McKinnley Prince's - **Fast & Favourite Recipes**

1. The Best Pad Thai Outside of Bangkok!

2. Raw Kale Salad

3. Tofu in Black Bean Sauce

4. Cold Chicken Vermicelli

5. Black Bean & Ham Soup

6. Blueberry Oatmeal Breakfast Crumble

7. Sausage, Kale and White Bean Soup Dairy & gluten free.

8. Sausage & Pepper Bolognese with Spaghetti Squash Dairy & gluten free.

9. Cauliflower Alfredo (Caulifredo Sauce) Dairy & gluten free. Vegetarian.

10. Quinoa Collar Wraps with Miso-Carrot Spread Dairy & gluten free. Vegetarian.

11. Falafels & Tzatziki Dairy free. Vegetarian. Can be gluten free.

12. Buckwheat Noodles with Spicy Peanut Sauce Dairy & gluten free. Vegetarian.

13. Tom Ka Gai (Chicken, Vermicelli and Coconut Milk Soup) Dairy & gluten free.

14. Carrot Cake Breakfast Muffins Dairy & gluten free. Vegetarian.

The Best Pad Thai Outside of Bangkok!

Dairy free. Can be gluten free. Can be vegetarian.

-Noodles, either the wide, flat rice noodles (not vermicelli) or the flat, steamed asian noodles - enough to feed the crew
- a package of organic tofu
- handful of shrimp
- a red chili
- garlic
- shallot
- a couple of limes
- 1 Tbsp rice vinegar
- 2 Tbsp fish sauce
- 2-3 Tbsp sugar or alternative (I used palm sugar)
- 1 Tbsp peanut butter
- 2-4 eggs
- cilantro
- peanuts

- Cook the noodles according to package until tender.

- In a bowl (or jar with lid so you can shake it up) mix the rice vinegar, fish sauce, sugar and about half a lime of fresh juice

- Saute finely minced garlic and diced or sliced shallot in oil of your choice (I used a combo of sesame and olive oil for flava!)

- Drop in tofu that's been chopped into 1cm cubes, shrimp and chili, stirfry until tofu is golden and shrimp is pink.

- Crank the heat under your wok or skillet until it's super hot

- Toss in the noodles, pour the sauce over top and mix mix mix!!

- Add the peanut butter and stir into noodles as it melts

* - if you want to add some veggies in, now's the time. I used some shredded carrot and thinly sliced bell pepper

- Shove the noodles to one side of the pan, crack eggs into the other side and cook/scramble for a minute or so. When they're almost cooked through (but not quite) start mixing them into the noodles.

- Scoop into serving dishes and garnish with chopped cilantro, chopped peanuts, and a squeeze of lime.

Raw Kale Salad

Dairy & gluten free. Vegetarian.

1 Tbsp Braggs or soy sauce
2 Tbsp lemon juice (freshly squeezed)
2 Tbsp flax seed or olive oil
3 Tbsp finely diced red onion
2 Tbsp sunflower seeds
2 Tbsp pumpkin seeds
2 Tbsp sesame seeds
2 bunches kale – about 4 heaping cups, chopped or torn

1. In a medium bowl, whisk together the Braggs and lemon juice. Slowly add the oil as you whisk vigorously. Alternately, you can make this dressing in a blender, combining all the ingredients in one go.
2. Add the onion to the dressing to marinate as you prepare the rest of the salad.
3. Toast the sunflower, pumpkin and sesame seeds in a large pan over low heat until the seeds are golden and fragrant. Remove from heat and let cool.
4. Prepare the kale by de-stemming it, you do this by holding the bottom of the kale stem in one hand and then running your other hand down the stem, pulling off all the leaves as your hand runs down the stem. Stack the kale leaves and slice into thin 1/4 inch ribbons.
5. In a large bowl combine the kale with the dressing, onions and seeds. Massage the dressing into the kale with your hands for 2-3 minutes, this will soften the kale, reduce it in volume and is the key to the texture of the salad.

Options:

Add 3 Tbsp finely chopped red bell pepper and/or 1 small carrot, grated.

Add 1 tsp fresh grated ginger to the dressing.

