

# Daniel Fast Recipes

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HIGHER EXPECTATIONS  
COMMUNITY CHURCH

Daniel Fast Recipes

## BEVERAGES/SMOOTHIES

### Orange Banana Smoothie

1/2 c. orange juice, from fresh oranges  
1 medium banana, peeled and cut into thick slices

2 c. ice cubes (optional)  
Juice of 2 limes (taste before you add all the juice at once)

Mix all in a blender.

### Fruit Smoothies

1 large whole banana  
1 c. frozen blueberries

15 medium strawberries (fresh or frozen)  
2 c. orange juice

Combine all ingredients in a blender. Blend until the smoothie is the desired consistency.

### Apple Pear Cinnamon Smoothie

1 c. apple juice, no sugar added  
2 pears, peeled and cored  
1 frozen banana

Ice  
Cinnamon

Combine apple juice, pears, banana and ice in a blender. Blend until smooth, add cinnamon and blend until just combined.

### Kiwi Pineapple Banana Smoothie

3 fresh kiwi fruit, peeled  
1 c. frozen pineapple  
1 frozen sliced banana

1 c. vanilla soy milk  
Ice

Combine fruit and milk in blender, add ice if necessary to reach proper consistency.

### Orange, Pineapple, Banana Smoothie

1 c. fresh squeezed orange juice  
1 frozen, sliced banana

1 c. frozen pineapple  
Water (for consistency)

Combine juice, banana and pineapple in blender. Blend until smooth, adding water if necessary to reach smooth consistency.

**Simple Blueberry Banana Smoothie**

1 cup vanilla soy milk  
1 cup frozen blueberries

1 frozen sliced banana  
Water (for consistency)

Combine milk, blueberries and banana in blender. Blend until smooth, adding water if necessary to reach proper consistency.

**Fruit and Veggie Smoothie**

1 c. red grapes 1  
c. soy milk  
1 banana, frozen but slightly thawed 2  
c. baby spinach

Combine in blender and blend until smooth.

## BREAKFAST RECIPES

### Easy High-Protein Breakfast Stir-Fry

1T. olive oil  
1 medium onion, sliced  
1/2 green pepper, chopped

1 c. firm tofu, diced in bite-sized pieces  
Fresh Italian herbs to taste

Heat a skillet over medium heat. Add oil, onions and green peppers and stir fry for 2-3 minutes. Add tofu and Italian herbs. Continue to cook until vegetables are soft.

### Country-Style Breakfast Potatoes

2 baked potatoes, chilled, unpeeled  
1/2 c. onion, chopped Salt  
Pepper

Cut potatoes into 1/2 inch cubes. Spray a skillet with non-stick spray and place over medium heat. Add onion, and when the onion begins to sizzle, add the diced potatoes, stirring so they are in a single layer. Cook for 3-4 minutes. Lightly spray the potatoes with non-stick spray. Flip potatoes over, stir and cook for 2 more minutes or until browned. Add salt and pepper to taste.

### Muesli

1/2 c. muesli (Bob's Red Mill Old Country Style) 1/2  
c. water

Bring water to a boil and add the muesli. Simmer for 2-5 minutes.

### Potato and Green Onion Frittata

1/4 c. olive oil  
1 onion, finely chopped  
4-5 green onions, chopped with the green and  
white parts separated  
4 cloves garlic, minced

2 medium potatoes, shredded (or 2 cups of frozen  
shredded potatoes)  
1/2 tsp. pepper, divided 2  
lb. firm tofu

Preheat the oven to 350°F. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes. Add the garlic and heat for another 30 seconds. Increase the heat to medium-high and add the potatoes and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes until they are browned. Blend the remaining pepper and the tofu in a food processor until they are creamy. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

### **Tofu Breakfast Scramble**

1 box firm tofu  
1 zucchini, diced  
1 tomato, diced  
½ onion, diced  
1 red bell pepper, diced

2 green onions, finely sliced 1  
T. fresh cilantro, minced  
1 clove garlic, minced  
Tomato paste if desired

Spray pan with 100% olive oil spray. Add all ingredients and fry until vegetables are soft and ready to eat. Serve with tomato paste. (You can add lots of different vegetables to this recipe including broccoli, carrots, and mushrooms.)

### **Granola**

5 c. raw oatmeal  
1 c. finely chopped walnuts 1  
c. slivered raw almonds  
1 c. finely chopped cashews 1 c.  
unsalted sunflower seeds 1/2 c.  
flax seed

1 c. finely chopped dry figs  
1 c. finely chopped apricots, unsweetened 1/4  
c. chopped coconut  
2 c. unsweetened raisins 2  
T. cinnamon  
Water or unsweetened soy milk

Mix together in a large bowl. Keep in tightly sealed container. To serve cold, soak 1/2 cup granola in unsweetened plain soy milk for a few minutes. To serve warm, you can prepare with water or unsweetened soy milk in the microwave. Use 1 cup liquid to 1/2 cup granola. Warm for a minute on high or more if desired.

### **Apple Blueberry Oatmeal Cereal**

2 sweet apples, chopped  
¾ c. rolled oats  
1 c. blueberries

½ c. almonds, chopped or ground 1  
c. apple juice

Cook the oats as directed on box. Add fruit and stir. Top with a sprinkle of nutmeg, cinnamon and apple juice.

### **Breakfast Quinoa**

1 2/3 c. water  
½ c. quinoa  
½ c. fresh or frozen cranberries, whole

½ tsp. cinnamon  
¼ c. soy or almond milk

In a medium glass bowl, combine water and quinoa. Microwave on high for about 6 minutes. Add cranberries and cinnamon and cook about 6 more minutes.

### **Pumpkin Pie Oatmeal**

6 cups water

1/2 teaspoon salt

3 cups quick cooking gluten-free oats

1 cup applesauce (I used chunky cinnamon applesauce.)

1 cup cooked pumpkin (canned or baked and pureed)

1/8 teaspoon nutmeg 1/2  
teaspoon cinnamon

3 tablespoons maple syrup

In a medium pot, bring water and salt to a boil.

Add oats, turn down heat and simmer for 3-5 minutes. Stir it up, then mix in remaining ingredients.

Serve warm.

## SOUPS

### Vegetable Stock/Broth 1

2 large onions cut into large chunks	
2 medium carrots, unpeeled, cut into large chunks	1 whole bulb of garlic, peeled but not chopped
3 stalks of celery cut into large chunks	1 bay leaf

Cut all the vegetables into large pieces. Place all ingredients into a large pot. Cover with cold water. Bring to a boil, then turn heat down to simmer for an hour. Strain the stock.

### Vegetable Stock/Broth 2

*Makes as much as you like, depending on how big your pot is and how many vegetables you use.*

Carrots	Celery (stock and/or tops)
Onions	Water
Garlic	Salt and pepper to taste

Wash and roughly chop all vegetables. Put vegetables in a stock pot and cover with about the same amount of water. (If your vegetables take up 3 inches in height, add another 3 inches, at least, of water.) Bring to a boil, cover and reduce heat. Simmer for 30-40 minutes, or until vegetables are tender. Blend thoroughly. This makes a thicker broth.

### Tomato Bulgur Soup

4 c. low-sodium vegetable broth, divided 1	½ tsp. ground cinnamon
small yellow onion, finely chopped	1 c. uncooked bulgur wheat
1 clove garlic, finely chopped 1	1 (14-ounce) can diced tomatoes 1
tsp. ground coriander	T. fresh lemon juice

In a medium pot over medium-high heat, bring ½ cup broth to a simmer. Add onion and garlic and cook about 5 minutes or until onion is translucent and tender. Stir in coriander and cinnamon and cook 1 minute. Add bulgur and cook for 30 seconds, stirring constantly. Add remaining 3 1/2 cups broth and tomatoes with their juices and bring to a boil. Reduce heat to low, cover and simmer 10 to 12 minutes or until bulgur is tender. Stir in lemon juice.

### Tortilla Soup

5 c. frozen corn	2 c. cooked or canned black beans, rinsed 1-
1-28 oz can hominy, drained and rinsed	14.5oz can tomatoes, pureed

3 carrots, peeled and diced 1  
tsp. chili powder  
1 tsp. chopped jalapeño or serrano pepper

7 c. vegetable broth 1  
lime cut in half  
2 T. chopped fresh cilantro, optional

### **Tortilla strips**

1 package whole wheat tortillas  
1 tsp. ground cumin  
1 tsp. chili powder

½ tsp. granulated onion Non-  
stick cooking spray

In a soup pot, combine corn, hominy, black beans, tomatoes, carrots, chili powder, roasted peppers and stock. Bring to a boil, reduce heat to medium-low and simmer until vegetables are just tender, about 25 minutes.

While the soup is simmering, make the tortilla strips: Preheat oven to 350 degrees F. Slice tortillas into thin ribbons about ½ inch wide and 2 to 3 inches long. In a large bowl, toss tortilla strips with cumin, chili powder and onion. Lightly spray a baking sheet with cooking spray and spread strips on sheet. Bake for 20 minutes until light brown. Squeeze juice from lime into soup.

### **Hearty Lentil Stew**

1 c. green lentils, rinsed  
1 can (14 oz) vegetable broth  
1 c. water  
1 T. vegetable oil  
1 T. cumin seeds

2 shallots, thinly sliced  
1/3 c. shredded coconut, (unsweetened)  
1 large Yukon Gold potato, peeled and cut  
into ¼ inch cubes  
6 oz fresh baby spinach

In a large saucepan, combine lentils, broth, and 1 c. water. Heat to boiling. Cover and reduce heat, simmer 15 minutes or until tender. Heat oil in a skillet until hot. Add cumin seeds and cook 15-30 seconds or until fragrant, stirring as needed. Add shallots and coconut, cook about 3 minutes, stirring. Add potatoes and cook about 2 minutes. Pour lentil mixture into the skillet, stir to combine. Cover and cook 10 minutes. Stir in spinach and cook about 2 minutes, stirring, until spinach is wilted.

### **Hearty Lentil Soup**

3 c. water  
3 c. vegetable broth  
3 medium carrots, sliced 1  
medium onion, chopped 1 c.  
dried lentils, rinsed  
2 celery ribs, sliced  
1 small green pepper, chopped

¼ c. uncooked brown rice 1  
tsp. dried basil  
1 garlic clove, minced  
¾ c. tomato paste  
½ c. frozen corn  
½ c. frozen peas

In a large saucepan, combine the first 11 ingredients. Bring to a boil. Reduce heat; cover and simmer for 1 to 1-1/2 hours or until lentils and rice are tender. Add the tomato paste, corn and peas; stir until blended. Cook, uncovered, for 15-20 minutes or until corn and peas are tender.



### **Pasta and Bean Soup**

- |   |   |                              |                             |
|---|---|------------------------------|-----------------------------|
| 1 | ¼ c. dried Great Northern or cannellini beans | 2 cloves garlic, crushed     | 8 c. vegetable broth        |
|   | Pinch baking soda                             | 1 c. short whole grain pasta | 3 c. diced, canned tomatoes |
|   | ¼ c. olive oil                                |                              |                             |

Put beans in a bowl and add water to cover at least 3 inches. Add baking soda, let soak overnight. Drain just before using. Place drained beans in a 4-6 qt pot. Add olive oil, garlic, and 7 cups of broth. Bring to a boil. Reduce heat and simmer, partially covered, 1 hour or until beans are tender. Cool slightly. Using a slotted spoon, transfer about  $\frac{3}{4}$  of the beans to a blender or food processor. Add about  $\frac{1}{2}$  cup of the bean liquid and blend until smooth. Return bean puree to pot. Add remaining 1 c. broth and bring to a boil. Add pasta and simmer 15 minutes or until pasta is tender. Stir in tomatoes and heat through before serving.

### **Italian Harvest Vegetable Soup**

- |  |   |
|--|---|
| 2 c. celery, diced                                 | 1 c. corn (frozen and thawed)   |
| 2 large carrots, peeled                            | 1 c. chopped fresh fennel bulb  |
| 1 large sweet onion, chopped                       | 2 tsp. dried oregano  |
| 2 T. canola or safflower oil                       | 1/2 tsp. dried thyme  |
| 4 cloves garlic, minced                            | 1/2 tsp. dried rosemary   |
| ½ red bell pepper, sliced into ½-inch strips       | 4-5 ounces baby spinach, roughly chopped (can substitute 10 oz box frozen chopped spinach, thawed and squeezed dry) |
| ½ green bell pepper, sliced into strips            | 6 c. water  |
| 1 28-oz can diced fire-roasted tomatoes, undrained | 1 small zucchini, sliced into 1/2-inch pieces   |

Chop celery, carrots, and onion into 1/2-inch dice. Heat oil on medium-high in a large stockpot. Add celery, carrots, and onion. Sauté until edges are golden brown, about 10 minutes. Reduce heat to medium and add garlic and bell peppers. Stir frequently for 1 to 2 minutes, then add water, tomatoes, corn, fennel, oregano, thyme, and rosemary. Bring to a boil, then reduce heat and simmer 30 to 40 minutes. Add spinach and zucchini, simmer another 5 minutes, salt and pepper to taste, and serve.

### **Tomato Basil Soup**

- |                          |   |                        |   |
|--------------------------|---|------------------------|---|
| 12 vine ripened tomatoes | 2 | 5 stems fresh basil    | 1 |
| ½ c. carrot juice        |   | tsp oregano            |   |
| 1 large ripe avocado     |   | 1 T. red pepper flakes | 2 |
| 2 yellow onions, chopped | 4 | T. olive oil           |   |
| cloves garlic, minced    |   |                        |   |

Cook onion and garlic in olive oil until tender. Cut tomatoes and avocado in quarters. Place all ingredients in blender and blend on low speed for one minute. Continue to blend on high for an additional minute until creamy. Pour into large pot and cook on medium low for 2 to 3 hours.

