

Veggies in Disguise Recipes

Spring 2018

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

2-Ingredient Sweet Potato Pancakes

Vegetarian, dairy-free, gluten-free. Allergens: Eggs.

Ingredients

- 1 cup cooked sweet potato
- 4 eggs
- Oil for cooking

Instructions

1. Mash sweet potato with a fork and whisk together with eggs and optional seasonings.
2. Heat oil on medium-low in a naturally nonstick pan, such as a cast iron skillet.
3. Drop sweet potato mixture by the tablespoon into the pan and cook each side for 3-5 minutes, then flip and cook an additional 3-5 minutes, until both sides are browned.

Serves 2



Topping Ideas

- Fresh fruit
- Nuts
- Nut butter
- Fruit compote
- Berry chia jam
- Greek yogurt with cinnamon
- Salsa

Berry Chia Jam

Topping idea for Sweet Potato Pancakes

Mash about 2 cups berries (fresh or frozen then thawed) with 2 tablespoons chia seeds and add optional sweetener to taste. Chill for at least 1 hour, adding more chia seeds to thicken if necessary.

Chocolate Pumpkin Pie

Vegetarian, can be dairy-free and vegan. Allergens: Wheat (crust)

Ingredients

- 1 cup dark chocolate chips
- 15 ounce can pumpkin puree (1 ¾ cup)
- ¼ to ½ cup sugar
- 2 teaspoons cocoa powder
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 1 store-bought pie crust

Instructions

1. Melt chocolate in a bowl in the microwave, heating for 30 seconds at a time and stirring, repeating until just melted.
2. Place pumpkin, sugar, cocoa powder, vanilla, and salt in food processor and puree. Add melted chocolate and puree until very smooth. You can taste the mixture at this point and add a little more sugar if necessary.
3. Pour pumpkin mixture into pie crust and use a spatula to smooth it out. Refrigerate until firm, at least 4-6 hours. This pie seems to taste more like a chocolate cream pie and has less pumpkin flavor after being refrigerated for one day, which you may consider a good thing! Serve chilled.

Serves 8-12



Other Ideas

Purees



- Soups
 - Asparagus
 - Broccoli Cheeze*
 - Carrot Apple*
 - Curried Cauliflower*
 - Mushroom
 - Red Pepper
 - Roasted Tomato
 - Squash
- Sauces, hummus
- Baking – replace some sugar/oil
- Salad Dressings – roast vegetables, puree with a little water, mix with oil and vinegar.

Mash



- Butternut Squash
- Cauliflower*
- Celery Root
- Parsnip
- Sweet Potato*

Rice



- Broccoli
 - Cauliflower*
 - Mushrooms
- (ground meat substitute)

Fries



- Carrot
- Eggplant
- Green Beans*
- Parsnip*
- Sweet Potato*

Noodles



- Broccoli Slaw
- Carrot*
- Cucumber*
- Spaghetti Squash*
- Sweet Potato*
- Zucchini*

Chips



- Beets
- Brussels Sprouts*
- Carrots
- Kale*
- Seaweed*