

Dressings

Peanut Sauce

1/2 cup peanut butter
2 Tbsp Braggs Aminos
2 Tbsps lime juice
1/2 Tbsp maple syrup
3/4 tsp garlic powder
1/2 tsp fresh grated ginger (optional)
1 1/2 tsps toasted sesame oil (optional)
1/4-1/2 cup water to thin out.

Mix all ingredients together in a medium size bowl. Thin with water to preferred consistency.

Tahini Dressing

1/2 cup tahini
1/4 - 1/3 cup warm tap water, more to desired consistency.
2 tablespoons lemon juice (more to taste)
2 garlic cloves (finely minced – use a garlic press) or 1/2- 1 tsp garlic powder
1/2 teaspoon sea salt.

Put all ingredients in a bowl and mix until well combined. If the consistency is too thick, add more water, or too thin add more tahini.

Cashew Cheese

1 cup raw cashew nuts
2 cups water
1/2 large or 1 small red bell pepper or 1/4 cup canned pimentos or red peppers
1 1/2 teaspoons salt
2 teaspoons onion powder
1/2 teaspoon garlic powder

Blend smooth (about 2 minutes) and then bring to a boil, stirring until thick.

Ranch-style Dressing

Original recipe from 5 Loaves Cookbook by Neva Brackett (Out of print)
Adapted by Lynda Nelson

1 box Mori-Nu Tofu, firm or extra firm
1/3 cup water
2 - 3 TBSP lemon juice (adjust to taste)
½ tsp celery salt
2 ½ tsp onion powder
1 heaping tsp parsley flakes
½ tsp dill weed
2 tsp salt or to taste
¾ - 1 tsp garlic powder
¼ - ½ tsp sweet basil
¼ - ½ tsp poppy seeds (optional)

Put all ingredients in a blender and blend until smooth. Adjust herbs to taste. Thin with more water if desired.

NOTES:

- May substitute 3 TBSP lemon juice with ½ tsp citric acid (or a little less if you think acid is too strong)
- May use a ranch-style seasoning packet to replace dry seasonings
- Leave water out to make a delicious vegetable dip or seasoned mayonnaise-like spread
- I find a scant 3 Tbsp of lemon juice is sufficient, but go to the higher side of other seasonings. Almost never have poppy seeds on hand, so they are rarely used

Desserts

Peanut Oat Balls

1 cup peanut butter
1 cup oats quick, minute or rolled
¼ cup pure maple syrup
½-¾ cup mix-ins of choice (optional)

In a large mixing bowl, mix together peanut butter, oats and maple syrup. Add in mix-ins (if using) and stir until fully combined.
Roll energy ball mixture into 12-13 equal sized balls.

Dried Fruit Balls

1 1/2 cups raisins, dates, or dried cranberries or cherries
1 cup dried unsweetened coconut
1/2 cup chocolate chips
Pinch of salt

Place all ingredients in the food processor and run until it forms a sticky mixture that you can roll into balls. Then refrigerate.

Tacos

Quinoa Taco Meat

Ingredients:

1 cup quinoa
¾ cup water
1 cup veggie broth
1 tbsp nutritional yeast
2 tsp cumin
2 tsp chili powder
½ tsp garlic powder
½ tsp salt
½ cup salsa

Rinse quinoa well. Add quinoa to a dry saucepan on medium heat and toast, stirring often for 5 minutes.

Combine veggie broth and water with quinoa and bring to a boil.

Lower heat to a simmer and cook for 20 minutes or until water is absorbed.

Let set for 10 minutes and then fluff.

Add the rest of the ingredients, stirring well to coat all quinoa.

Preheat oven to 375.

Place quinoa mixture on a parchment paper lined sheet and spread evenly.

Bake for 25-30 minutes or until golden brown.

Kale Salad

Chopped Kale Salad with Spiced Almonds and Red Peppers

1 tablespoons olive oil, divided
1 teaspoon curry powder
½ teaspoon cumin
1 teaspoon honey
½ cup raw almonds
½ cup pitted kalamata olives
1 small red pepper, seeded and cut into thin strips
½ bunch kale, washed, stemmed and chopped

Preheat oven to 400 degrees. In a medium bowl, combine ½ tablespoon olive oil, curry powder, cumin and honey. Mix well. Add almonds and toss to coat. Spread almonds in a single layer on one-third of a baking sheet. Place olives on the middle one-third and red peppers on the remaining one-third. Roast for 10 minutes. Remove from oven and let cool. Place kale in a medium salad bowl and drizzle with remaining olive oil; sprinkle with salt and massage with hands to coat leaves, Add roasted peppers, roasted almonds, and roasted olives; toss and serve.