### **Thick and Creamy Corn and Potato Soup**

6 ears corn, cut off the cob	2 tsp. marjoram
6 red potatoes, cut in ½ in pieces	3 tsp. cumin
6 carrots, finely chopped	2 tsp. sea salt
1 medium onion, finely chopped	2 tsp. pepper
2 green peppers, finely chopped	3 32oz. boxes of vegetable broth
2 bay leaves	Water
3 tsp. thyme	

Put vegetables and spices in a large soup pot. Cook on medium heat, stirring occasionally for 15 minutes. Add broth and maintain a light boil. Cook 45 minutes to 1 hour. Remove from heat. Blend 3/4 of the soup mixture in a blender in batches. Put blended soup in a large bowl or container until the blending process is complete. Pour the blended soup back into the pot. Add water to thin to desired consistency. Heat through.

### **White Chili**

2 T. olive oil	2 tsp. ground cumin
2 onions, chopped	2 tsp. dried oregano
4 cloves garlic, minced	1 1/2 tsp. cayenne pepper
3 (14.5 ounce) cans vegetable broth	5 (14.5 ounce) cans great Northern beans, drained and rinsed
2 (4 ounce) cans green chilies, chopped	

Heat the oil in a large pot over medium heat, then add the onions and garlic and sauté for 10 minutes. Add broth, green chilies, cumin, oregano and cayenne pepper and bring to a boil. Reduce heat to low and add the beans. Simmer for 20 to 30 minutes, or until heated thoroughly.

### **Roasted Tomato Bisque**

3 lb tomatoes	1 32 oz vegetable broth
Olive oil	Water
1 bulb of garlic	½ cup soymilk

Slice 3 lbs of tomatoes lengthwise in half and place sliced side down in a very large roasting pan. Drizzle with olive oil. Also put on the pan a whole, unpeeled bulb of garlic. Roast at 450 for 30--45 minutes, or until skins are charred. Take out and let cool. Take off charred tomato skins and toss. Put the tomatoes in blender, and squeeze the garlic in. Add vegetable broth, some water and about ½ cup of soymilk. Blend till smooth. Reheat on stove.

### **Minestrone 1**

8 c. vegetable stock	½ c. carrots, diced
1 ½ c. garbanzo beans	3 medium tomatoes, peeled and diced
2 c. red kidney beans	½ c. fresh parsley, minced

1 c. cabbage, chopped  
¼ tsp. oregano  
¾ tsp. basil  
¼ tsp. thyme

½ cup celery, diced  
½ cup onion, diced  
1 clove garlic, minced

Soak garbanzo and kidney beans overnight, drain and rinse. Cook and drain kidney and garbanzo beans per directions on pkg. Sauté carrots, onion, celery, cabbage and garlic in stock over medium heat for 5 to 7 min. Stir in kidney beans, garbanzo beans, diced tomatoes, and herbs. Simmer 10 min. Stir in cabbage and parsley and cook 15 min. or until cabbage is tender.

### **Minestrone 2**

6 cups (48 fl oz) vegetable broth  
4 carrots, peeled and cut into medium dice  
3 stalks celery, diced  
2 large potatoes, peeled and diced  
1 14.5-ounce can diced tomatoes

½ head green cabbage, cut into large dice  
½ cup cooked kidney beans  
½ cup cooked white beans  
¼ teaspoon sea salt  
Freshly ground black pepper to taste

Combine all ingredients in a soup pot. Bring to a boil and turn down to a simmer. Cook until potatoes are tender, about 30 minutes. May add ½ c. cooked whole wheat pasta per serving.

### **Freezer Meal Minestrone Soup**

2 zucchini, chopped  
1 yellow squash, chopped  
½ onion, chopped  
1 c. frozen cut green beans  
1 can Cannellini beans, rinsed  
1 can diced tomatoes  
2 tsp. minced garlic

2 tsp. Italian herb seasoning  
1 can tomato sauce  
1 can tomato paste  
14 oz. vegetable broth  
1 c. cooked whole wheat pasta  
Salt and pepper to taste

Place into a 1-gallon freezer bag the zucchini, yellow squash, onion, green beans, Cannellini beans, diced tomatoes, minced garlic, and Italian herb seasoning. Press out air, seal, and double bag. Then label the outside, including the date, and what you will add along with any cooking instructions. To cook: set bag on the counter for about 30 minutes to defrost then dump ingredients into crock pot. Add tomato sauce, tomato paste, vegetable broth, pasta, and salt and pepper to taste. Cook in crock pot on low for 6 hours, (add water to thin if necessary).

### **Minestrone with Sun Dried Tomatoes and White Beans**

1 T. olive oil  
1/2 tsp. dried oregano  
1/2 tsp. dried basil  
1 medium onion, diced  
2 medium carrots, sliced into rounds  
3 stalks celery, sliced  
6 cloves garlic, minced

1/2 c. sun-dried tomatoes, diced  
1 15-oz. can white beans, rinsed and drained  
1 c. fresh or frozen peas or green beans, cut into 1-inch lengths  
2 T. white wine vinegar  
4 c. water

Heat oil in 3-qt. saucepan over medium heat. Add oregano and basil, and stir 30 seconds. Add onion, carrots, celery, and garlic. Cover, and cook 5 minutes, or until onion is translucent. Add sun-dried tomatoes, and cook 5 minutes more. Add white beans and 4 cups water, and season with salt and pepper, if desired. Bring soup to a boil, reduce heat to medium-low, and simmer 10 minutes. Add peas, and simmer 3 to 5 minutes more. Stir in vinegar, and season with salt and pepper, if desired. Add whole wheat pasta, if desired.

### **Butternut Squash Soup**

½ onion, chopped	4 c. vegetable stock 1
2 cloves garlic, chopped	pinch cumin
1 butternut squash, peeled, seeded and chopped in 1 in squares	1 pinch nutmeg

Spray cookie sheet with non-stick spray. Place squash on cookie sheet and bake in 350 oven for approximately 35-45 minutes. Meanwhile cook onion, garlic, cumin and nutmeg for 5 minutes. Add baked squash and vegetable stock and simmer 15 minutes. Blend soup for a smooth texture.

### **Vegetable Barley Soup 1**

3 c. chopped celery	2 32oz. boxes vegetable broth 2
2 c. chopped white onion 3	cloves garlic
c. chopped carrots	2 tsp. marjoram flakes 2
3 c. chopped green/yellow/red pepper 3	tsp. oregano flakes 1
c. thin sliced mushrooms	tsp. parsley
2 c. chopped tomatoes	

Pour ¼ cup vegetable broth in a soup pot. Add vegetables and sauté them until tender. Add the spices and stir to mix. Add the remaining broth. Bring to a boil and add 1 cup barley. Boil for 15--20 minutes. For thicker soup, just blend 1/2 of the vegetable mixture (prior to putting in the barley) in a blender. Add it back to the soup pot and then add the barley.

### **Vegetable Barley Soup 2**

1 large sweet potato, peeled and cubed 1 ½	6 cups water
c. baby carrots, halved	2 cans (14 ½ oz) vegetable broth 1
1 ½ c. frozen cut green beans 1	c. medium pearl barley
½ c. frozen corn	1 ¾ tsp. salt
3 celery ribs, thinly sliced 1	½ tsp. fennel seed, crushed
small onion, chopped	¼ tsp. pepper
½ c. chopped green pepper 2	1 can (14 ½ oz) Italian diced tomatoes
garlic cloves, minced	

In a 5-qt. slow cooker, combine all ingredients except tomatoes. Stir in the water, broth, barley, and seasonings. Cover and cook on low for 8-9 hours or until barley and vegetables are tender. Stir in tomatoes (with juice); cover and cook on high for 10-20 minutes.

### Lentil Barley Soup

2 T. olive oil, plus extra for drizzling  
1 medium onion, chopped  
2 carrots, peeled and chopped  
2 celery stalks, chopped  
2 garlic cloves, chopped

1 (14 ½ oz) can diced tomatoes  
1 pound lentils (approximately 1 ¼ cups)  
2/3 c. barley  
11 c. vegetable broth (can substitute water)

Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic and sauté until all the vegetables are tender, about 5 to 8 minutes. Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes. Add the lentils and pearl barley, mix to coat. Add the broth and stir. Bring to a boil over high heat. Cover and simmer over low heat until the lentils and barley are tender, about 40 minutes.

### Vegetarian Chili

2 medium green peppers, chopped  
1 medium yellow onion, chopped  
1 zucchini, sliced  
1 yellow squash, sliced  
2 tablespoons olive oil  
2 tablespoons chili powder  
½ tsp. ground red pepper

2 c. corn (fresh or frozen)  
2 15 oz. cans tomatoes, with liquid  
2 15 oz. cans pinto beans, with liquid  
2 15 oz. cans black beans, with liquid  
1 4 oz. can mild green chilies  
1 4 oz. can of tomato paste

Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, ground red peppers, and corn. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

### Loaded Vegetarian Chili

2 T. extra virgin olive oil  
4 garlic cloves, minced  
1 medium yellow onion, finely chopped  
1 jalapeno pepper, chopped  
2 medium sweet potatoes, peeled and cubed  
2 c. broccoli florets, cut into pieces  
5 T. chili powder  
1 T. cumin  
1 T. dried oregano

1 tsp. paprika  
1/8 tsp. sea salt  
½ tsp. fresh ground pepper  
1 red bell pepper, chopped  
1 green bell pepper, chopped  
1 c. corn  
2 (28 ounce) cans diced tomatoes with juice  
2 (15 ounce) cans black beans, rinsed and drained

Heat oil in large pot over medium heat. Add garlic, onion and jalapeno, and sauté until onion is soft.

Add

sweet potato, broccoli and spices, and stir until spice coats all vegetables. Cover and cook 5 minutes, stirring occasionally. Add bell peppers and corn and cook, covered, for 5

minutes, stirring occasionally. Add tomatoes and black beans and simmer uncovered for 25 to 30 minutes.

### **Harira (Red Lentil Soup)**

4 ½ pints vegetable broth 1  
large bunch cilantro  
1 large bunch parsley  
2/3 c. red lentils  
1 tsp. turmeric  
2 tsp. cinnamon  
1 tsp. ginger  
1 tsp. cumin

3 T. olive oil  
16 oz can chickpeas, drained  
16 oz can tomatoes, chopped, reserve the juice  
4 oz whole wheat vermicelli, broken 1  
large yellow onion, grated  
3-4 T. fresh lemon juice

Place the broth in a large pot and bring to a boil. Finely chop a handful of cilantro and parsley, set aside. Tie the remaining herbs into a bunch and add to the stockpot. Add the lentils, turmeric, cinnamon, ginger, cumin, 1 tsp. black pepper, and olive oil. Simmer, covered, for 20 minutes, then add the chickpeas, tomatoes, vermicelli and grated onion. Simmer 20 minutes. Remove the tied bunch of herbs. Add the lemon juice, chopped cilantro and parsley, and the reserved tomato juice.

### **Gazpacho**

6 med. tomatoes, quartered 2  
large cucumbers  
1 small red onion  
1 med. zucchini, chopped  
3 med. garlic cloves, smashed 1  
med. green bell pepper

chopped fresh parsley, basil, chives 2  
T. lemon juice  
2 T. olive oil  
cayenne pepper to taste 1  
tsp. ground cumin seed  
2 c. vegetable stock or tomato juice

In food processor, combine tomatoes, cucumbers, onion, zucchini, garlic, and green pepper and process on high until coarsely chopped. Add herbs, lemon juice, salt, cayenne, and cumin. Process a few more burst. Blend in stock or tomato juice. Transfer to large bowl. Refrigerate 1 hour before serving cold.

### **Greek Vegetable Stew**

2 T. oil  
2 onions, chopped  
1 lb. green beans, broken in half 1  
package frozen or fresh spinach 4 c.  
water  
6 zucchini, cut into chunks  
4 yellow squash, cut into chunks

2 c. celery leaves  
4 tomatoes, quartered  
8 slices lemon  
1 T. dried oregano  
3 T. fresh basil  
2 cloves chopped garlic 2  
T. lemon juice

Lightly brown onions in a hot skillet in 2 tablespoons oil. Add oregano & garlic. Cook 1 minute. Add 4 cups water and tomatoes. Cook 10 minutes. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally. Serve with a lemon slice in each bowl.

### **Veggie Soup**

1 28 oz. can diced or crushed tomatoes	1 6	2 medium onions diced	1
oz. can tomato paste		tsp garlic	
1 can of tomato sauce			
1 can (drained) each: corn, green beans, potatoes, peas, carrots.			

Add water to cover items cook in slow cooker for 3-4 hrs or on stove top.

### **Leek and Potato soup**

1 tsp. crushed fennel seeds	2	4 pints vegetable stock	
cloves garlic		2 lbs leeks (trimmed, cleaned, sliced)	
2 T. olive oil		2 lbs potatoes (cleaned, cut into cubes)	

Heat olive oil on a medium heat in a large pan. Add garlic - heat for a few minutes until golden. Add fennel seeds and stir in with garlic. Add leeks and potatoes and mix well with other ingredients. Cover and cook for 5 minutes. Stir quickly. Cover and cook for further 5 minutes. Add stock. Bring to boil, then cover, turn heat down and simmer for 40 minutes.

