

The Best Of Nature Plant Based Cooking School

2014 Recipes



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Program Schedule

September 30 ♦ Chef AJ

October 7 ♦ Susan Jenson RD & Sharon Palmer RD

October 14 ♦ Columbus Batiste MD & Chef Christine Oppenheim

October 21 ♦ Genesa Wagoner MD & Zel Allen

Our Presenters



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.
www.EatUnprocessed.com



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.



Sharon Palmer is a Registered Dietitian with expertise in plant-based nutrition. She is a passionate writer covering health, wellness, food, sustainability and many other topics. Her book *The Plant-Powered Diet* has been a critical success. She received her degree in Administrative Dietetics from Loma Linda University. She hosts culinary demonstrations and farm to table cooking classes.
www.SharonPalmer.com



Columbus Batiste, MD, is a board certified Cardiologist, and Interventional Cardiologist. He graduated from Loma Linda University in 2004 and completed his Interventional Cardiology Fellowship in 2006. He has performed nearly 2000 coronary interventions, and hundreds of pacemaker implantations. In 2011 he established the *Integrative Cardiovascular Disease Program*. It seeks to prevent the re-occurrence of cardiac events by focusing on lifestyle modification and increased medication compliance.
www.facebook.com/HealthyHeartDoc.



Chef Christine Oppenheim has been cooking since she was tall enough to reach the stove and loves healthier, plant-based versions of classic comfort foods, without the use of processed faux "meats". After repeated praise for her imaginative and delicious cooking, she followed her passion and went to Bauman College in Berkeley, CA, where she became a certified natural chef.
www.VeggieFixation.com



Genesa Wagener, MD, 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. Dr. Wagener 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.
www.AskDrWagener.com



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>.

Salads

Beet and Kale Salad

4 large beets, cooked	4 tablespoons balsamic vinegar
¼ cup toasted pumpkin seeds	¾ teaspoon Dijon mustard
1 bunch kale, chopped bite size	1 tablespoon chopped fresh basil
3 scallions, chopped	1 teaspoon finely diced garlic
1 medium carrot, sliced into ⅛ inch rounds	

Wash beets and bring to a boil in a large pot. After boiling bring to a simmer, continue to simmer for one hour, until tender. Let cool, then peel beets and cut into ¾ inch pieces.

In the meantime, lightly toast the pumpkin seeds by placing them in a dry skillet and cooking over medium heat. Constantly stir the seeds to ensure even cooking. When they begin to pop and give off a nutty aroma, they are ready. Set aside to cool.

Place all dressing ingredients in a bowl and mix well with a wire whisk. In a separate bowl place chopped beets, chopped kale, diced green onions, sliced carrots and pumpkin seeds. Add dressing and toss gently. Serve chilled.

Makes approximately six servings.

Black Bean, Avocado and Kale Salad with Sweet Chili Vinaigrette

4 cups chopped kale	1 15-oz can of black beans, rinsed and drained
⅓ cup sweet chili sauce	3 roma tomatoes, diced
⅛ cup balsamic vinegar	1 cup cooked quinoa
	1 avocado, diced

Mix chopped kale with sweet chili sauce and balsamic vinegar.

Add black beans, tomato and cooked quinoa. Mix thoroughly.

Garnish with sliced avocado.

Serves 4-6.

Black-Eyed Pea and Stewed Tomato Salad

Black-eyed peas and stewed tomatoes are a Southern good-luck combo served on New Year's Day. Here, the juices from a can of prepared stewed tomatoes sweeten and flavor the dressing.

3 cups cooked black-eyed peas, or 2
15-oz. cans unseasoned black-
eyed peas, rinsed and drained
½ large sweet onion, such as Vidalia
or Walla Walla, finely diced (1
cup)
3 medium carrots, peeled and finely
diced (1 cup)
3 ribs celery, thinly sliced (1 cup)

1 small green or red bell pepper,
finely diced (1 cup)
6 green onions, white and green
parts thinly sliced (1 cup)
1 15-oz. can stewed tomatoes
2 tablespoons apple cider vinegar
1 teaspoon Cajun seasoning
Few dashes favorite hot sauce,
optional

Combine black-eyed peas, sweet onion, carrots, celery, bell pepper, and green onions in large bowl, and set aside.

Drain tomatoes, and place liquid in small saucepan with vinegar and Cajun seasoning. Coarsely chop tomatoes, and add to black-eyed-pea mixture. Bring tomato-juice-vinegar mixture to a boil, and pour over black-eyed-pea mixture. Stir to coat. Cool, then chill 1 hour. Season with salt and pepper, if desired.

Cilantro Potato Salad

1 large bunch cilantro (about 4 cups
loosely packed)
2 medium – large jalapeno peppers

1-2 lemons, juiced
½ teaspoon salt

8 cups of cooked, diced potatoes.

Process cilantro, jalapeno, lemon juice and salt in a food processor until mostly smooth.

Mix cilantro dressing with potatoes and serve.

Serves 8.

Kale and Corn Salad

1 cup frozen grilled corn
6 cups finely chopped kale, washed
and thick stems removed
½ cup diced red bell pepper
½ cup shredded carrots

½ cup thinly sliced red cabbage
¼ cup thinly sliced sweet onion
⅓ cup pepitas

Toss all salad ingredients together with Sweet Miso Tahini Dressing.

Sweet Miso Tahini Dressing

2 tablespoons mild sodium white
miso paste
½ tablespoon tahini
1½ tablespoons maple syrup

1½ tablespoons lite soy sauce
2 tablespoons seasoned rice vinegar
¼ teaspoon Sriracha sauce

Put all salad dressing ingredients in a food processor or blender and blend until smooth. Pour over Kale and Corn Salad and toss well. Serves 4-6.

Nutty Wild Rice Salad

Contributed by Ann Engevik

4 cups cooked wild rice, warm or
cold (1 cup dry)
1 (9-oz) pkg shelled edamame (2
cups)
1½ cups red grapes, halved
1 cup roasted unsalted cashews,
small pieces
3 stalks green onion, chopped

Citrus Vinaigrette

3 tablespoons lemon juice
2 tablespoons white balsamic
vinegar
1 tablespoon maple syrup
1 clove garlic, crushed
½ teaspoon salt

Combine cooked wild rice, edamame, grapes, cashews and onions in a large bowl.

In a small bowl, whisk together dressing ingredients. Pour over salad and mix together well. Serves 4.

Quinoa, Orange, Pomegranate and Mint Salad

Contributed by Ann Engevik

1 cup uncooked quinoa
¾ cup pomegranate seeds
5 tablespoons freshly squeezed
lemon juice (about 2 lemons)
1 teaspoon grated lemon zest
1 teaspoon maple syrup

½ teaspoon Dijon mustard
¼ cup toasted sunflower seeds
3 tablespoons chopped fresh mint
3 tablespoons chopped fresh cilantro
leaves
2 oranges, diced

Prepare the quinoa according to the package directions. Transfer cooked quinoa to a large bowl and cool.

