

HP 2nd Ward RS Birthday Dinner Recipes—2014

Debbie Christofferson

Pear Salad

½ cup walnut halves
8 cups spring greens
¼ cup dried cranberries
1 firm pear, thinly sliced

Favorite salad dressing such as poppy seed or raspberry vinaigrette.
¼ cup feta (optional)

Toast nuts in small pan over medium heat until fragrant. Cool, chop into small pieces, and set aside. Combine greens, dried cranberries, sliced pears, and nuts. Allow guests to dress their own salads as desired.

***HINT:** If preparing salad in advance, wait to slice pears until salad is served to prevent pears from browning.*

Yield: 8 servings

Herbed Glazed Carrots

6 large carrots, thinly sliced*
¼ white onion, diced
1-3 teaspoons sugar

¼ cup water or vegetable broth
1 teaspoon Italian seasoning
Salt and pepper to taste

Place carrots, onion, and sugar in water or broth. Sauté until carrots and onion are tender, adding additional water or broth as needed to prevent sticking. When carrots are tender, drain any remaining liquid then add Italian seasoning and stir well to coat each carrot with seasoning. Add salt and pepper to taste. Serve warm.

Yield: 8-10 servings

* may substitute a 1# bag baby carrots (cut each carrot in thirds)

Jicama Salad

Salad

1 medium jicama, cut in matchsticks
2 large carrots, cut in matchsticks
½ - 1 red pepper, cut in matchsticks
1 cup grape tomatoes, cut in half
1 small red onion, sliced very thin
½ cup cilantro, chopped

Dressing

2 tablespoons rice vinegar
2 tablespoons lime juice
½ - 1 teaspoon mustard powder
¼ teaspoon sea salt
Pinch cayenne pepper
Pinch paprika

Combine salad ingredients in large salad bowl. Mix dressing ingredients in small bowl and pour over salad. Toss to mix.

Yield: 8-10 servings

Pasta Salad with Tomato and Avocado

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| 3 cups pasta shells | 1 ½ cups frozen corn, thawed |
| ¼ cup finely diced red onion | 2 avocados, diced |
| 3 cups grape tomatoes, halved or quartered | ½ cup cashew-tofu mayo (see recipe below) |
| 1 (15 oz.) can chickpeas, drained and rinsed | Salt and pepper to taste |
| ½ cup fresh basil leaves, finely chopped or 2 teaspoons dried | |

Cook pasta according to package directions and cool. In large bowl combine cooled pasta, tomatoes, chickpeas, basil, corn, and avocado. Add mayo and toss to coat. Season with salt and pepper. Chill and serve cold.

Yield: 8 one-cup servings

***HINT:** This salad can be made in advance but will be better if you add only ¼ cup mayo and omit avocados. Then, immediately before serving, add remaining ¼ cup mayo and avocados.*

Cashew-Tofu Mayo

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| 1 (12.3 oz.) box firm <i>silken</i> tofu | 2 teaspoons sugar or agave |
| ½ cup raw cashews | ½ teaspoon sea salt |
| 4 tablespoons lemon juice | 1 teaspoon Dijon mustard |
| 2 teaspoons rice vinegar | Pinch onion powder |
| 3 tablespoons apple cider vinegar | |

Blend all ingredients in food processor or blender until smooth and creamy. Refrigerate until ready to use.

Yield: 1 pint

Wild Rice Pilaf

1 teaspoon oil
¾ cup long grain brown rice
¼ cup wild rice
¼ cup finely chopped onion
⅓ cup finely chopped celery
2 cups vegetable broth
2 tablespoons chopped parsley
¼ cup slivered almonds

In Dutch oven combine oil, rice, onions, and celery; stir and cook over medium heat until slightly brown. Add veggie broth and bring to boil. Reduce heat to low. Cover and simmer until moisture has been absorbed and rice is tender, around 45-60 minutes OR cover and place in 350° oven for 60-75 minutes. Just before serving, add parsley and almonds and toss lightly.

Yield: 6 servings

Cilantro-Lime Quinoa and Sweet Potatoes

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| 1 cup uncooked quinoa, rinsed well* | ½ teaspoon coriander |
| 2 cups vegetable broth | Pinch cayenne pepper |
| 2 medium sweet potatoes, peeled and cubed (1 – 1 ½ pounds) | 4 tablespoons fresh lime juice |
| 1 small onion, chopped | 1 tablespoon sugar, agave, or honey |
| ½ - 1 cup water or broth | 1 ½ cups frozen corn, thawed |
| 1 clove garlic | 1 (15 oz.) can black beans |
| 1 teaspoon cumin | ¼ cup fresh cilantro, chopped |
| 1 teaspoon paprika | Salt and pepper to taste |

Add rinsed quinoa to 2 cups broth, bring to boil, cover, and simmer until tender, about 25 minutes. Fluff with fork. In the meantime, place sweet potatoes and onion in large skillet. Add water or broth, bring to boil, reduce heat and simmer until sweet potatoes are tender and water has evaporated. Do not overcook sweet potatoes.

Add garlic, spices, lime juice, and sweetener to sweet potatoes and onion. Cook for 2-3 minutes then add corn, beans, and cooked quinoa to pan. Stir well to combine. Stir in cilantro and season with salt and pepper.

**Quinoa has a natural bitter coating that imparts an unpleasant taste to the dish unless it is rinsed well before cooking. Place raw quinoa in fine mesh strainer and run cool water over it to remove the bitter coating.*

Menu

Pear Salad

Herb-Glazed Carrots

Fresh Steamed Green Beans

Jicama Salad

Pasta Salad with Tomato and Avocado

Wild Rice Pilaf

Cilantro-Lime Rice and Sweet Potatoes

Whole-wheat Dinner Rolls

Cupcakes – these were created by a very talented chef in our ward and looked absolutely amazing but did not follow WFPB philosophy! Alas, I did not try one!