add lemon juice, lemon zest, coconut and dates and process until consistency is thick and moist, adding a bit of water if needed.

Using hands, roll into small bite size balls and then roll into some extra shredded coconut to coat the ball.

Place balls into a container and put in refrigerator or freezer until firm.

Makes about 30 balls.

Lemon Pancakes

1 cup flour	dash of nutmeg
1 teaspoon baking soda	1 cup plant based milk
1 teaspoon baking powder	1 fresh lemon-juiced and grated
1 tablespoon sugar	

Mix dry ingredients together. Mix liquid ingredients separately. Add liquid to dry ingredients. Mix until moistened. Form into pancakes on hot non stick pan. Cook until done.

Peanut Butter Cookies

2 very ripe bananas, mashed	1/3 cup chocolate chips
1 1/2 cups quick cooking oats	
1/3 cup peanut butter	

Preheat oven to 350 degrees F.
Combine bananas, oats, and peanut butter in a bowl and mix well. Fold in chocolate chips. Drop bite sized spoonfuls onto a parchment lined baking sheet and bake for 12-15 minutes. Makes 25-30 cookies.

Pumpkin Chocolate Chip Cookies

1 15-oz. can of pumpkin	2 teaspoons pumpkin pie spice
1/3 cup maple syrup	2 cups quick cooking oats
1 teaspoon vanilla extract	1/2 cup chocolate chips
2 cups almond meal	

Pre-heat oven to 350 degrees F.
Add all ingredients into a bowl and mix well.
Drop by tablespoon onto a cookie sheet lined with parchment paper.
Bake 12-15 minutes. Makes 30-40 cookies.

Pumpkin Pie Spice Balls

1 cup walnuts	1/2 teaspoon vanilla extract
1 cup dates	1/2 cup shredded coconut
1 teaspoon pumpkin pie spice	Extra coconut for rolling in
1/4 cup pumpkin puree	

Process walnuts until finely chopped.
Add dates and process until sticky.
Add the rest of the ingredients and process until well blended.
Use a small scoop to make balls and roll in coconut flakes.
Makes around 15 balls.

Whole Wheat Cinnamon Raisin or Date Nut Bread (for bread machine)

1½ cup water

2 tablespoons oil

2 tablespoons brown sugar

3½ cups whole wheat flour

2 teaspoons cinnamon

½ teaspoon salt

3 tablespoons high gluten flour
(do-pep)

2 teaspoons active dry yeast

Add ins:

1 cup raisins or chopped dates

½ cup walnuts, chopped

Measure all ingredients except yeast into baking pan in the order listed. Make a depression in the middle of the flour and sprinkle yeast into it, ensuring that the yeast does not touch any liquids.

Bake on whole wheat cycle and add raisins or dates and walnuts at indicated time.

Volunteers

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Lori Aurentz
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