

 COOKING SHOW #114 - BRUNCH

# Sunflower Tofu Pesto

## INGREDIENTS

- 1 cup fresh basil leaves
- 1/2 cup sunflower seeds (or pine nuts)
- 3-4 garlic cloves
- 1/2 teaspoon date powder
- 1/2 teaspoon onion powder
- 2 tablespoons nutritional yeast
- black pepper, to taste
- 1 lemon, juiced
- 1 14-16 oz. block extra-firm tofu

## METHOD

To prepare the Sunflower Tofu Pesto add all the ingredients except the tofu to a food processor. Process until the pesto is a coarse, but even texture.

Next, add the tofu to the food processor and process or pulse until the tofu reaches your desired texture, using a spatula to wipe down the sides so it all mixes together well.

Enjoy this pesto for stuffed mushrooms, on a sandwich, in a wrap, as a dip, in lasagna, or as a topper to add richness to your favorite dishes.

### Chef's Notes

The possibilities for this recipe are endless. Plus it keeps well, so make a double batch for the whole week!



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# Ruth's Eggplant Patties

## INGREDIENTS

- 2 eggplants, chopped
- 3 ribs celery, chopped
- 1 yellow onion, chopped
- 1/2 lb. mushrooms, chopped
- 2 large carrots, chopped
- 3-4 garlic cloves
  
- 1 cup cashews
- 1 cup walnuts  
(or any combination of your favorite nuts, such as pecans, etc.)



### Chef's Notes

If you use cheater minced garlic in this recipe, add it in the mixing bowl with the nuts and vegetable mix instead of steaming with the vegetables.

## METHOD

Begin by adding all of the vegetables and whole garlic to a steamer pot and steam for 25 minutes.

Meanwhile, add the cashews and walnuts (brought to room temperature, in case you freeze your nuts like I do) to a food processor and grind into a coarse, consistent meal (not fine like flour). Set aside.

Once the vegetable mix is steamed, carefully spoon it out of the steamer pot and strain using a colander for a couple minutes to remove excess liquid.

This next step can be done two ways.

1. Add the vegetables to a wood chopping bowl and use a mezzaluna knife to chop for about 5 minutes until everything is evenly chopped. We recommend this way for an optimal texture.
2. Add the vegetables to a food processor and pulse until it reaches a coarse, even texture.

Next, combine the ground nuts and vegetable mix in a mixing bowl to make a batter. If the batter is too wet, place in the refrigerator for a couple hours or overnight to cool and thicken up.

Form 3 inch diameter patties with the batter and place on a parchment-lined baking sheet. Bake at 350°F for about 35-45 minutes, checking occasionally. Once they are firm enough to be flipped, flip and bake for another 10-15 minutes. The timing depends on the wetness of your batter, but these are very forgiving.

Alternatively, you can air-fry the patties at 350°F for about 30 minutes, flip, and continue to air-fry for another 10-15 minutes.

Enjoy these on their own or use them like a burger patty! I like these a lot more than bean burgers.

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# Cheesy Potato Casserole

## INGREDIENTS

### Cheese Sauce

- 1 cup soy milk
- 1 cup veggie stock
- 3/4 cup nutritional yeast
- 1/2 lemon, juiced
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon turmeric
- 1/2 teaspoon paprika
- 1/2 teaspoon dry mustard
- 1 tablespoon miso paste (optional)
- 1/4 teaspoon black pepper
- 1-2 cooked russet potatoes

### Casserole

- 1 28 oz. bag frozen hash browns or Potatoes O'Brien (diced version), thawed

### RECOMMENDED ADD-INS

(~1 cup of 3-4 items)

- fresh or frozen chopped yellow onion
- fresh or frozen chopped bell pepper
- frozen or canned green peas
- fresh or frozen broccoli florets
- fresh or frozen cauliflower florets
- fresh chopped kale/spinach
- black, white, or pinto beans

### Chef's Notes

To save time and effort, you can use the Well Your World Cheese Sauce Mix to make about 2-2.5 cups of sauce. This is how I make it.

## METHOD

Preheat the oven to 350°F.

Prepare the cheese sauce by adding the soy milk and other ingredients down to the black pepper to your blender and blend until smooth. Blend in the cooked potato a little at a time to reach a saucy thick consistency. Set aside.

In a large mixing bowl add the potatoes and a few of the recommended add-ins you would like along with the Cheese Sauce. Stir well to combine. I recommend thawing these items in advance to reduce the oven cook time.

Add the mixture to a glass casserole dish and bake uncovered for 45 minutes or until the potatoes and veggies are tender. For added pizzazz, add some breadcrumbs on top before baking.

Once it is done, remove from the oven and allow to cool for 10 minutes to thicken up a bit, or just dig right in! I love it with hot sauce, salsa, or pico!

