

EARTH DAY RECIPE BOOK



Recipes collected by Students for Sustainability 2020

A NOTE FROM STUDENTS FOR SUSTAINABILITY:

For Earth Month this year, instead of finding ourselves on the Knox campus, we are all in our own pockets of the world. During this uncertain and anxious time, we at S4S have noticed that we've been gravitating towards the kitchen in search of solace and comfort. Luckily, the food that we eat is one of the most important ways to reduce our carbon footprint.

Collected here are some of our favorite vegan and vegetarian recipes. Almost all of these recipes involve relatively simple pantry staples, or items that you can forage for in your backyard. All of these dishes are super tasty ways to reduce your impact on the planet, and celebrate Earth Month from your home.

We also hope that in the process of making these meals you can share them with others (whether it be among family, virtually, or from 6 feet away), and find a source of connection during a time when it can be all too easy to lose touch with others.

Eat up!

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CARROT CAKE

Yield: Enough to fill a 9x9 pan. Plenty for 5-6 people.

A relatively healthy dessert. Somewhat short on sugar and heavier on the carrots. You can adapt it to suit your taste.

INGREDIENTS

Cake

- 1 cup flour
- 2/3 cup brown sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- Pinch of ginger, nutmeg and cloves
- 2 eggs
- ½ cup canola/vegetable oil
- 1 ½ cup carrots (about 4 big carrots)
- 1 teaspoon vanilla

Icing

- 1 cup granulated sugar or powdered sugar
- ¼ cup butter
- ½ teaspoon vanilla
- A light splash of milk

PROCEDURE

01

CAKE - Remove the skin from the carrots and grate them.

02

Then, mix the dry ingredients: flour, sugar, salt, baking soda, cinnamon, ginger, cloves and nutmeg in a medium sized mixing bowl.

03

Once the dry ingredients are evenly mixed, make a divet in the center of the mixing bowl and add the eggs, oil, vanilla and carrots and mix well.

04

Add mixture to a greased 9x9 baking pan. Bake in a 400°F oven for about 25 min or until a knife is stuck in and comes out clean.

05

ICING - Put the granulated sugar in a blender and pulse it for a minute (the sugar should be fine and powdery). Add the sugar to a bowl and add melted butter, vanilla and milk and beat mixture (make sure to start off lightly with the milk and you can always add a little bit more, if more moisture is necessary).

06

Once the cake is frosted, add crushed walnuts if so desired.

Note: For best results make the icing once the cake has cooled. Once the icing is ready, ice the cake immediately. If you do not have a blender you can use powdered sugar. The cake will also taste great on its own with no icing at all.



VEGGIE GRAIN BOWL

Yield: Enough to fill a 9x9 pan. Plenty for 5-6 people.

Grain bowls are an easy way to make a basic vegetarian or vegan meal. The recipe is quite flexible and can be altered depending on the grains and veggies you have in stock. Different sauces can accompany the dish, and

just about any combination of spices or veggies will do. All the measurements in this recipe are estimates as the author rarely measures things when cooking. Also note that this recipe is very loosely made, as the author doesn't follow recipes very much, either. This recipe is a rough guide to an easy and flexible dish.

INGREDIENTS

- 1/2 head broccoli or cauliflower
- 3 large carrots (3 cups or so baby carrots)
- 2 cups raw spinach
- Any vegetables in fridge
- 1 block/package tofu, seitan, tempeh, etc.
- 1 cup rice (or farro, barley, or any grain)
- 2 cups water for the rice (or whatever amount is needed for other grains)
- 1 tablespoon olive oil (or butter) for the rice
- Spices, to taste (I like a dash of everything. Maybe try ½-1 tsp each of cilantro, cinnamon, turmeric, chives, cumin, and anything else you have that smells nice)

PROCEDURE

01

If you like roasted veggies, heat oven to 425-450°F, chop the veggies to bite-sized pieces, drizzle and mix with olive oil, and roast for 20 minutes, or until edges just turn brown. This works especially well for carrots, broccoli, cauliflower, and squashes. Cook other veggies such as spinach or beetroot leaves on the stovetop. Plop them in the pan, add about ¼ cup of water, and cook until bright green and soft (5-10 minutes). Add water as needed to prevent burning.

02

Cook the tofu/seitan/tempeh in your favourite manner. I like to roast them in a honey/soy sauce mixture.

03

Cook the rice or other grain (or combination of grains!) as directed on their package. This usually means putting the water, grain, and oil (or butter) into a pot and cooking for 15-20 minutes. I like to add the spices in the water that the grain is cooking in so they get soaked up by it.

04

Once the veggies, tofu, and rice (or whatever you'd like to add) are done cooking, plop them all into a bowl.

05

Add a sauce (peanut sauce, tahini sauce, cream cheese sauce, whatever), cheese, extra herbs, or nuts if desired. Stir it all around and enjoy!



DANDELION QUICHE

Yield: Perhaps 5 people? Depends on hunger levels!

While often considered to be simple, annoying weeds, dandelions are actually edible! If you are in an area where you can safely gather wild dandelion leaves, this is a pretty incredible dish to try. Make sure you know

where your dandelions have been and wash them well! Quiche is a dish that can very easily be adapted - check out the list for additional ingredient ideas, and search your pantry for what you might want to include in yours!

