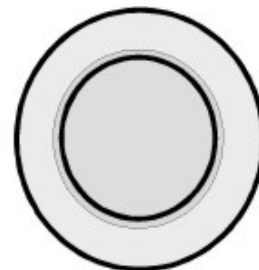
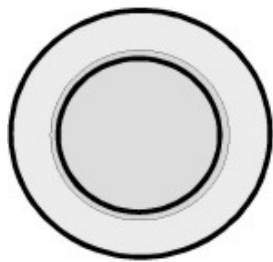


Ocean Beach People's Deli Cookbook

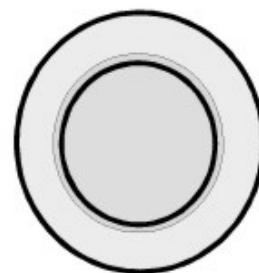
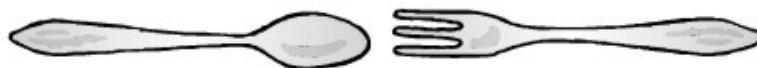
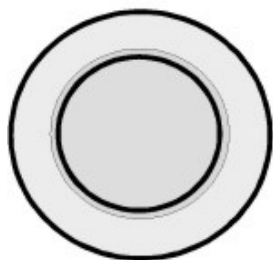




Ocean Beach People's Deli Cookbook



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Ocean Beach People's Organic Food Co-op
4765 Voltaire Street, San Diego
Open Daily from 8 a.m. – 9 p.m.
(619) 224-1387
www.obpeoplesfood.coop



About People's Co-op



Ocean Beach People's Organic Food Co-op, a full service vegetarian retail grocery store, began as a buying club in early 1971. By August of that year we realized that we had enough community support to open a store front, which was located one block west of our present location.

"The Food Store" as it was commonly referred to, along with the name "People's", was an alternative to lo-

is actually owned by the people who use it. At People's we have more than 10,000 member-owners, and that number is growing daily.

One of the many unique features of a cooperative is that the business is locally owned and operated by its members. Money spent at People's stays in the community and is used to support local,

cal supermarkets, a place where folks could buy environmentally friendly and cruelty-free foods and products at a fair price; a store that belonged to the community. People's has always had at the forefront of its priorities the support of organic and sustainable farming methods. Organic farming not only produces food that is healthy for the consumer, but also supports the health of the farm worker who harvests the crop, the land and wildlife.

As People's became more known throughout the community there was a need for expansion, and we moved to a site that was located just to the east of our current building. We realized that to truly reach our goal of serving the community we needed to change our business model, and in 1986 we became a consumer food cooperative. A co-op is a business that

organic farming and community outreach programs. Because People's has been so successful in helping to sustain the community we operate in, we had to expand the infrastructure of the business once more and in July of 2002 we opened our "green building".

At Ocean Beach People's Organic Food Co-op we have had an outstanding General Manager for the past ten years, Nancy Casady. With her leadership and the support and vision of the Co-op's Board of Directors and staff, People's has grown to be the largest employer in Ocean Beach and has recently surpassed 10 million in annual sales. All this from a little store that started out so small that in the beginning, all of the perishable food was kept in one home-size refrigerator, the money was kept in a muffin tin, and sales were totaled on a hand crank adding machine.

A Message from People's Deli

It's been more than a decade since the first *People's Deli Cookbook* was published, and just as that 1st edition represented the Co-op's Deli of yesteryear, the new cookbook shows how far we've come.

One thing that the new book shares with the old one is the fact that it was written by the Deli cooks. So many people have worked in the Deli during the years, and with so many voices, ideas and opinions, the Deli has never been a one person show. From experienced professional cooks to people who have never boiled water, they've all been here at one time or another. One of the things that characterizes the Co-op's Deli is the "learn-as-you go" process, which often has led to some pleasant surprises. Every person who has ever worked in the kitchen has, in some way, contributed to this cookbook. The Deli is a constantly evolving entity, learning from and adapting to the myriad of experiences that each person who has picked up a knife, has brought with them. You can be sure that when you see a new dish pop up, it's probably because there's a new cook in town. Or, when you see colorfully decorated cakes appear, somebody may have gone to a baking class. If one of the cooks gets on a raw kick, you'll start seeing a new crop of salads or dips. It might even be that one of the veteran cooks gets a burst of inspiration and creates a masterpiece out of the odds and ends from the refrigerator. You just never know what you're going to find when you walk into People's Deli. For anyone who added a pinch of salt, peeled a carrot, lifted the lid on a pot of rice, chopped an onion, thrown a tomato, burned a soup, or made a member cry with delight over a new creation, this cookbook is your testament.

Speaking of our members—our beloved members—we couldn't have created this cookbook without you. As much as our Deli workers have shaped this department and this cookbook, the members have been right there with us. Your encouragement, support and feedback have provided us with the guidance to follow through with our vision. We are always impressed with your willingness to take a chance with us, to experiment right along side the cooks as they stretch their creative muscles. Things don't always work out the way we expect, to be sure, but without a receptive and curious audience, we would never have the confidence to take a few chances. Our members are a part of the creative process in the Deli. Many times we received tips and suggestions from interested members that have proven to be quite useful and enlightening; thanks for all the input. Believe it or not, everything you tell us somehow works its way into the Deli ethos. More importantly, what you tell us helps us to be a better Deli. There is no greater satisfaction for a cook than to see somebody eat and enjoy something that he or she has created. The instant gratification associated with food is a two-way street, folks. We're in this thing together and we're on the right path. For all of the members and customers who offered their two cents, this cookbook is for you.

In choosing recipes for this book we sifted through stacks and stacks of recipes that we have collected over the years. Some are detailed instructions from start to finish, some little more than a list of ingredients scribbled on the back of a napkin. What we tried to do was to select some of the dishes that have proven to be favorites, along with some newer ones that best represent our vision of healthful and tasty vegan cuisine. Like any recipe, changes can be made to suit your own tastes or dietary considerations. Most likely, some of your favorites may not have been included; sometimes we make things from scratch and find it difficult to recreate a second time. In some cases we didn't want to be redundant or print recipes that we felt were less successful. Again, this reflects the dynamic nature of the Deli, of assembling a cookbook, and of cooking in general. If the book is missing a recipe that you'd like to make at home, just request a copy of it from the Deli. In most cases we are happy to share with our members.

Think of this cookbook as a work in progress, just like the Deli. We cannot afford to rest on any success if we expect to grow and evolve. We will strive to improve, expand and respond to the needs and desires of all those working to make People's Deli the kind of deli we all want it to be. With this in mind, we can look forward to interesting and fulfilling changes in the years to come. We've come a long way from tofu salad sandwiches and granola. With the never-ending influx of new cooks and amazing support from our members, the possibilities are endless. Let this new edition of the *People's Deli Cookbook* serve as an embracement of our heritage, a document of where we are now, and a template on which to construct a delicious and vibrant future.

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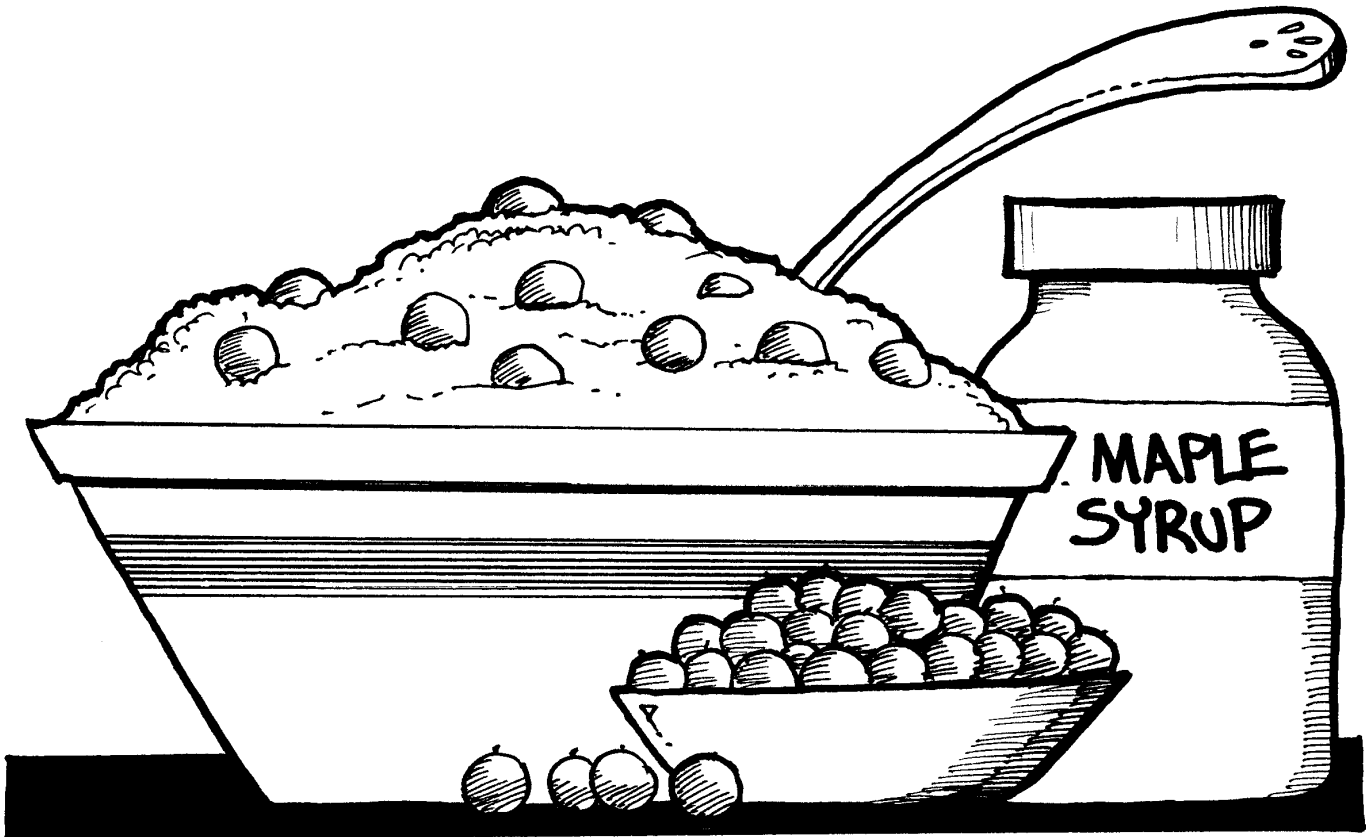
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Good Morning!

It's Breakfast time



People's Oatmeal

Serves 3 – 4

- 1 cup water
- 1 cup vanilla soymilk
- 1 cup rolled oats
- 4 tablespoons dried raisins, mulberries, currants, or cranberries
- 1 1/2 teaspoons Rapadura® sugar
- 1/2 teaspoon cinnamon
- 1 pinch sea salt

Bring the water and soymilk to a boil, then add the oats. Turn heat down and simmer until the oats are cooked, about 5 – 10 minutes. Add the remaining ingredients and stir well.

Berry Muffins

Makes 10 – 12 muffins

3 1/2 cups whole wheat pastry flour
2 cups walnuts, chopped
1 teaspoon baking soda
1 teaspoon sea salt
1 cup maple or agave syrup
1 cup apple juice
1/2 cup sunflower oil
4 tablespoons apple cider vinegar
1 tablespoon vanilla
2 cups frozen berries

Preheat oven to 350°. Mix the dry ingredients together. Mix the wet ingredients together. Combine wet and dry ingredients, then fold in the berries. Line muffin pan with muffin cups, fill with batter and bake for 15 minutes. Rotate pan, and bake for 15 minutes more. Use a toothpick to check if muffins are done.



People's Good Morning Biscuits

Makes 6 big biscuits

3 cups unbleached flour
1 tablespoon baking powder
3/4 teaspoon sea salt
3/4 cup vanilla soymilk
3/4 cup unsweetened soymilk
1 1/2 teaspoons apple cider vinegar
1/2 cup Earth Balance® (vegan butter substitute)

Preheat the oven to 450°. Mix the dry ingredients in a bowl. Mix the soymilks with the vinegar, then add to the dry ingredients and mix; do not over mix. Add the Earth Balance® to the mixture until completely wet. There should be small chunks in the dough. Line a baking sheet with parchment paper and use your hands to break dough into 6 even sized biscuits and distribute onto the baking sheet. Mixture should look kind of rough. Bake for 5 minutes, then rotate pan and bake for 5 more minutes. Use a toothpick to check if biscuits are done. They may need a few more minutes.

Blueberry Oat Bran Muffins

Makes 6 – 8 muffins

6 tablespoons sunflower oil
6 tablespoons maple syrup
1 cup vanilla soymilk
3/4 teaspoon vanilla
6 tablespoons Rapadura® sugar
2 1/4 cups spelt flour
3/4 cup oat bran
1 1/2 teaspoons baking soda
1/2 teaspoon baking powder
1/4 teaspoon nutmeg
3/4 teaspoon sea salt
1 1/2 cups frozen blueberries

Preheat oven to 350°. Mix the wet ingredients together. Mix the dry ingredients together. Combine the wet and the dry ingredients, then fold in the blueberries. Line a muffin tin with muffin cups, fill with batter and bake for 15 minutes. Rotate pan, then bake for 10 - 15 minutes longer. Use a toothpick to check if muffins are done.



People's Breakfast Potatoes

Serves 6 – 8

3 pounds red potatoes, diced
1/2 cup olive oil
1/2 cup yellow onions, diced
4 teaspoons fresh rosemary, chopped fine
3/4 teaspoon black pepper
1 1/2 teaspoons sea salt

Preheat oven to 450°. Place diced potatoes in a pot and cover with water. Bring to a boil, then drain. Place potatoes on a baking sheet, add the oil and mix thoroughly. Place in the oven and bake until golden brown, stirring every 10 minutes. Add the rest of the ingredients and mix well. Bake for 5 minutes more.

