

Plant Based Brunch for Dinner

Feed the Mass



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Recipes

SPRING LEEK AND SWISS CHARD VEGAN FRITTATA

INGREDIENTS

- 1 bunch Swiss chard, ribs removed; leafy greens chopped
- 1 leek, white and light green parts only, well rinsed and thinly sliced
- 1 clove garlic, minced
- 1 16-ounce package silken tofu
- 1 cup garbanzo bean (chickpea) flour (also known as besan flour)
- 2 tablespoons nutritional yeast
- 1 tablespoon olive oil
- 1 ½ teaspoons Dijon mustard
- ½ teaspoon dried oregano
- ¾ teaspoon kala namak salt (gives slightly “eggy” flavor) or sea salt
- ¼ teaspoon black pepper

INSTRUCTIONS

1. Preheat oven to 350F. Lightly grease a 10” baking dish.
2. In a large skillet, warm olive oil over medium heat. Add leeks; cook about 5 minutes until soft and just beginning to color. Add chard and garlic; cook for 3 more minutes, until chard is wilted.
3. In a food processor or blender, add tofu, chickpea flour, nutritional yeast, Dijon mustard, oregano, salt, and pepper. Blend until smooth.

4. Remove vegetables from heat; pour in the tofu mixture and stir to combine. Pour the mixture into the baking dish.
5. Bake for 25-30 minutes, until center is set and top is slightly cracked. Remove; set aside for 10 minutes before serving.

VANILLA ALMOND FRENCH TOAST

INGREDIENTS (serves 3-4)

½ cup almond flour (or all-purpose flour)

1 teaspoon baking powder

1 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

¼ teaspoon sea salt

1 cup almond milk

2 tablespoons pure maple syrup (plus more for serving)

1 tablespoon plus 1 teaspoon vegetable oil (plus more for frying)

1 ½ teaspoons pure vanilla extract

1 loaf French or Italian bread, sliced in ½ inch slices

Optional:

Confectioners' sugar for dusting

Berries, or sliced bananas or peaches

INSTRUCTIONS

1. In a small bowl, combine flour, baking powder, cinnamon, nutmeg, and salt.
2. Whisk together the almond milk, maple syrup, vegetable oil, and vanilla.

3. Add the flour mixture and blend until smooth.
4. Pour batter into large shallow dish that will accommodate the size of the bread.
5. In batches, submerge each piece of bread in the batter and let soak for a few minutes.
6. Heat a large skillet or griddle and coat with additional vegetable oil.
7. Remove bread from batter and let any excess drip off before setting on the skillet.
8. Cook about 4 minutes over medium heat without moving the bread. (The batter will form a light coating on the surface of the bread – it's best not to disturb until it is set and crispy.)
9. When the first side is lightly browned and crispy, flip and repeat on the other side.
10. Dust with confectioners' sugar if desired and serve with fruit and warm maple syrup.

