

Easy, tofu, vegetable, coconut curry adapted From [plantbasedonabudget.com](http://plantbasedonabudget.com)

2 tbsp oil  
1 lg onion  
7 cloves, minced garlic  
1 tablespoon grated ginger  
2 1/4 teaspoons curry powder  
3/4 teaspoon turmeric  
1 teaspoon salt  
Two cans, coconut milk  
One cup veggie broth  
Two small potatoes cut in bite-size pieces  
1/2 block of extra firm tofu cut into bite-size pieces  
Carrot one large  
One cup each cauliflower and broccoli florettes  
One handful, snow, peas

In large pot, sauté onion, about four minutes, then add garlic, ginger and all spices stirring until fragrant

Add coconut milk, broth, potatoes, and tofu

Potatoes are softened add carrots, and cauliflower when done turn off heat and add broccoli and peas

Let rest a few minutes, then serve with rice or quinoa

There are lots of pictures, interesting pieces of information, and alternatives on this website. It is a vegan option with lots of recipes.

Sent from my iPad

## Salmon Patties

Fry in Vegetable oil

2/6 can Salmon - from Costco  
(drained) Keep fluid

1 egg beaten

3/4 bread crumbs

1/4 cup chopped onion

1 T Basil

1/4 + salt

1/4 cup mayo

added (near 1/4 cup milk)

Could have saved the fluids  
from can + used instead  
of milk

1/2 + paprika

1/8 + black pepper

(Fry 5 mins only on each side)

## VEGGIE TIKA MASALA with Chick Peas

15-18 oz. jar Tika Masala

6-8 mini potatoes

1 medium sweet potato

1/2 large red onion, diced 1/2 inch

1 Tbl. tomato paste

2-3 garlic cloves

1/2 c. peas - defrost in hot water, drain

1/2 15oz. can diced tomatoes, drained, 1-15oz can chick peas

1 inch fresh ginger, peeled, diced

broth or water to thin if needed

Cilantro - diced

Cooked rice or quinoa for serving

olive oil

opt. 1/2-1 tsp. chile flakes

Partially cook potatoes until barely tender. Cut in half.  
 Precook sweet potato in a moist towel in the microwave  
 1 1/2-2 minutes until barely tender. Cool and cut in cubes.

Heat oil in sauce pan. Sauté onion until tender  
 then add ginger and garlic 1 minute. Stir in the Tika  
 Masala and tomato paste. Heat over medium low  
 adding mini potatoes, sweet potatoes, and  
 chick peas. Warm 8-12 minutes until tender.

Stir in diced tomatoes and peas. Top with  
 diced cilantro to serve.

Serve on rice or quinoa.

Alternate veggies: Kale, spinach, mushrooms,  
 green beans, colored bell or mini peppers,  
 napa cabbage, eggplant, or cauliflower.

Cindy Wehrle

# CRISPY PARMESAN POTATOES

MAKES 4 TO 6 SERVINGS

For eons, home cooks have tried to crack the code on crispy roasted potatoes—at least this home cook has. So often if you cook them in a skillet, they get shriveled and greasy. If you roast them in the oven, they steam and turn to mush. After twenty-seven years of being domestic, just when I was about to give up and serve frozen fries the rest of my life, I came upon the viral social media method that inspired this tutorial. The prep takes a little patience, and the wait time after roasting takes a lot of patience (because the potatoes smell so good!), but the result is a fantastically tasty potato side that you'll want in your permanent rotation!

1 pound baby potatoes, halved lengthwise

4 tablespoons (½ stick) butter, melted

1 teaspoon minced garlic

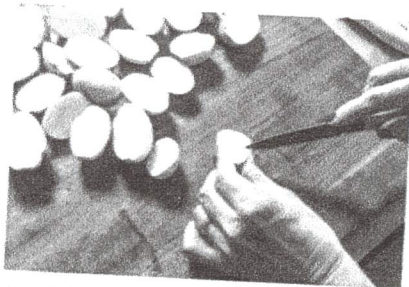
1 teaspoon minced fresh rosemary leaves

1 teaspoon red pepper flakes

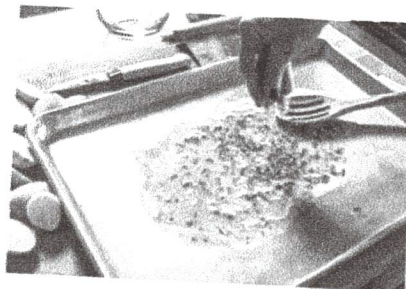
Kosher salt and ground black pepper

⅓ cup finely grated Parmesan cheese

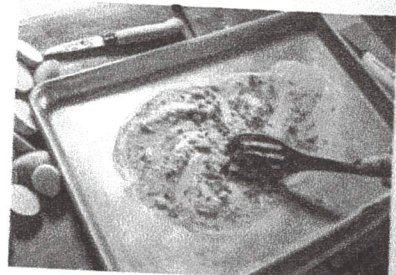
1. Preheat the oven to 450°F.