INGREDIENTS

- 1 unbaked pie crust (or a crustless quiche is also yummy!)
- 3 eggs, beaten
- As many fresh young dandelion leaves as you have patience to gather, washed and chopped
- 1 cup cottage cheese
- 1 cup shredded cheese (cheddar is my favorite)
- 1 cup chopped onion (wild onions from the lawn work nicely, but so does a regular onion)
- A sprinkle of salt and pepper

Ideas for additions: sliced olives, spinach, asparagus (chopped and fried with the onion), fresh thyme or rosemary, chives, ham (cooked and chopped), crumbled bacon, cooked zucchini

PROCEDURE

01

Fry the onion in some butter until it's soft.

02

Mix everything together thoroughly and pour into the piecrust or a greased pie pan.

03

Bake at 375°F until a toothpick/knife inserted in the center comes out clean.

Enjoy a sustainable meal!



HOMEMADE EGG NOODLES

Yield: Around 5 people, depending on hunger levels!

A very easy way to get yourself some delicious, homemade pasta! This recipe is easy to adjust for size - if you are feeding just yourself, just use one egg, a little bit of butter and add flour until the dough is no longer sticky. While this dish is not vegan because of the eggs, it can easily be made dairy free by using dairy free butter or no butter. Courtesy of Great Grandma Rose's recipe. She made this every Saturday morning, then sold bags of dry pasta at the local market!

INGREDIENTS

- 2-3 eggs
- Around 3 cups of flour
- 1 Tbsp melted butter (optional)
- A pinch of salt and pepper

PROCEDURE

01

Start with the eggs, cracked and scrambled in a bowl. Add salt and pepper, and butter if you wish

02

Add about 2 cups of flour and mix, then add in more a little at a time until the dough is no longer sticky

03

Knead the dough for about 5 min

04

Roll the dough out and let dry for an hour or so

05

Go back in and cut the dough into about 2 inch strips (or desired length).

06

After the dough is more dry, go back and cut parallel to the original cuts to make the noodles

(This can be an all day activity if you actually have the patience to let the noodles dry fully or want to save them to cook another day)

Prep as desired.

Ideas: Boil noodles and top with a white sauce or marinara sauce. Make a whole bunch, bag it up, and save it for when you want some pasta! If cooked in a crock pot or on the stove for a long period, the noodles marinate in their own thick sauce. Delicious to eat on their own or with a chicken topping (I don't really know cooking terms, but it is tasty if you do this!)



SOURDOUGH STARTER FROM SCRATCH

Yield: A consistent, healthy sourdough culture that you can fit in a mason jar.

The essential element to a homemade loaf of sourdough bread relies on a living culture of flour, water, and wild yeast sourced from the air. It is easier than you think to create your own sourdough starter from scratch, and be able to use it in bread recipes in a week or so. Keep on feeding it regularly and giving it attention, and this thing will take care of you!

INGREDIENTS

- Whole wheat or rye flour seems to do the best job keeping the culture active, but any sort of unbleached flour will do
- Water

PROCEDURE

01

DAY 1: Mix together 100 grams (~1 cup) flour with 150 grams (just over $\frac{1}{2}$ cup) water in a clean non-metal jar or tupperware. Loosely cover mixture with lid and place in a warm part of your house, like on the top of your refrigerator.

NOTE: Keeping the starter in a warm environment will really help it move along in the fermentation process. Consider gently heating up water until lukewarm if you lack a place in your house that is warmer than 70 degrees Fahrenheit.

02

DAYS 2-5: Discard all but 75 grams (about $\frac{1}{2}$ cup) of flour mixture. Add in 100 grams (~1 cup) flour and 125 grams ($\frac{1}{2}$ cup) water. Return to warm spot with lid on loosely. Make sure to feed at the same time every day in order to encourage regularity with the rise/fall of your culture.

NOTE: During this time, you should be seeing a gradual growth in the amount of bubbles in your culture, as well as a thin layer of acidic liquid on the top of your culture. Don't be alarmed if things look/smell "weird." Only be worried if you start seeing fuzzy mold in the starter. If that is the case, you should probably ditch your culture and start over again :/

SOURDOUGH STARTER FROM SCRATCH

Continued from previous page

PROCEDURE

- 03** DAYS 5-7: Repeat same discard/feed process, but now do it once in the morning and once at night.
- 04** DAY 7 or 8: 6 hours after feeding your starter, give it a float test by dropping a pea-sized amount into a glass of water. If it floats, then there is enough activity in your starter to use it for making bread. If not, continue feeding it twice a day and float-testing daily.
- 05** Once your starter has reached full vigor, you can either continue feeding it equal parts flour and water twice a day, or cover and place in fridge, and feed it once a week. If storing in fridge, make sure to move starter to a warm place, feed a couple of times, and do float test before using in bread!



