



Earth Day Recipes

Honey Almond Granola

Ingredients:

1 cup almonds, divided
3 cups old fashioned oats
1/2 teaspoon salt
1/3 cup brown sugar
1/3 cup honey
3 tablespoons coconut oil
1/4 teaspoon vanilla extract
1/8 teaspoon almond extract



Directions:

Preheat oven to 350 degrees.

In a food processor pulse half of the almonds until they are finely chopped. Pour them into a large bowl. Then chop the other half of the almonds coarsely, and pour them into the same bowl. Pour the oats, salt, and brown sugar into the bowl with the almonds and stir to combine.

In a small microwaveable bowl, combine honey and coconut oil, and heat for 40 seconds. Stir to dissolve the coconut oil, and add the vanilla and almond extract.

Pour the honey mixture over the oats, and stir so that they are evenly coated.

Pour the oats evenly onto a parchment lined baking sheet.

Bake the oats for 5 minutes. Stir and return to the oven for 5 more minutes.

Pour the granola onto a piece of wax paper to cool. Spread it out into a thin layer. After it cools completely, break the granola into clusters and store in an airtight container.

Avocado & White Bean Salad with Vinaigrette

1 can white beans
1 avocado, chopped
1 Roma tomato, chopped
1/4 sweet onion chopped
Dressing:
1 1/2 tablespoons olive oil
1/4 cup lemon juice
Dried basil to taste
Garlic powder to taste
Salt & pepper to taste
1 teaspoon mustard



Directions:

Whisk vinaigrette ingredients together then pour over salad base and mix well.
Refrigerate for a few hours before serving.

Tofu and Vegetable Stir Fry

Ingredients:
1/2 cup cornstarch
4 tablespoons corn oil
1 lb firm tofu, cut into 1 inch cubes
1 large onion, thinly sliced
1 cup snow peas, sliced
1/2 cup mushrooms, sliced
2 carrots, peeled and sliced
1 small red pepper, sliced
1/4 cup sweet and sour sauce



Directions:

Cut the tofu into 1 inch cubes. Add the cornstarch into a pan and coat the tofu evenly on all sides.

Heat half of the corn oil in saucepan over medium-high heat. When the oil is hot enough, add the prepared tofu and cook until brown. When cooked, transfer the tofu to a bowl and set aside.

Add the remaining corn oil to the pan and add the onions, snow peas, mushrooms, carrots, and pepper. Continue to sauté over medium heat until the vegetables have softened.

Combine the vinegar and sweet and sour sauce in a small cup. Pour the sauce mixture over the tofu and add to vegetables. Continue to cook for a few more minutes so the tofu absorbs the flavor. Serve immediately with steamed rice.

Zucchini Tater Tots

Ingredients:

3 large russet potatoes, peeled

2 zucchinis, about 2-3 cups shredded

1½ teaspoons salt, plus more for sprinkling on top

Olive oil



Directions:

Place potatoes in a large pot and cover with cold water. Bring water to a boil and cook potatoes for 20-30 minutes. Drain water and let potatoes cool.

Preheat oven to 425 degrees. Grate potatoes on the large side of a box grater and put into a large bowl. Grate each zucchini and squeeze out the liquid using a clean dishtowel. Place grated zucchini into the bowl with the potatoes and add 1½ teaspoons salt. Mix everything together.

Line a large cookie sheet with parchment paper. Use your hands to form small cylinders with the mixture. Use about 1 tablespoon per tater tot. Place the cookie sheet in the freezer for about 10 minutes to allow them to firm up.

Brush the top of each tater tot with a small amount of olive oil and sprinkle each one with salt. Bake tater tots until browned and crispy, about 30 minutes, flipping halfway through.

