

# fresh! Foods

*for Fast Paced People*



## Recipes

"O"-wesome Oat Burgers

Quick Country Ketchup

Delicious Dill Dressing & Dip

Sweet Potato Fries

Cream of Cucumber Soup

Garden Fresh Fiesta Salsa

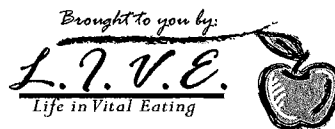
Provençal Eggplant Pate

Raw Marinara Sauce

Fresh Peach Crisp with Crumble Topping and Cashew Cream



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*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.*

## Fresh Foods for Fast Paced People

### "O"-wesome Oat-Burgers

4 1/2 cups water  
1/4 cup Bragg Liquid Aminos  
3 Tbsp olive oil  
4/12 cups old-fashioned oats  
1/4 cup yeast flakes  
1 cup pecan meal  
2 tsp onion powder  
1/2 tsp garlic powder  
1 tsp salt  
1 tsp basil  
1 tsp oregano  
1 tsp thyme

Bring water, Bragg liquid Aminos, olive oil, and yeast flakes to boil in a large pan. Add oats and simmer for 10 minutes covered. Remove from heat and add remaining ingredients and mix well. Allow to cool just slightly and form into patties on oil-sprayed cookie sheet. Use a wide mouth canning lid or ice cream scoop to make uniform patties. Wet fingers, flatten patties and round edges. Bake in preheated oven at 350 for 30-35 minutes. Any leftover burgers may be frozen for later use.

### Quick Country Ketchup

(Recipe by Vicki Griffin, Guilt free Gourmet)

1 small can tomato paste  
1 tsp salt  
3 Tbsp olive oil  
3 Tbsp lemon juice  
2 Tbsp honey  
1/2 tsp garlic powder  
1 tsp onion powder  
1/2 - 3/4 cup water

Place all ingredients in container and stir well. Refrigerate.

### Delicious Dill dressing and dip

1 cup cold water  
 ½ cup soy supreme  
 ¾ tsp salt  
 1 tsp. onion powder  
 ½ cup corn oil  
 4 tsp lemon juice  
 1.5 tsp dill weed

Blend first four ingredients on high for 10-15 seconds. While blender is running, slowly dribble in oil. Continue to blend for one full minute. After oil is added then add lemon juice and dill weed and blend for 5-10 seconds.

### Sweet Potato Fries

2 lbs sweet potatoes  
 2 – 4 Tbsp toasted sesame oil  
 2 tsp ground cumin  
 1 tsp paprika  
 1 tsp salt

Scrub sweet potatoes well and remove any blemishes. Cut lengthwise into wedges about ½ inch wide and 3 – 4 inches long. Place in large plastic bag. Add oil and seasonings to bag, and shake together until all potatoes are well coated. Place in single layer on sprayed cookie sheet. Bake at 400 degrees for about 20 minutes. Remove from oven and turn fries over. Return to oven and bake another 15-20 minutes until lightly browned and crisp.

### Cream of Cucumber Soup

(Recipe by Jennifer Cornbleet, [Raw food made easy](#))

4 romaine lettuce leaves, chopped (about 1 ½ cups)  
 1 cucumber, peeled, seeded, and chopped (about 1 cup)  
 ½ cup water  
 1 Tbsp fresh lemon juice  
 1 clove crushed garlic  
 ¼ tsp salt  
 ½ ripe avocado  
 1 Tbsp extra virgin olive oil  
 1 Tbsp minced fresh herbs, or 1 tsp dried (dill, mint, tarragon, or cilantro)

Place first 6 ingredients in blender and process until smooth. Add the avocado and olive oil and blend again until smooth. Add the herbs and blend briefly to mix. Refrigerate 2 hours to chill before serving.