(RELATIVELY) SIMPLE SOURDOUGH BREAD

Yield: Two nice-sized round loaves

While making your own bread only involves a few simple ingredients, it can be a tricky process. This is a streamlined recipe for true sourdough bread, which relies entirely on natural yeast (cultivated from a sourdough starter) to ferment the loaf. If you don't already have a sourdough starter on hand, it is super easy to create your own and have it ready to use for bread within a week (See Sourdough Starter recipe adjacent to this recipe). True sourdough bread is tastier, healthier, easier on your stomach, and more gratifying once you pull your beautiful loaves of bread from the oven!

INGREDIENTS

- 1000 grams (8 ½ cups) flour, plus extra for tweaking dough consistency -- ideally this would be a 75% bread flour, 25% whole wheat mixture, but any sort of unbleached flour will work here too
- 800 grams (3 ½ cups) water, plus extra for tweaking dough consistency
- 200 grams (just over ¾ cups) water
- 20 grams (1 tablespoon) salt
- olive oil

PROCEDURE

01

DAY ONE - 7am: remove all but ~2 tablespoons of starter, add in 100 grams (1 cup) flour and 150 grams (just over half a cup) water to starter. Mix gently until combined. Loosely cover and set aside.

02

2pm: gently mix 1000g (8.3 cups) flour/flour mixture and 750g (3.3 cups) water. The dough should have a shaggy texture, but feel free to add in a tad more water if not all the flour is incorporated

03

3pm: pinch in 200g (~0.8 cups) starter into autolyse. Once fully incorporated add salt and 50g (0.25 cup) of water

Knead using a “slap and fold” method for 5 min, or until dough is very elastic

Put in bowl lined with olive oil, cover and put in warm place (in the oven with oven light turned on is a good option)

Every 30 min, very gently fold dough over itself, then rotate bowl 90 degrees, and fold over again. Repeat this two-fold process every 30 minutes for a total of 4 hours

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(RELATIVELY) SIMPLE SOURDOUGH BREAD

Continued from previous page

PROCEDURE

- 04** 7pm: cut dough into two rounds, cover with clean wet rag for 10 min
- NOTE: at this stage you want to be very gentle with the dough. Over-handling it will cause gasses to escape and lead to deflated, sad bread.
- Roll dough over, seam the bottom by folding edges into center, and gently place each round of dough into a colander/basket lined with flour-covered rag, seam side up. Put in refrigerator overnight
- 05** DAY TWO - Morning: Preheat oven with dutch oven inside to 500 degrees Fahrenheit. If you don't have a dutch oven, you can get by with a cookie sheet. Remove dough from baskets. Score the dough by sliding a serrated knife over top of loaves. Brush a little bit of water over the top of the loaves. Once scored, place one round of dough in hot dutch oven lined with parchment paper and flour
- 06** Bake in oven at 500 with lid on for 15 min, then remove top and finish baking for another 25-30 min. If using cookie sheet, after adding loaf to oven throw $\frac{1}{2}$ cup of cold water into bottom of oven to encourage steamy baking conditions. Cover your oven window with a kitchen rag when doing this to prevent it from cracking!
- 07** When done remove bread from oven and let bread rest on cooling rack for 2 hours before slicing open (the hardest part of this recipe!)



PANTRY-RAID

“SHAKSHUKA”

Yield: 6 people with regular appetites, or 4 extra-hungry people

Shakshuka is a traditional middle eastern dish that incorporates eggs cooked in a tomato and vegetables-based sauce. This recipe is by no means “authentic,” but takes this eggs-and-veggie format and allows for room to play a little. Got some broccoli that’s looking soft? An old zucchini that needs to be cooked? Along with some pantry staples, you can use this produce up into a meal that can be eaten at any time of the day.

INGREDIENTS

- 3 tablespoons olive oil
- 1 large onion, halved and thinly sliced
- 1-2 cups of hard produce -- the world (fridge) is your oyster. Add anything that you could imagine working well in an omelet
- 3 cloves garlic
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon ground cayenne, or to taste
- 1 (28-ounce) can of whole plum tomatoes, coarsely chopped (if you don’t have whole plum, any sort of canned tomato will do here)
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 ¼ cups of feta cheese (optional)
- 6 large eggs
- Chopped cilantro
- Hot sauce

PROCEDURE

01

Heat oven to 375 degrees.

02

Heat oil in a large skillet over medium-low. Add onion and other vegetables. Cook gently until soft, about 15 minutes. Add garlic and cook until tender, 1 to 2 minutes; stir in cumin, paprika and cayenne, and cook 1 minute. Pour in tomatoes and season with ¾ teaspoon salt and ¼ teaspoon pepper; simmer until tomatoes have thickened, about 10 minutes. Taste and add more salt and pepper if needed.

03

Gently crack eggs into skillet over tomatoes. Season eggs with salt and pepper. Transfer skillet to oven and bake until eggs are just set, 7 to 10 minutes. Sprinkle with cilantro and feta (optional).

VEGAN OPTION: if you would like to use something other than eggs, sprinkle the tomato-veggie mixture with toasted pumpkin seeds, or top with firm tofu steaks instead.



