



CELEBRATING 25 YEARS
VEGETARIAN
food fair



RECIPES FROM FOOD FAIR
HARBOURFRONT CENTRE
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Caroline Dupont

Recipe

- **ANGEL HAIR WITH MARINARA SAUCE**
- **TRUFFLES**

ANGEL HAIR WITH MARINARA SAUCE

A live food alternative to spaghetti and tomato sauce.

Angel hair:

2 medium sized zucchinis

Marinara:

2 plum tomatoes or one whole tomato

10 sun dried tomato halves, soaked at least 2 hours

1 apple, cored

½ red pepper, coarsely chopped

1 clove garlic, chopped

1 1/2 Tbs lemon juice

2 dates, pitted and soaked at least 2 hours, then chopped

celtic sea salt to taste

2 Tbs olive oil

1/4 cup fresh basil, plus a few leaves set aside and sliced into ribbons, for decoration

1 Tbs fresh oregano, or 1/2 tsp dried

Possible garnishes: whole olives, basil ribbons, pine nuts, ground in a coffee grinder, fresh tomatoes, chopped sun-dried tomatoes, marinated portabello mushrooms, chopped

Make the angel hair by processing the zucchini in a spiral slicer (or peel with a vegetable peeler to get ribbons). Put angel hair in a large shallow serving bowl. Cut with kitchen scissors or a knife (otherwise some of the 'noodles' could be 10 feet long!)

Place marinara ingredients, except herbs, in a blender or food processor and combine until smooth. Add herbs and process a few more seconds.

Taste and adjust seasoning

Wait until just before serving to assemble dish, otherwise marinara will draw water out of zucchini. Toss angel hair with marinara and garnish as desired. Serve immediately.

Serves 4 to 6

TRUFFLES

¾ cup walnuts

¾ cup cashews

¾ cup dates

2 - 4 Tbs cocoa powder, raw cacao powder or carob powder

Grind the nuts in to a fine meal in a food processor. Add dates and process until smooth. Mix in cocoa powder. Roll into small balls and eat as is or refrigerate until firm. Can be frozen. Makes 18 - 24 truffles

Ricki Heller

Recipe

- **MAPLE WALNUT COOKIES**

MAPLE WALNUT COOKIES

Chewy with a crisp exterior, these cookies showcase the classic combination of walnuts and maple syrup. This recipe won a December, 2007 CookThink challenge for recipes with maple syrup.

1/2 cup (55 g) raw walnut halves or pieces
1/4 cup (30 g) finely ground flax seeds
1/4 cup plus 2 Tbsp (45 g) barley flour
1/4 tsp (1 ml) baking powder
1/4 tsp (1 ml) baking soda
1/4 tsp (1 ml) fine sea salt
2 Tbsp (30 ml) tahini (sesame paste)
1/3 cup (80 ml) pure maple syrup
1/2 tsp (2.5 ml) pure vanilla extract
1/4 tsp (1 ml) apple cider vinegar

Preheat oven to 350F (180C). Line two cookie sheets with parchment or spray with nonstick spray. In the bowl of a food processor, process the walnuts, flax seeds, barley flour, baking powder, baking soda and salt until you have a fine meal the consistency of cornmeal (no large pieces of nut should be visible). Add the tahini, maple syrup, vanilla and vinegar and pulse or process on low speed until the mixture comes together to form sticky dough.

Using a small ice cream scoop or tablespoon (15 ml), scoop balls of dough and place on cookie sheets about 2 inches (5 cm) apart. Wet your palms (or use a silicon spatula) and flatten each cookie slightly.

Bake 8-12 minutes, rotating sheets about halfway through, until golden brown on the edges. Cool completely before removing from sheets (they will firm up as they cool). Makes about 15 cookies. May be frozen.

