

Lasagna Roll-ups

LB Class 6

Marla Danielson

Almond Ricotta with Spinach and Carrots

1. 1 c. slivered almonds
2. ½ c. unsweetened coconut milk
3. 1 ½ T. lemon juice
4. ¼ t. each: salt, onion powder, basil, parsley
5. Pinch of garlic
6. 1 t. Vegetable Bouillon Flakes
7. ¼ c. finely grated carrots
8. ½ c. frozen spinach (microwave for 30 seconds with bit of water, drain, chop)
9. ½ c. grated parmesan cheese

Cover almonds with 1 ½ c. water and bring to a boil. Remove from heat immediately and let soak. Cook 6 lasagna noodles for 10 minutes. Drain, rinse with cold water and lay flat. Place a thin layer of your favorite sauce in an 8 x 8 baking dish. Drain and rinse almonds, add to high-speed blender with ingredients #2-5 and blend for 1 minute until very smooth. Remove from blender and stir in ingredients #6-9. Place a layer of almond ricotta down each lasagna noodle and top with a narrow strip of your favorite pasta sauce. Roll up carefully and place seam-side down in baking dish. Cover with your favorite sauce and bake, covered with foil, for 30-40 minutes at 350° until bubbly. Serve with extra sauce and fresh grated parmesan cheese. Enjoy!

Vegetable Bouillon Flakes

½ c. nutritional yeast

1 T. each: garlic powder, onion powder

½ T. each: Italian seasoning, ***Homemade Poultry Seasoning***, parsley flakes

Pinch of: turmeric and salt

Stir all ingredients together and use to season rice, soup, stews, casseroles. Use 1 T. per cup of water to make vegetable broth.

Homemade Poultry Seasoning

4 t. sage

2 t. each: thyme, marjoram

1 t. celery seed

Place all ingredients in a coffee/spice grinder and grind until fine.

CHICK PEA MAYO

LB Class 6

Tom Lewis

1 can (15.5 ounce) chickpeas

1 T. lemon juice

1 T. chickpeas

1 T. Dijon mustard

1 $\frac{3}{4}$ c. grape seed or sunflower oil

Take can of chickpeas, give it a good shaking, turn it upside down, and let rest for a few moments.

Open the can and drain the chickpeas through a strainer, saving every bit of the liquid into a microwavable bowl. Place this bowl into the microwave and boil on high for 4 minutes. Let completely cool to room temperature. This concoction you have now made is called aquafaba, which will work as a thickening agent without using eggs or milk or cream in the mayonnaise.

In a blender, pour in this aquafaba, 1 T. lemon juice, 1 T. of the chickpeas that you just set aside, and 1 T. of Dijon mustard. Blend on medium to high speed until the liquid becomes smoothie creamy! Let rest a moment, scraping down the sides of the blender if necessary. Then, turn the blender back on at a low to medium speed and slowly add in 1 $\frac{3}{4}$ c. of grape seed or sunflower oil. As you pour this in slowly, you will see that the mixture will turn into a nice white-colored fluffy plant-based mayonnaise!

You can keep in the fridge for up to 2 weeks, and from it, you can turn it into many different things such as Ranch dressing, Fry sauce, Sour cream, or whatever tickles your taste buds!!

EASY GARLIC BREADSTICKS

LB Class 6

Tom Lewis

This is an easy little recipe for people who have always been afraid to make their own bread! In just 2 ½ hours you can have a versatile bread that you can use as garlic bread sticks, dinner rolls, croutons, pizza dough.....whatever you would like to turn it into!....and what's really unique about it is that it uses bananas as its base!

Banana Mixture

2 ripe bananas (previously frozen bananas will work also)
6 T. plant-based milk (oat, almond, or soy)
2 T. melted plant-based butter
1 ½ T. yeast

Mash bananas into a medium to large-size glass bowl. Add 6 T. plant-based milk, 2 T. melted plant-based butter and 1 ½ T. yeast. Let this mixture rest for about 5 minutes.

Flour mixture

2 ½ c. flour
½ t. salt
1 T. garlic powder or garlic granules
1 T. Italian seasoning

Mix together thoroughly 2 ½ c. flour, ½ t. salt, 1 T. garlic powder or garlic granules, and 1 T. Italian seasoning in a separate bowl. Stir this flour mixture into the banana mixture until it's moistened, then scrape your spatula or spoon and get in there with your hands and mix it around kneading it into a ball. Do not be tempted to add more liquid to it....it will seem dry at first, but it will begin to become a little sticky.....give this a good kneading, leave it in the bowl, cover it with cellophane, turn one of the burners on your oven on high for just a few seconds, and

turn it off, and then place this bowl on top of that burner and go off and do something for 50 minutes. Laundry??

When you return, remove the dough from the bowl and knead by hand until it becomes stretchy and smooth, about 5-6 minutes. Then take this dough ball and cut it into 4 equal parts, and then cut each one of those parts, into thirds....this will give you 12 breadsticks, you will take each small portion, rolling it into the tube-like size that you would like to have.

Place the breadsticks on a cookie sheet that has been sprayed with non-stick coating, set your oven to 180° or so....when it comes to temperature, turn it off, and then place the cookie sheet in the oven making doubly sure that the oven is TURNED OFF!....Wander away and organize your sock drawer for 20-30 more minutes! When you return, they should be to the size that you want as they have raised, remove the sticks from the oven, then turn your oven to 350°.

When the oven comes to full temp, your breadsticks should be ready to go in! Just before they go in, brush each one with a little plant-based milk and sprinkle them with a 50-50 mixture of nutritional yeast and garlic salt (just a little bit.) Let them bake for at least 30 minutes or you can bake them a little longer if you want them a little firmer! When they come out of the oven, brush with unrefined coconut oil, this helps them stay fresh a little longer and kind of gives just a little bit of a hint of that coconut taste!

Store in a cool dry place, because as they have no eggs or milk in them you do not need to store them in the refrigerator. If you store them in the refrigerator they will become hard as a rock! They will keep up to 2 weeks if you keep them on the counter and out of the sun!

Creamy No-Bake Lemon Pie

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- 1 (7 or 8 ounce) container vegan cream cheese
- ½ c. powdered sugar, sifted
- 2 t. vanilla
- 3 t. lemon juice
- 1 c. Country Crock Plant Cream (heavy whipping cream alternative)

Place cream cheese, sugar, vanilla and lemon juice in large bowl and mash with a potato masher or fork the best you can. Then beat with an electric beater until very smooth. Add the plant cream and whip until stiff peaks form. Place into store-bought or homemade graham cracker crust and top with your favorite pie filling or fresh berries. Enjoy!

Homemade Graham Cracker Crust

- 1 ½ c. graham cracker crumbs
- 2 T. margarine, melted
- 2 T. maple syrup

Mix all ingredients well, place in 2 small pie dishes or 8 x 8 dish and pat down firmly.

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