

"YAPPY" HOUR

What could be better than a social hour with dogs and their likeminded humans that also benefits your local animal shelter or rescue? We can hardly think of a more fun affair! Serve donated wine, beer or specialty cocktails, toss in a few trays of delectable bites, and offer the canines their own treats, flavored water and a few toys, and you have the makings of a spectacular event! Below are a few delightful recipes for plant-based finger foods, but you can easily make your favorite "bar bites" - sliders, potato skins, and the like - animal friendly with a little ingenuity.

- *Red Cabbage & Jicama Spring Rolls with Peanut Sauce*
- *Cauliflower Crisps & Tangy Tahini Dressing*
- *Crispy Golden Beet Chips*
- *Tempura*
- *Roasted Eggplant and Hummus Sandwich*
- *Street Tacos*
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- *BBQ Cauliflower Bites*
- *No Queso-Dilla*
- *Stuffed Mushrooms*
- *Peanut Butter Bonbons*

Red Cabbage & Jicama Spring Rolls with Peanut Sauce



Ingredients:

- 1 package of "spring roll skin wrappers"
- 1 cup thinly sliced red (or green) cabbage
- 1 cup thinly sliced cucumber strips
- 1 cup thinly sliced jicama (or carrots, radish, or broccoli stems)
- 1 cup fresh mint leaves
- 1 cup fresh cilantro leaves
- 1 cup fresh basil leaves

Sauce

- 1/2 cups peanut butter (creamy or crunchy)
- 3/4-1 cup warm water
- 1 tablespoon rice or white vinegar
- 1 tablespoon sugar or agave syrup
- 1 tablespoon coconut aminos, tamari, or soy sauce
- 1/2 teaspoons salt
- 1 teaspoon fresh shallot or onion
- 1/2 teaspoons (or more) fresh thai chili (optional)

Preparation:

1. Thinly slice all veggies into strips and place in separate clusters on large plate. Remove herbs from stems and add whole leaves to plate as well.
2. Boil water and fill very wide bowl or pie plate about half way full, let sit for a few minutes to cool ever so slightly. One at a time, soften spring roll sheets by dipping them into the hot water, using your fingers to move them around. Depending on hotness of water, it will take about 2-10 seconds for them to soften. They should be pliable but not mushy and falling apart, think al dente pasta, as they will continue to soften even out of the water. Layer two softened spring roll sheets on top of one another on cutting board (wood works well here) and fill bottom third with a bit of each veggie and herbs, do not over stuff! Less is more here. Roll up like you would a mini burrito, tucking in sides and rolling up tightly. It will conveniently stick to itself, making this very easy. Cut in half and place on serving plate.
3. In a blender combine all ingredients for peanut sauce and process 10-20 seconds until creamy. Transfer to small bowl and top with chopped scallions or additional chopped chili pepper, if desired.

Recipe and photo credit to:

<http://plantbasedonabudget.com/recipe/red-cabbage-jicama-spring-rolls-with-peanut-sauce/>

Cauliflower Crisps & Tangy Tahini Dressing



Ingredients:

1 head cauliflower, cut into florets
2-3 tablespoons rice flour
2-3 tablespoons cornmeal
1 tablespoon nutritional yeast
1 teaspoon sea salt
1 tablespoon oregano
2 tablespoons sesame seeds
Pinch cayenne pepper
1.5-2 cups avocado oil

Tangy Tahini Dressing

1 clove garlic, smashed
To taste sea salt
1/2 cup tahini
2 tablespoons lemon juice
Water as needed
1/4 cup parsley, finely chopped
To taste black pepper

Preparation:

1. Break/cut cauliflower into uniform bite sized florets. In a large bowl toss with both rice flour and cornmeal, salt, oregano, sesame seeds, n. yeast, and pepper.
2. Heat a deep skillet worth of oil over medium high heat. When hot add cauliflower florets, one batch at a time and fry 4-5 minutes until golden brown on all sides. Drain on paper towels and keep warm in oven if necessary.
3. In a mortar and pestle (or small bowl), smash 1 clove garlic with the sea salt. Add tahini and lemon juice and stir. Add water in a thin stream, stirring until thin and creamy consistency is reached. Add parsley and black pepper and season to taste. Serve cauliflower with dressing, either as a dipping sauce or drizzled over top.

