



peas

FAMILY FAVORITES

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Dear VIPeas,

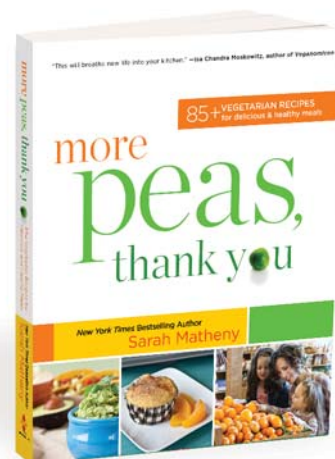
Thank you so much for preordering a copy of **MORE PEAS, THANK YOU.**

I'm thrilled that you are as excited as I am about the next installment of delicious recipes and stories that will (hopefully) make you smile.

In gratitude for your support, we've put together this e-cookbook just for you (yes, you!). In it you'll find some of our family's favorite recipes, savory favorites like our Thai Fried Quinoa and sweet treats like Totally Oatmeal Scotchies. Make a few or make them all! Just know that they come straight from my kitchen and my heart to you!

Happea eating!

Sarah



Thai Fried Quinoa

Don't ever eat plain quinoa again.



INGREDIENTS (Serves 4)

- 1 c. dry quinoa
- 1 c. coconut milk
- 1 c. vegetable broth
- 1/3 c. chopped green onions
- 1 T. minced ginger
- 2 t. minced garlic
- 1 c. frozen peas
- 1 c. pineapple
- 1/4 c. cilantro, chopped
- 1 T. lime juice
- 2 T. reduced sodium soy sauce
- 1/2 c. scrambled tofu (optional—see recipe in our book)
- Optional garnishes: lime wedges, peanuts, cilantro, cherry tomatoes

INSTRUCTIONS

- Place a saucepan over medium-high heat and add quinoa, stirring every minute or so until quinoa is toasted.
- Combine coconut milk and vegetable broth and add to quinoa.
- Bring to a boil. Lower heat to a simmer, cover and cook for 15-20 minutes, or until liquid is absorbed.
- Meanwhile, coat a large skillet with cooking spray or a light spritz of oil and place over medium-high heat. Add green onion, ginger and garlic and sauté for a minute or two.
- Add peas, pineapple and cilantro and sauté for an additional minute.
- Add quinoa to the skillet and cook until starting to slightly brown and crisp.
- Finish with lime juice and soy sauce and add in scrambled tofu, if using.
- Serve and garnish.

Garden Enchilada Bake

Zesty quinoa and zucchini, all smothered in creamy enchilada sauce, and baked up until bubbly and melty.



INGREDIENTS (Makes 6 servings)

- 1 c. quinoa, rinsed and drained
- 1 1/2 c. vegetable broth
- 1 15 oz. can organic tomato sauce, divided
- 2 1/2 t. chili powder, divided
- 1/2 t. oregano
- 1 zucchini, shredded and squeezed to release all excess moisture
- 1/3 c. non-dairy (i.e. Tofutti) or organic cream cheese
- 1 clove of garlic, minced
- 1/2 t. cumin
- salt and pepper to taste
- 1 c. non-dairy (i.e. Daiya) or organic mozzarella cheese, shredded
- 1 3 oz. can sliced olives, drained
- 1 avocado, sliced
- cilantro for garnish (optional)

INSTRUCTIONS

- Preheat oven to 375 degrees.
- In a medium stockpot, combine quinoa, broth, 1/2 cup of tomato sauce, 2 teaspoons of chili powder and oregano. Bring to a boil over medium high heat. Reduce heat, stir and cover, simmering for 15-20 minutes. Remove lid and cook for an additional minute or two, or until all of the liquid has been absorbed and quinoa is fully cooked.
- Add shredded zucchini, remaining tomato sauce, remaining chili powder, cream cheese, garlic and cumin and heat until fully incorporated. Season with salt and pepper to taste.
- Transfer mixture to a large casserole dish (2 qt. or larger) that has been lightly spritzed with olive oil or cooking spray.
- Top casserole with grated cheese and sliced olives. Bake for 25-30 minutes or until cheese is bubbly.
- To brown the top of the casserole, you can switch the oven over to the broil setting for the last several minutes.
- Garnish with avocado slices and fresh cilantro, if desired.