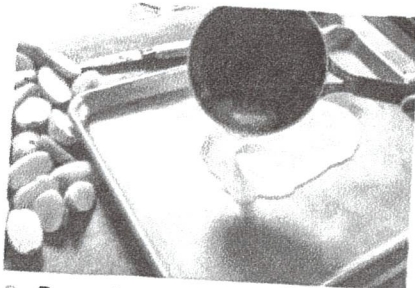
2. Using a sharp paring knife, carefully score the cut side of each potato half. This helps the crispy cheese mixture adhere to the potatoes after baking!



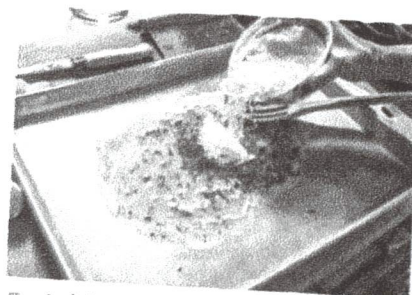
4. And add the garlic, rosemary, pepper flakes, and a pinch of salt and pepper.



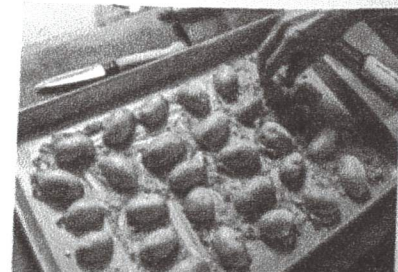
6. And stir to mix, spreading the mixture evenly over the pan.



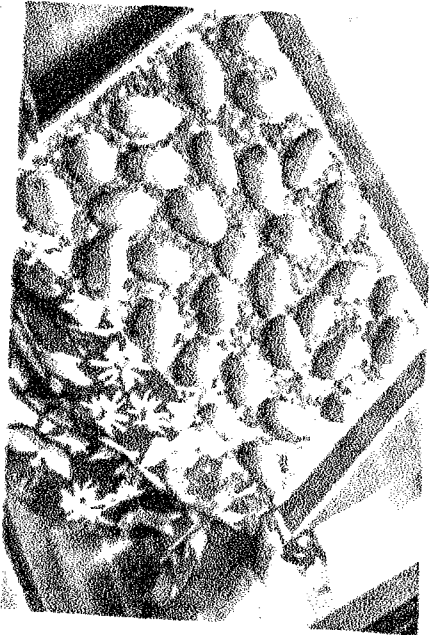
3. Pour the melted butter onto a sheet pan . . .



5. Add the Parmesan . . .



7. Add the potato halves, cut side down, smearing them into the butter mixture to coat each half. Bake for 25 minutes . . .



8. Until the potatoes are golden and the cheese has started to brown. Set the pan aside and leave the potatoes undisturbed for 8 to 10 minutes to give the cheese a chance to stick.



9. Lift one up to test; if the cheese stays, serve away! If it doesn't, wait another couple of minutes and try again.

— HALF-BAKED —  
**H A R V E S T**

*Alice Perkins*

## Sesame Ginger Orange Chicken Salad...with crispy fried wontons

A no-cook, fast, colorful, and delicious mix of savory, sweet, and salty!



Prep Time	Cook Time	Total Time
20 mins	10 mins	30 mins

Course: Salad Cuisine: American, Asian

Key Ingredient: avocados, chicken, fried wontons Servings: 6

Calories: 514kcal Author: Tieghan Gerard



4.88 from 57 votes

### Ingredients

#### Sesame Ginger Dressing

- 1/3 cup sesame oil
- 1/4 cup toasted sesame oil
- 1/3 cup honey
- 1/3 cup tamari or soy sauce
- 3 tablespoons rice vinegar
- 2 tablespoons fresh grated ginger
- 1-2 cloves garlic, grated
- 1 rounded tablespoon orange zest
- 2 tablespoons sesame seeds

#### Salad

- avocado oil, for frying
- 1 package wonton wrappers, sliced into strips
- 3 cups shredded cabbage
- 3 cups shredded lettuce
- 1-2 cups cooked shredded chicken
- 1/3 cup slivered almonds or peanuts
- 1 cup fresh orange slices
- 2 avocados sliced
- 1/3 cup chopped green onions
- chili oil, for serving (optional)

### Instructions

1. To make the dressing. Combine all ingredients in a glass jar or bowl.

2. To make the wontons. Heat the oil in a skillet. Add the strips of wontons and let cook, 1-2 minutes, until deeply golden and crisp. Drain on paper towels, then sprinkle with flaky salt.

