

Main Dish, Salad

Almost Instant Pandorable Patty

Alicia Randolph-Lucchesi

Servings: 8

Variations: patties = 1/2-cup of the mixture; sliders = 1/4-cup; or beanballs, 1/8-cup or use a 1" scoop.

1 1/2 Cups Red Lentils, rinsed & drained
3 Cups Water
1 1/2 Cups Quick Oats
8 Ounces Frozen Spinach
3/4 Cups Liquid (e.g. 1/8 c mustard, 1/3 cup ketchup, 1/3 cup vegan worcestershire)
2 Tblsp Spices

Preheat oven to 425.

Cook lentils in water for 20 minutes, stirring frequently to prevent sticking. Add small amounts of water as needed, to prevent sticking and uncooked lentils. The water will absorb and the lentils will break up, or "melt," as Chef Chad Sarno says. Once lentils are cooked, turn off heat and add frozen spinach, stirring to combine.

Stirring will thaw the spinach and add a small amount of liquid to your lentils.

Pour lentils and spinach into a large bowl; add remaining ingredients. Allow mixture to cool enough to handle. Form into patties, place on parchment paper or a non-stick baking sheet, and place in the oven. Cook 20 minutes. You can flip the patties and cook another 5 minutes or cool them and place them in an airtight container in the refrigerator. This recipe makes 6 regular sized patties and 12 beanballs, or 18 sliders.

Yield: 8 Patties

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Cheela Omelette Mix

Alicia Randolph-Lucchesi

Servings: 3

Preparation Time: 5 minutes

Start to Finish Time: 10 minutes

Omelette replacement

1 1/2 Cup Besan, or chickpea flour
2 Tblsp Nutritional Yeast
1 Tsp Baking Powder
1 Tsp Turmeric
1 Tsp Garlic Powder
1 Tsp Onion Powder
1 Tsp Black Salt
1 Tsp Black Pepper

Combine all ingredients in an airtight container.

To make an omelette, mix equal parts water with cheela mix. (1/2 cup dry:1/2 cup water makes a hearty omelette for one person.)

Pour cheela omelette into a nonstick pan or a skillet lightly sprayed with coconut oil. When omelette has air bubbles, flip it (like pancakes).

Place toppings on half the omelette; after 30-60 seconds, gently fold the other half on the toppings to form a stuffed omelette. Serving Ideas: Fill with black beans and greens, then top with cheezy sauce and salsa.

Warm a tortilla in a pan or oven (60 seconds at 325), place omelette in wrap and fold.

Omit filling and serve cheela omelette as is, either on toast or a wrap. Fill with desired toppings.

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Cheezy Sauce

Adapted From Miyoko Schinner's "Artisan Vegan Cheese"

Servings: 2

Preparation Time: 30 minutes

Start to Finish Time: 45 minutes

5 Cups Water
2 Cups Cashew Pieces, raw
1/2 Cup Nutritional Yeast, powder
2 Tblsp Salt
2 2/3 Tablespoons Lemon Juice
2 Teaspoons Xanthan Gum

Soak cashews 30-60 minutes. Drain and add water, nutritional yeast, salt, and lemon juice. Puree until smooth and creamy.

Add to a saucepan and add xanthan gum. Stir with a whisk until xanthan is incorporated into cashew sauce.

Bring to a boil, reduce heat, and cook until thickened; stir constantly to avoid clumping and sticking.

Remove from heat once it's thickened and allow to cool. Store in a glass jar in the fridge.

Serving Ideas: Pour over Pandorable Patty/Beanballs.

Add to pasta for a quick mac-no-cheeze.

Pour over air-fries and serve with salsa, black beans, and sour creme.

Pour over air-fries and serve with ground meatless, for a Poutine variation.

Add broccoli or cauliflower and make it into a cheezy soup.

Use a small amount on pizza dough as the sauce, using your favorite toppings.

Yield: 1 1/4 quarts



**Pandora's Products & Pandora's Lunchbox:
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Chickless Nuggets

Adapted from "Vegamonicom"

Servings: 12

Alternately add 1/2 c BBQ sauce in place of 1/2 cup water

2 Cups Hummus
4 Tbsp Pesto
1 Cup Vital Wheat Gluten
1 Cup Breadcrumbs
3/4 Cup Water
1 Tbsp Italian Seasoning

Combine all ingredients in a bowl and mash together about 3 minutes, until strings of gluten have formed.

Divide the dough into about 25 small pieces, and form into small nuggets.

Place on parchment paper and bake at 375 for 20 minutes. Flip and cook an additional 8 minutes (cooking time will vary, depending on oven and altitude).

Serving Ideas: Serve in pita pockets or wraps.

Place over a bed of greens and top with your favorite dressing.

When flipping the nuggets, add BBQ or buffalo sauce for extra spices.

Dredge nuggets in cajun seasoning for a "blackened" version before baking.

Yield: 25 nuggets



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Pandora's Must-Have Granola

Preparation Time: 10 minutes
Start to Finish Time: 55 minutes

1 Cup Applesauce, preferably homemade
1 Tbsp Pumpkin Pie Spice
1 Tsp Sea Salt
4 Cups Rolled Oats, not instant
1/4 Cup Millet
1/2 Cup Raw Nuts or Seeds of Choice
1/2 Cup Raisins
2 Cups Apples, diced

Preheat oven to 325.

Combine all ingredients in a large mixing bowl and stir well to combine.

Place on a large nonstick baking tray, or line a tray with parchment paper. Bake 35-45 minutes, stirring throughout the baking process. Apples should be cooked and oats will be slightly crispy.

Serving Ideas: For breakfast, mix 1/2 cup in a bowl and top with non-dairy milk.

Cook on the stovetop with milk, if you want a warmed version.

For a healthy dessert, place 1/2 cup in a bowl, top with a dollop of non-dairy yogurt, non-dairy milk, and fresh fruit.



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