



Simply Sunrise

Vegetarian Recipe Collection

Santa Rosa Sunrise Rotary

President Jack Strange

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Foreword

This collection of recipes is created by the Rotary Club of Santa Rosa Sunrise to highlight some great vegetarian food options. As we have learned, food can have a big impact on our environmental footprint. For example, about 25% of our typical carbon dioxide emissions can be attributed to what we eat. Vegetarian food has significant environmental benefits, when compared to meat. Here are some of the main benefits, according to this web site [here](#):

- 1. It reduces animal-waste runoff and groundwater pollution. Large-scale animal farms create tons of waste that can leach into the soil and pollute groundwater sources, according to longtime conservationist Terra Wellington, author of "The Mom's Guide to Growing Your Family Green: Saving the Earth Begins at Home." Animal-waste pollution pumps harmful phosphorous, nitrogen and antibiotics into rivers, lakes and other bodies of water, she adds.*
- 2. It cuts down on greenhouse gases. If there's less demand for animal protein, Wellington says, then there's less demand for livestock. Livestock contributes nearly 15 percent of the world's human-caused greenhouse gases, thanks to the methane gas that the animals release. A United Nations report published in 2006 found that raising cattle generates more greenhouse gases — a significant factor in global warming — than driving cars does.*
- 3. It helps preserve precious land resources. Raising animals for food — including acreage allocated for growing feed crops and grazing — gobbles up 30 percent of the Earth's land mass, according to Mercy For Animals, a nonprofit that works to protect farm animals. Of all the agricultural land in the U.S., 80 percent is reserved for raising animals for food and growing grains to feed them, according to PETA, the animal rights group.*
- 4. It decreases animal cruelty. As PETA notes, large-scale "factory" farming aims to produce the most meat and other products "as quickly and cheaply as possible and in the smallest amount of space possible, resulting in abusive conditions for animals." Cow, pigs, chickens, turkeys and other factory-farm animals typically are kept in small cages or stalls, often barely able to move, PETA says.*

Plus, vegetarian food can be delicious! Hopefully, this collection can inspire all of us to consider more meals without meat.

Note, we have attempted to capture the variety of inputs from our club members and friends, and we have attempted to cite sources of recipes where available. We apologize for any errors or omissions.

Good Eating!

Floriani's Broccoli Soup

Submitted by Don and Wendy Floriani

Ingredients

2 1/2 pounds broccoli
1 cup chopped leeks
4 tablespoons butter
4 tablespoons flour
4 cups rich vegetable stock
1 cup light cream
1 cup shredded Swiss cheese
1/8 teaspoon nutmeg
Salt and Pepper to taste

Directions

1. Cut enough 1-inch florets from broccoli to measure 2 cups. Cut rest of broccoli into 1-inch pieces. Cook florets and broccoli pieces, separately in lightly salted water , until just tender. (Florets will be done first) Immediately rinse in cold water to chill completely. Drain. Set florets aside until serving time.
2. In a large saucepan, sauté leeks in butter until tender, about 3-4 minutes. Sprinkle in flour and cook for a minute or so stirring with a whisk. Remove from heat and stir in broth. Return to heat simmer for 5 minutes stirring occasionally.
3. Add broccoli pieces (not florets) to stock and purée in an electric blender, in batches, until smooth.
4. Shortly before serving, blend in cream and cheese. Simmer gently until cheese melts. Add nutmeg, salt and pepper to taste. Add reserved broccoli florets to heat through. Serve immediately.

Serves 6-8

Preparation time 30 minutes

Burmese chickpea and tomato soup with lemongrass

Submitted by Harry Coffey, See [Burmese Chickpea and Tomato Soup With Lemongrass | Sunbasket.](#)

Gluten-Free Friendly, Mediterranean, Lean & Clean, Vegetarian, Diabetes-Friendly, Carb-Conscious, No Added Sugar, <600 Calories. Serves 2 (or 4 in red).

Ingredients

- 1 organic yellow onion
- Sunbasket lemongrass paste (lemongrass - extra virgin olive oil - garlic - ginger - turmeric)
- 1 tablespoon tomato paste
- ½ teaspoon Marash chile flakes (optional)
- 1½ cups cooked chickpeas
- 1 cup diced tomatoes
- 1 organic lime
- 3 organic scallions
- 4 or 5 sprigs organic fresh cilantro
- ½ cup organic Greek yogurt



Directions

1. **Prep the onion; start the soup.** Peel and coarsely chop enough onion to measure 1 cup (2 cups). In a medium (large) sauce pot over medium heat, warm 2 to 4 tablespoons oil until hot but not smoking. Add the onion, season with salt, and cook, stirring occasionally, until tender and starting to caramelize, 3 to 5 minutes. Add the lemongrass paste, tomato paste, and as much Marash chile as you like and cook, stirring occasionally, until fragrant, 2 to 3 minutes. Meanwhile, rinse the chickpeas.
2. **Finish the soup.** Rinse the chickpeas. To the pot with the onion, stir in the tomatoes, chickpeas, and 3½ cups (5 cups) water and bring to a boil, then reduce to a simmer. Cook, stirring occasionally, until the chickpeas are tender and the soup has thickened, 10 to 12 minutes. Remove from the heat and season to taste with salt and pepper. When the soup is almost done, prepare the garnishes.
3. **Prep the garnishes.** Cut the lime into wedges. Trim the root ends from the scallions; thinly slice the scallions on the diagonal. Coarsely chop the cilantro.
4. **Serve.** Transfer the soup to individual bowls. Dollop with the yogurt and garnish with the scallions and cilantro. Serve with the lime wedges.

Rustic Tomato Vegetable Soup

Submitted by Jim and Melinda Moir, online at [Rustic Tomato Vegetable Soup | Lexi's Clean Kitchen \(lexiscleankitchen.com\)](http://lexiscleankitchen.com)

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 3 carrots, finely diced
- 2 celery stalks, finely diced
- 1–½ teaspoons fine sea salt
- ½ teaspoon ground black pepper
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Pinch of red pepper flakes (optional)
- ¼ cup tomato paste
- 1 (28 oz.) can organic diced tomatoes
- 3 cups chicken or vegetable stock, more as needed
- 2 cups diced green beans (about 1" pieces)
- 1 large russet potato, peeled and diced
- 2 cups diced cauliflower florets
- 1 (15 ounce) can kidney beans, drained (optional)
- Big handful of baby spinach
- Parmesan cheese, to garnish (optional)



Directions

1. Heat oil over medium heat in a dutch oven. Once hot, add onion and garlic, and cook for 3 minutes, until beginning to soften.
2. Add in carrots and celery, let cook over medium heat for 8-10 minutes, until soft and fragrant, stirring occasionally.
3. Add in salt, pepper, oregano, basil, garlic powder, onion powder, red pepper flakes, tomato paste and diced tomatoes and cook for 1-2 minutes, until fragrant.
4. Add in broth. Bring to a boil then reduce heat. Add in green beans, potato, cauliflower, and kidney beans and let simmer for 25 minutes, or until the vegetables are cooked through.
5. Add in spinach and let simmer until cooked through. Add in more broth for desired soup consistency.
6. Taste and adjust seasoning. Serve warm with a sprinkle of parmesan cheese, if desired.