3. To make the salad. In a salad bowl, combine the cabbage, lettuce, chicken, almonds, and orange slices. Pour over half the dressing, then toss to coat the greens. Add the avocados, fried wontons, green onions, and chili oil. ENJOY the yumminess.

### **Nutrition**

Calories: 514kcal

# Sauerkraut Chocolate Cake

MAKES 12 TO 16 SERVINGS

Yes, you read correctly—sauerkraut cake. This recipe is very old and very wonderful. It probably came into being because some frugal housewife had some extra kraut to use up and tossed it in a cake she was stirring up at the time. The kraut creates a very moist cake, though you will not be able to taste it. If you refrigerate it, be sure to bring it to room temperature before serving.

- 1 16-ounce can sauerkraut, rinsed and well drained
- $\frac{2}{3}$  cup margarine
- $1\frac{1}{2}$  cups sugar
- 3 eggs
- 2 teaspoons vanilla extract
- $\frac{1}{2}$  cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- $2\frac{1}{4}$  cups all-purpose flour
- 1 cup cold water
- Quick Chocolate Frosting (page 245)

Squeeze all excess moisture from the kraut with your hands. Chop it finely with a knife or pulse 4 or 5 times in a food processor bowl; set aside. Pre-heat the oven to 350° F.

In a large mixer bowl, beat the margarine and sugar until fluffy, about 3 minutes. Add the eggs one at a time, mixing well after each addition. Add the vanilla, cocoa, baking powder, salt, and baking soda; blend. Add the flour alternately with the water, beginning and ending with the flour. Pour into a greased 13 x 9-inch pan and bake for 30 minutes or until the center of the cake springs back when you touch it with your finger. Cool and frost with chocolate frosting.

add  
sauerkraut and  
mix well

Submitted by Marty Oakley  
From: Heartland Cookbook



YIELD: 15 COOKIES

# Raspberry Jam Thumbprint Cookies with Flake Salt

Naturally grain and gluten-free, vegan thumbprint cookies made with a touch of maple syrup, flake salt and almond flour.

PREP TIME	COOK TIME	TOTAL TIME
10 minutes	13 minutes	23 minutes



## Ingredients

- 2 cups almond flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon fine sea salt
- 1/4 cup olive oil or coconut oil (melted)
- 1/4 cup maple syrup or honey
- 2 teaspoons vanilla extract
- 2 tablespoons raspberry jam
- flake ~~salt~~ (optional garnish)

## Instructions

1. Preheat the oven to 350 degrees, and line a sheet pan with parchment paper.
2. Sift the almond flour, baking soda and salt in a medium sized bowl. Then stir in the olive oil (or coconut) oil, maple syrup (or honey) and vanilla until it forms into a thick batter.
3. Roll tablespoon sized portions into balls. Tip: if the batter is sticking on your hands, lightly grease your palms with a few drops of oil.
4. Place the balls on the lined sheet pan and with your finger lightly press the middle to leave a small indentation in the center of the cookie. Distribute the jam into the cavities of the cookies.
5. Bake for 13 minutes. The cookies will be soft when you remove the pan from the oven. Leave them on the tray undisturbed and they can take form as they cool.
6. Garnish with a sprinkle of flake salt if desired.

CLOSE

*Made by Shar Cook*

erature for up to three days. They can also be made ahead of time and frozen. the freezer an hour before you would like to serve them.

## Beet and Goat Cheese Salad

### Dressing

¼ cup olive oil  
1 T. balsamic vinegar  
1 ½ T. honey  
1 T. Dijon mustard  
½ tsp. salt  
¼ tsp. pepper

### Salad

Mixed greens or use all arugula  
1 pear – thin sliced, roasted at 350 with a drizzle of olive oil  
4 beets – roasted, peeled and cubed  
½ cup pine nuts- dry roasted on stove top for 5 minutes (walnuts can be substituted)  
3 oz. goat cheese

Toss greens lightly with dressing. Arrange on platter or in salad bowl. Top with pears, beets, pine nuts and goat cheese.

