



Hungry
for
Hope

2020

HEALTHY RECIPES TO SUSTAIN OUR COMMUNITY THROUGH THE COVID-19 PANDEMIC



**BlueCross
BlueShield**
Minnesota

Center for
Prevention

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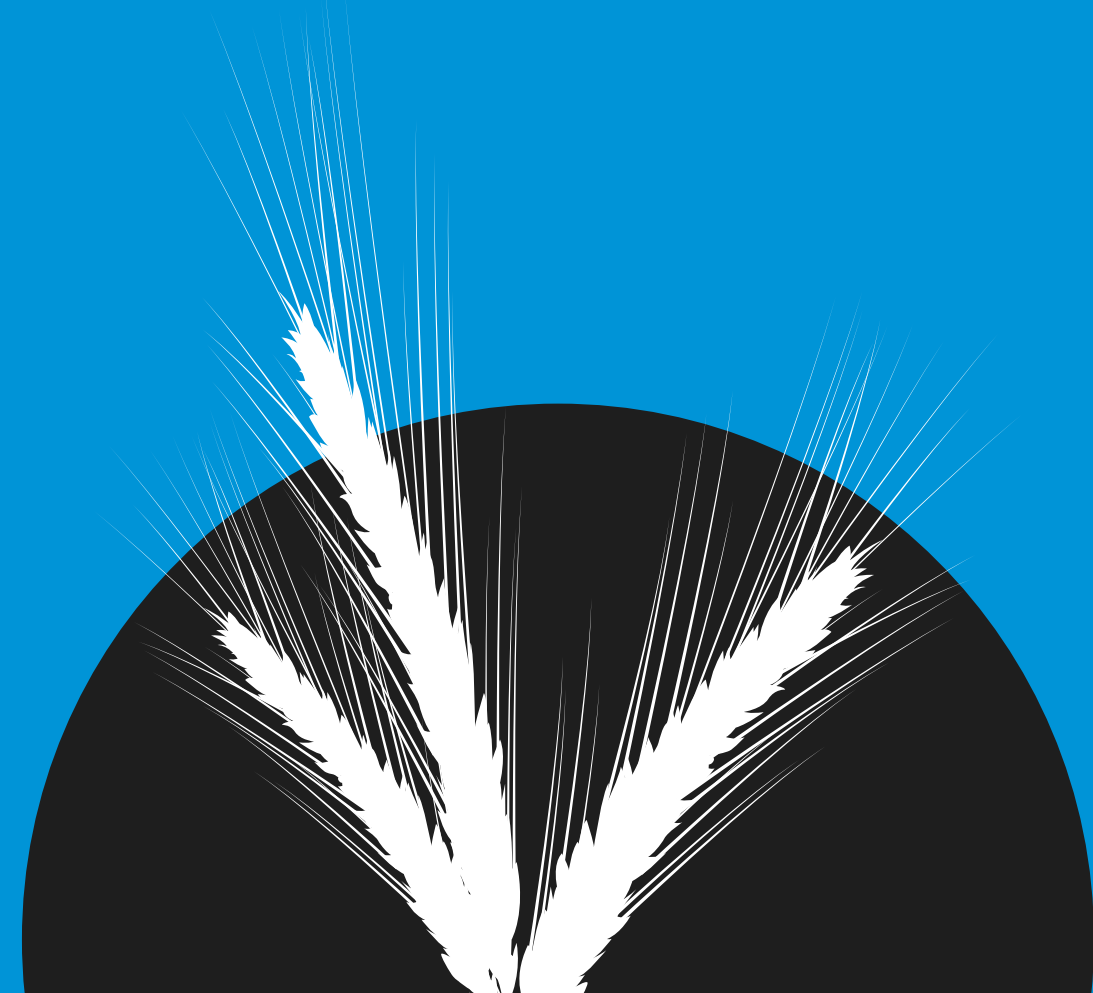
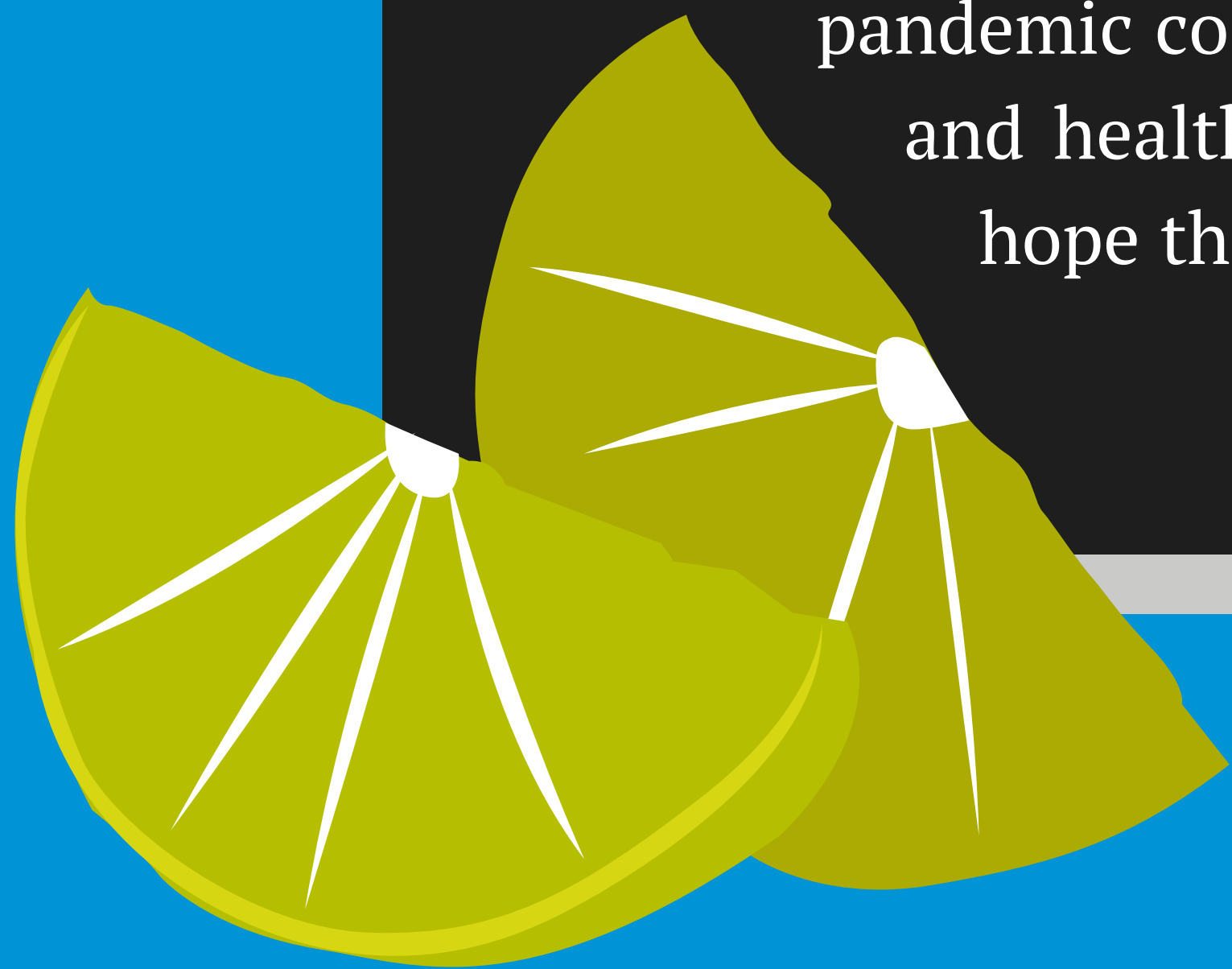


Introduction

Nutrition plays a critical role in keeping people healthy, especially in the face of a pandemic. Keeping people as healthy as possible is particularly important right now and ensuring people have enough to eat is a fundamental part of prevention and overall wellness.

At Blue Cross and Blue Shield of Minnesota we care about health, and the work we do through the Center of Prevention focuses on making healthy choices, including healthy eating, possible for all communities, and all people across Minnesota.

During this difficult and unprecedented time, we wanted to find a way to support individuals and families create simple and healthy recipes from home. With contributions from award-winning, local Minnesota chefs, we created this digital pandemic cookbook to provide accessible, affordable and healthy meals you can create and enjoy. We hope these recipes bring you a sense of comfort and fulfillment.



Cranberry Sweet Potato Scones

by Robin Asbell

Servings 8

In my many years of cooking, baking and teaching in the plant-based community, I've found that what people crave are familiar, comforting foods. These cranberry scones are a quick and easy route to comfort, perfect with a cup of coffee or tea. We all need a little bit of scone-shaped happiness, now and then!

Tender, sweet scones are built on a barely detectable base of white whole wheat flour and adorned with crunchy oat streusel and cranberry juice glaze.

INGREDIENTS

½ cup chilled coconut oil or organic butter

STREUSEL

¼ cup rolled oats

2 Tbsps hazelnuts toasted, peeled and chopped

2 Tbsps turbinado sugar

¼ Tsp cinnamon

⅛ Tsp salt

SCONE DOUGH

2 ½ cups white whole wheat flour or ww pastry

2 Tsp baking powder

½ Tsp baking soda

1 Tsp cinnamon

½ Tsp salt

½ Tsp nutmeg

½ Tsp cloves

½ cup pureed sweet potatoes

¼ cup maple syrup

¼ cup non-dairy milk

1 Tsp vanilla

1 cup fresh cranberries

GLAZE

½ cup powdered sugar

1 Tbsp pure cranberry juice approximately

INSTRUCTIONS

1. First, measure and chill the coconut oil. Preheat the oven to 400F. Line a baking sheet with parchment.
2. Make the streusel by mixing the oats, hazelnuts, sugar, cinnamon and salt, and chill.
3. In a large bowl, combine the white whole wheat flour, baking powder, baking soda, spices and salt. Stir to mix.
4. Grate the chilled coconut oil or butter into the flour mixture, tossing to coat.
5. In a medium bowl, stir the sweet potato, maple, milk and vanilla. Stir the mixture into the flour mixture, and when it is nearly mixed in, stir in the cranberries.
6. Lightly flour the counter and scrape the dough onto the flour. Pat and shape into a disk about ¾ inch thick. Cut in eight wedges, then sprinkle the streusel mixture over the wedges and pat to adhere.
7. Carefully transfer the scones to the baking pan, leaving a 2-inch space between wedges. Bake for 15-18 minutes, just until firm and golden around the edges. Cool on a rack.
8. When the scones are cool, mix the powdered sugar and cranberry juice in a cup, then drizzle over the cooled scones. Let the glaze dry, then store in an airtight container for up to 4 days.

“We all need a little bit of scone-shaped happiness.”

— Robin Asbell

Laura's Gluten-Free Waffles

By Laura Krolord

Makes 6 mini Waffles

I'm the kind of person who is all about health, and naturally during the first few weeks I was all about making exceedingly healthy low-cost meals for my Essential working husband. That lasted until a few weeks ago when he asked me for some comfort food; I realized then that I had been spending too much time on health and not enough time on comfort. The first thing I did after that conversation was make Waffles. In our family, Waffles are an essential weekly event and re-adding that routine created comfort for both of us, and hopefully you too.

I own a bakery called Innate Foods, it's entirely Gluten Free and Vegan focusing on Whole Foods and Whole Grains. It also happens to be the Tiniest GF bakery in the Midwest and the menu changes weekly with the season and demand- so something is always new!

I hope that you will also be creative with your toppings and fillings - the sky is the limit. Playing with your food and trying new things are wonderful. Food is meant to evolve, so, have fun with it.

INGREDIENTS

- 1 cup Brown Rice Flour or Quinoa Flour
- 2 Tsp baking powder
- ¼ Tsp salt or black salt
- 1 Tbsp ground flax
- ½ Tsp Vanilla Extract
- 1 cup Water or Plant Milk of choice
(My personal preference is Cashew Milk)
- Toppings of choice

INSTRUCTIONS

Mix together all dry ingredients, then slowly add Plant Milk or Water of choice. Let sit 5 minutes. This allows the ground flax seed to gel up (Tip: If you don't have ground flax, you can substitute 1 Tsp Ener-G egg replacer).

Heat up your Waffle Maker. I like to make sure this is nice and hot before I use it to prevent sticking. If you are making pancakes instead of waffles, be sure to heat up your pan and then add your oil- making sure it sizzles when you add the oil, and then coat the sides to ensure complete oil coverage.

To dish out my batter, I use a 1/4 cup measure for each waffle in my mini-waffle maker, if you are making larger waffles, use 3/4 cup batter for a Belgium waffle maker.

Tip: For taking out waffles I like using an offset spatula. I have found that this works best, and you no longer need to worry about burning those fingers while you are taking them out!

Let cook for the recommended time of your machine (mine takes 3 minutes), take out with your offset spatula and enjoy alone or with toppings of fresh fruit, granola, hot sauce or with your favorite nut butter. The sky is the limit.

INSTRUCTIONS (CONT.)

If savory toppings are more your style, making a quick topping of

- 2 Cloves Garlic, thinly sliced
- 6-7 thinly sliced Kumquats
- 1 Tbsp Capers

Eat this plain on top of your waffles or add Maple syrup and Hot Sauce to taste. I know it sounds odd; but this is hands down, my favorite way to eat waffles.

BATTER VARIATIONS

Chocolate Ginger:

Add 2 Tbsp Fair Trade Cocoa Powder to the batter and ¼ Tsp ground ginger.