### **Kale and White Bean Soup**

2 T. extra-virgin olive oil		4 c. packed chopped kale	
1 c. diced yellow onion		1 (14.5 oz) can Italian-style diced tomatoes	1
4 large garlic cloves, chopped	1	(14.5 oz) can cannellini beans, drained	
(32 oz) vegetable broth		2 large carrots, peeled and sliced	

In a large saucepan, heat olive oil over medium heat. Add onion and cook 3 minutes. Add garlic and cook 2 minutes longer. Add broth, kale and tomatoes and carrots, and cover. Cook 5 minutes or until kale is tender. Add beans and heat thoroughly. Serve hot.

### **Eastern European Red Lentil Soup**

2 T. olive oil		2 T. ground cumin	
1 large red onion, finely chopped (2 cups)	3	1 15-oz. can chopped tomatoes with liquid	3
cloves garlic, minced (1 T.)		bay leaves	
1 ½ c. red lentils		1 Tbs. red wine vinegar	

Heat oil in large saucepan over medium heat. Add onion and garlic, and sauté 5 minutes, or until soft. Stir in red lentils and cumin, and cook 1 minute, or until cumin is fragrant and lentils are coated with oil. Stir in tomatoes with liquid, bay leaves, and 7 cups water. Season with salt

and pepper, and bring to a boil. Cover pan, reduce heat to medium-low, and simmer 20 minutes, or until lentils are soft and falling apart, and soup is thick. Add a little water to thin soup, if necessary. Remove bay leaves and stir in vinegar.

### **Ethiopian Red Lentil Soup**

1 large onion, chopped	1 28-ounce can crushed tomatoes
1 pound potatoes, cut into 1/2-inch chunks 1 +	1 pound green beans, fresh or frozen, cut into
1/4 c. dry red lentils	bite-sized pieces
3 c. water	1-2 c. water
2 garlic cloves, chopped	salt to taste
2-3 tablespoons berberé spice mixture	3-4 c. fresh spinach

*Berberé Spice Mixture (mix all together and store in jar):*

1 T. ground cardamom 1	1 T. cinnamon
T. ground coriander 1 T.	1 T. paprika
fenugreek	1 T. turmeric
1 T. ground nutmeg 1	1 tsp. cayenne (use more to taste) 1 T.
T. ground cloves 1 T.	ground black pepper
ground allspice	

Sauté the onion in a non-stick pan until it starts to brown. Add the potatoes, lentils, 3 cups water, garlic, and spice mixture. Simmer, covered, over low heat until lentils are tender, about 20 minutes. Add the tomatoes, green beans, and enough additional water to create a thick soup. Check the seasoning, adding more of the spice mixture if needed, and cook for about 15 more minutes. Just before serving, stir in the spinach.

### **Taco Soup**

½ tsp. olive oil	1 T. lemon juice
1 onion, chopped	1 c. chunky salsa (no added sugar) 1
1 green pepper, chopped	(14.5 oz) cans vegetable broth
½ tsp. minced garlic	1 14 oz can tomatoes, with juice 1
¼ tsp. cumin	8 oz can whole corn, drained 1 8
½ tsp. chili powder	oz can black beans, drained

In a large pot, heat oil and sauté onion and green pepper. Add spices and other ingredients, and simmer for 20 minutes.

### **Sweet and Spicy Carrot Bisque**

1 T. canola oil	4 carrots, peeled, cut into 1/4-inch rounds 1
1 medium yellow onion, diced 2	ripe banana, peeled and sliced
T. minced fresh ginger	1 tsp. salt
1 T. curry powder Pinch	1 13.5-oz. can light coconut milk, divided 2
cayenne pepper	½ T. lime juice



Heat oil in large saucepan over medium heat. Add onion, and pinch of salt, and sauté 5 minutes, or until onion is soft. Stir in ginger, and cook 1 to 2 minutes, or until fragrant. Add curry powder, cayenne, and 1/4 cup water. Cook 1 to 2 minutes, stirring to coat onion and ginger with curry powder. Add carrots, banana, salt, and 4 cups water, and bring to a boil. Reduce heat to medium-low, and simmer, uncovered, 25 minutes, or until carrots are soft enough to be pierced with fork. Puree soup in batches in blender or food processor. Return soup to pot, and stir in 1 cup coconut milk and lime juice. Simmer remaining 3/4 cup coconut milk in small saucepan over medium-high heat 10 minutes, or until reduced by half, then add to pot.

### **Western Roasted Carrot Soup**

2 pounds carrots, unpeeled  
2 tsp. olive oil  
6 c. soy milk (non flavored)  
2 c. vegetable broth

5 cloves garlic, unpeeled  
2 T. chopped fresh herbs, such as basil, thyme, sage, oregano

Preheat oven to 400 degrees. Slice carrots into 1 inch chunks and put them in a medium sized roasting pan. Toss them with olive oil, cover, and roast in oven for 45 minutes. Uncover and roast for 30 minutes more, until soft and caramelized. Meanwhile, wrap garlic cloves in foil and roast in the same oven for 20 minutes, until soft. Let cool, and then peel. Remove carrots from oven, and add carrots, garlic, soy milk, and broth to blender, working in batches. Reheat the puree in a large pot, adding herbs and stirring well.

### **Carrot-Ginger Soup**

2 T. olive oil  
7 large carrots, peeled and chopped into rounds  
1/2 medium yellow onion, chopped  
3 cloves garlic, minced  
1 in. piece of fresh ginger root, peeled and finely grated or minced  
1 T. honey  
1 tsp. curry powder

1/2 tsp. turmeric  
1/2 tsp. ground cumin  
1/2 tsp. paprika  
1/2 tsp. crushed red pepper flakes  
1/8 tsp. cayenne pepper  
salt and freshly ground black pepper to taste  
4 c. vegetable broth  
1/4 cup cilantro, chopped, for garnish

Heat olive in large pot over medium heat. Add onions and sauté until they just begin to brown, about 5 minutes. Add carrots, stir around. Let sauté 2 minutes. Add garlic, ginger, honey, curry powder, turmeric, cumin, paprika, red pepper flakes and cayenne pepper. Stir and let cook until very fragrant, about 1-2 minutes. Carefully pour in the vegetable broth. Bring to a boil, then reduce heat to low. Cover pot and cook at a simmer for 40 minutes, or until the carrots are very soft. Blend the soup with an immersion blender, food processor or in batches in a blender. Check for consistency. Add extra vegetable broth if soup is too thick. Add salt and pepper if necessary. Garnish with fresh cilantro, if desired.

**Black Bean Soup 1** 8 c. vegetable stock 1

½ c. onion	1 yellow or red pepper
1 c. celery	1 c. carrots
1 potato	2 T. cilantro
2 garlic cloves	1 T. parsley
1 tsp. honey	2 T. marjoram
1 lb. black beans, soaked overnight, rinsed and drained	1 onion, diced

Place beans in pot with vegetable stock and diced onion. Bring to a boil and cook 2 ½ hrs or until beans

are tender. Chop pepper, and celery. Grate carrots and potato on cheese grater. Mince garlic and sauté in olive oil until tender. During last hour of cooking, combine vegetables and seasonings with beans.

Bring to a boil, lower heat to simmer and cook until veggies and beans are tender.

**Brazilian Black Bean Soup**

1 T. olive oil	1 red bell pepper, diced
3 c. onion, chopped	2 (15 oz) cans black beans, drained and rinsed
8 cloves garlic, chopped, divided 1 carrot, diced	½ c. water
3 tsp. ground cumin 2 tsp. salt	1 c. orange juice
	1 pinch cayenne pepper, or to taste

Heat olive oil in a large saucepan over medium heat. Add onion, half of the garlic, and carrot. Season with cumin. Cook, stirring, until onion and carrot are tender. Stir in remaining garlic, and red pepper; continue cooking until tender. Add beans, water, and orange juice to the pan, and season with cayenne pepper. Transfer a portion of the mixture to a blender or food processor, and puree until smooth. Puree part or all of the soup, depending on how you like the texture. Return puree to the pan, and simmer for 10 more minutes.

**Black Bean Soup 2**

1 lb. dried black beans	1 jalapeño pepper, chopped
1 large onion, finely chopped	¼ tsp. sea salt
3 celery stalks, finely chopped	1 tomato, diced
1 T. finely chopped fresh garlic	1 bunch green onions, thinly sliced
14 cups vegetable stock	non-stick cooking spray

Soak the dried black beans overnight in water to cover. Spray a large soup pot once with cooking spray. Set pot over low heat and add chopped onions, celery and garlic. Cook, stirring until vegetables are soft, about 2 minutes. Drain beans and add to the pot. Add stock and jalapeños. Bring to a boil, reduce heat and simmer, stirring often, until beans are soft, about 1½ hours. For a smooth soup, puree in batches in a food processor or blender. For a chunky soup, puree only half the mixture. Reheat gently and season with salt. Ladle soup into bowls and garnish with tomato and green onions. Black bean soup freezes well.

### Italian Lentil Soup

1 medium onion, chopped	1	1 tsp. dried oregano
T. olive oil		½ tsp. dried basil
2 garlic cloves, minced	3	¼ tsp. crushed red pepper flakes, optional
¼ c. water		1 can (14 ½ oz) diced tomatoes, with juice
1 can (14 ½ oz) vegetable broth	1	(6 oz) tomato paste
c. dried lentils, rinsed		1 T. lemon juice
1 medium carrot, grated		2 c. cooked brown rice
1 small green pepper, finely chopped		

In a Dutch oven, sauté onion in oil until tender. Add garlic; cook 1 minute longer. Add the water, broth, lentils, carrot, green pepper, oregano, basil and pepper flakes if desired. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until lentils are almost tender. Stir in the tomatoes, tomato paste and lemon juice and bring to a boil. Reduce heat; cover and simmer 10 minutes longer or until lentils are tender. Serve with rice.

### A'ddas (Spiced Lemon & Lentil Soup)

4 large scallions		2 quarts water
1 garlic clove		2 lemons
½ c. olive oil		1 bunch fresh cilantro
1 c. dry green lentils		Black pepper and red pepper flakes, to taste.
1 tsp. ground cinnamon		
1 large potato, peeled, cubed		

Roughly chop the scallions and finely chop 1 garlic clove. Heat half the olive oil in a large saucepan, and add the onions and chopped garlic. Cook for 10 minutes, stirring occasionally. Pour the lentils into the pot, add cumin, cinnamon, black pepper and red pepper flakes, stir well. Add the potato and water. Raise the heat until it boils, then cover and simmer for 30 minutes.

Squeeze the juice from one lemon, and thinly slice the other lemon. When lentils are tender, take the soup off the heat and add the lemon juice. Chop the cilantro roughly and add to the soup. Let stand 10 minutes. To serve, place a slice of lemon in the bowl and ladle soup over the top.

### Santa Fe Chowder

2 T. olive oil		10-oz. package frozen corn, thawed
1 medium red onion, finely chopped	2	1 can fire roasted chopped tomatoes
cloves garlic, minced		1/4 tsp. grated nutmeg
1 sweet potato, peeled and diced	1 c.	1 tsp. dried cilantro
peeled, diced carrots		1/2 tsp. cumin, to taste
4 c. vegetable broth		dash of chili powder
8 oz. can chopped green chilies		dash of cinnamon
15-oz. can pinto or white beans, drained	13-	1 lime, cut in half
oz. can light coconut milk		

Put oil in a heavy soup pot and heat on medium high heat, add the onion and stir till golden and

softened, about 5 minutes. Add the garlic, potatoes, carrots, and vegetable broth. Cover and simmer for about 15 to 20 minutes, or until the potatoes and carrots are tender. Add the green chilies, beans, light coconut milk, corn, and canned tomatoes. Stir in the seasonings and the lime halves. Heat gently for 2 hours. Remove lime halves before serving.

### Curried Vegetable Stew with Couscous

1 T. cumin	1/2 c. chopped onion
1 tsp. coriander	1 T. chopped garlic
1 tsp. curry powder	1 T. chopped fresh cilantro
1/4 tsp. allspice	1 head cauliflower, cut into florets
1/4 tsp. cinnamon	2 zucchinis, diced
3/4 tsp. salt	1 c. green beans, cut into 1/2-inch pieces
1/4 tsp. freshly ground pepper	1 c. canned chickpeas, drained and rinsed
1/4 c. water	1 c. diced fresh tomatoes
3 T. olive oil	1 c. Cooked brown rice

Stir spices, salt, pepper, and 2 tablespoons of the water together in a small bowl until smooth. Set aside. Heat olive oil in a large skillet over medium heat. Add onion, garlic, cilantro, and spice mixture. Cook, stirring, 1 minute, or until onion begins to soften. Add cauliflower, zucchini, and green beans; cook 2 minutes. Add 1 cup plus 2 tablespoons water; bring to a boil. Simmer, covered, for 5 minutes, or until vegetables are just tender. Stir in chickpeas and tomatoes; simmer 5 minutes more. Serve over brown rice, if desired

### Vegetable Gumbo

1 small onion, diced	3 medium potatoes, peeled and cubed
3 stalks celery, sliced	7 cups vegetable stock
1 tsp. chopped fresh garlic	non-stick cooking spray
1 14.5-oz can diced tomatoes with juice	Hot sauce to taste
4 cups frozen corn kernels	Brown rice

Spray a large soup pot once with cooking spray. Heat pot over low heat. Add onions and celery, cover and cook for 2 minutes. Add garlic and cook for 15 seconds. Stir in tomatoes, corn, and potatoes. Add stock and bring to a boil. Reduce heat to a simmer. Cook until potatoes are soft and gumbo has thickened, about 30 minutes. Season to taste with salt, pepper and hot sauce. Serve over brown rice.

