

So Many Cooks in the Kitchen
Food for Life Instructor Bios and Recipes for 5/23/20
Let's Get Started with Beans



Dilip Barman
Durham, North Carolina

Dilip Barman has been involved with plant-based eating for decades. In addition to being a Food for Life instructor, he hosts, through Triangle Vegetarian Society, the United States' largest vegetarian (all vegan) Thanksgiving. He is Executive Producer of the film "Code Blue" that shows how lifestyle choices can profoundly affect health. He is on the advisory board of Plant-Based Network (<https://plantbasednetwork.com/advisory-committee>) and is North American representative of the International Vegetarian Union (ivu.org). He has given cooking demonstrations and talks in a number of countries and states. Dilip is proud never to have repeated a meal for his wife in over sixteen years of knowing her; he blogs about his plant-based creations at dilupdinner.blogspot.com. He tweets (about whole food plant based eating and nutrition, as well as math, which he also teaches, and other topics) @dbarman and maintains the Triangle Vegetarian Society facebook page. Links: bit.ly/FFLPromo – promotional video about Dilip's Food for Life classes
bit.ly/DilipPressureCookingNotes – table of pressure cooking notes
Codebluedoc.com – "Code Blue" film information
twitter.com/dbarman – Dilip's twitter feed
Facebook.com/trianglevegsociety – Triangle Vegetarian Society facebook page
barman@jhu.edu <http://www.dilip.info>

Today, Dilip will talk about the importance of eating beans and demonstrate how easy it is to cook dried beans with or without a pressure cooker.



Lauren Johnson
Cedar Falls, IA

Lauren's journey to plant-based nutrition began in the garden. Her first experience growing food was at the age of 20, in which she planted a 50'x70' plot of various fruits and vegetables. That, along with her joining a CSA the previous fall, prompted her to prepare and consume fresh veggies, which were a rare site in her upbringing. "Other than eating raw carrots, cauliflower, broccoli, and bell peppers, I had almost no idea what to do with other vegetables in the kitchen.

It wasn't until I started cooking that I began to recognize the impact of nutrition on my health. Ever since the 4th grade, I struggled severely with a negative body image and poor self-esteem. Once I discovered plant-based nutrition, the guilt of eating quickly started to dissipate."

Lauren's goal is to help others make mindful decisions about their diet and see how it affects them in all dimensions of wellness. She loves making cooking fun, educational, and accessible and enjoyable for everyone!

Lauren is currently obtaining her Professional Plant-Based Certification through Rouxbe Online Culinary School and a Plant-Based Nutrition Certificate through the T. Colin Campbell Center for Nutrition Studies. She reads cookbooks in her free time and will serve a delicious, plant-based meal or dessert to anyone who enters her home!

You can find her and her cooking demos on her personal Facebook page (laurenj6147) or contact her via email at laurenj6147@gmail.com.

RICE AND BEANS

(As simple or as fancy as you like 'em.)

INGREDIENTS:

1. Beans can be canned, cooked from scratch, frozen, refried (without lard), etc.! Choose any type of bean you enjoy: black, pinto, kidney, cannellini, edamame, even lentils!
2. Rice can be any variety you choose (preferably whole grain, like brown or wild rice) -- long or short grain, basmati, jasmine -- opportunities are endless! You can make it from scratch or use a parboiled or even microwavable rice to speed. There are so many delicious, nutritious, and affordable ways to make this a quick and easy meal. Use whatever you have on hand to try it this week!
3. Veggies, cooked or raw,
4. Fruit

INSTRUCTIONS:

1. Grab a bowl and get started!
2. Cook and/or warm up your rice and beans.
3. Add rice to your bowl as a base, then throw on some beans. Done!
4. If you have them, load up your bowl with veggies: raw or cooked, fresh or thawed from frozen.
 - a. Options might include broccoli, lettuce, leafy greens like spinach or kale, corn, peppers, green chiles, tomatoes, carrots, cauliflower, and any other vegetable you can think of!
 - b. Even fruits like mango or dried raisins would be delicious, depending on the cultural cuisine you're going for!
5. Top it off with your favorite condiments, seasonings, herbs, and spices:
 - a. Salsa, soy sauce or tamari or liquid aminos, BBQ sauce, lime juice, balsamic vinegar, hummus, mustard, low-fat salad dressing, plant-based cheese sauce, etc.
 - b. Taco seasoning, turmeric, paprika, nutritional yeast, fresh cilantro or parsley, garlic & herb mix, or any other condiment or seasoning blend of your choosing
6. If you have any leftovers, think about throwing it into a tortilla and making a taco or veggie wrap! You could even add it to a pita and take it on the go!



