

# Vegan "Tuna" Salad



## To sprout the almonds:

1 'rounded' cup raw organic almonds

Sea Salt

Fresh Water

Place the almonds in a glass or ceramic bowl and sprinkle them with a little sea salt. Pour in just enough fresh, cold water to cover the almonds (some will float). Cover with a clean tea towel and allow to soak overnight-at least 8 to 10 hours. They should be soft when ready with tiny sprouts starting to bud at the tips.

## To make the salad:

Soaked almonds, as above

2 Tbsp. coconut milk or pickle juice

"Squeeze" of fresh lemon juice

Cashew cream (recipe follows) or vegan mayonnaise, as needed

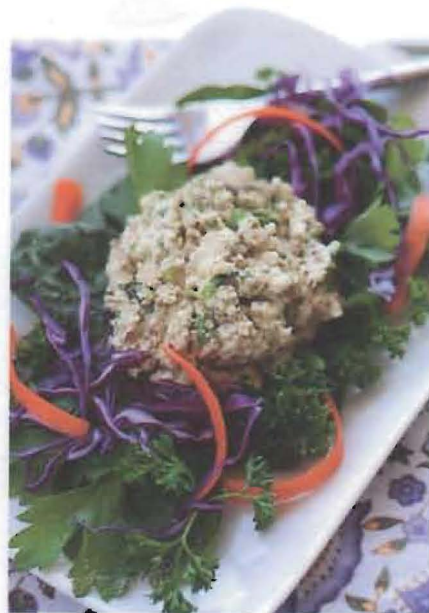
Pinch of sea salt and ground pepper, to taste

½ cup minced celery (add after processing to maintain "crunch")

Fresh minced herbs: dill, parsley

Dab of raw organic agave, to taste

1-2 tsp. minced red onion, if desired. (Stir in after processing)



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Dump the soaked almonds into a food processor bowl; cover and pulse until shredded. Add the liquids and pulse again.

Add the cashew cream or mayo, to your liking. Pulse again. You want it flaky.

Taste test for texture. Add more liquid if it needs moisture, to obtain the right consistency.

Season to your liking with fresh minced herbs and a dab of raw agave.

[From: [GlutenFreeGoddess.com](http://GlutenFreeGoddess.com)]

[Adapted from "GlutenFreeGoddess.com"]

# Cashew "Cream"

(for Vegan "Tuna" Salad and Pumpkin Pie recipes)



2 cups organic raw cashews

Fresh filtered water

Rinse the cashews in a colander and place them in a glass or ceramic bowl. Cover them with water. Cover the bowl with a clean tea towel and let them soak for 2 hours.

Drain the cashews and pour them into a blender (a powerful blender such as a 'Vitamix' is ideal)

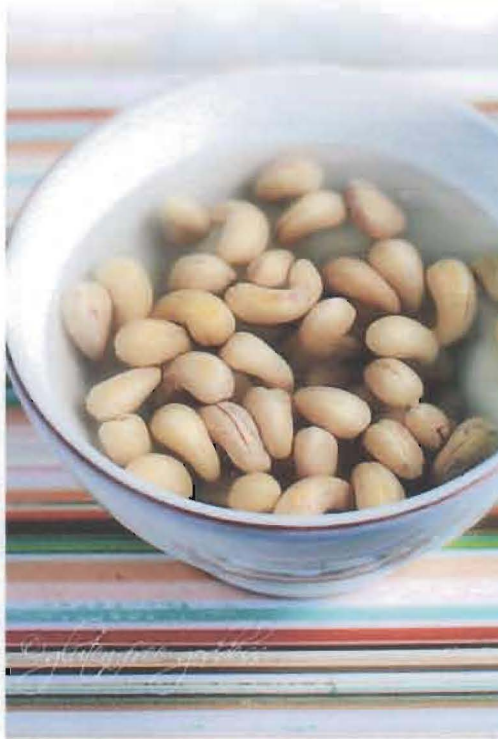
Add a small pinch of sea salt and a small splash of coconut milk (~2 Tbsp.)