Add 1/2 an avocado, chopped, when you pour the dressing on, and smash it into the salad with your hands – it will make a rich, creamy sauce.

Tofu in Black Bean Sauce

Dairy & gluten free. Vegetarian.

1 red pepper
½ to 1 block of firm tofu (200-450g)
300 g baby bok choy (pak choy)
50 g (1/4 cup) black beans, rinsed
4 green onions
1/3 cup vegetable stock
2 tsp cornstarch
2 tsp Chinese rice wine
1 tsp sesame oil
1 Tbsp soy sauce
2 Tbsp peanut oil
2 garlic cloves, very finely chopped
2 tsp finely chopped fresh ginger

Cut the red pepper in half, remove the seeds and membrane and cute into 2 cm chunks. Cute the tofu into 2 cm cubes and chop the baby bok choy, crossways, into 2 cm pieces. Finely chop the black beans and slice the green onions, diagonally, including some green.

Combine the vegetable stock, cornstarch, Chinese rice wine, sesame oil, soy sauce, a pinch of salt and some freshly ground pepper.

Heat a wok (or large frying pan) over medium heat, add the peanut oil and swirl to coat the base and side. Add the tofu and stir-fry in two batches for 3 minutes each batch, or until lightly browned. Remove with a slotted spoon and drain on paper towel. Discard any bits of tofu stuck to the wok or floating in the oil.

Add the garlic and ginger and stir-fry for 30 seconds. Toss in the black beans and green onion and stir-fry for 30 seconds. Add the red pepper and stir-fry for 1 minute. Add the bok choy and stir-fry for 2 minutes. Return the tofu to the wok and stir gently. Pour in the sauce and stir gently for 2-3 minutes, or until the sauce has thickened slightly. Serve immediately with steamed rice.

** Both times I made this I added green beans, which were perfect. It seems like a lot of bok choy, but it shrinks way down, so don't be afraid!

** Make double the amount of sauce!!! It thickens up quite a lot and sticks to the veggies, so there isn't much to soak into the rice.

** I like tofu, but I think I would use half a block instead of the whole thing (and cut to slightly smaller squares). I would like more veggies. Zucchini, snow peas, even cauliflower would be good additions.

Cold Chicken Vermicelli

Dairy & gluten free. Can be vegetarian.

600g chicken breast, cut into 3cm-wide strips
2 cloves garlic, minced
2 tbsp lime juice (may be bottled)
Small knob of ginger, peeled and finely grated
1 large red chilli, thinly sliced
200g green beans, blanched and refreshed with cold water
1 large red pepper, thinly sliced
1 cup bean sprouts * optional
½ cup shallots or green onions, finely chopped
½ bunch mint, chopped
½ bunch coriander, leaves picked
100g cashew nuts or peanuts, roasted and crushed
200g vermicelli noodles
Olive oil for frying
1 tbsp sweet chilli sauce
2 tbsp soy sauce
1 tbsp fish sauce
2 tbsp peanut oil
1 tbsp coconut palm, brown or white sugar

Method:

1. Place vermicelli noodles in a bowl of boiling hot water and soak for 10 minutes. Drain and set aside.

2. In a non-metal dish, marinate chicken in the garlic and half the lime juice. Let stand for 2–3 minutes. Heat frypan over medium heat, add olive oil and cook chicken. Set aside.

3. To make the dressing, mix sweet chilli sauce, soy sauce, fish sauce, peanut oil, ginger, fresh chilli, remaining lime juice and sugar in a small bowl.

4. In a large bowl, add beans, peppers, sprouts, shallots/green onions and herbs. Toss. Divide among serving bowls. Scatter nuts on top.

http://au.lifestyle.yahoo.com/who/recipes/recipe/-/6212922/chicken-vermicelli/

Black Bean & Ham Soup

Dairy & gluten free.

