

Recipes
from
Veggie Fest
2010

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Visit the food demonstration page on veggiefestchicagoland.org for more information.

Sourdough Bread Crostini With Roasted Carrot Hummus

Serves 6

Ingredients:

- * 3 slices Manna Organics Sunny Sourdough bread
- * organic extra virgin olive oil
- * Sea salt
- * 4 large organic whole carrots, peeled
- * 2 to 3 cloves organic fresh garlic, or 3 tablespoons of minced garlic in jar
- * 1 tablespoon Julienne cut sundried tomatoes in extra virgin olive oil
- * Juice of 1 organic lime

Crostini:

Cut Manna bread slice in quarters. Brush with organic extra virgin olive oil, sprinkle a little sea salt and toast in oven, 425°F for 10 to 15 minutes or use cast iron skillet on oven, and turn frequently.

Hummus:

Brush peeled carrots with olive oil, sprinkle a little salt on them. Roast in oven on baking tray for at 425°F for about 40 minutes. Let cool, then cut in pieces and put in food processor. Add 2 to 3 chopped garlic cloves, or 3 tablespoons of minced garlic.

Add sundried tomatoes, lime juice and chop in food processor for a few seconds. Do not over process.

Add 1 tablespoon of hummus on each bread square.

Appetizers Made Simple from Manna Organics.

www.mannaorganicbakery.com

Asparagus rolls

Ingredients:

- * veggie deli bologna or turkey slices
- * eggless mayonnaise (Vegenaise/Nayonnaise)
- * 1 jar or can of asparagus (long)
- * herb seasoning (Veg-All, Spike etc.)
- * cracked pepper

Thinly spread mayonnaise on one side of the veggie slices. Add one piece of asparagus. Sprinkle herb seasoning and fresh cracked pepper. Roll up and stick a tooth pick in to hold in place.



Appetizers Made Simple from Manna Organics.

www.mannaorganicbakery.com

GLORIOUS GREENS With Gluten-free Pasta

This meal can be prepared using one large pot. It's easy to make and quick to clean up. We describe a basic recipe along with two options.

- * 1 lb. pasta (corn, rice, or soy)
- * ½ cup olive oil
- * ½ bulb of garlic, sliced in thin slivers
- * 1 large bag of arugula or spinach (washed)
- * juice from 1 lemon
- * Parmigianino, Romano, or Asiago cheese (optional)

Basic recipe:

First cook the pasta. Bring ½ pot of water to boil. Use plenty of water, particularly for rice pasta as it can be starchy. Add pasta and reduce the heat slightly to a gentle boil. Stir to keep the pasta separated and from sticking to the bottom of the pot. Do not over cook. Drain and wash thoroughly with cold water. Turn the heat down to medium low.

Rinse the pot and put it back on the stove. Add the garlic. After the heat of the stove has dried any leftover water on the button of the pot, cover the garlic in olive oil. Cook until the garlic starts to turn golden (do not over cook). Add the greens and the cooked pasta on top of the greens. Sprinkle with lemon juice and a small amount of water to keep the mixture moist. Cover pot and cook for 1 to 2 minutes (more time for mature greens, less time for baby greens) to wilt the greens and warm the pasta. Remove from heat. Mix greens, pasta, and garlic/olive oil mixture.

Serve with a wedge of lemon. Add salt and crushed black pepper to taste. For protein, embellish with thick shavings of Parmigiano, Romano, or Asiago cheese.

Voila, a complete meal in one pot. *(See optional preparations on next page.)*

Glorious Greens *continued from previous page.*

Option 1:

An option for baby greens is not to cook them at all. Instead, finely chop the greens (like confetti), place a generous helping in each individual serving bowl, sprinkle with vinegar or lemon juice and toss, and letting the acid “cook” the greens. To serve place a portion of the cooked pasta with garlic/olive oil mixture on top of the greens.

Option 2:

Add cherry or grape tomatoes that have been cut in half for color and flavor. Cook for a minute in garlic/olive oil before adding the greens and pasta to soften the tomatoes.



Mark and Eileen Carlotto

Cucumber Gazpacho

Makes 6 to 8 servings

This is a cool, refreshing way to make use of the cucumber bounty in the summer, enhanced with olive oil, fresh lime juice, soy yogurt, and miso. Process the soup in two batches in a food processor, or all in a Vitamix.

