

Plant-based Meals

Even Your Carnivorous Friends Will Like!

FineMark's Executive Chef, Lisa Fidler

Corn Soup

Ingredients

- ½ Yellow Onion, rough chopped
- 2 Cloves Garlic
- 6 cups Water
- 6 Ears Fresh Corn (*I like to mix yellow & white*)
- 4 Tablespoons Unsalted Butter
- Salt & Pepper, to taste
- 1 ½ tablespoons finely chopped fresh basil, for garnish
- 1 ½ teaspoons finely chopped fresh thyme, for garnish

Instructions

- Remove the husks and silks from the corn. Use a knife to cut the kernels off of the cobs, and then break the scraped cobs in half. Set aside.
- Add the water, onion, garlic, corn kernels and broken cobs to a pot. Bring to a boil, then reduce the heat to medium-low and cook uncovered for 20 minutes, then remove the broken cobs from the pot and discard. Add the butter and let melt.
- Off the heat, use a hand held immersion blender to purée the soup until very smooth. Be patient...it takes a while. The soup should have a creamy consistency without being gloppy. If it's too thick, thin it with water bit by bit; if it's too thin, cook over medium heat until thickened.
- Add the herbs, salt & pepper. Taste and adjust seasoning.

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Thanksgiving Tacos

Tacos Ingredients

- Tortillas
- Brussels Sprout Slaw
- Sweet Potato Wedges
- Cranberry Salsa
- Pepitas

Brussels Sprout and Apple Slaw

Slaw Ingredients

- 1 Shallot, Small, finely minced
- 2 Tablespoons Apple Cider Vinegar
- 1 teaspoon Grainy Mustard
- 1 teaspoon Honey
- 1 Tablespoon Water or Vegetable Stock
- 1 Tablespoon extra-virgin Olive Oil
- 1 pound Brussels Sprouts, trimmed, halved and thinly sliced
- 1 Red Bell Pepper, Cut into matchsticks
- 1 Granny Smith apple, cored and cut into matchsticks
- ¼ Cup Carrots, cut into matchsticks
- Salt & Pepper, to taste

Instructions

- In a small bowl, whisk together the shallot, apple cider vinegar, water, mustard & honey, slowly whisk in the olive oil until emulsified (or you can use a smoothie blender: place everything in the blender and buzz until emulsified).
- In a larger bowl, toss the Brussels sprouts, peppers, apples & carrots.
- Drizzle some of the dressing and mix through. Only add as much of the dressing as you like. You don't want it too wet.
- Season with Salt & Pepper.



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Sweet Potato Wedges

Ingredients

- 2 Sweet Potatoes
- 1 clove Garlic
- 1 ½ tablespoons Olive Oil
- ¼ teaspoon dried Thyme
- ⅛ teaspoon dried, rubbed Sage
- Salt & Pepper

Instructions

- Preheat oven to 400 degrees. Place a baking sheet in the oven while it heats.
- Peel sweet potatoes; cut in half crosswise and then into wedges about 1 inch wide.
- Grate the garlic into a large bowl; add the sweet potatoes, olive oil, sage & thyme, Salt & Pepper.
- When the oven is heated and pan is super hot, carefully pull the baking pan out and toss in the potatoes. BE CAREFUL.
- Roast until soft, about 30 minutes.



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Cranberry Walnut Salsa

Ingredients

- ¼ cup Sugar,
- ¼ cup Walnut, chopped
- ⅛ teaspoon kosher salt
- ½ (12-oz.) bag fresh cranberries
- 1 large orange, zested, then peeled and ½ the fruit to be used

Instructions

- Place the Cranberries, Sugar, salt, zest & orange into a food processor until the cranberries are about the size of rice. Place mixture into a bowl and toss in the walnuts.
- Place in a sealable container and place in the fridge for at least 1 hour.

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Veggie Pad Thai with Peanuts & Basil

Ingredients for Pad Thai

- 4 ounces Brown Rice Noodles (4oz is about ½ box)
- 1 Zucchini
- 1 Red Pepper
- ¼ cup Snap Peas
- ½ Yellow Onion
- 2 Carrots
- 2 tablespoons Sesame Oil
- 1 Egg, beaten
- ½ cup Peanuts, chopped
- ½ cup fresh herbs like Cilantro, Green Onions, and Basil, chopped
- Sprouts for Garnish

Ingredients for Sauce

- 3 tablespoons Fish Sauce
- 3 tablespoons Brown Sugar
- 3 tablespoons Vegetable Broth
- 2 tablespoons Rice Vinegar
- 1 tablespoon Soy Sauce (I use Tamari, low sodium)
- 1 teaspoon Chili Paste (sambal oelek)

Instructions

- Place the uncooked noodles in a bowl of cold water to soak.
- Spiralize the zucchini, red pepper, and onion into noodle-like shapes. Cut the carrots into very small pieces (or spiralize them, too, if they're big enough).
- Shake up the sauce ingredients in a jar.
- Heat a tablespoon of oil over medium high heat. Add the veggies - stir-fry with tongs for 2-3 minutes or until tender-crisp (if they are not spiralized, they might need longer). Be careful not to overcook them - they'll get soggy and heavy. Transfer to a dish and set aside.
- Add another tablespoon of oil to the pan. Drain the noodles - they should be softened by now. Add the noodles to the hot pan and stir-fry for a minute, using tongs to toss. Add the sauce and stir-fry for another minute or two, until the sauce is starting to thicken and stick to the noodles. Push the noodles aside to make a little room for the egg - pour the beaten egg into the pan and let it sit for 30 seconds or so. Toss everything around with the tongs. The egg mixture will stick to the noodles and everything will start getting sticky.
- Add in the vegetables, toss together, and remove from heat. Stir in the peanuts and herbs, top with sprouts and serve immediately.



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Pumpkin Pie Ice (NO)Cream

Ingredients

- 4 large Bananas, ripe works best, frozen
- 1/2 cup Pumpkin Puree
- 1 tablespoon Maple Syrup
- 2-3 teaspoons Pumpkin Pie Spice

Instructions

- Blend the frozen bananas, pumpkin, syrup & spice together in a high-speed blender or food processor until creamy. The bananas must be pre-frozen even if you are going to freeze the ice cream after blending.
- Serve immediately for soft serve texture or freeze for at least 4 hours for a firmer ice cream. If ice cream is in the freezer for a while, let it soften for about 5 minutes at room temperature before serving.



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Hasselback Apples

Ingredients

- 2 large firm apples, cored, and halved vertically
- Cooking spray
- 4 tablespoons Maple Syrup
- 2 ½ tablespoons butter, melted
- ¾ teaspoon ground cinnamon
- Slivered Almonds for Garnish

Instructions

- Preheat oven to 400°.
- Starting at the outermost edges, cut most (but not all) of the way through each apple half at 1/8-inch intervals. Place apple halves, core side down on a baking sheet coated with cooking spray. Brush each apple with butter then maple syrup and sprinkle with cinnamon.
- Bake at 400° for 20 -30 minutes or until apples are tender. Remove pan from oven; cool 10 minutes before serving. Top with sliced Almonds serve with Ice Cream or Whipped Cream.