

RECIPES FOR
SUPER BOWL XLVII
By Chef Del Sroufe



**FORKS
OVER
KNIVES®**



www.ForksOverKnives.com



TABLE OF CONTENTS

Forks Over Knives: Super Bowl XLVII Recipes

Quinoa Corn and Avocado Salad.....	Page 3
Three Bean Chili for a Crowd	Page 4
Southwestern Mac and "Cheese"	Page 5
Veggie Fajitas	Page 7
Polenta Pizza with Pesto, Caramelized Onions and Potatoes	Page 11

Quinoa Corn and Avocado Salad

Serves 6

Photo by [Eco-Vegan Gal](#)



1 1/2 cups cooked quinoa

1 1/2 cups frozen corn, thawed

2 medium avocados, diced

1 cup cherry tomatoes, halved

1/2 medium red onion, diced small

1/4 cup chopped fresh cilantro

Zest of 1 lime and 2 tablespoons fresh lime juice

Sea salt to taste

Instructions:

Combine everything in a large bowl and mix well.



Three Bean Chili for a Crowd

Serves 12

Photo by [Eco-Vegan Gal](#)



- 1 large yellow onion, Chopped
- 8 cloves garlic, minced
- 1 tablespoon cumin seed toasted and ground
- 2 tablespoons ancho chile powder
- 1 teaspoon cayenne pepper, more or less to taste
- 1 ½ cups tomato paste
- 3 cups cooked pinto beans or two 15 ounce cans, rinsed and drained
- 2 cups black beans or one 15 ounce can, rinsed and drained
- 2 cups garbanzo beans or one 15 ounce can, rinsed and drained
- 2 28 ounce cans diced tomatoes
- Sea salt and black pepper to taste

Instructions:

Sauté the onion in a large pot over medium heat for 8 minutes. Add water 1 to 2 tablespoons at a time, as needed, to keep the onion from sticking. Add the garlic, ground cumin, ancho chile powder, and cayenne pepper. Cook 1 minute.

Add the tomato paste, pinto beans, black beans, garbanzo beans, diced tomatoes, sea salt and black pepper to taste, and 4 cups water. Cook 20 to 25 minutes.



Southwestern Mac and “Cheese”

From *Forks Over Knives — The Cookbook*

Serves 4



- 1 medium yellow onion, peeled and diced
- 1 medium red bell pepper, seeded and diced
- 2 cups corn kernels (from about 3 ears)
- 1 jalapeño pepper, seeded and minced
- 2 teaspoons ground cumin
- 2 teaspoons ancho chile powder
- Salt to taste
- 1 batch No-Cheese Sauce (recipe follows)
- 2 cups cooked black beans or one 15 ounce can, drained and rinsed
- ½ pound whole-grain elbow macaroni, cooked according to package directions, drained, and kept warm

Instructions:

Preheat the oven to 350°F.

Place the onion and red pepper in a large saucepan and sauté over medium heat for 10 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add the corn, jalapeño pepper, cumin, and chile powder and cook for 30 seconds. Remove from the heat and season with salt. Stir in the No-Cheese Sauce, beans, and cooked macaroni.

Spoon the mixture into a 9 × 13-inch baking dish and bake for 30 minutes, or until bubbly.



No-Cheese Sauce

Makes about 2½ cups

- 1 large yellow onion, peeled and coarsely chopped**
- 1 large red bell pepper, seeded and coarsely chopped**
- 3 tablespoons cashews, toasted, optional**
- 1 tablespoon tahini (optional)**
- 1 cup nutritional yeast**
- Salt to taste**

Instructions:

Combine all ingredients in a blender in the order given and puree until smooth and creamy, adding up to ½ cup of water if necessary to achieve a smooth consistency.

Variations:

Use an equal amount of roasted red bell peppers in place of the raw pepper.

Combine the prepared sauce with a jar of store-bought salsa or a recipe of Fresh Tomato Salsa, and use as a dip for vegetables.

Add ½ teaspoon of nutmeg with the salt



Veggie Fajitas

From *Forks Over Knives — The Cookbook*

Serves 4

Photo by *Eco-Vegan Gal*



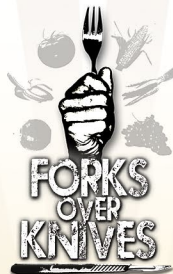
- 12 corn tortillas
- 1 small red onion, peeled and thinly sliced
- 1 medium red bell pepper, seeded and julienned
- 1 batch Grilled Portobello Mushrooms (recipe follows), cut into $\frac{3}{4}$ -inch-wide strips
- $\frac{1}{2}$ teaspoon ground cumin
- 1 jalapeño pepper, seeded and diced small
- 3 cloves garlic, peeled and minced
- $\frac{1}{4}$ cup chopped cilantro
- 2 tablespoons fresh lime juice
- $\frac{1}{2}$ teaspoon salt, or to taste
- Not-So-Fat Guacamole (recipe follows)
- Tofu Sour Cream (recipe follows)
- Fresh Tomato Salsa (recipe follows)

Instructions:

Wrap the tortillas in aluminum foil and place in a 350°F oven while you prepare the remaining ingredients.

