

*Doctor MJ Atkins and Chef Laura Moore are pleased to present
Whole Foods For Wellness at North Saanich Middle School*

Monday, September 24th, from 6:30 - 8:30 PM, 2012, Mexican Foods! Learn to make tasty and satisfying gluten and dairy free Mexican foods in this class: 1) Mexican Quinoa Salad; 2) Roasted Yam & Black Bean Quesadillas, and 3) Tofu Cheesecake with Margarita Sauce.

Mexican Quinoa Salad with Tomatillo Salsa dressing, for four, mild/medium, GF & vegan
1 cup Quinoa, soak for one hour, drain off soak water, cook like pasta in plenty of boiling water. Once centers fully cooked, remove from heat, drain through fine mesh sieve, turn out onto trays to cool.

Dressing, macerate, then toss with cooled grains and veggies.

1/3 cup Tomatillos , core/dice	1/4 cup Olive oil	1/3 cup Veggie broth
1/4 cup Cilantro , chopped	1 Garlic clove , minced	2 Tbs. Lime Juice
3 Green Onions , diced	1/2 - 1 Red Chili pepper , seed & chop	
1/4 - 1/2 tsp EA Cumin & Oregano	Pinch of Sea Salt , to suit taste	

Veggies to fold in:

1/2 cup Celery, diced; **1/3 cup Green Peas**, diced; **1/2 Red Bell Pepper**, seeded & chopped

Roasted Yam & Black Bean Quesadillas, for 4, gluten free & vegan

Chop and toss together:

1 pound Yams, chopped **1 small Onion**, diced

*Spicy option: add **1/2 -1 Jalapeno Pepper**, seed & dice

Toss with:

2 tsp Veggie Oil; **1 tsp EA Cumin, Coriander, Cajun spice/smoked Paprika**
1/2 tsp EACH Sea Salt & Marjoram

Roast at 350 for 35-40 minutes, or until golden, toss at least once during cooking. Remove from oven, cool a few minutes, mix together with **1 tin Refried Black Beans**.

8 x 10-12 inch Tortilla shells **100 grams Veganrella/Daiya/Organic Mozza**, grated

Divide yam and bean mixture evenly between four of the tortillas, top with 1/4 of the grated cheese, and bake in oven for 10-12 minutes. Remove, add top tortilla, flip, and return to oven for another 8-10 minutes. Once tortillas are golden brown, remove from oven and transfer to cutting board. Cut each into 4 or 6 pieces, and serve with guacamole, sour cream and salsa as desired.

Guacamole

Mash together:

1 Avocado, fully ripe

1/4 -1/2 tsp EACH Cumin, Coriander, Cajun blend

1-2 Green Onions, diced

Juice of 1/2 - 1 Lime

1 clove Garlic, puree/minced

1/4 cup Cilantro, chopped

*option: add in 1/4-1/2 minced chili pepper

1/4 - 1/2 tsp Sea Salt

Tofu Cheesecake with Walnut crust, Raspberry Sauce, gluten free & vegan

For crust, macerate in food processor:

1 cup Rice Flour **1 cup Walnuts, pieces** **1 tsp Cinnamon**
1/4 tsp Nutmeg **1 tsp Lemon or Lime Zest** **Pinch of Sea Salt**

Chill well, cut into small pieces, and cut into flour mixture:

1/4 cup Earth Balance shortening

Now press into the bottom of an 8 or 9 inch pie pan, and set aside.

Use same food processor to blend cheesecake filling:

1 pound Medium Tofu **1/4 cup Sucanat** **3-4 Tbs. Engevita Yeast**
3 Tbs. Miso, blond **1 Tbs. Vanilla extract** **Egg Replacer** x 2 eggs, use lemon or lime juice
pinch of sea salt, fine instead of water when mixing, for extra flavor

Pour this filling into crust, bake in 350 degree oven for 35-40 minutes, or until top browning and deep cracks form. Remove from oven, cool to room temperature, then transfer into fridge to chill. Best made several hours or one day in advance, to ensure fully chilled before serving.

Sauce:

Whisk together, then simmer over low heat until thickened:

1 cup Orange Juice **1 tsp Arrowroot powder** **2- 3 Tbs. Lime Juice**
*pinch of turbinado, to suit taste

Remove from heat and fold in:

1 cup fresh Berries, clean & ripe

Use to nap chilled cheese cake: enjoy!

Next weeks class: Eastern Foods!

Monday, October 1st, 6:30-8:30 PM

Seasonal Veggie Slaw with chili lime dressing

Palak Paneer with Eastern Rice, pappadums

Raw Cashew Fudge

More about The Good For You Gourmet whole foods personal chef and catering service at: www.gfyg.ca, or call chef Laura at 250.721.5961. Doctor MJ Atkins offers Naturopathic services at Synergy Health Center, www.synergyhealthmanagement.com, and may be reached at 250.727.3737.