

PHOENIXWAY TO HOLISTIC NATURAL HEALTH

AMAZING HEALTHY, DELICIOUS AND EASY TO PREPARE PLANT BASED RECIPES

(content mostly from the Institute for Integrative Nutrition)

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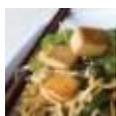
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BEANS

Baby Lima Bean Soup

Prep time:
10 minutes

Prep notes:
Bean Soaking Time: 8 hours

Cooking time:
90 minutes

Yields:
2 people

Ingredients:
1/2 cup dried baby lima beans
1 3-inch piece kombu
1/2 yellow onion
4 cloves garlic
1/2 carrot
1 tablespoon mirin
1 teaspoon tamari
Salt and pepper to taste

Directions:

1. Cover the beans with water and soak for 8 hours.

2. Discard soaking water, rinse beans, and place in a pot with kombu and water and cover by 2 inches.
3. Boil gently for 1 hour.
4. Meanwhile, sauté onion and garlic in olive oil covered for 10 minutes.
5. Add carrots and continue cooking covered for 10 more minutes.
6. Add onion mixture to the beans.
7. Continue cooking beans for 30 more minutes.
8. Add mirin and tamari, plus salt and pepper to taste.

Notes:

- Try adding fresh herbs near the end of the cooking time, such as thyme or parsley.

Basic Aduki Beans

Prep time:
10 minutes

Prep notes:

Cooking time:
70 minutes

Yields:
4 people

Ingredients:
1 cup aduki beans
5-inch piece kombu
4 cups water
2 bay leaves
1 teaspoon sea salt

Directions:

1. Wash beans.
2. Place kombu and aduki beans in a pot.
3. Cover with water at 2 inches above the level of the beans.
4. Bring water to boil.
5. Add bay leaves.
6. Cover and simmer for 1 hour.
7. Check periodically, adding extra water if necessary so beans do not dry out or stick to pot.
8. Allow beans to cook until they are soft enough for your taste. Add salt.
9. Drain excess water if necessary.

Notes:

- To check for softness, take a couple of beans out from your pot and squeeze them between your thumb and pointer finger. If beans press easily, they are finished. If they feel hard in the middle, they need more time.

Basic Chickpeas in a Pressure Cooker

Prep time:
5 minutes

Prep notes:

Cooking time:
60 minutes

Yields:
4 people

Ingredients:
1 cup chickpeas
2 cups water
5-inch piece kombu
Pinch of sea salt

Directions:

1. Wash beans.
2. Place them in pressure cooker with water and kombu and cover.
3. Bring to pressure.
4. Reduce heat and cook for 1 hour.

Notes:

- You can make delicious salads by adding chopped vegetables, sea vegetables (hijiki, arame), onions, scallion, fresh rosemary, sage and a little olive oil.

Black Bean Blast

Prep time:
5 minutes

Prep notes:

Cooking time:
60 minutes

Yields:
4 people

Ingredients:
4 cups black beans, cooked
2 tablespoons cinnamon
2 teaspoons cumin
1 onion, diced
2-3 cloves garlic, minced
1 tablespoon olive oil
1 bell pepper, chopped
1 teaspoon salt
Pinch of cayenne

1 lime
1/2 cup cilantro, chopped

Directions:

1. Wash and soak 2 cups of dried beans the night before. Rinse off soaking water, place into pot with 3 1/2 cups of water and bring to a boil. Add cinnamon and cumin.
2. Cover and cook for 1 hour.
3. If you use canned black beans, empty into pot, mix with cinnamon and cumin, keeping about 1 cup of liquid from the can. Cover and cook on medium for about 10 minutes.
4. In a pan, sauté onions and garlic with oil.
5. Mix beans with sautéed onions, raw peppers, a pinch of cayenne and salt.
6. Garnish with cilantro and a wedge of lime.

Black-Eyed Pea Salad

Prep time:
10 minutes

Prep notes:
Bean Soaking Time: 4-8 hours

Cooking time:
40 minutes

Yields:
6 people

Ingredients:
1 cup black-eyed peas
3 cups water
1 tablespoon whole grain mustard
Juice of 1 lime
1 tablespoon apple cider vinegar
1/2 teaspoon sea salt or more to taste
1/4 cup olive oil
1/4 cup sun-dried tomatoes
1/2 bunch parsley

Directions:

1. Rinse and drain beans.
2. Add beans and water into a pressure cooker and bring to pressure. Cook for 30 minutes.
3. If cooking in a pot, bring to a boil, lower to a simmer, and cook until soft for about 1 hour.
4. Drain beans.
5. The dressing: whisk together mustard, lime juice, vinegar, salt and oil in a bowl.

6. In a large bowl combine beans, sun-dried tomatoes and parsley.
7. Pour dressing over salad and mix well.

Kitchari

Prep time:
10 minutes

Prep notes:
Bean Soaking Time: 2 hours

Cooking time:
60 minutes

Yields:
6 people

Ingredients:
1/2 cup mung beans
8 cups water, divided
2 tablespoons ghee or olive oil
1 teaspoon mustard seeds
1 teaspoon cumin seeds
1 cup cooked basmati rice
1/2 teaspoon turmeric powder
1/2 teaspoon sea salt

Directions:

1. Soak the beans in a bowl with water for 2 hours, then drain and rinse.
2. Cook the beans in 4 cups of water for 30 minutes and drain excess liquid.
3. Heat the ghee or oil in a deep pan over medium heat.
4. Add mustard and cumin seeds and stir until they pop, about 2 minutes.
5. Add the rice, beans, turmeric and salt and stir.
6. Add the water, and bring to a boil. Reduce heat, cover most of the way, and simmer 25 minutes, until rice and beans are cooked.

Notes:

Kitchari, a combination of rice and mung beans, is used in Ayurveda for cleansing the system.

- Add any vegetables you like to the pot while the rice and beans are cooking.

Lentil Burgers

Prep time:
10 minutes

Prep notes:

Cooking time:
60 minutes

Yields:
8 people

Ingredients:

3 cups water
2 cups lentils
1 medium onion, chopped
1 tablespoon olive oil
2 cloves garlic, minced
1/2 cup fresh cilantro, finely chopped
2 tablespoons tamari soy sauce
1 tablespoon umeboshi vinegar

Directions:

1. Boil water.
2. Add lentils, reduce heat to simmer and cook uncovered for 40 minutes until lentils become soft and lose their shape.
3. While lentils are cooking, sauté onion and garlic in olive oil for 10 minutes.
4. Add garlic and continue sautéing another 5 minutes.
5. Remove from heat and set aside with remaining ingredients.
6. Preheat the oven to 400 degrees.
7. When the lentils are finished, transfer to large mixing bowl and cool in freezer for 10 minutes. Remove from freezer and add all other ingredients and mix well.
8. Form into patties, 4 inches in diameter and 3/4-inch thick.
9. Place patties on a lightly oiled cookie sheet and cook 10-15 minutes in the oven.

Lentil Salad

Prep time:
5 minutes

Prep notes:

Cooking time:
15 minutes

Yields:
8 people

Ingredients:

2 cups black or green lentils
1/2 cup fresh parsley, finely chopped
2 sprigs thyme, finely chopped
1 bay leaf

Dressing

3 shallots peeled and thickly sliced
1/4 cup Dijon mustard
1/4 cup red wine vinegar

2 tablespoons extra virgin olive oil
Salt and pepper to taste

Directions:

1. Put the lentils in a large pot and cover with water to an inch above beans.
2. Add parsley, thyme and bay leaf. Bring to a boil.
3. Reduce the heat to medium-low and simmer 15 minutes until lentils are tender, not mushy.
4. While the lentils are simmering, combine the ingredients for dressing and whisk briskly.
5. Drain water.
6. Add dressing to lentils and serve warm.

Lentil Walnut Scones

Prep time:
10 minutes

Prep notes:

Cooking time:
40 minutes

Yields:
6 people

Ingredients:

1/2 onion, diced finely
1 carrot, grated
1/2 teaspoons sage or thyme
1 teaspoon sea salt
1 teaspoon olive oil
2 cups lentils, cooked
1 cup millet, cooked
1/2 cup rice, soy, or wheat flour
1 egg
1/2 cup walnuts, chopped

Directions:

1. Sauté onions, carrots and spices in oil until soft.
2. Preheat oven to 375 degrees.
3. Put lentils, millet and flour into a food processor or blender and mix for 10-20 seconds.
4. If mixture is too dry add water.
5. Add walnuts and egg, blending for another 10-20 seconds and mix well but not pureeing.

6. Add onion and carrot mixture, blend for 10 seconds. Remove mixture from the blender and put into a bowl. The consistency should be thinner than cookie dough. If too dry, add a little water and if too wet, add a little flour.
7. On a lightly oiled baking sheet, spoon out medium, scone-sized portions.
8. Serve warm from the oven.

Notes:

- Scones will keep for 1-2 days in the fridge.

Mexican Style Pinto Beans

Prep time:
5 minutes

Prep notes:
Bean Soaking Time: 2-4 hours

Cooking time:
60 minutes

Yields:
4 people

Ingredients:
1 cup dried pinto beans
4 cups water
3 cloves garlic, minced
1 jalapeno pepper, minced
1/2 teaspoon cumin
1/2 teaspoon chili powder
Juice of one lime
Salt to taste

Directions:

1. Soak the beans and then place in a pot and cover with water. Bring to a boil for 3 minutes. Turn off heat, cover pot and let sit for 2-4 hours.
2. Drain and rinse beans.
3. Add to a large pot with 4 cups fresh water and bring to a boil.
4. Add garlic and jalapeno and cook for 1 hour or until beans are soft.
5. Add cumin, chili, lime and salt to taste.

Red Lentil Soup

Prep time:
10 minutes

Prep notes:

Cooking time:
30 minutes

Yields:

4 people

Ingredients:

1 tablespoon olive oil

1/2 small onion, diced

1/2 teaspoon cumin powder

1 carrot, rustic cut

1 burdock root, rustic cut

1 cup red lentils

4-5 cups water or stock

A few splashes umeboshi vinegar

Directions:

Heat oil in a deep pot.

1. Add onion and sauté for 3 minutes.
2. Add cumin and cook, stirring for 30 seconds.
3. Add carrot and burdock and sauté for 3 minutes.
4. Add lentils and water or stock and cook 20 minutes until lentils and roots are soft.
5. Add a few splashes of umeboshi vinegar, stir and taste.

Sweet Channa Dal

Prep time:

10 minutes

Prep notes:

Bean Soaking Time: 1 hour

Cooking time:

60 minutes

Yields:

4 people

Ingredients:

1 cup channa dal (small, split chickpeas)

6 cups water

1 tablespoon ghee or olive oil

1/2 tablespoon cumin seeds

1 teaspoon grated ginger

2 tomatoes cut into wedges

4 tablespoons dry coconut flakes

1 tablespoon maple syrup

1 teaspoon salt

Directions:

1. Bring water and dal to boil.
2. Lower heat to simmer and cook 45 minutes.

3. Skim foam off the top as you notice it forming.
4. Heat olive oil or ghee in a frying pan.
5. Add cumin seeds and grated ginger and cook 3 minutes and add to dal.
6. Stir and continue cooking until beans are thoroughly cooked, about 10 more minutes.
7. Remove dal from pot and add tomatoes, coconut flakes, syrup and salt.
8. Mix well and serve.

Notes:

Channa is a variety of chickpea that is small and split in half. Channa dal is a common dish in India, typically made as a thick soup and served with chapattis, which are flat breads, rice and other vegetable dishes. This recipe is one example of the many ways to make channa dal.

- Look for organic channa in the bulk section of your health food store, or in a specialty Indian market. If you can't find it, substitute with yellow split peas.

Vegetarian Chili

Prep time:
15 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
8 people

Ingredients:

1 tablespoon olive oil
 1 medium onion, chopped
 3 cloves garlic, minced
 2 tomatoes, diced, (or one can organic diced tomatoes)
 1 carrot, cut into quarter moons
 1 tablespoon chili powder
 1 teaspoon ground cumin
 3 cups cooked or canned red, black or kidney beans
 1 cup water
 2 tablespoons organic tomato paste
 1 teaspoon sea salt

Directions:

1. Heat oil in a large heavy pan and sauté onions and garlic for 3 minutes.
2. Add tomatoes, carrots, chili powder and cumin and sauté for 5 minutes.
3. Slowly add beans, water, tomato paste and salt.
4. Cook on low to medium heat for 20 minutes.

Notes:

- Add as many veggies as you like such as bell peppers, zucchini and corn kernels.

Vegetarian Feijoada

Prep time:

10 minutes

Prep notes:

Bean Soaking Time: 2-4 hours

Cooking time:

60 minutes

Yields:

4 people

Ingredients:

1 cup dried black beans (or 2 cans)

6 cups water

2 tablespoons coconut oil

1 1/2 teaspoons ground cumin

1 large onion, diced

1 red bell pepper, diced

4 cloves garlic, minced

1 tablespoon brown rice vinegar

1 tablespoon fresh thyme

Salt and pepper

Directions:

1. Quick soak the beans by boiling for 3 minutes in water. Remove from heat and let sit for 2-4 hours. Drain and rinse beans.
2. Add beans and fresh water to a pot. Bring to a boil, reduce to simmer and cook for 1 hour.
3. When beans are cooked, drain, reserving 1 1/4 cups of cooking liquid.
4. Heat oil in a sauté pan and add cumin, onion, pepper and garlic and cook for 10 minutes.
5. In a large pot add beans, reserved cooking liquid, sautéed veggies, vinegar, thyme, and salt and pepper to taste.
6. Stir everything together and cook until all ingredients are heated thoroughly.

Notes:

Feijoada is the national Brazilian dish, traditionally a hearty black bean and meat stew. This vegetarian version is also hearty and delicious and goes well with brown rice and garlicky greens.

- For a spicy Brazilian kick, add 1/2 teaspoon of chipotle powder.
- Drain and finely chop sun dried tomatoes, mince parsley, and toss both into the salad.

Warm Lentil Salad Speckled w/ Kale and Pomegranate Seed

Prep time:

15 minutes

Prep notes:

Cooking time:

30 minutes

Yields:

5 people

Ingredients:

1 tbsp extra virgin olive oil

1 ¼ cup small green lentils (8 oz.), rinsed

½ onion, diced

1 carrot, diced

3 cloves of garlic, diced

1 sprig of thyme

1 sprig of parsley

1 bay leaf

2 shallots, minced

4 tablespoons of sherry vinegar

4 tablespoons of extra virgin olive oil

1 pomegranate, seeded 6-8 dinosaur kale leaves, sliced into thin ribbons (as thin as possible!)

1 small bunch of chives or a couple of scallions, thinly sliced

Salt and pepper to taste

Directions:

1. Lightly coat the bottom of a medium sauce pan with extra virgin olive oil and heat over medium high flame.

2. Add onion, carrot, garlic, and sauté about 3 minutes or until fragrant.

3. Add lentils, herbs and a fat pinch of salt and cover with water. Simmer about 25 minutes or until lentils are done. Discard the herbs and drain any excess water if there is any.

4. In a separate bowl, combine shallots, vinegar, and oil and season with salt and pepper. Whisk all ingredients together and then pour the dressing over the warm lentils.

5. Stir in kale ribbons and pomegranate seeds.

6. Dress the warm lentils and taste for seasoning.

7. Serve at room temperature and garnish with chives!



BREAKFASTS

Almond Pancakes

Prep time:

10 minutes

Prep notes:

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

1 egg

1 1/2 cups almond, rice or soy milk

1/4 cup canola oil

1 3/4 cups oat or whole wheat pastry flour

1/2 cup almonds, finely chopped

1 tablespoon non-aluminum baking powder

1/2 teaspoon sea salt

Directions:

1. Mix egg, milk and oil in a medium-size bowl.
2. Mix flour, almonds, baking powder and salt into a small bowl.
3. Combine dry ingredients into the wet ingredients.
4. Mix until dry ingredients are moistened.
5. Using a 1/4 - 1/2 cup measuring cup drop pancakes onto a lightly oiled skillet and cook until golden brown on both sides.
6. Serve warm with maple syrup or honey.

Notes:

- Try 1/2 cup of shredded coconut and/or 1/4 cup malt-sweetened chocolate chips instead of almonds.
- Try a little lemon zest, the juice of one lemon (add a little less milk) and 1/2 cup poppy seeds for lemon poppy seed pancakes.

Amaranth and Polenta Porridge**Prep time:**

5 minutes

Prep notes:**Cooking time:**

40 minutes

Yields:

4 people

Ingredients:

3 cups water 1/2 teaspoon sea salt 1/2 cup polenta

1/2 cup amaranth

1/2 cup dried cranberries

1/2 cup pine nuts

1-2 tablespoons honey

1/4 cup milk (or non-dairy milk)

Directions:

1. Bring water with salt to a boil.
2. Add polenta and amaranth.
3. Reduce heat and simmer, cover for about 30 minutes. Stir occasionally.
4. After 20 minutes, add in cranberries and stir.
5. When porridge is soft and creamy remove from heat.
6. Add pine nuts, honey, milk and enjoy!

Breakfast Casserole**Prep time:**

10 minutes

Prep notes:**Cooking time:**

45 minutes

Yields:

6 people

Ingredients:

1 tablespoon coconut oil

6 slices of bread

2 cups of washed spinach (packed tight)

5 eggs, beaten well

1/2 block silken tofu

1 teaspoon salt

Directions:

Prepare the night before:

1. Melt the coconut oil in a 9x13" baking dish.
2. Tear bread in pieces and toss with melted oil.
3. Sprinkle spinach over bread.
4. In a large bowl beat the eggs and combine with silken tofu and salt.
5. Pour mixture over bread and spinach.
6. Cover and place in fridge overnight.

In the morning:

1. Preheat oven to 350 degrees.
2. Uncover the casserole and place in oven for 45 minutes.
3. Slice into pieces and serve.

Notes:

- Pop the casserole in the oven the first thing when you wake up so you have a great breakfast ready after your shower and get dressed for the day!
- The casserole keeps in the fridge for a few days.
- Try adding your favorite dried or fresh herbs into the egg mixture.
- Try sprouted wheat bread.

- Check what veggies you have to use up, chop them up and add to the mixture instead of spinach.

Easy Homemade Granola

Prep time:
5 minutes

Prep notes:

Cooking time:
15 minutes

Yields:
3 people

Ingredients:
2 cups rolled oats
1/2 cup slivered almonds
1/2 cup dried shredded coconut
1/4 cup crystallized ginger
1/4 cup coconut oil
1/4 cup maple syrup

Directions:

1. Preheat oven to 350 degrees.
2. Combine all ingredients into a large bowl.
3. Spread mixture in a thin layer on a cookie sheet.
4. Bake for 5 minutes and then stir with a spatula.
5. Bake another 5 minutes and then stir again.
6. Keep baking for about 15 minutes total until golden brown all over.
7. Eat immediately or cool for about 10 minutes prior to serving.

Notes:

- Double this recipe and store it in an airtight container in the pantry. Enjoy it with nut milk or organic yogurt all week.

Japanese Style Breakfast

Prep time:
5 minutes

Prep notes:

Cooking time:
10 minutes

Yields:
1 people

Ingredients:

4 bok choy leaves
1 teaspoon toasted sesame oil
1 tablespoon brown rice vinegar
1 tablespoon tamari
1/2 cup cooked brown rice
Sesame seeds (optional)

Directions:

1. Wash bok choy and chop into bite-size pieces.
2. Heat sesame oil in a sauté pan.
3. Add bok choy and stir fry for one minute.
4. Add vinegar, tamari and brown rice.
5. Stir gently and continue cooking for about 3 minutes, until everything is warm.
6. Transfer to a bowl to eat.
7. Garnish with sesame seeds if desired.

Notes:

- For extra protein add 4 ounces of stir fried tofu.

Morning Kasha

Prep time:
5 minutes

Prep notes:

Cooking time:
2 minutes

Yields:
1 people

Ingredients:
1 cup cooked kasha
1 apple, diced
2 tablespoons almond or cashew butter
2 tablespoons water (use more if needed)
1 teaspoon cinnamon
Maple syrup

Directions:

1. Place kasha in a steamer over boiling water. Steam until warm.
2. Combine warm kasha and apple in a breakfast bowl.
3. In a separate bowl mix nut butter with 2 tablespoons of water.
4. Blend with fork until creamy like a sauce. If needed add a bit more water. Mixture should not be too runny.
5. Pour peanut sauce over kasha and apples and mix well.
6. Sprinkle with cinnamon and drizzle with maple syrup.

Notes:

- Make kasha for dinner instead and use the leftovers for breakfast.
- Kasha keeps well with a splash of olive oil in the fridge for 3-4 days.

Morning Veggie Sausage and Kale

Prep time:

5 minutes

Prep notes:

Cooking time:

10 minutes

Yields:

2 people

Ingredients:

2 teaspoons olive oil

1/2 small yellow onion, sliced into half moons (long, thin slivers)

2 precooked vegetarian sausages, sliced into 1/2" rounds

1/2 bunch kale, chopped into 1" pieces

1 tablespoon balsamic vinegar

Directions:

1. Heat oil in frying pan.
2. Sauté onions for 5 minutes.
3. Add sausage and kale.
4. Cook for 5 minutes or until sausage is hot and kale becomes soft.
5. Remove from heat, sprinkle with balsamic vinegar and serve.

Muesli

Prep time:

5 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

3 people

Ingredients:

1 cup rolled oats

2 cups almond or soy milk

5 to 6 dates, chopped

1/2 cup sunflower seeds

Directions:

1. Soak all ingredients overnight covered and it will be done by the morning without cooking!

Notes:

- Add shredded coconut, raisins or brown rice syrup before eating.

Oatmeal Pancakes or Waffles

Prep time:

10 minutes

Prep notes:

Cooking time:

10 minutes

Yields:

2 people

Ingredients:

2 cups rolled oats

2 cups water

1 banana

2 tablespoons maple syrup

1/4 teaspoon sea salt

1 teaspoon vanilla extract

2 teaspoons oil

Directions:

1. Place all ingredients, except oil, in a blender and blend until smooth.
2. Let stand a few minutes until batter thickens.
3. If batter is too thick to pour easily, add some water.
4. Heat oil in frying pan or skillet.
5. Pour batter, by 1/4 - 1/2 cup, into pan and cook for 2-3 minutes on each side.
6. For waffles: Pour into a heated waffle iron and cook for 10 minutes.

Notes:

- Try adding chopped walnuts to the pancake batter.
- Top with simple fruit syrup made by heating apple juice to almost boiling and stirring in kudzu root to thicken.

Rice Porridge with Apples

Prep time:

5 minutes

Prep notes:

Cooking time:

15 minutes

Yields:
3 people

Ingredients:
2 cups leftover brown rice 1/4 cup water, rice milk or coconut water
1 tablespoon maple syrup
1 teaspoon ground cinnamon
Pinch of sea salt
1 apple, peeled and diced

Directions:

1. Add rice, liquid, maple syrup, cinnamon and salt to a pan and cook over medium-low heat.
2. Add apple and mix well.
3. Bring mixture to a boil, then reduce heat to low and simmer.
4. Continue cooking for about 10 minutes or until the apple is soft.
5. Enjoy hot.