Process in a food processor or blender until smooth and creamy:

- * 2½ pounds Kirby cucumbers, peeled, seeded and coarsely chopped (5½ cups)
- * 1 clove garlic
- * ¼ cup fresh lime juice
- * 2 cups soy yogurt
- * 3 tablespoons olive oil
- * 3 tablespoons sweet white miso or ½ tablespoon salt
- * freshly ground black pepper to taste

Chill the soup and prepare toppings:

- * ½ pound firm regular tofu, in very small cubes, or grated
- * one tomato, sliced
- * chopped fresh basil or cilantro

Float a slice of tomato on the top of each bowl of chilled gazpacho topped with two tablespoons of tofu cubes and a good sprinkling of cilantro or fresh basil.

Alternatively, prepare a tomato-basil pesto as a topping alternated with the cubed tofu.

From the *25th Anniversary Edition of Tofu Cooker* by Louise Hagler

www.louisehagler.com

GREEN CURRY Salad

Makes 4 servings

With its bright tastes and crunchy textures, this salad is a crowd-pleaser. Just beware: it has to be eaten right away, so whatever you do, don't add the dressing until just before you're ready to serve it. If watercress isn't available, substitute with Chinese cabbage, mustard greens, Tuscan kale, tat soi, mizuna, baby bok choy, or any combination of these.

- * 1½ cups thinly sliced green or savoy cabbage
- * 1 bunch watercress
- * 8 ounces mung bean sprouts
- * 3 stalks celery, thinly sliced on a diagonal
- * 1 carrot, grated
- * 1 lime
- * ½ cup packed fresh basil leaves
- * 5 tablespoons brown rice vinegar
- * 4 tablespoons flax oil
- * 4 cloves peeled garlic
- * 1 tablespoon Thai green curry paste
- * 1 teaspoon sea salt
- * ½ cup toasted cashews, lightly crushed

Combine the cabbage, watercress, bean sprouts, celery, and carrot in a large bowl. Carefully peel the zest from the lime with a vegetable peeler as thinly as possible and put it in a blender. Squeeze the lime juice into the blender. Add the basil, vinegar, oil, garlic, curry paste, and salt. Process for about 1 minute, or until smooth. Pour over the vegetables in the bowl. Toss thoroughly. Divide among 4 plates. Top with the cashews. Serve at once.



Speed Vegan by Alan Roettinger — www.alanroettinger.com

Chocolate Pots de Crème

Makes 4 servings

Where there's a will, there's a way. I never would have imagined that I could get the creamy texture of a classic pot de crème without the cream and egg yolks, but here (voilà!) it is. You're welcome. The basil and pepper add an ethereal flavor to this dish that most people won't be able to put their finger on but will still know is there. I like the idea of delighting their palate and messing with their heads with the same gesture. It's fun.

- * 1 can (14 ounces) coconut milk
- * 5 ounces bittersweet chocolate, coarsely chopped
- * ½ cup fresh basil leaves, coarsely torn
- * 2 tablespoons agave nectar
- * 1 teaspoon finely grated orange zest
- * ½ teaspoon vanilla extract, preferably Tahitian
- * ¼ teaspoon crushed Javanese comet's tail peppercorns or black peppercorns

Put the coconut milk in a small pot over medium-high heat and bring to a simmer. Put the chocolate in a blender and pour the hot coconut milk over it. Add the basil, agave nectar, orange zest, vanilla extract, and peppercorns. Process on high until the chocolate is thoroughly melted and the mixture is smooth. Strain through a fine-mesh sieve.

Divide among 4 small cups. Cover and refrigerate until set, about 3 hours.



Speed Vegan by Alan Roettinger — www.alanroettinger.com

Healthy Vegetarian Kids 2010

"Kids-potle!"

The next 7 recipes on the following pages come from the Healthy Vegetarian Kids 2010 group.

Cooked Black Beans

Ingredients:

- * 1 cup dry black beans
- * $\frac{3}{4}$ teaspoon salt

Preparation:

1. Spread black beans on a tray and remove any debris or small stones. Place beans into a bowl, and wash several times to clean. Cover beans with water, 2 inches higher than the beans. Cover bowl. Leave beans to soak for 8 hours or more, or overnight.
2. Use a 4 quart pot. Place beans and soak water into pot. Add approximately $\frac{1}{2}$ cup to 1 cup of water, so that there is ample water for cooking. Cook on high heat. If using a regular pot, cover the pot and cook, stirring frequently, until the beans have softened (about 20 to 30 minutes). Add water if necessary during cooking. Do not overcook. Beans should be moist, retain their shape and should not be "mushy".
3. Add salt after cooking. Let cook for 2 to 3 more minutes to let the salt flavor soak in.

