

# #GCSHE 2021 COOKBOOK

CREATIVE AND FLAVORFUL DISHES  
CURATED BY SUSTAINABILITY LEADERS

---

COOK WITH OTHER ATTENDEES

# TABLE OF *Contents*

## ***Drinks***

ALMOND NUT MILK.....	3
----------------------	---

## ***Appetizers***

ZUCCHINI PIZZA BITES.....	5
---------------------------	---

## ***Side Dishes***

BLACK BEANS W/ CILANTRO & BALSAMIC VINEGAR.....	7
INSTANT POT MUSHROOM RISOTTO.....	8
MARIKO'S KALE RECIPE.....	9
SOUR CREAM & ONION POTATO SALAD.....	10
SOUTHWESTERN SALAD.....	11

## ***Main Courses***

BUTTERNUT SQUASH SOUP.....	13
CORNBREAD BEAN VEGGIE CASSEROLE.....	14
EASY CHIPOTLE CHICKEN TACOS.....	15
FOCACCIA SANDWICHES FOR A CROWD.....	16
MOC MOCS.....	17
NO BOIL 30-MINUTE BAKED PASTA.....	18
STIR FRY OKRA.....	19
PEPPY CHICKEN.....	20
SHEET-PAN TOSTADAS W/ BLACK BEANS & PEPPERS....	21
THE EASIEST OATMEAL RECIPE EVER.....	22
VIETNAMESE-FILIPINO CHICKEN.....	23

## ***Desserts***

BREAKFAST COOKIES.....	25
CHOCOLATE CHIP COOKIE DOUGH DIP.....	26
LEMON ICE CREAM.....	27
OATMEAL BANANA PEANUT BUTTER COOKIES.....	28
SWEET POTATO BROWNIES.....	29
VEGAN BUTTER TARTS.....	30



*Drinks*



# ALMOND *Nut Milk*



## INGREDIENTS:

- ~4 cups water
- $\frac{1}{3}$  cup pre-soaked (24 hrs) raw, organic almonds & mounding
- $\frac{1}{8}$  cup pre-soaked (4 hrs) raw, organic cashews
- 1 organic medjool date
- 1 tsp vanilla
- $\frac{1}{4}$  tsp salt
- Optional add-ins: Maca, ashwagandha, and/or other adaptogens such as mushrooms

## DIRECTIONS:

1. Discard the soak water for both almonds and cashews. Skin the almonds (pinch the almond, and the skin will slip off) and place in blender with pre-soaked cashews.
2. Add about half the water and the date (be sure to remove the date pit!). Slowly add the remaining water about  $\frac{1}{2}$  cup at the time. Blend more than you think you need to, in order to make the pulp as small as possible. The liquid may get warm or hot. That's ok. At this point, if you want to strain the pulp, do it (with a "nut bag" or cheese cloth).
3. Add the remaining ingredients, including any additions. Blend. Put in containers in the fridge to cool down. Enjoy within 4-7 days!



***Appetizers***

A top-down view of several zucchini slices arranged on a baking sheet. Each slice is topped with a layer of red marinara sauce, melted mozzarella cheese, and slices of pepperoni. The zucchini slices are cut crosswise and are approximately 1 inch thick. The baking sheet is lined with parchment paper.

# ZUCCHINI *Pizza Bites*

## INGREDIENTS:

- 4 large zucchini
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- ½ cup marinara sauce
- ¾ cup shredded mozzarella cheese
- 16 slices pepperoni
- 2 tablespoons finely grated Parmesan cheese

## DIRECTIONS:

1. Preheat oven to 350°F.
2. Cut zucchini crosswise to make 16 (1-inch-thick) slices. Arrange the slices in a single layer on a rimmed baking sheet. Sprinkle with pepper and salt. Bake until starting to soften, 15 to 18 minutes.
3. Remove from oven; top evenly with marinara, mozzarella and pepperoni.
4. Switch the oven to broil and place a rack 8 inches from the heat.
5. Broil the bites until the cheese is lightly browned and the pepperoni is crispy around the edges, about 5 minutes.
6. Sprinkle with Parmesan and enjoy!



