

Hillsboro Class 5 Menu

October 6, 2024

Rice Bowls or Plates (brown rice, fresh grated carrots & cabbage, baked sweet potatoes, broccoli, tofu, green onions, pineapple, gravy, roasted pepitas, peanuts), **Homemade Bread with Roasted Vegetable Spread**, and **Blackberry Crumble**.

Recipe by Marla Danielson

To Make Rice Bowls:

- Make rice. First, soak 1 c. brown basmati rice in water for 30 minutes, drain, & rinse. (Soaking the rice enhances the flavor, and makes the rice fluffier) Place in a kettle with 2 c. water, ½ t. Salt, and ½ T. olive oil. Bring to a boil, reduce heat to low, cover and cook until done, and water is absorbed. (mine took about 25 minutes)
- Finely grate carrots
- Finely shred cabbage
- Bake sweet potatoes. Preheat the oven to 400°, add peeled, bite-size sweet potatoes onto a parchment-lined tray. Drizzle lightly with lite coconut milk, sprinkle lightly with salt, mix well, and bake until tender (about 30 minutes).
- Cook broccoli until tender in lightly salted water.
- Tofu: Cut ½ of a block of extra-firm tofu into cubes and place in a bowl. Drizzle with lite coconut milk, 1 T. ½ T. nutritional yeast, ¼ t. Salt, and ¼ t. *Homemade Italian Seasoning*. Marinate for 1 hour, or longer. Drizzle some olive oil into a fry pan and fry until golden on medium high heat. (You can also bake at 400° for 30 minutes on parchment-lined tray)
- Slice green onions.
- Prepare pineapple by peeling and cutting into bite-size pieces.

Assemble: In a big bowl or plate, pile rice and surround with veggies. Top with: gravy or lite soy sauce, peanuts and/or roasted pepitas, and fresh pineapple. Enjoy!

Homemade Italian Seasoning

therECEPecritic.com

Mix following together and use mortar and pestle to make finer: 2 T. each basil, oregano, 1 T. rosemary, ½ T. each: marjoram, thyme

Spelt/Rye Bread *recipe by Marla Danielson*

1 c. warm water
1 T. yeast
1 T. each: maple syrup, olive oil, applesauce
⅓ c. each: whole grain spelt flour, rye flour
2 ¼ c. *white* spelt flour
1 t. Salt

Preheat the oven to 375°. Mix warm water and yeast and let rest for 5-10 minutes. Stir in maple syrup, olive oil, and applesauce. Add flour and salt all at once, stir until a loose ball forms, place on lightly floured countertop and knead into a smooth ball of dough, adding more sprinkles of flour, as needed. Cover with a light kitchen cloth and let rest for 30 minutes. Shape into 2 thick logs, about 6 ½ inches long and place on a parchment-lined tray. Let rise for 15 minutes. Bake for 25 minutes. Cool on a wire rack, covered with a light kitchen cloth, to keep moist, and enjoy! It's great toasted!

Let us remember that there is practical religion in a loaf of good bread. {Counsels on Diets and Foods 251.1}

For more recipes visit:

sdaplantbasedrecipes.com

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Recipes by Marla Danielson

Roasted Vegetable Spread

4 tomatoes, deseeded & chopped
(3 c. chopped)
½ c. fresh carrot, sliced
½ c. fresh onion, chopped
1 large clove garlic, chopped
3-4 fresh basil leaves

Preheat the oven to 400°. Place all the ingredients on a parchment-lined tray. Drizzle lightly with olive oil, sprinkle lightly with salt, mix well with your fingers or a spoon, and bake for 30 minutes, until tender and fragrant. Add to a food processor, with fresh basil leaves, pulse, leaving some texture. Spread on bread, use as a pesto sauce for pasta, use as a pizza sauce. Enjoy!

Simple Gravy

2 c. water
½ c. raw cashews
1 ½ T. brown rice flour
1 t. Salt
1 t. Coriander
Pinch of thyme. Rosemary, sage

Place all ingredients into a blender except thyme, rosemary, and sage. Blend until very smooth (about 2 minutes in regular blender). Place in a small kettle and bring just to a boil over medium-high heat, stirring often. Remove from heat, stir in thyme, rosemary, and sage, and enjoy!

**Cook's note: use any of your favorite herbs to season, or nutritional yeast!*

A merry heart doeth good like a medicine: but a broken spirit drieth the bones. Proverbs 17:22

Recipe adapted from healthiersteps.com

Blackberry Crumble

Filling:

4 c. blackberries (fresh or frozen, if using frozen, thaw first, drain off most of the extra juice, save for smoothies or drink it!)
1 T. cornstarch
½ c. applesauce (homemade in pressure cooker, see below)
¼ c. maple syrup
1 t. Lemon juice
½ t. coriander
Pinch of salt

Crumble Topping

½ c. old-fashioned oats
¼ c. brown rice flour
¾ c. blanched almond flour
½ T. flax meal
½ t. Salt
½ t. Coriander
¼ c. maple syrup
2 T. melted coconut oil
½ t. vanilla

Preheat the oven to 375°. Mix all filling ingredients together and place in an 8 x 8 baking dish or an extra large pie dish. Make crumble topping by mixing all the dry ingredients first, add wet ingredients all at once and mix well. Sprinkle it over the berries. Bake for 25 minutes, until golden and bubbly. Enjoy!

Homemade Applesauce:

6 c. apples, roughly chopped (no cores, seeds, stems, or ends, leave skin on)
½ c. water
Put apples in a pressure cooker and cook for 10 minutes. Let pressure release naturally. Run through a fruit strainer with a stand and wooden pestle. To sweeten, if desired, add 1 T. coconut sugar, to season, add ½ t. coriander, or to taste.

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