April 6, Hillsboro Class 8

Menu & Recipes *(by Marla Danielson)*

Vegetable Rice with Gravy, Baked Stuffed Mushrooms, Toasted Cheese English Muffins, Chips with Guacamole & Salsa, Hint of Lime Raspberry Pie

Vegetable Rice

2 c. water
1 c. rice
1 t. Salt
Drizzle of olive oil (1 t.)

-Place all ingredients in a small kettle, add 4-5 baby carrots, sliced, ½ of small yellow onion, 1 small clove garlic, chopped. Bring to a boil, reduce heat to low, cover, and cook until water is absorbed. Remove from heat, add ½ c. frozen petite peas, cover and let rest to defrost peas. Stir gently, then gently fold in 1 c. cooked, warm broccoli florets. Serve with gravy and enjoy!

Gravy

2 c. water
½ c. raw cashews
1 ½ T. flour (I used brown rice flour, any kind is ok)
1 t. Each: salt, onion powder

-Blend all ingredients in a blender until very smooth (about 2 minutes in a regular blender) Stir in the following:

Pinch of sage, thyme, rosemary

-Place in a kettle on medium-high heat and bring to a boil, stirring often. Remove from heat, enjoy!

Toasted Cheese English Muffins

½ c. grated vegan cheese (I used Daiya American cheese slices, 2 slices, grated)
4-5 olives, sliced
1 green onion, sliced
3 T. pasta sauce or pizza sauce
English muffin halves

-Lightly spread English muffin halves with plant butter or lightly brush with olive oil. Place on a baking tray. Mix all cheese ingredients and spread on halves. Place in oven, turn to broil, and broil for about 5 minutes, watch carefully, ovens vary! Enjoy!

Baked Stuffed Mushrooms

8 oz. packaged whole white mushrooms
2 T. cashew cream*
2 T. fresh bread crumbs (sub walnuts for GF)
1-2 T. walnuts, very finely ground
¼ t. Each: Italian Seasoning, salt

*Make cashew cream by blending 1 c. raw cashews with ¾ c. water. (freeze extra for another time) Wash and de-stem mushrooms. Chop stems finely and saute in a small fry pan with a drizzle of olive oil for 5 minutes on medium heat. Place in a small bowl and add remaining ingredients. Set aside. Place mushroom caps on a baking tray lined with foil or parchment-paper, cavity side UP, sprinkle lightly with salt. Place in oven, turn to broil, and broil for 10 minutes, until cavities are filled with water. Remove, turn over caps onto dry paper towels to drain. Dry cavities and caps well with dry paper towels and place on a clean baking tray lined with parchment paper. Stuff with filling and sprinkle with a tiny bit of paprika and parsley, if desired. At this point, you can cover and refrigerate for later if desired, when ready to serve, place in oven, turn to broil and broil for 5 minutes. Enjoy!

Hint of Lime Raspberry Pie

Crust: 1 ½ c. fine graham cracker crumbs
4 T. plant butter, melted
1 T. maple syrup

-Preheat oven to 350°. Mix all ingredients well and press (the bottom of a cup works well) into a large pie dish or 8 x 8 baking dish. Bake for 10 minutes. Cool completely.

Gluten-Free Crust: 1 1/4 c. Maple Nut granola (use recipe on page 2, with no raisins or cranberries)
¼ c. chopped dates
¼ c. water

-Microwave dates in water for 30 seconds, drain off water, set aside. Place granola in food processor and process briefly until fine and crumbly. Add dates and pulse briefly until it holds together when you pinch it. Lightly butter a pie dish or 8 x 8 baking dish. Bake for 5 minutes at 350°. Cool completely.

Filling: 1 can (13.5 oz.) coconut milk
4 T. cornstarch
2 T. agave
½ t. Salt
1 t. Vanilla powder (non-alcohol)
2 t. Fresh lime juice

-Whisk cornstarch into coconut milk then whisk in all ingredients except lime juice and bring to a boil over medium-high heat, stirring constantly. Reduce heat to low, cover, and cook for another 5 minutes, stirring occasionally. Remove from heat, stir in lime juice, cool briefly, place in bowl, and cover with saran wrap (wrap should be touching pudding, so no crust forms). Cool in the fridge for 1 hour.

Assemble: Sprinkle crust with a layer of fresh raspberries, dollop with lime filling and spread evenly. Refrigerate for several hours then spread evenly a layer of homemade coconut whip (*see below), and drizzle with raspberry puree, swirl with the tip of a fork to make a pretty design. (Make raspberry puree by mashing 7-8 frozen, thawed, raspberries against a very fine strainer with the back of a spoon to remove seeds, scrape bottom of strainer to get all of the puree)

**Homemade Coconut Whip*: Refrigerate 1 can 13.5 oz. coconut milk overnight. Remove hardened portion only and beat with an electric beater briefly, then add 1/2 T. agave, ½ t. Vanilla powder, a pinch of salt, and beat another 2 minutes. *(can make ahead & refrigerate)*

Maple Nut Granola

2 c. each: quick oats, old-fashioned oats
½ c. each: sliced almonds, pecan pieces
1 t. Each: salt, vanilla powder, coriander
¼ t. Maple flavoring (opt.)
⅓ c. maple syrup
3 T. olive oil
-Preheat oven to 250°. Combine dry ingredients. Add wet ingredients, mix well. Place on a baking tray and bake for 1 hour. Let cool on tray. Sprinkle with raisins and cranberries, if desired.

Guacamole

Mash one ripe avocado, add a drizzle of lemon juice (1 t.), 1/2 clove garlic, finely chopped, fresh cilantro, chopped, and a bit of salt. *Opt. add-ins:* fresh tomatoes, green onions

Salsa

1 can (15 oz.) crushed tomatoes, fresh cilantro, chopped, 1 small clove fresh garlic, finely chopped, 1 t. agave, bit of salt.
Opt. add-ins: green onions, fresh tomatoes

1 Corinthians 10:31 *Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.*

Food For Thought

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet.
In order to maintain health, a sufficient supply of good, nourishing food is needed.
{Counsels to the Church 222}

Nutrition Basics

Health Benefits of Raspberries

https://www.health.com/food/raspberries-nutrition

Not only are raspberries enjoyable all year long, but these brightly-colored gems are also delicious and versatile. Raspberries have an impressive nutritional profile that makes them one of the healthiest choices in the produce aisle.

Some benefits of raspberries include being high in nutrients and antioxidants and low in sugar, helping to boost cognitive health, and protecting against chronic diseases.

Raspberries are one of the highest whole food sources of fiber that helps control blood sugar and supports good digestive health. Besides being high in vitamin C, raspberries also contain manganese, calcium, and vitamin K, which play roles in bone health.

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