



Food Forest Recipe Guide





Red Currant Jam

A simple preparation of red currants from your food forest to serve with meat or sweets.

Ingredients:

- 1 quart (900 grams) ripe red currants
- 2 1/4 cups (510 grams) sugar
- 1/4 cup (59 milliliters) water

Instructions:

- Wash the currants and remove them from their stems.
- Place red currants and water in a large, non-reactive pot. Gently crush the currants with a potato masher.
- Add the sugar and cook the mixture over medium-low heat, stirring constantly to dissolve the sugar. Once the sugar is completely dissolved, raise the heat to high and boil, stirring often, until the jam reaches the gel point.
- Remove the red currant jam from the heat and skim off any foam that has formed on the surface.
- Ladle the hot jam into washed and sterilized jars leaving 1/4 to 1/2-inch headspace. Screw on canning lids. You can simply allow the jars to cool and then store them in the refrigerator for up to 3 months.



Fig Bruschetta

A delicious appetizer using figs, pecans, and thyme from your food forest.

Ingredients:

Fig puree:

- ½ pound (225 g) ripe figs
- 2 Tablespoons (30ml) balsamic vinegar, divided
- 1 Tablespoon (15 g) brown sugar

Bruschetta assembly:

- Crusty bread loaf or baguette, sliced thin or grilled/roasted (optional)
- Olive oil for brushing the bread if grilled/roasted
- 5-6 ripe figs, quartered
- 1 cup (240 ml) ricotta cheese
- ¼ cup (60 ml) pecans, chopped
- Fresh thyme leaves

Instructions:

- Preheat your oven to 400 F.
- Slice the tough stems off the figs then slice them into quarters. Place the figs in a baking dish and toss with one Tablespoon of balsamic vinegar and brown sugar. Cover the baking dish with foil and roast for 15-20 minutes or until the figs are soft.
- When cool enough to handle, add the figs and remaining balsamic vinegar in a bowl. Smash the figs with the back of a spoon until smooth and chunky (or to desired consistency). Put the puree in a bowl and place in the refrigerator to cool until ready to use.
- If you are grilling or roasting the bread, brush each side with olive oil and grill or roast until crisp.
- Spread ricotta cheese over each slice of bread. Top each slice with fig puree, pecans, fresh figs, and fresh thyme leaves.



Roasted Sweet Potatoes with Fresh Marjoram

A sweet and savory side dish or main meal for vegetarians with sweet potatoes, marjoram, and chives (optional) from your food forest.

Ingredients:

- 4 medium sweet potatoes, peeled and cut into $\frac{3}{4}$ inch cubes
- 2 Tablespoons olive oil
- 1 Tablespoon fresh marjoram, finely chopped + 2 or more whole sprigs for garnish
- 4 cloves of garlic, minced
- 1 Tablespoon fresh chive, chopped (optional)
- $\frac{1}{2}$ cup parmesan cheese, grated (optional)
- $\frac{1}{2}$ cup fresh parsley, chopped

Instructions:

- Preheat your oven to 450 F.
- Toss sweet potatoes with olive oil and marjoram.
- Spread sweet potatoes in a single layer on 2 baking sheets.
- Set one sheet on top rack and one sheet on bottom rack.
- Roast sweet potatoes for 10 minutes. Stir and switch positions of sheets in the oven and roast for another 5 minutes or until browned on edges.
- Sprinkle 2 teaspoons of garlic on each batch of sweet potatoes and toss to coat. Roast 5 minutes more until browned or crisped.
- Remove from the oven and transfer to a large bowl. Season with salt and pepper if desired. Sprinkle with parmesan cheese if using and parsley.
- Garnish with marjoram sprigs before serving.



Lemon Garlic Roasted Asparagus

Get ready for your mouth to pop with this perfect blend of citrus and savory mixed with the bounty of asparagus from your food forest. If you live in zones 8-11, you can grow the lemons for this recipe too!

Ingredients:

- 1 lb. asparagus spears tough ends removed
- 1 ½ Tbsp. olive oil or avocado oil
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 garlic clove crushed
- ½ lemon juice and zest

Instructions:

- Preheat your oven to 400 F.
- Remove the tough ends of the asparagus spears by snapping at the junction where the hard and tender parts meet. Repeat with all asparagus spears.
- In a small bowl whisk together the oil, salt, pepper, and crushed garlic.
- Place asparagus spears on a parchment paper-lined baking sheet.
- Brush garlic oil over all sides of the spears using a pastry brush.
- Bake asparagus in the preheated oven for 11-13 minutes, or until tender and bright green.
- Just before serving, zest half of a lemon and squeeze juice over the asparagus.



Festive Roasted Chicken

A lively blend of ingredients from your food forest makes for a beautiful dish full of flavor and nutrition.

