

BASIL-LEEK PESTO PASTA WITH CHERRY TOMATOES AND SUMMER SQUASH

Ingredients:

- ¼ cup raw cashews
- 2 cups packed fresh basil + a few leaves for garnish
- 1 cup sliced leek
- 2 tablespoons nutritional yeast
- 2 tablespoons + 2 teaspoons lemon juice
- ⅛ teaspoon salt to taste
- 2 to 4 tablespoons unsweetened, unflavored plant-based milk
- 12 oz. dry whole grain rotini or penne pasta
- 2 15-oz. cans no-salt-added garbanzo beans, rinsed and drained (3 cups)
- 1 medium yellow summer squash, halved lengthwise and sliced ½ inch thick
- 1 medium zucchini, halved lengthwise and sliced
- 3 cups whole cherry or grape tomatoes

Directions:

1. To make basil-leek pesto, in a small saucepan combine cashews and 2 cups water. Bring to boiling; reduce heat. Cover and simmer 10 minutes; drain. Place cashews in a food processor; add 2 cups packed fresh basil, leeks, nutritional yeast, lemon juice, and ⅛ teaspoon sea salt. Process until nearly smooth, adding unsweetened, unflavored plant milk, 1 tablespoon at a time, to reach desired consistency, stopping to scrape down sides of processor as needed.
2. Prepare pasta according to package directions. Reserve 1 cup cooking water. Drain pasta. Return pasta to pot. Add beans and pesto; toss to coat, adding enough of the reserved cooking water to make creamy.
3. Meanwhile, in a bowl toss together yellow squash, pattypan squash cut into wedges, tomatoes, and lemon juice; season with salt. Place vegetables on a lined sheet pan and bake at 375 ° F for 30 minutes. Toss vegetables with pasta. Garnish with fresh basil leaves.

GREEK SALAD WITH SUN-DRIED TOMATO TOFU FETA

Ingredients:

- 12 oz. package extra-firm tofu
- ⅓ cup sun-dried tomatoes (not oil-packed)
- 3 tablespoons nutritional yeast
- 7 tablespoons lemon juice, divided
- 1 teaspoon dried oregano, divided
- 1½ teaspoon garlic powder, divided
- ⅛ teaspoon sea salt
- Pinch crushed red pepper
- ¼ cup unsalted sunflower kernels, soaked in water 2 to 3 hours
- 1 tablespoon tamari or soy sauce
- 1 teaspoon onion powder
- ½ teaspoon dried basil, crushed
- 2 large heads green leaf lettuce or romaine
- 10 Campari or cherry tomatoes, sliced or quartered
- ½ of an English cucumber, thinly sliced
- ¾ cup pitted Kalamata olives, sliced (optional)
- ½ cup thinly sliced red onion

Directions:

1. For Sun-Dried Tomato Feta, drain the tofu, wrap it in a clean dish towel, and lay it on a flat surface. Place a small tray on top and set two or three cans of beans on tray to weigh it down for 20 minutes. Cut tofu into ¾-inch cubes. Meanwhile, soak sun-dried tomatoes in room-temperature water 10 minutes; drain and finely chop. In a medium bowl stir together nutritional yeast, 3 tablespoons lemon juice, ½ teaspoon dried oregano, ½ teaspoon garlic powder, the salt, and a pinch crushed red pepper. Add tomatoes and tofu; toss to coat. Chill while preparing salad.
2. For dressing, drain sunflower kernels; place kernels in a small blender or food processor. Add the remaining 4 tablespoons lemon juice, tamari, onion powder, 1 teaspoon garlic powder, ½ teaspoon dried oregano, the dried basil, and a pinch of crushed red pepper. Add ¼ cup plus 2 tablespoons water. Cover and blend until smooth, stopping once or twice to scrape down sides of blender. Add water, 1 to 2 tablespoons at a time, to make smooth and pourable.
3. In a large salad bowl combine lettuce, tomatoes, cucumber, olives, and red onion. Add the Feta and drizzle with half of the dressing. Toss salad to coat. Serve remaining dressing on the side.

BLACK BEAN CAROB MOUSSE WITH WHIPPED STRAWBERRY CREAM

Ingredients:

- 1 cup unsweetened freeze-dried strawberries
- ¼ cup aquafaba (liquid from canned no-salt-added chickpeas)
- 1 tablespoon pure cane sugar
- 1½ teaspoons pure vanilla extract
- 3 pitted Medjool dates
- 1 15-oz. can no-salt-added black beans, rinsed and drained (1½ cups)
- ⅓ cup unsweetened, unflavored plant-based milk
- ¼ cup unsweetened carob powder
- ¼ cup unsweetened applesauce
- 1 cup mixed berries

Directions:

1. In a small food processor grind freeze-dried strawberries into a fine powder.
2. To make Whipped Strawberry Cream: In a medium bowl combine 3 tablespoons of the strawberry powder with the aquafaba, sugar, and 1 teaspoon of the vanilla. Stir until sugar is dissolved. Beat with an electric hand mixer on medium to high speed until foamy. Continue beating on high for 5 minutes or until stiff peaks form (tips stand straight).
3. Place dates in a small bowl. Add boiling water to cover. Soak 10 to 15 minutes or until softened; drain.
4. In a food processor combine soaked dates, beans, milk, carob powder, applesauce, and remaining ½ teaspoon of vanilla; process until smooth and airy. Spoon mousse into four serving dishes. Top with Whipped Strawberry Cream, fresh berries, and remaining strawberry powder.