



GLUTEN STEAKS

Blend:

1 medium onion
½ cup wheat germ
½ cup quick oats
1 tsp. salt
1½ cups water

Pour into mixing bowl and add:

2¼ cups high gluten content flour, or a little more if needed

Knead well and form into a roll and 16 inches long. Wrap in plastic wrap and chill or partially freeze to make it firmer and easier to cut. Slice ¼ to ½ inch thick and boil in the following broth for 1 hour on medium-low heat. Pieces double in size when cooked.

Broth:

10 cups water
¾ cup Braggs liquid aminos

Coat with the following breading meal and brown in oil.

Breading Meal:

1 cup white flour
1 tsp. salt
½ tsp. onion powder
¼ tsp. garlic powder
¾ cup yeast flakes (best if blended or crushed so it doesn't separate from the rest of the ingredients)

Stir together well and use for breading gluten steaks.

ROASTED CAULIFLOWER

Preheat oven to 425° F.

Trim stems off **1 head of cauliflower** and cut into chunks a little larger than bite sized.

Place in a 9 x 13 inch pan and toss with the following:

3 Tbsp. olive oil
1 tsp. salt

Spread cauliflower pieces one layer deep. Roast for 1 hour, or until much of each floret has become golden brown. That's the caramelization process converting the dormant natural sugars into sweetness. The browner the florets, the sweeter they'll taste. Turn three or four times during roasting.

APPLE CRISP

Thinly slice (I use a food processor)

12 apples (no need to peel)

Place in a large pot. Then add:

3/4 cup apple juice concentrate
2 tsp. cinnamon

Boil for 5 minutes or until softened. Pour into a flat 3-quart baking dish.

For the topping, mix well:

3 cups rolled oats or quick oats
1/2 cup almond flour or whole wheat flour
1 cup chopped walnuts or pecans
1/2 tsp salt
1 tsp cinnamon
1/4 cup coconut oil or vegetable oil
1 tsp vanilla flavor
1/2 cup maple syrup

Mix with your hands to ensure all chunks are broken up and the topping is a nice crumbly texture. Spread over apple crisp

Bake at 350°F for 30 minutes or until golden on top.

Serve warm or cold.





FRESH CRANBERRY SALAD

1 cup cranberries, chopped
1 cup apple, chopped
1 cup orange, cut in small pieces
½ cup walnuts, chopped
2-4 Tbsp. juice concentrate (apple, white grape, or orange)
1-3 Tbsp. raspberry or strawberry fruit spread

Mix all ingredients together. Refrigerate until ready to serve.

Note: I use a food processor to chop each ingredient separately.

CRANBERRY CRUMB CAKE

Cake

2 cups all-purpose flour
1 cup sugar
4 tsp baking powder
1 tsp salt
3 Tbsp cornstarch
2 Tbsp water
1 cup original almond milk
¼ cup canola oil
1 tsp almond extract

Toppings

¾ cup flour
4 Tbsp. margarine
3 cups fresh cranberries
¾ cup sugar

Glaze

½ cup powdered sugar, sifted
2 tsp. almond milk
1 tsp. vanilla extract

In a large bowl, combine the flour, sugar, baking powder, salt and cornstarch. In a separate bowl, combine the water, milk, oil and almond extract; stir into dry ingredients.

Spray a 9-inch springform pan with nonstick cooking spray. Pour batter into prepared pan.

For topping, combine flour and sugar in a small bowl; cut in the margarine until crumbly. Add cranberries. Sprinkle topping over cake.

Bake at 375°F for 50 to 60 minutes, or until edges begin to pull away from sides of pan.

To prepare glaze, combine all ingredients in a small bowl and mix well. Drizzle over the top of cooled cake.

SCALLOPED POTATOES

2 1/2 Tbsp olive oil or avocado oil (if avoiding oil, sub water)
4 cloves garlic, minced (about 2 Tbsp.)
1/2 tsp each sea salt and black pepper (plus more to taste)
2 1/2 Tbsp cornstarch or arrowroot
1 1/2 cups unsweetened plain almond milk
1/2 cup vegetable broth
1/8 tsp ground nutmeg
4-5 Tbsp nutritional yeast
2-3 medium Yukon gold potatoes (very thinly sliced)
1/4 cup vegan parmesan cheese (divided)
1/4 tsp paprika (optional)
Fresh parsley (optional)

Preheat oven to 350°F. Heat a large skillet over medium heat.

Once skillet is hot, add olive oil, garlic, salt, and pepper. Sauté for 1-2 minutes, stirring frequently, until just lightly golden brown.

In a blender, combine almond milk, vegetable broth, cornstarch (or arrowroot), nutmeg, and nutritional yeast and whisk to incorporate. Blend on high until creamy and smooth. Once garlic is cooked, pour blender mixture into skillet and cook for 1 minute.

Taste and adjust seasonings as needed, adding more nutmeg, salt, pepper, or nutritional yeast to taste. Mixture should be very cheesy and savory to season the potatoes well, so don't be timid.

Generously grease a large baking dish with oil or vegan butter all the way up the sides. Lay down half the sliced potatoes and season with salt and pepper. Toss to coat. Then lay flat and sprinkle on 2 Tbsp vegan parmesan cheese. Add remaining potatoes, season with a bit more salt and pepper, and loosely toss.

Pour sauce over the potatoes and add remaining 2 Tbsp vegan parmesan cheese. Push down with your fingers to submerge the potatoes. The sauce should just cover the potatoes, so remove any potatoes that are well above the surface.

Cover with foil and bake on middle rack of oven for 20 minutes. Then remove foil and bake for another 40-45 minutes (a total of 1 hour - 1 hour 5 minutes). Potatoes are done when knife inserted into the potatoes comes out without effort and the top is golden brown and bubbly.

Remove from oven and let cool for 10 minutes before serving. As an optional garnish, top with fresh parsley and a dash of paprika for extra color. Store leftovers covered in the refrigerator up to 2-3 days or in the freezer up to 1 month. Reheat in a hot oven and rehydrate with more almond milk as needed.





MANDARIN ORANGE ALMOND SALAD

Salad Dressing:

1 Tbsp. sugar
1/4 cup canola oil
2 Tbsp. apple cider vinegar
3 Tbsp. fresh curly parsley, finely chopped
1/2 tsp. salt
1/4 tsp. fine black pepper
1/4 tsp. Chipotle Tabasco sauce
2 Tbsp. honey or additional sugar

Combine dressing ingredients in a blender or food processor and pulse until completely mixed.

Maple-Roasted Almonds:

1/2 Tbsp water
1 Tbsp maple syrup (can add more to taste)
1/4 tsp salt
2 cups sliced almonds

Combine water, maple syrup and salt in a bowl. Add almonds and stir together. Spread almonds onto a cookie with lined with parchment paper. Bake at 350°F for 5–10 minutes, until lightly browned.

Salad:

1 large head Romaine lettuce, chopped, or a small box of spring mix lettuce
11 ounces canned mandarin oranges, drained
1 small red onion, thinly sliced into rings and quartered

Plate greens and top with mandarin oranges, red onions, and candied almonds. Drizzle dressing generously over the salad and serve immediately.