Add the pomegranate seeds to the cooled quinoa.

In a small bowl whisk the lemon juice, lemon zest, maple syrup, and mustard until blended. Drizzle over quinoa mixture. Add the remaining ingredients and toss. Season with salt & pepper to taste.

Serves 4-6.

Rainbow Fiesta Rice

By Chef AJ

You can purchase all the ingredients for this festive dish at your local salad bar if you don't want to cook the rice or make the salsa.

Ingredients:

One pound cooked brown rice
(approximately 4 cups)

One cup pico de gallo salsa, or more
to taste or your favorite salsa

1 can salt-free black beans, rinsed
and drained (or 1.5 cups of
cooked beans).

2-4 cups of mixed vegetables (or
your favorite salad bar fixins') -

For a rainbow effect, Chef AJ
likes to use shredded carrots
(orange), corn (yellow), peas
(green), red onions or purple
cabbage (purple) and the salsa is
red.

Preparation:

Mix all ingredients together in a large bowl and chill.

If you can't wait, well, then go ahead and eat it warm or at room temperature.

Summer Cucumber Salad

Adapted from JazzyVegetarian.com

1 large cucumber, peeled and thinly
sliced

½ sweet or red onion, thinly sliced

1 tablespoon balsamic vinegar

1 tablespoon maple syrup

¼ teaspoon paprika, plus more for
garnish

Sea salt

Freshly ground pepper

Put the cucumber and onion in a medium bowl. To make the dressing, put the balsamic vinegar, maple syrup, and paprika in a small bowl and briskly whisk until smooth. Pour the dressing over the cucumbers and onions and toss to coat. Season with sea salt and pepper to taste. Cover and chill for 1 to 6 hours. Sprinkle with additional paprika if desired, and serve chilled. Makes 2 servings

Asian Rice Salad

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|---------------------------------------|--|
| 2 cups cooked brown rice | 1 11-ounce can mandarin orange segments, drained |
| 4 green onions, chopped | 1 8-ounce can sliced water chestnuts, drained |
| 5 cups loosely packed chopped spinach | ½ cup of Susan's Ginger dressing |

Place rice in a large bowl. Add the green onions and spinach. Mix well. Add the orange segments and water chestnuts. Toss gently to mix. Add the dressing and toss gently. Serves 4-6.

Susan's Ginger dressing

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|------------------------------------|---------------------------|
| 1 tablespoon tahini | ½ teaspoon crushed garlic |
| 1 tablespoon bragg's liquid aminos | 1 teaspoon grated ginger |
| 1 tablespoon rice vinegar | 4 tablespoons water |

Blend all ingredients together. Makes ½ cup.

Curried Sweet Potato Salad

Straight Up Food by Cathy Fisher

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|--|---|
| ½ cup raw, unsalted cashews (2 ounces) | 2 cups coarsely chopped fresh spinach leaves (3 ounces) |
| ½ cup water | ½ cup raisins |
| ¼ cup orange juice | ½ cup sliced almonds (plus extra for garnish) |
| 1 teaspoon curry powder | 2 large ribs celery, chopped |
| 1 medium clove garlic, minced | 4 green onions, chopped |
| 2 pounds sweet potatoes (about 3 medium), peeled and cut into ½-inch cubes | 1 teaspoon orange zest |

Place the 5 dressing ingredients into a blender and set aside so that the cashews can soften.

In a soup pot, cover the diced sweet potatoes with water and bring to a boil.

Cook for 8 to 10 minutes until potatoes are cooked through but still firm.

Drain and rinse with cold water before transferring to a large bowl.

Add the spinach, raisins, almonds, celery, and green onions to the bowl of potatoes.

Blend the dressing until smooth. Stir the orange zest into the blended dressing (but don't blend it). Pour the dressing over the salad and mix thoroughly but gently, so as not to overly smash the potatoes. The dressing may look like too much, but it will absorb nicely into the potatoes. I like to serve this right away, while the potatoes are still warm and the dressing is creamy, but you can also refrigerate it for later.

Optional: garnish with some sliced almonds.

Preparation: 30 minutes. Cooking: 10 minutes. Serves: 6 to 8

Thai Quinoa Salad

$\frac{3}{4}$ cup uncooked quinoa	1 cup edamame
1 heaping cup shredded red cabbage	$\frac{1}{2}$ cup cashew halves (or roasted peanuts)
1 red bell pepper, diced	$\frac{1}{2}$ cup chopped cilantro
$\frac{1}{2}$ red onion, diced	$\frac{1}{4}$ cup diced green onions
1 cup shredded carrots	

For the dressing:

$\frac{1}{4}$ cup peanut butter (crunchy or smooth)	1 tablespoon red wine vinegar
2 teaspoons freshly grated ginger	1 teaspoon sesame oil
3 tablespoons low sodium soy sauce	1 teaspoon sriracha hot sauce
1 tablespoon maple syrup	Water to thin, if necessary

Cook quinoa according to package directions. You should have a little over 2 cups of quinoa.

For the dressing:

Add peanut butter and maple syrup to a microwave safe bowl and heat in microwave for about 20 seconds. Add in ginger, soy sauce, vinegar, sesame oil and sriracha and stir until smooth and creamy. If necessary, thin the dressing by adding a little water.

Drizzle half of the dressing over the cooked quinoa. In a large bowl combine the red pepper, onion, cabbage, carrots, edamame, cashews, and cilantro. Fold in the quinoa. Add as much of the remaining dressing as you'd like (to taste).

Garnish with green onions. Chill until ready to eat.

Serves 6.

Tofu Cobb Salad

By Sharon Palmer

Active preparation time: 15 minutes

Total preparation time: 15 minutes

Who says plant-powered eaters can't enjoy a Cobb salad now and again? Especially if you swap out a few of the animal foods in a classic Cobb for these plant superstars, including baked tofu and black beans. It's an easy, colorful entrée salad, which furnishes a rainbow of vibrant plant foods, including tomatoes, avocados, walnuts, and fresh herbs.

Makes 8 servings (about 1¼ cups each)

6 cups (282 g) torn, loosely packed
romaine lettuce
1 tablespoon extra virgin olive oil
1 teaspoon red wine vinegar
1 tablespoon finely minced fresh
herbs (e.g., oregano, tarragon,
thyme), or ½ teaspoon dried
¼ teaspoon ground mustard
1 small garlic clove, minced
¼ teaspoon freshly ground black
pepper
Pinch of sea salt, optional

1 cup (185 g) cooked black beans, no
salt added, rinsed and drained if
canned
8 ounces (227 g) baked tofu (savory
flavor), cubed (see Note)
2 small tomatoes, diced
1 medium avocado, peeled, cored,
and diced
1 teaspoon lemon juice
½ cup (58 g) walnut pieces
2 tablespoons minced fresh chives

Place the lettuce in a mixing bowl.

