

Roasted Fingerling Potatoes



Ingredients:

- 10-12 fingerling potatoes, sliced in half lengthwise
- 10 white button or cremini mushrooms, sliced in half
- 1 cup broccoli florets (frozen is fine and actually easier)
- 1 red onion, sliced
- 4 cloves of garlic (keep the skins on while roasting)
- 1-2 tbsp of olive oil
- Sea salt and fresh cracked pepper
- Fresh chopped parsley, chives, and scallions for garnish

1. Preheat the oven to 400 degrees.

2. Coat a baking sheet with tin foil (for easier clean up) and coat very well with olive oil cooking spray.

3. Slice potatoes, onions and mushrooms then place them along with the garlic (leave the skins on so they don't burn while roasting) and broccoli on the baking sheet.

4. Drizzle the olive oil on top of the veggies along with the sea salt and pepper to taste, toss to coat evenly.

5. Add freshly chopped parsley, chives, and scallions for garnish.

Braised Brussels Sprouts with Vinegar and Dill



Ingredients:

- 1 tablespoon good mustard
- 1 tablespoon olive oil
- 1/2 tablespoon garlic
- 1 to 2 tablespoons vinegar
- 16 ounce bag frozen Brussels sprouts, thawed, sprouts halved length-wise
- 2 teaspoons dried dill or 1/4th cup freshly chopped dill
- Salt and pepper

1. Preheat oven to 400F.
2. Whisk the mustard, garlic, vinegar, olive oil, and dill into in a medium bowl.
3. Add the Brussels sprouts and stir very well to fully coat.
4. Transfer to a baking sheet covered in tin foil
5. Roast for 30 minutes, turning after 20 minutes.

Spicy Mashed Sweet Potatoes



Ingredients:

- 2 lbs sweet potatoes
- 2 to 3 tablespoons of Earth Balance
- Salt and pepper
- 1 teaspoon minced ginger
- 1 teaspoon minced garlic
- 1 teaspoon cinnamon
- 1/4 teaspoon cayenne

Instructions:

1. Peel sweet potatoes and cut into pieces
2. Boil in salted water for about 15 to 20 minutes, until soft
3. In a small sauce pan on medium-low heat, melt the Earth Balance with the ginger and garlic for about 5 minutes, until aromatic
4. Drain sweet potatoes
5. Add the melted butter mixture, cinnamon, and cayenne to the sweet potatoes, and mash together with a fork

Vegan Pumpkin Cheese Cake



Ingredients:

- 8 ounces Tofutti Better Than Cream Cheese (look for the non-hydrogenated version in the yellow container)
- 12 ounces light firm silken tofu (or extra-firm)
- 1/2 cup agave nectar (or sugar)
- 2 tablespoons cornstarch
- 1 1/2 tablespoons lemon juice
- 1/2 teaspoon vanilla
- 1/2 cup pumpkin puree (canned, *not* pumpkin pie mix)
- 2 teaspoons rum (optional)
- 3 tablespoons brown sugar or natural sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/4 teaspoon grated fresh nutmeg
- 1 pre-made 8-inch graham cracker crust

Instructions

1. Preheat the oven to 350F.
2. Put the first set of ingredients (toffuti through vanilla) in a food processor and puree until completely smooth. It should be silky smooth--not chalky or lumpy.
3. Remove a cup of this mixture from the processor and spread it in the bottom of the crust.
4. Add the next set of ingredients (pumpkin through nutmeg) to the ingredients remaining in the food processor and process until well blended.
5. Smooth it carefully over the white layer in the crust, heaping it slightly in the middle. Bake until the center is almost set, about 50-60 minutes. (Insert a toothpick. If it comes out liquidy and cold, give it more time, until the center is firm.)
6. Remove from the oven and wait for it to cool. Refrigerate until completely chilled, at least 3 hours.

Gluten Free Mushroom Gravy



Ingredients:

- 16 oz. mushrooms
- 1 tsp. olive oil
- 4 Tbsp. Earth Balance
- 1/2 c. gluten free flour (brown rice flour or soy flour)
- 2 c. vegetable stock
- 1 1/2 c. Silk Creamer
- squirt of lemon juice
- Salt and Pepper
- Pinch of nutmeg
- 1 to 2 Tbsp. gluten free vegan Worcestershire sauce (Annie's Natural WS)
- 1 cube vegetarian bouillon

1. Sauté mushrooms over medium-low heat in 1 tsp. of olive oil. Set the mushrooms aside once they have released their juices.

2. In a clean skillet, melt the 4 Tbsp. of Earth Balance over medium heat. Once melted, gradually add the flour while constantly whisking.

3. Once you've added all of the flour, allow the roux to cook for a few minutes while you continue to whisk it.

4. Gradually began to add the stock to the roux. Add a little bit and whisk it in before you add any more. Once you've added all of the stock, begin adding the creamer.

5. After adding all of the cream, bring the sauce to a simmer and let it cook for one minute. Continue whisking since the sauce may continue to thicken. Add the sautéed mushrooms into the sauce. Cook on low for twenty minutes.

6. Add the gluten free Worcestershire sauce and concentrated broth to the gravy. Stir well.

7. Add water to the gravy to thin it down to the consistency that you like.

Brown and Wild Rice Lentil Pilaf



Ingredients:

- 1 cup uncooked brown rice
- 1 cup uncooked wild rice
- 1 cup of brown lentils
- 1/2 cup finely chopped onion
- 1/2 cup diced celery
- 2 tablespoons Earth Balance
- 1 cup sliced mushroom
- 1/4 teaspoon sage
- 1/4 teaspoon dried marjoram
- 1/4 teaspoon dried thyme
- 6 cups vegetable stock

Instructions:

1. Preheat oven to 400F
2. Boil 6 cups vegetable stock with dried herbs
3. Mix four cups of stock with brown and wild rice into a casserole dish and cover with aluminum foil
4. Bake for thirty minutes.
5. Add lentils, vegetables, and remaining stock into dish. And cook for additional 30 to 40 minutes, until liquid is absorbed. Serve immediately or wait 20 minutes until it sets.