

Class 47 Menu *Forest Grove*

Lentil Burger Sandwiches, Banza Salad, Potato Salad, Fresh Fruit Platter, Peanut Butter Cookies and Carrot Cake Ice Cream.

Lentil Burgers

Marla Danielson

- ½ c. uncooked lentils, rinsed
- 2 c. water
- ¾ t. salt
- 2 T. ***Vegetable Boullion Flakes***
- ½ c. fresh onion, chopped
- ¼ c. fresh carrot, chopped
- 2 small garlic cloves

Place lentils and water in kettle and bring to a boil, remove from heat and stir in rest of ingredients. Place back on burner, bring to a boil again, then reduce heat to low, cover and cook until tender, about 30 minutes. Mash and add the following ingredients:

1 T. flax meal, ¼ c. almond flour, ½ c. pecans, finely chopped, ½ - ¾ c. oat flour, ½ t. salt. Mix well and let rest for 5-10 minutes, then form into patties and fry in olive oil, browning each side well. Enjoy in sandwiches or as a casserole topped with gravy.

Bread and Butter Pickles

Marla Danielson

1. ½ c. water
2. 1/3 c. fresh lemon juice
3. 2 T. apple juice concentrate (thawed slightly)
4. ½ t. salt
5. ¼ t. celery seed
6. 1/8 t. each: turmeric, garlic powder
7. Mini cucumbers (4-6, enough to fill 16 oz. jar)
8. ¼ c. fresh sweet onion, chopped

Stir together ingredients #1-6 for brine and set aside. In jar, layer cucumbers and chopped onion. Pour brine over cucumbers and onion and close jar with lid and ring. Shake ingredients and place in fridge for 1 day before enjoying!

Special Sauce for Burger Sandwiches: mix ¼ c. vegan mayo, 1 T. tomato sauce, 1 t. coconut sugar and ½ - 1 t. ***Vegetable Boullion Flakes*** (stir in 1-2 T. brown rice flour if too thin)

Banza Salad

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1 ½ c. Banza Cavatappi, cooked according to directions on package.
Drain and rinse pasta in cold water and add: ½ t. salt, 1 t. **Vegetable Boullion Flakes**, 1 T. **Mock Mustard**, Canned peas, Cubed Nutolene, Cubed vegan mozzarella cheese, De-seeded, chopped fresh tomatoes and Fresh herbs (dill, basil, parsley, or dried herbs to your taste). Add enough vegan mayo to make creamy. Enjoy!

Potato Salad

6 c. red potatoes, peeled and cooked
Green olives, chopped
Fresh carrots, finely shredded
Bread and Butter Pickles, plus a spoonful of brine
2 t. onion powder
2 t. salt, adjust to taste (start with 1 ½ t.)
½ t. each: basil, parsley
¼ t. each dill, celery, garlic powder
Mock Mustard, 1 spoonful

In large bowl place cooked potatoes, olives, carrots, and pickles. Add all ingredients and mix with your favorite vegan mayo to make it creamy. Enjoy!

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

To make **Homemade Poultry Seasoning**: mix 4 t. sage, 2 t. each: thyme, marjoram, and 1 t. celery seed.

Mock Mustard

¼ c. each: fresh lemon juice, water
2 T. brown rice flour

Whisk the above ingredients together in small saucepan, cook on medium-high heat until it bubbles, stirring constantly. Set aside. Next, in high-speed blender place ¼ c. each: raw cashews and water and blend until smooth and creamy. Add lemon/flour mixture to cashew/water mixture in blender along with following ingredients: 1 ½ T. water, ½ T. maple syrup, ½ t. garlic powder, ¼ t. each: onion powder, salt, turmeric. Pulse everything together and place in container and refrigerate. Use within 1 month.

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Peanut Butter Cookies

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Cream:

1. 1 flax egg (1 T. flax meal mixed with 3 T. water)
2. ½ c. creamy peanut butter
3. ½ c. brown sugar
4. 1 t. vanilla
5. ½ t. molasses

Add: ¼ t. salt, ½ c. spelt flour (can also use brown rice flour or rye flour)

Cream first 5 ingredients. Add remaining ingredients and mix well. Refrigerate for 10-15 minutes while oven is heating (350°). Roll into balls, place small amount of Florida Crystals (raw, unrefined cane sugar) in small bowl and roll balls in sugar, place on parchment-lined cookie tray, crisscross with fork, slightly flattening, (they will spread in oven) and bake for 10 minutes. Let cool on tray and enjoy!

Carrot Cake Ice Cream

1. Combine in small kettle over medium heat: 2 T. plant-based butter, 1 ¼ c. finely shredded carrots, 1/3 c. brown sugar, ¼ t. salt. Cook about 5 minutes, add 1 ¼ t. cinnamon and cook for another minute. Cool completely.
2. Whisk together 4 oz. softened plant-based cream cheese, 1 can sweetened coconut condensed milk and 1 t. vanilla until smooth.
3. Stir in cooled carrot mixture and place in fridge.
4. Beat 2 ¼ c. plant-based whipping cream until stiff peaks form.
5. Add carrot/cream cheese mixture and whisk into whipped cream.
6. Transfer into a chilled airtight container and place a piece of plastic wrap directly on top of ice cream then cover with a lid.
7. Freeze until solid, overnight is best.
8. Set out for at least 30 minutes before serving, to soften.

Maple Roasted Pecans topping for **Carrot Cake Ice Cream**: Line a cookie tray with parchment paper. Add 1 c. pecan pieces in an even, single layer. Drizzle with 1 ½ T. maple syrup, sprinkle with ¼ t. salt, mix well and spread evenly again in single layer. Bake at 250° for 1 hour. Let cool on tray and break up to enjoy!

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