Refried Pinto Beans

Ingredients:

- * 1 cup dry pinto beans
- * 1 plum tomato, diced (½ cup)
- * 1 teaspoon jalapeno pepper, diced
- * 2 cloves garlic, minced
- * 2 to 3 tablespoons olive oil
- * salt, to taste (approx 1 teaspoon)
- * ¼ teaspoon cumin powder
- * ⅛ teaspoon ground black pepper

Preparation:

1. Spread pinto beans on a tray and remove any debris or small stones. Place beans into a bowl, and wash several times to clean. Cover beans with water, 2 inches higher than the beans. Cover bowl. Leave beans to soak for 8 hours or more, or overnight.
2. Use a 4 quart pot or pressure cooker. Place beans and soak water into pot or pressure cooker. Add diced tomato. Add approximately ½ cup to 1 cup of water, so that there is ample water for cooking. Cook on high heat. If using pressure cooker, let whistle blow 6 to 7 times. When complete, turn heat off, and let stand until pressure has leaked, then open. If using a regular pot, cover the pot and cook, stirring frequently, until the beans have softened enough to be mashed (about 20 to 30 minutes). Add water if necessary during cooking.
3. Mash the softened, cooked beans with a potato masher. Turn heat back on to low. Let beans continue cooking to evaporate excess water. Stir occasionally.
4. In a small frying pan, place olive oil, garlic and jalapeno pepper. On low-medium heat, roast garlic and peppers.
5. After roasting, add roasted garlic and peppers with oil to the pinto beans. Add the salt, pepper and cumin. Let the flavor cook in for 15 minutes.

Cilantro Rice Pilaf

Ingredients:

- * 1 cup white long-grained basmati rice
- * ½ cup cilantro, chopped
- * 2 tablespoon olive oil

Preparation:

1. Place rice into a rice cooker. Wash several times until clean and drain water.
2. Add 1½ cups of water to the rice. Cook. (Should be ready in 20 to 30 minutes.)
3. In a separate serving bowl, place olive oil and chopped cilantro. Add cooked rice and mix.

Pico de Gallo

Ingredients:

- * 1 cup onion, chopped finely
- * 1 cup cilantro, chopped
- * 2 cups tomato, chopped
- * 1 tablespoon jalapeno, chopped finely
- * 1 teaspoon salt
- * ½ lime

Preparation:

1. Place onion, chopped cilantro, chopped jalapeno pepper, chopped tomato, and sea salt into a food processor. Squeeze lime on top. Mix. (If you do not have a food processor, you can use a medium sized bowl mix everything together, but make sure to chop all ingredients very finely.)
2. After the ingredients have mixed well, remove from food processor and place in a serving bowl.

Guacamole

Ingredients:

- * 4 small ripe avocados (2 cups), peeled
- * 1 plum tomato (or ½ cup), diced small
- * 2 tablespoon cilantro, chopped finely
- * ¾ lime
- * 2 teaspoon jalapeno pepper, chopped finely
- * 1 teaspoon sea salt
- * ½ cup red onion, diced small
- * 1 clove garlic (or 1 teaspoon), chopped finely

Preparation:

1. Place avocados, diced tomato, chopped cilantro, chopped jalapeno pepper, and sea salt into a food processor. Squeeze lime on top. Mix. (If you do not have a food processor, you can use a medium sized bowl and a potato masher to mash/mix.)
2. After the ingredients have mixed well, remove from food processor and place in a serving bowl. Mix in onions and garlic. (Make sure not to blend in onions and garlic in food processor.)