### Senate Bean Soup

2½ c. navy beans, soaked overnight in water to cover	1 large roasted onion, chopped
9 c. vegetable stock	1 T. chopped fresh garlic
2 potatoes, peeled and diced	½ T. sea salt
2 celery stalks, diced	¼ tsp. freshly ground black pepper

Drain and rinse beans. Place in a large soup pot and add water to cover. Bring to a boil, reduce heat to a low and simmer beans for 45 minutes. Then drain beans. Add stock, potatoes, celery, onions, and garlic. Bring to a boil, reduce heat to low and simmer, stirring occasionally, until potatoes and beans are cooked and creamy, about 45 minutes. Season with salt and pepper and serve.

### **17 Bean & Barley Soup**

2 c. 17 bean & barley soup mix (TJ's) 2 -	1 clove garlic, minced 2
32 oz. containers vegetable broth 1 c.	T. olive oil
onion, chopped	1 bay leaf
1 c. celery, chopped 1	½ tsp. Italian seasoning
c. carrots, chopped	1 14oz can diced tomatoes Salt
1 c. green bell pepper, chopped 1	& pepper to taste
tsp. dried basil	

Soak beans overnight in water to cover. Drain and rinse. Pour 4 c. vegetable broth into a large pot with the beans. In a separate pan, sauté onion, celery, carrot, pepper, basil, and garlic in olive oil until soft. Combine with remaining ingredients into the bean pot and cover with the rest of the broth. Simmer, covered, about 1 hour. Salt and pepper to taste.

### **Mulligatawny Soup**

1 T. olive oil	2 Granny Smith apples, peeled and diced 1
4 cloves garlic, minced	medium sweet potato, peeled and diced 2
1 inch fresh ginger, grated 2	heaping cups thinly shredded cabbage 8 cups
tsp. curry powder	water
1 tsp. turmeric	1 14-oz. can chickpeas, drained sea
½ tsp. cayenne pepper to taste	salt, to taste
1 medium sweet or red onion, peeled, diced 4	1 14-oz. can lite coconut milk
medium carrots, peeled and diced	Juice from 1 medium lime, or to taste
1 c. cauliflower florets, chopped	

For a slow cooker:

Combine all of the ingredients in a slow cooker except the coconut milk and lime juice. Cover and cook on high according to your manufacturer's instructions for cooking vegetable soup. When the veggies are tender, add in the coconut milk and lime. Heat through 15 minutes.

For stove top:

Heat the oil over medium heat in a medium size soup pot. Add the garlic, ginger, curry, turmeric and cayenne and briefly stir to season the oil. Add the onion, carrots, cauliflower, apples, sweet potato and cabbage, and sauté until softened, about 7 to 10 minutes. Stir in the water and chick peas; season with a touch of sea salt, if desired. Bring to a boil and reduce heat, cover and simmer the soup, stirring occasionally, until vegetables are tender, about 20 to 30 minutes. Add the coconut milk and lime juice. Stir well. Taste for seasoning adjustments. Heat through gently; don't boil.

### **Cream of Broccoli Soup**

2 teaspoons olive oil	chopped)
1 stalk of celery, diced (It's ok if it has leaves.)	2 vegan gluten-free bullion cubes
1 carrot, peeled and diced	2 cups water
1 onion, diced	1 1/2 cups rice milk
2 large garlic cloves, minced	fresh-ground pepper to taste
1 baking potato, peeled and diced	salt, if using salt-free bullion cubes otherwise
1 bunch of broccoli (enough to make 4 cups	omit the salt

In a large stockpot, heat olive oil over medium-high flame. Add celery, carrot, onion and garlic. Sauté until softened, about 3 minutes. While vegetables are cooking, cut off the ends of the broccoli stalks. Peel the remaining stalks with a vegetable peeler, and chop the broccoli from flower to stem. Add the potato and broccoli to the vegetables. Sauté for 2-3 minutes. Add bullion, water and rice milk. Bring to a boil. Reduce heat, cover and simmer for 20 to 25 minutes until softened. Blend soup with immersion blender or blend in blender.

### **Two Potato Soup**

5 medium sweet potatoes, peeled	10	fresh-ground pepper to taste
Yukon Gold potatoes		Splash
3 vegan gluten-free bullion cubes		of rice milk

Cut potatoes into chunks. Add to a large stock pot with bullion and pepper. Add water to cover potatoes. Bring to a boil. Reduce heat, cover and simmer until potatoes are very tender, approximately 30 minutes. Once potatoes are tender, transfer to a blender (or use an immersion blender in the pot), and blend until smooth. Add rice milk until desired consistency. If you refrigerate unused portions, thin with a little more rice milk before reheating.

## MAIN DISHES

### Mexican Rice

1 T. olive oil	3 cloves garlic, minced (about 1 T.)
1 c. instant brown rice	1 can black beans, drained and rinsed
1 c. frozen corn	1 tsp. ground cumin
1 c. frozen peas	½ tsp. dried oregano
8 green onions, chopped (about ½ cup)	1 T. tomato paste

Heat oil in saucepan over medium-high heat. Add rice, and sauté 3 to 4 minutes, or until beginning to brown. Add corn, peas, green onions, garlic, cumin, and oregano, and sauté 1 minute. Spoon tomato paste into 2-cup measuring cup. Add enough boiling water to make 2 cups, and stir to combine. Pour tomato paste mixture into rice, and season with salt and pepper. Add black beans. Reduce heat to medium-low, cover, and simmer 15 minutes, or until all liquid is absorbed. Remove from heat, and fluff with fork just before serving.

### Quinoa “Tamale” with Tomatillo-Avocado Sauce

12 corn husks	1 jalapeño, ribs and seeds removed
1 c. Quinoa	2 scallions, tops only, chopped
1 ½ c. water, plus ½ c.	¼ lb. mushrooms
½ lb. tomatillos	½ lb. onion
1 large, ripe avocado	1 c. sweet corn
1 T. cilantro, chopped	Salt to taste
Juice of 1 lime	

Soak the corn husks in warm water for 20 minutes, or until soft. Allow to cool and tear 2 pieces of ¼ in strips off of each of the corn husks, along the grain. Set aside.

While the corn husks are soaking, cook the quinoa and water over low heat in a covered saucepan for about 20 minutes or until all the water absorbs. Allow to cool.

To make sauce, clean and husk tomatillos. Chop and puree tomatillos, avocado, cilantro, lime juice, jalapeño, scallions, remaining water and salt.

Lay the corn husks flat, add about ¾ cup on quinoa on each corn husks. Wrap the husk over the quinoa, and tie at the ends with the strips.

Sautee mushrooms, onion and sweet corn for about 4 minutes until onions are translucent. Slice the top of the husk so that the quinoa is exposed. Pour about 1 ½ ounces of puree onto the center of a plate, place the tamale on the puree and pour the mushrooms, corn and onions over the top of the tamale.

### Spice Market Sweet Potato and Lentil Packets

2 c. sweet potatoes, finely diced 1  
large bell pepper, diced  
1 c. fresh green beans, finely sliced  
¼ c. golden raisins 2  
T. sesame oil  
1 c. low sodium vegetable broth

2 T. minced fresh ginger  
2 fresh garlic cloves, minced 1  
tsp. curry powder  
1 ½ c. cooked lentils

Preheat oven to 400°F. Cut 4 16-in lengths of foil. Coat insides of foil with cooking spray. Combine sweet potato, bell pepper, green beans, and raisins in medium bowl. Add oil, and toss to coat. Whisk together broth, ginger, garlic, and curry powder in small bowl. Divide sweet potato mixture among packets; top with 1/3 cup lentils. Pour 1/4 cup broth mixture over lentils, and season with salt and pepper, if desired. Fold foil over ingredients and crimp edges in until packets are sealed. Transfer packets to baking sheet. Bake 25 minutes.

### Stuffed Peppers

2 T. olive oil  
2 stalks celery, minced 1  
medium onion, minced 1  
clove garlic, minced  
2 c. cooked brown rice

1/2 c. yellow raisins 1/2  
c. vegetable broth 5 oz  
tofu, mashed  
3 red bell peppers cut in half 2  
T. fresh flat leaf parsley

Preheat oven to 400 degrees. Heat oil in pan over medium heat. Add celery, onion, ½ tsp. salt, and garlic. Sauté until soft (about 7 minutes). Add rice, raisins and broth; cook for about 5 minutes. This should be the consistency of stuffing. Meanwhile, mash tofu and the parsley. Divide the tofu among the pepper halves then top with rice mixture. Place peppers in 9" x 12" casserole dish. Add water until it comes 1/2" up sides of peppers. Bake for 30 minutes or until peppers are soft and the stuffing is hot.

### Black Beans and Rice

**Black Beans**  
2½ c. dried black beans, rinsed  
3 cloves fresh garlic

½ jalapeño pepper  
2 quarts water

**Rice**  
1 medium onion, chopped  
1 celery stalk, diced  
2 tsp. chopped fresh garlic  
1½ c. brown rice

1 14.5-oz can diced tomatoes with juice 1/8  
tsp. freshly ground black pepper 1½ c.  
water

#### To make Beans

Place beans, garlic, jalapeño, and water in a large soup pot. Bring to a boil. Turn heat down to a simmer. Cook until beans are tender but not mushy, 1 to 1½ hours. Drain beans and rinse with warm water. Pick out garlic cloves and jalapeño. Set beans aside.



To make Rice

Spray a large sauté pan once with cooking spray. Add onions and celery and cook, stirring, over low heat for 2 minutes. Stir in garlic and cook for 15 seconds. Add rice, tomatoes, salt, pepper and water. Bring to a boil, reduce heat to a simmer and cook, covered, for 20 minutes for white rice, 45 minutes for brown rice. During the final 5 minutes cooking, stir in reserved black beans.

### **Black-Eyed Peas**

2½ c. dried black-eyed peas, soaked overnight	2	T. chopped shallot
3 quarts water	2	tomatoes, chopped
½ c. chopped red onion	¼	c. chopped fresh parsley
1 T. chopped fresh thyme or 1 tsp. dried	¼	tsp. sea salt
2 thyme leaves	¼	tsp. cracked black pepper
T. chopped fresh garlic		Non-stick cooking spray
		Tabasco or other hot sauce, optional

Drain and rinse black-eyed peas. Place in a large soup pot and add water, half of the onions, and thyme. Bring to a boil and reduce heat to low. Simmer, stirring often, until peas are tender but not mushy, about 1 hour. Drain excess liquid. Spray a large sauté pan once with cooking spray. Add the remaining onions and cook, stirring, over low heat until translucent, about 2 minutes. Add drained black-eyed peas, garlic, shallots, tomatoes, parsley, salt and pepper. Cook until heated through. Add hot sauce to taste.

### **Sweet Potato Shepherd's Pie**

Sweet Potato Topping

1 medium sweet potato, peeled and diced	¼ tsp. ground cinnamon
¼ c. plain soymilk or almond milk	¼ tsp. ground nutmeg

Filling

1 ½ tsp. vegetable oil	1 sprig fresh rosemary, chopped
1 medium onion, chopped	¼ c. water
1 leek, white part thinly sliced	1 15-oz. can cannellini beans, rinsed and drained
2 turnips, diced	1 c. low-sodium vegetable broth
1 carrot, diced	
1 sprigs fresh thyme	

Bring large pot of water to a boil. Add sweet potato, cover, and boil 10 minutes, or until tender. Drain, and return to pot. Mash with milk, cinnamon, and nutmeg; season with salt and pepper, if desired. Set aside. Preheat oven to 375°F. Heat oil in large skillet over medium heat. Add onion and leek, and sauté until leek is soft. Add turnips, carrot, thyme, and rosemary; cook 2 to 3 minutes more, or until carrot begins to soften. Add water and cook 30 seconds to deglaze pan. Stir in beans and broth. Cover, and simmer 10 minutes, or until carrots and turnips are soft.

Season with salt and pepper, if desired. Remove thyme sprigs and discard. Pour filling into 2 or 3qt. casserole dish. Spread topping over filling. Place casserole on baking pan. Bake, uncovered, 30 minutes, or until filling is bubbly. Let stand 5 minutes before serving.

### Moroccan-Style Chickpeas

1 can (15.5 oz) chickpeas, rinsed and drained  
1 can tomatoes with green chilies  
1/2 c. diced onions  
2 cloves garlic, minced  
1 T. olive oil

1 T. ground cumin  
1/2 T. ground ginger  
1 T. ground coriander  
3/4 c. vegetable broth  
Salt and pepper, to taste

Sauté garlic and onion in olive oil over medium heat for about two minutes. Stir in cumin, ginger and coriander. Cook until onion is tender. Add chickpeas, vegetable broth and tomatoes with juice and bring to a boil. Cover and simmer for ten minutes. Serve alone or with brown rice and steamed green beans.

### Southwest Quinoa Pilaf

1 T. olive oil  
1 1/2 c. chopped onion  
6 garlic cloves, minced  
1/2 tsp. cumin  
1/4 c. quinoa  
1 (14 oz) can vegetable broth  
1/4 c. water  
1 (15 oz) can black beans, rinsed and drained

1 c. frozen corn, thawed  
1 tomato, diced  
1/2 c. jicama, peeled and diced  
2 scallions, thinly sliced  
1 jalapeno, finely diced  
2 T. lime juice  
2 T. chopped cilantro

In a large saucepot, heat oil over medium heat. Add onion and garlic, cook until onion is tender, about 5 minutes, stirring occasionally. Rinse and drain quinoa. Add quinoa and cumin to saucepan, cook and stir until quinoa is lightly browned, about 3 minutes. Add broth and 1 1/4 c. water to pot. Bring to a boil, reduce heat and simmer, covered, until quinoa is tender and all liquid is absorbed, 15-20 minutes. In a separate bowl, combine beans, corn, tomato, jicama, scallions, jalapeno, and lime juice. Divide quinoa into 6 servings, top with bean salsa, sprinkle with cilantro.

