



Quinoa Salad

Place in a pressure cooker:

- 1½ cups water
- 1 cup quinoa, rinsed under cold water
- ¼ tsp. salt

Cook on high pressure for 3 minutes. Release pressure after 10 minutes of natural release.

If you don't have a pressure cooker, increase water to 2 cups, and simmer 15 minutes in a small saucepan on the stovetop. Then let stand 5 minutes.

Cool quinoa completely or just cool until it is warm, depending on the temperature you want your salad to be.

Place quinoa in a large salad bowl. Add the following ingredients:

- 4 cups lettuce, chopped
- ½ cucumber, diced
- 2 tomatoes, diced
- 2 green onions, sliced use green and white parts
- ½ bell pepper, diced
- ½ avocado, diced
- 2 cups cooked garbanzos, drained and rinsed or one 15-oz can
- 1 tsp. salt
- 1 tsp. garlic powder
- 2 tsp. dried oregano fresh is even better
- 2 tsp. dried basil fresh is even better
- 4 tsp. dried parsley fresh is even better
- ¼ cup olive oil
- ½ cup lemon juice fresh squeezed is best

Stir together and serve immediately.

Notes

You can adjust the vegetables to the ones you have available and like the best. Of course, fresh herbs are best, but the recipe is still great with dried herbs!

Grilled Veggie Sandwiches

Ciabatta/Artisan bread or rolls

Basil Pesto – recipe below – most pesto that is bought is not dairy free

Sliced Vegan Cheese of your choice

Various Vegetables of your choice

- Mushrooms
- Zucchini
- Onion
- Peppers
- Asparagus

Wash and slice vegetables and roast in oven at 375°F for about 5–7 minutes so they have started to cook, but are not cooked all the way through. You may lightly coat the vegetables with oil and add salt.

To assemble the sandwiches:

Spread basil pesto on the bread and add a slice of vegan cheese to each sandwich. Then add partially cooked vegetables to the sandwich. Wrap sandwiches in aluminum foil and bake at 350 for about 20 to 30 minutes or until they are hot.

Basil Pesto

2 cups packed basil or arugula – Trader Joes/Whole Foods sell larger packages of basil

¼ cup pine nuts, toasted

4 cloves garlic, peeled and chopped

2 teaspoons fresh lemon juice – or more

Salt to taste

½ package extra firm silken tofu (about 6 ounces), drained

¼ cup nutritional yeast flakes (optional)

Combine the above ingredients in a food processor and puree until smooth and creamy.

Easy Salad

2 cups chopped tomatoes

2 cups chopped cucumber

2 cups chopped avocado

Salt and garlic powder to taste

Mix all ingredients together and serve immediately. This is an easy and versatile salad that you can add various ingredients and seasonings of your choice, i.e. cilantro, lime/lemon juice. I initially had this salad at a Korean Pot Luck where they sprinkled sesame seeds on top.





Banana Pudding

To make the sweetened condensed milk component, combine in a small saucepan:

2 cups plant-based milk, vanilla flavored
1 cup sugar
2 tablespoons cornstarch

Mix well to dissolve all lumps of cornstarch. Bring to a boil, stirring constantly. When mixture thickens, remove from heat and stir in:

2 tablespoons vegan butter

Set in the refrigerator to chill.

Then whisk together:

2 cups cold plant-based milk
1 package (5 oz) instant vanilla pudding mix

Whisk for 2 minutes. Then stir in:

Sweetened condensed milk from above
1 tablespoon vanilla extract
1 tub (9 oz) CocoWhip, or other vegan whipped topping, thawed

Layer in a glass serving bowl:

Vanilla wafers (True Goodness Organic brand at Meijer is vegan)
Sliced bananas
Pudding mixture

Repeat layers until pudding is gone. Chill at least one hour before serving.