

Vegfest May 13th

**HEALTHY MADE
DELICIOUS
RECIPES FROM
UNPROCESSED**

BY CHEF AJ

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**PLANT EXCLUSIVE VEGAN
RECIPES
FREE OF SUGAR, OIL, SALT
& GLUTEN**

Smoky Sweet Potato Burgers

Many plant-based burger recipes, while delicious, have a long list of ingredients and lots of preparation steps. This one contains five common, easy-to-find ingredients, as well as a few spices that you may already have on hand. (For the best flavor, be sure the paprika you use is smoked—not regular or hot.)

1 (16-ounce) bag frozen broccoli
4 cups cooked orange sweet potato, peeled and mashed
1 cup chopped green scallions
2 cups rolled oats
2 cups cooked rice (I like to use white basmati or whatever I have leftover)
2 tablespoons smoked paprika
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon chipotle powder

Preheat the oven to 400 degrees F.

Steam or boil the broccoli according to your preferred preparation method. I simply microwave it with a bit of water in a microwave steamer for 5 minutes, until very soft. Drain and mash with a fork.

Combine all the remaining ingredients to the broccoli and mix well until fully incorporated. Measure out about ½ cup of the mixture and flatten into a burger. Place on a Silpat or other nonstick silicone baking mat or piece of parchment paper. Bake for 30 to 45 minutes, or until you can turn them over easily without them falling apart. Carefully flip the burgers with a spatula and cook for another 10 to 15 minutes.

Chef's Notes:

- These burgers freeze very well, and you can simply heat them up in the microwave or air fryer.
- You can serve them on potato waffle buns, in lettuce or collard wraps, or open face on purple cabbage leaves. You can use any condiments you like, but they are especially good with Zesty Mango Salsa or even a swipe of Ultimate Sauce.
- Cook the sweet potatoes according to your preferred method. I find they are tastier when roasted at 400 degrees F for about an hour, or until soft. Peel the potatoes while still warm and refrigerate overnight.

Zesty Mango Salsa

This is similar to traditional Pico de Gallo made from tomatoes, but the mango gives it a burst of sweetness and flavor.

3 cups chopped mango
2 cups chopped red bell pepper
½ cup chopped red onion
1 cup chopped cilantro leaves
¼ to ½ cup lime juice
½ to 1 jalapeño chile (optional)

Place the mango, bell pepper, and red onion into a bowl. Add the cilantro leaves and ¼ cup of the lime juice. Taste and add more lime juice to taste. (Frozen, defrosted mango may be sweeter and more watery than fresh mango, and some fresh mangoes will be sweeter than others.) Add the chile if desired.

Chef's Notes:

- You can use fresh mango, pre-cut packaged mango, or frozen defrosted mango. The consistency will be different depending on which you use.
- If you cannot find mango, you can substitute unsweetened canned or fresh pineapple.
- The intensity of jalapeño chiles will vary but removing the seeds will lower the heat.
- Please use food service gloves when working with hot peppers, as their volatile oils will remain on your fingers for some time. Remove gloves first before you touch your face and eyes.

Fennel Salad

One of my Kitchen Angels, Ellen Greek, brought this to a potluck. Hard to believe that something with only three ingredients could be so delicious.

2 bulbs fennel
20 dates
Lemon juice, to taste

Slice the fennel bulb very thinly and place in a bowl. Set aside the green top to decorate the salad. Slice the dates and mix them with the fennel slices. Pour the lemon juice over and mix all the ingredients well.

Chef's Notes:

- You can serve this cold or at room temperature.
- If using fresh lemons, add the zest.

Chocolate FUNdue

I created this dip to get my friend's 4-year-old to eat fruit.

1 cup unsweetened, unsalted peanut butter
1 cup Date Paste (recipe follows)
½ cup cocoa powder or carob powder
1 tablespoon alcohol-free vanilla extract, or 1 teaspoon vanilla powder
¾ to 1 cup unsweetened nondairy milk

Place all the ingredients, except the milk, in a food processor fitted with the “S” blade and process just until they are incorporated, scraping down the sides of the processor bowl if necessary. Slowly add the nondairy milk, a little at a time, until the desired consistency is reached. You can eat this immediately or chill to get a firmer texture.

Chef's Notes:

- Serve this as a dip with your favorite fruit, such as cut apples or strawberries. Or buy wooden skewers and place several different fruits on them shish-kabob style.
- If you have leftover Fundue, make Nutty Buddies (Peanut Butter Fudge Truffles).
- You can make a raw version by using raw almond butter or tahini.
- To drastically reduce the fat, my friend Robin replaces half the nut butter with rinsed, drained cannellini beans. You could probably add even more beans and less nut butter, and it would still be delicious.
- If you prefer not to use chocolate or carob, omit them, and make a creamy peanut butter dip.

Date Paste

Make sure you always have some of this on hand to create a healthy dessert in no time.

1-pound pitted dates
1 cup water, unsweetened nondairy milk, or unsweetened juice

Soak the dates in the liquid overnight or for several hours, until much of the liquid has been absorbed. In a food processor fitted with the “S” blade, process the dates and liquid until completely smooth. Store Date Paste in the refrigerator.

Chef's Notes: You can add vanilla extract or vanilla powder to your Date Paste if you like.