

Joy of Living Cooking School

June 2021 BBQ

Elotes (6 Servings)

- 6 ears Fresh Corn, shucked & cleaned
- 1/2 package Soft Tofu
- 2 cloves Garlic
- 1/3 cup fresh Lime Juice
- 1/4 cup Water
- 1 tablespoon Paprika
- 2 teaspoons Ground Cumin
- 1/2 cup chopped Cilantro



Oven Prep: Preheat oven to 400° F. Place corn directly on the oven racks. Roast for 15-20 minutes until corn is softened and slightly charred. Hold until ready to dress.

Grill Prep: Preheat 1 side of the grill/load coals on 1 side of the grill. Place corn over the cool section and close the lid. Cook for 10 – 15 minutes until softened. Transfer to the hot side and continue to cook, lid open rotating often until the corn is slightly charred. Hold until ready to dress.

Using a blender, combine the tofu, garlic, lime juice, and water. Blend until smooth. In a small bowl combine the paprika and cumin.

To serve sprinkle the seasoning mix over the corn. Spread a light coating of the sauce over the corn. Sprinkle with cilantro and more seasoning if desired. Serve with fresh lime slices and remaining sauce on the side.

Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	166
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 32.2g	12%
Dietary Fiber 4.9g	18%
Total Sugars 5.7g	
Protein 7.9g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 5mg	29%
Potassium 529mg	11%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Pesto Cauliflower Steaks (4 Servings)

- 1 head Cauliflower
- 1 cup Basil Leaves
- 2 cloves Garlic, crushed
- 1 can Cannellini Beans, drained
- 1/4 cup Nutritional Yeast
- Juice & zest from 1 Lemon



Prepare cauliflower by cutting off the very bottom stem and leaves leaving a flat bottom. Cut off a small slice on opposite sides of the cauliflower bulb. Cut the remaining cauliflower in the middle through the top. Cut each piece in half to produce four steaks.

Add the remaining ingredients to the bowl of a food processor equipped with the blade attachment. Pulse until everything is finely chopped adding water as needed to help the processing. The goal is a thick paste, not a smooth sauce.

Oven Prep: Preheat oven to 400° F. Place cauliflower directly on the oven racks. Roast for 10-15 minutes until slightly softened. Transfer to a sheet pan and baste with the pesto. Return to the oven and bake for another 15 minutes turning over half way through.

Grill Prep: Preheat 1 side of the grill/load coals on 1 side of the grill. Place cauliflower over the cool section and close the lid. Cook for 15-20 minutes until softened. Baste both sides of the cauliflower with the pesto and transfer to the hot side and continue to cook, lid open rotating often until the steaks are slightly charred.

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	124
% Daily Value*	
Total Fat 0.8g	1%
Saturated Fat 0.1g	0%
Cholesterol 0mg	0%
Sodium 77mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 8.5g	30%
Total Sugars 7.9g	
Protein 10.4g	
Vitamin D 0mcg	0%
Calcium 59mg	5%
Iron 4mg	22%
Potassium 527mg	11%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

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