

The Best Of Nature Plant Based Cooking School

2013 Recipes



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The Best of Nature Cooking School Presenters



Susan Jenson is a Registered Dietitian who is also certified in Plant-Based Nutrition through the T. Colin Campbell Foundation and eCornell University. She has been a life-long vegetarian. She received her education at Loma Linda University. She adopted a plant-based diet lifestyle in 2009. In her free time she loves to exercise, grow her own organic food, cook and bake, create new recipes, knit and crochet and travel the world.



Zel Allen is the author of two cookbooks, *Vegan for the Holidays: Celebration Feasts from Thanksgiving through New Year's Day* and *The Nut Gourmet*, a vegan cookbook featuring 150 unique, totally nutty recipes. She's also the co-publisher of *Vegetarians in Paradise*, an online monthly vegan magazine, operating for 14-plus years. You can also find her at her NutGourmet Blog <http://nutgourmet.wordpress.com>.



Luke Dunham has been living a plant-based life since 2005. He received his certificate in plant-based nutrition from the T. Colin Campbell Foundation in 2012. Luke was raised in Yakima, Washington. In his early twenties he developed the onset of Crohn's Disease which prompted him to study nutrition reading over 50 books on the topic. It was during his studies that he became convinced that a plant based life style is the best option for a long healthful life.



Janice Stanger received her Ph.D. in Human Development and Aging from the University of California, San Francisco. She is certified in Plant-Based Nutrition through the T. Colin Campbell Foundation and eCornell University. Her book, *The Perfect Formula Diet* has its roots in a normal-weight teen who thought she was chubby and gross. She spent 17 years critically analyzing scientific findings until perfecting the formula she wants to share with you now



Darshana Thacker is a well-known vegan chef in the yoga community of Los Angeles. Her recipes have been published in *L.A. Yoga Magazine*, the #1 New York Times Bestseller, *Forks Over Knives: The Plant-Based Way to Health*, and the New York Times Bestseller, *Forks Over Knives—The Cookbook*. Darshana, who learned the art of cooking from her mother in India, specializes in international cuisine that is flavorful and healthy.



Genesa Wagoner was born and raised in Southern California. She attended college at the University of California, Irvine, and medical school at the University of California, San Francisco. She also has a Master's in Public Health (MPH) from the University of California, Berkeley. Dr. Wagoner is Board certified in Pediatrics and specializes in nutrition and behavioral pediatrics, including treating children with ADHD. She has always had a more natural approach to medicine and in 2010 she became Board certified in Integrative and Holistic Medicine.



Chef AJ has followed a plant-based diet for over 36 years. She is a chef, culinary instructor, professional speaker, and author of the book, *Unprocessed - How to Achieve Vibrant Health and Your Ideal Weight*. She holds a Certificate in Plant-Based Nutrition from Cornell University and is a member of the American College of Lifestyle Medicine.

Salads

Best Broccoli Salad

(adapted from The China Study Cookbook)

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|--|--|
| 1 head fresh broccoli (about 5 cups chopped) | ½ cup walnuts, chopped |
| ½ cup dried cranberries | ¾ cup Green Garden Mayonnaise (see recipe below) |
| ¼ cup red onion, chopped | |

Cut broccoli into bite size pieces.

In a salad bowl, add broccoli, dried cranberries, red onion and walnuts.

Stir in Green Garden Mayonnaise and mix well. Add salt to taste. Best if chilled.

Serves 6.

Green Garden Mayonnaise

(modified by Susan Jenson)

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|---------------------------|--------------------------|
| 6 oz. firm silken tofu | 1 teaspoon maple syrup |
| ¼ cup raw cashews | ¼ teaspoon sea salt |
| 3 tablespoons lemon juice | ½ teaspoon Dijon mustard |

Blend all ingredients in a food processor or blender until smooth. If you desire a thinner consistency, you may want to blend in a little water. Refrigerate until ready to use. Makes 1 cup.

Bulgur and Chickpea Salad

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|---|--------------------------------------|
| 1½ cups bulgur (4 cups cooked) | 4 green onions, sliced |
| 2 cups cooked chickpeas or 1 can drained and rinsed | Zest and juice of 2 lemons |
| 1 cup cherry tomatoes, halved | 2 tablespoons apple cider vinegar |
| 1 cucumber, halved, diced (about 2 cups) | 1 teaspoon crushed red pepper flakes |
| 3 cloves garlic, minced or 1 teaspoon garlic paste | 1 teaspoon salt |

Bring 3 cups of water to a boil in a medium pot and add the bulgur. Remove the pot from the heat, cover with lid and let sit until the water is absorbed and the bulgur is tender, about 15 minutes. Spread the bulgur on a baking sheet and let cool to room temperature. Transfer the cooled bulgur to a bowl, add all the remaining ingredients, and mix well to combine. Chill for 1 hour before serving. Serves 4-6.

Chickpea Avocado Salad

4 cups cooked chickpeas or two 16 oz. cans, drained and rinsed	½ jalapeno pepper, seeded and minced
½ red onion, peeled and diced small	½ cup chopped cilantro
1 clove garlic, peeled and minced	1 ripe avocado, pitted and peeled, diced
Zest of 1 lime and juice of 4 limes	

Combine all ingredients (except for the avocado) in a medium bowl and mix well. Add the avocado just before serving.

