Plant-Based Cooking Demo

Presented by VegMichigan, Michele Gallo, and Jodi Wollitz

SOUTHWEST BLACK BEAN QUINOA BOWL
Michele Gallo

Baby kale or favorite leafy greens
Tricolor quinoa, cooked
Black beans, rinsed and drained
Frozen Fire-Roasted corn, thawed
Grape tomatoes, halved
Diced red onion
Diced avocado
Cilantro
Lime juice
Coconut aminos (can also use soy aminos or tamari)
Chipotle dressing

Chipotle Dressing
Michele Gallo

Ingredients:
1 ½ cup cashew sour cream (or other plant-based sour cream, plant-based mayo or a combination)
2 Medjool dates (cleaned, pitted, stem removed)
2 tbsp. (or more to taste) Frontier Chipotle Adobo Sauce (could also use 2 chipotle chiles in adobo)
1/2-1 tbsp. fresh lime juice

Put all ingredients in a high-speed blender and blend until you reach a really smooth consistency.
Store in the refrigerator for 3-5 days

Cashew Sour Cream
by Chad Sarno

This dairy-free sour cream is so full of flavor that no one will know the difference. It is the perfect balance of tart and creamy.
Serves: 1 cup Active Time: 15 mins Total Time: 3 hrs Success: 100

Step 1: Soaking the Cashews
1 cup raw cashews
Method
Place the cashews into a bowl and cover with water. Let soak for a few hours, or overnight.

Step 2: Making the Cashew Sour Cream

- 1/4 tsp sea salt, or to taste
- 1 tbsp fresh lemon juice
- 1/2-3/4 cup water, or as needed
- 1 1/2 tbsp apple cider vinegar

Method

To make the sour cream, drain and rinse the cashews. Next, blend together the cashews, water, apple cider vinegar and lemon juice, until you reach a really smooth consistency.

Add more water until you reach the desired thickness. For instance, for more of a cream-like consistency, add more water until you reach a thinner, but still smooth, consistency.

Note: This is where a high-speed food processor is worth the investment. The higher the power, the smoother the outcome. Scrape the sides and continue to pulse until smooth. If needed, add a bit more water until you reach the desired consistency.

Use as you would any other flavorful sour cream.

Chef's Notes

by Chad Sarno

For a more neutral flavored cashew cream, omit the lemon juice and apple cider from the recipe.

HAWAIIAN BBQ TOFU VEGGIE KEBABS

BBQ SAUCE:

6 oz Tomato Paste
1 cup Pineapple Juice
1 T. Rice Vinegar
1 T. Teriyaki Coconut Aminos - OR - Low Sodium Tamari
2 Medjool Dates, pitted - OR - 1 T Coconut Sugar, or Date Powder, or Date Syrup/Maple Syrup, etc.
2 to 3 Garlic Cloves
2 tsp. Toasted Sesame Seeds
1 tsp. Grated Fresh Ginger (approx 1” piece)
1/2 tsp. Sriracha - OR - Crushed Red Pepper Flakes, to taste
1/4 to 1/2 tsp. Liquid Smoke, *totally optional*

Mini Blender/Food Processor:
Combine all ingredients. Blend well.
Taste & Adjust Seasonings to Your Preference.
Makes 1 1/2 cups Sauce.
Store in Mason Jar in Fridge until Ready to Grill/Serve.
Keeps for 7 days in Fridge.

Freeze any unused portion for up to 2 months.

Make Ahead Tip:
Marinate Your Tofu in 1/2 cup BBQ Sauce in the Fridge Overnight.

KEBABS:
16 oz Extra Firm Tofu (pressed, if desired)
Mini Sweet Peppers - OR - Rainbow Bell Peppers
Fresh Pineapple Chunks
Baby Bella Mushrooms
Green Bell Peppers - AND/OR - Zucchini
Red Onion
Toasted Sesame Seeds, for garnish

Cut Tofu into Large Chunks.
Cut Veggies into Large Pieces, Leaving Mini Sweet Peppers & Mushrooms whole.

Mixing Bowl:
Combine Tofu with 1/2 cup BBQ Sauce.
Toss Gently to coat.

Optional:
Toss Veggies with BBQ Sauce.

Assemble Skewers by alternating each ingredient in a colorful order with Tofu in between the Veggies.
It is helpful to start and end each Kebab with a whole mushroom to help keep the other ingredients from sliding off.

Prepare Grill.
Or Broil, or even Air Fry your Kebabs
Grill/Cook until lightly charred and/or roasted on all sides.
Baste with extra BBQ Sauce, as needed.
Sprinkle with Toasted Sesame Seeds & Serve w/ BBQ Sauce on the side.

SERVING SUGGESTIONS:
Serve Hawaiian BBQ Tou Veggie Kebabs over Steamed Rice, or Quinoa, or Your Favorite Whole Grain.
Also Delicious & Pretty served on Top of a Large Fresh Salad of Mixed Greens tossed with Island Pineapple Balsamic Vinegar & Garnished with Scallions.

Leftover Kebabs make a Great Pita or Wrap Filling for the next day!
Leftover Kebabs + Leftover Rice + Nori Sheets make Great Grab ‘n Go Hawaiian “Sushi” Burritos, too!

