

Cooking from the Roots



❧ RECIPES ❧

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Pinellas County Wellness Program

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Physical | Emotional | Social | Financial

www.pinellascounty.org/hr/wellness

Cooking from the Roots

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BREAKFAST

Quinoa Cacao Breakfast Bowl

Ingredients

2 cups unsweetened, plant-based milk
1 cup quinoa
1 cinnamon stick
¼ cup dried cranberries
3 tablespoons date paste or maple syrup
2 tablespoons cacao powder
Ground ginger to taste
Ground nutmeg to taste

Instructions

1. For Instant Pot, add all ingredients, stir. Using the Pressure Cook mode, set for 1 minute. Let pressure come down 10 minutes, then release.
2. For stovetop, bring the plant-based milk to a low simmer. Add all ingredients and reduce heat. Cover and cook 20-25 minutes.
3. For either method, remove the cinnamon stick, adjust the thickness by adding more plant-based milk if needed.
4. Garnish with fresh fruit, sliced bananas, unsweetened coconut, nut butter, or toppings of choice.
5. Serve immediately.
6. Store any leftovers in a covered container in the refrigerator up to 5 days.

SAVORY MEALS AND SNACKS

Mexican Quinoa

Ingredients

1 red bell pepper, seeded and diced
1 onion (red, yellow or white), diced
4 garlic cloves, minced
1 small jalapeno pepper, seeded and diced
1 cup quinoa, rinsed
1 cup low sodium vegetable broth
15 ounce can low sodium, diced fire-roasted tomatoes, undrained
15 ounce can low sodium black beans, rinsed and drained (or 1 ½ cups cooked)
1 cup frozen corn, thawed
¼ cup fresh lime juice
1 teaspoon chipotle chili powder
¼ teaspoon ground cumin
3-4 cups fresh spinach
Sea salt to taste
Fresh ground pepper to taste

Garnishes

1 avocado pitted, peeled and diced
¼ cup chopped cilantro
2 – 3 scallions, diced
Sour Cream

Directions

1. Heat a skillet or large stock pot to medium-high until water “dances” on the surface, then add the red pepper, onion, garlic and jalapeno pepper. Stir to keep the vegetables from sticking to the pan (add a little vegetable broth or water if desired).
2. Add the remaining ingredients (except the spinach and garnishes) to the pan and bring to a boil.
3. Reduce the heat to medium-low, cover the pan and simmer until the quinoa is cooked through, 15 to 20 minutes.
4. Stir in the spinach and cook until it wilts.
5. Serve topped with desired garnishes.

This dish can also be used as a filling for a taco or burrito bowl served with scallions, salsa, avocado slices or guacamole.

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Savory Protein-Packed Power Bowl

Ingredients

2 Yukon potatoes, shredded
½ teaspoon smoked paprika
salt and pepper to taste
¼ cup chopped red pepper
1 small jalapeño pepper, seeded and chopped (optional)
3.5 ounces baby spinach, steamed
2 large shallots, finely diced
3 garlic cloves, finely diced
6 ounces mushrooms, sliced
10.5 ounces silken firm tofu
¼ tsp turmeric, adjust to taste
¼ tsp black salt (has eggy taste), adjust to taste
15-ounce can adzuki beans, or 1 ½ cup cooked adzuki beans
½ cup sundried tomatoes, rehydrated and cut into strips
½ ripe avocado, cut in half
1 cup microgreens
Sriracha (optional)

Instructions

1. Grate the potatoes into hash brown strips.
2. Place hash browns in a bowl of cold water and soak for 20 minutes to help remove starch (helps make them crunchy).
3. Preheat air fryer to 390 degrees F.
4. Drain the hash browns and pat dry with paper towel. In a bowl mix the hash browns with smoked paprika, 2 cloves of garlic, and salt and pepper to taste.
5. Once preheated, line the air fryer basket with perforated parchment paper and spread the hash browns evenly over the bottom of the basket. Cook for 10 minutes.
6. Open the air fryer, add the peppers and 1 shallot, then shake the basket, and cook another 10 minutes.
7. In a small bowl, pour hot water over the sundried tomatoes and let sit for 5 minutes.
8. In a hot skillet, sauté the remaining shallot, remaining 1 clove of garlic and the mushrooms 3 - 5 minutes until translucent. Add the tofu, turmeric and black salt and stir to incorporate and heat through.
9. Using a steamer basket on the cooktop, steam the spinach for 2-3 minutes.
10. Divide the potatoes, sautéed vegetables with tofu, steamed spinach, adzuki beans, tomatoes, and avocado into 2 bowls
11. Garnish with microgreens, and sriracha (optional).

