

Comcast Series 2 Recipes

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Comcast Series 2 Recipes

Show 1 - An Apple A Day

Apple-Filled Acorn Squash with Curried Hemp Seeds

Extra virgin olive oil
1 large yellow onion, diced
2 cloves fresh garlic, finely minced
2 1/2 teaspoons curry powder
Sea salt
2 Granny Smith apples, peeled, cored, diced
2/3 cup apple juice
1 tablespoon barley malt
1/2 cup dried currants

8, 1-inch-thick acorn squash rings, unpeeled, seeded
2-3 sprigs fresh parsley, finely minced, for garnish

1 recipe curried shelled hempseeds

Place about a tablespoon oil, onion and garlic in a heavy skillet and turn the heat to medium. When the onions begin to sizzle, add 2 teaspoons curry powder and a generous pinch salt and sauté for 8-10 minutes, until the onions are quite soft. Stir in apples, barley malt, juice and currants, season lightly with salt and sauté until all liquid has evaporated, 6-8 minutes.

Preheat oven to 350o. Place 3-4 tablespoons oil and the remaining curry powder in a small skillet and turn heat to medium. Sauté for 1-2 minutes, just long enough to flavor the oil. Transfer to a small cup and set aside.

Arrange squash rings in a single layer on a lightly oiled shallow baking pan. Sprinkle lightly with salt and brush with curry flavored oil. Spoon filling into the center of the rings, filling abundantly. Drizzle lightly with curry oil and cover tightly.

Bake until squash is tender when pierced with a skewer, 45-50 minutes. Carefully transfer squash rings, using a spatula, to a serving platter. Garnish with parsley and curried hempseeds and serve hot. Makes 8 servings.

Hearts of Lettuce Salad with Apples

1 red onion, very thin rings
2 Granny Smith apples, 1/4-inch dice (do not peel)
5 hearts of romaine lettuce, trimmed, halved lengthwise
1 cup lightly toasted hazelnuts
1/2 cup dried currants

Dressing:

1 cup extra virgin olive oil
2-3 cloves fresh garlic, finely minced
1/2 red onion, finely diced
1/4 cup apple cider
3 tablespoons brown rice syrup
1-2teaspoons sea salt
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1/2 teaspoon crushed red pepper flakes
Grated zest of 1 fresh lemon
Juice of 1 fresh lemon

Place the onion rings in a bowl and cover them with very cold water. Set aside for 30 minutes.

Cut each romaine half into 3 large wedges and press them gently to fan them. Arrange them on a serving platter. Drain red onions and arrange them on top of the lettuce.

Make the dressing by combining all ingredients except lemon juice in a small saucepan and warming through over low heat. Remove from heat and whisk in lemon juice. Set aside to cool to room temperature.

To serve, spoon dressing generously over salad, setting out the balance on the side. Sprinkle apples and hazelnuts over the salad and serve. Makes 8-10 servings.

Comcast Series 2 Recipes

Show 1 - An Apple A Day

Tofu and Apple Curry with Golden Raisins

4 tablespoons light olive oil
1/2 cup brown rice syrup
8 ounces extra firm tofu, 1/4-inch thick slices

Extra virgin olive oil
2 tablespoons red curry paste
2-3 cloves fresh garlic, finely minced
1/2 red onion, finely diced
Sea salt
1/4 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1/2 cup golden raisins
2 Granny Smith apples, halved, cored, 1/2-inch dice, do not peel
1/2 cup dry white wine
2-3 sprigs fresh parsley, finely minced

Place oil and rice syrup in a skillet and turn heat to medium. When the mixture begins to foam, lay tofu slices in the skillet and cook until golden, turning once to insure browning. Transfer to a plate and set aside.

Place a small amount of oil and curry paste in a deep skillet and turn heat to medium. Cook, while stirring, until curry is creamy. Stir in garlic, onions, salt, cumin and cinnamon and sauté for 1-2 minutes. Stir in golden raisins, apples, wine and a light seasoning of salt. Cook, stirring occasionally, until liquid has been absorbed and the apples are just tender, 5-7 minutes.

To serve, mound cooked basmati rice on a platter, spoon apple mixture over it and lay glazed tofu slices on top. Sprinkle with fresh parsley and serve immediately. Makes 4-6 servings.

Show 2 - A-a-a-h-h-h-vocados

Sliced Avocados with Black Olive Vinaigrette

Vinaigrette:

1/4 cup extra virgin olive oil
4 teaspoons balsamic vinegar
1 teaspoon red wine vinegar
2-3 tablespoons black olive paste
2 shallots, finely minced
1 tablespoon finely minced fresh basil
Pinch sea salt

2 bunches watercress, rinsed well, stems trimmed, cut into bite-sized pieces
4 ripe avocados

Make the vinaigrette by whisking ingredients together, adjusting seasoning to your taste. It should be strong and slightly salty. Set aside.

Halve, pit and peel avocado. Thinly slice lengthwise, keeping them intact. Divide watercress among 8 salad plates. Using a spatula, carefully transfer an avocado half onto each plate, pressing gently to fan the slices. Spoon dressing over each plate and serve at room temperature or chilled. Makes 8 servings.

Dandelion Greens with Cannellini Beans and Avocado

Extra virgin olive oil
2-3 cloves fresh garlic, thinly sliced
1 red onion, thin half moon slices
Sea salt
Generous pinch crushed red pepper flakes
1 cup dried cannellini beans, rinsed very well
2 1/2 cups spring or filtered water
1/2 cup dry white wine
1 bay leaf
1 small bunch dandelion, rinsed very well
Grated zest of 1 lemon
2 ripe avocados, halved, pitted and thinly sliced
1/4 cup shelled hempseeds, lightly pan toasted

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Show 2 - A-a-a-h-h-h-vocados

Dandelion Greens with Cannellini Beans and Avocado (cont.)

Place about 3 tablespoons oil, garlic and onion in a deep skillet over medium heat. When the onions begin to sizzle, add a pinch of salt and the red pepper flakes and sauté for 2-3 minutes. Add cannellini beans, water, wine and bay leaf and bring to a boil. Reduce heat to low and cook until the beans are tender, about 50 minutes. Season with salt to taste. Coarsely chop the dandelion greens and stir into the bean mixture with lemon zest and cook, stirring frequently, for 5 minutes more.

To serve, arrange avocado slices on a platter and mound beans and greens in the center. Sprinkle with hempseeds. Serve hot. Makes 4-5 servings.

Avocado and Pickled Cucumber Nori Rolls

1 small cucumber, sliced into thin spears
Juice of 1 lemon
1 teaspoon soy sauce
2 cups cooked short grain brown rice
1/4 cup shelled hempseeds
2 ripe avocados, flesh scooped out whole, thinly sliced
2-3 sheets toasted sushi nori

Dipping sauce:

1 cup spring or filtered water
2 teaspoons soy sauce
Juice of 1/2 lemon
Scant pinch crushed red pepper flakes

Place cucumbers in a small bowl and add lemon juice and soy sauce. Toss cucumber spears gently in the bowl to coat. Set aside to marinate for 10 minutes.

