



Featured Recipes

Almond French Toast

This is a modified version of the French Toast that I have been making for many years. This one is even easier because you don't have to make the cashew milk first, you can buy almond milk in aseptic packages in most supermarkets and natural food stores.

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 12

2 cups almond milk
1 tablespoon brown sugar
1/8 teaspoon cinnamon
dash turmeric
12 slices whole wheat bread

Combine the almond milk with the brown sugar, cinnamon and turmeric. (Place in a blender jar and process briefly, use an immersion blender in a deep bowl, or place in a covered jar and shake well.) Dip slices of the bread into this mixture and brown on a medium-hot non-stick griddle. Serve with warmed maple syrup.

Spicy Moroccan Chickpeas

Since I really love garbanzo beans, I am always looking for new ways to enjoy them. I have been experimenting a lot with Middle Eastern flavors lately and this delicious stew is a delightful result. Serve this over whole wheat couscous or in a bowl by itself.

Preparation Time: 10 minutes

Cooking Time: 55 minutes

Servings: 6

1 3/4 cups vegetable broth
1 onion, chopped
2 stalks celery, chopped
1 carrot, chopped
2 cloves garlic, minced
2 teaspoons smoked paprika
2 teaspoons ground cumin
1 teaspoon ground ginger
1/2 teaspoon turmeric
1/4 teaspoon black pepper
1/8 teaspoon cinnamon
1/8 teaspoon cayenne pepper
2 15 ounce cans garbanzo beans, drained and rinsed
1 15 ounce can fire roasted chopped tomatoes
1 tablespoon tomato paste
2 tablespoons fresh chopped cilantro
1 tablespoon lemon juice

Place 1/4 cup of the broth in a large pot. Add the onions, celery, carrots and garlic. Cook, stirring fre-

quently, for 5 minutes, until vegetables soften slightly. Stir in the spices and mix well. Add the remaining vegetable broth, the garbanzos, the tomatoes and tomato paste. Mix well, bring to a boil, reduce heat to low, cover and cook for 45 minutes, stirring occasionally. Add cilantro and lemon juice and cook for another minute to allow flavors to blend.

Sweet and Spicy Soba Noodle Stir-Fry

By Heather McDougall

Heather makes this delicious, yet easy to prepare, dish often for her family. It is a favorite with Jaysen and Ben, our grandsons, aged 3 ½ & 1.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

4 tablespoons Hoisin Sauce
4 tablespoons soy sauce
1 tablespoon Agave Nectar
1-2 teaspoons Sriracha Hot Chile Sauce
3 cloves crushed garlic
1 20-ounce package firm tofu cut into ½-inch cubes
1 onion, coarsely chopped
3 cups chopped vegetables of your choice (carrots, broccoli, red cabbage, snow peas)
12 ounces cooked buckwheat soba noodles, cut into 2-inch pieces
Toasted Sesame Seeds for garnish, optional

Mix first 5 ingredients together and toss with tofu and onions. Set aside. In a wok, on medium-high heat, add tofu and onion mixture with marinade. Stir-fry for 5 minutes, stirring frequently. Add vegetables and stir-fry for another 10 minutes. Turn off wok and add noodles. Stir to combine. Garnish with sesame seeds.

Hint: Cooked buckwheat soba noodles are available in some markets and natural food stores. These are a real time-saver if you can find them. If they are unavailable, use dry buckwheat soba noodles, about 6 ounces, and cook according to package directions.

Cranberry Cookies

By Linda & Anne Mulder

When John gave a talk in the Paso Robles area a few months ago, there was a small gathering at the home of Dr. and Mrs. Mulder before the presentation. They served the most wonderful Cranberry cookies, and since I am always asked for cookie recipes, of course, I asked them for their recipe so I could share it with you. Remember, these are a rich food, don't eat the whole batch at one time!!

Preparation Time: 30 minutes

Baking Time: 9 minutes (convection)

Servings: Makes 50 cookies

1 cup finely ground walnuts
½ cup brown sugar
½ cup white sugar
2/3 cup applesauce
1 teaspoon vanilla
1 cup whole wheat flour

1 ¼ cup unbleached white flour
1 teaspoon baking soda
1 teaspoon salt
1 cup dried cranberries

Preheat oven to 350 degrees.

Combine the first 5 ingredients in a large bowl. Mix the flours, baking soda and salt in another bowl. Add dry ingredients to the wet ingredients and mix together until it becomes a smooth brown dough. Add cranberries and mix well. Drop by spoonfuls onto non-stick baking sheets. Bake for 9 minutes, convection, and remove immediately.

Hints: Substitute raisins or dried blueberries for the cranberries, if you wish. To grind the walnuts, just place them in a food processor and process until they are very finely ground. Trader Joe's sells finely ground walnut meal that would also work in this recipe. Walnuts and walnut meal should be stored in the freezer to keep them fresh until using.

