

My Healthy Lifestyle

Session 1 Recipes

Dips and Appetizers

Guacamole (1)

- 1 Tablespoon olive oil
- 1/4 cup finely minced / chopped onion
- 1/4 cup chopped cilantro
- 2 ripe Hass avocados, peeled, halved, and pitted
- 1/2 to 1 cup finely chopped Roma or plum tomato
- 2 tablespoons lime juice
- 1 teaspoon minced garlic (optional)
- Jalapeno (optional)
- salt to taste

Directions:

1. In bowl, mash olive oil, 1/2 of the onion, and 1/2 of cilantro. Add and mash avocados until creamy.
2. Add remaining onion, cilantro and the tomatoes, lemon juice, and optional jalapeno pepper into mashed avocado until well combined; season with salt.

Guacamole (2)

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 cup diced onion
- 3 tablespoons chopped fresh cilantro
- 2 roma (plum) tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (optional)

Directions

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in cayenne pepper. Refrigerate 1 hour for best flavor, or serve immediately.

Chunky Guacamole: Guacamole Picado (Rick Bayless) (3)

- 1/2 small onion, very finely chopped
- 2 to 3 serranos or 1 to 2 jalapenos, stemmed, seeded and very finely chopped
- 1 ripe, medium-large tomato, cored and very finely chopped, optional
- 1 clove garlic, peeled and very finely chopped, optional
- 10 sprigs fresh cilantro, chopped, optional
- 3 ripe, medium-size avocados
- Salt, about 1/2 teaspoon
- 1/2 lime, juiced, optional
- Additional chopped onion, fresh cilantro, radish slices or roses, and/or a little crumbled Mexican queso fresco or other fresh cheese like feta or farmer's cheese, for garnish

Directions

1. In a medium-size bowl, mix the finely chopped onion and chilies with the optional tomato, garlic, and cilantro.
2. Close to the time you are going to serve, halve the avocados lengthwise by cutting from the stem to flower ends, around the pits. Twist the avocado halves in opposite directions to loosen the meat from pits, and then scoop out the pits, and reserve. Scrape the avocado pulp from the skins and add it to the bowl.
3. Using your hand or a spoon, roughly mash the avocado while mixing in the other ingredients, making a course, thick mass. Flavor with salt, then enough lime juice to add a little zing, if you wish. Return the pits to the guacamole and cover with a sheet of plastic wrap pressed directly onto the surface of the mixture. Set aside for a few minutes to let the flavors blend.

Spring Green Pea Guacamole (Tori Avey)

- 1 lb frozen green peas, thawed or fresh shelled young peas (small), lightly steamed and cooled
- 2 cloves garlic, sliced
- 1 jalapeño pepper, cleaned, seeded and diced
- 1/2 cup fresh cilantro
- 1 tbsp olive oil
- 2 1/2 tbsp lime or lemon juice
- 1 tbsp fresh mint
- 1 tsp lime or lemon zest
- 3/4 tsp salt, or more to taste (I usually add closer to 1 tsp)
- 1/2 tsp cumin
- 1/2 tsp crushed red pepper, or more to taste

Directions

1. In a food processor, combine all ingredients and pulse until you reach a guacamole-like consistency (pureed but with texture).
2. Scrape down the sides with a spatula as necessary. Adjust salt and red pepper to taste. Sprinkle the top with some red pepper flakes before serving (adds spice).
3. This dip can be served chilled or at room temperature depending on preference. Try it with tortilla chips, pita chips, crudités, or anything you like to dip in traditional guacamole.

Tahini Paste (1)

- 2 Cups sesame seeds
- 1/4 to 1/3 Cup olive oil

Directions

1. Heat a heavy, wide-bottomed sauté pan over medium-high heat.
2. Add the sesame seeds and toast lightly - about 2 minutes, shaking the pan so they toast evenly. Keep a careful eye on the sesame seeds as they go from toasted to burnt really quickly. As soon as they start to brown, they are done. Transfer to a bowl and let cool completely.
3. Put the toasted sesame seeds in a food processor and drizzle in the olive oil. Pulse for 3-5 minutes, or until it's as smooth as you can get it. Add olive oil if necessary.

Session 1 Tested! (The base for the hummus recipes and the sesame cookies.)

Tahini Paste (2)

- 2 Cups sesame seeds
- 1/3 Cup olive oil

Directions

1. Heat a heavy, wide-bottomed sauté pan over medium-high heat.
2. Add the sesame seeds and toast lightly - about 2 minutes, shaking the pan so they toast evenly. Keep a careful eye on the sesame seeds as they go from toasted to burnt really quickly. As soon as they start to brown, they are done. Transfer to a bowl and let cool completely.
3. Put the toasted sesame seeds in a food processor and drizzle in the olive oil. Pulse for 3-5 minutes, or until it's as smooth as you can get it. Add olive oil if necessary.

Easy Hummus (1)

- One 15-ounce can of chickpeas, drained, 1 tablespoon of the liquid reserved, remove skin from chickpeas
- 1 small garlic clove, smashed
- 1 Tablespoon fresh lemon juice
- 1/4 cup tahini
- Extra-virgin olive oil
- Pinch of sweet smoked paprika
- Kosher salt
- Pita chips for serving

Directions

In a food processor, combine the chickpeas with the liquid, garlic, lemon juice and tahini and puree to a chunky paste. Scrape down the side of the bowl. Add 2 tablespoons of olive oil and the paprika and puree until smooth. Season the hummus with salt, drizzle with olive oil and serve with pita chips or crudités.

Hummus can be refrigerated for up to 5 days.

Session 1 Tested!

