

Recipes for a Fall Garden – August 27, 2016

Easy Vegetable Stir-Fry

1 Tbsp. olive oil, coconut oil, butter, or water
1 small or medium onion, chopped
1-2 cloves garlic or ¼-½ tsp. garlic powder
Handful of mushrooms, chopped (shitake or maitake are also nice)
4 -6 cups of chopped vegetables (cabbage, broccoli, carrots, bell pepper, zucchini, sugar snap peas, eggplant, spinach are all great choices)
Splash of tamari or soy sauce (or to taste)

Sauté onion, garlic and carrots for five minutes. Add other chopped vegetables and stir-fry until crisp-tender. Then add spinach and sauté just until spinach mixes in well. Can be served with wild rice, brown rice or with eggs. Any leftovers can be blended and heated as a pureed soup.

Cheese Sauce/Dip (Dairy Free) - Adapted from “Food-Healing Cooking with Qi” by Jeff Primack

1-¼ cup almonds
3 Tbsp. lemon juice
¼ cup red bell pepper
½ tsp. smoked paprika
¼-1/2 tsp salt
1/8 tsp. cayenne pepper

Place all ingredients into blender and blend slowly at first, then on high speed. Add water for a thinner consistency. I started with a couple of tbsp. and added until desired consistency was reached. Wonderful on crackers or as a veggie dip!

Vegan Caesar Salad – Adapted from Peoples Food Co-op

1 head romaine lettuce, chopped into bite size pieces
½ - ¾ cup croutons (optional)
1 tsp. each tahini, miso, and tamari (a low-sodium soy sauce)
¼ - ½ tsp. garlic powder
1 Tbsp. lemon juice
¼-1/3 cup olive oil
1 tsp. black pepper

3 Tbsp. hemp seeds
1 Tbsp. nutritional yeast

Blend garlic, tahini, miso, tamari, and black pepper. Add olive oil while blending. Add to the romaine lettuce and toss.

Grind the hempseeds and nutritional yeast together until you get a coarse grind. Add croutons and sprinkle hempseeds/nutritional yeast blend over the top of the salad. Can also use the salad dressing as a dip for veggies. Enjoy!