

Roasted Beet Puree

Directions:

- Peel 3 large Organic beets and par-cook.
- Or Purchase Organic - pre-cooked Beets.
- Cut into small cubes and put into the pan for roasting.
- Preheat oven to 375.
- Marinate beets with organic cold-pressed olive oil, sea salt, and fresh crushed black pepper 2 tablespoons.
- Mix to coat thoroughly, adding extra items to taste.
- Cook for 15 minutes covered.
- Cook for 10 minutes uncovered.
- Let stand.
- Serve as a side dish or hors d' oeuvres with organic crackers.
- Suggested crackers: Mary Be Gone Herbed Crackers.
- Serve in small cubes or puree in a food processor as a thick dip (like hummus).

Mini Mushroom Meatballs

These are so easy to prepare, and they can be enjoyed in a variety of ways: over spaghetti with sauce, on dairy-free sandwich bread as a meatless meatball sub, in a wrap, or on their own of their choice. While some people prefer to cook their meatballs through in the sauce, these really work infinitely better when they are first seared or lightly sauteed in a pan, as it will keep them from falling apart.

The mixture can be made up to 1 day in advance and then formed into balls and cooked.

Serves 4-6

Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients:

- 2 cups red lentils, rinsed.

- 3 cups vegetable stock.
- ½ cup finely chopped onions.
- 2 cloves garlic, finely chopped.
- 1 tablespoon of Olive oil, plus more for cooking.
- 8 oz. cremini or button mushrooms, sliced.
- 1 tablespoon of dried thyme.
- 1 cup nutritional yeast.
- 1 cup finely ground flax seeds (also known as flax meal).
- About ¼ cup gluten-free flour, such as sorghum or rice flour, more if needed.
- Salt and pepper to taste.

Directions:

- In a medium-large pot, combine the lentils, vegetable stock, onions, and garlic and bring to a boil. Turn down the heat, and let the lentils simmer, covered, for about 20-25 minutes or until very soft. Remove from heat and mash well with a potato masher or fork.
- Meanwhile, heat the olive oil in a small skillet over medium-high heat. Add the mushrooms and thyme and sauté until the mushrooms are very soft, about 4-6 minutes.
- In a food processor or blender, combine half of the lentil mixture with the mushrooms, ground flax seeds, and nutritional yeast and process until smooth. Add the processed mixture to the remaining lentil mixture and mix with a wooden spoon until combined. Gradually stir in the sorghum flour or rice flour, 1 T. at a time, until the mixture holds together. Allow the mixture to reach room temperature before forming into balls.
- Cook the lentil balls. Heat a small amount of oil in a heavy-bottomed skillet over medium-high heat. Add the lentil balls to the hot oil, cooking only as many at a time as will fit without touching one another. Cook, flipping the lentil balls to brown them on all sides until they're golden brown, about 4 minutes. Repeat until all of the lentil balls are cooked. Toss with a warm pasta sauce like this Dairy-Free Tomato Vodka Sauce and cooked pasta, enjoy them in a sandwich, or eat them as they are!

Raw Apple, Pear, and Pecan Salad

Ingredients:

- 3 celery ribs (chopped fine).
- 2 red delicious apples (peeled and cut into small chunks).
- 1 golden delicious apple (peeled and cut into small chunks).
- 1 pear (peeled and cut into small chunks).
- Juice of one lemon.
- Juice of one orange.
- ¼ cup dates (chopped).
- ½ cup pecans (chopped).

Directions:

After preparing the first four ingredients, add dates and half of the pecans, and pour half of the lemon/orange juice over the celery, apples, pear, dates, and pecans, stir to coat, and set aside while preparing the dressing. Make the dressing by combining the other half of the pecans with the reserved lemon/orange juice and puree into a nut butter sauce. Add puree to the salad and stir to blend flavors.

Ingredients:

- 4 cups distilled water (or vegetable soup stock, heated but not boiling).
- 4 cups carrots (chunked).
- 4 stalks broccoli (peeled and chunked) or 2 cups florets.
- 2 large sweet potatoes (chunked).
- 1 large sweet onion (chopped finely).
- 8 celery ribs (chopped finely).
- Favorite herb seasonings to taste.

Directions:

Place the liquid into a powerful blender. Then add carrots, broccoli, and finally, sweet potato in that order and blend each before adding the next ingredient. Place blended veggies in a serving bowl and stir in onion, celery, and herb seasoning. It is now ready to serve. ENJOY!