Chocolate Chocolate:

Add 2 Tbsp Fair Trade Cocoa Powder to the batter and 6-8 Fair Trade Allergen Free chocolate chips to the top of each waffle before baking.

“I had been spending too much time on health and not enough time on comfort.”

— Laura Krolord

Smoothie Bowl

by *Caroline Yares*

A quick healthy plant based immune boosting smoothie bowl! Smoothie bowls create a more mindful breakfast (or lunch) experience. Top slowly and take care as you create your bowls. Each one is as unique as the next.

INGREDIENTS

Two frozen bananas
½ cup non-dairy milk
2 large frozen strawberries
Toppings of your choice

INSTRUCTIONS

Blend frozen bananas with ½ cup non-dairy milk (I love almond milk). Add in frozen strawberries. Top with any fruit or seeds as you wish! Enjoy!

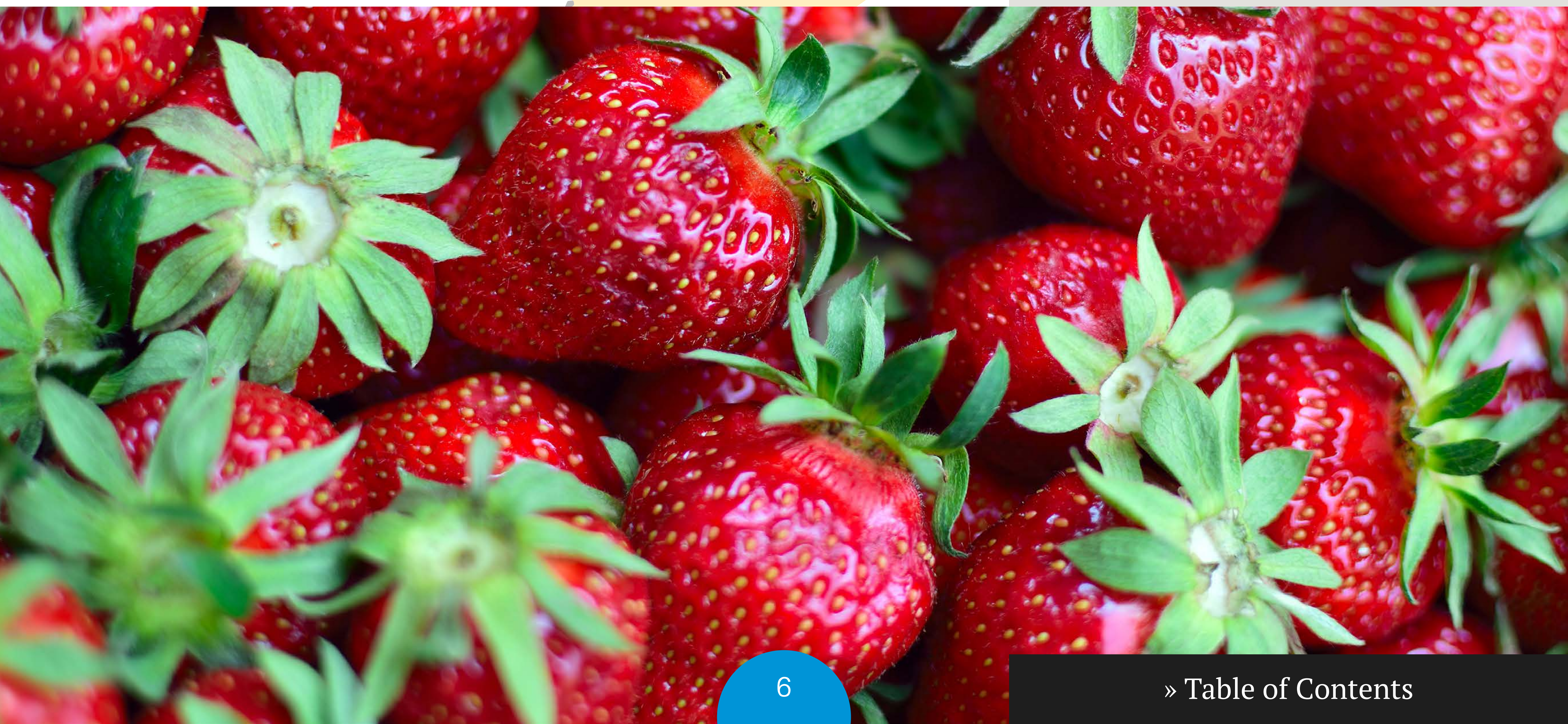
We are a vegan apparel brand that only uses vegan materials. We aim to spread the message about the benefits of a plant-based lifestyle and diet! We recently took on a project of opening a smoothie shop in downtown White Bear Lake, MN and hope to be open soon!

www.plntbsdbowls.com



“Create a more
mindful breakfast.”

— Caroline Yares



Mill Valley Kitchen

Sesame Carrots

by Chef Michael Rakun, Mill Valley Kitchen

Serves 4

During these tough times it is very important to remember our health and nutrition. It is very easy to go down the unhealthy rabbit hole. However, these carrots are deeply satisfying and tasty. My kids love to eat them and they're a great healthy substitute for french fries. This recipe is for a cook of any ability and very easy to make at home.

INGREDIENTS

- 1 lb. carrots, cut into batons (large French fry size)
- 1 Tbsp organic tamari
- 1 Tbsp rice wine vinegar
- 1 Tsp sesame oil
- 1 pinch black pepper
- ½ Tsp sesame seeds, toasted

INSTRUCTIONS

1. Toss carrots together with tamari, sesame oil, vinegar and black pepper
2. Roast in a hot oven until hot throughout and well caramelized
3. Sprinkle with toasted sesame seeds
4. Serve immediately



“It is very easy to go down the unhealthy rabbit hole.”

— Michael Rakun

Executive Chef Michael Rakun is the owner of Mercy in downtown Minneapolis, Benedict's Wayzata, Benedict's Rochester, Mill Valley Kitchen and soon to be Mill Valley Market at Theodore Wirth Park. He believes that good food begins at the farm. Since he began cooking, he has valued the farm-to-table tradition and has always sought out the best practices and best products from local sources. His signature style eschews fat in favor of herbs, broths and food's natural flavors, using inspiration, technique and a love of natural foods to create mouth-watering, health-conscious dishes.



Roasted Red-Pepper Red-Lentil Cashew Spread and Savory Almond Butter Balls

by Chef AmyLeo Barankovich

If there is one thing that I have learned from teaching private and public cooking classes it is that more and more, people want easy, oil free and gluten free. These recipes are easy, fun and tasty, making them great to make with and for children.

A delightfully light spread that boasts roasted red pepper through-and-through! Soft on the palate and full of nature's flavors, this spread can be eaten on light crackers, saddled up next to summer veggies, topped on a baked potato or just about any other way your imagination can conjure. Easy to make and easy to enjoy!

ROASTED RED-PEPPER RED-LENTIL CASHEW SPREAD

Makes 1 generous cup

INGREDIENTS

- 1 medium red pepper
- ½ cup red lentils
- ¾ cup of your favorite vegan broth
- ¾ cup raw cashews
- ½ Tsp fresh lemon juice
- Sea salt, as needed

INSTRUCTIONS

Preheat oven to 400-degrees.

Place washed, whole red pepper in metal, glass or ceramic pan. Bake for 35-40 minute or until skin becomes blackened on at least 50% of the pepper. NOTE: Roasting can stain your pan so don't use that favorite pan you want to keep looking like new.

Meanwhile, place vegan broth and lentils in a small sauce pan, bring to a boil. Stir to dissolve bouillon and then reduce heat and simmer for 10 minutes. Remove from heat and let set until ready to use. NOTE: I use less water and cook for a shorter period of time (than usual for red lentils) to give a thicker body to the spread.

When pepper is roasted to your desire, remove from pan and immerse in a bowl of cold water and loosen and remove skin. Cut pepper in half and remove seeds and stem. Chop into large pieces.

Now you're ready to throw it all together.

SAVORY ALMOND BUTTER BALLS

Where crunch meets smooth with a deep almond flavor accentuated by raw onion and fresh parsley. Add a little Sriracha Heat and this little ball of a snack will make you smile. Eaten alone, with crackers, baguette or raw veggies this is a crowd pleaser.

INGREDIENTS

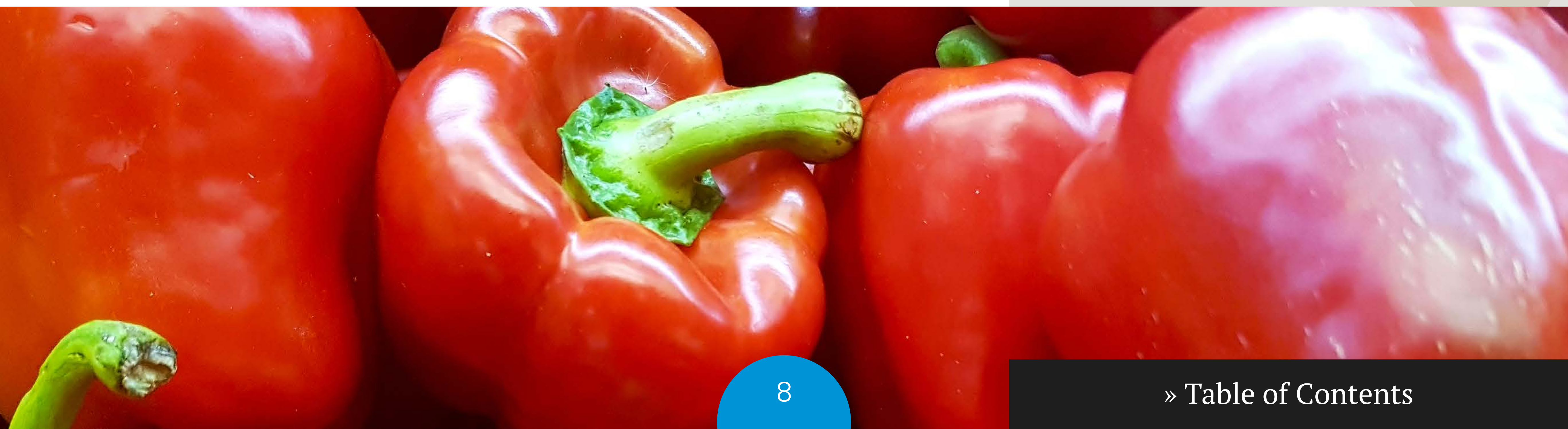
- 1 cup crunchy almond butter
- ¼ cup ground flax seeds
- ¼ cup finely chopped, curly, fresh parsley
- ¼ cup minced white onion
- 4 Tsp Sriracha Sauce*
- Salt to taste

“Soft on the palate
and full of nature's flavors.”

— Chef AmyLeo Barankovich

INSTRUCTIONS

In a medium sized bowl, mix all ingredients until well blended. Roll 1 (lightly pressed) Tablespoonful into a ball and display on your favorite serving tray. Chill for 1 hour before serving. NOTE: If the mixture is too soft to roll properly, chill for about 30 minutes before doing this step.



Moroccan Broccoli

by *Mistress Ginger Cooks!*

Everyday Vegan Food for Everyone

Yields 4 servings

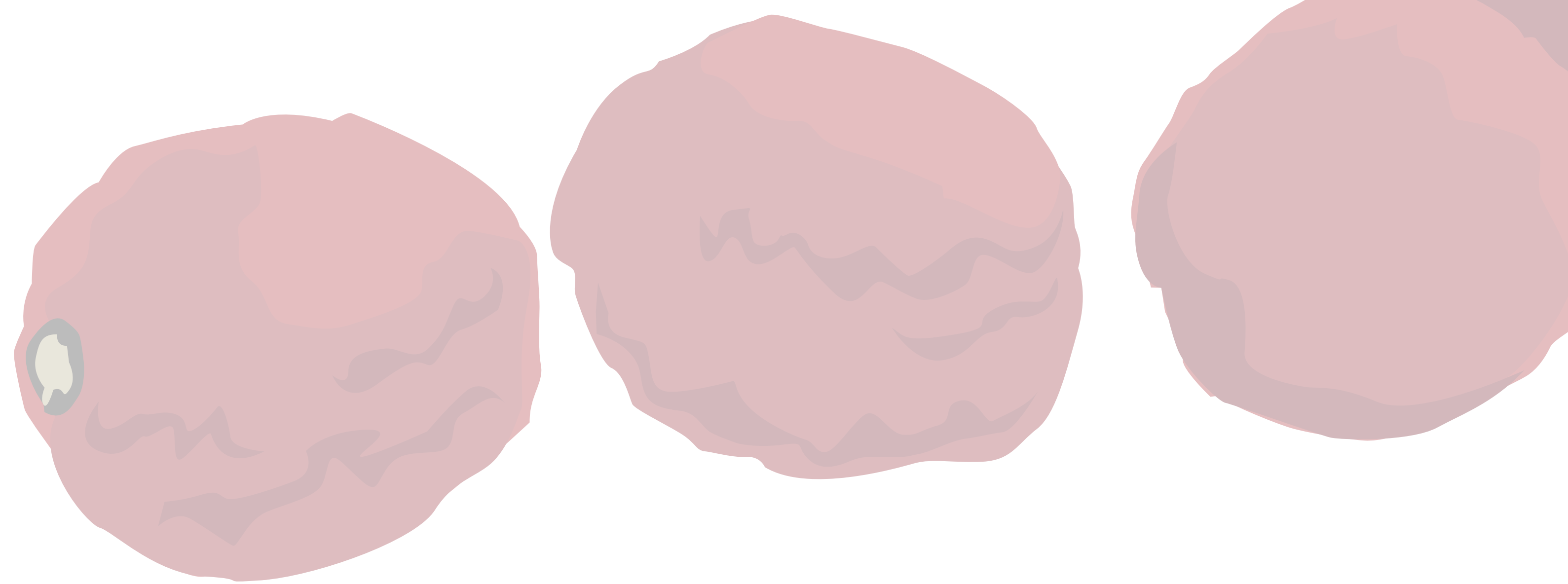
One of the things that brings me comfort during trying times is being in the kitchen and cooking up delicious food. In this spirit, it is a delight to get to share my food with the masses during this shelter-at-home period. May this recipe for Moroccan Broccoli bring you comfort and nourishment for your body and soul.

