

Free Vegetarian Cooking Class

December 2010

BLACK EYE PEA SALAD

- 4 cups cooked black-eyed peas
- 1 large tomato, chopped
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 1/2 red onion, diced
- 1 stalk celery, chopped
- 1 tablespoon chopped fresh parsley
- 3 tablespoons Bragg's apple cider vinegar or fresh lemon juice
- 2 tablespoons grapeseed or olive oil
- salt and cayenne pepper to taste

In a medium bowl, toss together black-eyed peas, tomato, red bell pepper, green bell pepper, red onion, celery, and parsley. In a small bowl, mix apple cider vinegar and oil. Season with salt and pepper. Toss into the vegetables. Cover, and chill in the refrigerator 8 hours, or overnight.

CAVIAR

- 1/2 onion, chopped
- 1 green bell pepper, chopped
- 1 bunch green onions, chopped
- 2 jalapeno peppers, chopped
- 1 tablespoon minced garlic
- 1 pint cherry tomatoes, quartered
- 1 cup Bragg's salad dressing
- 1 (15 ounce) can black beans, drained
- 1 (15 ounce) can black-eyed peas, drained
- 1/2 teaspoon ground coriander
- 1 bunch chopped fresh cilantro

In a large bowl, mix together onion, green bell pepper, green onions, jalapeno peppers, garlic, cherry tomatoes, zesty Italian dressing, black beans, black-eyed peas and coriander. Cover and chill in the refrigerator approximately 2 hours. Toss with desired amount of fresh cilantro to serve.

WHITE BEAN AND CREAM CHEESE DIP

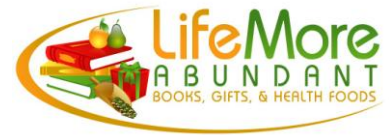
- 2 15-ounce cans cannellini or other white bean, rinsed and drained
- 1/2 cup Tofutti cream cheese
- 1/3 cup chopped yellow onion
- 2 tablespoons fresh lemon juice
- salt and cayenne pepper
- 2 tablespoons extra-virgin olive or grapeseed oil
- 3 tablespoons thinly sliced fresh chives
- 1 tablespoon chopped fresh marjoram or oregano
- Crudites, crusty sourdough bread, or crackers

Put the beans, cream cheese, onion, lemon juice, 1 teaspoon salt, and 1/8 teaspoon cayenne pepper in a food processor and process until smooth. With the motor running, drizzle in the oil. Transfer the spread to a large bowl and fold in 2 tablespoons of the chives and the marjoram. Adjust seasoning if necessary.

Transfer the spread to a serving bowl, garnish with the remaining 1 tablespoon chives, and serve with crudites, bread, or crackers.

FIESTA CREAM CHEESE DIP

- 8 oz. Tofutti cream cheese, softened
- 1 tablespoon soy milk
- 1/2 cup finely shredded soy Cheddar cheese
- 1 teaspoon Mexican seasoning or taco seasoning
- 1/4 cup sliced green onions
- 2 tablespoons finely chopped red bell pepper
- 1 tablespoon salsa
- 1/4 cup frozen whole kernel corn, thawed
- 1 tablespoon finely chopped jalapeno pepper
- Crackers



In small mixing bowl beat cream cheese and water on medium speed of electric mixer until fluffy. Add soy cheese and seasoning. Beat until combined. Stir in onions, red pepper and salsa. Fold in corn and jalapeno pepper, if desired. Cover and refrigerate at least 1 hour. Garnish as desired. Serve with crackers.

GARDEN SPREAD

- 8 oz. Tofutti cream cheese, softened
- 1/2 cup chopped cucumber
- 1 medium carrot, shredded
- 1 green onion, chopped
- 1 teaspoon lemon juice
- 1/4 teaspoon dried dill weed, crushed or 1 teaspoon fresh dill weed
- Crackers

Stir the cream cheese, cucumber, carrot, onion, lemon juice and dill weed in a medium bowl. Cover and refrigerate for 2 hours. Serve the spread with the crackers.

