



Pizza Pasta Salad

Ingredients

2 cups cooked pasta, any small shape, preferably whole grain
1 cup diced tomato
1 cup diced bell pepper
¼ cup sliced black olives
¼ cup diced red onion
1 cup sliced mushrooms
Salt & black pepper to taste

Dressing

½ cup apple cider vinegar (or other vinegar of choice)
1 tbsp Dijon mustard
1 tbsp oregano
1 tsp onion powder
1 tsp garlic powder
1 tbsp nutritional yeast (or vegan Parmesan – see recipe below)
1 tbsp agave nectar or maple syrup

Directions

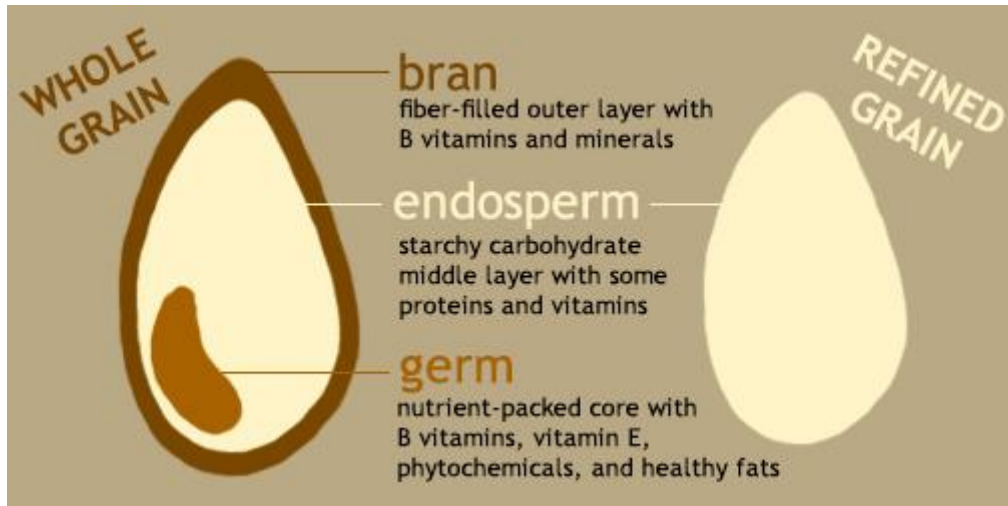
1. Pour about ¼ cup water (or broth) into a large skillet over medium-high heat. Add mushrooms and cook 3-4 minutes.
2. For the dressing, whisk all ingredients in a small bowl.
3. In a large bowl, toss together pasta, dressing, & all the vegetables. Season with salt & black pepper to taste.

Measurements

1 cup = 250 mL
1 teaspoon (tsp) = 5 mL
1 tablespoon (tbsp) = 15 mL

Did you know?

Try to make all your grains whole grain, including pasta. Consuming grains in their whole form offers more nutrition than their refined counterparts which consist mainly of the starchy endosperm.



Examples of whole grains

Gluten containing
<p><u>Whole wheat varieties & their derivatives:</u></p> <ul style="list-style-type: none"> - Wheat berries - Bulgur (cracked wheat) - Couscous - Whole wheat flour used to make whole wheat bread, pasta, crackers - Ancient wheats: <ul style="list-style-type: none"> o Kamut o Spelt o Einkorn o Farro o Freekeh green wheat
Barley
Rye
Triticale (wheat-rye hybrid)

Gluten-free
Amaranth
Brown, black, red, wild rice
Buckwheat (“grecka”, soba noodles)
Oatmeal ¹
Corn/cornmeal/popcorn
White, black, red quinoa
Sorghum
Teff
Millet

Gluten free diets

“No current data suggest that the general population should try to avoid gluten, but for those with celiac disease, a wheat allergy, or a wheat sensitivity *diagnosis*, gluten-free diets can be a lifesaver.”

How Not to Die, p.373

¹ Oats are naturally gluten-free, but you may see a “gluten-free” certified label on the package which guarantees that there has been no contamination with other gluten containing grains during the harvesting and processing stages.

Vegan Parmesan

Ingredients

1 cup cashews
½ cup nutritional yeast
½ tsp garlic and/or onion powder (optional)

Directions

1. Place cashews and nutritional yeast in a blender. Add garlic powder and/or onion powder, if desired, plus a pinch of salt. Process until a smooth powder is formed. Store in an airtight container in the fridge for up to a week.

NOTE: Use whatever nuts you have on hand, such as raw almonds, raw cashews, or raw Brazil nuts. This recipe is also good with ½ cup raw walnuts and ½ cup raw sunflower seeds or sesame seeds. Any combination of nuts and seeds will taste great.

Measurements

1 cup = 250 mL
1 teaspoon (tsp) = 5 mL
1 tablespoon (tbsp) = 15

Chef's Tip

Nutritional yeast, sometimes affectionately referred to as “nooch”, is a deactivated yeast used for its flavor and nutritional qualities. It generally appears as yellow flakes or powder and can be found in the bulk section, refrigerated section or spice aisle of most natural and some traditional grocery stores. It has a cheesy or nutty flavor that can be used to season vegetables, create savory sauces, replace Parmesan in Italian dishes, flavor scrambled tofu, or even sprinkle on popcorn.

Nutritional yeast is a good source of protein and a very good source of fiber and B vitamins. Be sure to check the nutritional label, but some nutritional yeasts are also fortified with B12.



Snickerdoodle Hummus

Ingredients

- 2 Medjool dates or 5 tbsp raisins
- 1 ½ cups cooked chickpeas
- 2 tbsp peanut butter
- 2 tbsp maple syrup
- 3 tbsp plant-based milk of your choice
- 2 tsp vanilla
- 1 ½ tsp ground cinnamon

Measurements

- 1 cup = 250 mL
- 1 teaspoon (tsp) = 5 mL
- 1 tablespoon (tbsp) = 15

Directions

1. Soak dates in 1 cup of hot water for 10 minutes, or until they are plump. Drain, reserving soaking water.
2. In a food processor, combine soaked dates with the rest of the ingredients. Process until smooth, adding more milk or soaking water as needed for desired consistency. Taste and add more peanut butter, maple syrup or cinnamon as desired.

Serving suggestions:

- Serve as a “dip” for a variety of sliced fruit such as apple, pear or quince slices
- Adjust the consistency to your liking and use as an “icing” for a vegan carrot cake
- Add a 1-2 tbsp to your morning oatmeal or smoothie for extra protein
- Spread on whole grain crackers or bread, topped with some berries/other fruit, for a wholesome breakfast or snack

Did you know?

Dates are a sweet fruit that grow in bundles on date palm trees. Most dates sold in Western countries are dried and are of the Medjool or Deglet Noor variety. Dates are nutrient dense with a 3.5 ounce serving (or just over 4 pitted Medjool dates) containing 7g of fiber and 2g of protein. They are also good sources of potassium, magnesium, Vitamin B6, iron, and antioxidants.

Dates are high in calories and natural sugar but are classified as a low-glycemic index food. Dates are an excellent substitute for processed sugars and can be used as a binder in baked goods or homemade energy bars, blended to sweeten up sauces and smoothies, chopped to top oatmeal, as a snack with almonds, or simply on their own.