



# BussellSprouts

## Recipes and Suggested Uses

Oh So Simple cashew cheese spreads love to be used in any way your creative mind thinks of using them. This little recipe book is designed to spark your creative flow more than telling you exactly what to do.

**Here is a list of suggested uses for a quick reference. There are recipes for some of the items on this list. This is here to spark your creative flow.**

- Enchiladas and Lasagna (traditional or raw)
- Pizza (my families favorite)
- Quiche
- Cream sauces and soups
- Bagel spreads
- Sandwich spreads
- Macaroni and cheese
- Tuna Casserole
- Tortilla wraps
- Soup thickener
- Base for white sauce (instead of flour, oil, and cheese)
- Sushi (it makes a great replacement for the cream cheese in any roll)
- Salad dressing
- Kale Chip Sauce

## **Kale Chip Sauce & Kale Chips**

### **Ingredients**

1 6.0 oz jar Oh So Simple Cashew Spread (your choice)  
1/2 filtered water  
1 –2 bunches of fresh kale  
1 cookie sheet  
Parchment paper or oil

### **Directions**

1. Line a cookie sheet with parchment paper or grease with oil and preheat the oven to 250 degrees.
2. In a large bowl, mix the Oh So Simple Cashew Spread with the 1/2 c filtered water.
3. Rinse and dry the kale strips, then separate them from the center spine. Once separated, tear into your favorite size.
4. Enjoy getting messy? Well, here is where it happens. Take a handful of kale pieces, dip them in the sauce, wipe off the extra sauce, then place them onto the lined cookie sheet.
5. Bake until they reach a nice crispy texture about 20-30 minutes.
6. ENJOY!

## Basic White sauce

### Ingredients

1/2 6 oz jar Oh So Simple Original  
1 tsp. arrowroot powder  
2 c milk (dairy free or regular, coconut milk is too sweet)  
1 tsp salt  
1/4 tsp pepper  
1 tsp Italian herbs (oregano, thyme, basil, sage)

### Directions

1. In a medium saucepan, combine the Oh So Simple Original with the arrowroot powder and heat on low.
2. Slowly add the two cups milk while whisking to create a smooth consistency.
3. Add salt, pepper, and herbs (sometimes I add a smidge of cayenne) and cook on simmer until it reaches a slightly thickened consistency.

## Macaroni and Cheese

### Ingredients

1 12 oz bag pasta (any shape or size you prefer)  
1 6.0 oz jar Oh So Simple Cashew Spread (favorite flavor)  
~1/4 c milk (regular or dairy free)  
Any additional fillers you enjoy

### Directions

1. In a medium sauce pan cook the pasta according to the instructions on the package.
2. In a small bowl, add the cashew spread and slowly mix the milk, 2 tablespoons at a time, until you reach an almost batter-like consistency.
3. Once the pasta is done, strain the water from the noodles, return the noodles to the pan, and pour in the cheese mixture. Mix thoroughly, making sure every noodle is well coated in your yummy Oh So Simple Cashew Cheese Sauce.
4. If you want to add additional fillings, this is the appropriate time.

# Collard Green Tacos

## Ingredients

1 bunch collard greens  
2-3 T oil  
1 1/2 lb protein of choice  
3/4 c chopped onion  
3 cloves chopped garlic  
1 T chili powder  
1 tsp cumin  
1/4 teaspoon pepper  
1 tsp salt  
1 tsp marjoram  
1 tsp oregano  
1 T chopped fresh cilantro  
1 jar Oh So Simple Cashew Spread, Original or Fiesta  
Toppings: (optional) 1 c shredded lettuce, 1 large tomato, 1 large avocado, 1 jar salsa, 1 small can black olives, (beans optional)

## Directions

1. Prepare collard greens by rinsing, drying, and cutting the back of the spine so that it is nearly flush with the leaf, but avoid cutting through.
2. Prepare your protein and cook it in a pan (add oil if needed) on medium heat until brown, set aside in a bowl.
3. Using the same pan, add 1 T oil and sauté onion until golden brown, then add garlic and spices. Return the protein to the pan and mix well. Add Cilantro and mix
4. Prepare toppings of choice (being sure to heat the beans if using them).
5. Lay your collard leaf on a plate, place in the middle, beans (if using), the protein, Oh So Simple Cashew Spread, and any additional toppings.
8. Fold in half and repeat for each taco. Enjoy!

Makes: 6-8 tacos

# Vegetable Quiche with Oh So Simple Turkish Spice

## Ingredients

8 eggs  
1 6.0 oz jar Oh So Simple Turkish Spice  
1/2 c milk (regular or dairy free)  
1 T Italian herb mix  
1 tsp salt  
1/2 tsp pepper  
(any other spices you enjoy)  
3 cups spinach  
1/2 c each chopped onion, broccoli, zucchini, bell pepper  
1/4 c chopped mushrooms  
4 cloves chopped garlic  
1 crust of your preference (gluten free, potato, corn tortilla, regular, nut, or kale)

## Directions

1. Preheat oven to 350 degrees, grease 1 deep dish pie pan.
2. In a medium bowl whisk the eggs, milk and cashew spread, then add the herbs, salt, pepper, and any other seasonings. Set aside.
3. In a medium pan, sauté the onions and peppers until onions are transparent, then add the mushrooms and garlic and cook for an additional 5 minutes.
4. Add the spinach, zucchini, and broccoli, allowing to cook until spinach wilts. Set aside.
5. Prepare your crust.
  - Option: 1 cup almond flour
  - 4 T coconut flour
  - 2 T coconut/olive oil
  - 1 egg
  - 1/2 tsp salt
  - 2-4 T waterMix flours, salt and egg. Add oil and mix. Slowly add water 1 Tbs. at time, until dough sticks together. Press into pie pan (or try and roll out), bake for 5 minutes.
6. Add vegetable mixture to pan, then pour egg mixture over. Bake for 40 minutes or until knife inserted comes out clean. Enjoy!

