

**ANTIOCH MISSIONARY BAPTIST CHURCH OF CAROL CITY
EMPOWERMENT FAST
LUNCH RECIPES**



Marinated Black-Eyed Pea and Rice Salad

- 3 cups water
- 3/4 cup brown basmati rice, rinsed, and drained
- 3/4 cup wild rice, rinsed, and drained
- 1 - 15 oz. can black-eyed peas, rinsed, and drained
- 1/2 cup carrot, finely diced
- 1/2 cup celery, finely diced
- 1/2 cup green pepper, destemmed, deseeded, and finely diced
- 1/3 cup red onion, finely diced
- 1/4 cup freshly chopped parsley
- 1/3 cup white wine vinegar
- 3 T. olive oil
- 1 T. garlic, minced
- 1 T. Dijon mustard
- 1 t. dried thyme
- 1 t. ground cumin
- 1 t. chile powder
- 1/2 t. salt
- 1/2 t. freshly ground black pepper

In a medium saucepan, place the water, and bring to a boil. Add the brown basmati and wild rice, stir, cover, reduce the heat to low, and simmer for 40 minutes. Remove the pan from the heat, leave covered, and set aside for 5 minutes to allow the rice to steam. Using a fork, fluff the cooked rice, and set aside to cool completely. Transfer the cooled rice to a medium bowl. Add the black-eyed peas, carrot, celery, green pepper, red onion, and parsley, and toss gently. In a small bowl, place the remaining ingredients, and whisk well. Pour the dressing over the salad and toss gently to combine. Set the salad aside for 15 minutes or more, to allow the flavors to blend before serving.

Yield: 1 1/2 Quarts

Red Skin Potato and Roasted Asparagus Salad

3 lbs. red skin potatoes, washed well, and left whole
water
1 lb. asparagus, tough ends trimmed
olive oil
sea salt and freshly ground black pepper, to taste
crushed red pepper flakes, to taste
1/4 cup red wine vinegar
1/4 cup [Asparagus and Herb Pesto](#)
2 T. water
2 T. olive oil
1/2 cup green onions, thinly sliced
1/4 cup snipped chives
2 T. freshly chopped dill

Begin by placing the whole red skin potatoes in a large pot, cover them with water, and cook them over medium heat for 20-25 minutes or until easily pierced with a knife. Remove the pot from the heat, drain the water, and allow the potatoes to cool. Place the potatoes in the refrigerator and chill them for several hours or overnight. Slice the asparagus spears diagonally into 1-inch pieces and place them on a non-stick cookie sheet. Drizzle the asparagus with a little olive oil and season to taste with salt, pepper, and crushed red pepper flakes. Roast the asparagus in a 450 degree oven for 8-10 minutes or until crisp tender. Remove the cookie sheet from the oven and set aside to cool.

Cut the chilled red skin potatoes into 1-inch pieces and place them in a large bowl. In a small bowl, place the red wine vinegar, Asparagus and Herb Pesto, water, and olive oil, and stir well to combine. Pour the dressing over the potatoes and toss gently to thoroughly coat the potatoes. Add the roasted asparagus, along with the remaining ingredients, season to taste with salt and pepper, and toss gently to combine. Allow the flavors to blend for 15 minutes or more before serving.

Serves 6

Asparagus and Herb Pesto

1 lb. asparagus, tough ends trimmed, spears cut in half lengthwise
1/4 cup pine nuts, toasted
2 cups basil leaves, loosely packed
1 cup Italian parsley sprigs, loosely packed
5 cloves garlic (or more, to taste)
1/3 cup water or vegetable stock
1/3 cup nutritional yeast flakes
1/2 t. sea salt
1/4 t. lemon pepper or white pepper
2/3 cup olive oil

Place the asparagus spears in a steamer basket and steam for 3-4 minutes or until tender. Remove the asparagus from the steamer basket and set aside to cool. In a food processor, place the pine nuts, and process for 1 minute to finely chop them. Add the steamed asparagus and process for 1 minute to form a chunky puree. Add the basil, parsley, and garlic, and pulse a few times to roughly chop the herbs. Add the water, nutritional yeast flakes, salt, and lemon pepper, and process for 1-2 minutes to form a smooth puree. While the machine is running, drizzle in the olive oil, and continue to process the mixture for 1 additional minute. Transfer the pesto to an airtight container and store in the refrigerator. Use as a sauce for pasta, vegetables, or grains, or to add flavor to sauces, dressings, or side dishes, or as a sandwich spread.

