

Rocky Mount Lifestyle Health Center

Healthy Picnics

Unforgettable Baked Beans

- 3 15-oz. cans navy or Great Northern beans
- 1 cup onion, chopped
- 2 cloves garlic, minced (or ½ tsp. garlic granules)
- 1 tsp. olive oil (optional) – use 3 Tbsp. water instead
- 1 cup tomato sauce (plain)
- 1/3 cup maple syrup
- 1 15-oz. can diced tomatoes
- 1 20-oz. can unsweetened pineapple tidbits, drained
- 2 cups diced bell pepper of color
- 2 Tbsp. Bragg liquid aminos

In large pot sauté the onion and garlic in oil or a little water until onions are translucent. Add the remaining ingredients and mix well. Place in 9x13 pan. Bake in a preheated 300 degree oven, stirring occasionally, for 2 ½ hours. Then remove the cover and bake until the sauce is thick (another 10 to 15 minutes).

Other options: cook on stove top, stirring often, for 30 minutes; or place in crockpot and cook on low overnight.

“Chicken” Salad

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| 1 C. soaked garbanzos | ¼ tsp. salt |
| ¾ C. water | ¾ tsp. garlic powder |
| 1 Tbs. Bragg’s liquid aminos | 1 tsp. parsley flakes |
| 2 ½ Tbs. McKay’s chicken style seasoning | 1 ¼ C. gluten flour |
| 1 tsp. onion powder | |

In blender, blend soaked garbanzos and water until smooth. Pour into mixing bowl and add seasonings and gluten flour. Knead until well mixed. Flatten and place on a baking sheet and bake at 325 for 50 minutes. Chop the cooked veggie meat into bite-sized pieces, or place in food processor until resembles fine crumbs. Freezes well, either whole or already chopped. Mix with chopped celery, chopped onion and Vegemise to make “chicken” sandwich spread.

Barbecue Garbanzo Burgers

- 1 15 oz. can garbanzo beans – rinsed and patted dry
- 1 cup cooked, mashed sweet potato – roasted or microwaved, not steamed
- ½ C. + 2 Tbs. barbecue sauce (recipe below)
- ¼ tsp. salt
- 1 tsp. chili powder

5 Minute Smoky Barbecue Sauce (Makes about 1 ¼ cups)

- 1 cup tomato puree or sauce
- 2 Tbs. maple syrup
- 1 Tbs. lemon juice
- ½ tsp. salt
- 2 tsp. liquid smoke
- 1 Tbs. vegan Worcestershire sauce
- 1 tsp. garlic powder

Make sauce a day ahead if possible, so flavors can meld. Place garbanzos in food processor and pulse briefly to chop fine, or mash in bowl with fork or potato masher. Add rest of burger ingredients and mix well. Chill for at least 30 minutes to firm up some. Line cookie sheet with parchment paper and preheat oven to 375. Scoop ½ cup of burger mix with measuring cup and plop on cookie sheet. Use bottom of cup to flatten out to 4 inch size. Bake for 45 min. and then flip carefully – they will still be a bit mushy. Bake on other size for 15-20 min. until beginning to brown on top. Let cool on pan for 10 minutes before removing. Use extra BBQ sauce on burger with lettuce, tomato, avocado, etc.

Oriental Cabbage Salad

- 12 C. cabbage, chopped
- 10 green onions, chopped
- 1 ½ cups almonds, sliced
- 2 pkgs. Ramen noodles (noodles only)
- 3 Tbs. Parsley flakes
- ½ C. sesame seeds
- 6 Tbs. Lemon juice
- 4 Tbs. Honey
- 1 tsp. salt
- 1 Tbs. McKay’s chicken seasoning
- ½ tsp. garlic powder
- ¼ C. light olive oil
- ¼ C. water

Mix first six ingredients together. Blend or shake the remaining ingredients and pour over the salad. If making ahead keep Ramen noodles, almonds and dressing separate, and add to salad just before serving to keep salad crunchy.

Romaine Tofu Salad

Romaine lettuce – 1 large head or pkg. of 3 hearts, washed and chopped
8-10 green onions, chopped
1 can water chestnuts, chopped
3-4 celery stalks, chopped
2 C. Tofu Chicken (recipe below)
¼ C. sesame seeds, toasted
1 pkg. Chow Mein noodles
Vegenaise to moisten

Combine all ingredients except noodles. Just before serving add noodles, or serve on the side for those gluten-free.

Tofu Chicken

2 lb. firm or extra-firm tofu
5 Tbs. McKay's Chicken Seasoning
1 ½ C. water
2 Tbs. olive oil

Cube tofu and place in 9x13 pan that has been sprayed with cooking spray. Combine rest of ingredients in blender or hand mix and pour over tofu. Bake uncovered at 375 for 1 ½ hrs, stirring every 30 minutes, until liquid is absorbed and tofu is lightly browned. Refrigerate overnight to develop a chewier texture. Use for chicken salad, BBQ, or any recipe that calls for chicken.

Creamy Pasta Salad (From Plant to Plate)

½ lb. whole wheat pasta shells
2 C. frozen white corn, thawed
6 green onions, thinly sliced
1 colored pepper, seeded and diced
2 C. cherry tomatoes, halved
½ C. Vegenaise
¼ C. Tofutti sour cream
¼ C. lemon juice
2 tsp. salt
1 tsp. dill weed (or 2 Tbs. fresh dill, minced)

Cook pasta according to package instructions and place in large bowl. Add corn, tomatoes, peppers and onions. Mix well and set aside to cool. Combine remaining ingredients and pour over the salad. Cover and chill for several hours to let the flavors marinate.

Oatmeal Raisin Cookies (thevegan8.com)

1 C. rolled oats
¼ C. tapioca starch
1 tsp. cinnamon (may substitute cardamom and coriander)
½ tsp. baking powder
¼ tsp. salt
¼ C. + 2 Tbs. maple syrup
½ C. + 2 Tbs. almond butter
1 ½ tsp. vanilla
2 Tbs. water
¼ C. + 2 Tbs. raisins

Preheat oven to 350. Line cookie sheet with parchment paper. Mix dry ingredients. Add rest of ingredients and mix thoroughly. Batter will be sticky and wet. Drop by tablespoon on cookie sheet. Spreads a little. Bake for 20 minutes, until lightly golden. Leave on pan for 10 minutes before moving to cooling rack. Cookie will be firm outside and moist and chewy inside. Options for additions: Craisins, carob chips, chopped nuts, etc.

Popsicle Treat

You can purchase popsicle molds at most Dollar stores or Walmart. You can also purchase bathroom cups and popsicle sticks and use them for the mold as well.

Place equal parts of frozen strawberries and bananas into the blender. If you like added sweetness, add one to three dates. Can add one tablespoon of chia seeds to help thicken the mixture and add nutritional value. You can also add additional fruits – blueberry, mango, pineapple, apple, etc. After the fruit is in the blender, add enough juice (pineapple, apple, white grape, etc) to blend the mixture. Then pour into the mold and freeze. This is a much healthier popsicle as it is made with whole foods and contains fiber and natural sweetness.

Practically Perfect Potato Salad

6 medium red potatoes, scrubbed
1 small red onion, finely diced
2 stalks celery, chopped
3 large dill pickles, very finely chopped
2 C. frozen peas
1 C. Vegenaïse

½ C. Tofutti Sour Cream
1 ½ Tbs. granulated onion
¼ C. lemon juice
2 tsp. Herbamare (seasoned salt)
1 tsp. granulated garlic

Boil potatoes until tender and allow to cool. Peel and cut into ½ inch cubes. Combine all ingredients in a large bowl and chill.