**Carolyn Strickland
Montgomery, Alabama**

Carolyn May Strickland is a FFL Instructor in Montgomery, Alabama. She's also a Licensed Clinical Social Worker, certified fitness instructor, graduate of Cornell Center for Nutrition Studies, and graduate of Rouxbe/Forks Over Knives plant-based cooking school. Carolyn and her husband Bryan, a primary care physician, have been plant-based since 2009. Together, they started a monthly plant-based potluck and a monthly cooking and nutrition class at their local Whole Foods. They enjoy teaching health and nutrition classes in their community. Contact Carolyn at cmstrickland@charter.net. Follow Carolyn @tofuchic on Instagram and on Facebook at VegOut Montgomery and Meatless Monday Montgomery.

CHICKPEA AND SWEET POTATO BREAKFAST HASH (aka The Breakfast of Champions!)

INGREDIENTS:

1½ lbs sweet potatoes, scrubbed and cut into ½ inch cubes
½ large sweet onion, chopped
1 red bell pepper, cored and diced
1 green bell pepper, cored and diced
1 can (15 oz) chickpeas, drained (reserve liquid) - or 1½ cups home cooked chickpeas
2 tablespoon aquafaba (divided)- aka the liquid from the chickpea can or from cooking them at home
1 teaspoon garlic powder
fresh cracked pepper, to taste and a pinch of sea salt

Sriracha Tahini Sauce

4 tablespoon tahini
4 tablespoon water
juice of ½ a lemon
pinch of sea or mineral salt
Sriracha to taste

1. Add all ingredients to a blender or food processor and process until smooth.

INSTRUCTIONS :

1. Preheat oven to 425 F. Line a sheet pan with parchment paper or a Silpat baking mat.
2. Place the sweet potatoes, onion, and bell peppers in a large bowl and toss with 1 ½ T of the aquafaba to coat. Sprinkle on the garlic powder, pepper, and sea salt (and any other seasonings you might like) and toss to coat.
3. Pour out onto prepared sheet pan in a single layer and roast in oven for about 20 minutes, stirring halfway through. While sweet potatoes are roasting, place chickpeas in bowl and toss with remaining aquafaba and seasonings.
4. After 20 minutes, remove sweet potatoes from oven, add chickpeas, and stir. Return pan to oven and roast for another 10-15 minutes, stirring halfway through. Check sweet potatoes by poking with a fork. When the sweet potatoes are cooked through the dish is ready! If you notice pieces burning before the sweet potatoes are tender, tent with aluminum foil to prevent burning.
5. Let cool a few minutes and serve with Sriracha Tahini Sauce. Could be really good in a whole wheat tortilla as a breakfast wrap or in a bowl with some steamed kale



Canan Orhun
Calamandrana, Italy

Canan has been working internationally in the field of nature and biodiversity conservation for more than 30 years and holds a M.S. degree in Environmental Science. After hearing about the health benefits of a plant-based diet, in 2016, she immersed herself in learning about whole-food, plant-based nutrition. Canan received her Certificate in Plant-Based Nutrition through the T. Colin Campbell Center for Nutrition Studies at Cornell University and was certified as a Plant-Based Chef through Rouxbe Online Culinary School. Leading a plant-based lifestyle, since January 2017, she transformed her health, winning her years of battle with chronic pain and has become passionate about sharing the benefits of plant-based nutrition with friends and family. She later started hosting healthy plant-based cooking classes at her home in Calamandrana, in northwestern, Italy and has become a licensed Food for Life Instructor, with the Physicians Committee, in May 2019.

