

My Healthy Lifestyle Group

July 2014 Recipes

Vegan Sausages – Kay Mercado

Dry Ingredients

- 1-1/4 Cup vital wheat gluten
- 1/4 cup nutritional yeast flakes
- 1-1/2 tsp crushed fennel seed
- 1 tsp crushed red pepper flakes
- 1/8 tsp black pepper
- 1 tsp paprika
- 1 tsp oregano

Wet Ingredients

- 1/2 cup smashed cooked pinto beans
- 1 cup vegetable broth (or McKay's chicken style seasoning mixed in water)
- 1 Tablespoon olive oil
- 2 Tablespoons soy sauce
- 2 cloves crushed garlic

Directions

1. Mix dry ingredients together.
2. In separate bowl, mix wet ingredients.
3. Combine the wet and dry ingredients.
4. Place 1/3 cup portions of mixture onto a piece of aluminum foil, pinch it out into a sausage shape and roll it up starting near the edge of the foil. Twist the ends to secure.
5. Place on steamer rack in pot above boiling water and steam for 40 minutes.
6. Use right away or freeze.

Event Tested!



Walnut Olive Burgers – Kay Mercado

- 1 cup black olives, pitted
- 1/4 cup water
- 1 cup walnuts, chopped
- 2-1/2 cups regular rolled oats
- 1 cup onions, finely chopped
- 1 tsp salt
- 1 Tablespoon soy sauce, unfermented
- 1/2 tsp sage
- 1/2 tsp thyme
- 1/4 tsp marjoram
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 cup walnuts
- 1-3/4 cups water



Directions

1. Blend pitted olives and water on high until smooth, stopping blender several times to stir contents.
2. Pour into bowl and add the remaining ingredients except for the second 1 cup walnuts and 1-3/4 cups water. Mix well.
3. Blend 1 cup walnuts and 1-3/4 cups water on high for 1 to 2 minutes, until creamy.
4. Add to bowl and combine well.
5. Let sit for 15 minutes to allow the oats to absorb the liquid.
6. Place 1/3 cup portions on oiled cookie sheet and form into patties.
7. Bake at 350°F for 20 minutes on each side. Makes 13, 1/3 cup burgers.

Recipe taken from *Country Life Vegetarian Cookbook*

Event Tested!!!

Black Bean Burger (aka Oh She Glows Our Favorite Veggie Burger) – Kay Mercado

- 1 Tablespoon ground flaxseed
- 1 15-ounce can black beans, drained and rinsed
- 1 cup grated carrots or sweet potato
- 1/3 cup finely chopped fresh parsley or cilantro leaves
- 2 large cloves garlic, minced
- 1/2 cup finely chopped red or yellow onions
- 1/2 cup sunflower seeds, toasted if preferred
- 3/4 cup gluten free rolled oats processed into flour
- 1/2 cup spelt bread crumbs
- 1/2 tablespoon extra-virgin olive oil
- 1 to 2 tablespoons tamari or coconut aminos to taste
- 1 tsp chili powder
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 tsp fine grain sea salt
- Freshly ground black pepper

Directions

1. Preheat oven to 350°F and line baking sheet with parchment paper.
2. In a large bowl mash the black beans into a paste leaving a few beans intact for texture.
3. Stir in the rest of the ingredients and the flaxseed mixture.
4. Adjust seasonings to taste.
5. Mix well until combined.
6. With slightly wet hands, shape the mixture into eight patties. Pack the dough tightly to help it hold together while cooking. Place patties on prepared baking sheet.
7. Bake patties for 15 minutes, gently flip them, and bake for an additional 15 to 20 minutes until patties are firm and golden. Or grill the patties: preheat grill to medium heat. Prebake the patties in oven for 15 minutes at 350°F, then place them on grill. Grill each side for a few minutes until lightly golden.
8. Serve with toasted buns for lettuce leaf wraps.

Event Tested!!!

