

 COOKING SHOW #118 - BACKYARD BBQ

Taco Pasta

INGREDIENTS

Salad

- 1 8 oz. box pasta
- 1 yellow onion, diced
- 1 bell pepper, diced
- 1/2 teaspoon crushed red pepper (optional)
- 2 garlic cloves, minced
- 1 15 oz. can black beans, drained and rinsed
- 1 15 oz. can corn, drained and rinsed

Sauce

- 1 cup raw cashews
- 1 cup water, more as needed
- 3 garlic cloves, minced
- 2 teaspoons smoked paprika
- 1/4 cup nutritional yeast
- 2 tablespoons apple cider vinegar
- 1 teaspoon dijon mustard
- 1 lime, juiced

- 1-2 tablespoons WYW Fiesta Blend
OR
- 1-2 teaspoons mild chili powder
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano



Toppings

- green onions, chopped
- fresh cilantro, chopped
- cherry tomatoes, quartered
- baked tortilla strips
- lime wedge

METHOD

Prepare the pasta according to the package directions and set aside.

To prepare the sauce, add the ingredients to a high-speed blender and blend until smooth, adding an additional tablespoon or two of water as needed to reach your desired consistency.

In a separate saucepan, sauté the onion, bell pepper, crushed red pepper (if using) and garlic over medium-high heat for about 5 minutes, adding a little water or veggie broth as needed to keep from sticking.

Add the beans, corn, cooked pasta, and sauce to the pan. Stir and continue to sauté for a couple minutes just to heat the sauce. If the sauce seems thick add a little veggie broth or water to the pan and stir.

To serve, sprinkle on your favorite toppings and enjoy!



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Grilled Cabbage & Cauliflower

INGREDIENTS

- 1 head cabbage
- 1 head cauliflower

Chimichurri Sauce

- 1 packed cup fresh parsley
- 1/2 packed cup fresh cilantro
- 4 garlic cloves
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1 lime, juiced
- 1/4 cup red wine vinegar
- 1-2 teaspoons red chili powder
(hot or mild)

Chef's Notes

Don't have a grill? Try this one on a panini press, non-stick griddle, or skillet!

Try the Chimichurri on any of your favorite dishes!

METHOD

Prepare the cabbage by cutting perpendicular to the stem to make 1 inch steaks. Prepare the cauliflower by cutting parallel to the stem to make 1 inch steaks.

Place the cauliflower and cabbage on the grill and cook on medium heat until slightly charred and tender.

To prepare the Chimichurri, add all of the ingredients to a food processor. Process until you reach your desired consistency, using a spatula to push the sauce back on to the blade between pulses.

Top the steaks with sauce and enjoy!



 COOKING SHOW #118 - BACKYARD BBQ

Grilled Pineapple

INGREDIENTS

- 1 **pineapple**
 - **Date Powder**
AND/OR
 - **Chili Lime Seasoning**

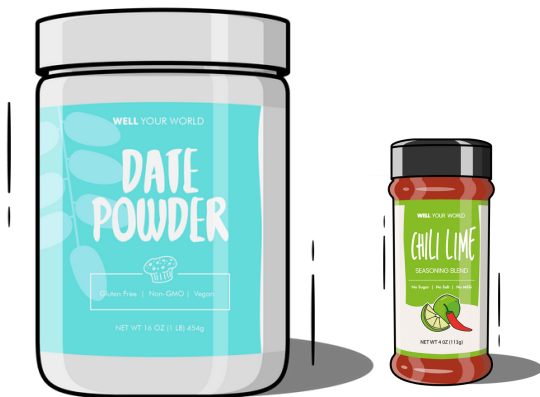
METHOD

Begin by chopping the pineapple into long spears around the core, or chop through the core to make 1 inch steaks.

Sprinkle on the Date Powder, Chili Lime seasoning, or both on each side. If you do not have access to our Chili Lime, just squeeze on some lime along with a sprinkle of hot or mild chili powder.

Grill the pineapple until your desired char/tenderness.

Enjoy on it's own or on veggie burgers, in nourish bowls, and so much more!



 COOKING SHOW #118 - BACKYARD BBQ

Dove's Cauliflower Salad

INGREDIENTS

- 2 12 oz. bags frozen riced cauliflower, thawed
- 1 16 oz. bag frozen peas, thawed
- 3 oz. dried apricots, chopped
- 1/2 cup fresh dill, chopped
- 1 small red onion, finely diced
- 3 lemons, juiced
- 2 tablespoons Date Powder

METHOD

Prepare the salad by adding all of the ingredients to a large mixing bowl and stir to combine.

Enjoy this salad on its own or wrapped in grape leaves like we did for the Dolmades on Episode 51 - Greek Delights!

Chef's Notes

Instead of apricots, play around with dates, raisins, or golden raisins!

For a starchier, more calorie dense version, try this with brown rice instead of riced cauliflower, or a mix of both.



 COOKING SHOW #118 - BACKYARD BBQ

Teenie Weenies

INGREDIENTS

Marinade

- 1/2 cup veggie broth
- 1/4 cup rice vinegar or apple cider vinegar
- 2 tablespoons date powder
- 2 teaspoons liquid smoke
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon mustard seed powder
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon allspice
- 1-2 tablespoons tamari (optional)

Carrots

- 1 lb. baby carrots

BBQ Sauce

- 1 cup WYW BBQ Sauce
- OR
- 2 tablespoons tomato paste
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/8 teaspoon ground cinnamon
- 2 cloves
- 1/4 teaspoon white pepper
- 5 deglet dates
- 1 teaspoon paprika
- 1 teaspoon mustard
- 1/4 teaspoon liquid smoke
- 2/3 cup water
- 1/8 teaspoon celery seed



METHOD

Prepare the marinade by adding all the ingredients to a slow cooker and whisk to combine. Add the carrots and stir.

Turn the slow cooker on high. If you are using an Instant Pot set it to "slow cook" on the "more" setting. Cook the carrots in their marinade for 1.5 hours.

To prepare the BBQ sauce, add all of the ingredients to a high-speed blender and blend until smooth. If you prefer a sweeter flavor, blend in a few extra dates or date powder.

After the initial 1.5 hours of slow cooking, add about a cup of BBQ Sauce and set the slow cooker for another 4-5 hours, still on the "more" setting as before. Test the carrots after 4 hours to decide if they need more time.

Depending on your slow cooker, the sauce might end up thick. In that case, just pour in some veggie stock to reach your desired consistency and stir to combine.

Chef's Notes

Faster cooking option: steam the carrots for 15 min until fork tender, and soak with the marinade overnight in the fridge. Then, add to the Instant Pot with the BBQ Sauce for 3 minutes high pressure, manual release.

