

# Cooking Class Favorites



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# Recipes

## **Persimmon, Pear and Pecan Smoothie**

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Yield: 1-2 servings

*This is probably my favorite smoothie ever! When persimmons are in season, I buy extras and freeze them whole in a freezer bag.*



**1 persimmon**  
**1 pear**  
**1/4 cup pecans**  
**2 large handfuls spinach**  
**1 tablespoon ground flaxseed (flax meal)**  
**dash cinnamon**  
**10 drops sweet leaf vanilla crème stevia**  
**water**

Blend, thinning with water to desired consistency. Enjoy!

## Wakame Bowl

Makes 6 Servings

*After enjoying a wakame bowl at the Eklectica Café in Moab Utah and butchering the pronunciation I just had to create it myself so I could enjoy it more often. Wakame (pronounced wah-KAH-meh) makes it more nutritious and adds just the right amount of flavor. It took me a while to get the sauce right, but this combination knocks it out of the park.*



**7 cups brown rice**

**1 1/2 teaspoons black sesame seeds**

**Scramble**

**1 1/2 carrots, grated**

**3 scallion, chopped**

**6 eggs, beaten**

**Dressing**

**2 cloves (large) garlic**

**1 inch fresh ginger, peeled**

**3 tablespoons Bragg's amino acids**

**1 tablespoon rice vinegar**

**3 tablespoons raw, local honey**

**4 teaspoons sesame oil**

**6 tablespoons extra virgin olive oil**

Steam brown rice.

Soak wakame in hot water.

Sauté grated carrot and chopped scallion; add eggs and cook just until eggs are set.

Drain any excess liquid from wakame. Add wakame to eggs and stir gently.

Serve eggs over rice and in a bowl; pour dressing on top and sprinkle with sesame seeds.

## **Chocolate-Pecan Energy Balls**

Makes 5 Servings

Yield: 16 balls

*This recipe can easily be made raw with the cacao powder and a raw substitute for the maple syrup.*



**1 cup raw pecans**

**1/3 cup Medjool dates**

**3 tablespoons cacao powder or carob powder**

**1 teaspoon vanilla extract**

**1 tablespoon pure maple syrup**

**Coating Options**

**raw, unsweetened coconut flakes**

**chia seeds (I like white)**

**chopped nuts**

Blend in a food processor just until the nuts are tiny and the mixture will form balls. Do not over-process or your nuts will turn to butter. Shape the mixture into balls and roll in your desired coating(s).

Store in the refrigerator.

## **Rainbow Salad Rolls**

Makes 3 Servings

Yield: 6 rolls

*The veggies in these are totally flexible. The filling ingredients can be prepared buffet style so diners can assemble their own rolls or the veggies can all be mixed together and the rolls prepared ahead of time. Meat or shrimp can also be added.*

*Gochujang is Korean chili paste and is available in Asian markets and some large supermarkets.*



**1 handful cilantro, julienned**  
**1 handful Thai basil, julienned**



**1/2 red bell pepper, julienned (matchsticks)**

**1/2 cup shredded red cabbage**

**1/2 cup shredded Daikon radish**

**1/2 cup shredded carrot**

**1/2 cup chopped cucumber**

**3 scallions, chopped**

**6 collard leaves or spring roll wrappers**

**Sauce**

**2 cloves (large) garlic**

**1 inch fresh ginger, peeled**

**3 tablespoons Bragg's amino acids**

**1 tablespoon rice vinegar**

**3 tablespoons honey**

**4 teaspoons sesame oil**

**6 tablespoons extra virgin olive oil**

**2/3 cup raw almond butter**

**Gochujang sauce or red pepper flakes to taste**

Blend the sauce ingredients in a food processor until smooth. Set aside or refrigerate if not serving promptly.

Wash and dry vegetables and herbs; prepare as indicated above. Toss together in a bowl.

Fill a 9" round cake pan (or any pan large enough to accommodate the wrapper) with hot tap water. Place a wrapper in the hot water submerging it completely. Leave it submerged for a minute or two until it becomes rubbery and pliable.

Lift the wrapper out of the water carefully so as to not tear it, letting the excess water drip into the pan. Spread the wrapper out on a plate or work surface. Add another wrapper to the pan while you fill the soaked one.

Place 1/2 cup of filling in the center of the wrapper and roll up like a diaper, envelope or burrito to seal in the filling.

Serve fresh with sauce or wrap tightly in plastic wrap and refrigerate up to 24 hours.

## **Creamy Asparagus-Leek Soup**

Makes 4 Servings

Yield: 4 servings

*This is one of those recipes that I double so we have leftovers to freeze in serving-size containers for lunches or a day when we just don't feel like cooking.*

**1 pound asparagus spears, trimmed and rough chopped**

**1 1/2 cups celery, chopped**

**1 tablespoon olive oil**

**2 leeks, cut into 1/2-inch dice**

**2 1/2 tablespoons garlic, minced**

**Himalayan or sea salt to taste**

**freshly ground black pepper to taste**

**4 cups vegetable broth**

**1 teaspoon dried dill weed or 1/4 c chopped fresh dill**

**1 teaspoon paprika or to taste**

**Garnish**

**1 lemon cut into wedges (optional)**

**fresh dill for garnish (optional)**

Place everything except the garnish ingredients in a stock-pot. Cover the pot and bring to a boil; then lower the heat and simmer (approximately 20 minutes on the stovetop) or until celery is tender.

Transfer three-quarters of the soup to a food processor or blender and puree. Add back to the pot. Reheat if necessary.

Serve with lemon wedges and garnish with fresh dill if desired.