INGREDIENTS:

- 4 cups broccoli, cut into small florets
- $\frac{3}{4}$ cup silken tofu
- 2 Tsp extra-virgin olive oil
- 2 Tsp freshly squeezed lemon juice
- $\frac{3}{4}$ Tsp salt
- $\frac{1}{8}$ Tsp ground ginger
- $\frac{1}{8}$ Tsp ground cumin
- $\frac{1}{8}$ Tsp ground paprika
- $\frac{1}{8}$ Tsp ground turmeric
- $\frac{1}{8}$ Tsp ground cinnamon
- $\frac{1}{3}$ cup dried cranberries
- $\frac{1}{4}$ cup unsalted roasted peanuts, coarsely chopped

“One of the things that brings me comfort ... is being in the kitchen.”

— Mistress Ginger



INSTRUCTIONS

Steam the broccoli just until bright green and still crisp, about 3 minutes. Remove from the heat, transfer to a medium serving bowl, and chill.

To prepare the dressing, combine the tofu, oil, lemon juice, salt, ginger, cumin, paprika, turmeric, and cinnamon in a food processor. Process for several minutes until smooth, stopping as needed to scrape down the work bowl with a rubber spatula.

To assemble the salad, combine the chilled broccoli with the dressing. Stir in the cranberries and peanuts and chill until you are ready to eat.

Mistress Ginger is a cabaret diva and cookbook author based in the Twin Cities. Since 2006, her song-and-dance magic has been featured everywhere from the Bryant-Lake Bowl to the Ordway Center. When she's not dazzling audiences with the latest Junkyard Cabaret production, she can be found cooking up tantalizing vegan meals.

Baked Maple Cedar Tepary Beans

The Sioux Chef

It's been a strange blessing to be able to focus on our home kitchen after years of travel and cooking for many. I've spent a lot of my time on comforting recipes using whole foods, luckily we've created quite an eclectic pantry with foods both wild and domesticated from many regions of North America. One food I've been loving so much during this time are the amazing Tepary Beans coming from the Native American company, Ramona Farms.

These beans have been grown by many Indigenous communities for countless generations throughout the modern day region of southwestern USA and Northern Mexico, long before European colonizers came to the area. The bean is completely drought resistant and could change the way we think about desert agriculture. Ramona Farms is grown on ancestral Akimel O'odham land.


The beans are quite a bit different than regular beans people may be used to, but it is worth the extra time it takes to cook. These beans need to be soaked overnight first then cook them like regular beans, just give yourself close to twice the cooking time as a regular bean cooked from dry. Here in MN, it's just passed maple harvesting season for the tribes here so I've been making a simple baked bean recipe using White Ramona Farms Tepary Bean, Pure MN Maple, Smude's MN grown Sunflower Oil, wild White Cedar, and dried wild onions from last season. Once the beans are cooked and tender, I drain them just add all the ingredients with another cup of water and let them cook down until the water is absorbed and serve!

INSTRUCTIONS

1. Place all ingredients into a heavy pot with a lid and bake in oven for 30 minutes at 325° or until the liquid is absorbed
2. Pay respect to the indigenous people who have survived for countless generations on the land you are currently occupying, serve and enjoy!

Ramona Farms White Tepary Bean:

» [Find it Online Here](#)



“It's been a strange blessing ...
to focus on our home kitchen after
years of travel and cooking for many.”

— The Sioux Chef

BEANS INGREDIENTS

1.5 cup Dried White Ramona Farms Tepary Bean (Soaked overnight)

6 cups of Water

Cook beans on a low simmer, covered until tender (up to 4 hours)

BAKED MAPLE CEDAR TEPARY BEANS INGREDIENTS

4 cups White Ramona Farm Tepary Bean (Cooked)

1 cup Pure, Minnesota Maple

1 cup Water

¼ cup finely chopped wild harvested White Cedar (this tree is everywhere in the MN Forests, and I encourage people to learn the plants in the region they may live in. For those less adventurous, Feel free to substitute with another fresh herb like rosemary or sage)

¼ cup dried wild onion (Feel free to substitute scallions, leeks, or wild ramp leaves if in season)

2 Tbsp Salt

¼ cup Smude's Sunflower Oil



Birchwood Café Chicken Spaetzle Soup

by Tracy Singleton

People want comfort, familiarity and connection now more than ever. That's why I picked the recipe for our classic Chicken Spaetzle Soup. At the Birchwood Café, we use Chicken from regeneration farms and carrots from Featherstone Farms. Knowing the people who grow our food makes me feel cared for during this stressful uncertain time. I hope this soup brings you comfort and enjoyment.

SOUP INGREDIENTS

- 2 lbs. boneless skinless chicken thighs
- 3 Tbsps rice bran oil
- 2 yellow onions dices
- 2 large carrots diced
- 4 celery stalks, shopped
- 1 turnip, peeled and diced
- 2 cloves garlic chopped
- ½ cup white wine
- 2 Tbsps tamari
- 2 Tbsps lemon juice
- 5-6 cups chicken stock
- ¼ cup chopped parsley, plus extra for garnish
- 1 Tbsp thyme leaves
- 2 Tbsps chopped rosemary
- ½ bay leaf
- Salt and pepper to taste

SPAETZLE INGREDIENTS

- 2 cups unbleached all-purpose flour
- 2 eggs
- ½ cup heavy cream
- ¼ milk
- ¼ Tsp salt
- ¼ Tsp ground pepper
- ⅛ Tsp nutmeg

INSTRUCTIONS

Preheat oven to 350 degrees. Coat the chicken with 1 Tbsp of the oil, and roast until the chicken is cooked through and the juices run clear (about 20-25 minutes). Allow to cool, then cut into ½ inch pieces.

In a large, deep pot, heat the remaining 2 Tbsps of oil over high heat, and sauté the onions, carrots, celery, turnips and garlic until the vegetables soften and begin to brown (about 5 minutes).

Stir in the wine, tamari, lemon juice, stock, parsley, thyme, rosemary and bay leaf, and bring to a boil. Reduce the heat and simmer about 5 minutes. Season to taste with salt and pepper.

To make the spaetzle, put the flour, eggs, cream, milk, salt, pepper and nutmeg in a medium bowl and mix until the dough is smooth. Rinse a potato ricer or a colander in cold water. Working in batches, press ¼ cup of the dough through the ricer directly into the simmering soup. Simmer the spaetzle for about 2 minutes. Serve the soup garnished with chopped parsley.



“Knowing the people who grow our food makes me feel cared for ...”

— Tracy Singleton



Sage & Maple Braised Bison Tacos with Spanish Rice

by Chef Brian Yazzie

Supporting native businesses and making comfort food healthy by implementing indigenous ingredients is a practice of resiliency. Our elders need nutritional meals to keep their immune system strong during these trying times and as servants to our communities we are doing what we can.

INGREDIENTS FOR BRAISING BISON:

- 4 - 5 lbs. bison roast (beef substitution)
- 1 ½ quarts vegetable stock (water substitution)
- 1 bunch culinary sage
- 1 cup maple syrup (honey substitution)
- 1 cup oil
- 4 Tbsp salt
- 3 Tbsp black pepper
- 4 Tbsp onion powder
- 4 Tbsp garlic powder
- 4 Tbsp paprika / red chile powder

BRAISING INSTRUCTION:

Combine salt, pepper, onion, garlic, and paprika. rub bison with ¼ cup of oil and rub seasoning. Bring a medium pan to medium high heat. Add ¾ cup of oil and sear meat on all sides. Place meat in a oven pan, add vegetable stock and sage. Pour maple syrup onto meat and cover pan tightly with double foil. *Slow braise meat at 180 degrees for 5 - 7 hours. Cool meat to room temp, pull and leave in meat broth.

SPANISH RICE INGREDIENTS:

- 2 ½ cups Long grain rice
- 1 can diced tomatoes
- 2 cans tomato sauce
- ½ whole onion (small dice)
- 1 bunch of cilantro (roughly chop)
- 1 quart vegetable stock (water substitution)
- ½ cup oil
- 3 Tbsp salt
- 2 Tbsp black pepper

COOKING INSTRUCTION:

Pour oil in a medium saucepan and bring to medium heat. Add rice and lightly toast (stir constantly). Add diced onions, vegetable stock, cilantro, diced tomatoes, salt and pepper. Bring to a boil and simmer covered. Add small amounts of tomato sauce when needed to thoroughly cook rice to your desired texture.

SERVING:

Serve bison with warm corn tortillas, salsa, fresh cilantro and onions, with a side of Spanish rice!

Brian Yazzie aka Yazzie the Chef (Diné/ Navajo) is from Dennehotso, Arizona and based out of Saint Paul, MN. Yazzie has a degree of Associate in Applied Science (AAS) in Culinary Arts from Saint Paul College 2016. He is a summer resident chef at Dream of Wild Health farm, a delegate of Slow Food Turtle Island Association, and a team member at I-Collective.

Yazzie's mission is specifically working with and for the betterment of tribal communities, wellness and health through Indigenous foods. He travels internationally and is available for catering, private dinners, pop up dinners, chef demos & cooking classes, collaborations, and presentations on indigenous food sovereignty.

Website: www.yazziethechef.com

“Our elders need nutritional meals to keep their immune systems strong during these trying times ...”

— Brian Yazzie

Lentil and Barley Pilaf

by Beth Dooley

Cooking is an act of showing up in the world, of caring for ourselves and for others. It's an intimate means of grappling with this current health crisis by creating nourishing meals with simple ingredients for those we love. Learning to use staples from faraway places, such as the African Bean Stew and the Lentil Dal, provides a glimpse into cultures I may never see, an outlet for my imagination. Plus, cooking is relaxing and regenerative; the best meals are inspired by what I already have on hand (such as canned beans, tomatoes, lentils). When I'm hungry for hope and comfort, cooking is a good place to start.

LENTIL AND BARLEY PILAF

Serves 4 to 6

Whole grain barley is more nutritious than pearled barley, but the pearled barley will work in a pinch. Feel free to use wild rice or brown rice, too!

BARLEY

- 1 cup whole grain (or hulled barley, not pearl)
- 4 cups water
- Generous pinch salt

LENTILS

- 2 Tbsps sunflower oil
- ½ cup finely chopped onion
- 1 Tbsp minced, peeled fresh ginger
- 2 cloves garlic, smashed
- 2 Tsp ground cumin
- 1 Tsp dried marjoram
- Generous pinch red pepper flakes
- 1 cup red lentils
- 2 cups chicken or vegetable stock
- Salt and pepper to taste
- ½ cup whole milk Greek yogurt
- ¼ cup minced fresh cilantro
- Lemon wedges

INSTRUCTIONS

To cook the barley: Put the barley, water, and salt into a large saucepan, set over high heat, bring to a boil, reduce the heat, cover and simmer until the barley is tender, about 45 to 55 minutes. Drain off any excess water.

To make the lentils: In a medium saucepan, heat the oil over medium-high heat and sauté the onion, ginger, and garlic until the onion is translucent, about 2 minutes. Stir in the cumin, marjoram, red pepper flakes, lentils, and stock. Increase the heat, bring the liquid to a boil, reduce the heat, and simmer until the lentils are tender, about 15 to 20 minutes. Season to taste with more salt and pepper. Stir the lentils into the barley, return to a low flame to heat through. In a small bowl, stir together the yogurt and cilantro and serve alongside the pilaf with lemon wedges.

“When I’m hungry for hope and comfort, cooking is a good place to start.”

— Beth Dooley

North African & Whole Grain Stew

by Beth Dooley

Serves 4 to 6 (easily doubled)

This North African inspired stew is seasoned with Baharat, a Middle Eastern spice mix available in the spice aisle of grocery stores, co-ops, and specialty shops. It's also easy to make at home and will store nicely for at least six months in a covered jar (see recipe below).

The grains and the beans may be cooked ahead and stored in separate containers and the stew assembled another day. Leftovers are great and taste even better a day or two after it's made.

INGREDIENTS FOR THE GRAINS AND BEANS

- 1 cup farro, hulled barley, or whole grain oats
- 1 cup brown or white beans (or a mix of dry beans)
- 2 bay leaves
- 1 whole onion, cut in half
- 4 cloves garlic, divided
- 2 generous pinches of salt

INGREDIENTS FOR THE STEW

- 2 Tbsps sunflower or vegetable oil
- 1 medium onion, diced
- 3 cloves garlic, coarsely chopped
- 1 Tbsp fennel seeds, crushed
- 2 Tbsps Baharat*
- 1 small cinnamon stick
- 2 Tbsps tomato paste
- Fresh thyme leaf or chopped cilantro, optional

INSTRUCTIONS FOR THE GRAINS AND BEANS

Put the grain and the beans into separate medium pots. Add a bay leaf, half an onion, and 2 of cloves of garlic to each pot. Cover the grains and the beans with 3 inches of water each along with a generous pinch of salt. Set both pots over high heat, bring to a boil, reduce the heat to a simmer and partially cover each pot.

