

Weekly Stars of the Table

ISSUE NUMBER SEVENTY-NINE

"The Works" Edition

STAR INFINITE
Food

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Shopping Checklist...

Balsamic vinegar
Chicken broth
Date
Dijon mustard
Egg
Garlic
Ground turkey
Olive oil
Pepper
Raw cashews
Salt
Tamari soy sauce
Unsalted butter
White mushrooms
Yellow onion



Substitutions

Chicken broth (veggie broth, beef broth)

Date (maple syrup *see notes, honey
*see notes)

Dijon mustard (brown mustard, yellow
mustard)

Ground turkey (ground chicken, ground
beef)

Olive oil (avocado oil)

Tamari soy sauce (liquid aminos, coconut
aminos, regular soy sauce *see notes)

Unsalted butter (coconut oil for dairy-
free, vegan butter for dairy-free, ghee for
lactose-free)

White mushrooms (baby bella
mushrooms)

Yellow onion (vidalia onion)



Ingredients

For the patties:

1 ½ cups white mushrooms,
finely chopped
1 yellow onion, finely
chopped
1 tbsp olive oil
2 lbs ground turkey
1 tbsp balsamic vinegar
1 tbsp Dijon mustard
1 egg
1 tsp salt
Pepper to taste

For the cashew gravy:

½ cup raw cashews
¾ cup water
3 cloves garlic
1 tbsp tamari soy sauce
1 tbsp balsamic vinegar
½ tbsp Dijon mustard
1 large date

For serving:

1 ½ cups sliced white
mushrooms
1 tbsp olive oil
½ tsp salt
¾ cup chicken broth
2 tbsp unsalted butter



Dairy-Free Turkey Salisbury Steaks



6-7 servings



40 minutes

Instructions

Preheat the oven to 350. Line a sheet pan with parchment paper and set aside.

Make the gravy. Add the cashews, water, garlic, tamari, balsamic vinegar, mustard and date to a high speed blender and blend until very smooth. Set aside.

Heat a sauté pan over medium-high, then add the olive oil, onions and mushrooms. Sauté for about 5-7 minutes until the onions are soft and translucent. Remove the pan from the heat.

Make the patties. Add the turkey, balsamic vinegar, mustard, egg, salt and pepper. Next, add the sautéed onion and mushrooms. Mix together all of the ingredients to form one mixture.

Instructions (cont'd)

Form the turkey mixture into 10-12 equal portions and form them into patties.

Heat a drizzle of olive oil in a large skillet, then add the patties. You will need to do them in batches. Sear the patties for 3 minutes per side, then place them onto the sheet pan. Once they are all done, place the sheet pan in the oven for about 14-15 minutes, until the patties are cooked through.

While the patties are in the oven, make the mushrooms. Heat the pan used for the onions and mushrooms, then heat over medium-high heat and add the olive oil. Add the mushrooms and sauté them for 6-7 minutes. Reduce the heat to medium-low, then add the salt, broth and butter. Mix to combine. Add the gravy and whisk everything together.

When the patties are done, add them to the pan of gravy and spoon some of the gravy over each one.

Special Recipe Notes

If you choose to use honey or maple syrup in place of a date, use ½ tablespoon.

If you choose to use regular soy sauce in place of tamari, just a note that it is not gluten-free. Coconut aminos, liquid aminos and tamari are all gluten-free.

Leftovers last 4-5 days stored in an airtight container in the refrigerator.

TIP: this dish is great served with mashed potatoes or rice.

Shopping Checklist...

Arugula
Balsamic vinegar
Canned Chickpeas
Dried cranberries
Dried sage
Fresh rosemary
Garlic powder
Goat cheese
Maple syrup
Olive oil
Salt
Sweet potatoes
Pecans
Pepper
Tahini
Yellow mustard



Substitutions

Baby arugula (baby spinach)

Dried cranberries (golden raisins, chopped dates, pomegranate seeds)
Fresh rosemary (dried rosemary *see notes)

Garlic powder (onion powder)

Goat cheese (dairy-free feta cheese for dairy-free, feta cheese)

Maple syrup (honey, agave)

Olive oil (avocado oil, sunflower oil)

Pecans (walnuts, almonds, sunflower seeds)

Tahini (sunflower seed butter)

Yellow mustard (spicy brown mustard, Dijon mustard)



Ingredients

For the sweets:

4 med. sweet potatoes
Olive oil
Salt

For the chickpeas:

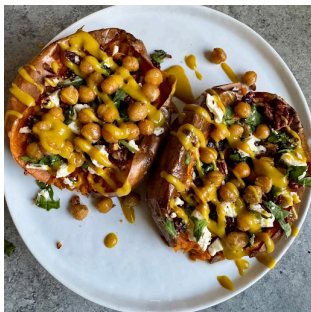
1 15-oz can chickpeas,
rinsed and drained
1 tbsp olive oil
½ tsp salt
½ tsp dried sage
½ tsp garlic powder

For the crumble:

⅓ cup pecans
2 sprigs fresh rosemary
1 tsp olive oil
1 tsp maple syrup
Heavy pinch salt
⅓ cup baby arugula
⅓ cup dried cranberries
¼ cup goat cheese

For the sauce:

1 tbsp tahini
1 ½ tbsp yellow mustard
1 tbsp maple syrup
1 tsp balsamic vinegar
¼ tsp garlic powder
¼ tsp salt
Pepper
1-2 tsp water



Harvest Sweet Potato Bowls



4 servings



75 minutes

Instructions

Preheat the oven to 400 F. Line 2 sheet pans with parchment paper and set aside.