Tofu-Avocado Omelet

Prep time:
5 minutes

Prep notes:

Cooking time:
10 minutes

Yields:
1 people

Ingredients:
2 eggs
1 tablespoon olive oil
1/2 small onion, thinly sliced
Sliced firm tofu, 3-4oz
1/4 avocado, diced
Salt and pepper to taste

Directions:

1. Beat eggs in a small bowl.
2. Heat oil in a frying pan.
3. Add onion and sauté for 5 minutes.
4. Add eggs, turn heat to low and cook for 3-5 minutes until eggs are mostly cooked.
5. Distribute tofu and avocado evenly across the eggs.
6. Use a spatula to fold the omelet in half and cook 30 seconds on each side.

Scrambled Eggs and Greens

Prep time:
10 minutes

Prep notes:

Cooking time:
12 minutes

Yields:
1 people

Ingredients:
2 eggs
1 tablespoon olive oil
1 leek, chopped into small pieces
1 clove garlic, minced
1 carrot, diced
1 cup chopped spinach, dandelion, watercress or chard

Directions:

1. Beat the eggs in a small bowl.
2. Heat the oil in a frying pan.
3. Sauté leek for 3 minutes.
4. Add garlic and sauté for one minute.
5. Add carrots, cover and cook 5 minutes on low heat until carrots are softened.
6. Remove vegetables and put on a plate.
7. Add a little oil to the pan if it's dry, add the eggs and cook over medium heat for 3 minutes until eggs are mostly cooked.
8. Add greens and other vegetables back into pan.
9. Stir all ingredients together until eggs are completely cooked.
10. Add salt and pepper to taste and serve.

Tofu Scramble

Prep time:
5 minutes

Prep notes:

Cooking time:
20 minutes

Yields:
2 people

Ingredients:
1 block firm tofu
2 to 3 teaspoon olive oil

1/2 teaspoon tamari soy sauce
1/8 teaspoon turmeric
1 red onion, chopped
1/2 red bell pepper, chopped
1/8 teaspoon paprika
1 tablespoon umeboshi vinegar
Dash of black pepper

Directions:

1. Press tofu to remove excess water and crumble into small pieces.
2. Heat oil in a frying pan.
3. Add tofu, tamari and turmeric.
4. Sauté for 5 minutes.
5. Add onion, red pepper, paprika, umeboshi vinegar and black pepper.
6. Cook for 5 more minutes or until mixture thoroughly heated.

Notes:

- Garnish with alfalfa sprouts or fresh parsley.

Warm Gingery Oatmeal

Prep time:
5 minutes

Prep notes:

Cooking time:
15 minutes

Yields:
3 people

Ingredients:
2 cups water
1 cup rolled oats
1/4 cup raisins
1/4 cup goji berries
2 teaspoons grated ginger
Pinch of salt
1/4 cup sunflower seeds
1 tablespoon agave nectar

Directions:

1. Bring water to boil.
2. Add oats, raisins, goji berries, ginger and a pinch of salt.
3. Reduce heat to low.
4. Cook until water is absorbed and oats become creamy (about 7 minutes).
5. Remove from heat and add sunflower seeds and agave nectar.

Notes:

- To make oatmeal creamier try using rice, soy or nut milk instead of water.



DESSERTS

Almond Cherry Chocolate Pudding

Prep time:
5 minutes

Prep notes:

Cooking time:
5 minutes

Yields:
4 people

Ingredients:
2 cups chocolate amazake
1 teaspoons vanilla extract
1 tablespoon kuzu root mixed with 1/4 cup water
1/4 cup chopped almonds, toasted
16 cherries, seeded and chopped

Directions:

1. Heat the amazake to just under boiling.
2. Lower the heat, add vanilla, and stir in kuzu root. The amazake should thicken to the consistency of pudding.
3. Pour the amazake into 4 pudding cups or small bowls.
4. Sprinkle chopped nuts and cherries on top of each cup.
5. Chill in the fridge for at least 30 minutes before serving.

Baked Bananas

Prep time:
5 minutes

Prep notes:

Cooking time:
15 minutes

Yields:
4 people

Ingredients:
4 firm bananas
1 teaspoon olive oil
1-inch piece grated fresh ginger
1 tablespoon cinnamon

1/2 tablespoon nutmeg

1/2 cup raisins

Directions:

1. Preheat oven to 375 degrees.
2. Peel and cut bananas in half, lengthwise.
3. Oil a baking pan and arrange bananas.
4. Sprinkle with cinnamon, nutmeg and raisins.
5. Cover and bake for 10 to 15 minutes.

Notes:

- Wonderful with chocolate sauce.

Chocolate Covered Pomegranate

Prep time:

10 minutes

Prep notes:

Cooking time:

60 minutes

Yields:

8 people

Ingredients:

2 pomegranates (seeds only)

1 10 oz bag of high quality organic dark chocolate

Directions:

1. Melt chocolate on stove.
2. Mix in pomegranate seeds until fully covered in chocolate.
3. Spoon out in droppings onto a parchment lined baking sheet.
4. Place in the refrigerator for at least 1 hour.

Coconut Date Cookies

Prep time:

5 minutes

Prep notes:

Cooking time:

20 minutes

Yields:

15 people

Ingredients:

6-7 dried pitted dates
1 cup rolled oats
2 cups whole wheat flour
1/2 cup shredded coconut
1/2 tablespoon cinnamon
1/4 tablespoon nutmeg
1/2 cup olive oil
1/2 cup maple syrup

Directions:

1. Soak dates in 1 cup of water for 30 minutes.
2. Preheat oven to 375 degrees.
3. Combine oats, flour, coconut, cinnamon and nutmeg in a bowl.
4. Add oil and syrup and mix until all ingredients are moist.
5. Form little balls and place on a lightly greased cookie sheet.
6. Press cookies lightly so they do not roll off cookie sheet.
7. Bake for 10 minutes.
8. Take out cookie sheet and flip cookies.
9. Bake an additional 10 minutes.

Creamy Fruit Pudding

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
4 people

Ingredients:
1 8-ounce package of soft tofu, drained
3 cups fresh or frozen and thawed mixed berries, divided
4 tablespoons orange juice concentrate
4 teaspoons honey
Mint leaves for garnish

Directions:

1. Drain the tofu by pressing it between paper towels.
2. Mix the tofu, half of the berries, orange juice concentrate and honey in a blender.
3. Divide the remaining berries amongst 4 dessert bowls and drizzle tofu mixture over fruit.
4. Decorate with mint leaves.

Delicious and Easy Thumbprint Cookies

Prep time:
10 minutes

Prep notes:

Cooking time:
15 minutes

Yields:
10 people

Ingredients:
1 cup rolled oats
1 cup almonds
1 cup spelt flour
1/2 cup corn or safflower oil
1/4 cup maple syrup
1/4 cup brown rice syrup
Fruit-sweetened jam of your choice

Directions:

1. Preheat oven to 350 degrees.
2. Combine oats and almonds in a blender or food processor and blend until they have the consistency of flour.
3. Add to a large bowl with spelt flour.
4. In a small bowl mix together the oil, maple and brown rice syrup.
5. Combine wet and dry ingredients and mix well.
6. Make 1-inch balls with your hands and press flat onto a cookie sheet.
7. Make an indentation with your thumb into the center of each cookie.
8. Fill each cookie with a teaspoon of jam.
9. Bake at 350 for 15 minutes.
10. Cool and enjoy!

Heavenly Macaroons

Prep time:
10 minutes

Prep notes:

Cooking time:
20 minutes

Yields:
12 people

Ingredients:

2 1/2 cups shredded coconut
 1/2 cup whole wheat, spelt or alternative pastry flour
 1/4 teaspoons sea salt
 1/4 cup brown rice syrup
 1/4 cup maple syrup or honey
 1 teaspoons almond extract
 1/3-1/2 cup water

Directions:

1. Line baking sheet with parchment paper or brush lightly with oil.
2. In a large bowl combine coconut, flour and sea salt.
3. In a small bowl, add the syrups, almond extract, water and mix.
4. Combine wet ingredients to dry ingredients and mix well.
5. With moist hands, form mixture into balls and place on baking sheet.
6. Bake for 20 minutes, until golden on top.
7. To bake evenly, rotate baking sheet after 10 minutes.

Mango Blueberry Sorbet

Prep time:
 5 minutes

Prep notes:

Cooking time:
 0 minutes

Yields:
 6 people

Ingredients:
 1 bag frozen mango
 1 bag frozen blueberries
 1 tablespoon agave syrup or honey
 1/4 cup apple juice

Directions:

1. Put all ingredients into a blender or Vita-Mix.
2. Blend until creamy, about one minute. You may have to scrape down the sides of the machine a few times if using a regular blender.
3. Serve immediately.
4. Place the rest in a Tupperware in the freezer to enjoy later.

Mango Cream

Prep time:
 10 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

4 people

Ingredients:

1 mango, peeled and diced

1/4 cup orange juice

1 tablespoon lemon juice

1 tablespoon agave nectar

1 cup whipping cream

Directions:

1. Process first 4 ingredients in a blender.
2. Blend for 1 minute, or until pureed.
3. Pour puree into a small bowl and stir in agave.
4. Beat whipping cream at medium speed with an electric mixer until soft peaks form.
5. Fold whipped cream into mango puree, using a knife to swirl in a marbled effect.

Melon, Avocado and Figs

Prep time:

15 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

4 people

Ingredients:

1/2 your favorite summer melon (cantaloupe, galia, ambrosia, etc.)

1/2 avocado

4 fresh ripe figs

2 tablespoons flax oil

1 tablespoon rice vinegar

1 teaspoon agave syrup

Pinch of salt

1 tablespoon fresh mint, sliced into thin ribbons

Directions:

1. Slice melon and avocado and arrange on a platter.
2. Whisk together the oil, vinegar, agave and salt.

3. Pour sauce evenly over fruit.
4. Garnish with fresh mint.

Notes:

- So delicious at the end of the summer when melons and figs are both available!

Mochi

Prep time:
5 minutes

Prep notes:

Cooking time:
10 minutes

Yields:
4 people

Ingredients:
1 block mochi

Directions:

1. Cut mochi into 2-inch cubes.
2. Place on a lightly oiled skillet.
3. Cover and heat over a low flame until the pieces are puffed and expanded, about 10 minutes.
4. Eat warm.

Nutty Chocolate Crispies

Prep time:
5 minutes

Prep notes:

Cooking time:
5 minutes

Yields:
12 people

Ingredients:
1 cup brown rice syrup
1/2 cup almond butter
1/2 cup barley malt sweetened chocolate chips
3 cups brown rice crispies cereal

Directions:

1. Heat brown rice syrup and almond butter in a large skillet, over low heat until creamy.
2. Stir in the chips until they melt.
3. Remove from the heat and stir in rice crispies.
4. Gently press into a baking dish and allow mixture to set until firm, about 30 minutes.
5. Cut into squares and enjoy.

Plantain Cakes

Prep time:
5 minutes

Prep notes:

Cooking time:
10 minutes

Yields:
4 people

Ingredients:
3 ripened plantains
1/2 teaspoon baking powder
2 tablespoons brown rice syrup
3 tablespoons coconut oil

Directions:

1. Bring a large pan of water to a boil. Cut the ends off the plantains, place in water and cook until soft. Drain.
2. When cool, peel the plantains, mash with fork, mix in baking powder and brown rice syrup.
3. Shape the mixture into small cakes.
4. Heat the coconut oil in a heavy frying pan and fry the cakes on both sides until golden brown.

Raisin Pudding

Prep time:
5 minutes

Prep notes:

Cooking time:
25 minutes

Yields:
4 people

Ingredients:

1 cup raisins 2 cups water
 1 teaspoon cinnamon
 2 tablespoons kuzu

Directions:

1. In a saucepan, cook raisins in 1/2 cup water for 15 minutes.
2. Add cinnamon.
3. When finished cooking, blend in blender and return to saucepan.
4. Dissolve kuzu in 1 1/2 cups water.
5. Combine kuzu with the blended raisins.
6. Cook over medium heat for 5 minutes.
7. Dash with additional cinnamon and serve.

Rice Pudding**Prep time:**

5 minutes

Prep notes:**Cooking time:**

25 minutes

Yields:

6 people

Ingredients:

2 cups leftover, cooked rice
 1-2 cups coconut water*, rice milk or water
 1 cinnamon stick or 1 teaspoon ground cinnamon
 10 cardamom pods or 1/2 teaspoon ground cardamom
 1/2 cup raisins
 1/2 cup shredded coconut
 2 tablespoons raw honey or maple syrup

Directions:

1. Place all ingredients in a pot and bring to boil.
2. Reduce heat and simmer, stirring occasionally.
3. Continue cooking until raisins are plump, coconut is soft and most of the liquid has evaporated.
4. Taste and add more sweetener if necessary.

Notes:

- Coconut water is simply the liquid inside a coconut. You can buy it in the refrigerated drinks section of the health food store. Also, you can often find fresh young coconuts in the health food store or in Asian markets.

Tofu Ice Cream

Prep time:
5 minutes

Prep notes:
Freezing Time: Overnight

Cooking time:
0 minutes

Yields:
6 people

Ingredients:
18 ounces silken tofu, well chilled, divided
3 tablespoons honey
1/4 teaspoons vanilla extract
1/8 teaspoon salt

Directions:

1. Combine 12 ounces tofu, honey, vanilla and salt in a blender and puree for about 1 minute.
2. Transfer to a covered container and place in the freezer overnight.
3. Next day, cut the frozen tofu into small chunks.
4. Puree remaining 6 ounces of tofu that is not frozen in the blender until smooth.
5. While pureeing at high speed, add a few chunks of the frozen tofu at a time into the blender until all has been added and the mixture is smooth and thick.
6. Serve immediately.

Notes:

- Top with chopped raw nuts, carob chips or fresh berries.

Tofu Whipped Cream

Prep time:
5 minutes

Prep notes:

Cooking time:
5 minutes

Yields:
1 people

Ingredients:
1 package silken tofu
3 tablespoons maple syrup
1-2 teaspoons vanilla extract
1-2 tablespoons almond or cashew butter

Directions:

1. Blend all ingredients into a blender or food processor until smooth.
2. Place in fridge to chill.

Tropical Breeze

Prep time:

10 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

4 people

Ingredients:

1/2 pineapple

1 cup plain yogurt

1/4 cup dried coconut flakes

Directions:

1. Cut pineapple into bite-size chunks.
2. Add all ingredients into a bowl, mix and serve!

Walnut cake with Carob Frosting

Prep time:

20 minutes

Prep notes:

Cooking time:

60 minutes

Yields:

8 people

Ingredients:

For cake:

2 cups whole wheat pastry flour or spelt flour

1 cup unbleached white flour

1 tablespoon non-aluminum baking powder

1/4 teaspoon sea salt

1 1/2 cups roasted chopped walnuts

2/3 cup maple syrup

1/2 cup unrefined corn oil

1/4 cup tahini

4 ounces tofu
 2/3 cup apple juice, water, rice or soy milk

For frosting:

1 package firm “Mori-Nu” tofu or 10 ounces silken tofu
 1/2 cup maple syrup or barley malt
 1/2 cup roasted carob powder
 1/2 cup almond or hazelnut extract

Directions:

1. Sift flour into a large bowl.
2. Add baking powder and salt.
3. Add 1 cup nuts (reserve the rest for decorating).
4. Combine syrup, oil, tahini, tofu and juice into a blender.
5. Gradually combine the liquid ingredients into dry until they are mixed well.
6. Transfer into a well-greased 9-inch cake pan.
7. Bake at 350 degrees for 45-50 minutes or until a cake tester comes out clean.
8. Let the cake cool before frosting it.

Frosting

1. Combine all ingredients into a blender and puree until smooth.
2. Cut the cooled cake in half horizontally.
3. Spread one third of the frosting, raspberry or apricot jam, over the bottom half.
4. Decorate with some chopped walnuts.

Yogurt Crunch

Prep time:
 5 minutes

Prep notes:

Cooking time:
 0 minutes

Yields:
 4 people

Ingredients:
 6 cups vanilla yogurt
 2 cups granola
 1/2 pint strawberries, sliced
 1/2 cup chopped nuts: walnuts, pecans or hazelnuts, toasted

Directions:

1. In a bowl add yogurt and nuts.
2. Stir to combine all ingredients.
3. Transfer to individual serving cups.
4. Top with strawberries and serve chilled.



GRAINS

Barley with Toasted Cumin and Mint

Prep time:
5 minutes

Prep notes:

Cooking time:
60 minutes

Yields:
6 people

Ingredients:

1 cup barley
2 cups water
1/2 teaspoon sea salt
1/8 teaspoon turmeric
3/4 teaspoons cumin seeds
1/2 bunch fresh mint, chopped
1/2 small red onion, chopped
2 tablespoons lemons juice
2 tablespoons extra virgin olive oil

Directions:

1. Wash grains. Bring water to boil.
2. Add barley, salt and turmeric.
3. Reduce heat to low and simmer covered for 45 minutes or until grains are cooked and water is absorbed.
4. Fluff with a fork and let sit covered for 10 minutes.
5. Toast the cumin seeds in a dry skillet until they turn golden brown and their aroma comes out, about 3 minutes.
6. Transfer grains to a large bowl, add remaining ingredients and mix gently.

Basic Brown Rice

Prep time:
5 minutes

Prep notes:
Soaking Time: 1-12 hours

Cooking time:
45 minutes

Yields:
4 people

Ingredients:
Pinch of sea salt
2 cups water
1 cup brown rice

Directions:

1. Presoak and rinse rice
2. Add water and salt to a pot and bring to a boil.
3. Add rice. Cover and reduce heat to low.
4. Simmer for 50 minutes if it is short grain, and 35 minutes if it is long grain.
5. When done, pull from heat and let stand covered for 10 minutes.
6. Fluff rice with fork before serving.

Notes:

For extra fluffy rice, heat water to a boil. Then put the rinsed grains in a dry skillet. Cook over medium-low heat, stirring until the grains are dry. Add hot dry rice to boiling water, add salt and continue cooking.

Basic Polenta

Prep time:
2 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
3 people

Ingredients:
3 cups water or stock
1 cup polenta
1/2 teaspoon salt

Directions:

1. Bring water or stock to boil.
2. Add polenta and salt, stirring gently.
3. Reduce heat to low and simmer covered for about 30 minutes, stirring occasionally to keep polenta from sticking to bottom of pot.
4. Polenta is done cooking when the grains are soft to taste and most of the water is absorbed.

Brown Basmati Pilaf

Prep time:

5 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
4 people

Ingredients:

1 cup brown basmati rice
2 cups water
1 teaspoon salt
1/2 cup dried cranberries
1/2 cup walnut pieces
1/2 cup fresh parsley, chopped

Directions:

1. Rinse rice in fine mesh strainer until water runs clear.
2. Boil water in a sauce pan. Add rice and salt. Cover and reduce heat.
3. After 15 minutes add cranberries and walnuts on top, do not stir.
4. Cook 15-20 minutes until all liquid is absorbed.
5. Remove from heat, add parsley and fluff with fork.
6. Cover and let sit for 3-5 minutes then serve.

Buckwheat with Carrot and Arame

Prep time:
5 minutes

Prep notes:

Cooking time:
25 minutes

Yields:
4 people

Ingredients:

1/2 cup arame
1 cup raw buckwheat
1 2/3 cups water
1 large carrot, shredded

Directions:

1. Soak arame and rinse.
2. Dry-toast buckwheat until its nutty and golden brown.
3. Bring water to boil.

4. Slowly add buckwheat and bring back to a boil.
5. Reduce heat and cover. Simmer for 15 minutes.
6. Remove pot from heat and let sit for 5 minutes.
7. Combine all ingredients in a large bowl.

Notes:

- Add toasted sesame oil and sprinkle with fresh scallion.

Chimichurri Quinoa with Aduki Beans

Prep time:
2 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
8 people

Ingredients:

1 cup quinoa
2 1/4 cups water
Pinch of sea salt
3 tablespoons vinegar (red wine or apple cider)
2 tablespoons water
2 cloves garlic
1/2 teaspoons chili flakes
Salt and pepper to taste
1/4 cup extra virgin olive oil
1 cup cooked aduki beans
1 small bunch flat leaf parsley

Directions:

1. Rinse quinoa.
2. Bring water and salt to a boil and add quinoa.
3. Simmer covered for 20 minutes or until grains are fluffy and water is absorbed.
4. Make chimichurri sauce: combine vinegar, water, garlic, chili flakes, salt, pepper and oil in a blender and pulse until well combined.
5. In a big bowl, gently mix together quinoa, chimichurri sauce and aduki beans.
6. Garnish with a few whole parsley leaves.

Coconut Brown Rice

Prep time:
5 minutes

Prep notes:

Cooking time:
55 minutes

Yields:
6 people

Ingredients:
2 cups brown rice
2 1/2 cups water
1 can coconut milk
1/2 teaspoon salt

Directions:

1. Wash and drain rice.
2. Bring water, coconut milk, and salt to a boil.
3. Add rice.
4. Reduce heat to low and cover.
5. Simmer 45 minutes until rice is cooked.

Notes:

- Use leftover rice for creamy and delicious breakfast porridge.

Creamy Millet and Amaranth

Prep time:
5 minutes

Prep notes:

Cooking time:
35 minutes

Yields:
4 people

Ingredients:
1 cup millet
1/2 cup amaranth
3 1/2 cups water
1 teaspoon sea salt

Directions:

1. Wash the millet well.
2. Put all ingredients in a pot and bring to a boil.
3. Turn heat down and simmer until the grain is soft and ready, stirring frequently.

Notes:

- Add a spoon of flaxseed oil on top for a buttery flavor.
- Top with cooked vegetables or greens and any dressing.
- Add a teaspoon of cinnamon and 1/4 cup raisins during cooking for a sweet treat.

Curried Millet

Prep time:
5 minutes

Prep notes:

Cooking time:
20 minutes

Yields:
4 people

Ingredients:
2 cups stock or water
1 cup dry roasted millet
1/2 cup crushed cashews
3 tablespoons pumpkin
1 teaspoon curry powder
1 teaspoon grated ginger
1 teaspoon sea salt

Directions:

1. Boil the stock or water in a pot.
2. Add all ingredients, bring to a boil, reduce heat to low and simmer for 20-25 minutes, until all the liquid is absorbed.
3. Fluff with a fork and serve warm.

Golden Rice

Prep time:
5 minutes

Prep notes:

Cooking time:
50 minutes

Yields:
6 people

Ingredients:
2 cups white basmati rice
4 cups water
1/2 teaspoon turmeric
1/2 teaspoon cumin seeds
1/4 teaspoon sea salt

Directions:

1. Wash and drain rice.

2. Add rice, water, and spices to a pot and mix gently before putting over heat.
3. Bring to all ingredients to a boil, reduce heat and cover.
4. Simmer for 35 minutes.
5. When finished, remove from heat and tenderly fold rice.

Notes:

- In this dish, spices tend to dry out rice, so add 1 teaspoon ghee or 1 tablespoon olive oil as needed.