Yield: 3 cups

Mixed Greens with Malibu Mango-Herb Mojo Dressing

1 cup mango, peeled, pitted, and diced
1 cup pineapple chunks
2/3 cup kiwi, peeled, quartered lengthwise, and sliced
2/3 cup red pepper, destemmed, deseeded, and diced
1/2 cup shallot, peeled and diced
1/4 cup freshly chopped cilantro
1 jalapeno, destemmed, deseeded, and diced
2 avocados, peeled, pitted, and diced
2 T. lime juice
salt and pepper
1 recipe of [Malibu Mango-Herb Mojo Dressing](#)
8 cups mixed baby greens or other mixed lettuces of choice
1/2 cup sliced almonds

In a bowl, combine the mango, pineapple, kiwi, red pepper, shallot, cilantro, and jalapeno, and toss gently. Add the avocados to the bowl, drizzle the lime juice directly over them, and toss lightly. Add 1/2 cups [Malibu Mango-Herb Mojo Dressing](#) and toss lightly. Taste and season with salt and pepper to taste. Divide the mixed baby greens evenly among 4 plates. Place 1 cup mojo-fruit mixture on top of the greens, sprinkle with 2 T. sliced almonds, and drizzle a little of the remaining [Malibu Mango-Herb Mojo Dressing](#) over the top.

Serves 4

Malibu Mango-Herb Mojo Dressing

1 mango, peeled, pitted, and diced
1/4 cup frozen apple juice concentrate, thawed (*with no added sugar*)
1/4 cup apple cider vinegar
1/4 t. ground cumin
2 T. freshly chopped basil
2 T. freshly chopped cilantro
1/8 t. salt
1/8 t. pepper

In a blender or food processor, place the mango, apple juice concentrate, apple cider vinegar, and cumin, and puree until smooth. Add the remaining ingredients and blend for 30 seconds. Store in an airtight container in the refrigerator.

Yield: 1 Cup

European Chefs Salad

5 cups spinach, triple washed, patted dry, de-stemmed, and torn into bite-size pieces
3 cups red-tipped loose-leaf lettuce, washed, patted dry, and torn into bite-size pieces
2 cups Boston lettuce, washed, patted dry, and torn into bite-size pieces
1 1/2 cups red cabbage, shredded
2 cups Mung bean sprouts, rinsed
1 - 15 oz. can kidney beans, rinsed, and drained
1 cup canned beets, rinsed, drained, and cut into a small dice
1 cup carrot, shredded
1 cup cucumber, peeled, deseeded, cut into quarters lengthwise, and sliced
1/2 cup radish, cut in half, and thinly sliced
1 cup soy cheddar cheese, shredded
1/3 cup sunflower seeds

In a large bowl, toss together the spinach, loose leaf lettuce, Boston lettuce, and red cabbage. Scatter the remaining ingredients, in order, over the top of the mixed greens. Top individual servings with [Sweet and Sour Dressing](#) or other salad dressing of choice.

Serves 6-8

Low-Fat Sweet and Sour Dressing

1 cup water or vegetable stock
2 t. cornstarch
1 /2 cup unbleached cane sugar or 1/3 cup all-natural honey
1/3 cup onion, diced
1 t. dry mustard
1 t. salt
1/4 cup white vinegar
2 T. lemon juice
2 t. celery seed

In a small saucepan, whisk together the water and cornstarch, and cook over low heat until thickened and clear. Remove from the heat and set aside to cool slightly. In a blender or food processor, place the cane sugar or honey, onion, dry mustard, and salt, and process for 10 seconds. Add the vinegar and lemon juice, and process for 1 minute or until smooth. Add the water-cornstarch mixture and celery seed, and process for a few seconds to incorporate. Transfer to an airtight container and store in the refrigerator for up to two week. If the dressing separates, stir well before serving.

Yield: 2 Cups

Green and Gold Minestrone

1 cup onion, diced
1 cup celery, diced
2 T. olive oil
2 T. garlic, minced
12 cups vegetable stock or water
4 cups escarole, washed well, and roughly chopped
3 cups red skin potatoes, scrubbed well, and cut into 1/2-inch cubes
1 - 1 lb. pkg. frozen mixed vegetables (green bean, lima bean, corn, carrot, and pea blend)
1 1/2 cups zucchini, cut into quarters lengthwise, and sliced
generous pinch of saffron threads or 1/2 t. turmeric
1/2 t. salt
1/4 t. freshly ground black pepper
1/2 cup dry whole wheat pasta (such as orzo, shells or ditalini)
1 cup green onions, thinly sliced
1/2 cup freshly chopped parsley
3 T. nutritional yeast flakes

In a large pot, saute the onion and celery in olive oil for 5 minutes or until soft. Add the garlic and saute an additional 2 minutes. Add the vegetable stock, escarole, potatoes, frozen vegetables, zucchini, saffron, salt, and pepper, and bring to a boil. Cover, reduce the heat to low, and simmer for 20 minutes. Add the whole wheat pasta, green onions, and parsley, and simmer an additional 10-15 minutes or until the vegetables and pasta are tender. Stir in the nutritional yeast, taste, and add additional salt and pepper, if needed.

