

Christine Slonetsky BA, MSW, ND

680 Huron Street
London ON, N5Y 4J8
519-433-7444

133 Curtis Street
Thomas, ON, N5P 1J4
519-637-7778

Datri's Veggie Burgers

Makes approx. 12 burgers

Ingredients

1/3 cup	quinoa, uncooked
1/3 cup	millet, uncooked
1 cup	water
1 tbsp	olive oil
1 cup	onions, finely chopped
2 cloves	garlic, finely chopped
1/2 cup	carrots, grated
1/3 cup	celery, red pepper, green pepper, finely chopped
2 tbsp	olive oil
1 cup (8 oz)	chick peas, cooked
1 cup (8 oz)	red kidney beans, cooked
1/2 cup	sunflower seeds
1/4 cup	fresh parsley, chopped
1/4 tsp	cayenne pepper
2 tbsp	nutritional yeast
2 tsp	sea salt
1 1/2 tbsp	'Braggs Liquid Aminos'

(add more spices if desired)

Method

- Bring water to boil and add the quinoa and millet. Reduce to low and cook for 15 minutes.
- Heat oil in non-stick frying pan. Add, onions, garlic, carrots, celery, red & green pepper. Reduce heat to medium and sauté for 5 minutes.
- In a food processor or blender mix oil, chick peas, kidney beans, sunflower seeds, spices, yeast & Braggs until smooth.
- In a bowl mix all ingredients together.
- Make patties. They may be a bit sticky at first. Just let them rest on a cookie sheet and they will firm up.
- Heat oil in frying pan. Add burgers. Reduce to medium heat. Cook for 4 minutes on each side or until golden brown. Serve with salsa or other condiments.

www.christineslonetsky.com

Nut Loaf or Burgers

Ingredients:

1 Tbsp	olive oil
1 tsp	pureed garlic (at least 4 cloves)
½ cup	diced onion
½ cup	grated carrot
½ cup	grated celery
½ cup	grated zucchini
½ cup	daikon or radish
½ cup	grated squash
½ cup	grated mushrooms
2 tbsp	tamari or Bragg's
½ tsp	Italian parsley
¼ tsp	oregano
1 tsp	fresh dill
¼ cup	sesame seeds
¼ cup	pecan, almonds or walnuts
½ cup	bread crumbs (if making into burgers)

Method

- Grate vegetables in food processor or by hand.
- Sauté the garlic, then the onions in the olive oil over medium low heat until onions are transparent (5-7 minutes). Add the grated carrots, celery, zucchini, daikon, yellow squash and mushrooms and cook over medium heat until the liquid has evaporated (20 minutes) stirring every 5 minutes. Add the tamari and herbs.
- Place the almonds (pecans or walnuts) and sesame seeds in a food processor and puree. Add the nut mixture to the vegetables and mix well.
- Lightly oil or use parchment paper, to line a pan (9x4). Bake in oven at 300 degrees F for 20 minutes. Garnish with extra dill or parsley.
- For burgers: form the mixture into 9 oval patties, about 2 inches thick. Roll the patties in the bread crumbs, place on lightly oiled cookie sheets and bake for 10 minutes at 400 degrees F or until patties are lightly browned.
- Top with Vegan Bechamel Mushroom Cream Sauce (see below)

Vegan Bechamel Sauce

Yield: 4 ½ cups of sauce

Ingredients

2 cups	soy or almond milk
1 ½ cups	water
¼ cup	cashew nuts
1 tsp	sea salt
1/8 tsp	white pepper
Dash	nutmeg
¼ cup	cooking oil (preferably sesame oil)
½ cup	unbleached flour

Method

- Blend soy or almond milk, water, cashews, and seasonings in a blender until smooth. Pour into a double boiler and heat.
- Meanwhile, heat the oil in a small saucepan. Add the flour to make a roux. Then whisk it into the heated soy or almond milk mixture to make a light, creamy sauce. For a thicker sauce, use more roux.