Gypsies' Singing Rice Salad

Prep time:

10 minutes

Prep notes:

Cooking time:

15 minutes

Yields:

8 people

Ingredients:

1 cup cooked brown basmati rice 1 cup cooked white basmati rice

1 medium red onion, chopped

2 stalks celery, diced

1 cup parsley, chopped

1/2 cup white sesame seeds, toasted

1/2 cup pumpkin seeds, toasted

2 tablespoons olive oil

1/4 teaspoon black pepper

Directions:

1. Put cooked rice in a steaming basket for 10 minutes to re-energize it if it was leftover or prepare rice following the basic rice recipe.
2. Combine all ingredients in a large bowl.
3. Add olive oil and black pepper. Mix well.

Notes:

- Add zest to it by squeezing half a lemon and adding 1/3 cup chopped mint leaves.

Hearty Winter Grain Salad

Prep time:

5 minutes

Prep notes:

Cooking time:

55 minutes

Yields:
6 people

Ingredients:

1 cup kamut or wheat berries (or 1/2 cup of each)
3 cups vegetable or chicken stock
1/2 teaspoon sea salt
1 small yellow onion, diced
1/2 bunch kale, chopped
1/2 boiled yam, diced
1/4 cup chopped walnuts, toasted
2 tablespoons balsamic vinegar
3 tablespoons extra virgin olive oil

Directions:

1. Wash grains.
2. Bring stock to boil and add grains and salt.
3. Reduce heat to low and simmer covered for 45 minutes or until grains are cooked and water is absorbed. Fluff with a fork and let sit covered for 10 minutes.
4. While the grains are cooking, prepare other ingredients.
5. Sauté onion in olive oil until translucent, about 7 minutes.
6. Blanch kale.
7. Transfer grains to a large bowl; add onion, yam, walnuts and kale. Mix well.
8. Add vinegar and olive oil to your taste.

Notes:

- Make this salad your own by tossing in any additions you like such as diced boiled beets, dried cranberries or fresh rosemary.

Millet Mash

Prep time:
5 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
6 people

Ingredients:

1 cup millet
2 1/4 cups water
1/2 teaspoon sea salt
2 cloves garlic, sliced
1 medium head cauliflower, florets only
1 tablespoon umeboshi vinegar

Salt and pepper to taste
Handful of chopped parsley

Directions:

1. Wash grains.
2. Bring water to a boil and add grains, sea salt, and cauliflower and garlic.
3. Reduce heat to low and simmer covered for 20 minutes until grains are cooked and water is absorbed.
4. Turn the heat off and let sit, covered for 5-10 minutes.
5. Add other ingredients and mash with a potato masher or mix in a blender or food processor.
6. Garnish with chopped parsley and serve.

Notes:

- For extra rich and delicious mash, roast garlic cloves in olive oil over low heat while the grains cook.

Millet with Roasted Sunflower Seeds

Prep time:
5 minutes

Prep notes:

Cooking time:
45 minutes

Yields:
4 people

Ingredients:
1 cup millet
1/2 cup sunflower seeds
3 cups water
Pinch of sea salt

Directions:

1. Wash and drain millet.
2. Dry-roast sunflower seeds in a skillet over medium heat until they smell nutty, approximately 4 minutes.
3. Bring water to boil and add millet and seeds.
4. Cover and simmer for 30 minutes.
5. When done, fluff and let sit for 10 minutes. Mix, serve and enjoy.

Notes:

- If millet is too dry for you, add more water when cooking. Or add a tablespoon of olive oil when it is done.

Millet-Carrot-Hijiki-Burdock

Prep time:
5 minutes

Prep notes:

Cooking time:
45 minutes

Yields:
6 people

Ingredients:
2 stalks scallions, sliced
2 tablespoons olive oil, divided
2 carrots, shredded
3-inch piece thinly sliced burdock root
1 cup millet
1/4 cup hijiki, soaked and rinsed
6 cups water
Gomasio to garnish

Directions:

1. In a sauce pan sauté scallion in 1 tablespoon of olive oil.
2. Add carrots and sauté for 4 minutes.
3. Add sliced burdock, millet and hijiki and sauté for about 3 minutes.
4. Add water and bring to a boil. Cover and cook low heat for 30 minutes.
5. Mix and let sit covered for 5 minutes.
6. Add remaining olive oil, sprinkle with gomasio and serve.

Peanut Rice Noodles

Prep time:
5 minutes

Prep notes:

Cooking time:
10 minutes

Yields:
6 people

Ingredients:
1/2 pound rice noodles
1/2 cup chopped peanuts, roasted, skinned
1 cup shredded red cabbage
1 bunch scallions, chopped

Peanut Sauce:

1/4 cup natural peanut butter

1 clove garlic, minced

1/8 cup orange juice

2 teaspoons tamari

Directions:

1. Bring a pot of water to a boil, then turn off the heat and soak the rice noodles for 10 minutes. Drain and allow to cool.
2. In a bowl mix prepare peanut sauce. Combine all ingredients until they are well blended. Add water to get desired consistency.
3. In a large bowl mix the rice noodles with the peanut sauce.
4. Top each serving with peanuts cabbage and scallions.

Notes:

- Try udon or soba noodles in place of rice noodles.

Quinoa and Millet with Hijiki**Prep time:**

2 minutes

Prep notes:**Cooking time:**

30 minutes

Yields:

6 people

Ingredients:

1/2 cup quinoa

1/2 cup millet

1/4 cup dry hijiki

2 1/4 cups water

1 pinch sea salt

Directions:

1. Wash grains and hijiki.
2. Bring water and salt to boil, then add grains and hijiki.
3. Reduce heat to low and simmer covered for 20 minutes, or until grains are cooked and water is absorbed.
4. Remove from heat, mix gently and let sit covered for 10 minutes.

Notes:

- Experiment by pairing different grains together. Try any combination of brown rice, kamut, wheat berries, rye berries etc.

Quinoa Tabouleh

Prep time:
5 minutes

Prep notes:

Cooking time:
35 minutes

Yields:
6 people

Ingredients:

1 cup quinoa 2 1/4 cups water
1 cucumber, diced
1 tomato, diced
1 bunch mint, minced
1/2 bunch parsley, minced
2 tablespoons lemon juice
3 tablespoons extra virgin olive oil
Sea salt to taste

Directions:

1. Wash quinoa.
2. In a pot bring water and salt to a boil and add quinoa.
3. Reduce heat to low and simmer covered for 20 minutes or until grains are fluffy and water is absorbed.
4. Fluff quinoa with a fork; cover and let sit for 10 minutes.
5. Transfer the quinoa into a large bowl and combine all ingredients.
6. Mix gently and add lemon juice, olive oil and salt to your taste.

Quinoa with Garbanzos and Spinach

Prep time:
10 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
8 people

Ingredients:

1 cup quinoa
2 1/4 cups water or stock
Pinch of salt
1 yellow onion, diced
1 tablespoon olive oil
1/2 cup dried cherries

1 pound spinach leaves
1 cup garbanzo beans, cooked or canned
Juice and zest from 2 oranges

Directions:

1. Wash quinoa and toast in a dry pan for a few minutes, until it smells nutty.
2. Boil water and add salt and quinoa. Turn heat to low and simmer, covered for 20 minutes.
3. Heat oil in a skillet and sauté onions for 10 minutes on medium.
4. Add cherries, spinach, garbanzo beans and a pinch of salt. Cover and cook 3-5 minutes until spinach has wilted.
5. Mix quinoa together with the other ingredients in a large bowl.
6. Add orange juice and zest and stir gently.
7. Add additional salt and pepper to taste.

Spring Out Quinoa

Prep time:
2 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
8 people

Ingredients:
2 cups quinoa
3 1/2 cups water
1 bag peppermint tea
1 tablespoon olive oil
Fresh mint, basil and cilantro

Directions:

1. Wash grains.
2. Place them in pot with peppermint tea bag and bring to a boil.
3. Cover and simmer for 15-20 minutes, then remove from heat and let stand for 5 minutes.
4. Add olive oil and fluff with a fork.
5. Garnish with chopped fresh herbs and serve.

Sunny Buckwheat

Prep time:
10 minutes

Prep notes:

Cooking time:

20 minutes

Yields:

4 people

Ingredients:

1 cup buckwheat

2 cups water

1/2 teaspoon sea salt

1 small handful of green beans, chopped

1 yellow crookneck or patty pan squash, chopped

1/4 cup roasted sunflower seeds

Directions:

1. Bring the buckwheat, water and salt to a boil.
2. Turn heat down and simmer.
3. Add beans and squash to the grain after it has cooked 10 minutes.
4. Continue cooking 10 more minutes.
5. Stir in sunflower seeds, fluff and serve.

Notes:

- Try green zucchini or snow-peas instead of green beans.
- Try pumpkin or other seed in place of sunflower seeds.

Thai Quinoa

Prep time:

5 minutes

Prep notes:

Cooking time:

15 minutes

Yields:

4 people

Ingredients:

1 cup dry roasted quinoa

2/3 cup coconut milk

1 cup water

Pinch of salt

1/2 cup red pepper, diced

2 cloves garlic, minced

Directions:

1. Rinse quinoa

2. Bring coconut milk and water to a boil.
3. Add quinoa, salt and garlic.
4. Bring back to a boil, cover and reduce heat.
5. Cook for 12-15 minutes.
6. Remove from heat, stir in red peppers and sesame oil.
7. Let sit covered for 5 minutes then serve.

Very Easy Fried Rice

Prep time:
10 minutes

Prep notes:

Cooking time:
20 minutes

Yields:
8 people

Ingredients:

1 small onion, chopped 1 tablespoon olive oil 2 cloves garlic, minced
1 carrot, diced
1/2 bunch scallion, chopped
1 tablespoon ginger, grated
4 cups cooked long grain brown rice
2 tablespoons tamari soy sauce
1 teaspoon toasted sesame oil

Directions:

1. Sauté onion in olive oil for 5 minutes.
2. Add garlic and carrot and sauté for 4 minutes.
3. Add scallion and ginger and sauté for about 4 more minutes.
4. Add rice and sprinkle with water to give extra steam to dish.
5. Add tamari soy sauce and toasted sesame oil.
6. Lower heat and cool for 5 minutes more, stirring occasionally.

Notes:

- Beat an egg together with the tamari and sesame oil. Pour this mixture into the pan and move it around quickly with fork to spread egg as it cooks.

Very Russian Buckwheat

Prep time:
5 minutes

Prep notes:

Cooking time:

25 minutes

Yields:

4 people

Ingredients:

1 cup buckwheat

1 cup water

1 cup sauerkraut juice

1/2 cup sauerkraut

Directions:

1. Dry-roast grains.
2. Mix water with the sauerkraut juice and bring to boil.
3. Add grains slowly, reduce heat then cover and simmer for 15 minutes.
4. Remove from heat and keep covered for 5 minutes.
5. Add sauerkraut, mix and serve.

Wild Rice

Prep time:

5 minutes

Prep notes:

Cooking time:

60 minutes

Yields:

4 people

Ingredients:

1 cup wild rice

4 cups water

Pinch of sea salt

Directions:

1. Wash and drain rice.
2. Bring rice and water to a boil.
3. Add salt.
4. Turn heat to low, cover and simmer for 45-50 minutes.
5. Grain is ready when black seeds open up.
6. Mix and serve.

Notes:

- Try half wild rice and half long grain brown rice.

Winter Squash and Millet

Prep time:
5 minutes

Prep notes:

Cooking time:
45 minutes

Yields:
10 people

Ingredients:

1 small onion, chopped
2 tablespoons olive oil, divided
1 small acorn squash, peeled and cubed
3 cups millet
3-inch piece kombu (soaked)
7 1/2 cups water

Directions:

1. In a sauce pan sauté onion in oil until it is golden brown.
2. Add squash and sauté for 3 minutes.
3. Add millet and kombu and mix well.
4. Add water, bring to boil. Reduce heat and cover. Cook for 30 minutes or until water evaporates.
5. Remove from heat, let stand for a few minutes. Fluff with fork, add olive oil and serve.



HOLIDAYS

Baked Stuffed Bell Peppers

Prep time:
10 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
4 people

Ingredients:

2 cups cooked grain (brown rice, quinoa, millet)
2/3 cup crushed almonds or walnuts
1 onion, finely chopped

1-2 cloves garlic, finely minced
4 celery stalks, finely chopped
4 bell peppers (green, red, or yellow)
1/2 cup parsley, chopped
2 teaspoons olive oil or ghee
salt to taste

Directions:

1. Sauté onion and garlic with oil for 1 minute.
2. Add celery and sauté for 3 minutes.
3. Mix with remaining ingredients, except peppers and crushed nuts.
4. Preheat oven to 350 degrees.
5. Cut off tops of peppers and scoop out insides.
6. Steam peppers until slightly tender.
7. Fill each with stuffing and top with crushed nuts.
8. Place in casserole dish with 1/8 inch water, bake in oven for 30 minutes and serve.

Cauliflower Couscous

Prep time:
15 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
8 people

Ingredients:

2 heads of cauliflower, cut into florets
1 pomegranate, seeds removed
1 small bunch parsley
4 ounces feta, chopped
4 ounces pine nuts, toasted
1/4 cup capers
1 lemon, juiced and zested
2 tablespoons mint, chopped
2 tablespoons Dijon
1/4- 1/2 cup olive oil

Directions:

1. Preheat oven to 400 degrees.
2. Toss cauliflower with 2 tablespoons olive oil and roast until golden. When cauliflower is done, remove from oven and set aside to cool.
3. Meanwhile, combine lemon juice, zest, Dijon and olive oil to make vinaigrette. Set aside.

4. When cauliflower is cool enough to handle, finely chop florets until they resemble Israeli couscous. Combine chopped cauliflower with feta, pine nuts and capers. Toss with vinaigrette and herbs. Lightly fold in pomegranate seeds.

Cranberry Relish

Prep time:
5 minutes

Prep notes:

Cooking time:
60 minutes

Yields:
6 people

Ingredients:
1 package of fresh cranberries
1 large orange
3/4 cup organic sugar or equivalent of natural sugar substitute
1 tablespoon orange liquor (optional).

Directions:

1. Add whole cranberries and whole orange (with peel on) to a food processor.
2. Blend until texture that is desired. Pour into bowl and add sugar and liquor.
3. Mix until blended.
4. Place in refrigerator for 1 hour or until chilled.

Creamy Pumpkin Soup Topped with Curried Pecans

Prep time:
10 minutes

Prep notes:

Cooking time:
25 minutes

Yields:
4 people

Ingredients:
1 tablespoon extra-virgin olive oil
1/4 cup chopped onion
2 tablespoons curry powder
15 ounces pumpkin, pureed
2 cups low-sodium vegetable broth
3 tablespoons pure maple syrup
Sea salt and freshly ground black pepper

1/4 cup pecan pieces

1 (14-ounce) can unsweetened coconut milk

Directions:

Preheat the oven to 375. Heat the oil in a large pot over medium heat. Add the onion. Cover and cook until softened, 5 minutes. Stir in 1 tablespoon of the curry powder and the pumpkin puree, then whisk in the broth until smooth. Add 2 tablespoons of the maple syrup and season to taste with salt and pepper. Simmer for 10 minutes to allow flavors to develop, stirring occasionally.

While the soup is simmering, make the curried pecans. In a small bowl, combine the pecan pieces with the remaining maple syrup and toss to coat. Sprinkle with the remaining curry powder, tossing to coat. Place the pecans in a small baking dish and bake until toasted, about 10 minutes. Set aside to cool.

Meanwhile, use an immersion blender to puree the soup right in the pot. Otherwise, transfer the soup to a blender or food processor and puree until smooth. Stir back into the pot. Return the soup to the stovetop, turning the heat to low. Whisk in the coconut milk, taste to adjust seasonings. Heat until hot, do not boil. Serve the soup garnished with the pecans.

Creamy Red Lentil Soup with Lemon Tahini Drizzle

Prep time:

10 minutes

Prep notes:

Cooking time:

40 minutes

Yields:

4 people

Ingredients:

Soup

2 Tbsp. olive oil

1 large yellow onions, chopped

2 garlic cloves, minced

1 Tbsp. tomato paste

1 tsp. ground cumin

1 tsp. ground cumin

1/4 tsp. kosher salt, or more to taste

Freshly ground black pepper to taste

Pinch of smoked paprika (de la vera is the best)

1 quart vegetable broth

1 cup red lentils, picked through for stones and debris

1 large carrots, peeled and diced

Juice of 1 lemon, or more to taste

1/4 cup chopped fresh cilantro

1/4 cup snow pea shoots if desired

Good olive oil for drizzling over soup at the end

Dressing

1/4 cup Tahini
 2/3 tbsp Lemon Juice
 1 garlic clove, minced
 1 salt and pepper to taste

Directions:

1. Pour some olive oil into a large pot on medium high heat. When the oil is hot and simmering, add the garlic and onions. Cook until golden and translucent, but not colored - about three to four minutes.
2. Stir in the tomato paste, cumin, smoked paprika, salt and pepper and cook for another two minutes.
3. Add the broth, an additional cup of water, the lentils, and the carrots. Bring to a boil, and then partially cover the pot with a lid and reduce the heat to maintain a gentle simmer.
4. Once the soup is simmering, combine the ingredients for the dressing and whisk until incorporated. Set aside.
5. After about thirty minutes, the lentils should be soft and creamy, the carrots tender. Taste, add a little salt if necessary, and then, once cooled slightly, carefully pour into a blender. Do this in batches, and cover the lid of the blender with a tea towel before turning it on. Don't worry about getting the soup completely smooth - a few chunky bits will give it a rustic character. Return to the pot, reheat if necessary, stir through the cilantro, keeping some for garnish and add the lemon juice.
6. To serve, pour into bowls, sprinkle some snow pea shoots and cilantro, a drizzle of good olive oil and a drizzle of the tahini lemon dressing.

Crispy "Cheesy" Kale Chips

Prep time:
 10 minutes

Prep notes:

Cooking time:
 20 minutes

Yields:
 4 people

Ingredients:
 1 large head of organic kale
 1 teaspoon sea salt
 3-4 Tablespoons nutritional yeast
 Olive oil

Directions:

Preheat the oven to 375°F.

Take one head of kale and remove the woody stem, tearing the leaves into chip-sized pieces. Wash and dry thoroughly. In a large bowl, massage kale leaves with 2 to 3 tablespoons of olive oil. Season lightly with sea salt and approximately 3-4 tablespoons of nutritional yeast.

Spread out in one layer on a baking sheet. Bake for 10 minutes, then carefully stir the kale. Re-check after another 10 minutes. Be very careful because these can burn quite quickly. Once nearly all crispy, remove from oven and let crisp up further on the baking sheet until completely cool.

The final result is a very light and crispy "chip" that tastes incredible and satisfies any chip/salt craving that you may have.

Curry Squashed Green Butternut Soup Crispy

Prep time:

10 minutes

Prep notes:

Cooking time:

30 minutes

Yields:

4 people

Ingredients:

1 medium-sized butternut squash

1 bunch of steamed kale (or any green)

1 heaping cup of mirepoix (1/2 chopped onion, 2 chopped celery stalks, 2 chopped carrots)

1 tablespoon olive oil

Turmeric, cumin seeds, cayenne pepper

1/2 teaspoon of salt

1/2 - 1 cup of water (how doth you like your broth?)

1/4 cup chopped cilantro

Optional: 1 tablespoon of honey

Directions:

Halve and bake your butternut squash on an oiled pan for 20-30 minutes at 375 degrees until tender.

While you are waiting for the squash to bake, you can start chopping up your mirepoix and start heating it at medium heat in olive oil in a big pot. Add the spices and salt.

Peel your squash with a veggie/potato peeler and dice into 1 inch cubes. Put the cubes in your pot and allow them to brown. This is essential, because it will add tons of butternut caramelized deliciousness to the dish.

Add more olive oil, if necessary.

If you have a hand blender, lucky you. You can add the steamed kale and water to the pot and start blending into bliss. If not, fit 4 parts squash, 1 part kale into your food processor or blender, add the puree to the pot and repeat until done. Add the water to the pot and stir until it is at desired consistency. Sprinkle your cilantro and eat your heart out!

Pumpkin Pie with Pumpkin Seed Crust

Prep time:

15 minutes

Prep notes:

Cooking time:

60 minutes

Yields:

8 people

Ingredients:

Crust

1 cup spelt flour, plus more for rolling the dough
1/3 cup hulled, raw, unsalted pumpkin seeds
1 Tbsp. maple syrup or agave nectar
1/4 tsp. sea salt
4 Tbsp. cold unsalted butter, cut into bits
1 tsp. apple cider vinegar
2 tsp. - 1 Tbsp. cold water

Filling

2 farm fresh eggs
15 - 16 ounces fresh, baked or steamed pumpkin pureed until smooth
1 cup farm fresh milk, or almond or rice milk
1/2 cup maple syrup or agave nectar
1 1/2 tsp. ground cinnamon
1 tsp. freshly grated nutmeg
1/2 tsp. ground allspice
1/2 tsp. salt
1 tsp. vanilla extract
Optional: Serve with sweetened whipped cream or raw banana ice cream and sprinkle with pumpkin seeds for garnish.

Directions:

Crust

1. Put the flour, pumpkin seeds, and salt into food processor with fitted metal blade. Process until pumpkin seeds are finely ground.
2. Add the butter and pulse until mixture resembles coarse meal.
3. Add maple syrup, vinegar & cold water and pulse until mixture clumps.
4. Roll into ball and flatten on parchment paper pressing into a large flat circle and chill until firm, about 30 minutes.
5. Preheat oven to 400°.
6. On lightly floured board, roll dough into a 12" circle and transfer to 10" pie plate pressing into bottom and up sides. Finish edges. Prick with fork in several places. Line with parchment paper or foil and weight with dried beans or rice. Place in oven for about 10 - 12 minutes. Remove from oven and let cool. Lift parchment or foil and weights and remove them from baked shell. Set aside.
7. Reduce oven temperature to 350°.

Filling

1. In mixing bowl, place egg, pumpkin, milk, maple syrup or agave, cinnamon, nutmeg, allspice, salt, and vanilla.

2. Whisk until smooth.
3. Pour into baked pie shell.
4. Bake until filling doesn't jiggle. About 35 - 45 minutes. Set pie on rack.
5. Serve room temperature or chilled with whipped cream and whole pumpkin seeds if desired.

Notes:

Variation for Crust: Use unsalted sunflower seeds or walnuts in place of the pumpkin seeds.

Variation for Filling: Use canned pumpkin.

Quinoa Stuffed Pumpkin

Prep time:

35 minutes

Prep notes:

Cooking time:

15 minutes

Yields:

4 people

Ingredients:

4 small pumpkin (approximately the size of a softball)

1 cup quinoa, rinsed and drained

1 1/4 cup water

1/2 tsp unrefined sea salt

1 shallot, minced

1 tbsp olive oil 1 orange

1/4 cup raisins or other dried fruit

1/4 cup chopped toasted pecans

2 tbsp finely minced parsley

1/4 tsp ground cinnamon

pinch ground nutmeg

1 tbsp maple syrup

Directions:

Preheat the oven to 375F. Wash the pumpkins and cut 1/2 inch off of the top of each. Scoop out the seeds and discard, along with the tops.

Place the pumpkins, cut side down, on a baking sheet. Bake in the oven for 20-30 minutes, or until the flesh is soft. Remove from the oven and allow to cool until you can handle the pumpkins safely.

While the pumpkins are baking, cook the quinoa as per package directions. When cooked, fluff with a fork, cover and set aside.

