



# The Nutrition CODE

## **Cherry Tomato Bruschetta**

3 cups chopped cherry tomatoes  
1 to 2 cloves of minced garlic (optional)  
1/3 cup finely chopped or torn basil  
2 Tbsp. or more olive oil  
1 Tbsp. or more balsamic vinegar (optional)  
1/4 tsp salt (or more to taste)

In a mixing bowl, add diced cherry tomatoes, garlic, chopped basil leaves, olive oil, salt and balsamic vinegar. Mix everything and set aside.

Slice baguette or bread of choice at a 45° angle about 2/3-inch thick. Place the slices on a baking sheet and brush both sides with olive oil.

Broil for about 1-2 minutes on each side or until you get a golden/brown crust. Top the baguette slices with the tomato/basil mixture.

## **Thousand Island Salad Dressing**

### **Stir together in a small jar:**

1 cup vegan mayonnaise (such as Vegenaïse)  
1/4 cup sweet chili sauce  
2 Tbsp. finely chopped onion  
2 Tbsp. lemon juice  
1 tsp. sugar  
2 Tbsp. dill pickle relish or minced dill pickles  
1/2 tsp. salt

**Mix well and serve over tossed green salad.**

## **Honey Mustard Salad Dressing**

### **Combine in a pint jar:**

1/4 cup apple cider vinegar  
1/4 cup olive oil  
1/4 cup honey  
1/4 cup dijon mustard  
1 tsp. salt

**Shake well and keep refrigerated. Serve over tossed salad.**

## Vegan Cheesecake

### **Crust**

2 packages graham crackers or biscoff cookies  
½ cup melted vegan butter or coconut oil  
2 tbsp cane sugar  
Pinch of salt

### **Cheesecake filling**

1 cup raw cashews  
2 containers (8 oz each) cream cheese (Trader Joe's brand is great and so is Tofutti)  
1 cup nondairy milk (such as soy, almond, or oat milk)  
1 cup cane sugar  
2 Tbsp. corn starch  
¼ cup melted coconut oil  
Pinch of salt  
Juice of 1 lemon

### **Optional topping**

1 container berries of choice  
12 ounces vegan dark chocolate or carob chips

### **You will need:**

A round springform 9-inch pan  
Blender and/or food processor

Soak cashews in hot water for at least 10 minutes. Preheat oven to 350°F.

In food processor add graham crackers or cookies along with 2 tbsp sugar, ½ cup melted coconut oil or vegan butter and a pinch of salt. Pulse until you reach a wet sand texture. Line the bottom of the springform pan with parchment paper. Then pour the crust into the pan and with your hands press down with your fingers tightly. Place in preheated oven and bake for 8-10 minutes until slightly golden.

Drain the soaked cashews, and place them in the blender with the other filling ingredients. Blend until smooth. Once the crust is out of the oven, pour the filling over crust and tap the cheesecake on the counter carefully so any air bubbles go away. Turn the oven down to 325°F, then bake for 50-55 minutes or until the cheesecake doesn't over jiggle in the center.

Let the cheesecake cool on your counter for 15–20 minutes; then refrigerate for 1–3 hours or overnight. Top cheesecake with melted carob, fresh fruit or fruit sauce.

### **Strawberry topping**

2 cups frozen strawberries thawed or fresh strawberries  
½ cup dried pineapple chunks  
Blend all ingredients together until smooth and pour over the cheesecake.

For more recipes, visit [www.TheNutritionCode.org](http://www.TheNutritionCode.org)







## **Whole-Wheat Sourdough Bread**

### **Ingredients:**

Whole wheat flour  
Water  
Salt

### **Starter**

Mix 1/2 cup whole wheat flour with 1/2 cup room temperature water. Beat it well to incorporate air. Cover loosely and let stand at room temperature for approximately 12 hours. Every 12 hours, stir well and cover loosely again and continue to let it stand at room temperature. At the beginning of day 3 (12 hours after you stir it for the 4th time), you will start the discarding and feeding cycle. Mix well: 3 Tbsp. whole wheat flour, 2 Tbsp. water (always use room temperature), and 3 Tbsp. of your starter. Stir well, incorporating air. (It doesn't matter if it doesn't look like your starter is doing anything yet.) Discard the remaining starter. Repeat this process every 12 hours for at least 10 days. At this point, place your starter in the fridge at the end of the 12 hours of growth. If you do not use it within a week, do a discard and feed cycle, letting it stand on the counter for 12 hours or so before returning it to the fridge.

