

Vegetable Dishes

Sweet Potato Casserole with Pecans - Servings 12

Ingredients

Crunchy Pecan Oat Topping

- 3/4 cup rolled oats
- 1/2 cup pecan halves
- 1/2 teaspoon fresh minced rosemary (unbelievably good!)
- 1/4 teaspoon salt
- 2 tablespoons maple syrup

Sweet Potato Filling

- 3 pounds roasted sweet potatoes , peeled
- 1/2 cup milk of choice (I use almond milk)
- 2 teaspoons vanilla extract
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt

Extra Toppings

- 1/2 cup dried cranberries (look for juice-sweetened, if possible)
- 1/4 cup pecan halves, for topping

Instructions

- Preheat the oven to 350oF. In a large food processor fitted with an "S" blade, add in the oats, pecans, rosemary, and salt, and process briefly to create a flour-like texture. Add in the maple syrup, and process again until crumbly.
- Pour the crumble into a small bowl and set aside. In the same food processor (no need to rinse it), add in the roasted & peeled sweet potatoes, milk, vanilla, ginger, and salt, and process until smooth. Taste and adjust the mixture to your liking. You can add maple syrup for sweetness, if you like, or extra milk to make them creamier.
- In the bottom of a 2-quart baking dish, spread the sweet potato puree into a relatively smooth layer. Scatter the dried cranberries over the top, then sprinkle the crumble evenly over the top. Add the remaining pecans over the top, for decoration and added crunch. Bake at 350oF until the topping is golden, about 30 minutes.
- Let cool for about 10 minutes, then serve warm. Leftovers can be stored in an airtight container in the fridge for up to 5 days.

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Sweet Potatoes with Thai Peanut Butter Sauce

Ingredients

For the sweet potatoes and slaw

- 4 medium to large sweet potatoes (10 to 12 ounces each)
- 1/4 red cabbage (3 cups shredded)
- 1/2 red bell pepper
- 1/2 yellow bell pepper
- 1 green onion
- 1/4 cup chopped cilantro
- 2 tablespoons fresh lime juice (1 lime)
- 1/4 teaspoon kosher salt
- Crushed peanuts, for the garnish

For the Thai peanut butter sauce

- 1/3 cup peanut butter
- 2 tablespoons soy sauce
- 2 tablespoons lime juice (1 lime)
- 1 teaspoon maple syrup
- 2 tablespoons water

Instructions

- Cook the sweet potatoes
- Make the slaw: Thinly slice the red cabbage, enough for 3 cups.
- Thinly slice the peppers and green onion.
- Chop the cilantro.
- In a large bowl, mix together the cabbage, peppers, green onion and cilantro with the lime juice and kosher salt.
- Make the Thai peanut butter sauce: In a small bowl, whisk together the peanut butter, soy sauce, lime juice, maple syrup, and water. Taste and add a bit of kosher salt if desired (this depends on the salt content of the peanut butter).
- Serve: Slice the sweet potatoes in half and top them with the slaw. Drizzle with the Thai peanut butter sauce and sprinkle with chopped peanuts.

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Mexican Sweet Potatoes

Ingredients

- 4 medium sweet potatoes
- Olive oil, for rubbing
- Kosher salt
- 1 recipe Black Bean Salsa
- 1/2 cup frozen corn kernels
- Creamy Cilantro Sauce or Creamy Cilantro Dressing, to serve (plus a few extra cilantro leaves)
- Mexican hot sauce (such as Cholula), to serve
- Other topping ideas: Sour cream, Mexican Crema, cheese, Vegan Nacho Cheese, Vegan Sour Cream, Cashew Cream, or Chipotle Sauce

Instructions

- Start soaking the cashews for the Creamy Cilantro Sauce (or make it in advance; you can also soak the cashews the night before for easy day-of prep). If you're planning to make the Creamy Cilantro Dressing, skip this part.
- Preheat oven to 450°F.
- Wash the sweet potatoes and slice them in half. Place on a parchment paper lined baking sheet and rub lightly with olive oil, just enough to coat. Sprinkle with kosher salt. Bake until tender and lightly browned on the edges, about 25 to 35 minutes depending on the size of the potatoes.
- Make the Black Bean salsa.
- Defrost the frozen corn.
- Make the Creamy Cilantro Sauce (or Creamy Cilantro Dressing). Save out a few cilantro leaves and chop the cilantro for a garnish.
- To serve, top the roasted sweet potatoes with Black Bean Pico de Gallo, corn kernels, cilantro, and dollops of Creamy Cilantro Sauce.
- Other recipes on next 2 pages

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Black Bean Salsa

Ingredients

- 1 lb ripe tomatoes - diced
- 1/2 cup red onion - minced
- 1/4 cup cilantro - finely chopped
- 1 jalapeno pepper - remove ribs and seeds and finely chop
- 15 - oz can black beans (drained and rinsed) or 1 1/2 cup cooked beans
- 1 lime (2 Tablespoons) juice
- 1/2 teaspoon kosher salt - plus more to taste

Instructions

- Mix all ingredients in bowl
- Taste and add salt to taste

Creamy Cilantro Sauce

Ingredients

- 1 cup raw or roasted cashews
- 1/2 cup water
- 1/4 cup lime juice (juice from 2 limes)
- 2 large handfuls cilantro leaves and tender stems
- 1/2 teaspoon kosher salt

Instructions

- place cashews in bowl and cover them with water.
- Soak for 1 hour or over night (even better)
- Juice the limes
- Drain cashews.
- Add cashews, water, lime juice, cilantro and salt to a blender or food processor and blend on high for 1 minute.
- Stop and scrape then add additional liquid if necessary to get a creamy consistency.
- Blend several minutes
- Store in sealed container refrigerator for 1 week or in freezer for several months.

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Creamy Cilantro Dressing

Ingredients

- 2 tablespoons lime juice
- 1 cup cilantro leaves and tender stems, lightly packed
- 1/2 cup Greek yogurt*
- 1/4 cup mayonnaise
- 2 tablespoons olive oil
- 1 tablespoon water
- 1/2 teaspoon maple syrup or honey
- 1/2 teaspoon each garlic powder and onion powder
- 1/4 teaspoon kosher salt

Instructions

- Place all ingredients in a standard, small or immersion blender and blend for several minutes until pureed and creamy, stopping and scraping down the bowl as needed. If using a standard blender, you'll need to stop and scrape often.
- Serve immediately or refrigerate for up to 1 week.
- Bring to room temperature prior to serving.

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Healthier Mashed Potatoes and Gravy

Ingredients

- 1 large head of cauliflower, cut into florets
- 2 C macadamia nuts

Instructions

- Put cauliflower and nuts through Champion or Green Life juicer using the blank plate (you can also try using your food processor with the s-blade).
- Mix well with a wooden spoon. Makes 3-4 cups.
- The consistency is very similar to good old mashed potatoes.
- You can doctor this recipe up with garlic, lemon juice and minced chives or other herbs, but I usually just leave it plain and top it with the following gravy.

Gravy:

Ingredients

- 1 C Brazil nuts
- 1 avocado
- 2 Tablespoons Nama Shoyu
- 2 T organic red wine
- 1 clove garlic
- 1/4 red onion
- 1-3 tsp sea salt
- 3/4 C water
- pinch fresh-ground black pepper

Instructions

- Mix all ingredients in blender or food processor. Makes 2 1/4 cups.

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- Serve over "Mashed Potatoes," a hearty vegetable pasta (turnip pasta for example), or a vegetable medley.