From *Sweet Freedom: Desserts You'll Love without Wheat, Eggs, Dairy or Refined Sugar* by Ricki Heller, PhD, RHN.

jae steele

Recipes

- **APPLE CINNAMON BUCKWHEAT GRAW-NOLA**
- **KALE CHIPS**
- **HOUSE DRESSING**

APPLE CINNAMON BUCKWHEAT GRAW-NOLA

This recipe will come together over a few days (you can't rush soaking, sprouting and dehydrating!), but the final product will last a good long time in a sealed container, so you have that to look forward to. I've been really into eating raw foods in the morning (it's just what I crave), especially in the summer, so after I have some fresh fruit, this granola, with some (raw) non-dairy milk, makes for a substantial part of a good breakfast.

6 cups sprouted buckwheat (from about 2 cups dry)

1 cup almonds or walnuts, soaked for 8 hours

1 cup sunflower or pumpkin seeds, soaked for 8 hours

1 cup raisins or chopped dried unsulphured apricots, soaked for 1-2 hours

3 medium apples, peeled, cored and finely chopped

2/3 cup liquid sweetener (like agave nectar)

2 tbsp. cinnamon

¼ tsp. sea salt

Combine all ingredients in a large bowl, stirring with a silicone spatula, making sure to evenly distribute the sweetener, cinnamon and salt.

If you have an Excalibur dehydrator (can be lined with Teflex sheets, mesh sheets or parchment paper on the mesh sheets) portion the mixture evenly onto three sheets (about 4 cups per sheet). Smooth out with a spatula so that the mixture isn't more than an inch thick in any place. Slide into the dehydrator, set at 115oF for 12-18 hours, until completely dry.

If you don't have a Dehydrator, put the granola on cookie sheets in your oven at the lowest possible temperature (wedge something in your oven door to keep it open a crack-a ball of tin foil or metal utensil will work well). Check the granola after 3 hours. If it requires more time flip over the granola and return it to the oven. Keep check every 30 minutes until it is completely dry.

Makes 12 cups or up to 20 servings. Keeps in a sealed container for up to 3 months.

KALE CHIPS

Wouldn't it be super if you could make yourself a snack that had the crispy and flavourful satisfaction of potato chips, but that wasn't so caloric and fatty and was actually a good source of greens? Do it!

Use any dressing that you like here. Could be something with tahini and lemon for that Sour Cream and Onion effect, something with a spicy kick like ginger or cayenne, or just use pesto straight up!

1 bunch green or curly kale (227g), stemmed and chopped into 3"x3" pieces (or so)

3 tbsp prepared salad dressing

Toss the chopped kale leaves with the dressing in a large bowl until the dressing is evenly dispersed. Spread the seasoned leaves in a single layer over 3 dehydrator sheets. Dehydrate at 115oF for 3-5 hours, until the kale is dry. If you do not have a dehydrator prepare you oven as above and check the chips after 1 hour. Continue to return the kale to the oven until a crispy texture is achieved.

Makes 2-4 servings. Will store in a sealed container for up to a month. GF, SF, NF, R

HOUSE DRESSING

1 tbsp miso paste

1 tbsp nute butter

1 tbsp maple syrup

1 tbsp tamari soy sauce

3 medium cloves garlic, grated or pressed

freshly ground pepper to taste

3/4 cup flax seed &/or olive oil

1/3 cup apple cider vinegar Mix the miso, nut butter, syrup, tamari, garlic and pepper in a small bowl. Transfer the mixture into a glass jar and add the oil and vinegar. Screw on the lid and shake well to combine. Give another good shake before pouring over salad.

Stores in the fridge for up to a week

Makes 1 1/3 cups. GF, NF

Meghan Telpner

Recipes

- **BAKED VEGETABLE FALAFEL**
- **CILANTRO PESTO**
- **ALMOND LEMON QUINOA WITH POMEGRANATE AND BEANS**
- **CHOCOLATE TRUFFLES**

BAKED VEGETABLE FALAFEL

Make these small falafel cookies to use as a canapé base for salsas or spreads. If you make large falafels, they are perfect for filling wraps or pita pockets. Makes twelve 3" or about 36 1" falafel cookies.

