

Long Beach Class 9 Menu October 22, 2023

Lentil and Coconut Rice Taco Salad (Lentils, Vegetable Coconut Rice, Chips, with toppings: Olives, Tomatoes, Avocados, Lettuce, Green Onions, Cheese Whiz Sauce, Vegan Parmesan without nuts, Vegan Sour Cream with Chives, Quick Salsa) Apple Pie Cookies and Cranberry Nut Bars

Lentils

Marla Danielson

1 c. clean lentils, rinsed
3 c. water
½ t. Minced garlic
¼ c. each: chopped onions, chopped carrots
1 Bay leaf
1 T. **Vegetable Bouillon Flakes**

Directions: Place lentils, water, garlic, onions, carrots and Bay leaf in a kettle and bring to a boil. Reduce heat to low, add **Vegetable Bouillon Flakes**, cover, and cook until tender. (I cook mine for 30 minutes.) Add salt to taste. (I added ½ t.) Remove Bay leaf and enjoy!

Vegetable Coconut Rice

Marla Danielson

1 c. rice
1 c. each: lite coconut milk, water
1 T. Olive oil
¼ c. each: chopped onion, chopped carrots
¾ t. Salt
½ t. Minced garlic
1 Bay leaf
1 T. **Vegetable Bouillon Flakes**

Directions: Place all ingredients in a kettle except **Vegetable Bouillon Flakes** and bring to a boil. Reduce heat to low, stir in **Vegetable Bouillon Flakes**, cover, and cook until water is absorbed. Remove Bay leaf. **Opt.** Stir in ½ c. frozen spinach leaves and/or peas when done cooking, for more veggies! (the heat will thaw them quickly)

To make **Vegetable Bouillon Flakes**, stir together: ½ c. nutritional yeast flakes, 1 T. each: onion powder, garlic powder, ½ T. each: Italian seasoning, **Homemade Poultry Seasoning**, parsley flakes, Pinch of: turmeric and salt

To make **Homemade Poultry Seasoning**, stir together: 4 t. Sage, 2 t. Each: thyme, marjoram, 1 t. Celery seed

Vegan Sour Cream with Chives

LB Class 9

Marla Danielson

1 c. cashews, raw and unsalted, *soaked (see directions below)*

½ c. water

¼ c. lite coconut milk

4 t. Fresh lemon juice

1 T. nutritional yeast

½ t. Salt

1 t. Chives, stir in after blending

Directions: Soak the cashews overnight in the fridge OR soak them in hot water for at least 1 hour OR cover with water, bring to boil and let rest for 10 minutes. Drain and rinse the cashews, add all the ingredients to a blender except chives and blend until very smooth. Stir in chives. Enjoy!

Quick Salsa

Marla Danielson

1 can Mexican-style stewed tomatoes, 14.5 oz

1 T. each: dried cilantro, finely chopped onion, crushed pineapple

2 small fresh tomatoes, chopped

½ t. Maple syrup

Pinch or two of salt, oregano, cumin, garlic

Directions: Pulse stewed tomatoes briefly in a blender, stir in all remaining ingredients and enjoy!

Vegan Parmesan Without Nuts

thehiddenveggies.com

⅓ c. raw hemp seeds

¼ c. nutritional yeast

1 T. potato starch or rice flour

¼ t. Salt

¼ t. Garlic powder

Directions: Put all ingredients into a spice grinder or blender and pulse briefly. Store in a sealed container in the refrigerator. A quick easy way to make a vegan parmesan cheese without using nuts. Good on potatoes, pasta, rice, taco salad, bread!

Cheese Whiz Sauce

Mary Green-Smith and Marla Danielson

1 c. clean, raw cashews (rinse cashews)

4 oz. jar pimientos (including juice)

½ t. Each: onion powder, salt

Pinch of garlic powder and thyme

2 T. Fresh lemon juice

1 T. nutritional yeast

Directions: Blend all ingredients in a blender until very smooth. Add, if needed to blend, ¼-½ c. lite coconut milk or water. Enjoy! (Can also use roasted, salted cashews, reduce salt to ¼ t.)

sdaplantbasedrecipes.com

Apple Pie Cookies
Modified from elavegan.com
Oven 350 degrees

Cookie Dough

1 1/2 cups almond flour
6 Tbsp tapioca flour
6 Tbsp brown sugar
1/3 cup pumpkin puree
1 tsp vanilla extract

Apple Filling

1 large (or 2 small) apple diced small
3 Tbsp brown sugar
1/4 cup dairy-free milk
1 1/2 tsp lemon juice
1/2 - 3/4 tsp cinnamon
1/2 tsp arrowroot starch
Pinch of salt

Apple varieties to use:
You want an apple that holds its shape and has just the right amount of sweetness.
Examples:

Granny Smith* (Used in class)
Crispin (or Mutsu)
Honey Crisp
Pink Lady
Northern Spy
Braeburn

Cranberry Nut Bars
Oven 350 degrees

3/4 cup chopped walnuts
1 1/4 cup 1 to 1 gluten free flour
1/2 cup almond meal
1/2 cup Earth Balance butter
1 1/4 cup brown sugar (not packed)
1/2 tsp vanilla
3 Tbsp ground flaxseed
1/2 cup pumpkin puree
1 cup or a bit more of fresh cranberries

Instructions: Add all the dry cookie dough ingredients to a bowl and stir to get out lumps. Add wet ingredients (pumpkin puree and vanilla). Roll dough into a ball and wrap it in clingfilm to chill in fridge for at least 1/2 hour.

Finely dice apples. Add all remaining apple filling ingredients and apples to saucepan. Bring mixture to a boil, stir, reduce heat to low and simmer for 3 minutes.

Preheat oven to 350 degrees. Line cookie sheet with parchment or use a silicone mat. Divide cookie dough into 9 pieces and roll into a ball. Gently flatten and turn up edges to form a bowl.

Divide apple filling among all cookies and bake for 15-20 minutes. Remove from oven and let cool.

Preheat oven to 350. Grease a 9 x 13 baking pan.

Combine flour, almond meal, brown sugar, and flaxseeds. Make sure there are no lumps. Add Earth Balance butter and mix with a fork. Add walnuts, vanilla, and pumpkin puree. Mix well. Add cranberries. Carefully mix.

Spread in prepared pan. Bake 20-25 min. Cool completely before cutting into bars.

(I used a silicone/fiberglass baking dish which requires no grease and is non-stick).