Chipotle Corn and Bell Pepper Salsa

Ingredients:

- * 1 cup cilantro, chopped finely
- * 1 cup onion, chopped finely
- * ¼ cup red bell pepper, chopped finely
- * ¼ cup orange bell pepper, chopped finely
- * 1 tsp jalapeno pepper, chopped finely
- * 1 teaspoon salt
- * ¼ teaspoon chipotle pepper powder
- * ½ lime
- * 1 cup sweet yellow corn kernels, thawed

Preparation:

1. Place onion, chopped cilantro, chopped red and orange bell peppers, chopped jalapeno pepper, sea salt, and chipotle pepper powder into a food processor. Squeeze lime on top. Mix. (If you do not have a food processor, you can use a medium sized bowl mix everything together, but make sure to chop all ingredients very finely.)
2. After the ingredients have mixed well, remove from food processor and place in a serving bowl. Add yellow corn kernels and mix.

Chipotle “fire” Sauce

Ingredients:

- * 1 large can plum tomatoes (28 ounces)
- * 6 small green chili peppers, roasted well in vegetable oil
- * 6 dry red chili peppers
- * 3 teaspoon red chili powder
- * 3 teaspoon cumin powder
- * 2 tablespoon minced onion
- * 3 tablespoon white wine vinegar
- * 2 teaspoon garlic powder
- * 2 teaspoon garlic salt
- * 1 teaspoon paprika
- * 1 teaspoon cayenne pepper powder
- * 1½ teaspoon chipotle pepper powder
- * 1 teaspoon cane sugar (crystallized)

Preparation:

1. Place all ingredients into a blender or food processor. Mix/blend together until pureed.
2. Place mixture into a saucepot. Cook on low/simmer for 15 to 20 minutes to cook the flavors in together. Stir occasionally to prevent from burning.
3. Sauce can be jarred and stored for use for a long time.

The previous 7 recipes are from the *Healthy Vegetarian Kids* group.

Jumble BERRY Upside-Down Cake

Yield: one 6-inch cake (8 servings)

An upside-down cake without the ordeal of baking? Yes, and beautiful too.

Ingredients

- * 1 cup fresh blueberries
- * ¾ cup fresh raspberries
- * ¾ cup sliced fresh strawberries
- * 1 tablespoon light agave syrup
- * 2½ cups Shortbread Crust (see below)

Place the berries and agave syrup in a medium mixing bowl and toss to combine. Let sit for 5 minutes.

Line a 6-inch cake pan with a parchment-paper round. Place half of the berries on the paper. Top with half of the Shortbread Crust, distributing it evenly. Press down with your hand to compact. Repeat with the remaining berries, and then cover with the remaining crust. Chill in the refrigerator for at least 30 minutes or up to 12 hours before serving.

To serve, run a knife around the edge of the pan to loosen the cake. Place a serving plate upside down on the cake pan. Invert, then lift the pan off. Remove the parchment round.

Covered with plastic wrap and stored in the refrigerator, Jumble Berry Upside-Down Cake will keep for 2 days.

From *Raw For Dessert* by Jennifer Cornbleet

www.LearnRawFood.com

SHORTBREAD CRUST

Yield: 2½ cups

Ingredients

- * 1 cup unsweetened shredded dried coconut
- * 1 cup raw walnuts (unsoaked)
- * ¼ teaspoon salt
- * 6 pitted medjool dates

Place the coconut, walnuts, and salt in a food processor fitted with the S blade. Process until finely ground. Add the dates and process until the mixture begins to stick together. Don't overprocess.

Stored in a sealed container, Shortbread Crust will keep for 1 month in the refrigerator or for 3 months in the freezer. The crust doesn't need to be thawed before using.

FOR PINEAPPLE UPSIDE-DOWN CAKE

Replace the light agave syrup with dark agave syrup or maple syrup. Replace the mixed berries with 2½ cups of thinly sliced pineapple. Serve with Avocado Crème Anglaise, Coconut Ice Cream, or Caramel Sauce (see *Raw For Dessert*, by Jennifer Cornbleet, for these recipes).



