

Chocolate Hummus

Ingredients

1 15 ounce can chickpeas, rinsed and drained
2 tablespoons avocado oil or coconut oil
1/3 cup maple syrup
2 tablespoons tahini
¼ cup dutch cocoa powder
1 teaspoon vanilla extract
½ teaspoon fine sea salt

Instructions

Add chickpeas, oil, maple syrup and tahini to a food processor and process until the chickpeas are smooth, at least 1-2 minutes. Add in cocoa powder, vanilla extract and sea salt and process until the mixture is combined. If the mixture breaks (and gets very grainy), add in a tablespoon of warm water at a time while the food processor is running, until it is smooth again.

Transfer hummus to a bowl and sprinkle with flaky sea salt, if desired. Serve immediately or refrigerate to thicken up and serve when ready. Serve with fresh fruit, crackers, cookies or pretzels.

Notes

Hummus will keep, refrigerated up to 5 days.

Crispy Oven Baked Okra

Serves 4

INGREDIENTS:

- 4 cups fresh-cut okra
- 4 tablespoons cornmeal
- 6 tablespoons Italian-style panko breadcrumbs
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon Cajun seasoning
- Dash of cayenne
- 1 tablespoon grated Parmesan cheese
- 2 eggs beaten
- 3-4 tablespoons avocado oil

INSTRUCTIONS:

Preheat the oven to 425 degrees. Combine the cornmeal, panko, salt, pepper, and Parmesan cheese in a gallon-size ziplock bag. In a separate bowl, gently toss the okra with the beaten eggs until evenly coated. Pour oil onto a rimmed baking sheet (15x10x1) and place in the preheated oven for just a few minutes to warm up the oil—be careful to not let it start to smoke. In the meantime, add the wet okra a little at a time to the bag and shake until coated. If needed, you may add additional cornmeal and panko breadcrumbs. Carefully add the okra to the hot baking sheet. Bake for 15-20 minutes, or until tender, turning the okra halfway through baking. To get a nice golden brown, increase oven heat to broil and watch carefully, stirring as needed.

Root Vegetable Hash

Serves 4

INGREDIENTS:

- 2 golden sweet potatoes or regular sweet potatoes • 1 large carrot
- 1 large parsnip
- 1 beet
- 2 teaspoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- 1/4 teaspoon granulated garlic
- 1/4 cup fresh parsley chopped

INSTRUCTIONS:

Preheat your oven to 425 degrees Fahrenheit. While the oven is heating, chop the potatoes and carrots and peel and chop the beet. Toss the vegetables with the olive oil and spices (except the parsley) and roast for 25-30 minutes, under crisp-tender. Sprinkle with fresh parsley and serve as a main or side dish.