Zest the orange and reserve the zest. Juice the orange and place the juice in a small bowl along with the raisins or other dried fruit. Set aside.

While the pumpkins and quinoa are cooking, put a small sautee pan over medium low heat. Add the olive oil and shallots and allow the pan to come up to temperature, stirring frequently. Sautee for a few minutes, until the shallots are just translucent. Remove from heat.

When the quinoa is done cooking, add in the sauteed shallots, orange zest, orange juice and raisins, pecans, parsley, cinnamon, nutmeg and maple syrup to the pot. Stir well to combine. Taste to check for seasoning and add additional spices, salt or pepper according to your taste.

Turn the pumpkins over and fill each with a generous amount of the quinoa mixture. Place back on the baking sheet, cut side up. When all four pumpkins have been filled, return to the oven for 10-15 minutes, or until the pumpkins are hot and fragrant. Remove from the oven and serve.

Notes:

The stuffed pumpkins can be prepared up to 24 hours in advance. Complete the recipe up to stuffing the pumpkins and then place the stuffed pumpkins in the refrigerator until ready to serve. Bake, covered with aluminum foil, at 350F until heated through.

Raw Pecan Pie

Prep time:

10 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

4 people

Ingredients:

Crust

4 cups raw almonds, finely ground in a food processor

2/3 cup agave nectar

Filling

2/3 cup coconut water

1/2 cup pecans

1 cup raisins

Directions:

To make the crust, in a mixing bowl, combine the ground almonds and agave nectar, and mix well. Press the crust mixture evenly into the bottom and sides of a 10-12 inch tin.

In a high-speed blender, combine all of the filling ingredients and blend until smooth. Spoon the mixture into the pie crust. Top with whole or chopped pecans and serve.

Garnish with 1/2 cup raw pecans, whole or chopped.

Roasted Root Vegetables

Prep time:

10 minutes

Prep notes:

Cooking time:

50 minutes

Yields:

4 people

Ingredients:

3-4 tbsp. coconut oil

2 tbsp. fresh oregano (chopped)

4 medium sweet potatoes, peeled, halved lengthwise, then cut crosswise into 1 1/4 to 1 1/2 inch pieces

1 pound carrots, peeled, cut into 3/4 inch thick rounds (about 4 cups)

1 pound parsnips, peeled, cut into 3/4 inch thick rounds (about 4 cups)

2 medium red onions (about 1 pound), peeled, and cut into 1/2 inch thick wedges

Sea salt and ground pepper to taste

Directions:

1. Preheat oven to 425°F.
2. Stir the oil and oregano in a large bowl.
3. Add yams, carrots, parsnips, and onions and toss to coat. Sprinkle vegetables generously with sea salt and pepper and divide between prepared baking sheets. Roast veggies until tender and brown in spots, turning occasionally, for about 50 minutes.
4. This dish can be made up to 4 hours ahead. Let it stand at room temperature. If desired, re-warm in 350°F oven for about 15 minutes, or serve at room temperature.

Slow Cooker Sweet Potatoes**Prep time:**

10 minutes

Prep notes:**Cooking time:**

0 minutes

Yields:

8 people

Ingredients:

6 medium (2 pounds) sweet potatoes or yams, peeled and cut into 1/2-inch cubes

1 1/2 cups organic applesauce

1/3 cup maple syrup

2 tablespoons coconut oil

1 teaspoon ground cinnamon

1/2 cup chopped walnuts, toasted

Directions:

1. Place sweet potatoes in 2 to 3 1/2-quart slow cooker.

2. Mix applesauce, maple syrup, butter and cinnamon together and spoon over potatoes.
3. Cover and cook on low heat setting 6 to 8 hours or until potatoes are very tender.
4. Sprinkle with nuts and serve.

Warm Thanksgiving Kale and Squash Salad

Prep time:
30 minutes

Prep notes:

Cooking time:
20 minutes

Yields:
6 people

Ingredients:

1 large purple turnip, washed, diced into 1/2" cubes w/ skin
 1/2 acorn squash, washed, seeded, diced into 1/2" cubes w/ skin
 1/2 small butternut squash, washed, seeded, diced into 1/2" cubes w/ skin
 2 tbs. grapeseed or canola oil (for baking)
 1/2 head of kale, sliced paper thin crosswise
 1/2 head of Lacinto Kale, sliced paper thin crosswise
 1 tbs. each, raw pumpkin seeds, ground flax seeds, crushed pecans
 2 tbs. dried cranberries
 1 tbs. fresh flat leaf parsley, chopped
 2 carrots, diced small
 sea salt and pepper to taste
 gomasio for flavor (optional)
 2 tbs first cold pressed EV olive oil

Directions:

1. Preheat oven to 375 degrees.
2. Place the diced turnip, acorn and butternut squash in a large baking tray.
3. Cover with 1-2 tbs. of grapeseed oil, mix until coated and top with sea salt and pepper.
4. Bake for 20-30 minutes, checking and turning over halfway through. When the veggies are baked, place them in a large bowl and add all of the other ingredients, mix well making sure everything is coated with the fresh olive oil.
5. Add sea salt, gomasio and pepper to taste and serve warm.



JUICES & TEAS

Carrot Punch

Prep time:
10 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
4 people

Ingredients:
1 lb carrots, finely grated
2 cups soy or rice milk
2 cups water
1/2 teaspoon nutmeg (freshly grated if possible)
1 teaspoon rose water (optional)
Agave nectar to taste (optional)

Directions:

1. Add all ingredients in blender.
2. Blend until smooth and enjoy!

Cucumber Water

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
2 people

Ingredients:
1 large cucumber
3 cups water

Directions:

1. Peel cucumber and slice in half, length wise.
2. Scoop out seeds with a spoon.
3. Cut cucumber into chunks.
4. Put cucumber and water into a blender and puree.
5. Serve immediately.

Notes:

- Garnish each drink with a mint leaf or wedge of lime.
- For a crisp taste add a handful of mint leaves when blending.

Egg Cream

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
3 people

Ingredients:

1 large egg
2 cups soy, rice or almond milk
1/2 cup silken tofu
2 tablespoon maple syrup
1 teaspoon vanilla
1/2 teaspoon nutmeg/cinnamon

Directions:

1. Pour ingredients into a blender and mix until thick.
2. Cover and chill for at least 2 hours.
3. Serve cold.

Notes:

- For a bubbly treat replace 1 cup soda water for 1 cup milk.

Fruit Nut Smoothie

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
2 people

Ingredients:

1 banana
1 cup berries
1 cup melon
1 cup soy or rice milk
1/4 cup almonds

Directions:

1. Mix all ingredients in blender and serve.

Notes:

- You can add other ingredients for added nutrition such as a spoon full of bee pollen, coconut oil, flax seed oil or spirulina powder.

Ginger Drink

Prep time:
10 minutes

Prep notes:

Cooking time:
1 440 minutes

Yields:
6 people

Ingredients:
1 lb fresh ginger root
6 cups water
Juice of 2 limes
Maple syrup or agave nectar to taste

Directions:

1. Peel and grate the ginger.
2. Add water to a large sauce pan with the ginger and bring to a boil.
3. Simmer for 5 minutes.
4. Cover the pan and turn off heat. Let sit for 24 hours.
5. Strain the liquid through a fine mesh sieve.
6. Add the lime juice and maple syrup or agave, stir until dissolved.
7. Serve chilled.

Green Lift Smoothie

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
2 people

Ingredients:
1 bunch of kale, finely chopped
1-2 grated carrots

3 cups boiled water
1 cup coconut milk

Directions:

1. Add kale, carrot and water to a blender and puree very well, about 2 minutes.
2. Add coconut milk and blend for 10-15 seconds more.
3. Serve warm or place in the fridge and serve chilled.

Notes:

- Add a slice of ginger or a dash of cayenne pepper for an added kick.

Licorice Refresher

Prep time:
5 minutes

Prep notes:

Cooking time:
10 minutes

Yields:
4 people

Ingredients:
2-3 inch piece of licorice root
1-2 tablespoons dried fennel seeds
5 cups water
Honey or apple juice to taste

Directions:

1. Put licorice and fennel into a saucepan with water and bring to a boil.
2. Let simmer on a low heat for 10 to 20 minutes.
3. Strain licorice root and seeds.
4. If desired, add honey or apple juice to the tea after it has simmered.
5. Serve warm or chilled.

Mint Lassi

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
2 people

Ingredients:

1 teaspoon ground cumin
Dash of black pepper
1 cup plain yogurt
1/2 cup loosely packed fresh mint leaves
1/2 teaspoon salt
2 cups water

Directions:

1. In a skillet, dry roast cumin and black pepper.
2. Stir frequently, until the aroma is released.
3. Combine cumin and pepper, along with all the other ingredients, into a blender.
4. Mix at high speed until mint leaves are well blended.
5. Serve.

Notes:

This is a drink used in Indian culture to aid in digestion. Traditionally they use black salt which can be found in Indian food markets.

- For a different taste ground cardamom or ground fennel in place of the cumin.
- Try different types of yogurt: cow, sheep, goat or soy...or coconut (the best!).

Pineapple Cordial**Prep time:**

10 minutes

Prep notes:**Cooking time:**

24 hours

Yields:

6 people

Ingredients:

4 cups boiling water
1 ripe pineapple
4-5 slices of peeled ginger root
2 limes
3 whole cloves
Agave nectar to taste

Directions:

1. In a large saucepan, bring water to a boil.
2. Peel the pineapple, keeping the skin and reserving the flesh for use in another dish.
3. Crush the slices of ginger and thinly slice the limes.
4. Place the pineapple peel, ginger, limes and whole cloves in boiling water.
5. Turn off stove to stop boiling, cover and allow steeping for 24 hours.

6. Strain the liquid, discard the pineapple peel, limes and spices.
7. Add agave nectar if desired.
8. Serve chilled with a garnish of sliced lime.

Twig Spiced Tea

Prep time:
5 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
2 people

Ingredients:
8 cups water
1/4 cup kukicha twigs
3 pods cardamom
3 cloves
2 star anise
1 teaspoon fennel

Directions:

1. Bring water to a boil.
2. Add kukicha twigs, cardamom, cloves, anise and fennel.
3. Simmer for 30 minutes.
4. Serve chilled or warm.

Notes:

- If desired add a natural sweetener such as maple syrup, agave nectar or brown rice syrup.



LEAFY GREENS

Apple Choy Slaw

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:

3 people

Ingredients:

5 stalks of bok choy, chopped

1 granny smith apple, sliced

1/2 small red onion, thinly sliced

1/2 cup alfalfa sprouts (optional)

Dressing:

2 tablespoons apple cider vinegar (or lemon juice)

2 teaspoons honey or brown rice syrup

1 teaspoon ground coriander

1 teaspoon Dijon mustard

1/4 cup olive oil

Salt and black pepper to taste

Directions:

1. Combine all ingredients in a bowl.
2. Prepare dressing in a bowl or shaker container and mix well.
3. Pour dressing over salad.
4. Eat immediately. If you are going to serve the salad later on, add the apples just before serving to prevent them from browning.

Notes:

- Try cabbage instead of bok choy or carrot slices instead of onion.
- Add fresh herbs such as cilantro, parsley, mint or scallions.
- Double the dressing ingredients and use on leftover grains.

Baby Bok Choy and Shiitakes**Prep time:**

8 minutes

Prep notes:**Cooking time:**

8 minutes

Yields:

6 people

Ingredients:

1 tablespoon toasted sesame oil

1 small yellow onion, sliced into strips

4 heads baby bok choy, chopped

6 fresh shiitake mushrooms, sliced

1 tablespoons mirin

1 tablespoon tamari

Sesame seeds, optional

Directions:

1. Heat oil in a frying pan.
2. Add onions, turn heat down and cook 5 minutes, stirring occasionally.
3. Add shiitakes, bok choy, mirin and tamari.
4. Cover and cook 3 minutes.
5. Spread on a flat surface to cool and stop greens from cooking.
6. Garnish with toasted sesame seeds.

Basic Blanched Greens**Prep time:**

5 minutes

Prep notes:**Cooking time:**

15 minutes

Yields:

4 people

Ingredients:

1 bunch leafy green (kale, collards, bok choy, chard etc.)

½ inch water in a pot

Umeboshi vinegar

Tamari

Flax oil

Directions:

1. Heat water in a large pot.
2. Chop or tear greens into bite-size pieces, removing stems.
3. Chop stems into small pieces.
4. When water boils, add stems and cook 1 minute.
5. Add leaves and cook another 3 minutes.
6. Strain through a colander and transfer to serving dish.
7. Add a bit of umeboshi, tamari and flax to taste.

Bitter Greens with Walnuts**Prep time:**

10 minutes

Prep notes:**Cooking time:**

15 minutes

Yields:

8 people

Ingredients:

½ cup walnut pieces
1 bunch dandelion greens
1 bunch mustard greens
1 bunch collard greens
1 tablespoon olive oil
4 cloves garlic
Sea salt to taste

Directions:

1. Toast the walnuts in a 350-degree oven for 5-10 minutes, until they release a fragrant odor.
2. Wash the greens and remove any coarse stems (especially from collards and mustard greens).
3. Bring 3 inches of salted water to boil, add the greens and boil for 5 minutes uncovered.
4. Drain the greens, lay on a flat surface to cool, and then chop.
5. Heat the oil in a large sauté pan, add garlic and cook for 1 minute, stirring so the garlic does not burn.
6. Add greens, walnuts and salt to taste.
7. Cook until greens are heated through.

Boiled Greens**Prep time:**

5 minutes

Prep notes:**Cooking time:**

5 minutes

Yields:

6 people

Ingredients:

1 bunch collards, chopped
1 bunch kale, chopped
1 lemon, juiced
Pinch of sea salt

Directions:

1. Bring a pot of water to a boil.
2. Add greens to boiling water and cook for 5 minutes.
3. Strain greens, save water and toss with the juice of the lemon and sea salt.

Notes:

- Try using a lime instead of lemon or a dash of tamari instead of salt.
- For a bit of a roasted flavor, drizzle with toasted sesame oil.
- Save cooking water for vegetable stock

Bok Choy Stir-Fry

Prep time:
5 minutes

Prep notes:

Cooking time:
10 minutes

Yields:
4 people

Ingredients:
1 bunch bok choy
2 tablespoons olive oil
2 cloves garlic, diced
½ red or yellow bell pepper, diced
Pinch of sea salt

Directions:

1. Wash bok choy and separate greens from stems, chopping stems into smaller pieces.
2. Heat oil in a skillet and add garlic, sauté for 1 minute.
3. Add bell pepper and cook for 2 minutes.
4. Add stems of bok choy and sea salt and cook until stems become tender.
5. Add greens and cook until wilted.

Brazilian Style Collards

Prep time:
5 minutes

Prep notes:

Cooking time:
5 minutes

Yields:
6 people

Ingredients:
2 bunches collard greens
3 cloves garlic
2 tablespoons olive oil
Salt and pepper to taste

Directions:

1. Wash collards.
2. Remove leaves from stems, tear leaves in half and stack into piles 4 leaves thick. Roll the stack tightly, turn to the side and cut carefully into very thin strips. Repeat with all collards. The effect is that the leaves will be shredded.
3. Mince the garlic.
4. Heat oil in a frying pan and sauté garlic until golden brown, about 30 seconds.
5. Add collards, salt and pepper and toss quickly for about 3 minutes with tongs or a fork, making sure all greens cook through.
6. Remove from heat and transfer to serving dish.

Broccoli Rabe

Prep time:

5 minutes

Prep notes:

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

- 1 bunch broccoli rabe
- 2 tablespoons olive oil
- 2 cloves garlic, chopped
- Pinch of sea salt
- 2 tablespoons water

Directions:

1. Wash broccoli rabe and cut stems into 1-2 inch pieces.
2. Warm oil in pan and add garlic, sautéing for a few minutes.
3. Add broccoli rabe and sea salt, then sauté for about 3 minutes.
4. Add water, cover and steam for about 2 minutes.
5. Check for desired tenderness.
6. If needed, add a bit more water and allow steaming for a few more minutes.

Notes:

- Serve with freshly grated parmesan cheese.
- For an extra kick add chili flakes

Brussels Sprouts with Chestnuts

Prep time:

8 minutes

Prep notes:

Cooking time:

35 minutes

Yields:

4 people

Ingredients:

- 2 cups Brussels sprouts, ends cut off
- ½ teaspoon salt
- ½ pound shelled chestnuts
- 1 cup chicken or vegetable stock
- 1 tablespoon olive oil

Directions:

1. Pre-heat oven to 350 degrees.
2. In a medium sized sauce pan boil 2 inches of water.
3. Add Brussels sprouts to boiling water with a pinch of sea salt.
4. Boil for 5 minutes.
5. Drain Brussels sprouts and add to a baking dish with chestnuts and stock.
6. Sprinkle olive oil and salt on top.
7. Bake uncovered for 20 minutes.

Garlic Gingered Broccoli

Prep time:

7 minutes

Prep notes:

Cooking time:

12 minutes

Yields:

4 people

Ingredients:

1 bunch broccoli

3 cloves garlic, minced

6 cups water

1 tablespoon olive oil

2 tablespoons tamari soy sauce

5-inch piece fresh ginger, finely grated

Tarragon or basil for garnish

Directions:

1. Wash and cut broccoli into florets.
2. Peel the stems and cut into ½-inch pieces.
3. Add 6 cups water to a pot and bring to a boil.

4. Add broccoli and quick boil for about 3 minutes.
5. Remove from water and rinse quickly with cool water.
6. Heat skillet with oil, add garlic and sauté for a few seconds before adding broccoli.
7. Sauté broccoli and garlic, adding tamari soy sauce and ginger.

Notes:

- Try this dish with cauliflower or Brussels sprouts.

Gayatri Greens

Prep time:

8 minutes

Prep notes:

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

1 bunch Swiss chard

2 tablespoons coconut oil

1 teaspoon black mustard seeds

1 teaspoon ground cumin

1 teaspoon ground coriander

½ teaspoon sea salt

½ cup organic plain yogurt

Directions:

1. Wash chard, cut out stems and chop leaves into 1-inch pieces.
2. Heat oil in a frying pan on medium-high.
3. When the oil is hot add mustard seeds and cook, stirring for 1 minute.
4. Add cumin and coriander and cook for another 30 seconds, stirring.
5. Add chard and salt. Mix well and cook 3-5 minutes, until chard is wilted.
6. Turn off heat, stir in yogurt and enjoy.

Notes:

These Indian style greens bear the name of a powerful Hindu Goddess, and also a beautiful mantra (prayer), that is said to represent the divine awakening of the mind and soul.

Grilled Endive with Sage Vinaigrette

Prep time:

8 minutes

Prep notes:

Cooking time:
8 minutes

Yields:
4 people

Ingredients:
4 heads endive
1 tablespoon olive oil

Dressing:

- 1 tablespoon balsamic vinegar
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh sage
- ½ teaspoon Dijon mustard
- Salt and pepper to taste

Directions:

1. Wash endive heads, slice in half and remove cores.
2. Whisk together dressing ingredients in a bowl.
3. Heat outdoor grill or stovetop grill pan.
4. Brush endive with olive oil and grill for 3-4 minutes on each side.
5. Place on serving dish and drizzle vinaigrette on top.

Notes:
Try this with radicchio or hearts of romaine.

Lemon Broccoli with Avocado

Prep time:
5 minutes

Prep notes:

Cooking time:
15 minutes

Yields:
8 people

Ingredients:
2 bunches broccoli
1 lemon, juiced
1 tablespoon olive oil
¼ teaspoon sea salt
1 avocado

Directions:

1. Chop broccoli into bite-size pieces, keeping stems separate from crowns.

2. Fill a pot with 1 inch of water, place a steamer basket inside, cover and heat to boiling. Add stem pieces and steam for 2 minutes. Then add crown pieces, cover and steam for 5 minutes while you prepare other ingredients.
3. In a mixing bowl, combine the juice of the lemon, the olive oil and salt.
4. Chop the avocado into chunks and add to the bowl.
5. Add the warm broccoli to the bowl, mix gently and serve.

Oh So Delicious Green Cleanser

Prep time:
8 minutes

Prep notes:

Cooking time:
5 minutes

Yields:
4 people

Ingredients:

1 bunch lacinato kale, chopped, with stems
 1/2 medium daikon radish, chopped into 1" chunks
 1 tablespoon tamari
 1 teaspoon toasted sesame oil
 1 tablespoon brown rice vinegar
 1 tablespoon agave syrup
 1 tablespoon nutritional yeast flakes

Directions:

1. Heat a medium sized pot with 2 inches of water.
2. When the water boils, add kale and radish, blanch for 2 minutes.
3. Drain in a colander and transfer to a large mixing bowl.
4. Add all other ingredients and mix well, tasting to adjust amounts to your desire.

Notes:

This dish has got all of the five tastes: sweet, sour, bitter, salty and pungent. It can be helpful in bringing balance to the system after a period of not so healthy eating.

- Add some dulse flakes and sesame seeds.
- Also try adding other vegetables, as you like such as cauliflower, broccoli, string beans, or asparagus.

Rainbow Stir Fry

Prep time:
10 minutes

Prep notes:

Cooking time:

30 minutes

Yields:

4 people

Ingredients:

1 tablespoon olive oil

2 carrots, thinly sliced

1 bunch broccoli, chopped

2 cobs of corn (corn slices off)

1 cup purple cabbage, shredded

1 pint cherry tomatoes

1 teaspoon tamari or soy sauce

Directions:

1. Heat oil in large skillet or pan.
2. Add carrots, stir and cook for 2 minutes.
3. Add broccoli, stir and cook for 2 minutes.
4. Add remaining ingredients and stir for 2 minutes.
5. Add a splash of water, cover and allow to steam for 3 minutes.
6. Remove from heat, stir and leave covered for 2-3 minutes, depending on how crunchy you like your veggies.
7. Sprinkle on tamari and stir.

Notes:

- Try using Bragg's Amino instead of tamari or soy sauce.

Roasted Brussels Sprouts and Fennel

Prep time:

5 minutes

Prep notes:

Cooking time:

25 minutes

Yields:

4 people

Ingredients:

1 pound Brussels sprouts, ends cut and sliced in half

1 bulb fennel, sliced in half

1 tablespoon extra virgin olive oil

Course sea salt and freshly ground pepper to taste

Directions:

1. Preheat oven to 425 degrees.

2. Place vegetables on a baking sheet.
3. Drizzle oil over and mix until all ingredients are covered.
4. Sprinkle with sea salt and pepper.
5. Cook for 20-25 minutes.

Sautéed Cabbage and Apples

Prep time:
8 minutes

Prep notes:

Cooking time:
15 minutes

Yields:
4 people

Ingredients:
2 tablespoons olive oil
1 medium onion, sliced
2 tablespoons apple cider vinegar
1 teaspoon mustard seeds
1 teaspoon caraway seeds
1/4 large head of cabbage, sliced
1 green apple, sliced
Gomasio or toasted pumpkin seeds, as garnish

Directions:

1. Heat oil in skillet and sauté the onion.
2. Add vinegar, mustard seeds and caraway seeds and cook for 2 more minutes.
3. Add cabbage and cook until slightly warmed. Add the apple slices.
4. Cover and simmer on low heat until cabbage is wilted and soft, approximately 10 minutes.

