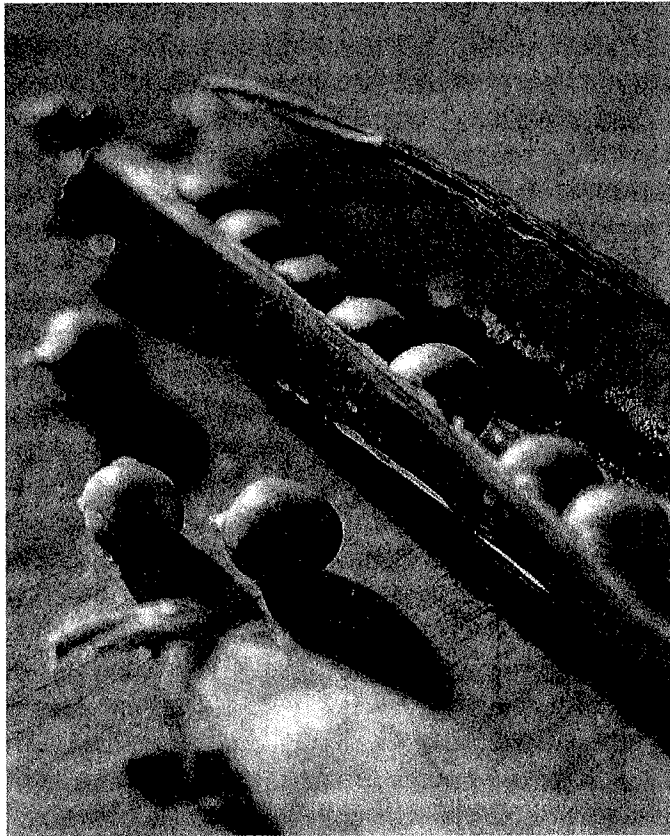


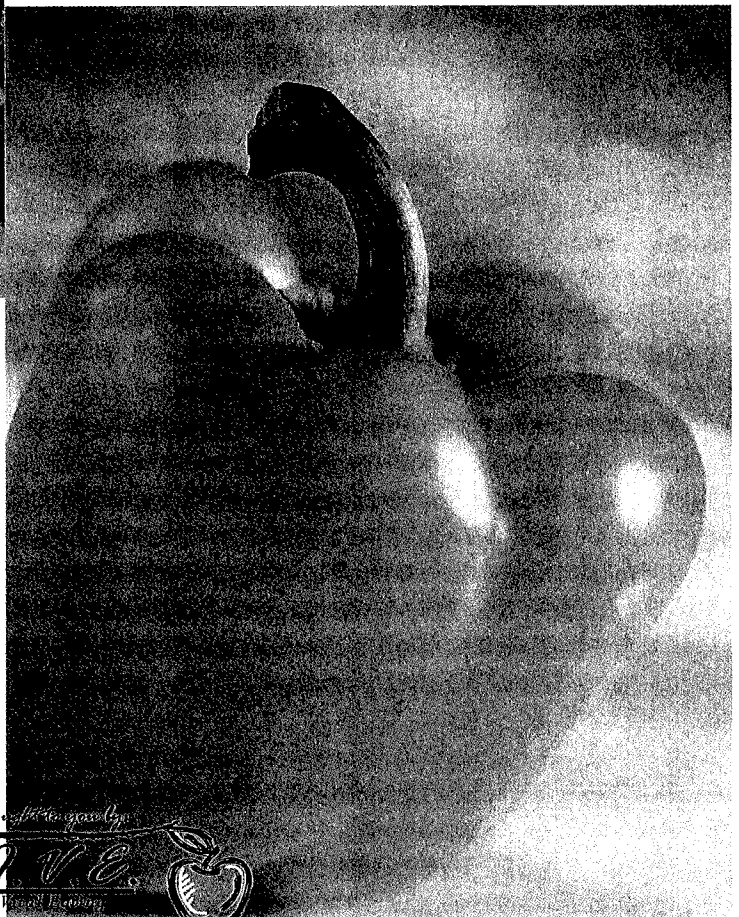
AWESOME & rawsome foods

Part of the L.I.V.E., Life In Vital Eating, Series.