Ingredients

- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 1 large carrot, peeled and thinly sliced
- 3 cloves garlic, minced
- 2 (15 ounce) cans black beans
- 1 (14 ounce) can chicken broth
- 2 cups cubed cooked ham
- 1/4 teaspoon cumin
- 1/2 teaspoon salt
- ground black pepper to taste

Directions:

1. Heat the oil in a large pot over medium heat. Stir in the onion, bell pepper, carrot, and garlic, and cook 5 minutes, until tender. Mix in 1 can black beans and chicken broth.
2. In a blender, puree remaining can of beans until smooth. Mix into the pot. Bring soup to a boil. Reduce heat to low. Mix in ham, cumin, salt, and pepper. Simmer 20 minutes.

I added in some diced zucchini as well, and I also sprinkled in some mustard powder, seasoning salt and Worcestershire Sauce to give it a bit more flavour. It's more stew/chili like than soup (it's super thick), but shockingly delicious and really easy to toss together. We had leftover ham from Easter in the fridge, which is where the inspiration came from. I also whipped up a quick half dozen cornbread muffins to go along with the soup - yum!

Blueberry Oatmeal Breakfast Crumble

Vegetarian.

Melt 1 1/2 TBSP butter and 1 tsp coconut oil in a small sauce pan.
Stir in 2 tsp palm sugar (or brown sugar) and 1/2 c instant oats. (I also added a small dash of cinnamon)
Pour 1/2 c blueberries (or strawberries or raspberries) into a small oven safe dish.
Sprinkle oatmeal mixture on top.
Put in toaster oven warmed to 375 and bake for 10 minutes (until fruit is bubbling and oatmeal is golden).
Remove and ENJOY!!!!

This made enough for one, but it would be a snap to double or quadruple and make in a casserole dish in the oven. Serve with plain yogurt if desired!

Sausage, Kale and White Bean Soup

1 or 2 cans navy beans, drained and rinsed.
1 large bunch of kale, rinsed, stemmed and chopped
1 Tbsp olive oil
1 pound spicy Italian sausage (Spolumbo's is great, or any sausage you like)
1 c chopped shallots (or diced white/yellow onion)
1 garlic clove, crushed
4 c chicken broth
salt and pepper

Warm oil in bottom of soup pot over medium-high heat. Cook the sausages until just browned on the outside and cooked enough to hold together when sliced. Remove from pot, slice, then return to pot and cook until each piece is nice and golden on both sides. Remove from pot.

Add shallots (or onions) and garlic to soup pot and cook until soft, about 3 minutes. Pour in a splash of stock and scrape up any browned bits of sausage.

Return sausage to pot, with beans. Stir in chicken broth. Bring to boil, reduce to low and simmer uncovered 15 minutes. Add kale and cook about 5 minutes longer. Season to taste with salt and pepper.

Sausage & Pepper Bolognese with Spaghetti Squash

http://allrecipes.com/recipe/sausage-peppers-and-spaghetti-squash/#&panel1-2

1 (19.76 ounce) package Johnsonville Italian Sweet Sausage Links, casing removed
2 Tbsp olive oil
1 ½ cups sliced fresh fennel
½ cup diced green onion
½ cup diced sweet red pepper
½ cup diced green pepper
2 Tbsp minced garlic
1 cup diced fresh tomatoes
6 Tbsp cooking sherry
Salt & pepper to taste
3 cups cooked spaghetti squash

Directions:

In a large skillet, cook and crumble sausage until no longer pink; drain and set aside. In the same skillet, saute the fennel, green onion, red and green peppers and garlic until tender. Add the tomatoes, sausage and 3 tablespoons sherry; cook and stir until heated through. Add salt and pepper to taste. Just before serving, stir in remaining sherry. Serve hot over spaghetti squash.

How do I prepare Spaghetti Squash?

Cut squash in half lengthwise; remove seeds. Place squash cut sides down in an oven-safe dish with 1/4 cup water. Bake at 375 for 25-35 minutes, or until tender. Let stand for 5 minutes. With fork, "comb" out the strands.

Cauliflower Alfredo - (Caulifredo Sauce)

www.chocolatecoveredkatie.com

- 1 1/2 cups raw cauliflower (160g)
- 1/4 tsp garlic powder, or 2 tsp minced
- 1/4 tsp salt
- 2 tbsp butter spread of choice, such as Earth Balance or Smart Balance Light (or sub 2 tbsp olive oil and a little extra salt if needed) (30g)
- 1 cup milk of choice (240g)
- optional: 1/2 cup of either of the following: nutritional yeast or mozzarella-style shreds (such as Daiya)
- optional: Add a little Dijon mustard or lemon juice if desired. Or sometimes I add dried oregano or rosemary.