Orange Raisin Muffins

Makes 6 muffins

2 cups whole wheat pastry flour
1 teaspoon baking soda
1/4 teaspoon sea salt
1/2 cup maple or agave syrup
1/2 cup sunflower oil
1/2 cup orange juice
2 teaspoons orange extract
3/4 cup raisins
1 teaspoon vanilla

Preheat oven to 350°. Mix the dry ingredients together. Mix the wet ingredients. Combine the wet and the dry ingredients, then add the raisins and mix. Line muffin pan with muffin cups, fill with batter and bake for 15 minutes. Rotate muffin pan and bake for 10 minutes. Use a toothpick to check if muffins are done.



Nutty Muffins

Makes 12 muffins

4 cups whole wheat pastry flour
1 cup walnuts, chopped
1 cup pecans, chopped
1 tablespoon cinnamon
1/2 teaspoon nutmeg
1 1/2 teaspoons baking soda
1 teaspoon sea salt
1 1/2 cups maple or agave syrup
3/4 cup apple juice
1/2 cup sunflower oil
1 tablespoon vanilla

Preheat oven to 350°. Mix all of the dry ingredients together except for the nuts. Mix all of the wet ingredients together. Combine dry and wet ingredients and mix well, then fold in nuts. Line a muffin pan with muffin cups and fill with batter. Bake for approximately 24 minutes, rotating muffin pan halfway through. Use a toothpick to check if muffins are done.

Scrambled Tofu

Serves 6 – 8

1 tablespoon sunflower oil
1 1/2 cups yellow onion, diced
1 cup bell pepper, mixed colors, diced
1/4 teaspoon turmeric
1/2 teaspoon sea salt
1/4 teaspoon black pepper
1 tablespoon tamari
1 pound firm tofu, crumbled
2 cups corn, pureed

Heat sunflower oil, then add onions and bell peppers and sauté until soft. Add spices, tamari, tofu and corn, and stir well. Heat to desired temperature.



Tempeh Sausage

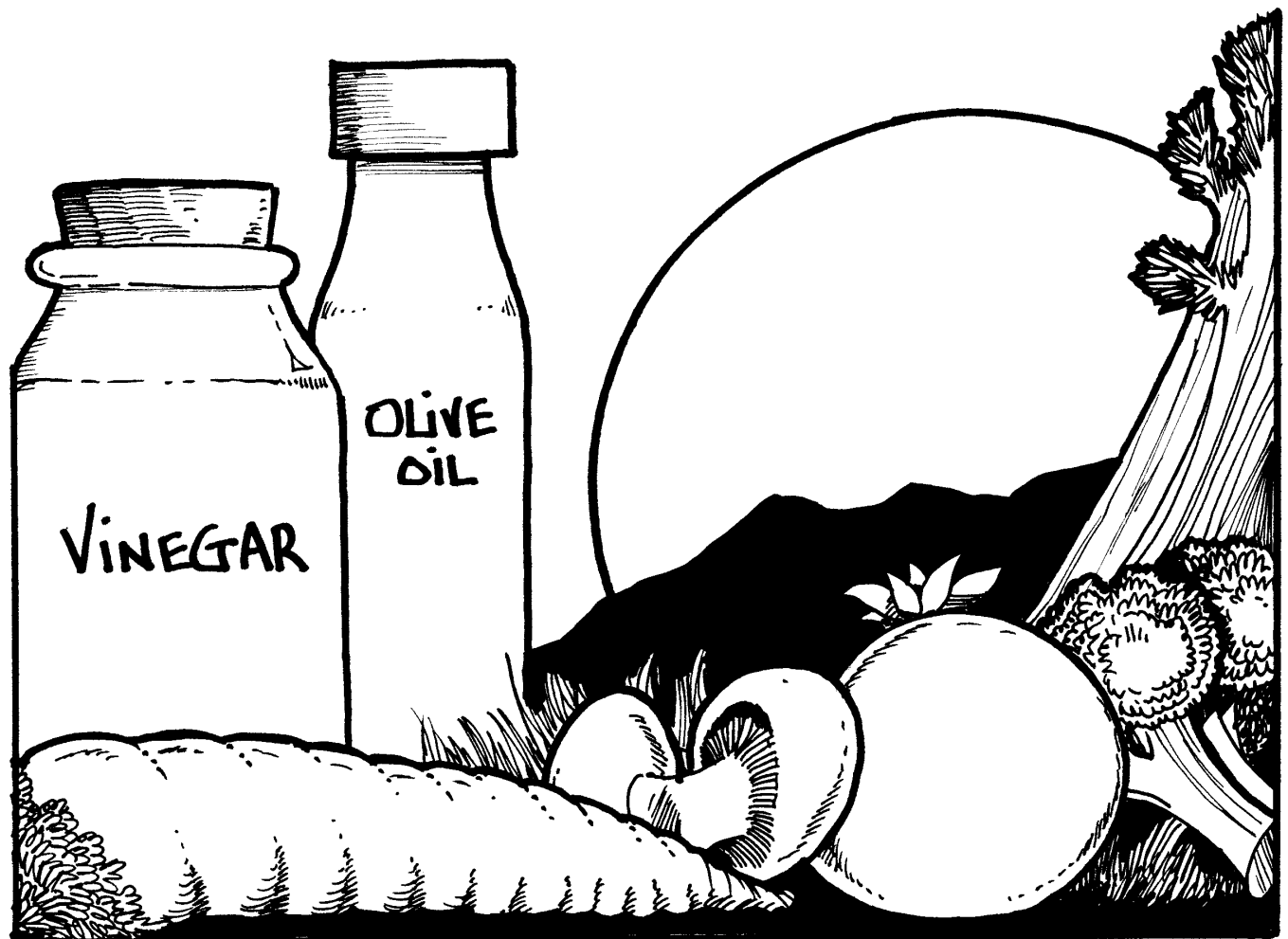
Serves 6 – 8

1 pound tempeh
4 tablespoons olive oil
4 tablespoons water
4 tablespoons tamari
4 tablespoons oat flour
1 teaspoon sage, ground
1 teaspoon rosemary, ground
1/2 teaspoon marjoram
1/2 teaspoon thyme
1/2 teaspoon paprika
1/2 teaspoon cayenne
1/2 teaspoon fennel seed, ground
1/4 teaspoon black pepper

Preheat oven to 350°. Steam the tempeh for 20 minutes, then allow to cool. Place tempeh in a food processor and process until ground. Combine with the rest of the ingredients except for 2 tablespoons of olive oil; oil a baking sheet with remaining olive oil. Form the tempeh into desired sized patties and place on the baking sheet. Bake for 15 minutes, flip over and bake for 15 minutes more.

Fill your plate with . . .

Salad



Antipasto

Serves 10 – 12

3/4 cup chickpeas (also known as garbanzo beans)

2 tablespoons olive oil

6 tablespoons lemon juice

1 1/2 teaspoons fennel seed, ground

1 1/2 teaspoons oregano

1 1/2 teaspoons basil

1 1/2 teaspoons paprika

1 teaspoon sea salt

1/2 head cauliflower, cut into small flowerets

2 cups bell pepper, cut into strips

2 small tomatoes, cut into wedges

1 1/2 cups mushrooms, sliced thick

1 cup green olives, sliced lengthwise

Place chickpeas in a large pot, add 4 cups of water and bring to a boil. Cover the pot with the lid slightly tilted so that steam can escape, lower heat and simmer for 2 - 3 hours. When chickpeas are done cooking, cool them thoroughly. In a bowl, combine the liquids with the spices and whisk until mixed. Add the olives and mix. Add the rest of the vegetables and the chickpeas, and mix well.



Beet and Onion Salad

Serves 4 – 6

2 pounds beets

1 cup red onion, sliced half moon

4 tablespoons brown rice vinegar

2 tablespoons olive oil

1 tablespoon ume plum vinegar

Cut the ends off of the beets and wash well, then boil in water for about an hour or until soft. Place the onions in a small bowl and cover them with some of the beet water. Set aside. When the beets are done, drain the water and cover with cold water. Repeat this process. Peel the beets while they are submerged in the water by rubbing them with your hands. Remove beets from the pot as you peel them. Slice in half, and then slice into half moons. Place in a bowl. When the onions are soft, add them to the beets. Mix the vinegars and oil, then pour over the beets and onions. Mix well. Allow to marinate refrigerated for at least an hour.

Cashew Rice Salad

Serves 6 – 8

1 cup brown basmati rice
1 1/2 cups water
2/3 bunch green onions, sliced thin
1 1/2 cups radish sprouts
1 1/2 cups broccoli sprouts
2/3 cup carrots, grated
1 cup roasted cashews
2 tablespoons tamari
3 tablespoons olive oil
2/3 cup water
1/2 teaspoon garlic, minced
2 teaspoons basil
1 teaspoon marjoram

In a pot, combine rice and 1 1/2 cups of water. Bring to a boil, then lower heat and simmer for 35 minutes. When done, place in a bowl. Place the cashews, tamari, olive oil, 2/3 cup water, garlic, basil, and marjoram in a blender and blend until smooth. Mix with the rice and allow to cool thoroughly. When cooled, add the green onions, sprouts, and carrots.



Celestial Salad

Serves 6 – 8

1 bunch kale, sliced very thin
1/4 bunch red chard, sliced very thin
1 cup black olives, sliced lengthwise
1/2 lemon, unpeeled, chopped
1 small tomato, diced
1/2 cup tahini
1 teaspoon garlic, minced
4 tablespoons olive oil
2/3 cup water

Place kale in a bowl with the sliced olives and a third of the tomato. Place the rest of the ingredients in a blender and blend until completely smooth. If you do not have a powerful blender, remove the lemon seeds before blending. Pour mixture over the greens and mix well.

Cucumber Fennel Salad

Serves 6 – 8

2 cups fennel bulb and tops, diced
2 cups cucumber, diced
1/2 cup red bell pepper, diced
1/4 bunch green onions, sliced
1 teaspoon garlic, minced
4 tablespoons lemon juice
1/2 orange, zested and juiced
1/4 teaspoon sea salt
1/4 teaspoon black pepper
1/2 tablespoon oregano
1/4 bunch basil, cut into ribbons

Place all of the vegetables into a bowl. Mix the rest of the ingredients together and pour over the vegetables. Mix well. Allow to marinate for at least an hour before serving.



German Style Potato Salad

Serves 4 - 6

1 pound potatoes, cubed small
1/2 cup parsley, chopped
1/2 cup red onion, sliced thin
1/2 cup celery, sliced

Marinade

2 tablespoons tamari
4 tablespoons vegetable broth
1 teaspoon mustard powder
3 tablespoons nutritional yeast
2 teaspoons stone ground mustard
1/2 pound tempeh, cubed

Dressing

3 tablespoons olive oil
3 tablespoons brown rice vinegar
1/2 teaspoon sea salt
2 teaspoons stone ground mustard

Preheat the oven to 350°. Mix the marinade ingredients together, then bake in an 8 x 8-inch pan for 40 - 60 minutes, stirring every 20 minutes. Allow to cool thoroughly. Boil the potatoes; they should be firm, but cooked. Cool thoroughly in ice water. Mix the dressing, then add the onion and celery. Add the potatoes, marinade, and parsley. Mix well.

Curried Mock Chicken Salad

Serves 6 – 8

2 pounds No Bones Chicken Style wheat meat, chopped small
(located in the Co-op's Perishable Dept.)
1 1/3 cups red onion, diced
1 1/3 cups celery, diced
1 1/3 cups cashews
1 1/3 cups raisins
1 2/3 cups Follow Your Heart Vegenaïse® (vegan mayonnaise substitute)
1/3 cup maple syrup
1 tablespoon soymilk
1 teaspoon sea salt
1 teaspoon black pepper
3 tablespoons curry powder

Mix the Vegenaïse®, maple syrup, soymilk, salt, pepper, and curry powder. Add the remaining ingredients and mix well.



Mock Chicken Salad

Serves 6 – 8

2 pounds No Bones Chicken Style wheat meat, chopped
(located in the Co-op's Perishable Dept.)
2 cups Follow Your Heart Vegenaïse® (vegan mayonnaise substitute)
1/3 cup stone ground mustard
1 tablespoon fresh dill, chopped
1/2 teaspoon black pepper
1/2 teaspoon sea salt
1 1/3 cups red onion, diced
1 1/3 cups celery, diced

Mix the Vegenaïse®, mustard, dill, black pepper, and salt in a bowl. Add the vegetables and seitan and mix well.

Insalata Di Pasta

Serves 10 – 12

2 cups small pasta shells, cooked al dente and rinsed

2/3 cup celery, sliced thin

2/3 cup green bell pepper, diced

1/2 cup red onion, sliced thin

2/3 cup black olives, sliced in half lengthwise

1/3 bunch parsley, chopped fine

1 cup cherry tomatoes

1/2 pound tempeh, cubed small

Tempeh Marinade

2 tablespoons olive oil

1 tablespoon red wine vinegar

1 tablespoon water

2 tablespoons tamari

1/2 teaspoon each of basil and oregano

1 pinch each of thyme and sage

Dressing

1 tablespoon garlic, minced

1/4 cup olive oil

1/4 cup red wine vinegar

1 teaspoon oregano

1 teaspoon basil

1 teaspoon sea salt

Preheat oven to 350°. Combine tempeh with the marinade and bake in an 8 x 8-inch pan for 45 minutes, stirring every 15 minutes. Mix dressing ingredients and place in a bowl. As you prep vegetables, add them to the bowl of dressing. Next, add the cooled pasta and cooled tempeh. Add the parsley and mix well.