### **Bread**

In the morning, combine the following in a mixing bowl: 500 g whole wheat flour, 410–420 g water, 1/2 tablespoon salt, and about 1/3 to 1/2 cup of starter (you don't need to measure the starter—just eyeball it. It will actually work with widely varying amounts of starter). Mix with your hands until all ingredients are incorporated. No kneading is necessary!

Cover loosely and let stand on the counter at room temperature for 2 hours. From this point on, every 15 minutes to 1 hour, whenever you think of it, do a stretch and fold of the dough. Pick up one side of the dough, stretch it up as far as you can, and fold it back onto the dough. Turn a quarter turn and repeat. You'll probably only be able to do this 4 times in a row until the dough won't stretch anymore. Cover again and repeat later. Don't punch down or knead at any time although you can press it down enough to break any large bubbles. Continue for several hours until the dough becomes spongy and obviously risen--about 6 hours, depending on the temperature of your house. Don't let it over rise, or it will be dense

To bake, place a large baking dish (at least 2.5 quarts in size) into the oven and preheat your oven to 450 degrees Fahrenheit. Prepare a large square of parchment baking paper by spraying with nonstick spray. Lay the paper on the counter. (continued on next page)

Do a final stretch and fold of your dough and place it on the paper, seam side down. When the oven is hot, carefully remove the hot baking dish from the oven. Lift the parchment paper with the dough in it into the hot baking dish. Place in the oven and bake for 40 minutes.

### **Feeding the Starter**

When you add the starter to your dough above, leave a couple tablespoons of starter on the side of your jar. Add 1 cup whole grain flour and enough water to make a stiff, just stirrable mixture. Mix well and let stand out on the counter while your bread is rising. When it bubbles up, put it into the fridge. This amount of starter is perfect for 2-4 loaves of bread of the size listed above. If you only will be baking one loaf at a time, you can just feed your starter with 1/2 cup flour so you will have a smaller amount of starter. The starter will last for several weeks. If you don't bake bread again within that time, discard most of that starter and feed it again. Proceed with baking once the starter has bubbled up, or refrigerate the starter until you are ready to bake.

### **Stuffed Shells**

#### **Gather the following ingredients:**

20 jumbo pasta shells  
1 jar (24 oz) pasta sauce  
2 cups shredded vegan cheese

**Boil water and cook pasta shells to al dente according to the directions on the package.**

#### **Sauté until beginning to soften:**

½ cup onion, chopped  
3 cloves garlic, minced

#### **Meanwhile, combine in a bowl:**

1 package (14 oz) tofu, drained and crumbled  
1 tsp. salt  
1 tsp. onion powder  
1 tsp. garlic powder  
1 tsp. dried basil  
1 tsp. dried oregano  
1 cup chopped fresh spinach (if using frozen, thaw and squeeze out water thoroughly)  
¼ cup vegan mayonnaise

**Assemble the dish. Divide tofu mixture evenly between the pasta shells. Pour just over half the pasta sauce into a 9×13 baking dish. Place filled pasta shells into the pan. Pour remaining sauce over. Top with shredded cheese. Bake uncovered for 30 minutes.**





## **Sautéed Green Beans**

**Heat over medium heat:**

2 Tbsp. olive oil

1/2 tsp. red pepper flakes

**When oil is heated, add:**

1-1/2 pounds fresh green beans

**Cook for 5-7 minutes, stirring often. When green beans begin to blister and brown, add:**

2 cloves garlic, minced

1/2 tsp. salt

**Cook and stir for about 30 seconds. Then add:**

2 Tbsp. water (you really don't need more!)

**Cover immediately and steam green beans until bright green and crisp-tender, about 1–2 minutes. Serve immediately.**

