

Granite Bay Hilltop Health Ministry Holiday Cooking Class



Vegan Spinach Dip Recipe

Vegan sour crème

1 ½ cups raw/unsalted soaked cashews.

(soak over night, or quick method, submerge in hot water for 20 minutes)

¾ cup water

2 Tbsp. fresh lemon juice

2 Tsp. apple cider vinegar

½ Tsp. fine pink himalayan salt

Place all ingredients in a high powered blender and blend until smooth and creamy

1 pkg. knorr vegetable mix

1 10 oz pkg. frozen spinach thawed and drained completely

Add soup mix packet and spinach to the vegan sour crème, stir well and refrigerate 2 hours to thicken and set.

Serve as desired with fresh cut veggies

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Christmas Tree Salad

INGREDIENTS

Shredded kale
Shredded cabbage
Pumpkin seeds
Pomegranate arils
Raisins



DIRECTIONS

1. Kale and cabbage are best shredded in a food processor using a thin 2mm slicing blade. Shredding a whole head of cabbage and whole bunch of kale at once will give you a few days' supply of salad.
2. Fill your salad bowl with your kale and cabbage "tree."
3. Decorate with pumpkin seeds, raisins, and pomegranate arils before serving.
4. Toss all ingredients with *Citrus Date Dressing* or your vinaigrette dressing of choice.

Citrus Date Dressing (no oil)

INGREDIENTS

1 Tbsp chia seeds
1 tsp onion powder
½ tsp garlic powder
1 tsp salt
7 dates
¼ cup lemon juice (juice of 2 lemons)
2 Tbsp fresh orange juice (juice of 1 mandarin)
¾ cup water

DIRECTIONS

1. Blend all ingredients with high-speed blender until smooth.
2. Chill before serving.

Variation: Sub orange for ½ cup of strawberries or raspberries for a berry twist.

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Holiday Stuffed Bell Peppers

2 Tbsp Olive Oil (divided)	1 15-ounce Can Roasted Diced Tomatoes (don't drain)
1 Small Yellow Onion	3 Tbsp Nutritional Yeast
½ Cup French Green Lentils	4 Large Bell Peppers (Red and Green)
½ Cup Uncooked Quinoa	2 Tbsp Chopped Fresh Basil or Parsley or Mix
2 tsp Italian Seasoning	
½ tsp Kosher Salt	
¼ tsp Red Pepper Flakes	
2 Cloves Garlic	
1 Cup Low Sodium Vegetable Broth	



Directions:

Heat 1 tablespoon of the oil in a large, sturdy bottomed pot over medium heat. Add the onion and cook for 5 minutes, or until the onion is beginning to soften, stirring occasionally. Add the Italian seasoning, kosher salt, red pepper flakes, and garlic. Let cook just until the garlic is fragrant, about 30 seconds.

Add the lentils, quinoa, broth and fire-roasted tomatoes. Bring the mixture to a boil, then reduce heat to low. Cover and simmer for 25 to 28 minutes, or until the lentils are tender. Stirring occasionally. If the mixture looks too dry, splash in additional broth or water. Stir in the nutritional yeast.

While the lentils and quinoa cook, preheat your oven to 400* F. Slice off the top of the bell peppers. Remove the seeds and membranes then arrange cut side up in a 9x13 baking dish. Drizzle the insides with the remaining 1 tablespoon oil and sprinkle lightly with salt. Carefully pour a thin layer of water into the bottom of the pan. Place in the oven and bake, uncovered, for 20 minutes.

Carefully mound the cooked filling inside of the peppers. Return the pan to the oven and bake for 5 to 10 additional minutes, until the peppers are completely tender and the filling is piping hot. Sprinkle with fresh basil or parsley or a mix of both and enjoy!

Plant Based No Bake Cookies

Ingredients

- 1 1/2 Cups Coconut Sugar
- 1/3 Cup Cocoa Powder
- 1/2 Cup Plant-Based Butter
- 1/2 Cup Almond Milk
- 2/3 Cup Creamy Peanut Butter
- 2 tsp Vanilla
- 3 Cups Instant Oats



Directions:

1. Line cookie sheets with parchment or wax paper.
2. Add the sugar, cocoa, and the vegan butter and almond milk to a medium pot over low heat. Stir with a wooden spoon until the butter melts, then increase the heat to medium. Stir constantly and bring to a boil. Simmer for 1 minute exactly, then remove from heat and keep stirring for 30 seconds.
3. Add the peanut butter and vanilla and stir until combined well. Stir in the oats until they are coated in the mixture.
4. Drop the mixture by about 2 tablespoons each onto prepared parchment/wax paper. You can leave them rounded at the top, or flatten them slightly if you prefer.
5. Allow to cool for 20-30 minutes before serving, until they are hardened. Serve and enjoy!

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