

Greentopia 2011 Recipes: Powerful Plant-Protein Dishes for Health Minded Parents

Shaved Carrot and Fennel Salad

Serves 2

½ cup slivered almonds*

4 local, organic carrots (red, yellow and orange mixed look great!)

1 large local, organic fennel bulb

1 orange

1. Heat a medium skillet over medium heat and add the almonds. Stir and toss the almonds in the dry skillet until you begin to smell their aroma. Once they start smelling good, remove them from the heat and transfer to a medium mixing bowl.
2. Scrub the carrots and fennel well and dry completely.
3. Peel long layers of the carrots into the mixing bowl with the almonds.
4. Shave thin slices of the fennel into the same mixing bowl.
5. Squeeze ½ of the orange over the vegetables, sprinkle with freshly ground black pepper and a pinch of sea salt.
6. Toss and serve.

*If someone in your family has a nut allergy, use untoasted hemp seeds instead.

Hemp Oatmeal

Serves 2

1 cup enriched rice milk, soy milk (for extra protein), or hemp milk

1/2 cup oat bran

1/4 cup hemp seeds ground in a [spice grinder](#) to a fine powder

pinch [pink himalayan salt](#) (you can use sea salt of course)

1/2 teaspoon cinnamon

1/4 cup organic raisins and chopped dried apricots

Directions:

1. Heat the milk in a small pot over medium heat. When the milk starts to simmer, whisk in the oat bran.
2. Whisk in the ground hemp seeds, salt, and cinnamon until smooth. Turn the heat to low and cover the pot. Cook for 5 minutes.
3. Stir in the dried fruit and serve.

Celery Root Puree “Mashed Potatoes”

Serves 4

1 local, organic celery root (about 1 ½ pounds) peeled, trimmed and cut into 1-inch cubes

1 large local, organic potato, peeled and cut into 1-inch cubes

1 teaspoon salt

½ cup unsweetened soy milk

2 tablespoons Earth Balance spread

optional: freshly ground white pepper

1. Place the celery root and potato in a medium saucepan and cover with cold water. Season with salt and cook until soft, about 15-20 minutes.
2. Drain the water and return the celery and potato to the pan. Add the soy milk and simmer over medium heat, stirring occasionally for about 5 minutes.
3. Remove from the heat, add the Earth Balance and taste. Add pepper if desired.
4. Puree in a food mill or mash with a potato masher.