Carrot Cashew Paté
[VEGAN]
This pate is bright and colorful, creamy, sweet—and addicting. It is rich, but light enough to keep eating. An ideal summer spread, it goes great with almost anything, and brightens up any meal. The miso adds a subtle, yet flavorful touch to this recipe

It is also a recipe to please children. Kids love carrots, but they are not used to seeing them as a spread, so the transformation is exciting. They can spread it on crackers, toast, bagels, vegetable sticks, chips or fresh baguette.

3 cups carrots, chopped
2 cups water
1 cup unsalted cashews
2 cloves garlic
1/2 tablespoon miso paste
1 teaspoon celery seed
1/2 teaspoon salt

Cook the carrots in a steamer using 2 cups water until very soft, drain (reserving 1/2 cup of the cooking water), and set aside. In food processor, chop garlic cloves and cashews. Add miso paste, carrots, and water (a little at a time) and spices. Puree until well blended and creamy. You may need to pulse this mixture in the processor and scrape several times in order to capture all the small carrots pieces that get missed. Or, just pay attention to them when serving—they can be a fun, sweet surprise)

Makes 5 cups

Greens with Miso Dressing and Toasted Almonds
[VEGAN]
This is the recipe that I use in cooking classes to prove to anyone that I can get them to eat leafy greens. People love this combination of sweet, spicy, savory and sour. The toasted sesame oil is balanced by the rice vinegar, which is complemented by the miso, and tempered by the maple syrup, which works perfectly with the mustard. All of it is topped off with the crunch and flavor of the almonds. The dressing also is delicious on just about any vegetable, and even on proteins like tofu and fish.

Crushing almonds can be fun. You don’t need to use a knife or a tool at all. My favorite way to do it is under the bottom of a jar. So far it is the most efficient method I have found for crushing toasted nuts. Kids can also use a rolling pin.

2 pounds assorted greens (such as arugula, mustard or spinach), well washed and dried
2 medium onions or 2 washed leeks sliced
6 cloves garlic, minced
1 inch ginger, peeled and minced
2 tablespoons olive oil
2 tablespoons toasted sesame oil
2 cups sliced or crushed almonds, toasted

Miso Dressing:
1/3 cup rice vinegar
2 tablespoons honey or maple syrup
2 tablespoons stone ground mustard
½ cup miso paste
2 tablespoons toasted sesame oil
1/3 cup olive oil
2 teaspoons tamari

In a saucepan, heat the oils over medium heat, add onions and sauté for 2 to 3 minutes until soft, then add garlic and ginger. Add the greens handful by handful, stirring constantly. Sauté until all the greens are added and they have wilted into a bright green—about 2 minutes. Remove immediately from heat and place in a large bowl. Allow the mixture to cool, add the toasted almonds. In a small bowl, whisk together all the dressing ingredients, then toss with vegetable mixture.
Serves 8 to 10