

Making Ripples

Vegan Delights of Summer

by Amanda Bancroft

According to the Mayo Clinic, ChooseMyPlate.gov, and the USDA, vegetarian and vegan diets are healthy and can adequately meet nutritional requirements. The American Dietary Guidelines put forth by the USDA and Health and Human Services notes that “In prospective studies of adults, compared to non-vegetarian eating patterns, vegetarian-style eating patterns have been associated with improved health outcomes.” Summer salads are classic vegan fare. But what other options does a vegan have? Surprisingly many, and with ancient roots.

Chipotle Bowl

Historically, indigenous cultures in Mexico developed a habit of pairing beans and corn, which are said to have complimentary amino acids that make up protein. Our recipe for a vegan “chipotle” bowl reflects this pairing.

Cilantro Lime Rice Ingredients:

- 1 Tbs olive oil
- 2/3 cup rice (any kind you like)
- 1 ¼ cup water (1 ½ if using brown rice)
- 2 Tbs cilantro, finely chopped
- ½ tsp Salt (Celtic Sea Salt)
- ½ medium lime

Heat a 2-quart heavy saucepan over low heat. Add oil. Immediately after, add rice and lime juice, stir for 1 minute. Add water and salt, and then bring to a boil. Cover, turn down to simmer over low heat until rice is tender and the water is absorbed, about 25 minutes. Let sit with remaining moisture for 5 – 10 minutes, until all is absorbed. Add in the cilantro and fluff rice with a fork.

Black Bean & Corn Mix Ingredients:

Ingredients:

- ½ Tbs Olive Oil
- ¾ cups cooked black beans
- ½ to ¾ cups frozen corn
- Mexican Spice Blend:
 - 1 tsp cumin
 - 1 tsp chili powder
 - ½ tsp paprika
 - 1 tsp oregano
 - ½ tsp garlic powder
 - Pinch cayenne pepper

Heat a saucepan over low-medium heat. Add oil, and immediately add frozen corn. Cook for 1 – 2 minutes, and then add beans. Once warmed, about 2 minutes, add spice mixture. Cook for another minute, then turn off heat. Spoon beans and corn onto cilantro rice, top with guacamole and fresh tomato salsa, and enjoy!

Chickpea Curry adapted from SensitiveinSeattle.com

Curry has its roots in southern Asia, and its name comes either from the French word cuire, meaning “to cook,” or the Tamil word kari, meaning a thin spiced sauce for meat and vegetables, according to the BBC. “Scientists believe they may have found evidence of a 4,000-year-old proto-curry in India's ancient Indus Valley civilisation.”

- 1 Tbsp high heat cooking oil
- 1/2 a medium onion, minced
- 1 tsp salt
- 2 cloves garlic, minced
- 3 Tbsp hot or mild curry powder
- 1 cup brown rice
- 1 cup potatoes, diced small
- 2 carrots, finely chopped
- 3 cups low sodium vegetable stock, divided
- 1 14oz can unsweetened coconut milk
- 1 14oz can garbanzo beans, drained & rinsed
- 1/2 cup frozen peas, thawed
- Allergy-free hot sauce, for serving

Heat the oil in a large sauce pan over medium low heat. Add the onion and salt and cover. Cook 5 minutes, stirring occasionally, until translucent. Add garlic and curry powder and cook, stirring often for about a minute. Add the rice, 1 1/2 cups of stock, coconut milk, carrots and potatoes and bring to a boil. Cover and reduce heat to low and simmer until rice is tender, about 45 minutes. Add remaining stock, beans, and peas. Cover, bring back to a simmer and cook another 10 minutes. Season with salt and pepper, to taste.

Chocolate Chip Cookies

The chocolate chip cookie has not-so-vegan and not-so-ancient origins around 1938 with Ruth Graves Wakefield of Tollhouse. But our chocolate chip cookie recipe is adapted to taste similar to these original cookies while leaving out the animal products and becoming completely gluten-free and nut-free.

- 2/3 Cup Vegetable Shortening
- 1 Tbsp Vegetable Oil
- 1 Cup Packed Brown Sugar
- 1 Tbsp Vanilla Extract

- 1/3 Cup Water
- 2 ½ Cups Bob's Red Mill All Purpose Gluten-free Flour
- 1 ¼ Tsp Salt
- 1 Tsp Xanthan Gum
- 1 ½ Tsp Baking Soda
- ½ Tsp Gluten-free Baking Powder
- 1 Package Enjoy Life Chocolate Chips or Chunks

In two separate bowls, mix together the dry and wet ingredients. Combine the well-sifted dry ingredients into the wet ingredients, and blend them with a mixer. Stir in chocolate chips. On a cookie sheet, bake for 8-12 minutes at 375 degrees.

Ripples is an emerging online educational center inspired by a holistic approach to making a difference. Follow our journey to live sustainably and make ripples with our lifestyle at: www.RipplesBlog.org.