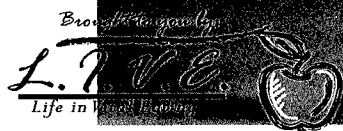


Recipes

May 21, 2006



Chedda Cheez
Onion, Dill Cheez
Sunflower Seed Pate
Kale Avocado Salad
Quinoa Confetti Salad
Potato Pea Salad with
Dill Dressing
Garden Quiche
Mango Tart
Raw Carob Pie



L.I.V.E., Life In Vital Eating, is a program designed to help you learn the importance of healthy eating and its effects on your mind, body and spirit. Join us for presentations on nutrition, food tasting, vegan cooking demonstrations and the opportunity to order healthy foods from Country Life through our food Co-op program.

Chedda Cheeze

½ cup raw cashews
 ½ cup water
 Blend cashews and water until smooth, then add:
 ½ cup pimento
 1/3 cup nutritional yeast flakes
 2 tsp Braggs liquid aminos
 2 Tbsp sesame tahini
 3 Tbsp fresh lemon juice
 2 tsp salt
 ¼ tsp garlic powder
 2 tsp onion powder
 ½ tsp dry mustard

Blend all ingredients until smooth and creamy.

1 cup cold water
 1 ½ Tbsp agar powder or 5 Tbsp agar flakes

Mix water and agar in small saucepan until dissolved then bring to a boil.
 With blender running, add agar mixture. Blend until combined. Pour into
 container and refrigerate for 30 minutes uncovered, then cover. VOILA!
 Will keep 5 to 7 days refrigerated.

Onion Dill Cheeze

½ cup raw cashews
 ½ cup water
 Blend cashews and water until smooth, then add:
 1/3 cup nutritional yeast flakes
 3 Tbsp fresh lemon juice
 1 tsp salt
 ¼ tsp garlic powder
 1 tsp onion powder
 ¼ tsp dry mustard
 2 Tbsp sesame tahini

Blend all ingredients until smooth and creamy.

1 cup cold water
 1 ½ Tbsp agar powder or 5 Tbsp agar flakes

Mix water and agar in small saucepan until dissolved then bring to a boil.
 With blender running, add agar mixture and 3 Tbsp dried onion and 2 tsp dried
 dill weed simultaneously. Pour into container and refrigerate for 30 minutes
 uncovered, then cover. Will keep 5 to 7 days refrigerated.

Sunflower Herb Pate'

1 cup soaked raw sunflower seeds (soak 6 to 8 hours then drain)
2 Tbsp water
1 Tbsp minced red onion
1 Tbsp fresh lemon juice
2 tsp fresh parsley
½ tsp crushed garlic (1 clove)
¼ tsp salt

Place the sunflower seeds and water in a food processor and process into a paste. Stop occasionally to scrape down the sides of the bowl with a spatula. Transfer to a small mixing bowl. Stir in remaining ingredients and mix well. Store in sealed container in the refrigerator. Will keep for 5 days. (but it won't last that long!) Try on cracker or toast. Try serving in a hollowed fresh tomato or pepper! YUM!

Kale Avocado Salad

1 head kale, shredded
½ cup tomato, seeded and finely diced
½ cup red pepper, finely diced
1 avocado, chopped
2 Tbsp olive oil
2 Tbsp fresh lemon juice, or to taste
1 tsp salt, or to taste
dash cayenne pepper, optional

Place all ingredients in mixing bowl. Mix together with your hands, squeezing as you mix to 'wilt' the kale and cream the avocado. Serve immediately. (May also substitute fresh spinach or chard for the kale)

Quinoa Confetti Salad

1 cup quinoa 2 cups water ½ tsp salt 1 cup asparagus, cut into ½ inch pieces ½ cup carrots, julienne ½ cup frozen corn, thawed ½ cup frozen peas, thawed ½ cup red pepper, chopped 2 green onions, sliced (green and white parts)	Dressing: 2 Tbsp grapeseed oil 3 - 4 Tbsp lemon juice (fresh squeezed tastes best) 1 large clove garlic, pressed ½ tsp salt ½ tsp dried oregano ½ tsp dried basil
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Rinse quinoa until water comes clear. Bring 2 cups water and salt to a boil and add quinoa. Cover and cook 12 minutes, until water absorbed. Place quinoa in bowl in refrigerator to cool. Meanwhile, prepare vegetables. Blanche asparagus and carrots about 30 seconds in boiling water, drain immediately and rinse with cold water. (All other vegetables are added raw) When quinoa is cool, add prepared vegetables and toss to combine. Mix dressing ingredients and add to salad. Chill. Enjoy.