Hummus Three Ways (2)

- 1 can chickpeas (or 1/2 cup dried, fully cooked)
- 1 Tablespoon tahini
- 1 lemon, zested and juiced
- 1-2 garlic cloves, pressed
- 1/2 teaspoon salt (approx.)
- 1 teaspoon cumin
- Optional garnishes: fresh parsley, paprika, cumin

Directions

1. Rinse and drain the chickpeas, and remove skins. If you are using dried beans, they will need to be fully cooked before you start.
2. Add everything but the garnishes to a food processor (best choice) or blender (works ok). Start pureeing, adding about 1/4 cup of water as it spins, with more water if necessary to get the consistency you like. You'll probably have to take the lid off and push down the mix that will fly up the sides of the processor.
3. Spread the hummus on a plate, and sprinkle with any or all of: chopped fresh parsley, paprika and cumin.

Variation 1: Add a roasted red pepper. Bake the pepper in the toaster oven before starting, then put it in with everything else to puree. If you want to remove the skin from the pepper, put it into a plastic bag or container right when it comes out of the oven so that the skin peels off. I like it just fine to puree with the skin, plus there are nutrients and extra fiber in there.

Variation 2: Add 1 teaspoon (or more, if you like spices) curry powder in addition to the cumin. I use a mild curry powder, with no heat to it, but try whatever kind you like. If you use a spicy curry powder, you may want to use less than a full teaspoon.

<http://www.healthyeatingstartshere.com/recipes/homemade-hummus>

Session 1 Tested!

Almond Hummus – Blendtec (3)

Put a twist on your traditional hummus by making it with almond pulp.

- 1 cup almond pulp
- 1/4 cup cooked garbanzo beans, drained and rinsed, skins removed
- 2 Tablespoons olive oil
- 2 Tablespoons fresh lemon juice
- 2 Tablespoons tahini
- 1 clove garlic, quartered
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin

Directions

Add all ingredients to Food Processor in order listed and process until smooth. Yields 1½ cups.

Note: For best results, remove skin from chickpeas.

Servings 6.0 Sodium 235 mg Serving Size ¼ cup Carbohydrates 5 g Calories 133 Fiber 2 g Fat 12 g Sugar 1 g Saturated Fat 1 g Protein 4 g Cholesterol 0 mg

- See more at: http://www.blendtec.com/recipes/almond_hummus#sthash.PmfCbGi9.dpuf

Session 1 Tested!

Hummus (4)

- 2, 15oz cans chickpeas/garbanzo beans, drained (save liquid)
- 1/4 to 1/3 cup tahini
- 1 to 3 Tablespoons lemon juice
- 1 teaspoon salt
- 2 cloves garlic, halved
- 1 tablespoon olive oil
- 1 pinch paprika
- 1 teaspoon minced fresh parsley
- 1 Tablespoon minced red pepper

Directions:

1. Place the garbanzo beans, tahini, lemon juice, salt, red pepper, and garlic in a blender or food processor. Blend until smooth. Use chick pea liquid to thin to correct consistency. Transfer mixture to a serving bowl.
2. Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley.

Hummus (5)

- One 15-ounce can chickpeas, also called garbanzo beans
- 1/4 cup fresh lemon juice, about 1 large lemon
- 1/4 cup tahini
- Half of a large garlic clove, minced
- 2 tablespoons olive oil, plus more for serving
- 1/2 to 1 teaspoon kosher salt, depending on taste
- 1/2 teaspoon ground cumin
- 2 to 3 tablespoons liquid from chickpea can or water
- Dash of ground paprika for serving

Directions

1. In the bowl of a food processor, combine tahini and lemon juice. Process for 1 minute. Scrape sides and bottom of bowl then turn on and process for 30 seconds. This extra time helps “whip” or “cream” the tahini, making smooth and creamy hummus possible.
2. Add the olive oil, minced garlic, cumin and the salt to whipped tahini and lemon juice. Process for 30 seconds, scrape sides and bottom of bowl then process another 30 seconds.
3. Open can of chickpeas, drain liquid then rinse well with water. Add half of the chickpeas to the food processor then process for 1 minute. Scrape sides and bottom of bowl, add remaining chickpeas and process for 1 to 2 minutes or until thick and quite smooth.
4. Most likely the hummus will be too thick or still have tiny bits of chickpea. To fix this, with the food processor turned on, slowly add 2 to 3 tablespoons of water until the consistency is perfect.
5. To Serve: Scrape the hummus into a bowl then drizzle about 1 tablespoon of olive oil over the top and sprinkle with paprika.
6. To Store: Store homemade hummus in an airtight container and refrigerate up to one week.

Hummus (6) - Barefoot Contessa

- 2 cups cooked chickpeas, liquid reserved and set aside
- 1 teaspoon kosher salt, or to taste
- 2 garlic cloves
- 1/3 Cup tahini
- 7-8 Tablespoons lemon juice
- 2 Tablespoon reserved chickpea liquid (or water)
- 4-8 drops of Tabasco sauce (amazing), to taste
- Olive oil, for drizzling
- Paprika, for garnish

Directions

Place all ingredients into a food processor (except the salt) and process until the hummus is coarsely pureed. Now add in salt gradually, stopping to taste as you go. I find the salt preference of hummus varies a lot by the person, so be sure to adjust it to your needs. Also, if you use unsalted chickpeas, you may need more salt. Scoop into a bowl and drizzle with a good quality olive oil and garnish with paprika. Makes about 2 cups and lasts for about 4-5 days in the fridge in a sealed container.

