

Coco's Healthy Cooking

A Collection of Delicious Plant-Based Recipes to Renew Your Health
and Vitality

Melinda Coker



Recipes from the Weekend



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Tyler, TX

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<http://www.CocosHealthyCooking.com>



Tamale Pie

INGREDIENTS

- 1 teaspoon olive oil
- 1 onion, chopped
- 1 green bell pepper, seeded and chopped
- 1 cup black olives, chopped
- 1 tablespoon fresh oregano, minced (or 1 teaspoon dried)
- 3 14-ounce cans of pinto beans, rinsed and drained
- 3 cups corn, canned or frozen, rinsed and drained
- 1 8-ounce can tomato sauce
- 1 6-ounce can tomato paste
- ¼ teaspoon salt
- Pepper to taste
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- 1 cup cornmeal
- ½ cup whole wheat flour
- 1 teaspoons baking powder
- ¼ teaspoon salt
- 1 cup nondairy milk
- 1 tsp. apple cider vinegar
- 2 tablespoons unsweetened applesauce
- 1 tsp. maple syrup

DIRECTIONS

- Preheat oven to 350° F.
- Lightly grease a 13x9 inch baking pan.
- Sauté onion and green pepper in oil over low heat, about 5 minutes.
- In a very large bowl, or blender, combine sautéed onion, green pepper, black olives, oregano, tomato sauce, tomato paste, salt and pepper. At this point if you will have children eating who do not like vegetables, you can puree' in a blender before adding the beans and corn.
- Pour mixture into baking pan and pat down so it is smooth and even.
- To prepare cornbread topping: whisk together cornmeal, flour, baking powder, and salt.
- Mix together the milk, vinegar, applesauce & maple syrup. Fold wet ingredients into dry ingredients and mix lightly until combined.
- Spoon cornbread mixture over the bean mixture and smooth to cover.
- Bake until cornbread is lightly browned (about 30-40 minutes). Allow to sit for 15 minutes before serving.

Makes 8 servings.

Mock Tuna Salad

If you like a crunchy tuna or chicken salad, you will definitely enjoy this. Use it as a sandwich filling or eat it as a salad. You will need a food processor and a blender to make this.

INGREDIENTS

- 2 stalks celery, washed and diced
- 1 small red onion, diced
- 1 teaspoon basil, chopped
- 1 14-oz. can garbanzo beans, rinsed and drained

DIRECTIONS

- Soak cashews per dressing recipe below.
- Prepare celery and onion and put in a mixing bowl.
- Turn on the food processor and drop in the basil while motor is running.
- Add beans to food processor and pulse briefly, just around 6 pulses.
- Scrape processed mixture into bowl with celery and onion.
- Mix in dressing (recipe below) and serve.

Makes 2 servings.

Salad Dressing

INGREDIENTS

- ¼ cup raw, plain cashews
- ¼ cup water
- 1 ½ tablespoons lemon juice (½ lemon)
- 1 teaspoon apple cider vinegar
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ½ tablespoon mustard (French's yellow)
- Pinch of powdered kelp (optional)

DIRECTIONS

- Add nuts and water to blender and let them soak about 5 minutes.
- Add lemon juice, vinegar, salt, garlic, mustard and kelp.
- Blend until smooth.
- Pour over salad and mix until thoroughly combined.



Cranberry Muffins

In the fall buy extra bags of cranberries and keep them in your freezer so you can enjoy these muffins all year round. If you don't have the cranberries you can substitute blueberries. You can also bake these in mini-muffin cups to serve as a party dessert or on a breakfast buffet. Make these gluten-free or use whole wheat flour. For GF use GF flour + ¼ tsp. xanthan gum.

INGREDIENTS

- 1/3 cup sugar
- 1 ½ cups whole wheat flour
- ½ cup almond flour (or finely ground almonds)
- ½ cup rolled oats (dry oatmeal)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup unsweetened applesauce
- ½ cup unsweetened soy or almond milk
- 1 orange (juiced and zested)
- 1 ½ cup cranberries
- ¼ cup sliced almonds

DIRECTIONS

- Preheat oven to 350 degrees.
- Lightly grease muffin tins.
- Whisk together the sugar, flours, oatmeal, baking soda, baking powder and salt.
- In a separate bowl, whisk together the applesauce, milk, orange juice and orange zest.
- Stir wet mixture into dry mixture.
- Gently fold in cranberries just until combined.
- Spoon batter into baking cups with a 1/3 measuring cup.
- Sprinkle with sliced almonds.
- Bake until a toothpick inserted into the center of muffins comes out clean, about 20 – 25 minutes.
- Remove from oven and let cool in pan for 10 minutes.
- Turn muffins out onto wire racks, and let cool completely.

Makes 12 muffins.