Coucous and Beans

1 cup whole wheat couscous	¼ cup golden raisins
1 cup boiling water	1 carrot, grated
1 - 15 oz. can chickpeas	3 green onions, finely chopped
1 cup finely shredded purple cabbage	2 tablespoons freshly squeezed lemon juice (1-2 lemons)
½ red bell pepper, chopped	½ teaspoon curry powder
¼ cup chopped fresh parsley	

Put the couscous in a large heatproof bowl, add the boiling water, stir, and cover. Let sit for 5-10 minutes, or until all the water has been absorbed. Fluff with a fork. Stir in the beans, cabbage, bell pepper, parsley, raisins, carrot, and green onions. Mix in the lemon juice and curry powder. Toss to mix. Serve at room temperature or chilled. Serves 4-6.

Edamame and Quinoa Salad

(adapted from Forks Over Knives Cookbook)

2 tablespoons date syrup	2 cups cooked edamame
¼ cup rice vinegar	1 cup shredded red cabbage
Zest of 1 lime and juice of 2 limes	1 cup shredded carrot
4 cups cooked quinoa	½ cup chopped cilantro

Place the date syrup, vinegar and lime zest and juice in a large bowl and whisk to combine. Add the cooked quinoa and the rest of the ingredients. Toss together and mix well. Refrigerate before serving. Serves 4.

Broiled Vegetable and Black Bean Salad

(adapted from the Forks Over Knives Cookbook)

Broiled Veggies, cooled (see recipe below)	Zest of 2 limes and juice of 6 limes
4 cups cooked black beans or two 15 oz. can, drained and rinsed	1 large jalapeno pepper, seeded and minced
1 cup chopped cilantro	2 avocados, peeled, pitted and diced

Combine all ingredients in a large bowl and mix well. Chill for 1 hour before serving. Serves 8.

Broiled Veggies

½ cup balsamic vinegar	1 pint cherry tomatoes
3 cloves garlic, minced	1 medium zucchini, cut into 1-inch rounds
1 ½ tablespoons minced rosemary	1 medium yellow squash, cut into 1-inch rounds
1 ½ tablespoons minced thyme	1 medium red onion, peeled and cut into large chunks
1 green bell pepper, seeded and cut into 1-inch pieces	
1 red bell pepper, seeded and cut into 1-inch pieces	

Heat oven broiler.

Whisk together the vinegar, garlic, rosemary and thyme in a large bowl.

Add all the vegetables and toss until well coated with vinegar mixture.

Spread vegetables single layer in a large pan and broil for 10-12 minutes.

Turn vegetables every 2-4 minutes.

Mango Black Bean Salad

(from Forks Over Knives Cookbook)

4 cups cooked black beans or two 15 oz. cans, drained and rinsed	½ cup finely chopped cilantro
2 mangoes, peeled, pitted and diced	½ jalapeno pepper, seeded and minced
1 red bell pepper, seeded and diced small	½ cup red wine vinegar
1 bunch green onions, thinly sliced	zest and juice of 1 orange
	zest and juice of 1 lime

Combine all ingredients in a large bowl and mix well. Chill for 1 hour before serving

Sprouted Mung Bean Salad © Darshana Thacker 2013

For the sprouts

½ cup whole mung beans, dry
½ teaspoon turmeric powder
¼ teaspoon salt or as per taste

For the salad

½ cup zucchini,
½ cup tomatoes, finely chopped
½ cup spinach, finely chopped
4 Tablespoons cilantro, finely
chopped
2 Tablespoons green scallion, finely
chopped
1 Tablespoon limejuice
1 teaspoon red chili powder
1 teaspoon cumin powder
1 teaspoon salt or as per taste

To sprout the mung beans:

Soak the mung beans in 1 cup filtered water for 6 hours.
Spread a clean damp cloth in a large bowl.
Remove the beans from the water and spreading on the cloth and fold the ends
of the cloth in to cover them up lightly.
Place the bowl in a cool place away from sunlight. Dampen the cloth every 6
hours, The beans will have sprouted in 12 hours.

To make the salad

Wash the sprouted mung beans thoroughly in clean water.
Boil them in 2 cups of water, turmeric and ¼ teaspoon salt (optional). Boil for 10
minutes or till the beans soften a little. Drain the water out. Let it cool.
In a mixing bowl add the mung beans and the rest of the ingredients for the
salad.
Mix well and serve immediately. Serves 4 persons. Preparation and cooking
time 30 mins. Soaking and sprouting required.

Summer Tempeh Saute with Lime Salad

½ red onion, in thinly sliced half
moons
1 jalapeno, thinly sliced (seeds
removed if you want less heat)
1 teaspoon crushed garlic
8 oz. tempeh, thinly sliced
1 cup frozen corn
1½ cups sliced cremini mushrooms
½ cup chopped fresh cilantro
juice of 3 limes

Saute onion, jalapeno and garlic in a small amount of water until onions are
translucent, 3 to 5 minutes.
Add the tempeh and corn. May need to moisten with a little water. Cook for
about 5 minutes, until tempeh is lightly browned, stirring often.
Add the mushrooms and cook for about 5 minutes.
When cooled, add the lime juice and cilantro. Stir together.
Serve room temperature. Serves 4-6.

Soups

African Bean Soup

½ cup water
3 tablespoons reduced-sodium soy sauce
½ cup sliced onions
2 small sweet potatoes or yams, peeled and diced (about 2 cups)
1 large carrot, thinly sliced (about 1 cup)
1 celery stalk, thinly sliced

1 red bell pepper, seeded and diced
1 - 15 oz. can petite diced tomatoes
4 cups low sodium vegetable broth
1 - 15 oz. can chick peas
½ cup chopped fresh cilantro
3 tablespoons peanut butter
2-3 teaspoons curry powder
4 cups cooked brown rice

Heat water and soy sauce in a large pot. Add onion and sweet potatoes or yams and cook over high heat, stirring often, until onion is soft, about 5 minutes. Add carrot, celery and bell pepper. Cover and cook 3 minutes, stirring occasionally.

