

## Christmas Menu with Recipes

### Menu

- Baked Acorn Squash with Wild Rice Mix Stuffing
- Braised Broccoli with Slivered Almonds and Orange Dressing
- Tofu Spinach Pasties
- Mushroom Gravy
- Maple Walnut Pie

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### Baked Acorn Squash with Wild Rice Mix Stuffing

Serves: 4-6

#### Ingredients

2 acorn squash

Sunflower oil – for coating squash and baking seeds

Bragg's Liquid Aminos, or tamari for baking seeds (optional)

1 cup wild rice mix (presoaked)

½ cup butter (¼ for sautéing shallots and ¼ for sautéing celery)

1 cup shallots, coarsely chopped

Pinch Celtic salt

2⅓ cup water

2 tablespoons vegetable broth powder

2 teaspoons dried basil

1 teaspoon dried sage

¾ teaspoon dried thyme

1 cup celery, minced

¾ cup fresh parsley, minced

⅓ toasted sunflower seeds

Salt and pepper to taste



## Instructions

Preheat oven to 375°.

Wash and dry 2 acorn squash. Cut each in half length-wise. Scrape out pulp and seeds. Wash pulp from seeds and set seeds aside.

Cover a baking tray with parchment paper. Coat squash halves inside and out with sunflower oil and place face down on tray. Bake at 375° for 50 minutes, or until soft when knife inserted.

Cover another baking tray with parchment paper. Spread squash seeds on tray and drizzle over sunflower oil and Bragg's, or tamari. Bake at 375° for 10 to 15 minutes, or until lightly toasted. Toasted seeds may be used as garnish for baked squash or other dishes, or as a snack.

In a pressure cooker heat ¼ cup butter over medium heat. Add 1 cup chopped shallots and a pinch of Celtic salt. Sauté about 5 minutes, until shallots become translucent.

Add soaked and drained wild rice mixture, 2⅓ cups water, 2 tablespoons vegetable broth powder, 2 teaspoons dried basil, 1 teaspoon dried sage and ¾ teaspoon dried thyme.

Secure lid of pressure cooker and bring to a boil on high heat. Lower heat and simmer for 12 minutes (or as needed, according to pressure cooker used).

Turn heat off. Let pressure cooker cool until it is safe to open.

While rice is cooking sauté in a skillet until soft ¼ cup butter and 1 cup minced celery.

When rice is done mix together cooked wild rice mixture, sautéed celery, ¾ cup fresh minced parsley, ⅓ cup toasted sunflower seeds, and salt and pepper to taste.

When acorn squash are done, fill with wild rice stuffing. Garnish with fresh minced parsley.



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## Braised Broccoli with Slivered Almonds and Orange Dressing

Serves: 4-6

### Ingredients

2 bunches broccoli (about 4 stems)  
2 tablespoons olive oil  
1½ teaspoons Bragg's Liquid Aminos  
1 tablespoon ginger juice (about 2-inch piece fresh ginger)  
1 tablespoon honey  
3 tablespoons fresh-squeezed orange juice  
¼ cup toasted slivered almonds

### Instructions

Wash broccoli and cut into bite-sized flowerets. Peel stems and slice diagonally. Steam flowerets and stems until crisp-tender.

In a blender blend together 2 tablespoons olive oil, 1½ teaspoons Bragg's, 1 tablespoon ginger juice, 1 tablespoon honey and 3 tablespoons orange juice.

Lightly mix dressing into cooked broccoli and sprinkle over ¼ cup toasted slivered almonds.

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## Tofu Spinach Pasties

Serves: 6-8 (16 small pasties)



## Ingredients

Sunflower oil or butter

¼ cup olive oil

1 cup onion, minced

4 green onions, minced

10 ounces fresh baby spinach, rinsed dried and chopped

1 teaspoon garlic powder

½ cup fresh parsley, chopped

7 ounces firm tofu (half tofu package) crumbled by hand, and mashed with fork

2 tablespoons lemon juice

2 teaspoons Sea salt

½ teaspoon black pepper

2 sheets puff pastry thawed (Ready to bake sheets 17.3 oz. package)

¾ cup white flour.

1 egg

## Instructions

Preheat oven to 400°.

Place parchment paper on a baking tray and brush with sunflower oil or butter.

To begin the stuffing, sauté in a large skillet until soft and lightly browned ¼ cup olive oil, 1 cup minced onion and 4 minced green onions.

Add baby spinach and sauté until limp, about 2 minutes. Add 1 teaspoon garlic powder and ½ cup fresh chopped parsley.

Remove from heat and set aside to cool.

In a large bowl, mix half a package (7 ounces) firm tofu, crumbled by hand and mashed by fork, with 2 tablespoons lemon juice, 2 teaspoons sea salt and ½ teaspoon black pepper.

Strain spinach mixture in colander to remove excess liquid. (If too much liquid, filling will be too moist and it will be difficult to seal pasties.)

Mix spinach mixture with tofu and set aside.



Unroll 2 sheets puff pastry. Use white flour on counter top to prevent dough from sticking while rolling out, about  $\frac{3}{4}$  cup for 2 sheets puff pastry.

Roll out each puff pastry sheet thin enough to make 6 rounds about  $4\frac{1}{2}$  inches in diameter. To cut rounds, use a container with this diameter. (A 32-ounce yogurt container works well.)