Yield: 3 Quarts

Hacienda Garden Gazpacho

1 - 6 oz. can tomato paste
2 serrano chiles (or other hot peppers), destemmed, deseeded, and diced
1/3 cup balsamic vinegar
2 T. lime juice
2 T. cane juice (optional)
1 T. garlic, minced
1 T. ground cumin
1 t. Tabasco sauce or other hot sauce of choice
1 t. salt
1/2 t. freshly ground black pepper
7 cups tomato juice
3 cups tomatoes, deseeded, and diced
2 cups cucumber, peeled, deseeded, and diced
2 cups jicama, peeled, and diced
1 1/2 cups green pepper, destemmed, deseeded, and diced
1 1/2 cups red pepper, destemmed, deseeded, and diced
1 1/2 cups orange or yellow pepper, destemmed, deseeded, and diced
1 1/2 cups green onion, thinly sliced
1 cup zucchini, diced
1 cup summer squash, diced
1/4 cup freshly chopped parsley
1/4 cup freshly chopped cilantro

In a blender or food processor, place the tomato paste, serrano chiles, vinegar, lime juice, garlic, cumin, Tabasco sauce, salt, pepper, and 3 cups of the tomato juice, and process for 2 minutes to thoroughly blend the flavors. Transfer the mixture to a large bowl, add the remaining tomato juice, and stir well to combine. Add the remaining ingredients and stir well to combine. Cover and chill for several hours to allow the flavors to blend. Taste and adjust seasonings, as needed. Serve chilled in chilled bowls. Store in the refrigerator for up to 3 days.

Serves 8-10

Mushroom Miso Soup

1 1/2 cups Baby Bella mushrooms (or other mushrooms of choice), stems trimmed, and thinly sliced
2 t. safflower oil
1/2 cup green onions, thinly sliced
1 T. garlic, minced
1 T. ginger, minced
4 cups water or vegetable stock
2 cups Swiss chard leaves, roughly chopped
2 T. red miso (or other miso of choice)
1 T. toasted sesame oil
2 T. sesame seeds

In a large saucepan, saute the mushrooms in the safflower oil for 3 minutes. Add the green onion, garlic, and ginger, and saute an additional 2 minutes. Add the water and Swiss chard and stir well to combine. Bring the mixture to a boil, and allow to boil for 3 minutes. In a small bowl, stir together the miso and a little of the cooking liquid from the saucepan. Add the miso mixture and toasted sesame oil to the pot, stir well to combine, and remove the soup from the heat. Sprinkle sesame seeds over individual servings.

Yield: 1 1/2 Quarts

Three Soul Sisters Soup

1 cup onion, diced
1 T. olive oil
1/2 cup celery
1/2 cup green onion, thinly sliced
1/2 cup red pepper, destemmed, deseeded, and diced
1/2 cup zucchini, diced
3 cups acorn squash (or other winter squash), peeled, deseeded, and cut into cubes
1 1/2 cups red skin potatoes, cut into cubes
1 T. garlic, minced
1 1/2 t. ginger, minced
3/4 t. salt
1/2 t. dried basil
1/2 t. dried oregano (preferably Mexican oregano)
1/4 t. dried thyme
1/4 t. ground pasilla chiles (or chili powder)
1/4 t. freshly ground black pepper
3 cups water or vegetable stock
1/2 cup freshly cut corn
2 T. freshly chopped parsley
2 T. cornstarch or arrowroot
1/3 cup cold water
1 cup cooked red beans (or other beans of choice)

In a medium pot, saute the onion in the olive oil for 2 minutes. Add the celery, green onion, red pepper, and zucchini, and saute an additional 5 minutes to soften the vegetables. Add the acorn squash, red skin potatoes, garlic, ginger, salt, basil, oregano, thyme, ground pasilla, and black pepper, stir well to combine, and saute the mixture an additional 3 minutes. Add the water, corn, and parsley, and bring the mixture to a boil. Cover, reduce the heat to low, and simmer for 30 minutes or until the vegetables are soft. In a small bowl, place the cornstarch, pour the cold water over the top, and stir until smooth. Add the cornstarch mixture to the simmering soup, stir well, and continue to cook the soup over low heat until thickened. Add the red beans and stir well to combine. Taste and adjust seasonings, as needed.

Yield: 2 Quarts

Golden Vegetable Noodle Soup

2/3 cup onion, diced
1/2 cup carrot, diced
1/2 cup celery, diced
3 cups water or vegetable stock, divided
1 - 15 oz. can butter beans or other white beans, drained, and rinsed
1 1/2 cups Swiss chard or spinach (or other greens), washed well, and roughly chopped
1/2 cup cut corn, fresh or frozen
1/3 cup whole wheat orzo, ditalini or small shell-shaped pasta
pinch of turmeric
1 T. nutritional yeast flakes
1 t. mellow miso
salt and freshly ground black pepper, to taste

In a medium pot, combine the onion, carrot, celery, and saute the vegetables in 1-2 T. water for 3 minutes to soften. Meanwhile, in a food processor or blender, place the butter beans and 1 cup of the remaining amount of water, and process until smooth and creamy. Add the pureed mixture, the remaining approximately 2 cups water, Swiss chard, corn, whole wheat pasta, and turmeric. Stir well, bring the soup to a boil, reduce the heat to low, and simmer for 8-10 minutes or until the vegetables and whole wheat pasta are tender. Add the nutritional yeast flakes and miso during the last two minutes of simmering time. Taste and season with salt and freshly ground pepper, as needed.