***Side Dishes***



# ***Black Beans***

WITH CILANTRO AND  
BALSAMIC VINEGAR

## **INGREDIENTS:**

- 30oz can of black beans, drained
- 1 large onion, cut up
- 1 bunch cilantro, cut up
- 1 ½ tsp sugar (add more according to your preference)
- 2 ½ T of balsamic vinegar (add more according to your preference)
- 1 tsp of low sodium tamari (add more according to your preference)

## **DIRECTIONS:**

1. Saute the onion for a few minutes and then add the cilantro.
2. Add the sugar, balsamic vinegar and tamari.
3. Add the black beans.
4. Taste and adjust the sugar, balsamic vinegar and tamari to your preference.
5. Enjoy in tortillas or as a freestanding dish.





# INSTANT POT

## *Mushroom Risotto*

### INGREDIENTS:

- 4 tablespoons unsalted butter, divided
- 3 cloves garlic, minced
- 1 onion, diced
- 8 ounces cremini mushrooms, thinly sliced
- Salt and black pepper, to taste
- 2 cups chicken broth
- 1 cup arborio rice
- $\frac{1}{4}$  teaspoon dried thyme
- 2 cups baby spinach
- $\frac{3}{4}$  cup frozen peas, thawed
- $\frac{1}{4}$  cup freshly grated Parmesan

### DIRECTIONS:

1. Set a 6-qt instant pot to the high saute setting. Melt 2tbs butter; add garlic and onion, and cook. stir often until onions are translucent, about 3-4 minutes.
2. Add mushrooms and cook. stir occasionally until tender about 3-4 minutes; season with salt and pepper, to taste.
3. Stir in chicken broth, rice and thyme. Select manual setting; adjust pressure to high, and set time for 6 minutes. When finished cooking, quick-release pressure according to manufacturer's directions.
4. Stir in spinach and remaining 2 tablespoons butter until the spinach has wilted, about 2 minutes. Stir in peas and Parmesan until heated through, about 30 seconds to 1 minute.
5. Serve immediately.



# MARIKO'S *Kale Recipe*



**TOTAL COOK TIME:  
30 Minutes**

## **INGREDIENTS:**

- 8 or more cloves of garlic
- 1 jalapeño
- A huge bunch of kale
- Olive oil
- 2 best friends

## **DIRECTIONS:**

1. After being prepped, the kale will be cooked on the stovetop with a 2-gallon pot with a lid and a spatula.
2. You can keep or remove the stems. The stems will add a crunch. Chop kale into about 1-inch squares, set aside. Mince garlic, set aside. Remove seeds from jalapeno and mince.
3. Put a few tablespoons of olive oil in the pot on medium-high heat. Add the kale. Flip. mix, turn the kale until it is all covered in the oil. Add a little more oil if needed. After all kale is coated lightly with oil, make a hole/nest in the middle of the kale and put the garlic and peppers there. This will keep it from burning, but allow it to cook partway. Reduce heat to medium. Cover and cook with lid on, stirring occasionally. It will take about 20 minutes to cook. If you like your kale a little charred, you can let it cook longer.
4. Serve for dinner, breakfast, and lunch!

