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Recipes from  
**PARTY HEARTY SUPER BOWL**  
January 2010

*These recipes were posted in the Super Bowl class thread. You can use these ideas for any party (or even dinner), not just the Super Bowl.*

A few recipe ideas from Marilu's books:

Stuffed Mushrooms – *Healthy Life Kitchen*

Anti-Pasta Bread – *Healthy Kids*

Zucchini Fritters – *Healthy Kids*

Spicy Cold Soba Noodles – *Healthy Life Kitchen*

Black Beans with Chilis and Roasted Peppers – *30 Day THM*

Black Bean Dumplings – *30 Day THM*

<b>APPETIZERS</b>
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**Kristen's Spinach Things**

1 10 oz. package frozen chopped spinach

1/2 large onion, chopped

1/4 cup green onions, chopped

3 cloves garlic

2 cups "Stedda" Ricotta (recipe follows)

1/8 teaspoon grated nutmeg

3 Tablespoons chopped fresh dill or 2  
teaspoon dried

1 package phyllo dough (preferably  
whole wheat)

olive oil flavor cooking spray

dash dried parley or to taste

dash dried oregano or to taste

Preheat oven to 375 degrees F. Thaw and drain spinach.

Spray a non-stick skillet with nonstick olive oil spray. Saute onions and garlic. Add spinach and blend well.

In a large bowl, combine "stedda" ricotta, nutmeg, parsley, oregano and dill with spinach mixture. Spray one sheet of phyllo dough with nonstick spray. Place another sheet on top. Spray and repeat with a third sheet. Make four sets of three sheets each and cut each stack lengthwise into six strips. Cover phyllo sheets with damp cloth to prevent from drying.

Spoon one tablespoon of filling about an inch from the end of one strip. Fold the end of the dough over the filling at a 45-degree angle, continuing to fold to form a triangle that encloses the filling (like folding a flag). Repeat with all 24 strips.

Place triangles on prepared baking sheet, lightly spray with nonstick olive-oil cooking spray and bake for 18 to 20 minutes or until golden brown. Serve warm.

### **"Stedda" Ricotta**

From "The American Vegetarian Cookbook from the First for Life Kitchen" by Marilyn Diamond

1 pound firm tofu	1/2 teaspoon ground nutmeg
1/3 cup olive oil	1/2 teaspoon sea salt

Place three-fourths of the tofu and the remaining ingredients in a blender. Blend until thick and smooth. Mash the remaining tofu into the blended mixture.  
Yields 2 1/2 to 3 cups

### **HotMomcat's Zucchini Squares**

3 cups zucchini - shredded	1/2 teaspoon oregano
1/4 cup onion - minced (I shredded mine w/ zucchini--worked great!)	3/4 teaspoon salt
2 Tablespoons fresh chopped parsley	1 clove garlic - minced
	4 eggs - slightly beaten
1 cup flour (use millet or oat)	1/8 teaspoon black pepper
2 teaspoon baking powder	1/2 cup vegetable oil

Preheat oven to 350F. In large bowl, mix zucchini, onion, parsley, oregano, salt, and garlic. Stir in eggs & mix well.

In small bowl, combine flour, baking powder, and pepper. Add oil. Mix well and add to zucchini mixture in large bowl.

Pour into well-greased 13x9 pan or casserole. Bake at 350F for 25 minutes or until golden. Cut into squares & serve warm or room temp. Serve as side dish or cut into smaller squares for hor d'oeuvres. Freezes well between layers of waxed paper.

### **Artichoke Hummus**

from LisaNYC

14 oz. can artichoke hearts	1/2 c parsley
1 cup chick peas, drained & rinsed	1 clove garlic, coarsely chopped
1/3 c tahini	2 teaspoon lemon juice

Cut artichoke hearts into pieces. Combine all ingredients in food processor.

### **Black Bean Lime Hummus**

*This would also be good layered in a Mexican dip recipe - a layer of this, a layer of tofu sour cream, a layer of salsa, a layer of shredded lettuce, a layer of guacamole, a layer of chopped black olives, a layer of chopped tomatoes (OK - not necessarily in that order!! LOL). Assemble it in a big glass bowl and serve with pita triangles, chips or veggies.*

1 clove garlic	1/4 cup olive oil
Two 15 oz. cans black beans, drained, rinsed	3/4 cup chopped fresh cilantro – use to taste – I use less because I do not like cilantro
3 Tablespoons fresh lime juice	
1/2 teaspoon sea salt	

Place garlic in a food processor and process until minced, about 10 seconds. Add beans, lime juice, and salt and process into a puree. With processor running, slowly add olive oil in a steady stream through the feed tube. Process until mixture thickens, about 1 to 2 minutes. Add cilantro and pulse approximately 10 seconds. Spoon into bowls and serve as a dip with veggies and/or tortilla chips. Store in an airtight container in the refrigerator. Bring to room temperature before serving.