Layered Vegetarian Moroccan Bisteeya - 6 Servings

Submitted by Katharine and Randy Seelye

Wild Rice Filling Ingredients

¾ cup wild rice
1 ½ cup water
3 plum tomatoes – halved & seeded
2 portobello or 5 shitaki mushrooms
Salt & pepper
1 tablespoon olive oil
1 medium sweet onion
Pinch cinnamon
1 teaspoon garam masala
1/8 cup golden raisins (or dried cranberries)
1/8 cup dried apricots - chopped
flatleaf parsley
2 eggs – beaten

Wild Rice Filling Directions

1. Preheat oven to 350 degrees.
2. In medium saucepan add water and rice, bring to boil, cover and cook low for 30 minutes.
3. Grease baking sheet. Arrange tomatoes cut side down and mushrooms stemmed side down. Season with salt and pepper. Brush with lemon olive oil. Bake 30 minutes. When cool: peel tomatoes and thinly slice mushrooms.
4. Heat olive oil in medium skillet. Cook onions over low heat 20 minutes until soft and lightly browned. Add cinnamon, garam masala, stir, then add cooked rice, raisins and apricots.
5. Stir in beaten eggs.

Chickpea Filling Ingredients

1 can chickpeas (garbanzo beans)
1 tablespoon olive oil
1/2 medium onion
Clove garlic
1 teaspoon grated ginger
¼ teaspoon ground coriander
¼ teaspoon cumin
¼ teaspoon allspice
1/8 teaspoon chipotle chili powder
¼ cup vegetable broth
½ cup coconut milk
¼ cup frozen peas (or edamame)
¼ cup golden raisins

¼ cup dried apricots - chopped
¼ cup prunes – chopped
1 ½ tablespoons fresh cilantro
½ tablespoon salt
1 tablespoon lemon juice & zest
1/2 teaspoon salt

Chickpea Filling Directions

1. Mash ½ can chickpeas.
2. Heat oil in skillet. Cook onion 5 minutes. Stir in garlic and ginger; cook 1 minute. Stir in coriander, cumin, allspice and chili powder. Add vegetable broth.
3. Add mashed chickpeas, coconut milk, peas, raisins, apricots and prunes. Simmer 5 minutes.
4. Remove from heat. Stir in remaining chickpeas, cilantro, lemon juice and zest, salt and pepper. Cool.

Bisteeya Pie Assembly

Ingredients

Phyllo dough package
4 tablespoons melted butter
1/4 cup almonds – slivered

Directions

1. Pre-heat oven to 400 degrees. Grease 11" pie pan.
2. Place one sheet of phyllo in the pan and brush with melted butter. Repeat for 3 more sheets. Cut phyllo layers to outside of pie rim.
3. Add rice mixture layer. Lay baked tomatoes and sliced mushrooms on top, then parsley.
4. Place 4 more sheets, buttering between each one.
5. Add chickpea mixture on top. Then cut parsley.
5. Place 4 more sheets, buttering between each one. Cut phyllo layers to outside of pie rim and fold all phyllo layers to create pie edge. Top with slivered almonds.
6. Bake for 40 minutes.

Layered Vegetarian Moroccan Bisteeya (Continued)



Spicy Fall Pumpkin Stew

Submitted by Katharine and Randy Seelye, see [Spicy Fall Stew Baked in a Pumpkin Recipe \(vegetariantimes.com\)](http://vegetariantimes.com).

You don't need a magic spell to turn a pumpkin into the edible serving dish for this satisfying autumn recipe. If you can't find a large pumpkin or squash, bake this stew in two smaller ones.

Ingredients

- 1 medium onion, diced (1 cup)
- 2 Tbs. olive oil, divided
- 1 red bell pepper, cut into 1-inch dice
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. chili powder, preferably New Mexican
- 1 tsp. ground cumin
- 1/2 tsp. dried oregano
- 1/2 lb. tomatillos, husked and quartered (1 1/2 cups)
- 1 15-oz. can hominy, rinsed and drained
- 3/4 tsp. salt
- 1 3- to 4-lb. pumpkin, either sugar pie, cheese, red kuri, kabocha, or buttercup squash
- 2 oz. grated sharp Cheddar cheese (1/2 cup packed)



Directions

1. Preheat oven to 350°F. Heat 1 Tbs. oil in pot over medium heat. Add onion, bell pepper, and garlic. Sauté 7 minutes, or until softened. Stir in chili powder, cumin, and oregano, and cook 3 minutes more, or until spices darken.
2. Add tomatillos, hominy, 1/2 cup water, and salt. Cover, and bring to a boil. Reduce heat to medium-low, and simmer, partially covered, 10 to 12 minutes, or until tomatillos are softened. Uncover, and cook 5 minutes more to thicken stew, if necessary.
1. Meanwhile, cut top of pumpkin around stem to make lid. Scoop out pumpkin seeds and strings. Rub inside of pumpkin with remaining 1 Tbs. oil, and sprinkle generously with salt. Sprinkle cheese in bottom of pumpkin.
2. Fill pumpkin with stew, then top with pumpkin lid. Place on parchment-covered baking sheet and bake 1 1/2 to 2 hours, or until pumpkin flesh is fork-tender. Remove from oven; let stand 5 minutes.
3. Scoop stew, including pumpkin, into bowls and serve hot, topped with Poblano-Cucumber Salsa.

Wild Mushroom Ravioli with Sun-Dried Pesto & Arrabbiata Sauce

Submitted by Katharine and Randy Seelye

Ingredients

1 1/2 to 2 cups zucchini noodles
1/2 red bell pepper, diced
(optional: 1 cup chopped cauliflower, butternut squash noodles or other)
1/2 lemon juice
1/2 lemon zest
2 cloves garlic
3+ Tablespoons lemon olive oil
Rosemary sea salt & Pepper
1/2 jar sun-dried tomato pesto sauce
1/2 jar arrabbiata Italian pasta sauce
(optional: fresh thyme or basil, 1/2 cup diced Plant-based Chipotle Chik'n or Benevolent Bacon)
1/2 box wild mushroom ravioli
1/2 -3/4 cup shaved parmesan cheese
Garlic cheese bread (optional)



Directions

1. Pre-heat oven to 375 degrees. Mix lemon olive oil, lemon juice & zest, garlic, salt & pepper. Stir in zucchini noodles, red bell pepper and any optional vegetables. Pour vegetable mixture thinly onto a greased cookie sheet. Bake for 20 minutes +/-.
2. Cook ravioli per directions.
3. In a large sauce pan or skillet, heat both sauces optional herbs and condiments. Stir in baked vegetables.
4. Arrange ravioli on plates, add sauce on top and then shaved parmesan cheese. Serve with optional garlic cheese bread.