Recipe and photo credit to:

<http://www.fireandearthkitchen.com/recipes/13811988/cauliflower-crisps-tahini-dressing>

Crispy Golden Beet Chips



Ingredients:

1 bunch beets (red or golden)
Olive oil
Salt and pepper

Preparation:

1. Simply slice beets to 1/8"-1/4" thickness using a mandoline (such a great tool!), or a sharp knife.
2. In a large bowl toss them with olive oil, salt, and pepper.
3. Spread them out one layer thick on a baking sheet and bake at 425 degrees for 10-15 minutes.
4. When browned on the bottom, flip. Let cook for another 5-10 minutes till golden and crispy.
5. Eat alone or with a nice creamy dip. Maybe a vegan sour cream with fresh dill and paprika?
Enjoy!

Recipe and photo credit to:

<http://www.fireandearthkitchen.com/recipes/13727080/beet-chips>

Tempura



Ingredients:

1 cup flour
1/2 tsp salt
1/2 tsp sugar
1 tsp baking powder
1 cup water
3 tbsp vegetable oil
Oil for frying
Mixed veggies, any kind

Preparation:

1. Combine the flour, salt, sugar and baking powder. Slowly add the oil and water until smooth and creamy. Chill for at least 15 minutes.
2. Heat several inches of vegetable oil in a wok or large frying pan over high heat. Dip the vegetables in the batter, then drop in the oil. Allow to cook for about 3 minutes, until crisp and lightly golden brown.
3. Of course, I was in too much of a hurry to measure or to chill the batter, and though we were only using about 1/4" of olive oil on medium heat in a cast iron skillet, it worked out great. We battered some whole button mushrooms and Gear fried them up. Then I added some cayenne and turmeric to the batter and Gear dipped bite-size pieces of tofu in and fried those up too.

Recipe and photo credit to:

<http://www.rubbercowgirl.com/2012/02/tempura-love.html>

Roasted Eggplant and Hummus Sandwich



Ingredients:

1 medium-sized eggplant
olive oil for drizzling
salt and pepper
1 can of chickpeas, rinsed
1/8 cup tahini
1/4 cup olive oil
1 tsp salt
5-6 cloves of garlic, minced and slightly sauteed
Focaccia bread, sliced
Balsamic vinaigrette, for serving

Preparation:

1. Preheat your oven to 350. Rinse the eggplant and slice off both ends, then slice the eggplant in half, lengthwise. Using a mandoline slicer, slice both pieces of the eggplant into thin strips. Place on a greased, foil-lined baking sheet in a single layer. Drizzle a bit of olive oil over the top and sprinkle with salt and pepper. Bake for about 25 minutes, checking it after 15 minutes.
2. Make the hummus by blending the next five ingredients in a small food processor. Set aside.
3. The eggplant is ready when it is nicely browned and crispy. Remove it immediately from the baking sheet or it will stick. Assemble the sandwiches with the eggplant and hummus and serve with a side a balsamic vinaigrette.

Recipe and photo credit to:

<http://www.olivesfordinner.com/2012/03/roasted-eggplant-and-hummus-sandwich.html>

Street Tacos



Ingredients:

12-14 mini corn tortillas
1 cup rolled oats
1 cup lentils, rinsed and thoroughly drained
2 cups vegetable broth
1 tablespoon all-purpose flour
1 tablespoon dried onion flakes
1 cube no-beef bouillon (or vegetable)
1/4 teaspoons sugar
1 teaspoon paprika
1 teaspoon cumin
1/2 teaspoons garlic powder
1 teaspoon chili powder
1/4 teaspoons cayenne pepper
2 tablespoons onion, minced
Oil for skillet
1 medium onion, minced (for topping)
1 bunch cilantro, minced (for topping)

Preparation:

1. Place lentils in a saucepan with vegetable broth and bring to a boil. Cover and simmer for 15 minutes or until the water has evaporated and the lentils are soft. Drain and place in a food processor with oats. Add flour, onion flakes, bouillon, sugar, and spices in food processor and process until combined. Add 1 Tbsp at a time of extra vegetable broth if you need it.
2. In a large skillet, heat a bit of oil on medium-high heat and add the 2 Tablespoons minced onions. Saute until slightly browned. Add the filling mixture from the food processor to this and heat until browned.
3. Warm corn tortillas, fill with filling, and top with cilantro and onion.

