# BREAKFAST

## Oat Burger Sausage

4 cup Water

1 tsp Ground Cumin

½ cup Bragg’s Liquid Aminos

1 tsp Garlic Powder

⅓ cup Vegetable Oil

2 tsp Onion Powder

¼ cup Nutritional Yeast Flakes

2 tsp Ground Sage

2 tsp Ground Coriander

1 cup Chopped Walnuts

1 tsp Dried Sweet Basil

4 cup Rolled Oats

Preheat oven to 350⁰ and place all ingredients except rolled oats in a large pot and bring to slow boil. Add rolled oats bringing entire mixture to a boil and stir until thoroughly mixed. Remove immediately from heat and cover and set aside. When cool enough to handle, knead mixture with hands and shape into sausage like patties. Place on oiled cookie sheets and bake for 15 minutes on each side.

**Makes 30 patties**

## Fruit Sauce

2 cups fresh or frozen fruit (peaches, pears, apples, mangos, strawberries, blueberries, blackberries, raspberries, pineapple)

Honey to taste

Peel and cut fresh fruit into small pieces.

Place fruit in a food processor and add sweetener. Secure top and pulse several times to coarsely chop the fruit. Serve on waffles, French toast, or pancakes.

## Lisa’s Breakfast -

1 cup of almond milk

2 tablespoons chia seeds

1 tsp cinnamon.

Let sit in the refrigerator until it thickens, overnight. Pour over diced fruit.

## Maple Nut Granola

¾ cup water

½ cup grape seed oil

½ cup honey or Agave Nectar

1 tbsp molasses, optional

1 tbsp vanilla

1 tsp maple flavoring

1 tsp salt

1 cups (about 12-15) dates (Medjool are the best) remove the pitts

2 ripe bananas

1 cup walnuts, Brazil nuts, pecans, hazel nuts, or almonds

15-18 cups old-fashioned oats

1-2 cups coarsely chopped walnuts, pecans, or almonds

1. Put water, sweetener, flavorings, dates, bananas, and 1 cup nuts in blender. Blend for about 1 minute until smooth
2. Place oats and remaining ingredients in a large mixing bowl. Add blended mix to the oats and gently toss together with your hands. If too wet, add more oats.
3. Place mixture in two large jelly roll pans, taking care not to pack or pat it down tightly. Keep it light and airy.
4. Place pans in oven at 175°F for about 8 hours – no need to stir if it is baked slowly. If the temperature is too high, it will become dark brown or burned on top and uncooked underneath. When the uncooked part dries out, it will be tough and hard. Longer, slower cooking will result in an even, golden-brown product.

Makes about 24-26 cups

## Pancakes

2 cups whole wheat pastry flour

1 t salt

2 cups soy or nut milk (plain)

2 T honey

1 T aluminum free baking powder

Blend all ingredients together in a blender or with a wire whip.

Pour onto hot griddle. Bake until golden brown on each side.

**Variation:** Add one mashed banana before blending or fold in one cup blueberries after blending.

## Oat Groats

*Ratio: 4 cups water: 1 cup grains = 2-4 Servings*

**Stove Top Method:**

1/3 cup Oat Groats

1/3 cup Pearl Barley\*

1/3 cup Wheat Berry\*

4 cups water

Cinnamon Stick (optional)

Combine all ingredients in a pot and bring to a boil.

Cover

Simmer 1 hour.

**Crock Pot Method:**

1/3 cup Oat Groats

1/3 cup Pearl Barley\*

1/3 cup Wheat Berry\*

4 cups water

Cinnamon Stick (Optional)

Cook on low overnight.

**Overnight Soak Method:**

1/3 cup Oat Groats

1/3 cup Pearl Barley\*

1/3 cup Wheat Berry\*

4 cups water

Ground Cinnamon\*\* (optional)

Place grain and water in covered medium saucepan before retiring for the evening. In the morning, turn stove on high and bring to a boil. Reduce to medium high and cook uncovered for 10 – 15 minutes. Sprinkle with cinnamon.

\*Always use the oat groats, but you can mix with other grains; buckwheat, kamut, quinoa, rye, spelt, triticale, brown, black or red rice.

\*\*Note: I have found ground cinnamon works best for this method of cooking rather than the stick cinnamon.

|  |  |  |  |
| --- | --- | --- | --- |
| **Toppings:** | | | |
| **Seeds** | **Fruit** | **Nuts** | **Miscellaneous** |
| Flax (ground) | Bananas | Walnut | Dates |
| Chia | Blue Berries | Pecan | Raisins |
| Pumpkin | Strawberries | Almond | Honey |
| Sesame | Blackberries | Hazelnut | Cinnamon |
| Sunflower | Apples |  | Peanut Butter |
| Hemp | Peaches |  | Almond Butter |
|  |  |  | Soy/Nut Milk |

## Peanut Butter Bananas

Bananas

Creamy or Crunchy Peanut Butter

Slice open banana lengthwise. Spread each side with peanut butter.

## Sunshine French Toast

1 cup freshly squeezed orange juice with pulp

⅓ cup whole wheat flour

6 or 7 slices whole wheat bread

Place orange juice and flour in a bowl and stir briskly with a wire whip.

Dip bread, one slice at a time, and place in a pre-heated skillet or griddle (medium heat). Gently press the bread with a spatula so that all of it contacts the griddle. This will help it to brown evenly. Turn over after 1-2 minutes.

**Tip:** Use “Food For Life” Raisin Bread and serve with almond butter and fruit sauce.

## Tofu Scramble

|  |  |
| --- | --- |
| 1 lb firm tofu | ½ tsp salt |
| ¼ cup nutritional yeast flakes | ½ cup green onion, sliced |
| 1 tsp garlic powder | ½ cup red sweet pepper, chopped |
| 1 Tbsp Chicken-style Seasoning | 1-8 oz pkg mushrooms, chopped |
| 1 tsp onion powder | 1-5 oz bag baby spinach |
|  |  |

Drain tofu well. Crumble in a large mixing bowl. Add all ingredients except vegetables. Toss well to coat all tofu. Toss in all vegetables except spinach. Cook in lightly oiled large skillet until tofu is golden brown and vegetables are tender; mix in the spinach. You may add Cheezie Sauce, Salsa or fresh tomatoes.