Add tomatoes, broth, beans and their liquid, cilantro, peanut butter and curry powder. Stir to mix, then cover and simmer until vegetables are tender when pierced with a fork, about 15 minutes.

To serve place ½ cup of cooked rice, in a bowl and top it with a generous ladle of soup. Garnish with cilantro.

Potato and Peanut Stew

2 potatoes diced (pre-cook in the microwave 4-5 minutes)
½ large onion, diced
1 can (14.5 oz.) fire roasted diced tomatoes with chili

1 can (14.5 oz.) petite diced tomatoes
½ cup peanut butter
1 can garbanzo beans, rinsed and drained
Salt to taste

Saute onion in a little bit of water. Add remaining ingredients and simmer for 15 minutes. Serve over brown rice.

Red Lentil Chili © Chef AJ 2013

One pound of red lentils

7 cups of water

2 – 14.5 oz. cans of salt-free tomatoes,
fire roasted preferred

1 – 6 oz. can of salt-free tomato paste

10 oz. of chopped onion

(approximately one large)

One pound of red bell pepper,
(approximately 2 large) VERY
finely chopped (I use the
Cuisinart)

3 oz. of dates (approximately 12
Deglet Noor)

8 cloves of garlic, finely minced

4 Tablespoons Apple Cider Vinegar

1½ Tablespoons Parsley Flakes

1½ Tablespoons Oregano

1½ Tablespoons Salt-free Chili
Powder

2 teaspoons SMOKED paprika

½ teaspoon chipotle powder (or
more to taste)

¼ teaspoon crushed red pepper
flakes (or more to taste)

Blend the dates, tomatoes, red bell peppers and garlic in a blender and blend until smooth. Place all remaining ingredients in an electric pressure cooker and cook on high for 10 minutes. Alternatively, place all ingredients in a slow cooker and cook on low for 8 hours.

Entrées

Aloo Tikki (Potato Patties) with Cilantro Chutney © Darshana Thacker 2013

Cilantro Chutney

3 cups cilantro	salt as per taste
2½ Tablespoon lime or lemon juice	½ teaspoon cumin seeds
¼ teaspoon chilli paste or ¼ inch any green chili	½ a date, pitted
	½ clove (small) garlic

Rinse the cilantro in fresh water.

Add all the ingredients to a blender and blend into a paste.

Keep refrigerated till ready to serve.

Makes about ¾ cup (6 fl oz) (30-35 teaspoons)

Serving size 2-3 teaspoons. Preparation time: 5-7 minutes.

Potato Patties

3 big potatoes, Russet	¼ teaspoon cumin powder
½ teaspoon ginger, grated	⅓ cup frozen green peas
¼ teaspoon turmeric powder	1 Tablespoon flax powder (optional)
2 Tablespoons lime juice	salt as per taste
1 Tablespoon chopped cilantro	
1 pinch black pepper	

Cut the potatoes into halves and boil in a pot of water for 30 minutes. Drain out the water, and add to a mixing bowl with the skin.

Mash the potatoes, coarsely.

Add ginger paste, turmeric, salt (optional), lime juice, cilantro, black pepper, cumin powder, green peas and flax seed (optional) to the potatoes and mix well.

Roll about a fistful of the mix into a ball and flatten into a patty; should be about 2 -2 ½ inch in diameter and ½ inch thick.

Make patties out of the rest of the mix.

Place a few on an iron skillet and cook over medium low heat for about 10-12 minutes, till they turn light brown, flip over and cook for another 10-12 minutes. You can also bake them all together in the oven.

Preheat the oven to 350 degrees. Place the patties on a tin sheet lined with parchment paper. Bake for 15 minutes.

Flip the patties over and bake for another 10-15 minutes.

Serve hot with Cilantro Chutney. Makes 10-12 patties. Cooking and preparation time: 60 minutes. © Darshana Thacker 2013.

Barbecue Chili with Tempeh

(adapted from Vegetarian Times, Jan/ Feb 2013)

4 cups shredded coleslaw mix (cabbage and carrots)	2 – 8 oz. pkg. tempeh, finely crumbled
1½ tablespoons seasoned rice vinegar	1½ cups prepared barbecue sauce
	2 - 15 oz. cans low sodium pinto or red beans, rinsed and drained

Toss coleslaw mix with vinegar in bowl. Let stand 20 minutes

Combine tempeh and barbecue sauce in large saucepan, and bring to a simmer over medium heat. Add beans and 1½ cups water, and simmer 20 minutes. Serve chili topped with coleslaw mix. Serves 6.

Black Bean Chili with Fire-Roasted Corn

1 cup thinly sliced green onions, divided	2 - 15 oz. cans low-sodium black beans, rinsed and drained
1 - 16 oz. jar salsa verde	1 cup fire roasted corn kernels
	4 tablespoons chopped fresh cilantro

Saute ¾ cups of sliced green onions in small amount of water over medium heat until softened. Add salsa, beans, corn and ½ cup water, and bring to a boil. Reduce heat to medium-low, and simmer 20 minutes. Garnish with green onions and cilantro. Serves 4-6.

Farro and “Sausage” Combo

1 package Farro from Trader Joe’s	1 onion, sliced
1 package Turfurkey sausage from Trader Joe’s, thinly sliced	1 apple, diced

Cook Farro according to package directions.
Saute onion and apple in a little water.
Add “sausage” and sauté a few minutes.
Add cooked farro and stir well.
Serves 6.