The grain is cooked when tender and no longer tastes "raw," about 35 to 45 minutes. Drain the grain, remove and discard the onion, garlic, and bay leaf and set the grain aside.

The beans are cooked when they are very tender and creamy within, about 45 minutes to 1 hour and 15 to 20 minutes. Reserve the beans in their cooking liquid.

To make the stew, set a large pot set over medium-low heat, add the oil and cook the onion, garlic, and fennel seeds, until the onion is translucent,

about 3 to 5 minutes. Stir in the Baharat, cinnamon, and tomato paste, and cook until the paste begins to darken and caramelize, about 1 to 2 minutes. Stir in 1 cup of the reserved bean stock, scraping up any of the browned bits sticking to the bottom of the pan. Stir in the drained grain and, with a slotted spoon, add the beans. If the stew seems dry, add a more bean stock as necessary. (Remove and discard the bay leaf, onion, and garlic from the bean stock and reserve any leftover stock in a covered container in the refrigerator for up to 4 days.) Serve the stew garnished with fresh thyme or cilantro if available.

*BAHARAT SEASONING

Makes ¼ cup

Sprinkle this Middle Eastern spice blend on toasted flatbread, hummus, and plain yogurt. It will keep at least 2 months in a covered container in a cool, dark cupboard.

- 1 ½ Tbsps dried mint, crushed
- 1 Tbsp dried marjoram
- 1 ½ Tsp ground cinnamon
- 1 ½ Tsp ground coriander
- 1 Tsp coriander
- 1 Tsp ground nutmeg
- 2 Tsp smoked paprika
- 1 Tbsp freshly ground black pepper

Put all of the ingredients into a small jar and shake to combine. Store in a covered container.

James Beard Award winning, Beth Dooley, covers our Northern Heartland with heart and skill. In her work, she brings the region's artisan millers and bakers, the farmstead cheese-makers, craft brewers, and organic farmers to life on the page. She writes for the Taste section of the Minneapolis-St. Paul Star Tribune, appears regularly on KARE 11 (NBC) TV, and Minnesota Public Radio's Appetites with Tom Crann. Beth is an Endowed Chair, Minnesota Institute for Sustainable Agriculture, and is currently working on her next book, tentatively titled The Perennial Kitchen focused on regenerative agriculture.

Hmong Chicken Soup

by Chef Peter Vang

When I was sick as a child, my mom would always make chicken soup with rice for me. She would make sure we only eat the soup and nothing else. As an adult, I've come to realize that the garlic, ginger, and lemongrass were the key ingredients to help build the immune system. I share my mom's recipe with you all and hope it helps with staying healthy and clean.

INGREDIENTS

- Whole chicken
- 1 head (5-6 cloves) garlic
- 3 - 4 coined size slices ginger
- 1 stalk lemongrass
- Salt and pepper to taste
- 1 bundle bok choy (any other greens will work)

INSTRUCTIONS

1. Cut the chicken into parts you desire or leave it whole.
2. Add chicken into med pot size and fill water about full or enough to cover the chicken. Turn on stove burner to med-high heat.
3. Once water starts to boil, you will notice some material on top so go ahead and scoop it out until there's no more (don't worry if you can't get all of it out).
4. Add in your garlic, ginger, and lemongrass.
5. Let your soup cook for another 20-25 mins (or enough time to finish cooking the chicken) with the lid halfway closed.
6. While your soup is finishing off, wash and clean your greens. I usually like to just take the bok choy off the stem and leave them whole, but you choose how you want to cut them up.
7. Add in your greens after your chicken is fully cooked (at a temp of 165 degrees). You can always just take a piece out and cut into it to see if it's ready. Let your greens cook for 5 mins.
8. Salt and pepper your broth to taste.
9. Once this is all done, you can either scoop your soup into a bowl and eat it with rice on the side or just add it all into one bowl and chow down.
10. Enjoy!

“I share my mom’s recipe with you all and hope it helps with staying healthy and clean.”

— Chef Peter Vang

Chef Peter Vang graduated with his A.A.S. in Culinary Arts from Saint Paul College in 2016. While in school, he began working in the culinary industry including high end restaurants such as Meritage and Upton 43 (currently Martina). Soon after, he became the Sous Chef at Blackdog Cafe in Lowertown.

Peter knew he wanted to do more than just be an ordinary chef, so he began teaching kids in the city through a nonprofit called YouthFarm. He was able to teach youth how to plant, grow, and cook their produce through food education and relationship building.

Vegan Cauliflower Tostadas

by Chef Lachelle Cunningham, *The Good Acre*

The Vegan Cauliflower Tostadas are inspired by The Good Acre's produce-focused farm to school programming where we are constantly being challenged to create interesting ways to make vegetables more fun and delicious for students. The crunchy tortilla shells with that savory spiced roasted cauliflower topped with fresh veggies and salsa, hits the spot every time!

INGREDIENTS

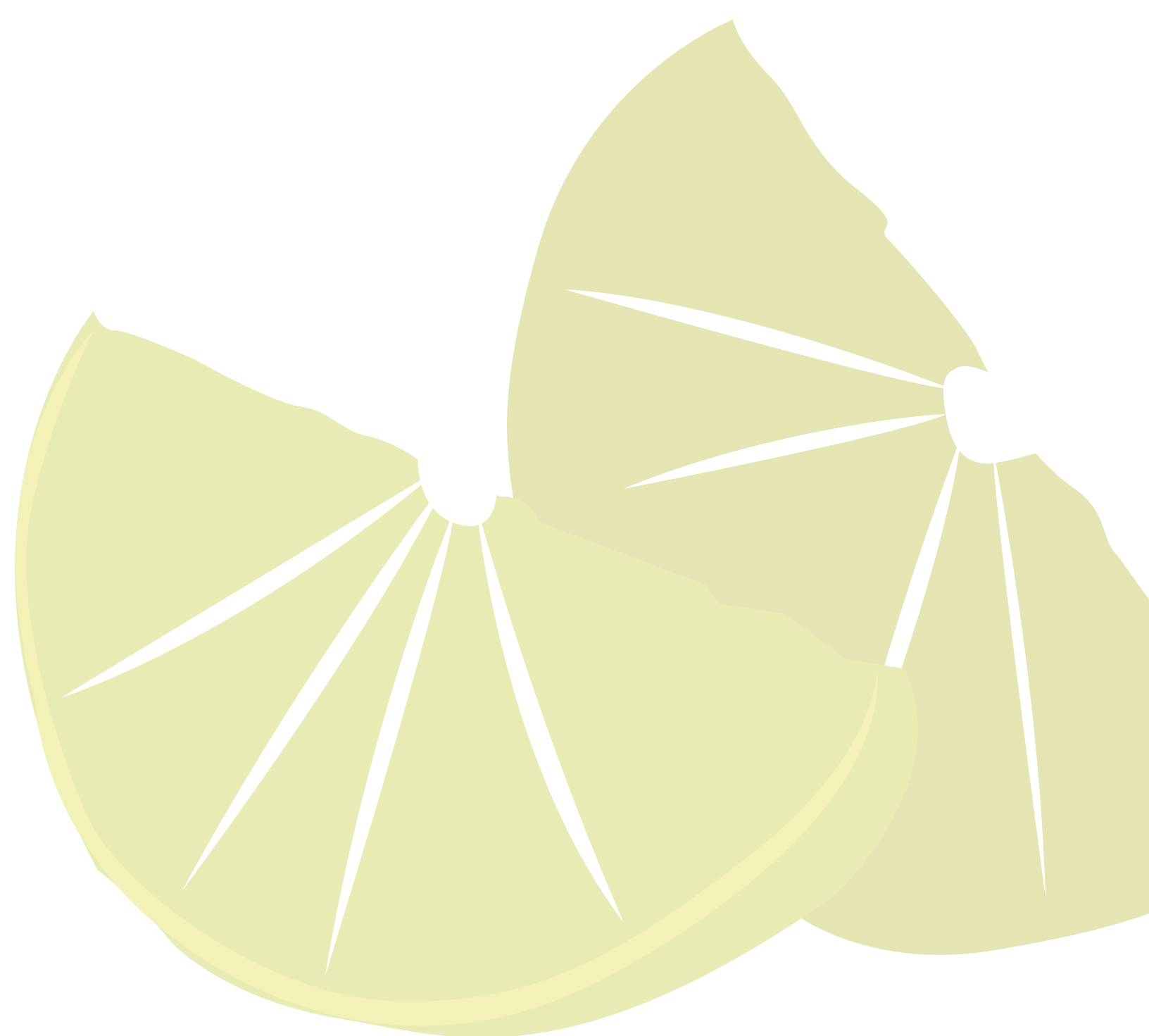
Taco Seasoning

- 1 Tbsp chili powder
- ¼ Tsp garlic powder
- ¼ Tsp onion powder
- ¼ Tsp crushed red pepper flakes
- ¼ Tsp dried oregano
- ½ Tsp paprika
- 1 ½ Tsp ground cumin
- 1 Tsp sea salt

- 1 medium onion, finely diced
- 2 cloves garlic, minced
- 2 Tbsp canola oil
- Cooking spray
- 8 corn tortillas
- Salt
- 1 head cauliflower, grated
- 2 cups fresh tomato salsa (see recipe below)
- 2-3 cups napa cabbage or green leaf lettuce, chopped

Optional Garnishes

- Green onions, sliced thin on a bias
- Limes, cut into wedges
- Radishes, sliced very thin
- Sour cream
- Guacamole



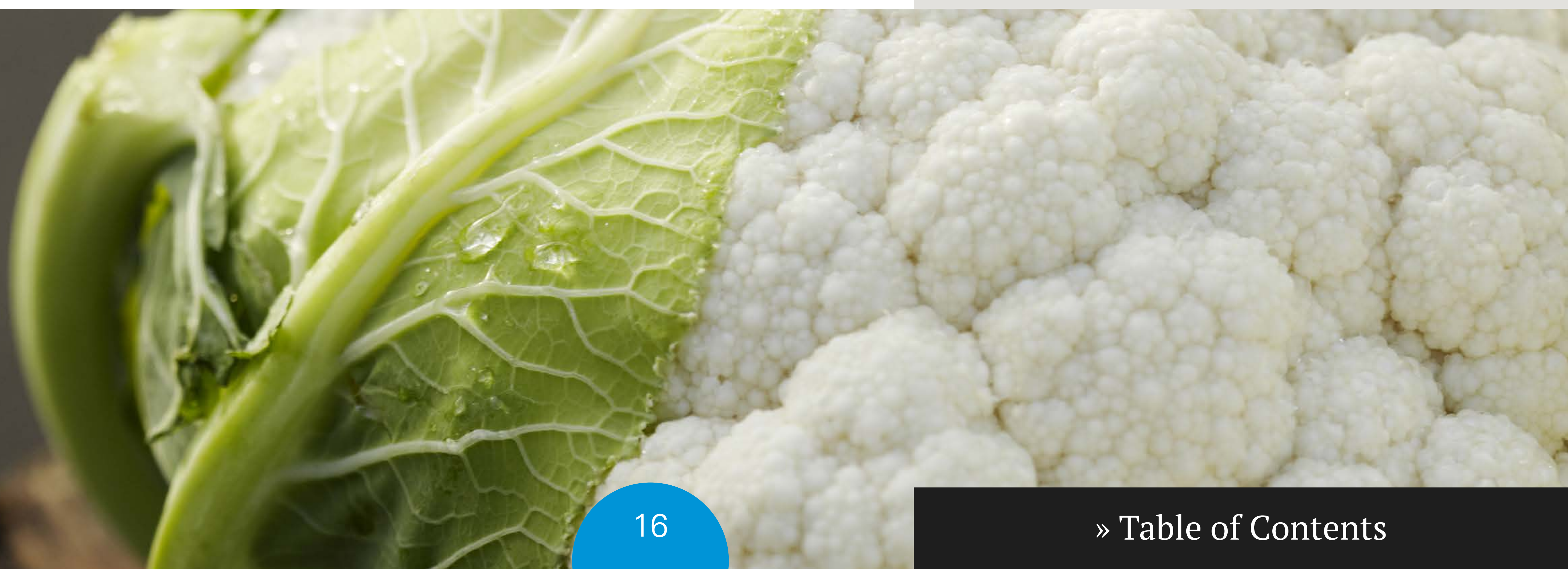
INSTRUCTIONS

1. Preheat oven to 400F.
2. Mix together taco seasoning ingredients and set aside.
3. In a bowl, add the diced onion, minced garlic, canola oil and mix together. Add the taco seasoning and mix together well.
4. Place the seasoned onion/garlic mixture in a hotel pan and cook in the preheated oven for 10-15 minutes or until onions are translucent and the mixture is fragrant.
5. While the onion/garlic mixture is cooking, spray large baking sheets with cooking spray.
6. Lightly spray both sides tortillas with cooking spray (or brush both sides with canola oil) and place in a single layer on prepared baking sheets. Lightly season with salt.
7. Bake the tortillas for 5 minutes, flip them over and bake for another 5-10 minutes, until the tortillas are crispy like a chip. Remove crisp tortillas from oven and set aside.
8. Once the onion/garlic mixture is translucent, remove the pan from the oven and add the grated cauliflower to the seasoned onion/garlic mixture and stir to combine. Place the pan back in the oven and cook for another 10-15 minutes until cauliflower is cooked and slightly browned. Remove from the oven and serve heaping spoonfuls on crispy tostadas with tomato salsa, chopped cabbage or lettuce and desired garnishes.