Serve as a side like eggs or wrap in a whole grain tortilla for burritos. Burritos can be made ahead and wrapped individually and frozen.

## Walnut Oat Waffles

|  |  |
| --- | --- |
| 3 cups rolled oats | 1 cup water |
| 1 cup whole grain cornmeal | 2 cups unsweetened almond milk |
| ½ cup chopped walnuts | ¼ cup raw honey |
| 1 tsp salt | 1 tsp vanilla |

Place oats in food processor or blender to make course flour; add walnuts, corn meal & salt. Add 2 cups almond milk, honey & vanilla. Reserve 1 cup water, as your batter will thicken as it sits. Turn on waffle iron and let batter sit for about 10 minutes while waffle iron is heating up. Bake according to the instructions for your waffle iron.

**Tip:** If you sprinkle your waffle iron and top of waffle with about ¼ - ½ tsp (each side) sesame seeds, it keeps the waffle from sticking without using oil or cooking spray and you have added nutrition from the seeds.

These waffles freeze well; when ready to eat, just pop in the toaster or toaster oven.

# LUNCH/DINNER

## Baked Carrots

All you need are organic carrots and parchment paper.  
Wash, peel and cut the ends off the carrots.

1. Cut/slice them in smaller pieces to get more uniform sizes so they will cook evenly.
2. Wrap them in parchment paper and place in a pan.
3. Bake in a pre-heated oven at 350 for 20 minutes.
4. They will be crisp tender. The parchment paper seals in the vitamins and natural sugars of the carrot.

## Cilantro Lime Rice

2 cups brown rice

4 cups water

1¾ tsp sea salt

1 cup finely chopped cilantro

⅓ cup fresh lime juice and pulp (1-3, depending on size)

1. Place rice in a dry skillet (nonstick is best). Heat over medium-high, stirring frequently, until rice begins to pop and crackle. Continue to heat 2 to 3 minutes, stirring often.
2. Add water and ¾ tsp salt to skillet; bring to a boil over high heat.
3. Reduce to a simmer; cover and cook 60 minutes
4. While rice is cooking chop cilantro and juice the limes
5. After rice is cooked, remove from heat and cool for about 5 – 10 minutes then place in large bowl
6. Add cilantro, lime and remaining 1 tsp salt; toss to mix together

Serving size: ½ cup

Number of Servings: 14

**Tip: It is very important not to PEEK or stir the rice while it is cooking or it will be sticky.**

## Brazil Nut Gravy

|  |  |
| --- | --- |
| 2 ½ cups hot water ⅔ cup Brazil nuts 1 Tbsp onion powder 4 Tbsp cornstarch ½ tsp salt | 1 tsp sage 1 ½ Tbsp Braggs 1 ¼ Tbsp nutritional yeast flakes 2 tsp beef like seasoning |

Blend all ingredients except half of water. Boil the other half of the water. Add the blender contents to the boiling water and thicken. Yield approximately 3 cups

## Basic Quinoa Recipe

4 - 6 Servings

Use 2 quart pot with tight fitting lid

**Ingredients:**

* 1 cup quinoa
* 1 ½ cups cold water
* ½ tsp salt

**Cooking Directions:**

1. Soak the quinoa first for 15 min - 1/2 hour in its cooking pot. Soaking loosens up the outer coating of saponin, which can give a bitter taste if not removed.
2. If you don't have time for long soaking, use hot water and soak for five minutes, then give an extra rinse or two
3. Stir the quinoa with your hand, and carefully pour off the rinsing water, using a sieve at the last.
4. Put the quinoa back in the pot, add more water, and rinse again two or three more times, until the rinse water is pretty clear
5. Drain quinoa well in the sieve.
6. Place quinoa in the pot, add the water & salt.
7. Bring to a boil, cover with a tight fitting lid, and turn the heat down to simmer.
8. Cook for 20 minutes.
9. Remove from heat and allow to sit five minutes with lid on.
10. Fluff gently with a fork and serve.

## Haystacks

Cooked pinto beans or black beans

Onions, diced, or green onions, chopped

Tomatoes, diced

Green leaf lettuce, shredded

Fresh spinach, chopped

Black olives, sliced

Guacamole

Brown rice (cooked)

Mound brown rice on plate; scoop ½ cup of beans on top of rice; spread Pimiento Cashew Cheese over beans. Add ½ c of remaining ingredients in layers according to your liking. Top with guacamole.

## Cheezie Sauce

|  |  |
| --- | --- |
| 1-2 red bell peppers | ¾ cup nutritional yeast flakes |
| 6 Tbsp cornstarch | ¾ cup rolled oats |
| ¾ cup cashews | 6 Tbsp lemon juice |
| ¾ cup sunflower seeds | 1 Tbsp onion powder |
| 7 ½ cups water (2cups fit in a 48oz blender) | 2 Tbsp chicken style seasoning |
| 2 Tbsp salt | 1 Tbsp honey |

Blend all ingredients thoroughly. You will not be able to blend this with all the water, but be sure to add it or your sauce will be too strong. Make sure the mixture is nice and creamy and that all the cashews and seeds have blended well before cooking over stove. This is when you’ll need to add remaining water. Bring to a boil in a large saucepan or Dutch oven, stirring constantly, until thick. Stir in at this point 2 tsp dill weed for a more cheezie flavor.

This is a very large recipe of Cheezie Sauce, so you can cut it down if you want. Or you can freeze it into 3 – 4 Ziploc freezer bags to use later.

Whatever portion you decide to freeze does not need to be cooked over the stove until you are ready to use it. This should be convenient to use whenever you want. You will find this to be a family favorite and can be used in many dishes.

