

Lentil Pecan Meatballs w/Sweet and Sour Sauce

Ingredients for meatballs:

- ½ c. uncooked lentils
- 1 ½ c. water
- 2 t. vegetarian chicken seasoning
- ½ c. onion, finely chopped
- 2 cloves garlic, minced
- 1 t. parsley
- ¼ t. each: thyme, paprika, summer savory, basil
- 1 c. pecans, finely chopped
- 4 T. oat flour
- 2 T. flax meal
- 2 T. nutritional yeast
- 1 t. salt

Directions

1. Combine lentils and water and bring to a boil. Reduce heat and stir in chicken seasoning. Cover and cook for 30-35 minutes until lentils are soft and water is reduced.
2. Combine all ingredients and form into small meatballs. Fry in a little olive oil.

Sweet and Sour Sauce

Place all ingredients in blender: 3 c. pineapple juice, (1) 14-oz. can diced tomatoes, 1 whole sweet onion, ½ red pepper, 3 cloves garlic, 1 t. basil, 1 T. onion powder. Blend to a chunky consistency. Pour in kettle and bring to a boil; reduce heat and simmer for 15 minutes. At the end of the simmering, stir together 2 T. cornstarch and 2 T. water and stir into simmering sauce. Add 1 t. salt, a drizzle of honey and 1 t. molasses.

Confetti Rice Bake

Ingredients:

- 1 c. uncooked brown rice (cook in 2 c. water with a pinch of salt and 2 bay leaves, I used Jasmine Brown Rice)
- ½ c. each: sweet onion, red pepper, frozen sweet corn
- 1 c. diced fresh zucchini
- ¾ c. of your favorite plant-based meat alternative, chopped
- Homemade cashew cream (blend ½ c. raw cashews with 2/3 c. water)
- 1/2 c. additional water
- 1 ¼ t. salt, generous
- 1 t. each: your favorite plant-based chicken seasoning, onion powder
- ½ t. garlic powder
- Sprinkle of summer savory

Directions:

1. While rice is cooking, sauté the veggies and sprinkle with ***Sensational Seasoning***.
2. Make the cashew cream in blender and stir in additional ½ c. water. Whisk in all the seasonings.
3. Mix cooked rice, sautéed veggies, seasoned cashew cream mixture and plant-based meat alternative together.
4. Place in lightly oiled casserole dish and bake at 350° for 45 minutes.

Notes: (Opt.) top with vegan cheese or vegan parmesan before baking, to serve garnish with fresh cilantro and fresh diced pineapple.

To make ***Sensational Seasoning***, mix ¼ c. nutritional yeast flakes, 1 ½ t. salt, ½ t. each: garlic powder, onion powder and parsley flakes and ¼ t. each: oregano and basil.

Wheat Spelt Oat Bread

Ingredients:

- 1 c. warm water
- 2 ½ t. quick-rise yeast
- 2 T. honey
- 1 T. applesauce
- ¼ c. quick oats
- ¾ t. salt
- 2 c. whole wheat flour
- 1/2 c. whole grain spelt flour

Directions

1. Mix ingredients together in the order given. Stir with a large wooden spoon and then transfer to a floured surface and knead for 3-4 minutes.
2. Cover and let rise for 30 minutes. Shape into 2 balls. Cut an "X" in the top of the balls and let rise for 30 minutes.
3. Bake at 350° for 25-30 minutes. Brush tops with melted vegan margarine if desired.

Notes:

Quick-rise yeast is milled into fine particles that dissolve fast and activate quickly; therefore, it does not have to be proofed first.

To make garlic bread, cut thick slices of **Wheat Spelt Oat Bread**. Mix ¼ c. softened vegan margarine with 1 garlic clove, minced or finely grated, ½ t. garlic powder, 1 t. vegan parmesan and ¼ t. parsley flakes. Spread garlic butter on the thick slices and place on parchment-lined tray and broil until beginning to brown or wrap buttered slices as a loaf in foil and bake at 425° for 15 minutes until butter is melted and bread is warm.

Pear Crumble Pie

Pie filling Ingredients:

- 5 ripe Bartlett pears peeled and sliced
- 1/3 c. organic cane sugar
- 1 T. fresh lemon juice
- ¼ c. white spelt flour
- Pinch of salt and pinch of cardamom

Ingredients for crumble topping:

- ¼ c. quick oats
- ¼ c. whole grain spelt flour
- ¼ c. chopped pecans, scant
- 2 T. coconut sugar
- 1 T. vegan margarine

Directions

1. Mix all ingredients for pie filling *(see notes **before** filling pie crust) and place in prepared pie crust.
2. Mix crumble topping ingredients and spread evenly over filling. *(see notes about covering pie)
3. Bake at 400° for 40 minutes. *(see notes about baking on tray)

*Notes

- Completely cover pie with a piece of parchment paper or foil (loosely) when baking so the topping or crust doesn't get too brown.
- Rub 1 t. of corn starch on bottom of pie crust before filling to prevent a soggy crust.
- Bake on a baking tray to help prevent a soggy crust.
- Serve with vegan ice cream and date caramel sauce and baked crumbles.
- To make baked crumbles, place topping ingredients on parchment lined tray and bake at 300° for 7 minutes. Let cool, it will harden as it cools.
- To make instant easy date caramel sauce, blenderize 1 c. softened dates, 2 T. cashew butter (make-your-own at Winco), ½ t. vanilla, ½ t. molasses, a pinch of salt, a drizzle of honey and light coconut milk (about ½ can or more) to desired consistency!