Ingredients:

- ¼ cup butter, softened
- 5 teaspoons fresh rosemary, minced and divided
- 1 roasting chicken (6-7 lbs)
- ½ teaspoon salt
- ¼ teaspoon pepper
- 4 medium apples, peeled and cubed
- 1 large sweet onion, thinly sliced
- 1 cup of fresh or frozen cranberries
- 1, 14 ½ ounce can of chicken broth, divided
- 3 Tablespoons freshly squeezed lemon juice
- 4 garlic cloves, minced
- 1 Tablespoon fresh ginger root, minced
- 1 cup unsweetened apple juice
- ¼ cup balsamic vinegar
- ¼ cup honey

Instructions:

- Preheat your oven to 350 F.
- In a small bowl, combine butter and 3 teaspoons of rosemary.
- Place chicken, breast side up, on a rack in a roasting pan. Tie drumsticks together with kitchen string.
- Rub butter mixture over chicken and season with salt and pepper.
- In a large bowl, combine apples, onions, cranberries, ¾ cup broth, lemon juice, garlic, ginger, and 1 teaspoon rosemary. Place the chicken in a roasting pan.
- Bake uncovered for 1 hour. Pour apple juice over chicken and bake for another 1 ¼ to 1 ¾ hours or until temperature reaches 180 F, basting every 30 minutes. Cover loosely with foil if chicken is browning too quickly.
- Remove, cover, and let stand for 15' before carving.



Coop Partner Recipes

Our favorite recipes and cooking tips from Food Forest Abundance local installers, designers, and permaculture experts.



Lana's Quick Pickled Cucumbers

Tips and tricks for making quick pickled cucumbers:

- ✓ White vinegar is the traditional vinegar for this recipe and a great place to start. If you know -that you like apple cider or rice wine vinegar they are also good.
- ✓ These are delicious on our favorite pulled pork sandwiches (made easy in the slow cooker!), as a side for everything summer, and to eat for a snack. You can't go wrong with this simple dish all summer long.
- ✓ Want to add a little spicy? Toss in a jalapeno cut in half (delicious!).
- ✓ I love these glass containers with lids to have things like this in my fridge. I also use a mason jar and one of these reusable lids really often.

Notes:

- I love adding the sugar and my mom does too, but my grandma doesn't add that much (she only adds a few teaspoons). I say try it and see what you like.
- White vinegar is the traditional vinegar for this recipe and a great place to start. If you know that you like apple cider or rice wine vinegar they are also good.
- You really can't mess this up. Just adjust to taste and enjoy!
- The pickles will last at least a week in the fridge but get less crisp as time goes on.
- You can reuse your brine a time or two, just add more cucumbers!

Ingredients:

- 1 cup water
- ½ cup vinegar (apple cider, white, and rice wine are all good)
- 2 tablespoons sugar (optional)
- 1 to 2 teaspoons salt
- Sliced garden cucumbers (about 2 cups)
- Sliced onion or green onion (about ½ cup)
- Additional vegetables as you like (bell pepper, whole cherry tomatoes, etc.)

I add in carrots, garlic, jalapeños, oregano, bay leaves and onions from my garden as well. :)



Simon's Eggplant Parmes

Ingredients:

- 2 egg plants
- 2 cups cherry tomatoes or more depending on how many you are making or the size of egg plants (we make for two)
- 2 cloves of garlic
- Small brown onion
- Basil
- Enough Cheese to cover egg plant slices (Parmesan/mozzarella/cheddar mix)
- Olive oil

Instructions:

- Pre heat Oven 200 degrees Celsius
- Slice egg plant length ways - slices about 2 cm thick.
- Drizzle slices with olive oil on both sides
- Back for approximately 20 minutes
- Meanwhile make tomato sauce.
- To do so heat tablespoon olive oil medium high heat in fry pan , add chopped onion sauté for a few mins until soft add garlic sauté another minute. Stir in cherry tomatoes sauté till soft. Add basil. Pour into food processor until smooth. Season with salt & pepper.
- Once egg plant finished pour tomato mix over egg plant slices. Sprinkle over cheese mix. Back in oven until cheese is melted. Then serve with torn basil garnish & green salad made up of whatever you can forage from your garden.



Michael's Paradise Soba Noodle Bowl

Ingredients:

Bowl

- 12 oz soba noodles prepared to package instructions and rinsed with cold water
- 1 Cucumber Diced
- 1 Red Bell Pepper Diced
- 1-2 Mangoes Peeled/Diced
- 4 Green Onions Chopped
- ½ Cup Matchstick/Julienned Carrots
- 1 Avocado Cubed

Sauce

- 2 Tsp Minced Ginger
- 6 Tbsp Low-Sodium Tamari
- 5 Tbsp 100% Pure Maple Syrup
- 3 Tbsp Rice Vinegar
- 2 Tbsp Sesame Seeds (Toasted)

Instructions:

- Combine the Bowl ingredients in a large bowl. Combine all sauce ingredients. Stir & Serve Immediately



Kelsey's Raw Red Pepper Soup

Ingredients:

- 1 Cup Chopped Red Bell Pepper
- 1/3 Cup Cashews
- 1/3 Cup Water
- 1 Clove Garlic
- 1/2 tsp Salt
- Black Pepper to taste

Optional Toppings:

- 1/2 Cup Diced Red Bell Pepper
- Flat Leaf Parsley
- Cilantro
- Chives/Green Onion

Instructions:

- Combine all ingredients in a High Speed Blender and blend until well combined and warm. Add your favorite toppings and serve immediately.



