

## **Menu and Recipes for March 5, 2023**

FG Class 45 Marla Danielson

Pasta Bar with ***Pasta, Creamy Alfredo Sauce, Pasta Sauce with Burger, Vegetables, Vegan Parmesan Cheese, Homemade Bread with Berry Jam and Lemon Pie.***

**Pasta Directions** I cooked mini lasagne noodles from Winco bulk dept. and added some plant-based ravioli and tortellini from New Seasons Market, cooked according to directions. Then I added a dash of olive oil and some lite coconut milk to prevent it from sticking together and seasoned it with coriander, Italian seasoning and garlic powder. Salt to taste. Then added some sauteed zucchini, finely chopped garlic, and finely chopped carrots.

### **Creamy Alfredo Sauce**

Marla Danielson

½ c. raw cashews  
¼ c. nutritional yeast  
¼ c. fresh onion, chopped  
1 t. lemon juice  
¼ t. each: onion powder, garlic powder, coriander  
2 T. brown rice flour  
2 c. milk

Place all ingredients in blender and blend until very smooth (1 minute in high-speed blender or 2 minutes in regular blender). Place in kettle and cook over medium heat until it begins to bubble. If too thick, stir in a little more milk! Add salt to taste, stir in some parsley, if desired and enjoy!

### **Pasta Sauce with Burger (tomato base)**

Marla Danielson

½ c. fresh onion, chopped  
1-2 garlic cloves, minced  
1 can Loma Linda Vegeburger (buy at Winco)  
1 box Pomi tomato sauce, made in Italy, 17.64 oz (New Seasons)  
1 can crushed tomatoes (28 oz.)  
4-6 fresh basil leaves, chopped  
1 t. oregano, 1 t. coriander, 2 Bay leaves  
Salt to taste and a small spoon of sweetener (maple syrup, honey, raw sugar, opt.)

Sauté onion and garlic in olive oil with vegeburger. Add remaining ingredients except salt and bring to a gentle boil. Reduce heat, cover, and simmer for 30 minutes. Remove Bay leaves. Add salt to taste and sweetener, if desired.

## **Vegetables**

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**Broccoli:** Place in kettle and add water (about 2-3 inches below broccoli), bring to a boil, then reduce heat and cover. Cook until tender but not too mushy. Season with salt, basil or dill. (see vegetable seasoning list)

**Yams:** Cut into bite-size pieces and place in bowl. Drizzle a little olive oil, a sprinkle of brown sugar and some salt and mix well. Place on parchment-lined tray and bake at 400° until tender.

**Peas and Asparagus:** Place peas in kettle with some water and bring to a boil. Remove from heat and drain. Cut asparagus into bite-size pieces and cook in some water until tender then drain. Add to peas and season with salt and basil.

**Mushrooms:** Place sliced mushrooms and chopped red peppers in frying pan with a drizzle of olive oil. Sauté until mushrooms have released their water and absorbed it again and begin to brown slightly. Season with salt and oregano.

## **Berry Jam**

*Linda Pierce and Marla Danielson*

1/2 c. each: cranberries, blueberries, strawberries, raspberries, blueberries (fresh or frozen)

Add all berries to a kettle with 1/2 c. water. Bring to a boil, reduce heat and simmer for 30 minutes, uncovered. To thicken, stir in 1-2 T. chia seeds and let rest for 30 minutes. Enjoy! Keep in fridge. Freezes well!

## **Vegan Parmesan Cheese**

*minimalistbaker.com*

3/4 c. raw cashews  
3 T. nutritional yeast  
3/4 t. salt  
1/4 t. garlic powder

Add all ingredients to a food processor and mix/pulse until a fine meal is achieved. Keep in the fridge, lasts for several weeks. Freezes well too.

## **Homemade Bread**

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1 c. warm water

3 t. yeast

Pinch of brown sugar

2 T. olive oil, 2 T. applesauce, 2 T. flax meal, 2 T. brown sugar (additional)

¼ c. each: cornmeal, finely ground, almond flour (not blanched)

½ c. each: white spelt flour, rye flour

1 ¾ c. Artisan flour

¾ t. salt

Mix first 3 ingredients, stir and let rest for 5 minutes. Add next ingredients except Artisan flour and salt. Stir well, then add the Artisan flour and salt. Stir in bowl until a loose shaggy ball forms. Place on lightly floured countertop and knead dough gently until a smooth ball forms, adding a few sprinkles more flour, as needed. Place dough back in bowl, cover and let rise for 1 hr. Punch down and knead gently again, shaping into a loaf or a round ball. Place in parchment-lined baking dish (I use a glass pie dish) and let rise for 10 minutes. Score top. Bake at 350° for 30 minutes. Brush with margarine when done, if desired and let cool on wire rack. Enjoy!

## **Lemon Pie**

*adapted from [addapinch.com](http://addapinch.com).*

1 (7 or 8 ounce) container vegan cream cheese (take out of fridge 30 minutes before making)

½ c. powdered sugar, sifted

2 t. vanilla

2 T. lemon juice

1 c. Country Crock Plant Cream (heavy whipping cream alternative)

Prepare ***Graham Cracker Crust*** (recipe below). Mash cream cheese with fork and sift in sugar and add vanilla. Mix the best you can with a fork or spoon and then beat until smooth with an electric beater. Add lemon juice and beat again. Add plant cream and whip until stiff peaks form. Spread into prepared crust and refrigerate for at least one hour. When serving, top with fresh raspberries. Enjoy!

## **Graham Cracker Crust**

3 c. graham cracker crumbs

4 T. margarine, melted

4 T. maple syrup

Mix all ingredients well, spread evenly in 13 x 9 dish, 2 large pie dishes, or 8 x 8 dish.