

## VEGETARIAN COOKING

### **Just Butternut Squash Soup**

#### **Ingredients**

2 tbsp olive oil or butter  
4 cups cubed peeled butternut squash  
(about 1 1/2 pounds)  
1 1/2 cups water  
1/4 cup brown sugar  
1-1 1/2 teaspoon salt  
1/2 tsp pepper  
1/4 cup plain or maple yogurt, optional  
1/4 cup nuts, optional (pecans are nice with  
this soup!)



#### **Preparation**

Heat oil in a large saucepan over medium heat. Add squash cubes, and cook 2 minutes, stirring frequently. Add water, sugar, salt and pepper; bring to a boil. Cover squash mixture, reduce heat, and simmer 30 minutes or until squash is tender. Place squash mixture in a blender, and process until smooth. Return squash mixture to pan, and cook until thoroughly heated. Ladle soup into individual bowls, and top with yogurt and/or chopped nuts.

<http://www.iskcondesiretree.com/page/just-butternut-squash-soup>

### **Kale & Quinoa Salad with Honey-Lemon dressing**

#### **Ingredients** *(use whatever you like or have on hand)*

1 bunch kale  
1 cup quinoa  
1-2 avocados  
1-2 pears  
Flax seeds  
Chopped nuts, such as walnuts

#### **[Dressing]**

6 tbsp extra virgin olive oil  
3 tbsp lemon juice  
1 tbsp honey  
Sea salt  
Freshly ground black pepper



### **Preparation**

Wash the kale thoroughly and remove the leafy greens from the stalk. Chop the kale and then – most importantly – massage it. Massaging the kale breaks down the tough layer of cellulose and makes it tastier and easier to digest. Do so until the greens turn dark green and start to wilt.

Rinse the quinoa and place it in a pot along with 2 cups of water (this is the standard ratio for quinoa: 2 cups water per 1 cup quinoa). Turn the heat on high and let the water come to a boil. Afterwards, reduce the heat to a simmer and let the quinoa finish cooking (~15 minutes). When it's done, there won't be any water left in the pot. While the quinoa is cooking, cut up the avocados and pears into small, bite-sized pieces. Then combine the kale, quinoa, fruit, seeds, and nuts.

For the dressing, combine the olive oil, lemon juice, and honey in a bowl and season to taste.

Dressing: <http://www.jamieoliver.com/recipes/fruit-recipes/honey-and-lemon-juice-dressing/>

### **Mom's Homemade Granola**

#### **Ingredients**

2 cups regular rolled oats  
1 cup coarsely chopped, slivered or sliced almonds (or chopped walnuts or pecans)  
1/2 cup grated coconut  
1/2 cup raw, unsalted sunflower seeds  
1/4 cup flaxseed meal  
1/2 cup honey or maple syrup  
2 tbsp coconut oil or extra light olive oil

#### **Preparation**

Preheat oven to 300 degrees Fahrenheit. In a large bowl combine the oats, nuts, coconut, sunflower seeds, and flaxseed meal. Stir together honey and oil (mix it up good) and stir into oat mixture. Mix well to evenly distribute everything. Lightly grease the bottom of a baking sheet with either ghee, coconut oil, olive oil, etc. Spread granola evenly on baking sheet, and bake for 20 minutes. Remove sheet from oven, stir well using a spatula and bake for 10 more minutes or until lightly browned. Watch carefully at the end to avoid overbrowning.

### **Moist Apple Cake with Honey-Cinnamon Frosting**

#### **Ingredients**

2 medium apples  
2 cups white flour  
1 cup sugar  
1 cup plain yogurt  
1 tsp baking soda  
2 tsp cinnamon

½ tsp nutmeg

[Frosting]

1 ¼ cup confectioners' sugar

½ cup unsalted butter, room temp

1 tbsp honey

1/8 tsp cinnamon

[optional cooked apple topping]

1 tbsp butter

½ an apple

4 cardamom pods

6 whole cloves

½ tbsp cinnamon



### **Preparation**

Preheat oven to 350 degrees Fahrenheit. Then peel, core, and chop the apples into small cubes and set aside. Place the remaining ingredients into a large bowl and mix thoroughly. If the cake mix is too thick, add a little more yogurt, although a little thickness is needed. Next, mix in the apple cubes. Grease cake pan generously with ghee, coconut oil, or extra light olive oil, and pour in the cake mixture. Bake for 35-45 minutes. The cake is ready when you poke a toothpick or knife into it and it comes out clean.

While the cake is cooling, it's time for the frosting and optional cooked-apple topping. For the frosting, add all of the ingredients into a mixing bowl and beat with an electric mixer for 4-5 minutes, or until smooth. For the cooked-apple topping, melt the butter in a small pan on low heat. Add the spices (make sure to crack open the cardamom pods for more flavor!) and toss the apples in the mixture. Let them cook for 15 minutes.

Once the cake is cooled, spread the frosting on top and drizzle the apple topping.

<http://www.krsnastreats.org/recipes/sweets/item/moist-apple-cake-with-honey-cinnamon-frosting>