Ken's Asian Noodle Salad

Submitted by Ken Petro

Ingredients

2 (3oz.) pkg. ramen noodles
1 cup blanched almonds
2 tbs sesame seeds
½ cup melted butter
1 hd Napa cabbage sliced
1 bunch green onions chopped
¾ cup vegetable oil
½ cup sliced almonds
½ cup white sugar
¼ cup vinegar



Directions

1. On low heat in a small skillet, brown ramen, almonds & sesame seeds in melted butter, then cool.
2. In small saucepan bring oil, sugar & vinegar to boil for one minute, then cool.
3. In large bowl add all ingredients together & serve.

Chinese “Chicken-less” Salad

Submitted by Marilyn Lira, Lieutenant Governor, 2022-23, Rotary Club of Santa Rosa East/West

I developed this vegan and gluten-free recipe when I was the food manager of the Girl Scout Day Camp held in Windsor. If you need the recipe for 200 servings, just let me know!

Makes 8 to 10 servings.

Salad Mix

1 pound coleslaw mix
8 ounces snow or snap peas, halved
2 green onions, chopped
½ red bell pepper, diced
¼ cup pineapple tidbits
¼ cup mandarin oranges

Toss all together.

Dressing

½ cup olive oil
¼ cup rice vinegar
¼ cup tamari sauce
1 tablespoon ketchup (Heinz ketchup is gluten-free)
1 tablespoon sugar
1 tablespoon honey
½ teaspoon dried basil
½ teaspoon five-spice powder
½ teaspoon dry mustard

Shake all dressing ingredients together and add about half of the dressing to the salad mix to moisten.

Garnishes: Sliced almonds and/or sesame seeds

Add more dressing to taste or serve the extra dressing on the side. Garnish with sliced almonds and/or sesame seeds.

Note: If you would like to add chicken, add 1 pound boneless, skinned chicken breast, cooked and diced, then mixed with hoisin sauce and a little water. Add soy sauce to taste if desired. These additions will make the recipe non-vegan and add gluten to it.

Potato Leek Soup

Submitted by Mary and Peter Banks

Ingredients

- 2 T olive oil
- 3 medium leeks, quartered, diced and rinsed to remove sand
- 5 medium potatoes, peeled and diced
- Hot Italian *Beyond Sausages*
- ½ T *Better Than Bouillon* Vegetable Base
- Sprig of basil, chopped
- Sprig of thyme, chopped
- 4 cups oat milk or *Pacific Foods* Oat Milk Soup

Directions

1. Boil prepared potatoes until tender.
2. While potatoes are boiling, heat olive oil in large pan.
3. Slice sausages lengthwise, then lengthwise again, then cut into ½” pieces.
4. Add leeks, sausage, basil and thyme to oil and cook until leeks are tender and sausages are firm, stirring occasionally.
5. Add milk and heat, stirring continually, until soup is desired temperature.

Makes 4 servings.



Meatballs in Plum Sauce

Submitted by Mary and Peter Banks

Ingredients

- 4 medium plums
- 1 T sugar
- 2 T olive oil
- 4 cloves garlic, diced
- 2 stalks celery, diced
- ½ medium onion, diced
- 1 medium zucchini, diced
- 1 package Beyond Meatballs
- 2 T soy sauce



Directions

1. Remove pit from plums, cut into quarters, place in saucepan with sugar and cook until stewed.
2. Heat olive oil in large pan.
3. Add garlic, celery, onion, zucchini and meatballs
4. Cook until meatballs are brown on all sides and celery is tender, stirring occasionally.
5. Stir soy sauce into stewed plums, then add to meatballs. Heat thoroughly.

Makes 2 servings.

Curried Sweet Potato Salad

Submitted by Peter Hoberg, see also [Curried Sweet Potato Salad Recipe \(pbfingers.com\)](http://pbfingers.com).

Ingredients

2 pounds sweet potatoes, peeled and cut into cubes
¼ large red onion, diced
¾ teaspoon curry (You may want to start with ½ teaspoon and increase to taste. We love a strong curry flavor!)
1/2 cup + 2 tablespoons light mayonnaise (For a healthier dish, you can try using plain Greek yogurt.)
1 tablespoon brown sugar
2 tablespoons fresh cilantro, chopped (or 2 teaspoons dried cilantro)
3 tablespoons chopped walnuts
3 tablespoons dried cranberries



Directions

1. Place sweet potatoes in a large pot and cover with cold water. Cover with a lid, bring to a boil and cook until tender, about 12 – 15 minutes.
2. Drain sweet potatoes and place in the refrigerator for approximately 30 minutes, until slightly cool.
3. Stir together remaining ingredients until evenly mixed.
4. Pour curry mayonnaise mixture on top of sweet potatoes and toss to completely coat the sweet potatoes.
5. Refrigerate until curried sweet potatoes are cold and enjoy.



Brett's Brussel Sprouts

Submitted by Rich Randolph

Ingredients

- 4 cups Brussel sprouts
- ¼ cup olive oil or spray
- Tony Chacheres seasoned salt (or no salt version), or other of your choice
- Quart mixing bowl
- 9" x 13" Baking pan or dish. Be kind to dishwashers and line with parchment paper.

Directions

1. Quarter sprouts for bite size convenience and flavor saturation.
2. Transfer sprouts into mixing bowl, drizzle olive oil and sprinkle seasoning salt. Gently toss to coat and absorb oil and seasoning. Let stand 3-5 minutes (while you rehydrate your thirst). Turn on oven to 350F. Set timer to 5 minutes so as not to forget or become distracted.
3. When timer alerts you, transfer sprouts to baking dish/pan.
4. Sprinkle again with seasoning.
5. Set into oven.
6. Reset timer for 3 minutes.

Have a hot pad ready to remove dish when timer sounds.

Get ready for ooohs and ahs.

Mike's San Antonio Salsa

Submitted by Rich Randolph

This is a scalable recipe: Adjust as needed. Makes two cups as listed.

Ingredients

2 large ears of corn, shucked, cooked
1 cup favorite red salsa
1 cup canned black beans, rinsed
1 sliced garlic clove or smidgen* of garlic salt
Corn chips, veggie chips, vegetables
Beverages of choice

Directions

1. Cut off kernels of 2 ears of cooked corn into a bowl. Set aside.
2. Set aside 1 cup of black beans.
3. Set aside one cup of your favorite salsa.
4. In a frying pan mildly heat corn in light olive oil.
5. Season lightly with garlic salt or 1 clove finely chopped garlic.
6. Transfer into serving dish.
7. Combine beans with salsa and corn; stir gently to blend.
8. Serve with favorite corn, veggie chips, or vegetables and beverages of choice, sharing with friends or friends- soon -to- be!

