VEGAN TUNEUP CA
Chef Sandi Mora

KUOM

#WellnessChefs *with Sandi Morais*

Quinoa Curry Coconut Bean Salad

Celebrity Vegan Chef, Sandi Morais, says “A salad is not just an appetizer.” A salad can be created to make a satisfying meal by adding some plant protein, healthy fats, and good carbs. Eating a big colorful salad is a great way to get some of your nutrients. This simple and easy to prepare Quinoa Coconut Curry Bean Salad is delicious and full of flavor.

Serves: 2

Prep Time: 10 minutes
Cook Time: 20-30 minutes

Ingredients: Quinoa recipe

1/2 cup quinoa
1 cup water
1 veggie bouillon
1 teaspoon olive oil
1 small garlic clove (chopped)

Salad

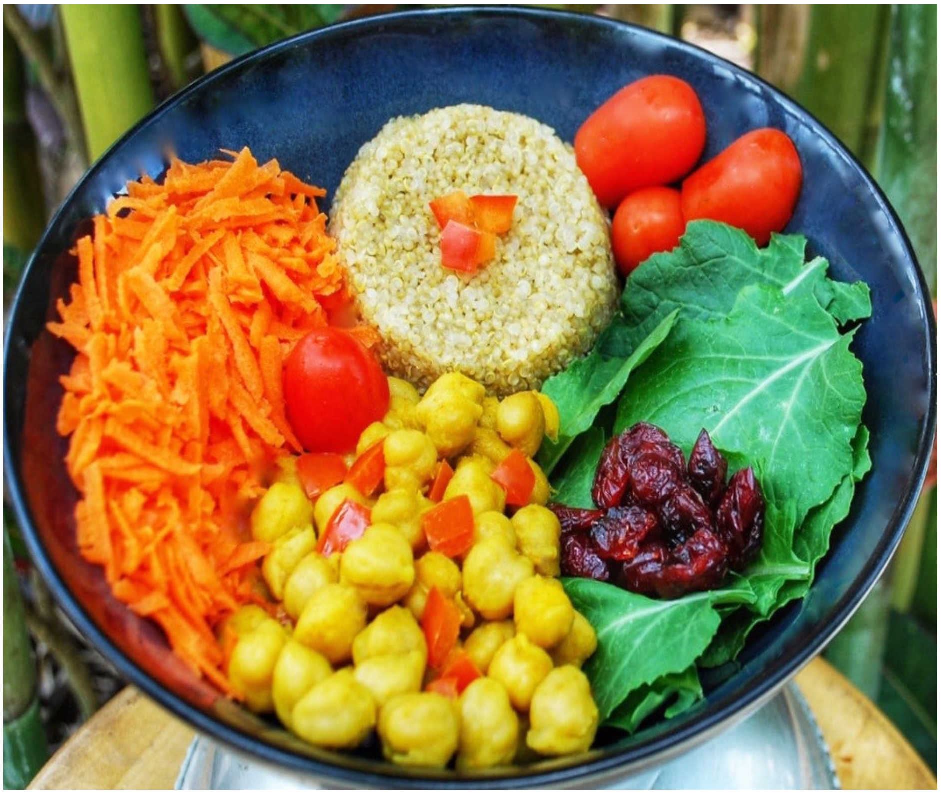
3 cups baby kale or spinach
1 cup shredded carrot
1/2 cup grape tomatoes
1/2 cup dried cranberries

Curry Coconut Bean Sauce

2 cups garbanzo beans (cooked)
1 1/2 tablespoons coconut oil
2 garlic cloves (chopped)
2 tablespoons red pepper (chopped)
1 teaspoon turmeric powder
1/2 teaspoon cumin powder
1/2 teaspoon coriander powder
3 tablespoons coconut cream
1/2 cup water
Sea salt

Method:

Step 1. Wash the quinoa. Use a fine mesh strainer and drain off the water. Put the water into a pot and add the quinoa to the water. Add olive oil, veggie bouillon, garlic and sea salt. Bring the water to a boil. Cover the pot and turn the stove on low. Allow the quinoa to cook for 20-25 minutes.



Curry Coconut Bean Sauce:

Step 2. Add coconut oil to sauce pan. Once the oil is slightly hot add garlic and peppers. Sauté for a few seconds; then add turmeric, coriander and cumin. Sauté for a few seconds. Add water and coconut cream. Mix together and allow the sauce to get thick. Add garbanzo beans to the sauce and mix together. Salt to taste. If the sauce is too thick add a little more water.

Step 3. Put quinoa into a bowl. Add baby kale, or spinach. Add tomatoes, shredded carrot and dried cranberries. Add curry bean sauce to the bowl.

Recipe by Sandi Morais, Celebrity Vegan Chef
KUOM Wellness Chefs Journalist
Photo Credit: Michael Philip Thomas

OVERNIGHT OATS ALMOND OATS PUDDING

Celebrity Vegan Chef, Sandi Morais shares an Overnight Almond Oats Pudding made with Rolled Oats is delicious and the recipe is simple and easy to make. Once the pudding is made overnight it's easy to just warm-up the pudding in the morning for a simple healthy breakfast, or just take it in your lunch box with some fresh fruits as a snack on-the-go.

