

Lettuce Eats Plants

By: FineMark's Executive Chef, Lisa Fidler

BBQ Cauliflower Bites

Ingredients

- 2 heads Cauliflower, cut into bite-size pieces & blanched
- ¼ Cup Grapeseed oil or other high heat oil
- 1 cup Dry BBQ Spice Rub *see below
- 1 Tablespoon Italian Parsley, chopped

Directions

Preheat oven to 450 degrees. Line a rimmed baking sheet with aluminum foil, parchment paper or a silicone baking mat.

Using a Gallon ZipLock type bag, toss cauliflower with oil. Add the rub. Try to coat evenly, but make sure to get the rub into the little cracks and crevices.

Arrange in a single layer on the lined baking sheet.

Bake for 20-25 minutes or until the florets start to get brown and crispy.

Garnish with Parsley

Serve with a Rach Slaw

LISA'S DRY BBQ RUB

Ingredients

- ½ Cup Brown Sugar
- ¼ Cup Paprika
- 1 Tablespoon Black Pepper
- 1 Tablespoon Salt
- 1 Tablespoon Chili Powder
- 1 Tablespoon Chipotle Powder
- 1 Tablespoon Garlic Powder
- 1 Tablespoon Onion Powder
- 1 teaspoon Cayenne

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Deviled Faux Huervos

Filling Ingredients

- 1 (15-ounce) can no-salt-added Chickpeas, drained and rinsed
- ¼ - ½ (your taste) Small Vidalia Onion
- 2 large cloves garlic
- 2 tablespoons fresh lemon juice
- Zest of 1 lemon
- 2 teaspoons Dijon mustard, or to taste
- ½ teaspoon ground turmeric
- ½ - 1 Tablespoon Extra Virgin Olive Oil, for consistency
- 1 - 2 Tablespoons Water, for consistency
- Freshly ground black pepper, to taste
- Kosher Salt, to taste

The Deviled Ingredients

- 12 small red potatoes (roughly the size of large walnuts or small clementine's)
- Fine chopped Parsley, for garnish

Directions

To make filling, in a food processor, combine the chickpeas, onion, garlic, lemon juice, mustard, and half the water and oil, and process until uniformly smooth. Add more oil & water, if needed; season with salt & pepper; add the lemon zest & turmeric.

Place in a piping bag with a small tip (I use a star). Twist close and set aside.

Now the potatoes: set a steamer insert in a saucepan and add about 2 inches of water. Bring to a boil over high heat; then place the potatoes in the steamer basket and steam for about 20 minutes. Plunge them into cold water in a big bowl or just run cold water over them. Let them dry then slice each potato in half.

Assembly

"Fill" each potato with a swirl of chickpea filling. Garnish with the parsley.

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Pomodori al Forno

Recipe by Jillian Lane, Sous Chef, Adapted from Bon Appetit

Ingredients

- 1 cups (or more) Olive Oil, divided
- 2 pounds Plum Tomatoes, halved lengthwise, seeded
- 1 ½ teaspoons Dried Oregano
- ¾ teaspoon Sugar
- ½ teaspoon Salt
- 1 to 2 Garlic Cloves, minced
- 2 teaspoons minced fresh Italian Parsley

Directions

Preheat oven to 250°F.

Pour 1/2 cup oil into 13x9x2-inch glass or ceramic baking dish.

Arrange tomatoes in dish, cut side up. Drizzle with remaining 1/2 cup oil. Sprinkle with oregano, sugar, and salt.

Bake 1 hour. Using tongs, turn tomatoes over.

Bake 1 hour longer. Turn tomatoes over again. Bake until deep red and very tender, transferring tomatoes to plate when soft (time will vary, depending on ripeness of tomatoes), about 15 to 45 minutes longer.

Layer tomatoes in medium bowl, sprinkling garlic and parsley over each layer; reserve oil in baking dish. Drizzle tomatoes with reserved oil, adding more if necessary to cover. Let stand at room temperature 2 hours.

DO AHEAD Cover; chill up to 5 days. Bring to room temperature before serving.

I like to serve with Goat Cheese on Crostini.