Put all ingredients into a medium pot and bring to a complete boil, then cover and simmer 15 minutes or until the cauliflower is fall-apart tender. Pulverize with either an immersion or regular blender. Serve over cooked linguine, or elbow pasta (for cauliflower mac and cheese), or spaghetti squash, rice, steamed veggies, or whatever! Makes about 2 cups, and it gets much thicker as it sits.

Quinoa Collar Wraps with Miso-Carrot Spread

The Sprouted Kitchen – Sara Forte

Miso-Carrot Spread
1 c coarsely chopped carrots
1 Tbsp fresh grated ginger
1 small shallot, chopped
1 Tbsp white or yellow miso
1 tsp honey
3 Tbsp rice vinegar
3 Tbsp toasted sesame oil
¼ tsp salt

8 large collard green leaves
2 cups cooked quinoa
1 Tbsp tahini
Freshly squeezed lemon or lime juice
2 cups grated raw beets
1 avocado, peeled, pitted and smashed with a fork
1 cup sprouts, such as pea or broccoli

To make the spread, in the bowl of a food processor or a blender, combine the carrots, ginger, shallot, miso, honey and vinegar and process until fairly smooth, 1 to 2 minutes. It will still have somewhat chunky texture from the carrots. With the motor running, drizzle in the sesame oil and salt and process until thoroughly combined. Set aside.

Cut the white stalk from the end of the collard green leaves and discard. Rinse the leaves with warm water to bring them to room temperature. Lay them on a dish towel and use a paring knife to shave down the stalk, making it the same thickness as the rest of the leaf. This will make it easier to roll.

In a bowl, stir together the cooked quinoa and tahini, adding a bit of lemon juice if necessary so that the ingredients are evenly distributed. On your work surface, arrange two of the collard green leaves head to food, overlapping them halfway and creating a circular shape (this gives you more surface area). Spread a generous amount of the miso-carrot spread down the middle, then layer a quarter each of the quinoa, beets, avocado, and sprouts onto the leaves. Fold over each end, tuck one side under, and roll like a burrito. Serve immediately, or wrap in plastic wrap and store in the fridge for up to 2 days.

Falafels

Quantum Leaps Lodge Cookbook

This baked version is much lighter than traditional fried recipes.

2 cans chickpeas, drained and rinsed
4 garlic cloves
½ cup onion
¼ cup parsley
¼ cup water
1 Tbsp lemon juice
2 tsp cumin
1 tsp turmeric
1 tsp salt
1/3 cup flour (wheat, spelt or rice)

1. In a food processor roughly puree the chickpeas until they resemble a course couscous like texture.
2. Finely mince the onion, garlic and parsley.
3. In a large bowl, combine all ingredients and mix well. The batter should not be sticky, if it is, add a bit more flour. * Preheat over to 400
4. Using a 1 oz. cookie scoop or 2 spoons, scoop batter into small balls, roll with moistened hands to form balls.
5. Place balls on a greased cookie sheet and flatten slightly.
6. Bake for 20-25 minutes, flipping them over once. They should be golden and slightly crisp when done.

To serve: Cut open a whole wheat pita bread to make a pocket. Spread the pocket with tzatziki sauce, fill with chopped lettuce, tomatoes, cucumber, parsley and 3 falafel balls.

Falafels will keep for 4-5 days in the fridge.

Tzatziki Sauce

1 cup plain Greek or strained yogurt
½ cucumber, grated
1 garlic clove, crushed
Salt & pepper to taste

Stir all ingredients together. Store in refrigerator.