You may contact Canan at cananorhun@gmail.com or follow her on Instagram: https://www.instagram.com/plant_based_travels_piedmont/ or Facebook: <https://www.facebook.com/CascinaGalloOrsi/>

SPICY AND SOUR LENTIL SOUP

INGREDIENTS:

6-7 cups of water

1½ cups red lentils

1/3 cup rice or bulgur, (or 2/3 cup diced potatoes / sweet potatoes)

Juice and zest of 1 lemon (set aside lemon zest)

3-4 cloves of garlic (adjust up or down as you like)

2 tablespoons of dried mint (divided)

1 tablespoon of tomato paste

½ teaspoon red chili pepper flakes or more to taste, and some extra for garnishing

½ tsp salt (optional)

INSTRUCTIONS:

1. Rinse the red lentils and the rice. Put both in a pan, pour enough water to cover them by roughly 2 inches. Bring to a boil over medium heat. Lower heat and simmer.
2. While simmering skim off any froth that rises to the surface.
3. When both rice and lentils are soft at roughly about 10-15 minutes into simmering, add the tomato paste (easier if first blended with some cooking liquid in a small bowl), salt and the chili flakes (save some for later). Cook for another 5 minutes or so.
4. Crush the garlic cloves and mix with lemon juice and stir into the soup. If you don't like raw garlic, add the crushed garlic earlier into the soup.
5. Add half the mint into the soup and stir.
6. Garnish the individual bowls of served soup by sprinkling with the rest of the mint, chili flakes and the lemon zest.
7. Note: The soup is ready as is, but if you'd like you can run an immersion blender through the cooked soup, until it gets to a creamy consistency and serve it as a velvety creamy red lentil soup.
8. If made with sweet potatoes it is higher in beta-carotene, which is an immune booster!

Serves 5-6



**Susannah Dickman
Evansville, Indiana**

Healthy eating has always been a passion for Susannah. While raising her three sons she made sure that they always had an abundance of fruits and vegetables. After watching family members become ill with heart disease, Susannah's husband, sons, and she adopted a plant-based lifestyle.

As a life-long learner and teacher, it was a natural transition for Susannah to become a Food for Life instructor. Susannah has completed the certificate in Plant Based Nutrition from the T. Collin Campbell Foundation through eCornell. Susannah has been teaching Food for Life classes since 2014.

During the day she teaches early childhood education courses to college students, including courses on nutrition for young children. Susannah wants to make a difference in the lives of children and adults through a plant-based lifestyle.

Susannah Dickman M.E.d
Certified Food for Life Instructor (PCRM)
Plant-Based Nutrition Certificate (eCornell)|
<https://www.facebook.com/tristateffl77/>

WHITE BEAN ALFREDO SAUCE

INGREDIENTS:

- 1 Package of pasta of your choice
- 2 cans white beans or 3½ cups cooked dried beans
- 1½ cups low-sodium broth
- 1 medium onion sliced
- 5 cloves garlic
- ½ cup nutritional yeast
- 2 tablespoon miso
- 1 tablespoon. lemon juice
- 1 tablespoon apple cider vinegar
- ½ teaspoon dried oregano
- ¼ teaspoon red pepper flakes
- Salt and pepper to taste
- Steamed broccoli, red peppers, cauliflower or vegetable of your choice. (Optional)

INSTRUCTIONS:

1. Cook pasta according to package directions, drain and set aside.
2. Steamed vegetables of your choice (optional)
3. In a medium sauce pan brown the onions and garlic until caramelized (adding tablespoon water as needed to prevent onions and garlic from burning.
4. Put all ingredients in your blender: onion, garlic, beans, vegetable broth, nutritional yeast, miso, lemon juice, red pepper flakes, oregano, and apple cider vinegar.
5. Blend until smooth and creamy (add more vegetable broth for the consistency you prefer) I like to make a thick sauce so I do not add additional vegetable broth.
6. Pour over pasta and steamed vegetables if using. Top with faux parmesan or nutritional yeast

FAUX PARMESAN

INGREDIENTS:

- 1 cup cashews, almonds, or walnuts
- ½ cup nutritional yeast
- ½ tsp. salt (optional) you can also use a salt-free seasoning of your choice)

INSTRUCTIONS:

1. Put all ingredients in a blender or food processor with a S blade. Process until desired consistency.



Mark Cerkenik
Mokena, Illinois

Mark grew up on the southwest side of Chicago and worked in healthcare for nearly 40 years for organizations such as Loyola University Health System and Northwestern Medicine, training and coaching clinical and non-clinical leaders.