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Sweet Potato "Poke" Bowl

Ingredients

- 1 Sweet Potato, diced into ½" cubes
- 2 Tablespoons Local Honey
- 1 Tablespoon Coconut Aminos, plus more for serving
- 1 Tablespoon Grapeseed Oil
- ½ Cup Julienned Daikon or Watermelon Radish
- 1 small Cucumber, seeded and diced
- 1 Red Bell Pepper, seeded & small diced
- ½ Cup Mango, sliced
- 1 avocado, pitted & sliced
- Four 2-inch squares toasted nori
- 1 Tablespoon Brown Rice Vinegar, regular rice will work also
- ½ teaspoon Sea Salt, Kosher if you don't have Sea
- ¼ teaspoon Coconut or Palm Sugar
- 4 Cups Cooked Short Grain Brown Rice, still warm
- 2 Tablespoons toasted Sesame Seeds
- 2 Scallions, Slice super thin on the bias, use both green & whites
- Wasabi, Siracha & Pickled Ginger for serving, if desired

Directions

Fill a saucepan fitted with a steamer unit with about 1/2 inch of water and bring to a simmer. Add the sweet potato to the steamer basket, cover, and cook until just tender, 5 to 10 minutes. Remove and let cool completely.

In a small bowl, whisk together the honey and coconut amino. Set aside.

Heat a small pan over medium-high heat. Add the oil and, when it shimmers, arrange the potato in a single layer in the pan. Cook for 1 to 2 minutes, until it just begins to color and get crisp. Flip and repeat on the other side. Pour in the honey-soy mixture and cook until the sauce thickens and the potato is glazed, turning it frequently to ensure that it's well coated, 1 to 2 minutes more. Remove from the heat.

Slice the nori into thin strips. Place in a dry pan and just warm through. Remove from pan and set aside.

Stir the rice vinegar, salt, and sugar together until the solids dissolve. Drizzle over the hot cooked rice, add the sesame seeds, and stir gently to combine.

Divide the rice among four bowls. Arrange the glazed potato, daikon, peppers, cucumber, mango and avocado on top of the rice in each bowl. Garnish with nori & scallions.

Serve with the additional coconut amino, the wasabi, Siracha and pickled ginger at the table.

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Chinese Five-Spice Banana Ice Cream with Roasted Pineapple

Banana Ice Cream

Ingredients

- 2 Ripe Bananas, sliced and frozen
- 2-3 teaspoons Chinese Five-spice
- Coconut or Nut Milk, as needed

Directions

Add bananas & Spice to the food processor and blend.

Occasionally scrape down the sides and continue to blend until smooth, approximately 3-5 minutes. If you need to thin it a little, add a few teaspoons of coconut or nut milk, but not too much!

Scoop into a bowl and enjoy immediately as a soft serve! For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour.

Oven Roasted Pineapple

Ingredients

- 8 pineapple rings
- $\frac{1}{4}$ - $\frac{1}{2}$ cup brown sugar

Directions

Taste the pine apple first... then decide how much sugar you need!!!

Place the slices of pineapple on a foil lined cookie sheet.

Sprinkle with the brown sugar.

Bake for 10 minutes in 350 degree oven.

Top with Ice Cream!

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Whole Lotta Yummy Chili

Ingredients

- 1 ½ tablespoons extra-virgin olive oil
- 2 cups diced sweet onion (about 1 medium/large)
- 2 tablespoons minced garlic (about 4 large cloves)
- 2 medium jalapeños, seeded (if desired) and finely chopped
- 1 cup finely chopped celery (about 2 large stalks)
- 1 large red bell pepper, seeded and diced
- 1 28-oz can diced tomatoes, with juices
- 1 cup No salt or homemade vegetable broth
- 6 tablespoons tomato paste
- 2 Cups Raw Walnut Pieces
- 2 Cups Sweet Potatoes, small dice
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- ½ to ¾ teaspoon fine grain sea salt, to taste
- ¼ teaspoon ground cayenne pepper (optional)
- 1 teaspoon hot sauce (optional or more!!)

Toppings

- Cashew Sour Cream
- Chopped green onions
- Fresh cilantro, chopped

Directions

In a large pot, sauté the onion and the garlic in the oil over medium heat until soft and translucent, about 5 minutes. Season with a pinch of salt and stir.

Add the jalapeños, celery, and bell pepper and sauté for another 5 to 7 minutes or so, until softened.

Now add the can of diced tomatoes (with the juice), broth, sweet potatoes and tomato paste. Stir to combine. Increase heat to medium-high.

Add the walnuts along with the chili powder, cumin, oregano, and salt. Simmer the mixture, uncovered, until thickened, about 10 to 15 minutes.

Add the cayenne and hot sauce to taste, if using. Taste and season with additional salt if desired.

Serve with Cashew Sour Cream, chopped green onion, and cilantro leaves, if desired.