

Vegan Sour Cream and Chives Mashed Potatoes

Marla Danielson

1. 5 c. yellow potatoes, unpeeled, diced
2. Water, enough to cover potatoes
3. 2 t. salt
4. 1 garlic clove
5. 2 T. vegan margarine
6. 1 t. onion powder
7. $\frac{3}{4}$ t. salt
8. $\frac{1}{2}$ c. vegan sour cream
9. $\frac{1}{4}$ c. almond milk
10. 2 T. fresh chives

Cover potatoes with cold water. Add salt and whole garlic clove and bring to a boil. Reduce heat and cook until very tender then drain. Add vegan margarine first, to allow it to melt quickly then add all ingredients except chives. Mash until creamy and stir in chives.

Did You Know? <https://www.healthline.com/nutrition/benefits-of-potatoes>

Potatoes are an excellent source of many vitamins and minerals.

One medium baked potato (6.1 ounces or 173 grams), including the skin, provides:

Calories: 161

Fat: 0.2 grams

Protein: 4.3 grams

Carbs: 36.6 grams

Fiber: 3.8 grams

Vitamin C: 28% of the RDI

Vitamin B6: 27% of the RDI

Potassium: 26% of the RDI

Manganese: 19% of the RDI

Magnesium: 12% of the RDI

Phosphorus: 12% of the RDI

Niacin: 12% of the RDI

Folate: 12% of the RDI

The nutritional content of potatoes can vary depending on the variety and how they are prepared. For example, frying potatoes adds more calories and fat than baking them. It's also important to note the skin of the potatoes contains a great amount of the vitamins and minerals. Peeling potatoes can significantly reduce their nutritional content.

The Bottom Line

Potatoes are rich in vitamins, minerals and antioxidants, which make them very healthy.

Studies have linked potatoes and their nutrients to a variety of impressive health benefits, including improved blood sugar control, reduced heart disease risk and higher immunity. They may also improve digestive health and combat signs of aging.

Potatoes are also quite filling, which means they may help you lose weight by curbing hunger pains and cravings.

All in all, potatoes are a great addition to your diet in moderation. They are also naturally gluten-free, which means they can be enjoyed by almost everyone.

Eggplant Meatballs

Yield: about 20 meatballs

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1. 1 fresh whole eggplant, peeled and diced
2. 2 small cloves fresh garlic, cut in halves or quarters
3. 3 c. water
4. 1 t. salt
5. 1 flax egg (1 T. flaxmeal + 3 T. water)
6. ¼ c. fresh basil, finely chopped
7. 2 T. nutritional yeast
8. 2 t. each: sage, onion powder
9. 1 t. each: parsley flakes, Italian seasoning
10. ¾ t. salt
11. ½ t. thyme
12. ¼ t. coriander
13. 1 c. fresh breadcrumbs (may need more if larger-size eggplant)
14. ½ c. walnuts, chopped (or pecans)
15. ¼ c. oat flour (may need more if larger-size eggplant, make your own by whizzing oats in dry blender)

Add diced eggplant, fresh garlic, water and salt to kettle. Bring to boil then reduce heat to medium. Cook until fork-tender, (while cooking potatoes, make flax egg and set aside) about 5 minutes, drain and mash with fork or potato masher. Stir in flax egg then all seasonings (#7-12). Then add breadcrumbs, nuts and oat flour (#13-15). Form into meatballs and fry in a little olive oil. After meatballs are fried, before serving, place in 350° oven to further crisp and blend flavors.

Country Gravy

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1. ½ c. macadamias, slivered almonds, or raw cashews (unsalted)
2. 3 c. almond milk (I used Almond Breeze original)
3. 3 T. cornstarch
4. 2 t. onion powder
5. 1 t. salt
6. ¼ t. each: garlic powder, coriander

Place all ingredients in blender and blend until smooth. Cook over medium-high heat until it bubbles.

Very Veggie Salad

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- Your favorite lettuce: (I used mix of iceberg, Romaine, Arugula, spinach leaves)
- Fresh tomatoes
- Fresh Ripe Avocado
- Fresh Cucumber
- Fresh Pea pods
- Fresh Carrots
- Pumpkin seeds, fresh chives
- Vegan cheese shreds, homemade croutons and cilantro to top it off

Pan-fried Homemade Croutons

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- Dash of olive oil
- 1 T. vegan margarine
- 2 slices fresh bread, cubed
- Sprinkle of Italian seasoning and garlic powder

Add a dash of olive oil to frying pan and melt margarine. Add bread cubes and seasonings and mix together, coating with oil and margarine. Brown on medium-high heat to begin with, then lower heat and continue sautéing for 30 minutes, reducing heat to low last 10 minutes. Stir frequently. Turn off and leave on burner, let pan cool on stove. Ready!

Vegan Blue Cheese Dressing

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- 1 c. macadamias, slivered almonds, or raw cashews (unsalted)
- ¼ t. lemon zest
- Juice of 1 lemon (2 T.)
- 2 T. homemade sesame cream
- 1 T. nutritional yeast
- 1 clove garlic
- ½ t. salt
- ¼ t. onion powder
- 1 c. water

Place all ingredients in blender and blend until smooth. Stir in ¼ t. dill weed and a drizzle of agave to soften the flavors. Taste and adjust seasonings to your taste. Refrigerate to thicken.

Homemade Sesame Cream

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- 1 c. white sesame seeds (hulled)
- 1 c. water
- ¼ t. salt
- Toast sesame seeds in a dry frying pan on medium heat for 3-5 minutes, until they smell fragrant. Add all ingredients to blender and blend until smooth. Store in fridge. Freezes well too.

Vegan Carrot Cake

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1. 2/3 c. brown sugar
2. ¼ c. extra virgin olive oil
3. ¼ c. applesauce (sweetened or unsweetened)
4. 2 flax eggs (2 T. flaxmeal + 6 T. water mixed)
5. ½ t. salt
6. 1 t. cinnamon
7. 1 ½ c. white spelt flour (available at New Seasons or online)
8. 1 c. finely grated fresh carrots
9. 2 t. Featherweight baking powder (sodium-free baking powder)
10. 1 snack cup mandarin oranges, drained (1/2 c.)
11. ¼ c. chopped walnuts or pecans
12. ¼ c. carob chips
13. ¼ c. chopped dates (I used Medjool, dust in 1 t. flour to prevent from clumping together)

Make flax eggs first and let rest. Cream 1st 6 ingredients, stir in remaining ingredients. Place in large cake pan (9 ½ inches) and bake at 350° for 30 minutes. Or make mini-muffins, baking at 350° for 20 minutes, or regular-size muffins, baking at 350° for 25 minutes or until toothpick inserted in center comes out clean. Make your own coconut whipped topping by whipping the creamy portion of 1 can full-fat coconut milk with 1-2 T. sweetener (powdered sugar, agave, maple syrup). Spread on cooled cake and top with fresh berries. Enjoy!

Chef's Notes: You can buy pre-made Coconut Whipped Cream at the store if you don't want to make your own. This would also be good served with just a dollop of vanilla vegan yogurt and fresh fruit. Try sprinkling coconut on top or chopped nuts or homemade granola too! It's also good without any toppings at all. Best served warm!