Serves: 1
Prep Time: 6 minutes
Total Time: 6 minutes

Ingredients:

1/2 cup unsweetened almond milk
1/2 cup old-fashioned rolled oats
3 pitted dates
1/2 teaspoon cinnamon powder
1/4 teaspoon nutmeg
1/2 teaspoon vanilla extract
1 teaspoon chia seeds
2 tablespoons raisins

Toppings:

1/2 cup berries
1 tablespoon almond butter
1 tablespoon chopped nuts (optional)

Method:

Step 1. Put the almond milk into your high speed blender or Vitamix. Add dates, cinnamon, vanilla, nutmeg and bend.

Step 2. Pour the milk into a mason jar. Add chia seeds and mix together. Add rolled oats and mix. Add raisins and continue to mix until the oats is soft. Add a little more milk if the pudding is too thick.

Step 3. Cover the jar and put it into the fridge overnight. (Not the freezer.) When you are ready to eat the pudding add toppings.

NOTE: You can also get creative and add toppings of your choice. Oats is a good source of vitamins, minerals, fiber and protein (www.healthline.com).

DIFFERENT TYPES OF OATS:

Rolled Oats: Rolled oats, or old-fashioned oats, are oat groats that have gone through a steaming and flattening process.

Quick Oats: Quick oats or quick-cooking oats are rolled oats that go through further processing to decrease cooking time.

Steel-Cut Oats: Also known as Irish oatmeal, steel-cut oats are most closely related to the original, unprocessed oat groat. To produce steel-cut oats, the groats are chopped into pieces with large steel blades.

Note: Information from www.healthline.com

Recipes by Sandi Morais, Celebrity Vegan Chef
KUOMagazine’s Snack It Up Journalist

Photo Credit: Vegantuneupcafe.com
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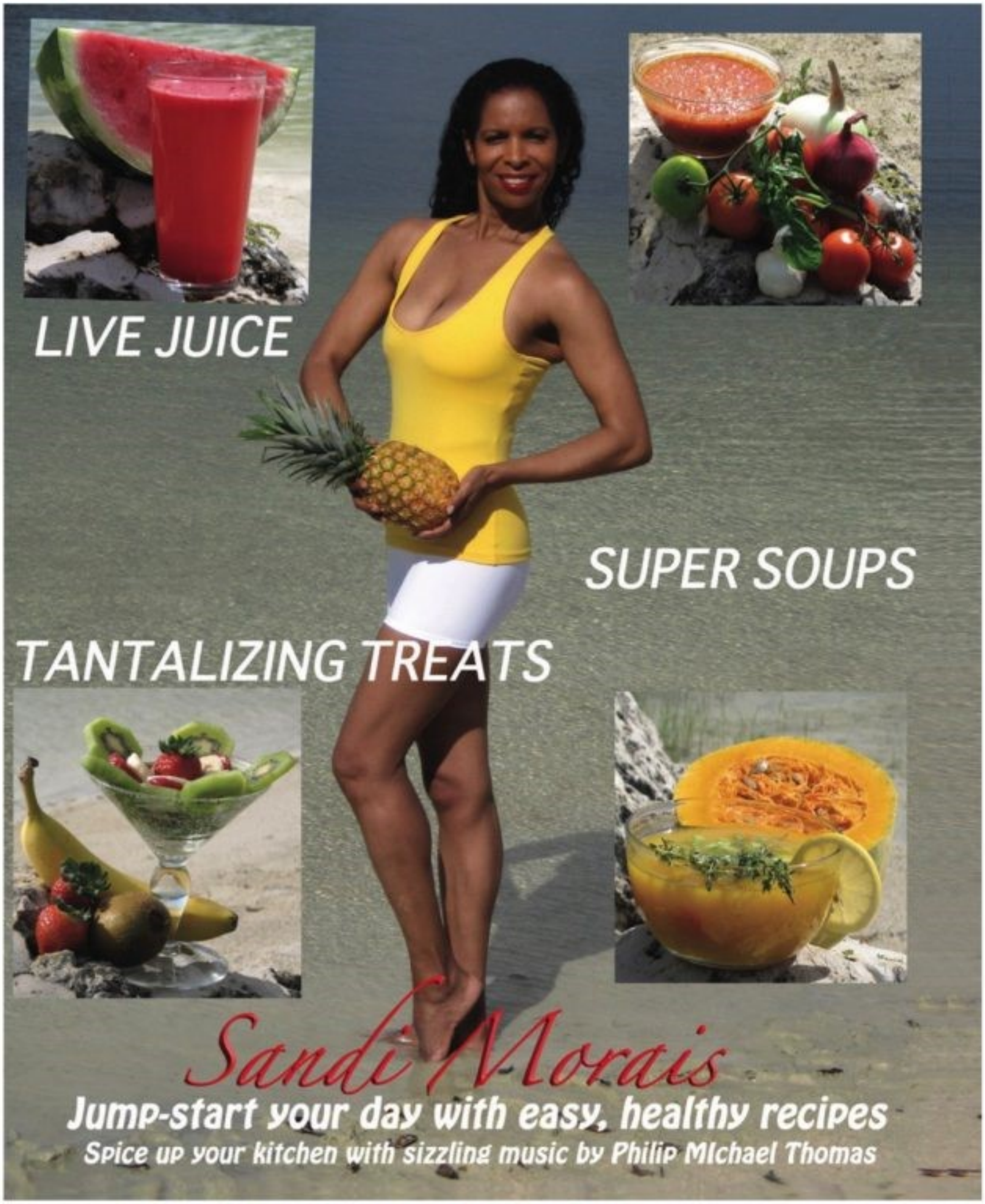
VEGAN RECIPE FOR LIFE



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