Mix rice and hempseeds together until seeds are incorporated throughout the rice. Slice avocados and set aside.

Lay a sheet of nori, lengthwise, on a bamboo sushi mat or kitchen towel. With moist hands, press rice firmly onto the nori, about 1/4-inch thick, covering the nori end to end, but leaving about 1/2-inch nori exposed on the edges furthest from and closest to you. Lay cucumber spears on the rice, end to end, near the edge closest to you. Lay avocado slices on top of the cucumber spears.

Using the mat as a guide, wrap the nori around the rice and filling, pressing and rolling jelly-roll style, creating a firm cylinder. Lay the nori roll, seam side down on a dry surface and repeat with remaining ingredients, making 3 nori rolls.

Make the dipping sauce by whisking ingredients together, adjusting seasoning to your taste.

Wet the blade of a sharp knife and slice each nori roll into 8 equal pieces. Arrange them, cut side up, on a platter and serve with the dipping sauce.

Makes 4-5 servings.

Show 3 - Beautiful Berries

Chocolate & Strawberry Torte

Torte:

1 1/4 cup hazelnuts, toasted, husked
1 cup whole wheat pastry flour
1/2 teaspoon baking powder
Pinch sea salt
1/4 cup avocado or light olive oil
1/3 cup brown rice syrup
almond milk

Ganache:

2/3 cup almond milk
2 tablespoons Suzanne's Specialties Chocolate Rice Nectar
1 teaspoon pure vanilla extract
2 cups non-dairy, grain-sweetened chocolate chips

1 pint basket fresh strawberries, tops removed, thinly sliced, reserving one

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Show 3 - Beautiful Berries

Chocolate & Strawberry Torte (cont.)

Preheat oven to 375o and lightly oil and flour a 9-inch cake pan with 2-inch sides. Cut a piece of parchment paper the size of the bottom of the pan, lightly oil it and place on the bottom of the pan.

Place toasted hazelnuts in a food processor and pulse until you create a fine meal. Transfer to a mixing bowl and stir in flour, baking powder and salt. Mix in oil and rice syrup. Slowly add almond milk, by the tablespoonful, to create smooth, spoonable batter. Spoon evenly into prepared pan and bake until the top of the cake springs back to the touch, 25-30 minutes. Remove from oven and cool for 10 minutes. Run a knife around the rim between the cake and the pan to loosen it. Invert cake onto a plate and set aside to cool completely. Use a sharp, serrated knife to split the cake in half, making 2 thin layers.

Make the ganache by bringing almond milk, rice syrup and vanilla to a rolling boil. Place the chocolate chips in a heat-resistant mixing bowl and pour boiling liquid over top. Whisk until a smooth, silky texture forms. Cover with plastic and chill until it thickens, about an hour.

When the ganache is ready, place one cake layer (cut side up) on a serving plate. Spread 1/3 of the ganache over the cake. Arrange strawberry slices (reserving some for garnish) in concentric circles to cover the ganache. Spread 1/3 of the ganache over the cut side of the other cake layer. Gently press the cake, ganache-side down onto the strawberries, creating a thick layer of chocolate and strawberries in the center.

Spread remaining ganache over the top of the cake. Press remaining strawberry slices in concentric circles to decorate the top edge of the torte. Take reserved whole strawberry and from the top, slice lengthwise to the tip, leaving the stem edge attached. Press gently to fan slices and place in the center of the cake. Makes 8-10 servings.

Blueberry-Corn Griddle Cakes

1 1/2 cups whole wheat pastry flour
1/2 cup yellow cornmeal
Generous pinch sea salt
1 teaspoon baking powder
Grated zest of 1 lemon
1 teaspoon brown rice vinegar
Light olive oil
1-2 cups almond milk
1 1/4 cups fresh blueberries, sorted, rinsed well

Suzanne's Specialties Blueberry Rice Nectar

Whisk together flour, cornmeal, salt and baking powder. Mix in lemon zest, rice vinegar and 2 tablespoons oil. Slowly mix in Blend to create a thin batter. Fold in blueberries.

Lightly oil (with olive oil) a griddle or skillet and warm over medium heat. Spoon batter onto hot griddle, forming 3-inch rounds, and cook until golden. Flip each pancake and cook until golden. Serve smothered in blueberry rice syrup. Makes about 24 pancakes.

Gratin of Red and Black Berries

2 cups almond milk
2 teaspoons kuzu or arrowroot, dissolved in a small amount of cold water
1 teaspoon pure vanilla extract
Pinch sea salt
1 cup raspberries, rinsed well
1 cup blackberries, rinsed well
1 cup blueberries, rinsed well
2-3 tablespoons maple granules
1-2 sprigs fresh mint

Preheat oven to 325o and lightly oil a 1-quart shallow baking dish. Place almond milk, vanilla and salt in a sauce pan over low heat. When the almond milk is warmed through, stir in dissolved kuzu and cook, stirring constantly, until the mixture thickens, about 3 minutes. Set aside to cool slightly, stirring frequently so it doesn't set.

Arrange berries in the prepared baking dish. Spoon almond milk mixture over the berries, filling the dish completely. Sprinkle generously with maple granules and bake until the granules have melted and the berries are bubbling, 15-20 minutes. Remove from oven and allow to stand for 10 minutes before serving.

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Show 3 - Beautiful Berries

Gratin of Red and Black Berries (cont.)

To serve, scoop gratin into individual dessert cups and garnish with fresh mint, if desired. Makes 3-4 servings.

Show 4 - B is for Broccoli

Broccoli with Fennel

Extra virgin olive oil

2-3 cloves fresh garlic, thinly sliced

3-4 shallots, thinly sliced

Sea salt

1 small fresh fennel bulb with stems removed, thinly sliced, reserving 2-3 tablespoons leaves

1 red bell pepper, roasted over an open flame, peeled, seeded, thinly sliced into ribbons

7 cups broccoli florets (2-3 heads)

1/2 teaspoon dried basil

1/2 teaspoon dried rosemary

2/3 cup spring or filtered water

Place about 2 tablespoons oil, garlic and shallots in a deep skillet and turn heat to medium. When the shallots begin to sizzle, add a pinch of salt and sauté until turning golden, about 3-4 minutes. Add fennel and pepper, a pinch of salt and sauté until just beginning to wilt, 3 minutes more. Add broccoli, 2 tablespoons oil, dried herbs, a light seasoning of salt and stir to coat. Add water, cover and cook until broccoli is crisp-tender, about 5 minutes. Remove cover and allow any remaining liquid to cook away. Stir gently to combine ingredients and transfer to a serving platter. Makes 6-8 servings.