After cutting 6 rounds, roll out leftover dough, and cut another two rounds. Each sheet should allow 8 rounds with a little left over for decoration.\*

Divide the spinach tofu stuffing mixture into 16 portions (about  $1\frac{1}{2}$  to 2 tablespoons of stuffing for each pasty).

Place the filling on one half of each dough round, leaving  $\frac{1}{4}$ -inch space around the edge.

Brush a small amount of water on the edge (just enough to make it sticky; too much makes it slippery), and close the pastry, pressing it together with a fork to seal.

Pierce the top of each pasty with a sharp knife or fork for release of steam while baking. Brush with egg-wash (one beaten egg with 1 tablespoon water) or milk.

Bake on parchment oiled baking tray at  $400^{\circ}$  for 15 to 20 minutes or until golden brown.

Serve with Mushroom Gravy.

\*For decoration, use a star-shaped cookie cutter to cut pieces of any leftover dough. Brush the back of each star with water and place a star on the top of each pastry before baking.

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## Mushroom Gravy

Makes  $2\frac{1}{2}$  cups

### Ingredients

4 tablespoons olive oil



3 cups white button mushrooms, thinly sliced  
1 tablespoon vegetable broth powder  
2 cups water  
¼ cup Bragg's Liquid Aminos  
2 tablespoons fresh ginger juice\* (about a 4-inch piece)  
¼ cup cold water  
2 tablespoons arrowroot powder

## Instructions

Sauté in a large skillet, until golden, 4 tablespoons olive oil and 3 cups sliced mushrooms, about 5 minutes.

In a small pot boil 2 cups water and add 1 tablespoon vegetable broth powder. Add ¼ cup Bragg's Liquid Aminos and 2 tablespoons fresh ginger juice.

Add the sautéed mushrooms to the simmering mixture. Set aside.

Mix in a bowl ¼ cup cold water and 2 tablespoons arrowroot powder. (One tablespoon of Arrowroot will thicken one cup of liquid.)

Add to the mushroom mixture and stir frequently until liquid thickens.

\* To make ginger juice, grate unpeeled ginger root, place small amount at a time into palm of hand and squeeze juice into a bowl. Discard ginger pulp. Or use a garlic press to squeeze fresh ginger by placing grated, unpeeled ginger in garlic press and squeezing juice into a bowl.

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## Maple Walnut Pie

Serves: 8



## Ingredients

1½ cups whole wheat pastry flour\*  
½ teaspoon sea salt  
⅓ cup sunflower oil  
¼ cup cold water  
½ cup butter  
½ cup agave  
¼ cup maple syrup  
¼ teaspoon stevia powder (sweetening equivalent of ¾ cup brown sugar)  
3 eggs  
1 teaspoon vanilla  
½ teaspoon sea salt  
2 cups chopped walnuts  
Whipped cream (optional)

## Instructions

Preheat oven to 375°.

To make whole wheat crust\*\*, mix in a bowl 1½ cups whole wheat pastry flour and ½ teaspoon sea salt. Add ⅓ cup sunflower oil and ¼ cup cold water. Combine, forming into a loose ball of dough.

Place dough in an oiled 9-inch glass pie dish. Press out evenly with fingers, starting from the center until it fully covers the bottom and sides of the dish. Prick bottom of dough with fork to prevent bubbling.

Bake for 15 minutes at 375°. Remove from oven and set aside.

To make walnut filling:

In a 2-quart saucepan melt ½ cup butter, ½ cup agave, ¼ cup maple syrup and ¼ teaspoon stevia powder.

Turn heat off.

Beat 3 eggs and add slowly to mixture, whisking all the while. While whisking add 1 teaspoon vanilla, ½ teaspoon sea salt and 2 cups chopped walnuts.



Pour into partially baked pie shell and bake at 375° for 30 minutes or until filling is set. Allow to cool before cutting.

Serve with sweetened whipped cream.

\* For those with wheat allergies:

## Non-Wheat Nut Crust

### Ingredients

3 tablespoons sunflower or other vegetable oil

3 tablespoons maple syrup

1/3 cup arrowroot

1/3 cup quinoa flour

2/3 teaspoon cinnamon (optional)

1 cup ground walnuts

### Instructions

Preheat oven to 350°.

Mix 3 tablespoons sunflower oil and 3 tablespoons maple syrup. Add 1/3 cup arrowroot, 1/3 cup quinoa flour and 2/3 teaspoon cinnamon. Mix in 1 cup ground walnuts.

Press crust into bottom and sides of lightly oiled 9-inch glass pie pan. (Avoid bringing crust all the way up to the rim, to prevent burning while baking.)

Bake crust at 350° for 5 minutes. Let cool for 5 minutes before adding filling.

\*\* An alternative crust that uses butter:

## Tender Whole Wheat Pie Crust

### Ingredients

3/4 cup unbleached white flour

3/4 cup whole wheat flour



1 stick (½ cup) cold butter, cut in large pieces  
3 tablespoons cold water

## **Instructions**

Preheat oven to 400°.

Place in bowl of food processor ¾ cup unbleached white flour, ¾ cup whole wheat flour and 1 stick cold butter, cut in large pieces

Turn on food processor. Add 1 tablespoon cold water at a time until a ball of dough forms (approximately 3 tablespoons cold water).

Roll out dough on lightly-floured board. Place in a 9-inch pie plate. Flute the edges and prick bottom and sides with fork.

Bake at 400° for 8 to 10 minutes. Allow to cool for 5 minutes before adding filling.

