

Pulses of Life Cooking Class

Sneaking in nutrients

Tofu - Basil Ricotta

Source: <http://lifeandhealth.org/kitchen/recipes/tofu-basil-ricotta/101392.html>

INGREDIENTS

- ▶ 14-ounces firm tofu, well-drained (400 grams)
- ▶ 2 tablespoons fresh lemon juice
- ▶ ½ cup Vegemise (or other vegan mayonnaise)
- ▶ 1 teaspoon garlic, minced
- ▶ 2 tablespoons onion powder
- ▶ 1 teaspoon sea salt
- ▶ ¼ cup nutritional yeast flakes
- ▶ ½ cup fresh basil, finely chopped

INSTRUCTIONS

1. In a large bowl, mash the tofu until it reaches creamy, ricotta-like consistency.
2. Combine the rest of the ingredients and mix well.

Tofu Basil Lasagna

Source: <http://lifeandhealth.org/kitchen/tofu-basil-lasagna/101393.html>

INGREDIENTS

- ▶ 2 jars (16-ounce each) favourite vegetarian spaghetti sauce
- ▶ 1 package (9-ounce, 255gr) lasagna noodles, cooked or no-bake
- ▶ 1 bunch fresh basil, loosely chopped
- ▶ 2 small zucchini, sliced (courgette, baby marrow)
- ▶ ½ cup mushrooms, sliced (optional)
- ▶ 2 cups baby spinach
- ▶ ⅓ cup pine nuts, toasted (optional)
- ▶ 1 recipe Tofu-Basil Ricotta

INSTRUCTIONS

Make the Tofu-Basil Ricotta.

Assemble the lasagna in a 9x13 pan respectively:

1 cup spaghetti sauce

Lasagna noodles

½ of the tofu filling, patted down

1 cup spaghetti sauce

Lasagna noodles

1 cup spaghetti sauce

Vegetables: mushrooms, zucchini, most of the basil, and spinach

Lasagna noodles

1 cup spaghetti sauce

Remaining tofu filling, patted down

Toasted pine nuts (optional)

Remaining basil (optional)

Lasagna noodles

1 cup of spaghetti sauce

Top with shredded vegan cheese (optional)

Cover with foil and bake until bubbly at 375F --about 50 minutes.

Uncover and bake for an additional 10 minutes. Let stand before cutting, and sprinkle with freshly chopped basil just before serving.

Make-ahead tip: Make a double batch and don't bake one of the batches.

Freeze it for later, and when you want a hassle-free dinner, simply defrost it and bake as usual!

Ready in about 1 ½ hours

Makes 1 9x13 lasagna (10-12 servings)

Popeye Muffins

Source: Laura Machell, <http://thegreenforks.com/popeye-muffins/>

INGREDIENTS

- ▶ 1 cup all-purpose flour
- ▶ 1 cup whole-wheat flour
- ▶ ¾ cup sugar
- ▶ 2 tsp baking powder
- ▶ (½ tsp baking soda)
- ▶ 1½ tsp ground cinnamon
- ▶ ½ tsp salt
- ▶ ¼ cup canola oil (rapeseed oil)
- ▶ ¾ cup milk (or soy, nut milk, grain milk)
- ▶ 1 (6 ounce) bag fresh baby spinach

- ▶ ½ cup mashed banana (from about 1 to 2 bananas)
- ▶ 2 tsp pure vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F and line two 12-cup muffin pans with paper liners.
2. Whisk together dry ingredients in a large bowl: flours, sugar, baking powder, baking soda, cinnamon, and salt. Set aside.
3. In a blender, place oil, milk, and spinach. Blend on high for about 30 seconds or until completely puréed. Add banana and vanilla; blend on low just to mix.
4. Pour puréed mixture into dry mixture and fold together with a rubber spatula until completely combined.
5. Fill muffin cups about $\frac{2}{3}$ full and bake 18-20 minutes or until a toothpick inserted into the centre comes out clean.

NOTES

- ▶ You can use 2 cups whole-wheat pastry flour for an all whole-wheat option. You can possibly use spelt flour too.
- ▶ I like to add 2 tablespoons of chia seeds or ground flaxseeds for extra nutrition

NEXT COOKING CLASS:

WEDNESDAY 8 MARCH FEBRUARY, 7.15 TO 8.45 PM

The Selkirk Grace - Robert Burns:

Some hae meat and canna eat,
And some would eat that want it;
But we hae meat, and we can eat,
Sae let the Lord be thankit.