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|----------------------------------------------------------------------------------------------------|----------------|--------------------------------------------------|
| 2 baking sheets, lightly oiled | 1 cup | coarsely grated zucchini or yellow summer squash |
| 2 Tbsp freshly squeezed lemon juice | 1 cup | carrot grated |
| 2 cups cooked chickpeas or fava beans or 1 can (19oz) chickpeas (or fava beans) drained and rinsed | 1/4 cup | finely chopped green onions |
| 1 Tbsp curry powder | 1/4 to 1/2 cup | toasted chickpea flour or brown rice flour |
| 1 tsp sea salt | 1/2 tsp | baking powder |
| 2 Tbsp olive oil | | |
| 2 Tbs flax seed, grind and let sit in 1/4 cup of water for at least ten minutes | | |

Preheat oven to 400 F (200C). In food processor, process chickpeas, lemon juice, curry powder, sea salt and olive oil for 30 seconds or until smooth. Transfer to a bowl.

Stir flaxseed mix into chickpea puree and mix well. Stir in zucchini, carrots and green onions. Sprinkle 1/4 cup of the flour and baking powder over mixture and stir to make a moist, thick batter. If too thin to hold together, add more flour by the tablespoon until the desired consistency is achieved.

Using a 1/4 cup measure, drop falafel mixture onto prepared baking sheets and flatten slightly with back of a spoon. Continue to form falafels until pans are full. Stagger pans on oven racks and bake in preheated oven for 15 to 20 minutes or until bottoms are lightly browned. Serve immediately

These also freeze very well and can be taken out and reheated in the oven. Great protein addition to salads or as filling in sandwiches and spreads.

CILANTRO PESTO

1 bunch coriander, leaves and stems washed and spun dry
1 inch fresh ginger root, chopped coarse
2 cloves garlic, peeled and chopped coarse
1 Tbsp toasted sesame oil
1 Tbsp olive oil or flax oil
1/3 cup almonds or almond butter (or organic peanut butter)
2 Tbsp tamari
2 tsp raw honey
1/2 lemon, juiced
1-1/2 tsp cayenne or hot chili pepper (to taste)

Place all ingredients in food processor and process for 30 seconds. Scrape sides and process again. Dilute with water if too thick. Serve with rice or buckwheat noodles, spread thick on toasted bread, use as veggie dip or sandwich/wrap spread

ALMOND LEMON QUINOA WITH POMEGRANATE AND BEANS

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|----------------------|---------------------------------------------|
| 2 cups quinoa | 1 pomegranate, seeded |
| 4 cups water | 3 cups green beans, sliced to 1 inch pieces |
| 3Tbs honey | 1 lemon, juiced |
| 1/2 slivered almonds | salt to taste |

Rinse quinoa thoroughly in a sieve, rubbing the grains slightly to rinse away bitter coating. Place quinoa, honey and water into a pot. Bring to a boil and then reduce to simmer for about 15-minutes or until all water is absorbed. Once cooked, allow to sit covered for ten minutes and then fluff it up with a spoon.

While quinoa is cooking, lightly toast slivered almonds in a frying pan or in the oven on low heat. Toast just until lightly browned, set-aside and allow to cool. Steam green beans lightly, just until they turn bright green colour. You want them to still have a crunch. Once quinoa is cooked, beans are steamed, pomegranate is seeded, and almonds are toasted, toss together in a large mixing bowl, adding in lemon juice and salt.

CHOCOLATE TRUFFLES

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|--------------------------------------|--------------------------------------------------------|
| 1 cup raw walnuts, unsoaked | 2 tsp vanilla extract (optional) |
| 1 cup almonds, unsoaked | 1 Tbs agave |
| 1/2 tsp salt | 2 Tbs water |
| 15 pitted dates, unsoaked | 1/2 cup shredded coconut or 1/2 cup extra cocoa powder |
| 1/4 cup raisins or dried cranberries | |
| 2/3 cup unsweetened cocoa | * for cake method: add 1 cup fresh strawberries |

Place the nuts & salt in a food processor fitted with the S-blade and process until finely ground. Add the dates, cocoa powder, agave and vanilla process until the mixture starts to stick together. Add water as needed & process briefly. Using about 1 Tbs of mixture, roll into balls. Sprinkle coconut or extra cocoa out onto a plate or cookie sheet and roll balls through, giving them a light dusting. Keep refrigerated until serving, or even better eat them right out of the freezer.