

HOLIDAY DISHES from PLANT-BASED PITTSBURGH MEMBERS

December 2021

HOLIDAY CELEBRATION SALAD shared by Linda Jones [from Chef AJ's Christmas Cook-A-Long with Vicky Brett-Gach]

Salad Ingredients: greens, spiraled carrots, zucchini, toasted walnuts, roasted squash, onions, and beets

CREAMY BEET DRESSING

Ingredients:

- 1/2 c. cashews (white beans)
- 1/2 c. water
- 1 small roasted beet
- 2 tsp. brown mustard
- 2 T. fresh lemon juice
- 1/4 tsp. cayenne
- 1/4 tsp. onion powder
- 1/8 tsp. garlic powder
- 1-2 dates (opt.)

Directions: Blend all ingredients.



CARROT CAKE OVERNIGHT OATS by Lulu Herold @ [Lulu Cooks and Tells](#)

Ingredients:

- 1/2 cup oats
- 1 T. chia seeds
- 1/2 medium carrot, finely grated
- 1 T. maple syrup
- 1/2 tsp. cinnamon powder
- 1/2 tsp. ginger powder
- 1/4 tsp. vanilla extract
- Pinch of sea salt
- 1/2 cup plant-based milk
- 1 T. nondairy yogurt, opt.

Directions:

Combine all ingredients in a large container or jar. Mix well to combine and refrigerate overnight. Or, eat it right after mixing. You can add more shredded carrots or chopped nuts, or granola on top if you have it.



PUMPKIN BABA GANOUSH from Susan Greenberg

Ingredients:

- 1 large eggplant, roasted & puréed*
- 1/4 C. Tahini paste
- grated zest of 1 lemon
- 1/4 C. fresh lemon juice (1-2 lemons)
- 1 1/2 C. pumpkin puree
- 1 can chickpeas, drained/rinsed
- 2-3 cloves garlic
- 1/2 t. cumin
- 1 t. cinnamon
- 1 t. smoked paprika
- 1 t. ginger (fresh or powder)
- 1/2 t. turmeric
- 1/t. salt, or to taste
- ground pepper to taste

Directions:

Pulse all ingredients in a food processor; leave as much texture as you like. Chill for best flavor.

* To roast eggplant, pierce skin; bake at 450° until soft & collapses. Drain in strainer then add to food processor.

* To microwave eggplant, cut in half & place cut side down on paper towel-lined pan/platter. Process on "high" 8-10 minutes, or until soft.