

Enchilada Casserole

Marla Danielson

Class 36

1. 1 c. each: fresh onion, chopped and fresh pepper (any color or a mix), chopped
2. 4 small garlic cloves
3. ½ T. each: Chicken-Style Seasoning, Homemade Taco Seasoning
4. 1 T. mild green chiles
5. 1 can Loma Linda Vegeburger (available at Winco or online)
6. Easy Enchilada Sauce
7. Your favorite tortillas (I used Mission almond tortillas)
8. 1 c. sweet corn kernels, frozen
9. 1 can (15. oz.) tri-blend beans, drained and rinsed

Sauté ingredients #1-4 with a bit of olive oil in large skillet. Add vegeburger (use potato masher to remove lumps) and sauté a few minutes longer. Make Easy Enchilada Sauce in blender, blending all ingredients until smooth and pour into a large skillet and warm.

Easy Enchilada Sauce

1. 2 cans (8 oz.) tomato sauce, no salt added
2. 8 oz. lite coconut milk (use empty tomato sauce can to measure)
3. 1 T. Homemade Taco Seasoning and ½ T. Chicken-Style Seasoning
4. ½ t. tomato powder (can buy from Amazon online)
5. Salt, to taste, (I added a pinch)

Dip tortillas in Easy Enchilada Sauce and place in bottom of lightly oiled 9 x 13 casserole dish, (overlapping edges if needed to cover entire bottom). Top with ½ of vegeburger mixture, ½ of corn and ½ of beans. Sprinkle lightly on top of beans: onion powder, garlic powder and oregano. Repeat layers ending with beans. Sprinkle again lightly with seasonings like 1st layer and pour remaining Easy Enchilada Sauce on top. Bake uncovered for 30 minutes in 350-degree oven.

Topping Suggestions: Fresh tomatoes, avocados, vegan sour cream, chips and fresh cilantro.

Chicken-Style Seasoning – stir together ½ c. nutritional yeast, 1 ½ T. each: onion powder, salt, 1 T. Italian seasoning, ¾ T. dry parsley flakes, ½ T. brown sugar, ½ t. garlic powder and a pinch of celery seed and cayenne pepper.

Taco Salad

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1. Fresh lettuce, chopped (I used romaine and iceberg)
2. Grated vegan cheddar cheese
3. Fresh Roma tomatoes, chopped
4. Lentil Taco Meat
5. Your favorite chips, crumbled or tortilla strips
6. Taco Salad Dressing

Toss 1st three ingredients together. Just before serving, add warm Lentil Taco Meat and chips, garnish with fresh avocados and serve with Taco Salad Dressing.

Lentil Taco Meat

1. ¼ c. fresh onion, chopped
2. ¼ c. fresh carrot, finely chopped
3. 1 small garlic clove, finely chopped
4. ¾ c. cooked lentils, drained
5. ¼ c. walnuts or pecans, finely chopped
6. Salt to taste

Sauté first 3 ingredients in a bit of olive oil until onion and carrots are softened. Add lentils (mash with fork in pan) and nuts and continue sauteing until mixture is not so moist. Add salt to taste. Add warm to Taco Salad.

Taco Salad Dressing - whisk together 1/3 c. reduced fat veganaise, ¼ c. tomato sauce (no salt added), 2 t. agave, 1 t. fresh lime juice, ½ t. onion powder and 1 ½ T. Homemade Taco Seasoning.

Homemade Taco Seasoning – stir together 1 T. paprika, 1 t. each: cumin, onion powder, oregano, ½ t. each: garlic powder, cornstarch and ¼ t. salt

Cheese and Chile Cornbread Muffins

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1. 1 c. cornmeal
2. $\frac{3}{4}$ c. white spelt flour (available at New Seasons Market or online)
3. 3 t. baking powder
4. $\frac{3}{4}$ t. salt
5. 3 T. olive oil
6. 1 T. applesauce
7. 1 c. almond milk or any non-dairy milk
8. $\frac{1}{4}$ c. vegan cheese, cut into small squares
9. 1 T. mild green chiles

Mix ingredients #1-4 together. Stir in remaining ingredients. Place in silicone muffin tray (makes 8) and bake at 400° for 20 minutes.