Sweet Roasted Red Pepper Hummus (7)

- 1 (15 ounce) can garbanzo beans, drained
- 1 (4 ounce) jar roasted red peppers
- 3 tablespoons lemon juice
- 1 1/2 tablespoons tahini
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh parsley

Directions

1. In an electric blender or food processor, puree the chickpeas, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt. Process, using long pulses, until the mixture is fairly smooth, and slightly fluffy. Make sure to scrape the mixture off the sides of the food processor or blender in between pulses. Transfer to a serving bowl and refrigerate for at least 1 hour. (The hummus can be made up to 3 days ahead and refrigerated. Return to room temperature before serving.)
2. Sprinkle the hummus with the chopped parsley before serving.

White Bean Basil Pesto Hummus (8)

- 3 to 4 garlic cloves
- 3-1/2 cups soaked and cooked cannellini beans or 2 cans (15 oz. each) of cannellini beans, drained and rinsed
- 3/4 cup fresh basil leaves, loosely packed
- 1/4 cup olive oil, plus more for garnish
- 3 Tablespoon tahini paste
- 2-1/2 Tablespoon freshly squeezed lemon juice
- 1 Tablespoon water
- 1 teaspoon honey or agave nectar
- 1/4 teaspoon cayenne
- Salt to taste
- Fresh basil leaves and pine nuts, optional garnish (if serving to guests with nut allergies, omit the pine nut garnish)
- Crudités, breadsticks, pita and/or crackers for serving

Directions

1. Small saucepan, food processor or blender
2. In a small saucepan on the stovetop, roast the garlic cloves in the olive oil over low heat for about 30 minutes, stirring every so often, till golden and soft. Remove from heat and cool to room temperature. Separate the garlic cloves from the oil; reserve both.
3. In a food processor, combine the roasted garlic cloves with the cannellini beans, tahini paste, water, basil leaves, lemon juice, honey and cayenne pepper. Process for a couple of minutes, scraping the sides every so often, till a chunky hummus forms.
4. With the food processor running, drizzle in the roasted garlic oil. Continue to process till the hummus is smooth and creamy. Taste and add salt if needed. Typically canned beans have already been salted, so you may not need to add much more. Be sure to add carefully, as the mixture can become too salty rather quickly.
5. If you would like to adjust the texture of the hummus and make it softer, add more water 2 teaspoons at a time and process till the texture is to your liking.
6. Transfer the hummus to a container or serving plate and chill in the refrigerator. If desired, drizzle with olive oil and sprinkle with pine nuts before serving. Serve with toasted pita or pita chips, crudités or your favorite cracker.

Classic Hummus (9)

- 3-1/2 cups soaked and cooked chickpeas/garbanzo beans (1 1/2 cups dry) or 2 cans chickpeas/garbanzo beans (15 oz. each), drained and rinsed
- 1/3 cup tahini paste
- 8 roasted garlic cloves, or more to taste
- 1/4 cup fresh lemon juice, or more to taste
- 1 Tablespoon extra-virgin olive oil, plus more for garnish
- 3/4 teaspoon cumin
- 1/2 teaspoon salt (or more to taste)
- Pinch of cayenne pepper
- Paprika and fresh minced parsley for garnish (optional)

Directions

1. If using canned chickpeas, drain the chickpea water from one can into a small bowl and reserve. If using dried chickpeas drain and rinse them after soaking, then simmer them in lightly salted water on the stovetop for 60-90 minutes until soft and tender. Drain the beans and reserve 1/4 cup of the cooking water in a small bowl. Note: to make this hummus ultra-creamy, you can peel the cooked chickpeas. Squeeze each chickpea gently to remove the skin, and then discard the skins before processing. While this step is not completely necessary, it will ensure that your hummus turns out very smooth and creamy. Reserve about 15-20 whole chickpeas for garnish.
2. Outfit your food processor with a blade attachment. Place chickpeas, tahini paste, roasted garlic, lemon juice, 1 Tablespoon olive oil, salt, cumin, and cayenne pepper into the processor. Pulse the ingredients for about 60 seconds, and then process until smooth. Taste the mixture and add more salt, lemon juice, or garlic to taste. Process again to blend any additional ingredients. If the texture seems too thick, add some of the reserved water from the chickpea can or cooking liquid and continue to process until desired consistency is reached.
3. Transfer hummus to a shallow bowl and create a well in the center with a spoon. Garnish with reserved chickpeas, a drizzle of olive oil, and a sprinkle of paprika and minced fresh parsley. Serve with pita, crackers, or fresh dipping vegetables.

Tasty Hummus Spread and Dip (10)

- 1 cup cooked or canned garbanzo beans (chickpeas)
- 1 Tablespoon tahini paste
- 2 Tablespoon lemon juice
- 2 garlic cloves, finely chopped
- 1/3 cup bean liquid (from the can) or water
- 1 teaspoon horseradish (optional)

Directions

Blend all ingredients in a blender until creamy smooth.

Raw Nut Pulp Hummus (11)

- 1-1/4 cup nut pulp (leftovers from making nut milk from this recipe)
- 1 fat clove garlic
- 4 Tablespoons lemon juice
- 2 Tablespoons water
- 4 Tablespoons raw tahini (or other raw nut butter)
- 1 teaspoon ground cumin
- 1/4 teaspoon crushed chilies or cayenne pepper
- pinch sea salt + pepper

Directions:

1. In a food processor, pulse to mince garlic. Add everything but the nut pulp and blend until creamy.
2. With the motor running, slowly add the nut pulp a few spoonfuls at a time until you have everything well blended. If desired, add more water, one tablespoon at a time, until the desired consistency is reached.
3. Serve. Store leftovers in an airtight container in the fridge. (Remember that the nut pulp will last for up to seven days, so make your hummus quickly after the nut milk!)

