

Vegan Chick'n Pot Pie

Filling:

- 3/4 cup yellow onion, chopped
- 1 clove garlic, minced
- 1/4 cup unbleached all-purpose flour
- 2 cups vegetable broth
- 1/4 cup non-dairy milk, unsweetened
- 1/2 cup carrots, medium diced
- 1/2 cup fresh corn kernels
- 1/2 cup celery, medium diced
- 1/2 cup frozen peas
- 1-2 Yukon gold or russet potatoes, peeled diced medium
- 2 bay leaves
- 1-2 cups meatless chick'n strips, chopped
- Salt and pepper to taste

Pie Dough:

- 2 cups all purpose unbleached flour, sifted
- 1 teaspoon salt
- 1/3 cup vegan butter (Earth Balance)
- 1/3 cup non-hydrogenated vegetable shortening
- 5-7 tablespoons ice cold water

Prepare the dough for the pie crust first. Put the flour in a mixing bowl with the butter and shortening. Using a pastry blender or a fork, cut the butter and shortening into the flour. Add salt and drizzle in 5 tablespoons of cold water. Mix until dough is formed, add additional water if the dough is too dry. Chill the dough for 30 minutes to an hour then roll out on a flat surface sprinkled with flour to prevent sticking. Cut dough into desired shapes to top each ramekin of filling, set aside and keep chilled until ready to bake.

Preheat the oven to 425 degrees F (218 C). Add 2 tablespoons olive oil to a large saucepan over medium heat. Then add onion and garlic and a pinch of salt. Cook until soft about 7 minutes. Add the flour and stir with a whisk, then slowly whisk in the broth. Add the non-dairy milk and bay leaves and stir. Add the vegetables and simmer until the mixture is thickened (about 10 minutes).



Once the sauce is thickened, add the vegetables and chick'n and cook for 4-5 more minutes. Taste and adjust seasonings, adding more salt and pepper if needed.

Discard the bay leaves and divide the mixture into 5-6 lightly oiled ramekins or an 8x8 baking dish. If making ahead of time simply spoon the cooked veggie mixture into your ramekins or dish, top with the uncooked pie dough, score with a few vents for cooking and freeze. When ready to prepare bake in a 425 degree preheated oven (218 C) and cook until the pie top is golden brown and the mixture is bubbly - roughly 20-30 minutes.

Chinese Chicken Salad

1 head iceberg lettuce
1 head romaine lettuce
1 cup cilantro leaves, stems removed
Joey D's Chinese Chicken Salad Dressing
1/2 cup water chestnuts
1/2 cup mandarin oranges
1 cup Gardein Mandarin chicken
1/2 cup crispy wonton noodles
1/4 cup toasted sliced almonds

Prepare the lettuce and cilantro. Cook the vegan chicken according to package instructions. Toss in the water chestnuts, Mandarin oranges and salad dressing. Add the chicken and sprinkle with the wontons and almonds.