

Holiday Recipes-2

Plant-based Recipes for Holiday Meals



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with Splash!
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Lentil Mushroom Patties

These little patties can also be rolled into Lentil Mushroom Balls. They are great served with Cranberry Relish. Make the cranberry relish at least two hours before the patties so it can cool and gel. The relish can also be made a day ahead and refrigerated until use.

INGREDIENTS

- ½ cup dried, uncooked lentils + 2 ½ cups water
- 1 cup walnuts, toasted
- 3 large garlic gloves, peeled and diced.
- 8-ounce package of baby bella (or cremini) mushrooms, washed, dried and sliced.
- 1 teaspoon olive oil (or 1 tablespoon vegetable broth)
- 1 cup (tightly packed) kale leaves, chopped and destemmed
- ¼ cup dried cranberries
- ½ teaspoon chopped fresh rosemary (¼ teaspoon dried)
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- 2 tablespoons sherry vinegar (or white wine vinegar)
- 2 tablespoons flaxseed meal + 3 tablespoons water
- ½ cup oat bran (or oatmeal ground in a blender)
- ½ teaspoon salt

DIRECTIONS

- Rinse and check lentils for rocks. Put strained lentils in a medium saucepan with 2 ½ cups water. Bring to a boil, reduce heat, cover and simmer for about 20 minutes, until lentils are tender.
- Preheat oven to 350 degrees.
- Sauté garlic and mushrooms in 1 teaspoon olive oil (or veggie broth) in nonstick skillet over low heat for about 10 minutes.
- Add kale, cranberries, walnuts, herbs and vinegar. Stir until kale is wilted. Remove from heat and stir in mashed lentils (drained) and salt.
- Put mixture in a food processor and process until combined.
- Put in a mixing bowl and stir in oat bran.
- Line a baking sheet with parchment paper. Shape lentil mixture into balls. Place on baking sheet about an inch apart.
- Bake for about 15 minutes. Remove from oven and turn over. Bake another 10 minutes. (Don't overcook or they will be dry.)
- Serve warm with cranberry relish.

Makes about 14 small patties.

(Recipe adapted from Angela Liddon, ohsheglows.com)



Cranberry Sauce

INGREDIENTS

- ½ cup pecans, roughly chopped
- 1 12-ounce bag fresh or thawed cranberries
- ¾ cup sugar
- ¾ cup fresh orange juice (about 4 oranges)
- 1 ½ teaspoon grated orange zest
- 1 teaspoon grated ginger

DIRECTIONS

- Toast pecans in toaster oven or large skillet.
- Cook cranberries, sugar and orange juice in a small saucepan over medium heat, stirring regularly, 4 to 6 minutes or until sugar melts and cranberries begin to pop.
- Add ginger and orange zest; cook 2 to 3 minutes and remove from heat.
- Add pecans; cover and cool to room temperature.
- Chill, covered, for at least 2 hours.

Makes about 2 cups sauce.

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Green Bean Salad

INGREDIENTS

- 1 pomegranate seeded
- 2 pounds frozen green beans
- 1 cup slivered almonds
- 1 tablespoon sherry vinegar

DIRECTIONS

- Bring 4 quarts of water to boil. Add green beans; cook 5 minutes.
- Drain. Immediately plunge beans into a large bowl of ice water; drain and set aside. (Beans may be cooked up to 2 days ahead and stored in airtight container in refrigerator.)
- Prepare pomegranate seeds and refrigerate until needed.
- Toast almonds in toaster broiler or in large nonstick skillet.
- Mix beans, pomegranate seeds and almonds in a bowl and add 1 tablespoon sherry vinegar.
- Refrigerate at least one hour. If needed add another tablespoon of vinegar.

Makes 8 servings.

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Cornbread Dressing

INGREDIENTS

- 4 cups cornbread crumbs (1 recipe cornbread in bread section)
- 1 teaspoon olive oil
- 1 onion, chopped
- 8-ounce package baby bella mushrooms, washed, dried, and stems removed and chopped
- ¼ cup white wine
- 1 tablespoon flax meal
- 3 tablespoons water
- ½ cup parsley, tightly packed and mince in herb processor or food processor
- ½ cup celery, diced
- ½ teaspoon tarragon or basil
- ¼ teaspoon salt
- ½ teaspoon paprika
- 1/8 teaspoon nutmeg
- 1 cup vegetable broth
- 2 cups cranberries (optional)
- 1 cup toasted pecans, chopped

DIRECTIONS

- Make cornbread and let cool.
- Preheat oven to 350°F.
- Sauté onion in 1 teaspoon oil for 3-5 minutes in nonstick skillet over low heat. Add mushrooms and cook another 5 minutes. If pan dries out, add white wine a little at a time.
- Stir together the flaxmeal and the water.
- In a large bowl combine the cornbread crumbs, minced parsley, celery, tarragon, salt, paprika, nutmeg, flax mixture, and onion/mushroom mixture.
- Fold in cranberries (if using) and toasted pecans.
- Stir in vegetable broth a little at a time until dressing sticks together, but is not soupy.
- Put mixture into an 11x7 inch baking pan.
- Bake until warm and golden, about 30 minutes. If dressing browns too quickly, cover with aluminum foil and continue baking.