If you are not using your pulp right away, put it in the fridge in a sealed container.

<http://www.mynewroots.org/site/2011/08/waste-not-want-not-raw-nut-pulp-hummus-2/>

Raw Almond Pulp Hummus (12)

- 1 cup (85g) almond pulp meal
- ½ cup (100g) ice
- ⅓ cup + 3 teaspoon (100g) water
- ¼ cup (60g) tahini OR heaped ⅓ cup (60g) sesame seeds
- scant ¼ cup (50g) lemon juice
- 1 teaspoon apple cider vinegar
- 1 clove (6g) garlic
- 4 teaspoons (20g) olive oil
- ½ teaspoon salt

Method

Add everything to blender and process until smooth. Use tamper to help ingredients blend properly. Store in the fridge for 4-5 days or in the freezer for up to 3 months. Serving size: 20g Calories: 102

Tips:

- Almond pulp meal is just the pulp leftover from making raw almond milk, dehydrated and processed into a fine powder. You don't have to dry your almond pulp meal before you use it. If you want to use fresh almond pulp (that is, straight from making raw almond milk), just replace the almond pulp meal and the water with around 1 1/2 cups of fresh pulp (about 280g).
- If you have a high-speed blender, like a Vitamix, you can use whole sesame seeds in this recipe, instead of the tahini. The blender will take care of grinding them up completely for you, which means you get freshly ground sesame seeds in your raw hummus. But if your blender isn't quite powerful enough, you'll probably want to use tahini instead, just to make sure there's no whole sesame seeds left in your hummus.
- This raw almond pulp hummus keeps in the fridge for around 4-5 days, and it also freezes really well. Just thaw it in the fridge overnight and you're ready to go the next day with a fresh batch.

Fresh Pea Hummus (13)

Yield: Makes: 4 servings

- 1 cup frozen peas, thawed
- 4 tablespoons chopped walnuts
- 2 tablespoons fresh lemon juice
- 4 garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Directions

Combine peas, walnuts, lemon juice, garlic, salt, and pepper in a blender or food processor; process until smooth.

Vegan Spinach Artichoke Dip (Monica)

- 1 onion roughly chopped
- 2 Tablespoons olive oil
- 3 cloves garlic, minced
- 1/2 teaspoon crushed red pepper
- 5 oz. baby spinach
- 1, 14 oz. package soft tofu, drained
- 1/2 cup nutritional yeast flakes
- 2 Tablespoons lemon juice
- 1 teaspoon dried basil
- 1-1/2 teaspoons sea salt
- 1/2 teaspoon freshly ground black pepper
- 14 oz. artichoke hearts

Directions

1. Preheat oven to 350F. Lightly grease 1 quart baking dish.
2. In large skillet, heat oil over medium heat and sauté onions until soft.
3. Add garlic and red pepper and cook for a few more minutes.
4. Reduce heat to medium-low and add spinach. Cook, stirring gently until spinach wilts.
5. In food processor, blend tofu, yeast, lemon juice, basil, salt, and pepper until smooth. Add artichokes and spinach mixture. Pulse about 15 times.
6. Transfer to baking dish.
7. Bake 30 minutes or until lightly browned on top. Let cool.
8. Serve with bread or tortilla chips.

Session 1 Tested! (Prepared by Kay)

Mediterranean 7 Layer Dip

- 4 Persian cucumbers, seeded and diced small
- 4 tomatoes, seeded and diced small
- 1/4 cup fresh flat leaf parsley, chopped
- 1/2 teaspoon salt

Dip Ingredients

- 3 cups hummus
- 1-1/2 cups Greek yogurt
- 1 cup pitted green Greek olives, sliced
- 1/4 cup tahini - [recipe here](#)
- 4 ounces crumbled feta (block feta preferred rather than pre-crumbled)
- 2 Tablespoon freshly squeezed lemon juice
- 2 1/2 Tablespoon fresh flat leaf parsley or basil, roughly chopped

Directions

1. To make salad layer, combine diced cucumbers, tomatoes, parsley and salt in a small mixing bowl. Toss to combine, then transfer to a colander and allow the excess liquid to drain while you prepare the other ingredients (slicing, chopping, etc.).
2. Let the salad stand and drain for at least 30 minutes. When the salad is fully drained, spread the 3 cups of hummus evenly into the bottom of your serving dish.
3. Next, evenly spread the Greek yogurt over the top of the hummus. Stir the cucumber salad in the colander to make sure all liquid is thoroughly drained. Pile your drained salad mixture on top of the Greek yogurt.
4. Then layer on the sliced olives.
5. Drizzle with the tahini.
6. Sprinkle with the feta. And finally, just before serving, sprinkle on your fresh lemon juice and chopped parsley or basil. This dip is great with pita chips!

Healthy Black- Bean Dip

- 2 cans (15 ounces each) black beans, rinsed and drained
- 3/4 cup green chili salsa
- juice of 1 lime
- 1 teaspoon ground cumin
- 1/2 cup shredded reduced-fat sharp cheddar cheese

Directions

In the bowl of a food processor fitted with a metal blade, combine the beans, salsa, lime juice, and cumin. Process into a coarse puree. Transfer to a shallow microwaveable dish. Sprinkle with the cheese. Microwave on high power for 2 to 3 minutes, or until the cheese melts and is heated through.