Macaroni Salad

Serves 10 – 12

3 1/2 cups macaroni, cooked al dente and rinsed

1 cup red bell pepper, diced

1 cup cooked corn

1 1/4 cups Follow Your Heart Veganaise® (vegan mayonnaise substitute)

1 tablespoon poppy seeds

1 teaspoon Simply Organic® All Purpose Seasoning

1/4 teaspoon white pepper

Combine all ingredients except for macaroni and mix well. Add cooked macaroni and mix again.

Mock Tuna Salad

Serves 4 – 6

1 pound tempeh
1/2 cup Follow Your Heart Vegemise® (vegan mayonnaise substitute)
2 tablespoons stone ground mustard
5 teaspoons dulse flakes
1/2 teaspoon black pepper
1/2 teaspoon sea salt
1 tablespoon capers
2 tablespoons relish
1/2 cup green olives, chopped
2/3 cup red onion, diced
2/3 cup celery, diced

Steam tempeh for 20 minutes, then allow to cool. Place all other ingredients into a bowl and mix. When the tempeh is cool, place in food processor and pulse until ground, then add to the bowl and mix well. Chef's note: although a food processor works best, if you don't have one, you can crumble the tempeh by hand.



Raw Coleslaw

Serves 10 – 12

1/2 pound green cabbage, sliced thin
1/2 pound red cabbage, sliced thin
1 1/4 cups carrots, peeled and grated
1/2 bunch green onions, sliced
3/4 cup raw sunflower seeds
4 tablespoons olive oil
1 tablespoon nama shoyu (raw soy sauce)
2 tablespoons apple cider vinegar
1/2 cup water
2 tablespoons fresh dill, minced
1/2 tablespoon garlic, minced
1 teaspoon fresh oregano, minced
1 teaspoon lemon juice

Place cabbage, carrots, and green onions in a large bowl. Place the rest of the ingredients in a blender and blend until smooth. Pour over vegetables and mix well.

Raw Golden Beet and Kale Salad

Serves 6 – 8

1 bunch kale, sliced thin
3/4 cup golden beets, peeled and shredded
6 tablespoons carrots, peeled and shredded
1/4 bunch green onions, sliced
1/4 cup raw hempseeds
1/4 red bell pepper, diced
1/3 cup olive oil
4 tablespoons apple cider vinegar
2 tablespoons nama shoyu (raw soy sauce)
2 tablespoons raw tahini
1/2 tablespoon garlic, minced
1/2 teaspoon oregano
1/2 teaspoon basil

Place the prepped vegetables and the hempseeds in a bowl. In a blender, blend the oil, vinegar, nama shoyu, tahini, garlic, oregano, and basil until smooth. Pour over vegetables and mix well.



Raw Jicama Salad

Serves 6 – 8

1 1/2 pounds jicama, peeled and julienned
1 cucumber, peeled, seeded, and sliced diagonally
1 orange, zested, peeled, and cubed
1/2 bell pepper, any color except for green, julienned
1/2 cup currants
1 lime, zested and juiced
1/2 red onion, sliced thin
1/2 bunch cilantro, chopped
1/2 bunch green onions, sliced
1/2 small jalapeno, minced
3/4 teaspoon sea salt
3/4 teaspoon, black pepper
4 tablespoons olive oil

Place vegetables and fruit into a large bowl. Combine the salt, pepper, lime juice, and olive oil, then pour over the vegetables and mix well. Allow to marinate for 30 minutes.

Raw Moroccan Red Salad

Serves 6 – 8

1 pound beets, peeled and shredded
3 cups tomatoes, seeded and diced
3/4 cup red onion, diced fine
2 teaspoons garlic, minced
1/2 bunch radishes, sliced half moon
1/2 bunch Italian parsley, chopped fine
1/2 bunch cilantro, chopped fine
1 tablespoon olive oil
1/4 cup lemon juice
1/4 teaspoon sea salt
1/4 teaspoon black pepper

Pour the liquids and spices into a bowl and mix well. Add the remaining ingredients and mix well. Chill and allow to marinate for 30 minutes before serving.



Raw Seaweed Salad

Serves 6 – 8

1/2 1.76 oz. package ready to use wakame
1 1/2 cups daikon radish, peeled and grated
1 cup carrot, peeled and grated
1 cup cucumber, peeled, seeded, and julienned
4 tablespoons sesame seeds
4 tablespoons black sesame seeds
1/2 bunch cilantro, chopped
2 cups mung bean sprouts
1/2 lemon, juiced
2 tablespoons nama shoyu (raw soy sauce)
2 tablespoons cold pressed, unrefined sesame oil

Soak the wakame in water until soft, then drain. Combine the lemon juice, nama shoyu, and sesame oil. Place all ingredients into a bowl and mix well.

Raw Tabouleh

Serves 6 – 8

1/4 cup raw hempseeds
2 cups tomatoes, seeded and diced
4 cups parsley, chopped
1/2 cup green onions, sliced
1 cup fresh mint, chopped
6 tablespoons olive oil
4 tablespoons lemon juice
1 teaspoon sea salt

Place the tomatoes into a colander and allow the liquid to drain off. In a bowl, combine green onions, parsley, and mint and toss. In a separate bowl, combine the olive oil, lemon juice, and sea salt, and whisk. Pour over the parsley mixture and mix well. Gently stir in the tomatoes.



Funky Deli-C Salad

Serves 4 - 6

1/2 bunch green chard, sliced thin
1/2 bunch collard greens, sliced thin
1/2 jalapeno, minced
1 cup red onion, sliced 1/4 moons
1/2 cups each red and yellow bell peppers, diced
1 1/2 cups sunburst squash, diced
1 1/2 cucumber, sliced half moon
1 handful of cherry tomatoes
1 1/2 Fuji apples, sliced 1/4 moons

Dressing

1 orange, juiced
1/2 cup apple juice
1/2 cup raw tahini
1/2 cup olive oil
1/2 tablespoon basil
1/2 tablespoon oregano
1/4 tablespoon sea salt
1/4 tablespoon black pepper

Place prepared vegetables into a large bowl. Blend the dressing, then pour over the vegetables and mix well.

Vegan Caesar Salad

Serves 6 – 8

1 head romaine lettuce, chopped
3/4 cup croutons (see recipe below)
1 1/2 teaspoons garlic, minced
1 1/2 teaspoons tahini
1 1/2 teaspoons mellow white miso
1 1/2 teaspoons tamari
2 teaspoons lemon juice
1/3 cup olive oil
1/4 teaspoon black pepper
1/4 teaspoon sea salt
1 1/2 teaspoons hempseeds
1 teaspoon nutritional yeast
1 pinch sea salt

Place the lettuce and croutons in a bowl. Blend the garlic, tahini, miso, tamari, lemon juice, olive oil, salt, and pepper with a whisk; pour over the lettuce and croutons, mixing well. Grind the hempseeds, nutritional yeast, and pinch of salt together, and sprinkle over the lettuce. Serve immediately.



People's Croutons

10 slices of whole grain bread cut into small cubes
1/2 cup olive oil
1 teaspoon oregano, ground
1 teaspoon basil, ground
3/4 teaspoon sea salt

Preheat oven to 350°. Bake bread on a cookie sheet for 15 minutes. Combine the oil and spices, then pour over bread cubes. Mix well, making sure that the oil and spice mixture is evenly distributed. Bake for another 10 minutes. Check croutons before removing from the oven—they should be crunchy, not soft.

Spinach Hazelnut Salad

Makes 4 – 6 servings

1 bunch spinach, whole leaves, no stems
2 tablespoons olive oil
1 tablespoon apple cider vinegar
1/4 cup hazelnuts, chopped
1 1/2 teaspoons garlic, minced
1/4 teaspoon sea salt
1/4 teaspoon black pepper

Wash the spinach, dry thoroughly, then place into a bowl and mix with the hazelnuts. Combine the rest of the ingredients, pour over the spinach and hazelnuts, and mix well.



Winning Kale Salad

Serves 8 – 10

2 bunches kale, sliced thin
1/2 jalapeno, minced
1/2 large red bell pepper, diced
1/2 large cucumber, diced
1 bunch green onions, sliced
1/2 cup + 2 tablespoons olive oil
6 tablespoons apple cider vinegar
1/2 cup + 2 tablespoons dulse flakes

Place vegetables in a large bowl. Combine the oil, vinegar, and dulse flakes, then pour over the vegetables. Mix well. Allow to marinate for 30 minutes before serving.

Welcome home to a bowl of . . .

Soup

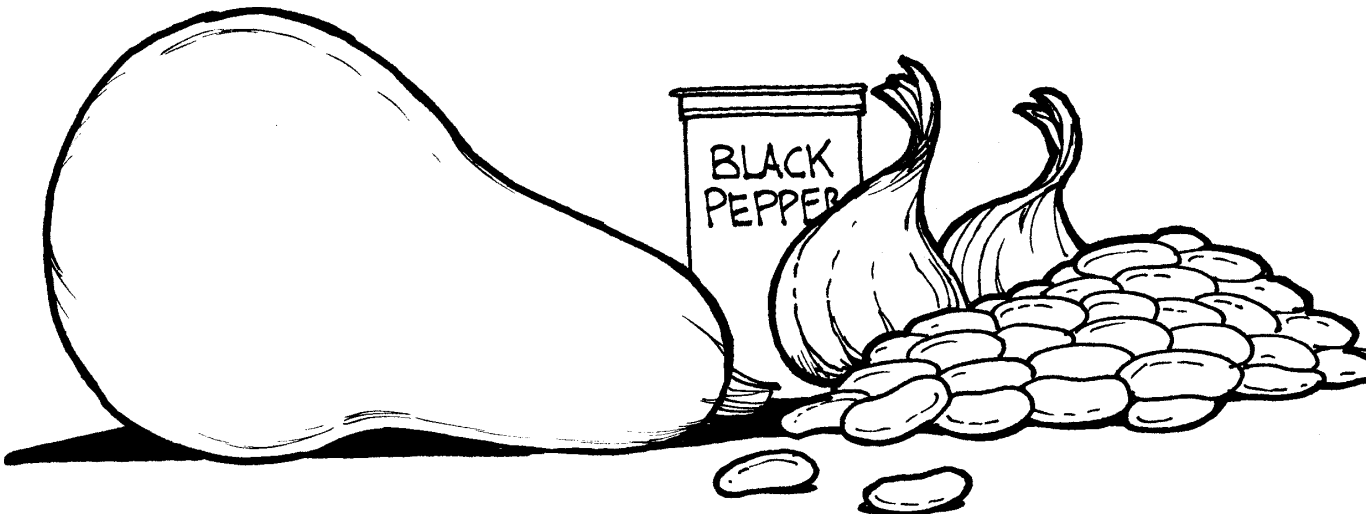


Anasazi Bean Chili with Roasted Butternut Squash

Serves 6

2 cups anasazi beans
6 cups water
2 teaspoons olive oil
2 cups butternut squash, diced
2 teaspoons olive oil
1 cup yellow onion, diced
1 bell pepper, any color, diced
1/2 jalapeno, diced
1 tablespoon olive oil
2 tablespoons garlic, minced
1 tablespoon chili powder
1 1/2 teaspoons cumin powder
1 1/2 teaspoons oregano
1/2 teaspoon black pepper
1/2 teaspoon sea salt
1/2 teaspoon cinnamon
1 cup Muir Glen® fire roasted diced tomatoes
1/2 can diced green chilies
1 cup vegetable broth

Preheat oven to 400°. Place beans in a large pot, add water and bring to a boil. Cover the pot, with the lid slightly tilted so that steam can escape, lower heat and simmer for 60 minutes. Combine 2 teaspoons of olive oil with the squash and roast in a pan at 400° until tender, about 30 minutes. Combine 2 teaspoons of olive oil, onions, and peppers and roast in a separate pan for about 20 minutes. In a fry-pan sauté the garlic in 1 tablespoon of olive oil for a few minutes, then add the spices and sauté for 1 minute. Add all of the remaining ingredients and simmer for 20 minutes.



Broccoli Soup

Serves 8 – 10

1/4 cup olive oil
2 cups carrots, diced
2 cups yellow onions, diced
2 cups celery, diced
3 tablespoons garlic, minced
1 1/2 teaspoons fresh thyme
2 teaspoons sea salt
1 1/2 teaspoons black pepper
1 lemon, zested
8 cups vegetable broth
8 cups broccoli, flowerets and stems
4 cups spinach

Sauté carrots, onions, celery, and broccoli stems in olive oil for 20 minutes, then add the garlic and sauté for 1 minute. Add thyme, salt, pepper, lemon zest, and broth. Bring to a boil, then reduce heat and simmer for 10 minutes. Add the broccoli flowerets and cook for 5 more minutes. Remove from heat and add spinach. Blend thoroughly with an immersion blender. If you do not have an immersion blender, you can use a regular blender, but the soup has to cool before blending.



Creamy Leek and Potato Soup

Serves 8 – 10

3 pounds russet potatoes, peeled and diced
1/2 container Earth Balance® (vegan butter substitute)
3 cups leeks, cleaned thoroughly and chopped
2 teaspoons sea salt
3/4 teaspoon black pepper
3/4 teaspoon nutmeg
3/4 cup unbleached white flour
1 quart unsweetened soymilk
2 cups cashews, lightly roasted
2 cups water

Place potatoes in a pot with just enough water to cover them. Bring to a boil and cook until just tender. In another pot, sauté the leeks in the Earth Balance® until soft, then add the spices. Add flour and stir for a few minutes, then add the potatoes and their water. Stir well. Add soymilk and lower heat to simmer. Place cashews and water in the blender and blend until smooth. Add to the pot and stir well. Simmer for 15 minutes, then serve.

