

Resources WFPB OLLI class – SESSION 2

BASIC INFORMATION

1. How to Cook Healthy Plant-based Meals without Oil:
<https://www.youtube.com/watch?v=7Cfp1QuSg40>
2. Wet sauteing: <https://www.youtube.com/watch?v=xH7nzsAFUE4>
3. Dry sautéing: <https://www.youtube.com/watch?v=yryHuyiJsUU>
4. Knife skills: https://www.youtube.com/watch?v=ep2RQ_zKnVM
5. Why go salt free: <https://mylifediversions.com/why-go-sos-free/>

BOWL MEALS

- 3 bowls <https://www.youtube.com/watch?v=Uql6-Z0iHwE>
- One bowl <https://www.youtube.com/watch?v=DDS8sHKcJp0>
- One day of three 5-minute meals <https://www.youtube.com/watch?v=uDWw3zpvISQ&t=237s>

ANDREA'S CHEESY SAUCE RECIPE

1. 3 red or white potatoes, steamed (creamy ones like Yukon golds)
2. Optional: ½ c sautéed, caramelized onions
3. 1 tablespoon cashew butter softened
4. 3 tablespoons roasted red bell pepper or softened yellow or orange pepper
5. 1 teaspoon fresh lemon juice
6. 1 tablespoon nutritional yeast
7. 1/2 cup red pepper juice (as needed)
8. 1/4 teaspoon garlic powder
9. 1/4 teaspoon onion powder
10. 3/4 teaspoon fine sea salt

Blend until gooey. Adjust flavors to your liking. Also, add more moisture (juice) as needed. Can be used for mac & cheese, nachos, on veggies, etc.