

## **Cauliflower Mushroom Risotto – By Norma**

### Ingredients

- 2 cups cauliflower rice (half large cauliflower)
- 2 cups mushrooms, chopped
- 2 cloves garlic, chopped
- 1/2 onion, finely chopped
- 1 Tsp Italian seasoning
- 1 Tbs olive oil
- 1/2 cup vegetable broth
- Pinch of pepper
- Sprig of cilantro to garnish
- Half cup Parmesan cheese (optional)
- 1/4 cup heavy cream (optional)

### Method

1. Prepare the rice. Set aside.
2. Heat oil in saucepan.
3. Add onion and garlic; sauté lightly.
4. Add mushrooms; sauté lightly.
5. Stir in cauliflower rice.
6. Add stock. Gently simmer on low heat to absorb liquid (about 4 minutes).
7. Optional: add grated Parmesan cheese;
8. Optional: add heavy cream and stir in.
9. Remove from heat.

Add a sprinkle of pepper and garnish with fresh cilantro

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## **Mushroom and nut roast – By Luka**

### Ingredients

- 120gm Cashew Nuts
- 120gr Wholemeal bread
- 300gr Mushrooms
- 1 Large onion
- 2 Cloves garlic
- 1 tsp dried sage and thyme
- 1/2 tsp ground nutmeg

- Salt to taste
- 1 tbs milk

### Method

1. Chop and gently fry the onion and garlic till it caramelizes
  2. Chop mushrooms and fry with the onion for a further 5 mins
  3. Chop cashews and bread, then mix all the ingredients
  4. Transfer to an oiled loaf tin or casserole dish, cover with foil and bake at 190 c, 375 f, Gas mark 5 for 40 min
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## **Butter Bean Sardines – By Beth**

### Ingredients:

- 2 cups of butter beans soak and book to cook (frozen or can)
- 1 onion pile and chopped
- 2 cloves of garlic
- Salt to taste
- Sun dried tomato sauce

### Method:

1. Heat the sauce pan medium heat,
2. A tablespoon of Coconut oil,
3. Put the garlic stir it and add the onion. Stir it till brown
4. Add your butter beans, cook it in 10-15 minutes then Add your sun-dried tomato sauce add salt to taste.

Serve and enjoy!

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## **Energy Protein power balls – By Beth**

### Ingredients

- Dried dates
- Dried sultanas
- Dried apricot
- Dried figs
- Soak almonds

- Pine nuts
- Cashews
- Honey if you want more sweet but optional.

Toppings:

- Chia seeds
- Coconut flakes

#### Method

1. Add all ingredients except the toppings to a food Processor and mix them together.
  2. After 5 minutes or less take them out and shape them like a little tiny Ball ...and enjoy.
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#### **Fun Facts about Chia seed**

1. Chia Seeds Deliver a Massive Amount of Nutrients with Very Few Calories
2. Chia Seeds Are Loaded with Antioxidants
3. Almost All the Carbs in Them Are Fiber
4. Chia Seeds Are High in Quality Protein
5. The High Fiber and Protein Content in Chia Seeds May Help You Lose Weight
6. Chia Seeds Are High in Omega-3 Fatty Acids
7. Chia Seeds May Lower Your Risk of Heart Disease
8. They're High in Many Important Bone Nutrients
9. Chia Seeds May Reduce Blood Sugar Levels
10. They May Reduce Chronic Inflammation
11. Chia Seeds Are Easy to Incorporate into Your Diet

**The Bottom-Line** Chia seeds are not only rich in nutrients, omega-3 fat, antioxidants and fiber but also easy to prepare. People commonly add them to their porridge or smoothies. Studies suggest that they have various health benefits, ranging from weight loss to reduced inflammation.

If you don't eat chia seeds already, you should definitely consider adding them to your diet. They're among the few superfoods worthy of the title.

<https://www.healthline.com/nutrition/11-proven-health-benefits-of-chia-seeds#section3>

# Welcome to Vegetarian



## Healthy Recipes and Good Nutrition

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