

Recipes for September 25, 2021 • Susan Jenson

Brussel Sprout Salad

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Bac'n Chick Peas

3 tablespoons low sodium tamari sauce
6 tablespoons nutritional yeast flakes
½ teaspoon liquid smoke
1 teaspoon maple syrup
One 15 oz can chickpeas, drained and rinsed

Dressing

1 tablespoon Dijon mustard
1 tablespoon maple syrup
3 tablespoons red wine vinegar

1 clove garlic
3 tablespoons sunflower seeds
½ cup water
sea salt and pepper to taste

Salad

1 lb Brussel Sprouts, thinly sliced*
½ cup chopped walnuts or pecans
½ cup red onion, small diced
1 small apple, small diced
½ cup dried fruit (*raisins or cranberries*)
1 avocado, diced
1 cup cooked quinoa

Preheat oven to 400° F.

Mix the tamari sauce, nutritional yeast flakes, and liquid smoke in a medium sized bowl. Pour the chickpeas into the bowl and mix thoroughly so they are well coated.

Place the chickpeas onto a parchment lined baking sheet and bake for 15-20 minutes or until crispy around the edges. Turn the oven off leaving the chickpeas in the oven until you are ready to add them to the salad.

Place the dressing ingredients into a high powered blender and blend until smooth and creamy.

Place the shredded brussel sprouts (*I like to use the slicer in my food processor*), walnuts, onions, apple, dried fruit, avocado, and quinoa into a bowl and toss.

Pour the dressing over the salad and toss until fully combined. Top with the roasted bacn chickpeas and serve.

Serves 4-6.

*Susan's suggestion: Use one 10 oz bag of Cruciferous Crunch Collection from Trader Joe's instead of the brussel sprouts.

Carob Chip Cookies

Contributed by Susan Jenson, RD

1¼ cups water
1 cup walnuts or cashews
¾ cup pitted dates
2 teaspoons vanilla
¼ teaspoon salt
1¼ cups whole wheat pastry flour
1 cup oats
1 cup carob chips

Process nuts and water in a blender until very smooth, then add next 3 ingredients and continue blending until smooth. Pour into a mixing bowl and add remaining ingredients. Mix well. Drop by spoonful onto parchment lined cookie sheets and bake at 350° F for 15-20 minutes.