

VEGAN COOKING 101
Point Loma Hervey Branch Library
Special thanks to Jensen's Foods!

Veggie Roast with Winter Vegetables

1 Tofurky Vegan Roast (cooked according to package directions)
4-5 cups assorted winter vegetables, (carrots, potatoes, onion, squash, Brussel sprouts, parsnips, turnips etc.) washed, peeled & cubed
3 tablespoons olive oil
Zest and juice of one orange
2 tablespoons maple or agave syrup
Freshly ground sea salt and black pepper to taste

Preheat the oven to 400 degrees. Place the roast in a covered oven safe baking dish and bake according to package directions for about an hour and a half.

Combine the orange zest, juice, olive oil and maple syrup in a small mixing bowl. Place all the prepared vegetables in a medium mixing bowl, drizzle the orange dressing over them and toss to coat evenly. Sprinkle with freshly ground sea salt and black pepper then transfer to a parchment lined baking dish and spread the vegetables out into a single layer. Bake for 20 minutes, remove from the oven and stir. Return the vegetables to the oven and continue roasting an additional 20 minutes or until they are tender.

Place the roast in the center of a serving platter, surround it with the roasted vegetables, slice it and serve hot.



Pear & Strawberry Salad

1 box of organic baby greens
1/2 purple onion, sliced into thin half moons
1 cup glazed pecans
2 pears, cored and sliced
1 pint of strawberries, sliced
1 block Miyoko's soft cheese, crumbled
1/2 bottle artisan vinaigrette

Toss all the ingredients together in a large salad bowl and serve.

Holiday Sugar Cookies

Cookie Dough:
3/4 cup vegan butter



3/4 cup organic cane sugar
1 tsp vanilla extract
1/2 tsp almond extract
1 tsp baking powder
2 1/2 cups unbleached flour
2-3 tablespoons non-dairy milk
Pinch of sea salt

Buttercream Decorator Frosting:

1/2 cup vegan butter
1/2 cup vegan cream cheese
4 cups organic powdered sugar
1 teaspoon vanilla extract
2-3 tablespoons non-dairy milk
Pinch of sea salt



Preheat the oven to 350 degrees. In a large bowl combine the vegan butter, sugar, vanilla and almond extract, beat until smooth. In a medium mixing bowl combine the flour, baking powder, and salt. Gradually add the flour mixture into the butter and sugar, stir to combine then sprinkle in a few tablespoons of non-dairy milk, stir scrapping the sides to form a dough ball.

Divide the dough in half and wrap each piece in plastic wrap. Refrigerate for about an hour or until the dough is firm. Dust a light amount of flour on a cutting board and roll the dough to 1/4 " thickness. Cut with assorted cookie cutters and transfer to a parchment lined baking sheet. Bake for 12-15 minutes or until lightly golden brown around the edges, cool on a wire rack. Decorate with vegan buttercream frosting and sprinkles. Store up to two weeks in a sealed container.



Buttercream Frosting: Combine the vegan butter, cream cheese, vanilla, and salt in a medium bowl, beat until smooth. Continue beating and gradually add the powdered sugar. Sprinkle in the non-dairy milk one tablespoon at a time until the frosting becomes thick and stiff peaks form. Beat on high for two-three minutes until light and fluffy. Use decorator tips and a pastry bag to pipe decorations onto cooled cookies or a use a spatula to spread the frosting evenly, decorate with sprinkles and holiday candies. Some vegan sprinkles and candies are already vegan but always check the ingredients.

For more recipes and information on free local community cooking classes and special events visit www.newoptionsfoodgroup.com.