Whisk together the olive oil, vinegar, herbs, mustard, garlic, black pepper, and sea salt, if desired, in a small dish. Add to the lettuce and toss well.

Place the dressed lettuce on an oval platter in a uniform layer.

Arrange the black beans on top of the lettuce, creating a row in the center of the platter.

To the right of the black beans, create a row of baked tofu.

To the left of the black beans, create a row of tomatoes.

Sprinkle the avocados with the lemon juice to avoid discoloration and arrange them in a narrower row to the right of the baked tofu.

To the left of the tomatoes, create a single smaller row of walnut pieces.

Sprinkle the entire salad with the chives.

Serve immediately.

Note: Baked tofu is marinated, seasoned tofu, which is available in the refrigerator section in many supermarkets. It is an excellent addition to salads and sandwiches. You can make your own this way: Preheat the oven to 350°F (180°C). Slice 8 ounces of pressed tofu in half lengthwise into two rectangles. Place the rectangles into a small baking dish and drizzle with 2 tablespoons reduced sodium soy sauce and additional herbs and spices, as desired. Bake the tofu for 20 to 25 minutes.

Soups

Bulgur Chili

1 medium onion, diced	1 cup tomato sauce
3 whole cloves, minced	1 can kidney beans, drained
1 green pepper, diced	½ cup bulgur
1 cup corn kernels	½ teaspoon each cumin, cayenne
1 cup halved cherry tomatoes	pepper, chili powder, paprika
2 medium jalapenos	3-4 cup vegetable stock or water
1 tablespoon cocoa powder	

In a large stock pot, sauté onions, garlic and peppers in a small amount of water over medium heat until they soften. Stir in spices, corn, and tomatoes. Continue to cook for 2-3 more minutes. Stir in remaining ingredients and bring to a boil (start with 3 three cups of stock or water.) Once boiling, reduce to a simmer and stir occasionally.

If the chili begins to thicken too much, continue to add stock or water until it reaches a chili-like consistency (the bulgur will soak up a good majority of the liquid.) Let simmer for 45 minutes until bulgur has softened. Taste and adjust seasoning.

This freezes really well for the winter. Other additions could be squash, zucchini, or okra. Serves 4-6.

Split Pea Soup

2 cups green split peas	2 carrots, diced
6 to 7 cups water	2 celery stalks, diced
1 small yellow onion, diced	1 teaspoon dried marjoram
2 creamy yellow or red potatoes, diced	1 teaspoon dried basil
2 or 3 garlic cloves, pressed or minced	½ teaspoon dried parsley
	½ teaspoon liquid smoke, optional
	Salt and pepper, to taste

Rinse split peas, checking for any impurities, such as stones or residue. Place all ingredients except salt and pepper in a soup pot, and bring to a simmer. Cover loosely and cook until peas are tender, 1 hour or longer. Check occasionally to make sure water has not completely evaporated. Heat should be low-medium.

The resulting soup should be thick and creamy, with the split peas quite broken down and mushy. Add salt and pepper to taste, and serve hot.

For creamier soup, puree in a food processor or blender. This is also a great soup for a slow cooker; add all ingredients, and cook on low for 6 to 8 hours.

Serves 6

Velvety Curried Squash Soup

By Christine Oppenheim

Ingredients

1 cup yellow onion, small dice
6 cup butternut or kabocha squash,
peeled, seeded and cubed (about
2½ pound squash)
3 cup vegetable stock
1 tablespoon curry powder

1 teaspoon coriander
salt, to taste (optional)
A few grinds of black pepper
½ cup coconut or almond milk,
optional

Directions

Heat a small amount of water in a large saucepan or stock pot. Add onions and cook for about 5 minutes, until soft and translucent, and beginning to show brown caramelized bits, adding a little more water if needed to prevent sticking.

Add the squash and cook for another 5 minutes, allowing them to sweat a little.

Add the stock and bring to a boil. Lower heat to low, cover the pot, and simmer for about 10 to 15 minutes, until vegetables are soft.

Pour the soup in batches into a food processor or blender, or use a hand held immersion blender, add spices salt and pepper, and process until smooth.

Blend in the cream, adjust spices, and reheat slowly, if needed.

Serves 6-8.

Entrees

Broccoli Bisque

Inspired by a recipe from Mary McDougall - by Chef AJ

1 pound of broccoli	8 cloves of garlic
1 pound of Yukon Gold potatoes	1 tablespoon dried dill
4 cups sodium free vegetable broth (homemade or Kitchen Basics)	2 cups unsweetened almond milk
1 large onion, chopped	2 tablespoon Dijon mustard

Place all ingredients except for the almond milk and mustard and dill in an electric pressure cooker and cook on high pressure for 6 minutes. Release pressure and add the almond milk and mustard and blend with an immersion blender until smooth. Add white pepper to taste, if desired.

Chef's Note: Delicious served over brown rice.

Cauliflower Fettuccine Alfredo

Contributed by Michele Jauregui

Serves 4

1 large head of cauliflower	¼ teaspoon nutmeg
3 cups vegetable broth	½ teaspoon salt
½ onion, sliced	fresh ground pepper to taste
6 cloves of garlic, sliced	

Cut off any bottom leaves of the cauliflower and cut out the toughest part of the core. Then break the cauliflower down into florets. Boil them with the vegetable broth uncovered until the cauliflower is very soft and tender. About 15 minutes.

While the cauliflower is cooking, heat a large pan and sauté the onion and garlic in 2-3 tablespoons of water.

When both are done, using a slotted spoon, remove all the cauliflower from the broth and place in a blender or food processor. Add 1 cup of the cooking broth, all the sautéed onions and garlic, the nutmeg and salt. Puree on high until very smooth, 3-4 minutes. Add a little more broth at a time if it needs to be thinned. Add pepper to taste. Serve with fettuccine and serve warm.

Options

Add red chili flakes to kick up the heat on your pasta! Or sauté asparagus, mushrooms, squash, tomatoes, broccoli, or any other veggies you like and add on top!

