

ONE BITE

onebitevegan.com

Vegan Magazine

Nov/Dec 2019

20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

STAYING HEALTHY
OVER THE HOLIDAYS
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS
for your New Year Party

NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

Roasted Brussels Sprouts with Butternut Squash

By Elena Szeliga

The best balsamic-maple roasted Brussels sprouts with butternut squash, pecans, cranberries and avocado roasted garlic dressing. Ultimate healthy vegan festive side dish ready in just 40 minutes!

PREP TIME: 10 minutes
COOK TIME: 30 minutes
TOTAL TIME: 40 minutes
SERVINGS: 4 servings

INGREDIENTS

FOR THE ROASTED BRUSSELS SPROUTS WITH BUTTERNUT SQUASH:

- 1 medium-sized butternut squash
- 2 tablespoons balsamic vinegar
- 3 tablespoons olive oil
- 3 tablespoons maple syrup
- 2 teaspoons cinnamon
- salt and freshly ground black pepper to taste
- 1 head garlic
- 600 g or 21 oz Brussels sprouts
- 125 g or 1 cup pecans toasted
- 100 g or 1 cup dried cranberries
- 4 tablespoons pomegranate seeds

FOR THE AVOCADO ROASTED GARLIC DRESSING:

- 1 avocado
- 75 g or ½ cup cashew nuts
- 2 tablespoons lemon juice
- 80 ml or 1/3 cup water
- salt and freshly ground black pepper to taste



INSTRUCTIONS

BUTTERNUT SQUASH:

Preheat the oven to 200 C or 400 F. Cut a butternut squash in half and scoop the seeds with a spoon (measuring spoons do the best work). Peel it and cut into dices. Mix together balsamic vinegar, olive oil, maple syrup, cinnamon, salt and black pepper. Combine diced butternut squash with half of the mixture and transfer to a backing sheet lined with parchment paper.

GARLIC:

Cut the tips off the garlic head, exposing the ends of the cloves, so that it's easier for you to peel them later. Drizzle with a bit of olive oil, sprinkle with salt and black pepper and put to butternut squash. Roast for about 30 minutes until the garlic is tender and aromatic and butternut squash is golden and tender when pierced with a fork.

BRUSSELS SPROUTS:

Cut Brussels sprouts in halves, discarding any outer leaves that aren't firm. Toss them with the other half of the balsamic-maple mixture and add them to the backing sheet with butternut squash and garlic (or on a separate backing sheet lined with parchment paper) 10-15 minutes before the end. Turn both butternut squash and Brussels sprouts once half-way through roasting.

AVOCADO DRESSING:

While the vegetables are roasting, prepare the dressing. Mix together peeled and pitted avocado, cashew nuts, lemon juice, water, salt and black pepper with a blender or food processor. Let the garlic head cool, peel it and add to the dressing, pulsing until smooth. Adjust the consistency by adding more cashew nuts if the dressing is too liquid or more water if it's not liquid enough.

ASSEMBLE:

Combine roasted Brussels sprouts with butternut squash, pecans, cranberries and serve with the dressing on top. Sprinkle with pomegranate seeds. Enjoy!



Elena Szeliga —

Elena Szeliga is the recipe developer behind HappyKitchen.Rocks. She created the blog back in 2015 to combine her love of cooking and photography and share her recipes with her fans. HappyKitchen.Rocks is devoted to producing delicious and healthy vegetarian and vegan recipes that anyone can make.

Website: happykitchen.rocks

Facebook Twitter Pinterest Instagram

GEORGIAN EGGPLANT ROLLS

with Walnuts

Elena Szeliga

These Georgian Eggplant Rolls With Walnut Filling are a delightfully simply, healthy vegan appetizer. Three ingredients, some artfully chosen spices, and less than an hour of time and you have a vegan treat for the tastebuds with these walnut stuffed eggplant rolls.

INGREDIENTS

- 3 medium-sized eggplants
- salt
- black pepper
- cooking spray
- 150 grams or 1 ½ cups walnuts
- 100 ml or ½ cup very hot water
- 2 cloves garlic minced
- 1 teaspoon khmeli suneli
- 1/2 teaspoon ground coriander
- 2 teaspoons white wine vinegar
- 3 tablespoons pomegranate seeds to serve

RECIPE VARIATIONS:

- You can use 1 teaspoon garlic powder instead of fresh garlic to tone the garlic flavor down.
- Replace walnuts with cashew or macadamia nuts. The flavor won't be the same but the rolls still taste great.
- Try using Italian seasoning, Ras-el-Hanout or curry powder if you can't find khmeli suneli and don't have the ingredients to make it at home. Obviously, the flavor will be different but also good.

INSTRUCTIONS

1. Preheat your oven to 180 °C (350 °F). Slice your eggplants lengthwise with a sharp knife. Spray the baking tray with cooking spray and arrange eggplant slices on it. You may need more than one baking tray for this amount of eggplants. Lightly spray the tops of the eggplant slices with cooking spray, then sprinkle with salt and black pepper. Bake 15 minutes, then flip them over and bake for 15 minutes more.
2. Meanwhile prepare the filling: crush the walnuts with a mortar and pestle until they look like on the picture above. Add minced garlic, khmeli suneli, ground coriander, white wine vinegar, salt and pepper. Mix everything and slowly add hot water in the bowl, stirring constantly, until you like the consistency. Don't pour all the water at once, as you may not need that exact amount.
3. Fill each eggplant slice with 1-2 heaped teaspoons of the walnut mixture and roll. Optional: garnish with pomegranate seeds. Enjoy!



Elena Szeliga

Elena Szeliga is the recipe developer behind HappyKitchen.Rocks. She created the blog back in 2015 to combine her love of cooking and photography and share her recipes with her fans. HappyKitchen.Rocks is devoted to producing delicious and healthy vegetarian and vegan recipes that anyone can make.

Website: happykitchen.rocks

Facebook Twitter Pinterest Instagram

COOK'S TIPS:

- Bake the eggplant noodles in a big batch. Freeze anything extra and simply defrost and roll them up with the walnut filling once you are ready to serve them.
- If there are any leftovers, keep them in the fridge for up to three days in an airtight container.
- Keep frozen eggplant noodles up to three months in your freezer.
- Make your own khmeli suneli seasoning or order it on Amazon.