



Spicy Corn Kernel Cake

- 1 Tbsp vegetable oil
- 3 heaping cups of fresh corn kernels (cut from 6-8 ears)
- 2 Tbsp basil, cilantro, or parsley, minced
- 2 Tbsp green onion, minced
- 1-2 Tbsp jalapeno or Serrano pepper, minced
- 3 Tbsp cornmeal
- 3 Tbsp flour
- ½ tsp salt
- Ground black pepper, to taste



1. Preheat oven to 400°F. Measure oil into a heavy, ovenproof, medium-sized skillet (cast iron works best) and heat pan in oven for 30 minutes.
2. Combine all remaining ingredients in a bowl, then press evenly into hot pan. (Don't stir corn in the pan, or the "crust" won't form properly.)
3. Bake 25-30 minutes, until edges are brown and crispy. Run a spatula around the outer rim and underneath the cake to loosen it from the pan. Wearing hot pads, place a heat-proof serving plant face down over the pan and invert the pan so the cake drops onto the plate.
4. Garnish with chopped fresh herbs, if desired. Serve with salsa.

Makes: 4 servings

Nutrition Information:

CALORIES 180 (25% from fat); FAT 5g (sat 0g); CHOLESTEROL 0mg; SODIUM 520 mg; CARBOHYDRATE 33g; FIBER 3g; PROTEIN 4g; CALCIUM 0%; IRON 8%



Vegan Pumpkin Pie

- 3 cups pureed, cooked pumpkin
- ¾ cup maple syrup or honey
- 2 Tbsp molasses
- ¼ tsp powdered cloves
- 1 Tbsp cinnamon
- 1½ tsp ginger
- ½ tsp salt
- 1½-2 cups scalded non-fat soy milk
- Whole wheat pie shell

1. Preheat the oven to 450°F. To prepare pumpkin puree, remove seeds and cut pumpkin into large chunks. Steam until soft, 20-30 minutes. Scoop pulp from the skins, and mash or puree into a thick paste.
2. Mix all ingredients (except pie crust) and pour into pie shell.
3. Bake for 10 minutes, then reduce heat to 350°F and bake until set, 45-50 minutes longer. Cool before serving.



Makes: 8 servings

Nutrition Information:

CALORIES 170 (29% from fat); FAT 5g (sat 2.5g); CHOLESTEROL 0mg; SODIUM 190mg; CARBOHYDRATE 31g; FIBER 3g; PROTEIN 3g; CALCIUM 8%; IRON 6%