(Recipe adapted from marthastewart.com)



Oatmeal Breakfast Shake

You can either mix the ingredients for this shake the night before or in the morning. I make these shakes for company quite often and it is easier to put them together the night before. Wait to add the frozen banana until morning.

I got some quart, wide-mouth jars with lids. I put the ingredients for one shake into each jar, cap it and refrigerate overnight. In the morning I dump the ingredients from one jar at a time into the blender and blend until smooth. Pour the shake back into the jar, add a straw and serve.

INGREDIENTS

- ½ cup old fashioned oats
- ½ tablespoon chia seeds (or flax seeds)
- 2 cups chopped up fresh/frozen pineapple (or another fruit)
- 1 cup plain soy or almond milk
- 10-15 fresh spinach leaves
- ¾ cup ice/water
- Dash of cinnamon
- ½ banana, sliced (preferably frozen)

DIRECTIONS

- Put oats, chia, pineapple and milk into a glass container.
- Cover and refrigerate overnight.
- In the morning, pour the mixture into a blender. Add cold water/ice, cinnamon and banana.
- Blend until smooth.
- Pour into a glass or a glass jar and serve.

Makes one large serving or 2 medium ones.





Banana Bread

For a gluten-free version, use Bob's gluten-free flour and ½ teaspoon xanthan gum in place of the wheat flour.

INGREDIENTS

- 1 ½ cup whole wheat flour
- ½ cup packed light brown sugar
- ¼ cup flax seed meal
- 1 teaspoon baking soda
- 2 ½ teaspoons baking powder
- ¼ teaspoon salt
- ½ cup chopped walnuts
- 1 ¼ cup mashed ripe bananas (about 2-3 bananas)
- ½ cup unsweetened applesauce
- 2 teaspoons vanilla

DIRECTIONS

- Preheat oven to 350°F.
- Lightly grease a medium loaf pan.
- Whisk together all of the dry ingredients in a large bowl.
- Add mashed bananas, applesauce and vanilla and stir with a wooden spoon until mixed.
- Stir in walnuts if using.
- Bake in the center of the preheated oven for 45 – 60 minutes, until the loaf is firm, a bit crusty, and a wooden toothpick inserted into the center comes out clean.
- Cool in pan up to five minutes before inverting it onto a wire rack. Cool on wire rack for 45 – 60 minutes before slicing.
- Slice the loaf and put any uneaten slices between sheets of wax paper in a freezer container and freeze.
- Warm frozen bread in a toaster oven or in a large frying pan on the stove. It may fall apart if you place it in a regular toaster.

(Recipe adapted from glutenfreegoddess.blogspot.com)

Bean Burger

INGREDIENTS

- 1 large garlic clove, peeled and minced
- 2 green onions, chopped
- 1 cup cilantro leaves
- 1 cup carrots, chopped (2-3 carrots)
- 1 teaspoon onion powder
- 1 14-ounce can pinto beans, rinsed and drained
- 8 ounces tomato sauce
- 2 cups old-fashioned oats
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- 8 Whole wheat buns (or bread)
- Mustard and/or catsup
- Onion slices
- Tomato slices
- Lettuce (mixed greens, arugula or Swiss chard)
- Dill pickle slices
- Jalapeño slices

DIRECTIONS

- Preheat oven to 400° F.
- Add garlic to the food processor with the motor running to mince it. Then add the green onions, cilantro, carrots, onion powder, beans, and tomato sauce. Process until blended.
- In a large bowl, stir together the blended mixture with the oats.
- Use a 1/3 cup measuring cup to dip out the mixture. Then with your hands, form into patties and place on a baking sheet.
- Bake 8 minutes and then turn and bake an additional 5 minutes.
- Serve on whole wheat buns with your favorite condiments such as mustard, onion slices, tomato slices, lettuce, dill pickle slices and or jalapeño slices.

Makes 7 - 8 burgers.

(Recipe adapted from Ann Esselstyn, *Prevent and Reverse Heart Disease*)





Chilled Pineapple Gazpacho

This is a wonderful treat on a summer day.

INGREDIENTS

- 2 large cucumbers, peeled, seeded and chopped
- 1 ripe pineapple, peeled and chopped
- 1 cup red radishes, finely chopped
- 3 cloves garlic, peeled
- 1 cup cilantro, chopped
- 1 large red bell pepper, cored and chopped
- 1 large yellow pepper, cored and chopped
- 1 small red onion, minced
- 1 jalapeño, cored and minced
- 3 limes, juiced
- Lime zest from 2 limes
- 2 cups pineapple or pineapple/mango juice
- Juice of 1 fresh grapefruit or 1 cup bottled grapefruit juice
- ¼ teaspoon salt

DIRECTIONS

- Divide all vegetables and fruits in half. Reserve one half and place the other half in the VitaMix (or a food processor) and puree with the liquids.
- Dice the other half of the vegetables and fruits and put in large bowl.
- Pour puree' over the chopped ingredients.
- Chill for at least one hour.
- Stir and spoon into bowls to serve.

