

Willapa Harbor SDA Church

Lunch, June 22, 1 pm.

Menu: Chickpea Burgers, Red Potato Salad, Strawberry Rhubarb Crisp (recipes by Marla Danielson)

Chickpea Burgers

½ c. each: walnuts (or pecans), oat flour
5 small baby carrots, sliced
½ onion, chopped
1 can chickpeas, drained & rinsed
1 t. Each: salt, summer savory, garlic powder, paprika
¼ c. water
- Place nuts and oat flour in a food processor, blend until fine, put into a small bowl. Add carrots and onion to processor, chop fine. Add chickpeas & seasonings, pulse until slightly chunky. Remove from processor and place in a large bowl, add walnut/oat flour and water. Mix well. Drizzle some olive oil in a fry pan, heat to medium, and make 9 patties. Fry until golden brown on each side. Keep warm in oven. Enjoy!

Homemade Pickles & Onions

Fill a small canning jar (8 oz.) with peeled, sliced mini cucumbers, leaving some room at top for some fresh chopped onions. Add 2 T. lemon juice, ¼ t. Each: salt, garlic powder, and a pinch of celery seed and dill. Add water to top, stir, and cover. Place in the fridge overnight then enjoy!

To make burgers: On your favorite burger buns, lightly spread some vegan butter, sprinkle with garlic powder and Italian seasoning, broil for 1-2 minutes until lightly browned. Spread with veganaise or simple mayo, add chickpea burgers, pickles & onions, fresh sliced tomato, vegan cheese slices, & lettuce or sprouts. Enjoy!

Red Potato Salad

6 red potatoes, peeled, diced, and cooked
3 baby carrots, finely shredded
1 green onion, sliced
1 celery stalk, sliced

½ c. frozen green petite peas
Handful of fresh cilantro, chopped
1 small garlic clove, finely chopped
Seasonings: Salt (1 t., or to taste), and a sprinkle of dill, basil, onion powder, and celery seed.

-Mix all ingredients well. Add veganaise or homemade simple mayo. Make simple mayo by: blending until smooth: ½ c. raw cashews, ½ c. water, 2 t. lemon juice
¼ t. Salt, and a pinch of: garlic powder.
Opt. stir-ins: parsley flakes, dill. Adjust to your taste. (it thickens in the fridge)

Strawberry Rhubarb Crisp

Fruit filling:

16 oz. Strawberries, chopped (3 c.)
1 c. rhubarb, ½" pieces
1 ½ T. cornstarch
½ t. Each: vanilla, coriander
⅛ t. Salt

1 T. agave

Topping:

¼ c. each: oat flour, quick oats, coconut flour
2 T. finely chopped nuts
½ t. Each: vanilla, coriander
¼ t. Salt
2 T. plant butter
1 T. agave

-Preheat oven to 350°. Lightly butter a large pie dish or 8 x 8 dish. In a bowl, mix all fruit filling ingredients together and place in baking dish. Make topping: mix dry ingredients, mix in plant butter with fingers, then add agave and mix with fingers until crumbly. Sprinkle evenly over fruit filling. Bake for 25-30 minutes (cover lightly with parchment paper after 10 minutes) until bubbly and topping is lightly browned. Serve warm and enjoy!

Serving suggestion: serve topped with almond milk strawberry yogurt, or vegan whipped cream.



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