

Mission Creek Health Outreach Cooking Classes

Thursday October 31

Menu: Vegetable Lasagna, Lentil Oat Patties (Gluten-Free), Toasted Garlic Spelt-Rye Bread, Apple Pie Galette (Recipes by Marla Danielson, unless otherwise noted)

Homemade Vegetable Lasagna

Preheat the oven to 375° (this recipe is for a 9 x 13 casserole)

Cook 8 lasagna noodles according to package directions, set aside. Prepare simple sauce and vegetable sauce below.

Simple Sauce

½ c. Raw cashews

2 c. vegetable broth (make your own: 2 c. water, 1 potato, peeled and cut into large chunks, 1 garlic clove chopped, ¼ of an onion chopped, 3 baby carrots sliced, 1 Bay leaf, bring to boil, reduce to low, cover & simmer for 30 min., strain, remove bay leaf, add enough water to make 2 c. broth)

2 T. brown rice flour

1 t. Each: Salt, Coriander

Add all ingredients to a blender and blend until very smooth and not grainy. (About 2 minutes) Bring to a boil in a small kettle over medium high heat, stirring frequently.

(Other ingredients needed: 1 (24 oz). jar pasta sauce, 2 tomatoes, diced, nutritional yeast for sprinkling)

Vegetable Sauce: 5 baby carrots, diced, ½ of an onion, chopped, 1 clove garlic, finely chopped, 1 zucchini, chopped (about 1 c.), 1½ c. frozen chopped spinach.

Lightly salt and cook vegetables, except spinach, in a small amount of water (about ¾ c.) until tender, (8-10 minutes). Add frozen chopped spinach and cook for another 2-3 minutes (most or all of the water should be absorbed). Add a jar of your favorite pasta sauce, about 2 ½ cups. (I used Classico Traditional Sweet Basil)

Assemble: *Spread half of the vegetable sauce in the bottom of a 9 x 13 casserole dish then layer as follows: ½ of lasagna noodles, ½ of simple sauce, sprinkle of nutritional seasoning, diced tomato, rest of lasagna noodles, rest of simple sauce, sprinkle of nutritional seasoning, diced tomato, rest of vegetable pasta sauce, sprinkle of nutritional seasoning. Bake for 35 minutes, uncovered, until bubbly, let cool 10 minutes before serving. Enjoy!*

Gluten-free version: *Buy your favorite gluten-free pasta and cook according to package directions. Follow the instructions above.*

Lentil-Oat Patties

1 c. water

1 small garlic clove

1 T. chopped dried onion

¾ c. quick oats

¼ c. finely chopped walnuts

¼ c. cooked lentils (I used Amy's canned lentil soup, drained off excess water at top of can)

1 ½ t. sage

½ t. Salt

Pinch of thyme, rosemary

Bring water, garlic, and dried onion to a boil, remove from heat, add all remaining ingredients, stir briefly. In a fry pan, drizzle some olive oil, heat to medium, add spoonfuls of mixture and brown each side (about 4 minutes each side). Good with simple sauce (recipe above) or in sandwiches. Enjoy!

Romans 12:1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

Spelt/Rye Bread

1 c. warm water
1 T. yeast
1 T. each: maple syrup, olive oil, applesauce
⅓ c. each: whole grain spelt flour, rye flour
2 ¼ c. white spelt flour
1 t. Salt

Preheat the oven to 375°. Mix warm water and yeast and let rest for 5-10 minutes. Stir in maple syrup, olive oil, and applesauce. Add flour and salt all at once, stir until a loose ball forms, place on a well-floured countertop and knead into a smooth ball of dough, adding more flour, as needed. Cover with a light kitchen cloth and let rest for 30 minutes. Knead briefly, shape into 2 thick logs, about 6 ½ inches long and place on a parchment-lined tray. Let rise for 15 minutes. Bake for 25 minutes. Cool on a wire rack, covered with a light kitchen cloth, to keep moist, and enjoy!

Spelt Garlic Bread: Butter sliced spelt bread with plant butter. Sprinkle lightly with garlic powder and Homemade Italian Seasoning. (Make by mixing together 2 T. each: basil, oregano, 1 T. rosemary, ½ T. each: marjoram, thyme, recipe from therecipecritic.com) Lay on a baking tray and broil for 2 minutes, or until lightly browned.