SWEET POTATOES IN CAYENNE, GINGER, AND PEANUT SAUCE

Yield: serves 4-6 people

Recipe from World Food Café: Global Vegetarian Cooking by Chris and Carolyn Caldicott. “This spicy sweet potato recipe is our all-time favorite West African dish, and one of our best memories of Mali...the ground peanuts make a creamy sauce, enlivened with the fresh ginger, garlic, and cayenne.”

INGREDIENTS

- 4 tablespoons olive oil
- 1 large onion, cubed
- 4 garlic cloves, crushed
- 2-inch piece ginger, peeled and minced
- 1¼ pounds sweet potatoes, peeled and cubed
- 1 pound cabbage, cubed
- 2 teaspoons paprika
- 1 teaspoon cayenne pepper
- 1 ¾ cups (14 ounces) chopped plum tomatoes (canned tomatoes can also be substituted)
- 1 cup pineapple juice (or another kind of juice)
- ½ cup peanut butter
- Salt and pepper if desired

Garnish:

- 2 carrots, peeled and grated
- 2 beets, peeled and grated
- 2 bananas, peeled and sliced
- Juice of 1 lime (or lemon)
- Optional: a handful of raisins or cranberries

PROCEDURE

01

Heat the olive oil in a large, heavy pan over medium heat and sauté the onion until soft.

02

Add the garlic and ginger, sauté for a few minutes, then add the sweet potatoes and cabbage.

03

When the vegetables start to soften, add the paprika and cayenne. Stir to coat the vegetables with the spices. Add the chopped tomatoes and pineapple juice. Cover the pan and start to simmer until the vegetables are soft.

04

Stir in the peanut butter until well combined. Add salt and pepper [if desired]. Toss the carrots, beets, and bananas in the juice. Serve with rice.



PEANUT SAUCE

Yield: about 3 servings

This peanut sauce recipe is not for people with peanut allergies. It can be used for grains, a companion for bread, or for anything else needing some peanuts. All the measurements in this recipe are estimates as the

author rarely measures things when cooking. Also note that this recipe is very loosely made, as the author doesn't follow recipes very much, either. Exact ingredients can be substitutes for similar ones if desired. (Tahini for peanut butter, syrup or agave nectar for honey, 3 parts worcheshire sauce to one part water for soy sauce, etc.). Make sure to taste the sauce and adjust ingredients to suit your fancy.

INGREDIENTS

- ½ cup peanut butter
- 3 tbsp soy sauce
- 3 tbsp honey
- About ¼ cup water, milk, or non-dairy milk
- Any spices you'd like or have

PROCEDURE

01

Place ingredients minus water/milk into a bowl and stir. If texture is too thick, stir in water/milk 1 tbsp at a time until desired consistency is reached

02

Place sauce on whatever you would like to eat it with and enjoy



STINGING NETTLE INFUSION

Yield: one serving

This is a very nourishing tonic for fatigue and allergies when taken daily for a few weeks, especially in early spring.

INGREDIENTS

- 1 oz. dried nettle tops or leaves
- 1 quart filtered boiling water

PROCEDURE

01

In a heat proof quart jar, pour boiling water over nettle leaves and let them infuse for 4-8 hours, or overnight.

02

Strain and drink within 24-36 hours

Enjoy and share the nourishment with others.



WHOLE PLANT DANDELION VINEGAR

This highly nutritious vinegar will help stimulate the digestion and offer much needed vitamins and minerals if one is feeling depleted. Add a splash to steamed greens, raw greens, or drink it as a tonic mixed with a little honey and water.

INGREDIENTS

- dandelion greens
- dandelion root
- dandelion stems and flowers
- organic apple cider vinegar
- garlic cloves (optional)
- horseradish root (optional)
- cayenne pepper (optional)
- burdock root (optional)
- turmeric powder (optional)
- ginger root (optional)

PROCEDURE

- 01** Harvest and clean dandelion, horseradish, and burdock.
- 02** Chop all roots, herbs, and spices that are being used into small pieces and put in a clean glass jar. OR go to number 6.
- 03** Pour apple cider vinegar to completely cover; filling jar.
- 04** Cap, label and store away at room temperature for 4-6 weeks.
- 05** Strain and keep in the refrigerator to use as needed. OR
- 06** Place all ingredients in liquid Vitamixer and blend. Pour into a clean jar and place in the refrigerator.
- 07** Splash on steamed greens or fresh green salad.



DANDELION ROOT DECOCTION

Yield: one serving

This is a nice coffee substitute, stimulating digestion but not the nerves.

INGREDIENTS

- 4 tablespoons dried and roasted dandelion root
- 3 cups filtered water

PROCEDURE

01

Harvest roots in autumn.

02

Clean, slice and dry roots until almost crisp which can take up to 1- 2 weeks.

03

Roast dried roots in the oven until dark brown (usually around 45 minutes - 2 hours at 250 -300F.

04

Cool and store in a clean and dry glass jar until ready for use.

05

Prepare as a decoction, simmering chopped roots in water for 30- 60 minutes or until volume has reduced to half. Strain decoction. Add warm milk/cream and honey or maple syrup to taste.

Enjoy!



STEAMED STINGING NETTLE AND GARLIC

INGREDIENTS

- basket of freshly picked nettle tops (use gloves)
- garlic cloves (crushed)
- sea salt to taste
- olive oil

PROCEDURE

01

Bring pot of water to a boil.

