



ALMOST INSTANT APPLE PIE RICE PUDDING

By Chef AJ

I love homemade rice pudding but it can take almost an hour for the rice to cook. Using the Instant Pot and leftover rice it takes only five minutes!

INGREDIENTS:

4 cups leftover cooked rice (I prefer organic brown Texmati)
4 cups finely chopped apples, 3-4 depending on their size (I prefer Envy or Gala)
3 cups unsweetened non-dairy milk
1 Tablespoon Apple Pie Spice* (or 2.5 teaspoons of cinnamon plus ½ teaspoon nutmeg)
1 cup golden raisins
½ teaspoon vanilla powder
¼ teaspoon ground cardamom

PREPARATION:

Place all ingredients in the Instant Pot and cook on high pressure for 5 minutes. Release pressure and enjoy hot, or chill for a firmer texture. If you don't have a pressure cooker, then bring the plant milk and spices to a boil. Be careful not to let it boil over. Add the remaining ingredients and return to a boil. Reduce heat and cover. Simmer for about 10 minutes or until most of the liquid is absorbed.

CHEF'S NOTE:

This is delicious served hot, warm, or cold, and is a delightful replacement for your usual oatmeal.



BODACIOUS BEET SALAD

By Chef AJ

INGREDIENTS:

8 ounces of steamed or roasted beets

8 ounces of mango

¼ cup finely chopped red onion

Fresh mint - ¼ cup (about ¼ of an ounce, or more, to taste)

PREPARATION:

Dice beets and mango so they are the same size and place in a bowl. Finely chop the mint and red onion and add. Pour ¼ cup of Barefoot Dressing or House Dressing 2.0 into the bowl and mix evenly. Serve chilled.

CHEF'S NOTE:

You can buy beets already steamed at Trader Joes or Costco. You can also buy diced organic frozen mango at Costco if you don't want to cut your own. Mustards and vinegars vary widely in their taste, so make sure you are using brands you love on their own. You can substitute cilantro or Italian parsley for the mint if you prefer.

HOUSE DRESSING 2.0

By Chef AJ. This is my go-to dressing when I am out of Barefoot Dressing and too lazy to make more.

INGREDIENTS:

2 Tablespoons balsamic vinegar (Use a good thick reduced one like Napa Valley Naturals with 4% acidity)

2 Tablespoons lime juice or lemon juice

1 Tablespoon salt-free mustard

PREPARATION:

Whisk all ingredients together in a bowl or to make a larger batch use a blender. You can vary the taste simply by using different flavors of balsamic vinegar.



CHIPOTLE BEAN BURGERS

By Chef AJ • Makes 24 patties

Adapted from and inspired by a recipe from the Whole Foods Market website. Everyone who tastes these, even hard-core carnivores, say that these are the best bean burgers they have ever tasted. I'm sure you will want them as part of your weekly rotation.

INGREDIENTS:

4 cans salt-free black beans rinsed & drained (or 6 cups cooked beans)
 4 cups cooked brown rice
 4 cups cooked and mashed sweet potato (I prefer to use the starchier Hannah Yams rather than mushy orange ones)
 1 - 14.5-ounce can Muir Glen Salt-Free Fire Roasted Tomatoes
 1 cup red onion, chopped
 8 cloves garlic, minced or put through a garlic press

1 red bell pepper finely chopped (approximately 1 cup)
 1 large carrot finely chopped (approximately 1 cup)
 1 bunch cilantro finely minced
 12 Tablespoons nutritional yeast
 4 Tablespoon salt-free chili powder*
 1 Tablespoon SMOKED paprika (different than regular paprika)
 1 Tablespoon ground cumin
 1 teaspoon chipotle powder

PREPARATION:

Preheat the oven to 400 degrees F.

Drain the can of tomatoes and sauté the onion in the liquid from the canned tomatoes until soft. You can purée the tomatoes in a food processor fitted with the "S" blade or leave them whole. Add the chopped carrot, bell pepper, and garlic and sauté until soft and cooked, about 10-15 minutes. Combine all ingredients in a large bowl and stir to mix. I prefer to use latex free food service gloves. Chill several hours or overnight. Make individual patties out of ½ cup of the mixture. Place patties on a baking tray and bake for 30-45 minutes until you are able to flip them over very easily without them sticking. After you flip them, bake for another 20-30 minutes. Makes 24 burgers. These freeze very well.

CHEF'S NOTE:

Serve these flavorful, filling burgers with all the fixings such as sliced tomatoes and onions and salt-free condiments and use large butter lettuce leaves or potato waffles (recipe page 161) as buns. They can also be crumbled and served over a salad or used as a delicious filling for a baked potato.

You can watch me make these on Episode 6 of Healthy Living with Chef AJ.