

# Vegan Mushroom Risotto

Serves: 6

Cooking Level:

Prep Time	Cook Time	Total Time
5	40	45
minutes	minutes	minutes

## INGREDIENTS:

- 5 3/4 cups vegetable broth
- 1/2 ounce dried porcini mushrooms
- 1/4 cup extra-virgin olive oil
- 2 cups finely chopped onions
- 10 ounces white mushrooms finely chopped
- 2 garlic cloves minced
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 cups Arborio rice or medium-grain white rice
- 2/3 cup dry white wine
- 1/2 cup frozen peas thawed

## INSTRUCTIONS:

In a heavy medium saucepan, bring the broth to a simmer. Add the porcini mushrooms. Cover and set aside until the mushrooms are tender, about 5 minutes. Using a slotted spoon, transfer the mushrooms to a plate and finely chop them. Cover the broth and keep warm over very low heat.

In a heavy large saucepan, heat the olive oil over medium heat. Add the onions and sauté until tender, about 8 minutes. Add the white mushrooms, porcini mushrooms, and

garlic; sauté until the mushrooms are tender and the juices evaporate, about 10 minutes.

Stir in the salt, pepper, and rice and cook for an additional minute. Add the wine; cook until the liquid is absorbed, stirring often, about 2 minutes. Add 1 cup of hot broth; simmer over medium-low heat until the liquid is absorbed, stirring often, about 3 minutes.

Continue to cook until the rice is just tender and the mixture is

creamy, adding more broth by cupfuls and stirring often, about 28 minutes. Just before serving, stir in the peas.

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### Tapenade Dip

*This is inspired by the dip served at Ca'Brea in Los Angeles. Try it with sliced boiled potatoes, crostini or vegetables.*

**MAKES ABOUT 1½ CUPS**

- 1 cup pitted Kalamata olives or other brine-cured black olives
- 1 cup fresh basil leaves
- 6 canned anchovy fillets
- 2 tablespoons drained capers
- 2 garlic cloves, coarsely chopped
- 1 tablespoon fresh lemon juice
- ½ cup mayonnaise

*Blend all ingredients except mayonnaise in processor until finely chopped. Transfer to small bowl. Mix in mayonnaise. Season to taste with salt and pepper. (Can be prepared 3 days ahead. Cover and refrigerate.)*

### CRUDITÉS WITH ASIAN-STYLE DIP

*Look for rice vinegar in the Asian foods section of your market.*

**MAKES 1 CUP DIP**

- ½ cup mayonnaise
- ¼ cup sour cream
- 2 tablespoons soy sauce
- 2 tablespoons chopped fresh basil
- 1 tablespoon oriental sesame oil
- 1 tablespoon toasted sesame seeds
- 1 tablespoon rice vinegar
- 1 teaspoon minced peeled fresh ginger
- 1 teaspoon sugar
- ½ teaspoon dry mustard
- ⅛ teaspoon cayenne pepper

Assorted cut-up vegetables (such as carrots, red bell peppers, sugar snap peas, cucumbers and broccoli)

Combine first 11 ingredients in small bowl; whisk to blend. Season dip with salt and pepper. *(Can be prepared 1 day ahead. Cover and refrigerate.)*

Place bowl with dip in center of platter. Surround with assorted vegetables and serve.

PRINT

# Fluffy Cranberry Orange Muffins

Author: Cookie and Kate   Prep Time: 20 minutes   Cook Time: 15 minutes   Total Time: 35 minutes

Yield: 12 muffins  1x   Category: Baked good   Method: By hand   Cuisine: American

★★★★★ 4.8 from 158 reviews

These cranberry orange muffins will be your family's new favorite! Don't tell them the recipe calls for healthy ingredients. These fluffy muffins are bursting with fresh cranberry and orange flavor, plus they're whole grain and naturally sweetened! Recipe yields 12 muffins.



