

Cooking with PAWS: **Go Vegan!**

Mediterranean Flatbread

2 Pieces of Vegan Flatbread
2 oz. Tapenade
2 Tbl. Olive Oil
½ Red Onion, sliced
1 Zucchini, sliced
1 Red Pepper, sliced
4-5 Mushrooms, sliced
Handful of Basil Leaves, torn
Salt and Pepper

Turn broiler on to low.

Spread tapenade over flatbread and drizzle with half the olive oil.

Heat up the rest of the olive oil in a frying pan. Once the pan is hot, sauté the red onion and mushroom, followed by zucchini, and lastly red pepper.

Turn off heat and add the torn basil to the pan.

Season with salt and pepper.

Place sautéed items on the flatbread and toast in broiler for 2-3 minutes.

Moroccan Style Chickpeas with Turmeric Rice

3 Cups Rice
½ tsp. Turmeric
2 Tbl. Olive Oil
½ tsp. Paprika
½ tsp. Cayenne
½ tsp. Ginger
½ tsp. Cumin Seeds
½ tsp. Cinnamon
½ tsp. Nutmeg
1 Sweet Onion, minced
4-5 Garlic Cloves, minced
8 Tomatoes, skins removed or
32oz. Canned Tomatoes
2 Cans Chickpeas (32oz each)
2 Handfuls of Cilantro, chopped
1 Handful of Mint, chopped
Salt and Pepper

Boil 4 cups of water with a few pinches of salt. Once boiling, add rice and turmeric, cover, and turn to low. Takes about 15-20 minutes.

Heat pan to med-high, toast all the spices until aromatic.

Add olive oil.

Add onion and garlic, sauté.

Add canned tomatoes. (Or add tomatoes with skins removed: cover with boiling water, then shock in ice water, peel.)

Add chickpeas, cover, and let cook for 10 minutes. (Add water or coconut milk to thin if needed.)

Add mint and cilantro.

Season with salt and pepper.

Taste and add more spices as desired.

Serve over rice.

Chia Seed Pudding

1½ Cups Coconut Milk
⅓ Cup Chia Seeds
¼ Cup Cocoa Powder
½ tsp. Cinnamon
Pinch Sea Salt
Dates, pitted and chopped (optional)

In a large bowl add coconut milk, chia seeds, cocoa powder, cinnamon, and sea salt. Whisk all ingredients together until well blended.

Pour into a container or jar. Place in the fridge and enjoy the next day—add dates, other fruits, or granola to personalize.