Serves 4

Curried Apple Soup

1 cup shallots, finely diced
2 T. safflower oil
1 T. curry powder
2 t. ginger, minced
3 lbs. cooking apples of choice, peeled, cored, and diced
4 cups vegetable stock
1 cup apple juice
1 cup soy milk
1-2 T. lemon juice
salt and pepper, to taste

In a large pot, saute the shallots in oil for 5 minutes or until soft. Add the curry powder and ginger, and saute an additional minute. Add the vegetable stock, and stir well to deglaze the pot. Add the diced apples and apple juice, and bring the mixture to a low boil. Cover, reduce the heat to low, and simmer for 20-25 minutes or until the apples are tender. Remove from the heat and allow to cool for 10 minutes. In a food processor or blender, in batches, puree the soup until smooth, and return the soup to the pot. Whisk in the soy milk, a little of the lemon juice, and season to taste with salt and pepper. If desired, add additional curry powder, apple juice, or lemon juice to the soup to adjust the sweetness or spicy flavor of the soup to your own personal taste. Serve hot or cold.

Serves 6-8

Baked Barbecued Tempeh

2 cups onion, cut in half moons

2 cups green pepper, destemmed, deseeded, cut into quarters lengthwise, and sliced horizontally

2 cups red pepper, destemmed, deseeded, cut into quarters lengthwise, and sliced horizontally

3 - 8 oz. pkgs. multigrain tempeh, cut into 1-inch cubes

2 T. olive oil

2 T. tamari

1 recipe [Kentucky Blues BBQ Sauce](#)

Lightly oil (or spray with oil) a large baking dish (9x13-inch or larger). Place the sliced onions and peppers in the prepared pan. Bake at 375 degrees for 20 minutes to slightly roast the vegetables. Remove the pan from the oven, transfer the vegetables to a plate, and set aside. Place the tempeh in the same baking pan. In a small bowl, whisk together the olive oil and tamari. Pour the tamari mixture over the tempeh. Bake the tempeh at 375 degrees for 10 minutes. Remove the pan from the oven, stir the tempeh, and return the pan to the oven. Bake the tempeh an additional 5-10 minutes, or until the tempeh is lightly browned and the liquid is absorbed. Remove the pan from the oven. Add the reserved vegetables along with [Kentucky Blues BBQ Sauce](#), and toss gently to combine. Return the pan to the oven, bake an additional 15-20 minutes, or until the sauce is bubbly. Serve as a main dish or side dish, as a sauce for grains or pasta, or as a sandwich filling.

Serves 6-8

Kentucky Blues BBQ Sauce

1/2 cup tomato paste
1/2 cup cider vinegar
1/3 cup maple syrup
1/4 cup Jack Daniels or bourbon (*NOT on the Daniel Fast, however*)
1/4 cup tamari
1 T. olive oil
1 T. garlic, minced
1 T. ginger, minced
1 T. dry mustard
1/4 t. pepper
1/4 t. cayenne pepper

Combine all ingredients in a food processor or blender and puree until smooth. Place in a sealed jar and keep refrigerated for up to 2 weeks.

Yield: 2 Cups

Glorious Green Gumbo

2 Quarts water

1 lb. collard greens, washed well, destemmed, and roughly chopped (or 1 - 10 oz. pkg. frozen)

1 lb. turnip greens, washed well, destemmed, and roughly chopped (or 1 - 10 oz. pkg. frozen)

1 lb. kale, washed well, destemmed, and roughly chopped (or 1 - 10 oz. pkg. frozen)

1 lb. spinach, washed well, destemmed, and roughly chopped (or 1 - 10 oz. pkg. frozen)

1/4 cup safflower oil

1/4 cup whole wheat flour

1 1/2 cups onion, diced

1 cup celery, diced

1 cup green pepper, destemmed, deseeded, and diced

2 T. garlic, minced

3 cups cabbage, shredded

1 T. [Creole Seasoning](#)

1/2 t. salt

1 bay leaf

4 cups water

2 cups brown rice, rinsed

1/4 cup freshly chopped parsley

1/4 cup nutritional yeast flakes

Tabasco sauce or other hot sauce, for garnishing

Salt-Free Creole Seasoning

- 3 T. paprika
- 2 T. garlic powder
- 2 T. onion powder
- 1 T. dried basil
- 1 T. dried oregano
- 1 T. cayenne pepper
- 1 T. freshly ground black pepper
- 1 T. white pepper
- 1 1/2 t. dried thyme
- 1 t. dry mustard

In a small bowl, stir together all of the ingredients. Store in an airtight container in a cool place.