NOTES

Be sure to keep a close eye on the tostadas after the first 5 minutes. If your oven runs hot, they can go from under-cooked to burnt quickly!

The tostadas should be crispy and light golden brown when they're ready. Keep in mind that they will dry out and firm up a little once they've cooled.



Fresh Tomato Salsa

by Chef Lachelle Cunningham, *The Good Acre*

INGREDIENTS

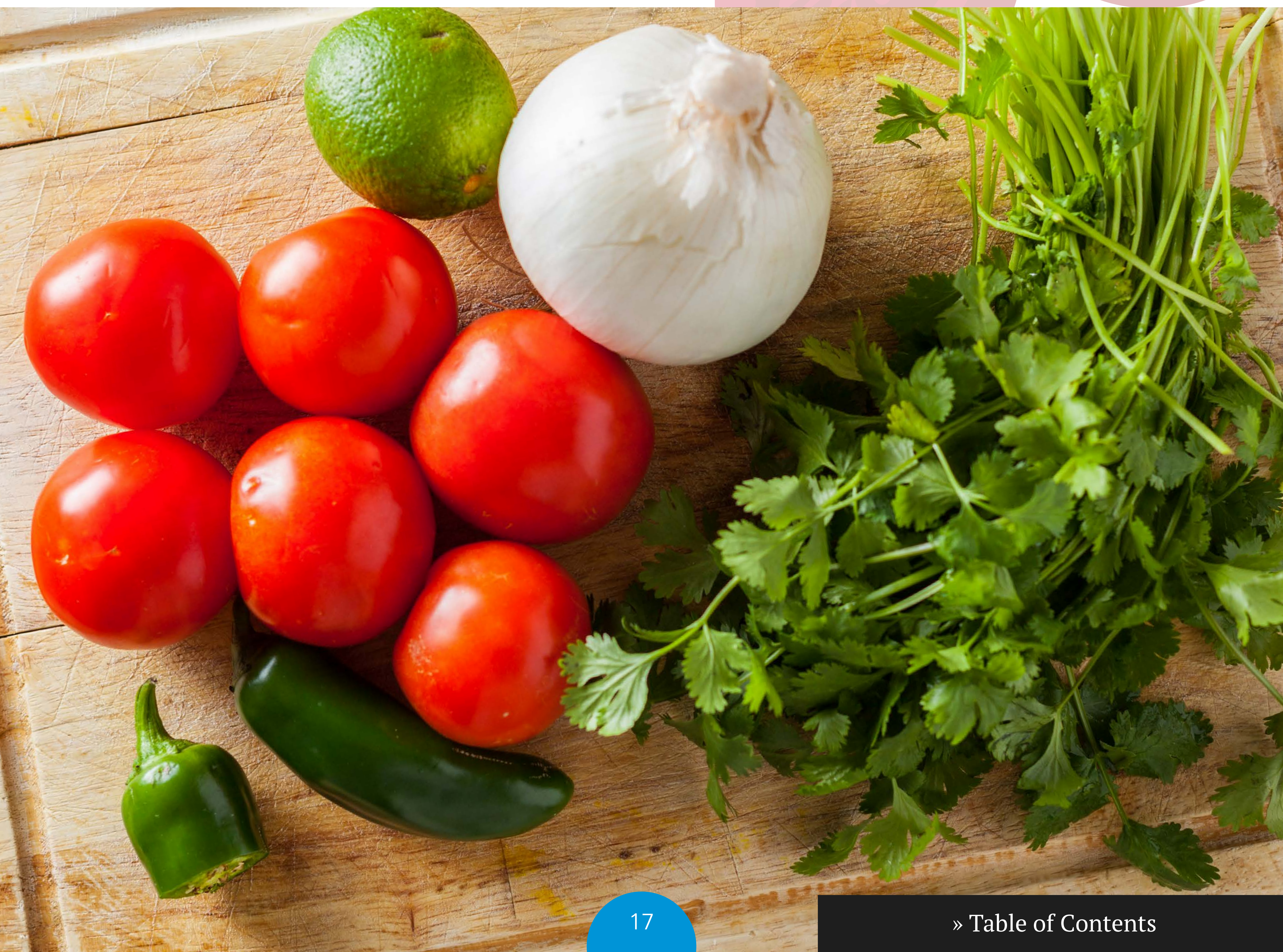
7 tomatoes, quartered
½ onion, quartered
2-3 jalapeños, seeded and quartered
1 poblano pepper, quartered
2 garlic cloves
¼ bunch cilantro
¼ Tsp cumin
Juice and zest 2 limes
Salt and pepper to taste

INSTRUCTIONS

Combine all ingredients in a blender or food processor. Pulse to desired (chunky or smooth) consistency. Season with salt and pepper to taste. Store in a non-reactive container. Keeps in refrigerator for up to a week.

“Hits the spot every time!”

— Chef Lachelle Cunningham



Southern Style Chili and Simple Frittata with Kale

by Jenny Breen

Two things most important to me as a chef and an eater are healthy whole foods and supporting our local farmers and producers. I love to share with people ways to enjoy less familiar or popular ingredients like beans (try local heirloom varieties), eggs, and greens like collards and kale. These foods are so delicious, full of vital nutrients, represent many traditional cultures and foodways, and are low on the food chain, which means they are less expensive in money and in terms of their environmental impact. Everybody wins here, with flavors, colors, nutrients and sustainability.

SOUTHERN STYLE CHILI

This chili has the basic chili formula—tomato base and beans, and then some unusual ingredients—squash or yams, and spinach, to amp up the color, the nutritional value and the texture. A kiss of maple syrup cuts the acid and pulls the flavors together. The creaminess of the squash adds a new dimension to a familiar food, bringing a novel twist just when things are getting old. It still works with all the sides—guacamole, chips, sour cream or cheese—or it can be delicious with hearty whole grain bread, corn chips or served over brown rice.

INGREDIENTS

- 5 cups cooked black-eyed peas, or 2 cans
- ¼ cup olive oil
- 1 large onion, diced
- 1 medium butternut squash, peeled or two yams (unpeeled), cut into 1 inch cubes
- 8 cups water or stock
- 1 Tbsp cumin
- 1 Tbsp chili powder
- ¼ cup fresh or 2 Tbsps dry thyme
- 4 cloves garlic, minced
- 2 Tsp salt
- 4 large tomatoes, diced
- 2 cups fresh or frozen corn kernels
- 4 cups spinach, chopped (or other greens)
- ¼ cup fresh chopped cilantro or 1 Tbsp dried coriander
- ¼ cup tomato paste
- ¼ cup maple syrup (or honey)

Optional: 1 lb. chicken breast

Cook beans and set aside.

INSTRUCTIONS

Heat oil in stock pot over medium heat. Sauté onion and squash with garlic, herbs and salt, and add 4 cups water or stock. Cover and simmer until squash is soft—about 15 minutes. Add tomatoes, corn, cilantro, greens, tomato paste and maple syrup, and remaining water or stock and simmer another 15 to 20 minutes.

SIMPLE FRITTATA WITH KALE INGREDIENTS

- 2-3 cups kale or other greens, chopped or torn into small pieces
- ½ Tbsp olive oil
- 2 ½ Tbsp butter
- ~ 6 eggs, beaten
- 1 cup any vegetable (bell pepper, zucchini, broccoli, asparagus, etc) diced small
- 2 cloves garlic, minced
- 2-3 oz. feta cheese (about ½ cup), crumbled (or any other cheese you have, diced small)
- Salt and pepper to taste

INSTRUCTIONS

Preheat oven to 350 F. Sauté kale in ½ Tbsp of oil until soft, 5 minutes or so. Set aside.

In a mixing bowl, beat together the eggs, salt and pepper.

Add the kale, other veggies, garlic, and feta. Heat 2 ½ Tbsps of butter over medium-high heat in a medium (8-10 inches) oven-proof skillet (Almost all skillets are oven proof—best is cast iron or steel). When the butter has melted (or oil is hot), tilt the skillet to coat it with the fat, and pour the egg mixture into the skillet and let eggs cook for about one minute. Lower the heat to medium-low and cook for about 4-5 minutes, shaking the pan gently to make sure the eggs are loose on the bottom (DO NOT SCRAMBLE, LET THE EGGS COOK). If they are sticking, loosen them around the edges with a thin rubber spatula.

Put the frittata into the preheated oven and bake until it is puffy and only slightly browned (about 5 minutes) – but watch it carefully so it doesn't over bake.

If this is too complicated, place frittata in the oven for approximately 12-15 minutes until it is firm to the touch.



Mint Fazzoletti with Braised Lamb and Olives

by Chef Mike DeCamp

Serves 4

Pasta is near and dear to my heart, it is one of the first things that I learned how to cook, and it created a strong relationship for me with my mentor. This dish speaks to my past with the flavors represented in it. Making pasta and braising meat brings back so many great memories for me and in these strange times I'll take all the smiles I can. At its heart is it a simple dish with some cheffed-up techniques, but you can feel free to use this recipe as just an idea and you substitute whatever ingredients are on hand.

INGREDIENTS

- ¼ cup extra virgin olive oil
- 1 lb. lamb shoulder (cut into 1 inch pieces)
- Kosher salt and freshly ground black pepper
- 1 carrot (cut into 1/8 inch dice)
- 1 onion (cut into 1/8 inch dice)
- 1 celery stalk (cut into 1/8 inch dice)
- 4 garlic cloves (thinly sliced)
- ½ bunch of thyme
- 2 cups red wine
- 1 16 oz. can of whole peeled tomatoes (crushed by hand, reserving the juices)
- 4 oz. Arbequina olives (pitted)

INSTRUCTIONS

In a large pan, heat the olive oil until very hot, but not smoking. Season the lamb with salt and pepper. Add to the pan, taking care not to overcrowd the pan, and brown on all sides. Remove the lamb and add the carrot, onion, celery, garlic and thyme. Cook the vegetables over medium high heat until tender and browned. Add the red wine and tomatoes, and bring to a boil. Scrape any browned bits of meat from the bottom of the pan. Add the meat and simmer over low heat for 1 ½ hours or until the meat is very tender. Remove the meat and shred it with a fork. Return it to the pan, add the olives and simmer for another 30 minutes. Season with salt and pepper.

Chef DeCamp is from Minnesota. When he was just 17, he began working for Chef Tim McKee at D'Amico Cucina. Here he was given the nickname, "Young Chef," one that still remains with him. Shortly following, he worked for many highly regarded restaurants including Campiello, Chez Foley, and La Belle Vie.

Today, he heads the kitchen at Borough and Parlour in both Minneapolis and St. Paul and has been recognized with a number of accolades and praise for his contemporary American cuisine. Most recently, in early 2019 he opened P.S. Steak, located in the former La Belle Vie space. DeCamp loves to cook without boundaries and is constantly inspired by ingredients and his travels.

"In these strange times I'll take all the smiles I can."

— Chef Mike DeCamp

Seed Cafe Thai Peanut Rice Bowl

In these uncertain times, there's nothing quite like comfort food. This recipe is a cozy classic, involves easy ingredients, and gives you a versatile peanut sauce that you'll love. This is an adapted version of one of our rice bowls we serve at the cafe and can be made with simple ingredients you might already have in your pantry. You'll feel great and energized nourishing your body with this whole food, plant based dish.