Sautéed Greens with Pine Nuts and Raisins

Prep time:
10 minutes

Prep notes:

Cooking time:
10 minutes

Yields:
6 people

Ingredients:

1/4 cup pine nuts
2 tablespoon olive oil
1/2 bunch mustard greens, chopped
1/2 bunch kale, chopped
1/2 bunch dandelion greens, chopped
1/2 teaspoons sea salt
1/3 cup raisins

Directions:

1. Toast pine nuts on a cookie sheet in a 325-degree oven for 5 minutes. Set aside.
2. Heat olive oil.
3. Add greens, sea salt and raisins. Stir and cook 5 minutes.
4. Turn off heat, add in pine nuts and transfer to serving dish.

Notes:

- Sprinkle with lemon juice before serving.

Simplest Sautéed Cabbage

Prep time:
5 minutes

Prep notes:

Cooking time:
5 minutes

Yields:
2 people

Ingredients:

1 teaspoon corn or sesame oil
2 cups finely sliced cabbage
2 teaspoons umeboshi paste, diluted with 1 tablespoon water

Directions:

1. Heat a skillet or wok, add oil.
2. Add cabbage and sauté on a medium flame for 5 minutes.
3. Season with umeboshi paste.

Notes:

- Sauté 1 onion, sliced into half-moons until golden, then add cabbage.
- Sprinkle 1 teaspoon of ground cumin on the cabbage. It adds a nice taste and makes cabbage easier to digest.

Spicy-Sweet Arugula Sauté

Prep time:
5 minutes

Prep notes:

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

2 bunches arugula

2 teaspoons olive oil

2 cloves garlic, minced

2 pinches hot pepper flakes

3 tablespoons chopped, dried apricots

sea salt to taste

Directions:

1. Wash arugula, remove long stems, and slice into 1-inch-long pieces.
2. Heat oil in a sauté pan.
3. Add garlic and pepper flakes and cook for one minute, stirring constantly.
4. Add apricots and continue to cook, stirring for 2 more minutes.
5. Add arugula, stir, cover, and cook for another 2 or 3 minutes.
6. Remove the cover, add sea salt to taste and serve.

Steamed Kale (Collards, Mustard Greens, Bok choy)

Prep time:

5 minutes

Prep notes:

Cooking time:

15 minutes

Yields:

4 people

Ingredients:

2 cups water

Pinch sea salt

1 bunch of kale

Directions:

1. Put water, salt and a steamer basket in a medium-size pot and heat on high.
2. Wash kale.
3. Remove leaves from stems and cut or tear leaves in any size you like. Chop the stems into 1/2-inch pieces, discarding the bottom as it tends to be tough.
4. When the water is boiling, add the stems to the pot, cover and cook for 1 minute.

5. Add the leaves, cover, lower the heat and steam for another 2-4 minutes. Leaves should be wilted, yet bright green.
6. Carefully remove the steamer basket and transfer kale to a serving dish.

Notes:

- Enjoy the kale plain, or add a little tamari or lemon juice.
- Try this same technique with collard greens, bok choy and mustard greens.

Steamed Vegetables

Prep time:

0 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

0 people

Ingredients:

Directions:

1. Wash the vegetables.
2. Cut into slender shapes.
3. Bring water to a boil.
4. Put vegetables in the steam basket and cover.
5. When vegetables reach desired tenderness take them out of the pot and serve.
6. Since the vegetables will continue to cook slightly after they are removed from the pot, place them under cool water to keep color vibrant.

Notes:

Steaming is one way to prepare simple, clean tasting vegetable, free of salt, oil or seasoning. Steamers come in a variety of forms. The stainless steel fold up variety fits inside a pot to hold the vegetables above the water. Some pots are specifically made with holes in the bottom for steaming over another pot of water.

Swiss Chard and Tofu

Prep time:

10 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

6 people

Ingredients:

1 bunch rainbow swiss chard, finely chopped
 1/2 package baked tofu, cut into bite-size cubes
 2 cups red cabbage, shredded coarsely
 2-3 carrots, grated
 1 cup toasted walnuts

Dressing:

2-3 cloves garlic (pressed or chopped)
 1/4 cup rice vinegar
 1/2 cup walnut oil
 2 tablespoons roasted sesame oil

Directions:

1. Cut off stems of the Swiss chard and chop leaves by rolling the chard into a tube and slice them, creating small strips.
2. Combine chard, tofu, cabbage, carrots and walnuts into a large bowl.
3. Blend all dressing ingredients and mix well.
4. Drizzle salad with dressing and mix well.

Notes:

- Dressing will stay for up to one week in the fridge.



OTHER VEGETABLES

Acorn Squash with Applesauce

Prep time:
 10 minutes

Cooking time:
 45 minutes

Yields:
 2 people

Ingredients:

1 acorn squash
 1 tablespoon olive oil
 1 cup apple sauce
 Cinnamon

Directions:

1. Preheat oven to 350 degrees.
2. Cut squash in half and remove seeds with a spoon.
3. Place squash halves skin side down on a baking sheet.
4. Rub olive oil over squash halves.

5. Fill squash halves with applesauce.
6. Sprinkle cinnamon on top of each.
7. Bake for 45 minutes, or until a fork inserts smoothly through squash meat.

Notes:

- Try different flavors of apple sauce.

Aloo Gobi

Prep time:
15 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
6 people

Ingredients:

1 head cauliflower
3 Yukon gold potatoes
2 tablespoon oil
1 yellow onion, diced
2 teaspoons garam masala
1/2 teaspoon salt
1 jalapeno pepper, minced
1-inch piece of ginger root, minced
1/4 cup water
Juice of 1/2 lemon

Directions:

1. Chop cauliflower into bite-size pieces.
2. Cut potatoes into 1/2-inch cubes.
3. Heat 2 tablespoons oil in a large sauté pan.
4. Add onion and sauté over medium heat 5 minutes.
5. Add garam masala, salt, jalapeno, ginger, potatoes, cauliflower and 1/4 cup water.
6. Stir, cover, and cook over medium heat until vegetables are cooked through 15-20 minutes.
7. Remove cover, stir and add lemon juice before serving.

Notes:

This name simply means cauliflower and potatoes in Hindi and is a popular dish in India and internationally.

- Garnish with fresh, chopped cilantro.

Artichoke with Dipping Sauce

Prep time:

5 minutes

Prep notes:

Cooking time:
35 minutes

Yields:
2 people

Ingredients:

1 artichoke
Juice of 1/2 lemon

Sauce:

1/2 cup your favorite mustard
2 tablespoons cider vinegar
2 tablespoons tamari
2 tablespoons honey

Directions:

1. Heat 2 inches of water in a pot.
2. Wash artichoke, and cut about 1/2 inch off the top and bottom of the choke.
3. Squeeze lemon juice all over artichoke and place in boiling water.
4. Cover and boil 25 minutes, until leaves pull off easily.
5. While the choke cooks, whisk together sauce ingredients in a bowl.
6. Remove choke and drain over sink.
7. To eat, pull off a leaf, dip in sauce and pull meat off with your teeth.

Baked Caraway Sweet Potato with Rosemary

Prep time:
10 minutes

Prep notes:

Cooking time:
50 minutes

Yields:
6 people

Ingredients:

3 medium sweet potatoes
2 tablespoons olive oil
1/2 cup fresh rosemary
1/2 tablespoon caraway seeds

Directions:

1. Preheat oven to 400 degrees.

2. Scrub sweet potatoes under running water and cut into big chunks.
3. Place sweet potatoes in a baking dish and coat with oil.
4. Add rosemary and caraway seeds.
5. Mix all ingredients together.
6. Cover and bake for 50 minutes.

Notes:

- Rosemary and caraway seeds can be substituted with cinnamon and 2 tablespoons of maple syrup or 1 tablespoon of ground cumin and a couple dashes of cayenne pepper.

Beet–Carrot–Parsnip–Fennel Extravaganza

Prep time:

10 minutes

Prep notes:

Cooking time:

45 minutes

Yields:

6 people

Ingredients:

5 small beets

3 big carrots

2 parsnips

1 fennel bulb

2 tablespoons olive oil

1/2 teaspoon sea salt

Directions:

1. Preheat oven to 425 degrees.
2. Scrub all your vegetables.
3. Chop vegetables into 2-inch pieces and finely chop fennel bulb.
4. Lightly coat vegetables with oil and sea salt and transfer them to a baking dish.
5. Bake covered for 30 minutes.
6. Uncover and bake for 15 minutes.

Brussels Sprouts with Chestnuts

Prep time:

8 minutes

Prep notes:

Cooking time:

35 minutes

Yields:

4 people

Ingredients:

2 cups Brussels sprouts, ends cut off
1/2 teaspoon salt
1/2 pound shelled chestnuts
1 cup chicken or vegetable stock
1 tablespoon olive oil

Directions:

1. Pre-heat oven to 350 degrees.
2. In a medium sized sauce pan boil 2 inches of water.
3. Add Brussels sprouts to boiling water with a pinch of sea salt.
4. Boil for 5 minutes.
5. Drain Brussels sprouts and add to a baking dish with chestnuts and stock.
6. Sprinkle olive oil and salt on top.
7. Bake uncovered for 20 minutes.

Butternut Apple Skewers**Prep time:**

10 minutes

Prep notes:**Cooking time:**

32 minutes

Yields:

8 people

Ingredients:

1 medium butternut squash
3 teaspoons cinnamon
2 teaspoons nutmeg
2 tablespoons ghee or coconut oil, melted
2 tablespoons almond or cashew butter
1/2 lemon, juiced
2 tablespoons maple syrup
3-4 apples, chopped
8-10 wooden skewers

Directions:

1. Preheat oven to 375 degrees.
2. Peel and dice butternut squash into about 1-inch cubes.
3. Mix together the spices, ghee or oil, nut butter, lemon juice and maple syrup. Add a bit of water if too thick (should be like a thick dressing).
4. In a bowl, pour 2/3 of the mixture over squash and toss, covering all the pieces evenly.

5. Place squash on a baking sheet and into oven for 20 minutes.
6. Mix apple into remaining sauce mixture.
7. Remove squash from oven and allow to cool for a few minutes.
8. Alternate apple and squash pieces on skewers.
9. Put back into the oven and bake for 15 minutes or until both are soft.

Notes:

- These are great as an appetizer, dessert or snack.
- They will keep in the fridge for about 3 days.

Carrot Burdock Strengtheners

Prep time:

10 minutes

Prep notes:

Cooking time:

20 minutes

Yields:

6 people

Ingredients:

1 onion

1 large burdock root

1 large carrot

1 tablespoon olive oil

Pinch of sea salt

Toasted sesame seeds or fresh parsley, as garnish

Directions:

1. Wash and chop the vegetables into odd shapes.
2. Heat oil in a skillet.
3. Sauté veggies together with a pinch of salt on medium heat for 5 minutes.
4. Add 1/2 inch of water to the skillet, cover and simmer for 10-15 minutes on low heat.

Delicata Tahini Squash

Prep time:

5 minutes

Prep notes:

Cooking time:

30 minutes

Yields:

4 people

Ingredients:

2 delicata squashes (about 7 inches long)

3 tablespoons tahini

1 tablespoon tamari

Pinch of cayenne (optional)

1 tablespoon water

Black pepper

Directions:

1. Preheat oven to 375 degrees.
2. Slice squash in circular discs about 1/8 inch thick, leaving seeds.
3. In a small bowl mix tahini, tamari, cayenne and water, adding a bit of water to get a creamy consistency.
4. In a large bowl, mix squash slices in sauce until each piece is coated.
5. Place on a non-stick baking sheet, sprinkle with pepper and place in the oven for 15 minutes.
6. Flip pieces and bake another 15 minutes, or until the squash is soft and tender.

Garlic Steamed String Beans**Prep time:**

7 minutes

Prep notes:**Cooking time:**

12 minutes

Yields:

8 people

Ingredients:

1 pound string beans

2 cloves garlic, minced

2 tablespoons tamari

4 tablespoons tahini

Juice of half a lemon

Directions:

1. Wash beans, chop ends off and cut in half.
2. Fill a pot with about 2 inches of water and bring to a boil.
3. Place beans in a steaming basket and place over boiling water.
4. Cover beans and steam for 5 minutes.
5. In a large bowl combine garlic, tamari, tahini and lemon juice.
6. When beans are done, add them to the garlic mixture.
7. Mix until string beans are coated and serve.

Kinpira Burdock-Lotus-Carrots

Prep time:

10 minutes

Prep notes:

Cooking time:

15 minutes

Yields:

8 people

Ingredients:

1 carrot

1 burdock root

1 small lotus root

1 teaspoon toasted sesame oil

1 tablespoon tamari

1 tablespoon brown rice vinegar

1 tablespoon sesame seeds

Directions:

1. Wash vegetables.
2. Slice carrot and burdock into matchsticks.
3. Peel the lotus root, slice off the ends and slice into 1/2-inch thick, half rounds.
4. Heat oil in sauté pan.
5. Sauté vegetables together over medium-high heat, about 3 minutes.
6. Add just enough water to half cover the veggies and cook on medium heat for 5-10 minutes, until most of the liquid has evaporated.
7. Add tamari and rice vinegar and cook another 2 minutes.
8. Remove from heat, plate and add sesame seeds before serving.

Notes:

Kinpira is a Japanese cooking style that means sautéing and then simmering.

- When purchasing burdock, look for one that is firm, not wiggly.
- If you can't find fresh lotus root, use organic dried lotus root, which can be found in the Asian foods section at your local health food store.

Parsnips with Sea Palm

Prep time:

5 minutes

Prep notes:

Cooking time:

25 minutes

Yields:

4 people

Ingredients:

1 small yellow onion
2 medium parsnips
2 teaspoons toasted sesame oil
1 handful sea palm pieces
1/4 cup water
1 teaspoon tamari
1 teaspoon mirin

Directions:

1. Slice onion into thin strips.
2. Slice parsnips into 1/2-inch rounds.
3. Heat oil in large sauté pan.
4. Add onions and parsnips and sauté 5 minutes, stirring often.
5. Add sea palm and 1/4 cup water, cover and cook over low heat another 15-20 minutes, until parsnips are tender.
6. Remove cover, add tamari and mirin.
7. Mix gently, and serve.

Portobello Steaks

Prep time:

5 minutes

Prep notes:

Cooking time:

30 minutes

Yields:

4 people

Ingredients:

4 Portobello mushrooms
2 tablespoons olive oil
3 teaspoons oregano
2 tablespoons balsamic vinegar
Salt and pepper to taste

Directions:

1. Preheat oven to 350 degrees.
2. Cut off mushroom stems and wash both tops and stems.
3. Mix oil, oregano and balsamic vinegar in a small bowl.
4. Place mushroom tops and stems in a baking dish with an edge.
5. Pour oil mixture over mushrooms and bake for 30 minutes.

Quick Daikon Pickles

Prep time:

8 minutes

Prep notes:

Cooking time:

30 minutes

Yields:

15 people

Ingredients:

1 large daikon radish

1/4 cup mirin

1/8 cup umeboshi vinegar

Water

Directions:

1. Wash and peel daikon and slice into half circles that are 1/2-inch thick.
2. Place daikon in a container.
3. Add mirin, umeboshi and just enough water to cover the daikon.
4. Cover, shake and store in the fridge.
5. The pickles will be ready in 30 minutes and will stay good in the fridge for weeks.

Roasted Kabocha Squash

Prep time:

5 minutes

Prep notes:

Cooking time:

60 minutes

Yields:

4 people

Ingredients:

1 whole kabocha

Directions:

1. Preheat oven to 450 degrees.
2. Scrub the squash. Cut in half and scoop out the seeds.
3. Place halves on a lightly oiled baking dish and cover, baking for 45 minutes.
4. Uncover and bake for 15 more minutes.

Notes:

- The skin of the squash is packed with great nourishment and can be eaten when baked. If you do not want the skin, peel the squash and cut into cubes.
- Sprinkle your favorite spice on the squash before baking such as cinnamon, thyme, rosemary, curry, cumin or sage.

Roasted Rutabaga with Celery Root

Prep time:
10 minutes

Prep notes:

Cooking time:
40 minutes

Yields:
6 people

Ingredients:
1 rutabaga
1 celery root
2 tablespoons olive oil
1/2 teaspoon sea salt
1 teaspoon fresh rosemary

Directions:

1. Preheat oven to 400 degrees.
2. Wash and scrub vegetables. Cut them into 1-inch, thick rounds.
3. Mix with oil, salt and rosemary.
4. Cover and bake for 30 minutes.
5. Turn vegetables over and bake uncovered for 10 more minutes.

Satisfying Sesame Burdock

Prep time:
5 minutes

Prep notes:

Cooking time:
10 minutes

Yields:
3 people

Ingredients:
1 large burdock root
2 teaspoons toasted sesame oil
1 teaspoon Bragg liquid aminos

1 teaspoon tahini
1/2 teaspoon umeboshi vinegar

Directions:

1. Slice burdock into 1/2-inch rounds.
2. Heat the sesame oil in a sauté pan and add burdock.
3. Sauté for 5 minutes, stirring frequently.
4. Add a little water, cover and steam for 5 minutes.
5. Combine Braggs, tahini and vinegar in a medium sized bowl.
6. Add the burdock to the bowl and mix to coat with the sauce.

Notes:

- Chop fresh spinach or dandelion greens and add during the last 2 minutes of cooking.

Spaghetti Squash Marinara

Prep time:
10 minutes

Prep notes:

Cooking time:
45 minutes

Yields:
4 people

Ingredients:

1 spaghetti squash
Extra-virgin olive oil

Sauce:

1 small onion
1 carrot
2 fresh tomatoes
5 button mushrooms
2 tablespoons minced fresh herbs (basil, oregano, or thyme)
1 tablespoon olive oil

Directions:

1. Preheat the oven to 425 degrees.
2. Carefully cut squash in half, lengthwise and remove the seeds.
3. Rub the inside with olive oil, and place open side down in a baking dish with 1/2 inch of water.
4. Bake 45 minutes, or until a fork pierces easily through the squash.

While squash is baking, prepare the sauce.

5. Dice the onion, carrot and tomatoes. Slice the mushrooms. Mince the herbs.
6. Heat oil in a pan and add onions. Sauté for 5 minutes.
7. Add the carrot and tomatoes and cook another 5 minutes.
8. Add the mushrooms, herbs and salt and continue cooking another 5-10 minutes.

9. When the squash has cooked and cooled a little, use a fork to scrape the meat into spaghetti-like strands.
10. Mix sauce and squash together in a bowl and serve.

Notes:

- Add garlic or other veggies to the sauce.
- Top with grated parmesan cheese.

Stewed Eggplant

Prep time:
5 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
4 people

Ingredients:

1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, minced
2 teaspoons dried basil
1 eggplant, chopped into bite-size pieces
1 can chopped tomatoes
Sea salt and pepper to taste

Directions:

1. In a deep pot heat olive oil.
2. Add onion, garlic and basil and sauté for 3 minutes.
3. Add the eggplant and sauté for another 5 minutes.
4. Add tomatoes, sea salt and pepper to taste.
5. Cover and cook for 20 minutes.

Stuffed Roasted Acorn

Prep time:
10 minutes

Prep notes:

Cooking time:
45 minutes

Yields:
4 people

Ingredients:

2 acorn squash
 2 tablespoons olive oil
 2 cloves garlic, minced or pressed
 Sea salt and pepper
 1/2 cup toasted pumpkin seed, chopped
 1/2 cup parsley, chopped

Stuffing:

1 tablespoon olive oil
 1 onion, finely diced
 1 tablespoon curry
 1/4 cup golden raisins or currants
 1 cup cooked whole grain (quinoa, brown rice, millet, barley)
 1/2 cup parsley, chopped
 1 zucchini, diced

Directions:

1. Preheat the oven to 375 degrees.
2. Cut acorn squash in half and clean out seeds and fibers. Cut a very thin slice off bottom, so that acorn squash halves can sit flat like soup bowls.
3. Brush with olive oil and distribute garlic evenly over 4 halves.
4. Sprinkle with sea salt and pepper, place on a baking sheet and bake for 35 minutes.
5. While squash is baking prepare stuffing.
6. In a skillet heat oil and sauté onions, curry and raisins for 3 minutes. Add cooked grains and stir for 5 minutes.
7. Remove skillet from heat and mix in parsley and zucchini.
8. Fill each squash cup with stuffing and top with chopped pumpkin seeds.
9. Bake in the oven for 15-20 minutes or until the squash is soft (when a butter knife sinks into the squash with ease).
10. Garnish with parsley and serve.

Summer Squash Sauté

Prep time:

10 minutes

Prep notes:

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

1 zucchini
 1 yellow summer squash

1 pattypan squash
1 red bell pepper
2 tablespoons olive oil
1/4 teaspoon sea salt
1/2 teaspoon dried marjoram (or 1 teaspoon fresh)

Directions:

1. Wash the squashes and cut them into 1/2-inch cubes.
2. Wash the pepper, take out the seeds and cut into 1/2-inch pieces.
3. Heat the oil in a large sauté pan.
4. Add the pepper and sauté for 3 minutes.
5. Add the squash, salt and marjoram and sauté for another 3 or 4 minutes, stirring frequently.
6. When the zucchini turns bright green, turn off the heat and serve.

Sweet Sensation

Prep time:
10 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
2 people

Ingredients:
Corn, carrots, onions, beets, winter squash, sweet potato.

Directions:

- Choose 2-5 of the vegetables listed above.
- Chop the hardest ones, like carrots and other root vegetables into smaller pieces.
- Softer vegetable, like onions, can be cut into larger chunks.
- Add vegetables into a pot in layers. Place the thickest on the bottom. It will cook more than the ones on top.
- Add about 1 inch of water to the pot and cook until vegetables are soft.
- Empty vegetables into a large bowl and use leftover cooking water as a delicious sweet sauce

Veggie Bake

Prep time:
20 minutes

Prep notes:

Cooking time:
50 minutes

Yields:
4 people

Ingredients:

All the leftover veggies in your fridge
1/4 cup olive oil, divided
1 large can chopped tomatoes
1 can chickpeas, drained
1-2 large yams, slices into 1/8-inch-thick sheets

Directions:

1. Preheat the oven to 350 degrees.
2. Chop veggies (not yams) and sauté in 2 teaspoons of oil until soft, 5-10 minutes.
3. Add can of tomatoes and chickpeas. Mix well and remove from heat.
4. Slice yams into thin sheets.
5. Lightly oil a casserole dish and layer the bottom with half of the yams.
6. Spoon out vegetable mixture and spread evenly on top of yams.
7. Layer remaining yams on top of vegetables and lightly drizzle with olive oil.
8. Bake covered for 30 minutes.
9. Take off the cover and turn up temperature to 450 degrees for 10 minutes to crisp up the top later.

Notes:

- Add your favorite spices, like basil, oregano, fennel, cumin, chili pepper or sea salt when adding tomatoes and chickpeas.
- Use a mandolin to slice the yams into even slices.