Loaded Baked Potato Soup

This soup is just plain delicious, no matter how you top it.



INGREDIENTS (Serves 6)

- 1 T. olive oil or organic butter
- 1 1/2 c. chopped onion (approx. 1 medium onion)
- 5 c. cauliflower florets (approximately 1 lb.)
- 1 large baking potato, peeled and diced
- 1/2 t. salt
- 4 c. vegetable stock
- 1 1/2 c. non-dairy (plain, unsweetened) or organic milk
- 1 c. non-dairy or organic shredded cheese
- salt and pepper to taste
- garnishes: smoked paprika, additional cheese of choice, sliced green onions, non-dairy or organic sour cream

INSTRUCTIONS

- Place a large stock pot over medium-high heat and add oil or butter. Add the onion and saute for a few minutes. Add cauliflower, potato, salt and stock and bring to a boil. Reduce heat and simmer for 20 minutes, or until vegetables are tender. Set aside to cool slightly.
- Using a blender or immersion blender, puree the soup. Return the soup to the pot and add milk of your choice. Bring to a low boil over medium heat, stirring constantly. Add cheese and lower the heat, stirring until the cheese has melted.
- Adjust seasoning to taste. Serve immediately, passing desired garnishes at the table.

Spaghetti Squash Casserole

Crazy fast. Crazy easy. Crazy good.



INGREDIENTS (6 servings)

- 1 large spaghetti squash (approximately 7-8 c. of squash strands)
- 2 c. marinara sauce
- 2 t. dried oregano
- 2 t. dried basil
- 1/2 c. non-dairy (i.e. Tofutti) or organic cream cheese
- 1/4 c. nutritional yeast or grated organic Parmesan cheese
- salt and pepper to taste
- 2 c. lightly steamed broccoli florets
- 1 c. non-dairy (i.e. Daiya) or organic mozzarella cheese, shredded
- fresh basil for garnish (optional)

INSTRUCTIONS

- Do your best not to try to lose a finger while cutting your squash in two lengthwise.
- I insert the blade an inch or two into the squash and then force the blade away from me while exerting some force. I do this all the way around, up to but not including the stem, and then I essentially “crack” the squash open.
- Using a large spoon, scoop the seeds and guts from the squash.
- Brush the cut side of the squash with olive oil and place it face down in a microwave safe dish that has a fitted lid.
- Microwave for 10-12 minutes, until the squash has softened and you can do this with a fork.
- For the casserole, preheat oven to 350 degrees.
- In a large saucepan, combine marinara sauce, oregano, basil, cream cheese and nutritional yeast or Parmesan. Heat over low to medium heat until cream cheese has melted into the sauce. Season with salt and pepper to taste.
- Add spaghetti squash and broccoli to the saucepan and toss to coat evenly.
- Transfer mixture to a large casserole dish (2 qt. or larger) that has been lightly spritzed with olive oil or cooking spray.
- Top casserole with grated cheese and bake for 25-30 minutes or until cheese is bubbly.
- To brown the top of the casserole, you can switch the oven over to the broil setting for the last several minutes.
- Garnish with fresh basil, if desired.

Crispy Brussels Sprouts with Caramelized Orange Vinaigrette

My kids eat these sticky, crispy buggers like candy.



INGREDIENTS (Serves 4)

For the Sprouts:

- 1 pound Brussels sprouts, cleaned, trimmed and halved
- olive oil
- coarse ground sea salt
- freshly ground black pepper

For the Vinaigrette:

- 2 T. honey
- 1/4 c. freshly squeezed orange juice
- 1 t. finely grated orange zest
- 2 T. vinegar (rice wine or apple cider recommended)
- 3/4 t. sea salt
- 1/4 t. fresh ground black pepper
- 1 T. olive oil

INSTRUCTIONS

- Preheat oven to 400°.
- Place trimmed, halved sprouts on a sheet pan, cut side down, and drizzle with olive oil and season with salt and pepper. Roast for 35 to 40 minutes, until crisp on the outside and tender on the inside, turning the sprouts every 10 minutes, so they brown evenly.
- For the vinaigrette, place the honey into a small saucepan or skillet. Cook on medium heat until it begins to foam, then reduce heat slightly and cook for several minutes, tilting the pan occasionally, until the honey begins to caramelize and slightly brown.
- Remove pan from heat and pour in the orange juice and zest. Stir to dissolve the honey.
- Place into a separate bowl to cool.
- Whisk in vinegar, salt, pepper and olive oil until thickened.
- Drizzle vinaigrette over sprouts and serve.

