

Hillsboro Cooking Class #4 August 4, 2024

Picnic Menu: Potato Salad, Taco Pasta Salad, Sandwiches, and Fresh Fruit with Carrot Cake Cookies



Recipes by Marla Danielson

Potato Salad

To 3 c. cooked, chopped potatoes, add 1 t. Each: Lemon juice, onion powder, ½ t. Each: basil, parsley, ¼ t. Each: dill, celery seed. Add the veggies: ¼ c. each: finely grated carrots, diced celery, sweet onion. Add enough vegan mayonnaise to make a creamy, delicious salad, add salt to taste, and enjoy!

Taco Pasta Salad

Season 2 c. cooked pasta with a drizzle of olive oil and ¼ t. salt, add ½ c. pinto beans (drained & rinsed from can), 1 Roma tomato, chopped, fresh corn from 1 corn on the cob, 1 green onion, sliced, ½ t. Each: cumin, marjoram. Mix well and serve with chips, salsa, guacamole, fresh cilantro, and olives. Enjoy!

<https://marladanielson.wixsite.com/plant-based-recipes>

Tofu Sandwich Spread (like egg salad!)

½ block extra firm tofu (Twin pack, only use 1, or if it's one whole block, cut in half)

1 T. nutritional yeast

1 t. Lemon juice

1 t. chives

½ t. Salt

Pinch of turmeric, dill, and celery seed

Directions: Rinse tofu and pat dry with paper towels. Cut in half and mash half with a fork. Stir in yeast, lemon juice, chives, salt, turmeric, dill, and celery seed. Dice the other half of the tofu, add to mashed tofu, with enough vegan mayonnaise and mix gently to make a creamy sandwich spread or dip!

Mock Tuna Sandwich Spread

1 c. garbanzos, drained and rinsed

2 T. each: finely chopped celery, finely chopped sweet onion, finely chopped Bubbies dill pickles (no vinegar)

1 T. nutritional yeast

1 t. Kikkoman's less sodium soy sauce

Directions: Mash garbanzos with the back of a fork. Add the rest of the ingredients and enough vegan mayonnaise to make a moist, creamy sandwich filling, topping for crackers, or a dip for chips. Enjoy!

Words of Wisdom: Regularity in eating should be carefully observed. Nothing should be eaten between meals, no confectionery, nuts, fruits, or food of any kind. Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness.

{Counsels to the Church 223.11}



Carrot Cake Cookies *recipe by Marla Danielson*

Ingredients:

1 T. flax meal
3 T. water
2 T. plant butter, melted
¼ c. maple syrup
1 t. Vanilla
½ c. fresh carrots, finely grated
¼ c. almond butter
1 t. Each: cinnamon, salt

½ c. brown rice flour

½ c. old-fashioned oats

¼ c. almond flour, UN-blanchéd

Optional add-ins: 2 T. chopped walnuts, and/or chopped raisins

Directions: Preheat oven to 350°. Line a large baking tray with parchment paper. In a small bowl or cup, mix flax meal and water and set aside. In a bowl (large enough to hold all the ingredients), stir the melted butter, maple syrup, vanilla, fresh carrots, almond butter, cinnamon, salt, and flax egg. Add the rice flour, oats, almond flour, walnuts, and raisins, and mix well. Using a small cookie scoop, scoop out balls onto the baking tray. Flatten slightly with your fingers to make small bite-size cookies. Bake for 12 minutes. Let cool on the tray and while still a bit warm drizzle each cookie with a simple frosting made of 1/2 c. powdered sugar, 2 t. Each: maple syrup, water. Sprinkle a tiny bit of cinnamon on top of each frosted cookie with your fingers while the frosting is still wet. Enjoy!

Words of Wisdom: The diet affects both physical and moral health. How carefully, then, should mothers study to supply the table with the most simple, healthful food, in order that the digestive organs may not be weakened, the nerves unbalanced, or the instruction which they give their children counteracted. {Christian Temperance and Bible Hygiene 79.3}

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