

 COOKING SHOW #135 - GAME DAY GRUB

Broctatas

INGREDIENTS

- 1/2 red onion, diced
- 1 large crown broccoli, chopped
- 1 1/3 cups Pumpkin Cheese Sauce or WYW Cheese Sauce Mix
- 1 1/2 cups cooked quinoa
- 1 cup chickpea flour

Pumpkin Cheese Sauce

- 1 1/2 cups soy milk
- 1/2 lemon, juiced
- 2 garlic cloves
- 1 teaspoon onion powder
- 3/4 cup nutritional yeast
- 1 teaspoon miso paste (optional)
- 1 dried chili pod
- 1/2 teaspoon ground cumin
- 1/2 15 oz. can pumpkin purée



METHOD

Preheat the oven to 375°F.

Add the onion and broccoli to a sauce pan. Sauté over medium-high heat for about 5-10 minutes, adding a little water or veggie broth as needed to keep from sticking. Remove from heat.

To make the Pumpkin Cheese Sauce, add all of the ingredients to a high-speed blender and blend until smooth. Add a little more soy milk if too thick or more pumpkin to thicken it more.

In the same pan with the broccoli and onions, add the cheese sauce and quinoa. Then stir in the chickpea flour a little at a time to create a batter.

Scoop the batter into a silicone muffin tray or lined muffin tin and place in the oven for 45 minutes. Once they are done, remove and allow to cool for 10 minutes.

Enjoy with your favorite sauce like WYW Sriracha, BBQ Sauce, and Ranch (recipes on the last page).

Chef's Notes

WYW Cheese Sauce Mix will make this recipe faster and easier, give it a try!

Pop these into a the freezer in bulk for a quick and easy snack.



 COOKING SHOW #135 - GAME DAY GRUB

Pizza Dip

INGREDIENTS

Tofu Ricotta

- 1 14-16 oz. block firm tofu
- 2 tablespoons nutritional yeast
- 1 tablespoon Italian seasoning
- 1 teaspoon crushed red pepper
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 lemon, juiced
- 1 tablespoon water or soy milk
- 1 handful fresh spinach

Veggies

- 1/2 red onion, diced
- 1 bell pepper, diced
- 1/4 16 oz. package mushrooms, chopped

Pizza Sauce

- 1 15 oz. can tomato sauce
- 1 tablespoon minced garlic
- 1 tablespoon Italian seasoning
- 1 teaspoon date powder
- crushed red pepper, to taste
- OR
- 1/2 teaspoon black pepper

Topping:

- sliced tomatoes
- sliced black olives (optional)

To serve:

- fresh basil
- nutritional yeast or Cashew Parmesan
- red pepper flakes
- pine nuts

Chef's Notes

Save time and use WYW Pizza Sauce instead of making it from scratch!

Add any of your favorite pizza ingredients to the veggie layer like artichoke hearts!



METHOD

Preheat the oven to 425°F.

To prepare the Tofu Ricotta, add all of the items to the food processor and process until smooth, wiping down the sides to combine well. You may have to add the spinach a little at a time as you process. Set aside.

To prepare the veggies, all of the ingredients to a sauce pan. Sauté over medium-high heat for about 5-7 minutes, adding a little water or veggie broth as needed to keep from sticking. Set aside.

To prepare the Pizza Sauce, add all of the ingredients to a mixing bowl and whisk together. Set aside.

To assemble the dip, it is best to use a casserole dish or a large oven-safe dish. First, spread the Tofu Ricotta in an even layer, then the veggies, and pour on the pizza sauce. Top with sliced tomatoes and black olives. Place in the oven for 25-30 minutes or until the sliced tomatoes have cooked.

To serve, top with some or all of the items on the list.



 COOKING SHOW #135 - GAME DAY GRUB

Crackers

INGREDIENTS

- 1/2 cup almond flour
- 1/2 cup brown rice flour
- 1 tablespoon nutritional yeast
- 1 teaspoon miso paste (optional)
- 1 teaspoon chia seeds
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried rosemary
- 1/2 teaspoons dried thyme
- 1/2 teaspoon onion powder
- 1/4 cup water

For a Nut-Free Version:

Swap the almond flour for:

- 1/2 cup oat flour
- 1 tablespoon tahini (optional)
- 1 additional tablespoon water



Chef's Notes

Try different flavors each time with our seasoning blends like Voodoo, Everything Bagel, Galaxy Dust, Lemon Pepper Pizzazz, and more!

METHOD

Preheat the oven to 350°F.

Add all of the ingredients to a food processor and process for 20-30 seconds until a dough ball forms.

Place the dough on a piece of parchment paper and cover with a second piece. Roll the dough out with a rolling pin as thin or as thick as you prefer, about 1/8" thick for a crispy texture. Remove the top layer of parchment paper.

Wet a pizza cutter or large knife. Then cut the dough into squares or any shape you like. Use a fork to poke holes in each cracker.

Slide the parchment sheet with the crackers to a baking sheet. Bake for about 15-20 minutes, depending on the thickness. Check often to avoid over-browning. Allow to cool for 5-10 minutes to crisp up.

To serve, dip in the Pizza Dip or your favorite dip like hummus or guac.



 COOKING SHOW #135 - GAME DAY GRUB

Onion Rings

INGREDIENTS

- 1 large red onion, peeled and cut into 1/2" round slices

Batter

- 2/3 cup oat flour
- 1/4 cup chickpea flour
- 1 cup soy milk
- 1 teaspoon apple cider vinegar

Breading

- 1/3 cup cornmeal
- 3/4 cup breadcrumbs
- 1/3 cup nutritional yeast
- 2 tablespoons Italian Seasoning
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/4 teaspoon ground turmeric

METHOD

In a mixing bowl, add the batter ingredients and whisk until there are no clumps.

In a shallow bowl, add the breading ingredients and whisk to combine.

Make an assembly line with the raw onion rings, the batter, a small plate, the breading, and an air fryer tray.

Dip the onion ring into the batter with a fork, ensuring it is completely covered. Next, place the ring on a small plate and coat with the bread crumbs. Do not put the ring directly into the breadcrumbs or your mixture will get too wet and clumpy. You can use your hands or a spoon to sprinkle the breading on, whatever works best for you. Place the coated onion rings on the air fryer tray.

Air fry the onion rings at 400°F for 10 minutes for a moist bite or 12 minutes for an extra crispy bite.

Serve with your favorite dipping sauces like BBQ Sauce and Ranch (recipes on the last page).



Chef's Notes

These Onion Rings are amazing with WYW sauces and dressings!

Make these in the oven instead! Set the oven to 400°F and bake for about 15-20 minutes, flipping halfway through if needed.



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.



Ranch Dressing

INGREDIENTS

- 1/2 cup hulled hemp seeds/hearts
- 1 lemon, juiced
- 2 garlic cloves
- 1-2 teaspoons fresh dill (or 1/2 tsp dried)
- 1/2 teaspoon ground mustard
- 1/2 teaspoon white pepper
- 1/3 cup water, as needed

METHOD

Add all of the ingredients to a high-speed blender or bullet blender and blend until smooth, adding only as much water as you need to reach your desired consistency.