Fast and Yummy Veggie Patties © Susan Jensen 2013

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| 1 can black beans or kidney beans
rinsed and drained | 1-2 teaspoons Cajun seasoning or
Braggs Organic Sprinkle or
favorite no salt seasoning |
| 1 can mixed vegetables, drained | ½ cup chopped walnuts |
| 2 Tablespoons low sodium soy sauce | 1 cup quick oats |

Put drained beans and vegetables and seasonings in food processor. Process until mostly smooth with a few chunks.

Mix in walnuts and oats.

Heat non-stick fry pan on medium heat. Scoop patty mix out on to fry pan and shape into patties. Fry each side for 5-6 minutes until nicely browned. Or shape into patties and bake in 350 degree F. oven for 20 minutes, turning patty over after 10 minutes.

Makes about 18 larger patties and about 40 smaller patties. © Susan Jensen 2013.

Golden Squash Concerto © Zel Allen 2013

Butternut squash is so richly flavored on its own, it needs only a few veggie companions to create a tantalizing side dish.

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|---|---|
| 1 butternut squash (about 2 pounds) | 1 teaspoon dried sage |
| 1 red onion, cut into half vertically,
then sliced into half-moons | 2 to 3 tablespoons maple syrup |
| 1 red bell pepper, cut into 1/2-inch
pieces | 2 teaspoons tamari |
| 1 green bell pepper, julienned | ¼ teaspoon maple extract |
| 1½ cups apple juice | Pinch ground cinnamon |
| 1 (1-inch) piece fresh ginger, peeled
and minced | Salt |
| | Freshly ground pepper |
| | 3 springs parsley, cilantro, or basil,
for garnish |

Peel the squash with a vegetable peeler. Cut the squash into bite-sized pieces and put them in a large, deep skillet or 6-quart saucepan.

Add the onion, bell peppers, apple juice, ginger, and sage and cook over medium-high heat, stirring frequently for 10 to 12 minutes, or until the squash is fork-tender.

Add the maple syrup, tamari, maple extract, and cinnamon and cook for another minute. Season with salt and pepper. Spoon the vegetables into a serving bowl or a large platter, and garnish with the fresh herbs, if desired. Yield: 6 servings.

Mango Curry Chickpea Salad Wraps

1½ cups cooked chickpeas, rinsed
and drained if canned
1 small mango, peeled and cubed
(~¾ cup)
1 teaspoon grated ginger

1 Tablespoon minced cilantro
¼ teaspoon garam masala
salt, to taste
4 lettuce leaves

In a medium bowl, combine chickpeas and mango. Use a potato masher to crush into a chunky consistency. Or pulse in a food processor until chunky. Stir in ginger, cilantro, garam masala and salt to taste. Scoop inside lettuce leaf and eat. Serves 4.

Ocean Chickpea Sandwiches

(adapted from the China Study Cookbook)

1 can chickpeas, drained and rinsed
5 tablespoons Green Garden
Mayonnaise (see separate recipe)
1 tablespoon mustard
4 tablespoons diced dill pickle

4 tablespoons finely diced onion
1 celery stalk, diced
1 tablespoon rice vinegar
½ teaspoon kelp powder
Sea salt and black pepper to taste

Place chickpeas in food processor and pulse 2-3 times to roughly chop the chickpeas. Add the rest of the ingredients and mix well. Spread on whole grain bread and enjoy! Makes enough for 8 sandwiches.

Green Garden Mayonnaise

(modified by Susan Jenson)

6 oz. firm silken tofu
¼ cup raw cashews
3 tablespoons lemon juice

1 teaspoon maple syrup
¼ teaspoon sea salt
½ teaspoon Dijon mustard

Blend all ingredients in a food processor or blender until smooth. If you desire a thinner consistency, you may want to blend in a little water. Refrigerate until ready to use. Makes 1 cup.

Spicy Creamy Kale Pasta

8 oz. whole wheat penne pasta
½ medium onion, chopped
4 cups packed chopped kale leaves
¾ cup cashews
½ cup unsweetened non dairy milk

½ teaspoon paprika
1 teaspoon red pepper flakes
½ teaspoon garlic powder
2 teaspoons lemon juice
1 teaspoon Braggs liquid aminos

Cook pasta according to directions. In a blender, add cashews, seasonings, Braggs, lemon juice and non dairy milk. Blend until the mixture is very creamy. In a large pan, sauté onions and kale in a small amount of water. Add cooked kale to pasta pot and toss with the cream sauce. Serves 4-6.

Vegan Egg Salad

1 12 oz. package of extra firm
tofu, squeezed to remove
excess liquid
½ cup vegan mayonnaise
2-4 teaspoons yellow mustard
(start with one and add
more to taste)

Pinch turmeric (optional, just
to add yellow color)
Pinch garlic powder
Pinch onion powder
Pinch of salt
1 stalk celery, minced
1 dill pickle, minced

Combine all ingredients in a bowl and blend well with a fork, adding additional mustard, salt, and other seasonings to taste.

Vegetables in Cashew Curry © Darshana Thacker 2013

½ cup cashews, raw	¼ teaspoon cumin powder
2 cup red onions finely chopped	¼ teaspoon salt
1 inch ginger	¼ teaspoon date paste or ½ date
2 cloves garlic	2 Tablespoons cilantro fresh
2 pinches cinnamon powder	1½ cup water
2-4 black peppercorns	1 cup french beans cut into ¼ inches
1-2 small bay leaves	1 cup carrots cut into small ¼ inch rounds
¼ teaspoon chili powder	1 cup green peas
¼ teaspoon turmeric powder	1 Tablespoon lime juice
¼ teaspoon coriander powder	

Soak the cashews in ½ cup water and keep aside.

In a blender add the onions, ginger garlic, cinnamon powder, black pepper, red chili powder, turmeric and blend into a paste. In a pan, add the paste, the green beans, carrots and the bay leaves with 1 cup of water and cook till the onions are translucent, about 5-7 minutes. Add more water if needed and cook till the french beans and carrots are cooked, about 10 minutes.

