

WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 11th April 2018

GUEST PRESENTER: Joan Burch

RECIPES: KALE CRISPS MEAN BEAN BURGERS HEALTHY CHOCOLATE BROWNIES



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KALE CRISPS

Ingredients:

1 bag kale (approx. 200g)1-2tbsp Olive Oil1/4 tsp sea salt (more or less depending on your taste)

Optional flavours

Black pepper Garlic Powder Flakes Curry Powder Nutritional Yeast

Method:

- 1. Preheat oven to 130C. Line a large baking tray with baking paper.
- 2. Make sure the kale is very dry after washing.
- 3. Place in large bowl with olive oil, salt and/or optional flavouring.
- 4. Mix with hands making sure all the kale is covered with some oil.
- 5. Lay kale in a single layer on the baking tray and bake for 8-12 minutes, until crisp but not brown.
- 6. Serve immediately



MEAN BEAN BURGERS

Ingredients

1 tin black beans (drained and rinsed)
¹/₄ green pepper(finely chopped)
¹/₂ medium carrot (grated)
¹/₂ tsp cumin
Handful of coriander (finely chopped)
1 egg
1 tbsp olive oil
Black pepper

¹/₂ small red onion (finely chopped)

1-2 garlic cloves

1tsp chipotle paste

3 tbsp oats

1/2 tsp smoked paprika

1 tbsp whole flax seeds

1/4 tsp salt

<u>Method</u>

- 1. Preheat oven to 180C. Line baking tray with baking paper and lightly oil it.
- 2. Pulse all the ingredients in food processor until smooth, thick consistency.
- 3. Spoon out 2 tbsp mixture per burger on baking tray and shape like a burger.
- 4. Bake for 15 minutes until set, flip over carefully and bake for another 10-15 minutes until cooked in the centre and crisp on the outside.

HEALTHY CHOCOLATE BROWNIES

Ingredients

20-30 g raw cacao powder (more if you like chocolatey taste)

2 tbsp coconut oil, melted with pinch sea salt	150g cashews
250g dates (nice and sticky)	90g oats

<u>Method</u>

- 1. Put all the ingredients in food processor, add 1 2 tbsp water and mix until ingredients start sticking together.
- 2. Add more water if it appears too crumbly, 1 tbsp at a time.
- 3. Put the mixture in an oiled square brownie tin (24x24cm) spread it out and press down gently and evenly with the back of a spoon.
- 4. Put in fridge and allow to set for 30 minutes, then cut to size.

UP AND COMING EVENTS

Knit and Knatter	16 th & 30 th April 10.30am-12pm
Seniors Club	26 th April 2.30pm-4pm
Free Health Checks	Tuesdays 11-4pm or book an appointment
Community Prayer Meeting	18th April 7pm-8pm
Is Genesis History?	28 th April