### Escarole with Caramelized Onions and Chickpeas

2 T. olive oil  
1 large sweet onion, thinly sliced  
1 large bunch escarole, washed and torn into pieces

1/4 c. golden raisins  
1/2 pound multigrain penne pasta  
1 can (15.5 oz) chickpeas, undrained

Heat oil in a skillet over medium heat. Add onion and cook, stirring often, for 15 to 20 minutes or until golden. Add escarole and raisins. Cook, stirring occasionally, for about 5-7 minutes, until leaves are tender and stem ends are still crunchy. Meanwhile, bring a large pot of water to a boil. Cook pasta according to package directions. Drain, reserving 1/2 c. pasta water, and return pasta to pot. Stir in chickpeas with their liquid to onion and escarole mixture. Serve over pasta, adding reserved pasta water if needed to thin sauce. Add pepper to taste.

### **Brown Rice Dinner**

1 c. brown rice

2 ½ c. water

Bring to rolling boil, reduce heat and simmer/steam for 45 minutes. Half way through the cooking time, add:

1/2 c. fresh salsa

1 c. frozen corn

1/2 c. chopped red bell pepper

Stir and replace cover for remainder of cooking time. <sup>3/4 c. cooked black beans, drained</sup> Serve with fresh sliced avocado.

### **White Beans and Sautéed Vegetables**

2 cans white beans, drained

1 T olive oil

½ c. yellow onion, chopped

2 cloves garlic, minced

½ c. celery, finely diced

½ c. carrot, finely diced

¼ c. olive oil

Pepper to taste

Drain the white beans and set aside. Heat olive oil and then add all the prepared vegetables to the pan and sauté until just done. Add beans and heat thoroughly..

### **Curried Potatoes**

1 ½ T. vegetable oil

2 medium onions, diced

3 cloves garlic, minced

4 large potatoes, peeled, cut into chunks

3 carrots, peeled, cut into 2-inch pieces

3 T. Madras curry powder

1 15 ounce can black beans

3 medium tomatoes, coarsely chopped

1 c. vegetable broth

2 jalapenos, chopped

1 tsp. white vinegar

Heat oil in large skillet over medium heat. Add onions and garlic, and cook 5 to 7 minutes, or until onions are soft and translucent. Stir in potatoes, carrots, and curry powder, and cook 4 minutes. Add beans and their liquid, tomatoes, broth, jalapenos, vinegar, and 1 cup water; season with salt and pepper. Cover and simmer 45 minutes, or until potatoes are flaky and carrots are cooked through, stirring occasionally.

### **Black Bean & Brown Rice Stuffed Peppers**

1 qt tomato juice (low sodium)

2 c. cooked black beans

1 c. cooked brown rice

2 med green onions,

2-3 large bell peppers, cut in half

fresh cilantro, chopped

2 T. olive oil

2 T. lime juice

1 clove garlic, minced

Combine all ingredients except juice and bell peppers in bowl and mix well. Place peppers in glass dish and stuff with mixture. Pour all of juice over peppers. Cover and bake in oven on 350 degrees for 45-60 minutes.

### **Nepali Tofu and Vegetable Stir Fry**

½ inch fresh ginger, cut into chunks 2-4 garlic cloves  
Box of extra firm tofu, cubed  
Olive oil  
2 tsp. cumin  
2 tsp. chili powder  
1 T. paprika  
Carrots, peeled and sliced

Mushrooms, sliced  
Onions, diced  
Green pepper, diced  
Zucchini, sliced  
Yellow squash, sliced  
Tomato, cut into wedges  
Cauliflower florets

In a food processor, blend fresh ginger and garlic until small pieces. Cook in a wok or large saucepan with oil, add tofu and spices. Brown and set aside. In same saucepan, cook veggies (amount and kind is flexible) until fork tender. Add tofu back in, stir to mix. Serve over brown rice.

### **Edamame**

1 lb. edamame (frozen green soybeans in the shell)

Cook edamame in boiling water for about 8 minutes, or until just tender. Drain and sprinkle with salt. When cool enough to handle, slip soybeans out of their pods and eat.

### **Spinach and Mushroom Enchiladas**

Red Chili Sauce:

1 28-oz can tomato puree  
2 c. vegetable stock  
¼ c. chili powder  
½ tsp. granulated garlic

½ tsp. ground cumin  
¼ tsp. dried oregano  
1/8 tsp. sea salt

Enchiladas:

1 ¾ pounds fresh spinach, washed, or 20 oz frozen spinach, thawed  
1 medium onion, chopped (1 cup)  
1 pound mushrooms, sliced

2 ounces low-fat soft tofu  
1/8 teaspoon sea salt  
16 whole wheat tortillas

To Make Red Chili Sauce

In a large saucepan, whisk all ingredients until smooth. Cook over low heat, stirring frequently, for 25 minutes. Set aside.

To Make Enchiladas

Preheat oven to 350 degrees F. If using fresh spinach, bring a large pot of water to a boil. Plunge spinach into water and cook several seconds. Drain, squeeze out excess water and chop. Place in a bowl. (if using frozen spinach, simply squeeze out excess water and place in a bowl). Spray a large sauté pan once with cooking spray and set over low heat. Add onions and cook 2 minutes. Add mushrooms and cook 5 minutes more. Remove pan from heat and pour off excess liquid. Stir together tofu and spinach/mushroom mixture until blended. Stir in salt.

Spread ½ cup Red Chili Sauce in a large baking dish. Pour the remaining sauce into a shallow bowl. Dip a tortilla in sauce, place on a plate and spoon 3 T. filling onto center. Roll up and place in baking dish. Repeat with the remaining tortillas and filling. Pour any remaining sauce over enchiladas. Cover top with parchment paper or aluminum foil. Bake until sauce is bubbly, about 25 minutes.

### **Veggie “Meatballs”**

2 cups soup base, vegetable broth or water	1	2 tablespoons olive oil, divided	1
cup kasha (roasted buckwheat)		teaspoon dried rosemary	
1/2 teaspoon salt		1 teaspoon dried oregano	1
1/4 cup flaxseed meal	1/2	teaspoon dried thyme freshly	
cup water		ground pepper	
6 sun-dried tomato halves, softened in hot water		1 can garbanzo beans, drained and rinsed (or 1	
8 ounces button or cremini mushrooms		1/2 cups cooked)	
		1 large or 2 small cloves of garlic, smashed	

In a small saucepan, bring soup base (or broth or water) and salt to a boil. Add kasha, reduce heat, cover and simmer for 10 minutes or until liquid is absorbed. Set aside. In a small bowl, thoroughly mix together flaxseed meal and water. Set aside. In a food processor, finely chop mushrooms and softened sun-dried tomatoes. Heat 2 teaspoons of olive oil in a skillet. Add mushrooms and tomatoes. Cook until liquid released from the mushrooms is cooked down.

While mushrooms are cooking, blend chickpeas and garlic into a paste. In a large bowl, mix all components together and chill mixture in the refrigerator for half an hour. Preheat oven to 375 and oil two baking sheets with remaining olive oil. Roll meatball mixture into 1 1/2-inch balls.

Place meatballs on prepared baking sheets. Bake for 30 minutes until browned.

\*The meatballs will be fragile right out of the oven, but will firm up if you let them set for a few minutes. Reheat meatballs gently in warm sauce or gravy.

## SANDWICHES

### Roasted Veggie Tacos

2 medium peppers, thinly sliced  
4 Roma tomatoes, cut into wedges  
1 medium onion, cut into wedges  
½ tsp cumin and black pepper  
1 T. olive oil  
1 can (16 oz) fat free refried beans  
6 whole wheat tortillas, warmed

In a large bowl, combine green peppers, tomatoes, onion, seasoning and oil. Mix well. Arrange in a single layer on an ungreased cookie sheet. Bake at 425 degrees for 15-20 minutes. Spread ¼ c. refried beans on a warmed tortilla. Top with 1/3 cup of the roasted veggies. Fold in half to serve.

### Avocado – Bean Wrap

2 ripe avocados  
1 c. fresh or jarred salsa  
2 T. oil  
1 red pepper, chopped  
1 c. shredded carrots  
½ tsp. cumin  
1 can (15 oz) black beans, rinsed  
1/3 c. cilantro, chopped  
4 whole wheat tortillas  
4 c. chopped romaine or lettuce  
Lime, cut into wedges

Remove pit and peel avocado. Coarsely chop 1 avocado, mash the other avocado in a small bowl and add ¼ cup salsa until blended. Heat oil in a skillet and sauté peppers and carrots, about 3 minutes. Add cumin and cook 30 seconds or until fragrant. Add beans and remaining salsa, heat through. Stir in the chopped avocado and cilantro. Spread about 3 T. of the mashed avocado-salsa mixture on each wrap and top with 1 c. lettuce. Spoon 1 c. of the bean mixture over the bottom third of the wrap. May squeeze a lime wedge over the filling, if desired. Starting at the bottom, roll up tightly. Cut in half to serve.

### Falafel

2 c. canned chickpeas  
2 T. chopped fresh parsley  
1 T. low-fat soft tofu  
1 T. flour  
1 tsp. chopped fresh garlic  
¾ tsp. ground cumin  
1/8 tsp. cayenne pepper  
No-stick cooking spray

Drain and rinse chickpeas. In a food processor, combine chickpeas, parsley, tofu, flour, garlic, cumin, and cayenne. Process 1 minute. Form mixture into 20 small oval patties. Spray a griddle or large sauté pan once with a cooking spray. Heat pan over medium-low heat. Cook falafel for about 5 minutes on each side, until hot and light golden. Place inside a whole wheat tortilla with some sliced tomatoes and cucumbers.

### Easy Falafel

1 (15 oz) can garbanzo beans, drained and rinsed	1 tsp. olive oil
1 small onion, finely minced 2-3 cloves garlic, minced	1 tsp. coriander
3 T. chopped parsley	1/4 tsp. turmeric
3/4 tsp. lemon juice	dash red pepper
	salt and pepper, to taste 2 T. whole-wheat flour

Preheat oven or toaster oven to 375 degrees F. Place chickpeas in a medium bowl. Smash with a fork. Add the rest of the ingredients and stir well, until everything is evenly combined. Form into balls about the size of a ping pong ball and then flatten them a little bit. Bake them until they're golden brown, flipping them over about halfway (approx 10-15 minutes). Serve on a whole wheat tortilla with falafel toppings: hummus, lettuce, and tomato.

### Bean and Pineapple Soft Tacos

1 can (15 oz) black beans, rinsed and drained	1 jar (16 oz) salsa
1 large onion, chopped	1 can (4 oz) chopped green chilies
1 sweet red pepper, chopped 1 T. olive oil	1/4 c. minced fresh cilantro
1 can (20 oz) pineapple tidbits, drained	10 whole wheat tortillas (8 inches), warmed
	chopped avocado, shredded lettuce, tomatoes

Mash half of the beans; set aside. In a large skillet, saute onion and red pepper in oil until tender. Add the pineapple, salsa, chilies, mashed beans and remaining beans; heat through. Stir in cilantro. Place 1/2 cup filling on one side of each tortilla. Add toppings of your choice; fold in half.

### Roasted Tomatillo and Black Bean Tacos

3/4 lb. fresh whole tomatillos, husks removed 1 onion, cut into 1/2-inch pieces	1 cup canned black beans, rinsed
1 red bell pepper, cut into 1/2-inch pieces 3 large cloves garlic, peeled	4 6-inch whole wheat tortillas, warmed 1 small avocado, cut into slices
3 T. coarsely chopped cilantro, divided 1 1/2 tsp. minced jalapeño pepper	1/4 cup frozen corn kernels, thawed, optional

Preheat oven to broil. Place oven rack 3 inches from heat source. Coat baking sheet with cooking spray, and spread tomatillos, onion, red bell pepper, and garlic on prepared baking sheet. Broil 12 minutes, or until tomatillos are blistered and charred, and onion and bell pepper are softened and charred, tossing once halfway through cooking time.

Pulse garlic, 1 Tbs. cilantro, jalapeño, and tomatillos 10 times in food processor, or until chunky. Season with salt and pepper. Toss 1/4 cup tomatillo sauce with black beans, red bell pepper, and onion. Fill tortillas with black bean mixture, and avocado.

## SIDES

### Ratatouille

½ lb. small fresh mushrooms, halved	1	1 small zucchini, chopped	1
medium sweet red pepper, chopped	1	c. cherry tomatoes	
small onion, chopped		2 garlic cloves, minced	
4 tsp. olive oil, <i>divided</i>		1 ½ tsp. Italian seasoning	
4 c. cubed peeled eggplant		½ tsp. salt	

In a large skillet, sauté the mushrooms, pepper and onion in 2 teaspoons oil until almost tender. Add the eggplant, zucchini, tomatoes, garlic, Italian seasoning, remaining oil and salt. Sauté for 8-10 minutes or until vegetables are tender. May serve over brown rice.

