

# Rocky Mount Lifestyle Health Center

“Healthy Picnics Cooking Class” - June 29, 2015

## Soy Curl “Chicken” Salad

1 – 1½ c dry Butler Soy Curls  
½ t garlic powder  
water to cover  
1 t onion powder  
1 t salt

1. Bring Soy Curls, water and seasonings to a boil in a medium saucepan. Turn off heat, stir, cover and let sit for about 10 minutes.
2. Drain Soy Curls in colander and press out water with back of a large spoon. For firmest Soy Curls, squeeze out Soy Curls with your hands in plastic gloves.

2 c hydrated Butler Soy Curls, processed into small pieces  
1 c finely chopped celery  
2-3 T pickle relish  
1 t onion powder  
½ t lemon juice  
salt to taste  
½ c finely chopped onion  
6 T tofu mayonnaise or Vegenaise  
½ t garlic powder  
¼ t honey

3. Place hydrated Soy Curls in food processor and pulse to chop into small pieces.
4. Combine with remaining ingredients in a bowl and mix well.
5. Chill and serve with crackers, on a sandwich or use to stuff tomatoes.

## Barbecued Soy Curls

1 lb Butler Soy Curls\*  
1 t salt  
4 c water  
2 c barbecue sauce

1. Bring Soy Curls, water and salt to a boil in a large saucepan. Simmer for 5 minutes. Remove from heat.
2. Pour salt water off, draining Soy Curls in colander, pressing out as much liquid as possible with the back of a large spoon. Using plastic gloves, squeeze additional liquid out by hand.
3. Add your favorite barbecue sauce or use the recipe that follows. Mix to coat.
4. Preheat grill to medium heat. With tongs, place the largest pieces on a platter, then grill just until beginning to brown. The smaller pieces are delicious without grilling. Also may be roasted in oven at 350° for 30 minutes.

## Barbecue Sauce

16 oz tomato sauce  
¼ c soy sauce\*\*  
1 T cornstarch dissolved in ½ T water  
6 T honey (plus a sprinkle of stevia if desired)  
¼ c lemon juice  
⅛ t (scant) cayenne pepper or to taste

Combine all ingredients in a sauce pan and bring to a boil, stirring constantly until thickened.

\*Soy Curls are a natural whole soy product that resembles chicken when hydrated. Purchase at a natural foods store (see [www.butlerfoods.com](http://www.butlerfoods.com) for stores that carry them) or order online at [www.totalvegetarian.com](http://www.totalvegetarian.com).

\*\*May also use Bragg Liquid Aminos an unfermented soy sauce, available where natural foods are sold.

## Grilled Pineapple

1 T olive oil  
2 T honey  
1 whole, fresh pineapple

2 T fresh lime juice  
dash of salt

1. Whisk together the olive oil, lime juice, honey and salt in a bowl to make a marinade.
2. \*Trim, peel and slice pineapple into rounds or wedges.
3. Combine pineapple and marinade and stir to coat.
4. Place on preheated grill and cook about 3 to 4 minutes, basting once or twice with the remaining marinade. Turn and grill until tender, about 3 more minutes. Serve warm.

## Grilled Corn on the Cob

8 ears fresh corn  
Sprinkle of salt and/or onion and garlic powder and paprika

2 T olive oil

1. Shuck corn, wash and remove silks.
2. Tear 8" sheets of parchment paper and use scissors to cut to length of corn.
3. Measure olive oil into a small bowl. Use paper towel to spread a thin layer of oil on the parchment paper. Sprinkle the paper with salt and/or desired seasonings. Place parchment paper on a sheet of foil, then wrap corn and twist ends.
4. Preheat grill to medium high and grill corn with the lid closed for 30 minutes. Rotate corn with tongs every 5 minutes.

## Fresh Avocado Salsa

2 avocados, diced  
½ can black beans  
¼ t salt or to taste  
Juice of 1-2 limes, to taste

2 ears raw corn, cut off cob  
3 or more T fresh cilantro, chopped  
1 pint grape or cherry tomatoes, quartered

1. Pour black beans into colander and rinse.
2. Combine all ingredients in medium bowl and toss to mix.
3. Serve with tortilla chips. Baked Tostitos Scoops are ideal to serve with this salsa.

## Best Oat Burgers (Makes 20 burgers.)

Moist and delicious, these are the best I've tasted. With lettuce, tomato and mayonnaise on a quality whole-wheat bun, no one will be wondering where the beef went!

4½ c water  
3 T olive oil  
1 c pecan meal  
½ t garlic powder  
1 t basil

¼ c Bragg Liquid Aminos  
4½ c old-fashioned oats  
2 t onion powder  
1 t salt

1. Bring water, Bragg Liquid Aminos and olive oil to boil in a large saucepan.
2. Add oats and simmer for 10 minutes. Remove from heat. Add remaining ingredients and mix well.
3. Allow to cool just slightly and form into patties on oil-sprayed cookie sheet, using a round 1/4-cup measure or ice cream scoop to make uniform patties. With wet fingers, flatten patties and round edges.
4. Bake at 350° for 30-35 minutes.

Variation: For breakfast sausage, add 1½ teaspoon sage.

## Tofu Mayonnaise (Makes 1½ cups.)

Most mayonnaise is quite high in fat because of the high oil content. This one is not only egg-free, but oil-free as well. Quite tasty, it's great for salad recipes.

⅓ c	water	12.3 oz	firm, silken tofu
2½ T	lemon juice	¾ t	salt
½ t	garlic powder	1 t	onion powder
⅓ c	raw sunflower seeds or rinsed raw, cashews		

1. Combine all ingredients in a blender and blend until smooth. A spatula may be used to stir during the blending process, but carefully!
2. Chill to thicken.
3. Keeps for 7-10 days in refrigerator.

## Carob Brownies (Makes 9 large brownies.)

Finally, a vegan brownie that is rich and moist. It's perfect for hot fudge cake, using Tofutti or homemade vegan ice cream, of course!

⅔ c	whole wheat flour	¾ c	soy or nut milk
½ c	carob powder	1 t	vanilla extract
⅓ c	Sucanat or brown sugar	⅓ c	honey
½ t	salt	1 c	walnuts, chopped
1 T	powdered coffee substitute (Roma or Postum)		
1 T	Ener-G baking powder	<b>OR</b>	1½ t Rumford baking powder

1. Preheat oven to 400°. Prepare 8 x 8-inch pan with nonstick spray.
2. Measure dry ingredients into one bowl and wet ingredients into another.
3. When oven is hot, mix together dry and wet ingredients. Stir quickly, being careful not to stir out bubbles. (Ener-G baking powder is moisture activated, while Rumford is heat activated). Place in oven immediately.
4. Bake at 400° for 5 minutes, then reduce heat to 350° and continue baking for 25 minutes. Cool and top with Carob Fudge Sauce.

Cook's Tip: Crumble several brownies and spread onto cookie sheet. Crisp in oven at 250° for 20 minutes for an excellent pudding or ice cream topping.

## Pina Colada (Makes 2 servings.)

Asian paper umbrellas make this a fun supper drink that you can eat with a spoon, and it's virtually free of both fat and sodium.

1 c	crushed pineapple	½ c	coconut milk
2 or more	frozen bananas	⅛ t	coconut extract
	dash of salt		

1. Slice bananas into chunks and combine with remaining ingredients in a blender and blend until smooth.
2. Add more or fewer banana chunks according to desired consistency.
3. For firmer consistency, place thick mixture directly into freezer and freeze for 30-60 minutes.