Buckwheat Noodles with Spicy Peanut Sauce

Spicy Peanut Sauce
2 large garlic cloves
½ cup fresh cilantro, leaves and upper stems only
1 ½ oz. piece of fresh ginger; peeled and roughly chopped (about 2 Tbsp)
2 Tbsp toasted sesame oil
1 Tbsp organic canola or vegetable oil
½ cup natural peanut butter
½ cup Tamari sauce
3 Tbsp brown or coconut palm sugar
½ tsp red pepper flakes
3 Tbsp brown (or regular) rice wine vinegar (or to taste)
Hot water – if necessary

1. Put the garlic, cilantro, and ginger in the work bowl of a food processor and work until they are finely chopped.
2. Add the oils, peanut butter, tamari sauce, and sugar; process again until well combined.
3. Stop and scrape down the sides once or twice. Add the vinegar and season to taste with additional tamari, if necessary. If the sauce is thicker than you wish, thin it with hot water. Store the sauce in an airtight jar and keep it refrigerated. Thin it again with hot water as needed before using. Covered and refrigerated, it will keep for months.

454g Soba noodles (buckwheat)
2 Tbsp toasted sesame oil
½ cup chopped cilantro leaves
1 ½ lb. package silken firm tofu, cut into small cubes
2 green onions, chopped
Peanut sauce
Chopped roasted peanuts of toasted sesame seeds

1. Bring a large pot of water to boil, when boiling add salt to taste and the noodles. Cook until noodles are just done, about 6 minutes. Immediately dump them into the colander and rinse with cold water to stop the cooking.
2. Shake off the excess water, then toss the noodles with the oil, cilantro, green onions and tofu. Cover and refrigerate until ready to use; then toss with the peanut sauce. Garnish with peanuts or sesame seeds and fresh cilantro sprigs.

If you prefer to have the noodles hot, shake off the excess water when they're finished cooking, but don't rinse. Warm the sauce over a double boiler and toss with the noodles.

Tom Ka Gai

City Palate May-June 2013

Although it's creamy and noodley, it's also free of wheat and dairy.

4 oz. thin rice or bean vermicelli noodles
4 cups chicken stock
1-2 red Thai chilis, seeded and sliced into rings
3 garlic cloves, chopped
1 Tbsp grated fresh ginger
1 inch piece fresh lemongrass, pale part only, cut in half lengthwise * optional
2 tsp grated lemon or lime zest
¼ cup fresh lemon or lime juice
3 Tbsp fish sauce
2 cups sliced fresh mushrooms
1 or 2 boneless, skinless chicken breasts, cut into strips or small chunks
1 – 14 oz. (398 ml) can coconut milk
Salt to taste
1-2 cups baby spinach
¼ cup chopped fresh cilantro and/or Thai basil, for garnish

Heat the stock and add the chilis, garlic, ginger, lemongrass, lemon/lime zest and juice, and fish sauce – bring to a simmer. Add the mushrooms and cook for a few minutes. Meanwhile, soak or cook the noodles according to the package directions, then drain.

Add the chicken and coconut milk and bring soup to a simmer (if you're using raw chicken, simmer for 3 minutes, until the chicken is cooked through). Season with salt. Add the spinach and cook just until it wilts. Fish out the lemongrass and discard. Stir in some cilantro and/or basil, saving the rest for garnish.

Divide noodles among 4 shallow bowls. Ladle the soup over the noodles. Garnish with fresh cilantro and/or basil. Serve hot.

Carrot Cake Breakfast Muffins

2 Clever Cooks

Dry Ingredients:
1 cup brown rice flour
½ cup amaranth flour
¼ cup potato starch
1 tsp baking powder
1 tsp cinnamon
½ tsp baking soda
¼ tsp cloves
¼ tsp nutmeg
¼ tsp allspice
¼ tsp salt

Wet Ingredients:
½ cup warm water
½ cup oil (vegetable or walnut)
½ cup honey or 1/3 cup coconut palm sugar
1 ½ tsp apple cider vinegar
1 tsp vanilla

1 cup grated carrots
½ cup crushed pineapple, drained * optional
½ cup raisins * optional

Preheat oven to 350F.

Combine dry ingredients and mix well. Combine wet ingredients; add to dry ingredients and mix. Add carrots, pineapple and raisins, and stir until everything is combined. Fill greased muffin tins 2/3 full and bake for 12-15 minutes, until nicely browned.

Makes 12 muffins. If using pineapple, keep leftovers in refrigerator.