

WHAT'S COOKING IN THE PLANT-BASED KITCHEN

~ by Susan Greenberg, published in Penn-Franklin News 12/14/2020 ~

We are drawn to food that is not only healthy, but is visually appealing ("eating with our eyes"). If we "eat the rainbow" we will be consuming all the major nutrients that make for a healthy diet (and yes, you can get all the protein you need from a plant-based diet!). At holiday time, which is both colorful and festive, your food will enhance the occasion. The following recipes were submitted by members of Plant-based Pittsburgh, a local non-profit providing education and support toward adopting plant-centered eating habits.

CARIBBEAN CONFETTI RICE from Susan Greenberg (inspired by aspicyperspective.com)

Ingredients:

- 2 c. brown rice
- 14-oz can unsweetened coconut milk (or other plant milk)
- 1¾ c. water
- 2 cloves garlic, minced
- 1½ tsp. sea salt
- ½ tsp. allspice
- ¼ tsp. cayenne pepper
- 15-oz. can pineapple tidbits in natural juice, drained, reserve juice
- 1½ c. diced bell pepper, red and yellow
- ½ c. diced red onion
- 4.5-oz. can chopped green chiles
- ¼ c. sliced jalapeños, diced
- ¼ c. chopped cilantro



Directions:

1. Add rice, coconut milk, water, garlic, salt, allspice, cayenne, and reserved pineapple juice to a medium sauce pot. Stir well; set over medium heat and bring to a boil.
2. Stir, lower the heat and cover, allowing the rice to cook until the liquid is absorbed, about 25 to 30 minutes. Remove from heat.
3. In a large deep skillet turn heat to medium. Add a few tablespoons of water; sauté bell peppers and onions for 3-4 minutes, to barely soften. Remove from heat, add pineapple tidbits, chiles, and diced jalapeños.
4. Add rice mixture to the skillet and toss well to combine. Toss in the fresh chopped cilantro.
5. Serve warm as a side dish, or use as a stuffing for portobello mushrooms, bell peppers, acorn squash, and similar.

ROASTED BRUSSEL SPROUTS with WHITE WINE (nutritionstudies.org, T. Colin Campbell website)

Ingredients:

- 2 lbs. Brussel sprouts, halved
- ¼ tsp. sea salt (optional)
- ¼ tsp. black pepper
- 2 cloves garlic, minced
- 1/3 c. chardonnay or other white wine
- 2 T. Dijon mustard
- 1 T. maple syrup
- 1 tsp. dried rosemary
- 2 T. pistachios



Directions:

1. Preheat oven to 400⁰ F. and prepare a parchment paper-lined baking sheet.
2. Toss all ingredients together in a bowl.
3. Roast the mixture for 20 minutes, or until nicely browned.

FRUIT CRISP (from forksoverknives.com)

Ingredients:

- 3 c. fresh or thawed frozen fruit
- ½ c. oat flour (pulverize rolled oats in food processor or blender)
- ½ c. rolled oats
- ½ tsp. baking powder
- 2 T. pure maple syrup or date syrup
- 1 T. almond butter (or another nut butter)
- 1 tsp. cinnamon

Directions:

1. Preheat oven to 425⁰ F.
2. In a bowl, combine oat flour, rolled oats, baking powder, maple syrup and almond butter. Rub between fingertips until mixture comes together in small clumps.
3. Place fruit in a 9x5-inch loaf pan or round casserole.
4. Spread the crumble over the fruit.
5. Bake until golden brown, about 20 minutes. Serve warm.

For more recipes and information about plant-based eating, go to PlantBasedPittsburgh.com and YouTube channel "Plant Based Pittsburgh."