Variation: Mushroom Cream Sauce

Ingredients

2 tbsp	cooking oil
2 cups	finely diced onions
2 cups	sliced mushrooms
1 tbsp	nutritional yeast
1 1/2 tbsp	white miso

Method

- Heat oil in a saucepan and sauté the onions and mushrooms over a medium heat until the onions are translucent.
- In a large bowl, whisk the yeast and miso into the béchamel sauce. Then add this mixture to the sautéed vegetables.
- Bring to a simmer, stirring constantly.

Variation: Dill Sauce

- To 4 ½ cups of the Vegan Bechamel Sauce, add the following ingredients and mix well:
- 1 tbsp paprika (preferably Hungarian)
- 2 tbsp dill weed
- 1 cup soy milk (or almond milk).

Recipe from “Friendly Foods” by Brother Tom Picharski
www.christineslonetsky.com

Walnut Black Bean Tacos

Ground "Meat" Ingredients

1 cup	raw walnuts
1 cup	black beans (optional)
4	sun dried tomatoes, rehydrated
1 Tbsp	Tahini
1 tsp	Braggs' (unpasteurized soy/tamari sauce)
1 Tbsp	Chili powder (or Chipotle powder)
1 tsp	ground cumin
3/4 tsp	ground coriander
pinch	cayenne

Method

- Process walnuts, black beans and sun dried tomatoes in a food processor until they reach the consistency of ground beef. Add the rest of your ingredients and pulse until thoroughly combined.
- To rehydrate sundried tomatoes you can soak them in water for 24 hours, or buy sundried tomatoes preserved in oil.

Note: if you want a completely raw taco omit the black beans. If you like it spicy don't adjust the spices once you have omitted the beans. If you don't like it spicy adjust the spices as desired. I would keep the Braggs, Tahini, and sundried tomatoes the same. Braggs and Tahini can be purchased at health stores or in the health section of Loblaws/Superstore.

Cream Sauce Ingredients

½ cup	soaked sunflower seeds
¼ cup	soaked cashews
1 tsp	apple cider vinegar
2 tsp	Braggs' or tamari sauce
Water	as needed to make more runny

Method

- Blend till creamy, taste and balance the flavors
- Serve in soft or hard taco shells, (soft shells are healthier because they have no oil or preservatives added. Loblaws has sprouted corn taco shells in the freezer of the health section. Fill with fresh shredded organic greens, live taco meat, diced tomatoes topped with cream sauce

Original recipe from: trustintheprocess.com

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ALMOND FLAX BURGER

Ingredients

2 cloves garlic
1 cup almonds
1/2 cup ground flaxseed
2 tbsp balsamic vinegar
2 tbsp coconut oil, hemp oil or EFA Oil Blend
Sea salt to taste

Method

- Serve raw or lightly cover with coconut oil and bake at 300 degrees F for 35 minutes. Alternatively, lightly fry over medium heat until golden brown, flipping once.
- Serve with mixed greens and Sweet Pepper Hemp Pesto.
- Makes 2 medium patties

Recipe from www.brendanbrazier.com

www.christineslonetsky.com

SWEET PEPPER HEMP PESTO

Ingredients

2 cloves garlic
2 red bell peppers, cored and seeded
1/2 cup fresh basil
3 tbsp Nutritional Yeast and Sesame Seed Topping (below)
2 tbsp hemp seeds
2 tbsp hemp oil
Sea salt to taste

Method

- In a food processor, process all ingredients together until smooth.
- Keep refrigerated for up to 1 week. Can also be used as a pizza sauce or a dip for crackers and vegetables.

Variation: Roast the peppers, lightly coated in coconut oil, for 30 minutes in a 350 degree oven before blending. This will intensify the flavor.
Makes about 2 cups

Recipe from www.brendanbrazier.com

www.christineslonetsky.com

NUTRITIONAL YEAST AND SESAME SEED TOPPING

1 part nutritional yeast flakes
1 part unhulled sesame seeds

You can make a couple of cups of this topping at a time and put it into a cheese shaker so that it's always handy. Keep in the refrigerator to prevent from going rancid. Can be used in place of Parmesan cheese in any recipe.

From [everydayraw](#) by Matthew Kenney

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