Sauté the onion and red pepper in a large skillet over high heat for 5 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add the grilled mushroom strips, cumin, jalapeño pepper, garlic, cilantro, lime juice, and salt and cook for another minute. Remove from the heat.

Serve the fajita mixture with the warmed tortillas, guacamole, tofu sour cream, and salsa.



Grilled Portobello Mushrooms

Serves 4

- 3 tablespoons low-sodium soy sauce**
- 3 tablespoons brown rice syrup**
- 3 cloves garlic, peeled and minced**
- 1 tablespoon grated ginger**
- Freshly ground black pepper to taste**
- 4 large portobello mushrooms, stemmed**

Instructions:

Combine the soy sauce, brown rice syrup, garlic, ginger, and pepper in a small bowl and mix well.

Place the mushrooms stem side up on a baking dish. Pour the marinade over the mushrooms and let marinate for 1 hour.

Prepare the grill.

Pour the excess marinade off the mushrooms, reserving the liquid, and place the mushrooms on the grill. Grill each side for 4 minutes, brushing with the marinade every few minutes.

Variation:

During the last few minutes of grilling, brush the mushrooms with Barbecue Sauce.



Not-So-Fat Guacamole

Makes 2 cups

1 cup shelled edamame

1 cup broccoli florets

Zest of 1 lime and juice of 2 limes

2 Roma tomatoes, diced

½ small red onion, peeled and diced small

¼ cup finely chopped cilantro

1 clove garlic, peeled and minced (about 1 teaspoon)

Salt to taste

1 pinch cayenne pepper, or to taste

Instructions:

Place the edamame in a medium saucepan and add water to cover. Bring to a boil and cook for 5 minutes. Drain and rinse the edamame until cooled.

Steam the broccoli in a double boiler or steamer basket for about 8 minutes, or until very tender. Drain and rinse the broccoli until cooled.

Add the edamame and broccoli to a food processor and puree until smooth and creamy. Add water if needed to achieve a creamy texture. Put the pureed mixture into a bowl and add the lime zest and juice, tomatoes, onion, cilantro, garlic, salt, and cayenne. Mix well and chill until ready to serve.



Tofu Sour Cream

Makes 1½ cups

1 12 ounce package extra firm silken tofu, drained
1 tablespoon fresh lemon juice
1 tablespoon red wine vinegar
Salt to taste

Instructions:

Combine all ingredients in a blender and puree until smooth and creamy. Chill until ready to serve.

Variation

For a spicy version, omit the salt and add 1½ teaspoons of ancho chile powder and ½ teaspoon of cayenne pepper.

Fresh Tomato Salsa

Makes about 4 cups

3 large ripe tomatoes, diced small
1 small red onion, peeled and diced small
½ cup chopped cilantro
1 to 2 jalapeño peppers, minced (for less heat, remove the seeds)
2 cloves garlic, peeled and minced
3 tablespoons fresh lime juice
Salt to taste

Instructions:

Combine all ingredients in a large bowl and mix well. Store refrigerated until ready to serve.



Polenta Pizza with Pesto, Caramelized Onions and Potatoes

From *Forks Over Knives – The Cookbook*

Makes 2 9-inch Pizzas

Photo by *Eco-Vegan Gal*



1 batch Basic Polenta, kept warm (recipe follows)
2 large Yukon Gold potatoes, thinly sliced
2 medium yellow onions, peeled and diced
1 cup Basil Pesto (recipe follows)
1/4 cup nutritional yeast, optional
Salt and freshly ground black pepper to taste

Instructions:

Divide the polenta between two 9-inch round nonstick baking pans, and refrigerate until set, about 1 hour.

Steam the potatoes in a double boiler or steamer basket over medium heat until tender. Set aside and let cool.

Place the onions in a medium saucepan and sauté over medium heat for 15 minutes, or until well browned. Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan. Remove from the heat and set aside.

Preheat the oven to 425°F.

Divide the pesto in half and spread over each of the two pans of polenta. Arrange the potatoes over the pesto, top with the caramelized onions, and sprinkle with the nutritional yeast, if desired. Season with salt and pepper. Bake for 10 to 12 minutes. Let sit for 10 minutes before serving.



Basic Polenta

Serves 4-6

1½ cups coarse cornmeal
¾ teaspoon salt, or to taste

Instructions:

Bring 5 cups of water to a boil in a large saucepan. Whisk in the cornmeal, a little at a time. Cook, stirring often, until the mixture is thick and creamy, about 30 minutes. Season with salt and serve, or pour the polenta into a pan and refrigerate until set, about 1 hour.

Basil Pesto

Makes about 1 cup

2 cups packed basil or arugula
¼ cup pine nuts, toasted
4 cloves garlic, peeled and chopped
2 teaspoons fresh lemon juice
Salt to taste
**½ package extra firm silken tofu (about 6 ounces),
drained**
¼ cup nutritional yeast (optional)

Instructions:

Combine the basil, pine nuts, garlic, lemon juice, salt, tofu, and nutritional yeast (if using) in the bowl of a food processor and puree until smooth and creamy.