Earth Day Pizza

Ingredients:

Prepared dough for one 10-inch pizza
Cornmeal
1/2 medium red onion, thinly sliced
6 large Brussels sprouts, shredded
3 cloves roasted garlic, cut in quarters
Parsley pecan pesto (see recipe below)
Olive oil



Directions:

Preheat to 500°F. Sprinkle baking pan or pizza pan with cornmeal. Roll the dough into a 10-inch circle, keeping the counter and dough dusted with flour. Place the dough on a baking sheet or pizza stone. Spread a thin layer of pesto on the dough, leaving a 1-inch space around the edge. Distribute Brussels sprouts, onions, and garlic evenly on top. Bake for about 8 minutes, until crust looks toasty and the edge begins to brown. Lightly drizzle the top with olive oil.

Parsley Pecan Pesto

Ingredients:

2 cups Italian parsley leaves
1/4 cup chopped pecans
1/4 cup olive oil
Salt

Directions:

Wash parsley leaves in cold water, drain, and dry. Add the leaves and pecans to a mini chopper, food processor, or blender and process on low speed until finely chopped. Add the oil slowly to form a smooth, spreadable paste. Salt to taste.

Zucchini Quiche

Ingredients:

9" pie crust (unbaked)
2 tablespoons softened butter
1 pound zucchini (sliced)
1 1/2 cups shredded mozzarella
1 cup ricotta
1/2 cup half and half cream
3 eggs, lightly beaten
3/4 teaspoon salt
1/2 teaspoon oregano
1/2 teaspoon basil
1/4 teaspoon garlic powder
Pepper



Directions:

Bake pie crust at 425 F for five minutes. Remove from oven. Lower heat to 350 F. Over medium heat, sauté zucchini slices in the butter until cooked; drain. Use half the zucchini to line the crust. Sprinkle with mozzarella. Mix ricotta, cream, eggs, salt, oregano, basil, garlic and pepper. Add over zucchini in crust. Add the rest of the zucchini on top. Bake for forty five minutes or until a knife comes out clean.

Green Superfood Smoothie

Ingredients:

½ cup coconut milk
½ cup water
1 ½ cups fresh chopped pineapple
½ cup kale, washed
1 banana, peeled and frozen
1 Tbsp. ground flaxseed



Directions:

Combine the coconut milk, water, kale, pineapple and frozen banana in a food processor or blender. Puree until smooth. Add flaxseed and pulse for 10 seconds. Pour into chilled glass adorned with a colorful green straw. Serve immediately.

Tomato Soup

Ingredients:

2 tablespoons olive oil
1 onion, chopped
1 carrot, chopped
1 celery stalk, chopped
2 garlic cloves, chopped
1 1/2 lbs of ripe tomatoes, quartered
15 oz. can tomatoes
4 cups of vegetable broth
Salt and pepper to taste



Instructions:

Heat the oil in a large saucepan and sauté the onion, carrot, celery and garlic for 5 minutes. Add the tomatoes and continue to cook for another 3-4 minutes until the tomato has broken down.

Add the canned tomatoes, vegetable broth and 1 cup of water. Bring to a boil, reduce the heat and simmer for 30 minutes.

Remove from the heat and allow the soup to cool down a little. Puree the soup in batches in a blender. Season to taste with salt and pepper. Reheat and serve.

Spinach Lasagna

Ingredients:

15 oz. ricotta cheese
10 oz. frozen chopped spinach (thaw and drain)
2 cups mozzarella cheese (shredded)
3 cups mushroom pasta sauce
6 uncooked lasagna noodles
1/4 cup water



Directions:

Combine the Ricotta cheese with the spinach and the Mozzarella.

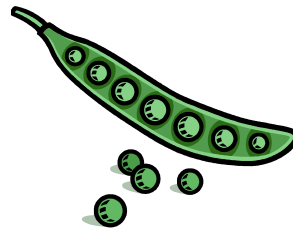
Spread only one cup of the pasta sauce in a baking dish. Lay three lasagna noodles on top and half of the spinach mixture. Repeat these layers. Use the remaining pasta sauce on top. Slowly pour water around inside edges of baking dish. Cover for baking.