## Cornbread

2 tbsp ground flax seeds

6 tbsp very hot water

1 cup whole wheat flour (I use ww pastry flour)

1 cup cornmeal

4 tsp aluminum-free baking powder

¾ tsp sea salt

¼ cup honey (optional)

1 ¼ cup soymilk or other nut milk (unflavored & unsweetened)

¼ cup grape seed or olive oil

Preheat oven to 425°F

1. Lightly coat 8-inch square baking dish or muffin pan with oil.
2. Add ground flax seed to hot water and set aside until thickened.
3. In a medium bowl, whisk together the flour, cornmeal, baking powder and salt until well combined.
4. Add the flax seed mixture, milk and oil to the flour mixture.
5. Beat just until smooth (do not overbeat).
6. Turn into prepared pan. Bake for 20-25 minutes, or until toothpick inserted in middle comes out clean.
7. Cool on wire rack 10 minutes.

## Garbanzo Patties

½ cup cooked garbanzos

½ cup water

Whiz the above in blender. Pour into mixing bowl and add:

1 cup rolled oats

¼ cup finely chopped walnuts or pecans

½ finely chopped onion

2 small cloves garlic, minced

1 Tbsp Braggs Liquid Aminos

1 Tbsp brewer’s yeast powder

½ tsp salt

Stir well and drop by spoonfuls on a lightly oiled cookie sheet. Form pattie with back of spoon or by hand. Bake in preheated oven, 350°, until well browned on both sides. Patties can be made ahead and frozen.

Makes 10 to 12

## Gina’s Easy Eggplant Sauté

1 medium to large eggplant

olive or grapeseed oil

1 red, yellow, orange, or green bell peppers

(can also do a mix of about 1 cup)

1 medium onion

2 cloves garlic (more if you love garlic)

1 8 oz. pkg. baby bella mushrooms

1tbsp cumin

pinch of salt.

4 roma or 2 medium tomatoes

1-2 tbsp. nutritional yeast flakes

2 tbsp. fresh cilantro, finely chopped

Dice eggplant in ¾ inch chunks. Dice tomatoes, bell peppers, onion, garlic and mushrooms and put to the side. Coat large skillet with oil; sauté eggplant and when starts to soften, add onion, garlic, peppers and mushrooms. Add your seasonings. Vegetables do not have to cook long. Maintain their color. Mix well. Pulse blend tomatoes and nutritional yeast in food processor or blender (you want this chunky). Add to eggplant mixture and let simmer for about 10 minutes. Add fresh cilantro.

## Grilled Vegetable Sandwich/Wrap/Pita Pocket

Slice a few of your favorite veggies. My favorites are:

|  |  |
| --- | --- |
| Eggplant  Broccoli  Mushroom  Onion  Sweet Pepper (all colors) | Asparagus  Tomato  Zucchini  Yellow Squash |

Add small amount of grape seed or olive oil; sprinkle with sea salt, garlic powder, basil and oregano. Add freshly minced or crushed garlic. Toss to coat all veggies.

Cook on gas grill or broil in oven for about 5-7 minutes or until crisp tender.

Spread your bread of choice with guacamole or hummus; add fresh baby spinach, tomato and cooked veggies.

This tastes really delicious with Roasted Red Pepper Hummus!

## Lima Bean Chowder

6 cups water

4 cups chopped celery

2 cups dried lima beans, rinsed and drained, and soaked overnight

1-1/2 cups chopped onion

2 tbsp olive oil

2-1/2 tsp salt

1-15 oz can diced tomatoes, fire roasted tastes best!

Combine the first five ingredients in a large crockpot. Cook on low about 8 hours. Add tomatoes and serve.

## Marinara Sauce

Yield: 4 cups, 8 servings

4 ripe tomatoes, chopped (about 2 cups)

2 cups sun-dried tomatoes, soaked or oil packed

2 red bell peppers, chopped

½ cup olive oil

¼ cup minced fresh basil, or 4 tsp dried

1 tbsp + 1 tsp oregano

4 cloves crushed garlic

1 ½ tsp sea salt

¼ tsp cayenne

Place all ingredients in a food processor fitted with the S-blade and process until smooth. Stop occasionally to scrape down the sides of the bowl with a rubber spatula.

This sauce keeps in refrigerator three days and also freezes well.

This is a thick sauce; if you need a thinner sauce for lasagna, I have added tomato sauce before. And if you don’t have fresh tomatoes, can diced tomatoes will do.

## Mock Salmon Spread

2 cups raw almonds

1 cup raw carrot pieces

1/2 cup water

1 tbsp lemon juice

1 1/2 celery stalk, cut in pieces

4 green onions, chopped or

2 tbsp dried chives

1 tsp each salt and paprika

1 or 2 tbsp hickory smoked seasoning (optional)

Place almonds, water, lemon juice, and 1/2 cup of carrot pieces in blender (or food processor). Blend into a puree. Add remaining ingredients and blend briefly, enough to grind the carrots and celery into a spreadable consistency. Add green onions or chives last and blend a few seconds to mix. Refrigerate until ready to serve. Good on crackers or in sandwiches with lettuce and tomato.

Makes 2 1/2 cups.

## Not Tuna Spread

**Yield: 1 cup, 2 servings**

1/2 cup soaked raw sunflower seeds  
1/4 cup soaked raw almonds  
2 Tbsp water  
1 Tbsp fresh lemon juice  
1/4 tsp salt  
1 1/2 Tbsp minced celery  
1 Tbsp minced onion  
1 Tbsp minced parsley

Place the sunflower seeds, almonds, water, lemon juice, and salt in a food processor fitted with the S-blade and process into a paste. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. Add the celery, onion, and parsley and pulse briefly, just to mix. Stored in a sealed container in the refrigerator, Not Tuna Paté will keep for one week.