*AKA pinch or two ;-)

Rich's Kale Chip Nips

Submitted by Rich Randolph

These light and crispy nips can be a new twist to wholesome snacking. They are best enjoyed several hours after cooking, even up to 3 days which enhances crispiness ~ not to be confused with stale kale;-)

Ingredients

5 large leaves of fresh kale

3 tablespoons of olive oil

Tony Chacheres NO SALT seasoning or your choice

Directions

1. Rinse and pat leaves dry with a paper towel. (Use later to wipe up spills)
2. Brush both sides of leaves with olive oil.
3. Slice along center stalk and remove (it is bitter).
4. Sprinkle both sides of leaf with seasoning.
5. Slice remaining leaf halves into approximately 2" square pieces.
6. Place on a paper towel on a dinner plate.
7. Put in microwave and cook on high for 2 ½ minutes.
8. Have a large platter ready to hold the chips ~ the 5 leaves will yield enough for 3-5 people.
9. The pieces come out quite limp ~ don't despair: They firm up within a of couple hours and keep crunchy for several days.

GAZPACHO ANDALUZ

Submitted by Rob Sanville

Andalucia, a southern province of Spain, is famous for its cold summer soup – Gazpacho. Serve in an open soup bowl for dinner or a crystal goblet for a gala affair.

Ingredients

¾ cup olive oil
½ cup tarragon vinegar
1 tsp salt
1 tsp cumin
2-3 cloves garlic, crushed
10-12 fresh tomatoes, peeled (Or 2 large cans whole tomatoes)
2 large cucumbers (3 medium)
1 large green pepper

Directions

1. Peel cucumbers and clean green pepper, cut into small chunks.
2. In a blender, liquify garlic, oil, vinegar, salt and cumin.
3. Then add alternately, tomatoes, cucumbers and green pepper.
4. (A thickening of a slice of French bread soaked in ½ cup water optional)
5. This will be done in several batches, pour each blenderful into large container.
6. Stir well and adjust vinegar and salt. It should taste quite vinegary.
7. Finally, pass mixture through blender on liquify to blend smooth! Chill.

GARNISH:

Diced green pepper, cucumbers, tomatoes, onions and breadcrumbs. We love diced white nectarine or peach as topping too.

Serve chilled with garnish served separately or sprinkled on top.



From Jeanine Manning Lively and Betsy Sanville

Belgian Onion Soup

Submitted by Shauna and Dave Lorenzen

Several years ago, Shauna developed an issue being able to digest beef products without getting extremely sick in the process. Adjusting our diet to not include beef was not too difficult, but there were just some dishes that seemed forever lost in the process. One of those was French Onion Soup, one of Shauna's winter favorites. Recently we found a great substitute to use for the beef broth in French Onion Soup, Chimay Blue Belgian Dark Ale, locally available at World Market. So now, we affectionately refer to it as Belgian Onion Soup. Serves four

Ingredients

- 2 tablespoons butter
- 2 tablespoons of extra virgin olive oil
- 5 large onions, halved and sliced thin
- 6 cloves of garlic, minced
- 4 shallots, sliced thin
- 750 milliliters Chimay Blue
- 4 cups vegetable stock
- 4 bay leaves
- 6 sprigs of thyme
- 1/2 teaspoon ground white pepper
- 4 slices sourdough bread for garnish
- 1/2 pound Gruyère cheese for garnish
- Sea salt to taste



Directions

1. Heat a wide pot or cast-iron on medium heat. Add the butter and let it blister.
2. Add the onion and cook uncovered. Let them sit for about four minutes and then stir. Repeat until the onions have all begun to brown, at least twenty minutes.
3. Add the olive oil, garlic, and shallots and stir in the same fashion as before, once every five minutes, until the garlic and shallots have caramelized.
4. Add 2 1/2 cups of the beer and crank the heat to just shy of high. Let the beer boil off until there is half as much beer volume as onion volume.
5. Add the stock, bay leaves, thyme leaves, and white pepper. Cook until the liquid has reduced by about two finger widths. Taste the soup and add salt to adjust. Cook for at least an additional twenty minutes before garnishing. In an ideal world, you would let the soup sit a day before serving it. (Just be sure to reheat it.)
6. Take a slice of sourdough and cut it to fit your bowl or cup. Set atop the soup and cover with several slices of Gruyère. Broil until brown and serve hot, topped with extra thyme.

Falafel & Tzatziki Dinner

Submitted by Steve and Kathleen Amend

Ingredients

Falafel Mix
Pita pocket bread
Sesame Tahini-one half cup
Red Onion-one half medium sized
Red Cabbage-two cups shredded
Cucumber-2-3 medium sized peeled and chopped to bite size
Plain Yogurt 5oz (small tub)
Garlic-2-3 cloves minced
Dill-two tablespoons fresh or dry
Olive oil-one cup
Tomatoes-2 thinly sliced long ways
Lime or lemon juice
Salt to taste



Preparation

1. Prepare Falafel patties per package instructions. Fry in olive oil and set aside on paper towels
2. In medium mixing bowl add $\frac{1}{2}$ cup Sesame Tahini-add 2-3 tablespoons of olive oil-1 minced garlic clove-thin with one cup warm water (or more if necessary) until consistency of pancake batter.
3. Dice red onion and add to the 2 cups of shredded cabbage. Add juice from $\frac{1}{2}$ lime or lemon, a splash of rice vinegar, salt to taste. Mix and set aside to macerate
4. In a large mixing bowl add chopped cucumbers, yogurt, dill, 2 minced garlic cloves, salt to taste. Mix & set aside to macerate
5. Cut tomatoes in half and thinly slice them



Assembling

1. Heat oven to 250 degrees. Cut full Pita bread in half, exposing the pocket and heat in the oven for 5 minutes. Remove from oven.
2. Open pocket, add one tablespoon of Tahini to the bottom of the pocket; place Falafel patties in the pocket leaving about $\frac{1}{2}$ inch below top; add another tablespoon of Tahini sauce on top of patties; add tomato slices and top with red cabbage mix, salt to taste.
3. On the side serve the Tzatziki Cucumbers with the Falafels. Enjoy!!

Note: We use organic, home-grown ingredients when possible. Add more or less garlic and lemon or lime juice as desired. To make Vegan, substitute Coconut yogurt for regular yogurt.

East West Cafe

Submitted by Steve Zwick



My recipe is lunch or dinner at East West Cafe on Summerfield. Some of the best veggie food in Santa Rosa. 😊

Asian Cucumber Salad

Submitted by Penny Millar

Ingredients

¾ cup seasoned rice vinegar
¼ cup water
1 Tbsp sugar
1 Tbsp minced garlic
1 Tbsp lite soy sauce
1 tsp sesame oil
½ tsp ground pepper
2 large cucumbers, peeled and sliced
2 Tbsp toasted sesame seeds

Directions

Combine first seven ingredients in a large bowl. Add sliced cucumber, stir until all coated. Cover and chill for 1 hour. Add sesame seeds and serve immediately.

