

Vegfest- Sunday May 14th

Dr Jyothi Rao Recipes

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

by Monica Aggarwal MD and Jyothi Rao MD.

Coleslaw with savory peanut dressing

Makes 4 servings

If you have a food processor with a shredding disc, you can make fast work of the vegetables for this delectable salad.

Ingredients

- ¼ cup unsweetened, no-salt added smooth **peanut butter**
- 2 tablespoons freshly squeezed **lime juice**
- 2 tablespoons low-sodium **soy sauce**
- 2 tablespoons plain **rice vinegar**
- 2 teaspoon of **sriracha sauce** or ¼ teaspoon of **cayenne pepper**
- ¼ teaspoon of **garlic powder**
- ¼ teaspoon **ground ginger**
- ½ small **red cabbage**, shredded
- ½ small **green cabbage**, shredded
- 2 large **carrots**, peeled and shredded
- 1 small **onion**, shredded (optional)
- 1 cup chopped fresh **cilantro** or **parsley**, packed

To make the dressing, put the peanut butter, lime juice, soy sauce, vinegar, sriracha sauce, garlic powder, and ginger in a small bowl. Stir until smooth and well combined. Set aside.

Put the purple cabbage, green cabbage, carrots, optional onion, and cilantro in a large bowl and toss to combine. Add the dressing and toss until evenly distributed. Serve immediately.

TIP: The salad and dressing can be prepared in advance and stored in separate sealed containers in the refrigerator. They will each keep for up to three days. Toss the salad and dressing together just before serving.

Red curry with bok choy & tofu

Makes 4 servings

If you have a food processor with a shredding disc, you can make fast work of the vegetables for this delectable salad.

Ingredients

- 1 pound firm tofu, cut into bite-size cubes
- 1 tablespoons low-sodium **soy sauce**
- 1 tablespoons freshly squeezed **lime juice**
- ¼ cup water
- 2 large heads of **bok choy**
- 3 tablespoons **red curry paste**
- 2 cups light **coconut milk**
- ⅓ cup **basil leaves** firmly packed
- 4 **scallions**, thinly sliced on a sharp

Put the tofu in a shallow bowl. Drizzle with the soy sauce and gently toss until evenly coated.

Cut the bok choy crosswise into 1-inch pieces and coarsely chop the leaves. Transfer to a large saucepan, add the water, and place over medium-high heat.

Cook, stirring constantly, until the bok choy is tender - crisp and the water has been absorbed, about 4 minutes. Add the curry paste and stir to incorporate.

Add the coconut milk and stir until well combined. Increase the heat to high and cook, stirring constantly, until the mixture comes to a boil. Decrease the heat to medium, add the tofu, and cook just until it is warmed through.

Coarsely tear the basil leaves and add them to the saucepan. Stir gently to evenly distribute them, taking care not to break the tofu cubes. Remove from the heat and stir in the lime juice.

Spoon into serving bowls, garnish with the scallions, and serve immediately.

Cashew dessert cream (serve over frozen blueberries)

Makes 1 cup

So luscious over fresh berries or sliced or cubed seasonal fruits, this dairy free cream makes the ordinary taste extraordinary.

Ingredients:

- ½ cup raw **cashews**
- ⅔ cup **water**
- 1 tablespoon **Date Paste**
- 1 teaspoon **Vanilla Extract**
- Pinch ground **cardamom, ground cinnamon, or ground cloves** (optional)

Put the cashews in a small heatproof bowl. Cover with boiling water and let sit until cooled. Drain the cashews, rinse, and drain again.

Put cashews, water, Date Paste, and vanilla extract in a blender and process until smooth. Transfer to a bowl or jar. Stir in optional cardamom. Serve immediately or chill in the refrigerator before serving. Stored in a sealed container in the refrigerator, the cream will keep for about 3 days.

Date Paste

Makes 2 cups

Date Paste is a thick, creamy, healthy natural sweetener. With only three ingredients, it's also quick and easy to prepare. Date Paste is the ideal replacement for refined sugar and can be used in a wide range of recipes. Dates are naturally sweet, rich in fiber, and packed with flavonoids known for their anti-inflammatory properties.

Ingredients:

- 1 1/2 cup **water**
- 1 ¼ cups pitted **medjool or deglet noor dates**
- 1 teaspoon of freshly squeezed lemon juice
- Pinch ground **cardamom, ground cinnamon, or ground cloves** (optional)

Put the ingredients in a high speed blender and process until smooth. Stored in a sealed glass jar in the refrigerator. Date Paste will keep for up to three weeks.

Put cashews, water, Date Paste, and vanilla extract in a blender and process until smooth. Transfer to a bowl or jar. Stir in optional cardamom. Serve immediately or chill in the refrigerator before serving. Stored in a sealed container in the refrigerator, the cream will keep for about 3 days.