Blend the cashews with the water into a paste in a blender. Add the cashew paste, green peas, cumin powder, coriander powder, salt to the vegetables and cook on low heat for another 5-7 minutes. Add water if needed to maintain a sauce consistency.

Sprinkle with cilantro and lime juice and serve hot with rice or bread. Cooking & preparation time: 35 mins. Makes 4-6 servings.

Other Recipes

Black Bean Dip

1 - 15 ounce can black beans, rinsed
and drained

1 cup salsa
½ teaspoon cumin

Combine all ingredients in a food process or blender and process until smooth, scraping down sides with a rubber spatula as needed. Serve with veggies or crackers.

Makes 2 cups

Curry Roasted Chickpeas

1 can chickpeas, rinsed and drained
½ teaspoon curry powder
¼ teaspoon cumin

⅛ teaspoon cayenne
⅛ teaspoon salt, optional

Preheat oven to 400 degrees F. Blot chickpeas with paper towel to dry. Combine all ingredients in a mixing bowl and mix well. Spray a baking sheet with non stick spray and spread chickpeas out in a single layer. Bake, stirring every 15 minutes, until golden and crunchy, about 45-50 minutes. Cool completely before serving. Makes six servings.

Herbed Sunflower Seed Dip or Spread

This is a rich but easy to make dip. Go easy on the dip and eat it with lots of vegetables or wrapped in lettuce leaves with sprouts and tomato.

1 cup raw sunflower seeds
1-2 tablespoons lemon juice
2-3 tablespoons chopped Italian
parsley
½ cup basil leaves

1-2 tablespoons nama shoyu or
tamari
1-2 cloves garlic, minced
Freshly ground black pepper, to
taste

Soak the sunflower seeds in water for at least 2 hours, or overnight, or from morning until evening.

Drain sunflower seeds (reserving water in case you need it) and put into food processor or high speed blender with the remaining ingredients. Process until smooth, scraping down the sides as you need to.

Let sit at least 20 minutes for the flavors to blend. Serve on top of cucumber slices or with crackers. Makes 2 cups

© Jill Nussinow, M.S., R.D. • www.theveggiequeen.com

Layered Bean Dip

2 cups refried beans
creamy layer*
½ cup diced tomatoes
¼ cup chopped cilantro

¼ cup sliced green onions
¼ cup diced avocado
2 tablespoons chopped black olives

Layer all ingredients in order given in a 9 x 13 inch baking dish.
Serve with baked tortilla or corn chips.

*Recipe for creamy layer:

1 box firm silken tofu
1 cup soaked raw cashews
3 tablespoons lemon juice

2-3 tablespoons taco seasoning mix
Blend all together until creamy and smooth.

Overnight Muesli © Chef AJ 2013

Muesli was introduced around 1900 by the Swiss physician Maximilian Bircher-Benner for patients in his hospital, where a diet rich in fresh fruit and vegetables was an essential part of therapy. Muesli in its modern form became popular in western countries starting in the 1960s as part of increased interest in health food and vegetarian diets. Traditional muesli was eaten with orange juice and not milk.

½ cup of gluten-free oats
2 Tablespoons currants
¼ cup unsweetened almond milk
¼ cup unsweetened apple juice
1 apple, grated (I prefer Gala)

1 Tablespoon chia seeds
½ teaspoon apple pie spice or
roasted cinnamon
½ teaspoon alcohol-free vanilla

Pour the unsweetened apple juice and unsweetened almond milk in a large glass and stir in the extract, spice, and chia seeds. Place the oats and currants in a medium bowl. Grate the apple over the oats. Pour the liquid mixture over the apple and oats and mix well. Place in the refrigerator covered overnight. The chia seeds will swell and become gelatinous and the next day will have absorbed all of the liquid and become almost like a pudding. In the morning you can enjoy this dish cold or warm in the microwave. You can also add additional fruits and almond milk, if desired.

Chef's Note: Both apple pie spice and roasted cinnamon is available at Ralph's and Krogers. Feel free to substitute regular cinnamon. Apple pie spice is a blend of cinnamon, nutmeg, and mace. For a delicious variation, substitute a grated pear for the apple or goji berries or unsweetened cranberries for the currants. Dehydrated, this makes an awesome low-fat granola! For baked breakfast cookies, scoop ⅓ of a cup of muesli, place on a Silpat and bake at 350 for 30 minutes until golden brown.

These captivating starters explode with pungent flavor and can be served warm, chilled, or at room temperature.

Sesame Appetizer Balls © Zel Allen 2013

2 slices whole wheat bread	1 to 2 cloves garlic, minced
1 tomato, seeded and coarsely chopped	½ teaspoon salt
½ cup coarsely ground walnuts	1/2 to 2/3 cup unhulled sesame seeds
⅓ cup diced sweet onion	¼ bunch parsley, for garnish
¼ cup minced Spanish olives	3 cherry tomato halves, for garnish
2½ tablespoons red wine vinegar	

Preheat the oven to 375 degrees F. Line a 17½ x 12½ inch rimmed baking sheet with parchment paper.

Tear the bread into pieces and put them in a medium bowl. Pour water over the bread to cover. Drain thoroughly, squeeze the bread very dry and put it in a food processor.

Add the tomato, walnuts, onion, olives, vinegar, garlic, and salt. Process until ingredients are incorporated and form a coarse mixture, stopping occasionally to scrape down the work bowl.

Put the sesame seeds in a small deep bowl. Roll tablespoonfuls of the bread mixture into 1-inch balls. Roll each ball in the sesame seeds to coat completely.