Michael's Kale Blueberry Muffins

Ingredients:

- 2 cups chopped/steamed kale
- ½ cup water
- ½ cup 100% pure maple syrup
- 2 tbsp unsweetened apple sauce
- 1 tbsp apple cider vinegar
- 1 ½ cups oat flour (may substitute whole wheat)
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 cup fresh blueberries

Instructions:

- Preheat oven to 350 degrees Fahrenheit.
- Steam kale until dark green and soft
- Drain Kale and combine with wet ingredients into a food processor.
- Process until smooth (should look like a green smoothie)
- Add all wet ingredients into a large bowl. Slowly combine all dry ingredients until well mixed.
- Gently fold in blueberries.
- Divide into 12 muffins in a muffin tin for 18-20 minutes (until tops are firm to touch).



Katriona's Purslane Salad

In the summer I love making salads with Purslane! It's commonly seen as a weed, but it's so healthy and it's really easy to grow. It's an annual that readily self-seeds and grows best with little to no attention.

I either add it to a green salad or it stands well on its own. It's great thrown in a greek salad or just simply with some tomatoes, feta, salt & pepper, lemon juice and olive oil!

Recipe as follows:

- 2-3 cups purslane
- 3 cloves of garlic
- 2 or 3 cups of cherry tomatoes
- ½ cup feta cheese
- ½ cucumber

Dressing:

- 1 lemon - juiced
- Some glugs of olive oil
- Salt & pepper to taste

Optional: Add some cooked & cooled quinoa for a heartier meal or 1 can of drained and well-rinsed chickpeas.



Alana's Steamed Artichokes with Garlic Herb butter

Ingredients:

- 4 artichokes, washed and trimmed
- 1 Tablespoon Oregano
- 1 Tablespoon Thyme
- 2 teaspoons rosemary
- 4 cloves garlic, minced
- 1 lemon, juiced
- ¼ cup olive oil
- 2 teaspoons kosher salt
- 2 teaspoons black pepper

Instructions:

- Trim the bottom and very top leaves of each artichoke. With sharp shears, cut the top 1/4 of each artichoke leaf (optional). Make a cross in the bottom of each artichoke.
- Mix salt and pepper in a small bowl.
- Fit a steamer basket or metal trivet in the bottom of a large pot. Fill pot with water, just until touching the bottom of the basket.
- Place artichokes on the trivet or steamer basket. Separate the leaves and sprinkle the salt and pepper in between and over the artichokes. Drizzle with lemon juice and olive oil.
- Bring water to a boil, then reduce heat to a low simmer and cover. Steam artichokes, checking water level periodically, adding more if necessary. Steam for approximately 40-45 minutes, or until leaves are tender and pull away easily.
- 5-10 minutes before the artichokes are ready, melt butter in a small pot on low. Add garlic and herbs and stir until butter is melted. Serve each artichoke with a small dish of herb butter or alternatively a drizzle of Balsamic vinegar.



Alana's Everyone Is Happy Curry Soup

This is my own recipe so it isn't exact but uses a lot of garden fare and is always delicious! I cook it in an Instant Pot but it can easily be done regularly in a pot on the stove. It also can be vegan or vegetarian by omitting the chicken and using vegetable broth only.

Feel free to change the name- Turmeric Curry Soup? Everyone is Happy Curry Soup? (it's the one meal everyone always loves, no complaints!) And the cherry tomatoes just make it!

Ingredients:

- Olive or coconut oil
- 2 litres chicken stock (vegetable stock can be substituted)
- 2-3 chicken thighs (can be omitted)
- 1 onion
- 1 cup brown or green lentils
- 2 sweet potatoes diced
- 2 carrots diced
- 1 parsnip diced
- 1 capsicum diced
- 1 medium zucchini diced
- 10-15 ripe cherry tomatoes
- 2 swiss chard leaves, chopped
- 2T turmeric, or 2-3 inch piece fresh turmeric, grated
- 2 cloves minced garlic
- 1T Fresh chopped rosemary
- sea salt and pepper to taste

Instant Pot Instructions:

- Place all ingredients except chards in the instant pot. Set to pressure cook for 6 minutes. Release steam, shred chicken, stir in fresh chards and enjoy!

To cook on stove:

- In a large pot, brown onion, garlic and carrots in oil, then add remaining ingredients (except chicken) to the pot and bring to a boil. In the oiled pan, brown the chicken, then transfer to the pot. Bring to a boil then reduce to medium- low heat. Cook on low for 20-30 minutes or until carrots are soft. Shred chicken and add chards before serving. This recipe is very forgiving. The base is very simple but delicious every time and any vegetables available in the garden can be added or removed. I often add a few small beets, squash or a small eggplant when available.



