

Vegan Recipes Served at our Pot Luck Dinners

An Experience in Sustainable Eating

Westminster Presbyterian Church, Wooster, OH

www.wpcwooster.org

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MAIN COURSES, SOUPS AND APPETIZERS

Sweet Potato & Black Bean Chili

3 large sweet potatoes, peeled and cut into 1/2 in. cubes (I don't peel mine!)
1 large onion, chopped
2 T. chili powder
3 garlic cloves, minced
1t. ground cumin
1/4 t. cayenne pepper (I do a little less when serving to a group who may not want too much heat!)
2 cans black beans, rinsed and drained
1 can (28 oz) diced tomatoes, undrained
1/4 c. brewed coffee (I've been known to use a sprinkle of instant instead! - either way it adds depth of flavor)
2 T honey (I've used turbinado)
1/2 t. salt
1/4 t. pepper

In large pot or dutch oven, sauté sweet potatoes and onion. Add the chili powder, garlic, cumin and cayenne. Stir in and cook 1 minute longer. Stir in beans, tomatoes, coffee, honey, salt and pepper. Bring to a boil. Reduce heat, cover and simmer for 30 - 35 minutes or until sweet potatoes are tender. (I've done it in 20 minutes, when necessary!!)

I serve this with a great green salad and good bread. You can also serve it over rice.

Fall Scrambled Tofu (serves 4)

1 Tbsp olive oil
1 medium sized yellow onion
1 cup thinly sliced cremini mushrooms
2-3 cloves fresh garlic, minced
¾ cup thinly sliced butternut squash
1 package extra firm tofu
¼ cup nutritional yeast
juice of ½ lemon
1 cup fresh spinach, coarsely chopped

Spice blend:

1 Tbsp fresh sage, chopped & rubbed
2 tsp cumin
1 tsp paprika
½ tsp tumeric
1 tsp salt
pinch pepper (or cayenne)

Heat oil in skillet over medium high heat. Saute the butternut squash for 2 minutes then add onion and mushrooms and cook 3 minutes, garlic then 2 minutes. Add spice blend and mix for about 30 seconds, then deglaze pan with ½ cup water.

Crumble tofu into pan in large chunks. Mix gently to not crush up the tofu, cook for 15 minutes adding water to the pan if drying out. Add lemon juice, nutritional yeast and spinach to finish.

*This is wonderful all year with seasonal vegetables

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Baked Sweet Potato Falafels

(Makes about 18 falafel, serving 4 - 6)

2 medium sweet potatoes, around 1 ½ pounds in total
 1 ½ teaspoons ground cumin
 2 small cloves of garlic, chopped
 1 ½ teaspoons ground coriander
 2 big handfuls of fresh cilantro/coriander, chopped
 Juice of half a lemon
 a scant cup (120g) gram /chickpea flour a splash of olive oil
 a sprinkling of sesame seeds
 salt and pepper

Preheat the oven to 425F degrees and roast the sweet potatoes whole (Poke with fork and wrap in tin foil) until just tender - 45 minutes to 1 hour. Turn off the oven, leave the potatoes to cool, then peel (chop up peel if reserving).

Put the sweet potatoes, cumin, garlic, ground and fresh coriander, lemon juice and gram/chickpea flour into a large bowl. Season well, and mash until smooth with no large chunks.

Stick in the fridge to firm up for an hour, or the freezer for 20-30 minutes. When you take it out, your mix should be sticky rather than really wet. You can add a tablespoon or so more of chickpea flour if necessary (the water content of sweet potatoes varies enormously).

Reheat the oven to 400F. Using a couple of soup spoons (put a well-heaped spoonful of mix in one spoon and use the concave side of the other to shape the sides) or a small ice cream scoop if you have one, drop onto a greased roasting pan. Sprinkle sesame seeds on top and bake in the oven for around 15 minutes, until the bases are golden brown.

Tzatziki Sauce (Yield: 1 cup)

1 small cucumber (½ cup)
 ½ cup plain soy yogurt (or 1 cup raw cashews, soaked in water for hours)
 2 Tbsp. lemon juice
 ½ tsp. granulated garlic
 1 tsp. fresh dill, chopped fine (or ¼ tsp. dry, crushed)
 salt to taste

Grate cucumber into a medium sized bowl.

Stir in the yogurt, lemon juice, and granulated garlic or onion.
Add salt to taste.

(If using cashews, blend with ½ c. water until smooth and add rest of ingredients)

Deep Frying Instructions

Gradually heat 3 inches of good quality high heat vegetable oil (about 3 cups) in a deep pot, until the oil reaches between 325 and 350 degrees. I highly recommend having a frying or candy thermometer on hand. Once the temperature is right, fry one ball to test the frying time, and to ensure the ball does not fall apart. If it falls apart, try adding a little flour.

Fry 5 to 6 balls at once, for between 3 and 4 minutes, or until a nice golden brown. The balls will sink at first, but then float as they reach their cooking time. Using a slotted spoon, remove the falafel balls, and allow them to drain on paper towels.

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Thai Tacos

1 (16oz) package extra firm tofu, diced
 ½ cup hoisin sauce (recipe follows/ premade)
 2 Tbsp sesame oil

8 oz mushrooms, chopped finely
 1 Tbsp olive oil
 1/8 tsp salt
 1/8 tsp pepper
 ¼ tsp garlic powder

2 cups shredded carrots
 ½ cup chopped cilantro (optional)
 ½ cup sliced green onion (optional)
 ½ cup roasted peanuts, chopped for garnish (optional)

1. Marinate Tofu in Hoisin sauce for 15 minutes
2. In a medium skillet sauté: Mushrooms, garlic, salt and pepper in olive oil & set aside
3. Sauté: Tofu on high for 3 minutes, then reduce heat and cook another 8 minutes until tofu absorbs sauce and caramelizes, let cool
4. Toss together mushrooms, tofu, shredded carrots and cilantro
5. Serve with the option of tortillas or lettuce leaves
 Drizzle with peanut sauce and garnish with chopped peanuts and green onion, Enjoy!

