

Pitas! *By Donna Meadows in Vegetarian Times magazine*
Cooking Class for August 25 & 31

Summer Corn & Peach Pitas Serves 6 *Prep: 30 minutes or less*

If you can find fresh chervil for these simple sandwiches, by all means, use it – the delicate flavor of the aromatic herb complements summer corn & peaches.

Ingredients

3 cups fresh (removed from cob) or frozen corn kernels	½ cup crumbled feta cheese
3 peaches, cut into 8 slices each	1 large shallot, thinly sliced
3 cups arugula	3 Tablespoons Lime Juice
½ cup coarsely chopped fresh chervil or basil	2 Tablespoons Olive Oil
	3 pita breads, halved

Instructions:

1. Bring 6 cups salted water to a boil. Add corn, and cook 2 minutes. Drain, rinse under cold water, and drain again.
2. Toss corn with peaches, arugula, chervil, feta, shallot, lime juice, and oil in a large bowl. Fill each pita half with 1 1/3 cups corn-peaches mixture.

Per Pita half: 259 calories; 9 g. protein; 9 g. total fat (3 g. saturated fat); 41 g. carbs

Curried Cauliflower and Chickpea Pitas

Serves 6 *Prep Time: 30 minutes or less*

Roasted cauliflower has a meaty chewiness that makes it a great sandwich filler, hot or cold. Today, due to the lack of an oven at CVIM, we will be sautéing our cauliflower.

Ingredients:

1 head cauliflower, thinly sliced	½ cup fresh mint leaves
3 Tablespoons curry powder	½ cup golden raisins
1 (15 ounce) can chickpeas, rinsed and drained	2 Tablespoons white distilled vinegar (5%)
1 cup Italian flat leaf parsley leaves	2 teaspoons honey
1 small red onion, sliced (3/4 cup)	3 pita breads, halved

Instructions:

1. *Preheat oven to 400 degrees. Toss cauliflower with curry powder. Spread on a baking sheet, and roast for 10 minutes.

**Today, we will be cooking our cauliflower on our electric skillet. You may put 2 teaspoons of Extra Virgin Olive Oil per head into the electric skillet on medium heat OR you may put 2 to 3 teaspoons of broth or water in the skillet instead of the oil.*

2. Transfer cauliflower to large bowl, and toss with chickpeas, parsley, onion, mint, raisins, vinegar, and honey.
3. Fill each pita with 1 cup cauliflower mixture.

Per Pita Half: 248 calories; 10 g. protein; 3 grams total fat (<1 g. saturated fat); 51 g. carbs

Summer Pea and Radish Pitas

Serves 6 Preparation Time: 30 minutes or less

Pita halves let you take a tangy, peppery, and sweet salad with you to work or a picnic. If you can't find pea shoots, substitute mache or torn butter lettuce.

Ingredients:

½ cup apple cider vinegar	6 cups pea shoots
1 ½ teaspoon sugar	12 radishes, thinly sliced (2 cups)
1 small red onion, sliced (¾ cup)	¼ cup sunflower seeds
1 cup fresh or frozen peas	3 pita breads, halved
3 Tablespoons Olive Oil	¾ cup low-fat cream cheese

Instructions:

1. Bring vinegar, ¼ cup water, and sugar to a boil. Remove from heat, and pour over onion slices in bowl. Let stand 15 minutes. Drain onion, and set aside. Reserve vinegar.
2. Meanwhile, bring medium saucepan of salted water to a boil. Add peas. When water returns to a boil, blanch 2 minutes. Drain, and rinse peas under cold water. Drain and set aside in colander.
3. Whisk 3 Tablespoons reserved onion-vinegar liquid with oil in a large bowl. Add onions, peas, pea shoots, and sunflower seeds, and toss to coat.
4. Spread each pita half with 2 Tablespoons cream cheese. Fill each half with 1 heaping cup pea mixture.

Per Pita Half: 300 calories; 10 g. protein; 15 g. total fat (4 g. saturated fat); 33 g. carbs

Banana Almond Breakfast Smoothie

Ingredients:

- 1 banana (as green as possible)
- 2 Tablespoons almond butter
- 1 cup almond milk or coconut milk
- 1 tablespoon sunflower seeds
- 1 teaspoon chopped cacao

Directions:

Throw it into a blender. Puree until smooth, and enjoy!

It's also good with a shot of espresso thrown in if you need the extra kick~

Tropical Chia Smoothie

- 3/4 cup unsweetened coconut milk (the beverage next to the soy milk, not the canned kind)
- 1 cup frozen mango pieces
- 1 cup frozen pineapple pieces
- 1 banana
- 1 tablespoon chia seeds

Pour coconut milk into a blender. Add mango, pineapple, and banana. Blend until smooth. Blend in chia seeds quickly. Enjoy right away, as chia seeds become gelatinous once they are wet.

from: YummyMummyKitchen.com

Glowing Skin Green Smoothie

(makes 2 small smoothies, or 1 large smoothie)

- 3/4 cup frozen pineapple
- 1 cup coconut water
- 3 large leaves green kale, stems removed
- 1/2 large cucumber, peeled
- 1/2 avocado, peeled
- 1 tsp. chia seeds

Place all the ingredients in a blender. Process on high until smooth and creamy. Drink immediately.