Fresh Corn Salad

4 ears fresh corn

1 carrot, fine matchstick pieces

3 stalks broccoli, small florets, stems thinly sliced

1 cup dulse, soaked for 5 minutes, shredded

Dressing:

1/4 cup extra virgin olive oil

2-3 shallots, finely minced

2 cloves fresh garlic, finely minced

Sea salt

2-3 fresh scallions, thinly sliced on the diagonal

Juice of 1 fresh lemon

2 tablespoons balsamic vinegar

Bring a pot of water to a boil and cook corn for 2-3 minutes. Drain and set aside to cool. In the same water, blanch carrots until crisp-tender, about 2 minutes. Drain and transfer to a mixing bowl. In the same water, cook broccoli florets and stems until crisp-tender, about 4 minutes. Drain and add to carrots.

Using a sharp knife, remove the kernels from the cobs and stir into carrots and broccoli. Fold in dulse.

To make the dressing, place oil, shallots and garlic in a small saucepan over medium heat. When the shallots begin to sizzle, season lightly with salt and simmer for 4-5 minutes. Remove from heat and whisk in scallions, lemon juice and vinegar to combine ingredients. Pour dressing over vegetables and stir to coat. Serve warm. Makes 3-4 servings.

Asian Vegetables with Tofu

5-6 small cauliflower florets

5-6 small broccoli florets

2 tablespoons extra virgin olive oil

2-3 cloves fresh garlic, thinly sliced

1 red onion, thinly sliced into half moon pieces

4-5 slices fresh ginger, fine matchstick pieces

Generous pinch crushed red pepper flakes

Soy sauce

6-8 dried shiitake mushrooms, soaked until tender, thinly sliced

8-10 snow peas, strings removed, left whole

1 small Chinese or Japanese eggplant, quartered lengthwise, cut into 1-inch pieces

1 cup unsweetened coconut milk

Mirin

2-4 slices packaged baked tofu, cubed

2-3 baby bok choy, halved lengthwise

Comcast Series 2 Recipes

Show 4 - B is for Broccoli

Asian Vegetables with Tofu (cont.)

2-3 sprigs fresh cilantro, finely minced

Bring a pot of water to a boil and blanch cauliflower for 1 minute. Drain and set aside. In the same water, blanch broccoli for 1 minute. Drain and mix in with cauliflower.

Place oil, garlic, red onion, ginger and crushed red pepper flakes in a deep skillet or wok and turn heat to medium. When the onions begin to sizzle, add a splash soy sauce and sauté for 2-3 minutes. Stir in shiitake, a splash of soy sauce and sauté for 2 minutes. Stir in blanched cauliflower and broccoli. Stir in snow peas and eggplant, along with coconut milk. Season lightly with soy sauce and mirin, cover and cook over low heat until the vegetables are just tender, stirring occasionally, about 4 minutes. Stir in baked tofu and bok choy, cover and cook until bok choy is wilted, 2-3 minutes longer. Remove cover and raise heat to medium, cooking until any remaining liquid has turned into syrup. Remove from heat and stir in cilantro. Transfer to a serving platter. Makes 4-5 servings.

Show 5 - Butternut Squash and Sweet Potatoes

Corn Cakes with Black Beans and Squash

Extra virgin olive oil

1-2 cloves fresh garlic, finely minced

1 small yellow onion, diced

Sea salt

Generous pinch crushed red pepper flakes

1 stalk celery, finely diced

1 cup finely diced butternut squash

1/2 cup fresh/frozen corn kernels

2-3 fresh scallions, finely minced

1 cup cooked black turtle beans, half mashed

1/2 cup dry white wine

1/2 cup extra firm tofu, coarsely crumbled

2-3 sprigs fresh parsley, finely minced

Yellow cornmeal

Place about 2 tablespoons oil, garlic and onion in a skillet over medium heat. When the onions begin to sizzle, add a pinch of salt, crushed red pepper flakes and sauté for 1-2 minutes. Add celery, a pinch of salt and sauté for 1 minute. Add corn and scallions, a pinch of salt and sauté for 1 minute. Stir in black beans, wine and season lightly with salt. Cook, uncovered until the wine absorbed, about 10 minutes. Transfer to a mixing bowl and allow it to cool to room temperature.

When the mixture has cooled enough to handle, mix in the tofu and parsley, using your hands to incorporate the ingredients. The mixture should be stiff enough to form into patties (if it's too thin, simply mix in some cornmeal to create a stiffer consistency). Form into patties and dredge in cornmeal on both sides. Set aside.

Pour about 1/4 inch of oil in a skillet and heat it through on medium-low heat (to ensure that the oil is really hot). Carefully lay patties in oil and cook until lightly browned. Turn the patties and brown on the other side, about 3 minutes each side. Transfer to a platter lined with paper towel to drain. Repeat the frying process with remaining patties.

To serve, place patties on a bed of greens and dress with olive oil and vinegar and a dollop of salsa or serve more conventionally on whole grain buns...as burgers, with all the fixings.

Makes 3-4 patties.

Roasted Vegetable Pasta

1-2 cloves fresh garlic, thinly sliced

1 red onion, 1/4-inch diced pieces

1 carrot, 1/4-inch diced pieces

1 cup 1/4-inch diced pieces butternut squash

1 cup 1/4-inch diced pieces sweet potato

Grated zest of 1 lemon

Extra virgin olive oil

Sea salt

Mirin

10-12 oil-cured black olives, pitted, minced

8 ounces penne pasta

Juice of 1/2 lemon

2-3 sprigs fresh basil, finely minced

Preheat oven to 375o. Place garlic, onion, carrot, squash and sweet potato in a mixing bowl. Stir in lemon zest, a generous drizzle of olive oil, a light sprinkle of salt and a light drizzle of mirin. Mix well to coat the vegetables. Transfer to a shallow baking dish, avoiding a lot of overlap. Bake, covered, for 45 minutes, then remove cover, add olives and bake until vegetables are lightly browned, about 15 minutes more.

Comcast Series 2 Recipes

Show 5 - Butternut Squash and Sweet Potatoes

Roasted Vegetable Pasta (cont.)

When the vegetables are nearly ready, bring a pot of water to a boil and cook penne al dente, about 8 minutes. Drain well, but do not rinse. Transfer to a mixing bowl.

Remove vegetables from the oven and gently stir in lemon juice. Spoon vegetables into the pasta and mix well. Transfer to a serving bowl and serve garnished with basil and a drizzle of fruity olive oil. Makes 2-3 servings.