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Process the cashews for a minute or two, or until they form a paste, adding a tiny bit of coconut milk, if necessary, to create a thick, rich cream. Don't thin too much (should be really thick for the pie filling). Use immediately, or store, covered, in the fridge until using.

Yields roughly two cups of cashew cream.

[Adapted from "GlutenFreeGoddess.com"]



# Hummus



1 (15 oz) can chick peas, drained

½ cup water

2 Tbsp. lemon juice

¼ cup Tahini [i.e. sesame butter, available in most grocery stores] (stir well before measuring)

½ tsp. sea salt (or to taste)

Optional: ½ cup pitted black olives or chopped, sun-dried tomatoes in olive oil; 2-3 cloves fresh garlic, minced or crushed before adding to food processor; chopped fresh parsley or basil; cayenne pepper; roasted red peppers, etc.

In food processor, process chick peas, water and lemon juice until almost smooth. Add tahini and salt; process again briefly.

Add optional ingredient(s) as desired, and “pulse” until well incorporated.

(You may also make this in a blender, or may mash in a flat-bottomed bowl with a potato masher for a somewhat less creamy hummus)/

[c/o “The Food Witch”]







## (Cauliflower) UnPotato Salad



1 Large head of cauliflower, cut into small chunks  
2 cups diced celery  
1 cup diced red onion  
1 cup mayonnaise  
¼ cup apple cider vinegar  
2 tsp. sea salt  
1 packet Truvia (optional)  
½ tsp. freshly ground black pepper  
2 tsp. turmeric (more as desired)  
6 hard-cooked egg whites, chopped

Steam the cauliflower until **just** tender. Rinse with cold water to stop cooking.

In a large bowl, combine cauliflower with the celery and onions.

Combine the mayonnaise, vinegar, salt, Truvia (if used), pepper and turmeric.

Pour the mixture over the vegetables, and mix well. Mix in the chopped egg whites, stirring lightly.

Chill and serve

[Adapted from [500 Low Carb Recipes](#), by Dana Carpender]

\*\*\*Tested-yummmmy!

# Endive & Chicory Salad with Grainy Mustard Dressing



Yield: 8 servings

½ garlic clove

½ tsp. Sea salt

1 Tbsp. coarse-grained mustard

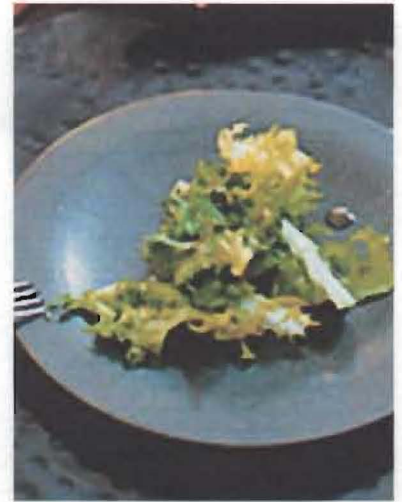
1 Tbsp. white wine vinegar

¼ tsp. black pepper

¼ cup extra-virgin olive oil

2 medium Belgian endives (10oz.), sliced crosswise ½" thick

½ lb. chicory (curly; 1 head), tough outer leaves discarded and remaining leaves torn into 2-inch pieces (about 9 cups)



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Mince garlic with a large, heavy knife, then mash to a paste with salt using flat side of knife.

Whisk together garlic paste, mustard, vinegar, and pepper, then add oil in a slow stream, whisking until emulsified.

Just before serving, toss greens with vinaigrette.

