



PLANT-BASED CALZONES

SEVENTH DAY ADVENTIST CHURCH
HOT SPRINGS, SOUTH DAKOTA



Recipes



Calzones.....4

A calzone is a delicious Italian dish that resembles a folded pizza. It is made with leavened dough and stuffed with various ingredients. This plant-based calzone contains spinach, tofu, in a creamy plant-based sauce.



Dough5

This easy-to-make dough is used for the fluffy, outer layer of the calzones. The word dough comes from the Old English *dāg*, which means "to knead or shape".



Spinach Filling6

The filling for these calzones is created with Spinach and tofu. This is a flavorful combination that is packed with nutrition.



Non-Dairy Parmesan Cheese6



Cashew “Cheese” Sauce7

Non-dairy cashew cheese sauce is a creamy and delicious plant-based alternative to traditional cheese sauce. You’ll be surprised how easy this is to make at home!



Maple Walnut Cookies8

Maple walnut cookies are a scrumptious treat that combines the rich flavor of maple syrup with the crunchy texture of walnuts. They are a popular dessert in North America, especially in regions where maple trees grow and produce sap.

Calzones

Serves 6

A calzone is a delicious Italian dish that resembles a folded pizza. It is made with leavened dough and stuffed with various ingredients. This plant-based calzone contains spinach, tofu, in a creamy plant-based sauce.

<i>ingredients</i>	DIRECTIONS
<p>1 recipe dough 2 cups spinach filling 1/4 cup nondairy parmesan cheese 1 t honey, dissolved in 2 T water</p>	<ol style="list-style-type: none">1: Roll dough into a 15" x 10" rectangle. Cut rectangle into six 5-inch squares.2: Divide filling among squares and brush the edges with water. Lift one corner and stretch dough over to the opposite corner. Press edges of the dough with a fork to seal.3: Arrange calzones on a greased baking sheet. Prick tops with a fork. Brush tops lightly with the honey-and-water mixture, using a pastry brush. Sprinkle with nondairy parmesan cheese.
<p>NOTE: See next page for dough, filling and "cheese" recipes.</p>	<ol style="list-style-type: none">4: Bake in a 425 0 F oven about 20 minutes, or till golden brown. Check them after they have baked 10 minutes and keep checking. They brown quickly.

Fun Fact:

Calzones have their own national day in the United States. It is celebrated on November 1st every year since 2016, when it was founded by Minsky's Pizza to honor their 40th anniversary and their love for calzones.



Dough

Serves 6

This easy-to-make dough is used for the fluffy, outer layer of the calzones. The word dough comes from the Old English *dāg*, which means "to knead or shape".

<i>ingredients</i>	DIRECTIONS
2 cups warm water 2 T instant yeast 2 T oil 2 t honey 2 t salt 5 cups flour	<p>1: Mix thoroughly the first 5 ingredients, along with 2 cups of flour.</p> <p>2: Gradually add the remaining flour. Knead for about 10 minutes.</p> <p>3: Place dough in a bowl that is sitting in steaming water and let rise for 30 minutes.</p> <p>4 Work dough as needed.</p>

Fun Fact:

Dough is one of the oldest forms of food in human history. Archaeologists have found evidence of dough making dating back to the times when people used stone tools to grind wild grains and seeds into flour and mixed it with water.



Spinach Filling

Serves 6

<i>ingredients</i>	DIRECTIONS
--------------------	------------

1 cup (8 ounces) firm
tofu
5 ounces drained,
chopped spinach
1/4 cup cashews
1/4 cup water
1 T dried onion flakes
1 t salt
1/2 t basil
1 t lemon juice

- 1:** Blend cashews and water on high until smooth to create a cashew cream.
- 2:** Combine cashew cream and all other ingredients and mix in a bowl.



Non-Dairy Parmesan “Cheese”

<i>ingredients</i>	DIRECTIONS
--------------------	------------

1/2 cup nutritional yeast
flakes
1/2 cup ground sesame
seeds
2 t garlic powder
1 t onion powder
1 T chicken-like
seasoning
1 T lemon juice

- 1:** Mix together all ingredients and store in an airtight container in the refrigerator.

Cashew “Cheese” Sauce

Serves 6

Non-dairy cashew cheese sauce is a creamy and delicious plant-based alternative to traditional cheese sauce. You'll be surprised how easy this is to make at home!

<i>ingredients</i>	<i>DIRECTIONS</i>
1 cup raw cashews	1: Blend all ingredients until smooth.
1 1/2 cups water	
1/4 cup lemon juice	2: Cook a little until it is warm and thickens a bit. Stir with a whisk.
4 T nutritional yeast flakes	
3 T sesame tahini (or sesame seeds)	
1 1/2 t salt	
2 t onion powder	
1 t garlic powder (or 2 cloves)	
1/2 cup pimentos or red pepper	

Pro Tip:

Soaking cashews for at least 15 minutes before blending them will not only create a smooth and creamy texture, but will also improve their digestibility and increase the nutrient availability.



Maple Walnut Cookies

Makes 1 dozen

Maple walnut cookies are a scrumptious treat that combines the rich flavor of maple syrup with the crunchy texture of walnuts. They are a popular dessert in North America, especially in regions where maple trees grow and produce sap.

<i>ingredients</i>	DIRECTIONS
2 1/2 cups walnuts, ground in food processor	1: In a small bowl, add all the ingredients in the given order. Mix well after each ingredient.
2/3 cup whole wheat pastry or almond flour	2: Cover a cookie sheet with parchment paper. Drop dough on cookie sheet with a spoon and flatten with a fork.
1 tsp salt	3: Bake at 350 0 F for 10-15 minutes or until golden brown, checking often to prevent burning.
1/3 cup ground flaxseed	4: Let cool before removing from the cookie sheet.
1/3 cup carob chips or dried cranberries	
1/2 cup + 2 Tbsp maple syrup	
2 tsp vanilla	

Fun Fact:

Maple walnut cookies can be customized with different additions, such as spices, oats, chocolate chips, or dried fruits. They are often served with tea.