### Garden Fresh Fiesta Salsa

- 1 can black beans, drained and rinsed
- 1 ½ cups frozen corn, thawed
- 1 green pepper, chopped
- ½ red onion, chopped
- 1 cucumber, peeled, seeded and chopped
- 2 large tomatoes
- 1 – 2 jalapeno peppers, seeded and minced
- 2 -4 cloves garlic, minced
- 1 small bunch cilantro, chopped (around 1/3 cup)

#### Dressing

- ¼ plus 2 Tbsp lime juice, fresh if possible
- ¼ cup honey
- 1 tsp cumin
- 1 tsp salt

Mix all vegetables in large bowl. Whisk together dressing ingredients and pour over vegetables. Chill one hour. Serve with tortilla chips or as a side salad if desired. (Will become juicier with standing. May need to drain a bit.)

### Provençal Eggplant Pate'

- 1 large eggplant
- 1 medium onion, peeled
- 2 Tbsp extra virgin olive oil
- 2 Tbsp fresh lemon juice
- 1 Tbsp tomato paste
- 2 large cloves garlic, finely chopped
- 1/8 tsp cayenne pepper, or to taste
- Salt to taste

Pierce eggplant in several places with the tines of a fork. Rub the eggplant and onion with 1 tsp of the oil. Place the eggplant and onion on an ungreased baking sheet. Roast at 400 degrees for 40 – 50 minutes, turning frequently with tongs, or until the eggplant is collapsed and the onion is nicely browned. Cut the eggplant in half lengthwise; drain, cut side down on several layers of paper towels. When cool enough to handle, strip away and discard skin. Cut flesh into pieces and transfer eggplant and onion to food processor. Add remaining ingredients and process until smooth. Chill for at least 2 hours to allow flavors to blend. Serve chilled or at room temperature with raw vegetables, bread sticks, or toasted baguette rounds. Keeps in sealed container in refrigerator for 3 days.

## Marinara Sauce

(Recipe by Jennifer Cornbleet, Raw food made easy)

2 ripe tomatoes, seeded and chopped (1 cup)  
 1 cup sun-dried tomatoes, soaked  
 1 red bell pepper, chopped (about 1 cup)  
 4 Tbsp extra virgin olive oil  
 2 Tbsp minced fresh basil, or 2 tsp dried  
 2 tsp dried oregano  
 2 cloves crushed garlic  
 ½ tsp salt  
 dash cayenne, optional

Place all ingredients in food processor and process until smooth. Stop occasionally to scrape down the sides of the bowl with spatula. Serve over freshly cooked whole grain pasta. Will keep for 3 days in sealed container in refrigerator.

## Fresh Peach Crisp with Crumble Topping and Cashew Cream

### Fruit Layer

4 cups fresh or frozen peaches, chopped ( if using frozen peaches, thaw and drain well before chopping)  
 1 cup dried pineapple, soaked in pineapple or orange juice  
 1/8 tsp nutmeg, optional

Place 1 ½ cups peaches and drained soaked pineapple in blender and blend until smooth. Add to remaining chopped peaches and mix until well combined. Chill for at least 3 hours.

### Crumble Topping

2 cups raw walnuts or pecans, unsoaked  
 ½ cup unsweetened shredded dried coconut  
 ¼ tsp coriander  
 ¼ tsp nutmeg  
 ¼ tsp salt  
 ½ cup raisins  
 8 pitted medjool dates, unsoaked

Place nuts, coconut coriander, nutmeg and salt in food processor and process until coarsely ground. Add the raisins and dates and process until the mixture resembles coarse crumbs and begins to stick together. Don't overprocess. Crumble topping keeps for about one month in sealed container in refrigerator or about 3 months in freezer.

### **Whipped Cashew Cream Topping**

1 1/3 cups raw cashew nuts, soaked  
1-1 1/2 cups soy milk, unsweetened  
2/3 cup dates, pitted  
1 tsp vanilla  
1 -2 Tbsp honey, to taste

To soak cashews, cover with water and let stand for 2 hours, then drain well in colander. Place all ingredients in blender and whiz until creamy and smooth. Add additional soy milk as needed to achieve desired consistency. Refrigerate until chilled. Keep unused portion in covered container in refrigerator.

#### **To Serve:**

In dessert cups or bowls, spoon in about 1/2 cup peaches. Top with crumble topping and a dollop of cashew cream. Enjoy.

