

Recipes from *The Healthspan Solution* (Penguin Random House/ DK Publishing Dec 2019)
By Julieanna Hever and Ray Cronise

Sriracha Stuffed Mushrooms

One of our very first recipe creations as a team, and now a party favorite. With Ray's nickname for Julieanna being "Nooch" due to her love of nutritional yeast, Sriracha as a choice condiment on almost everything, and mushrooms as one of our mutually favorite foods, these spicy, decadent bites of umami covers all the bases. Serve these to guests or eat them all yourself. By using the mushroom stems in the stuffing, we've trimmed the waste to keep your waist trim.

Prep Time: 15 mins

Cook Time: 40 mins

Yield: serves 4

Ingredients

24oz baby bella mushrooms

1/2 cup raw cashews

3 tbsp nutritional yeast

1 cup roughly chopped red bell pepper

2 garlic cloves, minced

3 tbsp Sriracha

2 tbsp freshly squeezed lemon juice

Directions

1. Preheat the oven to 350°F and line baking sheet with parchment paper.
2. Wipe mushrooms with moist paper towel or soft brush and remove stems. Dice stems and set aside in a medium bowl. Place mushroom caps on prepared baking sheet.
3. In blender, pulse cashews and nutritional yeast flakes to a fine powder (do not over blend). Scrape corners of blender with spatula to make sure all the powder is free.
3. Add the bell pepper, garlic, Sriracha, and lemon juice and blend until fully combined and creamy. If it is too thick, a small amount of water can be added. Be cautious to not make it too thin and runny.
4. Add the sauce to the bowl with the mushroom stems and gently stir to combine. Spoon mixture into each mushroom cap evenly.
5. Bake in oven for 25 to 30 minutes or until the filling is firm and golden and mushrooms have released most of their liquid. Serve hot.



Cape Cod Apple-Cannellini Bean Salad

A perfectly balanced, unassuming salad that Raymond discovered at a restaurant in Cape Cod several years ago. He mastered his own version, impressed Julieanna with the satisfying flavors and textures, and it has become a treat that could happily be enjoyed on a weekly basis.

Prep Time: 15 mins

Cook Time: 10 mins

Yield: serves 2

Ingredients

1/2 cup red or vidalia onion

seasoned rice vinegar

1 1/2 cups (~1/2-lb) Yukon gold potatoes, chopped into small, 1/2-inch chunks

1 can white cannellini beans, drained and rinsed

1 cup endive leaves, end-shaved thin

1 1/2 cups green apple, julienned

1/2 cup celery, sliced thin

1 oz (~7) Maille Cornichons, sliced thin

1/4 cup golden raisins

1 tbsp fresh thyme, de-stemmed

Dressing:

2 tbsp fresh lemon juice

2 tsp olive oil, optional

2 tsp Dijon mustard

Ground black pepper, to taste

Directions

1. Slice red onions very thinly with mandolin or knife. In a small bowl or airtight container, add enough seasoned rice vinegar to cover onions. Allow to marinate for 30 minutes or more (see note).
2. Bring a large saucepan of water to a boil over medium-high heat. Once boiling, reduce heat, add chopped potatoes, and cook until fork-tender, approximately 10 minutes. Drain and set aside.
3. In a large serving bowl, combine potatoes, beans, endive, celery, cornichons, raisins, and thyme.
4. In a small bowl, combine lemon juice, olive oil, and mustard and whisk to combine. Drizzle over salad and toss to combine. Sprinkle with ground black pepper and enjoy immediately. Or keep it in the refrigerator and allow the flavors to marinate further and enjoy the next day.



Equipment Needed for Demo:

For Sriracha Stuffed Mushrooms

Small nutribullet-like blender

Cutting board and knife

Medium bowl and mixing spoon

Baking tray (1 large or 2 medium)

(They need to be baked afterwards ahead of time and we can)

For Cape Cod Apple Apple-Cannellini Bean Salad

Mandoline

Potatoes need to be cooked ahead of time

Large bowl and large spoon

Small bowl and whisk

Small nutribullet-like blender