# SOUR CREAM & ONION *Potato Salad*



## INGREDIENTS:

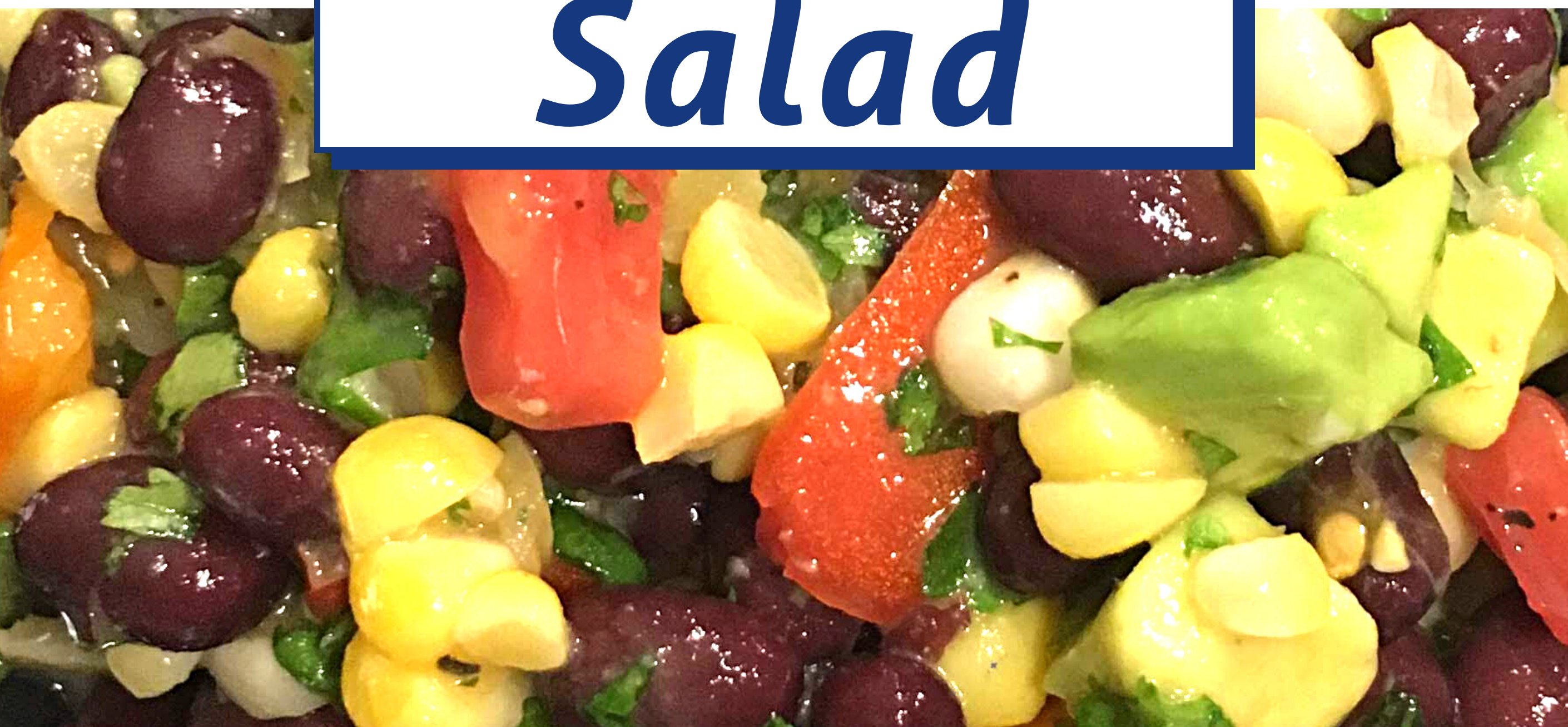
- 2 lb. baby Yukon Gold potatoes
- 1 cup kosher salt, plus more
- $\frac{3}{4}$  cup sour cream
- $\frac{1}{4}$  cup mayonnaise
- 1 Tbsp. onion powder
- 2 tsp. Dijon mustard
- 1 tsp. freshly ground black pepper
- 1 garlic clove
- 1 bunch chives
- $\frac{1}{4}$  small red onion
- $\frac{1}{2}$  cup sour cream and onion potato chips

## DIRECTIONS:

1. Place potatoes in a large pot, cover with 3 qt. water and 1 cup salt, and bring to a boil over medium-high heat. Once water comes to a boil, reduce heat to maintain a simmer, and cook potatoes until fork-tender, 15–20 minutes.
2. To make dressing: combine sour cream, mayonnaise, onion powder, Dijon mustard, and black pepper in a large bowl. Grate 1 garlic clove into dressing and stir to combine. Slice 1 bunch chives. Transfer half of chives to dressing; set remaining aside. Slice  $\frac{1}{4}$  small red onion as thinly as possible through root end. Transfer to a fine-mesh sieve and rinse. Pat dry with paper towels. Add half of onion to bowl with dressing; reserve the rest.
3. When potatoes are tender, scoop out  $\frac{1}{2}$  cup potato cooking liquid (we're going to use this later). Drain potatoes and let cool. Crush each potato slightly and add to bowl with dressing.
4. Toss warm potatoes with dressing and  $\frac{1}{4}$  cup potato cooking liquid. Taste and add more salt or, if your dressing looks too thick, a splash of potato cooking liquid.
5. Top potatoes with reserved chives and onion. Crumble  $\frac{1}{2}$  cup sour cream and onion potato chips over.



# SOUTHWESTERN *Salad*



## INGREDIENTS:

- 1 can of black beans
- 1 large tomato, cubed
- 1-2 ears of cooked corn kernels (freshly steamed is best)
- 1 avocado, cubed
- Juice of 1 lime
- 1 small handful of cilantro, de-stemmed and chopped

## DIRECTIONS:

1. Grab a large bowl.
2. Rinse black beans.
3. Prepare tomato, corn, avocado, lime juice and cilantro.
4. Combine ingredients in bowl and mix well.
5. Enjoy!



