

## Free Vegetarian Cooking Class

July 29, 2010

### Israeli Couscous Salad

1 cup Israeli couscous  
2 cups vegetable or no-chicken broth  
4 tablespoons oil, divided  
2 cups dried cranberries (craisins)  
1 cup pine nuts  
1/2 cup scallions, chopped  
1/2 medium sized red onion, finely chopped  
2 tablespoons cilantro, chopped  
1 teaspoon lemon zest  
1/2 lemon  
sea salt to taste

In a heavy bottomed saucepan, heat 1 tablespoon oil over medium high heat. Add the couscous and stir about 1 minute, until the couscous is lightly browned. Stir in 2 cups of broth. Cover with a lid and reduce heat to low. Simmer for about 15 minutes, or until the couscous has absorbed most of the liquid and is al dente. Drain in a colander but do not rinse. Once cooled, stir in the remaining 3 tablespoons oil to coat and separate the grains. In a serving dish, combine the couscous with craisins, pine nuts, spring onions, red onion, cilantro, and lemon zest. Add lemon juice and adjust seasonings to taste.

### Quinoa Chick Pea and Black Bean Salad

1 cup quinoa  
1 1/2 cups cold water  
1/2 teaspoon salt  
1 1/2 cups canned chick peas and 1/2 cup canned black beans, drained and rinsed  
1 jalapeno pepper, seeded and minced  
2 garlic cloves, minced  
1 red pepper, sliced thin  
3 tablespoons chopped fresh parsley  
1/4 cup chopped scallions  
1 large ripe tomato  
1/2 cup sliced olives (optional)  
1 tablespoon chopped fresh mint (optional)  
2 tablespoons freshly squeezed lime or lemon juice  
1/4 cup oil  
Salt and cayenne pepper, to taste

Soak the quinoa 10 - 15 minutes in cold water. Rinse well in water several times. For each rinse, pour off most of the water and finish draining through a large fine mesh strainer. Place in a pot with 1 1/2 cups water and 1/2 tsp salt. Bring to a full boil, cover tightly, turn down to low, and cook for 15 minutes. Remove from heat and allow to sit 5 minutes covered. Fluff quinoa gently with a fork and set aside to cool. Add remaining ingredients. Adjust salt and pepper to taste. Serve warm or chilled.

### Corn Black Bean and Tomato Salad

- 1 (15 ounce) can [black beans](#), drained and rinsed
- 1 [red onion](#), chopped
- 1 (15 ounce) can roasted [diced tomatoes](#)
- 2 cups corn
- 1/2 cup [fresh cilantro](#), chopped
- 1 [garlic clove](#), minced
- 2 tablespoons fresh [lime juice](#)
- 1 1/2 teaspoons [ground cumin](#)
- 2 tablespoons fresh lemon juice
- 1/4 cup [oil](#)
- 1 teaspoon [salt](#)

Mix together in bowl and season to taste. Quick and easy!

### Cashew Cheez

- 1 cup water
- 1 cup raw cashew pieces
- 4 oz. pimentos
- 4 tablespoons nutritional yeast
- 1 teaspoon salt
- 1 teaspoon onion powder
- dash garlic powder
- 1/8 cup fresh lemon juice
- 1 teaspoon agave (optional)
- 2 tablespoon sesame seeds (optional)

Blend all ingredients until smooth. Serve as dip or over cooked vegetables. Tastes great with vegetable chips.

### No-Bake Cookies

- 3 cups quick-cooking oatmeal (rolled oats)
- 1 cup unsweetened coconut
- 1 cup nuts (chopped)
- 2 cups organic sugar – Florida Crystals
- 1/2 cup carob powder
- 1 cup soy milk
- 1 teaspoon vanilla
- 1/2 cup soy margarine

In large bowl mix: oatmeal, coconut and nuts. In medium saucepan blend sugar, cocoa, milk, margarine and vanilla. Bring to a rolling boil, stirring frequently. Pour over oatmeal mixture. Blend well. Drop by teaspoons onto waxed paper. Let stand until set.