SCALE  1x  2x  3x

## INGREDIENTS

- 2 cups fresh cranberries
- 2 cups white whole wheat flour or regular whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 1/3 cup melted coconut oil or extra-virgin olive oil
- 3/4 cup honey or maple syrup
- 2 eggs, preferably at room temperature
- 1 cup plain Greek yogurt\*
- 2 teaspoons vanilla extract
- Zest from 1 medium orange (about 1 teaspoon), preferably organic
- 1 tablespoon turbinado sugar (also called raw sugar), for sprinkling on top

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**INSTRUCTIONS**

1. Preheat the oven to 400 degrees Fahrenheit. Grease all 12 cups of your muffin tin or line them with papers, if necessary.
2. In a food processor, process the cranberries for about 5 seconds, until they are broken into little bits (but not puréed—see photos). Set aside.
3. In a large mixing bowl, combine the flour, baking powder, baking soda, and salt. Stir to combine.
4. In a medium mixing bowl, combine the oil and honey and beat together with a whisk. Add the eggs and whisk to combine, then add the yogurt, vanilla and orange zest. Mix well.
5. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). Gently fold the cranberry pieces into the batter.
6. Divide the batter evenly between the 12 muffin cups (they will be quite full). Sprinkle the tops of the muffins with turbinado sugar. Bake the muffins for 15 to 18 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
7. Place the muffin tin on a cooling rack to cool. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan. If you have leftover muffins, store them, covered, at room temperature for 2 days, or in the refrigerator for up to 5 days. Freeze leftover muffins for up to 3 months.

**NOTES**

*Recipe adapted from my [healthy blueberry muffins](#).*

**\*Note on Greek yogurt:** I've used a variety of fat percentages and the muffins have always turned out well. Higher fat yogurt will yield a somewhat more rich muffin. You can also substitute plain (not Greek) yogurt, but your muffins might not rise quite as high.

**Make it vegan:** You can replace the eggs with [flax eggs](#). Replace the yogurt with a smaller amount of vegan buttermilk—just mix 2/3 cup non-dairy milk with 2 teaspoons vinegar. Let it rest for 5 minutes before adding it to the other liquid ingredients. Or, use 1 cup thick vegan yogurt.

**Make it dairy free:** See buttermilk option above.

**Make it egg free:** Substitute [flax eggs](#) for the regular eggs.

**Make it gluten free:** Substitute an all-purpose gluten-free flour blend for the whole wheat flour. Bob's Red Mill makes a gluten-free blend that works well.

**▸ NUTRITION INFORMATION**

*The information shown is an estimate provided by an online nutrition calculator. It should not be considered a substitute for a professional nutritionist's advice. See our [full nutrition disclosure here](#).*

***Did you make this recipe?***

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#) with the hashtag [#cookieandkate](#).

*Recipe from Cookie and Kate: <https://cookieandkate.com/fluffy-cranberry-orange-muffins-recipe/>*

# Pickled Watermelon Rind

★★★★★ 5 from 1 reviews

**Prep Time: 10 minutes** **Cook Time: 10 minutes** **Yield: 2 cups** 1x

This pickled watermelon rind recipe is perfect for summer! The pickles come out deliciously zingy, a great way to use up this seasonal fruit.

## Ingredients

1x2x3x

- 2 cups watermelon rind (from about 1/2 small watermelon)
- 3/4 cup white vinegar
- 1/2 cup water
- 2 tablespoons sugar
- 1 tablespoon [kosher salt](#)
- 1 tablespoon black peppercorns
- 1 whole clove
- 1 tablespoon coriander seeds

## Instructions

1. Wash a wide-mouth pint mason jar and its lid in hot soapy water. Then rinse and allow it to air dry.
2. Use a vegetable peeler to remove the green skin from the watermelon. Cut it into slices, then cut out the watermelon flesh, leaving just a bit attached to the rind for color. Save the flesh for another [watermelon recipe](#) (like [juice](#), [salad](#), [skewers](#), [smoothies](#), watermelon water, and more!). Cut the rind into bite size pieces until you have 2 cups.
3. In a small saucepan, combine the vinegar, water, sugar, [kosher salt](#), peppercorns, clove and coriander seeds. Bring to a boil, stirring occasionally to dissolve the sugar and salt (this will

take only a few minutes).

4. Add the watermelon rind to the brine and simmer for 5 to 10 minutes until it is tender when pierced with a fork. Use a slotted spoon to pack the mason jar with the rinds, then cover them with the hot brine.
5. Screw on the lid tightly and allow to cool to room temperature (about 1 hour). Refrigerate until serving. Stores for up to 1 month refrigerated.