## Patty’s Prize Winning Chili

Chop and sauté in grapeseed or olive oil in a Dutch oven:

3 medium onions

2 green peppers

Add the following:

2-29 oz. cans tomato sauce

4 ½ cups cooked pinto beans

4 ½ cups cooked dark red kidney beans

1 cup bulgur wheat

3 T chili powder

2-3 T cumin

Garlic powder, fresh crushed garlic and salt to taste

Cook for at least one hour.

Garnish with chopped fresh cilantro right before serving.

## Portabellas Stuffed with Red Pepper Hummus

This isn't a recipe so much as a set of guidelines that you can follow to stuff portabellas with any pre-cooked filling.

1. Prepare your filling. Allow about 2-3 Tbsp of filling per mushroom. **(These are not the large portabellas but the ones that are about 2 inches wide and come 6 to a pack.)** I basically followed my [Spicy Red Pepper Hummus](http://blog.fatfreevegan.com/2006/01/spicy-red-pepper-hummus-and-movie.html) recipe but left out the harissa so that it wouldn't be spicy. I used about 1 cup of hummus for 6 mushrooms.
2. Preheat oven to 375 F. Clean the portabellas and remove the stem and any fluffy flesh that surrounds it.
3. Brush or spray a baking dish with a little olive oil. Sprinkle a little salt on the inside of each mushroom (optional, but does add flavor). Fill them with the stuffing, heaping it high in the middle, and set them in the baking dish. Spray the tops with a little olive oil, if you wish, to help prevent them from drying out.
4. Place in the oven and bake for about 20-25 minutes. Serve hot, sprinkled with a little [smoked Spanish paprika](http://www.penzeys.com/cgi-bin/penzeys/p-penzeysspanishpaprika.html?id=IayNUTga), if desired.

If you prefer your hummus cold, you may cook the portabellas without the filling and fill them with it when they are done. Simply follow the cooking directions above, placing them in the baking dish with the cavity side down.  
  
Enjoy these as an appetizer, side dish, or as I did, as a light snack. Delicious!

## Quinoa-Stuffed Acorn Squash

Recipe type: Dinner, Entree

Cuisine: American

Prep time:  15 mins

Cook time:  45 mins

Total time:  1 hour

Serves: 4

This simple and savory stuffed acorn squash is easy-to-make and filled with nutritious ingredients!

Ingredients

* 2 small acorn squashes, sliced in half with seeds removed
* ½ c. uncooked quinoa
* 1⅛ c. water or vegetable broth
* 1 leek, chopped (approx. 1 c.)
* ⅓ c. white onion, diced
* 2 cloves garlic, minced
* 1 c. broccoli, chopped
* 1 c. red bell pepper, diced
* 2 tofurky kielbasa links, sliced into medallions
* 1 tsp. dried Italian seasoning
* salt
* olive oil for brushing

**Instructions**

1. Preheat oven to 375ºF. Get a large baking dish out, and add water to the bottom of it until the water is about ¼" tall. Place the squash cut-side-down into the dish and poke a couple of holes into the rinds with a fork.
2. Bake for 30 minutes and prep the filling while the squash is baking.
3. Heat a large pan over medium heat and add the quinoa and water/veggie broth to it. Adjust the heat to low-medium and add the leeks, white onion, garlic, broccoli and red bell pepper to the cooked quinoa.
4. Sauté until the broccoli is tender, then stir in the Kielbasa, Italian Seasoning and season with salt.
5. Drain the squash baking dish and flip the squash halves to face up. Apply a thin coat of Olive Oil to the squash then divide the quinoa mixture amongst the four halves.
6. Bake for an additional 10-15 mins or until the squash is fork-tender.

## Roasted Brussels Sprouts

*Serves 6*

**What You Need:**

* 2 pounds Brussel sprouts
* 1 Tbsp olive oil
* Salt and garlic to taste

**What You Do:**

1. Preheat oven to 425 degrees.
2. Chop off rough stems and slice each Brussels sprout in half length-wise.
3. Toss well with olive oil, salt and garlic and place cut-side down on a baking sheet.
4. Roast for 15-20 minutes, depending on the size of the Brussels sprouts. Cut-side should be browned and some of the leaves crispy.

**Tip:** This recipe can be used for Baby Eggplant, Broccoli, Zucchini, Yellow Squash, etc. You can also season it with a variety of herbs like Rosemary, Thyme, Oregano, Basil, Cilantro.

## Red Pepper Hummus

**Ingredients:**  
  
3-4 cloves garlic  
3 cups (or 2 15-ounce cans rinsed, drained and liquid discarded) cooked chickpeas  
cooking liquid from the beans (or water)  
juice of ½ -1 lemon  
2 Tbsp tahini  
½ tsp cumin  
½ tsp chipotle chili powder (optional)  
salt (to taste)  
10 ounce jar of roasted red peppers  
  
**What you do:**

Throw the garlic into a running food processor. Add the chickpeas and begin processing. Add the lemon juice and tahini. (I used half of a very large yet mild homegrown lemon. For regular lemons, I'd start with half, check the flavor, and add more if needed.) If needed, add 1/4 cup bean cooking liquid or water, just enough so that the chickpeas become a smooth paste. Add the cumin, the chipotle powder, salt, and half of the roasted red peppers. Process until smooth.

Add the remaining roasted red peppers and pulse to coarsely chop. Enjoy as a veggie dip or sandwich filling!

## Spaghetti Squash

2 medium spaghetti squash

1 recipe marinara sauce

1 tsp salt

1 tsp garlic powder

Cut spaghetti squash in halves lengthwise and remove all seeds. Bake until tender, about1 hour in a 350 oven, covering tops with aluminum foil. Using a fork, remove inside of squash, discarding skins. Place squash in a casserole dish and cover with marinara sauce, salt and garlic powder. Toss gently. Cover and bake at 350 for an additional 10 to 15 minutes.

## Wild Rice Blend Sauté

1 cup wild and brown rice blend

½ cup chopped celery

1 cup sliced mushrooms

1 small red onion, chopped

1 clove garlic, minced or pressed

1 T olive oil

2 T Bragg’s Liquid Aminos mixed with 1 T honey

Cook rice in vegetable broth. In a separate pan, sauté vegetables and garlic in the olive oil over medium heat for 5 to 7 minutes. Add Bragg’s and honey mixture and simmer until liquid is absorbed. Stir in rice and serve.