Sweet Potato Streusel

3-4 pounds sweet potatoes, whole, unpeeled

1/3 cup fresh orange juice

2 tablespoons brown rice syrup

2 tablespoons extra virgin olive oil

Grated zest of 1 orange

Nutty topping:

1/3 cup whole wheat pastry flour

1/3 cup whole almonds, ground into a coarse meal

1/3 cup pecan pieces, ground into a coarse meal

Pinch sea salt

3 tablespoons barley malt

1/4 cup avocado or light olive oil

Preheat oven to 375o. Pierce sweet potatoes all over with a fork and place directly on the center oven rack. Bake until very tender, about an hour.

While the potatoes bake, make the topping. Place all ingredients in a mixing bowl and stir, blending until moist clumps form. Set aside.

When the potatoes are done, remove from oven and cool just enough to handle. Peel and transfer sweet potatoes to a mixing bowl and mash. Stir in orange juice, rice syrup, oil and orange zest, as well as a light seasoning of salt. Mix well.

Raise oven temperature to 400o and lightly oil a 13 x 9-inch baking dish (I like oval here). Spread puree evenly in the prepared dish, smoothing the top surface. Scatter streusel topping over puree and bake until the streusel is crisp and lightly browned, 30-25 minutes. Cool for 5-10 minutes before serving. Makes 6-8 servings.

Show 6 - Got Soy?

Tempeh Reuben Sandwich

Extra virgin olive oil

2 red onions, thin half moon slices

Sea salt

Dry white wine

Extra virgin olive oil

8 ounces tempeh, halved crosswise and each half split to half its thickness

4 slices vegan soy cheese

8 slices whole grain bread

Stone-ground mustard

1 fresh tomato, thickly sliced

Romaine lettuce leaves

Place a small amount of oil in a deep skillet over medium heat. Begin to sauté onions with a pinch of salt. Add a small amount of wine and continue to stir until onions begin to wilt. Reduce heat to low and continue cooking, stirring frequently until onions begin to reduce dramatically and turn a rich brown color. This can take as long as 40 minutes.

When the onions are about 80% done, place a generous amount of oil in a skillet over medium heat. Pan fry the tempeh on both sides browning evenly. Lay a slice of soy cheese on each piece of tempeh and allow it to melt.

To assemble the sandwiches, spread mustard on 4 slices and lay tomato and lettuce on top. Lay tempeh and cheese on top of that, mound onions over the sandwich and the remaining bread on top. Makes 4 sandwiches.

Warm Potato and Soybean Salad

1 pound new or fingerling potatoes, cubed, do not peel

1 cup frozen fresh soybeans, thawed

1 red onion, thinly sliced into half moon pieces

1 small cucumber, halved lengthwise, very thin half moon slices

Dressing:

1/4 cup umeboshi or red wine vinegar

1 tablespoon finely minced fresh ginger

1 clove fresh garlic, finely minced

Comcast Series 2 Recipes

Show 6 - Got Soy?

Warm Potato and Soybean Salad (cont.)

1 tablespoon stone-ground mustard
4 tablespoons extra virgin olive oil
2 teaspoons brown rice syrup
1 teaspoon white miso

Bring a pot of water to a boil and cook potatoes until just tender, about 12 minutes. Drain and transfer to a mixing bowl. In the same water, cook soybeans until just tender, about 5 minutes. Drain and add to potatoes. Finally, in the same water, quickly blanch onion pieces, for 30 seconds. Drain and add to potatoes.

Prepare the dressing by whisking the ingredients together until well-combined. Adjust seasonings to taste. Stir dressing into salad, tossing to coat. Serve warm. Makes 4-5 servings.

Baked Belgian Endive with Miso

8 medium Belgian endives, split lengthwise
1/4 cup extra virgin olive oil
2 tablespoons white miso, pureed in a small amount of warm water
1 teaspoon mirin
1/2 cup chopped toasted hazelnuts
Juice of 1/2 fresh lemon
2-3 sprigs fresh parsley, finely minced

Preheat oven 375o. Arrange endive halves, cut side up, tightly packed in a baking dish. Mix olive oil with pureed miso and mirin, whisking until smooth. Add a small amount of water to thin the sauce until spoonable. Spoon sauce evenly over endive halves. Cover tightly with foil and bake for 35-40 minutes. Remove cover and return to oven for 7-10 minutes more to brown the edges. Transfer baked endive halves to a serving platter, squeeze lemon juice over top and sprinkle with parsley. Makes 8-16 servings.

Show 7 - Glorious Garlic and Onions

Fried Cauliflower with Garlic Oil

1 head cauliflower, broken into medium florets
2 tablespoons extra virgin olive oil
3-4 garlic cloves, thinly sliced
2 tablespoons brown rice vinegar
1 tablespoon paprika
Sea salt

Batter:

1 cup whole wheat pastry flour
Sea salt
1 teaspoon baking powder
1 teaspoon kuzu, dissolved in 3 tablespoons cold water
Spring or filtered water

Avocado or light olive oil, for deep-frying

2-3 sprigs fresh parsley, finely minced, for garnish

Bring a pot of water to a boil and cook cauliflower until crisp-tender, about 4 minutes. Drain well and set aside.

Place oil and garlic cloves in a small sauce pan over low heat and cook for 3-4 minutes to infuse the oil with garlic flavor. Strain the garlic out of the oil and whisk in vinegar, paprika and sea salt to taste. Set aside to cool.

Prepare the batter, by whisking together flour, a generous pinch sea salt and baking powder. Mix in dissolved kuzu and enough water to create a batter like that for pancakes. Set aside for 15 minutes.

Place 3-4 inches oil in a deep pot and place over medium heat. When the oil is hot (patterns will form in the oil, known as "dancing"), dredge cauliflower in batter to coat. Fry until golden and crisp, 2-3 minutes. Drain well and transfer to a parchment-lined baking sheet. Place fried cauliflower in a warm oven while frying the balance.

To serve, arrange fried cauliflower on a platter and drizzle with garlic oil and sprinkle with parsley. Serve immediately. Makes 4-6 servings.

Comcast Series 2 Recipes

Show 7 - Glorious Garlic and Onions

Caramelized Onion and Focaccia

Dough:

1 3/4 teaspoons active dry yeast
3/4 cup warm spring or filtered water
1/8 cup extra virgin olive oil
1 cup whole wheat bread flour
1 cup unbleached white flour
1 1/4 teaspoons sea salt

Topping:

Extra virgin olive oil
3 yellow onions, thin half moon slices
2 sprigs fresh rosemary, leaves removed or 2 teaspoons dried rosemary, ground
Sea salt
Balsamic vinegar
1 fresh tomato, diced, for garnish

Prepare the dough by stirring the yeast into the warm water in a large mixing bowl. Allow to stand until creamy, about 10 minutes. Stir in the oil, then the flour and salt. Mix until ingredients come together. Transfer to a lightly floured surface and knead until smooth and elastic, about 10 minutes.

