

Lentil Barbecue Burgers

Yield: 8 large burgers

- ½ c. each: chopped onion, finely grated carrots
- 1 c. finely chopped fresh mushrooms
- 1 clove garlic, minced
- ½ c. quick oats mixed with ¾ c. water
- ½ t. each: salt, sage, garlic powder
- Pinch of thyme
- 1 c. cooked lentils
- ¼ c. almond flour
- ½ c. quick oats
- 1 T. barbecue sauce

Directions:

1. Sauté onion, carrots, mushrooms and garlic for a few minutes in a little olive oil.
2. Microwave quick oats and water for 45 seconds.
3. Mix all ingredients together and form into patties and fry in a little olive oil.

Homemade Barbecue Sauce

- 1 jar tomato paste, unsalted
- Juice of 1 lemon (2 T.)
- 2 T. honey
- 2 t. molasses
- 1 t. each: onion powder, garlic powder, cumin
- ½ t. salt
- ¼ t. basil
- ¼ c. water

Mix all ingredients together with whisk and enjoy! If not using all at one, it freezes well.

Barbecue Buns

- 1/3 c. warm water
- 2 ½ t. rapid-rise yeast
- 1 T. agave or honey
- 1 T. unsweetened applesauce
- 1/2 c. raw cashews blended with 2/3 c. water
- 1 c. whole grain spelt flour
- 1 ½ c. all purpose, unbleached flour
- ¾ t. salt
- 2 T. raw sunflower seeds

Directions

1. Dissolve yeast in warm water with agave or honey.
2. Blend cashews and water until very smooth and add to yeast mixture.
3. Add all remaining ingredients and knead until a smooth, soft dough. (about 3 minutes)
4. Let rise for 30 minutes and form into 8 buns or patties. (6 for larger buns)
5. Let rise for 15-20 minutes then bake at 350° for 25 minutes.

Easy Cashew Mayo Relish

- 2/3 c. raw cashews
- Juice of ½ lemon (1 T.) or use whole lemon for more tang
- ½ t. salt, more to taste
- ¼ c. water, more if needed
- Finely chopped olives, pickles, onion
- Sprinkle of dill, can use fresh dill if desired

Directions

1. Cover cashews with water and bring to a boil. Remove from heat and let soak for 10-15 minutes. Drain and rinse. (Another option: soak overnight, drain and rinse)
2. Place everything in blender except chopped ingredients and dill and blend until smooth.
3. Stir in chopped ingredients and dill. Enjoy!

Potato Salad

- 4-5 Russet potatoes, peeled, cooked and chopped
- ½ c. finely chopped raw spinach leaves
- 2-3 finely grated baby carrots
- 1-2 T. finely chopped onion
- 1/4 of a bell pepper, red, orange or yellow, chopped
- Juice of one small lime or ½ lemon
- Sprinkle of celery seed
- **Cashew Mayo Relish** or your favorite vegan mayo
- Salt to taste
- Fresh dill, finely chopped

Mix all ingredients together and enjoy!

Homemade Refrigerator Dill Pickles

Yield: 2 pint jars

- 1 ½ c. water
- Juice of 3 lemons
- ¾ t. salt
- Fresh organic Persian cucumbers (New Seasons)
- Fresh dill
- Fresh sweet onion, sliced
- Fresh peeled garlic cloves

Directions

1. Stir together water, lemon juice and salt.
2. Alternate in two pint-sized jar layers of dill, garlic, sweet onion slices and sliced cucumbers (unpeeled).
3. Fill with lemon water and cover.
4. Keep in fridge for at least 3 days and enjoy! Use within 1 month.

Date Pecan Coconut Cookies

Yield: 2 dozen

- 4 T. vegan margarine
- ½ c. coconut sugar
- 1 t. vanilla powder
- ¼ t. salt
- ¼ c. almond milk, unsweetened
- 1 c. white spelt flour
- ¼ c. almond flour
- ½ c. each: coconut, chopped dates, chopped pecans, carob chips

Directions

1. Cream first 4 ingredients and stir in almond milk.
2. Add flours and mix well.
3. Stir in coconut, dates, pecans and carob chips.
4. Bake at 350° for 12-14 minutes on parchment-lined tray.

Did You Know?

<https://ilovepecans.org/nutrition-in-a-nutshell/>

- Since 2012, pecans have been recognized as a heart-healthy food by the American Heart Association.
- Pecans contain more than 19 vitamins and minerals – including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc.
- 1 ounce of pecans provides 10% of the recommended Daily Value for fiber.
- Pecans are a natural, high-quality source of protein that contain very few carbohydrates and no cholesterol.
- “Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as pecans, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.”