Bake at 400 F for forty minutes. Uncover and sprinkle remaining mozzarella cheese on top. Bake for an additional ten minutes or until hot. Let stand ten minutes.

Quinoa and Peas

Ingredients:

1 Tbsp. butter
1 cup quinoa (raw)
2 cups vegetable broth
1/4 cup onion (chopped)
1 clove garlic (minced)
1 tsp. fresh thyme (coarsely chopped)
1/2 tsp. pepper
3/4 cup frozen peas
1/2 cup Romano cheese (grated)
2 Tbsp. fresh parsley (chopped)



Directions:

In a pan over medium heat, melt the butter. Add the quinoa and cook for about two minutes, stirring occasionally until toasted. Add the broth, onion, thyme, garlic and pepper. Place cover over pan and bring to a boil. Add in peas and cover again, reducing the heat to a simmer. Let the quinoa become tender and the broth evaporate, about fifteen minutes.

Add in half of the cheese and season with the fresh parsley. Garnish with remaining cheese when ready to serve.

Meatless Tacos

Ingredients:

½ cup water
¼ cup lentils, rinsed and drained
¼ cup chopped onion
8 taco shells
1 8 oz. can tomato sauce
5 teaspoons taco seasoning mix
8 oz. firm tofu, drained and finely chopped
Shredded lettuce
1 medium tomato
½ cup shredded cheese
Salsa



Instructions:

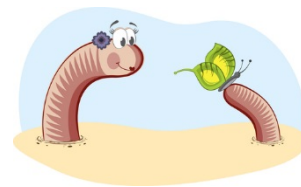
In a medium saucepan combine water, lentils, and onion. Bring to boiling; reduce heat. Simmer, covered, for 25 to 30 minutes or until lentils are tender and liquid is absorbed. Meanwhile, heat taco shells according to package directions.

Stir tomato sauce and taco seasoning mix into lentils. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Stir in tofu; heat through. Spoon into taco shells. Top with lettuce, tomato, and cheese. Serve with salsa.

JELL-O Dirt Cups

Ingredients:

1 package (16 ounces) chocolate sandwich cookies
2 cups cold milk
1 package (4-serving size) JELL-O Chocolate Flavor Instant Pudding and Pie Filling
1 tub (8 oz.) Cool Whip® Whipped Topping, thawed
8-10 clear plastic cups
Decorations: Gummy worms and frogs.



Directions:

Crush cookies in plastic bag with rolling-pin.

Pour milk into large bowl. Add pudding mix. Beat with wire whisk 1 to 2 minutes. Let stand 5 minutes. Stir in whipped topping and 1/2 of the crushed cookies.

Place about 1 tablespoon crushed cookies into each cup. Fill cups about 3/4 full with pudding mixture. Top with remaining crushed cookies.

Refrigerate 1 hour or until ready to serve. Decorate with gummy worms and frogs.

No Bake Peanut Butter & Chocolate Oat Bars

Ingredients:

1/2 cup butter

1/4 cup packed dark brown sugar

1/2 teaspoon vanilla extract

1-1/2 cups quick cooking oats

1/2 cup semi-sweet chocolate chips

1/4 cup peanut butter



Directions:

Grease an 8 x 8-inch baking pan with non-stick cooking spray.

Melt butter in large saucepan over medium heat. Stir in brown sugar and vanilla.

Mix in the oats. Cook over low heat for about 3 minutes or until ingredients are fully mixed. Press half of mixture into the bottom of the prepared pan.

Place chocolate chips and peanut butter in a microwave safe bowl. Heat for about 60 seconds, stirring at the 30 second mark or until fully melted. Pour mixture over the oat mixture. Crumble the remaining oat mixture over the chocolate layer, carefully pressing the top.

Chill for at least 3 hours or until solid. Cut into bars.