### **Hummus Bi Tahini**

Yield - 1 quart

*This is a good low-fat hummus recipe I got from a Spa Cuisine cooking class I took years ago - makes a big batch!!! Great with veggies or crackers/chips as a dip, or in a pita with some chopped veggies and sprouts! YUMMMM!*

4 cups garbanzo beans (chick peas) drained and rinsed	2 garlic cloves
2 Tablespoons to 1/4 cup tahini (sesame paste)	1-1/2 teaspoons salt
1/3 cup warm water or vegetable stock	2 teaspoons ground cumin seed
2 Tablespoons extra virgin olive oil	Pinch cayenne pepper
Juice of 2 lemons	2 Tablespoons fresh cilantro (or 2 teaspoons dried)

Combine chick-peas, tahini, warm water, olive oil and juice of 1 lemon in the bowl of a food processor fitted with a steel blade. Process until smooth and creamy, pausing once or twice to scrape down sides of bowl with a spatula.

Add garlic, salt, cumin, cayenne and cilantro and process to blend. Scrape into a storage container, cover and refrigerate until ready to use.

## **Creamy Greens Dip**

from LoriT

*This recipe ROCKS!! It is a large batch and I can eat the whole thing (though my stomach does protest – I have done it!).*

2 large bunches spinach	8 cloves roasted garlic
1 bunch red chard	1 cup veganaise
2 leeks	1/4 cup Dijon mustard
1 bunch elephant kale (the long, skinny, dark kind - but any kind would work)	1/2 cup nutritional yeast pine nuts (optional)

Clean the greens - under running water, or fill sink with cold water and let them soak, swirling them about a few times to loosen dirt that will sink to the bottom. Rinse under running water and remove the stems, ripping the greens into 2" pieces or so and putting them in a bowl. Shake off water when you rinse them, but leave a bit on the leaves.

Cut off the root end of the leek and the opposite end at a light green/still tender part. Cut in half length wise and rinse out any dirt, then slice cross wise in 1/2" pieces.

Heat a little olive oil in bottom of large saute pan or dutch oven. Add leeks and saute until soft - about 3-4 minutes. Add greens (you may have more greens than pot space at first, if so, just add till it's full, then add the rest once it cooks down). Put lid on, reduce heat to med-low and let the greens steam down. Check it after about 4-5 minutes, stir to mix in with the leeks and add more cleaned greens until they're all in the pot. Keep lid on, and check every 5-8 minutes, stirring to make sure nothing is sticking. If it seems a bit dry, add some water (or stock if you prefer). Season lightly with salt or Bragg's and a bit of finely ground pepper.

Meanwhile, in a small bowl, combine the veganaise, mustard and nutritional yeast. This will make a thick sauce base, and for the dip I'd leave it like this and not dilute it (you can also take this base, dilute it with just a bit of water and have a nice, creamy salad dressing or dipping sauce for steamed veggies).

Once the greens are tender (not mushy, but tender), drain any excess liquid and let them cool for a few minutes. Place all but 1/2 cup of the greens in the food processor, along with 6 cloves of the garlic. Start by adding about 1/2-3/4 cup of the veganaise mix. Blend, and really the additional sauce base you add is up to you - how creamy do you want it (sometimes I end up with more or less greens than anticipated and need more or less sauce base). Blend till completely smooth.

Take remaining 1/2 cup of greens, chop finely and fold into dip. Take the remaining 2 cloves of roasted garlic, chop finely and fold into dip.

If you want the pine nuts, toast them in a hot pan till just browning. Let cool and sprinkle on top of dip.

## **My Guacamole**

*SusanMik*

I use about 4 avocados to ½ a lime – mash all together and add a decent amount of sea salt to taste. Keep one pit from the avocados to place on top of the dip in the middle. This will help to prevent browning. If you would like more to your guacamole, I have found that adding a TBS or two of your favorite salsa will give it an amazing flavor.

## **Spinach and Artichoke Dip**

*From How It All Vegan*

1/2 cup fresh spinach	1/4 tsp pepper
3/4 cup soy parmesan	1 tsp lemon juice
2 cups marinated artichoke hearts, drained	1 cup grated soy mozzarella cheese

Preheat oven to 350 degrees. In a blender or food processor, blend spinach, ½ cup parmesan, artichokes, pepper, lemon juice, and mozzarella until well mixed. Spoon into a lightly oiled casserole dish and top with the remaining ¼ cup of parmesan. Cover and bake for 20 minutes, until hot and bubbly. Remove from oven and let sit 5 minutes before serving. Makes 4-6 servings.

## **Ranch Dip**

Green \* Makes about 2 cups

1/2 box Morinu firm silken tofu	1 teaspoon Dijon mustard
3 heaping Tablespoons Veganaise or Nayonnaise	a few shakes of salt-free veggie seasoning (try Trader Joe's 21 Seasoning Salute or Spike)
1 large garlic clove	1 teaspoon apple cider vinegar
1 Tablespoon dried parsley (or 2 Tablespoons fresh)	salt and pepper to taste

Blend in food processor then add in enough soy or rice milk to thin to desired consistency.