Let us remember that there is practical religion in a loaf of good bread. {Counsels on Diets and Foods 251.1}

Apple Pie Galette

Crust:

1 c. white spelt flour
¼ c. blanched almond flour
½ t. each: salt, coriander
3 T. plant butter, cubed
4 ½ T. cold water

Filling:

2 ½ c. apples, finely diced
2 ½ T. coconut sugar
1 t. each: Cornstarch, lemon juice
1 ½ t. Coriander

Instructions: Preheat oven to 375°. To make the crust, in a small bowl, mix flours, salt, and coriander. Cut in plant butter with a pastry cutter, add cold water 1 T. at a time, stirring with a fork, after all of water is added, stir with a fork into a soft ball, sprinkle with white spelt flour, shape into a ball with your hands, cover with plastic wrap, and refrigerate while making the apple filling.

To make filling:

**Dice apples finely, add all ingredients, and mix well.*

**Place a bit of water on the countertop and lay down a large piece of parchment paper.*

**Roll out dough into a large circle about 11 inches, adding more sprinkles of flour, as needed.*

**Spread apple filling in the center of dough, leaving 2 inches of dough outside of the apples.*

**Fold dough to the edge of the apples, one section at a time, overlapping.*

**Brush dough with plant milk, and sprinkle with a bit of coconut sugar and coriander.*

**Lift the galette, with the paper, onto a baking tray and bake for 30 minutes, until bubbly and lightly browned. Serve warm with vegan coconut cream or vegan ice cream!*

Gluten-free version: Make apple filling, place in a small baking dish. Make crumble topping, mix dry ingredients: ¼ c. old fashioned oats, 2 T. brown rice flour, 3 T. blanched almond flour, 1 t. Flax meal, ¼ t. Salt & coriander, add wet ingredients: 2 T. maple syrup, and ¼ t. Vanilla, mix, sprinkle over apple filling. Bake for 25 minutes, 375°.

Friday, November 1

Menu: Oven-roasted potatoes, Ranch Dressing, 1000 Island, Simple Ketchup, Rye/Spelt Bread (recipe on page 2), Avocado Spread, Bean Spread, Fresh Grapes and Fresh Apple Slices

Oven-Roasted Potatoes

4 c. potatoes, cut into chunks (peeled, or unpeeled)

Light drizzle of olive oil (about 1 T.) OR coconut milk for oil-free

1 t. Each: salt, onion powder

½ t. Each: paprika, garlic powder, scant

Preheat Oven to 425°. Peel and cut potatoes into chunks. Drizzle with olive oil and seasonings, mix well. Place onto a parchment-lined tray and bake for 35-45 minutes, until tender.

Simple Ketchup

1 can (14.5 oz), Italian Recipe Diced Tomatoes

¼ c. tomato paste, no salt added

1 T. coconut sugar

½ t. Each: lemon juice, salt

In a blender, blend the diced tomatoes until smooth. Whisk in all remaining ingredients. Place in a small kettle, cover, and turn heat to medium-high, and set the timer for 10 minutes. When it begins to bubble, reduce heat to low and simmer for the remainder of time left. Refrigerate. Freezes well too.

Simple Mayo

½ c. raw cashews, generous

½ c. water, scant

2 t. lemon juice

¼ t. Salt

Pinch of: garlic powder

Place all ingredients in a blender and blend until smooth (can double or triple recipe, use what you need, and freeze extra for later use).

Ranch Dressing: Add a sprinkle of dill and 1 t. Honey.

1000 Island Dressing: add 2 t. Tomato paste, 1 t. Honey and a sprinkle of dill. Refrigerate (it thickens).

Avocado Spread

1 large ripe avocado

2 T. green onions, finely chopped, or 1 t. dried chives

Simple mayo, to taste

Pinch of garlic powder and salt, to taste

Mash the avocado, add green onions or chives, a pinch of garlic powder and salt, and enough simple mayo to make a creamy spread. Optional add-ins: diced tomatoes, cilantro. Enjoy!

Bean Spread

1 ½ c. cooked beans (red, navy, lima, or other), mashed (rinse and drain first)

2 T. each: finely grated carrots, green onions (or sweet or yellow onion), finely chopped, and/or 1 T. dried chives

A pinch, or to taste, of dill, garlic powder, celery seed (or your favorite seasonings!)

Salt to taste

Instructions: To mashed beans add carrots, onions, and chives, seasonings, and enough simple mayo or lite coconut milk to make a creamy spread. Optional add-ins: diced olives, diced celery

Sabbath, November 2

Menu: Haystacks with creamy soft pinto beans and homemade corn tortillas (or chips), cheesy sauce, salsa, and a variety of vegetable toppings, oatmeal raisin cookies

Creamy Soft Pinto Beans *(made in pressure cooker)*

2 c. uncooked pinto beans

Water

Wash pinto beans well and drain. Place in a pressure cooker and cover with 3-4 inches of water. Cook for 3 minutes (equivalent to soaking overnight). Let pressure release naturally, drain and rinse beans, place back in the pressure cooker, adding water to the same level as the beans and stir in 1 t. salt.