Serves 6.

Corn, Tomato and Cilantro Salad

Submitted by Penny Millar

Ingredients

2 ears fresh corn, husked
1 pint cherry tomatoes, cut in half
½ red onion, diced
1/3 cup cilantro, chopped
Juice of ½ lemon
1 Tbsp red wine vinegar
2 Tbsp olive oil
Salt and pepper to taste

Directions

Mix together and serve alone or on a bed of lettuce.

Potato and Mushroom Delight

Submitted by Penny Millar

From *Diet for a Small Planet*, 1971

Frances Moore Lappé

Have ready

3 medium potatoes, cooked and sliced

2-3 hard-boiled eggs, sliced

Ingredients

2 Tbsp butter

¼ to ½ lbs fresh mushrooms, sliced

2 Tbsp flour

1 cup whole milk or buttermilk (can use ½ for extra richness)

Worcestershire sauce to taste

1 cup cheese, grated (cheddar and/or others you like)

1 tsp salt

1 tsp pepper

Chili pepper flakes, optional

Toasted sesame seeds

Directions

1. Sauté the butter and mushrooms for 5 minutes. Add flour and stir until all lumps are gone. Add milk and stir until thickened. Stir in Worcestershire sauce, cheese, salt, pepper and chili pepper flakes.
2. Layer in greased casserole, starting with potatoes, then eggs, then cheese sauce. Repeat. Sprinkle sesame seeds on top.
3. Bake at 350 degrees for 20 minutes.

Serves 4-6.

Pasta with Garlicky Spinach and Buttered Pistachios

Submitted by Paul O'rear

Ingredients

12 oz pasta, such as rigatoni
4 Tbsp unsalted butter
½ cup roasted, salted pistachios (or almonds or other nuts you prefer)
4 cloves garlic
2 Tbsp capers
½ tsp pepper flakes, adjust to taste
½ cup marinated artichoke hearts
12 oz spinach or Swiss chard
Salt and pepper to taste
Parmesan or Romano cheese, grated



Directions

1. Cook pasta according to package instructions until al dente.
2. While the pasta is cooking, melt the butter in a large skillet over medium heat. Add pistachios, garlic, capers, and pepper flakes. Cook about 1 minute.
3. Add spinach to skillet, one handful at a time. Season with salt and pepper. Stir until wilted, about 1-2 minutes. Add artichoke hearts and stir.
4. Use a slotted spoon and add pasta to the skillet along with ½ cup of the pasta water. Stir until combined and liquid reduces, about 2-3 minutes.
5. Season with salt and pepper if needed. Top with grated cheese.

Serves 4

Thai Peanut Sauce

Submitted by Penny Millar

Ingredients

½ cup peanut butter
2 Tbsp soy sauce
2 Tbsp maple or agave syrup
2 Tbsp lime juice
1 Tbsp toasted sesame oil
1-2 tsp chili garlic sauce
¼ cup warm water

Directions

1. Add all ingredients to a blender and puree. If needed, add water to make a smooth, pourable sauce.
2. Adjust salt, sweet, sour and heat levels to suit your taste.

Can be made 3 days ahead of time and stored in the refrigerator.

This sauce goes well with sautéed vegetables and tofu over rice.

Marinated and Grilled Portobello Mushrooms

Submitted by Penny Millar

Ingredients

2 large Portobello mushrooms
1/3 cup olive oil
2 Tbsp unsalted butter, melted
¼ tsp red pepper flakes
2 tsp minced garlic
¼ cup white wine
1 tsp lemon zest

Directions

1. Clean mushrooms and lay with gills up in a shallow baking pan.
2. In a bowl, combine olive oil, butter, pepper flakes, garlic, wine and lemon zest. Whisk to combine and pour over mushrooms.
3. Marinate at room temperature for 20 minutes, turning once.
4. Pat mushrooms dry and grill slowly for about 20 minutes, then flip over and grill for about 5-10 minutes more.

This can also be cooked in the oven. Put baking pan, with mushrooms and marinade, in the oven at 350 degrees for 30 minutes. Flip over once.

Roasted Vegetables

Submitted by Penny Millar

Ingredients

Your favorite vegetables, see examples in list below.

Directions

1. Chop almost any vegetable into large, uniform pieces. You can use broccoli, asparagus, bell peppers, poblano peppers, zucchini, cauliflower or onion. Carrots and potatoes are denser so cut those in smaller pieces, or leave out. Pick the veggies you like.
2. Put vegetables in a bowl. Drizzle olive oil over all and stir to coat.
3. Sprinkle garlic powder, onion powder, salt and pepper, and cayenne pepper to taste. Add fresh thyme or rosemary if available. Stir to combine.
4. Pour veggies on to a baking sheet with sides, or a large glass casserole dish. Spread out.
5. Place in 350 degree oven for 15-20 minutes. Stir them once during the cooking. Check for doneness and add time if needed.
6. If you want to add cheese, top veggies with grated Romano and bake another few minutes.

French 75 Cocktail

Submitted by Marty Behr

Very refreshing in the hot summer days. Can be made with or without alcohol (gin).

Ingredients

-- per serving -- double to enjoy with another

1 ounce gin (optional)

1/2 ounce lemon juice, freshly squeezed

1/2 ounce simple syrup (water and sugar boiled and cooled)

3 ounces sparkling wine

Garnish: lemon twist



Directions

1. Add the gin, lemon juice and simple syrup to a shaker with ice and shake until well-chilled
2. Strain into a champagne flute
3. Top with the sparkling wine
4. Garnish with lemon twist
5. Go out on the deck, sit with another, sip and relax

Spicy Mushroom and Onion Quesadillas

Submitted by Jennifer Adams, from Blue Apron

Ingredients

4- Flour Tortillas
4oz. Mushrooms
1 Zucchini
1 Lime
1 Sweet or Yellow Onion
2 tsp of Chipotle Paste
4 oz. Shredded Monterey Jack Cheese
2 tbsps of Grated Cotija Cheese
1/2 oz. of Pickled Peppadew Peppers
1/4 Cup Sour Cream

Directions

Wash and dry the fresh produce. Quarter the **zucchini** lengthwise then cut crosswise into 1-inch pieces. Thinly slice **mushrooms**. Halve, peel, and thinly slice the **onion**. Roughly chop the **peppers**. Using a zester or the small side of a box grater, finely grate the **lime** to get 2 teaspoons. Quarter the lime. In bowl, combine the **sour cream**, **lime zest**, and **the juice of 2 lime wedges**. Taste, then season with salt and pepper if desired.

Cook the Zucchini. In a large pan (nonstick if you have one), heat a drizzle of **extra light olive oil** on medium-high until hot. Add the **zucchini pieces** in an even layer; season with salt and pepper. Cook without stirring, 4-5 minutes, or until browned. Continue to cook, stirring occasionally, 1-2 minutes, or until softened. Transfer to a large bowl and cover with foil to keep warm. Wipe pan.

