

## Truro SDA Taste Testers Recipes

### **Roasted Beet Salad**

Makes 1 serving

Ingredients:

1 beet, roasted and sliced

1 carrot, shredded

cup (50 g/2 oz) broccoli, finely chopped

cup (50 g/2 oz) green or red cabbage, shredded

apple, chopped

large handful of mixed greens

large handful of arugula

4 kale leaves, chopped

For the dressing

1 tsp olive oil

2 tsp Lemon juice

### **Creamy Avocado Potato Salad** ([theshelledpea.wordpress.com](http://theshelledpea.wordpress.com))

2 lbs small potatoes, boiled

2 ripe avocados

1/2 cup of softened sun-dried tomatoes

1 tbsp fresh cilantro

1 garlic clove

2 tbsp lime juice

1/2 tsp salt

1/2 small diced red onion

1/2 cup cucumber diced

Place garlic and cilantro in food processor and process for about 10 secs until chopped. Add avocados, garlic, lime juice and salt and puree until smooth. Add tomatoes and onion. Pulse until mixed. Mix with cooled potatoes but don't mash them. Taste and adjust salt and juice if needed.

**Classic Veggie Burger (Dinner-Rawtarian Style: Easy Raw Dinner Recipes)**

1/2 cup hemp seeds  
1/2 cup sunflower seeds  
1/2 cup walnuts or pecans  
1/4 cup ground flax seeds  
3/4 cup finely chopped veggies (celery, onion, parsley, red pepper)  
2 tbsp ground chia seeds  
1 tbsp water  
2 tsp lemon juice  
1 garlic clove  
1 tsp sea salt  
2 tsp dried dill  
1 tbsp nutritional yeast

*Blend all ingredients except hemp and veggies, to food processor. Mix well. Transfer to large bowl and add remaining ingredients. Form into patties. Dehydrate on high for 1 1/2 hours and then for 5 hours on a reduced heat. If you don't have a dehydrator, bake on 350 for 20 mins on parchment paper. Flip and bake for another 10 mins or longer as needed.*

**Homestyle Mac & Cheese (Dinner-Rawtarian Style: Easy Raw Dinner Recipes)**

2 cups cashews soaked overnight  
3/4 cups water  
1 tbsp lemon juice  
1 tsp sea salt  
1/3 cup nutritional yeast  
2 to 3 more tbsp of water if needed

1 lg zucchini

*Blend all ingredients together in blender until smooth. Spiralize the zucchini or use a carrot peeler. Season to taste.*

- **Can add 1 cup of bean of choice to burger recipe to bind together**

### Coconut Curry Lentil Soup (vegangel.com)

- 1 tbsp coconut oil (or olive oil)
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 2 tbsp tomato paste (or ketchup)
- 2 tbsp curry powder
- ½ tsp hot red pepper flakes
- 4 cups vegetable broth
- 1 400ml can coconut milk
- 1 400g can diced tomatoes
- 1.5 cups dry red lentils
- 2-3 handfuls of chopped kale or spinach
- salt and pepper, to taste
- Garnish: chopped cilantro (fresh coriander) and/or plant-based sour cream

### Instructions

1. In a stockpot, heat the coconut oil over medium heat and stir-fry the onion, garlic and ginger until the onion is translucent, a couple minutes.
2. Add the tomato paste (or ketchup), curry powder, and red pepper flakes and cook for another minute.
3. Add the vegetable broth, coconut milk, diced tomatoes and lentils. Cover and bring to a boil, then simmer on low heat for 20-30 minutes, until the lentils are very tender. Season with salt and pepper.
4. {Make-Ahead: May be cooled, frozen in air-tight containers, and re-heated over medium-low heat.}
5. Before serving, stir in the kale/spinach and garnish with cilantro and/or plant-based sour cream.

### **Raw Carob Fudge**

1 cup of coconut butter (manna)  
3-5 tbsp of maple syrup or honey  
2 tbsp liquid coconut oil  
1/2 cup carob powder  
1/2 cup shredded coconut  
1 tsp vanilla  
pinch salt

Mix together. Form into balls or pressed into a glass pan. Put in fridge till set. Enjoy.

### **Raw Date Truffles**

Add ¼ cup each – nuts (almonds, walnuts or pecans) , pumpkin seeds, hemp seeds, sunflower seed, sesame seeds in a food processor. Remove and set aside. Add 2.3 cups dates – softened to the food processor and process until a ball forms. Add the nut/seed mix to the dates and pulse until mixed together. Remove mixture and form into balls of desired size. Can roll in carob or chocolate glaze and refrigerate to harden.

- **Can use almond butter instead of coconut manna for the fudge**