Creamy Tomato Bisque

Serves 6 – 8

2 tablespoons olive oil
1 cup celery, diced small
1 cup yellow onion, diced small
1 1/2 cups carrots, diced small
2 tablespoons garlic, minced
1 teaspoon sea salt
1 teaspoon black pepper
1/2 bunch dill, chopped
1 28 oz. can crushed tomatoes
2 cups tomato juice
1 3.2 oz. jar of tomato paste
1 1/2 cups cashews
1 3/4 cups water
3/4 cup mellow white miso
1 1/2 teaspoons agave syrup

Sauté the celery, onion and carrots in olive oil until the onions are translucent, then add the garlic and sauté for two minutes more. Add spices, tomatoes, tomato juice, tomato paste and dill, and simmer until the carrots are soft. Blend the cashews, water, miso, and agave syrup in the blender until completely smooth. Add to the pot and stir well.



Cannellini Bean Soup

Serves 6 – 8

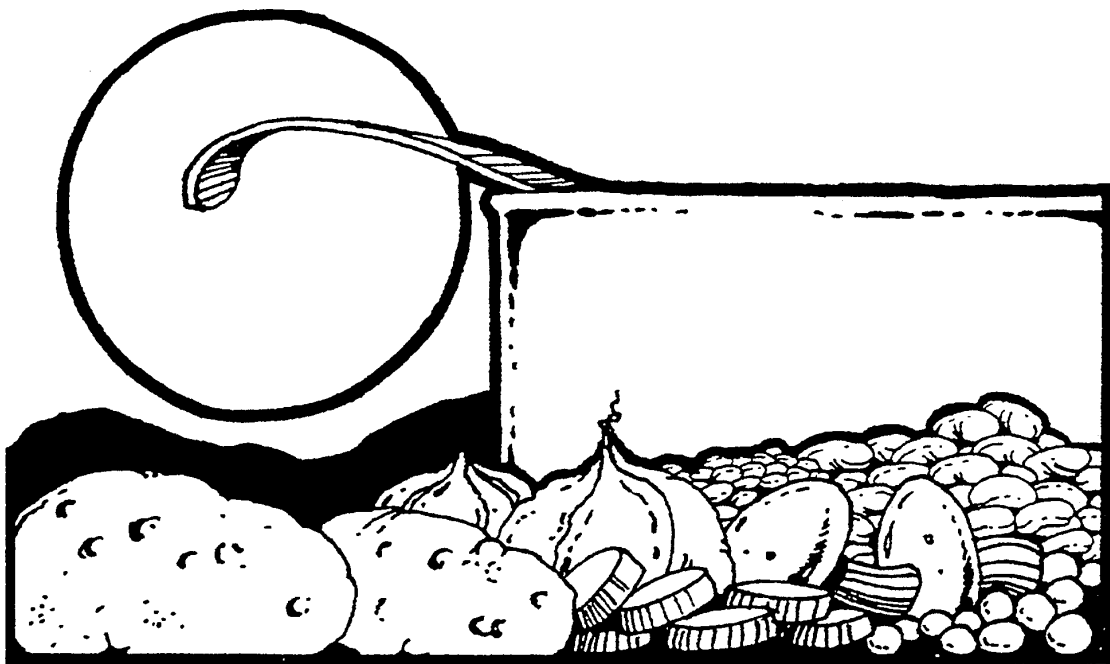
2 cups cannellini beans
6 cups water, more if needed
1 bay leaf
1 tablespoon olive oil
1 1/2 cups yellow onion, diced
1 1/2 cups celery, diced
1 1/2 cups carrots, diced
2 teaspoons thyme
1 teaspoon sea salt

Place beans in a large pot, add water and bring to a boil. Cover the pot, with the lid slightly tilted so that steam can escape, lower heat and simmer for 45 - 60 minutes. In another large pot, sauté vegetables in olive oil until soft, then add spices and sauté for another minute. Add the cooked beans and bean water and cook for 15 minutes.

Kitty's Country Vegetable Soup

Serves 10 – 12

1 cup lima beans
1 tablespoon sunflower oil
1/2 cup celery, chopped
1/2 pound potatoes, chopped
1 cup yellow onion, chopped
1/2 cup green beans
1/2 cup corn
2 cups carrots, chopped
1/2 28 oz. can crushed tomatoes
1 1/2 teaspoons thyme
1 bay leaf
1 1/2 teaspoons garlic, minced
1 1/2 teaspoons sea salt
1 1/2 teaspoons garlic powder
1 pinch cayenne
1 drop hot sauce
1 1/2 cups vegetable broth
1/2 bunch green onions
2 tablespoons parsley, chopped



Place beans and bay leaf in a large pot, add 4 cups of water and bring to a boil. Cover the pot, with the lid slightly tilted so that steam can escape, lower heat and simmer for 45 minutes to 1 hour, until beans are tender. Sauté celery, potatoes, onions, and carrots in sunflower oil for 20 minutes, then add the spices, cooked beans, tomatoes, corn, green beans, and vegetable broth. Bring to a boil, then lower heat and simmer until the carrots are soft. Add the green onions and parsley.

Chinese Rainbow Stew

Serves 8 – 10

2 tablespoons toasted sesame oil
2 cups yellow onions, diced
3 cups carrots, diced
1 1/4 cups red bell pepper, diced
1 1/4 cups green bell pepper, diced
1 1/2 tablespoons ginger, minced
1 1/2 tablespoons garlic, minced
1 1/2 teaspoons turmeric
2 teaspoons cumin powder
1/4 teaspoon chili flakes
2 tablespoons Braggs® Liquid Aminos
4 cups water
1/2 cup mellow white miso
1/2 cup + 2 tablespoons peanut butter
1 14 oz. can coconut milk
3 cups mushrooms, sliced
1 cup dried shitake mushrooms
1 pound San Diego Soy Dairy® firm tofu, cubed small
1/2 bunch green onions, sliced
1/2 bunch cilantro, chopped

Cover the shitakes with water and simmer until soft, then drain and chop. In a medium sized pot, sauté onions, carrots, and bell peppers in sesame oil until the carrots are soft, then add the ginger, garlic, spices, and Braggs® and sauté for 1 minute. Blend water, miso, and peanut butter, then add to the pot. Add coconut milk, mushrooms, and tofu. Simmer until hot, but be careful not to boil. Add the green onions and cilantro before serving.

Red Lentil Leek Soup

Serves 8 – 10

2 cups red lentils
6 1/2 cups water
4 cups leeks, chopped small, then washed
1 tablespoon sunflower oil
1 cup cashews, roasted
1 cup water
1/2 teaspoon sea salt
1 tablespoon tamari
1 tablespoon ume plum vinegar

Bring water to a boil, then add the red lentils. Sauté the leeks in olive oil until soft, then add the salt, tamari, and vinegar. When the lentils are soft, add the leek mixture. Place the cashews and 1 cup of water in a blender and blend until completely smooth. Add cashew mixture to the lentils and stir well. Simmer for 10 – 15 minutes.



Red Lentil Dahl

Serves 8 – 10

3 cups red lentils
7 1/2 cups water
2 tablespoons olive oil
1 tablespoon cumin seeds
1 1/2 tablespoons curry powder
2 1/2 teaspoons coriander powder
2 1/2 teaspoons mustard seeds
3/4 teaspoon sea salt
1 tablespoon fresh ginger, minced

Bring water to a boil. In a large pot, heat the olive oil, then sauté the spices and ginger until the seeds start to pop. Add the lentils to the sauté and stir until coated. Add the boiling water to the sauté and simmer on low until the lentils get soft. Stir every 5 -10 minutes so it does not burn.



No Clam Chowda

Serves 6 – 8

1/4 container Earth Balance® (vegan butter substitute)
1 cup celery, diced
1 cup yellow onion, diced
1/2 teaspoon celery seeds
1 teaspoon black pepper
1 teaspoon sea salt
6 tablespoons unbleached flour
1 1/2 pounds yellow potatoes, diced
2 cups unsweetened soymilk
3/4 cup dried shitakes mushrooms, stems removed

Cover the shitakes with water and simmer until soft, then drain and chop them to the size of clams. Set aside. Place the potatoes in a pot and add water until just covered. Bring to a boil, then remove from heat. Do not drain. In another pot, heat the Earth Balance® until melted, then add the celery and onion and sauté until soft. Add the spices and stir for a minute, then add the flour and stir until slightly browned. Add the potatoes and potato water and stir well. Add the soymilk and shitakes. Simmer until hot.

Split Pea Soup

Serves 8 – 10

2 cups split peas
6 cups water
1 bay leaf
1 1/4 cups yellow onion, diced
1 1/4 cups celery, diced
1 1/4 cups carrots, diced
2 tablespoons tamari
1 tablespoon mirin
1 teaspoon rosemary, ground
1/2 teaspoon celery seed

Place peas and bay leaf into a large pot, add water and bring to a boil. Cover the pot, with the lid slightly tilted so that steam can escape, lower heat and simmer for 45 minutes; split peas should be soft and mushy. Combine the rest of the ingredients in another pot and cook on medium heat until the vegetables are soft. Add the cooked split peas and mix well. Simmer for 15 minutes more.



People's Tomato Soup

Serves 8 – 10

2 Tablespoons olive oil
2 Tablespoons garlic, minced
3 cups yellow onion, diced
3 cups celery, diced
3 cups carrots, diced
1/4 teaspoon black pepper
1/4 teaspoon thyme
1/4 teaspoon basil
1 teaspoon sea salt
2 28 oz. cans crushed tomatoes
4 cups vegetable broth
1/2 tablespoon hot sauce

In a large pot, sauté the vegetables in olive oil until soft. Add the spices and sauté for 1 minute. Add the rest of the ingredients and simmer on low heat for 30 minutes.

Mexican Corn Chowder

Serves 10 – 12

2 cups yellow potatoes, diced
2 tablespoons olive oil
1 1/2 cups yellow onion, diced
1 cup celery, sliced
1 cup red bell peppers, diced
1 teaspoon cumin powder
1 teaspoon paprika
1/2 teaspoon black pepper
1/2 teaspoon chili powder
1/2 teaspoon sea salt
1 1/2 teaspoons tamari
2 teaspoons ume plum vinegar
4 cups corn
4 cups water
1/4 bunch cilantro, chopped

Boil potatoes until just tender, then drain. Sauté the onions, celery, and peppers in olive oil until soft, then add the spices and sauté for 1 minute. Add the tamari, vinegar, potatoes, corn and water, and stir well. Take out 1 cup of the chowder and blend until smooth, then add it back to the chowder and simmer until hot. Add the cilantro and serve.



People's Everyday Miso Soup

Serves 6 - 8

4 cups water
1 medium size piece of kombu
1/4 cup miso
4 scallions, washed and chopped

Bring water and kombu to a boil, reduce heat to a simmer and cook for 10 minutes. Add miso and stir until dissolved, making sure not to boil the soup. Garnish with chopped scallions. Optional ingredients to add include: cubed tofu, shitaki mushrooms, wakame, and daikon.

Delicious Side Dishes



People's Pinto Beans

Serves 8 – 10

2 cups pinto beans

1/2 yellow onion, peeled, whole

1/2 jalapeno, whole, minus the stem

1 clove garlic, peeled, whole

sea salt

Place beans, onion, jalapeno and garlic in a large pot, add 6 cups of water and bring to a boil. Cover the pot, with the lid slightly tilted so that steam can escape, lower the heat and simmer the beans for 2 hours. Add salt to taste.



Bombay Nuggets

Serves 6 – 8

2 pounds San Diego Soy Dairy® firm tofu, cubed

1 tablespoon jalapeno, diced

1/2 teaspoon cumin seed

1/2 teaspoon mustard seed

1/3 cup cilantro, chopped

Marinade

1/4 cup Braggs® Liquid Aminos

1/4 cup sesame oil

1/4 cup rice vinegar

1/4 cup ginger, minced

1 1/2 teaspoons curry powder

1/2 teaspoon fennel seed, ground

1/4 teaspoon cayenne

1 tablespoon sesame oil

Preheat oven to 350°. Combine marinade ingredients and set aside. Place tofu in a 10 x 12-inch baking dish, pour marinade over tofu and mix well. Bake for 45 - 60 minutes, stirring every 15 minutes. Sauté jalapenos, cumin, and mustard seeds in sesame oil until they pop. Pour sauté over cooked tofu and allow to cool. When cool, add the cilantro and mix well.

Cuban Black Beans

Serves 4 – 6

2 cups black beans
2 bay leaves
2 tablespoons olive oil
2 cups onions, diced
1 cup bell pepper, any color, diced
2 tablespoons garlic, minced
1 tablespoon oregano
1 tablespoon cumin powder
1 1/2 teaspoons sea salt
1/4 teaspoon black pepper

Place beans in a large pot, add 6 cups of water and bring to a boil. Cover the pot, with the lid slightly tilted so that steam can escape, lower heat and simmer for 60 – 90 minutes. Sauté the vegetables in olive oil until soft, then add the spices and sauté for one minute. Add the cooked beans to the sautéed vegetables and simmer for 15 minutes.



Kickin' Taters

Serves 6 – 8

2 pounds unpeeled yellow or white potatoes, chopped
2 tablespoons olive oil
2 tablespoons garlic, minced
2 tablespoons black pepper
1 teaspoon cumin, ground
1 tablespoon water
1 teaspoon sea salt
1 jalapeno, chopped
1/2 habanero or Serrano chili, chopped
2 tablespoons parsley, chopped fine
1 green onion, sliced

Preheat oven to 350°. Combine all ingredients together except the potatoes, parsley, and green onions. Pour mixture over the potatoes and mix well. Place on a baking sheet and bake until browned—approximately 45 minutes to 1 hour—stirring every 15 minutes. When done, toss with the parsley and green onions.