INGREDIENTS

For the bowl:

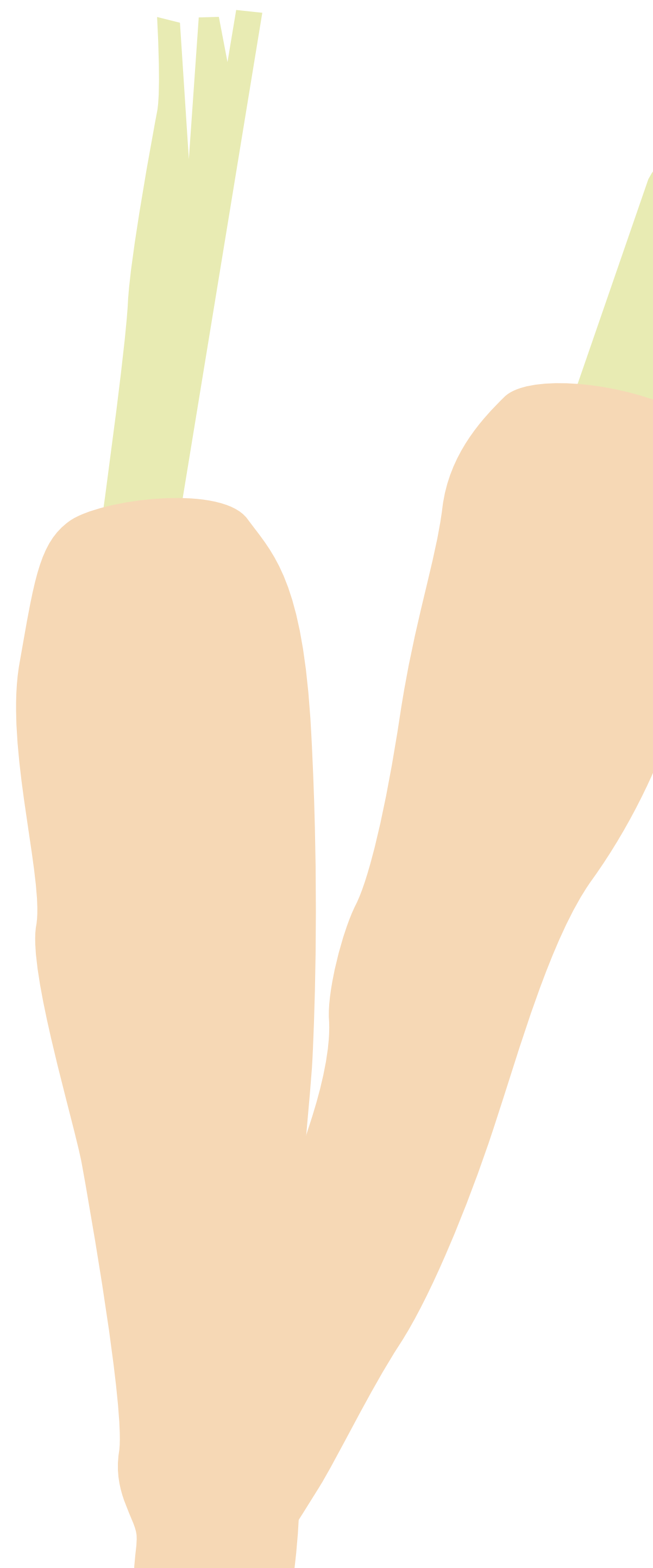
- Rice - 1 cup cooked per bowl
- Micro Greens - 1 pinch, for garnishing
- Spiralized or Chopped Raw Carrots - 1/2 cup
- Whole Peanuts - small handful
- Broccoli Florets - 1/4 cup - more if you like!
- Tofu Steaks - 3 x 1.5 inch triangles per bowl

For the broccoli and tofu marinade:

- Tamari - 1/2 cup
- Sesame oil - 1/2 cup

For the Peanut Sauce:

- 1/2 cup rice vinegar
- 1/4 cup lemon juice
- 1/3 cup tamari or soy sauce
- 1 Tbsp agave
- 1/2 cup garlic, whole
- 1/3 cup ginger, peeled and cut into chunks
- 2 cups water (add more or less depending on desired thickness)
- 2 1/2 cups peanut butter



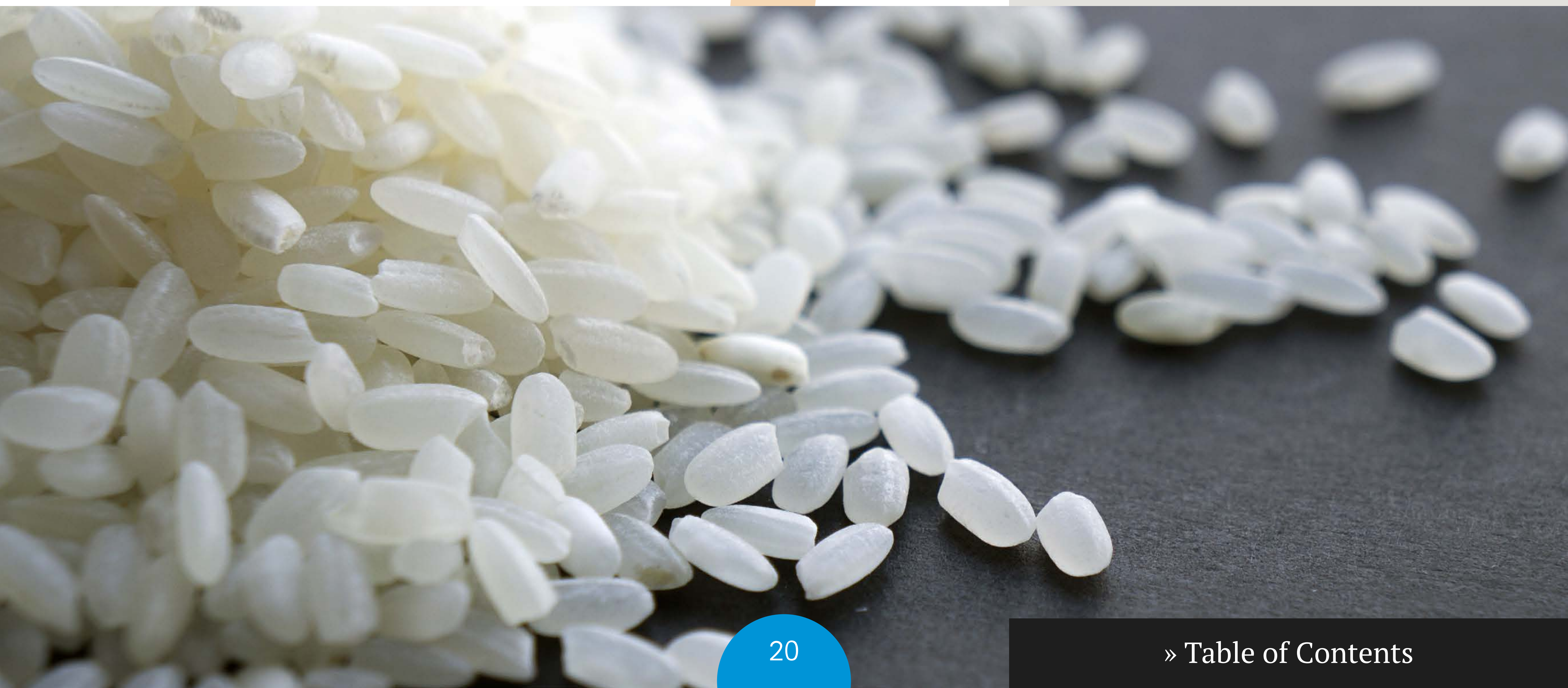
SAUCE INSTRUCTIONS

1. Add water to blender first
2. Add all other ingredients to blender
3. Blend until smooth
4. Extra sauce will keep well for approximately 5 days in the fridge

BOWL INSTRUCTIONS

1. Chop broccoli and tofu steaks and marinate for ~30 minutes in 1/2 cup tamari and 1/2 cup sesame oil.
2. Cook rice according to package directions. 1 cup of cooked rice = 1 bowl.
3. Cook marinated broccoli and tofu on a panini grill or just stir fry in a pan for ~5 min on each side or until slightly crispy.
4. Add 1 cup of rice into each bowl, drizzle approximately 1 oz of peanut sauce over the rice (more if you like!)
5. Sprinkle microgreens around the edge of the bowl
6. Place chopped raw carrots in the bowl
7. Place grilled tofu and broccoli in bowl
8. Drizzle any additional sauce desired and add the small handful of peanuts on top.
9. Enjoy!

Ryann and Phil are the co-owners of Seed Cafe, Modo Yoga Minneapolis and Modo Yoga Winnipeg. Seed Cafe was a dream that came to life in September 2018, serving delicious whole food plant based cuisine, smoothies, beer, wine, and even plant based soft serve ice cream. First and foremost, heart of what they do at Seed is create and nurture community in their beautiful, serene cafe setting near Lake Bde Maka Ska in Uptown Minneapolis.



Coco and Lala's Cauliflower Spaghetti

by *Real Coco and Lala*

Ready in 25 minutes

Serves 8 people

We submitted the recipe because it's flavorful, filling, fresh and affordable. Our families love spaghetti, but we wanted to find a way the Healthin' It Up! So we use cauliflower in place of meat, and believe us our families are loving the new spin on spaghetti! It's simple enough that the kids can help make it, and it's veggies so the parents love that the kids are enjoying it. This meal is so flavorful and filling, and costs less than \$10 to make!

INGREDIENTS

- 1 head of cauliflower or 1-2 bags of riced cauliflower
- 1 pack of taco seasoning
- 1 jar of pasta sauce
- 1 box of spaghetti noodles
- 2-3 Tbsp of olive oil

“... Flavorful, filling, fresh and affordable.”

— Real Coco and Lala

INSTRUCTIONS

1. Cut the head of cauliflower into small pieces to fit into your food processor and use ricing blade to rice your cauliflower (if you did not buy pre-riced cauliflower).
2. Put 2-3 Tbsps of olive oil in skillet and add your cauliflower.
3. Sauté the riced cauliflower for 10 mins. Add ½ a pack of taco seasoning or to your liking (you may have to add a little water to mix the taco seasoning into the cauliflower).
4. Add the jar of pasta sauce to the seasoned riced cauliflower.
5. Spread over cooked spaghetti noodles.

TIP

Serve with a fresh salad or garnish with tomatoes and fresh basil.

Curry Sweet Potato Soup

by Megan Handke

Makes about 8 cups

I chose this sweet potato soup recipe for this time because spicy curry is a comfort food for my family, and something that we like to eat often. This is a versatile recipe that can be used for a variety of meals yet is also excellent on its own. I always keep coconut milk in the pantry, and usually have some squash or sweet potatoes hanging around to throw together this healthy soup to spice up our weekly meals.

INGREDIENTS

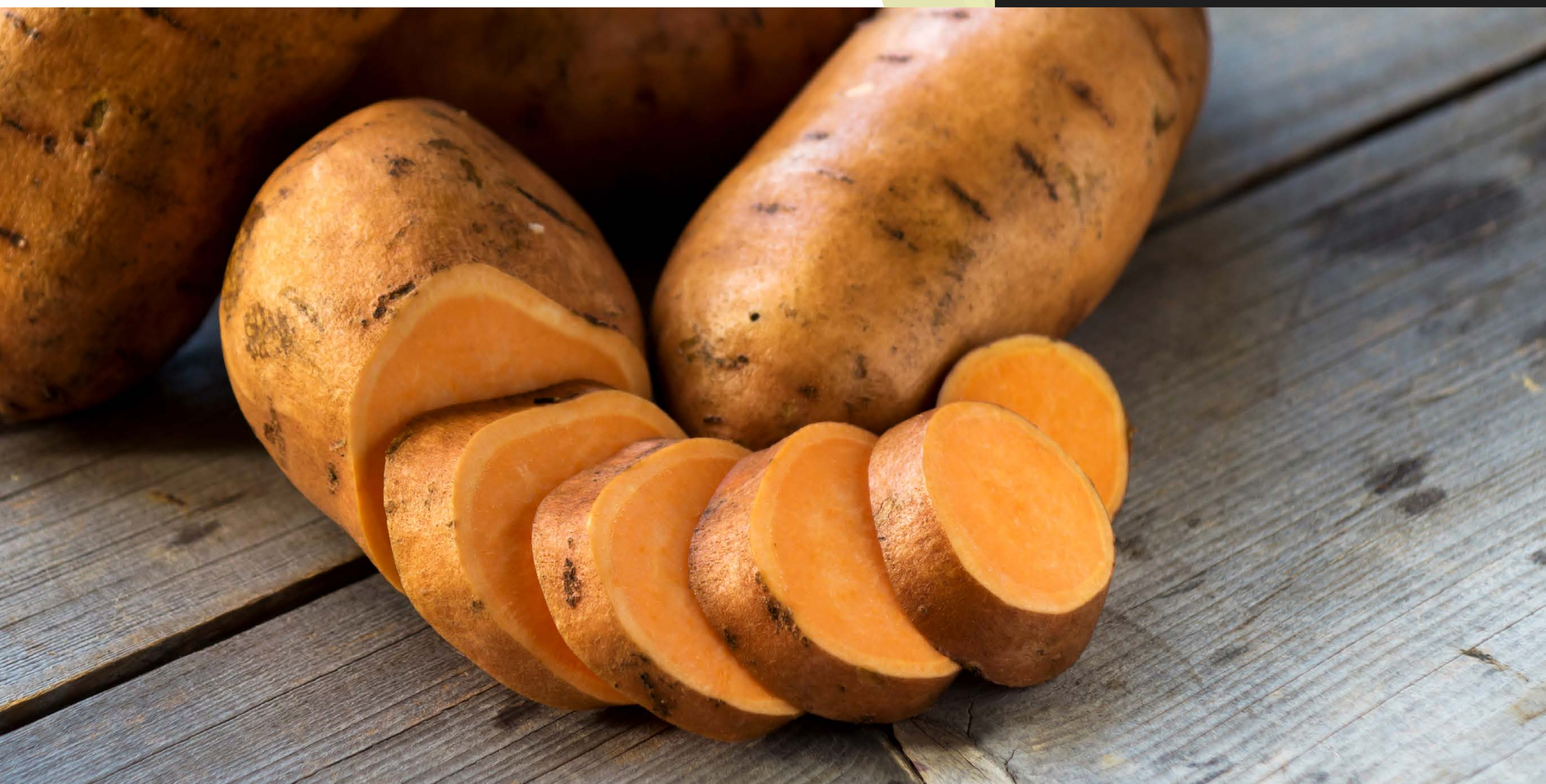
- 1 Tbsp coconut oil
- 1 yellow onion, medium dice
- 4 stalks celery, medium dice
- 4 small carrots, peeled & medium diced
- 3 cloves garlic, minced
- 2 Tbsp fresh ginger, minced
- 1 Tbsp Mae Ploy Red Curry Paste (this curry paste contains shrimp paste for those who want a vegan soup or those with shellfish allergies), or 1 Tbsp Madras Curry Powder
- 1 Tsp kosher salt
- 1 Tsp fresh ground black pepper
- 1 large sweet potato or yam, peeled and large dice (about 2 cups)
- 3 cups water or veggie stock
- 5.6 oz can of Savoy Coconut Cream (any coconut milk will do, but this one is my favorite!)
- Juice of 2 fresh limes

INSTRUCTIONS

1. In a 2 qt. saucepan or larger, heat coconut oil over medium heat.
2. Add onions, celery, and carrot and cook until translucent. Add garlic and ginger and cook 3-5 min.
3. Add curry paste or powder, salt, and pepper. Cook for a few minutes.
4. Add sweet potato and water or stock. Increase heat to a simmer and cook until sweet potato is just tender.
5. Add coconut milk, reduce heat and simmer for 10 minutes.
6. At this point you can serve the soup as is, or you can choose to puree it smooth with a blender.
7. Adjust seasoning to taste (I like mine spicy!), and thin out with water or stock if thinner consistency is desired.

