Pamela Kletke's
Vegetable Puff Pastries

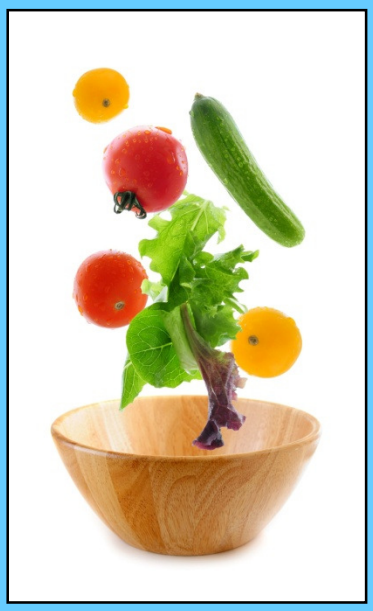
This month, Society of PEACE Member **Pamela Kletke** shares her easy **vegan** recipe for **Vegetable Puff Pastries**! Pamela is a vegan personal chef in Houston and opened her business, **The Food Fairy**, in 2005. She is currently working towards becoming a certified nutritional consultant.

In addition to teaching classes on "How to become a Personal Chef" at Leisure Learning Unlimited, **Pamela** also participates in Urban Harvest's after school program as a gardening and nutrition instructor.

Be sure to visit Pamela's website at **www.houstonfoodfairy.com**.

Vegetable Puff Pastries

Ingredients:



- **5 T olive oil**
- **1 medium onion, finely diced**
- **4 oz seitan, finely diced**
- **½ head of garlic, minced**
- **1 carrot, finely diced**
- **1 zucchini, finely diced**
- **1 squash, finely diced**
- **8 medium mushrooms, finely chopped**
- **2 tsp celery salt**
- **1 tsp freshly ground pepper**
- **4 oz baby spinach, finely chopped**
- **4 oz greens, finely chopped**
- **1 box puff pastry sheets, thawed (2 sheets)**
- **Vegetable spread**

Directions:

Heat oven to 425ºF. Sauté onion in olive oil for 5 minutes. Add seitan and cook until brown. Add garlic, carrot, zucchini, squash, and mushrooms. Add celery salt and pepper. Cook 5 minutes. Turn off heat. Stir in baby spinach and greens. Place 1 pastry sheet on lightly oiled wooden cutting board. Cut into 4 equal pieces. Fill each piece with vegetable mixture. Pinch ends of pastry closed and place on lightly oiled nonstick baking sheet. Repeat with second sheet. Brush pastries with melted vegetable spread. Bake until pastries turn golden brown (ca. 20 minutes).

Recipe © Pamela Kletke

Printed with permission in the January 2009 www.vegansocietyofpeace.org E-Newsletter