Jack's Veggie Loaf Burger Patties

- 2 cups cooked lentils
- 1 cup cooked long grain brown rice
- 1/2 cup walnuts
- 2 Tablespoons vegetable oil
- One onion, finely diced
- One large garlic clove, minced
- Two celery ribs, thinly diced
- 1/2 cup uncooked Cream of Wheat (or oatmeal)
- 3 Tablespoons tomato paste
- 1 tsp. ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 Tablespoons soy sauce
- 1 Tablespoon liquid smoke (as per taste) (Optional)
- 1 egg if needed to bind (optional)
- Salt to taste (Seasoning salt, sea salt, or table salt)
- Ground black pepper, to taste

Directions

1. Preheat oven to 350°F. Line baking pan with parchment paper (or oil pan)
2. Grind walnuts in food processor and place in a large mixing bowl and set aside.
3. Sauté vegetables you've chosen in the vegetable oil until soft (celery first to get soft before onions). Add to the large mixing bowl along with all the remaining ingredients.
4. Mix and mash together well, adding only as much liquid as needed to create soft, moist patties together; add more binder/carbohydrate as needed if the loaf seems too wet.
5. Press mixture into patties and bake for 20 to 25 minutes, flipping once. You may also grill them or fry in pan.

Event Tested!!!

Our Perfect Veggie Burger - Inspired by Whitewater Cooks

Yield: 8 burgers

- 1/2 cup onion, diced
- 1 large garlic clove, minced
- Flax eggs: 2.5 tbsp ground flax + 1/2 cup warm water, mixed in bowl
- 1 cup oats, processed into flour* (other flours might work)
- 1.5 cups bread crumbs (I processed 3 pieces of Ezekiel bread until fine crumb)*
- 1 cup grated carrots
- 1 cup cooked black beans, rinsed and roughly pureed or mashed
- Heaping 1/4 cup finely chopped parsley (or fresh herb of choice)
- 1/3 cup almonds, chopped (toasted if preferred)
- 1/2 cup sunflower seeds, (toasted if preferred)
- 1 tbsp. Extra Virgin Olive Oil
- 1 tbsp Tamari (soy sauce)
- 1.5 tsp chili powder
- 1 tsp. cumin
- 1 tsp. oregano
- Fine grain sea salt and black pepper, to taste (I used about 1/2 tsp salt or a bit more)

Directions:

- Preheat oven to 350°F (if baking). In a large skillet, sauté onions and garlic in 1/2 tbsp oil. Mix your flax egg together in a small bowl and set aside for at least 10 mins while you prepare the rest of the ingredients.
- Place all ingredients (except spices and salt) into a large mixing bowl and stir very well. Now, add seasonings and salt to taste.
- With slightly wet hands, shape dough into patties. Pack dough tightly as this will help it stick together. I made 8 medium patties.
- Cooking methods: You can fry the burgers in a bit of oil on a skillet over medium heat for about 5 minutes on each side. If baking in the oven, bake for 25-30 mins (15-17 minutes on each side) at 350F, until golden and crisp. For the BBQ, pre-bake the burgers for about 15 minutes in oven before placing on a pre-heated grill until golden and crisp on each side. Our preferred method of cooking was frying in the skillet!!

GF Note: To make these burgers gluten-free, use certified GF oats, GF Tamari, and gluten-free breadcrumbs.

<http://ohsheglows.com/2011/07/13/our-perfect-veggie-burger>

Jack's Vegan Mac n' Cheese

- 2-1/2 cups raw cashews (soaked for 2+ hours)
- 1/4 cup fresh lemon juice
- 1 cup unflavored almond milk (or water)
- 1 tsp Dijon or yellow mustard
- 3 Tablespoons tomato paste
- 1-1/2 to 2 tsp sea salt
- 1/4 cup + 1 tsp nutritional yeast
- 1 tsp chili powder
- ½ clove garlic
- 1 tsp onion powder
- pinch of turmeric
- Several drops of red pepper sauce (i.e. Tabasco) according to taste
- 16 oz. of elbow pasta
- Optional add-ins: roasted broccoli, sautéed mushrooms, sautéed red pepper, spinach, green peas
- freshly ground black pepper
- 1 cup of panko bread crumbs (optional)
- paprika, for garnish

Instructions

1. Preheat the oven to 350F.
2. Prepare your pasta.
3. Place the first twelve ingredients into the blender, and blend until smooth and creamy! If you do not have a high-powered blender, use a food processor or blender to process the cashews first, until they are a nut-butter-like consistency. Once your cashews are thoroughly processed, add the rest of the ingredients and process until thick and smooth.
4. Process sauce adding additional liquid (milk, lemon juice, water) to reach desired consistency and taste.
5. Drain and rinse pasta and place in baking dish.
6. Add vegetables and cheese sauce to pasta and mix well to combine.
7. Sprinkle black pepper, bread crumbs, and paprika over top of mixture.
8. Bake at 350F for 20 minutes.
9. Let cool for about 5 minutes, then serve!