Hoisin Sauce

4 Tbsp soy sauce
 1 Tbsp peanut butter
 1 Tbsp molasses
 2 tsp vinegar
 1/8 tsp garlic powder
 1/8 tsp onion powder
 2 tsp sesame oil
 2 Tbsp sriracha/hot sauce

Combine all ingredients and blend until smooth

Thai Peanut Sauce

¼ cup natural creamy peanut butter

¼ cup coconut milk
3 Tbsp sriracha/hot sauce
2 Tbsp lime juice
2 Tbsp rice vinegar
2 Tbsp orange juice

Combine all ingredients and blend until smooth

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Three-Bean Mole Chili

For Crock-Pot Cooking

Makes 4 to 6 Servings

Cook Time: 5 to 6 Hours (Low) – 1 to 2 Hours (High)

1 can (15 ounces) pinto beans, rinsed and drained
1 can (15 ounces) chili beans in spicy source, undrained
1 can (15 ounces) black beans, rinsed and drained
1 can (14 ½ ounces) Mexican or chili-style diced tomatoes, undrained
1 large green bell pepper, diced
1 small onion, diced
½ cup beef, chicken or vegetable broth
¼ cup prepared mole paste *
2 teaspoons ground cumin
2 teaspoons ground coriander (optional)
2 teaspoons chili powder
2 teaspoons minced garlic
Crushed tortilla chips (optional)
Chopped cilantro (optional)

*Mole paste is available in the Mexican food section of large supermarkets or in specialty markets.

1. Combine beans, tomatoes with juice, bell pepper, onion, broth, mole paste, cumin, coriander, if desired, chili powder and garlic in crock-pot slow cooker. Mix well.
2. Cover and cook on LOW 5 to 6 hours or on HIGH 1 to 2 hours or until vegetables are tender.
3. Serve with chips or cilantro if desired.

Ethiopian Okra and Chickpea Wat (Stew)

Adapted from "Extending the Table" cookbook by Bill Mateer

Ingredients:

Salt and pepper

Olive oil

2-3 large onions

2-3 cloves garlic

1 T. fresh ginger root, chopped fine

Spices: berbere (an Ethiopian spice mixture), sweet paprika, cardamom, nutmeg and fenugreek

2 c. mushrooms

1 lb. whole okra (frozen works fine)

1 1/2 c. cooked chickpeas

White wine or stock.

Directions:

Dice onions and garlic fine or use food processor.

Put in large pan with olive oil and cook over medium heat until soft.

Add 1 T. berbere (more or less, depending upon how hot), 2 T. paprika, 1/2 tsp. fenugreek, 1/4 tsp. cardamom, and 1/4 tsp. nutmeg and 2 T. paprika. Cook for 3 minutes, stirring constantly.

Pour in 1.2 - 1 cup white wine or stock and bring to a boil.

Add okra, mushrooms and chickpeas. It's also fine to add a diced sweet pepper or tomato, if handy.

Cook until tender. (About 20-30 minutes.) Add additional liquid if needed.

Add salt and pepper to taste.

Serve over rice or with injera (an Ethiopian flat bread that is somewhat like a pancake that is made with tef flour).

Roasted Pepper, Eggplant and Chickpea Stew

Adapted from Local Roots newsletter by Bill Mateer

Ingredients:

Salt and pepper
3-4 medium potatoes
2 large sweet bell peppers (red are nicer)
1 hot chili pepper (Jalapeno or Serrano), diced fine
Olive oil
1 c. basil leaves (or a couple tablespoons of pesto)
1 c. cilantro leaves (or a couple tablespoons of cilantro chutney)
3 garlic cloves
3 T. olive oil
1/2 - 1 tsp. cumin
2 onions, peeled and cut into eighths
Several small eggplants or one larger eggplant
2 c. mushrooms
2-3 tomatoes, peeled and cut up
1 1/2 c. cooked chickpeas
White wine or stock

Directions:

Peel potatoes if desired. Cut into large pieces and parboil 5 minutes.

Halve peppers lengthwise, rub with oil, broil until slightly charred, put in covered dish to cool and then remove skin and cut into large pieces.

Salt and drain eggplant if desired. Skin if too tough. Cut into large pieces.

Put basil, cilantro, garlic, oil, cumin and 1/2 tsp. salt into a food processor and blend to make a smooth paste.

Put potatoes, peppers, mushrooms, eggplants, tomatoes and chickpeas into a large bowl. Add spice mixture and black pepper and mix thoroughly.

Transfer into large casserole and add 1/2 - 1 c. white wine or stock.

Cover and bake at 350 degrees for 1 1/2 hours. Uncover and bake 20 minutes longer. Add additional liquid if needed. Serve by itself or over rice or pasta.

Pumpkin Curry With Lentils And Apples

Serving Size : 6

1 cup red or brown lentils
6 cups water
1/2 teaspoon turmeric
1 tablespoon canola oil
1 large onion -- diced
2 tomatoes -- cored and chopped
3 cloves garlic -- minced, up to 4
1 1/2 tablespoons curry powder
2 teaspoons ground cumin
1/2 teaspoon pepper
1/2 teaspoon salt
1/4 teaspoon ground cloves
2 cups peeled and chopped pumpkin or other winter squash
2 cups white potatoes -- unpeeled & chopped
8 medium cauliflower florets
2 medium carrots -- peeled and diced (about 1 cup)
2 cups shredded leafy greens -- (kale, escarole or spinach)
2 apples -- unpeeled, cored and diced
cooked basmati or jasmine rice

Place lentils, water and turmeric in a saucepan; cook about 45 minutes over medium-low heat.

Drain, reserving 2 1/2 cups cooking liquid.

Heat oil in large saucepan; add onion.

Saute over medium heat 4 minutes.

Add tomatoes and garlic; cook 4 minutes more, stirring occasionally.

Add curry, cumin, pepper, salt and cloves; cook 1 minute more, stirring frequently.

Stir in lentils, reserved cooking liquid, pumpkin, potatoes, cauliflower and carrots; cook over medium-low heat until vegetables are tender, 35 to 45 minutes.

Stir in greens and apples; cook about 15 minutes more, stirring occasionally.

Transfer to a large serving bowl and serve with basmati or jasmine rice.

Makes 6 servings. Per Serving: 334 Cal.; 11g Prot.; 3g Fat; 65g Carb.; 0 Chol.; 216mg Sod.; 9g Fiber.

Garden Medley Vegetable Stew

(From How It All Vegan? By Tanya Barnard and Sarah Kramer)

½ medium onion, chopped

3 cloves garlic, crushed

2 medium carrots, chopped

1 tbsp olive oil

½ butternut squash, peeled & cubed

1 medium potato, chopped

½ medium green pepper, cored & chopped

1 28-oz can crushed tomatoes and juice

OR 5-8 tomatoes, diced & ½ cup water

1 tsp balsamic vinegar

2 cups vegetable stock OR water

1 tsp turmeric

1 tsp cumin

1 tsp chili powder

In a large soup pot, sauté the onions, garlic, and carrots in oil on medium heat until onions are translucent. Add the squash, potato, pepper, tomatoes, vinegar, stock, and turmeric, cumin, and chili powder. Simmer for 30-45 minutes until vegetables are tender, and serve. Makes 4-6 servings

Thai Green Curry

Based on RasaMalaysia.com recipe

Ingredients:

1 1/2 Tbs. green curry paste, Mae Ploy brand
1/2 cup thick coconut milk at top of can
1 + cup remainder coconut milk after shaking can
2 tsp key lime juice
2 mini peppers, sliced
4+ cups vegetables (broccoli squash, zucchini, peas, water chestnut, bamboo shoots)
1/4 cup Thai basil leaves
1 tsp. fish sauce
1 Tbs. palm sugar
1 Tbs. vegetable oil

Method:

In really hot wok, stir-fry vegetables until a few are slightly charred: set aside

Reduce wok to medium heat

Sauté the green curry paste with oil until fragrant; add 1/2 cup of coconut milk from top of unshaken can and stir until the oil surfaces

Add the remaining coconut milk, palm sugar, lime juice and fish sauce. Bring to a boil

Add the vegetables; cook just until the vegetables are hot

Add the basil, stir and remove from heat.