[Adapted from: "epicurious.com"]

# Wild Rice, Fruit & Pecan Stuffing



Yield: 8-10 servings

|   |   |
|---|---|
| 1-1/2 Tbsp. olive oil                   | 3/4 cup (3oz.) pecans                                   |
| 3 large celery stalks, finely chopped   | 1/2 cup dried cranberries                               |
| 1 cup finely chopped onion              | 1/4 cup (~3 oz.) dried apricots, coarsely chopped       |
| 1 garlic clove, thinly sliced           | 1/4 cup (~2-1/2 oz.) golden raisins                     |
| 1-1/2 cups wild rice                    | Freshly ground black pepper                             |
| 2 cups low-salt chicken or turkey broth | 1/2 cup (~4 oz.) fresh cranberries, thinly sliced       |
| 1 bay leaf                              | 1-1/2 cups thinly sliced small celery stalks            |
| 1 tsp. kosher salt plus more            | 1/2 celery leaves (from celery heart), coarsely chopped |

Heat oil in a large saucepan over medium heat. Add chopped celery and onion; cook, stirring occasionally, until softened and almost translucent, about 8 minutes. Stir in garlic; cook, stirring often, until fragrant, about 2 minutes. Add wild rice; stir for 1 minute. Add broth, bay leaf, 1 tsp. salt and 1-1/2 cups of water; increase heat and bring to a boil. Reduce heat to a medium-low, cover, and simmer for 30 minutes. Uncover, stir, and continue cooking, uncovered, stirring occasionally, until liquid is absorbed and rice is tender, 20-40 minutes.

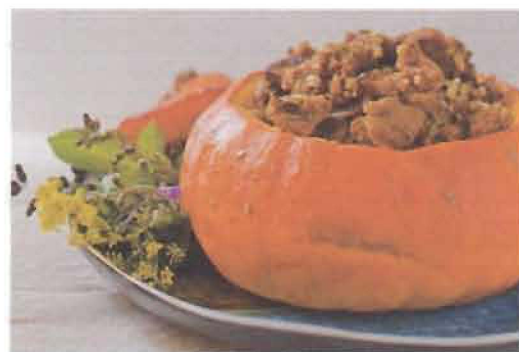
Meanwhile, preheat oven to 325. Spread out pecans on a rimmed baking sheet. Toast until fragrant, 5-7 minutes. Let cool; coarsely chop. **DO AHEAD: Can be made 1 day ahead. Store nuts airtight at room temperature. Let stuffing cool, then cover and chill. Re-warm over medium heat, adding water by tablespoonfuls if too dry, before continuing.**

Discard bay leaf. Stir in dried cranberries, apricot, and raisins. Let sit covered for 5 minutes.

Season rice to taste with salt and pepper. Fold pecans, sliced cranberries and sliced celery into mixture. Garnish with celery leaves.

If desired, serve in whole pumpkin "bowl" (instructions follow).

[From Bon Appétit, November 2011]





## Whole Pumpkin “Serving Bowl” for Wild Rice Stuffing



[A short, wide pumpkin is best for this, such as a “Fairy Tale” pumpkin]

Cut off and reserve a lid, as you would preparatory to carving a jack-o-lantern. Scoop out all of the seeds and fibers. Put an inch or two of water in a large pot. Place the pumpkin, cut side down, in the water, cap wedged in near it. Bring to a boil over high heat and let cool. When cool, remove from the pot. Since the pumpkin will be eaten with the stuffing, you may season the inside with salt, pepper and a little tamari, rubbing this into the exposed flesh after steaming.

To serve:

Preheat oven to 375. Spray a baking dish large enough to accommodate the pumpkin with cooking spray.

Stuff the dressing into the cavity of the prepared pumpkin, topping with the pumpkins cap. Place the stuffed pumpkin in the prepared dish. Place in preheated oven and bake until the pumpkin is slightly brown and looks a bit collapsed in on itself, about 40 minutes. Serve whole, at the table, scooping out a bit of the pumpkin with each serving.

[From: [Epicurious.com](http://Epicurious.com)]



# Cranberry Sauce



1 cup fresh orange juices (use organic oranges; remove zest before juicing)

1 tsp. minced fresh ginger

1 tsp. minced organic orange zest

¼ tsp. cinnamon

12oz. bag of fresh or frozen cranberries

½ cup crushed pineapple

½ cup honey

Bring orange juice, ginger, zest and cinnamon to a boil on high heat in a medium saucepan.

