

## **Chili Tofu**

### Ingredients:

1 box Tofu (super firm), diced

1 tbsp garlic, minced

1 tsp ginger, minced

1 green onion, sliced

1 tbsp chili bean sauce

1 tbsp oil

### Method:

1. Heat the oil until hot not smoking over low heat. Add minced garlic, ginger, and chili bean sauce.
2. Add tofu and cook 5-7 minutes
3. Add green onion

## **Vegan Sweet Potato Chili**

Quick, easy cool-weather vegan chili.

Prep Time: 15 mins, Cook Time: 1 hr 10 mins, Total Time: 1 hr 25 mins

### Ingredients

5 tablespoons vegetable broth	½ cup chopped onion
3 cloves garlic, minced	½ jalapeno pepper, minced
2 sweet potatoes, diced	2 tablespoons chili powder
1 tablespoon ground cumin	½ teaspoon smoked paprika
½ teaspoon dried oregano	½ teaspoon red pepper flakes
1 ½ teaspoons tomato paste	2 cups vegetable broth
1 (28 ounce) can diced tomatoes	2 cups drained & rinsed kidney beans

### Directions

1. Heat 5 tablespoons vegetable broth in a large skillet over medium heat. Cook and stir onion, garlic, and jalapeno pepper in the hot broth until slightly tender, about 5 minutes. Add sweet potatoes, chili powder, cumin, paprika, oregano, and red pepper flakes to onion mixture. Pour remaining 2 cups vegetable broth over sweet potato mixture.
2. Bring vegetable broth mixture to a boil, reduce heat to medium, and simmer until sweet potatoes are tender, 20 to 25 minutes. Stir tomatoes and kidney beans into sweet potato mixture and simmer over low heat until flavors have blended, about 45 minutes.

## **Brooke's Hummus**

In a food processor

- 4 heaping TBSP of Pesto
- 1 Can of Chickpeas (drained and rinsed)
- 1/3 Cup Tahini
- 1 Garlic Clove
- Pinch of Salt
- Pinch of Pepper
- ¼ Cup of water (I use a little less then I add more depending on the consistency)

Blend until smooth

- I add about 2-3 Tablespoons of Balsamic to the hummus and mix in. Not Necessary but we like it.
- We also add a few Tablespoons of pesto in the mixed Hummus.

The Topping

- 1 ½ Cups of Cherry Tomatoes (Halved or Quartered)
- ¼ Cup chopped Shallot
- ¼ Cup chopped Basil
- 1 TBSP Balsamic Vinegar
- ½ TBSP Olive Oil
- Pinch of Salt
- Pinch of Pepper

I like to let these sit together separately and add them before serving.

Float the top of the Hummus with a little more Balsamic, add the topping and eat!

## Raspberry-Blueberry Oat Bars

60 min, 12 servings

Craving something sweet and crunchy? Blueberries and raspberries are a perfect combo in these fruity bars, while oats and almonds make a simple crumb topping. Maple syrup and dates bring all the natural sweetness!

1. Preheat the oven to 350°F. Line a baking dish with parchment paper.

### 2. SOAK DATES

In a small saucepan, cover **dates** with **water** and bring to a boil. Remove from heat and let stand, covered, for 10 minutes.

### 3. MIX FLAXSEED

In a small bowl, combine  $\frac{1}{4}$  cup **water** and **flaxseed**. Let stand for 5 minutes.

### 4. BLEND DRY INGREDIENTS

In a food processor (or high-powered blender), pulse 1  $\frac{1}{4}$  cups **oats**, **flour**, 2 **tablespoons** arrowroot, **baking powder**, and **salt** until just combined.

### 5. ADD WET INGREDIENTS

Add **undrained dates**, reserved **flaxseed**, and 4 **tablespoons** maple syrup to food processor; process until well combined.

### 6. BAKE CRUST

Transfer  $\frac{1}{4}$  of **crust mixture** to a bowl; set aside for crumb topper. Press remaining **crust** mixture into an even layer in prepared baking dish. Bake for 12 minutes.

### 7. MAKE FRUIT FILLING

Meanwhile, in a saucepan over medium heat, whisk together 3 **tablespoons** maple syrup, **lemon juice**, and 2 **teaspoons** arrowroot until smooth. Stir in **blueberries** and **raspberries**. Cook fruit until just bubbly; remove from heat.

### 8. MASH FRUIT

Mash **fruit** lightly with a **potato** masher or fork; set aside to let cool.

### 9. MAKE CRUMB TOPPER

Add **sliced almonds** and  $\frac{1}{4}$  cup **oats** to reserved **crust** mixture; stir until well combined.

### 10. BAKE FRUIT FILLING & CRUST

Spread **fruit filling** over **baked crust**. Sprinkle crumb topper over fruit filling. Bake until top is lightly browned, 25 to 30 minutes.