Although a vegetarian (eating cheese, fish and veggies) for over 25 years, not until he adopted a whole food plant-based diet did he see tremendous improvement in his health and a path to maintain a healthy weight.

In addition to being a Food For Life Instructor, Mark provides coaching for individuals and couples on transitioning to a sustainable plant based diet as well as community workshops and workplace seminars on a variety of health and wellness related topics.

Serving cities and surrounding areas of Naperville, Aurora, Joliet, Kankakee and surrounding areas; South and Southwest Suburbs of Chicago; Northwest Indiana

Contact Mark at mark@letseatgreat.com or visit his website at <https://letseatgreat.com>

OLD TIME BEAN SALAD

INGREDIENTS:

- 1 can (16 oz) kidney beans drained and rinsed
- 1½ cup celery, diced
- ½ cup sweet relish
- 2 tablespoons red wine vinegar
- 1 tablespoon onion, chopped
- 1 tablespoon nutritional yeast
- 1 teaspoon celery salt
- 1 ½ teaspoon mustard or Dijon style mustard

INSTRUCTIONS:

1. Add kidney beans, celery and onion to a medium bowl.
2. Combine and toss all ingredients.
3. Garnish with Parsley



Laurie Courage
Port Washington, New York

Laurie Courage is a **Certified Plant-Based Nutrition Educator, Health Coach and Chef**, and is founder of *Encouraging Greens Inc.* She helps those on the brink of a health crisis or trying to avoid one restore their health by understanding what and how to eat through her coaching programs and group nutrition/cooking classes. After changing her diet a decade ago, Laurie was determined to share mentoring skills honed during her management career to meet people where they are and help them move forward to regain their health. As a life-long learner, she has earned several certifications in the evidence-based science of plant-based nutrition, e.g. PCRM, McDougall Medical Center, Wellness Forum Institute, WFPB.org, etc. She is also a certified Professional Never Binge Again coach for those who are still struggling to get away from processed foods and remaining bad dietary habits.

Laurie has committed her time to several environmental and community board leadership roles. She and her husband have rewilded their property (native plants and no lawn) to lower their carbon footprint. You can learn more about Laurie at <http://www.encouraginggreens.com> and find her on [Instagram](#) and [Facebook](#)

CAULIFLOWER CHILI

INGREDIENTS:

½ large or 1 small head cauliflower, cut into small pieces
1 can (28oz) crushed tomatoes
2 cups thickly sliced carrots
1 can (15oz) pinto beans, drained and rinsed
1 can (15oz) Kidney or black beans, drained and rinsed
1 ½ cups onion, diced
½ cup water
4-5 garlic cloves
1 ½ - 2 tablespoons mild chili powder
1 tablespoon balsamic
1 tablespoon cocoa powder
2 teaspoons dried oregano
2 teaspoons dried cumin
1 teaspoon salt
¼ teaspoon crushed red peppers
1/8 teaspoon allspice
Lime wedges

Minced carrot and cauliflower add great texture to this dish and the flavor is wonderful.
Makes 5 servings

INSTRUCTIONS:

1. In food processor, combine carrot, cauliflower and garlic. Pulse until finely minced (or mince by hand).
2. In large pot over medium heat, combine vinegar, onion, salt, chili powder, cocoa, cumin, oregano, allspice, and red-pepper flakes. Cook 3-4 minutes, stirring occasionally.
3. Add minced carrot, cauliflower and garlic and cook for 5-6 minutes, stirring occasionally.
4. Add tomatoes, pinto and kidney(black) beans and water. Stir to combine.
5. Increase heat to high and bring to boil. Reduce heat to low, cover and simmer for 25 minutes. Taste and season as desired. Serve with lime wedges.



Cody Stubbe
Omaha, Nebraska

Cody Stubbe is one of our Food for Life Instructors who lives in Omaha, Nebraska. As a registered nurse for the last 18 years, Cody has seen the devastation that poor nutrition contributes to many diseases. She has experience taking care of a wide range of patients, and a deep understanding of the disease processes. Cody enjoys learning about new nutrition research studies and has enjoyed being a nursing instructor for the last 10 years. She is passionate about helping people learn how to cook to prevent and reverse diseases so they will not have to suffer poor health in the future!