Cook the Mushrooms and Onion. In the same pan, heat a drizzle of **olive oil** on medium-high until hot. Add the **sliced mushrooms** and **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 5-6 minutes, or until lightly browned and slightly softened. Add **2 tablespoons of water** (carefully as the liquid may splatter and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the water has cooked off. Turn off the heat. Taste. Salt and pepper to taste.

Assemble & Cook the Quesadillas. Place the tortillas on a work surface. Top one half of each tortilla with the **Monterey jack** and **cooked mushrooms and onion**. Fold the tortillas in half over the filling. Rinse and wipe out the pan used to cook vegetables. Working in batches if necessary, in the same pan, heat a drizzle of **olive oil** on medium until hot. Add the **quesadillas**. Cook 2 to 4 minutes per side, or until golden brown and the cheese is melted. Transfer to a cutting board and immediately season with salt. Carefully halve each cooked quesadilla.

Finish the zucchini & serve your dish. To the bowl of **cooked zucchini**, add the **chopped peppers**, **the juice of the remaining lime wedges**, and **half the cotija**. Stir to combine. Taste, then season with salt and pepper if desired. Served the **cooked quesadillas** with the **finished zucchini** and **lime sour cream**. Top the quesadillas with the **remaining cotija**. Enjoy!



Baked Spinach & Artichoke Casserole

Submitted by Max Childs

Ready in 50 Minutes, Serves 8, Yields 1 Casserole

Ingredients

- 2 (10 oz) packages frozen spinach, chopped.
- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ cup onion chopped
- (14 oz) can artichoke hearts chopped
- (16 oz) sour cream
- $\frac{1}{2}$ cup parmesan cheese, grated and divided
- Salt
- Garlic Salt (optional)
- Pepper

Directions

1. Preheat oven to 350.
2. Cook & Drain spinach to package directions. Set aside.
3. In a hot skillet, sauté onions in melted butter until tender and clear
4. Add spinach and stir until well incorporated. Remove from heat.
5. Add chopped artichoke hearts, sour cream, $\frac{1}{4}$ cup parmesan, salt and pepper (to taste).
6. Spoon mixture into 1 $\frac{1}{2}$ Quart prepared casserole dish.
7. Top with remaining parmesan.
8. Bake 25-30 minutes at 350 until bubbly.



Good Old Fashioned Oatmeal

Submitted by Dicksie Tamanaha, see also [How To Cook Oats - Traditional, Instant, Steel Cut | Quaker Oats](#)

I have this vegetarian meal every morning. I often flavor it with honey and milk. Then I have my (mostly) vegan breakfast with cranberry juice.



Ingredients

1 Serving

- 1/2 cup oats
- 1 Cup water or milk
- Dash of salt (optional; for low sodium diets, omit salt)

Directions

1. Boil water or milk and salt.
2. Stir in oats.
3. Cook about 5 minutes over medium heat; stir occasionally.



Asparagus Spears

Submitted by Dicksie Tamanaha, see also [Sautéed Asparagus Recipe | Allrecipes](#)

Ingredients

- 1 bunch fresh asparagus, trimmed
- 2 tablespoons extra-virgin olive oil
- ¼ cup water
- ½ teaspoon salt
- ½ teaspoon pepper
- Shredded cheese (optional)



Directions

1. Drizzle olive oil into a large skillet over medium-high heat. Once oil is hot, add asparagus spears; cover and cook for 5 minutes, stirring occasionally.
2. Add water and cover to steam asparagus and keep it from drying out. Continue cooking for another 5 minutes or until asparagus is tender. Season with salt and pepper.

Best Veggie Burgers

Submitted by Warren Smith

Servings: 12 BURGERS; Prep time: 15 MINUTES; Cook time: 10 MINUTES

Ingredients

- ¼ cup Ground flaxseeds and water (1/2 cup), this helps keep the burger from falling apart.
- 3 Cups Cooked Black beans – You could also use a different bean, such as kidney, chickpea or pinto.
- 1 Cup Ground/chopped fine cashews – Omit if needed, but they add a lot of texture.
- 1 ½ cups Cooked Quinoa
- ½ cup Fresh chopped parsley
- 1 ½ cups Shredded carrots
- 1/3 cup Chopped green onions
- ½ -1 cup Almond flour
- 2 Tbs Smoked paprika
- 1 Tbs Chili powder
- 1-2 Tbs Salt

Directions

1. Mash the black beans in a large bowl, leaving a few beans whole. Now add the ground flaxseeds and all the other ingredients to the bowl, and mix well with a large spoon.
2. Shape into patties about 3/4 inches thick.
3. They should keep their shape quite well at this point, but of course still handle them gently, as they are more fragile than beef patties.
4. Pan fry, bake or grill them!

Easy Omelette Cups

Submitted by Stacy Drucker Andress, see also <file:///C:/Users/peter/Dropbox/PC/Downloads/easy-omelette-cups.html>

Ingredients for 12 cups

- 36 tater tots, thawed
- 8 eggs
- 3 tablespoons milk
- salt, to taste
- pepper, to taste
- your favorite omelette filling, of your choice



Directions

1. In a bowl, whisk together the eggs, milk, salt, and pepper.
2. Push 3 tater tots in each cup of a non-stick muffin tin.
3. Bake at 425°F (220°C) for 10 minutes. Remove from oven.
4. Place your favorite omelette fillings in each muffin tin on top of the tater tots.
5. Pour egg mixture into each muffin tin.
6. Bake at 350°F (177°C) for 20 minutes, or until fully cooked!
7. Enjoy!

Baked Feta Pasta

Submitted by Mark Campbell

Yield: 4 to 6 servings; Active Time: 20 minutes; Total Time: 45 minutes Fun fact: This recipe became a sensation when it went 'viral' on Tik Tok video.

INGREDIENTS

- 2 pints (20 ounces) cherry tomatoes
- ½ cup extra virgin olive oil
- Kosher salt and freshly ground black pepper
- One 8 ounce block feta cheese, drained
- 10 ounces mezze rigatoni
- garlic clove, finely grated
- ¼ cup fresh basil leaves, thinly sliced
- Flaky sea salt, for serving

DIRECTIONS

Preheat the oven to 400 degrees F

1. Toss the cherry tomatoes and olive oil with ¼ teaspoon of salt and several grinds of black pepper in a medium bowl until combined. Pour into a 2 ½ to 3 quart baking dish. Place the feta in the center of the tomatoes, then season with a pinch of black pepper. Bake until the tomatoes have burst, and the feta has softened, about 30 minutes. Increase the heat to 450 degrees F, then continue to cook until the tomatoes and feta are golden brown, 10 to 15 minutes more.
2. Meanwhile, bring a large pot of generously salted water to a boil over high heat. Add the pasta and cook until al dente, about 13 minutes. Reserve ½ cup of cooking water, then drain well.
3. Right as the tomatoes and feta come out of the oven, stir in the garlic. Use the back of a spoon to smash the tomatoes and feta into a smooth and creamy sauce (it is okay if some of the oil isn't fully integrated and combined). Toss in the pasta and half of the basil until evenly coated. Add some pasta water, a couple tablespoons at a time, if the sauce becomes too thick. Taste and adjust the seasoning with salt and pepper. Top with the remaining basil and a pinch of flaky sea salt for serving.