### Spicy Green Beans

2 T vegetable oil	3 cloves garlic, minced
1 pound green beans, trimmed	¼ to ½ tsp. red pepper flakes

Heat oil in frying pan or wok over medium high heat. Add trimmed green beans. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

### Roasted Spaghetti Squash, Tomatoes and Zucchini

1 ½ pints cherry or grape tomatoes	1 spaghetti squash (about 3 ½ lbs)	1
¼ c. olive oil	large zucchini	
2 tsp. minced garlic		

Position oven racks to divide oven into thirds. Heat oven to 425 degrees. Line 2 baking sheets with foil. Halve tomatoes, place tomatoes, 3 T. oil and the garlic in a 9x13 baking dish. Halve spaghetti squash lengthwise and scoop out seeds. Brush cut surface of squash with a little oil. Place flesh side down onto a foil lined pan. Quarter zucchini lengthwise and cut into ¾ inch pieces. Place on the other foil lined pan and toss with remaining oil. Roast tomatoes and squash on the top rack 40 minutes, or until you can easily piece the squash shell. Roast zucchini on the bottom rack 30 minutes, tossing once, until tender and slightly browned. Scrape strands of spaghetti squash into a large bowl. Toss zucchini with roasted tomatoes, season with salt and pepper. Spoon over spaghetti squash and serve.

### Roasted Root Vegetables

2-3 carrots, peeled, cut into large chunks.	1	1 turnip, peeled, cut into wedges	
russet potato, cut into chunks, peeled		1 large parsnip, peeled, cut into 2 inch	
1 onion, cut into thick wedges	1	rounds, halved	
bulb garlic, cloves separated		2 T. olive oil	



Heat oven to 450 degrees. Place vegetables on a large baking sheet in a single layer. Drizzle with oil, toss to coat. Roast, turning every 15 minutes, until vegetables are golden brown and tender when pierced with a knife (approx 45-55 minutes).

### **Oven Fries**

2 ½ lbs baking potatoes  
2 tsp. olive oil

Preheat the oven to 450°F. Line a heavy baking sheet with foil and coat well with vegetable cooking spray. Scrub potatoes, then cut into wedges. Place the potatoes in a mixing bowl, toss with oil and black pepper. Spread the potatoes out on the sheet in a single layer. Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes.

### **Cajun Baked Sweet Potato Fries**

2 medium sweet potatoes	1	2 T. sesame oil
tsp. ground mustard		½ tsp garlic powder
1 tsp. paprika		½ tsp ground thyme
½ tsp. Tabasco sauce		

Preheat oven to 400 degrees. Wash and scrub sweet potatoes, leaving the skins on. Cut them into sticks ¼ to ½ inch by 2 to 4 inches. Spray with nonstick cooking spray, set aside. Mix spices and oil. Put potatoes into a Ziploc bag. Add spice/oil mixture, and knead to distribute evenly. Take sweet potatoes out of the bag and arrange in a single layer on a baking sheet. Bake 30 – 40 minutes or until the fries are tender on the inside but golden on the outside. Stir halfway through to prevent sticking.

### **Butternut Squash Fries**

1 butternut squash, peeled and cut into French fry sticks

Heat oven to 400 degrees. Spray cookie sheet with nonstick spray, and place butternut squash in a single layer. Sprinkle with salt. Bake for 20 minutes, turning once.

### **Root Vegetable Sticks with Roasted Garlic Dip**

6 carrots, peeled and cut into sticks	1 15-oz. can cannellini beans, drained, liquid reserved
6 red and gold beets, peeled and cut into carrot-like sticks	1 T. lemon juice
2 ½ T. olive oil, divided	1 tsp. grated lemon zest
1 bulb garlic	1 tsp. dried basil

Preheat oven to 450°F. Toss carrots and beets with 1½ Tbs. oil. Season with salt and pepper, if desired. Spread in single layer on baking sheet. Trim papery top from head of garlic just to cloves. Wrap in foil, and set in corner of baking sheet. Roast vegetables and garlic 25 minutes,

or until carrots and beets are tender, but not soft, and garlic packet feels soft when lightly squeezed. Remove baking sheet from oven, open foil packet around garlic, and cool vegetables and garlic. Squeeze garlic cloves from skins, and place in food processor with cannellini beans, lemon juice, lemon zest, basil, and remaining 1 Tbs. oil. Pulse mixture until creamy and smooth, adding some reserved bean liquid if necessary. Season with salt and pepper, if desired. Serve garlic-bean dip in bowl alongside roasted vegetables.

### **Roasted Asparagus**

1 lb. fresh asparagus  
Olive oil  
Sea salt

Preheat oven to 400 degrees F. Rinse one pound fresh asparagus and snap off dry ends. Lay in a single layer on a baking sheet and drizzle with olive oil. Sprinkle with salt. Bake for 40-45 minutes.

### **Roasted Broccoli**

3 spears broccoli, cut into florets  
Olive oil  
Sea salt

Preheat oven to 400 degrees F. Place broccoli florets in a single layer on a baking sheet and drizzle with olive oil. Sprinkle with salt. Bake for 18 minutes.

### **Stir Fry Vegetables**

1 red onion, sliced	½ c. cauliflower, chopped
3 stalks celery, thinly sliced	1 c. zucchini, thinly sliced
½ c. broccoli, chopped	1 c. yellow squash, thinly sliced
bell pepper, sliced	Pepper to taste
3 carrots, peeled and sliced	

Stir-fry all vegetables in 1-2 T. olive oil until tender. Add pepper. Serve alone or over brown rice.

### **Roasted Red Curry Carrots with Ginger and Garlic (Christmas Carrots)**

1 lb. whole carrots, preferably organic carrots	1-2 T. finely minced fresh ginger root
2 T. vegetable oil	1-2 T. finely minced fresh garlic
½ tsp. Thai red curry paste	3 T. water
	salt to taste

Preheat oven to 425 F. Scrub the carrots, cut off ends, and then cut into diagonal slices about 1/2 inch thick. Combine oil and the curry paste in a small microwave proof bowl and heat just a few seconds in the microwave. Spray a baking dish with nonstick spray, add carrots and toss with the oil-curry mixture, minced ginger, and minced garlic. Drizzle over 3 tablespoons of

water. Cover the dish tightly with foil and bake 20-25 minutes. Then uncover the dish, stir, and roast the carrots an additional 15-20 minutes. Season carrots to taste with sea salt and serve hot.

### **Spanish Rice**

1 c. brown rice	1 tsp. basil
1 c. tomato juice	1 c. vegetable stock
1/3 c. green pepper	1 tsp. oregano
1/3 c. celery	1/3 c. carrot
1 med. tomato	1/3 c. onion
2 tsp. chives	2 small garlic cloves

Combine tomato juice and soup stock in large pot and bring to a boil. Add rice and reduce heat to simmer. Cover and cook for 25 min. Remove from heat and add the following: diced tomato, celery, and onion; minced garlic, chopped chives, grated carrots, and seasoning. Replace cover and simmer for 15-20 min.

### **Winter Vegetable Hash**

1 celery root, peeled, cut in 1/4 in pieces	2 medium onions, chopped
6 large carrots, cut into 1/4 inch pieces	2 garlic cloves, minced
6 T. olive oil	6 fresh sage leaves
1 butternut squash, peeled, cut in 1/2 in pieces	Fresh ground pepper to taste

Preheat the oven to 400°F. Spread the celery root and carrots on a rimmed baking sheet in a single layer. Drizzle with 2 T. of olive oil. Toss to coat. Repeat with the squash, potatoes, and another 2 T. olive oil on a second baking sheet. Place both sheets in the oven and roast, stirring once midway through, for 15-20 minutes, until the vegetables are tender and slightly brown. Heat 2 T. olive oil in a large skillet over medium heat and add the onions, garlic and sage. Cook, stirring, until the onions are soft and browned, about 7 minutes. Turn up the heat and add the roasted vegetables. Cook, stirring, until the vegetables are hot and crispy.

### **Quick Tomato Sauce**

2 tablespoons olive oil	2 14.5 oz cans diced tomatoes
1 medium yellow onion, chopped	1/4 cup cilantro, finely chopped

Sauté onions in oil over medium heat, cooking until soft. Add tomatoes (including juice). Simmer until slightly thickened, about 10 min. Add cilantro and simmer for 5 or 10 more minutes. Serve over whole wheat pasta, brown rice or cooked vegetables.

### **Rice-Stuffed Tomatoes**

6 large tomatoes  
½ c. raisins  
2 T. chopped green pepper 2  
T. green onions  
2 c. cooked brown rice 2  
T. parsley

### **Dressing:**

¼ c. olive oil  
1 T. tomato paste  
1 tsp. chili powder (optional) 2  
T. lemon juice  
½ tsp. dry mustard, optional 1  
tsp. curry powder

Remove the stem and cut a thin slice from the top of each tomato. Chop the edible portion of the tomato top and set aside. Scoop the pulp and seeds from the tomato and invert the tomatoes to drain. In a bowl combine chopped tomato, rice, raisins, green pepper, onion, and parsley. Prepare dressing and stir into rice and fill tomato shells. Cook them in the oven at 350 for about 15-20 minutes.

### **Polenta "Biscuits"**

1/2 c. dry polenta  
1 tsp. Italian seasoning

2 12 oz packages extra-firm tofu, drained 1  
T. olive oil

Preheat oven to 400 degrees. Combine polenta and Italian seasoning on a plate. Slice the tofu into 2" x 2" squares (approximate). Brush tofu pieces with olive oil and dredge in polenta mixture. Transfer to baking pan lined with parchment paper or a pan sprayed with olive oil spray. Bake 30 minutes or until browned. Serve by laying polenta biscuits on top of stew or with soup or casserole.

### **Curried Brown Rice**

Cooked brown rice  
1-2 tsp. curry powder  
½ c. frozen sweet peas  
½ c. corn

¼ c. onion, diced  
¼ c. tomato diced  
½ tsp. dried thyme leaves 1  
T. olive oil

Make the desired amount of brown rice. Dice the onion and tomato. Heat oil in a pan and mix in tomato, onions, thyme, corn, sweet peas and curry powder. Stir until onion and tomato are cooked. Add water sparingly to keep from sticking to the pan. Add cooked brown rice.

### **2 for 1 Pasta Primavera**

1 box (14 oz) whole wheat penne 2  
T. olive oil  
1 ½ lb zucchini, quartered lengthwise, sliced  
crosswise  
½ lb. yellow summer squash, quartered  
lengthwise, sliced crosswise

1 T. minced garlic  
1 box (9 oz) frozen peas  
1 can (14 oz) vegetable broth 12  
oz tomatoes, diced

Bring a large pot of water to boil. Add pasta and cook according to package directions. Drain and return pasta to pot. Meanwhile, heat oil in a large skillet. Add zucchini and summer squash,

cook, stirring often, over medium heat for about 5 minutes or until tender-crisp. Add garlic and peas, cook about 1 minute. Stir in broth and bring to a simmer. Pour vegetable mixture over pasta. Add tomatoes, toss to mix and coat and heat through.

\*Second meal: toss cold leftovers with some vinegar and eat as a pasta salad.

### **Roasted Potatoes, Carrots, & Onions**

Potatoes, cubed	1 clove of garlic, minced
Carrots, peeled, cut into bite-sized pieces	Mrs. Dash Table Blend or any additional seasonings that you like (optional)
Onions, cut into wedges	
2 or 3 T. vegetable or olive oil	

In a 13×9 inch dish, combine potatoes, carrots, and onions. Add oil and toss veggies to coat. Add seasoning and toss again. Cover with foil and bake on 400 degrees for 1 hour or until veggies are tender. Stir occasionally.

### **Indian Potato Curry**

2 onions, chopped	1 potato, cubed (per person) 2-3
2-4 cloves of garlic, crushed 3-	carrots, peeled and sliced 1 T.
4 large tomatoes, chopped 2	lemon juice
tsp. curry powder	½ c. water
1 T. parsley	

In a large skillet, sauté onion and garlic until soft. Add tomatoes, curry powder and parsley. Stir fry this mixture until tomatoes are cooked through. Add potatoes, carrots, lemon juice and water. Cover and simmer for 20 minutes, stirring to prevent sticking. Add more liquid as needed. Serve over brown rice.

### **Eggplant Casserole**

Olive oil	4 large tomatoes, chopped 2
3 onions, chopped	T. parsley
1-2 cloves of garlic, minced	Dash rosemary
2 eggplants, peeled and diced	

Heat oil in a saucepan; add onions, garlic and eggplant. Cook, stirring until soft. Transfer to a greased oven-safe bowl, add tomatoes and seasonings. Bake at 350 degrees for 50 minutes.

### **Vegetable Stuffed Eggplant**

2 small eggplants	Pinch black pepper 1
1 onion, diced	T. olive oil
1 small zucchini, chopped 1	4 oz tomato sauce
garlic clove, minced	1 c. petite diced tomatoes

1/2 c. green olives, pitted and quartered 1 1/2 tsp. ~~thyme~~ ~~basil~~ ~~garlic~~ Preheat oven to 375°F. Trim the stems from the eggplant, and cut them in half lengthwise. Cut the pulp from the center of each half, leaving about a half-inch shell. If your eggplants are large, soak them in a quart of water with an added tablespoon of salt for 10 minutes to remove any bitter flavor. Remove the eggplants from the brine and rinse off the salt then pat them dry. Cube the pulp into a medium dice. Place a large sauté pan over moderate heat, then add the oil. Once the oil is hot, add the onion, garlic, zucchini, pepper, and cubed eggplant. Cook, stirring until very tender, about 5-7 minutes. Add the tomato sauce, tomatoes, olives and seasonings and heat through. Lightly spray the cut edges of the eggplant with nonstick cooking spray, then spoon a quarter of the mixture into each shell. Place in a baking pan coated with nonstick cooking spray. Bake for 20 to 25 minutes or until the eggplant is hot and the filling is bubbly.

