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## Warm Weather Recipes from Plant-Based Pittsburgh Members

August 2020

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### **Black Bean Avocado Dip** by Lulu Herold [lulucooksandtells.blogspot.com]

#### Ingredients:

- 1 (15-ounce) can black beans, drained/rinsed
- 2 cups tomatoes, finely chopped
- 4 stalks scallions, white/green parts, finely chopped
- ½ cup cilantro, stems/leaves, finely chopped
- 3-4 cloves garlic, minced
- 8 jalapeño pieces from a jar, finely chopped
- 2 limes, juiced
- sea salt & freshly ground white pepper
- 1 avocado, coarsely cut



Directions: Mix all ingredients, except the avocado, in a medium bowl. Add the avocado before serving. Serve with baked corn or whole grain tortilla chips.

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### **Salad Greens with Roasted Pears & Asian Orange Dressing** by Lulu Herold [lulucooksandtells.blogspot.com]

#### Ingredients:

- pears, cut into slices or strips (or use apples, nectarines, peaches, etc.)
- salad green mix
- peanuts
- Chickenless Tenders or other vegan meat, cut into strips (optional)

Directions: Preheat oven to 400° F. Line a pan with parchment paper or foil. Put pear slices in pan and bake for 20 minutes. Distribute the salad greens in a bowl and top with roasted pears, peanuts, and Chickenless Tenders strips. Serve with Asian Orange Dressing (below).



### **Asian Orange Dressing** by Lulu Herold

#### Ingredients:

- |                                  |                                 |
|----------------------------------|---------------------------------|
| ○ ¼ cup vegetable broth or water | ○ 1½ tbsp orange marmalade      |
| ○ 2 tbsp rice wine vinegar       | ○ 2 tbsp orange juice           |
| ○ ½ tbsp soy sauce               | ○ ½ tbsp maple syrup (optional) |
| ○ ½ tsp ginger powder            | ○ ½ tbsp sesame oil             |
| ○ 1 tsp garlic powder            | ○ 1 tbsp chia seeds             |
| ○ ½ tsp chili garlic paste       |                                 |

Directions: Place all the ingredients in a glass jar and warm the mixture in the microwave for a minute and mix with a fork or shake thoroughly. You can also use a blender.

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### **Summer Cauliflower Salad** by Millicent Novic

#### Ingredients:

- |                                   |                               |
|-----------------------------------|-------------------------------|
| ○ 1 small head cauliflower, riced | ○ ¼ cup cilantro, optional    |
| ○ 1 red pepper, diced             | ○ 1 tbsp fresh ginger, grated |
| ○ 1 carrot, diced                 | ○ ½ c. lime juice             |
| ○ ½ cups red onion                | ○ honey, small amount         |
| ○ 1-2 cups tomatoes, chopped      | ○ black pepper, to taste      |
| ○ 1 jalapeño, diced               | ○ chili flakes, to taste      |
| ○ ½ cup parsley                   | ○ avocado, cubed              |

Directions: Combine ingredients, except avocado. Place in refrigerator for an hour. Before eating, add avocado and toss gently to combine.

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### Watermelon Strawberry Slushie by Brittany Jaroudi

#### Ingredients:

- 2 cups watermelon
- 1 cup frozen strawberries
- ¼ cup lime juice
- 1 tbsp flax meal
- ½ cup ice

Directions: Blend all ingredients into a high-speed blender. Enjoy cold.

#### Optional:

\*Add in nondairy milk for a creamier consistency.

\*Swap strawberries for frozen raspberries.

\*Fresh basil also is a great addition.



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### Strawberry Mint Ice Cream by Lulu Herold [lulucooksandtells.blogspot.com]

#### Ingredients:

- 3 ripe bananas, frozen; cut in 1-inch pieces
- 8 oz strawberries
- 8-10 mint leaves
- ¼ cup almond milk
- 1 tbsp lemon juice
- 1 tbsp vanilla
- ¼ tsp salt
- 1 tbsp maple syrup
- ¼ tsp cinnamon

Directions: Place all ingredients in a blender and pulse until mixed well. Put in a container and freeze for 5 hours or overnight. If it is too hard to scoop out, place the container in the microwave for 30 seconds to soften.



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### Fresh Peach & Blueberry Cobbler by Millicent Novic (makes 8 servings)

#### Ingredients:

- 3 cups sliced fresh peaches
- ½ - ¾ c. blueberries (fresh or frozen)
- ¼ tsp almond extract
- 1 tbsp fresh lemon juice
- 1 tsp lemon peel
- 1 cup oat flour
- 1 cup rolled oats
- ½ cup pure maple syrup
- 2 tbsp almond butter
- 1 tsp baking powder
- 1/8 tsp sea salt

#### Directions:

1. Preheat oven to 425° F.
2. Arrange peaches and blueberries in an 8" square casserole. Sprinkle with almond extract, lemon juice, and lemon peel; toss gently to combine. Place in oven to heat while preparing crumble topping.
3. In a bowl, combine oat flour, rolled oats, maple syrup, almond butter, baking powder, and salt; combine with fingertips until mixture becomes small clumps. Spread crumble over the fruit.
4. Bake 20-25 minutes until golden brown. Serve warm.

Tip: Pulse rolled oats in a food processor to make flour: 1¼ cup rolled oats makes 1 cup flour.

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