

UC-VEG

Umpqua Community Veg Education Group

PO Box 675 | Roseburg, OR 97470 | 541-378-6359 | UmpquaCommunityVeg@gmail.com | ucveg.org

Apple Crisp

8 large apples peeled and sliced
2 cups unsweetened pineapple juice
3 Tbs cornstarch

Place peeled, sliced apples in the bottom of a 9x9 baking dish.

Thicken pineapple with the cornstarch. Whip until a smooth consistency, and spread over apples.

Precook, bake apples for 20 minutes at 350 degrees.

Crumb Topping

2 cups of quick oats
1 cup of whole wheat pastry flour
1/4 cup wheat germ
1/4 cup nuts (your choice)
1/4 cup brown sugar
1/4 tsp salt
1 tsp vanilla
1/2 cup canola oil (or earth balance)
1/4 cup water

Sprinkle crumbs over baked apples.

Return to the oven for additional 35- 40 minutes until brown.

Note: you can also place crumb topping over peaches or canned fruit. No precooking is needed.

Holiday Soy Curls – Turkey Alternative

(serving size 4)

1 large onion
4 ounces can of Shitake mushrooms (rinsed) or 4 oz of fresh portabella mushroom cut into bite size pieces

In a large pan, dry sauté the onion with the mushrooms on low heat. Add additional water or vegetable broth to keep onions from sticking. (For a quick meal, cook onion until translucent. For a holiday meal, caramelize the onion until a golden brown.)

Once onions are cooked to the desired level, add the mushrooms.

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Prepare seasoning and soy curls

- 1 cup water
- 1 ½ tbs of Bragg's Liquid Aminos
- 2 tbs of vegan chicken style seasoning
- ½ tsp of rubbed sage
- ½ tsp of Italian spice
- ¼ tsp of garlic powder
- Pinch of white pepper (optional)
- 3 cups soy curls

Combine water, Bragg's, seasoning, and spices. If needed microwave for 1 minute to ensure that the vegan chicken seasoning dissolves. Pour mixer over onions and mushrooms. Add soy curls and toss. Simmer. Continue to cook on low until soy curls are soft and have absorbed all of the liquid. If needed, add additional water or vegetable broth so that the dish is moist.

Serve with a vegan gravy.

*Double recipe for larger groups. For left overs, add barbeque sauce, or mustard and pickles to the soy curls and serve on toasted whole wheat buns. Microwave one minute to heat.

Holiday Loaf

(1/2 cup serving, 172 Cal/serving for 10 serving)

- 1 cup water
- ¼ cup garbanzos, soaked several hours or overnight
- In a dry blender, chop:
 - ½ cup almonds
 - ½ cup sunflower seeds
- Drain soaked garbanzos and blend with ½ cup of water
- Combine the above into a mixing bowl with:
 - 1 cup water (total water is 1 ½ cups)
 - 1 onion chopped
 - ½ cup celery chopped (optional)
 - 1 cup oatmeal
 - 1 cup seasoned dry crumbs
 - 1 Tbs chicken-like seasoning
 - 1 tsp marjoram
 - 1 tsp salt (optional)
 - 1 tsp Italian spice mix (optional)
- Press into Pyrex loaf pan and Bake at 350 for 45-50 minutes