## **Honey Mustard Dip**

Yellow \* Makes about 2 cups

1/2 box Morinu firm silken tofu	1 6-inch length of celery, cut into chunks
2 to 3 Tablespoons of honey mustard dressing (one with no sugar)	freshly ground pepper to taste

Blend in processor until smooth and then add a little soy or rice milk to thin to desired consistency. Add a touch more honey if you like it sweeter.

## Celery Onion Pies

From LoriT

*These were originally made as pies - we made more like an empanada/pastry - so you may need more dough if you are going to do it this way also. I had wanted to play with my toy from Pampered Chef. Also, they are a bit of work, but well worth the effort! I would guess they would freeze well - I've never had any leftover to freeze, though.*

### Pie Dough:

1 cup whole wheat pastry flour (or whole grain white wheat flour)	1/4 cup grated cheddar cheese (we used vegan rella - use your favorite)
1/2 teaspoon sea salt	3-4 Tablespoon water
2 Tablespoon Earth Balance, cut into small pieces	

### Filling:

4 Tablespoons Earth Balance margarine	1 Tablespoon whole wheat pastry flour
1 cup finely chopped celery	1/4 cup soy milk or other non-dairy milk
2 garlic cloves, crushed	salt
1 small onion, finely chopped	pinch of cayenne pepper

To make the filling, melt the EB, add the celery, garlic, and onion and saute for 5 minutes, or until softened.

Remove from the heat and stir in the flour, and then the milk. Heat gently until the mixture is thick, stirring frequently. Season with salt and cayenne pepper. Let cool.

To make the pastry, sift together the flour and salt into a mixing bowl and rub in the butter with your fingertips. Stir the cheese into the mixture, together with the cold water, and mix to form a dough.

Roll out three-quarters of the dough. Using a 2 1/2 inch cookie cutter, cut out 12 rounds. Line a muffin pan with the rounds.

Divide the filling between the pie dough rounds. Roll out the remaining dough and using a 2 inch cutter, cut out 12 rounds. Place the smaller rounds on top of the pie filling and seal well. Make a slit in each pie and chill for 30 minutes. (this is where we made smaller half circle ones - but the mini pies look REALLY good!)

Bake in a preheated oven at 425 degrees for 15 - 20 minutes. Cool in the pan for about 10 minutes before turning out. Serve warm.

## Melsmommy's Hot Wings

4 lbs chicken wings	Crushed red pepper (to taste)
1 cup Frank's Red Hot	1 Tablespoon paprika
1-2 Tablespoons Worcestershire sauce	

Mix everything but the chicken wings in a ziplock bag. Add the wings and marinate for at least one hour. I usually do this in the morning before work and then they are ready to pop into the oven after work

Preheat oven to 425F. Spray a cookie sheet with olive oil, place the wings on it, and cook for 30 minutes. Turn wings and cook until crispy another 20-30 minutes . Everyone loves these and no cares that they aren't Hooters and deep fried!!!

## SOUP & CHILI

### SusanMik's Turkey Chili

1 lb ground turkey meat or however large one package is	4 15 oz can beans of choice, rinsed and drained (I use 2 black beans and 2 aduki)
2 garlic cloves, finely chopped	1/4 cup canned diced chilies
2 Tablespoons chili powder	2 Tablespoons tomato paste
1 teaspoon ground cumin	2-3 cups baby spinach leaves, chiffonade
1 28 oz can crushed tomatoes	1-2 zucchini, diced small
1 sweet onion, chopped	

Cook the ground meat and garlic in a skillet until browned. Drain off any fat. Add the chili powder and cumin and stir to coat the meat.

Mix the tomatoes, onion, beans, chilies, spinach, zucchini and tomato paste in a slow cooker. Stir in the meat mixture. Cover and cook on High until flavors are blended, 4-5 hours. Or just simmer on the stove for 30-45 minutes or until the zucchini is cooked.

NOTE: To spice it up, I would probably use some fresh diced jalapenos instead of the chilies (if DD wasn't having any!!!), and add some cayenne pepper to taste - depends upon your preference.

### **Portabella Chili**

Purple into Blue – Jan 01 class  
serves 4

2 Tablespoons of olive oil	1 Tablespoon of chili powder
1 large onion, chopped	1 (35 ounce ) can of tomatoes, undrained and coarsely chopped
2 large cloves of garlic, minced	1 (15 ounce) can of kidney beans, drained
8 ounces of Portabella mushrooms, cleaned and coarsely chopped	
2 Tablespoons of ground cumin	

In a large saucepan, heat oil over medium high heat. Add the onions and garlic, and cook until onions are translucent. Add mushrooms and cook until soft. Add the cumin, chili powder, tomatoes, beans and bring to a boil. Reduce heat and let simmer for 1 hour. Serve immediately.