02

Rinse nettles if needed (stems and leaves can be eaten especially if harvested in April and May).

03

Chop nettles and place them in a steamer or strainer with a lid. Steam for 5 minutes or until soft and bright green.

04

Remove from the water bath and drizzle olive oil, freshly pressed garlic and salt to taste.

This is delicious on its own, with eggs, sautéed mushrooms and or goat cheese. This is also the base for many other dishes where the nettles can substitute for spinach.

NOTE: Do not harvest Stinging nettles after they have gone to flower in late June or July.



FORAGERS FRESH SALAD OF GREENS

INGREDIENTS

Freshly picked greens:

- dandelion leaves and flower
- violet leaves and flowers
- plantain leaves
- lambs quarter leaves
- burdock leaves when young
- garlic mustard leaves
- chickweed
- day lily flowers
- nasturtium
- arugula (optional)
- spinach (optional)

PROCEDURE

01

Chop and enjoy with a drizzle of olive oil and a good quality apple cider infused garlic, ginger vinegar dressing or healthy salad dressing of choice.

NOTE: dandelion leaves can be bitter on its own, so an option is to mix with other greens such as arugula or spinach.



DANDELION FLOWER TEA

Yield: one serving

Enjoy this tea to help as a mild pain reliever for headaches, menstrual cramps, and other aches.

INGREDIENTS

- fresh dandelion flowers
- 1-2 cups filtered water

PROCEDURE

01

Harvest a handful of fresh dandelion flowers (2-4 tablespoons of loose petals)

02

Pour one to two cups of filtered boiling water over flower petals.

03

Steep 15 minutes. Strain and sweeten with honey as desired.

Enjoy!



NETTLE, BURDOCK, POTATO, AND LEEK SOUP

Yield: serves 4-6

INGREDIENTS

- 6 cups freshly picked nettle tops (cleaned and chopped)
- 12 medium potatoes (quartered)
- 2 onions or leeks (diced)
- 4 carrots chopped
- 4-6 burdock roots
- 4-6 chopped garlic cloves
- salt and pepper to taste
- 8 cups water or broth of your choice (can be a mixture of water and broth)
- 1-2 cups milk of your choice (evaporated milk works if you are out of milk)
- olive oil
- herbs of your choice (such as chopped parsley, wild onion greens or chives)

PROCEDURE

01

Quarter potatoes and place in a pot with 8 cups of water or broth. Bring to a gentle boil and add nettles tops.

02

When potatoes begin softening, lower heat and let simmer.

03

Meanwhile, saute onions in olive oil until soft. Add carrots, burdock root, and garlic. Cook for another few minutes.

04

Now smash potatoes and nettles in the liquid with a potato masher, making a chunky, thick soup.

05

Add the onion, carrot and burdock mixture. Stir.

06

Add milk or cream if desired and season to taste.

07

Let simmer for another 10-20 minutes with lid off.



DANDELION AND BURDOCK STIR FRIED BROWN RICE

Yield: serves 4-6

This is a delicious, quick and easy one dish meal if you have brown rice left over from a previous day. We make brown rice in very large batches with these meals in mind.

INGREDIENTS

- 2 onions (chopped)
- 1 cup dandelion blossoms (before they open)
- 1/2 cup dandelion greens (chopped)
- 1/2 cup dandelion and/or burdock root (cleaned and chopped)
- 2-3 carrots
- 4-6 cups cooked brown rice
- 4-6 eggs
- fresh green onion or chives (chopped) to sprinkle on top
- 1 - 2 tablespoons reduced sodium tamari or soy sauce
- cayenne powder to taste
- olive oil or sesame oil

PROCEDURE

- 01** Harvest and clean dandelion blossoms, greens, and dandelion and/or burdock root in spring. Peel as needed.
- 02** Saute chopped onion, chopped roots and dandelion greens in oil.
- 03** Add eggs and cook until done to desired consistency.
- 04** Stir in cooked rice and dandelion blossoms.
- 05** Mix in tamari and cayenne (adding more or less to taste).
- 06** Sprinkle top with thinly sliced green onion.

Enjoy!



NETTLE QUICHE WITH OR WITHOUT CRUST

Yield: Two quiches

If preparing without a crust, divide the recipe in half.

INGREDIENTS

- 2 previously prepared whole wheat crusts (optional)
- 1 large onion chopped
- 4-6 garlic cloves
- basket of nettle tops or leaves, cut in small pieces (2-3 cups)
- sun dried tomatoes, cut in slivers
- mushrooms (freshly harvested oyster, lion's mane, wine cap, or whatever you have) tear, slice or cut (rehydrate mushrooms if using them dried and pat dry)
- 8 oz grated cheese of your choice (we use combination of gouda and goat cheese)
- 12-14 eggs depending on size
- 1/2 cup good quality cream or whatever is in your pantry
- olive oil
- herbs or seeds of your choice (cayenne, basil, oregano, rosemary, parsley, sunflower seeds, pumpkin seeds)

PROCEDURE

- 01** Optional: Prepare whole wheat crust ahead of time. Preheat the oven to 400 degrees F. Bake crusts for 8 minutes so that the crust is partially cooked (and will not be soggy when adding egg and veggie mixture).
- 02** Saute onions in olive oil until translucent in a well oiled iron skillet.
- 03** Add chopped nettles, garlic, mushrooms, and herbs. Cook until nettles are soft and wilted.
- 04** Meanwhile beat eggs, and cream together in a large bowl with spout. Grate cheese and sprinkle some on the bottom of crusts (if using crusts) or wait and sprinkle on top.
- 05** Spread nettle mixture in each crust or keep in the iron skillet if not using a crust.
- 06** Pour egg mixture over nettles and sprinkle the rest of the cheese on top. Garnish with sun dried tomatoes and any other herbs and or seeds.

continued...