### Vegetable Curry

- |   |                                       |
|---|---------------------------------------|
| 1 small onion, diced                    | 6 medium carrots, peeled and diced 2½ |
| 1 tsp. finely chopped fresh garlic      | c. vegetable broth                    |
| 4 tsp. curry powder                     | ¼ tsp. sea salt                       |
| 1 head of cauliflower, cut into florets | non-stick cooking spray               |

Spray a large saucepan once with cooking spray and set over low heat. Add onions and cook, stirring, for 2 minutes, until translucent. Add garlic and curry powder and cook, stirring, for 15 seconds. Add cauliflower, carrots, potatoes, stock and salt. Cover and simmer until potatoes are soft, about 25 minutes.

### Spicy Okra with Tomatoes

- |   |                                       |
|---|---------------------------------------|
| 1 medium onion, cut into small dice     | 1 28-oz can diced tomatoes with juice |
| 1 tsp. finely chopped garlic            | 1 tsp. chopped jalapeño               |
| 1 tsp. finely chopped fresh ginger      | Non- stick cooking spray              |
| 1 pound okra, sliced into ¼-inch rounds | Brown rice.                           |

Spray large sauté pan once with cooking spray and set over low heat. Add onions and cook, stirring, for 2 minutes, or until translucent. Add garlic and ginger and cook, stirring, for 15 seconds. Add okra, tomatoes and peppers. Cook, stirring often, until okra becomes a little gooey, about 20 minutes. Can serve by itself or over brown rice.

### Mexican Rice

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1 medium onion, diced               | 4 cups water                  |
| 1 small red bell pepper, diced      | 1 14.5-oz can diced tomatoes, |
| 1 small green bell pepper, diced 1½ | drained                       |
| tsp. finely chopped fresh garlic    | ½ tsp. sea salt               |
| ½ tsp. dried oregano                | ¼ tsp. ground cumin           |
| 2 c. brown rice                     |                               |

Spray a large pot once with cooking spray. Place pot over low heat, add onions and peppers, and cook, stirring often, until vegetables are soft, about 5 minutes. Stir in garlic and oregano. Cook for 15 seconds. Add rice and stir once. Add water, tomatoes, salt, and cumin. Bring to a boil. Turn the heat down to maintain a simmer. Cover and cook for 30 minutes, or until all liquid has been absorbed. Do not stir or rice will become sticky.

### **Sweet Potatoes with Cranberries, Apricots and Pecans**

4 sweet potatoes, peeled and chopped  
½ lb. fresh cranberries

½ c. pecans, raw, finely chopped 8  
dried apricots, finely chopped

Preheat oven to 350F. Spray an 8x11 baking dish with nonstick cooking spray. Mix sweet potatoes and cranberries in the baking dish. Add pecans and apricots. Stir just slightly so pecans and apricots stay at the top of the mixture. Cover and bake for 1 hour.

## SALADS/DRESSINGS

### Quinoa and Black Bean Salad

3 c. cooked quinoa	juice of 1 lime
1 can black beans, drained and rinsed	1/3 c. olive oil
1 1/2 c. fresh (or frozen corn, defrosted)	1 tsp. sea salt
3/4 c. green bell pepper, chopped finely	1 1/4 tsp. cumin
1/4 c. cilantro, chopped	

Cook quinoa in water according to package directions. If not using pre-rinsed quinoa, then rinse the quinoa three to five times. To make three cups of quinoa, boil three cups water, place rinsed quinoa and water in saucepan and bring to a boil. Reduce to a simmer, cover and cook until all the water is absorbed (about 15 minutes). Once cooked, cool the quinoa.

Chop the peppers and cilantro. Drain and rinse the black beans. If using frozen corn, defrost and pat dry. If fresh corn, slice from the cob.

In a large bowl add the quinoa, beans, bell peppers, corn and coriander. In a separate bowl, mix the salt and cumin. Juice the lime (removing the seeds) and add to the spices. Using a whisk, add the olive oil to the lime/spice mixture to create the dressing. Add dressing to quinoa mixture.

### Southwestern Salad with Avocado-Lime Dressing

2 c. chopped romaine lettuce	1/4 c. chopped cilantro
1 1/2 c. cooked pinto beans or 1 15-oz. can pinto beans, rinsed and drained	1 ripe avocado
1 c. grape tomatoes, chopped	3/4 c. salsa
1/2 c. fresh or frozen corn kernels	3 T. lime juice
1/4 c. chopped green onions	4 drops Tabasco sauce, optional

Combine lettuce, beans, tomatoes, and corn in clear glass bowl. Sprinkle green onions and cilantro on top. Mash avocado in separate bowl, and whisk in salsa and lime juice. Season with hot sauce (if using), and salt and pepper. Pour dressing over salad, toss well.

### Cabbage Salad

1/2 head green cabbage, thinly sliced	1 T. chopped fresh cilantro
1 large tomato, diced	1/4 tsp. sea salt
1 roasted jalapeño, chopped	Juice of 1 lime

Toss all ingredients in a large bowl. Chill for 30 minutes.



### **Orange and Red Onion Salad**

4 c. torn romaine	1/4 c. olive oil
2 medium oranges, peeled and sectioned	3 T. red wine vinegar 1/8
1 small red onion, sliced, separated in rings	tsp. pepper

On a serving platter, arrange the romaine, oranges and onion. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad.

### **Sweet Potato Salad with Apple and Avocado**

1 lb. sweet potatoes, peeled and cut into 1/2- inch cubes	1/2 small onion, finely chopped (1/2 cup)
1 c. frozen corn	1/4 c. chopped cilantro
1/4 c. unsalted hulled pumpkin seeds	1/4 c. lime juice
1 medium red apple, diced (1 cup)	2 T. olive oil
	1/2 avocado, finely diced

Place sweet potatoes in large saucepan, and cover with water. Bring to a boil, and cook 3 minutes. Add corn, and cook 1 to 2 minutes more, or until potatoes are tender. Drain in colander and rinse under cold water to cool. Drain well. Toast pumpkin seeds in dry skillet over medium- high heat 3 to 4 minutes, or until seeds begin to pop. Transfer to plate, and cool. Combine apple, onion, cilantro, and lime juice in large bowl. Stir in sweet potatoes, corn, and oil, and season with salt and pepper, if desired. Stir in avocado and toasted pumpkin seeds just before serving.

### **Barley and Black Bean Salad**

1 c. barley, cooked according to package directions	1/3 c. chopped fresh cilantro
1 (15 ounce) can black beans, rinsed	2 T. lime juice
1/2 c. corn (thawed if frozen)	1 T. olive oil

Combine cooked barley, beans, corn, cilantro, lime juice, and oil in a medium bowl. Serve on bed of chopped or torn lettuce.

### **Spinach Salad**

3 c. bite-size pieces fresh spinach	1/2 Optional 1/2 cup sliced oranges
1/2 c. sliced strawberries	2 medium green onions, sliced
1/2 c. cubed cantaloupe	

In a tightly covered container, shake 1 T orange juice and 1 1/2 tsp olive oil. In large bowl, toss all salad ingredients with dressing:

### **Spicy Cabbage Salad (Puerto Rican Cabbage Salad)**

5-6 c. finely chopped green cabbage 1 c.  
diced tomatoes (regular or grape)  
½ c. celery, diced

½ c. chopped celery leaves  
6 radishes, cut into half-moon slices  
¼ c. sliced green onions (dark green part)

Dressing:

2 T. apple cider vinegar 1  
tsp. fresh lime juice  
½ tsp. salt

¼ - ½ tsp. hot pepper sauce 3  
T. canola oil

Chop cabbage, tomatoes, and celery leaves, and slice celery, radishes, and green onions. Toss all the salad ingredients together in a large bowl. In a small bowl, mix together the apple cider vinegar, fresh lime juice, salt, and hot sauce to taste. Whisk in the oil, one tablespoon at a time. Taste to see if you want to add more hot sauce. Toss salad with desired amount of dressing.

### **Diced Fruit Salad**

1 kiwi, peeled and sliced 1  
pint strawberries  
1 mango, cubed

2 bananas, sliced  
½ pint blueberries  
Slice and mix.

### **Southwestern Corn and Black Bean Salad**

1 1/2 c. corn (fresh or frozen)  
1/3 c. pine nuts  
1/4 c. lime juice  
2 T. olive oil  
1/4 c. chopped fresh cilantro

2 (14.5 ounce) cans black beans, rinsed 2 c.  
shredded red cabbage  
1 large tomato, diced 1/2  
c. minced red onion

Place pine nuts in a small skillet over medium heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes. Whisk lime juice, oil, cilantro, and salt in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

### **Tropical Slaw**

2 navel oranges  
1 medium jicama, peeled and cut into  
julienne strips  
1 c. julienned papaya

½ red onion, thinly sliced  
1 tsp. grated lime zest  
¼ tsp. crushed red pepper flakes 1/8  
teaspoon sea salt

With a serrated knife, cut rind and pith from oranges. Cutting between the membranes, remove orange sections and let them drop into a bowl as you work. Add remaining ingredients and toss to mix.

### **Tabbouleh**

- ¾ c. (6 oz) bulgur (cracked wheat) 1
- c. (8 fl oz) boiling water
- 1 c. chopped fresh parsley
- 2 large vine-ripened tomatoes, cored, seeded and cut into small pieces
- ¼ tsp. sea salt
- ½ c. sliced green onions
- 2 T. tomato juice
- 1 T. fresh lemon juice
- 1 T. chopped fresh mint
- 1 tsp. finely chopped fresh garlic

Place bulgur in large bowl, add boiling water and cover with plastic wrap. Set aside for 25 minutes, then place in the refrigerator and chill for at least 30 minutes. Add remaining ingredients to bowl. Toss to combine.

### **Tangy Marinated Vegetables**

#### Marinade

- 1/2 c. vegetable oil 1/4
- c. olive oil
- 1/4 c. red wine vinegar 2
- T. dried oregano
- 2 T. dried basil
- 2 T. dried parsley
- 1/2 tsp. red pepper flakes

#### Vegetables

- 2 c. broccoli or cauliflower florets 1
- c. carrot sticks or baby carrots
- 1 c. small button mushrooms, halved

Whisk together all marinade ingredients in large bowl. Pour marinade into 1 quart canning jar with lid or large resealable plastic bag. Add all vegetables, and shake to coat. Refrigerate 4 hours, or overnight, shaking mixture occasionally.

### **Lemon Herb Marinated Vegetables**

- 1½ c. broccoli florets 1½
- c. cauliflower florets
- 1 green bell pepper, cut into 1 inch pieces 1
- cucumber, peeled, seeded and chopped
- 1 carrot, coarsely chopped
- Optional: add pitted green or black olives and thinly sliced onion
- ¼ cup marinade (see recipe below)

Bring a large pot of salted water to boil. Place the broccoli and cauliflower florets into the boiling water for one minute. Drain and rinse florets. Combine broccoli, cauliflower, bell pepper, cucumber, carrot and lemon herb marinade in a medium size-mixing bowl. Cover the bowl and refrigerate the vegetables for one hour.

#### **Lemon Herb Marinade**

- 1 T. grated lemon peel 2
- T. chopped fresh basil
- 1 T. chopped fresh thyme 1
- T. snipped fresh chives
- 1 T. capers, chopped 2
- T. fresh lemon juice
- ½ c. olive oil

### **Roasted Fennel-Apple Slaw**

1 bulb fennel, cored, sliced in ¼ inch pieces 1  
medium onion, sliced in ¼ inch slices  
1 T. olive oil Salt  
and pepper

2 tart apples (Braeburn, Jonagold) 1  
lemon, juiced  
1/3 c. coarsely chopped fennel fronds

Preheat oven to 425 F. Toss fennel and onion in olive oil, season with salt and pepper, then place on a large baking sheet. Cover with foil and roast for 15 minutes. Remove foil, and return to oven for 10 minutes, stirring occasionally. Remove from oven and place in a serving bowl. In a separate bowl, grate apples, then pour lemon juice over. Season with salt and pepper, and toss in fennel fronds. Add the apple mixture to the roasted fennel and serve warm.

### **Curried Chickpea Salad**

2 cans chickpeas (garbanzo beans), rinsed well  
and drained  
4 tsp. olive oil (1 T + 1 tsp.)  
1-2 small onions, finely chopped  
½ -1 tsp. turmeric

½ - 1 tsp. cumin  
½ tsp. ground coriander  
¼ tsp. cayenne pepper 2-  
4 T chopped cilantro 1-2  
T lemon juice

Drain chickpeas into a colander placed in the sink, then rinse well with cold water until no more foam appears and let chickpeas drain. Heat the olive oil in a large sauté pan, add the onion, turn heat to medium-high and sauté onions until they are lightly browned and starting to get crisp, about 6-8 minutes. Stir frequently while the onions cook. When onions are lightly browned, stir in the turmeric, cumin, coriander, and cayenne pepper and cook 2-3 minutes more, until the spices are fragrant and slightly toasted. Add the drained chickpeas and cook 2-3 minutes more, stirring so the spices and onions are well-distributed in the chickpeas. Then stir in chopped cilantro and lemon juice and cook 3-4 minutes more. Turn off heat and season to taste with sea salt. Let the mixture cool, then transfer to a plastic container and let salad chill in the refrigerator at least 30 minutes before serving. Serve cold or at room temperature, tasting and adjusting the flavor with more lemon juice and sea salt before serving if desired.

### **Avocado Tomato Dressing**

2 ripe avocados, peeled and pitted 1  
med. ripe tomato

1 tsp. herb seasoning  
¼ c. fresh lemon juice

Place all ingredients in blender and blend until smooth.