Enchilada Casserole

Straight Up Food by Cathy Fisher

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|--|--|
| 1 medium yellow onion, chopped
(about 2 cups) | cups), drained and rinsed |
| 1 medium red bell pepper, chopped
(about 1½ cups) | 1 medium zucchini, diced (about 1½
cups) |
| 1 tablespoon freshly minced garlic (4
to 5 medium cloves) | 1 cup raw, frozen, or canned organic
corn (drained) |
| 1 teaspoon dried oregano | 5 cups roughly chopped chard
leaves, (about 4 large leaves) |
| 1 teaspoon dried basil | 3 organic corn tortillas (6-inch) cut
into 1-inch squares (to blend) |
| 2 teaspoons chili powder | 2 organic corn tortillas (6-inch) cut
into 1-inch squares (to garnish
top) |
| 1 can (15 ounces) diced tomatoes (1½
cups), not drained | |
| 1 can (15 ounces) black beans (1½
cups), drained and rinsed | |

Preheat oven to 375. Chop and prepare all ingredients before starting. Place 2 tablespoons of water into a large skillet or soup pot on high heat. When the water begins to sputter, add the onion and bell pepper and sauté for 5 minutes. Reduce heat to medium and add the garlic, oregano, basil and chili powder, and cook stirring for 1 to 2 minutes, adding water as needed to keep things moving.

Stir in the diced tomatoes, beans, zucchini, corn, chard, and the 3 cut up tortillas, and cook covered for 5 more minutes, stirring halfway through. After 5 minutes, place 1 cup of this mixture into a blender and blend until smooth; add this sauce back into the pot and stir. Spoon into an 9-by-13-inch baking dish (you do not need to prepare the pan with any oil or parchment paper).

Scatter the remaining 2 cut-up tortillas across the top, and bake uncovered for 15 minutes. Remove from the oven and let sit for 5 minutes before serving.

Preparation: 25 minutes

Cooking: stove top, 12 minutes; baking, 15 minutes

Serves: 6 to 8

Kale and Chickpea Sandwich Spread

2 medium kale leaves (any variety)	2 teaspoons yellow mustard
1 carrot, peeled, cut into chunks	1 to 2 scallions, green parts only, cut into large pieces, optional
1 15 oz. can chickpeas, drained and rinsed	1 to 2 tablespoons lemon juice, to taste
2 tablespoons nutritional yeast (optional, but highly recommended)	½ to 1 teaspoon curry powder, to taste
⅓ cup Green Garden Mayonnaise*	½ teaspoon ground cumin

Combine the kale and carrot in a food processor; pulse until finely chopped. Add the remaining ingredients and pulse until the chickpeas are evenly chopped and everything is nicely blended—don't over process; leave the mixture a bit chunky.

Transfer to a serving container and serve at once, or cover and refrigerate until needed.

Variation: Use a good handful of baby spinach or arugula in place of the kale.

***Green Garden Mayonnaise**

From the *China Study Cookbook* - modified by Susan Jenson

6 ounces 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.

Kale and White Bean Dish

4 cups finely chopped kale, slightly packed	1 15-oz can of northern beans drained and rinsed
¼ cup water	2 tablespoons balsamic vinegar
⅓ cup dried cranberries	¼ cup chopped cashews

Heat a non-stick skillet over medium-high heat. Add the kale and a ¼ cup of water.

The water should boil shortly. Toss the kale. It will begin to deepen in color and wilt a little. Once it does add the cranberries. There's should still be moisture in the pan.

Toss and cook for a minute or two until most of the water evaporates.

Add the beans.

Toss, add the vinegar and cook for 1-2 minutes allowing all the flavors to mix.

Add the cashews and cook for one more minute.

Remove and eat. Serves 2-4.

Mixed Vegetable Masala

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| 1 1-inch piece fresh ginger, sliced | 2 medium carrots, sliced (1 cup) |
| 2 cloves garlic, peeled | 1½ teaspoon Garam Masala |
| 1 15-oz. can diced tomatoes | ½ teaspoon chili powder |
| ½ teaspoon cayenne pepper | 2 cups cauliflower florets (¾ lb.) |
| 1 medium onion, chopped (1 cup) | ½ cup light coconut milk |
| 1 small yellow bell pepper, diced (1 cup) | Salt to taste |
| 2 medium boiling potatoes, peeled and cubed (1 cup) | |

Pulse ginger and garlic in food processor until finely chopped. Add tomatoes with juice and cayenne pepper, and pulse until combined. Set aside. Sauté onion and bell pepper in a small amount of water for 10 minutes, or until softened. Stir in potatoes, carrots, garam masala, and chili powder. Cover, reduce heat to medium-low, and cook 10 minutes, stirring occasionally. Add cauliflower, tomato mixture, and ½ cup water. Simmer 20 minutes. Remove from heat, and stir in coconut milk. Serve over cooked brown or red rice. Serves 4-6.

Quiche with Greens and Mushrooms

Adapted from HappyHerbivore.com

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|--------------------------|---------------------------------|
| 1 14-ounce box firm tofu | ¼ cup nutritional yeast flakes |
| ¾ teaspoon onion powder | ¼ cup cornstarch |
| ¾ teaspoon garlic powder | 1 teaspoon Dijon mustard |
| ½ teaspoon turmeric | 1 tablespoon lemon juice |
| ½ teaspoon salt | 2 cups sliced crimini mushrooms |
| ¼ teaspoon chili flakes | 4 cups chopped mixed greens |

Preheat oven to 350 degrees F. Grease a shallow 9 inch pie dish and set aside. Combine all ingredients except the greens and mushrooms in a food processor or a strong blender and whiz until smooth and creamy. Stop a few times to scrape the sides. Mix in the greens and mushrooms and transfer the batter to the pie dish. Using a spatula, spread the mixture around so it's even and tight. Bake 30-40 minutes, until golden and the center is not mushy. Allow to cool for at least 10 minutes before slicing. (Luke warm or room temperature is best for slicing) Serves 8.

Red Cabbage Curry

½ onion, diced
3 cloves garlic, minced
½ green bell pepper, diced
1 jalapeno, diced
2 teaspoons curry powder
1 tablespoon grated ginger

1 whole head red cabbage, thinly sliced
1 cup grated carrots
1 can diced tomatoes
1 can garbanzo beans, drained

Saute onions, garlic, peppers and seasonings in a small amount of water until onions are translucent. Add remaining vegetables, tomatoes and garbanzos and simmer/sauté until vegetables are cooked. Add water as needed. Salt to taste.

Serve over brown rice and eat!
Serves 4-6.

Southern Red Beans

1 pound dry red beans
4 cups vegetable broth
3 cups water
3 stalks celery, diced
1 green bell pepper, diced

1 sweet onion, diced
2 teaspoons crushed garlic
1 teaspoon salt
2 teaspoons Cajun Seasoning
2 bay leaves

Clean and rinse beans.

Put all ingredients into a slow cooker and cook at high for 8 hours.
Serves 8-10.

Spicy Tofu and Cashew Lettuce Wraps

1 package firm or extra firm tofu
1 cup frozen corn
2 teaspoons chili powder
3 tablespoons low sodium soy sauce
¼ - ½ teaspoon hot sauce (Sriracha)

½ cup cashew halves
1 cup grated carrots
2 cups cooked brown rice
4-6 lettuce leaves

Cook 1 cup brown rice, according to the package instructions. Set aside.