Tabbouleh Salad with Bulgur, Quinoa, or Cracked Wheat

- 1 cup bulgur wheat (#2 or #3 grind)
- 1 lemon
- 1 to 2 large bunches of flat leaf parsley, washed and dried
- 1 handful baby spinach, washed, dried, chopped
- 1 large bunch of mint, washed, dried, and chopped
- 2 scallions, chopped
- 2 medium tomatoes
- 1/4 cup of extra-virgin olive oil, divided
- 1/2 teaspoon salt
- 1/4 teaspoon ground allspice (optional)
- 1 small cucumber (optional)
- A few whole leaves of mint for garnish

Directions

1. Soak the bulgur. Place the bulgur in a small bowl and cover with very hot (just off the boil) water by 1/2-inch. Set aside to soak until softened but still chewy, about 20 minutes.
2. Prep the herbs and vegetables. While the bulgur is soaking, juice the lemon and chop the parsley and mint. You will need roughly 1-1/2 cups packed chopped parsley and 1/2 cup packed chopped mint for this amount of bulgur. Slice the scallions thinly to equal a heaping 1/4 cup. Medium chop the tomatoes; they will equal roughly 1-1/2 cups. Medium chop the cucumber, about 1/2 cup.
3. Dress the bulgur. When the bulgur is done, drain off any excess water and place in the large bowl. Add 2 tablespoons of olive oil, 1 tablespoon of lemon juice, and 1/2 teaspoon of salt. Toss to coat the grains. As you finish prepping the herbs and vegetables, add them to the bowl with the bulgur, but reserve half of the diced tomato to use for garnish.
4. Season and toss. Add 2 more tablespoons of olive oil and another 1 tablespoon of lemon juice and the optional allspice to the bowl. Toss everything together, taste, and adjust seasonings as needed.
5. Garnish. To serve, garnish the tabbouleh with the reserved tomato and a few whole mint sprigs. Serve at room temperature with crackers, cucumber slices, fresh bread, or pita chips.

Recipe Notes

- To make Quinoa Tabbouleh, just substitute 1 cup of cooked quinoa for the bulgur.
- To make tabbouleh with cracked wheat, substitute 1 cup of cooked cracked wheat for the bulgur.
- Tabbouleh is very flexible. Feel free to add more or less of any ingredient based on your palate.

Session 1 Tested!

Spicy Whole Roasted Cauliflower (Vegetarian – Not Vegan)

- 1 tablespoon vegetable oil
- 1 head cauliflower
- 1-1/2 cups plain Greek yogurt
- 1 lime, zested and juiced
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 tablespoon garlic powder
- 1 teaspoon curry powder
- 2 teaspoons kosher salt
- 1 teaspoon black pepper



Directions

1. Preheat the oven to 400° and lightly grease a small baking sheet with vegetable oil. Set aside.
2. Trim the base of the cauliflower to remove any green leaves and the woody stem.
3. In a medium bowl, combine the yogurt with the lime zest and juice, chili powder, cumin, garlic powder, curry powder, salt and pepper.
4. Dunk the cauliflower into the bowl and use a brush or your hands to smear the marinade evenly over its surface. (Excess marinade can be stored in the refrigerator in an airtight container for up to three days and used with meat, fish or other veggies.)
5. Place the cauliflower on the prepared baking sheet and roast until the surface is dry and lightly browned, 30 to 40 minutes. The marinade will make a crust on the surface of the cauliflower.
6. Let the cauliflower cool for 10 minutes before cutting it into wedges and serving alongside a big green salad.

Chips and Bread

Jack's Oatmeal Crackers (Wheat Thicks)

- 1-1/2 cups rolled oats (quick, old fashioned, not instant)
- 1 cup whole wheat flour
- 1/2 teaspoon salt
- 1 to 2 Tablespoons white sugar
- 1 Tablespoon Honey
- 1 teaspoon ground cinnamon (optional)
- 1/2 cup + 1 teaspoon water
- 1/3 cup olive oil (may require another teaspoon)

Directions

1. Preheat oven to 350F. Grease a baking sheet or use a silicone baking sheet.
2. Place the rolled oats into a blender or the work bowl of a food processor, and grind into coarse flour. Combine the oat flour, whole wheat flour, salt, sugar, and cinnamon in a bowl. Pour in the water and olive oil, and mix to form a soft dough.
3. Place the dough onto the prepared baking sheet, and roll out 1/8-inch thick. (Can also divide dough in half and roll out inside 1 gallon plastic storage – freezer bag. Place dough in pan and use a knife or pastry scraper to partially slice the dough in desired shapes.
4. Bake in the preheated oven until just barely brown, approximately 15 to 18 minutes. Watch carefully, as they burn easily. Allow to cool completely on baking sheet before breaking along score lines into individual crackers.

Session 1 Tested! (I did not use cinnamon)

St. Louis-Style Pizza – King Arthur Flour Recipe

Cracker-thin baking powder crust and square slices (Yield: two 11" pizzas)

Crust

- 2 cups King Arthur Unbleached Flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 1/2 cup water

Topping

- 2/3 cup pizza sauce
- 1 cup grated or shredded sharp white cheddar cheese
- 1/2 cup grated or shredded smoked provolone cheese
- 1/2 cup grated or shredded Swiss cheese
- Pizza Seasoning or dried Italian herbs



Directions

1. Preheat the oven to 425°F. Lightly grease two 12" round pizza pans, or a couple of baking sheets.
2. To make the crust: Combine the flour, oil, and water, mixing until cohesive. Gather the dough into a ball, divide it in half, and shape each half into a flat disk.
3. Let the dough rest, covered, for 10 to 15 minutes; it'll be easier to roll out once it's rested.
4. Grease a piece of parchment paper about 12" square; or a piece of waxed paper, or plastic wrap. Place one of the dough pieces on the paper, and top with another piece of lightly greased parchment, waxed paper, or plastic wrap.
5. Roll the dough very thin, 1/8" thick or less. Place the pizzas on the prepared pans.
6. Top each pizza with 1/3 cup of the sauce. Mix the cheeses together, and spread half over each pizza. Sprinkle lightly with Pizza Seasoning or dried Italian herbs.
7. Bake the pizzas for 9 to 11 minutes, until the cheese is melted and beginning to brown, and the edges and bottom of the crust are golden brown.
8. Remove the pizzas from the oven, transfer to a rack to cool very briefly, cut in squares, and serve hot.

