

## COOKING SHOW #132 - HOLIDAY SHOW

# Holly Jolly Bean Salad

## INGREDIENTS

### Salad

- 1 15 oz. can white beans, drained and rinsed
- 1 15 oz. can chickpeas, drained and rinsed
- 1 15 oz. can kidney beans, drained and rinsed
- 1 cup cooked quinoa or millet
- 1/2 red onion, diced
- 2 ribs celery, diced
- 1 green or red bell pepper, diced
- 1/2 English cucumber, chopped
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh dill, chopped

### Dressing

- 1/2 cup red wine vinegar
- 1 tablespoon dijon mustard
- 2 tablespoons date powder
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon red pepper flakes (optional)
- black pepper, to taste
- 1 tablespoon sun dried tomatoes
- 1-2 tablespoons veggie broth, or as needed

## METHOD

To prepare the salad, add all of the ingredients to a large mixing bowl and set aside.

To prepare the dressing, add the ingredients to a blender and blend until smooth, adding a tablespoon or two of veggie broth to reach a thick dressing consistency.

Then add the dressing to the salad and toss well to combine.

Serve and enjoy!



## COOKING SHOW #132 - HOLIDAY SHOW

# Texas Pecan Rice

## INGREDIENTS

- 1 yellow onion, diced
- 3 garlic cloves, minced
- 2 ribs celery, diced
- 1 carrot, diced
- 3 mushrooms, chopped
  
- 1 tablespoon dijon mustard
- 2 tablespoons fresh sage, chopped
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon fresh rosemary, chopped
- black pepper, to taste
  
- 3/4 cup pecans, chopped
- 1 cup dry brown rice
- 1/2 cup dry wild rice
- 1/2 cup dried cranberries
- 1 tablespoon date powder
- 1/2 large orange, juiced
- 3 1/2 cups veggie broth

fresh chopped parsley, to serve

### Chef's Notes

To soften the dried cranberries we used, we like to soak them in hot water for a few minutes. We even added some of the soaking water to the dish!

## METHOD

To a large pot or dutch oven, add the first set of ingredients. Sauté over medium-high heat for a few minutes until tender, adding a little water or veggie broth as needed to keep from sticking.

Next, add the following set of ingredients and continue to sauté for a couple more minutes.

Then add the next set of ingredients and stir well. Bring the pot to a boil, reduce to a simmer, cover, and allow to simmer for 45-55 minutes, or until the rice is cooked and the liquid is mostly absorbed.

Enjoy with Cranberry Pico or top with fresh parsley.



## COOKING SHOW #132 - HOLIDAY SHOW

# Cranberry Pico

## INGREDIENTS

### Salad

- 1** 12 oz. bag fresh cranberries
- 1/4** red onion, diced
- 1** jalapeño, diced small
- 1** handful fresh cilantro, chopped
- 1/2** orange, juiced
- 1** lime, juiced
- 1-2** tablespoons date powder, to taste

## METHOD

Add the cranberries to the food processor and pulse several times to chop the berries into a course consistency. Then, transfer to a mixing bowl.

Add the remaining ingredients and stir to combine.

This salsa goes great with all of the savory recipes from the show!



## COOKING SHOW #132 - HOLIDAY SHOW

# Hasselback Butternut Squash

## INGREDIENTS

- 2 butternut squash, peeled, halved, and seeded**

### Glaze

- 1/2 cup raw pecans, chopped**  
**1-2 cups veggie broth**  
**2 teaspoons fresh sage**  
**2 teaspoons fresh thyme**  
**2 teaspoons fresh rosemary**  
**1 teaspoon garlic powder**  
**1 teaspoon onion powder**  
**black pepper, to taste**  
**1/4 cup date powder**

**cinnamon, to sprinkle**  
**nutmeg, to sprinkle**



## METHOD

Preheat the oven to 400°F.

Place the squash cut side down a parchment-lined baking sheet. Bake for 20 minutes.

While the squash is in the oven, prepare the glaze. Add the pecans to the food processor and process until coarse but consistent, about 10 seconds. Add the pecans and the remaining glaze ingredients to small saucepan. Simmer over medium-high heat for 5-10 minutes, stirring periodically.

Remove the squash from the oven and hasselback cut the entire squash by making 1/8" horizontal slices. Make sure the slices do not cut through the squash completely! We do this by placing the ends of wooden spoons on both sides of the squash. (Check out the replay to see it in action.)

Brush or spoon half the glaze onto the squash, working it in between the grooves. Return the squash to the oven for another 25 minutes.

Remove the squash from the oven and brush on the remaining glaze. Place back in the oven and roast for another 20-30 minutes or until the squash is fork tender. Be careful not to burn the top.

To serve, sprinkle with cinnamon and nutmeg. Enjoy with Cranberry Pico or on its own!

### Chef's Notes

**For the perfect moist texture, add a couple cups of water to a small pyrex glass dish. Place on the bottom rack of the oven while roasting the squash.**

## COOKING SHOW #132 - HOLIDAY SHOW

# Banana Cream Pie

## INGREDIENTS

### Crust

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

### Filling

- 2 bananas**
- 1 cup raw cashews**
- 10 dates**
- 3/4 cup soy milk**
- 1 teaspoon lemon juice**
  
- 2 bananas, sliced and sprinkled with lemon juice**

### Whipped Topping

- 2/3 cup aquafaba (chickpea liquid)**
- 2 tablespoons date powder**
- 1 teaspoon vanilla extract**
- 1 teaspoon lemon juice**



## METHOD

To prepare the crust, add all of the ingredients to a food processor. Process to a fine, consistent texture, about 15 seconds. Pour the crust mixture into a pie pan. Use your hands to press the crust into the dish, raising the crust about an inch up the sides.

To prepare the filling, add the first set of ingredients to a food processor or blender. Process until the filling is smooth then pour over the crust. Gently wiggle the pie to even out the filling then cover with saran wrap and place the pie into the freezer for several hours.

To serve, arrange the banana slices however you like on the pie to add some pizzazz. Set the pie aside.

To prepare the whipped topping, add the aquafaba to a mixing bowl. Use a hand mixer or stand mixer on high to beat the aquafaba for a few minutes until light and fluffy. Add the date powder, vanilla, and lemon juice and continue to mix for another minute.

Spread an even layer of the whipped topping on the pie.

For even more pizzazz, sprinkle cacao powder or toasted coconut shreds on top. Enjoy!