Drain the tofu by wrapping it in a paper towel, placing it on a plate, and covering it with a heavy object for 5 minutes or more.

In a large non-stick skillet, heat the tofu and break it down into very small pieces with a spatula. Dry saute for about 15 minutes, until lightly brown.

Add 1 cup frozen corn and stir for a few minutes, until most of the liquid has cooked out of the tofu.

Add the chili powder and cashew halves, and stir to combine. Add the soy sauce and hot sauce and stir until liquid is absorbed. Remove from heat.

Separate and wash the lettuce leaves.

To serve, place rice, tofu cashew mixture, and grated carrots within a lettuce leaf, and roll up the leaf.

Serves 4.

Tempeh Mushroom Stroganoff

1 8-oz. package Tempeh, diced into small pieces
½ onion, sliced
2 cloves garlic, crushed
1 tablespoon Tamari
½ cup water

1 10-oz package sliced mushrooms
2 cups water
2 tablespoons whole wheat pastry flour
1 teaspoon no salt seasoning

Sauté tempeh, onion, garlic and mushrooms in Tamari and ½ cup water. Whisk together 2 cups water and 2 tablespoons whole wheat pastry flour and no salt seasoning. Add to tempeh and mushroom sauté. Simmer 10 minutes. Serve over baked potatoes, brown rice or whole wheat pasta.

Toasted Farro with Roasted Squash

by Christine Oppenheim

Ingredients

1½ cups farro
5 cups water
1 small red onion, diced
1 lb Delicata (or other winter squash), peeled, seeded and cut, small cube (about 2 cups)
1 tablespoons fresh rosemary, minced

2 tablespoons fresh parsley, minced
¼ cup toasted pepitas (pumpkin seeds)
¼ cup dried cranberries
2 tablespoons balsamic vinegar (if you have a flavored vinegar, use that!)

Directions

Pre heat oven to 350.

Wash and drain farro, then spread onto a separate baking sheet. Bake for 15 minutes; be careful not to burn. Bring water to boil in a medium sauce pan; add toasted farro. Reduce heat and simmer on a low boil for 25 to 30 minutes. Drain and transfer to a large mixing bowl.

Spread onions onto a parchment lined baking sheet, leaving room for squash. Sprinkle squash with salt and pepper, if desired; spread on baking sheet next to onions. Roast in oven for 25 to 35 minutes, checking after 15 minutes. You may need to remove the onions before the squash is done if they start to darken. Squash should be fork tender and caramelized.

Add squash and onions to the bowl with the farro, along with remaining ingredients. Stir to combine and adjust seasoning, if needed, by adding more herbs or balsamic.

This dish is great on it's own, or also makes a great stuffing for squash or other vegetables. Serves 4-6.

Zucchini Creole on Polenta

1 cup polenta (corn meal) or use
ready made polenta
4 cups water
5 medium zucchini, sliced
4 stalks celery, cut in small pieces
1 large onion, chopped
2 green bell pepper, cut into thin
strips

3 cloves garlic, minced
10 ounces mushrooms, sliced
3 teaspoons basil, crumbled
1 15-oz. can petite diced tomatoes
1 teaspoon Cajun seasoning

To make the polenta:

Bring the 4 cups of water to a boil.

When the water is boiling, add the polenta and begin to stir.

Be very careful when the polenta comes to a boil as the bursting bubbles can burn.

The polenta is ready when the corn meal has absorbed all the water and become thick.

Pour the polenta into a greased casserole dish and allow to cool and harden. (at least ½ hour to 1 hour).

Saute the onion, celery and bell pepper pieces in a small amount of water.

Add the zucchini and mushrooms and saute until they begin to soften.

Add the tomatoes, basil and Cajon seasoning.

Taste and further season with salt and pepper.

Cut the polenta into squares of individual serving sizes

Serve the vegetables over the polenta, garnish with a bit of chopped basil or parsley.

Serves 6.

Other Recipes

100% Whole Wheat Bread for the Bread Machine

For 1½ lb. bread machine

1¼ cups water	¼ cup sunflower, sesame or flax
2 tablespoons vegetable oil	seeds, or a combination (optional)
¼ cup maple syrup	1 tablespoon vital wheat gluten
3½ cups (14 ounces) King Arthur	1½ teaspoons salt
100% White Whole Wheat or	1½ teaspoons instant yeast
Traditional Whole Wheat Flour	

Put all of the ingredients into the bread pan in the order listed. Program for basic white bread, and press Start.

To make bread by hand: Mix the water, oil and sweetener in a large bowl. In a separate bowl, combine the flour, seeds, gluten, salt and yeast; add to the liquids gradually, stirring until the dough holds together. Knead on a floured surface until smooth and just slightly tacky — about 8 to 10 minutes. Place the dough in a greased bowl, cover, and let rise until doubled in volume, about 1 to 1½ hours. Punch down the dough and shape it to fit a greased 8½" x 4½" loaf pan. Let it rise until doubled, about 1 to 1½ hours. Bake in a preheated 375°F oven for 35 minutes, or until a digital thermometer inserted in the center of the loaf reads 190°F. Remove the bread from the oven, remove it from the pan, and cool on a rack.

Basil Bean Pesto

This recipe for pesto is super delicious yet the flavor isn't compromised by eliminating oil and cheese. If you are a die-hard cheese lover, you can add in nutritional yeast for a "cheeze" flavor or a bit of Parmesan. Enjoy this pesto spread on sandwiches, pasta, or even use for a dip for vegetables or chips

1 cup tightly packed basil leaves	1 can white beans, rinsed and drained
1 garlic clove	
2-3 tablespoons lemon juice	¼ - ½ teaspoon salt
1 tablespoon water	

Chop the garlic clove in the food processor or mini chopper. Then add in the rest of the ingredients and process until smooth. Enjoy!

Deviled Eggs

Adapted from HappyHerbivore.com and Ann Esselstyn

6 small red potatoes	Paprika
¼ cup hummus*	Sliced green onions

Boil potatoes until fork tender, then let cool completely.

Make humus while potatoes are boiling and cooling.

Once potatoes have cooled, slice in half long ways and use a little spoon or melon baller to scoop out a small circle of the potato flesh. Spoon hummus mixture into the hole and garnish with paprika and sliced green onions.
Serves 12.

***Hummus**

3 cans chickpeas/ garbanzos, rinsed and drained	2 garlic cloves, chopped
1 12-ounce jar roasted peppers, including liquid	1 tablespoon lemon juice
	1-2 teaspoons Braggs Liquid Aminos
	1 teaspoon cumin

Combine all ingredients in a food processor and process until smooth.

