

June 8, Hillsboro Class 9

Menu & Recipes

Pizza, Pasta, Tossed Salad & Strawberry Shortcake (recipes by Marla Danielson)



Pizza

$\frac{2}{3}$ c. warm water
2 t. Instant yeast or 1 packet
 $\frac{1}{2}$ T. olive oil
1 $\frac{1}{2}$ c. flour, more as needed (I used white spelt)
 $\frac{3}{4}$ t. Salt

-Preheat oven to 400°. Dissolve yeast in warm water. Add remaining ingredients and mix into a soft ball of dough (add more flour a little at a time, if it seems too wet). Prepare pizza pan by lightly brushing with olive oil and sprinkling lightly with cornmeal. Place dough on pan, sprinkle with more flour or oil, and spread evenly to edges. Sprinkle lightly with garlic powder, cover with your favorite sauce, homemade mozzarella cheese, veggies, sprinkle with oregano and basil, and bake for 12-15 minutes. Enjoy!

Homemade Mozzarella Cheese (GF)

$\frac{1}{2}$ c. raw cashews
1 c. water
2 t. extra virgin olive oil
1 t. each: brown rice flour, nutritional yeast, lemon juice
 $\frac{3}{4}$ t. salt
 $\frac{1}{4}$ t. garlic powder
-Add all ingredients to a blender and blend until very smooth. Place in a small skillet, cook and stir constantly on medium-high until sauce thickens and begins to bubble. Spoon in small circles on top of pizza before baking.

Vegetable Pasta Supreme (can make GF)

1 lb. uncooked rigatoni pasta (for GF pasta, do not use pressure cooker, follow package directions, cook veggies, mix all ingredients together)
1 jar pasta sauce (24 or 26 ounces)
12 oz. frozen mixed vegetables
2 c. water
-In a pressure cooker, layer evenly as follows: $\frac{1}{2}$ of pasta sauce, $\frac{1}{2}$ of uncooked pasta, $\frac{1}{2}$ of frozen veggies, rest of uncooked pasta, rest of frozen veggies, rest of pasta sauce. Pour 2 c. water over all. Pressure cook on low pressure for 10 minutes,

let pressure release naturally for 10 minutes then manually release. Drizzle with a bit of olive oil (opt.), add $\frac{1}{2}$ c. water, stir gently, serve with extra sauce and enjoy!

Tossed Salad Caesar-Style Dressing: blend the following until very smooth: $\frac{2}{3}$ c. raw cashews, $\frac{1}{2}$ c. water, 2 T. lemon juice, 1 green olive, 1 T. olive brine from can, $\frac{1}{4}$ t. Each: salt, garlic powder
Stir in: a pinch of celery seed, parsley flakes, and 1 t. nutritional yeast

Homemade Croutons: Cube your favorite bread and place in a single layer on a non-stick baking tray. Drizzle lightly with olive oil, mix with your fingers, sprinkle lightly with salt and garlic powder, mix again. Spread in a single layer and bake at 350° for 15 minutes or until dry and crunchy. Enjoy!

Strawberry Shortcake Bars (GF, unleavened)

Flax egg (1 T. flax meal mixed with 3 T. water)
2 T. oat milk butter, melted
 $\frac{1}{4}$ c. brown sugar
 $\frac{1}{2}$ c. applesauce or mashed bananas
1 t. Each: vanilla, coriander
 $\frac{3}{4}$ t. Salt
 $\frac{1}{2}$ c. brown rice flour
 $\frac{1}{2}$ c. blanched almond flour
Sliced Almonds
-Preheat the oven to 350°. Prepare flax egg first. Melt butter and mix together all ingredients. Lightly butter a small pie dish and spread the batter evenly. Sprinkle with sliced almonds (opt.) . Bake for 25-30 minutes. Cut into squares and top with fresh cut strawberries and vegan whipped cream, enjoy!

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

Romans 12:1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.