

Summer Luncheon from the Garden

Susan Pitcairn, with Felicia Thompson, sponsored by Healthy World Sedona and Natural Grocers • Aug. 2017

Is your garden exploding with zucchini, tomatoes, bell peppers, cucumbers and all kinds of warm weather veggies? Or are you finding some nice produce at the store or Farmer's Market? Here are some quick and easy ways to use some of this, especially zucchini and heirloom tomatoes.



CREAM OF ZUCCHINI SOUP

This is based on a delicious chilled soup served by a co-worker friend long ago in Monterey, when Richard worked at the SPCA clinic. She cooked the zucchini and onions first, and used yogurt. But, really, this raw, dairy-free version is easier and just as tasty, plus it spares the cows and their babies (not to mention that most humans are lactose intolerant after weaning). It's kind of a zucchini smoothie!

First, make TOFU SOUR CREAM (below). Set about half of it aside in a glass jar for garnishing the soup and using in tacos, fruit salads and anyplace you would use yogurt or sour cream. Leave the rest in the blender, add the following and puree til creamy:

- 2-3 zucchinis, loosely chopped*
- 1/2 red onion, loosely chopped*
- 1 teaspoon dill weed*
- Salt or tamari to taste*
- Nutritional yeast to taste (optional)*

Garnish with tofu sour cream. For a stylish look, lay down 2-3 lines of the cream and then run a knife across it. Garnish as desired with croutons or vegan parmesan.

TOFU SOUR CREAM

I nearly always have some of this on hand in the fridge, which is great with southwestern wraps, tacos and the like, so we don't feel the



need for cheese. I buy the organic Mori-Nu Silken Tofu packages in bulk so I always have some on hand. Puree in a blender til smooth:

- 1 pkg. silken tofu*
- Salt to taste (1/2 tsp.?)*
- Lime or lemon juice to taste (about 1 T.)*

It's really that simple. If you like, you can sweeten it a bit, especially if used as a yogurt, or add probiotic capsule powder.



RAW LASAGNA

In our vegetarian days I made this with regular ricotta and parmesan, and it got rave reviews. This all-plant version is just as tasty. Layer the following in this order 2-3 times in a casserole dish:

- Zucchini, sliced thinly with cheese grater*
- Heirloom tomatoes, sliced thinly*
- Tofu Ricotta (over)*
- Olives and mushrooms, sliced*
- Spinach, sliced thinly*
- Ample Italian herbs*
- Option: Avocados*

Top with vegan parmesan and olives, one per piece. (If you like, you can bake it about 25 min. on 350 F.) Cut into serving pieces with a sharp knife. Garnish with fresh basil leaves, parsley or cilantro, if available.

TOFU RICOTTA

You may find a commercial vegan ricotta or even mozzarella to add to your raw lasagna. Otherwise, try this simple homemade version from "The Cheese Trap," by Neal Barnard, MD.

Mash:

- 12 oz. firm organic tofu
- 1/2 t. salt
- 3 t. lemon juice
- 1 clove garlic
- 1/2 t. salt
- 1 T. xylitol sugar
- 1-2 T. olive oil

VEGAN PARMESAN

There are delicious ready-made vegan parmesans such as TopParma, Go Veggie. Or you can make your own:

- **Homemade Parmesan:** Pulse to a fine meal: 1/2 c. walnuts, sunflower and/or pumpkin seeds with 1 T. nutritional yeast, 1/8 t. black Himalyan salt, 1/2 t. garlic and 1/2 t. onion powder.
- **Nut-free Version:** Lightly process til crumbly: 1/2 c. coconut flakes, 1/2 c. sunflower seeds, 1/4 c. pumpkin seeds. Spread thinly on parchment-lined sheet. Mix in with fingers: 1.5 T nutritional yeast, 1.5 T. lemon juice, 1/4 t. salt. Bake 25+ min. til slightly golden, not brown (toss 2-3 x). Stores in fridge 1- 2 mo.

DID YOU KNOW?

Colorful fruits and veggies are chock full of thousands of phytonutrients that benefit our health. The more color, the higher the level of beneficial nutrients. So, think color, both as culinary artistry, and as a way to balance out a wide variety of super nutrients.



PURPLE SLAW

Purple is one of my favorite colors, and Purple Slaw is a favorite side. It's also excellent tossed with this dressing and lots of chopped parsley, served over fresh cooked millet with those big "Gigante" white beans from Whole Foods olive bar, but that's another meal! Mix in a bowl:



Red cabbage, sliced very thinly
Pumpkin seeds, as desired

Dress with a mixture, to taste, of this creative no-oil dressing inspired by Janis Pope, who often attends our monthly Fourth Friday Conscious Living Potluck (*email me if you want on the list: susan@susanpitcairn.com):

Kombucha (or vinegar or lemon juice)
Dijon Mustard
Tamari soy sauce (or herb salt)
Options: Pepper, dill, sweetening, herbs

COFFEE ICE CREAM CAKE

What? Isn't this supposed to be healthy? Well, we can't do wheat at Natural Grocers Demos, but you gotta try this treat sometime. Meanwhile, enjoy vegan ice cream and fruit.

8-10 Newman-Os (vegan), crushed
Coconut or soy coffee or chocolate ice cream
Vegan chocolate chips, melted
Chopped filberts, pecans or almonds

Press cookies on bottom of springform cake pan. Press ice cream on it, almost to top of mold. Artfully dribble melted chocolate over top and sprinkle on the nuts. Cover and freeze. Place on plate. Remove ring 10 min. before serving. Slice and stand back!

SEDONA VEG FEST

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