

Qurkettes

1 cup quinoa, rinsed well and drained
2 cups water
2 Tbsp Bragg Liquid Aminos or soy sauce
1 Tbsp Mock Chicken Seasoning OR
1 veggie bouillon cube

4 Tbsp ground flaxseed meal
½ cup water
1 cup fresh bread crumbs
1 Tbsp onion powder
1 tsp sage
½ tsp marjoram
¼ tsp crushed dried rosemary
¼ tsp dried thyme
2 garlic cloves, crushed or minced

Place the quinoa, water, Bragg's, and Mock Chicken Seasoning OR bouillon cube in a medium saucepan. Bring to a boil, cover, reduce heat and simmer for 20 minutes or until the liquid is absorbed. Remove from the heat and cool with the lid off.

In a large bowl, mix the flax meal and ½ cup water together. Add the remaining ingredients and the cooled quinoa. Mix well. Spray a cookie sheet with nonstick cooking spray or line with parchment paper. Heat oven to 350 degrees. Take 3 Tbsp portions of the quinoa mixture and either form patties about ¾ inch thick or shape them to look like the shape of a drumstick. Place on the prepared cookie sheet. Bake for 10 minutes, flip over and bake 10 minutes more. Serve as is or with gravy.

Sage Gravy

1 15 oz can white beans, drained (save the aquafaba)
1 Tbsp nutritional yeast flakes
1 Tbsp onion powder
2 tsp dried sage
¼ tsp dried rosemary
1 ½ tsp salt
¼ cup cornstarch
4 cups water, divided

In a blender, place the beans, the seasonings, and 1 cup of the water. Blend until very smooth and pour into a saucepan. Rinse the blender with the remaining 3 cups of water and add it to the saucepan. Heat over medium heat, stirring, until thickened.

Mashed Potatoes

3 lbs. potatoes, peeled and cubed
Water to cover
1 tsp salt

6 cloves of garlic, crushed or minced
¾ cup veggie broth
½ cup (4 oz) Mori-nu Silken Tofu, firm or extra firm
2 Tbsp nutrition yeast flakes, optional
½ cup reserved potato water
Salt to taste

Boil the potatoes with the salt and water until soft, about 20 minutes. Drain, reserving ½ cup liquid. Place the veggie broth in a saucepan with the garlic and bring to a boil. Reduce heat and simmer for 10 minutes. Pour into a blender along with the tofu and nutritional yeast. Blend smooth. Add to the potatoes and mash together. Add potato water as needed to get the consistency you like.

Healthy Holidays on a Budget 2025

Bread Dressing

- 1 16 oz loaf of day-old whole grain bread, cubed*
- 1 Tbsp extra virgin olive oil or water to sauté
- 1 large onion, chopped
- 3 stalks of celery, sliced or chopped
- 2 cloves of garlic, minced or pressed
- 2-3 cups veggie broth
- 6 Tbsp aquafaba (liquid from cooked beans)
- 1 Tbsp dried sage
- 2 tsp fresh thyme leaves or ½ tsp dried
- ½ tsp salt

Place the bread cubes in a large bowl. Heat a skillet over medium heat and add the oil or water. Add the onions and saute for a minute or two and then add the celery and garlic. Cook until the onions are translucent. Add the bowl with the bread along with the veggie broth, aquafaba, sage, thyme, and salt. Stir together. Add more broth until the mixture sticks together well. Place in a sprayed 9x13 inch casserole dish, cover with foil, and bake at 350 degrees for 45 minutes. Take the foil off and bake uncovered for an additional 15 minutes.

*If your bread isn't dried out a little, you can place the cubed bread on a cookie sheet and bake @275 for 20 minutes.

Green Beans Amandine Style

- ¼ cup sliced almonds
- 1 12 oz package frozen whole green beans
- 2 Tbsp extra virgin olive oil
- 3 cloves of garlic minced or pressed
- Salt to taste

Toast the almonds in a dry nonstick skillet minute over medium heat. Stir the almonds constantly and remove from the heat when starting to turn golden brown. Place in a bowl and set aside.

Cook the green beans according to package directions. Heat the olive oil in the skillet you used for the almonds. Add the prepared green beans and almonds. Toss to coat and heat through. Salt to taste.

Eden's Way to Better Health

Sweet Potato Pie

- 1 ½ pounds sweet potatoes
- 2 Tbsp cornstarch or arrowroot powder
- ½ cup dry sweetener
- ½ cup nondairy milk
- 3 Tbsp aquafaba
- 2 Tbsp pure maple syrup, agave nectar, or honey
- 6 ounces Mori-nu silken tofu, firm or extra firm
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- 1 premade graham cracker crust

Wash the sweet potatoes and bake at 400 degrees for 45-60 minutes, until tender. Cool and peel.

In a blender or food processor, place the sweet potatoes and puree. Add the rest of the filling ingredients and blend smooth. Pour into the crust that has been placed on a cookie sheet. Smooth out the top and bake for 45 minutes. Transfer to a cooling rack and cool completely. Store in the refrigerator.

Aquafaba Whipped Cream

- ½ cup aquafaba (liquid from chickpeas or other white beans)
- ¼ tsp cream of tartar or lemon juice
- 1 tsp vanilla extract
- 1 Tbsp pure maple syrup OR 2 Tbsp powdered sugar

Place the aquafaba in a bowl or the bowl of a stand mixer. Add the cream of tartar or lemon juice. Beat on high until stiff like whipped cream. Add the vanilla and sweetener. Adjust sweetness to taste. Store in the fridge