

Lentil Stuffed Acorn Squash

INGREDIENTS

- 3-4 medium acorn squash
- 2-3 tablespoons olive oil, divided
- 6 cups of water
- 2 tablespoons soup base
- 2 cup lentils, soaked 4-24 hours
- 1 medium onion, finely chopped
- 1 clove of garlic, pressed
- 3 tablespoons fresh sage, finely chopped
- 3 tablespoons fresh thyme leaves
- 1 medium carrot, finely chopped
- 1 stalk of celery, finely chopped
- 1 medium apple, finely chopped, peeled
- 1 cup dried cranberries, chopped
- 1 cup chopped pecans
- 1 orange, zested and juiced
- salt and pepper, to taste
- 1-2 cups vegan Parmesan cheese replacement
- 1 cup pumpkin seeds

DIRECTIONS

Prepare the squash:

1. Preheat oven to 400° degrees and line baking sheet with foil.
2. Slice the squash in half, scrape out seeds and stringy pulp. Place the squash halves, cut side up, on the prepared baking sheet. Drizzle squash with oil, rubbing into the cut flesh, and then turn cut-side down on baking sheet.
3. Bake at 400° for 30-40 minutes, until tender.

Prepare the lentils:

1. In small saucepan, add the water, soup base and lentils. Bring to a boil and simmer until the lentils are tender, about 20-25 minutes.

Prepare the filling:

1. In a large saucepan over medium-high heat, add 1 tablespoon olive oil and onions. Cook, stirring frequently, until onions are tender, about 5 minutes.
2. Add in the garlic, sage, and thyme and cook for 30-60 seconds. Stir in carrots, celery and chopped apple. Cook an additional 6-8 minutes until everything is tender.
3. Stir in cooked lentils (drain away excess liquid, if needed), pecans, orange juice, orange zest, salt and pepper to taste.
4. Spoon filling to roasted squash shells and top with Parmesan cheese replacement and pumpkin seeds.



Vegan Parmesan Cheese

INGREDIENTS

- 1/2 cup hemp seeds
- 1/2 cup nutritional yeast flakes
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon sea salt

DIRECTIONS

1. Place all ingredients in food processor and pulse until well combined and still crumbly. Store in air-tight container in fridge.

You can also use a spice grinder and grind the hemp seeds and nutritional yeast in batches and stir it all together.



Cranberry Pecan Vegan Cheese Ball

INGREDIENTS

- 2 cups raw cashews
- 2 tablespoons apple cider vinegar
- 1/4 cup nutritional yeast
- 1 1/2 tablespoons white miso paste
- 1/4 cup coconut oil, melted and cooled
- 1 clove garlic
- 1/2 teaspoon salt
- 2 tablespoons fresh thyme leaves
- 1 cup dried cranberries, chopped
- 1 cup chopped pecans

DIRECTIONS

1. Soak cashews in boiling water for 1 hour and then drain.
2. Add drained cashews, vinegar, nutritional yeast, coconut oil, garlic, and salt to a high-powered blender or food processor.
3. Blend until smooth, scraping down the sides as needed. You may add 1-2 tablespoons of water, if needed, to help the mixture come together.
4. Once the mixture is blended, stir or blend in the thyme leaves until well distributed.
5. Using two plastic-wrap lined bowls, divide the mixture into two and shape into balls with plastic wrap.
6. Refrigerate mixture for 1-2 hours until thoroughly chilled. Roll the balls in chopped pecans and cranberries, pressing them into the ball.

Recipe inspired from "Cranberry & Herb Vegan Cheese Ball." From Vanessa, 12 Dec 2023, from livesimplynatural.com/vegan-smoked-cheddar-cheese-ball/



Smoked Cheddar Vegan Cheese Ball

INGREDIENTS

- 2 cups raw cashews
- 3 sun-dried tomatoes
- 1/4 cup nutritional yeast
- 1 tablespoon apple cider vinegar
- 1/2 tablespoon liquid smoke
- 1 teaspoon sea salt
- 1 teaspoon onion powder
- 1/2 teaspoon dry ground mustard powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon turmeric
- 1/2 cup coconut oil, melted and cooled
- 1 cup sliced almonds

DIRECTIONS

1. Soak cashews in boiling water for 1 hour and then drain.
2. Add all ingredients except the almonds to a high-powered blender or food processor.
3. Blend until smooth, scraping down the sides as needed. You may add 1-2 tablespoons of water, if needed, to help the mixture come together.
4. Using two plastic-wrap lined bowls, divide the mixture into two and shape into balls with plastic wrap.
5. Refrigerate mixture for 1-2 hours until thoroughly chilled.
6. Once chilled, roll the balls in the sliced almonds and serve.

Recipe from "Vegan Smoked Cheddar Cheese Ball." From Vanessa, 12 Dec 2023, from livesimplynatural.com/vegan-smoked-cheddar-cheese-ball/