Yield: 3/4 cup

Jazzman Jambalaya

1 - 8 oz. pkg. multigrain tempeh
1/4 cup olive oil, divided
2 T. [Creole Seasoning](#), divided
2 T. tamari or soy sauce
1 1/2 cups onion
1 cup celery, diced
1 cup green pepper, destemmed, deseeded, and diced
1 cup red pepper, destemmed, deseeded, and diced
1 jalapeno, destemmed, deseeded, and diced
1 1/2 cups brown or wild rice
2 T. garlic, minced
2 cups vegetable stock
2 cups tomato, deseeded, and diced (or 1 - 14 oz. can diced tomatoes)
1 bay leaf
1 t. salt
1 - 15 oz. can red beans, drained, and rinsed
1/2 cup green onion, thinly sliced
1/4 cup freshly chopped parsley

Using your fingers, crumble the tempeh into small pieces onto a plate. In a large pot, saute the tempeh in 2 T. olive oil for 5 minutes. Sprinkle 1 T. [Creole Seasoning](#) over the tempeh and saute an additional 1 minute. Add the tamari, stir well to coat the tempeh, and continue to cook an additional 2-3 minutes or until the liquid has evaporated. Transfer the tempeh to a plate and set aside. In the same pot, saute the onion, celery, green pepper, red pepper, and jalapeno in the remaining 2 T. olive oil for 5 minutes to soften. Add the rice and garlic, stir well to combine, and continue to cook an additional 2-3 minutes. Add the vegetable stock, tomatoes, remaining Creole Seasoning, bay leaf, and salt, and bring the mixture to a boil. Cover, reduce the heat to low, simmer for 25-30 minutes or until the rice is tender and most of the liquid is absorbed. Remove the lid, add the reserved tempeh and remaining ingredients, stir well to combine, and recover the pot. Remove the pot from the heat and let sit for 10 minutes to allow the flavors to blend. Can be served as a side dish, main dish, or as a filling for wraps or sandwiches.

Serves 6-8

Moroccan Vegetable Stew with Herbed Couscous

2 cups onion, diced
2 t. olive oil
1 T. tomato paste
5 cups vegetable stock, divided
2 cups acorn or delicata squash, peeled, deseeded, and cut into 1-inch pieces
2 cups butternut squash, peeled, deseeded, and cut into 1-inch pieces
1 1/2 cups turnips, peeled, and cut into 1-inch pieces
1 1/2 cups carrot, cut in half lengthwise, and cut into 1-inch pieces
1 1/2 cups celery (including the green tops), cut into 1-inch pieces
1 1/2 T. ground cumin
2 t. paprika
1 t. salt
1/2 t. freshly ground black pepper
2 cups cabbage, cut into 1-inch pieces
1 1/2 cups zucchini, cut in half lengthwise, and cut into 1-inch pieces
1 - 15 oz. can chickpeas, drained and rinsed
1/3 cup freshly chopped Italian parsley
2 cups couscous
1/2 t. salt
2 T. freshly chopped dill

In a large pot, saute the onion in olive oil for 5 minutes or until soft. Add the tomato paste, stir well to coat the onions, and saute an additional minute to release its flavor. Add 2 cups vegetable stock, acorn squash, butternut, turnips, carrot, celery, cumin, paprika, salt, and pepper, and stir well to combine. Cover, reduce the heat to low, and simmer for 20 minutes. Add the cabbage, zucchini, and chickpeas, stir well, cover, and simmer an additional 15 minutes or until the vegetables are tender. Add 3 T. chopped parsley, taste, and adjust seasonings as needed. Meanwhile, in a large saucepan, place the remaining 3 cups vegetable stock, and bring to a boil. Add the couscous and salt, cover, remove from the heat, and set aside for 5 minutes. Fluff the couscous with a fork and stir in the remaining chopped parsley and chopped dill, and fluff lightly to incorporate. Serve individual servings in bowls and top with a sprinkle of additional ground cumin, if desired.

Serves 8-10

Avocado, Black Bean, and Tomato Salsa

1 1/2 cups Roma tomatoes, destemmed, deseeded, and diced
1 cup red pepper, destemmed, deseeded, and diced
1/2 cup red onion, diced
1/3 cup green onions, thinly sliced
1/4 cup jalapeno pepper, destemmed, deseeded, and diced
1/4 cup freshly chopped cilantro
1 T. garlic, minced
2 avocados, peeled, pitted, and diced
3/4 cup cooked black beans
1-2 T. lime juice, to taste
salt and freshly ground black pepper, to taste

In a medium bowl, place the tomatoes, red pepper, red onion, green onions, jalapeno pepper, cilantro, and garlic, and toss well to combine. Add the avocado and black beans and toss gently to combine. Season to taste with lime juice, salt, and pepper, and toss gently. Serve as a condiment to Mexican or Southwestern style dishes, as a filling for sandwiches or wraps, or as a dip for raw veggies or tortilla chips.

Yield: 3-4 Cups

Baked Herb Croutons

4 cups whole wheat bread of choice, cut into 1/2-inch cubes or whole wheat pita bread cut into triangles

olive oil

2 T. dried Italian seasoning (basil, thyme, oregano, rosemary, and marjoram)

2 T. Old Bay Seasoning or Cajun Seasoning

1/2 t. garlic powder

1/4 t. onion powder

Place the cubes of bread on a non-stick cookie sheet. Drizzle the cubes with olive oil, about 1-2 T., to taste. In a small bowl, place all of the remaining ingredients, and toss well to combine. Sprinkle the herb mixture over the cubes of bread and toss the cubes to coat them evenly. Spread the cubes of bread to a single layer and bake at 300 degrees for 15 minutes. Remove the cookies sheet from the oven, stir the croutons, and spread them out to a single layer again. Return the cookie sheet to the oven and bake the croutons an additional 10-15 minutes or until lightly browned and crisp. Allow the croutons to cool before using. Store in an air tight container.