CRANBERRY CREAM CHEESE DELIGHT

- 8 oz. Tofutti cream cheese, softened
- 2 tablespoons frozen orange juice concentrate, thawed
- 1 tablespoon agave nectar or maple syrup
- 2 teaspoons grated orange peel
- 1/8 teaspoon cinnamon
- 1/4 cup finely chopped dried cranberries
- 1/4 cup finely chopped walnuts or pecans
- Crackers

In small mixing bowl beat cream cheese, orange juice concentrate, agave, orange peel and cinnamon on medium speed of electric mixer until fluffy. Stir in cranberries and pecans. Refrigerate at least 1 hour. Garnish as desired. Serve with crackers.

VEGAN CHEEZIE FONDUE

- 1/2 cup soy milk
- 2 tablespoon vegan margarine
- 1/3 cup vegan cheese, cubed (Follow Your Heart's Vegan Gourmet brand)
- 1 teaspoon tahini
- 2 tablespoons nutritional yeast
- 1/2 teaspoon garlic powder
- dash salt and cayenne pepper (to taste)

In a fondue pot over medium-low heat, melt the [vegan margarine](#), soy milk and [soy cheese](#). Add [tahini](#) and stir until combined. Add remaining ingredients. You may need to add a bit more cheese or soy milk to get the consistency that you want. Use fresh vegetables or cubes of bread.

CHICK PEA AND RED PEPPER SPREAD

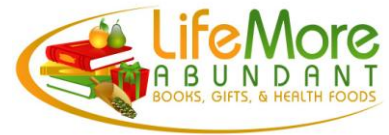
- 3 garlic cloves, minced
- 2 tablespoons grapeseed or olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons capers
- 2 roasted red pepper, chopped
- 14 oz. artichokes
- 2 cups chick peas

Mix all ingredients together and serve with crackers or bread.

SOUR CREAM FRUIT DIP

- 1/8 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 2 tablespoon agave nectar or maple syrup
- 1 cup Tofutti sour cream
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon rum or rum extract

Mix cinnamon, nutmeg and sugar. Stir into sour cream. Add extracts and mix well. Chill 2 hours to allow flavors to blend. Serve with fresh fruit - bananas, cherries, strawberries, grapes, etc.



PUMPKIN COCONUT WALNUT BREAD

- 1 cup chopped walnuts
- 3 1/2 cups flour (1/2 white wheat & 1/2 unbleached)
- 2 cups brown sugar
- 2/3 cup Florida crystals
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground nutmeg
- 1 1/2 teaspoons ground cinnamon
- 2 cups pumpkin puree
- 1 cup vegetable oil
- 2/3 cup coconut milk
- 2/3 cup coconut

Preheat oven to 350 degrees. Grease and flour loaf pan. Spread walnuts in a single layer on an ungreased baking sheet. Toast in the preheated oven for 8 to 10 minutes, or until lightly browned. Set aside to cool. In a large bowl, stir together the flours, sugars, baking soda, salt, nutmeg, and cinnamon. Add the pumpkin puree, oil, and coconut milk, and mix until all of the flour is absorbed. Fold in the flaked coconut and toasted walnuts. Divide the batter evenly between the prepared pans. Bake for 1 hour and 15 minutes in the preheated oven, or until a toothpick inserted in the center comes out clean. Remove from oven, and cover loaves tightly with foil. Allow to steam for 10 minutes. Remove foil, and turn out onto a cooling rack. Tent loosely with the foil, and allow to cool completely.

PUMPKIN COOKIES

- 1/2 cup vegan margarine, melted
- 1/2 cup brown sugar
- 1 cup Florida crystals
- 1 1/3 cup pumpkin puree
- 1 1/3 cup unbleached or white wheat flour
- 2 cups rolled oats
- 1/2 cup dried cranberries
- 1/2 cup nuts
- 1/2 teaspoon each vanilla, nutmeg, cinnamon, baking soda

Mix together and place on greased cookie sheet. Bake in preheated 350 degree oven for 15 minutes.

TOFU PUMPKIN PIE

- 16 oz. can pureed pumpkin
- 1/2 cup maple syrup
- 1 (10- to 12-ounce) package silken soft tofu
- 2 to 3 tablespoons cornstarch
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon ground cloves
- 1 (9-inch) unbaked vegan pie shell

Preheat oven to 425 degrees Fahrenheit. Blend the pumpkin and sugar. Thoroughly mix in tofu, cornstarch, and spices (allspice, cinnamon, ginger, nutmeg, salt, and cloves). Pour mixture into pie shell and bake for 15 minutes. Lower heat to 350 degrees Fahrenheit and bake for another 60 minutes. Chill and serve

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