

## Canadian Menu

**Tomato & Corn layered Salad:** makes are large bowl to serve 4-6

I make this in a glass bowl so you can see the layers.

Get the following veggies cut and put aside:

- 4 medium vine ripe tomatoes (cubed into ½ inch pieces)
- 4 fresh cobs of corn (cup off the cob)
- 1 head of Romaine lettuce (chopped)
- ½ cup white onion (finely chopped)



To assemble layer the veggies as follows until you have used them up:

Lettuce – tomatoes – onion – corn – lettuce – tomatoes – onion – corn

Drizzle with the Avocado Basil dressing and keep cold until ready to serve.

### Avocado Basil Dressing:

Put the following ingredients into a blender and blend until creamy:

- ½ cup apple cider vinegar
- ½ of a ripe avocado
- 1 handful fresh basil
- 1 clove garlic
- 2 tsp. maple syrup

**Veggie Burgers:** makes 8-12 two inch burgers

Soak your pecans (other combinations of nuts can be substituted; walnuts, almonds, hazelnuts or brazil-nuts). Harder nuts need to be soaked for at least 6 hours.

**Nut Loaf:** Soak the following for 2 hours

- 1 cup of each: walnuts & pecans
- 1 cup sunflower seeds

Meanwhile cut your vegetables into cubes:

- ½ cup of each: celery, onion & zucchini
- 1 med tomato
- 1 cup carrots
- 2 cups shredded cabbage

Put this into your food processor and pulse until it looks like a coarse meal.

Drain nuts and transfer this to the food processor and add the following spices

- 1 tsp. of each: garlic, basil, rosemary & sage
- ½ tsp. of each: cayenne, curry & oregano

Process well, then put into a large bowl and add:

- 1 ½ cups steel cut oatmeal
- ½ to ¾ cups fresh ground flax seed

Mix well until all ingredients are wet. Mold mixture into 1" thick burgers (or a loaf about 2" thick) on Teflex sheets for dehydrator then dehydrate for 3-4 hours and turn, continue dehydrating for another 1 hour. It will take twice as long to do the loaf. Serve the veggie burgers on a multi-grained bun with the relish below and some lettuce, sliced tomatoes and onion along with some vegan organic mustard.

**Zucchini/Cucumber Relish:** make 3 cups

Put the following in your food processor and pulse until chunky:

- 1 cup zucchini or cucumber
- 2 plums
- ¼ cup sweet onion
- ¼ cup celery
- 4 leaves fresh mint (or 1 tsp. dried)

Keep cool until ready to serve, keeps well for 3-5 days



**Fresh Corn on the Cob:** this is the easiest thing to make .... Just peel, wash and serve raw! I get my non GMO corn at the Farmers Market that sells many organic vegetables.

**Macaroni and Cheese:** serves 4-6 people

First boil your macaroni noodles (we used penne) until they are “al dante” (firm but not hard)

- 2 cups pasta noodles
- 4 cups water
- 1 tbsp. coconut oil
- Sea salt to taste



Rinse the pasta then put aside until the cream cheese sauce is ready.

**Creamed Cheese Sauce:** makes 2 -3 cups

Sauté the following in a large saucepan, on medium heat until lightly browned and tender

- 1 small onion (diced)
- 2 cloves of garlic (minced)
- 1 tsp. of each: basil & thyme
- 3 tbsp. coconut oil
- ½ cup of each: chopped red peppers & tomatoes

Whisk in the flour stir well then add the milk and rice cheese slices gradually:

- 3 tbsp. whole wheat or spelt flour
- 1-2 cups coconut milk
- 3-4 rice cheese slices
- sea salt to taste

Slowly whisk until you get a nice creamy sauce, turn heat down to low until ready to use.

To assemble mix in the pasta noodles and stir until well coated – put in a 2 quart baking dish. Sprinkle with bread crumbs and bake under the broiler until slightly browned – serve hot.



**Mile High Raw Apple Pie:** makes a 9 inch pie

**Almond Crust:** Soak the almonds (or any nut combination) in distilled water overnight, then strain.

Put the following in your food processor and process until crumbly:

- 1 ½ cup almonds
- ¾ cup dates (soak for 1-2 hours if they are hard to soften them, then drain off the water)
- ½ cup unsweetened coconut

Pat into your pie plate and put aside.

**Maple Syrup Cashew Drizzle:**

In a blender process the following until creamy and thin enough to drizzle:

- 1 cup cashews (soak for 1 hour then strain)
- 2 Medjoul dates (soaked with cashews)
- ½ tsp. cinnamon

Put this aside until pie is ready then drizzle over the whole pie.

**Apple filling:**

Core and slice the apple thinly and put into a large bowl with the following:

- 4-5 apples
- 2-4 tbsp. maple syrup
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- ¾ cups raisins

Toss the apple slices until they are well coated then fill the pie crust until they are 3 inches high in the middle.

You can also warm the pie up in your dehydrator for 1 hour at 105F. Cut into wedges or just scoop into bowls.

**Watermelon:** one of the best summer B-B-Q desserts .... So cool and again so easy!

