

Super Salad with a Citrus Vinaigrette

- 1 box organic baby greens
- 1 purple onion, diced
- 1 english cucumber, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 3 anjou pears, cored and sliced
- 4 tangerines, peeled and sectioned
- 1 15 oz can garbanzo beans, drained
- 1 15 oz can kidney beans, drained
- 1 cup raw pepitas or sunflower seeds, lightly toasted



Heat a large skillet and add the pepitas or sunflower seeds, stir or shake the pan to keep them moving and toast them until they begin to lightly brown and start popping.

Place the lettuce in a large salad bowl. Top with all the freshly cut veggies & fruit, add the beans then top with the dressing and toasted seeds. Toss well, finish with a little freshly ground black pepper and serve.



Citrus Vinaigrette

- 2 large fresh oranges, squeezed and seeds removed
- 1 1/2 tablespoons of dijon mustard
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tablespoon of maple syrup
- dash of ground pepper

Combine all ingredients in a small mixing bowl or liquid measuring cup. Whisk to combine the ingredients and pour over the salad. Toss and serve.



Lundberg Wild Blend Rice

- 1 cup Wild Blend Rice
- 1 3/4 cups filtered water or vegetable broth

Combine the rice and water in a medium saucepan and bring to a boil. Reduce to a low simmer, cover and continue cooking for 45 minutes. Fluff with a fork and allow to stand for 10 minutes to steam, then serve.

Or, combine the rice and water in a rice cooker. Cover and set the program to cook. Fluff with a fork after cooking and allow to sit for 10-15 minutes to finish steaming.



Medallions of Tofu

1 block firm nigari tofu
marinade of choice
or dry rub seasonings

Cut tofu into slabs horizontally the cut shapes using a cookie or canopy cutter. Season or marinate then grill on medium high on a lightly oiled flat grill or in a frying pan.

Serve as a center of the plate meat substitute. Any way you can season and prepare chicken can be done again using tofu. Marinate it, season it, or even bread it, then cook it on a flat grill for about 4-5 minutes on each side or until it starts to brown. Serve with a side of rice and veggies.



Roll-Out Vegan Cane Sugar Cookies

3/4 cup vegan butter
1 cup organic cane sugar
1 tsp vanilla extract
1/4 teaspoon almond extract
1 tsp baking powder
2 1/2 cups unbleached organic flour
2-3 tablespoons almond or soy milk

Preheat the oven to 350.^o In a large bowl combine vegan butter and sugar. Using an electric mixer beat until smooth for 2-3 minutes. Add the vanilla and almond extracts, continue to beat until smooth.

In a medium mixing bowl combine the baking powder, flour, and salt. Using a mixing spoon gradually add the flour mixture into the butter and sugar mixture stirring until it forms a dough. Divide the dough in half and shape into disks, wrap each piece in plastic wrap and chill until firm, 30-40 minutes. Prepare the frosting.

Roll the dough to 1/4 inch thickness on a lightly floured surface. Cut the cookies and transfer to a parchment lined baking sheet, re-roll any remaining dough to cut additional cookies. Bake 10-12 minutes or until lightly golden around the edges. Transfer to a wire rack and cool completely before decorating.



Buttercream Frosting

1/2 cup vegan butter
2 cups powdered sugar
1 1/2 teaspoons vanilla
2-3 tablespoons non-dairy milk

Using an electric mixer cream the butter until smooth. Add the sugar, vanilla and milk. Beat on high speed until the frosting is light and fluffy. Divide into smaller bowls and tint with food coloring.