Prick the outside of the sweet potatoes with a fork, brush with olive oil and season with a little salt. Place in the oven for 30 minutes. After 30 minutes, remove the sweet potatoes, then move them to one side and add the chickpeas. Place the sheet pan back in the oven for 10 minutes.

Add the pecans to a separate sheet pan, then drizzle with the oil, maple syrup and season with the salt. Add the rosemary and toss, place in the oven for 6-7 minutes.

Remove the sweet potato pan from the oven, then season the chickpeas with olive oil, salt, sage and onion powder. Toss to coat. Place the sheet pan back in the oven for 10 minutes. They should be slightly browned.

Instructions (cont'd)

While everything is roasting, make the topping. Add the pecans to a cutting board, then begin to chop. Add the arugula and chop again, then add the cranberries and continue to chop. Finally, add the goat cheese and chop everything together to combine. Add the salt and toss. Set the crumble aside.

Whisk together the sauce. Add the tahini, mustard, maple syrup, balsamic vinegar, garlic powder, salt and pepper then whisk until smooth. Add water, one teaspoon at a time, then whisk again.

Place the sweets onto a plate, slice them down the middle and gently mash the sides down. Top the sweet potatoes with a few spoonfuls of the topping, then a couple spoonfuls of the chickpeas. Drizzle with the sauce.

Special Recipe Notes

The key to making this crumble is to incorporate all of the ingredients together. Begin by chopping one ingredient, then continue to chop as you add the next. Each time you add an ingredient, you create a mixture of flavors.

You can prep this dish ahead of time. Simply store the sweet potatoes and the crumble in separate airtight containers in the refrigerator. Store the chickpeas in another container and assemble the potatoes when you are ready to serve.

Leftovers last 3-4 days stored in an airtight container in the refrigerator.

TIP: this dish is a great side dish for Thanksgiving dinner, or a vegetarian option for a holiday.

TIP: this crumble makes a great salad topper.

Shopping Checklist...

Canned chickpeas
Carrots
Cumin
Dried cranberries
Dried oregano
Garlic
Hazelnuts
Honey
Kale
Lemon
Olive oil
Paprika
Pepper
Raw cashews
Salt



Substitutions

Cumin (paprika)
Dried cranberries (golden raisins)
Dried oregano (dried thyme)
Hazelnuts (almonds, pistachios, pepitas)
Honey (maple syrup, agave)
Kale (arugula)
Olive oil (avocado oil)



Ingredients

For the carrots:

1 lb carrots, peeled and halved lengthwise
2 ½ tbsp olive oil
½ tsp salt
½ cumin
½ tsp dried oregano
Pepper to taste

For the chickpeas:

1 15-oz can chickpeas, rinsed and drained and divided
1 ½ tbsp olive oil, divided
1 tbsp honey
½ tsp salt, divided
½ tsp paprika
¼ cup raw cashews
3 tbsp water
3 cloves garlic
1 tsp lemon juice

For the toppings:

1 cup chopped kale
Olive oil
Salt
3 tbsp dried cranberries
2 tbsp toasted chopped hazelnuts
Honey, optional



Roasted Carrot Salad with Chickpeas
Two Ways



4-5 servings



45 minutes

Instructions

Preheat the oven to 425.

Add the carrots to a large sheet pan, then add the olive oil, salt, cumin, oregano and pepper. Toss to coat, then spread out and place in the oven for 30-35 minutes, tossing halfway.

Add ½ the chickpeas to a separate sheet pan and place in the oven for 9 minutes, then remove and add ½ tablespoon olive oil, the honey, salt and paprika. Toss to coat and place it back in the oven for another 10 minutes. Remove them and allow them to cool.

Add the kale to a bowl with a drizzle of olive oil and a pinch of salt, then gently massage the kale with your hands.

Instructions (cont'd)

While everything roasts, make the creamy chickpeas. Add the remaining chickpeas, remaining olive oil, cashews, water, garlic and lemon juice to a high speed blender and blend until very smooth.

Spread the chickpeas onto a plate, top with ½ the carrots and greens, the remaining carrots and greens, the crispy chickpeas, cranberries, hazelnuts and honey, if using.

Special Recipe Notes

Double roasting the chickpeas ensures that they dry out on the first roast then crisp up on the second roast. Be sure to allow them to cool before serving.

Leftovers last 4-5 days stored in an airtight container in the refrigerator.

TIP: the creamy chickpea purée makes a great dip as well as veggie topper.

Shopping Checklist...

