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Peanut Slaw

Vegan. Allergens: peanuts, soy.

Serves 4

Ingredients

- 3 cups napa cabbage
- 4 large carrots
- 4 green onions
- 1 teaspoon sesame seeds
- ¼ cup chopped peanuts

Dressing:

- 3 tablespoons peanut butter
- 2 tablespoons rice wine vinegar
- 1 tablespoon reduced sodium tamari or soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons lemon juice (about 1 lemon)

Instructions

1. To make the dressing, combine all of the dressing ingredients in a small bowl and whisk vigorously to combine, or puree in a blender.
2. In a large salad bowl, combine cabbage, carrot, green onions and radishes. Toss with dressing. Top with sesame seeds and peanuts. Serve immediately or chill before serving. This salad is best the day it's prepared although it's just fine the next day if covered and refrigerated.

Adapted from thekitchn.com

Featured Kitchen Tools

- Food processor
- Citrus juicer
- Blender (optional)



Cauliflower Mash

Vegan.

Serves 4-6

Ingredients

- 1 head cauliflower, roughly chopped into florets (about 3 cups)
- 2 tablespoons extra virgin olive oil
- 1-2 cloves garlic (start with 1)
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Instructions

1. Steam cauliflower for 7-8 minutes, until fork tender. Set aside and let cool.
2. In a food processor, add cooled cauliflower, 1 clove garlic, olive oil, salt and pepper. Puree until smooth. Add more garlic, salt or pepper to taste, or more olive oil to make it creamier.

Featured Kitchen Tools

- Steamer basket
- Food processor

Tip: Spice it up! Although this recipe tastes great on its own, you can add some flair with leeks, chives, or a little cheese.

Orange Poppy Seed Salad Dressing

Vegan. Allergens: nuts



Serves 4

Ingredients

- 3 oranges
- ¼ cup olive oil
- 1 tablespoon shallot, minced
- 2 teaspoons Dijon mustard
- 1 teaspoon poppy seeds
- Salt and pepper to taste
- 8 cups baby spinach
- ½ cup pecans

Instructions

To make dressing:

1. In a blender or food processor, combine ¼ cup orange juice and zest of 1 orange, along with olive oil, shallot, and Dijon mustard.
2. Stir in poppy seeds and salt and pepper to taste. Add up to 2 tablespoons water to thin if necessary.

To make salad:

1. Cut peel off of orange and cut into slices.
2. Top spinach with remaining fruit and pecans. Toss with dressing and serve.

Featured Kitchen Tools

- Blender or food processor
- Citrus juicer
- Zester

Keep it seasonal

During summer, use 2 cups strawberries instead of oranges. Use ¼ cup strawberries in the dressing, and slice the remaining berries for the salad.

Banana Blender Pancakes

Vegetarian. Allergens: nuts, egg



Serves 4

Ingredients

- 2 cups rolled oats
- 1 ¼ cup unsweetened almond milk
- 1 banana
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 1 large egg
- 1 ½ teaspoons baking powder
- 2-3 teaspoons oil such as canola or coconut

Instructions

1. Combine all ingredients except oil in blender and puree until fairly smooth.
2. Heat 1 teaspoon of oil in a large nonstick pan or griddle over medium heat.
3. For each pancake, spoon about ¼ cup of batter into the pan and spread with the back of the spoon to make it round.
4. Cook until the bottom edges start to brown a bit, 1-2 minutes, then carefully flip with a spatula. Continue cooking until underside is browned, 1-2 minutes more.
5. Remove from pan and continue steps 3-4 with remaining batter, adding more oil to the pan as needed.
6. Serve with bananas, peanut butter, or other toppings.

Featured Kitchen Tools

- Blender

Adapted from maybeiwill.com/blender-oatmeal-pancakes