Event Tested!!!

Vegan Mac n' Cheese

- 1½ cups raw cashews
- 3 T. fresh lemon juice
- ¾ cup water
- 1½ tsp. sea salt
- ¼ cup nutritional yeast
- ½ tsp. chili powder
- ½ clove garlic
- pinch of turmeric
- pinch of cayenne pepper
- ½ tsp. mustard (Dijon or yellow)
- 8 oz. of elbow or shell pasta of choice
- Optional add-ins: roasted broccoli, sautéed mushrooms, spinach
- freshly ground black pepper
- paprika, for garnish

Instructions

1. Preheat the oven to 350F. (If you are adding roasted broccoli to your dish, this would be a good time to start preparing that, so it can roast in the oven while you work on the rest!)
2. Boil water to prepare your pasta.
3. If you have a place the first ten ingredients into the blender, and blend until smooth and creamy! If you do not have a high-powered blender, use a food processor or blender to process the cashews first, until they are finely ground, or ideally, a nut-butter-like consistency. Once your cashews are thoroughly processed, add the rest of the ingredients and process until thick and smooth.
4. Check your pasta. Once it's cooked to your liking, drain and rinse it, then return the pasta to the pot to be mixed with the cheese sauce.
5. If you're adding any roasted or sautéed veggies, this would be the time to do it.
6. Serve immediately while hot, or move on to the next step for baking.

Baking Instructions: (optional)

1. Once you've mixed everything together, pour the mac n' cheese into an 8 x 8 square dish and garnish with a sprinkle of paprika and black pepper. Bake at 350F for 20 minutes.
2. Let cool for about 5 minutes, and then serve!

<http://detoxinista.com/2011/01/move-over-kraft/>

Vegan Mac and Cheese

- 16 oz. package pasta of choice
- paprika, garnish

For the bread crumb topping

- two pieces of bread or 1 cup bread crumbs
- tablespoon olive oil
- twist or two of the salt grinder

Cheese Sauce

- 1-1/2 cup raw cashews, preferably soaked for a 2 -3 hours (aides in digestion)
- 1-3/4 cups water or unsweetened almond milk, or combo like I did
- 1/3 cup nutritional yeast
- juice of one large lemon or 1 tablespoon vinegar
- 1 clove garlic
- 2 tablespoons of extra virgin olive oil
- 1 tablespoon white miso
- 1 teaspoon onion powder
- 1 teaspoon sea salt, or to taste
- 1/4 to 1/2 teaspoon chili powder, to taste*
- 1/8 teaspoon turmeric
- dash of cayenne powder

Directions

1. Preheat oven to 350 degrees. Bring a large pot of water to a boil, cook your noodles al dente and set aside.
2. Bread topping: Toast two pieces of bread and processed them in the food processor until crumbly. Place in a small bowl, drizzle with olive oil and a twist or two of the salt grinder, mix well and set aside. Rinse the processor/blender bowl and move on to the cheese sauce.
3. For the cheese sauce: In food processor/blender, combine all of the cheese sauce ingredients except for about 1/2 of the water/milk and blend until creamy. Add remaining water/milk and blend again. Taste for flavor adding anything extra to suit your taste.
4. Add pasta to the pot and add the cheese sauce and combine well. It may seem like too much liquid but the pasta will take care of most of it.
5. Pour mac and cheese into baking disk and top with bread crumbs. Bake for 25 - 30 minutes, check after 15 minutes if crumbs are darkening too much for your liking, cover with foil. The sauce will thicken upon standing.

<http://thesimpleveganista.blogspot.com/2012/12/mac-cheese-bake-from-my-heart-to-yours.html>

Classic Cashew Cheese

A classic cheesy cashew cheese spread/dip, creamy and a perfect vegan friendly option to cheese.

- 1 cup raw cashews (soaked)
- ¼ cup filtered water
- ¼ cup nutritional yeast
- 2 Tbs. lemon juice
- 2 cloves garlic
- 1 Tbs. raw apple cider vinegar
- 1 Tbs. Dijon mustard
- sea salt and pepper to taste

Instructions

1. Add all ingredients into your high speed blender and blend until thick and creamy.
1. It will be the consistency of thawed or stirred cream cheese.
2. This will further harden after it's been chilled.
3. Store in the refrigerator for up to 5-7 days.