Roasted Pumpkin and Barley Pilaf

Serves 8 – 10

2 tablespoons Earth Balance® (vegan butter substitute)
1 cup leeks, chopped and washed
1 teaspoon fennel seeds, ground
1 teaspoon sage, cut and sifted
1 teaspoon black pepper
1 teaspoon sea salt
2 tablespoons olive oil
1 1/2 pounds pumpkin, cubed (unpeeled)
1 cup pearled barley
3 cups vegetable broth
3/4 cup roasted pumpkin seeds

Preheat oven to 400°. In a medium sized pot, add the barley to the broth, bring to a boil, then lower heat and simmer for 40 minutes. Combine the pumpkin with the olive oil and place on a baking sheet. Roast for 30 minutes or until tender. Reduce oven temperature to 350°. Sauté leeks in the Earth Balance® until the leeks are soft, then add the spices and sauté for 1 minute. Combine all ingredients and place in a 10 x 12-inch baking dish. Bake uncovered until slightly browned on top.



People's Roasted Veggies

Serves 8 – 10

2 tablespoons olive oil
1/4 cup red wine vinegar
1 teaspoon sea salt
1/2 teaspoon basil
1/2 teaspoon oregano
1 tablespoon garlic, minced
1/2 head cauliflower, cut into small flowerets
1/2 bunch broccoli, cut into small flowerets
1/2 red onion, sliced
1 zucchini, sliced thick into rounds
1/2 red bell pepper, cut into strips
1 1/2 cups mushrooms, whole
1/2 eggplant, cut into bite size chunks
1 cup green beans

Preheat oven to 400°. Mix all ingredients together in a bowl and allow to marinate for 1 hour. Place in medium size roasting pan and roast for 25 minutes, or until done to your liking.

Stir Fry Kale

Serves 6 – 8

2 bunches kale

1/2 cup sesame oil

1/4 cup tamari

Wash and dry kale, then chop into medium size ribbons. Heat wok or skillet, then add sesame oil. Carefully add kale to pan and stir until kale softens and turns a dark green. Add tamari and stir for 2 minutes. **Chef's note:** You can also make this recipe using chard, spinach, or a combination of leafy greens. Try using it as a base for any stir fry recipe. Try adding tofu or tempeh to provide extra protein. Bean sprouts and snow peas are excellent additions as well; for extra flavor, drizzle with toasted sesame oil.



Shitake Spinach Delight

Serves 6 – 8

3 cups water

1/2 lb. fresh shitake mushrooms

2 bunches of spinach, cleaned and roughly chopped

1 cup tamari

1 cup mirin

1/2 cup sesame seeds

1/4 cup toasted sesame oil

Preheat oven to 300°. Remove stems from mushrooms. Place mushrooms in a pot with 3 cups of water, tamari and mirin. Bring to a boil, then lower heat and simmer broth for 20 minutes. Remove mushrooms from broth and place on cookie sheet. Bake at 300° for 5 minutes, then flip mushrooms and bake for 3 more minutes. Remove mushrooms from oven and allow to cool. Blanch chopped spinach in boiling water for approximately 30 seconds, then remove and rinse in cold water. Squeeze excess water from spinach, chop finely and place in mixing bowl. Chop mushrooms and add to spinach. Add toasted sesame oil and sesame seeds and mix thoroughly. Serve cold or at room temperature. **Chef's note:** Save tamari / mirin broth and use as a marinade or stir fry base.

Potato Jaga

Serves 6 – 8

5 lbs. yellow potatoes, peeled and quartered

8 cups yellow onions, peeled and sliced half moon

1 12 oz. bag kelp noodles (located in the Co-op's Perishable Dept.)

1 cup tamari

1 cup mirin

1/4 cup sunflower oil

Water

In a large pot add sunflower oil, heat, then add onions. Stir for 1 minute, then add potatoes and stir for 2 minutes more. Add just enough water to cover potatoes. Bring to a boil, then lower flame and allow to simmer until potatoes start to soften. Add tamari and mirin. When potatoes are completely cooked, remove from heat and add kelp noodles. Let mixture sit for 3 – 5 minutes. Serve with a small amount of broth from pan.

Chef's note: Save remainder of broth to use as a soup stock or gravy base.



Fantastic Fried Rice

Serves 4 – 6

4 cups cooked brown basmati rice (cold rice works best)

1 cup carrots, diced small

1 cup yellow onion, diced small

1/2 cup corn, cooked

1/2 cup sunflower oil

salt and pepper to taste

tamari to taste

1/2 bunch green onions, cleaned and chopped

Heat wok or skillet, then add 1/4 cup sunflower oil. Sauté onions and carrots until browned, then add corn. Stir for 2 minutes, then remove vegetables and set aside. Add remaining oil to wok or skillet, covering surface, then add rice. Stir rice thoroughly until heated, being careful not to allow rice to stick to pan. Add vegetables, salt, pepper, and tamari to rice and stir thoroughly. Garnish with green onions. Optional ingredients include bean sprouts, peas, and bell peppers.

The Entrées



Garlic Eggplant

Serves 6 – 8

1 pound eggplant, cut into 1" cubes
1 1/3 cups red cabbage, sliced thin
1 cup yellow onion, diced
1 red bell pepper, diced
4 tablespoons garlic, minced
4 tablespoons tamari
2 tablespoons mirin
2 tablespoons brown rice vinegar
1 tablespoon lime juice
1 tablespoon Rapadura® sugar
4 tablespoons mellow white miso
2/3 cup vegetable broth
4 tablespoons sesame oil
1 1/2 teaspoons chili flakes
1/2 cup basil, chopped

Preheat oven to 350°. Place eggplant into a 10 x 12-inch baking dish. Combine the tamari, vinegar, mirin, sesame oil, miso, vegetable broth, sugar, and lime juice, and then pour over the eggplant. Cover and bake for about 45 minutes or until the eggplant is tender. In a wok, heat the toasted sesame oil and sauté the onion, garlic, bell pepper, and cabbage until just cooked; it should have some crunch. Add chili flakes and sauté for 1 minute. Add eggplant mixture and basil and mix well.



Italian Style Nuggets

Serves 6 – 8

2 pounds San Diego Soy Dairy® firm tofu, cubed
1/4 cup olive oil
2 tablespoons red wine vinegar
1/4 cup tamari soy sauce
2 tablespoons water
1 teaspoon basil
1 teaspoon oregano
1/4 teaspoon thyme
1/2 teaspoon black pepper

Preheat oven to 350°. Place tofu into a 10 x 12-inch baking dish. Mix the rest of the ingredients together, then pour over the tofu. Mix well, then bake for 45 - 60 minutes, stirring every 20 minutes.

Kung Pao Tofu

Serves 10 – 12

1 pound firm tofu, cubed
1/3 cup brown rice vinegar
1/3 cup tamari soy sauce
1/3 cup mirin
1 teaspoon chili flakes
2 tablespoons arrowroot powder
2 tablespoons sesame oil
1 1/2 cups celery, sliced diagonally
1 1/2 cups carrots, sliced thin diagonally
1 1/2 cups zucchini, sliced diagonally
1 1/2 cups yellow onion, sliced
2 tablespoons garlic, minced
1/2 8 oz. can water chestnuts, drained
1/2 8 oz. can bamboo shoots, drained
1/2 cup peanuts, roasted and unsalted
1/2 bunch green onions, sliced

Preheat oven to 350°. Combine tofu with the vinegar, tamari, mirin, and chili flakes and let marinate for an hour. Drain marinade, combine with the arrowroot powder and whisk until arrowroot powder is dissolved. Bake the drained tofu in an 8 x 8-inch pan for 30 minutes, stirring after 15 minutes. In a wok, heat the oil and add the celery, carrots, and onions, and cook for about 5 -10 minutes over medium to high heat. Add the zucchini and garlic and cook for about 5 more minutes. Add the bamboo, water chestnuts, peanuts, green onions, and tofu.



Peanut Ginger Nuggets

Serves 4 – 6

2 pounds San Diego Soy Dairy® firm tofu, cubed
2 tablespoons mirin
3 tablespoons tamari
2 tablespoons maple syrup
1 tablespoon rice vinegar
2 tablespoons peanut butter
2 tablespoons water
1 tablespoon fresh ginger, minced
1 pinch chili flakes

Preheat oven to 350°. Place tofu into an 8 x 8-inch pan. In a blender, blend remaining ingredients, then add to tofu and mix well. Bake until browned—about 1 hour—stirring every 15 minutes.

Lemon Quinoa Bake

Serves 4 – 6

2 cups quinoa
4 cups water
1 1/2 teaspoons thyme
1 1/2 teaspoons mint
1 1/2 teaspoons coriander seed
1 lemon, zested and juiced
4 cups tomatoes, seeded and diced
3/4 bunch parsley, chopped
1 teaspoon sea salt
2 teaspoons garlic, minced
1/2 cup olive oil
1/2 cup sesame seeds, toasted

Preheat oven to 350°. In a medium sized pot add water to quinoa, bring to a boil, then cover and lower heat and simmer for 20 minutes. In a spice grinder, grind the thyme, mint, and coriander. Combine the spices with the lemon juice, zest, garlic, and olive oil. Add the remaining ingredients and mix well. Place into an 8 x 8-inch baking dish and cover. Bake for 30 - 40 minutes. Remove cover and bake for 5 minutes more.



Millet Spinach Bake

Serves 4 – 6

2 cups millet
4 1/2 cups water
2 1/2 bunches spinach, coarsely chopped
1/4 cup sesame oil
1 1/2 cups red onion, diced
2 tablespoons garlic, minced
3/4 teaspoon caraway seeds
6 tablespoons tahini
1/3 cup tamari
2 tablespoons lemon juice

Preheat oven to 350°. Combine millet and water and bring to a boil, then lower the heat to a simmer and cover for 30 minutes. Sauté onions and garlic in oil until browned, then add the caraway and sauté for 1 minute. Add spinach and sauté until just wilted, then remove from heat. Mix tamari, lemon, and tahini, then combine with sautéed ingredients and millet, and mix again. Place into a covered 8 x 8-inch baking dish and bake for 45 minutes. Uncover and bake for approximately 5 minutes to brown the top.

Pad Thai Noodles

Serves 4 – 6

8 cups water

1/2 14 oz. box rice noodles

1/2 bunch green onions, sliced

3/4 cup mung bean sprouts

1/2 cup peanuts, roasted and unsalted

Tempeh Marinade

1/2 pound tempeh, cubed small

2 tablespoons tamari

2 tablespoons brown rice vinegar

1/4 cup water

2 tablespoons sesame oil

Sauce

1 tablespoon sesame oil

1 tablespoon garlic, minced

1/4 cups water

6 tablespoons brown rice syrup

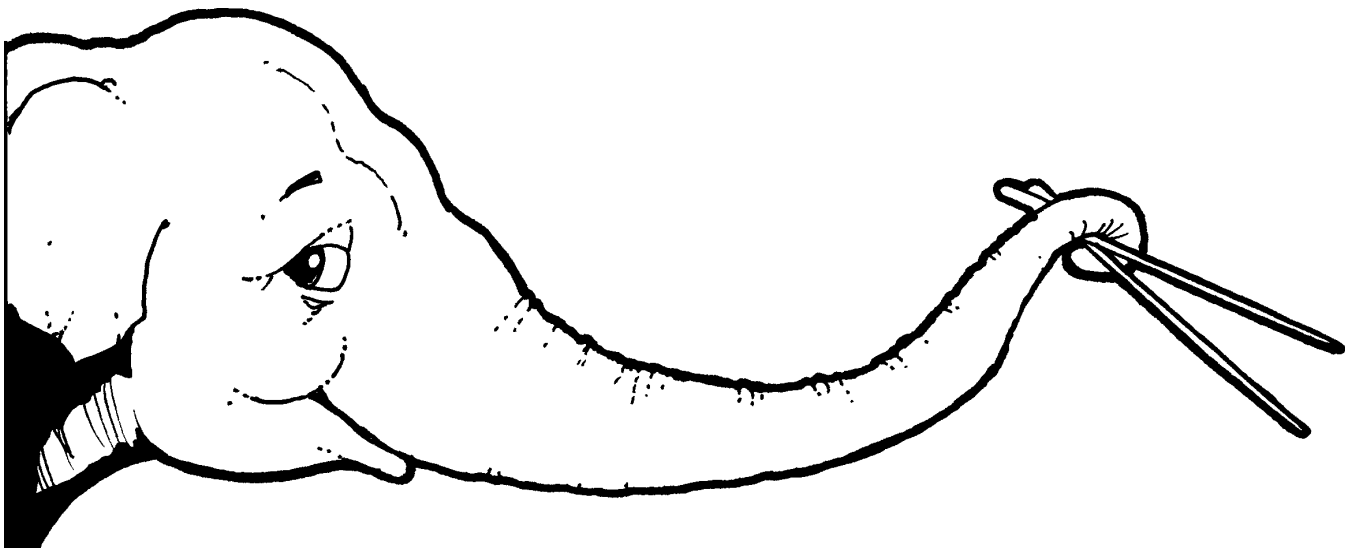
2 tablespoons apple cider vinegar

1 teaspoon paprika

1 tablespoon tamari

1/2 teaspoon crushed red pepper

Preheat oven to 350°. Mix the tempeh with the marinade and bake for 45 minutes, stirring every 15 minutes. Allow to cool. Bring 8 cups water to a boil, then remove from heat and add the noodles. Allow to sit in the water for 8 - 10 minutes, then cool in an ice water bath and drain. For the sauce, sauté garlic in oil for a few minutes, then add the rest of the sauce ingredients, and simmer for 3 minutes. Remove from heat. When cooled, combine with other ingredients. Allow to marinate for at least an hour, mixing every so often to allow the noodles to absorb the sauce. This dish can be heated and served hot if desired.