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Smokey Horseradish Cheddar Spread

Spread

Ingredients

- 2 cups raw almonds
- $\frac{3}{4}$ cup pimientos
- $\frac{3}{4}$ cup pimiento liquid
- $\frac{1}{4}$ cup nutritional yeast
- $\frac{1}{2}$ teaspoon sea salt
- 1 teaspoon liquid smoke
- 2 tablespoon horseradish* (optional, grate cheese with or without)

Directions

1. Rinse almonds well, place in bowl covered with water, refrigerate overnight.
2. Drain the almonds and slip the skins off.
3. Place the almonds, and all other ingredients in a high-speed blender or food processor and blend until smooth.
4. Test for texture and add more pimiento liquid if desired.
5. Serve with crackers, fresh baked bread, or sliced vegetables.

Store in refrigerator.

Horseradish

Ingredients

- 1 cup horseradish root, peeled and cut into small pieces
- $\frac{1}{2}$ cup white vinegar
- 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon sea salt

Directions

1. Using a high-speed blender, turn the machine on to the lowest setting (#1 on Vitamix) and quickly increase the speed slightly (#5 on Vitamix).
2. While the machine is running, remove the lid plug and drop the pieces of horseradish in until all the pieces are grated.
3. Stop the machine, remove the lid (do not put your face directly over the container), and scrape down the sides of the container.
4. Turn the blender back on to the lowest setting and quickly increase the speed (#8 on Vitamix).
5. Add the remaining ingredients through the lid plug and blend for 15 – 20 seconds or until well blended

Refrigerate in airtight container.

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Sunflower Sausage

Ingredients

- ½ medium onion, chopped
- 1 clove of garlic, minced
- 2 cups raw hulled sunflower seeds
- ¼ cup sun-dried tomatoes (not packed in oil), rehydrated in warm water for 15 minutes, drained and chopped
- 2 tablespoons coconut aminos, tamari, or low sodium soy sauce
- 1 ½ teaspoons maple syrup
- 1 teaspoon liquid smoke
- 1 teaspoon dried sage
- 1 teaspoon fennel seeds
- ½ teaspoon cumin
- ½ teaspoon paprika
- Salt and pepper to taste

Instructions

1. Sauté the onion and garlic in a hot pan until translucent, 3 to 4 minutes. Remove from heat.
2. In a food processor, combine sunflower seeds, sun-dried tomatoes, coconut aminos, maple syrup, liquid smoke, sage, fennel seeds, cumin, paprika, salt and pepper. Pulse until combined.
3. Add the cooked onion and garlic to the food processor and pulse until the mixture is sticky and no piece is large than a lentil.

Vegan Cheddar Cheeze

Ingredients

8 ounces (140 grams) jar Lupini Beans, drained and skins removed
4 ounces (60 grams) roasted red peppers
2 teaspoons Dijon mustard
1 tablespoon lemon juice
½ teaspoon sea salt
4 tablespoons nutritional yeast
1 tablespoon water
2 tablespoons cashew nuts
5 teaspoons Agar Agar flakes
100 ml unsweetened, plain non-dairy milk

Directions

1. Mix the Agar Agar flakes with the non-dairy milk and let sit for 5 minutes.
2. Add all ingredients to a high speed blender until a smooth texture is achieved.
3. Pour the mixture into a saucepan and heat to a slow boil, stirring often.
4. Reduce the heat and simmer for 8 minutes to activate the Agar Agar flakes.
5. Pour into a mold or container and refrigerate for 1 hour, uncovered.
6. Turn the cheese out onto a plate, cover, and refrigerate 4 – 5 hours.
7. Serve with whole grain crackers, bread, vegetables, or over baked potatoes.