Zesty Par Boiled Asparagus

Prep time:
10 minutes

Prep notes:

Cooking time:
12 minutes

Yields:
4 people

Ingredients:

1 bunch asparagus
2 tablespoons olive oil
Juice of one lemon
1 teaspoon lemon zest
Sea salt and pepper to taste
2 tablespoons freshly grated parmesan cheese (optional)

Directions:

1. Wash asparagus and break off bottoms.
2. Cut into 1- to 2-inch pieces, on the diagonal.
3. Fill a medium-size saucepan halfway up with water and bring to a boil.
4. Add the asparagus, reduce heat to a simmer and cook asparagus for 2 minutes.
5. In a medium sized bowl combine oil, lemon juice, lemon zest, salt and pepper.
6. Toss asparagus in sauce.
7. Top with parmesan cheese and serve.



SALADS

Asian Watercress Salad

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
4 people

Ingredients:
1 bunch washed watercress
1 cup carrots, grated
1 1/2 tablespoons toasted sesame oil
2 tablespoons umeboshi plum vinegar
1/2 cup baked tofu

Directions:

1. Tear watercress into small pieces.
2. Mix with carrots in a salad bowl.
3. Drizzle sesame oil and vinegar over salad and toss.
4. Dice tofu into bite-size pieces.
5. Serve in individual salad bowls and sprinkle tofu onto each.

Barley Sun Salad

Prep time:
20 minutes

Prep notes:

Cooking time:
60 minutes

Yields:
8 people

Ingredients:
1 cup hulled barley
2 1/4 cups water
1/4 teaspoon sea salt
2 bunches arugula
1/2 cup sunflower seeds
1 carrot, chopped
1/2 bunch scallions, finely chopped
2 tablespoons olive oil
Juice of 1 or 2 lemons

Directions:

1. Place barley, water and salt in a pot.
2. Bring to a boil; reduce heat to low and simmer, covered for 45 minutes.
3. Wash arugula and chop into small pieces.
4. Place sunflower seeds on a cookie sheet and toast for 5 minutes in a 350-degree oven, being careful not to burn them.
5. When the barley is cooked, transfer to a large mixing bowl, add all ingredients and mix well.
6. Add salt and pepper if desired.

Beet Salad with Fennel and Mint

Prep time:
20 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
6 people

Ingredients:
2 beets
1 small fennel bulb
1 bunch mint leaves
2 oranges
1/4 cup balsamic vinegar

Directions:

1. Place beets in a pot, cover with 1 inch with water and boil for 20-30 minutes, until a fork pierces easily through the middle of each beet.
2. While beets are cooking, wash fennel and slice very thin.

3. Chiffonade mint (chop into thin ribbons).
4. Zest oranges and juice them into a bowl.
5. When beets are cooked, drain them in the sink and rinse under cold water.
6. Peel the skin off beets with hands and chop beets into 1/4-inch thick, quarter rounds.
7. Add all ingredients into a large bowl and mix well.

Notes:

This salad is famous for converting non-beet eaters into beet lovers!

Big Summer Mix Salad

Prep time:

10 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

2 people

Ingredients:

1/2 bunch spinach (or any favorite greens)
10 garlic stuffed green olives
1/2 cup raw cashews
1/2 small yellow onion
1/2 red bell pepper
1/2 jalapeno pepper
1/2 cucumber

Dressing:

2 tablespoons tahini
Juice of 1 lime
2 pinches cayenne pepper

Directions:

1. Wash and dry all veggies.
2. Finely chop all veggies, olives and nuts and place in a large bowl.
3. Mix dressing ingredients together with a fork in a small bowl.
4. Add dressing to vegetables, toss well and enjoy.

Black Bean Salad

Prep time:

10 minutes

Prep notes:

Cooking time:

15 minutes

Yields:

8 people

Ingredients:

1 tablespoon olive oil

1/2 onion, finely chopped

2 cloves garlic, minced

1 teaspoon coriander

2 teaspoons cumin

Pinch of cayenne

1 teaspoon sea salt

2 cups cooked black beans

1 red pepper, diced

1 yellow bell pepper, diced

Cilantro and fresh lime juice, as garnish

Directions:

1. Heat oil in pan.
2. Sauté onions and garlic with spices and salt.
3. Remove from heat and put into a large bowl.
4. Add black beans and peppers.
5. Mix well and serve.

Cabbage, Sprout and Asparagus Salad

Prep time:

10 minutes

Prep notes:

Cooking time:

3 minutes

Yields:

4 people

Ingredients:

1 pound asparagus cut into 2 inch pieces

1 cup red cabbage, shredded

1 cup green cabbage, shredded

1 cup sprouts

1/4 bunch watercress

2 cup snow pea-shoots

1 tablespoon chopped mint

1/4 cup toasted chopped peanuts

Dressing:

1/2 cup apple cider
2 tablespoons mirin
2 tablespoon tamari or shoyu
1/4 cup rice vinegar
1 tablespoon canola oil

Directions:

1. Steam asparagus until tender. Refresh in cold water.
2. In a small bowl or container with a lid, prepare dressing.
3. In a large bowl combine asparagus, cabbage, sprouts and dressing.
4. Serve over watercress and garnish with pea-shoots, mint leaves and toasted peanuts.

Carrot Raisin Salad**Prep time:**

10 minutes

Prep notes:**Cooking time:**

0 minutes

Yields:

6 people

Ingredients:

1 pound carrots
1 cup raisins
2 tablespoons umeboshi vinegar
1 tablespoon tamari
1 tablespoon flax oil

Directions:

1. Grate carrots by hand or in a food processor.
2. Place carrots and raisins in a mixing bowl.
3. Dress with the other ingredients, to taste.

Citrus Salad**Prep time:**

5 minutes

Prep notes:**Cooking time:**

0 minutes

Yields:
4 people

Ingredients:
2 hearts of romaine lettuce
2 fresh oranges and/or grapefruits
2 tablespoons brown rice syrup
2 tablespoons cider vinegar
1/3 cup extra-virgin olive oil
1/2 cup roasted almonds, slivered

Directions:

1. Wash and chop lettuce and place into large bowl.
2. Cut off skin from oranges and/or grapefruits by cutting off top half, remove skin in strips, working all the way around the fruit from top to bottom. Cut along the side of the membrane to remove the sections of the citrus fruit.
3. Combine brown rice syrup with vinegar and stream in extra-virgin olive oil, stirring constantly.
4. Pour dressing over the lettuce, season with sea salt and pepper and toss.
5. Serve on individual plates; lay fruit on top of lettuce and garnish with almonds.

Cold Soba Noodle Salad

Prep time:
20 minutes

Prep notes:

Cooking time:
15 minutes

Yields:
4 people

Ingredients:
8 ounces soba noodles
6 cups water
1 bunch sunflower sprouts or pea shoots, chopped
1/2 cup chopped red radishes
1/2 cup chopped celery
1/2 cup chopped cucumber

Dressing:
1/2 cup finely chopped fresh basil
1 tablespoon toasted sesame oil
1/4 cup tahini
2 tablespoons tamari soy sauce

2-inch piece grated fresh ginger
Juice of 1/2 lemon

Directions:

1. Put soba noodles into a pot of 6 cups boiling water.
2. Cook until tender, no more than 8 minutes.
3. Rinse with cold water when finished cooking.
4. Mix all vegetables and noodles in a large bowl.
5. Combine ingredients for dressing in a small bowl, or a container with a lid.
6. Once dressing is combined pour over noodles and mix well.

Dandelion Salad with Warm Hazelnut Vinaigrette

Prep time:
10 minutes

Prep notes:

Cooking time:
5 minutes

Yields:
4 people

Ingredients:
2 large bunches dandelion greens
2 tablespoons olive oil
3 cloves garlic, minced
1/4 cup hazelnuts, coarsely chopped
1 tablespoon balsamic vinegar
Sea salt and pepper to taste

Directions:

1. Wash greens, remove stems and chop into 3/4-inch pieces.
2. Place greens in a large mixing bowl.
3. Heat oil in a sauté pan on medium.
4. Add garlic and nuts, stirring constantly for 2 minutes.
5. Stir in vinegar, salt and pepper.
6. Pour the hot vinaigrette over the greens and toss well.

French Lentil Shiitake Salad

Prep time:
20 minutes

Prep notes:

Cooking time:
35 minutes

Yields:
8 people

Ingredients:
2 cups French lentils
4 cups water
8-inch piece wakame
1 teaspoon dried thyme
1 teaspoon dried rosemary
2 medium parsnips, chopped
8 to 10 dried shiitake mushrooms
2 tablespoons tamari soy sauce
4 cloves diced garlic
1 bunch chopped scallion
1/2 cup chopped fresh basil
2 tablespoons olive oil
1/2 teaspoon black pepper
1/2 cup dried, coarsely chopped chestnuts

Directions:

1. Wash lentils.
2. Fill a sauce pan with water. Add lentils and wakame and bring to a boil.
3. Add thyme and rosemary.
4. Cover and simmer for 15 minutes over low heat.
5. Uncover and add chopped parsnip.
6. Cover and simmer for 15 more minutes.
7. Soak mushrooms for 3 minutes and cut into quarters.
8. Transfer lentils into a big bowl; add mushrooms, tamari, garlic, scallion, basil, olive oil and black pepper.
9. Mix well and top with chestnuts.

Fresh Salad

Prep time:
0 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
0 people

Ingredients:

Directions:

1. All the salad greens should be as fresh as possible.

2. Add as many colors as you can.
3. Combine different tastes: sweet, pungent, bitter and sour.
4. Wash greens in plenty of water, at least two changes.
5. Dry the leaves well (salad spinners are very handy and do the job fast).
6. If you are not using the greens immediately, wrap them in a moist towel or paper towel and store them in a plastic bag in the fridge.
7. To revive wilted greens, soak them in ice water for 10 minutes.
8. Tear the leaves apart with your hands rather than using a knife.
9. Toss the greens with a dressing just before serving.
10. Use only enough dressing to lightly coat the greens.

Notes:

The world of salads is endless. There may be as many salads as there are ingredients. Green salads, tossed salads, composed salads made with grains, noodles and pasta, beans, salads of raw, cooked, roasted, steamed, marinated vegetables, pressed salads. There are endless possibilities to express your creativity by combining colors, tastes, textures, flavors, composition, decoration, salad dressings, etc.

Fresh salad types: romaine lettuce, Boston, red and green curly lettuce, mesclun mix, radicchio, arugula, watercress, curly endive, Belgium endive, oak lettuce, escarole, mizuna.

Grated Daikon Salad

Prep time:

5 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

4 people

Ingredients:

1 6-inch piece daikon

1/2 bunch flat leaf parsley, finely chopped

4 tablespoons umeboshi plum vinegar

3 tablespoons walnut oil

Directions:

1. Grate daikon and place in a salad bowl.
2. Blend remaining ingredients and combine with daikon.
3. Chill for 15 minutes.

Late Summer Corn Salad

Prep time:

20 minutes

Prep notes:

Cooking time:

10 minutes

Yields:

6 people

Ingredients:

4 ears of corn

1/2 small red onion, diced

1/2 green bell pepper, chopped

1/2 red bell pepper, chopped

1/2 bunch cilantro, minced

1 tablespoon olive oil

Juice of 1 lemon

Sea salt and pepper to taste

Directions:

1. Boil corn in a large pot for 5-10 minutes.
2. Remove from pot and cool by running under cold water.
3. Cut kernels from the cobs and place in a large mixing bowl.
4. Finely dice the onion and peppers, mince the cilantro and add to the bowl with the corn.
5. Add oil, lemon juice, salt and pepper. Mix well.

Light and Simple Salad

Prep time:

5 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

4 people

Ingredients:

4-6 large handfuls of mesclun salad mix

1/4 cup roasted sunflower or pumpkin seeds

6 red radishes, thinly sliced

Directions:

1. Toss all ingredients.
2. Serve with the dressing of your choice.

Pressed Nappa Cabbage, Carrot and Black Sesame Salad

Prep time:
10 minutes

Prep notes:
Pressing Time: 30 minutes

Cooking time:
0 minutes

Yields:
6 people

Ingredients:
1/2 medium nappa cabbage, very thinly sliced
1 large carrot, grated
1 teaspoon sea salt
Juice of 1/2 lemon
1/4 cup black sesame seeds

Directions:

1. Toss the cabbage and carrot in a bowl and rub salt into them.
2. Press for 30 minutes or longer.
3. Once salad is pressed, rinse the salt off by filling the bowl with water and drain well.
4. Add lemon juice and mix so that salad is evenly coated.
5. Top with sesame seeds.

Quinoa Salad

Prep time:
15 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
8 people

Ingredients:
2 cups cooked quinoa
1/2 cup chopped radishes
1/2 cup chopped cucumber
1/2 cup chopped celery
1/2 cup chopped red onion
1/2 cup chopped fresh parsley
1/2 cup chopped red bell pepper

1 tablespoon olive oil
2 teaspoons balsamic vinegar

Directions:

1. Combine all ingredients together in a large bowl and mix well.

Notes:

- Garnish with cherry tomatoes and shredded garlic cloves and chill before serving.

Raw, Nutty, Not Tuna Salad

Prep time:
15 minutes

Prep notes:
Soaking Time: 8 hours or more

Cooking time:
0 minutes

Yields:
4 people

Ingredients:
1 cup almonds
1 cup sunflower seeds
1-2 stalks celery, finely chopped
1 tablespoon minced dill
1/2 small red onion, finely chopped
1 teaspoon kelp granules
Juice of 1 lemon
1/2 teaspoons sea salt

Directions:

1. Place almonds in a bowl, cover with water and let soak overnight. Do the same with the sunflower seeds.
2. Discard most of the soaking water and combine nuts and seeds in a food processor or blender. Process until almost smooth.
3. Combine all ingredients in a large bowl and mix well.

Notes:

- Serve on a bed of mixed greens with vinaigrette, as a sandwich filling, or roll in a sheet of nori.

Shredded Summer Salad

Prep time:
20 minutes

Prep notes:

Cooking time:

60 minutes

Yields:

4 people

Ingredients:**Salad:**

1 summer squash or zucchini
1 small seeded cucumber
1 clove garlic, finely chopped
1/2 tablespoon fresh ginger, grated
1/2 jalapeno pepper, finely diced
2 stalks celery, finely chopped
1/2 bunch cilantro, chopped
1/2 lime, juiced
2 tablespoons sesame oil

Topping:

2 tablespoons curry powder
1 tablespoon cumin
3 tablespoons sesame oil
1 1/2 tablespoons tamari
1 cup slivered almonds
1 cup raw pumpkin seeds
1/2 cup brown rice syrup

Directions:

1. Grate summer squash and cucumber, place in a bowl and sprinkle with sea salt. Place the bowl in the fridge for 45 minutes to 1 1/2 hours. Remove from the fridge and drain off excess water. Squeeze the squash and cucumber to remove more liquid.
2. Place curry, cumin, oil and tamari in pan on medium heat and stir until all flavors blend. Add almonds and pumpkin seeds and stir until all nuts and seeds are evenly coated. Add the rice syrup and cook until liquids are completely evaporated and the mixture begins to brown. Remove the mixture from heat and spread it on a cookie sheet. Set aside until it cools and becomes crisp. When completely cool, chop coarsely.
3. Mix the ginger, jalapeno pepper, celery, cilantro, lime juice and oil in a large bowl.
4. Add the pressed squash and cucumber and mix well.
5. If time allows, let salad marinade in fridge for 20 minutes.
6. Add 1 cup of topping to salad.

Notes:

- Substitute almonds and pumpkin seeds with your favorite nut or seed.

- The remaining topping can be saved for other uses for up to 3-4 weeks in an air tight container.

Sprout Salad

Prep time:
10 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
4 people

Ingredients:

1/2 cup daikon, cut into match sticks or grated
1/2 cup carrots, cut into match sticks or grated
1 teaspoon sea salt
1 cup mung bean sprouts
1 cup alfalfa or radish sprouts
1 bunch watercress or arugula, washed and chopped

Dressing:

2 tablespoons tahini
1 tablespoon umeboshi paste
2 tablespoons lemon juice
1 tablespoon mellow white miso

Directions:

1. Mix carrots and daikon with sea salt, let sit while you prepare remaining ingredients.
2. Wash sprouts well and place in a large bowl with the greens.
3. Combine dressing ingredients in a small bowl and mix well.
4. Add daikon and carrot to the salad bowl.
5. Pour dressing over salad and toss until well coated.

Tricolor Salad with Creamy Raspberry Dressing

Prep time:
10 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
4 people

Ingredients:

2 Belgium endives or white part of curly chicory
 1 head radicchio
 1 bunch arugula

Dressing:

1 10-ounce package Mori Nu silken tofu
 1 tablespoon canola oil
 3 tablespoons raspberry or umeboshi vinegar
 1/4 cup water
 1/2 teaspoon sea salt

Directions:

1. Wash and dry salad greens.
2. Arrange then over the individual salad platters.
3. Combine dressing ingredients in a blender and combine until smooth.
4. Drizzle dressing over the greens

**SAUCES & DRESSINGS*****Apple Salsa*****Prep time:**

10 minutes

Prep notes:**Cooking time:**

0 minutes

Yields:

4 people

Ingredients:

3 apples, peeled, cored and chopped
 1 medium sweet onion, diced
 1/4 cup fresh cilantro, chopped
 1 tablespoon fresh mint, chopped
 2 teaspoons lime juice
 1/4 cup flaxseed or olive oil
 1 tablespoon maple syrup

Directions:

1. Mix all ingredients together.

Notes:

- If you want smooth salsa, place half of the mixture in a food processor or blender and pulse for 1-2 seconds to chop the mixture, not purée.
- Try with different apples or combine 3 different types.
- This is great with baked chips, grilled veggies or in Mexican dishes.

Avocado Dip

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
4 people

Ingredients:

1 large peeled and stoned avocado
2/3 cup plain goat-milk yogurt or soy yogurt or coconut yogurt
1 tomato, diced
Dash or two of cayenne pepper Sea salt
Fresh black pepper

Directions:

1. Mash avocado with a fork until very smooth.
2. Add yogurt, tomato and cayenne. Blend until smooth. This may be done in a food processor, blender or with a fork.
3. Add sea salt and fresh black pepper.
4. Serve chilled with mixed raw vegetables.

Notes:

- Best made 1 hour maximum before serving.

Cashew Cream: Sweet or Sour

Prep time:
5 minutes

Prep notes:
Soaking Time: 2 hours

Cooking time:
0 minutes

Yields:
10 people

Ingredients:

Sweet:

1 cup raw cashews
 1/4 cup rice or soy milk
 1/2 teaspoons vanilla extract
 2 tablespoons maple syrup
 Dash of cinnamon and nutmeg

Sour:

1 cup raw cashews
 juice of 1 lemon
 1-2 teaspoons apple cider vinegar
 a pinch sea salt

Directions:

1. Soak cashews in water for 2 hours.
2. Drain and add to a blender or food processor with all other ingredients.
3. Blend until well combined.
4. Taste and adjust as necessary.

Notes:

- Use the sweet cream on top of puddings or mashed yams.
- Use the sour cream in the place of regular sour cream.

Creamy Herb Dressing

Prep time:

15 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

1 people

Ingredients:

1/2 cup silken tofu
 2 garlic cloves, sliced
 1/4 cup flat-leaf parsley
 2 tablespoons fresh oregano
 1/2 cup buttermilk
 1 tablespoon lemon juice
 1/2 teaspoon salt
 1/4 teaspoon black pepper

Directions:

1. Purée tofu in a food processor.
2. Add garlic, parsley and oregano and pulse 4-5 times.

3. Add buttermilk, lemon juice, salt and pepper.
4. Purée until all ingredients are combined.
5. Cover and refrigerate.

Element Dressing

Prep time:
8 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
8 people

Ingredients:

1 cup toasted sesame seeds
1 tablespoon tamari soy sauce
1 tablespoon umeboshi vinegar
1 tablespoon toasted sesame oil
1 tablespoon freshly grated ginger
1 tablespoon brown rice syrup

Directions:

1. Combine all ingredients in a jar with a tight lid and shake well.
2. Use on salad or vegetables.

Ginger Sunflower Seed Dressing

Prep time:
360 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
2 people

Ingredients:

1/2 cup sunflower seeds
Juice of one lemon
Zest of one lemon
2 tablespoons brown rice vinegar
1 tablespoon ginger root, grated
1 clove garlic
1/4 cup soy sauce

1/4 - 1/2 cup soy sauce
1 tablespoon honey, agave nectar or pure maple syrup
1 cup olive and/or sesame oil
2 teaspoons mustard

Directions:

1. Cover sunflower seeds with water and soak overnight. Drain and rinse.
2. Add all ingredients into a blender and purée until smooth.
3. Refrigerate before using.

Golden Gravy

Prep time:
5 minutes

Prep notes:

Cooking time:
15 minutes

Yields:
4 people

Ingredients:
1 medium onion, finely diced
1 cup vegetable stock
3 tablespoon olive oil
3 tablespoons whole wheat or potato flour
2 ounces ghee
Sea salt
Freshly ground pepper to taste

Directions:

1. In a skillet, sauté the onion in the olive oil until brown.
2. Add the ghee and lower heat.
3. As the ghee melts, add the flour, stirring constantly to keep it from burning.
4. After the flour browns, add vegetable stock until gravy thickens.

Green Goddess Dressing

Prep time:
10 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
16 people

Ingredients:

10-ounce package silken tofu
1/3 cup olive oil
1/4 cup fresh basil, chopped
1/2 teaspoon rice vinegar
1/4 teaspoon sea salt
3 teaspoons tamari

Directions:

1. Whisk together the tofu and olive oil until a mayonnaise consistency is reached.
2. Add the herbs, vinegar, salt and soy sauce.
3. Mix well and refrigerate.

Light and Tangy Dressing**Prep time:**

8 minutes

Prep notes:**Cooking time:**

0 minutes

Yields:

8 people

Ingredients:

3 tablespoon fresh lime juice
3 tablespoons rice wine vinegar
1 tablespoon soy sauce
1/4 cup flax or olive
1/2 teaspoon sesame oil

Directions:

1. Whisk all ingredients together and serve on a green salad.

Notes:

- If you like your dressing more acidic add more lime juice or vinegar or modify all measurements to your liking.

Maple Dijon Vinaigrette**Prep time:**

5 minutes

Prep notes:**Cooking time:**

0 minutes

Yields:
5 people

Ingredients:
1/4 cup cider, red wine or balsamic vinegar
1/4 cup olive oil
3 tablespoons pure maple syrup
1 tablespoon Dijon mustard
A couple pinches of sea salt and pepper

Directions:

1. In a small bowl whisk together all ingredients or place ingredients into a jar, cover and shake well.
2. Cover and refrigerate.
3. Shake well before serving.

Olive Paste

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
4 people

Ingredients:
8 ounces of your favorite olives
1/4 block soft tofu
3 garlic cloves, minced
3 scallions, chopped
Juice of lemon

Directions:

1. Place all of the ingredients in a food processor or blender and purée.
2. Season with sea salt and pepper if desired.

Peanut Sauce

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
2 people

Ingredients:
1 cup natural peanut butter
1/4 cup orange juice
1 tablespoon toasted sesame oil
1 tablespoon tamari
Dash of cayenne pepper

Directions:

1. Combine all ingredients in a bowl and mix with a fork.
2. Add water in 1 tablespoon increments to reach desired consistency.

Pumpkin Seed Dressing

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
4 people

Ingredients:
1 cup roasted pumpkin seeds
2 tablespoons fresh parsley, minced
3 tablespoons scallions
2 teaspoons umeboshi paste
1/2 cup water

Directions:

1. Place all ingredients in a blender and purée until creamy.

Notes:

- Serve over steamed vegetables, salad, or noodles.

