February 2, Hillsboro Class 7 Menu
Sabbath Roast, Mashed Potatoes & Gravy, Fresh Veggie Tray with Knorr Spinach Dip, and Banana Cream Pie

Sabbath Roast Seth Brookens (his aunt's recipe)

3 cups medium diced day old bread
1/2 cups of chopped walnuts
3 T ground flax seed or whole chia seeds
3 T of starch (corn, potato, etc)
1 Tablespoon of chopped Parsley
3/4 teaspoon of fresh rosemary
1 teaspoon fresh thyme
1 T fresh sage
1 C of imitation diced chicken or turkey (TVP, etc) (optional)
3 Tablespoon oil or Butter
4 Tablespoons of onion
4 T of Celery
1 Cup of chopped Mushrooms
½ Cup of chicken style broth or gravy
1/4 cup of minced mint leaves (optional)
3/4 teaspoon of fresh Garlic
1 teaspoon salt

Sauté Celery, Mushrooms, & Onions with oil or vegan butter. Pour into large mixing bowl. Combine sautéed ingredients with remaining ingredients. Add more broth if needed. Place into casserole dish. Place potato and carrot wedges on top of casserole. Bake 39 mins in 400° oven.

Knorr Spinach Dip Donna Schmidt
1 box (10 oz.) frozen chopped spinach, cooked, cooled, and squeezed dry
16 oz. silken tofu (blend till smooth-marla)
1 c. vegenaise (or homemade hummus, blend garbanzos with lite coconut milk-*marla*)
1 package Knorr Vegetable Recipe Mix
1 can (8 oz.) water chestnuts, drained and chopped
3 green onions, chopped

Combine all ingredients in a bowl and mix. Chill the spinach dip for about 2 hours. Serve this classic spinach dip with your favorite dippers, like crackers or veggies, and share with your favorite people. (Double the chestnuts and spinach for more substance-Donna!)

Mashed Potatoes & Gravy Marla Danielson

Boil 5 c. chopped potatoes in lightly salted water until fork-tender. Drain, and add 1 T. plant butter (opt.), 1 t. Onion powder, and 1 t. Salt. Mash well and then add enough unsweetened plant milk (canned lite coconut milk is delicious, any unsweetened plant milk works) to make creamy mashed potatoes. Adjust salt and seasonings to taste!

Gravy

½ c. raw cashews
2 c. water
1 t. Each: Salt, onion powder, coriander
2 T. flour, scant
Pinch of rosemary, thyme, and sage, stir-in after blending
Blend ingredients until very smooth (about 2 minutes). Stir in rosemary, thyme, and sage, and bring to a boil over medium-high heat, stirring frequently. Enjoy!

Banana Cream Pie Marla Danielson

Pudding

1 can full fat unsweetened coconut milk
4 T. cornstarch (¼ c.)
2 T. agave, scant
½ t. Salt
1 ½ t. Vanilla (non-alcohol)
Pinch of turmeric, opt. (for hint of yellow)
Whisk cornstarch into milk then whisk in remaining ingredients and bring to a boil over medium-high heat, stirring constantly. Reduce heat to medium-low and cook for another 5 minutes, stirring occasionally. Remove from heat, place in bowl, and cover with saran wrap (wrap should be touching pudding, so no crust forms). Cool in fridge.

Graham Cracker Crust

1 ½ c. fine graham cracker crumbs (or granola fine crumbs with no dried fruit for GF-gluten free)
4 T. plant butter, melted
1 T. maple syrup
Preheat oven to 350°. Mix all ingredients well and press (the bottom of a cup works well) into a pie dish or 8 x 8 baking dish. Bake for 10 minutes. Cool.

Assemble

Slice 1-2 large bananas, add a bit (½ - 1 T.) of pineapple juice to coat, and spread bananas evenly in bottom of crust. Add banana pudding. Top with coconut whip and mandarin oranges. *Homemade Coconut whip*: with electric beater, beat hardened creamy portion of full fat coconut milk 30 seconds - 1 min. (refrigerate can overnight to harden cream), add ½ T. agave, ½ t. Vanilla, pinch of salt, and beat another 2 minutes. Refrigerate. Enjoy to the glory of God!

1 Corinthians 10:31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.