Adjustments and add ins: Substitute 1 pint of tomatoes for two chopped bell peppers. For umami, add cooked/chopped vegetarian sausage or bacon after smashing the tomatoes. For a bit of extra 'crunch', add some lightly toasted pine nuts as a topping.



Literary and Jocular Society Frittata

Submitted by Merle Hayes

Recipe from Marilyn Podesta friend of Merle Hayes

Ingredients

- 1 tbsp olive oil
- 2 tbsp butter
- 1/3 lb fresh mushrooms (any type)
- 4 large eggs
- ½ cup mayo (I used light)
- ½ cup milk (I used regular evap. Milk; canned milk is richer and binds together better)
- 2 tbsp all-purpose flour (or gluten free flour)
- 3-4 minced shallots or 2 green onions, stems and all
- 2-14 oz cans artichoke hearts (I used the whole hearts in water from Trader Joe's...DO NOT USE FROZEN ONES)
- 3/4 teaspoon Herbes de Provence or other dried herbs such as tarragon, dill, or marjoram
- 1 cup shredded regular swiss cheese
- 1 cup low fat jack cheese or regular jack shredded



Directions

1. Grease 10 in. glass/ceramic pie plate with olive oil.
2. In a medium skillet over medium heat, melt butter and saute sliced mushrooms.
3. Slice whole artichoke hearts sideways and place cut side down in dish (right out of can) It will take both cans in a 9 or 10 pie plate
4. Sprinkle cooked mushrooms on top of hearts. Sprinkle with the herbs and put cheese that has been mixed together evenly on top of the artichoke/mushrooms
(At this point, you can cover the whole thing with foil and refrigerate until ready to take out and bake. It can be made up to 2 days in advance).
5. When ready to bake, take out of refrigerator an hour or so before hand; mix the milk, eggs and mayonnaise well in a blender or by mixer in a bowl. Blend in flour.
6. Add shallots/green onions. Pour over the veg./cheese mixture. (You can add fresh parsley on top of this, just for color.)
7. Bake at 350 degrees until top is firm about 45 min or more if necessary. The liquid should be absorbed. It may take a little longer as ovens vary.
8. Let set 10-15 mins. And serve hot (This microwaves or reheats very well on succeeding days).

Best Fresh Peach Pie

Submitted by Merle Hayes

Ingredients

- 9 or 10 inch pie pan with your favorite pre baked shell (I prefer 10 in. glass because it is deeper)
- 1 quart sliced fresh ripe peaches (This is about 6-8 medium peaches; may be white or yellow but must be ready to eat.)
- Yellow seems to hold up better)
- 1 cup sugar
- 3 TBS corn starch
- 1TBS fresh lemon juice
- 1 TBS Butter
- Pinch of salt
- Half pint of whipping cream



Directions

1. Remove 1 cup of peaches and place in a small pan with the water. Cook about 4 mins till peaches begin to break down and soften. (You may use a fork to break apart). Mix corn starch with the sugar and add to the water and peaches. Continue to cook until thick and clear. Add butter, salt and lemon juice and mix until butter melts. Set aside and add peaches to the pie crust. You may need to add a few peaches or take out some depending on size of pie plate.
2. Pour warm peach/sugar glaze over the fresh peaches and seal to the pie crust.
3. **Refrigerate.** If desired garnish with sliced toasted almonds on top and fresh whipped cream piped to top of the pie.

This pie can be made one day ahead and be served the next day. I have served it the day I made it and the next day. Will keep in the refrigerator well 1 day but generally there are no leftovers.

Wild Rice Salad

Submitted by Eloise Tweeten

Serves 4-6.

Ingredients

- 2/3 cup wild rice
- ½ cup white rice
- ½ cup chopped green onion
- 2 stalks celery, sliced diagonally
- ½ lb. snow peas, stringed and cut into 1" pieces
- ½ cup currants
- 1 can (8 oz.) sliced water chestnuts
- ¾ cup toasted cashews

Directions

Cook wild rice and white rice separately, according to packages. Cool and combine with remaining ingredients. Whisk dressing ingredients until smooth and toss well with salad.

Dressing ingredients

- ½ cup mayonnaise
- 2 tbsp. soy sauce
- 1 tsp. minced garlic
- 1 tsp. finely grated lemon rind
- 1 tsp. finely grated orange rind
- 2 tbsp. lemon juice
- 2 tbsp. orange juice
- 2 dashes hot pepper sauce

Japanese cabbage pancake

Submitted by Eloise Tweeten, see [Japanese Cabbage Pancake Recipe | Real Simple](#)

Ingredients

- 3 scallions
- 4 cups shredded green cabbage (from small head)
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon grated fresh ginger
- 4 large eggs, lightly beaten
- 2 tablespoons tamari, divided
- 2 tablespoons canola oil
- $\frac{1}{4}$ cup mayonnaise
- 1 teaspoon sriracha
- $\frac{1}{4}$ cup ketchup
- 1 tablespoon Worcestershire sauce

Directions

1. Slice scallions, separating white and green parts. Stir together cabbage, sliced white scallion, flour, ginger, eggs, and 1 tablespoon tamari in a large bowl until well combined.
2. Heat oil in a large nonstick skillet over medium. Add cabbage mixture; press to flatten and cover bottom of pan. Cover and cook until bottom is golden, about 8 minutes. Carefully flip pancake; cook, uncovered, until bottom is golden, about 5 minutes. Transfer to a serving platter.
3. Mix mayonnaise, sriracha, and 2 teaspoons water in a small bowl. Stir together ketchup, Worcestershire, and remaining 1 tablespoon tamari in a separate small bowl. Drizzle sauces over pancake and sprinkle with sliced green scallion.



Del's 20-Minute Chili

Submitted by Mary Banks and Del Raby

Ingredients

- 1 tbsp Ground Ancho Chili Pepper
- 1 tbsp Chili Powder
- 1 tbsp Cumin
- 3 tbsp Sweet Honey Mustard
- 2 tbsp olive oil
- 4 cloves garlic, diced
- ½ medium onion, diced
- 1 15 oz. can Vegetarian Black Beans
- 1 14.5 oz. can diced tomatoes
- 1 6 oz. can tomato paste
- 1 12 oz. package Impossible Burger
- Optional: Shredded Vegan Cheese & Cherry Tomatoes

Directions

1. Heat olive oil and garlic in large pan.
2. Add onion and burger. Stirring occasionally, cook until burger is crumbly, and onion is translucent.
3. Stir in tomato paste, ancho chili pepper, chili powder, cumin, and sweet honey mustard.
4. Gradually stir in black beans and diced tomatoes.
5. Heat to desired temperature.
6. Garnish with cheese and tomatoes, if desired.

