

ONE BITE

VEGAN MAGAZINE

Perfect Creamy
**Turmeric
Latte**

IG WORTHY
FIG & COCONUT
CREAM TOAST

Swirly Cinnamon Rolls
with Tofu Icing

*Tofu Spread with
Dried Tomatoes*

Rich Arugula-Pecan

**CHEESY
SPREAD**

Smoky Baba Ganoush Dip



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Arugula-Pecan CHEESY SPREAD Appetizer

By: Kari Gray



It's true, my absolute favorite way to eat is vegan. Plant-based. Real whole foods. Eating this way doesn't just make me feel better. I now find it tastes better, and it's food I can trust, food I know and love as food without including any "gross factor" - there's nothing that I would have to avoid thinking too much about in order to continue

eating, and I certainly like taking the "gross" and "inhumane" out of the equation. There's no inner turmoil anymore about what my food is made of. I just like eating 100% plants, so I do. I find real plant-based food generally tastes better and I have never felt better since eating this way.

One thing I do miss as a vegan, though, is a good ol' cheese platter. Back in the day, my favorite cheese platters always included a variety of cheeses, each pairing differently with something like fig so that the fig experience altered depending on the cheese it was eaten with. I remember how wonderfully decadent, rich cheese goes with fruits, veggies, crackers and breads. Cheese platters are one of those great communal dining experiences, and I like the idea of bringing that experience into a vegan lifestyle.

When fresh figs finally became available recently, I found myself longing for one of those cheese platters with figs as the star fruit. So I started messing around in the kitchen, looking for a way to take a first step toward a vegan cheese platter. Anytime I can create a recipe that's quick, easy, AND delicious - well, then I feel like I've reached my ultimate goal. So, I steered away from complicated processes and even wanted to avoid the delay of soaking nuts. Instead, I toasted nuts so that they were ready to go in 5 minutes. Toasted nuts add depth and yes, richness to this spread,

creating the ideal foundation for something cheesy. From there, I added flavors I thought would pair well with figs, including the cheesiness of nutritional yeast, and the result is so rich and satisfying I don't miss the actual cheese.

I'm so loving how this came out. The spread is dreamy with the figs - mission accomplished! I am so happy to include some fresh greens - the arugula brings a lovely pepperiness to the spread. We are relying on just basic, real-food ingredients here with no need for added oils to achieve that richness - yay! The texture is slightly sticky and holds together enough to form into a shape, like a disc or ball - yay, yay! I'm getting inspired to create a few more varieties of cheesy goodness so that I can eventually make a whole vegan cheesy platter, but for now we will consider this the First Cheesy.

Arugula-Pecan Vegan Cheesy Spread is rich, salty, a little sweet, and pairs deliciously with anything you'd normally include on a cheese platter. Especially figs!



