

CREAMY CAULIFLOWER BISQUE

This is a variation of the Broccoli Bisque adapted from and inspired by Mary McDougall. One day I was making it at *TrueNorth Health Center* in Santa Rosa and all they had was unsweetened vanilla almond milk, and believe it or not, it was delicious! Putting the sweet potatoes and head of cauliflower in whole saves prep time. The green leaves of the cauliflower are healthy and delicious.

INGREDIENTS:

- 1 head whole cauliflower, about 2 pounds
- 2 pounds Hannah Yams (white sweet potatoes, or use orange sweet potatoes)
- 6 cups no-sodium vegetable broth or water
- 1 large white onion
- 8 cloves garlic
- 2 Tablespoons dried dill
- 2 Tablespoons *Benson's Table Tasty* (or your favorite salt-free seasoning)
- 1 Tablespoon SMOKED paprika (different than regular paprika)
- 1/4 teaspoon chipotle powder
- 4 Tablespoons *Westbrae* salt-free stone ground mustard
- 4 Tablespoons nutritional yeast (optional)
- 3 cups unsweetened non-dairy milk (depending on desired thickness)

PREPARATION:

Place all ingredients except for the plant milk, mustard, and nutritional yeast, if using, in an *Instant Pot* electric pressure cooker and cook on high pressure for 10 minutes. Release pressure and add the non-dairy milk, mustard, and nutritional yeast (if using). Purée the soup with an immersion blender right in the pot or carefully in a blender until smooth.

CHEF'S NOTE:

I like to garnish the dish with fresh arugula and serve over brown, black or wild rice. You can substitute broccoli or asparagus for the cauliflower and also use Japanese or orange sweet potatoes if you can't find the Hannah yams, but do try to find them as they make this soup extra creamy and spectacular. They are often called white Sweet Potatoes or Jersey Yams. You can also use frozen vegetables as well. This soup freezes very well.

ALMOST INSTANT APPLE PIE RICE PUDDING

I love homemade rice pudding but it can take almost an hour for the rice to cook. Using the *Instant Pot* and leftover rice, it takes only five minutes!

INGREDIENTS:

4 cups leftover cooked rice (I prefer organic brown *Texmati*)
4 cups finely chopped apples, 3-4 depending on the size (Chef AJ prefers *Envy* or *Gala*)
3 cups unsweetened non-dairy milk
1 Tablespoon Apple Pie Spice (or use 2.5 teaspoons of cinnamon plus ½ teaspoon nutmeg)
1 cup golden raisins
½ teaspoon vanilla powder
¼ teaspoon ground cardamom

PREPARATION:

Place all ingredients in the *Instant Pot* and cook on high pressure for 5 minutes. Release pressure and enjoy hot, or chill for a firmer texture. If you don't have a pressure cooker, then bring the plant milk and spices to a boil in a stove pot. Be careful not to let it boil over. Add the remaining ingredients and return to a boil. Reduce heat and cover. Simmer for about 10 minutes or until most of the liquid is absorbed.

CHEF'S NOTE:

This is delicious served hot, warm, or cold, and is a delightful replacement for your usual oatmeal. If this is not sweet enough for you, either add some date paste or substitute one cup of unsweetened apple juice for one of the cups of non-dairy milk.

QUINOA FLATBREAD

Recipe by and used with permission from Jill Dalton at www.PlantBasedCookingShow.com - This quick and easy flat bread recipe is gluten free and made tasty afternoon treat. with three simple ingredients.

Make up a batch and serve with soups, sandwiches, or just smother with peanut butter and jelly.

INGREDIENTS:

- 1 cup dry quinoa, uncooked
- 1 1/2 cups water
- 1 tsp onion powder

PREPARATION

Preheat oven to 400°F. Blend quinoa, water, and onion powder in blender until smooth. Pour mixture onto cookie sheet lined with parchment paper spreading evenly. Bake for 20-25 minutes. Let cool for 5 minutes. Flip bread and peel off parchment paper slowly

LEMON POPPYSEED DRESSING

Slightly sweet, slightly tangy, this dressing is the perfect accompaniment to greens.

INGREDIENTS:

- 1/2 cup lemon juice
- 1/2 cup water
- 2 ounces of dates (approximately 4 large Medjool dates)
- 2 Tablespoons *Westbrae* salt-free stone ground mustard
- 1 Tablespoon poppy seeds
- 2 teaspoons chia seeds

PREPARATION:

Place all ingredients except for the chia seeds in a high-powered blender and blend until smooth. Add the chia seeds and briefly blend again. Refrigerate the dressing.

ITALIAN SODA

With only about 30 calories per tablespoon of vinegar, you can have a soda for up to 75% fewer calories than in a typical can. And Dr. Greger recommends we have two teaspoons of vinegar with every meal.

INGREDIENTS:

Sparkling water

1-2 Tablespoons Balsamic Vinegar (a fruity flavor)

PREPARATION:

Pour eight ounces of sparkling water in a tall glass. Add vinegar and gently stir as vinegar will settle to the bottom of the glass. Add ice if desired.

CHEF'S NOTE:

I love using lemon, peach or cherry balsamic vinegar. My favorite brand is www.CaliforniaBalsamic.com Receive 2 FREE 1.8 ounce sample bottles with any size order if you put "CHEF AJ" in the leave us a message box on the checkout page.

F.A.R.M. SALAD

FARM is an acronym for Fennel, Apple, Raisin, and Mint. The salad tastes as fresh as it sounds.

INGREDIENTS:

2 bulbs of fennel, shaved

2 cups of apples, diced (I prefer Envy or Gala)

1 cup GOLDEN raisins

1 cup fresh mint, chopped

4 Tablespoons Lemon Balsamic vinegar (I like the Simply Lemon from www.CaliforniaBalsamic.com)

PREPARATION:

Thinly slice the fennel bulbs and dice the apples. Place in a large mixing bowl along with the raisins and mint. Drizzle the vinegar over the top and mix well. Serve chilled.

CHEF'S NOTE:

Add 1 cup of pomegranate arils when in season.

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INGREDIENTS:

2 cups raw walnuts
2 cups pitted dates
1/2 cup cocoa powder
Vanilla Extract or Powder

PREPARATION:

In a food processor fitted with the “S” blade, process walnuts into a powder. Do not over process into a nut butter. Add the cacao or carob powder and process again. Add the dates until a ball forms. Then add the vanilla and briefly process again. Place into a silicone brownie mold or in an 8” x 8” square pan and freeze until firm.

CHEF'S NOTE:

You can use any raw nut or seed (or combination) instead of the walnuts.