

Pulses of Life Cooking Class, Wednesday 7 September 2016, “Lunchbox Fillers”

Hummus

Source: <http://lifeandhealth.org/undo-my-disease/diabetes/hummus/161345.html>

Ingredients

1 (15-ounce), 425 gram can chickpeas (garbanzo beans), drained and rinsed
½ cup tahini
¼ cup extra virgin olive oil (low fat option: try 2 tablespoons instead)
1 clove garlic
1 tablespoon ground cumin
1 lemon, juiced
⅓ cup water, or as needed
salt, to taste

Instructions

- Place all ingredients except the water into a food processor or high-speed blender
- Blend until smooth, adding as much water as needed to reach the preferred consistency.
- Taste and add more garlic, salt, lemon juice, or cumin as needed.
- Place into bowl and sprinkle lightly with cumin.

Ready in about 15 minutes

Makes 3 cups

Oatmeal and Walnut Burgers

Source: Depression, the way out

4 cups of hot water
½ cup soy sauce or Bragg's Aminos
¼ cup nutritional yeast flakes
2 tablespoons rapeseed oil (optional)
1 tablespoon flaxseed meal
2 teaspoons garlic powder
2 teaspoons onion powder (or half a finely chopped onion)
1 tablespoon dried sweet basil

(or ½ teaspoon thyme, ½ teaspoon oregano, 1½ teaspoon Italian Seasoning
½ cup finely grated carrot (optional)
1 cup walnuts, finely chopped
(option: replace ⅓ walnuts with ⅓ cup raw sunflower seeds)
4 cups of porridge oats

Preparation

1. Add all the ingredients in the given water except the oats
2. Bring the water to a slow boil
3. Quickly stir in the oats and immediately remove from the heat. Cover and set aside to cool
4. Preheat the oven to 350°F /177°C
5. Form the oat mixture into three-inch patties and place on oiled baking sheets
6. Bake for 20 minutes on each side
7. Serve with wholewheat burger buns, soy mayonnaise, lettuce, onions, tomatoes and pickles.

Variation on the method

1. Mix together the oats, flaxmeal, nuts, seasonings, onion, carrots, yeast flakes
2. Add the soy sauce to the hot water
3. Pour the hot water over the mixture and stir quickly
4. Cover and set aside to cool
5. Preheat the oven to 350°F /177°C
6. Form the oat mixture into three-inch patties and place on *oiled* baking sheets
7. Bake for 20 minutes on each side
8. Serve with wholewheat burger buns, soy mayonnaise, lettuce, onions, tomatoes and pickles.

Lavosh (Armenian Thin Bread)

From: Micheff sisters, submitted to <http://www.vibrantlife.com/?p=401>

Ingredients:

- 2 c. water (very warm)
- 1 T. yeast (active dry)
- 1 c. sesame seeds
- 1 c. wheat germ (or bran)
- 1/4 c. soy margarine (melted)
- 2 t. salt
- 1 T. honey
- 1/2 c. pecan meal
- 4 c. whole-wheat flour (or more if needed)

Directions:

Mix all ingredients in a bowl; then divide into 8 equal parts and roll each into a rectangle on a lightly floured breadboard. Lift and turn the dough over as you roll it. Use only enough flour to keep from sticking. (The dough should never look floured.) Roll until very thin; then lift onto a cookie sheet and mark into squares with a pastry cutter or knife.

Bake at 350°F /177°C for 10 – 15 minutes or until golden brown. You must watch and remove outer edges, as they brown faster. The thinner they are rolled, the better they will taste.

TIP: Try some with a combination of other flours for a different taste. They do freeze well. Be prepared, for they disappear fast.

Try poppy seeds in place of the sesame seeds or walnuts in place of the pecans

Nutritional Information:

Per serving: calories: 24; fat: 0.8 grams; saturated fat: 0.1 grams; sodium: 32 milligrams; carbohydrates: 3 grams; dietary fiber: 0.3 gram; protein: 1 gram.

Next class: 21 September 2016

Notes