NETTLE QUICHE

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PROCEDURE

- 07** Place quiches in the oven at 400 degrees F for 10- 15 minutes and then lower temperature to 325 degrees F for another 20-30 minutes (until quiche has set). Let quiches rest for 10-15 minutes before slicing into them.
- 08** We serve this with Garlic-Herbed Potatoes and Vegetable- Herb Soup or a Green Salad of freshly picked in season greens: Arugula, Spinach, Dandelion, Violet, Plantain, Chickweed, and Lambs Quarter leaves. Yum!



AVOCADO TOAST

Yield: 2 light portion or one large portion

This has become an addiction of mine. I nearly have this for breakfast every single day. It is quick and easy to make. Now, keep in mind this is my preferred way to enjoy my toast but feel free to make this recipe your own and have fun with it.

INGREDIENTS

- 2 regular slices of sourdough bread
- half an avocado
- $\frac{1}{4}$ to $\frac{1}{2}$ cups roma tomato
- about an inch of a cucumber
- $\frac{1}{2}$ oz of feta cheese
- $\frac{1}{4}$ teaspoon ground cayenne
- $\frac{1}{4}$ teaspoon lemon pepper
- $\frac{1}{2}$ teaspoon crushed pepper
- $\frac{1}{4}$ of a lime

PROCEDURE

01

Toast slices of bread in a toaster or on comal.

02

Mash avocado along with the ground cayenne and lemon pepper in a bowl or plate with a fork to incorporate seasoning with the avocado.

03

Spread avocado mixture on one side of each slice of toast

04

Add slices of roma tomato, cucumber, and crumbled feta in that order (stacks up nicely). For additional flavor you could add an additional pinch of either lemon pepper or cayenne or both over the slices of tomato.

05

Sprinkle crushed pepper and squeeze lime juice over the entirety of the toast to add a bit of citrus freshness.

06

Enjoy!

NOTE: Sourdough bread for the most part is vegan and the cheese could be omitted or substituted for a vegan option. Again, this is how I prefer my toast but other tomatoes could be used as well as other spices and types of bread.



EASY TORTILLA SOUP

Yield: serves 6-8 individuals

This is a dish that my mother used to make when she had lacked ingredients or the patience to make a full dinner. As long as you've got a good can opener, this dinner is quite doable! Not to mention, it tastes great, is very customizable, and can be stored in the fridge for leftovers the next day—or week!

INGREDIENTS

- 2 tbsp olive oil
- 1 onion
- 3 cloves garlic
- 1 tbsp cumin
- 1 tsp coriander
- 2 tsp chili powder
- ½ tsp cayenne powder
- 2 chilies in adobo sauce (optional)
- 3 cans of beans (black, pinto, and kidney beans work best here)
- 1 can of corn kernels
- 1 small can green chilies
- 1 can diced tomatoes
- 32 oz veggie broth

For serving:

- tortilla chips
- cilantro
- lime
- avocado
- sour cream
- hot sauce

PROCEDURE

- 01** Heat olive oil in large stockpot over medium heat. Add in onion and garlic and cook until glistening, about 5-10 minutes
- 02** Once onions and garlic are ready, add in spices and mix with onion/garlic mixture for 30 seconds
- 03** Once spices are incorporated add in beans, corn, green chilies, tomatoes, and stock. Bring mixture to a boil, then lower heat to simmer and cover. Let cook for 30 minutes
- 04** Once cooked, serve in bowls with crushed tortilla chips on bottom of bowl. Top soup with however much cilantro, lime, sour cream, avocado, and hot sauce that your heart desires.



TOASTIE

Yield: a decent-sized sandwich for one

This is how I usually use up random veggies left over in the fridge at the end of the week. It's basically a loaded open-faced grilled cheese sandwich. I never use actual measurements when I make this, so if you put ingredients on and it doesn't look like enough, just put more on. You can't really mess it up.

INGREDIENTS

- about 5 inches of French bread
- 2 teaspoons olive oil
- clove of garlic, chopped up small (or half a clove. I love garlic so I always go for a whole clove, but whatever suits your taste)
- like a teaspoon of your favorite dried herb (usually I use oregano, you can't go wrong with oregano)
- whatever veggies you have lying around, chopped (peppers and a bit of onion are good)
- 3/4 cup of grated cheese

PROCEDURE

01

Halve your bread lengthwise.

