

## Class 41 Meal

Homemade **Sesame Seed Buns** with **Easy Hummus Spread**, **Simple Fried Tofu Strips**, lettuce, fresh basil, fresh sliced tomato, **Homemade Refrigerator Dill Pickles**, sliced avocado, alfalfa sprouts and **Cheesy Spread**.

### **Tofu Salad**

Sweet Potato Chips, Corn Tortilla Chips with **Quick Salsa**

### **Banana Cream Pie Dessert**

## **Sesame Seed Buns**

Marla Danielson

1. 1 c. warm water
2. 2 T. quick rise yeast
3. 1 t. brown sugar (helps the yeast to activate and grow)
4. 2 T. oil (acts as tenderizer and extends shelf-life)
5. 1 t. molasses (gives bread a nice color and good taste)
6. 2 T. (heaping) gluten flour (helps the bread to rise)
7. 1 ¼ c. white spelt flour + ¼ c. when ready to knead
8. ½ c. whole grain spelt flour
9. ¼ c. each: barley flour, 10-grain flour
10. ¾ t. salt and a sprinkle of cinnamon, if desired
11. Sesame seeds

Preheat oven to 350°. Mix ingredients #1-3 in large bowl and let rest until frothy, at least 5 minutes. Stir in oil and molasses, then add remaining ingredients except sesame seeds. Stir until it clumps together into a loose ball. Place additional ¼ c. white spelt flour on countertop, place loose ball on it and knead in the extra flour. (It doesn't take long, 3-4 minutes) Sprinkle a little more flour in same bowl and add ball of kneaded dough. Sprinkle a little flour on top, cover, and let rise for 15 minutes. Punch down and shape into thick rope. Divide into 8 balls. Sprinkle a little flour on countertop, a sprinkle of sesame seeds and press each ball into it. Turn over, pat with hands, forming a thick circle the size of a regular sesame seed bun. Let rise for 15 minutes, then bake for 20 minutes. Then turn to broil and broil for 2 minutes to nicely brown tops. Brush with melted or soft margarine while still warm, if desired. **\*To make bread from this recipe, after 1st rise, knead in ¼ c. additional white spelt flour, shape into loaf and let rise for 10-15 minutes, until doubled in size. Bake at 350° for 35 minutes. Brush top with melted or soft margarine, if desired, to keep crust soft.**

## Tofu Salad

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1 block firm tofu

Veggies: finely grated carrots, finely chopped celery, finely chopped broccoli, canned sweet peas

Juice of ½ lemon (1 T.)

**Seasonings** – Salt to taste, ½ t. each: onion powder, basil, dill weed and a pinch of garlic powder

Drain and rinse tofu, slice into 6-8 slices and cut those in half so you have about 12 or more blocks. Place in freezer bag and freeze. Let thaw, squeeze excess water out of blocks and crumble into bowl. Add veggies (about ¼ c. each) and seasonings to your taste. Mix with vegan mayo until moist.

**Cook's Notes:** You can be creative with this salad! Make a Mexican-style salad by subbing pinto beans or black beans for the peas and adding chopped cilantro, red peppers, sweet onions and green chiles and tomatoes. Or make a Greek-style salad by adding cherry tomatoes, cucumbers, olives and feta cheese. Try an Italian-style salad by adding sliced red onion, vegan parmesan cheese, fresh sliced tomatoes, fresh basil strips, black olives and croutons on top. You can really make this any way you desire, with your favorite veggies or theme!

## Simple Fried Tofu Strips

1 block firm tofu

Olive oil

**Sensational Seasoning** Stir together ¾ c. nutritional yeast, 1 ½ t. salt, ½ t. each: garlic powder, onion powder, parsley flakes, ¼ t. each: oregano, basil

Rinse tofu and slice to your desired thickness. Place in bowl or Ziploc bag and marinate for at least 1 hour or overnight. Whisk Marinade: 2 c. water, ¼ c.

**Sensational Seasoning**, 1 T. maple syrup, 1 t. olive oil, 1 t. salt

Drizzle some oil in frying pan, add slices of tofu and sprinkle with **Sensational Seasoning**. Fry for 5 minutes on medium-high. Turn over, reduce heat to medium and sprinkle with **Sensational Seasoning**. Fry a few minutes and turn once more so both sides are lightly browned with the **Sensational Seasoning**.