### 11. CUT OAT BARS

Let **crust** cool completely on a wire rack. Once cooled, cut into squares and lift **bars** from edges of parchment paper.

### 12. SERVE

Serve **oat bars** warm.

## Ingredients

### FOR THE CRUST

4 **Medjool dates**  
pitted (see tip) ( $\approx$ 2 oz)  
2 **tablespoons** ground flaxseed  
1  $\frac{1}{4}$  cups quick-cooking oats  
 $\frac{3}{4}$  cup whole-wheat pastry flour  
2 **tablespoons** arrowroot powder  
(or cornstarch) (see tip)  
1 **teaspoon** baking powder  
 $\frac{1}{2}$  **teaspoon** sea salt  
 $\frac{1}{4}$  cup pure maple syrup  
(see tip)

### FOR THE FRUIT FILLING

3 **tablespoons** pure maple syrup  
1 **tablespoon** fresh lemon juice  
2 **teaspoons** arrowroot powder  
(or cornstarch)  
 $\frac{3}{4}$  cup blueberries  
 $\frac{3}{4}$  cup fresh raspberries

### FOR THE CRUMB TOPPER

$\frac{1}{4}$  cup sliced or slivered raw almonds  
chopped  
 $\frac{1}{4}$  cup quick-cooking oats

## You'll Need

8-inch square baking dish  
parchment paper  
saucepan with lid  
food processor (or high-powered blender)

## **Jill's Awesome Potluck Salad**

### Ingredients

Arugula

Peeled and sliced oranges

Cooked red quinoa

Yellow and red beets

Pumpkin seeds

Sesame seeds

Sunflower seeds

Diced Granny Smith apple

Balsamic vinaigrette

### Directions

Mix all ingredients in a large bowl and enjoy!

## Black Bean & Corn Fiesta Salsa



### Ingredients

2-3 ears fresh corn kernels (about 1 cup)  
5 cups cooked black beans or 2 15.5-oz. cans black beans, drained  
½ small red onion, diced in ¼-inch pieces  
1 yellow or red pepper, seeded and chopped  
1 green pepper, seeded and chopped  
2 Tbsp or more chopped fresh cilantro  
Sea salt and fresh ground pepper to taste

### For the Dressing

Juice of 1 lime  
2 Tbsp agave or local honey  
2-3 cloves garlic, minced and let sit for 10 minutes (or ½ tsp garlic powder)  
1-2 tsp cumin  
Optional 2 Tbsp EVOO (omit for oil-free)

### Instructions

1. Whisk the dressing in a large bowl.
2. Add the corn, black beans, onion, and peppers to the bowl with the dressing and toss well.
3. Top with fresh cilantro and season with salt and pepper and stir until combined.

Black Bean and Corn Fiesta Salsa is a versatile and flavorful dish that can be used in a variety of ways to enhance your meals. Here are fifteen creative ways to use black bean and corn salsa:

1. Dip: Serve it as a dip with tortilla chips or vegetable sticks for a tasty appetizer or snack.
2. Black Bean Soup: Simmer ingredients with broth and blend for a black bean soup.
3. Taco Filling: Use this mixture to stuff into tacos with avocado, cashew sour cream and hot sauce.
4. Mexican Lasagna: Layer tortillas, non-dairy cheese or veggie cheese sauce, salsa and more tortillas. Repeat.
5. Quesadilla Filling: Use it as a filling for quesadillas along with non-dairy cheese.
6. Burrito Bowl: Incorporate it into a burrito bowl with rice, beans, protein (like grilled tofu), and your choice of toppings.
7. Salad Mix-in: Toss it into a green salad to add extra nutrients and flavor.
8. Scrambled Tofu: Spoon it into scrambled tofu for a Southwestern twist.
9. Baked Potatoes: Top baked potatoes with black bean and corn salsa, cashew sour cream, and non-dairy cheese (I have an amazing veggie nacho cheese sauce recipe) for a loaded potato dish.
10. Enchilada Filling: Use it as a filling for enchiladas along with non-dairy cheese and blackened tofu or tempeh.
11. Stuffed Bell Peppers: Stuff bell peppers with a mixture of black bean and corn salsa, cooked rice, and non-dairy cheese, then bake until tender.
12. Nachos: Create loaded nachos by drizzling the salsa over tortilla chips and adding veggie nacho cheese, jalapeños, and cashew sour cream.
13. Grain Bowl: Make a grain bowl with quinoa or couscous, grilled vegetables, and the salsa for a nutritious and satisfying meal.
14. Tostadas: Spread black bean and corn salsa on tostada shells and top with lettuce, non-dairy cheese, and your choice of protein.
15. Hot Salsa: Grill or oven roast the peppers, corn and onions for a hot dish (add dressing after roasting)