Potato Pea Salad with Dill Dressing

8 cups red skinned potatoes, washed and cut into cubes

4 cups frozen peas, thawed

Dressing:

¾ cup raw cashews

1/3 cup water

½ pkg Mori Nu tofu

2 tsp onion powder

1 ½ tsp garlic powder

2 Tbsp lemon juice

2 Tbsp honey

1 Tbsp salt

¼ cup olive oil

1 Tbsp dried dill weed

Boil potatoes in salted water about 20 minutes, or until tender. Allow to cool.

Place cooled potatoes and peas in bowl. Cover with dressing. Chill.

To make dressing:

Blend all ingredients except olive oil and dill weed in a blender until smooth.

Slowly drizzle in olive oil. Add dill weed and process briefly to mix.

Asparagus Mushroom Quiche

1 lbs water packed tofu, firm
 1 package mori-nu silken tofu, firm or extra firm
 ½ cup nutritional yeast flakes
 2 Tbsp chicken style seasoning
 2 tsp garlic powder
 2 tsp onion powder
 1 tsp basil
 1 tsp salt
 ¼ cup olive oil
 16 oz fresh mushrooms, sliced
 1 medium onion, chopped
 ½ cup julienne carrots
 2 cloves garlic, minced
 2 cups asparagus, cut into short pieces

Place tofu, seasonings, and olive oil in a food processor and process until smooth. Transfer to mixing bowl. Meanwhile, saute onion, mushroom, and carrots in a little water until softened. Cool slightly. Add sauted vegetables and raw asparagus to tofu mixture and mix thoroughly. Spoon into unbaked pie or quiche shell. (10 inch) Bake at 350 degrees for 60 – 70 minutes, or until firm with moisture gone.

Wheat Pastry Crust

¾ cup whole wheat pastry flour
 ¾ cup gold 'n white flour (or unbleached white flour)
 ½ tsp salt
 1/3 cup olive oil
 ¼ cup water
 1 tsp sesame seeds

Combine flours and salt in mixing bowl. Whisk oil and water together and pour into flour mixture. Stir with fork to form dough. (You may need a few more drops water if it seems too dry) Place dough between 2 sheets wax paper and roll out 2 inches larger than pie plate. Remove top layer of wax paper, invert into 10 inch pie plate or quiche dish, and remove other sheet of wax paper. Trim if needed and flute edges. Press sesame seeds into bottom of crust.

Raw Carob-Mousse Pie

Filling:

2 avocados
 1 cup carob powder
 ¾ cup agave nectar
 pinch salt
 2 tsp vanilla
 2 Tbsp maple syrup
 ¼ cup coconut flakes

Place in food processor, mix until smooth and creamy. Spoon into pie crust and refrigerate 3 hours then enjoy.

Coconut Walnut Crust:

1 ½ cup coconut
 1 ½ cup walnuts
 ½ tsp salt
 ½ cup dates
 1 Tbsp water (approximately)

Place all ingredients except water in food processor and process until crumbly. Slowly add water until mixture sticks together. Press into pie plate.

Mango Pineapple Tart

¾ cup dried mango
 ¼ cup dried pineapple
 1 cup mango-pineapple juice
 Soak above for 20-30 minutes then drain and reserve juice.

In Blender add:

Soaked mango and pineapple
 ½ cup reserved juice
 1 Tbsp coconut butter
 ¼ tsp salt
 1 ½ ripe mangos (reserve remaining half mango for garnish)

Blend until smooth and thickened. Spoon into coconut walnut crust refrigerate for at least 2-4 hours. Top with fresh mango, strawberries or other fresh fruits of your choice and toasted coconut prior to serving.