Place the dough in an oiled bowl, cover tightly with plastic and set aside to rise until doubled.

To shape the dough, flatten into a disc. Lightly oil a 10-inch pie plate. Flatten and stretch the dough to cover the bottom of the pie plate. Dimple the tops of the focaccia with your fingertips, creating an uneven surface. Cover with a towel and set aside to rest for 10 minutes. Dimple and stretch the dough again, so that it really covers the bottom of the pie plate. Brush lightly with oil, cover with a towel and set aside to rise until very puffy, about 50 minutes.

Prepare the topping while the dough rises. Place about 3 tablespoons oil and the onions in skillet. Turn the heat to medium high. When the onions begin to sizzle, add rosemary, a generous pinch of salt and sauté for 2 minutes. Drizzle lightly with balsamic vinegar and reduce heat to low. Continue cooking, stirring frequently, until the onions are deeply browned, about 15-20 minutes. Season to taste with salt and sauté for 2-3 more minutes. Spoon cooked onions over the focaccia, covering generously, but allowing dough to peek through. Drizzle lightly with oil and bake.

To bake, preheat the oven to 425o. Bake for 10 minutes. Reduce the heat to 375o and bake until the topping is browned and the focaccia is firm, the edges browned. Slice into wedges and serve hot, garnished with diced tomatoes. Makes 1, 10-inch focaccia.

Garlic-Braised Kale

Extra virgin olive oil
6-7 cloves fresh garlic, thinly sliced
1 red onion, diced
Sea salt
Generous pinch piccante spice*
3-4 tablespoons diced oil-packed sun-dried tomatoes, drained well
1 medium bunch kale, rinsed well
Grated zest of 1 lemon
1/2 cup spring or filtered water
2 tablespoons mirin
1 teaspoon balsamic vinegar
1/2 cup lightly toasted hazelnuts, coarsely chopped

Place a small amount of oil, garlic and onion in a deep skillet or wok and turn heat to medium. When the onions begin to sizzle, add a generous pinch of salt, piccante spice and sauté for about 2 minutes. Stir in sun-dried tomatoes. Remove kale stems, dice and stir into skillet. Slice kale leaves and stir them, with lemon zest, into skillet, season to taste with salt and sauté for 2 minutes. Add water and mirin, cover and reduce heat to low. Cook until kale is quite wilted and a deep green, about 8 minutes. Remove from heat and stir in vinegar. Transfer to a serving plate and garnish with hazelnuts. Makes 3-4 servings.

*Piccante spice is an Italian spice mixture available in specialty markets.

Show 8 - Lentils and Other Fun Pulses

Soy Sausage and Lentil Salad

1-inch piece kombu
1 cup lu Puy lentils, rinsed well
3 cups spring or filtered water

Comcast Series 2 Recipes

Show 8 - Lentils and Other Fun Pulses

Soy Sausage and Lentil Salad (cont.)

Soy sauce

Extra virgin olive oil

2-3 cloves fresh garlic, thinly sliced

1 red onion, diced

Sea salt

Generous pinch chile powder

1 carrot, diced

1-2 stalks celery, diced

1 cup diced butternut squash

Grated zest of 1 lemon

6 ounces vegan soy sausage, sliced into ¼-inch thick rounds

1/2 cup apple juice

4-5 leaves kale, steamed until bright green and cut into bite-sized pieces

Place kombu on the bottom a heavy pot and add beans and water. Bring to a boil, uncovered, over medium heat. Cook at a boil for 5 minutes. Cover and reduce heat to low, cooking beans until just tender, about 45 minutes. Season beans to taste with soy sauce and cook for 5 minutes more. Drain away any excess liquid and set aside.

Place a generous amount of oil, garlic and onion in a deep skillet and turn heat to medium. When the onions begin to sizzle, add a pinch of salt and sauté for 1-2 minutes. Stir in carrot, celery, squash and lemon zest, a light seasoning of salt and sauté for 2 minutes. Spread vegetables evenly over bottom of skillet and lay sausage rounds on top. Add apple juice, season to taste with salt, cover and cook for 3-4 minutes. Remove cover and allow any remaining liquid to reduce to a syrup.

To serve, lay kale on a serving platter, spoon lentils over the platter and spoon sausage mixture over the lentils. Makes 4-5 servings.

Pinto Bean Green Rolls w/Chia

Green rolls:

6-8 Chinese cabbage leaves, rinsed well, left whole

6-8 collard green leaves, rinsed well, left whole

Pinto bean filling:

Extra virgin olive oil

1-2 cloves fresh garlic, finely minced

1/2 red onion, finely diced

Sea salt

Generous pinch crushed red pepper flakes

1 stalk celery, finely diced

1 small carrot, finely diced

1 vine ripened tomato, finely diced, do not peel or seed

1 cup cooked pinto beans

1/2 cup dry white wine

2-3 sprigs fresh basil, finely minced

Bring a pot of water to a boil and cook Chinese cabbage leaves until crisp tender, about 2 minutes. Drain and lay flat. In the same water, cook collard leaves until crisp tender, about 2 minutes. Drain and lay flat. Set greens aside to cool while making the filling.

Place about 2 tablespoons oil, garlic and onion in a deep skillet over medium heat. When the onions begin to sizzle, add a pinch of salt and red pepper flakes and sauté for 1 minute. Add celery, a pinch of salt and sauté for 1 minute. Add carrot, a pinch of salt and sauté for 1 minute. Add tomato, beans and white wine, season to taste with salt, cover, reduce heat to low and cook until liquid is absorbed into the beans and the filling is soft and creamy, about 20 minutes. Transfer to a serving bowl to cool.

To assemble the rolls, lay 2 collard leaves on a dry work surface. Lay 2 cabbage leaves on top of the collards. Spoon 1/4 of the filling onto the center of the leaves. Pull up the side of the leaves and roll them into spring-roll style shapes. Lay, seam side down to seal. Repeat with remaining ingredients to create 4 rolls.

To serve, slice the rolls in half, on the diagonal, creating 8 equal pieces. Arrange, cut side up, on a platter and serve warm. Makes 4 servings.

Comcast Series 2 Recipes

Show 8 - Lentils and Other Fun Pulses

Chickpeas with Tomatoes over Pasta

Extra virgin olive oil
1-2 cloves fresh garlic, thinly sliced
1 red onion, thin half moon slices
Sea salt
1-2 stalks celery, thin diagonal slices
1 carrot, fine matchstick pieces
3-4 vine-ripened tomatoes, thin half moon slices, do not peel or seed
1 cup cooked chickpeas
1 cup dry white wine
2-3 sprigs fresh parsley, finely minced
1 pound orecchiette

Place about 3 tablespoons oil, garlic and onion in a deep skillet over medium heat. When the onions begin to sizzle, add a pinch of salt and sauté for 2-3 minutes. Add celery, a pinch of salt and sauté for 1-2 minutes. Add carrot, a pinch of salt and sauté for 1-2 minutes. Stir in tomatoes, chickpeas, a pinch of salt and wine and bring to a boil. Cover and reduce heat to low. Cook until chickpeas are quite soft, about 15 minutes. Season to taste with salt and cook, uncovered, until the sauce thickens slightly, about 5 minutes.