Alana's Cucamelon Summer Salad

Ingredients:

- 1 ½ cups sliced cucamelons
- 1 ½ cups diced ripe cherry tomatoes
- ¾ cup crumbled feta cheese
- Olive oil
- 1 T fresh chopped rosemary
- Sea salt and cracked pepper to taste

Instructions:

- Cucamelons and cherry tomatoes ripen at the same time and in abundance. Mix cucamelons, tomatoes and feta in a bowl. Drizzle with oil and add rosemary, salt and pepper to taste. Don't forget to feed your extra cucamelons to your chickens, they love them too!
- Oh! Also, this cucamelon summer salad has balsamic vinegar, very important! Please add Balsamic vinegar to drizzle with olive oil. :)



Gabriel's Warm Squash & Chickpea Salad with Tahini

Ingredients:

- 2 pounds pumpkin or other winter squash, peeled, seeded, and cut into 1-inch cubes
- 1 garlic clove, crushed
- ½ teaspoon ground allspice
- 2 tablespoons olive oil
- Sea salt and black pepper
- 14 ounces canned or home-cooked chickpeas, drained
- ½ small red onion, finely chopped (soaked in cold water for 15 minutes if you want to soften the bite)
- 4 tablespoons roughly chopped fresh cilantro
- 1 garlic clove, crushed to a paste with a pinch of salt
- 3 ½ tablespoons lemon juice
- 3 tablespoons tahini paste
- 2 tablespoons water, to taste
- 2 tablespoons extra virgin olive oil

Instructions:

- Heat the oven to 425°F.
- Toss the squash with the garlic, allspice, olive oil, and some salt and pepper.
- Place on a tray, optionally lined with parchment, in the oven for 20 to 25 minutes, or until soft. Remove and allow to cool slightly.
- While the squash is cooking, make the tahini sauce. Mix the crushed garlic with lemon juice and add the tahini. Now thin with the water and olive oil, and check for seasoning. You should taste a balance between the nutty tahini and lemon.
- To assemble the salad, place the squash, chickpeas, red onion, and cilantro in a mixing bowl. Pour on the tahini sauce and remaining oil and toss carefully. Season with salt and pepper.

Recipe credit: [FOOD52](#)



You can do a frozen version by putting all ingredients in a blender!

Andrea's Lemonade

Ingredients:

- 6-7 lemons
- Sugar
- Water
- Mint leaves
- Ice

Instructions:

- Squeeze lemons into a pitcher, fill pitcher $\frac{3}{4}$ full with water, add sugar to your taste. Add ice. Next, place 6-10 mint leaves into a glass and muddle for a few seconds with a pestle. Pour lemonade in the glass.



Sarah's Chickpea Scramble and Red Cabbage Brown Rice Bowl

For the chickpea scramble:

- 15 ounces cooked chickpeas
- 2 teaspoons sesame oil
- ½ small red onion, chopped
- 2 cups chopped red cabbage
- juice of ½ lemon
- 1-2 tablespoons water (optional)
- 2 teaspoons tamari (or low sodium soy sauce)
- 2 tablespoons nutritional yeast
- ¼ teaspoon ground turmeric
- ¼ teaspoon garlic powder

For serving:

- 2 cups cooked brown rice, seasoned with sea salt
- 1 medium avocado, sliced
- 1 green onion, sliced

Instructions:

- Mash the chickpeas in a medium bowl with a fork or potato masher. It's okay to leave a few whole.
- Heat the sesame oil in large sauté pan over medium heat. Add the onion, and sauté it for 5 minutes, or until translucent.
- Add the red cabbage and continue to cook for 3-4 minutes, stirring every so often.
- Add in the mashed chickpeas and cook for 4-5 minutes without stirring so that they brown. -Stir and cook them for an additional 1-2 minutes, then mix in the lemon juice, water (if the chickpeas need a bit more liquid), tamari, nutritional yeast, turmeric, and garlic powder.
- Serve the chickpea scramble over brown rice and top with sliced avocado and green onions. Enjoy!



Sarah's Roasted Parsnips, Turnips, and Rutabagas with Ancho-Spiced Honey Glaze

Ingredients:

Makes 6 servings

- 2 tablespoons (¼ stick) butter, melted, divided
- 2 tablespoons honey
- 1 ½ tablespoons fresh lemon juice
- 1 garlic clove, minced
- 1 teaspoon chopped fresh thyme
- ½ teaspoon ground ancho chiles
- ½ teaspoon ground cumin
- ⅛ teaspoon ground cinnamon
- Pinch of cayenne pepper
- 12 ounces parsnips, peeled, thin ends halved lengthwise, thick ends quartered lengthwise, cut crosswise into 2-inch pieces
- 12 ounces turnips, peeled, cut into 1-inch wedges
- 12 ounces rutabaga, trimmed, peeled, cut into ¾-to 1-inch wedges
- 1 ½ tablespoons extra-virgin olive oil
- Coarse kosher salt

Instructions:

