

# Cuisle Centre

*Health · Hope · Happiness*



## WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 7<sup>th</sup> November 2018

GUEST PRESENTER: Csilla Andrasine Magyar

### RECIPES:

Italian Pasta Salad

Moroccan Red Lentil Soup

Easy Coconut Balls

**Cuisle Centre**  
*Health · Hope · Happiness*

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## ITALIAN PASTA SALAD & HOMEMADE SALAD DRESSING

### Ingredients:

#### **For Salad:**

- 30 kg any type of cooked pasta (leftover)
- 1 English cucumber
- 1/4 red bell pepper chopped
- 1/2 cup chopped red onion
- 1 cup cherry tomatoes
- 1 cup olives
- Half sliced avocado
- 1/2 cup Italian salad dressing

#### **Italian salad dressing:**

- ¾ cup of Olive Oil
- 2 cloves of garlic minced
- 2 tablespoons lemon juice
- ½ teaspoon honey
- 2 teaspoons Italian Seasoning
- ½ teaspoon salt
- ¼ teaspoon black pepper

#### **Instruction for salad dressing:**

Combine all ingredients in a measuring cup or jar. Whisk well.

Store in jar or bottle with lid for up to 1 week.

#### **Instruction for pasta salad:**

Place the cold cooked pasta in a large salad bowl.

Quarter cherry tomatoes, chop cucumber and onion, slices the olives in half and add to pasta.

Pour half of the dressing over pasta and gently toss to coat. Serve more if needed.

## MOROCCON RED LENTIL SOUP

### Ingredients

- \* 3 Tbsp. Sunflower oil
- \* 1 large onion, chopped
- \* 1 celery stalk, chopped
- \* 1 carrot, chopped
- \* 1 glove garlic
- \* 1 cm ginger
- \* 1/2 tsp. sea salt
- \* 1 can crushed tomatoes (or diced tomatoes)
- \* 8 cups vegetable broth or boiled water
- \* 2 cups red lentils, picked over, washed and rinsed until water runs clean
- \* Pinch of red pepper flakes (optional)
- \* Fresh cilantro, chopped

### Instructions

1. Heat the oil in large pot over medium-high heat. Add the onions, garlic, ginger and sauté until tender (about 2-3 minutes). Add the tomatoes and continue cooking for another 2-3 minutes stirring the whole time.
2. Then add carrots, celery and cook it till half cooked, after add lentils, vegetable broth and stir well and heat to a boil.
3. Simmer covered on low heat for about 20-25 minutes {until the lentils are tender}, stirring occasionally.
4. Add cilantro, cover and cook for 10 minutes. Garnish with extra cilantro if you desire.

## EASY COCONUT BALLS

## **Ingredients**

- 300 g (one pack) rich tea biscuits
- 2tbsp apricot jam
- 1-1.5 cup coconut or almond milk
- 0.5 cup shredded coconut
- 2tbs cocoa powder

## **Instruction:**

1. Crush biscuits in a food processor.
2. Place biscuit crumbs in a bowl and mix with cocoa and shredded coconut.
3. Add apricot jam and the milk.
4. Gently combine and form it into balls and roll in coconut and chill to set.

## **UP AND COMING EVENTS**

Knit and Knatter	19 <sup>th</sup> Nov & 3 <sup>rd</sup> Dec 10.30am-12pm
Seniors Club	29 <sup>th</sup> Nov 2.30pm-4pm
Free Health Checks	Tuesdays 11-1.30pm or book an appt
Community Prayer Meeting	14 <sup>th</sup> November 7pm-8pm
Vegetarian Cookery Class	21 <sup>st</sup> November 7.15-8.45pm
Mental Health Talks	Every Sunday from 11 <sup>th</sup> Nov- 2 <sup>nd</sup> Dec 6-7.30pm