If you don't have a convection oven, the baking time will be a bit longer, probably about 12 minutes.

20 Minute Chili with Glazed Tempeh

By Jason Wyrick

During our last Advanced Study Weekend Chef Jason Wyrick entertained and wowed us with some of his inspired and tasty recipes. This is a flavorful, hearty meal that cooks in a short amount of time. This gets even better as it sits so you can prepare it ahead of time and reheat just before serving. Serve this with a hearty bread to dunk in the chili.

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4

¼ cup sliced yellow onion
¼ cup water
3 cloves garlic, minced
1 cup fire roasted chopped tomatoes
1 15 ounce can black beans, with liquid
1 tablespoon lime juice
2 tablespoons chopped cilantro leaves
1 teaspoon cumin
¼ cup mild chili powder
1 tablespoon chipotle powder
1 teaspoon Mexican oregano
½ teaspoon salt
16 ounces tempeh
1 tablespoon sweet agave nectar
⅛ teaspoon salt
chopped cilantro leaves for garnish (optional)

Place the onion in a large non-stick pot and sauté over medium high heat until it browns deeply. Stir in the water, add the garlic and cook for 3 minutes. Add the tomatoes, beans, lime juice, cilantro and spices. Reduce heat to medium and cook for 10 minutes.

While chili is simmering, cube the tempeh. Toss with the agave nectar and salt. Place in a large non-stick skillet and sauté on medium high heat until the agave nectar gums around the tempeh. Add to

the finished chili. Sprinkle with fresh chopped cilantro before serving, if desired.

Hints: Browning the onions gives them a darker flavor and also makes them a little sweeter. Adding the water after they brown allows that dark sweetness to become a sauce, which then easily mingles with the tomatoes and other spices.

Portabella Stack with Seared Oyster Mushrooms

By Jason Wyrick

Jason demonstrated this gorgeous stacked dish during our last Advanced Study weekend. The presentation of this dish is so outstanding you'll want to make this the next time you have guests to impress. Even though it looks like you may have spent all day in the kitchen preparing, it doesn't take that much time, and much of the preparation can be done in advance. The taste is fantastic too!!

Preparation Time: 20 minutes

Cooking Time: 35 minutes

Servings: 2

- ¼ cup pearled barley
- ½ cup of water or vegetable broth
- 2 portabella mushrooms
- ¼ cup balsamic vinegar
- 1 cup oyster mushrooms, chopped
- 1 roasted red pepper
- 1 16 ounce can fire roasted chopped tomatoes
- 2 tablespoon lemon juice
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon salt
- 2 cloves garlic, minced
- 1 teaspoon capers
- 2 green onions, sliced
- 2 tablespoons fresh tarragon leaves
- ½ teaspoon crushed red pepper (optional)

Place the water or broth in a small saucepan and bring to a boil. Add the barley, reduce heat, cover and cook until tender, about 35 minutes.

Meanwhile, remove the stems and gills from the portabella mushrooms. Set aside.

Place the roasted red pepper, tomatoes, lemon juice, pepper and salt in a food processor and process until smooth. Transfer to a saucepan and add the garlic, capers, green onions, tarragon and optional red pepper for more heat. Simmer over medium heat while cooking the mushrooms.

Place the oyster mushrooms in a large non-stick skillet and sear over medium heat until they brown. Remove and set aside. Reduce heat to medium, add the portabellas and the balsamic vinegar. Cook gently until the portabellas just begin to soften and sweat, adding tiny amounts of water to keep the vinegar from burning.

To serve, place the portabellas on individual plates, gill(less) side up. Divide the cooked barley into each mushroom, top with the seared oyster mushrooms, and ladle the sauce over the top.

Hints: This recipe may easily be doubled or tripled to serve more guests. The barley may be prepared ahead of time and reheated just before assembling. The sauce may also be prepared earlier and reheated. For presentation, sprinkle some extra fresh cut tarragon or chives over the top of the stack

before serving. If you can't find oyster mushrooms, any other small mushroom will work.

Susan's Lite Goddess Dressing

By Susan Voisin

This delicious dressing is from the blog.fatfreevegan.com. It is written by Susan Voisin, and the home page is Fatfree Vegan Kitchen. I encourage you to visit the site. She has many fat free vegan recipes for you to enjoy. I make this in larger quantities than she does, since it keeps well in the refrigerator. I have adapted the recipe for these larger quantities.

Preparation Time: 10 minutes

Servings: makes 3 cups

- 1 package soft silken tofu
- ½ cup water
- 3 tablespoons cider vinegar
- 4 tablespoons lemon juice
- 1 ½ tablespoons soy sauce
- ¼ teaspoon sesame oil
- 2 tablespoons tahini
- 4 green onions, white parts removed, chopped
- 2 tablespoons chopped, packed, fresh parsley
- 2 cloves garlic, chopped

Place all ingredients in a blender jar and process until smooth.