Jolly Green Christmas Tree

By Zel Allen

Here's a holiday appetizer that puts yuletide spirit on a plate and unveils your hidden talent as a sculptor. Using nothing more than a spoon you'll be able to turn this delicious dip into a dazzling sculpted Christmas tree or Christmas wreath that flaunts colorful ornaments you can eat. Make it mildly spiced or crank it up to *muy picante* with extra jalapeno chiles and a pinch of cayenne.

Dip

1 pound frozen peas, thawed	½ to 1 jalapeno chile, seeded and coarsely chopped
1 (15-ounce) can cannellini or Great Northern beans, drained and rinsed	1 teaspoon salt
½ cup coarsely chopped fresh mint leaves	¾ teaspoon chipotle chili powder
2 tablespoons organic sugar	½ teaspoon garlic powder
2 tablespoons freshly squeezed lime juice	½ teaspoon onion powder
	¼ teaspoon chili powder
	Pinch cayenne (optional)

Ornaments

¼ red bell pepper, finely diced	1 green onion, white part only, sliced
½ carrot, finely diced	1 whole star anise, or 6 whole cloves

Put the dip ingredients in a food processor. Process until smooth and creamy, stopping occasionally to scrape down the work bowl.

Spoon the mixture onto a large platter and use the back of a spoon to form the mixture into the shape of a large Christmas tree. Decorate the tree with the bell pepper, carrot, and optional green onion. Place the star anise at the top or arrange the cloves into a radiating star. Serve with baked tortilla chips, bean chips, toasted pita wedges, or your favorite crackers. Yield: 8 to 10 servings.

Mushroom Gravy

½ onion, minced	¼ - ½ teaspoon rubbed sage
10 oz bag of sliced mushrooms	1 tablespoon nutritional yeast
½ teaspoon crushed garlic	1 tablespoon soy sauce
2 cups vegetable broth	2 tablespoons unbleached flour
½ - 1 teaspoon dried thyme	¼ cup plain non-dairy milk
½ teaspoon dried rosemary, crushed	

In a medium sized non-stick saucepan, sauté the onion in a little water until beginning to brown, about 5-10 minutes. Add the mushrooms and 1 tablespoon water, and cook for another 3 minutes. Add the garlic, and cook, stirring for another minute.

Add the vegetable broth, herbs, nutritional yeast and soy sauce. In a bowl, whisk or blend the non-dairy milk and flour together until smooth. Add it to the saucepan and stir well. Simmer stirring occasionally, for 15 minutes.

For a bacony-flavored gravy, add a few drops of Liquid Smoke last. Serves 6.

Party Mix

1 box (8 cups) whole grain Chex cereal (Kroger Living Well Cereal)	3 tablespoons low sodium soy sauce
2 cups pretzel sticks	1 teaspoon garlic powder
2 ½ cups roasted unsalted peanuts	1 teaspoon onion powder
¾ cup apple juice	2 tablespoons rice vinegar
	½ teaspoon sriracha sauce

Combine cereal, pretzels and peanuts.

Combine apple juice and seasonings separately.

Mix all together.

Place in a shallow non-stick baking pan or use parchment paper on baking pans.

Bake at 275 degrees F. for 1 hour. Stir every 10 minutes. Cool before serving.

Serves 8-10.

Spanish Tapenade Stuffed Tomatoes

By Zel Allen

Ideal party fare, this easy-to-make chunky relish becomes the filling for a stuffed tomato appetizer. The relish draws its assertive nature from pimiento-stuffed green olives. Adding flavor balance, pine nuts and Roma tomatoes tame the relish and give it perky colors. In this recipe the relish is spooned into tomato shells, but you can also serve the relish as a bruschetta with little rounds of toasted baguettes or rye bread. Alternatively, you can spoon it over polenta or baked potatoes.

10 to 12 small tomatoes	½ cup pine nuts
1 pound ripe Roma tomatoes	2 tablespoons extra virgin olive oil
¾ cup pimiento-stuffed green olives, well drained	¼ teaspoon plus ⅛ teaspoon salt
¾ cup pitted black olives, well drained	⅛ teaspoon ground black pepper
3 green onions, chopped	¼ cup chopped parsley

Cut the small tomatoes in half, and carefully scoop out the insides using a grapefruit knife. Place the insides into a storage container set aside for a future sauce recipe. Set the tomato halves aside.

Cut the Roma tomatoes in half and seed them. Add the seeds and juice to the storage container and refrigerate. Coarsely chop the Roma tomatoes and put them into the food processor.

Add the green olives, black olives, green onions, pine nuts, olive oil, salt, and pepper and pulse-chop until coarsely chopped.

To serve, spoon the Tapenade into the tomato halves and sprinkle the tops with chopped parsley. Arrange on a serving platter.

Note: If not using the Tapenade immediately, transfer it into an airtight container and store in the refrigerator. Yield: about 3 cups

Spiced Holiday Nog

By Zel Allen

Festive holiday gatherings beg for celebratory nog with a spicy personality that measures up to the spirit of the season. I've included a holiday medley of spices, making them jump to the forefront and bring refreshing delight to the palate. And I've added cashews that turn the nog into an ultra thick and creamy beverage that's extra special for sharing with friends and family.

Yield: 6 (6-ounce) servings

2 cups vanilla soymilk	½ teaspoon ground nutmeg, plus
1 cup cashews	more for garnish
½ cup apple juice	½ teaspoon ground allspice
¾ cup maple syrup	¼ teaspoon plus ⅛ teaspoon ground
1 teaspoon vanilla extract	cloves
1 teaspoon ground cinnamon	

Put 1 cup of the soymilk and the cashews in the blender. Process on high speed for 1 minute, or until smooth and creamy.

Add the remaining 1 cup of soymilk, the apple juice, maple syrup, brandy, vanilla extract, cinnamon, nutmeg, allspice, and cloves and process until thick and creamy, stopping occasionally to scrape down the blender jar.

To serve, pour the nog into glasses and sprinkle each with a pinch of nutmeg if desired. If preparing in advance, pour the nog into a 1½ quart pitcher and refrigerate.

Note: The nog will thicken slightly and tends to separate when refrigerated. Refresh with a brief whirl in the blender or whisk vigorously just before serving. If needed, thin the nog with 1 or more tablespoons of soy milk or apple juice until you reach the desired consistency.

Spinach Artichoke Dip

by Christine Oppenheim

Ingredients

1½ cups cooked white beans
(cannellini)
2 cloves garlic
1 tablespoon white wine vinegar
⅛ teaspoon chili flakes
dash cayenne (or more for a spicier
dip!)

2 tablespoons nutritional yeast
4 cups fresh spinach leaves, roughly
chopped
3 artichoke hearts, canned or jarred
in water, quartered
1 teaspoons tamari, or to taste

Optional Topping

¼ – ½ cup almond meal or bread crumbs

Directions

Preheat oven to 350 degrees.