Rinse cranberries and add once liquid is boiling. Reduce heat to medium and cook uncovered for about 10 minutes.

Add crushed pineapple and honey. Remove from heat and cool.

**Yields 2 cups**

[From: The George Mateljan Foundation, 2011]





## Raw Fennel Salad



2 large bulbs fresh fennel (free of discoloration)

Olive Oil

Sea Salt

Freshly ground pepper

Cut off the top stalks and 1/4" of the root end of the fennel bulb.

(Save 2-3 Tbsp. of fronds from the stalks.)

Cut the bulbs lengthwise in half. Cut out the "core" at the root end. Cut each half in half again, lengthwise, then cut lengthwise into thin strips.

Toss the strips with olive oil (~2tsp. per bulb), sea salt and freshly ground pepper to taste.

Toss the reserved, lightly chopped fronds into the salad.

Serve chilled.

[This is a light and refreshing side dish to serve with a heavy meal!]



## Green Beans with Miso & Almonds



Yield: 10 servings

2-1/2 pounds fresh green beans

Kosher salt

¼ cup white miso (fermented soybean paste)

3 Tbsp. thinly sliced scallions, dark-green parts only, divided

3 Tbsp. unseasoned rice vinegar

2 Tbsp. Japanese prepared hot mustard (not wasabi), or 1 Tbsp. English mustard powder mixed with 1 Tbsp. water

2 Tbsp olive oil

1 Tbsp. sugar

¼ cup sliced almonds, toasted

[Ingredient info: Also known as shiro miso, white miso can be found in the refrigerated Asian foods section of better supermarkets (e.g. Whole Foods) and at natural foods stores and Japanese markets. Japanese hot mustard is sold in a small tube or tin; unlike wasabi, it is made with mustard seeds and processed with other seasonings. Look for English mustard powder, a hot mustard, at better supermarkets and at specialty food stores.]

Working in 3 batches, cook green beans in a large pot of boiling salted water until crisp-tender. Transfer to a large bowl of ice water to cool. Drain well. Trim beans; cut in half on a sharp diagonal.

**DO AHEAD: Can be made 8 hours ahead. Arrange cooked beans in batches in paper towels, roll into cylinders and transfer to plastic bags; seal and chill.**

Whisk miso, 2 Tbsp. scallions, vinegar, mustard, oil and sugar in a small bowl. Season dressing to taste with salt. Place green beans in large bowl. Pour dressing over; toss to coat. Garnish with almonds and remaining 1 Tbsp. scallions. Serve warm or at room temperature.

[From Bon Appétit, November 2011]



## Green Beans with Lemon & Pine Nuts



Yield: 8 servings

1-1/2 pounds green beans, trimmed and cut diagonally into 1/2 pieces

1/4 cup pine nuts, toasted

2 Tbsp. finely chopped fresh flat-leaf parsley

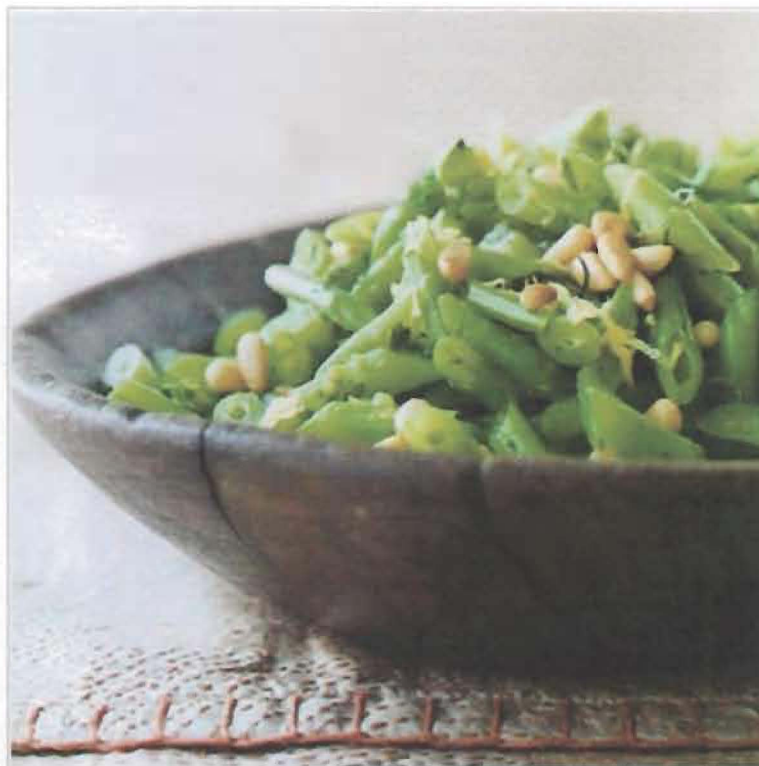
1-1/2 tsp. finely grated fresh organic lemon zest

