

VEGETABLES

Vegetable Crisps

Slice vegetables very thin. Suggested vegetables are cucumber, eggplant, tomatoes, etc. Place on dehydrator tray. Sprinkle with seasonings of choice such as garlic powder, Italian seasonings, taco seasoning, etc. Dehydrate at 105 degrees overnight or until crispy. See Recipes for Life, p. 306.

Potato Chips

Slice about 3 lbs potatoes very thin, about 1/8th inch. Soak for several hours in distilled water and drain. This removes the starch. Add 1/2 sliced onion, 2/3 cups extra virgin olive oil, 2/3 cup fresh lemon juice, 2 tsp sea salt, 2 tsp cumin powder, 1/4 tsp garlic and cayenne powder. Mix thoroughly together in a bowl. Place on dehydrator screen. Not necessary to separate thoroughly. When putting in dehydrator, skip every other row. Dehydrate for 12-16 hours at 105 degrees or until very crispy.

Sweet Potato Souffle

2 1/2 cups Sweet Potatoes (peeled and cubed)
10 Medjool dates (pitted)
1 teaspoon Vanilla Extract (alcohol free)
1 teaspoon Cinnamon
1/2 teaspoon Celtic Sea Salt
1 tablespoon Organic Coconut Oil
1 1/2 cups Distilled Water
1/2 teaspoon Psyllium (add more if needed for thicker consistency)
1/2 cup Pecans (chopped)

Place dates, vanilla extract, cinnamon, salt, coconut oil, and water in blender and blend until smooth. Add sweet potatoes and blend again until smooth. Add Psyllium blending well. Let mixture sit 5-10 minutes to thicken. Blend again until smooth. Place in soufflé dish and top with chopped pecans.

Acorn Squash

1 Acorn Squash
1 cup Organic Raisins
1 cup Orange Juice
1 teaspoon Cinnamon

Soak raisins in the orange juice while preparing and cooking the squash. Cut the squash in half cross-wise. Scoop out and discard strings and seeds. Place cut side down in 1/2 inch of water in a baking dish. Bake at 375 for 30 minutes, or until tender. Remove squash and drain remaining water. Place half of the soaked raisins with orange juice in each squash half, sprinkle with cinnamon, cover, and return to 375 oven for approximately 10 more minutes.

Glazed Carrots

Measurements may not be exact as I usually just add what looks right.

Carrots – cut into bite sized chunks and steam until desired tenderness. (Number of carrots depends on how many people are being served)

Glaze – In a small saucepan, combine, and bring to a boil:

1 cup Orange Juice

2 tablespoons Maple Syrup (or to taste)

In a jar, mix together: 1 tablespoon Corn Starch and enough Orange Juice to dissolve Corn Starch. Add to saucepan containing Orange Juice and Maple Syrup, and stir till thickened. Pour over steamed carrots and serve warm.

Artichoke Potatoes

16 small new potatoes, about 2 inches in diameter

1 Tbsp olive oil

1 14-oz can artichoke hearts, drained and chopped

½ Cup Vegemise or homemade mayonnaise

¼ Cup grated vegetarian cheese

Pinch of red pepper

¼ Cup chopped fresh parsley

2 Tbsp finely grated lemon peel

2 cloves garlic, minced

Cut off the top one-third of each potato. Using a melon baller, hollow out the potatoes, leaving ¼th inch shells. Cut a thin slice of each potato so it will sit without falling over. Lightly brush potatoes with oil. Place in a shallow baking dish. For filling, combine artichoke hearts, Vegemise, cheese, and red pepper. Spoon about 1 Tbsp of the filling into each potato. Bake at 450 degrees for 20 minutes or until potatoes are tender and filling is a golden brown. Meanwhile, in a small bowl combine the parsley, lemon peel, and garlic. Sprinkle the parsley mixture over the potatoes. Note: Baking the hollowed potatoes for a few minutes is recommended.

Green Beans Almandine

2 lbs. fresh green beans

2-4 cloves crushed garlic

5-10 almonds, sliced

2 Tbsp sesame oil

Salt to taste

Wash the green beans and cut off the ends. Lightly steam. Mix almonds, garlic, and sesame oil. Place the beans in the serving casserole. Add the garlic, almonds, and sesame oil and toss to coat. Add salt to taste. Note: For more flavor, add even more garlic.

Garlic Mashed Potatoes

3 ½ lbs. potatoes
2 Cups soymilk
6 cloves garlic, crushed
2 Tbsp salt
2-3 Tbsp chopped parsley
Extra virgin olive oil

Scrub potatoes but don't peel them, Dice potatoes so they are all about the same size. Place in a large saucepan and cover with water. Bring to a boil over medium-high heat and then reduce heat but maintain a rolling boil. Cook until potatoes fall apart when poked with a fork. Remove from heat and drain water. Mash and add the raw garlic, soymilk and salt. Let stand for 5 minutes. Drizzle with olive oil and parsley. Serve with Brown Gravy (found in the Sauces or Entrée sections).

Raw "Mashed Potatoes"

2 Cups cauliflower
¼ Cup pine nuts
½ Cup pecans
1 Cup macademia nuts
3 Tbsp olive oil
2 Tbsp Italian Seasoning
¾ Tbsp garlic
1 tsp salt

Process nuts in a food processor with the "S" blade until they are smooth and creamy. Add remaining ingredients and process until smooth. Top with Raw Gravy (recipe following).

Raw Gravy

Serve with the following raw mashed potato recipe.

2 Cups pecans, soaked overnight and then drain off water
2 Cups water
½ Cup dehydrated onion
1 Tbsp poultry seasoning
2 Tbsp extra virgin olive oil
Salt to taste

Blend to a gravy consistency. Place in saucepan and turn on low just until warm.

Hot Chips

2 sweet potatoes
¼ Cup olive oil
¼ Cup lemon juice
1 tsp chili powder or cayenne pepper
Pinch of salt

Peel then slice the sweet potatoes very thin. In a bowl mix the olive oil, lemon juice, and salt. Coat the sweet potatoes by dipping them into the olive oil mixture. Remove the extra liquid by draining the chips. Lay them flat on a dehydrator screen. Sprinkle with spices. The more you add the hotter it will be. Dehydrate at 105 degrees for 8-1 hours or until crispy. Other vegetables like zucchini are great for making chips also.

Cheesy Chips

2 sweet potatoes
½ Cup distilled water
2 Cups nutritional yeast
1 Tbsp salt

Peel then slice the sweet potatoes very thin. In a bowl mix the distilled water, salt, and 1 Cup of the nutritional yeast. Marinate the sweet potatoes in this mixture for at least 5 minutes. Remove the extra liquid by draining the chips. Lay them flat on a dehydrator screen. Sprinkle with the remaining 1 Cup nutritional yeast. Dehydrate at 105 degrees for 8-10 hours or until crispy.