



## Shopping List

Class: Food and Mood

### Produce/Fresh

- ☐ Limes [JM]
- ☐ Portobello mushroom caps or canned chickpeas [JM]
- ☐ Shredded cabbage or coleslaw mix [CS]
- ☐ Apples [ACC]

### Canned Goods/Grocery

- ☐ Tomato paste [JM]
- ☐ Chipotle chilies in adobo sauce [CS]
- ☐ Apple juice [ACC]
- ☐ Cornstarch or kudzu root starch [ACC]
- ☐ Low-fat granola, optional [ACC]

### Spices/Condiments

- ☐ Soy sauce, low-sodium [JM]
- ☐ Maple syrup [JM, ACC]
- ☐ Thyme, dried [JM]
- ☐ Allspice, ground [JM]
- ☐ Cinnamon, ground [JM, ACC]
- ☐ Ginger, ground [JM]
- ☐ Garlic powder [JM, CS]
- ☐ Cloves, ground [JM]
- ☐ Red pepper flakes, optional [JM]
- ☐ Red wine vinegar [CS]
- ☐ Agave nectar or maple syrup [CS]
- ☐ Oregano, dried [CS]
- ☐ Sea salt [ACC]
- ☐ Vanilla extract [ACC]

### Refrigerated/Frozen

- ☐ Frozen pitted cherries (or fresh) [ACC]

### Paper Products

- ☐ Plates
- ☐ Bowls, optional for ACC
- ☐ Cutlery
- ☐ Napkins

#### KEY

[JM] – Jerk Marinade

[CS] – Chipotle Slaw

[ACC] – Warm Apple Cherry Compote

## Recipes Handout

**Class:** Food and Mood

### Jerk Marinade

*Makes 1/4 cup*

*\*This recipe requires marinating for 24 hours or more.*

*\*\*Not all soy sauces are gluten free, so check the label. Tamari is usually safe.*

#### Ingredients:

- 1 1/2–2 tablespoons fresh lime juice
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon pure maple syrup
- 1 teaspoon tomato paste
- 1/2 teaspoon dried thyme
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- Pinch ground cloves
- Pinch red pepper flakes (optional)
- 2 sliced portobello mushroom caps or 1 15-ounce can chickpeas, drained and rinsed

#### Directions:

Whisk all ingredients in a small bowl.

Usage Tip: Marinate 2 sliced portobello mushroom caps, stems removed, or 1 can chickpeas (drain and rinse first) in marinade for 24 hours (or longer). Cook in marinade until marinade has evaporated.

Serve over rice, as a burrito filling in tortillas, as tacos with corn tortillas, tomatoes, and guacamole, or on a salad with mixed greens, red onion, and pineapple.

*Per tablespoon:* 13 calories, 0.5 g protein, 3 g carbohydrate, 1 g sugar, 0.1 g total fat, 5% calories from fat, 0.5 g fiber, 145 mg sodium

### Chipotle Slaw

*Makes 3 servings*

#### Ingredients:

- 1/4–1 chipotle chili in adobo sauce (optional)
- 1/2 cup red wine vinegar
- 1/3 cup agave nectar (or maple syrup)
- 1–2 tablespoons adobo sauce (from the can of chipotle chilies)
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 10- to 14-ounce bag shredded cabbage or coleslaw mix

#### Directions:

Combine all ingredients, except cabbage, in a blender and blend until smooth. Toss with cabbage just before serving.

For a meal, serve with avocado (or guacamole) plus black beans or refried beans over cooked rice, or in corn tortillas for tacos.

Note: Look for “chipotle chilies in adobo sauce,” a canned item, in the international section of a grocery store.

*Per serving (1/3 of recipe):* 156 calories, 2 g protein, 36 g carbohydrate, 30 g sugar, 0.3 g total fat, 2% calories from fat, 2 g fiber, 68 mg sodium



## No-Meat Loaf

MAKES 1 LOAF (12 SERVINGS)

**S**erve this great-tasting loaf with Garlic Mashed Potatoes (page 177) and Mushroom Gravy (page 156) for a hearty meal that's sure to please. A food processor makes it easy to make fresh bread crumbs (or you can purchase packaged bread crumbs) and to finely chop the walnuts and vegetables. The tomato sauce in this recipe adds vitamin C and lycopene.