4 tsp. extra-virgin olive oil

Cook beans in a 4-qt. saucepan of boiling salted water until just tender, about 5 minutes, then drain well in a colander. Transfer to a bowl and toss with nuts, parsley, zest, oil and salt and pepper to taste.

**Do Ahead:** Green beans can be cut 6 hours ahead and chilled, wrapped in dampened paper towels in a sealed plastic bag.

[From Gourmet, November 2005]





# Roasted Sweet-Potato Rounds with Garlic Oil and Fried Sage



Yield: 8 servings

For sweet potatoes:

3 large garlic cloves

¼ cup olive oil

2-1/2 pounds sweet potatoes, peeled and sliced into ½” thick rounds

For fried sage:

1/3 cup olive oil

24 sage leaves

## Roast sweet potatoes:

Preheat oven to 450 with rack in upper third

Puree garlic with oil and ¾ tsp. salt in a blender until smooth. Toss sweet potatoes with garlic oil in a large bowl, then spread in 1 layer in a 15x10 inch shallow baking pan.

Bake until golden in batches and cooked through, 20-30 minutes.

## To fry sage leaves:

Heat oil in a small, heavy skillet over medium-high heat until it shimmers, then fry sage leaves in 2 batches, stirring, until crisp, 30 seconds to 1 minute per batch. Transfer with a slotted spoon to paper towel to drain.

Serve sweet potatoes with sage leaves scattered on top.

[Note: Sweet potatoes can be cut and tossed with garlic oil 4 hours ahead and chilled in a sealable bag. Sage leaves can be fried 4 hours ahead and kept at room temperature.]

[From Gourmet, November 2008]



## Braised Fennel and Potatoes



Yield: makes 4 to 6 side-dish servings

1 large fennel bulb

1 large onion, halved lengthwise, then cut lengthwise into ¼" thick slices (2 cups)

¼ tsp. black pepper

1 tsp. salt

3 Tbsp. extra-virgin olive oil

1 lb. red boiling potatoes

½ cup water

Chop enough fennel fronds to measure 2 Tbsp., then cut off and discard stalks from bulb. Quarter bulb lengthwise and core, then cut lengthwise into ¼" thick slices.

Cook fennel, onion, pepper and ½ tsp. salt in oil in a 12-inch heavy skillet over moderate heat, covered, stirring occasionally, until onion is softened, about 5 minutes.

Meanwhile, cut potatoes crosswise into ¼" thick slices.

Add potatoes and remaining ½ tsp. salt to fennel mixture and cook, uncovered, stirring frequently, for 3 minutes. Add water and cook, covered, stirring once, until potatoes are tender, 10-12 minutes more. Stir in fennel fronds before serving.

