

December 8 Hillsboro Class 6 Menu:

Baked Sweet Potatoes, Doubled Baked Yam (Sweet Potato) Casserole, Guacamole, Berry Cranberry Sauce, Creamy Skillet Green Beans, Potato Rolls, Apple Caramel Crumble Bars

Baked Sweet Potatoes

Preheat the oven to 400°. Wash sweet potatoes and place on a parchment-lined baking tray. Bake for about 1 hour, or until tender. Topping suggestions: guacamole, berry cranberry sauce, gravy (*use gravy recipe from creamy skillet green beans*), or just plain plant butter and salt. Enjoy to the glory of God!

GUACAMOLE

recipe by Carla Patterson

1 avocado, cut in half, remove pit with edge of knife. Scoop out pulp with a spoon onto a salad sized plate.

Mash pulp with a fork.

Add 1/2 T lemon juice, freshly squeezed

Add 1/4 C chopped yellow onion, scallion or purple onion, or onion powder to taste

Add 1/4 C chopped cilantro, (fresh or frozen) or chopped garlic chives

Add 1 garlic clove, chopped fine, or garlic powder to taste

1/4 tsp. sea salt

- Taste and adjust ingredients if needed. If the avocado is on the drier side, you can add a few drops of water to make the guacamole be wetter and creamier.
- Mix all together on the plate and scoop into a bowl for serving or onto lettuce leaves. Enjoy as a dip for peppers, chips, crackers, cucumbers, celery or carrots and radishes. May also be used as a mayonnaise or vegenaïse substitute for sandwiches and salads.
- Additions can be: chopped tomatoes, a very small piece of seeded jalapeno pepper finely chopped, finely chopped bell peppers (any color), finely chopped celery, an extra seasoning or taco seasoning. Using organic ingredients where possible makes it delicious!

Creamy Skillet Green Beans

recipe by Marla Danielson

1/2 c. raw cashews

2 c. water (can also use unsweetened plant milk, or no sodium vegetable broth)

1 1/2 T. flour

1 t. Each: salt, coriander, onion powder

Pinch of sage, rosemary, thyme (stir in)

Directions: Blend all ingredients except the stir-ins in a blender until smooth (about 2 minutes). Add stir-ins and pour into a large skillet and bring to a boil. Reduce heat, add 2 cans green beans (drained), and simmer for 5 minutes. Optional add-ins: sauteed mushrooms, onions, & garlic, cooked broccoli, carrots, cauliflower, pimento.

Potato Rolls

Yield: 8 rolls

recipe by Marla Danielson

1/4 c. plain mashed potatoes (boil diced potatoes in lightly salted water until tender, drain, mash)

1/2 c. water

1/2 T. maple syrup

1/2 T. yeast

1/2 c. whole grain spelt flour

1 1/4 c. white spelt flour, plus more sprinkles, as needed

1/2 t. Salt

Mix mashed potatoes, water, and maple syrup, warm in the microwave for 30 seconds. Stir in yeast and let rest for 5 minutes. Add flour and salt and stir into a loose ball. Turn out onto the countertop and knead into a smooth ball, adding more sprinkles of flour, as needed. Cover with a light cloth and let rise for 30 minutes. During this time, preheat the oven to 375° and lightly oil a large pie dish. Push dough down to deflate, knead briefly into a smooth ball, divide into 8 pieces, and let rest for a couple minutes. Shape into 8 balls, place in lightly oiled pie dish, leaving a little space between (7 around edges, 1 in the middle) and let rise for 20 minutes. Bake for 15 minutes, then turn heat to broil and broil for 1 minute to further brown the tops. Enjoy to the glory of God!