While the sauce cooks, bring a pot of water to a boil. Add a pinch of salt and a drizzle of oil. Cook pasta al dente, 9-10 minutes. Drain, but do not rinse. Stir pasta and parsley into chickpea mixture and stir well to combine. Transfer to a serving platter and serve immediately.
Makes 4-5 servings.

Show 9 - A Grain of Truth

Tomato-Laced Quinoa

Extra virgin olive oil
1 teaspoon red chili paste
Sea salt
Black pepper
1/2 red onion, finely diced
2 vine-ripened tomatoes, diced, do not peel or seed
1 cup quinoa, rinsed very well
2 cups spring or filtered water
2-3 sprigs fresh basil, shredded

Place about 2 tablespoons oil in a skillet over medium heat. When the oil is hot, add the chili paste and sauté until well-blended into the oil. Add a pinch of salt and black pepper and add onion; sauté for 2-3 minutes. Stir in tomatoes, a pinch of salt and sauté for 2-3 minutes, until tomatoes are coated with oil. Spread veggies evenly on the bottom of the skillet and cover. Reduce heat to low and cook until tomatoes are lightly browned and wilted, 15-20 minutes.

Kasha and Potato Croquettes with Mango Salsa

Mango salsa:
1 ripe mango, peeled, seeded, small dice
1/2 red onion, small dice
1 small jalapeno, finely minced
1 clove fresh garlic, finely minced
Sea salt
1 teaspoon hot sauce
1 cup cooked black beans
Juice of 1 lemon
Extra virgin olive oil

Croquettes:
2 cups spring or filtered water
1 yukon gold potato, peeled, diced
1 cup kasha, rinsed very well, pan toasted
Sea salt
Extra virgin olive oil
3 scallions, finely diced
4 sprigs parsley, minced
1 jalapeno pepper, seeded, finely minced
1/2 teaspoon ground cumin
1/2 teaspoon dried oregano
Cracked black pepper
2 cloves fresh garlic, finely minced

Comcast Series 2 Recipes

Show 9 - A Grain of Truth

Kasha and Potato Croquettes with Mango Salsa (cont.)

1/2 cup pureed silken tofu
3 tablespoons grated vegan soy mozzarella cheese
Whole wheat bread crumbs

Make the salsa. Combine mango, onion, jalapeno and garlic in a small mixing bowl, season with salt to taste. Stir in hot sauce, black beans, lemon juice and a generous drizzle of oil. Mix well, cover and set aside for flavors to develop.

For the croquettes, bring water to a boil and add potato and quinoa. Add a pinch of salt, cover and bring to a boil. Reduce heat to low and cook until quinoa has absorbed the water and has opened, about 20 minutes.

While the quinoa cooks, place a small amount of oil in a skillet over medium heat and sauté scallion, parsley, jalapeno, spices and garlic for 1-2 minutes. Transfer to a mixing bowl.

When the quinoa is cooked, mash it with a fork to break up the potato. Mix in with scallion mixture and fold in pureed tofu and soy cheese. Mix very well. Form quinoa mixture into 2-inch patties.

Heat about a tablespoon of oil in a skillet over medium heat. Dredge croquettes in bread crumbs. Fry until golden on each side, turning once to ensure even browning, about 2 minutes per side. Transfer to a platter and spoon salsa on top of croquettes. Makes about 5 servings.

Desiree's Pumpkin Muffins

1 3/4 cups Red Mill Gluten Free All Purpose flour
1 1/4 cups sugar
1 tablespoon baking powder
1/4 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon ginger
1/4 teaspoon allspice
1/8 teaspoon ground cloves
1 cup pureed pumpkin (fresh or canned)
1 tablespoon soy yogurt
1/2 cup almond milk
1/2 cup vegetable oil
2 tablespoons molasses
1/2 cups apricots

Preheat oven to 400o. Grease muffin tins with vegetable oil or spray-on oil.

Sift together dry ingredients (flour through cloves). In a separate bowl, whisk together wet ingredients (pumpkin through molasses). Pour wet ingredients into dry and combine. Fill muffin tins 2/3 of the way. Bake for 27-30 minutes, until a toothpick inserted in the center comes out clean.

Show 10 - The Greening of America

Tomato and Green Salad with Sweet Lemon Dressing

1 cup extra virgin olive oil
Juice of 2-3 fresh lemons
4 tablespoons brown rice syrup
Grated zest of 1 lemon
Sea salt
Generous pinch of crushed red pepper flakes
1 bunch watercress, rinsed well, stem tips trimmed
2 Belgian endive, bottoms trimmed, thinly sliced lengthwise
1 small bunch arugula, rinsed well, stem tips trimmed
4 ripe tomatoes, sliced into thin wedges
1 red onion, very thin half moon slices
4 slices packaged baked tofu, cubed

Combine oil, lemon juice, rice syrup, lemon zest, salt to taste and red pepper flakes in a small sauce pan and warm over low heat for 3 minutes, whisking constantly. Remove from heat, transfer to a heat-resistant bowl and set aside to cool.

Combine greens on a platter and arrange tomatoes and red onions around the rim. Mound baked tofu cubes in the center. Chill salad completely. Just before serving, spoon a small amount of dressing over the salad, with the balance of dressing on the side. Makes 6-8 side servings or 3-4 main courses.

Comcast Series 2 Recipes

Show 10 - The Greening of America

Tuscan Kale Soup

Extra virgin olive oil
1-2 cloves fresh garlic, finely minced
1/2 yellow onion, finely diced
Sea salt
1/2 cup pearly barley, rinsed well
4 cups spring or filtered water
4-5 leaves fresh kale, rinsed well
1 red bell pepper, roasted over an open flame, peeled, seeded, minced

Place about 2 tablespoons oil, garlic and onion in a small soup pot and turn the heat to medium. When the vegetables begin to sizzle, add a pinch of salt and sauté until the onions are translucent, about 3 minutes. Stir in barley to coat with oil. Add water, cover and bring to a boil. Reduce heat to low and cook for 20-25 minutes, until the barley is quite soft. Season to taste with salt. Slice the kale into bite-sized pieces just before stirring them into the soup. Simmer, uncovered, just until the kale is tender, about 3 minutes. Serve garnished with minced roasted red pepper. Makes 4-5 servings.

