

NATURE'S FOOD PATCH Market & Café

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SWEET POTATOES

SWEET POTATO TOFU SALAD

- 1-1/2 lbs. Sweet Potatoes, peeled, halved and cut into 1/4 inch thick slices
- 1 Cup Green Peas
- 6 Scallions, sliced
- 1/2 lb. Firm Tofu, cubed
- 1 lb. Napa Cabbage, sliced thin
- 4 Tbsp. Dry Roasted Peanuts, chopped

Steam sweet potatoes 12 minutes. Chill. Add dressing.

SPICY & TANGY GINGER DRESSING

- 1/4 Cup Brown Rice Vinegar
- 1 Tbsp. Tamari
- 1 Tbsp. Sesame Oil
- 1 tsp. Toasted Sesame Oil
- 1 Jalapeño Pepper, minced
- 1 Tbsp. Fresh Ginger, grated
- 3 Garlic Cloves, minced
- Black Pepper to taste (optional)

Blend until creamy. Pour 1/2 of the dressing over tofu and vegetables. Chill to marinate 1 hour. Toss cabbage with remaining dressing. Mound tofu and potatoes on top of cabbage and garnish with peanuts.

SWEET POTATO SHEPHERD'S PIE

- 8 oz. Tempeh, cut in cubes

Marinade

- 1/4 Cup Tamari
- 1/4 Cup Water
- 1 tsp. Basil
- 1/4 tsp. Nutmeg
- 4 Cups Sweet Potatoes
- Add 1/4 tsp. Cinnamon
- Add 1 tsp. Ginger, grated
- 1 Cup Corn
- 1 Cup Carrot, sliced
- 1 Cup Broccoli Florets
- 1 Cup Broccoli Stems
- 1 Cup Mushrooms
- 1 Cup Celery, chopped
- 3 Garlic Cloves, minced
- 1/3 Cup Braggs Liquid Aminos
- 1 Tbsp. Basil
- 1 Tbsp. Thyme
- 1/4 Cup Arrowroot
- Sesame Seeds for Garnish

Steam and mash sweet potatoes until soft. Marinate Tempeh 10 minutes. Then sauté until liquid is absorbed. Steam vegetables 10 minutes. Mix arrowroot, herbs and Braggs in 3/4 cup stock. Heat until thickened. Add vegetables and Tempeh. Mix well. Place in a 9x13 baking dish. Spread mashed sweet potatoes over top. Garnish with sesame seeds. Bake at 350 degrees for 30 minutes. Cool 5 minutes before slicing to serve.

*Free Vegetarian (Vegan)
Cooking Class
By Chef Debby DeGraaff*