***Main Courses***



## BUTTERNUT SQUASH *Soup*

### INGREDIENTS:

- 3-4 pounds butternut squash, peeled and seeded
- 2 yellow onions
- 2 McIntosh apples, peeled and cored
- 3 tablespoons olive oil
- Salt and pepper
- 2 to 4 cups chicken stock
- Scallions, white and green trimmed and sliced diagonally
- $\frac{1}{2}$  teaspoon curry powder
- Flaked sweetened coconut, lightly toasted
- Roasted salted cashews, toasted and chopped
- Diced banana

### DIRECTIONS:

1. Preheat the oven to 425°F. Cut the butternut squash, onions and apples in 1-inch cubes. Place them on a sheet pan and toss with the olive oil, 1 teaspoon salt and  $\frac{1}{2}$  teaspoon pepper. Divide the squash mixture between 2 sheet pans and spread it in a single layer. Roast for 35 to 45 minutes, until very tender.
2. Heat the stock to a simmer. When the vegetables are done, put them through a food mill fitted with the medium blade. Or, place the roasted vegetables in batches in a food processor fitted with the steel blade with some of the chicken stock and coarsely puree. When all of the vegetables are processed, place them in a large pot and add enough chicken stock to make a thick soup. Add the curry powder, 1 teaspoon salt and  $\frac{1}{2}$  teaspoon pepper. Taste for seasonings to be sure there's enough salt and pepper to bring out the curry flavor. Reheat and serve hot with condiments either on the side or on top of each serving.

# CORNBREAD BEAN *Veggie Casserole*



## INGREDIENTS:

- One package corn bread
- One egg
- ¼ cup milk
- One onion
- Olive oil
- Garlic
- One chopped red or green pepper
- 1 can pinto beans
- 1 can corn
- 12oz frozen spinach (if using fresh, reduce in the onion mixture)
- 1 cup cheese (flavor of your choice - add more if wanted)
- Tomatoes
- ½ cup cheese

## DIRECTIONS:

1. One package cornbread - add one egg and ¼ cup milk - let sit in the bowl while you do the following:
2. Skillet or pan melt one onion in olive oil and add garlic and one chopped red or green pepper - melt a bit
3. Let sit while you mix together: 1 can pinto beans, 1 can corn, 12 oz frozen spinach (if using fresh reduce in the onion mixture) and 1 cup cheese (flavor of your choice - add more if wanted)
4. Mix all together and place in greased casserole or top with a big circle of tomatoes and top with cheese (½ cup - adjust to taste)
5. Bake at 350°F for 30 - 40 minutes

# EASY CHIPOTLE *Chicken Tacos*

## INGREDIENTS:

- 3 tablespoons unsalted butter
- 4 garlic cloves, minced
- 2 teaspoons minced canned chipotle chile in adobe sauce
- $\frac{3}{4}$  cup chopped fresh cilantro
- 1  $\frac{1}{2}$  lbs boneless skinless chicken breasts
- 1 teaspoon yellow mustard
- 12 (6-inch) corn tortillas
- Warmed lime wedges

## DIRECTIONS:

1. Melt butter over medium-high heat.
2. Add garlic add chipotle, and cook until fragrant, about 30 seconds.
3. Stir in  $\frac{1}{2}$  cup cilantro, orange juice, and Worcester shire and bring to simmer.
4. Nestle chicken into the sauce and reduce heat to medium-low
5. Cover and cook until chicken registers 160°F, 10 to 15 minutes, flipping chicken halfway through cooking.
6. Transfer chicken to a cutting board, let cool slightly, then shred into bite-size pieces using two forks.
7. Meanwhile, increase heat to medium-high and cook liquid left in skillet until reduced to  $\frac{1}{4}$  cup, about 5 minutes. Off heat, whisk in mustard. Add chicken and remaining  $\frac{1}{4}$  cup cilantro and toss until well combined—season with salt and pepper to taste.
8. Serve with tortillas and lime wedges.