- Stir ½ tablespoon melted butter, honey, lemon juice, garlic, thyme, ground chiles, cumin, cinnamon, and pinch of cayenne pepper in small bowl to blend. Season to taste with salt. Let glaze stand at least 45 minutes to allow flavors to blend. Do AHEAD: Can be made 2 hours ahead. Let stand at room temperature.
- Preheat oven to 400°F. Line large rimmed baking sheet with parchment paper. Spread parsnips, turnips, and rutabagas evenly on prepared baking sheet. Drizzle remaining 1 ½ tablespoons melted butter and olive oil over; sprinkle with salt and pepper and toss to coat well. Roast until vegetables are soft and browned in spots, tossing occasionally, about 50 minutes.
- Pour glaze over vegetables; toss to coat evenly. Roast until glaze is absorbed and vegetables are browned, tossing occasionally, about 15 minutes longer. Serve warm.

Ingredient info: Look for ground ancho chiles in the spice section of many supermarkets and at Latin markets.



Adam's Fermented Applesauce

Taste it during the fermentation process. It can take as little as 24 hrs to ferment. It comes down to personal preference. Whey can be extracted from yogurt or kefir which I also highly recommend making your own. Hope you enjoy!

Instructions:

- Peel and core 3lbs apples
- Pulverize in a food processor
- Stir in 2 tablespoons of whey
- Cover with a dish towel and let ferment for 48 hrs
- Add cinnamon to taste
- Refrigerate and eat it

Kevin's Tulsi Milkshake

(This one is written by him)

- ✓ Tulsi is also known as Holy Basil, and is widely grown in India and other parts of Asia. It is considered a sacred plant there, and it renowned for its healthful and medicinal purposes. It has been recently popularized by health aficionados in western countries as a healthful tea. Organic India is company that sells tulsi tea.
- ✓ The variety we grow is called Kapoor, and in our opinion has the best flavor of all the tulsi varieties we have tried.
- ✓ We love the smell of the tulsi we grow, with hints of bubblegum (or something) that led us to the following miraculous recipe that changed our culinary lives!

In a blender (Vitamix) add:

- At least one giant handful of tulsi — leaves, flowers, and stems (so long as they aren't too woody).
- Vanilla ice cream (like 3 small servings worth)
- Frozen blueberries (1 to 1.5 cups)
- Enough milk for it to blend and be a thick milkshake



This is one of the best tasting desserts I have ever eaten. (And minus the sugar, super healthy.) Its flavor is so unique, one can only describe it as such. *"Imagine you never had anything with vanilla or anything with chocolate, and try to describe those flavors."*

Brandon's Crispy Potato Bruschetta

Instructions:

Preheat the oven to 425°F (220°C) and line an extra-large (or 2 medium) baking sheet(s) with parchment paper.

With a sharp knife, slice the potatoes into 1/4-inch thick rounds. Make sure they're not any thinner than that, or they might not be sturdy enough to pick up with your hands and the edges will burn more easily while cooking.

Place the rounds into the centre of one baking sheet in a mound. Toss with the oil until all sides of the rounds are fully coated. Spread into a single layer, spacing them a 1/2-inch apart. Sprinkle liberally with salt.

Roast the potatoes for 25 to 35 minutes (I do 30), flipping once halfway through baking, until tender and golden brown in some spots. I prefer these slightly overcooked so they'll crisp up a bit around the edges.

Meanwhile, prepare the topping. In a large food processor, mince the garlic and basil until finely chopped. Add the tomatoes and pulse—only 10 to 14 times—until the tomatoes are chopped into almond- and pea-sized pieces. Remove the bowl, take out the blade and set aside, and stir in the lemon juice, balsamic vinegar, and salt. Set aside to marinate.

Five minutes before the potatoes are ready, dice the avocado very small into almond-sized pieces. Fold the diced avocado into the tomato mixture. Taste and stir in more salt if desired. The mixture will look quite juicy/watery, but this is normal!

After removing the potatoes from the oven, add another generous sprinkle of salt on top. Add 1/2 to 1 tablespoon avocado-tomato mixture onto a fork and strain out the juices by tapping the inside of the bowl. Place the strained mixture onto the centre of a potato round and repeat this process for the rest of the rounds.

Serve immediately, directly from the baking sheet(s)—I find serving from the baking sheet keeps them warmer, but if you prefer you can transfer the rounds to a platter before adding the topping. If the potatoes sit they will soften and lose their crispness, so I don't recommend letting them sit around for longer than 10 minutes (usually not a problem in this house!). If you have any avocado-tomato mixture leftover feel free to polish it off with some tortilla chips!

Up the glow factor: Sprinkle parmesan cheese top.

Should your potatoes become soft from sitting for too long, these reheat well on a sauté pan, preheated over medium heat, for 1 to 2 minutes. This results in slightly browned bottoms and revives the firm texture without affecting the toppings.

TIP!