Healthier Homemade Poptarts

This is what childhood tastes like.



INGREDIENTS (8 PopTarts)

- 1 c. whole wheat pastry flour
- 1/2 c. unbleached all-purpose flour
- 2 t. baking powder
- 1/2 t. salt
- 1/4 c. coconut oil or vegan margarine (i.e. Earth Balance)
- 1/3 c. agave or maple syrup
- 1 t. vanilla extract
- 1-2 T. cold water
- 1/4 c. all fruit strawberry preserves
- 1 c. organic powdered sugar (optional)
- 1-2 T. non-dairy or organic milk (optional)
- all-natural sprinkles (i.e. Let's Do Sprinkelz brand) (optional)

INSTRUCTIONS

- In a food processor (or adjustable-speed blender), combine flours, baking powder, salt and coconut oil. Process just until the mixture becomes coarse and starts to hold together and transfer mixture to a large bowl. You can also do this by hand, you'll just need a pastry blender and a little patience.
- Pour in agave or maple syrup and vanilla.
- Add just enough water that a dough starts to come together.
- Divide dough in two and form each half into a thin rectangle on a sheet of plastic wrap. Wrap up each rectangle and transfer to the refrigerator for at least 30 minutes.
- After dough has chilled, preheat the oven to 325 degrees. Remove one rectangle of dough from the fridge at a time, removed it from the plastic wrap and on a lightly-floured board, roll the rectangle out slightly thinner (approximately 1/4-1/2 in. thick) and cut it into eight sections.
- Spoon about a small spoonful of preserves in the center of four of the smaller rectangles.
- Carefully take each "lid" and place it on top of the preserves-filled rectangles, crimping and sealing the edges of each tart with a fork.
- Repeat with remaining dough.
- Transfer each tart to a baking sheet that has been lightly greased or lined with a Silpat or parchment paper.
- Bake for 17-20 minutes, until tarts are golden brown. Allow to cool on pan for one minute before transferring to a cooling rack.
- For icing, if using, place powdered sugar in a small bowl and combine with just enough milk to make icing drizzleable. Spoon icing over the top of each tart and top with sprinkles, if desired.

Totally Oatmeal Scotchies

Me love chewy, lacy, crispy-edged butterscotch oatmeal cookies.



INGREDIENTS (Makes 18 monster cookies)

- 1 c. old-fashioned oats (gluten free, if desired)
- 1 c. oat flour (or make your own by grinding oats, gluten free, if desired)
- 1/2 t. baking soda
- 1/2 t. salt
- 1/2 t. cinnamon
- 1/3 c. packed brown sugar
- 1/2 c. organic sugar or sucanat or stevia baking blend
- 5 T. non-dairy margarine or organic butter, softened
- 1 t. vanilla extract
- 1 large organic egg or flax egg (3 T. water + 1 T. ground flax, whisked)
- 1/2 c. butterscotch chips

INSTRUCTIONS

- Preheat oven to 350 degrees.
- Combine oats, oat flour, baking soda, salt and cinnamon in a medium bowl. Place sugars and margarine or butter in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Add vanilla and egg or flax egg; beat well. Add flour mixture; beat just until combined. Stir in butterscotch chips.
- Drop dough by spoonfuls 2 inches apart on 2 baking sheets lined with parchment paper. Bake at 350° for 10-14 minutes or until lightly browned. Cool on pans 1 minute. Finish cooling completely on wire racks.

Snickerdoodle Blondies

Love hurts so good.



INGREDIENTS (18 blondies)

- 1 1/2 c. gluten-free oat flour
- 1 c. white or brown rice flour
- 1 t. baking powder
- 1/2 t. baking soda
- 1/2 t. salt
- 1 T. + 1 t. cinnamon, divided
- 2/3 c. vegan margarine (i.e. Earth Balance) or organic butter, melted
- 1 1/2 c. + 1 T. sucanat or stevia baking blend or a combination thereof, divided
- 1 c. non-dairy or organic milk
- 1/2 c. non-dairy or organic sour cream or unsweetened applesauce
- 1 t. vanilla extract
- 1/2 c. vanilla baking chips
- Note: you can substitute all-purpose and/ or whole wheat pastry flour for the flours if you do not care to make this recipe gluten free. You may need to shorten your baking time slightly.