Soothing Shitake Gravy

Prep time:
5 minutes

Prep notes:

Cooking time:
15 minutes

Yields:

6 people

Ingredients:

8 medium shiitake mushrooms, dried
 2 1/2 cup boiling water
 2 cups mushroom soaking liquid
 2 tablespoons soy sauce
 2 teaspoons olive oil
 1 small onion, thinly sliced
 1/2 dried thyme
 2 cups button mushrooms, sliced
 3 tablespoons flour
 1/2 cup parsley, finely chopped

Directions:

1. Place shiitake mushrooms in a bowl and add boiling water, cover and set aside for 30 minutes.
2. Drain mushrooms and reserve soaking liquid.
3. Remove and discard stems from mushrooms and then slice into strips.
4. Take 2 cups of mushroom soaking liquid and add soy sauce.
5. In a medium sauce pan heat oil over medium heat and add onion, cook until golden brown, about 9 minutes.
6. Add thyme, button mushrooms, shiitake mushrooms and cook about 4 minutes.
7. Add flour and reserved mushroom liquid.
8. Cook for 5 minutes or until mixture is thickened.
9. Stir in parsley and serve hot.

Notes:

- This is a great alternative to turkey gravy for vegetarians.

Spinach Pesto

Prep time:
 5 minutes

Prep notes:

Cooking time:
 3 minutes

Yields:
 4 people

Ingredients:

1/2 cup walnuts
 2 cups spinach leaves, chopped
 8 basil leaves, chopped
 1 clove garlic, chopped
 1 tablespoon silken tofu

1/2 cup Parmigiano Reggiano cheese, grated
2 tablespoons olive oil
Salt and pepper to taste

Directions:

1. Place nuts in a food processor and chop for 30 seconds.
2. Add spinach, basil and garlic and pulse until all ingredients are finely chopped.
3. Add tofu and cheese and pulse 3-4 times to blend.
4. With the food processor running, drizzle in the oil.
5. Season with salt and pepper to taste.

Tahini Lemon Dressing

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
1 people

Ingredients:
1/2 tablespoons tahini
1/4 cup water
2 garlic cloves
3 tablespoons lemon juice
2 tablespoon tamari soy sauce
2 tablespoons tamari
2 tablespoons maple syrup
Pinch of cayenne

Directions:

1. In a blender, mix tahini and water until combined.
2. Add remaining ingredients and continue to mix until all ingredients are combined.
3. Adjust any flavors to your taste.

Notes:

- If you want a thinner dressing add additional water.

Vegan Caesar Dressing

Prep time:
15 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

6 people

Ingredients:

1/3 cup slivered or sliced almonds

3 cloves garlic

3/4 cup silken tofu

1/4 cup olive oil

3 tablespoons lemon juice

1 tablespoon capers

1 tablespoon caper brine

1/2 teaspoon mustard powder

Salt

Directions:

1. Pulse almonds in a food processor until crumbly and place in an airtight container.
2. Blend garlic, tofu and oil in the food processor until creamy.
3. Add lemon juice, capers, caper brine and mustard powder and pulse until blended.
4. Add mixture to the almonds and whisk to combine.
5. Cover and chill in the fridge for a minimum of 30 minutes.



SAVORY SNACKS

Afternoon Pick-Me-Up

Prep time:

5 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

1 people

Ingredients:

3 carrots (or 12 ounces carrot juice)

1 tablespoon spirulina or chlorella powder

Directions:

1. Juice carrots in a juicer or purchase fresh carrot juice from a health food store.
2. Add spirulina to juice and mix very well.
3. Drink slowly and enjoy your energy.

Notes:

- Try different types of greens and super-foods to see how they affect you differently.
- If using bottled carrot juice make sure it is organic.

Ants on a Log

Prep time:
10 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
1 people

Ingredients:
2 tablespoons almond butter or other natural nut butter
2 stalks celery
A small handful of dried blueberries, cherries or raisins

Directions:
Wash celery.

1. Spread nut butter inside each stalk.
2. Dot with blueberries or “ants”.

Notes:

Here’s a simple, healthy snack for kids that adults like too.

Ball-O-Nuts

Prep time:
10 minutes

Prep notes:
Soaking Time: a few hours

Cooking time:
0 minutes

Yields:
10 people

Ingredients:
6 dates
1/2 cup rolled oats
3/4 cup almonds
1/2 cup sesame seeds
1/2 cup apple juice

1/2 cup brown rice syrup
3/4 cup poppy seeds

Directions:

1. Soak dates with oats in water for a few hours, then drain excess water.
2. Add dates, oats, almonds, sesame seeds, juice and syrup to a blender. Blend until chunks become very small, but are still visible.
3. Form little balls with mixture.
4. Roll in poppy seeds.

Notes:

- Try squeezing lemon or ginger juice for added zing!

Delicious Stovetop Popcorn

Prep time:
5 minutes

Prep notes:

Cooking time:
5 minutes

Yields:
2 people

Ingredients:
1 tablespoon coconut oil
1/4 cup popcorn kernels
1 tablespoon nutritional yeast
1 tablespoon tamari

Directions:

1. Heat oil in a deep, wide sauté pan.
2. Add popcorn and cover.
3. Hold pot with potholders and shake every few seconds until kernels have popped.
4. Remove lid, add tamari and nutritional yeast, mix and transfer to serving bowl.

Guacamole with Jicama Sticks

Prep time:
20 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
4 people

Ingredients:

2 avocados
 1/2 small red onion, finely diced
 1 small tomato, finely diced
 1 jalapeno pepper, minced (use seeds if you like it hot)
 1/4 bunch cilantro, minced
 Juice of one lime
 1/2 teaspoon sea salt
 1/2 teaspoon pepper
 1 large jicama

Directions:

1. Carefully cut open each avocado, remove the seed and scoop out the meat into a mixing bowl.
2. Add onion, tomato, pepper, cilantro, salt, pepper and lime juice.
3. Mix with a fork until you reach the desired texture for you guacamole.
4. Peel the jicama and slice into sticks.
5. Dip one into the guacamole to taste and adjust seasonings as necessary.
6. Enjoy!

Home Touch Trail Mix**Prep time:**

5 minutes

Prep notes:**Cooking time:**

20 minutes

Yields:

10 people

Ingredients:

2 cups almonds, raw
 1 cup pecans
 2 cups walnuts, raw
 2 cups pumpkin or squash seed, raw
 2 cups dried cranberries
 1 tablespoon olive oil (optional)

Directions:

1. In a bowl mix together almonds, pecans, walnuts and seeds. Cover with water and soak overnight.
2. Preheat oven to 300 degrees.
3. Rinse and discard soaking water.
4. Add cranberries and add olive oil. Mix until everything is coated well.

5. Spread the mixture out evenly on baking sheet and place in the oven for about 20 minutes or until you can smell the roasting nuts and they start to turn a lot.
6. Cool and store in air tight glass container.

Notes:

- Try any nuts and dried fruit you like.
- The nuts and seed do not have to be soaked or can be soaked for a few hours, but doing so helps their digestibility.

Honey Sesame Treats

Prep time:

5 minutes

Prep notes:

Cooking time:

10 minutes

Yields:

8 people

Ingredients:

3/4 cup sesame seeds

1 1/2 tablespoons raw honey

Directions:

1. Grind 1/2 cup sesame seeds in a coffee grinder or suribachi. Grind well, but not so much that they become nut butter.
2. Place in a bowl, add honey and combine with a fork until it becomes a unified paste. Roll into 1/2-inch balls.
3. Toast the rest of the seeds in a sauté pan for 5 minutes, stirring constantly until they turn golden brown and transfer them to a bowl.
4. Roll the balls in the toasted sesame seeds.
5. Eat warm or refrigerate.

Kidney Bean Spread

Prep time:

10 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

10 people

Ingredients:

2 cups cooked kidney beans plus 1/4 cup juice from beans
 3 tablespoons brown rice vinegar
 2 cloves garlic
 3 tablespoons olive oil
 1 tablespoon flax seed oil
 1/2 teaspoon sea salt
 1/4 cup minced cilantro
 1/4 cup minced green onions

Directions:

1. Combine beans, bean juice, vinegar, garlic, oils and salt in a food processor or blender.
2. Process until smooth and creamy and transfer to a bowl.
3. Add salt, cilantro and green onions and mix with a spoon.
4. Taste and adjust seasonings as necessary.
5. Serve with cut up veggies.

Manna Bread Snack

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
2 people

Ingredients:
 2 thin slices of sun seed Manna Bread
 1 tablespoon raw almond butter or tahini
 Sprinkle of goji berries or raisins
 1 tablespoon coconut flakes

Directions:

1. Lay the manna bread slices on a plate.
2. Spread a thin layer of almond butter or tahini on each slice.
3. Decorate each slice with berries, raisins and coconut flakes and enjoy.

Mixed Spicy Nuts

Prep time:
5 minutes

Prep notes:

Cooking time:

15 minutes

Yields:

8 people

Ingredients:

2 cups mixed, raw nuts—almonds, cashews, pecans

1 teaspoon coconut oil

1 tablespoon maple syrup

1 tablespoon garam masala

1 teaspoon sea salt

Directions:

1. Preheat oven to 300 degrees.
2. In a bowl mix together nuts, oil and maple syrup.
3. Lay nuts on a cookie sheet and roast in the oven until lightly browned all over, about 15 minutes.
4. Remove from heat and toss with garam masala and salt.

Parsnip Chips

Prep time:

10 minutes

Prep notes:

Cooking time:

30 minutes

Yields:

10 people

Ingredients:

1 pound parsnips

Olive oil

Sea salt to taste

Black pepper to taste

Directions:

1. Preheat oven to 350 degrees.
2. Wash parsnips well.
3. Slice parsnips very thin, crosswise, creating circular pieces and place in a bowl.
4. Drizzle lightly with olive oil, salt and pepper and toss so each piece is coated.
5. Spread evenly over two baking sheets and place in the oven.
6. Remove after 30 minutes or until desired crispness.

Plantain Chips

Prep time:

20 minutes

Prep notes:

Cooking time:
10 minutes

Yields:
12 people

Ingredients:
6 green plantains
Juice of 6 limes
2 tablespoons coconut oil

Directions:

1. Peel the plantains and slice very thin on the diagonal.
2. Soak the slices in lime juice for 10 to 15 minutes.
3. Dry thoroughly and heat broiler.
4. Toss plantains with coconut oil in a bowl. Make sure oil covers slices. (You may have to heat the oil just a bit so that it is not in solid form.)
5. Place on a baking sheet and put under broiler for 3 to 5 minutes or until golden brown.
6. Flip to the other side and repeat.
7. Store refrigerated in an airtight container once cooled down.
8. They will keep for 1 week.

Polenta

Prep time:
5 minutes

Prep notes:

Cooking time:
40 minutes

Yields:
6 people

Ingredients:
1 cup yellow corn grits
1 teaspoon tamari
1 tablespoon olive oil
Generous pinch dried basil
3 cups filtered water

Directions:

1. Place all the ingredients in a saucepan and whisk to combine.

2. Bring to a boil over medium-low heat, whisking frequently to prevent lumping and scorching.
3. Reduce heat to low and cook polenta over low heat, whisking frequently until the center of the polenta bursts like a big bubble.
4. Spoon polenta evenly into a lightly oiled shallow baking dish and set aside. The polenta will be firm after about 30 minutes.

Notes:

- Try adding 1 cup of your favorite vegetable or 10-15 of your favorite olives, finely chopped to the mixture.

Roasted Garlic Spread

Prep time:

5 minutes

Prep notes:

Cooking time:

45 minutes

Yields:

8 people

Ingredients:

1 head of garlic

1 tablespoon olive oil

Directions:

1. Preheat oven to 375 degrees.
2. Carefully slice the entire head of garlic about 1/4 of the way down, exposing the cloves.
3. Drizzle oil over the entire head.
4. Wrap in parchment paper and then aluminum foil.
5. Place in the oven and cook for 45 minutes or until the cloves feel soft when pressed.
6. Let the garlic cool for 5 minutes.
7. Squeeze the individual cloves out, then spread on whole grain bread.

Sautéed Edamame

Prep time:

5 minutes

Prep notes:

Cooking time:

30 minutes

Yields:

4 people

Ingredients:

2 cups shelled edamame (get them pre-shelled in the frozen section)

1 tablespoon olive oil

1/2 teaspoons sea salt

Juice of 1 lemon

2 tablespoons chopped cilantro

Black pepper to taste

Directions:

1. Cook edamame in boiling water for 10 minutes.
2. Drain beans and chill in the fridge for 10 minutes.
3. Heat oil in a large sauté pan and sauté beans with salt for 5 minutes.
4. Add lemon juice, cilantro and salt to taste.
5. Mix well and serve hot.

Veggie Muffins

Prep time:

15 minutes

Prep notes:

Cooking time:

15 minutes

Yields:

8 people

Ingredients:

2 cups spelt flour

1/2 cup finely chopped fresh parsley

1/2 teaspoon sea salt

2 eggs, beaten

1 cup grated or finely chopped veggies

1 cup soy or rice milk

Directions:

1. Preheat oven to 325 degrees.
2. Lightly grease a muffin tin.
3. Mix flour, parsley and salt in a bowl.
4. Make a well, add eggs and veggies.
5. Mix lightly, gradually adding milk.
6. Mixture should be lumpy. Do not over mix.
7. Fill each muffin cup 2/3 of the way full.
8. Bake for 12 to 15 minutes.

9. Remove from the oven and let cool before serving.

Wheat Free Sunflower Crunches

Prep time:
10 minutes

Prep notes:

Cooking time:
15 minutes

Yields:
10 people

Ingredients:
1 cup sunflower seeds
1/2 cup sesame seeds
1 tablespoon poppy seeds (optional)
1 1/2 tablespoons olive oil
1 tablespoon maple syrup

Directions:

1. Preheat oven to 375 degrees.
2. Combine sunflower, sesame and poppy seeds in a blender. Blend until combined.
3. Add oil and maple syrup, blend again until mixture resembles dough.
4. Roll dough into several long pieces and place them on a lightly oiled baking sheet.
5. Bake for 15-20 minutes.



SEA VEGETABLES

Arame Sauté

Prep time:
15 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
2 people

Ingredients:
1/2 cup arame
Water

Shoyu

1 teaspoon mirin

1 teaspoon sesame oil

2-3 shallots, diced

2 cups button mushrooms, thinly sliced

1 carrot, sliced into matchstick-shape pieces

3 stalks broccoli, florets and stems diced

Apple juice

2 tablespoons sunflower seeds, lightly toasted

Directions:

1. Rinse arame well and set aside. It will soften in a few minutes without soaking.
2. Place arame in a small saucepan with enough water to cover halfway.
3. Bring to a boil, cover and cook over low heat for 15 minutes.
4. Season lightly with shoyu and mirin and cook until all the liquid has been absorbed. Heat the oil in a skillet over medium heat.
5. Add the shallots and cook, stirring until translucent, about 5 min.
6. Add the mushrooms and cook, stirring until wilted.
7. Add the carrots and cook stirring, for 1-2 minutes.
8. Finally, stir in broccoli and season lightly with shoyu. Cover and cook over low heat until broccoli is bright green, crispy and tender, about 4 minutes.
9. Stir in arame and sunflower seeds.
10. Transfer to bowl and serve warm.

Dulse Dressing

Prep time:

5 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

1 people

Ingredients:

1/2 cup water

2-3 tablespoons tahini (sesame paste)

1 tablespoon umeboshi paste

1/2 cup dulse flakes

3 scallions, finely chopped (optional)

Directions:

1. Warm the water, add tahini and stir until creamy.
2. Stir or blend in umeboshi paste. Mix thoroughly.
3. Stir in dulse and/or scallions.

Dulse-Pumpkin Seed Condiment

Prep time:

5 minutes

Prep notes:

Cooking time:

15 minutes

Yields:

8 people

Ingredients:

1 cup dried pumpkin seeds

1 tablespoons dried dulse flakes

1/2 teaspoons sea salt

Directions:

1. In a small skillet, dry roast the seeds on medium heat, stirring constantly, until the seeds pop. Remove and let cool.
2. Preheat oven to 400°F.
3. On a baking sheet, place the dulse and bake for 3-5 minutes.
4. Using a blender, blend together the cooled seeds and dulse.
5. Use immediately or refrigerate until ready to use.

Notes:

- This can be stored in an airtight container in the fridge for several weeks.

Garlic Hijiki with Mung Bean Sprouts

Prep time:

5 minutes

Prep notes:

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

1 cup hijiki

1 tablespoon olive oil

1 clove garlic, minced

1 tablespoon tamari

2 cups water

1 cup mung bean sprouts

Directions:

1. Wash and soak hijiki, about 20 minutes.
2. Heat oil with garlic and tamari for 2 minutes.
3. Add hijiki and sauté for 2 more minutes.
4. Add water, cover and simmer for 5 minutes.
5. Add mung bean, mix and stir for a few minutes.
6. Remove from heat and serve.

Notes:

- Try different sprouts, such as, chick pea or crunchy mixed sprouts.

Hijiki Salad

Prep time:
10 minutes

Prep notes:

Cooking time:
15 minutes

Yields:
4 people

Ingredients:

1 cup hijiki
3 cups carrots, grated
2 cups purple cabbage, grated
2 tablespoons ginger, grated
4 tablespoons umeboshi vinegar
3 tablespoons toasted sesame oil

Directions:

1. Soak hijiki in water for 30 minutes, then rinse.
2. Place carrots, cabbage and ginger in a large bowl.
3. Add hijiki, vinegar and sesame oil. Mix well.
4. Let sit for 15 minutes before serving so flavors blend.

Notes:

- Add a dash or two of your favorite spice: curry, cardamom or coriander.
- Garnish with scallions, parsley, sesame seeds or a wedge of lemon.

Kelp Cucumber Salad

Prep time:
20 minutes

Prep notes:

Cooking time:

0 minutes

Yields:

3 people

Ingredients:

2 ounces kelp

2 cups water

1 cucumber, sliced into thin rounds

1/4 cup rice vinegar

1 tablespoon maple syrup

3 tablespoons tamari

2 tablespoons sesame seeds

Directions:

1. Put kelp in a bowl and cover with water.
2. Let sit for 15 minutes.
3. Slice into bite-size pieces.
4. Peel cucumber and slice into thin rounds.
5. Whisk together vinegar, maple syrup and tamari in a bowl.
6. Add cucumber and kelp and mix well.
7. Garnish with sesame seeds and serve.

Notes:

The word “kelp” refers to any of the brown seaweeds including alaria, wakame and kombu.

Kung-Fu Hijiki Salad

Prep time:

15 minutes

Prep notes:

Cooking time:

20 minutes

Yields:

4 people

Ingredients:

1 cup hijiki

5 cups water

1 yellow or red pepper, chopped

4 scallions, chopped

1 carrot, chopped

1/2 cup corn kernels, fresh off the cob

5 to 6 cherry tomatoes chopped in half (optional)

1 teaspoon sesame oil

2 teaspoons umeboshi vinegar
 2 cloves shredded garlic
 1 tablespoon fresh ginger juice

Directions:

1. Soak hijiki in water for 20 minutes.
2. Place chopped vegetables into a bowl.
3. In a small bowl whisk together oil, vinegar, garlic and ginger juice.
4. Rinse hijiki and add to vegetables.
5. Pour dressing over the salad, toss and serve.

Nori Ginger Tofu Scramble

Prep time:
 5 minutes

Prep notes:

Cooking time:
 5 minutes

Yields:
 2 people

Ingredients:
 3 sheets nori
 1 tablespoon oil
 1 package tofu
 1 teaspoon freshly grated ginger
 2 tablespoons nutritional yeast
 1 teaspoon tamari

Directions:

1. Cut nori sheets into very thin one inch strips (scissors work best).
2. Heat oil in a skillet.
3. Crumble tofu and add to skillet once oil is heated
4. Simmer until tofu is heated
5. Stir in nori, ginger, nutritional yeast and tamari.
6. Cook for 5 more minutes or until fully heated through.

Notes:

- Sprinkle on toasted sesame seeds for added flavor.

Quick Nori Soup

Prep time:
 5 minutes

Prep notes:

Cooking time:
15 minutes

Yields:
4 people

Ingredients:
5 nori sheets
2 tablespoons daikon, grated
3 slices ginger
2 teaspoons umeboshi paste
3-4 cups boiling water

Directions:

1. In a dry skillet, toast each nori sheet for 1-2 minutes on each side.
2. Tear or cut nori into bite size pieces.
3. Add nori, daikon, ginger and umeboshi, to a pot of boiling water and simmer for 10 minutes.

Notes:

- Add chopped scallions just before serving.
- You can also try adding a grated carrot for a bit of a sweet flavor.

Seaweed Salad

Prep time:
5 minutes

Prep notes:
Marinate Time: 30 minutes

Cooking time:
0 minutes

Yields:
4 people

Ingredients:
1 ounce seaweed, combine 2-3 varieties
1 teaspoon agave syrup
2 tablespoons rice wine vinegar
1 teaspoon sesame oil
1 teaspoon sesame seeds

Directions:

1. Combine all ingredients in a bowl.
2. Marinate for at least 30 minutes before serving.

Veggie Nori Rolls

Prep time:
10 minutes

Prep notes:
Assembly: 5 minutes

Cooking time:
0 minutes

Yields:
2 people

Ingredients:

1 – 1 1/2 cups cooked short brown rice
1 cup plus 1 teaspoon water
2 teaspoons soy sauce
2 tablespoons rice vinegar
2 sheets nori, roasted
1/2 seedless cucumber, cut into matchsticks
1 carrot, cut into matchsticks
1/2 avocado
Sushi mat

Directions:

1. Place rice in a non-metal bowl.
2. In a small bowl stir together vinegar and remaining teaspoon of soy sauce.
3. Pour vinegar mixture over rice, tossing gently with a large spoon to combine.
4. Place sushi mat on a work surface with slats running crosswise.
5. Arrange 1 sheet nori, shiny side down, on mat, lining up a long edge of sheet with edge of mat nearest you.
6. Using damp fingers gently press half of rice onto nori in 1 layer, leaving a 1 3/4-inch border on side farthest from you.
7. Arrange half of cucumber in an even strip horizontally across rice, starting 1 inch from side nearest you.
8. Arrange half of carrot just above cucumber in same manner.
9. Peel avocado half and cut lengthwise into thin slices, then arrange half of slices just above carrot in same manner.
10. Beginning with edge nearest you, lift mat up with your thumbs, holding filling in place with your fingers and fold mat over filling so that upper and lower edges of rice meet, then squeeze gently but firmly along length of roll, tugging edge of mat furthest from you to tighten.
11. Open mat and roll log forward to seal with nori border.
12. Transfer roll, seam side down, to a cutting board.
13. Make second log in same manner, then cut each log crosswise into 6 pieces with a wet thin-bladed knife.
14. Serve with wasabi paste, soy sauce and ginger.