Garnishes – crème fraiche, cilantro, toasted pumpkin seeds, fresh squeezed lime.

Variations – Add cooked shrimp, spicy meatballs, chicken or pork and serve with jasmine rice. Makes a great curry base!



Spinach Sprouted Chickpea Burgers

by Heather Klein, *Root to Rise*

With the focus lately on health and immunity and some extra time on my hands, I have been able to create some exciting new recipes using ingredients that have been hanging out in the pantry for a while. Chickpeas are one of the oldest and healthiest crops in the world, they are very sustainable, and they are also extremely high in protein. Plus, they can be purchased dried in bulk and are shelf stable for up to 3 years. So needless to say, as a vegan chef, I had some hanging around to create a meal with. When you want a burger and fries and also want to keep your immune system healthy, you get creative. I love creating delicious whole food plant-based meals!

These spinach chickpea burgers are absolutely nutritious and delicious. Serve them on baked portobello buns with fried onion, homemade pickled cucumber, greens, cashew cheese, and kimchi for an amazing veg meal.

Prep time: 30 minutes

Cook time: 30 minutes

Total time: 55 minutes

Servings 4 to 6

INGREDIENTS

- 2 Tbsps + 1 Tsp avocado oil
- 1 Tsp toasted cumin seeds
- 4 cups firmly packed baby spinach
- 2 cups sprouted and cooked chickpeas (garbanzo beans) (½ cup dry)
- 2 Tbsps fresh lemon juice
- ¼ cup finely chopped garlic (about 8 cloves)
- 1 Tsp sea salt plus more to taste
- ⅓ cup chickpea flour, plus more as needed
- ¼ cup Psyllium Husk as a binder
- ¼ cup aquafaba (the liquid from the cooked beans)

INSTRUCTIONS

1. Thoroughly wash your chickpeas. Soak ½ cup dry chickpeas over night in about double the amount of water. Then drain and rinse the chickpeas about 3 times a day until sprouts appear (about 2-3 days). Once sprouted sufficiently rinse well one last time and cook the chickpeas in about 6 cups of water for 30 minutes. Drain the chickpeas saving the liquid (aquafaba).
2. While the chickpeas are boiling add 1 Tsp of the oil to a medium skillet. Add the cumin seeds and spinach and cook, tossing with tongs, until the spinach is completely wilted, 2 or 3 minutes. Transfer to a heatproof plate and allow to cool until safe to handle. Drain if necessary. Chop finely.
3. Combine the chickpeas, spinach mix, aquafaba, psyllium husk, lemon juice, garlic and salt in a food processor. Pulse until the mixture resembles a chunky hummus.
4. Fold in the chickpea flour. The mixture should be sticky but somewhat pliable. Add more flour, 1 Tsp at a time, if too wet, or a bit of water if too dry. Shape into 5 patties.
5. In a skillet or nonstick sauté pan, heat the remaining 2 Tbsps oil over medium-heat. When hot, add the patties and cook until browned on each side, about 10 minutes total.

Soaking and sprouting beans help to neutralize phytic acid and lectins while enhancing the amino acid, vitamin, and protein content.

“When you want a burger and fries and also want to keep your immune system healthy, you get creative.”

— Heather Klein

Parsnips Fries with Cashew Garlic Aioli

by Heather Klein, Root to Rise

Prep time: 5 mins

Cook time: 20 mins

Total time: 25 mins

INGREDIENTS

- 2 ½ lbs. parsnips, cut into about 3 x ½ inch strips
- 1 large garlic clove, minced
- 3 Tbsps algae oil or avocado oil
- Sea salt
- Freshly ground pepper

INSTRUCTIONS

1. Preheat oven to 450°
2. Wash parsnips well, cut into strips trying to avoid the tough middle
3. Mix parsnips, garlic, and oil on a large rimmed baking sheet with a few good pinches of salt.
4. Spread out in a single layer.
5. Roast for 10 minutes; turn parsnips and roast until parsnips are tender and browned in spots, 10–15 minutes longer.
6. Remove from oven and serve immediately. These are best hot.

CASHEW GARLIC AIOLI AND CASHEW CHEESE INGREDIENTS

- 1 cup raw soaked cashews
- ⅔ cup water
- 2 – 4 garlic cloves
- Juice of ½ lemon
- ½ Tsp of mineral salt, or to taste

For Cashew Cheese also add:

- 2 Tbsps nutritional yeast
- ½ Tsp Korean pepper or smoked paprika
- Use veg broth instead of water
- 1 Tsp GF Tamari (optional)

INSTRUCTIONS

Place cashews, water, garlic, salt, and juice of lemon in a blender and blend until creamy, about 45 seconds.

Serve at room temperature.

Store leftovers in an airtight container in the refrigerator for up to a week.

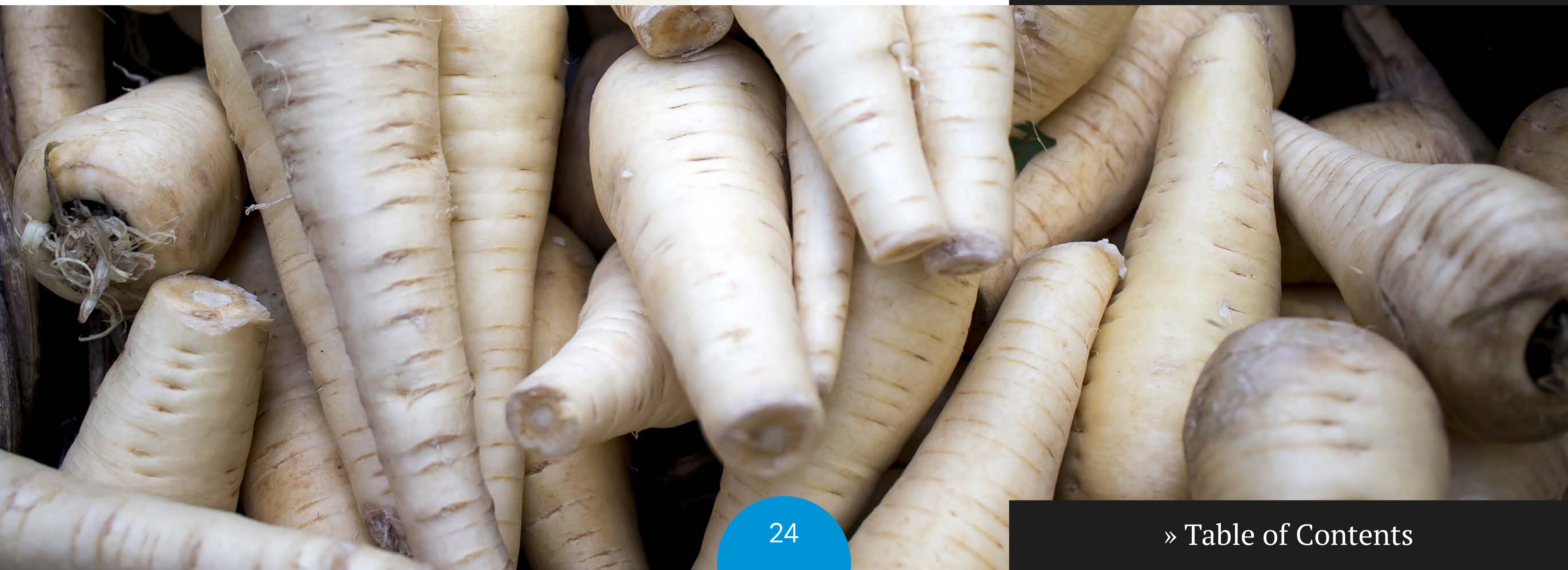
Makes about 1 ½ cups.

Soaking cashews: Let soak for at least 2-7 hours. Drain and rinse well before blending. Add more water, 1 Tbsp at a time as needed to thin.

There are benefits to soaking your cashews.

1. Breaks down the shell of the nut for easier digestion.
2. Breaks down phytic acid for better absorption of minerals, such as iron, zinc, calcium, magnesium, and manganese.

Cashews are a powerhouse of minerals like manganese, magnesium, phosphorus, copper and vitamin K and you enjoy the full benefits of the nut without the hindrance of phytate when its soaked.



Gluten Free Thumbprint Cookies

by Vanessa Casillas

Makes 12 cookies

These are crowd pleasing cookies that will leave your guests wanting more. The cookie dough is lightly sweet and very buttery, similar to shortbread cookies they just dissolve in your mouth. The jam is what makes these cookies really memorable, so if you have a favorite jam recipe now is the time to use it! If you don't then try my low sugar jam recipe that follows the cookie recipe.