Place the balls on the prepared pan. Bake for 25 to 30 minutes, or until lightly browned. Arrange the parsley around the perimeter of a serving platter and place cherry tomato halves in parsley, if desired. Transfer the balls to the serving platter. Yield: 6 to 8 servings.

Spicey Cashew Dip

1 cup roasted, unsalted cashew pieces	½ cup of 14.5 ounce can Diced and Fire Roasted Tomatoes with Green Chiles
2 tablespoons sesame seeds	2 tablespoons lemon juice
½ teaspoon garlic powder	1 teaspoon soy sauce or Braggs liquid aminos

In a blender or food processor, process cashews, sesame seeds and garlic powder.

Add remaining ingredients and process until smooth. Serve with veggies or crackers.

Makes 1 cup.

Veggie Rice Balls

2 cups cooked brown rice
2 tablespoons finely chopped kale
2 tablespoons finely sliced green
onions
2 tablespoons finely grated carrots
2 tablespoons tahini

½ teaspoon cumin powder
½ teaspoon coriander powder
½ teaspoons paprika
1 tablespoon water
1 tablespoon Braggs liquid aminos
sesame seeds to garnish

Mix everything (except for sesame seeds) by hand in a big bowl and make the small balls by pressing them between your palms. Press lightly with both palms a few times, until they hold together. Sprinkle with sesame seeds. Makes about 15 balls.

Yin-Yang Thanksgiving Pate © Zel Allen 2013

With a touch of playful sculpture, two tasty appetizer pâtés become one very striking yin-gang presentation with an underlying philosophical Taoist message: a balanced approach to the opposites that occur in everyday life. Accompany with whole-grain crackers or toasted pita wedges, or spoon into leaves of Belgian endive. Makes 3 cups; 10 to 12 servings.

Carrot Pâté

1¼ cups chopped carrots	1½ teaspoons minced peeled fresh ginger
1¼ cups chopped red bell pepper, about 1 large pepper	¾ teaspoon salt
1 cup raw or roasted cashews or macadamias	¼ teaspoon ground pepper
2 tablespoons plus 1 teaspoon freshly squeezed lemon juice	Pinch cayenne

To make the carrot pâté, put the carrots, bell pepper, cashews, lemon juice, ginger, salt, pepper, and cayenne in a food processor and process for 1 minute, or until smooth, stopping occasionally to scrape down the work bowl.

Transfer to a small bowl and wash and dry the processor work bowl. The Carrot Pâté makes about 1½ cups,

Mushroom Walnut Pâté

1 pound cremini or button mushrooms, coarsely chopped	½ cup raw walnuts
1 small onion, coarsely chopped	1 tablespoon nutritional yeast flakes
2 large garlic cloves, chopped	1 teaspoon freshly squeezed lemon juice
¼ cup water	1 teaspoon salt

To make the mushroom pâté, cook and stir the mushrooms, onion, garlic, and water in a large skillet over high heat for 3 to 4 minutes, or until the onion is transparent and the mushrooms are softened. Add 1 or more tablespoons of water as needed to prevent burning. There should be at least 1 tablespoon of liquid remaining in the pan.

Transfer the mushroom mixture and the remaining liquid to a food processor and add the walnuts, yeast flakes, lemon juice, and salt. Process until smooth, stopping occasionally to scrape down the work bowl. The Mushroom Walnut Pâté makes about 1½ cups.

To assemble, remove 1 tablespoon of each pâté and set aside. Spoon the remaining mushroom pâté onto one half of a dinner plate. Using the back of a spoon, form one half of the yin-yang symbol.

Spoon the remaining carrot pâté onto the plate and form the other half of the symbol. Complete the presentation by placing the reserved tablespoon of each pâté into the widest portion of the opposite color. Smooth the edges to form a complete circle.

Desserts

Apple Pie Hearts © Chef AJ 2013

1 cup almonds
1 cup pecans
1 cup walnuts
2 cups dried apples (sugar and sulfite free)

2 cups pitted dates
1 Tablespoon Alcohol-free vanilla
1 Tablespoon Cinnamon
½ teaspoon nutmeg

In a food processor fitted with the “S” blade, grind nuts into flour. Add the dried apple and spices and process again. Add the dates until the desired consistency is reached, then add the vanilla. Press into mini silicon heart molds and chill. If you can’t find silicone mold, simply roll into balls. These freeze well.

Haystack Cookies

2 cups pitted dates
1 cup raisins
¾ cup pineapple or orange juice
3 cups unsweetened, shredded coconut

1 cup chopped walnuts or almonds
¾ cup whole wheat pastry flour
1/3 cup rolled oats
½ teaspoon salt

Process dates, raisins, and juice in a blender until smooth. Add to remaining ingredients and mix lightly. Drop onto ungreased cookie sheets with small ice cream scoop and bake at 325 degrees F for 20-25 minutes, or until browned. Yields 44 1½” cookies.

Healthy Scones

1½ cups whole wheat pastry flour
1 tablespoon baking powder
dash of salt
4 tablespoons maple syrup

¾ cups applesauce (2 pre-packaged cups)
1 teaspoon vanilla

Pre-heat oven to 350 degrees.

Combine whole wheat pastry flour, baking powder, salt in one bowl. Whisk together until all of the dry ingredients are combined.

Create a well in the center of the dry ingredients.

Pour apple sauce, vanilla and maple syrup into the well.

Combine wet and dry together well.

You do not want a very wet/runny dough, but it should be tacky.

Use a large cookie scoop and scoop the dough onto a sprayed cookie sheet.

Bake for 13 to 15 minutes, or until firm to touch.