02

Put one teaspoon of olive oil on the cut side of each piece of bread. To get a really even spread I usually pour the olive oil in a line down the middle and then use the back of the spoon to spread it around over the bread. If it doesn't get into all the corners I add a bit more.

03

Sprinkle chopped garlic evenly over the olive oil on each piece of bread.

04

Sprinkle your herbs evenly on each piece.

05

Layer your veggies on evenly. You can put them all on together if you want, but I usually put each type of veggie on in a successive layer. I don't really know if that does anything for the flavor, but it just kind of feels right.

06

Sprinkle the cheese on top. It should make a pretty thick layer and cover the whole face of the bread.

07

Put the two halves of bread, cut side up, on a baking sheet or a toaster tray in, respectively, your oven or toaster. Broil it (if in oven) or toast it (if in toaster) for probably about five minutes. You want the cheese to have melted and started to get a bit crusty around the edges of the bread and on top.



MY MOMMA'S ENCHILADAS

Yield: 3-4 servings

This is the first meal that pops into my head when I think about a meatless meal. This is a fairly quick and easy meal to make. Pairs great with some Mexican rice. Enjoy with a fresh salad, sour cream, and salsa.

INGREDIENTS

- vegetable oil
- 1/2 tortillas atotonilco (or similar but definitely corn)
- 3 chiles guajillo
- 8oz queso fresco
- 1 medium onion
- 1/4 teaspoon salt
- 1/4 black pepper
- garlic to taste
- 1/4 teaspoon cumin

PROCEDURE

- 01 Boil chiles guajillos
- 02 Blend chiles with a little of the water they boiled in and the garlic, salt, black pepper, and cumin.
- 03 Strain the mixture
- 04 Finely chop the onion
- 05 Crumble the queso fresco
- 06 Combine the queso fresco with the onion
- 07 In a pan with medium heat place about cm or two of oil
- 08 Lightly fry the tortilla
- 09 Dip each tortilla in the red enchilada, covering both sides completely
- 10 Add some of the queso fresco and onion mixture on one edge and roll the tortilla.
- 11 Repeat for every tortilla



VEGAN CHOCOLATE CHIP COOKIES

Yield: about 3 dozen

Based off a recipe from Relish by Lucy Knisley, but
veganized

INGREDIENTS

- 2 cups of flour (can also use gluten-free flour)
- 1 tsp baking soda
- 2 tsp salt
- 1 cup coconut oil
- 12 oz chocolate chippies
- $\frac{3}{4}$ cup white sugar
- $\frac{3}{4}$ cup brown sugar
- 6 tbsp aquafaba (chickpea liquid) whipped until foamy about 10-15 minutes
- 1 tbsp vanilla
- 1 cup coconut flakes (optional, but I just like coconuts okay? You can also add walnuts.)

PROCEDURE

01

Preheat oven to 350 degrees F.

02

Mix brown sugar, butter, and sugar in a large bowl.

03

Add vanilla and eggs gradually while stirring.

04

Mix salt, flour, and baking soda in a different large bowl. Stir well!

05

Gradually combine the dry mixture into the wet mixture.

06

Mix in coconut and chocolate.

07

Drop onto an ungreased baking pan.

08

Add a tiny pinch of salt to the top of each cookie.

09

Bake for about 10 mins.

10

Enjoy with almond milk!



MEXICAN RICE

Yield: a lot!

This is a Mexican household staple. Pairs great with many Mexican dishes and can be enjoyed by itself as well. I'm going to have a hard time writing this recipe without wanting some. I hope you try it and enjoy it!

INGREDIENTS

- 3 tablespoons of vegetable oil
- 1 ½ cups long grain rice
- ¼ tablespoons of knorr suiza
- ½ cup tomato sauce
- garlic to taste
- ¼ cup of finely chopped onion
- 3 cups of water

PROCEDURE

01

Bring water, tomato sauce, and knorr suiza to a boil

02

In a separate pot on low-medium heat add oil

03

Once oil is hot add rice, stir rice until it starts to gain a light brown/tan color

04

Add in finely chopped onion and garlic and continue to stir for another minute

05

Cover and let simmer for 15 minutes or until water is absorbed.

NOTE: You can add corn, peas, and carrots to rice after adding the boiling water for a more flavorful and filling dish.



LENTILS CACCIATORE

Yield: 4 to 6 servings

This is a stew-like dish, with deep flavors of rosemary, garlic, tomato, and red wine. I got this recipe originally from The New York Times, but I made many adjustments to the recipe and I highly suggest eating on

top of bow-tie or penne pasta for a more Italian feel. It's also good with any kind of extra added vegetable you have lying around that you can dice up: extra spinach, carrots, pepper, etc.