1 Corinthians 10:31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

Apple Caramel Crumble Bars

recipes by Marla Danielson

Crust and Topping:

- 1 c. blanched almond flour
- ¼ c. oat flour
- 2 T. unrefined cane sugar
- ¼ t. Each: salt, Ceylon cinnamon (non-irritating), coriander
- 2 T. cold plant butter, cubed
- 1 T. applesauce
- 1 t. Vanilla

Apple Filling:

- 2 c. finely diced fresh apples
- 2 T. applesauce
- 1 t. cornstarch
- ¼ t. Ceylon cinnamon
- Pinch of salt

Caramel Date Sauce

- ¼ c. plant milk (I used oat milk)
- 2 soft dates
- Pinch of salt

Preheat the oven to 350°. Lightly oil, rub lightly with plant butter, or line with parchment paper, a pie dish. Mix all dry ingredients of crust and topping together, cut in plant butter with a pastry cutter or your fingers, add applesauce and vanilla, and mix with your fingers into a moist crumble. Press ⅔ of crumble into the baking dish. Mix all apple filling ingredients and spread evenly on top. Make caramel date sauce by blending all ingredients until smooth. Drizzle over the apple filling and sprinkle remaining crumble on top. Bake for 35 minutes until lightly browned and the apples are done. Cool and cut into bars, wedges, or spoon out, to serve. Freezes well. Enjoy to the glory of God!



Easy Coconut Cream Whip: Refrigerate 1 can of full fat coconut milk overnight (Taste of Thai brand works good), open & use only the hardened creamy portion. Place in a bowl and beat with an electric beater briefly, add 1 T. maple syrup and a few pinches of salt, beat for another 1-2 minutes. Enjoy to the glory of God!

Berry Cranberry Sauce: (Fresh or frozen berries) 2 c. cranberries, 2 c. raspberries, 1 c. blueberries, ½ c. each: orange juice, maple syrup, ½ - 1 T. chia seeds. Directions: Bring berries, orange juice and maple syrup to boil. Reduce heat to medium, cook for 15 minutes, uncovered. Reduce heat to low, mash berries, leaving some whole, cook for another 15 minutes. Remove from heat, stir in chia seeds (the more chia seeds, the thicker), let rest for 30 minutes to thicken. Sweeten with a tiny bit of coconut sugar (*opt.*). Refrigerate for a week or it freezes well too. Good on toast too, like jam!

Maple Roasted Pecans

- 1 c. pecans, whole or roughly chopped
- 1 T. maple syrup

Preheat the oven to 250°. Line a baking tray with non-stick parchment paper, spread pecans in an even layer and drizzle with maple syrup, mix with your fingers, spread evenly again, and sprinkle lightly with salt. Bake for 1 hour, let cool on the tray, break up, and enjoy to the glory of God!

1 Corinthians 10:31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.
Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator.

Counsels for the Church, p. 222

For more recipes visit: sdaplantbasedrecipes.com

Double Baked Yam (Sweet Potato) Casserole

recipe by Seth Brookens

6 medium yams
½ c. coconut cream
¾ - 1 t. Pink Himalayan salt
⅓ c. raisins
⅓ c. craisins
⅓ c. chopped dates
1 can pineapple tidbits
1 can pineapple slices
¼ t. Cardamom
¼ t. Coriander
1 t. Ginger
1 t. Real vanilla
½ T. fresh ginger
1 large apple
1 T. potato starch
⅓ c. chopped nuts
1 - 2 T. coconut flakes

Roast yams @ 400° (or boil) and peel, mash yams using a mixer or by hand.

Mix in coconut cream salt, coriander, cardamom, ginger, and vanilla.

Drain pineapple & reserve juice. Add pineapple tidbits to yams.

Add fresh ginger and any other desired spices.

Dice apples and fold into yams.

Put yam mixture into a casserole dish. Bake at 350° for 30 minutes or until the apples are tender. While yams are baking make a slurry with the pineapple juice and starch. Heat on the stove until thickened. After baking yams, sprinkle nuts on top and neatly arrange 6 pineapple slices on top. Garnish with coconut flakes and drizzle with pineapple glaze mixture. Cook for an additional 15 minutes. Serve and enjoy to the glory of God!

The Bottom Line

https://www.healthline.com/nutrition/yam-benefits#TOC_TITLE_HDR_10

Yams are nutrient-dense tuber vegetables that come in many colors.

They're a great source of fiber, potassium, manganese, copper, and antioxidants.

Yams are linked to various health benefits and may boost brain health, reduce inflammation, and improve blood sugar control.

They're versatile, easy to prepare, and a great vegetable to include in your diet in both sweet and savory dishes.

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