

Creative Cooking

S2 PROGRAM 4

AROUND THE WORLD IN 7 DAYS!
NICOLE BRAXTON • DCC0000016

LIVE, LOVE,
LAUGH



PESTO SAUCE

INGREDIENTS

- 4 handfuls basil
- ¼ cup nuts (pine nuts or walnut)
- ¼ cup nutritional yeast flakes
- 3 garlic cloves
- 5 Tbsp olive oil
- salt to taste

INSTRUCTIONS

Blend nuts, garlic and nutritional yeast flakes in food processor. Then add basil. Lastly pour in olive oil and continue to blend until it has a smooth consistency.

JAMAICAN ME CRAZY (FUSION PASTA)

INGREDIENTS

- 1 can coconut milk
- 1 box whole wheat pasta
- 6 garlic cloves minced
- 2 Tbsp Italian seasoning
- 2 Tbsp nutritional yeast flakes
- 1½ Tbsp chicken style seasoning
- 1 tsp salt
- 1 Tbsp olive oil
- 3 Tbsp Pesto sauce
- 1 onion (diced)
- 1 red bell pepper (diced)
- 1 Tbsp garlic powder
- 1 cup Portobello mushrooms sliced
- 1 lemon
- 1 cup broccoli

INSTRUCTIONS

Boil whole wheat pasta according to directions listed on box and set a side when finished. Cut one onion. In a skillet with water or olive oil, sauté onion, garlic, and red bell peppers on medium heat. Add mushrooms, broccoli and all dry seasonings except

nutritional yeast flakes. Now add pesto sauce and mix with the vegetables. Pour coconut milk over the mixture, stir and let simmer on medium-low for around 7 minutes. Now add nutritional yeast flakes, and additional seasonings to taste. Lastly squeeze the lemon and pour the juice over the mixture and serve.

DELICIOUS POLENTA PIZZA

INGREDIENTS

- 2 cups polenta
- 3 cups vegetable broth
- water as needed
- 1 Tbsp vegan butter
- 1½ Tbsp chicken style seasoning
- 1 tomato cut into slices
- ¼ cup basil
- 2 Tbsp Italian seasoning
- 1 sprig rosemary
- ¼ cup chopped onions
- ½ cup corn pureed
- 4 slices Chao Cheese
- 1 cup tomato sauce
- salt to taste

INSTRUCTIONS

In a large saucepan bring the liquid to a boil and add chicken style seasoning. Slowly pour into the water while constantly whisking in the polenta into the liquid. Make sure there are no lumps. Mix in pureed corn, butter and salt. Note you may add more water as needed. Let the mixture simmer on low for around 2 to 3 minutes. (Gradually stir) until it thickens. Now pour polenta into a cast iron skillet and flatten like a crust. Cook on stove top for 5 to 6 minutes. Put the polenta in the oven on 375°F. Bake for around 3 minutes or until firm. Remove polenta and top with tomato sauce and Italian seasoning. Then add Ciao cheese. Next layer with sliced tomatoes, basil and salt to taste. Lastly bake for around 5 minutes to allow the cheese to melt.