Cabbage Spring Rolls

Extra virgin olive oil
2-3 cloves fresh garlic, finely minced
1 yellow onion, finely diced
Soy sauce
1-2 stalks celery, diced
1 carrot, fine matchstick pieces
4 cups finely shredded green head cabbage
1 cups fresh/frozen corn kernels
Mirin
12-14 eggless egg roll wrappers

Dipping sauce:

1/2 cup unsweetened orange marmalade
2 tablespoons fresh orange juice
1 tablespoon brown rice vinegar
1 tablespoons umeboshi or red wine vinegar
1 teaspoon fresh grated ginger juice
1/2 teaspoon soy sauce
1 tablespoon brown rice syrup
Generous pinch chili powder

Place a small amount of oil, garlic and onion in a deep skillet and turn heat to medium. When the onions begin to sizzle, add a dash of soy sauce and sauté for 1-2 minutes. Stir in celery and carrot and sauté for 1 minute. Stir in cabbage, cover and steam for 1 minute, until it begins to wilt. Remove cover and add a light seasoning of soy sauce. Sauté for 2-3 minutes until cabbage is quite limp. Stir in corn and a light seasoning of mirin and sauté until any liquid has been absorbed.

Lay egg roll wrapper on a dry work surface with one corner facing you. Spoon 2-3 tablespoons filling across the wrapper, close to you, but leaving the corner exposed so you can fold it over. Fold the two side corners and the corner closest to you over the filling. Roll, jellyroll style, forming a cylinder. Moisten the remaining corner and seal the roll. Lay, seam side down on a dry surface. Repeat process with remaining filling and dough.

Make the dipping sauce by combining all ingredients in a small saucepan and cooking over low heat, whisking, for 2-3 minutes. Adjust seasonings to taste and cook one minute more. Set aside to cool.

Brush a large skillet generously with oil and place over medium-high heat. Cook the spring rolls until golden and crispy, turning as needed to insure even browning.

To serve, slice spring rolls in half crosswise, on the diagonal. Arrange on a platter with dipping sauce on the side. Serve immediately. Makes 12-14 egg rolls; 24-28 servings.

Show 11 - Oh Nuts!

German Spice Cookies

1 1/2 cups whole wheat pastry flour
Pinch sea salt
1/2 teaspoon baking powder
1/2 teaspoon powdered ginger
Generous pinch ground cinnamon
Scant pinch nutmeg
1 teaspoon pure vanilla extract
1/3 cup avocado or light olive oil
1/3 cup barley malt
1/4 cup brown rice syrup

Comcast Series 2 Recipes

Show 11 - Oh Nuts!

German Spice Cookies (cont.)

1/4-1/3 cup almond milk
1/2 cup finely ground blanched almonds

Preheat oven to 350o and line 2 baking sheets with parchment.

Whisk together flour, salt, baking powder, ginger, cinnamon and nutmeg. Stir in vanilla, oil, barley malt and rice syrup. Slowly mix in almond milk to create a soft formable dough. Fold in ground almonds.

Roll tablespoonfuls of dough into spheres and place them on the lined sheets about 2 inches apart. Press gently to form disks. Bake until the cookies puff slightly and are just firm to the touch, 15-18 minutes. Remove from oven and transfer to a wire rack to cool completely. Makes about 24 cookies.

Green Beans with Pears

2 pounds haricot verts (or very slender green beans), trimmed, left whole
1/4 cup extra virgin olive oil
3-4 tablespoons balsamic vinegar
2-3 sprigs fresh parsley, finely minced
2-3 shallots, finely minced
2-3 cloves fresh garlic, finely minced
Grated zest of 1 fresh lemon
1 cup finely minced basil leaves
2 teaspoons white miso
4 small, ripe pears, unpeeled, halved, very thin lengthwise slices
1 cup coarsely chopped walnut pieces, lightly pan toasted

Bring a pot of water to a boil and cook beans until crisp tender, 5-6 minutes. Drain well and set aside.

Mix together oil, vinegar, parsley, shallots, garlic, lemon zest, basil and miso, whisking briskly until smooth.

Place cooked green beans, pears and walnuts in a mixing bowl. Mix in dressing and transfer to a serving bowl. Makes 6-8 servings.

Salad of Autumn Greens and Pomegranate

3/4 cup fresh tangerine juice
1 tablespoon grated tangerine zest
2 tablespoons brown rice syrup
3/4 cup extra virgin olive oil
2-3 tablespoons balsamic vinegar
2/3 teaspoon sea salt
Generous pinch ground cinnamon
1 head escarole, rinsed very well, hand-shredded
1 large bunch watercress, rinsed well, stems trimmed
3-4 Belgian endive, halved lengthwise, sliced into thin slivers
2 pomegranates, seeds removed, reserved
1/2 cup pecan pieces, lightly toasted, coarsely chopped

Place tangerine juice and zest and brown rice syrup in a small saucepan over medium heat. Cook until reduced to 1/4 cup, about 5 minutes. Transfer to a mixing bowl. Whisk in oil, vinegar, salt and cinnamon. Set aside.

Place greens in a mixing bowl and add dressing. Spoon dressing over greens and toss to coat. Transfer salad to a platter and sprinkle with pomegranate seeds and pecan pieces. Makes 6-8 servings.

Show 12 - How 'Bout Them Tomatoes!

Pappa Al Pomodoro

Extra virgin olive oil
2-3 cloves fresh garlic, finely minced
2-3 pounds vine-ripened tomatoes, diced, do not peel or seed
4-5 cups spring or filtered water
1 carrot, left whole
Sea salt
1 small loaf whole grain, sourdough bread, coarsely crumbled
2 teaspoons sweet white miso
1 small bunch fresh basil, finely minced

Place a small amount of oil and the garlic in a soup pot and turn the heat to medium. As soon as the garlic begins to sizzle (do not burn it), add the tomatoes and the water. Bring to a boil; add the carrot, several pinches sea salt and the bread. Stir well, cover and return to the boil. Reduce heat to low and cook for 35-40 minutes, until the bread is quite soft. Remove the carrot from the soup and discard.

Comcast Series 2 Recipes

Show 12 - How 'Bout Them Tomatoes!

Pappa Al Pomodoro (cont.)

Remove a small amount of broth, dissolve miso and stir back into soup. Simmer uncovered for 3-4 minutes to activate the enzymes in the miso. Stir in fresh basil and serve. Makes 4-5 servings.

Note: Adding the whole carrot to the soup will draw excess acid from the tomatoes into itself, making them easier to digest, so you can add a whole carrot to any tomato soup or sauce to ease digestion.