Coconut Balls

Ingredients:

- 3 cups dried unsweetened coconut flake (without sulfur dioxide).
- 1 cup dark Agave nectar.
- 1 cup almonds ground up in a coffee grinder.
- 1/3 cup coconut butter.
- 1 tablespoon vanilla.
- 1/2 teaspoon sea salt.

Directions:

- Combine and mix in a large bowl.
- Refrigerate the mix for easier forming.
- Dehydrate overnight-8-10 hrs.
- If using an oven on the lowest temp possible (165-175) for 4-6 hours, then freeze for 1 hour.
- Makes 36-40 small macaroon balls.

Organic Brown Rice Vegetable Sushi

Ingredients:

All Ingredients are organic.

- 2/3 cup short-grain brown rice.
- 1 cup plus 1 teaspoon water.
- 2 teaspoons Tamari sauce.
- 2 tablespoons seasoned rice vinegar.
- 1 teaspoon wasabi powder.
- 2 (8 1/4- by 7 1/4-inch) sheets of roasted nori (dried laver).
- 1/2 Kirby cucumber, peeled, seeded, and cut into 1/16-inch-thick matchsticks.
- 1/2 carrot, cut into 1/16-inch-thick matchsticks.
- 1/2 firm-ripe small California avocado.

- 3/4 oz. radish sprouts, roots trimmed.
- Accompaniments: Tamari sauce for dipping; shredded ginger.

Special Equipment:

- A bamboo sushi mat.

Directions:

- Rinse rice well and bring to a boil with 1 cup water in a 1- to 1 1/2-quart heavy saucepan, then reduce heat to very low and simmer, tightly covered, until water is absorbed, about 40 minutes. Remove from heat and let rice stand, covered for 10 minutes.
- While the rice is standing, stir together vinegar and 1 teaspoon of Tamari sauce.
- Transfer rice to a wide nonmetal bowl (preferably wood, ceramic, or glass) and sprinkle with vinegar mixture, tossing gently with a large spoon to combine. Cool rice, tossing occasionally, for about 15 minutes.
- Stir together wasabi and the remaining teaspoon of water to form a stiff paste. Let stand for at least 15 minutes (to allow flavors to develop).
- Place the sushi mat on a work surface with slats running crosswise. Arrange 1 sheet of nori, shiny side down, on the mat, lining up a long edge of the sheet with the edge of the mat nearest you. Using damp fingers, gently press half of the rice (about 3/4 cup) onto nori in 1 layer, leaving a 1 3/4-inch border on the side farthest from you.
- Arrange half of the cucumber in an even strip horizontally across the rice, starting 1 inch from the side nearest you. (You may need to cut pieces to fit from side to side.) Arrange half of the carrot just above the cucumber in the same manner. Peel the avocado half and cut lengthwise into thin slices, then arrange half of the slices just above the carrot in the same manner. Repeat with radish sprouts, letting some sprout tops extend beyond the edge.
- Beginning with the edge nearest you, lift the mat up with your thumbs, holding the filling in place with your fingers, and fold the mat over the filling so that the upper and lower edges of rice meet, then squeeze gently but firmly along the length of the roll, tugging edge of mat farthest from you to tighten. (Nori border will still be flat on the mat.) Open mat and roll log forward to seal with nori border. (Moisture from the rice will seal the roll.) Transfer the roll, seam side down, to a cutting board. Make the second log in the same manner, then cut each log crosswise into 6 pieces with a wet thin-bladed knife. Serve with wasabi

paste, Tamari sauce, and ginger. Produces approx. four whole rolls approx. 24 pieces.

Black Sesame Hummus

Ingredients:

All ingredients are organic.

- 1/4 cup olive oil plus more for serving.
- 1/4 cup fresh lemon juice.
- 2 garlic cloves peeled.
- 2 tablespoons of black sesame seeds plus more for topping.
- 2 cups of Cooked Garbanzo beans.
- Salt to taste (I use 1 to 1-1/2 tsp of sea salt).
- Fresh Thyme
- 1 tablespoon of Cumin.

Directions:

Place all ingredients in the blender in the order listed and process until very smooth and creamy. Taste and adjust seasoning. Spread into a shallow bowl and make shallow valleys with a spoon to drizzle with olive oil. Top with more sesame seeds and herbs as desired.

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2 tablespoons

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- 1 t. dried thyme
- 1 cup nutritional yeast
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