### **Barley Kale Soup**

From SusanMik

*You can use another grain, and likewise mix and match greens in this simple soup recipe.*

1 Tablespoon vegetable oil	1/2 teaspoon salt, (optional)
1 onion, chopped	1/2 pound sliced mushrooms
4 cups vegetable stock/broth	1 cup fresh kale, chopped, or 10 oz package frozen kale
1/2 cup medium grain barley	
1 teaspoon dried thyme	

Heat oil in Dutch oven or large heavy saucepan over medium heat. Add onion and cook until browned. Add broth, barley, thyme and salt; bring to boil. Reduce heat, cover and simmer about one hour or until barley is almost tender. Add mushrooms and kale or other greens. Cover and cook 5-10 minutes more, until kale is cooked.

### **Double Potato Soup**

From PCRM

Makes 8 servings

1/2 cup water	1 large or 2 small sweet potatoes, peeled and diced (about 4 cups)
1 large onion, chopped	2 cups unsweetened soymilk or other nondairy milk
2 garlic cloves, minced	1 bunch kale, chopped (about 4 cups)
4 cups vegetable broth	1/2 teaspoon curry powder
2 russet potatoes, peeled and diced (about 4 cups)	



Heat water in a large pot and cook onion and garlic until onion is soft, about 5 minutes. Add potatoes and broth. Cover and simmer until potatoes are tender when pierced with a fork, about 15 minutes.

Remove about 3 cups of the potato mixture and purée with nondairy milk in a blender until smooth. Set aside.

Add kale and curry powder to the pot, cover and cook over medium heat until kale is tender, about 5 minutes. Stir in potato purée and continue to heat until steamy.

### **Yellow Split Pea Soup**

*Modified from a recipe by M.S. Milliken and S. Feniger*

2 Tablespoons Earth Balance margarine	1/2 teaspoon turmeric
1 onion, sliced	8 cups veggie broth
3 stalks celery, diced	2 cups dried yellow split peas
2 carrots, peeled and diced	2 medium potatoes, peeled and diced
Salt and white pepper	

Melt EB over medium-low heat in a large stockpot or Dutch oven. Cook onion, celery and carrots with salt and pepper until onion is soft, about 7 to 10 minutes. Add the turmeric, stock, peas, and potatoes, and simmer, covered, about 1 hour. Puree soup in a blender or food processor until smooth. Return to clean pot, and adjust the seasonings. Serve immediately.

## **BREADS**

### **Our Homemade Pita**

From Sheri

*Here is DH's recipe for making your own pita. These are better than anything I have ever bought anywhere. And not just because he makes them! Don't get discouraged by the length of this recipe--I put in all his notes--it's NOT DIFFICULT to make these!*

1 pkg active dry yeast (2-1/2 teaspoon)	2 cups whole wheat bread flour
1-1/4 cups warm water	1 teaspoon salt
1 cup white bread flour	

He puts this in our bread machine to mix and knead (dough setting, 5 min--read your user's manual though!).

To do this part by hand, dissolve the yeast in warm water, then stir in the flours and salt. Knead on a floured board (or floured kitchen counter) until smooth, about 5-10 minutes.

(If you put it in the bread machine, this is where you have to do the work again)

Divide the dough into 8 pieces. Knead each piece a couple of times until smooth and round. Flatten each to about 1/4" and 6-8" diameter (use rolling pin or hands or wine bottle?). Place the disks on parchment covered cookie sheets and cover with a dry dishtowel. Put the cookie sheets in a warm place (we put them on the radiators now that the heat is on; you could use an oven with a pilot light). Let rise for 45 min.

Turn upside down on cookie sheets (see note below) and bake at 500 for 7-8 min until very lightly browned. If they bake too much longer they still taste good, but they crack when you put stuff in them.

Notes:

To turn over, DH uses another parchment covered cookie sheet. He places that upside down on top of the pita disks (so it's like a sandwich of cookie sheet-parchment-pitas-parchment-cookie sheet), then flips the whole thing over and gently peels the parchment off the (now) top of the pitas. Repeat with all cookie sheets.

We like to make smaller ones for appetizers and to serve with soup. This recipe makes about 16 pitas that are 4" in diameter. The larger ones (6-8") are good for sandwiches.

### **Sheri's My Cornbread**

Adapted from the recipe on the Quaker Corn Meal box

1/4 cup Earth Balance	4 teaspoons baking powder
1 cup corn meal	1/2 teaspoon sea salt
1 cup whole wheat pastry flour or whole spelt flour	1 cup soymilk
1/4 cup sucanat or rapadura	1 beaten egg

Heat oven to 400F. In 8" round cake pan or 9" pie pan, melt EB in the oven. (You are preheating the pan and melting the fat at the same time.)

Combine in large bowl with wire whisk – corn meal, flour, sucanat, baking powder, and salt.

Combine in small bowl with fork – soymilk & egg.

Remove the hot pan from the oven. Tilt the pan to coat with the melted EB. Add the rest of the melted EB to the small bowl of liquid ingredients while stirring, so the egg is not cooked by the hot fat. (Sounds harder than it is.)

Add liquid ingredients to dry ingredients, stirring just until combined (like muffins). Pour batter into hot pan. Bake 20-25 min. Use clean toothpick test. Top will be dry and probably cracked.