Serves 4-6.

## Creamy Raw Tomato Soup

*1 to 2 servings*

3 ripe tomatoes, chopped

1/4 cup water

1 clove garlic

1/4 tsp onion powder

3 tbsp nutritional yeast flakes

1/4 tsp salt

1/2 ripe avocado, chopped

1 tbsp extra virgin olive oil

2 tsp minced fresh basil

or 1/2 tsp dried basil

Place the tomatoes, water, garlic, onion powder, nutritional yeast flakes and salt in a blender and process until smooth. Add the avocado and olive oil and blend until smooth. Add the basil and blend just to mix. You can eat this soup room temperature or heat on top of the stove.

## Black Bean & Bell Pepper Soup

*Serves 4 people*   
  
2 cans black beans, drained and rinsed  
1 can chopped tomatoes  
3 cups low sodium vegetable broth  
1 jalapeno or serrano pepper (more if you like spice!), seeded & chopped  
2 bell peppers, seeded and chopped  
1 garlic clove, chopped  
1 carrot, peeled and chopped  
1 onion, chopped  
1 tbsp. cilantro, chopped  
2 tbsp. olive oil  
salt   
  
Directions:  
  
In a heavy-bottomed pot, heat the olive oil over medium heat.  Add the onion and carrots and sauté until translucent (about 5 minutes).  Add the garlic clove and sauté for another minute.  Then, add the peppers and sauté until soft, another 4-5 minutes.  
  
Add the beans, tomatoes and stock and bring to a simmer.  Reduce heat to low, cover and cook for 30 minutes.  
  
Once the soup is cooked, remove from heat and allow to cool for a few minutes.  Then, puree the soup either in a blender, working in batches, or with an immersion blender.  Return to the pot and season to taste with salt.  
  
To serve, ladle the soup into the bowls and drizzle with good olive oil and garnish with cilantro.  Enjoy!

## Split Pea Soup

|  |  |
| --- | --- |
| 10 cups water  2 cups split peas  1 cup pearl barley  1 cup onion, diced  2 cups carrots, diced  1 cup celery, diced | 3 bay leaves  2 tbsp. chicken style  seasoning  1/2 tsp garlic  1 tbsp. onion powder  1 tsp salt |

Cook split peas and barley in water with bay leaves at a gentle boil for 50 minutes. Sauté veggies in small amount of oil and add to soup mixture along with seasonings. Cook an additional 10 minutes.

## Carrot-Ginger Soup

*Serves 4 people*  
  
1 onion, peeled and chopped  
3 cups carrots, peeled and chopped  
1 large can pumpkin (unflavored)  
2 tbsp. fresh ginger, peeled and chopped  
1 garlic clove, peeled and chopped  
2 tbsp. olive oil, plus more for drizzling  
1 tsp chili flakes  
1 bay leaf  
4 cups low sodium vegetable broth  
salt   
  
Directions:  
  
In a heavy-bottomed pot, heat the olive oil over medium-high heat.  Add the onions, reduce heat to medium and sauté until softened and slightly translucent, but not browned (about 5 minutes).  Once the onions have softened, add the garlic, chili flakes and ginger and cook for one minute. Add the carrots, pumpkin, bay leaf and stock.  Bring to a simmer and then cover, reduce the heat to low and cook for 30 minutes, or until all the vegetables have softened.  
  
Remove from heat and allow to cool slightly.  Once it's cool enough to handle, take out the bay leaf and discard, transfer the mixture to a blender and puree the soup, in two batches if necessary.  Return to the pot and season to taste with salt.    
  
*Note: if the soup is too thick, you can thin it with additional stock or water to your desired consistency.*  
  
To serve, ladle the soup into a bowl.  Drizzle with roasted walnut oil or good olive oil.  Enjoy!

## Chilled Cucumber Avocado Soup

Serves 4 people  
Prep time: 1 hour 5 minutes (includes chilling the soup)  
  
**Ingredients**  
1 pound organic cucumbers, roughly chopped  
2 small avocados, peel and cut into small pieces  
1/4 cup fresh lime juice (about 2 limes)  
3/4 cup water  
1 tsp sea salt  
chopped tomato & cilantro (for garnishing/optional)  
  
**Directions**  
1. Place the cucumbers, avocados, lime juice, water, sea salt into a blender. Process until smooth.

2. Transfer to a large bowl or Tupperware and chill in the fridge for at least an hour prior to serving.  
  
3. To serve, ladle the soup into bowls and garnish with the tomatoes and cilantro. Enjoy!

## Cauliflower Soup

1 head of cauliflower chopped  
1 yellow onion chopped  
1 celery stalk chopped  
1 carrot chopped  
4 cups vegetable stock  
2 tbsp. Italian parsley chopped  
2 tbsp. olive oil  
1 tbsp. good olive oil for drizzling  
1 tsp chili flakes  
  
Directions:  
  
In a heavy bottomed stock pot, heat the 2 tbsp. olive oil. Add the onion, carrot and celery, sautéing until softened, about 8 minutes. Add the chili flakes and garlic and sauté for one additional minute.  
  
Add the cauliflower and vegetable stock. Bring to a boil, then cover and simmer for 30 minutes, or until the cauliflower is tender.  
  
Puree the soup in a blender until smooth. Salt to taste.  
  
To serve, ladle the soup in a bowl. Top with the chopped parsley and drizzle with the good olive oil. Enjoy!