Vegan Calico Beans

1 lb. TVP “hamburger” such as Morning Star crumbled
1 lb. vegan “bacon” if desired
1 onion chopped
½ cup catsup
¾ cup brown sugar
1 Tbsp. mustard (yellow)
2 Tbsp. vinegar (white or cider)
1 lb. (1 ½ 15 oz cans) “beans and sauce:” (vegetarian pork and beans)
1 lb can lima beans drained
1 lb can kidney beans drained
1 lb can butter beans drained

Brown crumbles and onion

Add the other ingredients

Bake in large casserole 1 hour at 350 degrees

Butternut Squash and Lentil Soup

1 cup dried lentils
2.5 cups cubed butternut squash (3/4" cubes)
0.5 cups chopped onion
0.5 cups chopped carrots
0.5 cups chopped celery
2 cloves garlic, minced
1 tsp garam masala
4 cups vegetable broth

Rinse and drain lentils.

Place lentils, squash, onion, carrots and celery in crockpot.

Sprinkle garlic and garam masala over top, pour broth over all.

Cook 8-9 hours at low heat, 4 hours at high heat.

Sweet Potato and Black Bean Burrito

From Moosewood Low Fat Favorites Cookbook

5 cups peeled cubed sweet potatoes
1/2 teaspoon salt
2 teaspoons canola oil
3 1/2 cups diced onions
4 large cloves garlic, minced or pressed
1 tablespoon minced fresh green chile
4 teaspoons ground cumin
4 teaspoons ground coriander
4 1/2 cups cooked black beans (three 15-ounce cans, drained)
2/3 cup lightly packed cilantro leaves
1 teaspoon salt
8 eight-inch flour tortillas
Your favorite recipe of salsa

Preheat oven to 350.

Place the sweet potatoes in a medium saucepan with the salt and water to cover. Cover and bring to a boil, then simmer until tender, about 10 minutes. Drain and set aside.

While the sweet potatoes are cooking, warm the oil in a medium skillet or saucepan and add the onions, garlic and chile. Cover and cook on medium low heat, stirring occasionally, until the onions are tender, about 7 minutes.

Add cumin and coriander and cook for 2 to 3 minutes longer, stirring frequently. Remove from heat and set aside. In a food processor, combine the black beans, cilantro, lemon juice, salt and cooked sweet potatoes and puree until smooth. Transfer the sweet potato mixture to a large mixing bowl and mix in the cooked onions and spices.

Lightly oil a large baking dish. Spoon about 2/3 to 3/4 cup of the filling in the center of each tortilla, roll it up, and place it, seam side down, in the baking dish. Cover tightly with foil and bake for about 30 minutes, until piping hot. Serve topped with salsa.

Red Lentil and Sweet Potato Curry with Warm Pita Bread

2 tbsp vegetable oil
1 medium onion, chopped
Coarse sea salt or kosher salt
1 medium sweet potato, peeled and cut into 1 inch chunks
1 (1 inch) piece fresh ginger, peeled and chopped
1 large or 2 small garlic cloves, chopped
1 tbsp curry powder
1 bay leaf
1 ½ cups red lentils
Pita bread

1. Preheat the oven to 300 degrees F. In a saucepan or kettle, bring 3 ½ cups of water to a boil.
2. In a large saucepan over high heat, warm the oil. Add the onion and a pinch of salt and sauté, stirring occasionally, until the onion softens, and 3 to 4 minutes.
3. Add the sweet potato, ginger, garlic, curry powder and bay leaf and sauté until fragrant, about 1 minute. Pour in the boiling water and stir in the lentils. Reduce the heat to medium-low, cover and simmer until the lentils break down and the sweet potatoes are tender, 18 to 20 minutes. Season with salt.
4. While the potatoes and lentils are cooking, wrap a stack of pita breads in a slightly damp cotton towel, and place in oven for 10 to 15 minutes. Serves 4

Mujadara

1 c. lentils
1 c. rice
3-4 heads garlic (small ones – or to taste)
½ tsp cumin
¼ tsp black pepper (or to taste)
1 tsp salt
2 Tbs. Olive oil

Boil lentils and garlic in 4 cups water. When done (takes approximately 20 minutes), reduce heat to low and add the rest of the ingredients. When you add the rice, there should be approximately 2.5 cups of water left in the pot. If more remove some and if less add water. Let the water dry out from the cooking. Serve with a tossed salad made with a dressing composed of olive oil and lemon juice. Add salt to taste to the salad.

Or it can be served with laban (unflavored yogurt). The protein in the laban and in the lentils complement each other and allow a synergistic absorption of the proteins in both.

Vegetarian Chili (from Chili Madness by Jane Butel)

2 ½ cups dried kidney beans, soaked overnight in water to cover (note: I used canned beans, half kidney and half pinto, but I don't think it matters)
 3 tsp. salt
 1 cup tomato juice (used low salt V-8)
 1 cup raw bulghur wheat
 2 T olive oil
 2 medium onions, coarsely chopped
 4 medium cloves garlic, crushed
 3 stalks celery, coarsely chopped
 3 carrots, coarsely chopped
 3 or 4 tomatoes, peeled, seeded, and coarsely chopped
 1 T fresh lemon juice
 2 T ground hot red chile
 3 T ground mild red chile (I used Mexican chili powder and a lesser amount of hot chili powder to make up 5 T)
 1 tsp. ground cumin
 ½ tsp. ground oregano, preferably Mexican
 1 tsp. dried basil
 freshly ground pepper to taste
 1 ½ green bell peppers, cored, seeded, and coarsely chopped
 (I also added some frozen corn near the end of the cooking time)

1. Transfer the kidney beans and the water in which they soaked to a large heavy saucepan. Add one tsp. of the salt and bring to a boil over high heat. Lower the heat and continue boiling the beans, partially covered, until tender, about 1 hour. Watch water level and add more, if necessary, to keep the beans from scorching. (I skipped this step and used canned beans.)
2. Meanwhile, place the tomato juice in another saucepan and bring to a boil over medium heat. Remove from the heat immediately and add the bulghur to the juice. Cover and let stand for 15 minutes. It should be slightly crunchy. Set aside.
3. Heat the olive oil in a large heavy pot over medium heat. Add the onions and garlic and cook until the onions are translucent. Add the celery, carrots, tomatoes, lemon

juice, and all the spices—including the remaining salt—to the onions and cook, covered until the vegetables are nearly tender, about 10 to 15 minutes. Add the bell peppers and continue cooking another 10 minutes.

