

SNACK ATTACK!

Cook-Along with Chef Laura Stec

1. Shop ingredients

2. Prep ingredients

Do this before class starts

3. Stage equipment

4. Let's cook!

5. Snap a picture
#plantforward

6. Let's eat 😊



1 SHOP INGREDIENTS

Strawberries

Strawberries

Blueberries

Mascarpone cheese

Kimchi Cucumbers

1 jar kimchi

1 – 2 Persian or pickling cukes

Sesame seeds

Little Gems

Little Gem lettuce – one head

½ pound candies salmon

Nori snacks

Wasabi Paste Avocado

Ginger

Tamari/Soy sauce

Umeboshi vinegar or paste
(Substitute lemon juice)

Tahini

Chocolate Clusters

Extra chocolate and nutts

Frozen raisin, grapes or cherries

Raisins, grapes or cherries

Hummus Wrap

Tortilla or Lavash

Hummus

Apple

Carrot

Green Onion

1 cup Lettuce

Popsicles

Monkfruit or Swerve

Sugar

Seedless red watermelon

Mini chocolate chips

Popsicle stix

Small Dixie cups

2 leaves kale

½ cup spinach

1 cup pineapple juice

Matcha tea (optional)

2 PREP INGREDIENTS

STRAWBERRIES & CUCUMBERS

1. Assemble ingredients

LITTLE GEMS

1. Assemble ingredients

CHOCOLATE, FROZEN RAISINS

1. Assemble ingredients

HUMMUS WRAP

1. Assemble ingredients

POPSICLES

1. Remove rind and cube watermelon
2. Assemble other ingredients

3 STAGE EQUIPMENT

- Knife and cutting board
- Mixing bowls, spoons and measuring cups
- Parchment paper
- Medium baking sheet
- Spreader knife
- Popsicle stick
- Small Dixie cups
- Blender
- Spatula

Strawberries Get the Blues

One carton fresh strawberries (organic if possible)
1 box blueberries (organic if possible)
Mascarpone cheese

Wash the strawberries and let dry completely. Hull the berries, top with a dot of mascarpone cheese, and top with a blueberry

Kimchi Cukes

¼ cup jarred kimchi
1 cucumber (I like the little ones – persian or pickling style)
Toasted sesame seeds or roasted pepitas (optional)

Slice kimchi thin. Slice cucumber and toss to combine. Sprinkle with sesame seeds.

Little Gems | Candied Salmon | Wasabi Tahini

¼ cup roasted tahini
2 teaspoons umeboshi vinegar or paste (substitute lemon juice)
1 teaspoon tamari / soy sauce
Squirt wasabi paste
Water

Little gem lettuce * (substitute Bibb lettuce)
½ pound candied salmon (find it in the fish case at Whole Foods, or substitute smoked salmon)
1 package nori snack thins
Avocado
Pickled ginger

Whisk together tahini, umeboshi, tamari and wasabi paste. Dilute with water for a paste that drizzles.

Separate Little Gems into individual leaves. Rip a nori crisp in two and place on lettuce. Top with a few pieces of salmon, sliced avocado and pickled ginger. Drizzle with Tahini Wasabi. Crunch away.

*Find Little Gem lettuce at your farmer market in the summer, or a good produce store.

Extra Chocolate, Nutts & Nibs

If you are like me, you always have a little extra chocolate from baking left around the kitchen. Use it up with this fun snack. Using high-cocoa, low-sugar, dark chocolate, this becomes my go-to Keto snack!

Extra chocolate pieces left over from cooking
Extra roasted nuts of choice
Chocolate nibs (optional)

Prepare a baking sheet with parchment paper or a silpat.

Melt chocolate in microwavable bowl. Start with a minute, and stir, then check every 30 seconds. Do not overcook; burnt chocolate is awful. Mix in enough nuts to “fill in all the spaces,” i.e. not a lot of dripping chocolate left. Use up those extra chocolate nibs in your pantry too. Spoon individual clusters onto prepared baking sheet. Freeze for 10 minutes or not sticky. Transfer to airtight container and store in fridge.

Frozen Raisins, Grapes or Cherries

Raisins don't freeze all the way, so they make a perfect hot day, or late-in-the-day snack: satisfying and chewy. Just put in a plastic bag, freeze, and munch when needed. The best raisins are found at the farmers market – try CMC Farms if you are shopping at Bay Area markets. They are so plump and juicy.

Also freeze grapes or pitted cherries when in season on baking sheets until hard. Transfer to plastic storage bags and serve on really hot days for a perfect snack.

Apple Hummus Wrap Serves 1 - 2

1 tortilla and California Lavash
4 – 6 tablespoons hummus
5 slices apple
¼ cup grated carrot
Sprinkle of green onions
1 cup shredded lettuce

Spread hummus on tortilla. Cover with apples and other fillings. Roll up like a burrito, and eat, or slice into pieces.

Updated Watermelon Popsicles

Makes 6 - 8

We used to make these many moons ago. Here's my take on an updated recipe.

3 tablespoons monkfruit granular sweetener (substitute Swerve)*
1 tablespoon white sugar
½ small seedless watermelon, rind removed and chopped
¼ cup mini dark chocolate chips, (substitute stevia sweetened chips)
Popsicle Rind (recipe below)
Wooden popsicle stick
Mini Dixie cups or Tupperware

Combine sugars. Choose for yourself if you want a combination of both sugars, or more or less of either. Aim for ¼ cup total, or add a little more if you like it sweeter.

Measure 5 cups of watermelon cubes and whirl together in a blender with the sugar until smooth. Push through a strainer into a bowl. Cover and freeze until slightly slushy, but not solid – 2 -3 hours. Stir in chocolate chips. Transfer to small Dixie cups, leaving ½ -inch space on the top. Freeze another ½ hour, then push a wooden popsicle stick into the center. Continue to freeze, at least another couple hours and recheck every so often - if the stick falls off to the side, straighten it up.

While this is happening, make the Popsicle Rind.

Popsicle Rind

¼ cup chopped kale, stems removed
½ cup spinach
2 medium size bananas, chopped in ½.
1 cup pineapple juice
Sprinkle loose Matcha tea (optional)
Water if needed

Combine the kale, spinach, bananas and pineapple in a blender; whirl well. Check color and add matcha tea as you choose. Add water if needed (or more pineapple juice), puree once more.

Once the watermelon bottoms are well frozen, pour the Popsicle Rind on top. Freeze solid. Thaw a touch and remove from cup.

*Find these no-carbohydrate sweeteners at Whole Foods or other natural foods stores. Even some Safeway's carry the products.