Raw Pesto with Zucchini Noodles

Serves 6 – 8

1/2 cup pine nuts
1/4 cup olive oil
1 tablespoon garlic, minced
1/2 bunch basil
1/2 teaspoon sea salt
4 medium zucchini

In a food processor blend everything except for the zucchini, into a smooth paste. Cut the ends off of the zucchini. Use a peeler to peel off strips of the zucchini until you cannot peel anymore. Slice the remaining zucchini cores into strips; these are the noodles. Combine the noodles with the pesto.



Tofu Stroganoff

Serves 6 – 8

1/2 pound San Diego Soy Dairy® firm tofu, cubed small
2 cups parsley garlic ribbon noodles, or flat noodle of choice, cooked al dente

Marinade

2 tablespoons tamari
1 tablespoon olive oil
1 tablespoon lemon juice
1 teaspoon garlic, minced
1 tablespoon water

Sauté

1 tablespoon olive oil
1 cup yellow onion, sliced thin
1 teaspoon garlic, minced
1 cup mushrooms, sliced
2 tablespoons parsley, chopped

Sauce

6 tablespoons unsweetened soymilk
1 tablespoon mirin
1/4 pound firm tofu
1/2 teaspoon sea salt
1/4 teaspoon black pepper

Preheat oven to 350°. Combine marinade ingredients with 1/2 pound of tofu and let sit for 30 minutes. Drain marinade from tofu, saving the marinade. Bake the tofu in an 8 x 8-inch baking dish until golden brown, about 30 minutes. Sauté onions, garlic, and mushrooms in the olive oil until soft, then add the leftover marinade. Blend the sauce ingredients in a blender until completely smooth, and then add to the sauté. Simmer for 20 minutes, then add baked tofu. Mix with the noodles just before serving. Garnish with the parsley.

Spicy Hunan Tempeh

Serves 4 – 6

1 1/4 cups red cabbage, sliced thin
1 1/2 cups mung bean sprouts
1 cup snow peas
1/4 cup cilantro, chopped
1/2 pound tempeh, cubed
1/4 cup tamari
1 1/2 teaspoons toasted sesame oil
2 tablespoons sesame oil
2 tablespoons rice vinegar
2 tablespoons mirin
1/4 cup peanut butter
2 tablespoons stone ground mustard
2 tablespoons fresh ginger, minced
1 1/2 teaspoons chili flakes
2 tablespoons water

Preheat oven to 350°. Place vegetables in a bowl. Place the tempeh into an 8 x 8-inch baking dish. Place the remaining ingredients in a blender, and blend until smooth. Pour half of blended mixture over the tempeh and the other half over the vegetables. Bake the tempeh for 45 - 60 minutes, stirring every 15 minutes. Allow to cool, and then mix with the vegetables.



Not So Bucco

Serves 6 – 8

2 cups carrots, chopped
1 cup yellow onions, chopped
1 1/2 cups celery, chopped
1/2 cup olive oil
1/2 cup red wine
1/3 cup tomato paste
1/3 bouillon cube
1 1/2 teaspoons sea salt
1 teaspoon black pepper
2 8 oz. boxes White Wave® seitan, sliced
1 cup vegetable broth

Chop the vegetables in a food processor with the olive oil, then sauté for 10 minutes. Add the red wine, tomato paste, sea salt and pepper, and cook covered for 10 minutes. Add the seitan and vegetable broth. Reduce the heat, cover and cook for 45 minutes, stirring every 10 - 15 minutes.

Shiitake Broccoli and Kale Stir-Fry

Serves 8 – 10

2 cups dried shiitake mushrooms

Tofu Marinade

1/2 pound San Diego Soy Dairy® firm tofu, cubed

1 teaspoon Chinese 5 Spice powder

2 tablespoons toasted sesame oil

2 tablespoons tamari

2 tablespoons mirin

Sauté

4 tablespoons toasted sesame oil

2 tablespoons fresh ginger, minced

2 cups broccoli, cut into small flowerets

1 bunch kale, chopped

4 tablespoons sesame seeds, toasted

4 tablespoons cilantro, chopped

1/2 bunch green onions, sliced

Preheat oven to 350°. Place shiitake mushrooms into a small pot and add water until they are covered. Simmer until soft, then drain. Save the water for the tofu marinade. Place the tofu into an 8 x 8-inch baking dish. Combine the shiitake water, Chinese 5 Spice powder, 2 tablespoons toasted sesame oil, tamari, and mirin, then pour over the tofu. Mix well. Bake for 25 minutes, then drain, saving the liquid. Bake for another 15 minutes. In a wok, sauté the ginger in 2 tablespoons toasted sesame oil for 1 minute. Add the broccoli and sauté for another minute. Add the kale and liquid from the tofu. Sauté for a few more minutes, then add the sesame seeds and tofu. Add the cilantro and green onions. Serve over rice or noodles.



Sonoma Tofu

Serves 4 – 6

1 pound firm tofu, cubed
1 tablespoon tamari
1 tablespoon sunflower oil
1 tablespoon apple cider vinegar
1 cup seedless grapes
2/3 cup celery, diced
1/3 cup pecans, whole

Dressing

6 tablespoons sunflower seeds
1 tablespoon tahini
2 tablespoons sunflower oil
1 tablespoon tamari
2 tablespoons apple cider vinegar
1/3 cup water
1 teaspoon poppy seeds
1 teaspoon dill
1 1/2 teaspoons stone ground mustard
1/2 teaspoon garlic powder
1 pinch white pepper

Preheat oven to 350°. Combine the first four ingredients and place into an 8 x 8-inch baking dish. Bake for 40 minutes, stirring after 20 minutes. Cool thoroughly, then combine with celery, grapes, and pecans. Place the dressing ingredients in a blender and blend until smooth. Pour over the rest of the ingredients and mix well.



Tahini Noodles

Serves 4 – 6

1/2 pound buckwheat noodles
1/4 bunch Napa cabbage, chopped
1/2 bunch green onions, sliced
6 tablespoons tahini
2 tablespoons tamari
1 teaspoon garlic, minced
2 teaspoons brown rice vinegar
4 tablespoons water
1 teaspoon mirin

Cook the noodles al dente, then add the cabbage to the noodle pot before draining off the water. Drain noodles and cabbage, then cool under cold water. Place tahini, tamari, garlic, vinegar, water, and mirin in a bowl, and whisk until mixed thoroughly. Add the noodles, cabbage, and green onions. Toss together.

Shells n Cheeze

Serves 8 – 10

3 cups pasta shells, cooked al dente
1 large yellow bell pepper, chopped
2 cups cashews
2 1/4 cups water
1/4 cup tahini
2 tablespoons lemon juice
2 tablespoons sunflower oil
1 teaspoon onion powder
1 1/2 teaspoons sea salt
1 teaspoon garlic powder
2 cups bread crumbs

Preheat oven to 350°. Blend everything except for the pasta in a blender until completely smooth. Combine with the pasta and place into an 8 x 8-inch baking dish. Cover and bake for 45 minutes. Remove cover and top with breadcrumbs. Bake uncovered for 5 minutes more.



Mjedra

Serves 8 – 10

1 cup green lentils
7 cups water
1 cup brown basmati rice
6 cups yellow onion, diced
1/4 cup olive oil
1 1/2 teaspoons sea salt

Place lentils in a large pot, add water, bring to a low boil and cook for 1 hour. Sauté the onions in olive oil for 45 minutes, making sure that they do not burn. After the lentils have cooked, add the onions and uncooked rice. Simmer for 1 hour, stirring every 10 minutes. Make sure ingredients do not burn. When done, add salt. Serve with hummus and tabouleh.

Spicy Thai Noodles

Serves 6 – 8

1/2 pound rice noodles
8 cups water
1/4 cup tamari
1 1/2 teaspoons arrowroot powder
2 tablespoons toasted sesame oil
1/3 teaspoon crushed red pepper
6 tablespoons brown rice vinegar
1 tablespoon fresh ginger, minced
1 tablespoon garlic, minced
1/2 jalapeno, diced
1/2 cup red bell pepper, sliced thin
1/2 cup green bell pepper, sliced thin
2/3 bunch green onions, sliced
1/2 cup sesame seeds, toasted
7 basil leaves

In a sauté pan, combine the arrowroot powder with the tamari and whisk together. Heat until thickened, then scrape into a bowl. In a food processor or blender, puree the ginger, garlic, jalapenos, and vinegar, then add to the bowl. In the sauté pan, heat the oil with the crushed red pepper for a few minutes, being careful not to burn, then add to the bowl and mix well. Bring water to boil, then remove from heat. Add the noodles and allow to sit in the hot water for 8 - 10 minutes. When done, cool noodles in an ice water bath, then drain. Add noodles to the bowl along with the bell pepper, green onions, sesame seeds, and basil. Mix well.



Sesame Tofu

Serves 6 – 8

2 pounds San Diego Soy Dairy® firm tofu, cubed
1/4 cup rice vinegar
1/4 cup sesame oil
5 tablespoons tamari
1/4 teaspoon chili flakes
1/2 cup red bell pepper, cut into strips
1/2 cup green bell pepper, cut into strips
1/3 cup sesame seeds
1/3 bunch green onions, sliced

Preheat oven to 350°. Place tofu into a 10 x 12-inch baking dish. Combine the liquids and spices, then pour over the tofu. Bake for 45 - 60 minutes, stirring every 15 minutes. Sauté the peppers over high heat in a little sesame oil for 5 minutes. Lower the heat, add the sesame seeds and sauté for a few more minutes. When the tofu is done, add the peppers and sesame seeds. Add the green onions if serving hot. Otherwise, allow to cool before adding the green onions.

Tofu Nuggets

Serves 6 – 8

2 pounds San Diego Soy Dairy® firm tofu, cubed

1/4 cup tamari

2 tablespoons sunflower oil

1/3 cup rice vinegar

1/4 cup garlic, minced

1 teaspoon garlic powder

1/2 teaspoon turmeric

1 teaspoon black pepper

Preheat oven to 350°. Place tofu into a 10 x 12-inch baking dish. Mix the rest of the ingredients together, then pour over the tofu. Mix well. Bake for 45 - 60 minutes, stirring every 20 minutes.



Yam and Cauliflower Subji

Serves 8 – 10

1/4 cup sesame oil

1 cup yellow onion, diced

1/2 jalapeno, diced

1/4 cup fresh ginger, minced

2 teaspoons cumin seeds

2 teaspoons coriander seeds

2 teaspoons mustard seeds

2 tablespoons curry powder

1 teaspoon sea salt

1 bunch cauliflower, cut into small flowerets

1 yam, cut into large chunks

1 28 oz. can fire roasted crushed tomatoes

1 1/3 cups water

1/2 cup dried apricots

1/2 lime, zested and juiced

1/2 bunch cilantro, chopped

In a large pot, sauté onions, jalapeno, and ginger until the onions are soft. Add the seeds and sauté until seeds start to pop. Add curry powder and sea salt. Stir well, then add cauliflower and yam. Stir until the vegetables are coated with the spices. Add tomatoes and water. In a pot, cover apricots with water and simmer until soft, then drain water and combine apricots with lime zest and juice. Place in a food processor and blend until smooth. Add to the pot, bring to a boil, then lower heat and simmer until the yams are tender, but not soft. Add the cilantro and serve.

Tempeh Loaf

Serves 8 – 10

1/2 28 oz. can Muir Glen® fire roasted crushed tomatoes
2 tablespoons mellow white miso
2 tablespoons peanut butter
1 pound tempeh, steamed for 20 minutes, crumbled
1 tablespoon olive oil
1 cup yellow onion, diced
1 cup celery, diced
1 cup carrots, diced
3/4 cup mushrooms, chopped small
1/2 cup green bell peppers, diced
1/2 cup red bell peppers, diced
1 teaspoon sage
1 teaspoon black pepper
1 teaspoon garlic powder
1 teaspoon oregano
1/4 teaspoon celery seed
1 cup oats
1 cup breadcrumbs
2 tablespoons parsley
ketchup

Preheat oven to 350°. Mix the first three ingredients together in a bowl. Sauté the vegetables until tender, then add the spices. Add the tomato mixture to the sauté, then add the rest of the ingredients. Mix well, place into an 8 x 8-inch baking dish and cover. Bake for 45 minutes, then uncover and top with ketchup. Bake for 5 minutes, then serve.

Garlic Lemon Seitan



Serves 4 – 6

1 lb. No Bones Chicken Style wheat meat (located in the Co-op's Perishable Dept.)
1/3 cup olive oil
1/4 cup lemon juice
2 tablespoons water
2 tablespoons garlic, minced
1/2 teaspoon oregano
1/2 teaspoons thyme
1/2 teaspoon sea salt
1/4 teaspoon black pepper

Preheat oven to 350°. Blend everything except the seitan in a blender until smooth. Place the seitan into a 10 x 12-inch baking dish and cover with blended sauce. Mix well. Cover and bake for 45 minutes, stirring often.

Tempeh Cacciatore

Serves 8 – 10

Marinade

1 pound tempeh, cubed
2 tablespoons olive oil
2 tablespoons red wine vinegar
2 tablespoons water
2 tablespoons nama shoyu (raw soy sauce)
1 teaspoon basil
1 teaspoon oregano
1/2 teaspoon thyme
1/2 teaspoon sage

Sauté

1 tablespoon olive oil
1 cup yellow onion, sliced thin
1 cup bell peppers, assorted colors, cut into strips
1 cup mushrooms, sliced
1 tablespoon garlic, minced
1 28 oz. can Muir Glen® fire roasted crushed tomatoes
1/2 bunch basil, chopped

Preheat oven to 350°. Combine tempeh and marinade ingredients, and place into an 8 x 8 baking dish. Bake for 45 minutes, stirring every 15 minutes. In a pot, sauté onions, bell peppers, mushrooms, and garlic in the olive oil until soft. Next, add tomatoes and basil. Bring to a boil, then lower heat and simmer for 45 minutes. Combine with the baked tempeh and serve over pasta.

