

## **Cheesy Cauliflower Sauce with Green Chiles**    Class 40    Marla Danielson

1. 3 c. cauliflower florets
2. ¼ c. onion, chopped
3. ¼ c. carrots, chopped
4. 1 small garlic clove
5. 3 c. vegetable broth
6. ½ c. homemade coconut milk
7. 2 heaping T. brown rice flour
8. 1 t. homemade chili powder
9. 1/3 c. nutritional yeast
10. 1-2 T. green chiles
11. Salt to taste

Bring ingredients #1-5 to a boil, reduce heat and cook for 15 minutes until tender and some of the water has cooked off. Let cool a little (do not drain) and blend in blender until smooth. Add ingredients #6-9 and blend again. Place in kettle or large frying pan and bring just to a boil, it will thicken quickly. Add salt to taste and stir in green chiles. Pour over baked tater tots to make Potachos!

### **Homemade Coconut Milk**

1. 1 c. unsweetened, flaked coconut
2. 2 c. water

Place all ingredients in blender and blend until white and creamy (at least 1 minute). Strain out coconut pulp through a very fine sieve or cheesecloth.

### **Homemade Chili Powder**

1. 2 T. sweet paprika
2. 1 ½ t. each: garlic powder, onion powder
3. 1 t. each: oregano, cumin
4. ½ t. coriander

Stir all ingredients together!

## **Black Bean, Mango, and Avocado Salad**

Class 40 Mary Lane Anderson

1. 1 small mango, skinned and chopped
2. 1 avocado, chopped
3. 3/4 cup cherry tomatoes, halved
4. 1 red chile, seeded and chopped (the recipe calls for this but I don't use it.)
5. 1 medium red onion, chopped
6. 2 cans black beans, drained (I rinse a bit)
7. cilantro, chopped and to taste
8. 1 lime, for zest and juicing

In a large bowl, mix the ingredients together, serve and enjoy.

### **Did You Know?**

[healthline.com](https://www.healthline.com)

**Mango** Mango is one of the highest food sources of vitamin C. This vitamin is essential for your immune system.

It also plays a role in muscle, tendon, and bone growth. Eating mango improves plant iron absorption due to its vitamin C content. One cup of mango has 46 milligrams of vitamin C, or about 76 percent of what you should get in a day.

**Black Beans** Canned black beans are a convenient way to add more nutrients to your diet. Here are a few ideas for how to add them to your daily meals:

- Sprinkle black beans on your favorite salad or bowl.
- Simmer them with vegetables and broth and blend them into a soup.
- Sauté them with oil, garlic, and onions and add them to a food processor to make a black bean spread or dip.
- Add them as a filling to homemade tacos, burritos, or quesadillas.

## Easy Guacamole

Class 40

Marla Danielson

1. 2 ripe avocados, chopped
2. Juice of fresh lime (1-2 t.)
3. Pinch of garlic powder and salt
4. 2 T. finely chopped cilantro
5. 1 T. finely chopped celery
6. Heaping teaspoon of low-fat veganaise (opt.)

Mash avocados with back of fork and add lime juice, garlic powder and salt. Stir in cilantro and celery. You can also add some finely chopped white onions or scallions or finely chopped tomato.

## Pineapple Pico de Gallo

1. ½ c. finely chopped tomatoes, seeded
2. ¼ c. finely diced fresh pineapple (sub white onion for regular Pico de Gallo)
3. 2 T. finely chopped cilantro
4. ½ - 1 t. fresh lime juice
5. Pinch of salt

Mix all ingredients together and enjoy!

## TVP “Ground Beef”

1. ½ c. TVP
2. 1 c. water
3. 2 t. Bragg’s Liquid Aminos
4. 1 t. olive oil
5. ½ t. each: onion powder, cumin, oregano, paprika
6. ¼ t. garlic

Add all ingredients to bowl and let rest for 10 minutes. Place in frying pan on medium-high and continue cooking until excess water is gone and burger is fluffy.

*TVP is a high-fiber, high-protein meat substitute made from soy flour. It has no fat or cholesterol. Since TVP has a similar texture to ground meat when cooked, it works well in dishes such as vegetarian casseroles, soups, stew, and chili. TVP absorbs spices and flavorings well, much like tofu, so it is an extremely versatile vegan grocery staple.*

## **Breakfast Muffins**

Class 40

Liliana Rosca

(Makes 12 muffins )

### Dry ingredients:

- 1 1/2 cup oat meal (grind into flour)
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt

### Liquid ingredients:

- 1 cup apple sauce
- 4 T flax meal (or 2 egg replacements)
- 1/2 cup pure maple syrup
- 1/2 cup vegan milk
- 1 1/2 teaspoon vanilla

In a large bowl whisk to combine all liquid ingredients.

In a separate bowl combine dry ingredients

Add dry ingredients to the liquid ingredients and mix well

(If you'd like to, you can add 1/2 cup of dry or frozen fruits, seeds, sliced nuts, carob chips/ chocolate chips etc.)

Let it set for about 10 minutes.

Preheat oven to 350\* F

Pour the mixture evenly into a 12 muffin cups baking pan. (Or 24 mini muffin baking pan)

Bake for about 25 minutes. You can do the toothpick test. ( Insert the toothpick in the center of a muffin, if it comes out clean, they are done )