Recipe and photo credit to:

<http://plantbasedonabudget.com/recipe/street-tacos/>

Napa Cabbage and Mushroom Dumplings



Ingredients:

Dough

1/2 cup Bob's Red Mill Gluten-free flour
1/4 cup tapioca starch
1/4 cup glutinous (or sweet rice flour)
pinch salt (roughly 1/2 tsp)
1/4 teaspoon xanthum gum
1 tablespoon oil (avocado, canola, peanut)
5-7 tablespoon cold water

Filling

1" piece of ginger, chopped
2 cloves garlic, chopped
1 shallot, chopped
1-2 green onions, chopped
1/2 teaspoon chili pepper, finely chopped
1/4 lb mushrooms, finely chopped
1/4 head napa cabbage, finely chopped
1 tablespoon coconut aminos (or soy sauce)
1/2 teaspoon salt
1 tablespoon cornstarch
1 tablespoon sesame oil

Preparation:

1. Prepare your dough first. Mix all dry ingredients in a medium bowl. Add oil and water slowly until dough comes together. It should be smooth, moist, and soft, but not wet. Knead a few times and place in a bowl in the fridge covered with a damp towel. Place a sheet of parchment paper in the bottom of your steamer tray to prevent sticking. Prepare your pot and steamer for later usage.
2. Prepare your filling. In a skillet, saute ginger, garlic, chili pepper and shallot in sesame oil. Add the mushrooms, napa cabbage, and green onions. Cover and cook for 3-5 minutes until mushrooms and cabbage soften. Add coconut aminos, salt, and cornstarch. Stir to combine, and season to taste. Remove from heat, transfer to a bowl and place in fridge to cool.
3. When dough and filling are sufficiently chilled (20-30 minutes), sprinkle rice flour on your work surface and begin rolling quarter sized balls of dough into small discs, about 1/8" thick (if it starts to tear, roll them a bit thicker). Place a teaspoon of filling on half of each disc and fold other half over. Gently press out any air and seal edges. Use a knife to cut edges, and seal with a fork. Set on a plate until they go into the steamer (or on a baking sheet to freeze for later use).
4. Steam dumplings for 2-3 minutes until dough is cooked through. Transfer them to a skillet heated with a bit of sesame oil. Cook 1-2 minutes on each side until lightly browned and crispy. Serve immediately with dipping sauce of your choice. Enjoy!

Recipe and photo credit to:

<http://www.fireandearthkitchen.com/recipes/13757245/cabbage-mushroom-dumplings>

BBQ Cauliflower Bites



Ingredients:

- 1/2 a head of cauliflower
- 1 cup of flour
- 1 cup of non-dairy milk
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- 1/2 teaspoon of paprika
- 1/2 teaspoon of brown sugar
- 1/2 teaspoon of liquid smoke (optional)
- 1 cup of BBQ sauce

Preparation:

1. Pre-heat oven to 450F.
2. Cut cauliflower into thin strips about 1/2 inch wide, and 2 -3 inches long.
3. Mix flour, non dairy milk, garlic powder, onion powder, paprika, brown sugar, and liquid smoke together in a bowl.
4. Dip cauliflower pieces in flour mixture, making sure to coat the entire piece.
5. Place cauliflower pieces onto a non stick baking sheer, or sheet coated with cooking spray
6. Place in oven for 15 minutes.
7. While cauliflower is cooking, heat BBQ sauce in a sauce pan.
8. Remove cauliflower pieces from oven and dip in BBQ sauce. Place pieces back on baking sheet and cook for 5 more minutes.
9. Remove from oven, and enjoy!