Email: cstubbe@wholisticdish.com Website Coming soon: <https://wholisticdish.com>

CLASSIC HUMMUS (from Forks Over Knives)

INGREDIENTS:

2 cups cooked chickpeas, or one 15 ounce can, drained and rinsed

*Save liquid from beans

4 cloves garlic, peeled and chopped

Zest and juice of 1 lemon

1 teaspoon cumin seeds, toasted and ground

Salt to taste

INSTRUCTIONS:

1. Combine all ingredients in food processor and puree until smooth. Add water or chickpea juice until desired consistency.



Karen Osbourne
Austin, Texas

Karen Osborne is a gourmet raw food chef and instructor, Ayurvedic and macrobiotic chef, licensed Food for Life Instructor for the Physicians Committee for Responsible Medicine and Registered yoga teacher, TIYT. Her mission is to keep people living meaningful, independent lives for as long as possible.

Karen graduated from Living Light Culinary Institute in Fort Bragg, CA, The Natural Epicurean in Austin, TX and Sundara Yoga Therapy in Austin, TX and studied yoga for osteoporosis with Dr. Loren Fishman.

She is currently studying Nutritional Endocrinology.

Karen believes that the body has an amazing ability to heal if given the right materials. Her recipe for life is food, fitness and fun. She specializes in helping people feel their best deliciously without pharmaceuticals and their side effects.

Before COVID, Karen could be found teaching in Austin, TX and the surrounding area and now teaches online. <http://www.myfoodfitnessandfun.com/>
<https://www.facebook.com/My-Food-Fitness-And-Fun>

PANTRY BEAN BURGER

INGREDIENTS:

2 cups chopped kale, or any dark leafy green
1 cup cooked Garbanzo beans, or any bean
½ cup cooked rice, or any grain
½ cup shredded red beet, or any root vegetable
½ cup celery, finely chopped
¼ cup dried minced onion
1 tablespoon potato starch or 2 tablespoons potato flour or chickpea flour
4 teaspoons wheat-free tamari
4 teaspoons nutritional yeast
4 teaspoons flax seeds, ground
2 teaspoons dried parsley
1 teaspoon garlic granules, or garlic powder
1 teaspoon onion powder
½ teaspoon Himalayan or sea salt, or to taste
½ teaspoon cumin

INSTRUCTIONS:

1. Preheat oven to 425 and line a cookie sheet with parchment paper.
2. Combine all ingredients in a mixing bowl with a potato masher or hands.
3. Form into four burgers and place them on the parchment paper lined cookie sheet.
4. Bake for 15 minutes.
5. Turn patties over and bake for an additional 15 minutes.

Servings: 4



Jenn Gieseke
Shreveport, Louisiana

Jenn Gieseke from Shreveport, Louisiana, is a personal chef, health coach and a new Food for Life Instructor. Ten years ago, when her daughter decided to become a vegetarian, Jennifer quickly became vegan after researching all the health benefits of eating a plant-based diet. She is also the former owner of the 1st vegan business in her area, as well as the first vegan prepared meal service for her community. Her greatest reward is to share what she has learned to help others turn their health destiny around.

Jenn will be talking about the varieties and uses of tofu. She will be showing several finished recipes which will include:

1. Ranch Dressing
2. Miso Soup
3. Tofu Scramble
4. Blueberry Chipotle Tofu
5. Chocolate Mocha Mousse

MISO SOUP

INGREDIENTS:

4 cups water
½ pound soft tofu, rinsed and cut into 1/2" cubes
½ cup kale, sliced into 1" ribbons
3 scallions, chopped white and green parts
¼ cup dark miso
¼ teaspoon toasted sesame oil (optional)
¼ teaspoon tamari soy sauce or soy sauce

INSTRUCTIONS:

1. Bring water to boil in a medium pot.
2. Add tofu and kale, reduce heat and simmer for 5 minutes.
3. Remove about 1/3 cup of the cooking liquid and stir in miso until completely dissolved.
4. Add miso mixture back into the soup and simmer for 1 minute over very low heat until smooth and "cloudy".
5. Stir in the scallions, sesame oil (if using) and tamari
6. Remove from heat and serve.
7. Remove from heat and serve.

