

Pita Bread

Ingredients

1 ¼ C water
2 tsp active dry yeast
2 Tbsp honey
2 Tbsp applesauce
3 ½ - 4 cups whole wheat flour
1 tsp salt
1 Tbsp gluten flour
1 Tbsp ground flaxseed

Directions

1. Mix the first three ingredients together and wait 10 minutes for the yeast to activate.
2. Add applesauce, gluten flour, and wheat flour, mixing in the last half cup as needed to make a somewhat smooth but tacky dough.
3. Knead by hand for 10-15 minutes or using a mixer with a dough hook. Alternatively, add everything to a bread machine, and let it run on the dough only cycle.
4. Place a pizza stone on one of the lower racks of the oven and preheat to 450 F.
5. Divide dough into 8 equal pieces and make each piece into a ball.
6. Roll each ball into a circle about 1/4 inch thick.
7. Use additional flour as needed to keep dough from sticking.
8. Using 3 or 4 cookie sheets, dust each circle with plenty of flour and place it on an upside-down cookie sheet. Let it rise for 30-45 minutes.
9. Place 3 or 4 circles on the stone in the oven and bake for 4 minutes.
10. Bread should puff up. Remove from the oven and place on the cooling rack, repeating until none remain.

Mediterranean Sheet Pan

Ingredients

14 oz extra firm tofu, drained and pressed
1 bell pepper pepper, sliced into 1 inch pieces
8 oz button mushrooms, halved or quartered
1 small eggplant, diced small
1 small red onion, sliced thinly
¼ cup fresh chopped parsley
2 tbsp fresh chopped mint
⅓-½ cup pitted kalamata olives, halved

Marinade

¼ cup olive oil
1 ½ tsp lemon juice
1 ½ tsp lemon zest
1 tsp date syrup or agave
2 tsp dried oregano
1 ½ tsp dried thyme
1 tsp garlic powder
1 tsp ground cumin
1 tsp ground coriander
1 tsp fine grain kosher salt
½ tsp onion powder

Directions

1. Preheat the oven to 375°F.
2. Drain tofu, then wrap in a clean tea towel or several sheets of paper towel and set something heavy on top for 30 minutes to press out as much moisture as possible.
3. Meanwhile, whisk together all ingredients for marinade. Prep remaining vegetables.
4. Cube tofu into 1 ½-2 inch pieces and add to a bowl with diced vegetables. Toss well with marinade, then transfer everything to a large sheet pan (or two depending on the size) and roast for 25-30 minutes, stirring once halfway through.

Yogurt Sauce

Ingredients

½ cup vegan yogurt
1 tablespoon extra virgin olive oil
2 tablespoon lemon juice
1 teaspoon chopped fresh mint
2 cloves of garlic, finely chopped
½ teaspoon sea salt

Directions

1. Mix all the ingredients in a bowl.
2. Keep in the fridge for at least 30 minutes.

Roasted Cauliflower, Chickpea & Golden Beet Salad + Lemony Sumac Dressing

<https://simple-veganista.com/roasted-cauliflower-chickpea-golden-beet-salad/>

Ingredients

1 small head cauliflower, cut into florets
2 -3 golden beets, diced
1 can (14oz) chickpeas, drained and rinsed or 1 1/2 cups cooked
1-2 tablespoons olive oil small handful cherry tomatoes, sliced in half
1-2 handfuls baby greens (kale, spinach, arugula, chard, etc.) or chopped beet greens
1/4 cup chopped parsley
1-2 tablespoon pepitas (pumpkin seeds) mineral salt & pepper, to taste

Sumac Dressing

2 tablespoons lemon juice
1 tablespoon pomegranate juice
1 heaping teaspoon sumac, + more as desired
2 cloves garlic, minced

Directions

1. Preheat the oven to 400 degrees F.
2. Line the baking sheet with a silpat, parchment paper or lightly grease with oil.
3. Roasting: Place the prepared cauliflower on one side of the baking sheet and the diced beets on the other. Sprinkle the chickpeas evenly over the top of both the cauliflower and beets. Add a small drizzle of olive oil over the top, and gently toss each vegetable with your fingers, making sure to keep them on their sides as much as possible. Sprinkle with a little garlic salt (or mineral salt and a dash or two of garlic powder). Place the baking sheet on the middle rack and roast for 40 minutes, stirring halfway through.
4. Dressing: In a small bowl, combine the lemon juice, vinegar, sumac and garlic. If not using sumac, add a few twists of fresh cracked pepper for a lemony-pepper dressing.
5. Mix together: In a large serving bowl, add the greens of choice, roasted vegetables and chickpeas, tomatoes, and parsley. Top with the dressing and give a good stir. Add salt & pepper to taste.
6. Serve: Serve in individual bowls with a sprinkle of pepitas and sliced avocado.

Mini Phyllo Baklava Cups Recipe

<https://cooking4sl.com/mini-phyllo-baklava-cups-recipe/>

Ingredients

15 mini phyllo cups
1 cup pistachios, raw, chopped
2 tsp lemon juice, or agave nectar
1/2 tsp cinnamon, optional
2 tbsp butter , or coconut oil

FOR THE SYRUP

1/4 cup water
2 tsp lemon juice
1/4 cup honey, or agave nectar

Directions

FOR THE SYRUP

1. Combine water, lemon juice and honey in a saucepan.
2. Bring to a boil, stir so the honey can dissolve.
3. Cook for 2 minutes.
4. Turn off the heat. Let the syrup cool to room temperature.

FOR THE BAKLAVA CUPS

1. Preheat the oven to 325 F. Arrange the mini cups on a baking sheet.
2. In a small bowl, combine nuts, lemon juice, butter and cinnamon. Stir to combine.
3. Divide mixture between the phyllo cups. Bake for 8-10 minutes, keeping an eye on them, so they don't burn.
4. Take out of the oven, and add about 1 tbsp of the room temperature syrup to each phyllo cup. Add more syrup if they appear too dry.
5. Let the cups cool and top with coconut flakes, melted chocolate, cacao nibs or hemp seeds. Serve immediately or refrigerate for up to 1 week.