

Recipes from Linda Jones:

Texas Caviar (adapted from This Healthy Kitchen)

- 1 can black beans, drained/rinsed
- 1 can black-eyed peas, drained/rinsed
- 1 bell pepper, diced
- 5-6 cherry tomatoes, cut in half
- 1 cup corn: frozen, canned (drained), or fresh (cooked)
- 1/3 cup red onion *OR* scallions
- 1 jalapeno, finely chopped (seeds removed)
- 1/2 cup parsley *OR* cilantro



#1 Dressing

- 1/2 lemon, juiced (approx. 1 T.)
- 1 lime, juiced (approx. 2 T.)
- 2 T. balsamic vinegar
- 1 T. maple syrup
- 1 tsp. smoked paprika

Add salad ingredients to a large bowl. In smaller bowl, combine dressing ingredients and mix well. Pour dressing over the salad and mix well. Serve as a dip with chips, as a side salad, or as a main course.

Suggestions: Spread 1 T. of hummus on a soft tortilla, put caviar on top, then roll to make a wrap. Put on top of a baked sweet potato.

2 Mexican Creamy Dressing (use on Texas Caviar) (makes 2/3 cup, use within 5 days)

- 1/3 cup cashews (soak in very hot water 15-20 min.)
- 3 T. water
- 2 T. unsweetened plant milk
- 2 T. plus 1 tsp. white vinegar
- 1/2 tsp. 100% maple syrup
- 2 tsp. lime juice
- 1 tsp. garlic powder
- 3/4 tsp. chili powder
- 3/4 tsp. smoked paprika
- 1/4 tsp. cumin
- 1 tsp. white miso

Put ingredients in a blender. Blend until smooth and creamy. Refrigerate. *I drizzle this dressing on the caviar.

Recipes shared by Millicent Novic:

Avocado, Corn, Tomato & Orange Relish (modified from CBS)

- Diced avocado
- Fresh corn off the husk (raw or grilled)
- Halved cherry tomatoes
- Orange segments with juice
- Green Onions
- Red wine vinegar
- Cilantro, chopped
- Lime juice
- Salt and pepper

In a large mixing bowl, mix equal parts avocado, corn, tomatoes, orange, and green onions. Season with a splash of red wine vinegar, fresh cilantro, and lime juice and mix gently. Add salt/pepper to taste.

Waldorf Salad (modified from Food Network Kitchens) Serves: 4 servings (4 cups)

- ½ c. walnuts halves
- ½ c. vegan sour cream or yogurt
- 2 T. vegan mayonnaise
- 2 T. parsley, minced
- 1 t. honey
- ½ lemon, zest finely grated
- Freshly ground black pepper
- 2 large crisp apples, such as Gala
- 2 ribs celery sliced ½-inches & chop leaves
- ¼ c. golden raisins
- ½ lemon, juiced

1. Preheat oven to 350° F.
2. Spread nuts on a baking sheet and toast in oven for 8-10 minutes. Cool, then break up nuts into small pieces.
3. Whisk yogurt, mayonnaise, parsley, honey, and lemon zest in a large bowl; season generously with pepper.
4. Halve, core, and cut apples into ¾-inch pieces, leaving skin intact. Add apples, celery and raisins to bowl, sprinkle with the lemon juice, then toss with dressing. Cover and refrigerate if not serving immediately.
5. When ready to serve, toss walnuts into the salad.

**Farro Salad with Blueberries** (from Forks Over Knives) Makes: 12 cups

- 1 c. red onion, chopped
- 4 c. low-sodium vegetable broth
- 2 c. pearled farro
- 1 t. lemon zest
- ¼ c. lemon juice
- 4 ½ t. pure maple syrup
- 1 T. chopped fresh oregano
- 4 c. fresh baby spinach
- 2 c. fresh blueberries
- 1 fennel bulb, trimmed, halved, cored, sliced thin
- ½ c. green onions, sliced
- sea salt and freshly ground black pepper, to taste
- ¼ c. sliced almonds, toasted

1. In a large saucepan cook red onion over medium 2-3 minutes or until tender, stirring occasionally and adding water, 1-2 T. at a time, as needed to prevent sticking.
2. Add broth and farro. Bring to boil; reduce heat. Cover and simmer 10-15 minutes or until farro is soft but still chewy in the center.
3. Reserve ⅔ cup of cooking liquid. Drain remaining liquid. Rinse farro with cold water; drain. Let cool.

Dressing:

1. In a small bowl combine the reserved cooking liquid with the lemon zest, lemon juice, maple syrup, and oregano. Toss half the dressing with the farro.
2. In an extra-large bowl combine farro mixture, spinach, blueberries, fennel, and scallions. Pour remaining dressing over salad, toss to coat. Season with salt and pepper. Sprinkle with almonds.

Crushed Avocado with Tomatillo (from Bobby Flay) Serves: 4-6

- 4 ripe Hass avocados, peeled/pitted/diced
- 2 medium tomatillos, husks removed, rinsed/diced
- 2 fresh limes
- 1 small red onion, finely diced
- 1-2 jalapenos, seeded & finely chopped
- ¼ t. cumin
- Kosher salt & pepper
- 2 green onions, thinly sliced
- ¼ c. cilantro, chopped

Combine ingredients; gently mix to combine. Fold in the green onions and cilantro.

Forbidden Rice Bowl with Pickled Cabbage (from Forks Over Knives) Serves: 4

- 2 c. shredded red cabbage
- 2 T. rice vinegar
- 6 T. lemon juice
- 1 c. forbidden black rice or other super grain rice
- 2 T. pure maple syrup
- 1 T. miso paste
- 1½ T. tahini
- 1 T. grated fresh ginger
- 4 c. stir-fry vegetables, fresh or frozen
- 1 c. frozen shelled edamame
- ½ c. thinly sliced green onions
- 1 t. sesame seeds

1. In glass jar combine cabbage, vinegar, and 2 T. of lemon juice. Cover and shake to coat. Let stand 1 hour.
2. Meanwhile, in a small saucepan combine rice and 2 cups water. Bring to boiling; reduce heat. Simmer, covered, 30-35 minutes or until rice is tender. Drain if necessary. Let rice cool slightly, then fluff with fork.
3. *For dressing*, in a blender combine remaining 4 T. lemon juice, 4 T. water, the maple syrup, miso paste, tahini, and ginger. Cover and blend until smooth.
4. In a medium skillet cook, steam or stir fry vegetables and edamame with water over medium-low 5-7 minutes or until tender.
5. Divide rice between four bowls. Top with vegetables and pickled cabbage. Drizzle dressing evenly over bowls. Sprinkle with green onions and sesame seeds.

Raw Silken Tofu Pie Recipe from Elisa Beck:

Elisa didn't provide measurements, so play around with amounts!

Crust: Combine and pat into bottom of pie plate:

- oatmeal
- ground chia seed
- ground flax seed
- hemp seeds
- water
- bit of oat milk

Filling: Blend together and put on top of crust:

- silken tofu
- lime juice
- maple syrup

Topping:

- walnuts
- blueberries
- dates

Refrigerate before eating.

Optional: Put sliced bananas between the crust and filling layer.

