

Chef AJ's THANKSGIVING DAY COOKING SPECIAL

On Thursday, November 26, 2020, Thanksgiving Day, we are gathering 7 of the best SOS-free (sugar-free, oil-free, salt-free) plant-based chefs to create a healthy and delicious Holiday meal.

Here is the ingredient list so you can purchase all the ingredients in advance, and then cook along with us.

The actual complete recipes will be given out and demonstrated LIVE on the show.

Thursday, November 26, 2020

11:00 am Pacific

Join us on my YouTube channel (<https://www.youtube.com/c/CHEFAJ>).

The Scott Family is passionate about living a whole food plant-based lifestyle. They love sharing tasty plant-exclusive recipes and workout videos on their blog, Get2dRoot Health & Wellness. You can connect with them on their blog at <http://get2droothealthandwellness.com> or at their YouTube channel at <https://www.youtube.com/channel/UCCanealljXII042OTbskgkq>.

HOLIDAY NOG INGREDIENT LIST

- 1 cup Cauliflower (about 5 oz)
 - 4-5 large Medjool Date, pitted and halved (about 4 oz)
 - 1/2 cup Baked Japanese Sweet Potato (do not include the skin, only the white flesh)
 - 1/2 tsp Ground Cinnamon
 - 1/2 tsp Vanilla Bean Powder
 - 1/4 tsp Nutmeg
 - 1/8 tsp Ground Turmeric
 - 1/16 tsp Allspice (a pinch)
 - 1/2 tsp Rum Extract
 - 2 cups Water
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Chef Katie Mae is a cooking instructor at TrueNorth Health Center and the McDougall Program. You can see her Delicious Living cooking show on YouTube every Thursday at 5:00 pm Pacific time, and find her SOS-free, WFPB recipes and courses at The Culinary Gym (<https://www.theculinarygym.com>).

CRANBERRY SAUCE WITH ORANGE & FRESH MINT INGREDIENT LIST

12 oz cranberries (fresh or frozen)
 12-15 Medjool dates
 3 navel oranges
 2 cinnamon sticks
 2 tablespoons fresh mint

Tami Kramer shares her love of living a whole food plant-based, oil-free lifestyle on her blog, Nutmeg Notebook (<https://www.nutmegnotebook.com/>), and on her Nutmeg Notebook YouTube channel (<https://www.youtube.com/channel/UCa3oha66QQ21ICIBkcgYdng>), as well as on Facebook and Instagram. You can find her most Sundays at 4:00 pm Pacific on her YouTube *Nutmeg Notebook Live* show, where she shares what she has learned about how to *get healthy and stay healthy, one meal at a time*.

LENTIL LOAF WITH DATE GLAZE INGREDIENT LIST

- 1 cup onion finely chopped
- 1 celery stalk finely chopped
- 1 carrot finely chopped
- 3 – 4 garlic cloves minced
- ½ cup green/brown lentils, rinsed and drained
- ¾ cup water
- 1 ½ cups rolled oats
- 2 tablespoons tomato paste
- 3 tablespoons nutritional yeast
- 2 tablespoons golden flax seed meal – ground
- 2 tablespoons balsamic vinegar
- 2 ½ teaspoons Italian Seasoning
- ½ teaspoon Table Tasty Salt Substitute – optional
- ¼ teaspoon smoked paprika
- ¼ cup sun dried tomatoes – no oil - If you don't have these use 1 more tablespoon tomato paste instead

Glaze

- 2 tablespoons Tomato paste
- 1 tablespoon Balsamic Vinegar – a sweet one
- 1 tablespoon date paste

Carole Levy, is an artist and chef, founder of The Veggie Vanguard, a website offering whole food, plant-based, services, resources and recipes free of salt, oil and sugar. She is the culinary educator for Plant Powered Metro NY, the Marlene Meyerson JCC Manhattan, and a Food for Life instructor for the Physicians Committee for Responsible Medicine. Her website is The Veggie Vanguard (<https://www.theveggievanguard.com>).

