

COOKING SHOW #141 - TRAVEL & SCHOOL LUNCH

English Muffin Pizzas

INGREDIENTS

English Muffin Pizza

- English Muffins
- Pizza Sauce
- Veggies
- Tofu Pepperoni

Pizza Sauce

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



Tofu Pepperoni

- 1 14-16 oz. firm or extra firm block tofu, pressed
- 2 tablespoons nutritional yeast
- 1-2 teaspoons crushed red pepper
- 2 teaspoons ground mustard
- 2 teaspoons smoked paprika
- 2 teaspoons garlic powder
- 2 teaspoons date powder
- 1 teaspoon onion powder
- 1 teaspoon fennel seeds, crushed
- 1/4 teaspoon ground anise



Veggies

- zucchini or yellow squash, minced
- red onion, minced
- baby bella mushrooms, minced
- bell pepper, minced
- black olives, minced (optional)

Chef's Notes

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



METHOD

Preheat the oven to 375°F.

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

To prepare the Tofu Pepperoni, add all of the ingredients to a food processor and process to a smooth and spreadable consistency. If it is too dry, add a tablespoon or so of water and process again. Add to a large ziploc bag and set aside.

For the veggies, we prefer a very small dice or even a mince. This is great for picky kids and also to keep the veggies from falling off the pizza if you are traveling with these.

Prepare the pizzas by spreading a thin layer of pizza sauce on top of the English muffin. Next, add a layer of the veggie topping. Then take the ziploc bag with the tofu pepperoni and cut a small hole in the corner of the bag. Pipe it on generously, and feel free to make fun shapes for the kids.

Bake in the oven for about 20 minutes. Serve and enjoy! These will keep well in the fridge the week's lunches.



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Tami's Fast Falafels

INGREDIENTS

- 1 small onion, roughly chopped
- 1 carrot, roughly chopped

- 1 handful fresh cilantro or parsley, chopped
- 2 15 oz. cans chickpeas, drained and rinsed
- 1/4 cup oat flour
- 2 tablespoons tahini (optional)
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon WYW Stardust or nutritional yeast
- 1/2 teaspoon baking powder
- 1/4 teaspoon cayenne pepper (optional)
- black pepper, to taste



Chef's Notes

Make these in the oven instead at 375°F for 10 minutes on each side.

METHOD

Begin by adding the onion and carrot to a food processor. Process for about 30 seconds until minced. Transfer to a pan and sauté over medium-high heat for about 5 minutes, adding a little water or veggie broth as needed to keep from sticking. Remove from the heat.

Next, add the sautéed veggies along with the remaining ingredients to a food processor and pulse several times for a coarse, consistent texture. You'll need to pause to scrape down the sides two or three times.

Heat a non-stick electric griddle to 300-350°F. While it heats up, use your hands to form equal size patties.

Place the patties on the griddle and cook for about 4 minutes on each side. You can also use a non-stick skillet over medium heat. To firm up, allow them to cool completely.

Enjoy these falafels on their own or in wraps, sandwiches, salads, and more!



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Sweet Potato Quesadillas

INGREDIENTS

- 1/2 15 oz. can black beans, drained and rinsed
- 1 large sweet potato, cooked
- 1 handful fresh cilantro
- 1 jalapeno (optional)
- 7 small cherry tomatoes
- 2 green onions
- 1 lime, juiced
- 1 tablespoon minced garlic
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1 handful fresh spinach

- 1 cup brown rice, cooked
- 1/2 corn, canned or thawed
- remaining 1/2 can of black beans

- corn tortillas

METHOD

To make the quesadilla filling, add the first set of ingredients to the food processor and process until smooth. Add the mixture to a large mixing bowl.

Next, add the rice, corn, and remaining 1/2 can of black beans to the bowl with the processed mixture. Stir well.

To assemble the quesadillas, preheat a non-stick electric griddle to 350°F. Place a tortilla on the griddle and spread a couple spoonfuls of the mixture onto the tortilla. Place another tortilla on top and press to seal the tortillas together. Cook for 5-10 minutes on each side.

Serve as is or with salsa, guacamole, or pico!

Chef's Notes

Try this recipe with 1-2 teaspoons of our Fiesta in place of the spices.



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Roasted Crudité & Secret Veggie Sauce

INGREDIENTS

Roasted Crudité

- 1 small bunch carrots
- 1 bell pepper, cut into thick strips
- 1 bunch asparagus, thick ends removed
- 1/2 pound green beans, stems removed
- 1 bunch broccolini
- 1 handful cherry tomatoes

Secret Veggie Sauce

- 1 rib celery
- 1 small yellow onion
- 1 small carrot
- 1/2 red bell pepper
- 1 tablespoon minced garlic
- 2 tablespoons lemon juice
- 3/4 cup veggie broth
- 1/4 cup hemp hearts
- 3 tablespoons nutritional yeast
- 1 teaspoon paprika
- 1/2 teaspoon chipotle powder



METHOD

Preheat the oven to 400°F.

Add the carrots to a pot of boiling water for 3-5 minutes to blanch them. Strain and set aside for a minute to air dry.

Add the blanched carrots to 1-2 parchment-lined baking sheets along with the bell pepper, asparagus, green beans, broccolini, and cherry tomatoes. Place in the oven and roast for about 20-30 minutes or until tender.

To prepare the Secret Veggie Sauce, add the ingredients to a high speed blender and blend until smooth using the plunger to push the ingredients into the blades.

Add the sauce to a saucepan and simmer over medium heat for a few minutes, stirring often.

Serve these veggies and sauce hot or cold!