### **Creamy Green Dressing**

½ ripe avocado, peeled and pitted  
¾ c. water  
3 T. fresh lemon juice

¼ c. almonds, soaked overnight and drained  
¼ tsp. garlic powder  
1 ¼ tsp. onion powder or flakes Blend

all ingredients until smooth.

### **Pesto Dressing**

4 small garlic cloves, peeled

2 2/3 c. tightly packed fresh basil leaves

1/3 c. pine nuts

1/3 c. olive oil

Place all ingredients in food processor except oil and process until chopped fine. With the machine running, slowly add oil through the feed tube. Continue to process until smooth.

### **Herb Vinaigrette**

1/3 c. fresh lemon juice

½ tsp. dried basil

1 tsp. dried oregano

½ tsp. dry mustard (optional)

½ c. fresh Italian parsley, minced

1 c. olive oil

1 garlic clove, peeled and minced

Combine all ingredients in a jar and shake.

### **Italian Dressing**

½ c. olive oil

¼ c. fresh lemon juice

1-2 garlic cloves, peeled

1 tsp. whole grain mustard seed (optional)

½ c. water

1 green onion, chopped

Dash Cayenne

Place all ingredients in a blender and blend until smooth. Remove from blender and add 2 tsp. Italian seasoning or 1 tsp. oregano and tsp. basil. Mix well.

### **Lemon Olive Oil Dressing**

½ c. fresh lemon juice

¾ c. olive oil

2 large cloves garlic, crushed Fresh  
ground black pepper to taste

Shake all ingredients in a bottle.

## SNACKS

### Spicy & Crunchy Garbanzos

1 can garbanzo beans  
1 T. olive oil  
1 tsp. cumin  
½ tsp. cayenne pepper.

Preheat oven to 450 degrees. Drain garbanzo beans well and lay them on a paper towel to dry further. Spread them onto a foil-lined baking sheet and roast for 25 minutes, shaking the sheet pan half way through. You may here a few "pops" from some of them bursting. Remove and cool slightly, then drizzle with olive oil and sprinkle with cumin and cayenne pepper. Toss and serve immediately.

### Potato Chips

2 large red or white potatoes  
Salt  
Chili Powder  
Cayenne Pepper

Preheat the oven to 400 degrees. Wash and peel potatoes. Slice them as thin as possible, making sure the slices are the same thickness. Place the potato slices in a bowl and cover with cold water. Change the water twice to rinse out the starch. Drain and lay the slices flat on a kitchen towel. Pat dry. Place slices on a non-stick pan close but not touching. Sprinkle with salt, then chili powder and cayenne, if desired. Bake for 12 minutes, or until potatoes are browned.

### Chapatis

2½ c. whole-wheat pastry flour  
1 tsp. sea salt  
1 c. warm water  
No-stick cooking spray

In the bowl of a food processor fitted with a dough blade, process flour, salt and water until the mixture forms a ball. Turn dough onto a floured work surface and knead for 5 minutes. Transfer to a bowl and cover tightly with plastic wrap. Let dough rest for 30-90 minutes. Preheat oven to 200 degrees F. Divide dough into 8 equal pieces. Roll each piece into a 7-inch circle. Spray a griddle or skillet with cooking spray and set over medium-low heat. Cook a chapati for 1 minute. Turn over and cook 5 minutes on the second side or until chapati bubbles up. Flip back to first side and cook for 5 minutes. Keep the cooked chapatis warm in the oven while you cook the remaining dough. If you prefer a crispy, cracker-like texture, increase oven temperature to 350 degrees and bake cooked chapatis on a pizza stone, if possible, until crispy, about 10 minutes.

### **Tortilla Chips**

1 pkg. whole wheat tortillas  
Non-stick spray  
Salt

Pre-heat oven to 400 degrees F. Cut each tortilla into 6-8 triangle 'chips'. Spray a baking sheet with non-stick spray. Lay chips on the baking sheet in a single layer. Spray tops with cooking spray and sprinkle with salt. Bake approximately 8-10 minutes or until brown and crispy.

### **Toasted Nut Snack**

Pre-heat oven to 400 degrees. Place raw walnuts, almonds, cashews or other desired nuts on a baking sheet. Bake for 15 minutes or until slightly browned. Cool completely and mix in a bowl with unsweetened raisins.

### **Roasted Kale Chips**

1 bunch kale  
1 T. olive oil

1 T. vinegar  
Sea salt, to taste

Preheat oven to 300 degrees. Cut away inner ribs from each kale leaf and discard, then tear the kale leaves into same-size pieces (about the size of a small potato chip). Wash torn kale pieces and spin dry in a salad spinner or dry with paper towels until they're very dry. Put kale pieces into a large Ziploc bag. Add half of the 1 T of olive oil, seal bag, and squeeze the bag so the oil gets distributed evenly on the kale pieces. Add the other half tablespoon of oil and squeeze the bag more, until all kale pieces are evenly coated with oil and slightly "massaged." Open the Ziploc bag and sprinkle the 1 T vinegar over the kale leaves, then seal bag and shake to spread the vinegar out over all the leaves. Arrange kale leaves in a single layer on a baking sheet, then roast until they are mostly crisp, about 35 minutes. I checked every 10 minutes or so and turned some pieces over. I also found I didn't mind if there were a few softer parts on some of the kale leaves, I liked the combination of crisp and softer parts. When chips are done to your liking, sprinkle with a generous amount of sea salt and eat immediately.

### **Popcorn**

1/4 c. unpopped popcorn  
1 brown lunch bag

Place corn kernels in lunch bag. Fold at end 2-3 times. Place in microwave on High for 2-3 minutes, until kernels stop popping. More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the unpopped kernels in the bag for the next serving.

### **Other Snack Ideas**

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- Rice cakes with almond butter
- Almonds (unsalted, raw)
- Apples dipped in nut butter

- Sliced fruit
- Trail mix with nuts, raisins, sunflower seeds, dried apricots
- Fruit kabobs
- Frozen fruit including grapes, blueberries, strawberries and bananas



## DIPS

### Texas Caviar Dip

1 can of black eyed peas, drained and rinsed  
1 can of whole kernel corn, drained  
1 can of Rotel Mexican style tomatoes

3-4 ribs of celery, chopped  
Black pepper  
Cayenne to taste

Combine all ingredients in a bowl. Let dip sit for at least an hour to blend. You can also add a can of rinsed, drained black beans if desired.

### Black Bean Salsa

2 (16 oz) cans black beans, rinsed & drained  
1 can whole kernel corn, drained  
2 large tomatoes, chopped  
1 large avocado, chopped  
1 purple onion, chopped

1/4 cup cilantro, chopped  
3-4 T. lime juice  
2 T. olive oil  
1 T. red wine vinegar  
1 t. salt  
1/2 t. pepper

Combine the following & let sit overnight.

### Hummus 1

3 cloves of garlic  
3 scallions  
A handful of parsley  
38 oz chickpeas (garbanzo beans), canned

6 T. tahini  
6 T. lemon juice  
2 tsp. cumin  
Cayenne to taste

Place sliced garlic, chopped parsley and scallions (no greens) into food processor and finely chop. Add chickpeas; tahini; and lemon juice and blend. Add in cumin and cayenne to taste. You can add chopped chili peppers along with a heavy dose of garlic, if desired.

### Hummus 2

3/4 cup dried chickpeas (garbanzos), soaked overnight, or 2 cups (12 oz) canned chickpeas  
1/4 cup (2 fl oz) water

1/4 cup (2 fl oz) fresh lemon juice  
2 T. low-fat silken tofu  
1/2 tsp. chopped fresh garlic  
1/8 tsp. cayenne pepper

If using dried chickpeas, place in saucepan, cover with water and bring to a boil. Simmer, adding more water as needed, until tender, about 1 hour 15 minutes. Drain. If using canned chickpeas, drain and rinse. In a food processor, combine chickpeas, water, lemon juice, tofu, garlic, cayenne and salt. Process until smooth.

### **Edamame Hummus**

2 c. frozen, shelled edamame	1 tsp salt
1 clove garlic	¼ tsp cumin
1/3 c. tahini	6 T. water
3 T. lemon juice	2 T. olive oil

Place edamame in glass bowl. Cover with plastic wrap and microwave on high for 2-3 minutes. Place thawed edamame and garlic in food processor, process until puréed. Add tahini, lemon juice, salt and cumin. Process until smooth. With motor running, drizzle in water and olive oil until absorbed. Serve with chips or veggies.

### **Baba Ghanoush**

1 large eggplant	2 tsp. tahini
2 T. fresh lemon juice	¼ tsp. sea salt
1 clove garlic, minced	

Preheat oven to 450 degrees F. Prick eggplant with a fork and place on a cookie sheet lined with foil. Bake the eggplant until it is soft inside, about 20 minutes. Let the eggplant cool. Cut the eggplant in half lengthwise, drain off the liquid, and scoop the pulp into a food processor. Process the eggplant until smooth and transfer to a medium bowl. Add garlic and salt, then stir in tahini and lemon juice.

### **Layered Taco Dip**

1 can refried beans	3	1 c. shredded lettuce
ripe avocados		Black olives, chopped
2-3 tsp. lemon juice	1	Tomatoes, chopped
tsp. garlic powder		

Peel and mash avocados, add lemon juice and garlic powder. Spread each layer in order as listed in a 9x13 pan: beans, avocados, lettuce, olives and tomatoes. Serve with whole wheat tortillas.

### **Spicy Black Bean Dip**

1 tsp. olive oil	1 ½ tsp. cumin	
1 green bell pepper, chopped	1	½ tsp. salt
red onion, chopped		2 T. cider vinegar
2 15oz cans black beans, rinsed and drained (reserve ¼ c. bean liquid)		½ tsp. hot pepper sauce

Pour the oil into a skillet and place over medium heat. Add the bell pepper and red onion and cook until softened, about 5 minutes. Reserve ½ c. of the black beans and place the remainder,

with the reserve bean liquid, into the skillet. Simmer, covered, over low heat for 10-15 minutes. Place the bean-pepper mixture, cumin, salt, vinegar and hot sauce in a food processor (or blender) and pulse until the mixture is combined but not smooth. Transfer to a serving bowl and stir in the ½ c. reserved beans.

### **Fresh Tomato Salsa**

4 medium vine-ripened tomatoes	1 T. chopped fresh cilantro
½ c. chopped onion	1 T. water
2 T. thinly sliced green onions	1/8 tsp. sea salt Juice
1 T. seeded and minced jalapeño pepper	of 1 lime

Dice tomatoes. In a bowl, combine diced tomatoes, onions, green onions, jalapeños, cilantro, water and salt. Stir well. Squeeze lime juice over the top.

### **Sizzling Salsa**

3 ½ c. chopped tomatoes	1 tsp. salt
1 medium onion, chopped	2 large garlic cloves, minced
½ c. yellow bell pepper, diced	1 T. white vinegar
½ c. green bell pepper, diced	1 c. chopped cilantro
1 jalapeno pepper, minced	

Place all of the ingredients in a bowl. Stir together, cover and let sit at room temperature for 1-2 hours before serving.

### **Pico De Gallo**

2 navel oranges	1/8 tsp. sea salt Juice
1 jícama, peeled and cut into small dice	of 1 lime
½ tsp. crushed red pepper flakes	

With a serrated knife, cut rind and pith from oranges. Cutting between the membranes, remove orange sections. Slice sections into small pieces. In a bowl, mix orange pieces, jícama, red pepper flakes, lime juice and salt. Chill for 15 minutes

## DESSERTS

### Strawberry Pudding

½ c. coconut milk

¾ c. raw almonds, soaked in water overnight, then drained Seeds of 1 vanilla bean

1 pint fresh strawberries, stems removed and frozen overnight

In a blender, mix coconut milk and almonds on high until smooth. Add vanilla bean seeds and strawberries. Blend on high to a pudding like consistency. Serve immediately.

### Lemon Treats

1 c. chopped pitted dates 1

c. raw walnuts

1 c. sesame seeds

1/4 c. lemon juice

2 tsp. freshly grated lemon zest

1/2 c. unsweetened dried coconut flakes

Place dates, walnuts, sesame seeds, lemon juice and zest in a food processor. Pulse and blend until completely mixed. The mixture will be slightly sticky. With dampened hands, roll tablespoons of the mixture into balls. Roll in coconut and chill.

### Apple Raisin Nut Cookies

2 cups chopped apples, unpeeled 1

cup brown rice flour

1 cup cashew halves and pieces

1 cup pecan halves 1

cup raisins

Preheat oven to 350 degrees. Add apples, brown rice flour, cashews, pecans, and raisins to a food processor. Process about 30 seconds for a smooth texture or 15 seconds for a nuttier cookie. Drop by spoonfuls, two inches apart, on an ungreased 11 by 17 baking sheet. Bake 15 minutes. Let cool on a wire rack. You can substitute walnuts or almonds for pecans, and use any whole grain flour in place of the brown rice flour.

### Pecan Pie Larabars

3/4 cup almonds

3/4 cup pecans

1 1/2 teaspoons vanilla

3/4 teaspoon cinnamon

pinch of sea salt

Line an 8×8 baking pan with parchment paper (horizontally and vertically) and then brush with coconut oil. Pour dates into food processor and process until they become paste-like and form a ball in the bowl (if your dates are very dry you can add a tablespoon or two of hot water to

help them break down). Pour dates into a large mixing bowl. Place almonds and pecans in food processor and pulse until coarsely chopped. Pour the nuts over the dates and also add the vanilla, cinnamon, and pinch of salt. Using your hands, mix all ingredients until combined. Press mixture into baking pan, cover (I just used the parchment that was hanging over the sides of the pan) and place in the fridge for about 30 minutes. Remove from fridge and cut into 10 evenly- sized bars.

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