Notes

- Recipe yields about 1½ cups
- After the cashew cheese is chilled, it will harden slightly and be easier to spread
- To make Sauce: 1/4 cup classic cashew cheese plus 3 Tbs. Dijon mustard plus 1/2 cup almond milk

Slider Buns – Dinner Rolls – Jack Loganbill

Yield: Two Dozen Rolls

- 2 cups whole grain flour
- 4 to 4-1/2 cups bread or all-purpose flour
- 1-1/2 Tablespoons Instant Quick Rise Yeast
- 1/4 cup of Shortening (Room Temperature)
- 1/4 cup of Sugar
- 1 tsp of Salt (2 tsp)
- 2 cups of Hot Water (100F)
- 1 large Egg, beaten



Directions:

1. Grease two 9x9 square pans. Put three cups of flour, shortening, sugar and yeast in large mixing bowl. Blend together.
2. Add beaten egg and salt to the water; add water mixture and one cup of flour to flour mix. Blend.
3. Add another 1/2 cup of flour. Blend together.
4. Dump contents of bowl onto counter and continue to blend by hand and knead the dough adding flour as required to prevent sticking.
5. Knead dough for 10 minutes or until you have a nice smooth ball that is no longer sticky.
6. Place in large bowl greased with shortening and cover with a clean towel. Place in a warm, draft free area to rise until double in size (90 minutes).
7. Punch down. Divide into two pieces, then divide each piece into 12 pieces, and shape into 24 balls. Place in greased baking pans, cover with clean towel and allow to rise in warm, draft free area for 60 minutes, until double in size.
8. Remove towel and place in preheated 400°F oven, center rack, for 20 minutes. Remove from oven and pans. Brush crust lightly with butter or margarine and cool on wire racks.

Adapted from Cooking with Candra Dinner Roll recipe.

Event Tested!!!

Carrot Cake – Jack Loganbill

- 4 eggs
- 1 cup vegetable oil
- 1/4 cup buttermilk (1/4 cup milk + 1 tsp lemon juice)
- 1-1/2 cups granulated white sugar
- 1/2 cup brown sugar, packed
- 1 Tablespoon vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 Tablespoon ground cinnamon
- 1/2 tsp nutmeg
- 3 cups grated carrots
- 8-ounce can crushed pineapple
- 1 cup chopped pecans or walnuts (optional)
- Whipped cream topping



Directions:

1. Preheat oven to 350°F. Grease and flour a 9x13 inch cake pan.
2. In a large bowl, beat together eggs, oil, white sugar and 2 teaspoons vanilla. Mix in flour, baking soda, baking powder, salt and cinnamon. Stir in carrots. Fold in pineapple and nuts. Pour into prepared pan.
3. Bake in the preheated oven for 40 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

Vegan Cool Whip (Coconut Whipped Cream) – Jack Loganbill

- 1 can full-fat coconut milk (or coconut cream) See Note below
- sugar, stevia, or powdered sugar to taste
- Optional: fruit (banana whipped cream, anyone?)

Directions

1. Open coconut milk; if it's not already super-thick, leave the can (or transfer to a bowl) uncovered in the fridge overnight. Try not to shake the can too much before opening. It should get very, very thick.
2. Once thick, transfer only the thick creamy part to a bowl and whip in your sweetener with a fork, or beaters if you want to be really fancy and get stiff peaks like real whipped cream!

Note: I recommend Thai Kitchen Organic. Trader Joe's coconut cream works perfectly for this recipe as well.

Hint: shake the can when you're at the store. If you can hear the liquid contents swishing around, it's probably too thin to work for this recipe.

Whipped Cream Topping – Jack Loganbill

- Two cups heavy whipping cream (from vegan cows!)
- 1/2 to 1 cup powdered sugar (according to taste) See note.
- 1 tsp vanilla

Directions

1. Whip whipping cream until thick.
2. Add sugar, vanilla, and whip until desired consistency.

Note: To make your own powdered sugar add 1 cup granulated sugar and 1 tsp corn starch to blender container and blend on high until mixture reaches desired consistency.

Event Tested!!!