No Bake Peanut Butter Bars

(adapted from the China Study Cookbook)

1 cup crushed graham crackers	¼ cup non-dairy milk
¼ cup crushed walnuts	1 cup non-dairy chocolate chips
½ cup unsweetened coconut flakes	5 tablespoons non-dairy milk
⅓ cup natural peanut butter	

Crush graham crackers in food processor. In a separate bowl, mix together walnuts, coconut and peanut butter. Stir in crushed graham crackers. Slowly add ¼ cup non-dairy milk and mix. If mixture does not hold together, continue adding non-dairy milk until all ingredients stick together. However, don't make it too soft. If necessary use your hands to mix. Spread mixture evenly into a 9 x 9 inch non-stick baking dish. In a saucepan, melt chocolate chips together with non-dairy milk over medium heat. Stir until smooth. Spread chocolate mixture on top of peanut butter mixture. Refrigerate for 1 hour until hardened. Cut into squares and enjoy!

Peanut Butter Granola Bars

(adapted from Forks Over Knives Cookbook)

½ cup peanut butter	2 cups whole rolled oats (not quick cooking or instant)
¼ cup maple syrup	¼ teaspoon salt
¼ cup brown rice syrup or date syrup	½ teaspoon cinnamon
1 teaspoon vanilla extract	

Preheat the oven to 350 degrees F. Line an 8 x 8 inch baking pan with a 10-inch square of parchment paper. In a small saucepan, mix together the peanut butter, maple syrup, and date syrup. Gently heat the mixture over low heat, whisking with a fork, just until it's warm enough for the ingredients to incorporate and become smooth. Remove from heat. Let the mixture cool a bit so that it's still warm but not hot. Mix in the vanilla, then add the oats, salt and cinnamon and mix very well. Wet your hands and firmly press the oat mixture into the pan, pressing on the top and packing the bars as tightly as you can. Bake for 18 minutes, or until the sides of the bars are lightly browned. Remove the pan from the oven and let cool for about 10 minutes. Remove the bars from the pan by lifting up by corners of the parchment paper. Transfer to a cooling rack to cool completely. Slice the bars into 8 rectangles. Slice carefully as to keep the bars from crumbling. Store bars in a tightly sealed container at room temperature.

Peanut Butter Snack Balls

½ cup peanut butter
⅔ cup quick cooking oats
¼ cup unsweetened shredded coconut

4 tablespoons maple syrup
¼ cup chopped walnuts
¼ cup raisins or craisins

Mix all ingredients together. (Add more oats if dough is too sticky) Shape into small balls. Wet fingers when shaping balls, if needed. Makes about 18 balls.

Peppermint Patty Bites

1 cup packed, pitted Medjool dates
(approx 12)
1 cup rolled oats
2 tablespoons cocoa powder
2 tablespoons almond milk or soy milk
½ teaspoon peppermint extract, or to

taste
½ cup walnuts
¼ cup almonds
4 tablespoons vegan chocolate chips
1-2 tablespoon unsweetened coconut flakes, for garnish

Line a small square pan with two pieces of parchment paper, one going each way. Set aside. In a food processor, process the pitted dates until chopped and sticky.

Add in the rolled oats, cocoa powder, peppermint extract, and almond or soy milk. Process until combined, scraping down the side of the bowl as needed.

Finally, add in the nuts and chocolate chips and pulse until combined and sticky. It should be sticky enough to easily make a ball.

Crumble mixture all over prepared pan. Sprinkle a handful of flaked coconut on top and press mixture into pan with slightly wet fingers. Cover with a piece of parchment paper and roll out smooth with a pastry roller or press smooth with fingers.

Freeze for about 15 minutes or until set. Slice to make 12 small bars.

Pumpkin Apple Nog © Zel Allen 2013

Pumpkin Apple Nog is one of the many exceptional recipes from Zel Allen's new cookbook, *Vegan for the Holidays*. The book is available at: Vegetarians in Paradise <http://www.vegparadise.com/veganholidays.html> or at Amazon.com

Spiced for the season and wearing the warm glow of pumpkin, this indulgently thick and creamy nog delivers that perfect splash of spice we've come to expect during the holidays. Spices like cinnamon and nutmeg offer a warming comfort we seek when the autumn and winter chill comes along. The nog tends to thicken as it stands but is easily thinned with the addition of small amounts of apple juice. Yield: 3 to 4 servings.

1¼ cups apple juice	¾ teaspoon plus ⅛ teaspoon ground cinnamon
1 cup canned or fresh pumpkin	
1 cup soy milk, nut milk, or rice milk	¼ teaspoon ground nutmeg plus extra for garnish
½ cup maple syrup	Pinch salt

Put all the ingredients in a blender. Process until smooth and creamy, stopping occasionally to scrape down the blender jar. Refrigerate the nog until well chilled.

To serve, blend the nog briefly to lighten and fluff the mixture. Pour into old-fashioned glasses or punch cups. Sprinkle lightly with nutmeg if desired.

Sweet Lemon Cream © Susan Jensen 2013

1 box silken tofu (Trader Joe's)	juice and zest of one lemon
¼ cup raw cashews	¼ cup – ½ cup water (depending on consistency desired)
8-10 dates	
1 teaspoon vanilla	

Process all ingredients in blender or Vitamix until smooth and creamy. Serve with fresh fruit or Healthy Scones.

Makes 1 ½ cups. © Susan Jensen 2013.

Not-Recipes for Not-Meals

Janice Stanger, PhD

Spur-Of-The-Moment Cooking Can Be Healthy and Fun

Cooking from scratch with fresh ingredients is the gold standard for healthy plant-based eating. Tips to make cooking more enjoyable simplify this process. But some nights even the most undemanding recipes are out-of-reach. You are running late at work and get home tired and distracted. Traffic was a hassle. Maybe you have less than an hour to make dinner, eat, clean up, and run out again. Even on weekends, you can be squeezed for time as you bounce from one commitment to the next.