NOTE: If you use this recipe with the pita chips, they can be substituted in the same way you would use tortilla or potato chips (with salsas, soups, or just for snacking).

Yield: 4 Cups

Non-Dairy Grilled Cheese Sandwiches

8 slices whole grain bread or bread of choice

1 recipe Creamy White “Uncheez” Sauce, cooled or Non-Dairy Swiss Style Cheese, sliced or shredded

”Spectrum” Spread, non-hydrogenated margarine, optional

On a cutting board or work surface, place four of the slices of bread, and spread one side of each piece of bread with 3-4 T. Creamy White Uncheez Sauce or cover with slices of the Non-Dairy Swiss Style Cheese. Top each with the remaining slices of bread. Lightly spread some of the Spectrum Spread on the top slices of bread, if desired. Lightly oil a large non-stick skillet and place over medium heat. In batches, place the assembled sandwiches with the "buttered" side down in the skillet and lightly spread some of the Spectrum Spread on the top slices of bread. Cook each sandwich for 2-3 minutes or until lightly browned on the bottom, carefully flip over, and cook an additional 2-3 minutes or until lightly browned on the remaining side. Transfer the grilled cheese sandwiches to a cutting board and if using the Creamy White Uncheez Sauce, allow to cool 1 minute before cutting in half for service. Repeat the cooking procedure for the remaining sandwiches.

NOTE: If you have a Panini machine or table-top, indoor grill, feel free to use it for more visual appeal in the final product.

***Variation:** add fresh or sauteed vegetables such as onions, tomatoes, peppers, spinach, mushrooms, or sprouts when assembling the grilled cheese sandwiches, for added flavor.

Serves 4

Pinto Bean Sloppy Joe Sandwiches

1 cup onion, diced
1/2 cup green pepper, destemmed, deseeded, and diced
2 T. jalapeno pepper, destemmed, deseeded, and diced
1 T. olive oil
1 T. garlic, minced
1 - 15 oz. can pinto beans, rinsed, and drained
1 - 6 oz. can tomato paste
1/2 cup water
1/3 cup wheat germ
4 t. blackstrap molasses
1 T. chili powder
1 T. paprika
1 T. dried basil
1 t. dried oregano
1/2 t. salt
1/4 t. freshly ground black pepper
hot pepper sauce or Tabasco sauce, to taste
6 whole grain hamburger buns or large rolls, split (or slices of whole grain bread)

In a large non-stick skillet, saute the onion, green, and jalapeno peppers in the olive oil, for 5 minutes to soften. Add the garlic and saute for an additional 1 minute. Add remaining ingredients, season the mixture with hot pepper sauce, to taste, and simmer an additional 5 minutes. Using a fork or the back of a spoon, coarsely mash the simmering mixture, and then simmer an additional 5 minutes. Serve the mixture on hamburger buns or large rolls, or on slices of whole grain bread. The pinto bean sloppy joe mixture can also be used as a sauce on whole wheat pasta, whole grains, or vegetables.

Yield: 6 sandwiches

Rad Ray's Veggie Sub Sandwiches

6 whole grain sub rolls or buns, whole grain wraps, or large whole wheat pita pockets
6 romaine lettuce leaves (or other lettuce of choice), washed, and patted dry
1 1/2 cups red onion, sliced
2 cups green pepper, julienned
2 cups cucumber, peeled, and sliced
olive oil, to taste
red wine vinegar, to taste
dried oregano, to taste
freshly ground black pepper, to taste
6 slices vegan mozzarella cheese, or other vegan cheese of choice

Begin by assembling all of the ingredients. Split the rolls or buns in half, open them up, and place them on a large cutting board. Dividing the vegetables evenly among the rolls, place them in the order listed, on the bottom half of the rolls. To taste, drizzle a little olive oil and red wine vinegar over the vegetables, and then season them generously with the oregano and pepper. Place a slice of vegan cheese on top of each and replace the top half of the roll or bun. Slice each sub sandwich in half and serve.

**Variation:* add additional vegetables and seasonings, as desired to suit personal tastes. Also good with a little mustard and crushed red pepper flakes for a spicy twist.