Cool on wire rack about 5 min, then cut into 8 wedges. Serve with EB or honey or jam or whatever. My family likes to spread it with EB & crumble it onto their Portobello Mushroom Chili.

## MAIN DISHES

### **Chili Cornbread Pie**

Adapted from an Eden Foods recipe

15 ounces Eden Organic Chili Beans  
(seasoned dark red kidney), 1 can, do  
not drain  
1 1/2 cups organic sweet corn, fresh or  
frozen

1 cup red onion, diced  
1 teaspoon cilantro, minced  
1/2 cup fresh parsley, minced

#### **CORNBREAD**

1 cup organic cornmeal  
3/4 cup organic unbleached white flour  
(or ww pastry flour)  
2 teaspoons non-aluminum baking  
powder

1/2 teaspoon sea salt  
1 cup plain soy milk  
1 Tablespoon red wine vinegar  
2 Tablespoons oil  
1 Tablespoon pure maple syrup

Preheat the oven to 375°. In a 10 inch pie plate or casserole dish, combine the beans, corn, onion, cilantro, parsley, and vinegar. In a mixing bowl, combine the cornmeal, flour, baking powder, and sea salt. Mix thoroughly. In a measuring cup, combine the soy milk, vinegar, oil, and maple syrup. Let sit for 2 to 3 minutes until thick like buttermilk. Pour the liquid into the dry ingredients, and stir until smooth. Pour the batter over the bean mixture. Bake until cake tester inserted into the cornbread topping comes out dry, about 25 minutes. (I usually have to bake mine a bit longer to get the center to set).

### **Orzo with Sausage, Peppers and Tomatoes**

*This is a Giada diLaurentis recipe and is quite yummy!*

3 cups veggie broth  
1 lb orzo pasta  
2 Tablespoons olive oil  
2 links mild turkey sausage, casing  
removed  
1 garlic clove, minced

2 jarred roasted red bell peppers, cut into  
1/4 inch strips  
2 plum tomatoes, chopped  
1/4 teaspoon red pepper flakes (optional)  
2 Tablespoons chopped flat leaf parsley  
Salt and fresh ground black pepper

In a large saucepan, bring the broth and 3 cups water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8-10 minutes.

While the pasta is cooking, heat the oil in a large skillet over medium high heat. Add the turkey sausage and sauté until cooked through, about 4 minutes. Add the garlic and cook for 1 minute. Add the bell peppers, tomatoes and red pepper flakes (if using) to the pan and cook until heated through, about 2 minutes.

Drain the pasta, reserving about ½ cup of the cooking liquid, and transfer it to a large serving bowl. Add the sausage mixture, 1 TABLESPOON of the parsley, and salt and pepper to taste. Toss well to combine, adding the reserved cooking liquid if needed to loosen the pasta. Top with remaining parsley.

### **Tater Tot Casserole**

*Here is something I converted when I was on a major comfort food kick!*

1 pkg ground turkey	1/2 cup no veggie broth
1 small onion, chopped	1/2 cup milk of choice (we use oat)
1 bag frozen peas, defrosted	2 TABLESPOON egg replacer
1/8 - 1/4 cup nutritional yeast	2 bags of Cascadia Farms Spud Puppies
salt and pepper to taste	

Cook the turkey and onion together in a skillet until turkey is cooked. Add the peas and nutritional yeast, and season to taste with salt and pepper. Pour the mixture into a 9 x 13 inch pan. Whisk together the veggie broth, oat milk, and egg replacer, and pour over the turkey/pea mixture. Cover the casserole with the spud puppies and lightly press into the mixture. Bake at 350 degrees for 35 minutes. YUM!!!

If you can eat legal cheese, this would also be good to add to the meat mixture - there are just none we can have with her allergies. I would add 1 cup of shredded cheddar flavor - double YUM!!

### **Spaghetti Casserole**

A recipe conversion by JanB for dmoritz

8 oz. whole wheat spaghetti, cooked and drained	4-6 oz. shredded vegan soy cheese
1 egg or equivalent egg replacer	1 lb. ground turkey OR Tofurkey Italian sausage, cut in half rounds
2 Tablespoons melted Earth Balance margarine	1 large jar organic prepared marinara sauce
1/2 teaspoon pepper	8 oz. vegan soy mozzarella cheese

Mix together the spaghetti, egg, melted EB margarine, and pepper. Put in a 9x13 pan and top with 4-6 oz shredded vegan soy cheddar cheese.

Brown 1 lb ground turkey (OR 1 package Tofurkey Italian sausage, cut in half rounds). Add a large jar of prepared organic spaghetti sauce, and pour over the cheese/spaghetti

mix. Put 8 oz vegan soy mozzarella on top. Cover and bake at 350 degrees for 30-45 minutes.

