



TRUMP
at the
TABLE

**Firearm-to-table recipes inspired
by the words of Donald J. Trump**

Vegan, Gluten- and Putin-free!

ADAIR SELDON

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Introducing plant-based, firearm-to-table cuisine.

Gosh, you Donald Trump supporters are hangry! His red-meat rhetoric has gotten you all riled up! But why are you so aggressive? Is it from the unnatural antibiotics, growth hormones and GMO grains in the factory-farmed meat you eat? And could undiagnosed gluten intolerances be making you irritable and itching for change? Well, it's time for a kinder, gentler diet! One that's environmentally friendly, nutrient-dense and so devilishly delish, that even a hater will love it.

To get you started on the patriotic path of less meat consumption, I've created 16 vegan, gluten-free recipes inspired by some of Donald Trump's most carnivorous quotes. It's time to take our food supply back from Big Agro and greedy corps! GOP base: meet plant-based. Let's take Trump Steak off the plate and make America great again.

**Enjoy these healthy, Trump-licious recipes
from my kitchen to your paper plate.
Remember, no China!**

—Adair Seldon



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Donald J. Trump is calling for a total and complete shutdown of Muslims entering the United States.

—Donald Trump

Christian Cauliflower Tabbouleh Salad

This supremely white salad is the perfect dish for any Caucasian—especially the party of Donald J. Trump! The Middle Eastern wheat has been deported and replaced with sheet-white cauliflower for a grain-free alternative to Islamic extremist salads. The light, zesty flavors pop like a garden of gunfire, and the ingredients are raw except for some insurgent garbanzo beans who snuck into the salad bowl. With its herb-fresh fervor, this tabbouleh is a Christian cauliflower coalition in your mouth. Just make sure all the ingredients are local and not imported—especially those terrorist olives who are out to choke you with their pits.

Recipe

When I make this, it's the best—believe me. If it's lacking anything, it's probably your fault.

INGREDIENTS

1/2 large head cauliflower, separated into small florets
1 bunch flat-leaf parsley, chopped
1 cup mint, chopped
1 small cucumber, cut into 1/2-inch pieces
4 - 5 green onions, chopped (white and green parts)
1 small garlic clove, minced
1/2 BPA-free can of garbanzo beans (or 3/4 cup fresh), drained
1/4 cup sun-dried tomatoes, not in oil (or 3/4 cup fresh)
1/4 cup pitted, cured black olives, halved
5 tablespoons olive oil
3 tablespoons lemon juice
1/2 teaspoon salt, plus more to taste

DIRECTIONS

Put raw cauliflower florets in food processor and pulse until rice-like consistency. Place in bowl with other ingredients.

In a small bowl, mix olive oil and lemon juice.

Add dressing to other ingredients; add salt to taste. Stir well and adjust seasonings.

Cover and refrigerate for at least 2 hours before serving.

Makes about 6 servings.

About the Author

Adair Seldon is an award-winning writer and advertising creative who has worked with major brands from the fields of entertainment, travel, food and wine, health and wellness, luxury automobiles, and more. In 2009, she started the wry food blog [Lentil Breakdown](#) which led to clean-food advocacy work and the creation of her company [Copy Farm](#). She eats a primarily plant-based diet and believes asking Americans to give up meat one day a week is a small sacrifice for the sake of the planet. When she's not in the trenches plucking letters from the alphabet, you can find her at a farmers' market fondling tomatoes and shooting the sh*t about fertilizer.

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—Adair Seldon

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