

BAKED FALAFEL WITH TAHINI SAUCE *slightly modified from markbittman.com*

This makes a big batch—refrigerate leftovers for several days or freeze for a couple of months. To reheat, wrap them in foil and bake at 350 F. until they're hot throughout, 15-30 min. (depends if they were frozen).

Ingredients

- 1¾ cups dried chickpeas (or 1 can)
- 2 garlic cloves, chopped
- 1 small onion, quartered
- 1 tablespoon cumin
- Scant teaspoon cayenne, or to taste
- 1 cup chopped fresh parsley or cilantro
- 1½ teaspoons sea salt (or to taste)
- ½ teaspoon black pepper
- ½ teaspoon baking soda
- 1 tablespoon fresh lemon juice
- ½ cup tahini (or yogurt dip/tzatziki sauce with finely diced cucumber)

Directions

1. If using dried chickpeas: put chickpeas in a large bowl and cover with water by 3-4 inches—the beans will triple in volume as they soak. Soak for 12-24 hours, checking once or twice to see if you need to add more water to keep the beans submerged. (If the soaking time is inconvenient for you, just leave them in the water until they're ready; you should be able to break them apart between your fingers.)
2. Heat the oven to 375°F. Drain chickpeas; transfer to food processor with the garlic, onion, cumin, cayenne, herb, 1 tsp. salt, pepper, baking soda, & lemon juice. Pulse until everything is minced but not pureed, stopping and scraping down the sides, if necessary. Add water, tablespoon at a time, if necessary to allow the machine to do its work, but keep the mixture as dry as possible. Taste and adjust the seasoning.
3. Roll the bean mixture into 20 balls, about 1½" each, then flatten them slightly into thick patties.
4. Put the falafel on a prepared rimmed baking pan (covered with parchment paper, or use a silpat liner). Bake until golden all over, 10-15 minutes on each side.
5. Meanwhile, whisk the tahini and remaining salt with ½ cup water in a small bowl until smooth. Taste and adjust seasoning. Serve the falafel drizzled with the sauce (or sauce of your choice, such as tzatziki).

Note: You can cook in an air fryer for 15 minutes.

CREAMY CARROT RISOTTO *adapted from strenghandsunshine.com*

Ingredients:

- ½ c. chopped onion
- 1 tsp. minced garlic
- 1 c. carrot puree
- 1 c. arborio rice
- 3 c. vegetable broth
- ¼ - ½ tsp. black pepper
- 1 - 2 T. nutritional yeast
- Fresh parsley or carrot greens (to garnish)

Directions:

1. Heat a seasoned cast iron skillet over medium-high heat, and add the onion and garlic with several tablespoons of broth, sautéing for 3-5 minutes.
2. Add carrot puree & uncooked rice to skillet, stir. Allow rice to absorb some of the puree for 3-5 minutes.
3. Reduce heat to low. Start adding broth, ½ cup at a time, allowing rice to absorb each cup until 2½ cups are absorbed.
4. Stir in black pepper, nutritional yeast, and final ½ cup of broth, continuously stirring until your risotto has reached the desired consistency. Remove skillet from the heat and serve.

MUSHROOM, SPINACH, SUN-DRIED TOMATO TOFU QUICHE *slightly modified from ohsheglows.com*

→ Use a crust of your choice and pre-bake according to instructions.

Quiche Ingredients:

- 1 block (14 oz.) firm tofu
- 1 leek or yellow onion, thinly sliced
- 3 large garlic cloves, minced
- 3 c. (8 oz.) cremini mushrooms, sliced
- ½ c. fresh chives, finely chopped (or green onions)
- ½ c. fresh basil leaves, finely chopped
- 1/3 c. sun-dried tomatoes, finely chopped
- 1 c. baby spinach
- 2 T. nutritional yeast
- 1 t. dried oregano
- ¾-1 T. sea salt
- Black pepper, to taste
- Red pepper flakes, to taste
- Low sodium vegetable broth (for sautéing)

Directions:

1. Preheat oven to 350°F. Prepare round 10" tart pan or 9" pie dish with parchment paper (or light spray of oil).
 2. Press the tofu to drain excess moisture, and wrap in towel while preparing the rest of the ingredients.
 3. In a skillet, sauté the leek (or onion) and garlic in several tablespoons of water or broth over medium heat for a few minutes. Stir in the mushrooms, season with salt, and cook on medium heat until most of the water is released from the mushrooms, about 10-12 minutes. Stir in remaining ingredients and cook until the spinach is wilted.
 4. Break the tofu block into 4 pieces and add to the food processor. Process until smooth and creamy, adding a tiny splash of almond milk to help it along, if necessary.
 5. Add the tofu into the vegetable mixture and combine. Spoon mixture into baked crust and smooth out with a spoon until even.
 6. Bake quiche, uncovered, for 33-37 minutes, until the quiche is firm to the touch. For best results, cool the quiche for 15-20 minutes on a cooling rack before attempting to slice. The crust may crumble slightly when sliced warm, but not to worry.
 7. Wrap up leftovers and refrigerate for 3-4 days. Leftover quiche can be reheated in the oven on a baking sheet for about 15-20 minutes at 350°F.
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