

Potlucks, Parties, & Picnics

Spring 2015



Mediterranean Potato Salad



Serves 5-6

Ingredients

- 2 lb red or new potatoes, scrubbed, cut into 1-inch cubes
- ½ lb green beans, trimmed and cut into 1-inch pieces
- 2 red bell peppers, thinly sliced
- ½ cup green and/or kalamata olives, minced (optional)
- ¼ cup red onion, minced
- Handful baby arugula

For Dressing:

- 3 Tbsp extra virgin olive oil
- 3 Tbsp red wine vinegar
- 1 Tbsp whole grain mustard
- ½ tsp dried oregano
- ¼ tsp salt

Directions

1. Place potatoes in a saucepan and cover with cold water by 2 inches. Stir in 1 teaspoon of salt. Bring to a boil over medium-high heat. Once boiling, reduce heat to a simmer. Do not cover. Begin checking potatoes after 5 minutes of boiling. Potatoes should be done after 5-15 minutes of boiling. Potatoes are tender and done when a fork or knife slides all the way through without resistance. Drain.
2. While potatoes are boiling, bring another pot of water to a rolling boil. Add green beans and blanch 2-3 minutes for thin beans or 4-5 minutes for regular green beans. Once tender and bright green, drain and place in a bowl of ice water to stop the cooking.
3. While potatoes and green beans are boiling, combine the olive oil, red wine vinegar, mustard, oregano, and ¼ teaspoon salt in a small bowl to make the dressing.
4. Pour the dressing over potatoes once drained, then add bell pepper, red onion, green beans, and olives and toss. Let marinate until ready to serve. Add arugula and toss when ready to serve. This recipe will last several days in the refrigerator.

Tip This salad can be made ahead. The flavor will be more developed after 1-2 days



Tip

Reduce oven temperature by 25°F when using glass bakeware.

Spinach Artichoke Dip

Ingredients

- ¾ cup raw cashews
- ¾ cup milk or plain unsweetened non-dairy milk
- 2 1/2 Tbsp freshly squeezed lemon juice
- 1-2 medium-large cloves garlic, or to taste
- 1 tsp sea salt
- 1/2 tsp dry mustard
- Black pepper to taste
- 2 cups artichoke hearts, partially thawed if frozen
- 2 cups spinach, loosely packed



Directions

1. Preheat oven to 425°F.
2. In a food processor or blender, first add cashews, milk, lemon juice, garlic, salt, dry mustard, and pepper. Blend until very smooth, 1-3 minutes.
3. Add artichokes and spinach and pulse, leaving some chunks.
4. Transfer to a shallow baking dish, and bake for 20-30 minutes until light golden brown on top.



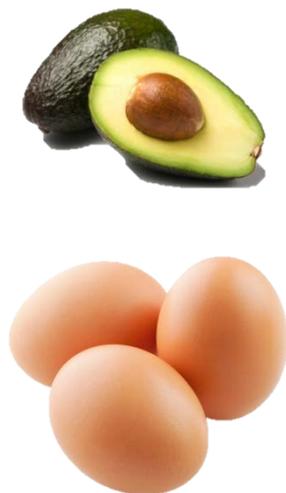
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Guacamole Deviled Eggs

Serves 3-6



Ingredients

- 6 large eggs
- 1 large avocados
- 1 Tbsp red onion, minced
- 2-3 tsp fresh lime juice
- ¼ tsp salt
- ¼ tsp black pepper
- 1/8 tsp garlic powder (*optional*)
- Paprika for garnish

Tip

Serve same day to minimize browning of guacamole.

Directions

1. Hard boil the eggs. One method is to put the eggs in pot, cover with water, and bring to a boil. Remove from heat and cover for 12 minutes. Drain and let sit in ice water to cool.
2. Peel the eggs, cut in half lengthwise, and remove the yolks. Save 2 yolks and discard the rest.
3. Mash the avocado and add the 2 yolks, red onion, lime juice, salt, pepper, and garlic powder. Mix well but leave the avocado slightly chunky.
4. Fill the egg whites with the avocado mixture. Sprinkle with paprika and serve.

Watermelon "Cake"



Ingredients

- 1 large watermelon, refrigerated
- 2 cans coconut milk or cream, refrigerated for 24 hours
- 1-3 Tbsp powdered sugar (*optional*)
- 1 tsp vanilla extract, or contents of 1 vanilla pod
- Toasted almonds and fruit for decoration, such as strawberries and blueberries

Directions

1. Place a glass or metal mixing bowl in freezer for 5-10 minutes to chill. Carefully open the can and spoon out the thick layer of cream that will have separated from the liquid at the top of the can. Place into the chilled mixing bowl. Discard the liquid at the bottom of can, or save for another recipe.
2. Beat the cream on medium with a hand or stand mixer on medium speed for 2-4 minutes, or until it becomes light and fluffy and small peaks form. Add sugar and vanilla and beat until just mixed. For best results, refrigerate for about an hour to cool off frosting.
3. Cut the round ends off the watermelon, then place the watermelon on one of the flat ends. Use a large knife to cut vertically around the rind on the sides so that it forms a cylindrical form.
4. Keep the watermelon in the refrigerator until ready to frost. Pat dry the sides of the watermelon to dry. Frost with the frosting, then decorate with desired toppings.



Tip

Avoid coconut milk with guar gum as an ingredient – it will not whip up as nicely.