Serving Size: 4

SILKEN TOFU RANCH DRESSING

1 lb. silken tofu
¼ cup fresh parsley chopped
¼ cup unsweetened unflavored non-dairy milk
3 tablespoon lemon juice (1 lemon = approx. 3 tbsp) to taste
2 tablespoons fresh chives chopped
1 tablespoon vinegar
3 cloves garlic minced
¼ teaspoon onion powder
¼ teaspoon salt
¼ teaspoon pepper

INSTRUCTIONS:

1. Place tofu in blender or food processor and blend until smooth.
2. Add remaining ingredients and blend until completely mixed.

BLUEBERRY CHIPOTLE GLAZED TOFU SPINACH SALAD

GLAZE INGREDIENTS:

1 cup blueberry, frozen, thawed slightly
3 tablespoons rice vinegar
2 tablespoons lime juice, (2 to 3)
2 tablespoons cilantro, chopped
2 tablespoons parsley
1½ teaspoons ginger, minced
1 clove garlic or more if needed
1 chipotle chili pepper
½ teaspoon thyme
pinch sea salt

SALAD INGREDIENTS:

1 package tofu, extra firm, pressed and cubed
½ butternut squash, peeled & cubed into bite size pieces & roasted
¼ pound baby spinach, or butter lettuce
1 roasted red pepper -- chopped

INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Combine all glaze ingredients in a food processor. Blend until smooth.
3. Toss tofu in glaze. Allow to marinate for 30 minutes or so (or not).
4. Bake on a parchment paper or silicon lined baking sheet for 30-60 minutes, stirring every 10, or until tofu has reached your desired crispness.
5. Combine all ingredients in a bowl and toss lightly to mix well

Serving Size: 4

TOFU SCRAMBLE

INGREDIENTS:

2 large red potato, small dice
1 cup mushroom, sliced
½ small onion, chopped fine
1 large carrot, chopped
1 large celery rib, chopped
½ medium red bell pepper, chopped
1/3 bunch kale, minced
1 (14 oz) tofu, extra firm
1 large Roma tomato, chopped
1 tablespoon Braggs Liquid Aminos
1 teaspoon turmeric
¼ teaspoon black pepper

INSTRUCTIONS:

1. Add potatoes, onions, and mushrooms with a pinch of salt and sauté until begins to brown.
2. Add water (1 tablespoon at a time) if needed to keep from sticking.
3. One at a time add carrot, celery, and pepper. Sauté briefly until slightly soften.
4. Add Kale along with Braggs and sauté until kale is soft.
5. Add tofu to pan, crumbling by hand.
6. Sprinkle in Turmeric. Stir to combine and warm all ingredients.
7. Season with pepper if desired.

Season with pepper if desired. Serving Size: 4

CHOCOLATE MOCHA MOUSSE

INGREDIENTS:

2 (12.3 oz) Silken tofu
1 cup date paste
4 tablespoons cocoa powder
2 tablespoons instant espresso powder
1 teaspoon vanilla

INSTRUCTIONS:

1. Blend all ingredients.
2. Divide into serving dishes (if desired). Chill. Pudding will thicken once chilled.

Yield: 4 cups *Recipe from T. Colin Campbell Center for Nutrition Studies



Cindy Thompson
Seattle, Washington

Cindy wants you to be ***Trimazing***—*three times better than amazing!* After improving her health and fitness through plant-based nutrition, losing 60 pounds and becoming an adult-onset athlete, she retired from her 20-year firefighting career to help people just like you. She works with people and organizations so they can reach their health and wellness goals.

Our health and wellness is closely tied to the health of our environment. Cindy incorporates zero-waste and sustainable practices throughout her programs. You'll see it IS easy being green!

Cindy Thompson is a certified Health Coach, Vegan Lifestyle Coach and Educator, Fitness Nutrition Specialist, and Firefighter Peer Fitness Trainer outside of Seattle. She is a Food for Life Instructor with the Physicians Committee for Responsible Medicine and Rouxbe Plant-Based Professional, teaching people how to prepare delicious, satisfying, and health-promoting meals.