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Vegan Mozzarella Cheese

Ingredients

1 cup raw cashews, soaked in hot water 1 hour, drained
¼ cup plain unsweetened nondairy yogurt
1½ tablespoons lemon juice
½ cup plain unsweetened nondairy milk
½ teaspoon sea salt
2½ tablespoons nutritional yeast
4 tablespoons tapioca starch

Instructions

1. Add all ingredients to a high-speed blender and blend on high until creamy and smooth, scraping down sides as needed.
2. Transfer to a small saucepan or skillet, heat over medium-low heat and whisk. Once it starts to bubble and thicken keep whisking until it comes together nicely, 4 to 5 minutes.
3. Lower heat to the lowest setting and switch to a wooden spoon. Continue stirring until a loose ball is formed. Use immediately or cool in refrigerator.

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Vegan Pizza

Gluten-free Crust

1 tablespoon chia seeds
3 tablespoons water
1 cup pumpkin puree (not pumpkin pie filling)
1½ cups rolled oats
1 tablespoon apple cider vinegar
1 tablespoon fresh basil, finely chopped
1 teaspoon dried oregano
1 teaspoon garlic powder
½ teaspoon chili powder
¼ teaspoon freshly ground pepper
½ teaspoon sea salt
Pinch of chili flakes

1. Preheat oven to 400 F.
2. In a large bowl, combine chia seeds with 3 tablespoons of water, stir, and set aside for 10 minutes to make a chia egg.
3. While the chia egg is gelling, pulse oats in a food processor to make oat flour.
4. Once the chia egg forms, add the pumpkin puree, oat flour, vinegar, basil and spices to the bowl. Mix well to combine.
5. Line a baking sheet or pizza pan with parchment paper.
6. Place the pizza dough on the parchment paper and spread to an even ½ inch thickness.
7. Bake about 15 minutes until the edges are slightly browned, then remove from the oven and let cool a few minutes.
8. Add sauce, veggies of choice and nondairy cheese (if desired) and bake an additional 7-10 minutes, or place under the broiler until the veggies start to brown.

Parmesan

1 cup sunflower seeds, ground
½ cup pumpkin seeds, ground
¼ cup nutritional yeast
3 tablespoons hemp seeds
1 teaspoon dried oregano
1 teaspoon garlic powder
½ teaspoon red pepper flakes

1. Mix all ingredients until combined.
2. Store in the refrigerator up to 3 months.

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Whole Food Plant-Based Pizza: Dough and 2 Sauce Recipes

Pizza Dough

Ingredients

- 1¼ cups warm water
- 1 tablespoon active dry yeast
- ½ teaspoon sugar
- 2½ cup “00” flour, unbleached all-purpose flour, or bread flour
- 1/3 cup semolina flour

Instructions

4. In a large bowl, combine water, yeast, and sugar. Let mixture sit a few minutes to activate and get frothy.
5. Add 2 cups flour and semolina flour, stir until well combined. Add remaining ½ cup flour. Mix with your hands and knead for a few seconds to create a soft, slightly sticky dough.
6. Place the ball of dough aside and let it sit 15 to 20 minutes in a warm place.
7. Divide the dough into 2 equal pieces and shape into smooth balls. Place each ball on a parchment lined baking sheet.
8. Lightly flour your hands and spread the dough into a 12- or 14-inch oval or roll with a rolling pin.
9. Let the crust sit 5 to 10 minutes, add sauce and desired toppings.
10. Bake in 425-degree preheated oven 17 to 20 minutes. Cool 1 minute, slice and serve.

