

Community of Wellness Celebration Banquet

Tonight's dinner honors the work of all who have contributed to the ancient knowledge that the lifestyle choices we make are critical for ourselves and the planet.

In particular, we celebrate the inspirational contributions of Dr. Hans Diehl, CHIP founder, and Tony Buettner, Blue Zones national spokesperson and our guest speaker.

I have personally experienced the transformation in health that came from adapting these lessons. Moving from the standard American diet (SAD) toward a whole foods, plant dominant diet is not easy, but the rewards are great. In the past I joked that eating this way would be like eating "twigs and bark." With this dinner, I think you will agree it is not.

The evening's meal primarily consists of recipes from the professional online cooking school, Rouxbe Plant-Based Professional Certification Course. The school is dedicated to teaching chefs around the world to prepare delicious and healthy, plant dominant food choices. I recently finished the 6 month course and have chosen some of my favorites to share with you this evening.

Appetizers



Raw Zucchini Cannelloni with Almond Pâté and a Marinara Sauce

The creaminess and fresh flavor of the Almond Herb Pâté forms a delicious and healthful filling for the zucchini served with Raw Marinara Sauce.



Artichoke & Mushroom Crostini

These crostini are the perfect start to any dinner party. The creamy artichoke purée paired with garlicky mushrooms and finished with freshly grated horseradish really takes these to the next level.



Cucumber Rounds w/ Cashew Cheese Tapenade

This delicious non-dairy canapé is balanced out with the creaminess of the cheese, saltiness of the olive and sweet acidity of the pickled figs.



Butternut Squash Bisque Shooters

A different take on Butternut Squash Bisque. A wonderful way to excite your taste buds with a splash of fresh ginger and turmeric.



Sweet and Sour Tofu Skewers with Garlic Mushrooms and Pineapple

A fun way to change up your traditional grilled ka-bobs and adds an Asian flare. The sweet and sour sauce is a mixture of pineapple juice, sake, honey, chile pepper.

Main Course:

Salad



Semi-Dried Tomato & Macadamia Cheese Salad

This nondairy variation of a caprese salad uses herb encrusted macadamia cheese, flavorful semidried tomatoes, all drizzled with fresh olive oil.

Starter



Roasted Cauliflower with Caraway Seeds

Lightly roasted florets with olive oil, caraway seeds, and lemon. Then tossed with parsley and dried cranberries for an unexpected zing.

Entre



Risotto with Spring Vegetables

A classic Italian dish prepared with the freshest ingredients and a creamy cashew cream replacing the traditional dairy cream to create a healthful, delicious main course.

Dessert



Chocolate Cream Pie

A delightful finish, the pecan crust is filled with a chocolate tofu filling and a hint of vanilla.