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Toms River Farmers Market Recipes
By Michael Pollack

Raw Maki Vegetable Rolls with Pistachio-Miso Sauce

Sun dried Nori

Raw Tuna Nut Pate

Avocado-Sliced

Green Onion-Sliced Long

Cucumber Slices-Long

Mixed Greens

Shredded Carrots

Soak 1 cup of Raw Sunflower Seeds and 1 cup of Raw Walnuts for 2 hours or more. Drain and Process in Food Processor with Lemon Juice, Dulse Flakes, Salt and Garlic bulb till very fine. In bowl add dice celery, Onion and Shredded Carrots, and then combine with Nut Pate. Sprinkle Kelp powder to taste and mix all together.

Take nori sheet and lay down greens, then a layer of Raw Tuna Pate. Place the avocado slices, cucumber, carrots and green onion letting some of the veggies hang over the end. Roll everything on a sushi mat. Slice into 6-8 pcs.

Pistachio-Miso Sauce- 1 cup of Raw Pistachios, ¼ cup of Olive Oil, 2T Lemon Juice, 3T White Miso, ¼ cup+ Water. Process all in Food Processor till smooth.

Serve Maki Slices with Pistachio-Miso Sauce and Soy Sauce.

Festive Moroccan Cous Cous

2 cups of Cooked Whole Wheat Cous Cous

Diced Red and Yellow Pepper

Diced Red Onion

Sliced Fresh Figs and Dates

Shredded Carrots

Fresh Peas

Chopped Cucumber

Chopped Green Onion

Maple Vinaigrette Dressing- 1 cup of Olive Oil, ½ cup of Apple Cider Vinegar, ¼ cup of Dark Amber Maple Syrup, Salt, Pepper, and Red Pepper Flakes. Makes a great Salad Dressing too!!

Fluff the Cous Cous in a Bowl and add all the ingredients. Top with the Maple Vinaigrette Dressing. You can jazz this up by serving in a Tomato or use as a filling in a wrap.

Wheat Free “Living Pasta” with Fresh Raw Roma Tomato Sauce And Pine nut Cheeze. Topped with a Rawmesan Cheeze.

Zucchini, Yellow Squash and Butternut Squash made into Pasta noodles by using a Peeler, Stripper Peeler or Mandolin.

Tomato Sauce- 8 Roma Tomatoes, 6 Sun dried tomatoes (Soaked), 6 Dates (Soaked), 2 Garlic Bulbs, ¼ Onion, 1 Red Pepper, Fresh Basil, Rosemary, Oregano, and Thyme, Salt and Pepper to taste. Run this all in the Food Processor still smooth or pulse it to make it chunkier. Add some of the soaking water if too thick.

Pine Nut Cheeze- 1 cup of Raw Pine nuts, ¼ Olive Oil, ¼ cup Water, Salt. Process in Food Processor till smooth.

Rawmesan Cheeze- 1 cup of Raw Walnuts, ¼ cup of Nutritional Yeast, ¼ or Raw Wheat Germ, and Salt. Process all in Food Processor till crumbly, should resemble cheese crumbles. This is also great to top on Salads!

Put Pasta noodles in a bowl, top with the Tomato Sauce, and then spoonfuls of Pine nut cheese. Then sprinkle the Rawmesan Cheeze on top. Enjoy!!
Try other toppings or other sauces.

If you could...reduce pollution, conserve resources, prevent illness, extend life, save money, and rescue animals, all in one simple step...wouldn't you take it?

There's a world of good in plant-based food!



Pick-up ****Hours subject to change**** Eat In

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****Garden State Parkway Exit 81****

****Entrance at End of Simply Skin Parking Lot****

Monday-Saturday 11am-7pm Sunday Closed

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