# Focaccia Sandwiches

## FOR A CROWD

### INGREDIENTS:

- 4 cups (520 grams) all-purpose flour
- 2 teaspoons kosher salt
- 1 teaspoon instant yeast
- 2 cups lukewarm water, made by mixing ½ cup boiling water with 1 ½ cups cold water
- 4 tablespoons olive oil
- Flaky sea salt



### DIRECTIONS:

1. In a large bowl, whisk together flour, salt, and instant yeast. Add water. Mix until the water is absorbed and the ingredients form a loose, sticky dough. Cover with a tea towel or plastic wrap and [choose your schedule]:
  - a. Quickest rise: Set aside in a warmish spot for 1 to 1 ½ hours, until doubled.
  - b. Overnight in fridge: Set inside your refrigerator overnight, about 8 to 10 hours.
  - c. Overnight at room temperature: Use only cold, no lukewarm, water. Leave the bowl at room temperature for 10 hours.
2. When you're ready to make your focaccia: Pour 3 tablespoons oil onto a rimmed sheet pan and heat oven to 425°F.
3. Deflate the dough by releasing it from the sides of the bowl with forks and pulling it toward the center. Rotate the bowl as you deflate, turning it into a rough ball. Use forks to lift the dough onto the sheet pan. Roll the dough ball in the oil to coat it all over.
4. Let dough rest for 20 minutes (for Quickest rise or Overnight at room temperature) or 1 hour (if you used the Overnight in the fridge rise) without touching it. Then, drizzle 1 tablespoon of olive oil over and use your fingertips to stretch and press the dough to the edges, leaving it dimply. If your dough resists being stretched all the way, get it as stretched as you can, wait 5 minutes, and return to stretch it the rest of the way, repeating this rest if needed.
5. Sprinkle with sea salt and bake for 20-25 minutes until lightly puffed on top and golden and crisp underneath. Remove from oven and let cool completely before assembling sandwiches.
6. Make your sandwiches and enjoy!





# Moc Mocs

## INGREDIENTS:

- ½ medium-large onion, chopped
- 8oz shredded sharp cheddar cheese
- 28oz canned diced tomatoes
- Olive oil
- ½ box ditalini pasta
- Veggie broth (to add moisture if necessary)
- Salt & pepper to taste.

## DIRECTIONS:

1. In a large saucepan, coat the bottom with olive oil.
2. Warm the saucepan over low-medium heat.
3. Add in chopped onion, cook until translucent.
4. Add in ditalini pasta (dry), cook until starting to brown.
5. Add in diced tomatoes (add in veggie broth for additional moisture), cover and simmer until pasta is soft.
6. Spread out cheddar cheese on top, cover and let melt.
7. Mix, add salt/pepper to taste, and enjoy!



# NO BOIL 30-MINUTE *Baked Pasta*

## INGREDIENTS:

- 1 ½ cups fresh or frozen veggies
- 2 tbsp olive oil
- 1 tbsp dried parsley
- 1 tsp garlic powder
- Salt and pepper to taste
- 8oz medium pasta shells uncooked
- 1½-2 cups vegetable broth
- Shredded parmesan cheese as required

## DIRECTIONS:

1. Preheat oven to 450°F.
2. In a 9x13 inch baking pan, add fresh or frozen veggies.
3. Drizzle olive oil and add dried parsley, garlic powder, salt and pepper.
4. Mix everything together and spread evenly in the baking pan.
5. Add pasta sauce and uncooked pasta shells. Mix everything once more and spread evenly in the pan.
6. Add 1 cup broth until almost everything in the pan is covered. Then add in ½ cup increments as needed.
7. Cover with foil and bake for 20 minutes.
8. Remove foil, mix everything once more, top with shredded parmesan cheese, and bake for another 5-7 minutes.
9. Optional: broil on high for 2-3 minutes.
10. Enjoy!



## STIR FRY *Okra*

### INGREDIENTS:

- Bhindi (Okra) - 500 grams
- 2 onions
- 1 ½ tomatoes
- Red chilly flakes - 1-2 tsp
- Green chilly - 3-4
- 6-7 garlic cloves
- Ginger juliennes - 1 tsp
- Salt to taste Turmeric powder - ½ tsp
- Coriander powder - 1 tsp
- Chopped Cilantro

### DIRECTIONS:

1. Chop the edges off of both sides of the okra. Chop okra and set aside.
2. Cut 1 medium onion into bulbs.
3. Finely slice 1 medium onion.
4. Heat 3-4 tbs oil in pan and add 1 tsp cumin seeds.
5. Add sliced garlic cloves and ginger juliennes.
6. Stir fry for 1-2 min then add sliced onion. Stir fry until translucent.
7. Add chili flakes and medium chopped tomato.
8. Cook until tomatoes soften.
9. Add salt to taste, turmeric powder and coriander powder.
10. In another pan, heat oil and stir fry onion bulbs.
11. Add okra and stir fry for a few minutes.
12. Add onion & okra mixture to the onion & tomato mixture.
13. Mix well and add tomato slices without seeds & pulp.
14. Cook for 2-3min.
15. Add chopped cilantro and mix well.
16. Serve hot with chapati or paratha.