You can find Cindy at [Trimazing! Health & Lifestyle Coaching](https://www.trimazing.com) [Trimazing.com].

BLACKENED TEMPEH

INGREDIENTS

12 oz. tempeh (2 6-oz packages)

Water

¼ cup Blackening Seasoning of choice. Purchase from store or [make your own](#).

*Blackening Seasoning Recipe below

INSTRUCTIONS

1. Slice tempeh crosswise into ¼ inch thick slices and put onto a plate or baking dish.
2. Brush tempeh with water or vegetable broth to just moisten, flip and repeat.
3. Sprinkle liberally with Blackening Seasoning. Flip and repeat
4. Heat skillet to medium. Place in prepared strips, half at a time. Allow to caramelize, adjusting heat as needed so they don't burn, 2-3 minutes. Add a little water if they start to stick. Flip and repeat, adding a little water as needed. Flip two more times so both sides are blackened and caramelized.
5. Remove to plate and repeat with remaining slices. Serve as desired. Serves: 5

This is a great element for dinner as standalone main, in Cajun-Mexican fusion tacos, wraps, sandwiches, on salads, crumbled into Dirty Rice, Jambalaya, or Gumbo. Very versatile!

Store in container in refrigerator 2-3 days.

BLACKENING SEASONING

This is great on large mushrooms, tempeh, tofu, and seitan! Rosemary makes this blackening seasoning particularly delicious!

Recipe Link: <https://trimazing.com/blackening-seasoning/>

INGREDIENTS

150 grams (1 cup) coconut sugar or fine date sugar

40 grams (1/3 cup + 2 tbsp) sweet paprika

60 grams (1/3 cup) granulated garlic or mix of granulated garlic and granulated onion

60 grams (3 tbsp) salt

3 grams (1 tbsp) dried rosemary blended into small pieces

2 grams (2 tsp) dried thyme

4 grams (1½ tsp) cayenne pepper more or less, to taste

INSTRUCTIONS

1. Mix all ingredients and store in a sealed jar.
Makes about 2½ cu



Nancy Travis
Bainbridge Island, Washington

As a health educator and personal chef, Nancy supports people on their journey towards health and wellness through cooking, teaching, and promoting a whole foods plant-based diet. She cooks for families in their homes as well as teaches people how to prepare easy, delicious plant-based recipes in both private, public and corporate settings. She is continuously inspired by witnessing clients regain their health after transforming their diets with more whole grains, fruits, vegetables and legumes.

Drawn to the health benefits of plant-based cuisine, Nancy studied at the Natural Gourmet Cookery School and The Vega Institute in the early 90s. She also owned and operated a small chain of vegetarian restaurants in Seattle around the same time. After taking a break to raise her children, she returned to the kitchen in 2009 to become a full-time personal chef. In 2016, she completed a certificate in Plant-Based nutrition from the Center for Nutrition Studies at eCornell. Most recently, Nancy has completed her training to be a licensed *Food For Life* instructor, a program of Physician's Committee for Responsible Medicine.

Nancy currently teaches many of her public classes at the Bainbridge Artisan Resource Network (BARN) on Bainbridge Island, WA where she is also an active member of the Kitchen Arts planning committee.

COOKIE DOUGH BITES

INGREDIENTS:

8 medjool dates – pitted, and soaked 10 mins in ½ cup of boiling water
1½ cups or 1 drained can of garbanzo beans (get them as dry as possible)
1/2 cup mini chocolate chips (dairy free)
1/3 cup peanut butter – nothing but peanuts
1/3 cup of rolled oats
1½ teaspoon vanilla extract
1 big pinch of salt
¼ tsp cinnamon
¼ tsp nutmeg

INSTRUCTIONS:

1. In a food processor blend the dates and water about 1 min or until the dates are an even consistency.
2. Add the beans, peanut butter, vanilla, salt and spices and blend until smooth.
3. Add the oats process 30 seconds more.
4. Add the chocolate chips and pulse to mix.
5. Using a 2 tablespoon scoop, and scoop onto a parchment lined cookie sheet and freeze until firm. Remove from cookie sheet and store dough bites in freezer until ready to eat. Thaw to soften, eat and enjoy! Makes 20-22 bites