

Plant Based Comfort Food

Let Food Be Thy Medicine, Let Medicine Be Thy Food

Sweet Potato Salad with Kale

What You Need:

4 large sweet potatoes chopped
1/2 teaspoon sea salt
1/4 cup plus 1 tablespoon olive oil, divided
1 tablespoon Dijon mustard
2 tablespoons apple cider vinegar
1 tablespoon agave nectar
1 tablespoon fresh lemon juice
1/2 teaspoon freshly ground black pepper
1 teaspoon minced fresh rosemary
1/4 cup dried cherries
2 tablespoons pine nuts or sunflower seeds toasted
2 tablespoons pumpkin seeds toasted
1 celery stalk, diced
2 scallions, diced

1 large bunch of organic kale cut into bite size pieces and washed

What You Do:

1. Preheat oven to 375 degrees and lightly grease a baking sheet. In a medium-sized bowl, toss sweet potato with salt and 2 tablespoons oil. Spread potato in a single layer on baking sheet and roast for 60 to 70 minutes until potato starts to brown. Set aside to cool.
2. In a small bowl, whisk together remaining 3 tablespoons oil, Dijon mustard, apple cider vinegar, agave, lemon juice, pepper, and rosemary.
3. In a medium-sized bowl, combine potatoes, dried cherries, pine nuts, pumpkin seeds, celery, and scallion. Toss with dressing and kale and refrigerate until ready to serve.

Rice Crispy Treats

1 box Crispy Brown Rice Gluten Free Cereal (Erewhon Brand)
1 16 oz jar brown rice syrup
1 16 oz jar peanut butter
1 cup chocolate chips

Mix peanut butter and brown rice syrup together and add cereal and chips. Flatten out in 1 large and 1 smaller flat glass pyrex dish.

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Put in fridge for about 1 hour . Cut into pieces and put in freezer bags for a tasty treat when you need something yummy.

Gluten Free Macaroni and Cheeze

1 can full fat coconut milk

1 bag 8 oz Rice Shreds (cheddar flavored)

sea salt

1 16 oz bag gluten free elbow or penne noodles or spirals (Trader Joe's has a good brand)

Cook noodles as directed and while they are cooking warm coconut milk . Add cheeze to warm milk and stir continuously. When noodles are done and the cheeze is melted, pour the sauce over the noodles and pour into a pyrex dish and bake at 350 for about 1/2 hour. Add sea salt to finished dish as needed.

Sea Caesar Salad

1/3 cup vegenaïse (vegan mayonnaïse)

1/4 cup extra virgin olive oil

2 tsp lemon juice

1 1/2 tsp dijon mustard

1 TBLS agave

a few drops of vegan Worcestershire sauce (Wizard brand of Amy's)

1 1/2 cloves garlic, minced

Sea salt to taste

Combine all dressing ingredients and whisk till smooth.

2 heads romaine lettuce, washed and dried and cut into bite size pieces and placed into a salad bowl.

1 sheet nori sea vegetable , cut into small strips

1 TBLS dulse flakes added to the nori

3 or 4 TBLS toasted pumpkin seeds

Add sea veggies and seeds to lettuce and then pour salad dressing on top just before serving. Use tongs to serve salad and create height.

Recommended reading: I'm Mad as Hell and I'm Not Going To Eat it Anymore
Christina Pirello

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Notes