*Peggy*

# Pavlova Recipe



This Pavlova is a perfect dessert, crisp on the outside with marshmallowy goodness on the inside, piled high with fluffy cream and loads of fresh fruit.

**Author:** Natasha of NatashasKitchen.com    **Servings:** 15 pavlovas    **Calories:** 210

**Prep Time:** 30 mins    **Cook Time:** 1 hr 45 mins    **Total Time:** 2 hrs 15 mins

## Ingredients

### For Pavlova:

- 6 large egg whites, room temperature
- 1.5 cups granulated sugar
- 2 tsp corn starch
- 1/2 Tbsp lemon juice
- 1/2 Tbsp vanilla extract

### For Cream:

- 1 1/2 cups heavy whipping cream, (very cold)
- 2 tbsp granulated sugar

### For Topping/Decor:

- 4-5 cups fresh fruit, blueberries, kiwi, raspberries, sliced strawberries, etc
- 15 Mint leaves , for garnish, optional



## Instructions

### How to Make Pavlova:

1. Preheat the Oven to 225° F. Line a large baking sheet with parchment paper. Using your stand mixer, beat 6 egg whites on high speed 1 min until soft peaks form. With the mixer on, gradually add 1 1/2 cups sugar and beat 10 min on high speed, or until stiff peaks form. It will be smooth and glossy.
2. Use a spatula to quickly fold in 1/2 Tbsp lemon juice and 1/2 Tbsp vanilla extract, then fold in 2 tsp corn starch and mix until well blended.
3. Pipe meringue into 3 to 3 1/2 inches wide nests onto the parchment paper using a Wilton 1M Tip. Indent the center with a spoon to allow room for cream. Bake at 225° for 1 hr and 15 min then turn the oven off and without opening the door, let meringue in the hot oven another 30 min. Outsides will be dry and crisp to the tap and very pale cream-colored and insides will still be marshmallow soft.
4. Transfer the pavlova with the parchment paper onto the counter or a cookie rack and allow it to cool to room temp. Once cool, you can top them with whipped cream and fruit or store in an airtight container for 3-5 days at room temperature (in a low humidity place).

### How to Make Frosting and Assemble Pavlovas:

1. Beat cold whipping cream with 2 Tbsp sugar in the cold bowl for 2 to 2 1/2 minutes or until whipped and spreadable.
2. Pipe frosting onto the pavlova and top with fresh fruit.\*

## Notes

\*These should be enjoyed within 4 hours of assembly.

# Peanut Butter Cookie Lasagna

Lauren & Becky  
Kuh

This dessert will be the winner at any party!



## PREP TIME

30 mins



## COURSE

Dessert

## TOTAL TIME

1 d



## SERVINGS

8

## INGREDIENTS

- 1 box Nutter Butter Cookies
- Cool Whip or whip your own fresh whipped cream 1 cup cream plus a drop of sugar for sweetness
- peanut butter cups
- ½ cup peanut butter melted in microwave
- 1 box instant or regular vanilla pudding prepared according to package

## INSTRUCTIONS

1. Line the bottom of an 8x8 pan with Nutter Butter Cookies.
2. Top with a drizzle of the melted peanut butter.
3. Add 1/2 the pudding.
4. Add half the cream. (I like to use a pastry bag so it is pretty but you can spread it if you prefer.)
5. Top with chopped peanut butter cups.
6. Repeat the layering!
7. Decorate the top with crushed nutter butter cookies, peanut butter cups and a drizzle more of peanut butter.
8. This must be chilled overnight for the cookies to soften! We are talking 24 hours or more-a little tip to speed the softening up....halve the cookies lengthwise (don't worry about the cream) and layer them halved. Or you could even chop the cookies and use chopped cookies in the layers! Either way you choose will be delicious!!!



# WHOLE ROASTED CAULIFLOWER MUSSALAM

(gobhi mussalam)

This dish comes from the royal court kitchens of Uttar Pradesh, where it was a favorite of state banquets, high society, and Mughal emperors. At that time, food wasn't just food, it was a way of showing off. It is still a great dinner-party dish today: a head-turner at the table and great fun for your guests to pull apart slowly. This dish goes well with court jesters and goblets of wine.

**NOTE:** Kasoori methi are dried fenugreek leaves, which add an earthy tanginess to rich tomato sauces like this one. If you can't find them, leave them out.