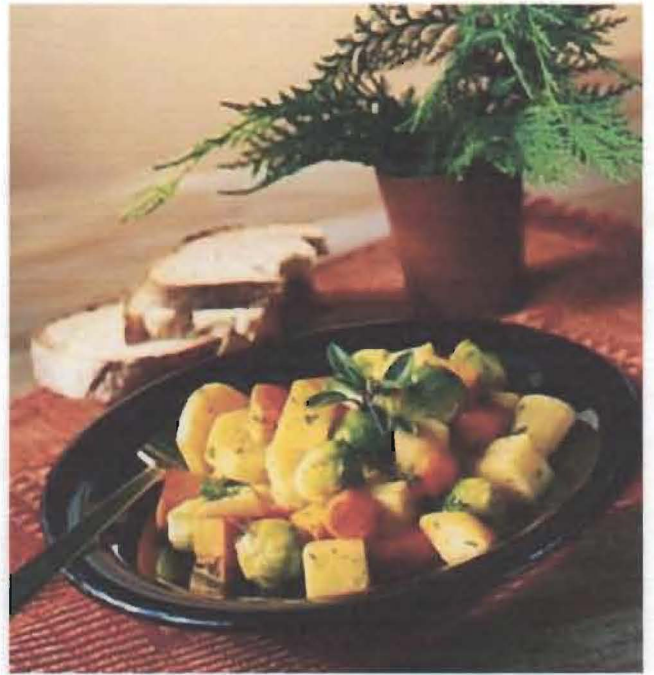
[From Gourmet, February 2006]



## Pan Roasted Winter Vegetables



- ½ lb. rutabagas, peeled and cut into pieces
- ½ lb. carrots, peeled and cut into pieces
- ½ lb. parsnips, peeled and cut into pieces
- ½ lb. Brussels sprouts, trimmed
- ½ lb. yams or sweet potatoes, peeled and cut into pieces
- 2 Tbsp. extra-virgin olive oil
- 2 tsp. chopped fresh thyme
- 2 tsp. chopped fresh sage
- 1/8 tsp. freshly grated nutmeg
- Salt and freshly ground pepper, to taste
- ½ cup Marsala wine



Preheat oven to 450

Bring a large pot three-fourths full of salted water to boil over high heat. Add the rutabagas, carrots and parsnips and simmer until the vegetables give slightly when pierced with a fork, about 4 minutes. Drain Well.

Place the rutabagas, carrots and parsnips, Brussels sprouts and yams in a large roasting pan. In a small saucepan over low heat combine olive oil, thyme, sage and nutmeg and stir to mix well. Drizzle the mixture over the vegetables and toss to coat evenly. Season with salt and pepper. Pour the Marsala into the bottom of the roasting pan. Cover tightly with aluminum foil.

Bake for 40 minutes. Remove the foil, toss the vegetables and continue to bake, uncovered, until the Marsala evaporates and the vegetables can be easily pierced with a knife, 20-30 minutes more.

Place the roasted vegetables on a warmed platter and serve immediately.

[From Williams Sonoma, 1997]



# Baked Apple Compote



Serves: 6-8

2 pounds (6-8) apples

3 Tbsp. fresh lemon juice

2 Tbsp. mild-flavored honey

¼ cup unsweetened apple juice

1 stick cinnamon

½ tsp. ground allspice

¼ to ½ tsp. freshly grated nutmeg

½ tsp. vanilla extract

2 Tbsp. dried currants or raisins

¼ cup brandy (optional)

Preheat oven to 350

Lightly spray a 2-quart baking dish with non-stick cooking spray. Peel, core and slice the apples. Toss with the lemon juice and remaining ingredients (except brandy). Bake in prepared pan in preheated oven for 45 minutes to 1 hour. Toss with brandy, if used. Serve warm or at room temperature.

[Adapted from “The Recipe Works” online]



# Karina's Gluten-Free Pumpkin Pie with Praline and Coconut-Pecan Crust



[Note: This recipe is neither low-calorie nor inexpensive to make. But it is hypoallergenic, and hey, it's Thanksgiving!]

Prepare a 9-inch springform pan by lining the bottom with a piece of parchment paper.