Wakame with Greens

Prep time:

5 minutes

Prep notes:

Cooking time:

15 minutes

Yields:

4 people

Ingredients:

1/2 cup wakame, soaked and chopped

1 bunch leafy green vegetables (collards, kale or mustard greens)

1 tablespoon olive oil

Dash of sea salt

Juice of 1/2 lemon

2 tablespoons sesame seeds, toasted

Directions:

1. Wash, soak and chop wakame into small pieces.
2. Wash and chop greens into bite-size pieces.
3. Cook wakame in a small amount of water until it becomes tender, about 5 minutes.
4. In a skillet, heat oil, add greens and sauté for 5 to 7 minutes until leaves wilt.
5. Add a dash of salt to sauté.
6. Add soaked wakame and lemon juice to pan.
7. Sauté together, 3-5 more minutes.
8. Sprinkle with sesame seeds and serve.

**SOUPS*****Azuki Squash Stew***

Prep time:

10 minutes

Prep notes:

Cooking time:

60 minutes

Yields:

4 people

Ingredients:

1 pound winter squash (kabocha, butternut)
 1 1/2 cups aduki beans, soaked
 3 inches seaweed (kombu or wakame)
 5 cups of water
 Sea salt

Directions:

1. Peel and cube squash into 2-inch squares (can leave skin on if edible).
2. Place washed beans and seaweed into pot. Add water and bring to boil. Cover and simmer for 30 minutes.
3. Uncover and add squash cubes. Cover and simmer for 30 more minutes.
4. Uncover, add sea salt and stir until water evaporates.

Notes:

- Try with roots like carrot, parsnip and turnip. These roots don't need more than twenty minutes to cook with beans.

Clear Vegetable Broth with Noodles**Prep time:**

5 minutes

Prep notes:**Cooking time:**

10 minutes

Yields:

0 people

Ingredients:

Water to cover vegetables:

Tamari

Udon or other noodles, prepared according to package directions

Directions:

1. Boil vegetables in water for 5-10 minutes or until tender.
2. Add tamari to taste.
3. Serve in individual bowls and add noodles.

Notes:

- Garnish with thinly sliced scallions or nori seaweed cut into strips or rectangles.
- Season with ginger juice.
- While the noodles are boiling add some fresh vegetables cut into thin attractive pieces for added taste and a crunch.

Vegetables Stock:

You can make vegetable stock from carrots, onions, sometimes just a touch of burdock and other naturally sweet vegetables. You can also use wilted vegetables or vegetables parts that are not ordinarily eaten. These

include cabbage hearts, pea pods, corn husks, vegetable cores or tough outer leaves. Avoid greens that lend a bitter taste, such as carrot tops, spinach or swiss chard. Refrigerate these odds and ends in a container and make a stock when enough have accumulated. Cut vegetable into small pieces.

Cool Cucumber and Avocado Soup

Prep time:
10 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
4 people

Ingredients:
1 cucumber, peeled and chopped
1 avocado
2 green onions
Juice of 1 lime
1 cup plain or soy yogurt
1 cup water
Salt and pepper to taste

Directions:

1. Roughly chop the cucumber, avocado and green onions and toss in the blender.
2. Add other ingredients and process until smooth.
3. If soup is too thick add water as needed.

Notes:

- Garnish with chopped fresh cilantro and a dash of cayenne pepper.

Creamy Broccoli Soup

Prep time:
10 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
4 people

Ingredients:
1 bunch broccoli
5 cups water
1 small onion, chopped
2 cloves garlic, minced

2 tablespoons barley miso
1 cup cooked brown rice

Directions:

1. Wash broccoli and separate stems from florets.
2. In a pot, bring water to a boil.
3. Add broccoli stems, onion and garlic.
4. Reduce heat and simmer for 15 minutes.
5. Remove 2 cups of liquid from pot and dissolve miso paste in the liquid, return to pot.
6. Add brown rice.
7. Use an immersion blender to cream the soup.
8. When smooth add broccoli florets, cook 10 more minutes.

Creamy Parsnips Soup with Polka Dots

Prep time:
10 minutes

Prep notes:

Cooking time:
25 minutes

Yields:
4 people

Ingredients:

4-6 parsnips, cut into chunks
1 large yellow onion, cut into chunks
1/2 teaspoon nutmeg
1 teaspoon sea salt
4 cups water
1 cup green peas

Directions:

1. Place parsnips, onion, nutmeg, salt and water in a pot and bring to a boil.
2. Cover the pot and simmer 20 minutes, or until the parsnips are soft.
3. Using an immersion blender purée soup until very creamy. If necessary add more water to get desired consistency.
4. Add green peas and mix with a spoon.
5. Once peas are heated through, serve in individual bowls

Notes:

- Use 2 cups rice or soy milk and 2 cups water for a more silky texture.
- Replace some of the parsnips with carrots.

Easy Breezy Soup

Prep time:
10 minutes

Prep notes:

Cooking time:
20 minutes

Yields:
4 people

Ingredients:

Try any of these vegetable combinations to create a simply delicious soup: carrot, parsnip, celery, winter squash, yam, ginger, broccoli, onion, cauliflower daikon radish, leek, carrot, mustard greens, shitakes, onion, kale, cabbage or rutabaga.

Directions:

1. Use one of each vegetable.
2. Cut all veggies to roughly the same size, around 2-inch chunks.
3. Place chopped veggies in a pot with water just covering them.
4. Bring to a boil then lower to simmer.
5. Cook until a fork inserts smoothly into each vegetable, probably about 20 minutes.
6. Add your favorite condiments.
7. Eat as is or purée in a food processor, blender or with a hand mixer.

Notes:

- Garnish with parsley and scallion.
- To add richness to soup, sauté one medium onion and add to water before cooking.

French Onion Soup

Prep time:
5 minutes

Prep notes:

Cooking time:
30 minutes

Yields:
4 people

Ingredients:

4 onions, sliced into half moons
1 teaspoon oil, sesame or olive
4 cups of water
3-4 tablespoons soy sauce or dark miso (hatcho)
Whole grain croutons or toasted bread

Directions:

1. In a large pot sauté onions in oil until they start to brown.
2. Add water, bring to boil. Lower the heat and simmer for 20 minutes.
3. Add soy sauce or diluted miso. Simmer for 3 minutes longer.
4. Serve in individual bowls and float a few croutons or toast on top of soup.

Notes:

- Add a slice of cheese on top of the croutons or bread and place bowl of soup in a 350 degree oven until cheese has melted.

Garlic Lover's Soup**Prep time:**

10 minutes

Prep notes:**Cooking time:**

60 minutes

Yields:

4 people

Ingredients:

2 heads garlic

2 teaspoons olive oil

5 cups vegetable stock

2 bunches spinach, chopped

Directions:

1. Preheat oven to 425 degrees.
2. Slice off the top of each head of garlic, exposing the top of each clove.
3. Pour a teaspoon of oil on each head.
4. Place in a casserole dish with a lid or wrap in foil.
5. Roast for 45 minutes or until cloves are completely soft.
6. Let the garlic cool for a few minutes and squeeze cloves into a pot.
7. Add stock and stir to break up the garlic and combine.
8. Bring to boil, reduce heat and simmer for 10 minutes.
9. Just at the end, add in the spinach to wilt, stir well and serve right away.

Notes:

They say that garlic is as good as ten mothers due to its incredible healing properties. Try this soup when you are feeling a cold coming on.

Green Lentil Soup**Prep time:**

10 minutes

Prep notes:

Cooking time:

45 minutes

Yields:

5 people

Ingredients:

1 cup green lentils

1 tablespoon olive oil

1 medium onion, diced

1 carrot, diced

1 stalk celery, chopped

4 cups spring water or vegetable stock

1 bay leaf

1 teaspoon rosemary

1 tablespoon chopped parsley

1/2 teaspoon sea salt

Squeeze of lemon or 1 tablespoon umeboshi vinegar

Directions:

1. Spread lentils on a flat surface and pick out any stones, then wash and drain.
2. In a soup pot, warm oil over medium heat.
3. Add onions and cook 5 minutes or until translucent.
4. Add carrot and celery and sauté 3-5 minutes.
5. Spread lentils on top.
6. Add water, bay leaf and rosemary and bring to boil.
7. Reduce to low heat, cover and simmer for 45 minutes or until lentils are tender.
8. Add chopped parsley, salt and a squeeze of lemon juice or umeboshi vinegar.
9. Simmer another 2 minutes and serve.

Magical Minestrone

Prep time:

5 minutes

Prep notes:

Cooking time:

50 minutes

Yields:

4 people

Ingredients:

1/2 cup lentils or azuki beans

1 inch piece kombu or wakame

1 cup carrots or winter squash, cut into chunks

4 cups water
Sea salt

Directions:

1. Place all ingredients in a pot and bring to a boil, uncovered.
2. Turn the heat down to low and cover.
3. Cook until beans are soft. For lentils about 1 hour and beans 1 1/2 hours.

Notes:

- Add ginger, garlic or any of your favorite spices.
- Soaking the beans ahead of Time reduces cooking Time to 50 minutes and enhances digestibility.

Mighty Miso Soup

Prep time:
10 minutes

Prep notes:

Cooking time:
15 minutes

Yields:
4 people

Ingredients:

8-inch piece wakame
1 medium onion, cut into long strips
1 medium daikon radish, cut into half moons
1/2 block tofu, cut into 1/2 inch cubes
5 cups water
1 to 2 tablespoons miso paste
2 scallions, chopped

Directions:

1. Wash wakame, soak for 5 minutes or until softened and cut into 1-inch pieces.
2. Add veggies, wakame, tofu and water to a pot and bring to boil.
3. Reduce heat to low and simmer for 10 minutes.
4. Remove 1/2 cup of liquid from the pot and stir in the miso to dissolve.
5. Return miso mixture to pot, reduce heat to very low and cook 2-3 more minutes.
Do not boil.
6. Garnish with chopped scallion.

Roasted Vegetable Stock

Prep time:
10 minutes

Prep notes:

Cooking time:

60 minutes

Yields:

0 people

Ingredients:

1 onion

1 parsnip

1 carrot

5 cloves garlic

4 mushrooms

1 bunch parsley

Olive oil

Sea salt and black pepper

Directions:

1. Preheat oven to 400 degrees.
2. Peel and wash vegetables, cut into chunks (you can leave garlic cloves whole) and spread on a cookie sheet.
3. Drizzle a little olive oil over vegetables and sprinkle with salt and pepper.
4. Roast in the oven for 45 minutes, turning occasionally until everything gets a slightly browned.
5. Remove vegetables from oven and place in a large soup pot with 10 cups of water.
6. Bring to a boil, reduce heat to low and simmer for at least one hour.
7. Strain stock and it's ready to go!

Notes:

- After you strain the stock put it back on the stove on low heat for 1 hour or more. It will reduce and become more concentrated. To store it, pour it into an ice cube tray and freeze it. Then the next time you need some stock, just pop out a cube or two to flavor your rice or soup.

A great vegetable stock can add incredible flavor to many dishes and is simple to prepare. Try making it with whatever veggies and herbs you have in your fridge and you'll figure out which flavors you prefer. Here is a base recipe to get you started.

Shitake Dashi with Rice Noodles*

Prep time:

10 minutes

Prep notes:

Cooking time:

15 minutes

Yields:

4 people

Ingredients:

8 dried shiitake mushrooms
 6-inch piece kombu
 8 cups water
 1/2 carrot, thinly sliced
 1/2 daikon, thinly sliced
 1/2 pound thin rice noodles
 1 tablespoon brown rice vinegar
 1 teaspoon tamari
 2 scallions, sliced

Directions:

1. Soak shiitakes and kombu in a large bowl and soak for 30 minutes.
2. Remove shiitakes, discard stems, slice caps and add to a pot with 8 cups of water.
3. Bring to a boil and add kombu.
4. Add carrots and daikon and boil for 5 minutes.
5. Add rice noodles, vinegar and tamari and turn heat to low, cooking another 3 minutes until the noodles are soft.
6. Remove the kombu.
7. Serve in soup bowls, garnished with sliced scallions.

Notes:

- *a simple Japanese stock

Simple Yummy Broccoli Soup**Prep time:**

5 minutes

Prep notes:**Cooking time:**

20 minutes

Yields:

4 people

Ingredients:

2 bunches broccoli
 2 large white sweet potatoes
 2 cloves garlic, diced
 1 red pepper, diced
 2 tablespoons tamari
 Water

Directions:

1. Cut off the florets of the broccoli so that you have almost no portion of the stalk and place in a separate bowl.

2. Cut the stalks of the broccoli and the sweet potato into small pieces.
3. Place in a medium pot and fill with water just until the veggies are covered and bring to a boil.
4. Cook until soft, about 10-12 minutes.
5. Remove broccoli and potato from the water and blend in blender.
6. Slowly add the water from the pot to your blender until you get a good soup consistency.
7. Add garlic and tamari, and blend.
8. Place soup back in the pot, add broccoli florets and red pepper.
9. Leave on low heat for 5-10 minutes. Serve hot with a little fresh ground pepper.

Notes:

This soup is great with a little parmesan cheese or organic cheddar sprinkled on top of your bowl. Soup is also a great place to use up leftovers. Toss in whole grains, beans, or leftover veggies to give it a little extra kick.

Split Pea Soup

Prep time:

10 minutes

Prep notes:

Cooking time:

60 minutes

Yields:

6 people

Ingredients:

2 cups split peas

8 cups water

6-inch piece kombu

1 large onion, chopped

2 large carrots, chopped

2 parsnips, chopped

1/2 cup chopped fresh dill

2 tablespoons tamari soy sauce

Directions:

1. Wash peas.
2. Place peas, kombu and water in pot.
3. Bring to boil, skim off any foam.
4. Add onion and simmer over low heat.
5. After 30 minutes add carrots, parsnips, dill and tamari.
6. Simmer, covered, for an additional 30 minutes.

Warming Lentil Stew

Prep time:

10 minutes

Prep notes:

Cooking time:

30 minutes

Yields:

4 people

Ingredients:

1 medium onion, chopped 2 parsnips or carrots, chopped 1 tablespoon sesame or olive oil

1 cup red lentils, washed

5 cups water

2 teaspoons cumin

1 teaspoon lemon juice

1 teaspoon sea salt

Chopped parsley or scallion for garnish

Directions:

1. Heat oil in a pot and sauté onion and parsnip for 10 minutes.
2. Add washed lentils and water and bring to a boil.
3. Skim off the foam. Lower the heat, add cumin and simmer, covered, for 20 minutes.
4. Add the lemon juice and salt. Simmer for another 2-3 minutes.
5. Serve in individual bowls and garnish with parsley or scallion.

Winter Squash Stew

Prep time:

5 minutes

Prep notes:

Cooking time:

15 minutes

Yields:

4 people

Ingredients:

1 tablespoon olive oil

1 onion, finely minced

2 cloves of garlic, finely minced

1 winter squash, seeded, peeled, chopped (butternut, acorn, pumpkin, delcata)

Veggie or chicken stock

2 teaspoons curry powder

1 1/2 teaspoons cumin

Directions:

1. Sauté onions and garlic in olive oil until onions become translucent.

2. In a pot place squash and fill with stock until just covered.
3. Add curry powder, cumin, onion and garlic.
4. Boil until squash becomes tender and remove pot from heat.
5. With an immersion blender purée squash until smooth.

Notes:

- Add chopped fresh cilantro or parsley and/or toasted pumpkin seeds for garnish.



TOFU & TEMPEH

Marinated Baked Tofu

Prep time:
10 minutes

Prep notes:
Marinade Time: 2-3 hours

Cooking time:
20 minutes

Yields:
4 people

Ingredients:
1 pound extra firm tofu
1 cup sesame oil
1/4 cup tamari
1 tablespoon paprika
1 tablespoon sesame seeds
1/2 teaspoon ground ginger
1 teaspoon garlic powder

Directions:

1. Slice tofu into 4 1-inch slices.
2. Combine sesame oil, tamari, paprika, sesame seeds, ginger and garlic.
3. Combine until well blended.
4. Marinate tofu 2-3 hours, or overnight in the fridge.
5. Remove tofu from marinade.
6. Bake at 350 degrees for 20 minutes or until done.

Notes:

- Serve over brown rice with some leafy greens on the side.

Marinated Tempeh

Prep time:

5 minutes

Prep notes:

Marinade Time: 30 minutes

Cooking time:

10 minutes

Yields:

2 people

Ingredients:

1 8-ounce package tempeh

1 tablespoon ginger juice

1 tablespoon tamari

1 teaspoon prepared mustard

2 tablespoons water

Directions:

1. Cut tempeh into quarters and then again into eighths.
2. Combine ginger juice, tamari, mustard and water and pour over tempeh.
3. Cover and refrigerate for at least 30 minutes.
4. Bake at 350 degrees for 20 minutes and then turn and bake for another 15 minutes.

Millet Tofu Patties

Prep time:

10 minutes

Prep notes:

Cooking time:

40 minutes

Yields:

4 people

Ingredients:

1 teaspoon olive oil

1 medium onion, chopped

1 clove garlic, minced

1 cup millet, rinsed

3 cups boiling water or vegetable stock

1/2 pound firm tofu

1 cup mustard greens, chopped

1 tablespoon tamari

Cayenne pepper, as desired

Directions:

1. Heat oil in a pot.

2. Add onions and garlic and sauté for 3 minutes.
3. Stir in millet and fry until millet is lightly colored.
4. Pour boiling water or stock over millet, cover pot, lower heat and cook on medium-low 20-30 minutes or until liquid is absorbed.
5. Allow millet to cool briefly.
6. Combine cooked millet, tofu, mustard greens, tamari and cayenne in a food processor.
7. Process until desired consistency is reached.
8. Spread mixture on a baking sheet and chill thoroughly.
9. Preheat broiler. Cut mixture into 8 squares.
10. Broil on each side until golden brown.

Tasty Tempeh Sandwich

Prep time:
5 minutes

Prep notes:

Cooking time:
0 minutes

Yields:
1 people

Ingredients:
2 slices whole grain sourdough bread
3 tablespoons mustard
3 tablespoons sauerkraut
Cooked marinated tempeh slices
1/2 cup blanched mustard greens, or other greens of your choice

Directions:

1. Spread each slice of bread with a thin layer of mustard.
2. Place sauerkraut, tempeh and greens between bread slices and enjoy!

Notes:

- Use store-bought tempeh burgers to make it even easier.

Tempeh Croutons

Prep time:
10 minutes

Prep notes:

Cooking time:
45 minutes

Yields:
4 people

Ingredients:
1 package tempeh
1/2 cup olive oil
1/2 cup apple cider vinegar
2 tablespoon shoyu

Directions:

1. Slice tempeh into bite-size cubes.
2. In a bowl, mix together the oil, vinegar and shoyu.
3. Add tempeh and mix well.
4. Place tempeh in a baking dish or on a cookie sheet and bake at 325 degrees until golden brown, about 45 minutes.
5. Let cool and serve in your favorite salad.

Un-chicken Tempeh

Prep time:
15 minutes

Prep notes:

Cooking time:
40 minutes

Yields:
4 people

Ingredients:
1 pound firm tofu
1/4 cup olive oil
1/2 cup nutritional yeast flakes
1/2 cup powdered “unchicken” broth
2 tablespoons fresh parsley, minced
1 lemon, sliced into thin quarter moons

Directions:

1. Preheat oven to 350 degrees.
2. Cut tofu into 8 slices.
3. Pour olive oil into a soup bowl.
4. Mix yeast and broth in another soup bowl.
5. Make an assembly line from left to right, in this order: tofu, olive oil bowl, yeast-broth bowl, cookie sheet.
6. Dip a slice of tofu in the olive oil.
7. Coat the tofu in the yeast-broth mixture.
8. Place the tofu on cookie sheet.
9. Repeat with remaining slices.

10. Bake 30-40 minutes, or until the tofu is golden brown.
11. Garnish with parsley and a lemon slice.

Notes:

This vegan dish is popular with adults and kids and particularly with people who don't think they like tofu.

Tofu Stir-Fry

Prep time:

10 minutes

Prep notes:

Marinade Time: 30 minutes

Cooking time:

15 minutes

Yields:

4 people

Ingredients:

1 pound firm tofu

2 to 3 tablespoons olive oil

2 tablespoons sesame oil

Marinade:

1 tablespoon ginger juice

1/2 tablespoon tamari soy sauce

1/2 cup brown rice vinegar

1/2 cup toasted sesame oil

1/2 cup chopped fresh cilantro

2 cloves shredded garlic

Directions:

1. After draining, cut tofu into 1-inch squares.
2. Combine ginger juice, tamari, vinegar, oil, cilantro and garlic in a medium-sized bowl.
3. Add tofu to marinade and refrigerate for at least 30 minutes or overnight.
4. Heat olive oil and sesame oil in a skillet.
5. Add tofu and quick stir-fry until tofu becomes golden brown.

Notes:

- Try pressing the tofu 15-60 minutes. This will increase the ability of the tofu to absorb flavor and will make the tofu crispier. To press tofu, place it in a strainer over a bowl. Cover tofu with a plate and place a heavy object on top, pressing the tofu.
- To make ginger juice, grate about 2 inches of ginger into a piece of cheesecloth or a dishtowel. Wrap the cloth or towel around the ginger and squeeze into bowl.

Tofu Teriyaki

Prep time:

15 minutes

Prep notes:

Marinade Time: 30 minutes

Cooking time:

30 minutes

Yields:

4 people

Ingredients:

1/2 cup tamari

2 tablespoons fresh ginger

2 tablespoon fresh lemon juice

2 teaspoons honey

2 teaspoons grated lemon rind

1 pound extra firm tofu, cut into 1/2 inch slices

1/2 cup whole wheat pastry flour

Black pepper to taste

2 or more tablespoon olive oil

Directions:

1. Combine tamari, ginger, lemon juice, honey and lemon rind in a small bowl.
2. Place tofu slices in a single layer in a baking pan and pour marinade over them.
3. Turn to coat.
4. Allow tofu to marinate at least 30 minutes, or up to two hours in the fridge.
5. Remove tofu and reserve marinade.
6. Combine flour and pepper on a plate.
7. Dip tofu slices into flour mixture, turning to coat.
8. Heat oil in a large frying pan.
9. Brown tofu in oil, about 5 minutes per side, adding oil as needed.
10. When all slices are browned, add reserved marinade and simmer 10 minutes.

Notes:

Add in some steamed or blanched veggies, such as carrots, cauliflower or broccoli in the last few minutes of cooking.

Very Versatile Mashed Tempeh

Prep time:

10 minutes

Prep notes:

Cooking time:

30 minutes

Yields:

2 people

Ingredients:

1/2 cup arame
8 ounces tempeh
1/2 small onion, finely diced
1/2 cup water
1/2 cup finely chopped celery, 1 or 2 stalks
2 tablespoons tahini
1 tablespoon ginger juice
1 tablespoon fresh lemon juice
Sea salt to taste

Directions:

1. Rinse arame and soak for 2 minutes.
2. Place tempeh, onion and arame in a pot.
3. Add water and bring to boil, reduce heat to low and cook for 30 minutes, stirring occasionally.
4. When done cooking drain any excess water through a strainer and transfer to a mixing bowl.
5. Mash with fork.
6. Add celery, tahini, ginger juice and lemon juice.
7. Mix well and add salt to taste.

Notes:

- For an extra kick, add 1/2 a diced pear and a few splashes of umeboshi vinegar.
- Use the mashed tempeh to make a sandwich on whole grain bread or use as a filling for a wrap by putting a scoop inside a collard leaf or sheet of nori and rolling it up.