## White Bean Spinach Soup

Serves 4 people  
Cooking time: about 40 minutes  
  
**Ingredients**

* 1/2 cup whole wheat orzo
* 1 medium onion, peeled and chopped
* 2 carrots, peeled and chopped
* 2 garlic cloves, peeled and thinly sliced
* pinch of chili flakes
* 1 can (28 oz.) of diced tomatoes
* 2 cans (14 oz.) of white beans (any sort will work)
* 4 cups of fresh spinach
* 2 cups low sodium vegetable stock
* 2 Tbsp extra virgin olive oil
* salt

**Directions**

1. Heat the olive oil over medium heat. Add the onion and carrots and sauté until beginning to soften (about 5 minutes). Add the garlic and chili flakes and sauté for one more minute.
2. Add the tomatoes, stock, and white beans. Bring to a boil and reduce heat to a simmer. Cover and cook for about twenty minutes.
3. Add the orzo and simmer in the soup for about ten more minutes, or until the orzo is becoming tender. Add the spinach and cook for a few minutes until tender. (Note: the consistency may be adjusted by adding more or less stock).
4. Season to taste with salt.
5. To serve, ladle a generous portion of soup into a bowl.

## Curried Carrot Soup

Serves 4 to 6 people  
Cooking time: about 25 minutes  
  
**Ingredients**

1 pound baby carrots  
4 cups low sodium vegetable stock  
2 cloves garlic, peeled  
1 tbsp curry powder (or more to taste)  
1 bunch fresh thyme tied together with kitchen twine or 1 tsp dried thyme  
1 tbsp honey  
salt   
olive oil for drizzling  
  
**Directions**

1. Place the carrots, garlic cloves, stock, and thyme into a heavy-bottomed pot and bring to a boil. Reduce heat to low, cover, and simmer for about 20 minutes, or until the carrots are tender.  
  
2. Remove from heat and fish out the bunch of thyme if using fresh thyme. Stir in the curry powder and maple syrup. Puree the soup until smooth using an immersion blender, or transfer to a regular blender and puree in batches. Season to taste with salt. Note: more stock or water may be added to achieve desired consistency.  
  
3. To serve ladle the soup into bowls and drizzle with good olive oil. If desired garnish with fresh thyme sprigs. Enjoy!

## Armenian Lentil Soup

|  |  |
| --- | --- |
| 1-1/2 cups lentils  10 cups water  1/2 cup brown rice  1 cup diced onion  2 T lemon juice  2 T Bragg liquid aminos  1 T onion powder | 1 T salt  1 T chicken like seasoning  1 tsp garlic powder  1 tsp dill weed  2 tsp cumin  1 c frozen chopped spinach  15 oz can diced tomatoes |

|  |
| --- |
| Place all ingredients in kettle except spinach and tomatoes. Bring to a boil, reduce heat, and simmer for 1 hour or until lentils are tender.  Add spinach and simmer 1minute. Add the tomatoes just before serving. Especially good served with avocados or hummus tahini.  Makes 12 cups. |

## Sweet Potato Soup

*Serves 4-6 people*  
*Cooking time:  about 50 minutes*  
  
***Ingredients***  
5 sweet potatoes, halved  
1/2 tsp ground cardamom  
1 tsp fresh thyme or 1/2 tsp dried thyme  
1 tsp chili flakes

1/4 cup olive oil plus 2 Tbsp  
1 garlic clove, peeled  
3 cups vegetable stock  
1 Tbsp flat-leaf parsley, chopped   
salt  
  
***Directions***  
Preheat the oven to 425 degrees.  
  
Rub the inside of the sweet potatoes with the olive oil, cardamom, thyme, chili flakes and sprinkle with salt.  Place them in a heavy bottomed pan cut sides down. Fill the pan with 1/2 inch of water. Roast for 4o minutes, or until cooked through and tender. Remove from oven and allow to cool.  
  
Once they're cool enough to handle, scoop the sweet potatoes out of their skins and place in a blender.  Add the stock, the 1/4 cup of olive oil and the garlic glove. Puree until smooth.  Place in a pot on the stove top.  Warm over medium heat for about 10 minutes. Adjust seasoning (salt) as needed.  To serve, drizzle with a little olive oil and top with chopped parsley.  Enjoy!

## Slow-Cooker Lentil Soup with Quinoa, Kale & Fresh Ginger

|  |  |
| --- | --- |
| 1 1/2 cups lentils 1/2 cup quinoa 2 carrots peeled and chopped 2 celery stalks chopped 1 garlic clove chopped 1 bay leaf | 1 tbsp fresh ginger minced 2 cups kale chopped 1 tsp cumin 1 tsp turmeric 4 cups vegetable stock 4 cups water salt to taste |

**Directions:**  
  
Throw all the ingredients together in the crock pot. Turn it on and allow it to cook, covered, for several hours until the lentils and vegetables are cooked through.  
  
Salt to taste. Enjoy.

# SALADS and DRESSINGS

## Southwestern Quinoa and Black Bean Salad

*Serves 4-6 people*  
*Prep time:  10 minutes*  
  
***Ingredients***  
2 cups quinoa, cooked  
1 cup canned black beans, drained and rinsed  
1/2 cup red bell pepper, seeded and chopped  
1/2 cup red onion, chopped  
2 Tbsp fresh cilantro, chopped  
1 tsp ground cumin  
2 Tbsp fresh lemon juice  
2 Tbsp extra virgin olive oil  
salt   
  
***Directions***

Mix the quinoa, black beans, peppers, onion, cilantro and cumin together.  
  
In a separate bowl, whisk together the olive and lemon juice.  Then, pour the lemon-olive oil mixture over the quinoa mixture.  
  
Toss well and then season to taste with salt.  Enjoy!

## Mediterranean Kale

**Yield: 1 serving**

When kale is cut into thin strips and massaged in a dressing, it develops a soft and juicy texture.

4 kale leaves, stems removed  
1 1/2 tsps extra-virgin olive oil  
1 1/2 tsps fresh lemon juice  
1/8 tsp salt  
1/4 red bell pepper  
1 Tbsp raw pine nuts or sunflower seeds  
1 Tbsp sliced black olives

Stack 2 of the kale leaves with the stem end facing you. Fold in half lengthwise and roll tightly. Slice crosswise into thin strips. Repeat with the remaining 2 leaves. Chop the kale strips crosswise a few times, so they aren’t too long. Place in a mixing bowl along with the olive oil, lemon juice, and salt. Toss well with your hands, massaging the dressing into the greens. Add the red bell pepper, pine nuts, and olives and toss gently. Stored in a sealed container in the refrigerator, Mediterranean Kale will keep for three days.