Recipe and photo credit to:

<http://plantbasedonabudget.com/recipe/bbq-cauliflower-bites/>

No Queso-Dilla



Ingredients:

- 1 - 15oz Can of Pintos Beans, rinsed and drained
- 1 Avocado
- 1 Chipotle Pepper in Adobo
- 1/4 Teaspoon of Cumin
- 1/4 Teaspoon of Onion Powder
- 1/4 Teaspoon of Garlic Powder
- 1/4 Teaspoon of Chili Powder
- 1/4 Cup of Vegetable Broth
- 4 Tortillas

Preparation:

1. Place beans, avocado, spices, chipotle pepper, and veggie broth in a food processor.
2. Pulse until the mixture is creamy. Add more broth if needed to reach a creamy texture.
3. Spread mixture on half of a tortilla, fold the tortilla and place on a non stick pan or a pan coated with cooking spray.
4. Cook one side until brown, flip and cook the other side until brown.
5. Remove from heat, slice, and enjoy.

Recipe and photo credit to:

<http://plantbasedonabudget.com/recipe/no-queso-dilla/>

Stuffed Mushrooms



Yield : 16 stuffed mushrooms

Servings : 2-4

Prep Time : 10m

Cook Time : 35m

Ready In : 50m

Ingredients:

4 tablespoons extra-virgin olive oil, divided
1/2 cup panko bread crumbs
3 1/2 tablespoons soy milk or water
16 medium fresh mushrooms (white button or cremini)
1 1/2 tablespoons lemon juice
1/3 cup Italian parsley, chopped
salt and pepper

Method:

Step 1 Preheat the oven to 350 degrees. Lightly oil a small baking sheet or baking dish with a little vegetable oil or cooking spray. Put the panko in a medium bowl, add the soy milk (or water), and stir to combine. Set aside.

Step 2 Wash and dry the mushrooms. Pop the stems out of the caps, and place the caps, gill side up, on the baking sheet. Finely chop the mushroom stems, and put in a small pan with the lemon juice and 2 tablespoons of the olive oil. Pour the remaining 2 tablespoons of olive oil into the mushroom caps, evenly dividing it among them.

Step 3 Put the pan with the mushroom stems on the stove, and turn the heat to medium-low. Put the baking sheet in the oven. Let them both cook for 10 minutes.

Step 4 Remove the mushroom caps from the oven and set aside. (Don't turn off the oven.) Add the mushroom stems and the parsley to the panko, and stir to combine. Season to taste with salt and pepper. Divide the mixture among the mushroom caps. Put the now-stuffed mushroom caps back in the oven for 20 minutes.

Step 5 Take the mushrooms out of the oven, heat the broiler, and run the mushrooms under the broiler for a minute or two until the tops are browned. Transfer to a plate and serve.

Recipe and photo credit to:

<http://plantbasedonabudget.com/recipe/stuffed-mushrooms/>

Peanut Butter Bonbons



Yield : 25 bonbons

Prep Time : 20m

Cook Time : 0m

Ready In : 50m

Ingredients:

3/4 Cup Creamy Peanut Butter

1 Cup Puffed Rice/Rice Krispies

2 Tablespoons Powdered Sugar

3/4 Cup Non Dairy (Semi-Sweet) Chocolate Chips

Method

Step 1 Combine the peanut butter, sugar and rice krispies in a bowl.

Step 2 Using a small scoop (I used a melon baller), scoop the mixture into small balls and put on a cookie tray lined with wax or parchment paper. Put the tray in the freezer until the balls harden, about 15 minutes.

Step 3 Using a double boiler, or the "two-pot" method, melt the chocolate chips until smooth. You may need to add a little splash of water to help smooth it out.

Step 4 Dip the frozen peanut butter bonbons into the melted chocolate and put back onto the wax paper and return to the freezer. Allow to freeze, about another 15 minutes. Put in tupperware or a bag and leave in the fridge.

Recipe and photo credit to:

<http://plantbasedonabudget.com/recipe/peanut-butter-bonbons/>