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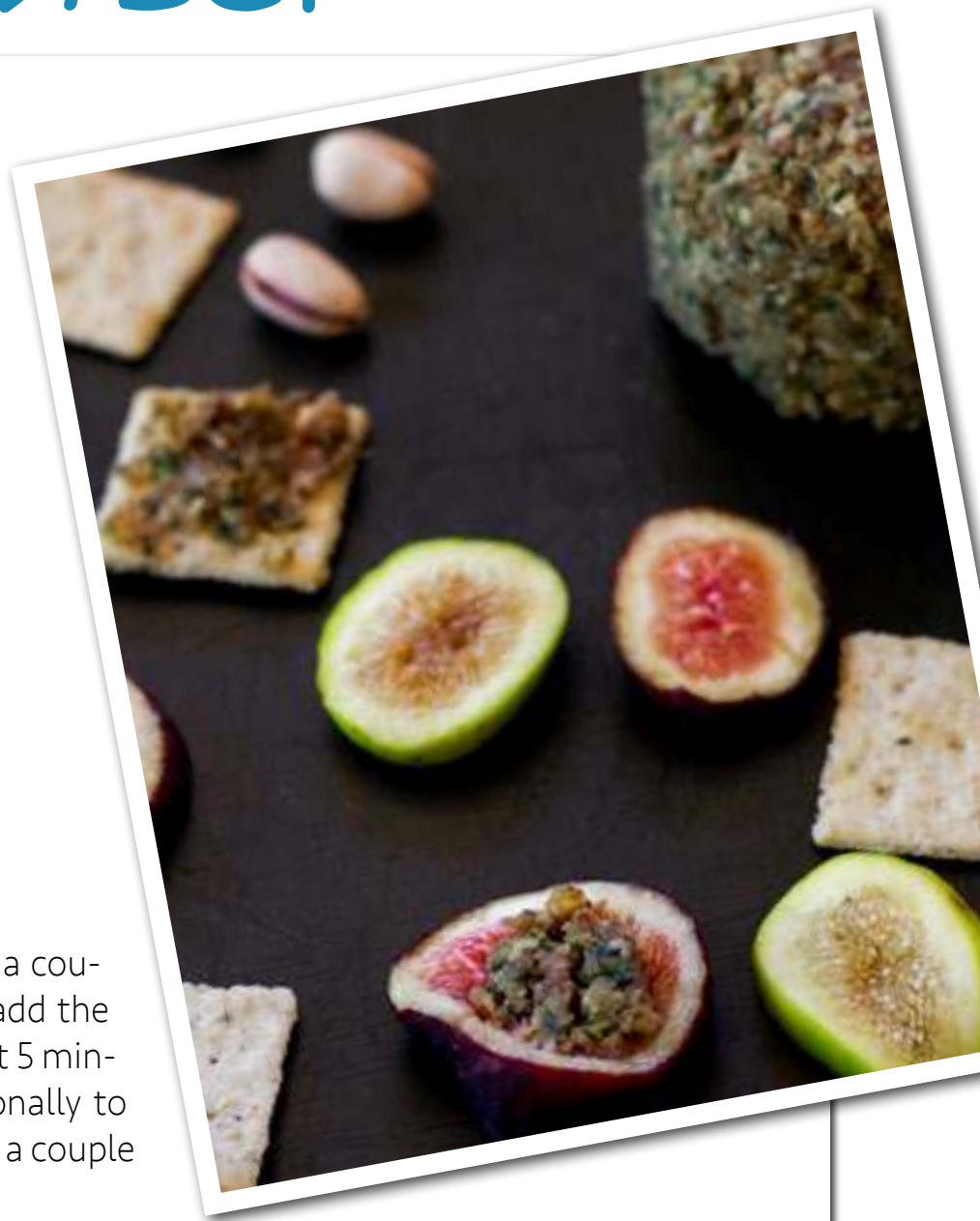
Yield: About 1/2 cups

INGREDIENTS:

- 1/2 cup raw pecans
- 1/2 cup unsweetened coconut flakes
- 1/3 cup arugula
- 1 tablespoon nutritional yeast
- 1 tablespoon maple syrup
- 2 teaspoons balsamic vinegar
- 1/4 teaspoon sea salt

INSTRUCTIONS:

1. Pre-heat a small pan over medium heat for a couple minutes. Reduce to medium-low, then add the pecans. Toast the pecans in the pan for about 5 minutes, shaking or flipping the pecans occasionally to toast evenly. Remove from heat and let cool a couple minutes.
2. Meanwhile, place all of the ingredients in a small food processor or blender. Once cooled a bit, add the pecans. Process until all ingredients are well incorporated and evenly chopped.
3. Form into a ball or use a biscuit cutter to form into a disc. Alternatively, simply place it in a container. Spread on crackers, figs, sandwiches, or anything else you'd like to spread it on! Store in the refrigerator up to a week, depending on the freshness of your arugula.





ABOUT THE AUTHOR

When Kari learned that humans can thrive on a plant-based diet, she was all in - for the sake of animals, the planet, and her own health. She went from vegetarian to vegan and hasn't looked back, enjoying benefits including health improvements and a general overall sense of well-being. A creator of organic kitchen & table linens for brands like Food52, Kari saw the importance of broadening her work to include easy, veg-forward, real-food recipes for the home cook. She began studying recipe development and became certified in plant-based cooking through Forks Over Knives. She now develops delicious recipes that make it easy to eat plants and love every minute of it.

Find her recipes and more on her website, [Beautiful Ingredient](#)