**Find it online:** <https://www.acouplecooks.com/pickled-watermelon-rind/>



# Chocolate Beet Muffins



These Chocolate and Beet Muffins are a real surprise! The beets make the muffin incredibly moist and hearty. The earthy flavor of the beets highlight the rich chocolate taste. It's the perfect breakfast muffin with a dose of vegetable and touch of chocolate.

**Course** Breads and Muffins, Muffins

**Prep Time** 10 minutes

**Cook Time** 20 minutes

**Total Time** 30 minutes

**Servings** 12 muffins

**Calories** 229kcal

**Author** The Worktop

## Ingredients

- 2 medium-sized beets (250 grams beetroot) (raw)
- scant 1 1/2 cups all-purpose flour (175 grams)
- 2 tablespoons cocoa powder
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 large eggs
- 1/4 cup whole milk (60 milliliters)
- 1/2 cup light brown sugar (75 grams) - lightly packed
- 1/4 cup caster sugar (55 grams)
- 1/4 cup unsalted butter (55 grams) - room temperature
- 1/4 cup sunflower oil (60 milliliters)
- 1 cup semi-sweet chocolate chips (150 grams)

## Instructions

1. Preheat oven to 355°F/180°C.
2. Peel the beets and grate in food processor with a grating disc. Set aside.
3. In a medium bowl, sift together the flour, cocoa, baking powder and salt.
4. In a small bowl, whisk together the eggs and milk.
5. In a large bowl using a hand mixer on medium speed, cream together the sugars, butter and oil. Using the hand mixer on low speed, beat in the egg mixture. Slowly fold in the flour mixture.
6. Using a spatula, mix in the grated beets and chocolate chips.
7. Evenly divide the batter into 12 muffin cases. Each case should be about ¾ full.
8. Bake for 20-25 minutes, until the muffins are springy to the touch. Remove from oven and allow to cool in the pan for 5 minutes. Transfer to a cooling rack to finish cooling.

## Notes

Recipe adapted from goodfood.

## Nutrition

Calories: 229kcal | Carbohydrates: 22g | Protein: 2g | Fat: 15g | Saturated Fat: 6g | Cholesterol: 42mg | Sodium: 67mg | Potassium: 178mg | Fiber: 1g | Sugar: 18g | Vitamin A: 180IU | Calcium: 51mg | Iron: 1.3mg

*Get this recipe for Chocolate Beet Muffins at <https://www.theworktop.com/breakfast-brunch-recipes/chocolate-and-beet-muffins/>.*

# Avocado, quinoa and fava bean salad

from "Plenty" by  
Yotam Ottolenghi

A simple salad for a spring brunch. Serve it with good bread and that's it.

Serves 6

1 cup quinoa

1 lb (3 cups) shelled fava beans (fresh or frozen) (SUB BABY LIMA BEANS)

2 medium lemons

2 small ripe avocados

2 garlic cloves, crushed

2 bunches breakfast radishes, halved lengthways

1 cup purple radish cress (or small purple basil leaves) (SUB WATER CRESS)

1 tbsp ground cumin

1/3 cup olive oil

1/4 tsp chile flakes

salt and black pepper

Place the quinoa in a saucepan with plenty of water, bring to the boil and simmer for 9 minutes. Drain in a fine sieve, rinse under cold water and leave to dry.

I cooked according to package to directions

Throw the fava beans into a pan of boiling water, bring back to the boil and immediately drain in a colander. Refresh with cold water and leave to dry. Then gently press each bean with your fingers to remove the skins; discard these.

Take the lemons and use a small sharp knife to slice off the top and base. Stand each one on a chopping board and cut down the sides, following the natural curve, to remove the skin and white pith. Over a large mixing bowl, cut in between the membranes to release the individual segments into the bowl. Squeeze the juice from the membrane into the bowl with the segments.

Peel and stone the avocados. Slice thinly, then add to the bowl and toss to cover in the lemon juice. Once the quinoa is dry, transfer it to the bowl. Add the fava beans, garlic, radishes, half the radish cress, the cumin, olive oil, chile flakes and some salt and pepper. Toss very gently, without breaking the avocado. Taste and add more salt and pepper, if you wish. Plate and garnish with the remaining cress.



from: Susan Trail