4. Add the kidney beans, the water in which they cooked, and the bulghur to the vegetables in the large pot. Stir the mixture thoroughly and simmer for 30 minutes over low heat. The chili may be thick—add water as necessary and stir occasionally making sure the bulghur does not stick to the bottom of the pot. Taste and adjust seasoning.

Serves 6 to 8 (actually probably quite a few more servings)

Lentil Stew with Spinach and Potatoes

Serves 2

This easy-to-make meatless stew is rich in protein. Fresh mint and lemon give it a Mediterranean kick while cayenne adds heat. From Bon Appetit.

2 Tbsp. olive oil (I use less)
 2 large cloves garlic, chopped
 3 c. vegetable broth
 1 c. lentils, rinsed, picked over
 8 oz. red-skinned potatoes, cut into ½ inch pieces
 1 lemon
 6 oz. torn fresh spinach leaves (about 8 c.)
 ¼ tsp. cayenne pepper
 ¼ c. chopped fresh mint
 (Crumbled feta cheese,

optional) Directions:

Heat olive oil in heavy large saucepan over medium heat. Add garlic and stir 1 minute. Add vegetable broth and lentils; bring to boil. Reduce heat, cover and simmer 10 min. Add potatoes; cook uncovered until potatoes and lentils are tender, stirring occasionally, about 15 min.

Meanwhile, grate ½ tsp. peel from lemon; squeeze enough juice to measure 2 Tbsp. Add lemon peel and juice, spinach and cayenne to stew. Cover and simmer stew until spinach wilts and is cooked through, about 2 min. Mix in mint. Season to taste with salt & pepper. *(I have never added the mint or additional salt & pepper. The broth makes it salty enough for my taste.)* (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over low heat before serving.)

Spoon stew into large soup bowls. Sprinkle with feta cheese, if desired.

(Easy to double! When doubling the recipe, I use all the peel and juice of a whole lemon and one

10 oz. bag of spinach.)

Ratatouille

Ingredients:

2 large eggplants (about 2-2 1/2 pounds total), scrubbed and cut into 1-inch cubes, skin on. Any kind of eggplant works.

Table salt

2 large zucchini (about 1 1/2 pounds total), scrubbed and cut into 1-inch cubes

1/4 cup olive oil

1 large onion, chopped

2 medium garlic cloves, minced or pressed through garlic press (about 2 tsps.)

3 medium ripe tomatoes (about 1 pound of ideally very ripe beefsteak tomatoes), peeled and cut into 2 inch cubes (leave seeds and juice in tomatoes)

2 tablespoons chopped fresh parley leaves

2 tablespoons chopped fresh basil leaves

1 teaspoon chopped fresh thyme leaves

Ground black pepper

1. Place eggplant chunks in a large colander set over a large bowl; sprinkle with 2 tsps. table salt and toss to distribute salt evenly. Let eggplant stand at least 1 hour and up to 3 hours. Rinse eggplant well under running water to remove salt and spread in an even layer on a triple layer of paper towels on a rimmed cookie sheet or other large flat surface. Press firmly on the eggplant until the chunks are dry and feel well compressed (very important step to get air pockets out of the eggplant, since these absorb way too much grease during cooking).

2. Adjust 1 oven rack to upper-middle position and second rack to lower-middle position; heat oven to 500 degrees. Line 2 rimmed baking sheets with foil.

3. Toss eggplant, zucchini, and 2 tablespoons of oil together in large bowl, then divide evenly between prepared baking sheets, spreading in single layer on each. Sprinkle with salt and roast, stirring every 10 minutes, until well browned and tender, 30-40 minutes. Rotate baking sheets from top to bottom halfway through roasting time. Set aside.

4. Heat remaining 2 tablespoons oil in heavy-bottomed Dutch oven over medium heat until shimmering. Add onion, reduce heat to medium low and cook, stirring frequently, until softened and golden brown, 15-20 minutes. Stir in garlic and cook until fragrant, about 30 seconds. Add tomatoes and cook until they release liquid and begin to break down, about 5 minutes. Add roasted eggplant and

zucchini, stirring gently but thoroughly to combine, and cook until heated through, about 5 minutes. Stir in parsley, basil, and thyme; season with salt and pepper to taste. Serve warm or at room temperature. The ratatouille is best when served right away, although it can sit for an hour or two.

Makmoura (Syrian)

3 tbsp olive oil
 1 large onion, peeled and thickly sliced
 2 cloves garlic, peeled and crushed
 15 oz chickpeas
 ½ cup walnuts, coarsely chopped
 1 lb 2 oz cabbage, finely chopped
 Salt to taste
 1/3 tsp cinnamon
 ½ tsp cumin
 ½ cup lemon juice

1. Heat olive oil in frying pan; then add onion. Fry over moderate heat until tender. Add garlic, stirring for 3 minutes. Then add chickpeas and walnuts and cook for another 5 minutes.
 2. Stir in the cabbage. Cover and cook for 10-12 minutes until cabbage is tender. Season with salt, cinnamon and cumin. Finally stir in lemon juice. Serve hot or cold
- Thyme-Scented Wild Mushroom Bisque

2 Tablespoons olive oil
 2 leeks, thinly sliced
 4 shallots, chopped
 1 celery rib, thinly sliced
 2 garlic cloves, chopped
 1 teaspoon salt
 1 teaspoon minced fresh thyme leaves or 1/2 t. dried
 1/4 cup dry vermouth or white wine
 8 ounces cremini mushrooms, thinly sliced
 4 ounces oyster mushrooms, thinly sliced
 4 ounces large portobello mushrooms, thinly sliced
 1 cup dried porcini mushrooms, soaked in very hot water to cover for 20 minutes and drained
 6 cups Mushroom Stock (or vegetable stock)
 4 ounces soft silken tofu, drained and chopped
 Fresh thyme springs for garnish

Saute leeks, shallots and celery in oil. Cover and cook until softened, about 10 minutes. Add the garlic, salt and thyme, and cook for 2 minutes. Stir in the vermouth, increase the heat and cook for about 2 minutes to reduce the liquid slightly. Add all the fresh mushrooms, reduce the heat to medium and cook for 5 minutes, stirring occasionally.