Feel free to increase the water in the dough a bit — especially in winter, when it is cold out and your flour will tend to be dry. Your goal is dough that's firm (not sticky), but wet enough to hold together when you squeeze it.

Session 1 Tested! (For Session 1, I served this recipe three ways: (1)a plain crust, (2)a plain crust with sesame seeds, (3)the crust with the sauce and seasonings, no cheese. This recipe makes a great, thin, crispy cracker as you sampled in Session 1. It also makes a great, quick, thin crust pizza as the recipe directs.)

Stove Top Pita Bread

- 1/2 cup + 1-1/2 cups warm water
- 2 teaspoons sugar
- 1 teaspoon instant dry yeast or active dry yeast
- 4 cups all-purpose flour + additional flour as needed
- 1 teaspoon salt

Directions

1. Mix water, sugar, yeast, stir and leave for 10 minutes to activate.
2. In a large bowl, combine 4 cups flour and salt.
3. Pour yeast mixture onto flour and mix.
4. Add 1-1/2 cups warm water and mix. Add additional flour to achieve a dough that can be handled.
5. Knead dough for 10 minutes.
6. Place dough in lidded container to rise for 1 hour.
7. Divide into 12 to 18 balls (depending on size of pita you decide to make) and place on floured backing sheet. Let balls rest 10 minutes.
8. Roll balls into disks and allow to rest covered for 10 minutes.
9. Cook individually on medium heat, using a non-stick pan (no oil required). When air bubbles appear and the pita begins to balloon, flip. Cook for a minute, flip one more time. Stack finished pitas on counter covered to ensure they remain soft.

Session 1 Tested!

Jack's Spinach-Kale-Corn Meal Chips

- 4 cups baby spinach
- 4 cups kale, stems removed
- 1/2 to 2/3 cup corn meal
- 2 to 3 Tablespoons canola oil
- Sea Salt (to taste)

Directions

1. Preheat oven to 400°F.
2. Cover pizza pan or cookie sheet with aluminum foil, spray foil with PAM.
3. Boil spinach and kale until soft, strain water, puree in blender or food processor.
4. Place mixture in bowl with corn meal and oil, blend well. Add salt to taste.
5. Spread mixture over aluminum foil and bake for 15 to 20 minutes. Turn off oven and allow to crisp in oven.

Desserts

Meringue Teasers (Vegetarian, non-vegan due to egg whites and chocolate chips)

Servings: 24

- 2 egg whites
- 2/3 cup super fine sugar
- 1 teaspoon vanilla extract
- 1 pinch salt
- 1 cup semisweet chocolate chips
- 1 cup chopped walnuts

DIRECTIONS:

1. Preheat oven to 350 degrees F. Cover cookie sheets with foil.
2. Beat egg whites in small bowl until foamy. Gradually beat in sugar until meringue forms stiff peaks. Add food coloring, if using. Add vanilla and salt. Stir in chocolate chips and nuts.
3. Drop meringue by teaspoonful onto prepared cookie sheets. Place in preheated oven. Turn oven off. Do not open door for at least 6 hours or overnight.

Black Bean Brownies

- 1-1/2 cups black beans (1 15-oz can, drained and rinsed very well) (250g after draining)
- 2 Tablespoon cocoa powder- dutch or regular (10g) (add a little extra if desired)
- 1/2 cup quick oats (40g)
- 1/4 teaspoon salt
- 1/3 cup pure maple syrup or agave (Honey will work, but not for strict vegans.) (75g)
- 2 Tablespoons sugar or equivalent Stevia (or omit and increase maple syrup/agave to 1/2 cup)
- 1/4 cup coconut or vegetable oil (40g)
- 2 teaspoons pure vanilla extract
- 1/2 teaspoon baking powder
- 2/3 cup chocolate chips (115-140g) (Not optional. Omit at your own risk.), plus additional chocolate chips for topping. Jack uses mini-chips, but regular work as well.

Directions

1. Preheat oven to 350° F. Grease and flour 8 x 8 baking pan.
2. Combine all ingredients except chips in a good food processor, and blend until completely smooth.
3. Stir in the chips and pour/spread into a greased 8x8 pan.
4. Sprinkle extra chocolate chips over the top.
5. Cook the black bean brownies 15-18 minutes, then let cool completely before cutting. Cut into 9, 12, or 16 pieces.

Session 1 Tested!