**Serves** 4 as a main course

1 very large or 2 medium  
heads of cauliflower  
(about 2¼ pounds in total)  
canola oil  
salt and ground black pepper  
4 tablespoons unsalted butter  
2 large onions, finely chopped  
1¾-inch piece of ginger, peeled  
and grated  
6 cloves of garlic, crushed  
2 x 14-ounce cans of plum  
tomatoes  
½ cup ground almonds  
½ teaspoon ground cinnamon  
1 tablespoon kasoori methi  
¼ teaspoon ground cloves  
1 teaspoon ground red chile  
a handful of flaked almonds  
a handful of cilantro leaves

Preheat the oven to 350°F. Remove the leaves from the cauliflower and slice off a little of the bottom so that it sits flat. Rub the cauliflower with oil, getting inside all the nooks and crannies, and season with salt and black pepper. Place in a lidded ovenproof casserole dish, cover, and bake for 45 minutes.

Meanwhile, melt the butter in a frying pan over medium heat. When it's bubbling, add the onions and cook for around 10 minutes, until soft and golden. Add the ginger and garlic, and cook for a couple of minutes. Add the tomatoes by pouring them in with one hand and crushing them with the other, then fill one tomato can three-quarters full with water and pour that in too. Cook for 5 minutes, then add the ground almonds, cinnamon, kasoori methi, cloves, ground red chile, and 1 teaspoon of salt. Cook for a further 5 minutes, then take off the heat.

After 45 minutes, test the cauliflower by sticking a skewer or sharp knife all the way through. It should be almost cooked, but not tender. (If it's still very firm, put it back into the oven for 10 to 15 minutes.) Pour the sauce over the cauliflower and return to the oven, uncovered, for a further 20 minutes. Toast the almond flakes for a couple of minutes in a small frying pan over a medium heat until they are light gold, then put to one side.

Check that the cauliflower is completely cooked through by pushing a skewer down the center: it should go in with little resistance. When tender, remove from the oven, taste the sauce for salt and ground red chile, and adjust if need be. Scatter the flaked almonds and cilantro over the top, and serve with rice, dal, and a salad of your choice.

# Gobhi Musallam (Whole Roasted Cauliflower)



COOK TIME

1 hr



COURSE

Main Course

CUISINE

Indian



SERVINGS

8

## INGREDIENTS

- 1 head of cauliflower
- ¼ cup cashews quick-soaked in boiling water for at least 15 minutes
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 inch ginger, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp red chili powder
- ½ tsp turmeric
- 3 medium roma tomatoes, chopped (about 1 cup)
- salt to taste
- ½ tsp garam masala
- ½ tsp kashmiri chili powder

### (Optional) Curry Leaf Quinoa

- 1 cup quinoa
- 4-5 curry leaves
- ½ tsp turmeric
- ½ tsp salt
- 2 cups water

## INSTRUCTIONS

1. Soak cashews in boiling water for at least 15 minutes or until soft enough to process. For a nut allergy, sub ½ a cup of coconut cream when blending the sauce in step 7.
2. Cut the stem of the cauliflower so it sits flat with its head facing up.

3. Bring water to a boil in a pot large enough to hold the cauliflower. Add salt and a pinch of turmeric to the water. Blanch the cauliflower for about 5 minutes per side. Set aside in a greased baking dish.
4. Meanwhile, make the gravy. Add 1 tbsp oil to a pan over medium heat and add onions. Cook until onions are translucent, about 4-5 minutes. Add ginger and garlic. Continue cooking for a couple minutes.
5. Add ground spices: cumin, corander, red chili powder, and turmeric. Mix well for a minute. Add tomatoes and a big pinch of salt. Cook until tomato juices mostly evaporate, about 5 minutes. Add finishing spices: garam masala, kashmiri chili powder, and kasoori methi.
6. Preheat your oven to 400 F/200 C.
7. Take the pan off the heat and let it cool off a little before blending it with the cashews and about 1 cup water. It should be creamy!
8. Pour about two-thirds of the gravy over the cauliflower and bake for 25 to 30 minutes until the cauliflower is tender.
9. **Styling:** Spread the leftover sauce on a plate and place the cauliflower on top. Garnish with cilantro and extra leftover sauce.
10. **Reheat:** In the oven or microwave.
11. **Optional:** For the quinoa, heat a little oil in a small saucepan. Add 4-5 curry leaves and stir for a minute. Then add quinoa and stir for a minute. Then add 2 cups of water, turmeric, and 1/2 tsp salt (or to your preference). Simmer until water has evaporated. It usually takes 15-20 minutes.
12. Serve the cauliflower on a bed of fluffy curried quinoa. Top with cilantro, red chili flakes, and black sesame seeds.

