

## Fabulous Sweet Potato Enchiladas

LeAnne Campbell, *The China Study Cookbook*

Preparation Time: 20 minutes

Baking Time: 25 minutes

Makes 6-8 servings

½ cup vegetable broth, divided  
1 medium onion, diced  
3 cloves garlic, minced  
1 teaspoon ground coriander  
1 teaspoon ground cumin  
2 cups fresh spinach, chopped  
2 cups black beans, chopped in food processor  
or partially mashed by hand  
4 tablespoons soy sauce (use less or lower-  
sodium soy sauce if desired)  
3 cups cooked, mashed sweet potatoes  
Sea salt, to taste  
10 large tortillas  
1 jar of your favorite salsa

1. Preheat oven to 350° F.

2. Heat 2 tablespoons vegetable broth in a medium skillet over medium-high heat. Add onion and garlic. Sauté until onion is translucent. Add coriander and cumin. Cook for 1 minute, stirring constantly.
3. Add remaining vegetable broth, spinach, black beans, soy sauce, and mashed sweet potatoes. Cook for 3-5 minutes. Remove from heat and season with salt.
4. Place ¼ - ½ cup of mixture in center of tortilla. Roll into a burrito and place in a nonstick baking dish.
5. Once all the burritos are assembled, pour your favorite salsa on top and cover with aluminum foil.
6. Bake for 25 minutes.

## Ocean Chickpea Sandwiches

LeAnne Campbell, *The China Study Cookbook*

Preparation Time: 10 minutes

Makes 4 sandwiches

1 15-ounce can chickpeas, drained and rinsed  
5 tablespoons mayonnaise (see following  
recipe)  
1 tablespoon mustard  
4 tablespoons diced dill pickle  
4 tablespoons finely diced onion  
1 celery stalk, diced  
2 tablespoons rice vinegar  
½ teaspoon kelp powder  
Sea salt and black pepper to taste  
8 slices whole wheat bread  
4 leaves lettuce  
4 slices tomato

1. Place chickpeas in food processor and pulse two times to roughly chop. Move chopped chickpeas to a medium-large bowl and add mayonnaise, mustard, pickle, onion, celery, rice vinegar, kelp powder, salt, and pepper. Mix thoroughly.
2. Spread on whole wheat bread and top with lettuce and tomato slices.

Tip:

Kelp powder is found in health food stores and adds a great “seafood” taste to this dish.

## Vegan Mayo

Lindsay Nixon, *Everyday Happy Herbivore*

Preparation Time: 5 minutes

Makes 1 cup

1 12-ounce package Mori-Nu or other shelf stable silken tofu  
2 or 3 tablespoons Dijon mustard  
2 teaspoons distilled white vinegar  
Lemon juice, to taste  
Agave nectar or maple syrup, to taste

Tip: In a pinch, or for soy-free, substitute plain (preferably unsweetened) vegan yogurt for mayo in recipes.

1. In a blender or small food processor, blend tofu with Dijon and vinegar until smooth and creamy.
2. Add a few drops of lemon juice and a few drops of agave nectar or maple syrup and blend again.
3. Taste and add more lemon, agave, nectar, or Dijon as needed or desired. Chill until you're ready to use.

## Chickpea Blondies

[www.noracooks.com](http://www.noracooks.com)

Serving: 9

Chickpea blondies made with beans but you'd never know it! I've made minor tweaks: I find it doesn't need as much brown sugar as the recipe calls for and I sub oats for the almond flour. - Erin Campbell

### Ingredients

15 ounces canned chickpeas drained and rinsed  
1 1/2 cups  
2/3 cup brown sugar  
1/3 cup creamy peanut butter or tahini for nut-free  
1 teaspoon pure vanilla extract  
1/3 cup oat flour or quick or old-fashioned oats ground in the food processor  
1/4 teaspoon baking soda  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
3/4 cup non-dairy chocolate chips divided

### Directions

1. Preheat the oven to 350 degrees F and either line an 8 by 8-inch pan with parchment paper or lightly oil.
2. In a food processor, add all the ingredients except the chocolate chips and blend until very smooth, stopping to scrape the sides as needed. If

grinding your own oat flour, add the oats to your food processor first and add the other ingredients after the oats are finely ground.

3. Fold in 1/2 cup of the chocolate chips with a spoon. Transfer to the prepared pan and spread the batter evenly. I usually wet my hands and press down gently, or use a spatula.
4. Sprinkle the last 1/4 cup chocolate chips on top of the batter. Bake for 25-30 minutes.
5. Let them cool at least 10 minutes before serving. Enjoy! I like to store leftover bars in the refrigerator; they will last up to 1 week this way and they taste good cold. Or store in a covered container at room temperature for 2-3 days.