

Have A Plant® Cook-Along: Eat Your Heart Out
February 9, 5:30pm EST
With Chef Abbie Gellman

Pesto Salmon:

<https://chefabbiegellman.com/pesto-salmon/>

Servings: 4

Ingredients

- 4 pieces 5-6 ounces each salmon, pin bones removed
- Pinch of salt and pepper
- 1 ½ cup basil
- 1/3 cup pine nuts or walnuts
- 1 clove garlic
- ¼ teaspoon salt
- Juice of 1/2 lemon
- 1/3 cup extra virgin olive oil

Instructions

1. Preheat oven to 450 degrees F. Line a baking sheet with parchment paper and place salmon, skin side down, on lined baking sheet. Season salmon with salt and pepper. Place in oven and roast for 12 to 15 minutes until cooked to desired doneness.
2. While salmon is cooking, add the basil, nuts, garlic, salt, and lemon juice into a food processor. Process until coarsely ground. In a steady stream, add the oil and continue to process.
3. Serve pesto on the salmon or on the side.

Shredded Kale & Brussels Sprouts with Vegetarian Caesar Dressing

<https://chefabbiegellman.com/kale-brussels-sprouts-vegetarian-caesar/>

Servings: 4

Ingredients

Salad:

- 1 pound shaved kale and brussels sprouts
- ¼ cup shaved parmesan cheese
- optional: toasted whole wheat bread cubes

Dressing:

- ½ cup Grapeseed oil (or other neutral oil like canola or vegetable)
- ¼ cup water
- 2 tablespoons lemon juice
- 1 ½ tablespoons white wine vinegar
- ½ teaspoon salt
- 1 teaspoon vegetarian worcestershire
- 1 teaspoon Dijon mustard
- ¼ teaspoon ground black pepper
- 2 cloves garlic
- ¼ cup grated parmesan

Instructions

1. Place brussels sprouts in a large bowl.
2. Place dressing ingredients in a blender or vitamix and blend.
3. Mix dressing and brussels sprouts together. Garnish with shaved parmesan and toasted bread cubes (optional).

Notes

Note: shredded kale and brussels sprouts can typically be found at grocery stores already shredded. To do yourself, trim and shred with a knife or food processor.

Peach Crumble

<https://chefabbiegellman.com/peach-crumble/>

Servings: 4

Ingredients

Peach Filling:

- 1 can 14.5 ounces California Cling peaches, drained
- 2 tablespoons Maple sugar
- 1 ½ teaspoons Lemon juice
- 1 ½ teaspoons corn starch
- pinch teaspoon kosher salt
- 1/4 teaspoon Cinnamon
- optional: 1/4 cup blueberries

Crumble topping:

- 1/4 cup whole wheat or all purpose flour
- 2 tablespoons Maple sugar
- 1/3 cup Walnuts chopped
- 1/4 cup rolled Oats
- 1/4 teaspoon Cinnamon
- ¼ teaspoon kosher Salt
- 3 tablespoons unsalted Butter cut into small dice

Instructions

1. Preheat oven to 375 degrees F
2. In a bowl, mix together peach filling: peaches, maple sugar, lemon juice, corn starch, salt, and cinnamon. Place mixture in a small (8 or 9-inch) round, square, or rectangular baking dish.
3. In a separate bowl, mix together crumble topping: flour, maple sugar, walnuts, oats, cinnamon, salt, and butter. Using your hands, make sure the butter is incorporated well into the mixture. Place crumble topping on top of the peach filling in the baking dish.
4. Bake 30 minutes till bubbling and golden brown.

Shopping list:

1 can (14.5 ounces) California Cling peaches
1 pound shaved kale and brussels sprouts
2 lemons
4 pieces (5-6 ounces each) salmon
1 bunch basil
Block of parmesan cheese
Cinnamon
Corn starch
Dijon mustard
Extra virgin olive oil
Garlic
Grapeseed oil (or vegetable oil)
Maple sugar (or light brown sugar)
Pine nuts (or walnuts)
Rolled Oats
Unsalted butter
Walnuts
White wine vinegar
Whole wheat or all purpose flour
Worcestershire