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SUMMER MEALS WITH THE STOMACHLESS CHEF

FEATURING CHEF HANS RUEFFERT

GRILLED PEACH SALAD WITH HONEY VINAIGRETTE

For the Vinaigrette:

- 1/4 cup local honey
- 1/4 cup plain Greek yogurt
- 1/2 cup olive or avocado oil
- 1/2 cup white balsamic or rice vinegar
- Pinch of salt

For the Salad:

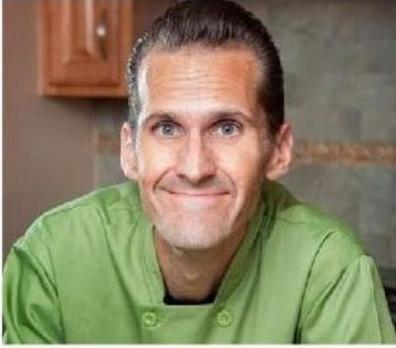
- 4 ripe but firm peaches or nectarines
- 1/2 teaspoon avocado oil (or another neutral flavored oil)
- 5 ounce baby arugula, watercress, or any good greens
- 1/2 cup blueberries
- 1/4 cup crumbled goat or feta cheese (sub a diced avocado for paleo or dairy-free)

Directions:

- Place all the vinaigrette ingredients into tight-lid mason jar and shake until mixed.
- Preheat your grill or skillet to high. Cut the peaches in half and remove the seeds. Brush each cut half with oil to prevent sticking. Grill the peaches on medium low heat for about 2 minutes per side. Remove from heat and let cool, then cut into wedges or bite sized pieces.
- Place the arugula/greens in a large bowl. Toss with just enough dressing to coat, top with blueberries, peaches, and cheese and serve immediately. Remaining vinaigrette can be kept refrigerated for up to 2 weeks and enjoyed again and again.

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SPECKLED POLENTA-QUINOA FRIES

Ingredients

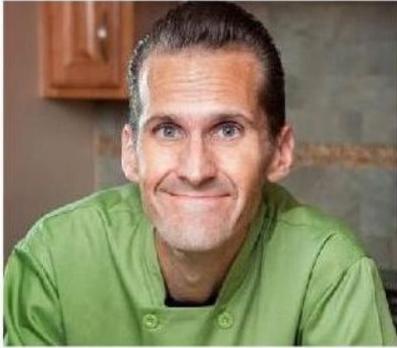
- 3 cups prepared polenta/grits (yellow or white)
- 1 cup prepared/cooked quinoa (any color)
- 3 olive oil or vegan butter
- 2 garlic cloves, minced or 1 tsp garlic powder
- 2 tbsp nutritional yeast (optional)
- 1/4 cup minced fresh oregano and/or thyme leaves, packed (or 2 tsp dried)
- 1 tsp salt
- Pinch black pepper
- Olive oil for brushing

Directions:

- Combine prepared polenta/grits (works best when still warm), cooked quinoa (any temperature), Add butter, nutritional yeast, garlic, herbs, salt and pepper.
- Line a 13-inch baking dish with parchment paper, pour polenta in and press into the pan until smooth. Cover with parchment paper or plastic wrap. Refrigerate for at least 2 hours and up to overnight.
- Remove polenta from the baking dish and slice into fries about 1/4 inch thick.
- Preheat the oven to 450 F.
- Add fries to a parchment-lined baking sheet, leaving space between each fry. Brush the fries with olive oil and bake 10 min. Remove from oven, flip the fries and brush the other side. Return to oven and bake for 15-20 minutes longer, until golden brown. Alternately, you could brown them in a good skillet, or use an “air fryer”.

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JACKFRUIT SLOPPY JOE

Ingredients

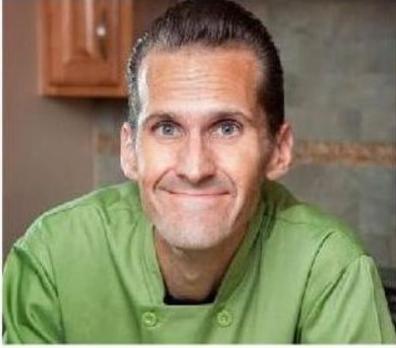
- 2 Tbsp olive or grape seed oil
- 1/2 medium white or yellow onion, minced (plus more for serving)
- 2 cloves garlic, minced
- 1/2 medium red or green bell pepper, diced
- Sea salt or smoked salt and black pepper (to taste)
- 1 15-ounce can tomato sauce*
- 1-2 Tbsp molasses or sorghum syrup
- 1-2 Tbsp liquid amino acids
- 1 tsp ground cumin (plus more to taste)
- 1 pinch smoked or regular paprika (optional)
- 1 (20 ounce) can green jackfruit in brine, rinsed and finely chopped
- Sandwich or slider buns (your choice)

Directions:

- Heat a large skillet over medium heat, add oil, onion, garlic, and bell pepper. Season with a pinch each salt and pepper and stir to combine.
- Sauté for 4-5 minutes, stirring frequently, or until the peppers and onions are tender and slightly browned.
- Next add tomato sauce, molasses, amino acids, cumin, and paprika. Stir to combine.
- Add chopped/drained jackfruit
- Continue cooking the mixture over medium-low heat until completely warmed through and thick, stirring occasionally - about 5-10 minutes. Taste and adjust flavor as needed.
- Serve the mixture on toasted buns with sliced onion, sauerkraut, or pickles. Best when fresh, though leftover sloppy joe mixture will keep in the refrigerator up to 4-5 days, or in the freezer for 1 month.

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BERRY-CHIA SEED PARFAITS

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Almond Milk, or your favorite plant “milk”
- 2 Tbsp Raw Honey, or Maple Syrup
- 1 cup Granola or your favorite dry cereal
- 1/2 cup Strawberries
- 1/2 cup Blueberries

Directions:

- Place the chia seeds in a small bowl.
- Add the milk, honey or syrup and stir to combine.
- Place in the refrigerator and let it set 4 hours or overnight, until chia seeds have “gelled”
- To make the parfait, layer a glass or bowl first with the chia mixture, then the granola, then berries.
- Be creative with your presentation.
- Serve chilled and enjoy!

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