Slice the porcinis and add to the pot along with the stock. Reduce the heat to medium-low and simmer for 20 to 30 minutes. Taste and add more salt if necessary.

Carefully transfer the soup to a blender or food processor, add the tofu and process until smooth (or use an immersion blender) Return soup to pot and reheat. Adjust salt and pepper to taste.

from VEGAN PLANET by Robin Robertson

Corn and Bean Enchiladas

Prepare enchiladas filling:

Sauté a chopped onion, a couple cloves of garlic, a jalapeno pepper, a dozen or so mushrooms and some red and green sweet peppers for color.

Add a drained can of black beans and package of frozen corn. Add seasoning: salt, black pepper, cumin (about a teaspoon), chili powder (about a teaspoon), parsley flakes and cilantro.

Sauté about 15 minutes and allow to cool.

Put 3-4 tablespoons of filling into large flour tortillas. Fold in sides and roll up.

Spread some canned enchilada sauce on the bottom of a large, flat baking dish. Put in the prepared enchiladas and pour on the rest of the sauce. Use a brush to coat all the enchiladas and spoon some salsa on top if desired.

Cover and bake at 350 degrees for about 45 minutes or so.

Usually served with rice.

VEGETABLES, SALADS AND SIDES

Quinoa Salad with Black Beans

1 mango, peeled and cut into small dice
1 red bell pepper, seeded and diced
1 cup chopped scallions
1 cup chopped fresh cilantro
2 Tablespoons red wine vinegar
2 Tablespoons grape seed oil
1/4 teaspoon salt
2 cups cooked quinoa, cooled
1 (15-ounce) can black beans, drained and rinsed
a few leaves of lettuce for garnish

Combine the mango, bell pepper, scallions and cilantro in a mixing bowl. Add the red wine vinegar, grape seed oil, and salt, and stir to combine. Add the quinoa and stir until everything is well incorporated. Fold in the black beans. You can serve immediately or let it sit for a bit for the flavors to meld. To serve, place a few leaves of lettuce on a plate and scoop some salad on top. This tastes good chilled and is even better at room temperature.

From VEGANOMICON, by Isa Chandra Moskowitz & Terry Hope Romero

Creamy White Bean and Vegetable Mash

1 onion, chopped
1 stalk celery, thinly sliced
1 carrot, thinly sliced
2 lb. Yukon gold potatoes, pared and cut into 1-in chunks
2 cups cooked white beans, drained or 1 16-oz can
coarse salt and freshly ground pepper

Cook onion, celery, and carrot (I added garlic) in olive oil or water in medium sauce pan over medium heat until translucent, 6-8 minutes. Add potatoes and white beans and cover with water by 2 inches. Season with salt. Bring to boil, then reduce heat and simmer until potatoes are tender. Drain, reserving a cup cooking water. Mash vegetables, adding reserved water if necessary to adjust consistency. Season with salt and pepper.

Black Bean Soup

1# dry black beans
1 medium onion, diced
3 cloves garlic, diced
½ c. diced carrots
½ c. diced celery
1 small can (4-6 oz) canned corn
½ tsp. salt
½ tsp. black pepper
½ tsp. ground cumin
2 tsp. paprika
¼ tsp. cayenne (or more to taste)

Rinse and soak beans overnight in water to cover. Bring beans to a boil and simmer until tender. Remove and blend 2-3 c. of beans and juice. Replace blended beans and add the remaining ingredients to the soup pot. If the soup is too thick, add water or vegetable broth. Simmer until vegetables are thoroughly cooked. Eat plain or top with oyster crackers or crushed tortilla chips (the ones at the bottom of the bag work well.) Makes around two quarts.

Chile-Bathed Sweet Potatoes

Rick Bayless offers a wonderful recipe for sweet potatoes glazed with an ancho chili paste in “Rick Bayless’s Mexican Kitchen.” Instead of making the paste, I make a thinner glaze with canned chipotle and some of the adobo they’re packed in. The glaze makes a spicy contrast to the sweet potatoes.

2 garlic cloves, green shoots removed
 Salt to taste
 2 chipotle chilies in adobo, seeded
 2 tablespoons adobo sauce from the chilies
 1/2 teaspoon ground cinnamon
 1/8 teaspoon freshly ground cloves (1 clove)
 1/4 teaspoon freshly ground pepper
 1/2 cup chicken broth or water
 1 cup fresh orange juice
 2 tablespoons honey
 1 tablespoon finely chopped orange zest
 2 tablespoons extra virgin olive oil
 4 large sweet potatoes (about 3 pounds), scrubbed
 Chopped cilantro for garnish (optional)

Note: Sweet potatoes may be labeled as yams. Look for dark orange flesh.

1. Preheat the oven to 350 degrees. Oil a 2-quart baking dish. Place the garlic, salt, chipotles and adobo sauce, cinnamon, cloves, pepper, broth, orange juice and honey in a blender. Blend until smooth. Strain into a large, wide bowl, and stir in the orange zest.

2. Cut the sweet potatoes in half lengthwise, then cut each half into 4-inch lengths. If the sweet potatoes are fat, cut the pieces in half lengthwise into wedges. Add to the bowl, and toss with the adobo mixture until coated. Transfer to the baking dish, then pour on the liquid from the bowl. Drizzle on the oil, and cover tightly with foil.

3. Bake 45 minutes in the preheated oven until tender. Raise the heat to 425 degrees,

uncover the sweet potatoes and baste with the liquid in the pan. Continue to bake, uncovered, until the sweet potatoes are thoroughly tender and glazed and any sauce remaining in the pan is thick. Garnish with cilantro and serve.

Yield: Serves six.

Advance preparation: You can make this dish several hours ahead of serving and reheat in a medium oven. You can assemble the dish through Step 2 several hours before you bake it.

Nutritional information per serving: 269 calories; 5 grams fat; 1 gram saturated fat; 0 milligrams cholesterol; 52 grams carbohydrates; 7 grams dietary fiber; 262 milligrams sodium (does not include salt to taste); 4 grams protein

Martha Rose Shulman is the author of "The Very Best of Recipes for Health."