For the potatoes:

- 2 large (500 g total) Russet potatoes (unpeeled)
- 1 tablespoon (15 mL) grapeseed oil or virgin olive oil
- Fine sea salt

For the avocado-tomato topping:

- 2 medium (7 g) garlic cloves
- 1/2 cup (15 g) lightly packed fresh basil leaves
- 2 cups (344 g/12-ounces) grape tomatoes
- 1 tablespoon (15 mL) fresh lemon juice
- 1 tablespoon (15 mL) balsamic vinegar
- 3/4 to 1/2 teaspoon fine sea salt, to taste
- 1 large (240 g) ripe avocado





Ashley's Perfect Little Pumpkin Cookies With Spiced Buttercream

Instructions:

- Preheat the oven to 350°F (180°C) and line one extra-large baking sheet (or two medium-sized sheets) with parchment paper.
- To a small bowl, add the wet ingredients: grapeseed oil, maple syrup, pumpkin purée, brown rice syrup, ground flax, and vanilla. Whisk until combined.
- To a large bowl, add the dry ingredients: almond flour, spelt flour, arrowroot starch, cane sugar, pumpkin pie spice, salt, and baking soda. Whisk until combined.
- Pour the wet mixture over the dry mixture (being sure to scoop all of the wet ingredients stuck to the sides of the bowl), and stir until it comes together into a dense, very thick dough.
The dough will be very sticky, but this is normal! Scoop a slightly heaping 1 tablespoon of dough into your hand, and roll it into a ball. Continue with the remaining dough, placing each ball onto the baking sheet about 2 to 3 inches apart. If needed, you can lightly wet your fingers during this process. Do not flatten the balls before baking as they will spread out on their own.
- Bake the cookies for 12 to 14 minutes until lightly golden (I like baking them until lightly golden as the edges get a bit crispy during cooling). Cool the cookies completely on the baking sheet. To speed up the cooling process, cool the cookies for 10 minutes on the pan then transfer the cookies to the fridge until completely cooled.
- Meanwhile, prepare the Fluffy Pumpkin Pie Spice Frosting: To a large bowl, add the vegan butter. Using electric beaters, beat the butter until smooth (about 30 seconds). Add the powdered sugar, pumpkin pie spice, and salt. Starting on low speed, beat until smooth and fluffy, gradually increasing the speed as the ingredients combine. It will look very crumbly at first, but it will eventually come together and become fluffy. If the frosting is still too dry, you can thin it with a tiny bit of almond milk (1/2 teaspoon at a time), and continue beating until smooth. If it's too thin, you can add a little more powdered sugar and beat again until smooth.
- Spread the frosting onto the completely cooled cookies, and top with a sprinkle of cinnamon or pumpkin pie spice, if desired. Serve and enjoy! Leftover cookies can be stored in an airtight container in the fridge for 1 to 2 days. The cookies will soften when sealed in a container.

Ingredients:

For the wet ingredients:

- 3 tablespoons (45 mL) grapeseed oil
- 3 tablespoons (45 mL) pure maple syrup
- 1/4 cup (60 mL) unsweetened pumpkin purée
- 2 tablespoons (30 mL) brown rice syrup
- 1 1/2 teaspoons ground flaxseed
- 1/2 teaspoon pure vanilla extract

For the dry ingredients:

- 3/4 cup plus 1 tablespoon (83 g) almond flour*
- 1 cup plus 1 tablespoon (127 g) white/light all-purpose spelt flour**
- 3 tablespoons (27 g) arrowroot starch
- 1/4 cup (60 g) natural cane sugar
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon fine sea salt
- 1/2 teaspoon baking soda

For the dry ingredients:

- 1/4 cup plus 2 tablespoons (75 g) soy-free vegan butter
- 1 1/2 cups (190 g) powdered icing sugar, sifted if necessary
- 1/2 teaspoon pumpkin pie spice
- Pinch fine sea salt
- Cinnamon or pumpkin pie spice, for garnish (optional)

* Be sure to use almond flour and not almond meal which is much coarser.

** I prefer the white/light spelt version. If you can find some, it's so lovely in these! If you can't find it in the store, though, you can sift whole-grain spelt flour before using. The flour won't be as fine and delicate as white/light spelt flour, but it will work in a pinch. To sift: place a large bowl on top of a kitchen scale, and tare the scale to zero. Spoon flour into a fine mesh sieve, and gently shake the sieve side-to-side until you have about 127 grams of sifted flour in the bowl. Discard the coarse flakes that remain in the sieve. Using sifted whole-grain spelt flour produces a more wholesome flavour and texture. Alternatively, you can use 3/4 cup plus 2 tablespoons (127 grams) all-purpose white flour instead of white/light spelt flour. When using all-purpose white flour, the cookies will taste a bit less sweet and complex compared to spelt flour.

Flours are measured using the "scoop and shake until level" method, where you scoop the measuring cup directly into the flour and shake the cup side to side until the flour is level. I recommend weighing the flour whenever possible for the most accuracy.