Sweet Sesame Cookies

- 1-1/2 cups all-purpose gluten free flour mix or whole wheat pastry flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/4 cup tahini
- 1/4 cup olive oil (or coconut oil)
- 2/3 cup date paste or 1/2 cup agave nectar or 1/2 cup honey (jl)
- 1/3 cup sesame seeds

Directions

1. Preheat oven to 350F.
2. Combine the flour, baking soda, and sea salt in a large mixing bowl.
3. If you're using date paste/agave/honey: Whisk together the date paste or agave, the tahini, and the olive oil. If you have a sticky paste, you may need to add a few extra tablespoons of oil to make this mixture wet enough to mix with the dry ingredients.
4. Mix the wet and dry ingredients. The mixture will be thick and sticky, but keep in mind that you're about to form it into balls, so it should be pretty dense. If it's too sticky, thin it out with a tablespoon or two of almond milk.
5. Stick the dough in the fridge for 30 minutes or an hour so that it can firm up a bit. Roll mixture into 1- 1/2 inch balls and roll each ball in the sesame seeds. Press the dough ball onto a parchment lined baking sheet, so that it's flat.
6. Bake for 10 minutes, or until they're golden brown.

Session 1 Tested!

Raw Lemon `Cheese` Cake

Makes a 9' cheesecake, enjoy frozen or thawed, from Pg. 140 of Michelle Irwin's *Too Few Cooks in the Kitchen*.

Crust:

- 2 cups slivered almonds
- 3-4 dates, pitted
- 1 tablespoon lemon juice, fresh
- ¼ teaspoon vanilla, alcohol-free

Filling:

- 3 cups raw cashews
- 1½ cups unsweetened almond milk
- 1 cup fresh lemon juice
- ½ cup raw honey
- 1 cup coconut oil, melted
- 1 teaspoon vanilla, alcohol-free
- ¼ teaspoon salt
- 1 teaspoon lemon zest
- pinch of turmeric (optional)

Directions

1. Using a food processor and `S` blade, process almonds to a fine meal.
2. Add the pitted dates, lemon juice and vanilla and process again until crust sticks together. Press into a springform pan. Set aside.
3. Next make the filling by adding all of the ingredients into a high speed blender, except the melted coconut oil. Blend on high until everything is very creamy.
4. Add the melted coconut oil to the filling mixture. Blend on high until the oil is well combined with the filling mixture. Pour on top of the crust.
5. Chill in freezer for 2-4 hours or until set up. Or set up in the fridge overnight until the cheesecake is firm.

Session 1 Tested! (Kay prepared this delicious cheese cake)

Raw Cheesecake — Paul Jarvis

Yield: 6-10 servings

- 2 cups of raw cashews, soaked, rinsed and drained
- 1 cup of almond meal
- 3/4 cup of dates, de-pitted
- juice of 1-1/2 lemons
- 1/4 cup maple syrup
- 2 teaspoons vanilla extract
- 1/2 cup of cherries, de-pitted
- 1/2 cup of strawberries

Directions

1. For the crust, blend almond meal and dates together until mixture sticks together. Smush mixture into a 6-8 inch pie dish.
2. For the filling, blend cashews, lemon juice, maple syrup and vanilla until silky smooth. Scoop filling over crust.
3. Freeze for at least on hour.
4. For the topping, blend cherries and strawberries. Add a little maple syrup to adjust sweetness (optional).
5. Defrost cheesecake in the fridge for 45-60 minutes, until the center is cold but not frozen.
6. Slice and serve with a hearty drizzle of the fruit topping

Jack's Chocolate Hummus

- 1 to 1-1/2 cups cooked chick peas, rinsed and drained
- 1 cup rolled oats (quick, not instant)
- 2 tablespoons baking cocoa (unsweetened)
- 1/2 cup honey
- 1/4 cup coconut oil
- 1 Tablespoon Tahini paste (optional)
- 2 teaspoons vanilla
- 1-1/2 cups chocolate chips (divided)
- 1/4 to 1/2 teaspoon salt (optional)

Directions

Remove skin from chickpeas. Put all ingredients including 1 cup chocolate chips into food processor and process until well combined. Sweeten with honey to taste. Stir in 1/2 cup chocolate chips.

Session 1 Tested!

Nut and Grain Milks

Cashew Milk

- 1 cup raw cashews, soaked 1 to 4 hours (enough water to cover nuts + 1/2")
- 3 to 4 cups water
- 1 tablespoon agave nectar or honey (Optional)
- 1 to 2 teaspoons vanilla (Optional)
- Pinch cinnamon (Optional)
- Pinch celtic sea salt (Optional)

Directions

1. Discard soaking water and rinse cashews thoroughly until water runs clear
2. Place cashews, (3 cups fresh) water and optional flavorings and sweetener in blender
3. Process on high speed 30 to 60 seconds
4. Store in glass mason jar in refrigerator, will keep 4 to 5 days

Session 1 Tested! (I used the 1 cup cashews and 3 cups water, no flavorings or sweeteners)

Cashew Cream

- 1 cup raw cashews, soaked and drained
- 1 to 2 cups water (depending on desired consistency)

Directions

Soak the cashews in water at least 4 hours, or overnight in the refrigerator. Drain the cashews and rinse until the water runs clear. Add the cashews and two cups water to a blender. Start on a low setting and increase the speed until the cashews are totally pulverized. This could take 2 minutes in a high-powered blender or longer in a regular blender.

Almond Milk

- 1 cup raw almonds
- water for soaking nuts
- 3 cups water
- 2 dates or honey (optional)
- 1/2 tsp vanilla (optional)

Directions

1. Soak the almonds in water overnight or for at least 6 hours.
2. Drain the water from the almonds and discard.
3. In blender, blend the 3 cups of water, almonds and optional dates until well blended and smooth.
4. Strain the blended almond mixture using cheesecloth or nut milk bag. Add vanilla and blend.
5. Homemade raw almond milk will keep well in the refrigerator for four to five days, just stir as needed.
Makes great hot cocoa and chocolate milk.

Session 1 Tested!

Jesse/Kay Variations: Used three dates, they skinned the almonds, and used four cups water.