## Easy Hummus Spread

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1. 1 can garbanzos
2. ¼ c. vegan mayo
3. 1 t. fresh lemon juice
4. 1 t. crushed sesame seeds (use pestle & mortar or place in bag and use rolling pin)
5. ½ t. each: cumin, onion powder
6. Pinch of garlic powder, dill weed
7. Salt to taste

Drain and rinse garbanzos. Place in pressure cooker, cover with water and cook for 10 minutes. (This softens the beans and makes it much easier to blend.) Let pressure release naturally. (You can also cook on stovetop for 30 minutes or until tender.) Place all ingredients in food processor and blend until smooth. (The sesame seeds make it have a little texture, so if you want it very smooth, you can omit them or substitute 1 t. tahini.) Add a little water if needed to reach the desired consistency.

## Quick Salsa

1. 1 can S & W Mexican Style Stewed Tomatoes
2. Tomato paste to thicken (about 1 t.)
3. Sprinkle of cumin (about ¼ t.)
4. Dash of agave (about ½ t.)
5. Fresh Cilantro, finely chopped, to taste

Place tomatoes in blender and blend until mostly smooth. Whisk in a bit of tomato paste to reach desired consistency. Add a sprinkle of cumin and a dash of agave. Stir in fresh cilantro. Ready to enjoy!

## Homemade Refrigerator Dill Pickles

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1. 1 ½ c. water
2. Juice of 3 lemons (6 T.)
3. 1 t. each: salt, sugar, dill weed, coriander, celery seed
4. Sliced fresh pickling cucumbers, sweet onion, garlic cloves

Stir together ingredients #1-3. Alternate in wide-mouth pint-sized jars (makes 2 jars) layers of sliced cucumbers (unpeeled), sweet onion and garlic cloves. Cover with salted lemon-spice water and cover with lid and ring. Keep in refrigerator for at least 3 days then enjoy! Use within 1 month.

## Cheesy Spread

1. 1 c. shredded vegan cheddar cheese
2. ½ t. Italian seasoning
3. Pinch of garlic powder
4. ¼ c. vegan mayo

Mix all ingredients.

## To assemble buns:

1. Spread vegan margarine on both sides of **Sesame Seed Buns**.
2. Sprinkle very lightly with garlic powder.
3. On top half, spread a layer of **Cheesy Spread**.
4. Broil both halves of **Sesame Seed Buns**, 2-3 minutes, or until cheese bubbles.
5. On lower half, spread **Easy Hummus Spread**.
6. Layer following: **Simple Fried Tofu Strips**, Lettuce, Fresh Basil leaves, Sliced Tomato, **Homemade Refrigerator Dill Pickles**, Sliced Avocado and sprouts.

## Banana Cream Pie Dessert

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1. 1 ½ c. crushed graham crackers
2. 4 T. melted vegan margarine
3. 2 T. maple syrup
4. 2 t. brown sugar
5. 2 T. Instant vanilla pudding mix
6. 1 container *So Delicious* Coco-Whip
7. 1-2 fresh bananas, sliced

Make graham cracker crust by mixing ingredients #1-4. Press into 8 x 8 dish. Mix Coco-Whip with pudding mix and spoon a thin layer over graham cracker crust. Cover with sliced fresh bananas then finish with remaining pudding mix. Sprinkle lightly with cinnamon, if desired. Cover and place in fridge to firm up more. Serve with fresh berries, if desired, or more sliced bananas or a dollop of Coco-Whip sprinkled with glazed pecans. To make ahead and freeze for later, do not add fresh bananas until ready to serve.

### Health Benefits of Bananas

<https://www.webmd.com/food-recipes/health-benefits-bananas>

**Powerful potassium:** A medium banana gives you 450 milligrams, which is 13% of what you need every day. This mineral is a big player in heart health. Potassium-rich foods help manage your blood pressure because they help you get rid of more sodium when you pee. Potassium also relaxes the walls of your blood vessels, which helps lower your BP.

**A feast of fiber:** It's no secret that the right amount of fiber in your diet is good for you. An average-size ripe banana gives you 3 grams of it. That's about 10% of what you need each day.

**A happier belly:** It seems bananas are good for your tummy, too.

The yellow fruit is a source of **prebiotics**. Those are carbs you don't digest, but they're a food source for the more-popular probiotics. Those are the good bacteria found in your gut.

Bananas contain a number of **vitamins and minerals** including Vitamin B6, Vitamin C, Magnesium and Vitamin A.