Spiced Yams

1. Preheat oven to 450 degrees. Make 2" slits in the center of 4 pounds of yams and bake until soft. Remove from oven and let stand until cool enough to handle. Scoop pulp into a large mixing bowl, discarding skins.
2. Add the following to yams and beat well:
 - ¼ tsp allspice
 - ½ tsp cinnamon
 - ¼ tsp nutmeg
 - ¼ tsp ground ginger
 - Pinch cloves
 - ½ cup vegan margarine
3. Bake uncovered at 350 degrees until top is lightly browned (about 1 hour)
4. Original recipe from Bon Appetit calls for salt and pepper added to spices. You may add or not as you choose. (The person submitting this dish did not add)

Makes 8-10 servings

Cranberry Chutney

1/3 C. MOLASSES

1/3 C. HONEY

1/3 C. VINEGAR

(Put into saucepan, bring to boil, cover, turn down heat, and simmer to 30

minutes) Roast 1 c. walnuts in 300 degree oven for about 15 minutes

After the 30-minute boiling of first ingredients, add to molasses mixture:

- Walnuts
- 1 ½ c. pineapple chunks or tidbits
- ½ c. raisins

Simmer 10-15 minutes more

ADD:

1 tsp. curry

1 tsp. dry mustard

½ tsp. ginger

½ tsp cloves

½ tsp cinnamon

½ tsp allspice

Mix thoroughly

May be served warm, but better if chilled several hours or overnight so flavors meld

Wilted Fall Greens

1 lb. greens (Mustard, Swiss chard, Kale, Turnip, etc.)

2 single cloves garlic

½ lemon

Salt and pepper to taste

Heat a medium to large skillet. Add oil.

Once hot, quickly add your greens, turning and wilting quickly. Add the juice of ½ a lemon and season with a dash of salt and pepper to taste.

Cousin Natasha's Rice & Bean Salad

1 cup cooked rice (Elaine uses 2 cups cooked brown rice)
1 large red onion, diced
2 or more medium tomatoes, diced
1 medium red pepper, diced
½ medium green pepper, diced
1 cup corn
2 cups cooked or canned black or kidney beans (or mixture of both)
1 avocado, diced
6-10 sprigs cilantro, chopped
2 tbsp red wine vinegar
Dash of cayenne pepper
Juice of one lemon
Dash of Tabasco (to taste)

Wash and prepare all the vegetables and place them and the other ingredients in a medium bowl. Stir together well and chill before serving. Makes 6-8 servings.

(from [How It All Vegan?](#) By Tanya Barnard and Sarah Kramer)

Harvest Tagine

- 2 tablespoons extra virgin olive oil
- 1 1/2 teaspoons butter
- 1 large onion, coarsely chopped
- 3 garlic cloves, pressed
- 1 1/2 teaspoons turmeric
- 2 teaspoons cumin seed
- 2 teaspoons coarsely ground black pepper
- 1/4 teaspoon crushed red pepper
- 1 (14-ounce) can whole tomatoes, with juice, coarsely chopped
- 6 cups reduced-sodium vegetable broth
- 1/2 teaspoon salt
- 1 (20-ounce) can garbanzo beans, drained
- 2 large sweet potatoes, peeled and cut into 1-inch cubes
- 3/4 cup golden raisins
- 1/2 pound green beans, cut into 2-inch pieces
- 1 zucchini, quartered lengthwise and cut into 2-inch pieces
- 1 unpeeled eggplant, coarsely chopped

Instructions

1. Heat olive oil and butter in a large nonstick skillet. Add onion; saute 3 minutes. Add garlic, turmeric, cumin, black pepper and red pepper; saute 3 minutes.
2. Transfer onion mixture to a slow cooker, along with tomatoes, vegetable broth and salt. Cover and cook on high 1 hour.
3. Add garbanzo beans, sweet potatoes, raisins, green beans, zucchini and eggplant. Continue cooking on high 1 1/2 hours or on low 2 to 3 hours, until vegetables are tender. Serve over couscous.

DESSERTS

Simple Vegan Sugar Cookies Recipe

Ingredients:

1 cup organic plain white flour
1/2 cup (vegan) granulated sugar
1/2 cup vegan sunflower spread/soy butter
1 tsp baking powder
1 tsp vanilla extract
zest 1 lemon

Method:

Pre-heat the oven to 175 degrees celsius/345 fahrenheit.

Cream the butter and sugar in a large bowl using a spatula or an electric whisk until it is fluffy. Stir in the vanilla extract and thoroughly mix.

In a separate bowl combine the flour, baking powder and zest.

Add the flour to the creamed butter and mix until a soft dough is formed.

Shape into a log and wrap in cling film or foil and refrigerate for an hour or overnight.

Tear off small amounts of dough and shape into balls spacing them well apart on a baking sheet, as they will spread in the oven.

Bake for 15-20minutes depending on your oven. Ease them off using a palate knife – they will be a little soft still but that is fine.

Allow them to cool on a rack for at least an hour before glazing – if you are glazing – otherwise they are as lovely warm as they are cooled.

Store in an airtight container for up to a week.

Aine Carlin is a contributor from the vegan cookery blog [PeaSoupEats](#). Follow her on [twitter](#).

Applesauce-Oatmeal Cookies

3 c. oatmeal
1 c. whole wheat flour (or 2 c. oatmeal and 2 c. whole wheat flour,
whatever combination you want)
1 t. baking soda
1/4 t. nutmeg
1 c. unsweetened applesauce
1 c. sugar (or less)
1 t. vanilla
2/3 c. raisins or dried apples or dried cranberries (I myself am not a raisin
fan so I did not use that much.)

Combine the first four ingredients. Mix up the next 3 ingredients and add
them to the dry ingredients. Stir in the dried fruit. Roll in small balls
and smash to 1/4 " thickness on the cookie sheet. Bake at 300 degrees for
22-25 minutes.

Makes about 50+ cookies (I got 54 cookies with one batch) with only .3 grams of fat each.

Recipe from [FatFree](#)

Date Nut Balls Candy

1 1/2 cups pitted dates, soaked in water for 20 minutes
1 cup walnuts
1 cup unsweetened coconut
1 tsp. cinnamon
1/2 tsp. vanilla

Soak the dates for 20 minutes in enough water to cover them. Process the nuts in a food processor until finely chopped. Add the coconut and briefly pulse chop until finely chopped. Add the cinnamon & vanilla. Add the dates a few at a time, processing until well mixed. Transfer the mixture to a large bowl and kneed. Roll the mixture into balls.

Roll in additional coconut, finely chopped nuts, carob powder, confectionary sugar, or other ingredients of your choice. Put balls in a covered dish & refrigerate. The logs will keep in the refrigerator for up to 2 weeks, or longer in the freezer.

Variation: Add 4 Tablespoons of Hershey's cocoa powder or carob powder before adding dates to mixture.