INSTRUCTIONS

- Preheat oven to 350 degrees. Grease or spray a 9x13 inch pan with oil or cooking spray and set aside.
- In a large bowl, combine flours, baking powder, baking soda, salt and 2 t. of cinnamon.
- Using an electric or stand mixer, cream together margarine or butter, 1 1/2 c. of sweetener of choice, milk, sour cream or applesauce and vanilla extract. Slowly add dry ingredients, mixing until incorporated. Fold in baking chips.
- Spread batter evenly in the bottom of the prepared baking pan.
- In a small bowl, combine remaining 1 T. of sweetener and 2 t. of cinnamon. Sprinkle all over blondie batter.
- Bake blondies for 30-40 minutes, until a toothpick inserted in the middle comes out clean. Allow blondies to cool in pan for at least 15 minutes before cutting and serving.

Hello Dolly Bars

I would personally like to kiss whoever came up with the idea of bar cookies. Especially these bar cookies.



INGREDIENTS (20 bars)

- 1 1/2 c. graham cracker crumbs (about 9 cookie sheets)
- 2 T. vegan margarine (i.e. Earth Balance) or organic butter, melted
- 1 T. water
- 1/3 c. semisweet chocolate chips
- 1/3 c. butterscotch morsels
- 2/3 c. flaked unsweetened coconut
- 1/4 c. chopped roasted pecans or cashews
- 1/2 of one 15-ounce can fat-free sweetened condensed milk (approx. 1/2 c.) or 1/2 c. homemade dairy-free sweetened condensed milk (recipe follows)

INSTRUCTIONS

- Preheat oven to 350°.
- Line the bottom and sides of a 9-inch square baking pan with parchment paper; cut off excess parchment paper around top edge of pan.
- Place crumbs in a medium bowl. Drizzle with vegan margarine or butter and tablespoon of water; toss with a fork until moist. Gently pat mixture into an even layer in pan (do not press firmly). Sprinkle chips and morsels over crumb mixture. Top evenly with coconut and nuts. Drizzle milk evenly over top.
- Bake at 350° for 25 minutes or until lightly browned and bubbly around edges. Cool completely on wire rack.
- To make your own sweetened condensed milk, in a saucepan, combine 1/2 c. of non-dairy milk of your choice (i.e. almond, soy, etc.) with 1/3 c. of organic sugar or sucanat. Bring to a boil over medium heat, stirring constantly. To a small bowl, add 1 T. of cornstarch. When milk has come to a boil, remove about 1/4 c. and whisk it together with the cornstarch before returning it to the pot. Bring to a boil until thickened. Allow to cool slightly before using.

Browned Butter Chocolate Chip Cookies

They are soft, they are all caramely, chocolately, sweet and salty delicious and it turns out, not half bad for you.



INGREDIENTS (40 cookies)

- 6 T. organic butter or non-dairy margarine (i.e. Earth Balance)
- 2 T. coconut oil, melted
- 1 c. unbleached all-purpose flour
- 1 c. whole-wheat pastry flour
- 1 t. baking powder
- 1/2 t. salt
- 1/3 c. packed light brown sugar
- 1/2 c. organic sugar
- 1/2 t. vanilla extract
- 2 organic eggs or 2 flax “eggs” (2 T. ground flax + 6 T. water, whisked)
- 2/3 c. dark chocolate chips

INSTRUCTIONS

- Preheat oven to 375°.
- Heat butter or margarine in a small saucepan over medium heat; cook 5 minutes or until browned. Remove from heat; add coconut oil. Set aside to cool.
- Spoon flours into dry measuring cups; level with a knife. Combine flours, baking powder, and salt, stirring with a whisk. Place butter/margarine mixture and sugars in a large bowl; beat with a mixer at medium speed until combined. Add vanilla and eggs; beat until well blended.
- Add flour mixture, beating at low speed until just combined. Stir in chocolate chips.
- Drop by level tablespoonfuls 2 inches apart onto baking sheets lined with parchment paper. Bake 10-12 minutes or until bottoms of cookies just begin to brown. Cool slightly.