### **Veggie Stuffed Peppers**

By lcu

2 cans diced tomatoes, undrained	1 teaspoon Worcestershire sauce
1 can kidney beans, rinsed and drained	3/4 teaspoon chili powder
2 cups cooked rice (I used a brown rice and rye mix)	1/2 teaspoon pepper
1 package frozen corn, thawed	1/4 teaspoon salt
1/4 cup chopped onion	6 green peppers

Stuff peppers and cook in crock pot on low for 8 hours, or you can bake them in oven at 400 for 30 min.

\*\*The recipe also called for 1-1/2 cups cheese mixed in and another 1/2 cup melted on top, but I don't like fake cheese so I made it without. It was better on day two, so I would suggest making the filling a day in advance and letting it sit in the refrig overnight.

## **BURGERS, WRAPS, & SANDWICHES**

### **Tex-Mex Black Bean Burgers**

From SusanMik

*This is my absolute favorite veggie burger.*

16 oz. can of black beans - drained	1 TABLESPOON tahini (to bind)
1/4 c. chopped onion	1-2 teaspoon legal worstechire sauce
1/4 c. chopped pepper (choose your own pepper!)	1 c. bread crumbs - (toasted and dried out Ezekiel bread works well)
1 pinch to 1/2 teaspoon cayenne (depends upon how hot you like it!)	2 TBL. fresh cilantro

Mash all ingredients together - "fry" 3 minutes on each side. Serve with salsa and guac on a bun.

### **Yummy Vegan Burgers with Pesto and Salsa**

Blue \* Serves 12

This recipe comes from member Evipaap. Thanks for sharing, Evi!

*These burgers freeze well and can be easily reheated in the oven or a microwave, so make the full recipe, even if you don't need them all at once.*

*You could also top them with a veggie gravy and serve with potatoes or brown rice for a hearty supper. For a tasty side dish to accompany whole grain pasta, cover frozen patties*

*with tomato sauce and simmer on low heat in a pan for about 10 minutes, or till completely heated through.*

2 cups oatmeal	2 cups grated carrot
1 cup sunflower seeds	1 onion, finely chopped
1/4 cup dried mushroom pieces, ground (shiitake or your choice)	2 garlic cloves, minced
1/2 cup spelt flour	1/4 cup Bragg Liquid Aminos (or use tamari or soy sauce)
1 Tablespoon fennel seeds	2 cups water
1/4 cup nutritional yeast	Whole grain buns
1/4 cup parsley flakes	Pesto (homemade or store bought)
1/4 cup sesame seeds	Salsa (homemade or store bought)
1/4 cup wheat germ	Veggie mayonnaise

Preheat oven to 375F. Using a food processor mix oatmeal, sunflower seeds and mushrooms till grainy in consistency and sunflower seeds are very finely chopped. Transfer mixture to a large mixing bowl and add next five ingredients. Mix and form a well for wet ingredients. In a separate bowl, combine remaining ingredients and mix well. Combine wet and dry ingredients and mix very well with a large spoon. With oiled hands scoop a heaping tablespoon onto the palm of your hand and form into a ball (3 inches in diameter). Place onto a cookie sheet with parchment paper on it and flatten to about a half inch in thickness. Bake for 10 to 12 minutes. Turn patties and bake for an additional 10 to 12 minutes.

Toast whole grain burger buns and spread with veggie mayonnaise and pesto. Place hot patties on buns and top with salsa. Serve with a salad on the side.

### **Vegetable Burgers**

*from Grilling with Chef Hirsch – this is one of our favorite grilling cookbooks – LOTS of great recipes. This burger would NOT be good to freeze and reheat – the best way to describe this one is it is like a spinach dip burger. When I made them last year, all the meat eater gobbled them up!*

Makes 4-6 burgers

One 16 or 19 ounce can cannelloni beans, drained and mashed	1/4 cup finely chopped red bell pepper
2 TBS uncooked oatmeal	1/4 cup mayonnaise or veganaise
One 10oz package frozen chopped spinach, thawed and squeezed dry	2 TBS chopped scallions
1 cup fresh bread crumbs	1 TBS chopped fresh parsley or cilantro
1/2 cup finely chopped cooked carrot	1/4 tsp Tabasco sauce
1/2 cup finely chopped pecans	1/4 tsp vegan worcestershire sauce
	salt and pepper to taste
	2 TBS olive oil

In a large bowl, combine all of the ingredients except the olive oil. Shape mixture into 4 to 6 burgers, pressing firmly. Chill for 2 hours. Before grilling, brush burgers with olive

oil. Grill for 4 to 5 minutes on each side, turning only once. Serve on rolls with a good multi-grain mustard or ketchup.

### **Veggie Burritos**

12 flour tortillas	1 box spanish rice (I like Casbah best)
1 can black beans (or dried)	2 cups corn
1 can adzuki beans (or dried)	green salsa or your favorite

Spread out all the tortillas, dump a bit of each inside and roll up. Store in the freezer individually wrapped in wax paper in a ziplock bag and pull them out to heat up one at a time. Makes a great quick lunch or dinner. I will heat in microwave then put more salsa, lettuce and avocado on top. They are SSSOOOOOOOO good!! And so easy! You can also eat them the night you make them.

