

Vegetables

Sweet Potato Casserole with Pecans

Crunchy Pecan Oat Topping

3/4 c rolled oats
1/2 c pecan halves
1/2 tsp fresh minced rosemary
1/4 tsp salt
2 T maple syrup (or monk fruit)

Sweet Potato Filling

3 lbs roasted sweet potatoes, peeled
1/2 cup milk of choice (I used almond milk)
2 tsp vanilla extract
1/4 tsp ground ginger
1/4 tsp salt

Extra topping

1/2 c dried cranberries (look for juice-sweetened)
1/4 c pecan halves

- Preheat oven to 350. In large food processor add oats, pecans, rosemary, and salt and process briefly to create a flour-like texture.
- Add maple syrup or other sweetener and process until crumbly.
- Put in small bowl and set aside.
- Don't rinse processor just add roasted and peeled sweet potatoes, milk, vanilla, ginger, and salt and process until smooth. Taste and adjust the mixture to your taste and texture.
- In 2-qt baking dish, spread sweet potato puree into smooth layer. Scatter the dried cranberries over the top and then sprinkle crumbs evenly over the top.
- Add remaining pecan pieces for decoration and crunch.
- Bake until top is golden (about 30 minutes).
- Let cool for 10 minutes, then serve warm. Leftovers can be stored in refrigerator for up to 5 days.

Sweet Potatoes with Thai Peanut Butter Sauce

Sweet potato and slaw:

4 medium to large sweet potatoes (10-12 oz each)
1/4 red cabbage (3 cups shredded)
1/2 bell pepper
1/2 yellow pepper
1 green onion
1/4 c cilantro
2 T fresh lime juice (1 lime)
1/4 tsp salt
Crushed peanuts for garnish

For Thai peanut butter sauce:

1/3 c peanut butter
2 T Braggs Amino Acids
2 T lime juice (1 lime)
1 tsp maple syrup
2 T water

- Cook sweet potatoes.
- Make the slaw - thinly slice red cabbage, peppers, green onions.
- Chop cilantro.
- In large bowl mix together ingredients with lime juice and salt.
- Make Thai peanut butter sauce
 - In small bowl, whisk together the peanut butter, soy sauce, lime juice, maple syrup, and water.
 - Taste and add a bit of salt if desired - depending on the saltiness of the peanut butter.
- Slice the sweet potatoes in half and top with slaw.
- Drizzle with the Thai peanut butter sauce and sprinkle with chopped peanuts.

Mexican Sweet Potatoes

Ingredients

- 4 medium sweet potatoes
- Olive oil, for rubbing
- Kosher salt
- 1 recipe Black Bean Salsa
- 1/2 cup frozen corn kernels
- Creamy Cilantro Sauce or Creamy Cilantro Dressing, to serve (plus a few extra cilantro leaves)
- Mexican hot sauce (such as Cholula), to serve
- Other topping ideas: Sour cream, Mexican Crema, cheese, Vegan Nacho Cheese, Vegan Sour Cream, Cashew Cream, or Chipotle Sauce

Instructions

- Preheat oven to 450°F.
- Wash the sweet potatoes and slice them in half. Place on a parchment paper lined baking sheet and rub lightly with olive oil, just enough to coat. Sprinkle with kosher salt. Bake until tender and lightly browned on the edges, about 25 to 35 minutes depending on the size of the potatoes.
- Make the Black Bean salsa.
- Defrost the frozen corn.
- Make the Creamy Cilantro Sauce (or Creamy Cilantro Dressing). Save out a few cilantro leaves and chop the cilantro for a garnish.
- To serve, top the roasted sweet potatoes with Black Bean Pico de Gallo, corn kernels, cilantro, and dollops of Creamy Cilantro Sauce.
- in sauces and salad dressings and salsas

Healthier Mashed Potatoes and Gravy

Ingredients

- 1 large head of cauliflower, cut into florets
- 2 C macadamia nuts

Instructions

- Put cauliflower and nuts through Champion or Green Life juicer using the blank plate (you can also try using your food processor with the s-blade).
- Mix well with a wooden spoon. Makes 3-4 cups.
- The consistency is very similar to good old mashed potatoes.
- You can doctor this recipe up with garlic, lemon juice and minced chives or other herbs, but I usually just leave it plain and top it with the following gravy.

Gravy: Ingredients

- 1 C Brazil nuts
- 1 avocado
- 2 T Braggs Liquid Aminos
- 2 T organic red wine
- 1 clove garlic
- 1/4 red onion
- 1-3 tsp sea salt
- 3/4 C water
- pinch fresh-ground black pepper

Instructions

- Mix all ingredients in blender or food processor. Makes 2 1/4 cups.
- Serve over "Mashed Potatoes," a hearty vegetable pasta (turnip pasta for example), or a vegetable medley.