White Garlic Sauce

Ingredients

- | | |
|---|---------------------------------|
| ½ cup raw cashews, soaked 15 minutes, drained | ¼ teaspoon dried basil |
| ¾ cup plain unsweetened nondairy milk | ¼ teaspoon dried oregano |
| 1 tablespoon cornstarch or arrowroot starch | ¼ teaspoon dried rosemary |
| ½ teaspoon sea salt | 2 tablespoons nutritional yeast |
| 1/8 teaspoon black pepper | 1 teaspoon apple cider vinegar |
| 1 teaspoon garlic powder or 4 cloves roasted garlic | ½ teaspoon dried thyme |
| ¼ teaspoon onion powder | ¼ teaspoon ground black pepper |
| ¼ teaspoon dried mustard powder | ¼ teaspoon sea salt |

Instructions

1. Add all ingredients to a high-speed blender until smooth and creamy. Taste and adjust seasonings. Store in airtight container in the refrigerator up to 4 days.

Red Pizza Sauce

Ingredients

- | | |
|-----------------------------------|---|
| 2 cups no salt added tomato sauce | ¼ teaspoon black pepper |
| 1 ½ teaspoons dried oregano | 1 tablespoon maple syrup |
| 1 ½ teaspoons dried basil | ½ teaspoon sea salt |
| 1 teaspoon onion powder | ¼ teaspoon red pepper flakes (optional) |
| 1 teaspoon garlic powder | |
| ½ teaspoon dried thyme | |

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Instructions

1. Add all ingredients to a bowl and stir until smooth. Refrigerate 1 hour for flavors to infuse. Store in airtight container in the refrigerator up to 1 week.

Toppings

Sliced tomatoes
Spinach
Green olives
Sun-dried tomatoes
Sunflower sausage
Thinly sliced zucchini

Sautéed onions
Artichoke hearts
Jalapeño peppers
Crumbled tofu
Nutritional Yeast
Broccoli

Sautéed mushrooms
Kalamata olives
Roasted bell peppers
Vegan Mozzarella cheese
Fresh basil
Cauliflower

DESSERTS

Chile-Chocolate Black Bean Brownies

Ingredients

- ½ cup rolled oats, blended into flour consistency
- ½ cup chopped unsalted walnuts
- 1 can (15 ounce) low sodium black beans, drained and rinsed, or 1 ½ cups cooked black beans
- 2 ripe bananas
- ¼ cup unsweetened applesauce
- ¼ cup maple syrup
- ½ cup cacao powder
- ¼ teaspoon chipotle chile pepper powder
- ½ teaspoon cinnamon
- 1 teaspoon vanilla extract
- ½ cup dairy free chocolate chunks or chips (Enjoy Life Brand)

Instructions

1. Preheat oven to 350 degrees F.
2. Line an 8.5 x 11-inch baking dish with parchment paper.
3. Process the rolled oats in a high-speed blender or food processor into a flour consistency.
4. In a large bowl, combine the oat flour with the walnuts and stir well.
5. Process the beans, bananas, applesauce, maple syrup, cacao powder, chile powder, cinnamon, and vanilla in a food processor until smooth, scraping down the sides as necessary.
6. Add the bean mixture to the oat flour and walnuts and stir to combine.
7. Stir in the dairy free chocolate chunks or chips.
8. Pour the batter into the parchment lined baking dish.
9. Bake 25 minutes until a toothpick inserted in the center comes out clean.
10. Let cool for 15 minutes before cutting.
11. Store leftovers in a covered container in the refrigerator up to 7 days.

Sweet Potato Yonanas

Ingredients

2 frozen over-ripe bananas
1 cup frozen baked sweet potato cubes
¼ teaspoon ground cinnamon

Instructions

1. Preheat oven to 425 degrees F.
2. Line a baking sheet with parchment paper.
3. Wash and dry sweet potatoes and prick several times with a fork or knife.
4. Bake 45 to 50 minutes until tender. Let cool 15 minutes.
5. Cut the sweet potatoes in half and scoop out the meaty flesh, placing into ice cube trays and freeze.
6. Remove the bananas and sweet potato cubes from the freezer. Sprinkle cinnamon over the bananas and let sit 10 minutes.
7. To make the dessert, insert ½ of a frozen banana with ¼ cup frozen sweet potato cubes into the Yonanas machine.
8. Add the remaining ingredients alternating the frozen bananas and frozen sweet potato cubes.
9. Stir well to combine and enjoy!
10. Store leftovers in a covered container in the freezer up to 7 days.