## Asian Kale Salad

Take a break from the same old lettuce salad. Try this creative mix of kale, tomato, and sweet pepper tossed with a captivating Asian dressing.

Ingredients

3   cups finely chopped fresh kale leaves

1   plum tomato, chopped

1/3 cup chopped red sweet pepper

1/4 cup pitted ripe olives, quartered lengthwise

3   radishes, thinly sliced and halved if desired

2   green onions, sliced

2   Tbsp raw sunflower kernels

Asian Dressing:

3   Tbsp lemon juice

3   Tbsp water

2   Tbsp Braggs Liquid Aminos

2   tsp olive oil

1/2  tsp onion powder

1/4  tsp garlic powder

## Tabbouleh Lettuce Wraps

2 cups bulgur

2 cups hot water

3 cups parsley, finely chopped

1/4 cup mint, finely chopped

3 green onions, finely sliced

1/4 tsp cumin seed, ground

1/2 tsp sea salt

2 med tomatoes, seeded & diced

3 tbsp fresh lemon juice

3 tbsp olive oil

1 medium cucumber, peeled, seeded and diced

1 head romaine lettuce, washed and leaves separated

Place bulgur in a med size bowl. Pour hot water over

Bulgur; let stand for 1 hour.

Toss together parsley, mint, onions, tomatoes, cucumbers, cumin & salt in large bowl. Gently mix together with bulgur. Add lemon juice and let chill for one hour.

Toss once more with olive oil.

Place the Tabbouleh in the lettuce leave and wrap as you would a tortilla and enjoy!

Variations:

You may want to add hummus or ranch dressing to jazz

it up a bit. Diced avocado can also be added to your Tabbouleh mixture.

## Cilantro Lime Dressing

1/3 cup chopped fresh cilantro

1/3 cup lime juice

½ tsp salt

1/3 cup olive oil

Whisk together all of the ingredients in a bowl. Or for a bright green, smooth dressing, in a blender on low speed, whirl the cilantro, lime juice, and salt, until smooth. Add the olive oil in a steady stream and as soon as the dressing is thick, turn off the blender.

Yields: 1 cup (8-2 tbsp servings)

## Lemon Herb Dressing

½ cup fresh lemon juice

½ cup olive oil

1 clove garlic, crushed

¾ tbsp sweet basil or Italian herbs

¾ tsp salt

Shake well and store in refrigerator for 1 week.

Makes about 1 cup.

## Terrific Tahini Dressing

Ingredients:

2 Tbsp. tahini

2 tsp. lemon juice

1 garlic clove, minced

1 Tbsp. Braggs liquid aminos (or ½ tsp salt)

Directions:

1. Mix together tahini, Braggs, lemon juice and garlic until smooth and creamy.

2. Add water until a salad dressing consistency is reached.

# DESSERTS

## Apple Pie

Prepare Flaky Wheat-Oat Pie Crust

|  |  |
| --- | --- |
| 9 c. sliced apples  1 c apple juice concentrate  3 T corn starch | 3/4 tsp. cinnamon  1/4 tsp. salt  1/2 c. raisins or dates (opt.) |

Wash, core and slice apples. Put first two ingredients in saucepan and cook for 10 minutes until apples are soft. Mix remaining ingredients in small bowl, stir into apples. Cook two minutes more. Spoon the mixture into an unbaked pie shell, cover with top crust or lattice. Bake at 350O f. for 45-60 minutes. For an attractive, shiny glaze, brush orange juice concentrate over the crust after removing pie from the oven. Serve hot or cold.

Yield: 1 rounded 9" pie

## Flaky Wheat-Oat Pie Crust

1/3 c. oil

1/2 c. warm water

1 T. liquid lecithin

1 c. whole wheat flour

l c. oat flour

1 tsp. salt

Blend in blender 1 cup of oats to make the oat flour. If you can't get lecithin, then leave it out, but it does make the crust flakier. Try part whole wheat and part white until you are comfortable with the results. In a bowl, beat well first three ingredients with a fork. In another bowl, stir together flours and salt. Add liquids to the dry, stirring just enough until dough is formed. Do not over-mix because crust will be tough.

Place plastic wrap over wet counter and half of dough in the center then roll with another piece of plastic on top of the dough. Remove top plastic and flip the dough and bottom plastic over the pie plate. Pull off plastic slowly, repeat for the top crust, roll edges and flute. Whole Wheat crust browns faster so you may need to put foil around the edges towards the end of the baking time.

## Oatmeal Cookies

2 ½ cups whole wheat flour

1 cup oil

1 ½ cups quick oats

1 tsp salt

4 tsps aluminum-free baking powder

1 tsp vanilla

⅓ cup honey

1½ cup water

Mix flour and oats, salt and baking powder in bowl.

In another bowl, mix the liquid ingredients together and add to the dry ingredients.

Drop by teaspoonfuls or tablespoonfuls onto cookie sheet and bake at 350° F for 20 to 25 minutes until slightly brown.

If using honey, mix it with the oil and water.

May add a cup of walnuts, cranberries, raisins, bananas or whatever fruit you like.

Yield: about 2 dozen small cookies.

## Nut Butter Cookies

1 cup whole wheat flour (or a little less)  
1/2 tsp sea salt  
1 1/8 cup natural peanut butter  
2/3  cup raw agave  
1/4  cup oil (unless peanut butter is real oily)  
1 tsp vanilla  
   
Preheat oven to 350 degrees.  
   
Combine flour and salt.  Set aside.  
   