# PEPPY *Chicken*



## INGREDIENTS:

- 1 cup olive oil
- 1 cup lemon juice
- 1 cup mayonnaise
- 1 bell pepper
- 1 tsp black pepper
- A liberal amount of chili pepper
- 1 tbsp garlic
- A touch of cilantro and other spices, if desired
- Boneless, skinless chicken thighs or breasts (thawed)

## DIRECTIONS:

1. Blend olive oil, lemon juice, mayonnaise, bell pepper, black pepper, chili pepper, garlic, cilantro, and spices together to make sauce.
2. Marinate chicken in half of the sauce for 30 min-2 hrs.
3. Pan-sear chicken on the stove top for about 6 min on each side on high heat.
4. Put chicken on a plate and slather with the remaining sauce.
5. Serve.



# Sheet-Pan Tostadas

WITH BLACK BEANS AND PEPPERS

## INGREDIENTS:

- 3 medium bell peppers, thinly sliced
- 1 medium yellow onion, sliced
- ½ cup extra-virgin olive oil, plus more as needed
- 2 teaspoons kosher salt, plus more as needed
- 1 tablespoon chopped fresh sage
- 2 (14- to 16oz) cans black beans, drained
- 1 cup canned diced tomatoes with their liquid
- 1 chipotle chile in adobo, chopped, plus 1 teaspoon adobo sauce
- 4 thyme sprigs
- 2 large garlic cloves, finely grated or minced
- 1 teaspoon dried oregano
- ¾ teaspoon ground cumin
- 8 (6-inch) corn tortillas
- 1 lime
- Sliced avocado, for serving
- Crumbled queso fresco or grated white cheddar, for serving (optional)
- Chopped cilantro leaves, for serving

## DIRECTIONS:

1. Heat oven to 400°F and arrange racks in the top and bottom thirds of oven. On a rimmed sheet pan, toss peppers, onion, ¼ cup oil, ½ teaspoon salt and sage, then spread vegetables out in an even layer. Top with thyme sprigs, and roast on top rack until tender and lightly browned, 35-45 minutes, tossing every 15 minutes or so.
2. On a separate rimmed sheet pan, toss together beans, tomatoes, ¼ cup oil, chipotle chile and sauce, garlic, oregano, ½ teaspoon cumin and salt to taste. Roast on the bottom rack, stirring every 10 minutes, until juices have thickened, 25-35 minutes.
3. Brush tortillas on both sides with oil, then arrange in an even layer on a third rimmed baking sheet (it's O.K. if the tortillas overlap slightly). Bake until crisp, about 5-7 minutes. Immediately sprinkle with salt while they are still hot.
4. To make the cumin salt: In a small bowl, stir together lime zest, 1 ½ teaspoons salt, and remaining ¼ teaspoon cumin.
5. To serve, top tortillas with beans, peppers, avocado, queso fresco (if desired), cilantro and a squeeze of lime. Sprinkle on lime-cumin salt to taste.



# THE EASIEST *Oatmeal Recipe* EVER!

## INGREDIENTS:

- 1 banana
- $\frac{1}{4}$  oats
- $\frac{1}{4}$  cup oat milk (or any other milk)
- Optional: Blueberries, nutella, brown sugar, etc.

## DIRECTIONS:

1. In a small bowl, pour  $\frac{1}{4}$  cup oats,  $\frac{1}{4}$  cup oat milk and place 1 banana. If you are adding berries, add them now.
2. Microwave all the ingredients together for 90 seconds.
3. Take it out of the microwave, add nutella, brown sugar or other toppings, and mix everything together. I like to let it sit for 7-10 minutes before eating.



# GLAZED *Chicken Thighs*

## INGREDIENTS:

- Bone-in, skin-on chicken thighs
- 1 ½ cup soy sauce
- ½ cup lime juice
- A touch of cilantro
- A touch of chili pepper
- 1 tsp brown sugar
- 2 tsp garlic powder

## DIRECTIONS:

1. Marinate chicken in the rest of the ingredients for 30 min-2 hr.
2. Preheat oven to convection 375°F.
3. Put chicken onto baking tray with wire rack and put into oven.
4. Bake for 30 min.
5. Decrease temperature to 350°F.
6. Bake for another 30 min.
7. Take out of oven and serve.





