

Mediterranean Veggie Burger

2 15 oz cans garbanzo beans, drained
1/2 small purple onion, diced
1/2 cup olives, chopped
1/2 cup artichoke hearts, chopped
1/2 cup red bell pepper, diced
2 cups fresh spinach, chopped
3 cloves garlic, minced
1 tablespoon fresh oregano, chopped (or substitute 1
teaspoon dried oregano)
1/2 cup whole grain bread crumbs
Juice of one lemon
Freshly ground salt and pepper to taste
2-3 tablespoons olive oil for frying

Accompaniments:

Leaf lettuce
Tomatoes, sliced
Cucumbers, sliced
Purple onion, sliced
Vegan mayo
Hummus
Pita chips
Antipasto Marinated Vegetables and Olives
Buns



Place the drained garbanzo beans in a medium mixing bowl, use a masher or a fork to partially mash them leaving some chunky for texture. Add the remaining ingredients and stir to combine.

Shape the veggie burger mixture into 8-10 one inch thick patties. Heat a large skillet or flat grill to a medium range temperature. Add two to three tablespoons of olive oil, when the oil is hot transfer the burgers to the skillet or grill and cook them in batches allowing 6-8 minutes on each side until they are golden brown and firm.

Prepare the hamburger buns by spreading a light amount of vegan mayo on the inside of each half. Place the mayo side down on the grill or skillet and heat 1-2 minutes until it begins to toast and lightly brown.

Transfer the bun to a serving plate, place a little additional vegan mayo on the bottom half, top with a burger and a spoonful of hummus. Serve with lettuce, tomato, sliced onion, freshly ground salt and pepper to taste with additional sides of hummus, pita chips and antipasto vegetables and olives.

Classic Vegan Party Potato Salad

2 ½ pounds russet potatoes
¾ cup vegan mayonnaise
1 tablespoon apple cider vinegar
1 tablespoon cane sugar
2 teaspoons yellow mustard
½ teaspoon turmeric
1 teaspoon garlic powder
½ teaspoon sea salt
3 large ribs of celery, sliced
½ red, yellow or orange bell pepper, diced
½ cup sliced green onions
½ cup sliced black or green olives
2 tablespoons chopped parsley
Paprika for garnish



Place the potatoes in a steamer basket fitted over a large pot of boiling water. Cover and steam until the potatoes are fork tender about 12-15 minutes.

Remove the steamer basket from the pot and transfer the potatoes to a large mixing bowl and allow them cool.

In a small bowl combine the vegan mayonnaise, apple cider vinegar, cane sugar, yellow mustard, turmeric, garlic powder, and sea salt. Stir until well blended.

Add the celery, bell pepper, green onions, black olives and chopped parsley to the bowl of cooled potatoes. Pour the dressing over the potatoes and vegetables and gently stir until blended.

Transfer the potato salad into a lettuce leaf lined party bowl and top with a sprinkle of paprika, chopped parsley, and an olive garnish.

Cole Slaw

1/2 head green cabbage, sliced thin and chopped
1/4 head purple cabbage, sliced thin and chopped
2 carrots, grated
1/2 cup vegan mayonnaise
1/4 cup apple cider vinegar
Freshly ground sea salt and black pepper to taste

Combine all ingredients in a large salad bowl, toss to combine and chill before serving.

Meringue with Whipped Cream and Fresh Fruit

- ¾ cup aquafaba (liquid from one 15 oz. can garbanzo beans, well chilled)
- 1 teaspoon cream of tartar
- ¾ cup organic powdered sugar
- ½ teaspoon vanilla or extract
- 1 9 oz. container non-dairy frozen whipped cream
- 1 pint raspberries
- 1 pint blueberries
- 1 pint strawberries

Chill a can of garbanzo beans for 6-8 hours or overnight and place a medium mixing bowl in the freezer for 20-30 minutes before using.

Preheat the oven to 225 degrees.

Drain the garbanzo liquid into the chilled mixing bowl. Use an electric mixer and begin beating the aquafaba, sprinkle in the cream of tartar and increase the speed to high until stiff peaks form. Gradually add the sugar and sprinkle in the vanilla extract. Beat an additional two minutes then transfer the mixture onto a parchment lined baking sheet spreading it evenly.

Transfer the baking sheet to the preheated oven and bake for 50 minutes or until it is firm and peels off the parchment around the edges. Transfer the baked pavlova to a cooling rack and allow it to cool completely.

Defrost the frozen whipped cream at room temperature while the meringue cools.

Place the meringue on a serving platter, spread the whipped cream evenly over the surface then distribute the fruit evenly over the top. Use a knife to cut into servings. Garnish with a sprig of fresh mint.

