

Italian Menu

Tomato Asparagus Bruschetta

Simple Bread Dough: makes an 8 inch round

Measure the wet ingredients into a small bowl:

- 1 cup warm water
- 1 tbsp. Active Dry Yeast
- 1 tsp. honey

Set this aside while you prepare the dry ingredients

Put the dry ingredients in a large bowl:

- 1 cup unbleached flour
- 1 cup whole wheat flour
- ½ tsp. Celtic Sea Salt
- 1 tsp. of each: dried basil, rosemary & garlic powder

Mix together with water and knead into a ball – let sit for 10 minutes to rise.

Pat out on a lightly floured board into two 8" rounds then cover with the bruschetta topping and bake at 425F for 15-20 minutes.

Bruschetta Topping: makes 2 cups

Put the following in a medium sized bowl:

- 3 medium tomatoes cubed
- ½ cup asparagus spears (cut into ½ inch pieces)
- 3 green onions chopped (or ½ cup white onion finely chopped)
- 1 finely chopped clove of garlic (or ½ tsp. garlic powder)
- 2 tbsp. extra virgin olive oil
- Sea salt to taste

Mix well with a fork to blend all the flavours. Set aside while bread is baking or serve on any healthy bread or flax crackers.

Raw Zucchini Lasagna with Raw Marinara Sauce: serves 4

This layered lasagna uses zucchini instead of pasta noodles – you will need to thinly slice a zucchini lengthwise – I use a potato peeler to get it really thin (leave the skin on to get a nice coloured edge)

Thinly slice the following vegetables then put aside to use when you layer the lasagna:

- 2 medium zucchini
- 8 medium white mushrooms
- 1 red pepper

You will also need the following sauces (see recipes below) for layering:

- 2 cups Marinara (recipe opposite)
- 1 cup sunflower seed cheese (recipe below)
- 1 cup basil pesto (recipe below)



Marinara

Sauce: makes 2 cups

Put the following in your food processor and pulse until chopped coarsely:

- 2 plum tomatoes
- ¼ cup of each chopped vegetable: onion, celery, bell peppers
- 2 cloves of garlic (finely minced)
- ¼ cup sun dried tomatoes (soaked for 1 hour then drained)
- ½ tsp. of each: dried oregano, thyme and basil
- Sea salt to taste

Sunflower Seed Cheese: makes 2 cups

Put the following in your food processor and blend until creamy:

- 2 cups sunflower seeds (soaked for 2 hours then drained)
- ¼ cup nutritional yeast
- ¼ cup chopped mushroom stems
- 2 tbsp. chopped onion
- 1 clove of garlic
- 1 lemon juiced (bout ⅓ cup)
- Sea salt to taste and a pinch of cayenne pepper

Basil pesto: makes 1 cup

I use my mini blender to make this – put all the following ingredients into the small cup then blend until a creamy liquid:

- 1 ½ cups fresh basil (packed)
- ⅓ cup extra virgin olive oil
- 1 clove garlic
- Sea salt to taste

Lasagna Assembly: put a layer of spinach leaves on a long narrow plate then alternate the following repeating the sequence two or three times:

- 3 slices of zucchini
- Sunflower seed cheese – spread thinly
- Mushrooms and red peppers
- Marinara sauce – spread thinly

Garnish with the pesto sauce and a sprinkle of sunflower seeds – serve with a salad

Raw Zucchini Spaghetti: serves 3-5 people

You will need a spiral vegetable slicer to make the zucchini spaghetti noodles – I use a Spirooli using the thin cutting blade (the thick blade will give you a linguine noodle)

Process to make 4 cups of spaghetti noodles

- 2 large zucchini (about 1 ½ inches round and 6-8 inches long)

Place these raw zucchini noodles on a large platter making a hole in the middle.

Put 2 cups of the Marinara sauce (see recipe in this section) in the middle of the noodles then sprinkle with the following chopped veggies:

- ½ cup mushrooms
- ¼ cup celery
- ½ cup yellow bell peppers
- ¼ cup cucumber

Serve with a salad and Bruschetta.



The Biscotti: makes 24

When I was young I had a close friend who came from a traditional Italian family. They showed me how to make this simple dessert. Here we have the same flavours baked in a dehydrator at a low temperature so the enzymes are still active – a great raw cookie.

Put the following ingredients in a large bowl:

- 1 cup freshly ground flax seed
- 1 ¼ cups water
- ½ cup oatmeal
- 2 freshly ground Stars of Anise
- 1 tbsp. freshly ground fennel
- 1 tsp. cinnamon

Stir until well mixed and let sit for 15 minutes then add:

- ¾ cup coconut flower

Stir again until well mixed then spread onto a Paraflex sheet (or parchment paper)

Spread about 1" thick and about 6" long then cut into 1" strips about the size of a hotdog

Place in a dehydrator at 105F for 4-6 hours. Turn and take off the Paraflex sheet and put back in the dehydrator for another 4-6 hours until very crisp. Serve with a hot cup of tea or herbal coffee.