TIP!
↓

GF

DF

EF

V

Freedom Kitchen's BBQ Bowls With Roasted Vegetables

Instructions:

- Preheat oven to 425 degree F. Line a baking sheet with parchment paper.
- Cut the broccoli into small pieces, both the florets and the stem. Then cut the cauliflower into small pieces (watch the video to see how to cut it). Cut the brussel sprouts. Then peel and cut the carrot and sweet potato.
- Your veggies need to be of similar size since they are being roasted at the same time (larger pieces take longer to cook.) Toss them in oil, spread them out on the baking sheet and sprinkle with salt and pepper.
- Roast your vegetables 15-20 minutes. They are done when you see some brown edges, or you can test them by piercing with a fork to see if they are tender.
- On the stove you will add your water and quinoa or rice to a small pot, bring to a boil, then turn the burner down to a low simmer for 5-10 minutes (be careful not to let this boil over).
- Open the can of jackfruit and drain out the water. On a cutting board, cut or tear your jackfruit into small pieces. It will resemble pulled chicken. Spread it out on the baking sheet and put in the oven for 5 minutes to dry it out a bit (give it more of a chicken texture).
- Your BBQ Bowls will have rice or quinoa, roasted jackfruit with BBQ sauce, and roasted vegetables.

Ingredients:

- 1 Broccoli stalk or crown
- 1 Head of cauliflower
- 12 Brussel sprouts
- 1 Carrot
- 1 Sweet potato
- 1 can Jackfruit
- 1 c Barbeque sauce (must be organic, no MSG or HFCS)
- 1 c Quinoa or rice
- Avocado oil
- 1.5 c Water
- Salt and pepper



C or c = cup
GF = gluten-free
EF = egg free
FREEDOM KITCHEN TM is an 28
T = Tablespoon
DF = dairy-free
V = vegan (no animal products)
unincorporated organization and
t = teaspoon
NF = nut free
www.freedomkitchenkids.com
auxiliary business of REALM, SSM

Notes:

- ✓ If you use a prepared BBQ you must choose an organic variety. Most BBQ sauce has way too much sugar. Often you will find multiple types of sugar including high fructose corn syrup (HFCS), which is toxic and not to be eaten. Because HFCS and MSG are found in most BBQ sauces your first lesson this week is to find brands that are "clean." Learn to read labels.
- ✓ The second lesson this week is the use of jackfruit as a vegan option. Jackfruit is a pantry staple, because it is shelf stable, and you can use this as a meat substitute when necessary. Learn to get creative and resourceful!



GF

DF

EF

V

Michigan Apple BBQ Sauce

Courtesy of Patrick Hingst, Woodchips BBQ

Ingredients:

- 4 C Ketchup, organic (no MSG or HFCS)
- 1 ½ c Apple juice, organic
- 1 ½ Apples
- ¾ c GF Tamari, or Coconut Aminos
- ½ c Onion, diced
- 4 Garlic cloves
- 1 ¼ c Coconut sugar
- 2 T Tapioca starch and water, to make a roux

Instructions:

- Saute apples and onions until soft, add garlic and continue saute on low until mushy
- Blend sauteed items with vinegar until very smooth with no chunks
- Add vinegar apple mixture to pot with apple juice and remaining vinegar
- Bring to a boil with high heat
- Mix together and add tapioca starch roux once boiling, mixing constantly, bring back to a boil
- Lower heat to medium-low, add ketchup, whisking thoroughly
- Turn off heat then whisk in tamari/aminos and coconut sugar
- Serve and store in the refrigerator.



GF

DF

EF

Oodles and Oodles of Noodles

Ingredients:

- 1 Box Lentil Pasta
- 1 Box Rice Pasta
- 1 Sweet potato
- 1 Zucchini squash
- 1 Spaghetti squash

Refresher on Marinara:

- 1 can Diced Tomatoes
- 1 can Crushed Tomatoes
- 3 T Italian Seasonings*
- 1 Spaghetti Squash

Instructions:

- Preheat oven to 400
- Cut Spaghetti squash in half and scoop out the seeds. Put the cut side flat on a baking sheet and bake for 30-40 minutes, until the spaghetti squash is soft when pierced with a fork.
- Use a spiralizer to make zoodles. Then use a spiralizer to make sweet potato noodles!
- Boil water and make some of the lentil pasta and rice pasta. Set aside.
- In a small saucepan, on low heat, combine all ingredients until it comes to a boil, then keep on low and simmer.

Recipe Notes

It is important to repeat lessons, in order to practice, but also to build on your knowledge. This week we repeated the spaghetti squash and zoodles and added sweet potato noodles. We are also tasting lentil pasta and rice pasta. This week is all about learning the many options to replace wheat pasta.

In addition to having options of noodles, you have options in sauces, too. Practice making your marinara and then learn how to make alfredo sauce and vegan parmesan cheese.

Everything you put in your body is either helpful or harmful. Since pasta is a family favorite it is important for us to learn healthier pasta options and avoid wheat and processed foods.