Vegan Mac n Cheeze

Serves 8 – 10

3 cups macaroni
1 large red bell pepper, chopped
2 cups cashews
2 1/4 cups water
2 tablespoons lemon juice
2 tablespoons sunflower oil
1 teaspoon onion powder
1 1/2 teaspoons sea salt
1 teaspoon garlic powder
1 1/2 teaspoons turmeric
2 cups bread crumbs

Preheat oven to 350°. Cook macaroni al dente. Blend everything except pasta in a blender until completely smooth. Combine with the pasta and place into an 8 x 8-inch baking dish. Cover and bake for 45 minutes. Uncover and top with breadcrumbs. Bake for 5 minutes more.



Dressings, Dips & Sauces



Balsamic Vinaigrette

20 – 24 servings

1 3/4 cups olive oil
1 cup balsamic vinegar
2 1/2 teaspoons stone ground mustard
1 1/2 teaspoons garlic, minced
1 1/2 teaspoons rosemary, ground
1 1/2 teaspoons basil
1 1/2 teaspoons oregano
3/4 teaspoon fennel seed, ground
3/4 teaspoon black pepper
3/4 teaspoon sea salt

Combine all ingredients and mix, using a whisk. Shake well before pouring.



Cashew Dip

Serves 10 – 12

4 cups raw cashews, soaked in water for 2 hours and then drained
1 1/4 cups water
1 teaspoon sea salt
1/2 teaspoon onion powder
1 teaspoon garlic, minced
1/2 red bell pepper, diced small
2 green onions, sliced
1/2 cup fresh basil, chopped fine

In a food processor, blend the cashews, water, and sea salt until completely smooth. Scrape into a bowl, then add the onion powder and garlic and mix well. Fold in the peppers, green onions, and basil.

Habanero Hot Sauce

Makes 3 – 4 cups

3 roasted sweet red peppers
1 tomato, quartered
1 red onion, quartered
1 small bunch cilantro
3 habanero chilis
1 tablespoon garlic, minced
1 tablespoon brown rice vinegar
2 tablespoons tomato paste
1/2 cup water
1 teaspoon sea salt

Place everything in a blender and blend until smooth.



People's Hot Sauce

Makes 4 cups

1 large carrot, chopped
1 small tomato
4 tablespoons olive oil
1/2 red onion, chopped
5 jalapenos
1/2 red bell pepper
1 1/2 teaspoons sea salt
1 1/2 teaspoons black pepper
1 tablespoon garlic, minced
3 tablespoons brown rice vinegar
1/2 cup water
2 tablespoons lime juice

Sauté onions, peppers, and garlic. Steam carrot until soft. Place all ingredients into a blender and blend until smooth. Add more water if a thinner sauce is desired.

Japanese Ginger Dressing

Makes 3 cups

1 cup sesame oil
3/4 cup rice vinegar
1/2 cup fresh ginger, minced
2 tablespoons ume plum vinegar
6 tablespoons maple syrup
2 tablespoons water
2 tablespoons white miso
1 pinch cayenne

Place everything in a blender and blend well. Pour through a strainer to strain the ginger fiber.



Peanut Ginger Dressing

Makes 2 1/2 cups

1/2 cup peanut butter
1/2 cup rice vinegar
1/2 cup maple syrup
1/2 cup tamari
1/2 cup fresh ginger, minced

Place all ingredients into a blender and blend until smooth. Make sure the ginger is completely blended. This recipe can also be used as a sauce for stir fry.



Sesame Dressing

Makes 3 cups

1 1/2 cups sesame seeds
2 tablespoons ume plum vinegar
1 tablespoon tamari
1 cup + 2 tablespoons water
1/2 cup rice vinegar

Blend all ingredients together.

Roasted Red Pepper Dressing

Makes 2 cups

1/2 16 oz. jar roasted sweet red bell peppers
1/4 cup rice vinegar
1/4 cup tahini
2 tablespoons mellow white miso
6 tablespoons mirin
2 teaspoons garlic, minced
1 1/2 teaspoons basil
1 1/2 teaspoons cumin powder
2 teaspoons lemon juice
3/4 teaspoon black pepper
3/4 teaspoon white pepper

Blend everything together in a blender until smooth.



People's Dressing

Makes 2 cups

3/4 cups sunflower seeds
1/4 cup Follow Your Heart Veganaise® (vegan mayonnaise substitute)
2 tablespoons lemon juice
3/4 cup + 2 tablespoons water
3 tablespoons maple syrup
3 tablespoons brown rice syrup
1 tablespoon nutritional yeast
1 teaspoon garlic powder
3/4 teaspoon tarragon
1/2 teaspoon mustard powder
1/4 teaspoon black pepper
1/2 teaspoon sea salt

Place all ingredients, except for half of the water, into a blender and blend until smooth. Slowly add the rest of the water while blending. Scrape down the sides of the blender to make sure that there aren't any seeds or chunks. The dressing should be smooth and creamy.

People's Pesto

Makes 2 1/2 – 3 cups

- 1 cup pine nuts**
- 3/4 cup olive oil**
- 1 1/2 tablespoons garlic, minced**
- 1 bunch basil**
- 1 teaspoon sea salt**

Place all ingredients into a food processor and blend until completely smooth.



Raw Hempseed Pesto

Makes 2 – 2 1/2 cups

- 1 cup raw hempseeds**
- 1/2 cup olive oil**
- 1 1/2 tablespoons garlic, minced**
- 1 bunch basil**
- 1 teaspoon sea salt**

Place everything in a food processor and blend until smooth.



People's Salsa

Makes 5 cups

- 1 pound tomatoes, diced**
- 1 pound tomatoes, blended in blender**
- 1/2 red onion, diced fine**
- 1 bunch green onions, chopped**
- 1 bunch cilantro, chopped**
- 1 jalapeno, minced**
- 2 limes, juiced**
- 1 1/2 tablespoons garlic, minced**
- 1 teaspoon sea salt**

Place all of the vegetables and blended tomatoes in a bowl. Juice the limes and add to the bowl along with the sea salt. Mix well and allow to marinate for 30 minutes before serving.

People's Spinach Dip

Serves 10 – 12

- 1/2 cup Follow Your Heart Vegemaise® (vegan mayonnaise substitute)
- 1/4 cup sunflower oil
- 2 12.3 oz. boxes firm silken tofu
- 1 tablespoon black pepper
- 1 tablespoon dill
- 1 tablespoon garlic, minced
- 1/2 1.1 oz. package onion dip mix
- 1 10 oz. package frozen spinach, chopped, thawed and drained
- 1 bunch green onions, chopped
- 1 5 oz. can water chestnuts, chopped

Place all ingredients into a food processor except for the green onions, water chestnuts, and spinach. Blend until smooth. Place all ingredients into a bowl and mix well.

Sunflower Seed Dip

Serves 10 – 12

- 2 1/2 cups sunflower seeds
- 1 1/4 cups water
- 1/2 cup apple cider vinegar
- 2 tablespoons tamari
- 1 tablespoon mellow white miso
- 2 tablespoons stone ground mustard
- 1 tablespoon garlic, minced
- 3 tablespoons dill

Place all ingredients into a food processor and blend until smooth.



Tofu Onion Dill Dip

Serves 4 – 6

- 1 12.3 box firm silken tofu
- 1/3 cup brown rice vinegar
- 1/4 cup sunflower oil
- 3/4 cup yellow onion, quartered
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 2 tablespoons dill

Place all ingredients in a food processor and blend until smooth.



Mushroom Gravy

Makes approximately 10 cups

4 tablespoons toasted sesame oil
2 cups yellow onions, diced
3 cups mushrooms, sliced thin
3/4 teaspoon black pepper
3/4 teaspoon sage
1 tablespoon dill
3 tablespoons Braggs® Liquid Aminos
2 cups vegetable broth
2 cups soy milk
6 tablespoons oat flour
6 tablespoons nutritional yeast

Heat the oil. Add onions and mushrooms and sauté until soft, then add the spices. Sauté for 1 more minute, then add the Braggs®, vegetable broth, and 1 cup of the soymilk. Bring to a boil. In a small bowl, combine the rest of the soy milk, flour, and yeast. Mix with a whisk, then add to the pot. Mix well. Heat until thickened. Remove from heat and allow to thicken further.



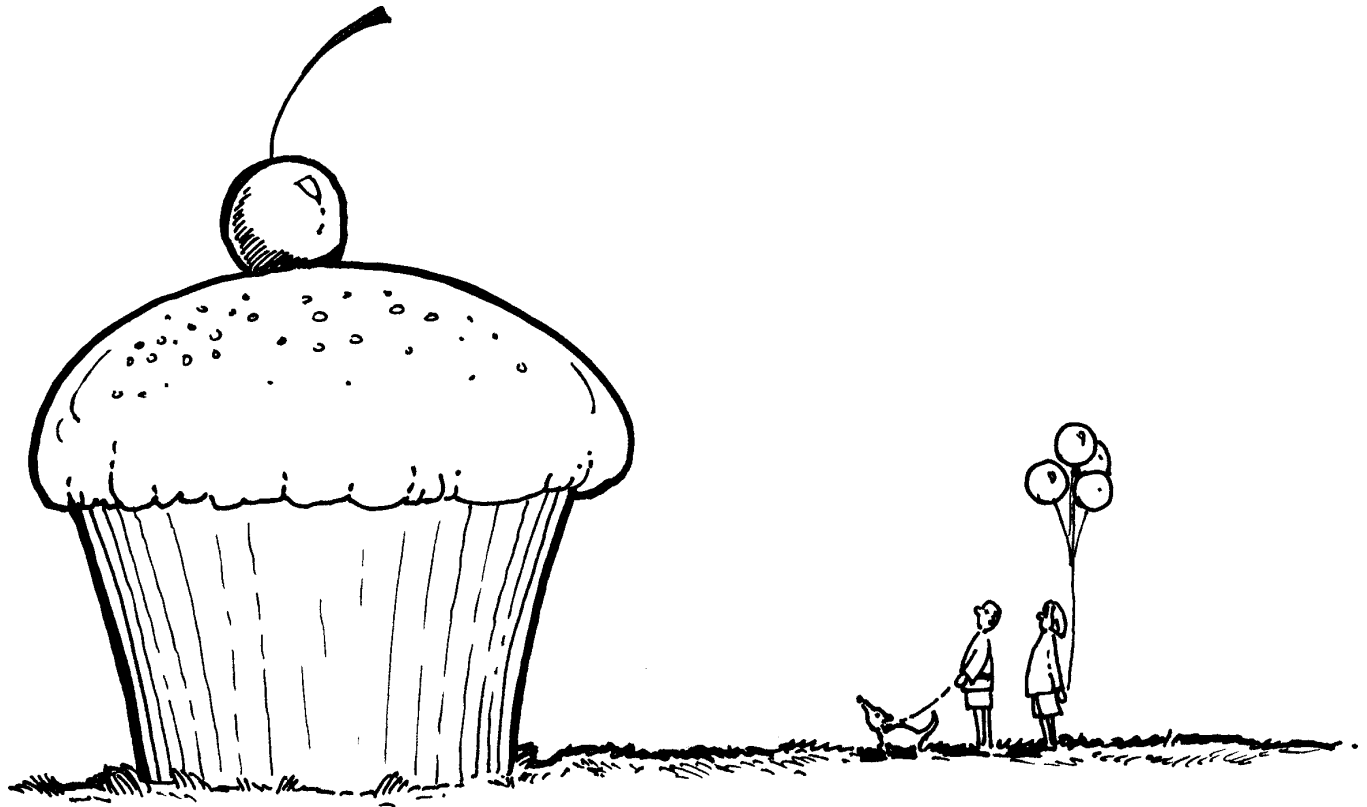
People's Hummus

Serves 6 – 8

1 cup chickpeas (also known as garbanzo beans)
2 tablespoons tahini
4 tablespoons lemon juice
1 tablespoon garlic, minced
1 teaspoon sea salt
1 1/4 cups chickpea water

Place beans in a large pot, add 4 cups of water and bring to a boil. Cover the pot, with the lid slightly tilted so that steam can escape, lower heat and simmer the chickpeas for 2 - 3 hours. Drain chickpeas, but save the water. Allow to cool thoroughly. Place everything, including chickpea water, in a food processor and blend until smooth. Adjust the water to get desired consistency.

Baked Goods & Sweet Treats



Agave Sweetened Zucchini Bread

Serves 12

2 1/3 cups spelt flour
2/3 cup walnuts, chopped
1 teaspoon baking soda
1/4 teaspoon baking powder
2 teaspoons cinnamon
1 teaspoon sea salt
2/3 cup sunflower oil
1/3 cup apple juice
2/3 cup agave syrup
2 cups zucchini, grated

Preheat oven to 350°. Mix the dry ingredients together. Mix the wet ingredients together. Combine dry and wet ingredients, then fold in the walnuts. Place into a lightly oiled 8 x 3 1/2 x 2 1/2-inch pan and bake for approximately 20-25 minutes or until done.



