

A TASTE OF VEGETARIAN SUMMERFEST

AUTUMN STEW ("3 SISTERS" STEW) (Recipe by Jennifer Raymond)

1½ c water, divided
1 T soy sauce
1 onion, chopped
1 red bell pepper, seeded and diced
4 garlic cloves, minced
1 butternut squash (about 1 lb)
1 15-oz can crushed tomatoes
1½ t dried oregano
1 t chili powder
½ t ground cumin
¼ t black pepper
1 15-oz can kidney beans, undrained
1 15-oz can corn, undrained, or 2 c frozen corn

Heat ½ c water and soy sauce in a large pot. Add onion, bell pepper, and garlic. Cook over medium heat until onion is soft and most of the water has evaporated, about 5 min. Peel the squash, cut it in half, scoop out the seeds and discard them. Dice squash into ½-in. cubes (you should have about 4 c). Add to cooked onions along with the tomatoes, 1 c water, oregano, chili powder, cumin, and pepper. Cover and simmer until squash is just tender when pierced with a fork, about 20 min. Add kidney beans and corn and their liquids, and cook 5 min. longer.

TOFU NO-EGG SALAD

(Recipe by Roberta Schiff, Mid-Hudson Vegetarian Society; robbie@mhvs.org)

1 lb firm tofu
½ c each finely diced red onion, carrot, and celery
½ t turmeric
½ t Herbamare® seasoning
½ t mustard
3 T Vegemise® mayonnaise
2 T sweet pickle relish

Open and drain the tofu. Wrap it in a clean dishtowel and squeeze out excess water. Place the red onion, carrot, and celery in a food processor and pulse until finely chopped but not mushy. Place in a bowl. Then put the tofu in the processor with the turmeric, Herbamare, mustard, and Vegemise, and process until very smooth. The turmeric gives it the "right" color for no-egg salad. The chunky texture of the vegetables and smooth texture of the tofu combine especially well, and that is the reason for the two-step process. Add the pickle relish and stir in by hand. You can sprinkle a bit of

paprika on top. Chill and enjoy. Makes a good appetizer on crackers or sandwich on whole-grain bread; or scoop into Romaine lettuce leaves.

VEGAN PESTO (Roberta Schiff)

1½ c fresh basil or a mixture of basil and spinach (the spinach keeps the pesto green)
¼ c extra-virgin olive oil
1 c pine nuts or walnuts or a mix
5 cloves garlic
1/3 c nutritional yeast
¾ t salt
1 T light miso

Combine all ingredients in a food processor until nuts are ground. Pesto should still have texture and not be completely smooth. Makes enough pesto for one 1-lb. box of dried pasta, cooked according to package directions. VARIATION: Add ½ c rehydrated sundried tomatoes. If you used sundried tomatoes in oil, use that oil and omit the ¼ c olive oil called for in the recipe.

HAZELNUT DIP

(From *Speed Vegan* by Alan Roettinger)

1¼ c hazelnuts
1 large tomato, coarsely chopped
¼ c fresh parsley leaves
2 T sherry vinegar
2 T extra virgin olive oil
4 cloves garlic, minced or pressed
1 t paprika, hot or sweet according to taste
1 t sea salt
1 t agave nectar or other vegan sweetener
½ t cayenne

Put the hazelnuts in small bowl. Cover them with boiling water and let soak until cool. Drain, rinse under cold water, and drain again. This step will remove the bitterness from the skins and soften the nuts, without the need for overnight soaking. Spread the hazelnuts in a single layer on a towel to absorb the excess water. Put the hazelnuts in a food processor and process until finely ground. Add the remaining ingredients and process until smooth. Transfer to a bowl or storage container and cover tightly. If time permits, refrigerate for at least 2 hours before serving to allow the flavors to blend.



VEGAN CHOCOLATE CHIP NUT COOKIES (Makes about 2 dozen) (Roberta Schiff)

1/3 c almond or peanut butter
2 T oil
1 c sugar, preferably Florida Crystals or turbinado; use less if desired*
1/3 c soy or rice milk
1 t vanilla extract
1 c whole wheat pastry flour, or mixture of ½ c each regular whole wheat and unbleached white flour
½ t ea. baking soda, baking powder, and salt
1 c rolled oats
½ c vegan chocolate chips (or carob chips or diced dried cranberries or cherries)
½ c chopped walnuts or macadamia nuts

Lightly oil a baking sheet. Preheat oven to 425 degrees. Whisk together first 5 ingredients until well-mixed and smooth. In a separate bowl, mix together dry ingredients, then add the chips and nuts. Add dry to wet ingredients and stir to combine. Drop by spoonfuls on baking sheet; you can vary the size, smaller for a party platter, larger for home use. Bake about 8 min.; tops will start to crack when done. Leave on pan 10 min before transferring to a rack or serving plate.

*Ed. Note: I followed the recipe using ½ c sugar, and increased the flour by ¼ c to keep the same batter consistency. The cookies came out great and were plenty sweet.

CHICKPEAS WITH SUNDRIED TOMATOES (Serves 4)

(From Rochester General Hospital's *Heart Health News*, Summer 2010)

1 T olive oil
1 small red onion, diced or sliced crosswise and separated into rings
½ t dried rosemary, crumbled
½ c low-sodium vegetable stock
1 medium tomato, chopped
2½ c canned chickpeas, rinsed and drained*
2 T sundried tomatoes, chopped
1 T balsamic vinegar

Warm the oil in a skillet over medium heat. Add the onion and rosemary; cook stirring frequently, for 2-3 min or until tender. Stir in the vegetable stock and chopped tomato. Cook 3-4 min or until all the liquid has evaporated. Stir in remaining ingredients; cook 1-2 min or until heated through.

*This amount is a little more than one can. We suggest using either one or two cans; the recipe should work well either way. This dish is excellent served alongside any grain or pasta; add steamed veggies and a green salad, and you have dinner. ❖