Fudgy Black Bean Brownies

www.drfuhrman.com

Serves: 12

Preparation Time: 15 minutes (active prep time)

Ingredients:

2 cups cooked or canned no-salt-added or low-sodium black beans, drained

10 pitted medjool dates or 1 1/4 cups domestic dates

2 tablespoons raw almond butter

1 teaspoon vanilla

1/2 cup soy or almond milk

1/2 cup natural, non-alkalized cocoa powder or carob powder

1 tablespoon ground chia seed

1/2 cups chopped walnuts

Instructions:

Preheat oven to 200 degrees F.

Combine the black beans, dates, almond butter and vanilla in a food processor or high-powered blender. Blend until smooth. Add the remaining ingredients and blend again. Spread into a very lightly oiled 8 x 8 inch baking pan. Bake for 1 1/2 hours. Cool completely and apply topping if desired. Cut into small squares.

Store in a covered container in the refrigerator up to one week.

Optional Topping:

1 ripe avocado

1/2 cup water

4 tablespoons natural, non-alkalized unsweetened cocoa powder or carob powder

5 medjool dates

splash vanilla extract

Blend topping ingredients in a high powered blender.

Chocolate Avocado Mousse

4 Haas Avocados

¼ cup chocolate powder

½ cup sugar (or substitute honey)

1 tsp. vanilla

Puree all ingredients until smooth

Wacky Cake (or cupcakes)

1 & 1/2 cups flour

1/3 cup cocoa

½ tsp salt

1 cup sugar

1 tsp. baking soda

1 Tbsp. vinegar

1 tsp vanilla extract

½ cup canola oil

1 cup water

Put all dry ingredients into an ungreased 9" x 9" square pan;
mix. Make 3 wells in the ingredients for vanilla, oil, and vinegar.

Pour water

over all and mix with fork to make a smooth batter. Bake at 350
degrees for 30 minutes (shorter time for tiny cupcakes).

I topped these with a mixture of cocoa and powdered sugar before baking.

This is my sister's go-to chocolate cake recipe. She's even made it
without the cocoa.

Pumpkin Pie

3/4 pound Silken tofu (I used "firm" since that's all Buehler's had; maybe "soft" would be even better)

16 oz pumpkin (Chris thought that maybe a bit more pumpkin would be better)

1 1/2 tsp cinnamon

3/4 teaspoon cinnamon

3/4 tsp ginger

1/2 tsp nutmeg

(+ I used 1/4 tsp. cloves, but that depends on how you like your pumpkin spices)

1/2 tsp salt

1/3 cup oil (I used canola)

1 tsp vanilla

1 cup brown sugar (too sweet for me; maybe use less)

1 1/2 tsp molasses

1 pre-made, no lard, pie crust (or just make your own)

DIRECTIONS: preheat oven to 350 degrees (I increased to 365; try to suit your oven)

puree all ingredients until smooth and place into pie

crust bake for one hour

Vegan Blueberry Muffins

1 cup oats
1 cup all-purpose flour
½ cup whole-wheat flour
½ cup packed brown sugar
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 ¼ cup plain soy milk
¼ cup unsweetened applesauce
3 tablespoons canola oil
1 teaspoon vanilla extract
2 cups blueberries
1 teaspoon granulated sugar

1. Preheat Oven to 400 degrees. Line 12-cup muffin pan with paper liners.
2. Place oats in blender and blend until finely ground.
3. In large bowl, combine oats, all-purpose flour, whole-wheat flour, brown sugar, baking powder, baking soda, and salt. In small bowl, with fork, blend soy milk, applesauce, oil, and vanilla; stir into flour mixture until flour is moistened. Fold in blueberries.
4. Spoon batter into muffin-pan cups (cups will be very full). Sprinkle with granulated sugar. Bake until toothpick inserted in center of muffins comes out clean, 23-25 minutes. Remove to wire rack; serve warm or cool to serve later.

Makes 12 Muffins

From: Good Housekeeping's Family Vegetarian Cooking

Chocolate Brownies

1 1/2 cups granulated sugar
3/4 cups unsweetened applesauce
2 Tablespoons water
2 teaspoons ground flaxseed
1/2 cup water
2 teaspoons vanilla extract
1 1/3 cup unbleached all-purpose flour
3/4 cup unsweetened cocoa powder
3/4 teaspoon baking powder
1/4 teaspoon salt
1 cup nondairy semi-sweet chocolate chips
1 cup coarsely chopped walnuts or pecans (optional)

Preheat oven to 350*. Grease an 8 x 8 baking pan.

In a medium size bowl, stir together the sugar, applesauce and 2 Tablespoons of water.

In a small bowl or food processor, combine the ground flaxseed with 1/2 cup water. Add this to the applesauce mixture along with the vanilla. Stir to combine

In separate small bowl, combine flour, cocoa, baking powder, salt, chocolate chips, and nuts. Add to the applesauce mixture and stir just to combine.

Pour into prepared pan and bake for 40 minutes. The finished product should be moist, bake longer if you want a cakier result.

Remove from oven and let cool before cutting. Store leftover in the refrigerator for up to 5 days or in the freezer for up to 3 months.

From *The Joy of Vegan Baking*, by Colleen Patrick- Goudreau

Easy Vegan Applesauce Cake

Ingredients

1/3 cup oil

¾ cup sugar

1 ½ cups unsweetened applesauce

2 cups whole wheat flour (I used white flour)

½ teaspoon salt

1 ½ teaspoons baking soda

1 teaspoon cinnamon

1 can unsweetened apple-pie filling with sauce drained

Directions

Preheat oven to 350 degrees

Mix oil and sugar; then add applesauce and pie filling

Combine dry ingredients and add to applesauce mixture; beat until smooth

Pour into a greased and floured 8-inch square baking dish

Bake for 40-45 minutes

(From www.food.com)

Pumpkin Pie

Makes an 8" pie

Filling:

2 cups pumpkin puree (or any sweet winter squash)
 1 cup non-dairy milk (soy, almond or coconut work best)
 ½ cup + 1 Tbsp sugar
 3 Tbsp corn starch (tapioca starch or arrowroot powder)
 1 tsp cinnamon
 ½ tsp ground ginger
 ½ tsp salt
 ¼ tsp ground cloves
 ¼ tsp nutmeg

Preheat oven to 350 degrees F. Combine all ingredients and blend together well with an electric mixer or hand whisk. Pour into unbaked pastry shell and bake for 60 minutes on the center rack. The center filling will still be jiggly but will set up as it cools. Cool completely on a wire rack then chill in the fridge 3 hours or over night before serving.

Pastry Crust (Yield: one 8" pie)

1 ½ cups all purpose flour
 ½ cup coconut oil, solid
 1/3 cup ice water
 1 Tbsp sugar
 pinch of salt

In a food processor combine all dry ingredients and blend well. Add oil in spoonfuls and pulse until small chunks form, when squeezed the dough should hold together. Drizzle in ice water then pulse until just combined. Pour onto countertop and bring dough together with your hands, be careful to not overwork the dough. Roll into a 10-12" round then fold in fourths, set in pie dish and shape.