From *Raw For Dessert* by Jennifer Cornbleet

www.LearnRawFood.com

Hearty Summer Salad

Serves 6-8

Ingredients:

- * 1 head Romaine lettuce, shredded
- * 3 sheets Nori seaweed, folded into 3 parts then cut in 1/8 inch strips
- * 1/2 cup black olives
- * 1/2 cup sliced each mixed bell peppers: red, yellow, orange, green
- * 1 cup cauliflower, cut into 1/8 inch size pieces
- * 1 cup celery, chopped in 1/4 inch pieces
- * 1/2 cup sliced heirloom cherry tomatoes
- * 2 scallions, sliced into 1/4 inch pieces
- * 1/2 cup red cabbage, shredded
- * 1/2 cup pecans (optional)
- * 1/2 cup edible flowers (optional)
- * 1/4 cup of sweet potato, skin removed, shredded
- * 1/4 cup olive oil
- * 1 tablespoons kelp powder
- * 1 tablespoon Frontier seafood powder
- * 1 tablespoon dulse granules
- * 1 tablespoon minced garlic
- * 1 teaspoon Celtic salt (optional)

Preparation:

1. Wash all the vegetables with a safe fruit and vegetable rinse.
2. Combine all ingredients in a mixing bowl toss together with a dash of Love!



From *Create a Meal with a Salad* presented by Ray and Susan Glend

Raw Spinach Soup

Blend in blender:

- * 1 to 2 cups of water
- * 1 peeled cucumbers
- * 2 stalks celery
- * ½ avocado
- * bunch washed spinach
- * salt, garlic, ginger

Zucchini Noodles With Marinara Sauce

Blend approximately 2 cups of fresh tomatoes with fresh oregano, basil, ¼ onion and a bit of jalapeno.

Add salt, a splash of olive oil, and ½ cup dried tomatoes if desired to thicken.

Green Smoothie

Blend a handful of your favorite greens (spinach, parsley, kale are especially good) with bananas, mangoes, apples, oranges or any juicy fruit. Add water as necessary to blend.

Enjoy!



3 recipes above are from the *Rah Rah Raw* team.

INDIAN DELIGHTS

The following 4 recipes are from the Indian Delights team.

Bhel Puri

Papdi are baked tortillas. Sev is a vermicelli-like snack made from black gram flour and available at Indian stores.

Ingredients:

- * 2 boiled potatoes
- * 1 large onion
- * 1 large tomato
- * 3 cups puffed rice
- * half a bunch cilantro
- * 2 green chilies
- * tamarind chutney – to taste
- * mint-coriander chutney – to taste
- * handful papdi
- * 1 cup sev

Preparation:

Dice potatoes, onions, and tomatoes.

Mix the puffed rice, potatoes, onions, tomatoes, coriander and green chilies together in a large bowl.

Add the red (Tamarind) chutney and mint coriander chutney according to your own taste. Mix well; garnish with plenty of sev, papdi and chopped cilantro. Serve and eat immediately.

Cilantro Chutney

Ingredients:

- * 1 bunch cilantro
- * 1 small sized onion
- * 1 small sized green pepper
- * juice of 2 medium sized limes
- * salt and pepper – to taste

Preparation:

Wash and clean cilantro, remove the thick stems. Peel onion and cut in 3-4 pieces. Chop the green pepper.

In a blender mix cilantro, onion, and green pepper along with lime juice and puree it until the mixture is nice and smooth. (You may have to use some water for a nice consistency.) Add salt and black pepper according to your taste.

Use it as a dip, salad dressing or as a spread.

Cucumber Raita

Ingredients:

- * 1 seedless cucumber
- * a few leaves of cilantro
- * 16 oz low fat yogurt
- * 1 teaspoon roasted cumin powder
- * salt and pepper – to taste

Preparation:

Grate cucumber and finely chop cilantro leaves. Whisk yogurt and mix all ingredients together.

Refrigerate and cover for a couple of hours. Serve chilled.

Red Chutney

Note: Tamarind paste is available at Indian grocery stores.

Ingredients:

- * ¾ cup water
- * 1 teaspoon tamarind paste
- * ¾ cup cranberry jelly sauce
- * ¼ cup powdered sugar (white or brown)
- * ¼ teaspoon salt
- * ¼ teaspoon roasted cumin powder
- * ⅛ teaspoon cayenne pepper
- * ⅛ teaspoon black pepper

Preparation:

Place water in a sauce pan and dissolve tamarind paste in the water. Add cranberry jelly sauce to water and stir to mix. Place the saucepan on medium heat, let it come to boil. Stir occasionally.

Add sugar and stir. Turn the heat down to low. Let the sauce cook. Total cook time 7 to 10 minutes.

Turn heat off. Add salt, cumin powder, cayenne and black pepper. Let it cool (it will thicken a little). Use as a sweet dip for snacks.

Store in the refrigerator and use as needed.



The 4 recipes above are from the *Indian Delights* team.