

Vegfest – Saturday May 13th

Dr Jyothi Rao Recipes

From her book – *Body on Fire Anti-Inflammatory Cookbook*

by Monica Aggarwal MD and Jyothi Rao MD.

Chickpea, Tomato and Cucumber salad (with tahini dressing)

Makes 4 servings

Refreshing as well as satisfying, this salad is especially welcome in summer but can be enjoyed year round.

Ingredients

- 1 (15 ounce) can no-salt-added **chickpeas**, drained and rinsed
- 1 ½ cups of **cherry tomatoes**, cut in half
- 1 seedless **cucumber**, diced
- 1 **green bell pepper**, diced
- 8 **scallions**, sliced
- 2 TBSP coarsely chopped **fresh parsley**
- ¼ cup freshly squeezed **lemon juice**
- 2 cloves **garlic**, pressed
- ¼ tsp **sea salt**
- 6 TBSP **tahini**

To make the salad, put the chickpeas, tomatoes, cucumber, bell pepper, scallions, and 1 TBSP of the parsley in a large bowl and toss until well combined.

To make the dressing, put the lemon juice, garlic, and salt in a small bowl and whisk to combine. Add the tahini, 1 tablespoon at a time, whisking to blend after each addition. Add a little water, if needed, to achieve a creamy sauce. Pour over the salad and toss until evenly distributed.

Serve in small bowls or on lettuce leaves. Garnish with remaining tablespoon of parsley.

TIP: Seedless cucumbers, also known as English or hothouse cucumbers, are long and thin compared to standard cucumbers and have a tender, more delicate skin.

Red Quinoa stuffed mushrooms

MAKES 4 SERVINGS

Red quinoa has a rich, dark color, which is often found in foods high in anti-inflammatory and antioxidant compounds. Who knew that a healthy whole grain could be so beautiful, tasty, and satisfying!

Ingredients

- 1 cup **red quinoa**
- 2 cups unsalted **vegetable broth**
- 1 small **red onion**, minced
- 1 small stalk **celery**, minced
- ½ roasted **red pepper**, minced
- 2 tsp **herbes de Provence, fines herbes**, or other **herb blend**
- 4 large **portobello mushrooms**
- Freshly ground **black pepper**
- ½ cup chopped **parsley**, lightly packed
- ½ cup **pecans**

Put the quinoa in a small saucepan. Add the broth and bring it to a boil over medium-high heat. Decrease the heat to low, cover, and cook for 20 minutes. If any liquid remains, continue cooking until it has been absorbed, up to 10 minutes longer, checking occasionally. Remove from the heat.

Preheat the oven to 400 degrees. Place a medium saucepan over a medium-high heat. When hot, mist with olive oil spray and add the onion, celery. Decrease the heat to medium and cook, stirring frequently, until the vegetables just begin to stick, 7 to 9 minutes.

Add roasted bell pepper, herbes de Provence, and the cooked quinoa. Cook, stirring occasionally, until warmed through, 2 to 3 minutes. Cover and remove from the heat.

Remove the stems from the mushrooms and season the caps with pepper. Place a large ovenproof skillet over medium-high heat. When hot, mist with olive oil spray and add the mushrooms, gills down. Cook until lightly brown, 3 to 4 minutes. Turn the mushrooms over and remove the skillet from the heat.

Set aside 2 teaspoons of the parsley and add the remainder to the quinoa mixture along with the pecans. Stir to incorporate. Divide the quinoa among the mushrooms, mounding it, spreading it to the edges, and pressing down gently. Mist the tops with olive oil spray. Transfer the skillet to the oven and bake for 15 minutes, or until hot and the filling is lightly browned. Garnish the top with the remaining parsley and serve immediately.

Cherry sorbet makes about 1 quart

Rich in anthocyanins, cherries are extremely high on the anti-inflammatory scale.

Ingredients

- 4 cups frozen **cherries**
- ½ cup unsweetened **apple juice**
- 9 pitted **medjool dates**
- 2 teaspoons **vanilla extract**

Put all the ingredients in a high-speed blender and process, using the plunger, until smooth and creamy, stopping occasionally to scrape down the sides of the container as needed. Transfer to a 1-quart container and freeze until firm, 8-12 hours. To freeze more quickly, spread in the bottom of a metal loaf pan and freeze for 3 to 4 hours.