Add all dip ingredients, except spinach and artichokes to a food processor and puree until smooth. Add a small amount of water (like a few teaspoons to a tablespoon) if needed to keep the mixture moving and blending smoothly.

Add spinach and pulse a few times until well combined, but not pureed. Add artichokes and pulse a few more times to incorporate. I like to have little bits of artichoke left in the dip.

Transfer to a loaf pan (5×10) and sprinkle with breadcrumbs or almond meal, if desired for a crispy top. (Use a larger pan if you're increasing the recipe.)

Bake for 20 minutes, until heated through. Remove from oven and serve with your favorite crackers, fresh vegetables or bread.

Makes about 2 cups of dip.

Sweet Potato Latte

½ cup cooked sweet potato
1½ -2 cups soy milk or other plant
based milk
2 tablespoons walnuts

2 tablespoons maple syrup or 4-5
dates
1 teaspoon cinnamon

Put all ingredients in a high powered blender and process until smooth. Adjust soy milk for desired thickness. Heat and serve.

Makes 2-3 cups.

Desserts

Apple Crisp

4 green apples, peeled and cored
3 tablespoons lemon juice
1 tablespoon sugar
1 teaspoon cinnamon
1½ cups quick-cooking oats

¾ cup finely chopped walnuts
⅓ cup maple syrup
1 teaspoon vanilla extract
¼ teaspoon salt

Preheat oven to 350 degrees F.

Slice apples thinly and spread in a 9" x 9" baking dish. Sprinkle with lemon juice, sugar and cinnamon.

Combine oats, walnuts, maple syrup, vanilla, and salt in a bowl. Stir to mix, then spread evenly over apples.

Bake until apples are tender when pierced with a knife, about 35 minutes. Let stand 5 to 10 minutes before serving.

Serves 6.

Banana Oatmeal Bites

2 very ripe bananas, mashed
1½ cups oats, rolled or quick
½ teaspoon cinnamon
(optional—add ½ cup peanut butter)

Add-ins:
Chocolate chips
dash of vanilla extract
shredded coconut
chopped nuts
dried fruit

Preheat oven to 350 degrees F.

In a medium size bowl, mash bananas fairly smooth, a few small chunks is okay.

Add oats and cinnamon; mix well. Add desired "add ins" and mix again.

Using a tablespoon or small scoop, scoop mixture and place on cookie sheet covered with parchment paper. Flatten with rubber spatula if desired. Should get anywhere from 20-24 depending on the size you scoop out, if it was a heaping tablespoon or not.

Bake in oven for 15 - 20 minutes. Remove from oven, let cool a few minutes before eating.

Store leftovers loosely covered and eat within a day or two.

Notes: The riper the banana, the sweeter your end result will be. They may also darken a bit overnight due to the banana.

Blueberry Oatmeal Muffins

Adapted from Happy Herbivore

1½ cups whole wheat pastry flour
½ cup rolled oats
2 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon ground ginger

⅛ teaspoon salt
1 cup unsweetened applesauce
¼ cup pure maple syrup
¾ cup wild blueberries, frozen

Preheat oven 350 F. Grease or spray a muffin tin or paper liners if using. In a large bowl, whisk flour, oats, baking soda, baking powder, salt, and spices together until well combined. Add applesauce and maple syrup then stir until almost combined. Add blueberries, stirring until just combined. Spoon into muffin cups ¾ full. Sprinkle additional oats and brown sugar on top if desired. Bake 18 to 25 minutes, or until a tooth pick inserted in the center comes out clean. Makes 12 muffins.

Cashew Ice Cream

1 cup raw or roasted cashews
(unsalted)
5-6 medjool dates (8-9 regular dates)

1 teaspoon vanilla
3 cups crushed ice

Put all ingredients into vitamix. Blend well using tamper until texture is smooth like soft serve ice cream.

Chia Seed Pudding with Blueberries

By Christine Oppenheim

Ingredients

¼ cup chia seeds
1 cup non-dairy milk
½ teaspoon vanilla extract

¼ teaspoon almond extract
¼ teaspoon cinnamon
1-2 tablespoon maple syrup, optional

Directions

In a small bowl or jar combine the first four ingredients. Give it a good stir and refrigerate for at least one hour. After the first thirty minutes give the mixture a stir, so it doesn't clump together. Once you're ready to eat, stir in sweetener, if using, and top with your favorite fruit or chopped nuts. Serves 4-6.

No Bake Peanut Butter Chocolate Crispies with PB Fudge

Adapted from OhSheGlows.com

½ cup all natural peanut butter (chunky or smooth)	½ cup sifted cocoa powder
¼ cup maple syrup	3 cups crisp rice cereal, unsweetened
2 teaspoons vanilla extract	¼ cup chopped unsalted peanuts (optional, but adds a nice texture)
¼ cup unsweetened almond milk	½ cup non-dairy chocolate chips

Chocolate Coconut Peanut Butter ‘Fudge’

¾ cup all-natural peanut butter
½ cup non-dairy chocolate chips
1-2 tablespoons unsweetened coconut for sprinkling

Line an 8 inch square pan with 2 pieces of parchment paper going each way. In a medium sized saucepan, stir together the peanut butter, maple syrup, vanilla, and almond milk together over low-medium heat. Once combined, slowly add in the sifted cocoa powder. Stir over low heat being careful not to burn.

Mix in the 3 cups of rice crispies and remove from heat. Now add the ½ cup of chocolate chips and optional peanuts, stir well. Spread this mixture into the square pan lined with parchment paper. Press down firmly and evenly. Place in the freezer for at least 10 minutes to firm up.

Meanwhile, make the Chocolate Coconut Peanut Butter ‘fudge’ by melting the ½ cup chocolate chips in a small bowl in the microwave for 15-30-45 seconds. Be careful not to burn. Now stir in the peanut butter. Mix until completely combined.

Remove the pan from the freezer when firm to touch and spread on as much of the Chocolate PB ‘fudge’ as you prefer. Sprinkle with coconut.

Place in the freezer for 45-50 minutes until firm. Cut into squares and enjoy! Store in the freezer or fridge. Yield: 16 squares.

Orange Chocolate Mousse Torte

By Chef AJ

1 recipe of Basic Healthy Pie Crust	½ cup unsweetened coconut
16 ounces of pitted dates soaked in	1 tablespoon alcohol-free vanilla extract
16 ounces of orange juice	1 teaspoon orange extract (optional)
12 ounces of walnuts	
½ cup raw cacao powder	

In a food processor fitted with the “S” blade, process soaked dates and extracts until very smooth. Add cacao powder and process again until smooth. Place this in another bowl. Then process the nuts into a nut butter like consistency. Add coconut and process again. Add this to the date mixture and stir well by hand until all of the ingredients are completely incorporated. Pour over crust and freeze until firm. Garnish with raw cacao nibs and flaked coconut.

