

VEGAN & SUSTAINABLE COOKING CLASS

Quinoa Beet Burgers

Ingredients

- 2 cups cooked beetroot
- 1 cup cooked quinoa
- 1 cup oat flour
- 1 chia or flax egg (Mix 1 tbsp. ground chia seeds or ground flax seeds + 3 tbsp. water and let sit in the fridge for at least 5 minutes until it congeals.)
- 1 small red onion, chopped
- 2 garlic cloves
- juice of 1 lime
- 1 tbsp. liquid coconut oil
- 1 cup fresh herbs, like parsley and coriander
- 1 tbsp. tamari or soy sauce
- 1 tbsp. tahini



- 1 tbsp. nutritional yeast
- 1 tbsp. ground coriander
- 1 tsp. cumin
- 1 tsp. chili flakes
- salt and pepper, to taste

Instructions

Preheat the oven to 350 degrees Fahrenheit. Boil the beets and cook the quinoa. Once the beets have cooled slightly, pulse them in a food processor, then mix them along with the rest of the ingredients in a bowl. Refrigerate the mixture for 15-30 minutes. Form patties. Bake for 30-40 minutes, turning them over half way.

Quinoa Black Bean Tacos with Creamy Avocado Sauce

Ingredients

Quinoa and black bean filling:

- 1 tablespoon olive oil
- 1 cup chopped red onion
- 2 large garlic cloves, pressed or minced
- 3 tablespoons tomato paste
- 1 teaspoon ground cumin
- ½ teaspoon ground chili powder
- ½ cup uncooked quinoa, rinsed well in a fine mesh colander
- 1 cup vegetable broth or water
- 1 (14 ounce) can black beans or 1 ½ cups cooked black beans, rinsed and drained

- ¼ to ½ teaspoon salt, to taste
- Freshly ground black pepper, to taste

Avocado sauce:

- 1 large avocado, sliced into strips
- 1 to 2 medium limes, juiced
- 1 medium jalapeño, deseeded, membranes removed and roughly chopped
- 1 handful fresh cilantro
- ¼ teaspoon salt

Everything else

- 6 to 8 small, round corn tortillas
- 1 ½ cups roughly chopped romaine lettuce or spring greens

Instructions

1. To make the filling, warm the olive oil in a medium-sized pot over medium heat. Sauté the onion and garlic with a dash of salt for 4 to 5 minutes, until the onions are softened and turning translucent. Add the tomato paste, cumin and chili powder and sauté for another minute, stirring constantly.
2. Add the rinsed quinoa and 1 cup broth or water. Bring the mixture to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 15 minutes. Remove the quinoa from heat and let it rest, still covered, for 5 minutes. Uncover the pot, drain off any excess liquid and fluff the quinoa with a fork. Stir in the drained black beans and add salt and pepper, to taste. Cover and set aside for a couple of minutes to warm up the beans.
3. To make the avocado sauce: Simply combine the ingredients as listed in a food processor or blender. Blend well and season with salt, to taste.
4. In a large skillet over medium heat, warm the tortillas in a single layer, flipping halfway. Wrap the warmed tortillas with a lint-free tea towel until ready to serve. To assemble the tacos, spread quinoa and black bean filling down the center of the tortilla, then top with a generous drizzle of avocado crema, a handful of chopped romaine and any additional garnishes you'd like to add. Eat up!

Easy Gluten-Free Quinoa Apple Crumble

Ingredients

- 3 heaping cups apple, peeled, and chopped
- 1 tablespoon sugar
- ½ teaspoon cinnamon
- 2 teaspoons lemon juice
- 1 teaspoon arrowroot, tapioca, or corn starch
- ¾ cup quinoa flakes or gluten free rolled oats
- ¼ cup oat flour, almond flour, GF all-purpose flour, or whole wheat pastry flour
- 3 tablespoons sugar
- ½ teaspoon cinnamon
- Pinch sea salt
- ¼ cup melted coconut oil



Instructions

1. Preheat oven to 350°F.
2. Toss the apples, the 1 tablespoon sugar, the starch, the cinnamon, and the lemon juice together in a mixing bowl.
3. Place the quinoa flakes or oats in a food processor fitted with the S blade, along with the flour, the 3 tablespoons of sugar, the cinnamon, and the sea salt. Pulse a few times (if you use oats, you want them to be a bit broken down). Drizzle in the coconut oil as you pulse a few times more, to form a crumbly topping. (If you need to add an extra tablespoon of coconut oil, feel free to do so.)
4. Transfer the apples to a 23-oz baking dish, and sprinkle them with the topping. Cover with foil and bake for 25 minutes. Uncover and allow to bake 10 minutes more, or until top is crispy. Serve.
5. Makes 2-3 servings. Recipe can easily be doubled.