***Desserts***



# BREAKFAST *Cookies*

## INGREDIENTS:

- Rolled oats (not quick-cook) - 1 cup
- Flour -  $\frac{3}{4}$  cup
- Cinnamon, ground - 1 tsp
- Baking soda -  $\frac{1}{2}$  tsp
- Banana, large - 1
- Nut butter, creamy -  $\frac{1}{2}$  cup
- Honey -  $\frac{1}{2}$  cup
- Oil, cooking -  $\frac{1}{4}$  cup
- Brown sugar - 2 Tbsp
- Vanilla extract - 1 tsp
- Pecans -  $\frac{1}{2}$  cup, chopped
- Cranberries, dried -  $\frac{1}{2}$  cup
- Chocolate chips -  $\frac{1}{2}$  cup

## DIRECTIONS:

1. Preheat oven to 350°F / 177°C.
2. Line a sheet pan with parchment paper or spray with nonstick cooking spray.
3. In a large bowl, mix rolled oats, flour, cinnamon, and baking soda.
4. In a second medium bowl, mash banana. Add almond butter, honey, oil, brown sugar, and vanilla.
5. Stir wet ingredients into dry ingredients.
6. Stir in pecans, cranberries, and chocolate chips.
7. Roll dough into rounded 1 Tablespoon balls and place on sheet pan, leaving about 3" / 7 cm between each cookie. Press down on each cookie to flatten slightly.
8. Bake until browned on the edges but soft in the center, 8-10 minutes.
9. Leave cookies on the sheet pan for 5 minutes before transferring to a wire rack to cool completely.

# CHOCOLATE CHIP *Cookie Dough Dip*



## INGREDIENTS:

- 2 cans white beans or garbanzos, drained and rinsed (500g total, once drained)
- 1 cup quick oats or almond flour
- ¼ cup applesauce or yogurt
- 3 tbsp oil or ¼ cup nut butter
- 2 tsp pure vanilla extract
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 ½ cup brown sugar or unrefined sugar
- 1 cup chocolate chips

## DIRECTIONS:

1. To make a dip, modify the recipe above by reducing the sugar and taking out the baking powder.
2. Blend everything except the chips in a food processor.
3. Mix in chips, and pour into a 9 or 10-inch springform greased pan.
4. Cook at 350°F for around 35-40 minutes.
5. Let stand at least 10 minutes before removing from the pan.
6. Enjoy!

# LEMON *Ice Cream*



## INGREDIENTS:

- 7 ounces  $\frac{1}{2}$  of a 14 ounce can sweetened condensed milk
- $\frac{1}{2}$  cup fresh lemon juice about 3 large lemon's worth
- 3 tablespoons fresh lemon zest finely minced, about 1  $\frac{1}{2}$  large lemon's worth
- 1 cup heavy cream
- 1 cup milk
- $\frac{1}{2}$  cup sugar
- $\frac{1}{8}$  teaspoon fine sea salt
- $\frac{1}{2}$  teaspoon vanilla
- Optional: additional lemon zest for topping

## DIRECTIONS:

- In a large bowl, whisk together the condensed milk and the lemon juice until completely smooth. Add the remaining ingredients and whisk to combine. Pour into your ice cream maker and freeze according to the manufacturer's instructions.
- Serve immediately for soft serve ice cream or transfer to an airtight container and store in the freezer until ready to serve. Enjoy!





# OATMEAL BANANA *Peanut Butter Cookies*

## INGREDIENTS:

- 2 ripe bananas, mashed
- 1 cup old fashioned rolled oats
- ¼ cup peanut butter
- ½ tsp cinnamon
- ½ tsp vanilla extract
- Pinch of mineral salt

## DIRECTIONS:

1. Preheat oven to 350°F.
2. Lightly greases a cookie sheet.
3. Stir mashed bananas, oats, peanut butter, cinnamon, vanilla extract, and mineral salt together. The texture should be similar to wet cookie dough, so you may need a little more or fewer oats, depending on the size of the bananas you used.
4. Scoop 12 spoonfuls of dough onto the prepared cookie sheet.
5. Bake for 15 minutes.





