

COOKING SHOW #127 - SIMPLE SNACKS & KID FOOD

Chickpea McNuggets

INGREDIENTS

- 1 15 oz. can chickpeas, bean liquid (aquafaba) reserved**
- 1/3 14-16 oz. block firm/extra firm tofu**
- 1 teaspoon garlic powder**
- 1 teaspoon onion powder**
- 1/2 teaspoon smoked paprika**
- 1 tablespoon nutritional yeast**
- 1/2 cup oat flour**
- 3/4 cup breadcrumbs**

METHOD

Add the chickpeas and tofu to a food processor and pulse a few times. Add the garlic powder, onion powder, paprika, and nutritional yeast. Process for about 5 seconds, wipe down the sides, and pulse a few more times.

Next, add the oat flour and 2 tablespoons of the aquafaba. Process again until it becomes a coarse dough, about 10 seconds. Remove and set aside.

Pour the remaining aquafaba into a small bowl. Add the breadcrumbs to a separate small bowl.

Form the chickpea mixture into about 12-15 1/2"-2" nuggets. Dip each nugget into the aquafaba then toss into the bread crumbs. Ensure the nuggets are thoroughly coated.

Place the breaded nuggets into an air-fryer basket or parchment-lined baking sheet and bake at 400°F for about 30 minutes, flipping halfway through.

For the best texture allow the nuggets to cool.

Enjoy dipped in your favorite sauce or the McDillon Sauce from this episode!

Chef's Notes

Make breadcrumbs by toasting 3-4 pieces of Low Sodium Ezekiel bread then blend into crumbs.



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Tater Tots

INGREDIENTS

- 4-5 medium russet potatoes, peeled and chunked**
- 5-6 broccoli florets, steamed and finely chopped**
- 1 teaspoon garlic powder**
- 1 teaspoon onion powder**
- 1 tablespoon nutritional yeast**
- 1/4 teaspoon black pepper**

METHOD

Boil the potatoes for about 10 minutes, then strain out the water. Check out the replay video for an explanation of how we like to use our Instant Pot to cook the potatoes.

Press the potatoes through a potato ricer for the smoothest consistency, but mashing with a potato masher will work too. Pack the mashed potatoes into a storage container and refrigerate overnight.

In a large mixing bowl, combine the cooled potatoes and spices thoroughly with your hands. Add the broccoli and mix once more. Then form 1/2"-1" tater tots and place in an air-fryer basket.

Air-fry at 400°F for 20-25 minutes, flipping halfway through. You can also bake these at 375°F for about 30 minutes, flipping halfway through.

Enjoy dipped in McDillon Sauce from this episode or with your favorite dipping sauce!

Chef's Notes

Try using frozen riced cauliflower or broccoli in these tots!

Leftovers? Just air fry or bake for a few minutes to bring back the crunch!



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Secret Veggie Soup

INGREDIENTS

- 1 8 oz. box favorite pasta
- 1 yellow onion, chopped
- 1 carrot, chopped
- 1 rib celery, chopped
- 1 red bell pepper, chopped
- 1 small zucchini, chopped
- 1 potato, chopped
- 3 garlic cloves, minced
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1 teaspoon oregano
- 1/4 teaspoon dried thyme
- 1 tablespoon date powder (optional)
- 5-6 cups veggie broth

METHOD

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

While the pasta is cooking, in a separate saucepan, add all of the ingredients up to and including the date powder. Sauté over medium-high heat for about 10 minutes, adding a little water or veggie broth as needed to keep from sticking.

Transfer the contents of the pot to a high-speed blender along with 2 cups of veggie broth and blend until the broth is smooth.

Pour the contents back into the pot and combine with the pasta and as much veggie broth as necessary to reach your desired consistency.

Serve and enjoy!

Chef's Notes

We used red lentil galaxy shaped Tolerant brand pasta in this soup just for fun!



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Carob 'Bout You Smoothie

INGREDIENTS

- 1 **medium sweet potato, peeled and chunked**
- 2 **cups soy milk**
- 2 **tablespoons carob powder**
- 1/2 **teaspoon cinnamon**
- 1 **tablespoon peanut butter**
- 2 **tablespoons date powder**
- 1 **banana (fresh or frozen)**

METHOD

Boil the sweet potato for about 10 minutes, then strain out the water and rinse with cool water.

Place the sweet potato chunks onto a parchment lined baking sheet and place in the freezer. Freeze for a few hours or overnight.

Add the soy milk, carob powder, cinnamon, peanut butter, and date powder to a high-speed blender. Blend for a few seconds to combine.

Next, add the frozen sweet potato and banana. Blend on high until you reach a smooth, creamy texture.

Serve and enjoy!

Chef's Notes

This is fun to freeze into popsicles too!



COOKING SHOW #127 - SIMPLE SNACKS & KID FOOD

McDillon Sauce

INGREDIENTS

- 1/2 cup hemp hearts
- 1/2 cup water or soy milk
- 1 green onion
- 1 small lemon, juiced
- 1 teaspoon dijon or yellow mustard
- 1/2 teaspoon date powder
- 1 tablespoon nutritional yeast
- 1/3 cup BBQ Sauce

Chef's Notes

Make this recipe super simple by using WYW BBQ Sauce instead!



METHOD

Add all of the ingredients to a high-speed blender and blend until smooth.



BBQ Sauce

INGREDIENTS

- 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 whole 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

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