Serves 6 - 8.

(Recipe adapted from Christian Chavanne, *Tyler Morning Telegraph*)

Banana Cream Pie

This is a great dessert to take to the next potluck.

CRUST INGREDIENTS

- 1 ¼ Grape Nuts cereal
- ¼ cup apple juice concentrate (frozen)

DIRECTIONS

- Preheat oven to 350° F.
- Mix cereal and apple juice concentrate and pat into a 9" pie pan.
- Bake in preheated oven for 8 minutes.
- Cool before filling.

FILLING INGREDIENTS

- ½ cup sugar
- 5 tablespoons cornstarch
- 2 cup nondairy milk
- ½ teaspoon salt
- 1 teaspoon vanilla
- ½ pound firm tofu (drained)
- 2 ripe bananas
- 2 tablespoons slivered almonds (toasted)

DIRECTIONS

- Make a pudding by mixing the sugar, cornstarch, milk and salt in a saucepan. Cook over medium heat, stirring constantly, until very thick. Remove from heat and stir in vanilla.
- Let cool 15 – 30 minutes.
- Blend tofu and bananas in food processor until smooth.
- Add pudding mixture and continue blending until smooth.
- Pour mixture into pie crust and smooth top.
- Sprinkle with toasted almonds.
- Refrigerate until chilled, 2 – 3 hours.

Serves 6.



French Fries

INGREDIENTS

- 2 large russet potatoes (or sweet potatoes), peeled randomly
- 1 tablespoon nutritional yeast
- 2 teaspoons garlic powder
- ½ teaspoon black pepper
- ½ teaspoon coarse salt
- Catsup

DIRECTIONS

- Cut each potato in half horizontally and then cut each half into long, thin sticks.
- As you cut them, put potatoes in a 2-3-quart saucepan filled with ice water.
- Drain potatoes and refill pan with cool water to about 2 inches above potatoes.
- Bring to a boil.
- Preheat oven to 400°F.
- When water boils, reduce heat and simmer potatoes for 4 minutes.
- Remove from heat and drain.
- Put potatoes back into saucepan and add yeast, garlic powder, pepper and salt.
- Put lid on pan and shake to evenly coat potatoes.
- Spread potatoes in single layer on large baking sheet.
- Roast until browned and cooked through (about 30 to 40 minutes), turning them once about halfway through cooking.
- When lightly browned, remove from oven and serve immediately, with catsup, if desired.

Makes 2 - 4 servings.





Kale Apple Mango Shake

INGREDIENTS

- 4 cups kale leaves, backbone removed and leaves chopped
- 2 mangoes, cubed (or 1 cup frozen mango cubes)
- 1 apple, cored and chopped
- 1 ½ cup ice
- 1 ½ cup water

DIRECTIONS

- Prepare kale, mangoes and apple. Place in a sturdy blender or Vitamix.
- Add ice and water.
- Blend until smooth and all chunks are gone.

Makes 4 servings.

Kale Orange Breakfast Shake

INGREDIENTS

- 2 cups kale leaves, backbone removed and leaves chopped
- 2 oranges, peeled and cut
- ½ ripe banana, fresh or frozen
- 1 cup frozen mango cubes
- 1 cup ice + water

DIRECTIONS

- Place oranges, kale, mango, banana and ice/water into a sturdy blender or Vitamix.
- Blend until smooth and all chunks are gone.

Makes 2 8-oz. servings or 4 smaller servings.

Frozen Fruit Soft-Serve

This is a delicious treat and works as a breakfast, a snack or even a dessert.

INGREDIENTS

- ¼ cup oats
- 1 tablespoon flax seeds
- 1 cup plain nondairy milk
- Handful of spinach leaves
- ½ frozen banana
- 2 cups frozen mixed fruit
-
- ¼ cup granola
- Dash of cinnamon
- 2 tablespoons chopped walnuts
- 1 teaspoon chia seeds

DIRECTIONS

- Put oats and flaxseeds in Vitamix or blender.
- Add milk, spinach and banana.
- Add frozen fruit
- Process until smooth and thick.
- Spoon into a cereal bowl or parfait glass.
- Top with granola, walnuts, cinnamon and chia.

Makes one large serving or 2 parfait-sized servings.

Frozen Blueberries & Granola

This is a simple, easy breakfast to fix.

INGREDIENTS

- 2 cups frozen (or fresh) wild blueberries
- ¼ cup granola
- 1 tablespoon slivered almonds
- ½ teaspoon cinnamon

DIRECTIONS

- Pour the blueberries in your bowl and let thaw slightly for about 30 minutes while you take your shower or fix the coffee.
 - Add granola, almonds and cinnamon.
- Mix and enjoy.