Makes 4 servings

Vegan Casserole ala Blanca

Submitted by Del Raby

Ingredients

- 2 yellow squash
- 2 cups asparagus
- ½ large red onion
- 1 ½ cup shredded vegan mozzarella cheese (violife)
- ½ cup vegan Mayo (veganaise)
- ¼ cup breadcrumbs
- 1 teaspoon extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- 1/8 teaspoon black pepper

Directions

1. Chop all veggies and mix in a bowl. Add ALL Ingredients into same bowl with chopped veggies.
2. Add mixture into an 8x8 baking dish.
3. Sprinkle more cheese and breadcrumbs on top.
4. Bake at 350* for about 25-30 minutes
5. Garnish with green onions and ENJOY!!!

Brussels Sprout and Kale Slaw with Herbs and Peanuts

Submitted by Penny Millar, see [Brussels Sprouts and Kale Slaw with Herbs and Peanuts | The Splendid Table](#)

Note: Make sure to tell your guests that this dish contains peanuts — as peanut allergies can be life-threatening.

"One reason people don't like Thanksgiving is their badly cooked Brussels sprouts," says Kimball. "So we're actually gonna take a pound of Brussels sprouts and shred them into, essentially, very thin pieces."

Ingredients

- 1/3 cup cider vinegar
- 3 tablespoons sugar
- 1/2 teaspoon ground coriander
- 2 tablespoons extra-virgin olive oil
- 1 pound Brussels sprouts, trimmed, halved and sliced very thinly ("You could probably also shred it with a food processor," says Kimball.)
- 8 ounces Tuscan kale, stemmed and sliced into 1/4-inch strips
- 1/4 cup dry-roasted, salted peanuts, roughly chopped
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped fresh mint
- Lime juice
- Salt and pepper



Directions

1. Whisk vinegar, sugar, coriander, 1/2 teaspoon salt and 1/4 teaspoon pepper together in a large bowl. Whisking constantly, drizzle in oil. Add Brussels sprouts and toss to combine. Cover and let sit at room temperature for at least 30 minutes and up to 2 hours.
2. Vigorously squeeze and massage kale with hands until leaves are uniformly darkened and slightly wilted, about 1 minute. Add kale, peanuts, cilantro and mint to bowl with Brussels sprouts and toss to combine. Season with salt and lime juice to taste and serve.

Breakfast Strata Lorraine

Submitted by Penny Millar, see [Breakfast Strata Lorraine | Williams Sonoma \(williams-sonoma.com\)](http://williams-sonoma.com/recipes/breakfast-strata-lorraine)

Ingredients

- 2 Tbs. olive oil
- 1 yellow onion, sliced
- Kosher salt, to taste, plus 1 tsp.
- Freshly ground pepper, to taste
- 1 lb. (500 g) spinach
- 1 1/2-lb. (750-g) loaf sweet batard, crusts removed, bread cut into 1-inch (2.5-cm) squares and toasted until dry (about 9 cups)
- 6 oz. (185 g) Gruyère cheese, grated
- 10 eggs
- 2 1/2 cups (20 fl. oz./625 ml) half-and-half



Directions

1. In a large sauté pan over medium heat, warm 1 Tbs. of the olive oil. Add the onion, season with salt and pepper and cook, stirring occasionally, until caramelized, about 15 minutes. Transfer to a bowl.
2. In the same pan over medium heat, warm 1/2 Tbs. of the olive oil. Add half of the spinach, season with salt and pepper and cook, stirring, until wilted, 2 to 3 minutes. Transfer to a colander. Repeat with the remaining 1/2 Tbs. olive oil and spinach. Using a rubber spatula, press out the excess moisture.
3. In a large bowl, toss together the bread cubes, the caramelized onion, spinach, and cheese. Transfer to a 4-quart (4-l) baking dish. In a bowl, beat together the eggs, half-and-half, the 1 tsp. salt and pepper, to taste. Pour over the bread mixture. Cover with plastic wrap and refrigerate for at least 2 hours or up to 16 hours.
4. Preheat an oven to 350°F (180°C).
5. Remove the plastic wrap from the baking dish and cover with a lid or aluminum foil. Bake for 20 minutes. Uncover and continue baking until the top is browned and the strata is cooked through, 40 to 50 minutes more.

Serves 12.

Spicy bean salsa recipe from Mary Pforsich

Submitted by Dan Needham, Sebastopol Sunrise

Ingredients

- 1(15-oz.) can black beans, rinsed and drained
- 1 package of frozen corn (or 1 15-oz. can whole kernel corn, drained)
- 1 (15-oz.) can black-eyed peas, drained
- 3 chopped green onions, using onions and green stems
- 1 (14.5 oz.) can diced tomatoes with jalapeno peppers or green chilies, drained
- ½ cup chopped green bell pepper
- 2-3 garlic cloves, chopped
- Juice of 1 lime
- A little cumin
- Fresh cilantro, chopped
- ½ cup Italian-style salad dressing
- 1 avocado, added just before serving

Directions

In a medium bowl, combine all ingredients, except avocado, mix well. Cover and refrigerate overnight to blend flavours. When ready to serve, add chopped avocado.

Lentil / carrot salad with mustard vinaigrette-Rancho Gordo

Submitted by Dan Needham, Sebastopol Sunrise, see [Lentil and Carrot Salad with Mustard Vinaigrette – Rancho Gordo](#).

Lentils cook very quickly so you don't have to make a huge batch and then figure out what to do with them. Unsoaked, they cook in about 20 minutes! That's hard to beat.

Obviously, they thrive in hot dishes like soups and stews, but a favorite winter salad has been a very French salad of green lentils, grated carrots, and a strong Dijon mustard vinaigrette. The carrots are meaty and substantial, the lentils creamy and indulgent, and the vinaigrette is rich and assertive. Best of all, there's no lettuce to wash! Serves 2 to 4.

Ingredients

- 2 garlic cloves, minced
- ½ yellow onion, finely chopped
- 1 teaspoon Dijon mustard (or to taste)
- 3 tablespoons white wine vinegar or Champagne vinegar (or to taste)
- ½ cup olive oil
- Salt and pepper to taste
- 2 to 4 carrots, peeled then grated (about 2 cups grated)
- 1 cup cooked Rancho Gordo [French-Style Green Lentils](#) or [Black Caviar Lentils](#)
- 1 cup chopped fresh parsley



Directions

1. In a small bowl, combine the garlic, onion, mustard, and vinegar. Slowly whisk in the olive oil to make a vinaigrette. Season to taste with salt and pepper.
2. Place the grated carrots in a serving bowl. Add your desired amount of vinaigrette and toss to coat. (You may have some leftover vinaigrette.) Add the lentils and parsley and toss gently. Taste and adjust the seasonings before serving.