Don't despair. Even in these stressful situations, you can have healthy, satisfying food. You do not need to settle for a fast food chain, take-out with uncertain ingredients, or running on empty.

The secret is to jazz up grocery store convenience items with your own fresh add-ins. You don't need a recipe. Once you get the knack of doing this, you'll never lack for ideas.

The trick is to select the healthiest convenience items when you shop and always keep a few in your house. Here are some ideas.

- Soup in a box. Many brands offer soup bases you can pour from a box, using just the quantities you want.
- Canned soup and chili
- Jarred or canned tomato-based pasta sauce
- Pre-made sauces, such as curry or other simmer sauces
- Frozen ravioli, gnocchi, or entrees
- Vegan burgers and dogs
- Cold or hot cereal

Okay, you are probably wondering, how can this possibly be healthy? Everyone knows prepared foods are almost always too salty, may contain added oils, and possibly other preservatives as well. Keep two things in mind. One is that some prepared foods are healthier than other choices. Second, you are going to dilute the undesirable ingredients with your own fresh additions.

Here are the steps to figure out the best choices for the prepared foods for your pantry.

1. Read the ingredient list carefully. Don't look at claims on the packaging – only at the ingredients. If the item has any animal ingredients (milk, cheese, whey, cream, butter, fish, chicken, beef, egg or egg whites, and so

on) then don't buy it. Similarly, make sure that there are no hydrogenated or partially hydrogenated oils in the product and it is not deep fried.

2. If the food you are buying contains soy, favor foods made with tofu over foods made with isolated soy protein.
3. Once you eliminate items that have unacceptable ingredients, compare the remaining choices to see which are lowest in fat and salt per serving. Tip: jarred choices are usually less salty than dry mixes are, but you need to read the label to determine for sure.
4. The next step is to see which have the most desirable ingredients, such as whole grains (will say "whole" in the ingredient list), vegetables, fruits, beans, and potatoes.

Combine steps 3 and 4 to decide the products to buy.

You don't need to do this every time you shop. Once you have your list of the best prepared foods, you can usually just buy the same brands over and over (reread the ingredient list every once in a while to make sure they have not changed).

The most important step is to add your own healthy ingredients to the prepared base until the fresh ingredients are a significant part of the total. Here are ideas for additions, but in the end you are limited only by your own imagination.

- Add lots of fresh or dried herbs and spices, cooked whole grains or beans, and fresh or frozen vegetables to boxed or canned soup or chili. Just let the veggies heat in the broth on the stovetop. Most vegetables in soup do not have to be cooked a long time. It's ok just to heat them through and you are good to go.
- Follow the same procedure above with jarred pasta sauce. Use the sauce on whole grain pasta or another whole grain, such as brown rice.
- Cover your healthy leftovers, such as baked potatoes, lentils, or beans, with a bit of boxed soup as a sauce and lots of veggies, herbs, and spices.
- Eat a veggie burger or dog on a whole grain tortilla or whole grain bread. Really pile on greens, veggies, and herbs until they are a thicker layer than the veggie burger or dog base.
- In a real rush, top whole grain hot or cold cereal with lots of fruit, cinnamon, and dairy-free milk.
- Cook extra amounts of fresh foods from scratch on days you have time, so there are always leftovers to combine with a purchased base.
- If you have a powerful blender, a fruit and/or veggie smoothie is always a possibility. Always keep chunked frozen bananas and other frozen fruits in your freezer to use as a base. Here is a really simple idea. Combine carrot juice and frozen bananas in a Vitamix or other powerful blender. Use any proportions you like. A cup of juice and one frozen banana yields

a naturally sweet, slightly frosty drink. A couple ounces of juice with the same frozen banana has a texture much closer to "ice cream."

This "cooking lite" strategy is not the optimum way to eat, but very often is preferable to just about all the choices that would otherwise be realistic. It's a great alternative to fast food fries, a bag of chips, or canned soup with no fresh ingredients added.

If you ignore your hunger and don't eat at all, you are way more likely to overeat later and gorge on totally unhealthy foods. If you are just running out the door, grab a couple pieces of fruit or some whole grain crackers as a not-meal, but don't leave your body totally unfueled.

So let's be realistic with our rushed modern culture. We need to live within our time resources as well as our financial resources, making the most of both. Cooking lite will help you to do that.

Also, do not fret about "meal times." You are expected to get hungry on cue, and wait until a specific time to eat. But meals are a human invention. These prescribed times to eat serve to carve up the day, leaving long stretches to be devoted to work. Everyone gets synchronized on pretty much the same rhythm. This may be good for societal functioning, but is not so good for your body.

Hunger is a fundamental instinct and need. Your ancestors, foraging in nature, undoubtedly ate when they were hungry and food was available.

Your naturally perfect body knows when you need fuel and nutrients. Our understanding of nutrition and physiological functioning is still far from complete. To second guess your body's signals to eat is a recipe for failure in the long-run, and often even in the short-run.

My Perfect Formula Diet eating plan urges you to eat when you are moderately hungry and stop when you are full. If you wait until you are famished to eat, you are far more likely to let your appetite get out of control. The end result is that you stuff yourself with too much food instead of exactly the amount your body wants.

If you get hungry on your own schedule, then feel free to snack or graze throughout the day, eating a series of not-meals. As long as you are sticking to a balance of fruits, vegetables, beans, potatoes, and whole grains (cooked without added oils) you can eat all you want throughout the day and still be at an ideal weight. You need never be hungry

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