In large mixing bowl, blend peanut butter, raw agave, oil and vanilla and mix very well.  
Pour wet ingredients into bowl with the flour and salt.  Mix well.  
Shape dough into walnut sized balls (or use small ice cream scoop) and place onto an ungreased sheet and flatten gently with fork in criss-cross fashion.  
   
Bake 15 minutes.  
Remove from oven and allow to cool before handling. (May use almond butter)

## Key Lime Cheesecake

Prepare Oatmeal Nut pie crust

|  |  |
| --- | --- |
| ½ c. uncooked millet 2 c. water ½ c. raw cashews ½ c. key lime juice | ½ c. honey 2 tsp. vanilla extract  Salt to taste |

In a medium saucepan with tight fitting lid, bring millet and water to boil. Cover and cook on low heat until water is absorbed and millet is soft, about 50 min. Meanwhile, grind cashews down to fine. Place ground cashews, key lime juice, honey, vanilla, and extract into a bowl and mix with hand blender or blend to smooth in regular blender. Add millet and blend till as creamy as you can get it. Perfectly smooth is what you're going for and immersion blenders do a great job of this. Pour into cooled crust and allow to sit for 30 min at room temperature. Cover with plastic wrap to prevent cracking and refrigerate for a minimum of 4 hours before serving. I like to keep mine in there overnight. Top with fresh fruit of your choice and serve! I like the contrast of slightly sweet kiwi and blueberries with the tartness of the key lime.  
  
Will keep in the 'fridge for about three days Soooooo good!

## Oatmeal Nut Pie Crust

This recipe is a good substitute for graham cracker crust. I have used it for pecan pie, lemon or key lime pies, and coconut pie. It is much easier than rolling out a traditional pie crust.

1 cup rolled oat

4 tbsp raw honey

¼ tsp salt

½ tsp vanilla

⅓ cup melted vegan butter

⅔ cup finely minced walnut

1. Preheat oven to 350F.
2. Toast oatmeal in a shallow pan for 10 minutes to brown, watch carefully.
3. Remove from oven and in small mixing bowl combine oatmeal with remaining ingredients.
4. Press into 9-inch pie plate.
5. Fill with desired filling and bake or bake crust empty for later use.

## Nutty Carob Fudge Balls

*Makes 25 Fudge Balls*

|  |  |
| --- | --- |
| 1 cup raw brazil nuts  1 cup raw cashew nuts  ½ cup tahini  ½ cup honey | ⅓ cup carob powder  ½ tsp salt  1 tsp vanilla  ½ tsp peppermint flavoring |

1. Blend brazil & cashew nuts until ground well.
2. Empty ground nuts into bowl; add all other ingredients.
3. Mix together well.
4. Form into balls using a cookie scoop.
5. Place balls in paper candy cups lined up on a tray and freeze.
6. Thaw a few minutes before serving.

## Granola Bars

*Makes 10 bars*

1 cup raw almonds  
15 Medjool dates, pitted  
2 Tbsp ground chia seeds, mixed with 1/2 cup warm water  
1/4 cup raw honey  
1/4 tsp salt  
1 cup kasha (toasted buckwheat groats)  
1/2 cup raisins  
1/2 cup pumpkin seeds

1. Preheat oven to 300 degrees and line a baking sheet with parchment paper. Into a food processor, place almonds and dates and pulse until crumbly. Transfer mixture to a medium-sized bowl and stir in chia seed mixture, honey, salt, kasha, raisins, and pumpkin seeds and mix well to combine. Spread mixture onto prepared baking sheet and shape to form into a 9x9-inch square, about 1-inch thick. Use a thick-bladed knife to carefully cut into desired rectangles.

2. Bake for 40 minutes and let cool completely before eating. Wrap in waxed paper and store in refrigerator for up to 1 week in an airtight container.

## Almond Butter Dates

Medjool Dates

Almond Butter

Slice open dates to remove pit. Fill date with ½ tsp almond butter.

## Whipped Topping

1 cup water

1 rounded tbsp agar flakes (2 rounded tsp powder)

*Note: “Rounded” (not level) is the key. This extra agar makes the topping stiffer and nicer to use on desserts, and especially as icing on cakes.*

½ cup raw cashew nuts

⅓ cup honey or agave nectar

½ tsp salt

1 tsp vanilla

½ tsp coconut extract

¼ tsp xanthan gum (optional, but especially nice in icing)

2 cups soy or nut milk

1. Stir together the agar and water, and bring to a boil, stirring constantly. Reduce heat and simmer for 1-2 minutes.
2. Place remaining ingredients in blender along with hot agar mixture. Blend on high until smooth, adding water as needed to make 3 ½ cups total mixture. Pour into a quart container and chill in refrigerator several hours or overnight. For quicker chilling, use a large, shallow container.

*Hint: Since this recipe needs blending twice, leave the blended mixture (step 2) in the blender in the refrigerator overnight. Then simply re-blend as in step 3, saving the work of washing the blender and containers twice.*

1. Before using, place chilled mixture (which will be quite firm-almost sliceable) in blender or food processor, and blend until creamy. (If you have a lightweight blender, you should blend just half of the mix at a time.) It should be the consistency of Cool Whip, and spreads on a cake very nicely. Try not to add more liquid. The mixture will eventually go through the blades and become creamy if you carefully push it toward the blades with a rubber spatula.

*The agar is a key ingredient in the recipe. The mixture has to be re-blended only once. Then it can be frozen and used without re-blending, but remains a nice creamy texture. So make a double recipe and freeze in small containers to use as needed for icing or dessert topping.*

Makes 4 cups

## Triple Berry Parfait

|  |  |
| --- | --- |
| 1 cup blackberries  1 cup blueberries  1 cup raspberries or strawberries | whipped topping  granola |

# Toss fresh or frozen (partially thawed) berries with a little agave nectar. Place a layer of granola in bottom of a clear parfait glass. Alternately layer berries and whipped topping; top with more whipped topping and a sprinkle of granola.

## Peanut Butter Bananas

Bananas

Creamy or Crunchy Peanut Butter

Slice open banana lengthwise. Spread each side with peanut butter.