Avocado
Basmati rice
Chili powder
Cumin
Dried oregano
Feta cheese
Fresh cilantro
Garlic powder
Honey
Kale
Lime
Mini cucumber
Olive oil
Paprika
Pepper
Red onion
Salt
Tahini
Tamari soy sauce



Substitutions

Basmati rice (jasmine rice, brown rice)
Dried oregano (dried thyme)
Feta cheese (dairy-free feta for dairy-free)
Fresh cilantro (fresh parsley)
Garlic powder (onion powder)
Honey (maple syrup, agave)
Mini cucumber (English cucumber *see notes)
Olive oil (avocado oil)
Red onion (scallions)
Tahini (sunflower butter, cashew butter)
Tamari soy sauce (liquid aminos, coconut aminos, regular soy sauce *see notes)



Ingredients

For the rice:

2 cups cooked basmati rice
2 tbsp olive oil
1 tbsp tamari soy sauce
1 tsp paprika
½ tsp salt
½ tsp cumin
½ tsp garlic powder
½ tsp dried oregano
½ tsp chili powder

For the dressing:

3 tbsp tahini
3 tbsp olive oil
2-3 tbsp water
½ tsp salt
½ tsp cumin
Juice of 1 lime
1 tbsp honey
Pepper to taste

For the salad:

3-4 cups finely chopped kale
Olive oil
Salt
2 cup mini cucumber, cut into half moons
1 avocado, chopped
1 cup crumbled feta cheese
¾ cup chopped fresh cilantro
½ cup finely chopped red onion



Crispy Rice Kale Salad with Creamy Cumin-Lime Dressing



6-8 servings



45 minutes

Instructions

Preheat the oven to 400. Line a sheet pan with parchment paper and set aside.

Add the rice to a sheet pan, then add the olive oil, tamari, paprika, salt, cumin, garlic powder, oregano and chili powder. Toss until well coated, then flatten the rice into one layer. Place the rice in the oven for 30-35 minutes.

While the rice cooks, make the dressing. Add the tahini, olive oil, water, salt, cumin, lime, honey and pepper. Whisk until creamy and set aside.

Massage the kale. Place the kale in a bowl with a generous drizzle of olive oil and salt and gently massage with your hands until all the kale is coated.

Special Recipe Notes

Assemble the salad. Place the kale into a large bowl, then add the cucumber, avocado, feta cheese, cilantro and red onion. Top with the crispy rice and the dressing. Toss to coat.

Special Recipe Notes

If you choose to use English cucumber in place of mini cucumbers, cut them smaller.

If you choose to use regular soy sauce in place of tamari, just a note that it is not gluten-free. Coconut aminos, liquid aminos and tamari are all gluten-free.

Leftovers last 3-4 days stored in an airtight container in the refrigerator.

TIP: add some cooked chicken or black beans to add some protein.

Shopping Checklist...

Avocado
Bell peppers
Cauliflower
Cheddar cheese
Chili powder
Chipotle sauce
Cumin
Fresh cilantro
Garlic powder
Jalapeño
Olive oil
Olives
Paprika
Red onion
Salt
Tomatoes



Substitutions

Cheddar cheese (any shredded cheese of choice, dairy-free cheese for dairy-free)

Chipotle sauce (optional for serving, queso, sour cream)

Fresh cilantro (scallions)

Garlic powder (onion powder)

Jalapeño (optional)

Olive oil (avocado oil)

Olives (optional)

Red onion (vidalia onion, scallions)



Ingredients

For the cauliflower:

1 large head cauliflower,
broken into large florets
2-3 tbsp olive oil
1 ½ tsp cumin
1 tsp paprika
1 tsp garlic powder
¾ tsp chili powder
¾ tsp salt

For the toppings:

1 cup shredded cheddar
cheese
¾ cup chopped tomatoes
½ cup chopped olives
½ cup chopped bell
peppers
½ cup chopped fresh
cilantro
½ cup finely chopped red
onion
½ jalapeño, chopped
1 ripe avocado, chopped
Chipotle sauce, optional



Cauliflower Nachos



4-6 servings



50 minutes

Instructions

Preheat the oven to 425. Place a sheet pan in the oven while it preheats.

Slice the cauliflower florets into ½ inch slices, then add them to a bowl. Add the olive oil, cumin, paprika, garlic powder, chili powder and salt. Toss until well coated.

Add the cauliflower to the sheet pan, spread it out and place it in the oven for 15-20 minutes, then flip it when the underside is seared. Place it back in the oven for 5-10 minutes.

Remove the cauliflower from the oven, then sprinkle the top with the cheese. Place it back in the oven for 7 minutes.

Instructions (cont'd)

Remove the cauliflower from the oven, then top it with the tomatoes, olives, bell peppers, cilantro, red onion, jalapeño and avocado. Drizzle with chipotle sauce, if using

Special Recipe Notes

The cauliflower can be roasted a day in advance, then to assemble, simply add the cheese and bake then top it off.

Leftovers last 3-4 days stored in an airtight container in the refrigerator.

TIP: add ground beef, ground turkey, black beans or shredded tofu for added protein.