Makes 8 servings.

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Cornbread Muffins

INGREDIENTS

- 1 cup plain, nonsweetened soy or almond milk
- 1 teaspoon apple cider vinegar
- 1 cup cornmeal
- ½ cup pastry flour
- ¼ cup brown rice flour (or use pastry flour)
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 2 tablespoons applesauce
- 1 teaspoon real maple syrup

DIRECTIONS

- Preheat oven to 350°F.
- Lightly spray muffin tins with nonstick cooking spray.
- In a medium bowl, whisk together the soymilk and vinegar and set aside.
- In a large mixing bowl, whisk together the cornmeal, flour, baking powder and salt.
- Whisk together the soymilk mixture, applesauce and maple syrup.
- Make a well in the dry ingredients. Pour the wet ingredients into the dry and mix together using a large wooden spoon.
- Spoon the batter into muffin tin.
- Bake 15-18 minutes, until toothpick inserted into the center comes out clean. Don't over bake.
- Cool slightly and put in bread basket.
- Serve warm with fruit spread or jelly, if desired.

Makes 8-9 muffins.





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Citrus Pomegranate Salad

Fruit can make a wonderful dessert. I love this recipe whenever

Citrus Pomegranate Salad

Fruit can make a wonderful dessert. I love this recipe whenever pomegranates are in season (usually the Fall in Texas). Look on *YouTube* for a video on how to seed a pomegranate if you haven't done it before.

INGREDIENTS

- 1 ruby red grapefruit, peel and pith removed, sliced and cut into bite size pieces
- 2 large oranges, peel and pith removed, sliced and cut into bite size pieces
- 3 clementines, peel and pith removed, sliced and cut into bite size pieces
- Seeds from 1 pomegranate
- Honey, for drizzling

DIRECTIONS

- Prepare the grapefruit, orange and clementines.
- Seed the pomegranate by cutting it in half and then crack each half into quarters. Peel away the white membrane to release the seeds. (Work over the sink or counter as these will stain like blueberries.)
- Put fruits into serving bowl and drizzle with honey.

Serves 6.



Olive Tapenade with Vegetables

This Tapenade makes a great appetizer and can be served with chilled raw vegetables or with toast points.

INGREDIENTS

- 3 cloves garlic, peeled
- ½ cup kalamata olives, pitted, rinsed and drained
- ½ cup green olives stuffed with pimiento, drained
- 1 cup black California olives, pitted and drained
- 1 ½ tablespoons freshly squeezed lemon juice
- Chilled carrot and celery sticks

DIRECTIONS

- Wash and cut celery and carrots sticks and chill in a bowl of ice water or the refrigerator.
- In food processor, mince the garlic by dropping in the cloves as the blade is turning.
- Add olives and lemon juice and process slightly.

Makes 6 servings.



Macaroni & "Cheese"

Kids and Adults both like this recipe.

INGREDIENTS

- 1 lb. box macaroni elbows
- 1 cup raw cashews
- 2 cups water
- 1 onion, chopped
- 1 tsp. olive oil
- ½ cup roasted red peppers, rinsed and drained
- 2 lemons, juiced
- 4 tablespoons nutritional yeast
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. Dijon mustard
- ¾ teaspoon salt

DIRECTIONS

- Cook macaroni "al dente" per package directions.
- Preheat oven to 425 degrees.
- Put cashews and water in Vitamix and let set about 5 minutes.
- Heat 1 teaspoon oil in nonstick skillet over low heat. Add chopped onion and saute' about 5 minutes or until tender.
- Add peppers, nutritional yeast, garlic powder, onion powder, mustard and salt to Vitamix and mix with cashews and water until smooth.
- Pour "cheese" sauce over cooked and drained macaroni in a large bowl. Mix well.
- Pour into a 13"x9" baking dish and bake 30 minutes.

Serves 4.



Walnut Pomegranate Guacamole

This is unusual, but quite delicious. Serve with baked tortilla chips.

INGREDIENTS

- 2 ripe avocados, smashed
- 1 tablespoon minced cilantro
- ½ onion, finely chopped
- ¼ cup sun-dried tomatoes, finely chopped (If they are packaged in oil be sure to drain and rinse them)
- 1 lime, juiced
- ½ Serrano chili including seeds, finely chopped
- 1 teaspoon salt
- ½ cup pomegranate seeds
- ¼ cup walnuts, chopped and toasted

DIRECTIONS

- In a large bowl, mix all ingredients together.
- Serve with baked tortilla chips.

(Recipe adapted from Chef Rick Bayless)

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