# Oh So Simple Cashew Cheeze Lasagna

Lasagna recipes are such individual dishes. Some people may prefer meat, vegetables, squash, raw, or soy products. So, this recipe comes to you with how it is made in our home, knowing it is simply a suggestion and you can substitute your preferences. Enjoy!

Difficulty: Easy to Medium

## Ingredients

1 package lasagna noodles (gluten free or wheat) or vegetable (eggplant or zucchini) we use fresh gluten free

1 recipe or jar of your favorite marinara

1 11.5 oz (or 2 6.0 oz) jar of Oh So Simple Cashew Cheeze Spread, Original

1 lb butternut squash or meat/meat substitute of your choice, cooked

1 lb spinach, chopped

1 large onion, chopped

1 large bell pepper (I prefer red, yellow, or orange), chopped

3 cloves garlic, minced

Any additional vegetables you like, chopped

**\*You will need one 8x8 baking dish**

## Directions

\*\* Preheat oven to 350 degrees

1. Take the Oh So Simple Cashew Spread out of the fridge and allow to come to room temperature.
2. Prepare your noodles and sauce according to their instructions.
3. Cook your squash or protein and set aside.
4. Sauté the onions and peppers until golden brown, then add garlic, spinach, and any additional vegetables you like (mushrooms)
5. Mix the protein and vegetable sauté together with the marinara.
6. It's time to layer: Start by spreading a small amount of sauce in the baking dish, then add a layer of noodles to evenly cover the bottom of the pan.
7. Place a layer of the Oh So Simple Cashew Cheeze Spread (OSS) over the noodle layer, then add the marinara mix. Repeat these steps for another layer (or two) then top with one more layer of noodles. Cover the top with the OSS Cheeze Spread (sometimes I add a little more marinara).
8. Bake at 350 degrees for 10 minutes covered, then an additional 25 minutes uncovered or until the Cheeze Spread on top is slightly golden brown.
9. ENJOY!

# Oh So Simple Pesto Pizza

Pizza is equally one of those dishes that each person has their special way. This recipe is a simplified way of making pizza on a busy night.

## Ingredients

- 1 Prepared pizza dough
- 1 6 oz jar Oh So Simple Pesto (room temperature)
- 1 6 oz jar Oh So Simple, Original (room temperature)
- 1 large onion, chopped or sliced
- 1 large bell pepper, chopped or sliced
- 2 cloves garlic, minced
- 1/2 lb mushrooms, chopped or sliced
- 1 c chopped spinach
- Any additional vegetables, chopped
- 1 lb protein of your choosing, cooked

## Directions

\*\*Preheat oven to 400 degrees

1. Oil the bottom of a rectangular short sided pan or pizza pan
2. Roll dough out to edges until it's about 1/4" thick
3. Lightly spread about half of the Oh So Simple Pesto over the crust, leaving about 1/2-1" room on the edge.
4. Sauté onion, and pepper until the onions are translucent, then add mushrooms, garlic, and spinach just until spinach is wilted.
5. Add remaining vegetables and protein
6. Using a spoon, stir the Oh So Simple Original, drop small dollops over the vegetables and lightly spread over the vegetables and protein. Start with about 4 Tbs very lightly spread over the top.
7. You don't want to add too much or it becomes a goopy mess. You could also add a little more pesto flavor to the top instead.
8. Enjoy!

# Stuffed Mini Sweet Peppers

Level of difficulty – Easy

Supplies:

knife

small spoon or pastry decorating bag

cookie sheet, lightly oiled or covered with a piece of parchment

## Ingredients

15 Mini Sweet Peppers

1 6.0 oz jar – Oh So Simple Cashew Spread, preferred flavor (Turkish Spice is mine)

Patience and time

## Directions

1. Bring the Cashew Spread to room temperature to soften the spread for easier filling and preheat your oven to 350 degrees.
2. Rinse and cut the tops off of the peppers. Carefully remove the membranes from inside.
3. If you have a pipetting bag, either cut a pea-sized hole in it or use a small tip, then fill it with the cashew spread.  
If you have a spoon, then move on to step 4.
4. Fill each pepper about 3/4 of the way with the cashew spread, leave room for expansion. I learned the hard way that this spread expands quite a bit when cooked.
5. Place the filled peppers on the cookie sheet, I cheat and use parchment paper to avoid oil and washing.
6. Bake in the oven for ~20 minutes or until the cashew spread has reached a golden brown crust.