

## Free Vegetarian Cooking Class

### November 2010

#### JICAMA COLE SLAW

- 3 cups red cabbage, thinly shredded
- 3 cups white cabbage, thinly shredded
- 1 cup peeled, matchstick-cut jicama
- 1 cup grated carrots
- 1 red pepper, cut into strips
- 2 scallions, sliced

#### Dressing:

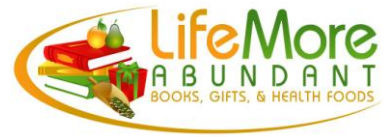
- 1/2 cup vegan mayonnaise or soy mayonnaise
- 2 tablespoons agave nectar or maple syrup
- Juice of 1/2 orange
- Juice of 1/2 lime
- Salt and red pepper to taste

Combine the vegetables in a bowl and toss together. Combine the dressing ingredients in a small bowl and whisk until well blended. Pour over the cabbage mixture and toss well. Cover and refrigerate until needed. \*

#### BLACK BEAN CHILI

- 3 medium-large sweet potatoes
- 1 tablespoon extra virgin olive oil
- 1 cup chopped onion
- 3 cloves garlic, minced
- 1 each green and red bell pepper, diced
- Two 28- to 32-ounce cans black beans, drained and rinsed
- One 28-ounce can diced tomatoes
- One 16-ounce can crushed tomatoes
- 2 cups corn, frozen or fresh
- 1 jalapeno pepper, minced or canned mild chili peppers
- 2 teaspoons ground cumin, or more, to taste
- 1/2 teaspoon dried oregano
- 1/4 cup minced fresh cilantro, or more, to taste
- 2 to 3 scallions, thinly sliced
- Salt and red pepper to taste

Bake sweet potatoes until just firm. When cool enough to handle, peel and cut into 3/4-inch dice. Set aside until needed.



Heat the oil in a large soup pot. Add the onion and garlic and sauté over medium heat until the onion is golden. Add the remaining ingredients except the last three. Bring to a simmer, then simmer gently, covered for 15 minutes.

Add the sweet potato dices and continue to simmer for 10 to 15 minutes longer, or until the vegetables are tender. Stir in the parsley and scallions, then season gently with salt. If time allows, let stand off the heat for an hour or two, then heat through as needed.

## CRANBERRY PEAR STUFFING

- 2 1/2 cups low-sodium vegetable broth, or 2 1/2 cups water with 1 vegetable bouillon cube
- 1/3 cup raw wild rice + 1/3 cup brown rice
- 1 1/2 tablespoons olive oil
- 1 medium red onion, chopped
- 1 large celery stalk, diced
- 2 medium firm pears (such as bosc), cored and diced
- 4 cups finely diced whole grain bread
- 1/3 cup dried cranberries
- 1/4 cup finely chopped pecans or walnuts
- 2 teaspoons salt-free Spike
- 1/4 to 1/2 teaspoon dried thyme, to taste
- Salt and red pepper to taste
- 1/2 cup apple or pear juice

Bring the broth to a simmer in a small saucepan. Stir in the rice, then cover and simmer gently until the water is absorbed, about 35 minutes.

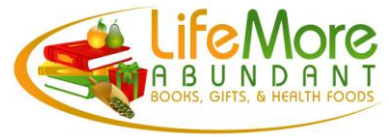
Preheat the oven to 375 degrees.

Heat the oil in a medium-sized skillet. Add the onion and saute until translucent. Add the celery and sauté over medium heat until both are golden.

Combine the onion-celery mixture with the cooked wild rice and all the remaining ingredients except the apple juice in a mixing bowl. Stir well to combine. Drizzle the apple juice in slowly, stirring all the while, until the mixture is evenly moistened. Transfer the mixture to a lightly oiled, large shallow baking dish. Bake for 30 to 35 minutes, or until the top begins to get slightly crusty.

## TOFU TURKEY

- 1 pound firm tofu
- 1 teaspoon salt
- 1 teaspoon salt-free Spike
- 2 tablespoons nutritional yeast
- 1 (12 ounce) package dry bread stuffing mix
- 1 tablespoon barbeque sauce
- 3 tablespoons apricot all fruit spread
- 2/3 cup water
- 1/4 cup soy margarine
- 1 slice bread, cubed
- 1/2 teaspoon sage
- 2 tablespoons water



- 1 tablespoon sesame seeds

Drain and rinse tofu; in a food processor or blender, process tofu until smooth. Stir in salt, marjoram, savory and pepper. Line a sieve with 2 sheets of paper towel and place over an empty bowl. Place tofu in lined sieve and press against sides to form a deep well in the middle. Place 2 more sheets of paper towel over tofu and refrigerate for 2 hours.

Meanwhile, in a medium saucepan over medium-high heat combine stuffing mix, 2/3 cup water and margarine. Bring to a boil; reduce heat to low, cover and simmer for 5 minutes. Remove from heat; let stand 5 minutes and fluff with a fork. To the stuffing add bread cubes, sage and 2 tablespoons water.

After tofu has chilled for 2 hours, preheat oven to 350 degrees F (175 degrees C). Spray baking sheet with non-stick cooking spray.

Remove the top layer of paper towels from the tofu. If necessary, again press tofu against the sides of the sieve to form a well. Spoon the stuffing mixture into the well and smooth the surface with a spoon. Invert the tofu mold onto prepared baking sheet. Remove the remaining paper towel layer and shape the tofu with your hands if it has cracked or lost its shape. Bake in preheated oven for 30 minutes.

Meanwhile, prepare the glaze by combining barbecue sauce and apricot all fruit. Brush or spoon the glaze over tofu and sprinkle top with sesame seeds. Return to the oven and bake for 15 minutes more.

### **APPLE-PEAR CRANBERRY CRISP**

- 1 cup plus 2 tablespoons flour
- 1/2 cup organic brown sugar or 1/3 cup agave nectar
- 1/2 teaspoon baking powder
- Pinch of salt
- 1/2 cup Earth Balance
- 2 cups French vanilla granola
- 1 3/4 pounds apples, peeled and sliced
- 1 1/2 pounds pears, peeled and sliced
- 3/4 cup fresh cranberries
- 1 cup organic sugar, apple juice concentrate, or 2/3 cup maple syrup
- 1 tablespoon fresh lemon juice
- 1 tablespoon grated fresh ginger
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg

Preheat the oven to 350°. Butter a shallow 3-quart baking dish. In a food processor, pulse 1 cup of the flour with the brown sugar, baking powder and salt. Pulse in the Earth Balance. Pulse in the granola. Transfer the topping to a bowl. In a large bowl, toss the apples, pears, and cranberries with the sugar, lemon juice, cinnamon, nutmeg and the remaining 2 tablespoons of flour, then spread in the baking dish. Sprinkle on the topping and bake for 1 hour, or until the topping is golden and the filling is bubbling. Let cool for 20 minutes, then serve.