Yield: 6 sandwiches

Tempeh Portabello Burgers

2 - 8 oz. pkgs. multigrain tempeh, cut into cubes
1 1/2 cups onion, diced
1/4 cup olive oil, divided
8 oz. portabello mushrooms, finely diced
2 T. balsamic vinegar
2 t. dried basil
2 t. dried rosemary (crushed a bit with your fingers)
1 t. garlic powder
1 t. onion powder
1/2 t. dried thyme
1/4 t. pepper
1/2 cup whole wheat flour
1/4 cup tamari or Bragg Liquid Aminos
safflower oil for frying
8 whole grain buns, split
lettuce, onion and tomato slices, or other toppings of choice
condiments of choice

Place the cubes of tempeh in a steamer basket, steam for 15 minutes, and set aside to cool. Meanwhile, in a non-stick skillet, saute the onion in the olive oil for 3 minutes to soften. Add the mushrooms and saute an additional 3-5 minutes or until the onions are lightly browned. Add the balsamic vinegar, stir well, and saute an additional 2 minutes. Remove the skillet from the heat and set aside. Using your fingers, crumble the steamed tempeh into a bowl. Add the sauteed onion-mushroom mixture, basil, rosemary, garlic powder, onion powder, thyme, and pepper to the tempeh, and stir well to combine. Add the flour, tamari, and remaining 2 T. olive oil, and stir well to combine.

Line a large cookie sheet with waxed paper. Using a plastic 1/2 cups measuring cup, portion out 8 burgers on to the waxed paper, and press the burgers with a burger press or your hands to flatten them slightly. Chill the burgers for 1 hour. Lightly oil a non-stick skillet with a little safflower oil. In batches, cook the tempeh portabello burgers until well browned on each side, about 5-7 minutes per side. Add more oil to the pan, if needed, to prevent the burgers from sticking. Serve on whole grain buns with your choice of toppings and condiments.

***Note:** You can make these burgers in larger batches, pre-cook them, and freeze them for later use. Then simply reheat them in the oven or in a nonstick skillet until heated through.

Yield: 8 burgers

Wild West Rice Salad Sandwiches

2 cups water or vegetable stock
1/2 cup long grain brown rice, rinsed
1/2 cup wild rice, rinsed
1/3 cup white wine vinegar
2 T. Dijon mustard
3/4 t. ground cumin
1/2 t. salt
1/2 t. freshly ground black pepper
2 cups fresh cut corn (or frozen thawed)
1 - 15 oz. can pinto or red beans, rinsed, and drained
1/2 cup green pepper, destemmed, deseeded, and finely diced
1/2 cup red pepper, destemmed, deseeded, and finely diced
1/2 cup green onion, thinly sliced
1/2 cup freshly chopped cilantro
1/2 cup toasted pumpkin seeds
1 - 4 oz. can chopped green chiles, drained
6 whole grain rolls (or whole grain wraps, or large whole wheat pita pockets)
1 cup shredded vegan "mozzarella cheese"

In a medium saucepan, place the water, and bring to a boil. Add the brown and wild rice, cover, reduce the heat to low, and simmer for 45 minutes. Remove the saucepan from the heat, leave covered, and set aside for 5 minutes to allow the rice to steam. Transfer the rice to a large bowl, fluff with a fork, and allow to cool for 20 minutes. In a small bowl, whisk together the vinegar, mustard, cumin, salt, and pepper. Pour the mixture over the rice and toss gently to combine. Add all of the remaining ingredients, except the kaiser rolls and vegan cheese, and toss gently to combine.

To assemble the sandwiches, begin by slicing the top 1/3 off each of the rolls, and set the tops aside. Using your fingers, remove some of the bread from the inside of each roll, leaving a 1/2-inch border from the crust edge (save the bread trimmings for use as breadcrumbs in another recipe). Divide the rice mixture evenly among the 6 kaiser rolls and then sprinkle each with some of the shredded vegan cheese. Replace the tops of each kaiser and transfer them to a large platter for service.

Yield: 6 sandwiches

Veggie Wraps

4 - 8-inch flour tortillas, choice of whole wheat, or flavored if made with unbleached, whole-grain flour

1 1/3 cups [White Bean and Roasted Vegetable Spread](#)

4 leaves of loose leaf lettuce or lettuce of choice, washed and patted dry

3 Roma tomatoes, each sliced into 4 pieces

3/4 cup zucchini, shredded

3/4 cup summer squash, shredded

3/4 cup carrot, shredded

1 cucumber, peeled, and sliced thin

Place the tortillas flat on a cutting board; place 1/3 cup of the spread on each tortilla, and spread within 1-inch of its edges. Place 1 lettuce leaf in the center of each tortilla so that a little of it hangs out the top edge. For each tortilla: on top of the lettuce place 3 slices of tomato, 3 T. shredded zucchini, 3 T. shredded summer squash, 3 T. shredded carrot, and in rows, 6 slices of cucumber. Fold the bottom of the tortilla up to the center of the tortilla, then fold in each side, one overlapping the other to enclose the vegetables, and secure the wrap with a toothpick. Wrap the veggie wraps in aluminum foil, waxed paper, or plastic cling film, or place in an airtight container.

***Variation** - substitute any of the suggested vegetables for some of your other favorite vegetables, such as shredded beets, shredded sweet potatoes, shredded or sliced radishes, chopped vegetables, fresh sprouts of vegetables or beans, etc.