## **Pesto Zoodles**

Makes 3 Servings

Yield: 3 servings

*Zoodles are spiralized zucchini used as a healthy substitute for spaghetti noodles. Zucchini with a larger diameter are preferable for a higher zoodle yield.*



- 4 medium zucchini, spiralized**
- 1 carrot, shredded**
- 1 cup raw broccoli florets**
- 1 cup cherry tomatoes, halved if large**
- Rawmesan**
- 3 tablespoons walnuts**
- 4 1/2 teaspoons sunflower seeds**
- 4 1/2 teaspoons nutritional yeast**
- dash garlic powder**
- 1/4 teaspoon Himalayan or sea salt**
- Pesto Sauce**
- 40 large, fresh basil leaves**
- 2 cloves (large) garlic**
- 1/2 cup pine nuts**
- 2 tablespoons nutritional yeast**
- 6 tablespoons extra virgin olive oil**

Place spiralized zucchini and shredded carrot in a large bowl. Sprinkle with salt and massage salt into the vegetables. Set aside and let rest while you prepare the Rawmesan and pesto.

In a food processor, blend the Rawmesan ingredients together until the consistency of parmesan cheese. Transfer to a serving container and wipe out the food processor.

Blend the pesto ingredients together in the food processor.

To serve: drizzle the pesto over the zucchini and carrots. Arrange broccoli florets and cherry tomatoes on top. Sprinkle with Rawmesan.

## **Chicken Meatballs**

Makes 6 Servings

Yield: 24 meatballs

*These can be made using other ground meats such as beef, turkey, buffalo or lamb and your choice of seasonings.*

*They can also be served with a variety of sauces or dips. Have fun experimenting!*

- 2 large eggs (preferably cage-free, organic)**
- 1 pound ground chicken**
- 1/4 cup dried mushrooms, pulverized in a food processor**
- 1/2 small white onion, diced**
- 1/4 cup raw kale, finely shredded (optional)**
- 1/4 cup shredded carrot**
- 1 teaspoon dried parsley or 2 tablespoon fresh, chopped**
- 1 teaspoon dried Italian seasoning**
- 1/2 teaspoon dried oregano**
- 1 teaspoon garlic powder**
- 1/2 teaspoon celery salt**
- 1 teaspoon Himalayan or sea salt or to taste**
- freshly ground black pepper to taste**

Preheat the oven to 400°F. Line a baking dish or sheet with parchment paper.

In a large bowl, combine the ingredients with just enough dried mushrooms to make firm, but wet meatballs. Mix well and form meatballs by hand or with an ice cream scoop.

Arrange meatballs on the parchment paper.

Bake 12-15 minutes or until cooked through, turning at the halfway point.

## Raw Bliss Layer Bars

Makes 8 Servings

Yield: 1 pan  
(8-10")



### Chocolate Base

**1 cup cacao butter**

**3/4 cup cacao powder or carob powder (not raw)**

**1/2 cup coconut sugar**

### Nougat Layer

**2 cups cashews**

**2 teaspoons coconut oil**

**3 teaspoons maple syrup**

**1 teaspoon maca root powder**

**pinch salt**

### Caramel Layer

**12 dates**

**3 teaspoons raw almond butter**

**1 1/2 teaspoons vanilla extract**

**1/4 teaspoon Himalayan or sea salt**

**3 teaspoons chopped almonds**

Melt cacao butter in dehydrator or over very low heat.

Pit dates and put in warm water to soak.

Process coconut sugar in coffee grinder until finely ground. Add to cacao butter; stir until smooth; add cacao powder and stir until smooth.

Grease the bottom of an 8x8 pan or springform pan with coconut oil. Spread cacao mixture into the bottom of the pan. Place in freezer for 10-15 minutes until hard.

Blend nougat layer ingredients in food processor. Add water if needed to make a spreadable consistency. Spread on top of hardened cacao layer.

Clean food processor.

Blend caramel layer ingredients in food processor until smooth. Add water only if needed to blend. Spread on top of nougat layer. Top with chopped almonds.

Store in freezer or refrigerator until ready to serve.

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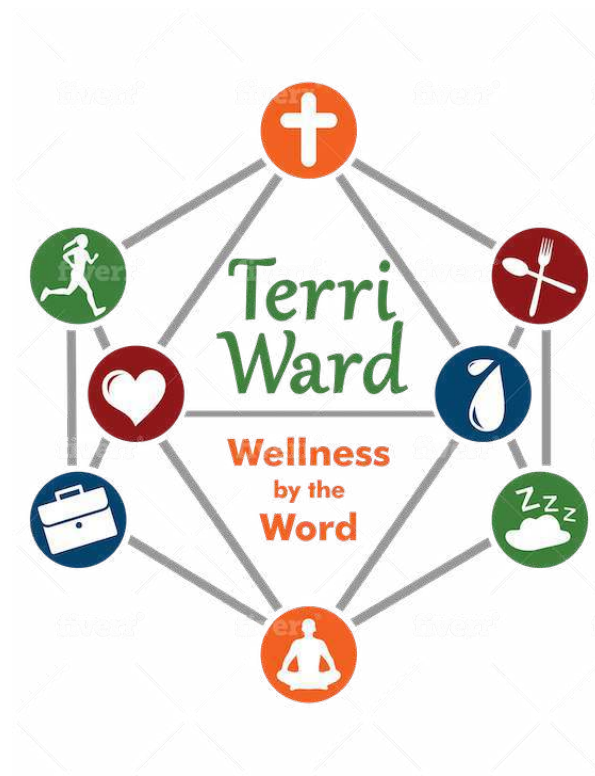
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