Basic Healthy Pie Crust

By Chef AJ

2 cups of raw nuts

2 cups of pitted dates

¼ cup raw cacao powder or Cocoa

Powder

1 tablespoon alcohol-free vanilla
extract

In a food processor fitted with the “S” blade, process the nuts until they are flour like consistency. Do not over process or you will have nut butter. Add cacao powder and process again briefly. Add dates, a few at a time, until the mixture clumps together. Stop the machine and if you can easily roll a ball from the mixture and it sticks together you don’t need to add any more dates. Then add vanilla and process one more time, briefly. Press the crust into a pie plate, torte pan or Springform Pan. It’s great just topped with cut up fresh fruits of any kind. You can even roll the mixture into balls and you have healthy cookies. Play around with adding different spices (like cinnamon or nutmeg), different extracts (like vanilla or almond) and the zest and juice of lemons, limes or oranges.

Raspberry Coulis

By Chef AJ

One bag frozen raspberries, defrosted.

Puree in a blender until smooth. If not sweet enough add a few dates or date paste. Pour into a squeeze bottle and serve over any dessert or use in smoothies. You can also use cherries or strawberries.

Pumpkin Pie Squares

Straight Up Food by Cathy Fisher

12 medjool dates, pitted and diced
(about 1¼ cups or 8 ounces)

1 cup non-dairy milk

1 teaspoon vanilla extract

1¼ cups rolled oats, ground into
flour

2 teaspoons pumpkin pie spice

1 can (15 ounces) cooked pumpkin
(not pumpkin pie “mix”)

½ cup pecan halves, chopped
(optional)

Place the pitted, chopped dates into a blender with the non-dairy milk and vanilla, and set aside for at least 30 minutes so that the dates may soften.

Combine the flour and spices in a mixing bowl.

After soaking, blend the dates, non-dairy milk and vanilla until smooth (1 to 2 minutes). Pour this mixture, along with the pumpkin, into the bowl of flour and spices. Mix until smooth with an electric beater, tossing in the nuts last. (The batter will be thick.)

Scrape into an 8 by 8-inch baking pan lined with parchment paper (or use a silicone baking pan). Bake for 30 minutes at 375 degrees. Let cool 10 to 15 minutes before slicing the squares and serving. The longer they cool, the firmer they will become.

Preparation: 35 minutes. Cooking time: 30 minutes. Makes: 12 to 16 squares.

Simple Oatmeal Cookies

1 cup water

1 cup raw walnuts

1 cup pitted dates

2 teaspoons vanilla

½ teaspoon salt

1 cup whole wheat pastry flour

1 cup oats

1 cup raisins or chocolate chips

Process nuts and water in a blender until very smooth, then add next 3 ingredients and continue blending until smooth. Pour into a mixing bowl and add remaining ingredients. Mix well. Drop by spoonful onto cookie sheets lined with parchment paper. Bake at 350 degrees F for 20-25 minutes. Yield 40 small cookies.

Sugar Plum Spiced Nuts

By Zel Allen

An ideal gift for special friends at holiday time or simply an extra-special treat to serve on a dessert table, these nutty delights can be made well in advance of the holiday rush. They're good keepers if you store them in airtight containers.

The success of this recipe depends on measuring all ingredients in advance of assembly. It actually comes together quickly once you have everything ready.

Yield: 3½ cups

½ cup powdered sugar

Spice Mixture

2 teaspoons ground cinnamon

2 teaspoons ground cloves

2 teaspoons ground allspice

2 teaspoons ground nutmeg

2 teaspoons ground cardamom

2 teaspoons ground ginger

¼ teaspoon ground cayenne pepper

¼ teaspoon salt

Coating

1 tablespoon organic canola oil

⅓ cup organic sugar

¾ cup apple juice or rum

3 cups coarsely chopped raw
walnuts

Place the powdered sugar in a medium bowl and set it aside.

To make the spice mixture, combine the cinnamon, cloves, allspice, nutmeg, cardamom, ginger, cayenne, and salt in a small bowl or cup. Stir the mixture well and set aside near the stove.

To make the coating, pour the canola oil into a large nonstick skillet. Place the organic sugar, apple juice, and walnuts in separate cups or bowls and set them aside near the skillet. Now you're ready to begin.

Heat the canola oil over high heat for about 1 minute. Add the organic sugar and stir another minute until hot and bubbly.

Pour in the apple juice and stir constantly for about 1 minute, until the sugar is completely dissolved.

Quickly stir in the walnuts and continue stirring over high heat until all the liquid evaporates and the mixture becomes sticky and shiny. Cook for 1 to 2 minutes longer, or until all the liquid is absorbed.

Sprinkle in 2 tablespoons of the spice mixture and toss to coat the walnuts, stirring for 1 minute. Turn off the heat and add the remaining spice mixture, tossing continuously.

Pour the spiced walnuts into the bowl with the powdered sugar and toss to give them a white dusting. Spread the walnuts in a single layer on a large dish or baking sheet to cool completely. Stored in an airtight container at room temperature, Sugarplum Spiced Walnuts will keep for up to 1 month.

Basic Guidelines for Healthy Eating

Eat a variety of whole plant foods at each meal and in between!

- Center your diet on whole grains, legumes, vegetables and fruits
- Avoid animal-based foods – meat, poultry, dairy and eggs
- Eat as much as you want

- These foods are the stored complex carbohydrates that fuels our bodies
- Potatoes
- Tubers or root vegetables
- Corn
- Grains
- Beans

Base Each Meal on These
→



- Chick Peas
- Kidney Beans
- Black Beans
- Lentils
- Soy Beans
- Black-eyed peas
- Red lentils
- Cannellini

Legumes &



- Brown Rice
- Quinoa
- Millet
- Barley
- Oats, oatmeal
- Wild rice
- Whole wheat
- Buckwheat and more....

Whole Grains -
cooked whole or moderately processed



- **Green Leafy Vegetables**
- Cruciferous
- Broccoli, cauliflower
- Cabbage
- Colorful Vegetables
- Root Vegetables
- potatoes, sweet potatoes
- Mushrooms (really a fungus)

ADD THESE:
Vegetables



- Colorful Fruits
- Berries
- Melons, bananas
- Citrus
- Apples, pears
- Kiwi, mango

& Fruits



- Use moderately, particularly if watching weight

Nuts and Seeds



DETAILS:

- Reduce or eliminate added fat and oils
- Avoid refined and processed, embrace whole foods
- Read ingredient lists carefully
- Eat an excellent breakfast every day
 - whole grains and fruit for example, but veggies and legumes are also good
- Proper hydration is crucial – drink water

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