INGREDIENTS

1 cup Bob's Red Mill "1 to 1" Gluten Free Baking Flour

¼ Tsp salt

½ cup unsalted butter, at room temperature

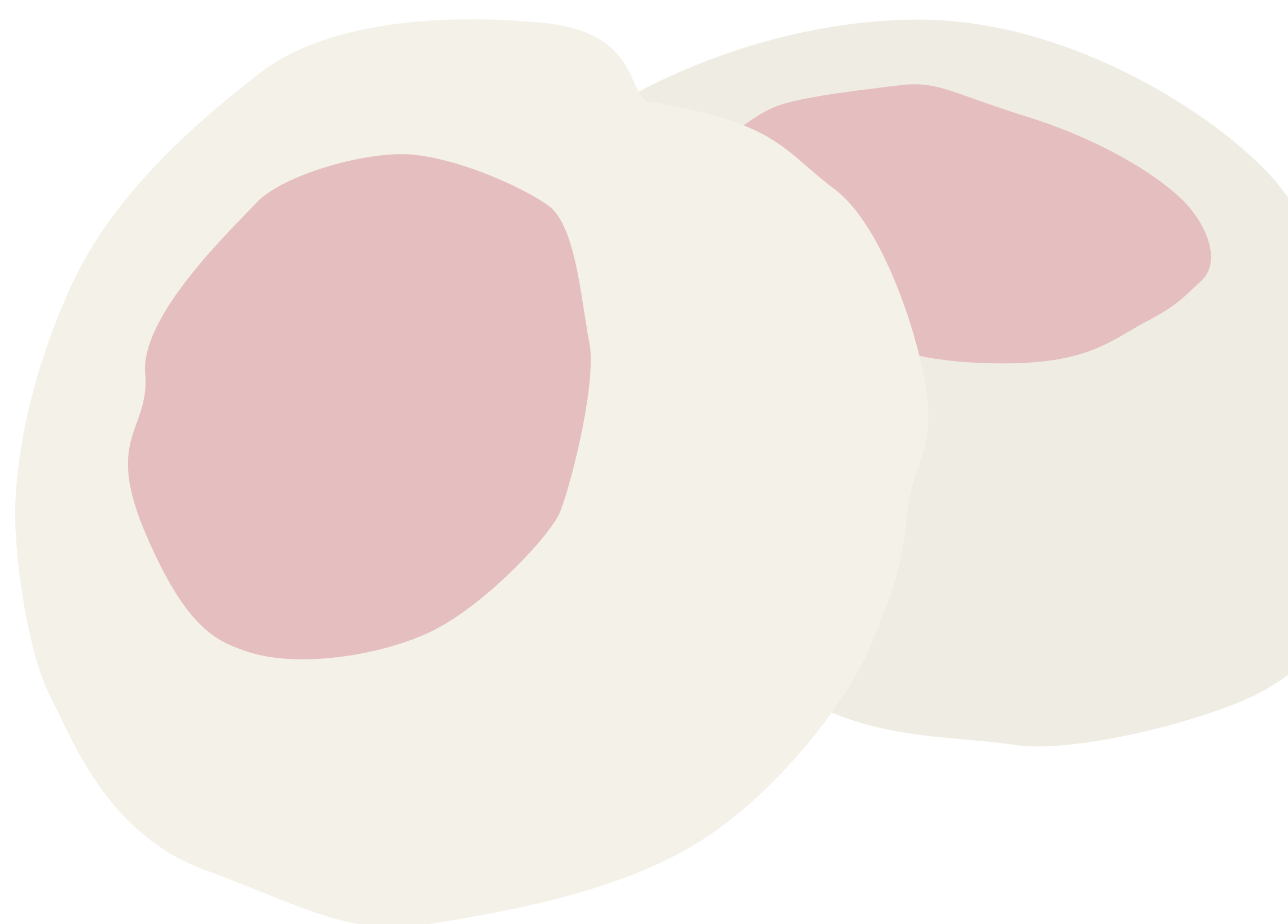
¼ cup packed brown sugar

1 egg, separated

1 Tsp vanilla

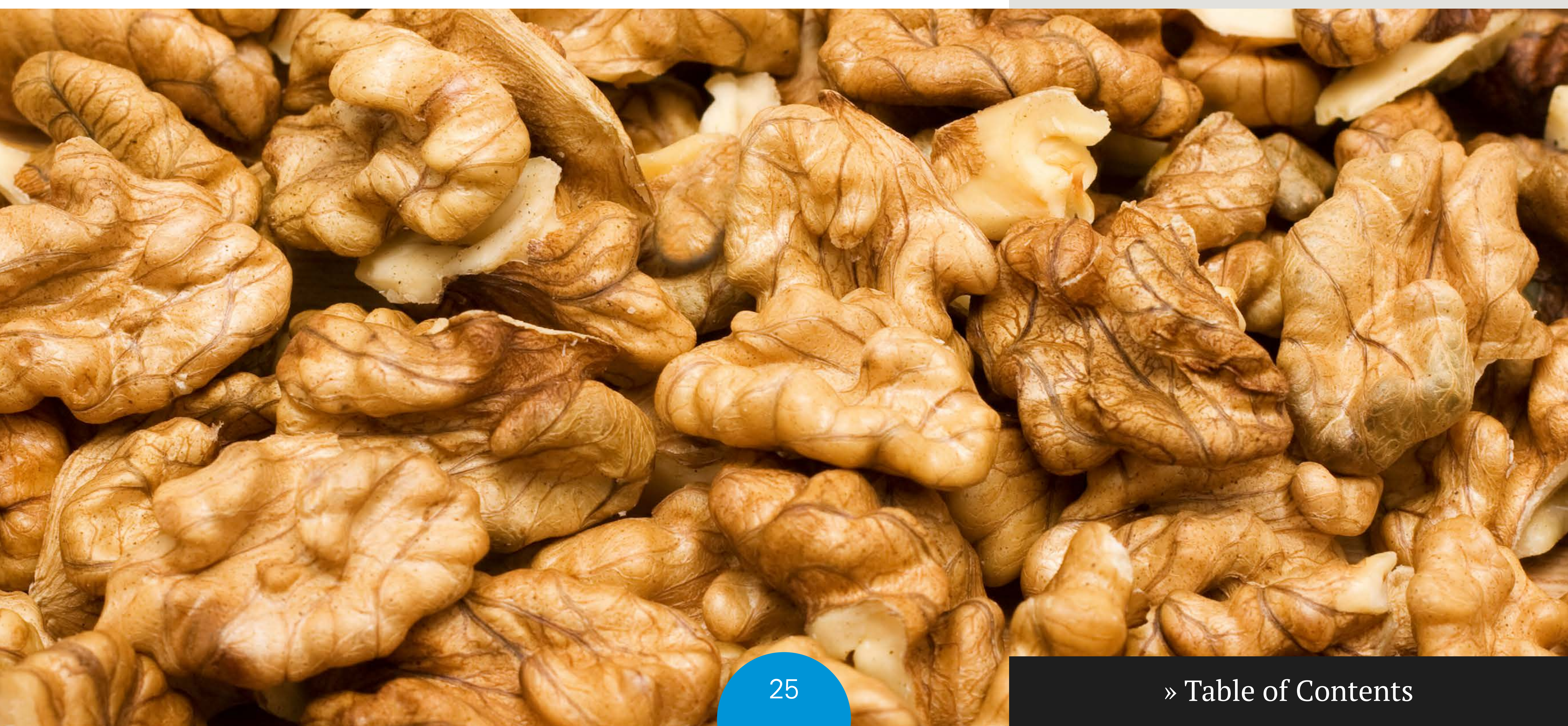
⅓ cup toasted, finely chopped walnuts

⅔ cup jam



INSTRUCTIONS

1. Preheat oven to 300 degrees. Prepare cookie sheet by spraying with cooking spray.
2. Roast walnuts in pan over low heat, just until browned. If you need to crush them, you can place them in a Ziplock bag and crush with a flat bottom cup or rolling pin. Once they're roasted and crushed place them on a plate.
3. Separate the egg white from the egg yolk. Set the egg white on a plate or small bowl for later use.
4. Cream the butter, sugar, vanilla, and egg yolk together in medium bowl.
5. Measure out the flour into a small bowl and stir in the salt.
6. Incorporate the flour and salt into the creamed butter and sugar until they're well combined.
7. Portion out cookies with a small melon baller. If you don't have a melon baller, they should be about Tbsp size portions.
8. Roll them into balls, then dip into the egg white, then roll into the crushed walnuts so the bottom and sides are coated.
9. Place on cookie sheet 1" apart. Once all cookies are on the sheet, dent with a small spoon or your thumb. I found a ½ Tsp measuring spoon was the perfect size to dent in the cookies. Take care to not press too deep or the bottom will fall apart after baking. Spoon in jam.
10. Bake a total of 12 minutes, rotating pans at 6 minutes in.



Sweetgrass Strawberry Chia Jam

by Vanessa Casillas

This jam gets its sweetness from the berries and maple syrup. Overripe strawberries are perfect for this recipe. The chia seeds work as the gelling agent to make this work as a jam without relying on sugar.

INGREDIENTS

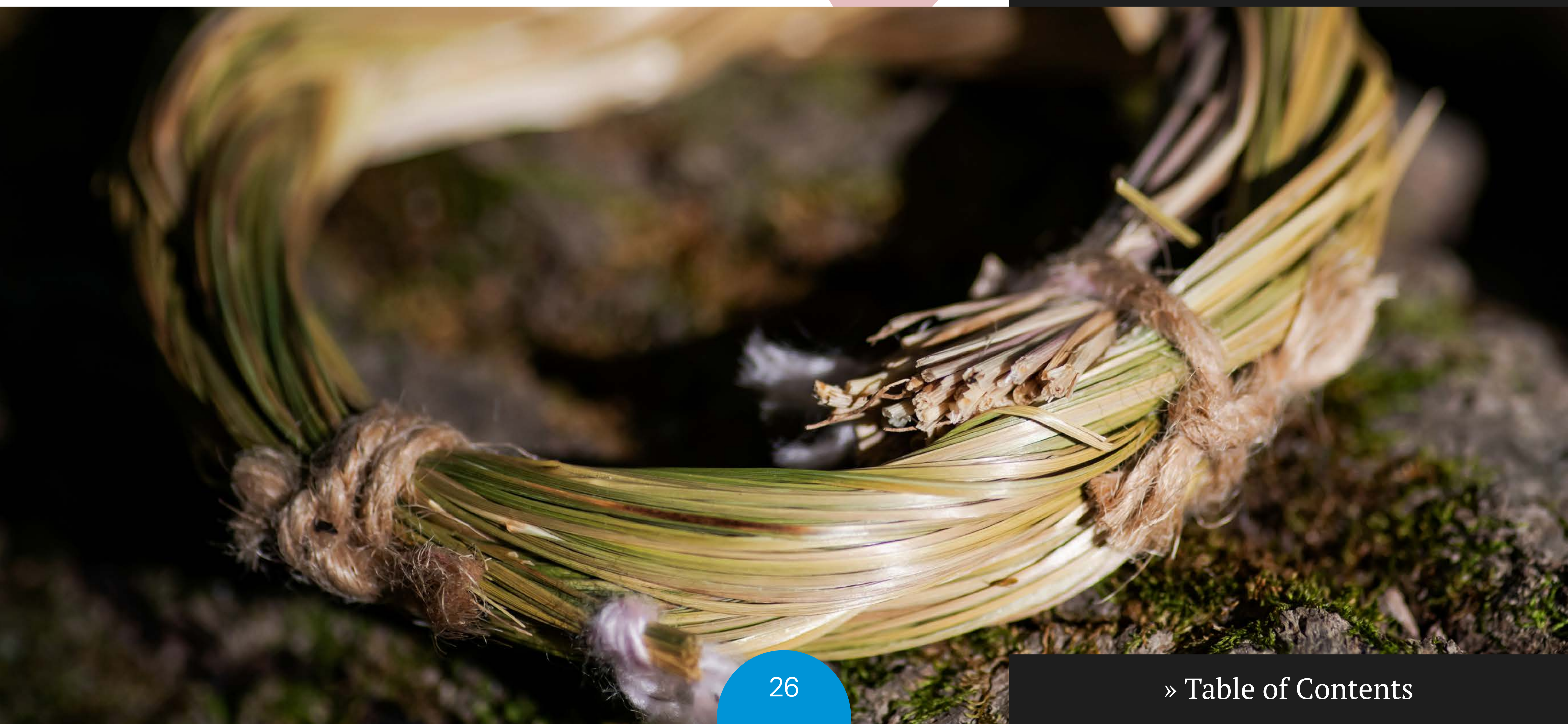
- 2 cups diced strawberries (fresh or frozen)
- 2-4 Tbsps maple syrup to taste
- 2 Tbsps chia seeds
- 1 Tsp vanilla extract
- A 5" piece of braided sweetgrass, tied at both ends

INSTRUCTIONS

1. Heat berries, sweetgrass, and syrup over medium heat until they're a little soupy. Let some of the liquid cook off a bit.
2. At this point, for smooth jam, blend with a hand blender or pour into blender and return to pot once puréed (don't blend in the sweetgrass, just remove it until the strawberries are puréed then return the sweetgrass to pot with the puréed berries).
3. Add in chia and stir it up good. Bring to low boil and simmer for 10-15 minutes.
4. Once it's thickened a bit remove from heat and stir in vanilla extract. Discard the sweetgrass. Chill it in the fridge and stir after 20 minutes so the chia gels properly with the fruit.



Vanessa Casillas is chicana and a citizen of the Ho-chunk Nation. Originally from Chicago, she's recently relocated to Minneapolis where she is renovating her southside home. Vanessa is a third generation bricklayer and union member of 15 years. When asked about why she chose this career path her answer is, "my ancestors were star mappers, architects, engineers, and master builders. Building is in my DNA". She infuses pride and attention to detail into any new crafts she learns. As a self-taught baker she's contributing to the #feedingourelders initiative by making desserts and baked goods for elders meal boxes during the pandemic. You may have seen Vanessa in Ozinga commercials and billboards as well as in Brawny's 'Shero' ad campaign.



Chocolate Avocado Cupcakes

by E.G. Nelson

These chocolate cupcakes are rich and delicious. The natural sweetness of sorghum and coconut flours requires little added sweetener. The beans provide a fudgy texture and reduce the need for additional processed oils, and avocado adds volume in both the batter and icing without relying on hydrogenated/saturated fats. If you are not sensitive to gluten, replace the gluten-free flour, sorghum and coconut flours and with 1½ cup all-purpose flour and an additional Tbsp of agave or maple syrup for a more simple, affordable version.

Note: You can use maple syrup instead of agave anywhere in the recipe.

FOR THE CUPCAKES:

- ¾ cup black beans, mashed (you can also use refried beans).
- ½ ripe avocado (about ½ cup)
- ¼ cup + 2 Tbsp oil
- 2 Tsp baking powder
- ⅜ Tsp baking soda
- 1 cup gluten free all-purpose flour
- ⅔ cup cocoa powder
- ¼ cup coconut flour
- ¼ cup sorghum flour
- 1 cup nondairy milk
- 2 Tsp ground flax
- 3 Tbsp water
- ½ Tsp xanthan gum
- ½ cup sugar
- 1 Tbsp agave or maple syrup



FOR THE ICING:

- 1 cup mashed avocado
- ¾ cup cocoa powder
- ¼ cup agave or more to taste
- 3 Tbsp water
- ¼ Tsp salt



INSTRUCTIONS

Preheat the oven to 350 degrees Fahrenheit. Prepare a standard muffin tin with 12 cupcake liners.

First, whisk together the flax and water in a small bowl and set aside. In a small food processor or blender, blend together the beans, avocado, and oil. Add the baking powder, baking soda, salt, and flour and pulse until well mixed. Add the remaining ingredients and pulse a few times to incorporate, then process until smooth. Distribute the batter evenly amongst the 12 cupcake tins; you should fill each one almost to the brim as this batter will not rise much.

Bake for 20-25 minutes or until you can insert a toothpick into the center of the cupcake and it comes out clean. Allow to fully cool before icing.

For the icing:

Process the avocado, water and agave in a small blender or food processor until smooth. Add the cocoa powder and salt and process until the cocoa is well mixed and the icing looks like pudding. You may wish to add more water and agave syrup to reach your desired consistency and sweetness level.

Spread the icing over the cupcakes and enjoy!

“... Rich and delicious.”

— E.G. Nelson

When not working as a Community Health and Health Equity Program Manager at Blue Cross and Blue Shield of Minnesota’s Center for Prevention, EG is biking, cooking, and instructing group fitness classes. EG dove deep into baking when she became vegan over 20 years ago, back when quality vegan cake was scarce. Things got competitive when she entered the Minnesota State Fair in 2013; she won two ribbons, including first place in the Vegan Main Dish category. Since then she has been awarded a total of nine ribbons and hopes to snag many more. EG recently helped to launch programming for an internal Veganuary initiative at Blue Cross. The initiative helped associates learn about health benefits linked to plant-based diets and was recognized as one of VegFund’s top examples of inspirational vegan activism. You can find more recipes on EG’s blog at haygurlhaycafe.com, or catch a FREE quarantine workout with her most days of the week on her Facebook page, Workouts with EG. EG lives in South Minneapolis with her partner and three cats.



Thank You

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