

Not So Hot Eats

*A recipe book inspired by
Diet for a Hot Planet
By Anna Lappe'*

*Compiled by Debby Reisinger
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The name of this cookbook is a play on the title of our text, Diet for a Hot Planet. I think it also describes the recipes in the book. They are not

“hot” recipes in the sense that they are popular or impressive. These recipes are for easy to make, tasty meals which do not use meat. They can help reduce your consumption of meat, thereby reducing in some small way the amount of greenhouse gas on the planet, but you probably won’ t get numerous requests from your friends for the recipe.

Parmesan Vegetable Chowder

This is a recipe I have used for many years on Fridays in Lent. It is great comfort food.

*2 cups diced potatoes, skin on
1 carrot, washed and sliced thin
1 stalk celery, diced
¼ cup chopped onion
1 tsp salt
¼ cup flour
2 Tablespoons butter
2 cups milk
1 cup shredded Parmesan cheese
1 can cream corn*

Heat 1 ½ cups water to boiling. Add vegetables, salt and pepper. Reduce to low and simmer 15 minutes. Meanwhile, in a small pan, melt butter and mix in flour. Slowly stir in the milk and cook, stirring sauce until smooth and thick. Add Parmesan cheese and blend. When smooth add cheese sauce and cream corn to vegetables and serve. (Do not drain vegetables.)

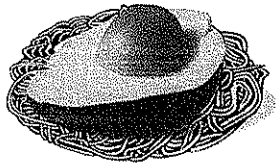


Fruity-Nutty Chili

I found this recipe in a magazine shortly after my husband had a heart attack in 2003 and I was convinced I could never serve him meat again. That resolution went by the wayside, but the recipe remained a favorite.

*1 medium onion, chopped
1 clove garlic, minced
1 ½ cups tomatoes
14 oz chicken or vegetable broth
1 8oz can tomato sauce
1 medium green pepper, chopped
1 tart Apple, chopped
1 Tablespoon chili powder
1 ½ teaspoon cocoa powder
1/2 teaspoon cinnamon
1 15 oz can kidney beans, drained
¼ cup each sliced almonds and cut dried apricots*

Sauté the onion and garlic for 4 minutes in a large pan sprayed with cooking oil. Add rest of ingredients except beans, almonds and apricots and simmer 30 minutes with the pan covered. Add the beans, almonds and apricots and cook another 10 minutes, with the pan uncovered. Serve and enjoy! May top with sour cream and/or shredded cheese.



Spaghetti with Avocado Sauce

I was skeptical when I first saw this recipe, but tried it anyway. The sauce is creamy, smooth and yummy.

*12 oz spaghetti noodles
2 large avocados, pitted, peeled and diced
1-2 cloves garlic, as desired, micro planed or chopped fine
1 Tablespoon lemon juice
Salt and pepper to taste
½ cup chopped sun dried or fresh tomatoes (optional)*

Bring a pot of water to a boil and add spaghetti, cooking 6-8 minutes. While pasta cooks, make sauce. In the bowl of a food processor, pulse the avocados, garlic, and lemon juice until smooth.

When the pasta is done, reserve ½ cup of the cooking water, then drain the pasta. Add the reserved water to the avocado mixture and blend in.

Add the sauce to the pasta and toss to coat. Season with salt and pepper. To serve, portion the pasta onto plates and garnish with tomatoes.

Siri's Chickpea Burger

from www.todayshow.com/recipes

The week after class started I was watching the Today Show while on the treadmill and the featured recipes were the following two veggie burgers. This burger, made with lentils and mushrooms, has great flavor. Make sure you cook it long enough so the inside is not too soft.

1 19-ounce can chickpeas (garbanzo beans), drained and rinsed

1 clove garlic

2 tablespoons chopped cilantro (or parsley)

1½ teaspoons ground cumin

1½ teaspoons ground coriander

1 teaspoon salt

1/2 teaspoon black pepper

1 carrot, roughly chopped

8 ounces sliced mushrooms

2 tablespoons all-purpose flour

1 egg, beaten

1/4 cup panko breadcrumbs

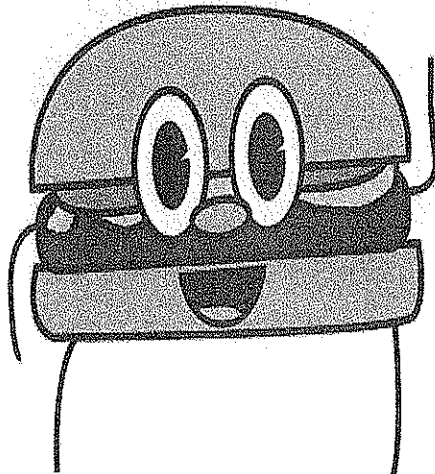
2 tablespoons olive oil

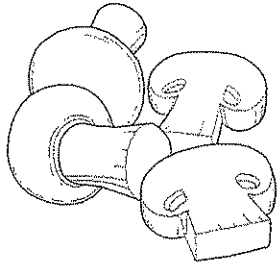
In a food processor or blender, add the chickpeas, garlic, cilantro, cumin, coriander, salt and pepper. Pulse until the mixture has a choppy, paste-like consistency.