### **Turkey Burritos**

1 pkg ground turkey meat (1-1.5 lbs)	1 can diced tomatoes with peppers and onions or similar product of choice (aprox 14 oz)
1 can black beans (aprox 15 oz), rinsed and drained	2 teaspoon chili powder
1 onion, chopped	

Cook meat with onion till meat is just cooked (do not overcook - it will get too dry). Add remaining ingredients and simmer for 15 minutes. Great in a tortilla, over rice or pasta, or with a nice slice of corn bread.

### **Sweet Potato- Black Bean-Peanut Butter Burritos**

Burritos:

1 TBLs oil	1 (15 oz) can black beans
1/2 cup chopped onion	1 teaspoon cumin
1 Garlic clove	1/2 teaspoon cinnamon
3 TBLs chunky peanut butter	1/4 teaspoon ground red pepper (cayenne)
2 large sweet potatoes, peeled, cut into 1" chunks and steamed until done	6 (10-inch) tortillas of your choice

Topping

3/4 cup chunky salsa (It is really good with pineapple or peach salsa!)	1/4 cup chopped green onions
6 Tablespoons Better Than Sour Cream	2 Tablespoons chopped fresh cilantro

Heat oil in large skillet over medium heat until hot. Add onion and garlic; cook and stir 2-3 minutes or until tender. Stir in peanut butter, sweet potatoes and beans; mash slightly.

Add cumin, cinnamon and ground red pepper; mix well. Reduce heat to low; cover and simmer 2-3 minutes or until thoroughly heated, stirring occasionally.

Meanwhile, heat tortillas according to package. To serve, spoon and spread scant 1/2 cup sweet potato mixture across center third of each tortilla. Top each with 2 TBLs salsa, 1 TBLs soy sour cream, 2 teaspoons green onion and 1 teaspoon cilantro; spread to cover tortilla 1 inch over filling. Fold bottom 1/3 tortilla over filling; roll again to enclose filling. Place seam side down on serving platter.

### **Pulled BBQ Sandwiches**

3-4 lbs boneless chicken breasts  
1 jar legal BBQ sauce (we use Organicville – sweetened mostly with Agave)

Place chicken breast in the bottom of a crock pot. Cover with jar of BBQ sauce (the whole jar) and move around so sauce gets on all sides of chicken. Cover and cook on low for 8 hours. When done, use 2 forks to pull the meat apart. Ladle the BBQ sauce from the crock pot onto the meat. Serve on rolls or bread.

### **Stromboli**

1 pizza crust (I get mine at the local bakery)  
1 pkg gimme lean sausage, cooked  
1 pkg vegan pepperoni  
Shredded vegan cheese of choice

Roll out the dough into a large rectangle. Cover (to about an inch or so from the edges) with sausage, then pepperoni, then shredded cheese. Roll up into a long log and place on a baking sheet in a U shape. Bake at 350 degrees for 25 minutes or until golden brown.

### **Parmesan Crusted Veggie Sandwich**

*From How It All Vegan - Hot and crispy on the outside, cool and fresh on the inside. This secret sandwich will ensure that you never need to visit the corner deli again.*

1/4 cup margarine  
1/4 cup soy parmesan  
(or nutritional yeast)  
salt (to taste)  
pepper (to taste)  
8 thick slices firm bread  
1 3/4 TBS mayonnaise or veganise  
1 1/2 TBS dijon mustard  
2 avocado's, sliced  
1 medium tomato, sliced thinly  
into 12 slices  
1 small red onion, sliced  
1 1/2 cup alfalfa sprouts

In a food processor or small bowl, blend together the margarine, parmesan, salt and pepper. Spread a portion of the margarine mixture on one side of each slice of bread.



Grill bread slices in batches on a non-stick frying pan on medium-high heat for about 3 minutes, until crisp and deep brown. Set toast aside to cool. (These can of course also be done on the BBQ.)

In a small bowl, blend mayonnaise and mustard together. On a piece of toast, spread a layer of the mayo mixture, avocado, tomatoes, onion and sprouts. Place another toast slice on top. Makes 4 sandwiches.

## DESSERTS

### Toll House Cookies

From SusanMik

2-1/4 cups whole wheat pastry flour	1 teaspoon organic vanilla extract
1 teaspoon baking soda	2 eggs worth of egg replacer
1 teaspoon salt	2 cup tropical source chips
1 cup earth balance margarine, softened	1 cup chopped organic walnuts
1-1/2 cups sucanat	

Preheat oven 375 degrees.

Combine flour, baking soda and salt in a small bowl. Beat EB, sucanat, and vanilla in a large mixer bowl until creamy. Add eggs one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in chips and nuts. Drop by rounded Tablespoonfuls onto ungreased baking sheets.

Bake 9-11 minutes (9 for more chewy/sift, 11 for more crunchy). Cool on baking sheets for 2 minutes; remove to wire rack to cool completely.