Serving suggestion: Cut in half, spread with vegan margarine and place on tray, then place in oven and broil until lightly browned, it just takes a few minutes.

Health Benefits of Cornmeal

<https://www.verywellfit.com/cornmeal-nutrition-facts-and-health-benefits-2241586>

As a grain, and as part of a healthy diet, cornmeal can bring multiple health benefits and advantages.

Suitable for Gluten-Free Diets

Cornmeal—of course, made from corn—is a popular gluten-free grain. Because it does not contain gluten, it is a good go-to diet addition for those who follow a gluten-free diet, or have celiac disease or gluten sensitivities.

Boosts Heart Health

Corn, and cornmeal, has been found to improve cardiovascular health and lowering cholesterol levels. Cornmeal is relatively high in selenium—one cup has 18.9mcg, or 34% of your daily recommended value—which has been found to lower coronary heart disease risk.

Apple Pie Bars

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Base:

1. 2 flax eggs (2 T. flaxmeal mixed with 6 T. water)
2. 3 T. vegan margarine, melted
3. ½ c. applesauce
4. 2/3 c. brown sugar
5. 1 T. vanilla
6. 1 ½ c. white spelt flour
7. ½ c. natural almond flour
8. 2 t. baking powder
9. 1 t. cinnamon
10. ½ t. salt

Apple Filling:

1. 2 apples, peeled and finely diced (2 c.)
2. 2 T. brown sugar
3. 1 T. cornstarch
4. 1 t. cinnamon

Streusel Topping:

1. 2 T. melted vegan margarine
2. 2 T. maple syrup
3. ½ c. natural almond flour
4. ½ c. white spelt flour
5. ¼ c. walnuts, chopped finely
6. ¼ t. each: cinnamon, salt

Make flax eggs for base and set aside while making apple filling and streusel topping. For apple filling, stir all ingredients together. For streusel topping, melt margarine, stir in maple syrup and then all remaining ingredients, mixing with fingers until moist and crumbly. Next, make the base. Melt margarine and stir in flax egg, applesauce, sugar & vanilla. Add ingredients #6-10, mixing well. Spread evenly in parchment-lined 9 x 13 dish. Spread apple filling evenly over base. Crumble streusel topping evenly over apples. Bake at 350 degrees for 30-35 minutes.

Healthy Caramel Sauce: blend until smooth in blender: 1 can lite coconut milk, ½ c. chopped, fresh dates, 1 T. each: brown sugar, cornstarch, 1 t. each: vanilla, almond butter. Cook over medium-high heat until it bubbles, stirring constantly. Drizzle over [Apple Pie Bars](#).

Apple Pie Ice Cream

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1. 2 cans coconut cream
2. 1 c. Silk coconut milk, original
3. ¼ c. each: Crock Pot Applesauce, agave
4. 2 T. each: vanilla, organic cane sugar
5. ½ t. cinnamon
6. Pinch of salt
7. Crumbled graham crackers

Place all ingredients in blend and blend until smooth. Chill for 2 hours. Place in ice cream maker for 25-35 minutes. Store in airtight plastic container in freezer. To serve, set out for 15 minutes or more until easy to scoop.

Crock Pot Applesauce

1. 4 c. apples, peeled and chopped
2. 1 t. cinnamon
3. 3 T. brown sugar
4. ½ c. water

Cook on low or overnight for 8-10 hours. Mash with potato masher.

Healthy Caramel Sauce

1. 1 can lite coconut milk
2. ½ c. dates, chopped
3. 1 T. each: brown sugar, cornstarch
4. 1 t. each: brown sugar, almond butter

Blend all ingredients until smooth. Run through fine sieve to remove any lumps. Cook over medium-high heat until it bubbles, stirring constantly.