

# Dinner With the Doctor | February 2024

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## Fresh Autumn Mingle

*Recipe adapted from Revive Cafe by Jeremy Dixon*

### Ingredients

- 1 15 oz can chickpeas, drained
- 1 cup green beans, steamed lightly
- 1 cup of finely grated carrot
- ½ cup of mung bean sprouts
- 1 cup sugar snap peas, steamed lightly
- 1 cucumber, sliced
- 1 cup red bell pepper
- 2 cups of lettuce mix or baby spinach
- 1 cup red cabbage, chopped
- 1 cup of olives
- 1 cup finely grated beet

### Directions

Put all ingredients in a bowl. Toss with dressing of choice.

### Mango Lime Vinaigrette (1 CUP)

**Note:** *This dressing is thick, so you may need to drizzle it on salads using a spoon.*

- 1 cup chopped fresh or frozen mango
- ½ cup safflower or sunflower oil
- ¼ cup maple syrup

# Dinner With the Doctor | February 2024

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¼ cup lime juice

1 Tbsp rice vinegar

1½ tsp sea salt

1½ tsp grated fresh ginger

## Directions

Place all ingredients in a blender and purée. When I use frozen mango, I sometimes put it in frozen, since blending defrosts it. Alternatively you may defrost the mango first.

## VARIATION

Substitute tangerine juice for lime juice, and call it Mango Tango Vinaigrette.

## Eggplant Rollups

*Recipe adapted from Minimalist Baker*

## Ingredients

2 medium eggplants (sliced into 12 1/4-inch slices lengthwise\* // OR 12 lasagna noodles, boiled)

## Tofu Filling

2 medium lemons, juiced

1 12- ounce block extra-firm tofu (drained and pressed dry for 10 minutes)

3 Tbsp nutritional yeast

½ cup fresh basil (finely chopped)

1 Tbsp dried oregano

3-4 Tbsp extra virgin olive oil

# Dinner With the Doctor | February 2024

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~½ tsp each salt + pepper

¼ cup vegan parmesan cheese (optional)

For Serving

Vegan parmesan cheese

2-3 cups favorite marinara/red sauce

Fresh basil (optional // chopped)

## Directions

1. Preheat oven to 425 degrees F (218 C).
2. Salt eggplant slices on both sides and arrange in a colander in the sink to remove excess water/bitterness for 15 minutes. (If using lasagna noodles, boil, drain and set aside.)
3. Rinse salted eggplant slices well and dry thoroughly between two clean absorbent towels. Lay a baking sheet on top and place something heavy on top to absorb excess moisture.
4. Arrange slices on 1-2 baking sheets in an even layer and bake oven for 13-15 minutes. Set aside and reduce heat to 375 degrees F (190 C).
5. While eggplant is baking, add all tofu filling ingredients to a food process or blender and pulse to combine, scraping down sides as needed. You are looking for a semi-pureed mixture with bits of basil still intact. Taste and adjust seasonings as needed, adding more salt and pepper for flavor, nutritional yeast for cheesiness, and lemon juice for brightness.
6. Pour about 1/2-1/3 of the marinara sauce into an 8×8 baking dish (or similar sized dish) and reserve rest of sauce for topping / serving. Set aside.
7. Scoop generous amounts (about 3 Tbsp) of ricotta filling onto each eggplant slice or lasagna noodle and roll up. Place seam side down in the sauce-lined baking dish. Continue until all filling and noodles or eggplant strips are used up. Pour more sauce down the center of the rolls for extra flavor (see photo).
8. Bake for 15-23 minutes, or until sauce is bubbly and warm and the top of the rolls are very slightly browned.
9. Serve immediately with additional vegan parmesan cheese and fresh basil. Leftovers keep for a couple of days, though best when fresh.

# Dinner With the Doctor | February 2024

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## Vegan Parmesan

### Ingredients

$\frac{3}{4}$  cup raw cashews

3 Tbsp nutritional yeast

$\frac{3}{4}$  tsp sea salt

$\frac{1}{4}$  tsp garlic powder

### Directions

Add all ingredients to a food processor and mix/pulse until a fine meal is achieved. Be careful not to overblend or it will become a paste. Store in the refrigerator to keep fresh. Lasts for several weeks.

# Dinner With the Doctor | February 2024

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## Toasted Coconut Chia Pudding

### Ingredients

1/2 cup chia seeds  
2 cups lite coconut milk  
2 tbsp honey or maple syrup  
1 tsp vanilla extract  
1/4 cup unsweetened shredded coconut  
1/4 cup sliced almonds (optional)  
Pinch of salt

### Directions

1. In a medium-sized bowl, whisk together the chia seeds, coconut milk, honey or maple syrup, vanilla extract, and salt.
2. Let the mixture sit for 5-10 minutes, stirring occasionally, until it starts to thicken.
3. In a small pan, toast the shredded coconut and sliced almonds over medium heat for a few minutes until lightly golden brown and fragrant.
4. Stir half of the toasted coconut and almonds into the chia pudding mixture.
5. Divide the mixture between four small jars or bowls, then top each one with the remaining toasted coconut and almonds.
6. Cover and refrigerate for at least 2 hours, or overnight, until the chia pudding is set.
7. Serve chilled and enjoy!

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## Simple Breadstick Recipe

### Ingredients

- 1 cup of water
- 2 cups whole wheat flour
- 1 cup of bread flour (can use all whole wheat)
- 1 tsp yeast
- 1 tsp salt

### Directions

1. Place all ingredients in a stand mixer with a dough hook and process for 8-10 minutes. Alternatively, mix and knead by hand until an elastic dough forms. Cover, set aside in a warm place and let rise until doubled.
2. Punch down, separate into eight-10 equal size balls.
3. Roll into breadsticks, place them on a prepared baking pan, and let them rise for another 20-30 minutes.
4. Bake 15-20 at 400 F.