

Quick and Easy Warm Weather Recipes

A VegMichigan Cooking Demo

By Vicki Brett-Gach and Michele Gallo

SUMMER RED-SKINNED POTATO SALAD

Servings: 6

4 cups red-skinned potatoes, scrubbed and cubed
1 cup celery, diced
2 tablespoons dill pickles, minced
2 tablespoons fresh dill, minced (or 2 teaspoons dried dill)
1 1/2 teaspoons fresh tarragon, minced (or 1/2 teaspoon dried tarragon)
1/2 cup raw cashews
6 tablespoons water
2 tablespoons, plus 3/4 teaspoon rice wine vinegar
1 1/2 tablespoons Dijon mustard
1 1/2 teaspoons fresh lemon juice
1/2 plus 1/8 teaspoon sea salt (or to taste)
1/4 teaspoon black pepper

Place potatoes in a large pot with cold salted water. Bring to a boil, reduce heat, and cover. Simmer until tender, then drain, and allow potatoes to cool for about 20 minutes or more.

Once the potatoes have cooled, place them in a large bowl. Add celery, pickles, dill, and tarragon, and toss together.

To make creamy dressing, add cashews, water, lemon juice, rice wine vinegar, mustard, and salt and pepper to a high-powered blender and process on low, then gradually work up to high speed until the mixture is completely smooth.

Pour dressing over the salad ingredients, and combine well. Serve immediately, or refrigerate and serve chilled.

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CRAZY SEXY KALE

From Crazy Sexy Kitchen - by Kris Carr with Chad Sarno

*1 bunch kale, any variety, shredded by hand
1 cup diced bell peppers - red, yellow, or orange
1/4 cup chopped parsley
1 1/2 avocados, pit removed and chopped
2 tablespoons flax oil - omit if oil-free
1 1/2 tablespoons lemon juice
Sea salt to taste
Pinch of cayenne to taste*

In a medium mixing bowl, combine all ingredients. Massage and mix with your hands to "wilt" the kale and cream the avocado (this should only take a minute or two), and serve.

Optional: serve the salad wrapped in a cucumber slice

PERFECT CHICKPEA SALAD SANDWICH

Servings: 4 to 6

1 15-ounce can chickpeas, drained and rinsed well
2 stalks celery, finely chopped
1/3 cup red bell pepper, finely chopped
1/3 cup dill pickles, finely chopped
1/4 cup hummus
1 1/2 teaspoons yellow mustard
1 tablespoon fresh dill, minced (or 1 teaspoon dried dill)
handful fresh Italian parsley, minced (approximately 1/4 cup)
juice of 1 fresh lemon (3 to 4 tablespoons)
1/4 teaspoon kosher salt (or to taste)
freshly ground black pepper
whole grain pita pockets, or toasted Ezekiel muffins

In a large bowl, mash the chickpeas with a potato masher until flaky in texture.

Add the celery, bell pepper, pickles, hummus, mustard, dill, parsley, and lemon juice. Mix well. Sprinkle with salt and pepper, adjusting seasoning to taste.

Serve on toasted whole grain Ezekiel muffins, or in whole grain pita bread pockets.

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COLLARD WRAPS

Michele Gallo

Collard leaves (you can prep more to use later as they last for days)

Lemony Beet Hummus

Your choice of vegetables, such as:

Shredded carrots

Shredded red cabbage

Cucumber (peeled if not organic) thinly sliced short strips

Zucchini, thinly sliced short strips

Radish, thinly sliced short thin strips

Avocado

Microgreens

Sprouts

INSTRUCTIONS

Wash and dry collard leaves to remove any grit or debris.

Use a paring knife to carefully shave down the thick middle stem, be careful not to tear the leaf.

To make the leaves more pliable, first blanch the greens by bringing a large pot of water to a boil (can salt the water if desired) .

Have a large bowl of ice water (ice bath) nearby.

Place the collard greens into the boiling water for approximately 30 seconds - they will turn a brighter green.

Remove the greens from the boiling water and immediately place in the ice bath until the greens are completely cooled.

Remove them from the ice bath and pat them dry with a dish/paper towel

Place collard leaves on a flat surface. Spread about 1/4 cup of hummus near the middle of each leaf, and add the remaining ingredients.

Tuck the and roll the collard leaves as you would a burrito.

Cut each wrap in half and enjoy.

LEMONY BEET HUMMUS

Michele Gallo

1 medium beet roasted (may also use store-bought steamed or roasted beets)

1 can chickpeas, reserve 2 tbsp aquafaba (bean water), discard the rest then drain and rinse the beans

2 tbsp aquafaba (bean water)

2 tbsp tahini (no-oil variety)

2 cloves garlic

3 tbsp lemon juice (approximately the juice of one lemon)

½ tsp lemon zest

½ tsp cumin

½ tsp ground coriander

¼ tsp sea salt (omit if necessary)

Black pepper to taste

Instructions

Combine all ingredients in a food processor fitted with an s-blade. Pulse to mix the ingredients then process until smooth, stopping to scrape down the sides as necessary.

FRESH FRUIT YOGURT PARFAIT

Servings: 1

sliced fresh strawberries

fresh blueberries

banana slices

handful of granola

unsweetened plain almond yogurt

2 tablespoons fresh orange juice

Layer generous amounts of fruit, separated by small amounts of yogurt and granola. Drizzle with orange juice, and serve immediately.

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MOCHA ICE CREAM

From the plant-based for life cookbook

By Vicki Brett-Gach

1 cup prepared espresso (about 5 shots)

1 cup water

½ cup raw cashews

1 cup dates, pits removed

2 tablespoons unsweetened cocoa or cacao powder

1 teaspoon pure vanilla extract

Pinch of salt (optional)

Add all ingredients to a high-powered blender and process until mixture is smooth and combined well.

Carefully pour mixture into the bowl of an automatic ice cream maker, and process according to manufacturer's instructions until desired texture is achieved.

Enjoy immediately or harden further in freezer for an hour or more.