Pan cookie variation: grease a 15x10 jelly-roll pan. Prepare dough. Spread into prepared pan. Bake for 20 to 25 minutes, until golden brown. Cool in pan on wire rack. Makes 4 dozen bars (or one mega-cookie!!! LOL)

### Chocolate Chip Cookies

From JanB

1-1/2 cups all-purpose flour	1-1/2 cups Sucanat
3/4 cup whole wheat pastry flour (do not use stone ground!)	1 teaspoon vanilla extract
1 teaspoon baking soda	2 egg replacers
1 teaspoon sea salt	2 cups (12-ounce package) Sunspire or Tropical Source Semi-Sweet Chocolate Morsels
1 cup (2 sticks, 1/2 pound) Earth Balance Buttery sticks, softened	1 cup chopped nuts (optional)

Combine flour, baking soda and salt in small bowl. Beat EB, Sucanat and vanilla in large mixer bowl. Add egg replacer half at a time, beating well after each addition; gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

Bake in preheated 375 F oven for 9 to 11 minutes or until golden brown. Let stand for 2 minutes; remove to wire racks to cool completely.

**PAN COOKIE VARIATION:** Prepare dough as above. Spread into greased 15"x10" jelly-roll pan. Bake in preheated 375-degree [Fahrenheit] oven for 20 to 25 minutes or until golden brown. Cool in pan on wire rack.

**FOR HIGH ALTITUDE BAKING (>5,200 feet):** Increase flour to 2 1/2 cups; add 2 teaspoonfuls water with flour; reduce both granulated sugar and brown sugar to 2/3 cup each. Bake at 375 degrees Fahrenheit, drop cookies for 8 to 10 minutes and pan cookies for 17 to 19 minutes.

### **Triple Chocolate Torte**

By SusanMik

*I made this once, and I just recently found my notes on the crust, but I had no baking times. You could always go a bit more on the crust and it will just be crunchier and less brownie like, just make sure it does not burn.*

*Have FUN with it - it is REALLY easy - just needs time to chill in between.*

#### **First Layer: Chocolate Coconut Crust**

1-1/4 cups whole wheat pastry flour or sub of choice	1/2 cup shredded coconut
3/4 cup sucanat or rapadura	1/4 cup cocoa powder
	8 Tablespoons EB margarine, softened

Combine in medium bowl. Press into a greased spring form pan and bake at 325 for 15 minutes (I do not remember the exact time, so check it to make sure it is done.) Cool.

#### **Second Layer: Chocolate Mousse (Marilu's recipe from *Total Health Kitchen*)**

1 box Mori Nu firm silken tofu	3-4 Tablespoons maple syrup
1 bag tropical source chocolate chips, melted	

Combine in blender or food processor till smooth. You will have to scrape it down a few times (more with the blender). Add this layer on top of the crust (smooth out with spatula) and fridge till firm.

*The mousse tastes like chocolate pudding right out of the blender, and firms up like a thick dense mousse in the fridge. I have layered it with fruit (berries and kiwi) and vanilla*

*cake sprinkled with orange/mango juice (like a trifle!). And it also makes great fudgcicles in the freezer!!!*

### Third Layer: **Chocolate Ganache**

Yield: 2 cups of ganache

1 cup soy milk or soy creamer for more decadent ganache (you may want to add less to start and see how thick it is)

12 ounces semisweet chocolate chips  
(Tropical Source)

Bring milk to almost boil. Pour over chocolate and stir till chocolate is melted. Or put both together in a double boiler and slowly and carefully melt the chocolate in the milk/creamer. Let cool, stirring occasionally, until thickened, but still pourable. Pour over cake.

Once you have added this last layer, chill in the refrigerator to firm up.

*YUM, YUM, YUM!! Weighs a ton - you can't eat much but trust me, they will never believe it is not bad for you!!*

### **Nut Butter Cookies**

*Modified from The Candida Control Cookbook*

*I have been making these lately whenever I go somewhere that I “have” to eat dessert. They have a minimum amount of sweetener and are quite yummy! They can easily be frozen (and eaten right out of the freezer!)*

1/4 cup grapeseed oil  
1/2 cup nut butter of choice (I usually use sun nut butter because DD is allergic to nuts)  
1 Tablespoon agave nectar  
1/3 cup unsweetened soy milk (or milk of choice – we use oat)  
1 large egg

1 teaspoon alcohol-free vanilla  
1-1/4 cups sifted brown rice flour  
1 teaspoon baking powder  
1/4 tsp sea salt  
2 dozen fresh nuts to match nut butter – optional – always wanted to try with almonds

Preheat oven to 350 degrees. Combine oil, nut butter, agave, milk, egg and vanilla in a large bowl. Place dry ingredients in another large bowl; mix together. Add dry mixture to milk mixture; blend well. Place teaspoons of dough on a nonstick cookie sheet (I use parchment on a regular sheet); flatten cookies with back of spoon; press nut halves into tops (if using). Bake 8-10 minutes. Let cookies cool for 5 minutes before removing them from cookie sheet. Cookies will harden as they cool.