

# PDX Veg Challenge Cooking Demo

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## Quick, Classy Burrito

Cook a sweet potato one of several ways.

- Peel and grate the sweet potato, then water sauté the grated potato in a skillet until just tender
- Microwave for 3-6 (or more minutes, depending on size) then scoop the flesh out and lightly mash it
- Leftover roasted or baked sweet potatoes

Lay out your tortilla

- Whole wheat flour tortillas (or other), 8” or larger

Spread the fillings on, then wrap it up.

- Sweet potato
- Black beans (one can, drained and rinsed, and, if desired, lightly mashed)
- Guacamole or avocado slices
- Cooked brown rice or quinoa
- Fresh chopped cilantro
- A little chopped chipotle chili and adobo sauce (or add chipotle powder to the sautéed sweet potato), or regular salsa

If the burrito needs warming, put it in a skillet and cook it gently for a few minutes on each side, or in heat it in a microwave.

Make it a burrito bowl if you wish. You can add chopped lettuce or cabbage.

For cook-along:

- You need a medium-large skillet, a peeler, a grater, and a colander.
- Have ingredients ready (including cooked rice or other grain)

## Thai-Inspired Peanut Sauce

Makes about 1.25 cups

Whisk together the ingredients in a saucepan over low heat. Cook uncovered on low for 5 minutes, stirring frequently.

- 3/4 cup water
- 1/2 cup peanut butter
- 2 Tablespoons soy sauce or tamari sauce
- 1.5 teaspoons maple syrup, sugar, or agave nectar; or 1 Tablespoon date paste
- 1.5 teaspoons well-chopped fresh ginger
- 1 teaspoon well-chopped garlic
- 1 teaspoon rice vinegar (or white wine or distilled vinegar)
- 1 teaspoon roasted sesame paste or sesame oil
- Sriracha sauce or cayenne pepper to taste

If it is too thick, stir in more water.

For a fast and easy dinner, serve the sauce with:

- Pasta and broccoli or cauliflower
- Baked potatoes (white or sweet) with cooked broccoli, cauliflower, or other vegetables
- Roasted vegetables with or without rice

For cook-along:

- You need a medium saucepan and a whisk.
- Have the ingredients on your counter ready to be measured.
- Chop the fresh ginger in advance.
- If you will be having the sauce on pasta or rice or baked potatoes immediately afterwards, have those already cooked.

## Loaded Baked Potatoes

Bake up your white or sweet potatoes (for sweet potato baking options, see [here](#)).

Top with any of these or variations

- Sautéed baby spinach, garlic, and cannellini beans
- Canned chili beans, topped with tomatoes, onions, cilantro, and [Vegan Crema](#) or [Guacamole](#)
- Leftover chili (or Amy's Chili)
- Black beans and salsa ([Guacamole](#) optional)
- Cowboy caviar (a mixture of black-eyed peas, corn, avocado, tomatoes, onions, cilantro, a little vinegar, and salt)
- Chickpeas, chopped tomatoes and cucumber with [Tahini Sauce](#)
- Cooked vegetables with leftover sauce (peanut sauce, creamy tomato sauce, white garlic sauce, creamy pesto sauce, gravy)

For cook-along:

- Pick one or two of the suggested combinations (or make up your own).
- I'll be making the first choice – spinach, garlic, cannellini beans
- We will cook a potato in the microwave during class.

## No-Bake Oatmeal Cookie Energy Bites

Makes 20-24 balls

Place the following ingredients in the bowl of a food processor and process until a sticky ball forms.

- 1+1/3 cups pitted dates (they should be soft)
- 2/3 cup uncooked oatmeal (quick or old fashioned)
- 1/2 cup slivered or sliced or chopped almonds, roasted
- 2 Tablespoons flaxseed meal
- 1 Tablespoon maple syrup
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract

Add the following ingredients and process until just mix in (leave them as whole as possible).

- 3 Tablespoons roasted sunflower seeds (it's okay if they are salted) (you could substitute other nuts, such as walnuts)
- 3 Tablespoon raisins

With lightly wet hands, roll about a Tablespoon of mixture into a tight ball. Repeat with the remaining mixture. Store in a container with a cover. Refrigerate for several hours until chilled. Store covered in refrigerator – they last at least a week. Or freeze them and have them on hand.

For cook-along:

- Have the ingredients and your food processor ready.