

Recipes from Sunday Supper on November 19, 2023

Head Chef Susan Hyne, unit 57

Carrot and Parsnip Latkes

- 1/2 pound carrots, peeled
- 1 pound parsnips, peeled
- 1/4 c. masa
- 2 large eggs, beaten
- 1 t minced green onion
- 1 t chopped parsley
- 1/2 t salt
- 1/2 t pepper
- 1/3 c oil (coconut or olive or sunflower)

1. Grate carrots and parsnips coarsely.
2. Toss with masa.
3. Add eggs, chives, parsley, salt and pepper to taste.
4. Mix until evenly moistened.
5. Fry in oil.

I Can't Believe It's Just Cabbage

- 1 head green cabbage, thinly sliced
- 2 T olive oil
- 1 t salt
- Juice from one lemon (optional)
- 1 T nutritional yeast (optional)

Mix all ingredients in a bowl. Garnish with herbs.

Cashew Sour Cream

- 1 c raw cashews
- 1/4 t salt
- 1 1/2 t apple cider vinegar

- 1 T lemon juice
1. Cover cashews with water and soak for a few hours, or overnight.
 2. Pour off all water, and place nuts in food processor.
 3. Add 1/4 cup cold water, salt, vinegar and lemon juice.
 4. Puree for 3-4 minutes or until completely smooth and creamy in consistency.

Tahini Oatmeal Raisin Cookies

- 1/2 c Tahini
 - 1/4 c Maple Syrup
 - 1 † Vanilla
 - 1 † Cinnamon
 - 1/4 † Salt
 - 1 c Oats
 - 1/4 c Raisins
1. Cream tahini, maple syrup, vanilla, cinnamon and salt.
 2. Stir in oats and raisins.
 3. Bake 12 minutes at 350.