Banana Bread

Serves 12

2 bananas, whole
1 cup bananas, chopped
1/2 cup apple juice
1/3 cup sunflower oil
2/3 cup maple or agave syrup
1 teaspoon lemon juice
1 teaspoon banana extract
2 teaspoons vanilla
2 1/3 cups whole wheat pastry flour
2/3 cup walnuts, chopped
1/2 teaspoon sea salt
1 teaspoon baking soda

Preheat oven to 350°. Place the whole bananas and the apple juice in a food processor and blend until smooth. Add the oil, maple syrup, and lemon juice. Mix the dry ingredients, except for the walnuts, then add to the wet ingredients and mix well. Fold in the chopped bananas and walnuts. Place into a lightly oiled 8 x 3 1/2 x 2 1/2-inch pan and bake for 25 - 30 minutes or until done.

Biscotti

Makes 5 - 6 biscotti

1 cup whole wheat pastry flour
1/2 cup unbleached flour
1 1/2 teaspoons baking powder
1/4 teaspoon sea salt
6 tablespoons maple or agave syrup
6 tablespoons sunflower oil
1 teaspoon vanilla
1/4 teaspoon almond extract
1/2 cup hazelnuts, chopped small

Preheat oven to 350°. Combine the dry ingredients. Combine the wet ingredients. Combine dry and wet ingredients. Fold in the hazelnuts. Form into a log. Bake for 30 minutes on a lightly oiled cookie sheet. Remove from oven and allow to cool. Slice lengthwise into 5 - 6 pieces. Bake for 20 minutes. Remove from oven and allow to cool before serving.



People's Brownies

Makes 16 brownies

3 cups chocolate or carob chips
12 oz. firm silken tofu
3 tablespoons maple syrup
2 tablespoons sunflower oil
1 1/2 teaspoons vanilla
1 teaspoon sea salt
1 teaspoon baking soda
1 cup oat flour

Frosting

2 cups chocolate or carob chips
2 tablespoons maple syrup
1/4 cup soymilk
1 1/2 teaspoons vanilla

Preheat oven to 350°. Mix the wet ingredients together. Mix the dry ingredients together. Combine the wet and the dry ingredients and mix well. Pour into a lightly oiled 8 x 8-inch baking dish, and bake for 25 - 30 minutes. Allow to cool thoroughly. Melt the frosting ingredients over very low heat and mix well. Frost the cooled brownies and place in the refrigerator for a few hours before serving.

Brown Rice Pudding

Serves 6 – 8

1 cup short grain brown rice
3 cups water
3 tablespoons maple syrup
1 1/2 cups vanilla soymilk
1/2 cup raisins
1/4 teaspoon nutmeg

Bring the rice and water to a boil, then cover, reduce heat and simmer for 45 minutes. When done, place in a bowl and add the rest of the ingredients. Mix well and allow to cool before serving.

Goddess Bars

Makes 6 – 8 bars

1 cup walnuts, chopped
1 cup pumpkin seeds
1 cup sunflower seeds
2 cups macadamia nuts, chopped
2 cups shredded coconut
4 cups chocolate chips
1/2 cup peanut butter
1/2 cup maple syrup
1 cup Earth Balance®

Preheat oven to 350°. Mix the first 6 ingredients together. Melt the peanut butter, maple syrup, and Earth Balance® over low heat. Set aside and allow to cool for 5 minutes, then add to the nut and seed mixture. Mix well. Place into a lightly oiled 8 x 8-inch baking dish and press down firmly. Bake for 20 minutes, rotating after 10 minutes. Refrigerate for 3 – 4 hours before serving.



Chocolate Pudding

Serves 6 – 8

1 3/4 cups chocolate or carob chips
1/4 cup maple syrup
1/4 cup vanilla soymilk
1 1/2 teaspoons vanilla
24 oz. firm silken tofu

Melt chips, syrup, and soymilk in a pan on low heat. After melting, place in a blender with remaining ingredients and blend until smooth. Allow to cool in the refrigerator before serving.



People's Macaroons

Makes approximately 2 dozen

- 1 cup rice flour**
- 2 1/4 cups shredded coconut**
- 1/2 cup + 2 tablespoons brown rice syrup**
- 1/2 cup water**
- 1 teaspoon almond extract**
- 1/2 teaspoon orange extract**

Preheat oven to 350°. Mix the dry ingredients. Mix the wet ingredients. Combine the two together and set aside for 5 minutes. Place on a lightly oiled cookie sheet using a cookie scooper or a rounded tablespoon. Do not press down. Bake for 12 minutes, or until slightly browned.



Mixed Berry Pie

Makes 1 pie

- 1 1/4 cups whole wheat pastry flour**
- 1/4 teaspoon baking soda**
- 1/4 teaspoon cinnamon**
- 1/2 cup cane sugar**
- 1/2 cup Earth Balance® (vegan butter substitute)**
- 2 1/2 cups frozen strawberries**
- 2 cups frozen blueberries**
- 3/4 cup frozen raspberries**
- 6 tablespoons arrowroot powder**
- 6 tablespoons cane sugar**
- 1 pre-made whole wheat pie crust**

Preheat oven to 350°. Mix the dry ingredients together, then add the Earth Balance® and mix well; this will give you a crumb topping. Mix the berries with the arrowroot powder and place in a pot. Cook over low heat until the berries are thawed and the mixture starts to thicken. Add the cane sugar and mix well. Pour mixture into the pie crust, then top with the crumb topping. Bake for 40 minutes. Allow to cool thoroughly before serving.

Maple Walnut Cookies

Makes 1 dozen cookies

1 1/2 cups + 2 tablespoons rolled oats
1 cup + 6 tablespoons whole wheat pastry flour
1 cup walnuts, chopped
3/4 teaspoon sea salt
1 cup maple syrup
6 tablespoons sunflower oil
2 teaspoons vanilla

Preheat oven to 350°. Mix the dry ingredients together. Mix the wet ingredients together. Combine the wet and the dry ingredients and mix. Fold in the walnuts. Place onto a lightly oiled cookie sheet using a cookie scooper or a rounded tablespoon. Place a walnut on top of each cookie and press down. Bake for 14 minutes, rotating the pan after 7 minutes.



Oatmeal Raisin Cookies

Makes 20 – 24 cookies

2 cups rolled oats
1 1/2 cups + 2 tablespoons whole wheat pastry flour
3/4 teaspoon baking soda
1 1/2 teaspoons cinnamon
1/4 teaspoon sea salt
1 cup raisins
3/4 cup maple or agave syrup
3/4 cup sunflower oil

Preheat oven to 350°. Mix all of the dry ingredients together. Mix all of the wet ingredients together. Combine the wet and the dry ingredients, mix well, then fold in raisins. Using a cookie scoop or rounded tablespoon, drop dough onto a lightly oiled cookie sheet and press down. Bake for 14 minutes, rotating the cookie sheet after 7 minutes.

Orange Coconut Carob Chip Cookies

Makes 20 – 24 cookies

2 1/3 cups spelt flour
2/3 cup shredded coconut
1/2 teaspoon baking soda
1/2 teaspoon sea salt
2/3 cup carob chips
2/3 cup maple syrup
2/3 cup sunflower oil
2 teaspoons orange extract

Preheat oven to 350°. Mix the dry ingredients. Mix the wet ingredients. Combine the wet and the dry ingredients, then fold in the carob chips. Using a cookie scoop or rounded tablespoon, drop dough onto a lightly oiled cookie sheet and press down slightly. Bake for 14 minutes, rotating the cookie sheet after 7 minutes.



Peanut Butter Cookies

Makes 20 – 24 cookies

3/4 cup peanut butter
1/2 cup sunflower oil
1/2 cup maple syrup
1 teaspoon vanilla
2 cups spelt flour

Preheat oven to 350°. Mix peanut butter with wet ingredients. Add flour and mix well. Using a cookie scoop or rounded tablespoon, drop dough onto a lightly oiled cookie sheet, using a fork to press down. Bake for 14 minutes, rotating the pan after 7 minutes.



Peanut / Almond Butter Cups

Makes 6 cups

2 cups chocolate chips
1 tablespoon sunflower oil
1/2 cup peanut butter or almond butter
2 tablespoons maple syrup
1 teaspoon melted chocolate

Melt chocolate chips with oil over low heat. Combine nut butter with maple syrup and 1 teaspoon of melted chocolate. Place six muffin cups in a muffin pan. Scoop some chocolate into each cup. Evenly distribute the peanut or almond butter mixture into the cups. Top with the rest of the chocolate and place in the refrigerator for about an hour.

Rice Krispy Treats

Makes 16 treats

9 cups crispy rice cereal
2 1/2 cups puffed kamut cereal
2 cups almond butter, peanut butter, or tahini
2 cups brown rice syrup
1 1/2 teaspoons vanilla extract

In a bowl, mix nut butter with the syrup and vanilla. Add the cereal and mix well with your hands. Press mixture firmly into a lightly oiled 8 x 8-inch baking dish. Cut into desired sizes, then refrigerate for a few hours before serving.

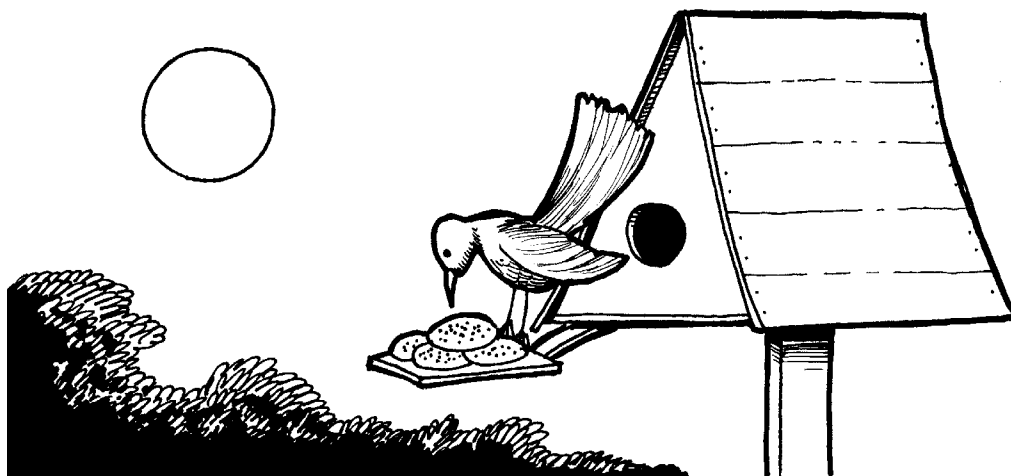


Seed and Nut Cookies

Makes 20 – 24 cookies

1/2 cup sunflower seeds
1/2 cup sesame seeds
1/2 cup poppy seeds
1/2 cup walnuts, chopped
1 cup oat flour
1 cup almonds, chopped
1/2 teaspoon cinnamon
1/2 cup soymilk
1/2 cup + 2 tablespoons brown rice syrup
1 teaspoon vanilla extract

Preheat oven to 350°. Mix the dry ingredients. Mix the wet ingredients. Combine dry and wet ingredients and allow to sit for 5 minutes. Using a cookie scoop or rounded tablespoon, drop dough onto a lightly oiled cookie sheet; do not press down. Bake for 7 minutes. Rotate baking sheet and cook for another 7 minutes.



Spelt Chocolate Chip Cookies

Makes 20 – 24 cookies

- 3 cups spelt flour**
- 1 teaspoon baking soda**
- 1 teaspoon sea salt**
- 3/4 cup + 2 tablespoons maple syrup**
- 3/4 cup + 2 tablespoons sunflower oil**
- 1 teaspoon vanilla extract**
- 1 cup chocolate chips or carob chips**
- 1 cup walnuts or macadamia nuts, chopped (optional)**

Preheat oven to 350°. Mix the dry ingredients together. Mix the wet ingredients together. Combine the wet and the dry ingredients, then fold in the chips and the nuts. Using a cookie scoop or rounded tablespoon, drop dough onto a lightly oiled cookie sheet and press down slightly. Bake for 7 minutes. Rotate cookie sheet and bake for another 7 minutes.



Spelt Oatmeal Blueberry Cookies

Makes 20 – 24 cookies

- 2 cups spelt flour**
- 1 1/2 cups rolled oats**
- 1 teaspoon baking soda**
- 1 1/2 teaspoons cinnamon**
- 1/4 teaspoon sea salt**
- 1 1/2 cups fresh or frozen blueberries**
- 1/2 cup + 2 tablespoons maple or agave syrup**
- 1/2 cup + 2 tablespoons sunflower oil**

Preheat oven to 350°. Mix the dry ingredients. Mix the wet ingredients, except for the blueberries. Combine the wet and the dry ingredients, then fold in the blueberries. Using a cookie scoop or rounded tablespoon, drop dough onto a lightly oiled cookie sheet and press down slightly. Bake for 25 minutes, rotating cookie sheet halfway through.

Tahini Puffs

Makes 20 – 24 puffs

2 cups oat flour

1 1/2 cups crispy rice cereal

1 teaspoon baking soda

3/4 cup tahini

1 1/4 cups maple syrup or agave syrup

Preheat oven to 350°. Mix the dry ingredients. Mix the tahini with the maple syrup, then add to the dry ingredients. Set aside for a few minutes. Using a cookie scoop or rounded tablespoon, drop dough onto a lightly oiled cookie sheet and press down slightly. Bake for 16 minutes, rotating baking sheet after 8 minutes.



People's Tapioca

Serves 8 – 10

1 quart vanilla soymilk

1 cup tapioca

1 1/3 cups vanilla soymilk

1/2 cup maple syrup

2 teaspoons vanilla extract

Place the tapioca and the quart of soymilk into a pot and heat over low heat, stirring every 5 minutes until the tapioca is cooked, approximately 45 minutes to 1 hour; tapioca should look translucent. Remove from heat, add the remaining ingredients and stir well. Allow to cool before serving.



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To the dishwashers, servers, and cooks who make up the backbone