Chickpea Salad with Tomatoes and Chipotle

1-inch piece kombu
1 1/2 cups dried chickpeas, sorted and rinsed
5 cups spring or filtered water
1/3 cup sesame tahini
1 teaspoon sea salt
2 tablespoons fresh lime juice
2 teaspoons extra virgin olive oil
2 teaspoons brown rice syrup
1/2 red onion, finely diced
1 tablespoon finely minced canned chipotle
1/2 teaspoon cumin
3-4 plum tomatoes, diced, do not peel or seed
1/2 cup fresh cilantro, finely minced
1/2 cup shelled pumpkin seeds, lightly toasted

Place kombu on the bottom of a pressure cooker, with beans and water on top. Bring to a boil, uncovered. Seal the lid and bring to full pressure. Reduce heat to low and cook for 40 minutes. Allow pressure to reduce naturally, open the lid and check the beans for tenderness. If done to your satisfaction, drain beans and set aside. If still too hard, continue cooking (not under pressure) until tender.

Transfer beans to a mixing bowl and continue the salad. Combine tahini, salt, lime juice, oil and rice syrup in a bowl, whisking until smooth. Adjust flavor to your taste. Set aside.

Mix onion, chipotle, cumin, tomatoes and cilantro in with cooked beans and stir in dressing to coat. Transfer to a serving bowl and serve garnished with pumpkin seeds. Makes 3-4 servings

Note: To toast pumpkin seeds, heat a dry skillet over medium heat and toast seeds, stirring, until they are slightly puffed and fragrant, about 5 minutes.

Bulgur Pilaf with Pan-Braised Tomatoes

2 cups spring or filtered water
Sea salt
1 cup bulgur
1/2 cup blanched almonds
2-3 stalks celery, diced
1/2 cucumber, diced
3 tablespoons extra virgin olive oil
2-3 cloves fresh garlic, thinly sliced
1 tablespoon balsamic vinegar
6-8 ripe tomatoes, split in half, lengthwise
Grated zest of 1 lemon
1/2 cup white wine
Juice of 1 lemon
3-4 sprigs fresh parsley, minced

Bring water to a boil with a pinch of salt. Stir in bulgur, cover and turn off heat. Allow to stand for 5-7 minutes. Gently fold in almonds, celery and cucumber to combine. Transfer to a mixing bowl and set aside, loosely covered.

To prepare the tomatoes, place oil, garlic, vinegar, and a generous pinch of salt in a small skillet. Lay the tomato halves, cut side down in the oil mixture. Sprinkle with lemon zest, cover and turn heat to medium-low. Cook until tomatoes have wilted and are quite tender, about 10 minutes. Carefully remove the tomato halves and arrange them around the rim of a shallow bowl or serving platter, reserving any remaining liquid from cooking. Add the white wine to the skillet, turn the heat to medium and deglaze the remaining liquid, reducing it until it thickens. Stir into bulgur, along with lemon juice and parsley. Mound the pilaf in the center of the platter and serve. Makes 2-3 servings

Show 13 - The Skinny on Fats

Fried Tempeh with Apricot Mustard

Light sesame oil
8 ounce block of tempeh, cut into 1-inch triangles

Comcast Series 2 Recipes

Show 13 - The Skinny on Fats

Fried Tempeh with Apricot Mustard (cont.)

Apricot mustard:

- 4 tablespoons stone-ground mustard
- 4 tablespoons unsweetened apricot preserves
- Grated zest of one half lemon
- 1 teaspoon fresh lemon juice
- Sea salt
- 2 teaspoons brown rice syrup
- 1-2 sprigs fresh parsley, finely minced

Place enough sesame oil in a skillet to generously cover the bottom. Turn the heat to medium. When the oil is hot, begin pan-frying the tempeh until browned, turning once, and cooking 1-2 minutes per side. Drain on paper and set aside.

For the sauce, simply place all ingredients in a small sauce pan, using salt to your taste. Warm over low heat until the preserves and rice syrup thin, creating a thick sauce, about 1 minute. Do not cook until the mixture foams. As soon as the apricot mustard thins, stir in tempeh to coat. Transfer to a serving platter and serve garnished with minced parsley. Makes 3-4 servings

Chocolate Walnut Cookies

- 1 1/3 cups whole wheat pastry flour
- 2/3 cup unsweetened cocoa powder
- Pinch sea salt
- Generous pinch ground cinnamon
- 1/2 teaspoon baking powder
- 1/3 cup avocado or light olive oil
- 1/3 cup brown rice syrup
- 1/4 cup barley malt
- 1 teaspoon pure vanilla extract
- 1/4-1/2 cup almond milk
- 1/2 cup finely minced pecan pieces
- 24-36 whole pecan pieces

Chocolate glaze:

- 2-3 tablespoons almond milk
- 2 tablespoons Suzanne's Specialties Chocolate Rice Nectar
- Scant pinch cinnamon
- 1/2 cup non-dairy, grain-sweetened chocolate chips

Preheat oven to 350o and line 2 baking sheets with parchment.

Whisk together flour, cocoa powder, salt, cinnamon and baking powder. Stir in oil, rice syrup, barley malt and vanilla. Slowly add almond milk to create a soft, moldable dough. Fold in minced pecan pieces.

Roll tablespoons of dough into spheres and place on lined baking sheets about 1 1/2 inches apart. Press a whole pecan into the center of each cookie. Bake until they have puffed and are just firm to the touch, 15-18 minutes. Do not over bake or the cookies will harden as they cool. Transfer cookies to a wire rack to cool.

Make the glaze by bringing almond milk, rice syrup and cinnamon to a rolling boil. Pour over chocolate chips and whisk until smooth. Drizzle chocolate glaze over cookies using a fork or a squeeze bottle. Allow glaze to set for 30 minutes before serving. Makes 24-36 cookies

Arugula and Roasted Squash Salad

- 1-2 pound butternut squash, halved, seeded (seeds reserved), 1-inch cubes
- Extra virgin olive oil
- Sea salt
- 1 tablespoon brown rice syrup
- 1/8 teaspoon chili powder
- Juice of 1/2 fresh lemon
- 2 bunches arugula, rinsed well, stems trimmed, left whole

Preheat oven to 350o. Place squash cubes in a mixing bowl, drizzle lightly with oil and season to taste with salt. Toss gently to coat squash and transfer to shallow baking dish, avoiding overlap. Cover tightly and bake for 35 minutes. Remove cover and return to oven to brown, 7-10 minutes more.

While the squash bakes, rinse the squash seeds until they are free of string-like membranes and towel dry. Place a small amount of oil, a generous pinch of salt, chili powder and rice syrup in a skillet and turn heat to medium. When the rice syrup foams, stir in seeds and toast until they begin to brown and are quite fragrant, 5-7 minutes.

Whisk together 1/3 cup olive oil, lemon juice and sea salt to taste. Arrange arugula on a serving platter, mound roasted squash on the arugula, sprinkle with toasted seeds and spoon dressing over top. Makes 4-5 serving