

Roasted Garlic Mashed Potatoes

Ingredients:

- 4 c. Russet potatoes peeled and chopped
- 2-3 large garlic cloves, roasted and mashed *
- ½ c. cashew cream*
- 1 t. onion powder
- 1 t. salt
- ½ t. garlic powder
- Unsweetened almond milk as needed

Directions:

1. Cook potatoes until soft. Mash along with other ingredients, adding more almond milk as needed to make soft, fluffy mashed potatoes.

Holiday Gravy

Place in blender: ½ c. raw cashew nuts, 2 c. water, 2 t. nutritional yeast, 2 t. onion powder, 1 t. vegetarian chicken seasoning, ½ t. sage, a pinch of rosemary and 1 ½ T. whole grain spelt flour. Blend until smooth. Place in kettle and cook on medium-high heat, stirring frequently, until it just begins to boil. Add salt to taste and stir in a pinch of parsley flakes if desired.

Notes

*To roast garlic for mashed potatoes, place individual large garlic cloves (skin on) on parchment-lined tray and bake at 400° until soft, 10-15 minutes. Cool and remove skin. (no oil needed) Mash into a garlic paste with a fork, adding a little water as needed.

*To make cashew cream for mashed potatoes, blend ½ c. raw cashews with 1 c. warm water until smooth. Save extra for other uses (freezes well).

Meatless Meatloaf

Ingredients:

- 1 c. cooked bulgur wheat (see directions on how to cook)
- ½ c. each: chopped onion, chopped celery, chopped red or orange pepper, chopped tomato
- ¼ c. finely grated carrot
- 1 c. fresh bread crumbs
- ¾ c. quick oats
- ½ c. chopped pecans
- 1 flax egg (mix together 1 T. flax meal + 3 T. water)
- 2 T. almond flour
- 1 t. each: salt, sage, onion powder, garlic powder
- ½ t. each: basil, oregano
- Pinch of thyme

Directions

1. To cook bulgur wheat, place ½ c. uncooked bulgur wheat and 1 c. water with a pinch of salt in small kettle and bring to a boil. Reduce heat, cover and simmer for 10-15 minutes until water is absorbed.
2. While bulgur wheat is cooking, sauté all the veggies in a little olive oil or vegetable broth.
3. Combine all ingredients, mix well and press into oiled or parchment-lined loaf pan, pie dish or 8 x 8 dish.
4. Make topping of: ½ c. tomato sauce, 1 T. fresh lemon juice, 1 T. coconut sugar. (Double topping if you want more on top) Mix well and spread on top of loaf.
5. Bake at 350° until edges start to brown, 30-40 minutes.

What is bulgur wheat? Bulgur wheat is a whole wheat grain that has been cracked and partially pre-cooked. As a whole grain, it is a naturally high-fiber, low-fat, low-calorie vegetarian and vegan food ingredient.

Festive Salad Rosalia Ginsburg recipe

Salad Ingredients:

- 2 c. chopped, bite-sized apples
- 1 c. chopped celery
- 1 c. chopped fennel (opt.)
- 1 c. fresh bread crumbs
- ¼ c. finely chopped Italian parsley
- ¼ c. finely chopped red or white onion or combination
- ¼ c. chopped toasted nuts (walnuts, almonds, pine nuts, etc.)
- Pomegranate seeds (opt. topping)

Dressing Ingredients:

- Juice of 1 lemon
- 1-2 T. olive oil
- Sprinkles of garlic powder or 1 fresh clove, finely chopped

Directions

Mix dressing ingredients and add to apple salad. Serve on a bed of fresh greens (sprinkled with some of the dressing). Sprinkle with pomegranate seeds for extra flavor! Enjoy!

Recipe by Rosalia

Holiday Oatmeal Cookies

Yield: 2 dozen cookies

Cream these ingredients:

- 1 flax egg (1 T. flax meal mixed with 3 T. water)
- 4 T. vegan margarine, scant, softened
- ½ c. coconut sugar
- 1 t. vanilla
- 1 t. molasses
- ½ t. salt
- ½ t. cornstarch (helps hold cookies shape)
- Pinch of cardamom

Stir in:

- 1 c. white spelt flour
- ½ c. quick oats
- ½ c. chopped Medjool dates
- ¼ c. carob chips
- ¼ c. coconut, sweetened
- ¼ c. dried chopped cherries (Winco, bulk)

Directions

1. Cream ingredients in first list and stir in remaining ingredients.
2. On parchment-lined tray drop by teaspoonful and flatten slightly. Bake at 350° for 12-14 minutes. Good served warm!

Notes:

I call these ***Holiday Oatmeal Cookies*** because of the touch of molasses and the dried fruit (dates and cherries) in them.

Dates are a healthy substitute for white sugar in recipes due to their sweet taste, nutrients, fiber and antioxidants.

Dates are a very healthy fruit to add to your diet!