Recipe credit: Freedom Kitchen



Recipe credit: [Freedom Kitchen](#)

Alfredo Sauce

Ingredients:

- 1 1/4 c Cashews, soaked
- 1 T Arrowroot
- 3 T Nutritional yeast
- 2 Garlic, cloves
- 1/2 t Sea salt
- 2 T Parmesan cheese (see recipe below)
- 1 c Almond milk

Instructions:

- Drain the cashews and add to blender.
- Add all ingredients to the blender and blend on high until creamy.
- Toss this over zoodles, spoodles, or noodle of choice.

Parmesan Cheese

Ingredients:

- 3/4 c Cashews, raw
- 3 T Nutritional yeast
- 1/4 t Garlic powder
- 1/4 t Salt

Instructions:

- In the food processor, add your ingredients and pulse until crumbly.
- Serve with your pasta alfredo. Store in a mason jar in the refrigerator.





GF

DF

EF

V

NF

Sweet Potato Noodles with Garlic and Kale

Ingredients:

- 1-2 T Olive oil
- 3 Garlic cloves
- 1/4 t Red pepper flakes
- 2-3 T Water
- 2 C Baby kale or spinach

Instructions:

- In class we tossed some sweet potato noodles in olive oil, added garlic and red pepper flakes, then added the water and quickly put the lid on the pan to create steam. The noodles cooked in just 3-4 minutes.
- Top with your parmesan cheese!



Patrick- Hearty Italian Wedding Soup

Ingredients for soup:

- ~2 tablespoons of olive oil
- 1 cup diced onion
- 1 cup diced celery
- 6 cloves minced garlic
- 2 cups of rough chopped mushrooms
- 2 cups of diced carrots
- 3 or 4 cups of chopped greens - I am partial to kale for this but spinach or lamb's quarters (handy for summertime) works fine as well.
- ~1/4 cup chopped fresh oregano
- ~3/4 cup chopped fresh parsley
- 3.5 - 4 quarts chicken stock

Ingredients (meatballs):

- 1 lbs ground pork
- 2 eggs
- 1/3 cup panko/breadcrumbs
- 1/2 teaspoon paprika
- 1/4 cup chopped parsley
- 1 teaspoon of parmesan cheese
- 1 teaspoon salt
- 1/2 teaspoon pepper

Instructions:

- Serves: A small army
- Preheat oven to 450f and gather mise en plais.
- Warm the olive oil in a soup pot and begin adding ingredients and sauteeing. Stir occasionally. When ingredients have partially cooked down add about 3.5 - 4 quarts of chicken stock. Bring to a boil and then reduce to a medium low simmer.
- Combine ingredients in a bowl. It is better to mix it by hand. Just wash your hands well. Form into small meatballs about the size of a nickel around and then place on a lightly greased baking tray for about 10 - 15 minutes. They should not take long.
- In a separate pot, par cook your pasta (about 5-6 oz dry pasta should be enough). I like orzo or acini de pepe for this. I have also used Israeli couscous in a pinch. Boil it for a couple minutes less than whatever the minimum time on the bag says. Drain.
- When the meatballs are done, remove them from the tray carefully (flat wide spatula is your friend here) and plop them into the soup.
- I usually kick the heat up a little from low to a conservative medium here so that the flavors will combine nicely.
- Simmer for about 10 - 20 minutes, stirring periodically. Then add your pasta. Cover pot and reduce heat back to low. Simmer for another 5 - 10 minutes.
- Add salt and pepper to taste. Enjoy!



V

Butternut Squash and Sage Risotto

Ingredients:

- 1 unit Yellow Onion
- ¼ ounce Sage
- 2 clove Garlic
- 12 ounce Butternut Squash
- 1 unit Veggie Stock Concentrate
- ¾ cup Arborio Rice
- ½ cup Parmesan Cheese (Contains Milk)
- 1 ounce Pepitas
- 2 teaspoon Olive Oil
- 1 tablespoon Butter (Contains Milk)
- Salt
- Pepper

Recipe credit: [HelloFresh](#)

Instructions:

- Adjust rack to middle position and preheat oven to 425 degrees. Wash and dry all produce. Halve, peel, and finely dice onion. Pick and finely chop enough sage leaves to give you 1 TBSP. Mince or grate garlic.
- Toss squash on a baking sheet with chopped sage, a drizzle of olive oil, and a pinch of salt and pepper. Roast in oven until tender and browned, about 30 minutes, tossing halfway through. Meanwhile, bring 3 cups water and stock concentrate to a gentle simmer in a small pot.
- Heat a drizzle of olive oil in a large pan over medium heat. Add onion and cook, tossing, until softened, 5-6 minutes. Add garlic and cook until fragrant, about 30 seconds. Season with salt and pepper.
- Add rice to pan and toss until grains are translucent, 1-2 minutes. Pour stock into pan ½ cup at a time, stirring after each addition. Allow rice to absorb stock before adding more. Continue until grains are al dente, 25-30 minutes—risotto should be thick but not stiff and grains should have a little bite to them.
- Once risotto is done cooking, stir squash into pan, followed by 1 TBSP butter and half the Parmesan. Season with salt and pepper.
- Divide risotto between plates. Garnish with pepitas and remaining Parmesan and serve.