Yield: 4 veggie wraps

White Bean and Roasted Vegetable Spread

- 1 red pepper, destemmed, deseeded, and quartered lengthwise
- 1 medium onion, sliced 1/2-inch thick
- 3 cloves garlic, peeled
- 1 - 15 oz. can cannellini or Great Northern beans, drained and rinsed
- 3 T. freshly chopped parsley
- 2 T. lemon juice
- 1/2 t. salt
- 1/4 t. pepper

Line a cookie sheet with aluminum foil and place the pepper and onion in rows on the foil. Broil the vegetables for 5-7 minutes or until slightly charred, and remove the cookie sheet from the oven. Flip over the vegetables, add the cloves of garlic to the cookie sheet, return the cookie sheet to the oven, and broil an additional 5-7 minutes to slightly char the other side. Allow the vegetables to cool slightly and then gently remove the skin from the peppers. In a food processor or blender, place the roasted vegetables, white beans, lemon juice, salt, and pepper, and process until smooth. Add the parsley and process for an additional 30 seconds to thoroughly incorporate it. Transfer the mixture to a glass bowl. Use as a spread on crackers, bread, or sandwiches, or serve with raw vegetables.

Yield: 2 Cups

Tomatoes Rockefeller

1/2 cup onion, diced
1 T. olive oil
1 T. garlic, minced
4 cups spinach, triple washed, destemmed, and roughly chopped
1/4 cup freshly chopped basil
2 T. freshly chopped parsley
1/4 t. sea salt
1/4 t. paprika
1/8 t. freshly ground black pepper
1/8 t. ground nutmeg
3 large tomatoes
2 T. whole-grain or whole wheat breadcrumbs (can be made with leftovers from your “Baked Herbed Croutons” recipe)

In a non-stick skillet, saute the onion in the olive oil for 3 minutes to soften. Add the garlic and saute an additional 1 minute. Add the spinach, fresh herbs, salt, paprika, pepper, and nutmeg, and saute an additional 1-2 minutes or until spinach wilts. Remove the skillet from the heat. Carefully remove the stems from the tomatoes, then cut them in half crosswise, and gently remove the seeds while keeping the tomatoes halves intact. Place the tomato halves, cut-side up, in a casserole dish. Divide the spinach mixture evenly among the tomato halves and then sprinkle the breadcrumbs over the top. Bake at 375 degrees for 15-18 minutes or until the breadcrumbs are lightly browned.

Serves 6

Twice-Baked Sweet Potatoes

- 6 large sweet potatoes, washed well (do not peel)
- 3 T. maple syrup
- 2 T. orange juice
- 2 t. ginger, minced
- 1 t. cinnamon, divided
- 1/2 t. salt
- 3 T. Sucanat (non-refined cane sugar; essentially dried sugar cane juice)

Using a fork, pierce the skins of the sweet potatoes in several places. Place an oven-proof rack on a cookie sheet and place the sweet potatoes on the rack. Bake at 400 degrees for 60-75 minutes or until soft when gently squeezed. Remove the cookie sheet from the oven and leave the sweet potatoes on the rack to cool. When they are cool enough to handle, cut each one in half lengthwise. Using a spoon, carefully scoop out the cooked flesh into a food processor, leaving the skin intact to form a shell, and set skins aside. Add the maple syrup, orange juice, ginger, 1/2 t. cinnamon, and salt to the food processor, and puree for 2-3 minutes or until very smooth and creamy.

Lightly oil (or spray with a light mist of oil) a large cookie sheet or baking pan, and place the reserved sweet potato skins in the pan. Refill the skins with the puree mixture, evenly dividing it among the skins, and then swirl the top of each filled skin decoratively with the back of a spoon. In a small bowl, stir together the remaining cinnamon and Sucanat. Sprinkle the cinnamon-sugar mixture over the top of each refilled skin. Bake at 350 degrees for 15-20 minutes or until heated through. Using a spatula, carefully transfer the halves to a large platter for service. Serve one Twice-Baked Sweet Potato half per person.

*The Twice Baked Sweet Potatoes can also be pre-assembled, brought to room temperature for 10 minutes, and then baked as directed above.

Serves 12

Spicy Thai Peanut Dressing

1/2 cup peanut butter
1/3 cup peanut oil
1/4 cup lime juice
3 T. water or vegetable stock
2 T. toasted sesame oil
1 T. pure maple syrup
1 1/2 t. garlic, minced
1/4 t. cayenne pepper
1 t. soy sauce or Tamari sauce (optional)
1 t. Scotch Bonnet pepper sauce (optional)

In a blender or food processor, place all of the ingredients, and blend until smooth.
Transfer to an airtight container and store in the refrigerator.

Yield: 1 1/2 cups

At the suggestion (demand) of several students in the first set of cooking classes, Chefs Mackey and Bryan will have several pints of this homemade dressing available. Please email Minister Benton Aladin at baladin@ambccc.com If you are interested in ordering the sauce.

Please keep in mind that it can be served hot or cold, and can be used as a dressing for salads, marinade for veggies, dip for chips, sauce for pastas and stir-fry, or everyday spread for sandwiches and toast.

Price: \$5 per pint. Thanking you in advance,

Wayne and Dwayne