



## HEALTHY WORLD SEDONA COOKING DEMO

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Quarterly Sunday Suppers and Annually every January Sedona VegFest

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### CHEDDAR POTATO SAUCE

2 yellow potatoes chopped and steamed  
1 tsp chickpea miso  
1/2 cup nutritional yeast  
1 tsp coconut vinegar  
1/2 tsp Herbamare salt  
1/4 tsp onion powder  
1/2 cup water  
1/4 tsp lime juice

**TIP: Add Nuts, such as Cashew,  
for added creaminess.**

Add all ingredients to a blender or food processor. Do not over blend, stop when the mixture is creamy. If using a Vitamix blend for only 6-8 seconds using the tamper to push the ingredients down.

### ALFREDO POTATO SAUCE

1 1/2 cups Golden Potato chopped and steamed  
1 1/2 cups cauliflower  
1/2 tsp oregano  
Dash black pepper  
1/2 tsp Herbamare salt  
1/2 cup nutritional yeast  
1/4 tsp coconut vinegar

Add all ingredients except oregano to a blender or food processor. Do not over blend, stop when the mixture is creamy. If using a Vitamix blend for only 6-8 seconds using the tamper to push the ingredients down. Add the oregano and blend for one moment or mix in with a spoon.

### POTATO CHEEZE CRUMBLES

2 cups of steamed chopped Russet Potatoes  
6 tsp of lime juice  
1 tsp coconut vinegar  
1 tsp Herbamare salt  
1/4 cup nutritional yeast

Transfer all of the ingredients to a pie dish or shallow bowl and use a potato masher. Once you have mashed potatoes place in refrigerator to cool. Before serving use a fork to fluff the mixture.

### SOUR CREAM POTATO

2 cups Red Potato chopped and steamed  
6 tsp lime juice  
1/2 tsp Herbamare salt  
1/2 cup water

Add all ingredients to a blender or food processor. Do not over blend, stop when the mixture is creamy. If using a Vitamix blend for only 6 seconds using the tamper to push the ingredients down (this mixture tastes best the next day).

## JAPANESE SWEET POTATO CROUTONS

3 Japanese Sweet Potatoes  
1-2 tsp Italian seasoning  
1 tbsp nutritional yeast  
Dash of black pepper  
Dash of coconut vinegar

Cut the Potatoes in half length wise and then half again creating quarter wedges from each potato. Place the quarters on a pan lined with parchment and bake for about 45-60min on 380 degrees. Remove from oven and let fully cool - or put in refrigerator to use the next day. Cut the wedges into 1 in pieces and toss with the rest of the ingredients in a bowl to coat them.

Mix into or place on top of a salad.

## SALAD DRESSING

4 cuts spring mix  
Dash of Herbamare and black pepper  
Dash of water and coconut vinegar  
2 tbsp nutritional yeast

Optional: garlic granules and or Italian seasoning

Add the Salad to a large bowl, mix in some water and coconut vinegar to coat the leaves, then add all the spices and mix. Finally add the nutritional yeast and gentle mix leaving the leaves coated.

## JAPANESE SWEET POTATO DESSERT

1 Japanese Sweet Potato that has been baked - remove peals  
1/2 cup coconut sugar  
1 drop of Butterscotch Stevia  
1 tsp Vanilla extract  
1 tbsp water

Blend all ingredients in a vitamix for about 12-15seconds or until creamy, add small amounts of water if needed while blending. Serve warm, or cool, or frozen. To make frozen use a plate with parchment, line the parchment with spoon full dollops of the mixture and freeze, will be ready in an hour.

## BAKING OPTIONS FOR POTATOES:

Japanese Sweet potato - can be baked on 380-390 degrees, whole or in wedges - always keep the peel on as it bakes better and will not brown- these potatoes oxidize fast, only cut them when you are ready to cook them. To get a very caramelized potato, bake whole- then when almost done- still firm in the middle- cut length wise in half and place face down to hold in the moisture. Cook these potatoes on a pan with parchment on a high rack in your oven to prevent burning. You can also chop and steam or boil the potato, which gives it a milder taste but cooks up fast.

White or Yellow Potato - Baked whole will give a fluffy inside and lightly crisped outside. Chop potatoes into wedges or thick match sticks then soak in cold water to remove some starch and prevent too much browning, you can use a salad spinner to get the water off. Toss with spices or leave plain and bake on 380-390 for about 30-45min, you will need to flip them along the cooking process. Steaming chopped pieces creates great mashed potatoes. You can also take the mashed potatoes and then shape it into patties and bake on a pan lined with parchment for about 30min, flipping half way.