*This is wonderful all year with seasonal vegetables

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OTHER

How to make Sushi

by

Natalie Friedrich

All countries have their national dish – Japan's is sushi. Sushi is associated with fun and happy moments in life and has become a food that is eaten on special occasions or when having special guests.

Sushi's popularity is no longer limited to Japan; it has captured the imagination of the world. I think people are interested in the variety that sushi offers. It can be made in many different styles:

Nigiri – Made into small individual balls of rice with various toppings.

Chirashi – Made into one large serving dish with various toppings.

Maki – Made into long rolls stuffed with different ingredients and cut into bite size pieces.

Nigiri sushi is considered to be best when created by professionals, who spend years of training to master the art of cooking sushi rice, slicing fish and putting it all together. However, with the following recipes I have provided and a little practice it will be easy for you to create your own home-style sushi.

The amounts given will make approximately 12 rolls, serving 12-14 people

Continued on next page.

The first step will be to cook the rice:

<p>Brown Rice</p> <p>3 cups short grain brown rice 3 ½ cups water pinch of salt</p>	<ul style="list-style-type: none"> - Rinse your rice until the water is clear. Place all ingredients into a 2-3 quart size pot. - Bring water to a boil then reduce heat to almost the lowest setting on your stovetop. - Cover and cook 50 minutes without peeking. - Take off of heat and let sit for 10 minutes without removing the lid.
<p>White Rice</p> <p>3 cups short grain white rice 2 ¼ + 2 Tbsp. water pinch of salt</p>	<ul style="list-style-type: none"> - Rinse your rice until the water is clear. Place all ingredients into a 2-3 quart size pot. - Allow rice to soak for 30 minutes. - Bring water to a boil then reduce heat to almost the lowest setting on your stovetop. - Cover and cook 25 minutes without peeking. - Take off of heat and let sit for 15 minutes without removing the lid.

While the rice is cooking mix your seasoning and prepare your fillings:

<p>Sushi Rice Seasoning</p> <p>¼ cup + 2 Tbsp. rice vinegar ¼ cup + 2 Tbsp. sugar 2 tsp. salt</p>	<p>Stir all ingredients together until the sugar and salt has mostly dissolved.</p>
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Once the rice is finished cooking it is time to season it:

- Pour into a large flat dish with raised edges and add the seasoning. The rice must be cooled during this process, have a partner or small fan going.
- Working quickly, gently cut and fold the rice with a rice paddle, DO NOT smash the grains.

- Continue to stir while the rice is being fanned until all of the seasoning is absorbed and the rice is cooled to about body temperature.

* Sushi rice is best served a little warmer than room temperature. Refrigerating the rice results in a loss of flavor and drying out. If you do need to make it ahead of time, cover with plastic wrap while it is slightly warm to trap in moisture. When you are ready to use it, let it come back to room temperature, or microwave it until it is slightly warm then allow to cool to room temperature.

Prepare your fillings (use your favorites and get creative!):

Carrots, and cucumber have a good texture when they are julienned. Most vegetables give a nice crunch when left raw, although if you like a softer texture, they may be blanched or steamed.

Shiitake mushrooms are wonderful when sautéed with little soy sauce and sugar.

Firm tofu can be marinated in soy sauce and sugar, or your favorite teriyaki sauce.

* Cut any fillings into long pieces so the sushi roll will cut nicely.

After you have prepared your fillings of choice, get ready to roll!

Have ready: Sushi rice, nori, fillings, bamboo mat, and a small bowl with water and a splash of rice vinegar: used to keep rice from sticking to your fingers.

Rolling the sushi

- Take a sheet of nori (lines up) and place it on the rolling mat.
- Using your hands, spread a thin layer of rice (about ¼") evenly over the nori. Leave a ½ inch space closest to you free of rice and on the opposite side almost 1 inch (you will need this to seal the roll).
- Place fillings in a line in the center of the rice.
- Grab the edge of the mat closest to you, keeping the filling in place with your fingers and roll the edge over the filling, touching rice to rice, then tightly roll into a cylinder.
- Keep rolling until all of your rice is used.

*For smaller rolls with little or 1 type of filling, you may cut the nori sheet in half, and use the same method described above.

Cutting Sushi

A chef's knife that is skinny and very sharp works best. Have a damp cloth ready to wipe your knife after each cut to prevent smashing our roll or tearing the nori. Large rolls can be cut into 8 pieces, and small rolls into 6.

Natalie's House Granola

4 cups rolled oats
2 cups shredded coconut (preferably large shavings)
1 cup mixed seeds (flax, sesame, pumpkin, chia, sunflower)
2 cups roughly chopped nuts

2-3 cups dried fruit

6 Tbsp coconut oil
1 Tbsp vanilla extract
½ cup maple syrup
½ cup fresh orange juice
zest of the orange *optional

Preheat the oven to 325F degrees.

In a small sauce pan, combine wet ingredients to melt and mix it all together

Stir all dry (except fruit) ingredients together in a large baking dish

Pour wet onto dry and stir (I always use my hands)

Total Bake time: 30 minutes until browned, stirring every 10 minutes

Chop the fruit while the granola is baking then add it when it is out of the oven

Cool and enjoy with your favorite milk or yogurt

Store in an airtight container up to 2 weeks

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Date Salted Caramel Dip

Recipe from Bubble Girl Bakes Blog

1 cup Medjool Dates, pitted
¼ cup non-dairy milk
1 Tbsp neutral oil (I use grapeseed)
1 teaspoon vanilla extract
¼ tsp fine sea salt

Soak dates in water for at least 30 minutes before using
Combine all ingredients in a food processor and blend until smooth

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Classic Pesto

2 c. fresh basil, packed
½ c. raw cashews
½ c. extra virgin olive oil
2 Tbsp. nutritional yeast
2 Tbsp. lemon juice
3 cloves garlic, chopped

Place all ingredients into a food processor or blender. Blend until smooth. Makes approximately 2 cups of pesto.

* TIP: If basil leaves are older/bitter you may add a tsp maple sugar to taste.

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Classic Bruschetta

2 ½ c. fresh seasoned tomatoes, de-seeded

1/3 c. fresh basil, chiffonade

2 tsp. garlic, minced

3 Tbsp. extra virgin olive oil

2 Tbsp. balsamic vinegar

½ tsp salt

½ tsp black pepper

Mix all ingredients together and serve on your favorite toast.

Tip: If using roma tomatoes, there is no need for de-seeding.

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