

PDX Vegan Challenge *July 15, 2023

*Shopping/Prep List

Tempeh Mock Tuna Salad

Blueberry Lime Cheesecake

<p>PANTRY/DRY GOODS coconut oil, 1/3 cup melted maple syrup, 1/4 to 1/3 cup soy sauce or GF Tamari, 2 tablespoons vanilla extract, 2 1/2 tsp vegetable broth, 2 cups salt, pinch of Himalayan pink seaweed flakes or granules, 1 tablespoon – (I like wakame or dulce for this recipe)</p> <p>DELI/COOLER dill pickles, 1 cup chopped tempeh, 1 (8 ounce) package vegan mayonnaise, 1/4 cup</p>	<p>PRODUCE blueberries or your favorite berries, 1 cup + more for garnish garlic, 1 clove minced Lemon – 1 lemon juice, 2 tablespoons Limes, 2 lime juice, 1/4 cup lime zest, 1 tsp + more for garnish medjool dates, 1 cup red onion, 1/2 cup minced celery, 1 cup diced</p> <p>BULK Almonds, 1/2 cup Cashews, 2 1/4 cup raw soaked overnight Walnuts, 3/4 cup</p> <p>water, splash of, if needed to help blend</p>
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Tempeh Mock Tuna Salad

For vegetarians and vegans craving the taste and texture of tuna salad, this comes close.

Ingredients:

2 cups vegetable broth
1 (8 ounce) package tempeh
2 tablespoons soy sauce
2 tablespoons lemon juice
1 clove garlic, minced
1 tablespoon seaweed flakes or granules
1/2 cup minced red onion
1 cup chopped celery
1 cup chopped dill pickles
1/4 cup vegan mayonnaise

Instructions:

Heat the broth to a light boil over medium-high heat. Steam tempeh for about 10 minutes. Drain and let cool to room temperature for 15 minutes. Once cooled, grate tempeh into a large bowl.

In a small bowl, whisk together the soy sauce, lemon juice, garlic, and seaweed flakes.

Pour the seaweed mixture in with the grated tempeh and stir until well mixed. Mix in the red onion, celery, and dill pickles. Toss with the mayonnaise.

This salad can be served immediately but is best when chilled for several hours to allow the flavors to blend.

Blueberry Lime Cheesecake

Pretty purple cheesecake that is made from pretty REAL food!

Recipe by Prettypies.com

Ingredients:

Crust:

- 3/4 cup walnuts
- 1/2 cup almonds
- 1 cup medjool dates
- 1/2 tsp ground vanilla beans or extract
- Pinch of Himalayan pink salt
- Splash of water if needed to help blend

Cheesecake Layer Ingredients:

- 2 1/4 cup raw cashews soaked overnight
- 1/4 to 1/3 cup maple syrup
- 2 tsp vanilla extract
- 1/4 cup lime juice
- 1/3 cup coconut oil, melted
- 1 tsp lime zest + more for garnish
- 1 cup blueberries + more for garnish



Instructions:

To make the crust:

1. Pulse ingredients in food processor until sticky crumbles form. Add a splash of water at the end if it needs help sticking. Press crust into a parchment lined 7" springform pan. *I am using a muffin pan for 6 individual cheesecakes for this demonstration.

To make the lime cheesecake layer:

1. Soak the cashews in a bowl of water for two hours or more, drain and rinse. Place cashews in food processor or high-speed blender and blend for several minutes until smooth. Scrape down sides and add lime juice, 1/4 cup sweetener, zest, & vanilla & blend again. Stream in the melted coconut oil & blend until well combined. Taste and add more sweetener, if needed.
2. Scoop out enough of the cheesecake filling to cover the crust with about 1/2 to 1 inch of the white layer. Then set in freezer for 30 minutes to firm up.

To make the blueberry cheesecake layer:

1. Add 1 cup blueberries to the remaining cheesecake in your food processor and blend until smooth. If your blueberries are tart, you may need a couple more tsp sweetener.
2. Spread the blueberry layer on top of lime layer and decorate with fresh blueberries and lime zest.
3. Cover and set in the freezer for about 3 hours to firm up and then transfer to the fridge for a couple more hours.