

# Everyday Lemon Tahini Dressing

1/4 cup warm water

1/4 cup tahini

1 clove garlic Finley minced or grated

2 tablespoons freshly squeezed lemon juice

1/2 teaspoon agave nectar or maple syrup

1/4 teaspoon salt

## Directions

To make the dressing, combine all the ingredients in a small bowl or measuring cup and whisk until evenly blended. If the dressing is thicker than you would like, whisk in watery the tablespoonful to achieve the desired consistency. (Stored in an airtight container in the refrigerator, the dressing will keep for 1 week.)

# Kale Pesto

2 cups packed chopped kale

1 1/4 cups packed basil

1/4 cup walnuts or almonds

1 tablespoon nutritional yeast

3/4 teaspoon salt

1-2 cloves garlic, chopped

Juice of one lemon

## Directions

Process all ingredients in blender or food processor until desired texture is achieved.

# Pita (Pocket) Bread

1 1/4 C water  
2 tsp active dry yeast  
2 Tbsp honey  
2 Tbsp applesauce  
3 1/2 - 4 cups whole wheat flour  
1 tsp salt  
1 Tbsp gluten flour  
1/2 C ground flaxseed (golden works best)

## Directions

Mix first three ingredients together and wait 10 minutes for yeast to activate. Add applesauce, gluten flour, and wheat flour, mixing in the last half cup as needed to make a somewhat smooth but tacky dough. Knead by hand for 10-15 minutes or using a mixer with dough hook. Alternatively, add everything to a bread machine, and let it run on the dough only cycle.

Place a pizza stone on one of the lower racks of the oven and preheat to 450 F. Divide dough into 8 equal pieces and make each piece into a ball. Roll each ball into a circle about 1/4 inch thick. Use additional flour as needed to keep dough from sticking. Using 3 or 4 cookie sheets, dust each circle with plenty of flour and place it on an upside-down cookie sheet. Let it rise 30-45 minutes. Place 3 or 4 circles on the stone in the oven and bake for 4 minutes. Bread should puff up. Remove from oven and place on cooling rack, repeating until none remain.

8 Servings. Serving: 1/2 pita pocket.

Adapted from Seven Secrets Cookbook: Healthy cuisine your family will love.

Veggies used:

Butternut squash  
Acorn squash  
2 Sweet potatoes  
2 Red potatoes  
1/2 head of cauliflower  
1 small eggplant  
8 oz mushrooms  
1 red bell pepper  
1 medium zucchini

## Directions

Chop all vegetables and roast at 400 degrees F for 30 minutes or until tender

Other items used:

1 cup of rinsed raw quinoa cooked  
Daiya Cheese

Assemble ingredients as stuffed pitas, personal pizzas, or quinoa bowls topping with veggies and sauces of your choice.