

FOUR SIMPLE FAVORITES

Banini

1 fair-trade, organic banana (local if possible) ... 2-3 Tbsp tahini ... 14 oz rice milk

Fill blender first with rice milk (for easy rinse-clean after) almost to 2 cup line. Drop banana and tahini inside. Blend until smooth.

Advanced practices:

- Pour completely into serving glasses. Rinse blender jar in warm water, briefly returning the machine to 'ON' position. Turn over to dry for easy future use.
- Measurements are all to taste. More or less of any ingredient is recommended if preparing to your tastes is desired.

(Rich, Green) Hummus w/Chard

1.5 c. cooked or canned chick peas
cooking water reserved
3 Tbsp tahini
1-2 lemons, juiced
5 cloves garlic

1 bunch chard, de-stemmed, rinsed
1/2 tsp pepperoncini
2-4 Tbsp olive oil
sea salt, to taste (approx. 1/2 tsp)

Sauté pepperoncini and garlic in oil until fragrant. Add chard leaves with rinse water clinging. Cook until wilted. Add this mixture to the rest of the ingredients in a food processor. Blend, adding broth or bean water as necessary for smooth consistency.

Advanced practices:

- ALWAYS SOAK DRY BEANS. and, use new water for cooking them -- water the garden with the soaking water.
- add any or all of the following: roasted pistachios, pitted olives, cider vinegar, za'atar, black ground pepper
- Sauté finely minced chard stems with coriander, pepperoncini, and sea salt. Use as garnish.

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Quinoa, Italian-style

2 cups quinoa, rinsed of saponin coat	1/2 can tomato paste
2 onions, chopped	1/2 - 1 tbsp pepperoncini
2 celery stalks, chopped	2 tsp sea salt
2 carrots, chopped	3 - 4 tbsp, olive oil
4-5 cloves garlic, chopped	<i>optional</i> , but lovely garnishes:
<i>pignola nuts</i> , 1/4 cup, toasted, dry or in oil	<i>sun-dried tomatoes</i> , 2-4 tbsp soft, chopped

1) In sizable pot, heat onions, olive oil, and pepperoncini over medium heat. After 5 minutes, add celery. After another 3-5 minutes, add carrots. (After each vegetable, add a bit of sea salt totaling about 1 tsp). Continue sautéing until soft. Add garlic. Sauté until caramelization begins. Add tomato paste. Combine well. Sauté for 3 more minutes.

2) Add 4 cups (hot, preferred) water, quinoa, and other tsp. or so of sea salt. Bring to boil. Reduce heat to low, and cover. Let simmer for 15-20 minutes, until no water remains on top. Remove from heat. Let sit 10 minutes. Spoon quinoa into lovely, warm ceramic vessel. Garnish with sun-dried tomatoes and pine nuts, if available and desired.

Advanced practices:

- This is a base. It pairs beautifully with roasted vegetables -- brassicas seem to be especially fine. In broiler, or slower oven, cook separately (for instance) marinated broccoli in olive oil, sea salt, pepperoncini, and coriander seeds.
- Try simmering other grains, such as millet, in sauté pans of vegetables, reserving some portion before adding water to retain freshness

Cashew Gelato (recipe credit: Juliano)

2 c. cashew butter ... 1.5 c. maple syrup ... 2/3 c. almonds, coarsely chopped

Combine by hand or by force, depending on desired consistency (for smoother gelato, use food processor). Freeze. Serve in small portions, 10 to 20 minutes from frozen.

Advanced practices:

- Divide batch in half, add 1/4 cup carob or cocoa powder for a chocolate variation.

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