Cook for 20 minutes. Let pressure release naturally. Stir in your favorite seasonings like onion powder, garlic powder, coriander, if desired, and adjust salt to your taste. Enjoy!

Cheesy Sauce

¼ c. each: chopped onions, fresh sliced carrots, chopped red pepper

1 small garlic clove

1 c. water

Bring the above ingredients to boil in a small kettle, reduce heat, cover, and cook for 7 minutes. While cooking, place following ingredients in blender, except the thyme and sage:

1 c. water

½ c. raw cashews

¼ c. nutritional yeast

1 ½ T. brown rice flour, or cornstarch

1 t. Salt, or to taste

1 t. Each: lemon juice, onion powder

½ t. Coriander

¼ t. Each: thyme, sage, stir in after blending

Add the ingredients from the kettle to the ingredients in the blender, stir in the thyme and sage. Add cooked broccoli, if desired.

Homemade Corn Tortillas

1 c. masa

⅔ c. water

1 T. tomato sauce or pasta sauce

2 t. olive oil

½ t. Salt

Mix all ingredients into a soft dough, and make 10 balls. (Cover balls with a wet paper towel to keep moist). Line a tortilla press with a qt. size ziploc bag that has been cut to make 2 squares, press each ball into a small tortilla, and fry in a non-stick fry pan on medium heat, 1 minute each side. Place on a plate and cover with a kitchen cloth to keep moist. Refrigerate in a ziploc bag. To reheat, wrap in foil and heat in a hot oven until warm, or use the microwave.

Simple Salsa

1 can Italian diced tomatoes (14.5 oz), 2 green onions, sliced, fresh chopped cilantro, to taste

In a blender, pulse the tomatoes briefly, leaving some texture. Place in a bowl, stir in the green onions and fresh cilantro. Optional add-ins: fresh diced tomatoes, corn, black beans

Oatmeal Raisin Cookies

1 T. flax meal mixed with 2 T. water (thick flax egg)
¼ c. coconut oil, melted
¼ c. applesauce
½ c. coconut sugar
1 T. plant milk
1 t. Vanilla
½ t. each: Salt, Coriander
1 c. quick oats
¼ c. each: almond flour (blanched) chickpea flour, brown rice flour
¼ c. chopped raisins (measure first then chop)
2 soft dates, mashed or finely chopped
¼ c. finely chopped walnuts (opt.)

Preheat the oven to 350°. Make flax egg and set aside. Cream coconut oil, applesauce, coconut sugar, plant milk, vanilla, salt, and coriander. Add flax egg, stir, then add all remaining ingredients and mix well. Using a cookie scoop, place on a parchment-lined tray, flatten slightly, and bake for 15-18 minutes. Enjoy!

Sunday, November 3

Menu: Waffles with homemade applesauce or berry sauce, fresh orange slices, fresh bananas

Blender Waffles

recipe from 7 Secrets Cookbook

2 c. water
1 T. raisins
1 c. quick oats
¼ c. each: millet or cornmeal, flax meal, raw cashews
1 T. cornstarch
½ t. salt

Blend all ingredients in a blender until very smooth. (About 2 minutes) Cook in non-stick waffle iron for 4-4 ½ minutes.

Homemade Pressure Cooker Applesauce

10 c. apples, unpeeled, cored and cut into chunks
1 ½ c. water

Place apples and water in a pressure cooker and cook for 10 minutes. Let pressure release naturally then run through a fruit strainer with a stand and wooden pestle. Season, if desired, with 1 T. coconut sugar (unrefined) and 1 t. Coriander. Enjoy!

Simple Mixed Berry Sauce (naturally sweetened)

4 c. mixed frozen berries (blueberries, blackberries, raspberries, strawberries)
1 c. applesauce
3 T. maple syrup
½ T. each: cornstarch, water

Add all ingredients to a kettle. Bring to a boil, reduce heat, simmer uncovered for 30 minutes, mash berries slightly with potato masher about halfway through, if desired. Make a slurry of the cornstarch and water, add about 5 minutes before done, stirring as you add. Enjoy!

Words of Wisdom: It is a religious duty for those who cook, to learn how to prepare healthful food in a variety of ways, so that it may be both palatable and healthful. {Counsels on Health 116.3}

For more recipes visit: sdaplantbasedrecipes.com