1 package (14 ounces)  
vegan burger crumbles,  
or 2 cups cooked Bulgur  
(page 162)

1½ cups bread crumbs,  
preferably whole wheat  
(2 to 3 slices of bread)

1¼ cups rolled oats (old-  
fashioned or quick-cooking)

1 cup tomato sauce or  
crushed tomatoes

1 small onion, minced

2 celery stalks, minced

1 carrot, minced

½ green bell pepper,  
minced

¼ cup finely chopped  
walnuts

3 tablespoons reduced-  
sodium soy sauce

2 teaspoons stone-ground  
or Dijon mustard

½ teaspoon dried thyme

½ teaspoon dried sage

¼ teaspoon ground black  
pepper

½ cup ketchup or barbecue  
sauce (optional)

1. Preheat the oven to 350 degrees F. Lightly mist a 5 x 9-inch loaf pan or similar baking dish with vegetable oil spray.
2. Combine the vegan burger crumbles, bread crumbs, oats, tomato sauce, onion, celery, carrot, bell pepper, walnuts, soy sauce, mustard, thyme, sage, and pepper in a large bowl. Mix with a large spoon or your hands until the mixture is evenly combined.
3. Press into the prepared loaf pan. Spread the optional ketchup over the top and bake for 60 minutes. Let stand for 10 minutes before slicing.
4. To store leftovers, remove the loaf from the pan and let cool. Stored in a covered container in the refrigerator, leftover No-Meat Loaf will keep for up to 3 days.

PER SERVING: 104 calories; 2.6 g fat; 0.3 g saturated fat; 22% calories from fat; 0 mg cholesterol; 8.2 g protein; 13.9 g carbohydrate; 2.7 g sugar; 2.5 g fiber; 418 mg sodium; 37 mg calcium; 1.7 mg iron; 5.9 mg vitamin C; 463 mcg beta-carotene; 0.6 mg vitamin E; 3094 mcg lycopene



## Gingered Melon [GM]

Page 218 / Makes 4 servings

\*Makes 15 samples

### Ingredients:

- 1 large cantaloupe
- 1/2 teaspoon ground ginger
- 1 tablespoon chopped ginger, fresh or crystallized

### Directions:

Cut melon in half and seed, then cut each half into chunks. Sprinkle ground and crystallized or fresh ginger over the melon chunks and stir. Chill and serve. Stored in a covered container in the refrigerator; leftover Gingered Melon will keep for up to two days.

### Nutrition Profile:

Per serving:

54 calories

1.2 g protein

13.1 g carbohydrate

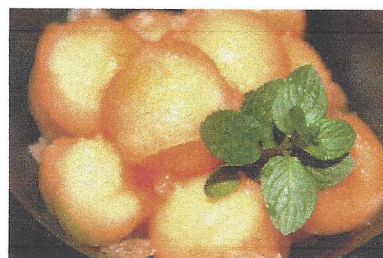
12.4 g sugar

0.3 g total fat






4.6% calories from fat

1.3 g fiber

22 mg sodium



### DEMONSTRATION NEEDS

-  Measuring cups
-  Cutting board
-  Knife
-  Large spoon
-  Covered container

### DID YOU KNOW?

Historically, ginger has a long tradition of being very effective in alleviating symptoms of gastrointestinal distress. In herbal medicine, ginger is regarded as an excellent substance which promotes the elimination of intestinal gas and relaxes and soothes the intestinal tract. Ginger possesses antioxidant effects and the ability to inhibit the formation of inflammatory compounds. The potent

anti-inflammatory compounds are called gingerols. Gingerols may also inhibit the growth of human colorectal cancer cells and ovarian cancer cells. Fresh ginger contains higher levels of gingerol than the dried form. Ginger is a good source of potassium, magnesium, copper, manganese, and vitamin B6.