Preheat oven to 350

## For the crust:

- 1 cup flaked unsweetened organic coconut
- 1 cup pecan pieces
- ½ cup all purpose gluten-free flour blend
- ½ cup organic light brown sugar
- 2 tsp ground cinnamon
- 5 Tbsp. vegan butter (I used Earth Balance)

Place all of the dry ingredients into a food processor bowl and pulse until the mixture looks like coarse sand. Add in the vegan butter and pulse several times in short bursts until the crumbs are moist and begin to fall away from the sides of the bowl.

Dump the crumbs into the cake pan and spread them evenly. Using your fingers gently press the crumbs across the bottom and up the sides-about 2/3 of the way up.

Bake in the center of the oven for about 7 minutes, to set.

Remove the pan and set aside.

Meanwhile....

## Make your filling:

- |   |   |
|---|---|
| 2 14oz. cans organic pumpkin puree                  | 2 tsp. vanilla (preferably bourbon vanilla)   |
| 1-1/4 cups thick cashew cream (see separate recipe) | 2 Tbsp. tapioca starch                        |
| 1-1/4 cups organic light brown sugar                | 2 tsp. xanthan gum (available at Whole foods) |
| ½ cup coconut milk                                  | ½ tsp. sea salt                               |
| 3 Tbsp. molasses                                    | 1-1/2 tsp. ground cinnamon                    |
| 1 Tbsp. pure maple syrup                            | 1 tsp. nutmeg                                 |
| 1 Tbsp. fresh lime juice or orange juice            | 1 tsp. ground Ginger                          |

## Karina's Gluten-Free Pumpkin Pie with Praline and Coconut-Pecan Crust



Combine all of the ingredients in a large mixing bowl. Using a whisk attachment (if you have one-if not, use standard beaters) beat the ingredients on medium high until you have a smooth, creamy custard texture.

Pour the pumpkin custard into the springform pan and smooth it out evenly. Your pan should be quite full-about 1-2 inches from the top. Place the pan into the center of the pre-heated 350 oven. Bake for about one hour, till set, and up to 70 minutes or so, if necessary. If the cashew cream was very cold, for instance, you'll need to bake it longer. If the cashew cream was room temperature, the pie will set/bake sooner.

Check the pie at about 50 minutes, to make sure the top is not over-browning (some ovens may run hotter than others). If the top gets too brown too soon, tent it with a piece of foil.

The pie should look set and slightly firm- though it will still shimmy a little if you shake the pan slightly. You want the center firmness to match the firmness near the outer edges. I baked mine for a full 67 minutes. Every oven is slightly different. Start with an hour in mind-and be willing to bake up to 70 minutes if the pie looks "loose".

That said; know that this pie firms up when chilled. It is the chilling of the cashew cream that replaces the eggs in this recipe.

Cool the pie on a wire rack until its cool enough to handle. Place a piece of parchment paper across the top, and a dinner plate to keep it in place. Chill in the fridge for at least 6 hours-but preferably overnight. It will slice best when thoroughly chilled.

Before serving, remove the outer ring of the springform pan. Top the pie with Pecan-Pumpkin Seed Praline (recipe follows).

[Whew!]





# Pumpkin-Pecan Praline



2 Tbsp. vegan butter

A couple of shakes of cinnamon

A pinch of sea salt

1/3 cup chopped pecans

¼ cup raw pumpkin seeds

2 Tbsp. organic light brown sugar

2 Tbsp. gluten-free brown rice syrup or maple syrup

Grease a baking sheet and set aside. Heat a well seasoned, lightly oiled iron skillet over medium heat and add the vegan butter, cinnamon, sea salt, pecans pumpkin seeds and brown sugar. Stir for a minute or two to toast the seeds and pecans. Add the brown rice syrup and stir till bubbling and sticky.

Remove from heat; spoon and spread the praline onto greased baking sheet to cool. Break the praline into pieces for garnishing the top of the pie. I added the praline as a garnish to slices just before serving, but, if you need to make this entirely ahead of time, you could top the whole chilled pie with cooled praline pieces.

Serves 10

[A lot of work- hope you enjoy it!]

[From "GlutenFreeGoddess.com"]