

 COOKING SHOW #130 - THANKSGIVING

Sweet Potato Casserole

INGREDIENTS

Potato Layer

- 4** large sweet potatoes, peeled and chunked
- 1/2** cup soy milk, (plus a little more as needed)
- 1/2** teaspoon ground cinnamon
- 1/4** teaspoon ground nutmeg
- 1** teaspoon vanilla extract
- 1** tablespoon date powder

Topping

- 1 1/2** cups rolled oats
- 3/4** cup walnuts, smashed
- 3/4** cup pecans, smashed
- 2** teaspoons ground cinnamon
- 2** tablespoons date powder
- 2** tablespoons chia seeds
- 2** tablespoons hemp hearts
- 2** tablespoons ground flax seeds
- 1** cup water



METHOD

Preheat the oven to 375°F.

Bring a large pot of water to a boil and add the chunked sweet potatoes. Simmer for 15 minutes or until the potatoes are tender, then strain out the water.

Add the potatoes along with the remaining Potato Layer ingredients to a large mixing bowl. Mash with a potato masher, adding a couple tablespoons of soy milk as needed to reach a creamy consistency.

Spread the mashed sweet potatoes into an even layer in an 8x8 glass baking dish. Set aside.

In a separate mixing bowl, add all of the Topping ingredients. Mix well and allow to set for 5 minutes to thicken.

Pour the topping over the sweet potatoes and gently spread into an even layer.

Bake uncovered for about 45 minutes. Serve and enjoy!

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Cornbread Dressing

INGREDIENTS

Cornbread

- 1 cup cornmeal
- 1/2 cup whole wheat flour
- 2 tablespoons date powder
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 3/4 cup soy milk
- 1/4 cup unsweetened applesauce
- 1 1/2 teaspoons apple cider vinegar

Dressing

- 4-5 cups cornbread, cubed
- 8 slices whole grain bread (Ezekiel is best)

- 1 yellow onion, diced
- 3 ribs celery, diced
- 6 large mushrooms, diced
- 1 green bell pepper, diced
- 1 tablespoon minced garlic
- 1 tablespoon dried sage
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon black pepper

- 2 cups veggie broth
- 1 tablespoon tahini (optional)

- 1-2 teaspoons fresh thyme, chopped
- 1-2 teaspoons fresh sage, chopped
- 1 teaspoon fresh rosemary, chopped
- 1 tablespoon soy sauce (optional)



METHOD

To prepare the cornbread, add the dry ingredients to a mixing bowl and whisk together. In a separate bowl add the wet ingredients and whisk together. Then, combine the wet and dry ingredients into one bowl and mix well until smooth. Pour the cornbread into a parchment lined pyrex dish and bake at 350°F for 20 minutes. Allow to cool, then cut into cubes and add to a large bowl.

Likewise, chop the whole grain bread into similarly sized cubes and add to the bowl with the cornbread. Leave out uncovered overnight to dry out.

To prepare the dressing, add the onion, celery, mushrooms, bell pepper, and garlic to a sauce pan. Sauté over medium-high heat along with a splash of veggie stock to keep from sticking. Sauté just until the liquid has cooked off and the veggies are al dente. Turn off the heat and stir in the sage, thyme, rosemary, and black pepper. Set aside.

Next, combine the veggie broth and tahini in a small pot. Allow the tahini to melt into the broth while stirring for a couple minutes. This step can be skipped if you are omitting the tahini.

In a large mixing bowl, add the contents of the sauté pan, the dried breads, fresh herbs, soy sauce, and tahini/veggie broth. Mix everything together. If it seems dry, add a couple tablespoons of veggie broth. Pour the dressing into a glass pyrex baking dish.

Cover the dish with tin foil and bake at 375°F for 30 minutes. Remove the foil and bake for another 20 minutes. Enjoy!

 COOKING SHOW #130 - THANKSGIVING

Stuffed Portobello Mushrooms

INGREDIENTS

- 4 large portobello mushrooms, stems and gills removed

Lentil Filling

- 1 yellow onion, diced
2 garlic cloves, minced
1 shallot, diced
1/2 lb. mushrooms, diced
1-2 tablespoons fresh rosemary, chopped
1-2 tablespoons fresh basil, chopped
2 cups cooked brown lentils

Garlic Herb Sauce

- 1 onion, finely chopped
5 garlic cloves, minced

1 1/4 cups water
1/2 lemon, juiced
1-2 tablespoons white wine vinegar
1/4 cup raw cashews
1 tablespoon flour (whole wheat/oat/etc.)
1 tablespoon nutritional yeast
1/4 teaspoon dried thyme
1/2 teaspoon date powder

1/2 teaspoon black pepper
1-2 tablespoons fresh chopped basil



METHOD

Preheat the oven to 300°F.

Place the mushrooms face down on a parchment lined baking sheet and bake for 15 minutes. Set aside.

To prepare the lentil filling, add the onion, garlic, shallot, and mushrooms to a sauce pan. Sauté over medium-high heat for about 5 minutes, adding a little water or veggie broth as needed to keep from sticking. Next, add the rosemary, basil, and cooked lentils. Stir and continue to sauté for a couple minutes. Remove from the heat.

Spoon the lentil filling into the mushrooms. Keep the mushrooms on the same parchment lined baking sheet and bake for 15 minutes at 350°F.

To prepare the garlic herb sauce, add the onion and garlic to a sauce pan. Sauté over medium-high heat for about 5 minutes, adding a little water or veggie broth as needed to keep from sticking.

Transfer half of the sautéed ingredients to a blender along with the next block of ingredients. Blend until smooth and pour back into the pan. Stir in the black pepper and chopped basil. Bring the sauce to a simmer and cook for a few minutes while stirring to thicken the sauce.

To serve, drizzle the garlic herb sauce over the stuffed mushrooms, and enjoy!

Chef's Notes

The easiest way to remove the gills from the mushrooms is with a melon baller.

 COOKING SHOW #130 - THANKSGIVING

No-Bake Pumpkin Pie

INGREDIENTS

Crust

- 1 1/2 cups walnuts
- 1 1/2 cups pecans
- 18 deglet dates

Pie Filling

- 1 15 oz. can pumpkin puree
- 1 12.6 oz. block Mori-Nu silken tofu
- 1/4 cup date powder
- 1 tablespoon ground chia seeds
- 1 tablespoon ground flax seeds
- 1 tablespoon pumpkin pie spice
- 1 tablespoon ground cinnamon

Pumpkin Pie Spice

- 3 tablespoons ground cinnamon
- 2 teaspoons ground ginger
- 2 teaspoons ground nutmeg
- 1 teaspoon ground allspice
- 1 teaspoon ground cloves

Chef's Notes

You can find this shelf stable tofu in the Asian food aisle at most grocery stores or sub it for the same amount of silken refrigerated tofu.

METHOD

To prepare the crust, add all of the ingredients to a food processor. Process to a fine, consistent texture, about a minute. It should start to become sticky, otherwise add a few more dates and process some more.

Pour into a pie pan and press into an even layer to form the crust. Set aside.

To prepare the pie filling, add all of the ingredients to a high-speed blender or food processor and blend until smooth. If using a blender, use the plunger continuously to combine well, scraping down the sides with a spatula once or twice.

Then, pour the pie filling into the pan and spread evenly. Place in the fridge and allow to set overnight.

Serve and enjoy!