# SWEET POTATO *Brownies*

## INGREDIENTS:

- 1 Sweet Potato
- Maple Syrup (Measure to taste)
- Nut butter (Any nut butter you prefer works!)
- Cocoa Powder (Measure to taste)

## DIRECTIONS:

1. Bake sweet potatoes however you typically would. I prefer the easy route of poking some holes putting them on a tray at 350°F in the oven and waiting till they are soft enough to easily put a butter knife into.
2. Remove skin (save to make into chips for an added bonus!) and mash sweet potato in a bowl or put into a high-speed blender or food processor.
3. Mix in the rest of the ingredients and blend or mix until a smooth batter remains.
4. Transfer your sweet potato brownie batter into a brownie pan and place it in the oven. BONUS: Top with chocolate chips for more chocolaty flavor or with more maple syrup to create a caramelized topping.
5. Bake brownies for 18-20 minutes, or until the brownies are cooked through. Remove the brownies from the oven and allow them to cool in the pan completely, before slicing into pieces.



# Vegan Butter Tarts

A GREAT FALL TREAT!

## INGREDIENTS:

- $\frac{3}{4}$  cup cold water
- 4 ice cubes
- 3 cups all purpose flour, plus extra for rolling
- $\frac{3}{4}$  teaspoon fine salt
- $\frac{1}{4}$  cup white or cane sugar (optional)
- 6 tablespoons vegan butter, softened
- $\frac{3}{4}$  cup + 1 tablespoon vegan butter straight from the fridge
- $\frac{1}{2}$  packed cup dark brown sugar, or coconut sugar (plus more for sprinkling)
- 4 tablespoons arrowroot powder (or cornstarch)
- $\frac{1}{4}$  cup maple syrup
- $\frac{3}{4}$  cup full fat canned coconut milk
- 2 teaspoons vanilla extract
- $\frac{1}{2}$  teaspoon fine salt
- 1 teaspoon white or apple cider vinegar or lemon juice
- $\frac{1}{2}$  cup golden raisins/sultanas
- $\frac{1}{2}$  cup pecan nuts chopped.
- 12 pecan halves for decoration

## DIRECTIONS:

1. Move a shelf in your oven to a third up from the bottom and place a large flat baking tray on it. Preheat oven to 400°F (200°C) and let the baking tray preheat in there.
2. Put the water and ice cubes in a small bowl and set aside.
3. Put an empty metal muffin pan in the fridge to get cold while you make the pastry dough.
4. Mix flour, sugar and salt in a large bowl or food processor.
5. Cut the vegan butter into small chunks with a pastry cutter or by pulsing the food processor or use your fingertips to gently rub it into the flour. Add it to the flour mixture. The mixture should look like coarse bread crumbs when you've finished.
6. Gradually add the ice-cold water (making sure the ice cubes don't fall in), stirring with a knife or pulsing the food processor until the dough starts coming together. You might not need all of the water. Use your hands to bring the pastry dough together.
7. On a well floured surface, sprinkle the top of the pastry with flour and roll out to just under  $\frac{1}{4}$  inch / 4 to 5 mm thick. Cut out circles that are 4½ to 5 inches in diameter.
8. Transfer each circle to the muffin pan. If you get any tears just pinch them together and smooth out. Carefully return the pan to the fridge while you make the filling.
9. To a medium bowl, add softened or melted butter, brown/coconut sugar and arrowroot powder. Mix them and add the maple syrup, coconut milk (stir before using so the hard cream and water are combined), vanilla extract, salt and vinegar. Whisk it all up well.
10. Remove the muffin pan from the fridge and add enough raisins to cover the bottom of the tarts. Then add a layer of chopped pecans.
11. Pour over the filling to about  $\frac{1}{4}$  inch below the top of the crust, then place a pecan half and sprinkle some brown/coconut sugar all over the top of each.
12. Place the muffin pan on the baking tray in the preheated oven and bake for 20 minutes or until the crust is golden and the filling is bubbling, keeping a close eye on them. Darker muffin pans cook a little quicker so the tarts might be ready a few minutes earlier.
13. Once done, remove from the oven and let cool completely in the muffin pan.



**aashe**<sup>®</sup>

The Association for the Advancement  
of Sustainability in Higher Education

# ***THANK YOU***

To everyone who  
submitted a recipe to  
the #GCSHE 2021  
Cookbook!

For more ideas, download a Collection of Meatless Monday Recipe Reels at [http://aashe.link/Meatless\\_Recipes](http://aashe.link/Meatless_Recipes) curated by a student assistant at Associated Students CSU Northridge.