

## Savory Vegetable Stroganoff

Class 39: March 20, 2022

Marla Danielson

1. 1 fresh onion, chopped
2. 7 fresh baby carrots, sliced
3. 1 container (8 oz.) fresh button mushrooms, sliced
4. 2 fresh zucchinis, chopped into bite-size pieces
5. 1 box (32 oz.) organic vegetable broth (divided)
6. Cashew cream: 1 c. water blended with 1 c. raw cashews until smooth
7. 3 T. brown rice flour
8. 1 T. sensational seasoning
9. 2 t. Italian seasoning
10. 2 t. tomato powder
11. ½ t. each: sage, coriander
12. Pinch of thyme
13. Salt to taste

Sauté onions and carrots in 1 c. vegetable broth 5-7 minutes on medium high heat. Add mushrooms and zucchinis, 1 c. more broth, cover and sauté 5-7 minutes. Reduce heat to low. Add rest of broth and cashew cream. Place brown rice flour in fine sieve and sprinkle over, stirring in. Add remaining seasonings and salt to taste. Cover and cook on low heat 10-15 minutes. Serve over your favorite pasta. Garnish with a sprinkle of dried parsley. Enjoy!

## Toasted Cheese English Muffins

Yield: 6 muffin halves

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1. 1 c. shredded vegan cheddar cheese
2. ¼ c. finely chopped olives
3. ¼ c. finely chopped tomatoes
4. ½ t. Italian seasoning
5. Pinch of garlic powder
6. ¼ c. low-fat vegenaïse
7. Plain English Muffins
8. Vegan margarine

Mix together ingredients #1-5. Stir in vegenaïse. Spread some vegan margarine on an English Muffin half and top with cheese mixture. Bake at 350° for 10 minutes, then broil for 3 minutes until cheese bubbles. Enjoy!

## Key Lime Raspberry Swirl Pie

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1. (2) 8 oz. containers vegan cream cheese
2. 1 small container (5.3 oz) So Delicious key lime yogurt
3. 3 T. cornstarch
4.  $\frac{1}{4}$  c. white sugar
5. 2 T. key lime juice
6.  $\frac{1}{4}$  c. frozen raspberries, thawed
7.  $\frac{1}{4}$  t. white sugar

Prepare raspberry puree by mashing raspberries through very fine sieve with back of teaspoon to remove seeds, stir in  $\frac{1}{4}$  t. sugar. Set aside until needed. Blend in food processor ingredients #1-5 until very smooth. Pour into graham cracker crust. Drizzle raspberry mixture over top and swirl with a fork. Place in refrigerator overnight. Garnish with fresh raspberries. Enjoy!

**Chef's Notes:** Don't overprocess the key lime filling or it may not set up as good and use a very stiff graham cracker crust, as it is a soft filling. I have found the Winco graham cracker crusts to work well.