INGREDIENTS

- 4 tablespoons extra-virgin olive oil
- 1 medium sweet potato, cut into 1/4-inch pieces (peeling not necessary!)
- 1 medium onion, diced
- 1 red bell pepper, stems and seeds removed, thinly sliced lengthwise
- salt and black pepper
- 3 tablespoons tomato paste
- 5 garlic cloves, thinly sliced
- 2 teaspoons garlic salt
- 1/2 teaspoon dried oregano
- 3/4 teaspoon dried rosemary
- 1/2 cup red wine
- 1 (14-ounce) can crushed or diced tomatoes (not drained)
- 3/4 cup lentils, soaked in water for 1 hour
- 3/4 cup chopped frozen or fresh spinach

PROCEDURE

01

Preheat oven to 450 degrees. In a medium mixing bowl, drizzle the cubed sweet potatoes with 1 to 2 tablespoons of the olive oil and season with the garlic salt and oregano. Toss together until each cube is evenly coated. Spread the sweet potatoes on a raised baking pan, evenly spread out so that there is only one layer on the pan. Roast in the oven for 8 minutes. Remove from oven, try to best move around and flip the cubes, and re-spread out onto pan. Roast for another 5 minutes. When done, set aside.

02

In a large pot, heat the olive oil over medium-high. Add the onion, cook for 1 minute without stirring too much. Add the bell pepper, season with salt and pepper, and cook and stir until just softened, 2 to 3 minutes.

03

Add the tomato paste, garlic, and rosemary and cook, stirring occasionally, until the tomato paste begins to stick to the bottom of the pot, 2 to 3 minutes. If pan is too hot, feel free to rotate between low and medium heat during this time.

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LENTILS CACCIATORE

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PROCEDURE

- 04** Add the wine, season with salt and pepper, and cook until nearly all the liquid has evaporated, 3 to 4 minutes. Drain and rinse off the lentils to prepare for next step.
- 05** Add the roasted sweet potatoes, tomatoes, spinach, lentils and 2 1/2 cups water. Bring to a boil, partly cover, then reduce the heat and simmer until the lentils are soft, 30 to 45 minutes. Stir vigorously from time to time to scrape any stuck lentils from the bottom of the pot. Season generously with salt and pepper.

NOTE: This dish is vegan. My mother, who is neither vegetarian nor vegan, loved it! Serve by itself, with pasta, fresh bread, or over rice: they are all delicious options!



COTTAGE GARDENER'S PIE

Yield: 4 to 6 servings

This has become a favorite of ours!

INGREDIENTS

- 2 cups dried lentils
- 6 cups freshly picked nettle tops (cleaned and chopped)
- 10 medium potatoes (quartered)
- 2 onions or leeks (diced)
- 4 carrots chopped
- 4-6 burdock roots
- 4-6 chopped garlic cloves (can use 1 tbsp garlic powder)
- 2-3 cups mixed veggies that you have on hand (fresh, dried or frozen cauliflower, peas, green beans, butternut squash, mushrooms etc)
- 1 small can tomato paste or sauce
- 2 tbsp curry powder
- ½ teaspoon cayenne powder
- salt and pepper to taste
- butter and garlic powder (optional)
- olive oil
- herbs of your choice (chopped parsley, cilantro, wild onion greens or chives)

PROCEDURE

01

Soak lentils for 24 hours, Rinse. Cook lentils. Drain.

02

Quarter potatoes and place in a pot with 8 cups of water. Bring to a gentle boil. Add chopped nettles when potatoes begin softening, lower heat and let simmer for 5 more minutes.

03

Meanwhile, saute onions in olive oil until soft in a large iron skillet. Add carrots, burdock root, garlic and any other fresh veggies. Cook for another few minutes. Move veggies to the outer edges of the pan, add a little more olive oil in the middle of the pan; add the curry spices, cayenne, garlic powder and salt. Add previously cooked lentils, frozen/dried veggies and tomato paste with 8 oz of filtered water. Mix together. Simmer for another 10 minutes.

04

Preheat the oven to 300-350F (or use a solar oven).

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COTTAGE GARDENER'S PIE

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PROCEDURE

- 05** Drain potatoes and nettles. Smash potatoes and nettles with a potato masher, adding butter, dash of salt and garlic powder to taste (and maybe milk if desired).
- 06** Place the lentil and veggie mixture in a casserole dish 9" by 13" or keep in the large iron skillet (if large enough). Place smashed potatoes and nettles on top of the sauteed veggies, to cover them. Add a little butter if desired and season with a sprinkle of fresh or dried herbs to taste.
- 07** Bake for 40-45 minutes. Cool.
Enjoy!



SPINACH AND FETA PASTA

Yield: 4 servings

This pasta is super easy to make and it's delicious! It's made with spinach, mushrooms, onion, and tomato, and you can add whatever else you'd like!

INGREDIENTS

- 1 (8 ounce) package penne pasta
- 2 tablespoons olive oil
- ½ cup chopped onion
- 1 clove garlic, minced
- 3 cups chopped tomatoes
- 1 cup sliced fresh mushrooms
- 2 cups spinach leaves, packed
- 1 pinch red pepper flakes
- 8 ounces feta cheese, crumbled

PROCEDURE

01

Bring a large pot of water to boil. Cook pasta until al dente; drain.

02

Meanwhile, heat olive oil in a large skillet over medium-high heat; add onion and garlic, and cook until golden brown.

03

Mix in tomatoes, mushrooms, and spinach. Season with red pepper flakes. Cook 2 minutes more, until tomatoes are headed through and spinach is wilted.

04

Reduce heat to medium, stir in pasta and feta cheese, and cook until heated through.

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