Jack Variations: Used 1 teaspoon honey and vanilla, no dates, did not skin almonds, strained using nut milk bag. Jack prefers no flavorings, just water and almonds.

Other suggestions:

- Sweeteners: 2 to 6 pitted dates, 1 to 3 Tablespoons maple syrup, honey, raw agave, coconut sugar or a few drops of Stevia
- For a richer, creamier milk add: 1 Tablespoon unrefined coconut butter or raw almond butter or 1 Tablespoon non GM soy or sunflower lecithin
- For Chocolate Almond Milk add a couple of tablespoons of raw cocoa powder, 1 teaspoon vanilla extract, and sweeten to taste.
- For Cinnamon Milk add in 1 teaspoon of ground cinnamon, 1 teaspoon vanilla, and sweeten to taste.
- For Strawberry Milk add in the desired amount of strawberries with the vanilla, and sweeten to taste.

Oat Milk (1)

Makes 1 quart

- 1/2 to 1 cup rolled oats
- 1 quart (4 cups) filtered water, room temperature
- Sweetener (2 dates, 1 Tablespoon maple syrup, honey, or agave) (optional)
- Cinnamon (optional)
- Vanilla (optional)

Directions

1. Soak oats in the water for about 20 minutes but not more or it will start becoming slimey.
2. Pour in a blender. Add dates if using.
3. Blend for one minute (until oats are very fine and well mixed).
4. Strain through cheesecloth or fine mesh fabric.
5. Squeeze out liquid from the oat residue.
6. Pour in a glass or plastic sealable container and place in refrigerator. Will store for two days.
7. Shake well each time before using.

Session 1 Tested! (Rosane)

Rosane sweetened with maple syrup.

Oat Milk (2)

- 1 cup old-fashioned or rolled oats (gluten-free & wheat-free brand)
- 3 cups water + water for soaking
- honey, maple syrup, date syrup or brown sugar or any other sweetener (optional)
- cinnamon (optional)
- vanilla or almond extract (optional)
- 2 medjool dates

Directions

1. Place the oats in a large bowl and pour enough water to cover. Allow to sit for 10 minutes.
2. Drain and place in blender. Pour in 3 cups of water and sweetener or additional flavorings if desired.
3. Process until the oats have completely broken down into a creamy liquid. You may add more water if thinner milk is desired, or less for a slightly thicker consistency.
4. Optional: Strain the milk through a cheese cloth.
5. Place in suitable sealable container. Shake before use.

Rice Milk

- 1 cup long grain rice
- 4 cups water
- 2 Tablespoons honey (optional)
- 1 tsp vanilla (optional)
- 1/2 tsp cinnamon (optional)

Directions

1. Toast rice in thick pan over medium heat for four minutes. Place rice in jar with 4 cups of water, and soak for 10 hours.
2. Add optional flavorings and blend until smooth, about two minutes.
3. Pour into container through nut milk bag or cheesecloth.

Session 1 Tested! (Rosane)

Benefits of Cashew Nut Milk

Cashew milk is a beverage derived from the cashews, water, and, if desired, an added sweetener such as maple syrup. For individuals who are unable to drink milk, and want an alternative to soy, cashew milk is an excellent option. Cashew milk is made from cashew nuts, which are high in B vitamins, magnesium and copper, and provides a wide array of health benefits.

Loaded with B Vitamins

B vitamins are the group of vitamins that are involved in making red blood cells and are essential in the body's metabolic activity. Cashews are a good source of B vitamins including thiamin, riboflavin, niacin, and B6.

Good Source of Copper and Magnesium

Copper is an important component to many enzymes in our bodies. Copper is involved in many important functions such as developing bone and connective tissue, producing melanin, and the utilization of iron in our body. According to the George Mateijan Foundation, a quarter cup of cashews supplies almost 38 percent of the daily recommendations of copper. Cashews are also a great source of magnesium. Like calcium, magnesium is also extremely important in keeping our bones strong and healthy. According to the George Mateijan Foundation, a quarter cup of cashews supplies 22.3 percent of the daily value of magnesium.

A spate of health benefits exist for eating cashew milk and some of them are as follows. Cashew milk provides you with B vitamins, riboflavin/Vitamin B2, B6, copper, calcium, magnesium and monounsaturated fatty acids. Calcium and magnesium carry myriad of health advantages from strengthening your bones to reducing the muscular spasm. Copper, which is abundantly seen in cashew milk is good for nerve conduction and over all development of young kids.

Benefits of Almond Milk

Almond milk has many benefits. One serving provides 1/3 of the daily recommended dose of vitamin E. This nut milk also contains vitamin A, which improves eye functioning and helps your skin look great, as well as vitamin D, which helps build cells. And don't forget about magnesium and potassium, other important nutrients almond milk has to offer.

Benefits of Oat Milk

Oat milk contains 10 minerals and 15 vitamins. Just a cup of oat milk contains 36 percent of the recommended daily allowance, or RDA, of calcium. Oat milk also contains 10 percent of the RDA for vitamin A, which is twice as much as cow's milk. If you suffer from anemia and are looking for vegan options for iron intake, one serving of oat milk contains 10 percent of the RDA.

A surprising fact about oat milk is that it contains more calcium in one serving than regular cow's milk. Oat milk contains 36 percent of the RDA for calcium, while one serving of whole milk contains 28 percent. This fact allows you to get a good dose of calcium each day even if you are lactose intolerant, since oat milk is lactose-free. Many people who are lactose intolerant choose other sources for lactose-free milk, such as rice milk or soy milk. Oat milk might be a better choice for you, because it's typically cheaper to buy, or you can even make it yourself.

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