Using a rubber spatula, transfer the chickpea mixture into a large bowl and set aside.

Add the mushrooms and carrots to the food processor and pulse until finely minced. Using a rubber spatula, add the mushroom mixture to the bowl with the chickpea mixture. Add the flour, egg and panko, then stir until combined. Form into four burger patties.

In a large skillet, heat the oil over medium-high heat. Add the patties and cook for about 7 minutes per side, until golden brown. Serve in pita pockets topped with avocado, tomato and store-bought tzatziki sauce.





Siri's Mushroom and Lentil Veggie Burgers

www.todayshow.com/recipes

I thought the texture of this burger was meat like and satisfying. Next time I make it I want to experiment a bit with the spices to give it a bit more flavor.

3 Tablespoons olive oil, divided

8 ounces mushrooms, chopped finely by hand or in a food processor

1 small onion, diced

1 clove garlic, minced

1 teaspoon Worcestershire sauce

1 cup cooked lentils

1 cup breadcrumbs

1 egg, lightly beaten

1 teaspoon salt

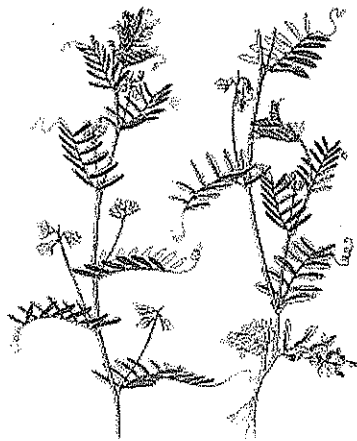
1/2 teaspoon pepper

In a large skillet, heat 1 tablespoon of the olive oil over medium heat. Add the mushrooms, onion and garlic and

sauté until tender and the onions are translucent, about 7 minutes. Stir in the Worcestershire sauce, remove from the heat and let cool briefly.

Transfer the mushroom mixture to a large bowl. Add the lentils, breadcrumbs, egg, salt and pepper to the bowl. Stir to combine.

Form into four patties and refrigerate for 30 minutes. When ready to cook, in a large skillet, heat the remaining olive oil over medium-high heat. Add the burger patties and cook until crispy, about 5 to 7 minutes. If desired, add a slice of cheese on top of each patty, cover and cook for 1 minute. Serve each patty on a whole wheat bun with your favorite condiments.



Lentil plants

Chana Saag

<http://www.budgetbytes.com/2013/05/chana-saag/>

I loved the Chana saag we had at Gandhi Mahal so well that I search for an at-home recipe to try. It is delicious and filling! I think fresh ginger is the key.

2 Tbsp olive oil

1 medium onion

2 cloves garlic

2 inches fresh ginger

1 Tbsp curry powder (hot or mild)

1 tsp cumin

$\frac{3}{4}$ tsp salt

1 large tomato

1 pound frozen chopped spinach (I used fresh spinach)

1 (19 oz.) can chickpeas

1 (12 oz.) can evaporated milk (I used regular milk and eliminated the water.)

$\frac{1}{2}$ cup water

Dice the onion and mince the garlic. Add both to a large skillet with the olive oil. Use a vegetable peeler or the side of a spoon to scrape the skin from the ginger. Once peeled, grate the ginger on a cheese grater straight into the skillet. Sauté the onion, garlic, and ginger over medium-low heat for about 5 minutes, or until the onion is soft and transparent. While these are cooking, dice the tomato.

Add the curry powder and cumin to the skillet and continue to stir and cook for one minute more. Add the diced tomato and salt. Continue to cook for about five minutes more, or until

the tomato has broken down and is no longer holding its diced shape.

Drain the chickpeas in a colander and give them a quick rinse. Add the rinsed chickpeas, frozen spinach, and a half cup of water to the skillet. Stir everything together and then bring it up to a simmer over medium heat. Let the mixture simmer for five minutes so that the flavors can meld and everything heats through.

After five minutes most of the water should have simmered away. Turn the heat down a bit (medium-low) and add the evaporated milk. Depending on how thick you want the sauce, you can either just heat through or let it simmer until thickened. If you prefer a smoother Chana Saag, you can use an immersion blender to purée some of the mixture, or transfer half of it to a blender and carefully purée it. I left mine chunky.