ROASTED DELICATA AND PEAR SALAD INGREDIENT LIST

4-6 cups mixed lettuce greens (a gourmet medley, baby kale, arugula)
2 pears (Bosc, Anjou, Bartlett, Concorde)
2 delicata squash, halved lengthwise and seeded
1 pomegranate
3-4 scallions
1 orange
Cinnamon
Cumin seeds (ok to use ground cumin)
Pinch of cayenne pepper
2 ounces pecans
Rice wine vinegar
Fresh ginger, grated (ok to use dry ginger)

Healthy Cooking with Shayda is passionate about helping others thrive on a whole food plant based diet, that is salt-free, oil-free and sugar-free, having seen firsthand what it has done for herself, her family and others. Since adopting the whole food, plant-based lifestyle on January 12, 2012, she has lost close to 120 pounds and has eliminated all her medications, and she continues to thrive. Shayda has earned her Starch Solution certificate from Dr. McDougall. Her goal is now to teach you culinary techniques on how to prepare simple, healthy, delicious meals, using whole foods without compromising flavor. She is also known for creating authentic, oil-free Persian Foods. You can visit her website at <https://healthycookingwithshayda.com> or visit her YouTube channel (https://www.youtube.com/channel/UC8PJqYanmteQWENd7m7k_FA), Instagram or Facebook.

WILD RICE & CAULIFLOWER STUFFING INGREDIENT LIST

Ingredients:

- 5 cups of cooked wild rice
- 1 sweet onion, diced
- 4-5 garlic cloves, minced
- 1 cup carrots, diced
- 1 cup celery, diced
- 1 med head cauliflower, diced
- 1 (8oz.) shitake mushrooms or baby bella mushrooms, sliced
- 2 cups butternut squash, diced
- 1 med red bell pepper, diced
- 1 cup fresh parsley, chopped
- ½ cup dried barberries or cherries
- ½ -1 cup dried mangoes, chopped
- 1 tsp dried rosemary
- 1 tsp dried sage
- 1 tbsp poultry seasoning
- 2-3 tbsp nutritional yeast
- Ground black pepper, optional
- ½ cup walnuts, optional
- Fig balsamic vinegar

Chef Ramses Bravo is the Executive Chef for True North Health in Santa Rosa California. He is the creator of [Bravopb.com](https://www.bravopb.com) (<https://www.bravopb.com>) where you can find his online plant based cooking courses. He is the author of *Bravo* and *Bravo Express* cookbooks. Although he trained as a regular chef, with a little intervention from the universe, he found himself working as a plant-based chef, and has been doing it for 13+ years now.

BUTTERNUT SQUASH AND AVOCADO SOUP DUO INGREDIENT LIST

2 cups diced butternut squash
 ½ cup diced onion
 ½ cup chopped Swiss chard stems
 1 tablespoon chopped garlic
 3 cups vegetable broth
 ½ cup diced onion
 1 tablespoon chopped garlic
 1 cup chopped arugula
 ½ cup parsley leaves
 3 cups vegetable broth
 1 avocado
 2 dried figs, sliced thin and soaked in tangerine or orange juice
 2 tablespoons toasted pine nuts

Elsbeth Feldman, Director of Culinary Arts at Vegan News Daily, is also known as The Speedy Vegan (<http://www.thespeedyvegan.com>). She is an author, educator and cooking instructor who brings a decidedly international flavor to her online and broadcast work focusing on a whole food, plant-based approach to everyday and special-occasion meals that are, in her words, “delicious, nutritious, fresh and fast.”

CHOCOLATE PECAN TART AND TARTLETS INGREDIENT LIST

18 ounces dates
 3 cups pecans
 1 teaspoon cinnamon
 2 ripe medium avocados
 ½ cup raw cacao powder
 ½ cup unsweetened almond milk