Eat-the-Rainbow salad with Quinoa and Chickpeas
Michele Gallo

This is a guideline, adjust amounts and types of vegetables to your taste
1⁄2 - 1 cup chickpeas (drained and rinsed)
2⁄3 - 1 1⁄3 cups cooked white quinoa
1 - 2 Persian cucumbers, diced
1 - 2 carrots, grated
1⁄4 - 1⁄2 cup red onion, diced
1⁄2 - 1 cup multi-color grape/cherry tomatoes, halved
Leafy green of your choice (I am using red leaf lettuce in the demo)
Options:
Microgreens
Pumpkin/sunflower seeds
Diced avocado
Substitutions:
Feel free to pick whichever vegetables that you will eat and enjoy, just try to pick something from each color group (red, orange/yellow, blue, green).
You can use roasted vegetables, fresh fruit (for e.g., blueberries, apples, etc)
Top with dressing, mix to combine and enjoy!

Easy Green Goddess Dressing (plant-based)
Minimalist Baker

1/4 cup tightly packed fresh parsley (loosely chopped before measuring)
1/4 cup loosely packed fresh basil leaves (loosely chopped before measuring)
3 Tbsp loosely packed fresh chives (loosely chopped before measuring)*

2 ½ Tbsp lemon juice
1/2 cup raw cashews*
1/3 cup water (plus more as needed)
2 large cloves garlic
1 tsp coconut aminos
1/2 tsp sea salt
1 pinch black pepper
1 Tbsp olive oil (optional // for earthier, more floral flavor)
Instructions

Soak cashews in very hot water for 15-20 minutes, then drain. This step is optional if you have a powerful blender (we find raw cashews blend well in high-speed blenders).

To a small blender, add all ingredients and blend on high for 1-2 minutes or until smooth and creamy.
Taste and adjust flavor as needed, adding more salt to taste, lemon juice for acidity, or herbs for more herbal flavor. Coconut aminos enhance umami flavor / saltiness. If too thick, add slightly more water. If too thin or strong, add more cashews.
*Can substitute green onions (just the green part)
Enjoy on salads, in bowls, or as a dip for raw or roasted veggies. Best when fresh. Store leftovers in a sealed container in the fridge up to 3-4 days. Not freezer friendly.

PINA COLADA PIE

NO-BAKE PIE CRUST:

1 cup Medjool Dates, pitted
3/4 cup Rolled Oats
1/2 cup Nuts (such as Pecan, Walnuts, Almonds, Macadamia, etc)
1/2 cup Bare Baked Crunchy Pineapple Chips
1/4 cup Unsweetened Shredded Coconut, toasted

FOOD PROCESSOR:
Combine all crust ingredients.
Pulse/Process until very well chopped and very well combined.
It will still appear as loose crumbs but it will be uniformly the same size & texture all the way through.
Test by squeezing together a handful of the crust into the palm of your hand.
If it easily sticks together forming a perfect ball with no loose crumbs, it should be ready.
Now, try breaking the ball of dough in half.
If both halves stick together without losing any crumbs, even when broken in two, it is perfect!
If the ball will not hold its own shape in your hand - OR - if it starts to fall apart into crumbs when halved - it needs to be processed for a minute or two longer.
Transfer Crust to a Glass Pie Plate.
Press evenly to form a full crust up the sides & bottom of the pie plate.

PIE FILLING:

16 oz Tofu *(Soy Allergy = Use all Vegan Cream Cheese instead)*
8 oz Plant Based/Vegan Cream Cheese *(such as Kite Hill or Homemade Cashew Cream Cheese)*

10 oz Fresh or Frozen Pineapple Chunks
1/2 cup to 1 cup Date Powder/Date Sugar - OR - Coconut Sugar (to taste)
1/4 cup Unsweetened Shredded Coconut, toasted if desired
3 T. White Chia Seeds, finely ground
1 tsp. Pure Vanilla Extract
1/2 tsp to 1 tsp. Pure Rum Extract, optional (to taste)

FOOD PROCESSOR:
Add all filling ingredients.
Blend until well combined.
Taste & Adjust sweetness & flavorings as needed to make your tastebuds happy.
Every Tofu & Cream Cheese will be a little different, so if your mixture seems a bit too liquidy, add an extra Tablespoon of Ground White Chia Seeds.
Transfer into prepared pie crust.
Cover.
Chill in refrigerator for at least 4 to 6 hours before serving.
Add your favorite toppings in a decorative design & enjoy!

GARNISH:
Toasted Coconut
Fresh or Frozen Pineapple
Fresh or Frozen Sweet Cherries
Vegan Whipped Topping, if desired (Aquafaba, or Coconut Cream, Tofu Whip, or your favorite brand/recipe)

VARIATIONS:
This Pina Colada Pie can also be made into individual tarts, or even served as layered pudding parfaits!

Blended Earl Grey Lattes
Bad Manners (formerly Thug Kitchen)
Makes 2 tall drinks

2 cups vanilla almond milk
½ cup water
4 bags Earl Grey tea*
1-2 teaspoons maple syrup or agave syrup (to taste)
2 cups ice cubes
½ banana, cut into chunks and frozen

Directions:
In a small saucepan, heat the almond milk and water over medium heat until it starts to bubble around the edges.
Turn off the heag and add the tea bags. Let them steep for 10 minutes.
Remove the bags and cool in the refrigerator for at least 1 ½ hours.

When you're ready to drink, add the sweetener, ice, banana, and tea mix to a blender and run until it's smooth.

*You can substitute chai, yerba mate, peppermint, or whatever tea you like.