

PLANT-BASED COOKING

THE GREEN MENU



Put a healthy spin on Saint Patrick's Day with delicious green recipes. Culinary demos include an Edamame Avocado Hummus Plate, Freshly Baked Spinach Irish Soda Bread with Herbed Vegan Butter. Then, sample a rich and creamy Oatmilk Pistachio Ice Cream. Invite good luck into your day with this all-plant-based green menu!

SUNDAY, MARCH 9TH - 2:00 - 3:30 PM
PACIFIC BEACH TAYLOR BRANCH LIBRARY

GREEN EDAMAME AVOCADO HUMMUS PLATE

INGREDIENTS:

Hummus:

2 cups organic frozen shelled edamame
1 avocado
1/2 cup fresh cilantro
1/4 cup fresh parsley
1 green onion
3 cloves garlic
Juice of one lemon
3 tablespoons extra virgin olive oil
2 tablespoons sesame tahini
3-4 tablespoons water
1 teaspoon lemon pepper seasoning

Accompaniments:

Fresh assorted green vegetables
Sliced baguette
Pretzels
Pita Chips

DIRECTIONS:

Place the avocado, cilantro, parsley, onion, garlic, lemon juice, olive oil, and sesame tahini in the jar of a blender or in a food processor and blend until smooth. Gradually add the edamame, seasoning, and a few tablespoons of water at a time. Continue blending until smooth then transfer to a serving bowl and keep chilled until ready to serve.

Arrange the assorted vegetables, sliced baguette, crackers, pretzels and pita chips on a platter. Top the chilled hummus with a drizzle of olive oil, a sprinkle of edamame, and a sprig of cilantro and serve.





Green Spinach & Herb Irish Soda Bread

INGREDIENTS:

Bread:

- 1 1/2 cups artisan bread flour
- 1 1/2 cups whole wheat flour*
- 1 teaspoon baking soda
- 3/4 teaspoon baking powder
- 1 teaspoon salt
- 1 leek, sliced thin
- 2 tablespoon vegan butter
- 1 1/2 cups baby spinach, packed
- 1/4 cup fresh parsley, chopped
- 1 cup soy milk
- 1 tablespoon apple cider vinegar

Topping:

- 2 tablespoons soy milk
- 1/2 cup oats
- 1/2 cup sunflower seeds

Herbed Butter:

- 1/2 cup vegan butter
- 3 tablespoons fresh dill, chopped
- 2 tablespoons fresh chives, chopped
- 2 tablespoons fresh parsley, chopped
- 1/2 teaspoon garlic seasoning

DIRECTIONS:

Preheat the oven to 425° Fahrenheit.

Rinse the leek well and slice it thin. Heat a medium sauté pan to medium-high heat. Add the vegan butter then sauté the leeks for 8-10 minutes stirring frequently until they soften and begin to caramelize. Transfer the leeks into the jar of a blender and set it aside.

Combine one cup of soy milk with a table-spoon of apple cider vinegar and set it aside to curdle for 2-3 minutes.

Measure the spinach by packing it into a dry measuring cup. Place the spinach and 1/4 cup parsley into the blender jar with the leeks. Add the curdled soy milk and blend until smooth.

Place the flour, baking soda, baking powder and salt in a large mixing bowl or the bowl of a stand-up mixer and stir to combine. Use the mixing or kneading paddle with a stand-up mixer and gradually add the blended spinach mixture. Stir the dough until it is combined then divide it into four pieces.

Shape each piece of dough into a one inch thick disk. Place the dough on a parchment lined baking sheet and baste it with the remaining two tablespoons of soy milk then sprinkle and press on a mixture of the dry oats and sunflower seeds. Cut an X through the top of each loaf and bake for 30-40 minutes. Serve warm. Slice and freeze any leftover bread for toasting later.

*Whole wheat flour can be substituted with additional artisan bread flour

Herbed Butter:

Combine the butter, herbs, and garlic seasoning in a small bowl and chill until ready to serve. Butter can be molded into shapes, scooped into balls, and served as a spread.